



B S RAMAPRASAD
Chief Executive
Gokula Education
Foundation

M S Ramaiah Nagar,
MSRIT Post,
Bangalore 560 054
www.ramaiah-india.org


T 080 2360 6695
E ce@msrit.edu

Date: 10.03.2020

I hereby certify that the following facility is installed in our campus as common facility for all Group of institutions run and managed under Gokula Education Foundation. The invoices/bills are issued in the name of GEF (Engineering and Sciences), but as it is a common facility, the facility is extended for staff children of M S Ramaiah Institute of Technology, M S Ramaiah Polytechnic, M S Ramaiah College of Arts, Science & Commerce, M S Ramaiah College of Law, M S Ramaiah Vidyaniketan, M S Ramaiah Institute of Management & Ramaiah College of Education:

Sl. No.	Facility Name	Details of the installation	Date installed
1	Crèche – for staff children	College Campus	June 2009

To
All the Principals


(B.S. Ramaprasad)
Chief Executive
CHIEF EXECUTIVE
GOKULA EDUCATION FOUNDATION
(ENGINEERING & GENERAL SCIENCES)
BANGALORE- 560 054

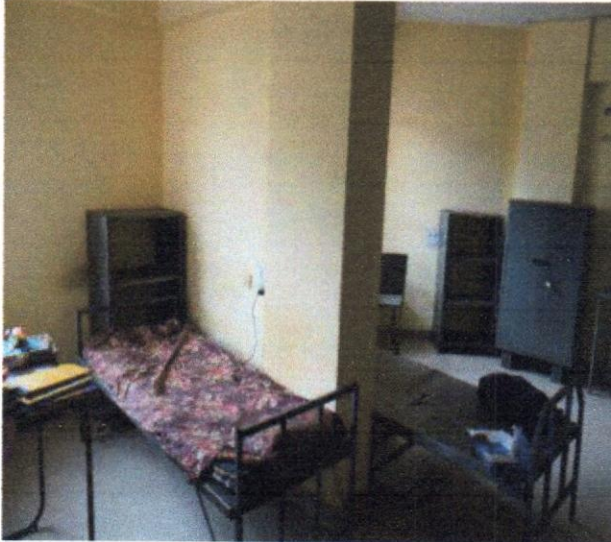


RAMAIAH
College of Arts, Science &
Commerce

M S Ramaiah College of Arts, Science and Commerce
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Approved by Government of Karnataka, Approved by AICTE, New Delhi,
Recognized by UGC under 2f & 12B of UGC act 1956

7.1.1 Photographs

1. Boys Hostel (1)



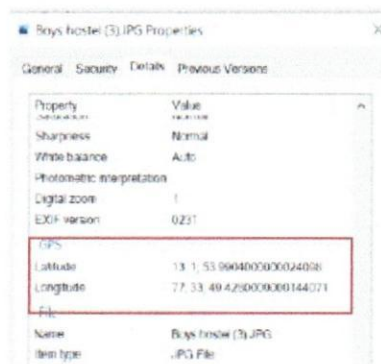
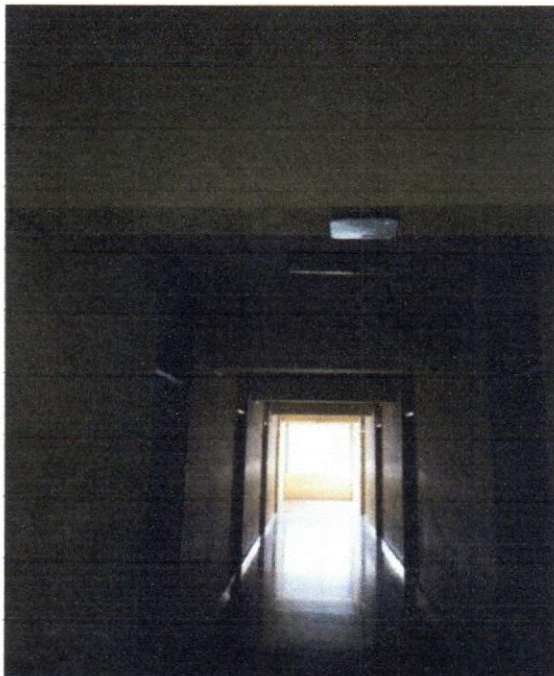
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General Security Details Previous Versions	
Property	Value
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EXIF version	0231
GPS	
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Name	Boys hostel (1).JPG
Item type	JPG File
Created with	Canon EOS 110D

2. Boys Hostel (2)

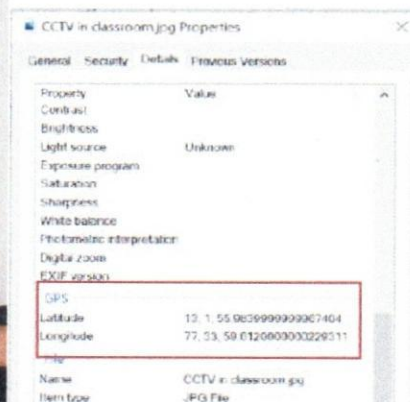


Boys hostel (2).JPG Properties	
General Security Details Previous Versions	
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Photometric interpretation	
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Item type	JPG File

3. Boys Hostel (3)

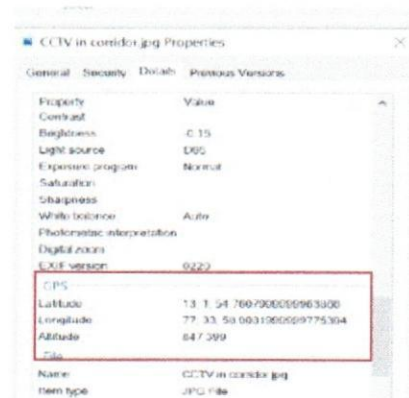
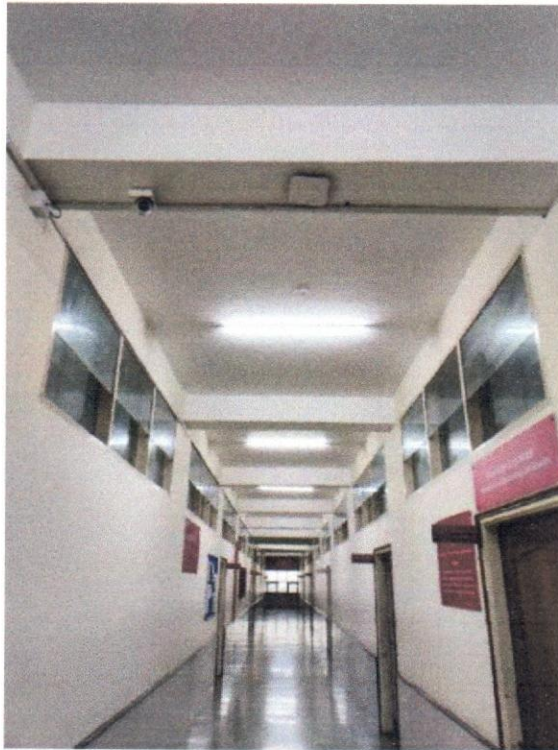


4. CCTV in classroom

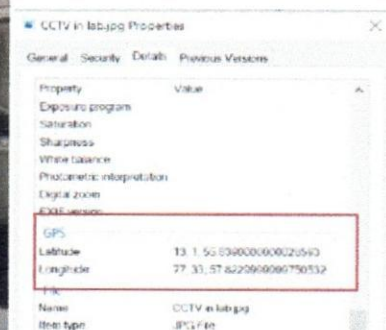
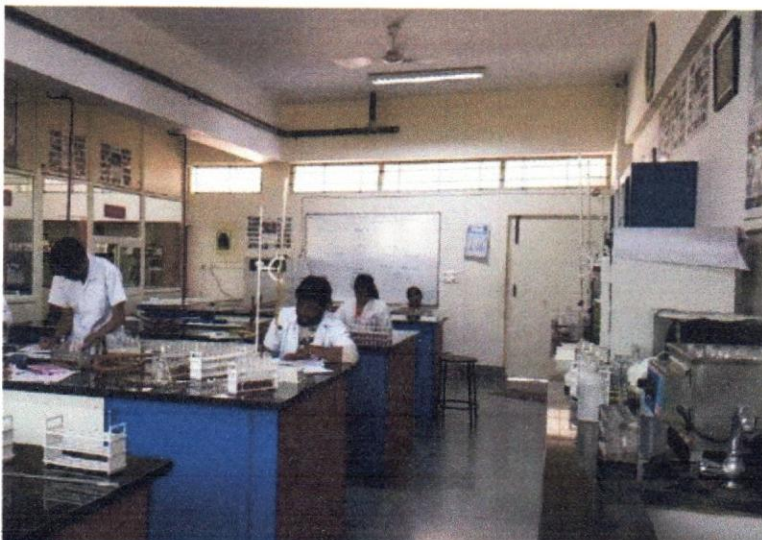


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5. CCTV in corridor

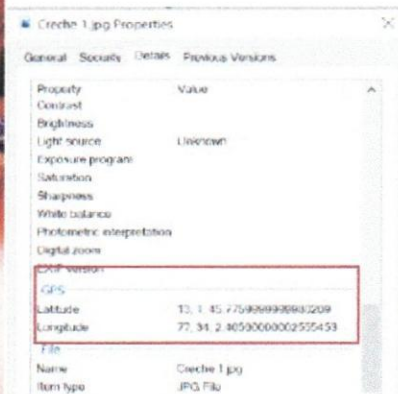


6. CCTV in Lab

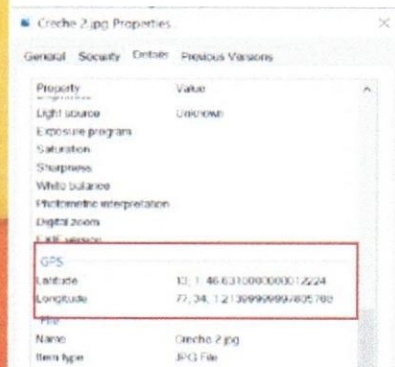


Shank
Principal

7. Crèche 1 (Day care)



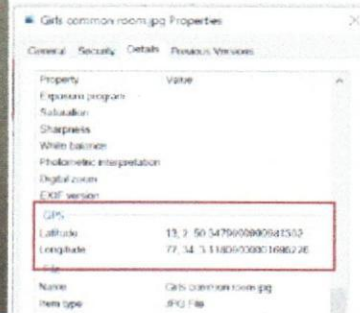
8. Crèche 2 (Day care)



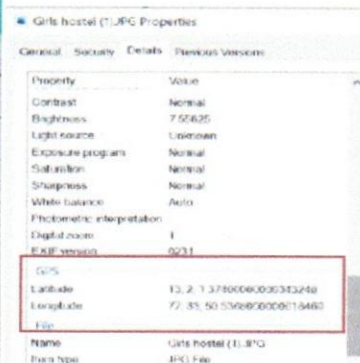
Aneck
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9. Girls Common room



10. Girls Hostel (1)





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11. Girls hostel (2)



Girls hostel (2).JPG Properties

Property	Value
Flash model	
Flash model	
Camera serial number	
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Light source	Unknown
Exposure program	Normal
Saturation	Normal
Sharpness	Normal
White balance	Auto
Photometric interpretation	
Digital zoom	1
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GPS	
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File	
Name	Girls hostel (2).JPG
Item type	JPG File


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WOMEN CELL ACTIVITIES 2020-21.

REPORT ON BE SMART- STRESS MANAGEMENT THROUGH ART

EVENT NAME: BE SMART- STRESS MANAGEMENT THROUGH ART.

DATE: EVENT: FEBRUARY 13TH, 2021.

NUMBER OF PARTICIPANTS: 99.

EVENT CO-ORDINATOR: DR PREETI GUPTA (CONVENOR, WOMEN CELL).

Objectives of the Program:

- To help the faculties and students analyse the positive/negative stress around them & to identify the causes of unwanted stress.
- To develop a balanced lifestyle in order to control stress in the long term.
- To increase awareness among students upon the importance and role of girl child in society.
- To utilize effective relaxation and stress reduction techniques.
- To develop a personal action plan for stress management.
- To know the recourses available that can help them overcome stress.
- The main objective of the programme is to introduce wellness and mental health for all.

Women cell of Ramaiah College of Arts, Science and Commerce, organized a webinar on "Be Smart Stress Management Through Art" on 13/02/2021.

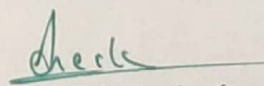
Physical Comforts are increasing day by day but at the cost of increasing mental stress. Due to continuous mental work, peer pressure and many other problems we all become stressful. There are many ways to manage stress like Yoga, Meditation etc., but KINTSUGI Art Heals team came up with a different technique to manage stress, an ancient Japanese art of putting broken pottery pieces back together as a whole using gold to fill the cracks, a metaphor for us as humans too, teaching us to embrace our flaws and imperfections and to become stronger and more beautiful.

The two-hour session began with the inspirational words by the Principal ma'am and then the session commenced by one of the speakers Dr. Neha Goyal (Psychologist), discussed about the meaning of stress, what are the common signs

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and causes of stress and also explained various steps and strategies to cope with Stress and Anxiety.

Later on the session was handed over to Mr. Aditya and it continued with the energizing exercises and attractive affirmations to relieve physical as well as mental stress and one of the best affirmations is "I am Master of my Body and I am Master of my Self", and which helped most of them to feel confident on one self and get rejoiced.

The next part of the session was continued by the Expressive Art Therapy by the Ms. Vasu, who gave a brief overview of how to unblock energy through art with the help of various tools like Dance, Drama, Poetry, Play, Art, Music and Storytelling. There was also an experimental activity conducted to distress and to cope with our day to day stress, with the help of brain dump bubble activity in which individuals had to doodle the thoughts or situations which would cause stress and to identify a particular pattern or a connector which is the major cause of stress and to work upon it to reduce stress.

The final part of the session was held by Ms. Kriti who helped to relieve stress through one of the most effective therapy of Guided Imagery in which every participant is asked to make themselves find a comfortable position to sit and relax with a soothing music being played and picturising a calm and a safe place which each individual wished to stay. After the guided imagery session is completed everyone is asked to analyse the reflection and to understand the situation or a place which makes one peaceful and calm. And there were other techniques which were briefed like Journalizing, draw your Mood, Sculpt a Better State with the help of Clay, Mindfulness (bringing back the state of mind to the present situation) and Sun Breathing Movements.

There was an interactive session at the end in which participant's queries were clarified. The participants response was great and quite affirmative as seen through the feedback forms.

Join Zoom Meeting

<https://us02web.zoom.us/j/81673026332?pwd=UWxSekZrUjY1WjFZcWxOdHdIUj90UT09>

Meeting ID: 816 7302 6332

Passcode: 574928

Outcome:

The event was informative, enthusiastic and participative. The session helped every individual participated in the event to analyse the causes of stress and the various techniques and therapies to manage day to day stress using Art.

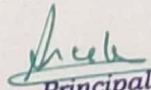
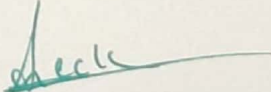

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Image showing the interaction between the Speakers and the participants-
 Dr.Treveni (Participant), Ms.Vasu (Speaker), Dr.Preeti Gupta (Women Cell
 Convener), Ms.Kriti (Speaker).


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CLOSE CIRCUIT TELEVISION (CCTV) FACILITIES

Collegecampuses pose many unique challenges when it comes to security. Colleges have many buildings and sections, each with their own security needs. CCTV Campus security cameras serve as a visual deterrent to crime such as eve teasing, bullying, ragging, vandalism of property, thefts of belongings of the staff and students and also in Science Labs which have expensive equipment and materials. Schools and universities at every level can be the target of all kinds of unwanted or unauthorised visitors. Students of every age are used to being in crowds of people they don't know on a campus. This leaves them vulnerable to crime. CCTV coverage is an invaluable tool allowing the students and staff, both male and female to walk and stay under the watchful eyes of the campus security systems. It also ensures restriction of entry of people who are unauthorized, prevents misbehavior of staff and students, offer protection to all the students and staff.

CCTV Cameras are installed in all the corridors, class rooms, library, Science labs, Computerlabs, parking lots in the colleges to ensure that all the entry and exit points are covered and all areas have maximum security coverage. Monitoring hallways and corridors is crucial to maintaining proper security. If any event occurs, having the ability to tap into the security camera system remotely will aid law enforcement. All the cameras are connected to monitors which are in the Computer lab and Chemistry staff room to ensure monitoring during working hours.



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Cameras are installed in classrooms so that any misbehavior of the students are looked into immediately and also to check any malpractices and copying during the university-level examinations. This has ensured minimum incidents of malpractice during the examinations. The parking lots are also having security coverage to prevent the entry and exit of people and also to check any thefts of vehicles parked in the parking lots.

All points, areas and departments, corridors are covered so that that staff and students live and work and study in a safe and secure environment. When it comes to safety and security surveillance cameras are an absolute necessary for the security of women and girls on the campus.

All these facilities have been provided in the college by the management as per the Guidelines issued by the University Grants Commission (UGC) and the parent university. Students and staff are encouraged to inform any such incidents so that the footage is checked and action is taken promptly. CCTV plays an important role to keep an eye on what's going in and around the college.

60 CCTV have been installed in and around the college building. The footage recorded by the CCTV is helpful in times when required to check out in certain cases such as eve teasing, ragging, thefts, sexual harassment, gross misbehavior by the students, vandalism, and so on. Therefore, all the stakeholders who work in the college live and work productively in a safe and secure environment. This is an enormous responsibility for the management to ensure a hassle-free environment for all.



Principal

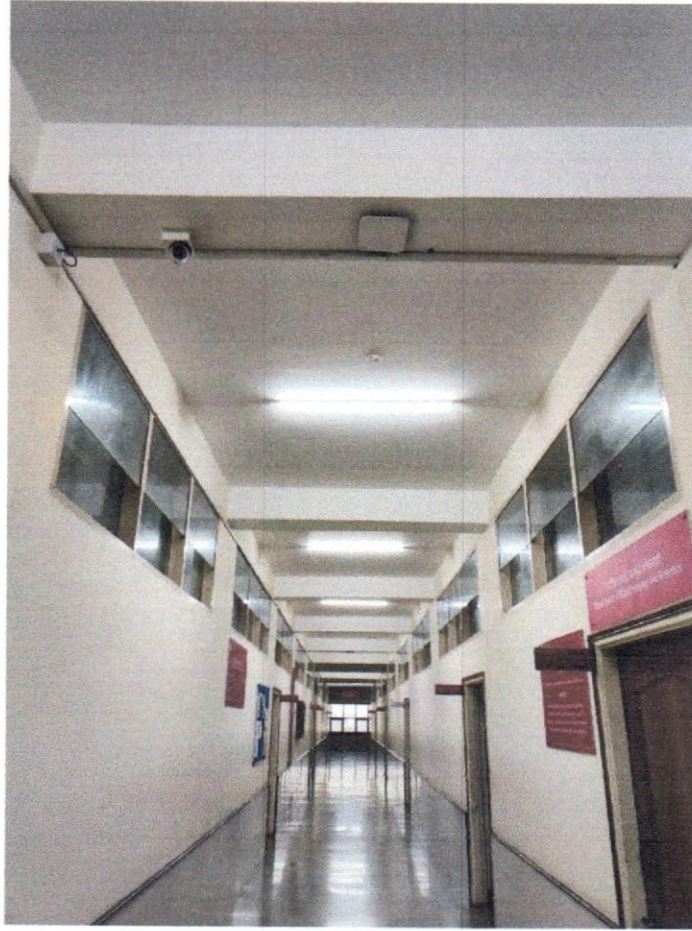
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The College makes it a point to respect the privacy of the Faculty, staff and students, while installing surveillance equipment in the college. Periodic checking of the footage recorded is checked by the staff as a part of the routine standard verification procedure to find any loopholes and any lapses in the recording process so that loopholes can be plugged and lapses rectified.



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CCTV in corridor

Deek

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CCTV in Class room

Aneck

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CCTV in Lab

Anude

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COMMON ROOM FACILITIES FOR GIRLS

The phrase Common Room is used especially in British and Canadian English to describe a shared lounge most often found in universities, colleges, rest rooms, hostels, hospitals, military bases and even in minimum security prisons. The common room is a sort of students' union-an organization which helps to ensure that students are fully involved in college life, have their say, get opportunities to socialize, and more. It is a room in a school or college for use of students or staff outside teaching hours

Every college or any education institution has to have a room designated as a common room where teachers and students can sit together, relax and exchange ideas and thoughts outside the teaching hours or when they are not working. For the benefit of the girls and lady staff members a common room is provided on the Fifth Level of the college. There the girls and staff members sit, talk and relax in their free time whenever they get an opportunity. There are ample tables and comfortable chairs kept for the purpose. The room is strategically placed near the restrooms so that the students are not inconvenienced in any manner.

Lots of ideas, thoughts get exchanged among the girl students and the staff who use this space for getting to know the students better and for bonding with the female students. This is especially helpful with those girls who have come from far off places to study in the college and this bonding makes them have a comfort zone with their peers and the staff members.



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They may not open up during class hours or in a formal atmosphere. But in an informal setting they do open up and share their ideas, thoughts and emotions with their teachers. Also students can rest and relax in case they are not well and are unable to go to their homes or to the hostels and PGs. The Common room also serve as a forum for the staff and students to have discussion on subject-related and current issues of the day and a wonderful way to relax and learn too. Any personal problems, health-related issues faced by the Girls and the Lady Staff can be handled in the privacy of the Girls Common room and resolved immediately by the Proctors and staff concerned.

There are more than 70% of female faculty working and girl students studying in the college. The lady staff members and girl students make use of the common room facilities when required by them. The Common room is used extensively by the students and staff and is always a place bustling with activity and sounds of laughter and fun. It is usually a place where memories are made and these memories are often recalled and cherished by the students once they graduate and go on their own ways to make a mark in the world.



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Girls Common room

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REF: MSRCASC/EOC/2020-2021/01

Date: 25/1/2021

CIRCULAR

Equal Opportunity Cell

Equal Opportunity cell of Ramaiah College of Arts, Science & Commerce is organizing a Guest Lecture on "Understanding Equality, Diversity and Inclusivity in the context of Differently Abled" on 28/01/2021 at 12.30 PM for all the first Year students of UG Courses.

Deans and all the Department HOD's are hereby requested to send selected students to attend the same as there are limited seats

Venue: Auditorium


Convener


PRINCIPAL

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EQUAL OPPORTUNITY CELL

**Event Name :EQUALITY , DIVERSITY AND INCLUSIVITY IN THE
CONTEXT OF DIFFERENTLY ABLED**

Date: 28/01/2021

Event Coordinator: Mr Raju N

No of Students Participated: 126

**Objective: How to create opportunities and reduce barriers for everyone,
particularly under-represented groups , to ensure that people are valued
and have the same access to all opportunities whatever their differences**

Equal opportunity cell of Ramaiah college of Arts, science & Commerce organized a guest lecture in Viswesaraya Auditorium. The lecture was given by DR.ANUJA .S Associate Professor Ramaiah College of Law on the topic "EQUALITY , DIVERSITY AND INCLUSIVITY IN THE CONTEXT OF DIFFERENTLY ABLED"

Guest lecturer was welcomed by the Equal opportunity cell members. Introduction talk about Guest lecturer was given by Haripriya mam and was welcomed by Suma mam and Haritha mam . All the students in the auditorium was given a warm welcome by Haritha Mam.

Dr. Anuja.S Started speaking about the situations we faced past 9 months that is corona , pandemic , stress etc..She also spoke about the different cells in the university and explained about "Equal opportunity cell" who organized or gave an opportunity to speak . Equal opportunity in the sense, everyone in the world are treated equally without any discrimination. Since all are human being everyone will have a feel that they should not be treated differently.

Briefly explaining on the topic ,she spoke about differentiation between abled and disabled person . How the world react to treat them. If we have undergone any kind of situation like this we will be triggered and charged on that situation . Differently abled or specially abled persons is the mostly used word in the session . They shouldn't be discriminated by their look, skin, colour or any specially abled physique even they should be treated equally as everyone in the society treated.

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Persons with disability has to overcome and speak out or think that even they are equal. By seeing from the society side we reject the people because of their disabilities .

A own story she explained in her experience: When she was in "National school of Law" . She met a student who cannot cope up with the lecturers teaching who was disabled with a low sight (lower brain functioning) once came up to me and asked . Mam I wont be able to follow with the teaching so please can I record your teaching . Then I enquired with my colleagues they explained me about his specially ability of him. He listens and records the class and then goes to library and there he is provided with such books in which he can understand in a simpler way. Then he "cracked his UPSC EXAM" and called me one day and asked "Mam do you remember me I was the student in National school of law and you taught me Labour law and I have cleared all my exams ". A small support from institute can make a person move forward and achieve their goal

Every differently abled person has the feeling that what kind of support can I get so that I can move forward or achieve my goals , from the society I live. I am not able to walk but the institute or society supports or lifts me so I can move forward.

She told that she completed her phd in 'womens rights', was specialized in 'human rights' law. Human rights are Inherent, Inalienable, and universal rights. Justice Krishna Iyer was the Chief Guest for the program for convocation. He urged with his words on Human Rights. "All human being are equal".

Next goes to Inter sectionality approach is

- ❖ Women with disabilities.
- ❖ Children with Intellectual disabilities.
- ❖ Elderly women disabled migrants.
- ❖ Disabled Indegenous women.
- ❖ Disabled third gender population.
- ❖ Dalits with disabilities.

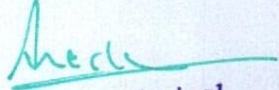
It is not that I am single person with disability I could be different from others is the attitude should be built up in a specially abled person.

Shocking highlights of the session ,

" Women in specially abled hospitals are dressed in loose frocks and tied at the waist and forced to keep themselves clean and attractive so that they sexually provoke.

When we talk about disability it is multi dimensional exclusion = deprivations of economic, social, gender, cultural and political rights.

Social exclusion is you have no social identity. If disabled is a women/ child/ elder person/ aggravates the vulnerability. Specially abled persons are called "DIVYANGJAN " this name is given by our Government to prove the equality of specially abled persons .Divyangjan means "Divine person". Then she explained "Rights of persons with Disabilities act 2016 and Mental Health Care act 2017 and social and medical differences of specially abled.


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Finally comes to the pandemic and lockdown effects , what are the difficulties faced by the society , women and specially abled persons in this situation.

Then with the help of PPT presentation makes us the clear view and understands us the importance of equality.

“Equality=Equal Input Equity=Equal outcome” and gives us the conclusion.

Then a small introduction and few words of thanks giving was given by Our Respected Principal Dr A Nagarathna

Finally at the end of session, Vote of Thanks was given by “Roopa Shree” mam addressing each and everyone in the auditorium.

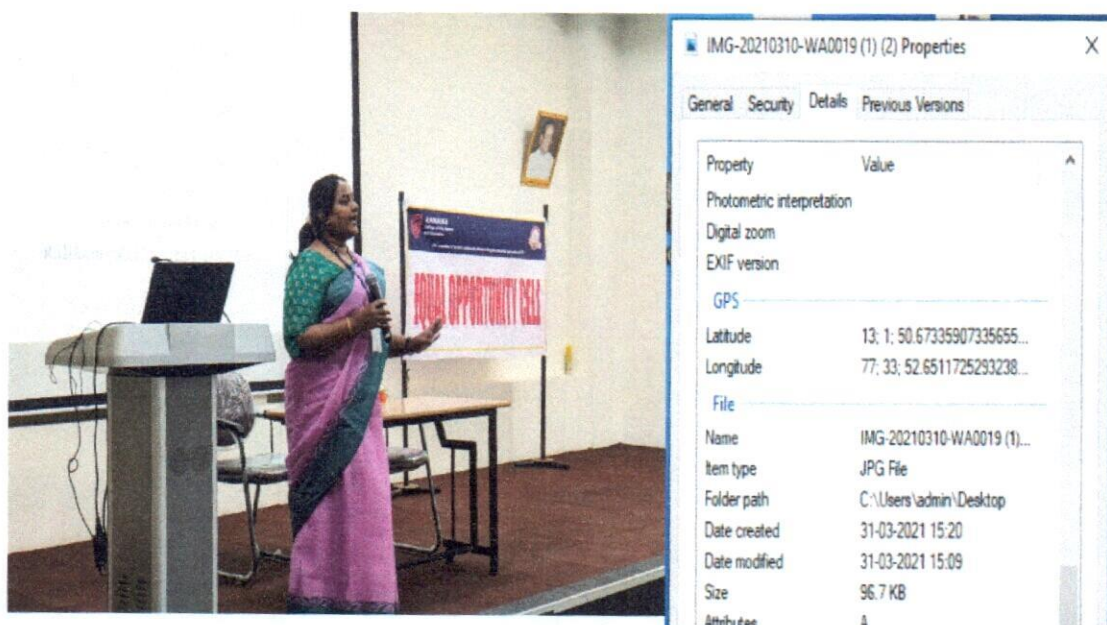
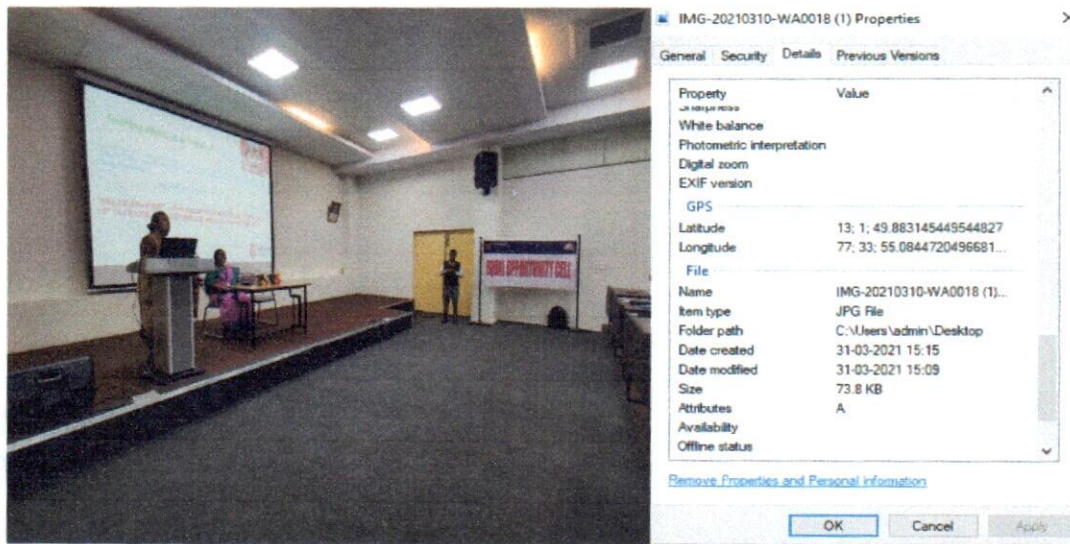
Outcome: To create awareness on equality and diversity which are the terms used to both define and champion the values of human rights in society, and that includes the workplace.



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EQUALITY , DIVERSITY AND INCLUSIVITY IN THE CONTEXT OF DIFFERENTLY ABLED

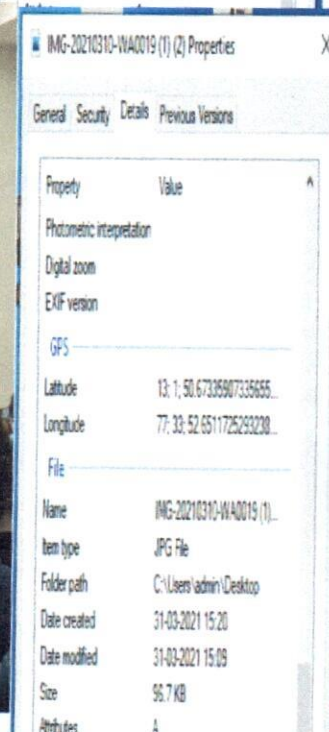
Date: 28/01/2021



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EQUALITY, DIVERSITY AND INCLUSIVITY IN THE CONTEXT OF DIFFERENTLY ABLED

Date: 28/01/2021



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ABOUT THE COLLEGE

Ramaiah College of Arts, Science and Commerce was established in 1994 by our founder Late Dr M S Ramaiah offering both under graduate and post graduate degrees offered by Bengaluru city University in Arts, Science and Commerce and Management streams. The college is approved by AICTE, New Delhi, recognized by the Government of Karnataka. The college is re-accredited "A" grade by NAAC

ABOUT EQUAL OPPORTUNITY CELL

The Equality Opportunity Cell has been set up in the college to address issues of Gender equality and Gender -related discrimination among the faculty and the students. It is set up to oversee the effective implementation of the policies and programmes for all the disadvantaged groups in the college. It is aimed at ensuring the diversity among the teaching, non-teaching and student community and eliminate all forms of discrimination among all the stakeholders of the college. It is aimed at creating a conducive atmosphere for the growth of healthy inter-personal relations among the students coming from various social backgrounds.

PATRONS

Dr. MR Jayaram Chairman GEF
Sri. M R Janakiram Director GEF
Sri. M R Kodandaram Director GEF
Sri. B S Ramaprasad Chief Executive GEF (E & GS)
Sri. G Ramachandra Chief of Finance GEF (E & GS)

ORGANISING COMMITTEE

Ms. Suma C , Assistant Professor
Ms. Roopashree, Assistant Professor
Mr. Ravindranath, Assistant Professor
Ms. Evelyn Nischitha, Assistant Professor
Mr. Raju, Assistant Professor

RESOURCE PERSON

Dr Anuja S
Associate professor
Ramaiah College of Law

REGISTRATION DETAILS

Free Registration
For more details contact
Mr. Raju, Assistant Professor



**UNDERSTANDING EQUALITY,
DIVERSITY AND INCLUSIVITY IN THE
CONTEXT OF DIFFERENTLY ABLED**



DATE
28-1-2021


TIME
12:30PM - 2:00PM

VENUE
AUDITORIUM , RCASC

ORGANISED BY EQUAL OPPORTUNITY CELL

Ramaiah College of Arts, Science and Commerce
Bengaluru - 560054




Principal,
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Bangalore - 560 054

M.S. Ramaiah College of Arts, Science and Commerce
Equal Opportunity Cell

Event Name : "Understanding Equality, Diversity and Inclusivity
in the context on Differently Abled"

Date : 28-01-2021

Participants List.

Sl.No	REGISTER NUMBER	STUDENT NAME	SIGNATURE
1.	B.S.Anshu 20BCA10	B.S.Anshu	Anshu
2.	20BCA19	Gorantla Yeshaswini	G. Yeshaswini
3.	20BCA80	Yeshaswini. G	Yeshaswini
4.	20BCA48	Vinutha. Y.N	Vinutha
5.	20BCA13	Bhumika Padaliya	Bhika
6.	20BCA81	N.M Hashika	Hashika
7.	20BCA60	Shalini.M	Shalini.M.P.
8.	20B COM121	Rashmi Rani	Rashmi R.
9.	20B COM095	Meghona. P	Meghona P.
10.	20B COM123	Richa Naramiah. N	Richa
11.	20B COM113	Pushpalatha. N	Pushpalatha. N
12.	20B COM128	S. Rakshitha	S. Rakshitha
13.	20B COM166	JULSI. K. POONIA	J. Poonia
14.	A1917634	Akshay prathap. K	Akshay
15.	A1917644	FAYAS M.P	Fayaz
16.	20B COM008	ADITYA B PATEL	Aditya B Patel
17.	20B COM024	Avinab Paul	Avinab Paul
18.	20B COM003	Abhinab	Abhinab
19.	20B COM080	Lakshanka	Lakshanka
20.	20B COM054	Gowri. N. S	Gowri. N. S
21.	20B COM011	Akanksha Yogesh	Akanksha
22.	20BCA69	Supriya G.R.	Supriya G.R.

Dr. Jayashree
(Event Coordinator)

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L.NO	REGISTER NUMBER	STUDENT NAME	STUDENT SIGNATURE
12.	20BCOM042	Sebasmita Bhattacharyee	S Bhattacharyee
13.	20BSCE001	AKHILESH.K	Akhilesh
14.	20BSCE002	AKSHAY KUMAR.D.R	Akshay Kumar
15	20BCA35	Nagendra.N	Nagendra
20	20BCA50	Rohan.A.	Rohan
27.	20BCA49	Rithik. K.	Rithik
28.	20BCA70	Suyash Sumant	Suyash Sumant
29	20BSCE30	Verkareshwara Prasad	Verkareshwara
30.	20BSCE08	GOWARDHAN B.R	GOWARDHAN R.
31.	20BSCE37	Vinodkumar.B.T	Vinod
32	20BSCE27	Surabhi Prasad.	Surabhi
33	20BSCE32	A. Likhitha	A. Likhitha
34	20BSCE17	P. Hemachandrika	P. Hema
35	20BSCE05	Deepa.G.	Deepa.G
36	20BSCE07	Deepthi Reddy.A.R	Deepthi
37.	20BSCE10	Indra.D	Indra
38.	20BCOM079.	Kushti.M	Kushti.M
39.	20BCOM007	Adhya Gupta	Adhya
40.	20BCOM010	Aiswaryalakshmi	Aiswaryalakshmi
41	20BCOM056	Harinivas M.R	Harinivas
42	20BCOM051	Gagan Choyal. T.D	Gagan
43	20BCOM160	T.Sumanth. Jadhav	T.Sumanth
44	20BCOM092	Manoj Hegde	Manoj
45	20B.Com185	Dimple Yadav	Dimple
46	20B.COM139	Sarawathi Kumari.	Sarawathi
47	20BCA24	Indirdeep Singh	Indirdeep
48	20BCA72	Jishan Pokar	Jishan
49	20BCA82	Thomas D Kurian	Thomas
50	20BCA74	VIGNESH B.S	Vignesh
51	BCA(I ^{Ind}) R1917658	Rajalakshmi V.V	Rajalakshmi

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(Event coordinator)

SL.NO	REGISTER NUMBER	STUDENT NAME	STUDENT SIGNATURE
51	Vaishali [R1917676]	Vaishali K	Vaishali
52	Nerasha [R1917643]	Nerasha S.K	Nerasha
53.	Akshitha R (R1919605) ^(2nd)	Akshitha R	Akshitha R
54.	Keerthi T.R [R0BCA26]	Keerthi T.R	Keerthi
55.	20BCAT1	Vindhya V.R	Vindhya V.R
56.	Sowmya [R0BCA66]	Sowmya Shree G.S.	Sowmya
57.	20BCA65	SONIA SARAH S	Sonia Sarah
58.	20BCA40	Pooja R	Pooja R
59.	20BCA68	SUNIL GROPE	Grope
60.	20BCA06	AMAN BARIK	Ambar
61.	20BCA56	SALMAN UMER	Salman
62.	20BCA39	Peer Abdul Basit Tausheedi	Basit
63.	20BCA75	Vignesh Lokesh P.G	Vignesh Lokesh
64	20BCA33	MOHAMMED SAHIL	Md. Sahil
65.	20BCA03	Abhishek A	Abhishek A
66.	20BCA64	Shreeharsh K.	Shreeharsh
67	20BCA02	Abhishek A. Patil	Abhishek A. Patil
68	20BCA52	Rushabh Bhon	Rushabh
69.	20BCA079	Yatry Suresh	Yatry
70	A1917632	AKSHAYA A.M	Akshaya
71	A1917633	Akila	Akila
72	A1917667	T.L. NIKHILA	Nikhila
73	A1917650	K. Keerthika	Keerthika
74	A1917608	Garvita Rai	Garvita
75	20BCA08	Anusha B	Anusha
76	20BCA23	Hemanshi B	Hemanshi
77	20BCA38	P. Peris Peris	P. Peris

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SL. NO	REGISTER NUMBER	STUDENT NAME	STUDENT SIGNATURE
78	20BCA51	ROSHNI	Kopshi
79	20BCA 63	Shilpa . V	<u>Shilpa . V</u>
80	20 BCA 62	Sheela . B	Sheela . B.
81	20 BCA 04	Akash . S	<u>AK</u>
82	20 BCA 30	MANJU MURTHY . K	Manju Murthy . K
83	20 BCA 11	Yathin Prasad	<u>Yathin</u>
84	20 BCA 47	RAVI KIRAN	<u>Ravi</u>
85	20 BCA 59	Sanket . S Kulkarni	<u>S</u>
86	20 BCA 71	Tejas Vidyadhar Kulkarni	<u>Tejas</u>
87	20 BCA 20	Harish	<u>Harish</u>
88	20BSCE22	Ruchitha . V.	<u>Ruchitha . V.</u>
89	20BSCE28	V. Lakshmi	<u>V. Lakshmi</u>
90	20BCA57	Sandeep Kumar . M	<u>Sandeep</u>
91	20BCA 45	RAHUL . C	<u>Rahul</u>
92	20 BCA 28	Rishabh Sharma	<u>Rishabh</u>
93	A1917659	RISHABH SHARMA	<u>Rishabh</u>
94	A1917620	Shilpa . G . S	Shilpa . G . S
95	A1917655	Shwanya . Banke	Shwanya . B
96	A1917635	Anusha . M	<u>Anusha</u>
97	A1917665	SRINIDHI S KANTH	<u>Srinidhi</u>
98	A1917636	ARPITA B. KATAKOL	<u>Arpita</u>
99	A1917640	Dharmabhat . Shreya	<u>Dharmabhat</u>
100	A1917668	Tom christi Sony	<u>Tom</u>
101	A1917628	Tharun Reddy . R	<u>Tharun</u>
102	A1917637	Abhinav Kashyap	<u>Abhinav</u>

SL.NO	REGISTER NUMBER	STUDENT NAME	STUDENT SIGNATURE
103	A1917619	R.P. RACHAN	<u>Rache</u>
104	A1917658	Prajith R	<u>Prajith R</u>
105	A1917629	V.V. Chandu	<u>V.V. Chandu</u>
106	A1917610	J. Preetham	<u>J. Preetham</u>
107	A1917612	M. Hemanth Reddy	<u>M. Hemanth Reddy</u>
108	A1917618	Prajwal S.K	<u>Prajwal S.K</u>
109	A1917602	Abhiram K.M	<u>Abhiram K.M</u>
110	A1917663	Sinchana Bhide	<u>Sinch</u>
111	A1917604	Aishwariya Mimma	<u>A.Mimma</u>
112	A1917662	Shivani Choudhary	<u>Shivani</u>
113	A1917656	Neha	<u>Neha</u>
114	A1917653	Mayuri A. Joshi	<u>Joshi</u>
115	A1917609	Gowripriya R	<u>Gowripriya R</u>
116	20BSCE20	R.DHANWANTH	<u>R.DHANWANTH</u>
117	20BSCE06	DEEPAK.M	<u>Deepak</u>
118	20BSCE29	V. Yadhav Krishna	<u>V. Yadhav Krishna</u>
119	20BSCE40	K. Sree Hani	<u>K. Sree Hani</u>
120	20BSCE21	Rakshith Gowda.G	<u>Rakshith Gowda.G</u>
121	20BSCE23	G. Sanjay	<u>G. Sanjay</u>
122	20BSCE18	N. PAVITHRA	<u>N. PAVITHRA</u>
123	20BSCE16	Nisha AN	<u>Nisha AN</u>
124	20BCA44	R.V.Venkat Nath	<u>R.V.Venkat Nath</u>
125	20BSCE34	T. Pradeep	<u>T. Pradeep</u>
126	20BSCE09	HAREHARA. N. S	<u>HAREHARA. N. S</u>

Sign
(Event Coord)

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RAMAIAH

College of Arts, Science
& Commerce

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M S Ramaiah College of Arts, Science and Commerce

Re-accredited 'A' by NAAC, Permanently Affiliated to Bengaluru City University,

Approved by Government of Karnataka, Approved by AICTE, New Delhi,

Recognized by UGC under 2f & 12B of UGC act 1956

REF: MSRCASC/EOC/2020-2021/03

Date: 26/4/2021

CIRCULAR

Equal Opportunity Cell

Equal Opportunity cell is organizing a National Seminar on "Safety and Health at work" on 28/04/2021 at 11.00 AM-12.00PM for all the faculty. All the staff members are requested to login through the link given in the brochure 15 minutes earlier to the session commencement.

Venue: Virtual


Convener


PRINCIPAL

M.S. Ramaiah College of Arts, Science & Commerce
MSRIT Post, MSR Nagar
Bangalore - 560 054

ABOUT THE COLLEGE

Ramaiah College of Arts, Science and Commerce was established in 1994 by our founder Late Dr. M S Ramaiah offering both under graduate and post graduate degrees offered by Bengaluru City University approved by AICTE, New Delhi, recognized by the Government of Karnataka. The college is also recognized by UGC under 2f and 12b of UGC Act 1956, re-accredited "A" grade by NACC.

ABOUT EQUAL OPPORTUNITY CELL

This cell has been set up in the college to address issues of Gender equality and Gender related discrimination among the faculty and students. It is set up to oversee the effective implementation of the Policies and programs for all the disadvantages groups in the college. It is aimed at creating a conducive atmosphere for the growth of health inter personal relations among the students coming from various social backgrounds

OUTCOME

This seminar will create an awareness about the health and safety requirements at the work place

PATRONS

Dr. MR Jayaram Chairman CEF
Sri. M R Janakiram Director CEF
Sri.M R Kodandaram Director CEF
Sri. B S Ramaprasad Chief Executive CEF (E & GS)
Sri. G Ramachandra Chief of Finance CEF (E & GS)

ORGANISING COMMITTEE

Dr A Nagarathna Principal, RCASC
Mrs Suma C Convenor
Mr Ravindranath Associate Professor
Mrs Roopashree Assistant professor
Mr Raju Assistant Professor
Mrs Evelyn Nischitha Assistant Professor

OBJECTIVE

To promote the prevention of occupational accidents and diseases globally. As workers we are responsible to work safely and to protect ourselves and not to endanger others, to know our rights and to participate in the implementation of preventive measures

REGISTRATION DETAILS

Free Registration

E-certificates will be issued after filling feedback form
For more details contact
Event Coordinator
Mrs. Roopashree Assistant Professor
PH: 8792176524
Email: roopashreebn1990@gmail.com



NATIONAL SEMINAR ON

"SAFETY AND HEALTH AT WORK"

RESOURCE PERSON

Harish C
Assistant Manager
Cargill India Private limited

 28/04/2021

 11.00AM-12.00PM

LIVE ON GOOLE MEET

<https://meet.google.com/cus-gpsq-guo>

ORGANIZED BY EQUAL OPPORTUNITY CELL

Ramaiah College of Arts, Science and Commerce
Bengaluru - 560054



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Recognized by UGC under 2f & 12B of UGC act 1956

EQUAL OPPORTUNITY CELL

Event Name: Safety and health at workplace

Date: 28/04/2021

Event Co-Ordinator: Roopashree

No of faculty participated :97

Objective: The promote the prevention of occupational accidents and diseases globally. As workers we are responsible to work safely and to protect ourselves ad not to endangers others, to know our rights and to participate in the implementation of preventive measures

A seminar was organized by the 'Equal Opportunity Cell' on 28/4/2021 on the topic **"Safety and health at workplace"**.

The resource Person was Harish G, EHS Specialist, Cargill India Private Limited, Bangalore

Resource person spoke about the importance of Workplace Safety and Health ie the Benefits of a Safe and Healthy Workforce are Higher productivity, Increased efficiency and quality, Reduced medical and insurance costs. He also told the consequences of an Unsafe and Unhealthy Work Environment Leads to Injury and Disease, Mental Health, Back injuries are most along with that Psychological symptoms can affect productivity

To prevent accident, we should Design a safe work environment ie Guards, handrails Safety goggles, helmets, Warning lights, Self-correcting mechanisms, Automatic shutoffs. Health and Safety Committees should be there at the department level, for implementation and administration, at the organization level, policies should be formulated. Measure, communicate, monitor, and reinforce desired behavior.

To prevent disease reducing the Incidence of Diseases, Record keeping, Monitoring exposure, Genetic screening should be followed. The organization should create a Safe Work Environment by Promoting Safety Awareness.


The Key Role of the supervisors is to Communicate he need to work safely. Proactive Safety Training program should be given about. First aid, defensive driving, accident prevention techniques, hazardous materials, and emergency procedures.

The Safety Rules to be followed are Using proper safety devices, proper work procedures, following good housekeeping practices, complying with accident- and injury-reporting procedures, wearing

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required safety clothing and equipment, avoiding carelessness and horseplay training for employees should be conducted

Employees should be involved. In a safe and healthy workplace, employees have a stake in the success of the program --- safety and health is everyone's responsibility. In a safe and healthy workplace, employees have a stake in the success of the program safety and health is everyone's responsibility. Actively encourage employee to make the program to succeed. Hold people accountable and makes sure everyone does their part. In a safe and healthy workplace, employees have a stake in the success of the program safety and health is everyone's responsibility. Actively encourage employee involvement for the program to succeed. Hold people accountable and makes sure everyone does their part. Establish an active workplace safety and health safety committee.

Identify the hazards, and decide how to control them.

Prioritize the hazards found which are most likely to cause serious injury or illness? Which can be fixed immediately? Do you have to make long term plans to correct some of the hazards? Make a plan for correcting the hazards Conduct job hazard analysis to identify how best to correct the hazards. Find out best practices from companies in the industry. Correct the hazards Engineering controls eliminate the hazards through safe tools, facilities, and equipment. These are the best controls. Administrative controls don't remove the hazards; they reduce exposure by changing the work practices. For instance, rotating workers, rest breaks, training programs. Personal protective equipment puts a barrier between the employee and the hazard, using, for example, gloves or safety shoes

Outcome: The seminar was interactive, interesting and it created awareness about the health and safety requirements at the work place


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Anale

National Seminar on "Safety and Health at work" on 28/04/2021

Feedback - roopashreeb1990 Google Meet Google Calendar - Event details Meet - Safety and Health at

meet.google.com/ous-gpq-qub?authuser=0

Apps Gmail YouTube Maps

harish g is presenting

12:07 PM

Don't show you in a tile in this layout

EMERGENCY & FIRE SAFETY

SOLID

- wood
- cloth
- paper
- rubber
- metal
- plastic

LIQUIDS

- oil
- grease
- tar
- oil-based paint

ELECTRICAL EQUIPMENT

- energized electrical equipment
- Gases

METALLIC

- sharp objects
- arcs
- propane
- flame
- explosives
- other flammable materials

ASSEMBLY POINT

Safety and Health at Work

Turn on captions

harish g is presenting

Feedback - roopashreeb1990 Google Meet Google Calendar - Event details Meet - Safety and Health at

meet.google.com/ous-gpq-qub?authuser=0

Apps Gmail YouTube Maps

Safety and Health at Work

People (64)

Chat

Dr. Vani Vemula

Vibha Vinayakumar Bhar

Roopashree B N

Ma Soumya Shanthig

Dr. Nagarathna Amresh

E. Nischitha

harish g has left the meeting

Dr. Hareesh Kumar V

rohini jagadish

shobha marao

Turn on captions

Present now

12:07 PM 4/28/2021

Adhisakthi PR 11:12 AM
Yes sir

You 12:07 PM
[https://forms.gle/2BacFsdq8h1Yt46](#) Dear participants here you find with the feedback link, you can fill this for a certificate

Shankar Guddad 12:07 PM
I donno whether it's a relevant or irrelevant question
Committing suicide or an attempt to suicide by the recent generation, is that a hazard? Depression, loneliness, humiliation etc. simplest ways to address? Your opinion sir

Feedback - roopashreeb1990 Google Meet Google Calendar - Event details Meet - Safety and Health at

meet.google.com/ous-gpq-qub?authuser=0

Apps Gmail YouTube Maps

harish g is presenting

Prasanna Srinivas and 51 more

12:10 PM

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EMERGENCY & FIRE SAFETY

Sowbhagya R

Vibha Vinaya...

Roopashree ...

Ma Soumya S...

Dr. Nagarathn...

E. Nischitha

Dr. Hareesh K...

rohini jagadish

shobha marc...

Safety and Health at Work

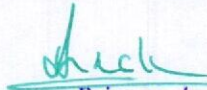
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harish g is presenting

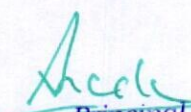
12:09 PM 4/28/2021

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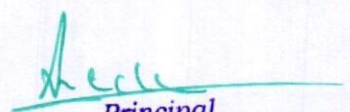
04-28-2021 12:35:55	karishma.gondhkar@gmail.com	Karishma G S	Ramaiah College of Arts Science and Commerce	The webinar was good	0	100.0%	TRUE	07AAT4-CE000052
04-28-2021 12:36:37	thulasi.mb@gmail.com	Thulasi Rajeev Mudakavi	Ramaiah College of Arts, Science and Commerce		0	100.0%	TRUE	07AAT4-CE000053
04-28-2021 12:36:47	malini_chem@msrcasc.edu.in	Malini.M.R	RCASC	NA	0	100.0%	TRUE	07AAT4-CE000054
04-28-2021 12:36:56	kishan.jour@gmail.com	Kishan H R	Ramaiah College of Arts Science and Commerce	The webinar was informative	0	100.0%	TRUE	07AAT4-CE000055
04-28-2021 12:38:35	haripriyamsc@gmail.com	Hari Priya G S	M S RAMAIAH COLLEGE OF ARTS SCIENCE AND COMMERCE	Nice	0	100.0%	TRUE	07AAT4-CE000056
04-28-2021 12:39:19	radha_varvan@yahoo.co.in	Dr Radha Dayanidhi	Ramaiah College of Arts Science and Commerce	NIL	0	100.0%	TRUE	07AAT4-CE000057
04-28-2021 12:39:36	padmaja.mandyam@gmail.com	Dr. Padmaja M.R	Ramaiah College of Arts Science and Commerce	Very informative session Pl. conduct such sessions.	0	100.0%	TRUE	07AAT4-CE000058
04-28-2021 12:40:41	triveni.ag@gmail.com	Dr Triveni A G	M S Ramaiah College of Arts Science and Commerce	Nil	0	100.0%	TRUE	07AAT4-CE000059
04-28-2021 12:40:57	rashmi.nagesh1689@gmail.com	Dr. Rashmi Nagesh	Ramaiah College of Arts Science and Commerce	Nil	0	100.0%	TRUE	07AAT4-CE000060
04-28-2021 12:45:17	krd22501@gmail.com	Divya K R	M S Ramaiah college of arts,science and commerce	Stay safe	0	100.0%	TRUE	07AAT4-CE000061
04-28-2021 12:50:37	roopashreebn1990@gmail.com	Roopashree B N	Ramaiah College of Arts, Science and Commerce	Good	0	100.0%	TRUE	07AAT4-CE000062
04-28-2021 12:52:21	veenabc265@gmail.com	Veena B C	MS Ramaiah college of arts science and commerce		0	100.0%	TRUE	07AAT4-CE000063
04-28-2021 12:52:51	pallavi01bn@gmail.com	Pallavi B N	SKIT		0	100.0%	TRUE	07AAT4-CE000064
04-28-2021 12:53:07	madhavareddy8193@gmail.com	MadhavaReddy.N.S	M S Ramaiah College of Arts Science and Commerce	No	0	100.0%	TRUE	07AAT4-CE000065
04-28-2021 12:53:48	way2geetika@gmail.com				0	100.0%	TRUE	07AAT4-CE000066
04-28-2021 12:58:07	prashanthib10@gmail.com	Dr.Prashanthi R	Ramaiah college of Arts Science and Commerce		0	100.0%	TRUE	07AAT4-CE000067
04-28-2021 12:58:09	jayanthhanumanthaiah@gmail.com	Jayanth H	Ramaiah College of arts science and commerce		0	100.0%	TRUE	07AAT4-CE000068
04-28-2021 12:58:11	srivaideshwari27@gmail.com	Srivaideshwari S	Ramaiah College of Arts,Science and Commerce	No	0	100.0%	TRUE	07AAT4-CE000069
04-28-2021 12:58:13	radha_varvan@yahoo.co.in	Dr Radha Dayanidhi	Ramaiah College of Arts Science and Commerce	NIL	0	100.0%	TRUE	07AAT4-CE000070


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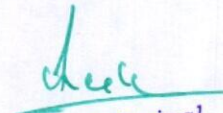
04-28-2021 12:58:14	rupesh.kotte@gmail.com	RUPESH KOTTE	MS Ramaiah College of Arts Science and Commerce	Thank you	0	100.0%	TRUE	07AAT4-CE000071
04-28-2021 12:59:10	harish.ukkunda@gmail.com	Harisha S	Ramaiah College of Arts, Science and Commerce		0	100.0%	TRUE	07AAT4-CE000072
04-28-2021 12:59:40	jayaram.commerce@gmail.com	Jayarama B S	Ramaiah College of arts science and commerce		0	100.0%	TRUE	07AAT4-CE000073
04-28-2021 12:59:44	sumac236@gmail.com	Suma C	Ramaiah college of Arts Science and Commerce	Good	0	100.0%	TRUE	07AAT4-CE000074
04-28-2021 13:00:01	neharcasc@gmail.com	Ms. Neha	Ramaiah college of Arts Science and Commerce		0	100.0%	TRUE	07AAT4-CE000075
04-28-2021 13:00:13	rakshakumar.pols@gmail.com	Raksha Kumar	MS Ramaiah college of Arts Science and Commerce		0	100.0%	TRUE	07AAT4-CE000076
04-28-2021 13:00:16	haripriyamsc@gmail.com	Hari Priya G S	M S Ramaiah College of Arts Science and Commerce	Good	0	100.0%	TRUE	07AAT4-CE000077
04-28-2021 13:01:00	deepa.narayanasamy77@gmail.com	Ms.R.Deepa	Ramaiah College of Arts Science and Commerce	Good	0	100.0%	TRUE	07AAT4-CE000078
04-28-2021 13:01:14	mlpnaidu@gmail.com	Dr. M.Lakshmi Pathi Naidu	Ramaiah College of Arts Science and Commerce		0	100.0%	TRUE	07AAT4-CE000079
04-28-2021 13:02:51	anushakalburgikar@gmail.com	Anusha Kalburgikar	KLE Society's S. Nijalingappa College	None	0	100.0%	TRUE	07AAT4-CE000080
04-28-2021 13:03:36	lochana.rebello@gmail.com	Dr Padmalochana R	M.S. Ramaiah College of Arts Science and Commerce		0	100.0%	TRUE	07AAT4-CE000081
04-28-2021 13:03:56	narayana.balaiah@gmail.com	Narayana B	Ramaiah College of Arts, Science and Commerce	It was Good :)	0	100.0%	TRUE	07AAT4-CE000082
04-28-2021 13:05:48	lak.pat2@gmail.com	Lakshmi pathi V	Ramaiah college and arts science and commerce	Very good session	0	100.0%	TRUE	07AAT4-CE000083
04-28-2021 13:05:52	kruthivp@gmail.com	Kruthi.V.P	MS Ramaiah College of Arts, Science and Commerce		0	100.0%	TRUE	07AAT4-CE000084
04-28-2021 13:06:47	sowbhagya_biotech@msrcasc.edu.in	Sowbhagya R	Ramaiah College of Arts Science and Commerce	Nothing	0	100.0%	TRUE	07AAT4-CE000085
04-28-2021 13:06:52	anugbd98@gmail.com	ANU U	MS Ramaiah college of arts, science and commerce	Nothing	0	100.0%	TRUE	07AAT4-CE000086
04-28-2021 13:07:00	padmaja.mandiyam@gmail.com	Dr. Padmaja M.R	Ramaiah College of Arts Science and Commerce	Conduct more such sessions	0	100.0%	TRUE	07AAT4-CE000087
04-28-2021 13:08:26	vdhanashri@gmail.com	Dhanashri Vaishali	Ramaiah college of Arts Science and Commerce	No	0	100.0%	TRUE	07AAT4-CE000088
04-28-2021 13:08:29	way2geetika@gmail.com	Dr. Geetika Pant	Ramaiah College of Arts Science and Commerce	Nil	0	100.0%	TRUE	07AAT4-CE000089
04-28-2021 13:13:54	manjunathronur@gmail.com	Dr. Manjunatha A S	Ramaiah College of Arts Science and Commerce		0	100.0%	TRUE	07AAT4-CE000090
04-28-2021 13:14:49	soum_sss@yahoo.co.in	Soumya S Shanbhag	Ramaiah College of Arts Science and Commerce	Nil	0	100.0%	TRUE	07AAT4-CE000091
04-28-2021 13:17:19	hsroopa26@gmail.com	Roopa H S	Ramaiah college of Arts, Science and Commerce	Very much informative	0	100.0%	TRUE	07AAT4-CE000092
04-29-2021 8:30:15	rohinijagadish.msrcasc@gmail.com	Dr Rohini Bai S	Ramaiah College of arts sci and commerce	No	0	100.0%	TRUE	07AAT4-CE000093
04-29-2021 8:30:45	preetijain274@yahoo.com	Preeti Gupta	Ramaiah College of Arts, Science and Commerce	No	0	100.0%	TRUE	07AAT4-CE000094
04-29-2021 16:36:19	rajaduraidpi@gmail.com	Dr. M. Rajadurai	Ramaiah University of Applied Sciences Bangalore	Nil	0	100.0%	TRUE	07AAT4-CE000095
04-30-2021 20:34:15	rithu19@gmail.com	Rithu R	M S Ramaiah College of Arts , Science and Commerce		0	100.0%	TRUE	07AAT4-CE000096
04-30-2021 20:34:30	lalitha20@gmail.com	lalitha	Vivekananda Degree college Hyderabad	Nil	0	100.0%	TRUE	07AAT4-CE000097
05-22-2021 17:57:44	preetijain274@yahoo.com	Preeti Gupta	Ramaiah College of Arts, Science and Commerce	No	0	100.0%	TRUE	07AAT4-CE000098


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04-28-2021 12:20:32	harithaehs@gmail.com	Haritha A	Ramaiah College of Arts, Science and Commerce	Nice session	0	100.0%	TRUE	07AAT4-CE000029
04-28-2021 12:20:49	nandinik9826@gmail.com	Nandini K	MS Ramaiah college of arts science and Commerce	Very much informative. Can be arranged frequently with such topics.	0	100.0%	TRUE	07AAT4-CE000030
04-28-2021 12:22:01	hsroopa26@gmail.com	Roopa H S	Ramaiah College of Arts, Science and Commerce	Stay Home Stay Safe with precautions	0	100.0%	TRUE	07AAT4-CE000031
04-28-2021 12:22:28	sushmaranims234@gmail.com	SUSHMA RANI MS	MS Ramaiah College of Arts Science and Commerce	Stay Home Stay Safe with precautions	0	100.0%	TRUE	07AAT4-CE000032
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04-28-2021 12:24:44	aditirunrao.psy@gmail.com	Aditi Arun Rao	Ramaiah College of Arts Science and Commerce	Nil	0	100.0%	TRUE	07AAT4-CE000034
04-28-2021 12:25:22	panchami2571@gmail.com	Panchami Mohan	Ms Ramaiah college of arts,science and commerce	Nil	0	100.0%	TRUE	07AAT4-CE000035
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04-28-2021 12:32:11	amamathsa@gmail.com	Dr. Amamath Satheesh	Ramaiah College of Arts, Science and Commerce	Informative	0	100.0%	TRUE	07AAT4-CE000040
04-28-2021 12:32:58	abhimayur7@gmail.com	ABHILASH M S	M S Ramaiah College of Arts Science & Commerce		0	100.0%	TRUE	07AAT4-CE000041
04-28-2021 12:33:54	ankammachowdary1@gmail.com	Krishna Rao Jagarlamudi	Ramaiah College of Arts, Science and Commerce	Good	0	100.0%	TRUE	07AAT4-CE000042
04-28-2021 12:33:57	soum_sss@yahoo.co.in	Soumya S Shanbhag	Ramaiah College of Arts Science and Commerce	Nice informative session	0	100.0%	TRUE	07AAT4-CE000043
04-28-2021 12:34:03	deepa.narayanasamy77@gmail.com	Mrs. Deepa R	Ramaiah College of Arts Science and Commerce	Nil	0	100.0%	TRUE	07AAT4-CE000044
04-28-2021 12:34:17	narayana.balaiah@gmail.com	Narayana B	Ramaiah College of Arts, Science and Commerce	It was Good.	0	100.0%	TRUE	07AAT4-CE000045
04-28-2021 12:34:24	prashanthib10@gmail.com	Dr. Prashanthi R	Ramaiah college of Arts Science and Commerce		0	100.0%	TRUE	07AAT4-CE000046
04-28-2021 12:34:25	naveenbio10@gmail.com	Naveen Kumar M	Ramaiah College of Arts, Science and Commerce		0	100.0%	TRUE	07AAT4-CE000047
04-28-2021 12:34:31	shobhamsrcac@gmail.com	Dr. SHOBHA.L	Ramaiah college of Arts, Science and Commerce	very useful session, Thanks for Organiser	0	100.0%	TRUE	07AAT4-CE000048
04-28-2021 12:35:04	contactlakshmimurugan@gmail.com	Dr. Lakshmi.V	Ramaiah College of Arts science and Commerce	Expect more these kind of programs	0	100.0%	TRUE	07AAT4-CE000049
04-28-2021 12:35:15	rajunnayaka64@gmail.com	Raju N	RCASC	Good Program	0	100.0%	TRUE	07AAT4-CE000051
04-28-2021 12:35:11	prathibavk_cs@msrcasc.edu.in	Dr Prathiba V Kalburgi	RAMAIAH COLLEGE OF ARTS, SCIENCE AND COMMERCE		0	100.0%	TRUE	07AAT4-CE000050


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Timestamp	Email	Full Name	Other Identifier	Other Identifier 2	Total Score	Percent Score	Passed?	Certificate ID
04-28-2021 2:34:15	monicarcasc@gmail.com	Monica R	Rcasc		0	100.0%	TRUE	07AAT4-CE000001
04-28-2021 11:30:36	monuraj930@gmail.com	Monica R	Rcasc		0	100.0%	TRUE	07AAT4-CE000002
04-28-2021 11:36:30	roopashreebn1990@gmail.com	Roopashree B N	Arts, Science and Commerce ramaiah college of arts science and commerce	Information was good	0	100.0%	TRUE	07AAT4-CE000003
04-28-2021 11:43:04	monuraj930@gmail.com	monica	Arts, Science and Commerce ramaiah college of arts science and commerce		0	100.0%	TRUE	07AAT4-CE000004
04-28-2021 11:53:09	roopashreebn1990@gmail.com	Roopashree B N	Arts, Science and Commerce ramaiah college of arts science and commerce	It was good	0	100.0%	TRUE	07AAT4-CE000005
04-28-2021 11:58:56	sowbhagya_biotech@msrcasc.edu.in	Sowbhagya R	Arts Science and Commerce	nothing	0	100.0%	TRUE	07AAT4-CE000006
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04-28-2021 12:08:38	monuraj930@gmail.com	Monica R	Ramaiah College Of Arts Science and Commerce		0	100.0%	TRUE	07AAT4-CE000009
04-28-2021 12:08:46	srivaideshwari27@gmail.com	Srivaideshwari S	Ramaiah College of Arts, Science and Commerce	No	0	100.0%	TRUE	07AAT4-CE000010
04-28-2021 12:08:53	jayaram.commerce@gmail.com	Jayarama B S	Ramaiah College of arts science and commerce		0	100.0%	TRUE	07AAT4-CE000011
04-28-2021 12:08:52	kruthivp@gmail.com	9663995258	M S Ramaiah College of Arts, Science and Commerce		0	100.0%	TRUE	07AAT4-CE000012
04-28-2021 12:08:56	hareesh.kp6@gmail.com	Dr. Hareesh Kumar P	Ramaiah College of Arts, Science and Commerce	No	0	100.0%	TRUE	07AAT4-CE000013
04-28-2021 12:09:08	vinutha_gowda@yahoo.co.in	Dr. Vinutha M.	Ramaiah College of Arts, Science and Commerce	No	0	100.0%	TRUE	07AAT4-CE000014
04-28-2021 12:09:24	lak.pat2@gmail.com	Lakshmipathi V	Ramaiah college of Art's science and commerce	Very good session	0	100.0%	TRUE	07AAT4-CE000015
04-28-2021 12:10:01	vibhamadhava@gmail.com	Dr Vibha Vinayakumar Bhat	Ramaiah College of Arts Science and Commerce	NA	0	100.0%	TRUE	07AAT4-CE000016
04-28-2021 12:10:03	srividyaanu12@gmail.com	R Srividya	Ramaiah College of Arts, Science and Commerce	good	0	100.0%	TRUE	07AAT4-CE000017
04-28-2021 12:10:22	vasanthkbhaskkara@gmail.com	VASANTHA KUMAR BHASKARA	RAMAIAH COLLEGE OF ARTS, SCIENCE and COMMERCE	NONE	0	100.0%	TRUE	07AAT4-CE000018
04-28-2021 12:10:46	nirmaladevi1012@gmail.com	Dr. Nirmala Devi. D	Ramaiah College of Arts, Science and Commerce		0	100.0%	TRUE	07AAT4-CE000019
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04-28-2021 12:12:30	Jyothisharma5799@gmail.com	Jyothi Sharma	Ramaiah institute of Arts, science, and commerce	Everything is good	0	100.0%	TRUE	07AAT4-CE000022
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04-28-2021 12:13:10	beaulahangel1@gmail.com	Beaulah Angel P	Ramaiah College of Arts, Science and Commerce	No	0	100.0%	TRUE	07AAT4-CE000024
04-28-2021 12:13:16	adhi_eng@msrcasc.edu.in	Adhisakthi P K	Ramaiah College of Arts, Science and Commerce	Good one	0	100.0%	TRUE	07AAT4-CE000025
04-28-2021 12:16:25	microprasanna@gmail.com	Dr. Prasanna Srinivas.R	M.S.Ramaiah College of Arts Science and Commerce	No	0	100.0%	TRUE	07AAT4-CE000026


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Recognized by UGC under 2f & 12B of UGC act 1956

HOSTEL FACILITIES FOR BOYS AND GIRLS

The Ramaiah College of Arts, Science and Commerce attracts a large number of students from outside Bengaluru, from Karnataka and from all parts of India and abroad. This is due to the brand name that the Ramaiah group of Institutions have in the education sector. For the comfortable stay during the course of their three-year academic years in the college, the college provides for separate hostels for both boys and girls in the campus and adjacent to the campus. The hostels are managed by the wardens who are in charge of each hostel. The hostels have rooms on a single-occupancy and shared accommodation with attached washrooms, facilities like common lounge, Cable television, WIFI Facility, comfortable chairs in the lounge rooms, beds, tables and chairs and wardrobe facilities and lockers to keep the valuables in. Nearly 150 students are benefited by this facility. The Students are provided with good breakfast, lunch and dinner with evening snacks and tea/coffee. The hostels are spacious, safe and secure and cordial atmosphere. Medical facilities are available on the campus due to presence of a super-speciality hospital which offers the best treatment for all the hostel inmates at a minute notice. So parents and guardians need not worry about the health of their children. All the hostels have security guards and CCTV cameras round the clock to monitor the movement of students, visitors and other personnel involved in the maintenance of the hostel and its upkeep. Laundry and housekeeping facilities are also available to the students in the hostels.



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The College has four ladies and seven boys' hostels for the benefit of the students from Karnataka and outside. In case of any emergencies the faculty and the staff are also available to attend to the students. Hostels were typically hostels as one can think of. The hostel environment is full of educational ambience. Students from all over India and abroad stay together. Hostels are equipped with warden and mess and with tight security. Availability of hostels are sufficient, from college administration and also from private administrators. The rules and regulations regarding the use of the hostels are given to the students by the wardens and students are required to adhere to them strictly. Using mess facilities is mandatory for the girl students as a security measure so that they do not go out to have their meals elsewhere. All the movements of visitors into and from the hostels are also recorded for the purpose of ensuring the tight security of the inmates. The allotment of the rooms are made on a first come, first served basis. Indoor and outdoor game facilities and gym facilities are also provided in the hostels for the use of the students. Of course consumption of alcoholic beverages, drugs, smoking of cigarettes etc. are strictly forbidden in the hostel premises. Any such activity is discovered by the authorities in charge of the hostels are dealt with immediately and results in expulsion of the students from the hostels. All in all the hostels provided by the college and the Gokula Education Foundation offers a safe, secure, healthy and divergent environment for all the students coming from far off places to have a comfortable stay during the course of their education in the college.



Principal

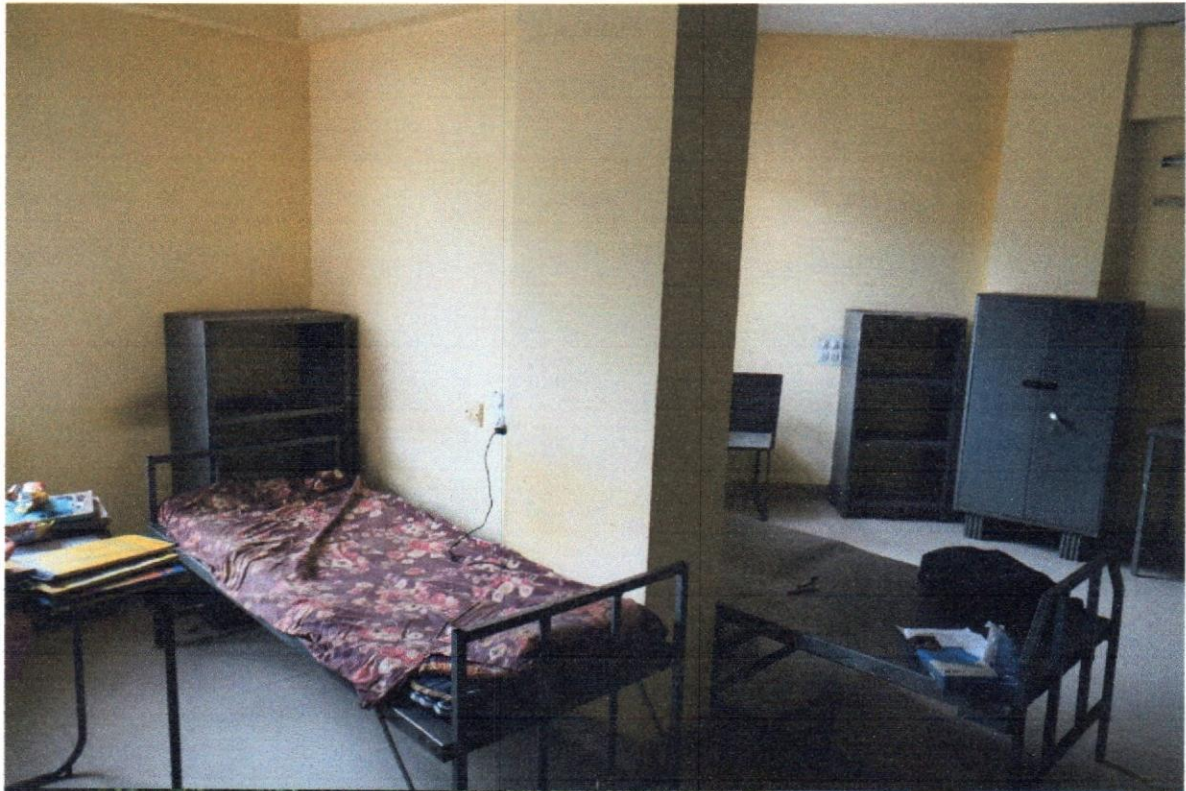
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Hostels in Ramaiah is a melting pot of students and a microcosm of societies from India and Abroad and it gives them an opportunity to know and learn about other cultures and civilizations from their fellow hostel inmates and also broaden their horizons and world views with the exposure to the outside world. The admission procedures and rules relating to the expulsion of the students from the hostels rest with the management.



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Aneck
Principal

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Boys and Girls hostels

Aneda

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WOMEN CELL ACTIVITIES 2020-21.

Report on International Women's Day

EVENT NAME: INTERNATIONAL WOMEN'S DAY

DATE: 08/03/2021

TIME: 2:00 PM

NUMBER OF PARTICIPANTS: 245

EVENT CO-COORDINATOR: DR. PREETI GUPTA (CONVENOR, WOMEN CELL)

Objectives of the Program:

- ❖ Enjoy and celebrate the spirit of being a woman on women's day.
- ❖ To inspire the young girls to be achievers and to be successful in life and further feel confident and proud of themselves.
- ❖ To conduct cultural events that shall help staff both teaching/non-teaching enjoy an ease-out themselves.
- ❖ To mark the importance of women's day, the theme of global women and women as a rainbow (woman who is always present in spheres of life) is to be displayed.
- ❖ Finally, the intension of the program was to inspire all.

Women Cell, Ramaiah college of Arts, Science and Commerce hosted a program on International Women's Day celebrated on 8th March 2021 at 2:00 pm in the college at Abdul Kalam Auditorium. The program started by a blissful invoking of god through invocation song and classical dance. Then our beloved Principal Dr. A. Nagarathna along

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with the dignitaries were welcomed to the "International Women's day program". The Principal delivered a motivational speech to everyone present there. She enlightened the students on how many career options can be looked into to be a successful woman in life and further how everyone should stop enclosing themselves in the patriarchal setups and move through education should move ahead in life. Both staff and students felt inspired listening to her.

International women's day is celebrated on 8th March every year all over the world. International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The purpose of International Women's Day is to bring attention to the social, political, economic, and cultural issues that women face, and to advocate for the advancement and empowerment of women within all those areas. The day is often also used to recognize with women who have made significant contributions to the advancement of their gender. Women cell members represented VIBGYOR theme in their dress sense to display the presence of all colours through these basic colour shades in all aspects of life wherever women can reach. VIBGYOR is a mnemonic used for memorizing the traditional optical spectrum. A talk was delivered by Dr. Jayashree, Associate Professor, Biotechnology Department on women empowerment. Her words inspired all the women present in the auditorium.

Lots of cultural events and different activities were held to ease out the faculties and the students and celebrate the spirit of womanhood. Performance by Commerce and MBA students impressed every one. Solo dance in Kathak style gave a lovely refreshment in the sunny afternoon. Dean of life Sciences spent his valuable time on reading a wonderful poetry on "Importance of 3 women in his life". Looking at the efforts contributed by the male faculties during the program to enlist empowerment and importance of women were incredible. Followed with a melodious song. Shanker Gudda, Assistant professor, Commerce department smartly explained "Women's vanity bag" in his own words and


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Retro dance was another mesmerizing event with a refreshing song of 60's and 70's and made to feel everyone dance at that moment and finally the dance ended by wishing "Happy International Women's Day". Fashion show by women staff was another great way of expressing the theme of global women, where women represented different countries and their cultures, showing their solidarity. Vote of thanks was delivered by Vijayalakshmi, Assistant Professor, Department of Languages to everyone present for the wonderful occasion. Faculty and student participants were honored with mementoes.

Outcome: The program focused on gender equality, greater awareness of discrimination and celebration of women's achievements. Solidarity of women across the globe was felt through the events conducted.



RAMP WALK BY THE PRINCIPAL AND THE WOMEN CELL CONVENOR

Aneck

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WOMEN CELL ACTIVITIES 2020-21.

NATIONAL GIRL CHILD DAY

Event Name: National Girl Child Day

Date: Event: January 30th, 2021.

Number of participants: 57

Objectives of the Program:

- The main objective of celebrating national girl child day in our college was
- To focus on the need to address the challenges of gender bias in our society and the whole purpose of the day is to change society's attitude towards females.
- To increase awareness among students on the importance and role of girl child in society
- To remove all inequalities faced by girl children.
- To ensure equal rights for them. Human and Social and also to promote creativity among the students of our college.

Women cell and Equal Opportunity cell of Ramaiah College of Arts, Science and Commerce, celebrated "National Girl Child Day" on 30/01/2021.

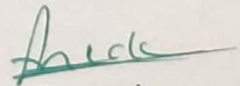
The national girl child day is celebrated in India on 24th January every year. It was introduced by the ministry of women and child development in the year 2008 to create the awareness of gender based discrimination, inequality of girl child and to save girl child. With respect to this celebration, the Women cell and equal opportunity cell conducted many different events like

- Poster making – saving and encouraging girl child
- Essay Writing – Female feticide/save girl child/Women empowerment-education/Women in politics/ women trafficking/POSCO act- Child sexual abuse.
- Poetry writing - Female feticide/save girl child/Women empowerment-education/Women in politics/ women trafficking/POSCO act- Child sexual abuse

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Students from UG and PG as well as lecturers across the college had participated in the events. Lecturers keenly participated in the poetry writing and showed their talent also.

The poetry writing saw many participants including lecturers who displayed their artistic nature. Nine students wrote in English, 2 in Hindi and 3 in Kannada. Some the attracted titles *hushed voice of the giver, I was born with the wings, my three angles, Stop feticide save girl child, her thoughts, a story of a girl child, nanu kshamayadharitri, aaj ki naari sab pe bhari, hennu magu yaake beda, iidu varavo-iidu shapavo*. The themes of freedom of women and saving girl child were seen.

Essay writing event saw a huge participant (around 40) and the essay was written in different languages like English, Hindi and Kannada. The participants showed more enthusiasm in writing essay. They wrote on female feticide and focused on saving the girl child and also empowering the women. It also included the ideas on encouraging women which can lead to empowerment.

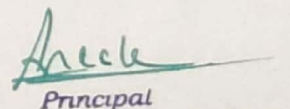
The best probably among them were- "When a man is educated, only one individual is educated but when a woman is educated, the entire family is educated". So true!! They excitedly wrote about famous female personalities like Kalpana Chawla, Saina Nehwal, Indira Gandhi, Kiran Majumdar shah, Marykom, Kiran Bedi, to name a few.

The writings saw a wide range of subjects and ideas, from Shakespeare quotes to highlight women empowerment - "though she is but little she is fears" to raising questions like "Why girls are not important?".

The next event conducted was **poster presentation** on 'Save girl child'. In this event many different ideas about saving the girl child was displayed and they also expressed how important a girl child is to the society. The students came up with beautiful messages displayed through their posters. The entire day saw different events celebrated on the occasion of National girl child day. All the events got many participants including lecturers who keenly participated in the celebration. The judges were invited to judge the events. It was really difficult to judge the winners as all the participants had put in a lot of labour and came out with their best. Once the winners were decided for the events, we invited our beloved principal Dr. A Nagartathna to give the trophies to the winners and certificates to all the winners and the participants as well to encourage them further.

Outcome :

All the events turned got to be a great success and made the day for many students and staff realizing the importance if the girl child and the need to celebrate it. The participants were very happy to participate in the events and the program received wonderful response.



Principal

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SAVE GIRL CHILD

STOP CHILD MARRIAGE

STOP GIRL CHILD

She makes the world
GLIMPSE

Let's all struggle
to see the
WORLD

STOP Making
Marginal Girls

Let's Girls
The World
The World
The World
The World

Let's Girls
The World
The World
The World
The World

DON'T BE GREED,
GUILT ARE WORTH
MORE THAN GOLD

K. Valsalan
BSA India SPM

But still struggles
to see the light

She makes the
world bright
Give love the wings
Give love to fly

Every man has
a mother, wife, sister
This why not a
daughter?

GIRL CHILD
SAVE GIRLS
Save future

SAVE & ENCOURAGE

A photograph of a classroom scene. A female teacher, wearing a yellow and white patterned saree, stands in the center of the room, holding a book or paper. She is facing a group of students seated at wooden desks. The students are mostly seen from the back, looking towards the teacher. In the background, there is a blackboard with some faint writing on it. The room has a simple, functional appearance with light-colored walls and a tiled floor.

Heck
Principal

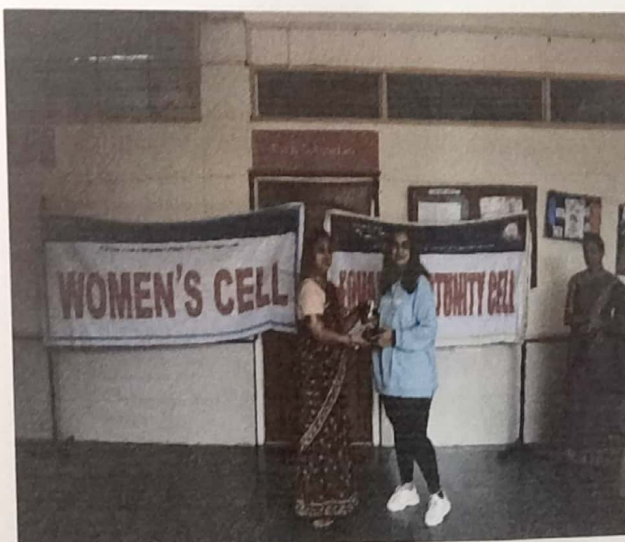
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POETRY WRITING COMEPTITION
SUPERVISED DURING THE "NATIONLA
GIRL CHILD DAY EVENT " ORGANISED BY
WOMEN CELL & EQUAL OPPURTUNITIES
CELL ON JANUARY 30TH 2021.



PRIZE DISTRIBUTION TO THE WINNERS ON
"NATIONLA GIRL CHILD DAY EVENT "
ORGANISED BY WOMEN CELL & EQUAL
OPPURTUNITIES CELL ON JANUARY 30TH
2021.



PRIZE GIVEN AWSAY BT THE PRINCIPAL TO
THE WINNERS ON "NATIONLA GIRL CHILD
DAY EVENT " ORGANISED BY WOMEN
CELL & EQUAL OPPURTUNITIES CELL ON
JANUARY 30TH 2021.

Sheela
Principal

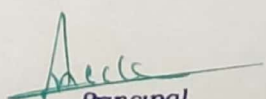
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PRIZE WINNERS AND WOMEN CELL MEMBERS WITH THE PRINCIPAL ON "NATIONLA GIRL CHILD DAY EVENT " ORGANISED BY WOMEN CELL & EQUAL OPPURTUNITIES CELL ON JANUARY 30TH 2021.



PRIZE GIVEN AWSAY BT THE PRINCIPAL TO THE WINNERS ON "NATIONLA GIRL CHILD DAY EVENT " ORGANISED BY WOMEN CELL & EQUAL OPPURTUNITIES CELL ON JANUARY 30TH 2021.


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Recognized by UGC under 2f & 12B of UGC act 1956

CRECHE FACILITY

Today there are increasing number of women who work in different sectors of the economy to supplement their incomes and give a better life to their families. Child care may not be available at home. So they have to depend upon day care/creche facilities to leave their young ones in safe and secure environment so that they can go and work in peace, knowing that their children are well looked after. A crèche is a place where small children can be left to be looked after while their parents are working or are studying. It is a day care centre where the children can be left in the care of persons dedicated to the task of looking after babies and young children.


The Ramaiah College of Arts, Science and Commerce is part of the Ramaiah Group of Institutions under the Gokula Education Foundation. To serve the lady employees especially the young working mothers who work tirelessly for the institutions there is a day care/creche facilities in the campus near the Ramaiah Medical College. The Medical College students and staff manage this day care/creche facility. It gives them the opportunity to interact with small children and learn how to take care of them and manage them. This facility is extended to all the employees who come under the Ramaiah Group of Institutions. Small babies to children of the employees benefit by this facility during working hours. The children are given the best facilities for a comfortable, safe and secure stay in the centre.

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There are teachers who impart the pre-school education and Montessori teaching to the kids. There are ample toys and playthings and learning materials for the children to be engaged in the whole day.

Children are also provided with beds and other facilities for their comfortable afternoon nap. Doctors and medical facilities are available for any emergency for the children on the campus. This makes the parents and caregivers work on the campus in a stress-less and tension-free environment and give their best to the institutions in which they work. The parents, too, work in close proximity so that in any event of emergency they are easily available and can attend to the children and their wards immediately. The Creche/day care facility is located in such a central place that the parents can visit their kids in their spare time to check on them from time to time. This ensures that the staff are alert to the needs and demands of the kids under their care and the parents are continuously able to monitor the safety and the upkeep of their wards in the Creche. This is the greatest advantage of having the crèche in the campus. One great initiative made by the management for the benefit of the employees working in the various institutions of the Gokula Education Foundation. Employees need not worry over the care and safety of their young children while they are at work as the institution itself offers the day care/creche facility on the campus itself.


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Ramaiah Crèche

Anne

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PSYCHOLOGICAL COUNSELING BY THE PROCTORS AND THE PSYCHOLOGY DEPARTMENT

The Ramaiah College of Arts, Science and Commerce attracts students not only from Bengaluru but also from Karnataka, different parts of India and abroad. They stay in hostels, paying guest accommodations and in rented flats and houses shared by the students themselves. They stay away from their parents and homes for extended periods and many of them have stayed from their parents and families the first time of their lives. Hence many of them both local and non-local students suffer from loss of comfort of their families, homes and familiar habitats. Homesickness, depression, anxiety and fear of the unknown are the usual issues faced by the students. Also they have entered into a degree college which offers so much freedom and exposure than the School and Plus-One Colleges. So they face much more issues during the course of their three-year stay in the college, both academic and personal.

The students are placed under a Proctor (20 to 1) who stay with the proctor for the entire duration of their academic life in the college for the three-year degree programme. The proctors are the first persons for whom the students go to for any of their problems, academic and personal. These proctors handle problems and issues relating to attendance, class performance in tests and examinations, family problems, stress and anger management, behaviour /discipline related issues which are usually sorted out by the proctors and the Heads of Departments.

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There may be many Psychological issues and problems which cannot be handled by the Proctors due to the lack of knowledge, skills and wherewithal to deal with such problems. The Psychology Department faculty step into the breach. They lend their expertise, knowledge and skills in handling the psychological problems faced by the students.

The principal problems faced by the students and handled by the Psychology faculty are related to alcohol /substance abuse or addiction, stress and anxiety relating to academic and family issues. Inter-personal relationships issues with friends, peer groups, friends of other genders, gender related issues, stress and anger management issues are some of the problems tackled by the counselors. Non-Karnataka students have problems of adjustment especially those who stay in hostels and PGs. They have problems of language, food, understanding the city and its layouts and ethos. Sometimes even the parents of such students may even be called for such counseling sessions by the proctors and the Psychology Faculty during the Parent-Teacher Meetings. Simple problems and issues are sorted out by the proctors themselves who are in close touch with the students and parents. Complicated psychological problems are referred to the Psychology Department and in extreme cases to the Psychology Department of the Ramaiah Medical College for their expertise, knowledge and skills in handling such cases.

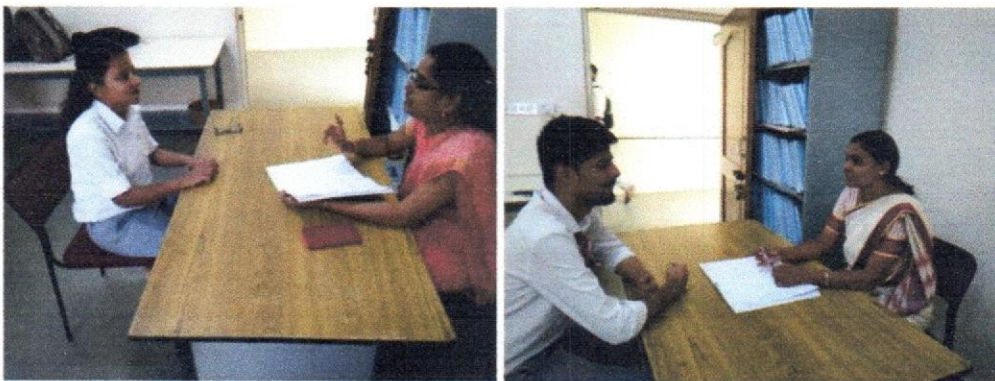


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A Student Prakruthi (name changed) of Ramaiah college of Arts, Science and Commerce, a native of Assam had attended counseling session with the problems of sadness and sleep disturbances. After a rapport was established she slowly opened up with her problems. She shared her childhood problems mainly Identity crisis within her family at Assam. When the problems escalated she was taken to NIMHANS and she was diagnosed with Gender Dysphoria. Due to the same problem she has been facing many embarrassing situations which made her to try to give up her life (Suicidal ideations) which she attempted many times. She is currently fighting for her Identity in the society for which she is legally fighting in Assam court and also in High court. Case is now under progress.

She is in touch with the counselor for her mood swings and other anger related problems. Presently she is trying to be strong and is working to change people's mind about LGBT+ community and to give them their rights in the society.



Students being counseled by their Proctors

Aneel

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WOMEN CELL ACTIVITIES 2020-21
REPORT ON
WOMEN HEALTH AND HYGIENE-AWARENESS PROGRAM

EVENT NAME: TALK ON “WOMEN HEALTH AND HYGIENE”

DATE: 18/02/2021

TIME: 11.30 AM

NO OF PARTICIPANTS: 293

EVENT CO-COORDINATOR: DR. PREETI GUPTA (CONVENOR,
WOMEN CELL)

Objectives of the Program:

- To create awareness about health and hygiene for girl's students.
- Awareness about the usage of Vending machines.
- To train them for using burning machine provided at college for proper disposing of used napkins.
- To encourage them to come up with their problems with out hesitation.
- To provide an open platform for the girl's to clarify their doubts with the speaker.


Women Cell, Ramaiah college of Arts, Science and Commerce conducted a talk on Women Health and Hygienefor all UG and PG girls of our college on 18thFebruary 2021 at 11:30 AM in Abdul Kalam Auditorium. Our beloved Principal Dr. A Nagarathna addressed the gathering. Dr. Shobha, HOD, Department of languages was the resource person alongwith Dr Jayshree from the Dept of Biotechnology who gave valuable insight into the concerned issues. She addressed the issue of Menstrual Hygiene to the all girl students of RCASC. Learning about menstrual hygiene is a vital aspect of health education. The Health of Women and Girls determines the health and well-being of our modern world. The health of women and girls is of particular concern. She told the girls how to make use of pads or cloth, washing procedure during menstrual time. She also suggested to change the pads regularly. A supportive environment for menstrual hygiene has to be provided both at home and in colleges and sanitary pads were made more affordable. Women have developed their own personal strategies to cope up with menstruation.

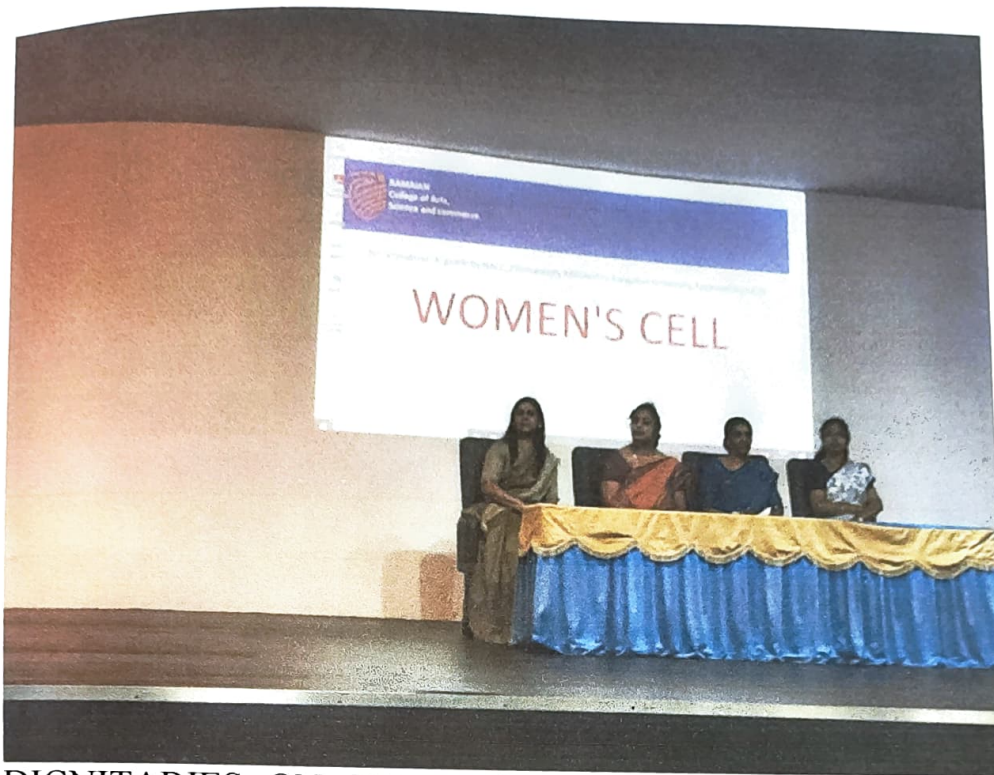
Due to their busy Schedule and responsibilities, women and the girls may pay less attention to their hygiene which can spread a lot of germs. Menstrual health and hygiene (MHH) encompasses both MHM (Menstrual hygiene management) and the broader systemic factors that link menstruation with health, well-being, gender equality, education, equity, empowerment, and rights. She also told the girls about the hormonal changes that take place during this stage and how they should effectively deal with that. Unhygienic conditions may lead to Urinary track infections and other issues. She warned the girls about this infections. Awareness, affordability and privacy are some of the major concerns that need immediate attention to promote the use of sanitary pads during the time of menstruation. She also suggested the girls to balance their emotions during menstrual time.

Women and the girls continue to experience inferior health outcomes across a number of conditions, despite human rights advances and improvements in certain areas of health and development. Improvements in women's health on a global level must be developed. Improving women's health globally is beneficial to men and women in both developed and developing countries. Women and girls have specific health needs, and health systems around the world. She gave the instructions to make use of the vending machines and sanitary burning machines provided in the college. She instructed the students to properly utilize them and to maintain hygiene. Unhygienic practices may lead to some other health issues. Thus everyone should practice good hygiene. She also requested the students to educate the women in their home about health and hygiene and the measures to be taken during menstrual time. In all instances, strategic initiatives need to be undertaken within a framework of cultural competence and consideration of the health and well-being of women and girls across the life span. The talk brought a good awareness among the students.

Outcome:

Created awareness amongst girls with the belief that it will serve the dual purpose of livelihood and enabling them to adopt hygienic practices. Training and habit formation to use sanitary napkins and maintain hygiene during periods.


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DIGNITARIES ON STAGE, WOMEN CELL CONVENOR, PRINCIPAL AND SPEAKERS.



GATHERING ADDRESSED BY THE PRINCIPAL.

Anacle

**Principal,
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DR SHOBHA L. TALKING TO THE GATHERING



AUDIENCE AT THE AWARENESS PROGRAM ON WOMEN HEATH AND HYGIENE

Heckle

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YOGA TRAINING

"Educating the mind without educating the heart is no education at all." – Aristotle.

When you hear the word 'yoga', chances are that an image of people twisting and turning in painful poses might pop up in your head. Yes, postures or Asanas are an important part of the teachings of yoga, but they are not all that there is to it

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move. Yoga Asanas build strength, flexibility and confidence. Regular practice of yoga can help lose weight, relieve stress, improve immunity and maintain a healthier lifestyle.

There is no doubt about the benefits of yoga for students even in today's modern world. We are well aware of the endless emotional and physical disorders that an adult faces due to unhealthy lifestyle choices and how the practice of Yoga can help them overcome these problems and lead a healthy lifestyle. Unfortunately, today children and youth are also victims of stress, anxiety, digestive disorders, insomnia, etc., due to a highly competitive environment and work culture. Peer-pressure, examination pressure, long working hours, irregular eating habits are a few other causes of a stressful lifestyle.

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Yoga is an ancient physical, mental and spiritual practices or disciplines originated in India. On 11th December 2014, India's Permanent Representative Asoke Mukherji introduced the draft resolution in the United Nations General Assembly and it was supported by 177 Member states. The first international Day of Yoga was observed around the world on 21st June 2015.

At MSRCASC, we started practicing Yoga from June 2017. A MoU is been made with Ramaiah Indic Speciality Ayurveda (RISA), Mathikere. RISA has Yoga as an integral part of the treatment procedure. Yoga is taught in a scientific manner by the organization. It has expertise in training/teaching Yoga to students, Staff, patients and also the general public who enrol for the same. RISA agreed for the proposal of MSRCASC and Mr. Nagendra, Yoga Instructor from RISA has been appointed to teach Yogasanas to the faculties and students of the college.

Dr. Sowbhagya R, Assistant Professor, Dept. of Biotechnology, MSRCASC, is a trained Yoga Instructor from Sadhana Yoga Spiritual Centre (R.) Nelamangala, and in guidance of Mr. Nagendra is regularly teaching/instructing Yogasanas to the faculties and students of MSRCASC. These Sessions are held during the working hours of the college when the classes are not conducted, especially in the afternoon hours or in the early hours of the college before the college begins. It depends from batch to batch and the time tables of the students.

Every semester, the students are intimated about Yoga classes during college hours and the interested students are taught Yogasanas in batch wise and Programme wise. Students participate in good numbers and with a lot of enthusiasm. It is also a fun-filled exercise cum enjoyment of learning the ancient art of exercise.


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Every year International Yoga Day is also celebrated in the College with fervour and enthusiasm as a part of encouraging the staff and students to learn and practise Yoga in their personal lives.



A. S. Ramaiah

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Students practicing Yogasana


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