

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

**DAY 1**  
  
**Dr. Basavaraju G. Sanganahalli, PhD**  
 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**

**DAY 2**  
  
**Sri. Manjunath Reddy**  
 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**  
  
**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 Chaluvraju**  
 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 Renulacharya Education Society Estd. 1945  
**S.J.R. COLLEGE FOR WOMEN**  
 #1/D, 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**

    
 Hon. Secretary, SJRES      Hon. President, SJRES      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

#### Coordinator:

Manjula S N - 9986652811,

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

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. Basavaraju Ganganna

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. Smt Saraswathi

SJR Rajajinagar PU College

M → wel → JE

Intr →SCS

Vot→ Megha

**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 : Anthropocene – 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. Girigowda Chaluvvaraju**  
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

**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

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



**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** 



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



**Sri. N.R. Nandish**  
Hon. Secretary, 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, 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. Nataraj. C**  
Hon. Treasurer, SJRES



**Dr. Prema Siddaraju**  
Principal, SJRCW

## 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**

### 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.

## PROGRAM SCHEDULE

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

**RESOURCE PERSON**



**Dr. Rakesh Tomur**  
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), BNU

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

**RESOURCE PERSON**



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



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

**PRESIDED BY:**

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

**RESOURCE PERSON**



**Sri Sumartiningsih**  
Faculty of Sports Science,  
Universitas Negeri  
Semarang, Indonesia  
**Topic: "Physical Fitness and  
Social Wellness the need for  
Covid-19 Pandemic"**

**PRESIDED BY**



**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**



**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"**

**PRESIDED BY**



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

**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  
Science



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



# S.J.R College for Women

Rajajinagar, Bangalore -560010

Department of Physical Education, Sports Forum – Compete

Day: 10/08/2020 Report

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

Date:10/08/2020

<p><b>Invitation</b></p>	
<p><b>Resource Person</b></p>	<p><b>Dr. Rakesh Tomur</b> Academician, Research Scientist, Applied Nutritionist and Marathon Runner, Saudi Arabia</p>

## 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 [sirwomenscollege@gmail.com](mailto:sirwomenscollege@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  
SJR College for Women  
Rajajinagar, Bengaluru-560010

## Recourse Person CV

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

## Abstract of International Webinar

### Wellness: Building Right Approach in Pandemic

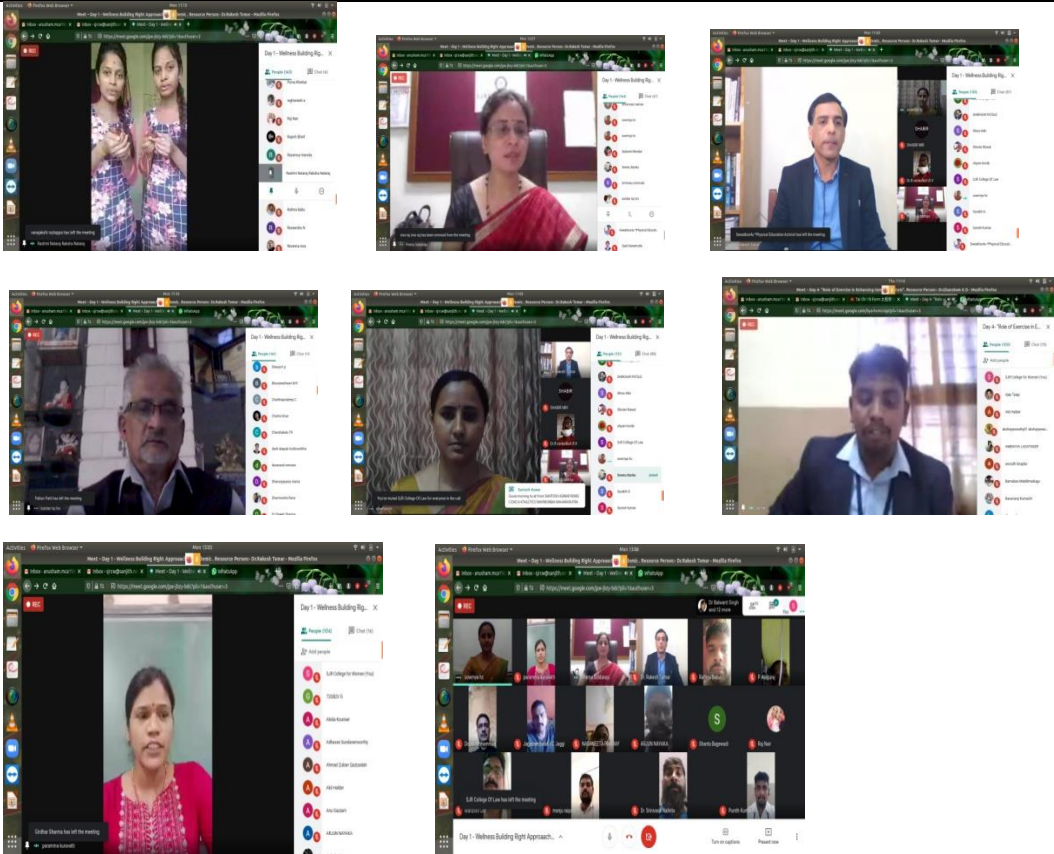
**Dr. Rakesh Tomar**

**Physical Education Department**

**King Fahd University of Petroleum and Minerals, Saudi Arabia**

#### Abstract

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.
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>
Feedback link	<a href="https://docs.google.com/forms/d/e/1FAIpQLSe_xqraJPulwyWII4lPuu9jwaMv_6loP2C5WScRQdqSafpopQ/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLSe_xqraJPulwyWII4lPuu9jwaMv_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"</p>

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.

Report - Measures taken to reduce the spread of COVID-19 are causing changes in everyday schedules are disrupting workout routines for many Americans.

- Exercise is especially important now because it can reduce stress, prevent weight gain, boost the immune system, and improve sleep.
- 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.

# S.J.R College for Women


Rajajinagar, Bangalore -560010

Department of Physical Education, Sports Forum – Compete

Day: 11/08/2020 Report

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

Date:11/08/2020

<p><b>Invitation</b></p>	 <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. Rakesh Tomar, Academician, Research Scientist, Applied Nutritionist and Marathon Runner, Saudi Arabia  <b>KEYNOTE ADDRESS:</b> Dr. Sumdar Raj Urs, Prof., Professor, UPCE, BUJ, Former Registrar (J), BRU  <b>Topic:</b> "Wellness Building Right Approach in Pandemic"  <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, Sanatan Dharm, Post Graduate College, Muzaffarnagar (UP), India  <b>PRESIDED BY:</b> Prof. D.M. Jyothi, Chairman, Department of Physical Education &amp; Sports Sciences, Karnatak State Akkamahadevi Women's University, Vijayapura</p> <p><b>DAY 3- 12/8/2020 From 11:00AM to 12:30 PM</b>  <b>SPEAKER</b> Sri Sumartiningih, Faculty of Sports Science, Universitas Negeri Semarang, Indonesia  <b>Topic:</b> "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 Sciences, 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. Ghansham K D, Associate Professor, Bombay Physical Culture Association, Bharatya Krida Mandir, Naigaum X Road, Wadala, Mumbai-41  <b>Topic:</b> "Role of Exercise in Enhancing Immune System"  <b>PRESIDED BY</b> Dr. Kiran Kumar H K, Director of Physical Education, MAST, Bangalore</p> <p><b>DAY 5- 14/8/2020 From 11:00AM to 12:30 PM</b>  <b>SPEAKER</b> Dr. Madhuri P Sagar, Assistant Professor, Department of Physical Education, University of Mumbai  <b>Topic:</b> "Stress Management Strategies A realistic Approach"  <b>PRESIDED BY</b> Dr. M. Shivarama Reddy, Director of Physical Education, BMS College of Engineering, Bangalore</p> <p><b>ORGANIZING COMMITTEE</b>      Dr. Parvina Kuravatti, HOD, Department of Physical Education, Sports      Ms. Seemay S C, Assistant Professor, Department of Chemistry      Ms. Bhuvaneshwari M R, Assistant Professor, Department of Computer Science      Mr. Punitkumar N, Assistant Professor, Department of Commerce</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.  <b>Coordinators</b>      Dr. Parvina Kuravatti- 9611067838      Mr. Punitkumar N- 8197112007</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>

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,

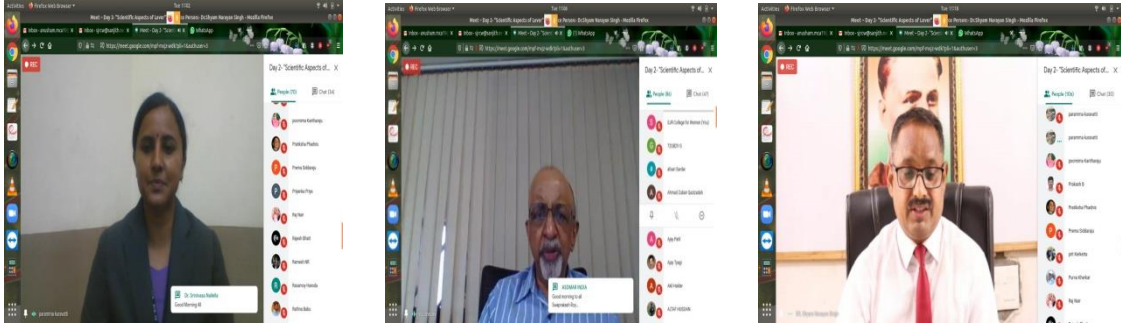
Principal  
S.J.R College for Women  
Rajajinagar, Bengaluru-560010

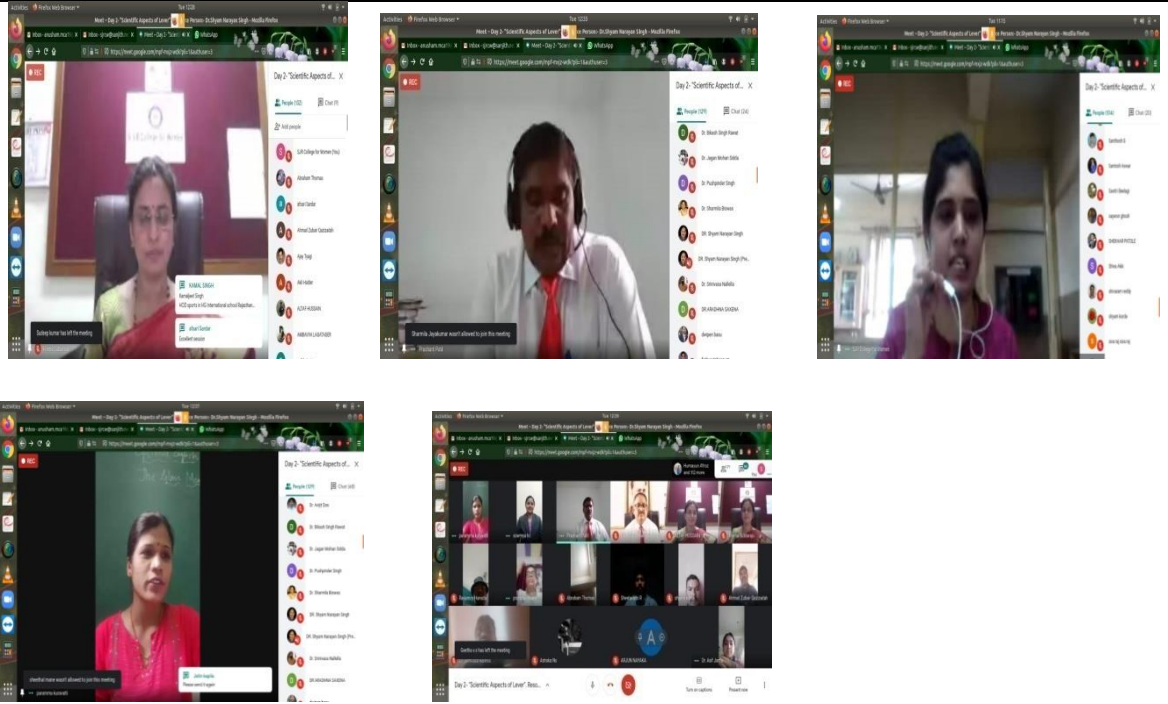
Recourse Person CV

<https://drive.google.com/file/d/13mci7UUDq4ACnXon1inzwFrb1X8Tgrmh/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)

	<p><b>SCIENTIFIC ASPECTS OF LEVER</b>  <b>ABSTRACT</b>  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 &amp; 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 &amp; axes, muscles, voluntary muscles, origin &amp; 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</p>
<b>Organisers</b>	Department of Physical Education, Sports Forum – Compete.
<b>Video Link</b>	<a href="https://drive.google.com/file/d/1v2LQDVdkgIozWxC4rANFpuDpu2VpDj3/view?usp=drivesdk">https://drive.google.com/file/d/1v2LQDVdkgIozWxC4rANFpuDpu2VpDj3/view?usp=drivesdk</a>
<b>Platform</b>	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>
<b>Registration link</b>	<a href="https://forms.gle/KccLEVRUUVdmUvJP9">https://forms.gle/KccLEVRUUVdmUvJP9</a>
<b>Feedback link</b>	<a href="https://forms.gle/MECcfjHDazR8gGG3A">https://forms.gle/MECcfjHDazR8gGG3A</a>
<b>Screenshots</b>	



**Report**

Day -2

Date:1108/2020

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

Resources Person:

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

Chairmen, 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.

# S.J.R College for Women

Rajajinagar, Bangalore -560010

Department of Physical Education –

Day: 12/08/2020 Request

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

Date:12/08/2020

### Invitation

**S.J.R. COLLEGE FOR WOMEN**  
#10,50TH 'C' Cross, 4th 'M'Block, Rajajinagar, Bangalore, Karnataka, India  
Accredited with 'A' Grade by NAAC

**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 10-8-2020 to 14-8-2020  
Time:11:00 AM – 12:30 PM  
Registration Link: <https://forms.gle/KcL1EVUUv4mUvP9> Platform: Google Meet & Youtube Livestreaming

**Vision: "In Pursuit of Excellence"**  
Mission: To equip women students to become self-reliant, intellectually vibrant, socially committed, spiritually serene and emotionally secure individuals with a global outlook.  
Principal of the college: Sri. R. N. Anand  
Sri. R. N. Anand  
Hon. President, IQAC  
Sri. N. S. Reddy  
Hon. Secretary, IQAC  
Sri. N. S. Reddy  
Hon. Treasurer, IQAC  
Dr. Parama Kuravatti  
Principal, SPCW

**PROGRAM SCHEDULE**

**DAY 1 - 10/8/2020 From 11:00AM to 12:30 PM**  
**SPEAKER** Dr. Rakesh Tomur  
Academician, Research Scientist, Applied Nutritionist and Marathon Runner, Saudi Arabia  
Topic: "Wellness Building Right Approach in Pandemic"  
**KEYNOTE ADDRESS:** Dr. Sumdar Raj Urs  
Rtd., Professor, UPCE, BUB  
Former Registrar (Ev), BNU

**DAY 2- 11/8/2020 From 11:00AM to 12:30 PM**  
**SPEAKER** Dr. Shyam Narayan Singh  
Associate Professor, Head, Department of Physical Education, Sanatan Dharma, Post Graduate College, Muzaffarnagar (UP), India  
Topic: "Scientific Aspects of Leisure"  
**PRESIDED BY:** Prof. D.M. Jyothi, Chairman,  
Department of Physical Education & Sports Sciences, Karnataka State Akkamahadevi Women's University, Vijayapura

**DAY 3- 12/8/2020 From 11:00AM to 12:30 PM**  
**SPEAKER** Sri. Sumartiningih  
Faculty of Sports Science, Universitas Negeri Semarang, Indonesia  
Topic: "Physical Fitness and Social Wellness the need for Covid-19 Pandemic"  
**PRESIDED BY** 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 11:00AM to 12:30 PM**  
**SPEAKER** Dr. Ghansham K D  
Associate Professor, Bombay Physical Culture Association  
Bharatya Krifa Mandir, Naigaum X Road, Wadala, Mumbai-31  
Topic: "Role of Exercise in Enhancing Immune System"  
**PRESIDED BY** Dr. Kiran Kumar H K  
Director of Physical Education, MSRT, Bangalore

**DAY 5- 14/8/2020 From 11:00AM to 12:30 PM**  
**SPEAKER** Dr. Madhuri P Sagar  
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, Bangalore

**ORGANIZING COMMITTEE**

Dr. Parama Kuravatti  
HOD, Department of Physical Education & Sports  
Ms. Sonuaji V C  
Assistant Professor  
Department of Chemistry  
Ms. Bhuvanashree M R  
Assistant Professor  
Department of Computer Science  
Mr. Punithkumar N  
Assistant Professor  
Department of Commerce

**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 Livechat.
9. E-certificate will be sent to your registered Email id after submitting the feedback form.

**Coordinators**  
Dr. Parama Kuravatti- 9611067838  
Mr. Punithkumar N- 8197112007

### Resource Person

Resources Person  
Sri Sumartiningih, Ph.D

Faculty of Sports Science, Universitas Negeri Semarang, Indonesia

Sri Jagadguru Reunakacharya Education Society Estd. 1945  
**SJR COLLEGE FOR WOMEN**  
 #170-559 th. C Cross, 4th 'M' Block, Rajalinagar, Bengkulu, Sumatera, 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"**  
**12-8-2020 11:00 AM - 12:30 PM (IST)**  
**TOPIC: PHYSICAL FITNESS AND SOCIAL WELLNESS, THE NEED**  
**FOR COVID-19 PANDEMIC**  
**DAY 3**  
 Google meet link : <https://meet.google.com/teo-gttu-qgk>  
 YouTube live streaming : <https://youtu.be/CNjWFMlTbc>  
**Resource Person**  
**Sri Sumartiningih, Ph.D**  
 Faculty of Sports  
 Science, Universitas  
 Negeri Semarang,  
 Indonesia  
**Keynote Address**  
**Sri. N.R. Nandish**  
 Hon.  
 Secretary,  
 SJRES  
**Presided By**  
**Dr. C.Venkatesh**  
 Professor and  
 Chairman, Department  
 of Studies in Physical  
 Education & Sports  
 Sciences, Sports  
 Pavilion, University of  
 Mysore  
**In Presence of**  
**Dr. Prema Siddaraju**  
 Principal,  
 SJR College  
 for  
 Women

Thanking Letter



Sri Jagadguru Reunakacharya Education Society\*  
 ಎಸ್. ಜಿ. ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು  
**SJR**  
**College for Women**  
(Affiliated to Durgam Cheruvu Central University & Accredited with 'A' Grade by NAAC),  
 #170, 559<sup>th</sup> Cross, 4<sup>th</sup> 'M' Block, Rajalinagar, Bengkulu-360 011.  
 Phone: 080-23381734, 23355474. E-mail: principal@sjrcw.ac.in,  
 Website: www.sjrcw.ac.in

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 [sjrwomenscollege@gmail.com](mailto:sjrwomenscollege@gmail.com)

Thanking you,  
 Yours faithfully

  
 (Dr. Prema Siddaraju)  
 Principal



Sri Jagadguru Reunakacharya Education Society\*  
 ಎಸ್. ಜಿ. ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು  
**SJR**  
**College for Women**  
(Affiliated to Durgam Cheruvu Central University & Accredited with 'A' Grade by NAAC),  
 #170, 559<sup>th</sup> Cross, 4<sup>th</sup> 'M' Block, Rajalinagar, Bengkulu-360 011.  
 Phone: 080-23381734, 23355474. E-mail: principal@sjrcw.ac.in,  
 Website: www.sjrcw.ac.in

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 hear such informative discussion from you in future as well.

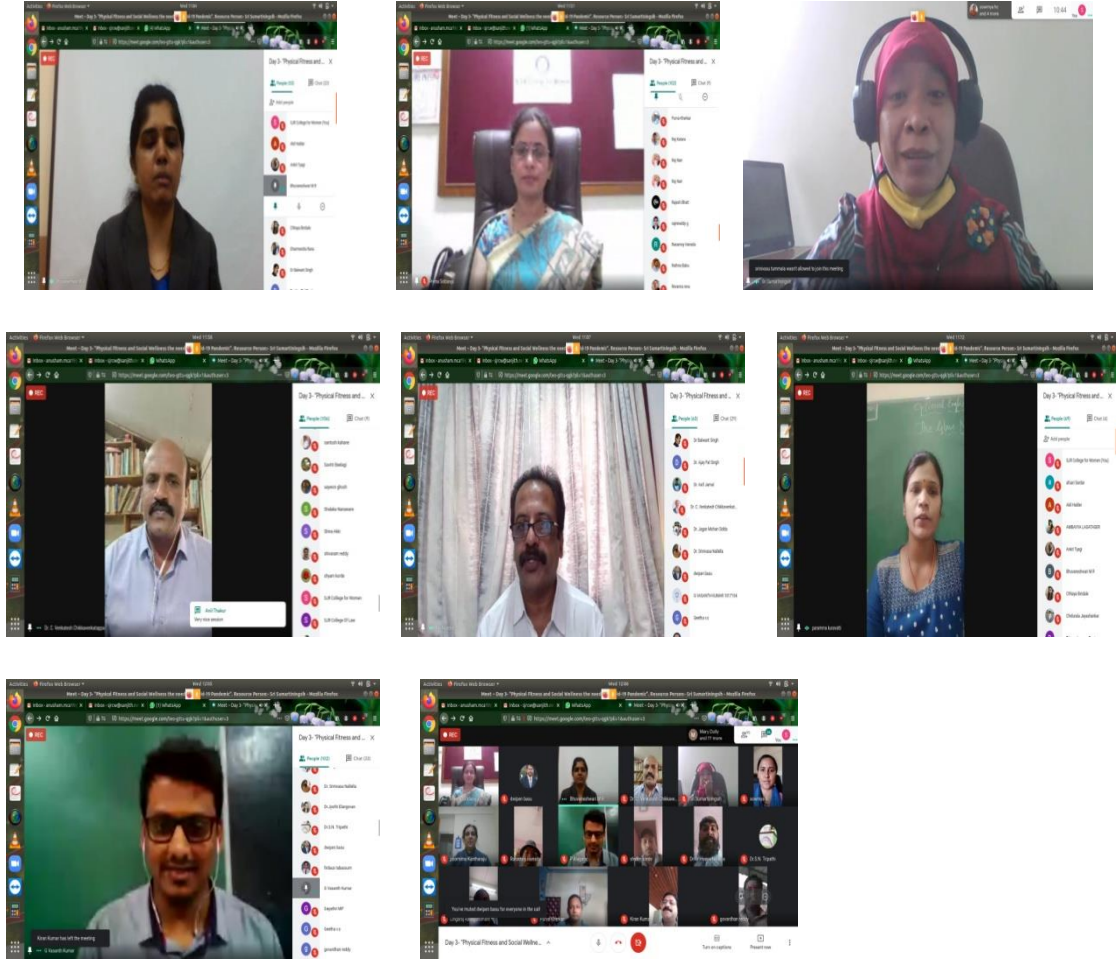
Thanking You,  
 Yours faithfully,

  
 Principal  
 S.J.R. College for Women  
 Rajalinagar, Bengkulu-360010

Recourse Person CV

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

<p><b>Abstract of International Webinar</b></p>	<p>Physical Fitness and Social Wellness the need for Covid-19 Pandemic</p> <p>Sri Sumartiningsih  Department of Sports Science, UniversitasNegeri Semarang  Email: sri.sumartiningsih@mail.unnes.ac.id</p> <p>Abstract</p> <p>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.</p> <p>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 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>
<p><b>Organisers</b></p>	<p>Department of Physical Education, Sports Forum – Compete</p>
<p><b>Video Link</b></p>	<p><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></p>
<p><b>Platform</b></p>	<p>Google meet link : <a href="https://meet.google.com/teo-gttu-qgk">https://meet.google.com/teo-gttu-qgk</a></p>

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	
Report	<p>Day -3</p> <p>Date:12/08/2020</p> <p>Time:11:AM -12:30 PM(IST)</p> <p>Resources Person</p> <p>Sri Sumartiningsih,Ph.D</p> <p>Faculty of Sports Science,Universitas Negeri Semarang, Indonesia</p> <p>Topic: “Physical Fitness and Social Wellness, the Need for Covid-19 Pandemic”</p> <p>Keynote Address: Sri.N.R.Nandish</p> <p style="text-align: center;">Hon.Secretary,SJRES</p>

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.

# S.J.R College for Women

Rajajinagar, Bangalore -560010

Department of Physical Education, Sports Forum – Compete

Day: 13/08/2020 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:13/08/2020</p>
<p><b>Invitation</b></p>	
<p><b>Resource Person</b></p>	<p><b>Dr. Ghansham.K.D</b> Associate Professor, Bombay Physical Culture Association Bharatiya Krida Mandir,Naigaum X Road,Wadala,Mumbai-31</p>

Sri Jagadguru Renukacharya Education Society Estd. 1945  
**SJR COLLEGE FOR WOMEN**  
 #172, 50<sup>th</sup> C, Cross, 4<sup>th</sup> Block, Rajajinagar, Bengaluru-560010, 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"**  
**13-8-2020 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-iqa>  
 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

Thanking  
Letter

Sri Jagadguru Renukacharya Education Society\*  
 ಎಸ್. ಜಿ. ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು  
**SJR College for Women**  
 (Affiliated to Bangalore Central University & Accredited with 'A' Grade by NAAC)  
 #172, 50<sup>th</sup> C, Cross, 4<sup>th</sup> Block, Rajajinagar, Bengaluru-560 010,  
 Phone: 080-23301734, 23395474. E-mail: principal@sjrcew.edu.in,  
 Website: www.sjrcew.edu.in

Ref: SJRCW/ 165 / 2020-21 Date: 17-08-2020

To,  
 Dr. Ghansham Kashinathrao Dhokrat  
 Associate aprofessor, 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/1EinTlyxWRtvItiVqJ71BQI\\_YkVVGk0rM/view?usp=sharing](https://drive.google.com/file/d/1EinTlyxWRtvItiVqJ71BQI_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.

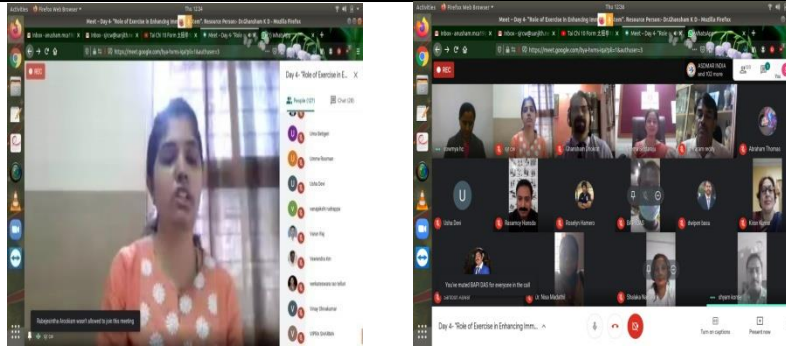
**Benefits of regular exercise** are - Feel Happier, Help to Weight Loss, Improve Muscles and Bones, Increase Energy Levels, Reduce Risk of Chronic Disease, Reduce risk of heart diseases, Manage blood sugar and insulin levels, Improve Brain Health and Memory, Help with Relaxation and Sleep Quality, Help 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 exercise, strengthening exercise, flexibility exercise or Yoga even though you can choose the Indian traditional exercise like Suryanamaskara, Dand and Baithakas.

**Exercise and Immune System-** 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

**Benefits of Exercise in Enhancing Immunity-** 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.

	<p>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_N906ck6CRZtnJkJ_7t_N5/view?usp=drivesdk">https://drive.google.com/file/d/18H2jru1FU_N906ck6CRZtnJkJ_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	 <p>The screenshots show a Google Meet session with six participants. The participants are: a woman in a dark jacket, a man in a white shirt and tie, a woman in a red and yellow sari, a woman with glasses, a man in a blue shirt, and a man with a mustache in a dark shirt. Each screenshot shows the participant's video feed, the meeting controls, and the list of other participants.</p>



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.

## S.J.R College for Women

Rajajinagar, Bangalore -560010

Department of Physical Education, Sports Forum – Compete

Day: 14/08/2020 Report

### Five days international webinar “A Scientific Approach Towards Physical Fitness, Social Wellness and Stress Management During Covid-19”. Date:14/08/2020

#### Invitation

**SRI JAGADGURU RENUKACHARYA EDUCATION SOCIETY (ESTD. 1945)**  
**S.J.R. COLLEGE FOR WOMEN**  
 #1/D, 99TH 'C' Cross, 4th 'B' Block, Rajajinagar, Bangalore, Karnataka, India  
 Accredited with 'A' Grade by NAAC

**RQC 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 10-8-2020 to 14-8-2020  
 Time: 11:00 AM - 12:30 PM  
 Registration Link: <https://forms.gle/KcCLFYRU32xmhv9P9> Platform- Google Meet & Youtube Livestreaming

**Vision: "In Pursuit of Excellence"**  
 Mission: To equip women students to become self-reliant, intellectually vibrant, socially conscious, physically active and emotionally mature individuals with a global mindset.

**Profile of the college:**  
 SJR College for Women located centrally at Rajajinagar campus in a landmark building with a rich tradition of 50 years. It is a well-known institution in Bangalore for its long history serving to empower women students and enable them to register 2000 for a degree course. Established in the year 1968 by SJR Education Society (SJRES) as a PU College, the foundation stone was laid in 1969 for the degree college. Since its inception, the College has been distinguished management members, Principals and student body who have contributed to the growth, expansion and recognition of the college over the years. The network of SJRES are faculty and whole hearted commitment to the mission of building, educating and leading the reputation of young women.

**Dr. Shree Lakshmi Prasad, SJR**

**PROGRAM SCHEDULE**  
**DAY 1 - 10/8/2020 From 11:00AM to 12:30 PM**  
**SPEAKER** Dr. Rakosh Tomar, Academician, Research Scientist, Applied Nutritionist and Marathon Runner, Saudi Arabia  
**KEYNOTE ADDRESS:** Dr. Sundar Raj Lira, Rtd., Professor, UPCE, BUB Former Registrar (Ev), BNU  
**Topic:** "Wellness Building Right Approach in Pandemic"

**DAY 2- 11/8/2020 From 11:00AM to 12:30 PM**  
**SPEAKER** Dr. Shyam Narayan Singh, Associate Professor, Head, Department of Physical Education, Sansana Dharm, Post Graduate College, Muzaffarnagar (UP), India  
**PRESIDED BY:** Prof. D.M. Jyothi Cheluman, Department of Physical Education & Sports Sciences, Karnataka State Akkamahadevi Women's University, Vijayapura

**DAY 3- 12/8/2020 From 11:00AM to 12:30 PM**  
**SPEAKER** Sri. Sumartaningih, Faculty of Sports Science, Universitas Negeri Semarang, Indonesia  
**Topic:** "Physical Fitness and Social Wellness the need for Covid-19 Pandemic"  
**PRESIDED BY** 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 11:00AM to 12:30 PM**  
**SPEAKER** Dr. Ghansham K D, Associate Professor, Bombay Physical Culture Association, Bharatya Krida Mandir, Naigam X Road, Wadala, Mumbai-31  
**Topic:** "Role of Exercise in Enhancing Immune System"  
**PRESIDED BY** Dr. Kiran Kumar H K, Director of Physical Education, MSRT, Bangalore

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

**ORGANIZING COMMITTEE**  
 Dr. Paramma Kuravatti, HOD, Department of Physical Education & Sports  
 Ms. Sangeetha K, Assistant Professor, Department of Chemistry  
 Ms. Manjunathamma M K, Assistant Professor, Department of Computer Science  
 Mr. Punithkumar N, Assistant Professor, Department of Commerce

**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 Livechat.
9. E-certificate will be sent to your registered Email id after submitting the feedback form.

**Coordinators**  
 Dr. Paramma Kuravatti- 9611067838  
 Mr. Punithkumar N- 8197112007

Resource Person

Dr. Madhuri.P.Sadgir  
Assistant Professor, Department of Physical Education, University of, Mumbai

Sri Jagadguru Renukacharya Education Society Estd. 1945  
**SJR COLLEGE FOR WOMEN**  
#1/D,59 th '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"**  
14-8-2020 11:00 AM - 12:30 PM (IST)  
TOPIC: **STRESS MANAGEMENT STRATEGIES A REALISTIC APPROACH**  
**DAY 5**  
Google meet link : <https://meet.google.com/grs-twby-vix>

**Resource Person**  
**Dr. Madhuri .P. Sadgir**  
Assistant Professor,  
Department of  
Physical Education,  
University of Mumbai

**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

Thanking Letter

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

Ref No: SJRCW/ 127 /2020-21 Date: 29-07-2020

To,  
**Dr. Madhuri Pandharinath Sadgir**  
Assistant Professor  
Department of Physical Education  
University of Mumbai.

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: 05  
Resource Person: **Dr. Madhuri Pandharinath Sadgir**  
Topic: **Stress Management Strategies- A realistic approach.**  
Date: 14-08-2020, Friday  
Time: 11 am. To 12.30 pm.

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

Thanking you,  
Yours faithfully

(Dr. Prema Siddaraju)  
Principal

Sri Jagadguru Renukacharya Education Society®  
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#1/D, 59<sup>th</sup> 'C' Cross, 4<sup>th</sup> 'M' Block, Rajajinagar, Bengaluru-560 010  
Phone: 080-23381734, 23359474, E-mail: principal@sjr.edu.in,  
Website: www.sjr.edu.in

Ref: SJRCW/ 166 / 2020-21 Date: 17-08-2020

To,  
**Dr. Madhuri P Sadgir**  
Assistant Professor  
Department of Physical Education  
University of Mumbai

Respected Madam,

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 & 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 personality development.

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/1u2D3sv9ZxohnAruw3P94c5DaJiwjxryH/view?usp=sharing>

Abstract of  
International  
Webinar

**Stress Management strategies-a realistic approach**

Dr. Madhuri Sadgir,  
Assist. Professor  
Dept. Physical Education  
University of Mumbai  
(professor.amdhuri@gmail.com)

Abstract

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 **eustress** 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 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.

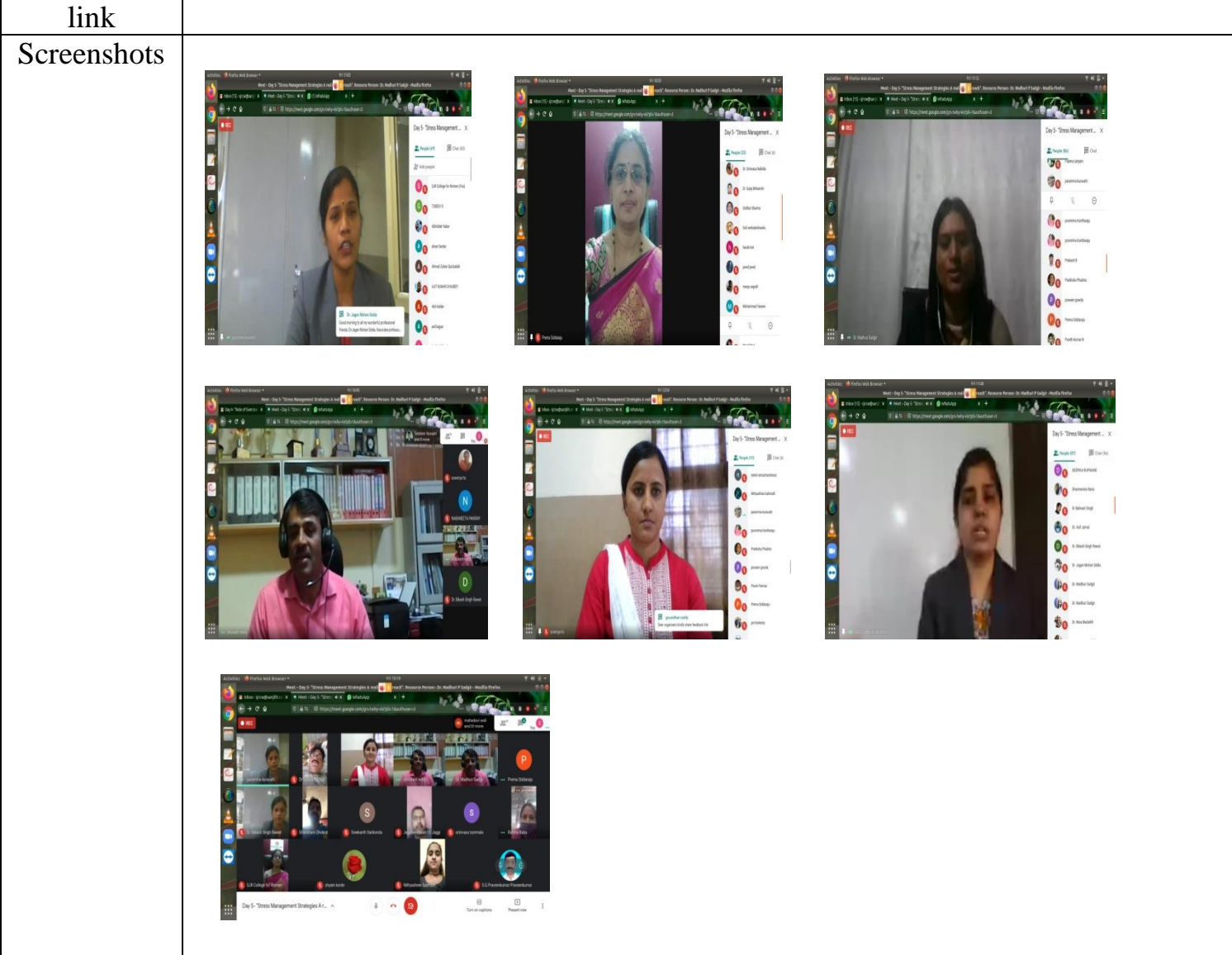
**Organisers** Department of Physical Education, Sports Forum – Compete

**Video Link** <https://drive.google.com/file/d/1z0N4C98VrD4w8N9FBczCXDQGOCC0nzi/view?usp=drivesdk>

**Platform** Google meet Link: <https://meet.google.com/grs-twby-vix>

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

**Feedback link** <https://forms.gle/3uG7jtwjdRMLHZo18>



Report	<p>Day -5</p> <p>Date:14/08/2020</p> <p>Time:11:AM -12:30 PM(IST)</p> <p>Resources Person</p> <p>Dr. Madhuri.P.Sadgir</p> <p>Assistant Professor, Department of Physical Education, University of, Mumbai</p> <p>Topic: "Stress Management Strategies A Realistic Approach"</p> <p>Presided by: Dr.M.Shivarama Reddy</p> <p>Director of Physical Education,BMS College of Engineering Bengaluru</p> <p>In Presence of: Dr.Prema Siddaraju</p> <p style="text-align: center;">Principal</p> <p style="text-align: center;">SJR College for Women</p> <p>Moderator: Dr.Paramma Kuravatti Physical Education Director</p> <p>Introduction: Bhuvaneshwari Assistant Professor Department of Computer Sciences</p> <p>Vote of Thanks: Smt.Sowmya H C Assistant Professor Department of Chemistry.</p> <p><b>Report-</b> 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.</p> <p>The four techniques can be explained this way:</p> <ol style="list-style-type: none"> <li>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 stressors in your life that you can eliminate.</li> <li>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.</li> <li>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.</li> </ol>



	<p>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.</p>
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## One Day National Webinar on the Occasion of National Sports Day

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

**Registration Link - <https://forms.gle/7NuoBtjpn3FjR4889>**

Sri Shivaprakash  
Hon. President,  
SJRES

Principal and Staff  
**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: sjr womenscollege@gmail.com

Sri. Nataraj C  
Hon. Secretary and  
Treasurer, SJRES

Date - 29th August 2020  
Time - 11.00 am - 12.30pm  
Online Platform - Google Meet

## 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
Invitation	



Resource Person

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

Thanking Letter



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

**Ref: SJRCW/ 183 / 2020-21** **Date: 27-08-2020**


To,


Ms. Sudeshna Bhowmik  
Sports Nutritionist  
MYAS-NIN Department of Sports Science,  
ICMR-National Institute of Nutrition  
Hyderabad.

Respected Madam,

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**.

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

Thanking You,  
Yours faithfully,  
  
Principal  
**S.J.R College for Women**  
Rajajinagar, Bengaluru-560010



**SJR** Sri Jagadguru Renukacharya Education Society®  
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#1/D, 59<sup>th</sup> 'C' Cross, 4<sup>th</sup> 'M' Block, Rajajinagar, Bengaluru-560 010,  
Phone: 080-23381734, 23359474, E-mail: principal@sjrwc.edu.in,  
Website: www.sjrwc.edu.in

**Ref: SJRCW/ 231 / 2020-21** **Date: 09-09-2020**

To,


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

Respected Madam,

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, **SJR College for Women**.

It was an insightful talk highlighting on importance of nutrition.

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/1g\\_2bcxveEcJ66G6kMkvO\\_ykUqbJetpYy/view?usp=sharing](https://drive.google.com/file/d/1g_2bcxveEcJ66G6kMkvO_ykUqbJetpYy/view?usp=sharing)

Abstract of International Webinar

**Sports Nutrition: Nutritional Need for Athletes**  
**Ms. Sudeshna Bhowmik, M.Sc.**  
**Sports Nutritionist**  
**MYAS- NIN Department of Sports Science**  
**ICMR- National Institute of Nutrition,**  
**Hyderabad**  
**Abstract:**

Sports nutrition plays a key role in optimizing the beneficial effects of physical activity, 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.

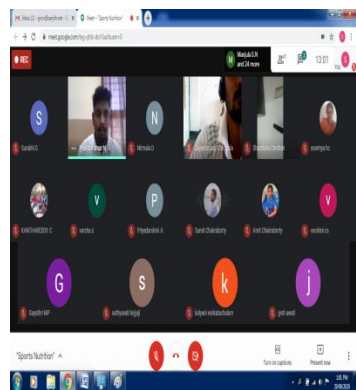
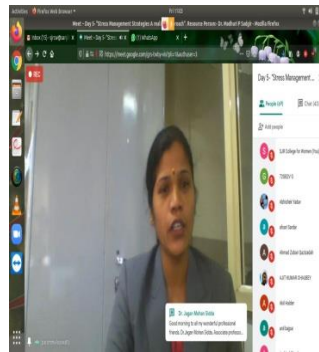
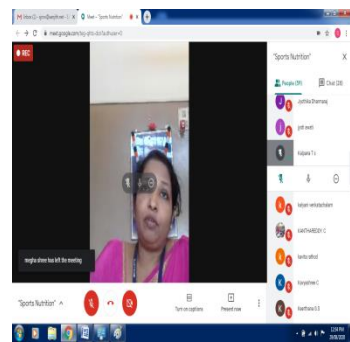
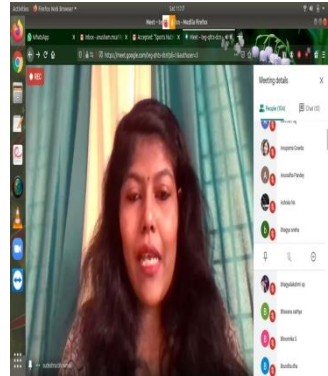
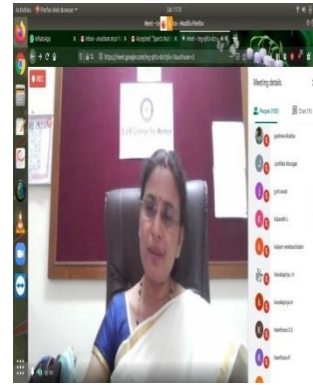
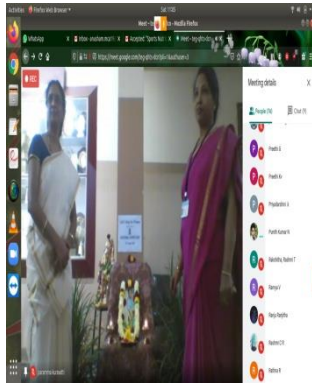
Nutrients are fuel for the body. In order for our physical and mental health to remain strong and healthy, athletes need to consume a balanced diet of nutrients that can carry you through everyday life. Not only whilst performing sports activity, but before and afterwards. Important nutrients include:

**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

	<p>heart healthy, can work to lower your LDL cholesterol levels and raise your HDL (good) cholesterol levels.</p> <p><b>Protein:</b> 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.</p> <p><b>Supplements:</b> 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.</p> <p><b>Hydration:</b> 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 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.</p>
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



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.Kalpana 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.

# 3 days International FDP- Hands-On Moodle

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 7 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

**moodle** Stabilize Optimize Transform

**Key-Note Address**      **Presidential Address**      **In Presence**

**Mr. Naveen Sanaq,**  
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/JqnK7ckJGeHe1gYP8>

**Dr. Vedamurthy KB**      **Sri. Prabhudev Kalmat**      **Sri. Veerabhadraiah S R**  
Hon. President, SJRES      Hon. Secretary, SJRES      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



## **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  
SJRC College for Women  
Rajajinagar Bengaluru-10

Chairperson  
Alumni Committee

## FDP on Effective Teaching skills with Reference to Research

### Chief Patrons:

N.R.Panditharadhya  
President, SIRES

T.G.Mruthyunjaya  
Vice President, SIRES

B.S.Nataraj  
Vice President, SIRES

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](mailto: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

### **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 (CERSSSE). 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:












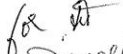






1. The FDP brought practical knowledge of the subject in them and motivated them.
2. The participants felt that the delivery and presentation of the resource person was good and the FDP was coordinated very well.
3. Participants felt that such FDP should be arranged regularly which helps to inculcate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

S. F. R. C. U  
Faculty development Programme.

on 16/3/2017.

By Dr Sandeep Chastrey,  
Pro-Vice Chancellor Jain University

Received note book and pen.

- ① Sheena V.A. Sheel
- ② Veerabhadraswamy S.V. 
- ③ Chandababu S. 
- ④ Kavitha M.S. 
- ⑤ N. P. Redita G.G. 
- ⑥ Shobha Rani 
- ⑦ Radha V. 
- ⑧ Vijayashree B. Gudi 
- ⑨ Anitha 
- ⑩ Akshatha M. 
- ⑪ Anita S. 
- ⑫ Jyoti. E. 
- ⑬ Gayatri M.P. 
- ⑭  
- ⑮ Pushpalatha S. 
- ⑯ SUVARNA RAJ. B. 
- ⑰ M. AHALAKSHMI K. 
- ⑱ Esther. B. 

19. Jnapriya.S (Rem)
20. Chasanya Vanditha Chait
21. Rashmi. AS
22. Seelatha. KV
23. Supriya. Sup
24. Sheelavathi.R. R
25. Sowmya.H.C. Sowmya.H.C
26. Uzma.K. Uza
27. Kavitha.V. Kav
28. MANJULA S.N. Man
29. Nagarathna V.R. Nagarathna V.R
30. Siddalinganmas.c. S
31. LIKITHAA. L
32. Hemavathi.R. H
33. Chaitra.M. Chaitra
34. Yamini.S.K. YSK
35. Fenika.R. F.R
36. Jyothi.M.N. Jm
37. SudhaPani.M. S
38. Manjula.H.K. M
39. Principal.

Principal  
 P. Chandrakala

*S.J.R College for Women*  
*Faculty Development Program*  
*On*  
*Effective Teaching Skills with Reference to*  
*Research*

*Feedback Form*

<u>Aspects</u>	<u>Rating</u>
<b>About the Topic</b>	Relevant <input checked="" type="checkbox"/> <span style="margin-left: 150px;">Not Relevant <input type="checkbox"/></span>
<b>About the Resource Person</b>	Excellent <input checked="" type="checkbox"/> <span style="margin-left: 150px;">Good <input type="checkbox"/></span>
<b>Content Covered</b>	Very Satisfactory <input checked="" type="checkbox"/> <span style="margin-left: 150px;">Satisfactory <input type="checkbox"/></span>
<b>Overall Organization</b>	Excellent <input checked="" type="checkbox"/> <span style="margin-left: 150px;">Good <input type="checkbox"/></span>
<b>Any other suggestion</b>	

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*Please fill up this response card and submit to the organizers at the end of event.*



*S.J.R College for Women*  
*Faculty Development Program*  
*On*  
*Effective Teaching Skills with Reference to*  
*Research*

*Feedback Form*

<u>Aspects</u>	<u>Rating</u>
<b>About the Topic</b>	Relevant <input type="checkbox"/> Not Relevant <input checked="" type="checkbox"/>
<b>About the Resource Person</b>	Excellent <input checked="" type="checkbox"/> Good <input type="checkbox"/>
<b>Content Covered</b>	Very Satisfactory <input type="checkbox"/> Satisfactory <input checked="" type="checkbox"/>
<b>Overall Organization</b>	Excellent <input checked="" type="checkbox"/> Good <input type="checkbox"/>
<b>Any other suggestion</b>	

*Please fill up this response card and submit to the organizers at the end of event.*

Mahalakshmi


***S.J.R College for Women***  
***Faculty Development Program***  
***On***  
***Effective Teaching Skills with Reference to***  
***Research***

***Feedback Form***


<b><u>Aspects</u></b>	<b><u>Rating</u></b>
<b>About the Topic</b>	Relevant <input checked="" type="checkbox"/> Not Relevant <input type="checkbox"/>
<b>About the Resource Person</b>	Excellent <input checked="" type="checkbox"/> Good <input type="checkbox"/>
<b>Content Covered</b>	Very Satisfactory <input checked="" type="checkbox"/> Satisfactory <input type="checkbox"/>
<b>Overall Organization</b>	Excellent <input checked="" type="checkbox"/> Good <input type="checkbox"/>
<b>Any other suggestion</b>	Teaching skills were imparted practically. But it lacked Research into it. Research also needed attention.

*Please fill up this response card and submit to the organizers at the end of event.*

## FDP on shikshak Swadhyay Aanandshala



**SJR College For Women  
and  
Bharatiya Shikshan Mandal**



*Request the pleasure of your company for the  
Inauguration of the*

**Shikshak Swadhyay - A Workshop for Teachers**

By  
**Shri. Mukul Kanitkar**  
National Organizing Secretary  
Bharatiya Shikshan Mandal

Guest of Honour  
**Dr. Devender Kawday**  
Deputy Adviser  
National Assessment and Accreditation Council (NAAC)

Presided by  
**Dr. H.M. Tejaswini**  
Principal  
SJR College For Women

**at 10 AM on 7<sup>th</sup> November 2017**

**Venue:** Auditorium, SJR College For Women  
1/D, 59 'C' 4th 'M' Block, Rajajinagar, Bengaluru-560010  
Landmark: Rajajinagar Entrance, Opposite Sujata Talkies

ॐ

**Puttannaiah. S**  
Secretary, BSM  
Karnataka (South)

**Contact:** +91 99008 74878 / +91 91138 99093 / +91 9980588331



ಭಾರತೀಯ ಶಿಕ್ಷಣ ಮಂಡಲ,ಕರ್ನಾಟಕ (ದಕ್ಷಿಣ)

**Bharatiya Shikshan Mandal, Karnataka (Dakshin)**

Reg Office : #55, 1<sup>st</sup> main road, Seshadripuram, Bengaluru, Karnataka  
Contact address: No 598, 44<sup>th</sup> cross, 8<sup>th</sup>Block, Jayanagar, Bangalore – 560 070.  
Mobile : +91 99805 88331 / +91 99008 74978  
Email : bsm.karnataka@gmail.com Web : www.bsmbharat.org

To,

Date:  
Location: Bangalore

**Subject: Invitation to participate in a Self-Learning Workshop for Teachers - "Shikshak Swadhyay"**

Respected Sir/ Madam,

Bharatiya Shikshan Mandal is a pan India voluntary organization working towards accomplishing national resurgence in the field of education. The Mandal conducts its activities in association with schools & colleges, to improve the quality of educators and education by developing a national education paradigm.

Shikshan Mandal has devised a unique two day workshop for educators called 'Shikshak Swadhyay' which enables them to experience self-respect through self-learning, and thereby enhance their understanding of and reverence for the nation and its culture. This re-orientation workshop will be highly beneficial to teachers and institutions alike. The workshop itself comprises all the elements of theory, inspiration and experiential activities.

We request you to make the best use of this opportunity to participate in this transition workshop scheduled on November 7<sup>th</sup> and 8<sup>th</sup> 2017 by deputing lecturers from your institution. The workshop is certain to make your lecturers return to your institution with clarity and purpose.

Workshop Details	
Workshop Venue	SJR College For Women , 4th M Block, Manjunath Nagar, Rajaji Nagar, Bengaluru - 560010
Workshop Day 1 Schedule	On Tuesday, November 7, 2017 workshop begins at 9 AM ends at 6 PM. # Sessions : 3 ( Inauguration , Session 1 and Session 2 )
Workshop Day 2 Schedule	On Wednesday, November 8, 2017 workshop begins at 9 AM ends at 4 PM. # Sessions : 2 (Session 1 and Valedictory )
Participation Fee	Rupees one hundred.

A brief summary of the Workshop is enclosed. The following experienced enthusiasts will be glad to provide you any information that you may seek.

With Regards,

*S. Puttannaiah*  


**Puttannaiah S.**  
Secretary, BSM Karnataka (South)  
+91 9980588331

Sri. Arunkumar M R	+91 94835 11321	mrarunakumar@rediffmail.com
Prof M Siddananda	+91 91138 99093	m.siddananda@gmail.com
Sri Subramanya B A	+91 99008 74878	subramanya.ba@gmail.com



## ಭಾರತೀಯ ಶಿಕ್ಷಣ ಮಂಡಲ,ಕರ್ನಾಟಕ (ದಕ್ಷಿಣ)

### Bharatiya Shikshan Mandal, Karnataka (Dakshin)

Reg Office : #55, 1<sup>st</sup> main road, Seshadripuram, Bengaluru, Karnataka  
Contact address: No 598, 44<sup>th</sup> cross, 8<sup>th</sup> Block, Jayanagar, Bangalore – 560 070.

Mobile : +91 99805 88331 / +91 99008 74978

Email : bsm.karnataka@gmail.com Web : www.bsmbharat.org

**Bharatiya Shikshan Mandal** was founded on the auspicious day of Rama Navami in the year 1969 with the objective of accomplishing national resurgence in the field of education. It aims at evolving a National Education Policy, Curriculum, Systems & Methodology based on Bharatiya ethos.

A number of educational, intellectual and experimental activities are being implemented at the national level to bring awareness about the Bharatiya Education System, Tradition and Culture. Shikshan Mandal envisages accomplishing its objectives through a five dimensional framework namely Anusandhan (Research), Prabodhan (Awareness), Prashikshan (Orientation), Prakashan (Publication) and Sangathan (Networking).

BSM has designed a program titled “EQIP (Education Quality Improvement Programme)” to achieve quality enhancement of educational institutes. EQIP has three components: Teachers, Managements and Parents. An orientation programme for teachers ‘Shikshak Swadhyay – Teacher Self-study’ is designed to be conducted in association with schools & colleges. Academic excellence, congenial ambience and overall institutional contribution to the society can be improved by the collective efforts of managements, parents and teachers. BSM conducts joyful interactive sessions for all the three. ‘Abhibhavak Udbodhan -Awakened Parents’ for parents and ‘Sansthachalak Paramarsh - Education Management Consultation’ for School Managements are unique programmes that contribute to fortify their respective strategies.

## Shikshak Swadhyay

### Objective

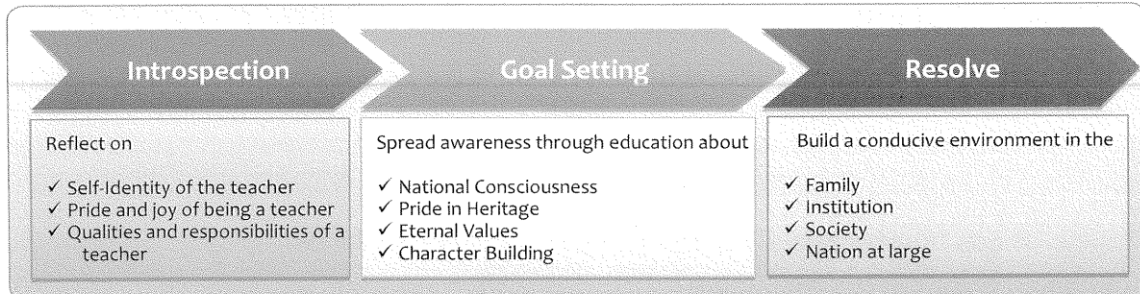
‘वयंराष्ट्रेजागृयाम पुरोहिताः’ – ‘Let us awaken the nation’ is the theme of the ‘Shikshak Swadhyay’.

We believe the motivation level and attitude of the teacher will decide the future of any education system. Hence, it is essential to empower the teachers and prepare them to become the agents of change. The teacher should not only take the responsibility of building the personality of the student but also the collective consciousness, thus creating an empowered society which will build the Nation and lay the foundation for an informed, dedicated and devoted Global Citizen.

### Methodology

On the basis of the objectives of the project, the workshop adopts innovative interactive methodology comprising presentation, discussion, dialogue, experience sharing, storytelling, group activities, experimentation, goal setting and resolve.

### Content





ಭಾರತೀಯ ಶಿಕ್ಷಣ ಮಂಡಲ, ಕರ್ನಾಟಕ (ದಕ್ಷಿಣ)

**Bharatiya Shikshan Mandal, Karnataka (Dakshin)**

Reg Office : #55, 1<sup>st</sup> main road, Seshadripuram, Bengaluru, Karnataka  
Contact address: No 598, 44<sup>th</sup> cross, 8<sup>th</sup> Block, Jayanagar, Bangalore – 560 070.  
Mobile : +91 99805 88331 / +91 99008 74978  
Email : bsm.karnataka@gmail.com Web : www.bsmbharat.org

ಶಿಕ್ಷಕ ಸ್ವಾಧ್ಯಾಯ ಕಾರ್ಯಾಗಾರ - ಬೆಂಗಳೂರು 7, 8 ನವೆಂಬರ್ 2017  
Shikshak Swadhyay Workshop - Bangalore 7,8 November 2017

ಸಮಯ ಸಾರಿಣಿ - Time Table

ದಿನಾಂಕ 7/11/2017, ಮಂಗಳವಾರ

ಅವಧಿಗಳು Sessions	ಸಮಯ Time	ಕಾಲಾವಧಿ Duration
ನೋಂದಣಿ Registration	9 AM to 10 AM	1 Hr
ಉದ್ಘಾಟನೆ Inauguration	10 AM to 10.45 AM	45 Minutes
ಕಾರ್ಯಾಗಾರದ ಮೊದಲನೆಯ ಅವಧಿ Workshop - First Session	10.45 AM to 11.30 AM	45 Minutes
ಪಾನೀಯ Tea Break	11.30 AM to 11.45 AM	15 Minutes
ಮೊದಲನೆಯ ಅವಧಿ ಮುಂದುವರಿಯುವುದು First Session will resume	11.45 AM to 12.45 PM	1 Hour
ಊಟದ ವಿರಾಮ Lunch Break	12.45 PM to 1.30 PM	45 Minutes
ಎರಡನೇ ಅವಧಿ Second Session	1.30 PM to 2.15 PM	45 Minutes
ಪಾನೀಯ Tea Break	2.15 PM to 2.30 PM	15 Minutes
ಎರಡನೇ ಅವಧಿ ಮುಂದುವರಿಯುವುದು Second Session will resume	2.30 PM to 3.30 PM	1 Hour

①

Sl. No.	NAME	COLLEGE NAME	PHONE NUMBER.
1.	KUSUMA, C.R	S.J.R WOMENS COLLEGE	9731776198
2.	CHAITRA, M	S.J.R WOMENS COLLEGE	9844542883
3.	DR. ANITHA	S.J.R WOMENS COLLEGE	08023359474
4.	CHANDRAKALA, T.R	S.J.R " "	9986927564
5.	SHOBHA RANI, R	" " "	7259807906
6.	JYOTHI MAGODU NAGARAJU	" " "	9986258230
7.	HEMAYATHI, R	" " "	9886972111
8.	LIKITHA, A	" " "	9632765787
9.	SUVARNA RAJ, B	" " "	8095864457
10.	PUSHPALATHA, S	" " "	9945234368
11.	RADHA VENKATASUBRAMANYA	" " "	9448854880
12.	TANUJA SRIRAM	" " "	08023359474
13.	GURUDATA, M.N	" " "	9845763330
14.	H. K. MANJULA	" " "	9900138820
15.	KAVITHA, M. S	" " "	
16.	MAHALAKSHMI, K	" " "	9844297624
17.	KAVITHA, V	" " "	9739520633
18.	S. SAROJA	" " "	9731405354

Sl.No	NAME	COLLEGE NAME	PHONE NUMBER.
19.	RANJITHA, M.	" " "	9739013414
20.	UZMA, K	" " "	9845439585
21.	DR. VIJAYASHREE, B. GUDI	" " "	7259399939
22.	GEETHA, V. S	" " "	8884585727.
23.	PROF. S. NAGABHUSHAN	(BHS HES) Vijaya college Rd	8277174736.
24.	SHWETHA, H.M	R.V. TEACHERS COLLEGE	7829346833
25.	PRIYA, T	M.E.S. VIDYASAGARA MPL SASTRY, P.U. COLLEGE	9844998363.
26.	M. DEEPASHREE	" " " " "	9986708584
27.	GOPALA, K	SSMRV P.U COLLEGE	9741536660
28.	KEERTHI, BADIADKA	SILICONCITY P.U COLLEGE	9845207913
29.	PROF. SHREENIVASA, S. BALLI	BHASHAVESHWARA ENGINEERING COLLEGE	9448759427
30.	SURESH SHETTY	VIJAYA TEACHERS COLLEGE	9611168320
31.	DR. PRAVEEN KUMAR, T.D	VIJAYA TEACHERS COLLEGE	9964629452
32.	NAGARAKSHMI, M. L	PAVAN ENGLISH SCHOOL	9632722012
33.	USHA, B. C	PAVAN COMPOSITE P.U COLLEGE	9902963904



## 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.

**FDP on current challenges and modern methodologies in teaching**



## **SJR COLLEGE FOR WOMEN**

Accredited by NAAC with 'A' grade  
Rajajinagar, Bengaluru-10

*Cordially invites you for*

### **"FACULTY DEVELOPMENT PROGRAM"**

*On*

*Current Challenges & Modern Methodologies in Teaching*

*By*

**Sri. N K Sundaram**

*HR Consultant / Soft skill trainer / HR Trainer  
(India & Overseas)*

*Discipline India Management  
Consulting & Research, Bengaluru*

**Chief Guest**

**Sri. N R Nandish**

*Secretary, SJRES*

**Dr. K B Vedamurthy**

*Academic Chairman, SJRES*

**Presided by**

**Dr. Harshini C. S.**

*Incharge Principal, SJRCW*

*DATE: 09/11/2019*

*TIME: 9:30 AM - 1:00 PM*

*VENUE: Sri Lalithamma & Channabasappa Auditorium*

*Principal and Staff  
SJRCW*

## 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 program. 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).

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 MODEL' 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 occasion 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 felicitated 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



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

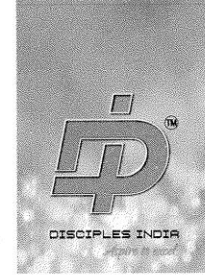
**Disciples India Centre for Management Consulting and Research**  
**In Association with**  
**SJR College for Women**  
**Participants list**

SL	NAME	DEPARTMENT	CERTIFICATE NO.	SIGNATURE
01	Dr. Prema	Kannada	C - 101	
02	Roopa S	Kannada	C - 102	
03	Ashoka N S	Kannada	C - 103	
04	Dr. Vijayashree B Gudi	Hindi	C - 104	
05	Siddalingamma S C	Physics	C - 105	
06	Manjula S N	Physics	C - 106	
07	Harish K M	Chemistry	C - 107	
08	Sowmya H C	Chemistry	C - 108	
09	Nagarathna V R	Mathematics	C - 109	
10	Sheelavathi R	Mathematics	C - 110	
11	Chandrakala S	Botany	C - 111	
12	Gayathri M P	Botany	C - 112	
13	Dr. Jyothi E	Bio- Technology	C - 113	
14	Rashmi A	Computer science	C - 114	
15	Rekha Shirwaikar	Computer science	C - 115	
16	Niveditha G Y	Computer science	C - 116	
17	Iina Priya S	Computer science	C - 117	
18	Supriya	Computer science	C - 118	
19	Mahalakshmi K	Political science	C - 119	
20	Sheena V A	Psychology	C - 120	
21	Kavitha V	Sociology	C - 121	
22	Shobha Rani R	Commerce	C - 122	
23	Pushpalatha S	Commerce	C - 123	
24	Kavitha B V	Commerce	C - 124	
25	Likitha A	Commerce	C - 125	
26	Hemavathi R	Commerce	C - 126	
27	Suvarna Raj B	Commerce	C - 127	
28	Gurudath M N	Management	C - 128	
29	Usha K	Management	C - 129	
30	Chnadrakala T R	Librarian	C - 130	
31	Sowmyashree S	Computer science	C - 131	
32	Seniya Sabahath	English	C - 132	
33	Megha Sanket Upadhye	bio - Technology	C - 133	
34	Bhavaneshwari M R	Computer Science	C - 134	
35	Dr. Paramma B Kuruvathi	Physical Education Director	C - 135	
36	Punith Kumar M	Commerce	C - 136	
37	Ranjitha S	Commerce	C - 137	
38	Dr. Vanisree Y	English	C - 138	
39	Geetha V S	Chemistry	C - 139	
40	Sheela R	English	C - 140	

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Ref:- DIG/DICMCR/017

Date:- 10-02-2020

To  
The Principal  
SJR College for Women  
Rajajinagar, Bengaluru

Dear Madam

Sub:- Submission of FDP Certificates conducted on 18<sup>th</sup> Jan 2020

With respect to the above subject, we thank SJR Society Management & you for giving us an opportunity to conduct Faculty Development Program on "Current Challenges & Modern Methodologies in Teaching" on 18<sup>th</sup> January 2020.

Please find enclosed 40 certificates for the participated Faculty members & kindly issue the same to the respective teachers after the signatures are done.

Kindly let us know if any further FDP's has to be conducted, we will be glad to conduct it.

Thanks & Regards

K.M. Shivaprasad  
Executive Director  
Mobile:-9986299159

H  
10/2/2020

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- Talents India Learning Academy
- Talents India Marketing

#3444, 'Karma Koushlya Bhavan'  
Chord Road, Opp. Attiguppe Metro Station  
II Stage, Vijayanagar, Bengaluru - 560 040  
Phone No. : 080 - 2339 0694  
e-mail : [disciplesindiabl@gmail.com](mailto:disciplesindiabl@gmail.com)

## S.J.R College for Women

Rajajinagar, Bengaluru

Faculty Name: ಉಪ. ಎನ್ Department: ಕನ್ನಡ ಅಭಿವೃದ್ಧಿ

### Share your feedback on “Faculty Development Program” held on 18<sup>th</sup> January 2020

Please rate the following statements by ticking in the appropriate boxes		Great	Good	Avg.	Fair	Poor
1	Rate your experience on workshop	✓				
2	Rate how valuable this workshop was towards your personal learning experience	—				
3	How effective was the trainer/facilitator	✓				
4	Rate the overall workshop experience	✓				
5	How worthwhile do you feel this workshop was for our Institution	✓				
6	Please rate how valuable this workshop was for you personally	✓				

7. Please provide your suggestions if any?

## S.J.R College for Women

Rajajinagar, Bengaluru

Faculty Name: Sheerza V.A Department: Psychology



### Share your feedback on “Faculty Development Program” held on 18<sup>th</sup> January 2020

Please rate the following statements by ticking in the appropriate boxes		Great	Good	Avg.	Fair	Poor
1	Rate your experience on workshop		<input checked="" type="checkbox"/>			
2	Rate how valuable this workshop was towards your personal learning experience		<input checked="" type="checkbox"/>			
3	How effective was the trainer/facilitator		<input checked="" type="checkbox"/>			
4	Rate the overall workshop experience	<input checked="" type="checkbox"/>				
5	How worthwhile do you feel this workshop was for our Institution		<input checked="" type="checkbox"/>			
6	Please rate how valuable this workshop was for you personally		<input checked="" type="checkbox"/>			

7. Please provide your suggestions if any?



**FDP on quality enhancement with respect to 4th NAAC cycle for affiliated colleges**



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

**“Quality Enhancement With  
Respect To 4th NAAC Cycle  
For Affiliated Colleges”**

**IQAC Initiative  
Invites You All**

**FACULTY  
DEVELOPMENT  
PROGRAMME**

October 1<sup>st</sup> 2020,  
Thursday At 1:30PM

By,  
*Dr. Parvathi*

Presided By,  
**Dr. Prema Siddaraju**  
Principal, SJRCW

SJR COLLEGE FOR WOMEN  
#1/D, 59<sup>TH</sup> 'C' Cross, 4<sup>TH</sup> 'M' Block, Rajajinagar, Bangalore - 560010  
Email Id : sjrwomenscollege@gmail.com

Principal  
IQAC Co-ordinator,  
& Members

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

Dr. Devender Kawday  
Deputy Advisor NAAC  
Organised by IQAC- 16/5/2017

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.

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."

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



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.

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.

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.**

FDP on “NEED FOR TEACHER’S PREPAREDNESS FOR 21<sup>ST</sup> CENTURY”



**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,

*Mrs. Kalyani K.* M.Sc, M.Phil, M.Ed (PhD)

Assistant Professor, Vijaya Teachers College  
Alumni, SJRCW

Presided By,

**Dr. Prema Siddaraju**

Principal, SJRCW

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

Venue : Seminar Hall

Time : 10:30am – 11:30pm

*Sri. N.R. Nandish*

Hon. Secretary, SJRES

*Sri. Shivaprakash*

Hon. President, SJRES

*Sri. Nataraj C*

Hon. Treasurer, SJRES

*Co-ordinator*

Alumni Commit

**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

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.

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.



Sri Jagadguru Renukacharya Education Society

**S.J.R. COLLEGE FOR WOMEN**

4th 'M' Block, Rajajinagar, Bengaluru-560010

Counselling Cell and Youth Red Cross

Seminar  
**Health and Psychological Issues of Youth**

Resource Person

**DR. ASHA BENAKAPPA**

Director, Indira Gandhi Institute of Child Health  
Bengaluru

Feb. 21, 2017

11 a.m.

College Auditorium

**YOU ARE CORDIALLY INVITED**

Principal  
Staff & Students

Health And psychological Issues OF Youth  
ಆರೋಗ್ಯದ ಬಗ್ಗೆ ಮನವರಿಕೆ



ದಿನಾಂಕ:- 21/2/2017 ರಂದು ಯುವಶಕ್ತಿ ಕ್ರಮದ ಮೂಲಕ  
ಮತ್ತು ಕೌನ್ಸಿಲಿಂಗ್ ಡೆಪ್ ವತಿಯಿಂದ ನಡೆಸಿದ ಆರೋಗ್ಯಕರ  
ರಿಯಲ್ ಕ್ರಮವಾಗಿ, ಲಲಿತಾ ಕೆ.ವಿ.ಎಂ.ಎಸ್. ಗ್ರಾನೇಜ್‌ನಲ್ಲಿ  
ಮತ್ತು ಅಧ್ಯಾಪಕಿಯಾದ ಡಾ|| ಹೇಮಾಚಂದ್ರನ ಹೆಚ್.ಎಂ.  
ಪ್ರಾಧೀನ ಮುಖಾಂತರವಾಗಿ ವಿಜ್ಞಾನದಿಂದ - ಸುಮಾರು - ನಯನ



ವೆ ಮು ದಾಯ - ಜೀವಿ-ಶಿಖರ



ದಿನಾಂಕ: 7-10-2016 ರಂದು ಜಿ|| ಎಂ.ಸಿ.ಯವರಿಂದ ಶಿಖರ ಪ್ರಜ್ಞಾಪತ್ರ ಮತ್ತು ಸಂವಿಧಾನ ಮೂಲಕ ಪ್ರಾಥಮಿಕ ಸಂವಿಧಾನ ವಿವರಗಳನ್ನು ಸಹಿಸಿದ "ಲಂಕೆತ ನೇತ್ರ ಕ್ರಿಯಾಪತ್ರ ಮತ್ತು ಪ್ರಾಥಮಿಕ ಕ್ರಿಯಾಪತ್ರ" ವಿಷಯದಲ್ಲಿ "ವಿಶಿಷ್ಟ ಮಹಿಳೆ ಸಂಘ"ದವರು ಸ್ವಾಗತಿಸಿದರು.



16  
ವೆ ಮು ದಾಯ ಜೀವಿ-ಶಿಖರವು "ಲಂಕೆತ ನೇತ್ರ ಕ್ರಿಯಾಪತ್ರ ಮತ್ತು ಪ್ರಾಥಮಿಕ ಕ್ರಿಯಾಪತ್ರ" ವಿಷಯದಲ್ಲಿ ಸ್ವಾಗತಿಸಿದರು.



ದಿನಾಂಕ:- 07-10-2016 ರಂದು "ವೆ ಮು ದಾಯ ಜೀವಿ-ಶಿಖರ" "ಲಂಕೆತ ನೇತ್ರ ಕ್ರಿಯಾಪತ್ರ ಮತ್ತು ಪ್ರಾಥಮಿಕ ಕ್ರಿಯಾಪತ್ರ" ವಿಷಯದಲ್ಲಿ ಸ್ವಾಗತಿಸಿದರು. ಶಿಖರ ಪ್ರಜ್ಞಾಪತ್ರ ಮತ್ತು ಸಂವಿಧಾನ ಮೂಲಕ ಪ್ರಾಥಮಿಕ ಸಂವಿಧಾನ ವಿವರಗಳನ್ನು ಸಹಿಸಿದ "ಲಂಕೆತ ನೇತ್ರ ಕ್ರಿಯಾಪತ್ರ ಮತ್ತು ಪ್ರಾಥಮಿಕ ಕ್ರಿಯಾಪತ್ರ" ವಿಷಯದಲ್ಲಿ "ವಿಶಿಷ್ಟ ಮಹಿಳೆ ಸಂಘ"ದವರು ಸ್ವಾಗತಿಸಿದರು.

ದಿನಾಂಕ:- 05-10-2016 ರಂದು ಮೊಳು ಅನಿಗಳ್ಳು ನಡವಣ್ಣು  
ದಂತ್ರ- ತಪಾಸಣೆಯ ಸಂಸ್ಥೆಗೆ ವಿಜ್ಞಾಪನೆಯಿರಲಿ. ಈ ಘಟಕ ಉರಗು  
ವನ್ನು ಶಿವಾಡಿ ಕುಳ್ಳು ಮದರ ಸ್ವಾಕ್ರತೆಯುಳ್ಳು "ಅರಿಯೆ" ನೆರೆಯೆ  
ರುದ ಸಂವ ವ್ಯಕ್ತಿಯುಳ್ಳು -



"ಅರಿಯೆ" ಶಿಂಯೆ ಕ್ರಿಯೆಯುಳ್ಳು ಪ್ರಾಸವಾಹನೆಯ  
ವಿಜ್ಞಾಪನೆಯಿರಲಿ

ಏಸಕ್ತಿ 15 ರಂದು ಇಂಯೆನಾ ಕೆಸವಣ್ಣು ಅಂಯೆ  
ಅಂಯೆನಾ ಉಯೆನಾ ಪ್ರಾಸವಾಹನೆಯ  
ವಿಜ್ಞಾಪನೆಯಿರಲಿ



ದಿನಾಂಕ:- 07-09-2016 - 28-9-2016 ವುಕ್ತು 05-10-2016 ರಂದು  
ನಡವಣ್ಣು ಉಯೆನಾ ಕೆಸವಣ್ಣು ಅಂಯೆನಾ ಪ್ರಾಸವಾಹನೆಯ  
ವಿಜ್ಞಾಪನೆಯಿರಲಿ



ದಿನಾಂಕ:- 5-10-2016 ರಂದು ಮೂರು ದಿನಗಳೂ ನಡೆಸಿಲ್ಪಟ್ಟ  
ದಾ.ತ. ತಜ್ಞತೆಗಳ ಸಂಶೋಧನೆ ವಿಭಾಗದ ಸಿಬ್ಬಂದಿಯವರ ಕಾರ್ಯಕ್ರಮಗಳ  
ವಿಷಯ ವಿವರಿಸುವುದರ ಸಂದರ್ಭದಲ್ಲಿ "ಅರಿವು ನಡುವೆ  
ರುವ ಸಂತ ಮೈಯಿರುವವರು -



"ಅರಿವಿನ" ವಿಷಯಗಳನ್ನು ಬ್ರಾಹ್ಮಣರು ಮತ್ತು  
ವಿಜ್ಞಾನಿಗಳಿಗೆ ನೀಡುವುದು.

ಅಕ್ಟೋಬರ್ 15 ರಂದು 'ಸಿಬಿಆರ್ ಸೆಂಟರ್ ಫಾರ್ ದಿ ಇಂಟರ್ನಾಷನಲ್  
ಲಿಂಗ್ವಿಸ್ಟಿಕ್ ಸ್ಟಡೀಸ್ ಪ್ರಾಜೆಕ್ಟ್‌ನಲ್ಲಿ  
ವಿಜ್ಞಾನಿಗಳಿಗೆ ನೀಡುವುದು -



ದಿನಾಂಕ:- 07-09-2016 - 28-9-2016 ಮತ್ತು 05-10-2016ರಂದು  
ನಡೆಸಿಲ್ಪಟ್ಟ ಡಾ. ಎ. ಸೋಮಶಂಕರ್ ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ 'ದಾ.ತ. ತಜ್ಞತೆ'  
ಯು. ವಿ. ಸಿ. ಸಂಶೋಧನಾ ವಿಭಾಗದ ಸಿಬ್ಬಂದಿಯವರ ಕಾರ್ಯಕ್ರಮಗಳ -






Volunteers with Red cross society members



Honour to Doctors

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

**+**

**Youth Red Cross Wing**

In association with  
**St. Martha's Hospital**  
is organizing

**“General Health Checkup”**

Date: 05-04-2019  
Venue: Smt Lalitamma and Sri. Channabasappa Auditorium  
Time: 9:30 AM – 2:30 PM

**“Health is Wealth”**

All are Cordially Invited

3. ರೇಡ್ ಕ್ರಾಸ್ ಸಮಿತಿ ಸಂಸ್ಥೆಯ ಸಹಯೋಗದೊಂದಿಗೆ  
 ದಿನಾಂಕ 27.3.2019 ( ಗುರುವಾರ ) ರಂದು  
 ವಿಜಯಲಯದಲ್ಲಿ ಕರ್ನಾಟಕ ಶಿಬಿರ  
 ನಿರೀಕ್ಷಿಸಲಾಗಿತ್ತು. ಮೂರೂ ದಿನಗಳ  
 ವಿಜಯಲಯದಲ್ಲಿ ರಕ್ತದಾನ ಮಾಡಲು  
 ಉತ್ಸಾಹದಿಂದ ಬಂದರು. 61 ರಕ್ತದಾನ  
 ಕೆಳದಾನ ಮಾಡಲಾಯಿತು.  
 (59 ಕೆಳದಾನ ವಿಜಯಲಯದಲ್ಲಿ,  
 2 ಕೆಳದಾನ ಜಾಗೃತಿ ಮೂಡಿಸುವ ಕೆಳದಾನ  
 ಶಿಬಿರ)

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

**+** **Youth Red Cross Wing**  
 and  
**National Service Scheme**

is organising

**“Blood Donation Camp”**

In association with  
**Indian Red Cross Society**  
 KSB, Bengaluru

Date: 27-03-2019  
 Venue: Smt Lalitamma and Sri. Channabasappa Auditorium  
 Time: 9:30 AM – 2:30 PM

**“Donate Blood and Save Life”**



Students and staff  
 volunteers



Blood Donation Camp



Blood donation Camp photos



Students attending Self defence Camp



Students attending Self defence Camp

ದಿನಾಂಕ: 12-8-2018 ರಂದು ಸರ್ಕಾರಿ ಕೆಲವೇನಿಗಾಗಿ ಮಹಿಳಾ ಕಾಲೇಜಿನಲ್ಲಿ  
ಯು.ಪಿ.ಎಸ್. ಸರ್ಕಾರದ ಯು.ಪಿ.ಎಸ್. ಕೆಲವೇನಿಗಾಗಿ ಮಹಿಳಾ ಕಾಲೇಜಿನಲ್ಲಿ



ಸರ್ಕಾರಿ ಕೆಲವೇನಿಗಾಗಿ ಮಹಿಳಾ ಕಾಲೇಜಿನಲ್ಲಿ  
ಯು.ಪಿ.ಎಸ್. ಸರ್ಕಾರದ ಯು.ಪಿ.ಎಸ್. ಕೆಲವೇನಿಗಾಗಿ ಮಹಿಳಾ ಕಾಲೇಜಿನಲ್ಲಿ



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

**ಎಸ್.ಜೆ.ಆರ್. ಮಹಿಳಾ ವಿದ್ಯಾಲಯ**  
1/ಡಿ. 59ನೇ 'ಬಿ' ಕ್ರಾಸ್, 4ನೇ 'ಎಂ' ಬ್ಲಾಕ್, ರಾಜಾಜಿನಗರ, ಬೆಂಗಳೂರು-10

**ವಿಜ್ಞಾನ ರೆಡ್ ಕ್ರಾಸ್ ಘಟಕದ ವತಿಯಿಂದ**  
ಪ್ರಮುಖವಾದ ಶೇವಾ ಶಿಬಿರ

**ಅಭಿವೃದ್ಧಿ ಪೂರ್ವಕ, ನೈತಿಕ ತಯಾರಿಕೆ ಮತ್ತು ಸ್ವೀಕಾರೋಗ ಪರೀಕ್ಷೆ**  
ಜುಲೈ 18-08-2017, ಮಂಗಳವಾರದಿಂದ 9.30 ರಿಂದ ಮಧ್ಯಾಹ್ನ 3.00 ಗಂಟೆಯವರೆಗೆ  
ಶ್ರೀ ವಿಜ್ಞಾನ ರೆಡ್ ಕ್ರಾಸ್ ಘಟಕದ ವತಿಯಿಂದ ರಾಜಾಜಿನಗರ, ಬೆಂಗಳೂರು-10

- ಕಣ್ಣಿನ ಪರೀಕ್ಷಾ ಶಿಬಿರ - Eye check up camp
- ದೃಶ್ಯ ಪರೀಕ್ಷೆ - Eye vision test
- ರಕ್ತದೊತ್ತಡ ಪರೀಕ್ಷೆ - B.P test
- ಕಣ್ಣಿನ ಒತ್ತಡ ಪರೀಕ್ಷೆ - IOP test
- ಗ್ಲಾೂಕೋಮಾ ಮತ್ತು ಕಾರ್ನಿಯಾ ಪರೀಕ್ಷೆ  
Glaucoma and cornea test
- ಪ್ಲಾಸ್ಟಿಕ್ ಉನ್ನತ ಇರುವವರಿಗೆ ಮೋದಿ ಕಣ್ಣಿನ ಅಸ್ಥಿತಿಯಲ್ಲಿ ಉಚಿತ ಪ್ಲಾಸ್ಟಿಕ್ ಮಾಡಲಾಗುವುದು.  
Free eye operation will be conducted by Dr.M.C.Modi eye Hospital
- ದಿವಾನ್ ನೋಟಿಸ್: ಪ್ಲಾಸ್ಟಿಕ್ ಮಾಡಿಸಿಕೊಳ್ಳುವವರು ಐಡಿ ಕಾರ್ಡ್ ತರತಕ್ಕದ್ದು.  
Note : I.D card is compulsory for eye operation
- ಜಿ.ಆರ್.ಐ.ಎಸ್ ಪರೀಕ್ಷೆ - G.R.B.S test
- ಇ.ಸಿ.ಐ. ಪರೀಕ್ಷೆ - E.C.G test
- ಹೃದಯರೋಗಿಗಳಿಗೆ ಸಮಾಲೋಚನೆ  
consultation with cardiologist
- ಸ್ತ್ರೀರೋಗ ಪರೀಕ್ಷೆ  
Gynaecological Test

**ರಾ.ಎಂ.ಪಿ. ಮೋದಿ ಕಣ್ಣಿನ ಆಸ್ಪತ್ರೆ**  
ಪಂಕಜಮಠ, ವೆಸ್ಟ್ ಆರ್ಡ್ ಕಾರ್ಡ್ ರಸ್ತೆ,  
ಬೆಂಗಳೂರು

**ಸಹಯೋಗಿ**  
St. Mathias Hospital  
Managed by Holy Family Hospital  
ಸೇಂಟ್ ಮಾರ್ಥಾಸ್ ಹಾಸ್ಪಿಟಲ್ ಸೆಂಟರ್  
ಸ್ವಾಮಂಗಲ ರೋಡ್,  
ಬೆಂಗಳೂರು

**Dr.Latha J.**  
M.B.B.S., D.N.B.(ONCO)  
New Modern Clinic  
No.21, 1<sup>st</sup> stage, 6<sup>th</sup> phase, West of  
Chord road, Shivanagar,  
Bengluru-10


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

**Youth Red Cross Wing**  
“Brain and memory”  
Lecture and Interaction Programme  
By  
**Dr. Suresh H.S. (Neurosurgeon)**  
MBBS, MS, MCh [NIMHANS]  
Premier Neuro And Spine Center

**Venue : Smt. Lalithamma Channabasappa Auditorium**  
**Date : 28 - 7 - 2017**  
**Time : 1: 30 pm**

All are Cordially invited

Principal, Staff & Stud

  
**ಎಸ್.ಜೆ.ಆರ್ ಮಹಿಳಾ ಪದವಿ ಕಾಲೇಜು**  
 ರಾಜಾಬನಗರ,ಬೆಂಗಳೂರು.10  
 +  
 ಯುವ ರೆಡ್ ಕ್ರಾಸ್ ಘಟಕ  
 'ಅರಿವಿನ' ಕಾರ್ಯಕ್ರಮ  
 ಮುಖ್ಯ ಅತಿಥಿಗಳು  
 ಶ್ರೀ ಹೆಚ್.ಎಸ್.ಸುರೇಶ್  
 ಸಲಹೆಗಾರರು-ರೆಡ್ ಕ್ರಾಸ್ ಸಂಸ್ಥೆ  
 ಅಧ್ಯಕ್ಷತೆ  
 ಎನ್.ಆರ್.ನಂದೀಶ್  
 ಆಡಳಿತ ಮಂಡಳಿ ಸದಸ್ಯರು  
 ಎಸ್.ಜೆ.ಆರ್.ವಿದ್ಯಾಸಂಸ್ಥೆ  
 ದಿನಾಂಕ : 21/7/2017, ಶುಕ್ರವಾರ  
 ಸಮಯ : ಮಧ್ಯಾಹ್ನ 1:30 ಗಂಟೆಗೆ  
 ಸ್ಥಳ : ಶ್ರೀಮತಿ ಲಲಿತಮ್ಮ ಮತ್ತು ಶ್ರೀ ಚನ್ನಬಸಪ್ಪ ಸಭಾಂಗಣ  
 ಎಲ್ಲರಿಗೂ ಸ್ವಾಗತ  
 ಪ್ರಾಂಶುಪಾಲರು  
 ಸಿಬ್ಬಂದಿ ವರ್ಗ ಮತ್ತು ವಿದ್ಯಾರ್ಥಿನಿಯರು

  
**ಶ್ರೀ ಜಗದ್ಗುರು ರೇಣುಕಾಚಾರ್ಯ ವಿದ್ಯಾ ಸಂಘ**  
 ಆನಂದರಾವ್ ವೃತ್ತ, ರೇಂಕೋರ್ಸ್ ರಸ್ತೆ, ಬೆಂಗಳೂರು-09  
**ಎನ್.ಜೆ.ಆರ್. ಮಹಿಳಾ ವಿದ್ಯಾಲಯ**  
 1/ಡಿ. 59ನೇ 'A' ಕ್ರಾಸ್, 4ನೇ 'ಎಂ' ಬ್ಲಾಕ್, ರಾಜಾಬನಗರ, ಬೆಂಗಳೂರು-10

**ಯುವ ರೆಡ್ ಕ್ರಾಸ್ ಮತ್ತು ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ**  
 ಘಟಕದ ವತಿಯಿಂದ  
**ಸಮುದಾಯ ಸೇವಾ ತಿಬಿರ**  
**ಉಚಿತ ವ್ಯದಯ ಮತ್ತು ನೇತ್ರ ತಪಾಸಣೆ**  
 ದಿನಾಂಕ 07-10-2016, ಶುಕ್ರವಾರ, ಬೆಳಿಗ್ಗೆ 9.30 ರಿಂದ ಮಧ್ಯಾಹ್ನ 3.00 ಗಂಟೆಯವರೆಗೆ  
 ಸ್ಥಳ: ಶ್ರೀ ಪದ್ಮರಸ್ತಾಮಿ ಸಭಾಂಗಣ ಎಸ್ ಜೆ ಆರ್, ಪ್ರಾಥಮಿಕ ಮತ್ತು ಪ್ರೌಢಶಾಲೆ, ರಾಜಾಬನಗರ, ಬೆಂಗಳೂರು-10

- ಕಣ್ಣಿನ ಪರೀಕ್ಷಾ ತಿಬಿರ - Eye Check up Camp
- ದೃಷ್ಟಿ ಪರೀಕ್ಷೆ - Eye vision test
- ರಕ್ತದೊತ್ತಡ ಪರೀಕ್ಷೆ - B.P test
- ಕಣ್ಣಿನ ಒತ್ತಡ ಪರೀಕ್ಷೆ - IOP test
- ಗ್ಲಾಕೋಮಾ ಮತ್ತು ಕಾರ್ನಿಯಾ ಪರೀಕ್ಷೆ
- Glaucoma and Cornea test
- ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ಅಗತ್ಯ ಇರುವವರಿಗೆ ಮೋದಿ ಕಣ್ಣಿನ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಉಚಿತ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ಮಾಡಲಾಗುವುದು.

Free eye operation will be conducted by  
**Dr. M.C. Modi Eye Hospital**  
**ಮೋದಿ ಕಣ್ಣಿನ ಆಸ್ಪತ್ರೆ** ಶಸ್ತ್ರ ಚಿಕಿತ್ಸೆ ಮಾಡಿಕೊಳ್ಳುವವರು ಐ.ಡಿ ಕಾರ್ಡ್ ತರತಕ್ಕದ್ದು.  
**Note: I.D card is compulsory for Eye Operation**

- ರಕ್ತದೊತ್ತಡ ಪರೀಕ್ಷೆ - B.P. test
- ಜಿ.ಆರ್.ಬಿ.ಎಸ್ ಪರೀಕ್ಷೆ - G.R.B.S test
- ಇ.ಸಿ.ಜಿ. ಪರೀಕ್ಷೆ - E.C.G test
- ವೈದ್ಯರೊಂದಿಗೆ ಸಮಾಲೋಚನೆ  
**Consultation with Cardiologist**



**ಸಹಯೋಗ**



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



**St. Martha's Heart Centre**  
 Managed by Nanyukia Health  
**ನೈಯುಕಿಯಾ ಹೆಲ್ತ್ ಸೆಂಟರ್**  
 ನೃಪತುಂಗ ರೋಡ್, ಬೆಂಗಳೂರು





LIONS CLUBS INTERNATIONAL DISTRICT 317-A

# LIONS BLOOD BANK

Prasad Elegance, # 2925/A, 2nd Floor, Hampinagar, Attiguppe, Vijayanagar, Bangalore - 560040. Ph : 080-23092676, Mobile : 98451 95539  
Email : lionsbloodbank317a@gmail.com



## Certificate of Appreciation

This certificate has been presented to



## SJR COLLEGE FOR WOMEN

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

### VOLUNTARY BLOOD DONATION CAMP

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

*[Signature]*  
Lion Dr. Balraj Kumar  
Chairman, LCB, Lions Blood Bank

*[Signature]*  
Lion S. Manoj Kumar, prof  
Hospitality Trainer, LCB, Lions Blood Bank

*[Signature]*  
Lion Dr. K.K. Srinivasiah, prof  
Senior Chairman, Blood Donors

## "ರಾಷ್ಟ್ರೀಯ ಸ್ವಯಂ ಪ್ರೇರಿತ ರಕ್ತದಾನ ದಿನಾಚರಣೆ-2019"

ಛೇದನಾಚಕ್ರ : "ಜೀವಿತಾವಧಿಯಲ್ಲಿ ಒಮ್ಮೆಯಾದರೂ ರಕ್ತದಾನ ಮಾಡಿ", "At least Donate Blood once in a Lifetime"

**ಸನ್ಮಾನಿತರ ಶ್ರೀ ಎಸ್. ಸುರೇಶ್‌ಕುಮಾರ್**

ಉದ್ಘಾಟನೆ :

ಮಾನ್ಯ ಸಹಕರು, ಪ್ರಾಧಿಕಾರ ಮತ್ತು ಮಧ್ಯಮ ಶಿಕ್ಷಣ ಹಾಗೂ ಸೇವಾ, ಕರ್ನಾಟಕ ಸರ್ಕಾರ

ಮುಖ್ಯ ಅತಿಥಿಗಳು :

ಡಾ|| ಶ್ರೀನಿಧಾನ ಜಿ.ಎ.  
ಇದ್ದು ಅಧ್ಯಕ್ಷ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣಾಧಿಕಾರಿಗಳು,  
ಬೆಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ

ಲಯನ್ ಡಾ|| ನಾಗೇಶ್‌ ವಿ. ಬೈರೆ, ಪ್ರಿನ್ಸಿಪಲ್  
ಇದ್ದು ರಾಜ್ಯಪಾಲರು  
ಲಯನ್ ಸ್ಪೆಷಲ್ ಇಂಪ್ಲಾಂಟ್‌ನರ್ - 370

ಡಾ|| ಕೆ.ಎ. ವೆಂಕಟೇಶ್  
ಸ್ನೇಹಿತ ಅಧ್ಯಕ್ಷರು ಮತ್ತು ಕಾಲೇಜು ಮಂಜು ಮತ್ತು ಸಂಸ್ಥೆ,  
ಎಸ್.ಕೆ.ಎಲ್. ಇದ್ದು ಸಂಸ್ಥೆ, ಬೆಂಗಳೂರು.

ಶ್ರೀಮತಿ ದೀಪಾ ನಾಗೇಶ್  
ಇಲಾಖಾ ನಿರ್ದೇಶಕರು,  
ರಾಮಮಂದಿರ ಮಂಜು

### ಉಪಸ್ಥಿತಿ

- ಡಾ|| ಕುಮಾರ್ ಎಮ್.ವಿ. ಇದ್ದು ಸ್ವಯಂ ಮತ್ತು ಉದ್ದ ಸಂಯೋಜಕರುಗಳು
- ಡಾ|| ಸ್ವಯಂ ಸಿರಾಜುದ್ದೀನ್ ಮದನಿ, ಇದ್ದು ಆರ್.ಪಿ.ಎಸ್. ಕಛೇರಿಗಳು
- ಡಾ|| ನವೀನ್ ಅಶ್ವತ್ಥ, ಇದ್ದು ಮೈಟರ್ ಸಂಯೋಜಕರುಗಳು
- ಡಾ|| ಮನೋಹರ್, ಇದ್ದು ಚರೆಯಾ ಸಂಯೋಜಕರುಗಳು
- ಡಾ|| ಪಿ.ಶೇಖರ್, ಇದ್ದು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖಾ ಅಧಿಕಾರಿಗಳು
- ಡಾ|| ಧನ್ಯ ಕುಮಾರ್, ಇದ್ದು ಹಾಲ್‌ನಲ್ಲಿ ಅಧಿಕಾರಿಗಳು
- ಶ್ರೀಮತಿ ಯಶೋದ ದಿ.ಎಮ್. ಇದ್ದು ಮೇಜರ್‌ಗಳು
- ಡಾ|| ಪಿ.ಪಿ. ಸಿ.ಎಲ್, ಪ್ರಾಣ-ಪ್ರಾಣಿಪಾಲಕರು, ಎಸ್.ಕೆ.ಎಲ್. ಮಹಿಳಾ ಕಾಲೇಜು
- ಲಯನ್ ಗುರುಮೂರ್ತಿ, ಉಪಾಧ್ಯಕ್ಷರು - ಲಯನ್ ಸ್ಪೆಷಲ್ ಇಂಪ್ಲಾಂಟ್‌ನರ್ - 370
- ಲಯನ್ ರಂಗಪ್ಪರಾಜ್, ಉಪಾಧ್ಯಕ್ಷರು - ಲಯನ್ ಸ್ಪೆಷಲ್ ಇಂಪ್ಲಾಂಟ್‌ನರ್ - 370
- ಲಯನ್ ವೇಣು, ಉಪಾಧ್ಯಕ್ಷರು - ಲಯನ್ ಸ್ಪೆಷಲ್ ಇಂಪ್ಲಾಂಟ್‌ನರ್ - 370

- ಲಯನ್ ಸಂಜಯ್ ಕುಮಾರ್, ಪ್ರಿನ್ಸಿಪಲ್  
ಇಲಾಖಾ ಅಧ್ಯಕ್ಷರು - ಲಯನ್ ಸ್ಪೆಷಲ್ ಇಂಪ್ಲಾಂಟ್‌ನರ್ - 370
- ಲಯನ್ ಡಾ|| ಹೆಚ್. ಎನ್. ಶಿವರಾಜಯ್ಯ, ಪ್ರಿನ್ಸಿಪಲ್  
ಇದ್ದು ಸ್ಪೆಷಲ್ ಇಂಪ್ಲಾಂಟ್‌ನರ್ - 370
- ಲಯನ್ ಎಸ್. ಮನೋಹರ್‌ಕುಮಾರ್, ಪ್ರಿನ್ಸಿಪಲ್  
ಇದ್ದು ಸ್ಪೆಷಲ್ ಇಂಪ್ಲಾಂಟ್‌ನರ್ - 370
- ಲಯನ್ ಎಸ್. ರಾಜೇಶ್‌ವರ್, ಪ್ರಿನ್ಸಿಪಲ್  
ಇದ್ದು ಸ್ಪೆಷಲ್ ಇಂಪ್ಲಾಂಟ್‌ನರ್ - 370

### ಕಾರ್ಯಕ್ರಮಗಳು :

ಬೆಳಿಗ್ಗೆ 9.00 ರಿಂದ 10.00 ರಕ್ತದಾನದ ಮಹತ್ವದ ಬಗ್ಗೆ ಜಾಥಾ ಬೆಳಿಗ್ಗೆ 10.00 ಗಂಟೆಗೆ ರಕ್ತದಾನ ಶಿಬಿರ ಉದ್ಘಾಟನೆ  
ಜಾಥಾ ಶೋಭನ ಸ್ವರ : ರಾಜಾಜಿನಗರ ರಾಮಮಂದಿರ ಆಟದ ಮೈದಾನದಿಂದ, ಎಸ್.ಕೆ.ಎಲ್. ಮಹಿಳಾ ಕಾಲೇಜು, ಬೆಂಗಳೂರು-560010.  
ಬೆಳಿಗ್ಗೆ 10.30 ರಿಂದ 12.00 "ರಾಷ್ಟ್ರೀಯ ಸ್ವಯಂ ಪ್ರೇರಿತ ರಕ್ತದಾನ ದಿನಾಚರಣೆ-2019"  
ಸ್ವಯಂ ಪ್ರೇರಿತ ರಕ್ತದಾನಿಗಾಗಿ ಮತ್ತು ರಕ್ತದಾನ ಶಿಬಿರ ಆಯೋಜಕರಿಗೆ ಅಭಿನಂದನಾ ಕಾರ್ಯಕ್ರಮ




**ಕರ್ನಾಟಕ ಸರ್ಕಾರ**  
 ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ  
 ಕರ್ನಾಟಕ ರಾಜ್ಯ ಏಡ್ಸ್ ಪ್ರಿವೆನ್ಷನ್ ಸೊಸೈಟಿ / ಕರ್ನಾಟಕ ರಕ್ತಜಾಲನ ಪರಿಷತ್ತು  
 ಜಿಲ್ಲಾಡಳಿತ, ಜಿಲ್ಲಾ ಪಂಚಾಯತ್, ಜಿಲ್ಲಾ ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ  
 ಜಿಲ್ಲಾ ಏಡ್ಸ್ ತಡೆಗಟ್ಟುವ ಮತ್ತು ನಿಯಂತ್ರಣ ಘಟಕ, ಬೆಂಗಳೂರು ನಗರ ಜಿಲ್ಲೆ.  
 ಲಯನ್ಸ್ ಕ್ಲಬ್ ಇಂಟರ್‌ನ್ಯಾಷನಲ್ ಜಿಲ್ಲೆ 017ಎ, ಪ್ರಾಂತ್ಯ XIII  
 ಲಯನ್ಸ್ ರಕ್ತನಿಧಿ / ಎಸ್.ಹೆ.ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು, ರಾಜಾಜಿನಗರ, ಬೆಂಗಳೂರು.  
 ಇವರುಗಳ ಸಂಯುಕ್ತ ಆಶ್ರಯದಲ್ಲಿ

**"ರಾಷ್ಟ್ರೀಯ ಸ್ವಯಂ ಪ್ರೇರಿತ ರಕ್ತದಾನ ದಿನಾಚರಣೆ-2019"**

ಛೇದನಾರ್ಥ : "ಜೀವಿತಾವಧಿಯಲ್ಲಿ ಒಮ್ಮೆಯಾದರೂ ರಕ್ತದಾನ ಮಾಡಿ". "At least Donate Blood once in a Lifetime"

ದಿನಾಂಕ 1-10-2019 ಸ್ಥಳ : ಎಸ್.ಹೆ.ಆರ್. ಮಹಿಳಾ ಕಾಲೇಜು, ರಾಜಾಜಿನಗರ, ಬೆಂಗಳೂರು.  
 ಎಲ್ಲಾ ಲಯನ್ಸ್ ಐದುಗಳೂ, ಸ್ವಯಂ ಪ್ರೇರಿತ ರಕ್ತದಾನಿಗಳೂ ಮತ್ತು ರಕ್ತದಾನ ಶಿಬಿರ ಆಯೋಜಕ ಕಾಲೇಜು ಸಂಘ ಸಂಸ್ಥೆಗಳೂ ಆದರದ ಪ್ರಾರ್ಥನೆ



**SJR College for Women**  
*Accredited by NAAC with 'A' grade*  
 Rajajinagar, Bangalore-10

**NSS and Youth Red Cross Unit 2019-20**

**Orientation Programme**


Chief Guest  
 Ms. Poornima Jogi  
 NSS implementation Officer in State NSS Cell,  
 Govt. of Karnataka



Presided by  
 Dr. Harshini.C.S  
 Incharge Principal, SJRCW

All are cordially invited

DATE: 23-08-2019  
 TIME : 11:00 A.M  
 VENUE: Seminar Hall

Principal And Staff

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

 **Youth Red Cross Wing  
and  
National Service Scheme** 

is organising

**“Blood Donation Camp”**

In association with  
**Indian Red Cross Society**  
KSB, Bengaluru

Date: 27-03-2019  
Venue: Smt Lalitamma and Sri. Channabasappa Auditorium  
Time: 9:30 AM – 2:30 PM

**“Donate Blood and Save Life”**

All are Cordially Invited



*Students in general health checkup camp*



*General Health checkup for students*