



5.1.3

CAPACITY BUILDING AND SKILLS ENHANCEMENT

LIFE SKILLS

(2015-2020)



5.1.3

CAPACITY BUILDING AND SKILLS ENHANCEMENT

LIFE SKILLS

(2015-2020)

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Self Study Report – Cycle-II

LIFE SKILLS

(Yoga, Physical Fitness, Health & Hygiene)

2019-20



**CAMPUS CLEANING, BLOOD DONATION CAMP, PLANTING OF SAPPLINGS
RALLY FOR MENTAL HEALTH AWARENESS & SUICIDE PREVENTION**

IRJS 2020



NATIONAL SERVICE SCHEME

National service scheme inculcates the spirit of voluntary work among the students and teachers through sustained interaction. The NSS unit of 2019-2020 had 182 enrollments of volunteers from all the streams of courses. The NSS unit organized following activities:

Campus Cleaning: The NSS activities for the year 2019-2020 started with the campus cleaning Programme. It was held on 2nd August 2019 under the guidance of our NSS officers, unit members and student volunteers. Volunteers went to all the classes and interacted with students, encouraged them to keep their surroundings clean and tidy. They also cleaned the Cambridge Road vicinity.

Cauvery Calling: On 30th August 2019 the NSS volunteers along with the representatives of Isha Foundation organized a rally educating people about the purpose of Cauvery calling.

Rally for Mental Health Awareness and Suicide Prevention: To promote the importance of Mental Health and to prevent the increasing number of suicides, the students organized a rally on 11th Sept 2019. The students held placards which read "Say no to suicide" and many more. It was a long rally around the entire locality of Ulsoor.

Planting of Saplings in The Campus: On 25th Sept 2019 NSS coordinator Dr. Ramesh Naik, NSS co-program officer Mr. Ravi, unit member Mr. Deepak and student volunteers together planted saplings in the college campus to encourage the eco-friendly environment in the college.

Blood Donation Camp: The Lions Club with our NSS unit, jointly organized a blood donation camp in the college Auditorium on 1st October 2019. The Lions Club president, Vice president and members presided over the event. Our principal Prof. Nisha Joseph addressed the gathering. All students, faculty, parents and public were welcomed to donate blood. At the end of the day we had almost 150 donors who donated blood.



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RALLY FOR SAY NO TO PLASTIC, SWATCH BHARAT ABHIYAN

IRJS 2020

Traffic Police Training: Our NSS coordinator Dr. Ramesh Naik and NSS unit member Mr Amarnath attended the traffic police training program under sub inspector Mr. Suresh's guidance on 19th October 2019. They were trained to give signals to the public in traffic and were educated about the traffic rules and various other topics related to traffic.

Rally For "Say No to Plastic": To create awareness on the harmful effects of plastic usage, the NSS unit decided to conduct a rally against the use of plastics. On 17th March 2020, the students rallied holding placards that read "Say no to plastic", "Save planet earth" and many more.

Swachh Bharat Abhiyan: As a token of support to our Prime Minister Modi's 'Clean India' policy our NSS volunteers cleaned the whole surrounding of Lourde's ground, Cambridge road. It was a small step but had a great impact.

Special Camp: The NSS special camp for the year 2019-2020 was held at Gundur, Hoskote Taluk with the help of our NSS coordinator Dr. H G Govinda Gowda, Bangalore University and also the camp director Prof. Nisha Joseph, camp advisor Rev. Mother. Margaret Julie, camp program officer Dr. R. Ramesh Naik, co-program officer Asst. prof. Ravi. H, NSS unit members, Captain Bindu, Vice Captain Karishma Raju and student volunteers. The NSS volunteers resided in Gunduru Government School for 7 days from 20th to 26th January 2020. The volunteers engaged themselves in environmental awareness, cleanliness. They went on rallies in the village educating the residents on various topics such as health and hygiene, women empowerment, literacy programs and many more. The volunteers had guest lectures in the evenings by eminent personalities like doctors, journalists etc. The volunteers gave a tribute to the martyrs. The camp came to an end on Republic Day. The volunteers with the school students hoisted the national flag and celebrated all together, with this camp came to an end.

Martyrs Day: On 30th January 2020, on account of the Martyrs Day in coordination with the Joint Action Committee Karnataka the students with NSS coordinator and unit member Ms Sindhya formed a human chain near the Trinity Circle. They held hands to portray Unity. At 5:17 p.m. they sang the national anthem. The human chain was formed in accordance with Gandhiji's vision towards India.



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RALLY FOR SAVE WATER

IRJS 2020

Rally for "Save Water": in accordance with water scarcity, the students with the coordinator decided for a rally to save water. It was held on 8th April 2020. They went around in the roads of Ulsoor with slogans, educating people about the importance of water, reduce usage and save water for future generation.



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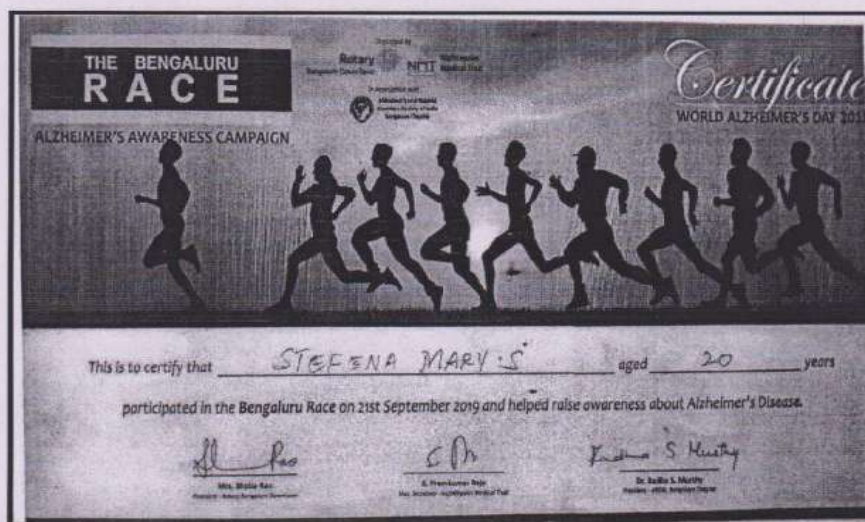
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**BENGALURU RACE ON AWARENESS ABOUT ALZHEIMER'S & DEMENTIA
ORGANIZED BY AICUF**

Bengaluru Race:

World Alzheimer's Day is observed on 21st September every year to raise the awareness about Alzheimer's and Dementia. This day is celebrated for generating awareness and due to seriousness of this disease. On this Occasion AICUF students actively took part in the Bengaluru race organized by Rotary Club of Bangalore on 21st September 2019. The objective of this race is to give awareness on "Alzheimer's" Day. The participants gathered at St. Joseph Institute of Management and the race started at 9am from MG Road to Vidhana Soudha. Five hundred Participants from all over Bangalore were part of this race. Forty students from AICUF unit of our college were part of this race. To encourage the participants Treasure Hunt event was organized by the organizers. Students took part in these events with zeal. This event motivated the students to stand for social cause.



MV (Marina.B)
AICUF Coordination
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Nishe Jey
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Self Study Report - Cycle-II

Prakash

Date _____ Page _____

Bengaluru Race

Date :- 21st September 2019

Venue :- St. Joseph's Institute of Management

Students Participation :-

	Name	class	Signature
1.	Adeline Jannet	II B.com A	Adeline Jannet
2.	Jenniffer Thomas	II B.com A	Jenniffer
3.	Chelsia	II B.com A	Chelsia
4.	Bellinda	II B.com A	Bellinda
5.	Andolina	II B.com A	Andolina
6.	Angel	II B.com A	Angel
7.	Ashwini . P	II B.com A	Ashwini . P
8.	Jashida	II B.com A	Jashida
9.	Jannet . E	II B.com A	Jannet . E
10.	Anji	II B.com A	Anji
11.	Benla	II B.com A	Benla
12.	Jennifer . A	II B.com A	Jennifer . A
13.	Agnes	II B.com A	Agnes
14.	Agnes	II B.com A	Agnes
14.	Joyce	II B.com A	Joyce
15.	Alka	II B.com A	Alka
16.	Ashwini Maria	II B.com A	Ashwini
17.	Cynthia . J	II B.com A	Cynthia
18.	Blessy	II B.com A	Blessy
19.	Jennifer . E	II B.com A	Jennifer
20.	Gracy . A	II B.com A	Gracy
21.	Maria Susan	II B.com B	Maria Susan
22.	Maria Jennifer	II B.com B	Maria Jennifer
23.	Mary Jennifer	II B.com B	Mary Jennifer
24.	Melvin . P	II B.com B	Melvin



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Date: _____ Page: _____

25.	Merlina . L	II B.com B	<i>Merlina</i>
26.	Sushmitha . G	II B.com C	<i>Sushmitha</i>
27.	Rebecca . R	II B.com C	<i>Rebecca</i>
28.	Stella Mary	II B.com C	<i>Stella Mary</i>
29.	Shiney Angel	II B.com C	<i>Shiney Angel</i>
30.	Archieva Sreha	I BSC	<i>Archieva</i>
31.	Avin Tennisha	I BSC	<i>Avin</i>
32.	Angel Lindrella	I BSC	<i>Angel Lindrella</i>
33.	Anushuja Mary	I BSC	<i>Anushuja</i>
34.	Tennisha . J	I B.com	<i>Tennisha</i>
35.	Stephania	III B.com C	<i>Stephania</i>
36.	M. Teresa Tennisha	I B.com B	<i>M. Teresa</i>
37.	New life B	I B.com B	<i>New life B</i>
38.	Mary Sandra	I B.com B	<i>Mary Sandra</i>
39.	Raicheal Bheula . T	I B.com B	<i>Raicheal</i>
40.	Deva Kanya	II B.com A	<i>Deva</i>

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**MENSTRUAL HYGIENE SEMINAR
ANTI- SEXUAL HARASSMENT CELL**

IRJS 2020

WOMEN'S CELL

Women's Cell seeks to mold the young women force in the campus to achieve thriving mile stones of success. It also seeks to empower young women to attain emotional, physical and mental freedom to withstand the changing phases throughout their life.

Seminar:

On 16th August 2019 Women Cell conducted a seminar to create an awareness to keep away the cancer through an Advanced Bio Technology Demo and most sought after solution for our overall wellness and unanimously used around 224 countries with 60 million satisfied people around the globe. The session mainly focused on usage of Menstrual Hygiene. This technology has just arrived in India. The session was conducted in the auditorium for both students and staff by Mr Sharan, International Distributor, Tiens India, Tiens ID: 93316868

Women's Personal Care Seminar:

The Women Cell of St. Anne's Degree College for Women, on 6th November 2019 hosted a seminar which was initiated by Zivame, an e-retail brand for women. The session was conducted by Ms.Neha Kumari, HR personnel of Zivame and it proved to be very fruitful. It was a three hour session and an eye opener too which shed light on various aspects of women's grooming and personal care. Around 600 Students from all the streams actively participated and various myths surrounding women's personal care were addressed. Small activities were conducted to keep the session engaged. The session gave a new perspective on women's personal grooming and care which is essential for one's health and wellbeing. The event concluded with feedback form submission and a photo session with team Zivame.

Student Exposure to Traffic Police Department:

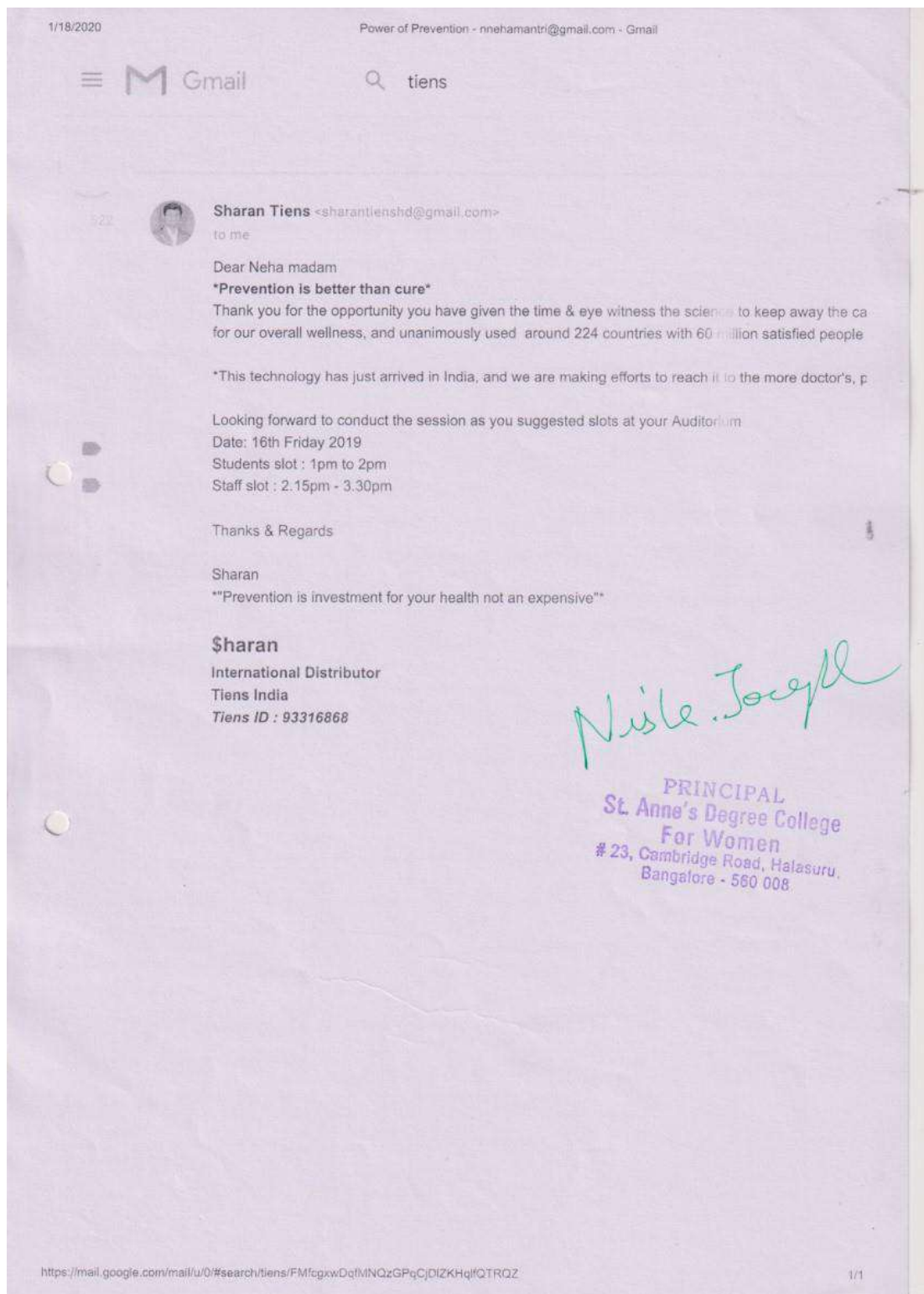
Two students from I B.Com, Kinjal Panwar G and Nayana R were selected by traffic police department, Halasuru to be traffic inspector for a day in an honor of International Women's Day on 8th March 2020. They underwent training of basic traffic rules and roles of traffic police.



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Self Study Report – Cycle-II





IRJS 2020

International Women's Day Celebration:

International Women's Day was celebrated on 9th March 2020. The theme of the program was Life History of Mother Teresa. The program schedule was as follows:

- ❖ 10:00 to 12:00 am – Session by Dr Rekha, gynecological oncologist and Dr. Sanchitha, community dentist, from Sri Shankara Cancer hospital and Research Centre, Bengaluru
- ❖ 12:30 to 1:30 pm – Presentation of Student Achievers by each department
- ❖ 1:30-2:00 pm – Talent Show
- ❖ 2:00-3:00 pm- Exhibition depicting women achievers by various departments in their respective fields.

The speakers elucidated preventive measure for cancer and the symptoms. All the departments displayed models like sanitary dispenser, cyber security, Women safety. Students donned the attire of famous women achievers like Sudha Murthy, acid attack survivor Lakshmi Agarwal were also displayed. They also showed the developmental stages of a fetus. The on stage events were mime, dance and play.

Guest Lecture:

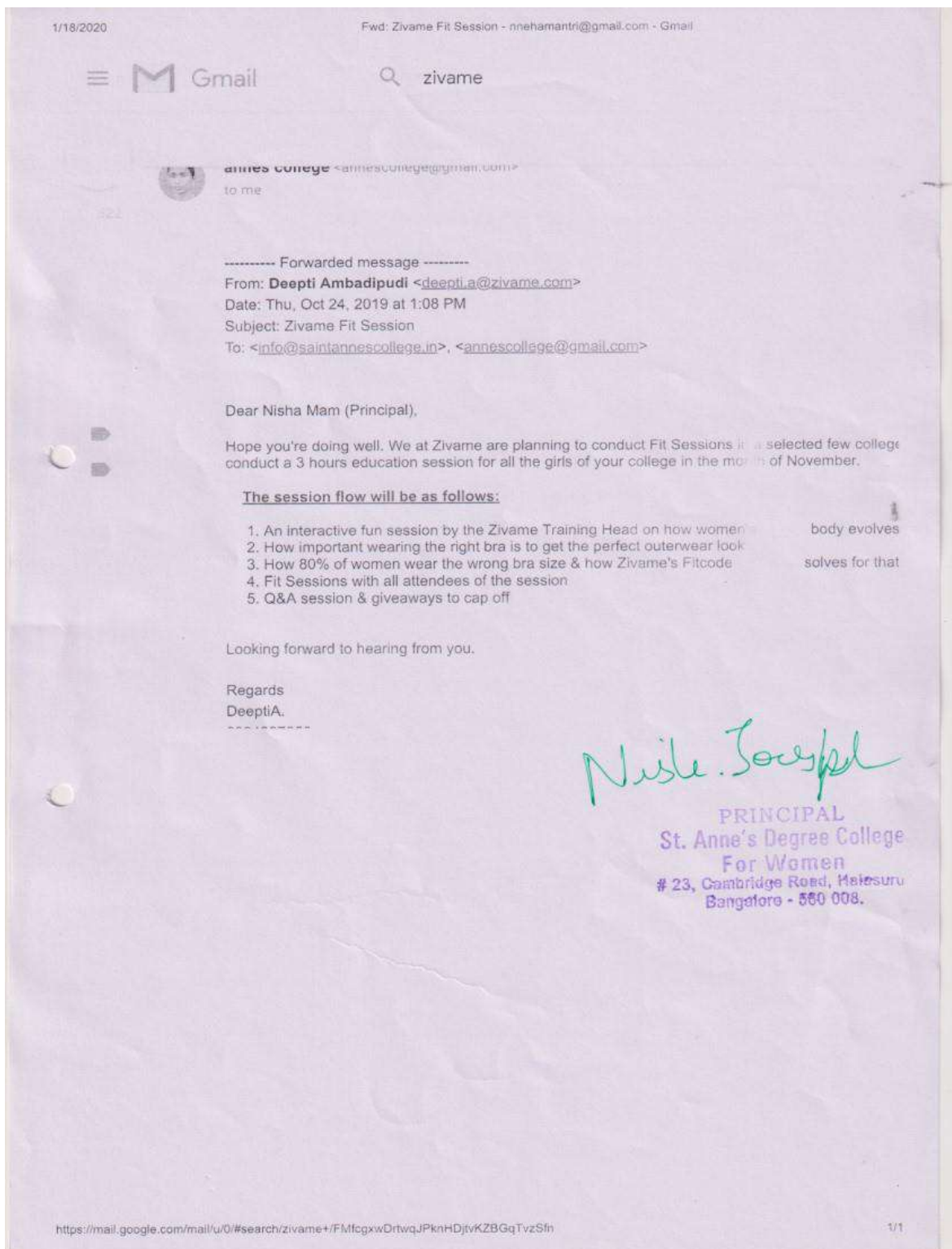
On 14th March 2020 a guest lecture was organized. Ms Salomi Jacob, Asst Professor (Sociology) from Jyothi Niwas College gave a guest lecture on sexual harassment laws and prevention for women. She spoke about the legal provisions relating to harassment and assault common to both man and women, while some are made to specifically protect the interests of women. The program started at 10:30 am with a street play followed by guest lecture. The session was attended by all the students of the college.



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Self Study Report – Cycle-II





Self Study Report – Cycle-II



St. Anne's Degree College for Women
Halasuru, Bangalore- 560008
Women Cell

International Women's Day Celebration

09/03/2020

PROGRAM SCHEDULE

- Speech by oncologist Dr Sanchitha from Sri Shankara Cancer Foundation for cancer in women. -10:00 to 12:00 am
- Presentation of Student Achievers by each department -12:30 to 1:30 pm
- Talent Show –Theme "Life History of Mother Teresa" 1:30-2:00 pm
- Exhibition depicting women achievers by various departments in their respective fields- 1:30-3:00 pm

All Are invited

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IRIS 2020



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HEALTH AND HYGIENE TALK BY HEALTH CLUB

IRJS 2020

HEALTH CLUB

The club's vision is to develop sensitivity among students in particular and the community in general regarding health and nutrition, awareness and maintenance of a healthy life style.

Health and Hygiene Talk



A guest lecture on "Health and Hygiene" was held on 13th of September 2019 (Friday) from 2:00 pm to 3:00pm in A.V.Hall for students. We invited Dr.R.Suchindra, MBBS, MD,(OBD),FRM(Productive Medicine), Consultant Productive Medicine, from the hospital Milann-The Fertility Centre. She detailed about the irregular heavy periods, hormonal imbalance, urinary infections, PCOS, premature ovarian failure and thyroids.

She used videos and PPT on menstrual hygiene and breast self-examination. It was very informative for the students to know about the hygiene and breast cancer awareness. It was a good interactive session for the students.

National Pulse Polio Programme -2020

Health club took an initiative this year too to help BBMP NUHM Hospital, Halasuru and Damalur for National Pulse Polio Programme -2020. The club supported for the mission for "let's strive for a polio free world". The intention behind is to eradicate the dreaded disease that causes permanent physical disability in children less than 5 year, by giving 2 drops of polio vaccine to all the children.



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Self Study Report – Cycle-II

Timing: 10:00 to 3:00 Pm
 Date: 13/9/2019
 classmate
 Date: _____
 Page: _____

Guest Lecture.

Topic: Womens Health.

Dr. R. Suchindra. M:- 9901943800.
 MBBS, MD, (COBD), FRM (Reproductive Medicine)
 Consultant Reproductive Medicine.
 Milann - the Fertility Centre.

Venue: A. V. Hall.

No.	Name	Class.
01.	Priya. A.	II B.Com 'B' Sec
02.	Sushmita. G	II B.Com 'C' Sec
03.	Majitha. M	III B.Com 'B' Sec.
04.	Meelina Shalini. L	III B.Com 'B' Sec.
05.	Nikitha. M	II B.Com 'B' Sec.
06.	Navya. V	II B.Com 'B' Sec.
07.	Kumuda. S	II B.Com 'B' Sec.
08.	Lavanya. J	II B.Com 'B' Sec.
09.	L. Maria Suzan	II B.Com 'B' Sec.
10.	Keerthana. S	II B.Com 'B' Sec.
11.	Nandini. K.	II B.Com 'B'
12.	Lavanya. K.	II B.Com 'B'
13.	Tejaswini. D.R.	I BBA.
14.	Preeti.	I BBA.
15.	Ganvi. M	I BBA.
16.	Rakshitha. M	I BBA.
17.	Meenakshi. K.	II B.Com 'B'
18.	Madhusri. G	II B.Com 'B'
19.	Mamatha. C	II B.Com 'B'
20.	Anusadha. S	I BBA.
21.	Arthi Priya. AM	I BBA.

ST. ANNE'S DEGREE COLLEGE FOR WOMEN
 To Create a New Society
 ULSOOR, BANGALORE - 08



Self Study Report – Cycle-II

		classmate
		Date _____
		Page _____
22	Swathi . R. K	I BA
23	Rafeshwari . N	I BA
24	Sandhya . S	III BBA
25	Preethi . V	III BBA
26	Prasanna	III BBA
27	Sasmita	III BBA
28	Sneha Mary	II Bcom
29	POOJA . V	II Bcom 'B'
30	Nithu . J	II Bcom 'B'
31	Lariab Syeda	II Bcom 'B'
32	Meghana . B	II Bcom 'B'
33	Navya . E	II Bcom 'B'
34	Monica . S	II Bcom 'B'
35	Nivedha . S	II BBA
36	Jennifer Maria . G	II BBA
37	Bhureshwari . G	II BBA
38	Monisha V	II BBA
39	Shobhana . V	II BBA
40	Sneha Ramesh	I Bcom 'C'
41	Shilpa . S	I Bcom 'C'
42	Shaziya Kousar . S	I Bcom 'C'
43	Rashmi . R	II Bcom 'C'
44	SHERYA . K	II Bcom 'C'
45	Sheryl Sheela	II Bcom 'C'
46	Shreesh . Y	II Bcom 'C'
47	K. Jambhuvathi Yadav	III BBA
48	Rehana	III BBA
49	Bhavanidas	III BBA
50	Priyanka . R	III BBA



IMPARTING AWARENESS OF HEALTHY SNACKS TO AVOID JUNK FOOD

IRJS 2020

Imparting awareness of healthy snacks to avoid junk food

Fast food and unhealthy snacks simply don't provide students with the nutrition that need to perform well in the routine life. Developing a balanced and nutritional diet at a young age can both enhance academic performance and prepare for a lifetime of healthy eating. For that reason, Vito natural healthy snacks were introduced to the students by having a stall on 24th September on 'ebullience'- an intercollegiate fest. The stall had variety of natural healthy snacks such as 100% organic dried mango and strawberry, Pineapple Wafers, Guava Nuggets, Jack Fruit Wafers, groundnut candy bars and many more.



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WALKATHON: CLEAN BANGALORE

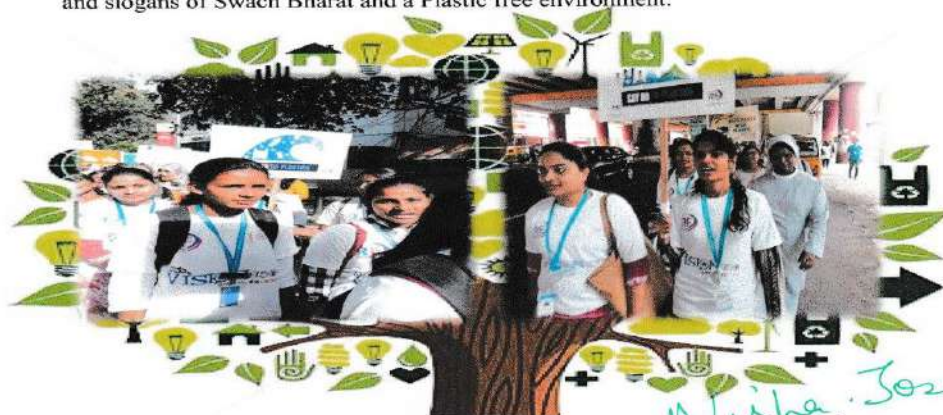
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Cultural program commenced and the inauguration dance marked the beginning of the program followed by various events like mime and quiz. Botanical Exhibition was also organized in the campus. Students from different departments actively participated in all the events and won prizes.



Walkathon: Clean Bangalore

A walkathon was organized by the Good Quest Foundation in partnership with the Government of Karnataka on 2nd October 2019 celebrating the 150 years of Gandhi Jayanthi and promoting Clean Bangalore. The walkathon was attended by 95 student members from the Eco Club and the Department of Rehabilitation Science. The students were accompanied by the club coordinator and our principal and together walked for 3km from Mahatma Gandhi Park, MG Road to Trinity circle with banners and slogans of Swachh Bharat and a Plastic free environment.



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St. Anne's Degree Collge for Women		
		
Halasuru, Bangalore-08		
ECO CLUB MEMBERS		
Walkathon Clean Bangalore : 2nd October 2019		
Sl.No.	Name of the Students	Class
1	AMRUTHA S	IBBA
2	KUMARI Y	IBBA
3	THANU	IBCOM B
4	BHANU K	IBBA
5	KEERTHANA	IBBA
6	JOYTHI	IBBA
7	KUMARI Y	IBCOM B
8	SUMA	IBCOM B
9	ANGEL L	IBBA
10	AMRUTHA S	IBBA
11	AMRUTHA S	IBCOM B
12	SUSHMA K	IBCOM B
13	DIVYA P	IBCOM B
14	BHANU K	IBCOM B
15	DIVYA P	IBCOM B
16	RASHMI	IBBA
17	KUMARI Y	IBBA
18	SWATHI K	IBCOM B
19	ROOPA	IBCOM B
20	DIVYA P	IBBA
21	BHANU K	IBBA
22	KUMARI Y	IBBA
23	CHANDANA L	IBBA
24	SWATHI K	IBBA
25	SUSHMA K	IBBA
26	SWATHI K	IBCOM B
27	BHANU K	IBBA
28	VIDHYA	IBCOM B

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29	BHANU K	IBBA
30	DEEPTHI	IBBA
31	SUSHMA K	IBBA
32	KUMARI Y	IBCOM B
33	CHANDANA L	IBBA
34	SWATHI K	IBCOM B
35	CHANDANA L	IBCOM B
36	DIVYA P	IBBA
37	ASHWINI	IBBA
38	SWATHI K	IBBA
39	PRIYA	IBCOM B
40	PREETHI	IBCOM B
41	KUMARI Y	IBBA
42	TINA	IBBA
43	ANGEL L	IBBA
44	CHANDANA L	IBCOM B
45	SUMA	IBCOM B
46	KALPANA	IBCOM B
47	SUSHMA K	IBBA
48	AMRUTHA S	IBBA
49	SWATHI K	IBBA
50	BHANU K	IBBA
51	RANJEETHA	IBBA
52	DIVYA P	IBBA
53	BHANU K	IBCOM B
54	DIVYA P	IBCOM B
55	SWATHI K	IBCOM B
56	AMRUTHA S	IBCOM B
57	KUMARI Y	IBCOM B
58	DIVYA P	IBCOM B
59	PRIYA	IBCOM B
60	AMRUTHA S	IBCOM B
61	SUSHMA K	IBCOM B
62	CHANDANA L	IBBA
63	DIVYA P	IBBA
64	ANGEL L	IBCOM B
65	ANGEL L	IBCOM B
66	SWATHI K	IBCOM B
67	CHANDANA L	IBBA

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Self Study Report – Cycle-II

68	ANGEL L	IBBA
69	SWATHI K	IBCOM B
70	KAVYA	IBCOM B
71	DIVYA P	IBBA
72	DIVYA P	IBCOM B
73	SUSHMA K	IBBA
74	AMRUTHA S	IBCOM B
75	SUSHMA K	IBCOM B
76	VANI	IBCOM B
77	SWATHI K	IBBA
78	REVATHI	IBCOM B
79	CHANDANA L	IBCOM B
80	ANGEL L	IBBA
81	REVATHI	IBBA
82	SUMA	IBBA
83	RANJEETHA	IBBA
84	AMEENA	IBBA
85	KUMARI Y	IBBA
86	CHANDANA L	IBCOM B
87	CHANDANA L	IBBA
88	MAMTHA	IBBA
89	POOJA	IBCOM B
90	BHANU K	IBBA
91	ANGEL L	IBCOM B
92	KUMARI Y	IBBA
93	SUSHMA K	IBCOM B
94	SWATHI K	IBBA
95	ANGEL L	IBCOM B

Staff Members Accompanied

Mrs R Sindu
Mrs Shobha
Mr D Deepu



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RALLY FOR MENTAL HEALTH AWARENESS & SUICIDE PREVENTION

IRJS 2020

DEPARTMENT OF HUMANITIES

Bridge Course

Bridge course was conducted in the month of July for the first year B.A and B.Sc. (Rehab) students to familiarize them about the basics of Psychology.

Lecture on “Current trends in media and its opportunities”

Lecture on “Current trends in media and its opportunities” was held on 6th September 2019. It was conducted for Journalism students in the AV hall. Mr. Benedict Jay Kumar, who is the Editor-in-Chief of IBC world News, a daily English regional Newspaper, was the guest speaker for the session and he highlighted on various issues and trends that are taking place in the media. He shared his own experience in the field of Journalism. He also emphasized about the career opportunities in media at present.



Suicide Prevention Rally

A small step together can make a change and can save a person's life. Keeping this in mind, the Department of Psychology and Counseling cell organized a Suicide Prevention rally on 11th September for BA and BSC (Rehab) students. The students set several posters with the message of preserving life and to save life.

It was a good experience for

students to be part of a social cause. We all felt a sense of satisfaction of doing something to generate awareness regarding suicide prevention.



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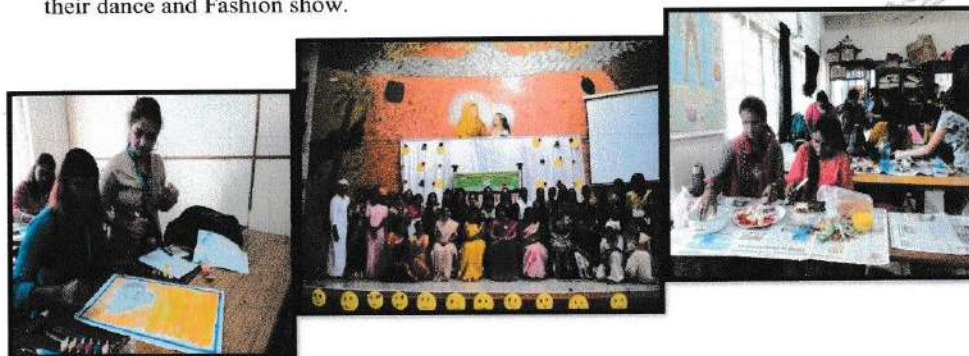


Self Study Report – Cycle-II

IRJS 2020

Inter Collegiate Fest 'PRAKRUTHI'

Department of Humanities organized Inter Collegiate Fest 'PRAKRUTHI' on 4th October 2019. The students showcased their talents in various competitions like skit, group dance, debate and quiz. The students also added color to the function with their dance and Fashion show.



Mental health awareness day seminar

The Department of Psychology organized a seminar on 10th October the theme named as "The modern lifestyle and its impact on health. Dr. Abdul Sukkur Acupressure therapist from national institute of Indian classical acupressure (NIICA) was the resource person. Mrs. Chitrasukkur spoke about healing method through touch therapy made them believe in it and dedicated their life in healing people without drugs.




They explained about five elements and how it is related to our five senses in our body. They spoke about how to balance these elements to be a healthier person. Do and don'ts regards with taking care of our health was an eye opener for our students.



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 Bangalore - 560 008



PULSE POLIO PROGRAMME

 **ಬೃಹತ್ ಬೆಂಗಳೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ**
Bruhat Bengaluru Mahanagara Palike

FROM
MEDICAL OFFICER
DOMLUR UPHC
OLD AIRPORT ROAD
BANGALORE

DATE: 1/01/2020


TO

RESPECTED MADAM,

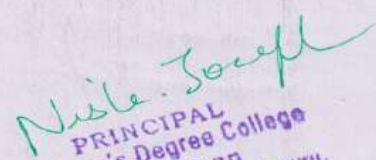
SUBJECT : Requisition to provide volunteers for NID from 19.01.2020 to 22.01.2020.

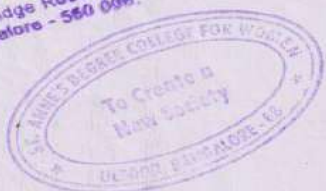
We hereby request you to provide volunteers for Pulse Polio Programme From 19.01.2020 to 22.01.2020. Kindly do provide around 50 volunteers for 4 Days period for the month of JAN 2020 Single Round.

Kindly co-operate and do the needful


Yours faithfully
9731830194

MEDICAL OFFICER
Domlur UPHC
BBMP, Old Airport Road,
Bangalore - 560 008


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UL-002, BANGALORE-10



Self Study Report – Cycle-II

IRJS 2020



To understand the need for the day and motivated them for effective outcome. The student volunteered for pulse polio programme to be prepared on 19 Jan till 22 of Jan 2020, Dr.Sunil kumar visited our college and trained the students on 14/01/2020 for National Pulse Polio Programme conducted by BBMP.



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Bangalore - 560 008.



Self Study Report – Cycle-II

classmate
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 Page _____

ULSOOR.

National Pulse polio program.

Name	class section	Contact No.
1. Jennifer . G.	Ind Bcom B Sec	7899336329
2. Raicheal Bheub . T	Ind Bcom	9611485883
3. Mayana . R	II Bcom 'B'	8105428292
4. Panchha . S	II Bcom 'B'	9448296150
5. Kethana . P	II Bcom 'B'	9880827972
6. Poofa . J.	II Bcom 'B'	9739304921
7. Lavanya . P	II Bcom 'B'	9741834457
8. Kumari . K	Ind Bcom	9353669201
9. Mandhini . M.	II B. Com Ind Bcom	9663251364
10. Jennifer . J.	Ind Bcom 'B'	8197755857
11. Manisha . R	Ind Bcom 'B'	9886285433
12. Ralesah Begum . S	Ind Bcom 'B Sec'	8904933290
13. Mary Sandra . A.	Ind Bcom 'B Sec'	7022762732
14. Radhika . R	Ind year Bcom	9148011895
15. Monica . D. S	Ind Bcom	9986967265
16. Jennifer . D	Ind Bcom 'B'	7204978594
17. Newlife . B.	Ind Bcom 'B'	9739555596
18. Mary priyadharshini	II B. Com 'B'	9901459680
19. Moulika . R	II Bcom 'B'	8296761636*
20. Meghana . J.	II Bcom 'B'	9108979987
21. Mayya Shree . A.	II Bcom 'B'	8861580980
22. Madhumitha . R.	II Bcom 'B'	9591767293
23. Monica . B.	II Bcom 'B'	9635377923
24. Moupana . K.	II Bcom	7406597512

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Self Study Report - Cycle-II

				classmate
				Date _____
				Page _____
25.	Mithedha.V	II Bcom 'B'	7829436990	
26.	Preethi.S	II Bcom 'B'	7338187446	
27.	Patricia.G	II Bcom 'B'	7406226415	
28.	Karthana.R	II Bcom 'B'	9108174269	
29.	Pooja Musfi Dubariya	II Bcom 'B'	9986827766	
30.	Noor-a-Saba	II Bcom 'B'	9113537232	
31.	paarthira.K	II Bcom 'B'	9742545922	
32.	hananya.R	II Bcom 'B'	9449357127	
33.	Poorvima Raj	II Bcom 'B'	9901502963	
34.	keethana.S	II Bcom 'B'	9972179695	
35.	praja.V	II Bcom 'B'	9606608446	
36.	Sandhya Rani.S	II Bcom 'B'	8095481348	
37.	Sneha.G	II Bcom 'C'	7259654283	
38.	Sheral Ghety	II Bcom 'C'	7619555799	
39.	Swetha.K	II Bcom 'C'	9986449488	
40.	Tasleem.syalaged	II Bcom 'C'	7090384114	
41.	Shobha Kumari	II Bcom 'C'	9934227092	
42.	Sahana.D	II Bcom 'C'	9845761513	
43.	Sneha Ramesh	II Bcom 'C'	9742955076	
44.	Sushmita Mohanty	II Bcom 'C'	9483534941	
45.	Swathi.S	II Bcom 'C'	9353725644	
46.	A. Tasleem	II Bcom 'C'	7022581847	
47.	S.M. Thanuja	II Bcom 'C'	9916009472	
48.	Sneha.S			
49.	Lakshmi pawani	II Bcom 'B'	9980930636	
50.	Padma C.H.	II Bcom 'B'	8088310199	
51.	Lalithashree.V	II Bcom 'B'	9611710153	
52.	Latha Shree.V	II Bcom 'B'	6361480171	
53.	prajanka.S	II Bcom 'B'	9972246931	



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Self Study Report – Cycle-II

classmate

Date _____

Page _____

52.	Nisha.V	I Bcom 'B'	8884634817
53.	Jenifer.K.	II Bcom 'B'	8088568059
54.	Mandhine B.N	II Bcom 'B'	6360553263
55.	Sneha.V		
56.	Shasanya.S.K.		
59.	Shalini.V.		
60.	Sunitha.J.		
61.	Sahana Surya	II Bcom 'C'	7892520003
62.	Sahana.S	II Bcom 'C'	9632771048
63.	Susheela.U		
64.	Sumarna.I	II Bcom.	7204277074
65.	Sneha Raul	II Bcom 'C'	7022674640
66.	Sujatha V.K.	II Bcom 'C'	7760783482
67.	Vanila		
68.	Neerupa		
69.	Mala.K.		

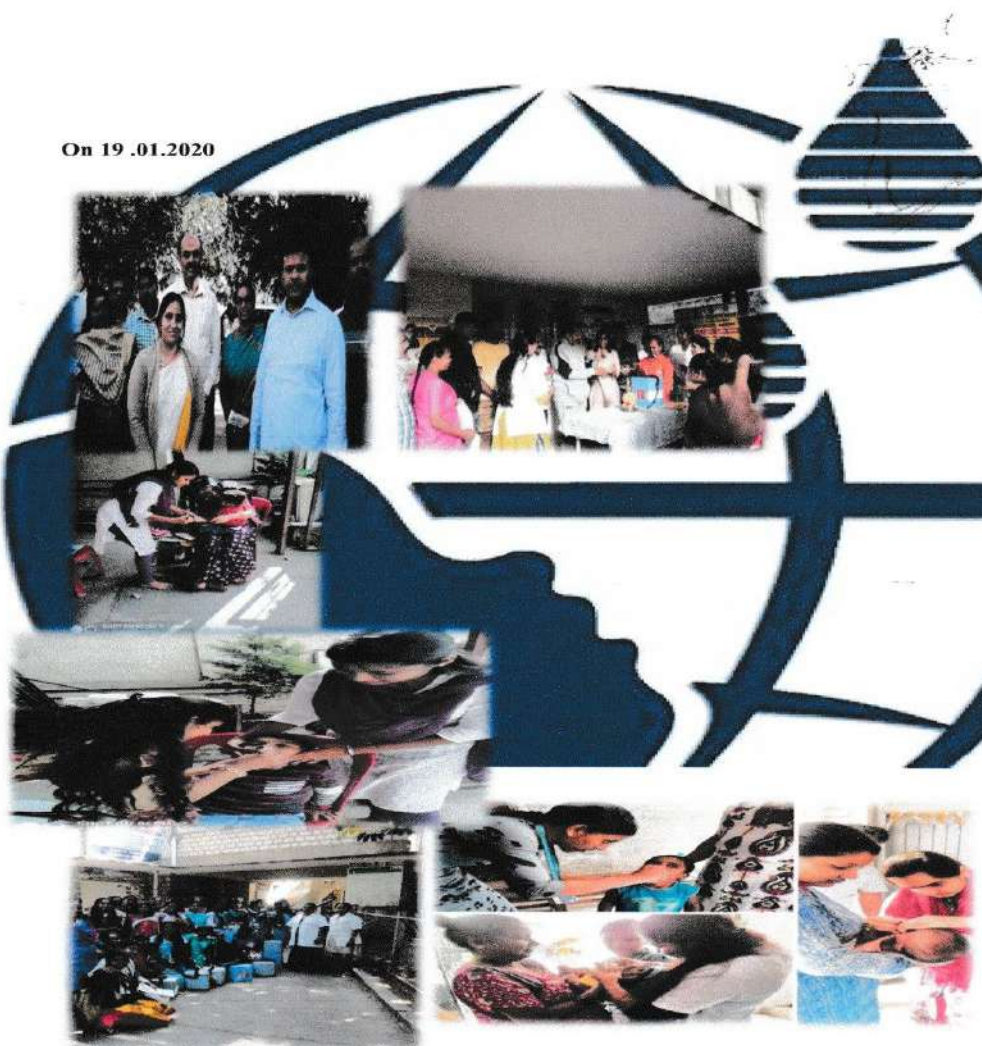
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Mandhine B.N.
MEDICAL OFFICER
Urban Primary Health Center,
Ussur, S.B.M.P Bangalore

ST. ANNE'S DEGREE COLLEGE FOR WOMEN
To Create a
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USSUR, BANGALORE - 08



NATIONAL PULSE POLIO PROGRAMME



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FREE MEDICAL HEALTH CHECK-UP CAMP

IRJS 2020

Health Day- Free Medical Health Checkup Camp

St. Anne's Degree College for Women in co-ordination with Health Club, on 29.02.2020 from 9:00 am to 1:00 pm organized successfully "Health Day" in association with BBMP - "Free Medical Health Check Up Camp" to support BBMP, Ward no. 90, Halasuru, towards "National Health Programme".

The opening of Health Camp was inaugurated by our Secretary Rev Mother Margaret Julie. A Health camp team was welcomed by our Principal Prof Nisha Joseph and Evening College Principal Prof. Veena Kumari with the Health Club co-ordinator Asst Prof Khutaija Nazneen and members Asst Prof Shoba and Asst Prof Deepu.B, faculties, staffs and students.

A team comprises of dedicated doctors included Physician, Pediatric, Dentist, supervisors, Lab techs and counselors from tuberculosis bacteria team and DAPCO-on Aids Awareness and HIV Test, pharmacist and supporting members for registering visitors, screening weight, blood pressure, blood glucose level to the enthusiastic visitors.

In this camp SORC was done on screening faculties, staff, students (including alumnae), Lourdes Primary School students, few parents and locals of Halasuru visited on pamphlet issues. As per the hospital records based 184 attended the camp and immensely benefited in knowing their health status. All treatments were provided free of cost, which includes general ailments, oral cavity examination besides oral health talk and oral hygiene instructions, Sputum test to check TB and awareness to prevent AIDS and HIV test. Medicines were dispensed free of cost and patients were referred to get CBC, hormonal profile and gynecologist visit in Halasuru Referral Hospital.

Based on Dr Sunil Kumar's report, who headed the Health camp team, observed on students health that most of them are anemic (not dewormed) and having gynecologist issues (delayed or irregular cycles). He advised to get CBC, hormonal profile and gynecologist visit in Halasuru Referral Hospital. Counseling was provided to many patients on obesity, anemia, hypertension, Diabetics, nutrition and general health care.

Doctor recommended health club to collect deworming tablets to all the college students (not above 19 years of age) from Halasuru Referral Hospital.

Apart from Health checkup, the coordinator of Entrepreneur Development Cell Dr. Puttanna (Department of Hindi) made the day very healthier by his cell activities, by conducting a Nutrition day -by providing nutritious food- healthy sprouts to all the visitors.



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Self Study Report – Cycle-II

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Health Day.
FREE MEDICAL CHECK UP CAMP
in association with BBMP, Ward no
Halasuru.

Date: 29.02.2020
Timings: 9:00 to 1:00
Venue: Quadrangle.

1. Dr. Sunil Kumar, Assistant Surgeon
(m) 973 1803 194
2. Dr. Sudha Ravi. A, paediatrician
3. Dr. Rashmi, Dentist
4. Gurusaraj BN, STS (Senior Treatment
Supervisor) 998699532
5. Jagadish SK, STLS (Senior Treatment Lab
Supervisor) 99 800 69612
6. Zabi, TBHV (Tubercular Health visitor)
9738185457
7. Sumithra, " m: 9742301565
8. Selvi, Thangam IETC Counsellor
9. K R Leelavathi IETC Lab Tech 944814799
10. Anitha - J (ASHA)
11. Ambika. G. (ASHA)
12. Padmavalli (ASHA)
13. Shanthi L (ASHA)
14. Chandramma (ASHA)
15. Reshma (Pharmacist)
16. Ati peer G, (SN)

ST. ANNE'S DEGREE COLLEGE FOR WOMEN
To Create a
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HALASURU, BANGALORE - 08



Self Study Report - Cycle-II

classmate
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Soc done for screening teachers and staff in
St. Anne's degree college for women in
Coordination with Health club on
29.02.2020 from 9 AM to 1 PM.
Scheduled well and planned camp in
College premises.
Screened for BP, WT, RBS, TCK
Pediatrician and Dentist and drug
dispensed as per needs.
Screened for general ailments by
Assistant Surgeon.
Most of the students were Anemic
(not diagnosed) and having gynaecological
issues (delayed or irregular cycles)
Advised to get CBC, hormonal profile
and gynaecological visit in urban referral
Hospital.
Thank you for all the support in our
National Health programmes.
Kindly continue your support in future
days.
Thanking you.

Nishu Joseph
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29.02.2020
MEDICAL OFFICER
Urban Primary Health Centre
Uisoor, B.B.M.P. Bangalore

ST. ANNE'S DEGREE COLLEGE FOR WOMEN
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BANGALORE



Self Study Report – Cycle-II



St. Anne's Degree College for Women
#23, Cambridge Road, Halasuru, Bangalore-08

Notice

Greetings from Health Club,

Dear faculties , non-teaching staff and Supporting staff,

This is to bring to your notice a free medical health check up camp is organizing by the Health club team in association with BBMP UPHC, Halasuru, Bangalore on 29.02.2020 at 9:00 am to 1:00 pm in the college campus. We request you to get your family members if possible. The team members of hospital includes Physician, Dentist and Tuberculosis bacteria team .

- Free physical examination on weight, Blood pressure ,Symptoms of diabetics(only above 30 years) will be provided by the hospital
- Free Dental check up, the timing for the doctor last till 11:00 am only, who has dental issues earliest they can reach to the dentist.
- Sputum test by tuberculosis bacteria team will be done .Tuberculosis bacteria awareness for 30 minutes session is arranged for students volunteers at 11:00am room no. 53 and your most welcome for the session.
- Tuberculosis bacteria team will have sputum test for those students who are affected by cough and cold very often only.

With regards. *Khutaija Nazneen*
Asst Prof Khutaija Nazneen
(co-ordinator)
Health Club

Nisile. Josefl
27/2/2020

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Self Study Report - Cycle-II

SORC CAMP
ST. ANNE'S COLLEGE-
HALASURU

INDIA POPULATION
HEALTH

DAILY REPORT ON TREATMENT GIVEN TO

Year / Month and Date	Registration No.		Name or Number	Age	Religion or Caste	Sex
	YEAR	DAILY				
24/2/2020		1	Ramya	30	H	F
		2	Pottanna	46	H	M
		3	Akila	27	H	F
		4	Veenakumari	58	H	F
		5	Krishna	31	H	M
		6	Jesuraj	30	H	M
		7	Deepu	29	H	M
		8	Ravi	36	H	M
		9	Bhuvana	19	H	F
		10	Divya S	19	H	F
		11	Chelsea Selvam	19	H	F
		12	Jathika	19	H	F
		13	Amulya	19	H	F
		14	Preethi	19	H	F
		15	Gopi	40	H	M
		16	Margaret	57	Ch	F
		17	Castin	56	Ch	F
		18	Aisha	45	H	F
		19	Rakha	40	H	F
		20	Lissy	50	Ch	F
		21	Praveela	42	Ch	F
		22	Sigatha	38	H	F
		23	Nithya	30	H	F
		24	Ashwini	31	H	F
		25	Amala	38	H	F
		26	Pamash	38	H	M
		27	Navya	19	H	F
		28	Maanakshi	19	H	F
		29	Mala J	19	H	F
		30	Anitha	31	H	F
		31	Mageshwar	44	H	F
		32	Fatima	35	Ch	F



Self Study Report - Cycle-II

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DEPARTMENT

TO OUT PATIENT ON.....

Examined Personally	Referred by	Monthly Income of the Patient or Guardian	Disease	Treatment
				Albend-1 FS-30
				Albend-1
				Ca-30 FS-30
				Omez-4 diclofenac-10 Ca-30
G.H.				Diclo-4
G.H.				
G.H.				Diclo-4 Ca-10
G.H.				FS-10 Ca-10 Albend-1
G.H.				FS-10 Albend-1
G.H.				
G.H.				
				FS-10 Ca-10
				Omez-10 Alprazolam-10
R.p.				FS-10 Ca-10 Albend-1
R.p.				
R.p.				Diclo-4 Serratio-4
R.p.				Ca-30
				Ca-30
				Roeth paste-1
				Ca-30
				FS-10 Albend-1
				Albend-1
				Normal
				Normal
				Normal
				Albend-1 FS-10
				Albend-1 FS-10
				Amox-10 Albend-1
				FS-10 celestine-4

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Self Study Report – Cycle-II

INDIA POPULATION				HEALTH		PR
DAILY REPORT ON TREATMENT GIVEN TO						DEPAR
Year / Month and Date	Registration No.		Name or Number	Age	Religion or Caste	Sex
	YEAR	DAILY				
		33	Pavathi	35	H	F
		34	Uma	49	H	F
		35	Rajiyamma	51	H	F
		36	Narathamma	48	H	F
		37	manika	19	H	F
		38	nanya	19	H	F
		39	madhumitha	19		
		40	manisha	19		
		41	monika	19		
		42	Priya	21	H	F
		43	Bindu	33		
		44	Abdulkalam	54		
		45	Aishwarya	18		
		46	Jessica	18		
		47	vijayalakshmi	18		
		48	Sathya	18		
		49	Kompannapada	58	H	M
		50	Keerthana	19		
		51	Santhoshkumar	37	H	
		52	Shwetha	21	H	F
		53	Ayushi	20		
		54	Vennela	45	H	F
		55	Nashra	19	M	F
		56	Elcoana	19		
		57	Vashini	19		
		58	Rina	20		
		59	Sadiya	19		
		60	managloray	20	Ch	
		61	marina	38	Ch	
		62	nisha	36		
		63	Shivaranjali	21		
		64	vijalakshmi	18		



Self Study Report - Cycle-II

MAHANAGARA PALIKE

PROJECT - VIII

DEPARTMENT

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TO OUT PATIENT ON.....

Examined Personally	Referred by	Monthly Income of the Patient or Guardian	Disease	Treatment
Bip.				Diclo-6 Ca-10.
				omez-10 Diclo-4.
				MF-30
				FS-10 Diclo-4
				Amibaykline-10
				FS-10
				Normal
				FS-10
				Normal.
				Normal
				Normal
				Etophyline-10 Albend-1
				FS-10 Albend-1
				Cetazine-10
				FS-30
				FS-10 Ca-30.
				FS-10
				Normal
				Diclo-4 Ca-10
				Amibaykline-10
				Normal
				Montelukast-10.
				Ca-30.
				Normal.
				Cetazine-4.
				Normal
				Normal.
				Normal
				Normal
				Normal.
				FS-10 Albend-1

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Self Study Report – Cycle-II

BANGALORE

INDIA POPULATION

HEALTH

DAILY REPORT ON TREATMENT GIVEN TO

Year / Month and Date	Registration No.		Name or Number	Age	Religion or Caste	Sex
	YEAR	DAILY				
		65	Deekshitta	18	H	F
		66	muckshan	18		
		67	Ananya	18		
		68	Devi . V	18		
		69	Bhavya	18		
		70	Shilpa	19		
		71	Shravani	20		
		72	pavan	10y		
		73	ni vatha	10y		
		74	charita	9y		
		75	vatskravt	10y		
		76	Gaganaytha	9y	H	m
		77	Shoba . T	36		
		78	Gowtham	11y		
		79	Aanum	10y	H	F
		80	Jayanthi	19		
		81	Dorothybasilico	18	ch	
		82	nithya	19		
		83	manica	20		
		84	Litista	19		
		85	vijayalcomari	35		
		86	Anitha . D	31		
		87	Bronda . S	19		
		88	Poornima	18		
		89	Bhargavi	18		
		90	Kumuda . S	19		
		91	Lavan . y . J	19		
		92	nandini . b	19		
		93	Lavan . y . k	19		
		94	Tahera	19		
		95	nithi . J	19		
		96	Gowthami	20		



Self Study Report – Cycle-II

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DEPARTMENT

TO OUT PATIENT ON

Examined Personally	Referred by	Monthly Income of the Patient or Guardian	Disease	Treatment
				FS-10
				FS-10 Ca-10
				Levodopa - 4
				FS-10
				Normal
				Normal
				Albend - 1
				PET-4
				Ca-30
G.H				Normal -
				Normal
				Albend-1 FS-10 Domyline-14
				FS-10 Cabrin-6
				Normal
				FS-30
				Ca-30
				CPM-4 Cabrin-6
				Aceto-4
				Down-14 Levodopa
				Levodopa-6 FS-10

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INDIA POPULATION

HEALTH

DAILY REPORT ON TREATMENT GIVEN TO

Year / Month and Date	Registration No.		Name or Number	Age	Religion or Caste	Sex
	YEAR	DAILY				
		97	Aishwarya -	19		
		98	Pavithra.	19		
		99	Keerthana.	18		
		100	Priya - v.	19		
		101	merlin	20		
		102	Tehreem	21		
		103	Shalini - G.	21		
		104	Sumita Singh	21		
		105	Sahana.	18		
		106	Priya Keerthana.	18		
		107	Devika.	18		
		108	Divya	18		
		109	Varsha.	19		
		110	Sanjana.	19		
		111	Nikitha.	19		
		112	Amittha.	18		
		113	Gitanjali	19		
		114	Hartini priya.	19		
		115	Sandhya.	18		
		116	Ashwini	19		
		117	Sushmita.	20		
		118	monica.	18		
		119	Priyanka.	18		
		120	Jayashree.	18		
		121	Priyanka.	20		
		122	Rajeshwari	20		
		123	Deepika.	18		
		124	Jeniffer	19		
		125	Raicheal	19		
		126	Jayamangala	19		
		127	Poojashree	18		
		128	Greeshma	19		



Self Study Report – Cycle-II

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Self Study Report – Cycle-II

INDIA POPULATION

HEALTH

DAILY REPORT ON TREATMENT GIVEN TO

Year / Month and Date	Registration No.		Name or Number	Age	Religion or Caste	Sex
	YEAR	DAILY				
		129	Andrea Agnes	18	ch	
		130	Anurekha	19		
		131	Veena	20		
		132	Uasanta	56		
		133	Sindhya	25		
		134	Rajeshwari	24		
		135	Navaneetha	20		
		136	manjushree	19		
		137	manisha	18		
		138	Kasthuri	19		
		139	meghana	19		
		140	Samdaniel	9yr		
		141	Ranjith	36		
		142	Uthral	10		
		143	Saisaran	10yr		
		144	Amrutha	10yr		
		145	yashika	10yr		
		146	vikitha	9yr		
		147	Kavitha	9yr		
		148	Beula	10yr		
		149	Nehapriya	9yr		
		150	Harini	18/f		
		151	newlife	18/f		
		152	Harini.S	18/f		
		153	Menna	18		
		154	Habiba	18		
		155	Kavanya	19		
		156	navya	19		
		157	Priyanka	19		
		158	mercy	10yr		
		159	Alvina	9yr		
		160	Dhanalakshmi	20		



Self Study Report - Cycle-II

MAHANAGARA PALIKE

PROJECT - VIII

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DEPARTMENT

TO OUT PATIENT ON.....

Examined Personally	Referred by	Monthly Income of the Patient or Guardian	Disease	Treatment
				Accelo - 10
				Cetorune - 10 Amee - 10
				pet - 6 cetorune - 4
				Normal
				Normal
				Normal
				Normal
				Normal
				Cetorune Sup - 1
				Normal
				Ca - 10 Alkamel - 1
				Normal
				Normal
				Normal
				Leword - 6 FS - 19
				Normal
				Normal
				Normal - 1
				Normal
				FS - 50

Principals Joseph

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HALASURU
BANGALORE - 560 008



Self Study Report – Cycle-II

INDIA POPULATION						
HEALTH						
Year / Month and Date	Registration No.		Name or Number	DAILY REPORT ON TREATMENT GIVEN TO		
	YEAR	DAILY		Age	Religion or Caste	Sex
		161	Ashwini	19		
		162	Novena	10y		
		163	Ravanth	9y		
		164	Pavithra	14y		
		165	Veronica	26		
		166	Mary	21		
		167	Casthuri	20		
		168	Magneen	40		
		169	Kavitha	19		
		170	Arshiya	21		
		171	Nithya	20		
		172	Yagitha	18		
		173	Hersitha	18		
		174	Pavithra	20		
		175	Priya	20		
		176	Ladya	20		
		177	MaryBasilica	14y		
		178	Shamla	18y		
		179	Sureshkumar	43		
		180	Uandhara	10y		
		181	Alexis	42	ch	m
		182	Bharathi	21		
		183	Soundarya	20		
		184	St. Immaculate	59	ch	
		185	St. Shilpa	35	ch	
		186	St. Henrietta	38	ch	
		186	Sara	16	m	
		187	Sebastin	11	ch	



Self Study Report – Cycle-II

MAHANAGARA PALIKE

PROJECT - VIII

159

DEPARTMENT

TO OUT PATIENT ON.....

Examined Personally	Referred by	Monthly Income of the Patient or Guardian	Disease	Treatment
				Normal
				Normal
				Normal
				Albend-1 FS-10 Ca-10
				FS-10 Ca-10
				Aceto-10 Ca-10
				FS-10
				FS-10
				Gough Sup - 1
				Cetorizine - 4
				Brufen - 10
				Albend-1 FS-10
				Alprazolam
B.p				Cetorizine Sup - 1
B.p				Aceto-4 Levorol-10
				PCE - 4
				Calamine lotion - 1
				Ciplon E10
				Cumaxone Cream

Nishu. Jadhav

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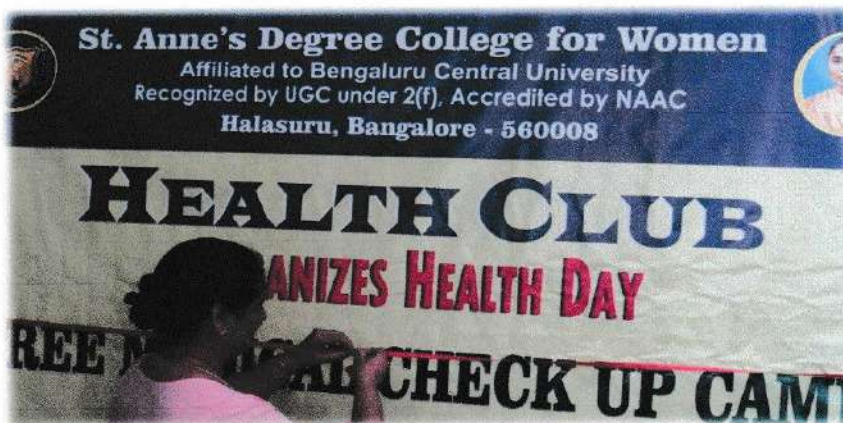
TO CREDIT
15/11/2021



Self Study Report – Cycle-II

IRJS 2020

From Department of Physical Education, Mr. Krishna Kumar devised an interesting activity by providing skipping ropes for the interested ones to burn calories. The day ended with good feedbacks provided by all the participating departments and staff.



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IRJS 2020



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ANTI-SEXUAL HARASSMENT CELL 2019-20

Anti-sexual harassment cell Committee members for the academic year 2018-19 were Ms.NehaMantri, MsSangita, Ms Ramya, Ms.Vasantha Pillai and MsShobha. Following events were conducted in this academic year:

WOMEN CELL SEMINAR ON 16TH AUGUST 2019

Women Cell has conducted a seminar to create an awareness to keep away the cancer through an *Advanced Bio Technology Demo and most sought after solution for our overall wellness, and unanimously used around 224 countries with 60 million satisfied people around the globe.*. The session mainly focused on usage of Menstrual Hygiene. This technology has just arrived in India. The session was conducted in the auditorium for both students and staff by Mr Sharan, International Distributor, Tiens India, Tiens ID : 93316868

Date: 16th august 2019
Students slot : 1pm to 2pm
Staff slot : 2.15pm - 3.30pm

WOMEN'S PERSONAL CARE SEMINAR ON 6TH NOV 19

The Women Cell of St Annes Degree College for Women, on 6th November 2019, hosted a seminar which was initiated by Zivame, an e-retail brand for women. The session was conducted by Ms.Neha Kumari, HR personnel of Zivame and it proved to be very fruitful. It was a three hour session and an eye opener too which shed light on various aspects of women's grooming and personal care. Around 600 Students from all the streams actively participated and various myths surrounding women's personal care were addressed.

Small activities were conducted to keep the session engaged. The session gave a new perspective on women's personal grooming and care which is essential for one's health and wellbeing. The event concluded with feedback form submission and a photo session with team Zivame.



STUDENT EXPOSURE TO TRAFFIC POLICE DEPARTMENT ON 8TH
MARCH 2020

Two students from I Bcom, Kinjal Panwar G and Nayana R. were selected by traffic police department, Halasuru to be traffic inspector for a day in an honor of International Women's Day on 8th March 2020. They underwent training of basic traffic rules and roles of traffic police.

INTERNATIONAL WOMEN'S DAY CELEBRATION ON 9TH MARCH 20

International Women's Day was celebrated on 9th March 2020. The theme of the program was **Life History of Mother Teresa**. The program schedule was as follows:

- 10:00 to 12:00 am – Session by Dr Rekha, gynecological oncologist and Dr Sanchitha, community dentist, from Sri Shankara Cancer hospital and Research Centre, Bengaluru
- 12:30 to 1:30 pm – Presentation of Student Achievers by each department
- 1:30-2:00 pm – Talent Show
- 2:00-3:00 pm – Exhibition depicting women achievers by various departments in their respective fields.

The session was informative where the speakers spoke about the preventive measure for cancer in women and the symptoms of cancer. The morning session was attended by all the final year students and the evening program was for the entire college.

All the departments displayed models like sanitary dispenser, cyber security, women safety. Students donned the attire of famous women achievers like Sudha Murthy, acid attack survivor Lakshmi Agarwal were also displayed. They also showed the developmental stages of a foetus. The on stage events were mime, dance and play.

GUEST LECTURE ON 14TH MARCH 2020 FOR SEXUAL
HARASSMENT LAWS

Ms Salomi Jacob, Asst Professor (Sociology) from Jyothi Niwas College gave a guest lecture on sexual harassment laws and prevention for women. She spoke about the legal provisions regarding harassment and assault which are available to both men and women, while some are made to specifically protect the interests of women. The program started at 10:30 with a street play followed by guest lecture. The session was attended by all the students of the college.

Neha
Coordinator
Anti-Sexual Harassment Cell

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Self Study Report – Cycle-II



St. Anne's Degree College for Women

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Date: 14.03.2020

To

Ms Salomi Jacob,
Asst Professor,
Department of Sociology
Jyothi Niwas College Autonomous

Respected Madam,

Subject: **Thank you letter**

Greetings from St. Anne's Degree College for Women,

It is our honor and privilege to thank you for accepting our invitation and honoring the stage as a speaker for the guest lecture on "Women in Public Space and Harrasment", organized by the Women Cell.

Once again we heartily thank you for your gracious presence and sparing your valuable time with us. The insights and experience you shared with the students and everyone present during the day was informative and inspiring.

Your esteemed presence will be a source of encouragement for the students and staff.

Thank you

Yours sincerely,

Coordinator

Women Cell

Salomi
14/3/2020

Nisla. Joseph
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LAUGHTER THERAPY

IRJS 2020

COUNSELING CELL

Individual Counseling - January to March 2020

In this semester around 89 students from all the departments were met on an individual basis and counseled. Several sessions are held for the students to find out their concerns and help resolve those issues. As the sessions are progressing the students are also gradually showing positive signs and moving towards with happiness.

Laughter therapy session

This therapy uses humor to aid relief from pain and stress and to improve a person's sense of wellbeing. Laughter decreases stress hormones and increases immune cells. Though there are more laughter therapy techniques we chose 7 types of laughter. The session ended with their sharing experience. Students really enjoyed and had lots of fun with their friends. Around 180 students participated in different batches.

- ⇒ Warm up session: 10 minutes
- ⇒ PPT presentation: 15 minutes about the benefits and basic understanding.
- ⇒ Laughter session: 15 minutes
- ⇒ Relaxation: 5 minutes.

Schedule

Date	Class	Time
13th March 2020	All the students of BA department	10.00am – 11.00am
	All the students of B.Sc(PMC)	12.20 pm-1.10pm
	All the students of 1 year B.Com	2.20pm-3.15pm
14th March 2020	All the students of BBA	10.00am – 11.15am



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IRJS 2020



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AWARENESS ON HIV AIDS AND ITS PREVENTION



The Red ribbon is used as the symbol for the solidarity of people living with HIV aids and for the awareness and prevention of drug abuse and drunk driving.

Red ribbon club is envisaged to instill among all the students in the college values of service, develop healthy life styles and increase availability of safe and adequate quantities of blood to all the needy. The club also aims at binding the potential of the youth by equipping them with correct information on mental health, substance abuse, nutrition and reproductive health and building their capacities as peer education in spreading message on positive healthy behavior in an enabling environment.

Red ribbon club at St. Anne's Degree College for women organized a program to create awareness about the HIV aids and its prevention which included activities like street play and displaying of charts.



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IRJS 2020

Lecture

On 10th February 2020, an ECO awareness talk was organized on the topic “PLASTIC AWARENESS” by Prof. NISHA JOSEPH. Around 150 students were informed about the grave dangers of using plastics and its effects on Air, Water and Land pollution. The solution to overcome the excessive use of plastics was also imparted. The students also took an oath to Reduce, Reuse and Recycle to save the environment. An interesting demo was given on how to make decorative cloth bags in order to promote the alternative use of cloth instead of plastic.




Webinar dated 27/06/2020 on the topic, “Impact of COVID- 19 on Environment”

The Eco Club organised a webinar on 27th june 2020 through the Web Ex Meeting for over 100 students from different colleges. The Resource person for the day was Dr. B.S Prabhakar who highlighted on the effects of COVID – 19 on environment, The changes occurred by comparing before and after due to COVID situation and How to overcome the problems for the public and especially for the small business who faced severe losses due to COVID pandemic. E-Certificates were provided to all the registered participants after Webinar.

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ECO CLUB ORGANIZES A WEBINAR ON "IMPACT OF COVID 19 PANDEMIC ON ENVIRONMENT"

Guest Speaker



Date: 27-06-2020
Time: 11:00 am

Dr. B S Prabhakar
Deputy Secretary
Central Silk Board,
Ministry of Textiles,
Govt. of India, B'lore

Free Registration link

Rev.Sr.Margaret Julie
Administrator & Secretary

Prof. Nisha Joseph
Principal

Ms. Sindu R
Co-ordinator



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Self Study Report – Cycle-II

WORKSHOP ON PLASTIC AWARENESS

 St. Anne's Degree Collge for Women Halasuru, Bangalore-08 Workshop On Plastic Awareness Date : 10-Feb-2020		
SL NO	NAMES	CLASS
1	AGNES MARY.A	IBCOM A
2	ABIRAMI.K.S	IBCOM A
3	AISHWARYA.J	IBCOM A
4	ALMASBANU.A	IBCOM A
5	AMITHA .B	IBCOM A
6	CHANDU.V	IBCOM A
7	DEENA	IBCOM A
8	DEEPIKA.M	IBCOM A
9	DEVI.V	IBCOM A
10	DIVYA.L.K	IBCOM A
11	DIVYA.K	IBCOM A
12	GOMATHI.K	IBCOM A
13	HAMSA.S	IBCOM A
14	ASHWINI.R	IIBBA
15	ASHWINI.S	IIBBA
16	JEENAMARY	IIBBA
17	NANDANA	IIBBA
18	SHREEDEVI	IIBBA
19	SWATHI.S	IIBBA
20	SIMRAN	IIBBA
21	NIVEDHA .S	IIBBA
22	NIKITHA.G.B	IIBBA
23	SUNITHA	IIBBA
24	SIMRAQN	IIBBA
25	KAVYA .V	IIBBA
26	ROSLINE	IIBBA
27	NAVYA B.N	IIBBA
28	PRIYA DHARSHINI .B	IIBBA
29	RAMYA .M	IIBCOM C
30	RAMYA.T	IIBCOM C
31	REVATHI.G	IIBCOM C
32	SANDHYA.R	IIBCOM C
33	SANDHYA.S	IIBCOM C
34	SARITHA.K	IIBCOM C
35	SHILPA.S	IIBCOM C
36	SHOBHANA.V	IIBCOM C
37	SHIRISHA.G	IIBCOM C
38	SUMA.H	IIBCOM C
39	SUMA.N	IIBCOM C
40	SUMA .L	IIBCOM C
41	SWETHA.S	IIBCOM C

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42	THULASI.G	IIBCOM C
43	VARSHA.M	IIBCOM C
44	SELVI .V	IIBCOM C
45	YUMANA.K	IIBCOM C
46	SWATHY.K	IIBCOM C
47	SINDHU.M	IIBCOM C
48	SINDHU.S	IIBCOM C
49	SNEHA.S	IIBCOM C
50	VEENA.M	IIBCOM C
51	SUMITHRA.S	IIBCOM C
52	REBECCA.R	IIBCOM C
53	ROOPA.Y	IIBCOM C
54	RUKHMANI.S	IIBCOM C
55	SANJANA.G.K	IIBCOM C
56	RANJANA	IIBCOM C
57	SHALINI.U	IIBCOM C
58	SHALINI.M	IIBCOM C
59	SHOBHANA.B	IIBCOM C
60	SHALINI.M	IIBCOM C
61	REVATHI.G	IIBCOM C
62	SANDHYA.R	IIBCOM C
63	AMRUTHA	IIBCA
64	ABHISHATHA	IIBCA
65	ANUPRIYA	IIBCA
66	GAYTHRA.K	IIBCA
67	NAGAVENI	IIBCA
68	BHAGYA.J	IIBCA
69	JAYSGHREE	IIBCA
70	POOJA.A	IIBCA
71	POOJA.M	IIBCA
72	RITA.V	IIBCA
73	SINDHU.V	IIBCA
74	SWATHI.S	IIBCA
75	STEFFYLARA	IIBCA
76	SHRIN	IIBCA
77	SANDHAYA.A	IIBCA
78	SANDHYA.V	IIBCA
79	ZAINAB	IIBCA
80	ASHITHA	IIBCA
81	CHANDRIKA	IIBCA
82	PREETHI.M	IIBCA
83	AISHWARYA.D	IIBSC(PMC)
84	ARCHITHA.K	IIBSC(PMC)
85	BHANUPRIYA	IIBSC(PMC)
86	CHANDRAKALA	IIBSC(PMC)
87	JESSEY.E	IIBSC(PMC)

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88	MONISHA.B	IIBSC(PMC)
89	POOJA.K	IIBSC(PMC)
90	PAVITHRA.C	IIBSC(PMC)
91	NITHYA PRIYA	IIBSC(PMC)
92	RADHA.M	IIBSC(PMC)
93	SNEHA.S.K	IIBSC(PMC)
94	MONISHA.S	IIBSC(PMC)
95	VINUTHA	IIBSC(PMC)
96	SANDHYA.G	IIBSC(PMC)
97	APPRANA.M	IIBA
98	ARCHANA.P	IIBA
99	POOJA.SK	IIBA
100	DIVYA.P	IIBA
101	SHALINI	IIBA
102	SULAKSHA	IIBA
103	MARY VARONICA	IIBA
104	PARAMESHWARI	IIBA
105	SARVANI	IIBA
106	SANILA	IIBA
107	ANNY NANCY	IIBA
108	AISHWARYA	IIBA
109	CHRISTWANI	IIBA
110	AFRAH	IIBSC(REHAB)
111	AMMEETHA	IIBSC(REHAB)
112	ATULYA MENON	IIBSC(REHAB)
113	SUPRIYA	IIBSC(REHAB)
114	SIDRA	IIBSC(REHAB)
115	TAHERA SHEREEN	IIBSC(REHAB)
116	KAREN	IIBSC(REHAB)
117	DINHA	IIBSC(REHAB)
118	AYUSHA	IIBSC(REHAB)
119	SHEWTHA.R	IIBSC(REHAB)
120	ROSHIN.M	IIBSC(REHAB)
121	SINDHIYA	IIBSC(REHAB)
122	RINU THOMAS	IIBSC(REHAB)
123	POOJA.V	IIBSC(REHAB)
124	NASHRA	IIBSC(REHAB)
125	NIVEDHA.J	IIBSC(REHAB)
126	DIVYA.K.S	IIBSC(REHAB)
127	ELCANA DAVIS	IIBSC(REHAB)
128	JEYASEELI	IIBSC(REHAB)
129	ANTONY MARY	I BA
130	VARMADHI.M	I BA
131	SWATHI.R.K	I BA
132	SUBIYA	I BA
133	SIRISHA.D	I BA

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134	SHINDHU	I BA
135	SAI PRIYA	I BA
136	SAHANA	I BA
137	RAJESHWARI	I BA
138	PRASUNA	I BA
139	MONISHA	I BA
140	MARY	I BA
141	MADHU MALA	I BA
142	LAKSHMI	I BA
143	KARISHMA RAJU.H	I BA
144	TEJASHWINI	I BA
145	JENIFER	I BA
146	CHANDANA	I BA
147	CHAITANYA	IBA
148	GANAVI.M	IIBBA
149	SUJATHA.S	IIBBA
150	VERONICA.C.J	IIBBA

Staff Members Accompanied

Mr. Deepu B

Ms. Anitha

Ms. Rekha

Ms. R Sindu



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Self Study Report – Cycle-II

“IMPACT OF COVID- 19 ON ENVIRONMENT” ON 27-06-2020

Timestamp	Email Address	Salutation	Name	Designation	Name of the Institution/Cc Phone Number
6/22/2020 10:35:18	rekha.gowda313@gmail.c	Ms	Rekha R [1]	Assistant Professor [2]	St. Anne's Degree College 9886445353 [4]
6/23/2020 12:02:24	navya1297@gmail.com	Ms	NAVYA R	ASSISTANT PROFESSOR	st. Anne's degree college 8548978152
6/23/2020 12:02:35	maryshail19@gmail.com	Ms	Mary Shaila F	Assistant Professor	St.Anne's Degree College 9740076749
6/23/2020 12:03:31	savithaphysics@gmail.co	Mrs	M Savitha	Assistant Professor	St.Anne's Degree College 9986320438
6/23/2020 12:25:21	sinchusivaraju@gmail.co	Ms	SINDHU S	ASSISTANT PROFESSOR	ST. ANNE'S DEGREE CO 9806553006
6/23/2020 13:40:11	sinchyanathan20@gmail.	Ms	SINDHYA PRIDA M	Asst professor of psychol	St Anne's degree college 9743583906
6/23/2020 14:07:38	vennila.annescollege@gr	Mrs	A.VENNILA	Associate professor	St.Anne's Degree College 8722708857
6/23/2020 21:40:59	sindueugin@gmail.com	Mrs	R.Sindu	Assistant professor	St Anne's Degree college 7258721783
6/23/2020 21:41:21	tkunnam@gmail.com	Mr	Fr.Thomas Kunnamkudat	Principal	Don Bosco school Herma 9436985883
6/23/2020 21:49:07	anjeli2512@gmail.com	Mrs	ANJELI CHRISTINE	Associate professor	St Vincent pallotti 9739328804
6/23/2020 21:50:04	sandysandhiyasandy7@e	Ms	Sandhya B	Domlur	St.annes degree college f 9986225490
6/23/2020 21:51:06	prathiselva1810@gmail.c	Ms	Prathiba.k	Student BBA 1st year	St.Anne's degree college 9538268717
6/23/2020 21:54:11	siddufirdos123@gmail.co	Ms	Siddiqua Firdos	Student	St.Anne's Degree College 9916877505
6/23/2020 21:56:09	rheearuna307@gmail.cor	Mrs	Aruna c	Yes	St.Anne's degree college 9806396106
6/23/2020 21:57:11	kanikavi1011@gmail.com	Ms	Kani mozhi.k	B.com 1st year	Sivanandha sarma memo 7828214340
6/23/2020 21:57:31	karthickrj619@gmail.com	Mr	Karthick C	1 year B.COM	St Joseph college of com 8971592889
6/23/2020 21:57:38	fatimathu10@gmail.com	Ms	FATIMA THU ZAHRA	Student	St.Anne's Degree College 8818871613
6/23/2020 21:57:58	rubabkhanam025@gmail	Ms	Rubab Khanam D	Student	St.annes degree college f 9901417512
6/23/2020 21:57:58	hemachinnu519@gmail.c	Ms	Hemashree.s	Bangalore	St.annes degree college f 9832722542
6/23/2020 21:59:13	jeenamarygeorge10@gm	Ms	Jeena Mary George	Student	St. Annes Degree College 7019589058
6/23/2020 21:59:29	navyadn09886@gmail.co	Ms	Navya D.N	Student	St.annes degree college f 8095168387
6/23/2020 22:01:02	ranjanakiran2000@gmail.	Ms	Ranjana G.k	Studying	St.annes degree college f 7019376471
6/23/2020 22:03:31	lavenlincy3@gmail.com	Ms	Lavenlincy .v	Student	St.Annes degree college 9483531397
6/23/2020 22:04:57	zulaikhajasmn2001@gm	Ms	Sulaikha Jasmon	Student	St. Anne's Degree College 9895796959
6/23/2020 22:11:11	lakshmivara64509@gmai	Ms	Varalakshmi.m	Studying	St.annes degree college 9108325411
6/23/2020 22:13:01	ajaykumarj3109@gmail.c	Mr	Ajay kumar,j	student	Presidency College 9964274414
6/23/2020 22:13:03	vandan1427@gmail.co	Ms	Vandana	Boom	St.Annes Degree college 8618179854
6/23/2020 22:17:26	angelgangadhara@gmail	Ms	Angel G Nayaka	Student	St Anne's degree college 7818131188
6/23/2020 22:18:15	joycemary4220@gmail.cc	Ms	Joyce Mary V	Boom	St Anne's degree college 7090098378
6/23/2020 22:20:09	sumathivenkatesh.v@gm	Ms	Sumathi. V	Student	St. Anne's Degree College 7338040155
6/23/2020 22:20:11	madhumitha184312@gm	Ms	Madhumitha R	1bcom	St.annes degree college 9581767293
6/23/2020 22:21:48	sanjanasanju9035@gmai	Ms	Sanjana G.K.	Studying	ST ANNE'S DEGREE CC 9035310018
6/23/2020 22:24:51	shankarsujha@gmail.com	Ms	Sujatha	Student	St Anne's degree college 7406290490
6/23/2020 22:25:40	kapama.reachme@gmail	Ms	Apama.k	BCOM Student	St.Anne's degree college 9806827415
6/23/2020 22:25:59	rachelveroni@gmail.com	Ms	Rachel Veronica M	BBA	St Anne's degree college 9513232001



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Self Study Report – Cycle-II

Timestamp	Email Address	Salutation	Name	Designation	Name of the Institution/Cc	Phone Number
6/23/2020 22:26:38	maherekh36@gmail.com	Ms	Monisha. M	Student	St Anne's college	9986462841
6/23/2020 22:28:58	varshamurali69@gmail.com	Ms	Varsha. M	College(student)	St. Anne's degree college	9742857661
6/23/2020 22:29:57	karchana.15reachme@gmail.com	Ms	Archana. k	BCOM Student	St. Anne's degree college	9806827415
6/23/2020 22:31:01	rnandini14@gmail.com	Ms	Raj nandini singh	Student	St Anne's degree College	8368834880
6/23/2020 22:34:23	rebeccarebe2000@gmail.com	Ms	Rebecca. R	New byappanahalli	St annes degree college f	9148499891
6/23/2020 22:34:51	psreedevi@gmail.com	Ms	Sreedevi ps	Student	St. anne's digree college f	9986009217
6/23/2020 22:37:00	maria.naidu19@gmail.com	Ms	Maria. Chaitra Naidu	Student	St Anne's degree college	7892216711
6/23/2020 22:41:22	srinivasshilpa2000@gmail.com	Ms	Shilpa. S	Student	St. Anne's degree college	9886319064
6/23/2020 22:44:33	aishusandra@gmail.com	Ms	Aishwarya. R	BBA	AT. Anne's degree college	8904476259
6/23/2020 22:44:45	nivedhasuresh26@gmail.com	Ms	Nivedha. S	student	St. Anne's degree college	9986911214
6/23/2020 22:45:13	veenamurugan96@gmail.com	Ms	Veena. M	Covid 19	St anne's degree college	9886356451
6/23/2020 22:45:48	varashakar1999@gmail.com	Ms	Varalakshmi. S	Student	St. Anne's degree college	7338462527
6/23/2020 22:48:40	nirupama9900@gmail.com	Ms	Nirupama. k	Eco club	St. annes degree college f	7406597512
6/23/2020 22:50:01	kavithadeeps76344@gmail.com	Ms	Priyadarshini T	BBA	St Anne's degree college	8861467688
6/23/2020 22:50:05	monishamoni251999@gmail.com	Ms	Monisha. V	Student	St. Anne's degree college	8197955571
6/23/2020 22:52:48	nikitha3106@gmail.com	Ms	NIKITHA. GB	Student	St. Anne's degree college	9148591835
6/23/2020 22:54:39	mangaishakthi113@gmail.com	Ms	S. Mangaikarasi	Students	St. Joseph's Evening Coll	8073173576
6/23/2020 22:55:22	jojesshanjack@gmail.com	Ms	Jasinda. J	Student	St. Annes college for won	9986653123
6/23/2020 22:56:40	gnanapriya1204@gmail.com	Ms	Gnanapriya. DB	Student	St annes degree college f	9380386083
6/23/2020 22:57:15	vishwanath.m1967@gmail.com	Mr	SENDIL KUMAR. V	Student	St. Joseph evening colleg	9113651142
6/23/2020 22:57:58	snekasivakumar28@gmail.com	Ms	KARPAGAMBIGAI. S	1st year Bcom	St. Anne's Degree college	9361095953
6/23/2020 22:58:06	georgejennifer1923@gmail.com	Ms	Jennifer Maria. G	Student	St. Anne's degree college	8151082933
6/23/2020 22:58:06	anishachristina.c@gmail.com	Ms	Anisha Christina C	Student	St Joseph's Evening Coll	8310472960
6/23/2020 22:58:10	www.kavyavonkateshalu@gmail.com	Ms	Kavya. v	Bangalore	St. Annes degree college	9886744869
6/23/2020 22:59:58	shivaranjini.g127@gmail.com	Ms	Shivaranjini. G	Bangalore	At Anne's degree college	7826301505
6/23/2020 23:01:11	davidgopal1971@gmail.com	Ms	Jenifar. D	1st Bcom	St Anne's degree college	8861476594
6/23/2020 23:09:41	rosedasyana174@gmail.com	Ms	Rose Dayana	Student	St. Joseph's Evening Coll	8197746619
6/23/2020 23:10:57	shobha12btr@gmail.com	Ms	SHOBHA KUMARI	1 bcom	St. Anne's Degree college	9934227092
6/23/2020 23:34:14	monimona3007@gmail.com	Ms	Monica Grace	Masters Of Commerce	St. Joseph's Evening Coll	8892980885
6/23/2020 23:47:44	radhavanu79@gmail.com	Ms	Anu Radha. V	#2 Maruthi building annas	St. Anne's degree college	9741335919
6/23/2020 23:50:27	rithikasreevelu@gmail.com	Ms	Swathi. S	Student	St. Annes degree College	9916186150
6/24/2020 7:04:24	bhuv1282@gmail.com	Ms	G. Bhuvanashwari	2BBA	St. annes degree college f	9688691482
6/24/2020 7:34:47	varu8544@gmail.com	Ms	Varalakshmi	Bcom	St. annes degree College	9902060294
6/24/2020 7:49:43	nanduyash03051999@gmail.com	Ms	Nandini BN	Eco Club	St Anne's degree college	7904425304
6/24/2020 7:52:23	veronicasj2001@gmail.com	Ms	VERONICA SJ	BBA	ST. Anne's degree college	9731730172



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Self Study Report – Cycle-II

Timestamp	Email Address	Salutation	Name	Designation	Name of the Institution/Cc Phone Number
6/24/2020 8:13:55	ashwinimurgan17@gmail	Ms	Ashwini. M	Ulsoor	St annes degree college f 9863521652
6/24/2020 8:27:55	tanu1616tanu@gmail.com	Mrs	Tanushree. M	#206 V D chandru layout,	St. Annes Degree college 9035407673
6/24/2020 8:37:53	shivaniprashanth8@gmai	Mrs	Shivani Prashanth	Student	St Anne's degree college 9106280711
6/24/2020 8:40:18	ashuarpi07@gmail.com	Ms	ASHWINI. R	BBA	st Annes degree college f 9880236080
6/24/2020 8:42:47	sinchumuniyappa080@gr	Ms	Sindhu. M	Student	St Anne's Degree College 9742490876
6/24/2020 8:55:00	mahimaheshu5643@gme	Ms	Maheshwari. R	BBA	St.annes degree college f 8618793905
6/24/2020 9:14:18	leenukrithu193@gmail.co	Ms	Krihika.	Bcom fst yr student	St Anne's degree college 9886519478
6/24/2020 9:18:09	sathyamalar2326@gmail.	Ms	Sathya. v	Bachelor of business adm	St. Annes degree college f 7406545006
6/24/2020 9:27:53	rr7550200@gmail.com	Ms	Radha. M	Student	St Anne's degree college 9632451016
6/24/2020 9:29:58	nandhini01912@gmail.co	Ms	Nandhini. G	BCA	ST Anne's degree college 7358919790
6/24/2020 9:30:24	bhavanielsonera7@gma	Ms	Bhavani Nelson	Student	St. Annes Degree College 7256893482
6/24/2020 9:31:03	sunithafaisu06@gmail.co	Ms	Sunitha. L	Malleshpalya	St Anne's degree college 9632923477
6/24/2020 9:37:09	rasika86034@gmail.com	Ms	Rasika. k	2nd BSc(PMC)	St.annes degree College 9535946930
6/24/2020 9:43:06	vaishu211215@gmail.co	Ms	Vaishnavi. V	Student	St. Anne's degree college 9591952470
6/24/2020 9:50:51	ranju.nb93@gmail.com	Ms	Ranjitha. N	Assistant Professor	Sacred Heart Girls' First C 8867639009
6/24/2020 10:22:28	simrankushawa@gmail.c	Ms	SIMRAN KUSHAWA. B	STUDENT	St. Anne's degree college 9620421431
6/24/2020 10:48:00	Kavyachinnu215@gmail.c	Ms	Kavya. R	BCA	St. Anne's Degree Colleg 8310109006
6/24/2020 10:49:13	mamtha11blr@gmail.com	Ms	Mamtha. V	Student	Bishop Cotton Women's C 8073694870
6/24/2020 10:49:13	shaluthanu428@gmail.co	Ms	Shalini. V	Student	St. Anne's Degree College 9006715887
6/24/2020 10:52:28	tanyaangelina98@gmail.c	Ms	Tanya Angeline. S	Bangalore	Bishop Cotton Women's C 7338570455
6/24/2020 11:10:53	abhishtamabhishtam@gme	Ms	ABHISHA. M	B.com	Kristu jayanti college Ban 9731684377
6/24/2020 11:19:17	jejessi61@gmail.com	Ms	Jessica. P	Student	St Anne's degree college 9742137758
6/24/2020 11:22:01	damayanti01ha9922@gm	Ms	Damayanti Ojha	Student	St Anne's degree college 9036772396
6/24/2020 11:55:32	aishwaryap477@gmail.co	Ms	P. Aishwarya	BBA student	St. Anne's degree college 7829422021
6/24/2020 12:15:12	prabhakardanny941@gm	Dr.	B. S. Prabhakar	Deputy Secretary	Central Silk Board 9036512705
6/24/2020 12:25:16	sandhyasand314@gmail.	Ms	SANDHYA SHREE. A	Student	St. Anne's Degree College 9632311161
6/24/2020 17:42:01	vandanavandu770@gmai	Ms	Vandana mk	Air hosters	St Anne's degree college 9986310934
6/24/2020 17:54:26	nandinieshwari49@gmail	Ms	Nandini Eshwari. B	Student	St Anne's degree college 7996950029
6/24/2020 18:43:10	manjushreeps1999@gme	Ms	Manjushree. P. S	Student	St. Anne's Degree Colleg 7483611885
6/24/2020 19:45:58	Swethanu1717@gmail.cc	Ms	Swetha. G	Student	St. Anne's Degree College 9736335586
6/27/2020 9:04:36	singhsangita715@gmail.c	Mrs	Sangita	Associate Professor	St. Anne's Degree Colleg 8095431846

TOTAL PARTICIPANTS-101



NATIONAL LEVEL HEALTH E-QUIZ

IRJS 2020

National Level Health E Quiz

"Health E-Quiz" was conducted during this lock down period due to Covid-19 pandemic on National level. The questions were covered from many facets of health and few on general awareness. The questions were 20 and the score to reach a certificate was 40% and above. The intention behind the quiz was to give awareness to those who attended, on certain common health issues which they may not have come across with. And it was definite many or few would have searched few or many questions. This must have given an awareness to keep themselves and their close ones to be healthy and conscious to their life routines.

The National Level "Health E-Quiz" was opened from 8th of July to 15th of July. Total 413 responses were received to Health Club from Karnataka and including other states of India.



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NATIONAL LEVEL E-QUIZ ON YOGA & WELLNESS

IRJS 2020

New construction for Sports Club

1. Brand new Through Ball and Volley Ball Court constructed on terrace of our institution to help students to practice.
2. As the students enrollment in was increased, the sports room were Renovated and Rs 30,000/- were spent to purchase new sports equipment

National Level E-Quiz on Yoga & Wellness

The Department of Physical Education & Yoga Club had organized a National Level E-Quiz on **YOGA & WELLNESS** from 29/06/2020 to 06/07/2020. We really experienced the excitement to the core as we received vast response from 600 Participants across the country. The Quiz formalities were fully conducted in E-Mode & E-certificate was issued to the participants who scored 60% and above in the quiz.



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**WEBINAR ON "IMPACT OF COVID-19 ON WOMEN'S MENTAL
HEALTH" ON 29TH JUNE 20 .**

The Anti-Sexual Harrasment Cell organized a webinar on 29th June 2020 on "Impact of Covid-19 on women's mental health " by Dr.Prahlad Patidar,MD Psychiatrist ,Consultant ,Siddhi Vinayak Hospital ,Mandsaur,Madhya Pradesh.

Around 40 students and Academicians participated from various Departments of our college . The speaker began the session by asking the pertinent question as to why women are vulnerable to mental issues. He clarified that the deepened pre-existing inequalities and exposed gaps in our system, have amplified the effects of pandemic. The multi-layered effects of covid-19 have exacerbated for women and girls.

Dr. Patidar session threw light on the situations such as insecurity of job, increase in unpaid care work, burden of household responsibilities, lay-offs, unpaid sick leave, loss of financial independence, abuse and exploitation, challenges of single woman parent, invalidating feelings, psychological abuse and also finally summed up with the coping strategies and the importance of creating social network during these pandemic times.

Coordinator
Anti Sexual Harrasment Cell

St. Anne's Degree College
23, Cambridge Road,
Halasuru, Bangalore-560008.

Principal

PRINCIPAL
St. Anne's Degree College
For Women
23, Cambridge Road, Halasuru,
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ST. ANNE'S DEGREE COLLEGE FOR WOMEN
AFFILIATED TO BENGALURU CENTRAL UNIVERSITY & ACCREDITED
BY NAAC
23, CAMBRIDGE ROAD, HALASURU, BENGALURU – 5600 08

ANTI SEXUAL HARASSMENT CELL

ORGANIZES

One Day NATIONAL Webinar on
"IMPACT OF COVID-19 ON WOMEN'S MENTAL HEALTH"
on 29 th June 2020 @ 10:00 am



DR. PRAHLAD PATIDAR

M.D Psychiatrist

Consultant

SIDDHI VINAYAK HOSPITAL,

Mandsaur, M.P.

REV.SR.MARGARET JULIE
ADMINISTRATOR&SECRETARY

MS. NISHA JOSEPH
PRINCIPAL

Ms.NEHA MANTRI
CO-ORDINATOR



Self Study Report – Cycle-II

WEBINAR ON IMPACT OF COVID-19 ON WOMEN'S MENTAL HEALTH

Webinar on 29-6-2020
 Registration

Time/Date	Email Address	Score	Full Name (as on Certificate Name of the Institution as Web signed did you feel. Also the Presentation into Any Final comments?	No comments		
6/29/2020 10:30:58	msageenw@pmail.com		Abiga K	St. Anne's degree college	3	3
6/29/2020 10:31:57	shreemurthy123@gmail.com		TANISHA DHEREND	St. Anne's degree college	3	3
6/29/2020 10:34:03	medanreddy123@gmail.com		M. Jyotsna reddy	M. Jyotsna reddy	4	4
6/29/2020 10:36:12	jyotianna123@gmail.com		JENIFER PRINIA N	St. Anne's Degree College	4	4
6/29/2020 10:36:13	shreemurthy123@gmail.com		(Jyoti Thirum)	St. Anne's degree college	5	5 Nil
6/29/2020 10:36:24	shreemurthy123@gmail.com		Shreemurthy R	St. Anne's degree college	3	4
6/29/2020 10:36:31	shreemurthy123@gmail.com		DEVANGANA	St. Anne's Degree College	3	4 No
6/29/2020 10:36:43	shreemurthy123@gmail.com		Freethi E	St. Anne's degree college	4	4
6/29/2020 10:36:48	shreemurthy123@gmail.com		Ashwathi A	St. Anne's Degree college	3	3 the session could have been little more longer
6/29/2020 10:36:55	shreemurthy123@gmail.com		Shy Thomas	St. Anne's Degree College	5	5 No
6/29/2020 10:37:02	shreemurthy123@gmail.com		Ekshita Devi	St. Anne's Degree College	4	4 It was short and cring. Loved it.
6/29/2020 10:37:13	shreemurthy123@gmail.com		ANBARNA ALKELIA	St. Anne's degree college for women		
6/29/2020 10:37:17	shreemurthy123@gmail.com		Sahana Ruchika	St. Anne's degree college for women		
6/29/2020 10:37:26	shreemurthy123@gmail.com		Aysha Siddique	St. Anne's Degree College	3	4 It was short and informative.
6/29/2020 10:38:04	shreemurthy123@gmail.com		Varsha P	St. Anne's degree college	3	3 Informative should have been more
6/29/2020 10:38:18	shreemurthy123@gmail.com		Aru Thomas	BVM Holy Cross College	5	5 No
6/29/2020 10:38:22	shreemurthy123@gmail.com		Dhanika B	St. Anne's Degree College	4	4 It was an engaging webinar about the impact of COVID-19 on women's mental health which gave a new perspective that how women are suffered mentally
6/29/2020 10:42:51	shreemurthy123@gmail.com		RAASHITHA K P	ST ANNE'S DEGREE C/O	3	4 It was very helpful
6/29/2020 10:43:47	shreemurthy123@gmail.com		DEEPA KAMALI A	St. Anne's Degree College	4	5 Interesting topic, thanks!
6/29/2020 10:46:45	shreemurthy123@gmail.com		ANJALI CHRISTINE	St. Vincent's College	4	4 Good
6/29/2020 10:47:08	shreemurthy123@gmail.com		Ranya R	St. Anne's Degree College	3	4
6/29/2020 10:47:11	shreemurthy123@gmail.com		Divya K S	St. Anne's degree College	3	4
6/29/2020 10:47:25	shreemurthy123@gmail.com		Mathika Laxmi	St. Anne's Degree Coll	5	5
6/29/2020 10:47:36	shreemurthy123@gmail.com		KAVYANGANA	DR. MURUGAN GOVT L	4	4 Good
6/29/2020 10:47:38	shreemurthy123@gmail.com		Anna Priya P	St. Anne's degree college	4	5
6/29/2020 10:47:41	shreemurthy123@gmail.com		Dr. Renu Bai	Vasanthi Nalk Government	4	4 No
6/29/2020 10:48:05	shreemurthy123@gmail.com		Mohammed Muskan R	St. Anne's degree college	4	5 It was amazing
6/29/2020 10:48:12	shreemurthy123@gmail.com		Sneha Ravi	Dakshina Bharat Hindi Pe	1	1 No
6/29/2020 10:48:24	shreemurthy123@gmail.com		Tanveem Kaur	St. Anne's Degree College	2	2 Good!
6/29/2020 10:48:28	shreemurthy123@gmail.com		ROSHNI RAMPAH	St. Anne's Degree College	3	3 Very useful
6/29/2020 10:48:35	shreemurthy123@gmail.com		Shalini Niketha Feroz	St. Anne's Degree College	4	4
6/29/2020 10:48:55	shreemurthy123@gmail.com		Karen Navarath S	St. Anne's Degree college	3	3 --
6/29/2020 10:49:03	shreemurthy123@gmail.com		Jincy M G	St. Anne's Degree College	3	3
6/29/2020 10:49:52	shreemurthy123@gmail.com		ANNE PRAMILA P	St. Anne's Degree College	4	4
6/29/2020 10:50:00	shreemurthy123@gmail.com		Indulree Prasad J	St. Anne's Degree College	3	3 Good
6/29/2020 10:50:17	shreemurthy123@gmail.com		E. Priya Dhanu	St. Anne's degree college	5	5 It was informative
6/29/2020 10:50:30	shreemurthy123@gmail.com		Karthika M	St. Anne's degree college	4	4 It was a great webinar
6/29/2020 10:50:39	shreemurthy123@gmail.com		Pratiba Banu Grace	St. Anne's college for women	3	3 It was too short
6/29/2020 10:50:45	shreemurthy123@gmail.com		Sara Siddiqua	St. Anne's Degree College	4	3
6/29/2020 10:51:19	shreemurthy123@gmail.com		Ananya Y	St. Anne's Degree College	4	4

Total No. - 40

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AICUF WEBINAR ON BEFRIENDING EMOTIONS DURING PANDEMIC

Introduction

Emotion is a most common experience of being moved by forces seemingly beyond our control. They are truly our gateway to the infinite. An Intra-College Webinar on the topic “Befriending Emotions during Pandemic” was conducted for the students, to get an insight on how to cope up with emotions and to understand how to take care of our mental health during this pandemic covid-19.

AICUF (All India Catholic University Federation) is a student movement with a vision to create a new and just society. AICUF has always been a great exposure for all students to actively participate in various events.

This program is the first ever webinar conducted by the AICUF Unit amidst this pandemic.

Befriending Emotions during Pandemic

The webinar took place on Wednesday, 3rd November 2020 at 4 p.m. IST; via the platform Cisco WebEx (College online meeting platform), organized by the student AICUF committee. Around 117 participants attended the webinar along with teachers and other coordinators. Resource person for the day was Sr. Anne Plathara FSP, Psychologist and Counsellor. Sr. Anne belongs to the Congregation of the Daughters of St Paul. Bangalore. She does Personality Assessment for individuals and conducts courses on Vocational Discernment and Maturity. Currently she guides the students of Institute Formatters India and workers as a Guest Lecturer at Dharmaram Institute.



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The students and faculty started logging in by 3.55 pm. The webinar commenced at 4 pm with the College AICUF representative Ms. Elcaana Davis, giving the general instruction for the webinar with the backdrop poster shared on the screen. It was then changed to a Bible quote and Ms. Arockya Sneha, MC for the day took over. The event order was as follows:

1. Introduction by MC
2. Prayer song video by College choir group
3. Welcome speech
4. Chief guest addressal
5. Session by the Resource person
6. Question and answer session
7. Vote of thanks

After the mind-calming prayer, welcome speech was given by Ms. Rinu Thomas, followed by the Chief Guest addressal, subsequently the resource person took over the session. Sister started with statistics of people having depression, anxiety and other emotional disorders followed by our core topic. She talked about various emotions, its causes, affective memory, and the quality of emotions and so on. She spoke ardently on how to manage and tame our emotions. It really did give the students a chance to re-evaluate their emotions. It was followed by Question-and-Answer session carried out by the AICUF representative. Various questions on dealing with the inner fear, economic crisis causing problems in mental health, problems of all kinds of people; that is, extroverts, introverts and ambiverts was asked about; and Sister addressed the topics briefly. With that the session came towards the end and Vote of Thanks was proposed by Ms. Valarmadhi. The College AICUF Animator Ms. Marina B winded up the webinar at 5:20 pm, by giving a general note of gratitude to the Resource Person, AICUF Unit Teachers and all the student participants and organizers. The feedback link and e-certificates were sent to all the participants on the days following.



Conclusion

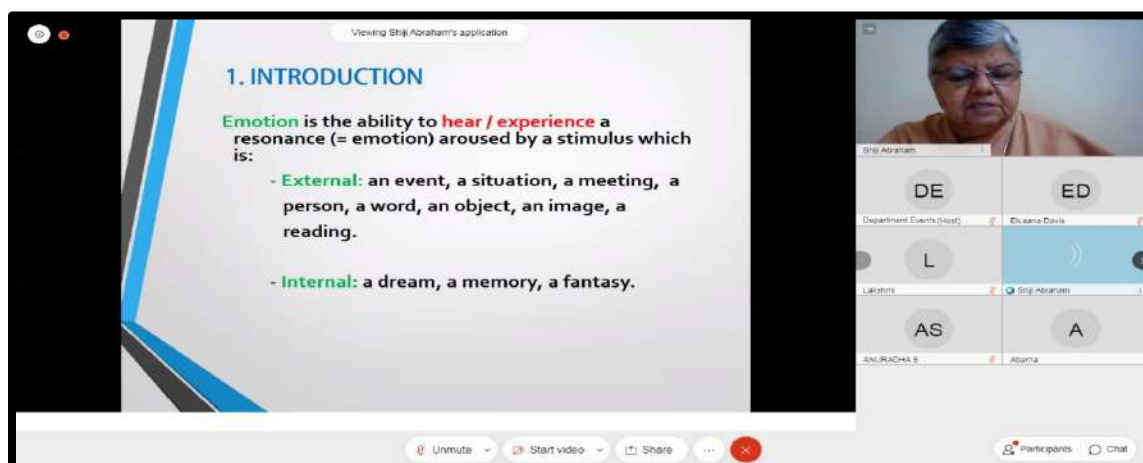
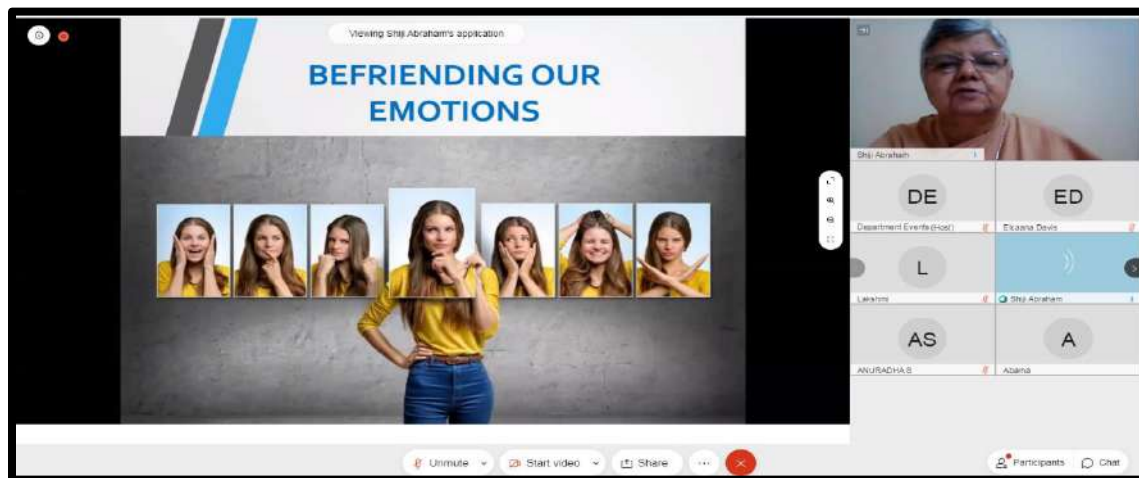
Each individual is unique, so is the emotions and mood swings. At times we might not be able to figure out what is going on in our minds, but this webinar showed us the ways to find and improvise ourselves during these difficult times.

A very heartfelt thanks to our resource person Sr. Anne Plathara, for accepting our invite without any hesitation and spending her valuable time with us. Sincere gratitude to our College Administrator and Secretary Rev. Sr. Margaret Julie, Principal Prof. Nisha Joseph, College AICUF Animator Ms. Marina B, Sr. Shiji, all other AICUF Unit teachers and student organizers for all the support and co-ordination. Thanking all the dear participants for making this event a grand success.



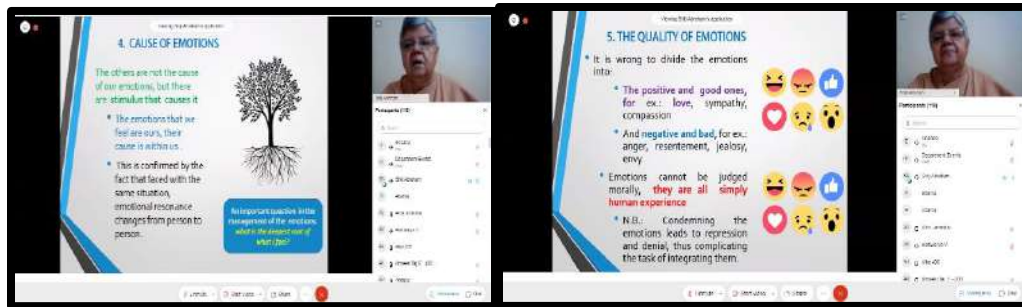
Gallery

Screenshots from the session

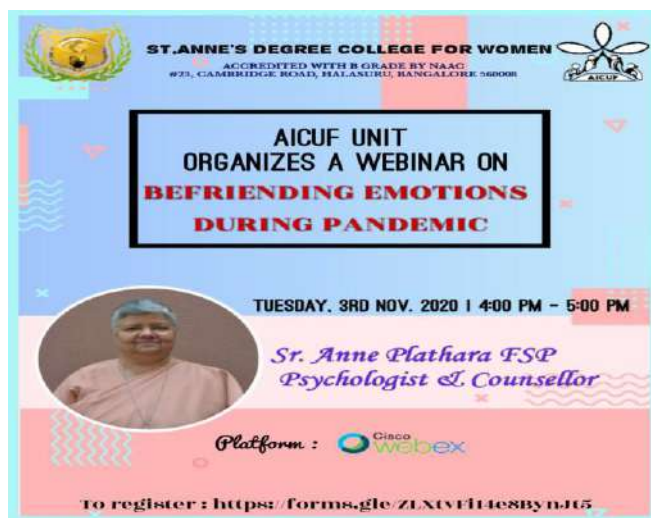
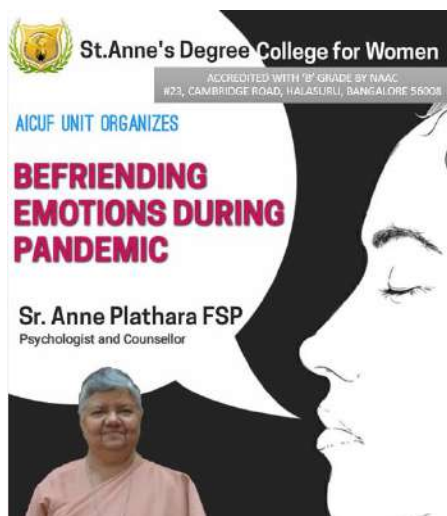




Self Study Report – Cycle-II



Backdrop image





AICUF WEBINAR ATTENDANCE

03rd November 2020

Sl.No	Time Stamp	E-Mail	Full Name	Other Identifier
1	11-5-2020 13:36:25	elcaana@gmail.com	Elcaana Davis	Student
2	11-9-2020 21:55:13	rinuthomas3000@gmail.com	Rinu Thomas	Student
3	11-9-2020 22:09:26	niveditha1253@gmail.com	Niveditha. R	Student
4	11-9-2020 22:09:39	lakshmigowda516@gmail.com	Lakshmi	Student
5	11-9-2020 22:09:47	monicabhaskar25@gmail.com	Monica B	Student
6	11-9-2020 22:11:07	ramshashaikh23@gmail.com	Ramsha Shaikh	Student
7	11-9-2020 22:12:19	k.saran1970@gmail.com	Anithya.S.M.	Student
8	11-9-2020 22:13:05	jnivedita31@gmail.com	Nivedita J	Student
9	11-9-2020 22:14:17	jessybharathi2000@gmail.com	JESSY.E	Student
10	11-9-2020 22:16:00	jeenamarygeorge10@gmail.com	Jeena Mary George	Student
11	11-9-2020 22:16:28	jennisofia58@gmail.com	Jennifer.G	Student
12	11-9-2020 22:21:13	marysandar.2001@gmail.com	A.Mary Sandra	Student



Self Study Report – Cycle-II

13	11-9-2020 22:21:28	jennimicheal246@gmail.com	M . Teresa jennifer	Student
14	11-9-2020 22:23:29	jannetshearon@gmail.com	Ms. JANNET .E	Student
15	11-9-2020 22:30:17	nanduyash03051999@gmail.com	NANDINI BN	Student
16	11-9-2020 22:31:56	monaco8281@gmail.com	Monica.D.S	Student
17	11-9-2020 22:33:52	angelanusha2001@gmail.com	ANUSHA. M	Student
18	11-9-2020 22:34:15	ashuqueen2000@gmail.com	ASHWINI.P	Student
19	11-9-2020 22:36:25	rjnandini14@gmail.com	Raj Nandini Singh	Student
20	11-9-2020 22:36:47	sunithafaisu06@gmail.com	Sunitha.L	Student
21	11-9-2020 22:36:55	prathikyog@gmail.com	Yogitha SP	Student
22	11-9-2020 22:37:26	suzansuzu2000@gmail.com	L.MARIA SUZAN	Student
23	11-9-2020 22:37:34	lakshmi.j.yadav2000@gmail.com	Mahalakshmi.J	Student
24	11-9-2020 22:41:28	mkeerthana636@gmail.com	Keerthana.M	Student
25	11-9-2020 22:41:31	abithakhadka@gmail.com	ABITHA.M	Student
26	11-9-2020 22:42:37	anjuharry1243@gmail.com	Anju harry.J.	Student
27	11-9-2020 22:42:43	sidrahuqaiyya@gmail.com	SIDRAH RUQAIYYA	Student
28	11-9-2020 22:43:38	amreentaje@gmail.com	AMREEN TAJ. E	Student
29	11-9-2020 22:43:28	ayeshua37@gmail.com	Angel p	Student



Self Study Report – Cycle-II

30	11-9-2020 22:44:29	varashekar1999@gmail.com	Varalakshmi. S	Student
31	11-9-2020 22:44:36	durgajagadish8798@gmail.com	Durga.s	Student
32	11-9-2020 22:45:27	rasikanto@gmail.com	Anthony Mary A	Student
33	11-9-2020 22:58:47	durgajagadish8798@gmail.com	Durga.s	Student
34	11-9-2020 23:01:24	www.kavyaenkateshalu884@gmail.com	KAVYA.V	Student
35	11-9-2020 23:03:02	nashratahir2000@gmail.com	Nashra Tahirunnisa	Student
36	11-9-2020 23:03:51	lemoinemathilde7@gmail.com	Mathilde Lemoine	Student
37	11-9-2020 23:04:52	elcaana@gmail.com	Elcaana Davis	Student
38	11-9-2020 23:25:36	devangana.rajeevan@gmail.com	DEVANGANA	Student
39	11-9-2020 23:46:30	mathewcheriyanannannia@gmail.com	Annannia Mathew Cheriyan	Student
40	11-10-2020 1:20:02	bellindaandrews25@gmail.com	Ms. Bellinda Andrew's	Student
41	11-10-2020 3:38:50	snekasivakumar28@gmail.com	KARPAGAMBIGAI.S	Student
42	11-10-2020 3:47:05	shobamonisha300@gmail.com	Monisha k	Student
43	11-10-2020 4:22:36	jain.jose0@gmail.com	Jain Jose	Student
44	11-10-2020 6:24:52	valarmadhi.m12345@gmail.com	Valarmadhi.M	Student
45	11-10-2020 7:39:28	lavanyachaitu2002@gmail.com	LAVANYA S	Student
46	11-10-2020 8:10:22	kbpriscillakakani@gmail.com	K B priscilla	Student



Self Study Report – Cycle-II

47	11-10-2020 8:14:55	annliyashaju28@gmail.com	Annliya shaju	Student
48	11-10-2020 8:37:56	ppooja43421@gmail.com	Pooja.B	Student
49	11-10-2020 9:20:45	antojenifer2000@gmail.com	Jenifer A	Student
50	11-10-2020 9:34:51	pssreedevi98@gmail.com	SREEDEVI PS	Student
51	11-10-2020 10:09:52	antojenifer2000@gmail.com	Jenifer A	Student
52	11-10-2020 11:42:48	rkarishma929@gmail.com	Karishma Raju	Student
53	11-10-2020 12:10:17	leela.mala2001@gmail.com	Mala. K	Student
54	11-10-2020 12:11:12	leela.mala2001@gmail.com	Mala. K	Student
55	11-10-2020 13:15:46	rlavanya651@gmail.com	Lavanya R	Student
56	11-10-2020 17:11:13	poulinesindhiya@gmail.com	Sindhiya. M	Student
57	11-10-2020 20:12:51	shanjeevi934@gmail.com	JEEVITHA.S	Student
58	11-11-2020 7:53:24	anunayaka9@gmail.com	ANURADHA S	Student
59	11-11-2020 11:19:01	divyaselvam.pk@gmail.com	DIVYA P	Student
60	11-11-2020 12:48:00	alkabs26@gmail.com	ALKA BALIARSINGH	Student
61	11-11-2020 22:15:20	sravanisharadamma@gmail.com	Sravani KR	Student
62	11-12-2020 14:23:33	divyaselvam.pk@gmail.com	DIVYA P	Student
63	11-12-2020 17:07:13	chaitanyavijay23@gmail.com	Chaitanya S V	Student



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Self Study Report – Cycle-II

64	11-13-2020 10:48:27	taherashereen123@gmail.com	Tahera shereen	Student
65	11-28-2020 23:58:27	rubabkhanam025@gmail.com	RUBAB KHANAM D	Student



Self Study Report – Cycle-II



St. Anne's Degree College for Women
#23, Cambridge Road, Halasuru, Bangalore-08

Health Club Report 2020-2021

Health Club Covid Test report

Health Club as like every year is an active club for the betterment of our college staffs and students. This year our team under the guidance and advice of our Secretary and Administrator Rev Mother Margaret Julie and Principal Professor Nisha Joseph, organized in the campus the Covid Test free to the staffs and students during this crisis period. This was decided a week earlier to undergo all the staffs members and to the students who willing to come for offline internal exams. The Health Club in collaboration with newly created Covid Cell, the Covid RT /PCR Test conducted in our college campus for 5 days under the aegis of Halasuru Referral Hospital. The test was scheduled between 10.30 AM and 3 PM

The team included the co-ordinator Mr. Samuel Robert (D.O), Swab collector, D. E. O and Medical officer Dr. Kishore from Halasuru Referral Hospital along with members of Health club and our college Covid cell.

On 18th Nov 2020

The test was scheduled for Teaching and Non-teaching staff. Total samples collected for the day were of 58 members

On 19th Nov 2020

The test was scheduled for 1st year students.
Total samples collected for the day were of 127 students.
On 20th Nov 2020

The test was scheduled for 2nd year students.
Total samples collected for the day were 196(193 students, 2 staff and 1 support)
On 21st Nov 2020

The test was scheduled for 3rd year students.
Total samples collected for the day were of 218 students.
On 23rd Nov 2020

The test was scheduled for those students who couldn't make it on the above mentioned days.
Total samples collected for the day were 59 (58 students and 1 support staff)

We thank Mother, for her initiative and guidance for organizing the Campus Covid test drive, by giving us directions and instructions to follow the SOP's in our college premises during these 5 days. A total of 668 samples were collected during this camp.

Health Club Co ordinator

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

Khutaija Nazreen
Asst Prof Khutaija Nazreen





COVID RT /PCR





COVID RT /PCR





Self Study Report - Cycle-II

Timings
10:45 to
2:30
Date: 18/11/2020

TEACHING & NON TEACHING STAFF
CLASSMATE
Date _____
Page _____

(CORONA VIRUS (COVID-19) TEST)

RT/PCR Test

Name :- A Samuel Robert (D.D)

Ajay : Swab collector

Mob Balasaja : AED

9901393300 Dr Kishore - medical officer, Halasuru UPHC

VENUE : ST ANNE'S DEGREE COLLEGE FOR WOMEN,
QUADRANGLE

Dr Kishore : 9901393300

Sl#	NAME	SIGNATURE
1.	Niha Joseph	principle
2.	Sindhya paideem	Ant prof
3.	Rajesh wari R	Ant prof
4.	Sindu R	Ant prof
5.	K. vijayakumari	Ant prof
6.	vasanthapillai	Ant prof
7.	Manjulatha H	Liaison officer
8.	Daljit Kaur	Ant prof
9.	J. Maria Josephine vanini	Ant prof
10.	Shelita G	Ant prof
11.	Lily Regina Anthonys	Ant prof
12.	Nesha Mantu	Ant prof
13.	R. Venkateshwar	Ant prof
14.	Eva Sandhya raj	Ant prof
15.	Alen Kothika E	Ant prof
16.	Bhanumathi T.V.s	Ant prof
17.	Arun Kalaimathi A	Ant prof
18.	Maria glory Antony	Ant prof
19.	M. Sathya	Ant prof

ST. ANNE'S DEGREE COLLEGE FOR WOMEN
To Create a New Society
DECCAN, BANGALORE - 08



Self Study Report – Cycle-II

classmate

Date: _____
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20	Prameela	Ant prof
21	P Veronica Evangeline	Ant prof
22	Avenniba	Ant prof
23	Mohamed Aftab	Ant prof
24	Krishna S	Ant prof
25	Dr. R. Ramesh Naik	Ant prof
26	Divakar S	Ant prof
27	Mary Shadia F	Ant prof
28	Sindhu S	Ant prof
29	Shobha T	Ant prof
30	Khutaijanazeen	Ant prof
31	Shanthi B P	Ant prof
32	Shiji Abraham	Ant prof
33	Ravi tt	Ant prof
34	Sangita	Ant prof
35	Nayya R	Ant prof
36	Romanas Pr	Ant prof
37	Bindu N	Ant prof
38	Pradeepa M	Ant prof
39	Rekha R	Ant prof
40	Ranjith kumar A	Ant prof
41	Ravi prakash	Ant prof
42	Medline	Ant prof
43	V. gopi	Ant prof
44	Anitha	Ant prof
45	Nilangam	
46	Ravathi B	
47	V. A Uma	
48	paluma E Aramani	

ST. ANNE'S DEGREE COLLEGE FOR WOMEN
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ULSOOR, B. BANGALORE-08



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51	48	Roshi	5:00
52	56	Mageshwarai	
53	51	Desuraj	
20/11	52	marina .B	Ant prof
54	52	Aritha	
55	53	Nakshatram	
56	54	Lizzy	
57	54	Sandhya.s	
58	55	Ashwini	

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

L. Neelida
MEDICAL OFFICER
Urban Primary Health Center,
Ulsoor, B.B.M.P Bangalore

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Self Study Report – Cycle-II

LIFE SKILLS

(Yoga, Physical Fitness, Health & Hygiene)

2018-19



BAN ON PLASTIC

From 8th August 2018 the members of Social Leadership Club in collaboration with Entrepreneurship Club has collected old newspapers, used answer scripts and waste papers for preparing paper bags and covers which is useful for medical stores, general stores and hospitals. We have decided to prepare fifty thousand to one lakh covers per year to bring awareness on ban on plastic and usage of paper covers.

CLEANLINESS AWARENESS

The Coordinators of Social Leadership Club conducted an awareness drive on cleanliness by presenting a video in the Canteen for students on 17 October 2018. There were videos played on bringing awareness of keeping the place neat and tidy. The PPT was played during the lunch break, so that there were many students who viewed the presentation.



CLEANLINESS AWARENESS



BAN ON PLASTIC





Self Study Report – Cycle-II



St. Anne's Degree College for Women
#23, Cambridge Road, Halasuru, Bangalore-08

Health Club Report 2018-19

Health means extend of continuing physical, emotional, mental and social ability to cope up with one's environment. **St. Anne's Degree College for women**, has always driven by the mission to provide our students to explore with various opportunities to understand the present society and contributing in creating more human and just society. This academic year of 2018-19, has proved a progressive year in the activities of health club conducted. The students who were engaged in those activities have developed a positive changes in their personality.

The faculty In-charge and members of the club includes:

Prof. Stephen Babu	Co-ordinator
Asst.Prof Khutaija Nazneen	Member
Asst Prof Vidhya.s	Member

To help student in personal grooming, some guest lecture sessions were arranged to spread awareness on their own health issues. Apart from this health club also extended their support to the activities conducted by BBMP, Government Hospital, Halasuru UPHC. the following are the activities of health club :

1. Health club has organized guest lecture on 28.08.2018 at 2:30 p.m-3:30 p.m.in the A.V Hall. The eminent guest speaker was Dr. Aruna Muralidhar, MD, MRCOG (UK), FICM Senior Consultant Obstetrician and Gynaecologist, visited from Fortis La Famme, Richmond Road, Bangalore.

She started her session at 2:30pm on the theme "how to make the most of your life"... which covered the topics on

- Menstrual Hygiene
- Period Problems
- Preconception and premarital care
- Sex and Contraception
- Cancer Screening
- Lifestyle changes and reproductive health

Her lecture was on giving awareness to the young students how ovary functions into the body to bring monthly periods and how to take care of their body by eating nutritious food, proper diet, exercise and proper sleep.

Above all she also highlighted on infections that may happen on uterus, the availability of vaccination. How to keep track of their health to prevent breast cancer and cervical cancer. How important is the family to be with and lastly her thought to provoke students was to avoid social media usage for long time –to avoid health issues in coming future.



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



Self Study Report – Cycle-II

2. BBMP delivers various health activities like Child Health Survey, Pulse Polio Programs, Survey on family Planning etc. Our health club supports them on their demand in numbers to arranged the student volunteers .
 - On 3rd and 4th of September 2018 - 44 student volunteers were arranged and deputed towards National Immunisation Survey from 1st year BSC.PMC , BSC(rehab) IInd year BBA, IInd B.com.and 3rd B.com students .
 - From 10 March till 13th March, 37 number of students were arranged and deputed from college for Pulse Polio Program 2019 to cover Halasuru and Indranagar area.
3. On 20.03.2019 and 25.03.2019 Health Club members has arranged 60 students to support the IIIrd year BSc(N) students of College of Nursing, Command Hospital (Airforce), Bangalore. These students are conducting their academic research on which they required our 60 same students to be present on both the days to contribute them towards their research test. They provided the questionnaire on 20.03.2019 as pre-test on before they start up with their session on Self Breast examination. Then they continued with the session like how an individual can identify the common symptoms to eradicate the breast cancer disease and save life. They made the session interesting by showing some experts video clips and the later interactive sessions with the students. On 25.03.2019 they observed the students' knowledge to impart in their research work as post test through question answer session.
4. Again on the requirement of BBMP,51 students were arranged and deputed from college for Family Health Survey to cover Halasuru area on 10.4.2019 and 11.04.2019.

Khutaija Nazneen
Ms Khutaija Nazneen
(Member-Health Club)




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



Self Study Report – Cycle-II

24/03/2021 Gmail - Fwd: Topic Details for health talk

 Gmail khutaija nazneen <knazneen08@gmail.com>

Fwd: Topic Details for health talk
1 message

Stephen Babu <stephenbabu.annes@gmail.com> Tue, Aug 28, 2018 at 9:27 AM
To: khutaija nazneen <knazneen08@gmail.com>

----- Forwarded message -----
From: ANGEL PRIYA <angel.priya@fortisla femme.in>
Date: Mon, Aug 27, 2018, 17:39
Subject: Topic Details for health talk
To: stephenbabu.annes@gmail.com <stephenbabu.annes@gmail.com>
Cc: Srikant Subudhi <srikant.subudhi@fortisla femme.in>, Shashank Sekhar <shashank.sekhar@fortisla femme.in>, PRANAM HP <pranam.hp@fortisla femme.in>, SATHISHKUMAR K <sathishkumar.k@fortisla femme.in>, Aditya R K <aditya.rk@fortisla femme.in>, Pradeep Kumar R <pradeep.r@fortisla femme.in>

Dear Sir,

Thank you for giving us an opportunity for organizing health talk .

Please find the attached profile and the photo of the speakers. .


DR. ARUNA MURALIDHAR, MD, MRCOG (UK), FICM Senior Consultant Obstetrician and Gynaecologist, will be covering the topic on

- Menstrual Hygiene
- Period Problems
- Preconception and premarital care
- Sex and Contraception
- Cancer Screening
- Lifestyle changes and reproductive health

we will be requiring a laptop, projector and a mic

Regards
Angel Priya
Patient Welfare Department

Fortis La Femme
No. 62 Richmond Road



Nisha. Joseph
PRINCIPAL
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For Women
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<https://mail.google.com/mail/u/0/?ik=482cf794a9&view=pt&search=all&permthid=thread-f%3A1610013644697017260&simpl=msg-f%3A1610013644697017260> 1/2



HEALTH CLUB

Health means extend of continuing physical, emotional, mental and social ability to cope up with one's environment. St. Anne's Degree College for Women has always driven by the mission to provide our students to explore with various opportunities to understand the present society and contributing in creating more human and just society. This academic year of 2018-19, has proved a progressive year in the activities of Health Club conducted. The students who were engaged in those activities have developed a positive change in their personality.

To help student in personal grooming, some guest lecture sessions were arranged to spread awareness on their own health issues. Apart from this health club also extended their support to the activities conducted by BBMP, Government Hospital, Halasuru UPHC, the following are the activities of Health Club:

Health club has organized guest lecture on 28th August 2018 at 2:30 p.m-3:30 p.m.in the A.V Hall. The eminent guest speaker, visited from Fortis La Famme, Richmond Road, Bangalore, was Dr. Aruna Muralidhar, MD, MRCOG (UK), FICM Senior Consultant Obstetrician and Gynaecologist

Her lecture was on giving awareness to the young students how ovary functions into the body to bring monthly periods and how to take care of their body by eating nutritious food, proper diet, exercise and proper sleep.





Self Study Report - Cycle-II

classmate
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Guest Lecture arranged on 28.8.2018

Timings : 2:30pm 3:30pm.

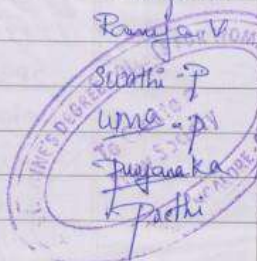
Speaker : Dr. Aruna Muralidhar, MD, MRCC(UK)

From Senior Consultant obstetrician
and Gynaecologist.

Fortis La Femme Hospital
Richmond Road, Bangalore.

Venue : A.V. Hall.

Students Name	Class	Sign
1. Shalini.G	II B.Com	Shalini.G
2. Vidharini	II B.Com	Vidharini.L
3. Tharani.K	II B.Com	Tharani
4. Shilpa.P	II B.Com	Shilpa
5. Sonia.R	II B.Com	Sonia.R
6. Shreetha	II B.Com	Shreetha
7. Sushmitha	II B.Com	Sushmitha
8. Rashmi.K	II B.Com	Rashmi
9. Sushtha Raghu	II B.Com	Sushtha.R
10. Shreya.K	II B.Com	Shreya
11. Rashmi.R	II B.Com	RASHMI.R
12. Stefana Mary	II B.Com	Stefana
13. Sandhya.A	II B.Com	Sandhya.A
14. Sandhya.E	II B.Com	Sandya.E
15. Ranu.V	II B.Com	Ranu.V
16. Swathi.P	II B.Com	Swathi.P
17. Ansa Shankari.P	II B.Com	Ansa.P
18. Priyanka.V	II B.Com	Priyanka
19. Parvathi.M	II B.Com	Parvathi





Self Study Report – Cycle-II

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20. Keethika . S	II B.Com 'B'	Keethika
21. Pooja . V	II B.Com 'B'	Pooja
22. Pooja . M	II B.Com 'B'	Pooja
23. Mangasak	II B.Com 'B'	Mangasak
24. Pooja M. S	II B.Com 'B'	Pooja
25. Parithara . M	II B.Com 'B'	Parithara
26. Priyanka . S	II B.Com 'B'	Priyanka

Nish Joseph
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ULSOOR, BANGALORE - 08



Self Study Report – Cycle-II

BBMP delivers various health activities like Child Health Survey, Pulse Polio Programs, and survey on Family Planning etc. Our Health Club supports them on their demand in numbers to arrange the student volunteers.

On 3rd and 4th of September 2018 - 44 student volunteers were arranged and deputed towards National Immunization Survey from I BSC, PMC, BSC (Rehab), II BBA, II B. Com and III B. Com students.

From 10 March till 13th March, 37 number of students were arranged and deputed from college for Pulse Polio Program 2019 to cover Halasuru and Indiranagar area.

Again, on the requirement of BBMP, 51 students were arranged and deputed from college for Family Health Survey to cover Halasuru area on 10th April 2019 and 11th April 2019.





Self Study Report – Cycle-II

NATIONAL IMMUNIZATION SURVEY

classmate
Date _____
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ST. ANNE'S DEGREE COLLEGE FOR WOMEN
 Halasuru, Bangalore - 08
 Student Volunteers List for Health Survey

Date: 3rd & 4th September 2018

ATTENDANCE LIST

no	Name of Student	class	Contact no	Sign
1	A. Bhavana Priya	1 BSc + PNC	Nil	
2	PAVITHRA . C	1 BSc + PNC	7892335110	PAVITHRA
3	Rasika . K	1 BSc + PNC	9535946830	Rasika
4	Vinutha	1 BSc + PNC	7899257568	Vinutha
5	Monisha . S	1 BSc + PNC	9916183668	Monisha
6	Pooja . K	1 BSc + PNC	9902670265	Pooja
7	Nithya Priya . M	1 BSc + PNC	9886702940	Nithya
8	Pooja . L	1 BSc + PNC	9663398185	Pooja
9	Monisha . B	1 BSc + PNC	9686995577	Monisha
10	Prachi . K	1 BSc + PNC	9680453779	Prachi
11	Sandhya . G	1 BSc + PNC	7406514194	Sandhya
12	Aparna . K	1 BSc + PNC	7406803897	Aparna
13	Arundha . J	1 BSc + PNC	9916580916	Arundha
14	Atulika . Menon	1 BSc + PNC	8884840042	Atulika
15	Ayesha . Bano	1 BSc + PNC	- Nil	Ayesha
16	Elizabena . Davis	1 BSc + PNC	9188790095	Elizabena
17	Siddha . S	1 BSc + PNC	7022618079	Siddha
18	Nashika . T	1 BSc + PNC	9036881677	Nashika
19	Naveedha . J	1 BSc + PNC	8904195000	Naveedha



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Self Study Report - Cycle-II

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20	Pooja .V	1BSc . RH	Pooja .V	9632399
21	Rameha Shaikh	1BSc . RH	Rameha	8867512
22	Rini Thomas	1BSc . RH	Rini Thomas	9961158
23	Roshni . M	1BSc . RH	Roshni	8277709
24	Shrutha . R	1BSc . RH	Shrutha	86685
25	Karen . N	1BSc . RH	Karen . N	7204772
26	Usha Rani	1BSc . RH	Usha Rani	970172
27	Chandice	1BSc . RH	Chandice	7406499
28	Ayushi	1BSc . RH	Ayushi	916606915
29	Tasneem Kausar	1BSc . RR	Tasneem	741123988
30	Lakshmi Devi	3 rd BCom	Lakshmi	79750377
31	Puspha datta	3 rd BCom	Puspha datta	96323807
32	Priya . D	3 rd BCom	Priya	886154096
33	Raniya . d	3 rd BCom	Raniya	997298406
34	Flora . A	2 nd BCom	Flora	733812966
35	Bindu . KV	2 nd BCom	Bindu KV	7090492
36	Meena	2 nd BBA	Meena	897128059
37	Chara	2 nd BBA	Chara	8073912691
38	Sushmita	2 nd BCom	Sushmita	855003449
39	Reshmi	2 nd BCom	Reshmi	914833345
40	Shreesh . Y	2 nd BCom	Shreesh	960659366
41	Varnishree	2 nd BCom	Varnishree	914887100
42	Sushmita . A	2 nd BCom	Sushmita	797512
43	Divya . K . S	1 st BSc RH	Divya . K . S	836062489
44	Divya . K . S	1 st BSc RH	Divya . K . S	9790188186

Principal
St. Anne's Degree College
For Women
23, Cambridge
Bangalore

Principal
St. Anne's Degree College
For Women
23, Cambridge
Bangalore



CAMPUS CLEANING



NATIONAL SERVICE SCHEME

National Service Scheme (NSS) is a platform where students can directly interact with society. NSS facilitates a process of learning when students visit a field or serve personally.

NSS unit in our college consists of 200 student volunteers from all the departments. NSS provides a lot of scope for the students to interact with people belonging to all the classes of society and thus helping them understand their real issues. Our NSS unit has rendered remarkable social services towards the betterment of the society.

Sl. No	Date	No. Volunteers attended	Nature and quantum of work
1.	23 rd August 2018-30 th August 2018	55	Kodagu fund collection Funds were raised by volunteers in Jogupalya and Shivaji Nagar. With the support of public, a sum of Rs.25000 was collected in two days.
2.	24 th September 2018	200	NSS day celebration NSS Day was celebrated in our College premises with the theme " Swachata Hi Seva ", which included cultural activities like mime, skit, dance and street play.
3.	25 th September 2018	50	Campus cleaning activity NSS unit cleaned the surroundings of college campus and planted saplings in the premises of the college.



Nisla Joseph
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LALBAGH ENVIRONMENT AWARENESS DRIVE VISIT

Around 24 Eco club members of St. Anne's Degree College for Women, Halasuru accompanied with Asst. Prof. Sindu and Asst. Prof. Jebsibha participated in a 2 days litter free LalBagh program which was held on 24th & 25th January 2019.

On the first day, the eco club members undertook a rally to create awareness among the public about environmental issues like pollution, climate change, global warming and so on



All the participants of the litter free Lalbagh program conducted by Saahas were awarded certificates at the end of the 2 days program for being an important part of the zero waste journeys.



St. Anne's Degree College for Women

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Halasuru, Bangalore-560008



Self Study Report – Cycle-II

St. Anne's Degree Collge for Women		
Halasuru, Bangalore-08		
ECO CLUB MEMBERS		
Lalbagh Environment Awareness Drive : 24th, 25th Jan 2019		
SL.No.	Name of the Students	Class
1	Sravani K R	IIBCOM A
2	Archana P	IIBCOM A
3	Shruthi S	IIBCOM A
4	Reshma K	IIBCOM A
5	Divya P	IIBCOM A
6	Hajira Raji	IIBCOM A
7	Umme Salma	IIBCOM A
8	Mamatha. N	IIBCOM A
9	Charulatha	IIBCOM A
10	Bhavya N	IIBCOM A
11	Sandhya V R	IIBCOM A
12	Anithya .S. M	IIBCOM A
13	Sushmitha G	IIBCOM A
14	Arul Sweethy A	IIBCOM A
15	Priya A	IIBCOM A
16	Jamma	IIBCOM A
17	Angel P	IIBCOM A
18	Raksha Sharma	IIBSC
19	Monica.M	IIBCOM A
20	Tasneem Kauser	IBCOM B
21	Brunda S	IBBA
22	Priyanka T	IBBA
23	Veniciqa A	IBBA
24	Litisia D	IBBA

Staff Members:

Ms Jabsecha
Ms. R Sindhya



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Nisha. Souph



DANCE MOVEMENT THERAPY

6	January 2019	Students of 1 st year	Gadget Addiction Seminar To create awareness on Gadget Addictions and to lead a fulfilling life by emphasizing and cherishing the human connection.
7	Feb/Mar/ April 2019	694	Dance Movement Therapy Dance movement is a therapeutic form of exercise which is great for physical health and mental and emotional health. Music itself can be very powerful. It can affect our moods and our state of well-being by triggering memories and other emotional experiences. This session was helpful to students in stress reduction, disease prevention, mood management and to achieve emotional, cognitive, physical, and social integration.

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Self Study Report – Cycle-II



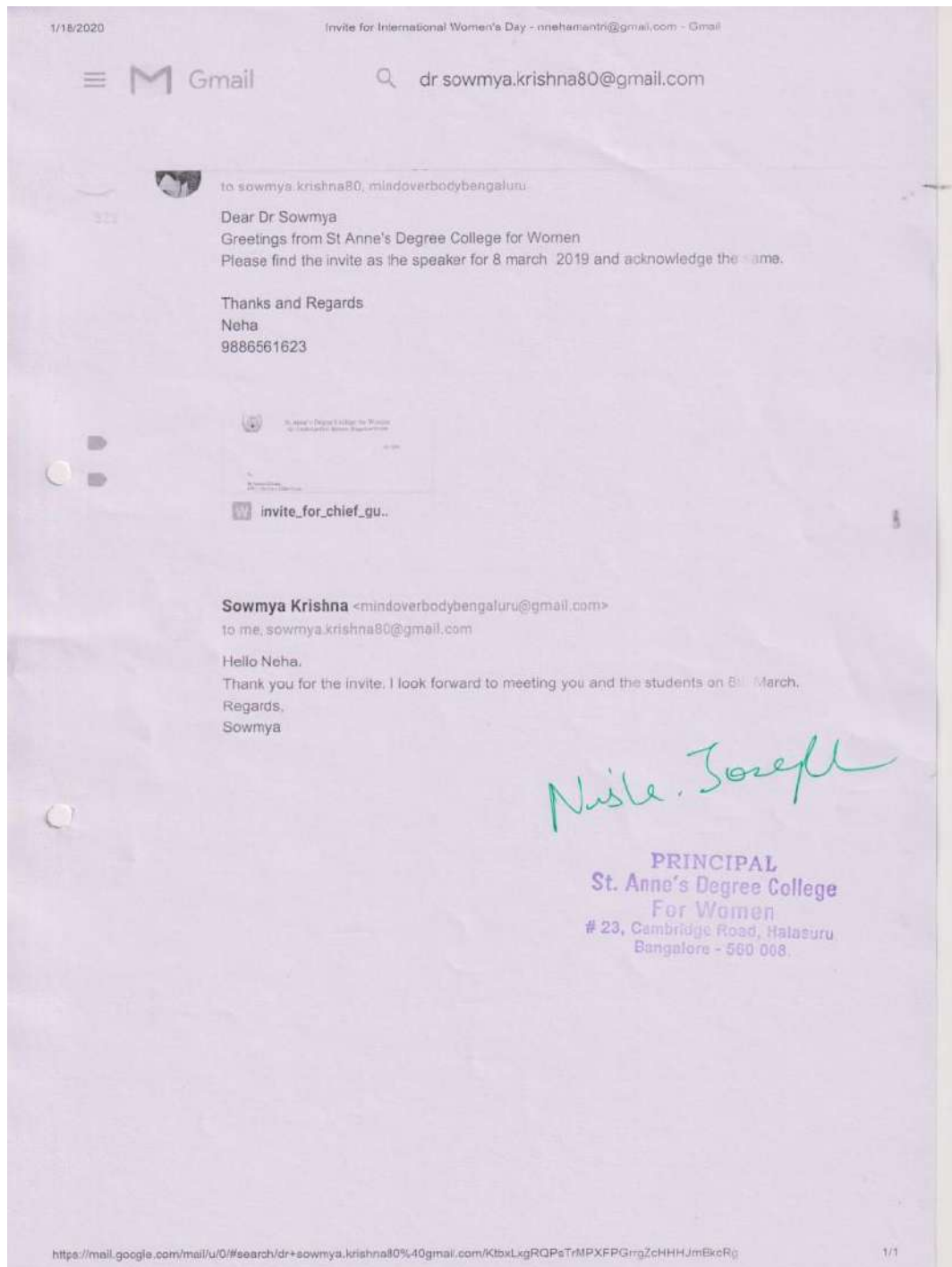
Nishe. Joseph
PRINCIPAL

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For Women**
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Bangalore - 560 008.



SEMINAR ON SEXUAL HARASSMENT





Self Study Report – Cycle-II

Seminar on Sexual Harassment

Women Cell has conducted a seminar on Sexual harassment in college for all the outgoing final year students of all the streams on 8th March 2019. This was a 45 minutes program delivered by Dr. Sowmya Krishna, Consultant Psychiatrist, 13 years experience of managing common and complex psychiatric disorders namely Anxiety Disorders, Mood/Affective Disorders, Psychosis, Medically Unexplained Disorders (Chronic Pain and Somatization) and Psychiatric issues. She spoke how to handle the situations related to sexual harassment. At the end of the session students asked various queries related to their personal issues.



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GENERAL HEALTH & HYGIENE

Awareness Programme:

On 9th March 2019 we conducted an awareness campaign on the topic "General Health and Hygiene". Dr. Vijayashree Muthu, General Physician, from Indira Gandhi Institute of Child Health, Jayanagar served as resource person and delivered an interactive session on stress management, identifying anxiety and depression and suggested counselling therapy as a means to deal with it.

Blood Donation:

Blood donation camp was conducted by the Red Cross wing with NSS on 27th March 2019 in tie up with Kidwai Memorial Institute of Oncology. 74 bottles of blood were received altogether. Students were appreciated by the KMIO for their sense of social responsibility



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Self Study Report – Cycle-II

PULSE POLIO CAMPAIGN

Bangalore-8
22/01/2019

To,
THE PRINCIPAL
ST. ANNE'S DEGREE COLLEGE FOR WOMAN
HALASURU BANGALORE - 8

Sub:- Regarding VOLUNTEERS students

Bruhath Bengaluru Mahanagara Palike is delivering various health activities through our primary health centers, and implementing health activities like Maternal and child health survey, family planning survey and immunization Etc.

Kindly we need No. of 40 student will get community exposure, Hence necessary instructions be given to all extend their support and cooperation to BBMP for conducting health activities.

THANK YOU
YOUR'S SINCERELY
11/1/2019
ASST. SUPERVISOR
UTWC - BBMP
Dr. SHIVA LINGAM

Nisile Joseph
PRINCIPAL
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For Women
232 Cambridge Road, Halasuru
Bangalore-560008

ST. ANNE'S DEGREE COLLEGE FOR WOMEN
To Create a New Society
DISTRICT: BANGALORE - 80



PULSE POLIO CAMPAIGN





Self Study Report – Cycle-II

Pulse Polio Attendance

PULSE POLIO PROGRAM - MARCH 2019

Names	Class - Section	Phone #	Amount	Signature
Ashwini P	1st BCOM -A	7353753541	320	Ashwini P
FLORA	2nd BCOM-A		320	FLORA
Amalpreya Mary	2nd BCOM -A	9900153514	320	Amalpreya
L. Merina Shalini	2nd BCOM -A	8123673532	320	L. Merina
Janani J	2nd BCOM -A	8310454431	320	Janani J
Anil Antony A	2nd BCOM -A	7019215463	320	Anil Antony
Haseena P.H	2nd BCOM -A	8310454431	320	Haseena
Bindhu K V	2nd BCOM -A	7090427293	320	Bindhu K V
Josephina Mary Anesha. L	2nd BCOM -A	8105044041	320	Josephina
Majitha M	2nd BCOM -B	9164882090	320	Majitha M
Pavithra P	2nd BCOM -B	9242202977	320	Pavithra P
Nithya M	2nd BCOM -B	8290356062	320	Nithya M
Pavithra P	2nd BCOM -B	7338652686	320	Pavithra P
Margaret Ashwarya T	2nd BCOM -B	8861320543	320	Margaret
Pooja M S	2nd BCOM -B	8073145064	320	Pooja M S
Sandhya J V	2nd BCOM -C	7406472711	320	Sandhya J V
Rashmi M	2nd BCOM -C	9844470508	320	Rashmi M
Susmitha	2nd BCOM -C	9110822514	320	Susmitha
Shwetha P	2nd BCOM -C	9113245019	320	Shwetha P
Shreetha Y	2nd BCOM -C	9606593466	320	Shreetha Y
Shilpa R.L	2nd BCOM -C	9740715932	320	Shilpa R.L
Roshni S	2nd BCOM -C	8867531699	320	Roshni S
Harsha B	3rd BCOM -A	7760247462	320	Harsha B
Divya N	3rd BCOM -A	9513406512	320	Divya N
Jeevitha	3rd BCOM -A	9425058323	320	Jeevitha
Divya G	3rd BCOM -A	7483745965	320	Divya G
Chethana SP	3rd BCOM -A	8892551412	320	Chethana SP
Priyanka	1st BCA	8197918985	320	Priyanka
Pooja A	1st BCA	9861606452	320	Pooja A
Shivasankari	1st BCA	8861498722	320	Shivasankari
Nandhini Yadav	1st BCA	9902903962	320	Nandhini
Zainab	1st BCA	9886730660	320	Zainab
Roopa Shirie	2nd BSC - PMC	7338534543	320	Roopa Shirie
Harinya M	2nd BSC - PMC	8904442162	320	Harinya M
Divya Shree	2nd BSC - PMC	8618864762	320	Divya Shree
Poomma S	2nd BSC - PMC	9449940704	320	Poomma S
Susmitha S P	2nd BSC - PMC	9740383387	320	Susmitha S P

Sc.
 14.1.2020
ASST SURGEON
 UHC Ulaon
 Bangalore-8



Self Study Report - Cycle-II

PULSE POLIO PROGRAM - MARCH 2019										
Names	Class - Section	Phone #	Sunday		Monday		Tuesday		Wednesday	
			Morning	Evening	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon
Ashwini P	3rd BCOM-A	735375384	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini
XXXX X	3rd BCOM-B	789974580								
Sandhya S	1st BCOM-B	900840153								
Sandhya G	3rd BCOM-C	962087358	Flora	Flora	Flora	Flora	Flora	Flora	Flora	Flora
Anandapava Mary	3rd BCOM-A	990015351	Anandapava	Anandapava	Anandapava	Anandapava	Anandapava	Anandapava	Anandapava	Anandapava
Shreya Shalini	3rd BCOM-A	812367353	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya
Sanjay J	3rd BCOM-A	831045443	Sanjay	Sanjay	Sanjay	Sanjay	Sanjay	Sanjay	Sanjay	Sanjay
Sanjay Antony A	3rd BCOM-A	701921546	Anit	Anit	Anit	Anit	Anit	Anit	Anit	Anit
Harshini P H	3rd BCOM-A	831045443	Harshini	Harshini	Harshini	Harshini	Harshini	Harshini	Harshini	Harshini
Himitha K V	3rd BCOM-A	709042729	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu
Josephina Mary Anesha L	3rd BCOM-A	810504404	Josephine	Josephine	Josephine	Josephine	Josephine	Josephine	Josephine	Josephine
Mridula M	3rd BCOM-B	916488209	Mridula	Mridula	Mridula	Mridula	Mridula	Mridula	Mridula	Mridula
Pavithra P	3rd BCOM-B	924220297	Pavithra	Pavithra	Pavithra	Pavithra	Pavithra	Pavithra	Pavithra	Pavithra
Aritha M	3rd BCOM-B	829635606	Aritha	Aritha	Aritha	Aritha	Aritha	Aritha	Aritha	Aritha
Pavithra P	3rd BCOM-B	733865268	Pavithra	Pavithra	Pavithra	Pavithra	Pavithra	Pavithra	Pavithra	Pavithra
Margaret Aishwarya T	3rd BCOM-B	886132054	Margaret	Margaret	Margaret	Margaret	Margaret	Margaret	Margaret	Margaret
Preya M S	3rd BCOM-B	807314509	Preya	Preya	Preya	Preya	Preya	Preya	Preya	Preya
Sandhya J V	3rd BCOM-C	740647271	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya
Rashmi M	3rd BCOM-C	984447050	Rashmi	Rashmi	Rashmi	Rashmi	Rashmi	Rashmi	Rashmi	Rashmi
Sushmitha	3rd BCOM-C	911082251	Sushmitha	Sushmitha	Sushmitha	Sushmitha	Sushmitha	Sushmitha	Sushmitha	Sushmitha
Shwetha P	3rd BCOM-C	911324501	Shwetha	Shwetha	Shwetha	Shwetha	Shwetha	Shwetha	Shwetha	Shwetha
Shreya Y	3rd BCOM-C	960659349	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya
Shilpa R L	3rd BCOM-C	974071593	Shilpa	Shilpa	Shilpa	Shilpa	Shilpa	Shilpa	Shilpa	Shilpa
Rashna S	3rd BCOM-C	886753169	Rashna	Rashna	Rashna	Rashna	Rashna	Rashna	Rashna	Rashna
Harsha B	3rd BCOM-A	776024746	Harsha	Harsha	Harsha	Harsha	Harsha	Harsha	Harsha	Harsha
Divya N	3rd BCOM-A	951340651	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya
Jeetha	3rd BCOM-A	944505832	Jeetha	Jeetha	Jeetha	Jeetha	Jeetha	Jeetha	Jeetha	Jeetha
Divya G	3rd BCOM-A	748374596	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya
Chethana SP	3rd BCOM-A	889255141	Chetha	Chetha	Chetha	Chetha	Chetha	Chetha	Chetha	Chetha
Prasanna	1st BCA	973178780	Prasanna	Prasanna	Prasanna	Prasanna	Prasanna	Prasanna	Prasanna	Prasanna
FLORA A	2nd BCOM-A	733812904	Flora	Flora	Flora	Flora	Flora	Flora	Flora	Flora

23, Changanassery Taluk, Kollam District, Kerala

Mobile - 98498 008

23, Chethana Hall, Halasuru,
 Bangalore - 560 008.



Self Study Report - Cycle-II

Pooja A	2	1st BCA	8197918995	Poojanka	Poojanka	Poojanka	Poojanka	Poojanka	Poojanka	Poojanka	Poojanka	Poojanka
Pooja A	2	1st BCA	8861606452	Pooja A	Pooja A	Pooja A	Pooja A	Pooja A	Pooja A	Pooja A	Pooja A	Pooja A
Shrivasanthari	2	1st BCA	8861496722	Shriva	Shriva	Shriva	Shriva	Shriva	Shriva	Shriva	Shriva	Shriva
Nandhini Yadav	2	1st BCA	9902903962	Nandhini	Nandhini	Nandhini	Nandhini	Nandhini	Nandhini	Nandhini	Nandhini	Nandhini
Zainab	2	1st BCA	9886730660	Zainab	Zainab	Zainab	Zainab	Zainab	Zainab	Zainab	Zainab	Zainab
Roopa Shree	2	2nd BSC - PMC	7338534543	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa
Harinya M	2	2nd BSC - PMC	8904442162	Harinya	Harinya	Harinya	Harinya	Harinya	Harinya	Harinya	Harinya	Harinya
Divya Shree	3	2nd BSC - PMC	8618864762	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya
Poonima S	3	2nd BSC - PMC	9449940704	Poonima	Poonima	Poonima	Poonima	Poonima	Poonima	Poonima	Poonima	Poonima
Sushmita S P	3	2nd BSC - PMC	9740383387	Sushmita	Sushmita	Sushmita	Sushmita	Sushmita	Sushmita	Sushmita	Sushmita	Sushmita

Principals D. M.

1st B - com B

Principals Uqij

11

Principals K

11

Nishu Joseph
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Bangalore - 560 008.





A STUDY ON BREAST CANCER IN COMMAND HOSPITAL

Tele: 25369030/260

College of Nursing
Command Hospital, AF
Bangalore-560007

CHAFB/255/CON

18 Mar 19

Principal
St Annes Degree College
Ulsoor ,Bengaluru

PERMISSION TO CONDUCT RESEARCH PROJECT

1. College of Nursing, Command Hospital (Air Force), Bangalore is presently running 4 years degree program under Rajiv Gandhi University of Health Sciences.
2. III year BSc (N) students are required to conduct a research project for the partial fulfillment of the degree as per the regulations laid down by Indian Nursing Council.
3. The title of the study is "A study to assess the effectiveness of structured teaching programme on knowledge regarding Breast Self Examination among young Adult women of selected college in Bangalore"
3. Permission may kindly be accorded to conduct the above project at your institution.

Nisile Joseph
18/3/19
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Bangalore - 560 008.

wednesday - 20/3/2019
between 11:00 - 12:00

Friday - 22/3/2019 - 11:00 - 12:00

Lissamma PV
(Lissamma PV)
Col
Principal





Self Study Report – Cycle-II

On 20th March 2019 and 25th March 2019 Health Club members gathered 60 students to serve as experiment group for the III BSc (N) students of College of Nursing, Command Hospital (Airforce), Bangalore. They were carrying out a study on identification of the common symptoms to eradicate the breast cancer disease.





Self Study Report – Cycle-II

Attendance for Breast Cancer

classmate
Date _____
Page _____

Session on Breast Self Examination & Tumor BSC(N)
 Students, College of Nursing, Coenand Hospital
 (P'force) Bangalore was held on 20.3.2019 and
 25.03.2019. Requirement was the same
 Student for 2 days Venue: A-V. Hall.

No	Name of Student	Class	Sign
1	Hariniya M	II BSC(PMC)	Hariniya M
2	Sundani N	II BA	Sundani N
3	Abhinavi N	II BSC(PMC)	Abhinavi
4	Poojanika S	II BSC(PMC)	Poojanika
5	Sushrutha S.p	II BSC(PMC)	Sushrutha
6	Roopashree	II BSC(PMC)	Roopashree
7	Divyashree C	II BSC(PMC)	Divyashree
8	Sanita G	I st BA	Sanita G
9	Saanavi	I st BA	Saanavi
10	Aishwarya	I st BA	Aishwarya
11	Divya	I st BA	Divya
12	Vidya P	II nd B.A	Vidya
13	Ujjwal daisy	II nd B.A	Ujjwal
14	Sonali karthik	II BA	Sonali karthik
15	Dharu	II BA	Dharu
16	Vasanthi R	II BA	Vasanthi
17	Maha lakshmi R	II BA	Maha lakshmi
18	Pooja S K	II BA	Pooja S K
19	Mary Veronica	I BA	Mary Veronica
20	Anny Nancy	I BA	Anny Nancy

ST. ANNE'S DEGREE COLLEGE FOR WOMEN
 HALASURU, BANGALORE-560008



St. Anne's Degree College for Women

Affiliated to Bengaluru Central University
Recognized by UGC under Section 2(f), Accredited by NAAC
Halasuru, Bangalore-560008



Self Study Report - Cycle-II

		classmate
		Date _____
		Page _____
21	Christwini	I B A
22	Shalini V	I B A
23	Amit Antony	I B A
24	Jarani T	II B.COM(A)
25	Hasnara P.H	II B.COM(A)
26	Ana ox prameenya A	II B.COM(A)
27	Margaret Ashwazya J	II B.COM(A)
28	Shaine Adec Manya A	II B.COM(B)
29	Tejaswini B.T	III B.COM(C)
30	Vinodini K	III B.COM(C)
31	Sacha H	III B.COM(C)
32	Sumitha G	III B.COM(C)
33	Shahini B.	III B.COM(C)
34	Sumita	III B.COM(C)
35	Jehoreen	III B.COM(C)
36	Sophia S	III B.COM(C)
37	Tejaswini M	III B.COM(C)
38	Shalini V	III B.COM(C)
39	Sangeetha S	III B.COM(C)
40	Subhashitha S	III B.COM(C)
41	Vinay Caroline	III B.COM(C)
42	Vidya G	III B.COM(C)
43	Sumitha Kumari R	III B.COM(C)
44	Sumitha Kumari B	III B.COM(C)
45	Varia	III B.COM(C)
46	Sanka	III B.COM(C)
47	Sindhu M	III B.COM(C)
48	Sumitha R	III B.COM(C)
49	Sharanreya P	III B.COM(C)



Self Study Report – Cycle-II

classmate
Date _____
Page _____

50 Shilpa . O	III B.COM 'c'
51 Ranjeetha . A . R	II B.COM 'c'
52 Xanena . A	III B.COM 'c'
53 Ranjitha . H	III B.COM 'c'
54 Sweetha . K	III B.COM 'c'
55 Manushree . M	III B.COM 'c'
56 Sachana . N	III B.COM 'c'
57 Tara . B	VI B.COM 'c'
58 Zainab Khanum	III B.COM 'c'
59 Rajasmini . G	III B.COM 'c'
60 Shiva Rajini . S	II B.COM 'c'

6

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ST. ANNE'S DEGREE COLLEGE FOR WOMEN
To Create a
New Society
ULSOOR, BANGALORE - 56



Self Study Report – Cycle-II

BLOOD DONATION CAMP

4.	12 th January 2019	50	National Youth Day celebration Our NSS unit participated in the procession organized by Ramakrishna Math, Bangalore to celebrate the Swami Vivekananda Jayanti 156 th year.
5.	4 th February 2019-10 th February 2019	53	Special camp The seven-day Special Camp of NSS Unit, was held at chokkanahalli, North Bangalore. The camp provided unique opportunities to the students for group living, collective experience sharing and constant interaction with community. The camp organized Child Health and Nutrition Programme, Health Survey, Awareness programmes, Health Centre Cleaning, Road and Canal Cleaning, Old age home visit and so forth.
6.	27 th March 2019	80	Blood Donation Camp Kidwai Memorial Institute of Oncology, Bangalore organized Blood donation camp at our college. About 74 units of blood was collected.
			

Nisla Joseph

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 For Women

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 Bangalore - 560 008.



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Self Study Report – Cycle-II



Nisla Joseph
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Bangalore - 560 008.



HEALTH TALK ON THE DIGESTIVE SYSTEM AND IMMUNITY

- o A guest lecture on the digestive system and immunity was held on 19th of March 2019 (Tuesday) from 12:30pm to 2.30pm for B.com, BBA, BA and B.Sc (Rehab) students.
- o Gopika Diwakar, Executive- Science Department of Yakult Danone India Pvt. Ltd., delivered a talk on enhancing a healthy lifestyle by improving the functioning of our digestive system.

Nisla Joseph
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Bangalore - 560 008.



SEMINAR ON CHILD SEXUAL ABUSE PREVENTION

- o A Seminar on Child Sexual Abuse Prevention was held on 1st April 2019 for the B.A, B.Sc. (Rehab) and B.com students from 1.30pm to 3.30pm.
- o Ms. Ashwini N.V is the founder and director of Muktha Foundation (Organization Committed to Prevent Interpersonal Abuse and Promote Mental Health) was invited as the Chief Guest.

Nisla Jayk
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For Women
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Bangalore - 560 008.



HEALTH TALK ON THE DIGESTIVE SYSTEM AND IMMUNITY

Health Talk on the Digestive System and Immunity

A guest lecture on the digestive system and immunity was held on 19th of March 2019 (Tuesday) from 12:30pm to 2.30pm for B. Com, BBA, BA and B.Sc. (Rehab) students. Gopika Diwakar, Executive- Science Department of Yakult Danone India Pvt. Ltd., a company that manufactures and sells Yakult, a probiotic health drink in India delivered a talk on enhancing a healthy lifestyle by improving the functioning of our digestive system. She detailed about the Probiotics, Intestinal flora & importance of healthy intestine for the growth and development of the human body. A probiotic fermented milk drink was distributed to all the students who participated in the program and to all the faculties.

Seminar on Child Sexual Abuse Prevention

A Seminar on Child Sexual Abuse Prevention was held on 1st April 2019 for the B.A, B.Sc. (Rehab) and B. Com students from 1.30pm to 3.30pm. Ms. Ashwini N.V is the founder and director of Muktha Foundation (Organization Committed to Prevent Interpersonal Abuse and Promote Mental Health) was invited as the Chief Guest. This programme was conducted as part of the nationwide campaign on prevention of child sexual abuse with the objective of making child safety. Around 150 students participated in the program.



*With students and teachers of St. Anne's Degree College,
Cambridge Road, Bangalore, Karnataka on April 1st, 2019*

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

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FAMILY HEALTH SURVEY

classmate
 Date _____
 Page _____

Family Health Survey to Cover
 Halasuru area on 10-4-2019 to 15-4-2019. Conducted by BBMP, ulsoor up
 Cambridge Road, Bangalore.

U.E.BSC (Rehab)	Name	Contact No	Sign
1	Ashraf Afzal Sait	7406803897	
2	Ametha pyanam	9916580916	
3	Sr. Jaya Seeli	6381833546	
4	Ayushi	620441608	
5	Jahora	9900027969	
6	Sidra	7022618079	
7	Karen	7204774820	
8	Sindhiya	73975377573	
9	Sr. Usha	9701774449	
10	Roshini N	8277705523	
11	Jasneem Kaur	6362123183	
12	Divya K.S	6360624519	
13	Shwetha P	9961158185	
14	Rimi Thomas	— 1 —	
15	Elcaara Davis	9188790095	
16	Nivedha J	8904155548	
17	Pooja N	9632399905	
18	Ramesha Smith	8867549674	
19	Nashra Bhirum	9036831677	
20	Supriya	914862076	

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To Create a
 New Society
 ULSOOR, Bangalore - 56



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Self Study Report - Cycle-II

classmate
Date _____
Page _____

21.	Ranjitha . A.R.	9535702452
22.	Yamuna . A	9916253285
23.	Shilpa . D	9742709167
24.	Sharanneya	9535568312
25.	Roshna	8867531679
26.	Sherly . F	8073986547
27.	Sanobar . A	9620095476
28.	Sweethe . P	9632033424
29.	Rashmi R	9741714510
30.	Deepika . P	9611404217
31.	Gracy . A	9632692770
32.	Joyce Mary	7090098378
33.	Jennifer A	9591172635
34.	Hema Latha	9916833305
35.	Bhuvana . R	9880816006
36.	Nandini . K	9538690557
37.	Pallavi	7406931300
38.	Pavithra . B	7406931300
39.	Pooja	9972364853
40.	Keerthana	7338520745
41.	Krupa	6361783037
42.	Malathi	9108540898
43.	Preethi	9513207713
44.	Mary Jennifer . V	6362647414
45.	Keerthana Swathi F	810512263
46.	Keerthana . M	6361267

ST. ANNE'S DEGREE COLLEGE FOR WOMEN
To Create a
New Society
HALASURU, BANGALORE



Self Study Report – Cycle-II

classmate
Date _____
Page _____

48.	Lakshmi Riya	79 596 43 467
49.	Likitha	8792409711
50.	Kavya	9740427716
51.	Mertina. L	7624949920
1 st Broun's 52.	Swetha. S	7406526115

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(Dr. Manuella)
Principal
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ST. ANNE'S DEGREE COLLEGE FOR WOMEN
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Self Study Report – Cycle-II

LIFE SKILLS

(Yoga, Physical Fitness, Health & Hygiene)

2017-18



Self Study Report – Cycle-II



St. Anne's Degree College for Women
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WOMEN CELL REPORT 2017-18

Women Cell Committee members for the academic year 2017-18 were Ms. Neha Mantri, Ms. Sangita, Ms. Parimala and Ms. Vasantha Pillai. Following events were conducted in this academic year:

Event	Topic/Theme	Date
Seminar	Power of Menstruation	20/7/17
Workshop	Breast Cancer Awareness	08/8/17
Women's Day Celebration	Women Empowerment	08/03/18

WOMEN CELL SEMINAR ON 20/7/17

Women Cell has conducted one day seminar on "Power of Menstruation" for all the students of our college on 20/7/17.

Most often than not we either hear biology of menstruation or what "we cannot do" anymore talk around menstruation. In fact, in Modern society, much of the language and attitude surrounding menstruation is negative such as referring to menstruation as the "curse" or "Women's weakness". This makes every girl sometime wish that she never had her periods and that her monthly blood cycle is her biggest drawback in comparison to a boy. On the contrary the menstrual cycle is about women's energy and power.

Rekha Kurup is the Director and Master Facilitator of "She Stands Tall Project Inc.", Women's Circle Facilitator: Community Spaces and Private Studio, Expressive Art Therapist: Private and Group Consultation, Certified and Trained Foot & Face Zoologist: Private Consultation, Creative Leadership Facilitator: Community spaces, Companies and NGOs, Vital Voices Fellow 2015 & Global Ambassador: Volunteer, Member of Board for Prerna 2 Inspire, San Francisco Bay Area, CA: Volunteer, Member Advisory Board - YES! For Schools, San Francisco Bay Area, CA: Volunteer, Leadership Mentor with VIBHA WOMEN - Bangalore: Volunteer.

The seminar was conducted in two sessions. The first session was in morning with 400 students and the second session was in afternoon with 450 students.



Self Study Report – Cycle-II



St. Anne's Degree College for Women

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Women Cell

Feedback form

Seminar Title: Power of Menstruation Date: 20/7/17

1. How satisfied are you with the seminar? (Circle one.)

1 2 3 4 5
Very Very
Dissatisfied Satisfied

2. How was the instructor's overall teaching?

1 2 3 4 5
Very Very
Dissatisfied Satisfied

3. Was the instructor well prepared?

1 2 3 4 5
Very Very
Dissatisfied Satisfied

4. Whether the seminar was useful in upgrading your knowledge?

1 2 3 4 5
Very Very
Dissatisfied Satisfied

5. Whether the resource person was good in delivering the seminar?

1 2 3 4 5
Very Very
Dissatisfied Satisfied

6. How was the seminar useful? Give your suggestions for further seminar.

it was good




Self Study Report – Cycle-II

1/18/2020 Fwd: Power of Menstruation - Talk By Rekha Govindan Kurup - nnehamantri@gmail.com - Gmail

≡ M Gmail rekha kurup

522 Fwd: Power of Menstruation - Talk By Rekha Govindan Kurup

 **anne rehab** <stannesrehab@gmail.com>
to me

----- Forwarded message -----
From: "Rekha Kurup" <rekha.gkurup@gmail.com>
Date: 10 Jul 2017 2:23 p.m.
Subject: Power of Menstruation - Talk By Rekha Govindan Kurup
To: "anne rehab" <stannesrehab@gmail.com>
Cc:

Hello There,

I am enclosing below a brief write up on the talk. Also, wanted to reconfirm that the talk is scheduled for 20th of July at 10 AM and 1:00PM.

Topic: Power of Menstruation
Most often than not we either hear biology of menstruation or what "we cannot do" anymore talk around menstruation. In fact, in Modern society, much of the language and attitude surrounding menstruation is negative such as referring to menstruation as the "curse" or "Womens weakness". This makes every girl sometime wish that she never had her periods and that her monthly blood cycle is her biggest drawback in

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WOMEN CELL 2017-18

BREAST CANCER WORKSHOP ON 8/8/17



INTERNATIONAL WOMEN'S DAY CELEBRATION ON 8/3/18



Neha
Coordinator
Women Cell

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Nisla Joseph
Principal

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AIDS AWARENESS PROGRAMME



"Dare to reach out your hand into the darkness, to pull another hand into the light."

- Norman B. Rice

Across India, youth studying in colleges and professional institutions are mobilized and formed a group that is termed as Red Ribbon Club. It is a platform where skill and knowledge building session are conducted for the youth population.

Red Ribbon Club (RRC) of St Anne's Degree College for Women was established in the year 2017 under the guidance and support of our dynamic Administrator and Secretary Rev Sr Margret Julie. It aims at promoting health seeking behavior and enable them to become change agents in HIV & AIDS prevention programs. Through RRC the students are encouraged to learn about safe and healthy lifestyles and involve in various service activities for the society.

Activities for the Academic Year

Inauguration of Red Ribbon Club

Red Ribbon Club was inaugurated by Dr. Sylvia Karpagam, Community Health Doctor, Rev Sr Margaret Julie, Administrator and Secretary, Prof. Nisha Joseph, Principal and the club members on 6th September 2017. The programme started at 10.00 am with an invocation song followed by a special talk by the chief guest on AIDS/HIV awareness. Nearly 200 students participated in the programme. She walked through the audience and gave a complete coverage on AIDS/HIV awareness besides awakening the peer group of RRC volunteers about its disastrous effects on the survival of mankind. She discussed in detail the different causes and preventive measures of AIDS.

She stated that the stigma attached to HIV positive patients has to be eliminated from the society and for that to happen, everyone must start talking openly about AIDS. She detailed her lecture on Aids related discrimination, Sexually transmitted diseases and also the ways to dispel their common myths and misconceptions about it. She also encouraged the volunteers to spread the same message to the larger group. The lecture was followed by an interactive session where students raised their queries regarding HIV/AIDS. Lecture was highly inspiring for the peer team of Red Ribbon Club.

The program continued with Principals' address on the occasion. She emphasized on the purpose of constituting the cell in the college and encouraged the students to involve in various service



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activities for the society. Around 300 students from all departments volunteered and joined the Club to serve the people affected with HIV/AIDS.

Students were elected for the various posts of the club and were honored with badges on the day of inauguration. An oath taking ceremony was carried out by Ms. Veenu Kumari, HOD of EVS for the elected members and all the Red Ribbon Club volunteers. The students gave their pledge to "join the fight against HIV/AIDS, to protect oneself from HIV/AIDS".

Events for the Students

Club had organized various competitions for the students in the month of February in order to educate the students about HIV/AIDS, its transmission & prevention, STD'S, Intimate Partner Violence. The students proved to be an intellectual and interactive audience and hence the purpose of having the competitions was well achieved. Students from all the department actively participated in the events and won prizes. An open discussion and question-answer session for eliminating the myths welling up in the youth

Events include:

1. Poster Making- (Theme: Sexually transmitted Diseases)
2. Debate- (Topic: Female adolescents are more vulnerable to get HIV/AIDS. YES/NO?)
3. Paint a Poem- (Topic: Stigma attached to HIV/AIDS)
4. Mime- (Theme: Intimate partner violence)
5. Essay- (Topic: Respectful life of HIV/AIDS)

Seminar on "Sexual Health Education and Interpersonal Relationships in Digital Era"

Red ribbon club organized a seminar on "Sexual Health Education and Interpersonal Relationships in Digital Era" on 24th February 2018 from 9:30 am -12:00 pm. Dr. Indiramma. B.S, Assistant Professor and Dr. H. Venkat Lakshmi, Associate Professor and Research Guide were invited as the Guest speakers from Smt. VHD Central Institute of Home Science, Bangalore.

Maintaining a healthy relationship requires skills many young people are never taught – like positive communication, conflict management, and negotiating decisions around sexual activity. A lack of these skills can lead to unhealthy and even violent relationships among youth. In the seminar it was stressed on the importance of Sexual Health Education to develop attitudes and standards of conduct that will ensure that young people and adults will determine their sexual and other behaviour by considering its long-range effects on their own personal development, the good of other individuals, and welfare of society as a whole. Interpersonal communication has evolved over the decades and grown digital; whether or not that change is good or bad, the truth remains,



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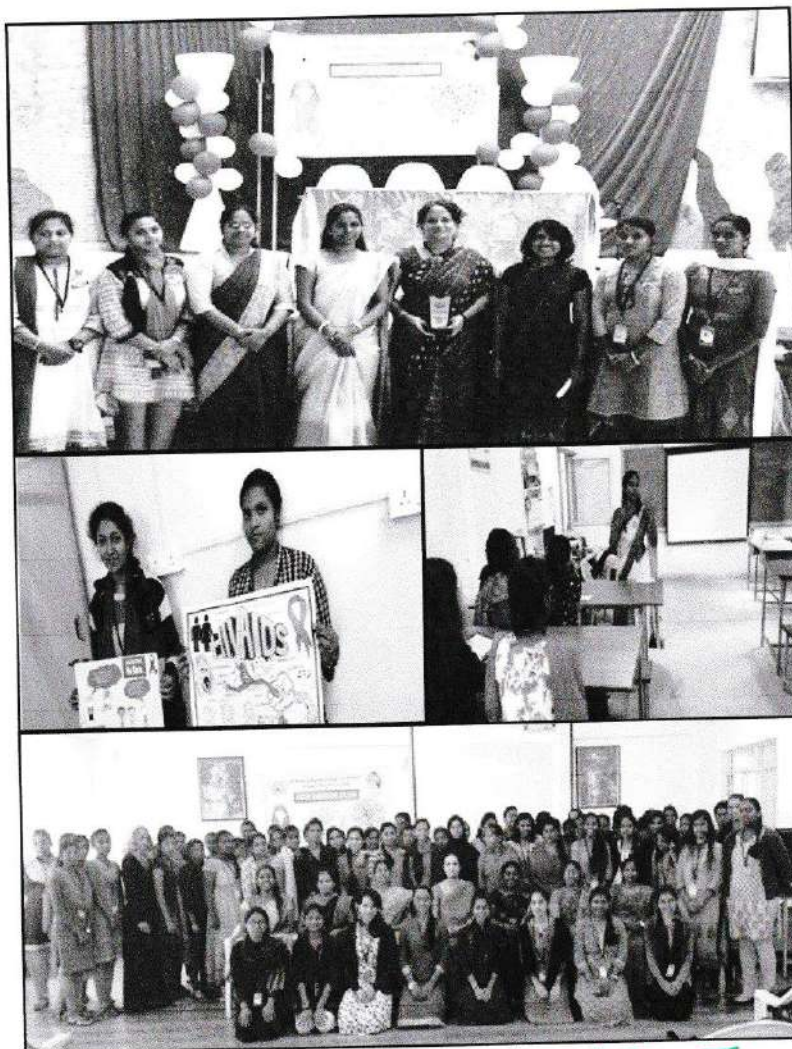
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Self Study Report – Cycle-II

that technology has affected a person's identity and lifestyle. The joint effects of interpersonal relationships and digital media use was also addressed.

Asst. Prof. Shruthi B P
Coordinator, Red Ribbon Club



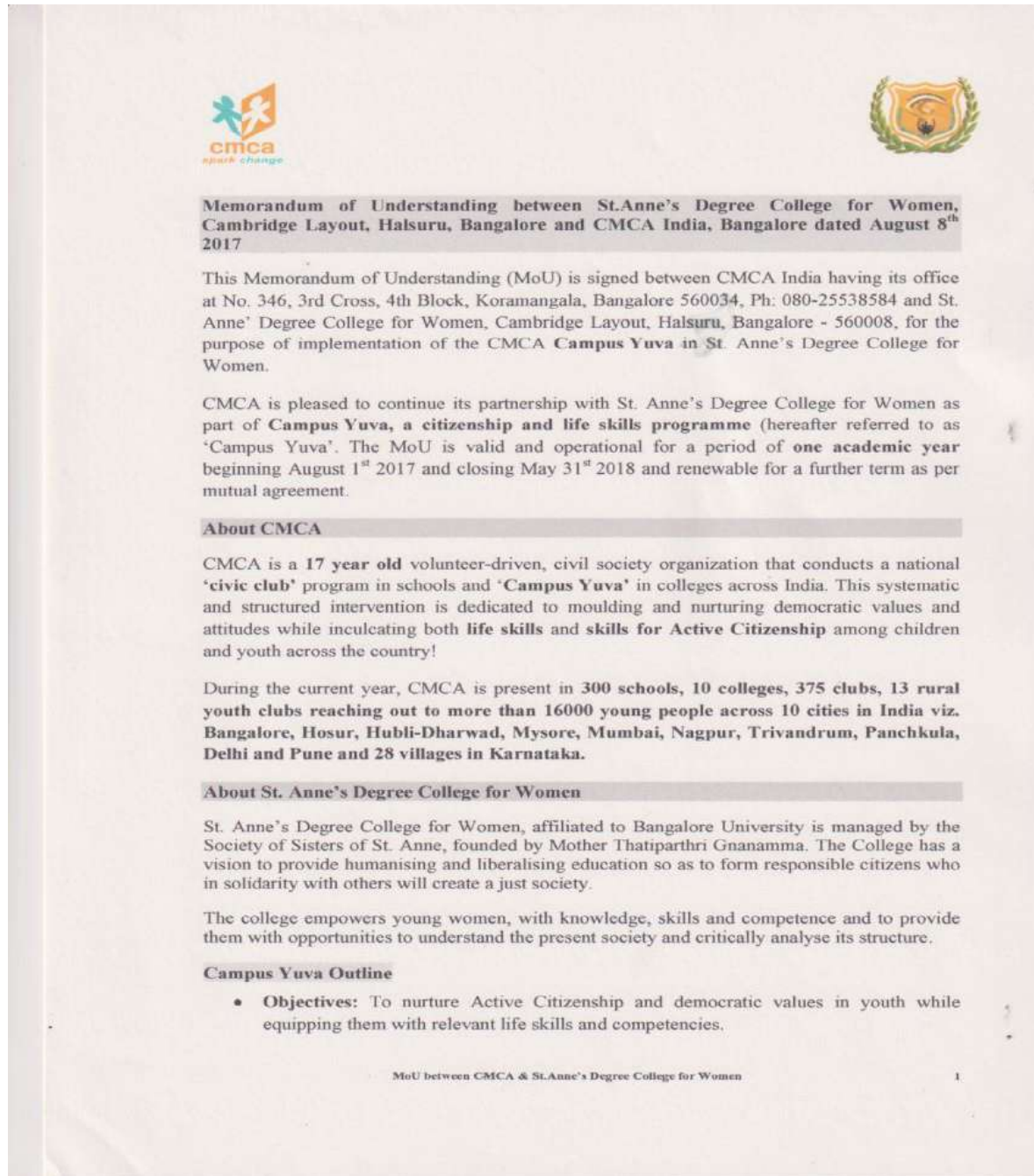
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CAMPUS NAGRIK LIFE SKILLS PROGRAM





Self Study Report – Cycle-II



- **Target group:** 30 to 40 Students of Bachelors of Business Administration (preferably from the same class).
- **Duration of the programme:** 2 semesters. This includes approximately 25 hours of sessions and activities.

Expected Outcomes

- Increased critical knowledge of social, civic, political and environmental issues among students.
- Positive attitudinal shift towards equality, secularism and celebration of diversity.
- Enhanced life/citizenship skills such as critical thinking, empathy, interpersonal communication, self confidence, self esteem, assertiveness, participation, negotiation, problem solving, and conflict resolution.
- Increased incidence of problem resolution in the campus and its environs due to increased Acts of Active Citizenship by Youth Club Members.

Programme Structure & Responsibilities

Activities	Time Line	Key Responsibility
Relationship building and signing MOU	August 2017	CMCA & St. Anne's Degree College for Women
Thematic Input sessions for the club members	Distributed between the entire duration of the programme	CMCA
Fieldtrips and projects such as neighborhood surveys etc.	September 2017 to March 2018	CMCA & St. Anne's Degree College for Women
Advocacy campaigns and problem resolution	September to May 2018	CMCA
Reflection, evaluation and conclusion of the club activities	April to May 2018	CMCA & St. Anne's Degree College for Women

Responsibilities of CMCA India, Bangalore:

1. To institute a youth Civic Club in St. Anne's Degree College for Women, for a period of two semesters
2. To ensure youth Civic Club sessions and activities are conducted as per the calendar of activities agreed upon by both the parties



Self Study Report – Cycle-II



3. To appoint a Facilitator for the Youth Civic Club in order to ensure smooth conduct of thematic sessions, field trips, campaigns and other activities
4. To arrange for two external resource persons to interact with Youth Civic Club members as part of the programme
5. To **award** certificates to all the Club members in recognition of their active participation in the Youth Civic Club activities

Responsibilities of St. Anne's Degree College for Women:

1. To fix a weekly **session period** during the regular hours and make a **class room available** with AV facilities for the sessions and to undertake to provide an alternative period in case the designated weekly period is cancelled due to unforeseen circumstances
2. To **assign a Lecturer - Coordinator** who would act as a nodal point of contact for logistics and arrangements
3. To provide space for display of campaign posters and other communication materials as and when necessary and requested by CMCA facilitator
4. To grant **permission** for students to participate in Youth Civic Club events and activities and support them during surveys, profiling and advocacy campaigns
5. To pay CMCA a fee of INR .350/-*30 students(or as per the strength of the club) towards course fee in two equal installments the first at the time of signing the MoU and the second at the beginning of the second semester

Note: Transportation costs for fieldtrip visits will be borne by students

For CMCA

Vrunda Bhaskar

Ms. Vrunda Rao Bhaskar
Trustee

Date: *1/8/15*

For St. Anne's Degree College for Women

Nisha Joseph
Ms. Nisha Joseph
Principal

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Date: *1/8/15*



CAMPUS YUVA LIFE SKILLS PROGRAMME (CMCA)

A Course in Fundamental Duties

The Department of Business Administration in collaboration with CMCA offered a 20 days session to the first year BBA students from 24th August 2017. The resource person was Ms. Elizabeth Anila from CMCA, which was an hour session every week.

Course Delivery

Section 1:

Democratic Citizenship that includes topics: Teambuilding activities, Poll Campaign, Quiz on Development in India, about Voluntarism, Group work on Defining Democratic Citizenship, Discussion on different types of citizenship and Live call exercise in Class & City walk, Calling helpline etc.

Section 2:

Vision for India- Understanding our Preamble that includes topic: Introduction to Vision (holistic), group work creating vision and mission for the class, presentation of the work. Experience of working in groups and framing rules were covered in this section. Creating vision for our country, meaning of sovereign, secular, democratic and republic and group work activity, and major threats to our democracy- caste and class.

Section 3:

Fundamental Rights and Duties- Activity/Project Interviewing Women and making collage/writing blog, understanding our Fundamental Duties, Understanding & cultivating a scientific temper and equity, Environmental rights and duties, and volunteering opportunity (animal rights).



Section 4:

Practicing Equality and celebrating Diversity, understanding composite culture.

Evaluations and Highlights

The students were interactive, engaged in the discussions & presentations, group activities etc. As part of quality check, one session of observation also took place.





AWARENESS PROGRAM ON RIGHT CONSUMPTION

Consumer Club

... Take right decision ...



"The customer is the most important visitor on our premises. He is not dependent on us. We are dependent on him. He is not an interruption on our work. He is the purpose of it. He is not an outsider on our business. He is part of it. We are not doing him a favour by serving him. He is doing us a favour by giving us an opportunity to do so." - MAHATMA GANDHI

Consumerism is a modern movement to make consumers realize and learn the fundamental rights of good citizens and consumer rights such as Right to Safety, Information, Choose, Heard, Redressed, Educate, Healthy environment etc. The Consumer club of our college intends to spread awareness on consumer rights among all the consumer segments especially among college students. The club aims at preparing better consumers in the future by sensitizing them towards the various consumer issues prevailing in the society.

Consumer Club was introduced in our college this academic year. The program started with an invocation song, followed by welcome dance. Prof. Senthil Kumar, the chief guest of the day from 360 degree Academy, our Principal Prof. Nisha Joseph and Associate Prof. Vennila, Coordinator of Consumer Club, inaugurated the function by lighting the holy lamp on 20th September 2017. Further Prof. Nisha Joseph, Principal, addressed the students briefing them about the role of consumer protection act in India.

Inaugural program was attended by more than 100 students and faculty members. The speaker for the day focused on the importance of being a smart women consumer. Students were also made aware about the provisions of consumer protection act 1986 through a presentation.

Students also enacted on how to be an alert consumer through role plays. Mime was performed by BBA students depicting the responsibilities of consumer in real life situation and to develop skills to handle the consumer issues. The program was concluded with vote of thanks by Asst. Prof. Sangeetha. A video highlighting the consumer club's activities and consumer rights was also shown by Associate Prof. Vennila. A and Asst. Prof. Suman.

On Nov 8th November 2017, Consumer club conducted an awareness program for the students of our college. The speaker created awareness through open talk, videos and short films relating to the issues such as caution on usage of cosmetic, consumption of carbonated beverages, how to grow



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organic vegetables, things to be noticed in the label when goods are purchased, rights and duties of consumer and procedure to file a complaint against the vendor. This spread out knowledge about how we should be cautious when purchasing various products of global and domestic brands.

**Associate Prof. Vennila,
Coordinator, Consumer Club**



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A GUEST LECTURE ON BALANCED DIET



Red Cross Vision

Each generation passes on the torch of development to the next. Hence it becomes the challenge for the present generation to groom the future of tomorrow and that is the 'Youth'. The Indian Red Cross which has in its fraternity 10 million Youth Red Cross (YEARC) and Junior Red Cross (JRC) members keeps on organizing various program and activities for the youth.

The college conducted Red Cross events from 2016 onwards, in order to encourage students to actively take part in events conducted by Red Cross wing.

Members organized guest lecture on Balance diet on 19th August 2017 in auditorium around 9.30 AM. The chief guest was Dr. Amal Selvam from Joseph Hospital.

The motto of conducting the guest lecture on Balance diet was to create awareness among students about how to maintain good health by following proper balance diet, its benefit in our daily life and effects of skipping the breakfast. The overall experience was an enriching one. Students learnt how well they can maintain their diet on daily basis and special tips for maintaining balanced diet during exams were also given.

**Asst. Prof. Deepu B
Coordinator**



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BLOOD DONATION CAMP

National Service Scheme

The NSS unit enrolled 180 volunteers from different streams under the supervision of NSS program officer Mr. Stephen Babu and the NSS coordinator, Mr. Ravi, Mr. Deepu, Ms. Anitha and Ms. Shruthi. The NSS unit was divided into two units; 100 volunteers in Unit-I and 80 volunteers were registered under Self-finance/funded Unit.

Educational Camp

On 21st July 2017, the NSS volunteers of St. Anne's Degree College for Women participated in the Educational awareness program organised by an NGO, Youth for seva. The youth for Seva required volunteers for their program of Storytelling – a motivational story telling on account of Youth for Seva's Decennial celebration, under the Supervision of Ms. Dharshini, nearly 85 student volunteers were assigned to various schools in and around the areas, such as KR Puram, Mahadevapura, Koramangala, Jeevanbhima Nagar and Thippasandara. The students were divided into teams and each team was sent to schools under the guidance of Ms. Dharshini.

Celebration Of 150th Birthday of Sister Nivedita

On 10th Jan 2018 Ramakrishna Math of Bangalore celebrated the 150th Birthday of Sister Nivedita. Nearly 70 NSS volunteers of St. Anne's Degree College for Women attended the program at Ramakrishna Math, Ulsoor, Bangalore, which began at 10.am in the presence of Honourable Governor of Karnataka, Shri Vajubhaivala. Dr. Arathi.V.B, Founder Head, Vibhu Academy, Vijayanagar, Bangalore spoke about "Sister Nivedita & Women Empowerment in awakened India".

National Youth Day Celebration

On 12th Jan 2018 Ramakrishna Math of Bangalore celebrated the 155th year of Swami Vivekananda Jayanti. Nearly 50 student volunteers participated in the procession from Ulsoor lake where statue of Swami Vivekananda is installed to the Ramakrishna Math, honouring the teachings of Swami Vivekananda, followed by an insightful talk by the Head of Ramakrishna Math Bangalore, Swami Thurupanandaji about Swami Vivekananda's Chicago speech, ideology, and social reforms.

Blood Donation Camp

On 18th Jan 2018 NSS unit organized a blood donation camp in our campus, Kidwai memorial institute on Oncology, Bangalore visited the college and collected nearly 75 units of blood which could help the cancer patients in their Institute.

Volunteer Service to Flower Show

Lalbagh Botanical Gardens of Bangalore organized a flower show for a week from 21st to 26th Jan 2018. Nearly 25 NSS volunteers joined hands with the Bangalore BBMP, created awareness among public to reduce the usage of plastics and to dispose waste in to the garbage bin.



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SPECIAL CAMP TO CREATE HEALTH AWARENESS

PULSE POLIO CAMPAIGN

Special Camp from 7th Feb to 13th Feb 2018

The NSS unit organized Special camp for a week, from 7th Feb 2018 to 13th Feb 2018 at Doddahallai, Kanakapura, Ramnagar district. About 60 volunteers actively took part in the camp to create health awareness among residence of Horabela. The volunteers initiated in cleaning the school campus and the areas around the church. Cultural program was organized to create awareness on various social issues and health habits.

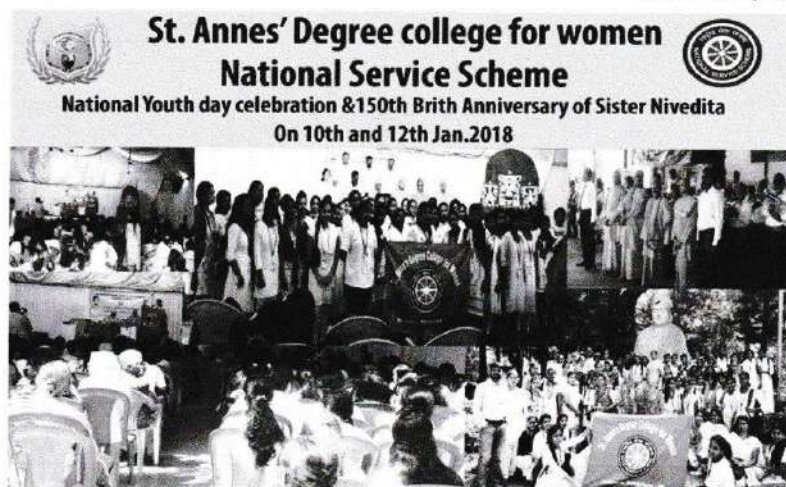
Polio Camp From 11th To 14th March 2018

Around 20 NSS volunteers participated in the National Pulse Polio program, who were trained and supervised by the Doctors and Nurses of Halasuru Maternity Hospital. The volunteers extended community service by administering polio drops to children through house-to-house visits between 12th March and 14th March 2018 in Halasuru vicinity.

Special Camp Between 12th March 2018 & 13th March 2018

Volunteers were accompanied by NSS Program officer Mr. Stephen Babu, for a camp to Sumanahalli Leprosy home, Bangalore.

Asst.Prof. Stephen Babu,
Coordinator, NSS



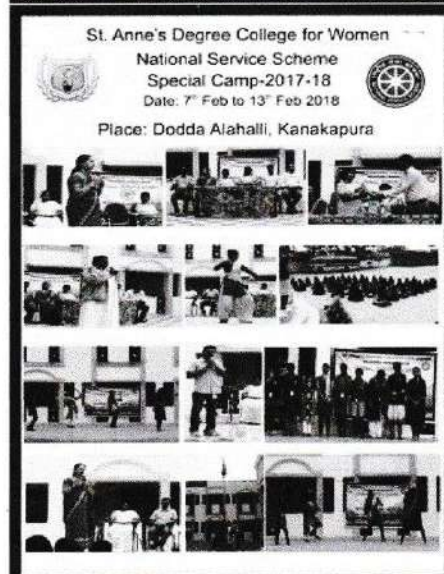
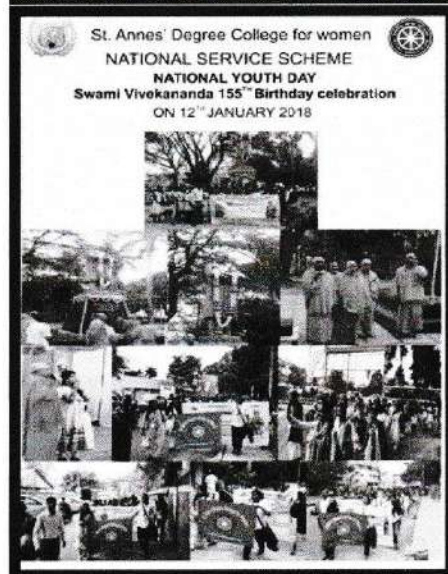
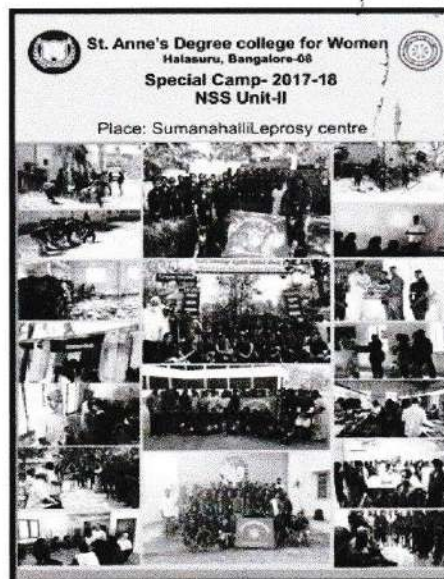
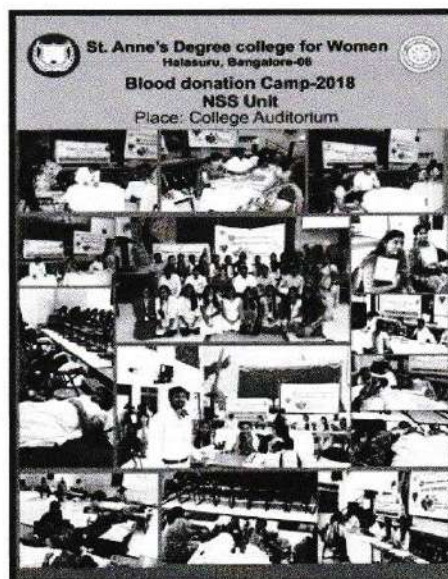
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GUEST LECTURE ON MEDITATION

Health Club

Health education plays an important role in the field of education. It educates about positive health attitude and the wellbeing of an individual with complete knowledge through holistic approach. The objective of the Health club is to create awareness about the health status of the members of the staff and students.

The Health Club and the Sports Club organized a guest lecture about Meditation on 20th March 2018.

Shri Umeshchandra Panda, The Secretary of Vivekananda Vishwachethana Abhiyana was invited as Chief Guest and to impart the knowledge about India's ancient science. Deeply inspired by Swami Vivekananda's principles and philosophy, Shri Umeshchandra Panda, enlightened us about India's greatest youth icon and his ideologies.

The session included:

1. Brief introduction about Meditation and Yoga.
2. Types of yoga like Karma Yoga, Raja Yoga etc...
3. Demonstration of various types of Asanas, which students can practice comfortably.
4. Different methods of meditation were suggested for the benefit of student community.

Asst.Prof.Deepu B
Coordinator- Health Club



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LIFE SKILLS

(Yoga, Physical Fitness, Health & Hygiene)

2016-17



WORKSHOP ON SELF ESTEEM, SOCIAL RELATIONSHIP & PEER PRESSURE, MYTHS & MISCONCEPTIONS OF MENTAL HEALTH

IRIS

COUNSELLING CELL

The Counselling Cell strives to take care of the well-being of the students who may face personal, interpersonal, academic, emotional and psycho-social problems and thus the cell provides comprehensive and confidential counselling services to the students on individual or group basis, helping with personal, learning and career concerns and promoting wellness among them. In addition to that, the cell regularly organizes workshops, group therapies, psycho education, awareness programs and activities to sensitize them to the issues.

Some the activities of the year include:

In the month of June and July 2016 counselling orientation sessions were held for all the 1st year students to create awareness on the counselling service provided in the campus, to establish a rapport and build in trust with the students. They were addressed on the need for counselling and the myths of the same. This was highly beneficial in encouraging the students to open up their minds in counselling.

On 31st August 2016 counselling cell and Center for Excellence had organized a workshop for the B.A, B.C.A and B.B.A students on the various topics like self-esteem, social relationship and peer pressure, myths and misconceptions of mental health. The workshop included ice breaker, power point presentation, story sharing, group discussion and motivational video were shown in the end. The ways to boost the self-esteem, coping well with peer influence and the stigma attached to mental health were brought into the notice of students.

On 22nd September 2016 Counselling Cell was inaugurated. Mr. Varun Kaul, counselling psychologist and trainer was invited as the chief guest who explained the different aspects of counselling. He walked the participants through the myth of counselling in India and the need to break from the negative thinking of the concept itself.

On 1st October 2016 counselling cell organized a rally on mental health awareness and suicide prevention from 10.30am to 12.30pm. Rally commenced and culminated at St. Anne's degree college for women after passing through 1MG Mall, Bazaar Street, Halasuru Metro Station, Adarsha, Jogu Palya, Cambridge road. Around 600 college students participated including degree, P.U.C, N.S.S and A.I.C.U.F volunteers. Also, received an appreciation and support from the Udayavani, E-Sanje, and Deccan Chronicle newspapers.

On 7th January 2017 a session on examination stress and study skills were organized for the students. Some of the techniques like meditation, Naadi shodh and relaxation therapy was taught. Around 18 students participated in the group session later which every student were met personally for the individual session. This helped the students to learn to regulate their stress during exam times.

On 9th February 2017 Psycho education on Self Compassion was organized for the 1st and 3rd year B.A students. It helped the students to learn how to accept themselves exactly as they are, while at the same time motivating themselves to reach highest potential. Around 30 students were benefited out of it.

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Nisile Joseph
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Bangalore - 560 008.



Self Study Report – Cycle-II

Interpersonal relationship	67.14 % (49 students)	About 71.42% of them benefited. Sessions continued for 28% of the students.
Personality issues	31.42 % (22 students)	Sessions terminated for 54% of the client and are benefited. Sessions continued for 45 % of the clients.
Lack of motivation	4.28 % (3 students)	100% benefited.
Language difficulty	2.85 % (2 students)	50% benefited.
Low self esteem	41.42 % (29 students)	About 82.14 % of them benefited. Sessions continued for 16% of the students.
Physical abuse	2.85 % (2 students)	Sessions continued.
Sexual abuse	4.28 % (3 students)	Sessions terminated for 33 % of the client and are benefited. CBT sessions continued for 67 % of the clients and are gradually showing positive signs of recovery.
Suicidal thoughts	12.82% (7 students)	100% benefited.

Workshop on “Work Place Interventions for Mental Health”

Counselling cell in association with NIMHANS had organized one day workshop on “Work Place Interventions for Mental Health” on 10th November 2017 to mark World Mental Health Day. Dr. Thirumurthy, Head of Psychiatric Social work Department, Dr. Nirmala, Dr. Brinda, Dr. Seenu and Dr. Sojan were invited as the resource persons from Department of Psychiatric Social work NIMHANS. The workshop was divided into three sessions.

The first session was facilitated by Dr. Sojan, who highlighted the various factors influencing mental health. He stressed upon the role of frustration in our daily lives and how it is indispensable. Knowing to manage frustration will help in balancing the work and personal lives. He explained the same with plenty of anecdotes and personal experiences which resonated well with the staff members.

Dr. Brinda started her session with an activity to help us understand the importance of pushing our limits with regard to stress. With balloons and three groups, we learnt how over stress can affect



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Self Study Report – Cycle-II

our mental and physical health and keeping expectations within limits can make us endure life's challenges longer. She followed it with yet another activity to teach us life skills on thinking out of the box, working together to achieve goals and trying to find solutions to our problems.

Post-lunch session, was initiated by Dr. Nirmala, who detailed about the impact of gender discrimination, gender violence on the development of Women's mental disorders. And the session was continued by Dr. Seenu, focused on Women's multiple roles in society, stress prevention and management.

There was scope for clarification and discussion on the topics. Around 30 faculties participated in the workshop. Many games and activities were included throughout the programme. A conducive learning environment was created where all faculties actively participated in the workshop.

Assistant professor Ms. Shruthi. K
Department of Humanities





CAMPUS NAGRIK LIFE SKILLS PROGRAM



Memorandum of Understanding between St. Anne's Degree College for Women, Cambridge Layout, Halasuru, Bangalore and CMCA India, Bangalore dated August 1st 2016

This Memorandum of Understanding (MoU) is signed between CMCA India having its office at No. 346, 3rd Cross, 4th Block, Koramangala, Bangalore 560034, Ph: 080-25538584 and St. Anne's Degree College for Women, Cambridge Layout, Halasuru, Bangalore - 560 008, for the purpose of Implementation of the CMCA **Campus Nagarik Life Skills Programme** in St. Anne's Degree College for Women.

CMCA is pleased to continue its partnership with St. Anne's Degree College for Women, Cambridge Layout, Halasuru as part of **Campus Nagarik Life Skills Programme**. The MoU is valid and operational for a period of **one academic year** beginning August 1st 2016 and closing May 31st 2017 and renewable for a further term as per mutual agreement.

About CMCA

CMCA is a **16 year old** volunteer-driven, civil society organization that conducts a national '**civic club**' program in schools and '**Campus Nagarik Life Skills Programme**' in colleges across India. This systematic and structured intervention is dedicated to moulding and nurturing democratic values and attitudes while inculcating both **life skills** and **skills for Active Citizenship** among children and youth across the country!

During the current year, CMCA is present in **300 schools, 7 colleges, 375 civic clubs, 13 rural youth clubs** reaching out to more than **16000** young people across 9 cities in India viz. Bangalore, Hosur, Hubli-Dharwad, Mysore, Mumbai, Nagpur, Trivandrum, Chandigarh and Pune and 28 villages in Karnataka.

About St. Anne's Degree College for Women

St. Anne's Degree College for Women, affiliated to Bangalore University is managed by the Society of Sisters of St. Anne, founded by Mother Thatiparthi Gnanamma. The College has a vision to provide humanizing and liberalizing education so as to form responsible citizen who in solidarity with others will create a just society.

The college empowers young women, with knowledge, skills and competence and to provide them with opportunities to understand the present society and critically analyse its structure.

Campus Nagarik Life Skills Programme Outline

- **Objectives:** To nurture Active Citizenship and democratic values in youth while equipping them with relevant life skills and competencies



St. Anne's Degree College for Women

Affiliated to Bengaluru Central University
Recognized by UGC under Section 2(f), Accredited by NAAC
Halasuru, Bangalore-560008



Self Study Report – Cycle-II



3. To appoint a Facilitator for the Youth Civic Club in order to ensure smooth conduct of thematic sessions, field trips, campaigns and other activities
4. To **award** certificates to all the Club members in recognition of their active participation in the Youth Civic Club activities
5. To administer the **Impact Assessment** questionnaire and share the results with the Principal of the College or the Head of the Dept.

Responsibilities of St. Anne's Degree College for Women:

1. To fix a weekly **session period** during the regular hours and make a class room available with AV facilities for the sessions and to undertake to provide an alternative period in case the designated weekly period is cancelled due to unforeseen circumstances
2. To **assign a Lecturer-Coordinator** who would act as a nodal point of contact for logistics and arrangements
3. To provide space for display of campaign posters and other communication materials as and when necessary and requested by CMCA facilitator
4. To grant **permission** for students to participate in Youth Civic Club events and activities and support them during surveys, profiling and advocacy campaigns
5. To pay CMCA a fee of INR 350/-*45 students (or as per the strength of the club) towards course fee in two equal installments the first at the time of signing the MoU and the second at the beginning of the second semester

Note: Transportation costs for fieldtrip visits will be borne by students

For CMCA

For St. Anne's Degree College for Women

Apatel

Mr. Ashish Patel
CEO

Date: 8/8/17

Nisha Joseph
Ms. Nisha Joseph
Principal

Date: 8/8/17
Principal
St. Anne's Degree College
For Women
23, Cambridge Road, Halasuru,
Bangalore - 560 008.

MoU between CMCA & St. Anne's Degree College for Women

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Self Study Report – Cycle-II



- **Target group:** 30 to 40 Students of Bachelors' of Business Administration (preferably from the same class)
- **Duration of the programme:** 2 semesters (August 2016 to May 2017). This includes approximately 25 hours of sessions and activities.

Expected Outcomes

- Increased critical knowledge of social, civic, political and environmental issues among students
- Positive attitudinal shift towards equality, secularism and celebration of diversity
- Enhanced life / citizenship skills such as critical thinking, empathy, interpersonal communication, self confidence, self esteem, assertiveness, participation, negotiation, problem solving, and conflict resolution
- Increased incidence of problem resolution in the campus and its environs due to increased Acts of Active Citizenship by Youth Club Members

Programme Structure & Responsibilities

Activities	Time Line	Key Responsibility
Relationship building and signing MOU	July 2016	CMCA & St. Anne's Degree College for Women
Thematic Input sessions for the club members	Distributed throughout the entire duration of the programme	CMCA
Fieldtrips and projects such as neighbourhood surveys etc.	November 2016 – April 2017	CMCA & St. Anne's Degree College for Women
Advocacy campaigns and problem resolution	October 2016 – May 2017	CMCA
Reflection, evaluation and conclusion of the club activities	April – May 2017	CMCA & St. Anne's Degree College for Women

Responsibilities of CMCA India, Bangalore:

1. To institute a new Youth Civic Club in **St. Anne's Degree College for Women** for a period of two semesters
2. To ensure Youth Civic Club sessions and activities are conducted as per the calendar of activities agreed upon by both the parties
3. To appoint a Facilitator for the Youth Civic Club in order to ensure smooth conduct of thematic sessions, field trips, campaigns and other activities



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Self Study Report - Cycle-II

2016-2017 - CMCA



ST. ANNE'S DEGREE REGISTER

Class... IBBA (2016)

		1	2	3	4	5	6	7	8	9	10	11	12
1	Afreen Taj												
2	Afreena Praveen N	1	2	3	4	5	6	7	8	9	10	11	12
3	Aishwarya S	1	2	3	4	5	6	7	8	9	10	11	12
4	Amandhi V. Flora. A	1	2	3	4	5	6	7	8	9	10	11	12
5	Anisha Sander N	1	2	3	4	5	6	7	8	9	10	11	12
6	Anne Mary	1	2	3	4	5	6	7	8	9	10	11	12
7	Anu Mathi. J	1	2	3	4	5	6	7	8	9	10	11	12
8	Anusha R	1	2	3	4	5	6	7	8	9	10	11	12
9	Anusha Ramesh	1	2	3	4	5	6	7	8	9	10	11	12
10	Archana C	1	2	3	4	5	6	7	8	9	10	11	12
11	Arpitha Rajithan. C. J	1	2	3	4	5	6	7	8	9	10	11	12
12	Bhanika	1	2	3	4	5	6	7	8	9	10	11	12
13	Bhuvandha. N R	1	2	3	4	5	6	7	8	9	10	11	12
14	Daisy Janet. A	1	2	3	4	5	6	7	8	9	10	11	12
15	Diana Mary. B	1	2	3	4	5	6	7	8	9	10	11	12
16	Dinva. A. P	1	2	3	4	5	6	7	8	9	10	11	12
17	Dinva. T	1	2	3	4	5	6	7	8	9	10	11	12
18	Gayathri. P	1	2	3	4	5	6	7	8	9	10	11	12
19	Irish Immaculate. J	1	2	3	4	5	6	7	8	9	10	11	12
20	Jacqueline. J	1	2	3	4	5	6	7	8	9	10	11	12
21	Kavyashree. K	1	2	3	4	5	6	7	8	9	10	11	12
22	Lavanya. S	1	2	3	4	5	6	7	8	9	10	11	12
23	Madhu Rani. M. S	1	2	3	4	5	6	7	8	9	10	11	12
24	Madhu Shri. C. H	1	2	3	4	5	6	7	8	9	10	11	12
25	Maria Vandana. S	1	2	3	4	5	6	7	8	9	10	11	12
26	Mary Basilica	1	2	3	4	5	6	7	8	9	10	11	12
27	Mary Shalini. S	1	2	3	4	5	6	7	8	9	10	11	12
28	Meghana. S	1	2	3	4	5	6	7	8	9	10	11	12
29	Modushree. J	1	2	3	4	5	6	7	8	9	10	11	12
30	Parvitha. B. M	1	2	3	4	5	6	7	8	9	10	11	12
31	Pooja Peddar. R	1	2	3	4	5	6	7	8	9	10	11	12
32	Pooja. V	1	2	3	4	5	6	7	8	9	10	11	12
33	Preeti. M	1	2	3	4	5	6	7	8	9	10	11	12
34	Preeti Ranjan	1	2	3	4	5	6	7	8	9	10	11	12
35	Priya. R	1	2	3	4	5	6	7	8	9	10	11	12

COLLEGE FOR WOMEN OF ATTENDANCE

	13	14	15	16	17	18	19	20	21	22	23	24
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Self Study Report – Cycle-II



ST. ANNE'S DEGREE COLLEGE FOR WOMEN
REGISTER OF ATTENDANCE

Class.....

36	Priya Harshini . K	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
37	R. Bindhu Shree	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
38	Priya Shree . V	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
39	S. Harshini	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
40	Sai Archana . B	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
41	Saswatha	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
42	Sathya . N	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
43	Shilpa . C	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
44	Sonia . R	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
45	Smuthi . S . A	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
46	Swi . S	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
47	Suma . N	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
48	Swetha . M	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
49	Syeda Sabeela	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
50	Thani Shree . A	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
51	Triven . B	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
52	Uzma Nabeen	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24
53	Varsha . V	1 2 3 4 5 6 7 8 9 10 11 12	13 14 15 16 17 18 19 20 21 22 23 24



SWATCH BHARAT ABHIYAN

IRIS

- * Suggestion / complaint box is installed in front of the Administrative Block in which the students, who want to remain anonymous, put in writing their grievances and their suggestions for improving the Academics / Administration in the College.
- * Advising students of the College to respect the right and dignity of one another and show utmost restraint and patience whenever any occasion of rift arises.
- * Advising all the students to refrain from inciting students against other students, teachers and College administration.

It is good to air a grievance rather than to keep it bottled up. Protection of human rights is essential for all round development of an individual's personality to realize the primary needs of the students and staff and secure civil liberties for everybody, a Grievance cell has been constituted that cell is indented to find solutions for problems like complaints regarding towards class room, campus, washrooms, canteen and , the proper facilities of electricity and water available, if and when they arise. The Grievance Redressal Cell takes steps to redress the grievances.

Asst.Prof. Santhosh Kumar
Co-Ordinator



NATIONAL SERVICE SCHEME

National Service Scheme inculcates the spirit of voluntary work among the students and teachers through sustained community interaction. The NSS unit of 2016-17 had 150 enrolments of volunteers, with all the streams of courses. The NSS program officer Mr. Stephen Babu and the NSS coordinator, Mr. Ravi, Mr. Deepu, Ms. Anitha.R and Ms. Shruthi. The NSS activities for the year 2016-17 were as follows:

Campus Clean :

On 12th Aug 2016, 80 NSS student volunteers were involved in cleaning the campus area nearby our college premises as a social awareness on "Swachh Bharat Abhiyan".

Suicide Prevention and Mental Health Awareness Rally :

As a part of social awareness program NSS Unit jointly with the Department of Psychology & Counselling organized a social awareness rally on prevention of suicide and mental health awareness. Nearly 130 volunteers of NSS took part in the rally on 1st October 2016.

Visit to Police Station on Awareness of Crime Prevention :

On 13th Jan 2017, all NSS volunteers were introduced to the various functions of the police department and the use of E-lost app by Circle Inspector Mr. Subramanya, Sub inspectors Mr. Arun and Mr. Dhananjaya at their police station.



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BLOOD DONATION CAMP

SPECIAL CAMP FOR FREE CANCER SCREENING FOR WOMEN

IRIS

Swami Vivekananda Jayanti Celebration :

On 18th Jan 2017, 100 NSS volunteers participated in the celebration of Swami Vivekananda Jayanti celebration organised by NSS unit of Bangalore University in palace ground.

Blood Donation Camp :

On 28th Jan 2016 NSS unit organized a blood donation camp in our campus, Kidwai memorial institute on Oncology, Bangalore visited to our college collected nearly 100 units of blood which helps to the cancer patients in the same institute.

Special Camp:

Our college NSS unit had organized a special camp for a week, from 6th Feb 2016 to 12th Feb 2017 Athivatta village Near Hoskote. Nearly 60 NSS volunteers were actively involved in the camp create health awareness among village people. During the camp days, NSS unit organized free health check camp in association with MVJ hospital, Hoskote and free cancer screening test for women in association with Kidwai institute of oncology. The NSS volunteers created awareness on demonetization in India and use of E-money through various events.

Asst. Prof. Stephen Babu
Co-ordinator

RED CROSS WING

Red Cross Day

The college takes pride in initiating the formation of Red Cross Club at its campus and registering it with the Red Cross Society, Karnataka. The cell was inaugurated on 23rd July 2017 Saturday, at 10.00 am, under the steward ship of the co-ordinators Mr. Deepu B and Ms.Vasantha to guide students to take up various roles of social responsibilities.

Red Cross Day Celebration:

The chief guest of the Red Cross day was Dr. Amala Selven, celebrated with great enthusiasm and aspiration by the faculty members and students. There were many competitions conducted by Red Cross club to encourage the students and the winners of the competition were awarded with certificates. The chief guest speech was very inspiring to the students, and it was an immense pleasure to have such a respectable person among us. The programs were conducted successfully with the spirit of social service and great ideals for serving the humanitarian cause.

Red cross committee of St Anne's degree college for women's conducted a blood donation camp on 28th January 2017 in association with Kidwai memorial institute of oncology.



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Self Study Report – Cycle-II



National Service Scheme



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



Self Study Report – Cycle-II



Placement

Counseling Cell

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Self Study Report – Cycle-II

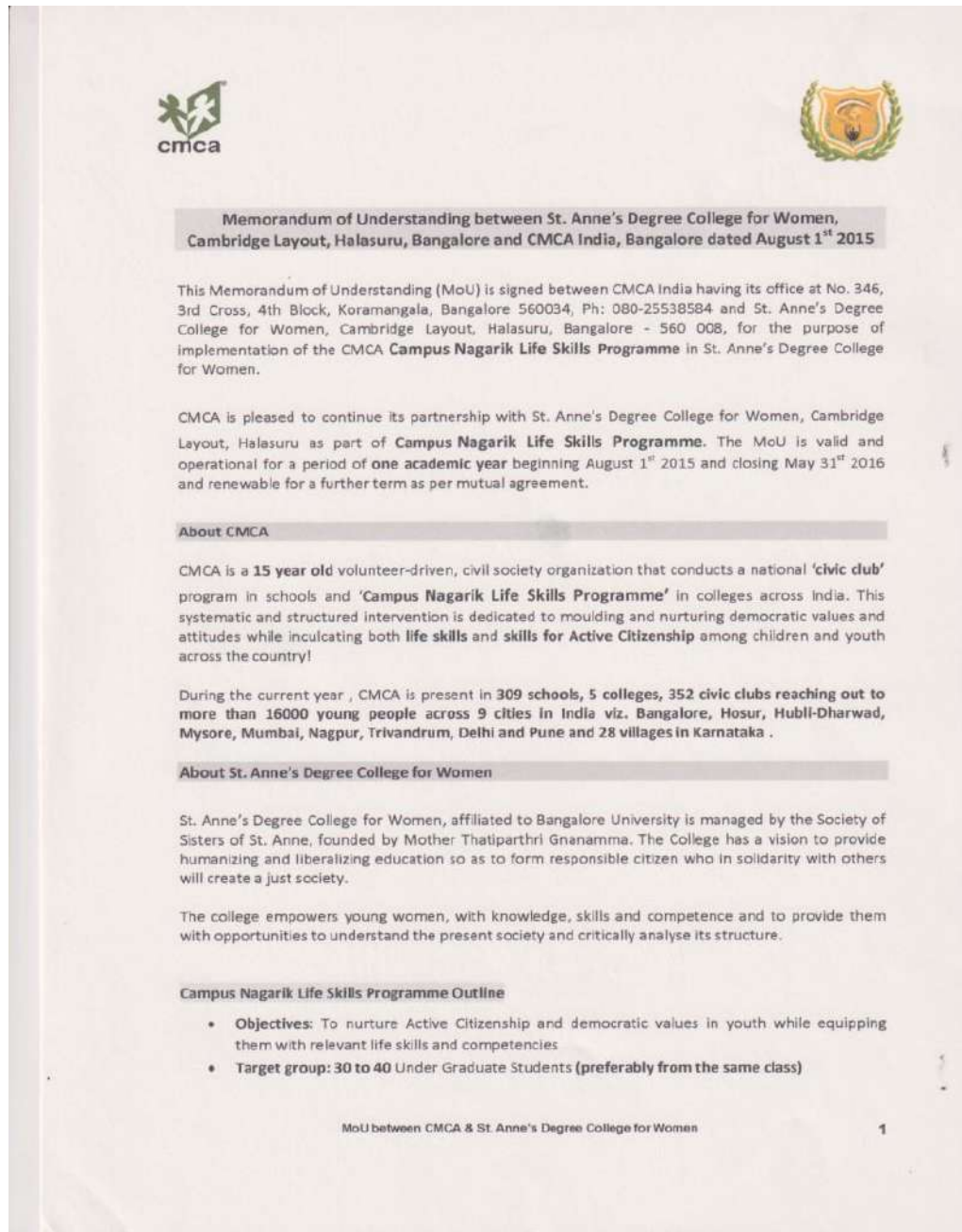
LIFE SKILLS

(Yoga, Physical Fitness, Health & Hygiene)

2015-16



CAMPUS NAGRIK LIFE SKILLS PROGRAM





Self Study Report – Cycle-II



- **Duration of the programme: 2 semesters** (August 2015 to May 2016). This includes approximately 24 hours of sessions and activities.

Expected Outcomes

- Increased critical knowledge of social, civic, political and environmental issues among students
- Positive attitudinal shift towards equality, secularism and celebration of diversity
- Enhanced life / citizenship skills such as critical thinking, empathy, interpersonal communication, self confidence, self esteem, assertiveness, participation, negotiation, problem solving, and conflict resolution
- Increased incidence of problem resolution in the campus and its environs due to increased Acts of Active Citizenship by Youth Club Members

Programme Structure & Responsibilities

Activities	Time Line	Key Responsibility
Relationship building and signing MOU	July - August 2015	CMCA & St. Anne's Degree College for Women
CMCA Campus Nagarik Life Skills Programme orientation to students and launch of the Youth Civic Club activities for 2015 -16	August - September 2015	CMCA
Thematic Input sessions for the club members (<i>including external resource person</i>)	Distributed throughout the entire duration of the programme i.e., August 2015 to May 2016	CMCA
Fieldtrips and projects such as campus profiling, neighbourhood surveys etc.	October 2015 – January 2016	CMCA & St. Anne's Degree College for Women
Advocacy campaigns and problem resolution	August –December 2015	CMCA
Reflection, evaluation and conclusion of the club activities	April – May 2016	CMCA & St. Anne's Degree College for Women

Responsibilities of CMCA India, Bangalore:

1. To institute a new Youth Civic Club in **St. Anne's Degree College for Women** for a period of two semesters
2. To ensure Youth Civic Club sessions and activities are conducted as per the calendar of activities agreed upon by both the parties



Self Study Report – Cycle-II



4. To award certificates to all the Club members in recognition of their active participation in the Youth Civic Club activities
5. To administrate the **Impact Assessment** questionnaire and share the results with the principal of the college or the head of the Dept.

Responsibilities of St. Anne's Degree College for Women:

1. To fix a weekly **session period** during the regular hours and make a class room available with AV facilities for the sessions and to undertake to provide an alternative period in case the designated weekly period is cancelled due to unforeseen circumstances
2. To assign a **Lecturer - Coordinator** who would act as a nodal point of contact for logistics and arrangements
3. To provide space for display of campaign posters and other communication materials as and when necessary and requested by CMCA facilitator
4. To grant **permission** for students to participate in Youth Civic Club events and activities and support them during surveys, profiling and advocacy campaigns
5. To pay CMCA a fee of INR .350/-*45 students(or as per the strength of the club) towards course fee in two equal installments the first at the time of signing the MoU and the second at the beginning of the second semester

Note: Transportation costs for fieldtrip visits will be borne by students

For CMCA

Vrunda Bhaskar

Ms. Vrunda Rao Bhaskar
Trustee

Date: 1/8/16

For St. Anne's Degree College for Women

Nisha Joseph
Ms. Nisha Joseph
Principal

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

Date: 1/8/16



Self Study Report - Cycle-II

2015-2016 - CMCA



ST. ANNE'S DEGREE REGISTER

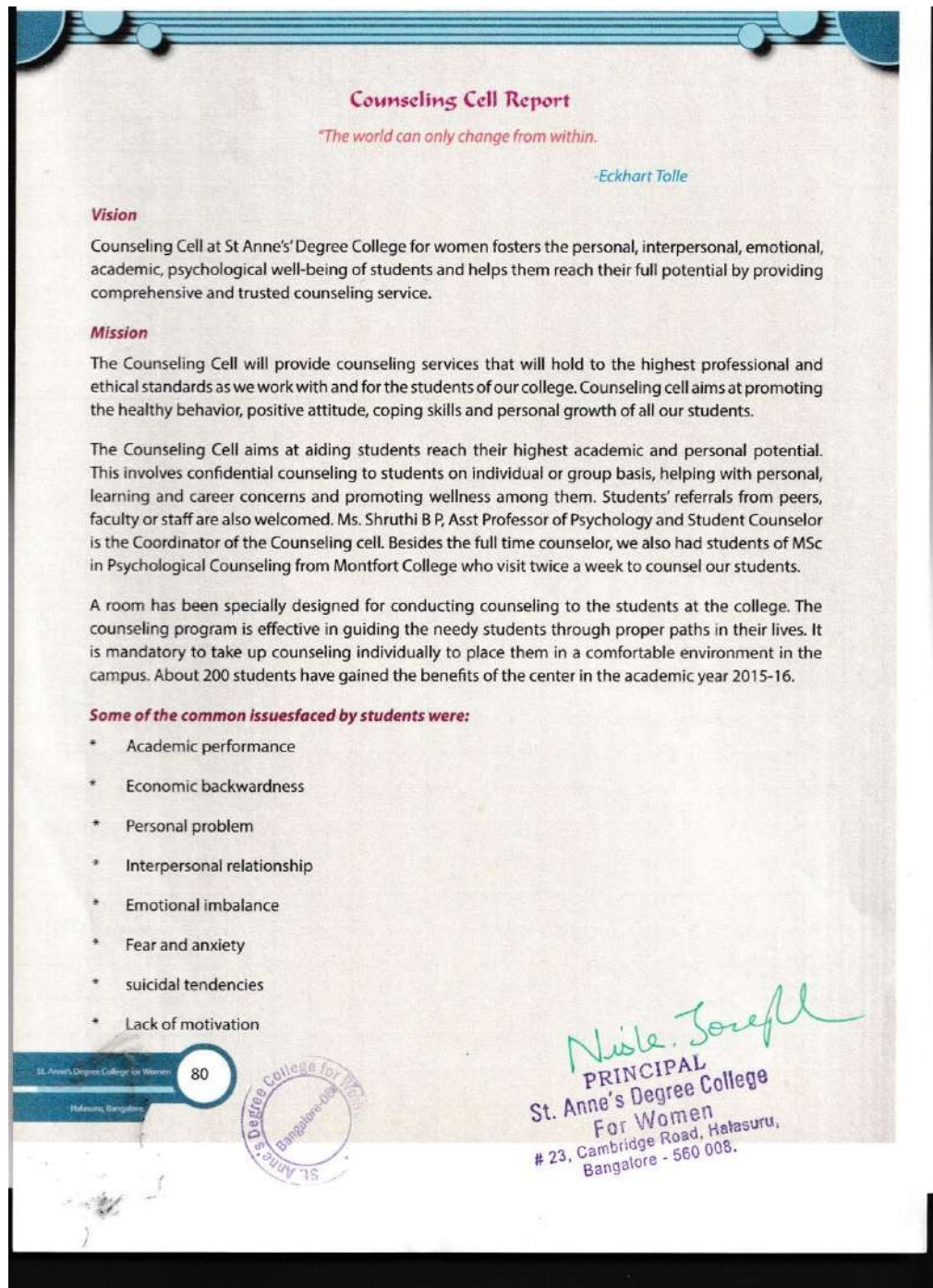
COLLEGE FOR WOMEN OF ATTENDANCE

Class.....

Sl. No.	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
36	Poornima . P	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
37	Poothi . M	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
38	Poothi . R	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
39	Prema Rani . I	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
40	Pritya . M	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
41	Prityanka . A	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
42	Prityanka . P	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
43	Rakia	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
44	Rajalakshmi . S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
45	Raksha Jain	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
46	Rakha . G	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
47	Rashma Kiran . C . K	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
48	Roseline Rita . I	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
49	Samantha Randra Palley	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
50	Sana Zehra	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
51	Sandhya . S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
52	Seetha . R	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
53	Shilpa . A	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
54	Shilpa . P	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
55	Shwetha . P . G	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
56	Sneha Jyothi . R	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
57	Sonamya . R	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
58	Sri Vidya . R	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
59	Supriya . K	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
60	Supriya . S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
61	Susmiya . S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
62	Sushmitha . V	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
63	Tejaswini . P	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
64	Vani . B	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
65	Varitha Phadip	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
66	Varsha . S . Menon	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24



JACOBSON's PROGRESSIVE MUSCLE RELAX (JPMR)





Self Study Report – Cycle-II

- * Lack of communication skills

After diagnosing the problems of the students, classes and awareness programmes were conducted. The classes and interactive programmes were given according to the needs of the students.

Some of the activities of the year include:

- * On 4th September 2015 students participated in the 'Engage to Change' competition series on the occasion of the World Suicide Prevention day-2015 conducted by NIMHANS, Bangalore. They bagged 4th rank in the team event 'Conduct a Campus Based Campaign' i.e. Rally on Suicide Prevention. It had a great outcome by creating awareness on causes and prevention of suicide among the people.
- * Jacobson's progressive muscle relaxation technique (JPMR) was conducted for the students suffering from stress on 5th august 2015.
- * We also conducted group counseling for the students with common issues like Academic anxiety, Time management, Stress Management etc on 8th September 2015.
- * Activities like team building, group decision making were conducted on the students in order to improve the leadership qualities and interpersonal relationships on 22nd September 2015.

Placement Cell

St. Anne's Degree College for Women has completed the final placement process for the batch of 2015-16. The batches of BBA, BCOM (FIN), BCA, BSC (CS) and BA (RH) have completed the placement rounds. According to college has achieved 85% placement for the batch of 2015- 2016.

The following table brings to you the highlights of the placement process.

Number of participants	300
Number of offers	270
Total number of recruiters	17
Number of first time recruiters	05
Percentage of students obtaining PPO	85%
Highest domestic company salary	Rs. 1.8 lakh per annum
Highest international company salary	Rs.2.4 lakh per annum
Average salary	Rs. 2.1 lakh per annum

The regular recruiters included ICICI, HGS, GREET, FLEMING GULF, PEOPLE LOGIC, TCS, TESCO, AXIS BANK, MPHASIS, INFOSYS, ACCENTURE, NORTHERN TRUST, IBM. The new recruiters were CONCENTRIC,



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SURVEY TO ASSESS THE IMPACT OF POLLUTION AMONG TRAFFIC POLICE SANITARY HYGIENE & WASTE DISPOSAL AWARENESS PROGRAMME

service in controlling the traffic and curtailing air pollution through enforcement of emission test. In recognition for their service to the environment and the society, the eco club took the initiative to appreciate their valuable service.

*** Article Writing: 6th July 2015**

Students were encouraged to write articles on the current research and development topics. The students exhibited their writing skills. The event was held to create interest in writing and in scientific research. The articles were interesting and educational.

*** Power Point Presentation: 7th July 2015**

Power point presentation on the topic "Eco Friendly Indian Practices" was held to promote eco friendly Indian practices and to instill a sense of pride for the indigenous wisdom of ancient India. The presentations were interesting and informative. The presentation encouraged students to adapt eco friendly Indian alternatives and life style.

*** Lal Bagh Visit: 17th July 2015**

Forty-five eco club members accompanied by the faculty visited lal bagh for eco system study. The students studied the different flora. They visited the bonsai garden and appreciated the beauty of the botanical garden. The students developed a sense of appreciation for nature.

*** Survey to Assess the Impact of Air & Noise Pollution, and Effect of stress Among the Bangalore Traffic Police - 8th August 2015**

Eco club conducted a survey to study the impact of air and noise pollution and occupational stress among the Halasuru traffic police. Ten of the first year BA students interviewed around 22 traffic police to study the impact of air and noise pollution and also the impact of stress on their health. The survey questions also covered their dietary habits and occupational stress. The survey found an increasing level of air and noise pollution in Bangalore and its adverse effects on the public and the traffic police in particular. The amount of stress also seems to be high among the traffic police

*** Sanitary Hygiene and Waste Disposal Awareness Program - 26th August 2015**

Eco club organized a sanitary hygiene and waste disposal awareness program to instill in student's healthy sanitary habits and encourage them to dispose the wastes appropriately. The support staff was also a part of the awareness program. She expressed her concerns and instructed the students on proper sanitary waste disposal. The students expressed appreciation for the service rendered by the support staff by thanking her and also volunteered to help during leisure. As a token of appreciation, the Eco club presented the cleaning lady with protective rubber gloves and a healthy energetic beverage. The program aimed at sensitizing the students on the importance of sanitary hygiene and its role in public health.

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Halasuru, Bangalore


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Bangalore-560008



Self Study Report – Cycle-II

SURVEY TO ASSESS THE IMPACT OF POLLUTION AMONG TRAFFIC POLICE

 St. Anne's Degree Collge for Women Halasuru, Bangalore-08		
ECO CLUB MEMBERS		
Survey to Assess The impact of Air and Noise pollution and effects of stress among the Traffic Police: 8th August 2015		
Sl. No.	Name of the Students	Class
1	KAVITHA.V	1BA
2	KEERTHI.HM	1BA
3	UMA.S	1BA
4	LEKHANA	1BA
5	SINDHU.S	1BA
6	VARSHA.C	1BA
7	RUKSHAAR	1BA
8	LAKSHMI.N	1BA
9	DHANALAKSHMI	1BA
10	HARINLP	1BA
Staff Accompanied: Ms. Kumari Veenu		


To Create a New Society
HALASURU, BANGALORE - 08

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SANITARY HYGIENE & WASTE DISPOSAL AWARENESS PROGRAMME




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Self Study Report – Cycle-II

 St. Anne's Degree Collge for Women Halasuru, Bangalore-08		
sanitary Hygiene and waste disposal awareness		
program on 26th August 2015		
Sl.No.	Name of the Students	Class
1	ASHA	IIBCOM A
2	NANCY	IIBBA
3	POORNIMA.P	IIBBA
4	MEENA.S	IIBCOM B
5	PADMA PRIYA	IIBCOM B
6	SUPRIYA	IIBCOM C
7	PRIYA	IIBBA
8	ESTHER.D	IIBBA
9	SHILPA.P	IIBBA
10	PREETI.M	IIBBA
11	POOJA.D	IIBBA
12	AMUTHA.R	IIBCOM A
13	ARCHANA.M	IIBCOM A
14	ARPITHA.S	IIBCOM A
15	AKHILA.R	IIBCOM A
16	BINDHU.M	IIBCOM A
17	CHAITRA.S	IIBCOM A
18	CHANDHANA.C	IIBCOM A
19	CHANDRIKA.S.L	IIBCOM A
20	BRINDHA.N	IIBCOM A
21	BHAVYA.R	IIBCOM A
22	DEEPTI.V	IIBCOM A
23	DEEPIKA.P	IIBCOM A
24	HARSHA.G	IIBCOM A
25	HARINI.R	IIBCOM A
26	JENIFER.R	IIBCOM A
27	JEEVITHA.C	IIBCOM A
28	JOHNCY.S	IIBCOM A
29	LEENA.A	IIBCOM A

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Nisha. Joseph



Self Study Report – Cycle-II



National Service Scheme

National Service Scheme is a Nobel experiment in academic expansion. It inculcates the spirit of voluntary work among the students and teachers through sustained community interaction. It brings academic institutions closer to society. We started our enrollment procedure for the current academic year in the month of June 2015 and 110 students joined as NSS volunteers for the year. Rev. Mother Margaret Julie, Secretary of our college and Professor Nisha Joseph, inaugurated the NSS Unit.

NSS unit has conducted various programmes under the guidance of NSS Programme Officer, Dr. Manjula B.P, Dept. of Kannada, and Mr. Stephen Babu, HOD, Dept. of Psychology.

The programs conducted are as Follows:

- Campus Cleaning Drive - As a part of National Cleaning Program of "Swachh Bharat Abhiyan", the NSS unit of our college took the initiative to clean our own campus on 3rd Oct 2015.
- Cancer Awareness Rally was conducted on 11th Oct 2015 in association with Apollo clinic, Indira Nagar, Bangalore and nearly 100 student volunteers of NSS participated actively in the rally.
- Rally was conducted on crime prevention, in association with Ulsoor police on 17th Dec 2015.
- National Integrated Camp organized by Bangalore University Ms. Meghana, 2nd year B.com NSS volunteer represented our college in the National integrated camp 2015 organized by Bangalore University NSS unit from 4th Dec 2015 to 10th Dec 2015.
- Blood Donation Camp- On 11th Jan 2016, a blood donation camp was conducted by Kidwai memorial Institute of Oncology, Bangalore under the guidance of Dr. Prabha. NSS volunteers actively involved in the camp and nearly 76 units of blood were collected from 200 student volunteers.
- Swami Vivekananda Day- To mark the 153rd Birth Anniversary of Swami Vivekananda, a guest lecture was organized by the NSS unit at the college premises. Swami Nishtathamanada, from Ramakrishana mutt, Bangalore had been invited to give a motivational talk on Swami Vivekananda. Competitions on Essay writing and collage on Swami Vivekananda were organized for all the students from 15th and 18th January 2015. The winners were presented with certificates by Swami Nishtathmanada on this day.

NSS Special Residential Camp

Under the co-ordination of the NSS Program Officers Dr. Manjula and Mr. Stephen babu, a one-week special residential camp was organized from 4th Feb 2016 to 10th Feb 2016 at Athivatta Village, Near Hoskote.



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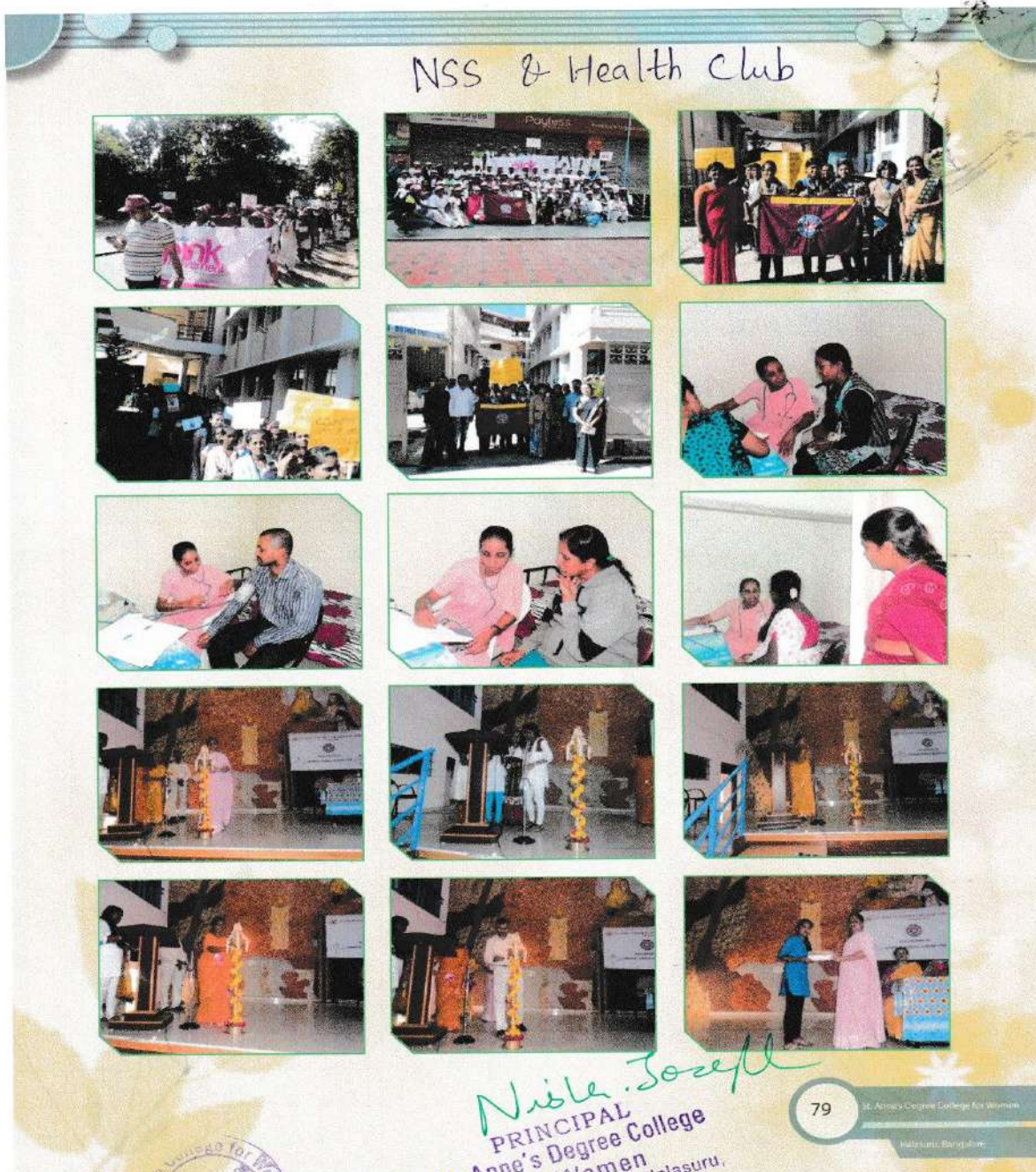
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St. Anne's Degree College for Women

Halasuru, Bangalore



Self Study Report – Cycle-II





A CLEAN-UP DRIVE

Social Leadership Club

Maria Seva Sangha - VOUCHING Mid-Day Meal Programme

A few student members of Social Leadership Club assist Maria Seva Sangha, a Non – Governmental Organization in maintaining and checking vouchers of the Mid-day meal programme of their organization. The organization provides scholarship for these students.

Traffic Control in front of School and College

On 12-08-2015, as the next initiative towards Social Responsibility the co-ordinator of Social Leadership Club requested the Sub inspector of police, Halasuru Traffic Control to include students of Social Leadership Club in controlling Traffic in the front of our college and school.

A Clean-Up Drive Activity (as part of swachh bharath abhiyan)

On 7th January 2016, Social Leadership Club conducted a clean up drive as part of Swachh Bharath Abhiyan Programme. The student members of the club were taken to Bazaar Street, Halasuru at 10.00a.m. Few members of the club also gave awareness to the shopkeepers about the cleanliness and neatness on the road. We were glad to receive positive response from the public. The roads were cleaned and awareness was created among the shopkeepers on maintenance of cleanliness in and around the premises of their respective shops.

Social Awareness

On 9th January 2016, the members of social leadership club had visited government schools in Jogupalya, Bangalore. There were Tamil, Kannada, Urdu medium students. The members conducted a seminar on social awareness for the students for the betterment of society regarding abduction of children and swachh bharat. We had a great response from the students who played an important role in the seminar. We had an interactive session where the students actively participated along with all the group members.

Asst.Prof. Ramya
Department of Commerce
Coordinator-Social Leadership Club

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Halasuru, Bangalore

St. Anne's Degree College for Women
Bangalore-08

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Self Study Report – Cycle-II

*** Eco Spirituality & Ozone Day Celebration: 16th Sept 2015**

Ozone Day celebration began with the screening of documentaries on ozone layer depletion, global warming and conservation of natural resources. The animation title "Animals Save the Planet" received much appreciation from the audience as the concept of energy conservation and conservation of natural resources was presented in a very interesting, humorous and creative style.

Later that afternoon a team of around 50 students accompanied by the faculty Ms. Venu, visited Saint Anthony's Miracle Park, located in T C Palya, to practice eco spirituality. St. Anthony's miracle park provided the right serene and tranquil atmosphere for meditation amidst nature's scenic beauty. The students sat in deep meditation relaxing the mind and feeling immense gratitude for mother earth. The students prayed for the planet's wellbeing and the wellbeing of the entire human race and all living creatures. After practicing eco spirituality, the students felt a sense of gratitude for mother earth, felt relaxed, peaceful, spiritually strengthened and experienced a surge of positive energy.

*** Environment Awareness Program: 11th Jan 2016**

A team of five Eco club members headed by Assistant Professor A. Kumari Venu visited Govindhamma School, Jog Palya Primary School and Murphy Town Government School to spread awareness about protecting the environment and keeping the environment clean, personal hygiene and waste segregation.

Asst.Prof. Kumari Venu,
Department of Environmental Studies
Coordinator, ECO Club



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Halasuru, Bangalore-08		
ECO CLUB MEMBERS		
Environment Awareness Program in schools:		
11th Jan 2016		
Sl.No.	Name of the Students	Class
1	SNEHA.A	IIBCOM C
2	SONALI	IIBCOM C
3	CHANDINI	I BSC(PMC)
4	HARSHITHA	I BSC(PMC)
5	ARCHANA.S	I BSC(PMC)
Staff Member Accompanied:		
Kumari Veenu		



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The Secretary & Camp Advisory Rev. Sr. Margaret Julie, Principal Prof. Nisha Joseph and the NSS Program officers accompanied 60 students for the one-week special residential camp.

Camp themes

- Environmental Awareness including preservation of natural resources and conservation of cultural/historical heritage,
- Day-to-Day use of Science and Technology
- Health Awareness,
- Leadership and Personality Development Training and Yoga Practices in Life.

Special lectures and discussions were conducted for the volunteers on the above topics each day.

During this camp, we conducted the following activities for the empowerment of the villagers:

Campsite and Village Visit

We conducted a detailed survey of the village and interacted with the villagers so as to plan out activities for them.

Village Developmental Activities and Cleaning

Students effectively participated in village development activities, bio diversity gardening activity, health awareness issues like, cancer, hazards of tobacco consumption etc and cleaning programme.

Drama for villagers

We conducted a social awareness drama, highlighting the importance of education of a girl child, illiteracy, cleanliness, caring for old people and child labour. The response of the villagers was overwhelming.

Games for Village children

Games were organized for the village children. They really brought back our childhood memories with their enormous response and zeal.

The student's participation and involvement was appreciated by the people around and left the students with a thought that they have their own share in making the world a better and a happy place for every individual to live in.

The chief guest for the Valedictory Programme was Principal, Prof. Nisha Joseph, St. Anne's Degree College for Women and Guests of honor were Mr. T. Muniyappa Social Worker, Mr. C. Nagaraj, Social Worker, Mr. Channasandra, and Mr. Keshwa Social Worker. The 7-day residential camp was a great experience for each of the volunteers.

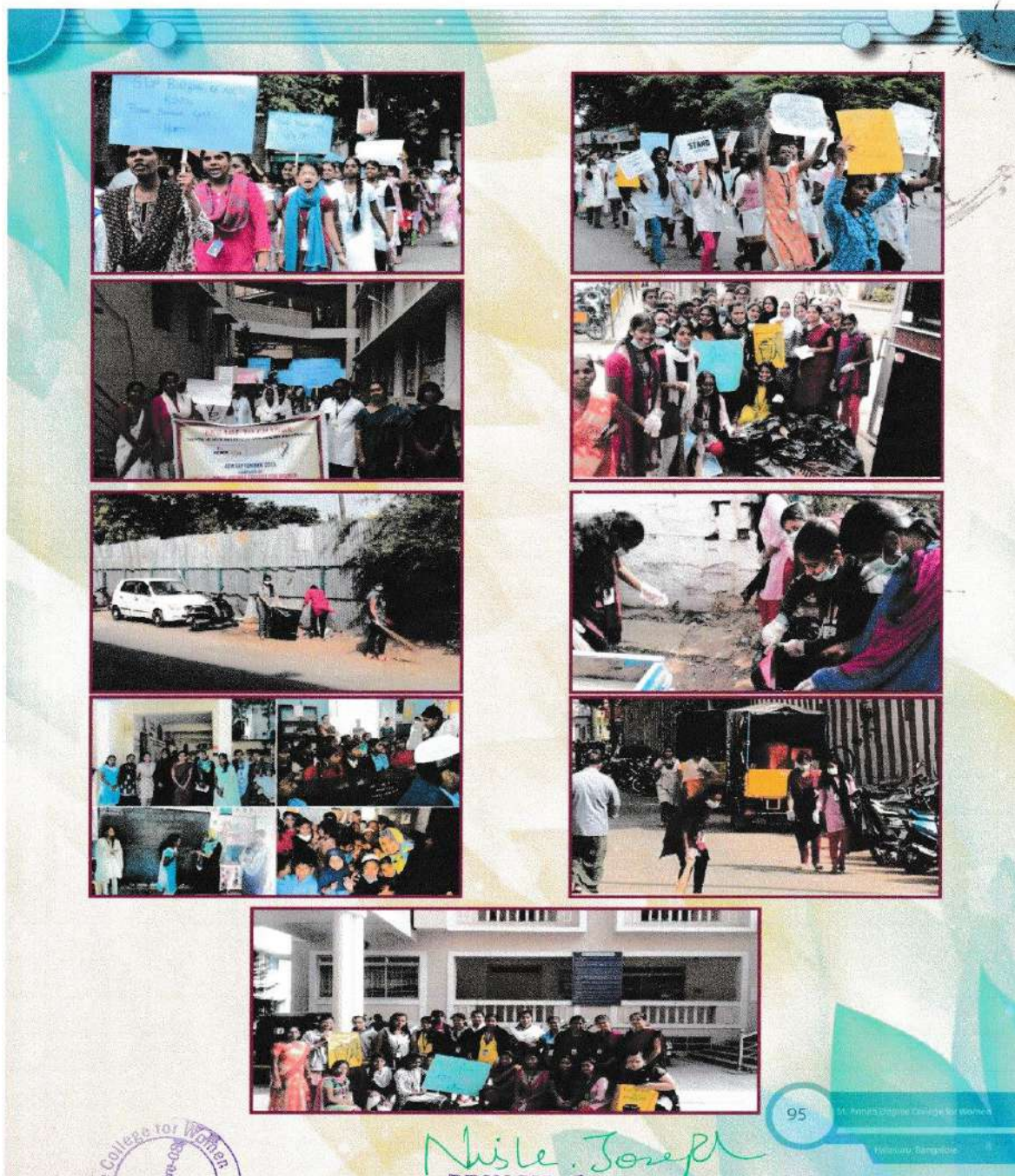
**Prof. Stephen Babu, HOD,
Department of Humanities**



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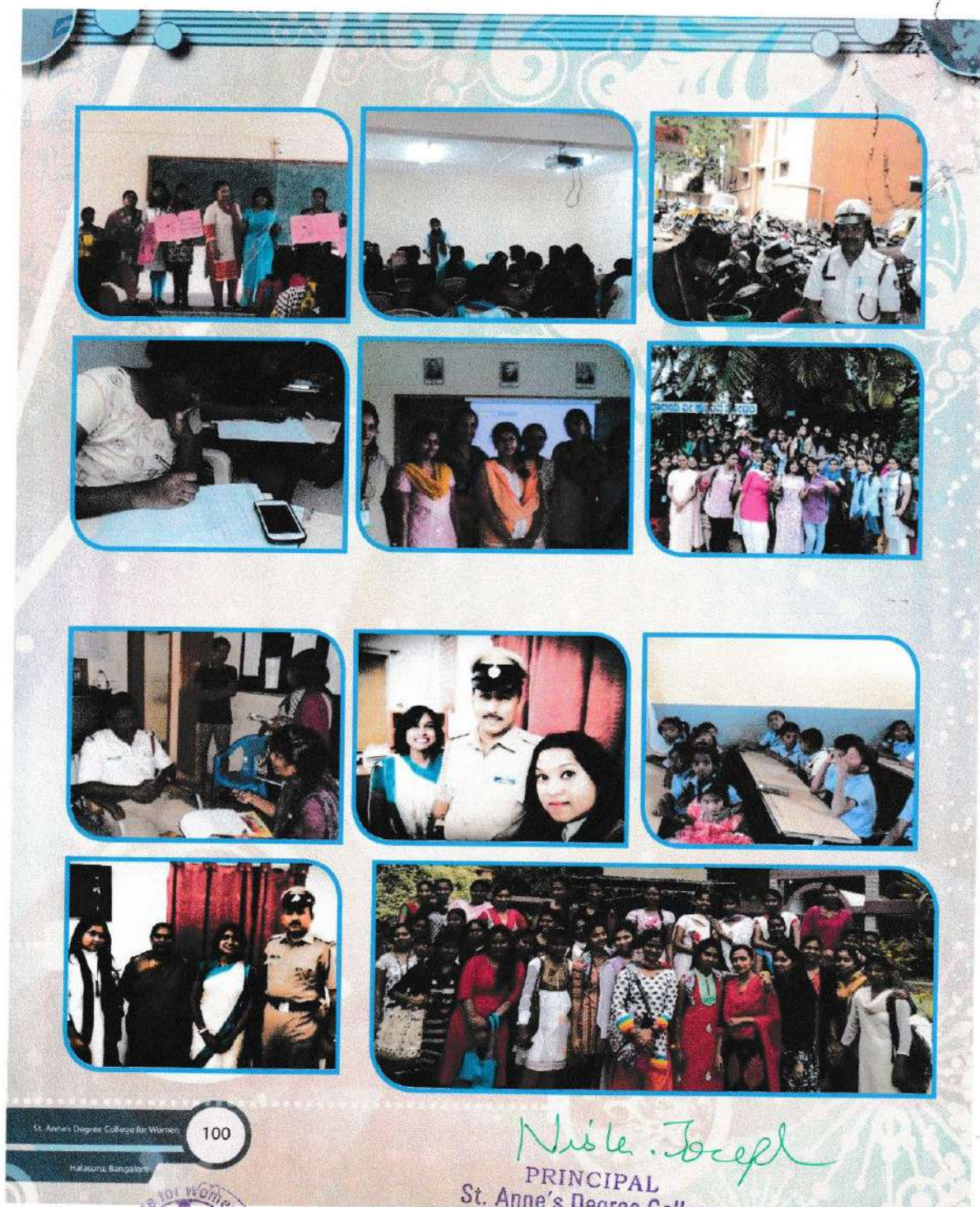
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Halasuru Bangalore



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