

DR. N.S.A.M. First Grade College

(A Unit of Nitte Education Trust (R), Mangalore)

Affiliated to Bengaluru City University

Email : nsamfgcye1@gmail.com / Web : www.nsam.ac.in /fgc, Survey No.21, Krishnarajapura

Village, Shivakote Post, Hesaraghatta Hobli, Yelahanka, Bangalore-560 089

Contact No:080-22178401/3 Mob:8296709009/9844067903, Fax: 080-2267805

7.1.8 Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities.

Years	2020-21
No. of Programs	14

SI No	Year	Title of the Program	No. of participants	Reference in Website
	2020-21	Pranayama Breathing exercise	45	Ayush
2		Awareness program on Covid -19- Food and Nutrition	V Sem Students	Ayush
3		Awareness program on Covid vaccination		NSS
4		Christmas Day	V Sem Students	Cultural
5		Ethnic Day	All	Cultural
6		Teachers day	All	Cultural
7		Mehandi Competition	12	Cultural
8		Rangoli	16	Cultural
9		Short video on Ballipadyami	6 teams	Cultural
10		Deepawali Wishes to doctors and soldiers	17	Eco
11		Eco friendly Ganesh festival	5	Eco
12		Say no to plastic		NSS
13		Poster making- Republic Day	5	Literary
14		Covid-19 Awareness and financial contribution to Gnanavahini Swasahaya Kendra (Disabled children)		UDAAN

Report on – Deepavali wishes to Soldiers and Doctors

Community orientation Club- Sahabave of Dr. N.S.A.M First Grade College organized an online activity for students on the eve of Deepavali 25 th October to 27 th October 2020, COC told students to send greeting messages on social media and wishing soldiers and doctors of the community on the festival of Deepavali. Soldiers and Doctors are fighting for the citizens on different terrains at cost of their life and to protecting us. As the member of the community we must develop the sense of responsibility and gratitude towards these fighters. Soldiers are fighting for us on the difficult borders. Doctors are fighting the pandemic with great bravery. It becomes our moral responsibility to keep their morale high by showing our gratitude towards them by wishing good health and safety of these fighters. This event showed solidarity of Nation and mankind

Learning Outcome: As a member of the society/ community students learnt unity in diversity by greeting the soldiers and doctors. They got the learning who are real heroes of the community, fighting for the community keeping their own life at stake. Students also understood what selfless service to the country and country people is.

Sharan
4/11/2020

PRINCIPAL

Dr.N.S.A.M. First Grade College
Sy No..21, Krishnarajapura Village
Shivakote (P) Hesaraghatta Hobli,
Yelahanka, Bangalore-560 089

Student participated
"Deepawali" Wishes to Soldiers & Doctors

1) Aarha & Ananya.

2) Dhruv

3) Kanya

4) Bhavani

5) Rajesh

6) Jagan Mohan Patil

7) Monika L

8) Monika V

9) Lakshmi Kant

10) Anuja

11) Akshita

12) Vidyahee

13) Sarika

14) Shikha

Aarha



Dr. N.S.A.M. First Grade College
Bangalore-89



Date- 25-02-2021

From,
Inderakala T. B
Coordinator- AHCC
Dr. N.S.A.M. FGC
Bangalore-89

To,
The Principal,
Dr. N.S.A.M. First Grade College,
Bengaluru-89

Sub- Transport facility for campaign on Cancer Awareness at Gram Panchayat of Singanayakanahalli

Dear Madam,

This is to inform you that Ayush Health Care Club in association with Community Oriented Club along with students and faculty members will be organizing campaign on Cancer Awareness at Gram Panchayat of Singanayakanahalli on 26-02-2021 at 11.am.

Hence, I request you to direct the transport department to arrange a bus at 10.45 a.m. Kindly do the needful at the earliest.

Thank You
Yours Sincerely,

Inderakala

Inderakala
25/02/2021
PRINCIPAL

Dr.N.S.A.M. First Grade Col
Sy No..21, Krishnarajapura V
Shivakote (P) Hesaraghatta H
Yelahanka, Bangalore-560 007



**Dr. N.S.A.M. First Grade College
Bangalore-89**



Date-25-02-2021

From,

Inderakala T.B
AHCC
Coordinator
Dr.N.S.A.M. FGC
Bangalore-89

To,

The Principal
Dr.N.S.A.M. FGC
Bangalore-89

Sub- Permission for campaign on Cancer Awareness at Gram Panchayat of Singanayakanahalli

Dear Madam,

This is to inform you that Ayush Health Care Club in association with Community Oriented Club along with students and faculty members will be organizing campaign on Cancer Awareness at Gram Panchayat of Singanayakanahalli on 26-02-2021 at 11.am.

In this regard, I request you to send students of First Year B. Com A sec student as participants to organize the campaign along with faculty members.

Thanking You,
Yours Sincerely,

Inderakala

Shanu 25/02/2021
PRINCIPAL

Dr.N.S.A.M. First Grade College
Sy No..21, Krishnarajapura Village
Shivakote (P) Hesaraghatta Hobli,
Yelahanka, Bangalore-560 089

**AYUSH-HEALTH CARE CLUB****“CANCER AWARENESS” CAMPAIGN AT SINGANAYAKANAHALLI****Report on- “Cancer Awareness”****Dated -26-02-2021****Committee/s involved: Ayush Health Care Club and Community Orientation Club in association with Gram Panchayat Singanayakana Halli**

Each year, February 4th is observed as “World Cancer Day” in order to raise awareness of cancer and to encourage its prevention, detection, and treatment. To commemorate the “World Cancer Day” “Ayush-Health Care Club” and COC of Dr. N.S.A.M First Grade College in association with Gram Panchayat Singanayakana Halli carried out a rally on 26th February, Friday 2021 on “Cancer Awareness at Singanayakana Halli village. A day before student’s made placards on Cancer awareness for the rally. Thirty Nine First semester B.Com students participated in the rally along with faculty members and also Gram Panchayat members.

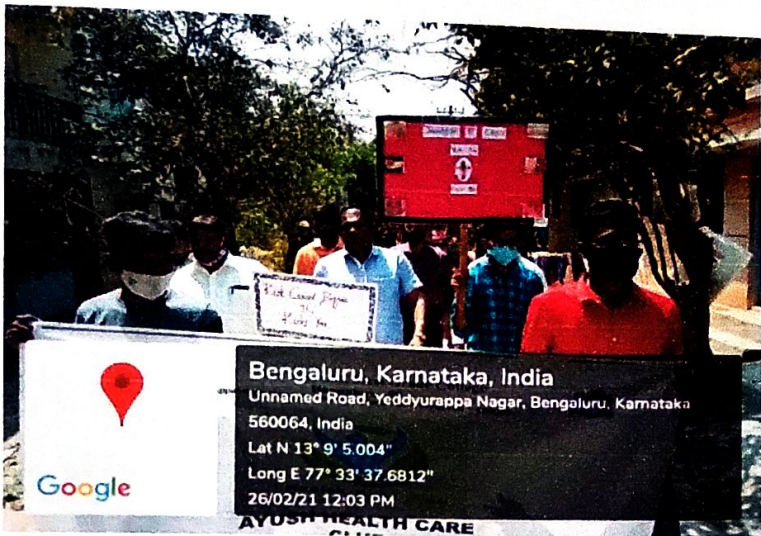
The objective of the rally was to draw attention of the public to know about the cancer causes and promote a better understanding of the disease as well as preventing them to make necessary changes in lifestyle. It is observed in the present scenario that cigarette smoking accounts for about one-third of all types of cancer. Smokeless tobacco such as chewing tobacco and snuff also increases the risk of cancer, especially oral cancers.

Learning Outcome

Students were given orientation to make them aware about cancer before the rally. Through Cancer awareness rally students will inculcate safe lifestyle for their better future and advise others to follow.



Krishnasagara, Karnataka, India
 Unnamed Road, Bengaluru, Karnataka 560064, India
 Lat N 13° 8' 30.2856"
 Long E 77° 32' 41.46"
 26/02/21 10:21 AM



Bengaluru, Karnataka, India
 Unnamed Road, Yeddyurappa Nagar, Bengaluru, Karnataka
 560064, India
 Lat N 13° 9' 5.004"
 Long E 77° 33' 37.6812"
 26/02/21 12:03 PM



Singanayakanahalli, Karnataka, India
 RTO Office Yelahanka, Bengaluru, Karnataka 560064, India
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 Long E 77° 33' 23.5332"
 26/02/21 11:41 AM



Bengaluru, Karnataka, India
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 560064, India
 Lat N 13° 9' 5.184"
 Long E 77° 33' 39.1716"
 26/02/21 12:09 PM



Singanayakanahalli, Karnataka, India
 Yeddyurappa Nagara, Bengaluru, Karnataka
 560064, India
 Lat N 13° 9' 4.032"
 Long E 77° 33' 33.5736"
 26/02/21 11:51 AM

Inderakala
 Coordinator
 Inderakala T.B
 26/2/21

Jay 26/2/2021
 Principal
 Dr.N.S.A.M. First Grade College
 Sy No..21, Krishnarajapura Village
 Shivakote (P) Hesaraghatta Hobli,
 Yelahanka, Bangalore-560 089

Dr. N.S.A.M. FGC

Bangalore - 89.

Rally on.

"Cancer Awareness"

in.

Singarayakanahalli.

Student's List.

NAMES .

- | | |
|------------------|--------------------------|
| 1. AKHIL . | 24. CHITHRA |
| 2. SUPRITH | 25. TABHUSAM |
| 3. SHIVANANDA | 26. HARSHITHA . C |
| 4. KIRAN | 27. BINDUSHREE . V . M . |
| 5. SHIVASIMHADRI | 28. BINDHU SHREE . M . |
| 6. HARINANDHAN | 29. NISHCHITHA . |
| 7. PAVAN | 30. SWETHA . |
| 8. NIKIL . | 31. HARSHITHA BAI |
| 9. DINESH | 32. KAVYA . |
| 10. SHIVAKUMAR . | 33. POORNIMA . |
| 11. VAISHNAVI | 34. MANJUNATH |
| 12. ASHMA . | 35. PUNEETH RAJ |
| 13. ARCHANA | 36. VARUN . N . S |
| 14. MONIKA | 37. RHYTHICK NANDA |
| 15. SWATHI | 38. RHYDHA VESMAYA |
| 16. MUSKHAN | 39. SHREYA . N . J . |
| 17. VEENA . | |
| 18. PAVANA | |
| 19. VARNIKA | |
| 20. THUNGA | |
| 21. KAVANA | |
| 22. KEERTHANA | |
| 23. PRANATHI | |

Feed back

Dr. N. S. A. M. FDC

Bangalore - 89

We all participated in the rally organized by Ayush Health Care Club & COC along with Gram Panchayat Singanayakanahalli on 26-02-21. Through this rally we understood that cancer is a disease which is not curable so it's better to take proper precaution and prevent the disease before itself. We all enjoyed it in the rally and Gram Panchayat Officer supported us in the rally.

Indu Lakshmi

ATCC Coordinator

Sanyal

Principal

Dr. N. S. A. M. First Grade College
 Sy No. 21, Krishnarajapura Village
 Shivakote (F) Hesaraghatta Hobli,
 Yelahanka, Bangalore-560 089


Topic : Cancer Awareness Rally. (27/02/2021)

Regarding the Cancer Awareness conducted by us and the class teacher of Bcom Ist Semester 'A' section was an awareness activity in the cases of cancer. So far the indoor activities did not involve physical strength and health awareness. Activity was conducted in Lingarayakana-halli, where we also involved with the common people and educated them about their health importance and prohibition of tobacco intake and alcohol.

It helps us develop our communication skills with the people and we especially came across many other knowledge, that is very useful.

Lingarayakana

AHCC


Principal
PRINCIPAL
Dr.N.S.A.M. First Grade College
Sy No..21, Krishnarajapura Village
Shivakote (P) Hesaraghatta Hobli,
Yelahanka, Bangalore-560 089



Dr. N.S.A.M. First Grade College,
Krishnarajapura, Bangalore-560089



**Report on Intra Class Virtual Short Video Competition on Balipadyami and
Naraka Chaturdashi**

Kala Koushalaya (Cultural Committee) of Dr.N.S.A.M First Grade College Bangalore organised A**Virtual Short Video Competition on Balipadyami and NarakaChaturdashi** on 18/11/2020 at 2.00 pm. The students came up with the various creative ideas with the religious zeal through the animated videos. The main theme depicted in all the videos is the background of the festival as mention in epics then continued with the sub theme –“Green Deepavali”. There were 6 teams consisting of 2 in a team participated in the event.

The teams presented their ideas on the topic given innovatively. The PPT presenting was following by interaction about the festival among the participating students and judges. The interaction was very effective and interesting. The event is judged by the Ms.Bhavya Assistant Professor and Ms.R Lakshmi Assistant Professor.

P. Lakshmi
18/11/20
Coordinator

[Signature]
18/11/2020
Principal

PRINCIPAL

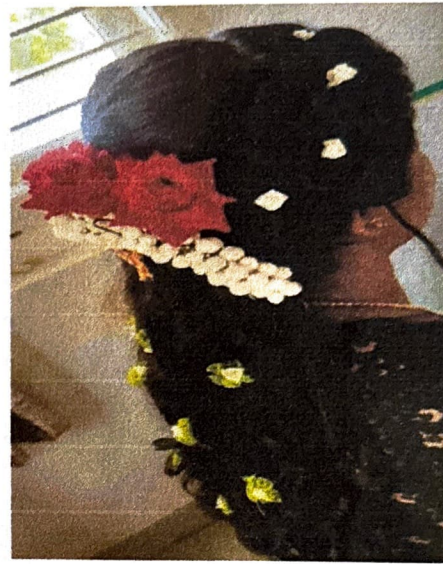
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**Dr. N.S.A.M First Grade College
Krishnarajapura, Bengaluru-89
Report on Hair Style and Ikebana Competitions**

The Kala Koushalya 2020-21 (Cultural Committee) had conducted Hair Style and Ikebana Competitions through virtual plat form on 14th June, 2021.

12 students had participated in the competitions from both B.Com and BBA. A person's hair style can tell you a lot about their image and personality. A good hairstyle can enhance one's facial features. Students can learn creative thinking and different hair styles.

The students made the flower arrangement on the lines of Japanese art. This competition brought out the innovative skills of the students.



R. lakshmi
14/6/21
Coordinator

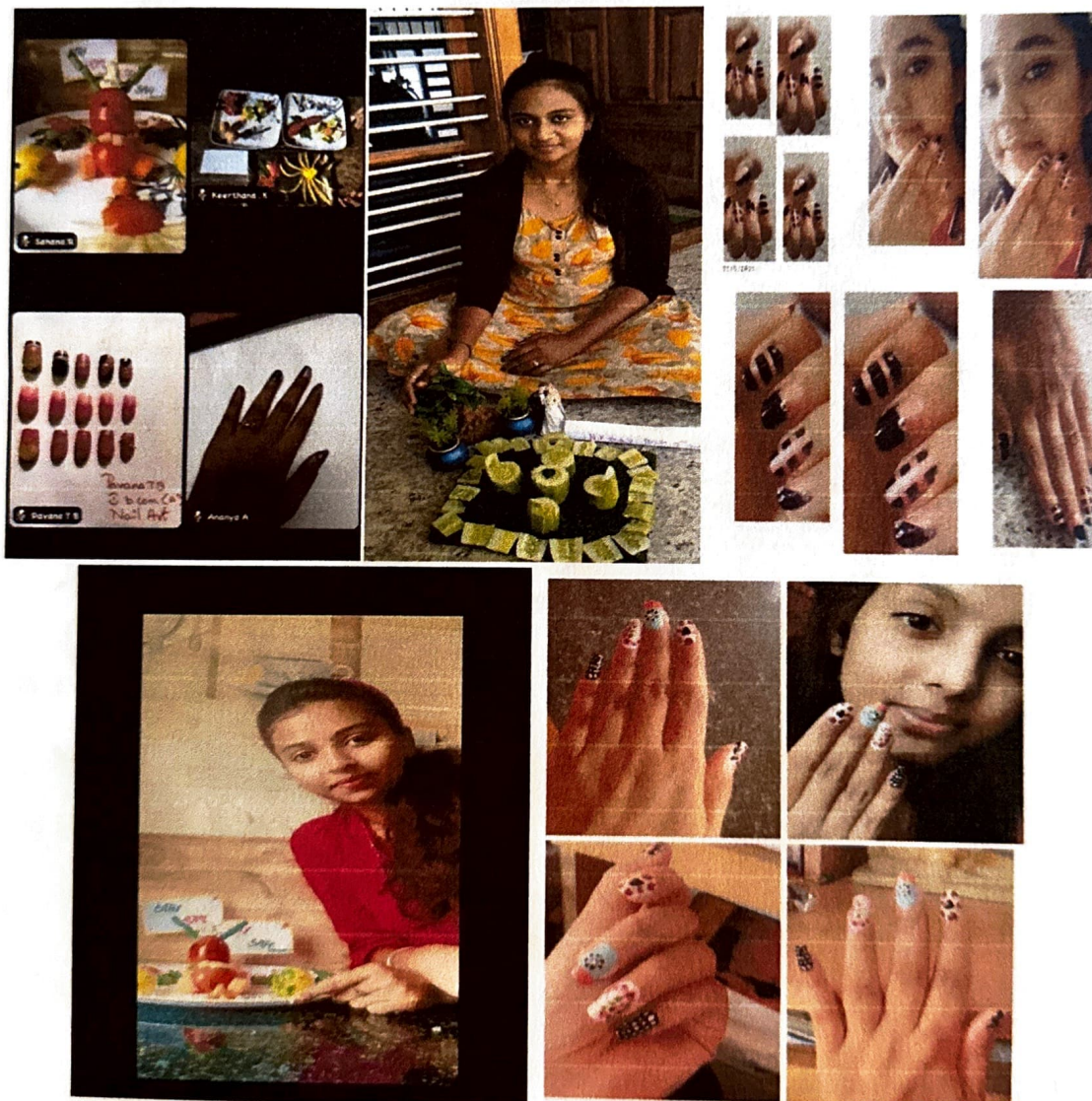
Shaw
14/6/2021
PRINCIPAL
Dr.N.S.A.M. First Grade College
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Shivakote (P) Hesaraghatta Hobli,
Yelahanka, Bangalore-560 089

**Dr. N.S.A.M First Grade College
Krishnarajapura, Bengaluru-89
Report on Nail Art and Vegetables and Fruits Carving Competitions**

The Kala Koushalya 2020-21 (Cultural Committee) had conducted **Nail Art and Vegetables and Fruits carving competitions** through virtual plat form on 31st May 2021.

There were 15 students participated in these two competitions from both streams of B.Com and BBA. Nail art is a creative art. In this competition, students learn new styles, designs, and an attractive way of presenting their nails in different forms.

Students learn artistic expression and develop their creativity through this competition. The purpose of fruit and vegetable carving is to make food more attractive, more appetizing, and also likeable to eat.



R. Lakshmi
30/5/21
Coordinator

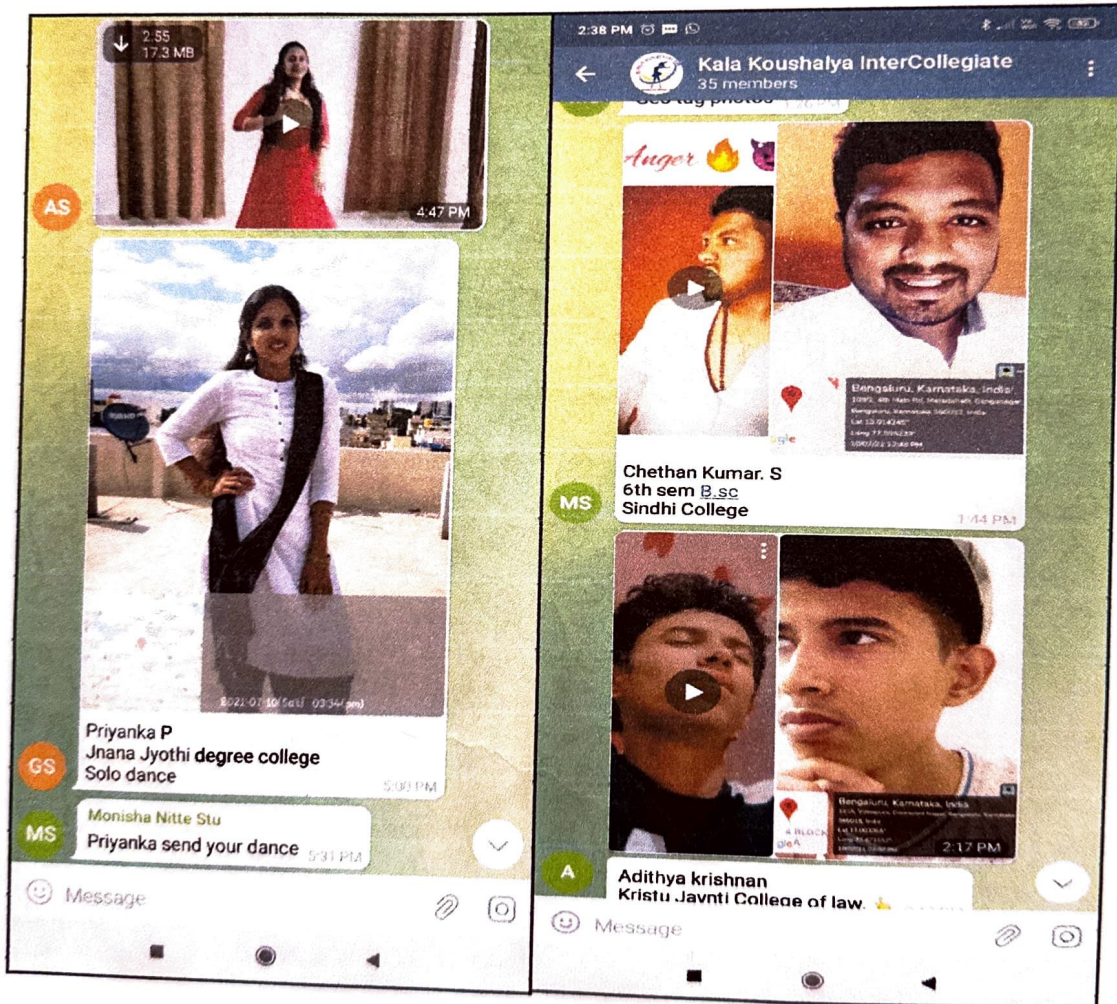
Shay
30/5/2021
Principal
PRINCIPAL

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Yelahanka, Bangalore-560 009

DR. N.S.A.M. FIRST GRADE COLLEGE Bangalore-89

The Kala Kourshalya Committee conducted 5 days Virtual Inter Collegiate Cultural Extravagza-2021 from 10th to 14th July. The Committee conducted 4 events to showcase the talents of the students. The events were Solo Dance, Reels, Prank Video and Stand Up Comedy. Around 45 students participated in various events from different colleges.

Prank Videos are the new flavor on social media. So we incorporated prank video also in our event. The dancing talents of the students are showcased through different dance forms based on film songs. Stand up comedy and Reels exhibit their acting talents.



R. Lakshmi
 16/7/21
 Coordinator

Jay. 16/07/2021
 Principal
 PRINCIPAL
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 Sy No..21, Krishnarajapura Village
 Shivakote (P) Hesaraghatta Hobli,
 Yelahanka, Bangalore-560 089

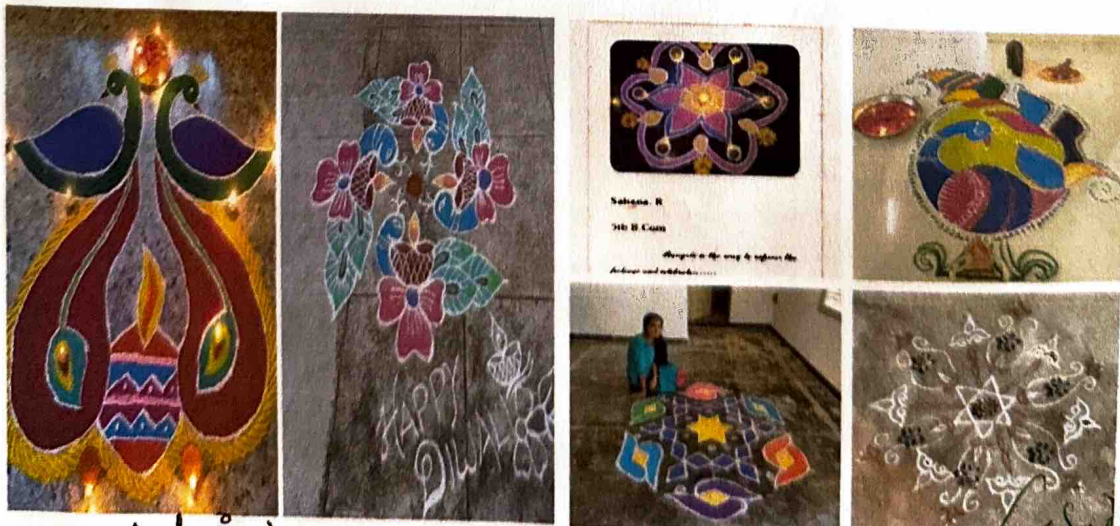


Report on Intra Class Virtual Rangoli Competition

The Kala Koushalaya 2020-21 (Cultural Committee) has organised Intra class Virtual Rangoli Competition on 7th November, 2020 at 2:00pm to 3:00pm with the theme Deepavali.

There were 16 participants from both the stream B.Com and BBA . Dr. Bharathi T B and Dr. Annapurna were the judges. Ms. Lakshmi R the coordinator of Cultural Committee along with other members organised this event through Zoom and conducted the event successfully. After the competition the students were asked to submit the pick of rangoli made by them for evaluation of judgement.

The outcome of this event is to inculcate the traditional values in students and also to exhibit their creativity and hidden talent.



R. Lakshmi
Coordinator 7/11/20

[Signature]
PRINCIPAL
Dr. N.S.A.M. First Grade College
Sy No. 21, Krishnarajapura Village
Shivakota, Yelahanka Hobli,
Bangalore-560 089

Report on Intra Class Virtual Mehandi Competition

The Kala Koushalaya 2020-21 (Cultural Committee) has organised Intra class Virtual Mehandi Competition specifically following Indian Style on 28th November, 2020 between 12:00pm to 1:00pm.

Students of B.Com and BBA participated with enthusiasm. They created beautiful designs on various Indian styles. The competition was held under the supervision of Ms. Lakshmi R, Cultural Committee Co-ordinator along with other teacher coordinators and organised this event through Zoom and conducted the event successfully.

There were 12 participants from both the stream B.Com and BBA . Ms. Kavitha and Ms. Anusha faculty members of Commerce and Management Department were the judges. The cultural committee appreciated the students for putting in efforts to keep this cultural and traditional art form alive.

There are many scientific reasons behind mehendi application on hands and feet, mehendi or henna paste acts as an anti-fungal and anti viral agent resulting in prevention of many skin related ailments. Applying mehendi ⁱⁿ hands and legs help to cool down the body, prevents from headaches and fevers and also acts as a relaxing agent for the body, it also cools the nerve-endings of the body preventing the nerves from tensing up.



R. Lakshmi
28/11/20
Co-Ordinator

Lakshmi
28/11/20
Principal

PRINCIPAL
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