



SINDHI COLLEGE

Sindhi College

(Sponsors : Sindhi Seva Samiti)

#33/2B, Hebbal, Kempapura, Bengaluru – 560024

Permanently affiliated to Bengaluru City University

Re-accredited by NAAC Recognised by UGC under 2(f) & 12(B)

An ISO 9001:2015 Certified Institution

Webinar on

“Importance of Holistic Healthy life style in learning, education and nurturing young Brains”

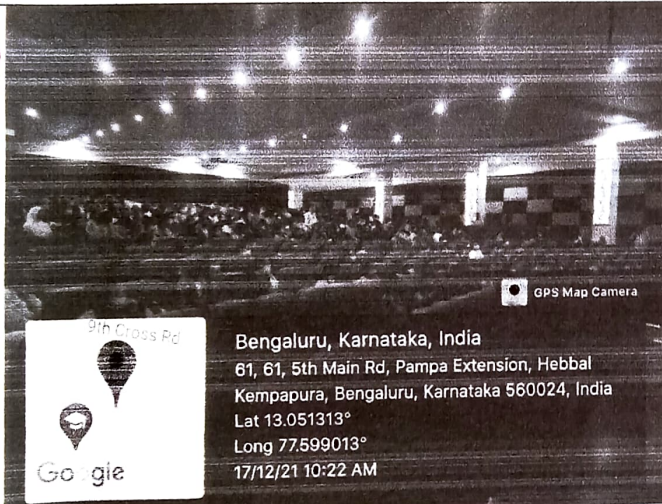
Organised by
Sindhi College

Date & Time of the Programme	Date: 17-12-2021, Friday Time: 10:00 AM
Type of the Programme (co-curricular /extra-curricular/ cultural/sports/NSS/NCC/Industry-Institute Interactive/ Extension Activities/ Outreach/Capacity building/ others)	co-curricular (Health and wellness);
Name of the Resource Person	Dr. Anushre Prasad MBBS. MD (Biochemistry) Al Ain. Abu Dhabi UAE.
Designation	Dr. Anushre Prasad MBBS. MD (Biochemistry) Al Ain. Abu Dhabi UAE.
Class & Batch	1st year Students of all stream
Total No. of Students	400 (Faculty & students)
Programme In charge	Prof. Shashikala.U HOD, Dept of Management Prof. Jayshree J Tambad HOD, Dept of Commerce
Collaboration : Objective :	<ul style="list-style-type: none">• The webinar was organised to address various issues related to Modern Lifestyle.• The webinar was organised to understand the Importance of bringing holistic Development among young generations.• It attempted to Develop Good and healthy Lifestyle among students.
Issues / Key factors addressed :	<ul style="list-style-type: none">• Issues related to modern Lifestyle• Stress management• Adapting to the Healthy Lifestyle• Following the Balanced diet• Bringing physical, mental spiritual and social abilities

Impact/ Outcome :

- The presentation was very interesting and insightful in driving home the fact that the Students should have a holistic approach it is a mix of physical, mental, spiritual and social abilities.
- Holistic Caring are vital for success in Students Life that will make the students stand to face challenges and problems.
- The webinar was fruitful in creating awareness about acquiring knowledge about Balanced diet Food that are transferable and which help them in adapting to the Healthy Life style.

Photographs



Redh
HOD

Head of the Department of Computer Science
Sindhi College
No. 33/2B, Hebbal, Kempapura
Bengaluru - 560 024.

[Signature]
PRINCIPAL

PRINCIPAL
SINDHI COLLEGE
#33/2B Kempapura, Hebbal,
Bengaluru-560 024.

[Signature]
DIRECTOR



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Webinar Report on

“Importance of Holistic Healthy life style in learning, education and nurturing young Brains”

Organised by
Sindhi College

Date: 17-12-2021, Friday

Time: 10:00 AM

The Resource person for the program Dr. Anushre Prasad MBBS, MD (Biochemistry) Al Ain, Abu Dhabi UAE.

Objective of the webinar was to Give Information about the Healthy lifestyle and guiding participants on development of intellectual, mental, physical, emotional, and social abilities.

The webinar was a grand success with 400 participants from the 1st year students of various Streams. It was a matter of moment and pride for Sindhi College to get the Resource person Dr. Anushre Prasad from Abu Dhabi UAE to organize the webinar on Importance of Holistic Healthy life style in learning, education and nurturing young brains.

The webinar was organized through the zoom meeting platform due to the pandemic situation.

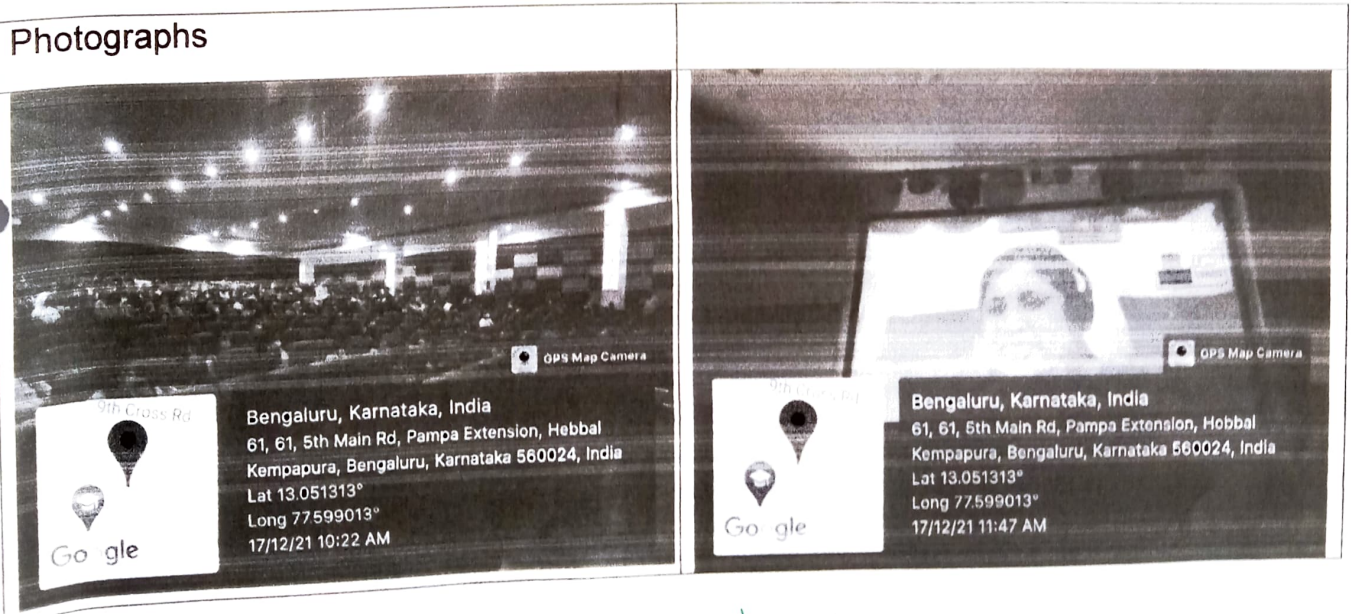
The webinar started at 10:00 am in the morning .The honourable Director Dr B.S.Srikanta welcomed the guests with a cordial note before the formal welcome address. The inaugural session was compered by Prof.M.A.Vaidyesh, Associate professor, Department of Management.

Important points Covered in Webinar are

- ✓ Holistic Caring is by providing physical, mental spiritual and social abilities in a child so that he or she is capable of facing the demand and challenges of everyday life.
 - Physical capability includes walking running and climbing.
 - Mental ability includes thinking and problem solving.
 - Spiritual includes upbringing brain development rapidly.
 - Social development helps in development in all other areas.
 - ✓ Nutrition or Balanced diet which includes Calcium, Zinc, Proteins, Vitamins and Minerals.
 - ✓ Management of the stress from studies, pressure from parents, worried about future and expectations from others by meditation, yoga listen to music and do what you like.
- And at the last webinar was ended by Question and Answers Session.
1. What are the importance of Holistic Development?
 2. What is importance of observing healthy life style?
 3. How it is sustainable maintaining the holistic lifestyle in this generation?

The presentation was very interesting and insightful in driving home the fact that the Students should have a holistic approach it is a mix of physical, mental spiritual and social abilities. These abilities are vital for success in Students Life that will make the students stand to face challenges and problems.

The webinar was fruitful in creating awareness about acquiring knowledge about Balanced diet Food that are transferable and which help them in adapting to the Healthy Life style.



Redh
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Department of Computer Science & Electronics

Department Activities

Odd & Even Semester (2020 – 2021)

Sl.no	Activity Name	Date
1.	Guest Lectures	23/11/2020
2.		26/11/2020
3		12/01/2021
4		14/07/2021
5.	Flipped classes	13/07/2021
6		2/12/2020
7.	National Science Day celebration	28/02/2021
8.	National Level Electronic Quiz	5/7/2021 To 12/7/2021
9.	International webinar	28/05/2021

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Head of the Department of Computer Science
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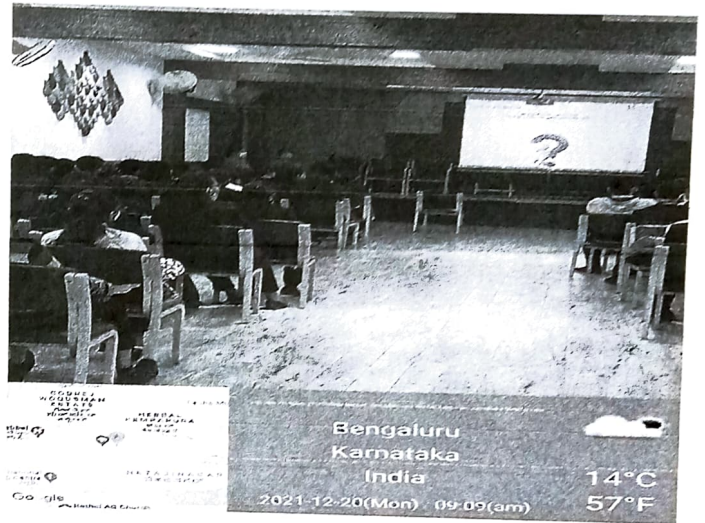
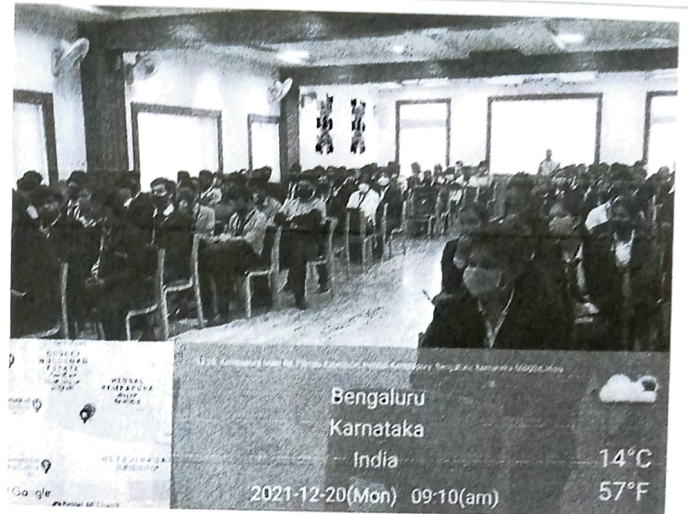
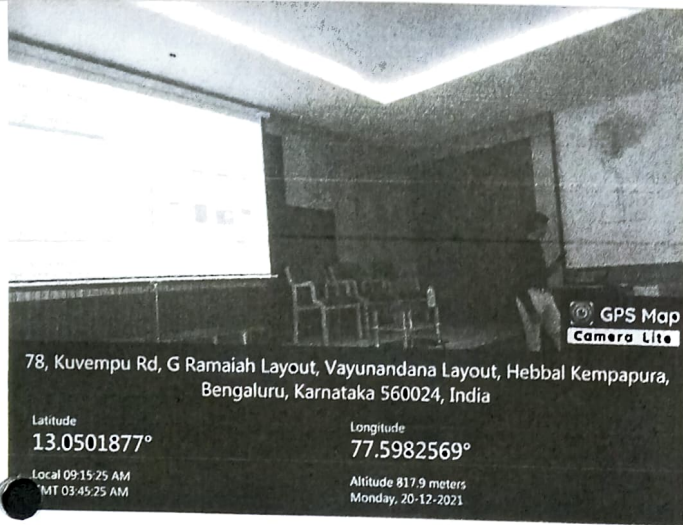
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Department of Computer Science

Workshop on Android App Development

Date & Time of the Programme	20 th December 2021 @ 8:30 am – 3:30 pm
Type of the Programme (co-curricular /extra-curricular/ Cultural/sports/NSS/NCC/Industry-Institute Interactive/ Extension Activities/ Outreach/Capacity building/ others)	Co-curricular
Name of the Resource Person & Contact number	Narendra Kumar : 9902473437
Designation	Technology Lead – Mobile Application
Class	II yr BCA & BSc (2020-23 Batch) & III yr BCA & BSc (2019-22 Batch)
Total No. of Students	115
Programme In charge	Radhika . E.K
Collaboration : Full address & Contact number	INURTURE GALILEO INDIA PVT. LTD. Niton Compound, # 11/4 A, Block – B1 Palace Road, Bangalore – 560052. (O) 91-80-42576674
Objective :	To provide students a platform and to gain knowledge about creation of Android App development
Issues / Key factors addressed :	In this workshop students learned how Android Apps are developed in Android Studio
Impact/ Outcome :	Students are able to develop the Android App in Android Studio which works in Android phones.

Photographs



Redh
Signature of the Co-ordinator

Redh
HOD

[Signature]
Principal
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#33/2B Kempapura, Hebbal,
Bengaluru-560 024.

[Signature]
Director

Head of the Department of Computer Science
Sindhi College
No. 33/2B, Hebbal, Kempapura
Bengaluru - 560 024.

Narendra Kumar

Email Id narendra.k@inurture.co.in

Contact Number 9902473437

Designation: Technology Lead–Mobile Application

Profile Intro:

Narendra Kumar is a Application Developer for Mobile and Web.

He holds a Master's Degree in Computer Applications from Alliance.

Overall he has 8 years of experience with knowledge on Java, Android, Cross-platform Applications, IOS, and Web Technologies.

He is serving as a Technology Lead for Mobile Application

Proposal for conducting Workshop on Android App development

Inbox

Radhika Reddy <ekradhika23@gmail.com>

Tue, Dec 7, 2021,
2:06 PM

to jashwanth.kv

Hello sir,

As per the telephonic conversation, I would like to conduct workshop on Android App Development" on 20/12/21 from 8:30 am to 3:30 pm. Kindly share the requirements for the same.

Thanks & Regards
Radhika.E.K
HOD, Computer Science Dept.
Sindhi College

On Tue, Nov 30, 2021, 11:10 AM <jashwanth.kv@inurture.co.in> wrote:

Dear Mrs. Radhika,

Greetings from iNurture Galileo India!

It was pleasure speaking with you and as discussed, I'm sharing the proposal for collaboration regarding conducting skill enhancement workshops & Seminars.

Education empowers and paves the path to success. Being one of the leading global players for Design, Fashion, Media, Business & Liberal Arts, Galileo Global education has been at the forefront of Innovation and creativity since its inception. As Europe's largest privately owned education group, Galileo Global Education is the new playground for the young curious minds. At Galileo Global Education, we strive daily to instill in each student the dedication to originality, perseverance, innovation and selflessness to move the world toward a greater goal. Our key goal is to ensure the hiring potential of our students. We wish to show our gratitude to make a difference in the life of students by sharing what we do best.

In tune with this vision, we organize various skill enhancement activities and workshops in collaboration with leading schools & colleges.

We wish to propose collaboration with your highly esteemed Institution through following activities for your students at your school/ college.

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NAAC Re-Accredited B++ CGPA -2.98

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SINDHI COLLEGE

**Department of Computer Science
organizes**

**Workshop on
Android App Development**

December 20, 2021 , Monday 8:30 AM

Resource Person : Mr. Narendra Kumar,
Technology Lead- Mobile Application,
iNURTURE GALILEO INDIA PVT. LTD.

Participants :

● I yr BCA & BSc Students
● III yr BCA & BSc Students



**E.K.Radhika
HOD,**

Computer Science dept

**Prof.Asha N
Principal**

**Dr.B.S.Srikanta
Director**

WORKSHOP ON ANDROID APP DEVELOPMENT -20/12/2021

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