



**SSMRV  
College**

Affiliated to  
Bangalore City  
University

Accredited by NAAC  
with A Grade

## CLIMATE PARLIAMENT

<b>Academic year 2023-2024</b>	
<b>Basic details</b>	
Name of Activity	Climate Parliament
Date	16 <sup>th</sup> October 2023
Faculty	Prof Smitha, Prof Gokul
Organized by Name of Department/ Name of Committee/ Club	ECO-Club
Coordinator/ In-charge of Activity	Prof Smitha, Prof Gokul
Time	8.30 AM -5.00 PM
Venue	Seminar Hall SSMRV Degree College
Activity for Class/Group	Students/ Participants from various college
Nature: Academic /Co- curricular/extracurricular/other	Co-Curricular
<b>2. Brief information about Activity</b>	
Topic /Subject of activity	Mock Parliament
Objectives of the activity	<ul style="list-style-type: none"> <li>To spread awareness about environment and climate</li> <li>To discuss various countries climate regulations.</li> </ul>
Methodology	<ul style="list-style-type: none"> <li>Presentations and Discussion</li> <li>Negotiation</li> </ul>
<ul style="list-style-type: none"> <li>Outcome of Activity</li> </ul>	<ul style="list-style-type: none"> <li>Four teams were selected to finale</li> </ul>
<ul style="list-style-type: none"> <li>3.Proofs attached</li> <li>Letters /Attendance sheet/Certificate/ Feedback/Account document /Photo etc.</li> </ul>	



## **Detailed Report**

Climate Parliament was held in SSMRV Degree College in association with Centre of Sustainability development and Green Skills Academy.

Total of 8 teams participated in the event from various colleges which included BMS Law college, Christ University(2 teams), Adhiyamaan Engineering College and SSMRV(4teams) .

All the teams presented their positioned papers representing countries from Developed, Developing, least developed or Island countries before the expert panel members.

Three winning teams qualified for the final round to be held at BMS College Bangalore.

1st prize awarded to -Team from Christ University representing USA from the Developed Block

2nd Prize shared by- BMS College team representing LDC Burkina Faso & SSMRV College representing Developing Country Brazil

3rd Prize -Secured by SSMRV team representing Developed Block- 🇬🇧 United Kingdom.









*Smith*

*Prasad*  
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CENTRE FOR  
SUSTAINABLE DEVELOPMENT



# Welcome To The



## "YOUTH CLIMATE PARLIAMENT" FOR 'SUSTAINABLE DEVELOPMENT'

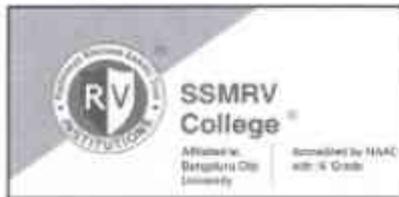
Date: 16th October, 2023

Venue: SSMRV College, Jayanagar,  
Bengaluru



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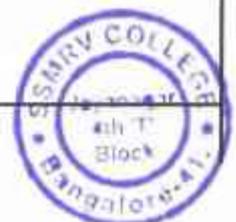


## Activity Report

<b>Academic year 2023-24 ( July 2023 to June 2024)</b>	
Name of the Activity	An awareness programme on Anti-Ragging, Human Trafficking, and Drug Abuse
Date	17/8/2023
Mode ( Online/Offline)	Offline
Organized by: Name of the Department/Activity Centre	Anti-ragging committee
Event Coordinator/ Faculty In-charge	Mr.Shashikumar Muniyappa Faculty Convenor, Anti-Ragging committee
Topic/Activity	An awareness programme on Anti-Ragging, Human Trafficking, and Drug Abuse
Resource Person Details (Name, Designation and Organization/Institution)	The police Sub-inspector of Tilak Nagar station Mr Praveen Shetty, and Ms Shameena Bhanu.
No of Participants	170 students
Objectives of the activity	The need for awareness of Anti-Ragging, Human Trafficking and Drug Abuse among the student community.
Outcome of activity	Successfully created awareness about Anti-Ragging, Human Trafficking and Drug Abuse.

### A Report

The event started with Manjunath R of BCA, Who gave opening remarks about the topic for the event. He mentioned the need for awareness of Anti-Ragging, Human Trafficking and Drug Abuse. The gathering was welcomed by Kiran, of BBA, followed by Manjunath S R, of B.com, gave a Principal introduction. The topic was initiated by our Principal, Dr Geetha R, and addressed the gathering. The police Sub-inspector of Tilak Nagar station Mr Praveen Shetty, and Ms Shameena Bhanu, gave in-depth and appropriate information and awareness on Anti-Ragging, Human Trafficking and Drug Abuse. They gave measures to fight human trafficking and its related social evils, such as gender-based violence. You have to use all of the means at your disposal to raise awareness about the crime, its nature, its causes and damage to victims. The various helplines with regard to the social evils and safety measures were discussed. The token of appreciation was given by the Principal to both speakers. The programme concluded with closing remarks by Yashodha of M.com. The students actively participated in the event.





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Ranked among top 5 Colleges in India  
(India Today - MDRA Survey 2018, 2019, 2020 & 2022)



## ANTI-RAGGING COMMITTEE

Invites You

### Awareness Program On ANTI RAGGING, DRUG ABUSE & HUMAN TRAFFICKING

Date:- 17-08-2023

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

Venue:- College Auditorium

#### Guest Speakers

Ramesh B  
Praveen Shetty

Police Sub Inspector  
Tilak Nagar Police Station

Dr. Geetha R

Principal  
SSMRV College

#### Anti-Ragging Committee

Teja K R  
Shashikumar M  
Jagadish

R Shanthi Krishna

Guranna

Dr. Vinay T

Adv. Harish N

***WE CORDIALLY INVITE ALL  
STAFF MEMBERS AND 1ST YEAR  
STUDENTS***

Organized By:-

Anti Ragging Committee,  
SSMRV College

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S. S. S. S.

*Prasad*  
*28/10/24*

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## Activity Report

Academic year 2023-24 ( July 2023 to June 2024)	
Name of the Activity	<b>Self Defense Workshop for all female staffs</b>
Date	21 <sup>st</sup> March 2024
Time and Venue	10:00 am to 11:30 am, Multi-Purpose Hall
Mode ( Online/Offline)	Offline
Organized by: Name of the Department/Activity Centre	Women Empowerment Cell, SSMRV College <b>On the Occasion of International Womens' Day 2024</b>
Event Coordinator / Faculty In-charge	Mrs. Shakeela. M.K Coordinator –Women Empowerment Cell, SSMRV College
Nature of event	Activity Centre- Teaching self-defense technique and strategies for all female staffs (including teaching and non teaching)
Topic/Activity	<b>Self Defense workshop for all female staffs of SSMRV</b>
Resource Person Details (Name, Designation and Organization/Institution)	Mr.Ravi Kumar Rohilla, Alumni SSMRV College, GENERAL SECRETARY, Traditional Shotokan karate Academy Bangalore.
No of Participants	50
Objectives of the activity	<ol style="list-style-type: none"><li>1. Teaching practical self-defense techniques that individuals can use to defend themselves against physical attacks.</li><li>2. Enhancing situational awareness to recognize and avoid potential threats before they escalate.</li><li>3. Promoting confidence and assertiveness in handling confrontational situations.</li><li>4. Providing strategies for de-escalating conflicts and diffusing potentially violent encounters.</li><li>5. Educating participants about their legal rights and responsibilities in self-defense situations.</li><li>6. Fostering a sense of empowerment and self-reliance among T Block</li></ol>



	<p>participants.</p> <p>7. To equip individuals with the tools and mind-set necessary to protect themselves and others from harm while promoting personal safety and well-being.</p>
Methodology	Hands-on workshop
Outcome of activity	<p>The Self-Defense workshop is to empower participants with the knowledge, skills and confidence to protect themselves from physical harm in threatening situations.</p> <ol style="list-style-type: none"> <li>1. Increased Confidence of Participants as each participant learned practical techniques to defend themselves in threatening situations.</li> <li>2. Enhanced Awareness of their surroundings, helping them recognize and avoid potential dangers.</li> <li>3. Each participant acquired basic self-defense techniques and physical skills that can be utilized if they find themselves in a threatening situation.</li> <li>4. Learning self-defense empowered each participant, giving them a sense of control over their safety and security.</li> <li>5. This workshop fostered a sense of solidarity among female staff members, creating a supportive community focused on personal safety.</li> <li>6. By Knowing how to defend oneself -alleviated fears and anxieties related to personal safety, allowing participants' to navigate their environments with greater peace of mind.</li> <li>7. By implementing self-defense workshop in this institution increased positive impact and a culture of safety along with empowerment within the educational institution, promoting a supportive and secure environment for all staff members.</li> </ol> <p>Overall, the outcome this workshop was to equip female staff members with the skills, knowledge and confidence to protect themselves and feel safer both in and outside of the workplace.</p>

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





**SSMRV College®**

#17, 36th Cross, 26th Main, 4th T Block, Jayanagar,  
Bengaluru - 560041, Karnataka, India

**APARAJITHA- WOMEN EMPOWERMENT CELL**  
organizes

**Self Defence Workshop for Faculties**  
*An IQAC Initiative*

**Resource Person :**



**Mr. Ravi Kumar Rohilla**

**Certified Karate instructor,**

**General Secretary-Traditional Shotokan Karate Academy, Bangalore**



**21st March 2024**



**10:00 AM to 12:00 PM**



**Multi Purpose Hall, SSMRV College**

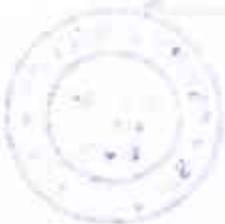


**Mrs. Shakeela M K**  
**Coordinator-WEC**

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

**ALL ARE INVITED**

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#17, 36th Cross, 26th Main, 4th T Block, Jayanagar,  
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**APARAJITHA- WOMEN EMPOWERMENT CELL**  
Celebrates

**INTERNATIONAL WOMENS' DAY 2024**  
*An IQAC Initiative*

**THEME:**  
**Inspire Inclusion**

**Guest of Honour:**

Mrs. Bharathi Shankar  
Former Chairperson, KSWDC

**Presided By:**

Mrs. Vasantha Lakshmi B R  
Principal, SSMRV PU College



21st March 2024



12:00 PM Onwards



Seminar Hall

**Mrs. Shakeela M K**  
**Coordinator-WEC**

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





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



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

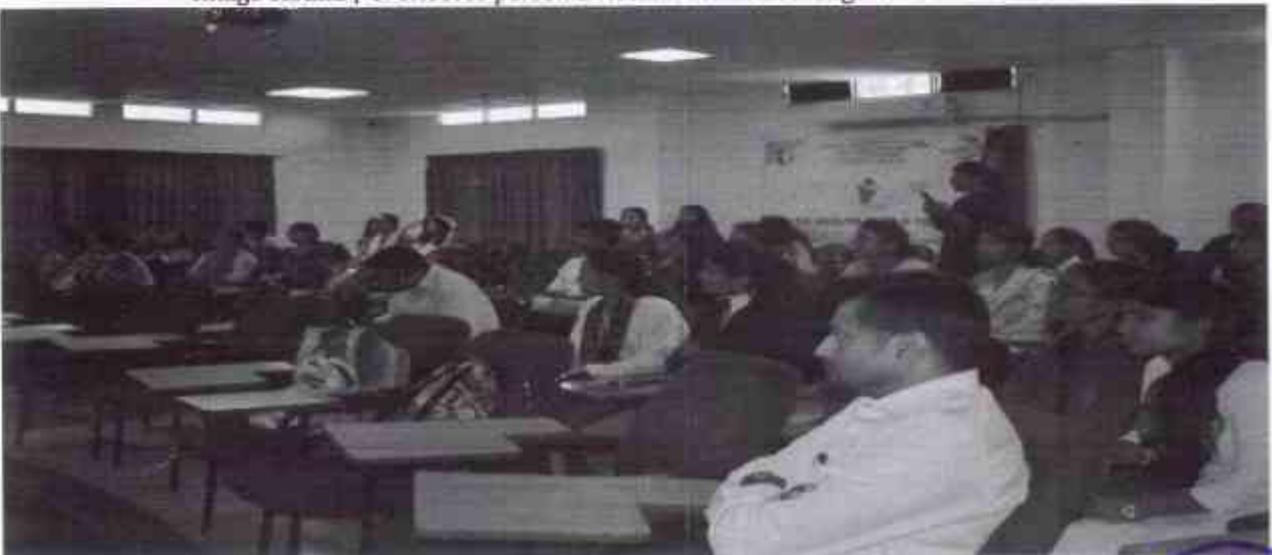
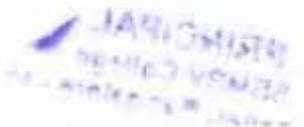


Image 11Jan24-f: students and Staffs listening to the Resource Person



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



*[Handwritten signature]*



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#17, 26th Main, 35th Cross, 4th T Block, Jayanagar, Bengaluru - 560041, Karnataka, India

The Women Empowerment Cell, SSMRV College organized Self Defense Workshop for all Female Staffs, on the Occasion of Celebration of International Womens' Day 2024.

Date and Timings –21<sup>st</sup> March 2024, Timings – 10 am to 12 pm

Venue –Multi-purpose Hall, SSMRV College Campus

Resource Person – Mr. Ravi Kumar Rohilla

GENERAL SECRETARY,

Traditional Shotokan karate Academy Bangalore

**Detailed Report:**

The Self-Defense Workshop for female staff members of SSMRV College aimed to equip participants with essential skills and knowledge to enhance their personal safety and security. The workshop, held on 21<sup>st</sup> March 2024, facilitated an interactive learning environment where participants learned practical techniques and strategies for self-protection.

The workshop covered a range of topics essential for personal safety, including situational awareness, basic self-defense techniques, de-escalation strategies and legal considerations. Experienced instructors led engaging sessions that combined theoretical knowledge with hands-on practice; ensuring participants could effectively apply what they learned in real-life scenarios.

Participants were taught a variety of physical self-defense techniques tailored to their needs and abilities. These included strikes, blocks and effective ways to break free from grabs and holds. The workshop fostered a sense of empowerment and confidence among participants, empowering them to assertively handle challenging situations and protect themselves.

A supportive and inclusive atmosphere encouraged participants to engage actively in the learning process, ask questions and share their experiences and concerns.

Overall, the self-defense workshop served as a proactive measure to promote personal safety and empowerment among female staff members, aligning with the institution's commitment to creating a secure and inclusive environment for all.

Session 2 was conducted in Seminar Hall

The "Inspire Inclusion" event featured a keynote address by Mrs. Vasantha Lakshmi, Principal SSMRV PU College. Mrs. Vasantha Lakshmi reinforced the importance of





**SSMRV College®**

## Feedback Form -Self Defense Workshop conducted by WEC on IWD2024

Dear Participants,

Thank You for your active participation in **Self Defense Workshop** held on **21st March 2024**.

Kindly provide your valuable **Feedback** on the workshop conducted by **Mr. Ravi Kumar**  
An **IQAC Initiative**.

**Women Empowerment Cell, Sivarama Sarma Memorial RV College, Bengaluru, Karnataka.**

Full Name of the Participant ( In Block Letters) \*

Your answer

Department \*

Your answer

Designation \*

Your answer

1. How would you rate your overall experience in the self-defense workshop? \*

1 2 3 4 5  
1 (Poor)      5 (Excellent)

2. Did the workshop meet your expectations? Why or why not? \*

Your answer

3. Did you find the demonstrations and explanations clear and easy to understand? \*

- Yes  
 No  
 Maybe

4. How would you rate the instructor Mr. Ravi Kumar's knowledge and expertise in self-defense techniques? \*

- Excellent  
 Very good  
 Good  
 Fair  
 Poor



empathy and active listening in understanding the experiences and perspectives of others. She encouraged individuals to use their privilege and influence to advocate for marginalized groups and create positive change.

Followed by an address by Guest of Honour Mrs. Bharathi Shankar, an expert in diversity and inclusion initiatives. She shared her experiences, expertise, and strategies for creating an inclusive environment where all individuals feel valued and respected.

The guest speaker emphasized the importance of recognizing and embracing diversity in all its forms, including but not limited to race, ethnicity, gender, sexual orientation, disability, and socioeconomic background. She highlighted the richness and strength that diversity brings to our communities. Mrs. Bharathi discussed the concept of equity and the need to address systemic barriers and biases that hinder equal opportunities for marginalized groups. She emphasized the importance of fairness and justice in creating a more inclusive society.

The guest of honour provided practical strategies and best practices for building an inclusive culture within organizations and institutions. She stressed the role of leadership, policies, and everyday behaviours in promoting inclusivity and creating a sense of belonging for all members. The speaker emphasized the power of collaboration and allyship in advancing inclusion efforts. She encouraged individuals to work together across differences, support one another, and amplify the voices of those who are often marginalized or silenced.

On the occasion of International Women's Day, SSMRV College celebrated the achievements and contributions of women through a felicitation ceremony. Held on 21st March 2024, the event aimed to honor the remarkable accomplishments of Mrs. Bharathi Shankar from diverse backgrounds and inspire further progress towards gender equality and empowerment.

The "Inspire Inclusion" event served as a catalyst for meaningful dialogue and reflection on the importance of promoting inclusion within our institution. The insights shared by Mrs. Bharathi Shankar will inform our on-going efforts to create a more equitable and welcoming environment for all members.

Overall, the guest speaker's address on "Inspire Inclusion" served as a powerful reminder of the transformative impact of embracing diversity and creating environments where everyone feels valued, respected, and empowered.

The International Women's Day felicitation ceremony was a resounding success, honoring the achievements of women and promoting dialogue and action towards gender equality and empowerment. By celebrating the accomplishments of women and



amplifying their voices, the event reaffirmed the importance of recognizing and supporting women's rights and contributions to society.

International Women's Day felicitation ceremony served as a meaningful tribute to the resilience, strength, and achievements of women, inspiring individuals and communities to work together towards a more inclusive and equitable world.

Feedback Link – <https://forms.gle/fvOp2MPRE6Y6FWz46>

The participants' were as follows

SSMRV COLLEGE					
WOMEN EMPOWERMENT CELL- SELF DEFENSE WORKSHOP					
Celebration of International Womens' Day 2024 on 21st March 2024					
S N	Title	Full Name	Gender	Designation	Employee Type
1	Dr.	Geetha R	Female	Principal	Teaching
2	Dr.	Babitha B. M .	Female	Associate Professor	Teaching
3	Ms.	Shylaja T. M.	Female	Library Assistant	Non-Teaching
4	Mrs.	Sunithamba K.	Female	First Division Assistant	Non-Teaching
5	Ms.	Roopalatha M.	Female	Assistant Professor	Teaching
6	Mrs.	Ume Salma	Female	Assistant Professor	Teaching
7	Mrs.	Shanthi Krishna . R.	Female	Assistant Professor	Teaching
8	Dr.	Jyothi.N. Hosurkar	Female	Assistant Professor	Teaching
9	Dr.	Shalini. N.	Female	Assistant Professor	Teaching
10	Dr.	Kavitha H.S .	Female	Assistant Professor	Teaching
11	Mrs.	Savitha Priyanka .	Female	Assistant Professor	Teaching
12	Mrs.	Bharati Rathod	Female	Assistant Professor	Teaching
13	Dr.	Prathima Vijay	Female	Assistant Professor	Teaching
14	Mrs.	Lavanya. B.K.	Female	Assistant Professor	Teaching
15	Mrs.	Rajatha M.	Female	Assistant Professor	Teaching
16	Mrs.	Shashikala G T	Female	Senior Executive	Non-Teaching
17	Mrs.	Nethravathi B.V.	Female	Senior Executive	Non-Teaching



41	Mrs.	Jayashree	Female	Senior Executive	Non-Teaching
42	Mrs.	Latha K M	Female	Accounts Executive	Non-Teaching
43	Ms.	Jahanavi Rao A V	Female	Assistant Professor	Teaching
44	Ms.	Vasugi Mudaliar R K	Female	Assistant Professor	Teaching
45	Mrs.	Shilpashree N	Female	Assistant Professor	Teaching
46	Mrs.	Chaitra H N	Female	Assistant Professor	Teaching
47	Mrs.	Kanchan Gulabsing Rajput	Female	Assistant Professor	Teaching
48	Mrs.	Puja Biswas	Female	Assistant Professor	Teaching
49	Dr.	Chethana S	Female	Assistant Professor	Teaching
50	Dr.	Geetanjali Yogesh Diwani	Female	Assistant Professor	Teaching

The session met with an overall very good feedback from the participants. The participants were from a heterogeneous group but still the resource person was able to

The self-defense workshop served as a proactive measure to promote personal safety and empowerment among female staff members, aligning with the institution's commitment to creating a secure and inclusive environment for all.

The workshop incorporated teachings on strikes, blocks, and methods for escaping grabs and holds. It instilled a profound sense of empowerment and confidence in participants, equipping them to confidently confront and defend themselves in difficult circumstances.

Further session on self defense workshop will help the participants to understand the research process at an advanced level. The session received an average feedback rating of on 5 based on engagement, demonstration and resource person competence. It was well received and highly appreciated by the participants.



18	Ms.	Sushma S	Female	Assistant Librarian	Non-Teaching
19	Mrs.	Nandini H K	Female	Office Attender	Support Group
20	Ms.	Deepika L	Female	Assistant Professor	Teaching
21	Mrs.	Lavanya Balaji	Female	Assistant Professor	Teaching
22	Mrs.	Shakeela M K	Female	Assistant Professor	Teaching
23	Ms.	Jyothi K S	Female	Assistant Manager	Non-Teaching
24	Mrs.	Pavana R Kulkarni	Female	Assistant Professor	Teaching
25	Mrs.	Vidya U Jambagi	Female	Assistant Professor	Teaching
26	Mrs.	Vijayalakshmi R	Female	Assistant Professor	Teaching
27	Ms.	Bharathi N S	Female	Assistant Professor	Teaching
28	Mrs.	Vani M U	Female	Manager	Non-Teaching
29	Ms.	Nandini J	Female	Assistant Professor	Teaching
30	Dr.	Padma C	Female	Assistant Professor	Teaching
31	Dr.	Lalitha B S	Female	Assistant Professor	Teaching
32	Ms.	Smitha G L	Female	Assistant Professor	Teaching
33	Mrs.	Sushma C	Female	Assistant Professor	Teaching
34	Ms.	Apoorva C	Female	Assistant Professor	Teaching
35	Mrs.	Shabana	Female	Assistant Professor	Teaching
36	Mrs.	Nethravathi M	Female	Executive	Non-Teaching
37	Mrs.	Sumana H N	Female	Placement Officer	Non-Teaching
38	Mrs.	Sudha V	Female	Assistant Professor	Teaching
39	Ms.	Neha Banu	Female	Assistant Professor	Teaching
40	Mrs.	Teja K R	Female	Junior Director - Physical Education	Teaching

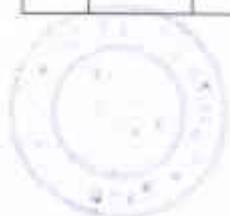




Image 21 March 2024: Self defense workshop for female faculty held on 21<sup>st</sup> March 2024



Image 21 March 2024: Self defense workshop for female faculty held on 21<sup>st</sup> March 2024



**Photographs:**



Image(b)- International Womens Day 21<sup>st</sup> March 2024 : Dignitaries on dais



Image(C)- Self defense workshop for female faculty held on 21<sup>st</sup> March 2024





Image 21 March 2024:- Principal Dr.Geetha felcitating - Guest of Honour Mrs. Bharathi Shankar



Image 21 March 2024: Dr. Geetha R, Principal, SSMRV College and Mrs. Vasantha Lakshmi, Principal SSMRV PU College- felcitating Guest of Honour Mrs. Bharathi Shankar, Former Chairperson Karnataka State Women Development Corporation.

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Image 21 March 2024:- Resource Person Mrs. Vasantha Lakshmi giving Presidential address

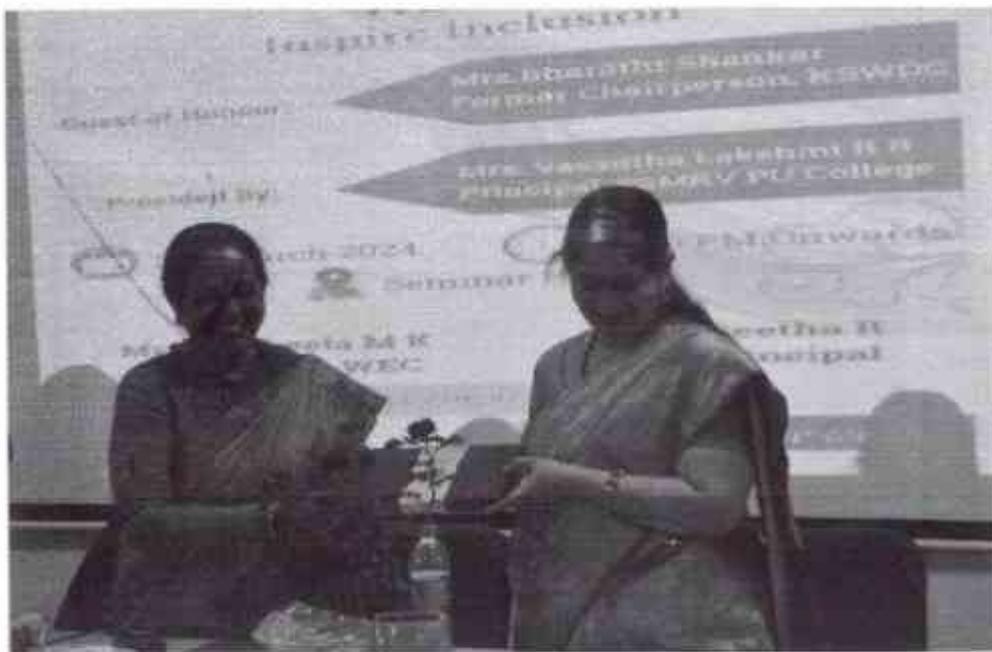


Image 21 March 2024:- Guest of Honour Mrs. Bharathi Shankar felicitating Mrs. Vasantha Lakshmi



*Shankar*  
**PRINCIPAL**  
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Jnanagar, Bangalore - 41.



## Activity Report

Academic year 2023-24	
1. Basic details	
Name of the Activity	Constitution day
Date	27 <sup>th</sup> November 2023
Time and Venue	12:00 Noon SSMRV COLLEGE QUADRANGLE
Mode ( Online/Offline)	Offline
Please provide the youtube link (if online)	
Organized by: Name of the Department/Activity Centre	National Service Scheme(NSS UNIT)
Event Coordinator/ Faculty In-charge	Mr.Yallappa M NSS Program Officer
Nature: Academic /Co- curricular/extracurricular/others	Extracurricular /Constitutional day celebration
Topic/Activity	Constitutional day celebration - 2023
Resource Person Details (Name, Designation and Organization/Institution)	Dr. Geetha R , PRINCIPAL SSMRV COLLEGE Mr. Yallappa M , Program officer SSMRV COLLEGE
Participants	70 Volunteers ( BCOM, BBA, BCA, BBA Aviation)
Objectives of the activity	Bring awareness on the importance of the Indian Constitution and its architect Dr. B R Ambedkar and also reminder of the principles and values enshrined in the Indian Constitution.
Methodology	The day is celebrated to remind us about principles and values enshrined in the Indian Constitution and to highlight the contributions of Dr. B R Ambedkar and other Drafting Committee Members Of Indian Constitution.
Outcome of activity	Implication of Constitution Day: Constitution Day of India aims to bring awareness on the importance of the Indian Constitution and its architect.





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Ranked among top 5 Colleges in India  
(India Today - NIRA Survey 2016, 2017 & 2020)



## WORLD ENVIRONMENT DAY 2023

Academic year 2022-2023	
Basic details	
Name of Activity	World Environment Day 2023
Date	05 June 2023
Faculty	Prof Smitha
Organized by Name of Department/ Name of Committee/ Club	ECO-Club
Coordinator/ In-charge of Activity	Prof Smitha
Time	2.30 PM
Venue	Auditorium SSMRV Degree College
Activity for Class/Group	Eco club student Members, Students, and teaching fraternity
Nature: Academic /Co- curricular/extracurricular/other	Awareness and Appreciation Program
2. Brief information about Activity	
Topic /Subject of activity	Awareness Program
Objectives of the activity	<ul style="list-style-type: none"><li>To spread awareness about environment and plastic free society</li><li>Inauguration of medicinal garden.</li></ul>
Methodology	<ul style="list-style-type: none"><li>Donation of saplings</li><li>Inauguration of medicinal garden in the campus.</li></ul>
<ul style="list-style-type: none"><li>Outcome of Activity</li></ul>	<ul style="list-style-type: none"><li>650 saplings were donated across Bangalore and other RV Institutions.</li><li>Awareness was created and call to action for less usage of plastic are to be ensured in the campus</li></ul>
<ul style="list-style-type: none"><li>3.Proofs attached</li><li>Letters /Attendance sheet/Certificate/ Feedback/Account document /Photo etc.</li></ul>	



World Environment Day is celebrated annually on 5 June and encourages awareness and action for the protection of the environment. It is supported by many non-governmental organizations, businesses, government entities, and represents the primary United Nations outreach day supporting the environment.

The theme for World Environment Day on 5 June 2023 focussed on solutions to plastic pollution and a program was organised by Prakruthi- Eco Club in association with NCC of SSMRV college.

The event was organised in SSMRV degree college Auditorium and the program started with the auspicious act of lightening the lamp and a beautiful song concerning environment by Neha from 1<sup>st</sup> year BBA Aviation. The same was celebrated in the premises. Around 650 saplings were distributed in and around MG Road, Lavelle Road, and other RV Institutions. Many eminent guests were present on this occasion, and inaugurated medicinal garden in college. A PPT about plastic consumption by 2<sup>nd</sup> year BBA Aviation student named Adil was presented where he enlightened the crowd about the hazardous effects of plastic pollution.







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**RV INSTITUTIONS**

**SSMRV College**  
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**SSMRV 360**

**KSMRV**

**NCC**

**WORLD ENVIRONMENT DAY**  
**JUNE 5TH 2023**

Time: 2:30 pm  
 Venue: Auditorium

Mr. Manjunath K.  
 Officer, Government of Karnataka

Mr. Ramachandra  
 Honourary Club President, Bangalore

Lt. Col. Manjunath J.  
 President, Lions Club of Bangalore, Host

Prof. Shilpa G.L.  
 Eco Club Convenor

Prof. Shreyas K.  
 A.P.

Dr. Nagendra Kumar T.O.  
 Environmental Studies

Dr. Geetha, K.  
 Director

Dr. Anil Kumar  
 Principal

**GO CHANGE THE WORLD**

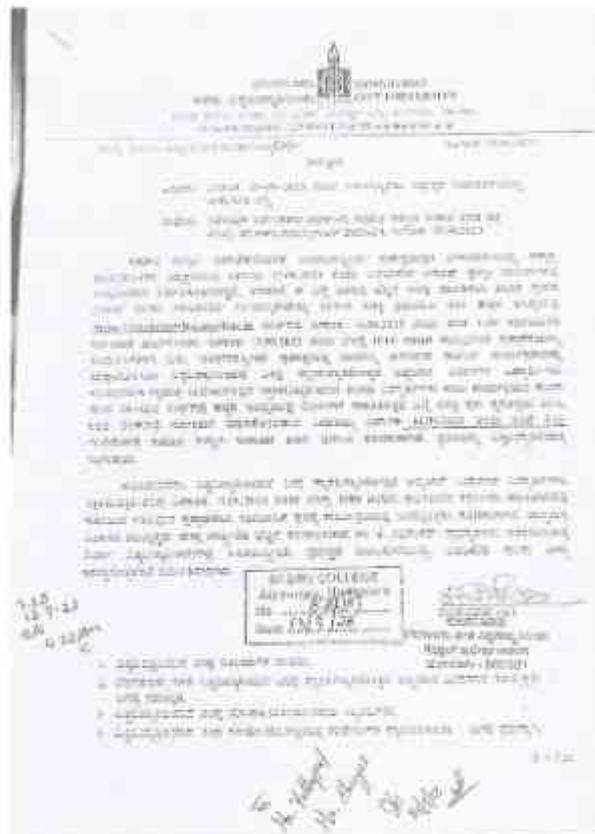


## Activity Report

Academic year 2023-24	
1.Basic details	
Name of the Activity	International Democracy Day Celebration-2023
Date	15-09-2023
Time and Venue	8:00 AM Vidhana Soudha Bengaluru -01
Mode ( Online/Offline)	Offline
Please provide the youtube link (if online)	Nil
Organized by: Name of the Department/Activity Centre	National Service Scheme
Event Coordinator/ Faculty In-charge	Mr.Yallappa M NSS Program Officer
Nature: Academic /Co- curricular/extracurricular/others	Extracurricular
Topic/Activity	International Day of Democracy
Resource Person Details (Name, Designation and Organization/Institution)	CM SIDDARAMAIAHA Chief Minister of Karnataka D.K SHIVKUMAR D CM of Karnataka
Participants	50 NSS Volunteers
Objectives of the activity	023 Theme: Empowering the next generation This year's theme for the International Day of Democracy, "Empowering the next generation," focuses on young people's essential role in advancing democracy and ensuring that their voices are included in the decisions that have a profound impact on their world.
Methodology	International Day of Democracy 2023 Here's all you need to know about the date, history, significance and celebration of International Democracy Day
Outcome of activity	Government provided certificate for participants. It was helpful for the students to know about our democracy.



Activity In-charge



# Activity Report

Academic year 2023-24 (July 2023 to June 2024)	
Name of the Activity	National Voters' Day
Date	25 <sup>th</sup> January 20 <sup>24</sup>
Time and Venue	1:30 p.m. and Seminar Hall
Mode (Online/Offline)	Offline
Please provide the YouTube link (if online)	N/A
<b>Organized by:</b> Name of the Department/Activity Centre	Electoral Literacy Club
Event Coordinator/ Faculty In charge	Mrs. Shabana
<b>Nature:</b> Academic /Co-curricular/ extracurricular/others	Co-curricular
Topic/Activity	National Voter's Day Celebration
Resource Person Details (Name, Designation and Organization/Institution)	N/A
No of Participants	63
Objectives of the activity	To bring awareness among the youth to cast their votes for a responsible person and participate in the development of the country,
Methodology	National Voters' Day Pledge was taken by the students in 3 languages(Hindi, Kannada, English).
Outcome of activity	An opportunity was utilized by the students and they promised ethical participation in a Democratic process.



## Report on The National Voters' Day -25 January 2024.

The National Voters' Day is celebrated every year on 25<sup>th</sup> January. It was first celebrated in 2011 to mark the foundation day of the Election Commission of India, which was established on January 25<sup>th</sup> 1950.

On this day, **Electoral Literacy Club** organized the Celebration of National Voters' Day with great pompous and splendour at the seminar hall at 1:30 p.m. Students were excited to be part of the event. Mrs. Chaitra HN welcomed the gathering and also shared the knowledge on why is National Voters' day celebrated, gave a call to participate in the democratic process of the country. The pledge was taken by them wherein they promised to cast their votes responsibly. Mrs. Shabana proposed the vote of thanks.

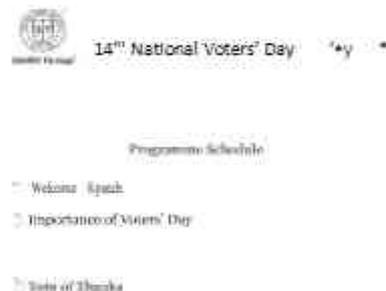
### Participants:

All the staff members and Students.

### Invitation:



### Programme Schedule:



### Event's pics:





Bengaluru, KA, India  
 CA 17, 36th Cross Rd, 4th T Block East, Jayanagara 9th Block, Jayanagar,  
 Bengaluru, Karnataka 560041, India  
 Lat 12.922365°  
 Long 77.592572°  
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 Note: Captured by GPS Map Camera



Bengaluru, Karnataka, India  
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Accredited by NAAC  
with 'A' Grade

## Activity Report

Academic year 2023-24 ( July 2023 to June 2024)	
Name of the Activity	Road Safety Awareness on Helmet 4 Life - 2nd edition
Date	03/11/2023
Time and Venue	1:30 p.m- 3:30 p.m Seminar hall
Mode ( Online/Offline)	Offline
Please provide the youtube link (if online)	-
Organized by: Name of the Department/Activity Centre.	YOUTH RED CROSS CLUB
Event Coordinator/ Faculty In-charge	Mrs.Vidya .U.Jambagi
Nature: Academic /Co-curricular/extracurricular/others	Extracurricular
Topic/Activity	Helmet for life
Resource Person Details (Name, Designation and Organization/Institution)	Ms.Sandhya Anand, Road Safety Trainer from Need Base India



No of Participants	100
Objectives of the activity	Awareness about importance of wearing helmet's and road safety
Methodology	Through training session with PPT's and video's.
Outcome of activity	Conducted training session on road safety and 100 free helmet's were distributed to the registered participants

**A BREIF WRITE UP OF THE EVENT:-**

Youth Red Cross organized Helmet 4 Life Road Safety Awareness- second edition on 03 November 2023 in alignment with sustainable development goals. Ms..Sandhya Anand , road safety trainer took over the session by showing videos and PPT's to create awareness on road safety. 100 participation certificates and helmets were distributed free of cost to all the registered participants. The program was held in two sessions - each session consisting of 50 participants .

On 2nd November 2023 poster making competition was held in our college with the " Theme Helmet For Life".The Winner of the competition was announced after both the session and were given prizes . The prize winners were Aliya kouser, Kreethana.R and Zoya from 2nd year b.com 'c' section.

The team from Total Energies company had also came over for the session and distributed helmets .This was part of CSR ( Corporate Social Response ) program of Total Energies company.





GPS Map Camera

Bengaluru, Karnataka, भारत  
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# Safety and helmet use on motorcycles

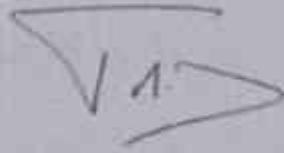
HELMET  
4LIFE

This card certifies that:

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Participated in the awareness session on:

\_\_\_ / \_\_\_ / 2023



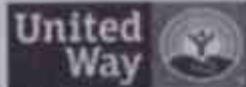
Olivier Sabrie  
Chairman and Managing Director  
TotalEnergies Marketing India Pvt. Ltd.



Shaik Rahim  
Secretary  
Need Base India



CSR Partner



United Way Mumbai  
NGO Partner



Implementation  
Partner





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## Activity Report

Academic year 2023-24 ( July 2023 to June 2024)	
Name of the Activity	Labour Day
Date	01/5/2024
Time and Venue	Volunteers own locality
Mode ( Online/Offline)	Offline
Please provide the youtube link (if online)	Nil
Organized by: Name of the Department/Activity Centre	Leo club of Bangalore host SSMRV college
Event Coordinator/ Faculty In-charge	Ms. Neha Banu
Nature: Academic /Co- curricular/extracurricular/others	Co curricular
Topic/Activity	Offering refreshments
Resource Person Details (Name, Designation and Organization/Institution)	Nil
No of Participants	10
Objectives of the activity	A small gesture to appreciate the hard work of the BBMP personnel.
Methodology	Outreach Program
Outcome of activity	Providing them with some essentials. We offered them masks and packets of buttermilk to help them cope with the summer heat. A grand success of service activity was done by serving 38 people .



**LEO CLUB OF  
BANGALORE HOST  
SSMRV COLLEGE**

 **LABOUR  
DAY**



*SMALL GESTURE TO APPRECIATE THE  
HARD WORK OF BBMP PERSONNEL  
AT UR OWN LOCALITY!*

Date :01/05/2024

@leoclub.ssmrv

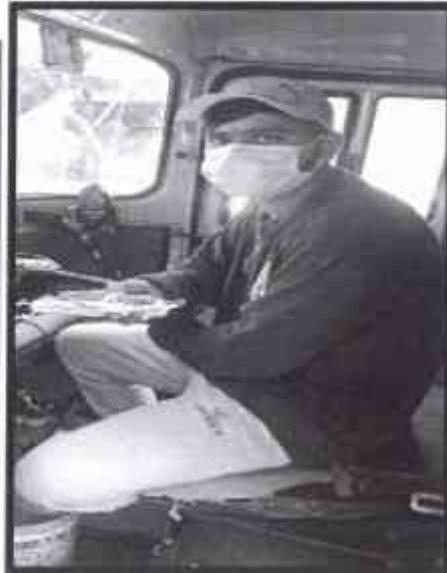




Add a Caption

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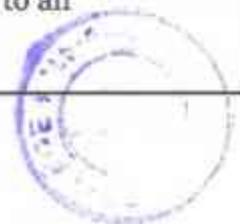
*Prakash*  
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Jayanagar, Bangalore - 4<sup>th</sup>



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## Activity Report

Academic year 2023-24 (July 2023 to June 2024)	
Name of the Activity	World Red Cross and Red Crescent Day
Date	8 <sup>th</sup> May 2024
Time and Venue	4:00 pm_ Google meet
Mode ( Online/Offline)	Online
Please provide the youtube link (if online)	<a href="https://youtu.be/o8Kcn_WUGG0?si=LIXVbJ8pj8rgk2-5">https://youtu.be/o8Kcn_WUGG0?si=LIXVbJ8pj8rgk2-5</a>
Organized by: Name of the Department/Activity center	Youth Red Cross
Event Coordinator/ Faculty In-charge	Mrs Vidya U Jambagi Convenor, YRC
Nature: Academic /Co- curricular/extracurricular/others	Extra-Curricular
Topic/Activity	World Red Cross Day
Resource Person Details (Name, Designation and Organization/Institution)	Sri. Balakrishna Shetty Chairman Indian Red Cross Society Bengaluru Urban District
No. of Participants	97
Objectives of the activity	<ul style="list-style-type: none"><li>• To understand the importance of World Red Cross and Red Crescent Day</li><li>• To create awareness about the various activities of Red Cross Society</li><li>• To know about Red Cross Society in a nutshell.</li></ul>
Methodology	Online – Live webinar
Outcome of activity	<ul style="list-style-type: none"><li>• Participants were informed about the Red Cross Society - its inception, 7 Principles and objectives of Red Cross Society, various activities of Red Cross Society and it's impact on the society.</li><li>• Participants could also understand the contribution of Red Cross Society in bringing harmony and building good relationship among various countries through its activities.</li><li>• E-certificates were provided to all participants.</li></ul>





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Cordially invites you for a  
Live Webinar on the Occasion of

# WORLD RED CROSS AND RED CRESCENT DAY

THEME FOR 2024:

*"I give with joy, and the joy I give is a reward."*



BY

SRI. BALAKRISHNA SHETTY

CHAIRMAN

Indian Red Cross Society  
Bengaluru Urban district



8TH MAY, 2024



4PM Onwards



Google Meet

ALL PARTICIPANTS WILL BE PROVIDED WITH E-CERTIFICATES

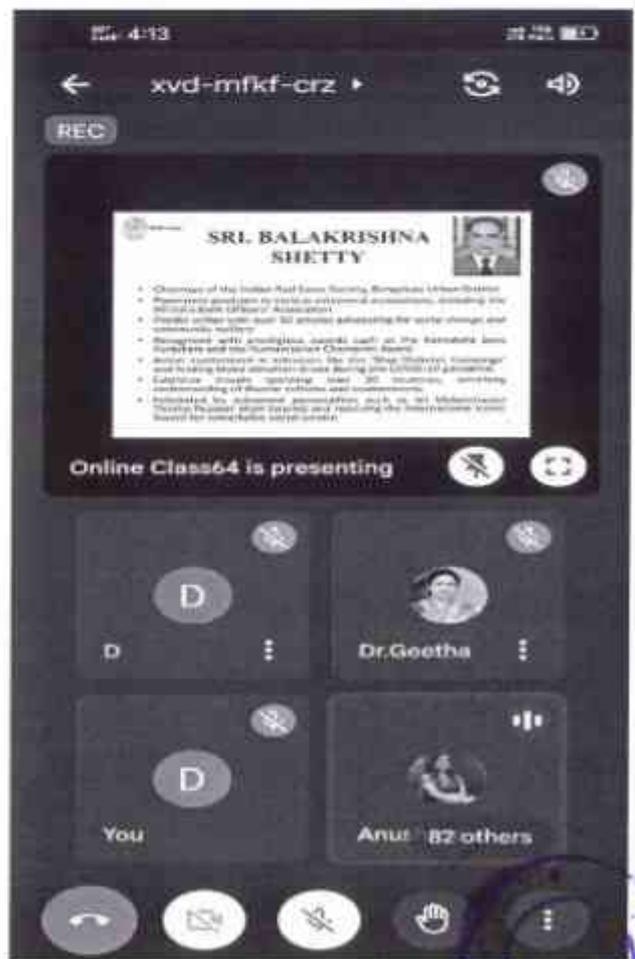
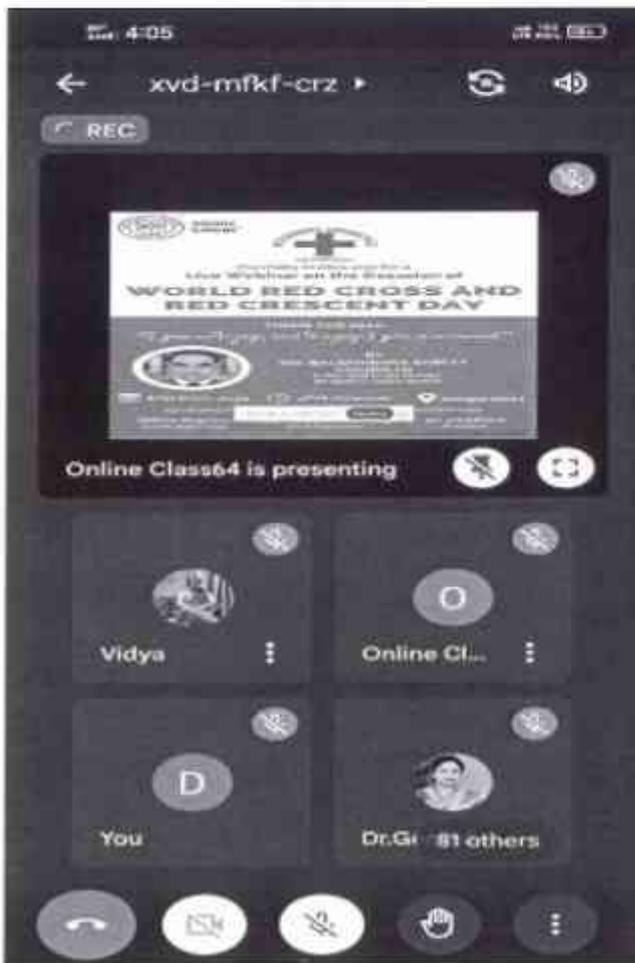
Office Bearers  
Youth Red Cross

Ms. Vidya U Jambagi  
Club Convenor

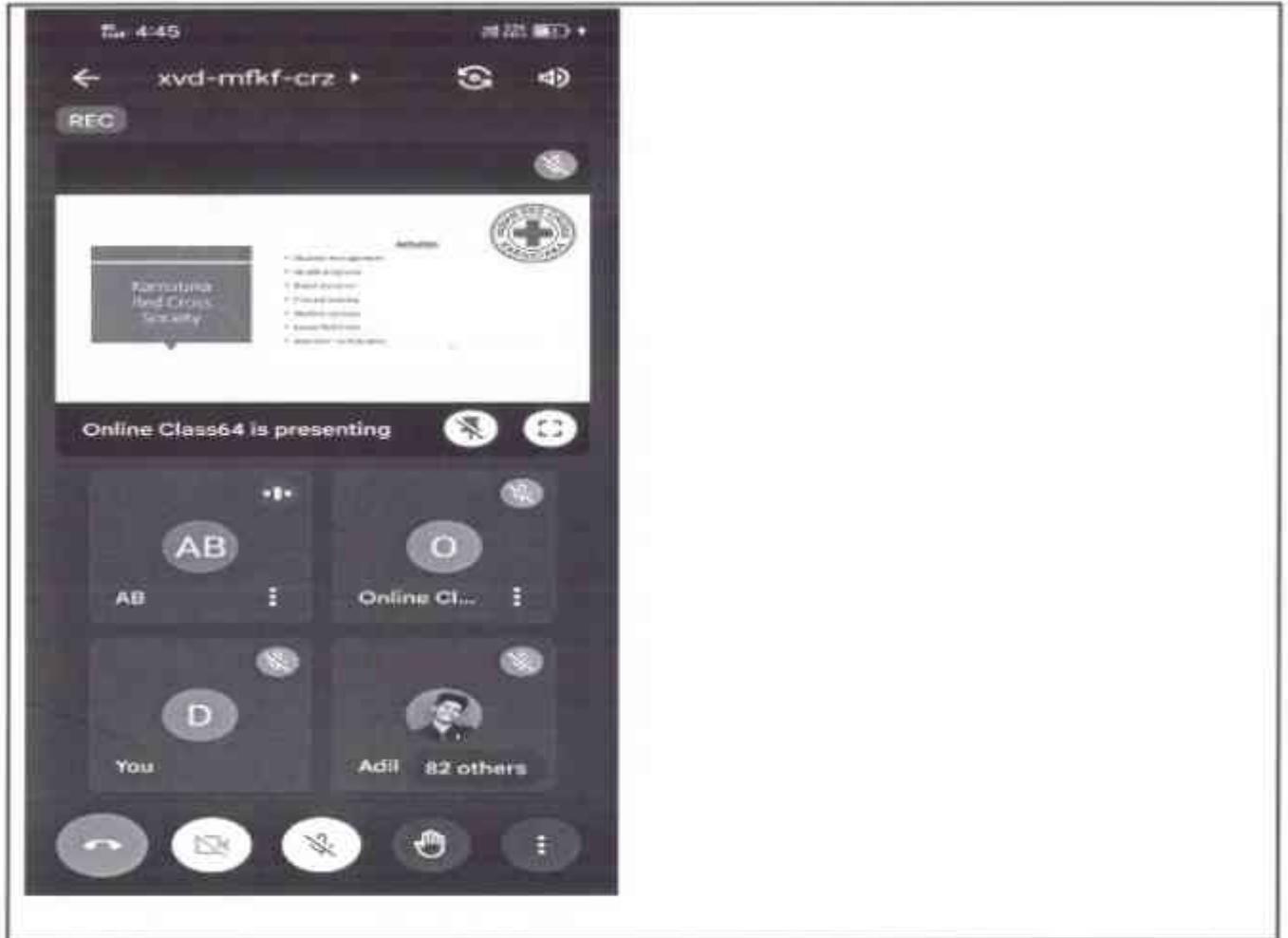
Dr. Geetha R  
Principal

*Go, change the world*









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28/10/24

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CENTRE FOR  
SUSTAINABLE DEVELOPMENT



# Welcome To The



## "YOUTH CLIMATE PARLIAMENT" FOR 'SUSTAINABLE DEVELOPMENT'

Date: 16th October, 2023

Venue: SSMRV College, Jayanagar,  
Bengaluru



# Activity Report

Academic year 2023-24 (July 2023 to June 2024)	
Name of the Activity	National Voters' Day
Date	25 <sup>th</sup> January 2024
Time and Venue	1:30 p.m. and Seminar Hall
Mode (Online/Offline)	Offline
Please provide the YouTube link (if online)	N/A
<b>Organized by:</b> Name of the Department/Activity Centre	Electoral Literacy Club
Event Coordinator/ Faculty In charge	Mrs. Shabana
<b>Nature:</b> Academic /Co-curricular/ extracurricular/others	Co-curricular
Topic/Activity	National Voter's Day Celebration
Resource Person Details (Name, Designation and Organization/Institution)	N/A
No of Participants	63
Objectives of the activity	To bring awareness among the youth to cast their votes for a responsible person and participate in the development of the country,
Methodology	National Voters' Day Pledge was taken by the students in 3 languages(Hindi, Kannada, English).
Outcome of activity	An opportunity was utilized by the students and they promised ethical participation in a Democratic process.



## Report on The National Voters' Day -25 January 2024.

The National Voters' Day is celebrated every year on 25<sup>th</sup> January. It was first celebrated in 2011 to mark the foundation day of the Election Commission of India, which was established on January 25<sup>th</sup> 1950.

On this day, **Electoral Literacy Club** organized the Celebration of National Voters' Day with great pompous and splendour at the seminar hall at 1:30 p.m. Students were excited to be part of the event. Mrs. Chaitra HN welcomed the gathering and also shared the knowledge on why is National Voters' day celebrated, gave a call to participate in the democratic process of the country. The pledge was taken by them wherein they promised to cast their votes responsibly. Mrs. Shabana proposed the vote of thanks.

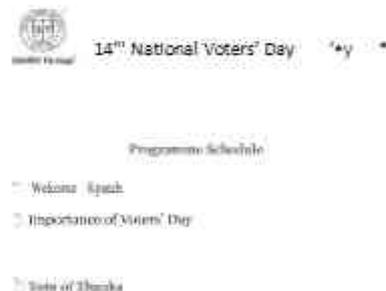
### Participants:

All the staff members and Students.

### Invitation:



### Programme Schedule:



### Event's pics:

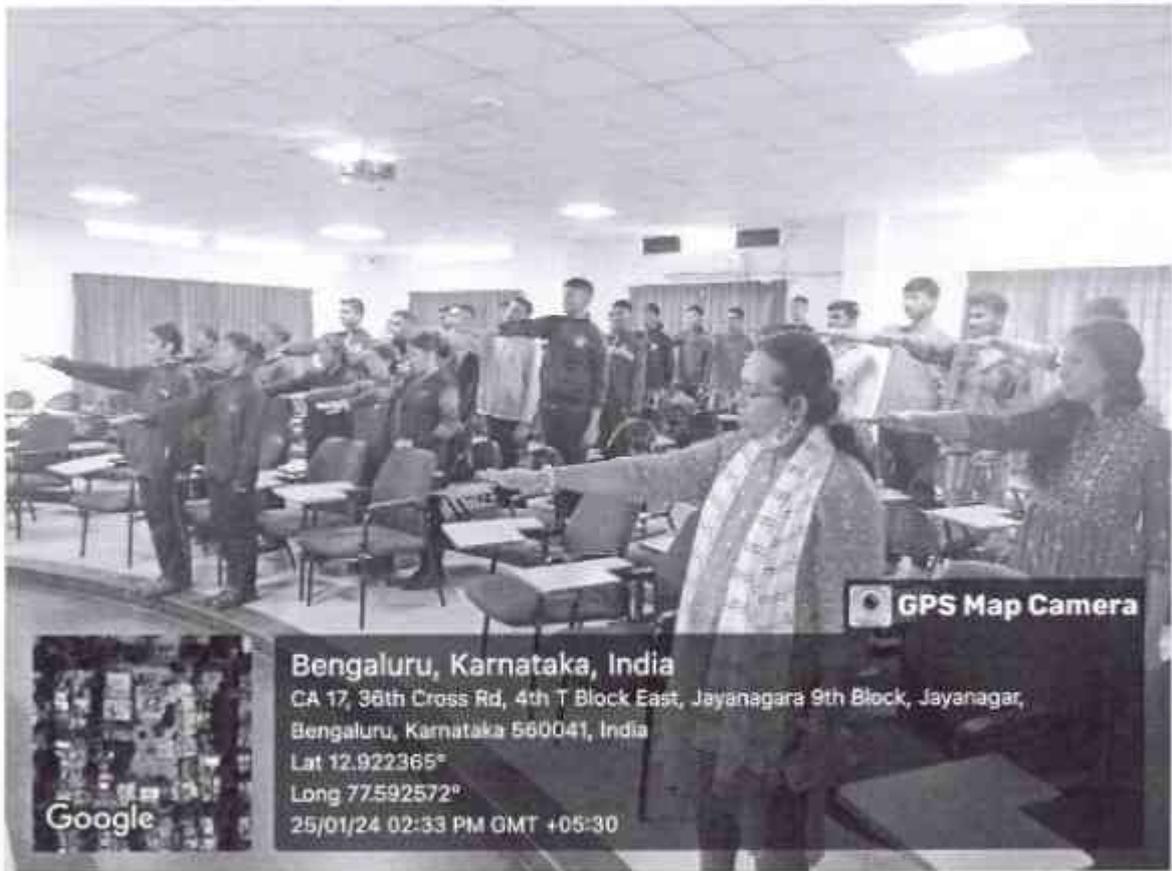




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 Note: Captured by GPS Map Camera



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 Bengaluru, Karnataka 560041, India  
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 Jayanagar, Bangalore - 41

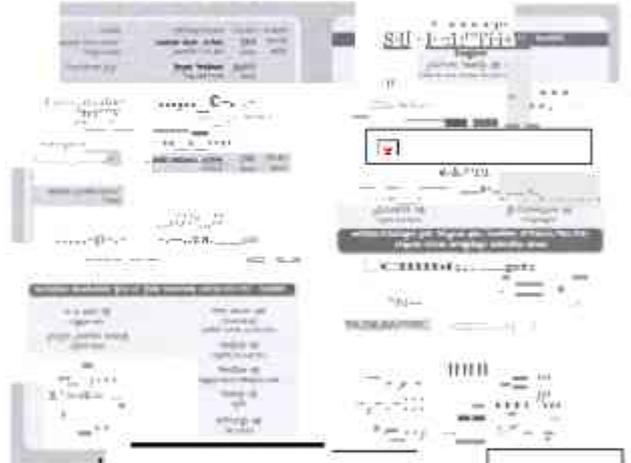


## Activity Report

Academic year 2023-24 [July 2023 to June 2024]	
Name of the Activity	National Service Scheme
Date	29 <sup>th</sup> April to 05 <sup>th</sup> May
Time and Venue	Aregadakalu
Mode [Online/Offline]	Offline
Please provide the YouTube link [if online]	None
Organized by: Name of the Department/ Activity Centre	SSMRV COLLEGE National Service Scheme (NSS)
Event Coordinator/faculty In-charge	Prof. Yallappa M
Nature: Academic/ Co-curricular /extracurricular/ others	Academic
Topic /Activity	Activity
Resource Person Details [Name, Designation and Organization /Institution]	Prof. Yallappa M Assistant Professor Department of Commerce and NSS Unit Program Officer
No. of Participants	56 NSS Volunteers Took part
Objectives of activity	Annual special camp was established to the vision of personality development through community service as well as development of rural areas in India. NSS Unit has been introduced in the college with objective of establishing a vision of social responsibility among the student's inculcating values of self-discipline and selflessness dedication towards the community development.
Methodology	NSS volunteers were selected as per the skills and ability. There were 56 NSS volunteers selected for the camp. The camp was held for 7 days from 29th April to 5th May, 2024 in Aregadakallu Village, Banavasi panchayath, Kanakapura taluk - Karnataka. ON 29 <sup>th</sup> April Volunteers with faculty members left the college premises by bus and reached Aregadakalu village at 2 PM. On 30 <sup>th</sup> April we had NSS SPECIAL CAMP Activities Inauguration. On 1 <sup>st</sup> May volunteers had flag hoisting and carried on by yoga session in the morning later on carried on by eye check up camp and health checkup later on carried in by guest lecture by Rajasekar RP the day ended with a cultural program and report writing. On 2 <sup>nd</sup> May as usual morning routine started by flag hoist carried on by warm up session and shramadhana we had a plastic drive <b>SAY NO TO PLASTIC</b> volunteers picked up the plastic around the village surroundings proceeded by <b>DENTAL CHECK-UP</b> and at the

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	<p>afternoon we had a dance work shop by ABHISHEK and due the rain we dint have cultural program instead we had organized some TEEM BUNINDING ACTIVITIES for the localities.</p> <p>On 3<sup>rd</sup> May we had guest lecture by KAMALA EESHWARAN on the topic <b>PERSONAL HYGINE</b> and later on it was carried on with plantation we had a 2<sup>nd</sup> guest lecture by PRO.MUNIANJANAPPA On the topic <b>SOCIAL RESPONCIBILITIES</b> as usual day ended by cultural program and report writing.</p> <p>On 4<sup>th</sup> May day started with a flag hoist and later on with warm up session after shramadhana volunteers went to survey throughout the village it was a last day of camp we dint have culturals instead we had to light the lamp and talk few words about the journey of the NSS ANNUAL SPECIAL CAMP.</p> <p>On 5<sup>th</sup> May early morning volunteers went to a trekking and came back had break fast and had leave school premises by 11:00.</p>
<p>Outcome of activity</p>	<p>It helps the students to grow individually and also in group volunteering for various task under Nss activity allow students to become confident, develop leadership skill and learn about different people from different works of life.</p>





*S. Srinivas*  
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## Activity Report

Academic year 2023-24 ( July 2023 to June 2024)	
Name of the Activity	Road Safety Awareness on Helmet 4 Life - 2nd edition
Date	03/11/2023
Time and Venue	1:30 p.m- 3:30 p.m Seminar hall
Mode ( Online/Offline)	Offline
Please provide the youtube link (if online)	-
Organized by: Name of the Department/Activity Centre.	YOUTH RED CROSS CLUB
Event Coordinator/ Faculty In-charge	Mrs.Vidya .U.Jambagi
Nature: Academic /Co- curricular/extracurricular/others	Extracurricular
Topic/Activity	Helmet for life
Resource Person Details (Name, Designation and Organization/Institution)	Ms.Sandhya Anand, Road Safety Trainer from Need Base India



No of Participants	100
Objectives of the activity	Awareness about importance of wearing helmet's and road safety
Methodology	Through training session with PPT's and video's.
Outcome of activity	Conducted training session on road safety and 100 free helmet's were distributed to the registered participants

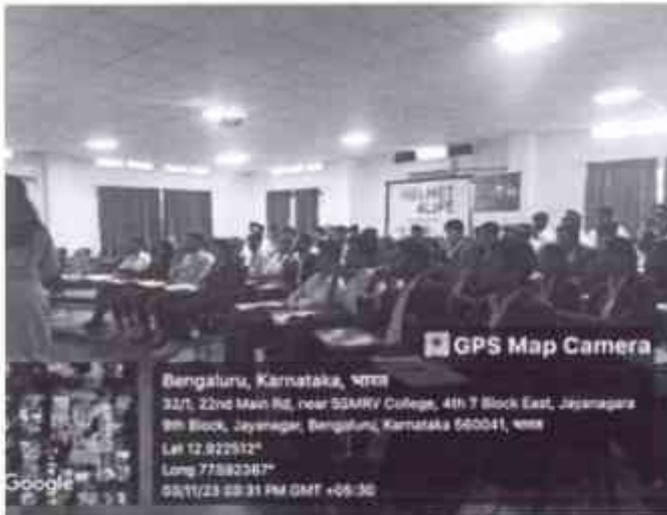
**A BREIF WRITE UP OF THE EVENT:-**

Youth Red Cross organized Helmet 4 Life Road Safety Awareness- second edition on 03 November 2023 in alignment with sustainable development goals. Ms..Sandhya Anand , road safety trainer took over the session by showing videos and PPT's to create awareness on road safety. 100 participation certificates and helmets were distributed free of cost to all the registered participants. The program was held in two sessions - each session consisting of 50 participants .

On 2nd November 2023 poster making competition was held in our college with the " Theme Helmet For Life".The Winner of the competition was announced after both the session and were given prizes . The prize winners were Aliya kouser, Kreethana.R and Zoya from 2nd year b.com 'c' section.

The team from Total Energies company had also came over for the session and distributed helmets .This was part of CSR ( Corporate Social Response ) program of Total Energies company.





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Lat 12.922409°  
Long 77.582587°  
02/11/23 04:11 PM GMT +05:30



GPS Map Camera



GPS Map Camera



Bengaluru, Karnataka, India  
CA 17, 36th Cross Rd, 4th T Block East, Jayanagara 9th Block,  
Jayanagar, Bengaluru, Karnataka 560041, India  
Lat 12.922397°  
Long 77.582581°  
02/11/23 04:12 PM GMT +05:30



Bengaluru, Karnataka, India  
CA 17, 36th Cross Rd, 4th T Block East, Jayanagara 9th Block,  
Jayanagar, Bengaluru, Karnataka 560041, India  
Lat 12.922409°  
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Bengaluru, Karnataka, India  
CA 17, 36th Cross Rd, 4th T Block East, Jayanagara 9th Block, Jayanagar, Bengaluru,  
Karnataka 560041, India  
Lat 12.922489°  
Long 77.582776°  
02/11/23 05:07 PM GMT +05:30



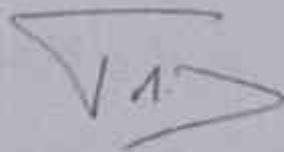
# Safety and **HELMET 4LIFE** helmet use on motorcycles

This card certifies that:

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Participated in the awareness session on:

\_\_\_ / \_\_\_ / 2023



Olivier Sabrie  
Chairman and Managing Director  
TotalEnergies Marketing India Pvt. Ltd.

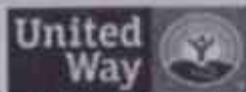


Shaik Rahim  
Secretary  
Need Base India



TotalEnergies  
FOUNDATION

CSR Partner



United Way Mumbai

NGO Partner



Implementation  
Partner



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



17  
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

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*Geetha R*  
**PRINCIPAL**  
SSMRV College  
Jayanagar, Bangalore - 41.



## Activity Report

<b>Academic year 2023-24 ( July 2023 to June 2024)</b>	
Name of the Activity	<b>Workshop on “General Health and its Effect”</b>
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>

### **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.



*Phani*  
**PRINCIPAL**  
SSMRV College  
Jayanagar, Bangalore - 41.



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



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

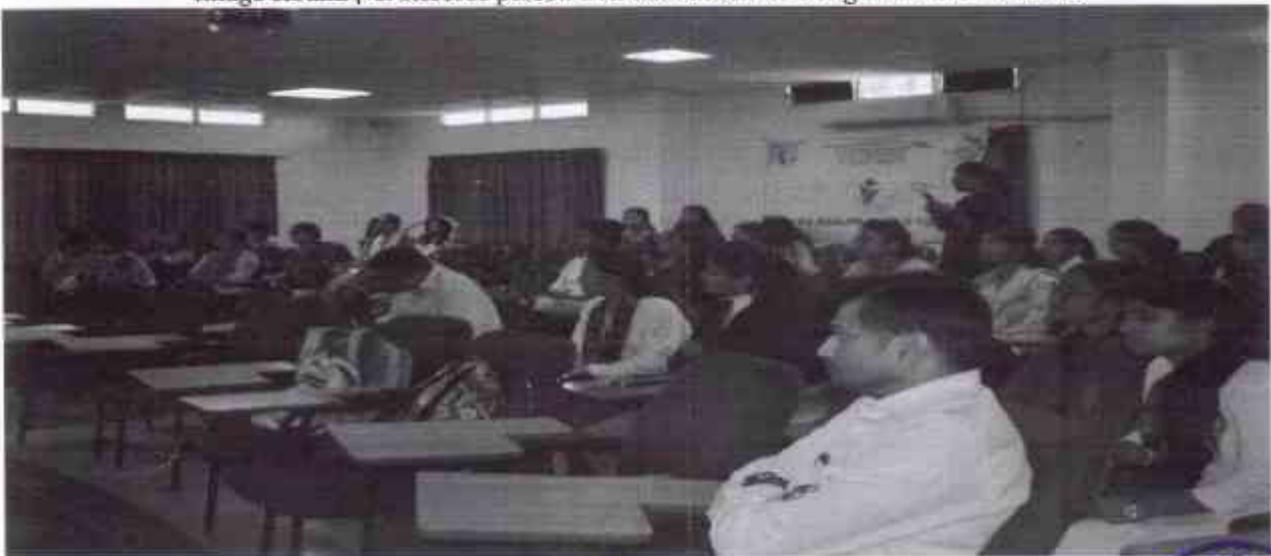


Image 11Jan24-f: students and Staffs listening to the Resource Person



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



*[Handwritten signature]*



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Bangalore - 41

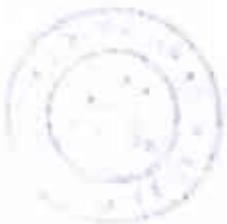


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## **Activity Report**

<b>Academic year 2023-24 ( July 2023 to June 2024)</b>	
Name of the Activity	Visit to Animal Shelter SARVOHAM
Date	30/10/2023
Time and Venue	2:00 PM SARVOHAM
Mode ( Online/Offline)	Offline
Please provide the youtube link (if online)	Nil
Organized by: Name of the Department/Activity Centre	Leo club of SSMRV
Event Coordinator/ Faculty In-charge	Ms. Neha Banu
Nature: Academic /Co- curricular/extracurricular/others	Extra curricular
Topic/Activity	Visit to Animal Shelter
Resource Person Details (Name, Designation and Organization/Institution)	Nil
No of Participants	22
Objectives of the activity	The objective was to sensitize students towards well being of animal's and to foster a sense of responsibility in them towards the creatures around us.
Methodology	Outreach Program
Outcome of activity	SDG 3 talks about Good health and well being healthier pets and livestock so a visit to animal shelter was arranged where 22 Leo's managed to arrange healthy and nutrition animal food for the dogs at SARVOHAM. A bond between animal and humans were strengthened and the students spent some quality time at the shelter which was in a way relaxing for them.







Melo

Prakash  
Municipal

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SSMRV College

## Activity report

Academic year ( July=20233 to June 20244)	
Name of the Activity	“Cherishing Generations”
Date	or/06/2024
Time and Venue	1.45 PM Ashraya Vrudhashrama
Mode ( Online/Offline)	Offline
Please provide the youtube link (if online)	Nil
Organized by: Name of the Department/Activity Centre	Leo club of Bangalore host SSMRV college
Event Coordinator/ Faculty In-charge	Ms. Neha Banu
Nature: Academic /Co-curricular/extracurricular/others	Extra curricular
Topic/Activity	Celebrating global parents day
Resource Person Details (Name, Designation and Organization/Institution)	Lion Manjunath Lions club Bangalore host
No of Participants	11
Objectives of the activity	The objective was to showcase the signification of the donation and to bring comfort and support to elderly people showing them they are cared .
Methodology	Outreach Program
Outcome of activity	In honour of global parents day today, we donated furniture worth 125,000 to Ashraya Vrudhashrama. It's also used by the Sri Krishna Sevashram Hospital. Huge Thanks to Lion Manjunath Sir, for this generous donation. We spent time with them, played games , gave fruits and saplings to the elderly people. li volunteers joined us, making the event a huge success.





ig@leoclubssmriv

# LEO CLUB OF BANGALORE HOST SSMRV COLLEGE

*Cherishing Generations™*

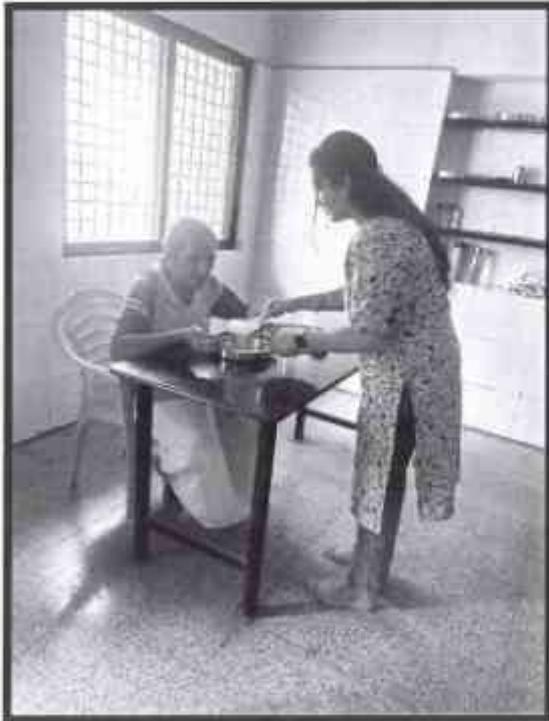
LEO CLUB

LET'S MAKE  
GLOBAL PARENTS  
DAY EXTRA SPECIAL

”

TIME:- 1:45 to 2:30  
Date:- Saturday 1st of JUNE 2024  
VENUE:- Ashraya Vruddhashrama , Uttarahalli







malo

*Heater*  
PRINCIPAL  
SSMRV COLLEGE  
Jayanagar, Bangalore - 41



## Celebration National Librarians Day



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**Sivananda Sarma Memorial R.V. College**  
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Ranked among top 5 Colleges in India  
(India Today - NIRF Survey 2018-2022)



# DEPARTMENT OF LIBRARY AND INFORMATION CENTRE

Celebrates 131st Birth anniversary of  
Dr. S. R. Ranganathan- "Father of Library Science"



# National LIBRARIAN'S Day

**ON AUGUST 12 2023**  
Time: 12:30 PM



<i>Librarian's:</i> Mrs. Shylaja T M Mr. Guranna S Ms. Sushma S	<i>Dr. Geetha R</i> DIRECTOR	<i>Dr.S Anil Kumar</i> PRINCIPAL
--	---------------------------------	-------------------------------------

*Let's Appreciate the Work of Librarians*

*Go, change the world*



# 17th July 2023 seminar and research session conducted by Vishnupriya a student of RV Physiotherapy on "Menstrual Cramps - Dysmenorrhea" and menstrual Hygiene



**Visit to Vidhana Soudha- students were taken two Both the sessions**



*Praveen*  
**PRINCIPAL**  
SSMRV College  
Jayanagar, Bangalore - 41.

## Plantation Drive conducted

**S.S.M.R.V COLLEGE**  
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Ranked among top 5 Colleges in India  
(India Today, MDRA Survey 2018, 2019 & 2020)

**Dr. B. R. AMBEDKAR STUDY AND RESEARCH CENTRE**  
cordially invites you to  
**PLANTATION PROGRAMME**

"Timers is my sword to fight for a better living, make it yours too"  
- Saachurimoradha Thiruvalluvar

**SUPPORTED BY**  
ಜವನ್ ವೆಲ್‌ವೇರ್ ಫೌಂಡೇಷನ್ (ರ)  
**JEEVAN WELFARE FOUNDATION (R)**

● Venue: Around SSMRV College.  
● Date: 05/08/2023  
● Time: 12 Pm

Mr. M. Shravana  
Asst. Professor  
ASRC Co-ordinator

Miss. Smitha G.L  
Asst. Professor  
Eco Club Convener

Mrs. Shakeela M.K  
Asst. Professor  
WEC Convener

Dr. Geetha B  
Director  
SSMRV College

Dr. S. Anil Kumar  
Principal  
SSMRV COLLEGE





*Shankar*  
PRINCIPAL  
SSMRV COLLEGE  
Jayanagar, Bangalore - 41

## Waste Management Seminar held



### Activity Report

Academic year 2023-24 ( July 2023 to June 2024)	
Name of the Activity	Workshop On Waste Management
Date	25 <sup>th</sup> to 31 <sup>st</sup> August 2023
Time and Venue	10AM to 1PM G1 Classroom SSMRV College
Mode ( Online/Offline)	Offline
Please provide the YouTube link (if online)	
Organized by: Name of the Department/Activity Centre	Prakruthi- Eco Club in association with Centre for Sustainable Development.
Event Coordinator/ Faculty In-charge	Ms. Smitha G L
Nature: Academic /Co-curricular/extracurricular/others	Co- Curricular
Topic/Activity	Waste Management
Resource Person Details (Name, Designation and Organization/Institution)	Centre for Sustainable Development
No of Participants	34
Objectives of the activity	<ul style="list-style-type: none"><li>• To educate women about solid and liquid waste management, Waste generation,</li><li>• Waste controlling and resolving, storage, and processing.</li><li>• To learn about waste Collection Sorting, processing, and transformation.</li></ul>
Methodology	Lecture and Discussion method
Outcome of activity	<ul style="list-style-type: none"><li>• Participants learnt about Waste Management, gained overall knowledge of strategies and knowledge used in the collection, storage and disposal of Waste.</li></ul>





A brief write up of the event – The organizing team – Welcome Address – Proceedings – Vote of Thanks - Any other points that is deemed fit to be included.

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

## Detailed Report

Waste management refers to the various schemes to manage and dispose of wastes. It can be by discarding, destroying, processing, recycling, reusing, or controlling wastes. The prime objective of waste management is to reduce the amount of unusable materials and to avert potential health and environmental hazards.

Prakruthi- Eco club of SSMRV Degree college had organised a weeklong workshop from 25<sup>th</sup> August to 31<sup>st</sup> August in association with Centre for Sustainable Development. Thirty-four women which included SSMRV housekeeping staff and eco club office bearers actively participated in the workshop. Mr. Satya, Ms Bhavyashree and Mr Abhishek from CDS coordinated the program.

Each day the participants were educated about waste management. Some of the speakers for the workshop were Dr Meenakshi Bharath, Gynaecologist and Mr Ramprasad Expert in waste management. All the participants were provided with lunch throughout the workshop.

On the final day of the workshop valedictory was held in the presence of , Dr Srinivas R executive Director, Centre for Sustainable Development, Dr Geetha R Principal SSMRV Degree College, Mr Naresh HR where certificates were distributed for everyone.





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(India Today - MDRA Survey 2018-2022)



## Activity Report

Academic year 2023-24	
1. Basic details	
Name of the Activity	World Paper Bag day
Date	12/07/2023
Time and Venue	1:00 P.M to 2:00 P.M
Mode ( Online/Offline)	Offline
Please provide the youtube link (if online)	Nil
Organized by: Name of the Department/Activity Centre	LEO CLUB
Event Coordinator/ Faculty In-charge	Ms. Neha Banu - Coordinator
Nature: Academic /Co- curricular/extracurricular/others	Extracurricular
Topic/Activity	Distribution of Cotton bags around Jayanagar
Resource Person Details (Name, Designation and Organization/Institution)	Nil
Participants	Leo Club Member's
Objectives of the activity	The objective of this activity was to create awareness about the importance of reducing plastic waste and protecting our planet. Inspiring others to join the cause.
Methodology	The members of the club took the initiative to distribute cotton bags around Jayanagar recognizing the impacts of plastic bags on our environment. The club members handed out these eco-conscious bags to the residents.
Outcome of activity	The Leo Club decided to promote the use of eco-friendly alternatives such as cotton bags.



*Neha*  
**Ms. Neha Banu**  
Convenor



*mslp*

*Heshe*  
*Sathya*  
PRINCIPAL  
SSMRV COLLEGE  
Jayasagara, Bangalore - 41



## Activity Report

Academic year 2023-24 ( July 2023 to June 2024)	
Name of the Activity	Animal Welfare Activity
Date	04-10-2023
Time and Venue	11:00 at Sarvoham Foundation of Animal Care, JP Nagar
Mode ( Online/Offline)	OFFLINE
Please provide the youtube link (if online)	--
Organized by: Name of the Department/Activity Centre	Department of BBA
Event Coordinator/ Faculty In-charge	Mr. Sanket. S. Diwan
Nature: Academic /Co- curricular/extracurricular/others	Co-Curricular
Topic/Activity	Observation & Contribution on World Animal Welfare Day
Resource Person Details (Name, Designation and Organization/Institution)	Not Applicable
No of Participants	45
Objectives of the activity	To empathize the need of contribution by searching for street animals , feeding, and treating them with medication
Methodology	Three teams of fifteen students were made and the animals were physically addressed for around 25kms Circumference.
Outcome of activity	2 dogs were medically treated , 120 dogs , 1 sheep , 1 cow , and few birds were fed rescued.
A brief write up of the event – The organizing team – Welcome Address – Proceedings – Vote of Thanks - Any other points that is deemed fit to be included.	
Invitation. 2-3 google tagged photos & any other supporting documents	





## Activity Report

<b>Academic year 2023-24 ( July 2023 to June 2024)</b>	
Name of the Activity	Mental Wellness and Emotional Wellbeing Among Adolescents
Date	11 <sup>th</sup> October 2023
Time and Venue	2 PM , Seminar Hall
Mode ( Online/Offline)	Offline
Organized by: Name of the Department/Activity Centre	Women Empoerment Cell-Aparajitha, SSMRV Collge
Event Coordinator/ Faculty In-charge	Ms. Shakeela M K Assistant Professor Dept Of Commerce <b>Coordinator -Aparajitha, Women Empowerment Cell, SSMRV College.</b>
Nature: Academic /Co- curricular/extracurricular/others	Extra Curricular
Topic/Activity	Workshop on Mental Wellness and Emotional Wellbeing among Adolescents
Resource Person Details (Name, Designation and Organization/Institution)	Dr. Vijaya Geetha, Counselling Psychologist, Apollo Hospital
No of Participants	80 Participants
Objectives of the activity	<ul style="list-style-type: none"> <li>· Increase awareness of mental health issues among adolescents.</li> <li>· Provide tools and resources for emotional regulation and coping strategies.</li> <li>· Foster a supportive environment for open discussions about mental health.</li> <li>· Encourage healthy lifestyle choices that contribute to overall wellbeing.</li> <li>· Introduce the concept of Zentangle as a relaxation technique.</li> <li>· Encourage self-expression and creativity among participants.</li> <li>· Foster a supportive community through collaborative art-making.</li> <li>· Provide tools for managing stress and anxiety.</li> </ul>
Methodology	Stress management, self-esteem building, and coping mechanisms for anxiety and depression. Additionally, Zentangle Workshop was conducted.
Outcome of activity	Two-hour sessions led by a certified Zentangle instructor. Participants learned basic Zentangle patterns and techniques, leading to increased engagement and focus. Increased relaxation and reduced anxiety levels reported by participants.





## Activity Report

<b>Academic year 2023-24 ( July 2023 to June 2024)</b>	
Name of the Activity	<b>Workshop on “General Health and its Effect”</b>
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>

Invitation of Workshop



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In Association with  
AYUSH -HEALTH CLUB



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**GENERAL HEALTH AND ITS EFFECT**

Your Health  
Is Our Concern



Dr. Phani Madhuri, MBBS, MS  
Obstetrics & Gynaecology



17  
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

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**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.



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



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

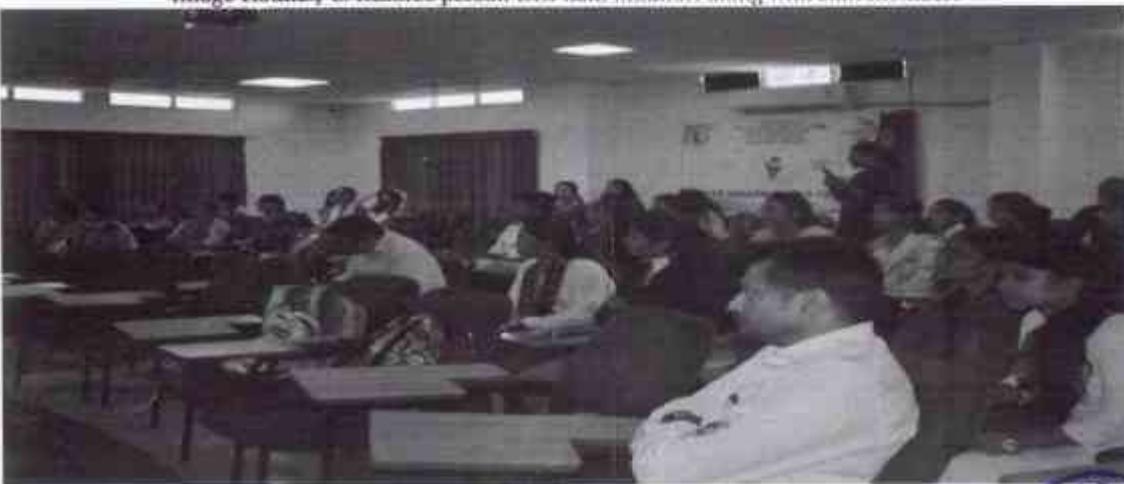
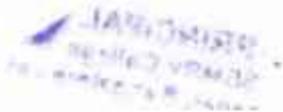


Image 11Jan24-f: students and Staffs listening to the Resource Person





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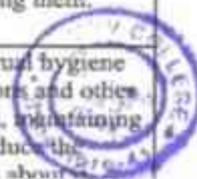


## Activity to Report

Academic year 2022-23

### 1. Basic details

Name of the Activity	Menstrual Health and Hygiene
Date	07/08/2023
Time and Venue	12:00 P.M to 1:00 P.M
Mode ( Online/Offline)	Offline
Please provide the youtube link (if online)	Nil
Organized by: Name of the Department/Activity Centre	LEO CLUB
Event Coordinator/ Faculty In-charge	Ms. Neha Banu Coordinator
Nature: Academic /Co-curricular/extracurricular/others	Extracurricular
Topic/Activity	Menstrual Health and Hygiene
Resource Person Details (Name, Designation and Organization/Institution)	
Participants	Leo Club Member's
Objectives of the activity	The objective of this activity was to create awareness among the young girls the importance of maintaining and Menstrual Health and Hygiene and overall well-being and health of women. Menstrual hygiene is necessary to maintain cleanliness and prevent infection during the menstrual cycle.
Methodology	The members of the club took the initiative to distribute sanitary pads to the school girls at Anganwadi Government Girl's School 4 T Block and educated and created awareness among them.
Outcome of activity	The Leo Club wanted to convey that Proper menstrual hygiene practices can help reduce the risk of vaginal infections and other health problems related to menstruation. In addition, maintaining good menstrual health and hygiene can also help reduce the risk of anemia around menstruation and increase awareness about



*Neha*

*Neha*  
**Ms. Neha Banu**  
Convenor