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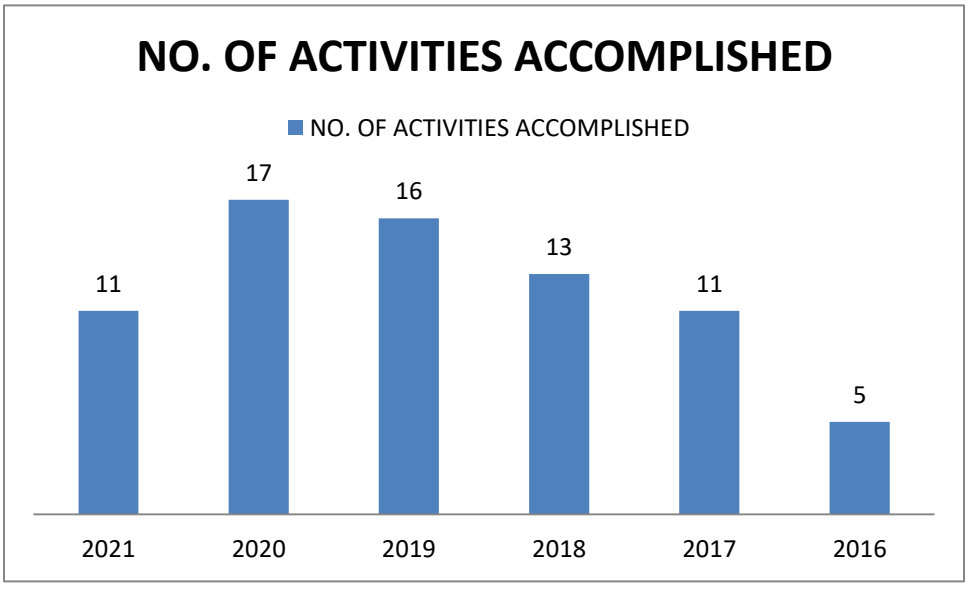
Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties and responsibilities of citizens

Year Wise Number of Activities Conducted

Year	NO. OF ACTIVITIES ACCOMPLISHED
2021	11
2020	17
2019	16
2018	13
2017	11
2016	5



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Sensitization of students and employees of the Institution to the constitutional obligations



Bannerghatta Road, Gottigere,

Bangalore- 560083

Sketching Competition

Date:02-10-2021

On the occasion of 152nd Birth Anniversary of Mahatma Gandhi, Department of Commerce in association with IQAC, conducted Sketching Competition virtually, on 2nd October, 2021, from 11AM to 12Noon. The theme for the competition was, “Relevance of Gandhiji's Preachings”. Ms. Bindu K N, Assistant Professor from Department of Commerce was the coordinator of the competition. The competition had a total of 6 registrations from Department of Commerce, Computer Applications and Management Studies and 5 students participated in the competition. A WhatsApp group was created for the participants to share all the instructions related to the competition. Participants shared their sketching to the mail id of the coordinator. The department congratulates all the participants of the competition. Department of Commerce expresses heartfelt gratitude to Principal and Management for providing us the opportunity and supporting us in conducting the competition successfully.




Relevance of Gandhiji's Preaching
Gajalakshmi.K
Roll No : 20RWCOM003
(or)
MCO205963


INDIA
NON VIOLENCE
GOPAL.P
MCA195306
Dept of CA


NAME:- DEEPTHI SHALINI. D
ROLL NO:- BCA2L2661
DEPT : COMPUTER SCIENCE
Believe in truth and non-violence to achieve and surmount impossible things.....
-Mahatma Gandhiji


Pity RELEVANCE OF GANDHIJI'S PREACHING
Truth
TRUTH
GOKHALE
COW PROTECTION
SABARMATI
Dhandi
Peace
Swaraj
Non Violence
October 2 1869
SATYAGRAHA
TRUTH
Bapu...
Gandhi...
Swetha Bcom 4th S

Management Aspects Of Health Care

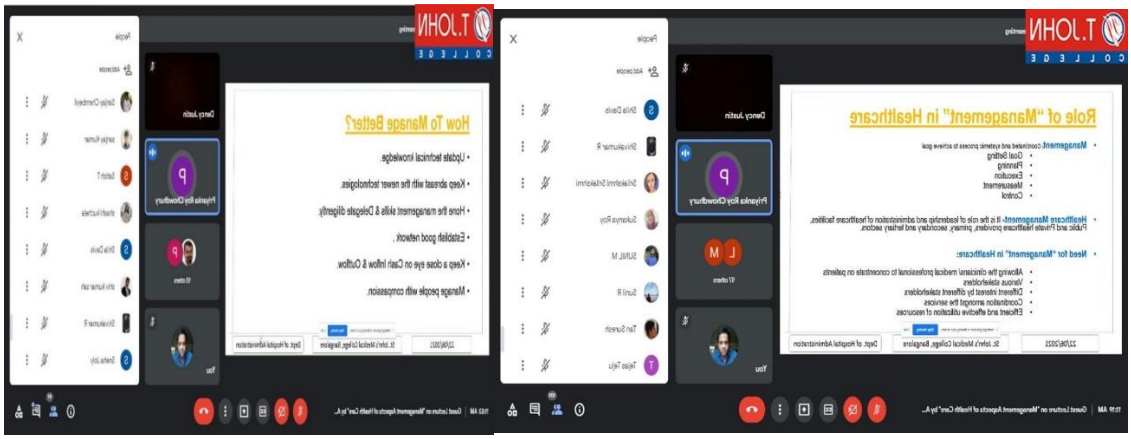
Date:22-06-2021

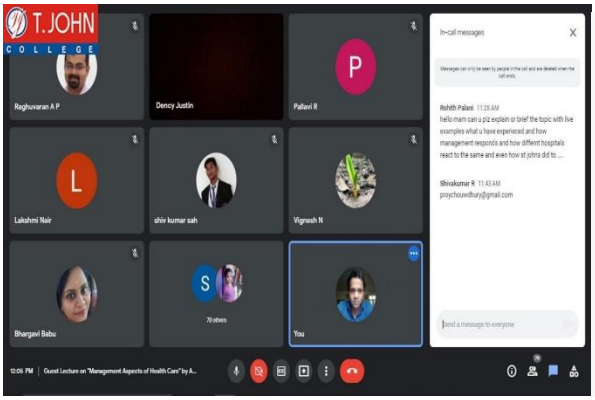
Ms. Priyanka Roy Chowdhury, a trained Healthcare Management turned into an Academician and Trainer with over 13 years of experience in Healthcare Operations and Quality Management. She is a Green Belt Six Sigma from MSME. A certified Internal Auditor for NABH. She is involved in curriculum development and training module development based on various accreditation requirements, coordinator for hospital wide training programme in large organizations. An SME (Subject Matter Expert) and Faculty for prestigious online education portals. Currently working as an Assistant Professor: Hospital Administration @ St. John's Medical College from August 2018. She has been also serving as the Training and Development Coordinator for the 1500 bed NABH accredited Medical College Hospital.

The session started with the introduction and a briefing about our college by Ms. Tresa Dency.The guest started with the current situation in the Hospital sector and what are the changes that are to be done in the management of healthcare to tackle the pandemic situation. The various aspects of the management of health-care and its implications were briefly covered.

The speaker could take the participants through the various dimensions of management for healthcare in India. Obviously a lot of discussion happened around the current pandemic situation. The session was highly informative and insightful. Towards the end the session was open for Q&A.

The vote of thanks was rendered by Assistant Professor Mr. Raghuvaran.







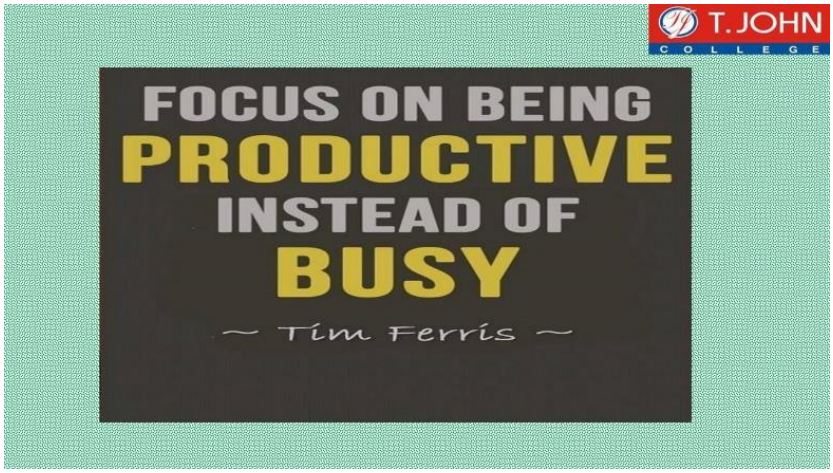
The productivity

Date:01-06-2021

T. John College- Department of Fashion and Apparel Design organized morning assembly on 01-06-2021. The topic is “Productivity-The Essence of Life” by Ms. Neethi G.S., Assistant Professor- Dept. of FAD. The message was how to turn ourselves into more productive personalities for saving time and utilizing it for the most vital things in life.

Productivity is the wellspring of success. It is part of human nature to achieve, accomplish, and attain to do better in the future than in the past. Through the ages, poets, philosophers, heads of state, commanding generals, business people, and leaders of all types have tried to light the fires of enthusiasm and kindle the flame of motivation to glimpse the heights they might reach. The happiness they might enjoy, and the depths of reward they might gain from using more of their potential.

The term, productivity, captures the essence of this human pursuit of becoming better and doing better. Productivity has earned recognition as the key to personal and business progress, success, and survival.



World milk day

Date:01-06-2021

The World Milk Day was established in 2001 by the Food and Agriculture Organization of the United Nations. June 1st set aside to recognize and celebrate the importance of milk as global food and celebrate the dairy sector. Each year the benefits of milk and dairy products have actively promoted around the world. It includes how dairy supports the livelihoods of one billion people.

It is a well-known fact that milk is rich in calcium, a mineral that promotes healthy teeth and bones. And, of course, this is a celebration that can take place anywhere in the world, given that milk is a global food!

The use of milk in food and drink has been happening for thousands of years. As most people can appreciate, milk is an integral part of our daily lives, and there is an entire industry that revolves around it.

The theme for the year 2021

This year, the theme for World Milk Day will focus on 'sustainability in the dairy sector along with empowering the environment, nutrition, and socio-economic. The organization aims to re-introduce dairy farming to the world by helping to create a low-carbon future for dairy.



World No Tobacco Day 2021- Oath Taking

Date:31-05-2021

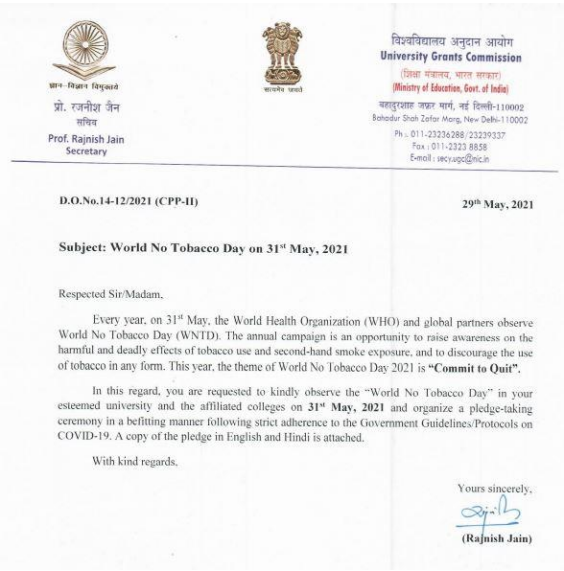
The Department of Fashion and Apparel Design, on 31st of May, 2021, in association with the IQAC had organized an assembly for all the students and staff of T. John College to celebrate "World No Tobacco Day." During the session, as per the request of the University Grants Commission (UGC)- Ministry of Education (MoE), a pledge-taking ceremony took place.

As per the Government of India, T. John College followed all the Covid-19 Protocols. It was an online session. The pledge was led by Mr. Praveen Kumar K, Assistant Professor. In chorus-all, the students, teaching staff, and non-teaching staff were committed to taking the oath.

The oath taken was as follows:

On this occasion of World No Tobacco Day, I take a pledge that I shall never smoke or consume any types of tobacco products in my life and motivate my family or acquaintances to not to smoke & use any tobacco products. I shall keep the campus of my office tobacco-free and shall also motivate my colleagues for the same.

We ended the session on a positive note.



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission
(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)
बहादुरशाह जफ़र मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002
Ph.: 011-23236288/23239337
Fax : 011-2323 8858
E-mail : secy.ugc@nic.in

प्रो. रजनीश जैन
सचिव
Prof. Rajnish Jain
Secretary

D.O.No.14-12/2021 (CPP-II)

29th May, 2021

Subject: World No Tobacco Day on 31st May, 2021

Respected Sir/Madam,

Every year, on 31st May, the World Health Organization (WHO) and global partners observe World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form. This year, the theme of World No Tobacco Day 2021 is **"Commit to Quit".**

In this regard, you are requested to kindly observe the "World No Tobacco Day" in your esteemed university and the affiliated colleges on **31st May, 2021** and organize a pledge-taking ceremony in a befitting manner following strict adherence to the Government Guidelines/Protocols on COVID-19. A copy of the pledge in English and Hindi is attached.

With kind regards,

Yours sincerely,

(Rajnish Jain)

Department of Fashion and Apparel Design organized morning assembly

Date:31-05-2021

T. John College- Department of Fashion and Apparel Design organized morning assembly on 31-05-2021. As per the tradition of the morning assembly, the department should deliver inspiring information to the students and the staff members, accordingly, the department had selected the topic "Commitment-The Essence of Life", and the speech was delivered by Ms. Pavandeep Kaur, Assistant Professor- Dept. of FAD. The message was how a person has to show the intent and commitment to be successful in life, and the teacher's role in making the students show up the commitment for their benefit in life, the speech is as follows

Commitment-The Essence of Life

It is the role of teacher educators to prepare future teachers to be lifelong learners and educational workers to create a learning society. The teaching profession requires commitment. An effective educator needs to be committed not only to their students but to their teaching profession as a whole. Commitment is a very important characteristic;

therefore, it is a paramount need for the profession of teaching. A committed teacher is never satisfied with what she or he already has; rather always seeks new ideas and ways to contribute to the students. Qualities of Effective Teachers are to love their students, listen to students, make time for each student, learn something new every day, fill the classroom with positivity, patiently handle challenging situations, constantly look for ways to become better, and collaborate with other teachers. The four levels of commitment are:

1) I should
2) I want
3) I need
4) I will.

Committed teachers love teaching and work with students through building good relationships with them and showing them respect. Such teachers also have unquestionable loyalty to the profession, which leads to effective teaching and student learning. Teachers play an important role in educating the future members of society through their work in schools. Furthermore, teachers in institutions of higher education, in technical training colleges, and centres of lifelong learning and recurrent education play a critical part in advancing economic and technological development as well as sustaining the well-being of the societies they serve. Consequently, the factors influencing the levels of commitment of the teachers in schools and the wider education systems must necessarily be the focus of an important field of research leading to the introduction of the reform and change within classrooms and lecture theatres, schools, institutions, and learning centres, and national systems of education. This chapter is not only concerned with the importance of teacher commitment at all levels of education, with conceptualizing teacher commitment and with the dimensions or different types of commitment, but also with the influences of leadership and working conditions on teacher commitment as well as with the development and maintenance of high levels of commitment among teachers. In addition to considering the effects of antecedent personal characteristics of teachers on their levels of commitment, this chapter also considers the effects of social groups, such as the body of teachers within a school or institution on the individual members of the group. Of particular importance are the effects of the operations of the teacher unions within the education systems of Western countries on the commitment of their members who work within schools and institutions. The four cornerstones of commitment are vision, insight, acceptance of change, and integration

Commitments You Must Make to Yourself to Succeed

1. Commitment: Believe in yourself. ...
2. Commitment: Taking massive action every day. ...
3. Commitment: Being adaptable and learning continually. ...
4. Commitment: Willingness to lose some sleep and saying NO. ...
5. Commitment: Not doing unethical or immoral stuff. ...
6. Commitment: Maintaining proper work-life balance.

How to maintain commitment?

To maintain commitment meant we have to follow these rules:

- Level 1 – Interested. You are aware of the basics and adding to that knowledge on a casual basis. ...
- Level 2 – Informed. You are known as a result

Department of Fashion and Apparel Design organized morning assembly on 26-05-2021.

Date:26-05-2021

T. John College- Department of Fashion and Apparel Design organized morning assembly on 26-05-2021. As per the tradition of the morning assembly, the department should deliver inspiring information to the students and the staff members, for this, the department had selected a topic "Learning- the Essence of Life", the speech was delivered by Dr. Indu G.K., Assistant Professor- Dept. of FAD. The message was how a person has to struggle during learning something so that it fetches the desired result once that person overcomes the struggle. And the full speech is mentioned below.

Learning the essence of life:

The butterfly (struggles)

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggles to force its body through that little hole. Until it suddenly stopped making any progress and looked like it was stuck. So, the man decided to help the butterfly. He took a pair of sessions and snipped off the remaining bit of cocoon. the butterfly then emerged easily, although it had a swollen body and small, shrivelled wings. The man did not think anything of it and sat there waiting for the wings to enlarge to support the butterfly. But that didn't happen. The butterfly spent the rest of its life unable to fly, crawling around with tiny wings and swollen body. Despite the kind heart of man, he didn't understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small opening: was God's way of forcing fluid from the body of the butterfly into its wings. To prepare itself for flying once it was out of the cocoon.

Moral of the story

Our struggles in life develop our strengths. Without struggle, we never grow and never get stronger, so we need to tackle challenges on our own, and not be relying on help from others.

Life is a Journey, Not a Destination

Life is nothing but a journey with lessons, hardships, heartache, and special moments. It will ultimately lead us to our destination, our purpose in life. The road will not always be a plane; throughout our travels, we will face many challenges. These challenges will always test our courage, strengths, weaknesses, and faith. Along our way, we may encounter obstacles that will come between the paths and we are destined to take.

To be on the right path, we must overcome these obstacles. Sometimes these obstacles are blessings in disguise, only we don't understand that at the time. The secret of life is best known to those who are not attached to anything deeply so much.

Therefore, they remain out of touch with worries and shifting fortunes of their lives. They are the people who do not measure their lives in terms of material possessions but measuring their lives in terms of people who cannot live without them.

Conclusion

Lastly, I will conclude that we should make life worthwhile. It should be with the love of our family and friends that life can be made beautiful. Life can be more beautiful and purposeful if we do our duties at home, at work, in society, and in the world at large.

Stopping Third Wave Of COVID-19 Spread- Awareness Program

Date:19-05-2021

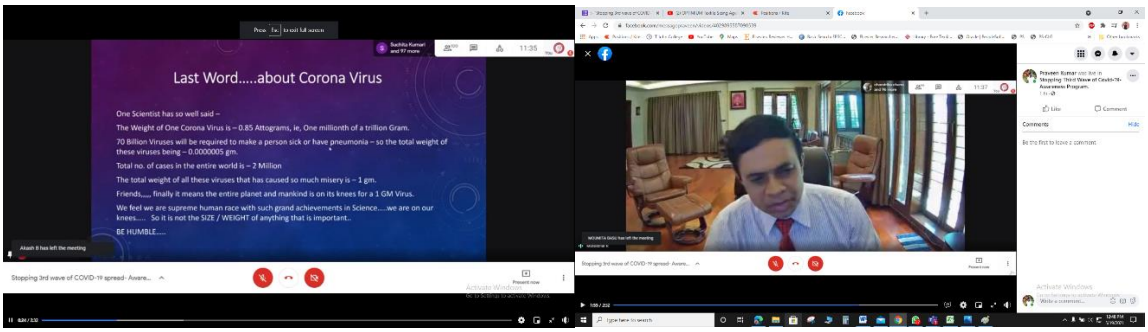
Dept. of Fashion and Apparel Design in association with IQAC had organized webinar on **"Stopping Third Wave of COVID-19 Spread- Awareness Program"** for the Students & General Public on 19th May 2021.

The objective of the program was to make explain basic facts about Covid-19 virus. Define key steps in worker protection and infection prevention and control. Identify methods to prevent and respond to COVID-19 exposure.

The session was attended more than 105 participants from various parts of India like Uttar Pradesh, Delhi, Tamil Nadu, Andra Pradesh & Karnataka. The session started with introduction of the Speaker followed by the key deliverables of the session by **Dr. R.Muralidhar**, the present study shed light on the current level of awareness regarding COVID 19, including knowledge, preventative practices, and preparedness.

The Speaker also highlighted on present situations. Proceeding further, the session was open for questions of the participants. The students and public enthusiastically participated in the open forum of question & answer, to gain more information. The session concluded by the Speaker thanking T. John College for providing the opportunity for facilitating the webinar.

Department of Fashion Apparel Design wholeheartedly thanks the Management of T John College, Sister Rose Mary Balappa, Principal and IQAC for their relentless support and motivation.



Stress Buster Program

Date:18-05-2021

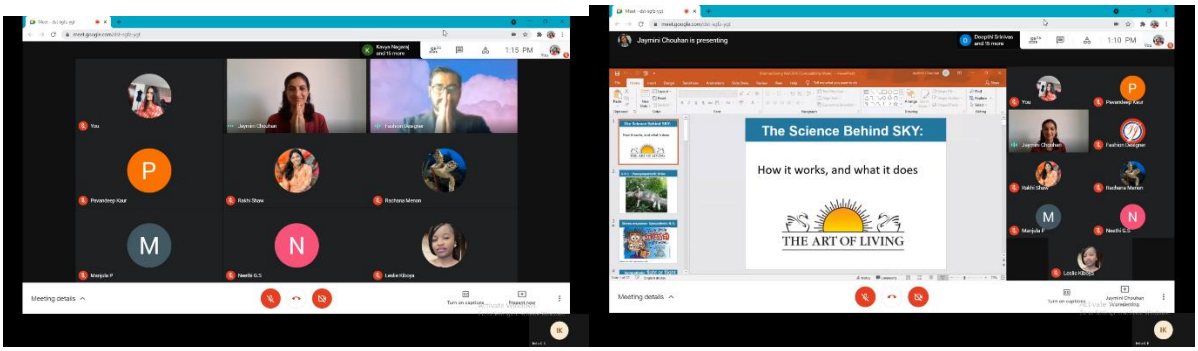
Dept. of Fashion and Apparel Design in association with IQAC had organized webinar on **"Stress Buster Program** for the Students & General Public on 18th May 2021.

The objective of the program was to train the students in overcoming the mental stress that they are facing due to lockdown and online mode of classes.

The session was attended by all the students of Fashion and Apparel Design Department. The Speaker also portrayed stress of present situations and suggested precautionary measures for keeping the mental status healthy for leading pleasant life.

The session indeed rejuvenate the students and faculties of Fashion and Apparel Design Department and all the participants gave a good review on the same.

Department of Fashion Apparel Design wholeheartedly thanks the Management of T John College, Sister Rose Mary Balappa, Principal and IQAC for their relentless support and motivation.



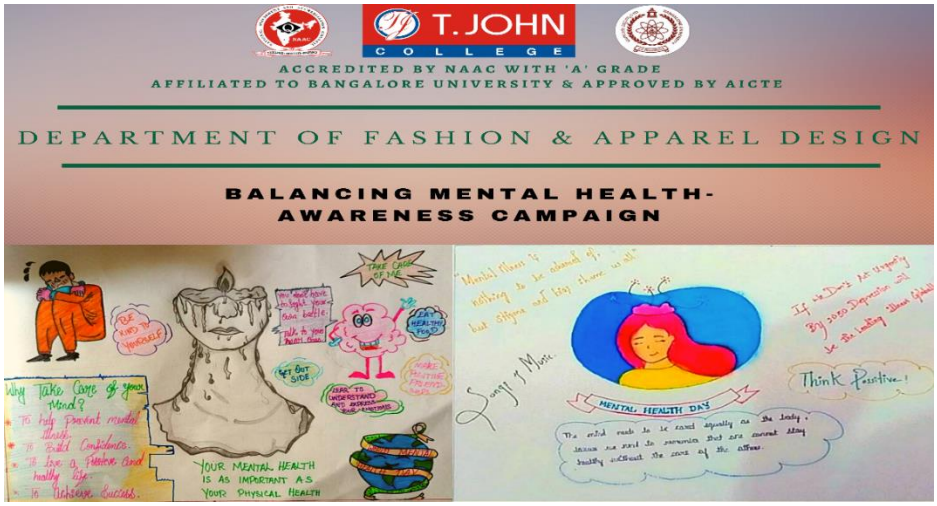
Awareness Program on "Balancing Mental Health"

Date:18-05-2021

The Department of the Fashion and Apparel Design in association with IQAC had organized an Awareness Program on "Balancing Mental Health" on 18th May-2021

The objective of the awareness program was to create awareness among the young generation to have a check on their mental health.

Instructions were passed to the students of the FAD Department to create posters and submit them to the department. Accordingly, 10 students had participated and the posters were submitted. All the work done was then filtered and the selected posters were circulated among the students through student media groups to create awareness.



World Heritage Day-2021

Date:21-04-2021

T. John College Celebrated World Heritage Day on 21st April 2021. The event was organised by the Department of Fashion and Apparel Design and Cultural Committee.

World Heritage Day is observed every year on April 18, to preserve the human heritage and recognize the efforts of the organizations working for it. World Heritage Day is a collective effort of the communities in the world to do what is necessary. This year's theme for world heritage is ‘Complex Pasts: Diverse Futures’ which is set by the International Council of Monuments & Sites (ICOMOS).

To show up solidarity to Indian cultural heritage the Staff of T. John College took part in a cultural catwalk, representing various states and their traditional attire.

The best-dressed male & female were awarded. In the male category Mr. Vineesh Vedsen, Asst. Professor, Department of Management Studies, and in the Female category Dr. Felcy Judith, Associate Professor and H.O.D for the Department of Computer Application, were declared as winners.

Department of Fashion and Apparel Design and Cultural committee of T John College thank the Management, Sister Rose Mary Balappa, Principal, T John College, and Dr. Kathikeyan, IQAC Director, Dr. Dippi Verma, IQAC Coordinator, All the Department Heads, and all the faculties for their encouragement and support. Indeed, it was a fun-filled day to remember and cherish.







WORLD WATER DAY 2021

Date:22-03-2021

On occasion of **WORLD WATER DAY, held on 22nd March 2021, BA Department** organised an assembly to create awareness on Value of water by safeguarding water effectively for everyone.

The Assembly began with a Sanskrit prayer on water by Dr. Geetha Bhat, Asst. Professor BA Dept, followed by a talk by Mr. Vijay Kumar, Asst. Professor of Psychology, BA Dept. He spoke about the importance of water conservation. Ms. Kalpana K, Asst. Professor of Language, BA Dept spoke about the facts of water as a resource.

An activity of "Creating Water Dairy "was introduced to the students by Neelanjana Bose, HoD of BA Dept.

Whereby the students were asked to record their water usage for one day in their daily activities. Suggestions for alternate methods to reduce the water wastage was given by the students. This activity of “Creating Water Diary” was held for MBA, MCA and MCOM students of 1st semester, all the students participated in this activity were enthusiastic and the relevant suggestions given by the students for reducing water wastage were exemplary and very practical. It was evident that the slogan “Save water and it will save you” stands strong as we realize the importance and value of water in our students and faculty lives.







"Innovative Approaches to developing a new Business"

Date:10-07-2021

On 10.07.2021, the Department of Commerce in association with IIC conducted a guest lecture on "Innovative Approaches to developing a new Business" for UG & PG students. The guest speaker was Ms. Fatin, Research scholar, Department of Commerce, Bangalore University, Bangalore.

The session started with the warm welcome of the speaker by Ms. Kshithi, a student of the MCom II Semester. The speaker started the talk with innovative approaches to develop a new business through start-ups in the domain of Marketing, Human resource, Artificial intelligence.

The speaker conducted an interactive session by an online Quiz on the platform menti.com, where all UG & PG students participated in the quiz; the winner was Ms. Rakshitha of II B.Com. It followed with the question and answers where the speaker clarified all the doubts of the students. The session ended with the vote of thanks proposed by Ms. Monica S, Assistant Professor, Department of Commerce.

The Department of Commerce thanks the Management of T John College, Sister Rose Mary Balappa, Principal, T John College, and IQAC for providing this opportunity to the students.

CLUB REPORT

Date:31-01-2020

Readers club: Martyrs' Day marks the death anniversary of the father of our nation, Mohandas Karamchand Gandhi, who was assassinated on Jan 30, 1948, by Nathuram Godse. On this occasion, students were informed in the previous session to read about few Martyrs and their contributions to the nation. Students actively participated in the session by speaking about great Martyrs such as Mahatma Gandhi, Bhagath Singh, Jhansi Rani Lakshmi Bai and few others and their contributions for our Freedom.

Students were able to understand the struggles that our Martyrs have gone through in getting us the freedom and also understood how our nation pays tribute to such great souls.

Music Club: Today's session students were divided into teams and antakshari competition was organized. A group song was performed with instruments. There was a very positive involvement of every student in the activity

Dance Club: Students were taught one solo and one group dance. Everyone actively participated in the session.





PARTICIPATING @ TOI PLANTATION DRIVE (BANGALORE UNIVERSITY)

Date:02-02-2020

"Each one, Teach one , how to plant one"

One of the best gifts we can give a future generations are Tress, T. John College firmly believes, planting a tree is the easiest way to align oneself with the cosmic rhythm.

T.John College, NSS unit, with student volunteers and, NSS coordinators actively took part in the " One Tree is all it Takes" a plantation drive held at Bangalore University, Gnana Bharathi Campus on 2nd February 2020 , in association with Hero MotoCorp & TOI who has planted more than 1.2 million trees in the last 3 years across India.

Students were given a platform to connect themselves to the mother earth.
T. JOHN COLLEGE, always encourages and supports students to emphasize on the ecological sustainability and, also to enhance The Green Forest Cover & Biodiversity.

Activity in Konapana Agrahara Village

Date:04-02-2020

A committee from T John College, BHM Department reached konappana agrahara primary school at 10:00 am. One awareness programme on Hygiene & Nutritional health was organised for the School Students and Teachers. Committee conducted a session on hand washing procedures and also did demonstration of different nutritional simple salads making process with nutritional values to school children. even school teachers participated in the programme.

Unnat Bharat Abhiyan is inspired by the vision of transformational change in rural development processes by leveraging knowledge institutions to help build the architecture of an Inclusive India.

Committee was inspired by the vision of transformational change in rural development processes by leveraging knowledge institutions to help the school students. The Mission of the committee is to give some knowledge to the school children about hygiene and health conciseness to school children in identifying development challenges and evolving appropriate solutions for accelerating sustainable growth.

Committee was inspired by the vision of transformational change in rural development processes by leveraging knowledge institutions to help the school students. The Mission of the committee is to give some knowledge to the school children about hygiene and health conciseness to school children in identifying development challenges and evolving appropriate solutions for accelerating sustainable growth.








2020
UNNAT BHARATH ABHIYAN
AWARENESS PROGRAM ABOUT HYGIENE NUTRITION AND HEALTH
1. Rinse Hands with Water.
2. Apply Enough Soap to thoroughly wash hands
3. Wash hands up to elbows between fingers for minimum of 20 Seconds
4. Rinse Soap off Thoroughly.
5. Use Paper Towel to turn water off.
6. Dry your hands completely using paper towels or forced Air Dryer


T. JOHN COLLEGE




64MP AI QUAD CAMERA
Shot by someer



Vittasandra Village Visit

Date:06-02-2020

On 6th of February the environment awareness club has been conducted in Vittasandra village under the UBA campaign, the theme of the awareness program was “SAY NO TO PLASTIC BAG”

We had visited Vittasandra palya village and played a skit to make people aware of the bad effect of plastic bags on environment, human beings and animals.

We insisted people that instead of using plastic bags people must use bags made up of cloth, we distributed around 200 cloth bag to the people of vittasandra palya and also the same has been distributed in the government school of vittasanra.





Unnat Bharath Abhiyan activity by Village Officer representing Department of Commerce at Bannerughata

Date:06-02-2020

Prof. Bindu KN, faculty, Department of Commerce along with 30 female students of **B.com** visited villages in Bannerughatta to conduct '**Awareness on Menstrual Hygiene'** for the women of Bannerughatta. This was conducted under the aegis of **Unnat Bharat Abhiyan (UBA),** a flagship program of the Ministry of Human Resource Development (MHRD), Government of India.

The team covered over 85 households in the areas of **Ambedkar Nagar**, **Champakadhama Temple Street**, **National Park Road**, **Hakki Pikki Colony**, **Janata Colony** and a government high school – **Champakadhama Proudha Shaale.**

The students distributed sanitary pads to the women, creating awareness among them about the benefits of using them and educated them about the harmful effects of using cloth during the menstrual period.

These students distributed free pads in newspaper bags hand made by the students themselves. They also educated the people of the villages of the harmful effects of plastic on the environment and encouraged them to make and use paper bags.

The activity was extremely engaging for the students. The students and faculty came back with a feeling of fulfilment – to be able to have done their bit for rural development process which is part of the mission of UBA.



Guest Lecture on “Personality Development”

Date:05-11-2019

The Department of Commerce organized a guest lecture for B.Com I & III semester students on 05th November 2019. ***Mr Shashi Bhushan Pandey***, a soft skill facilitator and Communication Evangelist from Surana College delivered the talk on “***Personality Development***”.

The skilled speaker conducted lot of activities for the students which made the session very interactive and interesting. The talk mainly focused on Compound Effect and Goal Setting. The speaker stressed on the importance of developing a good personality and also gave instances from his personal life. Students were very participative in the session.





Certified Workshop on Counselling Psychology

Date:05-11-2019

The department of BA JEP, T.John College organised a two day certified value added program on Counselling Psychology on 5 and 6th November 2019. The workshop was conducted by The Mind Research Foundation, 2283, 14 A Main, Indiranagar Bangalore, Karnataka. (http://themindresearchfoundation.org/). This workshop provided an overview of the Counselling profession in India, including its development and its current status. It gave an insight and understanding of the counsellor's roles within evolving practice environments and across the spectrum of the field of counselling Psychology.

DAY 1:

The first day covered the Introduction to MRF and the conducting expert psychologist / Facilitator, Counselling skills and techniques, Discussion on Myths about counselling, basic process of counselling ,Types of counselling ,Difference between Guidance, Psychotherapy and Counselling - Distinctiveness & Overlap .

DAY 2:

The second day covered the major techniques like CBT and Mindfulness, Micro skills and key qualities of a counsellor ,Empathy vs Sympathy and Practical implementation- role play. The learning outcome of the program were mainly understanding the differences between guidance and counselling, critically analyzing issues and debates in counselling psychology and reflection on their role in different fields of counselling. This workshop also provided a

platform for the students of BAJEP to pursue their internships in the fields of counselling psychology.

Overall students were benefited by the workshop and were enthusiastically participating.







Voluntary Blood Donation Camp Organized By NSS Unit

Date:18-10-2019

NSS unit of T.John College in coordination with Lions Blood Bank and Narayana Health City organized a Blood Donation Camp on 18thOctober 2019.

Sister Rose Mary, Principal of T.John College supported this initiative to make it a successful social responsibility orientation of the institution toward the concept of blood donation, Principal who came to initiate also donated blood and inaugurated the camp.

The event started at 9.30 AM in the premises of T.John College where students started donating their blood. The complete arrangement was made with full facilities required for the event. The facilitators presented Mementoes to our Principal for the wonderful gesture and the involvement of the faculty and students.

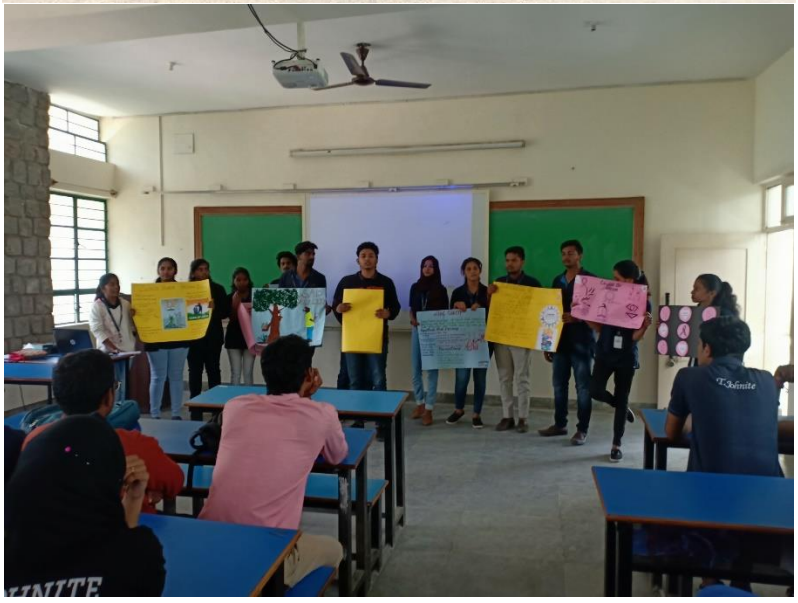
By 2.30 PM 143 units of blood were collected. This event gave an opportunity to students to realize their responsibility towards society and removed their fear and apprehensions about blood donation. This event was marked with a number of girl students of T.John College donating blood. The camp was organized by Mr. Arun Kumar.R NSS Program Officer and Ms. Viashnavi.R, Coordinator and Volunteers of NSS Unit of T.John College.

Awareness Campaign by NSS volunteers on Swachh Bharat Abhiyan & Cancer Prevention

Date:04-10-2019

Swachh Bharat Abhiyan – Cleanliness Mission. The Students Role in Swachh Bharat Abhiyan is said to be vital in turning India clean and green as they are the emerging crops of nation. Awareness of cancer and to encourage its prevention NSS volunteers of T.John College had taken up the initiative of spreading awareness amongst the students and local community about cleanliness and the ill effects of smoking, liquor consumption and usage of drugs. The NSS Volunteers prepared charts and showcased it to others by conducting a rally campaign in T.John College Campus on 27th Sept 2019 and in Basavanapura locality on 04th Oct 2019. The program was coordinated by Mr. Arun Kumar.R, NSS coordinator, T.John College.







Report on UBA NSS activity

Date:06-09-2019
Greetings...

Children are the future of this country. By investing in Children's basic education we are contributing to the country's development and creating a literate and self-sufficient society.

T. John College NSS unit recognized the significance of education and, created a symposium for the young NSS student volunteers to actively participate in this appreciable activity at Doddathoguru government school, Doddathoguru village , (The adopted village under Unnat Bharath Abhiyan, a flagship project of MHRD). Initiated by Prof. Vaishnavi.R , Department of Languages, T. John College, with the extensive support from the Doddathoguru Gram Panchayat.

On 6th September 2019, 35 NSS student volunteers along with two faculty, carried out an activity in order to educated the school children on general awareness pertaining to personal hygiene, communication skills and their prominace, Social awareness on water conservation, usage of sanitary napkins, and so on.

Volunteers with the help of posters and pluck card, with a skit performed by our NSS students, were able to create an impact in the minds of the young children.

Adding to this, various Cultural , sports and academic competitions were held in order to establish a fascinating ambience among the children.

We appreciate the gesture of the Principal,
T.John College, management and the teaching fraternity for extending their support in contributing the required materials for taking forward the activity and, also for making this activity a grand success.







Report on UBA NSS Swachh Bharat Abhiyan Activity at Doddathoguru Village on IndependenceDay

Date:15-08-2019

Mahatma Gandhi had rightly said, “Sanitation is more important than Independence”. He was aware of the pathetic situation of rural India at that time and he dreamt of a clean India where he emphasised on cleanliness and sanitation as an integral part of living. As part of Swachh Bharat Abhiyan, a lot of activities are undertaken to ensure a clean and green India. The Students Role in Swachh Bharat Abhiyan is said to be vital in turning India clean and green as they are the emerging crops of nation. Being said that, they are the brand ambassadors of this noble cause. *Students* can also help their ignorant or illiterate family members and others. A cleanliness drive was taken up by NSS volunteers as part of Unnat Bharat Abhiyan project at Doddathoguru Village by celebrating 73rd Independence Day in the village. 35 NSS student Volunteers from T.John College picked up unwanted plants and plastic waste in the public utility area. Not only students cleaned the given areas but also they educated and created awareness to the rural people that “Cleanliness is often achieved through cleaning”. Volunteers were given food and refreshments. The initiative was taken by Ms. Vaishnavi.R, and coordinated by Mr.Arun Kumar.R, NSS Coordinators, T.John College, we are glad that Principal and Management for their support for making this activity a success.





INDEPENDENCE DAY CELEBRATION

Date:15-08-2019

The 73rd Independence day celebrations was held with great enthusiasm at T.John College. The event started with hoisting of the National Flag by our respected Principal Rev.Sr.Rose Mary, Mr. Suresh, Campus Coordinator,TJC and Director BHM department and Dr.Karthikeyan, Director Department of Management Studies, and Head of IQAC, T.John College and Mr.Govind Kumar, Director of Physical Education Department, TJGI. This was followed by a speech by Ms. Aparna TV, HoD, Languages and BAJEP which encapsulated and traced the understanding of the term Independence and the role of individual citizens for a progressive India. Our respected Principal gave an inspiring and motivating speech to the staff and students alike on what it entails to be a true Indian citizen in the modern day. The cultural events performed by students various departments added vibrancy, energy, brimming with patriotism.

The programme ended with a vote of thanks by Ms.Sanndhya P, Assistant Professor, Department of Management Studies.

The event saw students and staff come together and enthusiastically celebrate the day of Independence.







Flood relief campaign for the North Karnataka Flood Victims by T.John College, NSS Unit

Date:14-08-2019

NSS Volunteers of the college organized a two days Flood relief campaign for the North Karnataka Flood Victims on 13th and14th of August, 2019.

Collection center was kept open for these two days and it was mind blowing to see the students and staff contributing to the cause in huge numbers. No cash was collected but people contributed Mineral water bottles, Sanitary napkins, Towels, Bedsheets, Torch lights, Candles and Match boxes, Soaps and detergents, Tooth brushes and Tooth pastes, Biscuits, Sugar packets, rice, tea bags and medicines.

The event initiated by the NSS volunteers of the college turned out to be a huge success with the support of Principal, staff and students. The amount of goods collected were segregated

on the basis of nature and usability of the items, they were packed in 24 carton boxes, labeled and handed over to NSS Bhavan, Bangalore University by NSS Coordinators and NSS Volunteers. The active participation and contribution of the students was commendable and the event turned to be a wide form of rendering support to the people in need. The campaign was organized by Mr. Arun Kumar.R and Ms. Vaishnavi, NSS Coordinators, T.John College.

INDUSTRIAL VISIT TO CADABAMS REHABILITATION CENTRE, KANAKAPURA ROAD

Date:10-08-2019

The department of BA JEP, T.John College organised a an industrial visit to CADABAMS REHABILITATION CENTRE, Kanakapura road. The objective of the visit was to understand the abnormalities associated with the mental health. At CADABAMS centre, the students were taken around the different cottages by a resident, who guided the team in discussing treatment and at the various Psychiatric blocks. The Psycho,Social rehab centre which handles cases like Obsessive Compulsive Disorders, Dementia, Drug addiction, Depression, Anxiety, Personality Disorders and Schizophrenia houses almost 600 residents who are treated by Psychiatrists, Counsellors and nurses. The students interacted with some of the residents in groups in order to understand the system of rehabilitation. The session was followed with an address by Mr. Ananth Rag Yalamuri, Direcctor-Administration, CADABAMS Mental Health Care Services Pvt.Ltd on the schedule of the Psychiatric social workers, Doctors, Counsellors and Nurses at the centre, internship and job opportunities and he guided the students in choosing the right PG course for becoming a full time counsellor.





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.





Yoga Day 2019-report

Date:21-06-2019

INTERNATIONAL YOGA DAY CELEBRATION 2019

"Yoga is the art work of awareness on the canvas of body, mind, and soul."

The International Yoga Day was celebrated on 21st of June, 2019 with great enthusiasm at T John College. The day saw faculty members as enthusiastic participants who had joined in for the celebration. The session began with a welcome address to the gathering by Ms. Vaishnavi.R, Assistant Professor in Journalism, followed by a one hour practical session covering basic stretches, yogasanas like Pavanmukthasan, Bhujangasan, Suryanamaskar, Chandranamaskara , Pranayam,Anilom and Vilom to energise the participants. The guests for the day Ms. Mukul Gupta, Yoga Trainer and Practitioner who guided the gathering in doing the various Yogasanas.

Ms. Mukul Gupta, a freelance yoga trainer, has been conducting Yoga Classes for people of all walks of life. The overall session lasted more than one hour with a closure concentrating on methods of meditation, Pranayam and its benefits. The grand celebration ended with refreshments being served to the participants. The day bought people of varied backgrounds and interest to support the cause of creating awareness about holistic lifestyle. The session offered solace and contempt to the participants.









Social Service Club Activity by MBA & M.Com Students – Visit to Desire Society

Date:17-05-2019

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 and 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.

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.

Team also collected donations for this activity, stationary items, note books, pens, food items (Biscuit packets, Atta etc.), bought and given to the society.

The team of 22 students (IInd Semester MBA & M.Com) accompanied by Mr. Krishnarao, faculty coordinator of Social service club, visited and activity participated whole heartedly for a good cause.

There was singing, dancing and musical chair activities in which all actively participated and had a good quality time with children.

In short it was an experience to cherish. Making them part of the spending quality time with them, kept students and the children happy. Such opportunities will be an eye opener for the new generation managers and will look at social sector engagements with a lot of passion. 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.









Participation in the Green Sunday (Tree Plantation)

Date:12-05-2019

The Students of the Department of Management Studies (II semester MBA & M.Com), T.John College, participated in the Green Sunday (Tree Plantation) event on 12th May 2019, organised by Adamya Chetana NGO at Sompura, Bangalore.

Adamya Chetana today has touched the lives of thousands through its various projects across its core themes of **Anna**, **Akshara** and **Aarogya** *[Food – Education – Health]*. They have also taken up additional areas of intervention around – **Rural Development** and **Environmental Issues**.

As part of Environmental Programmes, every Sunday they organize Green Sunday (Tree Plantation) events in Bangalore urban and rural areas. About 20 students (II Semester MBA & M.Com) along with faculty coordinator Mr. Krishnarao actively participated and planted trees at the venue Sompura, Bangalore.

All students actively participated and showed interest to participate in such social events in the future. It was a truly amazing experience and provided a lot of satisfaction by participating in a social event for a good cause on Sunday.

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GREEN SUNDAY
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NSS Annual Special Camp March 2019 by T.John College

Date:04-04-2019

NSS Annual Special Camp March 2019 by T.John College

Introduction: T.John College had conducted a National Service Scheme Annual Special Camp from 29th March to 04th April, 2019 at Art of Living International Center, Kanakapura Road, Bangalore.

The student volunteers of the NSS Unit T.John College participated in the camp for a week time with great energy and enthusiasm in being a part of serving for the upbringing of society & personality development is responsible for the ultimate character of students and their behavior in the field even after graduation. This report contains details of the particular activities conducted during the camp.

DAY 1 :- 29th March 2019, Friday - Inauguration

On March 29th 2019, The NSS Annual Special Camp was inaugurated by Mr. Nishant Amar, Administrator, Art of Living International Center, Kanakapura Road, Mr. Arun Kumar.R, NSS Program Officer, Ms. Jayashree, NSS Co-ordinator of T.John College along with the student volunteers of NSS Unit T.John College. Guest of Honor was presented to Mr. Nishant Amar who gave welcome address to the students in briefing them about serving the society and role of youth in the upbringing of the society, he encouraged and motivated the students to always be happy and share the love with fellow human beings and explained them the Sanskrit meaning of "SEVA". In presence of the Guest all the NSS Volunteers took NSS Pledge and Inauguration ceremony was concluded by giving Vote of Thanks.

DAY 2 :- 30th March 2019, Saturday Campus Tour, Shramdaan, Guest Talk on Control on mind by Mr. Vinodh Kumar and Visit to the Village for Awarness Program

On March 30th 2019, NSS Flag Hoisting by Guest every day early morning at 6.00 AM with students singing the NSS anthem followed by Yoga & Meditation classes every day. Student Volunteers everyday involved in **Shramdaan** in cleaning activities in the garden & fields. Student Volunteers were taken to the Campus Tour where students witnessed the facilities in the campus like Vedic Learning School, Gardens, Old Ashram, Sri Sri Ayurveda Hospital and Goshala. Later in the afternoon Mr. Vinodh Kumar faculty from Art of Living International Center delivered guest talk on controlling mind, he spoke on how youngsters should be focused on their education and setting up their career, he also discussed about different patterns and techniques of breathing. Students had activity based learning, he threw light on how to concentrate & be focused. In the evening students visited village and gathered children and created awareness on meditation and yoga for the people of village.

DAY 3 :- 31st March 2019, Sunday Shramdaan & Motivational Talk on Environmental & Social Welfare

On March 31st 2019, NSS volunteers visited Permaculture fields and attended **"Motivational Talk on Environmental & Social Welfare by Mr. Binay Kumar Singh"** a former corporate employee turned farmer and a responsible Indian whose interest is in Environmental and social welfare activities in the country. Students were more interesred in his motivational and awakening session where he spoke on preservation and limiting usage of water, white revolution and permaculture. Followed by volunteers attended field work where in they learnt how to make organic composite and they were also involved in fixing the name plates for the plants and tress. Later in the evening students had attending satsang in Visalakshi Mantap every day as a personality development program. After dinner students everyday had been working for half an hour in kitchen.

DAY 4 :- 1st April 2019, Monday Shramdaan & Guest Lecture on ISO Mega Kitchen

On April 1st 2019, Student Volunteers were divided into three groups. Two involved in Swacch Bharath and one group involved in data entry work. Students attended **Guest Lecture on Mainatananince of ISO Mega Kitchen by Mr. Sourabh,** HOD of Kitchen, Art of Living International Center. He spoke on the systems and procedures used in the kitchen, techniques and strategies used in preparation and serving of 15,000 meals a day without any quality issues, reduction of waste and use of bio gas from the waste in kitchen. Later students were taken to the kitchen visit where the machines and their features were explained to students.

DAY 5 :- 2nd April 2019, Tuesday Shramdaan and Visit to Old Age Home

On April 2nd 2019, Student Volunteers in the afternoon visited Shanthidam Home for Senior Citizens with snacks, fruits & biscuits. The program started with dance & singing performances in front of aged people in the home followed by speaking to all the inmates of the Old Age Home. All the senior citizens were so happy looking at the students and blessed all the student volunteers to grow big in their lives.

DAY 6 :- 3rd April 2019, Wednesday Shramdaan & Guest Lecture on Sanatana Dharma

On April 3rd 2019, Student volunteers were divided into three groups. All involved in Swacch Bharath activity in three different locations. Students attended **Guest Lecture on Sanatana Dharma by Prof. Srikanta, Nodal Officer, Youth Red Cross, Bengaluru Central University** he firstly asked all the students about what is their Goal/Aim in life, later he taught them why is it important to setting goals in life as a student. He brought out the teachings from Vedas & Gurukul of ancient times, the lifestyle of those times & richness of the culture & tradition in India. He also taught students the teachings of Swami Vivekanada, and students to be educated, focused & discipline can get everything in their lives. He sung

songs of NSS and patriotism and explained the depth of meaning in the songs to the NSS Volunteers.

DAY 7 :- 4th April 2019, Thursday Gardening Work, Cultural Program & Games and Thanks Giving – Feedback Sharing - Concluding Session

NSS volunteers took up the work of gardening and plantation in the morning. As the final day of the camp the students participated themselves in the cultural activities and games for their personal development. Valediction program was conducted; the Art of Living staff shared their feelings about the camp and students participation which received a lot of appreciation from them. Students also shared their experience and their learning in the camp, particularly learning Yoga, Pranayams, Aasanas, Time & Stress Management, Not wasting food or water, they then thanked Management, Principal of T.John College for providing such an opportunity for learning and service to the society. They also thanked Bangalore University – NSS Unit & Art of Living International Center. It was concluded by giving vote of thanks to everybody.

The Camp was co-ordinated by Mr.Arun Kumar.R, NSS-Unit Head, T.John College and other co-ordinators Mr. Govind Kumar & Ms. Jayashree.







Session on Self-Defense for Girl Students

Date:01-04-2019

Anti sexual harassment cell of T John College arranged a session for girl students of the college on techniques that can be adopted in situations where they need to protect themselves from minor or major physical attacks. Information and practical demonstration was done by Hemanth of II BCA. Hemanth is a state level trainer in karate and Marshal Arts expert. Hemanth started with an introduction to the types of attacks that usually happen on girls. Later the pressure points on human body were introduced to the students. Then he educated

the students with techniques to save themselves from all types of immediate outside attacks. Practical demonstration with appropriate explanation made the session very interesting and successfully served the purpose.

Vote for better India Campaign by NSS Volunteers of T.John College

Date:22-03-2019

Vote for better India campaign that is a programme, it works to promote democratic values. It makes voters aware to realize value of their invaluable vote for strengthening democracy. On 22nd March 2019, a program was conducted by the NSS Unit of T.John College. Campaign has not only been for spreading the awareness to people in locality but also making youth aware to realize the value and importance of their vote. This is more important to make them understand the voting mark on their finger is mark of responsibility towards the nation. Youth are power to the nation and they can make nation powerful. Vote for India works with deep concentration among youth for making them aware to cast their vote as well as to be messenger or volunteer for Vote for India campaign for spreading voter awareness messages. Volunteers went to the nearby village Basavanapura as a group and spread the word about voting from home to home, door to door, shop to shop and person to person. The program was organized by Mr. Arun Kumar.R, NSS Programme Officer, T.John College and accompanied by faculty members Mr. Govind Kumar.B, Mr. Kunal Sodhi and Mr. Viji George.







Joy of Saving Life Programme for NSS Volunteers, Students and Faculty Members

Date:22-02-2019

Joy of Saving Life Programme for NSS Volunteers, Students and Faculty Members
Date: 22nd Feb 2019

Every single individual in this world has the potentiality and the power to save a life. It is an essential gesture of solidarity. Any basic medical or first aid education should be accessible to all without not just any discrimination but also without any barriers.

On 22nd February 2019, a program was conducted by the NSS Unit of T.John College in association with Dr.Ramesh & Team, Emergency Medicine & Trauma Specialist, Sparsh Trauma Centre, Bangalore. They whole heartedly took the programme to explain about the

basic first aid and CRP training. Faculty members, students and NSS volunteers were provided with such an opportunity to learn the basic first aid like chest compression and rescue breath through mouth which has to be done to an unconscious person during any medical emergency situation and that could help the person save a life. The hands-on experience helped the students to gain the practical knowledge which is informative and engaging. Any individual should take some time from the busy schedule to learn about the basic first aid and CRP. It can save the lives of many or even one. It doesn't matter if it is a minor situation or a major one. What is important more is, it's a life saving act. The program was organized by Mr. Arun Kumar.R, NSS Programme Officer, T.John College.





Visit to Blind Academy by the Social Service Club of the Management Studies Department of T. John College

Date:14-12-2018

The Social Service club of the Department of Management Studies T.John College, visited Shree Ramana Maharshi Academy For The Blind (SRMAB), 3RD Phase, J.P. Nagar, Bangalore on Dec 14, 2018.

The Academy strives to breakdown the social barriers and provides opportunities for differently abled people to integrate into societal mainstream as self-reliant members. Hard work, commitment and single-minded devotion to the cause have contributed to the growth of SRMAB.

About 29 students along with faculty coordinator Mr. B.L.Srinivasa Prasad participated in the activity. Club sponsored after noon lunch for all 143 blind students of the institute, club members involved in serving food for the students. Club members, Students and faculty members of department of MBA & M.Com supported whole heartedly by contributing the required amount for sponsoring the lunch.

Club members visited the different sections in the school like manufacturing packaging and allied products and Dairy farming.

Taking Photos and videos was prohibited in the institute.



Voluntary Blood Donation Camp Organized By NSS Unit of T.John College

Date:05-10-2018

NSS unit of T.John College in coordination with Lions Blood Bank and Bowring Hospitals organized a Blood Donation Camp on 05th October 2018.

Dr.Shikha Tiwari, Principal of T.John College supported this initiative to make it a successful social responsibility orientation of the institution toward the concept of blood donation.

The event started at 9.15 AM in the premises of T.John College where students started donating their blood. The complete arrangement was made with full facilities required for the event.

The campaign got a shot in the arm with the surprise visit of Chairman Dr.Thomas P John who met the organizers, the volunteers and the donors. The facilitators presented Mementoes to our Chairman for the wonderful gesture and the involvement of the faculty and students.

By 3.30 PM 148 units of blood were collected. This event gave an opportunity to students to realize their responsibility towards society and removed their fear and apprehensions about blood donation. This event was marked with a number of girl students of T.John College donating blood. The camp was organized by Mr. Arun Kumar R, Coordinator NSS unit and Volunteers of NSS Unit of T.John College.



LIONS BLOOD BANK

Certificate of Appreciation

Bestowed on T. John College

in appreciation of service rendered by organising a

Voluntary Blood Donation Camp

held on 05.10.2018 Venue : College Premises

wherein 97 units have been mobilised

P.S. RANGANATHAN
Chairman
Past International Director

GOVERNMENT OF KARNATAKA

DEPARTMENT OF BLOOD BANK

BOWRING & LADY CURZON HOSPITALS
BANGALORE MEDICAL COLLEGE & RESEARCH INSTITUTE
Shivajinagar, Bengaluru - 560001
Ph: 080-25591325 Extn, 232.

CERTIFICATE OF APPRECIATION

Rewarded to T. JOHN COLLEGE ...in appreciation of services rendered by organising a Voluntary Blood Donation Camp held on 5.10.2018 at COLLEGE PREMISES wherein 51 units have been mobilised

Medical Officer
Blood Bank





Visit to Orphanage Home by NSS volunteers of T.John College

Date:08-09-2018

A visit to remember, on 8th September 2018, as part of Social Service Activity, volunteers of NSS Unit T.John College organized a visit to Orphanage Home called Bala Yesu Bhavan in Kalena Agrahara, Bengaluru. Our principal Dr.Shikha Tiwari and Mr. Arun Kumar.R, were the motivators for huge collection of Food and Stationary items from students and staff of all departments. These collected items were distributed to children of Bala Yesu Bhavan. The Orphanage Home was started in year 1992 that offered accommodation and education for orphans. This orphanage home is running with children as young as three years to an age of about 15-16 years.

Students from Social Service club visited the orphanage home conducted some mind games and activities among the children belonging to different grades and also distributed the prizes for winners, children sung and also danced with happy which was a humbling experience for NSS Volunteers. Gifted items included Food items such as biscuits and other dry snacks, Stationary items like books, pens, erasers, scale, sketch pens, crayons and sharpeners. The quantity of gifts no doubt is very meager, when they have huge requirements of essential items to maintain and carry on such good work. It is very much important such activities must be more frequent and the events should be worked with a definite goal, making it more purposeful as part of noble cause. The visit was only for a few hours but it left a lasting impression on all of us. Our initial enthusiasm soon turned into empathy and sadness as we took round to visit the ashram and spoke to children of the ashram individually and learnt about their difficult past and present. It brought smile and happiness to the children which are immeasurable in terms of quantity. Children thanked the team for that initiative of us.





“Say No To Drugs” Anti-Drug Campaign Rally by NSS Volunteers of T.John College in Campus

Date:31-08-2018

The Honourable Deputy Chief Minister and the Home minister of Karnataka Dr.G.Parameshwara has directed that all the educational institutions in the city to cooperate with the Bengaluru Police officials in nabbing the drug peddlers. In order to discuss and address the issue of drug menace in the city, the Bengaluru City Police held a meeting with educational institutions on 27th August 2018 in NIMHANS Conevention Center. Dr. BN Gangadhar, Director, National Institute of Mental Health And Neuro Sciences (NIMHANS) said that educators in schools and colleges who interact with their students on a daily basis could look out for symptoms among their students and help them avoid later risks. Mr. Arun Kumar.R, NSS Coordinator from T.John College represented and attended the meeting.

In connection to this, NSS Unit of T.John College under the guidance of Principal, Dr.Shikha Tiwari had taken up the initiative of spreading awareness amongst the students about the ill effects of usage of drugs. The NSS Volunteers prepared charts and showcased it to others by conducting a Anti-Drug Campaign Rally in T.John College Campus on 31st August 2018.





Kerala Flood Relief – contribution by the MBA III Semester students of T.John College

Date:24-08-2018

Kerala…..God's own country, neighbouring state and home for most of the students, bore the wrath of nature recently. The beautiful state of Kerala is slowly limping back to normalcy. It saw people of all faiths, religions, languages, occupations, castes and creed come together to lend a helping hand.

The MBA III Semester students of T.John College took it up as their social responsibility to help the needy people. They started their campaign on 18th August 2018 to support the Kerala flood relief camps.

They divided themselves into three teams location wise – BTM layout near Jayadeva hospital, Basavanapura and Gottigere and successfully managed to collect necessary goods worth Rs. 1.4 lakhs. With this mission, they identified their capability towards convincing people and achieving targets. It gave them a huge opportunity to put into practice their classroom learning.

Most of them took part in this noble cause. Jithu Baby Alex and Vivek K.Vimalan (MBA III – 2017-19), represented the students and took upon themselves the responsibility to personally oversee the delivery of the relief items collected, to the Alapuzha DMO Office with the help of South Bangalore Malayalee Association.





INTERNATIONAL YOGA DAY CELEBRATION

Date:20-06-2018

"Yog" in its literal translation means "union", the union of the body with the soul and the spirit. With its origin nearly 5000 years ago in India, Yoga is considered to be a mental, physical and spiritual practice. It helps in maintaining youth and vitality by reducing toxins in the body and controlling the nervous system.

21st June is celebrated the world over as the 'International Day of Yoga' or the 'World Yoga Day'. This came into being at the behest of our Prime Minister, Mr. Narendra Modi, who proposed the adoption of Yoga at the UN general Assembly in order to provide a holistic approach to the people worldwide for their improved physical health and mental well-being.

Subsequent to its adoption, it is now followed in 170 countries worldwide. It is celebrated by organizing the activities like yoga training camps, yoga competitions and so on to enhance the awareness of yoga and its benefits among common public all over the world.

T John College has a reputation of being contemporary in its approach to everyday issues and needs of the larger society of which it is a part. The result can be witnessed by the mere fact that so many of the faculty members have come forward year after year to participate in this annual event.

On International Day of Yoga , T. John College has organized a yoga camp for the faculty members. It was a privilege to have Mr. Rohan Rajore – founder and CEO of TechEd Trainings.Com and Ms. Ayushi Rajore – Direct, Operations at TechEd Trainings.com. Mr. Rajore and Ms. Ayushi Rajore are esteemed membes and international faculty with the Art of Living for over 8 years. They have been actively involved in teaching Yoga globally in countries like US and Europe.

The invigorating session was an eye opener to understand the importance of Aasanaa's , Pranayam and Meditation. The instructors helped us understand the meaning of all the levels of our consciousness and how we can work towards having a healthy and a stress free life. The session ended with all the participants taking a pledge to be involved in contributing positively to our personal, family, professional life and to the planet





Village Visit by the students of M.Com Finance Club

Date:19-05-2018

The Management Studies Department, TJC organized a visit to Hakki Pikki Colony (HP Colony), Bannerghata on 19th May 2018 for M.Com II Semester & M.com IV Semester students.

The M.com club "Managing Personal Finance" members had an interactive session with the villagers sharing their knowledge on personal finance and advising them. The students put into practice the skills they had learnt in their club activity hours. The students and the faculty gave the villagers an insight into various avenues available for investments which was well appreciated by the villagers.

The students gave the enthusiastic villagers hands on experience on how to fill up a bank account opening form, filling up Pay-in-Slip etc. The villagers had a lot of queries which the students patiently gave a hearing.

It was an enriching experience for the students to share their knowledge with the villagers.

The students were accompanied by Dr. Nilanjana Basu, Prof. Veena Anand, Prof. R.V. Lokesh and Prof. Sweta Shivkumar.





Swacch Bharat – Cleaning activity at a nearby Village by the Social Service Club of the Management Studies Department of T. John College

Date:18-05-2018

The Social Service club of the Department of Management Studies T.John College, was engaged in Swacch Bharat campaign at the Hakki Pakki Tribal colony close to the Bannerghatta National park on 18th. May 2018.

About 20 students with the coordinating Teachers- Mr. Lokesh and Dr. Nilanjana Basu, spread the awareness in the area on waste disposal and its management. They cleaned the locality and briefed the villagers on reutilizing the organic waste.

Some students of the team are now involved in writing a project plan on the challenges of inorganic waste collection in the area. This project will be presented to NGO's working in the same lines.





Social NSS Annual Special Camp by T.John College

Date:19-04-2018

T.John College had conducted a National Service Scheme Annual Special Camp from 19th April to 25th April, 2018 at Art of Living International Center, Kanakapura Road, Bangalore.

The student volunteers of the NSS Unit T.John College participated in the camp for a week time with great energy and enthusiasm in being a part of serving for the upbringing of society & personality development is responsible for the ultimate character of students and their behavior in the field even after graduation. This report contains details of the particular activities conducted during the camp.

DAY 1 :- 19th April 2018, Thursday - Inauguration

On April 19th 2018, The NSS Annual Special Camp was inaugurated by Swami Hariharan, Professor & Doctor in Sri Sri Ayurveda Hospital, Senior Teacher, YLTP Trainer & Swami himself in Art of Living International Center, Kanakapura Road & Guru Chirag, Senior Teacher - Yoga, Art of Living International Center, Mr. Arun Kumar.R, NSS Program Officer, Mr. Govind Kumar.B & Ms. Athira, NSS Co-ordinators of T.John College along with the student volunteers of NSS Unit T.John College. Guest of Honor was presented to Swami Hariharan who gave welcome address to the students in briefing them about serving the society and role of youth in the upbringing of the society, he encouraged and motivated the students to always be happy and share the love with fellow human beings and explained them the Sanskrit meaning of "SEVA". Guru Chirag explained students the Sanskrit word – Vasudhaiva Kutumbakam Vasudha meaning the Earth and Iva means is and Kutumbakam means the family. Thus vasudhaiva kutumbakam is a Sanskrit phrase which means that the whole world is one single family & treat all the people as how we treat people in our own family and he also introduced the YLTP course to all the Youth in the NSS Camp. In presence of the Guests all the NSS Volunteers took NSS Pledge and Inauguration ceremony was concluded by Giving Vote of Thanks.

DAY 2 :- 20th April 2018, Friday Shramdaan & Motivational Talk on Environmental & Social Welfare

On April 20th 2018, NSS Flag Hoisting by Guest every day early morning at 6.00 AM with students singing the NSS anthem followed by Yoga & Meditation classes every day. Student Volunteers everyday involved in **Shramdaan** in cleaning activities in the garden & fields. NSS volunteers visited Permaculture fields and attended **"Motivational Talk on Environmental & Social Welfare by Mr. Binay Kumar Singh"** a former corporate employee turned farmer and a responsible Indian whose interest is in Environmental and welfare activities in the country. Students were more interesred in his motivational and

awakening session where he spoke on preservation and limiting usage of water, white revolution, permaculture. Later in the evening students had attending satsang in Visalakshi Mantap every day as a personality development program. After dinner students everyday had been working for half an hour in kitchen.

DAY 3 :- 21st April 2018, Saturday Shramdaan & Guest Lecture on Stress Management through Yoga & Meditation

On April 21st 2018, Student Volunteers were divided into three groups. Two involved in Swacch Bharath and one group involved in data entry work. Students attended **Guest Lecture on Stress Management through Yoga & Meditation by Ms. Surya Prabha,** Masters from IIT, Kanpur & Yoga Teacher from Art of Living. Students had activity based learning, she threw light on how to concentrate & be focused. She also introduced about various social projects undertaken by Art of Living & asked students to be part of such initiatives. She made five groups and asked groups to come up with skit on social issues like river rejuvenation, Child education, plantation & cleanliness.

DAY 4 :- 22nd April 2018, Wednesday Shramdaan & Guest Lecture on Sanatana Dharma

On April 22nd 2018, Student Volunteers were divided into three groups. All involved in Swacch Bharath activity in three different locations. Students attended **Guest Lecture on Sanatana Dharma by Prof. Rama Krishna,** he firstly asked all the students about what is their Goal/Aim in life, later he taught them why is it important to setting goals in life as a student. He brought out the teachings from Vedas & Gurukul of ancient times, the lifestyle of those times & richness of the culture & tradition in India. He also taught students the teachings of Swami Vivekanada, and students to be educated, focused & discipline can get everything in their lives.

DAY 5 :- 23rd April 2018, Monday Campus Tour & Visit to Old Age Home

On April 23rd 2018, Student Volunteers were taken to the Campus Tour where students witnessed the facilities in the campus like Vedic Learning School, Gardens, Old Ashram, Sri Sri Ayurveda Hospital and Goshala. Student Volunteers in the afternoon visited Shanthidam Home for Senior Citizens with snacks, fruits & biscuits. The program started with dance & singing performances in front of aged people in the home followed by speaking to all the inmates of the Old Age Home. All the senior citizens were so happy looking at the students and blessed all the student volunteers to grow big in their lives.

DAY 6 :- 24th April 2018, Tuesday Guest Lecture on Organic Farming & Agriculture & Field work

On April 24th 201, Student Volunteers attended **Guest Lecture on Organic Farming & Agriculture by Mr. Binay Kumar Singh** a former corporate employee turned farmer and a responsible Indian whose interest is in Environmental and social welfare activities in the country. He spoke about organic farming and reviewing the age old techniques of farming &

agriculture by not using pesticides and urea. He explained by permaculture techniques and preparation of manure and watering techniques to the fields. In the next session students involved in Cleaning of Garden by removing the waste and watering the plants in the garden and preparation of manure and compost for the plants.

DAY 7 :- 25th April 2018, Wednesday Cultural Program & Games and Thanks Giving – Feedback Sharing - Concluding Session

As the final day of the camp the students participated themselves in the cultural activities and games for their personal development. Valediction program was conducted; the Art of Living staff shared their feelings about the camp and students participation which received a lot of appreciation from them. Students also shared their experience and their learning in the camp, particularly learning Yoga, Pranayams, Aasanas, Time & Stress Management, Not wasting food or water, they then thanked Management, Principal and Vice-Principal of T.John College for providing such an opportunity for learning and service to the society. They also thanked Bangalore University – NSS Unit & Art of Living International Center. It was concluded by giving vote of thanks to everybody.

The Camp was co-ordinated by Mr.Arun Kumar.R, NSS-Unit Head, T.John College and other co-ordinators Mr. Govind Kumar & Ms. Athira.

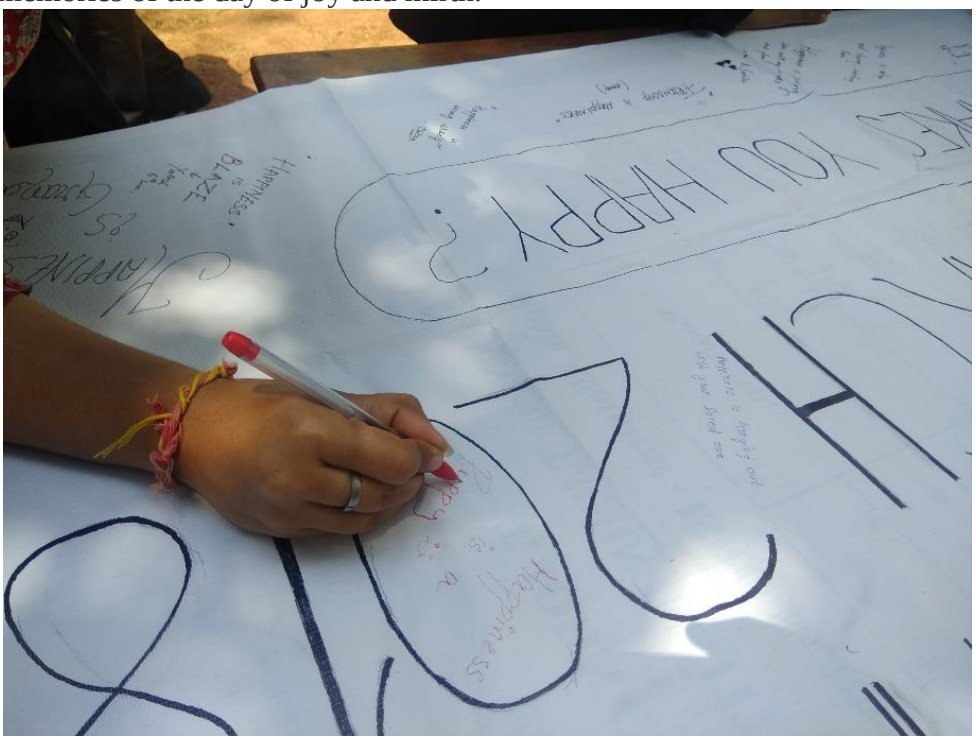


THE INTERNATIONAL DAY OF HAPPINESS

Date:20-03-2018

The exuberant delight that the Happiness month February brought us was palpable and everyone in the campus literally had a spring in their steps. Keeping in mind that the primary intention of constituting this department was to improve and nurture the Happiness Index in the campus and to help individuals live a happier and satisfying life, designated faculty members from different departments introduced the concept to all the students during the month of March. The presentation included the need and benefits of happiness and also highlighted on the meaning of happiness quotient and index. The students were also asked to fill up the questionnaire to understand their individual happiness score. The whole exercise was a novel experience for the students and each one of them realized the importance of being happy and took a pledge that they would indeed cultivate this habit of happiness.

The presentation to the students was an inclusive programme that brought everyone on the same page and culminated on 20th of March with the entire college celebrating the International Day of Happiness in a grand manner. As part of the celebrations, the happiness department came up with a fabulous initiative wherein the students and staff – both teaching and non teaching could express themselves freely on the theme of happiness. A gigantic poster banner was set up on the TJC lawns and everyone expressed their "Aha moments, shared their personal anecdotes and wrote on "what made them happy"! The Principal Dr Shikha Tiwari Madam led from the front by penning her thoughts on the colorful banner. This creative concept brought out the best artistic and imaginative ideas from among the T Johnites. Laughter and glee was writ large on the faces of the students and they carried home exciting memories of the day of joy and mirth.





T.John College, International Women's Day Celebration

Date:07-03-2018

T.John College celebrated International Women's Day on 7/3/2018. The Chief Guest to this event was Padmashree Dr.Malathi Holla. In the world of Poliomitics, Arjuna award and Padmashree award winner and 5 times Para Olympian , she is truly remarkable, a role model and an icon. She is a Champion of Champions, a born athlete, professionally a Bank Manager and a social activist. She has won 389 Gold, 27 Silver and 7 Bronze medals in various National & International tournaments. She also runs a foundation called "MATHRU" through which she is providing free shelter, educational and medical facilities.

The event was attended by all the Undergraduate students and staff.The Chief Guest was accompanied to the dias by the Principal of T.John College Dr.Shikha Tiwari and the Women Cell Coordinator Ms.V.Bhuvana. The event was compered by Ms. Sunitha of BBA Department. The Event began in an auspicious note with a prayer song rendered melodiously by Ms.Soumya of VI Sem BBA. The welcome address was rendered by the Principal. Surpriya, VI Sem BBA student spoke eloquently about the " Importance of Celebrating International Women's Day".

The Women Cell Coordinator Ms.Bhuvana introduced the Chief Guest to the audience. Dr. Malathi Holla shared her experiences, her struggle and her success. She was talking about the importance of failures and how it can shape a human being. She spoke about the importance of inner beauty and how happiness lies in our hands. Her speech was truly

inspiring and left the audience emotional and awe struck. The event ended with the Principal presenting a memento and Vote of Thanks.





Industrial Visit to Narayana Helath City by BBA & B.Com Students of T.John College

Date:06-03-2018

The students of IInd semester BBA department and IInd semester B.Com department attended an Industrial Visit to Narayana Health City, Bommasandra Industrial Area on 6th March 2018 & 7th March 2018 respectively. During the visit students had the opportunity to see one of the India's Best Hospitals. The students of BBA have the subjects Production and Operations Management & Services Management. The program was structured to include the basics knowledge of service sector and its operations. Mr. Arun Poojari, from Marketing Department made a presentation at Mazumdhar Shaw Medical Center, Auditorium, and the presentation included its History, Mission & Vision, SWOT Analysis of the Hospital, several departments in the hospitals and their achievements in their 18 years presence in the Medical Industry. Students were accompanied by Ms. Lalitha, Ms. Priya and Ms. Neethu. The visit was organized by Mr. Arun Kumar. R, Faculty in BBA Department.





Voluntary Blood Donation Camp Organized By NSS Unit of T.John College

Date:24-01-2018

NSS unit of T.John College in coordination with Narayana Health City organized a blood donation camp on 24th Jan 2018.

Dr.Shikha Tiwari, Principal, and Ms. Hemalatha Doddamani, Vice Principal, T.John College supported this initiative and helped the blood donation camp to be a successful step towards the social responsibility of the institution.

The event started at 9.30 AM in the premises of T.John College where students started donating their blood. The complete arrangement was made with full facilities required for the event. By 2 p.m 131 units of blood were collected. This event gave an opportunity to students to realize their responsibility towards society and removed their fears and apprehensions about blood donation. This event was marked with a number of girl students of T.John College donating blood. The camp was organized by Mr. Arun Kumar R, Coordinator NSS unit coordinated by Ms. Sneha and Volunteers of NSS Unit T.John College.





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.





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.


PUMA



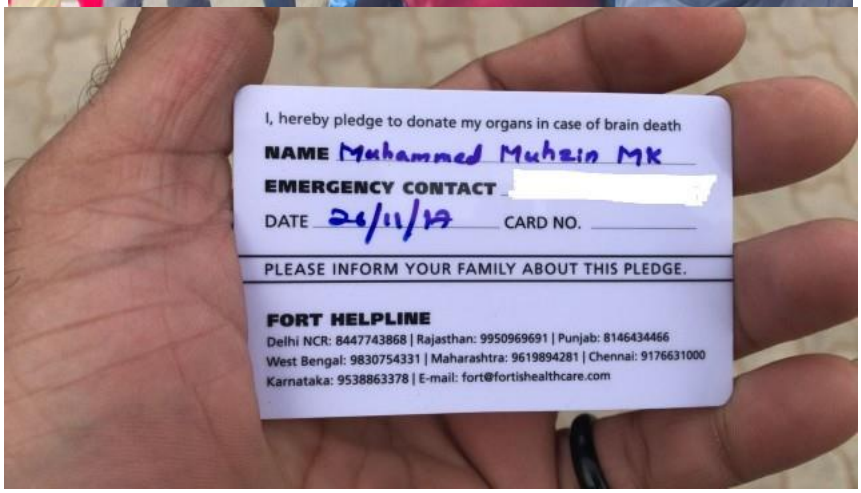
Participation in the Organ Donation Walkathon

Date:26-11-2017

Muhammed Muhzin MK, MBA III semester student of T.John College participated in the Organ Donation Walkathon organised by Fortis Hospitals on ***26th November 2017,*** Bannerghata Road and also pledged to donate his organs.

T.John is proud of this student.





T.John College NSS Volunteers participating in Kumudavathi River Rejuvenation Project

Date:29-10-2017

River Kumudvathi is one of Bangalore's important sources of drinking water. At its optimum capacity, this river can meet 60% of Bangalore's water requirement. Once a perennial river supplying water to the villages nearby and catering to northern parts of Bangalore, the Kumudavati was gasping for life few years ago.

Owing to the collective efforts of the Art of Living Volunteers under the able guidance of Dr Lingaraju, the river is bouncing back to life.

During weekends, volunteers from Bangalore lend their hands in contributing to this cause by planting indigenous saplings, cleaning up Kalyani, watering the saplings, providing compost and much more.

This opportunity for youth to engage in solving Bangalore's water crisis was very well received by students of T.John College. On 29th October 2017, Sunday they joined for this cause and planted 500 saplings on river banks of Kumudvathi River near Nelamangala, and also students cleaned a temple pond in Dobelle. Mr. Govind Kumar, PED coordinated this activity.





Compassion Day- Social service club Activity

Date:27-10-2017

Compassion Day is an opportunity for us to come together and celebrate compassion in our lives. Compassion is what brings us together in unity and harmony, overcoming all forms of discrimination. It brings us joy, connection and meaning.

The Social service club of MBA department of T. John College had celebrated compassionate day on 27th October 2017, with their House keeping staff.

Today, we live in a society where compassion is a rare virtue. Relationships are increasingly transactional and atrocities growing. In this atmosphere, through this day students wanted to raise their concern and begin the change – the feeling of oneness with all. Charity begins at home;- before peeping out to the external world to spread the warmth of compassion, the students decided to make the day eventful for the house keeping staff at the college. Games were organized by them for some moment of fun and, Gifts and prizes were handed over to express their gratitude for the work that this team does throughout the year to keep the campus prim and proper. Some refreshments were organized for them to enjoy.





T. John College support to 'Rally for Rivers' Campaign by ISHA Foundation

Date:09-09-2017

The NSS Unit of T. John College initiated the participation of students of the college to partake in the mammoth rally organized by the ISHA foundation.

The mega bash happened at Palace Grounds on 9th September 2017 between 5pm and 7pm. The buzz was already on with T.John College becoming part of the event when volunteers from ISHA came to the college and briefed the students about the campaign. The rally for rivers is a concerted attempt to rejuvenate our rivers by planting saplings on either sides of the river bed.

There were 84 students, which included 50 volunteers of the NSS unit who represented the college. The students walked for about 3 Kms spreading awareness about the social cause.

The event was kicked off with the inaugural address by our Honorable Chief Minister Shri. Siddaramaiah. ISHA foundation Sadguru Jaggi Vasudev address the massive gathering with celebrities adding a dash of colour and contributing in their own special way to the noble cause.

This rally spreads from city to city across India and each one of us could be part of this wonderful campaign by giving a missed call to 80009 80009.

This program was lead by Mr. Arun Kumar.R, NSS Program officer, T.John College under the guidance and support of Principal, Dr.Shikha Tiwari and Vice Principal Ms. Hemalatha Doddamani.





Industrial Visit to SOS Children's Village, Bangalore

Date:12-08-2017

On 12th August 2017, the students of M.Com III semester, T. John College, had been to SOS Children's Village, Hulimavu. Mr. Madhusudan Rao, Village Director made it a great learning experience for our students with the help of his team.

The SOS Village in Bangalore was established in 1990. Their work in Bangalore revolves around supporting local children and families. The total number of children under their care at present is 181. These children reside in 16 Family Homes, where they are nurtured by 14 SOS mothers, four mothers Trainees and one Aunt. All the children at SOSCV India are enrolled in formal schools and even attend college for their higher education. All festivals of National and International importance are celebrated with great enthusiasm at SOS India. This helps inculcate in children the value of togetherness in a family. Apart from this, various activities are also organized often for mothers and children to have their own bonding time. In addition, regular medical camps are also organized to keep a check on the health of children.

The students were shown around the village and had the great fortune to visit the family homes and interact with the children and their foster mothers. They were given an insight about the functioning of the village and were explained how the educational, medical and other requirements of the children are taken care of.

The students of M.Com III organized a team building activity for the SOS children that included a group song and a solo dance performance which brought a lot of joy to those children. A drawing completion was organized in which all the children participated. Our M.Com students had made handmade eco friendly bags in which were packed some goodies along with basic requirements for the drawing competition, such as a box of wax crayons, pencils, erasers and sharpeners. Our students went back home with fond memories and the satisfaction of bringing smiles on the faces of the children in SOS.

The visit was organized by Prof. Sucharita Banerjee and students were accompanied by Prof. Veena Anand, Prof. R.V. Lokesh, Dr. Nilanjana Basu, Prof. Gopan G.S and Prof. Sweta Shivkumar.





Swachh Bharat Abhayaan by BHM students

Date:06-08-2017

The Students of BHM Department took part in Swachh Bharat on 6th of August 2017 initiative organized by Crowne Plaza and The Paul hotel along with the Professional Housekeeper's association. The venue was Domlur Govt. High School and its premises. There were lot of hoteliers and students from many BHM colleges in Bengaluru. The initiative helped them learn the concept of Swachh Bharat and the importance of a clean and hygienic environment.





The Celebration of International Yoga Day in T. John College

Date:21-06-2017

T John College celebrated International Day of Yoga on June 21 2017, with great enthusiasm and fervour. The Auditorium was filled with yoga enthusiasts - teachers, staff members and above all, students. The session began with a welcome address to the gathering by Ms. Mrs.Sucharita Banerji Asst.Professor, Department of Management Studies**,** followed by a one hour practical session covering warm-up stretches, Surya Namaskar, Yoga postures, Yoga Nidra finished with pranayama & meditation. Two members Ms. Gauri R. Nair and Ms. Devi R. Nair, members and teachers of the Art of Living Foundation, took the gathering through a wonderful journey of Yogasanas.

Ms. Gauri Nair is an international faculty of the Art of Living. She has been conducting Stress Management programs of the Art of Living for the last 17 years for people of all walks of life including students, business persons and professionals. She has travelled widely within India, Bhutan and Sri Lanka. A Commerce graduate, she has also done her management education from IIM Ahmedabad. Ms. Devi Nair has been a faculty of the AOL since 2009. She specializes in the Living well program which aims at managing lifestyle disorders such as hypertension & diabetes.

The overall session lasted more than one hour with the final 15 minutes concentrating on methods of meditation and its benefits. Since all the participants were advised to eat a very light breakfast, the celebrations ended with refreshments for all. It was wonderful to see people of varied backgrounds and interest gather together a support the cause of creating awareness about holistic lifestyle. The session was an excellent experience. It offered spiritual solace and relaxation to the participants. The session was also instrumental in reducing stress and making the participants happy. The programme received a very enthusiastic response from the participants. Ms.Kiran Vazirani, Asst. Professor Dept. of Business Management delivered vote of thanks. This event was made possible by the tireless efforts of Dr. Shikha Tiwari, Principal T John College and Ms. Hemalatha Doddamani, Vice Principal, T John College.



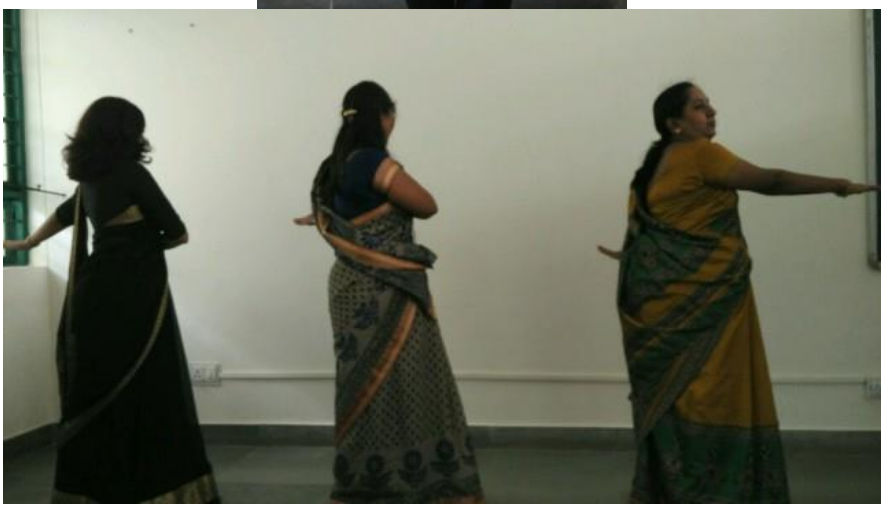


YOGA SESSION (HEALING THERAPY) by Mr. Arvind Kumar Gupta

Date:27-05-2017

A Yoga session on Healing Therapy was conducted by Mr. Arvind Kumar Gupta of Language department on 27th of May 2017 for the Teaching and Non-Teaching staffs of T.John College at 11am in the TJIT auditorium. The session started with a *Salutation* to *GOD ALMIGHTY* which is a symbol of expressing gratitude to God.The session then proceeded further with an introduction to the nuances of yogasana by Mr. Arvind. He also taught the participants yogic jogging, Pranayam and diverse yoga poses to stimulate the senses. The session came to an end with GITA SAAR and insightful tips from the Principal Dr. Shikha Tiwari on energy transmission and positivity.





Voluntary Blood Donation camp by NSS Unit of T John College

Date:16-02-2017

NSS unit of T John College in association with Lions' Blood Bank and NIMHANS Blood Bank organized a voluntary blood donation camp on 16 Feb 2017.

Dr.Shikha Tiwari, Principal of T John College supported this student's initiative and helped the blood donation camp to be a successful step towards the social responsibility of the institution.

The event started at 10 AM in the premise of T John College where students started donating their blood. The complete arrangement was made with full facilities required for the event. By 2.30 PM, the total of 172 units of blood was collected. This event not only helped the needy ones, but also gave an opportunity among students to realize their responsibility towards the society. The camp was organized by Mr. Arun Kumar, Co-ordinator NSS unit, T John College.




John College
NATIONAL SERVICE SCHEME
T. JOHN
COLLEGE
LIONS CLUB
LIONS

HEALTH CAMP BY NATURE CLUB

Date:15-07-2016

Bioscience department driven Nature Club of T John College has organized a health camp on 15th July 2016 for the students as its first activity for running semester. This camp included health check up with respect to:

1. Body Mass Index(BMI)
2. Height to weight Ratio
3. Total Fat Content
4. Subcutaneous Fat
5. Visceral Fat
6. Resting Metabolism(RM)
7. Actual Body age

43 Students have checked their health parameters.All the students were very excited to know about their health status. Nature club is all about caring the nature and human body is one of the greatest gift of Nature. So, This was a small baby step towards serving and maintaining the nature.





Campaign Against Drug Abuse

Date:27-06-2016

'International day against drug abuse and illicit trafficking' was held on June 26, 2016. T John College took a major step to promote this as we conducted a campaign about the drug abuse. This campaign was conducted on 27 June 2016, in the campus. We discussed about the types of drugs used these days by the adults as well as the teenagers.

As the UNODC has declared, in a span of six years this is the first year where we have 29 million drug addicts around the world. We also briefed them about the effects of how it has a bad impact on the society as well as the home surroundings. Due to peer pressure students are getting attracted to the murky world of substance abuse. The students from the B.A. Dept. conducted the campaign, going to the different classes and spreading awareness regarding this matter.

T John College has a Counseling cell where the teachers themselves have taken charge of the counseling of those students who are into this. We also have a Students Grievance and Welfare Cell where all kinds of drug dealing or abuse happening in the college premises can be discussed about and complained against. Information regarding the Students Grievance and Welfare Cell has also been conveyed to the students in the campaign.


DRUG
DRUGS
DOWN
NO
TO DRUGS



Workshop On Gender Sensitisation By Sparsh (Sexual Harassment Prevention And Gender Sensitisation Cell) , Bangalore University

Date:24-06-2016

SPARSH (Sexual Harassment Preventive and Gender Sensitisation Cell, Bangalore University) held a workshop on Gender Sensitisation at the Jnanabharthi campus of Bangalore University on 24 June 2016. The workshop was attended by Dr. Nilanjana Basu (Exec. Director, MBA) and Asst. Prof. Nobin K. Philip (MBA) representing T John College, Bangalore.

The session was inaugurated by Dr. Samata B. Deshmane (Professor, Sociology Department, Bangalore University). Prof. Cynthia Mendez (Nodal Officer, The gender Sensitisation Cell, Bangalore University) led the fist session on the topic Gender Inequality – Existence, Cause, Consequences, Management. She provided insight into the gender inequality prevalent in the society and the importance of gender sensitization for achieving gender justice and equality in the society.

The second session was handled by Dr. Sheela Jayanth (Enfold proactive health trust) on the topic Empowering Girls – Birth to Adulthood. Dr. Sheela. Dr. Sheela stressed on the importance of starting gender sensitization from childhood days when the gender identity develops among kids.

Ms. Kushi Kushalappa, (Head, Community Projects, Enfold Proactive Health Trust) led the third session on the BU policy regarding sexual harassment. She detailed on the working of SPARSH - Sexual Harassment Prevention and Gender Sensitisation Cell, Bangalore University. Major Bhavna Chiranjay (retd.) (Swakshatra) led the post lunch session as a Self Defense Workshop on Attitude, Awareness and Ability Building, which included training sessions on awareness and self-defense.





Workshop at NIMHANS: MANAGING ANGER - FEELING CALMER

Date:04-06-2016

On the 4th of June 2016, T. Johnites got the opportunity to spend the Saturday at a Workshop held at NIMHANS Centre for Well-Being (NCWB) here, in Bengaluru. The workshop was conducted by Dr. Seema Mehotra and, Dr.Jyothsana. It was a part of workshops in their Personal Growth Series, called "Managing Anger – Feeling Calmer. The workshop was timed at 9:30 to 16:30.

The workshop covered topics from Positive Psychology, Counselling Psychology, Emotions, etc, and coupled them with interesting activities and case studies. The event saw a milieu of participants ranging from counselors, psychologists, professors, students, and enthusiasts from pan India. Overall, it turned out to be an eventful experience as reported by T. John College's Asst. Prof.Pavithra R and student Supriya Roy.

Industrial Visit to Kidwai Memorial Cancer Institute , Bio Sc Dept. TJC

Date:24-02-2016

Students of department of Biosciences along with Dr. Nilanjana Basu visited the Kidwai Memorial Cancer Institute on 24th February 2016. They looked at the various facilities at the cancer center and did a detailed visit of the Pathology and cytology unit of the Cancer Centre. Students for the first time actually saw some preserved samples of tumors obtained from patient samples.

They also saw live isolated tumors, preparation of tissue sections, their treatments and preparation of histological samples and slides which shall be used for assessment of the cellular damages due to invasive tumors. Some of these prepared slides were observed by the students.

Students have seen how Doctors collect live tumor cells from patient. They also visited to oncology museum.

Putting all together it was very informative visit for the students.



