



# SJR

Sri Jagadguru Renukacharya Education Society®

ಎಸ್. ಜಿ. ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು

## College for Women

(Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC).

#1/D, 59<sup>th</sup> 'C' Cross, 4<sup>th</sup> 'M' Block, Rajajinagar, Bengaluru-560 010.

Phone: 080-23381734, 23359474, E-mail: principal@sjrcw.edu.in.

Website: www.sjrcw.edu.in

### 7.1.1 Annual gender sensitization action plan



# SJR

Sri Jagadguru Renukacharya Education Society®

ಎಸ್. ಜಿ. ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು

## College for Women

(Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC).

#1/D, 59<sup>th</sup> 'C' Cross, 4<sup>th</sup> 'M' Block, Rajajinagar, Bengaluru-560 010.

Phone: 080-23381734, 23359474, E-mail: principal@sjrcw.edu.in.

Website: www.sjrcw.edu.in

Ref: SJRCW/ CIR / 74 / 2022-23

Date: 18.06.2022

### GENDER SENSITIZATION ACTION PLAN

Gender awareness and sensitization helps in curbing the gender bias prevailing in the society. In this regard SJR College for Women aimed to bring attitudinal changes in student's behaviour which would help in empowering girls to achieve their goals and face the society. The confidence building is done by organizing workshops related to women's health and women empowerment. Measures initiated by the institution for the promotion of gender equity and sensitization during last five years by various committees, cells and fora by inviting eminent personalities in their respective fields to enlighten participants and by conducting related activities. These programs aim to inculcate values of equality, inclusivity and diversity which are essential for building a healthy society. Gender sensitization and legal awareness programmes with a mandate to safe guard the constitutional rights of Women in all walks of life and every part of society.

#### Gender sensitization action plan for 2016-17

- Sakhi Counselling Cell and Youth Red Cross Committee - Health awareness program, Blood donation, Free Eye and Heart check up camp for Staff, Students and Community
- National Service Scheme - AIDS and Blood donation awareness program
- National Service Scheme - Fabric painting workshop
- ED Cell - Job skill training : Jewellery making, Tailoring, Embroidery
- Women Empowerment Cell - Candle making workshop
- Student Welfare committee - Jewellery making workshop
- Sports forum - Yoga classes
- Cultural Forum - Ethnic week : Mehendi, Rangoli, Hair style and Makeup

Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10



Scanned with  
CamScanner



# SJR

Sri Jagadguru Renukacharya Education Society®

ಎಸ್. ಜಿ. ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು

College for Women

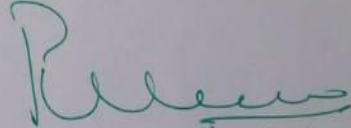
(Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC),  
#1/D, 59<sup>th</sup> 'C' Cross, 4<sup>th</sup> 'M' Block, Rajajinagar, Bengaluru-560 010.  
Phone: 080-23381734, 23359474, E-mail: principal@sjrcw.edu.in,  
Website: www.sjrcw.edu.in

Ref: SJRCW/ CIR / 74(a) / 2022-23

Date: 18.06.2022

## Gender sensitization action plan for 2017-18

- Youth Red Cross Committee – Polycystic ovary syndrome(PCOS) Awareness, Brain and Memory power, Free Heart & Eye check up camp for Staff, Students and Community
- Human Rights Cell & Anti-Ragging Cell - Guest lecturer on Impact of human rights on society
- National Service Scheme - Women's health & menstrual hygiene management, Seminar on importance of Yoga
- ED Cell - Job oriented training programmes like advanced Tailoring, Embroidery and Tassels
- Sports Forum - Yoga classes
- Cultural Forum - Ethnic week : Sari draping, Nail art and Rangoli

  
Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10



Scanned with  
CamScanner



# SJR

Sri Jagadguru Renukacharya Education Society®

ಎಸ್. ಜೆ. ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು

College for Women

(Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC).

#1/D, 59<sup>th</sup> 'C' Cross, 4<sup>th</sup> 'M' Block, Rajajinagar, Bengaluru-560 010.

Phone: 080-23381734, 23359474, E-mail: principal@sjrow.edu.in,

Website: www.sjrow.edu.in

Ref: SJRCW/ CIR / 74 (6) 2022-23

Date: 18.06.2022

## Gender sensitization action plan for 2018-19

- Human Rights Cell and Anti Ragging Cell Lecture on Women's Rights
- Commerce Department - Workshop on Financial literacy
- PG Department of Commerce - Guest lecture on Women Entrepreneurship
- Psychology Department - Talk by a Psychologist
- National Service Scheme and Youth Red Cross Committee - General health check up camp for Staff, Students and Community
- Kannada Sangha - Panel discussion
- Jana Janeyara Balaga - Guest lecture
- Sports Forum - Yoga classes and Self defence
- Women Empowerment Cell - Women's day celebration
- Cultural Forum - Ethnic week : Sari draping, Mehendi and Rangoli

Principal

S.J.R. College for Women  
Rajajinagar, Bangalore-19



Scanned with  
CamScanner



# SJR

Sri Jagadguru Renukacharya Education Society®

ಎಸ್. ಜಿ. ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು

College for Women

(Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC).

#1/D, 59<sup>th</sup> 'C' Cross, 4<sup>th</sup> 'M' Block, Rajajinagar, Bengaluru-560 010.

Phone: 080-23381734, 23359474, E-mail: principal@sjrcw.edu.in,

Website: www.sjrcw.edu.in

Ref: SJRCW/ CIR / 74(6) / 2022-23

Date: 18.06.2022

## Gender sensitization action plan for 2019-20

- Human Rights Cell and Anti Ragging Cell - Guest lecture on women rights and responsibilities by inviting an alumni of SJRCW as a speaker
- Kannada Department - Seminar on "Mahile, Samaja Mathu Samskruti"(Women, Society and Culture)
- English Department - Poster making activity on Women harassment & Social media
- Sports Forum - Self defence classes and demonstration
- Women Empowerment Cell - Women's day celebration
- Cultural Forum - Ethnic week : Mehendi, Jewellery making, Rangoli, Hairstyle and Makeup

Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10



Scanned with  
CamScanner





ESTD : 1945

# SJR

Sri Jagadguru Renukacharya Education Society®

ಎಸ್. ಜಿ. ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು

## College for Women

(Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC).

#1/D, 59<sup>th</sup> 'C' Cross, 4<sup>th</sup> 'M' Block, Rajajinagar, Bengaluru-560 010.


Phone: 080-23381734, 23359474, E-mail: principal@sjrcw.edu.in, Website: www.sjrcw.edu.in

Ref: SJRCW/ CIR / 74(6)/ 2022-23

Date: 18.06.2022

### Gender sensitization action plan for 2020-21

- Equal Opportunity Cell - National Girl Child Day by organising Article writing competition
- Anti Ragging & Anti Sexual Harassment Cell - Seminar on issues related to Ragging
- Youth Red Cross Committee - Webinar on Nutrition, Menstrual hygiene, PCOD and Lump to Laughter And to organize Eye check up camp for staff and students
- Anubandha (Alumni association) - Webinar on Natural Hair Care
- Women Empowerment Cell - Talk on Women Empowerment and Women's week celebration
- Various Departments - Activities/ Webinars related to Covid – 19
- Cultural Forum - Ethnic week : Mehendi, Jewellery making, Rangoli, Hairstyle and Makeup
- ED Cell - Quilling Earrings, Bangles making activity
- Installation of Sanitary napkin vending machine in all the floors of the College

  
Principal

S.J.R. College for Women  
Rajajinagar, Bangalore-10



Scanned with  
CamScanner

## 7.1.1 Gender Equity and sensitization in Curricular and co-curricular activities

2020-2021

SJRC College for Women Rajajinagar, Bengaluru-560010			
7.1.1 Gender Equity and sensitization in Curricular and co-curricular activities			
SL. NO	Forum/Club/Committee	Date	Event
1	Women Empowerment Cell	11-12-2020	1. National Level Webinar on "Effective Strategies for Women Empowerment" by Mrs. Nagarathna Banjagere, Coordinator, Aasare, Women Organization
		1-3-2021 to 6-3-2021	2. Women's week celebration by arranging various events like One minute game, Lagori, Treasure hunt, Rangoli, Fashion show and Twin-day
		08-03-2021	3. Women's day celebration by inviting women achiever Mrs. Punitha Sadashivaiah ILS, Public Relation Officer, Ministry of Defense, Govt. of India, was the chief guest for the women's day
2	ED cell	21-05-2021	1. One day webinar on "Govt. Schemes for startup and Qualities to Become a Successful Entrepreneur" by Sri Mohan E, CEO, Infinite Desire
		30-07-2021	2. Online Quilling Earrings making activity
		19-08-2021	3. Bestowing ceremony of 4 Sanitary napkin vending machine by Lions Club of Bengaluru Megacity
		06-08-2021	4. Online Quilling Bangles making activity
		21-09-2021	5. Bestowing ceremony of 10 Electronic Tailoring machines by Lions club of Bengaluru Megacity
3	Alumni association	15-5-2021 and 17-5-2021	Webinar on "Natural Hair Care" by Nethravathi Ramesh, Trichologist
4	Youth Red Cross	03-09-2020	1. Webinar on "Nutrition, Menstrual hygiene, PCOD, Breast and Cervical Cancer Awareness" by Dr. Kalpana, MBBS, DRCOG, DGO
		18-01-2021	2. Free Eye checkup in association with Divyadrishti Eye Hospital and Health Checkup with Aster RV Hospital
		23-01-2021	3. Essay on "Malnutrition in Women and cause of Anemia - symptoms and treatment"
		04-02-2021	4. Webinar on "Lump to Laughter" by Dr. Jayanthi Thums, Lead Surgeon - Breast Oncology, Apollo Hospital
		26-02-2021	5. Caption writing activity to commemorate International Women's Day
		24-05-2021 to 28-05-2021	6. Student development program on "Transformation through flowers and words" by Dr. Preethi Gnanasekar MD (Acupuncture)
5	Equal Opportunity Cell	28-07-2021 and 21-8-2021	7. Vaccination Drive in association with Equal Opportunity Cell
6	Anti-Ragging and Anti-Sexual Harassment Cell	23-01-2021	On the occasion of National Girl Child Day Inter Collegiate Article Writing Competition for UG and PG students on Topics: 1) Empowering girl through Education: Issues, Challenges and Opportunities 2) My Favourite Women Achiever
7	National Service Scheme (NSS)	25-01-2021	National Voter's Day
		27-07-2021	Webinar on "Say no to Raging" by Nanjappa Kalegowda, Advocate, President Karnataka State Legal Cell
		22-02-2021	1. NSS Volunteers participated in "Fit Bengaluru for Fit India" programme organised by FIT INDIA
		03-03-2021	2. Online Essay writing on Covid-19
		11-05-2021	3. Poster making and article writing on Covid-19 or Oxygen deficiency or importance of planting the trees
		14-05-2021	4. Webinar on "Covid second wave precaution and vaccination" by Dr. Jyoti Lakshmi, General Physician
8	Kannada Department	10-07-2021	5. Vaccination Drive
		08-10-2020	Online Essay writing competition on "Vidyarthigala Shaikshanika abhivruddige corona kantaka"
9	Surabhi- Hindi Club	07-11-2020	Essay competition on Corona -19
10	Compete- Sports Club	16/6/2021 to 21/6/2021	Yoga week celebration 2021 on the occasion of international yoga day
			16/6/21: Poster Making
			17/6/21: Online yoga competition
			18/6/21: Essay writing competition
			Topic -Yoga for health
			19/6/21: E-Quiz
			20/6/21: Student's conference
			Topic -1. Yoga for health
			2. Importance of yoga in mental health and physical fitness
11	Biotechnology Department	01-06-2021	21/6/21: Yoga Day celebration
			Online Poster making on Covaxin / Covidshield / Sputnik V Vaccines
12	Botany Department	03-06-2021	Online 2 minutes video clippings/ short video making competition on "Mucormycosis-fungal disease incidence in times of Covid 19, how to avoid and overcome it"
13	Vaccination Drive	17-4-2021 and 28-6-2021	Vaccination drive for staff and students

### 1. Women Empowerment Cell

- National Level Webinar on "Effective Strategies for Women Empowerment " by Mrs. Nagarathna Banjagere, Coordinator, Aasare, Women Organization on 11-12-2020

**SJR College for Women**  
Rajajinagar, Bengaluru- 560010  
**WOMEN EMPOWERMENT CELL-Dhwani**  
**Report on**  
**ONE DAY STATE LEVEL WEBINAR**  
**Program on -11<sup>th</sup> December 2020**

WOMEN EMPOWERMENT CELL-Dhwani has organized, One Day state level webinar on the topic "EFFECTIVE STRATEGIES FOR WOMEN EMPOWERMENT" on 11<sup>th</sup> December 2020 for the Faculty members, students of UG and PG and Research Scholars across the state. The Webinar was scheduled between 1:00pm to 2:30pm, through Google-meet online platform. Around 150 participants have attended the webinar.

The webinar was presided by Dr. Vedamurthy, K.B President, SJRES.

The resource person for the One Day State level webinar program has been Mrs. Nagarathna Banjagere, Co-ordinator, Aasare Women Organization, Haroballi, Bengaluru.

The main objective of this One Day State level webinar was:-

**To enlighten the E-Participants on the various avenues available for Empowering Women in this global era.**

One day state level webinar started, with the anchoring from Mrs. Roopa S, Assistant Professor, Department of Kannada. The Programme has been followed by invocation song by Raksha & Rashmi III B Com I Students. The welcome speech for the program, was given by Mrs. Sunitha Kale, Assistant Professor, Department of English. Further the Resource person's Introduction has been given by Mrs. Sowmya, Assistant Professor, Department of Chemistry.

Resource person has enlightened the E-Participants on the topic "Effective Strategies for Women Empowerment". She gave exhaustive information on, how transformation is taking place on Indian women's status. The summary of Mrs. Nagarathna Banjagere madam's talk during the session were as follows:

- Important of Education and Higher learning for Empowering the women in global world.
- Need for a Financial Independence for women.
- Necessities of self-confidence among women to face all kinds of emergencies and uncertainties in life.
- Significances of women in bring up children in one's family.
- Finally, all this possible through self-education and awareness which will definitely inspire underprivileged women in the society others and will change the world as well.

Before concluding the Program, the resource person, has taken up Q & A session and clarified the various doubts of the participants. Before concluding the program Dr. Prema Siddharaju madam, Principal, SJRCW spoke and elaborated on the recent life style of women and emphasized her role in the family. The program was concluded with the vote of thanks from Mrs. Chandrakala, Librarian. Webinar received overwhelmed responses from E-Participants. More than 250 participants have registered for the webinar.

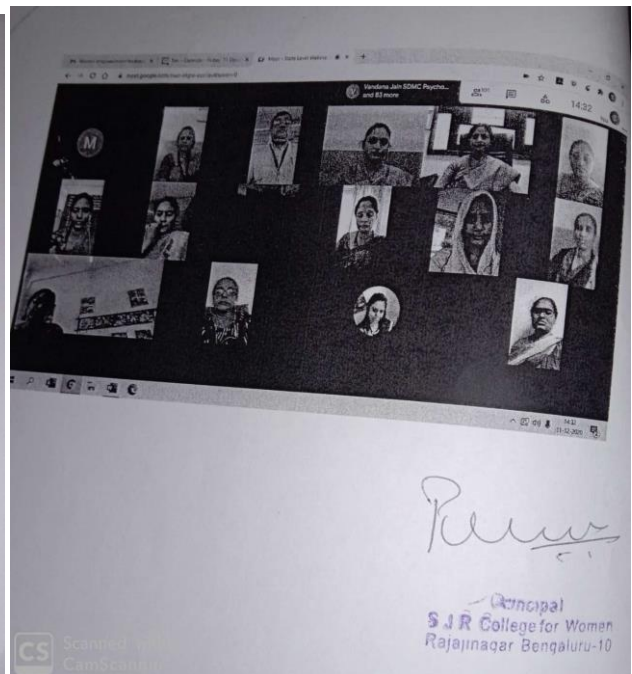
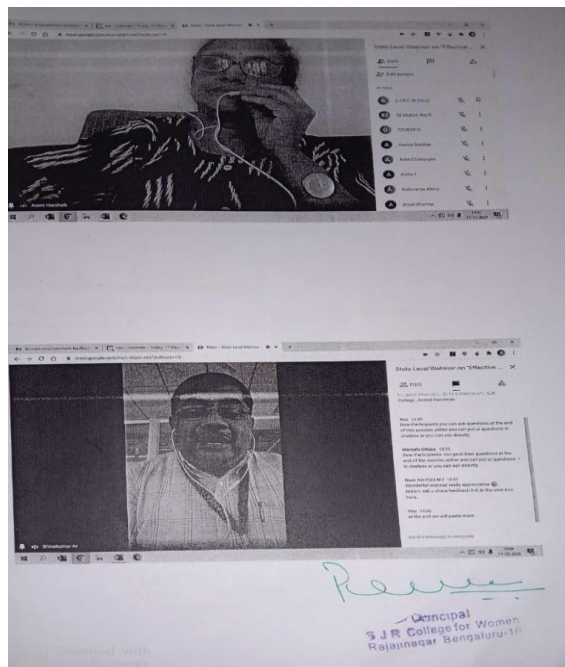
*Chairperson*  
Women Empowerment Cell

*Principal*  
Principal  
SJRC College for Women  
Rajajinagar, Bengaluru-10

*Principal*  
Principal  
SJRC College for Women  
Rajajinagar, Bengaluru-10

Scanned by TapScanner

Scanned by TapScanner



- Women's week celebration by arranging various events like One minute game, Lagori, Treasure hunt, Rangoli, Fashion show, Twins-day from 1-3-2021 to 6-3-2021

**SJR** Sri Jagadguru Renukacharya Education Society®  
 College for Women  
 (Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC).  
 BUD, 50' C' Cross, 4' M' Block, Rajajinagar, Bengaluru-560 010.  
 Phone: 080-23381734, 23355474, E-mail: principal@sjrow.edu.in, Website: www.sjrow.edu.in

Ref: SJRCW/ CIR / 026 / 2020-21 Date: 26.02.2021

**WOMEN EMPOWERMENT CELL**  
**Circular**

As a part of International Women's Day celebration on 8<sup>th</sup> March 2021, Women Empowerment Cell is celebrating a Women's week from 01.03.2021 to 08.03.2021 and conducting a week long dress code for students of SJRCW and SJRPUCW.

The following are the details of the event

Day	Date	Color Code
Monday	1.3.2021	Pink
Tuesday	2.3.2021	Red
Wednesday	3.3.2021	Green
Thursday	4.3.2021	Yellow
Friday	5.3.2021	Twins Day
Saturday	6.3.2021	Blue
Monday	8.3.2021	Any Color

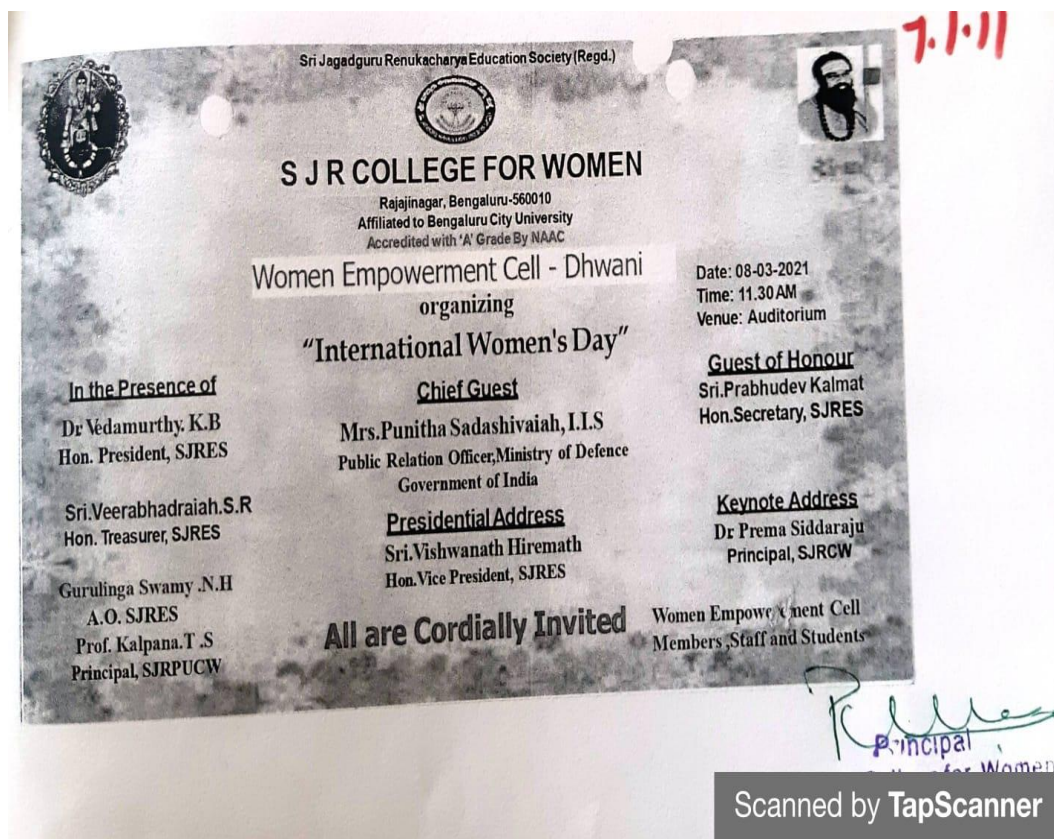
Principal SJRCW 26/2/2021  
 Principal SJRPUCW 26/2/2021  
 (Smt. KALPANA T.S.)  
 PRINCIPAL  
 COLLEGE CODE : AN-144  
 SJR Pfa-5th Cross & College for women  
 Rajajinagar, B.E. 100-560 010

Chairperson 26/2/2021  
 Women Empowerment

Scanned by TapScanner

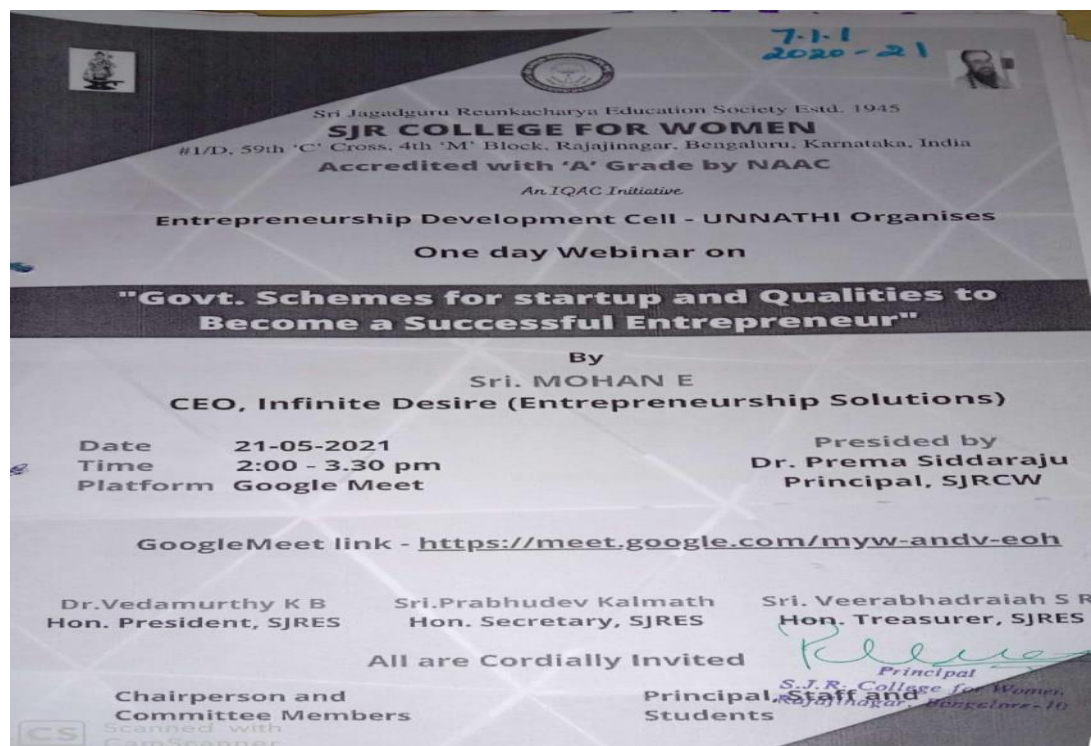
- Women's day by inviting women achiever Mrs. Punitha Sadashivaiah I.I.S, Public Relation Officer, Ministry of Défense, Govt. of India, on 08-03-2021





## 2. Entrepreneurship Development Cell (ED Cell)

- One day webinar on "Govt. Schemes for start-up and Qualities to Become a Successful Entrepreneur" on 21-5-2021





- Online Quilling Earrings making activity on 30-07-2021 and Online Quilling Bangles making activity on 06-08-2021

Likitha Anantha Padmanabha is inviting you to a scheduled Zoom meeting.

Topic: ED CELL EC CC ACTIVITY QUILLING

Time: Jul 30, 2021 02:00 PM Mumbai, Kolkata, New Delhi

Join Zoom Meeting

<https://us04web.zoom.us/j/74604462969?pwd=cmZ3bkVVZDdZT0NFZkpiYWlOU1dPQT09>

Meeting ID: 746 0446 2969

Passcode: 98VQVu

Likitha Anantha Padmanabha is inviting you to a scheduled Zoom meeting.

Topic: ED CELL EC CC QUILLING USING SILK THREAD

Time: Aug 6, 2021 02:00 PM Mumbai, Kolkata, New Delhi

Join Zoom Meeting

<https://us04web.zoom.us/j/77539281806?pwd=SzFvUGR2bWRmN2FrbGVVczR1UDR0Zz09>

Meeting ID: 775 3928 1806

Passcode: zZhXU6

*Principal*

Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

- Bestowing ceremony of 4 Sanitary napkin vending machine by Lions Club of Bengaluru Megacity on 19-08-2021

7.1.8, 7.1.1 - 2020-21

Sri Jagadguru Renukacharya Education Society. Estd-1945

**SJR COLLEGE FOR WOMEN**

#1/D, 59th 'C' Cross, 4th 'M' block, Rajajinagar,  
Bengaluru, Karnataka.

Accredited with 'A' Grade by NAAC

ENTREPRENEURSHIP  
DEVELOPMENT CELL - UNNATHI in association with

LIONS CLUB OF  
BANGALORE MEGACITY

organizes

**BESTOWING CEREMONY OF ELECTRONIC  
SEWING MACHINES TO SJRCW**

In presence of  
**Dr. Prema Siddaraju**  
Principal  
SJR College for Women

DATE - 19-08-2021 THURSDAY VENUE - SJR COLLEGE  
FOR WOMEN

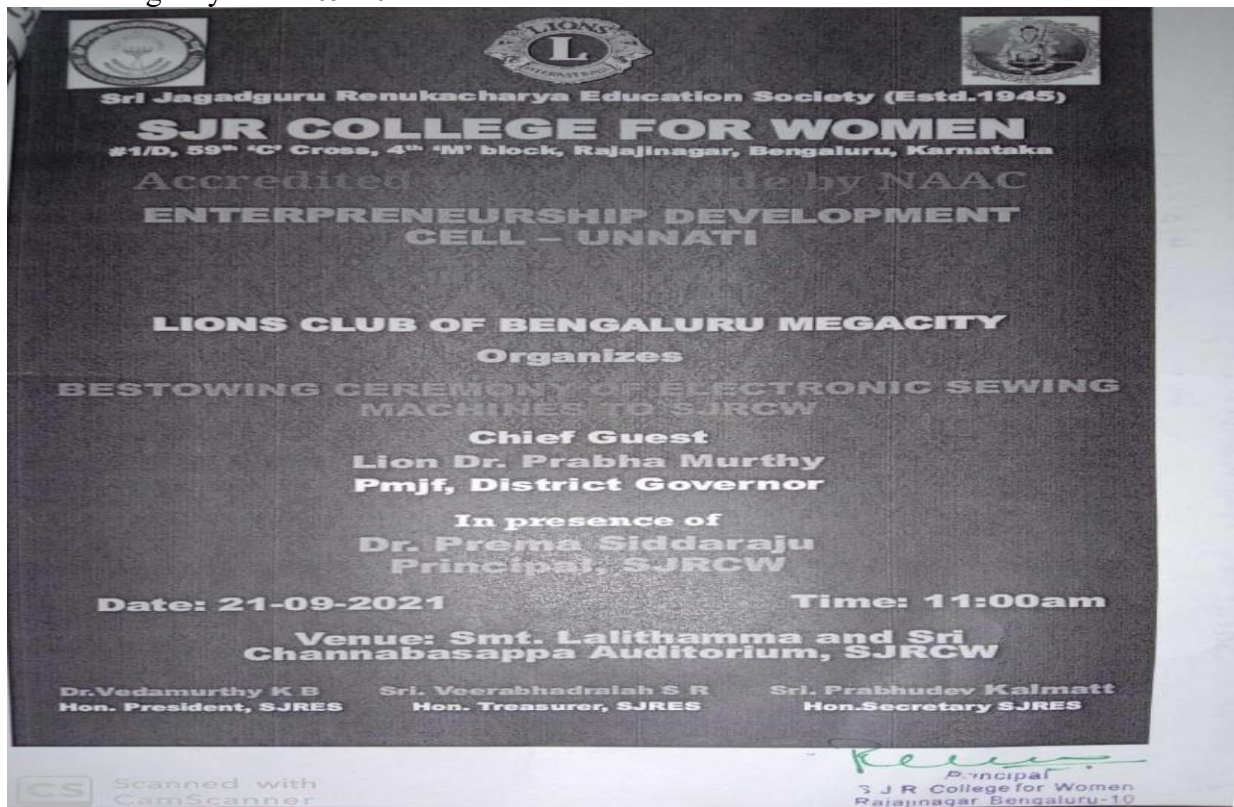
Dr. Vaidyanarayana B. Hon. President, SJRES  
Dr. Vaidyanarayana B. Hon. Treasurer, SJRES  
Dr. Vaidyanarayana B. Hon. Secretary, SJRES

*Principal*  
Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

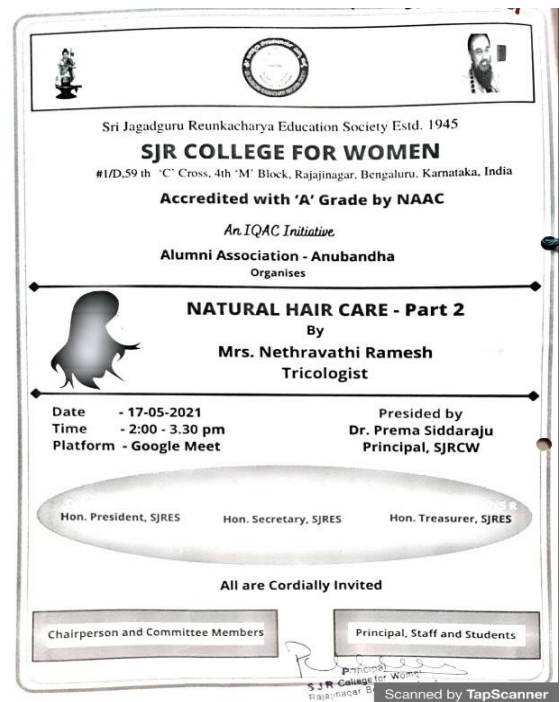
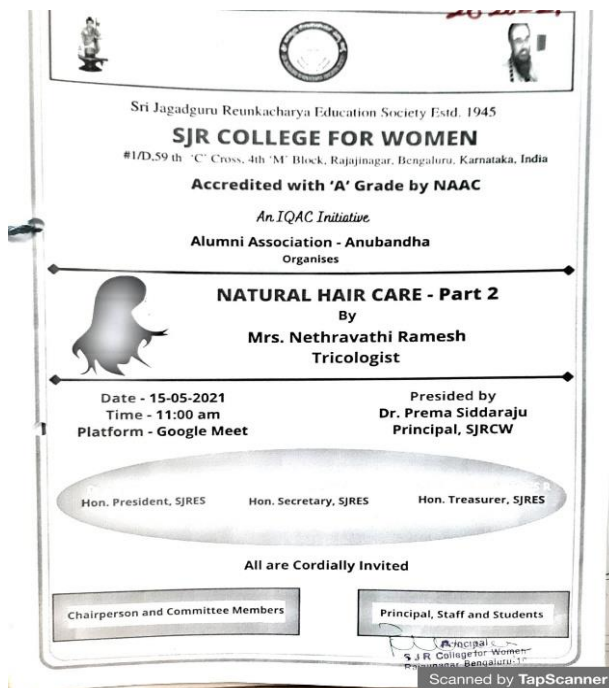


- Bestowing ceremony of 10 Electronic Tailoring machines by Lions club of Bengaluru Megacity on 21-09-2021



### 3. Alumni association - Anubandha

- Webinar on "Natural Hair Care" by Nethravathi Ramesh, Trichologist on 15-5-2021 and 17-5-2021



### 4. Youth Red Cross



- Webinar on "Nutrition, Menstrual Hygiene, PCOD, Breast and Cervical Cancer Awareness" on 03-09-2020

**S.J.R. COLLEGE FOR WOMEN**  
#1/D, 59TH 'C' Cross, 4th 'M' Block, Rajajinagar, Bengaluru, Karnataka, India  
Accredited with 'A' Grade by NAAC

**YOUTH RED CROSS COMMITTEE**  
Organizes Webinar on  
**"Nutrition, Menstrual Hygiene, PCOD, Breast and Cervical Cancer Awareness"**  
By  
**Dr. Kalpana**  
MBBS, DRCOG, DGO  
Presided By  
**Dr. Prema Siddaraju**  
Principal, SJRCW

**Keynote Speaker**  
**Prema Bhargav**  
YFS Volunteer

**Date: 03/09/2020**  
**Time: 11:00 AM to 1:00 PM**

**Sri Shivaprakash**  
Hon. President, SJRES  
**Sri Nataraj C**  
Hon. Secretary & Treasurer, SJRES

**Platform- Google Meet**

Scanned by TapScanner

**S. J. R. COLLEGE FOR WOMEN**  
Rajajinagar, Bengaluru - 10

**YOUTH RED CROSS COMMITTEE**

**Report on Webinar on "Nutrition, Menstrual Hygiene, PCOD, Breast and Cervical Cancer Awareness" conducted on 03.09.2020 organized by YOUTH RED CROSS COMMITTEE**

**Platform :** Google meet.

**Topic :** Nutrition, Menstrual Hygiene, PCOD, Breast and Cervical Cancer Awareness.

**Resource Person :** Dr. Kalpana Ashwathama, MBBS, MRCOG, DGO.

**Keynote Speaker :** Smt. Prema Bhargav, YFS Volunteer (Alumni of SJR College for Women)

**Presided by:** Dr. Prema Siddaraju Principal, SJR College for Women.

**Objective of the Webinar:**

- Creating awareness on complete balance diet, menstrual hygiene amongst the late adolescents to form a society of individuals with healthy mind and body.
- To create awareness about Polycystic Ovarian Syndrome, Breast and Cervical Cancer among Women.

**Details of the Program:**

The session began with a Welcome Speech by Smt. Hemavathi, Chairperson Youth Red Cross Committee, SJRCW, followed by introduction of the Resource Person by Ms. Saniya Sabahath, Assistant Professor, Department of English. The Keynote address was proposed by Smt. Prema Bhargav, YFS Volunteer and also an alumni of SJR College for Women. She addressed the participants about the mission of the NGO "Youth for Seva" and enlightened about the volunteers' selfless work for the upliftment of the economically backward masses of the society by teaching them for free of cost. The NGO also provides financial support to the poor students under Vidya Chetana Scholarships for their education. She also motivated the youngsters to volunteer in contributing something in the favor of the society and concluded her keynote address with the quote "Giving is receiving".

The resource person of the day was Dr. Kalpana Ashwathama, MBBS, DGO and DRCOG. She is retired Obstetrician and Gynecologist. She has served in various hospitals in India and Middle Eastern countries. Since two years she is actively volunteering in NGO "Youth For Seva" and creating awareness about health related issues. She has credit of donating blood to Children with Thalassemia and records Textbooks for visually impaired students i.e., "DWANI GRUNTH". She also takes part in Medical Camps organised by various organisations like Bengaluru Society of Cancer, Sacchidananda Ashram etc. She has been felicitated with Seva Saathi and Seva Spoorthi Award by Youth for Seva and

**S J R College for Women**  
Rajajinagar Bengaluru-10

Scanned by TapScanner

has received Certificate of Appreciation by Government of Uttar Pradesh for rendering services in Kumbh Mela 2019.

Madam commenced her speech by speaking about the belief which she practices "Prevention is better than cure" and also encouraged everyone to begin practicing this belief. She mainly focused on below topics:

- **Nutrition:** She emphasized the youngsters to follow a complete balance diet from the beginning of their teen as it helps in their Menopause period. And also focused on how the storing of calcium and iron in the body can be mobilized through walk.
- **Menstrual Hygiene:** Menstruation is a distinct step to womanhood and keeping oneself clean and comfortable during those days is a must. She also added a few Do's and Don'ts for maintaining Menstrual Hygiene.
- **Polycystic ovary syndrome (PCOS):** It is a hormonal disorder causing enlarged ovaries with small cysts on the outer edges. People with this disorder may experience symptoms like Abnormal Menstruation, Obesity, Acne and dark patches on the skin.
- **Cervical Cancer:** Caused by human papillomavirus infection which is the leading cancer in women and the second most common cancer in women worldwide. Some of the symptoms as she listed are bleeding between periods, bleeding after sexual intercourse, pelvic pain etc. Prevention is possible through Vaccine dosage from the early age of 9 and frequent pap test.
- **Breast Cancer:** This is one of the 2nd leading cause of cancer death in women and some of the risk factors as mentioned by Dr. Kalpana are alcohol consumption and in few cases it can be personal history of invasive breast cancer. The symptoms are swelling, skin irritation, distortion etc., Ways of diagnosis are mammography, screening mammography and diagnostic mammography. She gave a few preventing tips like maintaining healthy weight and diet, exercise most days of the week and self-examination.

After the question and answer session Dr. Prema Siddaraju Principal (SJRCW) delivered the presidential address and Ms. Bhuvaneshwari, Assistant Professor, Department of Computer Science delivered vote of thanks. The participants acquired knowledge about maintaining health by consuming nutritious food, performing exercises and maintaining Hygiene. On the whole the program was well appreciated by the audience. Feedback was collected and 87 E-Certificates were sent to the participants' registered email id.

**Webinar Coordinator:** Hemavathi R, Chair person, Youth Red Cross Committee, Faculty, Department of Commerce, SJRCW

**Organizing Team:** Youth Red Cross Committee Members:  
Bhuvaneshwari S, Faculty, Department of Computer Science, SJRCW  
Saniya Shabath, Faculty, Department of English, SJRCW  
Ashoka N S, Faculty, Department of Kannada, SJRCW

**Principal**  
30/9/2020  
S J R College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

- Free Eye check-up in association with Divyadrishti Eye Hospital and Health Check-up with Aster RV Hospital on 18-01-2021

**S J R College for Women**  
Rajajinagar, Bengaluru - 10

**Youth Red Cross Committee**  
Circular

Date: 16.01.2021

On account of Youth Mandara – Youth Week, under the auspices of Youth Red Cross Committee “Free Eye Check-up” in association with Divyadrishti Eye Hospital and “Health Check-up” in association with Aster RV Hospital for staff and students has been organised on 18<sup>th</sup> January 2021. Free check-up includes Eye, Health, BP and Sugar tests. Kindly make use of this opportunity.

Venue: Reading Room

Timings: 9.30 am to 3.00 pm

*[Signature]*  
Principal  
16/1/2021

Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

*[Signature]*  
Chair Person  
Youth Red Cross Committee

Scanned by TapScanner



On Account of Yuvamandara - Youth Week  
FREE Eye, Health, BP and Sugar Check up Camp  
SJR COLLEGE FOR WOMEN - Youth Redcross Committee



**Divyadrishti Eye Hospital**  
Lions Club of Bangalore Megacity



**Aster**  
RV HOSPITAL



Date : 18th January 2021 Monday

Time : 9.30 am to 3.00 pm

Place : SJR College for Women, Rajajinagar



**NAADA WORLD WELFARE TRUST**  
An Effort for the Education of Poor Children  
Free Eye Camps & Charity Musical Shows  
Mobile: 9886342853

S J R College for Women  
Rajajinagar Bengaluru-10

- Essay on “Malnutrition in Women and cause of Anaemia – symptoms and treatment” on 23-01-2021

**SJR COLLEGE FOR WOMEN**  
Rajajinagar, Bengaluru - 10

**Youth Red Cross Wing**

Report of the ECCC activities conducted during Odd semester (2021-2022)

Date	Activity
30.12.2020	Power Point Presentation on Brief History of Youth Red Cross movement. Aim, Principles, Geneva Convention, Services etc. Informed student volunteers their roles and responsibilities and gave brief insight about the activities of Youth Red Cross Committee. Session concluded with Volunteers taking YRC Pledge.
07.01.2021	Online quiz on History of Red Cross movement
09.01.2021	Poster making activity on “Swami Vivekananda Quotes” to mark Vivekananda Jayanti
23.01.2021	Essay on the topic “ <u>Malnutrition in Women and cause of Anaemia – symptoms and treatment</u> ”
04.02.2021	Webinar on “Lump to laughter – the Big C – It’s time to talk” on the occasion of World Cancer Day
26.02.2021	Caption writing activity to commemorate International Women’s Day.

44 Students from all the streams of Undergraduate course have enrolled as volunteers in Youth Red Cross Committee. Committee aims to enable the growth and development of a spirit of service and sense of duty with dedication and devotion in the minds of youth.

*[Signature]*  
Chairperson  
Youth Red Cross Committee

*[Signature]*  
Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

- Webinar on "Lump to Laughter -The Big C-it’s time to talk" by Dr.Jayanthi Thumsi, Lead Surgeon, Heart Oncology, Apollo Hospital on 04-02-2021



**S.J.R. COLLEGE FOR WOMEN**  
 #1/D, 59TH 'C' Cross, 4th 'M' Block, Rajajinagar, Bengaluru, Karnataka, India  
 Accredited with 'A' Grade by NAAC

**YOUTH RED CROSS COMMITTEE**  
 Organizes Webinar on  
**"Lump to Laughter-The Big C-It's time to talk"**  
 By  
**Dr Jayanti Thumsi**  
 Lead Surgeon-Breast Oncology  
 Apollo Hospital, Bengaluru

**Keynote Speaker**  
**Madhura Ashok Kumar**  
 All India Veerashaiva Mahasabha  
 National Women's Wing President

**Dr. Vedamurthy K B**  
 Hon. President, SJRES

**Sri Prabhudev Kalmath**  
 Hon. Secretary, SJRES

**Dr. Prema Siddharaju**  
 Principal, SJRCW

**Organizing Committee**  
 Mrs. Hemavathi.R, Chairperson,YRC,  
 Members and Student volunteers

**Platform- Google Meet**

**Date: 4th February 2021**  
**Time: 12:00 to 1:30 PM**

**Presided By**  
**K.S. Parvathy**  
 Faculty, Dept. of Biology  
 SJRPUCW

**SJR College for Women**  
 Sri Jagadgurum Remakshaya Education Society  
 (Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC)  
 #1/D, 59th 'C' Cross, 4th 'M' Block, Rajajinagar, Bengaluru 560 010  
 Phone: 080 23301734, 23301874, E mail: principal@sjrcw.edu.in  
 Website: www.sjrcw.edu.in

**Ref: SJRCW/ CIR / 031 / 2020-21** **Date: 01.03.2021**

**YOUTH RED CROSS COMMITTEE**  
**Report on Webinar on the topic "Lump to Laughter- The Big C- It's time to talk"**

**Organised by:** Youth Red Cross Committee, SJRCW  
**Date:** 4th February 2021  
**Time:** 12:00 to 1:30 pm  
**Platform:** Google Meet  
**Resource person:** Dr Jayanti Thumsi  
 Lead surgeon - Breast Oncology,  
 Apollo Hospital, Bengaluru.  
**Keynote Speaker:** Madhura Ashok Kumar,  
 All India Veerashaiva Mahasabha  
 National Women's Wing, Vice President  
 Bengaluru  
**Presided by:** Parvathi .S,  
 Faculty, Dept. Of Biology  
 S J R PU College for Women  
 Rajajinagar, Bengaluru  
**In Presence of:** Dr. Prema Siddharaju,  
 Principal  
 SJR College for Women.  
 Rajajinagar, Bengaluru

A webinar on 'Lump to Laughter-The Big C-It's time to talk' was organised by the Youth Red Cross Committee on 4th February 2021 for staff and students. The keynote address was given by Smt. Madhura Ashok Kumar. She highlighted the importance of physical and mental health which can be maintained by healthy diet, Yoga and positive mind. Opening remarks were given by Dr. Premasiddharaju, Principal SJRCW.

Dr. Jayanti Thumsi- Resource Person took over the session; she spoke about the 'Global Burden of Cancer' as it is estimating new cancers with the help of study, where every eighth cancer patient in the world is an Indian. She spoke about the 7 CAUTION - warning signs:

- Change in the Bowel or Bladder habits.
- A sore that doesn't not heal.
- Unusual bleeding or discharge.
- Thickening or lump in the breast or elsewhere.
- Indigestion or difficulty in swallowing.
- Obvious change in a wart or mole.
- Nagging cough or hoarseness.

She also emphasized on the various causes of Cancer such as;

- Tobacco and Alcohol consumption
- Diet and cancer
- Unsafe sexual intercourse

The resource person also highlighted about the hereditary cancer, how to diagnose and treat it with the help of Genetic Tests and ways of preventing it before it attacks. Further she discussed about the ways to beat cancer i.e., through prevention, risk reduction, early detection and appropriate treatment. Most importantly she emphasized on "Cancer in Women", she spoke about the signs and symptoms of breast cancer and how breast screening and early detection can prevent or cure this cancer.

Apart from this she spoke about the second most common cancer found in women that is 'Cervical Cancer', she talked about its symptoms, ways of screening, the right vaccine and also the prevention measures to combat with this type of cancer were discussed.

In the final part of the session she discussed about the methods of Breast self examination i.e.

- Looking in the mirror
- Raising arms
- Feeling- standing position
- Feeling- lying position
- Vertical movement methods
- Circular movement
- Wedge movement.

The final section of the webinar was followed by question and answer session between the resource person and the participants, where in the attendees of the webinar clarified their misconceptions about the types of cancers and its treatment. The Webinar was ended by a presidential address given by Parvathi.S, Faculty Department Biology @ S J R PU College for Women.

**Organising Committee Members:**  
 Smt. Hemavathi R, Assistant Professor, Department of Commerce, SJRCW  
 Smt. Bhuvaneshwari, Assistant Professor, Department of Computer Science, SJRCW  
 Ms. Saniya Sabahath, Assistant Professor, Department of English, SJRCW  
 Sri Ashoka N S, Assistant Professor, Department of Kannada, SJRCW

**Principal**  
 S J R College for Women  
 Rajajinagar, Bengaluru

**Chairperson, YRC**

- Caption writing activity to commemorate International Women's Day on 26-02-2021

**SJR COLLEGE FOR WOMEN**  
Rajajinagar, Bengaluru - 10

**Youth Red Cross Wing**

Report of the ECC activities conducted during Odd semester (2021-2022)

**Schedule of the events**

Date	Activity
30.12.2020	Power Point Presentation on Brief History of Youth Red Cross movement, Aim, Principles, Geneva Convention, Services etc. Informed student volunteers their roles and responsibilities and gave brief insight about the activities of Youth Red Cross Committee. Session concluded with Volunteers taking YRC Pledge.
07.01.2021	Online quiz on History of Red Cross movement
09.01.2021	Poster making activity on "Swami Vivekananda Quotes" to mark Vivekananda Jayanti
23.01.2021	Essay on the topic "Malnutrition in Women and cause of Anemia - symptoms and treatment"
04.02.2021	Webinar on "Lump to laughter - the Big C - It's time to talk" on the occasion of World Cancer Day
26.02.2021	Caption writing activity to commemorate International Women's Day.

46 Students from all the streams of Undergraduate course have enrolled as volunteers in Youth Red Cross Committee. Committee aims to enable the growth and development of a spirit of service and sense of duty with dedication and devotion in the minds of youth.

Chairperson  
Principal  
SJR College for Women  
Rajajinagar, Bengaluru

Scanned by TapScanner

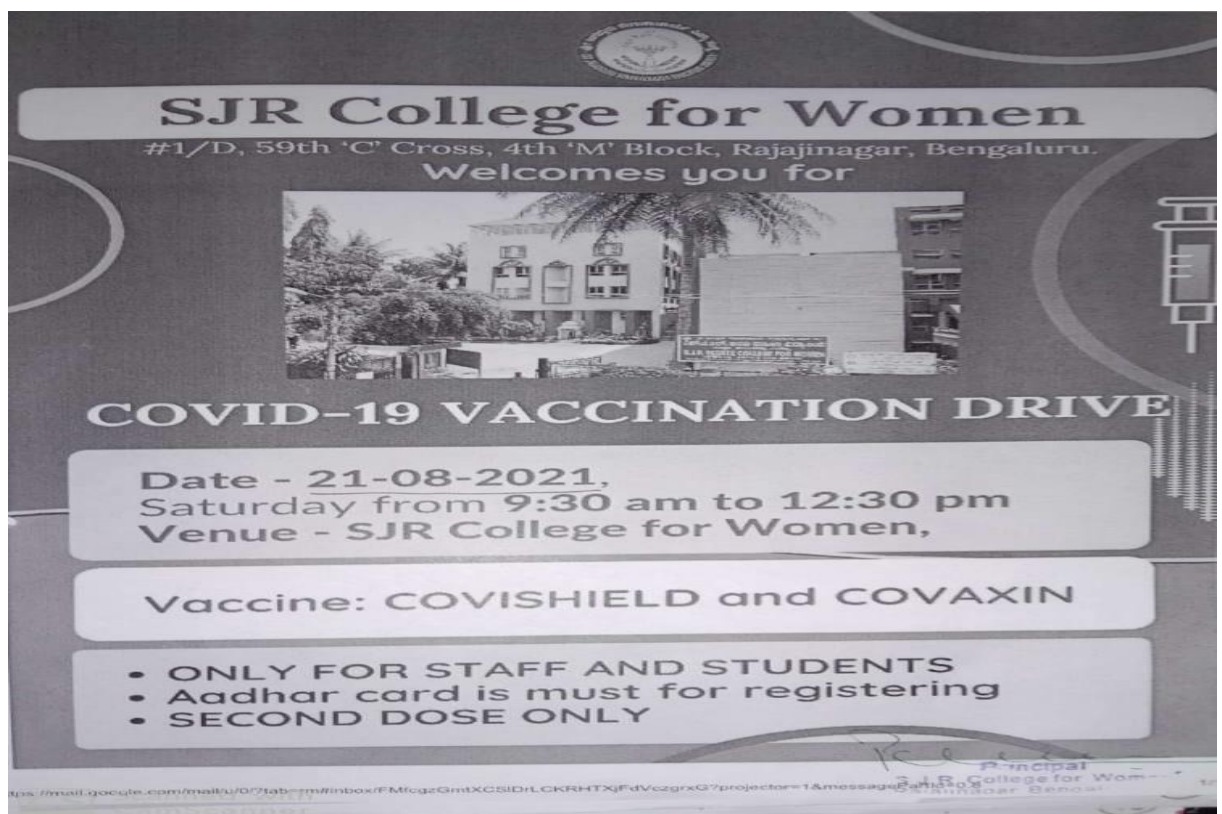
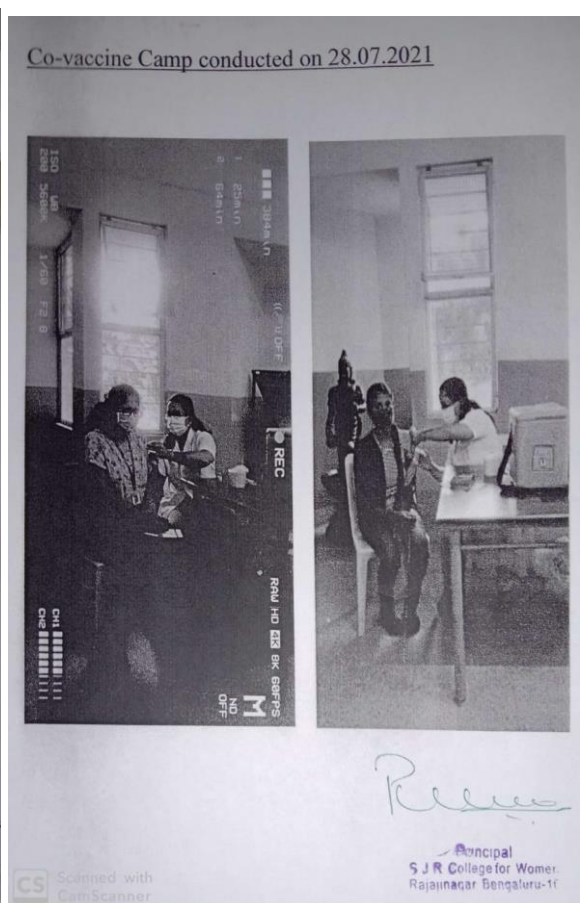
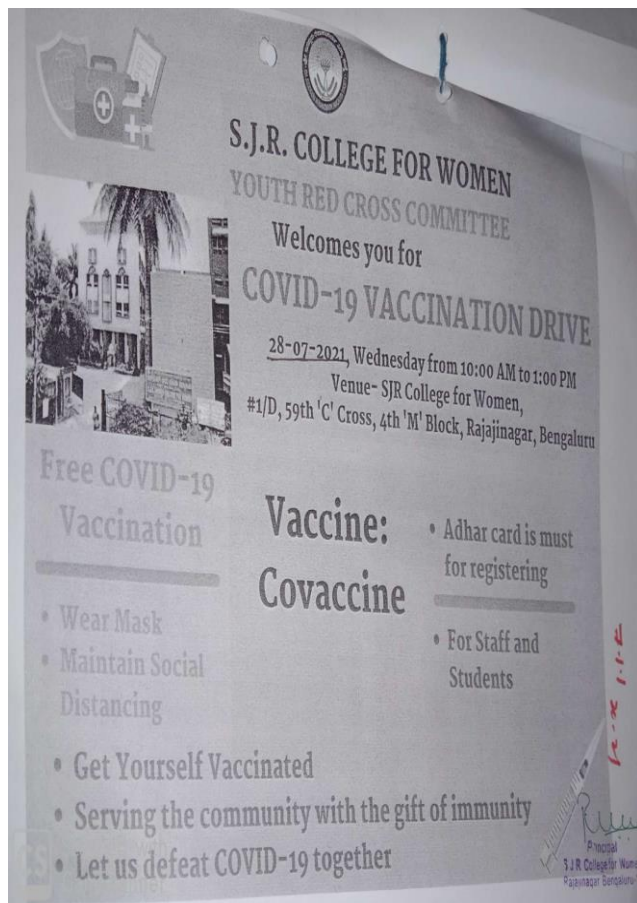
caption writing  
ODD SEMESTER

# YOUTH RED CROSS COMMITTEE

Attendance of Student Volunteers of Youth Red Cross Committee - 2020-2021

Sl. No.	Name	Class	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
1	Kamali K.	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
2	Sai Triveni M	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
3	Shanika R	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
4	Shanika R	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
5	Laitha Parameeswari P	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
6	Laitha K.M	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
7	Nayana S	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
8	Parvitha S	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
9	Sangeetha K.Y	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
10	Vogeshwan S	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
11	Swathi C	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
12	Tharun D	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
13	Rhoomika A	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
14	Nema R	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
15	Manasa S	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
16	Mouly N	1st BBA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69</																															





## 5. Equal Opportunity Cell

- On the occasion of National Girl Child Day Inter Collegiate Article Writing Competition for UG and PG students on 23-1-2021 on Topics:

1) Empowering girl through Education: Issues, Challenges and Opportunities

## 2) My Favourite Women Achiever

**SJR College for Women**  
Rajajinagar, Bengaluru.  
Affiliated to BENGALURU CITY UNIVERSITY  
Accredited with A grade by NAAC

**Equal Opportunity Cell**

Intercollegiate Article writing competition on the occasion of  
"National Girl Child Day -2021"

Topic:

- My Favourite Women Achiever (OR)
- Empowering Girl through Education: Issues, Challenges and Opportunities

**RESULT SHEET**

PRIZE	NAME OF THE PARTICIPANT	CLASS	COLLEGE NAME
I	Sowmya S	I BSc	Maharani Lakshmi Ammanni College
II	Shashikala BC	II MCom	SJB College of Management Studies
III	Sushma M	I BE	Don Bosco Institute of Technology
CONSOLATION	Mahalakshmi S	III BSc	S.J.R College for Women

NAME OF THE JUDGE : Gangambika M S  
Assistant Professor, Dept of English,  
SJR College for Women

Principal  
SJR College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

Sri Jagadguru Renukacharya Education Society (Regd 1945)

**SJR COLLEGE FOR WOMEN**  
Affiliated to Bengaluru City University  
Accredited with 'A' Grade by NAAC  
#1/D, 59<sup>th</sup> 'C' Cross, 4<sup>th</sup> 'M' Block, Rajajinagar,  
Bengaluru-10, Karnataka, India.

**Certificate of Participation**

This is to certify that SOWMYA S, Maharani Lakshmi Ammanni College has participated and won the I PRIZE in the Article Writing Competition on the topic "My Favourite Women Achiever / Empowering Girl Through Education: Issues, Challenges And opportunities" organised on the occasion of NATIONAL GIRL CHILD DAY -2021 from 21/01/2021 to 26/01/2021 by Equal Opportunity Cell.

Dr. Prema Siddaraju  
Principal  
SJR College for Women

Mrs. Manjula S.N  
Chairperson, Equal opportunity Cell  
SJR College for Women

Scanned by TapScanner

- National Voter's Day on 25-1-2021

**SJR College for Women**  
Affiliated to Bengaluru City University  
Accredited with A grade by NAAC

59<sup>th</sup> D Cross, IV 'M' Block,  
Rajajinagar, Bengaluru-10

**Equal Opportunity Cell**

Circular

Date: 25-01-2021

**11<sup>th</sup> National Voters Day-2021**

All the Teaching, Non- teaching staff and Students are here by informed to assemble in the college Auditorium for the 11th National Voters Day-2021 Program on 25-01-2021 at 12:00 Noon.

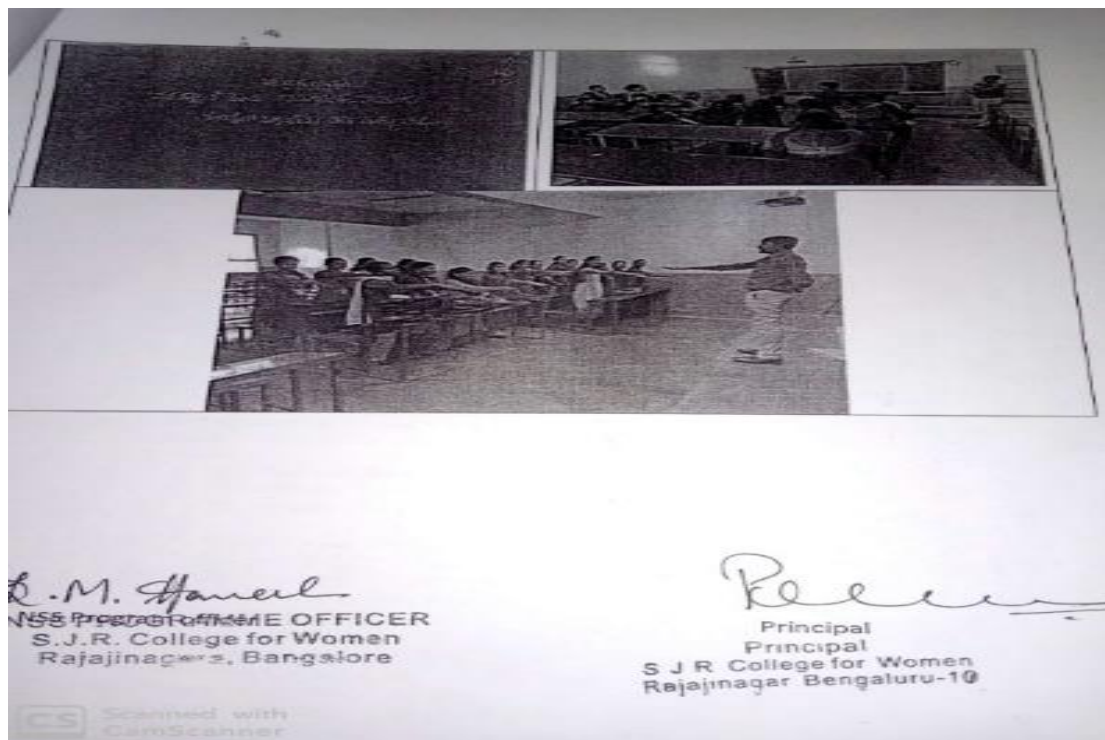
**Program Details:**

- Documentary show
- Speech by Principal- Dr. Prema Siddaraju
- Launch of the online Survey Form
- Oath taking

Principal 25/1/2021

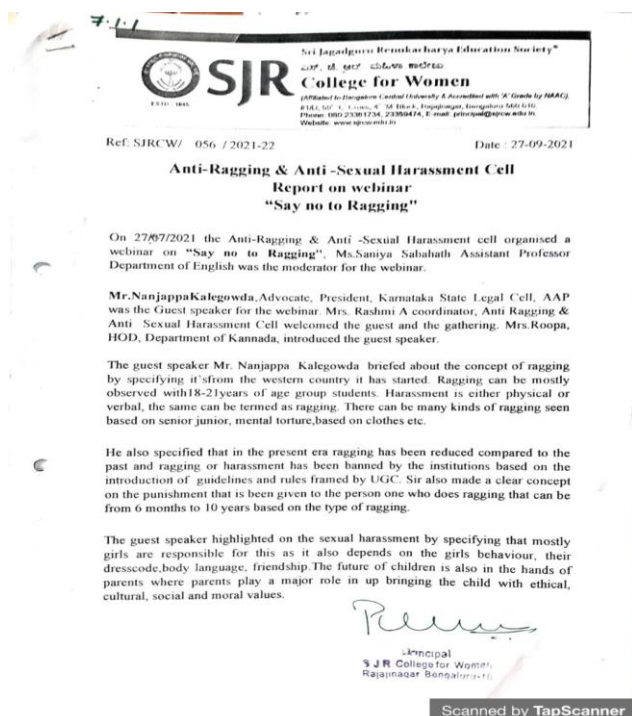






## 6. Anti-Ragging and Anti-Sexual Harassment Cell

- Webinar on “Say no to Raging” by Nanjappa Kalegowda, Advocate, President, Karnataka State Legal Cell on 27-07-2021



The speaker also mentioned the reasons for ragging such as parents are also responsible as they spoil the child by paying more pocket money which is unnecessary, this may have an effect on the negative behaviour of child, the qualification of teachers or lecturers in the educational institutions, the rapport between the student and teacher, the friends circle, few of the students may also dropout the education as they cannot over come ragging or sexual harassment, this can be a reason for dropout in education.

With this sir also briefed the measures that can be taken for avoiding ragging such as, educational institutions should conduct orientation programs based on ragging, giving correct education taking care of children, making them aware about the cells in the college so that any such ragging or harassment is done the child can approach the cell and complain about it.

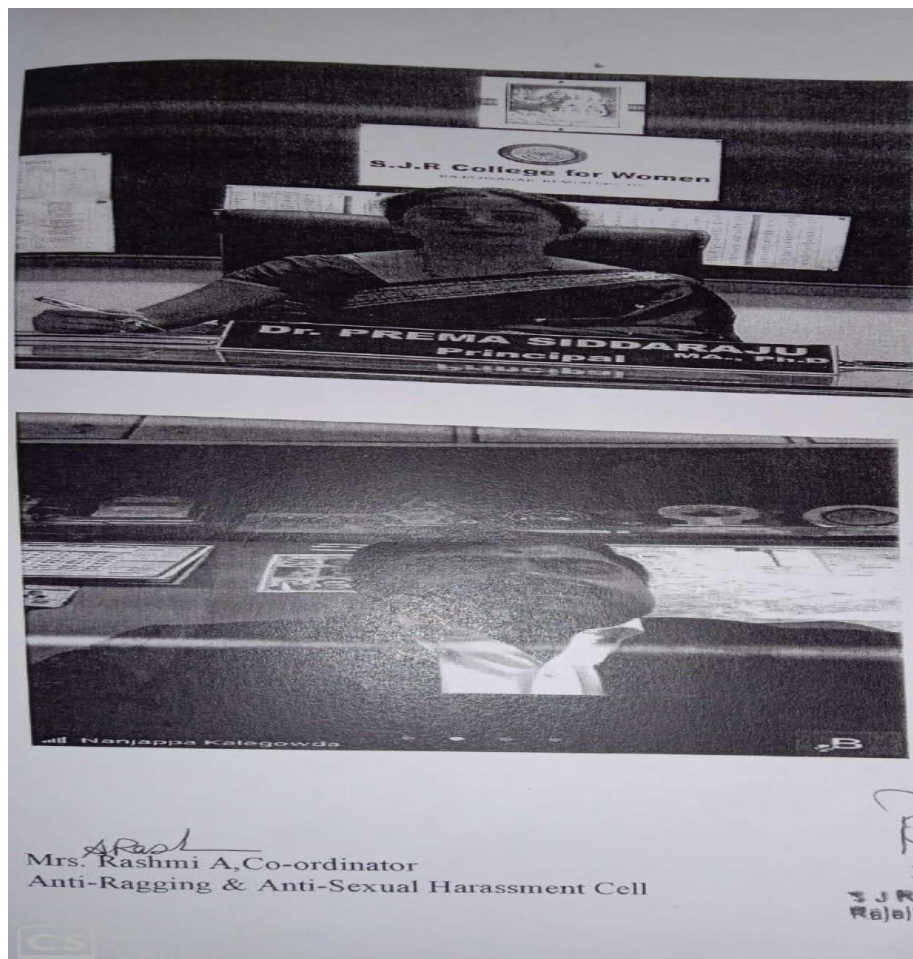
At last, the speaker stressed about the concept that now a days ragging is reduced as every student is given importance to education, there is less time when compared to earlier days, up gradation of technology has made every individual busy and every person is busy with electronic gadgets. UGC and the law has implemented many measures and provided guidelines to stop ragging, each educational institutions have abide by the rules of UGC and implemented with the anti-ragging and anti-sexual harassment cell which is also helpful in creating awareness in the students and this also helps in reducing the ragging or sexual harassment in the campus.

Later the program had a question answer session in which a few participants asked the questions and they were answered by the guests, with this few of the doubts were also cleared which were from participants.

Dr.PremaSiddaraju, Principal, SJR College for Women, presided over the webinar. Ms. Saniya Sabathath concluded the webinar with a vote of thanks.


*Principal*  
Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner



## 7. National Service Scheme (NSS)

- NSS Volunteers participated in "Fit Bengaluru for Fit India" programme organised by FIT INDIA on 22-02-2021


**SJR** Sri Jagadguru Renukacharya Education Society\*  
 ಎಸ್. ಜಿ. ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು  
**College for Women**  
(Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC)  
 #1/D, 59<sup>th</sup> C Cross, 4<sup>th</sup> M Block, Rajajinagar, Bengaluru-560 010.  
 Phone: 080-23381734, 23359474, E-mail: principal@sjrcw.edu.in  
 Website: www.sjrcw.edu.in

Ref: SJRCW/ 067 / 2021-22 Date: 01.10.2021

**NSS Activity Report – 2020-21**

**Event/Activity :** Fit Bengaluru for Fit India


**Association :** State NSS cell


**Date :** 22/2/2021

**Time :** 6:30 AM


**Venue :** Lalbagh west gate

**Report:** Our college NSS volunteers were participated in "Fit Bengaluru for Fit India" organized at Lalbagh west gate at 6:30 AM in presence of Union Minister of Youth affairs and sports, Honorable Shri Kiren Rijju and honorable Shri Tehasvi Surya, MP Bengaluru south. Around 35 students NSS volunteers from our college has participated in the program.

  
 J.M. Hameed  
 NSS Program Officer  
 NSS PROGRAMME OFFICER  
 S.J.R. College for Women  
 Rajajinagar-2, Bangalore

  
 Principal  
 Principal  
 S.J.R. College for Women  
 Rajajinagar, Bengaluru-10

Scanned by TapScanner


**SJR** Sri Jagadguru Renukacharya Education Society\*  
 ಎಸ್. ಜಿ. ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು  
**College for Women**  
(Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC)  
 #1/D, 59<sup>th</sup> C Cross, 4<sup>th</sup> M Block, Rajajinagar, Bengaluru-560 010.  
 Phone: 080-23381734, 23359474, E-mail: principal@sjrcw.edu.in  
 Website: www.sjrcw.edu.in

Ref: SJRCW/ 067 / 2021-22 Date: 01.10.2021

**NSS Activity Report – 2020-21**

**Event/Activity :** Fit Bengaluru for Fit India

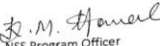
**Association :** State NSS cell

**Date :** 22/2/2021

**Time :** 6:30 AM

**Venue :** Lalbagh west gate


**Report:** Our college NSS volunteers were participated in "Fit Bengaluru for Fit India" organized at Lalbagh west gate at 6:30 AM in presence of Union Minister of Youth affairs and sports, Honorable Shri Kiren Rijju and honorable Shri Tehasvi Surya, MP Bengaluru south. Around 35 students NSS volunteers from our college has participated in the program.

  
 J.M. Hameed  
 NSS Program Officer  
 NSS PROGRAMME OFFICER  
 S.J.R. College for Women  
 Rajajinagar-2, Bangalore

  
 Principal  
 Principal  
 S.J.R. College for Women  
 Rajajinagar, Bengaluru-10

Scanned by TapScanner

- Online Essay writing on Covid -19 on 03-03-2021


**SJR** Sri Jagadguru Renukacharya Education Society\*  
 ಎಸ್. ಜಿ. ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು  
**College for Women**  
(Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC)  
 #1/D, 59<sup>th</sup> C Cross, 4<sup>th</sup> M Block, Rajajinagar, Bengaluru-560 010.  
 Phone: 080-23381734, 23359474, E-mail: principal@sjrcw.edu.in  
 Website: www.sjrcw.edu.in

Ref: SJRCW/ 069 / 2021-22 Date: 01.10.2021

**NSS Activity Report – 2020-21**

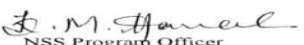
**Event/Activity :** Online essay writing on the topic "COVID-19"


**Conducted by :** College NSS unit

**Date :** 3/3/2021

**Venue :** Online mode through whatsapp

**Report:** To create awareness about the COVID -19 pandemic situation and lockdown going on worldwide an essay on the topic "Covid-19" was conducted for our NSS volunteers. All NSS volunteers actively participated in the essay writing and submitted E-copy of essay through whatsapp group.

  
 J.M. Hameed  
 NSS Program Officer  
 NSS PROGRAMME OFFICER  
 S.J.R. College for Women  
 Rajajinagar-2, Bangalore

  
 PRINCIPAL  
 Principal  
 S.J.R. College for Women  
 Rajajinagar, Bengaluru-10

Scanned by TapScanner

- Poster making and article writing on Covid-19 or Oxygen deficiency or importance of planting the trees on 11-05-2021



**SJR**

Sri Jagadguru Renukacharya Education Society®  
ಶ್ರೀ ಜಗದ್ಗುರು ರೆನುಕಾಚಾರ್ಯ  
College for Women  
(Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC)  
#1E, 59<sup>th</sup> C Cross, 4<sup>th</sup> M Block, Rajajinagar, Bangalore-560 010  
Phone: 080-23381734, 23350474, E-mail: principal@sjrw.edu.in  
Website: www.sjrw.edu.in

Ref: SJRCW/ 070 / 2021-22

Date : 01.10.2021

### NSS Activity Report – 2020-21

**Event/Activity :** Poster making or article on the topic COVID-19 or oxygen deficiency or importance of planting the trees.

**Conducted by :** college NSS unit

**Date :** 11/5/2021

**Venue :** Online mode through whatsapp

**Report:** Online activity was given to NSS volunteers. They can prepare a poster or article on the topic COVID-19 or oxygen deficiency or importance of planting the trees. All NSS volunteers submitted their E-copy through whatsapp group.

*D.M. Hareel*  
NSS Program Officer  
S.J.R. College for Women  
Rajajinagar-2, Bangalore

*Principal*  
Principal  
S.J.R. College for Women  
Rajajinagar-2, Bangalore-10

Scanned by TapScanner

- Webinar on "Covid second wave precaution and vaccination" by Dr. Jyoti Lakshmi, General Physician on 14-05-2021



**SJR**

Sri Jagadguru Renukacharya Education Society®  
ಶ್ರೀ ಜಗದ್ಗುರು ರೆನುಕಾಚಾರ್ಯ  
College for Women  
(Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC)  
#1E, 59<sup>th</sup> C Cross, 4<sup>th</sup> M Block, Rajajinagar, Bangalore-560 010  
Phone: 080-23381734, 23350474, E-mail: principal@sjrw.edu.in  
Website: www.sjrw.edu.in

Ref: SJRCW/ 071 / 2021-22

Date : 01.10.2021

### NSS Activity Report – 2020-21

**Event/Activity :** Webinar on the topic "Covid second wave precautions and vaccination"

**Association :** Youth for seva organisation

**Date :** 14/5/2021

**Time:** 3:00 PM

**Venue :** Online mode through whatsapp

**Report:** Our college NSS unit has organised a webinar on the topic " Covid second wave precautions and vaccination" in association with Youth for Seva organization at 3:00 PM. This webinar creates the awareness and clears the doubts related to COVID Precaution and vaccine. Dr. Jyoti Lakshmi, family physician was the resource person. All NSS volunteers, students and staff of our college has participated in the webinar. Around 220 participant were participated in the event.

*D.M. Hareel*  
NSS Program Officer  
S.J.R. College for Women  
Rajajinagar-2, Bangalore

*Principal*  
Principal  
S.J.R. College for Women  
Rajajinagar-2, Bangalore-10

*D.M. Hareel*  
NSS Program Officer  
S.J.R. College for Women  
Rajajinagar-2, Bangalore

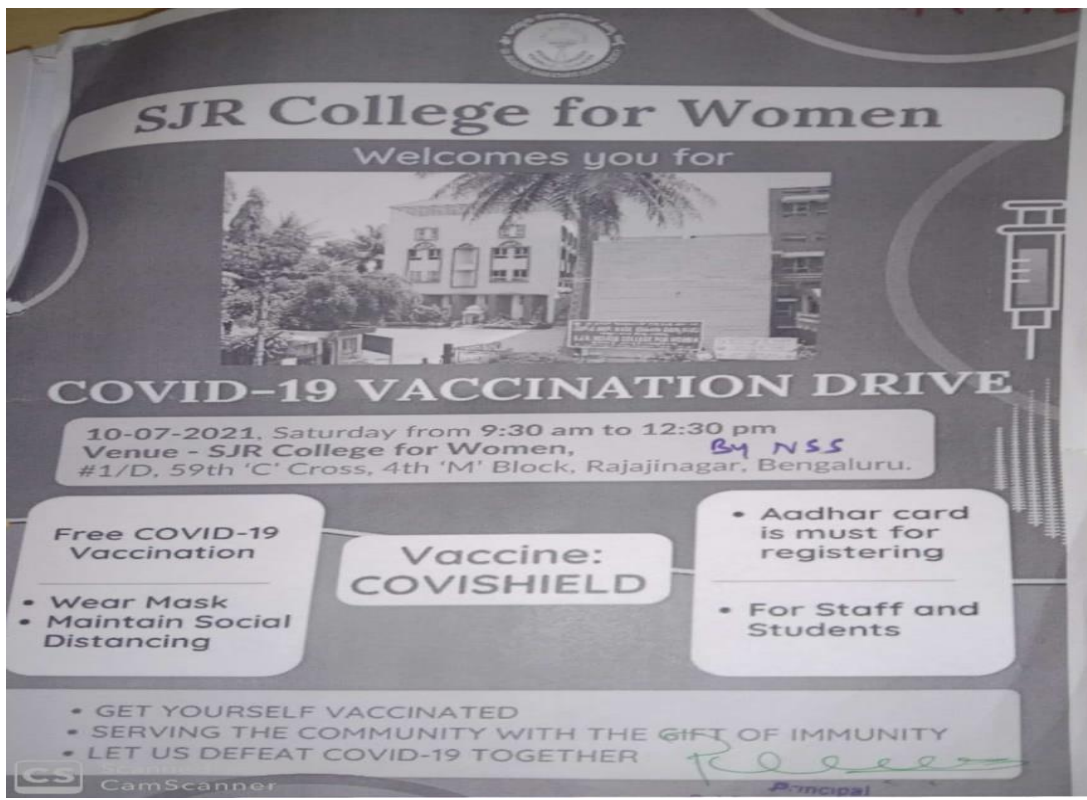
*Principal*  
Principal  
S.J.R. College for Women  
Rajajinagar-2, Bangalore-10

Scanned by TapScanner

Scanned by TapScanner

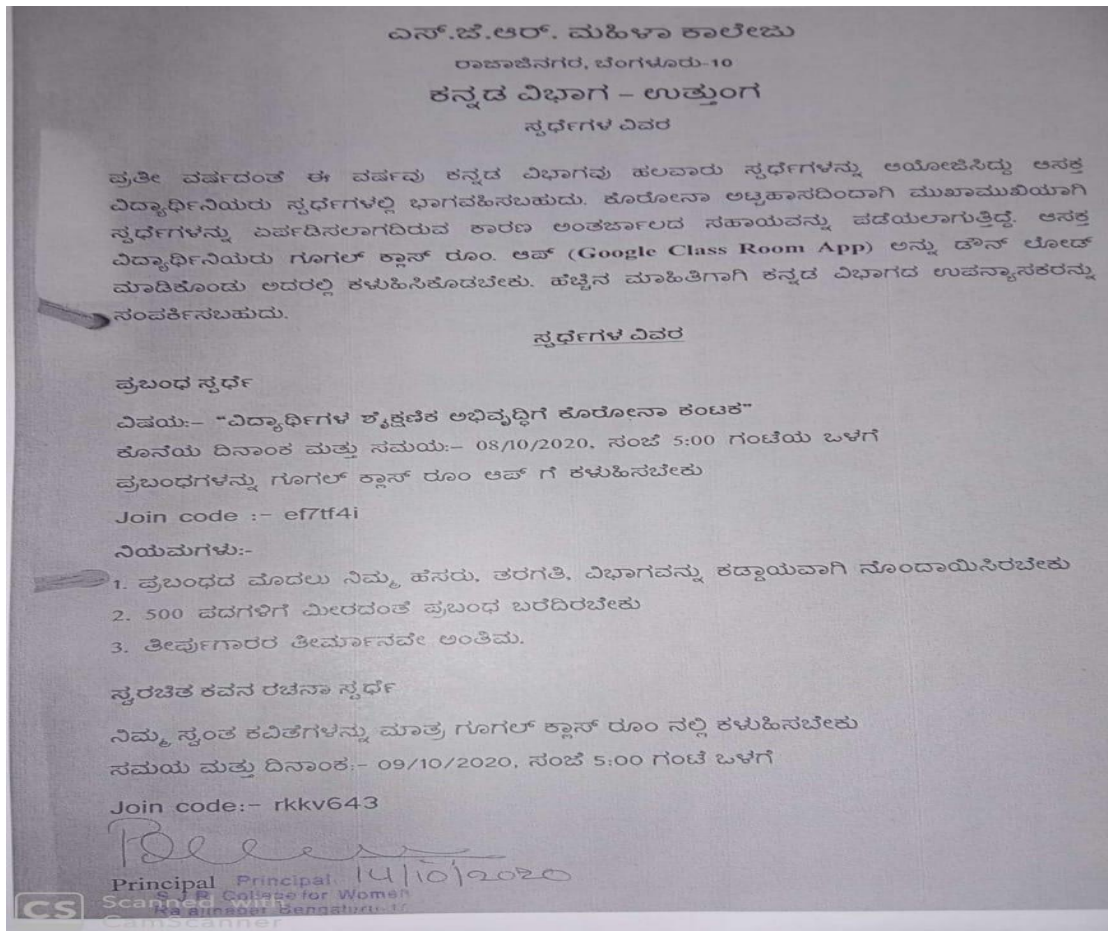
- Vaccination Drive on 10-07-2021





## 8. Kannada Department

- Online Essay writing competition on "Vidyarthigala Shaikshanika abhivruddige corona kantaka" on 08-10-2020



## 9. Surabhi- Hindi Club

- Essay competition on Corona -19 on 7-11-2020

Time : 12 to 12.30  
Link : zoom aap  
Compulsory for hindi students 8:54 pm ✓✓

**Join our Cloud HD Video Meeting**  
Zoom is the leader in modern enterpris...  
us04web.zoom.us

**Dr. Vijayashree B. Gudi is inviting you to a scheduled Zoom meeting.**

Topic: Hindi essay competition  
Date : 11/7/2020  
Time: 12 to 12.30 pm

Join Zoom Meeting  
[https://us04web.zoom.us/j/9090923848?pwd=9\\_1BE4cSVCwGF5VITZDKaWUPAp1f](https://us04web.zoom.us/j/9090923848?pwd=9_1BE4cSVCwGF5VITZDKaWUPAp1f)

Meeting ID: 909 092 3848

*Principal*  
S J R College for Women  
Rajajinagar Bengaluru-10

## 10. Compete- Sports Club

- Yoga week celebration 2021 on the occasion of international yoga day from 16/6/2021 to 21/6/2021

7-11 7-11 2020-21

Sri Jagadguru Renukacharya Education Society Estd. 1945

**SJR COLLEGE FOR WOMEN**  
#1/D, 59th 'C' Cross 4th 'M' Block, Rajajinagar, Bengaluru-10  
ACCREDITED WITH 'A' GRADE BY NAAC  
Department of Physical Education Organises

**Yoga Week Celebration 2021**  
On the occasion of International Yoga Day

21 JUNE  
INTERNATIONAL  
YOGA DAY

16-06-2021 Event 1	Poster Making Competition
17-06-2021 Event 2	Online Yoga Competition
18-06-2021 Event 3	Essay Writing Competition Topic : Yoga for Health
19-06-2021 Event 4	e-Quiz
20-06-2021 Event 5	Student Conference Topic : 1. Yoga for Women Health. 2. Importance of Yoga in mental health and physical fitness.
21-06-2021 Event 6	Yoga Day Celebration

*Principal*  
S.J.R. College for Women  
Rajajinagar, Bengaluru-10

**Poster Making Competition**

- Theme - "Yoga at home and Yoga with Family"
- Poster should be in jpg or png format (200 to 300 DPI) Dimension: 30 x 40 cm (Portrait Mode)
- Poster should contain participant's Name, Class, Name of the Institution, e-mail Id and contact details at the bottom of the poster
- One candidate can submit only one poster
- Posters should be sent to the WhatsApp group <https://chat.whatsapp.com/CJQwASht4WfGgMix2ZdFLP>
- Do not incorporate copyright image
- Evaluation will be based on creativity, presentation and relevance to the theme
- Decision of jury will be considered final
- Last date of submission : 21/06/2021

**Online Yoga Competition**

- Duration of the video should not exceed 3 mins or 60 MB
- Edited Videos will be rejected (Video should be Continuous)
- Suitable yoga dress code will be considered for full marks
- Must Perform 10 asanas (Forward - 2, Backward-2, Spine Twist-2, Hand Balance-2, Leg Balance-2)
- Each pose must hold for 10 seconds
- Yoga Video should be uploaded in the WhatsApp group <https://chat.whatsapp.com/EVWE22p1hIZ4OZhGEPcDwz>
- Jury's decision will be final

**Essay Writing Competition**

- Topic : **Yoga for Health**
- Essay should be Hand written either in Kannada or English
- It should not exceed 500 words or 3 pages
- Essay should contain Participant's name, Class, Name of the Institution and Contact details at the end of the Essay
- One candidate can submit only one Essay
- Essay should be sent to WhatsApp group <https://chat.whatsapp.com/FSx2gyYHrsZ46F8BZLdbxo>
- Evaluation will be based on content and presentation relevant to the topic
- Decision of jury will be considered final
- Last date of submission : 21/06/2021

*Principal*  
S J R College for Women  
Rajajinagar Bengaluru-10

#### e-Quiz

- Link for e-quiz - <https://forms.gle/rQGXAvcZhgFvgxhV8>
- The link will be opened from 19/06/2021- 20/06/2021
- e-Certificates will be issued to those participants who secure above 60%

#### Student Conference

- Topic : 1. Yoga for Women Health  
2. Importance of mental health and physical fitness for yoga
- Participant should speak about any one of the above topics and make a video of it
- Language - Kannada or English.
- The video should not exceed 5 min or 70 mb
- The video should be sent to the WhatsApp group
- Link of WhatsApp group - <https://chat.whatsapp.com/I3vWBhpy58R1MpkURBkmaz>
- Last date to submit Student Conference Video - 21/06/2021

### Online Yoga Day Celebration - 21/06/2021

#### Platform - Zoom

Dr. Vedamurthy K B  
Hon. President, SJRES

Sri. Prabhudev Kalmath  
Hon. Secretary, SJRES

Sri. Veerabhadraiah S R  
Hon. Treasurer, SJRES

### All are Cordially Invited

Dr. Prema Siddharaju  
Principal  
SJRCW

Dr. Paramma Kuravatti  
HOD, Department of Physical  
Education & Sports, SJRCW

Sports Committee members, Staff and Students

*Principal*  
S.J.R. College for Women  
Rajajinagar, Bengaluru

## 1. Poster Making competition Theme: "Yoga at Home and Yoga with Family" on 16-6-2021



Ref: SJRCW/ 31 / 2021-22

Date: 31-08-2021

#### Yoga Week Celebration 2021

#### 16/6/2021- Day 1- Poster Making Competition

#### Theme- "Yoga at Home and Yoga with Family"

Yoga has recently become a very popular exercise form not just in the country, but worldwide. Yoga has benefits for the body and the mind and is an inexpensive, convenient, and effective exercise form. June 21 is celebrated as International Yoga Day, but as we celebrate and observe the day when the whole world is fighting the COVID-19 pandemic, Ministry of Ayush, Government of India, has started a campaign called "Yoga at Home, Yoga with Family", to encourage the practice of Yoga to counter the effects of the viral infection, as well as to stay healthy overall, while practicing all precautionary measures to slow down the spread of COVID-19.

The session will be a trainer-led session that will be telecasted on Doordarshan on the 21st of June, from 6:30 am onwards for people to follow and practice in solidarity, while staying home. Given the spread of the COVID-19 pandemic, the focus of International Yoga Day this year is on Yoga at home. The AYUSH ministry has launched the campaign with the theme "Yoga at home, Yoga with Family" in support of the trend.

On the account of international yoga day an online poster making competition was organized by department of physical education and sports. Theme- "Yoga at home and yoga with family" the online event was organized on 16/6/2021 and students were informed to upload their online within 21/6/2021. 4 of our students participated in the programme the results were declared on 21/6/2021. 3 participants were rewarded for the winners.

*Principal*  
S.J.R. College for Women  
Rajajinagar, Bengaluru



Ref: SJRCW/ 034 / 2021-22

Date: 31-08-2021

#### Yoga Week Celebration 2021

#### On the Occasion of International Yoga Day

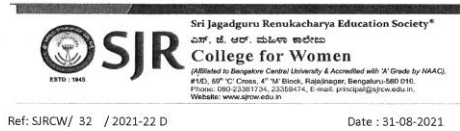
#### 16/06/2021- Day 1- Poster Making Competition

Sl No	Name	Class	Prize
1	Brundha	I BCOM	I
2	Sujutha R	II BCA	II
3	Mounika G	IBSC	III

*Principal*  
S.J.R. College for Women  
Rajajinagar, Bengaluru



## 2. Online yoga competition on 17-6-2021



Ref: SJRCW/ 32 / 2021-22 D

Date : 31-08-2021

### 17/6/2021- Day 2- Online Yoga Competition

Yoga and meditation have been shown to be effective in alleviating symptoms of depression and anxiety in healthy volunteers and psychiatric populations. Recent work has also indicated that yoga can improve cognitive-behavioral performance and control. Although there have been no controlled studies of the effects of yoga in a prison population, we reasoned that yoga could have beneficial effects in a setting where psychosocial functioning is often low, and the frequency of impulsive behaviors is high.

On the account of International yoga day on online competition by department of physical education and sports. Was organized due to pandemic Covid -19, the event took place by use of digital technology online yoga competition 2021. 4 participated for the competition it was successful event. And the 3 participant were rewarded for the winners.

  
Principal  
S.J.R. College for Women  
Rajajinagar, Bengaluru-10



Ref: SJRCW/ 034 / 2021-22

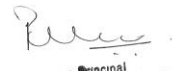
Date: 31-08-2021

### Yoga Week Celebration 2021

On the Occasion of International Yoga Day

17/06/2021- Day 2- Online Yoga Competition

Sl No	Name	Class	Prize
1	Brundha	I BCOM	I
2	Steffy Prisela D	III BCOM	II
3	Sahana K	III BCOM	III

  
Principal  
S.J.R. College for Women  
Rajajinagar Bengaluru-10

## 3. Essay writing competition on “Yoga for health” on 18-6-2021



Ref: SJRCW/ 033 / 2021-22

Date: 31-08-2021


### 18/6/2021- Day 3 – Essay Writing Competition

#### Topic- “Yoga for Health”

Many experts have recommended yoga for women to help them successfully cater to the multiple demands on their time. Women have always had it tough if they dare to dream big. They are expected to multi-task all the time, living like Superman – regular office worker by day and superhero by night. Women must, not only, take care of their domestic duties with efficiency and grace, but also work outside the four walls justifying their education and intellectual capabilities, at par with men.

Women, across the globe, need to be able to keep many balls up in the air at the same time ensuring that not a single one of them falls at any time. This is why yoga will seem like a blessing for women. Yoga is a means to achieving sanity and serenity in their trying and taxing world. Simple breathing techniques will help women calm down and handle their multiple responsibilities with proficiency and poise.

On account of International yoga day an online essay writing competition was organized by the department of physical education and sports. on the topic- “Yoga for Health” the online event was organized on 18/6/21 and students were informed to upload their essays through online within 21/6/21. 16 of our students participated in the programme the results were declared on 21/6/21. And 3 papers were rewarded for the winners.

  
Principal  
S.J.R. College for Women  
Rajajinagar, Bengaluru-10



Ref: SJRCW/ 034 / 2021-22

Date: 31-08-2021

### Yoga Week Celebration 2021

On the Occasion of International yoga day

18/06/2021- Day 3 - Essay Writing Competition

Topic- Yoga for Health

Sl No	Name	Class	Prize
1	Steffy Prisela D	III BCOM	I
2	Vidhya V	II BCOM	II
3	A Nasrath Fathima	II BCA	III

  
Principal  
S.J.R. College for Women  
Rajajinagar Bengaluru-10

#### 4. E-Quiz on 19-6-2021

7.1.11 2020-21

Sri Jagadguru Renukacharya Education Society (Estd.1945)

## SJR COLLEGE FOR WOMEN

#1/D, 59th 'C' Cross, 4th 'M' Block, Rajajinagar, Bangalore, Karnataka

Accredited with 'A' Grade by NAAC

Department of Physical Education and Sports Organises

### International Yoga Awareness Quiz

on occasion of  
7<sup>th</sup> International Yoga Day  
on 21<sup>st</sup> June 2021

click here for link  
<https://forms.gle/mkHB7zbC8CwcngYr8>

E certificate will be provided to all the participants

Dr. Paramma Kuravatti  
Physical Education Director

Dr. Prema Siddaraju  
Principal

Dr. Vedamurthy K.B  
Hon. President, SJRES

Sri Prabhudev Kalmatt  
Hon. Secretary, SJRES

Sri S R Veerabhadraiah  
Hon. Treasurer, SJRES

Title	International Yoga Day Week celebration Quiz -2021
Category	Online Yoga Quiz Competitions 2021 / 'Online Quiz' on yoga / International Yoga Day Week celebration Quiz -2021
About	<b>YOGA Quiz Competitions</b> would be conducted by Physical Education and Sports, SJR College for Women through online mode for Students,
Online Quiz Period	The quiz will be opened for the one month starting from <b>19<sup>th</sup> June 2021 to 21<sup>st</sup> June, 2021</b>
Conduction Mode	Online Mode
Google form link	<a href="https://forms.gle/UoGTmEXVNdpoJRuZ9">https://forms.gle/UoGTmEXVNdpoJRuZ9</a>

*Principal*  
S.J.R. College for Women,  
Rajajinagar, Bangalore-10

Greeting to all !!!!

International Yoga Day Awareness Quiz -2021

Organized by Physical Education Department, SJR COLLEGE FOR WOMEN, Rajajinagar, Bengaluru-560010

Organizing Physical Education Director

Dr. Paramma Kuravatti

Email ID: [parammasports@gmail.com](mailto:parammasports@gmail.com)

Mobile Number: 9611067838

E-Certificate will be sent through your registered Email ID as soon as you submit the response.

*Principal*  
S.J.R. College for Women  
Rajajinagar, Bangalore-10.

1. What is theme of International yoga day 2021?

1. Climate Change  
2. Yoga in Home and in Family  
3. Connect the youth  
4. Yoga for health

2. What was the Theme of International yoga day 2021?

1. Climate Action  
2. Yoga for Health  
3. Yoga for Health  
4. Yoga for all

3. Who is the father of modern yoga?

1. B.K.S. Iyengar  
2. B.K.S. Iyengar  
3. B.K.S. Iyengar  
4. B.K.S. Iyengar

4. The word Yoga comes from which language?

1. English  
2. Sanskrit  
3. Sanskrit  
4. Pali

5. What is not one principle taught in yoga?

1. Reduction  
2. Proper Exercise  
3. Strength  
4. Yoga

6. What is the theme of International Yoga Day 2021?

1. Climate Change  
2. Be with yoga, be at home  
3. Connect the youth  
4. Yoga for health

7. In 2020 which International yoga day is celebrated?

1. 1.3  
2. 2.4  
3. 3.5  
4. 4.4

8. What is the theme of International Yoga Day 2021?

1. Climate Change  
2. Be with yoga, be at home  
3. Connect the youth  
4. Yoga for health

9. What is the theme of International Yoga Day 2021?

1. Climate Change  
2. Be with yoga, be at home  
3. Connect the youth  
4. Yoga for health

10. Celebration of international yoga is held in which country?

1. Ministry of Health  
2. Ministry of Education  
3. Ministry of Culture  
4. Ministry of Human Resource and Development

11. The Sanskrit name for Mountain pose is

1. Bhujangasana  
2. Bhujangasana  
3. Bhujangasana  
4. Bhujangasana

12. What is Chakra?

1. Energy point  
2. Energy point  
3. Energy point  
4. Energy point

13. How many chakras are in the human body?

1. Seven  
2. Seven  
3. Seven  
4. Seven

14. Which of the following is not a yoga pose?

1. Bhujangasana  
2. Bhujangasana  
3. Bhujangasana  
4. Bhujangasana

15. Who has introduced yoga first time in the western world in a region conference. Chicago America?

1. Swami Vivekananda  
2. Swami Vivekananda  
3. Swami Vivekananda  
4. Swami Vivekananda

16. Which time is suitable for to do Surya Namaskar?

1. Early Morning  
2. Early Morning  
3. Early Morning  
4. Early Morning

17. Which one of the following is not a yoga pose?

1. Bhujangasana  
2. Bhujangasana  
3. Bhujangasana  
4. Bhujangasana

18. Which one of the following is not a yoga pose?

1. Bhujangasana  
2. Bhujangasana  
3. Bhujangasana  
4. Bhujangasana

19. Which one of the following is not a yoga pose?

1. Bhujangasana  
2. Bhujangasana  
3. Bhujangasana  
4. Bhujangasana

20. Which one of the following is not a yoga pose?

1. Bhujangasana  
2. Bhujangasana  
3. Bhujangasana  
4. Bhujangasana

*Principal*  
S.J.R. College for Women  
Rajajinagar Bengaluru-10

## 5. Student's conference on 1. Yoga for health

### 2. Importance of yoga in mental health and physical fitness



Ref: SJRCW/ 034 / 2021-22

Date: 31-08-2021

20/6/2021- Day 5 – Students Conference

Topic- 1. Yoga for Women Health

2. Importance of yoga in mental health and physical fitness

A student conference should be used to discuss a student's performance or behavior. It can be used as a deterrent technique – when student performance has changed or there seems to be something troubling a student. A conference can also be part of a "consequence menu" - it can serve as a step in the discipline process.

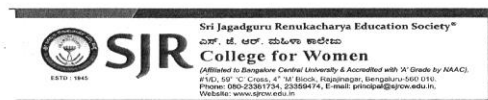
On account of International Yoga Day an online Students Conference competition was organized by the department of physical education and sports. On the

Topic- 1. Yoga for women health

2. Importance of yoga in mental health and physical fitness.

The online event was organized on 20/6/21 and students were informed to upload their essays through online within 21/6/21. 5 of our students participated in the programme the results were declared on 21/6/21. And 2 students were rewarded for the winners.

*Principal*  
Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10



Ref: SJRCW/ 034 / 2021-22

Date: 31-08-2021

Yoga Week Celebration 2021

On the Occasion of International yoga day

20 /06/2021- Day 5 – Students Conference (Video)

Topic- 1. Yoga for Women Health

2. Importance of Yoga in Mental Health and Physical Fitness

Sl No	Name	Class	Prize
1	Brundha	I BCOM	I
2	Steffy Prisela D	III BCOM	II

*Principal*  
Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10

## 6. International Yoga Day celebration on 21-6-2021

**SJR COLLEGE FOR WOMEN**  
(Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC)  
#1/D, 59<sup>th</sup> 'C' Cross, 4<sup>th</sup> 'M' Block, Rajajinagar, Bangalore, Karnataka  
Accredited with 'A' Grade by NAAC  
Department of Physical Education and Sports  
Invites You All for  
**7<sup>th</sup> International Yoga Celebration**  
On 21<sup>st</sup> June 2021  
Platform  
Time: 7:30 AM  
Dr. Prema Siddaraju  
Principal  
Dr. Paramma Kuravatti  
Physical Education Director  
All are cordially invited  
Principal and Committee members  
Principal, Staff and Students  
Dr. Vedamurthy K B  
Hon. President, SJRES  
Sri Prabhudev Kalmati  
Hon. Secretary, SJRES  
Sri S R Veerabhadraiah  
Hon. Treasurer, SJRES  
*Principal*  
Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10



Ref: SJRCW/ 036 / 2021-22

Date: 31-08-2021

Report on International yoga day 21<sup>st</sup> June 2021

Patanjali Yoga Mantra

OM

Yogena Chittasya Padma Vacham  
Maam Sharirasya Cha Vaidyakena  
Yopakarottam Pravaram Muninam  
Patanjaim Pranajiranato Smi  
Abhaha Purushakaram  
Sankha Chakrasi Dharinam  
Sahasra Shirasam Shvetam  
Pranamami Patanjaim

Yoga week was organised on account of International yoga day from 16-6-21 to 21-6-21 by Department of Physical Education, Headed by Dr. Paramma Kuravatti, Physical Education Director.

This year due to the pandemic covid-19 the events were organised online by use of digital technology. The following events were arranged on this occasion.

16/6/21 Event 1- Poster Making Competition

17/6/21 Event 2 – Online yoga Competition

18/6/21 Event 3 - Essay Writing Competition Topic- "Yoga for Health"

19/6/21 Event 4 – e- Quiz

20/6/21 Event 5 - Student Conference

Topic – 1: Yoga for Women Health

2. Importance of yoga in mental health and physical education

*Principal*  
Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10



21/6/21 Event 6 – Yoga Day Celebration

International yoga day program started Zoom class from 7.30 to 8.10 am by teaching simple yoga asanas to teaching and non teaching staff our college, and principals of degree and PUC at participated in the event.

On the same day from 8.30 to 9.10 am students of our college also practice yoga as for guideline for physical education director, in the Zoom class. On the occasion of Quiz and essay competition was organized to the students for both PU and Degree. The national level online yoga quiz competition was also organized.

By organized the above mention event international yoga day was celebrated successfully



Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

## 11. Biotechnology Department

- Online Poster making on Covaxin / Covidshield / Sputnik V Vaccines on 01-06-2021

Zoom meeting.

Topic: Department of Biotechnology  
EC/CC activity -Poster making  
Date-01/06/2021  
Topic-Covaxin /Covishield/Sputnik V  
Vaccines

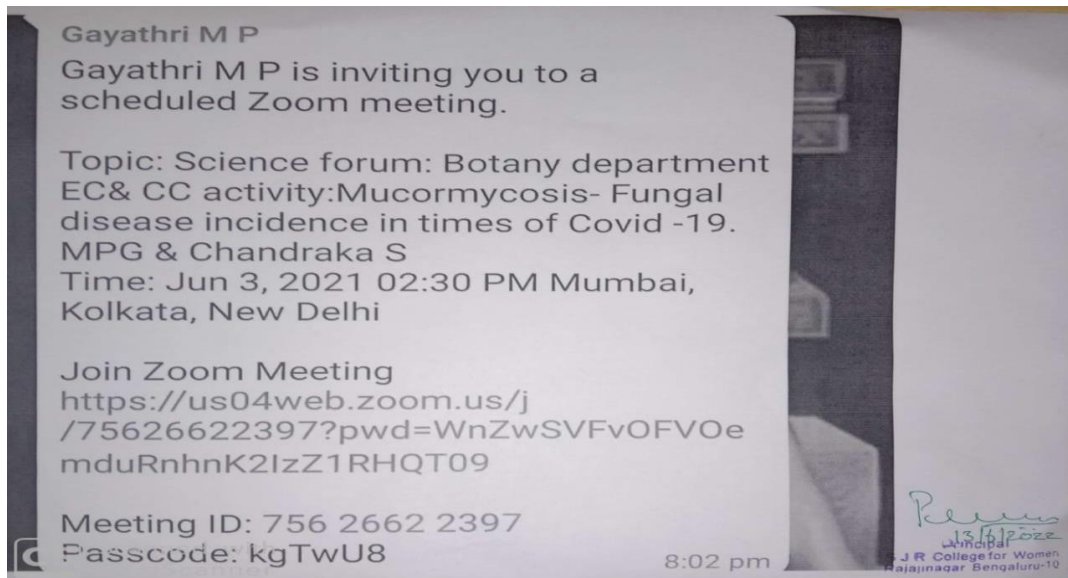
Time: Jun 1, 2021 02:30 PM Mumbai,  
Kolkata, New Delhi

Join Zoom Meeting  
<https://us04web.zoom.us/j/72841897933?pwd=NnczSDloN1BTNmFoT1RRaUs4b0ZUUT09>

Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

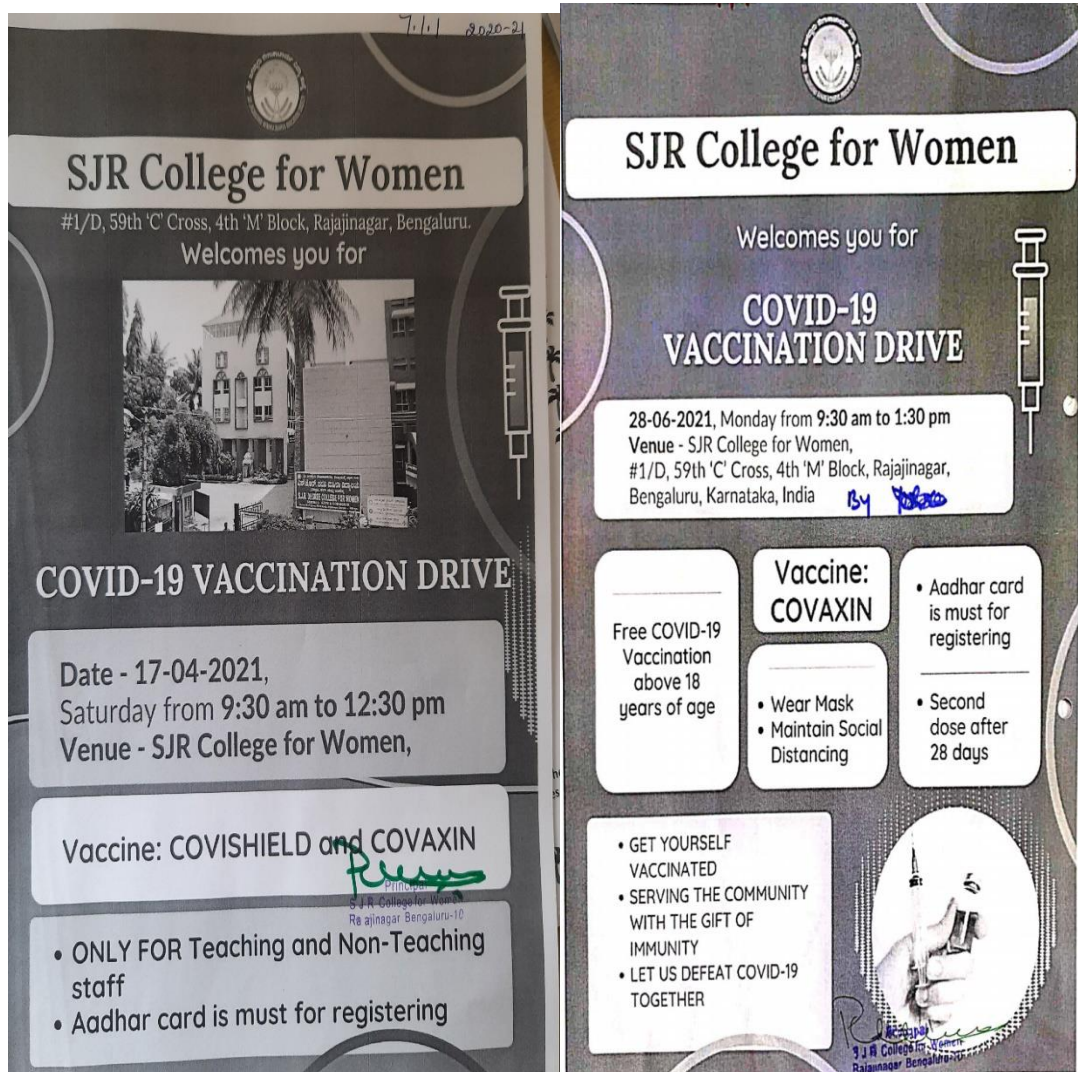
## 12. Botany Department

- Online 2 minutes video clippings/ short video making competition on “Mucormycosis-fungal disease incidence in times of Covid 19, how to avoid and overcome it” on 03-06-2021



## 13. Vaccination Drive

- Vaccination Drive on 17-4-2021 and 28-6-2021





7.1.1 Gender Equity and sensitization in Curricular and co-curricular activities			
2019-2020			
SL. NO	Forum/Club/Committee	Date	Event
1	National Service Scheme (NSS)	20-08-2019	1. To create awareness and to fight against Women and Child atrocities in the society –volunteers participated in a rally in association with AIMSS from city Railway station to Gandhi statue
		20-09-2019	2. Students attended Walkathon on State level Women Rally
		31-01-2020	3. Debate on "Youth for science and scientific attitude"
		07-02-2020	4. Debate on "Varadashine ondu samajika pidugu" and students took the oath to "Not to give dowry when they get married"
		31-01-2020	1. Write up / Poster on "Women Achievers in Science"
2	Scientia –Science Forum	07-02-2020	2. Group discussion on "Novel corona virus" a recent happening
		20-02-2020	3. Essay competition on "Women in Science"
		28-02-2020	4. Panel discussion on "Women in Science" by Dr. Sarbari Bhattacharya, Assistant Professor Dept. of Physics BU, Dr. Jyotana Dixit V, Post-Doctoral Researcher IISc and Rajani K S Alumni, State Secretary, Break through Science Society
		04-02-2020	Self Defense classes by Sri. Rakesh Yadav D.C, Karnataka State MU AY Thai Coach
3	Sports forum	04-02-2020	Poster making on Women Harassment, Social media, Women in science, Eminent Women around the World
4	Chaucer's Club	28-02-2020	Women's day celebration by inviting women achiever Madhura Ashok Kumar, Speaker, Indian Youth Red Cross
5	Women Empowerment Cell	09-03-2020	1. Healthy diet and significance of Blood Donation
6	Nature club	04-10-2019	2. Drawing and slogan writing on "Women Environmentalists"
		14-02-2020	3. Nature songs recital, Women in Science, Science for all
		28-02-2020	

7	Cultural forum	3-2-2020 to 8-2-2020	Ethnic week-Rangoli, Mehandi, Jewellery making and Hair style and Makeup
8	Youth Red Cross	30-9-2019	1. Poster making on "Awareness on Blood Donation"
		01-10-2019	2. Blood donation camp and awareness rally from Ram mandir grounds to College in association with Lions Club International
		18-10-2019	3. Food Distribution to underprivileged children at Maanav Charity, Rajajinagar, Bangalore on the occasion of World Food Day
		07-02-2020	4. Essay competition on "Women Safety"
9	Human Right Cell and Anti Ragging Cell	28-02-2020	5. Collage Competition on "Road Safety"
		5-2-2020	Guest lecture on "Women's Rights and Responsibilities" by Shivarathna S, Alumni, Police Inspector, Special Investigation Team
10	Kannada Department	9-7-2020	State Level Webinar on "Mahile: Samaja mathu samskruti" by Dr. Shivananda Viraktamata, Professor, Mahila Adhyayana Vibhaga, Hampi Kannada University
11	Hindi Department	18-07-2020	National Level Webinar on "Corona Aur Shramik Varg" by Dr. Vinay Kumar Yadav

## 1. National Service Scheme (NSS)

- To create awareness and to fight against Women and Child atrocities in the society –volunteers participated in a rally in association with AIMSS from city Railway station to Gandhi statue on 20-08-2019

S.J.R. College for Women  
Rajajinagar, Bengaluru - 560010  
NSS Activity Report - 2019-20

Event/Activity : Rally to create awareness about fight against Women and child atrocities

Association : AIMSS [All India Mahila Samskruthika Sanghatane]

Date : 20-8-2019

Time : 10 AM onwards

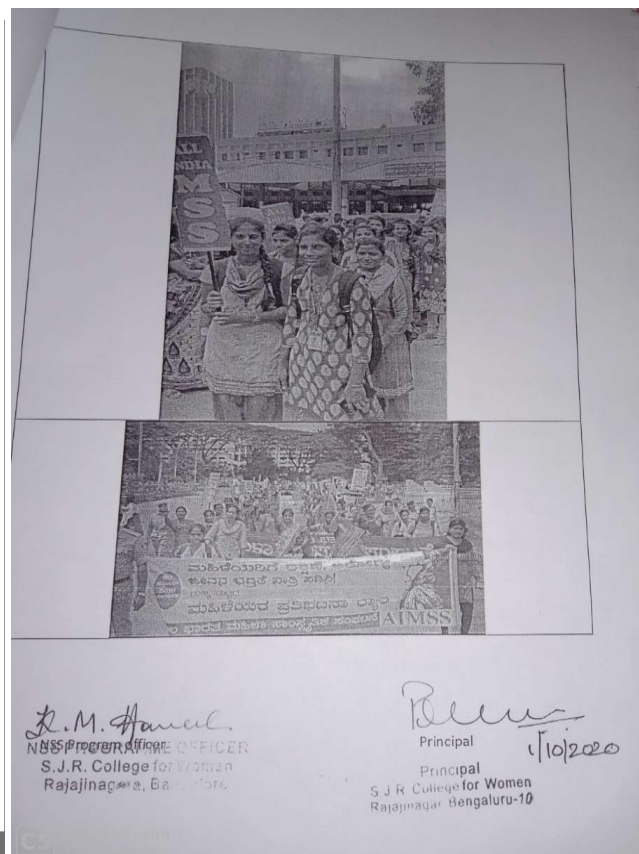
Venue : From City railway station to Gandhi statue

Report: Our NSS Volunteers has participated in a rally conducted by AIMSS [All India Mahila Samskruthika Sanghatane], bangalore district unit. Today our society is stepping into 21<sup>st</sup> century, although we are technically well developed our thoughts are not. Through Mass media, Internet, Mobile pornography, crime, violence against women increasing and almost doubled. Women should powerfully protest against all types of partialities, disrespect against them. To earn real respect, dignity women should step in the right direction. In this regard AIMSS is giving inspiration to women to become more aware, to adopt higher thinking and to adopt values in life.

In this regard on 20-9-2019 from City railway station to Gandhi statue, a is organized and our NSS volunteers has actively participated. After that a state level protest is organized at Gandhi statue in Bengaluru. To this programme speakers like prof. Chandra Poojar and Dr. Sudha Kamath (AIMSS vice president) and others give a speech on the topic and created awareness among public.

*L.M. Hameed*  
NSS Program officer  
S.J.R. College for Women  
Rajajinagar, Bangalore

*Reenu*  
Principal  
S.J.R. College for Women  
Rajajinagar Bengaluru-10





- Students attended Walkathon on State level Women Rally on 20-09-2019

**S.J.R College for Women**  
Rajajinagar, Bangalore-10

2019-20  
Date: 19/09/2019

**Circular**

All the NSS volunteers are required to attend the walkathon on "State Level Women Rally" at 10:30 a.m. from City Railway Station to Sheshadri Road, Gandhi Statue organized by AIMSS. The students are required to assemble in college ground by 10:00 a.m. i.e., on 20.9.19

*Hannur CS*  
Incharge-Principal 19/9/19

Class	Signature
I BA	
I B.Sc 1	
I B.Sc 2	
I BCA	
I B.Com 1	
I B.Com 2	
I BBA	
II BA	
II B.Sc 1	
II B.Sc 2	
II BCA	
II B.Com 1	
II B.Com 2	
II BBA	
III BA	
III B.Sc 1	
III B.Sc 2	
III BCA	
III B.Com 1	
III B.Com 2	
III BBA	

Scanned by TapScanner

- A debate on "Youth for science and scientific attitude" on 31-1-2020

S.J.R. College for Women  
Rajajinagar, Bengaluru - 560010  
NSS Activity Report - 2019-20

**Event/Activity:** A debate on "Youth for science and scientific attitude"

**Association:** Our college NSS Unit

**Date:** 31-1-2020


**Time:** 1:30 PM

**Venue:** Room No-2

**Report:** A debate was conducted on "Youth for science and scientific attitude", to our college NSS volunteers. All NSS volunteers participated actively in the debate. We then discussed about plans for conducting NSS special camp. The topic of the debate is also the theme of NSS of special camp of this year. In presence of NSS member Sri Ashoka, department of Kannada and smt. Kavitha V of Sociology department the debate was initiated. Sri Harish K M NSS - program officer was also present. The program started with a key note by the NSS program officer Sri Harish and Sri Ashoka. Here students discussed about how scientific attitude among general public especially youth is very important today. If youth develop scientific attitude they can pass on the information to whole society, and they have the power to change the whole society. If the youth develops scientific attitude then entire country will develop in becoming the scientific superpower and can become self reliant India.

*L.M. Hannur*  
NSS PROGRAMME OFFICER  
S.J.R. College for Women  
Rajajinagar, Bangalore

*Princip*  
Principal  
S J R College for Women  
Rajajinagar Bengaluru-10



*L.M. Hannur*  
NSS PROGRAMME OFFICER  
S.J.R. College for Women  
Rajajinagar, Bangalore

*Princip*  
Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

Scanned with CamScanner

- Debate on "Varadakshine ondu samajika pidugu" and students took the oath "Not to give dowry when they get married" on 07-02-2020

S.J.R. College for Women  
Rajajinagar, Bengaluru - 560010  
NSS Activity Report - 2019-20

Event/Activity : A debate on "Varadakshine ondu samajika pidugu" and "Use and abuse of Mobile phone usage among youth"

Association : Our college NSS Unit

Date : 7-2-2020

Time : 1:30 PM

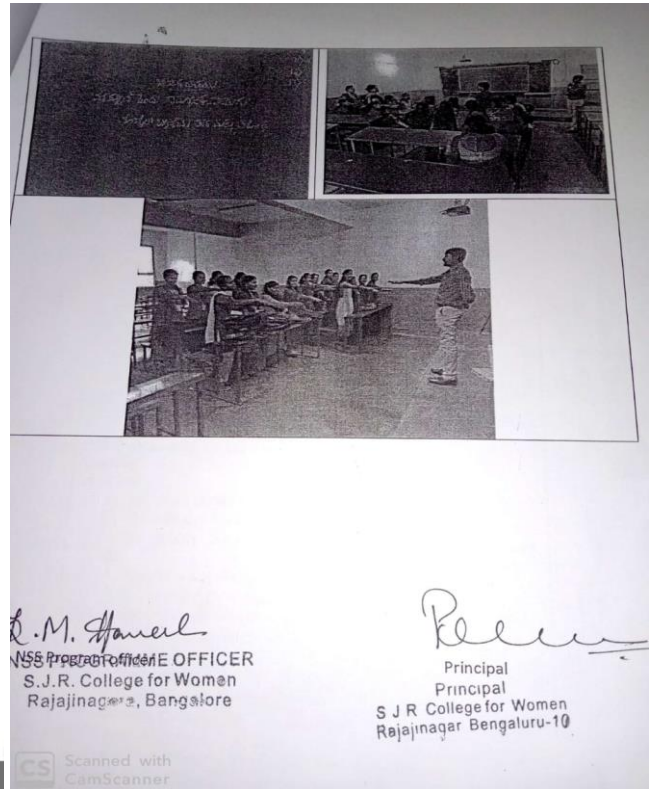
Venue : Room No-2

Report: Conducted a debate on "Varadakshine ondu samajika pidugu" and "Use and abuse of Mobile phone usage among youth". Students actively participated in the debate and learnt how to judiciously use the mobile phone in our daily life. At the end students took the oath to "Not to give dowry when they get married". In presence of NSS member Sri Ashoka, department of Kannada and smt. Kavitha of Sociology department the debate was initiated. Sri Harish K M NSS - program officer was also present. The program started with a key note by the NSS program officer Sri Harish and Sri Ashoka. In a greedy society how dowry system is creating lot of trouble to a bride in society, because of this lot of many families bear the pain of giving dowry and even after that how a woman faces crime and atrocities given after marriage. In the next debate how a new technology i.e., a mobile phone is being misused by the youth. Although mobile is having tremendous uses and modified our lives in a positive way. If not used judiciously how it causes pain in our life and cause negative impact. NSS volunteers discussed in this direction by each one expressing their view on the topics.

L.M. Hameel  
NSS Program Officer  
S.J.R. College for Women  
Rajajinagar, Bengaluru

Principal  
S.J.R. College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner



L.M. Hameel  
NSS Program Officer  
S.J.R. College for Women  
Rajajinagar, Bengaluru

Principal  
S.J.R. College for Women  
Rajajinagar Bengaluru-10

Scanned with CamScanner

## 2. Scientia - Science Forum

- Write up / Poster on "Women Achievers in Science" on 31-1-2020 and Group discussion on "Novel corona virus" - a recent happening on 7-2-2020

S.J.R. College for Women  
Accredited with A grade by NAAC  
Science Forum - Scientia

Extra-Curricular/ Co-Curricular Activities conducted till 14th March 2020

Sl.no.	Date & Time	Activity conducted	In charge
1	31/01/2020 1.45 to 3.30	Write up/Poster on "Women achievers in Science"	SNM & VRN
2	07/02/2020 1.45 to 3.30	Group Discussion on "Novel Corona Virus" - a recent happening	Dept. of Bio-Technology
3	14/02/2020 1.45 to 3.30	Peer Teaching in Astrophysics 1) Navyashree J., III BScI- Partial & Total Eclipses 2) Meghana Nareish, III BScI- Comets 3) Sneha G.P., III BScI- Properties of Stars & HR-Diagram 4) Ranya D.K., III BScI- Black Holes 5) Noor Afshan Anjum, III BScI- Use of Stellarium Software Followed by Astrophysics Quiz	Dept. of Physics
4	20/02/2020	Essay Competition as a part of National Science Day.	Members of science Forum
5	28/02/2020 10.30 to 1.30	On account of National Science Day celebration a Panel discussion on the focal theme "Women in Science" Panelists: 1) Dr. Sarbari Bhattacharya, Asst. Prof. Physics Department Bengaluru University 2) Dr. Jyotsana Dixit, Science Writer & Post Doctoral Researcher, Central for Ecological Sciences, Indian Institute of Science 3) Ms. Rajani K.S., State Secretary, Breakthrough Science Society	All Science faculty
6	06/03/2020 1.45 to 3.30	"Mushroom Cultivation" - Paddy Straw mushroom cultivation Procedure	Dept. of Botany
7	13/03/2020 1.45 to 3.30	In view of "Pi Day" Celebration (14/03/2020) - Screened a Documentary on importance of Pi. Peer teaching on Monte- Carlo method to find the value of Pi.	Dept. of Mathematics

Principal  
S.J.R. College for Women  
Rajajinagar Bengaluru-10

Chairperson  
MANJULA S.V.

Scanned by TapScanner



Principal  
S.J.R. College for Women  
Rajajinagar Bengaluru-10

Principal  
S.J.R. College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner



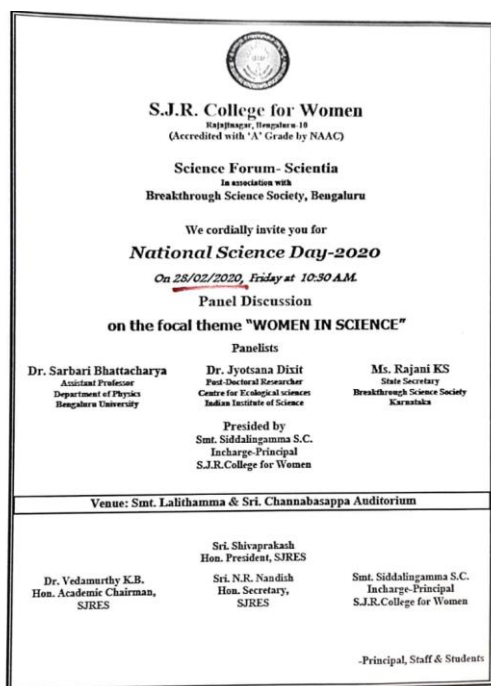
EC/CC Activities for Attendance						
Sl. No.	Class	Name	31	7	14	28
			1	2	2	2
1	I BSc <sub>1</sub>	Sumithra N.	1	2	3	4
2	"	Rajini R.	1	2	3	4
3	"	Rashmi R.	1	2	3	4
4	"	Nadhiya G.	1	2	2	3
5	"	Bhoomika S.	1	2	3	4
6	"	Jeevitha G.	1	2	3	4
7	"	Krupa	1	2	3	4
8	"	Yogamathi K.	1	2	3	4
9	I BCA	Sahana S.	1	2	3	2
10	"	Vidya T	1	2	3	4
11	"	Pole palli Shavani	1	2	3	4
12	"	Charulatha B.	1	2	3	4
13	I B Com	Kiran S.	1	2	3	4
14	II BSc <sub>1</sub>	Mahalakshmi S.	1	2	3	4
15	"	Kavya G.	1	2	3	4
16	"	Sushmitha R.S.	P	P	1	2
17	"	Deepa	1	2	3	4
18	II BSc <sub>2</sub>	Monika G.	1	P	3	4
19	"	Meghana G.	1	P	3	4
20	"	Kavya R.	1	P	3	4
21	"	Atchaya U	1	P	3	3
22	II BSc <sub>1</sub>	Bhageenathi N.S.	1	2	3	4

- Essay competition on "Women in Science" on 20-02-2020

S.J.R. College for Women Accredited with A grade by NAAC Science Forum- Scientia			
Extra -Curricular/ Co-Curricular Activities conducted till 14th March 2020			
Sl.no.	Date & Time	Activity conducted	In charge
1	31/01/2020 1.45 to 3.30	Write up/Poster on "Women achievers in Science"	SNM & VRN
2	07/02/2020 1.45 to 3.30	Group Discussion on "Novel Corona Virus" - a recent happening	Dept. of Bio-Technology
3	14/02/2020 1.45 to 3.30	Peer Teaching in Astrophysics 1) Navyashree J., III BScI- Partial & Total Eclipses 2) Meghana Naresh, III BScI- Comets 3) Sneha G.P., III BScI- Properties of Stars & HR-Diagram 4) Ramya D.K., III BScI- Black Holes 5) Noor Afshan Anjum, III BScI- Use of Stellarium Software Followed by Astrophysics Quiz	Dept. of Physics
4	20/02/2020	Essay Competition as a part of National Science Day. Topic: <u>Women in Science</u>	Members of science Forum
5	28/02/2020 10.30 to 1.30	On account of National Science Day celebration a Panel discussion on the focal theme "Women in Science" Panelists: 1) Dr. Sarbari Bhattacharya, Asst. Prof. Physics Department Bengaluru University 2) Dr. Jyotsana Dixit, Science Writer & Post Doctoral Researcher, Central for Ecological Sciences, Indian Institute of Science 3) Ms. Rajani K.S. State Secretary, Breakthrough Science Society	All Science faculty
6	06/03/2020 1.45 to 3.30	"Mushroom Cultivation" - Paddy Straw mushroom cultivation Procedure	Dept. of Botany
7	13/03/2020 1.45 to 3.30	In view of "Pi Day" - Celebration (14/03/2020) - Screened a Documentary on importance of Pi. Peer teaching on Montr- Carlo method to find the value of Pi.	Dept. of Mathematics

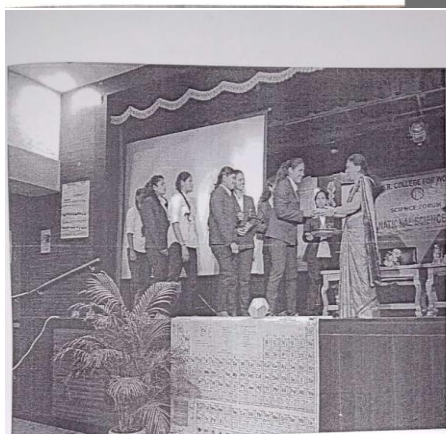


- Panel discussion on “Women in Science” by Dr. Sarbari Bhattacharya, Assistant Professor Dept. of Physics BU, Dr. Jyotsana Dixit V, Post-Doctoral Researcher IISc and Rajani K S Alumni, State Secretary, Break through Science Society on 28-2-2020



MANJULA-SN  
Chairperson

Principal  
SJR College for Women  
Bengaluru-10



Man

*[Signature]*  
Principal  
College for Women  
Bengaluru-10



MANJULA S.M  
Chairperson

Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

### 3. Sports forum

- Self-Défense classes by Sri. Rakesh Yadav D C, Karnataka State MU AY Thai Coach on 4-2-2020

S.J.R College for Women  
Rajajinagar, Bangalore-10

7-1-1  
2019-20  
Date: 04/02/2020

**Circular**

All the students and faculties are required to attend the awareness program on "Self Defence" on 04.02.2020 at 10:30 a.m. organizing by Physical Education Department in the Auditorium. All are cordially invited.

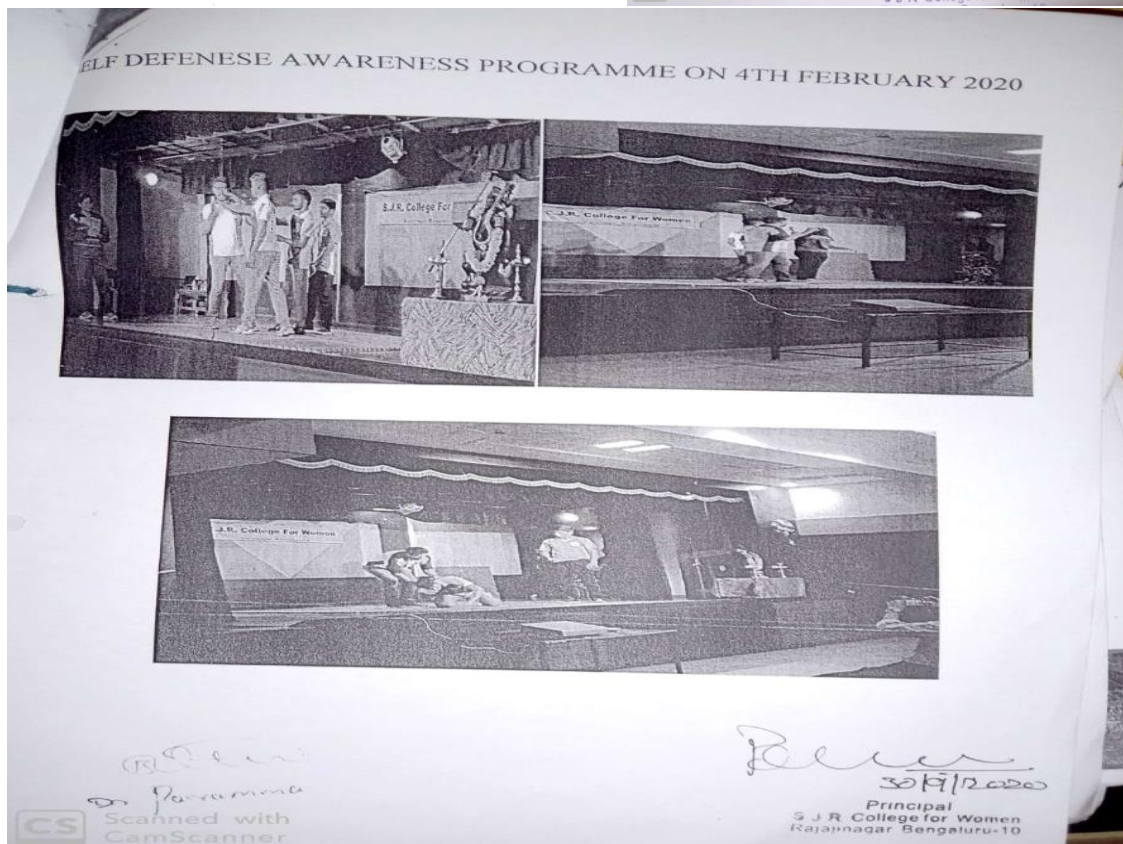
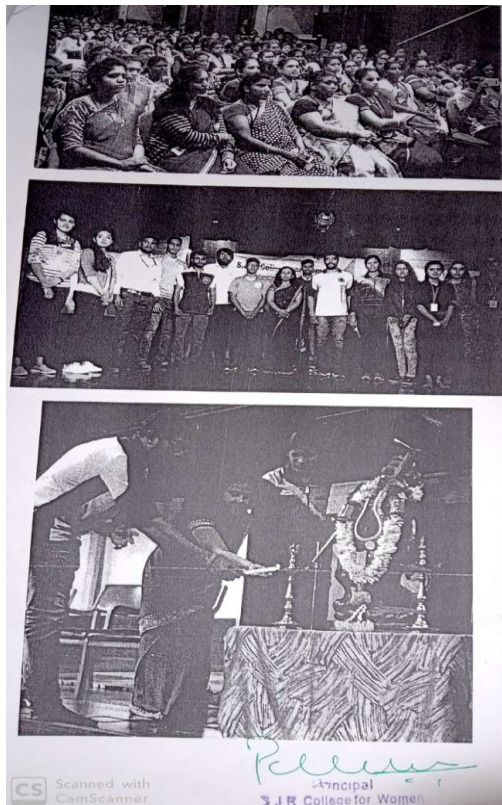
*Hannulini CS*  
Incharge-Principal 4/2/2020

*Alina*  
Physical Education Director

CLASS	SIGNATURE
I BA	
I B.Sc 1	
I B.Sc 2	
I B.Com 1	
I B.Com 2	
I BBA	
I BCA	
II BA	
II B.Sc 1	
II B.Sc 2	
II B.Com 1	
II B.Com 2	
II BBA	
II BCA	
III BA	
III B.Sc 1	
III B.Sc 2	
III B.Com 1	
III B.Com 2	
III BBA	
III BCA	

*Rakesh Yadav*  
Principal  
S.J.R College for Women  
Rajajinagar Bangalore-10

Scanned by TapScanner



### 4. Chaucer's club



7.1.1  
2019-20

**POSTER MAKING**

**Conducted by:** Department of English  
**Forum:** (Chaucer's Club)  
**Date:** 28.02.2020  
**Chairperson:** Dr. Vanisree V S, HOD of English  
**Members:** Sheela R (Assistant Professor),  
Saniya Sabahath (Assistant Professor)

**Objectives of EC & CC Activity**

The Chaucer's club via English club of SJR College for women had organized Poster Making on various topics. It was conducted on 28.02.2020 in the college campus where various students participated in it. Our club gave opportunity to the students by encouraging them. The club aimed at being catalyst for the students to develop their skills. The topics for poster making were as follows:

1. Women harassment
2. Social Media
3. Indian writers in English Literature
4. Women in Science

The activity for the day was to discuss and develop a draft of points with regard to their posters prepared in the previous extra- curricular activities dated on 28<sup>th</sup> of February. The topics related to them were given to them on the spot and time duration was of 2hours. The activity kept the students engaged and it was organized to explore and encourage creativity in students and offer them a platform to showcase their skills. The students chose different topics like rape, accurate use of media, contemporary writers in English Literature. The students were very innovative and actively participated. Few students did an art work on the poster to exhibit their talent. Some had written and explained the content which gave more enclosures to the chosen topics.

This activity has helped the students in learning the Jargons (Technical terms) related to science, legislature, literature and social media. Every group got the opportunity to speak. Each and every student, individually spoke to overcome their stage fear.

Group of two students where one of the students exhibited and the other student explained the content. The participants beautifully executed the activity. The audience and the judges were very happy with the complete process of the activity. The judges had tough time to select the winners. The winners were appreciated with prizes and applause. Hence the 'Poster Making' was a great success.

Principal  
Dr. S. J. S. College for Women  
Puducherry-605 006

Smt SUNITHA KALE  
HOD of English

SANIYA SAHABATH  
Assistant Professor

Scanned by TapScanner



28/02/2020

Poster Making on the following topics:

- \* Women Harassment
- \* Social Media
- \* Indian Women in English
- \* Women in English Literature - *Gender, Ideology, etc.*
- \* Women in Science.

\* <sup>Gender</sup> Women are not wild.

Sp 13/03/2020.

The activity for the day was to discuss and develop a draft of posters which had to have posters prepared in the previous ECC dated on 26th of February. The students came out with different and important topics like rape, accurate use of social media, contemporary women in English, women in science has set an example as multi tasker & Indian women role in English literature. The activity has helped the students in learning the Jargons (Technical terms) related to science, legislature, literature and social media. Every group got the opportunity to speak and every student, individually spoke to a one three stage fair.

Praveen  
School  
J.R. College for Women  
Rajmangal College



English Channelled

13

No	Name	Class	3/1	3/2	3/3	3/4	3/5	3/6	3/7	3/8	3/9	3/10	3/11	3/12	3/13	3/14	3/15	3/16	3/17	3/18	3/19	3/20	3/21	3/22	3/23	3/24	3/25	3/26	3/27	3/28	3/29	3/30	3/31
13	Aishwarya A	T B <sub>1</sub>	1	A	2	3	A	1	9																								
34	Archana S. P.	T B <sub>2</sub>	1	A	2	3	A	1	9																								
35	Manasa M.	T B <sub>2</sub>	A	A	A	A	A	A	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1

Principal  
S.J.R. College for Women  
Rajajinagar, Bengaluru-10

7.1.1  
12/01/20

II Semester - 2019

S.No	Name	Class	3/1	3/2	3/3	3/4	3/5	3/6	3/7	3/8	3/9	3/10	3/11	3/12	3/13	3/14	3/15	3/16	3/17	3/18	3/19	3/20	3/21	3/22	3/23	3/24	3/25	3/26	3/27	3/28	3/29	3/30	3/31
01	Arjunashree S.	T B <sub>1</sub>	A	1	2	3	4	5	2																								
02	Bharthy S. N.	"	"	1	2	3	4	5	2																								
03	Kabir M.	"	"	1	2	3	4	5	2																								
04	Anurag K. M.	"	"	1	2	3	4	5	2																								
05	Yashaswini S.	"	A	1	2	3	4	5	2																								
06	Sandhya S.	T B <sub>2</sub>	1	P	2	3	4	2																									
07	Shruti N.	"	"	1	P	2	3	4	2																								
08	Manasa H.	"	"	1	P	2	3	4	2																								
09	Bhadrha S.	"	"	1	P	2	3	4	2																								
10	Tejaswini S. M.	"	"	1	P	2	3	4	2																								
11	Shwetha V.	"	"	1	P	2	3	4	2																								
12	Rakshita H. N.	"	"	1	P	2	3	4	2																								
13	Manisha D. Choudhary	T B <sub>2</sub>	A	1	2	3	4	2																									
14	Asha G.	"	"	A	1	2	3	4	2																								
15	Sapna Kumari B.	"	"	A	1	2	3	4	2																								
16	Pooja D.	"	"	A	1	2	3	4	2																								
17	Jyoti R.	"	"	A	1	2	3	4	2																								
18	Bhargya S. D.	"	"	A	1	2	3	4	2																								
19	Deepa S.	T B <sub>1</sub>	1	A	A	A	A	2	1																								
20	Lakshmi M. R.	"	"	1	A	2	3	4	2																								
21	Pavithra N.	T B <sub>2</sub>	1	P	2	3	4	2																									
22	Monisha N.	T B <sub>1</sub>	A	A	1	A	1	2	1																								
23	Haritha R.	"	"	A	A	1	A	1	2																								
24	Sushma B. V.	"	"	A	1	2	A	1	2																								
25	Ashwini N.	"	"	A	1	2	A	1	2																								
26	Gayatri M.	"	"	A	A	1	A	1	2																								
27	Prerna M.	"	"	A	A	1	A	1	2																								
28	Chethana H. S.	"	"	A	A	1	A	1	2																								
29	Nirmala D.	"	"	A	A	1	A	1	2																								
30	Chandana R.	"	"	A	A	1	A	1	2																								
31	Ranjitha V.	"	"	A	A	1	A	1	2																								
32	Deepika M.	T B <sub>1</sub>	1	A	2	3	4	2																									

Principal  
S.J.R. College for Women  
Rajajinagar, Bengaluru-10

## 5. Women Empowerment Cell

- Women's Day by inviting women achiever Madhura Ashok Kumar, Speaker, Indian Youth Red Cross on 9-3-2020

**S.J.R. COLLEGE FOR WOMEN**  
Rajajinagar, Bengaluru-10  
Accredited with 'A' Grade By NAAC

**Dhwani**  
**Women Empowerment Cell**

Organizes  
**"International Women's Day Celebration"**

Chief Guest  
**Mrs. Madhura Ashok Kumar**  
Speaker, Indian Youth Red Cross, Bangalore

Presided By  
**Dr. Harshini C. S**  
Principal, SJRCW

On  
**9<sup>th</sup> Mar 2020, 1:30 PM**  
Venue: **Smt. Lalithamma & Sri Chennabasappa Auditorium**

Sri. Shivaprakash  
Hon. President, SJRES

Sri. N.R. Nandish  
Hon. Secretary, SJRES

Sri. Dr. Vedamurthy K.B  
Hon. Academic Chairman, SJRES

Principal  
S.J.R. College for Women  
Rajajinagar, Bengaluru-10

S.J.R. College for Women  
Rajajinagar, Bangalore-10  
Women Empowerment Cell  
"DHWANI"

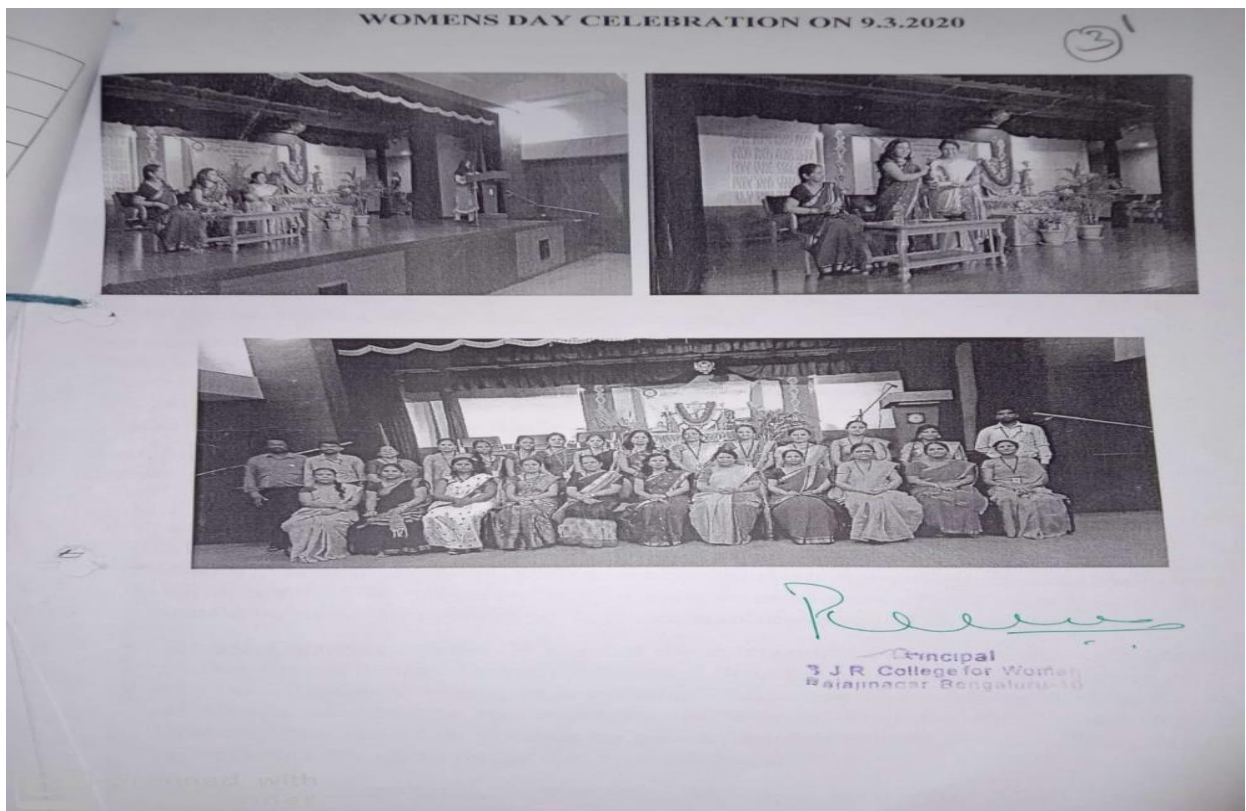
**CIRCULAR**

Date: 06.03.2020

Under the auspices of Women Empowerment Cell - "Dhwani" organising Guest Lecture in view of celebrating "International Women's Day". On 9<sup>th</sup> March 2020, at 1:30 pm in Smt. Lalithamma & Sri Chennabasappa Auditorium. All staffs and students are cordially invited.

Chairperson  
**S. S. Sridhar**  
Principal 6/3/2020

Principal  
S.J.R. College for Women  
Rajajinagar, Bengaluru-10



## 6. Nature club

- Healthy diet and significance of Blood Donation on 4-10-2019

**SJR College for Women**

**NATURE CLUB- PRUTHVI**

Activity 5: 4<sup>th</sup> October 2019

**Healthy diet and Significance of Blood Donation:**

**Eligibility Requirements**

In order to donate you must meet the requirements listed below.  
Please note that this is not a complete list, other eligibility factors will apply.

- Be in good health and feeling well
- Be at least 18 years old
- Weigh at least 110 pounds
- Are not pregnant
- Possess a valid government-issued photo ID (Example: Driver's License, Military ID, etc.)

**Do NOT donate if any of the following apply to you:**

- Have been diagnosed with HIV/AIDS, Hepatitis B, or Hepatitis C
- Have ever used needles to take drugs, steroids, or anything not prescribed by your doctor
- Are a male who has had sexual contact with another male, even once, since 1977
- Have ever taken money, drugs, or any other form of payment for sex since 1977
- Have had sexual contact in the past 12 months with anyone described above
- Have had syphilis or gonorrhea in the past 12 months
- In the past 12 months have been in juvenile detention, lockup, jail, or prison for more than 72 hours
- Have lived in, or visited the United Kingdom, which includes England, Northern Ireland, Scotland, Wales, the Isle of Mann, or Channel Islands from 1980-1996 for a total of 3 months or more
- Have spent 5 years or more (total) in Europe since 1990
- Have visited a malarial-endemic country within the last year

Principal  
SJR College for Women  
Rajajinagar Bengaluru-10

• Rev Bras Hematol Hemoter  
• v.26(2), 2012  
• PMC3406010

**ISI SERVIER**  
Guide for Authors | About | Explore this Journal

Rev Bras Hematol Hemoter 2012; 34(2): 229-330

doi: 10.5581/1516-8484.20120085

PMCID: PMC3406010  
PMID: 23125537

### Anemia and the blood donor

Maria Stela Figueiredo

Author information Article notes Copyright and License information Disclaimer

See the article *Etiology of anemia of blood donor candidates detected by hematology screening* in Volume 34 on page 330.

The World Health Organization recommends a collection rate of 10-20 whole blood units per 1000 inhabitants to address transfusion needs<sup>(1)</sup>. However, demand for blood is ever-increasing as medicine continues to develop<sup>(2)</sup>.

Donor selection is critical to blood transfusion safety and blood donor eligibility policies are designed to protect both the donor and the recipient<sup>(3)</sup>. Donors with relatively low hemoglobin (Hb) levels are not allowed to donate to prevent them from developing non-deficiency anemia (IDA). In addition, deferral of these donors guarantees that blood units for transfusion meet the required standards for Hb content<sup>(4)</sup>.

Deferral for low Hb accounts for 35% to 75% of total deferrals, with the vast majority occurring in women<sup>(5)</sup>. At the New York Blood Center, 92.7% of these deferrals were women<sup>(6)</sup>.

Iron deficiency is the world's most widespread nutritional disorder, affecting both industrialized and developing countries<sup>(7)</sup>. In Brazil, there are no consistent studies to show the real problem, although some studies showed 25% of anemia in women of childbearing age<sup>(8,9)</sup>.

Principal  
SJR College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

Scanned by TapScanner



On the other hand, because IDA is the last stage of iron deficiency, Hb measurement alone is inadequate to detect blood donors with iron deficiency but without anemia. Recent publications have suggested that serum ferritin levels could be a reliable indicator for body iron stores since they provide a determination of iron deficiency at an early stage<sup>(1,2,3)</sup>.

As ferritin testing is comparatively costly, various red blood cell (RBC) parameters have been proposed as markers for low ferritin/iron depletion<sup>(4)</sup>. Significant correlations between ferritin and RBC parameters were shown in these analyses, but no study has determined which marker is the most useful to identify donors at risk of developing anemia<sup>(5)</sup>.

Beta-thalassemia trait (BTT) is the second most common cause of microcytic anemia and, for this reason, the possibility of this disease must be discarded when anemia or microcytosis is present<sup>(6,7,8)</sup>. An interesting paper by Tiwari et al.<sup>(9)</sup> suggested that it could be useful to routinely perform a complete blood count (CBC) for all blood donors and further analyze the microcytic samples for ferritin and Hemoglobin A<sub>1</sub> to differentiate between IDA and BTT. This approach, however, is relevant only in areas where there is an elevated prevalence of BTT. These authors, also, reviewed nine indices to differentiate IDA and BTT (Table 1).

RBC: Red blood cells; RDW: Red blood cell distribution width; MCV: Mean corpuscular volume; MCH: Mean corpuscular hemoglobin

In order to fulfill their necessities, blood centers have long recognized that it is more effective and less expensive to collect blood from existing donors than to recruit new donors and in the United States, 71% of donors are repeat donors. But, this strategy has come at a price: iron depletion of these donors<sup>(10)</sup>. After donation of 450 mL of blood, a male donor loses 242 ± 17 mg and a female 217 ± 11 mg of iron<sup>(11,12)</sup>. Since the 1970s, various investigators documented the decrease in serum ferritin levels in association with blood donation<sup>(13,14,15,16)</sup>.

The lost iron is not readily replenished. It has been common practice for blood centers to recommend iron-rich diets to donors who have been rejected for low Hb. However, even with excellent compliance, it requires 6 months or longer to positively impact ferritin levels<sup>(17)</sup>. Because of this, many researchers have prescribed iron supplementation with good results<sup>(18,19,20)</sup>. However, the majority of regular blood donors with low or absent iron stores will never develop IDA<sup>(21)</sup>.

It is important to remember that avoiding unnecessary deferrals, keeps donors engaged with the blood center<sup>(22)</sup>. In fact, Boulton demonstrated that only 25% of first-time donors return to the blood donation facility after rejection, while 47% of first-time donors come back within 6 months when accepted at their first visit<sup>(23)</sup>.

Anemia is an important topic for blood donor candidates and effort has to be made to identify these individuals, prevent iron depletion in regular blood donors, and engage these individuals with blood donation.

#### Before blood donation

You need to prepare your body for blood donation. Here are some tips to do so.

*Principal*  
SJR College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

• **Water** - If you're donating blood, it's important to stay hydrated before and after you donate. That's because about half of your blood is made of water. It's recommended to drink an additional 2 cups of water before donating blood. Other nonalcoholic beverages are fine, too.

• **Iron** - It's also good to increase your intake of iron-rich foods because you lose iron when you donate. Low iron levels can cause symptoms of fatigue and the risk of iron deficiency anemia. Heme iron is more easily found in foods: heme iron and non-heme iron. Heme iron is more easily absorbed, so it boosts your iron levels more effectively. Your body absorbs up to 25-30 per cent of heme iron and only 2 to 7 per cent of non-heme iron. Foods rich in heme iron include red meat, chicken, fish, eggs. Foods rich in non-heme iron include vegetables - such as spinach, sweet potatoes, peas, broccoli, string beans and kale. Breads and cereals - whole-wheat bread, wheat, bran cereals etc. are also rich in non-heme iron. Fruits, such as strawberries, watermelon, raisins, dates, figs, prunes, prune juice, dried apricots, and dried peaches are also a rich source of the nutrient. Beans, including tofu, kidney, white, dried peas, dried beans, and lentils can also be consumed before blood donation to improve levels of non-heme iron.

• **Vitamin C** - Although heme iron will raise your iron levels more effectively, vitamin C can help your body better absorb plant-based iron or nonheme iron. Many fruits are a good source of vitamin C. Fruits high in this vitamin include cantaloupe, citrus fruits and juices, kiwi fruit, mango, papaya, pineapple, strawberries, raspberries, blueberries, cranberries, watermelon, tomatoes.

• **Sleep** - Get at least eight hours of sleep the night before your appointment.

• **Meals** - Eat a healthy breakfast or lunch - or both, if you're donating blood later in the day.

• **Health** - Your health is of prime importance. Make sure you're feeling well. **Which foods and beverages should you avoid before blood donation?** Certain foods and beverages can have a negative effect on your blood. These include -

• **Alcohol** - Alcoholic beverages lead to dehydration. Try to avoid drinking alcohol 24 hours before giving blood. If you do drink alcohol, make sure to compensate by drinking extra water.

• **Fatty foods** - Foods high in fat, such as French fries or ice cream, can affect the tests that are run on your blood. If your donation can't be tested for infectious diseases, then it can't be used for transfusion. So, skip the high-fat food on donation day.

• **Iron blockers** - Certain foods and beverages can affect your body's ability to absorb iron. You don't have to avoid these foods completely, but avoid eating them at the same time you consume iron-rich foods or iron supplements.

*Principal*  
SJR College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

Foods that reduce iron absorption include coffee and tea, high-calcium foods like milk, cheese, and yoghurt, red wine, chocolate, etc.

• **Aspirin** - If you're donating blood platelets, which is also a similar process to blood donation, you must be aspirin free for 48 hours prior to donation.

**Some tips for after you are done donating blood**  
After donating, it is important to take it easy and work on replenishing the nutrients your body has lost.

• **Fluids** - Drink an extra 1 litre of water orange juice, prune juice or sports drinks over the next 24 hours. You'll be provided with a light snack like fruit, prunes or yoghurt, or you may carry one with you. This will help stabilize your blood sugar and fluid levels.

• **Take rest** - it is important to rest in the canteen area for at least ten minutes, or until you feel up to your usual self. Also, avoid doing any heavy lifting or vigorous exercise for the rest of the day.

• **Nutrition** - Folate, also known as B-9 or folic acid, is used to help create new red blood cells in the body, so it is important to eat foods rich in folic acid. These foods include e.g leafy greens and orange juice. Riboflavin, or vitamin B-2, is also used in the production of red blood cells. To reboost this nutrient, eat dairy products like milk or yoghurt. Another red blood cell builder, Vitamin B-6 can be found in foods like potatoes and bananas. Iron is an essential nutrient in the blood that helps with the transport of oxygen to tissues and needs to be replenished to avoid iron deficiency. Iron-rich foods are easy to find and, if paired with Vitamin C-rich foods, can help increase absorption from plant iron sources. Frequent donors should add a multivitamin with iron or iron supplement to help maintain healthy iron levels.

#### What to Do Before, During and After Your Donation



FIND A DRIVE

#### Make an Appointment

Select a donation type and find a convenient time that works best for you.

*Principal*  
SJR College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner



More About Iron

#### Get the Dish on Nutrition

Have iron-rich foods, such as red meat, fish, poultry, beans, spinach, iron-fortified

cereals or raisins.

MORE ABOUT IRON



LEARN MORE

#### Be Well Rested and Hydrate

Get a good night's sleep the night before your donation, eat healthy foods and drink

extra liquids.

LEARN MORE

Additional tips before donating:

- Donating Platelets? Don't take aspirin for 2 days before your appointment. [Learn About Platelet Donations.](#)
- Ask a friend to donate at the same time. You can support each other and do twice as much good!
- Download the Blood Center App to receive appointment reminders, start your Registration and more.

#### On the Day of Your Donation




*Principal*  
SJR College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner




**RapidPass®**

To expedite your donation, start your RapidPass® on the day of your appointment.



**Photo ID**

Please bring your donor card, driver's license or two other forms of identification.



**Medication List**

We'll need to know about all prescription and over-the-counter medications you're taking.


Additional tips for the day of your donation:

- Drink an extra 16 oz. of water (or other nonalcoholic drink) before your appointment.
- Eat a healthy meal, avoiding fatty foods like hamburgers, fries or ice cream.
- Wear a short-sleeved shirt that you can roll up above your elbows.
- Let us know if you have a preferred arm or particular vein that has been used successfully in the past to draw blood.
- Relax, listen to music, talk to other donors or read while you donate.

### After Your Donation

*Reena*  
Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner




**Enjoy a Snack**

Relax for a few minutes in our refreshment & recovery area — have some cookies or other snacks — you've earned it!

**Tell Others About Your Good Deed**

The gratification of giving blood is a feeling you'll want to share.



**Drink Extra Liquids**

Drink an extra four (8 oz.) glasses of liquids and avoid alcohol over the next 24 hours.

Additional tips for after your donation:

- Keep the elastic bandage on for the next several hours; to avoid a skin rash, clean the area around the bandage with soap and water.
- Don't do any heavy lifting or vigorous exercise for the rest of the day.
- If the needle site starts to bleed, apply pressure and raise your arm straight up for 5-10 minutes or until bleeding stops.
- Call us at 1-866-236-3276 to report any additional health information that you forgot to tell us, if you have any problems or if you need medical care after giving blood.
- If you experience dizziness or lightheadedness, stop what you're doing and sit down or lie down until you feel better; avoid performing any activity where falling may lead to injury for at least 24 hours.
- Keep eating iron-rich foods.

*Reena*  
Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

- If you donate frequently, be sure to take multivitamins with iron to ensure you continue to replenish your iron stores before your next donation.

### Ready to Help Save a Life?

Find a convenient blood drive near you and schedule an appointment to donate today.



## What To Do After You Donate

By Carter BloodCare | 31 comments | Uncategorized | 5 November, 2014

Donors are the lifeblood of our organization, and it is important to us to make sure each donor maintains the best possible health after donating. Giving a pint of whole blood can save the lives of up to three people, but after giving that much, it is important to treat your body right. After donating, it is important to take it easy and work on replenishing the nutrients your body has lost.

It's no secret that before donating blood, you need to prepare your body. It is important to eat iron-rich foods such as red meats, fish, beans and spinach, drink plenty of water the two days prior to donating, get a good night's sleep and eat a healthy meal two hours before your donation. These tips help pump up the nutrients in your body so your blood has enough hemoglobin to donate and ensure you are ready to make donating a safe and pleasant experience.

*Reena*  
Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

### Rest

After donating, it is important to rest in the canteen area for at least ten minutes, or until you feel up to your usual self. Pay attention to all instructions given by your blood collector immediately after donation. This includes keeping your bandage on for at least four hours. You will feel a little dizzy after donating, and for this reason it is important to not do any strenuous activity for up to 24 hours and avoid drinking any alcohol for the next 24 hours as well.

### Replenish

Your donated blood provides people in need with a valuable resource, and after you give them what their body needs, it is time to give your body what you need. After donating, your blood pressure may drop. To avoid a drop in blood pressure and replenish lost fluids, drink plenty of liquids such as water and sports drinks. Water and sports drinks are available in the canteen area after donation to help you stay healthy and hydrated.

Folate, also known as B-9 or folic acid, is used to help create new red blood cells in the body, so it is important to eat foods rich in folic acid. These foods include asparagus, leafy greens like kale, liver and orange juice. Riboflavin, or vitamin B-2, is also used in the production of red blood cells. To restock this nutrient, eat dairy products like milk or yogurt. Another red blood cell builder, Vitamin B-6 can be found in foods like potatoes and bananas.

Iron is an essential nutrient in the blood that helps with the transport of oxygen to tissues, and needs to be replenished to avoid iron deficiency. Iron-rich foods are easy to find and, if paired with Vitamin C-rich foods, can help increase absorption from plant iron sources. Meats, fish, nuts and peanuts are common protein-packed foods rich in iron. In addition, foods such as raisins, beans, whole grains, rice flakes and watermelon can help restore your body's iron to keep you healthy.

*Reena*  
Principal  
S J R College for Women  
Rajajinagar Bengaluru-10 30/11/2020

Scanned by TapScanner

# Significance of Blood Donation

S.J.R.C.W. RAJAJINAGAR, BANGALORE-10, NATURE CLUB- PRUTHVI  
ACTIVITIES CONDUCTED IN ODD SEMESTER (AUGUST-OCTOBER 2019)

AND EVEN SEMESTER (JANUARY 2020-MARCH 2020)

Teachers in Charge:

Chairperson 1. Gayathri M P, Department of Botany  
Members: 2. Chandrakala Shivkumar, HOD, Department of Botany  
3. Geetha V S, Department of Chemistry

ODD Semester

SL.NO	DATE	ACTIVITY
1.	16.8.2019	a) Soil Science: Scope, Soil texture and soil analysis. Importance of Soil Health Card to farmers. Followed by practical session. b) Practical Session- College garden, types of soil, Soil microorganisms texture, Sowing of various seeds in college garden.
2.	23.8.2019	a) In pursuit of Eco-friendly Ganesha Chaturthi- awareness programme b) Demonstration and preparation of Rose Water. Practical session- Chemistry lab
3.	20.9.2019	a) Crossword puzzle on nature- Competition b) Parisa Geethagali.
4.	27.9.2019	a) Wild life- Drawing and Painting Competition + b) Essay competition- Wild Life Conservation.
5.	4.10.2019	a) Household medicines. b) Healthy Diet and Significance of Blood donation.
6.	11.10.2019	a) Swachhata Hi Seva awareness activity-Collecting SUP + b) Hardness of Water
7.	18.10.2019	Swachhata Hi Seva activity-Collection of SUP(Single Use Plastic), Plogging near college campus.

Principal  
SJR College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

## SJR COLLEGE FOR WOMEN

Sl. No	Roll No	Name of the Student	I Bcom	II Bcom	III Bcom	IV Bcom	V Bcom	VI Bcom	VII Bcom	VIII Bcom	IX Bcom	X Bcom	XI Bcom	XII Bcom
1	C1841804	Akshaya A	1	2	3	4	5	6	7	8	9	10	11	12
2	C1841840	Kavya K	1	2	3	4	5	6	7	8	9	10	11	12
3	C1841842	Kavya S	1	2	3	4	5	6	7	8	9	10	11	12
4	C1841854	Mangisha A	1	2	3	4	5	6	7	8	9	10	11	12
5	C1841813	Binidu A	1	2	3	4	5	6	7	8	9	10	11	12
6	C1841835	Devika R	1	2	3	4	5	6	7	8	9	10	11	12
7	C1841845	Kavya S	1	2	3	4	5	6	7	8	9	10	11	12
8	C1841855	Madhusree M.C	1	2	3	4	5	6	7	8	9	10	11	12
9	C1841860	Meghana D.K.	1	2	3	4	5	6	7	8	9	10	11	12
10	C1841895	Raksha J	1	2	3	4	5	6	7	8	9	10	11	12
11	C1841835	Ranjitha A	1	2	3	4	5	6	7	8	9	10	11	12
12	C1841925	Sri Lakshmi R	1	2	3	4	5	6	7	8	9	10	11	12
13	C1841815	Chaitra C	1	2	3	4	5	6	7	8	9	10	11	12
14	C1841843	Kavitha S	1	2	3	4	5	6	7	8	9	10	11	12
15	C1841858	Mangala A	1	2	3	4	5	6	7	8	9	10	11	12

Principal  
SJR College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

Reg. No.	Name	Class	31/12/19	7/1/20	14/2/20	28/2/20	7/3/20	14/3/20	21/3/20	28/3/20	4/4/20	11/4/20	18/4/20	25/4/20	2/5/20	9/5/20	16/5/20	23/5/20	30/5/20	6/6/20	13/6/20	20/6/20	27/6/20	4/7/20	11/7/20	18/7/20	25/7/20	1/8/20	8/8/20	15/8/20	22/8/20	29/8/20	5/9/20	12/9/20	19/9/20	26/9/20	3/10/20	10/10/20	17/10/20	24/10/20	31/10/20	7/11/20	14/11/20	21/11/20	28/11/20	5/12/20	12/12/20	19/12/20	26/12/20	2/1/21	9/1/21	16/1/21	23/1/21	30/1/21	6/2/21	13/2/21	20/2/21	27/2/21	5/3/21	12/3/21	19/3/21	26/3/21	2/4/21	9/4/21	16/4/21	23/4/21	30/4/21	7/5/21	14/5/21	21/5/21	28/5/21	4/6/21	11/6/21	18/6/21	25/6/21	2/7/21	9/7/21	16/7/21	23/7/21	30/7/21	6/8/21	13/8/21	20/8/21	27/8/21	3/9/21	10/9/21	17/9/21	24/9/21	1/10/21	8/10/21	15/10/21	22/10/21	29/10/21	5/11/21	12/11/21	19/11/21	26/11/21	3/12/21	10/12/21	17/12/21	24/12/21	31/12/21	7/1/22	14/1/22	21/1/22	28/1/22	4/2/22	11/2/22	18/2/22	25/2/22	2/3/22	9/3/22	16/3/22	23/3/22	30/3/22	6/4/22	13/4/22	20/4/22	27/4/22	3/5/22	10/5/22	17/5/22	24/5/22	1/6/22	8/6/22	15/6/22	22/6/22	29/6/22	5/7/22	12/7/22	19/7/22	26/7/22	2/8/22	9/8/22	16/8/22	23/8/22	30/8/22	6/9/22	13/9/22	20/9/22	27/9/22	3/10/22	10/10/22	17/10/22	24/10/22	1/11/22	8/11/22	15/11/22	22/11/22	29/11/22	5/12/22	12/12/22	19/12/22	26/12/22	2/1/23	9/1/23	16/1/23	23/1/23	30/1/23	6/2/23	13/2/23	20/2/23	27/2/23	5/3/23	12/3/23	19/3/23	26/3/23	2/4/23	9/4/23	16/4/23	23/4/23	30/4/23	6/5/23	13/5/23	20/5/23	27/5/23	3/6/23	10/6/23	17/6/23	24/6/23	1/7/23	8/7/23	15/7/23	22/7/23	29/7/23	5/8/23	12/8/23	19/8/23	26/8/23	2/9/23	9/9/23	16/9/23	23/9/23	30/9/23	6/10/23	13/10/23	20/10/23	27/10/23	3/11/23	10/11/23	17/11/23	24/11/23	1/12/23	8/12/23	15/12/23	22/12/23	29/12/23	5/1/24	12/1/24	19/1/24	26/1/24	2/2/24	9/2/24	16/2/24	23/2/24	30/2/24	6/3/24	13/3/24	20/3/24	27/3/24	3/4/24	10/4/24	17/4/24	24/4/24	1/5/24	8/5/24	15/5/24	22/5/24	29/5/24	5/6/24	12/6/24	19/6/24	26/6/24	2/7/24	9/7/24	16/7/24	23/7/24	30/7/24	6/8/24	13/8/24	20/8/24	27/8/24	3/9/24	10/9/24	17/9/24	24/9/24	1/10/24	8/10/24	15/10/24	22/10/24	29/10/24	5/11/24	12/11/24	19/11/24	26/11/24	2/12/24	9/12/24	16/12/24	23/12/24	30/12/24	6/1/25	13/1/25	20/1/25	27/1/25	3/2/25	10/2/25	17/2/25	24/2/25	1/3/25	8/3/25	15/3/25	22/3/25	29/3/25	5/4/25	12/4/25	19/4/25	26/4/25	2/5/25	9/5/25	16/5/25	23/5/25	30/5/25	6/6/25	13/6/25	20/6/25	27/6/25	3/7/25	10/7/25	17/7/25	24/7/25	1/8/25	8/8/25	15/8/25	22/8/25	29/8/25	5/9/25	12/9/25	19/9/25	26/9/25	2/10/25	9/10/25	16/10/25	23/10/25	30/10/25	6/11/25	13/11/25	20/11/25	27/11/25	3/12/25	10/12/25	17/12/25	24/12/25	1/1/26	8/1/26	15/1/26	22/1/26	29/1/26	5/2/26	12/2/26	19/2/26	26/2/26	2/3/26	9/3/26	16/3/26	23/3/26	30/3/26	6/4/26	13/4/26	20/4/26	27/4/26	3/5/26	10/5/26	17/5/26	24/5/26	1/6/26	8/6/26	15/6/26	22/6/26	29/6/26	5/7/26	12/7/26	19/7/26	26/7/26	2/8/26	9/8/26	16/8/26	23/8/26	30/8/26	6/9/26	13/9/26	20/9/26	27/9/26	3/10/26	10/10/26	17/10/26	24/10/26	1/11/26	8/11/26	15/11/26	22/11/26	29/11/26	5/12/26	12/12/26	19/12/26	26/12/26	2/1/27	9/1/27	16/1/27	23/1/27	30/1/27	6/2/27	13/2/27	20/2/27	27/2/27	3/3/27	10/3/27	17/3/27	24/3/27	1/4/27	8/4/27	15/4/27	22/4/27	29/4/27	5/5/27	12/5/27	19/5/27	26/5/27	2/6/27	9/6/27	16/6/27	23/6/27	30/6/27	6/7/27	13/7/27	20/7/27	27/7/27	3/8/27	10/8/27	17/8/27	24/8/27	1/9/27	8/9/27	15/9/27	22/9/27	29/9/27	5/10/27	12/10/27	19/10/27	26/10/27	2/11/27	9/11/27	16/11/27	23/11/27	30/11/27	6/12/27	13/12/27	20/12/27	27/12/27	3/1/28	10/1/28	17/1/28	24/1/28	1/2/28	8/2/28	15/2/28	22/2/28	29/2/28	5/3/28	12/3/28	19/3/28	26/3/28	2/4/28	9/4/28	16/4/28	23/4/28	30/4/28	6/5/28	13/5/28	20/5/28	27/5/28	3/6/28	10/6/28	17/6/28	24/6/28	1/7/28	8/7/28	15/7/28	22/7/28	29/7/28	5/8/28	12/8/28	19/8/28	26/8/28	2/9/28	9/9/28	16/9/28	23/9/28	30/9/28	6/10/28	13/10/28	20/10/28	27/10/28	3/11/28	10/11/28	17/11/28	24/11/28	1/12/28	8/12/28	15/12/28	22/12/28	29/12/28	5/1/29	12/1/29	19/1/29	26/1/29	2/2/29	9/2/29	16/2/29	23/2/29	30/2/29	6/3/29	13/3/29	20/3/29	27/3/29	3/4/29	10/4/29	17/4/29	24/4/29	1/5/29	8/5/29	15/5/29	22/5/29	29/5/29	5/6/29	12/6/29	19/6/29	26/6/29	2/7/29	9/7/29	16/7/29	23/7/29	30/7/29	6/8/29	13/8/29	20/8/29	27/8/29	3/9/29	10/9/29	17/9/29	24/9/29	1/10/29	8/10/29	15/10/29	22/10/29	29/10/29	5/11/29	12/11/29	19/11/29	26/11/29	2/12/29	9/12/29	16/12/29	23/12/29	30/12/29	6/1/30	13/1/30	20/1/30	27/1/30	3/2/30	10/2/30	17/2/30	24/2/30	1/3/30	8/3/30	15/3/30	22/3/30	29/3/30	5/4/30	12/4/30	19/4/30	26/4/30	2/5/30	9/5/30	16/5/30	23/5/30	30/5/30	6/6/30	13/6/30	20/6/30	27/6/30	3/7/30	10/7/30	17/7/30	24/7/30	1/8/30	8/8/30	15/8/30	22/8/30	29/8/30	5/9/30	12/9/30	19/9/30	26/9/30	2/10/30	9/10/30	16/10/30	23/10/30	30/10/30	6/11/30	13/11/30	20/11/30	27/11/30	3/12/30	10/12/30	17/12/30	24/12/30	1/1/31	8/1/31	15/1/31	22/1/31	29/1/31	5/2/31	12/2/31	19/2/31	26/2/31	2/3/31	9/3/31	16/3/31	23/3/31	30/3/31	6/4/31	13/4/31	20/4/31	27/4/31	3/5/31	10/5/31	17/5/31	24/5/31	1/6/31	8/6/31	15/6/31	22/6/31	29/6/31	5/7/31	12/7/31	19/7/31	26/7/31	2/8/31	9/8/31	16/8/31	23/8/31	30/8/31	6/9/31	13/9/31	20/9/31	27/9/31	3/10/31	10/10/31	17/10/31	24/10/31	1/11/31	8/11/31	15/11/31	22/11/31	29/11/31	5/12/31	12/12/31	19/12/31	26/12/31	2/1/32	9/1/32	16/1/32	23/1/32	30/1/32	6/2/32	13/2/32	20/2/32	27/2/32	3/3/32	10/3/32	17/3/32	24/3/32	1/4/32	8/4/32	15/4/32	22/4/32	29/4/32	5/5/32	12/5/32	19/5/32	26/5/32	2/6/32	9/6/32	16/6/32	23/6/32	30/6/32	6/7/32	13/7/32	20/7/32	27/7/32	3/8/32	10/8/32	17/8/32	24/8/32	1/9/32	8/9/32	15/9/32	22/9/32	29/9/32	5/10/32	12/10/32	19/10/32	26/10/32	2/11/32	9/11/32	16/11/32	23/11/32	30/11/32	6/12/32	13/12/32	20/12/32	27/12/32	3/1/33	10/1/33	17/1/33	24/1/33	1/2/33	8/2/33	15/2/33	22/2/33	29/2/33	5/3/33	12/3/33	19/3/33	26/3/33	2/4/33	9/4/33	16/4/33	23/4/33	30/4/33	6/5/33	13/5/33	20/5/33	27/5/33	3/6/33	10/6/33	17/6/33	24/6/33	1/7/33	8/7/33	15/7/33	22/7/33	29/7/33	5/8/33	12/8/33	19/8/33	26/8/33	2/9/33	9/9/33	16/9/33	23/9/33	30/9/33	6/10/33	13/10/33	20/10/33	27/10/33	3/11/33	10/11/33	17/11/33	24/11/33	1/12/33	8/12/33	15/12/33	22/12/33	29/12/33	5/1/34	12/1/34	19/1/34	26/1/34	2/2/34	9/2/34	16/2/34	23/2/34	30/2/34	6/3/34	13/3/34	20/3/34	27/3/34	3/4/34	10/4/34	17/4/34	24/4/34	1/5/34	8/5/34	15/5/34	22/5/34	29/5/34	5/6/34	12/6/34	19/6/34	26/6/34	2/7/34	9/7/34	16/7/34	23/7/34	30/7/34	6/8/34	13/8/34	20/8/34	27/8/34	3/9/34	10/9/34	17/9/34	24/9/34	1/10/34	8/10/34	15/10/34	22/10/34	29/10/34	5/11/34	12/11/34	19/11/34	26/11/34	2/12/34	9/12/34	16/12/34	23/12/34	30/12/34	6/1/35	13/1/35	20/1/35	27/1/35	3/2/35	10/2/35	17/2/35	24/2/35	1/3/35	8/3/35	15/3/35	22/3/35	29/3/35	5/4/35	12/4/35	19/4/35	26/4/35	2/5/35	9/5/35	16/5/35	23/5/35	30/5/35	6/6/35	13/6/35	20/6/35	27/6/35	3/7/35	10/7/35	17/7/35	24/7/35	1/8/35	8/8/35	15/8/35	22/8/35	29/8/35	5/9/35	12/9/35	19/9/35	26/9/35	2/10/35	9/10/35	16/10/35	23/10/35	30/10/35	6/11/35	13/11/35	20/11/35	27/11/35	3/12/35	10/12/35	17/12/35	24/12/35	1/1/36	8/1/36	15/1/36	22/1/36	29/1/36	5/2/36	12/2/36	19/2/36	26/2/36	2/3/36	9/3/36	16/3/36	23/3/36	30/3/36	6/4/36	13/4/36	20/4/36	27/4/36	3/5/36	10/5/36	17/5/36	24/5/36	1/6/36	8/6/36	15/6/36	22/6/36	29/6/36	5/7/36	12/7/36	19/7/36	26/7/36	2/8/36	9/8/36	16/8/36	23/8/36	30/8/36	6/9/36	13/9/36	20/9/36	27/9/36	3/10/36	10/10/36	17/10/36	24/10/36	1/11/36	8/11/36	15/11/36	22/11/36	29/11/36	5/12/36	12/12/36	19/12/36	26/12/36	2/1/37	9/1/37	16/1/37	23/1/37	30/1/37	6/2/37	13/2/37	20/2/37	27/2/37	3/3/37	10/3/37	17/3/37	24/3/37	1/4/37	8/4/37	15/4/37	22/4/37	29/4/37	5/5/37	12/5/37	19/5/37	26/5/37	2/6/37	9/6/37	16/6/37	23/6/37	30/6/37	6/7/37	13/7/37	20/7/37	27/7/37	3/8/37	10/8/37	17/8/37	24/8/37	1/9/37	8/9/37	15/9/37	22/9/37	29/9/37	5/10/37	12/10/37	19/10/37	26/10/37	2/11/37	9/11/37	16/11/37	23/11/37	30/11/37	6/12/37	13/12/37	20/12/37	27/12/37	3/1/38	10/1/38	17/1/38	24/1/38	1/2/38	8/2/38	15/2/38	22/2/38	29/2/38	5/3/38	12/3/38</
----------	------	-------	----------	--------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	---------	----------	----------	----------	----------	---------	----------	----------	----------	---------	----------	----------	----------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	---------	---------	----------	----------	----------	---------	----------	----------	----------	---------	----------	----------	----------	----------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	---------	----------	----------	----------	---------	---------	----------	----------	----------	---------	----------	----------	----------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	---------	----------	----------	----------	---------	----------	----------	----------	---------	---------	----------	----------	----------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	---------	---------	----------	----------	----------	---------	----------	----------	----------	---------	---------	----------	----------	----------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	---------	---------	----------	----------	----------	---------	----------	----------	----------	---------	----------	----------	----------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	---------	----------	----------	----------	---------	---------	----------	----------	----------	---------	----------	----------	----------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	---------	----------	----------	----------	---------	---------	----------	----------	----------	---------	----------	----------	----------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	---------	----------	----------	----------	---------	----------	----------	----------	---------	---------	----------	----------	----------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	---------	---------	----------	----------	----------	---------	----------	----------	----------	---------	---------	----------	----------	----------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	---------	---------	----------	----------	----------	---------	----------	----------	----------	---------	----------	----------	----------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	---------	----------	----------	----------	---------	---------	----------	----------	----------	---------	----------	----------	----------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	---------	----------	----------	----------	---------	---------	----------	----------	----------	---------	----------	----------	----------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	---------	----------	----------	----------	---------	----------	----------	----------	---------	---------	----------	----------	----------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	---------	---------	----------	----------	----------	---------	----------	----------	----------	---------	---------	----------	----------	----------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	---------	---------	----------	----------	----------	---------	----------	----------	----------	---------	----------	----------	----------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	---------	----------	----------	----------	---------	---------	----------	----------	----------	---------	----------	----------	----------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	---------	---------	---------	--------	---------	---------	---------	--------	--------	---------	---------	---------	---------	----------	----------	----------	---------	---------	----------	----------	----------	---------	----------	----------	----------	--------	---------	---------	---------	--------	--------	---------	---------	---------	--------	-----------



2019-20

SJRC College for Women, Rajajinagar, Bengaluru-560010  
Nature Club (Prothvi)

### Activity 4: Nature related songs and Women in Science:

Date: 28-02-2020  
Time: 1.30 pm to 3.15 pm.  
Report:


**National Science Day - Women in Science- 28<sup>th</sup> February 2020**

On the occasion of National Science Day, students of Nature Club were made aware of some Women in Science and their achievements. The students then attended the Women in Science Exhibition organized by Science Forum Scientia, SJRCW on the occasion of Science Day celebrations.

The students were also made to recite some nature related songs and short poems.

**1. Janaki Ammal**

Meet India's First Woman PhD in Botany - She Is The Reason Your Sugar Tastes Sweetest



The Pioneering Female Botanist Who Sweetened a Nation and Saved a Valley.

One of India's finest plant scientists, Janaki Ammal spurred her country to protect its rich tropical diversity.

One of the first women scientists to receive the Padma Shri way back in 1977, Edavaleth Kakkat Janaki Ammal lived a life only a handful of other women of her time lived. In an age when most Indian women didn't make it past high school, Janaki Ammal didn't just obtain a PhD at one of America's finest public universities, she went on to make seminal contributions to her field.

In 2018, to celebrate her remarkable career and contribution to plant science, two Indian plant breeders, Girija and Viru Viranghanan bred a new rose, which they have named 'E.K. Janaki Ammal'.

A rose hybrid named in "E.K. Janaki Ammal" in honor of Ammal's life and work. (John Innes Centre U.K.)

Achievements:

1. First Oriental Barbour Fellow, DSC, University of Michigan (1931)

Scanned by TapScanner


### WOMEN ENVIRONMENTALISM

this capacity, she would reorganize the Botanical Survey of India (BSI), originally established in 1890 under the oversight of Britain's Kew Gardens to collect and survey India's flora.

### 2. Katherine Esau

Katherine Esau (3 April 1898 - 4 June 1997) was a German-American botanist who received the National Medal of Science for her work on plant anatomy.


Age: Dec. at 99 (1898-1997)



Birthplace: Dnipropetrovsk, Ukraine.

All over the world, women are at the forefront of promoting the environmental revolution. Whether it be exploring the world's oceans or protecting the Amazon, fearless women are leading the charge against the status-quo. Here are some of the most inspiring women of all time, all fighting for environmental justice.

### 3. Jane Goodall



Jane Goodall is most well-known for her love of chimpanzees and her extensive years of field research on the species. In July 1960, she traveled from England to Tanzania and set out to discover the secrets of the chimpanzee species. Her unconventional approach to her research transformed relationships between

Scanned by TapScanner

- Nature songs recital, Women in Science, Science for all on 28-02-2020

2019-20

SJRC College for Women, Rajajinagar, Bengaluru-560010  
Nature Club (Prothvi)

### Activity 4: Nature related songs and Women in Science:

Date: 28-02-2020  
Time: 1.30 pm to 3.15 pm.  
Report:


**National Science Day - Women in Science- 28<sup>th</sup> February 2020**

On the occasion of National Science Day, students of Nature Club were made aware of some Women in Science and their achievements. The students then attended the Women in Science Exhibition organized by Science Forum Scientia, SJRCW on the occasion of Science Day celebrations.

The students were also made to recite some nature related songs and short poems.

**1. Janaki Ammal**

Meet India's First Woman PhD in Botany - She Is The Reason Your Sugar Tastes Sweetest



The Pioneering Female Botanist Who Sweetened a Nation and Saved a Valley.

One of India's finest plant scientists, Janaki Ammal spurred her country to protect its rich tropical diversity.

One of the first women scientists to receive the Padma Shri way back in 1977, Edavaleth Kakkat Janaki Ammal lived a life only a handful of other women of her time lived. In an age when most Indian women didn't make it past high school, Janaki Ammal didn't just obtain a PhD at one of America's finest public universities, she went on to make seminal contributions to her field.

In 2018, to celebrate her remarkable career and contribution to plant science, two Indian plant breeders, Girija and Viru Viranghanan bred a new rose, which they have named 'E.K. Janaki Ammal'.

A rose hybrid named in "E.K. Janaki Ammal" in honor of Ammal's life and work. (John Innes Centre U.K.)

Achievements:

1. First Oriental Barbour Fellow, DSC, University of Michigan (1931)

Scanned by TapScanner

2019-20

### Activities Conducted (July - Oct)

22/9/19 → Soil texture & Soil Analysis followed by practical session  
Practical session:- Types of soil analysis + Sowing of various seeds in college garden.

23/8/19 → Demonstration & Preparation of Rose water.

23/9/19 → Competition - Crossword puzzle on Nature + related subjects

**TEAM EVENT - CROSSWORD PUZZLE**

TEAM	CONTESTANTS	CLASS
I PRIZE - ROSE	1) RANJITHA.A. 2) MADHUSHREE.M.C	II Bcom, II Bcom,
II PRIZE - PEACOCK	1) NANDITHA.H.K. 2) RANJITHA.S	II Bsc, II Bsc,
PEACH	1) DEVIKA.R. 2) BINDU.G.	II Bcom, II Bcom,
III PRIZE - RHINO	1) VINEETHAM. 2) NALINA.N.	II BCA. II BSA

27/9/19 → Wild-life - Drawing and painting competition.

4/10/19 → Household medicines, Healthy diet & Blood Donor significance

Scanned with CamScanner



2. Joins John Innes Institute, Merton, London (1931-1932)
3. Professor of Botany, Maharaja's College of Science, Trivandrum (1932-34)
4. Geneticist, Sugarcane Breeding Institute, Coimbatore (1934-1939)
5. Participant, 7th International Congress of Genetics, Edinburgh (1939).
6. Stays on in UK and works as Assistant cytologist to C. D. Darlington, John Innes Institute, to co-author a monumental work 'Chromosome Atlas of Cultivated Plants'-the standard reference for cytological studies (1940-1945)
7. Work as Cytologist, at the Royal Horticultural Society, Wesley, and becomes their first salaried woman staff member (1945-1951)

8. Created her first hybrid flower, the 'Magnolia Colus Janaki Ammal'

Returns to India under Jawaharlal Nehru's request, and takes post as Officer on Special Duty and In-

9. Emeritus Scientist at the Centre for Advanced Study of Botany, University of Madras (1970-1984).

10. A concerned environmentalist, Janaki joins Save Silent Valley, (1970) a forward thinking campaign to stop a hydroelectric project that would flood 8.3 square kilometers of Silent Valley forest. The Valley was declared a national park on 15 November 1984. Janaki couldn't savour that moment, having passed away nine months earlier on 7 February, at 87 and still working, in her laboratory at Madhavayal, Madras.

#### Awards:

First woman in the U.S. to earn a PhD in Botany, University of Michigan (1926)

Honorary LLD from the University of Michigan (1956)

President, Botanical Society of India (1960)

Birbal Sahni award (1961)

Vice President, Indian Academy of Sciences, Bangalore (1961-64),

President, Indian Society of Genetics and Plant Breeding (1961), Sigma Xi (USA) and British Association for the Advancement of Science.

The Padmashree award by the Government of India (1977)

Legacy She evolved a cross known as "Janaki Brengal", brengal being the Indian name for eggplant.<sup>100</sup> Her PhD thesis titled "Chromosome Studies in Nicotiana glauca" was published in 1932.

Two awards were instituted in her name in 1999: EK Janaki Ammal National Award on Plant Taxonomy and EK Janaki Ammal National Award on Animal Taxonomy.<sup>101</sup> There is herbarium with over 25000 plant species in Jamnabai named after Janaki Ammal.<sup>102</sup>

The John Innes Centre offers a scholarship to PhD students from developing countries in her name.<sup>103</sup>

When she returned to India in the early 1950s, she did so at the request of Jawaharlal Nehru, India's first Prime Minister after their 1947 independence from British rule. India was recovering from a series of famines, including the Bengal famine of 1943 that killed millions. It was for this reason, Vinita Damodaran tells *SouthAsianist*, that "Nehru was very keen to get (Ammal) back (to India) to improve the botanical base of Indian agriculture." Nehru made her a government appointed supervisor in charge of directing the *Central Botanical Laboratory* in Lucknow. In

*Principal*  
S J R College for Women  
Rajajinagar Bengaluru-56

Scanned by TapScanner

humans and animals. In 1977, Jane founded the *Jane Goodall Institute*, which continues her research all over the world. She also established Jane Goodall's *Roots and Shoots* to empower youth of all ages to mobilize their peers and pursue their passion. Currently, Jane travels the world speaking about environmental concerns while encouraging young people to get active about the future of the planet.

#### 4. Wangari Maathai



Wangari Maathai worked tirelessly for both land conservation and women's rights. She was the founder of the *Green Belt movement*, which focused on environmental conservation and women's rights, in her native country of Kenya. In addition to being honored by many world leaders for her efforts, she was awarded the *Nobel Peace Prize* in 2004 for her approach to sustainable development, democracy and peace.

#### 5. Rachel Carson



*Principal*  
S J R College for Women  
Rajajinagar Bengaluru-56

Scanned by TapScanner

## WOMEN ENVIRONMENTALIST

this capacity, she would reorganize the Botanical Survey of India (BSI), originally established in 1890 under the oversight of Britain's Kew Gardens to collect and survey India's flora.

#### 2. Katherine Esau

Katherine Esau (3 April 1898 – 4 June 1997) was a German-American botanist who received the *National Medal of Science* for her work on plant anatomy.  
Age: Dec. at 99 (1898-1997)



Birthplace: Dnepropetrovsk, Ukraine

All over the world, women are at the forefront of promoting the environmental revolution. Whether it be exploring the world's oceans or protecting the Amazon, fearless women are leading the charge against the status-quo. Here are some of the most inspiring women of all time, all fighting for environmental justice.

#### 3. Jane Goodall



Jane Goodall is most well-known for her love of chimpanzees and her extensive years of field research on the species. In July 1960, she traveled from England to Tanzania and set out to discover the secrets of the chimpanzee species. Her unconventional approach to her research transformed relationships between

*Principal*  
S J R College for Women  
Rajajinagar Bengaluru-56

Scanned by TapScanner

Rachel Carson wrote the now-famous *Silent Spring*, an expose on the misinformation spread by the chemical industry and the use of synthetic pesticides, specifically DDT.

This book spurred the environmental revolution. The overall theme of the book is the commanding- and overwhelmingly negative- effect that humans have on the natural world. Carson's lasting legacy led to the creation of the *Environmental Protection Agency* in the United States under the Nixon administration and started the conversation regarding the human impact on the environment.

#### 6. Vandana Shiva



Vandana Shiva is an Indian environmentalist who has spent much of her life in defense of biodiversity. In 1991, she founded *Navdanya*, a research institute that aims to protect the diversity and integrity of native seeds while also promoting fair trade practices. Her research institute is dedicated to addressing the most significant environmental and social justice issues of the current era.

#### 7. Anandi bai Joshi



Anandibai Joshi (1865-1887)

*Principal*  
S J R College for Women  
Rajajinagar Bengaluru-56

Scanned by TapScanner

Medicine (1885, Philadelphia), Anandibai Joshi, the first Hindu woman to obtain a medical degree in the Western hemisphere, was born Yamuna Joshi on March 31, 1865 in Poona, India. She was the first lady to complete medical education in the USA. She died in Poona at an early age of 22.

### 8. Kamal Ranadive (1917-2001)

Ph.D. (1949, Bombay), FNA. This recipient of the Padmabhushan established the first tissue culture laboratory in India at the Indian Cancer Research Centre (presently Cancer Research Institute).

She got Watumal Foundation Award for her work in the field of leprosy. She founded the Indian Women scientist Association (WSA).



### 9. Barbara McClintock

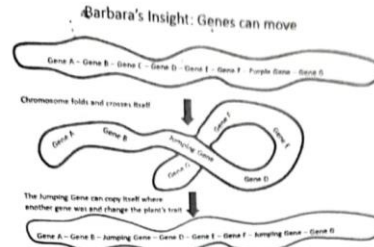
The following year she became the first female president of the Genetics Society of America;<sup>19</sup> she had been elected its vice-president in 1939.<sup>19</sup> In 1944 she undertook a cytogenetic analysis of *Neurospora crassa* at the suggestion of George Beadle, who used the fungus to demonstrate the one gene-one enzyme relationship. He invited her to Stanford to undertake the study. She successfully described the number of chromosomes, or karyotype, of *N. crassa* and described the entire life cycle of the species. Beadle said "Barbara, in two months at Stanford, did more to clean up the cytology of *Neurospora* than all other cytological geneticists had done in all previous time on all forms of mold."<sup>20</sup> *N. crassa* has since become a model species for classical genetic analysis.<sup>20,21</sup>

#### Discovery of controlling elements

Transposons: The **Jumping Genes**. ... Transposable elements, or "jumping genes", were first identified by Barbara McClintock more than 50 years ago. ... Transposable elements (TEs), also known as "jumping genes," are DNA sequences that move from one location on the genome to another.

Principal  
S J R College for Women  
Rajajayagari Bengaluru 11

Scanned by TapScanner



#### The origins of maize



McClintock's microscope and ears of corn on exhibition at the National Museum of Natural History in Washington, D.C.

In 1957, McClintock received funding from the National Academy of Sciences to start research on indigenous strains of maize in Central America and South America. She was interested in studying the evolution of maize through chromosomal changes,<sup>19</sup> and being in South America would allow her to work on a larger scale. McClintock explored the chromosomal, morphological, and evolutionary characteristics of various races of maize.<sup>19,22</sup> After extensive work in the 1960s and 1970s, McClintock and her collaborators published the seminal study *The Chromosomal Constitution of Races of Maize*, leaving their mark on paleobotany, ethnobotany, and evolutionary biology.<sup>19</sup>

In reference to her decision 20 years earlier to stop publishing detailed accounts of her work on controlling elements, she wrote in 1973:

Over the years I have found that it is difficult if not impossible to bring to consciousness of another person the nature of his tacit assumptions when, by some special experiences, I have been made aware of them. This became painfully evident to me in my attempts during the 1950s to convince geneticists that the action of genes had to be and was controlled. It is now equally painful to recognize the fixity of assumptions that many persons hold on the nature of controlling elements in maize and the manners of their operation. One must await the right time for conceptual change.<sup>23</sup>

Principal  
S J R College for Women  
Rajajayagari Bengaluru 11

Scanned by TapScanner

## Incredible Women in History

Dr. Barbara McClintock  
Wrote the very first McClintock  
Fellowship for "Barbara" in 1944  
at Stanford. This fellowship was  
awarded to her by the National  
Academy of Sciences. It was the  
first of many fellowships for  
women in science and was  
awarded to her by the National  
Academy of Sciences.



OCH | Womenshealth.gov

Kiran Mazumdar-Shaw (born 23 March 1953) is an Indian billionaire entrepreneur.



She is the chairperson and managing director of **Biocon Limited**, a biotechnology company based in Bangalore, India and the former chairperson of Indian Institute of Management, Bangalore. In 2014, she was awarded the Othmer Gold Medal for outstanding contributions to the progress of science and chemistry. She is on the Financial Times' top 50 women in business list. In 2019, she is listed as the 65th most powerful woman in the world by **Forbes**.

### Biocon Beginning with enzymes

Expanding into biopharmaceuticals  
Establishing independence  
Affordable innovation

### Philanthropic activities:

Health  
Arogya Raksha Yojana  
Mazumdar-Shaw Medical Foundation

The company's initial projects were the extraction of papain (an enzyme from papaya used to tenderize meat) and isinglass (obtained from tropical catfish and used to clarify beer). Within a year of its inception, Biocon India was able to manufacture enzymes and export them to the U.S. and Europe, the first Indian company to do so. At the end of her first year, Mazumdar used her earnings to buy a 20-acre property with plans to expand in the future.

Principal  
S J R College for Women  
Rajajayagari Bengaluru 11

Scanned by TapScanner

## 7. Cultural forum

- Ethnic week-Rangoli, Mehandi, Jewellery making and Hair style and Makeup from 3-2-2020 to 8-2-2020

S.J.R. COLLEGE FOR WOMEN, BENGALURU-10

Date: 28.01.2020

SAMSKRUTI  
CIRCULAR

**Ethnic week** is organized from 03.02.2020 to 08.02.2020. All the staff members are requested to follow the colour-code and motivate the students to participate in the competition.

Incharge Principal 28/1/2020

Cultural committee  
(Vijayashree B Gudi)

Date	Day	Colour	Event	Theme	Incharge Teacher
3-2-2020	Monday	Pink	Rangoli	Barbie (Gown)	Sowmyashree (Computer Science)
4-2-2020	Tuesday	Blue	Hair Style & Make Up	Jacket Day	Vijayashree (Hindi)
5-2-2020	Wednesday	Black & White	Vegetable & Carving	Accessories Day	Kavitha B V (Commerce)
6-2-2020	Thursday	Orange	Jewelry Making	Twins Day	Niveditha G Y (Computer Science)
7-2-2020	Friday	Red	Mehendi	Retro Style	Megha Sanket Upadhye (Biotechnology)
8-2-2020	Saturday	No Vehicle Day	Ethnic Wear		

S.J.R. College for Women  
Rajajinagar Bengaluru-10

## 8. Youth Red Cross

- Poster making on "Awareness on Blood Donation" on 30-9-2019

SJR COLLEGE FOR WOMEN  
Rajajinagar, Bengaluru - 40

Youth Red Cross Wing

Report of the ECCC activities conducted during August 2019 - October 2019

Date	Activity
16-08-2019	Informing youth members and others the roles and responsibilities of the Red Cross and encourage them to contribute. Former YRC volunteers shared their experiences and gave brief insight about the activities of Youth Red Cross Wing.
23-08-2019	Orientation program by Poonima Jogi, NSS implementation Officer, Government of Karnataka from 2.00 pm to 3.00 pm.
20-09-2019	Power Point Presentation on Brief History of Youth Red Cross movement, Aim, Principles, Geneva Convention, Services etc. Session concluded with Volunteers taking YRC Pledge.
27-09-2019	Motivational address to students on importance of Blood Donation by Dr. Annapoorna, Medical Officer, Lions Blood Bank, Bengaluru.
30-09-2019	Poster Competition on Awareness on Blood Donation
01-10-2019	Awareness Rally on Blood donation from 9.00 A.M to 9.45 A.M Starting Point - Rama Mandira Grounds Destination - SJR College for Women
01-10-2019	Inauguration of Blood Donation Camp by Honorable Education Minister Suresh Kumar, Government of Karnataka in association with Lions Club International, Bengaluru.
01-10-2019	Blood Donation Camp from 10.00 A.M to 2.00 P.M Venue: Reading Room, SJR College for Women.
11-10-2019	Interactive session about observing World Food Day.
18-09-2019	Food Donation to underprivileged children at Maanav Charity, Rajajinagar, Bengaluru on the occasion of World Food Day.
18-09-2019	Poster Competition on World Food Day.

48 Students from all the streams of Undergraduate course have enrolled as volunteers in Youth Red Cross Committee. Committee aims to enable the growth and development of a spirit of service and sense of duty with dedication and devotion in the minds of youth. Volunteers strive towards understanding and acceptance of civic responsibilities and acting accordingly with humanitarian concern, to fulfill the same.

Incharge Principal

SJR COLLEGE FOR WOMEN  
Rajajinagar, Bengaluru - 10

YOUTH REDCROSS WING

Extra-Curricular & Co-Curricular attendance (August 2019 - October 2019)

Sl. No.	Name of the Students	Class	16/8	23/8	29/8	29/9	1/10	11/10	18/10	Gr. Tot.
1	Harshitha H. S	I B.Com 1	1	2	3	4	5	6	7	8
2	Atika Tabassum C	I B.Com 2	1	2	3	4	5	6	7	8
3	Bhivani C	I B.Com 2	1	2	3	4	5	6	7	8
4	Esha M K	I B.Com 2	1	2	3	4	5	6	7	8
5	Jyothika M	I B.Com 2	1	2	3	4	5	6	7	8
6	Megha U	I B.Com 2	1	2	3	4	5	6	7	8
7	Shwetha M (79)	I B.Com 2	1	2	3	4	5	6	7	8
8	Suman K	I B.Com 2	1	2	3	4	5	6	7	8
9	Tejaswini G	I B.Com 2	1	2	3	4	5	6	7	8
10	Anitha M	I BCA	1	2	3	4	5	6	7	8
11	Nithyasree V Y	I BCA	1	2	3	4	5	6	7	8
12	Pavithra P	I BCA	1	2	3	4	5	6	7	8
13	Rukmini Singh	I BCA	1	2	3	4	5	6	7	8
14	Tejaswini A	I BCA	1	2	3	4	5	6	7	8
15	Vidya M	I B.Sc 2	1	2	3	4	5	6	7	8
16	Moulya N	I B.Sc 2	1	2	3	4	5	6	7	8
17	Ranjitha H	I B.Sc 2	1	2	3	4	5	6	7	8
18	Sahjal	I B.Sc 2	1	2	3	4	5	6	7	8
19	Syeda Aamara Hussain Asfiya	I B.Sc 2	1	2	3	4	5	6	7	8
20	Tejaswini D	I B.Sc 2	1	2	3	4	5	6	7	8
21	Chatikshashree K.	II B.Com 1	1	2	3	4	5	6	7	8
22	Divya S	II B.Com 1	1	2	3	4	5	6	7	8
23	Kecirhana M	II B.Com 1	1	2	3	4	5	6	7	8
24	Lavanya M	II B.Com 1	1	2	3	4	5	6	7	8
25	Nivetha R	II B.Com 1	1	2	3	4	5	6	7	8
26	Renuka H	II B.Com 1	1	2	3	4	5	6	7	8
27	Sushmita D	II B.Com 1	1	2	3	4	5	6	7	8
28	Yashaswini R	II B.Com 2	1	2	3	4	5	6	7	8
29	Chandana S	II B.Com 2	1	2	3	4	5	6	7	8
30	Dhanalakshmi	II B.Com 2	1	2	3	4	5	6	7	8
31	Harini V	II B.Com 2	1	2	3	4	5	6	7	8
32	Harshitha M	II B.Com 2	1	2	3	4	5	6	7	8
33	Kokila P	II B.Com 2	1	2	3	4	5	6	7	8
34	Latha S (128)	II B.Com 2	1	2	3	4	5	6	7	8

Incharge Principal



Poster making competition on awareness on Blood donation  
by YRC 30.9.2019



*Principal*  
Principal  
SJR College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

- Blood donation camp and awareness rally from Ram mandir grounds to college in association with Lions Club International on 1-10-2019

**Circular**

SJR COLLEGE FOR WOMEN  
Rajajinagar, Bengaluru-10

Date: 27/09/2019

**CIRCULAR**

**Red Cross and National Service Scheme 2019-20**

On the occasion of National Voluntary Blood Donation Day Youth Red Cross Wing and National Service Scheme in association with Lions Club of Bengaluru is organizing Blood Donation Camp on 1<sup>st</sup> October 2019 between 10:00 a.m. and 2:00 p.m. at Reading Room. Interested students can donate blood.

*[Signature]* Red Cross Officer  
*[Signature]* NSS Officer  
*[Signature]* Incharge-Principal 27/9

Class	Signature
I BA	<i>[Signature]</i>
I B.Sc 1	<i>[Signature]</i>
I B.Sc 2	<i>[Signature]</i>
I B.Com 1	<i>[Signature]</i>
I B.Com 2	<i>[Signature]</i>
I BBA	<i>[Signature]</i>
I BCA	<i>[Signature]</i>
II BA	<i>[Signature]</i>
II B.Sc 1	<i>[Signature]</i>
II B.Sc 2	<i>[Signature]</i>
II B.Com 1	<i>[Signature]</i>
II B.Com 2	<i>[Signature]</i>
II BBA	<i>[Signature]</i>
II BCA	<i>[Signature]</i>
III BA	<i>[Signature]</i>
III B.Sc 1	<i>[Signature]</i>
III B.Sc 2	<i>[Signature]</i>
III B.Com 1	<i>[Signature]</i>
III B.Com 2	<i>[Signature]</i>
III BBA	<i>[Signature]</i>
III BCA	<i>[Signature]</i>

**LIONS CLUBS INTERNATIONAL DISTRICT 317-A**

**LIONS BLOOD BANK**

Prasad Elegance, # 2925/A, 2nd Floor, Hampinagar, Attiguppe, Vijayanagar, Bangalore - 560040. Ph : 080-23392070, Mobile : 98451 05539  
Email : lionsbloodbank317a@gmail.com

**Certificate of Appreciation**  
This certificate has been presented to

**SJR COLLEGE FOR WOMEN**

For the concern towards Social Service shown by your Organization towards motivating and inspiring the blood donors to ensure safe and adequate blood supply for patients in need by organizing

**VOLUNTARY BLOOD DONATION CAMP**  
on the Occasion of "National Voluntary Blood Donation Day"  
on 1st October, 2019 at No. 1/D, 59th 'C' Cross,  
4th 'M' Block, Rajajinagar, Bangalore-560010.

*[Signature]* Lion Dr. Balraj Ramaswamy  
Chairman SJR Lion Blood Bank

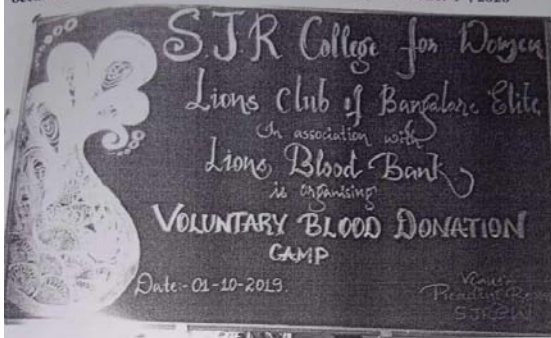
*[Signature]* Lion S. Manoj Kumar, pmf  
Managing Trustee SJR Lion Blood Bank

*[Signature]* Lion Dr. H.N. Shivananjale, pmf  
Joint Managing Trustee SJR Lion Blood Bank

Scanned by TapScanner

Scanned by TapScanner

Blood Donation Camp was organised at SJR College for Women on the occasion of National Voluntary Blood Donation Day – October 1<sup>st</sup>, 2020



Inauguration of "Blood Donation Camp" on October 1<sup>st</sup>, 2019 by Sri Suresh Kumar, Honourable Education Minister, Government of Karnataka.



Principal  
SJR College for Women  
Rajajinagar Bengaluru-10

Sri Vedamurthy, Academic Chairman, SJRES and Dr. Harshini C. Incharge Principal, S J R College for Women, presided over the Inauguration of Blood Donation Camp



CS Scanned  
CamScanner

Principal  
S J R College for Women

Staff and Students of S J R College for Women donated blood on the occasion of National Voluntary Blood Donation Day – October 1<sup>st</sup>, 2020.



Principal  
SJR College for Women  
Rajajinagar Bengaluru-10

YRC Volunteers participated in Awareness Rally on Blood Donation on October 1<sup>st</sup>, 2019

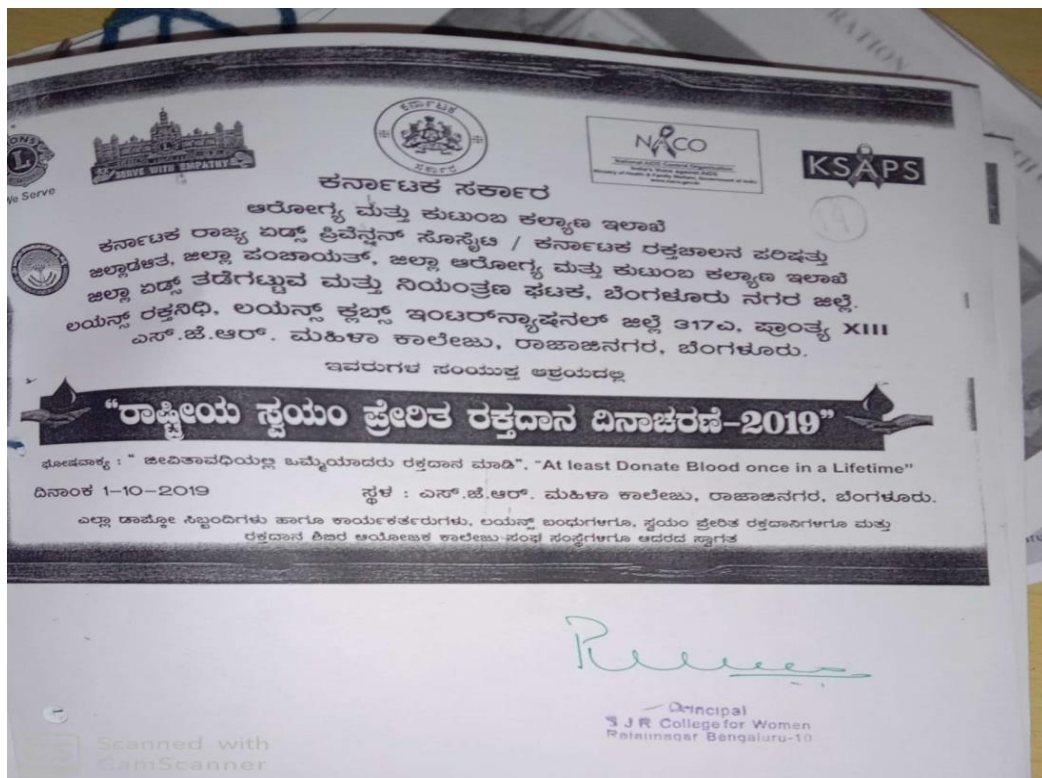


Dr. Annapurna Ramesh, Lions Blood Bank Medical Officer, motivated students about the importance of Blood Donation on 27.09.2019

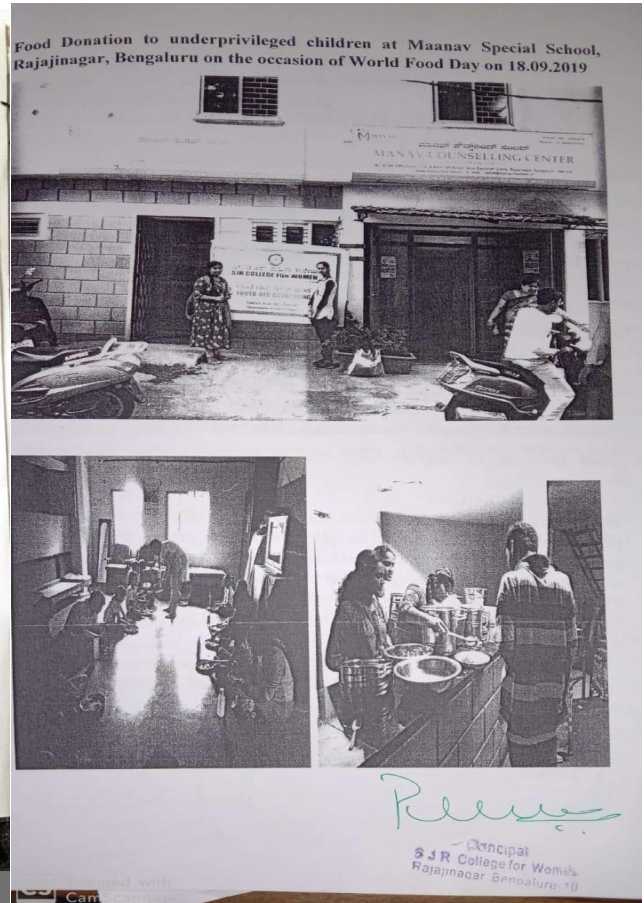
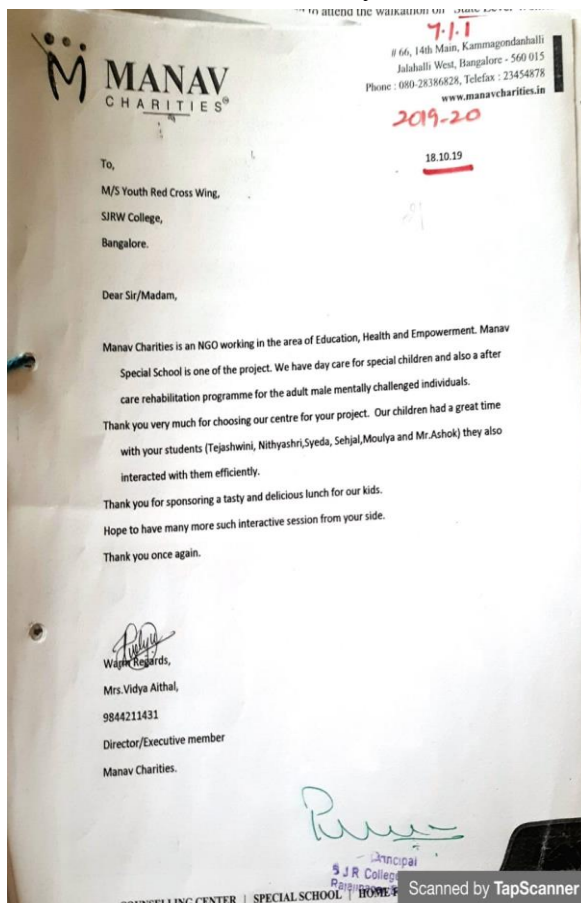


Principal  
SJR College for Women  
Rajajinagar Bengaluru-10





- Food Donation to underprivileged children at Maanav Charity, Rajajinagar, Bangalore on the occasion of World Food Day on 18-10-2019





- Essay competition on "Women Safety" on 7-2-2020 and Collage Competition on "Road Safety" on 28-02-2020

SJR COLLEGE FOR WOMEN Rajajinagar, Bengaluru - 10	
Youth Red Cross Committee	
Report of the ECCC activities conducted during January 2020 - September 2020	
Date	Activity
31.01.2020	Election of YRC Student Volunteers for the post of Vice President, Secretary and Treasurer. Briefly discussed about the activities that are going to be conducted during this semester.
07.02.2020	Essay Competition on the topic "Women Safety". Prize Winners: 1 <sup>st</sup> Prize - Chandana S, II B.Com 2 2 <sup>nd</sup> Prize - Monish Bai R, II B.Com 2 & Ramya T.V, II BCA 3 <sup>rd</sup> Prize - Lavanya M, II B.Com 1 & Megha U, I B.Com 2
14.02.2020	"Shrama Daana" - YRC Volunteers were on cleanliness drive in support of "Swachh Bharath" initiative and picked dry waste around college campus.
28.02.2020	Collage Competition on the topic "Road Safety". 1 <sup>st</sup> prize - Esha M.K, Atiqa Tabassum, Suman K - I B.Com 2 2 <sup>nd</sup> prize - Divya S, Nivetha R, Sharmila, Chatikashashree - II B.Com 2
13-03-2020	Students PPT on Brief history of Redcross followed by Quiz. Prize Winners: Ramya T.V = II BCA, Rajeshwari J - II B.Com 2, Megha U - I B.Com 2 Harshitha H.S - I B.Com 1 & Chatikashashree - II B.Com 1
8.05.2020	Short video making on the eve of "World Red Cross Day May 08". YRC student Volunteers made video thanking corona warriors. Students Participated: Renika = II B.Com 1, Nivetha R = II B.Com 1, Lavanya M = II B.Com 1 Sashmita D = II B.Com 1, Megha U = I B.Com 2, Suman K = I B.Com 2 Atiqa Tabassum C = I B.Com 2, Harshitha H S = I B.Com 1 Tejaswini A = I BCA & Nithyashree V Y = I BCA
17.07.2020	One day Webinar on the topic "Health during COVID crisis" conducted by Youth Red Cross Committee, SJRCW. Resource Persons were: 1. Smt. Madhura Ashok Kumar, Social worker 2. Dr. Rekha Rajendra Kumar, Medical Director, Miracle IVF Hospital and Chandana Hospitals
10.08.2020	YRC student volunteers attended E-Conclave on the topic "Preventable Adolescent health education" conducted by Federation of Obstetric and Gynecological Societies of India on the occasion of International Youth Day

SJR COLLEGE FOR WOMEN Rajajinagar, Bengaluru - 10										
YOUTH REDCROSS WING										
Extra-Curricular & Co-Curricular attendance (February 2020 - March 2020)										
Sl. No.	Name of the Students	Class	31/1	1/2	10/2	13/2	13/3	17/3	ECCC T	A
1	Harshitha H. S	I B.Com 1	1	2	3	4	5	6	50	
2	Atiqa Tabassum C	I B.Com 2	1	2	3	4	5	6	50	
3	Bhavani C	I B.Com 2	1	2	3	4	5	6	50	
4	Esha M.K	I B.Com 2	1	2	3	4	5	6	50	
5	Jyothika M	I B.Com 2	1	2	3	4	5	6	48	
6	Megha U	I B.Com 2	1	2	3	4	5	6	50	
7	Shwetha M	I B.Com 2	1	2	3	4	5	6	50	
8	Suman K	I B.Com 2	1	2	3	4	5	6	50	
9	Tejaswini G (left)	I B.Com 2	1	2	3	4	5	6	50	
10	Anitha M	I BCA	1	2	3	4	5	6	50	
11	Nithyashree V Y	I BCA	1	2	3	4	5	6	50	
12	Pavithra P	I BCA	1	2	3	4	5	6	50	
13	Rukmini Singh	I BCA	1	2	3	4	5	6	50	
14	Tejaswini a	I BCA	1	2	3	4	5	6	48	
15	Vidya M	I BCA	1	2	3	4	5	6	50	
16	Moujya M	I B.Sc 2	1	2	3	4	5	6	48	
17	Ranjitha H	I B.Sc 2	1	2	3	4	5	6	48	
18	Sahjal	I B.Sc 2	1	2	3	4	5	6	48	
19	Syed Amama Hussain Afifa	I B.Sc 2	1	2	3	4	5	6	48	
20	Tejaswini D	I B.Sc 2	1	2	3	4	5	6	48	
21	Chatikashashree K	II B.Com 1	1	2	3	4	5	6	48	
22	Divya S	II B.Com 1	1	2	3	4	5	6	50	
23	Keerthana M	II B.Com 1	1	2	3	4	5	6	50	
24	Lavanya M	II B.Com 1	1	2	3	4	5	6	50	
25	Nivetha R	II B.Com 1	1	2	3	4	5	6	50	
26	Renika H	II B.Com 1	1	2	3	4	5	6	50	
27	Sushmita D	II B.Com 1	1	2	3	4	5	6	50	
28	Yashaswini R	II B.Com 1	1	2	3	4	5	6	50	
29	Chandana S	II B.Com 2	1	2	3	4	5	6	50	
30	Dhanalakshmi (left)	II B.Com 2	1	2	3	4	5	6	50	
31	Harini v	II B.Com 2	1	2	3	4	5	6	50	
32	Harshitha M	II B.Com 2	1	2	3	4	5	6	50	
33	Kokila P	II B.Com 2	1	2	3	4	5	6	50	
34	Latha S (128)	II B.Com 2	1	2	3	4	5	6	50	

Sl. No.	Name of the Students	Class	31/1	1/2	10/2	13/2	13/3	17/3	ECCC T	A
35	Monisha Bai	II B.Com 2	1	2	3	4	5	6	50	
36	Pavithra A	II B.Com 2	1	2	3	4	5	6	50	
37	Pruthvi H M	II B.Com 2	1	2	3	4	5	6	50	
38	Rajeshwari J	II B.Com 2	1	2	3	4	5	6	50	
39	Reshma S	II B.Com 2	1	2	3	4	5	6	48	
40	Saru Priyanka	II B.Com 2	1	2	3	4	5	6	48	
41	Sharmila S	II B.Com 2	1	2	3	4	5	6	48	
42	Vinutha R	II B.Com 2	1	2	3	4	5	6	48	
43	Amrutha M	II BCA	1	2	3	4	5	6	48	
44	Bhavya Lakshmi d	II BCA	1	2	3	4	5	6	50	
45	Harshitha M	II BCA	1	2	3	4	5	6	48	
46	Namitha S	II BCA	1	2	3	4	5	6	48	
47	Nandini K S	II BCA	1	2	3	4	5	6	48	
48	Supriya	II BCA	1	2	3	4	5	6	48	
49	Ramya S	II BCA	1	2	3	4	5	6	46	
50	Ramya T V	II BCA	1	2	3	4	5	6	50	

## 9. Human Right Cell and Anti Ragging Cell

- Guest lecture on "Women's Rights and Responsibilities" by Shivarathna S, Alumni SJRCW, Police Inspector, Special Investigation Team on 5-2-2020

**Circular**

Human rights, Anti Ragging and Anti-sexual Harassment forum of our college is organizing a Guest Lecture on "Women's Rights and Responsibilities" on 5/2/2020 in our college. All students are required to attend at 10.30 AM in the Auditorium.

*Hamudha S*  
Incharge-principal 3/2/2020

*Sheena V.A*  
Chair person

CLASS	SIGNATURE
I BA	
I B.Sc 1	
I B.Sc 2	
I B.Com 1	
I B.Com 2	
I BBA	
I BCA	
II BA	
II B.Sc 1	
II B.Sc 2	
II B.Com 1	
II B.Com 2	
II BBA	
II BCA	
III BA	
III B.Sc 1	
III B.Sc 2	
III B.Com 1	
III B.Com 2	
III BBA	
III BCA	

*Principal*  
SJR College for Women  
Rajinagar Bangalore

Scanned by TapScanner

**Human Rights, Anti-ragging and Anti-sexual-harassment Forum**

"Human rights are women rights, and women rights are human rights"

5/2/2020

- Gillen



The Human Rights, Anti-ragging and Anti-sexual-harassment Forum of SJR College for Women had organized a guest lecture on Women's rights and responsibilities, on 5<sup>th</sup> February 2020. The program was organized for the benefit of the students of all the streams of the college, and

the all the faculties as well.

The guest of the day was Ms. Shivarathna S.

Ms. Shivarathna S. is an alumnus of SJR College for Women of 2002 Batch. Recently she passed her KAS examination. Presently, she works as Police Inspector, Special Investigation Team, Karnataka Lokayukta, Bangalore.

The program was presided over by Dr. Harshini, Principal of SJR Degree College for Women. Ms. Sheena V.A., HoD, Psychology and Chairperson of the Human Rights, Anti-ragging and Anti-sexual-harassment Forum was also present on the dais.

The guest was welcomed and introduced by Ms. Noor Ayesha, the student of 3<sup>rd</sup> year B.A.

*Principal*  
SJR College for Women  
Rajinagar Bangalore-10

Scanned by TapScanner

Speaking on the occasion, the speaker of the day Ms. Shivarathna S. emphasized on women rights and empowering women. This is possible only by means of educating women. Further she



said, women's rights are the fundamental human rights that were enshrined by the United Nations for every human being on the planet nearly 70 years ago. These rights include the right to live free from violence, slavery, and discrimination; to be educated; to own property; to vote; and to earn a fair and equal wage.

Even though women are entitled to all of these rights, yet almost everywhere around the world, women and girls are still denied them, often simply because of their gender.

To strengthen and protect human rights in India, Government of India on September 29, 1993 passed an Act, namely, Protection of Human Rights Act, 1993.

Further, in 1997, Supreme Court of India formulated the Vishakha guidelines that made it mandatory for institutions across the country to put in place measures to prevent and redress sexual harassment in the workplace. The Vishakha guidelines laid the foundation for the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013.

Women's rights and responsibilities include both legislative part and the current issues around the world. Being aware and creating awareness about women's rights makes the women confident. Some of the common problems

*Principal*  
SJR College for Women  
Rajinagar Bangalore-10

which women face in their daily life are gender inequality, sexual harassment, violence, adverse working conditions and dowry harassment.

Therefore, the speaker said that women should have some basic knowledge about their rights so that they would not only be able to protect themselves but also they can spread awareness among others.

In this connection, she made a brief mention of the following important aspects of women's safety and protection:

- ✓ in the case of any sexual harassment, the identity of that woman would not be revealed to the media,
- ✓ women cannot be arrested after sunset and before sunrise according to penal procedure code,
- ✓ women can also send in their complaints through e-mail, Tweeter, WhatsApp, etc.
- ✓ women can also file Zero-FIR complaint in any police station (A Zero FIR means that an FIR can be filed in any police station i.e. Irrespective of place of incident/jurisdiction, and the same can be later transferred to the appropriate police station having competent jurisdiction after investigation and filing a report with a magistrate.
- ✓ in Armed Forces also similar women rights exist.
- ✓ in the workplace, both in public and private sector, there should be an internal committee where the majority members should be women to inquire sexual harassment cases. The committee shall complete its findings within a time-limit of 90 days.

In India, the contribution of women in our country's development is very high and Government is also providing 33% reservations in certain electoral bodies like Panchayats.

To protect the rights and honour of women, the Government of India has passed several women-specific Acts (like, Dowry Prohibition Act, 1962) and there

*Principal*  
SJR College for Women  
Rajinagar Bangalore-10

Scanned by TapScanner



are several women-related Acts and Codes like the Indian Penal Code, the Evidence Act, etc.

Today the social media is also creating awareness about the Suraksha-App. The Suraksha-App was launched by the Bangalore City Police. It is an integrated app to make Bangalore safe for women. The App turns your Smartphone into a discreet personal safety device for use during emergency. A call of service to Police can be triggered by simply activating the SOS button like icon on your cell phone, and the police will reach in 3-5 minutes to the women who are in danger.

Concluding her talk, Ms. Shivarathna emphasized that women should be stronger so that they can fight for their rights. As nearly half of India population is women, there is also a responsibility on the part of women to bring about social change, to greatly eliminate cases of discrimination against women.

The talk was well-received by all the students and faculties as well. The program ended with Ms. Noor Ayesha, the student of 3<sup>rd</sup> year B.A. proposing a vote of thanks to the speaker for her thought-provoking and informative speech on women's rights.

*Sheena V.A.*  
(SHEENA V.A.)

*Principal*  
Principal  
S J R College for Women  
Rajajinagar Bengaluru

Scanned by TapScanner

## S.J.R College for Women HUMAN RIGHTS, ANTI RAGGING & ANTI SEXUAL HARASSMENT CELL

The following are members of the above said committees

1 Sheena.V.A	Psychology	Chairperson
2 Mahalakshmi.K	Political Science	Member
3 Harish K M	Chemistry	Member

Program conducted by the HUMAN RIGHTS, ANTI RAGGING & ANTI SEXUAL HARASSMENT CELL

DEPARTMENT	DATE	SPEAKER	TOPIC
Anti Ragging Cell	5.2.2020	Shivarathna S, Alumni, Police Inspector, Special Investigation Team	"Women's Rights & Responsibilities"

### ANTI RAGGING & ANTI SEXUAL HARASSMENT CELL

#### Meeting


Sl. No.	Date	Agenda
1	23.7.2019	To check any incidents of Anti Sexual Harassment in the College. It was noted that as we have only girls students there was no complaints on Anti Sexual harassment in the College Campus.
2	24.10.2019	It was decided that an awareness program on Anti Ragging by Showing Documentary Film.
3	30.10.2019	Short Film on Anti Ragging was shown to 150 students of BA, B.Sc, BCA, BBA. The response was positive students liked the Documentary on Anti Ragging.

*Principal*  
Principal  
8/8/2020  
S J R College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

## 10. Kannada Department

- State Level Webinar on "Mahile: Samaja mathu samskruti by Dr. Shivananda Viraktamata, Professor, Mahila Adhyayana Vibhaga, Hampi Kannada University on 9-7-2020



ಶ್ರೀ ಜಗದ್ಗುರು ರಾಮಾಕಾಶಾಚಾರ್ಯ ವಿದ್ಯಾಸಂಸ್ಥೆ (ಬೆಂಗಳೂರು)  
ಸ್ಥಾಪನೆ: 1945

ಎಸ್.ಜೆ.ಆರ್ ಮಹಿಳಾ ಕಾಲೇಜು  
ರಾಮನಗರ, ಬೆಂಗಳೂರು 10  
ನ್ಯಾ. ವಸಂತಕುಮಾರ್ 'ಎ' ಕೋಶ  
**Kannada Saugha - Utthunga**  
ಕನ್ನಡ ಸಂಘ - ಉತ್ಥಂಗಾ

ಒಂದು ದಿನದ ರಾಷ್ಟ್ರಮಟ್ಟದ ಅಂತರಜಾಲ (ವಿಡಿಯೋ) ವಿಚಾರ ಸಂಕರಣ  
**One day state level webinar**  
ವಿಷಯ : ಮಹಿಳೆ : ಸಮಾಜ ಮತ್ತು ಸಂಸ್ಕೃತಿ  
**Women: Society and culture**  
ಉಪನ್ಯಾಸ : ಡಾ. ಶಿವಾನಂದ ವಿರಕ್ತಮತ  
ಪ್ರಾಧ್ಯಾಪಕರು  
ಮಹಿಳಾ ಅಭ್ಯಯನ ವಿಭಾಗ  
ಹಂಪಿ ವಿಶ್ವವಿದ್ಯಾಲಯ

ಪ್ರಸ್ತಾವನೆ ಸುಧಿ : ಡಾ. ಪ್ರೇಮ ಸಿದ್ದರಾಜು  
ಪ್ರಾಂಶುಪಾಲರು

ದಿನಾಂಕ: 9-7-2020  
ಸಮಯ: ಬೆಳಿಗ್ಗೆ 11 ಗಂಟೆ  
ಕಂಪ್ಯೂಟರ್ ಮೂಲಕ  
ಉಚಿತ ಸೋಲರಿಸ್  
ಇ-ಪ್ರವಚನ ಪತ್ರಿಕೆ ನೀಡಲಾಗುವುದು

ಕಾರ್ಯದರ್ಶಿಗಳು  
ಕನ್ನಡ ವಿಭಾಗ ಮತ್ತು ಚೋದಕ  
ಚೋದಕೇಶವ ಪುಂಡ

*Principal*  
Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner



## 11. Hindi Department


- National Level Webinar on "Corona Aur Shramik Varg" by Dr. Vinay Kumar Yadav on 18-07-2020

The poster is for a National Level Webinar organized by S.J.R. College for Women. It features the college's name and accreditation at the top, followed by the department and the webinar title. The resource person, Dr. Vinay Kumar Yadav, and the presiding officer, Dr. Prema Siddaraju, are listed. The date and time of the webinar are specified, along with the meeting platform. The names and titles of the college's officers are at the bottom.

**S. J. R. Education Society® (Estd-1945)**  
**S. J. R. COLLEGE FOR WOMEN**  
RAJAJINAGAR, BANGALORE  
Accredited With 'A' Grade by NAAC  
Department of Hindi  
Organized  
One Day National Level Webinar  
on  
**CORONA AUR SHRAMIK VARG**  
Resource Person  
**Dr. Vinay Kumar Yadav**  
HOD, DEPARTMENT OF HINDI  
BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE, BENGLAURU  
Presided by  
**Dr. Prema Siddaraju**  
PRINCIPAL  
S.J.R COLLEGE FOR WOMEN, BENGALURU  
Meet You On Saturday, 18th July, 2020  
At 11:00 AM -1:00 PM in Google Meet  
.....  
**Sri. Shivaprakash**  
HON. PRESIDENT, SJRES  
**Sri Nandish N. R.**  
HON. SECRETARY, SJRES  
**Sri Nataraj C.**  
HON. TREASURE, SJRES  
Principal & Staff

CS Scanned with CamScanner

2018-2019

<div>  <div> <b>SJR</b>  <b>College for Women</b>  <small>(Affiliated to Bangalore Central University &amp; Accredited with A-Grade by NAAC)</small>  <small>#10, 5th 'C' Cross, 4th 'M' Block, Rajanagar, Bengaluru-560 010</small>  <small>Phone: 080 23381734, 23359474, E-mail: principal@sjrcw.edu.in</small>  <small>Website: www.sjrcw.edu.in</small> </div> </div>			
7.1.1 Gender Equity and sensitization in Curricular and co-curricular activities 2018-2019			
SL. NO	Forum/Club/Committee	Date	Event
1	National Service Scheme (NSS)	10-10-2018	1. Free Health checkup-Heart, Eye and Dental checkup in association with Dr M.C. Modi Eye Hospital, St. Martha's Heart center and R V Dental College in association with Youth Red Cross
		20-10-2018	Public awareness program- A talk on "Standard operating procedures for handling cases of child sexual abuse" by Bangalore City Police, west division
		08-03-2019	3. NSS and YRC volunteers participated in the walkathon organized by Vijayavani "Balance for Better"- Women's day special
2	Human Right Cell and Anti Ragging Cell	13-03-2019	Guest lecture on "Importance of Counselling and Assertiveness skills" by Ms. Swarna Latha Iyer, Psychologist, Counselor and motivational speaker
3	Sports forum	13-07-2018 to 2018-19	1. Self defense classes 2. Yoga classes for 1st and 2nd degree students once in a week
4	Social Science Forum	10-10-2018	Essay competition on "Mental disorders and preventive measures" on the occasion of World Mental Health Day
5	Commerce Forum	04-02-2019	Workshop on "Financial literacy" by Sowmya Anand, FIN SAFE Pvt. Ltd.
6	Women Empowerment Cell	08-03-2019	Organized Women's day by inviting women achiever Ramya Vasisht, Singer, Creative Conceptualize Actor and Anchor, Presided by Dr. K.B Vedamurthy, Academic Chairman, SJRCW
7	Cultural forum	11-2-2019 to 16-2-2019	Ethnic week- Housy Housy, Poster making, Saree draping, Miss SJRCW, Rangoli, Mehendi
8	ED Cell	2018-2019	Job oriented training programmes like Advanced Tailoring, Tassels and Jewellery making
9	Youth Red Cross	12-08-2018	1. Participation in a rally to create awareness about social service on the occasion of Geneva convocation day
		12-03-2019	2. YRC volunteers participated in Self Defense course "Suraksha for Women" organized by Red Cross society
		27-03-2019	3. Blood Donation Camp by YRC and NSS

10	Human Rights Cell and Anti Ragging Cell	05-04-2019	4. General Health checkup for students and staff in association with St. Martha's Heart Hospital
		22-01-2019	1. "Law awareness" program by Sri. Prakash
11	Kannada Department	20-02-2019	2. Guest lecture on "Women Rights" by Dr. Vanaja S Kumar, Human Rights Activist was organized
		30-03-2019	1. Screening of Women Rights and Human Rights movie "Mookanayaka" directed by Baraguru Ramachandrappa and review on the movie
12	Cine Club	09-04-2019	2. Chintana Goshti "Stri Asmithe mathu Vachana Kranti" by Dr. Mamatha G Sagar, and Dr. L G Meera
		29-03-2019	Screened Women oriented movie
13	Jana Janeyara Balaga	22-9-2018	Guest lecture on "Mahila sahithya mathu prastuta samaja" by Prathibha Nandakumar, well known poetess, Director and Actor
14	PG Department	01-12-2018	Seminar on "Women Entrepreneurship" by Dr. C S Tyagarajan M.Com, ML, MBA, M.Phil, FCS, FIFI, MIMA, PhD, Professor in Mount Carmel College

## 1. National Service Scheme (NSS)

- Free Health check-up- Heart, Eye and Dental check-up in association with Dr M.C. Modi Eye Hospital, St. Martha's Heart centre and R V Dental College in association with Youth Red Cross on 10-10-2018

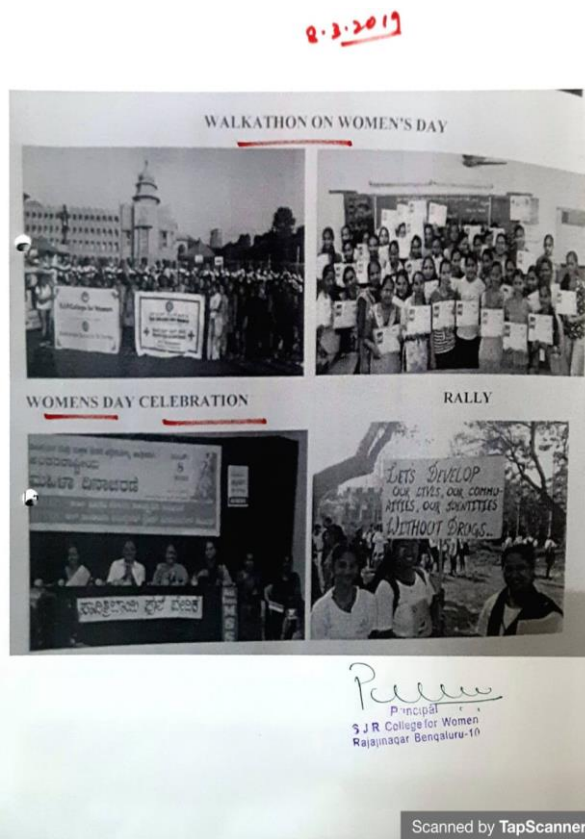
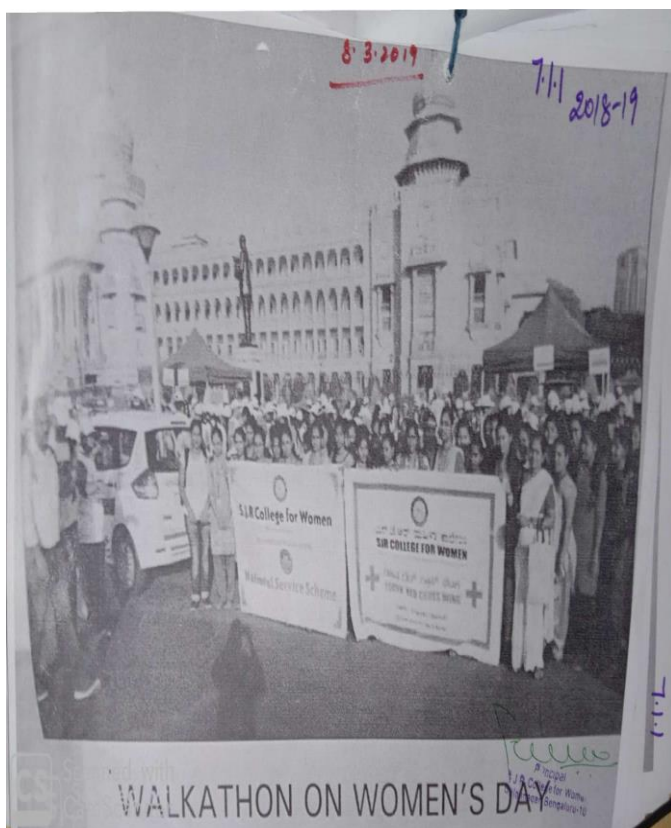




- Public awareness program- A talk on "Standard operating procedures for handling cases of child sexual abuse" by Bangalore City Police, west division on 20-10-2018

Public Awareness Programme.	
20.10.2018	A talk on "Standard operating procedures for handling cases of child sexual abuse" by Bangalore City Police West division
04.10.2018	One day workshop: Niveditha H. Poojamma L. IScamp has participated in the workshop of "Youth Against Drug Addiction" held on 4th October 2018 at Seshadripuram college, Bengaluru organised by NSS unit of Seshadripuram college in association with Karnataka State Temperance Board.
15.12.2018	Walkathon - Anti Drug walkathon (Hugs not drugs) held at Malleshwaram ground
26.01.2019	Participated in Republic day celebration
08.03.2019	seven days special camp at "Shri Yanakattu Malleshwara Maha Sukshetra matt" Nelamangala BKA

- NSS and YRC volunteers participated in the walkathon organized by Vijayavani "Balance for Better"- Women's Day special on 08-03-2019




## 2. Human Right Cell and Anti Ragging Cell




- Guest lecture on “Importance of Counselling and Assertiveness skills” by Ms. Swarna Latha Iyer, Psychologist, Counselor and motivational speaker on 13-03-2019

2018-19  
7.1.1

  
**SJR College for Women**  
 Rajajinagar, Bengaluru-10.  
 Re-Accredited with 'A' Grade by NAAC  
**Department of Psychology and**  
**Counselling Cell**  
 takes pleasure in inviting you for  
**Guest lecture**  
 by  
**Smt. SWARNALATHA IYER**  
 Psychologist and counsellor,  
**Topic: Importance of counselling and**  
**assertiveness skill**

**Date: 13<sup>th</sup> March 2019**  
**Time: 2.15 to 3.10 pm**  
**Venue: Seminar Hall**

**Principal**  
**Staff & Students**

  
 Principal  
 SJR College for Women  
 Rajajinagar Bengaluru-10

Guest Lecture  
 2018-19  
 13.3.2019

Scanned by TapScanner

### 3. Sports forum

- Self-defence classes on 13-07-2018

SJR College for Women  
 Department of Physical Education  
Sports Circular

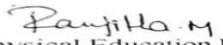
Date: 10/07/2018  
**13.7.2018**

Dear students,

Sports forum 'Compete' is organizing "Self- Defense" classes for the students during I C/CC class hours.

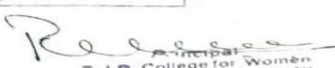
Students interested in joining Self- Defense are required to enroll your name with Physical Education Director on or before 12-7-2018.

Note -The fees is Rs. 200/-  
Students should come in sports attire (Track pant and T-shirt)

  
 Physical Education Director

Tejashwini J. H.  
 Principal 10/7/18

CLASS	SIGNATURE
I BA	CE
I B.Sc 1	RS
I B.Sc 2	RS
I BCA	RS
I B.Com 1	B
I B.Com 2	B
I BBA	S
II BA	S
II B.Sc 1	S
II B.Sc 2	RS
II BCA	RS
II B.Com 1	A
II B.Com 2	L
II BBA	G

  
 Principal  
 SJR College for Women  
 Rajajinagar Bengaluru-10

Scanned by CamScanner  
Scanned by TapScanner

- Yoga classes for 1st and 2nd degree students once in a week

## YOGA CLASSES

Evaluation of Yoga - 2018 - 2019 - 1 <sup>st</sup> SEMESTER						2019 - 2 <sup>nd</sup> SEMESTER						
Sl. No.	Name	Class	Attended	Marked	Grade	Sl. No.	Name	Class	Attended	Marked	Grade	
1	Annapurna R.	III B	25	10	13	48	33	Sarghani R.	III B	25	10	13
2	Arushi P.S.		25	10	13	48	34	Chaitikaashree		25	10	13
3	Arundhati K.		25	10	13	48	35	Chaitikaashree R.		25	10	13
4	Aranya D.		25	10	13	48	36	Kapiltha R.		25	10	13
5	Harshitha J.		25	10	13	48	37	Kasulthana M.		25	10	13
6	Harshitha G.		25	10	13	48	38	Madhusree M.C.		25	10	13
7	Jayashree P.		25	10	13	48	39	Manjitha A.		25	10	13
8	Kaari M.		25	10	13	48	40	Shikharika B.H.		25	10	13
9	Kanya D.		25	10	13	48	41	Shiva V.	II B	25	10	13
10	Madhusree S.		25	10	13	48	42	Shivanya V.		25	10	13
11	Madhusree R.		25	10	13	48	43	Shivanya S.		25	10	13
12	Nanditha S.		25	10	13	48	44	Sahana S. [103]		25	10	13
13	Sachin R.		25	10	13	48	45	Shruti S.		25	10	13
14	Sandhya S.		25	10	13	48	46	Shruti S. [103]		25	10	13
15	Shilpa S. [103]		20	10	13	48	47	Shruti S. [103]		25	10	13
16	Shikharika B.S.		25	10	13	48	48	Shruti S. [103]		25	10	13
17	Shikharika S.		25	10	13	48	49	Shruti S. [103]		25	10	13
18	Shikharika K.		25	10	13	48	50	Shruti S. [103]		25	10	13
19	Shikharika	II B	25	10	13	48	51	Shruti S. [103]		25	10	13
20	Shikharika		20	10	10	40	52	Shruti S. [103]		25	10	13
21	Shikharika		25	10	13	48	53	Shruti S. [103]		25	10	13
22	Shikharika P.		25	10	13	48	54	Shruti S. [103]		25	10	13
23	Shikharika R.		20	10	10	40	55	Shruti S. [103]		25	10	13
24	Shikharika R.		20	10	10	40	56	Shruti S. [103]		25	10	13
25	Shikharika S.		25	10	13	48	57	Shruti S. [103]		25	10	13
26	Shikharika S.		25	10	13	48	58	Shruti S. [103]		25	10	13
27	Shikharika M.		25	10	13	48	59	Shruti S. [103]		25	10	13
28	Shikharika R.		25	10	13	48	60	Shruti S. [103]		25	10	13
29	Shikharika V.		23	10	13	48	61	Shruti S. [103]		25	10	13
30	Shikharika B. R.		23	10	13	48						
31	Shikharika G.	II B	25	10	13	48						
32	Shikharika R.		25	10	13	48						

Principal  
S J R College for Women  
Rajmahal Bengaluru-10

Scanned by TapScanner

### 4. Social Science Forum

- Essay competition on "Mental disorders and preventive measures" on the occasion of World Mental Health Day on 10-10-2018

**SJR College for Women**  
Date: 06.10.2018

**CIRCULAR**

The Department of Psychology, SJRW, is pleased to announce that on the occasion of World Mental Health Day, an essay competition is being held. The details are as under:

Topic : Mental disorders and preventive measures  
Date & time : October 10, 2018  
2.40 pm to 3.30 pm  
Venue : Department of Psychology  
Contact person : Ms. Sheena V.A.  
HOD, Psychology

This program is being conducted under the auspices of Social Science Forum. Students, who are interested, may please contact Ms. Sheena, HOD, Psychology.

Signature of Principal  
Principal 6/10/18.

I B.A - Sheena  
II B.A - Sheena  
III B.A - Sheena

Principal  
S J R College for Women  
Rajmahal Bengaluru-10

Scanned by TapScanner

Judgement sheet  
Mental health day competition  
Department of Psychology

Date and time - 10/10/2018  
2.40 PM.

Topic - Mental disorders and preventive measures

Prizes

I<sup>st</sup> - Supriya H.S III B.A  
II<sup>nd</sup> - Namatha III B.A  
III<sup>rd</sup> - Noor Ayesha II B.A

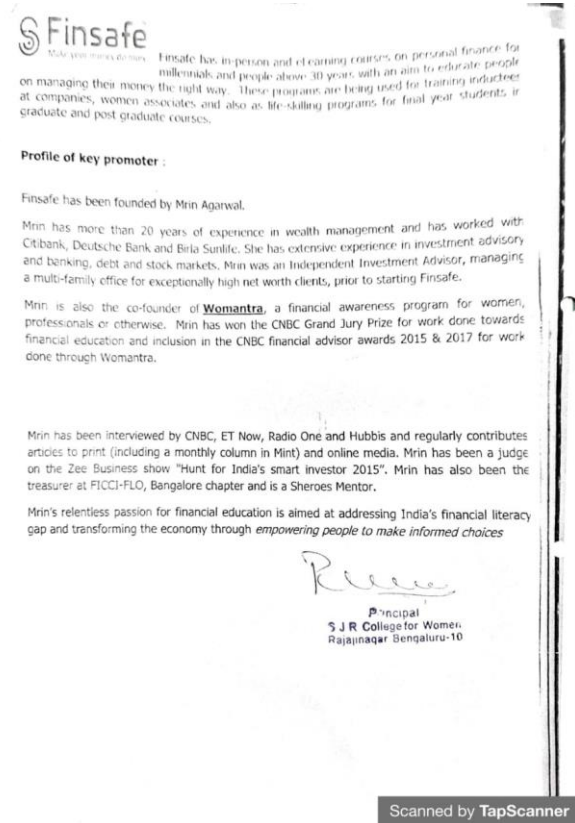
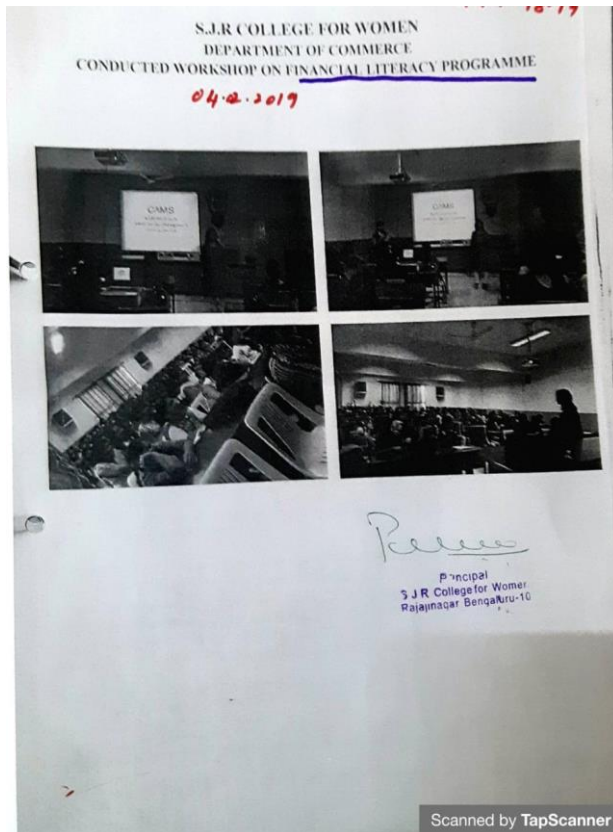
Signature of Principal  
Principal 26/10/2018.

Principal  
S J R College for Women  
Rajmahal Bengaluru-10

Scanned by TapScanner

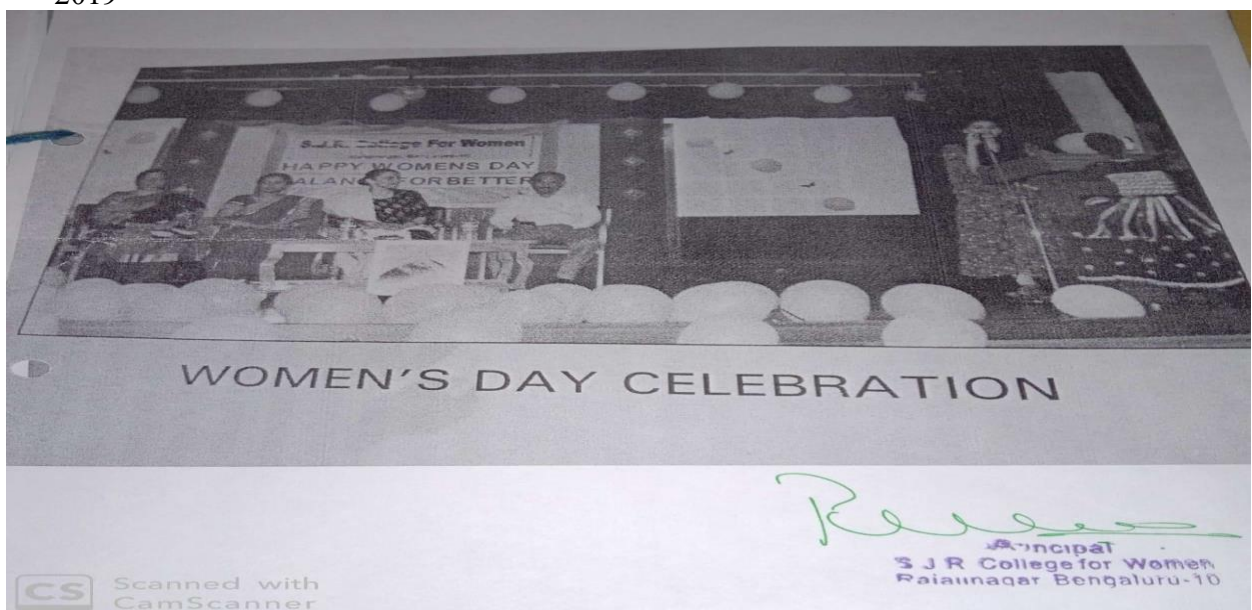
### 5. Commerce Forum

- Workshop on "Financial literacy" by Sowmya Anand, FIN SAFE Pvt. Ltd on 04-02-2019



## 6. Women Empowerment Cell

- Women's Day by inviting women achiever Ramya Vasisht, Singer, Creative Conceptualize Actor and Anchor, Presided by Dr. K B Vedomurthy, Academic Chairman, SJRES on 08-03-2019



## 7. Cultural forum

- Ethnic week- Housy Housy, Poster making, Saree draping, Miss SJRCW, Rangoli, Mehendi from 11-2-2019 to 16-2-2019



S J R College for Women  
Samskruti  
'Ethnic Week' - 2018-19

Date	Day	Colour	Event	Theme
11.2.19	Monday	Pink	Housy/Housy	Smile Day
12.2.19	Tuesday	Blue	Poster Making	Save water life
13.2.19	Wednesday	Green	Mehendi	Environment Day
14.2.19	Thursday	Black & White	Rangoli	No Vehicle Day
15.2.19	Friday	Red	Dialogue Transformations	Twins Day
16.2.19	Saturday	Ethnic Wear	Miss SJRCW	

*Principal*  
Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10

*Vice-Principal*  
Vice-Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10

*Principal*  
Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10

Scanned by TapScanner

Samskruti  
'Ethnic Week' - Competitions Rules & Regulations

**HOUSY HOUSY GAME RULES**

- Each player can select any one card/slip of housy
- Any scratch or mistakes done in the slip will not be entertained for a new one
- Players are requested to write down your name and class/section behind the card/slip
- Once the game has started there will be no exchange of slip/card
- After scratching all the number raise your hand and call out housy

**RANGOLI**

- Time limit : 45 minutes
- Individual event
- Materials required for the competition to be brought by the participants only
- Traditional rangoli with dots
- Only coloured rangoli and white rangoli
- No free hand
- Judges decision is final

**MEHENDI**

- Indian design only
- Individual event
- Time limit : 45 minutes
- Black mehendi not allowed
- Participants can apply mehendi on their own hands or any other person's hand
- Judges decision is final

**POSTER MAKING**

- Topic: 'Save Water Life
- The Title is important
- Time limit : 45 minutes
- Individual event
- Poster should convey the message
- Judges decision is final

**DIALOGUE TRANSFORMATIONS**

- Two in a team
- Time limit: 05 minutes
- No actions
- Judges decision is final

Note: On "Save Environment Day" each class is required to Plant atleast one "Tree" compulsorily

*Principal*  
Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10

*Vice-Principal*  
Vice-Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10

Scanned by TapScanner

S J R College For Women  
Rajajinagar, Bangalore-10  
SAMSKRUTI  
Ethnic Week 2018-19  
Result Sheet

**Housy-Housy**

I Prize	Jyothi P.	III B.Com
II Prize	Dharani P. K.	III BCA
III Prize	Prachi B Mehta	III B A

**Poster Making**

I Prize	Noor Fathima	I BCA
II Prize	Ranjitha M. Kulkarni	I B.Com

**Mehendi**

I Prize	Arshiya Banu	III B.Com
II Prize	Misba Hainoor	I B. Com
III Prize	Shahreen Taj	III B. Com
III Prize	Rinku Vaishnava	III B A
Consolation	Dakshayani U.	III B C A
	Afrin Khanum	II B B A

*Principal*  
Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10

Scanned by TapScanner

**Rangoli**

I Prize	Sushmitha B. S.	III BCA
II Prize	Meena P.	III BCA
Consolation	Rinku Vaishnava	III BA

**Dialogue Transformations**

I Prize	Shilpa P. & Mamat K.S.	III BCA
II Prize	Manisha P. Bhatt & Gowtamikumara	II B. Com
III Prize	Pooja S. L. & Mansi Nayak	II B. Com

**Miss SJRCW**

Shivani	II B. Com
---------	-----------

*Principal*  
Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10

Scanned by TapScanner

## 8. Entrepreneurship Development Cell (ED Cell)

- Job oriented training programmes like Advanced Tailoring, Tassels and Jewellery making

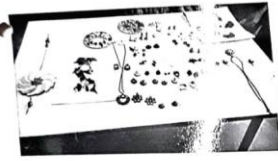


TAILORING

*Principal*  
Principal  
S J R College for Women  
Rajamangaluru-10

Scanned by TapScanner

# OUTCOME OF UNNATI - ENTREPRENEURSHIP DEVELOPMENT CELL



QUILLING



*Principal*  
Principal  
S J R College for Women  
Rajamangaluru-10

Scanned by TapScanner

FOR THE YEAR 2018-19 (ODD SEMESTER)



ACTIVITY :- JEWELLERY MAKING

MONTH :- JULY - AUGUST

ACTIVITY :- TASSELS

MONTH :- JULY - AUGUST



*Principal*  
Principal  
S J R College for Women  
Rajamangaluru-10

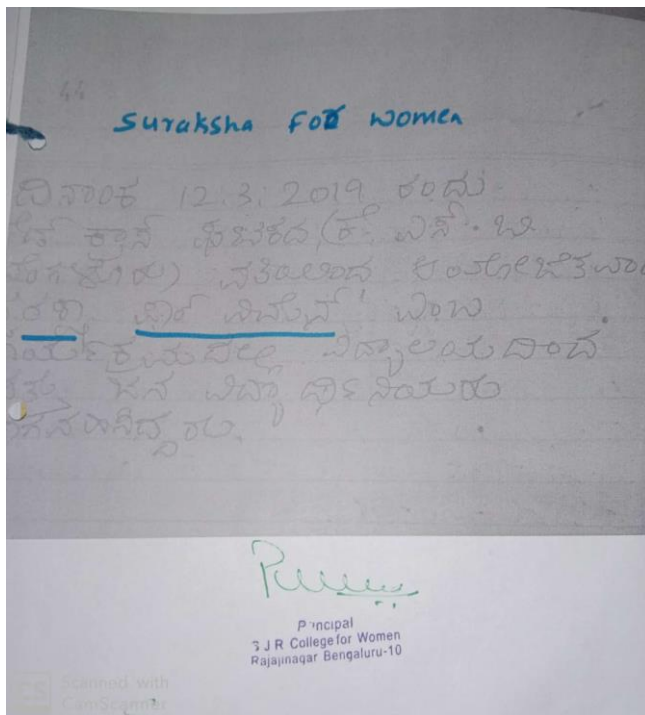
Scanned by TapScanner

## 9. Youth Red Cross

- Participation in a rally to create awareness about social service on the occasion of Geneva convocation day on 12-08-2018

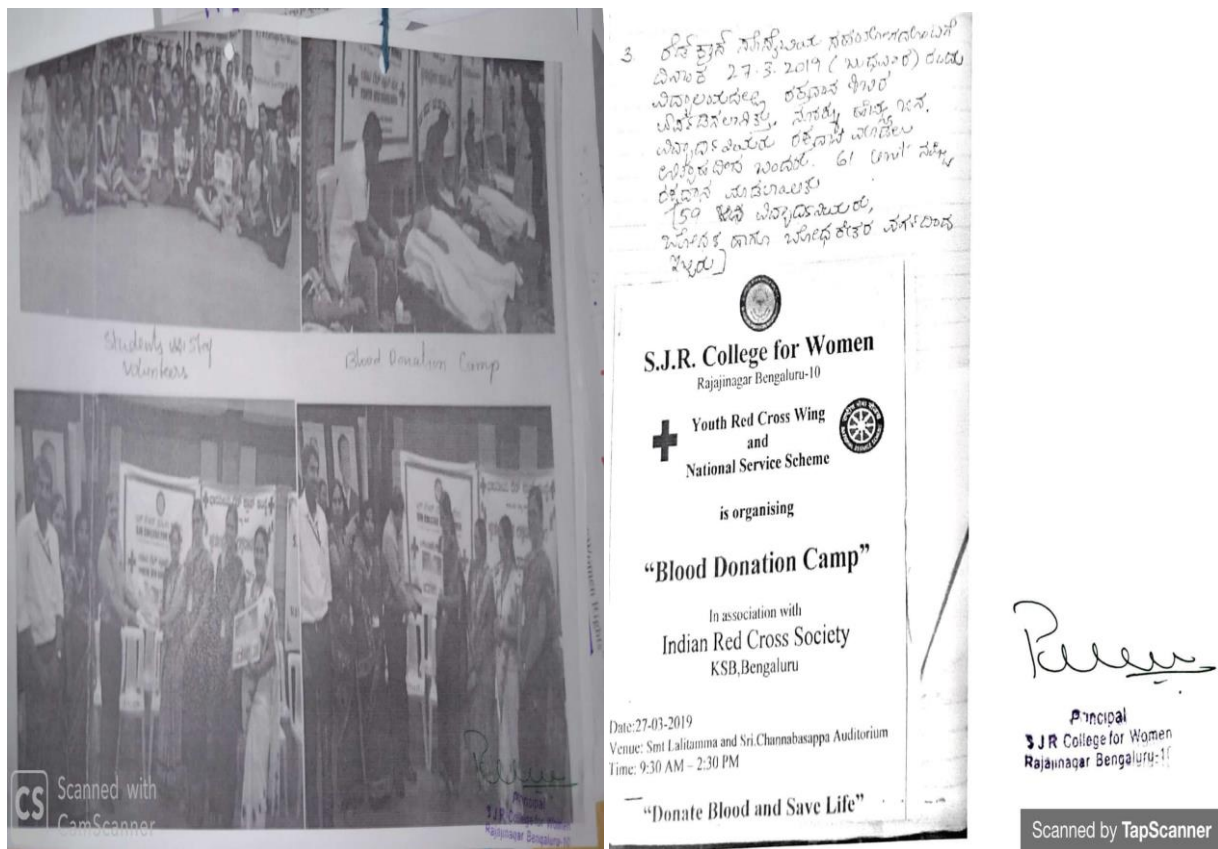


- YRC volunteers participated in Self Défense course "Suraksha for Women" organized by Red Cross society on 12-03-2019

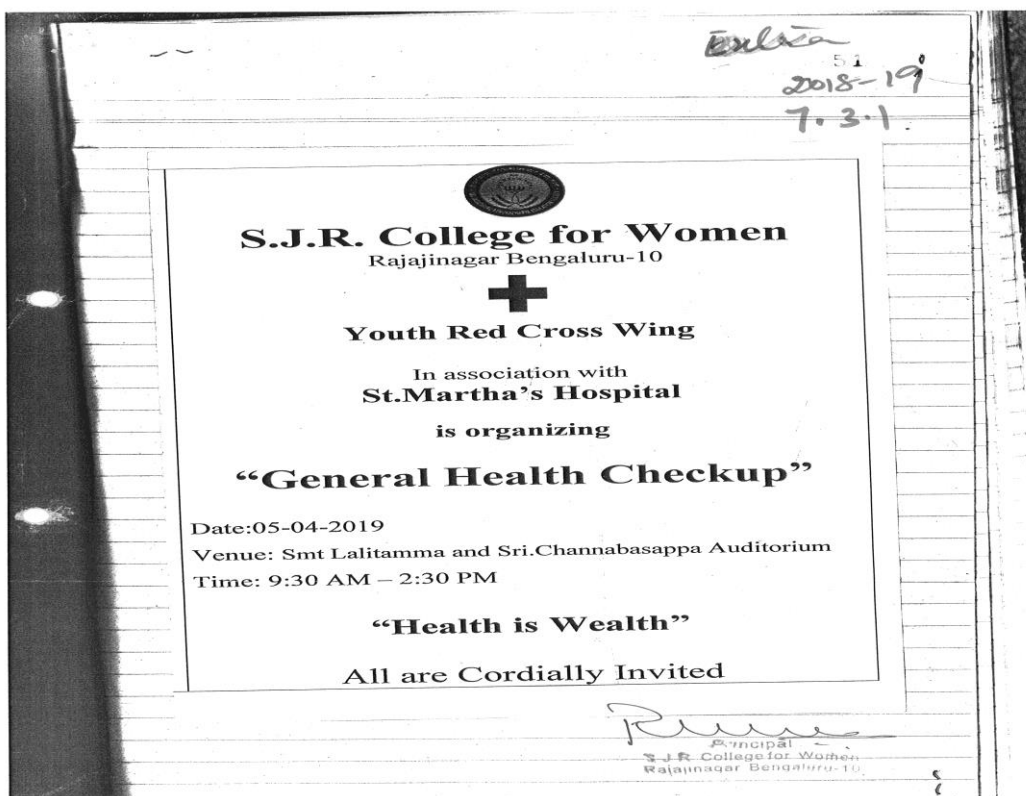


- Blood Donation Camp by YRC and NSS on 27-03-2019





- General Health check-up camp on 05-04-2019 in association with ST. Martha's Heart Hospital



## 10. Human Rights Cell and Anti Ragging Cell

- "Law awareness" program by Sri. Prakash V, 3<sup>rd</sup> ACMM Court Judge on 22-01-2019

7.1.19

SJR COLLEGE FOR WOMEN

Date 21/01/2019

CIRCULAR

"Law Awareness Programme" is organized by Human rights cell in our college for all I year and II Year Degree students on 22<sup>nd</sup> January 2019. Tuesday at 9:30 a.m. in our college Auditorium.

**Resource person: Sri.Prakash V , 3<sup>rd</sup> ACMM Court Judge**

All the students are required to assemble in the Auditorium by 9.15am.

*Devi 21/1/19*  
Vice Principal

*Tejashwini 21/1/19*  
Principal

CLASS	SIGNATURE
I BA	<i>Vys</i>
I B.Sc 1	<i>Vinod Pragasam Sathya</i>
I B.Sc 2	<i>Vinod Pragasam</i>
I B.Com 1	<i>Vys</i>
I B.Com 2	<i>Vys</i>
I BBA	<i>Vys</i>
I BCA	<i>Vys</i>
II BA	<i>Vys</i>
II B.Sc 1	<i>Vys</i>
II B.Sc 2	<i>Vys</i>
II B.Com 1	<i>Vys</i>
II B.Com 2	<i>Vys (San) Gots A</i>
II BBA	<i>Vys</i>
II BCA	<i>Vys</i>

*Principal*  
Principal  
SJR College for Women  
Rajannaar Bengaluru-10, Kannara  
Scanned by TapScanner

- Guest lecture on "Women Rights" by Dr. Vanaja S Kumar, Human Rights Activist on 20-02-2019



## 11. Kannada Department

- Screening of Women Rights and Human Rights movie "Mookanayaka" directed by Baraguru Ramachandrappa and review on the movie on 30-03-2019

29/04/2019

ಎಸ್.ಜಿ.ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು  
ರಾಜಾಜನಗರ, ಬೆಂಗಳೂರು

29/04/2019

ಸುತ್ತಿಲೆ :-

ಕೆ.ಸು.ಎ.ಎ.ಎ.

ದಿನಾಂಕ 30-3-19 ರ ಕನಿಷ್ಠ 11:30 ರಿಂದ 1:00  
ಗಂಟೆಯವರೆಗೆ ಕೆ.ಸು.ಎ.ಎ.ಎ. ಪ್ರಧಾನ ಮಂತ್ರಿ ಜ್ಞಾಪನ ಪತ್ರ  
ಅಧ್ಯಕ್ಷತೆಯಲ್ಲಿ 'ಮಹಿಳಾ ಸಾರ್ವಜನಿಕ' ಕೆ.ಸು.ಎ.ಎ.ಎ. ಸಂಸ್ಥೆಯನ್ನು  
ಪ್ರದರ್ಶನ ಮಾಡಲಾಗಿದೆ. ಎಲ್ಲಾ ಅಧ್ಯಕ್ಷತೆಯಲ್ಲಿ ಕೆ.ಸು.ಎ.ಎ.ಎ.  
ಅಧ್ಯಕ್ಷತೆ, ಕೆ.ಸು.ಎ.ಎ.ಎ. ಕುಳಿತುಕೊಳ್ಳುವಂತೆ ಕೆ.ಸು.ಎ.ಎ.ಎ. ಸಂಸ್ಥೆಯಲ್ಲಿ ಸೆಷನ್  
ಸಂಭವಿಸಿದಂತೆ ಈ ಮೂಲಕ ತಿಳಿಸಲಾಗಿದೆ. ಕಾಲೇಜಿನ ಸಭಾಂಗಣದಲ್ಲಿ  
ಇದೇ ಚಲನಚಿತ್ರ ಪ್ರದರ್ಶನ ಮಾಡಲಾಗುವುದು.

Screening of Women Rights & Human Rights movie  
Mockanayaka

Principal  
S J R College for Women  
Rajajinagar Bangalore-10

Scanned by TapScanner

- Chintana Goshti "Stri Asmithe mathu Vachana Kranti" by Dr. Mamatha G Sagar, and Dr. L G Meera on 09-04-2019

7.1.1 2018-19

ಅಖಿಲ ಭಾರತ ಶರಣ ಸಾಹಿತ್ಯ ಪರಿಷತ್ತು, ಬೆಂಗಳೂರು

ಸಹಾಯಕಿ  
ಎಸ್.ಜಿ.ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು ಕನ್ನಡ ಸಂಘ, ರಾಜಾಜನಗರ

**Stri Asmithe mathu Vachana Kranti**

ಪ್ರತಿ ಸಾಹಿತ್ಯ ಪರಿಷತ್ತಿನ  
ಮುಖಂಡರೊಂದಿಗೆ

**Panel discussion**

ದಿನಾಂಕ: 09-04-2019, ಮಂಗಳವಾರ, ಬೆಳಿಗ್ಗೆ : 10.30ಕ್ಕೆ  
ಸ್ಥಳ: ಎಸ್.ಜಿ.ಆರ್. ಕಾಲೇಜು, ರಾಜಾಜನಗರ ಪ್ರವೇಶದ್ವಾರ, ಬೆಂಗಳೂರು

ಪ್ರಾಚಾರ್ಯ : ಪ್ರೊ. ಎಸ್.ಜಿ. ಸಿದ್ದರಾಮಯ್ಯ, ಅಧ್ಯಕ್ಷರು, ಕನ್ನಡ ಅಭಿವೃದ್ಧಿ ಪ್ರಾಧಿಕಾರ  
ಅಧ್ಯಕ್ಷತೆ : ಡಾ. ವೇದಮೂರ್ತಿ, ಶೈಕ್ಷಣಿಕ ನಿರ್ದೇಶಕರು, ಎಸ್.ಜಿ.ಆರ್. ವಿದ್ಯಾಸಂಸ್ಥೆ  
ಆರಂಭಿಸುವವರು : ಶ್ರೀ ಕೆ.ವಿ. ನಾಗರಾಜಮೂರ್ತಿ  
ಅಧ್ಯಕ್ಷರು, ಬೆಂಗಳೂರು ನಗರ ಜಿಲ್ಲಾ ಶರಣ ಸಾಹಿತ್ಯ ಪರಿಷತ್ತು  
ಉಪಸ್ಥಿತಿ : ಡಾ. ಎಚ್.ಎಮ್. ತೇಜಸ್ವಿನಿ, ಪ್ರಾಂಶುಪಾಲರು  
ಶ್ರೀಮತಿ ಪ್ರಮೀಳಾ ಶಂಕರ್

**ಚಿಂತನಾ ಗೋಷ್ಠಿ**

ಜಂತನೆ :- " ಅಂಗ ಸಮಾನತೆ ಮತ್ತು ಸೂಚಕಗಳನ್ನು ಸುಳ್ಳು ಮಾಡಿದ ವಚನಪ್ರಾಂತಿ  
ವಿಷಯ ಮಂಡನೆ : ಡಾ. ಬಿ. ಮಮತಾ ಸಾಗರ್  
ಜಂತನೆ :- ವೈಚಾರಿಕ ದಾಂಪತ್ಯಕ್ಕೆ ಅಡ್ಡಿಯಾದ ಹಾಕಿದ ಶರಣಪ್ರಾಂತಿ  
ವಿಷಯ ಮಂಡನೆ : ಡಾ. ಎಲ್. ಬಿ. ಮೀರಾ  
ವಚನ ಗಾಯನ : ಶ್ರೀಮತಿ ಹೇಮಾಪ್ರಸಾದ್ ಮತ್ತು ತಂಡ  
ವಚನ ವಿಶ್ಲೇಷಣೆ : ಶ್ರೀಮತಿ ಮಂಜುಳಾ ಶಿವಾನಂದ್  
ಉಪಸ್ಥಿತಿ : ಶ್ರೀಮತಿ ಮಂಜು ಬಸವರಾಜ್  
ಶ್ರೀಮತಿ ಪ್ರಮೀಳಾ ಪಾಲನೇತ್ರ

ತಮಗೆ ಅಧ್ಯಕ್ಷತೆಯ ನ್ನಾಗತ  
ಪ್ರೇಮಾ ಸೋಮಸುಂದರ್ ಪ್ರೇಮಾಸಿದ್ಧರಾಜು ಪ್ರಮೀಳಾ ಗರಡಿ

Principal  
S J R College for Women  
Rajajinagar Bangalore-10

Scanned by TapScanner



## 12. Cine Club

- Screened women-oriented movie on 29-03-2019

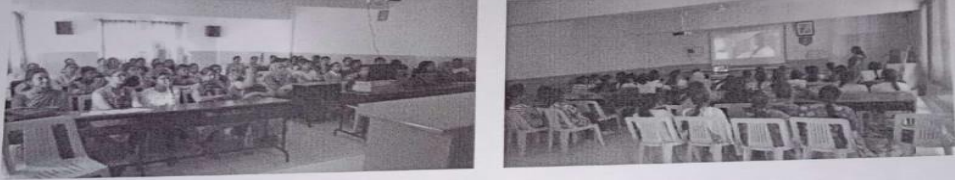
**CINE CLUB**

Activities conducted for the year 2018-19(Even semester)


Sl.no	Date	Activity
1	29/03/2019	Screened Women oriented movies
2	12/04/2019	Advertising props
3	13/04/2019	Dialogue delivering

Photos:

Women oriented movies



Advertising props



Principal  
S J R College for Women  
Rajajinagar, Bangalore 560010

Scanned with TapScanner

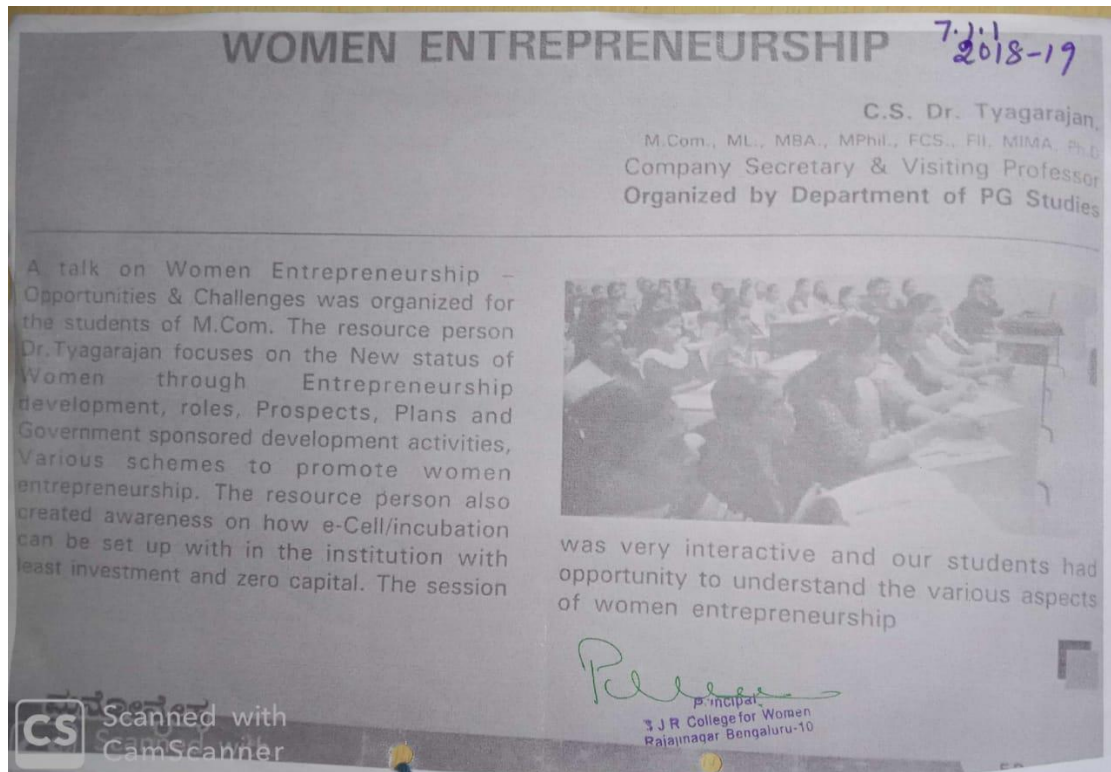
## 13. Jana Janeyara Balaga

- Guest lecture on “Mahila sahithya mathu prastuta samaja” by Prathibha Nandakumar, well known poetess, Director and Actor on 22-9-2018


ಕರ್ನಾಟಕ ಸರ್ಕಾರ  
ಪನ್ನಡ ಪುಸ್ತಕ ಪ್ರಾಧಿಕಾರ, ಬೆಂಗಳೂರು  
ಹಾಗೂ  
ಎಸ್.ಜೆ.ಆರ್.ಮಹಿಳಾ ವಿದ್ಯಾಲಯ  
ರಾಜಾಜಿನಗರ, ಬೆಂಗಳೂರು-೧೦  
*Jana Janeyara Balaga*  
**ಜಾನಿ ಜಾನೆಯರ ಬಳಿಗೆ ೨೦೧೮-೧೯**  
**ಸಂವಾದ ಕಾರ್ಯಕ್ರಮ**  
*Interactive Program*  
ಮುಖ್ಯ ಅತಿಥಿಗಳು  
ಪ್ರತಿಭಾ ನಂದಕುಮಾರ್  
ಖ್ಯಾತ ಕವಯಿತ್ರಿ  
ಅಧ್ಯಕ್ಷತೆ  
ಡಾ. ಎಚ್.ಎಮ್. ತೇಜಸ್ವಿನಿ  
ಪ್ರಾಂಶುಪಾಲರು, ಎಸ್.ಜೆ.ಆರ್. ಮಹಿಳಾ ವಿದ್ಯಾಲಯ  
ಎಲ್ಲರಿಗೂ ಆದರದ ಸುಸ್ವಾಗತ  
12-9-2018  
ದಿನಾಂಕ : ೨೨-೦೯-೨೦೧೮  
ಸಮಯ : ಬೆಳಿಗ್ಗೆ ೧೧:೦೦ ಕ್ಕೆ  
ಸ್ಥಳ  
ಶ್ರೀಮತಿ ಲಲಿತಮ್ಮ ಮತ್ತು ಶ್ರೀ ಚನ್ನಬಸಪ್ಪ ಸಭಾಂಗಣ  
ಪ್ರಾಂಶುಪಾಲರು  
ಖೋಧಕ, ಖೋಧಕೇತರ ವರ್ಗ ಮತ್ತು ವಿದ್ಯಾರ್ಥಿನಿಯರಾ  
Principal  
S J R College for Women  
Rajajinagar, Bangalore 560010  
Scanned by TapScanner

#### 14. PG Department

- Seminar on Women Entrepreneurship by Dr. C S Tyagarajan M.Com, ML, MBA, M.Phil, FCS, FIFI, MIMA, PhD, Professor in Mount Carmel College on 01-12-2018



**2017-2018**

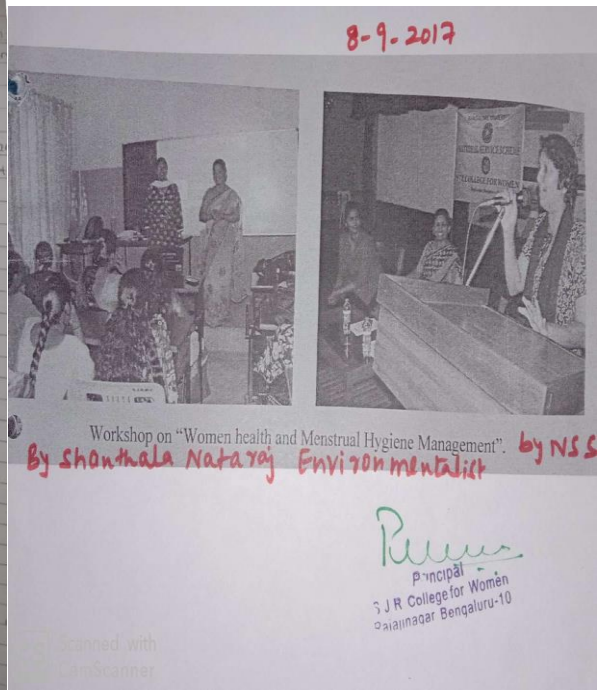
<div>  <b>SJR</b> Sri Jagadguru Renukacharya Education Society  <b>College for Women</b>  <small>(Affiliated to Bangalore Central University &amp; Accredited with 'A' Grade by NAAC)  #10, 5th 'C' Cross, 4th Block, Rajajinagar, Bengaluru-560 010  Phone: 080 23361734, 23359474, E-mail: principal@sjrcew.edu.in  Website: www.sjrcew.edu.in</small> </div>			
7.1.1 Gender Equity and sensitization in Curricular and co-curricular activities			
SL. NO	Forum/Club/Committee	Date	Event
1	National Service Scheme (NSS)	08-09-2017	1. Workshop on "Women's health and Menstrual Hygiene Management" by Shanthala Nataraj, Environmentalist
		20-09-2017	2. One day experimental workshop on "Avalahejje" by Shanthala Damle, founder CEO, Avala Hejje and Lekha Naidu, Creative Director
		09-02-2018	3. A seminar on "Importance of Yoga" by Dr. S N Omkar, Chief Research Scientist, Department of Aerospace Engineering IISc
2	Social Science Forum	28-09-2017	1. Rangoli competition on Save Girl Child
		26-04-2018	2. Collage competition on Global warming and Women Empowerment
3	Cultural forum	5-2-2018 to 10-2-2018	Ethnic week-Rangoli, Saree draping, Mehendi, Nail Art and Hand/Face painting
4	ED Cell	2017-18	Job oriented training programmes like Advanced Tailoring, Embroidery, Tassels
5	Youth Red Cross	28-07-2017	1. Lecture on "Brain and Memory" by Dr. Suresh H S, MBBS, MS, MCH, Nimhans in association with NSS
		11-08-2017	2. Participation in a rally to create awareness about social service on the occasion of Geneva convocation day
		18-08-2017	3. Free community Eye checkup and Heart checkup camp in association with Padmabushana Dr. M .C Modi Eye Hospital and Marthas Heart center
		23-09-2017	4. Lecture on "PCOS awareness" by Dr. Bharathi Rajanna in association with NSS
		7-2-2018	5. Eye checkup and Heart checkup camp in association with Padmabushana Dr. M .C Modi Eye Hospital and St. Marthas Heart center
6	Human Rights Cell and Anti Ragging Cell	12-10-2017	Guest lecture on "The impact of Human Rights on Society" by Ms. Latha Raju, Advocate, High Court
7	Sports forum	2017-18	Yoga classes



## 1. National Service Scheme (NSS)

- Workshop on Women's health and Menstrual Hygiene Management by Shanthala Nataraj, Environmentalist on 08-09-2017

02.09.17	Programme to protect nature from polluting the dangerous zone	Shanthala Nataraj	13.09.2017	Workshop on "Student leadership development"	Shanthala Nataraj
02.09.17	One day trekking to Adichunchanagiri hills & the Jakkola hills	Shanthala Nataraj	30.09.17	Sochitra mission clean campaign (cleaned & college premises)	Shanthala Nataraj
08.09.17	International literacy day celebration	Shanthala Nataraj			
	(a) Education for Women	Dr. Lakshman			
	(b) Digital India	Dr. Lakshman			
	(c) Workshop on Women health & menstrual hygiene management	Shanthala Nataraj			
09.09.17	Vittala Sankarashala Akshaya	Shanthala Nataraj			
20.09.17	One day experiential workshop on "Avala Hejje"	Shanthala Damle			
		Founder CEO			
		Avala Hejje			
		Lekha Naidu			
		Creative Director			



- One day experimental workshop on Avalahejje by Shanthala Damle, founder CEO, Avala Hejje and Lekha Naidu, Creative Director on 20-09-2017

**DARE TO EXPLORE 17-18**

**20.09.2017**

Experiential workshop exclusively for young women

Young women have time and again proved to be as smart, as hardworking and as ambitious as men, yet they have often fallen behind. Why? Because they face greater barriers than men.

**LET'S CHANGE THIS WORLD!**  
When women step forward... society takes a leap

**Learn about yourself while having Fun!**  
Role plays, films, group discussions, hands-on exercises and more!

**Claim. Create. Conquer.**

- Identify what holds women back
- Practice techniques to overcome obstacles
- Hone your creative thinking skills
- Learn from the experiences of successful women
- Be a confident go-getter

Register for the workshop:  
Call or 8217297238  
<https://www.avalahenje.com>

Lead Trainers:  
Shanthala Damle & Lekha Naidu

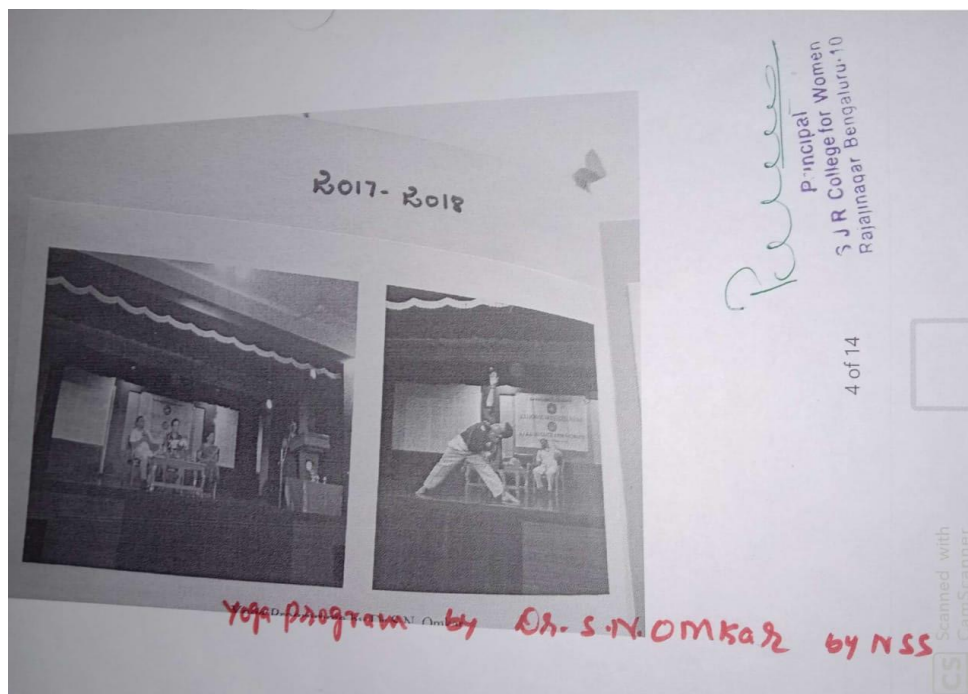
**Avala Hejje**

Her Steps

Principal  
S J R College for Women  
Rajanagar, Bengaluru-10

- A seminar on importance of Yoga by Dr. S N Omkar, Chief Research Scientist, Department of Aerospace Engineering IISc on 09-02-2018





## 2. Social Science Forum

- Rangoli competition on Save Girl Child on 28-09-2017

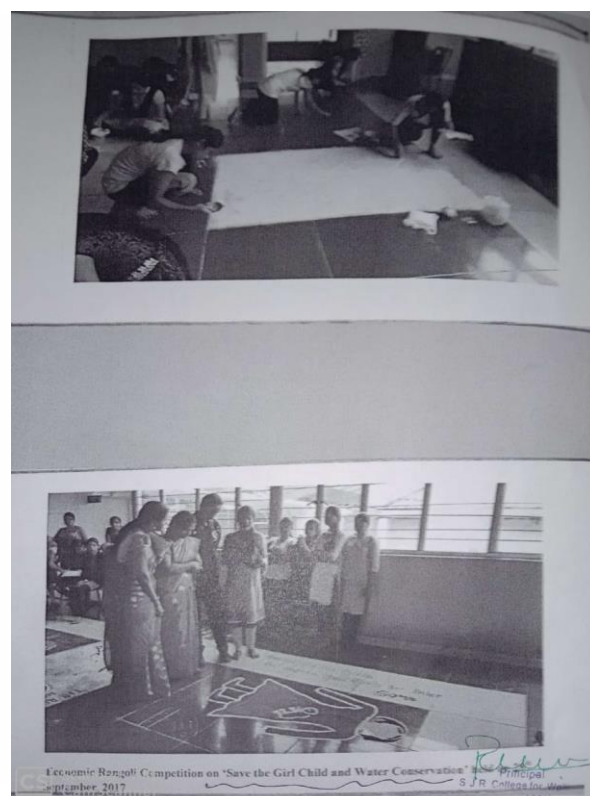
Social Science Forum - ANVESHANA

Under the auspices of the above forum Department of Economics is conducting 'Economic Rangoli competition' on 'Save the girl child or water conservation' on 28/9/17 (Thursday) at 1.40pm. Interested students can enroll their names with Ugmark Department of Economics.

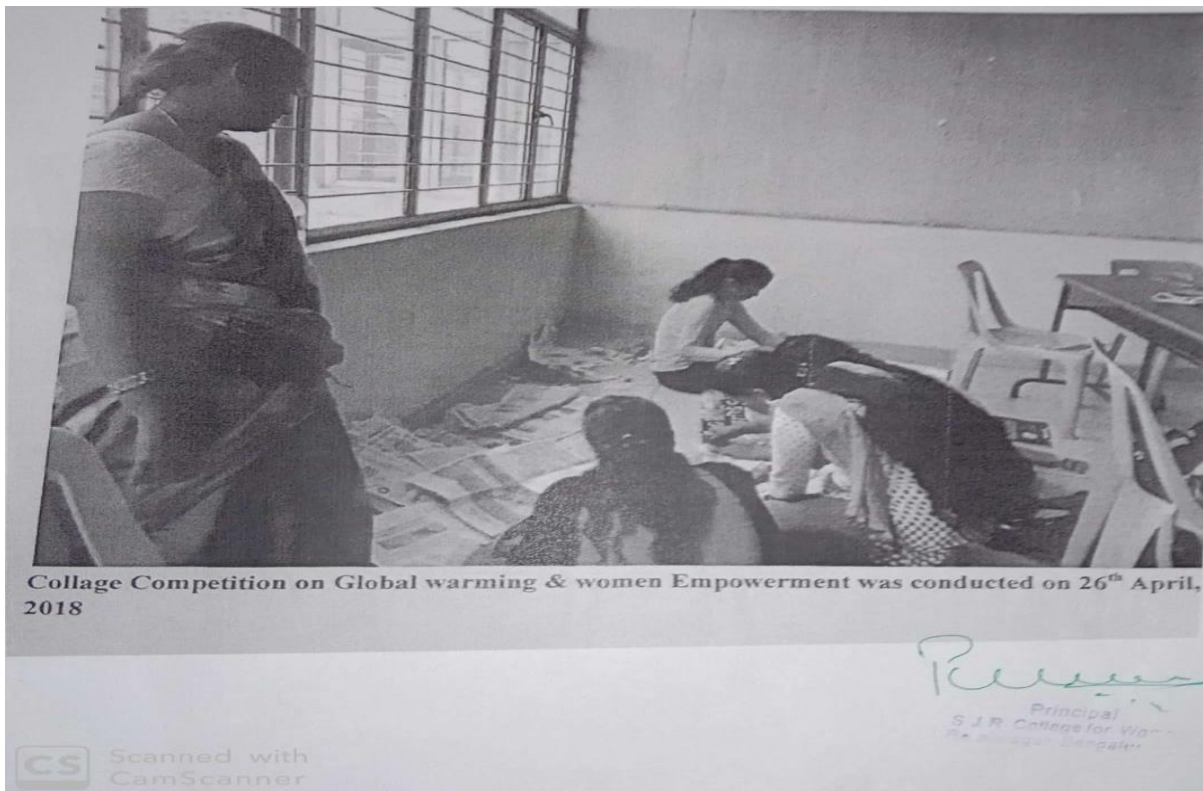
Mahalakshmi  
Chairperson  
Social Science forum

I BA (HEP, ESPSY)  
II BA (HEP, ESPSY)  
III BA (HEP, ESPSY)

Principal  
S J R College for Women  
Rajajinagar Bengaluru-10



- Collage competition on Global warming and Women Empowerment on 26-04-2018



### 3. Cultural forum

Ethnic week-Rangoli, Saree draping, Mehandi, Nail Art and Hand/Face painting from 5-2-2018 to 10-2-2018

**S J R College for Women**  
SAMSKRUTI  
CIRCULAR

7.1.1  
2017-18

"Ethnic Week" is organised from 5/02/18 to 10/02/18. All the staff members are requested to follow the colour code and motivate the students to participate in the competitions.

Tejaswini K N  
Principal 30/1/18

Sl. No	DATE	DAY	COLOUR	THEME
1	5/2/18	Monday	VIOLET	Pearl Day
2	6/2/18	Tuesday	GREEN	Black Accessories
3	7/2/18	Wednesday	YELLOW	Red Accessories
4	8/2/18	Thursday	ORANGE	Green Accessories
5	9/2/18	Friday	BROWN	Gold Accessories
6	10/2/18	Saturday	ETHNIC WEAR (SAREE)	

Principal  
S.J.R. College for Women  
Rajanagar, Bengaluru-10

Scanned by TapScanner

**SAMSKRUTI**  
CIRCULAR

Samskruti the cultural committee is celebrating "Ethnic Week" from 5<sup>th</sup> February to 10<sup>th</sup> February 2018. Students are required to go through the Notice Board, for the details of the competitions and colour code.

Tejaswini K N  
Principal 30/1/18

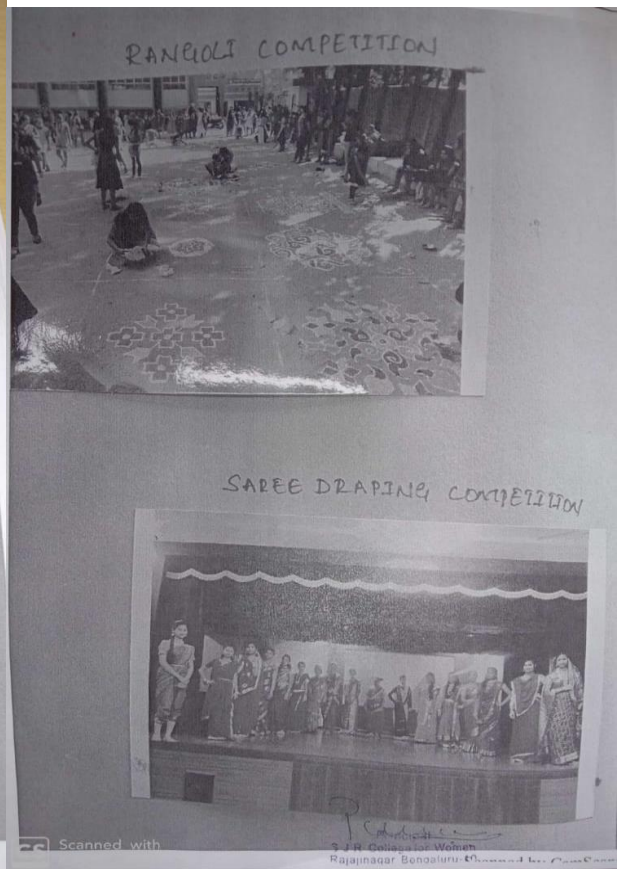
I B.com, 1st  
I B.com<sub>2</sub>, 2nd  
I BBA  
I BCA  
I BA  
I B.Sc.  
I B.Sc.<sub>2</sub>  
II B.com  
II B.com<sub>2</sub>  
II BBA  
II BCA  
II BA  
II B.Sc.  
II B.Sc.<sub>2</sub>

III B.com, 1st  
III B.com<sub>2</sub>, 2nd  
III B.com<sub>3</sub>, 3rd  
III BBA  
III BCA  
III BA  
III B.Sc.  
III B.Sc.<sub>2</sub>

Principal  
S.J.R. College for Women  
Rajanagar, Bengaluru-10

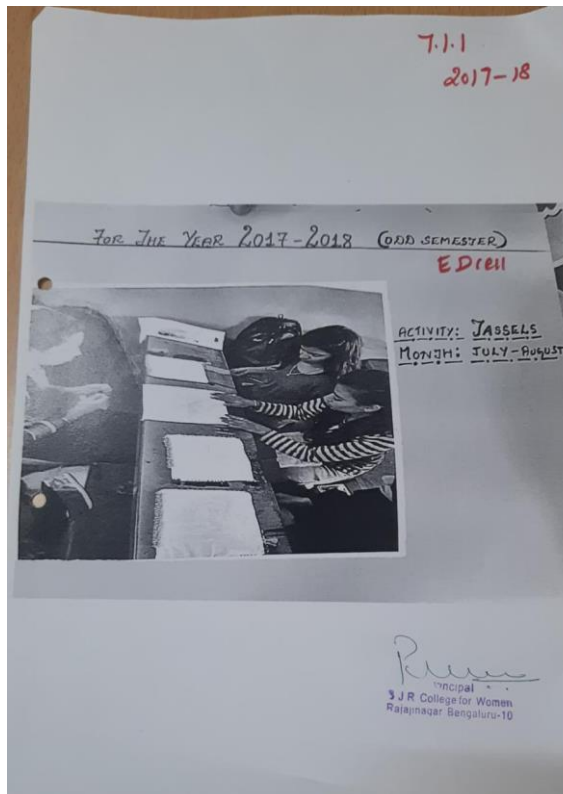
Scanned by TapScanner





#### 4. Entrepreneurship Development Cell (ED Cell)

- Job oriented training programmes like Advanced Tailoring, Embroidery, Tassels

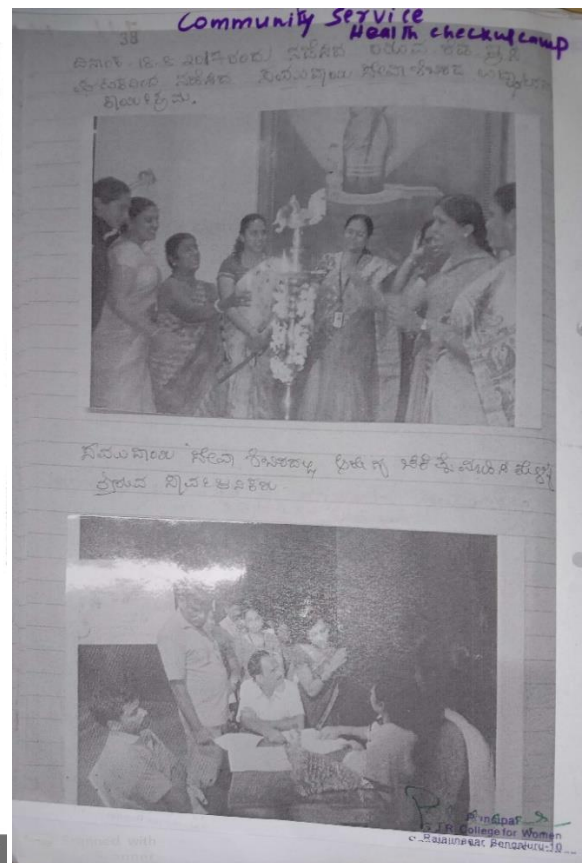
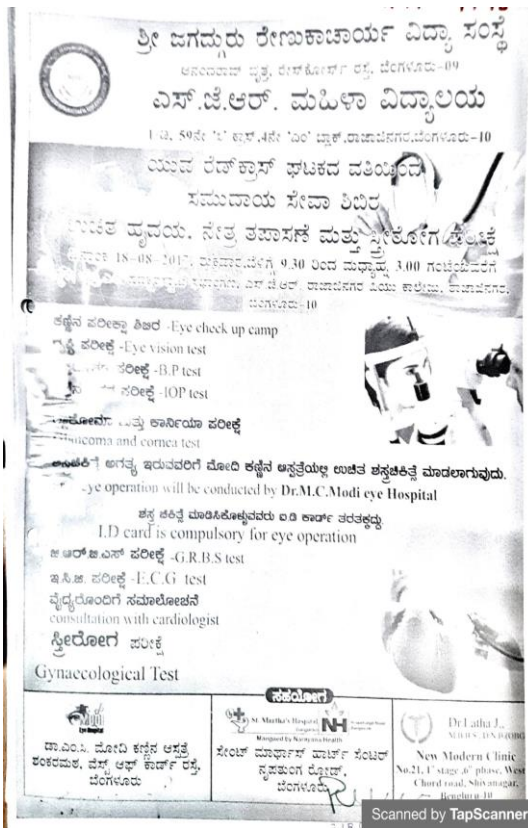


#### 5. Youth Red Cross

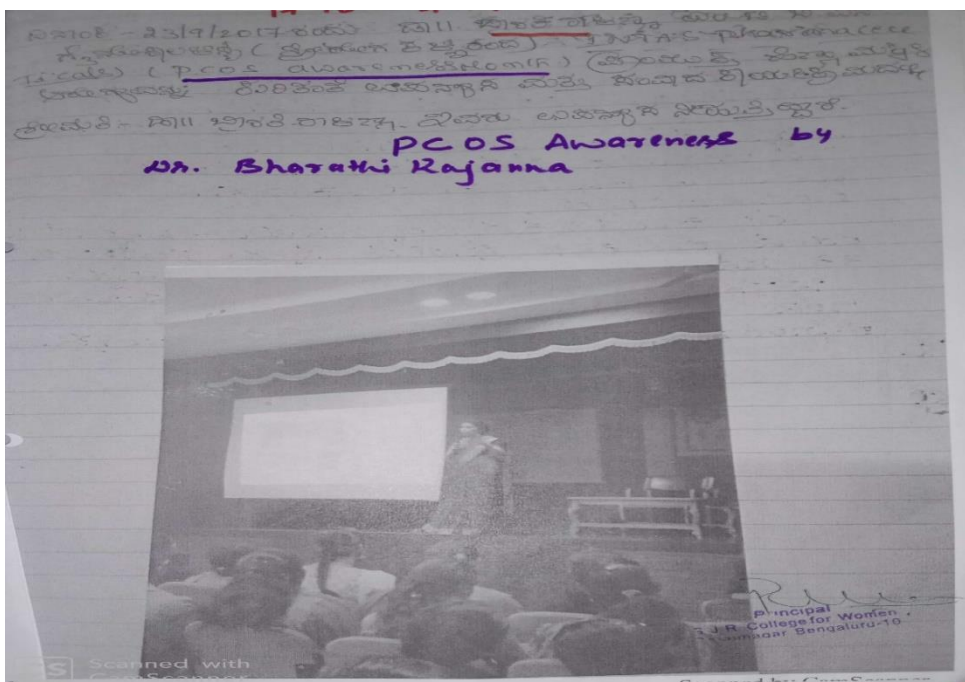
- Lecture on "Brain and Memory" by Dr. Suresh H S, MBBS, MS, MCH, NIMHANS in association with NSS on 28-07-2017







- Lecture on "PCOS awareness" by Dr. Bharathi Rajanna in association with NSS on 23-09-2017



- Eye check-up and Heart check-up camp in association with Padmabushana Dr. M .C Modi Eye Hospital and St. Martha's Heart centre on 7-2-2018

## Heart & Eye Checkup Camp

3) 2018 ರಲ್ಲಿ ಸ್ಥಾಪಿಸಿದ ಹೃದಯ ಮತ್ತು ದೃಷ್ಟಿ ಪರೀಕ್ಷಾ ಕ್ಯಾಂಪ್. ಇದು ಸರ್ವಜನಿಕವಾಗಿರುತ್ತದೆ. ಇಲ್ಲಿ ಎಂ.ಕೆ.ಎಂ.ಎಸ್. ಮತ್ತು ಇತರ ವೈದ್ಯಕೀಕರು ಸೇರಿಕೊಂಡು ಹೃದಯ ಮತ್ತು ದೃಷ್ಟಿ ಪರೀಕ್ಷೆಗಳನ್ನು ಮಾಡುತ್ತಾರೆ. ಇದರಲ್ಲಿ 250 ಹೃದಯ ಪರೀಕ್ಷೆಗಳು ಮತ್ತು 240 ದೃಷ್ಟಿ ಪರೀಕ್ಷೆಗಳು ಮಾಡಲ್ಪಟ್ಟಿವೆ. ಇದರಲ್ಲಿ 1000 ರಿಂದ 1500 ರವರೆಗೆ ವಿದ್ಯಾರ್ಥಿನಿರ್ದೇಶಕರು.

*Principal*  
SJR College for Women  
Rajajinagar Bengaluru-56

Scanned by TapScanner

## 6. Human Rights Cell and Anti Ragging Cell

- Guest lecture on "The impact of Human Rights on Society" by Ms. Latha Raju, Advocate, High Court on 12-10-2017

SJR COLLEGE FOR WOMEN

12.10.2017

Human Rights Cell

Sanchalana

Under the auspices of the above forum a talk on "Human Rights and its effects on society" by Smt Latha Raju, Advocate in High Court, Bangalore is organised on 12<sup>th</sup> October at 1.40 in Seminar Hall. All are cordially invited.

*Chairperson*  
Chairperson

*Principal*  
Principal 9/10/17

IBBA  
IBBA  
IBBA

IBBA  
IBBA

*Principal*

Scanned by TapScanner

## 7. Sports Forum

- Yoga classes



**Yoga classes**

Evaluation in Yoga - 2017 - 2018 - 000 Students

Sl. No.	Name	Class	Age	Height	Weight	Sl. No.	Name	Class	Age	Height	Weight
1	Sybil M	T.O.	25	16	55	33	Arshadine M	U.B.	22	5	2
2	Sybil N		25	16	5	34	Paulina P		22	5	2
3	Sybil V		25	16	5	35	Aryana Ashima		22	5	2
4	Sybil B.S		25	16	5	36	Prabhatika H	U.B.	22	5	2
5	Sybil R		25	16	5	37	Jyoti S.L		22	5	2
6	Sybil S		25	16	5	38	Chaitra S		22	5	2
7	Sybil G		25	16	5	39	Ashwini S		22	5	2
8	Sybil H		25	16	5	40	Alakha B		22	5	2
9	Sybil A		25	16	5	41	Suyashika S		22	5	2
10	Sybil D		25	16	5	42	Shashika M	B.B.	22	5	2
11	Sybil E		25	16	5	43	Shashika		22	5	2
12	Sybil F		25	16	5	44	Sybil L		22	5	2
13	Sybil G		25	16	5	45	Deepa Vinayash	F.B.	22	5	2
14	Sybil H		25	16	5	46	Deepa		22	5	2
15	Sybil I		25	16	5	47	Deepa		22	5	2
16	Sybil J		25	16	5	48	Deepa		22	5	2
17	Sybil K		25	16	5	49	Deepa		22	5	2
18	Sybil L		25	16	5	50	Deepa		22	5	2
19	Sybil M		25	16	5	51	Deepa		22	5	2
20	Sybil N		25	16	5	52	Deepa		22	5	2
21	Sybil O		25	16	5	53	Deepa		22	5	2
22	Sybil P		25	16	5	54	Deepa		22	5	2
23	Sybil Q		25	16	5	55	Deepa		22	5	2
24	Sybil R		25	16	5	56	Deepa		22	5	2
25	Sybil S		25	16	5	57	Deepa		22	5	2
26	Sybil T		25	16	5	58	Deepa		22	5	2
27	Sybil U		25	16	5	59	Deepa		22	5	2
28	Sybil V		25	16	5	60	Deepa		22	5	2
29	Sybil W		25	16	5	61	Deepa		22	5	2
30	Sybil X		25	16	5	62	Deepa		22	5	2
31	Sybil Y		25	16	5	63	Deepa		22	5	2
32	Sybil Z		25	16	5	64	Deepa		22	5	2
33	Sybil A		25	16	5	65	Deepa		22	5	2
34	Sybil B		25	16	5	66	Deepa		22	5	2
35	Sybil C		25	16	5	67	Deepa		22	5	2
36	Sybil D		25	16	5	68	Deepa		22	5	2
37	Sybil E		25	16	5	69	Deepa		22	5	2
38	Sybil F		25	16	5	70	Deepa		22	5	2
39	Sybil G		25	16	5	71	Deepa		22	5	2
40	Sybil H		25	16	5	72	Deepa		22	5	2
41	Sybil I		25	16	5	73	Deepa		22	5	2
42	Sybil J		25	16	5	74	Deepa		22	5	2
43	Sybil K		25	16	5	75	Deepa		22	5	2
44	Sybil L		25	16	5	76	Deepa		22	5	2
45	Sybil M		25	16	5	77	Deepa		22	5	2
46	Sybil N		25	16	5	78	Deepa		22	5	2
47	Sybil O		25	16	5	79	Deepa		22	5	2
48	Sybil P		25	16	5	80	Deepa		22	5	2
49	Sybil Q		25	16	5	81	Deepa		22	5	2
50	Sybil R		25	16	5	82	Deepa		22	5	2
51	Sybil S		25	16	5	83	Deepa		22	5	2
52	Sybil T		25	16	5	84	Deepa		22	5	2
53	Sybil U		25	16	5	85	Deepa		22	5	2
54	Sybil V		25	16	5	86	Deepa		22	5	2
55	Sybil W		25	16	5	87	Deepa		22	5	2
56	Sybil X		25	16	5	88	Deepa		22	5	2
57	Sybil Y		25	16	5	89	Deepa		22	5	2
58	Sybil Z		25	16	5	90	Deepa		22	5	2
59	Sybil A		25	16	5	91	Deepa		22	5	2
60	Sybil B		25	16	5	92	Deepa		22	5	2
61	Sybil C		25	16	5	93	Deepa		22	5	2
62	Sybil D		25	16	5	94	Deepa		22	5	2
63	Sybil E		25	16	5	95	Deepa		22	5	2
64	Sybil F		25	16	5	96	Deepa		22	5	2
65	Sybil G		25	16	5	97	Deepa		22	5	2
66	Sybil H		25	16	5	98	Deepa		22	5	2
67	Sybil I		25	16	5	99	Deepa		22	5	2
68	Sybil J		25	16	5	100	Deepa		22	5	2

Evaluation in Yoga - 2017 - 2018 - 000 Students

Sl. No.	Name	Class	Age	Height	Weight	Sl. No.	Name	Class	Age	Height	Weight
1	Arshadine M	U.B.	22	5	2	33	Paulina P		22	5	2
2	Paulina P		22	5	2	34	Aryana Ashima		22	5	2
3	Aryana Ashima		22	5	2	35	Prabhatika H	U.B.	22	5	2
4	Prabhatika H	U.B.	22	5	2	36	Jyoti S.L		22	5	2
5	Jyoti S.L		22	5	2	37	Chaitra S		22	5	2
6	Chaitra S		22	5	2	38	Ashwini S		22	5	2
7	Ashwini S		22	5	2	39	Alakha B		22	5	2
8	Alakha B		22	5	2	40	Suyashika S		22	5	2
9	Suyashika S		22	5	2	41	Shashika M	B.B.	22	5	2
10	Shashika M	B.B.	22	5	2	42	Shashika		22	5	2
11	Shashika		22	5	2	43	Sybil L		22	5	2
12	Sybil L		22	5	2	44	Deepa Vinayash	F.B.	22	5	2
13	Deepa Vinayash	F.B.	22	5	2	45	Deepa		22	5	2
14	Deepa		22	5	2	46	Deepa		22	5	2
15	Deepa		22	5	2	47	Deepa		22	5	2
16	Deepa		22	5	2	48	Deepa		22	5	2
17	Deepa		22	5	2	49	Deepa		22	5	2
18	Deepa		22	5	2	50	Deepa		22	5	2
19	Deepa		22	5	2	51	Deepa		22	5	2
20	Deepa		22	5	2	52	Deepa		22	5	2
21	Deepa		22	5	2	53	Deepa		22	5	2
22	Deepa		22	5	2	54	Deepa		22	5	2
23	Deepa		22	5	2	55	Deepa		22	5	2
24	Deepa		22	5	2	56	Deepa		22	5	2
25	Deepa		22	5	2	57	Deepa		22	5	2
26	Deepa		22	5	2	58	Deepa		22	5	2
27	Deepa		22	5	2	59	Deepa		22	5	2
28	Deepa		22	5	2	60	Deepa		22	5	2
29	Deepa		22	5	2	61	Deepa		22	5	2
30	Deepa		22	5	2	62	Deepa		22	5	2
31	Deepa		22	5	2	63	Deepa		22	5	2
32	Deepa		22	5	2	64	Deepa		22	5	2
33	Deepa		22	5	2	65	Deepa		22	5	2
34	Deepa		22	5	2	66	Deepa		22	5	2
35	Deepa		22	5	2	67	Deepa		22	5	2
36	Deepa		22	5	2	68	Deepa		22	5	2
37	Deepa		22	5	2	69	Deepa		22	5	2
38	Deepa		22	5	2	70	Deepa		22	5	2
39	Deepa		22	5	2	71	Deepa		22	5	2
40	Deepa		22	5	2	72	Deepa		22	5	2
41	Deepa		22	5	2	73	Deepa		22	5	2
42	Deepa		22	5	2	74	Deepa		22	5	2
43	Deepa		22	5	2	75	Deepa		22	5	2
44	Deepa		22	5	2	76	Deepa		22	5	2
45	Deepa		22	5	2	77	Deepa		22	5	2
46	Deepa		22	5	2	78	Deepa		22	5	2
47	Deepa		22	5	2	79	Deepa		22	5	2
48	Deepa		22	5	2	80	Deepa		22	5	2
49	Deepa		22	5	2	81	Deepa		22	5	2
50	Deepa		22	5	2	82	Deepa		22	5	2
51	Deepa		22	5	2	83	Deepa		22	5	2
52	Deepa		22	5	2	84	Deepa		22	5	2
53	Deepa		22	5	2	85	Deepa		22	5	2
54	Deepa		22	5	2	86	Deepa		22	5	2
55	Deepa		22	5	2	87	Deepa		22	5	2
56	Deepa		22	5	2	88	Deepa		22	5	2
57	Deepa		22	5	2	89	Deepa		22	5	2
58	Deepa		22	5	2	90	Deepa		22	5	2
59	Deepa		22	5	2	91	Deepa		22	5	2
60	Deepa		22	5	2	92	Deepa		22	5	2
61	Deepa		22	5	2	93	Deepa		22	5	2
62	Deepa		22	5	2	94	Deepa		22	5	2
63	Deepa		22	5	2	95	Deepa		22	5	2
64	Deepa		22	5	2	96	Deepa		22	5	2
65	Deepa		22	5	2	97	Deepa		22	5	2
66	Deepa		22	5	2	98	Deepa		22	5	2
67	Deepa		22	5	2	99	Deepa		22	5	2
68	Deepa		22	5	2	100	Deepa		22	5	2

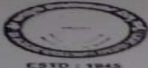
Principal  
SJR College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

Principal  
SJR College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

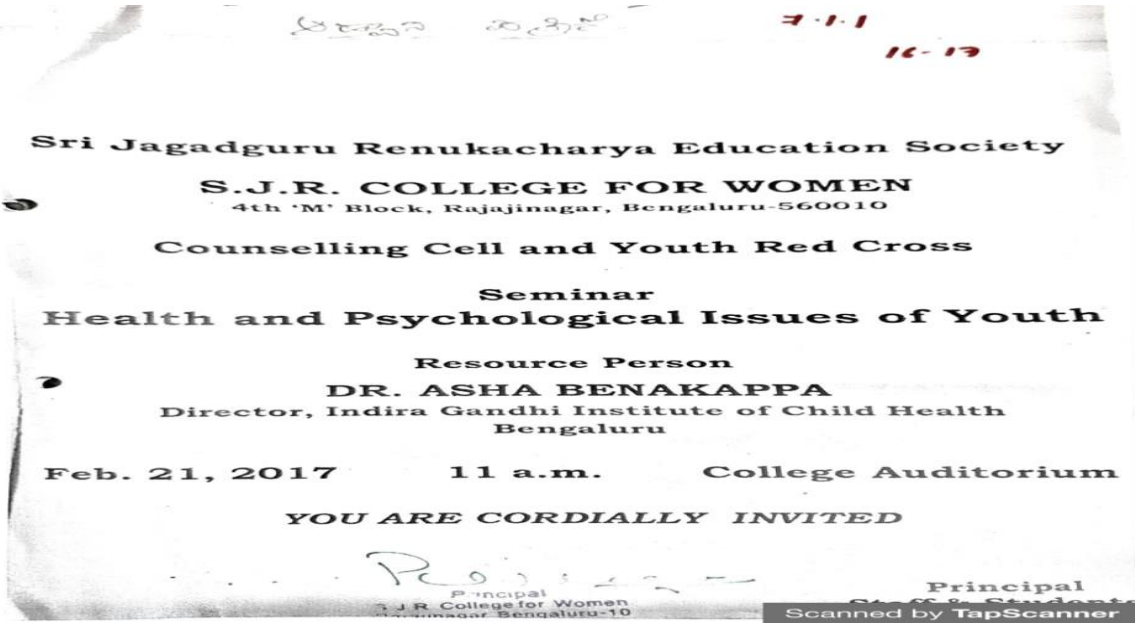
**2016-2017**

 <b>SJR</b> Sri Jagadguru Renukacharya Education Society* ಎಸ್. ಜಿ. ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು <b>College for Women</b> (Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC) #10, 5th 'C' Cross, 4th 'M' Block, Rajajinagar, Bengaluru-560 010 Phone: 080-23361734, 23359474, E-mail: principal@sprcw.edu.in Website: www.sprcw.edu.in			
7.1.1 Gender Equity and sensitization in Curricular and co-curricular activities			
2016-2017			
SL. NO	Fora/Club/Committee	Date	Event
1	Youth Red Cross and Councelling cell	21-02-2017	A seminar on "Health and Psychological issues of Youth" by Dr. Asha Benakappa, Director, Indira Gandhi Institute of Child Health
2	National Service Scheme (NSS)	7-9-2016, 14-9-2016 and 28-9-2016	1. Free Dental checkup camp and awareness program
		23-02-2017	2. Awareness program on AIDS and Blood donation in association with Youth Red Cross
		7-3-2017	3. Skit on AIDS awareness in association with Red Ribbon Club
		20-1-2017 to 10-2-2017	4. Workshop on Fabric painting by Smt. Gowri from Fevieryl Industries
3	Cultural forum	2-1-2017 to 7-1-2017	Ethnic week- Mehendi, Rangoli, Group Song, Best out of waste, Hair style and Makeup
4	ED Cell	2016-2017	Job Skill training programs like Tailoring, Embroidery, Tassels and Jewellery making
5	Nature Club	27-01-2017	1. Workshop on Soap making
		6-2-2017	2. Making of food colors dry powder
6	Women Empowerment Cell	18-02-2017	Candle making workshop
7	Youth Red Cross	15-08-2016	1. Participation in a rally to create awareness about social service on the occasion of Geneva convocation day
		07-10-2016	2. Free community Eye checkup and Heart checkup camp in association with Dr M.C. Modi Eye Hospital, St. Martha's Heart center in association with NSS
		22-02-2017	3. Blood donation camp in association with Indian Red Cross Society in association with NSS
8	Human Rights Cell and Anti Ragging Cell	24-03-2017	Screening of Women Rights and Human Rights movie "Mathadu mathadu mallige"
9	Student Welfare Committee	09-01-2017	Jewellery making workshop using quilling paper by Chaitra, Alumni and group
10	Sports forum	2016-17	Yoga classes

Principal  
Sri Jagadguru Renukacharya Education Society  
College for Women  
Rajajinagar, Bengaluru-10

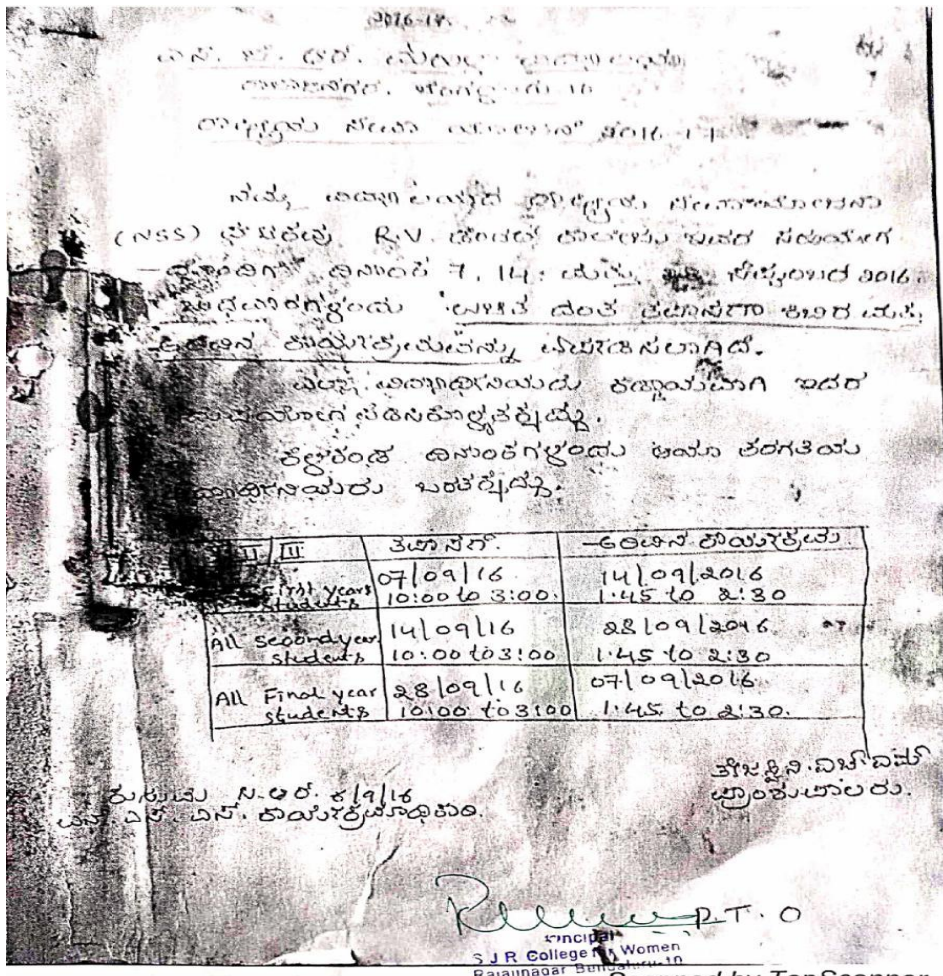
## 1. Youth Red Cross and Counselling cell

A seminar on "Health and Psychological issues of Youth" by Dr. Asha Benakappa, Director, Indira Gandhi Institute of Child Health on 21-02-2017

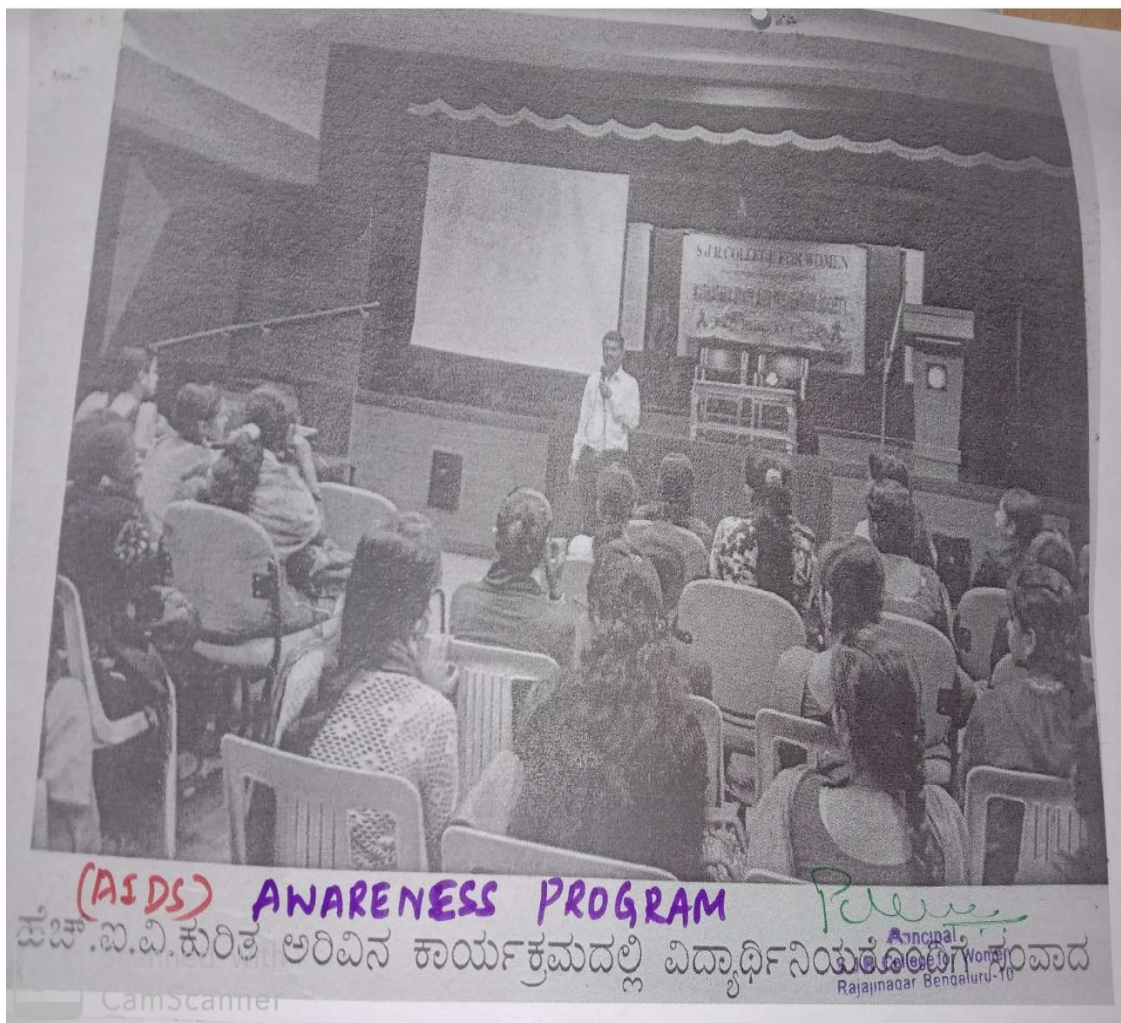


## 2. National Service Scheme (NSS)

- Free Dental check-up camp and awareness program on 7-9-2016, 14-9-2016 and 28-9-2016

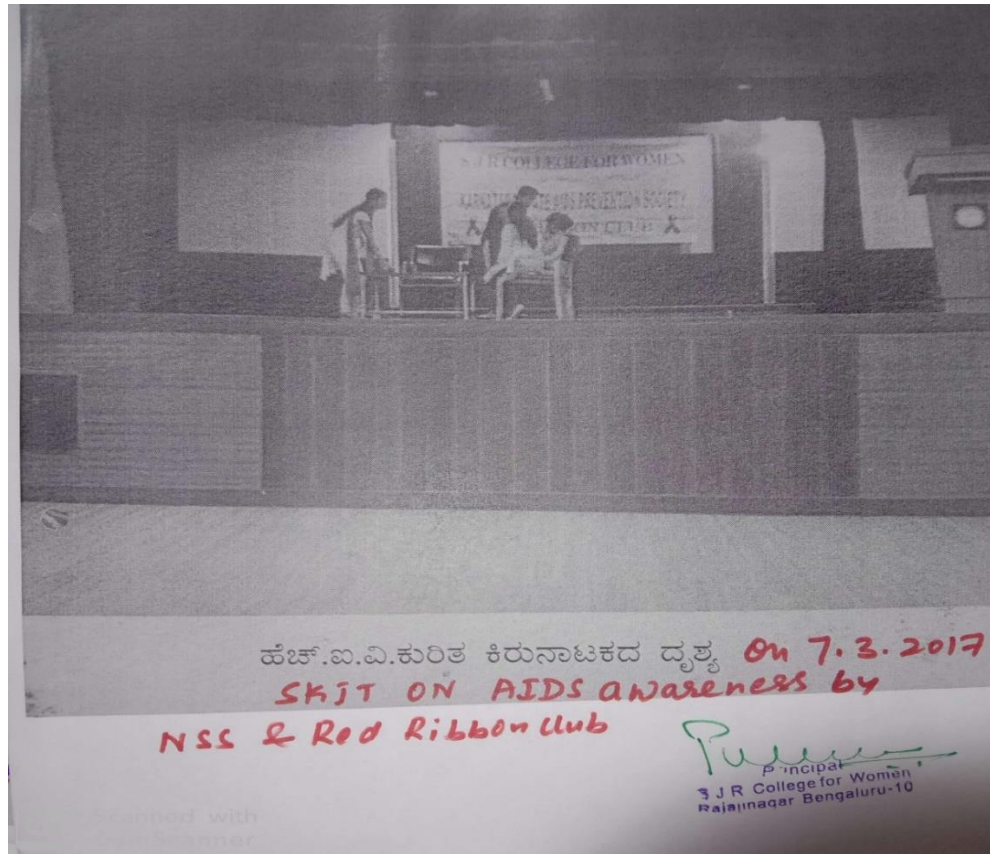




[illegible]



- Skit on AIDS awareness in association with Red Ribbon Club on 7-3-2017



- Workshop on Fabric painting by Smt. Gowri from Fevicryl Industries from 20-1-2017 to 10-2-2017

CIRCULAR

Date: 12-01-2017

"Fevikwik Company" is conducting a "Fabric Painting Course" in our college. The duration of the course is 6 Hours (2 hours per day for 3 days). The materials for the course should be purchased by the students; there ~~is~~ no fees for the course. Interested students are required to contact Dr. Vijayashree B Gudi, HOD of Hindi, immediately for further details.

CLASS	SIGNATURE
I BA	
I BSC 1	
I BSC 2	
I BCA	
I BCOM1	
I BCOM2	
I BBA	
II BA	
II BSC 1	
II BSC 2	
II BCA	
II BCOM1	
II BCOM2	
II BCOM3	
II BBA	
III BA	
III BSC 1	
III BSC 2	
III BCOM1	
III BCOM2	
III BCOM3	
III BBA	
III BCA	

*Sejaswini*  
 Principal  
 S J R College for Women  
 Rajajinagar Bengaluru-10

*Principal*  
 S J R College for Women  
 Rajajinagar Bengaluru-10

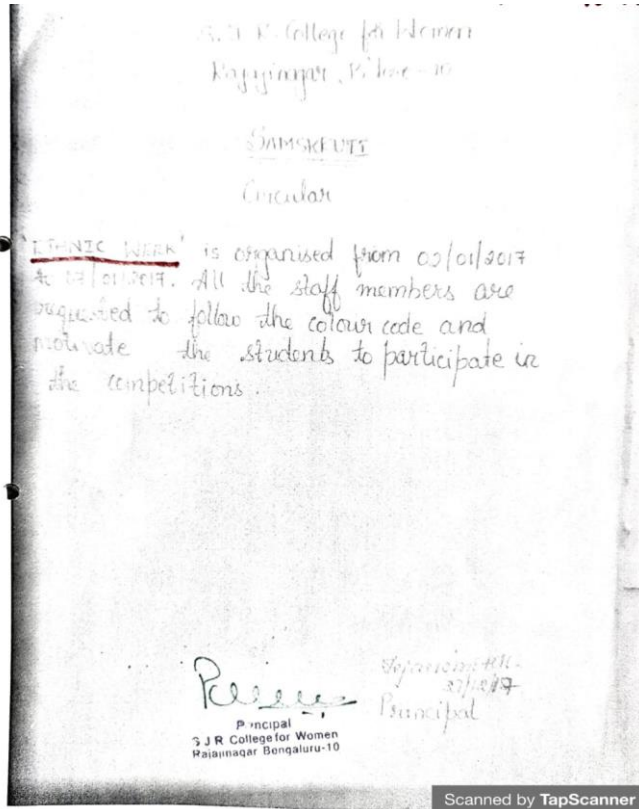
05 SPRAY  
 NOT.

*Principal*  
 S J R College for Women  
 Rajajinagar Bengaluru-10

Scanned by TapScanner

### 3. Cultural Forum

Ethnic week- Mehandi, Rangoli, Group Song, best out of waste, Hair style and Makeup from 2-1-2017 to 7-1-2017



SJR COLLEGE FOR WOMEN  
**SAMSKRUTHI**  
ETHNIC WEEK CELEBRATION 2016-17

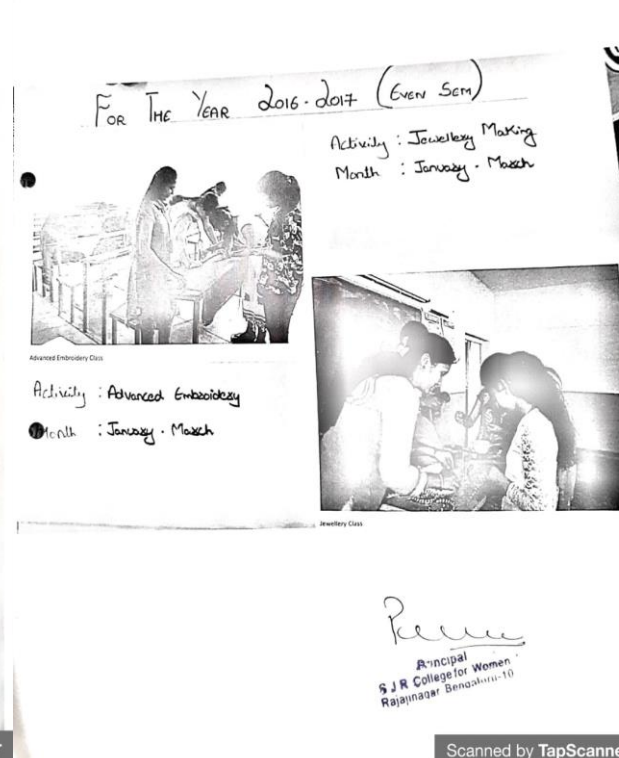
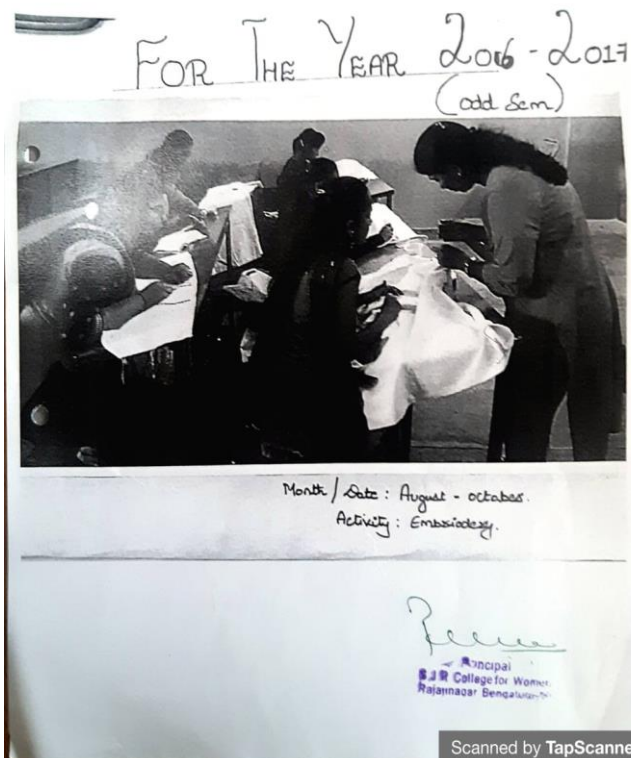
DATE	DAY	COLOUR	THEME	EVENTS	VENUE	TIME	Teachers In charge
2-1-17	Monday	BLUE	Pearls day	Rangoli	Ground	1:45 PM	Nandini S. Dept Vijayaashree (Hindi Dept)
3-1-17	Tuesday	BLACK/WHITE	Retro day	Group song (4 mem) 80-90 songs	Seminar Hall	1:45 PM	Akshitha Eng Dept Vijayaashree (Hindi Dept)
4-1-17	Wednesday	RED	Bangles day	Mehendi	Reading Room	1:45 PM	Sreejana Blum (CS Dept) Vijayaashree (Hindi Dept) Pushpalatha Com Dept
5-1-17	Thursday	ANY COLOUR	Twins day	Best Out of Waste	Reading Room	1:45 PM	Vijayaashree (Hindi Dept)
6-1-17	Friday	ORANGE	Jeans day	Hairstyle & Makeup	Reading Room	1:45 PM	Chitra M. Com Dept Vijayaashree (Hindi Dept)
7-1-17	Saturday		ETHNIC WEAR				

*Principal*  
Principal  
S.J.R. College for Women  
Rajajinagar Bangalore-10

Scanned by TapScanner

### 4. Entrepreneurship Development Cell (ED Cell)

Job Skill training programs like Tailoring, Embroidery, Tassels and Jewellery making







## 5. Nature Club

- Workshop on soap making on 27-01-2017 and making of food colours dry powder on 6-2-2017

SJR Degree college for women  
NAAC accredited with 'A' grade  
Nature club – Pruthvi  
List of activities 2016-17(even semester)

Sl.no	Date	Activity	Winners
1	13-01-2017	Significance of biodiversity, unique animal video.	
2	20-01-2017	Dumb charades	
3	27-01-2017	Soap making work shop.	
4	03-02-2017	Science Quiz	
5	10-02-2017	Food colors- Dry powder making, Work shop.	
6	17-02-2017	Lecture- Environment pollution management – Sri K. Raju, KPCB(organised by NSS)	
7	03-03-193	Lecture – Apiculture and honey Smt.Renuka Devi, Research Scholar Dept. of Zoology, Bangalore University.	
8	17-03-2017	Green computing-Awareness programme Shreelatha Bhat, Department of Computer Science	
9	25-03-2017	Nature club quiz competition. Animal activity - video competition.	

Principal  
SJR College for Women  
Bangalore-10

Scanned by TapScanner



## 6. Women Empowerment Cell

Candle making workshop on 18-02-2017

2016-17

SJR Degree College for Women  
" Dhuvani "  
Women Empowerment Cell  
Circular

"Dhuvani" - Women Empowerment Cell is organising a "candle making workshop" on 18/2/2017 at 11:20 am in the reading room.

Interested students are required to enroll their names with Akshathra Department of English by paying a sum of Rs 25 for workshop.

Tejaswini H  
16/2/17


I BA HEP W mp DESAY	II BA HEP DESAY
I B Com 1	II B1
I B2	II B2 ABE
I BBA	II B3
I B SC1	II BBA
I B SC2	II B SC1
I BCD	II B SC2
I BCD (HEP)	II BCD
	II BCD

Principal  
SJR College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

## 7. Youth Red Cross

- Participation in a rally to create awareness about social service on the occasion of Geneva convocation day on 15-08-2016



ಕೆಲವು ದಿನ  
ಜನರ ಸಂಖ್ಯೆಯನ್ನು  
ಹೆಚ್ಚಿಸುವುದು  
ಅಗತ್ಯವಾಗಿದೆ.  
ಈ ಕಾರಣದಿಂದ  
ಯಶಸ್ವಿಯಾಗಿದೆ.

Geneva Convention  
Rally

Principal  
SJR College for Women  
Rajajinagar Bengaluru-10

Scanned by TapScanner

- Free community Eye check-up and Heart check-up camp in association with Dr M.C. Modi Eye Hospital, St. Martha's Heart centre in association with NSS on 07-10-2016

**ಶ್ರೀ ಜಗದ್ಗುರು ರೇಣುಕಾಚಾರ್ಯ ವಿದ್ಯಾ ಸಂಸ್ಥೆ**  
ಅನಂದಾವಾ ವೃತ್ತ, ರೇಣುಕಾಚಾರ್ಯ ರಸ್ತೆ, ಬೆಂಗಳೂರು-09

**ಎನ್.ಜಿ.ಆರ್. ಮಹಿಳಾ ವಿದ್ಯಾಲಯ**  
ನ್ಯಾಟ್ ಸಂಸ್ಥೆಯಿಂದ 'ಎ' ಮಾನ್ಯತೆಯನ್ನು ಪಡೆದಿದೆ

ಯುವ ರೆಡ್‌ಕ್ರಾಸ್ ಮತ್ತು ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ  
ಘಟಕದ ವತಿಯಿಂದ  
ಸಮುದಾಯ ಸೇವಾ ಶಿಬಿರ  
ಉಚಿತ ಹೃದಯ ಮತ್ತು ನೇತ್ರ ತಪಾಸಣೆ  
**Free Heart and Eye Checkup camp**  
ಸಹಯೋಗ

ಡಾ. ಎಂ.ಸಿ. ಮೋದಿ ಕಣ್ಣಿನ ಆಸ್ಪತ್ರೆ, ಶಂಕರಮಠ, ವೆಸ್ಟ್ ಆಫ್ ಕಾರ್ಡ್ ರಸ್ತೆ  
ಸೇಂಟ್ ಮಾರ್ಥಾಸ್ ಹಾಲ್ ಸೆಂಟರ್, ಸ್ವಪುರಂ ರೋಡ್, ಬೆಂಗಳೂರು

ಉದ್ಘಾಟನೆ  
ಸನ್ಮಾನ್ಯ ಶ್ರೀ.ಎಸ್. ಸುರೇಶ್‌ಕುಮಾರ್ ಕಾಸರು, ರಾಜಾಚನಗರ, ಬೆಂಗಳೂರು  
ಮುಖ್ಯ ಅತಿಥಿಗಳು  
ಶ್ರೀಮತಿ ದೀಪಾ ನಾಗೇಶ್ ಸಗರಘಾ ಸದಸ್ಯರು, ರಾಮಮಂದಿರ ವಾರ್ಡ್  
ಶ್ರೀಯುತ ಬಿ.ಎಸ್.ನಟರಾಜ್ ಉಪಾಧ್ಯಕ್ಷರು, ಎಸ್.ಜಿ.ಆರ್. ವಿದ್ಯಾಸಂಸ್ಥೆ  
ಶ್ರೀಯುತ ಎನ್.ಆರ್.ನಂದೀಶ್ ಆಡಳಿತ ಮಂಡಳಿ ಸದಸ್ಯರು, ಎಸ್.ಜಿ.ಆರ್. ವಿದ್ಯಾಸಂಸ್ಥೆ  
ಶ್ರೀಮತಿ ಸರಸ್ವತಿ ಪ್ರಾಚಾರ್ಯರು, ಎಸ್.ಜಿ.ಆರ್.ರಾಜಾಚನಗರ ಸ್ವಯಂ ಸೇವಾಸಂಘ ಕಾಲೇಜು, ರಾಜಾಚನಗರ  
ಶ್ರೀಮತಿ ರೇಣುಕಾ ಪ್ರಾಚಾರ್ಯರು, ಎಸ್.ಜಿ.ಆರ್. ಪ್ರಾಥಮಿಕ ಮತ್ತು ಪ್ರೌಢಶಾಲೆ, ರಾಜಾಚನಗರ

ದಿನಾಂಕ : 07-10-2016, ಶುಕ್ರವಾರ  
ಸಮಯ : ಬೆಳಿಗ್ಗೆ 9:30ಕ್ಕೆ  
ಸ್ಥಳ : ಶ್ರೀ ಪದ್ಮರಸ್ತಾಮಿ ಸಭಾಂಗಣ  
ಎಸ್.ಜಿ.ಆರ್. ಪ್ರಾಥಮಿಕ ಮತ್ತು ಪ್ರೌಢಶಾಲೆ, ರಾಜಾಚನಗರ, ಬೆಂಗಳೂರು-10

ವಿಲ್ಲರಿಗೂ ಸುಸ್ವಾಗತ

Principals  
J J R College for Women  
Rajajinagar Bangalore-10

ಆಡಳಿತವರ್ಗ, ಪ್ರಾಂಶುಪಾಲರು,  
ಸಿಬ್ಬಂದಿವರ್ಗ ಮತ್ತು ವಿದ್ಯಾರ್ಥಿನಿಯರು

Scanned by TapScanner

**ಶ್ರೀ ಜಗದ್ಗುರು ರೇಣುಕಾಚಾರ್ಯ ವಿದ್ಯಾ ಸಂಸ್ಥೆ**  
ಅನಂದಾವಾ ವೃತ್ತ, ರೇಣುಕಾಚಾರ್ಯ ರಸ್ತೆ, ಬೆಂಗಳೂರು-09

**ಎನ್.ಜಿ.ಆರ್. ಮಹಿಳಾ ವಿದ್ಯಾಲಯ**  
1/2, 59ನೇ 'ಎ' ಕ್ರಾಸ್, 4ನೇ 'ಎಂ' ಬ್ಲಾಕ್, ರಾಜಾಚನಗರ, ಬೆಂಗಳೂರು-10

ಯುವ ರೆಡ್‌ಕ್ರಾಸ್ ಮತ್ತು ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ  
ಘಟಕದ ವತಿಯಿಂದ  
ಸಮುದಾಯ ಸೇವಾ ಶಿಬಿರ  
ಉಚಿತ ಹೃದಯ ಮತ್ತು ನೇತ್ರ ತಪಾಸಣೆ

ದಿನಾಂಕ 07-10-2016, ಶುಕ್ರವಾರ, ಬೆಳಿಗ್ಗೆ 9.30 ರಿಂದ ಮಧ್ಯಾಹ್ನ 3.00 ಗಂಟೆಯವರೆಗೆ  
ಸ್ಥಳ: ಶ್ರೀ ಪದ್ಮರಸ್ತಾಮಿ ಸಭಾಂಗಣ ಎಸ್.ಜಿ.ಆರ್. ಪ್ರಾಥಮಿಕ ಮತ್ತು ಪ್ರೌಢಶಾಲೆ, ರಾಜಾಚನಗರ, ಬೆಂಗಳೂರು-10

ಕಣ್ಣಿನ ಪರೀಕ್ಷಾ ಶಿಬಿರ - Eye Check up Camp  
ವೃಷ್ಟಿ ಪರೀಕ್ಷೆ - Eye vision test  
ರಕ್ತಮೊತ್ತದ ಪರೀಕ್ಷೆ - B.P test  
ಕಣ್ಣಿನ ಒತ್ತಡ ಪರೀಕ್ಷೆ - IOP test  
ಗ್ಲಾಂಕೋಮಾ ಮತ್ತು ಕಾರ್ನಿಯಾ ಪರೀಕ್ಷೆ  
Glaucoma and Cornea test  
ಶಸ್ತುಚಿಕಿತ್ಸೆ ಅಗತ್ಯ ಇರುವವರಿಗೆ ಮೋದಿ ಕಣ್ಣಿನ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ  
ಉಚಿತ ಶಸ್ತುಚಿಕಿತ್ಸೆ ಮಾಡಲಾಗುವುದು.  
Free eye operation will be conducted by  
Dr. M.C. Modi Eye Hospital  
ಶಸ್ತು ಚಿಕಿತ್ಸೆ ಮಾಡಿಕೊಳ್ಳುವವರು ಎ.ಡಿ ಕಾರ್ಡ್ ತರತಕ್ಕದ್ದು.  
I.D card is compulsory for Eye Operation  
ರಕ್ತಮೊತ್ತದ ಪರೀಕ್ಷೆ - B.P. test  
ಜಿ.ಆರ್.ಬಿ.ಎಸ್ ಪರೀಕ್ಷೆ - G.R.B.S test  
ಇ.ಸಿ.ಬಿ. ಪರೀಕ್ಷೆ - E.C.G test  
ವೈದ್ಯರೊಂದಿಗೆ ಸಮಾಲೋಚನೆ  
Consultation with Cardiologist

ಸಹಯೋಗ

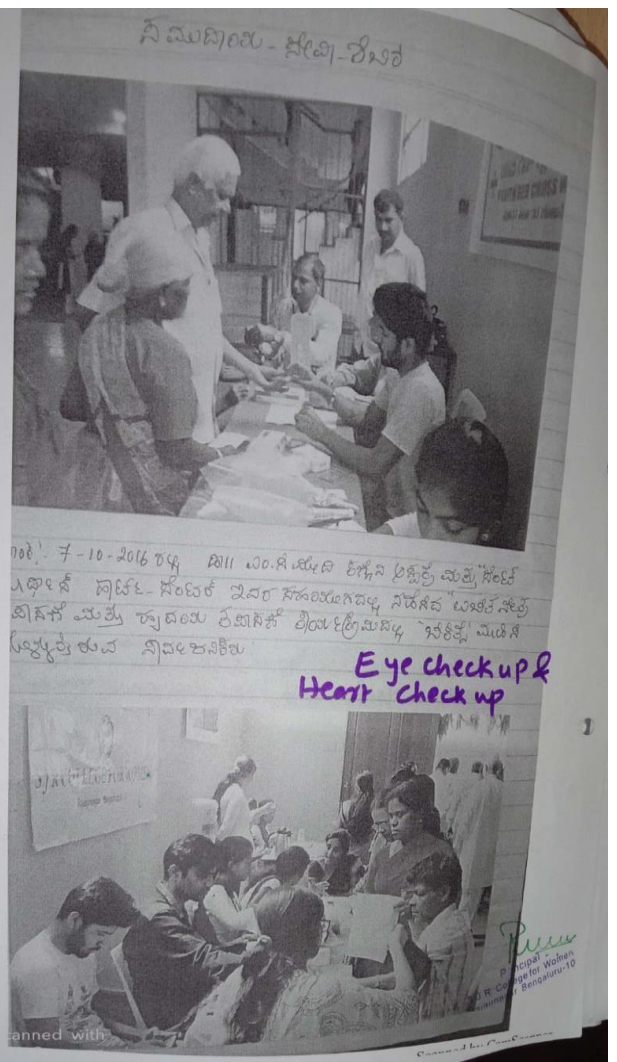
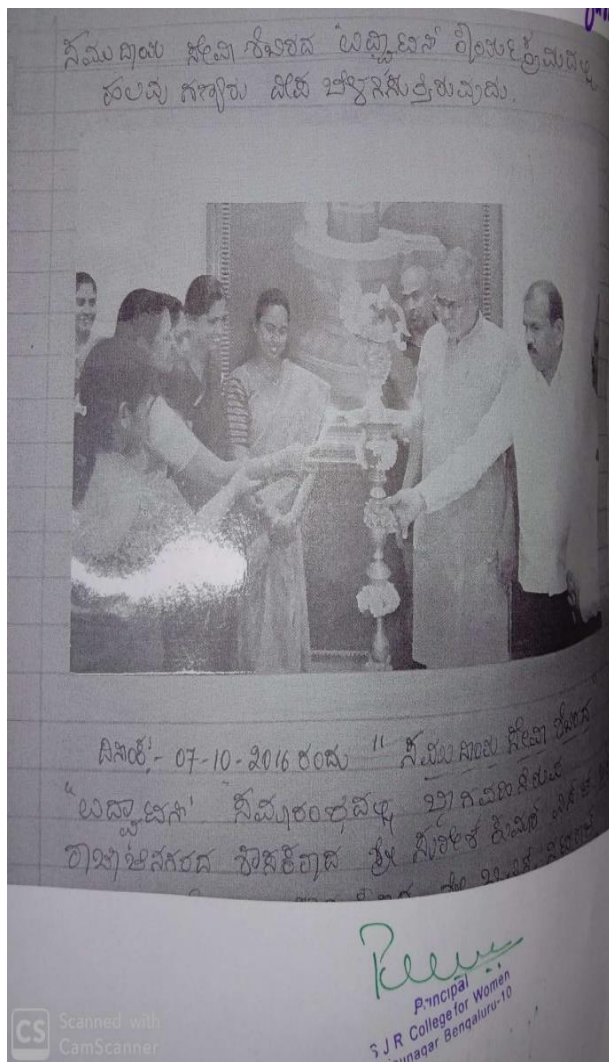
St. Martha's  
Heart Centre  
Nrupatunga Road  
Bangalore

ಪ್ರಿನ್ಸಿಪಲ್  
J J R College for Women  
Rajajinagar Bangalore

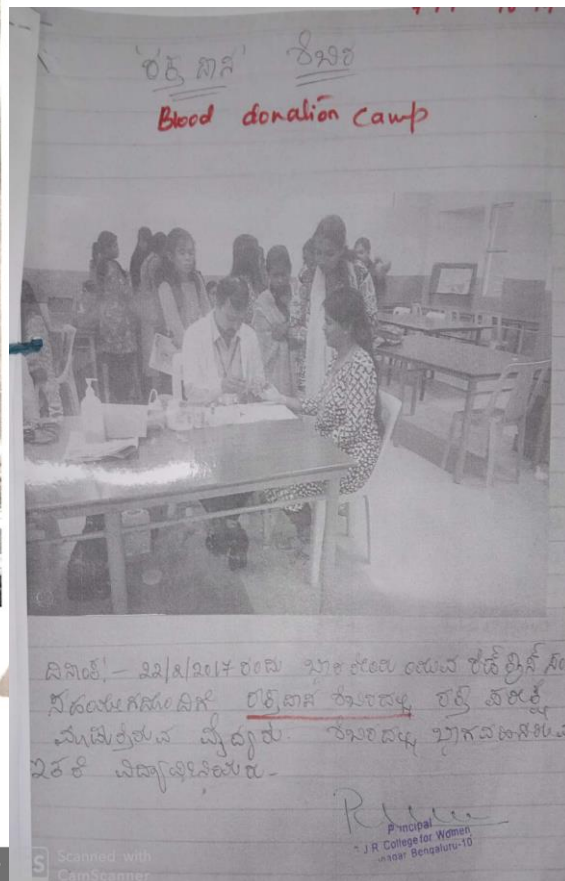
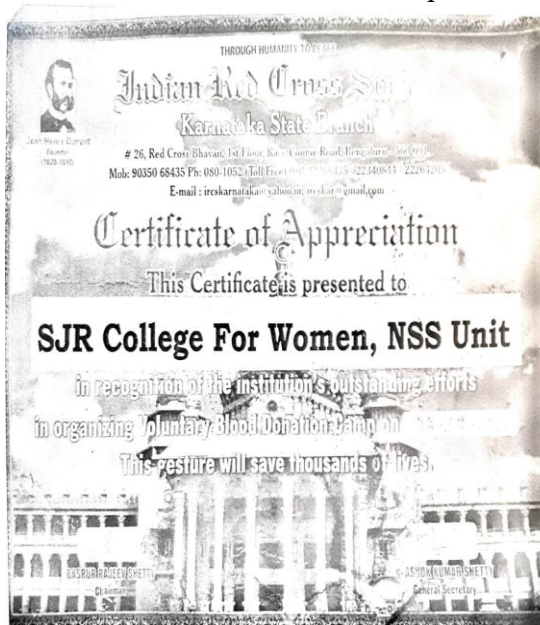
ಡಾ. ಎಂ.ಸಿ. ಮೋದಿ ಕಣ್ಣಿನ ಆಸ್ಪತ್ರೆ  
ಶಂಕರಮಠ, ವೆಸ್ಟ್ ಆಫ್ ಕಾರ್ಡ್ ರಸ್ತೆ, ಬೆಂಗಳೂರು

ಸೇಂಟ್ ಮಾರ್ಥಾಸ್ ಹಾಲ್ ಸೆಂಟರ್

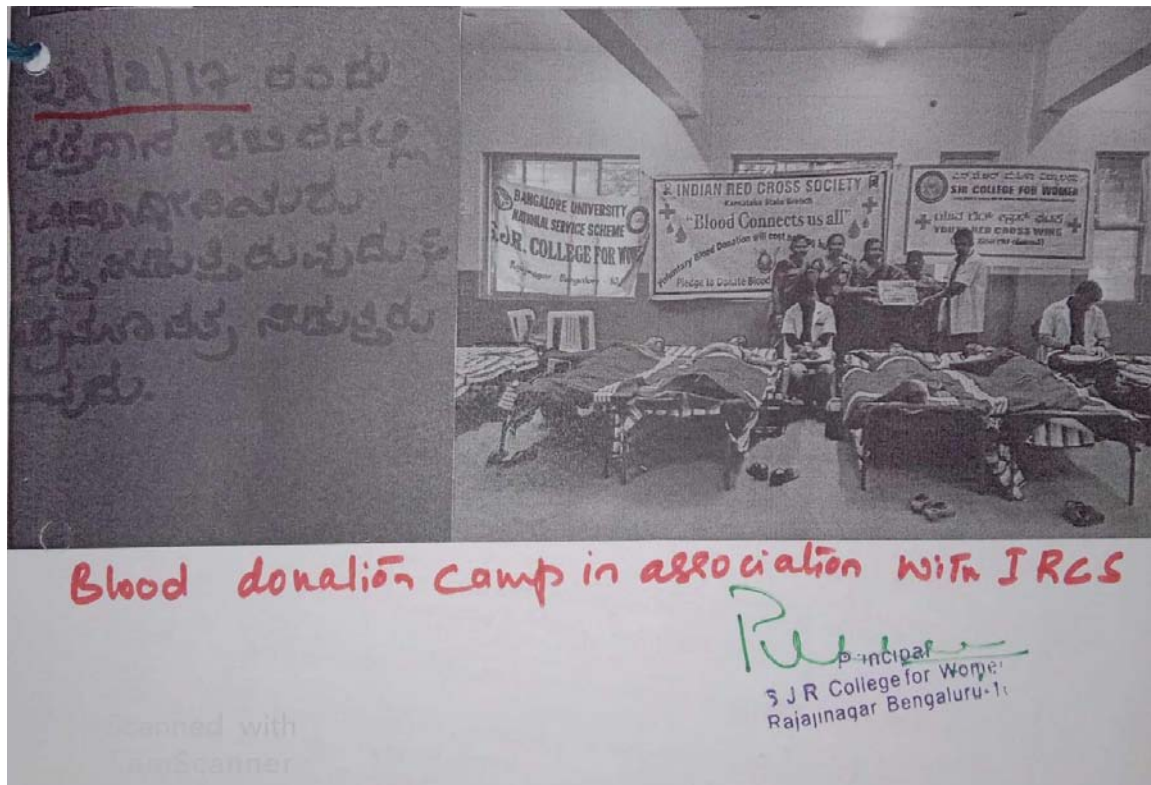
Scanned by TapScanner



- Blood donation camp in association with Indian Red Cross Society and NSS

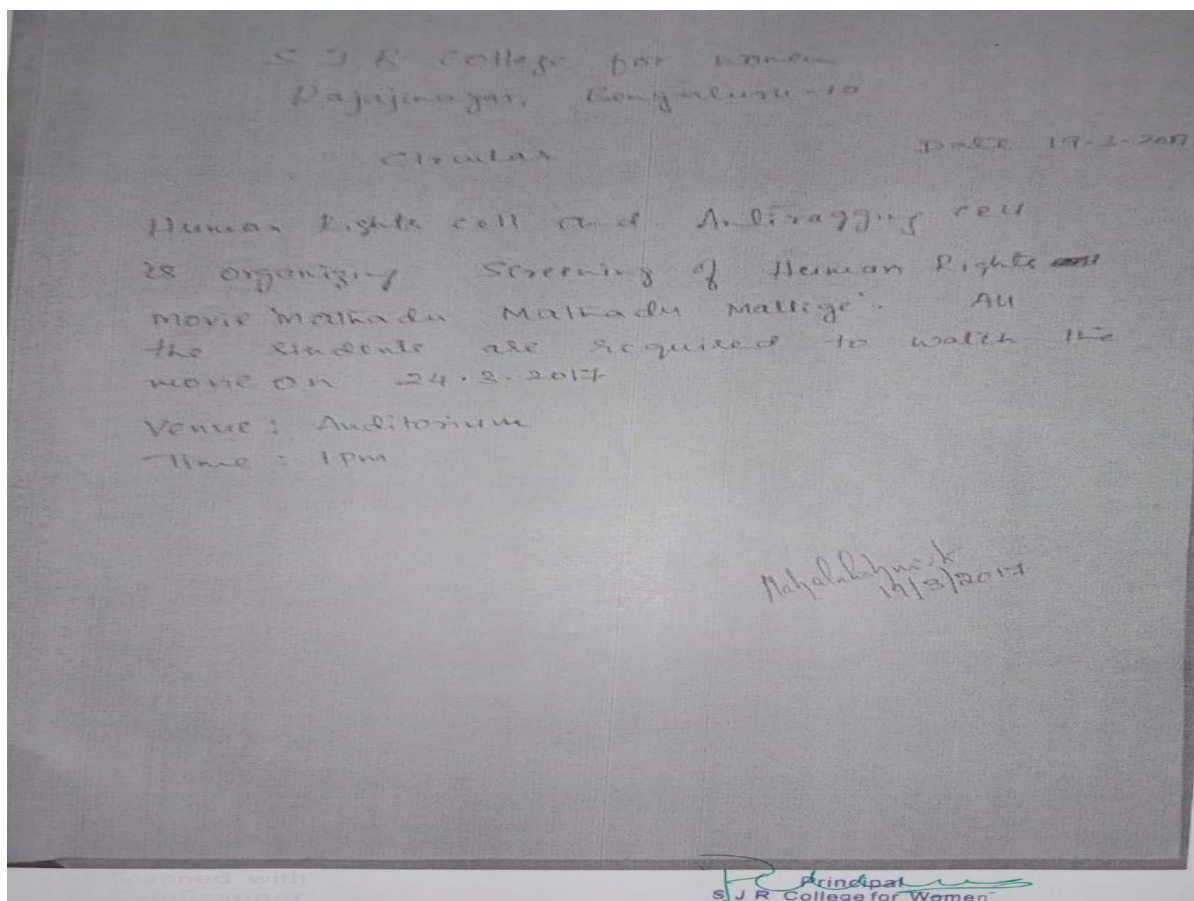






#### 8. Human Rights Cell and Anti Ragging Cell

Screening of Women Rights and Human Rights movie "Mathadu mathadu mallige" on 24-03-2017



## 9. Student Welfare Committee

- Jewellery making workshop using quilling paper by Chaitra, Alumni SJRCW and group on 09-01-2017

Date	Activity	Report	Result
09/01/2017 Monday	One day Jewellery making workshop for Students using quilling paper	Registration fee Rs. 20/- per head 44 candidates enrolled for the event	Fund generated is Rs. 880/-
<b>12/1/2017-18/1/2017 Youth Week Celebrations</b>			
a) 12/1/2017 Thursday	"National Youth Day" celebrations of Swami Vivekananda Jayanthi in the college	Guest of Honour: Smt Parimala Murthy Co-ordinator, Disha Charitable Trust, Hindu Seva Prathistana, Bengaluru	Guest lecture on "Women Empowerment and Swami Vivekananda"
b) 13/1/2017 Friday	"Poster Exhibition" on Swami Vivekananda	28 students participated	Winners of the Event I Prize-Harshita R-IIB Sc2 II Prize-Nisha-IIB Com2 III Prize-Gayathri-IIB A
c) 16/1/2017 Monday	"Book Exhibition cum sale" was organized in the college campus by Bhavatharini Ashrama, Vijayanagar, Bengaluru		
d) 17/1/2017 Tuesday	A documentary on "Swami Vivekananda" was screened at 2.30-3.30 pm in seminar hall	12 students participated	I Prize-Shambhavi Khate-I B Sc1 II Prize-Namatha C-I B Com1 III Prize-Tejaswini B.U-IIB Sc2
e) 18/1/2017 Wednesday	An Essay contest was conducted on the topic "The ideal person of my life"		

## 10. Sports Forum

- Yoga classes

Sl. No.	Name	Roll No.	Class	Score	Grade	Remarks
1	Ashwini A	25	10	5	40	
2	Ashwini B	25	10	5	40	
3	Ashwini C	25	10	5	40	
4	Ashwini D	25	10	5	40	
5	Ashwini E	25	10	5	40	
6	Ashwini F	25	10	5	40	
7	Ashwini G	25	10	5	40	
8	Ashwini H	25	10	5	40	
9	Ashwini I	25	10	5	40	
10	Ashwini J	25	10	5	40	
11	Ashwini K	25	10	5	40	
12	Ashwini L	25	10	5	40	
13	Ashwini M	25	10	5	40	
14	Ashwini N	25	10	5	40	
15	Ashwini O	25	10	5	40	
16	Ashwini P	25	10	5	40	
17	Ashwini Q	25	10	5	40	
18	Ashwini R	25	10	5	40	
19	Ashwini S	25	10	5	40	
20	Ashwini T	25	10	5	40	
21	Ashwini U	25	10	5	40	
22	Ashwini V	25	10	5	40	
23	Ashwini W	25	10	5	40	
24	Ashwini X	25	10	5	40	
25	Ashwini Y	25	10	5	40	
26	Ashwini Z	25	10	5	40	
27	Ashwini A	25	10	5	40	
28	Ashwini B	25	10	5	40	
29	Ashwini C	25	10	5	40	
30	Ashwini D	25	10	5	40	
31	Ashwini E	25	10	5	40	
32	Ashwini F	25	10	5	40	
33	Ashwini G	25	10	5	40	
34	Ashwini H	25	10	5	40	
35	Ashwini I	25	10	5	40	
36	Ashwini J	25	10	5	40	
37	Ashwini K	25	10	5	40	
38	Ashwini L	25	10	5	40	
39	Ashwini M	25	10	5	40	
40	Ashwini N	25	10	5	40	
41	Ashwini O	25	10	5	40	
42	Ashwini P	25	10	5	40	
43	Ashwini Q	25	10	5	40	
44	Ashwini R	25	10	5	40	
45	Ashwini S	25	10	5	40	
46	Ashwini T	25	10	5	40	
47	Ashwini U	25	10	5	40	
48	Ashwini V	25	10	5	40	
49	Ashwini W	25	10	5	40	
50	Ashwini X	25	10	5	40	
51	Ashwini Y	25	10	5	40	
52	Ashwini Z	25	10	5	40	
53	Ashwini A	25	10	5	40	
54	Ashwini B	25	10	5	40	
55	Ashwini C	25	10	5	40	
56	Ashwini D	25	10	5	40	
57	Ashwini E	25	10	5	40	
58	Ashwini F	25	10	5	40	
59	Ashwini G	25	10	5	40	
60	Ashwini H	25	10	5	40	
61	Ashwini I	25	10	5	40	
62	Ashwini J	25	10	5	40	
63	Ashwini K	25	10	5	40	
64	Ashwini L	25	10	5	40	
65	Ashwini M	25	10	5	40	
66	Ashwini N	25	10	5	40	
67	Ashwini O	25	10	5	40	
68	Ashwini P	25	10	5	40	
69	Ashwini Q	25	10	5	40	
70	Ashwini R	25	10	5	40	
71	Ashwini S	25	10	5	40	
72	Ashwini T	25	10	5	40	
73	Ashwini U	25	10	5	40	
74	Ashwini V	25	10	5	40	
75	Ashwini W	25	10	5	40	
76	Ashwini X	25	10	5	40	
77	Ashwini Y	25	10	5	40	
78	Ashwini Z	25	10	5	40	
79	Ashwini A	25	10	5	40	
80	Ashwini B	25	10	5	40	
81	Ashwini C	25	10	5	40	
82	Ashwini D	25	10	5	40	
83	Ashwini E	25	10	5	40	
84	Ashwini F	25	10	5	40	
85	Ashwini G	25	10	5	40	
86	Ashwini H	25	10	5	40	
87	Ashwini I	25	10	5	40	
88	Ashwini J	25	10	5	40	
89	Ashwini K	25	10	5	40	
90	Ashwini L	25	10	5	40	
91	Ashwini M	25	10	5	40	
92	Ashwini N	25	10	5	40	
93	Ashwini O	25	10	5	40	
94	Ashwini P	25	10	5	40	
95	Ashwini Q	25	10	5	40	
96	Ashwini R	25	10	5	40	
97	Ashwini S	25	10	5	40	
98	Ashwini T	25	10	5	40	
99	Ashwini U	25	10	5	40	
100	Ashwini V	25	10	5	40	

Sl. No.	Name	Roll No.	Class	Score	Grade	Remarks
1	Ashwini A	25	10	5	40	
2	Ashwini B	25	10	5	40	
3	Ashwini C	25	10	5	40	
4	Ashwini D	25	10	5	40	
5	Ashwini E	25	10	5	40	
6	Ashwini F	25	10	5	40	
7	Ashwini G	25	10	5	40	
8	Ashwini H	25	10	5	40	
9	Ashwini I	25	10	5	40	
10	Ashwini J	25	10	5	40	
11	Ashwini K	25	10	5	40	
12	Ashwini L	25	10	5	40	
13	Ashwini M	25	10	5	40	
14	Ashwini N	25	10	5	40	
15	Ashwini O	25	10	5	40	
16	Ashwini P	25	10	5	40	
17	Ashwini Q	25	10	5	40	
18	Ashwini R	25	10	5	40	
19	Ashwini S	25	10	5	40	
20	Ashwini T	25	10	5	40	
21	Ashwini U	25	10	5	40	
22	Ashwini V	25	10	5	40	
23	Ashwini W	25	10	5	40	
24	Ashwini X	25	10	5	40	
25	Ashwini Y	25	10	5	40	
26	Ashwini Z	25	10	5	40	
27	Ashwini A	25	10	5	40	
28	Ashwini B	25	10	5	40	
29	Ashwini C	25	10	5	40	
30	Ashwini D	25	10	5	40	
31	Ashwini E	25	10	5	40	
32	Ashwini F	25	10	5	40	
33	Ashwini G	25	10	5	40	
34	Ashwini H	25	10	5	40	
35	Ashwini I	25	10	5	40	
36	Ashwini J	25	10	5	40	
37	Ashwini K	25	10	5	40	
38	Ashwini L	25	10	5	40	
39	Ashwini M	25	10	5	40	
40	Ashwini N	25	10	5	40	
41	Ashwini O	25	10	5	40	
42	Ashwini P	25	10	5	40	
43	Ashwini Q	25	10	5	40	
44	Ashwini R	25	10	5	40	
45	Ashwini S	25	10	5	40	
46	Ashwini T	25	10	5	40	
47	Ashwini U	25	10	5	40	
48	Ashwini V	25	10	5	40	
49	Ashwini W	25	10	5	40	
50	Ashwini X	25	10	5	40	
51	Ashwini Y	25	10	5	40	
52	Ashwini Z	25	10	5	40	
53	Ashwini A	25	10	5	40	
54	Ashwini B	25	10	5	40	
55	Ashwini C	25	10	5	40	
56	Ashwini D	25	10	5	40	
57	Ashwini E	25	10	5	40	
58	Ashwini F	25	10	5	40	
59	Ashwini G	25	10	5	40	
60	Ashwini H	25	10	5	40	
61	Ashwini I	25	10	5	40	
62	Ashwini J	25	10	5	40	
63	Ashwini K	25	10	5	40	
64	Ashwini L	25	10	5	40	
65	Ashwini M	25	10	5	40	
66	Ashwini N	25	10	5	40	
67	Ashwini O	25	10	5	40	
68	Ashwini P	25	10	5	40	
69	Ashwini Q	25	10	5	40	
70	Ashwini R	25	10	5	40	
71	Ashwini S	25	10	5	40	
72	Ashwini T	25	10	5	40	
73	Ashwini U	25	10	5	40	
74	Ashwini V	25	10	5	40	
75	Ashwini W	25	10	5	40	
76	Ashwini X	25	10	5	40	
77	Ashwini Y	25	10	5	40	
78	Ashwini Z	25	10	5	40	
79	Ashwini A	25	10	5	40	
80	Ashwini B	25	10	5	40	
81	Ashwini C	25	10	5	40	
82	Ashwini D	25	10	5	40	
83	Ashwini E	25	10	5	40	
84	Ashwini F	25	10	5	40	
85	Ashwini G	25	10	5	40	
86	Ashwini H	25	10	5	40	
87	Ashwini I	25	10	5	40	
88	Ashwini J	25	10	5	40	
89	Ashwini K	25	10	5	40	
90	Ashwini L	25	10	5	40	
91	Ashwini M	25	10	5	40	
92	Ashwini N	25	10	5	40	
93	Ashwini O	25	10	5	40	
94	Ashwini P	25	10	5	40	
95	Ashwini Q	25	10	5	40	
96	Ashwini R	25	10	5	40	
97	Ashwini S	25	10	5	40	
98	Ashwini T	25	10	5	40	
99	Ashwini U	25	10	5	40	
100	Ashwini V	25	10	5	40	

Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10

Scanned by TapScanner

Principal  
S.J.R. College for Women  
Rajajinagar, Bangalore-10

Scanned by TapScanner