



# St. Aloysius Degree College

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A Unit Run by Archdiocesan Board of Education (ABE)  
Recognised by UGC U/S 2(f) of UGC Act 1956, New Delhi

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## CRITERION V STUDENT SUPPORT AND PROGRESSION

### 5.1.2 Capacity Development and Skills Enhancement Activities: Life Skills

## **INTERNATIONAL YOGA DAY 2019-20**

Academic year: 2018 - 2019

Date(s): 21 June 2018

Organizers: Mr. Chethan and NCC teacher, Mr. Balakrishna SADC

Number of coordinators: 2

The number of students participated in the programme: 30

### **Report**

On 21st June 2020, our college welcomed World Yoga Day with open arms. We did yoga in our college auditorium led by our sports teacher, Mr. Chethan and NCC teacher, Mr. Balakrishna. This session made our boring morning very energetic. As the magic of yoga took over, we felt rejuvenated by every breath and felt an amazing calmness and positivity.

## **INTERNATIONAL YOGA DAY 2020-21**

Academic year: 2019 - 2020

Date(s): 21 June 2021

Organizers: Mr. Chethan and NCC teacher, Mr. Balakrishna SADC

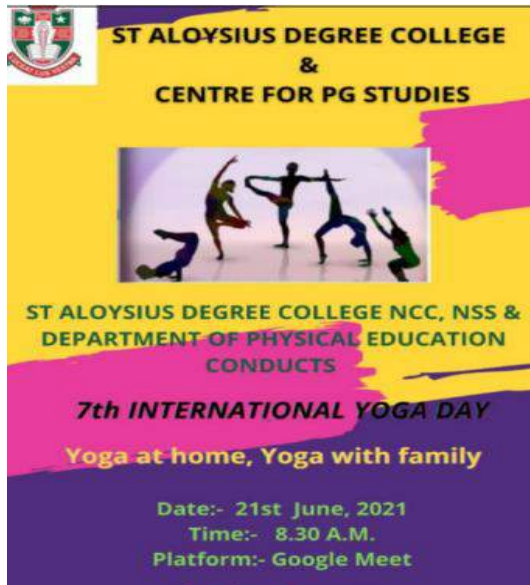
Number of coordinators: 2

The number of students participated in the programme: 35

### **Report**

St. Aloysius Degree College and Centre for Postgraduate Studies celebrated International Yoga day on 21 June 2021. The word Yoga is derived from the Sanskrit root, YUJ meaning "to yoke" or "to join" it's the spiritual process of joining Atman to Brahman or one's individual spirit to God. The students, teaching and non-teaching staff were given exposure to practice Yoga at their homes and importance and benefits were emphasized. Physical Director Mr. Chethan M.G. and College NCC officer Mr. Balakrishna performed the asanas and guided the students and staff members to perform it. Our principal Dr.Sr.Sagaya Mary actively participated and helped the students perform the asanas such as Surya namaskra, Trikonasana, Parivrutta Trikonasana, Vrukshasana, Halasan, Shavasana, in the correct way.





## WEBINAR ON MENTAL HEALTH

Academic year: 2020 – 2021

Date(s): 10<sup>th</sup> October 2021

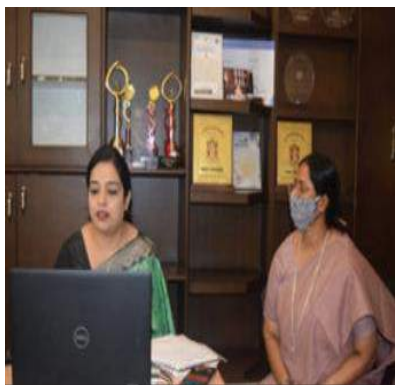
Organizers: Nikhath Seema Department of Psychology SADC

Number of coordinators: 1

The number of students participated in the programme: 60

### Report

On 10th October 2020, the world celebrated - “World Mental Health Day”, and the Psychology Department of SADC, conducted a Webinar on “Awareness to Mental health and its importance”, under the organiser, Assistant Prof. Nikhath Seema Department of Psychology SADC, Bengaluru, to show its respect and create awareness about the same. The Webinar commenced at 11:30am, with a prayer by Father Vinoo Fabian, the Vice Principal of SADC, and a welcome speech by Arun Prasad of 2nd BA Psychology. The speaker of the Webinar was Rev. Fr. Peter B CSSR Research Scholar Christ University (Deemed to be University). The Speaker enlightened the students with so much information about mental health, how to cope up, and how to overcome and as well reach out to people who need help with dealing their own battle inside their head. The students were highly impressed with the insights given to them and were really happy with Webinar. Our Principal, Dr. Sr. Sagaya Mary, gave her view of the webinar. Sr. spoke on what is good health and mental health and gave us guidelines how to maintain good mental health. The Webinar ended with a vote of Thanks by Prof. Hemanth.



## **WORKSHOP ON GROOMING– VLCC**

Academic year: 2021 – 2022

Date(s): 15<sup>th</sup> June 2022

Organizers: Saranya M, Department of Computer Science SADC

Number of coordinators: 1

The number of students participated in the programme: 84

### **Report**

A Workshop by VLCC on Self grooming was initiated in the College. VLCC experts in makeup and wellness conducted a workshop for the girls on self-makeup and grooming on 15/06/2022 at 1:00pm in the auditorium. Ms. Priya Shetty the CEO of VLCC Bangalore addressed the students and guided them on basic makeup and hair tutorial. The session created a good platform to all the girls in building their confidence. The Session was a productive initiative for all the students.



## INTERNATIONAL YOGA DAY 2021 – 2022

Academic year: 2021 – 2022

Date(s): 21<sup>st</sup> June 2022

Organizers: Mr. Chethan MG PE Director

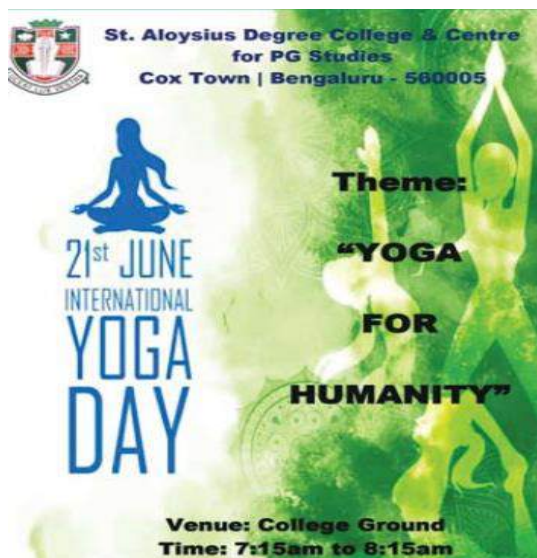
Number of coordinators: 1

The number of students participated in the programme: 60

### Report

St. Aloysius Degree College always provides ample opportunities for students to participate in curricular and extracurricular activities. The word Yoga is derived from the Sanskrit root, YUJ meaning “to yoke” or “to join” it’s the spiritual process of joining. Atman to Brahman or one’s individual spirit of god. Yoga is etymologically related to the English word YOKE thus its means, “a setting to work” or the pursuit of a goal and can be translated as “Path”(way) or “discipline”. Yoga is a form of exercise that originated in ancient India and is practiced widely across the world today. Yoga not only enhances your physical strength but also contributes largely towards your mental health and spiritual growth. On 21st June 2015, World Yoga Day was observed for the first time across the world and has since been celebrated annually. Yoga not only keeps you fit but also has a lot of long-term benefits when you make it an integral part of your lifestyle. The theme for Yoga Day was ‘Yoga for Humanity’. Principal Dr. Sr. Sagayamary SJT and Physical Director Mr. Chethan M.G. demonstrated the asanas to the students and staff members present for the event. Assistant Professors Dr. Itigi and Dyavappa actively participated and helped the students to perform the asanas in a correct manner. I would like to thank our college Principal, vice Principal Fr. Vinoo Fabian, our Manager Fr. Anthony Mahendran, all the teaching and non-teaching staff and specially thanks to all the student participants. Without your support and enthusiasm this would not have been such a successful event.





## **SOLID WASTE MANAGEMENT**

Academic year: 2021 – 2022

Date(s): 4<sup>th</sup> June 2022

Organizers Swathi.K, Department of Computer Science SADC

Number of coordinators: 1

The number of students participated in the programme: 350

### **Report**

This year's celebration was very special and unique since we collaborated with ITC WOW. "WOW – Wellbeing Out of Waste" an initiative of ITC Limited started in 2007 in Hyderabad and in 2013 started in Bangalore with an objective to inculcate the habit of source segregation among the citizens. ITC Wow has outreached about 4 million Households, 5000 Corporate Offices, 10K Schools and Colleges pan India. We had an initiative moment in our auditorium graced by the presence for our Principal, staff, students and two esteemed speakers from ITC WOW Mr. Jenophine Joseph, Program Officer, ITC Wow and Ms. Anuvradha, Program Coordinator, ITC Wow. Mr. Jenophine Joseph addressing the gather explained the students on various process and terminologies used in Solid Waste Management which was followed by Ms Anuvradha's valuable message, our responsibilities in college segregating waste and sensitive video on solid waste management. The event was then followed by distribution of badges and mementos. It was given to Mrs.Swathi. K (Event coordinator) and to Mr.George (College Supervisor) The badges were given to the elected discipline leaders of each class.

The event came to an end with a word of gratitude given by Shakthi.B of I BCA



## **AWARENESS PROGRAM ON MENTAL HEALTH – DEPARTMENT OF PSYCHOLOGY**

Academic year: 2021 – 2022

Date(s): 2<sup>nd</sup> June 2022

Organizers: Dr. Shobita Shantakumari Principal of Global school of counselling and Nikhath Seema Department of Psychology SADC

Number of coordinators: 1

The number of students participated in the programme: 350

### **Report**

“Let us break the stigma of mental health and counseling by understanding that it is okay to visit a counselor just like we visit a doctor when we are ill” Dr. Shobita addressing the students The Department of Psychology in association with Global school of counseling held an awareness program on 2nd of June, 2022. The Principal of Global school of counseling Dr. Shobita Shantakumari and Fr. Sunil started the session with a game and helped students understand the importance of mental health and counseling. Our Principal constantly supported and encouraged us always in motivating and helping our students through this association. The students were enriched and provided with counseling twice every week keeping all ethics in mind.



## **ANTI – DRUG ABUSE OBSERVATION DAY PROGRAM**

Academic year: 2021 – 2022

Date(s): 24<sup>th</sup> June 2022

Organizers: Department of Social Work and NSS UNIT of St. Aloysius Degree College and Centre For Post Graduate Studies in Collaboration with Excise Department (Government of Karnataka)

Number of coordinators: 3

The number of students participated in the programme: 350

### **Report**

Anti Drug Abuse Observation Day on 24/06/2022 at the College Auditorium from 11:00 AM to 1:00 PM followed by a Rally from 1:15 PM to 2:00 p.m. The Chief Guest for the Program was Dr. Beemashankar .S Guled IPS, the Deputy Commissioner of Police, East Division Bangalore, Mr. Basawaraj. The Commissioner of Excise, Mr. Veeranna Begevadi KSES, Deputy Commissioner of Excise, Mr. Vinod Dhangé KSES, Superintendent of Excise along with other Department heads from excise department were present. Dr. Beemashankar S Guled, IPS highlighted the effects of narcotic drugs and urged the students never to use it. Mr Vinod Dhangé enlightened the students with the knowledge pertaining to drug abuse and the ways of prevention with a PowerPoint Presentation and shared few drug cases that happened due to drug abuse in Tumkuru. Mr. Veeranna Begevadi, emphasised that Drug addiction awareness and mental health are two matters that go hand in hand. It recognizes the importance of mental health and also encourages standing up for others to build a better



society.. Later on the students assembled at college portico for a rally and marched towards Halasuru Circle presenting a street play to bring awareness among the people regarding drug abuse; students marched back to the college and were served refreshments.



## **ANTI –HUMAN TRAFFICKING BIKE RALLY -2022**

Academic year: 2021 – 2022

Date(s): 30<sup>th</sup> July 2022

Organizers: Department of Social Work ,NSS UNIT of St. Aloysius Degree College and Railway protection Force/Ms.Debasmita Chattopdhaya Bannerjee

Number of coordinators: 3

The number of students participated in the programme: 350

### **Report**

Fifty students registered themselves for the bike rally, they were instructed to carry all the documents necessary for the vehicle and they were allowed to have a pillion rider along with them. Permission was obtained from the Joint Commissioner of Traffic and the Additional Commissioner for the bike rally from 10am - 11.30am. They permitted with strict instructions regarding the rules and regulations. The pillion rider carried the placard to ensure the message is passed on the public. The Manager Fr. Anthony Mahendran, flagged off the bike rally. Around 15 staff accompanied the rally.



## VOTER'S DAY

Academic year: 2022 – 2023

Date(s): 25<sup>th</sup> January 2023

Organizers: Headed by H.K.Raghunath commissioner BBMP east division and Dr.Itigi  
Department of Kannada SADC

Number of coordinators: 1

The number of students participated in the programme: 443

### Report

The Voters Day was observed in the college on the 25<sup>th</sup> January 2023 at 11.30 am in the college auditorium in the presence our college chief patrons Dr.Sr.sagaya Mary ,Principal, Fr. Anthony Mahendran, Manager, Fr.Vinoo Febian, Vice Principal.The Chief guest for the day Mr.H.K.Raghunathan, Commissioner BBMP East Division addressed the students and gave an overview on the importance of voting and its each individual;s right to vote. The students were enlightened by his message.



### **OUTREACH PROGRAM - FREE MEDICAL CAMP**

Academic year: 2022 – 2023

Date(s): 11th February 2023

Organizers: Department of Social Work and NSS unit

Number of coordinators: 3

The number of students participated in the programme: 100

#### **Report**

The Department of Social Work and NSS unit of St. Aloysius Degree College and center Post-Graduate Studies in Collaboration with Manipal Hospitals had organized an outreach Program -Free Medical Camp on the of 1th February 2023 at St. Antony's Church, Ambedkar Nagar

Slum, Pulikeshi Nagar, Bengaluru. The program was organized by Ms. CM. Chitra, Sr. Deepa and Mrs. Nirmala Gladies.

It was followed by welcoming Dr. Naveen and His team from Manipal hospitals. The medicalcamp began at 9:30 am, NSS and MSW Students were involved in crowd mobilization, and theymade announcements at regular intervals inside the slum and gathered almost 40participants/Patients from the slum. The Chief complaints included chest pain, knee pain, body pain; Blood sugar and Diabetes were most common among the patients. Overall, the camp was a great success and the slum dwellers benefitted.



### **GROOMING SESSION FOR BOYS**

Academic year: 2022 – 2023

Date(s): 11th February 2023

Organizers: Placement Cell SADC

Number of coordinators: 3

The number of students participated in the programme:100

#### **Report**

Vijay Karnataka in association with Gillette India organized a grooming and personality development workshop for the boys of St Aloysius Degree College. The event was coordinated by the placement cell on 15th October 2022. This training and recruitment drive for the youth – Yashassu Namma Kayyallide, is based on the objective to make college students interview ready. The event also offered the platform to develop awareness, insight & perspective on importance of grooming for a successful future. The session revolved around the rule of A.B.C – Appearance, Body Language and Communication. Post the session the students were asked to register themselves on to the application. Each of the registered candidates was given a Gillette Guard shaving razor as a complimentary gift. The students enjoyed the session and walked out with a confident smile.

### **BLOOD DONATION CAMP**

Academic year: 2022 – 2023

Date(s): 15th February 2022

Organizers: Department of Social Work ,NCC and NSS unit

Number of coordinators: 3

The number of students participated in the programme:64

### Report

A great initiative of organizing a Blood Donation camp was taken by Department of SOCIAL WORK, NSS, NCC units of St.Aloysius Degree College in association with Aweksha Bengaluru. Aweksha is a NGO working towards ending all forms of gender based violence and discrimination based on Bengaluru. Chief guest of the programme was Mrs. Dona Fernandez who is a social activist and the Founder of Aweksha. The donated blood units is to be used for especially for women who are victims of any domestic violence or any acid attack/mainly for burnt cases in hospital. The collected blood is put in use to the poor and marginalized people in the society those who can't afford blood for burned treatment by paying money. Principal Sr Sagayamary honoured our chief guest with a memento and sapling. A group of doctors and nurses from Victoria hospital conducted the camp. The donors were asked to fill out a medical form to give details about their health related information. Certificates and refreshments, Lunch was provided to all the donors. Apart from students, HOD of social work department Sr. Deepa, Priyanka recetioptionist of the college and, other teachers and non-teaching staff of the college donated blood. Further. Sisters from Prema Mandira, Canossians also donated blood. The students and teachers from Department of Social Work, NSS and NCC units, teaching and non-teaching staffs from St Aloysius College under the guidance of the Principal Dr. Sr. Sagaya Mary made the program a grant success .A total of 64 units of Blood was collected from the students.



### ECO CLUB CLEANLINESS DRIVE

Academic year: 2022 – 2023

Date(s): 16<sup>th</sup> May 2023 -23<sup>rd</sup> May 2023

Organizers: Eco Club Coordinators

Number of coordinators: 3

The number of students participated in the programme:443

### **Report**

. The Cleanliness drive was initiated by our principal Dr.Sr.Sagayamary.B in association with Eco Club coordinators Ms.Swathi.K and Ms.Indhumathi.D. The cleanliness drive was conducted from May 16th 2023 to May 27th 2023; it was a class wise participation. The first year and final year students were a part of this cleanliness drive. We started by briefing about the importance of cleanliness drive to our students. We took their suggestions and ideas. The Eco Club Coordinators accompanied the students around the college campus to remove weeds and dry leaves. They were equipped with gardening tools to help them complete their tasks. The waste collected by the students was utilized to create natural decompose for the college garden. Students also prepared chart work to put around the campus in order to promote Eco-friendly environment. Cleanliness drive was much appreciated by our Management.



## PLANTATION DRIVE

Academic year: 2022 – 2023

Date(s): 5<sup>th</sup> June 2023

Organizers: Eco Club, NCC and NSS units SADC

Number of coordinators: 6

The number of students participated in the programme: 10

### Report

Plantation drive conducted by NSS Unit. The Eco Club 10 students were chosen by the NSS unit to whom plants were given and also few plants were planted in the college campus as part of Environment Day celebration 2023. This drive was very inspirational for all students.



## **9<sup>th</sup> INTERNATIONAL YOGA DAY**

Academic year: 2022 – 2023

Date(s): 21<sup>st</sup> June 2023

Organizers: NCC unit

Number of coordinators: 3

The number of students participated in the programme:30

### **Report**

On 21<sup>st</sup> June 2023, 9th International Yoga Day was celebrated by International Day of Yoga Celebration Committee & Keshava Seva Samithi at 6.30 a.m. St. Aloysius Degree College participated in International Yoga Day with the guidance of Our Principal, Dr. Sr. Sagayamary B .The theme for international Yoga Day 2023 was “Yoga for Vasudhaiva Kutumbakam”.This year’s theme of international yoga day focused on the effectively capturing our collective aspiration for '**One Earth, One Family, and One Future**'.The function was attended by many prominent Principals, Directors, and Professors with the active participation and enthusiasm. The Students of BMS School participated actively and sang bhajans in the beginning and the end. The function ended with a vote of thanks followed by the National anthem.



## **INCLUSIVE EDUCATION FOR DIVYANGJAN**

Academic year: 2022 – 2023



Date(s): 14<sup>th</sup> August 2023

Organizers: Awareness campaign by the Fourth wave foundation

Number of coordinators: 3

The number of students participated in the programme:443

### Report

Department of Social Work in collaboration with the Fourth Wave Foundation organized a program on 14th August 2023. The aim of the program was to promote inclusive education and create a campus friendly for especially abled individuals. The event included a range of activities such as speeches, exhibitions, and a street theatre performance, all aimed at creating awareness and fostering a culture of inclusion within the college community. The Fourth Wave Foundation representatives delivered a thoughtprovoking speech to commence the program. An exhibition was also set up to provide participants with an interactive and visual experience related to inclusive education. The exhibition showcased the challenges and achievements of Divyangjan individuals in various fields, emphasizing their resilience and determination. These activities created awareness and sensitivity among the participants, encouraging them to become advocates for inclusivity



## PLOGATHON

Academic year: 2022 – 2023

Date(s): 26<sup>th</sup> August 2023

Organizers: Eco Club Coordinators with ITC WOW

Number of coordinators: 3

The number of students participated in the programme:25

### Report

The Eco club organized a Plogathon in our college campus to promote a greener environment as part of Green initiatives in association with ITC WOW. The Plogathon program was initiated by Our Principal. and Eco club coordinators. The Plogathon was organized on 26th August 2023, at 7.30 a.m. to create public awareness of solid waste management. The students were briefed on the importance of the environment and grouped into various teams and they were also given gloves and bags from ITC WOW. Our Principal and staff also joined the Plogathon which was very inspiring and encouraging. The BBMP staff also shared their experience and the challenges they faced in segregating the waste. The students reported back to college at 9.30 a.m. with their collected waste.



## BLOOD DONATION CAMP

Academic year: 2022 – 2023

Date(s): 20<sup>th</sup> September 2023

Organizers: Department of SOCIAL WORK, NSS, NCC in association with Aweksha

Number of coordinators: 3

The number of students participated in the programme:46

### Report

St. Aloysius Degree College and Post Graduate Research Centre organized a blood donation camp on 20th September 2023 in collaboration with the Department of Social Work & NCC along with Aweksha, and Victoria Hospital Bangalore. The day started with the screening of the documentary KIDI-A Spark relevance to burn survivors at 9:30 am in the PG seminar hall. The documentary highlighted the importance of burn care and rehabilitation for survivors, following the screening, a blood donation camp was conducted in the UG library at 10 am. The camp was aimed at collecting blood from suitable healthy donors for people of various blood groups who are in need of blood. The camp was attended by a large number of students, faculty members, and staff. A total of 47 units of double bag blood were collected from the donors. The camp was conducted under the supervision of medical professionals from Victoria Hospital



### **3-DAY WORKSHOP ON STRESS AND MENTAL HEALTH MANAGEMENT**

Academic year: 2022 – 2023

Date(s): 6<sup>th</sup> September 2023

Organizers: Department of Psychology and Resource team from NIMHANS

Number of coordinators: 1

The number of students participated in the programme:443

#### **Report**

Stress management is a range of ways to deal with the difficulty a person is facing in day to day life. Stress is an automatic physical, mental and emotional response to a difficulty. The program started with an invocation prayer and the lighting of the lamp followed by a short introduction of the speakers. The resource team for the day were Mr.Ullas & Mr.Naveen (psychiatric social work department) Ms.Vidya, Ms.Bhavna & Ms.Shwetha (psychologist) from the National Institute of Mental Health and Neuro Sciences (NIMHANS) Bangalore Urban Mental health Initiative (BUMHI). The program was conducted for 3 days in which students participated in activities as well as group discussion for better understanding of well-being and coping with stress. There were interesting activities such as bursting the balloon and also painting activity to get deeper understanding of the program. The students were asked to give feedbacks and important helpline numbers were shared to students where they could get 24/7 help from professional at NIMHANS.

**ST.ALOYSIUS DEGREE COLLEGE & CENTER  
FOR RESEARCH STUDIES**

**in collaboration with  
NATIONAL INSTITUTE OF MENTAL HEALTH  
AND NEURO SCIENCES  
(NIMHANS)**

**ORGANISES A TWO-DAY WORKSHOP ON  
"STRESS MANAGEMENT & MENTAL HEALTH  
AWARENESS"**

**VENUE - AUDITORIUM**

**DAY 1 - WEDNESDAY  
06 SEPTEMBER 2023  
9:30 AM TO 1:30 PM**

**DAY 2 - THURSDAY  
07 SEPTEMBER 2023  
9:30 AM TO 1:30**

**BANGALORE URBAN MENTAL  
HEALTH INITIATIVE (BUMHI)**

The poster features the logo of St. Aloysius Degree College & Center for Research Studies on the left, which includes a shield with a cross and a figure. Below the logo is the circular logo of the National Institute of Mental Health and Neuro Sciences (NIMHANS), featuring a swan. The text is centered and uses various font sizes and weights to highlight key information.



## WORLD SUICIDE PREVENTION DAY

Academic year: 2022 – 2023

Date(s): 10<sup>th</sup> September 2023

Organizers: Department of Psychology

Number of coordinators: 1

The number of students participated in the programme:443

### Report

The World Suicide Prevention Day is commemorated on September 10th every year worldwide. The day was observed in our institution in the Degree College Auditorium. The theme of this year 2023 was “Creating Hope through Actions”. Every year close to 800 000 people die as a result of suicide. There is one death every 40 seconds. Suicide is a serious public health problem that has lasting harmful effects on individuals, families and communities. The students of II BA psychology participated in the awareness program by performing a skit. The skit displayed a few risk factors which are common among people which lead to suicide, as the number of suicides are rising its important that sensitization of such issues are brought notice to students.



## AWARENESS ON MENSTRUAL AND SEXUAL HYGIENE

Academic year: 2022 – 2023

Date(s): 14<sup>th</sup> June 2023

Organizers: Department of Psychology

Number of coordinators: 1

The number of students participated in the programme: 443

### Report

On 14th September 2023 an awareness programme was organized in collaboration with PRATISANDHI - a youth led NGO at 10:30 am. The aim of the session was to strive to eliminate shame and stigma surrounding sexual health and hygiene through transformative educational interventions. The Resource person – Ms.Niyati Sharma – The Founder of the initiative is a certified sexuality educator and holds a double major in psychology and international relations from The University of British Columbia. The session majorly focussed on menstrual hygiene, period products and sexual hygiene. The program concluded with a vote of thanks by Ms.Chitra

