

# SJR COLLEGE FOR WOMEN

Rajajinagar, Bangalore - 10

Accredited with 'A' Grade by NAAC

IQAC INITIATIVE  
ALUMNI ASSOCIATION - ANUBHANDHA  
ORGANISES FACULTY DEVELOPMENT PROGRAMME  
ON

## "NEED FOR TEACHER'S PREPAREDNESS FOR 21<sup>ST</sup> CENTURY"

By,

*Ms. Kalyani K.* M.A., M.L.S., M.L.S., M.L.S. (PHD)

Assistant Professor, Vijaya Teachers College  
Alumni, SJRCW

Presided By,

*Dr. Prema Siddaraju*

Principal, SJRCW

Date : 19<sup>th</sup> Aug. 2020

Time : 10:30am - 11:30pm

Venue : Seminar Hall

*Sri. Shivaprakash*

Hon. President, SIRS

*Sri. N. D. Nandish*

Hon. Secretary, SIRS

*Sri. Nataraj C*

Hon. Treasurer, SIRS

*Prema*

Principal

*Co-ordinator*

Alumni Council

SJR COLLEGE FOR WOMEN

SJR College for Women  
Rajajinagar, Bengaluru-10

#1/D, 59<sup>th</sup> 'C' Cross, 4<sup>th</sup> 'M' Block, Rajajinagar, Bengaluru-560010

Contact No : 080-23359474, 080-23381734

Email Id : sjrwomenscollege@gmail.com



# SJR College for Women, Rajajinagar, Bengaluru-10.

## Report on Faculty Development Program-“NEED FOR TEACHER’S PREPAREDNESS FOR 21<sup>ST</sup> CENTURY”

ORGANISED BY

IQAC Initiative, Alumni Association-Anubandha, SJR College for Women, on 19<sup>th</sup> August 2020.(Time 10.30 to 12.00)

Venue: Seminar Hall, SJR College for Women.

**Resource Person: Mrs. Kalyani K. M.Sc., M.Phil. M.Ed. (Ph.D)**  
**Assistant Professor, Vijaya Teachers College, Bengaluru.**  
**Alumni, SJRCW.**

The FDP was presided by Dr. Prema Siddaraju, Principal, SJRCW.


The Resource Person Mrs. Kalyani K discussed the need for Teacher’s preparedness for 21<sup>st</sup> century. She stressed the significance of content, presentation in the present situation. Methods to connect with students, the strategies required, research methodology and psychology.

The different perspectives to assess ourselves:

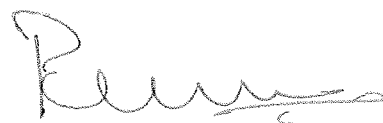
1. Lack of technological knowledge
2. Understanding students
3. Keeping them active and attentive
4. To monitor students during On-line classes
5. Student boundary
6. Inspire so they change

Innovative teaching methods needed for teachers in the present scenario and in future.

1. To keep students engaged.
2. To let them talk-respect their ideas and thoughts  
-plan it, prepare it, simple competition and create ideas.
3. Video preparation-e-content significance
4. Technology awareness, Keep updated regarding technology and subject.
5. Digital migrants-teachers, digital natives-students
6. For the convenience of students and teachers it is better to make good contents so that the teachers can guide, mentor and motivate the students.



Principal  
SJR College for Women  
Rajajinagar Bengaluru-10



Principal  
SJR College for Women  
Rajajinagar Bengaluru-10





7. Mode of teaching - different ways of presentation on relevant subject, frequent question answer sessions.

Other topics discussed:

Research Projects role in education, demo interview, realizing teacher's role and student role. Syllabus coverage should not only be from exam point of view only and due importance should be given for personality development point of view, and inspiring for future progress.

Plan for class: How exactly students should be engaged? Inspire them, give them the choice.

Technology based classes, blended learning, co-teaching and differential teaching.


Peer tutoring - a well planned executed process should be considered. Content knowledge, technology expert teacher is the need of the hour. Significance of differential learning-active learners, activity based learners should be taken into account by the teachers.

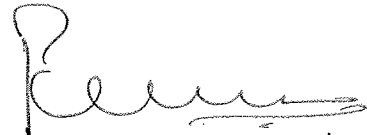
Activity based learning.

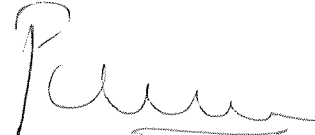
- I. How to realize **concentration**, planning team work, innovative thinking to overcome limitations, how to execute effective method.
- II. Communication skills-explaining, comprehend, don't think from your perspective, think from student's perspective. Standard of teaching, how to communicate, plan, you should think and act.
- III. Creative thinking is the need to motivate students. Holistic approach to make complete human beings. Innovativeness, creative activities, Education to form a complete human being. Think out of the box.
- IV. Develop critical thinking. Compare two things . Subjects, projects.
- V. Collaborative action-significance of team work, love the subject and students. See what best you can do, bring changes, stand together, work together, bring the change. Give your best. Be a innovative teacher, creative teacher, be loyal to work, profession, be strong and competitive.

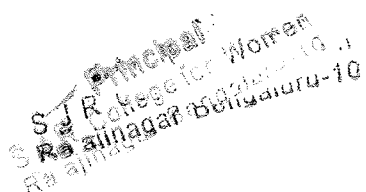
The FDP also included activity based learning for the faculty to realize what was being said.

Teachers actively participated in the session.

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



  
Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

  
Principal  
S J R College for Women  
Rajajinagar Bengaluru-10



603

DAY 1



Dr. Basavaraju G. Sanyal, PhD

**PROGRAM SCHEDULE**

Neuroscientist, Yale University, New haven, USA  
Topic : **Advances in Functional Brain Imaging**  
Date & Time : 3-8-2020, Mon 7:00 PM -8:00 PM (IST)  
Keynote Address : Dr. Prema Siddaraju  
Principal, SJR College for Women  
Presided By : Smt. Kalpana T S, Principal,  
SJR PU College for Women

Senior Clinical Renal Physiologist,  
Auckland District Health Board, New Zealand

Topic : **Water treatment for Haemodialysis  
& Home Dialysis – What are its Advantages?**

Date & Time : 4-8-2020, Tue 11:00 AM - 12:30 PM (IST)  
Presided By: Smt .Saraswathi T, Principal,  
SJR Rajajinagar PU College

DAY 2



Sri. Manjunath Reddy

DAY 3



Sri. Nagesh Hegde

Visiting Professor, Indian Institute of Journalism, Bengaluru, India  
Topic : **Anthropocene – Man is the pandemic in this scene**  
Date & Time : 5-8-2020, Wed 11:00 AM - 12:30 PM (IST)  
Presided By : Sri. M N Basavaraju, Principal,  
SJR College of Science, Arts & Commerce

DAY 4



Dr. Girigowda Chaluvaraju

Global Head Vegetable Seed Production at BASF,  
Hyderabad, Telangana India

Topic: **Plant Science Opportunities & path to succeed**

Date & Time : 6-8-2020, Thu 11:00 AM - 12:30 PM (IST)  
Presided By: Smt. Navamani, Principal,  
SJR Pre-University College

DAY 5



Dr. Praveen Kumar Vemula

Associate Professor, Institute for Stem Cell Biology & Regenerative  
Medicine, Bengaluru, India

Topic : **Developing Prophylactic and Therapeutic  
Biomaterials for Unmet Clinical needs**

Date & Time : 7-8-2020, Fri 11:00 AM - 12:30 PM (IST)  
Presided By: Dr. Mahesha , Principal,  
SJR College of Law

Sri Jagadguru Renukacharya Education Society Estd. 1945  
**S.J.R. COLLEGE FOR WOMEN**  
#11D, 59<sup>TH</sup> 'C' Cross, 4<sup>TH</sup> 'M' Block, Rajajinagar, Bengaluru, Karnataka, India  
Accredited with 'A' Grade by NAAC

**IQAC INITIATIVE**

**Multidisciplinary Five day International  
Faculty Development Programme**  
On  
*Perspectives of  
Human Health & Environment*

**Organized By  
SCIENCE FORUM - SCIENTIA**

Registration Link  
<https://forms.gle/JbGAJsWJ9i9KvMth9>  
Platform--Google Meet and YouTube Live streaming

*Sri. N.R. Nandish*    *Sri. Shivaprakash*    *Sri. Narayaj C*  
Hon. Secretary, SJRES    Hon. President, SJRES    Hon. Treasurer, SJRES

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





*"In Pursuit of Excellence"*

**Mission** To equip women students to become self-reliant, intellectually vibrant, socially committed, spiritually orient and emotionally mature individuals with a critical conscience

#### **Profile of the College**

SJR College for Women located centrally at Rajajinagar entrance is a landmark building with a reckoning tradition of 30 years. It is a well-known institution in Bengaluru that has been serving to empower women students and enable them to acquire skills for a better future. Established in the year 1988 by SJR Education Society (SJRES) as a PU College, the foundation stone was laid in 1990 for the Degree College. Since its inception, the College has seen distinguished management members, Principals and dedicated faculty who have contributed for the reach, popularity and success that this College enjoys today.

The hallmarks of SJRCW are loyalty and whole-hearted commitment to the mission of moulding, chiselling and building the capacities of young women.

#### **Abel Scientia – Science Forum**

Scientia at SJRCW is a special platform for the young minds to enhance their Scientific outlook. The Forum helps to promote knowledge-driven activities for students which includes conducting Seminars, Workshops, Institutional Visits, Group discussions, Surveys, Minor research projects etc.

#### **ABOUT FDP**

The FDP provides an opportunity to acquire knowledge about development of new methods and Techniques in the relevant fields. This programme addresses the need to enhance the knowledge about the Human health & Environment.

#### **Objectives:**

- To strengthen upon the remarkable developments in Medical imaging Techniques
- Effective methods of water quality regulations required for Haemodialysis both in home and in dialysis units
- To enlighten on the significant impact of Human activities on climate and Ecosystems
- To stimulate and identify areas of plant science research that would have substantial impact on environment
- To enable the teaching community to know the recent advancements in Drug delivery systems

#### **Expected outcome:**

The programme will empower the participants in understanding the importance of Health and Environment in the current scenario and the responsive steps to be followed for improvement and conservation.

#### **WHO CAN ATTEND?**

Faculty of UG and PG Colleges

- No Registration fee
- E-Certificates will be issued for the participants who attend all the sessions

**Organizing committee: Patron:** Principal, SJR College For Women

#### **Coordinators**

Manjula S N - 9986652811,

Nagarathna V R - 9611677810, Dr. Jyothi E - 9972355552

Principal  
SJR College for Women  
Rajajinagar Bengaluru-10





## Five day International Faculty Development Programme by Science forum -Scientia, SJR College for Women

**DAY 1**

**PROGRAM SCHEDULE**

Neuroscientist, Yale University, New haven, USA  
**Topic : Advances in Functional Brain Imaging**  
**Date & Time : 3-8-2020, Mon 7:00 PM -8:00 PM (IST)**  
**Keynote Address : Dr. Prema Saldaraj**  
 Principal, SJR College for Women  
**Presided By : Smt. Kalpana T S, Principal,**  
 SJR PU College for Women

**DAY 2**

Senior Clinical Renal Physiologist,  
 Auckland District Health Board, New Zealand  
**Topic : Water treatment for Haemodialysis & Home Dialysis – What are its Advantages?**  
**Date & Time : 4-8-2020, Tue 11:00 AM - 12:30 PM (IST)**  
**Presided By: Smt .Saraswathi T, Principal,**  
 SJR Rajajinagar PU College

**DAY 3**

Visiting Professor, Indian Institute of Journalism, Bengaluru, India  
**Topic : Anthropocene – Man is the pandemic in this scene**  
**Date & Time : 5-8-2020, Wed 11:00 AM - 12:30 PM (IST)**  
**Presided By : Sri. M.N Basavraj, Principal,**  
 SJR College of Science, Arts & Commerce

**DAY 4**

Global Head Vegetable Seed Production at BASF,  
 Hyderabad, Telangana, India  
**Topic : Plant Science Opportunities & path to succeed**  
**Date & Time : 6-8-2020, Thu 11:00 AM - 12:30 PM (IST)**  
**Presided By : Smt. Navamani, Principal,**  
 SJR Pre-University College

**DAY 5**

Associate Professor, Institute for Stem Cell Biology & Regenerative  
 Medicine, Bengaluru, India  
**Topic : Developing Prophylactic and Therapeutic Biomaterials for Unmet Clinical needs**  
**Date & Time : 7-8-2020, Fri 11:00 AM - 12:30 PM (IST)**  
**Presided By : Dr. Mahesha , Principal,**  
 SJR College of Law

Sri Jagadguru Renulacharya Education Society Estd. 1945  
**S.J.R. COLLEGE FOR WOMEN**  
 #1D, 59<sup>TH</sup> 'C' Cross, 4<sup>TH</sup> 'M' Block, Rajajinagar, Bengaluru, Karnataka, India  
 Accredited with 'A' Grade by NAAC


**IQAC INITIATIVE**

**Multidisciplinary Five day International Faculty Development Programme**  
 On  
*Perspectives of Human Health & Environment*

**Organized By**  
**SCIENCE FORUM - SCIENTIA**

Registration Link  
<https://forms.gle/JbGAJsWJ9i9KvMth9>  
 Platform–Google Meet and YouTube Live streaming

*Sri. N.D. Nandish* Hon. Secretary, SJRES  
*Sri. Chinprabash* Hon. President, SJRES  
*Sri. Nalany C* Hon. Treasurer, SJRES



**Vision** "In Pursuit of Excellence"

**Mission** To equip women students to become self reliant, intellectually vibrant, socially committed, spiritually orient and emotionally mature individuals with a critical conscience

**Profile of the College**

SJR College for Women located centrally at Rajajinagar entrance is a landmark building with a reckoning tradition of 30 years. It is a well known institution in Bengaluru that has been serving to empower women students and enable them to acquire skills for a better future. Established in the year 1988 by SJR Education Society (SJRES) as a PU College, the foundation stone was laid in 1990 for the Degree College. Since its inception, the College has seen distinguished management members, Principals and dedicated faculty who have contributed for the reach, popularity and success that this College enjoys today. The hallmarks of SJRCW are loyalty and whole hearted commitment to the mission of moulding, chiselling and building the capacities of young women.

**About Scientia – Science Forum**

Scientia at SJRCW is a special platform for the young minds to enhance their Scientific outlook. The Forum helps to promote knowledge driven activities for students which includes conducting Seminars, Workshops, Institutional Visits, Group discussions, Surveys, Minor research projects etc.

**ABOUT FDP**

The FDP provides an opportunity to acquire knowledge about development of new methods and Techniques in the relevant fields. This programme addresses the need to enhance the knowledge about the Human health & Environment.

**Objectives:**

- To strengthen upon the remarkable developments in Medical imaging Techniques
- Effective methods of water quality regulations required for Haemodialysis both in home and in dialysis units
- To enlighten on the significant impact of Human activities on climate and Ecosystems
- To stimulate and identify areas of plant science research that would have substantial impact on environment
- To enable the teaching community to know the recent advancements in Drug delivery systems

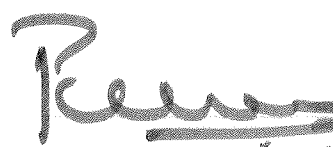
**Expected outcome:**

The programme will empower the participants in understanding the importance of Health and Environment in the current scenario and the responsive steps to be followed for improvement and conservation.

**WHO CAN ATTEND?**

Faculty of UG and PG Colleges  
 No Registration fee  
 E-Certificates will be issued for the participants who attend all the sessions

**Organizing committee: Patron:** Principal, SJR College For Women  
**Coordinators**  
 Manjula S N - 9986652811,  
 Nagarathna V R - 9611677810, Dr. Jyothi E - 9972355552

  
 Principal  
 S J R College for Women  
 Ra ajinagar Bengaluru-10

Five day International Faculty Development Programme by Science forum -  
Scientia, SJR College for Women

**1. DAY 1 : 3-8-2020 Mon 7:00 PM -8:00 PM IST**

Dr. BasavarajuGanganna

Radiology + Biomedical Imaging Yale university school of medicine

New haven, Connecticut , USA

Topic : Advances in Functional Brain Imaging

Keynote Address : Dr. Prema Siddaraju

Presided By :

Smt.Kalpana TS,

Principal,

SJR PU College for Women

M →wel→ SNM

Intr→J.E

Vot→Sheelavathi

**2. DAY 2 : 4-8-2020, Tue 11:00 AM - 12:30 PM (IST)**

Dr. Manjunath Reddy

Senior Clinical Physiologist

Renal department of Renal medicine

Auckland District Health Board

New Zealand.

Topic : Water treatment for Haemo Dialysis & Home Dialysis - Advantages

Presided By : Prof. SmtSaraswathi

SJR Rajajinagar PU College

M →wel→ JE

Intr→SCS

Vot→Megha

Principal,  
SJR College for Women,  
Rajajinagar Bengaluru-16

**3. DAY 3 : 5-8-2020, Wed 11:00 AM - 12:30 PM (IST)**

**Sri. Nagesh Hegde**  
Visiting Professor  
Indian Institute of Journalism,  
Assistant Editor with Prajavani.  
Bengaluru.

**Topic :Anthroposcene – Man is the pandemic in this scene**

Presided By : Prof. B Basavaraju,  
Principal,  
SJR College of Science, Arts, & Commerce  
M →wel→ SCS  
Intr→SNM  
Vot→Sowmya

**4. DAY 4 : 6-8-2020, Thu 11:00 AM - 12:30 PM (IST)**

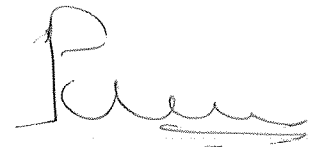
**Dr. GirigowdaChaluvaraju**  
Global Head Vegetable Seed Production at BASF  
Hyderabad, Telangana  
India

**Topic : Plant Science Opportunities & path to succeed**

Presided By : Smt. Navamani,  
Principal,  
SJR Pre-University College  
M →wel→Ch.S  
Intr→Gayatri  
Vot→Rashmi A

**5. DAY 5 : 7-8-2020, Fri 11:00 AM - 12:30 PM (IST)**

**Dr. Praveen Kumar Vemula**  
Assistant Professor,  
Institute for Stem Cell Biology &  
Regenerative Medicine  
Bengaluru



Principal:  
S J R College for Women  
Ra ajinagar Bengaluru-10

**Topic :Developing Prophylactic and Therapeutic Biomaterials  
for Unmet Clinical needs**

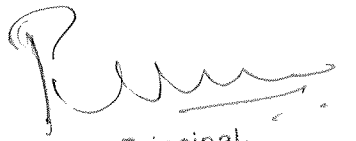
Presided By :Dr.Mahesha ,  
Principal,  
SJR College of Law

M →wel→ VRN

Intr→Harish

Vot→Jina

**FDP on Effective Teaching skills with Reference to Research”**

  
Principal  
S J R College for Women  
Rajinagar Bengaluru-10



M

fdd

Compose

FDP Invitation

Inbox x

Inbox

Starred

Sorted

Sent

Drafts

Affiliation

bcg

Boxes Waiting List

photo

Scientia - Five day Inter...

SJRES

SJRES Holiday

Meet

New meeting

Join a meeting

Hangouts

No recent chats  
Start a new one



jinapriya <jinapriya95@gmail.com>  
to jinapriya, me

Fri, Sep 25, 2020,

SJR Education Society Estd. 1945  
**SJR COLLEGE FOR WOMEN**  
 Rajajinagar, Bangalore - 10  
 Accredited with 'A' Grade by NAAC

**"Faculty Participation  
 for Quality Enhancement"**

**IQAC Initiative  
 Invites You All**

**FACULTY DEVELOPMENT  
 PROGRAMME**

By,  
*Dr. Parvathi R.*  
 Principal,  
 VET FET Grade College,  
 Syndicate & Academic Council Member,  
 Bangalore City University

Presided By,  
*Dr. Purna Siddaraju*  
 Principal, SJRW

October 1st 2020,  
 Thursday at 1:30PM  
 Platform: Google Meet

SJR COLLEGE FOR WOMEN  
 #11D, 19th "C" Cross, 2nd "A" Block Rajajinagar, Bangalore 560010  
 Email Id : sjrwomenscollege@gmail.com

Principal  
 IQAC Committee  
 Members & Staff

Reply

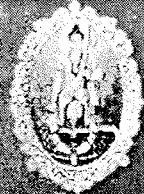
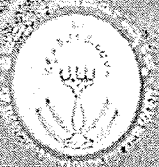
Reply all

Forward

Principal  
S J R College for Women  
Ra ajinagar Bengaluru-10



84 76



# SJR COLLEGE FOR WOMEN

Rajajinagar, Bangalore - 10

Accredited with 'A' Grade by NAAC

**INTERNAL QUALITY ASSURANCE CELL  
ORGANISES WEBINAR ON**

## **"SELF CONFIDENCE"**

By,

*Sri. Veer Varma*

Director, Coach Direct

Presided By,

**Dr. Prema Siddaraju**

Principal, SJRES

Date : 30-Jun-2020

Time : 11:00am - 1:00pm

Google Meet Link

<https://meet.google.com/rfb-...>

*Sri. Shripriyanka*

Hon. President, SJRES

*Sri. N.R. Nandish*

Hon. Secretary, SJRES

*Sri. Nataraj C*

Hon. Treasurer, SJRES

Principal,  
IQAC Co-ordinator,  
& Members

SJR COLLEGE FOR WOMEN

#1/D, 59<sup>TH</sup> 'C' Cross, 4<sup>TH</sup> 'M' Block, Rajajinagar, Bengaluru-560010

Principal

Contact No : 080-23359474, 080-23381734

SJR College for Women  
Rajajinagar, Bengaluru-10

Email-Id : sjrvomenscollege@gmail.com

*Prema*

Principal

SJR College for Women  
Rajajinagar, Bengaluru-10

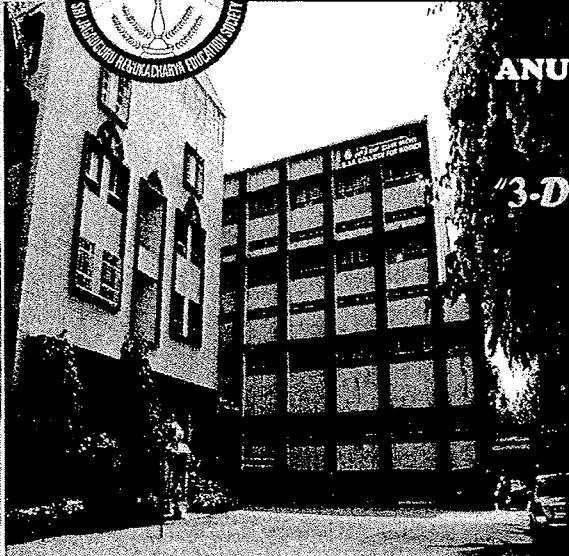


SJR Education Society Estd. 1945

# SJR COLLEGE FOR WOMEN

Rajajinagar, Bengaluru - 10

Accredited with 'A' Grade by NAAC



AN IQAC INITIATIVE

ANUBANDHA - ALUMNI ASSOCIATION

ORGANIZES

"3-DAYS INTERNATIONAL FDP -  
HANDS-ON MOODLE"

By,



*Dr. Praveen Kumar T D*  
Assistant Prof, Vijaya Teachers College

Vision: "In Pursuit of Excellence"

**Mission:**

To equip women students to become self  
reliant, intellectually vibrant, socially  
committed, spiritually orient and emotionally  
mature individuals with a critical  
conscience



Stabilize

Optimize

Transform

**Key-Note Address**

**Presidential Address**

**In Presence**



*Mr. Naveen Sunag,*  
Creative Head, Eyeball  
Dreams Ltd



*Dr. Guruprasad S.,*  
Scientist, DRDO



*Dr. Prema Siddaraju,*  
Principal, SJRCW

Date : 7<sup>th</sup> - 9<sup>th</sup> June 2021

Time : 5:00 PM

**Registration Link :**

<https://forms.gle/IqnK7ckJGeHelgYP8>

**Dr. Vedamurthy KB**  
Hon. President, SJRES

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

**Sri. Veerabhadraiah S R**  
Hon. Treasurer, SJRES

SJR COLLEGE FOR WOMEN

#1/D, 59<sup>TH</sup> 'C' Cross, 4<sup>TH</sup> 'M' Block, Rajajinagar, Bengaluru-560010

Contact No : 080-23359474, 080-23381734

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



# S J R COLLEGE FOR WOMEN

Rajajinagar, Bengaluru – 10

An IQAC Initiative

## ANUBANDHA - ALUMNI ASSOCIATION

### Report on Three Days International FDP “Hands on Moodle”

An online Three Days Faculty Development Program on the topic “Hands on Moodle” was organised by Alumni Association-Anubandha, SJR College for Women from 7<sup>th</sup> June 2021 to 9<sup>th</sup> June 2021 for faculties, Research scholars, academicians and industry professionals.

Day I:

Host: Mrs.Jina Priya, Asst.Professor, Dept of Computer Science and Alumni.

Invocation: Mrs, Shwetha Prabhu, Prominent Playback Singer and Alumni.

Welcome speech: Mrs. Sowmya H C, Asst.Professor, Department of Chemistry and Alumni.

Introduction of Key note Speaker: Mrs. Kavitha B V, Asst.Professor, Department of Commerce and Alumni.

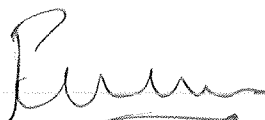
Resource person Introduction: Mrs.Chaithra Alumni and Asst.Professor.

Later, the session was taken over by keynote speaker **Naveen Sunag, Creative Head, Eyeball Pvt. Ltd. London**, with his vivacious speech and he set the stage for the event.

**Technical Session I: Resource person-Dr Praveen Kumar T D,Assistant Professor, Vijaya Teachers College., Bengaluru..**

Sir delivered an overview of Moodle, further highlighted the why, what and how of Moodle, highlighted that how Moodle LMS – Empowering educators, finally demonstrated the installation process and ended by assigning a set of tasks to the participants to create their own a/c in GNOMIA – A Moodle Platform.

This was followed by Presidential Address by well-known scientist **Dr. Guruprasad S, Former Scientist at DRDO, New Delhi**. Sir impressed all the participants with his exemplary thoughts and provoking words about the significance of knowledge and its applications. He highlighted the importance of online teaching to bridge the connection to the resource and study materials for students.



Principal  
S J R College for Women  
Rajajinagar Bengaluru-10

The session ended with Vote of thanks delivered by: Likitha A, Alumni and Asst. Professor, Department of Commerce, SJRCW.

**Technical Session II: Resource person-Dr Praveen Kumar T D,**

The second day of FDP Session began with introductory note by Mrs. Kavitha B V.

The Resource person reviewed the participants work. He showed the functionality and working of Moodle and also clarified every participants query.

The session ended with Vote of thanks delivered by Mrs. Shwetha S, Alumni of SJRCW.

**Technical Session III: Resource person-Dr Praveen Kumar T D,**

The final day of FDP started with welcome address delivered by Mrs. Sowmya H C, later the session was taken over by Resource person. Sir enlightened us on making an announcement, giving instructions, process of applying Model and creation of Modules.. Sir gave an insightful information about conducting test, procedure for giving assignment using MOODLE Platform.

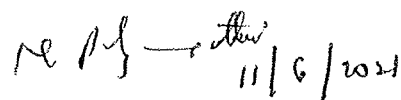
The three days session was conducted with directions and suggestions from Dr. Prema Siddaraju, Principal, SJRCW.

The session was followed by Vote of thanks by Gayathri M P, Asst. Professor, Department of Botany. Chairperson, Alumni Committee, SJRCW.


The FDP was very useful and we thank the Resource person who helped the participants to learn about skills needed in online teaching and how faculties can upgrade themselves with new technical knowledge for teaching and self improvement. It was filled with ice breakers and very interactive sessions which enlightened and equipped the participants with skills and new ideas.



Principal 11/6/21  
Principal  
S J R College for Women  
Rajinagar Bengaluru-10



Chairperson  
Alumni Committee



Principal  
S J R College for Women  
Rajinagar Bengaluru-10

# **S J R COLLEGE FOR WOMEN**

Rajajinagar, Bengaluru – 10  
An IQAC Initiative

## **ANUBANDHA - ALUMNI ASSOCIATION**

### **Report on Three Days International FDP “Hands on Moodle”**

An online Three Days Faculty Development Program on the topic “**Hands on Moodle**” was organised by **Alumni Association-Anubandha, SJR College for Women from 7<sup>th</sup> June 2021 to 9<sup>th</sup> June 2021** for faculties, Research scholars, academicians and industry professionals.

Day I:

Host: Mrs.Jina Priya, Asst.Professor, Dept of Computer Science and Alumni.

Invocation: Mrs, Shwetha Prabhu, Prominent Playback Singer and Alumni.

Welcome speech: Mrs. Sowmya H C, Asst.Professor, Department of Chemistry and Alumni.

Introduction of Key note Speaker: Mrs. Kavitha B V, Asst.Professor, Department of Commerce and Alumni.

Resource person Introduction: Mrs.Chaithra Alumni and Asst.Professor.

Later, the session was taken over by keynote speaker **Naveen Sunag, Creative Head, Eyeball Pvt. Ltd. London**, with his vivacious speech and he set the stage for the event.

**Technical Session I: Resource person-Dr Praveen Kumar T D,Assistant Professor, Vijaya Teachers College., Bengaluru..**

Sir delivered an overview of Moodle, further highlighted the why, what and how of Moodle, highlighted that how Moodle LMS – Empowering educators, finally demonstrated the installation process and ended by assigning a set of tasks to the participants to create their own a/c in GNOMIA – A Moodle Platform.

This was followed by Presidential Address by well-known scientist **Dr. Guruprasad S, Former Scientist at DRDO, New Delhi**. Sir impressed all the participants with his exemplary thoughts and provoking words about the significance of knowledge and its applications. He highlighted the importance of online teaching to bridge the connection to the resource and study materials for students.

The session ended with Vote of thanks delivered by: Likitha A, Alumni and Asst.Professor,Department of Commerce, SJRCW.

**Technical Session II: Resource person-Dr Praveen Kumar T D,**

The second day of FDP Session began with introductory note by Mrs. Kavitha B V.

The Resource person reviewed the participants work. He showed the functionality and working of Moodle and also clarified every participants query.

The session ended with Vote of thanks delivered by Mrs. Shwetha S, Alumni of SJRCW.


**Technical Session III: Resource person-Dr Praveen Kumar T D,**

The final day of FDP started with welcome address delivered by Mrs. Sowmya H C, later the session was taken over by Resource person. Sir enlightened us on making an announcement, giving instructions, process of applying Model and creation of Modules.. Sir gave an insightful information about conducting test, procedure for giving assignment using MOODLE Platform.

The three days session was conducted with directions and suggestions from Dr. Prema Siddaraju, Principal, SJRCW.

The session was followed by Vote of thanks by Gayathri M P, Asst.Professor, Department of Botany. Chairperson, Alumni Committee, SJRCW.

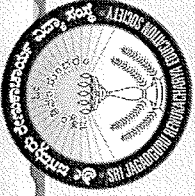
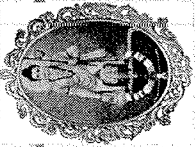
The FDP was very useful and we thank the Resource person who helped the participants to learn about skills needed in online teaching and how faculties can upgrade themselves with new technical knowledge for teaching and self improvement. It was filled with ice breakers and very interactive sessions which enlightened and equipped the participants with skills and new ideas.

  
**Principal** 11/6/21  
Principal  
S J R College for Women  
Rajinagar Bengaluru-10

**Chairperson**  
**Alumni Committee**







**SRI JAGADGURU RENUKACHARYA EDUCATION SOCIETY (ESTD. 1945)**

## **SJR COLLEGE FOR WOMEN**

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

Accredited with 'A' Grade by NAAC

### **An IQAC Initiative**

**Department of Physical Education & Sports  
Organises**

**Five Days International Webinar**

**On**

**"A Scientific Approach Towards Physical Fitness, Social  
Wellness and Stress Management During Covid-19"**

**From 10-8-2020 to 14-8-2020**

**Time:11:00 AM - 12:30 PM**

**Registration Link**

**Online Platform**

**Google Meet**



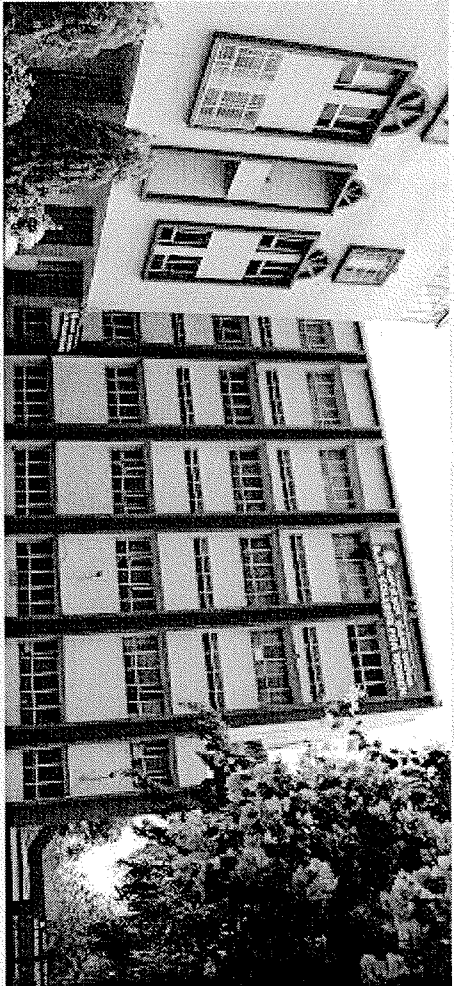
**<https://forms.gle/KccLEVRUUVdmUvJP9>**

**Youtube Livestreaming**



*Principal*

**S J R College for Women**



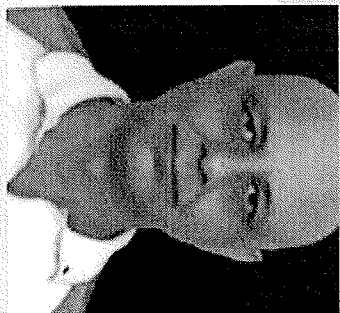
## Vision: "In Pursuit of Excellence"

*Mission: To equip women students to become self reliant, intellectually vibrant, socially committed, spiritually orient and emotionally mature individuals with a critical conscience*

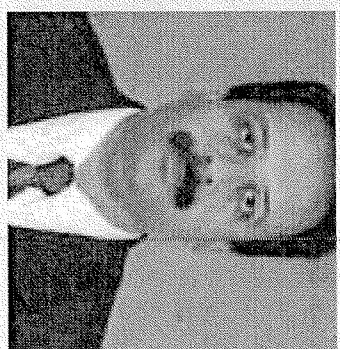
### Profile of the College

SJR College for Women located centrally at Rajajinagar entrance is a landmark building with a reckoning tradition of 30 years. It is a well known institution in Bengaluru that has been serving to empower women students and enable them to acquire skills for a better future. Established in the year 1988 by SJR Education Society(SJRES) as a PU College, the foundation stone was laid in 1990 for the Degree College. Since its inception, the College has seen distinguished management members, Principlas and dedicated faculty who have contributed for the reach, popularity and success that this College enjoys today.

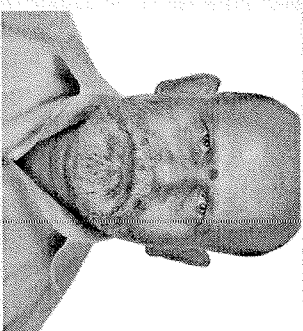
The hallmarks of SJRCW are loyalty and whole hearted commitment to the mission of moulding, chiselling and building the capacities of young women.



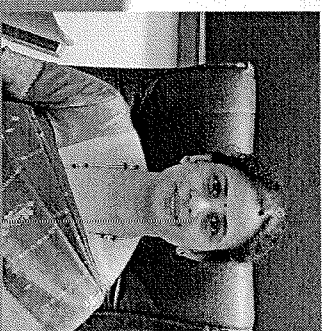
**Sri. Shivaprakash**  
Hon. President, SJRES



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



**Sri. Nataraj. C**  
Hon. Treasurer, SJRES



**Dr. Prema Siddaraju**  
Principal, SJRCW



### **About Sports Forum**

The Sports forum is an important platform to develop Self-discipline and goal setting skills of young minds by stress reduction. The forum also improves self-confidence and self-esteem by allowing them to participate in many national and international tournaments.

### **About International Webinar**

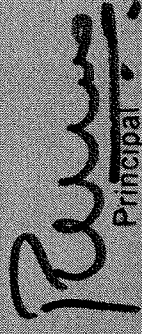
This International Webinar brings together world's leading Academicians, Philosophers, Sports Scientists, Teachers & Players to exchange and share their valuable experiences for the future growth and development of Physical Education as well Sports Sciences.

### **Objectives**

- The main objective is to provide a premier interdisciplinary platform to discuss latest trends, innovations and concerns as well as encountered and emerging challenges in the field of Physical Education in this Pandemic.
- To update the knowledge of participants on how to maintain the fitness and performance in the lockdown period.
- to help students, teachers and sports people to work efficiently as well as skillfully in this pandemic.

### **Expected Outcome**

The Webinar will empower the participants in understanding the importance of health and physical fitness in the current Scenario.



Principal  
S J R College for Women  
Rajinagar Bengaluru-1C

# PROGRAM SCHEDULE

**DAY 1 - 10/8/2020 From 11:00 AM to 12:30 PM**

**RESOURCE PERSON**

**KEYNOTE ADDRESS:**



**Dr. Rakesh Tomur**  
Academician, Research Scientist,  
Applied Nutritionist and  
Marathon Runner, Saudi Arabia  
Topic: "Wellness Building Right  
Approach in Pandemic"



**Dr. Sundar Raj Urs**  
Rtd., Professor, UPCE, BUB  
Former Registrar (Ev), BNU

**DAY 2 - 11/8/2020 From 11:00 AM to 12:30 PM**

**RESOURCE PERSON**

**PRESIDED BY:**



**Dr. Shyam Narayan Singh**  
Associate Professor, Head,  
Department of Physical  
Education, Sanatan Dharm,  
Post Graduate College,  
Muzaaffarnagar (UP), India  
Topic: "Scientific Aspects of  
Lever"

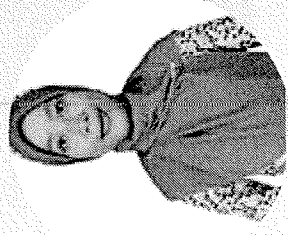
Principal  
S J R College for Women  
Raajinagar  
Bangaluru-10



**Prof. D.M. Jyothi**  
Chairman, Department of Physical  
Education & Sports Sciences,  
Karnataka State Akkamahadevi  
Women's University, Vijayapura



**DAY 3 - 12/8/2020 From 11:00 AM to 12:30 PM  
RESOURCE PERSON PRESIDED BY**



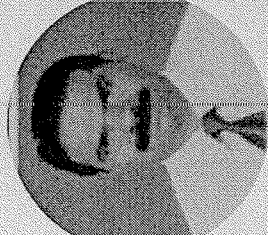
**Sri Sumartiningasih**  
Faculty of Sports Science,  
Universitas Negeri  
Semarang, Indonesia

**Topic: "Physical Fitness and  
Social Wellness the need for  
Covid-19 Pandemic"**



**Dr. C. Venkatesh**  
Professor and Chairman,  
Department of Studies in Physical  
Education & Sports Sciences , Sports  
Pavilion, University of Mysore

**DAY 4 - 13/8/2020 From 11:00 AM to 12:30 PM  
RESOURCE PERSON PRESIDED BY**



**Dr. Ghansham K D**  
Associate Professor, Bombay  
Physical Culture Association  
Bharatiya Krida Mandir, Naigaum  
X Road, Wadala, Mumbai-31

**Topic: "Role of Exercise in  
Enhancing Immune System"**



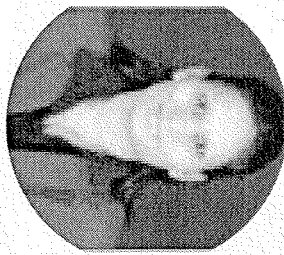
**Dr. Kiran Kumar H K**  
Director of Physical  
Education,  
MSRIT, Bengaluru

Principal  
S J R College for Women  
Rajinagar Bengaluru-1C

**DAY 5- 14/8/2020 From 11:00 AM to 12:30 PM**

**PRESIDED BY**

**RESOURCE PERSON**



**Dr. Madhuri P Sadgir**  
**Assistant Professor**  
**Department of Physical Education**  
**University of Mumbai**  
**Topic: "Stress Management**  
**Strategies A realistic Approach"**



**Dr. M. Shivarama Reddy**  
**Director of Physical Education**  
**BMS College of Engineering,**  
**Bengaluru**

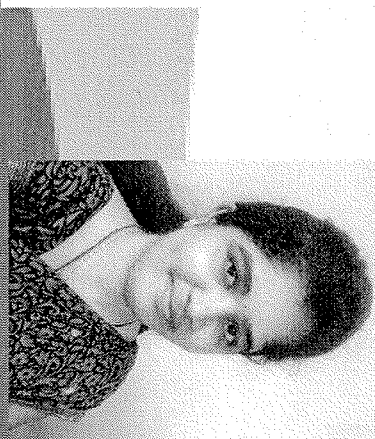
**ORGANIZING COMMITTEE**



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



**Ms. Sowmya H C**  
**Assistant Professor**  
**Department of Chemistry**



**Ms. Bhuvaneshwari M R**  
**Assistant Professor**  
**Department of Computer**



**Mr. Punithkumar N**  
**Assistant Professor**  
**Department of Commerce**

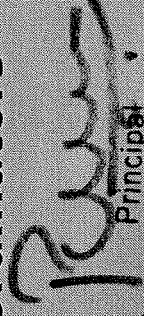
**Priya D**  
**Department of Commerce**  
**Bengaluru - 10**  
**Ra ajinagar Bengaluru - 10**

# GUIDELINES

- No Registration Fee
- The participants are requested to register online through the link and kindly join the Whatsapp group.
- Registered participants can attend the webinar.
- Last date for registration 9th August 2020
- The online session will be conducted on Google Meet and Youtube Livestreaming.
- Kindly Join the session at least 10 minutes prior to the scheduled time.
- Participants are requested to mute their microphones and video before joining the webinar.
- A feedback form link will be shared only in the Google Meet chat box and Youtube Livechat.
- E-certificate will be sent to your registered Email Id after submitting the feedback form.
- for any queries please contact the Co-ordinators

Dr. Paramma Kuravatti- 9611067838

Mr. PunithKumar N- 8197112007



Principal

S J R College for Women  
Ra ajinagar Bengaluru-10



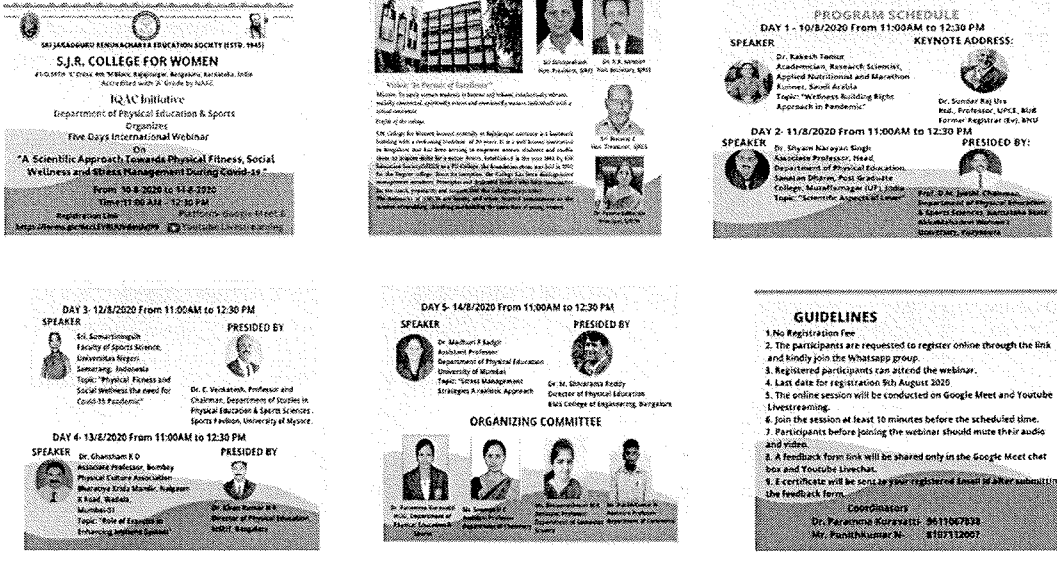
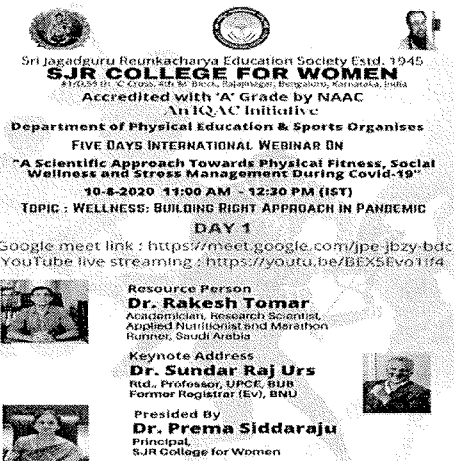



# S.J.R College for Women

Rajajinagar, Bangalore -560010

Department of Physical Education, Sports Forum – Compete

Day: 10/08/2020 Report

	<p align="center"><b>Five days international webinar “A Scientific Approach Towards Physical Fitness, Social Wellness and Stress Management During Covid-19”.</b> Date:10/08/2020</p>
<p><b>Invitation</b></p>	 <p><b>PROGRAM SCHEDULE</b> DAY 1 - 10/8/2020 From 11:00AM to 12:30 PM <b>SPEAKER</b> Dr. Rakesh Tomur Academician, Research Scientist, Applied Nutritionist and Marathon Runner, Saudi Arabia Topic: "Wellness Building Right Approach in Pandemic" <b>KEYNOTE ADDRESS:</b> Dr. Sundar Raj Urs Prof., Professor, UPECE, BNU Former Registrar (Ev), BNU</p> <p><b>DAY 2: 11/8/2020 From 11:00AM to 12:30 PM</b> <b>SPEAKER</b> Dr. Shyam Narayan Singh Karnataka Professor, Head, Department of Physical Education, Sonalam Dham, Post Graduate College, Manipal/Jaypee Group Topic: "Scientific Aspects of Yoga" <b>PRESIDED BY:</b> Prof. D. A. Lakshmi Channarayana Department of Physical Education &amp; Sports Science, Karnataka State Abbaiah College Women University, Vijayanagara</p> <p><b>DAY 3: 12/8/2020 From 11:00AM to 12:30 PM</b> <b>SPEAKER</b> Dr. Sumanth Singh Faculty of Sports Science, Universitas Negeri Semarang, Indonesia Topic: "Physical Fitness and Social Wellness the need for Covid-19 Pandemic" <b>PRESIDED BY:</b> Dr. C. Venkatesh, Professor and Chairman, Department of Studies in Physical Education &amp; Sports Science, Sports Pavilion, University of Mysore.</p> <p><b>DAY 4: 13/8/2020 From 11:00AM to 12:30 PM</b> <b>SPEAKER</b> Dr. Channam K D Associate Professor, Bombay Physical Culture Association, Bhamburda Circle Stand, Nalagar K Road, Madras, Madurai-605 001 Topic: "Role of Exercise in Enhancing Immune System" <b>PRESIDED BY:</b> Dr. K. Suresh Babu Director of Physical Education, JSSRF, Bangalore</p> <p><b>DAY 5: 14/8/2020 From 11:00AM to 12:30 PM</b> <b>SPEAKER</b> Dr. Mallurthi F Radji Assistant Professor, Department of Physical Education, University of Malakka Topic: "Stress Management Strategies A Fitness Approach" <b>PRESIDED BY:</b> Dr. M. Subramani Reddy Director of Physical Education, BMS College of Engineering, Bangalore</p> <p><b>ORGANIZING COMMITTEE</b> Dr. Anand Kumar Vice-Chancellor of Physical Education, Sri JSC Dr. Anand Kumar Vice-Chancellor of Physical Education, Sri JSC Dr. Anand Kumar Vice-Chancellor of Physical Education, Sri JSC</p> <p><b>GUIDELINES</b> 1. No Registration fee 2. The participants are requested to register online through the link and kindly join the Whatsapp group. 3. Registered participants can attend the webinar. 4. Last date for registration 9th August 2020 5. The online session will be conducted on Google Meet and Youtube Livestreaming. 6. Join the session at least 10 minutes before the scheduled time. 7. Participants before joining the webinar should mute their audio and video. 8. A feedback form link will be shared only in the Google Meet chat box and Youtube livechat. 9. E certificate will be sent to your registered Email id after submitting the feedback form.</p> <p><b>COORDINATORS</b> Dr. Parvatha Kurevalli - 9611067832 Mr. Panthakumar N - 8107312007</p>
<p><b>Resource Person</b></p>	<p><b>Dr. Rakesh Tomur</b> Academician, Research Scientist, Applied Nutritionist and Marathon Runner, Saudi Arabia</p>  <p><b>Resource Person</b> <b>Dr. Rakesh Tomur</b> Academician, Research Scientist, Applied Nutritionist and Marathon Runner, Saudi Arabia</p> <p><b>Keynote Address</b> <b>Dr. Sundar Raj Urs</b> Retd., Professor, UPECE, SJR Former Registrar (Ev), BNU</p> <p><b>Presided By</b> <b>Dr. Prema Siddaraju</b> Principal, SJR College for Women</p>

  
 Principal  
 S J R College for Women  
 Rajajinagar Bengaluru-10

Thanking Letter



Ref No: SJRCW/126/2020-21 Date: 29-07-2020


To,  
**Dr. Rakesh Tomar, Ph.D**  
 Physical education department  
 King Fahd University of petroleum and minerals  
 Dhahran, Saudi Arabia

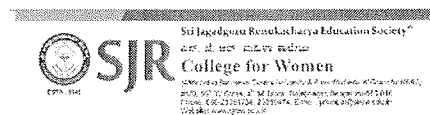
Respected Sir,  
 Thank you for accepting our invitation to be one of the Resource Person for 5 days International Webinar proposed to be conducted from 10-08-2020 to 14-08-2020 by the Department of Physical education, SJR College for Women.

Day: 01  
 Resource Person: **Dr. Rakesh Tomar, Ph.D**  
 Topic: "Wellness: Building Right Approach in Pandemic"  
 Date: 10-08-2020, Monday  
 Time: 11 am. To 12.30 pm.

We request you to kindly send the abstract of your talk to our college mail id [sjrcwomenscollege@gmail.com](mailto:sjrcwomenscollege@gmail.com)

Thanking you,  
 Yours faithfully

  
 (Dr. Prema Siddaraju)  
 Principal



Ref: SJRCW/ 162 / 2020-21 Date: 17-08-2020

To,  
**Dr. Rakesh Tomar**  
 Academician, Research Scientist  
 Applied Nutritionist and  
 Marathon Runner, Saudi Arabia


Respected Sir,  
 We are extremely thankful to you for delivering an informative presentation on the topic "Wellness Building Right Approach in Pandemic" on 10/08/2020 in the Five Day International Webinar on "A Scientific Approach towards Physical Fitness, Social Wellness & Stress Management during covid-19" organized by the Department of Physical Education, SJR College for Women.

It was an insightful talk highlighting on importance of exercise, key points to wellness and important role of sports to develop good health and immunity.

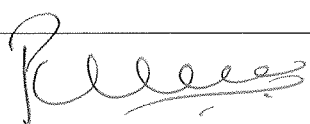
We hope to get a chance to hear such informative discussion from you in future as well.


Thanking You,

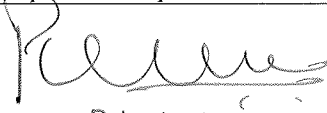
Yours faithfully,

  
 Principal  
 S.J.R College for Women  
 Rajajinagar, Bengaluru-560010

Recourse Person CV	<a href="https://drive.google.com/file/d/13mci7UUDq4ACnXonIinzwFrbIX8Tgrmh/view?usp=sharing">https://drive.google.com/file/d/13mci7UUDq4ACnXonIinzwFrbIX8Tgrmh/view?usp=sharing</a>
Abstract of International Webinar	<p align="center"><b>Wellness: Building Right Approach in Pandemic</b></p> <p><b>Dr. Rakesh Tomar</b>  <b>Physical Education Department</b>  <b>King Fahd University of Petroleum and Minerals, Saudi Arabia</b></p> <p><b>Abstract</b></p> <p>Wellness is the holistic and appropriate way of living a life. Health is not just absence of disease or sickness, health comprises more than physical health, it includes the all aspects of mind and body, including physical, mental, emotional and spiritual well-being of a person. Wellness is an active way of living a healthy life. A complete wellness cannot be achieved without exercise and physically active life style. Wellness should be life long process; it should be incorporated into life a person. In addition, this can only be achieve by change in attitude and making exercise as a habit, part of your daily routine. A healthy person is an asset to the family and as an individual, it is our responsibility to be active for the sake of family. Healthy family leads to healthy societies and healthy societies lead to healthy and fit nation. Current pandemic situation has taught us a lesson, that health cannot be ignored, and people are now realized that exercise, activity and sports has an important role to play in developing good health and immunity to protect ourselves from bacteria and viruses.</p>
Organisers	Department of Physical Education
Video Link	
Platform	Google meet link - <a href="https://meet.google.com/jpe-jbzy-bdc">https://meet.google.com/jpe-jbzy-bdc</a> Youtube link - <a href="https://youtu.be/BEX5Evo1If4">https://youtu.be/BEX5Evo1If4</a>
Registration link	<a href="https://forms.gle/KccLEVRUUVdmUvJP9">https://forms.gle/KccLEVRUUVdmUvJP9</a>

  
 Principal  
 S J R College for Women  
 Rajajinagar Bengaluru-10


Feedback link	<a href="https://docs.google.com/forms/d/e/1FAIpQLSe_xqraJPUIwyWII4IPuu9jwaMv_6loP2C5WScRQdqSafpopQ/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLSe_xqraJPUIwyWII4IPuu9jwaMv_6loP2C5WScRQdqSafpopQ/viewform?usp=sf_link</a>
Screenshots	
Report	<p>Day -1  Date:10/08/2020  Time:11:AM -12:30 PM(IST)  Resources Person  Dr. Rakesh Tomar  Academician, Research Scientist, Applied Nutritionist and Marathon Runner, Saudi Arabia  Topic: "Wellness: Building Right Approach in Pandemic"  Keynote Address: Dr.Sundar Raj Urs  Rtd.Professor,UPCE,BUB  Former Registrar (Ev),BNB  Presided by: Dr.Prema Siddaraju  Principal  SJR College for Women  Moderator: Smt.Sowmya H C, Assistant Professor, Department of Chemistry.  Introduction: Mr. Punith Kumar . N Assistant Professor, Department of Commerce.  Vote of Thanks :Dr.Paramma Kuravatti. Physical Education Director.</p> <p>Report - Measures taken to reduce the spread of COVID-19 are causing changes in everyday schedules are disrupting workout routines for many Americans.</p> <ul style="list-style-type: none"> <li>• Exercise is especially important now because it can reduce stress, prevent weight gain, boost the immune system, and improve sleep.</li> </ul>

  
Principal  
S J R College for Women  
Rajinagar Bengaluru

- You can safely engage in physical activity by exercising with family, getting outdoors, using online fitness resources, taking a virtual class, setting exercise goals, and doing calorie-burning chores.

Most adults are well aware of the physical and mental health benefits of exercise and understand the importance of engaging in some form of regular physical activity. As the United States copes with the new corona virus, COVID-19, pandemic, business closures, social distancing, and changes in everyday schedules are disrupting just about every aspect of ordinary life — and exercise routines are no exception.

Although it might be tempting to skip your workout during these challenging times, public health officials say that exercise — while undoubtedly crucial under normal circumstances — is essential to your physical health and **mental well-being** during the COVID-19 pandemic. Here's why you should stay active and how you can exercise safely during corona virus closures.



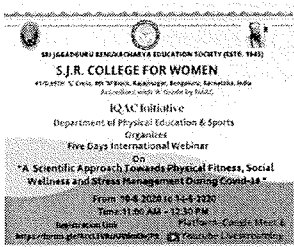
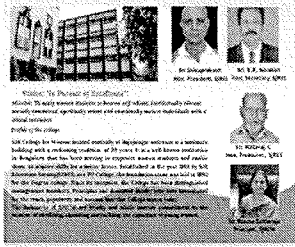
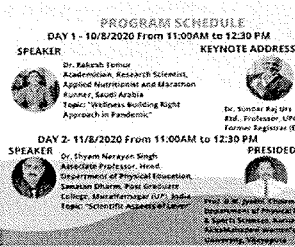
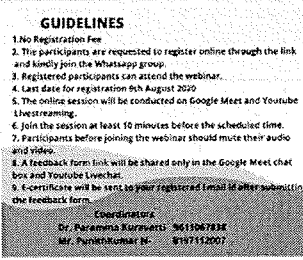
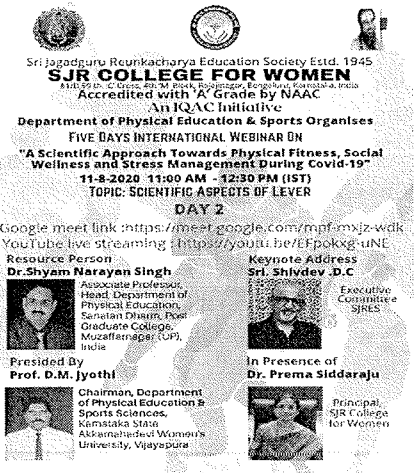

Principal  
S J R College for Women  
Rajinagar Bengaluru-10

# S.J.R College for Women

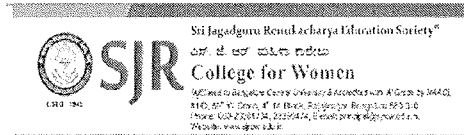
Rajajinagar, Bangalore -560010

Department of Physical Education, Sports Forum – Compete

Day: 11/08/2020 Report

<p><b>Invitation</b></p>	<p align="center"><b>Five days international webinar “A Scientific Approach Towards Physical Fitness, Social Wellness and Stress Management During Covid-19”. Date:11/08/2020</b></p>    
<p><b>Resource Person</b></p>	<p><b>Resources Person:</b>  <b>Dr. Shyam Narayan Singh</b>          Associate Professor, Head, Department of Physical Education, Sanatan Dharm, Post Graduate College, Muzaffarnagar (UP) India</p>  <p align="right">   <b>Principal</b>  <b>S J R College for Women</b>  <b>Rajajinagar, Bangalore - 560010</b> </p>

Thanking  
Letter



Ref No: SJRCW/125 /2020-21 Date: 29-07-2020

To,  
Lt. Dr. Shyam Narayan Singh  
Associate Professor,  
Head, Department of Physical education  
Sanatan Dharm, Post Graduate College  
Muzaffarnagar UP.

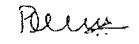
Respected Sir,

Thank you for accepting our invitation to be one of the Resource Person for 5 days International Webinar proposed to be conducted from 10-08-2020 to 14-08-2020 by the Department of Physical education, SJR College for Women.

Day: 02  
Resource Person: Lt. Dr. Shyam Narayan Singh  
Topic: "Scientific Aspects of Lever"  
Date: 11-08-2020, Tuesday  
Time: 11 am. To 12.30 pm.

We request you to kindly send the abstract of your talk to our college mail id [sjrwomenscollege@gmail.com](mailto:sjrwomenscollege@gmail.com)

Thanking you,  
Yours faithfully

  
(Dr. Prema Siddaraju)  
Principal



Ref: SJRCW/163 /2020-21 Date: 17-08-2020

To,  
Dr. Sham Narayan Singh  
Associate Professor  
Head, Department of Physical Education  
Sanatan Dharm Post Graduate College  
Muzaffarnagar UP India.

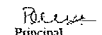
Respected Sir,

We are extremely thankful to you for delivering an informative presentation on the topic "Scientific Aspects of Lever" on 11/08/2020 in the Five Day International Webinar on "A Scientific Approach towards Physical Fitness, Social Wellness & Stress Management during covid-19" organized by the Department of Physical Education, SJR College for Women.

It was an insightful talk highlighting on different classes of lever, importance of its concept to all sports person.

We hope to get a chance to hear such informative discussion from you in future as well.  
Thanking You.

Yours faithfully,

  
Principal  
SJR College for Women  
Rajajinagar, Bengaluru-560010

Recourse  
Person CV

<https://drive.google.com/file/d/13mci7UUDq4ACnXonlinzwFrb1X8Tgrmh/view?usp=sharing>

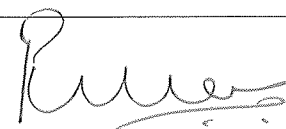
Abstract of  
International  
Webinar


Dr. Shyam Narayan Singh  
Associate Professor & Head  
Department of Physical Education  
S. D. (P.G.) College, Muzaffarnagar (UP)

### SCIENTIFIC ASPECTS OF LEVER ABSTRACT

The lever is a simple machine often seen in nature, the jaw being a prime example. The lever is a movable bar that pivots on a fulcrum attached to a fixed point. Lever related to movement having mechanical advantage whether in the form of Balance, Force & Speed. They work by translating the effort force into the force that moves the load. The lever operates by applying forces at different distances from the fulcrum, or a pivot. For your arm, leg or any body part to move the appropriate muscles and bones must work together as a series of levers. Before study the mechanical advantages of lever we are having a clear concept of the different related aspects. So in this I have explained so many related things which are directly related to lever with the help of pictures i.e. historical aspect, joints, freely movable joints, joint movements, planes & axes, muscles, voluntary muscles, origin & insertion of prime mover muscle in the agonist muscles, bones, long bones which works as a lever, angle of pull, line of pull, parts of lever, types of lever, their mechanical advantages, common examples of daily life, examples from sports, calculation part to calculate mechanical advantages etc.

Keywords: Lever, Balance Lever, Force Lever, Speed Lever

  
Principal  
SJR College for Women  
Rajajinagar Bengaluru-10

Organisers	Department of Physical Education, Sports Forum – Compete.
Video Link	<a href="https://drive.google.com/file/d/1v2LQDVdkglozWxC4rANFpuDpu2VpDj3/view?usp=drivesdk">https://drive.google.com/file/d/1v2LQDVdkglozWxC4rANFpuDpu2VpDj3/view?usp=drivesdk</a>
Platform	Google meet link - <a href="https://meet.google.com/mpf-mxjz-wdk">https://meet.google.com/mpf-mxjz-wdk</a> Youtube link - <a href="https://youtu.be/EFpokxg-uNE">https://youtu.be/EFpokxg-uNE</a>
Registration link	<a href="https://forms.gle/KccLEVRUUVdmUvJP9">https://forms.gle/KccLEVRUUVdmUvJP9</a>
Feedback link	<a href="https://forms.gle/MECcfjHDazR8gGG3A">https://forms.gle/MECcfjHDazR8gGG3A</a>
Screenshots	
Report	<p>Day -2</p> <p>Date:1108/2020</p> <p>Time:11:AM -12:30 PM(IST)</p> <p>Resources Person:</p> <p style="text-align: right;"><i>[Signature]</i></p> <p style="text-align: right;">Principal S J R College for Women Ra ajinagar Bengaluru-10</p>

Dr. Shyam Narayan Singh  
Associate Professor, Head, Department of Physical Education, Sanatan Dharm, Post Graduate  
College, Muzaffarnagar (UP) India  
Topic: "Scientific Aspects of Lever"  
Keynote Address: Sri. Shivdev. D.C  
Executive Committee SJRES  
Presided by: Prof. D.M. Jyoti  
Chairman, Department of Physical Education and Sports Sciences, Karnataka  
Akkamahadevi Women's University Vijayapur, Karnataka  
In Presence of  
Dr. Prema Siddaraju  
Principal  
SJR College for Women  
Moderator: Smt. Sowmya H C Assistant Professor Department of Chemistry.  
Introduction: Bhuvaneshwari Assistant Professor Department of Computer Sciences  
Vote of Thanks: Dr. Paramma Kuravatti. Physical Education Director.

Report - The lever is a movable bar that pivots on a fulcrum attached to a fixed point. The lever operates by applying forces at different distances from the fulcrum, or a pivot. For your arm, leg or any body part to move the appropriate muscles and bones must work together as a series of levers. A lever amplifies an input force to provide a greater output force, which is said to provide leverage. The ratio of the output force to the input force is the mechanical advantage of the lever. Anatomical leverage system can be used to gain a mechanical advantage. Improve simple or complex physical movements. Some habitually use human levers properly. Some develop habits of improperly using human levers. The mechanical advantage of a lever can be determined by considering the balance of moments or torque. Torque is the turning effect of an eccentric force. Eccentric force is the force applied in a direction not in line with the center of rotation of an object with a fixed axis. In objects without a fixed axis it is an applied force that is not in line with object's center of gravity. For rotation to occur an eccentric force must be applied. Class 1 lever built for equilibrium, class 2 lever for saving effort and class 3 lever for speed and range of movement.



Principal  
SJR College for Women  
Rajinagar Bengaluru-10



# S.J.R College for Women

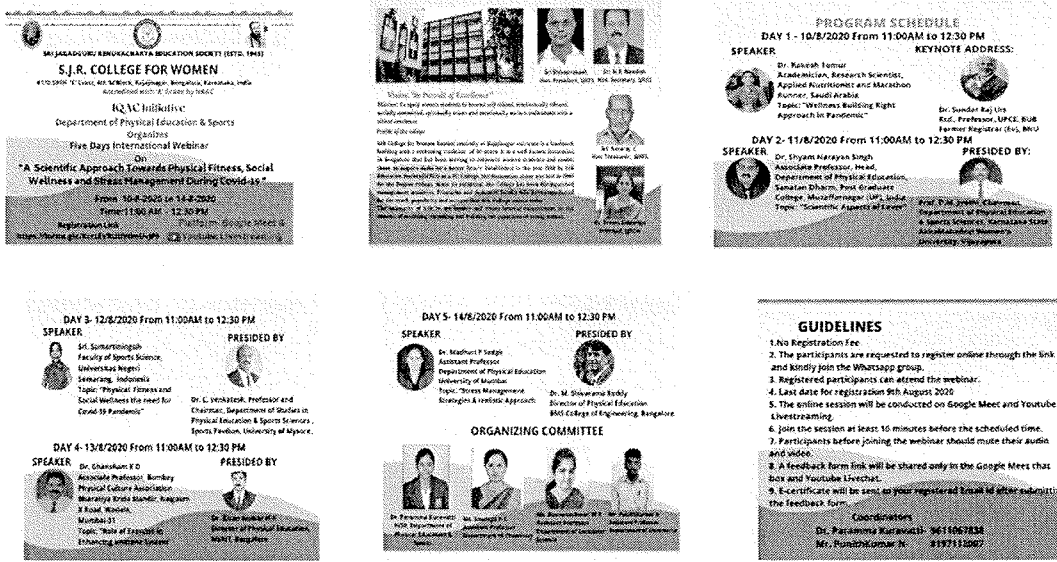
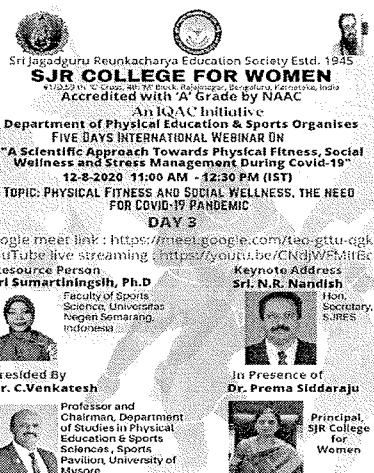

Rajajinagar, Bangalore -560010

Department of Physical Education –

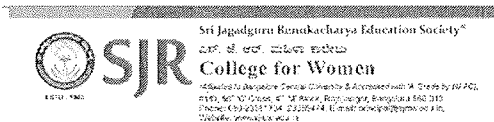
Day: 12/08/2020 Report

## Five days international webinar “A Scientific Approach Towards Physical Fitness, Social Wellness and Stress Management During Covid-19”.

Date:12/08/2020

<p><b>Invitation</b></p>	 <p><b>PROGRAM SCHEDULE</b>  <b>DAY 1 - 10/8/2020 From 11:00AM to 12:30 PM</b>  <b>SPEAKER</b>          Dr. Rakshak Kumar, Academician, Research Scientist, Applied Nutritionist and Marathon Runner, Saudi Arabia  <b>KEYNOTE ADDRESS:</b>          Dr. Suman Raj, IAS, Prof., Professor, UPCE, BUB, Former Registrar (U.S., M.U.)  <b>DAY 2- 11/8/2020 From 11:00AM to 12:30 PM</b>  <b>SPEAKER</b>          Dr. Eryam Narayan Singh, Associate Professor, Head, Department of Physical Education, Sankaraj Dikari, Post Graduate College, Mysore Nagar, U.P., India  <b>PRESIDED BY:</b>          Prof. P.M. Jyoti, Chairman, Department of Physical Education &amp; Sports Science, Karnataka State Accreditation Member, University of Mysore</p> <p><b>GUIDELINES</b>          1.No Registration Fee          2. The participants are requested to register online through the link and kindly join the Whatsapp group.          3. Registered participants can attend the webinar.          4. Last date for registration 9th August 2020          5. The online session will be conducted on Google Meet and Youtube Livestreaming.          6. Join the session at least 10 minutes before the scheduled time.          7. Participants before joining the webinar should mute their audio and video.          8. A feedback form link will be shared only in the Google Meets chat box and Youtube Livestream.          9. Certificate will be sent to your registered Email id after submitting the feedback form.  <b>Coordinators</b>          Dr. Parvathamma Marudeni- 9611067838          Mr. Ramesh Kumar B- 9197112067</p>
<p><b>Resource Person</b></p>	<p><b>Resources Person</b>  <b>Sri Sumartiningsih, Ph.D</b>  <b>Faculty of Sports Science, Universitas Negeri Semarang, Indonesia</b></p>  <p><b>Google meet link :</b> <a href="https://meet.google.com/teo-gttu-gqk">https://meet.google.com/teo-gttu-gqk</a>  <b>YouTube live streaming :</b> <a href="https://youtu.be/CNdwFMI1tE">https://youtu.be/CNdwFMI1tE</a>  <b>Resource Person</b>  <b>Sri Sumartiningsih, Ph.D</b>          Faculty of Sports Science, Universitas Negeri Semarang, Indonesia  <b>Keynote Address</b>  <b>Sri. N.R. Nandish</b>          Hon. Secretary, S.J.R.F.S.  <b>Presided By</b>  <b>Dr. C.Venkatesh</b>          Professor and Chairman, Department of Studies in Physical Education &amp; Sports Science, Sports Pavilion, University of Mysore  <b>In Presence of</b>  <b>Dr. Prema Sridaraju</b>          Principal, S.J.R College for Women</p> <p style="text-align: right;">   <b>Principal</b>  <b>S J R College for Women</b>  <b>Ra ajinagar Bengaluru-10</b> </p>

Thanking Letter



Ref No: SJRCW/ 124 /2020-21 Date: 29-07-2020

To,  
Smt. Sri Sumartiningih  
Associate Professor  
Semarang State University  
Indonesia.


Respected Madam,  
Thank you for accepting our invitation to be one of the Resource Person for 5 days International Webinar proposed to be conducted from 10-08-2020 to 14-08-2020 by the Department of Physical education, SJR College for Women.

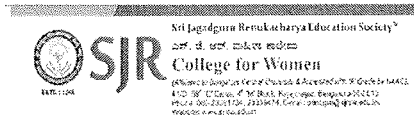
Day: 03  
Resource Person: Sri. Sumartiningih  
Topic: "Physical fitness and social wellness, the need for covid 19 pandemic"  
Date: 12-08-2020, Wednesday  
Time: 11 am. To 12.30 pm.

We request you to kindly send the abstract of your talk to our college mail id [sri.sumartiningih@mail.unnes.ac.id](mailto:sri.sumartiningih@mail.unnes.ac.id)

Thanking you.

Yours faithfully

  
(Dr. Prema Siddharaju)  
Principal



Ref: SJRCW/ 164 / 2020-21 Date: 17-08-2020

To  
Sri Sumartiningih, Ph.D  
Faculty of Sports Science,  
Universitas Negeri  
Semarang, Indonesia.

Respected Madam,

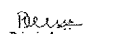
We are extremely thankful to you for delivering an informative presentation on the topic "Physical Fitness and Social Wellness the need for Covid-19 Pandemic" on 12/08/2020 in the Five Day International Webinar on "A Scientific Approach towards Physical Fitness, Social Wellness & Stress Management during covid-19" organized by the Department of Physical Education, SJR College for Women.

It was an insightful talk highlighting on importance of exercise, key points to social awareness

We hope to get a chance to bear such informative discussion from you in future as well.

Thanking You,

Yours faithfully,

  
Principal  
S.J.R College for Women  
Rajajinagar, Bengharu-560010

Recourse Person CV

<https://drive.google.com/file/d/1u2D3sv9ZxohnAruw3P94c5DaJiwjxryH/view?usp=sharing>

Abstract of International Webinar


Physical Fitness and Social Wellness the need for Covid-19 Pandemic


Sri Sumartiningih  
Department of Sports Science, UniversitasNegeri Semarang  
Email: sri.sumartiningih@mail.unnes.ac.id

Abstract

Novel Covid-19 pandemic having a major impact on physical and social activity in human beings around the world. The pandemic forced the people to isolate themselves at home for a period of time. Nevertheless, physical fitness needs to maintain every day to keep healthy.

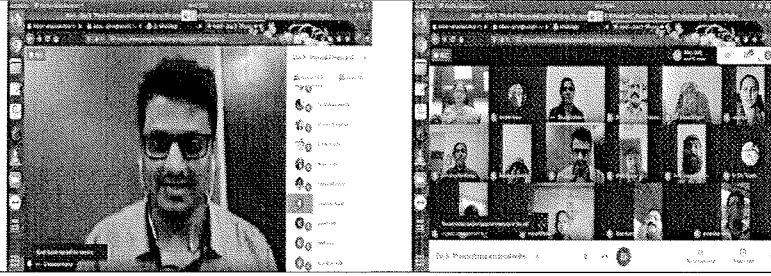
World Health Organization recommends physical activity for specific age groups. The global recommendation address: 1) 5-7 years old, should active at least 60 minutes/day of moderate to vigorous 2) 18-64 years old, should active at least 150 minutes/weeks for moderate-intensity or do 75 minutes/week for vigorous-intensity or combination between moderate and vigorous-intensity exercise, 3) 65 years old and above age group, should at least 150 minutes/week of moderate-intensity aerobic physical activity or 75 minutes/week of vigorous-intensity includes leisure-time physical activity, transportation, occupational, play, games, exercise, and daily activity. Recommendation to keep social wellness during a

  
Principal  
SJR College for Women  
Rajajinagar Bengharu-10

	<p>stay at home is to build relationships with others by communication via phone or social media, and to keep physical fitness is a physical activity and sleep regularly and proper nutrition intake.</p> <p>Maintaining physical activity, sleep, nutrition, and relationships helps keep physical fitness and social wellness during the Covid-19 Pandemic.</p> <p>Keywords: physical activity, specific age, relationships.</p>
Organisers	Department of Physical Education, Sports Forum – Compete
Video Link	<a href="https://drive.google.com/file/d/18H2jru1FU_N906ck6CRZtnJkbJ_7t_N5/view?usp=drivesdk">https://drive.google.com/file/d/18H2jru1FU_N906ck6CRZtnJkbJ_7t_N5/view?usp=drivesdk</a>
Platform	Google meet link : <a href="https://meet.google.com/teo-gttu-qgk">https://meet.google.com/teo-gttu-qgk</a>
Registration link	<a href="https://forms.gle/KccLEVRUUVdmUvJP9">https://forms.gle/KccLEVRUUVdmUvJP9</a>
Feedback link	<a href="https://forms.gle/LcArxhX6fH8b96Ws6">https://forms.gle/LcArxhX6fH8b96Ws6</a>
Screenshots	

*Ramesh*

Principal  
S J R College for Women  
Rajinagar Bengaluru-10



Report

Day -3

Date:12/08/2020

Time:11:AM -12:30 PM(IST)

Resources Person

Sri Sumartiningsih,Ph.D

Faculty of Sports Science,Universitas Negeri Semarang, Indonesia

Topic: "Physical Fitness and Social Wellness, the Need for Covid-19 Pandemic"

Keynote Address: Sri.N.R.Nandish

Hon.Secretary,SJRES

Presided by: Dr.C.Venkatesh

Professor and Chairman, Department in physical Education and Sports Sciences,Pavilion,University of Mysore

In Presence of: Dr.Prema Siddaraju

Principal

SJR College for Women

Moderator: Bhuvaneshwari Assistant Professor Department of Computer Sciences

Introduction: Dr.Paramma Kuravatti. Physical Education Director

Vote of Thanks: Vasanth Assistant Professor Department of Commerce.

Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. But stress management is not one-size-fits-all. That's why it's important to experiment and find out what works best for you. The following stress management tips can help you do that.

Most adults are well aware of the physical and mental health benefits of exercise and understand the importance of engaging in some form of regular physical activity. As the United States copes with the new corona virus, COVID-19, pandemic, business closures, social distancing, and changes in everyday schedules are disrupting just about every aspect of ordinary life — and exercise routines are no exception.

Although it might be tempting to skip your workout during these challenging times, public health officials say that exercise — while undoubtedly crucial under normal circumstances — is essential to your physical health and mental well-being during the COVID-19 pandemic. Here's why you should stay active and how you can exercise safely during corona virus closures.

Principal  
S J R College for Women  
Ra ajinagar Bengaluru-10

# S.J.R College for Women

Rajajinagar, Bangalore -560010

Department of Physical Education, Sports Forum – Compete

Day: 13/08/2020 Report

## Five days international webinar “A Scientific Approach Towards Physical Fitness, Social Wellness and Stress Management During Covid-19”. Date:13/08/2020

### Invitation

**SRI JAGADGURU RENUKACHARYA EDUCATION SOCIETY (ESTD. 1945)**  
**S.J.R. COLLEGE FOR WOMEN**  
Accredited with 'A' Grade by NAAC  
An IQAC Initiative  
Department of Physical Education & Sports Organizes  
Five Days International Webinar  
On  
“A Scientific Approach Towards Physical Fitness, Social Wellness and Stress Management During Covid-19”  
From 10-14/08/2020  
Time: 11:00 AM - 12:30 PM  
Registration Link: <https://www.google.com/events>

**Topic: "The Pathway of Nutrition"**  
Dr. S. Jagada Associate Professor, Physical Education, S.J.R. College for Women, Bangalore  
Dr. S. Jagada Associate Professor, Physical Education, S.J.R. College for Women, Bangalore

**PROGRAM SCHEDULE**  
DAY 1 - 10/8/2020 From 11:00AM to 12:30 PM  
**SPEAKER** Dr. Rakshak Kumar, Assistant Professor, Applied Nutrition and Marathon Runner, Saudi Arabia  
**KEYNOTE ADDRESS:** Dr. Sunder Raj Urs, IAS, Professor, IISc, IISR, Former Registrar (IISc, IISR)  
DAY 2 - 11/8/2020 From 11:00AM to 12:30 PM  
**SPEAKER** Dr. Shyam Narayan Singh, Associate Professor, Head, Department of Physical Education, Sankar Bhawan, Post Graduate College, Meerut (UP), India  
**KEYNOTE ADDRESS:** Prof. G. R. Jagan, Chairman, Department of Physical Education & Sports Science, Karnataka State Institute of Physical Education, Mysore

**DAY 3 - 12/8/2020 From 11:00AM to 12:30 PM**  
**SPEAKER** Dr. S. Jagada, Associate Professor, Faculty of Sports Science, Universitas Sebelas Maret, Semarang, Indonesia  
**TOPIC:** Physical Fitness and Social Wellness the need for Covid-19 Pandemic  
**KEYNOTE ADDRESS:** Dr. C. Venkatesh, Professor and Chairman, Department of Studies in Physical Education & Sports Science, Sports Pavilion, University of Mysore

**DAY 5 - 14/8/2020 From 11:00AM to 12:30 PM**  
**SPEAKER** Dr. Mathur P. Sagar, Associate Professor, Department of Physical Education, University of Mumbai  
**TOPIC:** Stress Management Strategies A Realistic Approach  
**KEYNOTE ADDRESS:** Dr. M. Umashankar, Director of Physical Education, BMS College of Engineering, Bangalore

**ORGANIZING COMMITTEE**  
Dr. Parameswar Kumar, Dr. S. Jagada, Dr. S. Jagada, Dr. S. Jagada  
**GUIDELINES**  
1. No Registration Fee  
2. The participants are requested to register online through the link and kindly join the WhatsApp group.  
3. Registered participants can attend the webinar.  
4. Last date for registration 9th August 2020  
5. The online session will be conducted on Google Meet and Youtube Livestreaming.  
6. Join the session at least 10 minutes before the scheduled time.  
7. Participants before joining the webinar should mute their audio and video.  
8. A feedback form link will be shared only in the Google Meet chat box and Youtube Livestream.  
9. Certificate will be sent to your registered email id after submitting the feedback form.  
Coordinator: Dr. Parameswar Kumar - 9911067836, Mr. Punithkumar N. - 8197112007

### Resource Person

Dr. Ghansham.K.D  
Associate Professor, Bombay Physical Culture Association Bharatiya Krida Mandir, Naigaum X Road, Wadala, Mumbai-31

**SRI JAGADGURU RENUKACHARYA EDUCATION SOCIETY ESTD. 1945**  
**S.J.R. COLLEGE FOR WOMEN**  
Accredited with 'A' Grade by NAAC  
An IQAC Initiative  
Department of Physical Education & Sports Organizes  
FIVE DAYS INTERNATIONAL WEBINAR ON  
“A Scientific Approach Towards Physical Fitness, Social Wellness and Stress Management During Covid-19”  
13-15/8/2020 - 11:00 AM - 12:30 PM (IST)  
**TOPIC: ROLE OF EXERCISE IN ENHANCING IMMUNE SYSTEM**  
**DAY 4**  
Google meet link : <https://meet.google.com/bya-hxms-ija>  
YouTube live streaming : <https://youtu.be/zehYR24XD6o>  
**Resource Person**  
Dr. Ghansham .K. D.  
Associate Professor, Bombay Physical Culture Association Bharatiya Krida Mandir, Naigaum X Road, Wadala, Mumbai-31  
**Keynote Address**  
Dr. S. Jagada  
Associate Professor of English, Sree Siddaganga First Grade College, Nelamangala  
**Presided By**  
Dr. Kiran Kumar .H.K.  
Director of Physical Education, MSRT, Bengaluru  
**In Presence of**  
Dr. Prema Siddaraju  
Principal, SJR College for Women

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

Thanking  
Letter



Sri Jagadguru Renukacharya Education Society\*

ಶ್ರೀ. ಜಿ. ಎಸ್. ರೆನುಕಾಚರ್ಯಾ ಸಂಸ್ಥೆ

College for Women

(Affiliated to Bangalore Central University & Accredited with 'A' Grade by UGC)  
#1/D, 95' C' Cross, 4<sup>th</sup> M Block, Rajajinagar, Bengaluru-560010  
Phone: 080-23301731, 23355474, Email: principal@sjrcw.edu.in  
Website: www.sjrcw.edu.in

Ref: SJRCW/ 165 / 2020-21

Date: 17-08-2020

To,  
Dr. Ghansham Kashinathrao Dhokrat  
Associate professor, Bombay  
Physical Culture Association  
Bharatiya Krida Mandir, Naigaum  
X Road, Wadala,  
Mumbai-31

Respected sir,

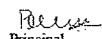
We are extremely thankful to you for delivering an informative presentation on the topic "Role of Exercise in Enhancing Immune system" on 13/08/2020 in the Five Day International Webinar on "A Scientific Approach towards Physical Fitness, Social Wellness & Stress Management during covid-19" organized by the Department of Physical Education, SJR College for Women.

It was an insightful talk highlighting on importance of exercise, key points to get rid of mental stress and immunity building.

We hope to get a chance to hear such informative discussion from you in future as well.

Thanking You,

Yours faithfully,

  
Principal  
S.J.R College for Women  
Rajajinagar, Bengaluru-560010

Recourse  
Person CV

[https://drive.google.com/file/d/1EinTlyxWRtvltiVqj71BQL\\_YkVVGk0rM/view?usp=sharing](https://drive.google.com/file/d/1EinTlyxWRtvltiVqj71BQL_YkVVGk0rM/view?usp=sharing)

Abstract of  
International  
Webinar

## ROLE OF EXERCISE IN ENHANCING IMMUNE SYSTEM

\*Dr. Ghansham K. Dhokrat

Associate Professor

B.P.C.A.'S College of Physical Education

Wadala, Mumbai- 31

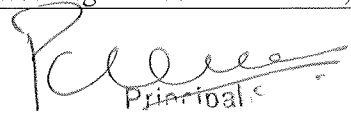
### Abstract


**Exercise** is physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation.

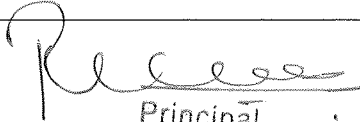
**Regular exercise** is an important part of a healthy lifestyle. Regular exercise helps you to manage your weight and also reduce the risk of developing diseases, it can help to prevent and treat mental health problems. It can boost your wellbeing and mood, and is a great way to unwind from the stress of life.

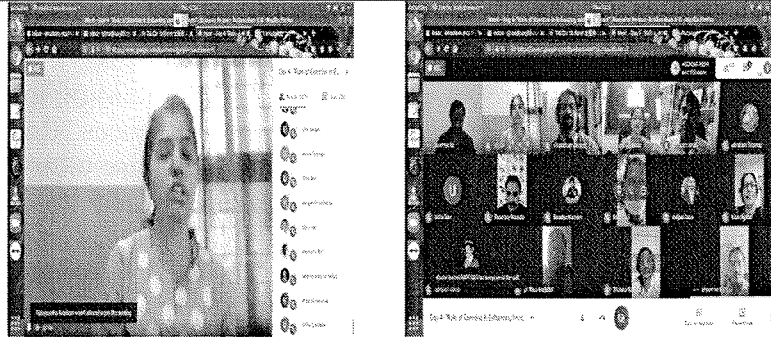
**Benefits of regular exercise** are - Feel Happier, Help to Weight Loss, Improve Muscles and Bones, Increase Energy Levels, Reduce Risk of Chronic Disease, Reduce risk of heart diseases, Manage blood sugar and insulin levels, Improve Brain Health and Memory, Help with Relaxation and Sleep Quality, Help to Reduce Pain,

**Make the Exercise as a part of your regular routine-** make everyday activity more enjoyable by making some small changes like- be active with your family and friends, keep track of your progress, make exercise more fun, avoid excuse of bad weather. To keep yourself healthy you can choose any kind of exercise e.g. aerobics exercise, anaerobic

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

	<p>exercise, strengthening exercise, flexibility exercise or Yoga even though you can choose the Indian traditional exercise like Suryanamaskara, Dand and Baithakas.</p> <p><b>Exercise and Immune System-</b> The immune system is the system of specialized cells and organs that protect an organism from outside biological influences. Regular exercise can boost your immune system and help fight off infections. Exercise allows immune cells to perform effectively — it increases blood flow, reduces stress and inflammation, and can strengthen antibodies</p> <p><b>Benefits of Exercise in Enhancing Immunity-</b> Physical activity may help flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu, or other illness. Exercise causes change in antibodies and white blood cells (WBC). WBCs are the body's immune system cells that fight disease. One of the most apparent benefits of light exercise is its ability to promote the flow of lymph and the immune cells and antibodies it carries through the body</p> <p><b>Conclusion:</b> On discussion of the above benefits of the regular exercise it may conclude that to live a healthy lifestyle and to improve our Immune system the regular exercise is only the alternate without expending any amount of money. Just do the exercise and get the rewards in term of good and healthy life.</p>
Organisers	Department of Physical Education, Sports Forum – Compete
Video Link	<a href="https://drive.google.com/file/d/18H2jru1FU_N906ck6CRZtnJkbJ_7t_N5/view?usp=drivesdk">https://drive.google.com/file/d/18H2jru1FU_N906ck6CRZtnJkbJ_7t_N5/view?usp=drivesdk</a>
Platform	Google meet Link: <a href="https://meet.google.com/grs-twby-vix">https://meet.google.com/grs-twby-vix</a>
Registration link	<a href="https://forms.gle/KccLEVRUUVdmUvJP9">https://forms.gle/KccLEVRUUVdmUvJP9</a>
Feedback link	<a href="https://forms.gle/dQm1z1UrqoAu7dwC9">https://forms.gle/dQm1z1UrqoAu7dwC9</a>
Screenshots	

  
 Principal  
 S J R College for Women  
 Rajinagar Bengaluru-10



Report

Day -4  
 Date:13/08/2020  
 Time:11:AM -12:30 PM(IST)  
 Resources Person  
 Dr. Ghansham.K.D  
 Associate Professor, Bombay Physical Culture Association Bharatiya Krida Mandir,Naigaum  
 X Road,Wadala,Mumbai-31  
 Topic: "Role of Exercise in Enhancing Immune System"  
 Keynote Address: Dr.S.Jagada  
 Associate Professor of English,Sree Siddaganga First Grade College Nelamangala  
 Presided by: Dr.Kiran Kumar.H.K  
 Director of Physical Education,MSRIT,Bengaluru  
 In Presence of: Dr.Prema Siddaraju  
 Principal  
 SJR College for Women  
 Moderator: Smt.Sowmya H C Assistant Professor Department of Chemistry.  
 Introduction: Mr. Punith Kumar N Assistant Professor Department of Commerce  
 Vote of Thanks: Bhuvaneshwari Assistant Professor Department of Computer Sciences

Report - Exercise helps decrease your chances of developing heart disease. It also keeps your bones healthy and strong.We do not know exactly if or how exercise increases your immunity to certain illnesses. There are several theories. However, none of these theories have been proven. Some of these theories are: Physical activity may help flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu, or other illness.

Exercise causes change in antibodies and white blood cells (WBC). WBCs are the body's immune system cells that fight disease. These antibodies or WBCs circulate more rapidly, so they could detect illnesses earlier than they might have before. However, no one knows whether these changes help prevent infections.

The brief rise in body temperature during and right after exercise may prevent bacteria from growing. This temperature rise may help the body fight infection better. (This is similar to what happens when you have a fever.)Exercise slows down the release of stress hormones. Some stress increases the chance of illness. Lower stress hormones may protect against illness.

*Prema Siddaraju*  
 Principal,  
 SJR College for Women  
 Rajinagar, Bengaluru-10

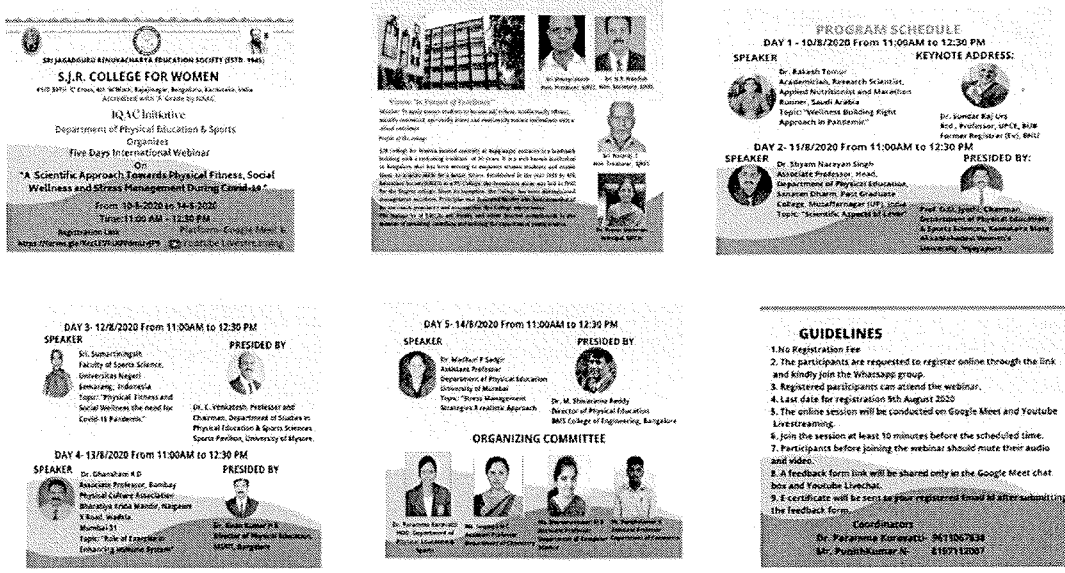
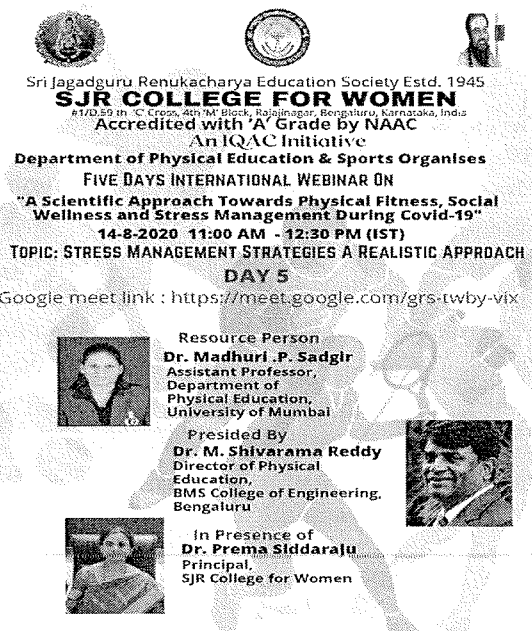


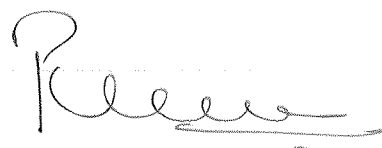
# S.J.R College for Women



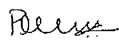

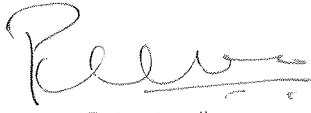
Rajajinagar, Bangalore -560010


Department of Physical Education, Sports Forum – Compete

Day: 14/08/2020 Report

<p><b>Invitation</b></p>	<p align="center"><b>Five days international webinar “A Scientific Approach Towards Physical Fitness, Social Wellness and Stress Management During Covid-19”. Date:14/08/2020</b></p>  <p><b>PROGRAM SCHEDULE</b>  <b>DAY 1 - 10/8/2020 From 11:00AM to 12:30 PM</b>  <b>SPEAKER:</b> Dr. Raksha Torur, Academician, Research Scientist, Applied Nutritionist and Marketing Runner, Saudi Arabia. Topic: "Women Building Right Approach in Pandemic".  <b>KEYNOTE ADDRESS:</b> Dr. Sankar Das, IAS, IAS, Professor, IITM, BMS Former Registrar (I-V), BMS.  <b>DAY 2 - 11/8/2020 From 11:00AM to 12:30 PM</b>  <b>SPEAKER:</b> Dr. Shyam Narayan Singh, Associate Professor, Head, Department of Physical Education, Assam State, Post Graduate College, Huala, Jorhat (I.P.T), India. Topic: "Scientific Approach to..."  <b>PRESIDED BY:</b> Prof. G.S. Srinivas, Chairman, Department of Physical Education, BMS College of Engineering, Bangalore.  <b>GUIDELINES</b>          1. No Registration Fee          2. The participants are requested to register online through the link and kindly join the WhatsApp group.          3. Registered participants can attend the webinar.          4. Last date for registration 9th August 2020          5. The online session will be conducted on Google Meet and Youtube Livestreaming.          6. Join the session at least 10 minutes before the scheduled time.          7. Participants before joining the webinar should mute their audio and video.          8. A feedback form link will be shared only in the Google Meet chat box and Youtube Livestream.          9. E certificate will be sent to your registered Email id after submitting the feedback form.  <b>Coordinators</b>          Dr. Parvathi Korrapati - 9611047834          Mr. Pavan Kumar A - 8197112007</p>
<p><b>Resource Person</b></p>	<p align="center"><b>Dr. Madhuri.P.Sadgir</b>          Assistant Professor, Department of Physical Education, University of, Mumbai</p>  <p align="center"><b>Dr. Madhuri.P.Sadgir</b>          Assistant Professor,          Department of          Physical Education,          University of Mumbai</p> <p align="center"><b>Presided By</b>  <b>Dr. M. Shivarama Reddy</b>          Director of Physical          Education,          BMS College of Engineering,          Bengaluru</p> <p align="center"><b>In Presence of</b>  <b>Dr. Prema Siddaraju</b>          Principal,          SJR College for Women</p>

  
 Principal  
 S J R College for Women  
 Rajajinagar Bengaluru-16

<p>Thanking Letter</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>SJR</b> Sri Jagadgurur Benakacharya Education Society College for Women 1999/2000, 2001/02, 2002/03, 2003/04, 2004/05, 2005/06, 2006/07, 2007/08, 2008/09, 2009/10, 2010/11, 2011/12, 2012/13, 2013/14, 2014/15, 2015/16, 2016/17, 2017/18, 2018/19, 2019/20, 2020/21</p> </div> <div style="text-align: center;">  <p><b>SJR</b> Sri Jagadgurur Benakacharya Education Society College for Women 1999/2000, 2001/02, 2002/03, 2003/04, 2004/05, 2005/06, 2006/07, 2007/08, 2008/09, 2009/10, 2010/11, 2011/12, 2012/13, 2013/14, 2014/15, 2015/16, 2016/17, 2017/18, 2018/19, 2019/20, 2020/21</p> </div> </div> <p>Ref No: SJRCW/ 127 /2020-21      Date: 29-07-2020</p> <p>To, <b>Dr. Madhuri Pandharinath Sadgir</b> Assistant Professor Department of Physical Education University of Mumbai.</p> <p>Respected Madam,</p> <p>Thank you for accepting our invitation to be one of the Resource Person for 5 days International Webinar proposed to be conducted from 10-08-2020 to 14-08-2020 by the Department of Physical education, SJR College for Women.</p> <p>Day: 05 Resource Person: <b>Dr. Madhuri Pandharinath Sadgir</b> Topic: <b>Stress Management Strategies- A realistic approach.</b> Date: 14-08-2020, Friday Time: 11 am. To 12.30 pm.</p> <p>We request you to kindly send the abstract of your talk to our college mail id <a href="mailto:sjrcw@sjrcwcollegeforwomen.edu.in">sjrcw@sjrcwcollegeforwomen.edu.in</a></p> <p>Thanking you, Yours faithfully  (Dr. Prema Siddaraju) Principal</p> <p>Ref: SJRCW/ 166 /2020-21      Date: 17-08-2020</p> <p>To, <b>Dr. Madhuri P Sadgir</b> Assistant Professor Department of Physical Education University of Mumbai</p> <p>Respected Madam,</p> <p>We are extremely thankful to you for delivering an informative presentation on the topic "Stress Management Strategies A realistic Approach" on 14/08/2020 in the Five Day International Webinar on "A Scientific Approach towards Physical Fitness, Social Wellness &amp; Stress Management during covid-19" organized by the Department of Physical Education, SJR College for Women.</p> <p>It was an insightful talk highlighting on importance of exercise, key points to get rid of mental stress and personality development</p> <p>We hope to get a chance to hear such informative discussion from you in future as well.</p> <p>Thanking You, Yours faithfully,  Principal S.J.R. College for Women Rajajinagar, Bengaluru-560010</p>
<p>Recourse Person CV</p>	<p><a href="https://drive.google.com/file/d/1u2D3sv9ZxohnAruw3P94c5DaJiwjxryH/view?usp=sharing">https://drive.google.com/file/d/1u2D3sv9ZxohnAruw3P94c5DaJiwjxryH/view?usp=sharing</a></p>
<p>Abstract of International Webinar</p>	<p><b>Stress Management strategies-a realistic approach</b></p> <p>Dr. Madhuri Sadgir, Assist. Professor Dept. Physical Education University of Mumbai (<a href="mailto:professor.amdhuri@gmail.com">professor.amdhuri@gmail.com</a>)</p> <p>Abstract</p> <p>Stress is a dynamic process in which people realize and identify their problems, how they react and attempt to cope with it. (Harre and Lamb, 1983) It is also defined as a mental, emotional, and physiological response of the body to any situation that is new, threatening, frightening or exciting. Stress is a subjective phenomenon to react and manage by an individual (Werner W.K. Hoeger, Sharon A. Hoeger, 2013). Stress is part and parcel of life. Excess and under stress affects health and behaviour but an optimal level of stress is desirable to activate the performing organs in order to accelerate functional ability and to cope up with the challenges. Selye named it as <b>eustress</b> means one requires stress to grow or improve. (Kun, 2013 Oct). The stress which crosses the level of a person's tolerance capacity becomes negative stress, and needs to be tackled. There are few common approaches or practices that help to tackle the excess stress. These are meditation, exercises, gratifications, engagement, think and react skill, patience or procrastination. (Dr. Ritu Wadhwa, Dr. Meghnandini Khandare , 2014) But the most important thing in stress management is to identify the actual cause of stress through self or SWOT analysis. Enlist the barriers to overcome stress and then structure your pattern of adaptation towards change. (Adel Ismail Al-Alawi, Arpita Mehrotra, 2019). Self-constructive approach is</p> <p style="text-align: right;"> Principal S J R Col for Women Rajajinagar Bengaluru-10</p>

	<p>always better than adopting general strategies. As a realistic approach, first explore yourself then ask for external help. Self-healing approach will help to resolve moderate levels of stress.(Dr. Sir Romesh Jayasinghe, OLS, OMR, KStI, 2017) The second important thing is to share your problem with a reliable and concerned person for the help. Third can be to accept unrepairable facts which are beyond your limits. Fourth avoid useless arguments and discussions. Always think about productive outcomes with peace of mind. Fifth, Remember a rolling stone never get moss, which teaches “change is nature of life”, so don't be in the same phase for a long time, monitor your thoughts, emotions and expectations. (P.K.Dutta, 2010) The new change or solution that has helped you to overcome the stress should be sustainable and long lasting. Stress management is a cycle of change to handle numerous stress through specific remedies. Never forget that there is life before full stop. Problems come along with the solutions, only needs to be explored.</p>
Organisers	Department of Physical Education, Sports Forum – Compete
Video Link	<a href="https://drive.google.com/file/d/1z0N4C98VrD4w8N9FBczCXDQGOCC0nzi/view?usp=drivesdk">https://drive.google.com/file/d/1z0N4C98VrD4w8N9FBczCXDQGOCC0nzi/view?usp=drivesdk</a>
Platform	Google meet Link: <a href="https://meet.google.com/grs-twby-vix">https://meet.google.com/grs-twby-vix</a>
Registration link	<a href="https://forms.gle/KccLEVRUUVdmUvJP9">https://forms.gle/KccLEVRUUVdmUvJP9</a>
Feedback link	<a href="https://forms.gle/3uG7jtwjdRMLHZo18">https://forms.gle/3uG7jtwjdRMLHZo18</a>
Screenshots	 <p>The screenshots show a Google Meet session with six participants. The participants are arranged in a 2x3 grid. The top row shows three participants: a woman with dark hair, a woman with glasses, and a woman with long dark hair. The bottom row shows three participants: a man with a beard, a woman with dark hair, and a woman with dark hair. Each screenshot shows the participant's video feed, a name label, and a portion of the meeting interface.</p>

*[Handwritten Signature]*

Principal  
S J R College for Women  
Ra ajinagar Bengaluru-1C



Report

Day -5

Date:14/08/2020

Time:11:AM -12:30 PM(IST)

Resources Person

Dr. Madhuri.P.Sadgir

Assistant Professor, Department of Physical Education, University of, Mumbai

Topic: "Stress Management Strategies A Realistic Approach"

Presided by: Dr.M.Shivarama Reddy

Director of Physical Education,BMS College of Engineering Bengaluru

In Presence of: Dr.Prema Siddaraju

Principal

SJR College for Women

Moderator: Dr.Paramma Kuravatti Physical Education Director

Introduction: Bhuvaneshwari Assistant Professor Department of Computer Sciences

Vote of Thanks: Smt.Sowmya H C Assistant Professor Department of Chemistry.

**Report-** Stress management starts with identifying the sources of stress in your life. This isn't as easy as it sounds. Your true sources of stress aren't always obvious, and it's all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you're constantly worried about work deadlines. But maybe it's your procrastination, rather than the actual job demands, that leads to deadline stress.

The four techniques can be explained this way:

1. Avoid unnecessary stress. Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stress in your life that you can eliminate.
2. Alter the situation. If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.
3. Adapt to the stressor. If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.
4. Accept the things that you can't change. Some sources of stress are unavoidable. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change. Yes, life can be unfair, but you are only on this planet once.

Principal

S J R College for Women  
Ra ajinagar Bengaluru-10



Sri Jagadguru Renukacharya Education Society (Estd. 1945)

# SJR College for Women

Rajajinagar, Bengaluru, Karnataka.

Accredited with 'A' Grade by NAAC

Department of Physical Education & Sports Organises

**ONE DAY NATIONAL WEBINAR ON THE OCCASION OF**

**NATIONAL SPORTS DAY**

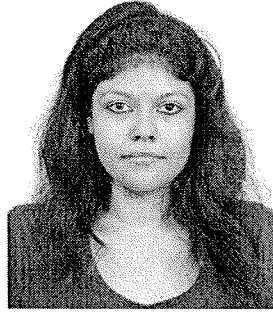
**Topic - "Sports Nutrition"**

KeyNote Speaker



Smt. Kalpana T S  
Principal,  
SJRPUCW

Resource Person



Ms. Sudeshna Bhowmik  
Sports Nutritionist  
ICMR National Institute of  
Nutrition, Hyderabad

Presided By



Dr. Prema Siddaraju  
Principal,  
SJRCW



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

Date - 29th August 2020

Time - 11.00 am - 12.30pm

Online Platform - Google Meet



Registration Link - <https://forms.gle/7NuoBtJpn3FjR4889>

Sri Shivaprakash  
Hon. President,  
SJRES

Principal and Staff

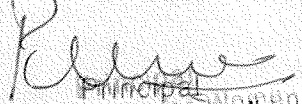
Sri. Nataraj C  
Hon. Secretary and  
Treasurer, SJRES

**SJR College for Women**

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

Contact No: 080-23359474, 080-23381734

e-mail id: sjrwomenscollege@gmail.com

  
Principal  
SJR College for Women  
Rajajinagar Bengaluru-11



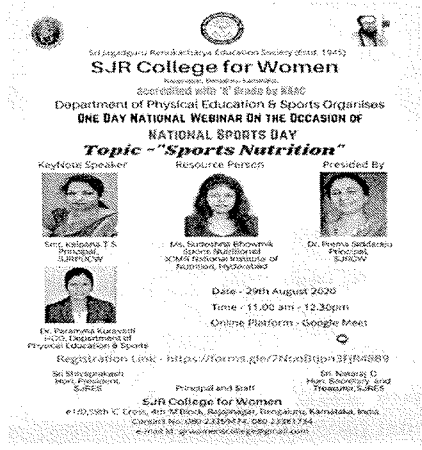


# S.J.R College for Women

Rajajinagar, Bangalore -560010

Department of Physical Education, Sports Forum – Compete

Report Day: 29/08/2020

## One Day National Webinar on the Occasion of National Sports Day

<p><b>Invitation</b></p>	
<p><b>Resource Person</b></p>	<p>Ms. Sudeshna Bhowmik Sports Nutritionist ICMR National Institute of Nutrition, Hyderabad</p>
<p><b>Thanking Letter</b></p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;">  <p>Ref: SJRCW/ 183 / 2020-21      Date: 27-08-2020</p> <p>To,</p> <p>Ms. Sudeshna Bhowmik Sports Nutritionist MYAS-NIN Department of Sports Science, ICMR-National Institute of Nutrition Hyderabad.</p> <p>Respected Madam,</p> <p>Thank you for accepting our Invitation to be a Resource Person for One Day National Webinar on "Sports Nutrition" to be conducted on 29/08/2020 Organized by the Department of Physical Education, S.J.R College for Women.</p> <p>We request you to kindly send the abstract of your talk to the mail id <a href="mailto:sportscompete.sjrcw@gmail.com">sportscompete.sjrcw@gmail.com</a></p> <p>Thanking You, Yours faithfully, <i>Prema</i> Principal S.J.R College for Women Rajajinagar, Bengaluru-560010</p> </div> <div style="width: 48%;">  <p>Ref: SJRCW/ 231 / 2020-21      Date: 09-09-2020</p> <p>To,</p> <p>Ms. Sudeshna Bhowmik Sports Nutritionist ICMR National Institute of Nutrition Hyderabad</p> <p>Respected Madam,</p> <p>We are extremely thankful to you for delivering an informative presentation on the topic "Sports Nutrition" on 29/08/2020 in the One day National Webinar on the occasion of National Sports day organized by the Department of Physical Education, S.J.R College for Women.</p> <p>It was an insightful talk highlighting on importance of nutrition.</p> <p>We hope to get a chance to hear such informative discussion from you in future as well.</p> <p>Thanking You, Yours faithfully, <i>Prema</i> Principal S.J.R College for Women Rajajinagar, Bengaluru-560010</p> </div> </div>
<p><b>Recourse Person CV</b></p>	<p><a href="https://drive.google.com/file/d/1g_2bcxveEcJ66G6kMkvO_ykUqbJctpYy/view?usp=sharing">https://drive.google.com/file/d/1g_2bcxveEcJ66G6kMkvO_ykUqbJctpYy/view?usp=sharing</a></p>
<p><b>Abstract of International Webinar</b></p>	<p><b>Sports Nutrition: Nutritional Need for Athletes</b> Ms. Sudeshna Bhowmik, M.Sc. Sports Nutritionist MYAS- NIN Department of Sports Science ICMR- National Institute of Nutrition, Hyderabad <b>Abstract:</b> Sports nutrition plays a key role in optimizing the beneficial effects of physical activity,</p> <p style="text-align: right;"><i>Prema</i> Principal Rajajinagar Bengaluru-10</p>

whether it is for coaches, professional athlete in training or exercising to improve your mental and physical health. Making informed decisions with nutrition and hydration can result in improved performance, injury prevention and quicker recovery but it's difficult to know where to start with so much conflicting information readily available. A nutrition professional offers a variety of services to support your health and sporting goals. This can range from a daily food diary to tips for eating after workouts or a comprehensive nutrition plan for training and competitions.

**The importance of sports nutrition:** Consuming the right balance of food and drink is important for every athlete and those actively participating in sport need to be aware that it can also affect performance. For example, athletes may need more calories than the average person or individuals training for bodybuilding competitions may need to increase their protein intake: a good nutrition plan is key to your success.

**Sports performance and energy:** Fuelling your body with the right foods is essential for sports performance, importantly fats, protein and carbohydrates which maintain the body's energy. Carbohydrates are the primary fuel used by working muscles, so adequate intake is essential for preventing muscle fatigue. Fats provide fatty acids that can be used as a source of energy - especially if your exercise sessions last longer than one hour. Fats also provide the building blocks for hormones and the formation of cell walls. Protein can be used as a source of energy and is critical for building new muscle tissue. If athletes taking part in resistance training, players body will require additional protein.

Nutrients are fuel for the body. In order for our physical and mental health to remain strong and healthy, athletes need to consume a balanced diet of nutrients that can carry you through everyday life. Not only whilst performing sports activity, but before and afterwards. Important nutrients include:


**Carbohydrates:** There are two key forms of carbohydrates – starchy or complex, and simple sugars. Simple sugars are carbohydrates found in refined products and provide a sweet taste such as white bread and sugary cereals. Naturally found in milk products, fruit and vegetables, they can also be added to foods such as white sugar, brown sugar, honey, molasses and maple syrup etc. Though all of the sugars which we eat (whether they occur naturally or are added) are used by the body in the same way, it is better to get your simple sugars from foods which they occur naturally in, as these foods also contain fibre an important nutrient.

**Fats:** Fat is an essential component of any diet as it helps the body to absorb nutrients as well as being a great source of energy. Although fats are important, we should still attempt to monitor how much we are eating. Large amounts could lead to excess weight gain and could result in an increased risk of serious health concerns. Saturated fats are commonly found in animal products and processed foods such as meat and dairy. This type of fat is not considered to be healthy for the heart and is thought to raise your LDL (bad) cholesterol levels. Unsaturated fats are found in foods such as avocados, olives, nuts and oily fish. They are considered to be heart healthy, can work to lower your LDL cholesterol levels and raise your HDL (good) cholesterol levels.

**Protein:** Protein is present in every cell of the body and is important for helping to build and repair tissues. It's also used to make enzymes, hormones and a variety of additional body chemicals as well as forming the building blocks of bones, muscles, cartilage, skin and blood. Protein-rich foods include meat, fish, eggs, pulses, nuts, seeds and soy products.


**Supplements:** Supplements are used by athletes, bodybuilders and sports men and women to boost their strength, performance and recovery. They are available in numerous different forms ranging from multivitamins and minerals through to protein, creatine and various other 'ergogenic' aids.

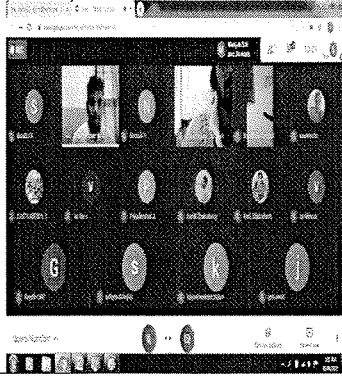
**Hydration:** It's crucial to stay hydrated when taking part in sports: inadequate fluid intake leads to dehydration as the body is trying to cool down through sweating. This not only affects your performance, but it can also be extremely dangerous to players health and develop further complications. Although dehydration can happen in any activity, it's more

  
Principal  
S J R College for Women  
Raichinagar, Bengaluru 10



	prevalent when exercising in hot and humid conditions. Water is perfect for rehydration, but if you are engaged in physical activity for longer than one hour, sports drinks that include electrolytes or natural coconut water can be helpful. Electrolytes, tiny charged particles, are essential for maintaining a healthy sodium and potassium balance in our body. They help to stimulate thirst and encourage drinking, as well as enhancing the body's ability to hold water.
Organisers	Department of Physical Education, Sports Forum – Compete
Video Link	<a href="https://drive.google.com/file/d/1nCEP75SKZo4qVvtHFZAiOY92WDZnny0K/view?usp=sharing">https://drive.google.com/file/d/1nCEP75SKZo4qVvtHFZAiOY92WDZnny0K/view?usp=sharing</a>
Platform	<a href="https://meet.google.com/teg-qhts-dcn">https://meet.google.com/teg-qhts-dcn</a>
Registration link	<a href="https://forms.gle/7NuoBtJpn3FjR4889">https://forms.gle/7NuoBtJpn3FjR4889</a>
Feedback link	<a href="https://forms.gle/gzxAKE4LtNqhJPnv9">https://forms.gle/gzxAKE4LtNqhJPnv9</a>
Screenshots	

  
 Principal  
 SJR College for Women  
 Rajanagar Bengaluru-10



## Report

Day -1

Date:29/08/2020

Time:11:AM -12:30 PM(IST)

Resources Person

Ms.Sudeshna Bhowmik

Sports Nutritionist

ICMR National Institute of Nutrition, Hyderabad

Topic: " Sports Nutrition "

Keynote Address: Dr.Prema Siddaraju

Principal

SJR College for Women

Presided by: Smt.Kalpna T S

Principal

SJRPU College for Women

Moderator: Mr. Punith Kumar N Assistant Professor Department of Commerce

Introduction: Ms.Ranjitha Assistant Professor Department of Commerce

Vote of Thanks : Dr.Paramma Kuravatti Physical Education Director

**Report-** Consuming the right balance of food and drink is important for everyone and those actively participating in sport need to be aware that it can also affect performance. For example, athletes may need more calories than the average person or individuals training for bodybuilding competitions may need to increase their protein intake: a good nutrition plan is key to your success.

Fuelling your body with the right foods is essential for sports performance, importantly fats, protein and carbohydrates which maintain the body's energy.

Carbohydrates are the primary fuel used by working muscles, so adequate intake is essential for preventing muscle fatigue. While it's important to monitor your fat intake, you shouldn't remove it from your diet completely. Fats provide fatty acids that can be used as a source of energy - especially if your exercise sessions last longer than one hour. Fats also provide the building blocks for hormones and the formation of cell walls. Proteins can be used as a source of energy and is critical for building new muscle tissue. If you're taking part in resistance training, your body will require additional protein.

Principal.

S J R College for Women  
Ra ajinagar Bengaluru-10

**Report on**  
**Faculty Development Programme**  
 on  
**"Current Challenges of Modern Methodologies in Teaching"**

(In association with Disciples India Management Consulting and Research Bengaluru)

at Prof. C.N Sharadamma Seminar Hall SJR College for Women Rajajinagar Bengaluru.

One day Faculty Development programme on "**Current Challenges of Modern Methodologies in Teaching**" In association with Disciples India Management Consulting and Research Bengaluru was held at Prof. C.N Sharadamma Seminar Hall SJRCW, on 18th of January 2020. The FDP aims to provide opportunities to faculty members to enrich their teaching skills, updating themselves with the new technology, challenges in teaching learning environment and to get an insight in the scholastic approach to enhance quality teaching. The programme also intends to develop the knowledge of participants in inculcating learning values in students, guiding and monitoring their progress.

The FDP was attended by 41 participants from faculty members of all the departments of SJRCW including the Principal.

**INAUGURAL SESSION:**

The esteemed personalities present on the inauguration of the programme:

- Sri.N.K.Sundaram (HR Consultant/Soft Skill Trainer/Content Developer-India and overseas)
- Sri. Shivprasad (Executive Director Disciples India).
- Sri N.R Nandish Hon. Secretary.SJRES
- Dr.Harshini C.S (Incharge-Principal SJRCW Rajajinagar).

Prof. Mahalakshmi, HOD of Humanities Department was the anchor for the day, Prof. Jinapriya from Computer Science Department welcomed all the respected dignitaries and participants. Dr.Joythi.E HOD of Biotechnology Department introduced the Resource person N.K Sundaram. Sri. N.R Nandish Hon. Secretary.SJRES highlighted regarding the effectiveness of FDP and appreciated for organizing the programme. Dr.Harshini C.S, Incharge-Principal emphasized the benefits of such kind of resourceful activity.

**MORNING SESSION:**

The session started with an interaction of Sundaram sir with the faculty members (The participants individual introduction and their expectation from the programme), followed by two activities where in the faculty members participated enthusiastically.

- Activity 1 -Know your colleagues.
- Activity 2- Group activity (on challenges faced by teachers in the classroom).

  
 Principal  
 S J R College for Women  
 Rajajinagar Bengaluru-10



The following topics were covered in the morning session.

- a. Current challenges in teaching.
- b. Mock interviews.
- c. Five important P's for effective teaching (prior preparation prevents poor performance).

#### **AFTERNOON SESSION:**

In this session the participants were acquainted with the significance of 'ROLE MODLE' to aspire and influence the students for knowledge, attitude and skills for a fruitful life. The following points were discussed in the session:

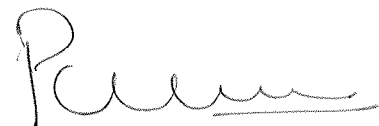
- Teacher as a role model.
- Modern methodology in teaching.
- What are Life Skills and Why they are important for students.
- Identifying, nurturing and developing talented students.

#### **VALEDICTORY SESSION:**

The honorable personalities present for the occassion were Sri.N.K.Sundaram (HR Consultant/Soft Skill Trainer/Content Developer-India and overseas), Sri. Shivprasad (Executive Director Disciples India) and Dr.Harshini C.S (Incharge-Principal SJRCW Rajajinagar). The resource person Sri.N.K.Sundaram was falicitated by Dr.Harshini C.S (Incharge-Principal SJRCW Rajajinagar). The programme was ended with vote of thanks by Smt.Shobha Rani HOD of Commerce department.

#### **CONCLUSION:**

All the session were very much informative. This discussed area of great benefit for the participants as the topics match with the current working domain. Participants were enlighten with the most widely and advanced teaching technologies. This in turn will help the participants for their overall development in the career i.e., performed growth



Principal  
S J R College for Women  
Rajajinagar Bengaluru-10



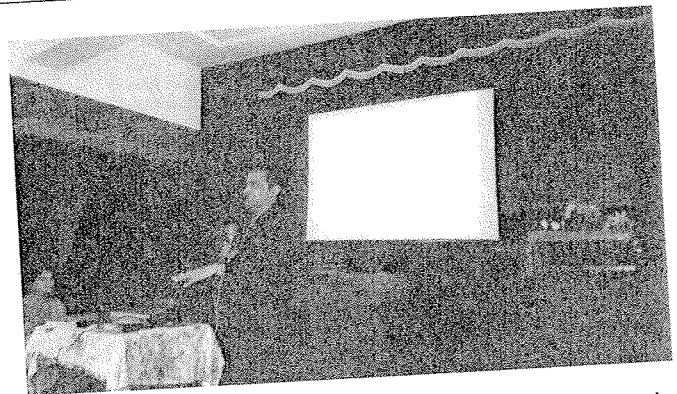
2018-19

# FACULTY DEVELOPMENT PROGRAMME

## RECENT CHANGES IN NAAC RE-ACCREDITATION PROCESS & PREPARATION FOR IV CYCLE

Dr. Devender Kawday  
Deputy Advisor NAAC  
Organised by IQAC- 16/5/2018

Dr. Devender Kawday explained about how NAAC has developed quality parameters/criteria for IV cycle Re-Accreditation. The most important feature is the Vision Mission which should be based on logic i.e., rational, conceptual framework for higher education, with exceptional creative ideas. Due importance should be given to ICT based core values-philosophy of NAAC to develop integrating values, acquisition of knowledge, quest for excellence. To develop integrated quality enriched strong academic and administrative background to improve quality of the institution.



Administrative audit should be based on quality changes based on information. Learning should be made enjoyable and used as a measuring strategy. Quality of higher education should be enhanced using data visualization and delivery plus data integration.

delineated into metrics. 121 metrics- prepared, generated from the beginning. For Qualitative metrics the requirement is statement & answer. For Quantitative metrics- the requirement is Data or number.

Work-plan should show a direction to improve quality of employer, Employees, Students, Principal and Society. The speaker had suggestions for faculty- "Be valuable to all, it makes a difference. It facilitates collegiality enforces co-ordination. There is a need to preserve quality. What do you want to see in the world? It's the way you react and behave."

Creativity, innovative ideas, industry-academy partnership, workshops, should motivate the students. Alumni interactions with their alma mater should be given preference with respect to financial and non-financial aspects.

Dr. Devender Kawday discussed the Quality indicator framework, 7 Criteria- Core subjects of higher education. 34 Key indicators-

The speaker also stressed about the importance to be given based on curriculum aspects, including Certificate and Diploma courses. Structured feedback should be analyzed, which is very essential to change. He encouraged the staff with the following statement, "United we can make a difference for future generations. Concentrate on skill development in all streams of education. Concentrate on teaching, learning process. Outcome matters."

Extension activity in the neighborhood should

be given due importance. Social responsibility with futuristic vision increases student achievement. Create an opportunity; focus on talents, weakness and remedy. Destination of the world is shaped in classroom. Teacher has the capacity to think and be creative, focus on innovation and output.

The speaker motivated the participant teachers – “Everybody’s participation helps in the growth of the institution. Leadership is the capacity to develop along with others. Concentrate on best practices. We can adopt it and go along with it to gain for our development, institutional development and

student development. Individuals cannot grow without institutional growth. Think about the time, vision, passion, perfection. Think like an artisan. Think of the work in progress, have a passion quotient and curious quotient. Institutional value and best practices should have a focus. The focus should be on the stake holders. **Documentation and planning should be given due importance.**”

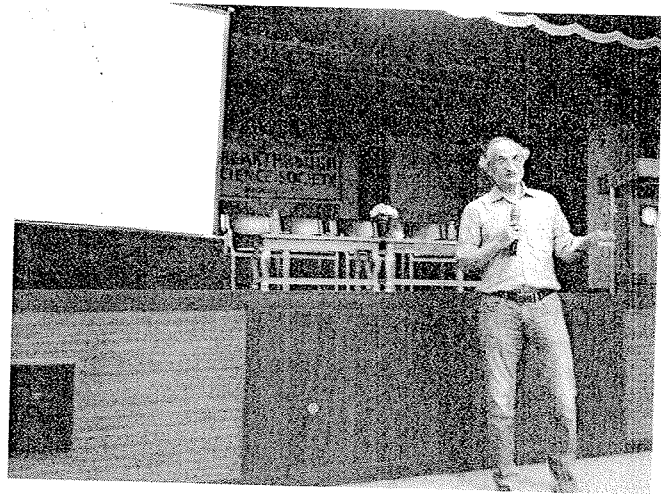
Dr. Kawday also highlighted the significance of solar energy and for best practice singing of our National Anthem.

## GUEST LECTURE ABSTRACTS

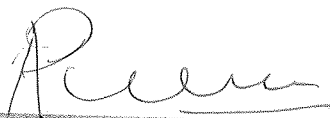
### THE MOON THROUGH THE AGES

**Prof Jayant Murthy**  
Senior astrophysicist  
Indian Institute of Astrophysics  
Organised by Scientia- 27/7/2018

**P**ublic seminar was arranged in association with Break through Science society in our college. Prof. begins with narration of how lunar eclipse happens and it is nothing but an astronomical phenomenon. Total lunar eclipse 2018 or blood moon was observed on 27th July 2018 Friday night. This was the longest lunar eclipse of the century. The total lunar eclipse would last for one hour and 43 minutes. The partial eclipses, would precede and follow the total eclipse, would last more than an hour. The partial eclipse of the moon will start at 11.54 pm on July 27. The total eclipse would begin at 1 AM on July 28. The moon will be the darkest at 1.52 AM on July 28 and would continue till 2.43 AM. It will remain partially eclipsed till 3.49 AM of July 28. The moon will have a reddish hue, a phenomenon popularly referred to as a blood moon. Prof Jayanth murthy explains that there is no scientific evidence of any harmful rays



coming during blood moon eclipse which can increase or impact on microbial activity during eclipse. It is absolutely safe to eat, drink water and continue doing our normal activities during eclipses. He then interacts with our students and staff and cleared their doubts.

  
Principal  
S J R College for Women

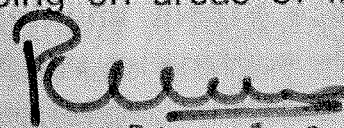


## FACULTY DEVELOPMENT PROGRAMME

A unique two day Shikshak Swadhyay Aanandshala (workshop) was organized for educators in association with SJR College for Women (SJRCW) in Bengaluru on November 7 and 8. More than 130 educators from 40 reputed institutions of Bengaluru of North and South districts participated.

The Aanandshala was inaugurated on 7<sup>th</sup> morning by lighting of lamp. The program was presided over by Dr.H.M. Tejaswini, Principal, SJRCW and the Keynote address was delivered by Dr. Devender Kawday, Deputy Adviser at National Assessment and Accreditation Council (NAAC). Shri. Kawday praised BSM for its mission to accomplish the resurgence in the field of education based on Bharatiya ethos. He also emphasized the need for quality and values in higher education and the role of teachers in molding the personality of students. Dr. Tejaswini, in her presidential address stressed upon the importance of Shikshak Swadhyay and exhorted the lecturers to be active participants. The Aanandshala was conducted by National Organizing Secretary of BSM, Shri. Mukul Kanitkar. The participants actively engaged themselves in the group discussions on both days. During the valedictory session, the participants volunteered to share their experiences about the Aanandshala and also speak about the Shikshak Swadhyay amongst their teaching fraternity. Shri. Mukul ji, in his valedictory address, stressed upon the need for actionable commitment from the participants.

Shri. Mukul Kanitkar's session began with three objectives – Introspection, Goal setting & Resolve. It was insisted that teachers have to reflect on their self identity; pride & joy of being a teacher; and introspect one's responsibility. He then spoke of national consciousness, pride in heritage, eternal values and character building in students as 'Goal setting' for teachers. The third session was 'how to resolve' – under which the teachers were encouraged to build a conducive environment in the society, family, institution and nation at large. It was an attempt to empower the teachers and prepare them to become agents of change in the next generation; an attempt to realize their own potential through introspection and focusing on areas of improvement.



Principal  
SJR College for Women  
Rajinagar Bengaluru-10





**Chief Patrons:**

N.R.Panditharadhya  
President, SJRES

T.G.Mruthyunjaya  
Vice President, SJRES

B.S.Nataraj  
Vice President, SJRES

**FDP Chairperson:**  
Dr. H.M. Tejaswini  
Principal, SJRCW

**Organising Committee: IQAC Members**  
Smt. Gayathri.M.P - 9880260030  
Smt. Tanuja Sriram - 9980065965  
Sri.Gurudath. M.N - 9845763330

**Registration Details:**

- Time: 9:30 am
- Entry Fee: Rs.200 Per Participant
- Payable through Cash
- Spot Registration

**S.J.R College for Women**

Rajajinagar, Bengaluru-10.  
Email : principal@sjrcw.edu.in  
Tel : 080-23359474



**S.J.R College for Women**  
Rajajinagar, Bengaluru-10.  
Re-Accredited with 'A' grade by NAAC

Faculty Development Programme  
On

**Effective Teaching Skills  
with Reference to Research**  
[An IQAC Initiative]

Date: 16<sup>th</sup> March 2017

Time: 10:00 a.m

Venue: Smt.Lalithamma & Sri.Channabasappa Auditorium

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

2016-17



## **Profile of the College:**

S.J.R College for Women, established in 1988, by Sri Jagadguru Renukacharya Education Society is located centrally at Rajajinagar entrance and is a landmark Institution well known in Bengaluru. The College has good facilities and is committed to provide excellent education for the success of students. SJRCW has consistently achieved among the best to empower women students and enable them for a better future, reflecting the college's outstanding teaching and learning provision over many years.

The college has enabled its students to distinguish themselves in various fields of humanities, commerce, management, science and computer applications. SJRCW is permanently affiliated to Bangalore University and is recognized by UGC under **Sec 2(f) and 12(B)**. The college has been re-accredited by NAAC with 'A' grade.

## **About Resource Person**

**Dr Sandeep Shastri** is a Political Scientist who is the Pro Vice Chancellor of the Jain University and Director of its Centre for Research in Social Sciences and Education (CERSSE). He is also the National Coordinator of the Lokniti network. His research is largely in the field of a) Election Studies; b) Federalism; c) Innovation in Teaching; and d) Survey based research. He has to his credit 10 Books, more than 40 articles in Edited Books and over 60 articles in referred Research Journals, besides more than 200 articles in Op Ed pages of newspapers.

## **About the Program**

“Effective Teaching Skills with Reference to Research” is selected to help the faculty to improve their ways of approach, design and deliver teaching sessions and to meet the challenges of changing face of today's class room. It helps to discover the opportunities for professional growth and advancement that these changes provide.

This programme tries to define teacher effectiveness. It draws out assessment for learning and for improving education and classroom practice.



Faculty Development Programme  
"EFFECTIVE TEACHING SKILLS WITH  
REFERENCE TO RESEARCH"

Dr. Sandeep Shastri  
Political Scientist

Pro Vice Chancellor, Jain University  
Director - Centre for Research  
in Social Sciences and Education

Organized By Internal Quality Assurance Cell (IQAC)  
SJRCW - 16/3/2017

A Faculty development programme (FDP-2017) was conducted at SJR College for Women, on 16th March 2017 of the college. The FDP programme received a response with 60 participants from the faculty of SJRCW and other colleges.

Dr. Sandeep Shastri briefed the participants about the subjects chosen for the FDP: "Effective teaching skills, with a focus on Research" and highlighted the reasons and importance of the same. Dr. Shastri started his discussion with the basic concept of education - learning, and teaching. He shared the important aspects to be considered in teaching-learning process. He highlighted the importance of learning and gave ideas about domains of learning i.e. approaching our theme: understanding our learners and effective classroom strategies.

The session was an interactive session where faculty members were motivated to interact with every aspect that came under discussion.

Dr. Sandeep Shastri reflected on our professional roles-think individually, work collectively for the benefit of students; thirst for knowledge in oneself to inspire students.

Dr. Shastri discussed the responsibilities of the teacher of being an example while dealing with the student. The behaviour of the teacher, responsibility towards students, learning process for the teachers which reflects in classroom teaching was also focussed in the session.

The importance of preparedness and grace was emphasised. The level of preparedness required while coping with slow learners, the grace needed by a teacher in dealing with students and their queries was brought into the focus of discussion.



The programme also evoked keen interest in the faculty members who responded to questions on the "E's" of learning-Effective teaching, evaluation, exchange of ideas, educate, empower, enrich, excellence, enthusiasm, empathy, encouragement, efforts to identify the positive side of the students and being efficient. Dr. Shastri shared his knowledge with participants giving examples and helped to make the subject a matter of discussion and in turn creating interest among the participants.

Being a researcher requires inspiration and getting re-inspired was a great opportunity.

The following feedback was received from the participants of FDP:

1. The FDP brought practical knowledge of the subject in them and motivated them.
2. The participants felt that the delivery and presentation of the resource person was good and the FDP was coordinated very well.
3. Participants felt that such FDP should be arranged regularly which helps to inculcate healthy teaching practices and research culture.

