



SINDHI COLLEGE

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#33/2B, Kempapura, Hebbal, Bengaluru - 560024
Permanently Affiliated to Bengaluru City University
Approved by AICTE, NAAC Re-accredited

Ph.no: 080-23637544 E-mail: mail@sindhicollege.com

The Internal Complaints Committee (ICC)

The Internal Complaints Committee (ICC) has been constituted in the college for the sexual harassment of women at the workplace (prevention, prohibition, and redressal) is headed by a senior female faculty of the institute. ICC meets on a need basis to address any complaints from students, teaching and nonteaching members and takes necessary action. The College has a zero-tolerance policy towards any such transgression. The college is committed to providing a safe and conducive work and academic environment to students and its employees and is extremely alert to matters pertaining to any kind of harassment and gender sensitivity. Posters are displayed at strategic places within the campus to communicate the philosophy of institute in such matters.

Internal complaint committee members

The following are the members of the Internal Complaints Committee of the Sindhi College.

Sl.No	Name	Designation	Email
1	Dr. Asha N	Chairperson	principal@sindhicollege.com
2	Prof. Subramanya Bhat	Member	nrsubrahmanya@gmail.com
3	Prof. Vaidyesh M A	Member	vaidy_06@gmail.com
4	Mr. Nagaraj Y K	Member	nagarajyklic@gmail.com
5	Kum. Madhumitha	Member	ma2005dhu@gmail.com

Registration of Complaints:

Despite the preventive efforts made by the committee, any incidents of sexual harassment should take place; registration of complaints shall follow the following procedures.

1. Complaints can be lodged directly with any member of the committee. The person to whom the complaint is made should bring to the notice of the committee within 2 working days of receiving it.

2. As far as possible attempt should be made to explore whether mediation or conciliation can provide a suitable solution to the case. This should be desirable in so far it can spare trauma of formal procedure for both the complainant and the accused.

3. The complaint may be oral or in writing, if the complaint is oral it shall be reduced in writing by the committee or the member who has received the complaint with the signature of the complainant.

4. A complaint should be lodged within four weeks of the incident. In extraordinary circumstances this could be extended to four months.

5. The committee shall study the complaint and may hear both the complainant and the accused and other involved parties to determine if an enquiry should be instituted. If so then an enquiry committee will be formed from the committee consisting of not less than 3 persons or not more than 5 persons. 50% of this committee will be women.

6. The process shall be complainant friendly and quick in its decision regarding whether the matter needs to be enquired into or can be taken care of by counselling or mediation.

7. At no time in the complaints receiving or recording procedure the past sexual history of the complainant is probed into.

8. The complainant may withdraw his/her complaint in writing at any time while receiving during/enquiry procedure. In such case the procedure shall be terminated. If the committee feels or has enough reason to believe that the withdrawal is the consequence or effect of cohesion/ intimidation/ threat exerted by the accused or any person on his/her behalf the enquiry proceedings shall continue.

9. The enquiry committee shall complete the enquiry in the shortest possible time not exceeding 3 months from the date of complaint.

10. The enquiry committee shall provide reasonable opportunity to the complainant and the accused for presenting/ defending their case.

11. The enquiry committee shall then submit a detailed report to the main committee in which it shall communicate its findings based on its investigation.

12. The main committee along with the enquiry committee will then forward its findings and recommendations to the management for further action.



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Anti- Drug and Cyber Crime Awareness Programme

Date & Time of the Programme	17 th March 2025
Type of the Programme co-curricular /extra-curricular/ cultural/sports/NSS/NCC/Industry- Institute Interactive/ Extension Activities/ Outreach/Capacity building/ others)	Capacity building activity
Name of the activity	Anti- Drug Awareness Campaign
Class and semester	II and IV semester B.Com, BBA, BCA, BSc and BA students
Total No. of students	250 students
Programme In charge	Prof. Raju H. S.
Collaboration :	Bangalore City Police and Arohan Foundation
Objective :	<ul style="list-style-type: none"> • To create awareness among students about the ill-effects of drugs • To become more responsible spread the message against the use of drugs • Awareness Campaign against Digital threats and cyber crime
Issues / Key factors addressed :	<ul style="list-style-type: none"> • Organizing and reaching out to the students on the subject was challenging • Creating the appropriate ambience
Impact/ Outcome :	<ul style="list-style-type: none"> • The entire session was meaningful and students could relate very well • Q & A session was thought provoking

Photographs



Anti-Drug and Cyber-Crime Awareness Campaign Sparks Unity Against Crime

The Bangalore City Police, in collaboration with the Aarohan Foundation, organized an impactful Anti-Drug and Cyber-Crime Awareness Campaign at Sindhi College, Bangalore, on 17th March 2025. The initiative aimed to educate students and the public on the growing threats of substance abuse and cybercrime while encouraging collective efforts to create a safer society.

With the theme "All for Nation," the event stressed youth participation in safeguarding national safety. It featured interactive sessions with expert insights on digital security, drug de-addiction strategies, and real-life case studies of cyber fraud. These discussions equipped students with vital knowledge to stay vigilant and avoid falling victim to such challenges.

Mr. Vinay kicked off the session by engaging the audience with thought-provoking questions on revenue-generating industries, sparking curiosity and setting the stage for a dynamic dialogue on the societal and economic factors fueling cybercrime and substance abuse.

The event showcased real-world cases of cyber fraud and the consequences of drug abuse, emphasizing the importance of vigilance and responsible behavior. A Q&A session allowed students to raise concerns and receive expert guidance on tackling cyber threats and substance abuse effectively.

Organizers expressed optimism that such initiatives would foster a sense of responsibility among the youth, encouraging proactive steps towards a crime-free future. The gathering concluded on a patriotic note, with attendees uniting to sing the National Anthem, reinforcing the spirit of unity and responsibility in protecting the nation.

Efforts like these remain crucial in empowering the next generation to combat crime and build a more informed and resilient society.



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An ISO 9001:2005 certified institution



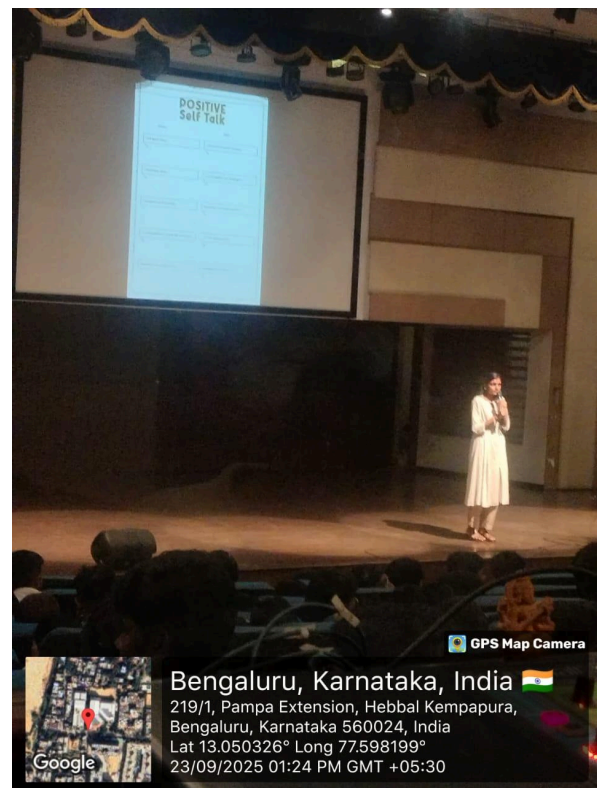
Department of Psychology

Date and time of programme	23/09/2025
Type of programme	Capacity building – Guest lecture
Class	All students of every stream
Programme in-charge	Prof. Sindhu Herur and Prof. Sindhu S
Objective	<ul style="list-style-type: none">- To raise awareness about suicide as a serious public health concern.- To empower students with knowledge and coping strategies for managing stress, anxiety, depression, and other mental health issues.- To promote empathy and destigmatization, encouraging open discussions about mental health issues.
Impact/outcome	<ul style="list-style-type: none">- Students reported a deeper understanding of the causes and consequences of suicide, as well as the importance of preventive measures.- Students learned basic crisis intervention skills, including active listening and so on.- Students were open in expressing their experiences with coping strategies.- Students learned healthy coping mechanisms as a way to prevent suicidal thought, ideation and behaviour.

HOD

PRINCIPAL

PHOTOGRAPHS





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Report —

Date: 23/09/2025

Venue: Auditorium, Sindhi College

Breaking the Silence: Awareness on Suicide Prevention

World Suicide Prevention Day is observed on 10 September, every year. To commemorate the day, a Guest Lecture, “Breaking the Silence: Awareness on Suicide Prevention” was given by Ms. Yaamini S on 23 September, 2025. The event was held in the college auditorium for all the students of every stream.

The guest lecture began with a welcome address for Ms. Yaamini S, Child Psychologist at Parijma Neuro Diagnostic Centre, Bengaluru. Ms. Yaamini emphasized the importance of observing World Suicide Prevention Day and creating safe spaces for students to express their emotions. The lecture was based on psychological, existential, sociocultural and preventive perspectives to suicide prevention. Ms. Yaamini spoke about the lived experience of suicide including embodiment, isolation, ambivalence and so on.

Ms. Yaamini focused on psychological themes like psychache, hopelessness and futurity collapse and existential vacuum. While sociocultural themes included stigma and silence, alienation, cultural and religious frames and socioeconomic stress, clinical themes included mental illness associations, impulsivity and self-harm.

Ms. Yaamini spoke on the different factors leading to suicide worldwide and in India. She further elaborated on the topics of family, relationships, culture, religion, socioeconomic status, marginalization, media and crisis and the how they become a contributing factor to suicide.

Ms. Yaamini then concluded the lecture with early intervention techniques to prevent suicidal ideation, suicidal thoughts and suicidal behaviour. These interventions focused on positive emotions, strengths, meaning, purpose, social hygiene and resilience training.

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