

Brindavan¹ College

Dwaraka Nagar, Baglur Main Road, Yelahanka, Bangalore-560 063

7.1.1.1 Number of gender equity promotion programs organized by the institution during the last five years - 2015-16 to 2019-20 (5)

ACTION PLAN

SL No.	Year		Title of the program	Date and Duration	No. of Participants
1	2015-16	1	“Self-defense for women”	October 17 th 2015	150
		2	Women’s day celebration.	8th March 2016	52
2	2016-17	1	Importance of organ donation (Biorangoli competition)	August 13th 2016	50
		2	Women’s day celebration.	8th March 2017	43
3	2017-18	1	Blood Donation Camp.	October 25 th 2017.	200
		2	Women empowerment prog. “Sustainable Menstruation”	March 9 th 2018	167
4	2018-19	1	Event: Exhibition of capabilities by Firm (commerce and mgt club)	August-10 th 2018.	54
		2	Outdoor sports competition- Hammer Throw	26th October 2018	20
		3	Sports- Throw ball competition	12th February 2019	36
		4	Value added prog: Python valedictory prog	22nd March 2019	60
5	2019-20	1	Blood Donation Camp	22nd Oct 2019	120
		2	Womens' Day	11th March 2020	38
		3	Self-Defence Worshop	14th March 2020	41
		4	World Environment Day	5th June 2020	151
		5	International Yoga Day	22nd June 2020	36

Vijayalakshmi R.

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REPORT for the Academic Year 2014-15

1	Department / class/ Committee	PG department of Commerce, management and Computer Science.
2	Title of the Programme	International Yoga Day.
3	Date and Time	21 st June, 2015. At 9.00am to 1.00pm
4	Type of Program Culture/Extra Curricular/Co-curricular/Sports NSS/NCC/Industry Interaction/Extension/Outreach/Capacity Building /Others	Extension Activity.
5	Resource Person	Mr. Arvind Dhage
6	Designation and Organisation of the Resource Person &Contact Number	Renewed Yoga Trainer and Software Engineer, Wipro
7	Class/Semester/Course.	MBA/MCA 3 rd Sem
8	Number of Students attended the Program	112
9	Teacher in-charge of the Programme	Prof. Shuaib Ahmed Shariff Dept. of MCA
10	Objectives of the Programme	❖ To enlighten the student about YOGA and its importance
11	Issues addressed	❖ How to keep the mind and soul cool and instructed that every individual should practice yoga and inculcate in their daily life
12	Outcomes/Impact of the Programme.	❖ Simple asana's like surya namaskara, Pranayama, Adinnudra etc.


HOD - MBA
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PHOTO GALLERY:



Students undergoing yoga practice



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2014-15


1	Department / class/ Committee	B.sc Microbiology /Biotechnology/Genetics
2	Title of the Programme	Scientific Lecture Series.
3	Date and Time	24/08/2014 to 03/10/2014
4	Type of Program Culture/Extra Curricular/Co curricular/Sports NSS/NCC/Industry Interaction/Extension/Outreach/Capacity Building /Others	Co-curricular activity.
6	Class/Semester/Course.	5 th semester B.sc.
7	Number of Students attended the Program	30
8	Teacher In-charge of the Programme	Umadevi H.M
9	Topics	<ol style="list-style-type: none"> 1. Microbiology control of Mycotoxins-present status and future concern. 2. Improvements of wine organoleptic characteristics by non-<i>saccharomyces</i> yeast. 3. Chlamydia infections- how to control and eradicate it. 4. Fruit fly as human disease research tool. Fruit fly – <i>Drosophila melanogaster</i>- understanding of how fruit fly genes function to control growth, behaviour and other processes. 5. Nano biotechnology- progress in particle engineering.
11	Objectives of the Programme	<ul style="list-style-type: none"> ❖ Participants to face the audience. ❖ To improve the communication skills.
12	Outcome of the programme.	<ul style="list-style-type: none"> ❖ Shared the knowledge of new research work going on in the Bioscience field. ❖ Students gained confidence in facing the audience. ❖ They felt there is a need for the improvisation of the communication skills.

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Photo Gallery:



Scientific Lecture Series organised by the college for women students


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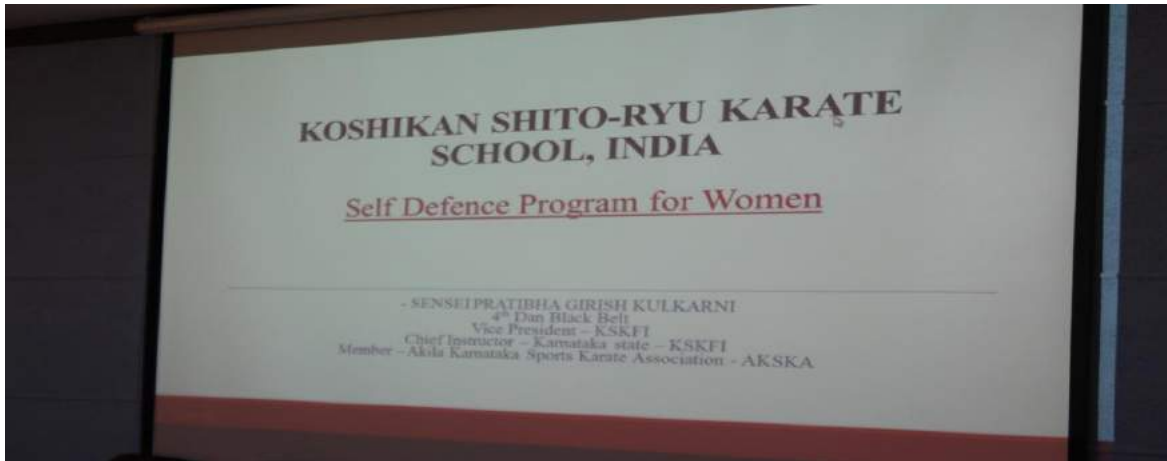


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2015-16

01	Department/class/committee	BBA, B.com, B.sc B.C.A M.B.A & M.C.A
02	Title of the programme	Self defence for women.
03	Date and time	17 th October, 2015
04	Type of the programme Cultural/extra curricular/co-curricular / sports / NSS / NCC Industry Interaction/extension/outreach/capacity building/others	Extension activity.
05	Resource person	Ms.Pratibha
06	Designation and organisation of the resource person and contact number	Vice president-KSKFI Chief instructor Akila Karnataka sports karateassociation.
07	Class/semester/course	1 st 3 rd and 5 th semester of all UG/PG department girls.
08	Number of students attended the programme	150 students.
09	Teachers in-charge of the programme	Uma devi H.M
10	Objectives of the programme	1) Self defense to create awareness,assertiveness and safety strategies to women. 2) To protect women and their family.
11	Issues addressed	1) Violence attack on women. 2) Physical techniques that enable someone to successfully escape, resist and survive violent attacks.
12	Outcome/impact of the programme	1) Basic simple skills and tips of attacking the assaulter. 2) Tricks to prevent a confrontation.



Students undergoing self-defence practice



Faculties and students were present during the inauguration function of Self-defence

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Report on

Celebration of Women's day- 8th March, 2016

International Women's Day is celebrated all over the world, every year on the eight day of March. It celebrates womanhood and pays tribute to the indomitable spirit of women across the globe. Its root lies in the early 1900s when oppression and inequality was spurring women to become more vocal and active in campaigning for change.

Objective of the Women's day Celebration:

To create awareness of gender equality for a healthy society, also the milestone to be reached is the basic information for a girl child in every family education will during awareness among the society which will further result in overall development of nation and its community.

On the day, we have organized some entertainment game to women's faculties at seminar hall to observe and celebrate "**International Women's Day**" chaired by the Principal of Brindavan College. The program would not have been a great success without the help of the College management and students. Therefore, we would like to sincerely extend our heartfelt gratitude to all those for making the event an extraordinary one.

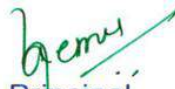

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PHOTO GALLERY:



Faculty members involved in games and group discussion.



Women staff and students of Brindavan College

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2016-17

1	Department / class/ Committee	UG/PG Microbiology.
2	Title of the Programme	Importance of Organ Donation
3	Date and Time	13 th August 2016. 10:30-03:30.
4	Type of Program Culture/Extra Curricular/Co curricular/Sports NSS/NCC/Industry Interaction/Extension/Outreach/Capacity Building /Others	Gender equity program Cell-physiology – Organ Bio rangoli competition Co-curricular activities.
5	Class/Semester/Course.	5 th /3 rd semester UG/PG Microbiology.
6	Number of Students attended the Program	50
7	Teacher In-charge of the Programme	Dr.Sheeba. E
8	Objectives of the Programme	<ul style="list-style-type: none"> ❖ To create awareness of life- saving solid organ transplant. ❖ To promote awareness of tissue and life-enhancing transplants. ❖ To promote organ donation for transplantation as a treatment for many life threatening diseases.
9	Issues addressed	<ul style="list-style-type: none"> ❖ To educate the public about organ and tissue donation. ❖ To encourage a greater willingness amongst people to donate their organs and tissue.
10	Outcomes/Impact of the Programme.	<ul style="list-style-type: none"> ❖ Students from Microbiology, Biotechnology, and Genetics mostly the girls took part in more numbers in Bio-Rangoli depicting the plant cells & animals cells and some of the organs that can be donated. ❖ The audience gained knowledge about the importance of the organs and tissue transplant. ❖ They also understood the need for more people to come forward and donate their organs thus saving many lives.

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Cell-physiology – Organ Bio rangoli competition for Girls student

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2017-18

1	Depart/class/committee	Department of Commerce, Management & Computer Science
2	Title of the of programme	"Save the life" voluntary Blood Donation Camp
3	Date and time	25/10/2017 10:00am - 4:30pm
4	Types of programme Cultural/extracurricular/co- curricular/sports/NSS/NCC Industry Interaction/extension/outreach/capacity building/others	Blood Donation Camp extension activity
5	Resource person	Dr. Deepak.
6	Designation and organisation of the resource person and contact number	Lion's Club Bangalore south
7	Class/semester/course	Final year MBA/ MCA
8	Number of students attended the programme	200
9	Teachers in-charge of the programme	Prof. Shoaib ahmed shariff Mr. Swamidas G
10	Collaboration	Lion's club Bangalore south, Victoria hospital blood bank, NIMHANS blood bank.
11	Objectives of the programme	Checkups for BP & other tests Aware of health as well as need of Blood
12	Issues addressed	Importance of blood donation
13	Outcome/impact of the programme	Students & audience were motivated to donate blood

Heegle

Director
Department of PG Studies
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Brindavan College PG Studies conducted a BLOOD DONATION camp in the campus in association with the Lion's Club Bangalore- South, Victoria Hospital Blood Bank, NIMHANS Blood Bank on 25.10.2016. The ISR unit planned and organized this event and to their surprise the response was huge. Many students voluntarily came up to donate the blood. The Lion's Club helped the organizers to conduct a camp as such in the college. Many check-ups for blood pressure and other tests were conducted by the doctors. We take the opportunity to thank Lions Club for their support and encouragement. ", says the organizers of the event. Our Director **Dr. Mohammed Arif Pasha** and **Prof. G V Ventakesh** and all the faculty members of our college made their gracious presence in the camp which started at 10.00 am and went up to 4.30 p.m. Refreshments were provided to the students who were part of the camp. The Volunteers took immense care to meet the requirements of students after donating the blood, so as to avoid any mishaps in the campus. **Prof. Shuaib Ahemd Shariff**, (MCA Dept.) After donating blood he said "It feels great to participate in the event. I being a group donor (O+ve) felt the urge to donate the blood as it is required by many. And he motivated by Dr. Deepak speech about requirement of blood.

Now a days accidents have increased and blood is very much in need for each and every hospital, we students don't feel so much responsible to go to blood banks and donate the blood, therefore conducting such events in college would surely make us aware of our health as well as the need of blood in this world. The huge words and quotes on the posters had an impact on the students, attracted us and made us to donate the blood. The camp is organized in a much disciplined manner checking each and every aspect of our health. We would like to see such camps and many other such events happen in our college." **Mr. Swamidas G** (ISR Coordinator) was present, inspecting every aspect of the camp throughout the day.

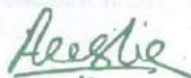

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PHOTO GALLERY:



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LEO- language Club

Celebration of Women's day - March 8th 2017

LEO- language club celebrated "INTERNATIONAL WOMEN'S DAY" ON 8TH MARCH 2017. The function was attended by all women teaching and non-teaching faculties. Dr. Naema sultana, Principal of Brindavan College, UG Studies motivated the gathering in her inspirational and energetic talk



Club co-ordinators honoured principal with a memento



Naema
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BANGALORE UNIVERSITY INTER COLLEGIATE

ATHLETIC MEET 2018-19

Students in our college are always encouraged to be upfront in almost any activity they take up, especially sports. A sport inculcates the spirit of sportsmanship, involves physical activity and enables in establishing good interpersonal relations.

One such initiative was taken by Brindavan College, wherein students from the college were encouraged to participate in the Inter-Collegiate Competitions organised by Bangalore University. Our students participated with full spirit and enthusiasm and even brought laurels to the institution.

A student with name Ms. Asma Banu from MBA stream successfully achieved second place in Hammer Throw at The Bangalore University Athletic Meet held on 25th and 26th October, 2018.

Photo Gallery:



Ms. Asma Banu from MBA stream successfully achieved second place in Hammer Throw at The Bangalore University Athletic Meet.

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2018-19

01	Department / class/ Committee	B.Sc./BBA/B.Com/B.CA/M.Com/MBA
02	Title of the Programme	"Sustainable Menstruation"
03	Date and Time	09/03/2018
04	Type of Program Culture/Extra Curricular/Co curricular/Sports NSS/NCC/Industry Interaction/Extension/Outreach/Capacity Building /Others	Extension Activity.
05	Resource Person	Mrs.Rajeshwari.
06	Designation and Organisation of the Resource Person &Contact Number	Environmentalism & Social Activist.
07	Class/Semester/Course.	Girls students of all the courses.
08	Number of Students attended the Program	167.
09	Teacher In-charge of the Programme	Uma devi H.M
10	Objectives of the Programme	❖ Highlighting on the facts about the present condition of women and their knowledge.
11	Issues addressed	❖ Hygienic methods to handle the situation during Menstruation.
12	Outcomes/Impact of the Programme.	❖ Elaborated on the correct disposal of waste generated in the process. ❖ Encouraged women to imbibe Sustainable techniques.

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PHOTO GALLERY:

Resource Person Mrs.Rajeshwari is delivering speech on “Sustainable Menstruation” and women participants were listening the speech with enthusiasm

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Brindavan Group of Institutions



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UG COLLEGE

Dept. of Commerce & Management Club
- *THE FIRM - Empowering Ideas*

A Report on “Presentation –Exhibition of Capabilities” organized by

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UG COLLEGE
THE FIRM
Commerce & Management Club
brings to you
PRESENTATION
- EXHIBITION OF CAPABILITIES.

Friday **10th AUG 2018**

Teacher Coordinator
Mr. Imran Pasha
Miss. Sophia A

Student Coordinator (Final year)
Satyajeet (+91 9901131279)
Pratibha (+91 9148235081)

Venue: Seminar Hall UG Block

The Firm Club on 10.08.2018

The first & second round of “Presentation – Capabilities of Exhibition” held on Friday the 10th of August between 10am -1 pm and 2pm - 4 pm respectively at the Dr. (Mrs.) C.R.SHETTY SEMINAR HALL. Presentation consists of 2 rounds. Ms.Ummea Asma was the judge of 1st round continuation with the other judge Dr. Guruswamy M and Ms. Saleena Desai for the 2nd round. The HOD of Commerce & Management Department, Mr. Robert Utarid, Teacher Co-ordinator Mr. Imran Basha and Ms. Sophia A, as well as other teachers from UG and PG department, were present for this event. The Participants came from different streams of various semesters: 1st, 3rd & 5th semester students of BBA & B.Com.

Objectives

The main aim of this event is to provide a platform whereby students can overcome their stage fright. These 3 minutes of speaking in front of the audience is very often a new and stressful experience for the candidate. Indeed, this event pushes the person out of his comfort zone and makes him/her to talk in front of audience. Moreover, it makes the candidate to think on how to make PPT Presentation and how nicely to present it, a feat that he/she will inevitably have to repeat many times in their professional life. Such activities are those small and yet significant steps to help an individual hone his public and corporate communication skills. This event was also carried down with the view of selection of new Board Members from 1st semester (freshers).

Event Procedure

During 1st round the participants had given the topic 1 day before and that day they have been given 3 mins to present their topic along with PPT and for the 2nd round they had been given the on the spot topic after the selection of 1st round. The students are then assessed on 4 criteria: Presentation, Body Language, and Fluency & Vocabulary for the 1st round. For the 2nd round they had been given 3 mins to present their topic and after that 2mins of Question- Answer sessions were there. The students are assessed on 4 criteria: Content, Body Language, and Fluency, Vocabulary for the 2nd round.

There were 38 participants in first round and 16 in second.

The Top Three {3} Finalists of the aforesaid event:

First Position	- Mr. Prashanth Kumar Bharti	[Final Year B.com]
Second Position	- Ms. Ummea Sufiya	[First Year BBA - Aviation]
Third Position	- Mr. Veeresh B	[First Year BBA- Regular]


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PHOTO GALLERY:

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Conclusion:-

With the scheme of this event “Presentation – Exhibition of Capabilities”, the contestants grabbed opportunities to face the business world through power-point presentation assimilated with their technical and fascinating ideas along with the precious vocabulary. The Judges were extremely impressed, infact, they mentioned that this event was an “eye-opener” for us and the youth. Furthermore, this event assured that the audience were energised and motivated for participating in the upcoming events.

Hence, Firm Club’s first event (10th August, 2018) of the Academic Year AY 2018-2019 was successfully managed, co-ordinated and held as per the guidelines under the guidance and mentorship of the Teacher Co-ordinators of the Club Mr. Imran Basha and Ms. Sophia A.

The general topics for this event were as follows:

1. Entrepreneurship Development	51. Trade and commerce
2. Outsourcing	52. Difference between an entrepreneur and a manager
3. Leader Vs Boss	53. Business law
4. Cross culture communication	54. Employee motivation
5. Employee management	55. Innovation and creativity
6. Stress management	56. Why international business differ from domestic business
7. Succession planning	57. Global marketing
8. Competing Vs Collaborative Environment	58. World trade
9. Knowledge creation , transmission and retention	59. Globalization , privatisation and liberalisation of business
10. Role of social media in HR practices	60. Global warming : a need for change
11. Nurturing innovation in organisation	61. Key to improve productivity of a business men
12. Time management	62. Key to a successful enterprise
13. SWOT analysis	63. Use of internet as a marketing medium
14. Supervision and monitoring	64. Media responsibility towards advertisement
15. Public-private partnership	65. Trends in mobile marketing

16. Co-branding	66. Facebook marketing
17. Retail marketing	67. Timing is everything in online marketing
18. E-COMMERCE	68. Danger of cyber crime
19. Consumerism and product quantity	69. Evolution in technology in marketing
20. Sustainable development & growth	70. Technology related to business
21. Training and development	71. Technology in daily operation in an organization
22. Rural marketing	72. Marketing mix
23. Green marketing	73. Quality of a good entrepreneurs
24. Risk management	74. Sales management
25. Top 5 companies of India	75. Unemployment of educated people
26. Development of services that supports international businesses	76. Employee management
27. Determination of exchange rates	77. Mutual funds
28. Different modes of entry to foreign market	78. Conflict management
29. Economic growth of the world	79. Value analysis
	80. Training and development of the employees

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Brindavan College

Report on: Valedictory function

Date : 22nd March 2019

The Department of B.C.A conducted a Valedictory function on 22nd March 2019 in the U.G. Seminar Hall to reward the students of Python certificate program.

A short term certificate program on Python programming of 30 hours was introduced to the curriculum, besides the university syllabus to prepare students for the industry requirements. The program was conducted and taught to the students by the representative Bulleshshah Technologies Mr. Maqdhoom Hussain.

At the end of the course, an online assessment was carried out to evaluate the program. The students who passed the test were rewarded with certificates at this occasion.

Principal of U.G. Dr. Md Arif Pasha, Vice Principal Prof. Vijayalaxmi Ramesh and H.O.D. of B.C.A. Prof. Aswath Narayan and C.E.O of Bulleshshah Technologies Mr. Maqdhoom Hussain were present at the occasion to award the students with certificates for their achievements.



Poster of the valedictory function



Principal of U.G Dr. Md Arif Pasha, Vice Principal Prof. Vijayalaxmi Ramesh and H.O.D of B.C.A Prof. Aswath Narayan and C.E.O of Bulleshshah Technologies Mr. Maqdhoom Hussain



Principal giving certificate to students



Vice Principal giving certificate to students



H.O.D giving certificate to students



Mr. Maqdhoom Hussain giving certificate to students



Mr. Maqdhoom Hussain accepting a token of appreciation from Principal Dr. Md Arif Pasha



Principal of U.G Dr. Md Arif Pasha, Vice Principal Prof. Vijayalaxmi Ramesh and H.O.D of B.C.A Prof. Aswath Narayan and C.E.O of Bulleshshah Technologies Mr. Maqdhoom Hussain with other faculties members and teachers

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Report On Intra College Throw Ball Tournament (Women's Faculty)

REPORT for the Academic Year 2018-19

The department of physical education had organized intra college Throw ball tournament for Women's faculty on February 12th, 2019. There were 4 teams in the tournament who took participation in the game from different department of the college and Brindavan College UG & PG faculty have won the tournament by defeating the life science team of the college.

The tournament was coordinated by Physical Education Director Mr. Vinayaka. The event was inaugurated by Mr. Zeyad Hijaz, HR Director and Dr. Mohammed Arif Pasha, Principal of UG/PG and all the Heads, faculty members of various departments have graced the occasion.

The Principal of our college has mentioned in his talk during the inauguration, "the contribution of women in the field of sport and other activities is not less than a man and they are strong enough to compete with men in sports and games as well". Also Mr. Zeyad Hijaz, HR Director has given a motivational speech about the women.



Winner: Throw Ball Team Members of Brindavan College UG & PG

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PHOTO GALLERY:



Team members:

1. Bhanu Priya, 2. Arunjyothi 3. Asma Banu 4. Megha V Patil 5. Susheela
6. Saleena Desai 7. Sowmya Singh 8. Shwetha H M

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REPORT ON **BLOOD DONATION CAMP**

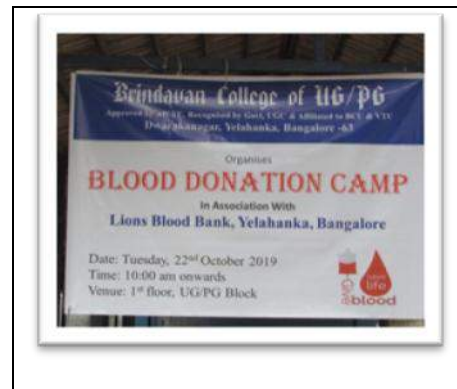
BLOOD DONATION CAMP THEME: "Save the Life"

Venue: UG & PG Block

DATE: Tuesday, October 22, 2019

Type of Activity: Social Awareness & Responsibility

Brindavan College UG & PG Studies conducted a BLOOD DONATION CAMP in the campus under its Institutional Social Responsibility (ISR) in association with YELAHANKA LIONS BLOOD BANK, Bangalore on 22.10.2019.



The ISR committee has organized the event and made it a grand success. The Yelahanka Lions Blood Bank visited the college to conduct a camp over which a response was shown by the staff and students. There were 120 eligible participants who donated blood voluntarily including staff & students. Some were not permitted for not meeting the eligibility parameters.

The program was formally inaugurated by the Principal **Dr. Mohammed Arif Pasha** and Director, Yelahanka Lions Blood Bank **Mrs. Rekha Ramakrishna**, HoD's of various departments and all the faculty members of our college made their gracious presence in the camp which started at 10.00 am and went up to 4.00 p.m.

Refreshments were provided to the donors who were part of the camp who donated blood. The Volunteers took immense care to meet the requirements of students after donating the blood, so as to avoid any mishaps in the campus.

Nowadays accidents, diseases like cancer, dengue, heart failure etc., have increased and blood is very much in need for each and every hospital, we humans don't feel so much responsible to go to blood banks and donate the blood. Therefore our principal Dr. Mohammed Arif Pasha and Prof. Shuaib Ahmed Shariff has taken initiative to organize this event from the last 5 years and it has been organized every year in our college campus to make all the students and staff aware of our health as well as the need of blood in Bengaluru city and outside. **Mr. Swamidas G** (ISR Coordinator) was present, inspecting every aspect of the camp throughout the day.

A big thank to all the people who have directly and indirectly contributed their time & effort to make this event a grand success.

Photo Gallery:



Distribution of Appreciation certificates By Director, Yelahanka Lions Blood Bank to Principal Dr. Mohammed Arif Pasha and to the entire HoD's of various department.



Well coming to Yelahanka Lions Blood Bank staff by our Principal Dr. Mohammed Arif Pasha.



Voluntarily donating blood by faculty and students of UG & PG

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BRINDAVAN GROUP OF INSTITUTION

WOMEN'S DAY REPORT

11th March – 2020

International Women's Day is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political. It is an occasion for looking back on past struggles and accomplishments, and more importantly, for looking ahead to the untapped potential and opportunities that await future generations of women.

International Women's Day is observed on 8 March in several countries across the globe. Every year it is celebrated with a particular theme. **The theme of International Women's Day 2020 is "I am Generation Equality: Realizing Women's Rights". And the campaign theme for International Women's Day 2020 is #EachforEqual.**

In our Brindavan group of institution we celebrated on 11th March 2020.

Inaguration

We started the program with lighting of the lamp by all the principals of UG/PG, Architecture, Engineering and HR Director Mr.Zeyad Hijaz, Mr.Mohammed Ismail Finance officer, Mr.Akram Pasha Secretary. Then there was speech by all the dignitaries.



Lighting of lamp by the dignitaries



Engineering Principal Dr. B. R Niranjan



PUC Principal Dr. Naema sultana



UG/PG Vice-principal Mrs. Vijayalakshmi



Architecture Principal Mrs. Kalpana Manchali

We had various cultural programs like singing, Group dance, solo dance, skit from all the Departments.



Invocation song



Bharatanatyam dance



Solo dance



skit



Group dance






Fashion show by the faculty members



Group photo of the women staff members of BGI

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 Brindavan College Dwarakanagar, Bagalur Main Road, Yelahanka, Bangalore-560063		
1	Department/Class/Committee	UG/PG Department
2	Title of the Programme	Self Defence Worship
3	Date and Time	14/03/2020-(2.00pm to 4.00pm)
4	Type of the Program Cultural/Extra Curricular/Co-curricular/ Sports /NSS/NCC/ Industry Interaction/Extension/Outreach/Capacity Building/Others	Capacity Building/ Self Defence
5	Resource Person	Mr. Prikshith Chippar
6	Designation and Organisation of the Resource Person & Contact Number	Trainer, Ruhani Taekwondo Centre, Bangalore
7	Class/Semester/Course/Category	BGI Women's Staff
8	No. of Students attended the Programme	All Women's Staff (41)
9	Teacher in-charge of the Programme	Mr. Vinayaka. Physical Education Director
10	Collaboration	IQAC
11	Objectives of the Programme	Objectives of Self Defence workshop: To empower women. To enable them to defend against any type of physical assault. To build self-confidence so that they can contribute meaningfully to their own development, shape their own destiny and capacity enhancement through Self-defence training.
12	Issues addressed	Sexual harassment, importance of self-defence, safety measures for women
13	Outcomes/Impact of the Programme	<ul style="list-style-type: none"> • Self-Defence helped the women staff and Faculties to how to so self-defence. • In addition to increased confidence in potentially dangerous situations, self-defence staffs reported more comfortable interactions with strangers, acquaintances, and intimates; more positive feelings about their bodies; increased self-confidence; and

		transformed beliefs about women, men, and gender.
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Photo Gallery:



PIC: All the women's staff during the self-defence workshop

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A Report on

World Environment Day-2020

Theme: "Time for Nature"

Subtheme: Celebrate Biodiversity



World environment day – Our environment is one of the most important aspects to survive on this planet. Moreover, it is the only thing that can make life sustainable. Without it, we cannot survive even a single day. For instance, our skin will burn, the lungs will get ruptured, our blood pressure would rise.

'Time for nature, the theme for World Environment Day 2020, implores us to get outdoors into nature, to appreciate its beauty and its importance, and to take forward the call to protect the nature. This year's theme invites you to think about how we are part of nature and how intimately we depend on it. It

challenges us to find fun and exciting ways to experience and cherish this vital relationship.

Brindavan College (UG/PG Studies) Celebrated World Environment Day on June 5, 2020 with great zeal. Dr. Prabhakara, Campus Director addressed the gathering and he mentioned in his speech that, the importance of diversity of nature/biodiversity to humans and earth also Dr. Mohammed Arif Pasha, The principal of Brindavan College; Mr. Zeyad Hijaz, HR Director; Architecture Principal; Dr. Naeema sultana, Principal of Pre-University College; Mr. Akram Pasha, BGI-Secretary, and heads staffs of various department were present on the occasion.

Oath taking ceremony was read by Ms. Vijayalakshmi admission **counselor**, and all the staff members of Brindavan College were present during this oath, all staff promised that they will take care of all the trees which are planted in the campus and followed by sapling plantation ceremony had taken place.

In view of WED the College has taken the initiative of tree plantation in the campus and show trees inside the building and the responsibility has been given to all the staff to take care of trees which are placed inside the building of UG/PG block.



PIC-1: Oath taking ceremony on the occasion World Environment Day-2020 by Dr. Prabhakara, Campus Director cum Principal; Dr. Mohammed Arif Pasha (Principal, UG/PG), Mr. Zeyad Hijaz, HR Director; Dr. Naema Sultana (Principal, PUC) and Mr. Akram Pasha (Secretary, BGI), Mr. Ismail (Finance controller, BGI), IQAC Co-ordinator Prof. Vijayalakshmi Ramesh; Heads and staff members of various departments.

Photo Gallery:



udies,

-END-

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1	Department/Class/Committee	UG/PG Department
2	Title of the Programme	World Yoga Day Celebration
3	Date and Time	22/6/2020-(9.15 -12)
4	Type of the Program Cultural/Extra Curricular/Co-curricular/Sports/NSS/NCC/ Industry Interaction/Extension/Outreach/Capacity Building/Others	Observation Day
5	Resource Person	Mrs.Vijayalaxmi Ramesh
6	Designation and Organisation of the Resource Person & Contact Number	Vice -Principal of Brindavan UG College
7	Class/Semester/Course	UG AND PG Department
8	No. of Staff/Students attended the Programme	All Faculties (24+12)
9	Teacher in-charge of the Programme	Mrs Gulnaz khanum, - HOD of Language Department. Mr. Swamidas- /ISR co-ordinator.
10	Collaboration	IQAC
11	Objectives of the Programme	Objectives of International Yoga Day: 21st June, 2020 was chosen as the day for observance day. Every year

		<p>is declared as the World Yoga Day by the UN General Assembly on 11th December 2014. Yoga is regarded as an ancient practice of mental, spiritual and physical healing which was practiced in India for the last 5000 years.</p> <p>Mrs.VijayalaxmiRamesh demonstrated all the asanas along with Teaching and Non- Teaching Faculties.</p> <p>The Main objective behind this observation is to make this ancient practice popular among the present generation and she spoke about asanas to the faculties who are unaware of its benefits. Adopting this practice is believed to provide significant relief from physical ailments and mental tension which plagues our day to day life. She Further added that Yoga cultivates awareness, self-regulation and higher consciousness in the individual.</p>
12	Issues addressed	<p>Issues were addressed by UG/PG principal, Dr. Mohammad Arif Pasha who spoke about how important is Yoga for over all health</p>
13	Outcomes/Impact of the Programme	<ul style="list-style-type: none"> • Yoga Programme helped the Teaching and Non- Teaching Faculties to know mental and physical benefits of yoga. • Incorporating Yoga into our routine can help enhance our health, increase strength and flexibility and reduce symptoms of stress, depression and anxiety. • The art of Practicing yoga helps in controlling an individual's

		<p>mind, body and soul.</p> <ul style="list-style-type: none"> Yoga brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone.
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Photo Gallery – International Yoga Day 2020



Welcome speech Prof.Gulnaz khanum
HOD, Language Department



UG/PG principal addressing to all the Faculties
about benefits of Yoga



Yoga video and poster by Prof.Asra Suha- English Dept

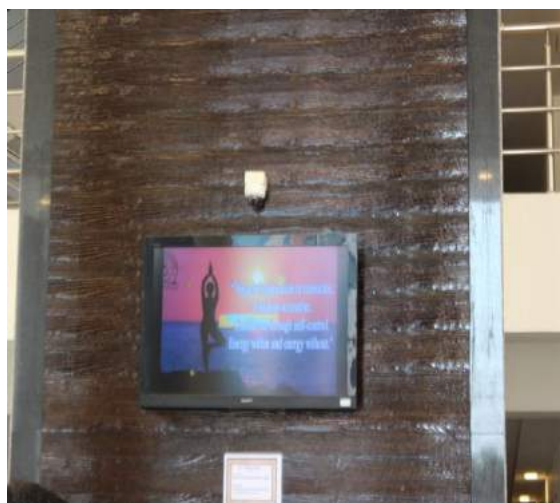


Demonstration of Yoga Sanas with the Guidance of UG Vice -Principal

Prof.Vijayalaxmi Ramesh



Yoga Positions



Vote of Thanks by Prof. Raheela Roohin- English Dept



Group Photo

Report prepared by : Prof..Asra Suha , Language Dept

Head of Department:

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