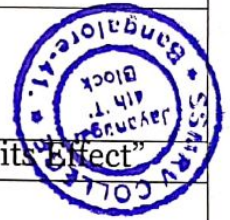




SSMRV College®

## Activity Report

Academic year 2023-24 ( July 2023 to June 2024)	
Name of the Activity	Workshop on "General Health and its Effect"
Date	11 January 2024
Time and Venue	12 PM , Seminar Hall
Mode ( Online/Offline)	Offline
Organized by: Name of the Department/Activity Centre	APARAJITHA-Women Empowerment Cell In association with AYUSH-Health Club
Event Coordinator/ Faculty In-charge	Mrs. Shakeela M K Mrs. RoopaLatha M
Nature: Academic /Co- curricular/extracurricular/other s	Extra-Curricular
Topic/Activity	Workshop on "General Health and its Effect"
Resource Person Details (Name, Designation and Organization/Institution)	Dr. Phani Madhuri, MBBS, MS Obstetrics & Gynaecology, Apollo Cradle and Children's Hospital.
No of Participants	50 Participants
Objectives of the activity	<ul style="list-style-type: none"><li>• To give awareness about physical, social, emotional and mental wellbeing.</li><li>• To empower individual student about the knowledge of choosing healthy habits and make modification in lifestyle this reduces grief.</li><li>• To alert students about the potential dangers of alcohol and other drug use. By which Dr. Phani Madhuri, address illegal and disrespectful behavior, and promote sincerity..</li></ul>
Methodology	Seminar, Discussion, Question and Answer Session.
Outcome of activity	<ul style="list-style-type: none"><li>• Health Education is important as it allows students to beware of how to take care of themselves and also people around them.</li><li>• To analyze and understand the appropriate condition about oneself and identify the deficiency.</li></ul>



*Phani*



**A brief write up of the event:**

APARAJITHA-Women Empowerment Cell in association with AYUSH-Health Club – SSMRV College organized a Workshop on “General Health and its Effect” on 11<sup>th</sup> January 2024, at 11 AM Onwards in Seminar Hall. Dr. Phani Madhuri was the resource person of the day.

Dr. Phani briefed about the importance of health awareness.

Dr. Phani Madhuri stressed about physical changes and its impact on day today life. She even highlighted about the importance of choosing good and healthy habits and finally modifying the lifestyles to reduce grief.

Dr. Phani gave awareness about prevalence of heavy alcohol consumption can lead to medical problems and increased risk of excessive alcohol use is linked with a number of short and long term public health problems, including cancers, high blood pressure, mental health concern, injuries, violence, unintended pregnancy, social issues and employment problems.

Dr. Phani Madhuri explained the effect of heavy drinking and drug consumption – which reduces female fertility by interrupting menstrual cycle and ovulation causing changes in ovarian function – which will affect women wanting to conceive.

Dr. Phani Madhuri even briefed about the impact of alcohol and drug consumption can lead to poor academic performance, absenteeism and greater risk of dropping out of students in UG and PG Programmes.

Faculty Incharge,  
Mrs. Shakeela M K, Coordinator- WEC  
Mrs. RoopaLatha M, Coordinator- HC



Principal  
SSMRV COLLEGE





Image 11Jan24-d: Resorce person Dr.Phani Madhuri along with volunteers



Image 11Jan24-e: Resorce person Dr.Phani Madhuri along with staff members

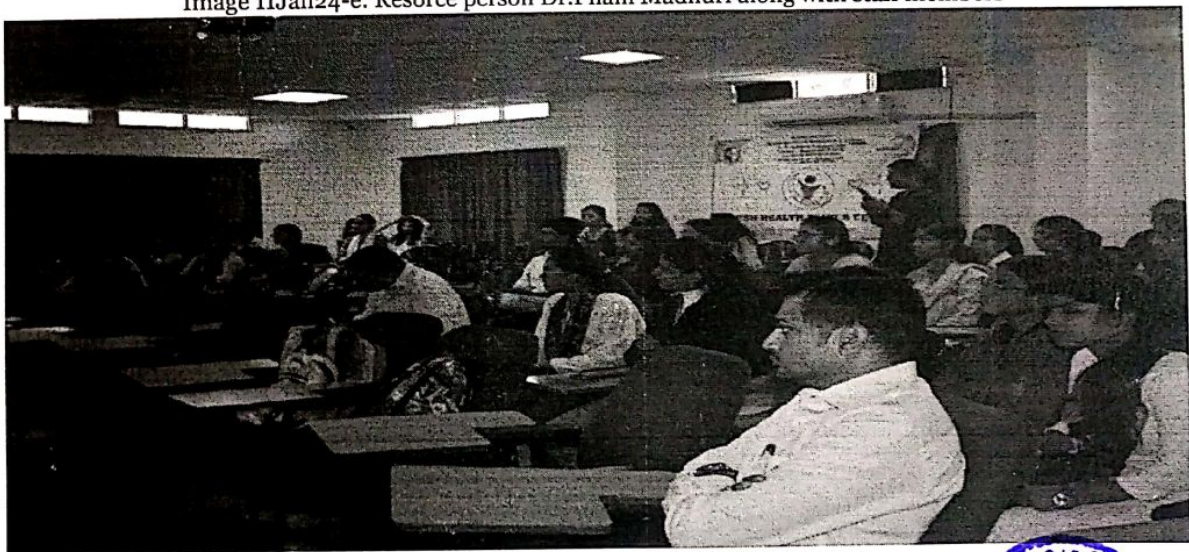
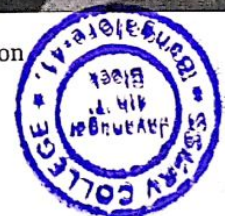


Image 11Jan24-f: students and Staffs listening to the Resource Person



Invitation. 2-3 google tagged photos & any other supporting documents

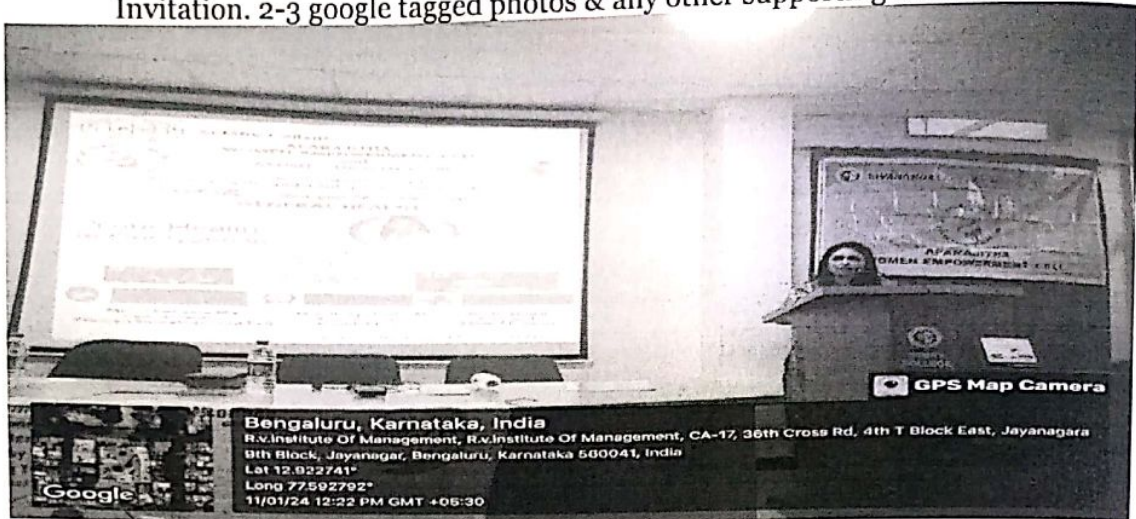


Image 11Jan24-a: Resorce person Dr.Phani Madhuri addressing the gathering



Image 11Jan24-b: Resorce person Dr.Phani Madhuri along with coordinator and office bearers of WEC and HC- SSMRV College



Image 11Jan24-c: Resorce Person Dr.Phani Madhuri along with Principal Dr.Geetha R, IQAC Coordinator Dr Nagaraj M s and coordinators of WEC and HC- SSMRV College



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Invitation of Workshop



SSMRV College®



**APARAJITHA  
WOMEN EMPOWERMENT CELL**  
In Association with  
**AYUSH -HEALTH CLUB**



*Cordially invites you to a Seminar on*

**GENERAL HEALTH AND ITS EFFECT**

**Your Health  
Is Our Concern**



Dr. Phani Madhuri, MBBS, MS  
Obstetrics & Gynaecology



SUSTAINABLE  
DEVELOPMENT  
GOALS



**11th January  
2024, Thursday**



**3:30 PM**



**In Seminar Hall**

**Mrs. Shakeela M K  
Coordinator  
Women Empowerment Cell**

**Mrs. RoopaLatha M  
Coordinator  
Health Club**

**Dr. Geetha R  
Principal  
SSMRV College**

*Go, change the world®*





### Activity Report

Academic year 2023-24	
1. Basic details	
Name of Activity	Dental checkup
Date	28 <sup>th</sup> July 2023
Faculty in charge	Mrs. M Roopa Latha
Organized by: Name of Department	Health Club in association with R V Dental College
Coordinator/ In-charge of Activity	M Roopa Latha
Time	10.30 am to 3.00pm
Venue	R V Dental college
Activity for Class/Group	I year and II year
Nature: Academic /Co-curricular/extracurricular/other	Dental checkup for the students who are suffering from dental problem
2. Brief information about Activity	
Topic /Subject activity	Dental checkup
Purposes of the activity	To provide dental checkup for all the students who are having problem
Methodology	RV Dental college had arranged the bus for students from SSMRV college to RV Dental college. The dental checkup was done to the students by doctors and prescription is given to the students for further treatment at minimal fee
Outcome of activity	33 students had their dental checked and for few students doctors had advised to take x-ray for further treatment like cavity problem, filling, whitening of teeth root canal etc.,
3. Proof to be enclosed Invitation & google tagged photos & any other supporting document	

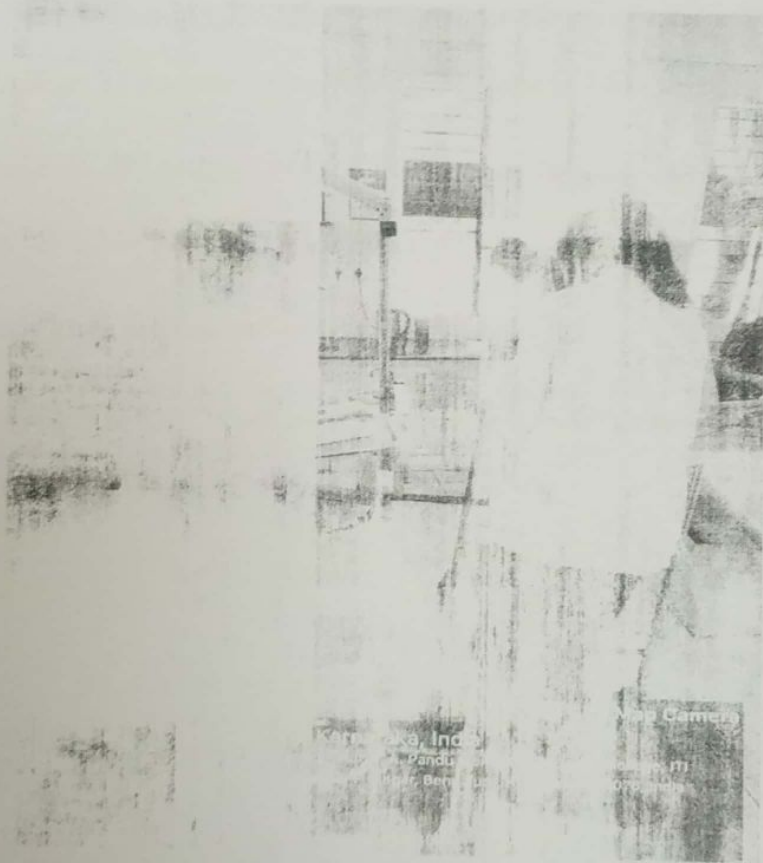


*M Roopa Latha*  
Activity In-charge  
M Roopa Latha

*A. R. S.*











R.V. Educational Institutions  
**Sivana and Sarna Memorial R.V. College**  
PG Programmes  
Approved by Bangalore City University  
Recognized by NAAC with 'B' Grade  
Ranked among top 10 Colleges in India  
(Data taken - IDRA Survey 2019-2022)



### Report on Health Checkup

The Ayush - Health Club, SSMRV College in association with R V Dental College has organized a Dental checkup for all the students on 28<sup>th</sup> July 2023 from 10.30am to 3.00 pm in R V dental college.

The bus has been arranged by R V Dental College for the students from SSMRV College to R V Dental College. 33 students who are having the dental problem are taken to the college.

The doctors and the PG students of R V Dental College had been taken for further treatment like filling, cavity problem, scaling of teeth, root canal etc..

The treatment is given at a minimal cost for the students.

The students got to know the solution for the problem from which they are suffering and went through the treatment prescribed by the doctors.



SSMRV COLLEGE				
AYUSH HEALTH CLUB				
DENTAL CHECK-UP DATED JULY 28TH 2023				
SL.NO	NAME	YEAR	SEC	COURSE
1	Harshitha M	2nd yr	B	B.COM
2	Kavya V	2nd yr	B	B.COM
3	Kavyashree D	2nd yr	B	B.COM
4	Manasa C	2nd yr	B	B.COM
5	Rakshitha P	2nd yr	B	B.COM
6	Tejaswini	2nd yr	B	B.COM
7	Raman	2nd yr	B	B.COM
8	Ganesh MR	2nd yr	B	B.COM
9	Arun Y	2nd yr	B	B.COM
10	Haleema sadiya S	2nd yr	C	B.COM
11	Tanu singh	2nd yr	C	B.COM
12	Riya kumari	2nd yr	C	B.COM
13	Meghashree	2nd yr	C	B.COM
14	Maseera	2nd yr	C	B.COM
15	Ganesh P	2nd yr	C	B.COM
16	Dheeraj	2nd yr	C	B.COM
17	Sirisha K	2nd yr	C	B.COM
18	Bhargavi V	2nd yr	C	B.COM
19	Pavan kalyan V	2nd yr	C	B.COM
20	Shaziya banu C	2nd yr	C	B.COM
21	Dipti	2nd yr	C	B.COM
22	Maseera banu	2nd yr	C	B.COM
23	Bhavyashree	2nd yr	C	B.COM
24	Huda nausheen	2nd yr	C	B.COM
25	Aquib khan	2nd yr	C	B.COM
26	Neha pal	2nd yr	C	B.COM
27	Sinchana	2nd yr	B	B.COM
28	Nagarjuna rayanth	1sy yr	B	B.COM
29	Priya P	1st yr	F	B.COM
30	Akshaya BE	1st yr	F	B.COM
31	Rohini savitri SR	1st yr	F	B.COM
32	S Pavan	1sy yr	A	B.COM
33	Hardik Ranka	1st yr	A	B.COM



*Afestina*



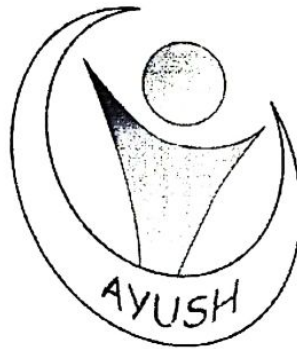


**Sivananda Sarma Memorial R.V. College**

U.G., PG Programmes & Research Centre  
Affiliated to Bangalore Central University  
Accredited by NAAC with 'A' Grade  
Ranked among Top 5 Colleges in India  
India Today - 2018 Survey 2018 & 2019



JOIN US TO CELEBRATE  
OPENING CEREMONY OF  
"AYUSH"  
THE HEALTH CLUB



**MONDAY**  
**JULY 24<sup>th</sup>, 2023**  
**at 10 AM**

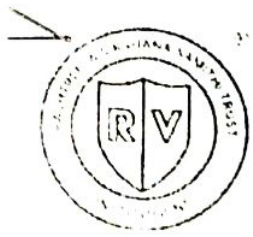
**VENUE :**  
**HEALTH CLUB**  
**GROUND FLOOR**  
**SSMRV COLLEGE**

Mrs. ROOPALATHA M  
CONVENOR

Dr. GEETHA R  
DIRECTOR  
SSMRV

Dr. ANIL KUMAR S  
PRINCIPAL  
SSMRV





RV Educational Institutions  
SSMRV COLLEGE  
Jayanagar Bangalore-41

PRESENTS



CELEBRATING 10th  
INTERNATIONAL  
YOGA DAY

Yoga for Self and Society

Way to happiness program

Date :- 21-06-2024 Timings :- 06:30 AM to 7:30 AM

Venue :- QUADRANGLE, SSMRV COLLEGE

Staff & Students  
Office Bearer  
&Volunteers



Dr. Geetha R  
Principal  
SSMRV College

All Are Welcome

*Go, change the world*





SSMRV College

## Activity Report

Academic year 2023-24 ( July 2023 to June 2024)

Name of the Activity	International Yoga Day-2024
Date	21-06-2024
Time and Venue	6:30 AM / SSMRV COLLEGE QUADRANGLE
Mode ( Online/Offline)	Offline
Please provide the YouTube link (if online)	NA
Organized by: Name of the Department/Activity Centre	National Service Scheme [NSS] in association with Dept of Physical Education, NCC and <b>Health Club</b>
Event Coordinator/ Faculty In-charge	Mr. Yallappa M NSS PO & Assistant Professor
Nature: Academic /Co-curricular/extracurricular/others	Co-curricular
Topic/Activity	International Yoga Day Celebration
Resource Person Details (Name, Designation and Organization/Institution)	Mrs. Teja K N, Physical Education Director, SSMRV College
No of Participants	102 students and 10 faculty members
Objectives of the activity	To sensitize the students about International Yoga day and the relevance of Yoga in our daily life
Methodology	An orientation about the importance of Yoga and 10 <sup>th</sup> anniversary of International Yoga Day initiated by the GOI.
Outcome of activity	Positive outcomes such as increased awareness, health and well being. International Yoga day promoted holistic health, Cultural understanding, and Community engagement among students and faculty.

Event Coordinator



Principal



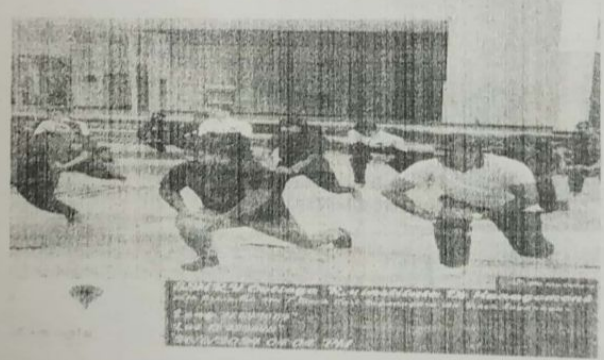
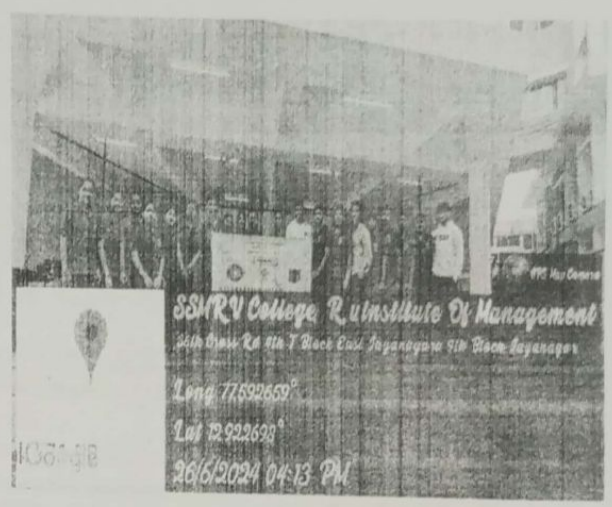
RV EDUCATIONAL INSTITUTIONS  
SSMRV COLLEGE  
Jayanagara Bangalore 44

PRESENTS

**CELEBRATING 10th INTERNATIONAL YOGA DAY**  
Yoga for Self and Society

Way to Happiness Program  
Date - 21-08-2024  
Timing - 6:30 AM to 7:30 AM  
Venue - QUADRANGLE, SSMRV COLLEGE  
Guests & Students  
Divine Blessings  
Volunteers  
All Are Welcome

Dr. Jyoti R  
Prin. Col  
SSMRV College



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*Handwritten signature*  
Event Coordinator



## Activity Report

Academic year 2023-24 (July 2023 to June 2024)	
Name of the Activity	Inter Class Sports For the Academic Year 2023-2024
Date	19th October 2023 - 29th October 2023
Time and Venue	2:30 to 5:00pm on the Scheduled Dates of the particular sports in the assigned Venues like College ground, Quadrangle.
Mode(Online/Offline)	offline
Please provide the YouTube link(if online)	Nil
Organized by: Name of the Department/Activity Centre	Department of Physical Education
Event Coordinator/Faculty In- charge	Mr. ShashiKumar Muniappa, Mrs. Teja K R
Nature: Academic /Co-curricular/extracurricular/others	Curricular
Topic/Activity	Inter Class Sports For the Academic Year 2023-2024
Resource Person Details (Name, Designation and Institution)	Nil
No of Participants	Students of all the departments
Objectives of the activity	<ol style="list-style-type: none"> <li>1. Promote Physical Fitness – Aim to encourage active participation, fostering a healthier lifestyle among students.</li> <li>2. Enhance Team Spirit – Create an environment where collaboration and camaraderie flourish through team-based sports.</li> <li>3. Cultivate Sportsmanship – Strive to instill values of fair play, respect, and integrity, fostering a positive sporting culture within the school community.</li> <li>4. Selection – selection of the best players for College Team.</li> </ol>
Methodology	<p>The interclass sports tournament and college team player selection followed a methodical approach for fairness and competitiveness. A dedicated planning committee outlined the tournament structure, schedule, and venues. Transparent communication informed participants, and qualified referees ensured fair play. Facilities were meticulously maintained for optimal performance. Player metrics, including teamwork and skill development, were tracked. Comprehensive selection criteria considered consistency and a positive attitude. A multi-faceted approach, including scouting and interviews, evaluated players. The final selection involved a panel of experts for a well-rounded decision. This, coupled with transparent communication and a celebratory award ceremony, contributed to the success of the tournament and the identification of the best college team player.</p>
Outcome of activity	<p>The interclass sports tournament and college team player selection were highly successful, enhancing the college's vibrant sports culture. The event fostered healthy competition, providing a platform for students to</p>



Teja  
Event Coordinator

Principal

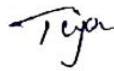


showcase their athletic abilities. Meticulous planning ensured smooth execution, with transparent communication keeping participants informed. Rigorous officiating and facility maintenance upheld game integrity. The comprehensive player selection process highlighted qualities like consistency and adaptability, resulting in the identification of an outstanding player. This holistic sports management approach, including scouting, interviews, and an expert panel, enriched the college's sports program and celebrated participant talents. The success of the tournament and player selection reflects the college's commitment to a dynamic and inclusive sports environment.

The interclass sports tournament conducted in the college was a dynamic showcase of athletic prowess and camaraderie within the student community. This event not only heightened the college's sports culture but also provided a platform for students to engage in healthy competition. From meticulous planning by a dedicated committee to transparent communication that kept participants well-informed, the tournament exemplified organizational excellence. Rigorous officiating maintained the integrity of the games, ensuring fair play. The comprehensive player selection process, emphasizing qualities such as consistency, adaptability, and a positive attitude, added a layer of significance to the tournament, culminating in the identification of an exceptional player to join the college team. This sporting extravaganza, marked by enthusiasm and spirited performances, underscored the college's commitment to fostering an active and inclusive environment for its students.



**Mr. Shashikumar muniappa**  
**Physical Education Director**



**Mrs. Teja KR**  
**Physical Education Director**



**Dr. Geetha R**  
**Principal**







## SPORTS CIRCULAR

DEPARTMENT OF PHYSICAL EDUCATION

INTER CLASS SPORTS FOR THE ACADEMIC YEAR 2023-2024

Inter class sports activities will commence from this weekend that is: 19-10-2023 onwards as per below schedule

sl.no	EVENTS	MEN/WOMEN	DATE	TIME
1	Throwball, Carrom and Badminton	MEN/WOMEN	19th&20th of Oct	2:30-5:00pm
2	Table tennis and Kabaddi	MEN/WOMEN	26th&27th of Oct	2:30-5:00pm
3	Football	MEN/WOMEN	2nd&3rd of Nov	2:30-5:00pm
4	Basketball and Volleyball	MEN/WOMEN	9th TO 11th of Nov	2:30-5:00pm
5	Chess and Kho-Kho	MEN/WOMEN	16th TO 18th of Nov	2:30-5:00pm
6	Cricket	MEN/WOMEN	23rd & 24th of Nov	2:30-5:00pm
7	HandBall	MEN/WOMEN	29th of Nov	2:30-5:00pm



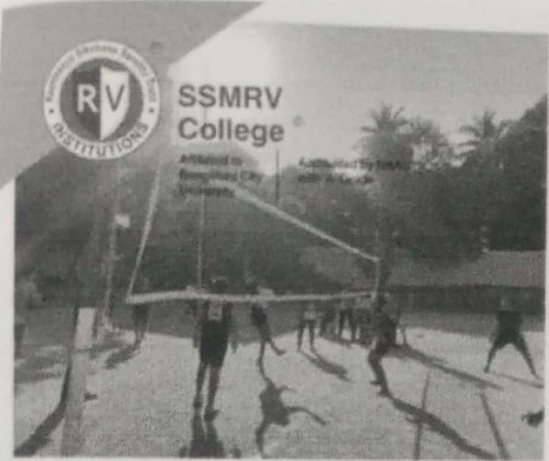
*Sejiv* 18/10/23  
PHYSICAL EDUCATION DIRECTOR  
S.S.M.R.V. COLLEGE  
Jayanagar, Bengaluru - 560 041





Tga





Teja



Teja



Teja





SSMRV College<sup>®</sup>

## Activity Report

Academic year 2023-24 ( July 2023 to June 2024)	
Name of the Activity	<b>Annual athletic meet for the Academic Year 2023-2024</b>
Date	19 <sup>th</sup> April 2023
Time and Venue	8.00 a.m to 5.00 p.m at Kittur Rani Chenamma stadium Jayanagar 3 <sup>rd</sup> block Bangalore-41
Mode ( Online/Offline)	offline
Please provide the youtube link (if online)	NIL
Organized by: Name of the Department/Activity Centre	Department of Physical Education
Event Coordinator/ Faculty In-charge	Mrs. Teja K.R
Nature: Academic	Co - curriculum
Topic/Activity	<b>Annual athletic meet for the Academic Year 2023-2024</b>
Resource Person Details (Name, Designation and Organization/Institution)	Bharath KA International Athlete
No of Participants	Students of all the department
Objectives of the activity	<ol style="list-style-type: none"><li>1. Promote Physical Fitness - Aim to encourage active participation, fostering a healthier lifestyle among students.</li><li>2. Enhance Team Spirit - Create an environment where collaboration and camaraderie flourish through team-based sports.</li><li>3. Cultivate Sportsmanship - Strive to instill values of fair play, respect, and integrity, fostering a positive sporting culture within the school community.</li><li>4. Selection - selection of the best players for College Team.</li></ol>
Methodology	The annual athletic meet followed a methodical approach for fairness and competitiveness. A dedicated planning committee outlined the tournament structure, schedule, and venues. Transparent communication informed participants, and qualified referees ensured fair play. Facilities were meticulously maintained for optimal performance. Player metrics, including skill development, were tracked. Comprehensive selection criteria considered consistency and a positive attitude. A multi-

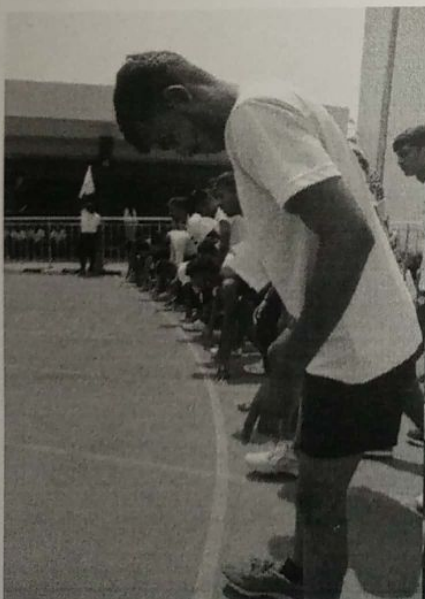
Teja  
Event Coordinator



Hesha  
Principal



	<p>faceted approach, including scouting and interviews, evaluated players. The final selection involved a panel of experts for a well-rounded decision. This, coupled with transparent communication and a celebratory award ceremony, contributed to the success of the tournament and the identification of the best college players .</p>
<p>Outcome of activity</p>	<p>The annual athletic meet were highly successful, enhancing the colleges vibrant sports culture. The event fostered healthy competition, providing a platform for students to showcase their athletic abilities. Meticulous planning ensured smooth execution, with transparent communication keeping participants informed. Rigorous officiating and facility maintenance upheld game integrity. The comprehensive player selection process highlighted qualities like consistency and adaptability. resulting in the identification of an outstanding player. This holistic sports management approach, including scouting, interviews, and an expert panel, enriched the college's sports program and celebrated participant talents.</p>



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*Teja*

