# INDIAN CONSTITUTION AND HUMAN RIGHTS

As per New CBCS Syllabus of B.Com, BBA, BCA, B.Sc. BHM & B.A Courses of Bangalore University, Bangalore North University & Bangalore Central University Also useful for other Universities & Major Competitive Exams

> ncludes 1000 + Multiple Choice Questions with Answers

Sunil Kumar K N Tejaswini B J

SINDHI COLLEGE Library & Information Center BI 122499 SKU



## **SYLLABUS**

## Chapter I: Indian Constitutional Philosophy

- a) Features of the Constitution and Preamble
- b) Fundamental Rights and Fundamental Duties
- c) Directive Principles of State Policy

## Chapter II Union and State Executive, Legislature and Judiciary

a) Union Parliament and State Legislature: Powers and Functions b) President, Prime Minister and Council of Ministers c) State Governor, Chief Minister and Council of Ministers d) The Supreme Court and High Court: Powers and Functions

## Chapter III: Concept and Development of Human Rights

a) Meaning Scope and Development of Human Rights b) United Nations and Human Rights – UNHCR c) UDHR 1948, ICCPR 1996 and ICESCR 1966

## Chapter IV: Human Rights in India

- a) Protection of Human Rights Act, 1993 (NHRC and SHRC)
- b) First, Second and Third Generation Human Rights
- c) Judicial Activism and Human Rights

As per New CBCS Syllabus and Scheme for Soft Skills (Mrudu Kousalya) at UG Level Fourth Semester, B.A., B.Sc., B.C.A., B.Com., BBA or BHM of Bangalore University w.e.f. 2014-2015

# PERSONALITY DEVELOPMENT

K. Ramachandra S. Alla Bakash S. Nagabhushana

Himalaya Publishing House

158.1 RAM,8

## Syllabus

### BANGALORE UNIVERSITY IV SEMESTER BA, B.SC, B.C.A, B.COM, BBA (CBCS) SOFT SKILL (MRUDU KOUSALYA) PERSONALITY DEVELOPMENT

### OBJECTIVE:

1. To make the students to understand the larger issues of life and living 2. To introduce various skills needed for leading a life to the students

**UNIT 01:** 

**18 HOURS** 

Self Awareness: Meaning of Self Awareness-Components- Improving Self Awareness-Benefits of understand self

**Goal Setting:** Meaning of Goal and Goal Setting - Short, Medium and Long Term Goals -Importance of goal setting - Choices/Selection of setting goals - Steps for goal setting -SMART goals

**Creativity:** Meaning of Creativity - Difference with Innovation - Barriers to Creativity -Understanding and importance of human values - Difference with Ethics, Ideals in Life -Becoming a Role Model

UNIT 2:

### **12 HOURS**

**12 HOURS** 

**Interpersonal Skills:** Meaning of Interpersonal Skills - Need for developing Interpersonal Skills - Components of Interpersonal Skills - Techniques required to improve skills - Benefits of effective Interpersonal Skills

Stress Management: Meaning of Stress - Factors causing stress - Positive and negative types of stress - Effects of stress on body and mind - Stress removal techniques UNIT 3:

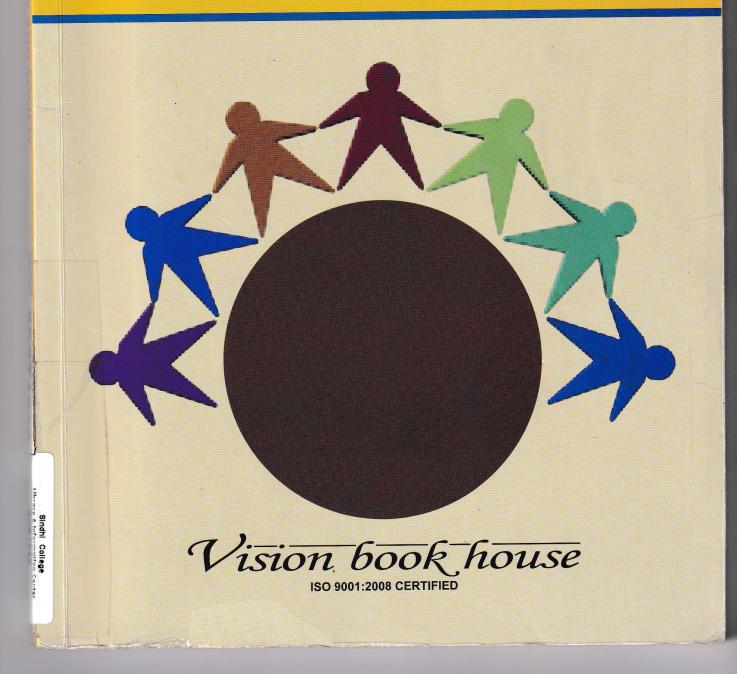
5

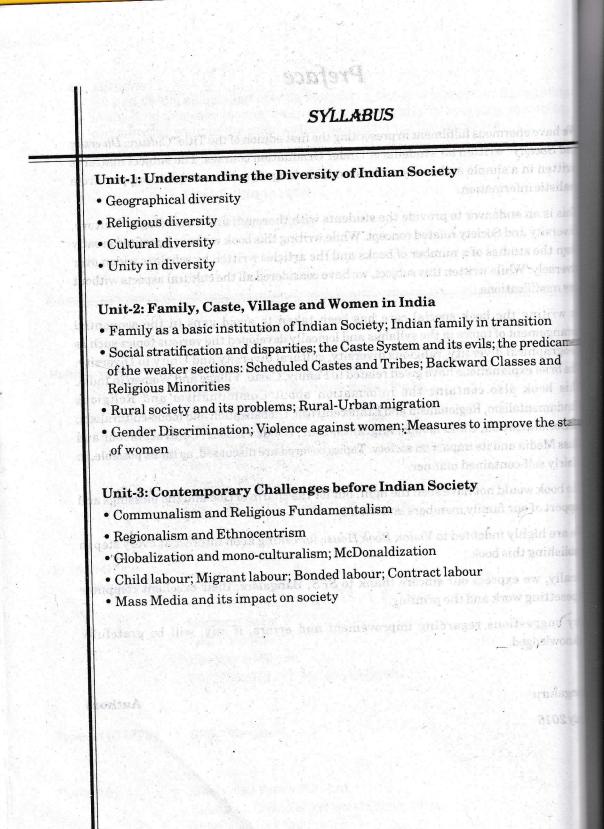
**Time Management:** What and Why of Time Management - Necessity and benefits of Time Management - Tools of Time Management - How to manage time wisely

**Leadership Development:** Meaning and Importance - Types of Leadership Styles -Theories of Leadership

# CULTURE, DIVERSITY AND SOCIETY

Mohan Kumar K.Y. Niha Asif





ISBN: {



### 7.1.9 Activities Related to Constitutional Obligations in Institutions

Sl. No.	Name of the Activity			
1. A Two Day Multi Lingual Virtual National				
	Conference			
2.	Kannada Rajyotsava			
3.	Gandhi Jayanthi			
4.	Republic Day			
5.	Independence Day			
6.	Guest Lecture on Healthy Life style & Mental			
	Health for Youngsters			
7.	Awareness Programme on Traffic Rules &			
	Regulation			
8.	International Yoga Day			
9.	Guest Lecture on Neither Him Nor Her			

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

### **Participant Registration Fo. m:** https://forms.gle/LxX49D6zNqZ3rbDu6

Participation Free

### Chief Patrons : Sri Madan Doulatram President

Sindhi Seva Samiti Sri Prakash R Narang Chairman, Sindhi College

Conference Chairman : Dr. B.S. Srikanta Director Patrons : Sri Kishore L Achpal Hon. Secretary, Sindhi College Sri Navin K Nichani Hon. Treasurer, Sindhi College Sri Suraj S Chawla Hon. Jt. Secretary, Sindhi College

Conference Co Chairman : Prof. N. Asha Principal

Technical Support: Prof. Radhika E.K HOD, Dept. of Computer Science Mob.: 63603 99465





Sponsers : Sindhi Seva Samiti #33/2B, Hebbal, Kempapura, Bengaluru-560024 Phone: 080-23637543/44, 41178288 Reacredited by NAAC with B++, CGPA 2.98 (Permanently affiliated to Bengaluru City University Recognized by UGC under 2(f) & 12(B), ISO 9001:2015 Certified Institution

**DEPARTMENT OF LANGUAGES** 

**ORGANIZES** 

A TWO-DAY MULTI-LINGUAL VIRTUAL NATIONAL CONFERENCE

ON

AN ESCAPE IN LITERATURE TO OVERCOME EXISTENTIAL CRISIS

Date : 25th and 26th August, 2022 at 10.00 A.M.

### **Join Zoom Meeting:**

https://us06web.zoom.us/j/82373764125?pwd=S3VIR1RCSUdtK2dmVytoS1Rsa25sUT09

Meeting ID: 859 3797 0666 Passcode: u9Z8N1

### Chief Guest :

Dr. M.K. Sridhar Registrar S-VYASA University, Jigani, Bengaluru

### Key Note Speaker :

**Dr. Nataraj Huliyar** Professor and Renowned Writer Kannada study centre, Bangalore university

### President :

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

August Presence : Prof. N. Asha Principal, Sindhi College

### ALL ARE CORDIALLY INVITED

Management, Staff & Students Departments of Languages

### Day 1: Thursday 25<sup>th</sup> August 2022

Department of English

Topic : ENGLISH LITERATURE TO OVERCOME EXISTENTIAL CRISIS Time : 12.00 Noon

https://us06web.zoom.us/j/82373764125?pwd=S3VIR1RCSUdtK2dmVytoS1Rsa25sUT09

Meeting ID: 859 3797 0666 Passcode: u9Z8N1

### Chairperson

Dr. S. Jayanthi Research Supervisor, Asst. Prof. of English, Research Centre in English, Sri S. Ramasamy Naidu Memorial College, Sattur, Virdhunagar, Tamil Nadu.

### Organizers :

Dr. Padmavathy K Prof. & HOD. Dept. of English Mob.: 88674 63279 Prof. Rahila Begum Asst. Professor

### ಕನ್ನಡ ವಿಭಾಗ :

ರಾಷ್ಟೀಯ ವಿಚಾರ ಸಂಕಿರಣದ ವಿಷಯ:

"ಶ್ರಸ್ತುತ ಸಾಮಾಜಕ ವಿದ್ಯಮಾನದಆದ ಕನ್ನಡ ಸಾಹಿತ್ಯ ಅವಲೋಕನ ಹಾದೂ ಪರಿವರ್ತನೆ" ಸಮಯ : ಮಧ್ಯಾಹ್ರ 12.00ಕ್ಕೆ

https://us02web.zoom.us/j/81050712890?pwd=dDJ3ZE5mUkJXbzRndnQ4THBockthdz09

Meeting ID: 859 3797 0666 Passcode: u9Z8N1

### ಗೋಷ್ಠಿಯ ಅಧ್ಯಕ್ಷರು

### ಡಾ.ರಾಜಪ್ಪ ದಳವಾಯ

ಪ್ರಾಧ್ಯಾಪಕರು ಹಾಗೂ ನಾಟಕಕಾರರು ಕನ್ನಡ ಅಧ್ಯಯನ ಕೇಂದ್ರ, ಬೆಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾಲಯ, ಬೆಂಗಳೂರು

### ಆಯೋಜಕರು :

ಡಾ॥ ಕರಿಯಣ್ಣ .ಎಸ್ ಪ್ರಾಧ್ಯಾಪಕರು ಹಾಗೂ ಮುಖ್ಯಸ್ಥರು ಕನ್ನಡ ವಿಭಾಗ ಮೊ.: 99009 34937 ಪ್ರೊ. ರಾಜು ಹೆಚ್.ಎಸ್ ಸಹಾ. ಪ್ರಾಧ್ಯಾಪಕರು

### Day 2: Friday 26th August 2022

Department of Hindi Topic : वर्तमान कालीन समस्याओं का हिन्दी साहित्य मे समाधान

Time : 10.00 A.M.

https://us06web.zoom.us/j/85628568250?pwd=UnZycVR1KythRUN1eWp2NGJCalNsdz09

Meeting ID: 859 3797 0666 Passcode: u9Z8N1

Chairperson

Dr. Bhawani Singh, Senior Assistant Professor, Dept. Of Hindi, Himachal Pradesh University, Summer Hill, Shimla.

### Organizers :

Dr. Ranjana Pillai HOD. Dept. of Hindi Ph : 9035846328 Dr. Girirajkumar Associate Professor

Department of Sanskrit

Topic : वर्तमानकालीनसमस्यानाम् संस्कृतसाहित्ये परिहारोपायाः

Time : 10.00 A.M.

https://us02web.zoom.us/j/83795034940?pwd=U09OcFpSV1RHbHFqTFM4RFU3K1Zwdz09

Meeting ID: 859 3797 0666 Passcode: u9Z8N1

### Chairperson

Dr. C. Shivakumaraswamy, President, Mahavidyalaya, Samskrita Pradhyapaka Sangha Principal, (Rtd) Basaveswara College, Bengaluru.

### Organizer :

Prof. N.R. Subrahmanya HOD. Dept. of Sanskrit Ph : 9449545005



3

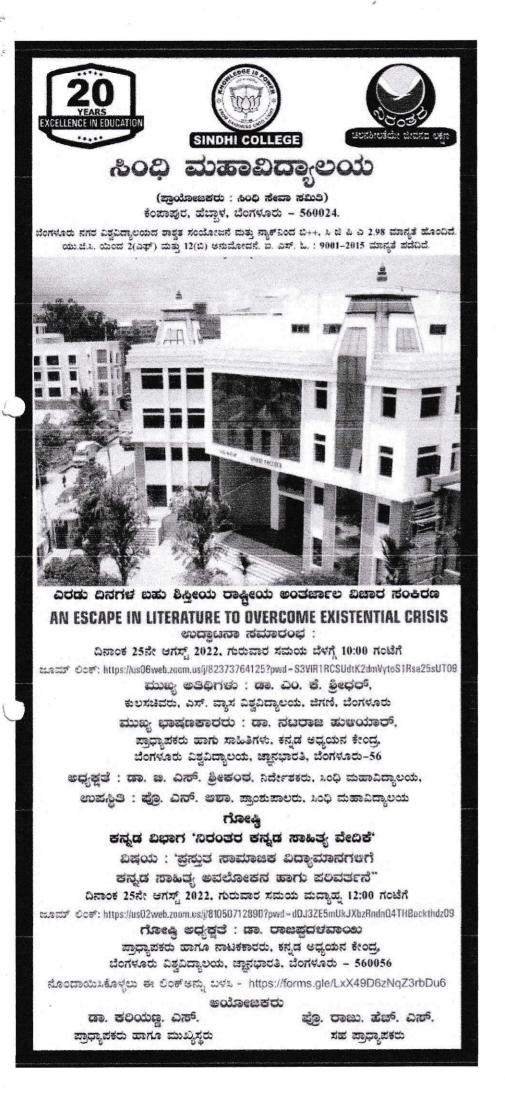
Sindhi College (sponsors : Sindhi Seva Samiti) #33/2B, Hebbal, Kempapura, Bengaluru – 560024 Permanently affiliated to Bengaluru City University -accredited by NAAC Recognised by UGC under 2(f) & 12(B) An ISO 9001: 2015 Certified Institution Re

### DEPARTMENT OF LANGUAGES - Department of Kannad "Niranthara Sahithya Vedike"

### A TWO-DAY MULTI-LINGUAL VIRTUAL NATIONAL CONFERENCE

'Study of kannada literature and its changes in contemporary social structure'

100 million	Date & Time of the Programme	25/8/2022 12:00 pm
	Type of the Programme	Co-curricular
co-curricular /extra-curricular/ cultural/sports/NSS/NCC/Industry-Institute		
	Interactive/ Extension Activities/	
	Outreach/Capacity building/ others)	
	Name of the Resource Person	Dr. RAJAPPA DALAVAYI
	Designation	Welknown Writer and Dramadist
		Kannada Study Center Jhnanabharati, Bangalore
		University- BANGALORE
	Total No. of Participents	27 Professor and Reasarch scholars
	Programme In charge	All professors of Kannada Department
	Collaboration :	Niranthara Sahithya Vedike
	Objective :	Study of kannada literature and its changes in
		contemporary social structure'
	Issues / Key factors addressed :	Same as the above
	Impact/ Outcome :	Paper presenters and Resource persons addressed the importence of kannada literature and its changes in contemporary social structure



### ಹಿಂಧಿ ಮಹಾವಿದ್ಯಾಲಯ

ಸಮಾಜದ ಸಮೃದ್ಧ ಗುರಿಯೆಡಗೆ ನಡೆಸುವ ವಿದ್ಯಾಸಂಸ್ಥೆ 'ಸಿಂಧಿ ಮಹಾವಿದ್ಯಾಲಯ' ಉದ್ಯಾನ ನಗರಿಯಲ್ಲಿ ವೃಕ್ಷಗಳಂತೆ ತಲೆಯೆತ್ತಿರುವ ವಿದ್ಯಾಸಂಸ್ಥೆಗಳ ನಡುವೆ ತ್ರೀಗಂಧದ ಮರದ ಕಂಪಿನಂತೆ ಗುಣಮಟ್ಟದ ಶಿಕ್ಷಣವನ್ನು ನೀಡಿ ಜನಮನ್ನಣೆಗೆ ಪಾತ್ರವಾಗಿರುವ ಹಾಗೂ "ವಿಶ್ವಾಸಾರ್ಹ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆ" ಎಂಬ ಹೆಗ್ಗಳಿಕೆಯನ್ನು ಮುಡಿಗೇರಿಸಿಕೊಂಡಿರುವ ಸಂಸ್ಥೆ ಹೆಬ್ಬಾಳದ ಕೆಂಪಾಪುರದಲ್ಲಿರುವ 'ಸಿಂಧಿ ಮಹಾವಿದ್ಯಾಲಯ'. 2002 ರಲ್ಲಿ ಸ್ಥಾಪಿತವಾದ ಬೆಂಗಳೂರಿನ ಸಿಂಧಿ ಮಹಾವಿದ್ಯಾಲಯ ಬೆಂಗಳೂರು ಕೇಂದ್ರ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಶಾಶ್ವತ ಮಾನ್ಯತೆಯನ್ನು ಪಡೆದು ಸಮಗ್ರ ಗುಣಮಟ್ಟದ ಶಿಕ್ಷಣ ನೀಡುವ ಮೂಲಕ ಮನೆ ಮಾತಾಗಿದೆ. ವಿಶ್ವವಿದ್ಯಾಲಯದ ಧನ ಸಹಾಯ ಅಯೋಗ ( ಯು.ಜಿ.ಸಿ) ಪತಿಯಿಂದ 2 ಎಫ್ ಮತ್ತು 12 ಬಿ ಮಾನ್ಯತೆ ಪಡೆದುಕೊಂಡಿದೆ. ಎರಡನೇ ಭಾರಿ ನ್ಯಾಕ್ ಮಾನ್ಯತೆಯನ್ನು ಬಿ++,2.98 ಪಡೆದುಕೊಂಡು, ಹೈಯರ್ ಎಜುಕೇಷನ್ ರಿವ್ಯೂ ಮ್ಯಾಗ್ವೈನ್ ನಡೆಸಿದ ಸಮೀಕ್ಷೆಯ ಪ್ರಕಾರ ಬೆಂಗಳೂರಿನ ಟಾಪ್ 20 ಕಾಲೇಜುಗಳಲ್ಲಿ ಒಂದಾಗಿದೆ. ಇತ್ತೀಚೆಗೆ ಸಿಂಧಿ ಮಹಾವಿದ್ಯಾಲಯ "ಎಕ್ಲಲೆನ್ಸ್ ಇನ್ ಅಕಾಡೆಮಿಕ್, ಸ್ಟೂಡೆಂಟ್ ಸರ್ಪೋರ್ಟ್ ಅಂಡ್ ಇನ್ಸಾಸ್ವಕ್ಷರ್ ಎಂಬ ಪ್ರಶಸ್ತಿಯನ್ನು ಟೈಮ್ಸ್ ಅವರು ನೀಡಿದ್ದಾರೆ.

ಸಿಂಧಿ ಸೇವಾ ಸಮಿತಿ ಪ್ರಾಥಮಿಕ ಶಿಕ್ಷಣದಿಂದ ಆರಂಭವಾಗಿ ಪ್ರೌಢ ಶಾಲೆ, ಪದವಿಪೂರ್ವ, ಪದವಿ ಮತ್ತು ಸ್ನಾತಕೋತ್ತರ ಪದವಿ ಶಿಕ್ಷಣ ಮುಗಿಸಿ ತಮ್ಮ ಬದುಕನ್ನು ರೂಪಿಸಿಕೊಳ್ಳಲು ಅವಶ್ಯಕವಿರುವ ಗುಣಮಟ್ಟದ ಶಿಕ್ಷಣ ಮತ್ತು ಕೌಶಲ್ಯವನ್ನು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ನೀಡುತ್ತಿದೆ.

ಸರ್ಪತೋಮುಖ ಅಭಿವೃದ್ಧಿಗೆ ಪೊತ್ರಾಹ : ಸಂಧಿ ಮಹಾವಿದ್ಯಾಲಯವು ವಿದ್ಯಾರ್ಥಿಗಳ ಸರ್ಪತೋಮುಖ ಬೆಳವಣಿಗೆಗೆ ಅಹರ್ನಿಶಿ ಶ್ರಮಿಸುತ್ತಿದೆ. ಪ್ರತಿ ವರ್ಷ ಆಯೋಜಿಸಲ್ಪಡುವ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳ ವೈಭವ 'ಕ್ರೆಸಿಂಡೋ' ಶೀರ್ಷಿಕೆಯಡಿ ನಗರದ ಪ್ರತಿಭಾವಂತ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಸೂಜಿಗಲ್ಲಿನಂತೆ ತನ್ನತ್ತ ಸೆಳೆಯುತ್ತಿದೆ. ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ನಾಯಕತ್ವದ ಗುಣ ತುಂಬುವ ಸಲುವಾಗಿ ಹತ್ತು ಹಲವು ಜವಾಬ್ದಾರಿಗಳನ್ನು ನೀಡಿ ಅವರ ಬೆನ್ನೆಲುಬಾಗಿ ನಿರ್ದೇಶಕರು ಹಾಗೂ ಪ್ರಾಂಶುಪಾಲರು ಪೋತ್ರಾಹಿಸುತ್ತ ಬಂದಿರುತ್ತಾರೆ. ಕಾರ್ಲೇಜಿನಲ್ಲಿ ಎನ್.ಸಿ.ಸಿ ಹಾಗೂ ಎನ್.ಎಸ್.ಎಸ್ ಘಟಕಗಳು ಹಲವು ವರ್ಷಗಳಿಂದ ಸಮರ್ಪಕವಾಗಿ ಕಾರ್ಯ ನಿರ್ವಹಿಸುತ್ತ ಬಂದಿದ್ದು ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಕ್ರಿಯಾಶೀಲತೆ, ಶಿಸ್ತು. ಸಾಮಾಜಿಕ ಕಾಳಜಿ, ಸಂಯಮ, ಸಹಭಾಜ್ವೆ, ಭ್ರಾತೃತ್ವ ಹಾಗೂ ದೇಶಪ್ರೇಮ ಇವೆ ಮೊದಲಾದ ಗುಣಗಳನ್ನು ಬೆಳೆಸಿದೆ. ಕ್ರೀಡೆಗೂ ಹೆಚ್ಚಿನ ಪ್ರಾಶಸ್ತ್ರ ನೀಡಿ, ವಿದ್ಯಾರ್ಥಿಗಳು ರಾಜ್ಯ ಮತ್ತು ರಾಷ್ಟ್ರ ಹಾಗೂ ಜಾಗತೀಕರಣ ಮಟ್ಟದಲ್ಲಿ ತಮ್ಮ ಕ್ರೀಡಾ ಕೌಶಲ್ಯ ಪ್ರದರ್ಶನಕ್ಕೆ ಅವಕಾಶ ಒದಗಿಸಿದೆ.

ತನ್ನಡ ವಿಭಾಗ : ಕನ್ನಡ ವಿಭಾಗವು 'ನಿರಂತರ ಕನ್ನಡ ಸಾಹಿತ್ಯ ವೇದಿಕೆ' ಯಿಂದ ಪ್ರತಿ ವರ್ಷ ಹಲವಾರು ಕನ್ನಡ ಕಾರ್ಯಕ್ರಮಗಳು ಮತ್ತು ರಾಷ್ಟ್ರೀಯ ವಿಚಾರ ಸಂಕಿರಣಗಳು. ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ ಕಾರ್ಯಕ್ರಮಗಳು. ಕನ್ನಡ ಪರ ಚಟುವಟಿಕೆಗಳು ನಡೆಸುತ್ತಾ ಬರುತ್ತಿದೆ. ಅಧುನಿಕ ಸಂದರ್ಭದಲ್ಲಿ ಸಾಹಿತ್ಯಿಕ, ಸಾಮಾಜಿಕ ಮತ್ತು ಸಾಂಸ್ಕೃತಿಕ ವಲಯದಲ್ಲಿನ ವಿದ್ಯಮಾನಗಳನ್ನು ಅವಲೋಕಿಸಿದರೆ ಹಲವು ರೀತಿಯ ಘಟನೆಗಳು ಸಂಭವಿಸುತ್ತಿವೆ. ಈ ಘಟನೆಗಳಿಗೆ ಕನ್ನಡ ಸಾಹಿತ್ಯವು ಪ್ರಸ್ತುತ ವಿದ್ಯಾಮಾನಗಳಿಗೆ ಹೇಗೆ ಸ್ಪಂಧಿಸುತ್ತದೆ ಎಂಬ ವಿಚಾರ ಮಂಥನವನ್ನು ಮಾಡಿ ಸಮಾಜಕ್ಕೆ ಅದರ ಉಪಯುಕ್ತತೆಯನ್ನು ತಿಳಿಸಬೇಕೆಂಬ ಹಂಬಲ ನಮ್ಮದು. ಸಿಂಧಿ ಮಹಾವಿದ್ಯಾಲಯವು ಕನ್ನಡ, ಇಂಗ್ಲೀಷ್, ಸಂಸ್ಕೃತ ಮತ್ತು ಹಿಂಧಿ ಭಾಷೆಗಳನ್ನು ಒಳಗೊಂಡ ಎರಡು ದಿನಗಳ ಬಹು ಶಿಸ್ತೀಯ ವಿಚಾರ ಸಂಕಿರಣವನ್ನು ಆಯೋಜಿಸಿರುತ್ತೇವೆ ಈ ಸಂಕಿರಣದಲ್ಲಿ ಎಲ್ಲಾ ಕನ್ನಡ ಅಧ್ಯಾಪಕರು ಮತ್ತು ಸಂಶೋಧನಾ ವಿದ್ಯಾರ್ಥಿಗಳು ಹಾಗೂ ಕನ್ನಡ ಭಾಷೆಯ ಬಗ್ಗೆ ಆಸಕ್ತಿವುಳ್ಳವರು ಭಾಗವಹಿಸಬಹುದು.

ಈ ಕೆಳಗಿನ ಯಾವುದಾದರೂ ಉಪ ಶೀರ್ಷಿಕೆಯಲ್ಲಿ ಪತ್ರಿಕೆಗಳನ್ನು ಮಂಡಿಸಲು ಅವಕಾಶವಿದೆ.

ರಾಷ್ಟ್ರೀಯ ವಿಚಾರ ಸಂಕಿರಣ ವಿಷಯ:

"ಪ್ರಸ್ತುತ ಸಾಮಾಜಿಕ ವಿದ್ಯಾಮಾನಗಳಿಗೆ ಕನ್ನಡ ಸಾಹಿತ್ಯ ಅವಲೋಕನ ಹಾಗು ಪರಿವರ್ತನೆ"

ಈ ಕೆಳಗಿನ ಉಪ ಶೀರ್ಷಿಕೆಯ ಅಡಿಯಲ್ಲಿ ಪತ್ರಿಕೆಯನ್ನು ಮಂಡಿಸಬಹುದು.

- 1) 10 ನೇ ಶತಮಾನ ಚಂಪು ಸಾಹಿತ್ಯದ ಅವಲೋಕನ ಹಾಗು ಜೀವನ ಮೌಲ್ಯ
- 2) 12ನೇ ಶತಮಾನ ವಚನಗಳು ಪ್ರಸ್ತುತ ಸಾಮಾಜಿಕ ವಿದ್ಯಾಮಾನಗಳ ಪರಿಹಾರ
- 3) ಪಟ್ಟದಿ ಸಾಹಿತ್ಯ ಕೃತಿಗಳಲ್ಲಿ ಪ್ರಸ್ತುತ ಸಾಮಾಜಿಕ ವಿದ್ಯಾಮಾನಗಳ ಕುರಿತು ಅವಲೋಕನ
- ರಗಳಿ ಸಾಹಿತ್ಯ ಶಿವಭಕ್ತರ ಆದರ್ಶ ಮತ್ತು ಜೀವನ ಮೌಲ್ಯ
- 5) ದಾಸ ಸಾಹಿತ್ಯ ಜೀವನ ಮೌಲ್ಯ ಹಾಗೂ ಉತ್ತಮ ಸಂದೇಶ
- 6) ಅರುಣೋದಯ ಸಾಹಿತ್ಯದ ಮತ್ತು ವಸ್ತುಸ್ಥಿತಿ ಜೀವನ
- 7) ಪ್ರಗತಿ ಶೀಲ ಸಾಹಿತ್ಯ ವಾಸ್ತವ ಮತ್ತ ಆರ್ದತ ಹಾಗೂ ಜೀವನ ಮೌಲ್ಯ
- 8) ನವ್ಯಸಾಹಿತ್ಯದ ಸ್ರೀ ಬದುಕಿನ ಅವಲೋಕನ ಹಾಗು ಪರಿವರ್ತನೆ
- 9) ದಲಿತ ಸಾಹಿತ್ಯದಲ್ಲಿ ಶ್ರೀಸಾಮಾನ್ಯರ ಬದುಕಿನ ಚಿತ್ರಣ ಮತ್ತು ಅಪಲೋಕನ
- 10) ಬಂಡಾಯ ಸಾಹಿತ್ಯ ಮತ್ತು ಬೀವನದ ಆಶಯ
- 11) ಸ್ತೀ ಸಾಹಿತ್ಯ ಅವಲೋಕನ ಹಾಗೂ ಪರಿವರ್ತನೆ

ಸರ್ವಲಿಗೂ ಸುಸ್ತಾಗತ

"೩ರಿಗನ್ನಡಂ ಗೆಲ್ಲೆ"

ಿಸಿರಿಗನ್ನಡಂ ಬಾಳ್ನೆ'



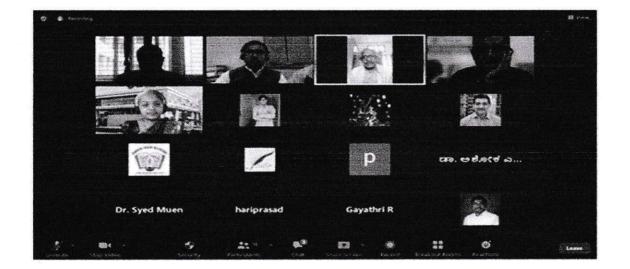


.

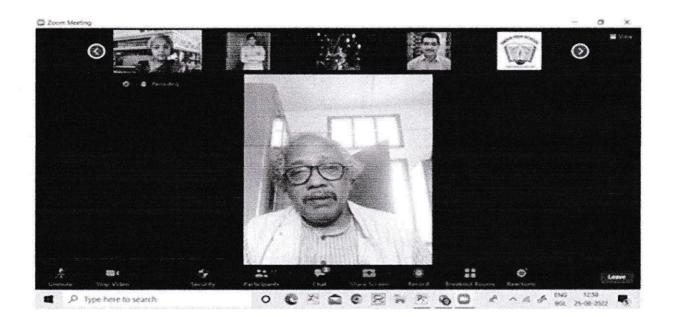
(



ಡಾ.ರಾಜಪ್ಪ ದಳವಾಯಿ ಆರಂಭದಲ್ಲಿ ಪತ್ರಿಕೆಯನ್ನು ಮಂಡಿಸಲಿಕ್ಕೆ ಬಂದಿರುವಂತಹ ಅಭ್ಯರ್ಥಿಗಳಿಗೆ ಕೆಲವು ಮಾಹಿತಿಯನ್ನು ಕೊಟ್ಟ ಸಂದರ್ಭ.







ಡಾ.ರಾಜಪ್ಪ ದಳವಾಯಿಯವರು ಅಂತಿಮವಾಗಿ ಪತ್ರಿಕೆಯನ್ನು ಮಂಡಿಸಿದ ಪ್ರತಿಯೊಬ್ಬ ಪ್ರಬಂಧಕಾರರಿಗೆ ಹಲವು ಸಲಹೆ ಸೂಚನೆಗಳನ್ನು ಕೊಡಲಾಯಿತು ಮತ್ತು ಸಿಂಧಿ ಸಂಸ್ಥೆಯವರು ಮುಂದೆಯು ಸಹ ಇಂತಹ ಮೌಲ್ಯಯುತವಾದ ವಿಚಾರ ಸಂಕಿರಣ ಮಾಡಲಿ ಎಂದು ಮನವಿ ಮಾಡಿಕೊಂಡ ಸಂದರ್ಭ.

Signature of the Co-ordinator

aa/ 22. 30

nong.al.

Director SRIKANTA Dr. B.S.

SINDHI COLLEGE Director ಕನ್ನಡ ವಿಭಾಗ #33/2B Kempapura, Hebbal, Sindhi College ಸಂಧಿ ಮಹಾವಿದ್ಯಾಲಯ Bengaluru - 560 024No. 33/2B, Kempapura, Hebbal Bengaluru - 560 024 ವರ, ಹೆ<mark>ಬ್ಯಾಳ</mark> ಎ೭೦೦೨೪.

cipa

## ಸಿಂಧಿ ಮಹಾವಿದ್ಯಾಲಯ ಹೆಬ್ಬಾಳ, ಕೆಂಪಾಪುರ, ಬೆಂಗಳೂರು-24 ಕನ್ನಡ ವಿಭಾಗ "ನಿರಂತರ ಕನ್ನಡ ಸಾಹಿತ್ಯ ವೇದಿಕೆ"

### ವರದಿ

ದಿನಾಂಕ: 25 ಮತ್ತು 26 ಆಗಸ್ಟ್ 2022ರಂದು ಭಾಷಾ ವಿಭಾಗಗಳಿಂದ ಅಂತರ್ಜಾಲ ಬಹು ಶಿಸ್ತೀಯ ರಾಷ್ಟ್ರೀಯ ವಿಚಾರ ಸಂಕಿರಣ ನಡೆಸಲಾಯಿತು. ಮುಖ್ಯ ಅತಿಥಿಯಾಗಿ ಡಾ.ಎಂ.ಕೆ ಶ್ರೀಧರ್ ರಿಜಿಸ್ಟರ್ – ಎಸ್ ವ್ಯಾಸ ವಿಶ್ವವಿಧ್ಯಾಲಯ ಜಿಗಳಿ, ಬೆಂಗಳೂರು ಇವರು ಭಾಗವಹಿಸಿದ್ದರು. ಮತ್ತು ಮುಖ್ಯ ಭಾಷಾಣಕಾರರಾಗಿ ಡಾ. ನಟರಾಜ್ ಹುಳಿಯಾರ್ ಪ್ರಾಧ್ಯಾಪಕರು ಮತ್ತು ಖ್ಯಾತ ಬರಹಗಾರರು ಕನ್ನಡ ಅಧ್ಯಾಯನ ಕೇಂದ್ರ ಬೆಂಗಳೂರು ವಿಶ್ವ ವಿಶ್ವವಿದ್ಯಾಲಯ ಬೆಂಗಳೂರು. ಉಪಸ್ಥಿತರು ಡಾ.ಬಿ.ಎಸ್.ಶ್ರೀಕಂಠ ನಿರ್ದೇಶಕರು ಮತ್ತು ಪ್ರೊ.ಅಶಾ.ಎನ್ ಪ್ರಾಂಶುಪಾಲರು ಭಾಗವಹಿಸಿದ್ದರು..

ಕನ್ನಡ ವಿಭಾಗದ ಗೋಷ್ಠಿ 1: ಸಮಯ: 12:00 ಗಂಟೆಗೆ ಪ್ರಾರಂಭವಾಯಿತು ವಿಷಯ: "ಪ್ರಸ್ತುತ ಸಾಮಾಜಿಕ ವಿದ್ಯಮಾನಗಳಿಗೆ ಕನ್ನಡ ಸಾಹಿತ್ಯ ಅವಲೋಕನ ಹಾಗೂ ಪರಿವರ್ತನೆ ಎಂಬ ವಿಷಯ ಕುರಿತು ಅಂತರ್ಜಾಲ ವಿಚಾರ ಸಂಕಿರಣ ನಡೆಸಲಾಯಿತು, ಗೋಷ್ಠಿಯ ಅಧ್ಯಕ್ಷತೆಯನ್ನು ಡಾ.ರಾಜಪ್ಪದಳವಾಯಿ ಪ್ರಖ್ಯಾತ ಬರಹಗಾರರು ಹಾಗೂ ನಾಟಕಕಾರರು, ಕನ್ನಡ ಅಧ್ಯಾಯನ ಕೇಂದ್ರ, ಬೆಂಗಳೂರು ವಿಶ್ವವಿಶ್ವವಿದ್ಯಾಲಯ ಬೆಂಗಳೂರು. ಇವರು ಕನ್ನಡ ಸಾಹಿತ್ಯ ವರ್ತಮಾನ ಸಮಾಜಿಕ ವಿದ್ಯಮಾನಗಳ ಸಮಸ್ಯೆಗಳಿಗೆ ಸ್ಫಂಧಿಸುವ ರೀತಿ ಹೇಗಿರಬೇಕು ಎಂಬುದರ ವಿಷಯ ಕುರಿತು ಯುವ ಸಂಶೋಧನಗಾರರು ಮತ್ತು ಬರಹಗಾರರು ಹೊಸ ಹೊಸ ವಿಷಯಗಳಿಗೆ ಅನುಗುಣವಾಗಿ ಆಧುನಿಕ ಸಂಧರ್ಭಕ್ಕೆ ತಂದು ವಿಷಯ ವಸ್ತುಗಳನ್ನು ಜೀವಂತಗೊಳಿಸುವ ಕೆಲಸವನ್ನು ಮಾಡಬೇಕಾಗಿದೆ, ಅಲ್ಲದೆ ನಿಮ್ಮ ಬರಹವು ಅಥವಾ ನಿಮ್ಮ ಸಂಶೋಧನಾ ಬರಹವು ವರ್ತಮಾನ ಮತ್ತು ಭವಿಷ್ಯತ್ ಕಾಲಗಳಿಗೆ ಪ್ರತಿಕ್ರಿಯಿಸುವ ವಸ್ತುವಿಷಯವಾಗಿರಬೇಕು ಎಂಬ ಸಲಹೆ ಸೂಚನೆಯನ್ನು ನೀಡಿದರು ಈ ಅಂತರಜಾಲ ವಿಚಾರ ಸಂಕಿರಣದಲ್ಲಿ ಒಟ್ಟು 27 ಪ್ರಾಧ್ಯಾಪಕರು ಹಾಗೂ ಸಂಶೋಧನಗಾರರು ಭಾಗವಹಿಸಿದ್ದರು..

ಒಂದನೇ ಗೋಷ್ಠಿಯ ಆರಂಭದಲ್ಲಿ ಕನ್ನಡ ವಿಭಾದ ಮುಖ್ಯಸ್ಥರಾದ ಡಾ.ಕರಿಯಣ್ಣ.ಎಸ್ ಮುಖ್ಯಸ್ಥರು ಹಾಗು ಪ್ರಾಧ್ಯಾಪಕರು ಪ್ರಾಸ್ತಾವಿಕ ನುಡಿಗಳನ್ನು ಮಾತಾಡಿ ಆನಂತರ ಅತಿಥಿಗಳನ್ನು ಸ್ವಾಗತಿಸಿದರು. ಪ್ರೊ. ರಾಜು ಹೆಚ್.ಎಸ್ ರವರು ಕ್ರಾರ್ಯಕ್ರಮದ ನಿರೂಪಣೆ ಹಾಗೂ ವಂದನಾರ್ಪಣೆಯನ್ನು ಮಾಡಿದರು.

37. 2252 28,2102

but style , by and the sternes, when the style onto. Lysno sen susard to some a state to the & GLARUS & COBSIGN DISTISTON FUS LANENDED B. -> L'BUR 2345 005 105 2000 2005 1985 5000 F-X5 020.2., FILM 97556500 Banch 5500 > Dere con son and and "AOUN FINERS MARKEN 6 possil wo. ger, 550 2008 TEAN 200 6 passof 2009 Fear 228. A. Sta עסיציאר אציאר אינריאר אינריאר אינריאר איניאר איניאר געני אראין איניאר 85,4215" of B. 455., 55002174 2013 Ten 58095 BI. KOKULOU DESTON BOARS SUB CERSES USE LLORANDE "FILGERER TORISMEN SORLERS" Den 67,0305 2022 500 今 そいろ、 あをのちろ、 みっていると、 あのなんをなど、 みんちょ、 おうちょ、 ゆうたのう इ०४९३ २०२३ ४१ इ.इ.स. १४ २९७३ इ. १९२३ -> जायह हज्द्र, मण्द्र, म्रिट्राइड क्रायेक्ट्र. + 303.5x, 15xeu Ley, 300 55, 527, 1503 22548 643500393 -> TIN KIOB, B. AYOKEIS, EODER, SIDE SE ADIN UTERIE. -> 35 STIERYON BAUSE , JEEPOE HEYS STIENED NODAL गर, क्रिहार्ड क्रम्य ह्या हिर्ह क्रम्य भन्ने हिर्हाय -> BAG AUSAR : LOS WARD AR मेन्द्रावि ROST ATA SUDSY Tueso Estration - strates SSLE STONES - 255 (SAL ELES. -0-





## Sindhi College

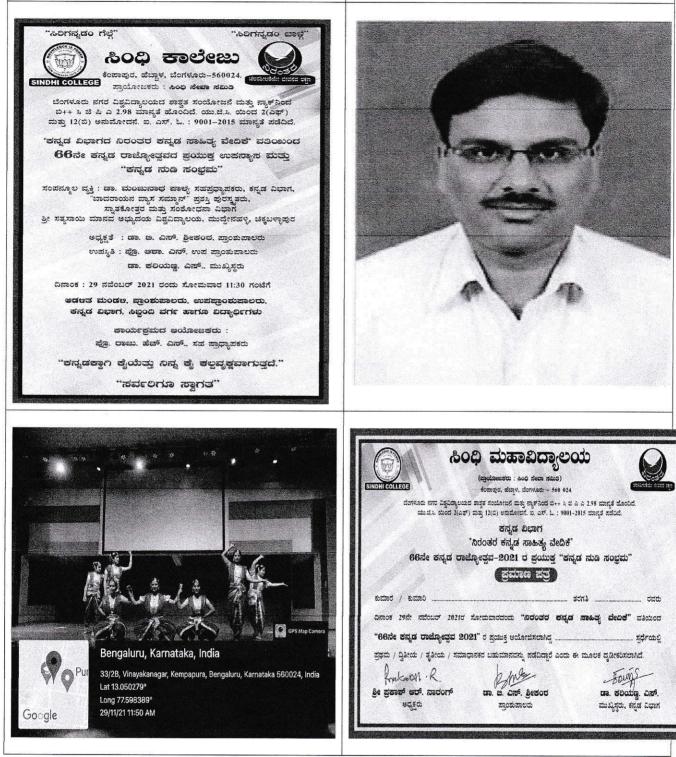
(Sponsors : Sindhi Seva Samiti) #33/2B, Hebbal, Kempapura, Bengaluru – 560024 Permanently affiliated to Bengaluru City University Re-accredited by NAAC Recognised by UGC under 2(f) & 12(B) An ISO 9001: 2015 Certified Institution

### Department of Kannada

" Niranthara Sahithya Vedike"

<b>Guest lecturer</b> report on 65 <sup>th</sup> Ka	ada Rajyosthava ( Kannada Nadunudi)		
Date & Time of the Programme	29.11.2021 12:00		
Type of the Programme co-curricular /extra-curricular/ cultural/sports/NSS/NCC/Industry-Institute Interactive/ Extension Activities/ Outreach/Capacity building/ others)	Co-curricular "66 <sup>th</sup> Anniversary of Kannada Rajyosthava"		
Name of the Resource Person	Dr. Manjunatha palya		
Designation	Assistant Professor and Writer		
Class	Kannada students of all courses		
Total No. of Students	270		
Programme In charge	Dr. Kariyanna .S and Prof. H. S. Raju		
Collaboration :	Niranthara Sahithya Vedike		
Objective :	<ul> <li>To create awareness about the state language, culture and tradition</li> </ul>		
Issues / Key factors addressed : Impact/ Outcome :	<ul> <li>Awareness about the origin of Kannada and development of Kannada in Karnataka.</li> <li>Sharing of knowledge about lives and work of poets Kannada literature</li> <li>Popularisation of usuage of Kannada language</li> <li>Students gained knowledge and also understood the origin of Kannada</li> </ul>		
	<ul> <li>Students are motivated to draft the stories and study literature.</li> </ul>		

### Photographs



Signature of the Co-ordinator

HOI ಮುಖ ಕನ್ನಡ ವಿಭಾಗ

ಕನ್ನಡ ವಿಧರಗ ಹುತ್ತ ಸಿಂಧಿ ಮಹಾವಿದ್ಯಾಲಯ ೩೩/೨ಬಿ. ಕೆಂಪಾಪುರ, ಹೆಬ್ಬಾಳ ಬೆಂಗಳೂರು – ೫೬೦೦೨೪.

Principal PRINCIPAL SINDHI COLLEGE

Director

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

Page ?

### ಕನ್ನಡ ವಿಭಾಗ ( ನಿರಂತರ ಕನ್ನಡ ಸಾಹಿತ್ಯ ವೇದಿಕೆ)

SINDHI COLLEGE 33/28, KEMPAPURA HEBBAL BANGALORE-560024

ದಿನಾಂಕಃ 29/11/2021 ರಂದು ಸೋಮವಾರ ಕನ್ನಡ ವಿಭಾಗ ನಿರಂತರ ಕನ್ನಡ ಸಾಹಿತ್ಯ ವೇದಿಕೆಯಿಂದ " 66ನೇ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ " ಪ್ರಯುಕ್ತ ನುಡಿಸಂಭ್ರಮ ಕಾರ್ಯಕ್ರಮದ ಉದ್ಘಾಟನೆಯನ್ನು ಸಿಂಧಿ ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲರು ಡಾ.ಬಿ.ಎಸ್.ಶ್ರೀಕಂಠ ಮತ್ತು ಉಪ ಪ್ರಾಂಶುಪಾಲಾರದ ಪ್ರೊ.ಆಶಾ.ಎನ್ ಹಾಗೂ ಕನ್ನಡ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥರು ಡಾ.ಕರಿಯಣ್ಣ.ಎಸ್ ರವರು ಉದ್ಘಾಟಿಸರು.

" 66ನೇ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ " ಪ್ರಯುಕ್ತ ನುಡಿಸಂಭ್ರಮ ಕಾರ್ಯಕ್ರಮದ ಉಪನ್ಯಾಸವನ್ನು ಸಿಂಧಿ ಕಾಲೇಜಿನ ಎಲ್ಲಾ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಅಂತರ್ಜಾಲಮೂಲಕ(ಆನ್ ಲೈನ್)ನಡೆಸಲಾಯಿಯತು. ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಮುಖ್ಯ ಅತಿಥಿಗಳು ಹಾಗೂ ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಯಾಗಿ ಡಾ.ಮಂಜುನಾಥ ಪಾಳ್ಯ ಸಹ ಪ್ರಾಧ್ಯಾಪಕರು ಹಾಗೂ ಯುವ ಬರಹಗಾರರು ಹಾಜರಿದ್ದರು. ನಂತರ ಅಂತರ್ಜಾಲದ ಮುಖಾಂತರ (ಆನ್ ಲೈನ್) ಪ್ರಾರ್ಥನೆ ಗೀತೆಯನ್ನು ಭಾರ್ಗವ್ ಮತ್ತು ತಂಡದವರು ಹಾಡಿದರು, ಅಂತರ್ಜಾಲಮೂಲಕ (ಆನ್ ಲೈನ್) ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಆಗಮಿಸಿರುವ ಮುಖ್ಯಅತಿಥಿಯನ್ನು ಹಾಗೂ ಗಣ್ಯರನ್ನು ಕುರಿತು ಸ್ವಾಗತ ಕೋರಿದವರು ಡಾ.ಕರಿಯಣ್ಣ.ಎಸ್ ಮುಖ್ಯಸ್ಥರು, ಕಾರ್ಯಕ್ರಮದ ನಿರೂಪಣೆಯನ್ನು ಮತ್ತು ಮುಖ್ಯ ಅತಿಥಿಗಳ ಪರಿಚಯವನ್ನು ಮಾಡಿಕೊಟ್ಟವರು ಪ್ರೊ.ರಾಜು ಎಚ್.ಎಸ್ ರವರು.

"ನಿರಂತರ ಕನ್ನಡ ಸಾಹಿತ್ಯ ವೇದಿಕೆ" ವತಿಯಿಂದ "66ನೇ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವದ ಪ್ರಯುಕ್ತ" ಆಯೋಜಿಸಿದ್ದ ಅಂತರ್ಜಾಲ ಉಪನ್ಯಾಸದಲ್ಲಿ (ವೆಬಿನಾರ್) ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಗಳಾಗಿ ಭಾಗವಹಿಸಿ, ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಕನ್ನಡ ಭಾಷೆ ಬಳಕೆ ಮತ್ತು ಸಾಹಿತ್ಯ ರಚನೆಗೆ ಪ್ರೇರಣೆ ಮತ್ತು ಪ್ರೋತ್ಸಾಹದಾಯಕ ನುಡಿಗಳಿಂದ ಕೂಡಿದ ತಮ್ಮ ಮಾತಗಳು ಯಾವಾಗಲು ನೆನಪಿನಲ್ಲಿ ಉಳಿಯುವಂತೆ ಮಾಡಿ, ಕನ್ನಡ ಭಾಷೆಯ ಬಗೆಗೆ ಅಭಿಮಾನ ಮೂಡುವಂತೆ ಎಲ್ಲರನ್ನು ಪ್ರೇರೇಪಿಸಿದರು, ನಂತರ ಕಾರ್ಯಕ್ರಮದ ಅಧ್ಯಕ್ಷತೆಯನ್ನು ವಹಿಸಿದ ಪ್ರಾಂಶುಪಾಲರಾದ ಡಾ. ಬಿ.ಎಸ್ ಶ್ರೀಕಂಠ ಸರ್ ಕನ್ನಡ ಭಾಷೆ ಮತ್ತು ಕರ್ನಾಟಕದ ಗಡಿನಾಡಿನ ಇತಿಹಾಸವನ್ನು ಕುರಿತು ಮಾತನಾಡಿದರು, ನಂತರ ಉಪ ಪ್ರಾಂಶುಪಾಲರಾದ ಪ್ರೊ.ಆಶಾ ಎನ್ ಬೆಂಗಳೂರಿನಲ್ಲಿರುವ ಸಾರ್ವಜನಿಕ ವಲಯ ಕನ್ನಡ ಮಾತನಾಡುವವರ ಹಾಗೂ ಭಾಷಾ ವಿದ್ಯಾರ್ಥಿಗಳ ಸ್ಥಿತಿ-ಗತಿ ಕುರಿತು ಕನ್ನಡ ಭಾಷೆ ಯಾವ ಸ್ಥಿತಿಯಲ್ಲಿದೆ ಎಂದು ಸಂಕ್ಷಿಪ್ತವಾಗಿ ತಿಳಿಸಿದರು, ಪ್ರಾಂಶುಪಾಲರು 'ನುಡಿಸಂಭ್ರಮ'ದ ವಿವಿಧ ಸ್ಪರ್ಧೆಗಳಲ್ಲಿ ವಿಜೇತರಾದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಬಹುಮಾನ ವಿತರಿಸಿದರು.

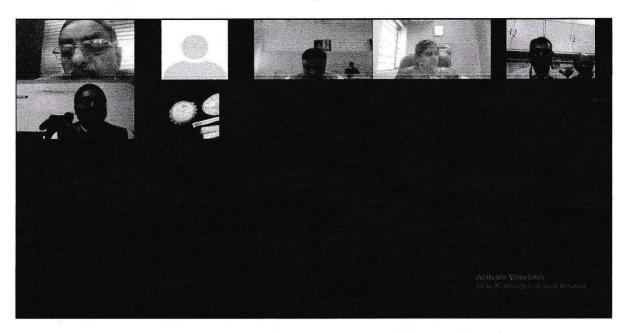
ಕಾರ್ಯಕ್ರಮದ ಕೊನೆಯಲ್ಲಿ ಸಂಸ್ಕೃತ ವಿಭಾಗ ಮುಖ್ಯಸ್ಥರು ಪ್ರೊ.ಸುಬ್ರಮಣ್ಯ ಭಟ್ ವಂದನಾರ್ಪಣೆಯನ್ನು ಮಾಡಿದರು.

E TOTA

ಕನ್ನಡ ವಿಭಾಗ ಸಿಂಧಿ ಮಹಾವಿದ್ಯಾಲಯ ೩೩/೨ಬಿ. ಕೆಂಪಾಪುರ, ಹೆಬ್ಬಾಳ ಬೆಂಗಳೂರು – ೫೬೦೦೨೪.

SINDHI COLLEGE

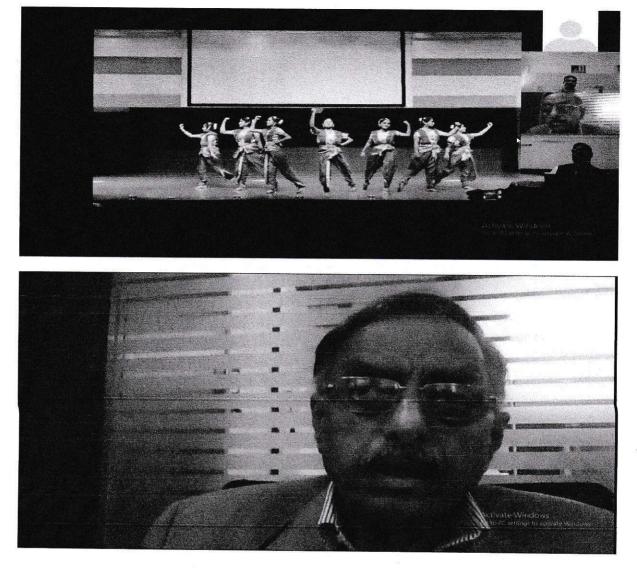
#33/2B Kempapura, Hebbal, Bengaluru-560 024, SINDHI COLLEGE DEPARTMENT OF KANNADA 66th Kannada Rajyotsva Celabration



ಡಾ. ಬಿ.ಎಸ್ ಶ್ರೀಕಂಠ ಪ್ರಾಂಶುಪಾಲರು, ಡಾ.ಮಂಜುನಾಥ ಪಾಳ್ಯ ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿ, ಪ್ರೊ.ರಾಜು ಹೆಚ್, ಎಸ್ದಾ.ಕರಿಯಣ್ಣ.ಎಸ್ ಮುಖ್ಯಸ್ಥರು.



ಡಾ. ಮಂಜುನಾಥ ಪಾಳ್ಯ, ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿ 'ಶ್ರೀ ಸತ್ಯ ಸಾಯಿ ಸಂಶೂಧನಾ ಕೇಂದ್ರ' ದೇವನಹಳ್ಳಿ, ಚೆಕ್ಕಬಳ್ಳಾಪುರ



ಡಾ.ಬಿ.ಎಸ್ ಶ್ರೀಕಂಠ ಪ್ರಾಂಶುಪಾಲರು

0



ಪ್ರೊ.ಆಶಾ. ಎನ್ ಉಪಪ್ರಾಂಶುಪಾಲರು

## <u>NSS Unit</u> <u>A Report on Gandhi Jayanthi Celebrations</u>

SINDHI COLLEG

33/2B, KEMPAPURA HEBBAL BANGALORE-560024

Date: 2<sup>nd</sup> Oct 2021

Venue: Gandhi Bhavan

SINDHI COLLEGE

No. of participants: 22 (Boys: 15; Girls: 7)

Objective: To celebrate and learn more about Gandhiji & his contribution towards the Indian Freedom Struggle.

NSS Unit of the college organised Gandhi Jayanthi celebration on 02/10/2021 at Gandhi bhavan with an objective to celebrate and learn more about Gandhiji & his contribution towards the Indian Freedom Struggle. The Celebrations of Gandhi Jayanthi was carried out with a galore of Enthusiasm and Patriotism for his immense contribution in bringing Independence to our nation in a Non – Violent way.

His teachings of life that inculcates precious values, was also a common point in all the speeches of that day. The event began with the offering of flowers (Pushpanjali) by the Hon. Chief Minister, Shri Basavaraj Bommai and other ministers and dignitaries present on the occasion.

All the invitees and speakers spoke about Gandhian philosophies and his ideals. The Hon.CM in his address, informed the audience that Gandhi Bhavan has been established in each district across the state which would undoubtedly help in spreading the message of Gandhi to youth. He also mentioned that these Bhavans stand as a point of inspiration for the current lot of youth in the state as well as the nation.

The event concluded with the singing of National Anthem before which all the volunteers and participants of this program were educated and were aware of made aware of many Gandhian Tatvas. All the participants were given the certificates of participation.

**<u>Outcome</u>:** The volunteers and participants of this program were enlightened about Gandhian Thoughts. They pledged to follow the principles of Gandhi in their personal life. All the participants were given the certificates of participation.





Prepared by:

Prof. Vaidyesh M A.

Programme officer NSS Programme Officer Sindhi College 33/2B, Kempapura, Hebbal Bangalore - 560 024. Signed by:

Dr. B.S. Srikanta Principal PRINCIPAK SINDHI COLLEGE #33/2B Kempapura, Hebbal, Bengaluru - 560 024.



### SINDHI COLLEGE 33/2B, KEMPAPURA HEBBAL BANGALORE-560024

### <u>NSS Unit</u> <u>A Report on National Youth festival – Online Program</u>

**Date:** 12<sup>th</sup> Jan 2022.

Venue: Online medium (My Gov App).

Participants: All the enrolled NSS Volunteers, Sindhi College.

**Objective:** To participate in the National Youth Festival through online medium.

This time the National Youth festival was observed in a different manner to commemorate the birth day of Swami Vivekanada.

All the enrolled NSS volunteers took part in this online program actively. This program aimed at providing the necessary information through various workshops regarding Govt jobs and other skill training activities are accessible to the youth of the nation.

This online festival had its unveiling done by the Hon. Prime Minister, Shri. Narendra Modi virtually. This online workshop offered information to benefit the students of different departments like – Arts, Science, Sports and Commerce

The programme offered much more than what students can explore and find out about many job opportunities and career guidance of such fields.

**Outcome:** All the volunteers were very much benefited by this educative online content and registered themselves to the website which guided them with various skills and programs.



S This message w	ras deleted 20:09
# Forwarded	
volunteers can attends the N January will g So encourage to register it in Please inform register them online events certificates.	a to all nes program officers to selves and their volunteers for the of NYF 2022 and get participation our efforts and support.
Forwarded	
NATIONAL YOL	UTH FESTIVAL
program offic the link	o all nss program Coordinators , ers and volunteers can register in nyf2022.org/#/signup 20:10 V
Please regist	ter for national youth festival. 20:11
+91 89709 45764 -m	uarappa Aj Styles
Oky Sir	20:11
NESS Antilicentar	
You Please register for na	ational youth festival.
Sure sir! 🔫 🥕	20:11

Prepared by:

## Prof. Vaidyesh M A.

Programme officerofficer Sindhi College 33/2B, Kempapura, Hebbal Bangalore - 560 024,

Signed by:

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



### SINDHI COLLEGE 33/2B, KEMPAPURA HEBBAL BANGALORE-560024

## <u>NSS Unit</u> A Report on Republic Day Celebrations

Date: 26th Jan 2022

Venue: Sindhi College

No. of Participants: College Staff

**Objective:** To celebrate the fervor of patriotism.

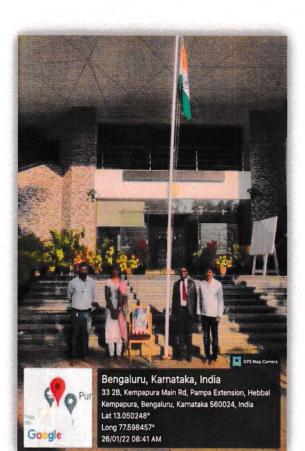
73<sup>rd</sup> Republic Day was celebrated in the college in a simple way. As per the instructions of the Government Unfurling of the National flag was done by the College NSS Programme Officer.

Because of the Pandemic situation, there was no involvement of the student fraternity and the teaching staff. The hoisting of National flag was done by Prof. M.A.Vaidyesh, Principal Sindhi Evening Degree College and NSS Programme Officer, Sindhi College.

Necessary arrangements were made by facility manager Mr. Srinivas. Associate NCC Officer Lt. Shankar B.P. was also present on the occasion. Ms. Pramila Physical Director and Mr. Srinivas, facility Manager were other staff members present.

Outcome:

Despite the pandemic college NSS unit took pride of observing this programme.







### SINDHI COLLEGE 33/2B, KEMPAPURA HEBBAL BANGALORE-560024

### <u>NSS Unit</u> A Report on Independence Day "Azaadi ka mrith Mahotsay"

Date: 15<sup>th</sup> Aug, 2022

Venue: Sindhi College

### <u>No. of Participants:</u> 35 Volunteers <u>Boys:</u>17 Girls: 18

**Objective:** To celebrate & carry out all the proceedings of Independence Day Celebrations in an organized manner.

The event commenced with arrival of the occasion's **Chief Guest, Lt. Col Amitab, A.O – 8 KAR BN NCC**. The GUARD OF HONOUR was given to the Hon. Army Personnel, succeeded by the hoisting of the National Flag followed by the march-past, namely by NSS and the NCC Wings of the college. The event was also graced by the Hon. Management Members, Sindhi College.

In his address, the Hon Chief Guest emphasized on the responsibilities and morals of everyone as the country's citizens. He also spoke about various leaders who were responsible for bringing freedom to our nation. Other dignitaries too spoke about the development aspects of the New Age India and the ways in which the youth can contribute to the development and lead the nation from upfront. A few cultural performances doubled the glut and gaiety of the occasion in theme of patriotism. The NSS volunteers were responsible for looking after the overall decorum of the event.

The event's proceedings were very well looked after by the NSS Volunteers. The program concluded after the Vote of Thanks and National Anthem.

Outcome:

Nurturing discipline among the volunteers

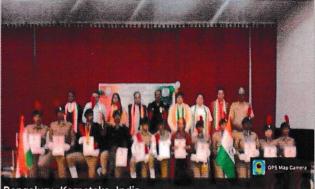
Nurturing patriotism among the students and volunteers

Developing a sense of social responsibility.



Prepared by:

Programme officer 8/2B, Kempapura, Hebbal Bangalore - 560 024.



Bengaluru, Karnataka, India 33/2B, Vinayakanagar, Kempapura, Bengaluru, Karnataka 560024, India Lat 13.050435° Long 77.598395° 15/08/22 11:31 AM

Signed by:

Prof. N. Asha Principal

SINDHI COLLEGE #33/28 Kempapura, Hebbal, Bengaluru - 560 024.

## Women Empowerment and Anti Sexual Harassment Cell

 $\tilde{C}$ 

## Activities 2022

SI No	Date and Time	Event	Theme/Title	<b>Resource Person</b>	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	<ul> <li>959</li> <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><li>Smt. Satya</li><li>Smt. Vandhana</li><li>Smt. Sadhana</li></ul>	<ul><li>Home Maker</li><li>Entrepreneur</li><li>Lawyer</li></ul>	



# Sindhi College

#33/2B, Hebbal, Kempapura, Bengaluru -560024 Permanently Affiliated to Bengaluru City University Re-accredited by NAAC B++ CGPA 2.98



Recognized by UGC under 2(f) & 12(B), An ISO 9001:2015 Certified Institution



# Women Empowerment Cell

and Anti-Sexual Harassment cell

> Organises a Guest Lecture on



## Healthy Lifestyle and Mental Health for Youngsters

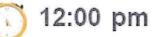
By

Dr Priti Shankar

Consultant Physician and Diabetologist, Apollo Clinic

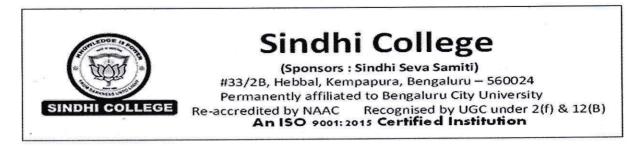


7<sup>th</sup> July 2022



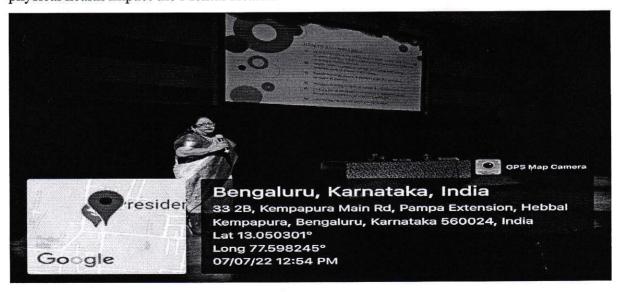
Prof. Asha N Principal Dr. B.S.Srikanta Director

Auditorium, Sindhi College



### 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 orgainsed 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 FFPAI 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.





#### 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
,a.	
Type of the Programme	Co-curricular /Extra-curricular
· Type of the Hogramme	
co-curricular /extra-curricular/	
cultural/sports/NSS/NCC/Industry-	
Institute Interactive/ Extension	5. The second
Activities/ Outreach/Capacity	
building/ others)	
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
2	improves cognitive function.
Issues / Key factors addressed:	Healthy Lifestyle and Mental Health for youngsters
Impact/Outcome:	Understood the importance of Healthy Lifestyle
	• Understood the significance of Mental Health

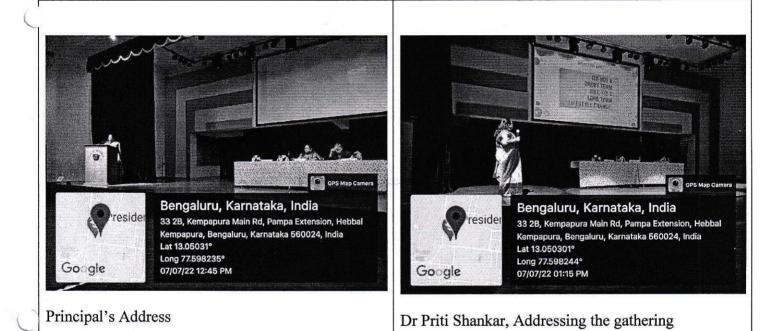
Page: 1/2



Interactive session-related to Healthy Lifestyle and Mental Health



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





Principal

PRINCIPAL SINDHI COLLEGE #33/28 Kempapura, Hebbal, Bengaluru-560 024,

Director Dr. B.S. SRIKANTA

Director Sindhi College No. 33/2B, Kempapurap Hebt2/2 Bengaluru - 560 024



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

> <u>Chief Guests</u> 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





# 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

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



#### **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.



### 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 nationbuilding.





# 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

# 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
<sub>co-curricular /extra-curricular/ <sub>cultural/sports/NSS/NCC/Industry-Institute Interactive/ Extension Activities/ Outreach/Capacity building/ others)</sub></sub>	
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 particepants	47
Programme In charge	Prof. Shinny Wesley
Collaboration :	 Fact for a
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> <li>Understood the importance of Gender Equality</li> <li>Understood the significance of girl child's education</li> </ul>





Skit by V Sem BBA Students-Women's Day



Smt Sadhana-Guest of Honour Addressing the gathering



Smt Satya-Chief Guest, Addressing the gathering

Memp

-nunlebuai

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

Signature of the Co-ordinator

rincipal

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

ANTA Director

Director Sindhi College No. 33/2B, Kempapura, Hebbal Bengaluru - 50age42/2

Hebbal, Kempapura, Bengalore-24

# 8 KAR BN 75/A COY NATIONAL CADET CORPS

# **ENVIRONMENT DAY 2021-22**

## DATE : 5<sup>th</sup> June, 2022

#### VENUE: Sindhi College Ground

5<sup>th</sup> June is highlighted as a red-letter day across the world and institutional bodies. The main idea behind celebrating World Environment Day was to highlight the importance of the environment and to remind the cadets that nature should not be taken for granted. The Environment Day was celebrated with enthusiasm, wherein various activities were designed for NCC cadets to perform such as planting saplings and 'ENVIRONMENT DAY DRIVE'. Sindhi College celebrated this special day with great enthusiasm. We reported at sharp 7:00 AM and were ready and eager for this day that would be filled with learning and awareness .We brought few saplings and those saplings were fresh and healthy. Then, we dug some shallow pits in our college ground and planted the saplings after being instructed by our ANO, Lt. Shankara B P. Many quick - growing trees which do not need much water were planted on our ground. We were also made aware of how a tree sapling should be planted by selecting the right place and soil.

Later, all the cadets very passionately took part in spreading awareness among nearby localities about Environment day and its importance.

For this, our ANO had organized **'ENVIRONMENT DAY DRIVE'**. Many cadets had prepared boards and hoardings with quotes and slogans for this occasion. All of us marched for about 7Kms shouting slogans

such as "save trees, save soil, save earth", "small hands can change the world", "go green", "plant saplings, save the planet" and "mannannu ulisi, bhumiyannu ulisi" which translates to "save soil, save earth". We successfully managed to draw a lot of attention from people in nearby locality and create a positive general agenda to save trees among them.

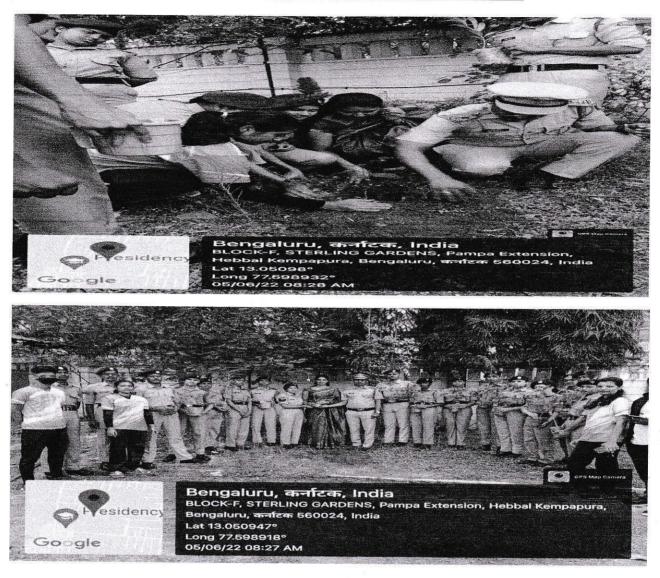
After arriving back at the campus, all the cadets vowed to plant more saplings, save trees and hence continue spreading awareness. Realising that spreading news through internet is the fastest way to communicate and spread the idea, many volunteer cadets also took pictures and videos of cadets planting saplings and shouting slogans in order to spread awareness among fellow students and others through internet too.

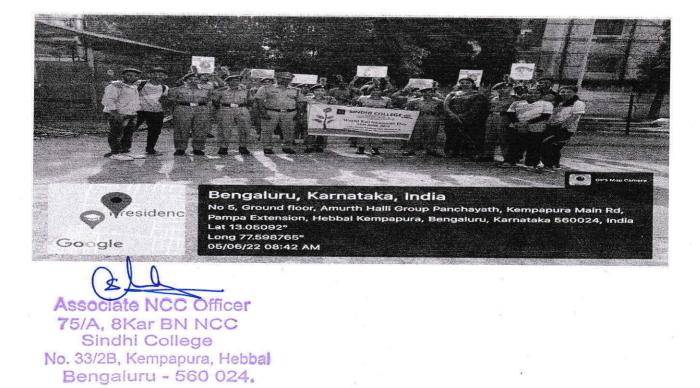
The students were inspired and motivated to plant more trees in and around their own surroundings contributing to a healthier and cleaner society which in turn will make a greener Earth. Number of NCC Cadets who participated in the activity were 18.

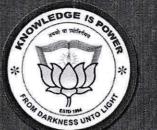
Associate NCC Officer Associate NCC Officer

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

# **ENVIRONMENT DAY 2021-22**









#### (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 An Awareness Programe

on **"Taffice rules & Regulations"** In association with Hebbal Traffic Police, Bengaluru City



8 KAR BN NCO

12:30 PM onwards

Auditorium, Sindhi College

# You are Cordially Invited

Prof. M A Vaidyesh NSS Program Officer, Lt. Shankar B P Association CC Officer

•



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

#### 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 Itd 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.

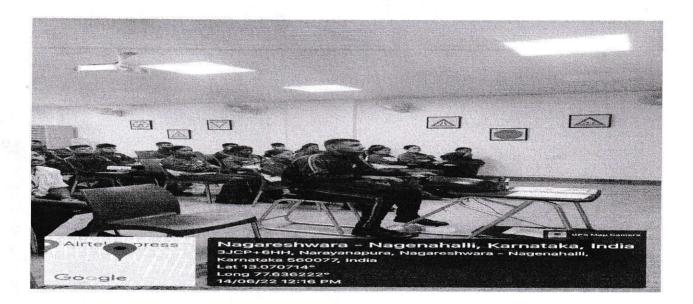
Associate NCC Officer

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

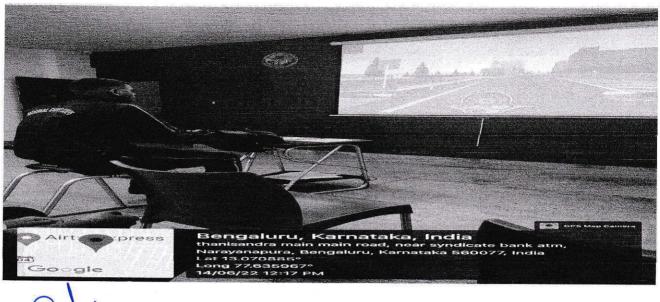
## Traffic Awareness Program in Association with Traffic Training and Road Safety Institute, Thanisandra Main Road, Bengaluru

2.5









Associate NCC Officer 75/A, 8Kar BN NCC Sindhi College No. 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) Recognised by UGC under 2(f) & 12(B), & ISO 9001:2015 Certified Institution

# ORGANISES INTERNATIONAL YOGA DAY

# With SUSHMA SHANKAR

In Association With

DEC4THLON



Mysore Road



21st June 2022

9:00 AM

Indoor Stadium , Sindhi colleg

# You Are Cordially Invited

rof. M A Vaidyesh S Program Officer, Lt, Shankar B P ociate NCC Officer

ALURI

Dr. B S Srikanta, Directo Prof. Asha N, Principa Management & Staff

Hebbal, Kempapura, Bengalore-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/ASBKin CBingbiCC 33/29 inchipepile gebbal No. 98/Agalo Ami 560.024. Bengaluru - 560 C....

## International Yoga Day 2021-22



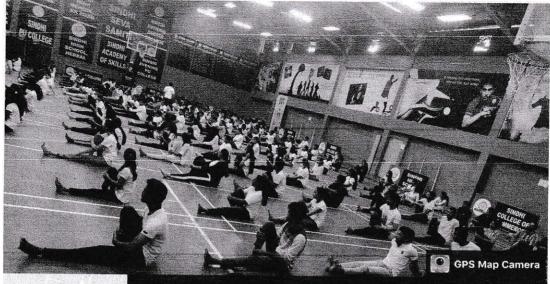




### Bengaluru, Karnataka, India

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, Shitar CollegeCC 33/2B, Kempapura, Hebbal Bengaluru - 560 024





6

Ê

#### 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



Google Be Part Lat 21/0

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



#### 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 1<sup>st</sup> 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 tuation.

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.
  - $\Box$  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.



Sinchi College (Sponsors : Sindhi Seva Samiti) 33/2B, Hebbal, Kempapura, Bengaluru - 560024 Permanently affiliated to Bengaluru Central University 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	Lt.Shankara B P Ms .Prameela B R Prof.Shashikala.U HOD, Dept of Management Prof. Jayshree J Tambad HOD, Dept of Commerce
Collaboration :	
ojective :	<ul> <li>The webinar was organised to address various issues related to Modern Lifestyle.</li> <li>The webinar was organised to understand the Importance of bringing holistic Development among young generations.</li> <li>It attempted to Develop Good and healthy Lifestyle among students.</li> </ul>
Issues / Key factors addressed :	<ul> <li>Issues related to modern Lifestyle</li> <li>Stress management</li> <li>Adapting to the Healthy Lifestyle</li> <li>Following the Balanced diet</li> <li>Bringing physical, mental spiritual and social abilities.</li> </ul>
Impact/ Outcome :	<ul> <li>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.</li> <li>Holistic Caring are vital for success in Students Life that will make the students stand to face challenges and problems.</li> <li>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.</li> </ul>



PHYSICAL EDUCATION DIRECTOR

PRINCIPAL PRINCIPAL SINDHI COLLEGE Bengaluru - 560 024. DIRECTOR



#33/2B, Kempapura, Hebbal, Bengaluru - 560024 Permanentiy Affiliated to Bengaluru City University Recognized by UGC under 2(1) & 12(B) NAAC ACCREDITED 8++ 150 2001-2015 Certified Institution

SINDHI COLLEGE

# DEPARTMENT OF ARTS presents

HER HIM, NOR HER

RESOURCE PERSON Smt. Dr. Akkei Pedmosho Social Activist, Founder at Onderdo, Motivational Speaker, Singer

# JULY 12 | 2022 12 noon onwards

Ser Cont

EVENT MANAGEMENT - B.A FINAL YEAR

Prof. Sandesh Zephanlah Program Co-ordinator Department of B,A Prof. Ashe.N Principal

l B.S.Stikanta Director



(Sponsors: Sindhi Seva Samithi)

#33/2B, Kempapura, Hebbal, Bangalore- 560024

Permanently affiliated to Bengaluru City University Recognized by UGC under 2 (f) &12 (b) An ISO 9001:2005 certified institution



#### DEPARTMENT OF ARTS

#### **GUEST LECTURE**

GUEST LECTURE	
Date & Time of the Programme	12 July 2022, 12.00 PM
Type of the Programme co-curricular / extra-curricular/	Capacity Building
cultural/sports/NSS/NCC/Industry-Institute Interactive/ Extension Activities/	Guest Lecture on topic "Neither Him, Nor Her But Me"
utreach/Capacity building/ others) 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.

DEPARTMENT

Dept. of Psychology, SINDHI COLLEGE #33/2B Kempapura, Hebbal,

. 835 024.

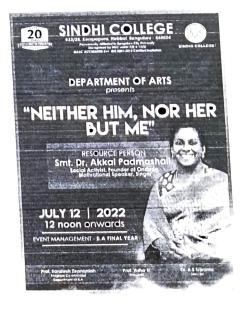
HEAD OF THE

6 · · · ·

#### Report: "Neither Him, Nor Her, But me"

<u>BA</u>

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, Karanataka, 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.

