



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



CRITERION - VII

7.1.11 - National, International, Commemorative Days and events



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World Mental Health Day
International day for the elimination of violence against women
World Disability Day
Christmas Day Celebration
National Youth Day
World Environment Day



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World suicide prevention day

World Suicide Prevention Day (WSPD) is an awareness day always observed on 10 September every year, in order to provide worldwide commitment and action to prevent suicides, with various activities around the world since 2003.

“Creating Hope Through Action”

Suicide is a major public health problem with far-reaching social, emotional and economic consequences. “Creating Hope Through Action” is the triennial theme for the World Suicide Prevention Day from 2021-2023. This theme serves as a powerful call to action and reminder that there is an alternative to suicide and that through our actions we can encourage hope and strengthen prevention. World Suicide Prevention Day (WSPD) was established in 2003 by the International Association for Suicide Prevention in conjunction with the World Health Organization (WHO). The 10 September each year aims to focus attention on the issue, reduces stigma and raises awareness among organizations, governments, and the public, giving a singular message that suicides are preventable.

A seminar on ‘World suicide prevention day’

A seminar was held on the basis of ‘World suicide prevention day’

In creating an awareness on the risk factors and prevention on suicide. This was completely an interactive session where the resource person and students were to interact and know more on the suicide. The students were asked to perform activities based on the ‘World suicide prevention day’.





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Risk factors

Suicide is rarely caused by a single circumstance or event. Instead, a range of factors—at the individual, relationship, community, and societal levels—can increase risk. These risk factors are situations or problems that can increase the possibility that a person will attempt suicide.

Individual Risk Factors

- History of depression and other mental illnesses
- Serious illness such as chronic pain
- Criminal/legal problems
- Job/financial problems or loss

Relationship Risk Factors

- Bullying
- Family/loved one's history of suicide
- Loss of relationships
- High conflict or violent relationships
- Social isolation

Community Risk Factors

- Lack of access to healthcare
- Suicide cluster in the community
- Stress of acculturation
- Community violence

Societal Risk Factors

- Stigma associated with help-seeking and mental illness
- Easy access to lethal means of suicide among people at risk
- Unsafe media portrayals of suicide

Risk Factors				
INDIVIDUAL	RELATIONSHIP	COMMUNITY	SOCIETAL	OTHER RISK FACTORS
Previous suicide attempt	Bullying	Lack of access to healthcare	Stigma associated with help-seeking and mental illness	LGBTQ+ w/o family or social support
History of depression + mental illnesses				Inaccessible mental health care
Severe illness such as chronic pain	Family/loved one's history of suicide	Suicide cluster in the community	Unsafe media portrayals of suicide	Lack of work, friends, finances, social aid
Criminal/legal problems	Loss of relationships	Stress of acculturation		Physical illness or health conditions
Job/financial problems or loss	High conflict or violent relationships	Community violence	Easy access to lethal means of suicide among people at risk	Widow of trauma + destruction of communities and cultures
Depressive or aggressive tendencies	Social isolation	Stigma of suicide		Experiences of bullying or trauma
Substance abuse		Acculturation		Exposure to graphic or sensationalized accounts of suicide
Genetics or prior history of A/Ds				
Lack of help/resources				





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How to prevent the suicide

Many factors can reduce risk for suicide. Similar to risk factors, a range of factors at the individual, relationship, community, and societal levels can protect people from suicide. Everyone can help prevent suicide. We can take action in communities and as a society to support people and help protect them from suicidal thoughts and behaviour.

Individual Protective Factors

- Effective coping and problem-solving skills
- Reasons for living (for example, family, friends, pets, etc.)
- Strong sense of cultural identity

Relationship Protective Factors

- Support from partners, friends, and family
- Feeling connected to others

Community Protective Factors

- Feeling connected to school, community, and other social institutions
- Availability of consistent and high quality physical and behavioural healthcare

Societal Protective Factors:

- Reduced access to lethal means of suicide among people at risk
- Cultural, religious, or moral objections to suicide





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International Day for Democracy



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NOTICE

Anti - Sexual Harassment Cell

A meeting will be held with Cell members.

Date: 12 September 2023

Time: 12:00 pm to 12:30 pm

Venue: Staff Room

Agenda: International Day for Democracy – Let us Read the Preamble together

Date: 09-09-2023

Coordinator

Coordinator
Anti Sexual Harassment Cell / Women's Cell
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008



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Anti Sexual Harassment Cell 2023-24

MINUTES OF MEETING



Name of the cell: Anti Sexual Harassment Cell

Date: 12 September 2023

Time: 12:00 pm to 12:30 pm

Venue: Staff Room

Agenda: International Day for Democracy – Let us Read the Preamble together

Members Present: Dr. Neha

Ms. Sangita Singh

Ms. Pravalika Paul

Summary of Points Discussed:

- Selection of students from various departments for the rally
- Preparing the students on Preamble reading in English, Hindi, Kannada & Tamil.
- Preparation of slogans & print outs for the rally

Signature with Seal:

Name of the Faculty	Signature
Dr. Neha	
Ms. Sangita	
Ms. Pravalika	

Coordinator

Anti Sexual Harassment Cell / Women's Cell
St. Anne's Degree College for Women,
Halasuru, Bengaluru - 560 008

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15
September
2023
Friday

ON THE OCCASION OF THE INTERNATIONAL DAY OF DEMOCRACY



**Let us read the Preamble
together,**
pledge to uphold it and live by it in
our own lives

Morning 10.30

Outside Ulsoor Metro station
(near RK School) ; Outside
Jayanagar Metro station

Morning 11

Outside JJR nagar police
station

Afternoon 3.30

Aman Dweepa, Richards park;
Constitution Circle, Yeshwantpur
; Ambedkar Statue,
Velmurugapuram, Bakshi Garden

Evening 5

On the steps of Town Hall

**Liberty
Equality Justice
Fraternity Dignity**

BAHUTHVA KARNATAKA | TAMATE KARNATAKA

For details **9880595032, 9845445408, 9005627544**

Coordinator
Anti Sexual Harassment Cell / Women's Cell
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008

Nishta Janki
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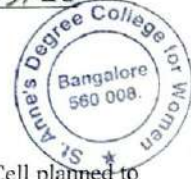
INTERNATIONAL DAY FOR DEMOCRACY ON 15/09/23

Date : 15-Sept-23

Event Name : Let Us Read The Preamble Together

To continue with the spirit of coming of democracy, Anti Sexual Harassment Cell planned to celebrate the **International Day For Democracy on 15-September-23**.

In this regard 21 students along with Dr Neha Mantri and Ms Pravallika Paul did Preamble Reading near Ulsoor Metro station at 10:30 am on 15 september 2023 in 4 different languages Hindi , English , Kannada and Tamil .A street play was also organized by some of the volunteers.



Coordinator

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INTERNATIONAL DAY FOR DEMOCRACY ON 15/09/23



Coordinator

*Anti Sexual Harassment Cell / Women's Cell
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Nisla. Joseph

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Geo tagged



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G20
INDIA 2023

GOVERNMENT OF INDIA
MINISTRY OF
PARLIAMENTARY AFFAIRS

NeVA
Digital Legislatures

PREAMBLE TO THE CONSTITUTION

PREAMBLE

WE, THE PEOPLE OF INDIA,
having solemnly resolved to constitute India
into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC
REPUBLIC and to secure to all its citizens
JUSTICE, social, economic and political,
LIBERTY of thought, expression, belief, faith and worship,
EQUALITY of status and of opportunity;
and to promote among them all
FRATERNITY assuring the dignity of the individual and the unity
and integrity of the Nation,
IN OUR CONSTITUENT ASSEMBLY this 26th day of
November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO
OURSELVES THIS CONSTITUTION

I have read the Preamble.

Date: 26 Nov, 2023

Jasmine Jennifer. A
Name



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World Mental Health Day



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Department of Psychology

Organizes and cordially invites you for the

World Mental Health day

Program

Chief Guest: Sahana

(M power's Holistic wellness services)

Venue: Pg lecture hall 1

Date: 16/11/2023

Timings: 12:30-2:00 pm

Rev. Sr. Margaret Fatima Mary
Secretary & Administrator

Mrs. Nisha Joseph
Principal

Ms.D.Bonifes
Ms. G. Sonia
Organizer





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World Mental Health Day

World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme **'Mental health is a universal human right'** to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right.

Good mental health is vital to our overall health and well-being. Having a mental health condition should never be a reason to deprive a person of their human rights or to exclude them from decisions about their own health. Yet all over the world, people with mental health conditions continue to experience a wide range of human rights violations. WHO continues to work with its partners to ensure mental health is valued, promoted, and protected, and that urgent action is taken so that everyone can exercise their human rights and access the quality mental health care they need.





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Department of Psychology

Circular

Date: 12/11/23

Greetings of peace and goodness,

Department of psychology organizes the program on '**World Mental Health Day**' on 16th November 2023 for BA and PG students.

Mental health is a basic human right for all people. Good mental health is vital to our overall health and well-being. Mental health conditions are also affecting an increasing number of adolescents and young people. In the recent days people get more anxious, depressed, relationship issues and susceptible to taking such extreme steps for several reasons, like job loss, losing a closed one, lack of social gatherings and so on.

Attendance is compulsory.

Timings: 12:30 pm to 2:00 pm



Sowca

HOD

Department of Humanities
St. Anne's Degree College for Women
Halasuru, Bangalore - 560 008.



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WORLD MENTAL HEALTH DAY 2023: THEME

The theme of World Mental Health Day 2023 is 'Mental health is a universal human right.' The purpose of this theme is to improve knowledge, raise awareness, and drive actions that promote and protect everyone's mental health as a universal human right, says WHO

"Mental health...is not a destination but a process. It's about how you drive, not where you're going." - Noam Shpancer

Mental health is a basic human right for all people. Good mental health is vital to our overall health and well-being. Mental health conditions are also affecting an increasing number of adolescents and young people. In the recent days people get more anxious, depressed, relationship issues and susceptible to taking such extreme steps for several reasons, like job loss, losing a closed one, lack of social gatherings and so on.





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Report on World Mental Health Day

Date: 16th November 2023

Time: 12:30 PM to 2:00 PM

Guest Speaker: Ms. Sahana from M power's Holistic Wellness Services

On 16th November 2023, our institution hosted a guest lecture to mark World Mental Health Day. The session, led by Ms. Sahana from M power's Holistic Wellness Services, aimed to raise awareness about mental health and provide strategies for maintaining it.

Ms. Sahana began by explaining the importance of mental health in daily life and encouraged students to break the stigma surrounding it. She shared practical tips, such as managing stress, practicing mindfulness, maintaining a healthy lifestyle, and seeking professional help when necessary. She also discussed how to identify and address early signs of mental health issues.

The session included an interactive Q&A segment where students asked questions about stress, emotional resilience, and peer pressure. Ms. Sahana provided clear and helpful answers, making the discussion engaging and insightful.

The lecture was informative and motivated students to prioritize their mental health. It was a valuable initiative to promote awareness and equip students with tools to maintain their well-being.

Bonifa



Nishe Joseph

Principal
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560008, India
Lat 12.974142°
Long 77.625458°
16/11/23 12:37 PM GMT +05:30



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CP, M.p Road, No.182, Old Madras Rd, Halasuru, Cambridge Layout, Bengaluru, Karnataka
560008, India
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Attendance

SNO	NAME	SIGN
PG PSYCHOLOGY		
1.	SHWETHA. R	Shwetha
2.	RASHEEQUA BANU	Rasheequa Banu
3.	JENNIFER SHINO	Jennifer Shino
4.	TEENA BHAGYA RADHI	Teena
UG DEGREE		
1.	DIVYA.L	Divya
2.	MARY LANCY.I	Mary Lancy I
3.	KALA.E	Kala E
4.	VAISHNAVI	Vaishnavi
5.	KALYANI.K	Kalyani K
6.	ANUSHRIYA JAIN	Anushriya Jain
7.	DEEPIKA.S	Deepika S
8.	SHRADDHA DUBAJI	Shraddha
9.	JENNIFER VARSHA.A	Jennifer Varsha A
10.	MARIA NANCY. C	Maria Nancy C
11.	SHWETHA SHEELA. J	Shwetha Sheela J
12.	SAPNA CHANDARO	Sapna Chandaro
13.	ASHA J	Asha J
14.	KEERTHANA. M	Keerthana M
15.	SNEHA.G	Sneha G
16.	KASTURI.K	Kasturi K
17.	SMITHA.S	Smitha S
18.	SHWETHA.P	Shwetha P
19.	PRIYANKA.R	Priyanka R
20.	PRIYADARSHINI.K	Priyadarshini K
21.	AISHWARYA.P	Aishwarya P
22.	SNEHA.S	Sneha S
23.	POORNIMA.N	Poornima N
24.	HEPZHIBAH.R	Hepzhbah R
25.	HEENA KOUSAR.S	Heena Kousar S
26.	VARSHINI.D	Varshini D
27.	TAHARA MEHAK	Tahara Mehak
28.	AMRUTHA M	Amrutha M
29.	BHUMIKA PATEL	Bhumika Patel
30.	DELSI V	Delsi V
31.	DIKSHA S	Diksha S
32.	K LAVANYA	K Lavanya
33.	MADHU SHREE R	Madhu Shree R





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34.	MARY JENNIFER S	Mary Jennifer S
35.	PRITI NAYAK	Priti Nayak
36.	SARAH MAGDALINE	Sarah Magdaline
37.	SONU HARINI. E	Sonu Harini E
38.	SUBHASINI B	Subhasini B
39.	SWAPNA N	Swapna N
40.	SWETHA MARIA S	Swetha Maria S
41.	ANGEL PRINCY V	Angel Princy V
42.	ARPITHA SURESH	Arpitha Suresh
43.	GLADYS V	Glady's. V.

Srinu
HOD

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International Day for the Elimination of Violence against Women



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NOTICE

Anti - Sexual Harassment Cell

A meeting will be held with Cell members.

Date: 22 November 2023

Time: 12:00 pm to 12:30 pm

Venue: Staff Room

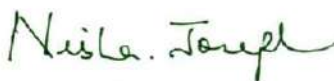
Agenda: International Day for the Elimination of Violence against Women Program –
Meet Us to Know Us

Date: 20-11-2023


Coordinator

Coordinator
Anti Sexual Harassment Cell / Women's Cell
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008





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Anti Sexual Harassment Cell 2023-24

MINUTES OF MEETING



Name of the cell: Anti Sexual Harassment Cell

Date: 22 November 2023

Time: 12:00 pm to 12:30 pm

Venue: Staff Room

Agenda: International Day for the Elimination of Violence against Women Program – Meet Us to Know Us

Members Present: Dr. Neha Mantri
Ms. Sangita Singh
Ms. Pravalika Paul

Summary of Points Discussed:

- Itinerary of the visit to Stree Jagruti Samiti's co-founder Geeta Menon's residence
- Selection of students from various departments for the initiative
- Preparation of points to be discussed at the meeting

Signature with Seal:

Name of the Faculty	Signature
Dr. Neha	
Ms. Sangita	
Ms. Pravalika	

Coordinator
Anti Sexual Harassment Cell / Women's Cell
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INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN PROGRAM ON 25/11/23



Date : 25-Nov-23

Event Name : Teredide Mane O Ba Atithi.

MereGharAaKeToDekho /Meet Us to Know Us is a nationwide initiative. It was launched on August 15 across 27 states and over 50,000 people participated in it by visiting families which were not of their religion / caste/ class/ region/ sexual orientation. In these visits, the lively discussions - over a cup of tea/ coffee - varied from each others' realities of life to human rights, science, arts, freedom and communal harmony.

Teredide Mane O Baa Atitthi is the Karnataka chapter of this initiative. With individuals breaking personal barriers to communities collectively challenging prejudices, people have found deeper meaning in this action.

To continue with the spirit of coming together, Anti Sexual Harassment Cell planned to visit Stree Jagruti Samiti's co-founder Geeta Menon on 25-November-23 to celebrate the **International Day For The Elimination Against Violence**. 9 students along with Dr Neha Mantri and sister Kanika Mary attended the program.

Coordinator

Anti Sexual Harassment Cell / Women's Cell
St. Anne's Degree College for Women
Halasuru, Bengaluru - 560 008

PRINCIPAL

St. Anne's Degree College
For Women

23, Cambridge Road, Halasuru,
Bangalore - 560 008.



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Halasuru, Bengaluru - 560 008

Principal

PRINCIPAL

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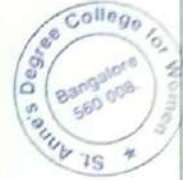


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INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN PROGRAM ON 25/11/23



Bengaluru, Karnataka, India
BLOCK-C, SOMERSET APARTMENT, Midford Gardens, 1st Cross Rd,
Craig Park Layout, Ashok Nagar, Bengaluru, Karnataka 560025, India
Lat 12.971715°
Long 77.618808°
25/11/23 12:02 PM GMT +05:30



Bengaluru, Karnataka, India
Trinity Complex, Old Madras Rd, Gowthamapuram, Jogupalya,
Bengaluru, Karnataka 560007, India
Lat 12.972614°
Long 77.620565°
25/11/23 11:42 AM GMT +05:30

NS

Coordinator

Anti Sexual Harassment Cell / Women's Cell
St. Anne's Degree College for Women,
Halasuru, Bengaluru - 560 008

Nisla Joseph
PRINCIPAL

St. Anne's Degree College

For Women

**# 23, Cambridge Road, Halasuru,
Bangalore - 560 008.**



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INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN PROGRAM ON 25/11/23



N
Coordinator

Anti Sexual Harassment Cell / Women's Cell
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Nisla Joseph
PRINCIPAL

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ANTI SEXUAL HARASSMENT CELL Attendance Record for Meet Us To Know Us

Date :25/11/23

Time:11:30 am to 1:30 pm

Sl.No.	Name of the student	Register Number	Phone no	Student Signature
1.	Rabiya ghose	28	8310524185	Rabiya
2.	Karuniya Sandra M	53	9886482169	Sandra
3.	Gyaneshwari G	48	7348911830	Gyaneshwari
4.	Madhivathani P.N	50	6360566627	Madhivathani
5.	R.Abinaya	01	9440571406	R.Abinaya
6.	Javeriya Khanum	13	8494986443	Javeriya
7.	Muskan Khan	22	6363420214	Muskan
8.	Tanusri	12	9019880832	Tanusri
9.	Sadia Khan	61	7892191561	Sadia Khan
10.				

(N)

Coordinator

Anti Sexual Harassment Cell / Women's Cell
St. Anne's Degree College for Women,
Halasuru, Bengaluru - 560 008

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World Disability Day



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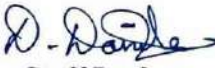


Department of Rehabilitation Science


World Disability Day
Date: 15th December 2023
Participants – 70

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4.	Attendance
5.	Gallery




Staff In charge



HOD
Head of the Department
Department of Rehabilitation Science
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Principal
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Department of Rehabilitation Science

World Disability Day 2023

CIRCULAR

13th December 2023

This is to inform that the Department of Rehabilitation Science is celebrating "World Disability Day" with Rehab forum inauguration and along with the investiture ceremony on 15th of December 2023 from 12.30 P.M – 2.:10 P.M.

Ms. Danila D

Program Coordinator

Ms. Shobha. T

HOD

Head of the Department
Department of Rehabilitation Science
St. Anne's Degree College for Women
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Prof. Nisha Joseph

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Department of Rehabilitation Science

Invitation

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Department of Rehabilitation Science

**INTERNATIONAL DAY
OF PERSONS WITH DISABILITY
(World Disability Day)**

Friday **DECEMBER 15** 2023 11:00AM-12:30PM

Badging Ceremony **Mime** **Video** **Facts**

Theme
"United in action to serve one another"

Rev. Dr. Margaret Fathima Mary Secretary
Prof. Nisha Joseph Principal
Ms. Shoba T. HOD
Ms. Danila D. Staff Incharge



Nisha Joseph
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Department of Rehabilitation Science

Report

World Disability Day, also known as the International Day of Persons with Disabilities (IDPD), is observed on December 3 every year. The day was proclaimed in 1992 by the United Nations General Assembly to promote the rights and well-being of persons with disabilities in all spheres of society and development. It also aims to increase awareness of the situation of persons with disabilities in every aspect of political, social, economic, and cultural life.

The theme for World Disability Day 2023 was “United in action to serve one another” but each year the day focuses on a specific theme to address key issues affecting the disabled community. Themes in recent years have revolved around inclusion, accessibility, and the empowerment of people with disabilities.

The students of St. Anne's Degree College, Halasuru celebrated World Disability Day on December 15th 2023. There was an awareness program organized by the Department of Rehabilitation Science. The students of the department along with Ms. Shobha, HOD and Ms. Danila organized a short program that includes badging ceremony, mime and facts to create awareness and explain about the significance of December 3rd. It was followed by a short message regarding the disability.

The program started with invocation song followed by readings from the holy scriptures. Lighting of the lamp is always a symbol that denotes the beginning of auspiciousness. Dignitaries in the stage Prof. Nisha Joseph, Principal, Ms. Shobha, HOD and Ms. Danila, program coordinator lighted the lamp. The welcome address was given by the principal. She delivered the oath for the office bearers and an enlightening advise for the students to enjoy the college life and also acquiring knowledge while learning. She also mentioned that a leader must work with commitment and integrity. she asked the students to cooperate in the student





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council for the betterment of the course and college.

The elected members were called and the badges were given by the principal. The Oath was administered with responsibilities by Ms. Danila faculty in charge for rehabilitation science. Then there was an amazing skit organized by 1st year rehabilitation science students created an awareness about the people who are physically disabled. The title of the skit was don't judge a disability by its visibility. Many facts were played related to disability. Also, videos related to disability was played and importance of World Disability Day was emphasized. The students from BBA 1st year were the audiences for the program and they had a very good exposure about disability and the program came to a conclusion with the certificate distribution.

Ms. Danila D

Program Coordinator

Ms. Shobha. T

HOD

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Gallery



Nisla Joseph
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D. Danila

Ms. Danila D

Program Coordinator

Shobha

Ms. Shobha. T

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Christmas Day Celebration

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Halasuru, Bengaluru, Karnataka - 560008 


AICUF UNIT IS ORGANIZING


*Christmas
Celebration*


SATURDAY | **23** | 9:00 a.m
DEC |


CHIEF GUEST
Rev. Fr. Arockia Raja

**Let's celebrate this season
with Joy, Love and Giving !!**

 *Outreach Programme - Education of Manipur Students*
"Be the change the world needs by Helping Others"
Lets join hands to help the needy

 **Rev. Sr. Dr. Margaret Fatima Mary** **Prof. Nisha Joseph** **Ms. Marina B.**
Secretary Principal AICUF Animator





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**CHRISTMAS CELEBRATION
AGENDA**

Welcome Dance

Lighting of the Lamp

Welcome Address

Carol - I

Dance - I

Christmas Message - Fr. Arockiya Raja

Dance - II

Outreach - Video and Distribution of Gifts

Manipuri Students Performance

Presidential Address - Secretary

Skit

Carol II - Santa's Arrival

Vote of Thanks

Feliz Navidad

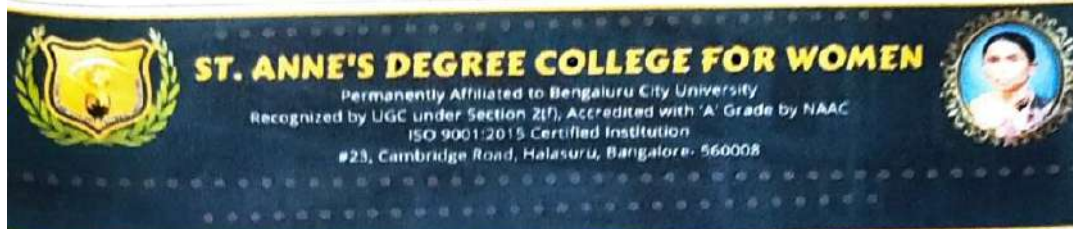
Merry
CHRISTMAS





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REPORT ON

“CHRISTMAS PROGRAM”

23 December 2023

Chief Guest: Rev. Fr. Arockiya Raja

Venue: Auditorium

AICUF unit of St. Anne's Degree College organized a Christmas program on 23 December 2023 in the Auditorium.

The event began with the blessing of the crib by Rev. Fr. Arockiya Raja. A biblical verse was read and a prayer song was sung in unison by the AICUF faculty members and the guest of honor. The gathering moved to the auditorium for the further proceedings of the program.

The auditorium was adorned with Christmas décor and Christmas spirit. After the gathering assembled and took their respective seats, the program began with a welcome dance by the AICUF student members followed by the lighting of the lamp.

The welcome address inaugurated the beginning of Christmas celebration. This was followed by a carol performance by AICUF student members who played their own instruments and sung carols in different languages. There was a dance performance by two Manipur girls who performed gracefully to Christmas songs.

The highlight of the program was the Christmas message delivered by Rev Fr. Arockiya Raja who spoke about the spirit of Christmas and the importance of serving the people. A dance performance by 2 young girls captivated the audience which was followed by a heart-warming outreach video and distribution of gifts to the Manipuri students.

The Secretary of St. Anne's Degree College – Rev. Dr. Sr. Margaret Fatima Mary gave the Presidential Address highlighting the importance of service during Christmas and the true meaning of the festival.

A skit was performed by the AICUF students showing the destruction of social evils like dowry, child marriage and female feticide. It was a well-planned and well-performed skit that highlighted the social perils and the need to eliminate them through peace, harmony, co-operation and love.

The program ended with the arrival of Santa Claus during the final carol songs by the students and a melodious rendition of Feliz Navidad.





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AICUF Animator
AICUF Unit,

St. Anne's Degree College for Women,
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National Youth Day



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THE NSS UNIT IN COLLABORATION WITH DEPARTMENT OF
REHABILITATION SCIENCE CELEBRATES

NATIONAL YOUTH DAY



IN COMMEMORATION OF THE BIRTH ANNIVERSARY OF
SWAMI VIVEKANANDA

Outreach programme on Health, Hygiene &
Nutrition
ON

JANUARY 12 2024

Shoba

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

10:30 am to 11:30 am

at

Nisha Joseph
PRINCIPAL

BBMP Girls' High School & PU College
jogupalya, Halasuru Bangalore

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

Rev.Sr.Dr.Margaret Fatima Mary
Secretary

Prof.Nisha Joseph
Principal

Ms. Shoba T
NSS Co-ordinator



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CIRCULAR

11th Jan 2024

This is to inform that the NSS Unit in collaboration with Department of Rehabilitation Science is conducting an Outreach Program on Health, Hygiene and Nutrition for the students of BBMP Girl's School & PU College on 12th Jan 2024 as part of 'National Youth Day' between 10.30 AM and 11.30 AM

Ms. Shobha T
Program Officer

Programme Officer
NSS-St. Anne's College Unit
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Prof. Nisha Joseph
Principal

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Report on Outreach Program for National Youth Day

On January 12th, 2024, on the account of Swami Vivekananda Jayanthi, the NSS unit in collaboration with the Department of Rehabilitation Science conducted an outreach program on Health, Nutrition and Hygiene at conducted the BBMP Girl's School & PU College. This program mainly focused on the importance of National Youth Day which is celebrated every year on 12th January to honor the ideals and teaching of Swami Vivekananda. The program started from 11:30 AM for the students of 8th, 9th, 10th and 11th grade. Sonia from 1st year BSc spoke about healthy foods, she spoke on the nutrients we need for the proper functioning of the body, importance of water and how people overeat due to emotional imbalance and other issues. She also added up a quiz which made the session interactive. The session was then handed over to Nuha a student from 2nd BSc ,she spoke on food allergies and intolerances and named few foods that cause intolerances that are commonly seen. Sobia from 1st BSc spoke on the importance of a healthy lifestyle and physical exercise. She showed us a few exercises which we can do every day to maintain a good lifestyle and stay healthy. Jessica, from 1st BSc she spoke on Hygiene and the daily practices to practice hygiene. Ayesha a student from 2nd BSc she spoke on menstrual hygiene, she explained what is menstruation and how should we keep ourselves clean on a daily basis. Aswathi from 1st year BSc spoke about sleep cycle & how we can improve sleep .Vidhya, a student from 1st BSc spoke on mental health, she spoke on the importance of mental health. She showcased a butterfly therapy to control our stress levels. Aswathi took over the session, she spoke on screen time. She also pintoed out the consequences and how we can control screen time. She then recited a poem "Television" by Roald Dahl and explained its contents to the students. The students and teachers gave a very positive feedback about the session.

Programme Officer
NSS-St. Anne's College Unit
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GPS Map Camera



Google

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4, 4th Main Rd, Halasuru, Appalah Garden, Jogupalya, Bengaluru, Karnataka 560008, India
Lat 12.973811°
Long 77.629916°
12/01/24 12:08 PM GMT +05:30



GPS Map Camera



Google

Bengaluru, Karnataka, India
267, Halasuru, Appalah Garden, Kadugodi, Bengaluru, Karnataka 560008, India
Lat 12.974062°
Long 77.63023°
12/01/24 12:39 PM GMT +05:30

H. Balhe
Programme Officer
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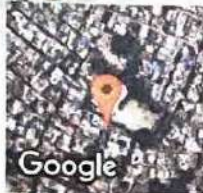


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Bengaluru, Karnataka, India
267, Halasuru, Appalah Garden, Kadugodi, Bengaluru, Karnataka 560008, India
Lat 12.973993°
Long 77.630078°
12/01/24 11:43 AM GMT +05:30

GPS Map Camera



Bengaluru, Karnataka, India
4, 4th Main Rd, Halasuru, Appalah Garden, Jogupalya, Bengaluru, Karnataka 560008, India
Lat 12.973841°
Long 77.630025°
12/01/24 12:04 PM GMT +05:30

GPS Map Camera

Shobha
Programme Officer
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#23, Cambridge Road, Halasuru, Bangalore- 560008



World Environment Day



St. Anne's Degree College for Women
Affiliated to Bengaluru City University, Recognized by UGC under Section (2f)
Accredited with 'A' grade by NAAC, ISO 9001: 2015 Certified Institution
Halasuru, Bengaluru - 560008

ECO CLUB Date: 10/06/2024

Circular

Subject: World environment day celebration


This is to inform that Eco club in collaboration with IQAC organizes World environment day celebration for the students on 19th June 2024 with a motive of the theme **Land Restoration, Desertification and Drought Resilience**. Students are encouraged to participate in the same.

Timings: 11.00am to 12.30pm
Venue : A.V Hall
Resource person: Dr. Leena James
Head SDG Cell at Christ University\Environmentalist

Sindu
Asst. Prof. R. Sindu
Eco club Co-ordinator

Nisla Joseph
Principal

Coordinator
ECO CLUB
St. Anne's Degree College for Women,
Halasuru, Bengaluru-560008



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



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ECO CLUB

INVITATION

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Eco-Club in collaboration with IQAC
organizes

WORLD ENVIRONMENT DAY
16th June 2024

Theme: Land Restoration, Desertification and Drought Resilience

Chief Guest: Dr. Leena James
Professor of Management & Head SDG Cell at Christ University |
Co-Founder LeadWoodVillas | Sustainability Consultant | Startup Coach |
Research Supervisor | Environmentalist
Christ University

"Our Land Our Future."

11:00 a.m - 12:00 p.m.
Venue: A.P Hall

Rev. Dr. St. Margaret Fatima Mary
Secretary

Prof. Nisha Joseph
Principal

Ms. R. Shiba
Coordinator

Coordinator
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Eco-club Report 2023-24

World Environment Day Celebration

On 19-June-2024 World Environment Day was celebrated in St Annes Degree College, Halasuru, in collaboration with IQAC, from 10:00 Am to 11:30 Am. A total of 120 students participated in the environment day celebration. Dr Leena James, Professor of Management and Head SDG Cell at Christ university, Co-Founder LeeWood Villas, Sustainability consultant, Startup coach, Research supervisor and Environmentalist was invited as our guest lecture. The theme of the event was Land Restoration, Desertification and Drought Resilience and she also spoke about sustainable development goals.

As a part of the celebration an event called Herb challenge was conducted on 14th June 2024. A total of 39 of our students took part in the challenge and collected multiple different herbs to showcase during that event. Mother Margret and Sister Mercy were the Judge for that event. Dr Leena James distributed the certificates to the winners of the herb challenge event, during the environment day celebration.



Coordinator
ECO CLUB
St. Anne's Degree College for Women
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World environment day celebration

Date:19/06/2024



Arch

Coordinator
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