



# 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**

## 7.1.10 Programmes on Code of Conduct & Professional Ethics

Sl. No.	Name of the Activity
1.	Guest Lecture on Neither Him Nor Her
2.	Guest Lecture on Healthy Life style & Mental Health for Youngsters
3.	Blood Donation Camp
4.	Shramadaan
5.	SSAK Survey Camp
6.	Drug Awareness Programme
7.	Nailing The name Plates on Trees
8.	Awareness Programme on Traffic Rules & Regulation

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



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SINDHI COLLEGE

## DEPARTMENT OF ARTS

presents

# "NEITHER HIM, NOR HER BUT ME"

RESOURCE PERSON

**Smt. Dr. Akkai Padmashali**

Social Activist, Founder at Ondede,  
Motivational Speaker, Singer



**JULY 12 | 2022**

**12 noon onwards**

**EVENT MANAGEMENT - B.A FINAL YEAR**

**Prof. Sandesh Zephanlah**  
Program Co-ordinator  
Department of B.A

**Prof. Asha N**  
Principal

**Dr. B.S Srikanta**  
Director



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RE-ACCREDITED B\*\* CGPA2.98

## DEPARTMENT OF ARTS

### GUEST LECTURE

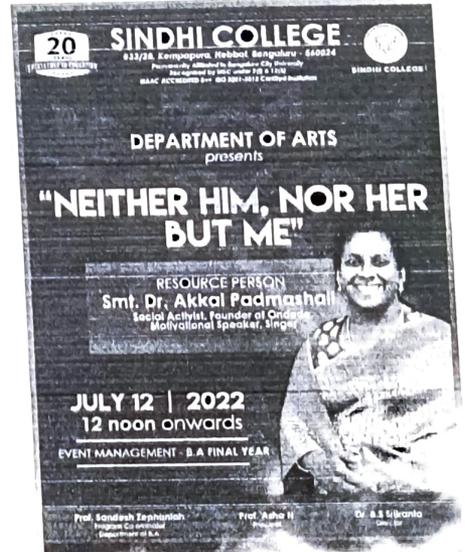
Date & Time of the Programme	12 July 2022, 12.00 PM
Type of the Programme co-curricular / extra-curricular / cultural/sports/NSS/NCC/Industry-Institute Interactive/ Extension Activities/ Outreach/Capacity building/ others)	Capacity Building Guest Lecture on topic "Neither Him, Nor Her But Me"
Name of the Resource Person	Dr. Akkai Padmashali
Designation	Social Activist, Founder of Ondede, Motivation Speaker and Singer
Class	B.A (II, IV & VI year), B.Com (II, IV & VI year), BBA, Sem BBA (Aviation), BCA & B.Sc (II, IV & VI year)
Total No. of Students	600
Programme In charge	Sandesh Zephaniah
Collaboration:	Department of Arts & English
Objective:	To create awareness on issues faced by transgender community
Issues / Key factors addressed:	Social awareness on transgender issues, prejudice of the society, role played by laws passed by the Parliament decriminalising the status of being a transgender
Impact/ Outcome:	Students assimilated the alienation and pain suffered by the transgender community. Students realised the need of being proactive when it comes to the existential problems faced by their fellow beings.

  
**HEAD OF THE DEPARTMENT**  
Dept. of Psychology, SINDHI COLLEGE  
#33/2B Kempapura, Hebbal,  
Bangalore - 560024.

## Report: “Neither Him, Nor Her, But me”

### BA

Title of the talk	: Neither Him, Nor Her, But Me
Resource Person	: Dr. Akkai Padmashali
Organizing Department	: BA
Course	: BA, BBA, BCOM, BCA, BSC
Date	: 12 July 2022
Timings	: 12: 00 PM to 2:00 PM
Venue	: Auditorium



### **Report:**

The talk on the topic “**Neither Him, Nor Her, But Me**” was organized by the department of BA. The speaker Dr. Akkai Padmashali, a recipient of Rajyothsava Prashasthi, the second highest civilian award of state government, Karnataka, and a state convenor of Na-Nayaki, social and political activist who represents the entire community of Transgenders in the state, was indeed a powerful influence on the young minds.

The speaker began by sharing her story to the students. The way she discovered her gender identity and how when she came out of the closet to the family, she was thrown out at the age of 8 to sleep in the busy streets of city market and was sexually exploited at a very young age. Going forward, her family took her back but with a condition to behave and act like a man. Although accepting the condition and staying with the family, things started to wear out during her adolescent age as she couldn't hide her identity anymore and this time more stronger, she had to rebel upto a point where she decided to end her own life. That was a turning point in her life which made her realize that she as an individual is PERFECT and not others who are expecting her to fake her identity.

Out of the realization was born a true revolutionist, who goes on to change the way the world see transgenders in the society. The speaker threw a light on the struggles that transgenders face on a daily basis. The way they are exploited sexually and otherwise. The speaker fondly remembered her late friend who had passed away on the road, and her body was lying in a public toilet, covered with maggots and nobody to hep burry the body. She expressed how officials in a very well known

hospital facility and cemetery declined to conduct postmortem or cremate the body only because her friend who had passed away was a transgender and also had no proof of identity which was declined by the government. This incident deeply hurt the very sentiments of all the transgendered community and learning this incident the speaker in the year 2016 donated her body for medical research. Soon after her introduction to her past, she challenged the entire audience with a question who are transgenders? Although the answer to this was a easy one, yet the complexity of the question invoked curiosity among all those who were present. The entire session resonated loudly that left the audience not only accepting transgenders as a part of the society but also to understand that every human being has a right to chose his or her own identity and one must be respected not because of their gender but simply because they are human being.

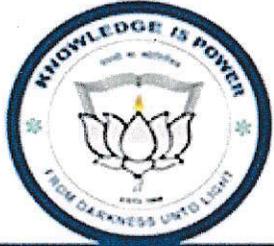
Soon after the talk was over, the forum was open for questions. The speaker was kind enough to address every question that was posed and also engaged in debunking many myths that were traditionally associated with transgenders. In concluding, the talk was not just an eye opener but also was very effective in making the audience understand that they are also people like any other and accepting them and sensitizing them to gender inclusivity and gender fluidity was the essence of the talk. The talk concluded with taking an oath by everyone to respect and not treat any human being with disgust and shame.



# Women Empowerment and Anti Sexual Harassment Cell

## Activities 2022

SI No	Date and Time	Event	Theme/Title	Resource Person	Designation	No of Students
1	07/07/2022 (12:00pm)	Guest Lecture	Healthy Lifestyle and Mental Health for Youngsters	Dr Priti Shankar	Consultant Physician and Diabetologist, Apollo Clinic	959 <ul style="list-style-type: none"> <li>• M.Com,</li> <li>• M.Com(FA),</li> <li>• B.Com,</li> <li>• B.Com(L&amp;SCM),</li> <li>• BBA,</li> <li>• BBA(Avitation)</li> </ul>
2	08/03/2022 (01:30pm)	International Women's Day Celebration	Gender Equality Today for Sustainable Tomorrow: Break the Bias	<ul style="list-style-type: none"> <li>• Smt. Satya</li> <li>• Smt. Vandhana</li> <li>• Smt. Sadhana</li> </ul>	<ul style="list-style-type: none"> <li>• Home Maker</li> <li>• Entrepreneur</li> <li>• Lawyer</li> </ul>	-----



**SINDHI COLLEGE**

# Sindhi College

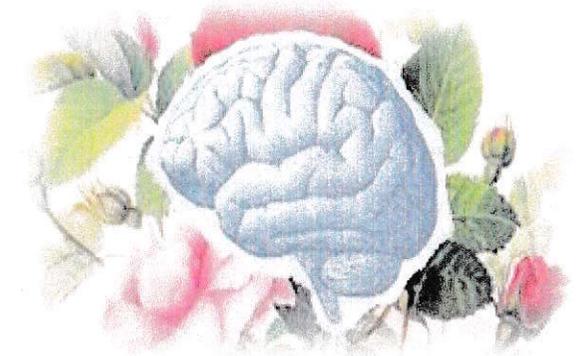
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**Women Empowerment Cell  
and  
Anti-Sexual Harassment cell**  
Organises  
a Guest Lecture on



## **Healthy Lifestyle and Mental Health for Youngsters**

By

**Dr Priti Shankar**

*Consultant Physician and Diabetologist, Apollo Clinic*



7<sup>th</sup> July 2022



12:00 pm



Auditorium, Sindhi College

**Prof. Asha N  
Principal**

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



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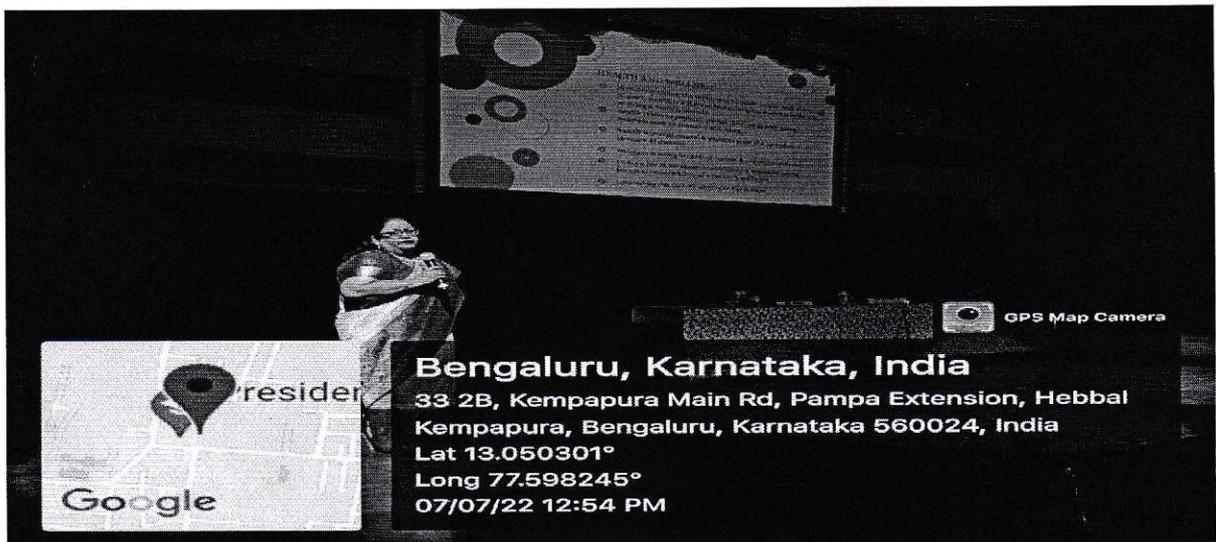
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## Women Empowerment Cell and Anti Sexual Harassment Cell

### Guest Lecture on “Healthy Lifestyle and Mental Health for Youngsters”

Women Empowerment Cell and Anti Sexual Harassment Cell organised Guest Lecture on Healthy Lifestyle and Mental Health for Youngsters on Thursday, 7<sup>th</sup> July 2022 at 12:00pm. On the occasion, the chief guest Dr Priti Shankar, Consultant Physician and Diabetologist, Apollo Clinic graced the occasion. The Guest Speaker addressed the gathering on the theme. Dr. B S Srikanta, Director and Prof Asha Principal, Sindhi College shared their views on Healthy Lifestyle. Dr Priti reminded on lifestyle factors which is recognised to play an important role in positively modifying medical diseases. These include, eating healthy food, greater physical activity, cessation of smoking and avoidance of alcohol. She portrayed on safe and peaceful environment, optimal sleep, de-stressing and enjoyable activities, social connections/support and healthy mental activities. Dr Shankar recommended the youngsters to adopt healthy lifestyle factors such as diet and exercise and positively modifying lifestyle factors especially on food, diet and exercise. The students understood the importance of how physical health impact the Mental Health.



Dr Priti Shankar addressing the gathering.



## **Resource Person-Profile**

### **Dr. Priti Shankar**

Dr. Priti Shankar, Consultant Physician & Diabetologist in Apollo Clinic, Bangalore. She has completed MBBS in Madras Medical College in the year 1983. She pursued her post-graduation DMCH in Indra Gandhi National Open University. Later on, she pursued FCCP in University of Delhi. She started her career at Amarjyothi Nursing Home, Indranagar. She is a Proprietress of Hare Raam Clinic for 28 years. She extends her service as a Medical Officer at various corporates. She Headed Research unit in Diabetes and Co- Investigator at Bangalore Endocrinology & Diabetes Research Center Malleshwaram for 5 years.

She served as Family physicians Association in various Capacities as Executive Committee Member, Journal Committee Member, Scientific Committee Chairperson, for 20 years and served as First Lady Secretary of FPA for 4 years and First Lady President of the esteemed organisation for 3 years. Currently she is Executive Committee Member of FPAI Mumbai for the second term. She got Women Achiever Award from Sindhi chamber of Commerce, in the year 2013, for the service rendered to society and Sindhi Community on the whole.

Dr. Shankar is an Organising Secretary of FPA & Chairperson for 30<sup>th</sup> Annual conference of Family Physicians Association. She participated and presented in many National and International workshops and conferences in various categories, and her achievements goes on. She was Honored as Doctor of the Year 2022 on Doctors Day Celebrations at Kudlu farms.





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## Women Empowerment Cell and Anti Sexual Harassment Cell

### Guest Lecture on Healthy Lifestyle and Mental Health for Youngsters

Date & Time of the Programme	07-July-2022,12:00 pm
Type of the Programme co-curricular /extra-curricular/ cultural/sports/NSS/NCC/Industry- Institute Interactive/ Extension Activities/ Outreach/Capacity building/ others)	Co-curricular /Extra-curricular
Name of the Resource Person	Dr Priti Shankar
Designation	Consultant Physician and Diabetologist, Apollo Clinic
Class	M.Com,M.Com(FA),B.Com,B.Com(L&SCM),BBA,BBA(Avitation),
Total No. of Students	959
Programme In charge	Prof. Shinny Wesley
Collaboration:	-----
Objective:	To create awareness of Healthy Lifestyle and Mental Health. To provide understanding on recommended amount of exercise which improves cognitive function.
Issues / Key factors addressed:	Healthy Lifestyle and Mental Health for youngsters
Impact/Outcome:	<ul style="list-style-type: none"><li>• Understood the importance of Healthy Lifestyle</li><li>• Understood the significance of Mental Health</li></ul>

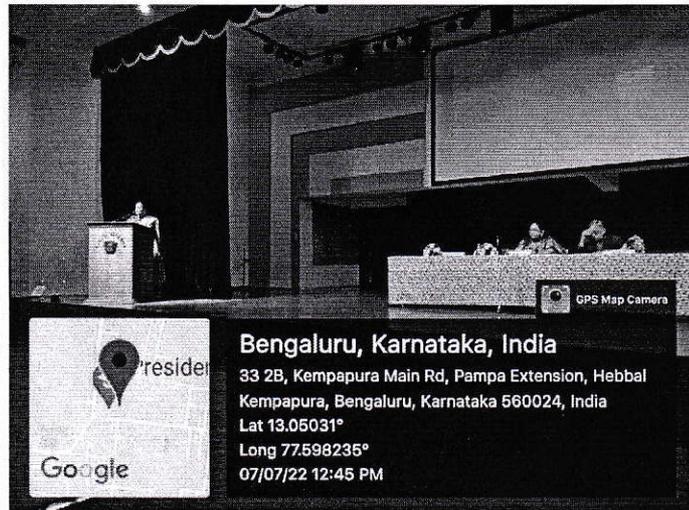
Photographs



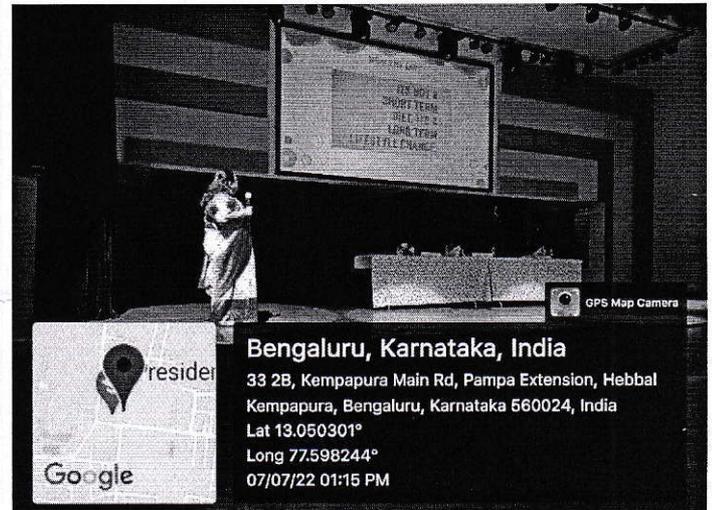
Interactive session-related to Healthy Lifestyle and Mental Health



Dignitaries Lighting the lamp-Guest Lecture on Healthy Lifestyle and Mental health.



Principal's Address



Dr Priti Shankar, Addressing the gathering

Signature of the Co-ordinator

Principal

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

Director

**Dr. B.S. SRIKANTA**  
 Director  
 Sindhi College  
 No. 33/2B, Kempapura Hebbal  
 Bengaluru - 560 024



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**An IQAC Initiative**

**Women Empowerment Cell & Anti- Sexual Harassment Cell**

Cordially invites you to the

## INTERNATIONAL WOMEN'S DAY CELEBRATION

GENDER EQUALITY TODAY FOR SUSTAINABLE TOMORROW: BREAK THE BIAS

On Tuesday, 8th March 2022 @ 1:30 PM

Chief Guests

**Smt. Satya, Home Maker**

**Smt. Vandhana, Entrepreneur**

**Smt. Sadhana, Lawyer**

**Prof. Asha N**  
Principal  
Sindhi College

**Happy Women's Day**

**Presided by**  
**Dr. B.S. Srikanta**  
Director, Sindhi College





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International women's day, brings – a cause for celebration, a reason to pause and re-evaluate a remembrance, an inspiration and a time to honour, loved and admired. To honor womanhood, Sindhi College has celebrated the International Women's Day on Tuesday, 8th March, 2022 at 1:30 pm. On the occasion, the chief guest Smt Satya, Homemaker and guest of honour Smt Vandhana, Entrepreneur and Smt Sadhana, Lawyer, graced the occasion.

The chief guest and the guest of honour addressed the gathering on the Women's day 2022 theme-Gender Equality today for a sustainable tomorrow. Dr. B S Srikanta, Director, Sindhi College addressed on the theme and also on the Women's role in balancing between career and family life. The employees at Sindhi College enjoyed the celebration and finally the programme was ended by cake cutting celebration.



Group Photo-Women's day Celebration, 8<sup>th</sup> March, 2022



*[Handwritten signature]*

## Guest Profile

### Smt. Sathya

Homemaker & founder trust member of SSSAK

A trust meant for an establishing a healthy society by organizing various medical camps & programs. The trust consists of energetic, enthusiastic dedicated members who organize medical camps, awareness programmes, distribution of medicines, facilitating operations in chronic cases through the participation and contribution of hospitals & doctors, who joined their hands for this noble cause. She is active volunteer and trust member of Sri Sarvadharmapriya Sai Kendra. She is invited to share her thoughts and experiences on various topics including the life and teachings of Swami Vivekananda, the concept of Seva, development landscape of India etc..., on many platforms. She has travelled extensively across India, associated with education, health, capacity building and other missions. Her USP is her work across diverse causes, geographies and stakeholders. She has led efforts in urban slums, rural and tribal areas, and collaborated with NGOs, educational institutions, CSR teams and individuals from various walks of the society.



*Sathy*

## **Smt. Vandhana**

An Entrepreneur & trust member of SSSAK.

“A trust of Devotion, Love, Dedication & services” is a tagline of Sri Sarvadharmapriya Sai Kendra. The main aim of trust is to provide health which includes medical facility by identifying and serving the needy and destitute and underprivileged people. Apart from busy schedule she is active and dynamic volunteer in trust programmes. She has also chaired many panel discussions on CSR, Community & Volunteer Engagement, delivered talks on 'Volunteering Landscape in India' in various forums across USA, and been featured on Live Radio and invited as a delegate at various prestigious meet-ups.

## **Smt. Sadhana**

An Advocate & Trust member of SSSAK

She is a busy woman of an advocate for working for the betterment of society. She also serves on the Board of Advisors for Being Volunteer, an organization aimed at creating a positive impact on the society through volunteering, and is guest faculty at Vivekananda Institute of Human Excellence. Her emphasis is on every individual's ability and responsibility to be and lead the change, towards nation-building.



*Smt. Sadhana*



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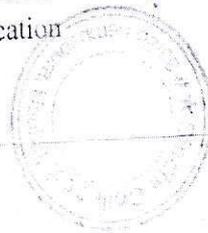
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## Women Empowerment cell and Anti Sexual Harassment CELL

### International Women's Day-2022

Date & Time of the Programme	08-March-2022,1:30 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	Smt Satya. Smt Vandhana, Smt Sadhana.
Designation	Smt Satya, Homemaker, Smt Vandhana, Entrepreneur, Smt Sadhana, Lawyer
Class	-----
Total No. of <i>participants</i>	<b>47</b>
Programme In charge	Prof. Shiny Wesley
Collaboration :	-----
Objective:	To create awareness of gender equality for a healthy society. To provide understanding for a girl child's education in overall development of nation. Gender Equality today for a sustainable tomorrow
Issues / Key factors addressed:	
Impact Outcome :	<ul style="list-style-type: none"><li>• Understood the importance of Gender Equality</li><li>• Understood the significance of girl child's education</li></ul>



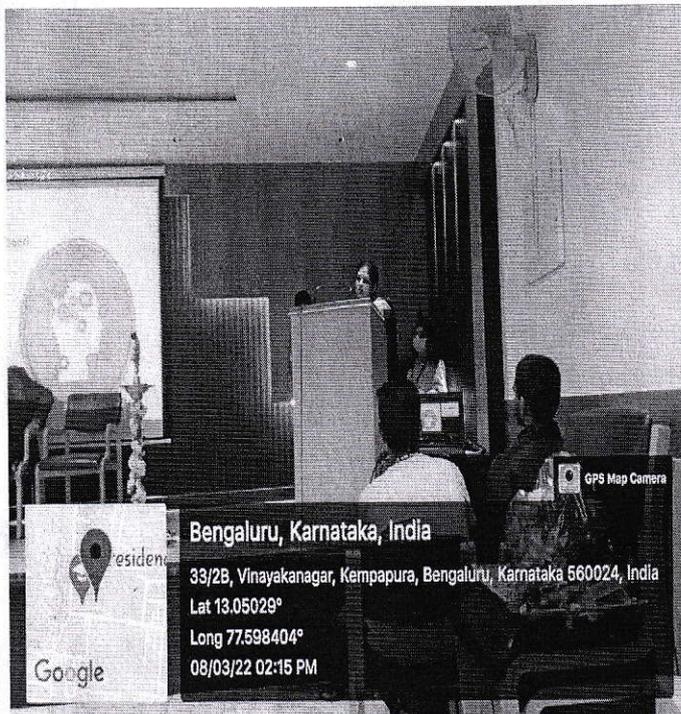
Photographs



Skit by V Sem BBA Students-Women's Day



Smt Sadhana-Guest of Honour Addressing the gathering



Smt Satya-Chief Guest, Addressing the gathering



Presidential Remarks-Dr B S Srikanta, Director, Sindhi College

*Shiny*

Signature of the Co-ordinator



*Arun*

Principal

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

*Dr. B. S. Srikanta*

Director  
**Dr. B. S. SRIKANTA**  
Director  
Sindhi College  
No. 33/2B, Kempapura, Hebbal  
Bengaluru - 560024



# SINDHI COLLEGE

33/2B, KEMPAPURA HEBBAL BANGALORE-560024

## NSS Unit

### A Report on Blood Donation

**Date:** 7<sup>th</sup> Oct 2021

**Venue:** Jayadeva Institute of Cardiology, Bengaluru

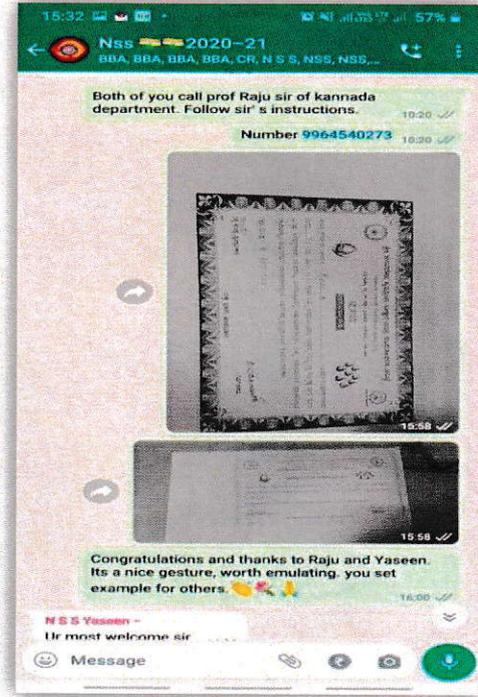
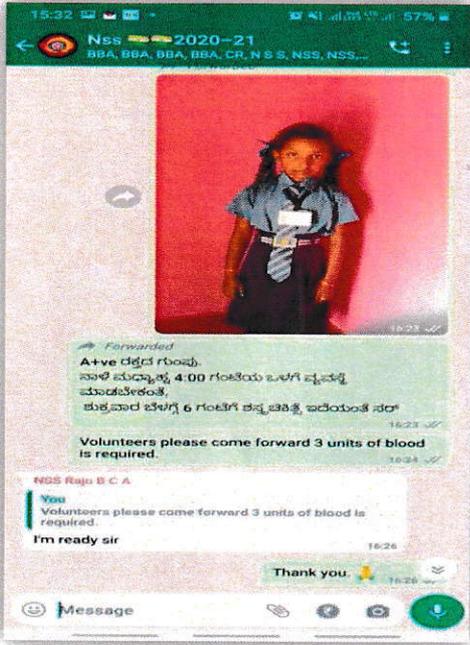
**No. of Participants:** 02 (Boys: 2)

**Objective:** General Blood Donation and specially to **donate blood to a poor girl undergoing a major operation** at Jayadeva Institute of Cardiology.

Blood Donation camp was organised in our college by NCC Unit to donate blood specially to a poor girl undergoing a major operation at Jayadeva Institute of Cardiology. She was undergoing a major operation at Jayadeva Institute of Cardiology, and this blood donation helped her to recover. Two donors donated blood to save the life of young girl. Mohammed Yaseen and Raju both studying I year BCA agreed to donate blood.

Each participant who donated blood, received a Blood Donation Certificate and was appreciated by the Institution.

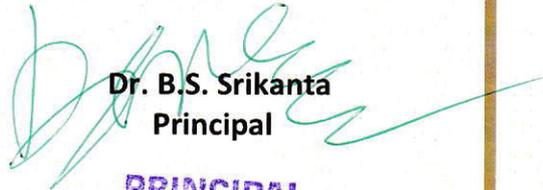
**Outcome:** Empathizing the plight of poor girl in need of blood. Each participant who donated blood received a Blood Donation Certificate and was



Prepared by:

Signed by:

  
**Prof. Vaidyesh M A.**  
 Programme officer  
 NSS Programme Officer  
 Sindhi College  
 33/2B, Kempapura, Hebbal  
 Bangalore - 560 024.

  
**Dr. B.S. Srikanta**  
 Principal  
**PRINCIPAL**  
**SINDHI COLLEGE**  
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33/2B, KEMPAPURA HEBBAL BANGALORE-560024

NSS Unit

Shramadaan, Bengaluru

**Date:** 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> of June, 2022

**Venue:** Coffee Board Layout Park, Kempapura

**No. of Participants:** 21(Boys: 6; Girls: 15)

**Objective:** To render the shramadaan as a part NSS activity to commemorate the world Environment Day.

21 NSS volunteers were deployed by NSS Unit, Sindhi College at the Coffee Board Layout Park for leveling up the sanity and cleanliness aspects of the park. **Several plastic and inorganic wastes were handpicked and cleaned across the park**, thus eliminating almost all the wastes visible in the park.

**Outcome:** This task of cleaning the park was done to create awareness amongst the public about keeping our environment clean for sustainable urban greenery and also to avoid the generation of various diseases and epidemics.



**Bengaluru, Karnataka, India**  
1, St Anthony Church Rd, Mariyennapalya, Hebbal Kampapura,  
Bengaluru, Karnataka 580024, India  
Lat 13.052804°  
Long 77.605219°  
07/06/22 01:35 PM

GPS Map Camera



SINDHI COLLEGE

# SINDHI COLLEGE

33/2B, KEMPAPURA HEBBAL BANGALORE-560024

## NSS Unit

### SSSAK Survey Camp

**Date:** 19<sup>th</sup> June, 2022

**Venue:** Balakuntahalli, Chikkaballapur Dist

**No. of Participants:** 14 (Boys: 6; Girls: 8)

**Objective:** To carry out a survey to assess the no. of SSSAK-health card holders in the village of Balakuntahalli.

The journey of all the volunteers along with 7 trust members of SSSAK started from the College Premises at 7:30 am on the morning of 19<sup>th</sup> June, 2022. After reaching the destination, the volunteers were guided and instructed concerning the procedure of data collection from the villagers.

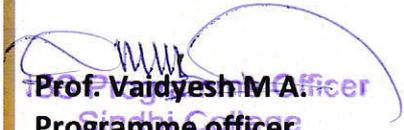
The volunteers were instructed to make a brief note in the data sheets given to them, regarding the health conditions, financial status and a few more aspects of the village families after which they were expected to make sure that every house belonging to the village would get an SSSAK health card as for being able to access the cheap/free medical services assisted by SSSAK.

**Outcome:** The volunteers successfully completed the targeted number of that day's survey and in addition to this; the volunteers also got to experience and know about the lifestyle of people living in remote villages.

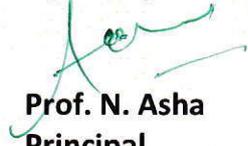
They also had exposure to many of the health problems faced by the villagers due to the lack of accessible connectivity. This survey done by SSSAK, in collaboration with the NSS wing of Sindhi College has helped the villagers' access medical services at a very minimal or also for free of cost.



Prepared by:

  
**Prof. Vaidyesh M.A.**  
**Programme officer**  
3/2B, Kempapura, Hebbal  
Bangalore - 560 024.

Signed by:

  
**Prof. N. Asha**  
**Principal**  
**PRINCIPAL**  
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# SINDHI COLLEGE

33/2B, KEMPAPURA HEBBAL BANGALORE-560024

## NSS Unit

### A Report on Drug Awareness Programme Organised by the Govt. of Karnataka

**Date:** 26<sup>th</sup> June, 2022

**Venue:** Shri Kanteerava Stadium, Bengaluru

**No. of Participants:** 30 (Boys: 21; Girls: 9)

**Objective:** To develop the sense of awareness about the Narcotic Drugs abuse and its negative influence on humanity.

This event was an **initiative of the Excise Department, National Service Scheme and the Sports & Youth Affairs Dept. of the Govt. of Karnataka**. The event began at early morning 6:30pm with the unfurling of the Theme Poster by the Honbl'e Chief Minister, Govt. of Karnataka – Shri. Basavaraj Bommai along with the officials of Excise Department. Sri K Gopalaiah Honbl'e Minister for Excise and Sri. Narayan Gowda Honbl'e Minister for Youth Empowerment and sports motivated the students by their speeches.

The highlight of the programme was the Awareness Rally which conveyed the importance message to every responsible citizen to be aware of harmful and the ill effects of Substance Abuse. After this, the distribution of Theme Shirts and Theme Caps took place at Gate No. 9 of the Stadium.

The college NSS volunteers actively took part and displayed integrity for this noble cause.

**Outcome:** The event concluded after the Drug Awareness Walk with thousands of participants from other institutions across the city took part.

**Participants pledged to stay away from drugs.**

An Initiative from  
Karnataka State College Department of Sports Network,  
National Service Scheme Youth Empowerment and  
Sports Department Government of Karnataka

**ಅವರಾತ್ಮೀಯ ಮಾದಕ  
ಆವಸ್ಥೆ ದಿನಾಚರಣೆ**

**1000  
Steps**

**DRUG  
AWARENESS  
WALK**

On 26<sup>th</sup> June 2022 @ 9.30 AM onwards  
Venue :  
Sree Kanteerava Stadium  
Sampangi Rama Nagar, Bengaluru,  
Karnataka 560027

**FREE OF  
ENTRY**

ON OCCASION OF  
**INTERNATIONAL DRUG AWARENESS DAY**

**Come WALK with us.  
LET'S STAND against  
Drug Abuse and  
say NO to DRUGS**

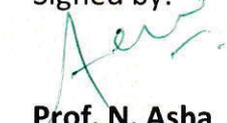
**M SQUARE  
NETWORK**



Prepared by:

Signed by:

  
**Prof. Vaidyesh M A.**  
 NSS Programme Officer  
 Sindh College

  
**Prof. N. Asha**  
 Principal

33/2B, Kempapura, Hebbal  
 Bangalore - 560 024.

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

Prepared by:

Signed by:

  
Prof. Vaidyesh M.A.  
Programme officer

  
Prof. N. Asha  
Principal

NSS Programme Officer  
Sindhi College  
33/2B, Kempapura, Hebbal  
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PRINCIPAL  
SINDHI COLLEGE  
#33/2B Kempapura, Hebbal,  
Bengaluru - 560 024.



SINDHI COLLEGE

**SINDHI COLLEGE**

33/2B, KEMPAPURA HEBBAL BANGALORE-560024

**NSS Unit**

**A Report on nailing the Name plates**

**Date:** 19<sup>th</sup> Aug, 2022

**Venue:** Coffee Board Layout Park

**No. of Participants:** 6 Male volunteers

**3 female volunteers**

**Objective:** To name the trees in coffee board layout park.

The volunteers, after their class rendered shramadaan in a different way.

Director Dr. B.S.Srikanta sir, Principal Prof. N.Asha Mam, NSS Program Officer, Prof. Vaidyesh M.A. (Dept of Management) and the Facility Manager Mr. Srinivas accompanied the students to the nearby Coffee Board Layout Park.

The programme aimed at maintaining continuity as far as providing medicinal uses of the trees in the park. Due to withering agents some of the boards nailed to the trees were worn out and the information was not visible. It is for this reason periodically nailing the name plates with botanical name, local name and the medicinal properties of the trees were provided to the users of the park.

This initiative of the college was appreciated by the local residents.

**Outcome:** The volunteers rendered much required service to the society.



Bengaluru, Karnataka, India  
 1, St Anthony Church Rd, Maryannapalya, Hebbal Kempapura,  
 Bengaluru, Karnataka 560024, India  
 Lat 13.082804°  
 Long 77.605919°  
 03/06/22 09:35 PM



Bengaluru, Karnataka, India  
 Coffee board layout park, 13th Main Rd, Bhuvaneshwari Nagar, Hebbal  
 Kempapura, Bengaluru, Karnataka 560024, India  
 Lat 13.052674°  
 Long 77.605962°  
 08/06/22 02:26 PM

**Drug Awareness Programme Organised by the Govt. of Karnataka**



Bengaluru, Karnataka, India  
 62, Pelece Rd, 1st Stage, Vasanth Nagar, Bengaluru, Karnataka 560052, India  
 Lat 12.994456°  
 Long 77.589001°  
 26/06/22 08:27 AM

**Naming the Trees**



Bengaluru, Karnataka, India  
 167, Coffee Board Layout, Nagavara, Bengaluru, Karnataka  
 560024, India  
 Lat 13.062714°  
 Long 77.604842°  
 19/08/22 03:28 PM

*[Handwritten Signature]*  
 NSS Programme Officer  
 Sindhi College  
 33/2B, Kempapura, Hebbal,  
 Bangalore - 560 024.



**SINDHI COLLEGE**

**(Sponsors : Sindhi Seva Samiti)**

Permanently affiliated to Bengaluru City University, Re-accredited by NAAC B++ (2.98)  
Recognised by UGC under 2(f) & 12(B), & ISO 9001:2015 Certified Institution

**ORGANISES**

**INTERNATIONAL YOGA DAY**

**With SUSHMA SHANKAR**

In Association With

**DECATHLON**

Mysore Road



**21st June 2022**



**9:00 AM**



**Indoor Stadium , Sindhi colleg**

**You Are Cordially Invited**

Prof. M A Vaidyesh  
S Program Officer,  
Lt, Shankar B P  
Associate NCC Officer

Dr. B S Srikanta, Director  
Prof. Asha N, Principal  
Management & Staff

# SINDHI COLLEGE

Hebbal, Kempapura, Bangalore-24

## 8 KAR BN 75/A COY NATIONAL CADET CORPS

International Yoga Day in association with Decathlon Mysore  
road with Yoga Practitioner Sushma Shankar

Date: 21<sup>st</sup> June 2022

Venue: Indoor Stadium Sindhi College

This year's Yoga day celebration was held with enthusiasm at Sindhi college Indoor stadium. The college coordinated with the Decathlon Mysore Road to elevate the importance of Yoga. Yoga practitioner Sushma Shankar had made her presence to the event and conveyed its significance among the audience. The dignitaries accompanying the practitioner were Director Dr B S Srikanta, Principal Prof. Asha N, Associate NCC Officer Lt Shankara B P and NSS Program Officer Prof. M A Vaidyesh. It was an eye opening activity among the students. The student volunteers, The NCC and The NSS wing gave their utmost dedication towards the concern. **The NCC contingents were of 12 in attendance** followed by the NSS wing and the students. All the members were united and the gratification was seasoned. The main purpose of emphasizing the Asana was taken into consideration. The promotion of daily engagement for science of yoga was memorized. The day came to closure with heartfelt words.

  
Associate NCC Officer

  
75/ASBkt/CB/Bgl/BCC  
33/29/Sindhi College, Hebbal  
No. 33/29, Kempapura, Bangalore-24  
Bengaluru - 560 024

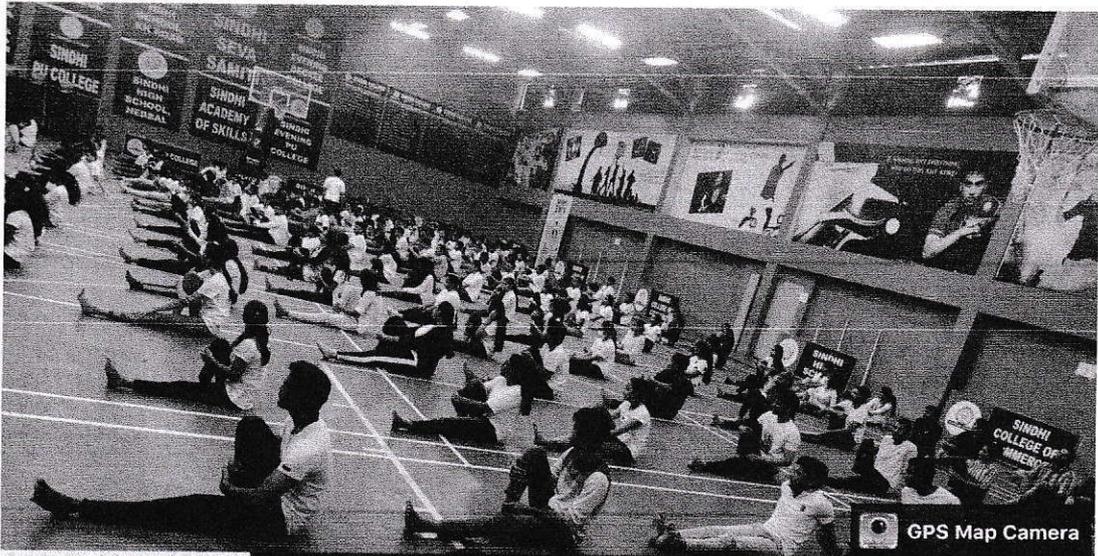


# International Yoga Day 2021-22



 **Bengaluru, Karnataka, India**  
No 5, Ground floor, Amurth Halli Group Panchayath, Kempapura Main Rd,  
Pampa Extension, Hebbal Kempapura, Bengaluru, Karnataka 560024, India  
Lat 13.050687°  
Long 77.598261°  
21/06/22 09:53 AM

**75/A, Sindh College CC**  
**33/2B, Kempapura, Hebbal**  
**Bengaluru - 560 024.**



**Bengaluru, Karnataka, India**

No 5, Ground floor, Amurth Halli Group Panchayath, Kempapura Main Rd,  
Pampa Extension, Hebbal Kempapura, Bengaluru, Karnataka 560024, India  
Lat 13.050632°

Long 77.598451°  
21/06/22 09:52 AM

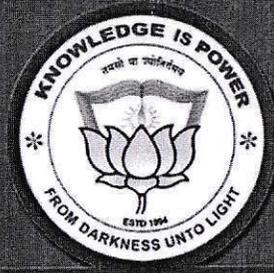


**Bengaluru, Karnataka, India**

No 5, Ground floor, Amurth Halli Group Panchayath, Kempapura Main Rd,  
Pampa Extension, Hebbal Kempapura, Bengaluru, Karnataka 560024, India  
Lat 13.05067°

Long 77.598274°  
21/06/22 09:49 AM

~~Associate NCC Officer~~  
75/A, Sankar College  
33/2B, Kempapura, Hebbal  
Bengaluru - 560 024.



## **SINDHI COLLEGE**

**(Sponsors : Sindhi Seva Samiti)**

Permanently affiliated to Bengaluru City University, Re-accredited by NAAC B++ (2.98)  
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**Organises**  
**An Awareness Programme**  
**on**  
**“Traffic rules & Regulations”**  
**In association with**  
**Hebbal Traffic Police,**  
**Bengaluru City**



**09<sup>th</sup> June 2022**



**12:30 PM onwards**



**Auditorium, Sindhi College**

**You are Cordially Invited**

Prof. M A Vaidyesh  
NSS Program Officer,  
Lt. Shankar B P  
Associate NCC Officer



Dr. B.S Srikanta, Director  
Prof. Asha N, Principal  
Management & Staff

# SINDHI COLLEGE

Hebbal, Kempapura, Bengalore-24

## 8 KAR BN 75/A COY NATIONAL CADET CORPS

Traffic Awareness Program in Association with Traffic Training and Road Safety Institute, Thanisandra Main Road, Bengaluru

**Date: 14th June 2022**

An involvement was agreed with the Traffic Training and Road Safety Institute where In the NCC and NSS wing had to engage in it. The students on **total were 40 on which 20 were the NCC contingent and 20 was from the NSS wing**. We reached the said location by 11:00hrs. The activity was carried forward as planned and Amit sir who was trainee from the Honda took over the gathering with his introduction. Here, Honda Motor Service Private ltd has taken the initiative with the Traffic Police in uplifting the rules and regulations of traffic with tagline "Safety-India" as a Corporate Social Responsibility (CSR) with an objective to sharpen the risk sensitivity of the public towards traffic. Key highlights on road safety were given and special training programme was onto picture which enhanced the students to improve the risk prediction ability of riders on roads. Kiken, Yosoku, Training which means to reflect the Danger by Prediction and prevention of damages by getting trained about the traffic rules and regulation. Later after interaction, Sujay sir who as another Trainee in the institute took over the session with eagerness and channelized session with notable factors with power point presentation, Keynotes pertaining to the regulations were given this lead and virtual experience with the motor vehicle was seen. Later, the session was resumed by the traffic police K Abdul Rasheed sir, the detailed observation towards the laws in traffic was given and further elucidation towards speed limits, penalties for faults, sign boards and important laws and the specifications about regulations were given. After sound reasoning, the session was enclosed to questions and answers and then ended session at 14:00hrs.



**Associate NCC Officer**

Associate NCC Officer

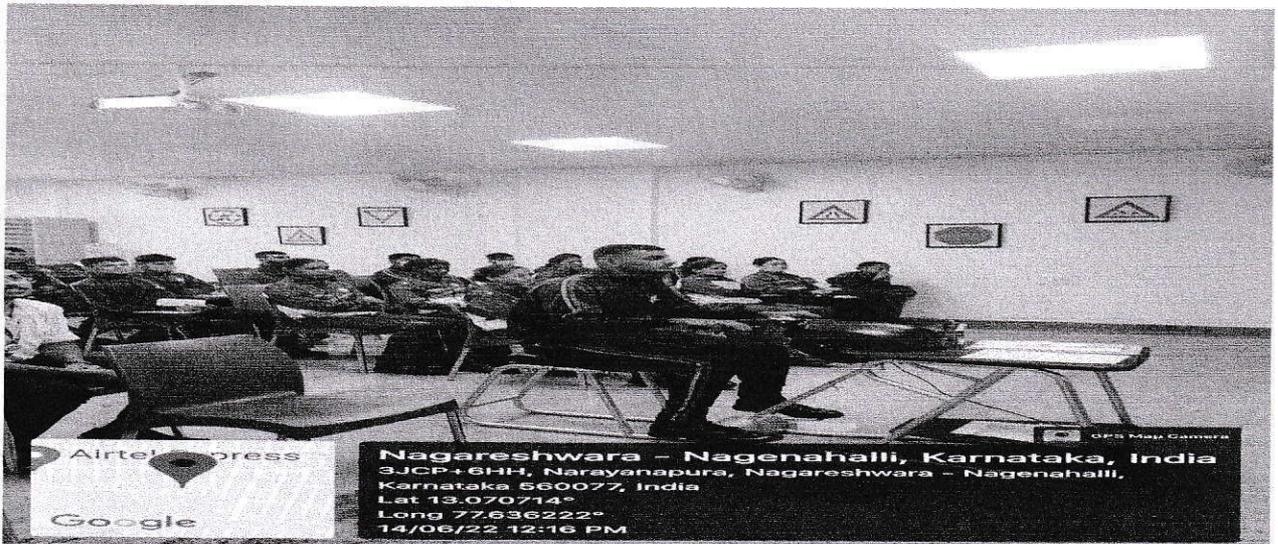
75/A, 8Kar BN NCC

Sindhi College

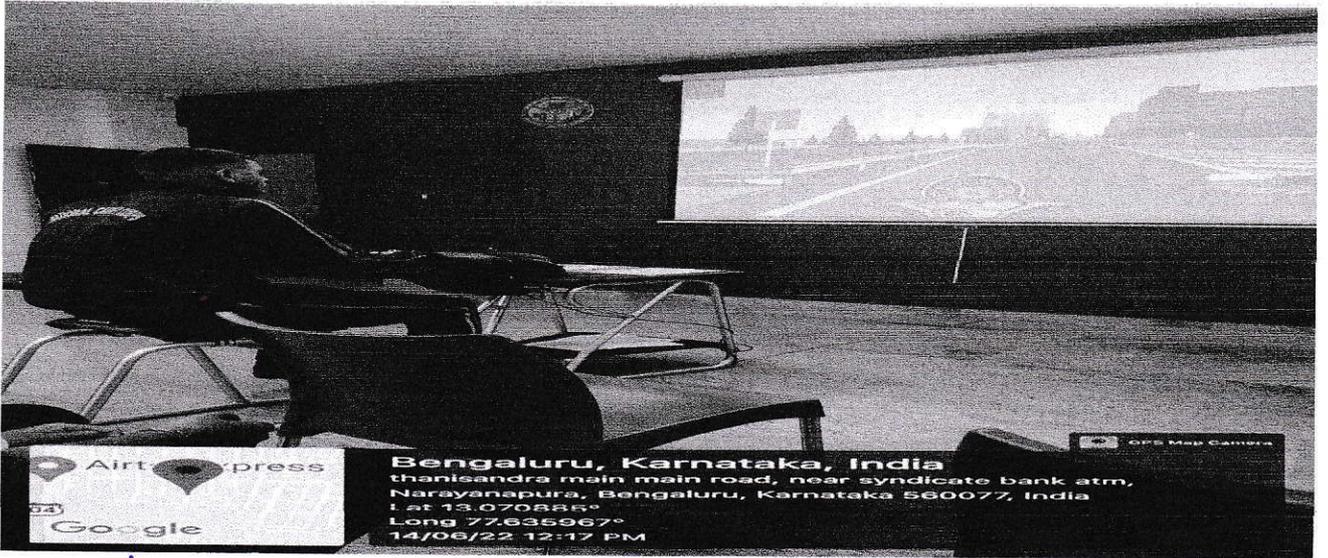
No. 33/2B, Kempapura, Hebbal

Bengaluru - 560 024.

# Traffic Awareness Program in Association with Traffic Training and Road Safety Institute, Thanisandra Main Road, Bengaluru



  
Associate NCC Officer  
75/A, 8Kar BN NCC  
Sindhi College  
No. 33/2B, Kempapura, Hebbal  
Bengaluru - 560 024.



Airtel express  
Google

**Bengaluru, Karnataka, India**  
thanisandra main main road, near syndicate bank atm,  
Narayanapura, Bengaluru, Karnataka 560077, India  
Lat 13.070885°  
Long 77.635967°  
14/06/22 12:17 PM

  
Associate NCC Officer  
75/A, 8Kar BN NCC  
Sindhi College  
No. 33/2B, Kempapura, Hebbal  
Bengaluru - 560 024.