



## **SURANA COLLEGE**

16, South End Road | Bangalore-04 Tel:  
080-26642292 | 080-22446141

[www.suranacollege.edu.in](http://www.suranacollege.edu.in) | ISO Certified | NAAC A+ Grade

# **3.4.1 EXTENSION ACTIVITIES Report 2020-2021**



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### Program Report on Institutional Social Responsibility Activities

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*Bhuvanesh*  
PRINCIPAL  
SURANA COLLEGE  
SOUTH END ROAD  
BANGALORE - 4.



# SURANA COLLEGE

## P G Department of Commerce

**#16, South End Road, Basavangudi, Bangalore-560004**

Accredited by NAAC with 'A+' **GRADE**, ISO 9000-2015 Certified Institution,

Recognised under 2F & 12B of UGC Approved by Bangalore University

Report on

## **“VISIT TO ZERO GARBAGE KITCHEN - ADAMYA CHETANA FOUNDATION”.**

**27<sup>th</sup> March 2021**

## PARTICIPANTS

No. of participants:35 [Thirty-five]

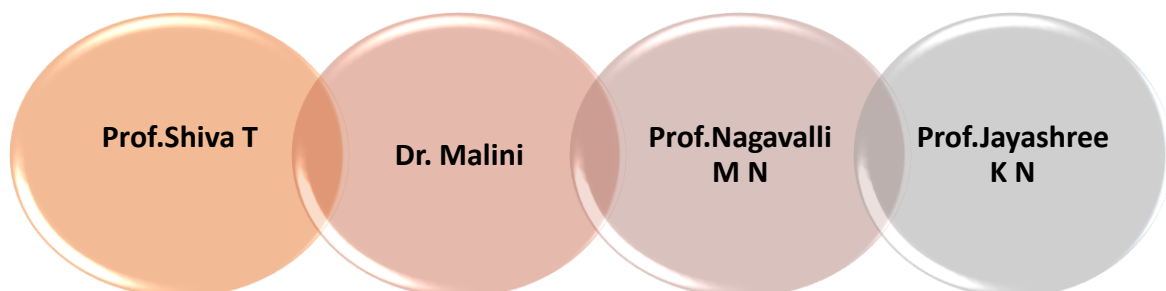
Total No. Of Students: 31[Thirty-one]

Faculties: 04 [Four]

### List of students attended Industrial Visit held on 27<sup>th</sup> March 2021



### **List of faculties visited**





## **ABOUT ADAMYA CHETANA:**

**Adamyia Chetana** is a voluntary organisation working since 1997 in the fields of education with Anna – Akshara – Arogya (Food - Education - Health) as its core intervention areas.

Adamyia Chetana was started in the year 1997 by late **Shri. Ananthkumar**, MP from Bengaluru South, Cabinet minister for Parliament Affairs and Chemicals & Fertilizers in fond memory of his mother Smt. Girija Shastry as a tribute to her indomitable spirit.

Adamyia Chetana serves hot nutritious mid-day meals to more than 2 lakh school children every day. Adamyia Chetana is proud that they have served over 44 crore mid-day meals till date.



### **Smt. Tejaswini AnanthKumar**

#### **Chairperson, Adamyia Chetana**

A true multi-faceted personality: Engineer by education, scientist by profession, activist, wife, mother, social entrepreneur, the list goes on. Her achievements are spread across working on LCA project, founding Adamyia Chetana and driving several firsts in green lifestyle, environmental changes, all in her own unique way.



Smt. Tejaswini founded and runs Adamyia

Chetana ([www.adamyachetana.org](http://www.adamyachetana.org)) since 1997. This was set up in the memory of Smt. Girija Shastry, mother of her husband Shri AnanthKumar, MP and Central cabinet minister. Shri AnanthKumar is the Chief Patron of Adamyia Chetana. Adamyia Chetana works on three core

themes **Anna-Akshara-Arogya** along with several initiatives on Rural Development and Environmental issues.

Smt. Tejaswini's work at Adamyia Chetana, through dozens of projects has positively impacted nourishment, learning and health of lakhs of under privileged children, improved the conditions in many villages and helping increase green cover of Bengaluru. The key focus of this NGO is providing *Anna-Akshara-Arogya (Food-Education-Health)* to under-privileged children. She is a member of the Bharatiya Janata Party. She is also the vice president, BJP Karnataka.

She was very active at all levels of Akhil Bharatiya Vidyarthi Parishad (ABVP) organizing various student activities. She served as State Joint Secretary & National executive member of ABVP. Between 1988 and 1993, she worked as a Software Engineer in Bengaluru, Lecturer at BMS college of Engineering and Lecturer at SDM college of Engineering.

### **SERVICES OF ADAMYA CHETANA:**

- **Annapoorna mid-day meal programmes**
- **Chinnara Chetana**
- **Subhiksha Gram**
- **Green Bengaluru 1:1**
- **Water re-use**
- **Grid on solar system**
- **Eco-friendly and reusable plate bank**
- **Zero garbage kitchen**



## **Annapoorna-Mid Day Meal Programme**

**Annapoorna**, the *midday meal programme* of Adamyia Chetana reaches over 2 Lakh children in thousands of schools across Bengaluru, Hubballi-Dharawad, Kalaburagi, Ranebennur and Jodhpur. The nutritious tasty meals are hygienically prepared at well-equipped kitchens set up specially for this project with the help of government and donors.

The meals are packed in stainless steel containers and distributed to schools in customized vehicles. The teachers and volunteers serve the hot meals in the school. The meal varies everyday- rice and sambar, curd rice, pongal, bisi-bele-bhaat, sweet pongal, daal, Roti, Daliya etc. The inclusion of daal, vegetables, jaggery, condiments make the meals nutritious. With the assistance of the Government, volunteers, donors, and the corporates, we have been able to reach thousands of school children day after day. As an effective partner in this challenging activity of the Government, we have made this programme exceptional.

Since last 10 years, Adamyia Chetana Annapoorna Kitchen in Bengaluru has eliminated fossil fuels like LPG, wood etc...Have completely switched over to fossils free fuels like Briquettes and Bio gas generated from our own wet waste. Even while cooking for thousands of children every day, Annapoorna Kitchen is also a ZERO GARBAGE KITCHEN.





## CHINNARA CHETHANA:

(COLOURFUL MONTHLY WALL MAGAZINE FOR SCHOOL CHILDREN, PUBLISHED SINCE 2008). This wall magazine carries thought provoking and informative articles related to environment, green lifestyle, etc.

Written in a very interesting and simple way. Colourful illustrations make it all the more attractive for not only students but everyone to read it. Every year, Adamyia Chetana publishes 10 editions of Chinnara Chetana, both in Kannada and English and it reaches hundreds of school students, but people working in various banks, offices are asking for copies to display in their work place to share these ideas.



## SUBHIKSHA GRAM

Guided by shri Ananthkumar's vision of developing villages economically and ecologically in to self-sufficient model villages, Adamyia Chetana has adopted Ramatheerth, Sankonatti villages in Athani district of Belagavi in Karnataka and built 165 gobar gas plants and toilets, established a cooperative bank, a milk collection centre and carried out extensive tree planting, building few check dams and increasing ground water levels.

This initiative resulted in a mass movement that lead to installation of thousands of combi toilet-biogas units in neighbouring districts in Karnataka and Maharashtra transforming the rural landscape. Now, Adamyia Chetana is working in Raagihalli village on a number of areas including increasing green cover,



education, skill development, generating employment opportunities, building toilets, plastic waste management, etc.

### **GREEN BENGALURU 1:1**

Green Bengaluru 1:1 a program to increase green cover in our cities. An IISc study shows that each person needs 7 trees to sustain, but in cities like Bengaluru, we have 7 people per tree! “We must bring the ratio back to at least 1:1” Shri Ananth Kumar had said in 2015.



Since then, Adamyia Chetana has been running **Green Sunday** program where each Sunday, hundreds of saplings are planted and nurtured. Last 160 consecutive Sundays have been Green Sundays with planting more than 1.5 lakh saplings under this program. Equally important, many local residents, groups, enthused by the program have started their own tree planting programmes, thus multiplying the effect of Green Bengaluru 1:1 programme.



### **WATER RE-USE:**

Believing in the concept of reuse and recycling, Adamyia Chetana reuses close to 10,000 litres of recycled water for plants at Lalbagh Botanical Garden.

### **GRID ON SOLAR SYSTEM:**

Adamyia Chetana was one of the first few organisations to install solar panels on its roof generate Electricity, which has reduced its dependency on external power considerably.

### **Eco-friendly and reusable plate bank:**

In many functions or events, plastic or paper plates and cups are used. Sometimes, areca nut-based plates are also used these disposable plates, cups and cutlery end up polluting the city. Due to lack of awareness, lack of sensitivity and sheer callousness has led our society to use

all such hazardous material. We are putting our and next generations in a major environmental crisis.

They have setup a 'Plate bank' at Adamyia Chetana from where one can borrow steel plates, cups and spoons on rent, for various events. These can be used at events hosting 500-5000 people. This anti-plastic-



disposable-cutlery initiative is rapidly gaining momentum.

Every time an event uses Plate Bank, about 1,000-2,000 plastic plates and cups are not sent to trash. We have in stock 10,000 sets of plates, water-coffee glasses, bowls and spoons. Adamyia Chetana also has a commercial dishwasher that it uses to clean the returned dishes.



### **ZERO GARBAGE KITCHEN:**

As a socially responsible NGO, we have also achieved another milestone, which is creating a Zero garbage kitchen. The kitchen, which was creating and dumping 300 Kgs., of garbage on a daily basis, in the past is proud to achieve a zero Garbage status. As of today, the BBMP garbage van does not even visit our Kitchen.





## **SASYAGRAHA:**

### **ADAMYA CHETANA'S GREEN MOVEMENT**

Adamyia Chetana's chief patron Shri AnanthKumar had given a call in 2015 to incorporate Green Lifestyle in our daily life to make it more sustainable. It is not only essential but imperative that each household, school, college, and office adopts a Green Lifestyle. In this direction, Adamyia Chetana runs multiple programmes under the "SASYAGRAHA" movement to promote adoption of green lifestyle.

## **AROGYA CHETANA – HEALTH CAMPS:**

Health camps including eye check-up are conducted for children and other citizens. Women are given special attention during these health camps. Arogya Chetana with focus on providing health insurance cover to the school children was inaugurated by Dr. APJ Abdul Kalam benefiting thousands of school children, providing them hospitalization cover at practically zero cost.

## **NATURE-SCIENCE INTERNSHIP PROGRAMME:**

"CATCH THEM YOUNG" if we have to change the mind-set of a generation. With this Philosophy, Adamyia Chetana designed a unique internship programme with extensive field work for youngsters in association with experts from Indian Institute of Science. During this 2- month internship programme, young students under the guidance of their teachers and experts from IISc and Adamyia Chetana conduct a number of field studies, lab analysis to map out eco- system in and around their area and try and understand nature.

## **VISION OF ADAMYA CHETANA:**

**"Each soul potentially divine. The goal of humanity is to realize this divinity".**

## **MISSION OF ADAMYA CHETANA:**

- **To create sustainable, Replicable models for social betterment of the underprivileged.**
- **To develop a sense of appreciation of the INDIAN CULTURE and value system among the younger generation.**

## Feedback of students

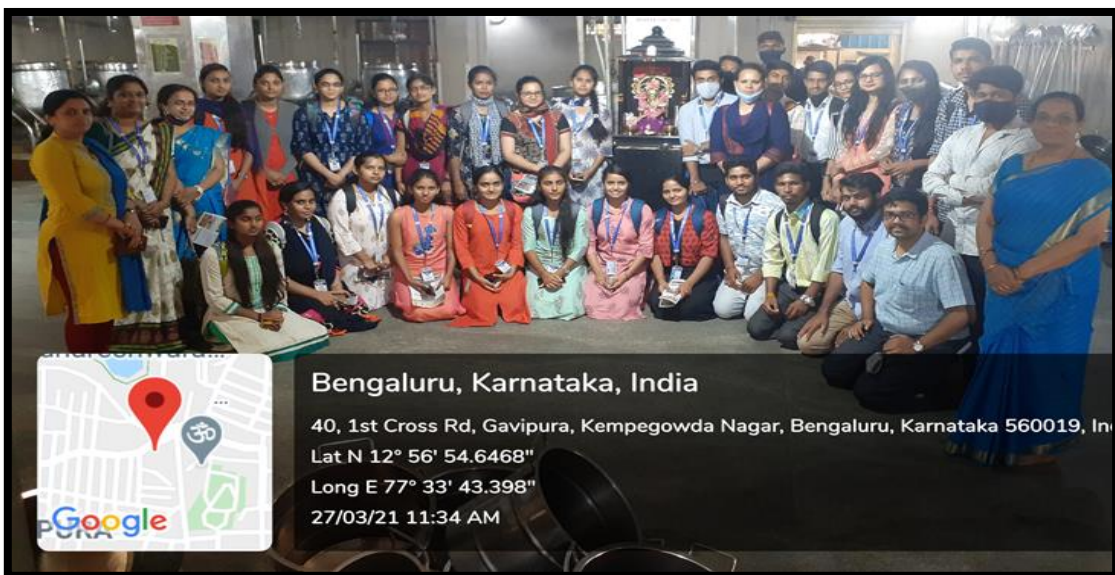
1. I had a nice time in Adamyia Chethana. They have thought us how to utilize the resources effectively like how to reuse the waste products which is used at kitchen which I was not aware of it before.
2. It was actually a good experience for me. I learn how to they service the society in 3 ways Anna-Akshara-Arogya. They thought us how to utilize the used water they use that water for plants at Lalbagh.
3. It was a very good experience where we learned how can we support the society by doing some social work within our own capacity. The organization was very well organized and maintained cleanliness. I had inspired us to give back to the society and environment.
4. We also learnt how we can use the methods of reduce, reuse, recycle in a better manner and help the society as well as saving the nature in a better manner.
5. The member co-ordinator of Adamyia Chethana was interactive.
6. The experience was extremely beautiful. Do not waste food was the major thing and save environment, save earth and also learnt about usage of time.
7. We learnt how Adamyia Chethana works, and we also appreciated for the efforts taken by the organization to shape better people and to set an example for the youngsters to carry on this legacy. I thank our faculty member who gave us this life changing opportunity to us.
8. I was happy with great experience what we went through on visiting such a honourable place.
9. It was an awesome experience.
10. This is such a wonderful place to watch, learn and intellect. Here we need to understand about the process of reuse of any waste and recycle them for further use. We need to adopt these facilities and make the environment eco-friendly.
11. It was a good experience from Adamyia Chethana and opportunity to explore new idea.
12. The main thing what inspired me is their dedication towards improving lives at poor people.
13. I thank my beloved lecturers, HOD for arranging a visit to this place, where we understood how an NGO works with volunteers, their resources and how well they managed, cost effectivity and mainly humanity motive which matters the first.



**FEW SNAPS OF INDUSTRIAL VISIT:**

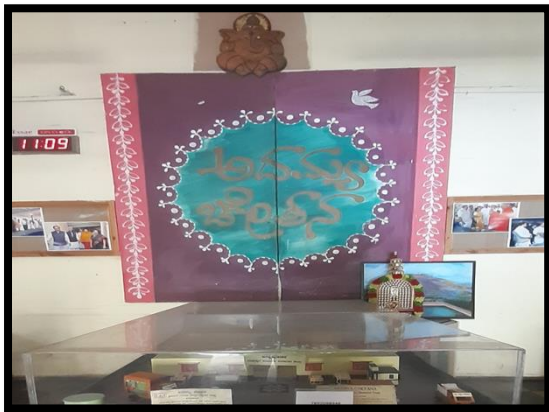


**GASSIFIER**



Memory with the organization

## RICE BOILERS









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**Report on**

**“MENTAL HEALTH & STRESS MANAGEMENT”**

**ON**

**14<sup>TH</sup> MAY 2021**

## Program details



**SURANA COLLEGE**  
#16, South End Road, Basavangudi, Bangalore  
Accredited with grade A+ by NAAC

**YOUTH RED CROSS**  
IN ASSOCIATION WITH

**BANAGALORE UNIVERSITY**  
JNANABHARATHI CAMPUS  
BANGALORE

**WEBINAR**  
ON  
**MENTAL HEALTH & STRESS MANAGEMENT**  
FRIDAY, 14TH MAY 2021 TIME 2.00 PM

Inauguration by **Dr. VENUGOPAL K R**  
Honorable Vice Chancellor,  
Bangalore University

Key Note Address by **Dr. SATISH GOWDA N**  
Nodal Officer,  
Youth Red Cross, Bangalore University

Chief Patron  
**Dr. ARCHANA SURANA**  
Managing Trustee, Surana Educational Institutions

Guest of Honour  
**DILIP C.S**  
Youth Red Cross Coordinator and Media Incharge  
Indian Red Cross Society,  
Karnataka State Branch, Bengaluru.

Presided by  
**Dr. BHAVANI M R.,**  
Principal, Surana College

Speaker  
**Dr. ARCHANA BHAT,**  
MSc. (Psy), PhD., K SLET., PGDMLS., PGDHHM.,  
Associate Professor and Head of the Department,  
P.G Department of Psychology, Surana College

**Narendra .K**  
Co-ordinator, Youth Red Cross, Surana College  
and Volunteers

With this Pandemic Outbreak, COVID-19, everyone are going through difficulties at their lives through both mental and health pressures. P G department of Commerce have decided to conduct a webinar of Mental Health & Stress Management with collaboration of Youth Red Cross & Bangalore University for both faculties and students to make them understand the importance mental health & how to manage stress.

As every student is undergoing the stress of sitting in front of laptop for online class, they do need the relief. On 14<sup>th</sup> May 2021 at 2 pm the webinar was started through Google meet. The webinar was inaugurated by **Dr.Venugopal, honourable Vice Chancellor; Bangalore University** has spoken the importance of mental calmness and Sapta Sutras that everybody has to follow to maintain their physical and mental health. Then **Dr.Satish Gowda, Nodal Officer, Youth Red Cross** addressed the gathering and gave welcome speech.

Then the webinar was handed over to **Dr. Archana Bhat**, where she spoke about the basic difference among stress & anxiety, what are the causes of stress and results of stress, ways to reduce stress with lively examples which made participants feel very interesting about the webinar.

Further the webinar was open to Q & A session where there were many questions from participants both including students as well as Teachers where the speaker attended all the questions. **Dr.Bhavani M R, Principal, Surana College**, was presided in the webinar and made valuable inputs to the webinar. **Mr.Narendra K, Co-ordinator, P G Department of Commerce** took care of moderating for the webinar. The event was successfully concluded by Vote of Thanks proposed by **Mr.Shiva, Assistant Professor, P G Department of Commerce**.

### **Participants:**

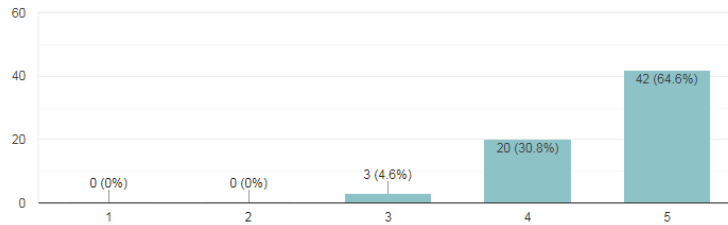
There were 92 participants for the webinar which includes Students & Faculties of M.Com, B.Com, BBA and M.Sc Psychology.

### **About the speaker**

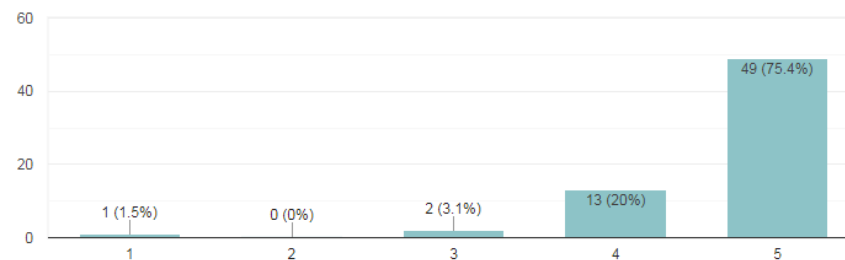
**Dr. Archana Bhat** was the featured speaker for the webinar having M.Sc (Psy), Ph.D., K SLET., PGDMLS., and PGDHHM from Symbiosis, Pune to her qualification. She is currently serving as Head of the Department, P G Department of Psychology at Surana College. With her team's continuous efforts, in the academic year we have bagged top 3 university ranks to our college. Research, Clinical Psychology, ICT and Education & Corporate training are her area of interest.

## Feedback of the webinar

### a. How satisfied were you with webinar?



### b. The relevance of the webinar.....



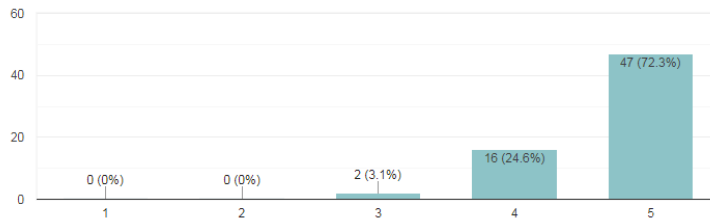
### c. Key take aways

- ✓ Never panic, accept reality and prepare yourself. Be positive.
- ✓ Don't be stressed and panic handle things in cool manner
- ✓ Sapta sutras
- ✓ How to control over stress
- ✓ How to deal with mental stress
- ✓ Relax, respond and let go
- ✓ Reduce the stress
- ✓ Mainly that anxiety and U stress is good
- ✓ Managing stress.
- ✓ Accept the present situation.
- ✓ It has helped in reducing stress and anxiety and taking a better approach in Crisis situation
- ✓ How to manage the stress by ourselves.
- ✓ Handle the situations calmly
- ✓ Good program

- ✓ How to manage stress and how to overcome with it
- ✓ Positive Thinking
- ✓ Informative section.
- ✓ Confidence , not overthinking and not expecting
- ✓ Relevant examples you gave to us to come out of this pandemic.
- ✓ Management of stress
- ✓ content was excellent
- ✓ Being cheerful all the time
- ✓ I took some points how to reduce stress.
- ✓ Ways to control stress
- ✓ To smile often. To fill positive affirmations to self
- ✓ Good suggestion for reduce stress
- ✓ Happiness, relaxing mind
- ✓ Very nice
- ✓ How to manage stress
- ✓ Enjoy your life
- ✓ Manage stress and anxiety acc to situation
- ✓ Was amazed to know how we have to deal with mental health amid this crisis time,which was the most needed now!
- ✓ It was really great to know about stress management due to Covid
- ✓ How to control our stress levels
- ✓ How to be mentalli string in this tough citation
- ✓ Managing stress by keeping things simple and clear.
- ✓ We should be always optimistic thinker, forgot the bag things happen in life which creates stress
- ✓ Stress management
- ✓ Positivity
- ✓ How to overcome the stress and how yoga, chanting,meditation helps to overcome the stress
- ✓ Reducing the stess leads healthy Mind



#### d. Satisfaction with webinar....



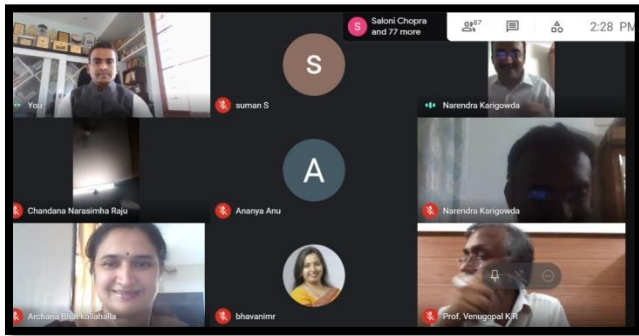
#### e. Additional comments by the respondents.....

- ✓ The speaker's were too good we can hear them all the day.
- ✓ It's so good. Very use full.
- ✓ Please do conduct sessions like this regarding how to deal mental stress,so happy to be part of this session.Would like to hear Archana Bhat mam again.
- ✓ Very useful in this pandemic.
- ✓ It was very well covered.
- ✓ Very much helpful
- ✓ It was an amazing session!! It was so apt to have got the oppportunity to attend such session during this pandemic!
- ✓ Session was really awesome
- ✓ It was a very good session
- ✓ Excellent
- ✓ please conduct more of such webinar
- ✓ Very well organised
- ✓ Shiva sir vote of thanks was just awesome
- ✓ It was very helpfull to manage stress
- ✓ Overall session is good & it's really informative

**f. Overall Feedback of the event...**

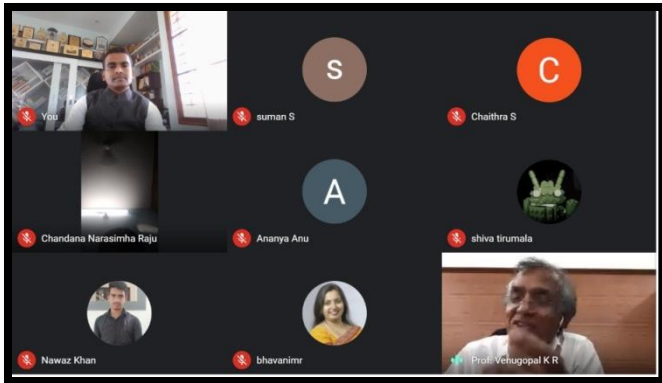
- ✓ Good session it was very helpful
- ✓ It was a very helpful session and topic which was discussed was the need of the hour and it was presented very well.
- ✓ Thank you for giving good information
- ✓ Very fruitful. Engaging.
- ✓ Glad that our college has taken up such initiative to work on mental health, please be organising webinars like this.
- ✓ Thank you for the opportunity it was very useful for us.
- ✓ It was a good session , Archana Mam has given useful tips and has helped in changing our approach towards the current situation
- ✓ I am thankful for such an webinar hosted today. It was informative
- ✓ It was excellent webinar which actually needed during Pandemic situation.
- ✓ It's was nice and speakers we're good too
- ✓ Excellent inputs by Dr. Archana Bhat.
- ✓ Really really nice session especially in this pandemic. Thank you soo much archana mam and other faculty members for giving more information.

# A walkthrough the event



Welcome Address

Vice Chancellor's Address



Archana Bhat Kallahalla is presenting

### What happens in stress?

The body produces larger quantities of the chemicals cortisol, epinephrine, and norepinephrine. These trigger the following physical reactions:

- increased blood pressure
- heightened muscle preparedness
- sweating
- Alertness
- blood pressure and pulse rise
- breathing speeds up
- digestive system slows down
- immune activity decreases
- muscles become more tense
- sleepiness decreases due to a heightened state of alertness

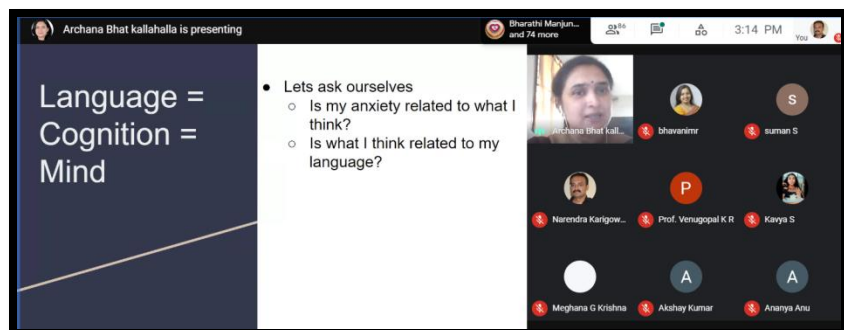
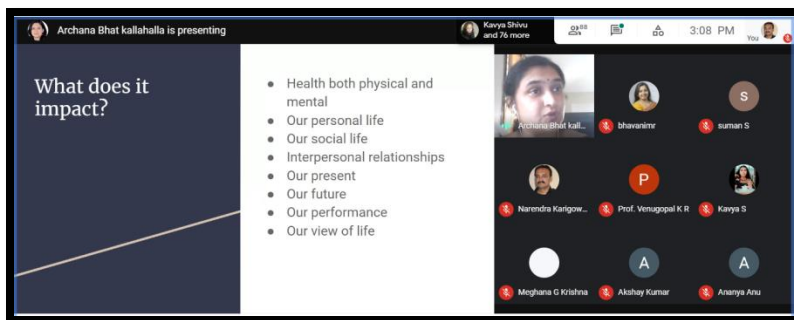
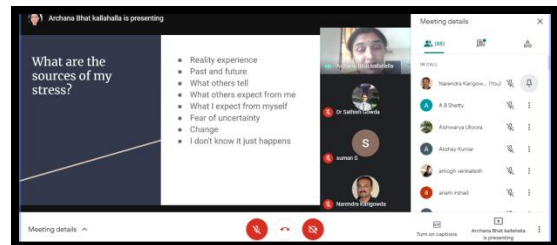
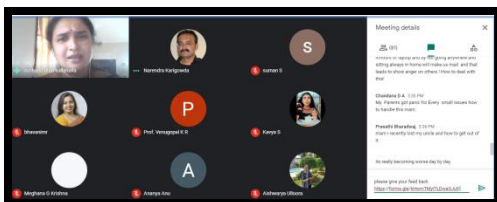
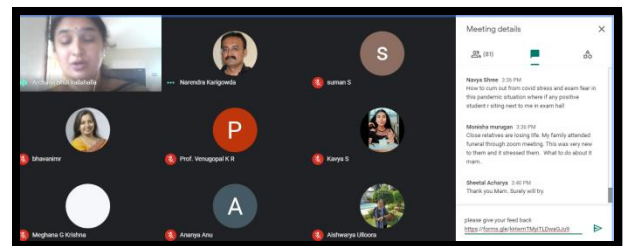
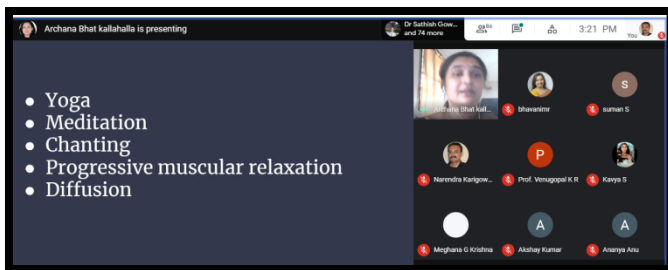
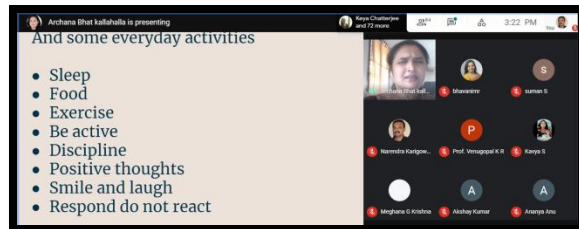
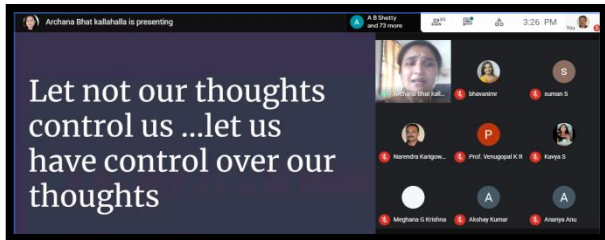
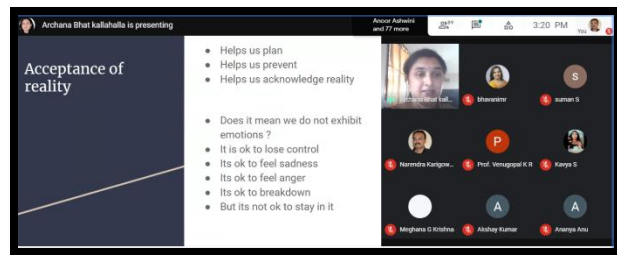
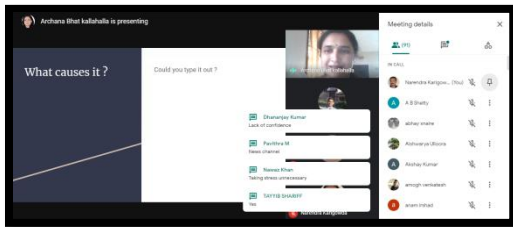
Participants visible: Archana Bhat Kallahalla, Dr Sathish Gowda, suman S, Narenda Karigowda

Stress Management

### What's the difference?

Stress	Anxiety
emotional or physical tension	body's natural response to stress.
our body's response to pressures from a situation or life event	feeling of fear or apprehension about what's to come.
body's natural defense against predators and danger.	

Participants visible: Archana Bhat Kallahalla, Dr Sathish Gowda, suman S, Narenda Karigowda





ವಾರ್ತಾ ಮತ್ತು ಸಾರ್ವಜನಿಕ ಸಂಪರ್ಕ ಇಲಾಖೆ  
DEPARTMENT OF INFORMATION & PUBLIC RELATIONS  
ಭಾರತೀಯ ರೆಡ್ ಕ್ರಾಸ್ ಸಂಸ್ಥೆ, ಕರ್ನಾಟಕ  
INDIAN RED CROSS SOCIETY, KARNATAKA

Valid Upto: 01-05-2020

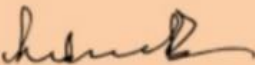


Id: 3808-23042020-01

Name: Vasishta V

Address: #356 6 th cross Ct bed  
banshankari 2 and stage,,Bengaluru Urban

Assigned: Volunteer

  
(S N SIDDARAMAPPA, IPS)  
Commissioner, Department of  
Information and Public Relations



**ಕೊರೋನಾ ಸೈನಿಕ**  
**CORONA EMERGENCY**  
**RESPONSE TEAM**



**CITIZEN QUARANTINE SQUAD**  
Volunteer



ಕರ್ನಾಟಕ ಸರ್ಕಾರ  
Government of Karnataka



ಬೃಹತ್ ಬೆಂಗಳೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ  
**Bruhat Bengaluru Mahanagara Palike**

N R Square , Bengaluru

VALID UPTO **31/July/2020**



**ID :** south\_171\_165\_13884

**Name :** Vasishta

**Address :** 356 6 th cross banshankari stage 2

Bangalore 70

**Mobile :** 9743118677

**Zone:** South

**Sub Zone:** Padmanabanagar

**Ward:** Ganesh mandira

**J Manjunath**  
**Special Commissioner, BBMP**



Our  
Protectors



#DettolSalutes

Vasishta



*Each action of yours  
has not only helped  
those in need but also  
given hope to everyone  
around, that things will  
be better*

# Surana college

South end road , bangalore

## NATIONAL SERVICE SCHEME

**Special village camp in Indalawadi Village : From 04<sup>TH</sup> Sept TO 10<sup>TH</sup> Sept 2021**

NSS unit of Surana College, Bangalore organised NSS special village camp in Indalawadi (v) of Anekal (T) from 4th September to 10th September 2021. 115 volunteer's are actively participated in the camp.

Inauguration



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On 4<sup>th</sup> September 2021 NSS 7 day special village camp was inaugurated by chief guest Mr Betappa, gram panchayat head and Shri Ashok Reddy, Shri Sowmya Reddy, Shri Krishna Murthy ,Shri Lokesh Krishna, Shri Govind Raju ,Shri Manjunath.

After that volunteers were divided into teams for the upcoming 7 day activities. The 5 teams were as follows Team Shershaah ,Chathrapati Shivaji , Mahatma Gandhi, Bhagat Singh & Team Swami Vivekananda Then the volunteers had dinner and after that they had a meeting in which the rules of the camp were briefed.The day ended and the volunteers were given rest.

## DAY 2



The day 2 started with flag hoisting by team Mahatma Gandhi at 6:30am. The theme for the day was BETI BACHAO BETI PADHAO. After that the volunteers had a yoga session taught by the programme officer Prof. GIRISH in the campus premises.Post yoga the volunteers were served breakfast by the team Bhagat Singh in the campus grounds.

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## Shramadan



After breakfast the volunteers were assembled for shramadan and the works were assigned. Surveys, road cleaning were the works assigned. The survey was all about Covid awareness and vaccination. Then the volunteers were served lunch.

After lunch the volunteers were assembled in Samudaya Bhavan for guest lecture session. The guests were Mrs Sowmya Reddy, Mr Niranjan, Mr Manjanna ,Ms Sushmita ,Ms Bhargavi, Mr Girisha K. Post guest lecture the volunteers were assembled for flag de-hoisting.

After that the cultural were organised by the team Team Swami Vivekananda and the theme for the song was patriotic song and the for the skit was value of parents. The song and the skit were judged and the prizes were distributed.

Post cultural the volunteers had dinner and after dinner the volunteers were assembled for the review session. After the review session the volunteers were given rest.

### DAY 3



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The day 3 started with flag hoisting by team Chatrapati Shivaji at 6:30am. The theme for the day was JAI JAWAN JAI KISAN. After that the volunteers had a yoga session taught by the programme officer Prof. Girisha in the campus premises. Post yoga the volunteers were served breakfast by the team Mahatma Gandhi in the campus grounds.

After breakfast the volunteers were assembled for shramadaan and the works were assigned. On the third day the volunteers were taken to a nearby government school and were made to clean the school premises, road and the premises of a nearby tank. Then the volunteers were served lunch.

After lunch the volunteers were assembled in Samudaya Bhavan for guest lecture session. The guests were Mr Niranjan, Ms Sushmita, Mr Manjanna, Mr Girish K.

Post guest lecture the volunteers were assembled for flag de-hoisting. There was a special guest for the de hoisting. It was a person from the village who is a farmer and a dairy man named Sampangi.

After that the cultural were organised by the team Bhagat Singh. The song and the skit were judged and the prizes were distributed. Post cultural the volunteers had dinner and after dinner the volunteers were assembled for the review session. After the review session the volunteers were given rest.

#### DAY 4

The day 4 started with flag hoisting by team Shershaah at 6:30am .The theme for the day was MERA BHAARATH MAAHAN, CAA, and ARTICLE 370. After that the volunteers had a theory yoga session by Mr Sheshadri in Samudaya Bhavan

Post theory of yoga the volunteers were served breakfast by the team Chhatrapati Shivaji in the campus grounds.



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After breakfast the volunteers were assembled for shramadaan and the works were assigned. The work for the day was Plantation which was done by the volunteers. on this day the principal of Surana south end campus Mrs Bhavani mam had arrived and guided the volunteers. Then the volunteers were served lunch.

After lunch the volunteers were assembled in Samudaya Bhavan for guest lecture session. The guests were Mr Kiran ,Mr Subramanya, Mr Sheshadri .and after the lecture the was a mini games session by the guest for the volunteers. Post guest lecture the volunteers were assembled for de-hoisting.After that the culturals were organised by the team Mahatma Gandhi. The song and the skit were judged and the prizes were distributed.

Post cultural the volunteers had dinner and the speciality of the dinner was silent dinner where the whole volunteers and the staff had dinner in silence. After dinner the volunteers were assembled for the review session.After the review session the volunteers were given rest.

## DAY 5

The day 5 started with flag hoisting by team Swami Vivekananda at 6:30am. The theme for the day was POLICE. After that the volunteers had a yoga session taught by the programme officer Prof. Girisha in the campus premises.

Post yoga the volunteers were served breakfast by the team Shershaah in the campus grounds.



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After breakfast the volunteers were assembled for shramadaan and the works were assigned. The works for that day were in a mega level. there was school survey where volunteers went for school survey and enquired about the school conditions, and an eye testing camp for the villagers and the volunteers and Shramaadan where plants were planted around the lake. Then the volunteers were served lunch.



After lunch the volunteers were assembled in Samudaya Bhavan for guest lecture session. The guests were a group of doctors from Narayana Hrudayalya, Mr Girisha K. Post guest lecture the volunteers were assembled for de-hoisting.

After that the cultural were organised by the team Chatrapati Shivaji and the program was held in the village with the villagers. The song and the skit were judged and the prizes were distributed.

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Post cultural the volunteers had dinner and it was a musical dinner where the kitchen team sung songs with instruments for a peaceful dinner. After dinner the volunteers were assembled for the review session. After the review session the volunteers were given rest.

## DAY 6

The day 5 started with flag hoisting by team Bhagat Singh at 6:30am. The theme for the day was Women Empowerment and Birthday of Captain Vikram Batra. And the special guest for the day was Mrs Poornima Jogi, NSS State implementation officer. After that the volunteers had a yoga session taught by the programme officer Prof. GIRISH in the campus premises.

Post yoga the volunteers were served breakfast by the team Mahatma Gandhi in the campus grounds.

After breakfast the volunteers were assembled for shramadaan, and the works were assigned. The works for that day was in a mega level. there was a training camp for making eco-friendly Ganesha idols for the upcoming festival and Shramaadan where plants were planted around the lake. Then the volunteers were served lunch.

After lunch the volunteers were assembled in Samudaya Bhavan for guest lecture session. It was a live guest lecture session by Shri Shri Shri Veereeshananda Saraswathi Swamiji

After the guest lecture session, we had the Valedictory session. The guests were Officer Umesh SK, Shri Shivanagaraju Mahaswamiji, Mr Betappa, gram panchayat head and Shri Ashok Reddy, Shri Sowmya Reddy, Shri Krisha Murthy, Shri Lokesh Krishna, Shri Govind Raju Shri Manjunath. After that the students were served dinner in the campus premises.

After dinner the students had Shibirajyoti session where all the volunteers drew India map and all the volunteers lighted candles and sung patriotic songs. The day ended the volunteers were given rest.

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## SURANA COLLEGE

#16, SOUTH END ROAD,  
BANGLORE-04 ACCREDITED BY

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## DEPARTMENT OF COMMERCE

REPORT - EXTENSION ACTIVITY – 2020-21



**Har Ghar Poshan Vyavahar**

*Bhanez*  
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✚ **Topic:** Nutrition awareness on National nutrition week

✚ **Date:** 24<sup>th</sup> September 2020, Thursday

### ***NATIONAL NUTRITION WEEK:***



Nutrition is considered to be the foremost prominent aspects in our country as we witness that most of the states in our country suffer from malnutrition and this is observed mainly in children between different age group.

Nutrition and vitamins has to be provided in a right manner by providing right food with proper nutrition, minerals, vitamins at the right time to make sure the body is hail and healthy.

### **EXTENSION ACTIVITY Organized BY DEPARTMENT OF COMMERCE FOR B.COM STUDENTS:**

Department of commerce had organized an awareness drive, students had an opportunity to meet the public and The following areas were focused and students shared their knowledge about nutrition.

1. Adding right food on the plate, importance of providing nutrition to different age groups and the portion to be consumed on different intervals.
2. Students also explained how important it is to maintain our health, eat right food and keep our body healthy.
3. Commerce Students interacted with government school students to make them understand what type of fruits, vegetables, cereals have to be consumed to build immunity to fight hard viruses.





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*Bhavanthi*  
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### **COVID-19 Screening of SSLC Students in Karnataka**

As per the directives from State Government, the much-awaited examination for SSLC Students is scheduled on 19 July (Monday) and 22 (Thursday) July 2021.

Education Board has taken a slew of measures like increasing the number of exam centers and reducing the number of students in a room to ensure the coronavirus disease doesn't create any problem.

To mitigate the possibilities of COVID-19 infection 8.76 lakh students will appear at 4884 examination centers in 73,066 examination halls which have been increased from last year's 48,000 classrooms with only one student per bench to maintain physical distancing, as per guidelines. Students writing the exams cannot be failed. Earlier, the exams for six subjects were held for over six days, but this year, it has been divided into two days -- one day for core subjects, and the second for languages. Each subject will carry 40 marks and the exam will be in multiple-choice question (MCQ) formats for three hours from 10:30 AM to 1:30 PM.

To ensure COVID-19 Safety protocol at the SSLC Examination centers, **Youth for Seva (YFS) on behalf of Karnataka Secondary Education Examination Board (KSEEB) requests Surana College, Bengaluru to deploy 100 NCC Cadet student volunteers to coordinate COVID-19 screening of SSLC students appearing examinations.** COVID-19 Symptom screening is intended to reduce transmission from a potentially infected person to others. Students with serious symptoms/infection are then kept from entering a setting to reduce the risk of spreading the virus that causes COVID-19. Screenings can be conducted in many ways and may range from assessing for only one symptom of COVID-19 (e.g., daily temperature checks to assess for fever) to assessing for multiple or all known COVID-19 symptoms.

#### **Surana College, Bengaluru, Coordination**

- 1) **Surana College Faculty Mentors** will select 02 Volunteers for each examination center at across 50 Examination Centers in Bengaluru. Faculty Mentors will also coordinate between YFS Chapter coordinators for volunteer mapping/allotment of volunteers at select examination centers across Bengaluru. **Only COVID Vaccinated students /faculty members are allowed to volunteer at the examination centers** as per the guidelines from Education Department.
- 2) **Role and Duties of Volunteers:** 02 Volunteers for Screening SSLC students at the examination center, Documenting the Health Status of Children and reporting the same to the concerned Examination officer and capture photographs, videos, and events.

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[www.youthforseva.org](http://www.youthforseva.org)

**Youth for Seva (YFS) Coordination**

<b>Name</b>	<b>Role</b>	<b>Contact No</b>
<b>Mr. Vinay K.C</b>	National College Coordinator - Overall Coordination between major stakeholders	<b>9019704401</b>
<b>Mrs. Mamtha Prasad</b>	Education Coordinator- In-charge of SSLC COVID Screening at Examination Centres across Karnataka	<b>96064 62317</b>

**Event Process and Important Dates**

**Execution:** On-field Volunteering activities at the examination center - **22 July 2021**





**16. Our NSS volunteers are working as corona warriors**

Date: 20<sup>th</sup> May 2021

NSS volunteers are working as corona warriors

Details as follows

- |                         |                  |   |
|-------------------------|------------------|---|
| 1. Hithesh Solanki      | +91 98868 25002. | Work: Distribution of food packets to needy with BBMP officials |
| 2. Gopi Krishna         | +919844644165    | Work: Swab collector  |
| 3. Guru shrikanteshwara | +919743976497    | Work: Civil Police Warden                                       |
| 4. Shashank M           | + 917996608924   | Work: Screening in schools and govt office with medical team    |

