S.NO	EXTENSION ACTIVITY	LOCATION	YEAR
1	Participation in the Organ Donation Walkathon	BANNEGHTTA , BANGALORE	2017
2	Visited St. Joseph Nivas Special School as a part of social responsibility	BANGALORE	2017
3	Visit to Old age home – Asha Jeevan Home	BANGALORE	2017
4	Swachha Bharat Campaign	DOMLUR, BANGALORE	2017
5	Visit to Shree Ramana Maharshi Academy For The Blind (SRMAB)	JP NAGAR BANGALORE	2018
6	Kerala flood relief Campaign	BANGALORE	2018
7	Free medical camp and cloths distribution for construction workers	Bangalore	2018
8	Blood Donation Camp	Bangalore	2019
9	Dengue awareness Campaign	Doddathoguru Village Bangalore	2019
10	YOGA SESSION (HEALING THERAPY)	Bangalore	2019
11	Green Sunday Campaign – Tree plantation	SOMPUR , BANGALORE	2019
12	Visit to Desire Society – Caring for HIV and AIDS children to gather information	BANGALORE	2019
13	Visit to Sion Spirituality Centre	BANGALORE	2019
14	Session on Self-Defense for Girl Students	Bangalore	2020
15	Free Eye Care Camp	Bangalore	2020
16	Donation camp towards J & K flood relief	Bangalore	2020
17	NIMHANS WORKSHOP – MENTAL HEALTH AWARENESS	Homdhevanahalli Bangalore	2020
18	Visit to Govt School – Distributed books and other stationary to children	BETTADASANAPURA , BANGALORE	2020
19	Free Vaccination Drive for Covid 19	Bangalore	2021
20	Stopping Third Wave Of COVID-19 Spread- Awareness Program	Bangalore	2021

Extension Activity is an important aspect of education which emphasis community services, Or college plays a vital role in fostering social responsibility among the students. We realise that the purpose of education is not just to earn a livelihood but more to make them a good citizen of our Nation and all above a good human being. Values of caring and sharing with under privileged are one of the important elements to be imparted in our education. The students of our college are actively engaged in various outreach and extension activities. Our institution encourages a lifelong journey of social and community service. The NSS Units of the college are actively involved in community networking. Almost all of their activities and programmes throughout the session focus on socially relevant issues. Their intensive participation in such programmes inculcates in them a spirit of good citizenship, service orientation and helps in the holistic development of their personality. Similarly, the NCC Units of the college are ever ready to play an active role in community service as and when required.

Major extension activity carried out by our college in collaboration with NGO;s are as follows

1. Blood Donation Camp
2. Visit to Govt School – Distributed books and other stationary to children
3. Visit to Old age home – Asha Jeevan Home
4. Dengue awareness Campaign
5. Free Eye Care Camp
6. Donation camp towards J & K flood relief
7. Swachha Bharat Campaign
8. Free medical camp and cloths distribution for construction workers
9. Visit to Desire Society – Caring for HIV and AIDS children to gather information
10. Visit to Shree Ramana Maharshi Academy For The Blind (SRMAB)
11. Kerala flood relief Campaign
12. Participation in the Organ Donation Walkathon
13. Visited St. Joseph Nivas Special School as a part of social responsibility
14. Visit to Sion Spirituality Centre\
15. Session on Self-Defense for Girl Students
16. Stopping Third Wave Of COVID-19 Spread- Awareness Program
17. NIMHANS WORKSHOP – MENTAL HEALTH AWARENESS
18. YOGA SESSION (HEALING THERAPY)
19. Green Sunday Campaign – Tree plantation
20. Free Vaccination Drive for Covid 19

"T.JOHN COLLEGE, UBA - NSS MEDICAL MISSION AND FREE MEDICAL HEALTH CAMP"

Date:07-02-2020

T. John College, NSS unit under the Unnat Bharath Abhiyan, a flagship project under MHRD, organised a Medical Mission and Free Medical Health Camp in association with Narayana Health Care Center at Homdhevanahalli (Doddathoguru Gram Panchayat) on 07.02.2020.

Our deep gratitude to The Admistrator, The Principal, Campus Cooridinator , the NSS student volunteers and the management for all the support rendered in order to make it a successful one. The Camp screened almost 174 underprivileged people of village. With the aim of identifying illness at early stage which can help to cure it faster and save a life before it can cause any damage.

The medical camp involved a number tests like Blood pressure, Diabetics, E. C. G , Free Mammogram, Cataract, General Disease Inspection, Women and Child help check up, Haemoglobinand BMI checkup, Heart issues, Oral and Breast cancer screening to enhance the well being of the community.







Books distribution event

Date:05-02-2020

The Unnat Bharat Abhiyan event was arranged from computer application department at government primary school, Bettadasanapura village. The event started with a kannada quiz competition in which 50 students participated. The event continued with conducting a drawing competition on landscapes. Both the events were conducted for 5th and 6th standard students.

The next event was creating the awareness about cleanliness and personal hygiene which was conducted by our BCA students. Then the event was followed by distribution of books on famous personalities to the students. Finally ,prizes for the above mentioned events was distributed to the students. The UBA event was successfully concluded by providing refreshments to students and staff as well.









Social Service Club Activity by MBA students

Date:14-10-2017

On 14th October 2017, we the students of T.John College along with our faculties Dr. Nilanjana Basu and Prof. Lokesh RV visited St. Joseph Nivas Special School as a part of social responsibility club programme.

Diwali is a festival when people light the lamps of dreams. As a part of social responsibility club, we first and third semester MBA students took an initiative to share this Diwali happiness with the students of St. Joseph Nivas Sepcial School.

Sister Jayamalini delivered a meaningful speech and introduced each and every student and helpers of St. Joseph Nivas.

Prof. Dr. Nilanjana and Prof. Lokesh also delivered a meaningful speech and made us realise the actual gift of god are the children who are not able to celebrate like we do and the actual happiness is celebrating Diwali together with those children.

We the students gifted them diyas, soft toys and biscuits and made them happy.

The MBA 1st and 3rd semester students conducted cultural events and performed for them. The children of St. Joseph Nivas too joined us in our performance. We hope to conduct many more such programs in the future. It made us realise that actual happiness is when we see others happy because of us.









Social Service Club Activity by MBA students – Visit to Desire Society

Date:01-12-2017

With the increasing demand of MBA students managing NGO's and paving a career in social sector, it is important that students share a feeling of compassion or oneness to social causes. The **Social service club of Management studies Department of T. John college** is making efforts in this direction to bridge those gaps.

On the occasion of the World Aid's day on **1st. December 2017**, our students visited' **Desire Society – Caring for HIV and AIDS** children to gather information on what it takes to care for children with this dreaded disease, and understand the working of this organization.

The team of 12-15 students accompanied by Mr. Lokesh , and Dr. Nilanjana Basu -faculty coordinator of Social service club, had a soul awakening input from Mr. Subhash – Vice president of the society. They also collected information on different ways a youth could make a difference in the lives of children recuperating from this disease.

This initiative from the club shall go a long way in shaping lives of youngsters to increase their accountability to the society in support of the lesser privileged.





Social Service Club Activity - Christmas celebration at Asha Jeevan Old age home

Date:15-12-2017

Students and coordinators of Social Service club of the **Department of Management Studies, TJC** visited the Asha Jeevan home for the old, to celebrate Christmas with them on **15th December 2017.**

There was carol singing with foot tapping numbers symbolizing festivities. The elderly participated in games and helped in decorating the Christmas tree. A Christmas cake was cut by the elderly residents of this old age home. A timely entry of Santa Claus kept them entertained with small gifts and eatables for them.

In short it was an experience to cherish. Making them part of the festivities and spending time with them, kept students and the residents happy. More such opportunities will be an eye opener for the new generation mangers who will look at social sector engagements with a lot of passion.





Visit to Sion Spiritual Centre

Date:18-12-2019

T John College visited SION Spiritual centre home on 18/12/2019 accompanied by their students of the Social Service Club, PG Departments. They were accompanied with the faculty members and the Principal of T John College. They shared a moment of happiness with the elderly people residing in the SION Spiritual centre.

"The best way to find yourself is to lose yourself in the service of others"

-Mahatma Gandhi

Keeping this quote in the mind, our Social Service club students served elderly people with sweaters and celebrated the season of Christmas by sharing few moments of joy and sweets. They spent a good amount of time with them and enjoyed and learned a lot from their life experiences.

No education is complete without serving people is in need. The Social Service club has always sought to inculcate a sense of service among the students. This visit was an unforgettable lesson for our students because they learnt so more more about the problems of real life, and something about sharing and caring.





Introduction to Yoga and Meditation for NSS Volunteers of T.John College

Date:02-08-2019

In our increasingly fast-paced and technologically advanced society, it is absolutely vital that young people learn the necessary techniques for dealing with stress, anxiety, self-esteem, self-expression, peer pressure, anger, depression, and countless other issues they may face in the coming years.

Yoga and Meditation can contribute directly to improved mental focus and concentration among students. Both yoga and most forms of meditation include an increased focus on breathing techniques.

On 2nd August 2019, as part of club activity NSS Unit of T.John College invited Mr. Satyam, Yoga Trainer from Art of Living to introduce few basic yoga and meditation techniques to the NSS Volunteers as the first activity for the students enrolled in NSS Unit. The activity started with warming-up exercises, breathing techniques followed by short meditation. Students actively participated in the activity and at the end of the session they shared feedback that what changes they could see and realize after practicing Yoga and Meditation created the mind and body in a state of relaxation improved. The activity was organized by Mr. Arun Kumar.R and Ms. Vaishnavi.R, NSS Coordinators, T.John College.



