



ST. ANNE'S DEGREE COLLEGE FOR WOMEN

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



5.1.3

Life skills

(Yoga, Physical Fitness, Health & Hygiene)

2022-23



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5.1.3

Life skills

(Yoga, Physical Fitness, Health & Hygiene)

2022-23

Index

Sl.no	Activities	Pg.no
1	Campus Clean Campaign, Swach Bharath Abhyan	03-14
2	Blood Donation Campaign	15-18
3	General Cancer Awareness, Cervical Health Awareness, Medical check-up camp	19-31



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Swatch Bharath Abhiyan
2022-2023

Cambridge Road cleaning and
Campus Clean Campaign

Date

18/11/2022


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

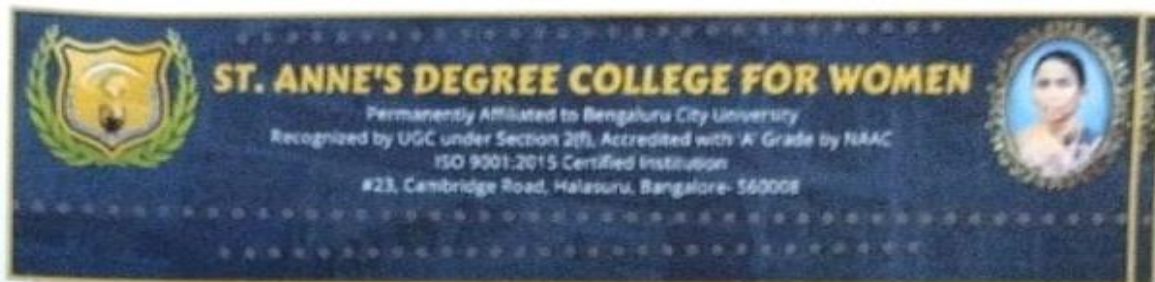



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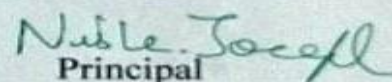


Campus Clean Campaign

The NSS volunteers of the college along with the NSS officer Dr. R. Ramesh Naik and Asst. Prof Ravi Prakash and Asst. Prof Albert Fidelis HOD of Humanities participated in the campaign on 18th Nov 2022. The volunteers cleaned the college campus, Throw ball court and the surroundings of Cambridge road in line with objectives of Swatch Bharath Mission Principal Prof. Nisha Joseph and Sr. Rani addressed students on the importance of cleanliness and that being the duty of every individual to keep their surrounding clean.

The NSS captain Ms Smriti Shirin R led the team of 30 volunteers for the campaign.


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


Principal
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NSS VOLUNTEER

SWACH BHARATH ABHYAN

SL NO	NAME	CLASS	SIGN
1	Bhavya	1 st BBA	
2	Agalya	1 st BBA	
3	Tharashree	1 st BBA	
4	Chandhana	2 nd BBA	
5	Shekinah	2 nd BBA	
6	Tanishaa	2 nd BBA	
7	Tehrim	1 st BCA	
8	Sangetha	2 nd BCOM	
9	Uma shakthi	2 nd BCOM	
10	Priyanka R	2 nd BCOM	
11	Hesha	1 st BA	
12	Varshini	1 st BA	
13	R Abinya	1 st BCOM	
14	Thanushree	1 st BCOM	
15	Kavya N	1 st BCOM	
16	Urmila	1 st BCOM	
17	Sangitha	1 st BCOM	





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NSS VOLUNTEER

SL NO	NAME	CLASS	SIGN
18	Sanjana VK	1 st Bcom	
19	Sathya	1 ST Bcom	
20	Sanjana	1 ST Bcom	
21	Shree Krithika	1 ST Bcom	
22	Abinaya	1 st Bcom	
23	Chandana	1 st Bcom	
24	Trisha S	1 st Bcom	
25	Krithika	1 st Bcom	
26	Thanushree N	2 nd Bcom	
27	Jenisha Janu	1 st BCA	
28	Pragathi	1 st BCA	
29	Anju	1 st Bcom	
30	Hebhziba	1 st BA	
31	Thaniya	1 st BA	
32	Chithra	2 nd Bcom	
33	Jose Mary	2 nd Bcom	
34	Arokaya Mary	2 nd Bcom	





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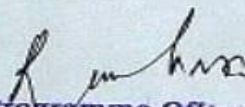


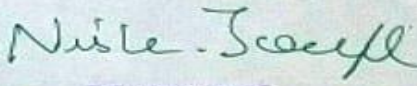
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SL NO	NAME	CLASS	SIGN
35	Shiny	2 nd Bcom	
36	Smriti Shirin	2 nd Bcom	


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

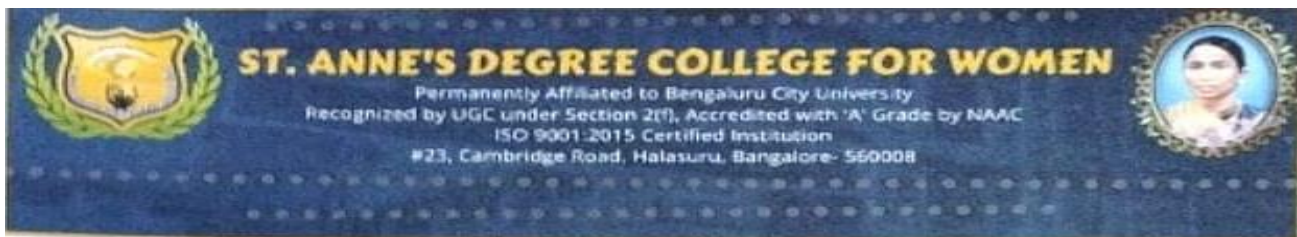

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SWACHH BHARATH ABIAN, CAMPUS CLEANING AND CAMBRIDGE CLEANING
DATE : 18/11/2022





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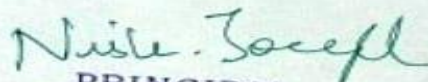
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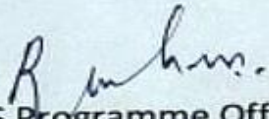
NSS UNIT

ROAD SAFETY AND AWARENESS PROGRAMME

2023

Name of the Activity : ROAD SAFETY AND AWARENESS
PROGRAMME
Date : 05/01/2023
Timings : 10:45 AM TO 12:15 PM
Venue : HALASURU TRAFFIC POLICE STATION,
CAMBRIDGE ROAD, BENGALURU- 08

Total No of NSS Volunteers participated: 30


NSS Programme Officer

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




Principal

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ROAD SAFETY AND AWARENESS PROGRAMME REPORT-2023

(NSS) Volunteers participated in "Road Safety Awareness program" on the occasion of "National Road Safety Awareness Month 2023" (From 05th January)" which is on 05-01-2023.

Every Year Central Government plans a programme of National Road Safety Awareness month but from this year with the aim of reducing the Road accidents and decrease victims by 50% by the end of 2025, State Government planned to conduct the same program for a month.

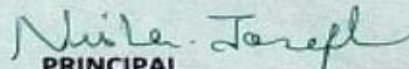
Rev. Sr. Margaret. Dr. Fatima Mary Secretary, spoke few words about how Traffic has increased and how few people are irresponsible not following rules and guidelines. All the rules and regulations to be followed while driving.

Dr. R. Ramesh Naik NSS Programme Officer and Dr. K. Mohan Babu He told's everything with suitable examples so the students can understand and implement them. Also explained about various symbols Mandatory symbols, Cautionary symbols and Informatory symbols. Finally all the people gathered taken a pledge that we all will follow the rules and make others to follow and be safe. Along with them Unit Program officers, 30 Volunteers of all units and other students attended.


NSS PROGRAMME OFFICER

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



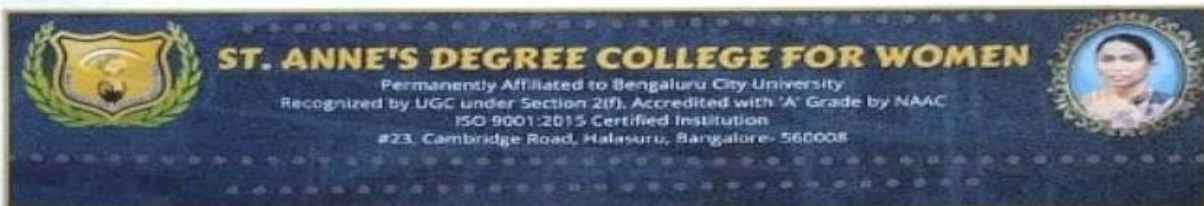

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NSS UNIT

ROAD SAFETY AND AWARENESS PROGRAMME

2023

Student Attendance List

Sn.	Name	Signature
01.	Trisha	Trisha
02.	Sathiya	Sathiya
03.	Anushree	Anushree
04.	Chandana. R	Chandana R
05.	Tanushree	Tanushree
06.	Rajalakshmi	Rajalakshmi
07.	Nikila	Nikila
08.	Soundarya	Soundarya
09.	Divya	Divya
10.	Sanjana	Sanjana
11.	Ayesha	Ayesha
12.	Heena	Heena
13.	Priyanka	Priyanka
14.	Kousalya	Kousalya
15.	Kousalya . S	Kousalya . S
16.	Priti	Priti



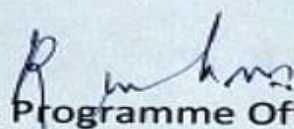


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17.	Varshini	Varshini
18.	Tanija	Tanija
19.	Sneha	Sneha
20.	Shushmitha. k	Shushmitha
21.	Sneha Rajendran	Sneha Rajendran
22.	Sangavi (vice-captain)	Sangavi
23.	Shivani	Shivani
24.	Chitra	Chitra
25.	Aishwarya. S	Aishwarya
26.	Fatima	Fatima
27.	Abinaya	Abinaya
28.	Archana	Archana
29.	Tejashwini	Tejashwini
30.	Smriti. (NSS Captain)	Smriti


NSS Programme Officer

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

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NSS UNIT

ROAD SAFETY AND AWARENESS PROGRAMME PHOTOS

05/01/2023






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St. Anne's Degree College for Women,
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 **DONATE
BLOOD &
SAVE LIVES**

Blood Donation Camp

*Organised by NSS unit in collaboration with
Redcross*

Time: 10:00 am onwards *Date:* 07-02-2023

Venue: Auditorium

Rev.Sr.Dr. Margaret Fatima Mary
Secretary and Administrator

Prof.Nisha Joseph
Principal

Dr. R . Ramesh Naik
Nss Programme Officer

Redcross Coordinator
Ms.Vasantha pillai





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BLOOD DONATION CAMP NSS VOLENTEERS

STUDENT ATTENDECES LIST

DATE 07-02-2023

1.	RAKSHITHA JENNIFER. D	Rakshitha
2.	PRATHYUSHA. S	Prathyusha
3.	RADHIKA. S	Radhika
4.	JENNIFER VARSHA	Jennifer
5.	RANJITHA	Ranjitha
6.	AMLOSPAUA MARRY	Amlospaua
7.	RELANYA	Relanya
8.	MAYA NANCY	Maya Nancy
9.	JAISHREE. G	Jai shree
10.	ABINAYA	Abinaya
11.	PRESCILLA	Prescilla
12.	TULASI. AS	Tulasi AS
13.	ASHWINI	Ashwini
14.	UZMA	UZMA
15.	POOJA ABIRAMI	Pooja Abirami
16.	POOJA. R	Pooja. R



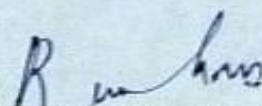


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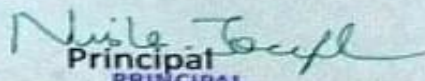
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47.	Snsa Ramachadran	Snsa Ramachadran
48.	Sangavi	Sangavi
49.	Sneha Rajendran	Sneha
50.	Sushmitha. K	Sushmitha. K.
51.	Shivani Mishra	Shivani mishra
52.	Smriti (NSS Captain)	Smriti


NSS Coordinator

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


Principal
PRINCIPAL

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KIDWAI MEMORIAL INSTITUTE OF ONCOLOGY

Dr. M.H. Marigowda Road, Bangalore-560 029.
Blood Transfusion and Immunohaematology unit

Certificate of Appreciation

Awarded to NSS UNIT ST ANNE'S DEGREE COLLEGE FOR WOMEN
in appreciation of the devoted services rendered
towards the promotion of voluntary Blood Donation
Programme of the Blood Transfusion and
immunohaematology unit of Kidwai Memorial
Institute of Oncology, Bangalore. We collected 57
Units of Blood.

Date: 7th Feb 2023


BLOOD BANK OFFICER


DIRECTOR



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CIRCULAR

5th Nov 2022

This is to inform that Health Club and The Department of Rehabilitation Science with IQAC in association with DS Research Centre will organize seminar on General Cancer Awareness on 7th Nov 2022 on "National Cancer Awareness Day" in the AV room between 11:40 AM – 12:40 PM.

Khutaija Nazneen
Ms. Khutaija Nazneen
Coordinator - Health Club

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

Shobha T
Ms. Shobha T
Head-Dept of Rehabilitation Science

Head of the Department
Department of Rehabilitation Science
St. Anne's Degree College for Women
23, Cambridge Road, Halasuru,
Bangalore-560 008

Nisha Joseph
Prof. Nisha Joseph
Principal

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**HEALTH CLUB AND
DEPARTMENT OF REHABILITATION SCIENCE
WITH IQAC IN ASSOCIATION
WITH D.S RESEARCH CENTER
ORGANIZES**

SEMINAR ON "GENERAL CANCER AWARENESS" ON NATIONAL CANCER AWARENESS DAY

**DATE
07 NOV 2022**

**TIME
11:40 -12:40**

**VENUE
AV HALL**

**Rev.Sr.Margaret
Fathima Mary
Secretary**

**Prof.Nisha Joseph
Principal**

**Ms.Khutaija Nazneen
Co-ordinator
Healthclub**

**Ms.Shobha
HOD
Rehabilitation science**



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Health Club Report 2022-23

Guest Session On General Cancer Awareness

A guest session on "General Cancer Awareness" conducted on National Cancer Awareness Day by the Health Club and Department of Rehabilitation Science with IQAC in Association with D.S Research centre on 7th of November 2022 from 11:40-12:40 in A.V.Hall. Students from B.com and Rehabilitation Science participated in the session. We invited Dr.Divya, (BAMS, MD Ayu), from D S Cancer Research Centre, Halasuru, Bengaluru. She detailed about the warning signs of cancer like Change in Bladder habits, A sore that does not heal,, Unusual bleeding or discharge, Thickening or lump in the breast or elsewhere, Indigestion or difficulty in swallowing, Obvious change in wart or mole, Naggng cough or hoarseness of voice and Unintentional weight loss. She informed participants that significant portion of cancer could be prevented through lifestyles changes and cancer outcomes are significantly better if identified the symptoms and diagnosed early.

The session ended by clarifying doubts by students with Dr.Divya. The session proved to be very helpful to all the participants on getting awareness about the disease cancer on curing and precautions.



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



Nisha Thell
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28th of January 2023

CIRCULAR - Health Club

This is to inform that Health Club in collaboration with IQAC and in association with D S Research Centre will organize a guest session on "Cervical Health Awareness Session" on 30th of January 2023 in room 53 at 11:45am to 12:45pm. The resource persons are Dr. Divya and Ms. Geeta Dietician.

Khutaija Nazneen
Ms. Khutaija Nazneen
Co-ordinator

Health Club

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

Nisha Joseph
Prof. Nisha Joseph
Principal

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Cervical Health Awareness Session

The month of January is observed as 'Cervical Cancer Awareness Month', the Health Club in collaboration with IQAC and in association with D S Research Centre organized "Cervical Health Awareness Session". Dr.Divya, and Ms. Geeta Dietician from D S Research Centre delivered an awareness session on 30th of January 2023 between 11:45-12:45pm in room 53 to educate our students of young minds and raise awareness about cervical health.

Understanding Women's health issues related to Cervix also known, as Birth Canal cannot be ignored anymore. Presence of abnormal cells in Cervix increases the risk of Cancer Development in Cervix. The purpose of this session is to give valuable awareness and understanding of cervical cancer, its causes, and the importance of early detection, HPV vaccination and to save as many Lives as possible. She also stressed on the importance of vaccines for human papillomavirus or HPV infections.

Ms. Geeta, Dietician from D.S. Research Centre emphasized on dietary changes, especially to avoid on sedentary foods and adopt health food habits that can lower cancer risk substantially. By understanding the causes and risk factor through the Trusted Source from this session, our students can take steps to lower their risk of developing cervical cancer. They can also learn how to recognize the symptoms and seek support. It was a good opportunity for understanding the conditions on cervical cancer, ways of sharing information and resources with friends, family and close community around them. Overall the session proved to be very informative and interactive among students with concerned resource persons.



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

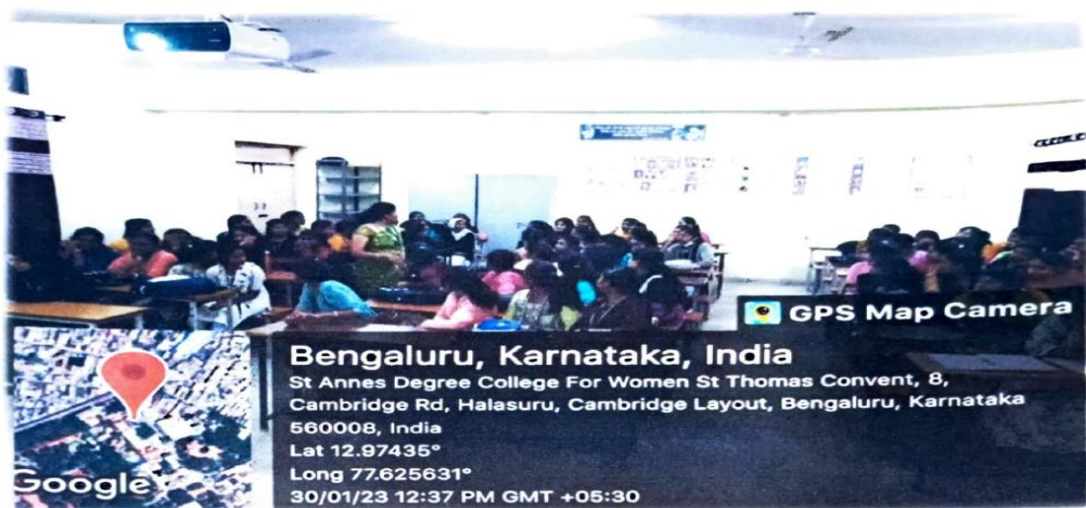


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Bengaluru, Karnataka, India

St Annes Degree College For Women St Thomas Convent, 8,
Cambridge Rd, Halasuru, Cambridge Layout, Bengaluru, Karnataka
560008, India
Lat 12.97435°
Long 77.625631°
30/01/23 12:37 PM GMT +05:30



Bengaluru, Karnataka, India

St Annes Degree College For Women St Thomas Convent, 8,
Cambridge Rd, Halasuru, Cambridge Layout, Bengaluru, Karnataka
560008, India
Lat 12.97435°
Long 77.625631°
30/01/23 12:45 PM GMT +05:30

Khutaje Nomen
Coordinator
Health Club

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



Nile Joseph
PRINCIPAL
St. Anne's Degree College
For Women
23, Cambridge Road, Halasuru,
Bangalore



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Permanently Affiliated to Bengaluru City University
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Mime and Gynecologist session on Menstrual Health and Hygiene

The Health Club in collaboration with Red Cross Cell and IQAC in associated with the St. Anne's Hospital, Mysore had organized an exclusive day for the fresher's batch 2023-24. The college organized Mime and Gynecologist Talk on Menstrual Health and Hygiene. The program was conducted in the auditorium on 14th July 2023 at 9:30 am



Bengaluru, Karnataka, India

St Annes Degree College For Women St Thomas Convent, Halasuru, Cambridge Layout, Bengaluru, Karnataka, India

Lat 12.996737°

Long 77.600351°

14/07/23 09:40 AM GMT +05:30

Our St. Anne's Hospital Team performed the Mime at 9:30 am to 10:00am, it emphasized on the importance of saving water and to save trees for a better future. The mime also portrayed about Organ Donation – "Be A Hero, Be An Organ Donor". It created awareness and impact among the students on importance of every scene highlighted in the Mime.

The next programed was followed by the talk of the Resource Person Rev.Dr.Sr.Mary at 10:00am to 11:00am. She provided great information about Menstrual Health by explaining the process of Female Menstruation. She also spoke on how the girls had to keep themselves hygienic during that time.

Rev Dr. Sr. Mary provided valuable information in a very interactive and simple way. The students keenly listened and gained insight from her.

Khushi Nozreen

Coordinator
Health Club

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



Nile Joseph

PRINCIPAL

St. Anne's Degree College
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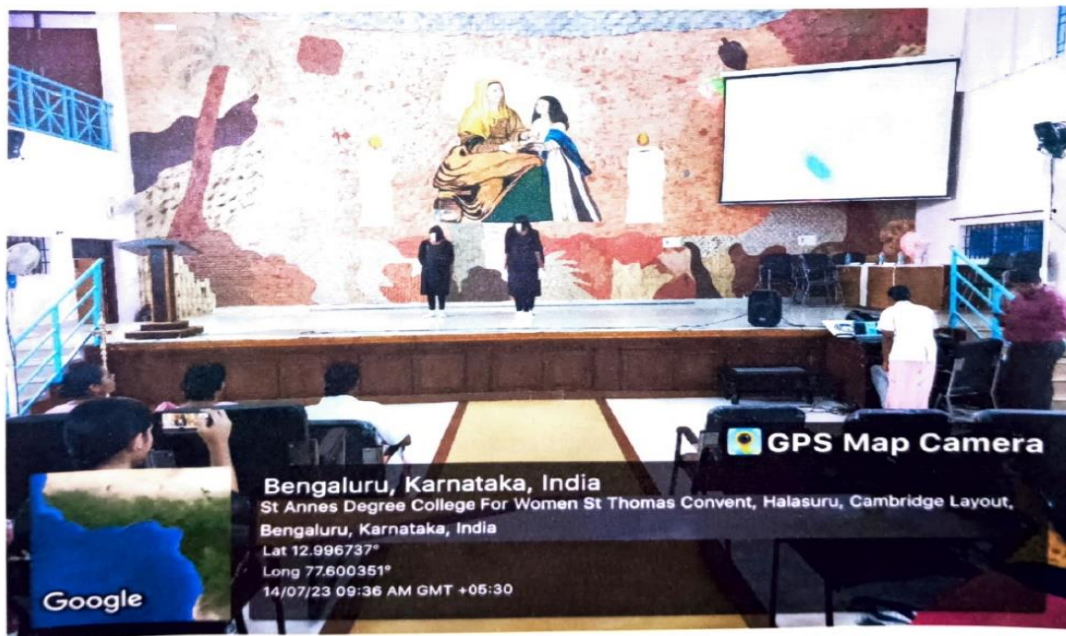
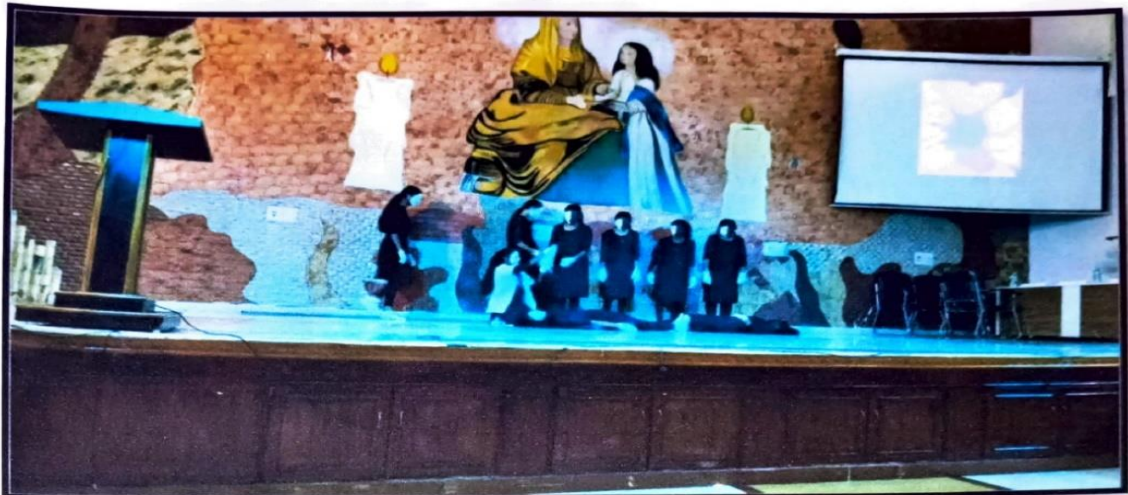


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Mime Performance



Khulase Nozner
Coordinator
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St. Anne's Degree College for Women,
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11th July 2023

CIRCULAR - Health Club

This is to inform that the Health Club in collaboration with IQAC in association with St. Anne's Hospital, Mysore is organizing Medical Checkup Camp in the College campus for Students, Teaching and Non-Teaching staff on 14th July 2023, Friday at 11:00 A.M. onwards.

Please note the following:

- Students who are interested need to give your name for medical check up to the health club members (names can be referred in college diary)
- Teaching, Non teaching and Supporting staffs will avail the services at your convenient hours.

Khutaija Nazneen
Ms. Khutaija Nazneen
Co-ordinator

**Coordinator
Health Club**

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



Nisha Joseph
Prof. Nisha Joseph
Principal

**PRINCIPAL
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Medical Check up Camp

The Health Club in association with IQAC and in collaboration with St Anne's Hospital, Mysore organized Medical health check up camp on 14th July 2023 in the College campus quadrangle for students, teaching, non-teaching staff and support staff from 10AM to 3PM

The counters were set up which began from Registration followed by weight /height check, BP check, Blood group check, HB, GRBS check and finally Doctor consultation by Dr. Rev. Sr.Mary

Below are the details of the number of beneficiaries of the camp.

Number of students: 157

Number of Teaching staff and Non- teaching staff: 27

Number of Support staff: 14

Total beneficiaries: 200



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



Nisha Joseph
PRINCIPAL
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Bangalore - 560 008.



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Nisile Joseph

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

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





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Khutajj. Nazneen
Coordinator
Health Club

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ST. ANNE'S HOSPITAL ಸೆಂಟ್ ಆನ್ಸ್ ಆಸ್ಪತ್ರೆ



Date: 14 /07/2023

TO WHOM SO EVER IT MAY CONCERN

This is to certify that I Dr.Mary, MBBS, MS-OBG made a visit to St. Anne's Degree College for Women on 14.07.2023 and examined the students on their general health. The health Check was done as general physical examination of the body covering Height, Weight, Blood Pressure, Pulse Rate, Blood Group, HB & GRBS check

Total Number of Students benefited from Medical Checkup Camp 157.

Total Number of Teaching, Non-Teaching and Supporting Staffs benefited from Medical Checkup Camp 43

Place: Halasuru, Bangalore

Dr. Mary Velanganni, MBBS, MS-OBG

Date: 14/07/2023

Dr. Mary Velanganni
no. 90768



Jettihundi, Beerihundi Post, Gaddige Main Road, Mysuru 570026.

Ph: 0821 297 0269 | Mob: +91 80953 92650

E: stanneshospitaljet@gmail.com | W: www.stanneshospitals.com

