



ST. ANNE'S DEGREE COLLEGE FOR WOMEN

Permanently Affiliated to Bengaluru City University
Recognized by UGC under Section 2(f), Accredited with 'A' Grade by NAAC
ISO 9001:2015 Certified Institution
#23, Cambridge Road, Halasuru, Bangalore- 560008



2023-24

CRITERION-5

5.3.2

Institution facilitates students' representation and engagement in various administrative, co-curricular and extracurricular activities following duly established processes and norms (student council, student's representation on various bodies)



2023-24

CRITERION-5

5.3.2

Index

Students Representation in Co-Curricular & Extra -Curricular

Sl.No	Clubs, Cells& Unit	Page .No
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SWO



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The Management, Principal, Staff, SWO and Students
Cordially invite you to the

INVESTITURE CEREMONY

&

FRESHER'S DAY

On

24th August 2023

at 11:00am

CHIEF GUEST

Shri.RAMACHANDRA B

ACP, (Halasuru Sub Division)

Presides over the event

Rev.Sr.Dr.Margaret Fatima Mary
Secretary



Prof, Nisha Joseph
Principal

Asst Prof Maria Josephine Vannini
SWO, Coordinator



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STUDENT WELFARE OFFICE

18-08-2023

CIRCULAR


Subject: Investiture

This is to inform that SWO in collaboration with IQAC is organizing Investiture for all the winners of student council election on 24-08-23. Requesting all the Students to be present for the program without fail.

Attendance is compulsory


SWO Coordinator

Student Welfare Officer (SWO)
St. Anne's Degree College for Women,
Halasuru, Bengaluru - 560 008


PRINCIPAL
St. Anne's Degree College
For Women - Halasuru,
23, Cambridge Road, Halasuru,
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STUDENT WELFARE OFFICE

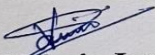
18-08- 2023

CIRCULAR


Subject: Fresher's Day

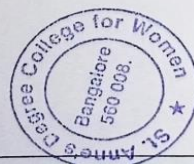
This is to inform that SWO in collaboration with IQAC is organizing Fresher's Day for all the first-year students on 24-08-23. Requesting all the first years to be present for the program without fail.

Attendance is compulsory


Ms. J Maria Josephine Vannini
SWO Coordinator

Student Welfare Officer (SWO)
St. Anne's Degree College for Women,
Halasuru, Bengaluru - 560 008


PRINCIPAL
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Investiture Ceremony

'Great leaders do not desire to lead but to serve' - Myles Munroe

The investiture ceremony of St. Anne's degree college for academic year 2023-2024, was held on Thursday 24th of August 2023 in the auditorium. The ceremony was presided by Rev. Sr. Dr. Margaret Fatima Mary, the secretary and administrator of the college, the welcome address was delivered by our beloved principal Prof. Nisha Joseph, the guest for the ceremony was Asst. Commissioner of police Ramachandra B K.S.P.S Halasuru division Bengaluru city. The Investiture Ceremony was conducted with high degree of earnestness and passion.

The investiture ceremony signifies the reliance and confidence that the college consigns on the invested office bearers, donning the mantle accountability, they also pledge to bestow their duties to the best of their abilities. We believe that the student centric approach will frame the responsible citizen.

The ceremony was held with the zeal and zest. It was commenced with the invocation song and dance, lightening of lamp which signifies removal of darkness, and the guest of honour Asst. commissioner of police Ramachandra B K.S.P.S has motivated the elected council members and the students by explaining them about the importance of working hard and never giving up, on how he has overcome the obstacles of the life by facing them straight ahead and not being afraid of new problems. The elected leader's profile was displayed on screen when they were honoured by the badges and sashes by the administrator of college and the principal, and the guest of honour, the student council took the pledge to hold the institution motto of loyalty, truth and honesty of high self Esteem.

Asst. Prof J Maria Josephine Vannini, Co-Coordinator of SWO committee, took the initiative to organize this event. The SWO Committee oversees the organizing of extracurricular activities and competitions at the college.

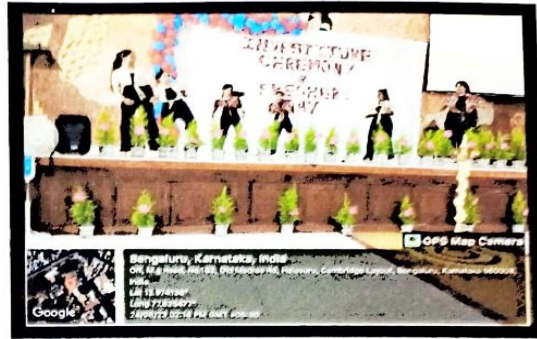
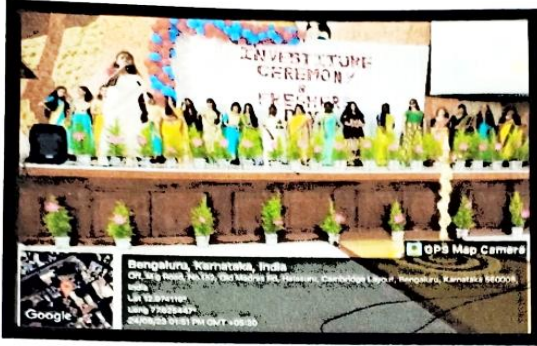
Name Of the Post	Candidate Name	Class
President	TANISH K B	III BCOM C
Vice President	KARUNYA SANDRA	II BCA
Treasurer	THANISHKA	III BCOM C
Secretary	TANISHA S	III BBA
Cultural Secretary	DIYA CHETTRI	II BBA
Sports Secretary	RAJALAKSHMI	II BCOM A
Joint Cultural Secretary	SOBIA R	I BSC (Rehab)
Joint Sports Secretary	REVELIN A	I BBA
Pg Secretary	SHIVANLE	II M.COM





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Co Ordinator

Student Welfare Officer (SWO)
St. Anne's Degree College for Women,
Halasuru, Bengaluru - 560 008




Principal
PRINCIPAL
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INVESTITURE CEREMONY & FRESHER'S DAY-2023-24

DATE: 24/08/2023

Sl. NO	CLASS	NO OF STUDENTS	NAME OF THE CLASS TEACHER	SIGN
01	B.COM. A	75	Anisha.R	
02	B.COM. B	77	Khutaija Nazneen	
03	BCA	60 (+4)	Ann Philip	
04	BBA	47	Kavya.R	
05	BA	18		
06	BSC. Rehab	10		
07	BSC. PMC	09	M. Savitka	

TOTAL=294

Student Welfare Officer (SWO)

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Student Welfare office

Student Feedback Form.

Please mark this Event by ticking the box that most accurately reflects your opinion.

Students name: Tharisha

College name: St. Anne's Degree college for women

	Very satisfied	Satisfied	Neutral	Unsatisfied	Very unsatisfied
Overall event experience	✓				
Organization of the event		✓			
Quality of the events		✓			
Handouts and materials	✓				
Facilities and the venue		✓			

Suggestions:

Date: 24.2.22

Place: Bangalore



Nisla Joseph

PRINCIPAL
St. Anne's Degree College
For Women
23, Cambridge Road, Halasuru,
Bangalore - 560 008

Student Welfare Officer (SWO)

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Student Welfare office

Student Feedback Form.

Please mark this Event by ticking the box that most accurately reflects your opinion.

Students name: Sushmitha R

College name: St Anne's college

	Very satisfied	Satisfied	Neutral	Unsatisfied	Very unsatisfied
Overall event experience	✓				
Organization of the event	✓				
Quality of the events	✓				
Handouts and materials		✓			
Facilities and the venue		✓			

Suggestions:

Super

Date: 24-23
Place: Bangalore

Student Welfare Officer (SWO)

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Student Welfare office

Student Feedback Form.

Please mark this Event by ticking the box that most accurately reflects your opinion.

Students name: Birella Sharon
College name: St. Anne's Degree College for Women

	Very satisfied	Satisfied	Neutral	Unsatisfied	Very unsatisfied
Overall event experience	✓				
Organization of the event	✓				
Quality of the events		✓			
Handouts and materials	✓				
Facilities and the venue	✓				

Suggestions:

No comment

Date: 21/2/23
Place: Bengaluru



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Student Welfare office

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Please mark this Event by ticking the box that most accurately reflects your opinion.

Students name: Prिया

College name: St. Anne's

	Very satisfied	Satisfied	Neutral	Unsatisfied	Very unsatisfied
Overall event experience		✓			
Organization of the event	✓	✓			
Quality of the events		✓			
Handouts and materials	✓	✓			
Facilities and the venue		✓			

Suggestions:

Date: 21/8/23
Place: Bangalore



Nisile Joseph

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Student Welfare office

Student Feedback Form.

Please mark this Event by ticking the box that most accurately reflects your opinion.

Students name: Chaitanya

College name: St. Anne's Degree college for women

	Very satisfied	Satisfied	Neutral	Unsatisfied	Very unsatisfied
Overall event experience		✓			
Organization of the event	✓				
Quality of the events		✓			
Handouts and materials	✓				
Facilities and the venue		✓			

Suggestions:

Date: 21-8-23

Place: Bangalore



Nisile Joseph
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St. Anne's Degree College
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Bangalore - 560 008.

[Signature]
Student Welfare Officer (SWO)

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Student Welfare office

Student Feedback Form.

Please mark this Event by ticking the box that most accurately reflects your opinion.

Students name: Sowmya

College name: St. Anne's college

	Very satisfied	Satisfied	Neutral	Unsatisfied	Very unsatisfied
Overall event experience	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Organization of the event	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quality of the events	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handouts and materials	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Facilities and the venue	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Suggestions:

Date: 21/12/23

Place: Bangalore



Nile Joseph
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Student Welfare Officer (SWO)

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Student Welfare office

Student Feedback Form.

Please mark this Event by ticking the box that most accurately reflects your opinion.

Students name: *Vaishnavi S*

College name: *St. Anne's Degree college for women*

	Very satisfied	Satisfied	Neutral	Unsatisfied	Very unsatisfied
Overall event experience	<input checked="" type="checkbox"/>				
Organization of the event	<input checked="" type="checkbox"/>				
Quality of the events	<input checked="" type="checkbox"/>				
Handouts and materials	<input checked="" type="checkbox"/>				
Facilities and the venue	<input checked="" type="checkbox"/>				

Suggestions:

Date: *21-8-23*

Place: *Halasuru*



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SWO

17th May 2024

CIRCULAR

Subject: Spesh Outfit week and Ethnic day

This is to inform that SWO is organizing a Spesh outfit week for the students of all the years. From 20-5-2024 to 25-5-2024. The outfits that students can wear are as follows:

Sl No:	Date	Outfit
1	20-5-2024 (Monday)	Jeans and Tops
2	21-5-2024 (Tuesday)	Twin attire
3	22-5-2024 (Wednesday)	Gown
4	23-5-2024 (Thursday)	Mis matched attire
5	25-5-2024 (Saturday)	Ethnic attire

***Inappropriate clothes strictly not allowed. Students should follow the norms of the college**

Maria Josephine Vaninni

SWO Coordinator

Student Welfare Officer (SWO)

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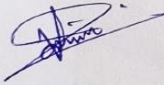
ETHNIC DAY 2024:


25-5-2024: The STUDENTS WELFARE OFFICE organized an Ethnic day for that students and faculty of the institute. The students were informed to wear ethnic attires. Students participated with all pomp and favour. The day witnessed an array of students dressed in their best attires. The students were dressed in different types of sarees.

The SWO also organized a Spesh Outfit Week for the students of all the years from 20-05-2024 to 24-05-2024 the students wore outfits as directed and ethnic day was the one which was followed. Each day was allotted with a dress code. First day was Jeans and tops, second day was twinning attire, third day was only gown, fourth day was a Mis matched attire and fifth was an ethnic wear.

The students took pictures with their friends and made memories to last for lifetime. The last one hour of the day trending songs from Bollywood, sandalwood, Tamil and Telugu were played in the school ground of St Annes and the students enjoyed dancing on the songs.

The exercise was a stress buster for the students from their daily routine.


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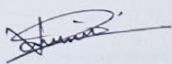





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Graduation Day Duty List- 21st July 2023

Time: 10:30 am

Invocation Song- Ms Madhu & Sr Rita

Lighting of the Lamp- Ms Sindhu (Physics) and Ms Ann Philip

Welcome Speech- Principal

Chief Guest Address- Dr Lokesha (Registrar, BCU)

Experience sharing by 4 students- Ms Vannini and Ms Mariya

Oath Taking- Ms Vennila

Presidential Address- Secretary, Rev Dr Sr Margaret Fatima.

Vote of thanks- Ms Veena Kumari

MC – Ms Daljit and Ms Krithika

Stage in Charge

Ms Shaila, Ms Savitha, Ms Monisha, Ms Vasantha,

Decoration Committee

Mr Prince, Mr Albert, Dr Ramesh, Sr Rita

Candle Distribution

Ms Sindhu(EVS), Ms Sangita, Ms Danila, Ms Priya,

Food Committee

Dr Anil, Sr Imelda Rani, Sr Kulandai Yesu, Dr Ravi Prakash, Dr Mohan Babu

Photo

Dr Arthi & Ms Nazneen

Procession and Seating Arrangement/ Discipline

Ms Sujatha, Dr Neha , Ms Banumathi, Ms Rose Mol,

Ms Chandrakala





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Momento/ Certificate Distribution

Ms Vijayakumari, Mr Aftab, Ms Kavya, Ms Pravalika

Invitation Designing / Printing/ Designing /Banner

Mr Ranjit, Ms Marina & Ms Rekha

Reception Committee

Dr Prameela , Sr Imelda Rani, Sr Kulandai Yesu, Ms Pradeepa, Ms Anitha, Ms Swathi

Graduation Gowns In Charge

Dr Puttana & all final year class teachers

PPT

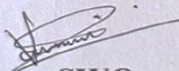
Ms Vennila and Dr Venkatalakshmi

Technical In Charge/ Generator

Mr Jesu, Mr Das

Discipline

Mr Singaiah & Ms Shoba


SWO

Student Welfare Officer (SWO)
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PRINCIPAL

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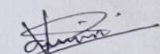
GRADUATION DAY 2023-2024

St. Anne's degree college for women, witnessed its Graduation Day on 1st July 2024 for the students of batch 2021-2024. The event took place in the college auditorium from 10:00 am onwards. The institute marked another milestone like any other year with 385 students graduating, for all the efforts, hard work of the students and inspiring learned faculties ever.

The big day witnessed maximum energy from the students around the campus and their parents, proudly watching their children graduate. The event began with the arrival of the esteemed chief guest Rev. Fr. Jesu doss Rajamanickam, director, St. John's Medical College Hospital, Bengaluru. He also addressed the gathering with his inspiring speech and motivated the students. The guest of honour was Rev. Mother, Joyce Teresia and Rev Mother Margaret Julie. Among them, Secretary Rev. Mother. Dr. Margaret Fatima Mary, our beloved Principal, Prof. Nisha Joseph with faculties and HODs of all the departments made their presence.


The celebration began with an invocation song by the prayer team, followed by the lighting of the lamp by the dignitaries, secretary, principal of Day College and evening college, the student council president, post graduate representative and evening college representative. Soon after, candles were passed to the students for oath taking, followed by which as a token of gratitude, every student was given a memento on behalf of the management. There was a photo session according to each department capturing all the happy faces on stage for one last time. To make the day more memorable, a student from each department spoke about their experience and shared a few words about all the memories that they would cherish throughout.

Lastly, the secretary and the principal spoke a few words which motivated the students. And that's how beautifully and ever memorably the graduation day of the very special 2020-2023 batch came to an end, just like their degree lives. Emotional yet memorable.


SWO

Student Welfare Officer (SWO)
St. Anne's Degree College for Women,
Halasuru, Bengaluru - 560 008




PRINCIPAL
PRINCIPAL
**St. Anne's Degree College
For Women**
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Bangalore - 560 008.



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[Signature]

SWO

Student Welfare Officer (SWO)

St. Anne's Degree College for Women,
Halasuru, Bengaluru - 560 008



Nisla Joseph

PRINCIPAL

**St. Anne's Degree College
For Women**
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Health Club



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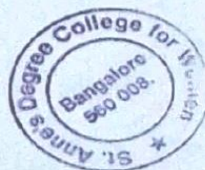
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Minutes of Meeting

Name of the Club:	HEALTH CLUB		
Mode of Meeting	Offline		
Date:	14th September 2023		
Agenda of the Meeting	The Health Club and Human Rights Protection Cell in collaboration with IQAC and in association with BBMP Hospital is organizing a "Dengue awareness campaign" on 15th of September 2023 from 10:00 am-2:15 pm.		
Member for the meeting Present	1	Prof.Nisha Joseph	Principal <i>Nisha Joseph</i>
	2	Ms. Khutaija Nazneen	Co-ordinator <i>Ka</i>
	3.	Dr.Prameela	Co-ordinator of Human Rights Protection Cell <i>Prameela</i>
	4.	Ms. Shobha	Member <i>Shobha</i>
	5.	Ms. Vasantha Pillai	Member <i>Vasantha</i>
	6.	Ms. Vijaya Kumari	Member <i>Vijaya</i>
<u>Summary of the meeting:</u>	The Roles were allocated by co-ordinator under the presence of Principal Professor Nisha Joseph that complete incharge will be taken by co-ordinators Ms. Khutaija Nazneen and Dr Prameela to communicate BBMP officials. Ms. Shobha will monitors student attendance, , Ms. Vijaya Kumari will be incharge on photos and Ms Vasantha Pillai focus on motivating students to participate and maintaining discipline during campaign.		

Khutaija Nazneen
Coordinator
Health Club
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008



Nisha Joseph
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14th September 2023

CIRCULAR

Health Club

This short notice serves to announce that the Health Club and Human Rights Protection Cell in collaboration with IQAC and in association with BBMP Hospital is organizing a "Dengue Awareness Campaign" on 15th of September 2023 for the students. The campaign will run from 10:00 am to 2:00pm.

Khutaija Nazneen
Ms. Khutaija Nazneen
Health Club Co-ordinator

Coordinator
Health Club
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008

Prameela
Dr. Prameela
Human Right Cell

Coordinator
Human Rights Cell
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008

Nisha Joseph
Prof. Nisha Joseph
Principal

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Health Club Report 2023-24

"Dengue Awareness Campaign"

The Health Club and Human Rights Protection Cell organized a "Dengue Awareness Campaign" Cell in collaboration with IQAC and in association with BBMP Hospital, Halasuru, Bengaluru on 15th of September 2023. The students who were volunteer undertook a street wise door to door awareness campaign drive accompanied by the health officials of the hospital



Khutaj Noyen
Coordinator
Health Club
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008

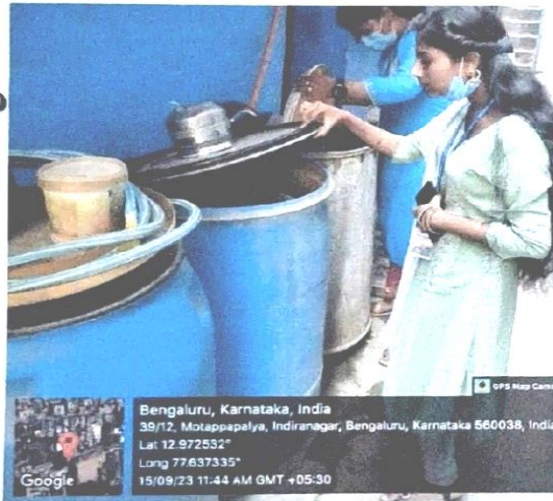


Nisla Joseph
PRINCIPAL
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Bangalore - 560 008.



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Khutaiya Nojma
Coordinator
Health Club
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008

Nile Joseph
PRINCIPAL
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Khushiya Nozhen
Coordinator
Health Club
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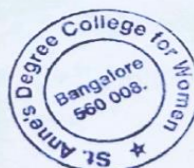
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Minutes of Meeting

Name of the Club:	HEALTH CLUB		
Mode of Meeting	Offline		
Date:	27th of October 2023		
Agenda:	The Health Club and Department of Physical Education in collaboration with IQAC and in association with Manipal Hospital, Millers Road, Bangalore will organize a workshop on CPR Training on 2 nd of November 2023 from 10:30 am-1:15 pm in A.V.Hall. The topic "Basic life support followed by CPR Training"		
Member for the meeting Present	1	Rev Mother Margaret Fathima Mary	Secretary <i>R. M. Mary</i>
	2	Prof. Nisha Joseph	Principal <i>Nisha Joseph</i>
	3	Ms. Khutaija Nazneen	Co-ordinator <i>Ka</i>
	4	Mr. Singhaiah	Head-Department of Physical Education <i>Singhaiah S</i>
	5	Ms. Shobha	Member <i>Shobha</i>
	6	Ms. Vasantha Pillai	Member <i>Vasantha Pillai</i>
	7	Ms. Vijaya Kumari	Member <i>Vijaya Kumari</i>
Summary of the meeting:	The Roles were allocated by co-ordinator under the presence under the guidance of our Secretary Dr.Rev Mother Margaret Fathima Mary and under the chairmanship of Principal Professor Nisha Joseph that complete incharge will be taken by co-ordinator Ms. Khutaija Nazneen to communicate with Resource person and for smooth conduct of session. Ms. Shobha monitors student attendance, Ms. Vasantha Pillai handles PPT arrangements, Ms. Vijaya Kumari takes photos during the session, and Mr. Singaiah focuses on motivating students to participate and maintaining discipline		

Khutaija Nazneen
Coordinator
Health Club
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008



Nisha Joseph
PRINCIPAL
St. Anne's Degree College
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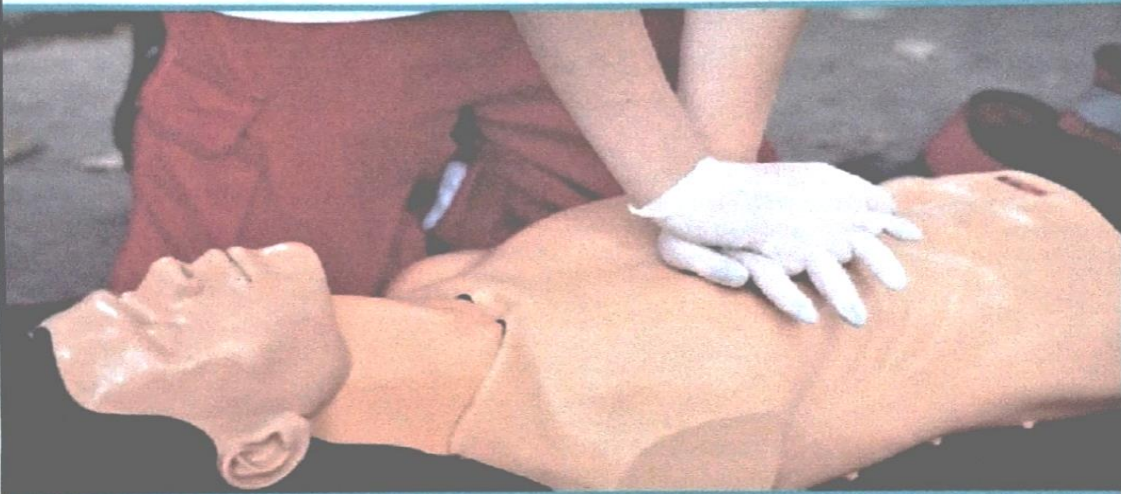


ST. ANNE'S DEGREE COLLEGE FOR WOMEN
Health Club and Department of Physical Education



IT'S ALL IN YOUR HANDS SAVE A LIFE

Emergencies don't come with a warning. Youth is the backbone who can make a change. Come forward. Learn CPR. Save Lives



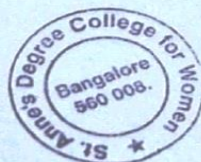
Manipal Hospital Millers Road
Celebrates Health Awareness Weekend with a Workshop to discuss

BASIC LIFE SUPPORT FOLLOWED BY CPR TRAINING

Do join Us

Date : 2nd November 2023, Thursday
Time : 10:30 am onwards
Venue : St. Anne's Degree College
for Women

manipalhospitals
LIFE'S ON





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30th October 2023

CIRCULAR- Health Club

This notice serves to announce that the Health Club and the Department of Physical Education in collaboration with IQAC will organize a workshop on 2nd November 2023 titled "Basic Life Support Followed by CPR Training", in association with Manipal Hospital. The workshop will be conducted by a team of expert medical professionals and will take place in the A.V. Hall for students. The workshop will run from 10:30 am to 1:15 pm.

Khutaija Nazneen
Ms. Khutaija Nazneen

Health Club Co-ordinator
Coordinator
Health Club

St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008

Mr. Singhaiah
Mr. Singhaiah

Head-Dept of Physical Education
Physical Education Director
St. Anne's Degree College for Women,
No. 23, Cambridge Road, Halasuru,
Bangalore - 560 008.

Prof. Nisha Joseph
Prof. Nisha Joseph

Principal
PRINCIPAL
St. Anne's Degree College
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Health Club Report-2023-24

Basic Life Support followed by CPR Training

Health Club and the Department of Physical Education in collaboration with IQAC had organized a workshop on 2nd November 2023 titled “Basic Life Support Followed by CPR Training”, in association with Manipal hospital in AV Hall. The workshop had 2 sessions from 10:45am to 12:30 pm and next session at 12:45pm to 2:15pm. The workshop prioritized on ‘How to provide first aid to the person under cardiac arrest’. The program started at 11am by Dr. Harshitha Sridhar, Cardiologist and the team members of the Manipal Hospital, Millers Road, Bangalore.

Initially Dr. Harshitha Sridhar briefed about the difference between a cardiac arrest and a cardiac attack and a few symptoms that gives indications to human body before it happens. Then she started her workshop by giving introductory on the technique CPR-Cardiopulmonary resuscitation that revives the heart and the lungs. It is performed on an unresponsive patient whose heart has stopped and who has stopped breathing. CPR helps for blood supply to the body and vital organs such as the heart, brain and kidneys. CPR involves giving chest compressions to a patient, artificially circulating blood throughout the body and providing breaths either by mouth to mouth or using mask, thereby delivering oxygen to the patient.

She later went on to explain ‘The chain of survival’ i.e., the steps that one can follow if the victim nears you appear unconscious. How to perform CPR with the human model:

1. Check to see if the scene is safe.
2. Tap and shout if the person responds.
3. If there is no response from the patient, send a bystander to call the local Emergency number.
4. Check if the patient is breathing by looking for chest rise.
5. If the patient is not responding and not breathing start CPR

Khutaje Nojman

Coordinator
Health Club

St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008



Nisile Joseph

PRINCIPAL

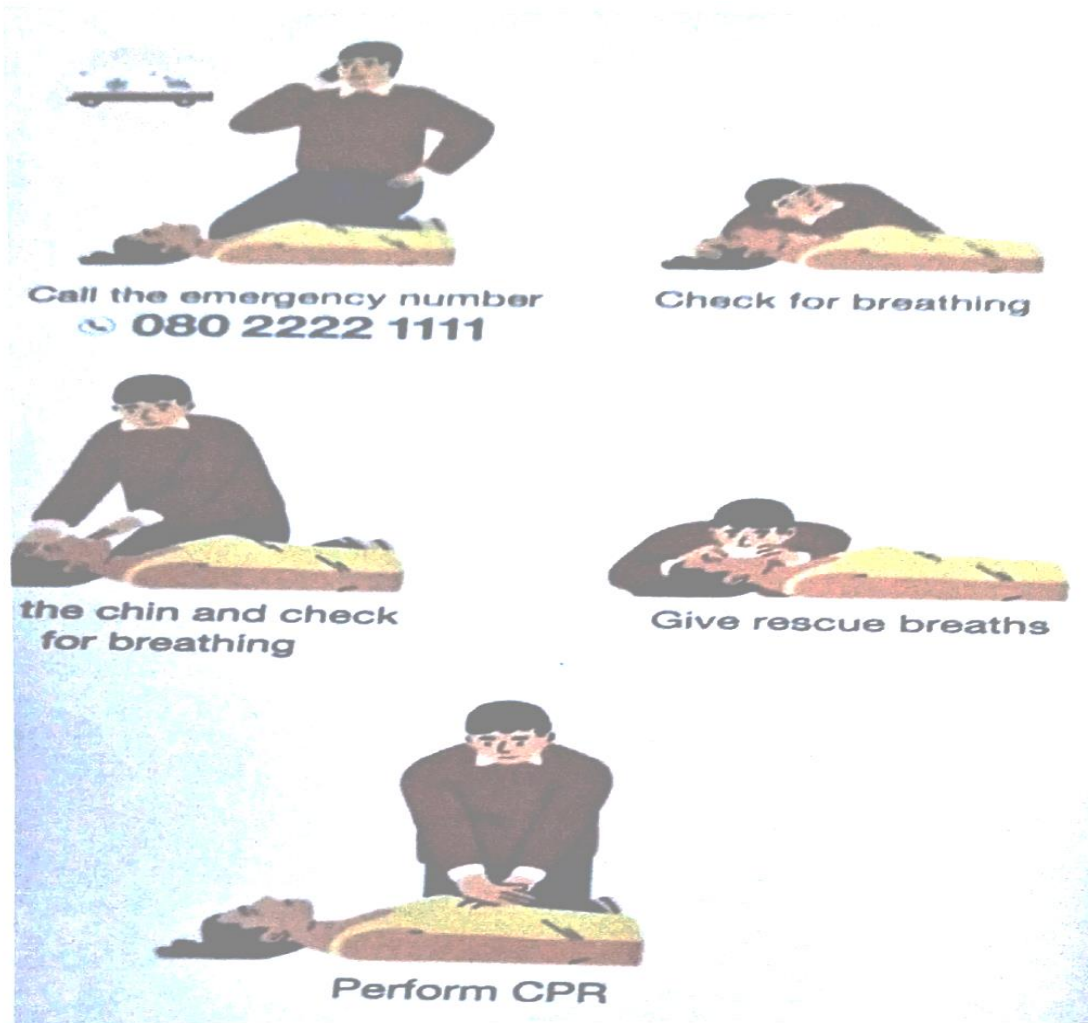
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After her demo she encouraged and allowed students to practice CPR by using on the human model. Many students participated. The students were also taught recovery positions to the patient in until help arrives. Dr. Harshitha Sridhar also taught the students about the first aid that can be given during choking. She concluded by answering the doubts of students. Overall the workshop was very informative and lively.

Khateef Nojmen
Coordinator
Health Club
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008



Nisli Joseph
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Gallery



Khutaiya Naynee
Coordinator
Health Club
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008



Nisla Joseph
PRINCIPAL
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India
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11/02/2023 12:07 PM GMT+05:30
Note: Captured by GPS Map Camera

Khutariq Nozmeer

**Coordinator
Health Club**
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008



Nisile Joseph

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Cambridge Road, Ulsoor, Bengaluru, 560008, KA,
India
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Khutaija Nojmeen
Coordinator
Health Club

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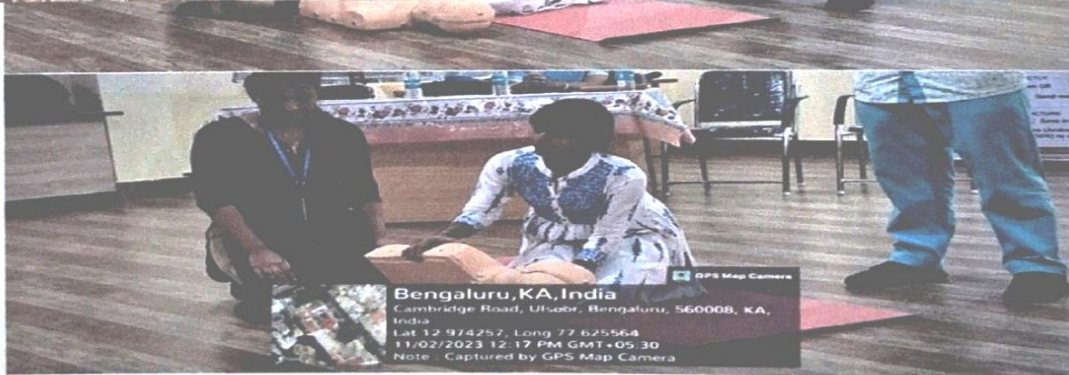


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Coordinator
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St. Anne's Degree College for Women
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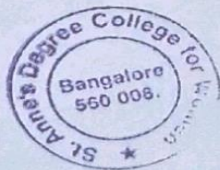
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Minutes of Meeting

Name of the Club:	HEALTH CLUB			
Mode of Meeting	Offline			
Date:	20th of May 2024			
Agenda:	The Health Club in collaboration with IQAC and in association with Manipal Hospital, Millers Road, Bangalore will organize a session on "Stress Management and Healthy Lifestyle" on 22 nd of May 2024 from 11:00 am-12:00 noon in A.V.Hall.			
Member for the Meeting Present	1	Prof. Nisha Joseph	Principal	<i>Nisha Joseph</i>
	2	Ms. Khutaija Nazneen	Co-ordinator	<i>KN</i>
	3	Ms. Shobha T	Member	<i>Shobha</i>
	4	Ms. Priya	Member	<i>Priya</i>
	5	Ms. Maria Mathew	Member	<i>Mathew</i>
Summary of the Meeting:	The Roles were allocated by co-ordinator under the chairmanship of Principal Professor Nisha Joseph that complete incharge will be taken by co-ordinator Ms. Khutaija Nazneen to communicate with Resource person and for smooth conduct of session. Ms. Shobha will be incharge on making posture and monitors student attendance, Ms. Priya handles PPT arrangement and photos during the session, and Ms. Maria Mathew focuses on motivating students to participate and maintaining discipline.			

Khutaija Nazneen
Coordinator
Health Club
St. Anne's Degree College for Women,
Halasuru, Bengaluru - 560 008

Nisha Joseph
PRINCIPAL
St. Anne's Degree College
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CIRCULAR

Health Club

21st May 2024

This is to inform that Health Club with IQAC in association with Manipal Hospital will organize seminar on "Stress Management & Healthy Lifestyle" on 22nd May 2024 in the AV room between 11:00 AM – 12:00PM.

Ms. Khutaija Nazneen
Coordinator - Health Club

Coordinator
Health Club
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008

Nisha Joseph
Prof. Nisha Joseph

Principal
PRINCIPAL
St. Anne's Degree College
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Health Club Report-2023-24

Report on 'Stress Management & Healthy Lifestyle'

In our fast-paced and demanding world, stress has become an inevitable part of our lives. From work pressures to personal responsibilities, stress can take a toll on our mental and physical well-being. However, managing stress levels is crucial for maintaining a balanced and healthy life. To give awareness and overcome about stress among students Health Club organized a session on "Stress Management and Healthy Lifestyle" in association with Manipal Hospital by Dr. Kashif Syed, MD(UK) on 22nd May 2024 at 11:00 am-12:00 noon in A V Hall.

Dr. Kashif Syed started by simple question in the beginning. He relaxed and stressed busted the audience by his talk with his simple questions. An audience by students were enthusiastic to listen his talk.

He emphasized on different levels of stress, its causes and strategies. He emphasized more on Eustress, the positive stress and why counseling is not bad. During his session he removed the wrong intuition on counseling. He encouraged students to meet the counseling unit or doctor to release their stress out. He made clarity about psychologist who gives counseling without medicines and psychiatric in healing high stress, tension and anxiety with medication

He gave few common indicators to become proactive and take steps to address their stress levels before they escalate. He informed how to recognize the signs and symptoms that include irritability, fatigue, difficulty concentrating, sleep disturbances, and changes in appetite.

Additionally he gave few strategies to overcome stress that are as follows:

- **Prioritize Self-Care:** By taking care of their physical, mental, and emotional well-being helps build resilience and enhances their ability to cope with stress. Engage in activities that brings them joy, such as exercise, hobbies, meditation, or spending time with loved ones. Prioritize self-care as an essential part of your routine, even during busy periods.
- **Practice Stress-Relieving Techniques:** Incorporating stress-relieving techniques into their daily life can significantly reduce stress levels. Deep breathing exercises, mindfulness, and meditation are effective tools for calming the mind and reducing anxiety. Explore different techniques and find what works best for themselves. Regular practice can enhance their ability to manage stress in challenging situations.
- **Set Boundaries and Manage Time:** Many stressors arise from feeling overwhelmed and having a lack of control over their time. Set clear boundaries, both in your personal, student and professional life, to prevent excessive stress. Learn to say no when necessary and delegate tasks when possible. Effective time management can alleviate stress by creating a sense of control and reducing the risk of feeling overwhelmed.

Khataija Nojmeen
Coordinator
Health Club

St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008



Nile Joseph
PRINCIPAL

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- **Seek Support:** Don't hesitate to seek support from friends, family, or professionals when stress becomes overwhelming. Talking to someone trusted can provide emotional support, different perspectives, and practical advice. Additionally, consider engaging in stress management workshops, therapy, or counseling to gain specialized guidance and coping strategies.
- **Adopt Healthy Habits:** Maintaining a healthy lifestyle contributes significantly to stress management. Ensure you get regular exercise, eat a balanced diet, and prioritize sufficient sleep. Avoid relying on unhealthy coping mechanisms such as excessive soft drink, snacks consumption or overeating, as they can exacerbate stress levels in the long run.
- **Managing stress levels is crucial for overall well-being and happiness.** By recognizing the signs, prioritizing self-care, practicing stress-relieving techniques, setting boundaries, seeking support, and adopting healthy habits, anyone can effectively manage and reduce stress. Remember, stress is a part of life, but with the right strategies and mindset, you can navigate through it and lead a more balanced and fulfilling life. Make self-care and stress management a priority, and embrace the benefits of a healthier and happier you.



Khutaya Nazneen
Coordinator
Health Club
St. Anne's Degree College for Women
Halasuru, Bangalore - 560 008



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23, Cambridge Road, Halasuru,
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Khutaja Nozreen
Coordinator
Health Club
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008

Nile Joseph
PRINCIPAL
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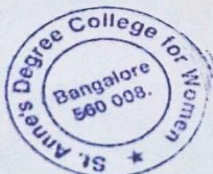
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Minutes of Meeting

Name of the Club:	HEALTH CLUB			
Mode of Meeting	Offline			
Date:	4th of June 2024			
Agenda:	The Health Club and Department of Physical Education in collaboration with IQAC and in association with Bowring & Lady Curzon Hospital, Bangalore will organize a "Blood Donation Camp" on 5 th June 2024 from 10:00 am-2:00 pm in Auditorium.			
Member for the Meeting Present	1	Rev Mother Margaret Fathima Mary	Secretary	
	2	Prof. Nisha Joseph	Principal	
	3	Ms. Khutaija Nazneen	Co-ordinator	
	4	Ms. Shobha T	Member and NSS Officer	
	5	Ms. Maria Mathew	Member	
Summary of the Meeting:	The Roles were allocated by NSS Officer under the presence and guidance of our Secretary Dr. Rev Mother Margaret Fathima Mary and under the chairmanship of Principal Professor Nisha Joseph that complete incharge will be taken by co-ordinator Ms. Khutaija Nazneen along with NSS Officer Ms. Shobha T to communicate with Resource person and for smooth conduct of "Blood Donation Camp" Ms. Maria Mathew monitors student attendance focuses on motivating students to volunteer and maintaining discipline in Auditorium.			

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CIRCULAR

Health Club

4th June 2024

This is to inform that the NSS Unit & Health Club in collaboration with Bowring & Lady Curzon Hospital will organize 'Blood Donation Camp' on 5th June 2024 in the Auditorium between 10:00 AM – 2:00PM.

Khutaija Nazneen
Ms. Khutaija Nazneen
Coordinator - Health Club

Coordinator
Health Club

St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008

Shobha T

Shobha T
NSS – Program Officer

Programme Officer
NSS-St. Anne's College Unit
St. Anne's Degree College for Women
Halasuru, Bangalore-560 008

Nisha Joseph

Prof. Nisha Joseph
Principal

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NSS & HEALTH CLUB

in collaboration with

BOWRING AND LADY CURZON HOSPITAL

BLOOD DONATION CAMP

On 5 June 2024
Venue - Auditorium

Every drop of blood is a gift of life

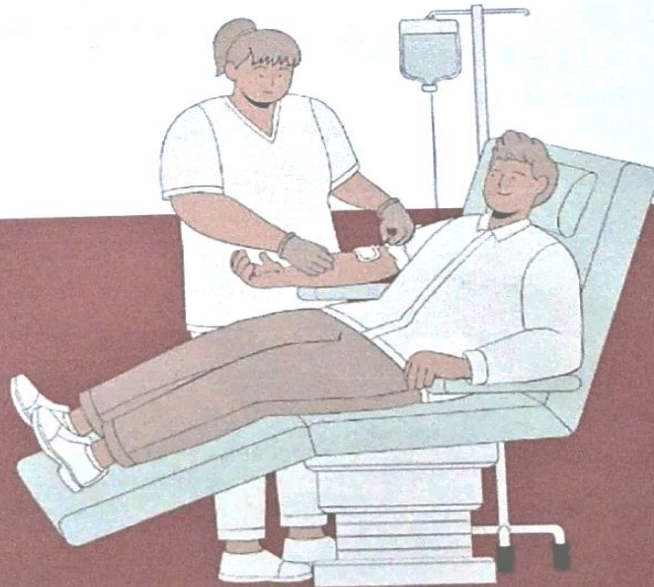
**Donate blood
and save lives!**

Secretary
Rev.Sr.Dr Margaret Fatima Mary

Principal
Prof.Nisha Joseph

NSS Program Officer
Ms.Shoba T

Health Club - Coordinator
Ms.Khutaija Nazneen





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Health Club Report-2023-24

Report on Blood Donation Camp

The Health Club & NSS Unit in collaboration with IQAC and in association with Bowring & Lady Curzon Hospital organized 'Blood Donation Camp' on 5th June 2024 in the Auditorium between 10:00 AM – 2:00PM.

A formal inaugural was conducted in the Auditorium. The Blood donation camp was commenced with the notable presence of our Secretary Dr.Rev Mother Margaret Fathima Mary, Principal Prof Nisha Joseph, NSS Program Officer Ms. Shobha.T and Health Club Co-ordinator Ms. Khutaija Nazneen. The donors were given clear instructions by the Doctor and medical professionals before the camp would flag off. The Hospital team was guided by Dr. Zaheer. The team followed the protocols, rules and checked for eligibility before mobilizing the blood.

16 Units of Blood was collected from students and staff. The Bowring & Lady Curzon Hospital gave Certificate of Appreciation to all the donors and to the College as a note of gratitude.

NSS students played a pivotal role in the success of the camp, serving as volunteer to facilitate registration, assist donors volunteered and ensured a smooth flow of activities.



Khutaija Nazneen
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Nisha Joseph
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Khushiya Nozreen
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Red Cross Club



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RED CROSS WING UNIT


CIRCULAR

Date: 02/06/2023

The Red Cross Wing is Organizing a session on "Child Welfare-concerned with Physical, Social, and Psychological Well-being of Children" in RBNMS School by Rehab students on "06th November 2023" from 2:00 pm to 3:00 pm.


Coordinator
Coordinator
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MINUTES OF MEETING

Name of Department/Cells/Clubs/Committees: RED CROSS CELL
Meeting Name: Outreach Program
Date: 02/11/2023
Time: 2:10 pm
Venue: Commerce Lab
Mode(Offline/Online): Offline
Agenda: "Basic Human Values-concerned with values"
<u>Summary of the meeting:</u>
Topics were Segregated to students and Activities were planned. Total Number of students participated were 08.
Topics Such as:
Empathy
Kindness
Honesty
Respect
Responsibility
Fairness





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Members Present:

Ms. Vasantha Pillai

Ms. Madhu. T

Ms. Pravalika Paul

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Aete
H...al
Pravalika Paul

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Coordinator
Coordinator
RED CROSS UNIT
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Handwritten signature: Nile. Joseph
Principal
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RED CROSS WING

Organized a Session on "Basic Human Values" in RBNMS School"

Date: 06th November 2023

Time: 2:00 pm

Mode: offline

Venue: RBNMS School
#1 Appaji Roa Lane, near Halasuru Police Station
Bangalore-560008

Total number of Participants: 41

Presenters: 08

Faculty: 03

Students of RBNMS School: 30

Objective: To promote understanding of Basic Human Values and share their knowledge with the students of RBNMS School.

As a part of the Red Cross unit, the Department of Rehabilitation Science had brought an awareness about the Basic Human Values, for class 5th by organizing a one-hour session. A group of 8 students have visited RBNMS School on 06th of November 2023, from 2pm- 3pm.

Key Highlights:

- **Introduction to Basic Human Values:** The session began with an introduction to the concept of basic human values and their significance in daily life. Examples and real-life scenarios were presented to help the students understand the practical application of these values.
- **Interactive Activities:** Several interactive activities were conducted to encourage participation and facilitate a deeper understanding of the values being discussed. These activities included group discussions, role-plays, and reflection exercises.
- **Discussion and Reflection:** Throughout the session, students were encouraged to share their thoughts, experiences, and insights on the importance of basic human values. Open dialogue and reflection were encouraged, creating a supportive and inclusive atmosphere.
- **Practical Tips and Takeaways:** The session concluded with practical tips and suggestions for incorporating basic human values into everyday life. Students were encouraged to practice empathy, kindness, and respect towards themselves and others, both within and outside the school environment.





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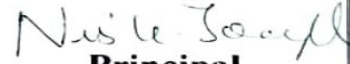
Outcome:

Students have an exposure in building their confidence and sharing their knowledge on the basic skills such as Basic Human Values-concerned with values such as empathy, kindness, honesty, respect, responsibility, and fairness.


Coordinator

**Coordinator
RED CROSS UNIT
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Gallery





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Bengaluru, KA, India
Someshwara Temple Road, Uisoor, Bengaluru,
560008, KA, India
Lat 12.975444, Long 77.625312
11/06/2023 02:38 PM GMT+05:30
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Bengaluru, KA, India
Someshwara Temple Road, Uisoor, Bengaluru,
560008, KA, India
Lat 12.975308, Long 77.625302
11/06/2023 02:24 PM GMT+05:30
Note: Captured by GPS Map Camera

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Coordinator
RED CROSS UNIT
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Handwritten signature: Nisile Joseph
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YOUTH RED CROSS

The Indian Red Cross Society, Karnataka State Branch, Bengaluru is
Organizing a "First Aid Awareness Program" at St. Anne's Degree College
for Women.

On

06-06-2024

INDEX

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3.	Minutes
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5.	Report
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9.	Refreshment Bills





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YOUTH RED CROSS

CIRCULAR

Date: 03/06/2024

The Indian Red Cross Society, Karnataka State Branch, Bengaluru is Organizing a "First Aid Awareness Program" for all the final year students on June 6th 2024, starting from 10 AM to 12 noon in the college Auditorium.



[Handwritten Signature]
Coordinator

Coordinator
RED CROSS UNIT
St. Anne's Degree College for Women,
Halasuru, Bengaluru-560008



[Handwritten Signature]
Principal

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Invite



Indian Red Cross Society 

Karnataka State Branch, Bengaluru
is Organizing

FIRST AID AWARENESS PROGRAM

To the students of Youth Red Cross Wing
St Anne's Degree College For Women
Halasuru, Bengaluru

Date: 06-06-2024 Time: 10.00 am to 12:00 Noon

All are Cordially Invited

**Coordinator
Coordinator
RED CROSS UNIT
St. Anne's Degree College for Women,
Halasuru, Bengaluru-560008**



**Principal
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MINUTES OF MEETING

Name of Department/Cells/Clubs/Committees: RED CROSS UNIT

Meeting Name: "First Aid Awareness Program"

Date: 06/06/2024

Time: 2:10 pm

Venue: Commerce Lab

Mode (Offline/Online): Offline

Agenda:

I. Discussion on program Schedule.

A First Aid Awareness Program was scheduled and finalized for June 6, 2024, from 10 AM to 12 PM in the auditorium. All final year combinations of the college were decided to be invited.

Work Allotment:


Ms. Madhu, the Red Cross Coordinator, handled communication with the Youth Red Cross. Ms. Sandhya was assigned to manage the stage and lighting of the lamp decoration. Refreshments were taken in charge by Ms. Arul Kalaimathi. Ms. Madhu was also in charge of the felicitation.

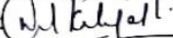
Discipline by all the subject Class teacher.

Refreshment was decided by Sr. Prema the accountant to order from Tomas Bakery.

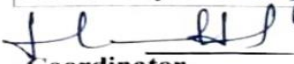
It was decided over all 400 students will be attending the session.

Members Present:

Ms. Madhu. T (Coordinator): 

Ms. Arul Kalaimathi: 

Ms. Sandhya: 



Coordinator
RED CROSS UNIT

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YOUTH RED CROSS

The Indian Red Cross Society, Karnataka State Branch, Bengaluru
Organizing

"First Aid Awareness Program"

PROGRAM SCHEDULE

1. Lighting of lamp
2. Welcome Address
3. Red Cross Video
4. General Secretary Speech
5. Resource Person Talk on First Aid Awareness Program
6. Vote of thanks


Coordinator

**Coordinator
RED CROSS UNIT
St. Anne's Degree College for Women,
Halasuru, Bengaluru-560008**




Principal

**Principal
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YOUTH RED CROSS

Organized a Session on “First Aid Awareness Program”

Date: 06th June 2024

Time: 10:00 am

Mode: offline

Venue: College Auditorium

Total number of Participants: 400

Presenters: 390

Faculty: 10

Objective: To equip them with essential knowledge and skills to effectively respond to emergencies, enhance their ability to provide immediate assistance in case of injuries or health crises, and promote a culture of safety and preparedness within the college community.

The event commenced with the lighting of the lamp by the dignitaries: Mr. H.S. Balasubramanya, General Secretary of Youth Red Cross Karnataka; Mr. Ananda D. Gowda, Karnataka Youth Red Cross Coordinator; Rev. Sr. Dr. Margaret Fatima Mary, Secretary of our college; Prof. Nisha Joseph, Principal; and Dr. Nagarjun, the Resource Person.

Principal Prof. Nisha Joseph extended a warm welcome to everyone and introduced the dignitaries and Red Cross members. This was followed by a video presentation of the College Red Cross Activities for the years 2022-23 and 2023-24 by the Red Cross team of St. Anne's Degree College for Women.

Rev. Sr. Dr. Margaret Fatima Mary highlighted the importance of the Red Cross and discussed its vision and mission, inspiring the students. Mr. H.S. Balasubramanya then explained the activities conducted by Karnataka Youth Red Cross and how effectively it reaches out to those in need.

All the dignitaries were felicitated, and mementos were presented to Mr. H.S. Balasubramanya and Dr. Nagarjun. Resource Person stated with the First awareness Program.





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Highlights of the session:

- Introduction to First Aid:
 - ✓ Importance of first aid
 - ✓ Roles and responsibilities of a first aider
- Basic Life Support (BLS):
 - ✓ CPR (Cardiopulmonary Resuscitation) techniques for adults, children, and infants
- Handling Common Injuries
 - ✓ Cuts, scrapes, and wounds
 - ✓ Burns and scalds
 - ✓ Sprains, strains, and fractures
- Medical Emergencies:
 - ✓ Recognizing and responding to heart attacks and strokes
 - ✓ Managing asthma attacks
 - ✓ Dealing with diabetic emergencies
- Choking
 - ✓ Techniques to assist choking adults, children, and infants
 - ✓ Preventive measures
- Heat and Cold-Related Emergencies:
 - ✓ Managing heat exhaustion and heat stroke
 - ✓ Recognizing and treating hypothermia and frostbite

Outcome of the Session

- Hands-on experience in first aid practices to the students.
- Increased confidence among the students in handling emergency situations
- Valuable life-saving skills applicable in everyday life


Coordinator

Coordinator
RED CROSS UNIT
St. Anne's Degree College for Women,
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Principal

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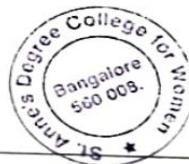



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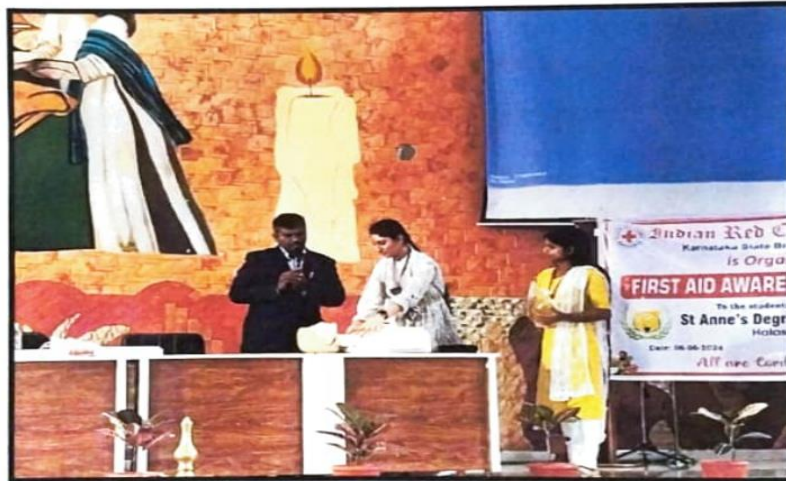



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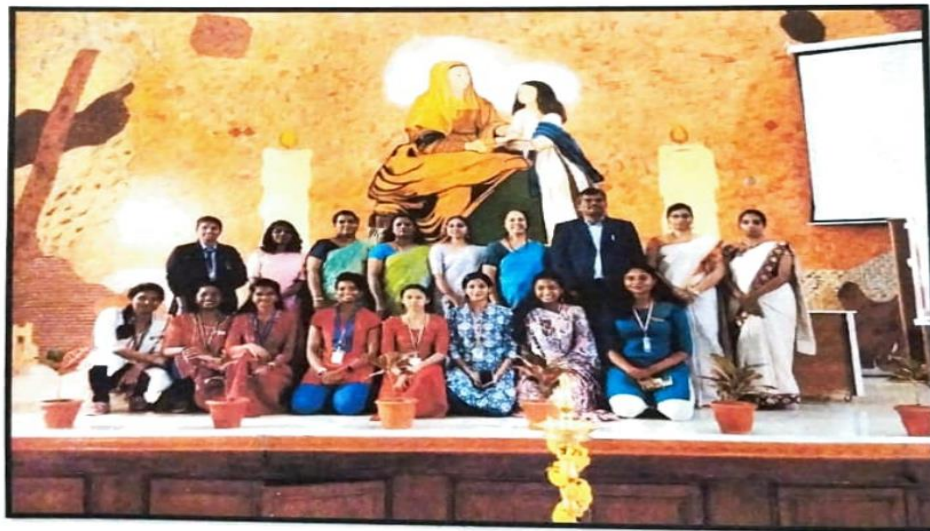



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Coordinator
Coordinator
RED CROSS UNIT
St. Anne's Degree College for Women
Halasuru, Bengaluru-56



[Handwritten Signature]
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PRINCIPAL

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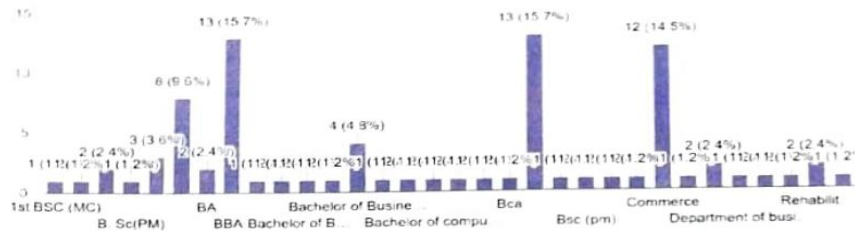
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Feedback

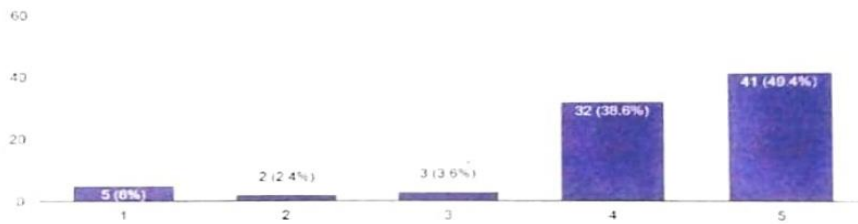
Department

83 responses



How satisfied were you with the overall organization and management of the program?

83 responses



Coordinator
RED CROSS UNIT
St. Anne's Degree College for Women
Halasuru, Bangalore



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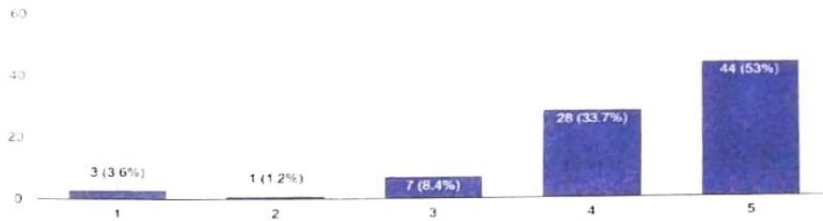
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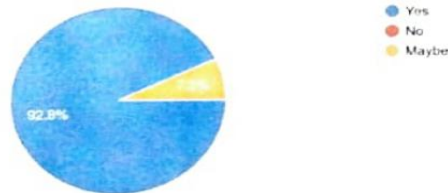
How would you rate the relevance of the topics covered in the program to your understanding of first aid?

83 responses



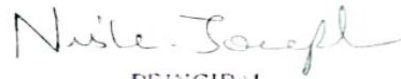
Did the program meet your expectations in terms of providing practical knowledge and skills related to first aid?

83 responses




Coordinator
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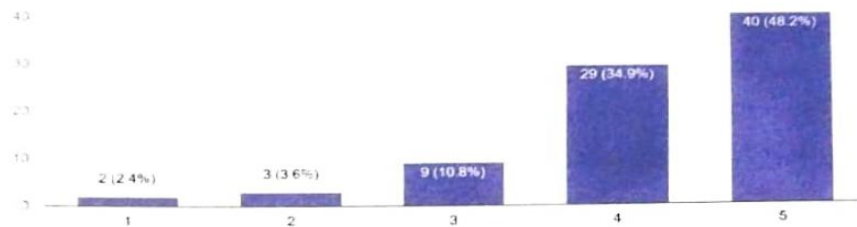
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How effective were the trainers/facilitators in delivering the content and engaging participants?

83 responses



What aspects of the program did you find most valuable and beneficial?

71 responses

- Everything
- CPR
- Nil
- About CPR
- Yes
- It was a good experience and learnt some things informative
- Practically learning
- Few tricks to be followed while some injury
- Valuable and also beneficial
- Practical learning
- Practical leaning
- On daily life
- Recovery
- Showed with an examples

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YOUTH RED CROSS

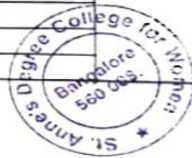
The Indian Red Cross Society, Karnataka State Branch, Bengaluru

Organizing

"First Aid Awareness Program"

Attendance-06-06-2024

Sl no	Name	Combination	Signature
1	Abhinaya.R	3 rd Bcom A	Abhinaya.R
2	Aishwarya.S		Aishwarya.S
3	Alisha.Y		Alisha.Y
4	Amrutha varshini.v		Amrutha.V
5	Ananiya.M		Ananiya.M
6	Angelene Joyce.V		Angelene.V
7	Ankamma SN		Ankamma.S.N
8	Annie Blessy .J		Annie.J.
9	Anu Priya.G		Anu Priya.G
10	Apurva		Apurva
11	Anusha.K		Anusha.K
12	Anusha.R		Anusha.R
13	Arokia Divya		Arokia
14	Arogya Mary.A		Arogya Mary.A
15	Aroky Jancy.V		Aroky Jancy.V
16	Arthi.A		Arthi.A
17	Ashwini.V		Ashwini.V
18	Ayesha Thaseen		Ayesha Thaseen
19	Beulah.B		Beulah.B
20	Bhavana.L		Bhavana.L
21	Bhavya.N		Bhavya.N
22	Bhuvaneswari.N		Bhuvaneswari.N
23	Bhuvaneswari.R		Bhuvaneswari.R
24	Bindu.S		Bindu.S
25	Bindu Shree.N		Bindu Shree.N
26	Blessy.S		Blessy.S
27	Bhavadharini.R		Bhavadharini.R
28	Britney Ann James		Britney Ann James
29	Chandana Bai.L		Chandana Bai.L
30	Chandana.L		Chandana.L





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Roll No.	Name	Grade	Signature
31	Chanadana.S		Chanadana.S
32	Chitra.G		Chitra.G
33	D.Arokyaa.Shaleena		Shaleena
34	Dammu.Rakshitha		Dammu.R
35	Devi.R		Devi.R
36	Deepa.R		Deepa.R
37	Dharshini.K		Dharshini.K
38	Dharshini.S		Dharshini.S
39	Dhrushya.B.M		Dhrushya.B.M
40	Fathima.Begum		Fathima.Begum
41	Fiona.Maria.Thomas		Fiona.Maria.Thomas
42	Gowthami.S		Gowthami.S
43	Gracy.Angel.R		Gracy.S
44	Gracy.S		Gracy.S
45	Hajeerunnisa.A		Hajeerunnisa.A
46	Harini.G		Harini.G
47	Hanni.V		Hanni.V
48	Hanni.R		Hanni.R
49	Harshini.V		Harshini.V
50	Harshitha.K		Harshitha.K
51	Hema.S		Hema.S
52	Indumathi.A		Indumathi.A
53	Jancy.D		Jancy.D
54	Jaquelin.M		Jaquelin.M
55	Javena		Javena
56	Jaya.Lakshmi.M		Jaya.Lakshmi.M
57	Jaya.Pushpa		Jaya.Pushpa
58	Jeesa.Roy		Jeesa.Roy



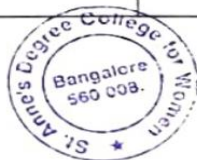


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Sl no	Name	Combination	Signature
59 ✓	Jennifer.A	B. COM	Jennifer.A
60 ✓	Jennifer Beulah.B		Jennifer Beulah.B
61 ✓	Jennifer .R		Jennifer .R
62 ✓	Jose Mary		Jose Mary
63 ✓	Joyce.A		Joyce.A
64 ✓	Jyothika.P		Jyothika.P
65 ✓	Kanishka.V		Kanishka.V
66 ✓	Kausalya.S		Kausalya.S
67 ✓	Kavya.P		Kavya.P
68 ✓	Kavya.R		Kavya.R
69 ✓	Kalarasi.R	Kalarasi.R	
70 ✓	Keerthana Bai.M	Keerthana Bai.M	
71 ✓	Keerthana.M	Keerthana.M	
72 ✓	Keerthana Ravi	Keerthana Ravi	
73 ✓	Keerthi.S	Keerthi.S	
74 ✓	Keerthika.T	Keerthika.T	
75 ✓	Keren Lyncia.S	Keren Lyncia.S	
76 ✓	Khushbu Kumari	Khushbu Kumari	
77 ✓	Khusboo Naaz	Khusboo Naaz	
78 ✓	Koushalaya. S	3 rd Bcom B	Koushalaya. S
79 ✓	Krithika.A		Krithika.A
80 ✓	Krithuika.N		Krithuika.N
81 ✓	Lakshmi.M		Lakshmi.M
82 ✓	Lavanya.L		Lavanya.L
83 ✓	Lawren Shiney		Lawren Shiney
84 ✓	Leema Rose.M		Leema Rose.M
85 ✓	Leena		Leena
86 ✓	Lekha B.S		Lekha B.S
87 ✓	Likitha.K		Likitha.K
88 ✓	Mahalakshmi.M	Mahalakshmi.M	
89 ✓	Mamatha.M	Mamatha.M	
90 ✓	Maria Jaqueline Andria.R	Maria Jaqueline Andria.R	
91 ✓	Madhumita.S	Madhumita.S	
92 ✓	Maria Preethika Infancia	Maria Preethika Infancia	
93 ✓	Maria Priyanka C	Maria Priyanka C	
94 ✓	Maria Sneha.R	Maria Sneha.R	
95 ✓	Mary Sarah.T	Mary Sarah.T	
96 ✓	Miriam Priya.A	Miriam Priya.A	
97 ✓	Monica Princy	Monica Princy	
98 ✓	Namitha.M	Namitha.M	
99 ✓	Nancy.K	Nancy.K	
100 ✓	Navanitha.M	Navanitha.M	
101 ✓	Naveena.P	Naveena.P	
102 ✓	Nethra Shree.S	Nethra Shree.S	
103 ✓	Nikitha	Nikitha	
104 ✓	Nikitha.N	Nikitha.N	
105 ✓	Padma.G	Padma.G	





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106 /	Paliavi R M		Taliqui
107 /	Parvathi		Pillai
108 /	Pavithra.A		Pavithra
109 /	Pavithra.M		Pavithra.M
110 /	Peddapalli Sandhya		Sandhya
111 /	Pooja.N		Pooja.N
112 /	Pooja Abirami.J		Pooja Abirami.J
113 /	Preethi.R		Preethi.R
114 /	Preethi.S		Preethi.S
115 /	Preeti Sharma .B	3 rd Bcom B	Preeti Sharma .B
116 /	Priya.M		Priya.M
117 /	Priya Shree.A		Priya Shree.A
118 /	Priyadarshini.R		Priyadarshini.R
119 /	Priyanka.N		Priyanka.N
120 /	Ramya.D		Ramya.D
121 /	Lobaksha.P		Lobaksha.P
122 /	Kavya T		Kavya T





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123 ✓	Revathi.V	3 rd Bcom C	Revathi.V
124 ✓	Rithika.P		Rithika.P
125 ✓	Ruthika.S		Ruthika.S
126 ✓	Sushmitha S		Sushmitha S
127 ✓	Safeena S		Safeena S
128 ✓	Sahana.G		Sahana.G
129 ✓	Samreen Fathima		Samreen Fathima
130 ✓	Sandhya.B		Sandhya.B
131 ✓	Sangavi.A		Sangavi.A
132 ✓	Sangeetha.D		Sangeetha.D
133 ✓	Sarala.N		Sarala.N
134 ✓	Sereesha.G.J		Sereesha.G.J
135 ✓	Shailu.R		Shailu.R
136 ✓	Sharmila.G		Sharmila.G
137 ✓	Sharon Evangelene.T		Sharon Evangelene.T
138 ✓	Shaziya.Taj		Shaziya.Taj
139 ✓	Sherin Christy.J		Sherin Christy.J
140 ✓	Shirin Malli priya.S		Shirin Malli priya.S
141 ✓	Shaik Salma Begum		Shaik Salma Begum
142 ✓	Shivani Mishra		Shivani Mishra
143 ✓	Shruthi.H		Shruthi.H
144 ✓	Shushmitha.k		Shushmitha.k
145 ✓	Sindhu.C		Sindhu.C
146 ✓	Smrithi shirin R		Smrithi shirin R
147 ✓	Sneha.C		Sneha.C
148 ✓	Sneha.E		Sneha.E
149 ✓	Sneha.S		Sneha.S
150 ✓	Sneha.M		Sneha.M
151 ✓	Sneha R(Ravi Chandran)		Sneha R(Ravi Chandran)
152 ✓	Sneha.R(Rajendran)		Sneha.R(Rajendran)
153 ✓	Soundarya.R		Soundarya.R
154 ✓	Sowmya.R		Sowmya.R
155 ✓	Stella.K		Stella.K
156 ✓	Sufiya Hanni		Sufiya Hanni
157 ✓	Swathi.S		Swathi.S
158 ✓	Syeda Madiha		Syeda Madiha
159 ✓	Tabassum.A		Tabassum.A
160 ✓	Tanushri.S		Tanushri.S
161 ✓	Tanisha K B		Tanisha K B
162 ✓	Teena.R		Teena.R
163 ✓	Tejashree.V	Tejashree.V	
164 ✓	Tejaswini.S	Tejaswini.S	
165 ✓	Tejaswini.C	Tejaswini.C	
166 ✓	Thanishka	Thanishka	
167 ✓	Thanushree.N	Thanushree.N	
168 ✓	Tina Rahitya.R	Tina Rahitya.R	
169 ✓	Uma Shakthi.J	Uma Shakthi.J	
170 ✓	Usha Rani Das	Usha Rani Das	





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123 ✓	Revathi.V	3 rd Bcom C	Revathi.V
124	Rithika.P		Rithika.P
125	Ruthika.S		Ruthika.S
126	Sushmitha.S		Sushmitha.S
127 ✓	Safeena.S		Safeena.S
128 ✓	Sahana.G		Sahana.G
129 ✓	Samreen.Fathima		Samreen.Fathima
130	Sandhya.B		Sandhya.B
131 ✓	Sangavi.A		Sangavi.A
132 ✓	Sangeetha.D		Sangeetha.D
133 ✓	Sarala.N		Sarala.N
134 ✓	Sereesha.G.J		Sereesha.G.J
135 ✓	Shailu.R		Shailu.R
136	Sharmila.G		Sharmila.G
137 ✓	Sharon.Evangelene.T		Sharon.Evangelene.T
138	Shaziya.Taj		Shaziya.Taj
139	Sherin.Christy.J		Sherin.Christy.J
140 ✓	Shirin.Malli.priya.S		Shirin.Malli.priya.S
141	Shaik.Salma.Begum		Shaik.Salma.Begum
142 ✓	Shivani.Mishra		Shivani.Mishra
143 ✓	Shruthi.H		Shruthi.H
144 ✓	Shushmitha.k		Shushmitha.k
145 ✓	Sindhu.C		Sindhu.C
146	Smrithi.shirin.R		Smrithi.shirin.R
147 ✓	Sneha.C		Sneha.C
148 ✓	Sneha.E		Sneha.E
149 ✓	Sneha.S		Sneha.S
150 ✓	Sneha.M		Sneha.M
151 ✓	Sneha.R(Ravi.Chandran)		Sneha.R
152 ✓	Sneha.R(Rajendran)		Sneha.R
153 ✓	Soundarya.R		Soundarya.R
154	Sowmya.R		Sowmya.R
155 ✓	Stella.K		Stella.K
156	Sufiya.Hanni		Sufiya.Hanni
157 ✓	Swathi.S		Swathi.S
158 ✓	Syeda.Madiha		Syeda.Madiha
159 ✓	Tabassum.A		Tabassum.A
160 ✓	Tanushri.S		Tanushri.S
161 ✓	Tanisha.K.B		Tanisha.K.B
162	Teena.R		Teena.R
163	Tejashree.V	Tejashree.V	
164 ✓	Tejashwini.S	Tejashwini.S	
165	Tejashwini.C	Tejashwini.C	
166 ✓	Thanishka	Thanishka	
167	Thanushree.N	Thanushree.N	
168	Tina.Rahitya.R	Tina.Rahitya.R	
169	Uma.Shakthi.J	Uma.Shakthi.J	
170 ✓	Usha.Rani.Das	Usha.Rani.Das	





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YOUTH RED CROSS

The Indian Red Cross Society, Karnataka State Branch, Bengaluru
Organizing

"First Aid Awareness Program"

Attendance-06-06-2024

Sl. No	Name	Combination	Signature
1.	ABHIRAMI .S M	III BCA	Abhirami SM
2.	AFREEN FIRDOUS		Afreen
3.	AISHWARYA .R		Aishwarya R
4.	AKILA .S		Akila
5.	AKSHAYA .T S		Akshaya
6.	ANUPRIYA		Anupriya
7.	ANANYA .N		Ananya N
8.	ARCHANA .M		Archana M
9.	AROKIA MONIKA .C		Arokia Monica C
10.	ASHMITHA K		Ashmitha K
11.	ASHWINI .T J		Ashwin T J
12.	ASMATHA .R		Asmatha R
13.	BLESSY .P		Blessy P
14.	CHANDANA .M		Chandana M
15.	CHANDRAMUKI .R		Chandramuki R
16.	DEEPIKA .K M		Deepika K M
17.	JOYCE		Joyce
18.	JOSHANA L		Joshana L
19.	JUHI .R		Juhi R
20.	KEERTHI .V		Keerthi V
21.	KUMKUM .S		Kumkum S





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22.	MONISHA .D	Karim . S
23.	M THABARAK BANU	Thabarak
24.	MADHU MITHA .R	Madhu
25.	MARY RUFINA .V	Rufina V
26.	MENAKA .G	Menaka.G
27.	NISHA V	Nisha V
28.	POOJA .R	P.P.R
29.	PREETHVIKA GANESH	Preethi
30.	PRIYA DHARSHINI	Priya D
31.	PRESCILLA .R	Prescilla .R
32.	RAKSHITHA .B T	Rakshitha B.T
33.	RAKSHITHA .V	Rakshitha V
34.	RESHMA .N	Reshma N
35.	RINCY JANNET .J	Rincy Janet J
36.	SHAKTHI PRIYA . R	Shakthi Priya
37.	SHRAVANI	Shravan
38.	SINDHU N	Sindhu N
39.	SNEGA .Y	Sneha Y
40.	SUMA V	Suma V
41.	SOWMYA V	Sowmya V
42.	SWETHA R	Swetha R
43.	SWETHA S	Swetha S
44.	SWETHA K	Swetha K
45.	TANZIYA KHAN	Tanzia Khan
46.	TULSI A S	Tulsi A.S
47.	VAJENI	Vajeni
48.	VEDHASHREE	Vedhashree
49.	SNEHA	Sneha


Coordinator
Coordinator
RED CROSS UNIT
St. Anne's Degree College for Women,
Halasuru, Bengaluru-560008




Principal
PRINCIPAL
St. Anne's Degree College -
For Women
23, Cambridge Road, Halasuru,
Bangalore - 560 008.



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Refreshment Bills



No. 12, Wheeler Road, Frazer Town
Bangalore - 560005
Ph: 080 25 461076 - 40889141

GSTIN - 29AABFT7543G12Y

GST INVOICE

Bill No.	2-98004	Counter	COUNTER-2
Date	06/06/24	Time	10:40 AM
Item	MRP	QTY	Price Amount
VEGETABLE PUREE	18.00	400.00	18.00 7200.00
MSM MILK GST % 18	18.00	400.00	10.00 4000.00
MAAZA TEA PACK 1	18.00	400.00	10.00 4000.00
MSM 22029920 GST % 12	2.00	400.00	2.00 800.00
THOM'S BOX CHARGE GST % 18			

No of Items: 3 Total: **12000.00**
 Total Qty: 1200.00 P.Adj: R:0.01
 Gross: **12000.00**

TWELVE THOUSAND Rupees Only

Total Cess: 0.00 Cess % = 0

Cess @ Add = 0

GST Summary		User: MANI	
GST %	Taxable	GST	CGST
12.0	1571.43	428.57	214.29
18.0	6779.06	1620.14	610.17
Total	10151.09	1648.91	624.46

THANK YOU, We Wish to Serve You Again



Scan QR to Shop Online

Order on Whatsapp : 8867579013

R. M.
Secretary

St. Anne's Degree College for Women
#23, Cambridge Road, Halasuru,
Bangaluru - 560 008.



Nile Joseph
Principal
PRINCIPAL
St. Anne's Degree College
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23, Cambridge Road, Halasuru,
Bangalore - 560 008.



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YOUTH RED CROSS

CIRCULAR

Date: 18/03/2024

The Youth Red Cross is organizing a workshop on "Lifestyle Diseases" for all final-year students on April 3rd, 2024, at 9:30AM in the college AV Hall.

Madh
Coordinator

Coordinator
RED CROSS UNIT
St. Anne's Degree College for Women,
Halasuru, Bengaluru-560008



Nile Joseff
Principal

PRINCIPAL
St. Anne's Degree College
For Women
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Bengaluru - 560 008.



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MINUTES OF MEETING

Name of Department/Cells/Clubs/Committees: RED CROSS UNIT
Meeting Name: Workshop on "Lifestyle Diseases"
Date: 26/03/2024
Time: 2:10 pm
Venue: Commerce Lab
Mode (Offline/Online): Offline
Agenda: 1. Discussion on program Schedule. Workshop on "Lifestyle Diseases" Program was scheduled and finalized on April 03, 2024, from 9:30AM to 10:30AM, in the AV Hall. All final year students of BSc Rehab and BBA students were decided to be invited. Work Allotment: Ms. Madhu, the Red Cross Coordinator, handled communication, with resource person Rev.Dr.Sr.Venna, St. Anne's Hospital, Mysore. Duties Assigned Ms. Sandhya-AV Hall arrangements, Photos. Ms. Madhu- Report
Members Present: Ms. Madhu. T (Coordinator): <i>Madhu</i> Ms. Sandhya: <i>Sandhya</i>

Madhu
Coordinator

Coordinator
RED CROSS UNIT
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Halasuru, Bengaluru-560008



Nisla Joseph
Principal

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YOUTH RED CROSS

Organized a workshop on "Lifestyle Diseases"

Date: April 3rd, 2024

Time: 9.30 am

Mode: offline

Venue: AV Hall

Total number of Participants: 43

Resource Person: 01

Faculty: 02

Students: 40

Objective: To raise awareness among students about the growing prevalence of lifestyle diseases, their causes, and prevention strategies.

The Youth Red Cross unit, in collaboration with the Internal Quality Assurance Cell (IQAC), organized a workshop on "Lifestyle Diseases" on April 3rd, 2024, in the college AV Hall. The workshop was aimed for final-year students, focusing on creating awareness about the increasing prevalence of lifestyle-related illnesses and their prevention. The session began at 10 AM and featured expert speakers Rev.Dr.Sr.Venna, from St. Anne's Hospital, Mysore who provided valuable insights.

Key Highlights:

- The workshop featured informative topics from resource person who discussed common lifestyle diseases such as diabetes, hypertension, obesity, and heart disease.
- Practical advice was provided on nutrition, physical activity, mental health, and avoiding harmful habits like smoking and excessive screen time.
- Real-life examples of individuals affected by lifestyle diseases were shared to emphasize the importance of preventive care.
- Emphasis was placed on prevention over cure. The resource person highlighted how simple lifestyle changes like maintaining a balanced diet, exercising regularly, and avoiding harmful habits could significantly reduce the risk of developing these diseases.





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Outcome:

- Students gained a deeper understanding of how lifestyle choices can directly impact their health and well-being.
- The workshop encouraged students to adopt healthier habits such as balanced diets, regular exercise, and stress management.
- The session motivated students to take proactive steps towards reducing the risk of developing lifestyle-related diseases in the future, equipping them with the knowledge to make informed decisions about their health.


Coordinator

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GALLERY



MadHP
Coordinator
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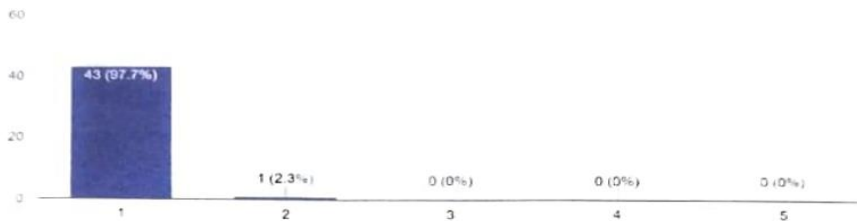


Feedback

1. How would you rate the workshop on lifestyle diseases (on a scale of 1 to 5)?

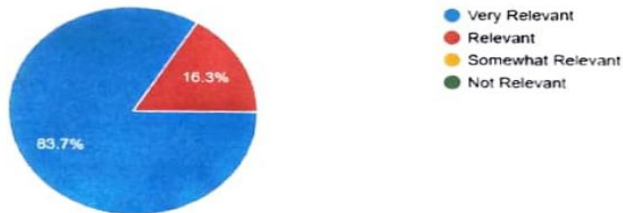
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44 responses



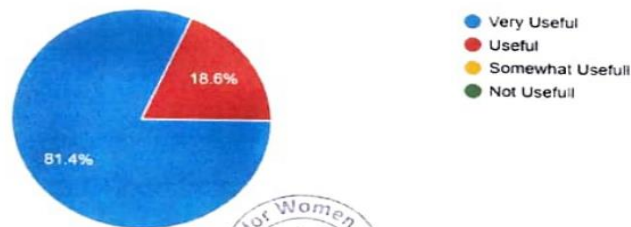
2. How relevant was the workshop content to your current lifestyle and health concerns?

43 responses



3. Were the strategies and tips provided during the workshop useful for improving your lifestyle choices?

43 responses





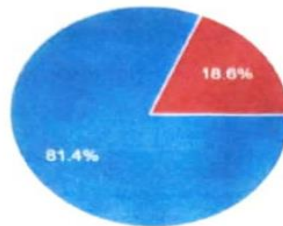
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4. How likely are you to apply the knowledge you gained in your daily life?

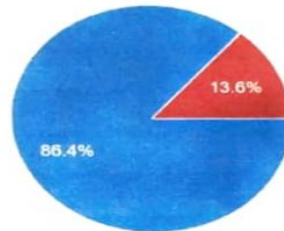
43 responses



- Very Likely
- Likely
- Neutral
- Unlikely
- Option 5

5. How engaging and interactive was the workshop?

44 responses



- Very Engaging
- Engaging
- Neutral
- Not Engaging

MadH

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Sports Club



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Department of Physical Education

Annual Report

Academic Year 2023-2024

"Success is where preparation and opportunity meet." — Bobby Unser

Report on Annual Sports Day

Date: 31st May 2024

Venue: St. Lourdes Church Ground

The Annual Sports Meet of St. Anne's for the academic year 2023-24 was held as a one-day event on 31st May 2024 at the St. Lourdes Church Ground. The event was inaugurated by Ms. Thrupti Murgunde, an esteemed international badminton player. The day began with words of appreciation and encouragement for all the participants, setting an enthusiastic and positive tone for the event.

The inauguration ceremony commenced with the hoisting of the flag by Ms. Murgunde, followed by a spirited march-past by students from various streams. The students showcased remarkable enthusiasm, uniformity, and high spirit, making the march-past a memorable spectacle. Afterward, the oath-taking ceremony was conducted, with the students pledging to uphold fairness and integrity in the games. With the declaration of the event as officially open, Ms. Murgunde addressed the gathering, emphasizing the crucial role of sports in our lives. She highlighted the benefits of regular physical activities, including yoga and other exercises, in maintaining fitness and health. Ms. Murgunde encouraged students to engage consistently in sports, citing examples of accomplished women athletes and stressing that sports should be incorporated as an essential part of the curriculum.

The day saw a wide range of athletic and field events, including relay races, running races, shot put, javelin throw, and discus throw. The highlight of the day was the throw ball game, which captivated the audience and showcased students' talents and teamwork.



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The event was conducted under the guidance of the honorable Secretary, Dr. Rev. Sr. Margaret Fatima Mary, and presided over by Prof. Nisha Joseph, the Principal of our college. Mr. Singaiah.S, Physical Education Director, along with support from faculty members and student volunteers, organized and managed the event effectively, ensuring its smooth execution.

In addition to the sporting events held on Sports Day, 31st May 2024, additional indoor and outdoor competitive games were organized throughout May 2024 for students, teaching staff, and non-teaching staff alike. Since it is essential as it greatly contributes to their physical health, mental well-being, and overall job performance.

The St. Anne's Annual Sports Meet 2023-24 was a resounding success, celebrating the spirit of sportsmanship and reinforcing the significance of sports in the lives of students.

Intra Collegiate Sports Event

The annual Intracollegiate Sports Event for the academic year 2023-24 at St. Anne's College was a dynamic and thrilling gathering that celebrated athleticism, sportsmanship, and camaraderie among students. This multi-day event brought together participants from all departments, each competing in a range of sports and activities that showcased their physical skills, strategic thinking, and team spirit.

The events conducted over a week was very interesting as it provided a platform for students to showcase their strategic thinking and physical skill. The carrom and chess tournaments were particularly intense, drawing students who excel in precision, patience, and strategic play. The carrom boards were buzzing with excitement as players made calculated moves, while in the chess room, intense focus and tactical prowess were on full display as players mapped out their strategies.

The badminton tournament was equally thrilling, with students competing in singles and doubles categories. Throwball, the highlight of the event, saw teams engage in exciting matches, marked by spirited rallies and teamwork. The cheering from the sidelines created a lively ambiance, adding to the sense of camaraderie and unity among students.



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All the indoor games were fairly organized under the guidance of our Physical Education Director, Mr. Singaiah S., and supported by faculty members and student volunteers, the Intracollegiate Indoor Sports Event was a tremendous success. It not only highlighted the importance of strategic and physical skills but also fostered an inclusive and enjoyable environment for all participants, reinforcing the core values of sportsmanship, teamwork, and resilience within the college community.

INTRA COLLEGIATE SPORTING EVENTS

Sl no	Date	Event Name	Venue	No. of Participants
1	20/05/2024	Carrom, Chess	St Anne's campus	200
2	21/05/2024	Shuttle Badminton(single)	St Anne's campus	100
3	22/05/2024	Shuttle Badminton(doubles)	St Anne's campus	100
4	23/05/2024	Throw ball	St Anne's campus	120
5	24/05/2024	Tug of war	St Anne's campus	200
6	31/05/2024	Athletics Track and field	Lourds,School Ground	700

Inter Collegiate Sports Event

Students from St. Anne's Degree College for Women displayed remarkable dedication, skill, and sportsmanship as they represented the college in various intercollegiate sports events throughout the academic year 2023-24. Competing against students from colleges across the region, St. Anne's athletes participated in a variety of sports, showcasing their athletic abilities and dedication to their respective disciplines.

With students participating in Bangalore University Intercollegiate sports event such as, Athletics , track and field events, Cricket and Throw Ball the intercollegiate competitions offered a dynamic platform for our athletes to engage in high-level competitions, build resilience, and demonstrate teamwork. Coach and faculty provided valuable guidance, ensuring students were well-prepared and supported in each of their events.

The participation of St. Anne's students in these intercollegiate sports events was not only a testament to their athletic talents but also reflected their commitment to representing the college with honor and integrity. Their achievements brought pride to the institution and inspired their peers to actively participate in sports. This year's intercollegiate events underscored the college's dedication to fostering a strong sports culture and the holistic development of its students.

The intercollegiate season has been a resounding success, and St. Anne's Degree College for Women.



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BANGALORE UNIVERSITY-INTER COLLEGIATE SPORTING EVENTS

Sl.No	Date	Name of the Events	Venue	No of Participants
1	25/11/2023	Throw ball	St Anne's campus Halasuru	12
2	20/11/2023	Athletic	Sree Kanteerava Stadium, Bangalore	04
3	19/01/2024	Cricket	Alagappa University Tamilnadu	01

Open National Championship at Goa

Students' continuous dedication towards throwball with regular practice and passion towards the game brought them an opportunity to participate in "Open Nation Champion Throwball Match" at Goa and successfully won the first Place with a remarkable dedication and brought memorable laurels to our college.

OPEN NATIONAL CHAMPIONSHIP AT GOA

Sl.No	Date	Name of the Events	Venue	No of Participants
01	4 th to 6 th may	Throwball	Calangute Goa	04

Conclusion

In conclusion, the sports events conducted during the academic year 2023-24 at St. Anne's Degree College for Women have been a resounding success, showcasing the exceptional talent, dedication, and sportsmanship of our students. The diverse range of activities, from intercollegiate competitions to intra-college events, fostered a spirit of camaraderie and healthy competition among participants.

As we reflect on the achievements of the past year, we recognize the importance of continuing to foster a vibrant sports culture within the college. We look forward to building on this success in the coming academic year, encouraging more students to engage in sports and promoting the values of teamwork, discipline, and perseverance. Together, we aim to inspire future generations of athletes at St. Anne's Degree College for Women.


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Department of sports organizes Intercollegiate sports Fest 'GLEAM' in Collaboration with IQAC 2023-24

It was a pride moment for St. Anne's Degree college for women, Halasuru, to have successfully organized an inter-collegiate Sports Fest "Gleam" 2023 on 25th November 2023. Kabaddi and Throw ball were the main events organized with the participation of '15' colleges Kabaddi for men and '06' colleges kabaddi for women and '14' colleges for Throw Ball.

Registration

The Registration committee started registering the details of student participants from various colleges. The registration started at 8.00 a.m. Registration Committee was headed by Dr.Prameela Head Department of Kannada, along with their members R.Kavya Asst. Prof Department of Business Administration, Ms. Madhu Asst. Prof Department of Business Administration, Dr.Marina Head Department of computer applications, Dr.Vekatalakshmi Head PG Department of Commerce registration continued till 12.00 pm totally there were 154 participants including paper presenters.

Inaugural Ceremony

The intercollegiate sports fest began with the inauguration ceremony at 9.30 a.m. at the auditorium, with the invocation song, been played virtually. The participants had gathered on time. It was followed by the lighting of the lamp by Rev. Sr. Dr. Margaret Fatima Mary the secretary of the college, Janardan Salian, the chief guest of the programme, Prof. Nisha Joseph, Principal, St. Anne's Degree College for Women, and Mr.Singaiyah, the Sports fest co-ordinator.



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The gathering then dispersed and reassembled at the ground for hosting the flag by chief guest which had been prepared for the conduct of Kabaddi for men and women and Throw ball for women. The Sports Fest was declared open by the chief guest after releasing the 'Helium Balloons' to freedom signifying the concept of reaching greater heights for students.

For opening the Throw ball tournament, Rev. Sr. Dr. Margaret Fatima Mary, the secretary of the college was asked to field in the first toss the match, following which the match between MLA College for women and St. Joseph's college began.



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The participants of the two teams were wished by the secretary and the principal and assured them of the fair match with the referees coming from state Kabaddi and throw ball association. A tough match between the various teams ensued. The spectators gave an enthusiastic encouragement to the players.



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The welcome address was given by Principal Prof. Nisha Joseph and introduced the chief guest Janardan Salian to the audience. The chief guest gave an effective and motivative insights about the sports and its importance to the students in to maintaining good health as it is very essential for each individual to engage in physical activities at least thirty to forty minutes in a day. Apart from helping to keep fit, these activities build up inter personal skills which are considered to be a very essential management skill.

The inaugural programme was concluded by vote of thanks by Ms. Anitha Asst. Professor department of commerce. The chief guest was felicitated with a shawl and a memento.



[Handwritten Signature]

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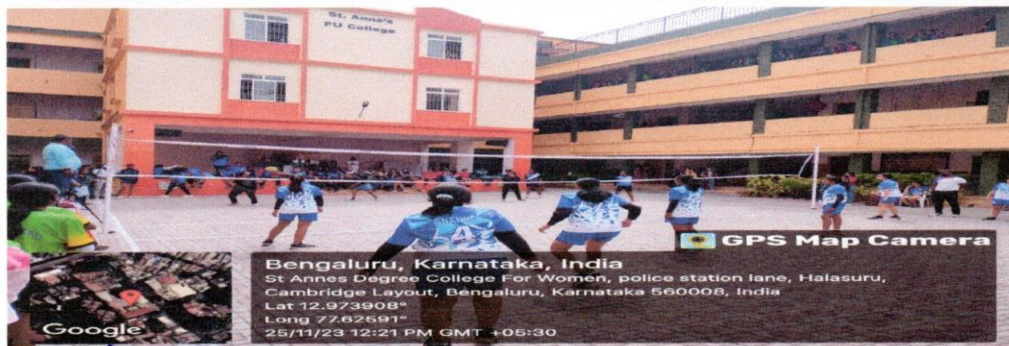
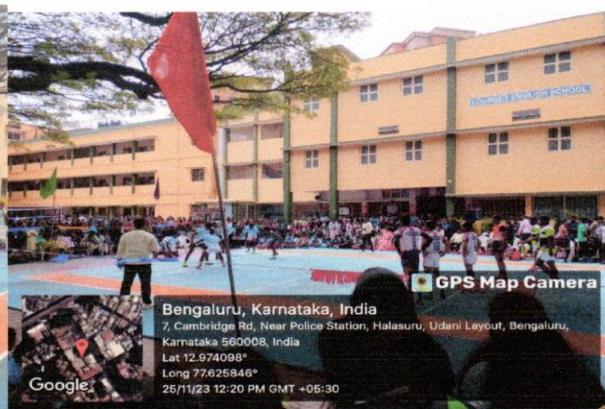
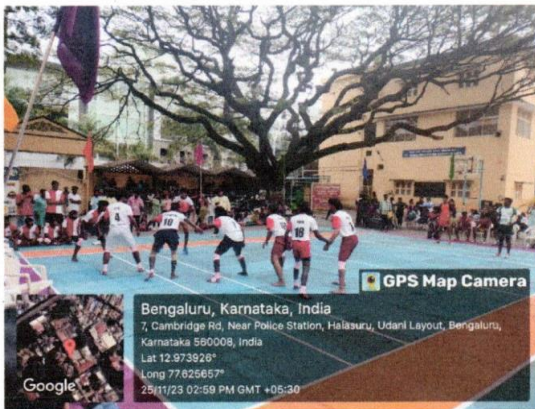
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Totally 14 colleges had participated out of which St. Joseph's college, emerged the winners and MLA College for women, the runners up.

Simultaneously the Kabaddi tournament for women also began. Participation was registered from 06 different colleges. Kabaddi mat was laid down and the ground was ready at the appointed time and the match began between RV, college of commerce and KLE, college. The students were congratulated by the chief guest and others from hosting college. A tough match between the teams transpired.



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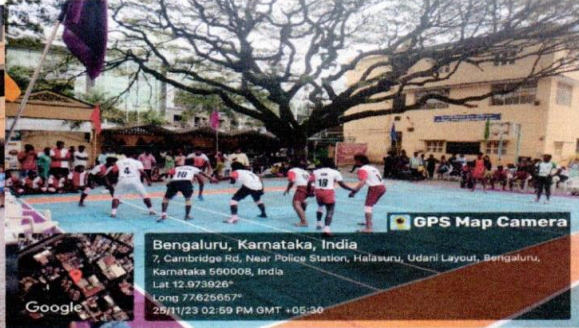
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