



**CHRIST**

(DEEMED TO BE UNIVERSITY)

BANGALORE · INDIA

# SDG 3 GOOD HEALTH AND WELL-BEING

## ACTIVITY REPORT 2022



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3	Demonstration of Arts
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6	Menstrual Health Awareness
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22	CHS

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SDG 3: Good Health and Well Being

**Department of Economics  
Christ (Deemed to be  
University), Delhi NCR**

**Activity Report**

**General Information**

Type of Activity	Extension Activity in collaboration with CSA
Title of the Activity	“JAAGRUK”
Date/s	05-04- 2023
Time	11 A.M. – 1.00 P.M.
Venue	Composite School, Nai Basti
Collaboration/Sponsor (if any)	CSA

**Speaker/Guest/Presenter Details**

Name	-
Title/Position	-
Organization	-
Title of Presentation	-

**Participants profile**

Type of Participants	Student / Faculty
No.of Participants	15

## Synopsis of the Activity (Description)

Highlights of the Activity	1. Objective of the activity is to create awareness about health wellbeing and environment sustainability in accordance with SDG no 1,3 and 13 for students of composite school.
Key Takeaways	1. By this activity student volunteers of Avani club learn to organize event and get an opportunity to do an extension work for the society.
Summary of the Activity	1. Students of Avani club conducted three activities on the school premises as <ol style="list-style-type: none"><li>To create awareness about personal hygiene and wellbeing among primary students of the school through activity, games and demonstration by student volunteers of the club.</li><li>To create awareness about menstrual hygiene among adolescent girls. How to use sanitary pads during menstrual is being explained by members and also, they distributed sanitary pads among the students.</li><li>They have created awareness environment protection by using creatively through away items. For this they conducted paper bag making activity with newspapers and kulhad painting.</li></ol>
Follow - up Plan, if any	Next year will also do the same.

## Rapporteur


Name of the Rapporteur	Dr. Reeta Tomar
Email and Contact No	<a href="mailto:reeta.tomar@christuniversity.in">reeta.tomar@christuniversity.in</a> , 8826448513

Poster of the event:



**csa**  
CENTRE  
FOR SOCIAL ACTION

**AVANI**  
BUILDING A GREEN ECONOMY

 **CHRIST**  
(DEEMED TO BE UNIVERSITY)  
DELHI NCR, INDIA

**DEPARTMENT OF ECONOMICS**  
SCHOOL OF Social Sciences

**Avani club**  
in collaboration with **CSA**

*Presents*

**JAAGRUK**

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**REMOVE POVERTY,  
GOOD HEALTH AND  
WELL-BEING**

**Focusing on Sustainable  
Development Goals 1,3 & 13**

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**5 April 2023**

**Time**  
11:00 am to 1:00 pm

**Venue**  
Composite school Nai basti



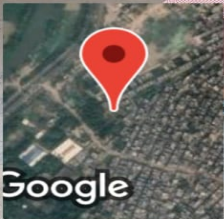
**Photos of the Event:**







GPS Map Camera

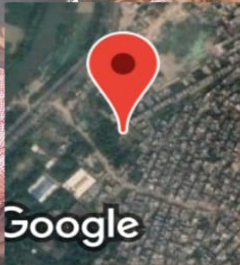


**Ghaziabad, Uttar Pradesh, India**  
192, Block D, Nandgram, Ghukna, Ghaziabad, Uttar Pradesh 201003,  
India  
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Long 77.40126°  
05/04/23 11:24 AM GMT +05:30

Google

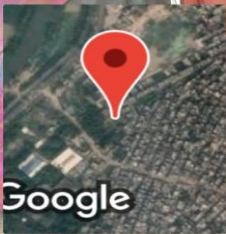
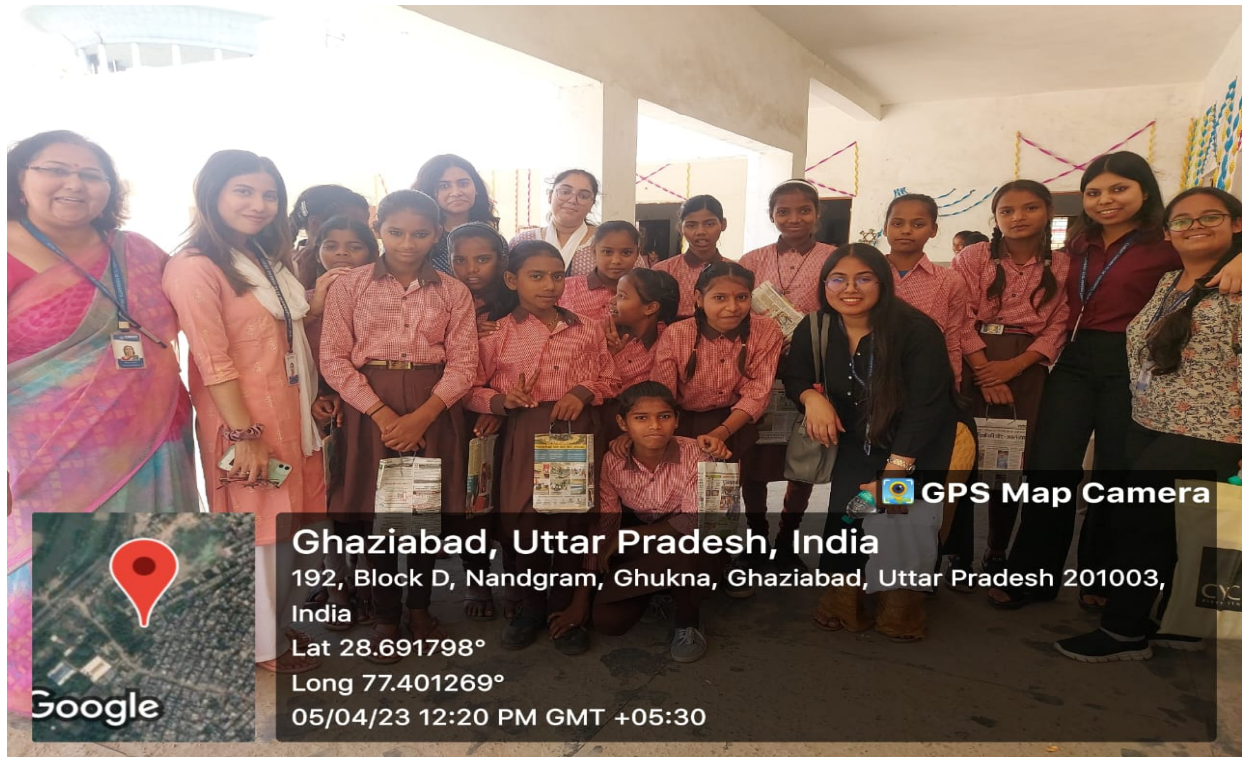


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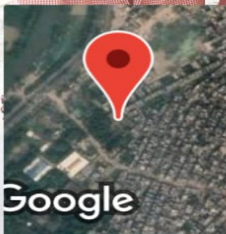


**Ghaziabad, Uttar Pradesh, India**  
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05/04/23 11:30 AM GMT +05:30

Google



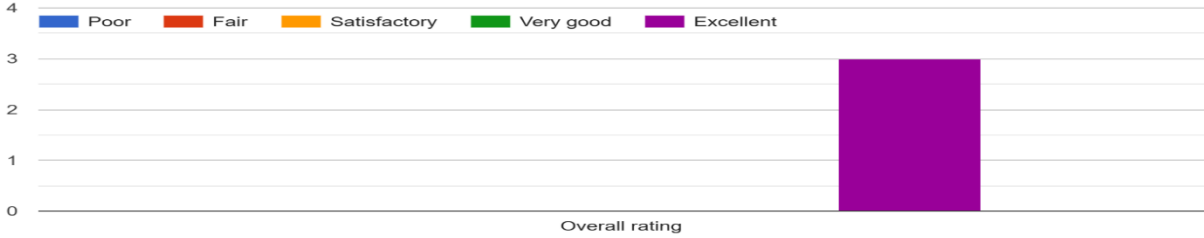
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05/04/23 12:20 PM GMT +05:30



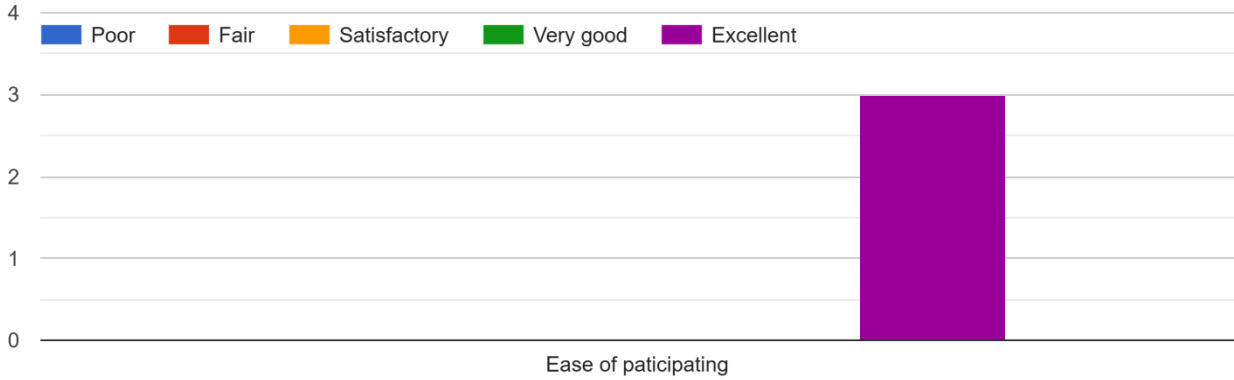
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**Feedback of the event:**

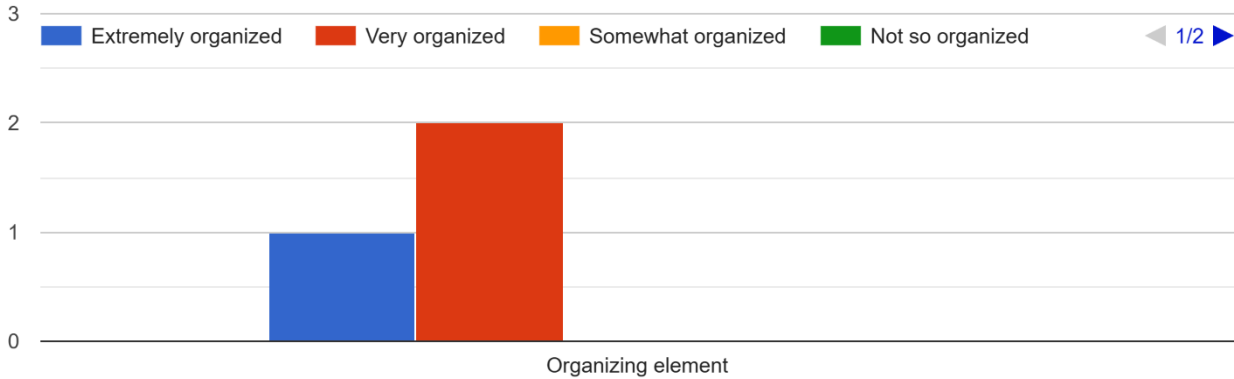
How would you rate the event overall?



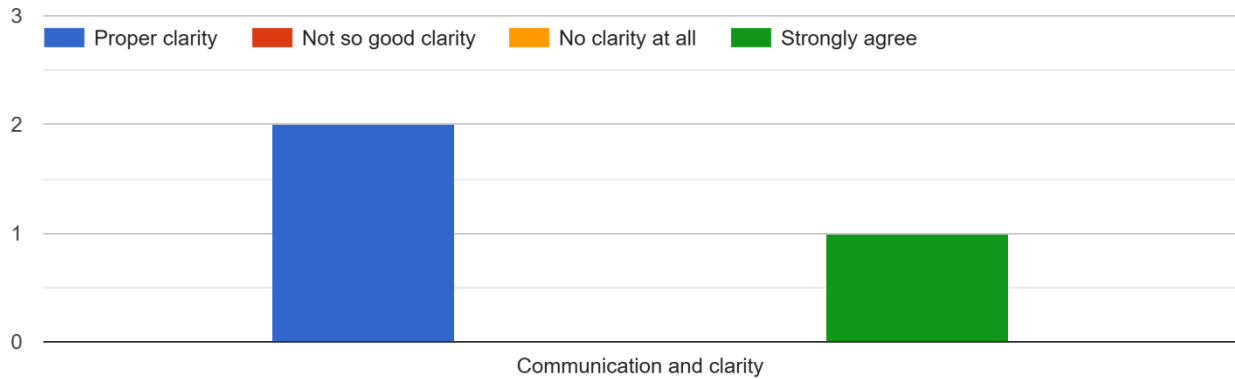
How would you rate the functioning of the event?



How was the event organized?

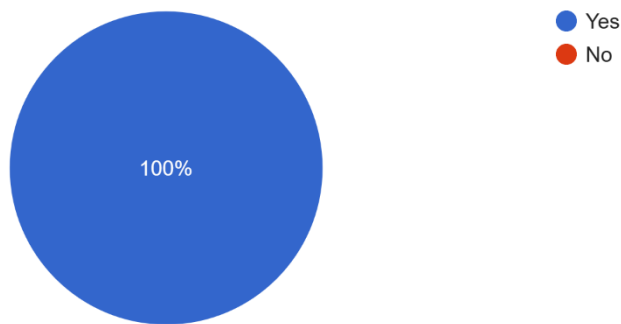


Prior to the event, how would you rate the delivery of information and the level of communication by the OC?



Do you think the event aligned well with the theme?

3 responses



## Suggestions



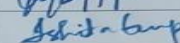

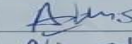
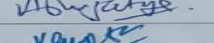


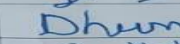




The children seemed to enjoy creative activities. We should include more of it. More material management for the event should be there.

## Impact of the event

All the students learn to contribute something for the society and learn to organize the event.

## List of the students

### Jagruk Event \_05.03.23

Serial No	Name	Class	Signature
1	Divpreet Bhatia	2BECOH	
2	Nishita	2 BAEPS	
3	Jyotika	2 BAEPS	
4	Ishita	2 BAEPS	
5	Priyam	2 BAEPS	
6	Abhishek	2 BAEPS	
7	Abhijatya	2 BAEPS	
8	Kajal	2 BAEPS	
9	Smriti	4 BAEPS	
10	Shubhi Purwar	4 BAEPS	
11	Dhun	4 BAEPS	
12	Saksham	6BECOH	
13	Anoushka	6 BSCECO	
	Shubhagji	6 BSCECO	Shubhagji



Pareekha

Shivani



SDG 3: Good Health and Well Being

# **CHRIST (Deemed to be University), Bangalore**

## **SAMURAI - The Official Martial Arts Club**

### **Training Session Report**

#### **General Information**

Type of Activity	<i>Training Session</i>
Topic of Session	<i>Demonstration of Arts</i>
Date	4 <sup>th</sup> November 2022
Time	2:00pm – 4:00pm
Venue/Mode	Campus View, Central Block (Offline)
Conducted for	1 <sup>st</sup> Year BBA and BBA DS Female Students

#### **Synopsis of the Activity (Description)**

Highlights of the Session	<ul style="list-style-type: none"><li>• The session was taken by Navya, Sameeksha, Shriyaa.</li><li>• The participant's turnout was great, and they actively engaged in the training session with a lively spirit</li><li>• The team bonded as whole throughout the training session, they made mistakes and learnt from them as well</li><li>• There was very positive energy that was present till the end of the session.</li></ul>
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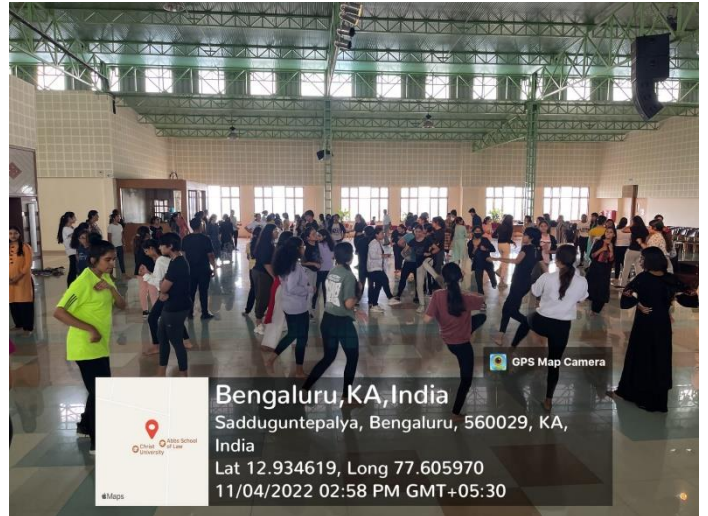
Key Takeaways	The team discussed on the agenda for the day and the outcomes they would like to portray through the following demonstration for which the training session was being conducted. The team members learnt the demonstration and practised them thoroughly in order to perfect it. The agenda for the next day was discussed and doubts were taken up by the Working committee.
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Summary of the Session	The session had been conducted to train all the members in the team for the following camp that was being conducted on the 4 <sup>th</sup> of November. The demonstration was a promotional event planned out for which the training was given in the following session. The session began with orientation for the members followed by attendance and the training session. It was brought to an end with cheerful claps and the agenda set for the next meeting.
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Session Feedback (If any)	N/A
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### Documenter

Name of the Rapporteur	<b>Anusha G</b>
Email and Contact No	<b>Anusha.g@bba.christuniversity.in</b>





**CHRIST (Deemed to be University), Bangalore**  
**SAMURAI - The Official Martial Arts Club**  
**Students' Attendance (1<sup>st</sup> Year)**  
**23 January 2023**

Sl No	Register No	Student Name	Signature
1	2220420	AMENA HUZAIFA FIDVI	<i>Amena</i>
2	2220421	ANEENA TERESE GEORGE	<i>Aneena</i>
3	2220422	BEA SUSAN BINU	<i>Bea</i>
4	2220424	DISHA SHARMA	<i>Disha</i>
5	2220425	HARDI BHANSALI	<i>Hardi</i>
6	2220426	ISHPREET ARORA	<i>Ishpreet</i>
7	2220427	KANISHKA SACHDEV	<i>Kanishka</i>
8	2220428	LAKSHMI ANVITA CHAGANTI	<i>Lakshmi</i>
9	2220429	LAVANYA BIST	<i>Lavanya</i>
10	2220430	LEKSHMI BIJU NAIR	<i>Lekshmi</i>
11	2220432	MEDHA MAHESHWARI	<i>Medha</i>
12	2220433	MOKSHA AGRAWAL	<i>Moksha</i>
13	2220434	NANCY CIBU	<i>Nancy</i>
14	2220435	NAVYA AGARWAL	<i>Navya</i>
15	2220436	NAVYA ARAWINDAN	<i>Navya</i>
16	2220437	PRARTHANA K K	<i>Prarthana</i>
17	2220438	PREKSHA JAIN	<i>Preksha</i>
18	2220439	SREENITHI KARAN RAMGIRI	<i>Sreenithi</i>
19	2220440	SUKRITI SINGHAL	<i>Sukriti</i>
20	2220441	VANSHITA CHHAJED	<i>Vanshita</i>
21	2220463	MOCHERLA SRUTHI KEERTHI	<i>Sruthi</i>
22	2220464	VEDIKA KUMAR	<i>Vedika</i>
23	2220465	SHAGUN LADHA	<i>Shagun</i>
24	2220466	TISHA BHANDARI	<i>Tisha</i>
25	2220468	DIYA J KOTHARI	<i>Diya</i>
26	2220469	SHAILI ANCHALIA	<i>Shaili</i>
27	2220470	MAHEK HABLANI	<i>Mahek</i>
28	2220472	PRAJNA CHANDEKHAR KAROSHI	<i>Prajna</i>
29	2220473	SAAKSHI KOTHARI	<i>Saakshi</i>
30	2220220	AASTHA AGARWAL	<i>Aastha</i>
31	2220221	AMRUTA BENOR KRISHNAN	<i>Amruta</i>
32	2220222	ANJALI MARIA THOMAS	<i>Anjali</i>
33	2220223	ANSHIKA SHAH	<i>Anshika</i>
34	2220224	ANUKRITI JIBRAEL	<i>Anukriti</i>
35	2220225	CHAMARTHI VENKATA SAI KEERTHI	<i>Chamathi</i>
36	2220226	DRISHTI JAIN	<i>Drishti</i>
37	2220227	GRANDHI DURGA KRISHNA SAI SARAYU	<i>Grandhi</i>
38	2220228	LAKSHIKA PUJARI	<i>Lakshika</i>
39	2220229	LENITA CORREYA	<i>Lenita</i>
40	2220230	MANSA SINGH	<i>Mansa</i>

41	2220231	MEREESHA MARIAM MATHEW	Yereeshu
42	2220233	RACHANA DABBIRU	Rachana
43	2220234	RITHIKA BAJPAI	Rithika
44	2220235	SAMAIRA BAGARIA	Samaira
45	2220236	SAMRIDHI	Samridhi
46	2220237	SANVI	Sanvi
47	2220238	SARA JITENDRA MAHAJAN	Sara
48	2220239	SEERAT KAUR	Seerat
49	2220240	SHRUTI KUMARI KANTH	Shruti
50	2220241	TAMANNA PUGALIA	Tamanna
51	2220244	AYATHI N	Ayathi
52	2220245	RUTH BEULAH LEWIS	Ruth
53	2220246	PUSHYA AMARNATH ASULA	Pushya
54	2220265	AANCHAL P	Aanchal
55	2220267	CARIN SALDANHA	Carin
56	2220268	DIYA DAGA	Diya
57	2220270	MICAH MARIA SEBASTIAN	Micah
58	2220272	RAGINI CHOUDHARY	Ragini
59	2220273	RIA SAHNI	Ria
60	2220274	RUCHI GALAGALI	Ruchi
61	2220275	SALONI SHRIMALI	Saloni
62	2220278	SHREYA P FAGNIA	Shreya
63	2220281	NIHANTHA M K	Nihanta
64	2220282	PRACHI GAUTAM WADHWA	Prachi
65	2220921	ANDRI JOSHI	Andri
66	2220922	ELLANKI SAHASRA	Ellanki
67	2220923	KAINAT NAQVI	Kainat
68	2220924	KHUSHI GUPTA	Khushi
69	2220925	KUMARI RISHITA	Rishita
70	2220926	MEGHA MAHESH SOORYA	Megha
71	2220927	PRITHA DEY	Pritha
72	2220928	R PRAGATHI	R Pragathi
73	2220929	RUBLE GEA JOY	Ruble
74	2220930	SANJEEVANI RAGHAV	Sanjeevani
75	2220931	SUKHLEEN KAUR WALIA	Sukhleen
76	2220934	RICHA PAUL	Richa
77	2220956	ADITI NITIN	Aditi
78	2220958	BHAVIKA AGARWAL	Bhavika
79	2220959	HANNA MASOOMEH HUSSAIN	Hanna
80	2220960	ISHITA SATHYAN	Shibha
81	2220961	KHUSHI AGARWAL	Khushi
82	2220962	MAITRI BANDODKAR	Maitri
83	2220963	MANISHA MEHTA	Manisha
84	2220964	MAYURI NARAYAN	Mayuri
85	2220965	NATASHA JAIN	Natasha
86	2220966	PRARTHANA ESWARAMOORTHY	Prarthana
87	2220967	PRISHA SONI	Prisha

88	2220968	SANYA JAIN	Rany
89	2220969	SHRAVANI PRASAD	Shravani
90	2220970	VIBHAVARI VASUDEVAN	Vibhavi
91	2220619	ADITI SHREE HARI BANADA	Aditi Bhand
92	2220620	AKSHAARAA C P	Akshara
93	2220621	AYESHA THAKKAR	Ayesh
94	2220622	AYUSHI DEEPAK AGARWAL	Ayushi
95	2220623	DHARSHINI JOTHI KUMAR	Darshini
96	2220624	DISHA SAMIR MAHESWARI	Disha
97	2220625	DITSA DEY	Ditsa
98	2220626	HIMANSHI RAJWANI	Himanshi
99	2220627	KHUSHI GAUR	Khushi
100	2220628	LIKITHAA KRISHNA	Likitha
101	2220629	MANYA SINGH	Manya Singh
102	2220630	MEERA SALIL	Meera
103	2220631	MEHAR KAUR OBEROI	Mehar
104	2220633	POOJITHA K	Poojitha
105	2220634	SAINA ANN THOMAS	Saina
106	2220635	SHREYA JAIN	Shreya
107	2220637	SRIYA YARLAGADDA	Sriya
108	2220638	SUHANI SOLANKI	Suhani Solanki
109	2220639	TANISHA MITTAL	Tanisha
110	2220640	UNNATI CHOUDHRY	Ummati Choudhary
111	2220641	YAASHASWINI TALWAR	Yaashaswini

# CHRIST (Deemed to be University), Bangalore

## SAMURAI - The Official Martial Arts Club

### Training Session Report

#### General Information

Type of Activity	<i>Training Session</i>
Topic of Session	<i>Demonstration of Arts</i>
Date	23 January 2023
Time	3:30pm – 4:30pm
Venue/Mode	Sky view, Central Block (Offline mode)
Conducted for	2 <sup>nd</sup> year BBA girls

#### Synopsis of the Activity (Description)

Highlights of the Session	<ul style="list-style-type: none"><li>• The session was taken by Snehith, Sameeksha, Shriyaa.</li><li>• The participant's turnout was positive and exceptional, and everyone was immersed in the training session with enthusiasm.</li><li>• The team connected greatly with each other during and after the training session. Though the mistakes were made, they were rectified immediately.</li><li>• The session was conducted with lively spirit and great enthusiasm.</li></ul>
Key Takeaways	The team discussed on the agenda for the day and the outcomes they would like to portray through the following demonstration for which the training session was being conducted. The team members learnt the demonstration and practised them thoroughly in order to perfect it. The agenda for the next day was discussed and doubts were taken up by the Working committee.

Session Feedback (If any)	N/A
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Name of the Rapporteur	Himanshi Rajwani
Email and Contact No	<a href="mailto:Himanshi.rajwani@bba.christuniversity.in">Himanshi.rajwani@bba.christuniversity.in</a>



**CHRIST (Deemed to be University), Bangalore**  
**SAMURAI - The Official Martial Arts Club**  
**Students' Attendance (2<sup>nd</sup> Year)**  
**4th November 2022**

Sl No	Register No	Student Name	Signature
1.	2120220	ANJALI R WARRIER	Anjali
2.	2120221	BHAVANA VARSHA KOTHAPALLI	Bhavana
3.	2120222	BHAVIKA JAIN	Bhavika
4.	2120223	CELINE LESLY ABRAHAM	Celine
5.	2120224	DIVYANSHI AGARWAL	Divyanshi
6.	2120225	EILEEN MARIA TOM	Eileen
7.	2120227	MEDHA PRANEETH	Medha
8.	2120228	NEHA BOBBILI	Neha
9.	2120229	OLIVEKA ACHUMI	Oliveka
10.	2120230	SIMRAN THAREJA	Simran
11.	2120231	SRADDHA TATAVARTHY	Sraddha
12.	2120234	AAKARSHIKA GIRISHKUMAR	Aakarshika
13.	2120263	CHHAVISRI JAIN	Chhavisri
14.	2120264	DITI S SHAH	Diti
15.	2120265	EBBONY RODRIQUEZ	Ebbony
16.	2120267	JAIN VRUSHTI TARUN	Tarun
17.	2120268	JOSHITHA MUKTHAPURAM	Joshitha
18.	2120270	KHUSHI KETAN THAKKAR	Khushi
19.	2120271	KUMKUM NAHATA	Kumkum
20.	2120272	MEHAK J BAFNA	Mehak
21.	2120273	NARAYANA SIRI SAINA	Siri Saina
22.	2120275	PRIYANSHI SHARMA	Priyanshi
23.	2120276	ROHINI BHATTER	Rohini
24.	2120277	TISHA SAGTANI	Tisha Sagtani
25.	2120279	VANSHIKA BOTHRA	V Bothra
26.	2120285	DIYA SAKTHIVEL	Diya
27.	2120419	ANTARA JAYANT GAIDHANE	Antara
28.	2120420	ANUSHKA MISHRA	Anushka
29.	2120421	GAYATHRI SAJEEV	G.S.
30.	2120425	PACHIPALA AISHITHA	Aish.
31.	2120426	RISHITA PATODI	Rishita
32.	2120429	TANISHA AGARWAL	Tanisha
33.	2120430	VASHISHKA DAYA	Vash.
34.	2120461	AKANSHA GUPTA	Akansha
35.	2120462	AKSHITA KARNANI	Akshita
36.	2120463	CHITIMIREDDY KOMALI	Komalali
37.	2120465	JOSHI MRUDULA BHUSHAN	Mrudula
38.	2120466	KASTURIKA DUTTA MAJUMDER	K. Dutta
39.	2120467	KRITI SETHIYA JAIN	Kriti.S



40.	2120468	KRITIKA CHOUDHARY	Kritika
41.	2120469	MAHEK JAIN	mahek
42.	2120471	NARAPARAJU TANVI SARVANI	N Sarvani
43.	2120472	NAVYA BANSAL	navya bansal
44.	2120473	PIYA JAIN	Piya
45.	2120476	SAANJH JAIN	Saanjh
46.	2120477	SAWMYA MAHESH BASTWADI	S Bastwadi
47.	2120319	AAROHI MEHROTRA	Aarohi
48.	2120320	ADITI KARWA	Aditi Karwa
49.	2120321	DESHNA JAIN	Deshna
50.	2120322	K DRISHYA THAMMAIAH	KDrishya
51.	2120326	PANNALA AARTHI REDDY	Aarthi R
52.	2120327	RHEA MICHELLE SANTHMAYOR	Rhea
53.	2120328	S SIRISHA	Sirisha
54.	2120329	SHRIYAA N	Shriyaa
55.	2120363	ANUSHA G	Anusha G
56.	2120364	DHRITHI S JAIN	Dhrithi S
57.	2120365	DISHITA VINAY PRAJAPATI	D.V.P
58.	2120366	EKTA AGRAWAL	Ehta
59.	2120369	KHUSHI AGARWAL	Khushi
60.	2120371	MANSIMER KAUR CHHABRA	Mansi Kaur
61.	2120373	NEHA AYYAGARI	Neha
62.	2120374	NEHA NAVIN JASWANI	Neha Navin
63.	2120375	REHAA TULSIAN	Rehaa
64.	2120377	SIMRAN BHUTORIA	Simran
65.	2120378	VANSHIKA AGARWAL	Vanishka
66.	2120381	SAMEEKSHA P N	Sam.
67.	2120382	KALYANI D	Kalyani
68.	2120385	SNEHA K	Sneha K
69.	2120386	TRISHA GOPINATH	Trisha
70.	2120120	ANANYA SAKSENA	Ananya
71.	2120121	AYESHA KHAN	Ayisha
72.	2120122	GAYATHRI SUNDERRAJ	Gayathri
73.	2120123	KACHHADIYA GOPI JANAKKUMAR	Kgopi
74.	2120124	KASHISH KINGRANI	Keshi
75.	2120125	KHUSHI RAJ	Khushi Raj
76.	2120126	MARIA MAGDALENE C FERNANDES	Maria
77.	2120129	RAINA SUSAN ROOPAK	Raina Susan Roopak
78.	2120130	RITIKA MITTAL	Ritika



**Mobile Radiation  
and E-Waste Awareness Week  
(ME-AW) 2022-2023**

**SDG 3: Good Health and Well Being**

# ***Mobile Radiation and E-Waste Awareness Week (ME-AW)***

2022-23

DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING  
SCHOOL AND ENGINEERING AND TECHNOLOGY



Department of Electronics and Communication Engineering has been putting lots of conscious effort in promoting environment conservation through various awareness program, technical talk, competition and workshop. Since the inception of the department, we have conducted various programs and one of the main events has been Mobile Radiation and E-Waste Awareness Week (ME-AW) as part of ECE student's club Christ University Electronics Student's Interaction Club (CUESTIC) activity. This week is dedicated to create awareness on the various adverse effect of Mobile phone and tower radiations on human being, animals, birds and plant/trees. Also, students were educated on E-Waste accumulation and disposal. MEAW was inaugurated on 11 Feb 2023 along with department tech fest SOURCE CODE.

MEAW was observed in the 13-18 February 2023. Core essence of MEAW was convey through a Quiz, classroom presentations and through E-Waste survey camp. Following are the details of the same:

**Source code and MEAW**

1 message

**Inbanila K Engineering ECE** <inbanila.k@christuniversity.in> Fri, Feb 10, 2023 at 11:42 AM  
 To: "faculty.ece" <faculty.ece@christuniversity.in>, JESUWANTH SUGESH R G ELECTRONICS AND COMMUNICATION ENGINEERING <jesuwanth.sugesh@christuniversity.in>, jeringj@gmail.com, PRIYANKA BISWAS <priyankabiswasindia97@gmail.com>

Dear Madam/Sir

The annual inauguration of Source code and MEAW is scheduled on 11/02/2023 from 09:30am to 11:00am. Details are mentioned in the attached invite.I request the faculty members free during the above duration to attend the session without fail.

**Responsibilities:**

**Dr.Kishore Kumar:** overall coordination and A/V at the venue

**First hour handling faculty members of ECE classes(Dr.Deepak, Dr.Ranjith, Dr.Syam Chandran and Col Jai govind):** should bring your respective class students to the venue . Ensure they are seated in the venue by 09:20am.

**Discipline duty:** Dr.Deepak, Dr.Ranjith, Dr.Syam Chandran, Col Jai Govind,Dr.Sujatha, Dr.Neethu

Regards

Inbanila.K

HOD, ECE department,

SoET, CHRIST(Deemed to be University),

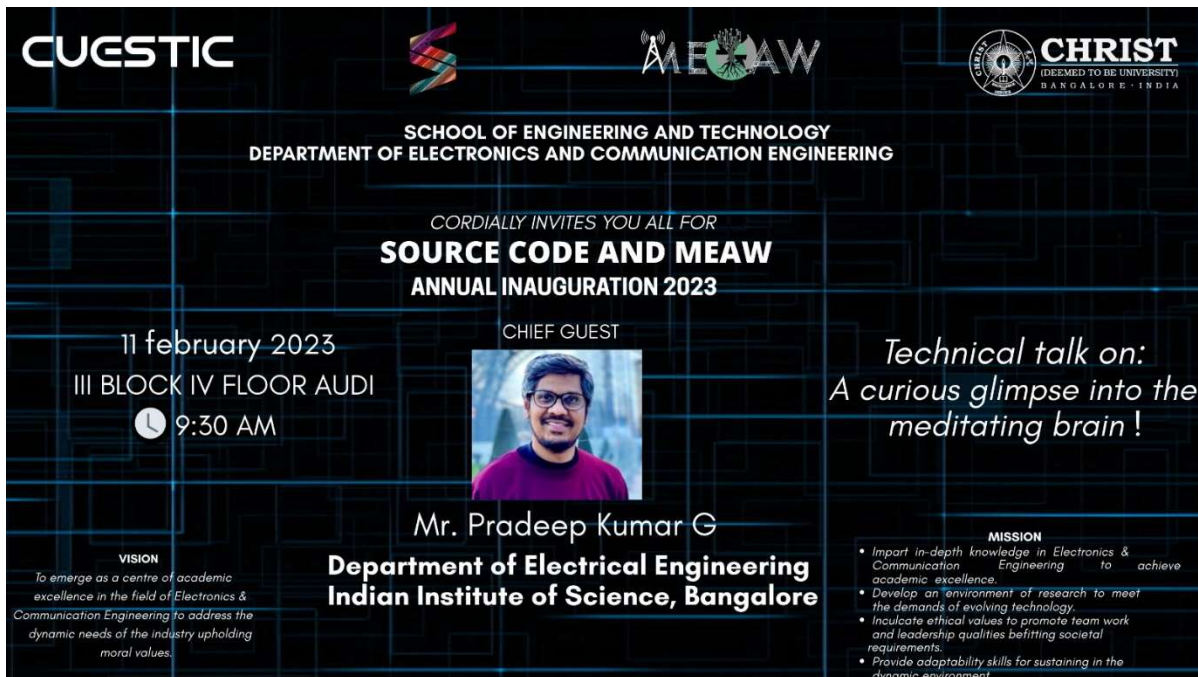
Kumbalgodu P.O., Mysore Road,

Bengaluru- 560 074, Karnataka, INDIA

Tel (off) : +91 80 4012 9809.



Invite.jpg  
428K



**VISION**  
 To emerge as a centre of academic excellence in the field of Electronics & Communication Engineering to address the dynamic needs of the industry upholding moral values.

**MISSION**

- Impart in-depth knowledge in Electronics & Communication Engineering to achieve academic excellence.
- Develop an environment of research to meet the demands of evolving technology.
- Inculcate ethical values to promote team work and leadership qualities befitting societal requirements.
- Provide adaptability skills for sustaining in the dynamic environment.

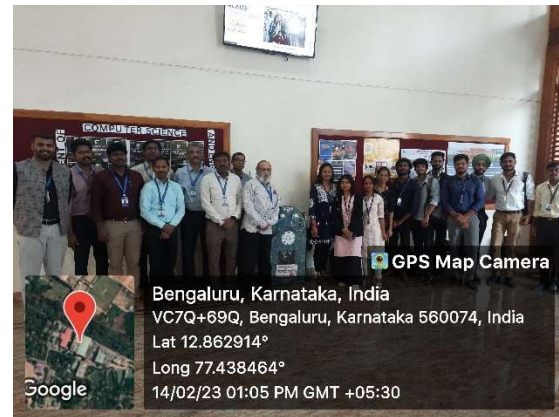
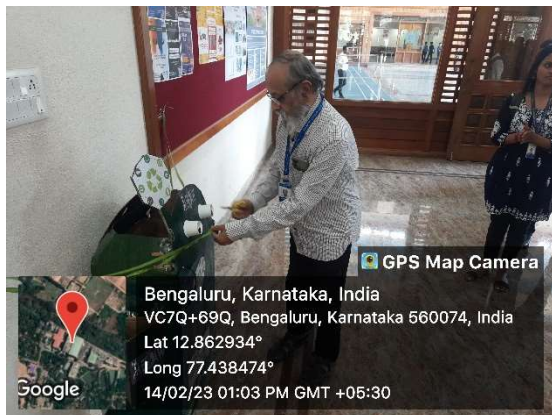
## Activities carried out during MEAW 2023

Following activities were carried out to spread awareness regarding effects of mobile radiation and E-Waste management:

1. Deployment of E-Waste Bin.
2. Session on Effects of Mobile Radiation for First Year Students.
3. MEAW Snippets Mail broadcast to 30000 plus students and staffs of CHRIST (Deemed to be University).
4. Quiz Competition on E-Waste and Mobile Radiation.

### Activity 1: Deployment of E-Waste Bin

The event was led and guided by Dr. Vinay Jha Pillai. The E-waste disposal bin was inaugurated by Dr. Aswathakumara M and encouraged by the faculties of the Electronics and Communications. It was deployed at Ground Floor, 2<sup>nd</sup> Block, Kengeri Campus and two-week e-waste collection drive was carried out.



## Activity 2: Session on Effects of Mobile Radiation for First Year Students


Further to create awareness about effects of mobile set and tower radiation senior students visited first year classes physically. They presented a well iterated power point presentation wherein they touched upon various aspects of mobile radiation effects and how to minimize the same through various precautionary methods. Students were excited and surprised to see that mobile radiation and excessive usage of mobile phone can have many adverse effects on human body as well as surrounding environment. Promotions were held across the first year of BTEC, among the fourteen sections, and throughout the campus.



Following are few of the presentation slides:

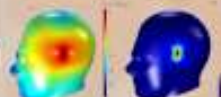
## INTRODUCTION

Everything in this world has its pros and cons, and the same goes for mobile communication technology. Even Alexander Graham Bell, who invented the first Telephone, wouldn't have imagined in his wildest dreams that telephone tech would go this far!




## Specific Absorption Rate (SAR)

- SAR is a measure of the rate of RF (radiofrequency) energy absorption by the body from the source being measured.
- SAR provides a straightforward means for measuring the RF exposure characteristics of cell phones to ensure that they are within the safety guidelines set by the FCC.
- Considered one of the safety valves for mobile phones.



Type "##07#" on your keypad to know the SAR levels of your phones.



**SAR Levels**

1. The maximum permitted SAR is 2.0 W/kg (averaged over 1g) for mobile phones in radio mode.

2. Your mobile phone is designed to transmit the lowest SAR possible to reach the network.

3. When you use your mobile phone, the SAR level is determined by the frequency and the power of the radio signal.

4. SAR is measured in W/kg (averaged over 1g).

5. SAR is measured in W/kg (averaged over 1g).

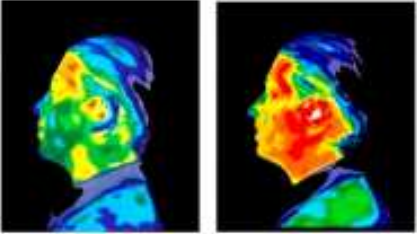
6. SAR is measured in W/kg (averaged over 1g).

7. SAR is measured in W/kg (averaged over 1g).

8. SAR is measured in W/kg (averaged over 1g).


9. SAR is measured in W/kg (averaged over 1g).

10. SAR is measured in W/kg (averaged over 1g).

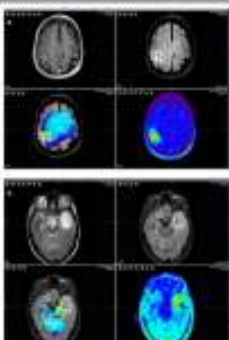


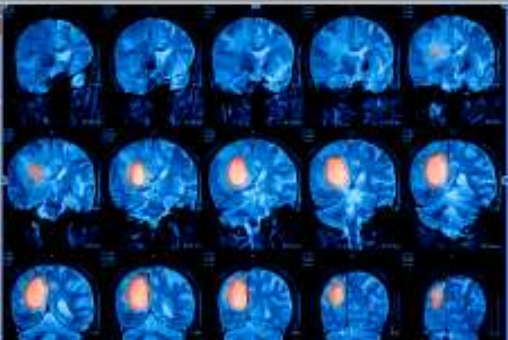
Thermographic image of the head with no exposure to harmful cell phone radiation.

Thermographic image of the head after a 15-minute phone call. Yellow and red areas indicate thermal (heating) effects that can cause negative health effects.



SAR is a measure of the rate of RF (radiofrequency) energy absorption by the body from the source being measured. SAR provides a straightforward means for measuring the RF exposure characteristics of cell phones to ensure that they are within the safety guidelines set by the FCC. Considered one of the safety valves for mobile phones.





## Activity 3: MEAW Snippets Mail broadcast to 30000 plus students and staffs of CHRIST (Deemed to be University)

News/Facts snippets regarding the Mobile Radiation and E-waste facts were circulated daily for a week through the mail broadcast to all the students and staff of CHRIST (Deemed to be University) across all the six campuses (Central Campus, Kengeri Campus, BGR Campus, YPR Campus, Lavasa Pune Campus and Delhi NCR Campus). The information sharing through mail broadcast was well appreciated by students and staff equally. Following were the snippets shared.



### Mobile radiation and E-Waste Awareness Week (MEAW)

The Department of Electronics and Communication Engineering is observing Mobile-radiation and E-waste Awareness Week (MEAW) between 13-18, February 2023. Following is information related to mobile radiation for your quick reference:

**MEAW**  
Mobile Radiation and E-waste Awareness Week

**CHECK RADIATION LEVEL OF YOUR MOBILE PHONE?**

In general, the radiation level of mobile phones is calculated by their specific absorption rate (SAR) values. SAR value represents the amount of radio frequency energy absorbed by the body while using the mobile phone. It is measured in Watts per kilogram. A higher SAR value denotes higher radiation levels.

To check for the SAR value of your mobile, Dial \*467\* code in your mobile phone. If the SAR value is less than 1.6 W/kg, it is safe to use that phone.

Regards,  
Christ University Electronics Students Technical Interaction Club (CUESTIC)  
Department of Electronics and Communication Engineering,  
School of Engineering and Technology,  
CHRIST (Deemed to be University),  
Website: <https://cuestic-sourcecode-2023.my.canva.site/>  
Linktree Account: [https://lnkr.t/e/cuestic\\_2023](https://lnkr.t/e/cuestic_2023)



### Mobile radiation and E-Waste Awareness Week (MEAW)

The Department of Electronics and Communication Engineering is observing Mobile-radiation and E-waste Awareness Week (MEAW) between 13-18, February 2023. Following is information related to mobile radiation for your quick reference:

**MEAW**  
Mobile Radiation and E-waste Awareness Week

**mobile radiation**  
CLASSIFIED AS 2B CARCINOGEN

The WHO agency for research on cancer (IARC) has classified radiofrequency electromagnetic fields as possibly carcinogenic to humans, based on an increased risk for glioma, a malignant type of brain cancer, associated with wireless phone use.

Reference: <http://www.who.int/news-room/fact-sheets/detail/rf-electromagnetic-fields-0>

Regards,  
Christ University Electronics Students Technical Interaction Club (CUESTIC)  
Department of Electronics and Communication Engineering,  
School of Engineering and Technology,  
CHRIST (Deemed to be University),  
Website: <https://cuestic-sourcecode-2023.my.canva.site/>  
Linktree Account: [https://lnkr.t/e/cuestic\\_2023](https://lnkr.t/e/cuestic_2023)



### Mobile radiation and E-Waste Awareness Week (MEAW)

The Department of Electronics and Communication Engineering is observing Mobile-radiation and E-waste Awareness Week (MEAW) between 13-18, February 2023. Following is information related to mobile radiation for your quick reference:

**MEAW**  
Mobile Radiation and E-waste Awareness Week

**BEST PRACTICES WHILE USING MOBILE PHONES**

- Avoid making calls when the signal is weak as this causes cell phones to boost RF transmission power.
- Keep mobile phones 2cm away from your ears to reduce heating and for less absorption of radiation.
- Alternatively use speaker mode, headphones, or earbuds to place more distance between your head and the cell phone.
- Keep the mobile phone in flight mode at night during sleep time.

Regards,  
Christ University Electronics Students Technical Interaction Club (CUESTIC)  
Department of Electronics and Communication Engineering,  
School of Engineering and Technology,  
CHRIST (Deemed to be University) - Kengeri Campus  
Website: <https://cuestic-sourcecode-2023.my.canva.site/>  
Linktree Account: [https://lnkr.t/e/cuestic\\_2023](https://lnkr.t/e/cuestic_2023)



### Mobile radiation and E-Waste Awareness Week (MEAW)

The Department of Electronics and Communication Engineering is observing Mobile-radiation and E-waste Awareness Week (MEAW) between 13-18, February 2023. Following is information related to E-Waste for your quick reference:

**MEAW**  
Mobile Radiation and E-waste Awareness Week

**E-waste to double in just time!**

Since 2000, e-waste has grown from 20 million to 59 million tonnes per year.

Under a business as usual scenario, the amount of e-waste will increase more than double by 2050, reaching approximately 111 million tonnes per year. But the quantities alone do not tell the whole story. It is really about how industries, policies, and consumers react to the situation. While there is an opportunity to create sustainable production and consumption systems for electronics, this cannot be achieved by continuing the way we do business.

Reference: <http://www.unep.org/news-and-stories/story/e-waste-to-double-in-just-time>

Regards,  
Christ University Electronics Students Technical Interaction Club (CUESTIC)  
Department of Electronics and Communication Engineering,  
School of Engineering and Technology,  
CHRIST (Deemed to be University) - Kengeri Campus  
Website: <https://cuestic-sourcecode-2023.my.canva.site/>  
Linktree Account: [https://lnkr.t/e/cuestic\\_2023](https://lnkr.t/e/cuestic_2023)





**Mobile radiation and E-Waste Awareness Week (MEAW)**

1 message

CHRIST (Deemed to be University) <info104@christuniversity.in>  
To: you

Fri, Feb 17, 2023 at 10:10 AM

Mobile radiation and E-Waste Awareness Week (MEAW)

The Department of Electronics and Communication Engineering is observing Mobile-radiation and E-waste Awareness Week (MEAW) between 13-18, February 2023. Following is information related to E-Waste for your quick reference.



**GLOBAL E-WASTE SURGING: UP 21%**

(Department of Electronics and Communication Engineering)

- India is the third largest electronic waste generation in the world after China and USA. These three countries contribute to 38 % of the total e-waste generated world in 2019. As the world's most populous nation, China is responsible for the largest share of global municipal solid waste - at more than 15 percent. However, in terms of population, the United States is the biggest producer of waste.
- The best e-waste management can be found in the European Union. For example, the best e-waste management systems can be found in Switzerland and the Netherlands.

Regards,  
Christ University Electronics Students Technical Interaction Club (CUESTIC)  
Department of Electronics and Communication Engineering,  
School of Engineering and Technology,  
CHRIST (Deemed to be University) - Kengeri Campus  
Website: <https://cuestic-sourcecode-2023.my.canva.site/>  
Linktree Account: [https://linktr.ee/cuestic\\_2023](https://linktr.ee/cuestic_2023)

**Mobile radiation and E-Waste Awareness Week (MEAW)**

1 message

CHRIST (Deemed to be University) <info117@christuniversity.in>  
To: you

Sat, Feb 18, 2023 at 2:36 PM

Mobile radiation and E-Waste Awareness Week (MEAW)

The Department of Electronics and Communication Engineering is observing Mobile-radiation and E-waste Awareness Week (MEAW) between 13-18, February 2023. Following is information related to E-Waste for your quick reference:



**HIDDEN TREASURE IN E-WASTE**

(Department of Electronics and Communication Engineering)

The e-waste has precious metals such as gold, in addition to valuable materials such as plastic, glass, and ceramics which can be an opportunity to use these materials as an input for many companies to open innovation direction for the business.

Take, for instance, Pandora Jewellery - a major jewelry brand that seeks to stop using new gold and silver in all products by 2025 and replace it with recycled gold and silver from electronics.

Regards,  
Christ University Electronics Students Technical Interaction Club (CUESTIC)  
Department of Electronics and Communication Engineering,  
School of Engineering and Technology,  
CHRIST (Deemed to be University) - Kengeri Campus  
Website: <https://cuestic-sourcecode-2023.my.canva.site/>  
Linktree Account: [https://linktr.ee/cuestic\\_2023](https://linktr.ee/cuestic_2023)

### Activity 4: Quiz Competition on E-Waste and Mobile Radiation

A technical event which is a Quiz was conducted based on E-Waste and Mobile Radiation on 13-Feb-2023 between 4:30pm to 6pm in Room 237, 2<sup>nd</sup> Floor, 2<sup>nd</sup> Block, Kengeri Campus. They were participants from all the department and event was conducted successfully. Following are few essential details of the event:

Event Head: Segu Sai Nikhitha (6 Btech)

#### Volunteers:

1. Aditi (4 BTech)
2. Ashwin (4 BTech)
3. Danujashree (4 BTech)
4. Mrigakshi (4 BTech)
5. Raphael C G (6 Btech )
6. Jinish John (6 Btech)
7. Sedwick Dillon S (6 Btech)
8. Mandla Poojitha (6 Btech)
9. Chennoju Sathwika (6 Btech)
10. Manne Jaya Priyanka (6 Btech)
11. Peddakotla Vinayaka (6 Btech)

- MEAW denotes Mobile Radiation and E-waste awareness.
- The major importance of E-waste was delivered.

- Icebreaking session and what the audience would do to help were discussed.
- There was a quiz based on E-waste awareness which consists of two rounds.
- LIKHIDHAR REDDY and KUSAL NARAYANA were the highest scoring by 17 points, for level 1.
- LIKHIDHAR REDDY was the awarded the first prize, followed by the runner up KUSAL NARAYANA.

### Event photos:



### Attendance list of participants:

Serial Number	Roll Number	Name	Class
1	2060649	ALFERD J.A	6BTEC
2	2060664	JUNAID	6BTEC
3	2060657	LIKHIDHAR REDDY	6BTEC
4	2060606	VAMSI	6BTEC
5	2060666	G. VIGNESHWAR REDDY	6BTEC
6	2060622	SADIQ	6BTEC
7	2060647	KUSAL NARAYANA	6BTEC
8	2060616	P. VINAYAKA	6BTEC
9	2060661	PRIYANKA	6BTEC
10	2060654	G. MADHUPRIYA REDDY	6BTEC
11	2060662	C. SAMEER	6BTEC
12	2060677	CHENNOJU SATHWIKI	6BTEC
13	2060640	M. POOJITHA	6BTEC
14	2060667	MOURY	6BTEC
15	2160485	N. UMA MAHESWAR	4BTEC



SDG 3: Good Health and Well Being

**CHRIST (Deemed to be University), Bangalore**  
**School/Department of Media Studies**  
**Activity Report**

**General Information**

Aligned SDG	SDG 3 – Good Health and Well-Being
Type of Activity	Events
Title of the Activity	Periods Positive
Date/s	18th November, 2022
Time	1:30 pm to 3:30 pm
Venue	Sri Vivekananda Education Society, JP Nagar 6th Phase, Bangalore.
Collaboration	Astha Shakti

**Speaker Details**

Name	Dr. Megha Talikoti
Title/Position	General Physicians (Intern)
Organization	BGS Global Institute of Medical Sciences.
Title of Presentation	Periods Positive

Name	Dr. Lekhana Dayanand
Title/Position	General Physicians (Intern)
Organization	BGS Global Institute of Medical Sciences.
Title of Presentation	Periods Positive

Name	Dr. Mahesh Pradeep
------	--------------------

Title/Position	General Physicians (Intern)
Organization	BGS Global Institute of Medical Sciences.
Title of Presentation	Periods Positive

Name	Dr. Madakari Nayaka
Title/Position	General Physicians (Intern)
Organization	BGS Global Institute of Medical Sciences.
Title of Presentation	Periods Positive

*(Add/repeat above rows if there is more than 1 Speaker)*

### **Participants profile**

Type of Participants	Student
No. of Participants	30 Girls and 20 Boys

### **Synopsis of the Activity (Description)**

Highlights of the Activity	<ol style="list-style-type: none"> <li>1. A brief understanding of the openings of the genital areas for both male and female students</li> <li>2. Physiology of menstruation</li> <li>3. Bursting the taboo and myths surrounding periods</li> <li>4. Understanding of different bodily functions and changes during puberty</li> </ol>
Key Takeaways	<ol style="list-style-type: none"> <li>1. Understanding Menstrual Health</li> <li>2. Demonstration of the use of sanitary napkins</li> <li>3. Identifying the uses of various sanitary products such as menstrual cups, tampons, pads, etc.</li> <li>4. Introduction to bodily changes during puberty</li> <li>5. Process of safe disposal of sanitary napkins</li> <li>6. Introduction to yoga postures to help during period cramps</li> </ol>

	<p>7. Q&amp;A session on the importance of nutrition and medical advice</p>
<p>Summary of the Activity</p>	<p>As a part of the Service Learning Initiative, the students of the Department of Media Studies- CHRIST (Deemed to be University), Bannerghatta Road Campus conducted a Menstrual Hygiene Awareness Drive called Periods+ve at Sri Vivekananda Education Society, JP Nagar 6th Phase, Bangalore. The event was conducted in collaboration with Astha Shatki,an NGO based in Bangalore and was guided by Dr. Megha Talikoti, Dr. Lekhana, Dr. Mahesh Pradeep and Dr. Madakari Nayaka from BGS Global Institute of Medical Sciences.</p> <p>Students from grades 6-11 were given the opportunity to engage in a healthy conversation about puberty and other bodily changes that they may experience. Female students under the guidance of Dr. Megha Talikoti and Dr. Lekhana Dayanand were taken through the world of menstrual cycle and everything that happens before, after and during. They were shown how to use a sanitary napkin through a physical demonstration and were also told about the right ways to dispose them. They talked about helpful yoga postures such as the butterfly or the cobra pose that might help them during their cramps. The male students under the guidance of Dr. Mahesh Pradeep and Dr. Madakari Nayaka Y N were informed about the hormones and changes in their bodies. The male students were also informed about menstruation and this helped to normalize and remove the taboo from the topic. All the four doctors also engaged in a Q&amp;A session with the students where they burst myths, talked about when to consult a doctor along with the importance of nutrition for their growing bodies.</p>

Follow-up plan	None
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**Report prepared by:**

Name of the Organiser	Department of Media Studies, CHRIST (Deemed To Be University), Bannerghatta Road Campus
Designation/Title	Documentation Representative
Signature	

**Annexure:**

*1. Speaker Profile*

BGS Global Institute of Medical Sciences.

Dr. Megha Talikoti	General Physicians (Intern)
Dr. Lekhana Dayanand	General Physicians (Intern)
Dr. Mahesh Pradeep	General Physicians (Intern)
Dr. Madakari Nayaka	General Physicians (Intern)

*2. Photos of the activity (not more than two)*

*3. Attendance list of participants*





4. *(Submit financial statements directly to the office of accounts)*
5. *Poster of the Activity*



## Department of Media Studies

In Association with **Astha Shakti, Bengaluru**

PRESENTS

A Service Learning Initiative

# Periods<sup>+ve</sup>

To empower girls with knowledge on menstrual cycles and hygiene

Conducted By:

Dr. Mahesh Pradeep  
Dr. Megha Talikoti  
Dr. Lekhana Dayanand  
Dr. Madakari Nayaka Y N

**BGS Global Institute of  
Medical Sciences  
Bengaluru**



**November 18th, 2022**



**Shri Vivekananda Education Society  
(JP Nagar 6th Phase), Bengaluru**



**From 1:30 onwards**

### Student Co-ordinators

- Anoushka Kundu
- Surabhi Suresh
- Neha Charm Thomas
- Taranjot Kaur
- Khyati Singh
- Yashna Kumar

**Dr. Parashurama Kamath**  
Faculty Coordinator

**School of Arts and Humanities**  
CHRIST (Deemed to be University), Bannerghatta Road Campus

## Feedback

2133024	amodini.deepak@jouh.christuniversity.in	4 JOUH	4	Poor	Good	Good	Insight on the non binary gender. Social constraints of women in society.	Yes	ot deprive
2133068	surabhi.s@jouh.christuniversity.in	4 JOUH	4	Good	Excellent	Good	Understanding on gender identities from varied perspectives	Yes	
2133056	priyantika.rajawat@jouh.christuniversity.in	4JOUH	4	Good	Good	Good	Got enhanced understanding about gender	Yes	No
2133073	yashna.kumar@jouh.christuniversity.in	4 JOUH	3	Good	Satisfactory	Satisfactory	got to know about important readings related to gender	Maybe	
2133075	cassandra.carvalho@jouh.christuniversity.in	4JOUH	3	Good	Good	Poor	That men might not be physically stronger than women.	Maybe	
2133027	aniesha.attal@jouh.christuniversity.in	4JOUH	5	Excellent	Excellent	Good	I learnt a lot about gender in general.	Maybe	N/A
2133071	varnikha.shekar@JOUH.christuniversity.in	4JOUH	5	Good	Excellent	Good	Understand different perspectives of gender	Maybe	
2133040	g.swathi@jouh.christuniversity.in	4 JOUH	5	Excellent	Satisfactory	Good	Good Comprehension of the Key points and message delivery	Maybe	No
2133044	khyatisingh@jouh.christuniversity.in	4 JOUH	3	Excellent	Good	Excellent	Strength has a difference, just like genders.	Yes	and relate to
2133030	antara.shekhar@jouh.christuniversity.in	4 JOUH	3	Satisfactory	Good	Poor	That men are built stronger than women.	Yes	
2133070	taranjot.kaur@jouh.christu	4JOUH	3	Satisfactory	Satisfactory	Good	Understanding the idea of gender	No	proper ch

	niversity. in								
2133074	tanisha.v erma@jo uh.christ universit y.in	4 JOUH	5	Good	Satisfact ory	Excellent	Understanding the idea of gender	Yes	



# Menstrual Health Awareness

SDG 3: Good Health and Well Being

**CHRIST (Deemed to be University), Bangalore  
School/Department of Business and Management**

**Activity Report**

Type of Activity	<b>Student Development Programs</b>
Title of the Activity	<b>Menstrual Health Awareness</b>
Date/s	<b>11th August 2022</b>
Time	<b>11-1 PM</b>
Venue	<b>Central Campus, CHRIST (Deemed to be University), Bengaluru</b>
Collaboration/Sponsor (if any)	<b>Nil</b>

**Speaker/Guest/Presenter Details**

Name	<b>Dr. Annamma Thomas</b>
Title/Position	<p><b>Professor and Head of the Department of Obstetrics and Gynaecology at St. Johns Medical College Hospital, Bengaluru</b></p> <p><b>She is also the Head of Family Welfare and Fertility Studies at St. John as well as the Marriage Counsellor and Advisor to the Archdiocese of Bangalore. She is also the Curriculum Coordinator for the ObGyn course for the Medical Council of India. She completed her MBBS and Post Graduate Degree from St. Johns Medical College being was also the best outgoing female student of St. Johns for the MBBS course and the best all-around sportsmen for 5 consecutive years. She also has several national and international publications in various fields of medicine.</b></p>
Organization	<b>St.Johns Medical College</b>
Title of Presentation	<b>Menstrual Health Awareness</b>

## Participants profile

Type of Participants	<b>Students</b>
No. of Participants	<b>140</b>

### Synopsis of the Activity (Description)

Highlights of the Activity	<p><b>Dr. Annamma provided us with her valuable insights on menstrual health among the audience. The audience was given insightful inputs on the Menstrual Cycle, irregular period cycles, types of menstrual products, taboos on menstruation, and Menstrual hygiene. The session created a positive impact as questions were asked by the coed group of audience very promptly. Dr. Annamma was very kind to have answered all of them very crisply.</b></p>
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Key Takeaways	<b>Awareness and Normalizing of the concepts of Menstruation, Insights into Menstrual Health Problems and Treatment</b>
Summary of the Activity	<b>The audience for the session was 2<sup>nd</sup> and 3rd-year BBA students. The event was open to students, faculty, and alumnus of other disciplines as well. The event started with the emcee Ms. Sheetal Kulkarni giving insight about the event, followed by Dr. Asha Pinto, Medical Officer introducing the audience to the speaker. The session was conducted by the School of Business and Management, CHRIST (Deemed to be University), in collaboration with the Centre for Counselling and Health Services (CCHS), under the faculty guidance of Dr. Sangeetha and Prof. Phinu Jose Mary.</b>
Follow-up plan	<b>NIL</b>

**Report prepared by:**

Name of the Organiser	<b>Dr. Sangeetha and Prof. Phinu Jose Mary.</b>
Designation/Title	<b>Professor/Associate Professor</b>
Signature	

Annexure



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
BANGALORE · INDIA

**School of Business and Management**  
*Presents*

# Menstrual Health ♀ Awareness

**Dr. Annamma Thomas**

Professor and Head of Department of  
Obstetrics and Gynecology,  
St. John's Medical College Hospital,  
Bangalore



**11 August 2022**

In Collaboration with  
**Centre for Counseling and  
Health Services (CCHS)**

**11:00 am - 01:00 pm**  
**10th Floor Campus View  
Central Block**



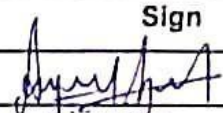
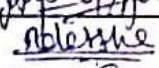

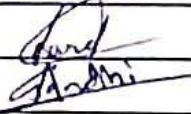

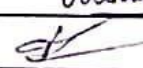
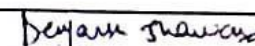

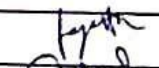
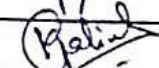
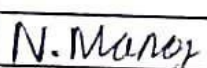


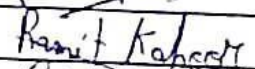

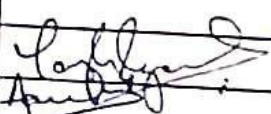

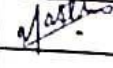






# CHRIST (DEEMED TO BE

Under Graduate Degree Student List - Academic Year:

5BBAA

Sl No	Register No	Student Name	Gender	Sign
1	2020101	AARYAN AGRAWAL	MALE	
2	2020103	AGASHE AALOK SAMEER	MALE	
3	2020104	ALAVALAPATI SAROJ MITHRA	MALE	
4	2020105	AMAN GANDHI	MALE	
5	2020107	ANURAAG VARUN SHUKLA	MALE	
6	2020108	ARIHANT JAIN	MALE	
7	2020109	ARYAN AGARWAL	MALE	
8	2020110	DEVESH GUPTA	MALE	
9	2020111	DEVYANSH JHAWAR	MALE	
10	2020117	HEMANK BHARGAW	MALE	
11	2020118	JAGRIT KASERA	MALE	
12	2020119	JAYANTH DINDIGALLU	MALE	
13	2020121	KHUSHAGAM PALIWAL	MALE	
14	2020123	MAHANTESH M MUDNUR	MALE	
15	2020124	MANOJ N	MALE	
16	2020125	MIHIR PANDEY	MALE	
17	2020126	MRIDUL AGARWAL	MALE	
18	2020127	NOEL MAMMEN ALEXANDER	MALE	
19	2020129	PRATIK MEHER	MALE	
20	2020130	RAMIT KAPOOR	MALE	
21	2020132	SEHAJPREET SINGH	MALE	
22	2020133	SHLOK CHURIWALA	MALE	
23	2020135	SHUBHAM AGARWAL	MALE	
24	2020137	SIDDHARTH P BAFNA	MALE	
25	2020139	VIDIT THAKKAR	MALE	
26	2020140	YASH AGARWAL	MALE	
27	2020142	AARUSHI JOSHI	FEMALE	
28	2020143	AASTHA ALOK BAGARIA	FEMALE	
29	2020146	ASFIYA ANJUM	FEMALE	
30	2020147	DEVIKA BIJU NAIR	FEMALE	
31	2020148	DISHA SOOD	FEMALE	

32	2020150	I PAVAI	FEMALE	J Pavaiv
33	2020151	JHANVI MATHUR	FEMALE	
34	2020152	KASHISH MITTAL	FEMALE	Kashish
35	2020157	LIPI TULADHAR	FEMALE	
36	2020158	NETRA MENON	FEMALE	
37	2020159	NIDHI KOTHARI	FEMALE	
38	2020160	SHELJA AGARWAL	FEMALE	Shelja
39	2020163	TAWISHI MALHOTRA	FEMALE	
40	2020164	ZAHRA BEHLUL SHAKIR	FEMALE	Zahra
41	2020165	JOSE JOE PAYYAPPILLY	MALE	
42	2020167	VISHRUTHA THUNGA DINESH	FEMALE	Vishrutha
43	2020168	ATUL SREEJIL	MALE	
44	2020169	DARSH V KOTHARI	MALE	Darsh
45	2020170	SMAYAN GOEL	MALE	
46	2020171	THASHWIN JOYAPPA K T	MALE	
47	2020172	YASH KOTHARI	MALE	Yash
48	2020173	B G SHARANYA	FEMALE	B Sharanya
49	2020174	KHUSHI VARSHNEY	FEMALE	Khushi
50	2020175	NIKSHITHA SOLANKI	FEMALE	
51	2020176	SHEETAL B KULKARNI	FEMALE	Sheetal B Kulkarni
52	2020177	VENDRA SRAVANTHI	FEMALE	Sravanthi.v
53	2020178	BARBADE ADITYA VAIBHAV	MALE	
54	2020179	KOWTHA SRUTHI	FEMALE	Sruthi
55	2020180	REDDY MOHITH	MALE	R. Mohith
56	2020181	AKSHAT KHAITAN	MALE	
57	2020182	VEDANSH SINGH	MALE	V
58	2020183	PRATIK A JAIN	MALE	
59	2020184	LAKSHITA TODI	FEMALE	
60	2020186	B OMKAR RAO	MALE	
61	2020187	NIKUNJ P JAIN	MALE	
62	2020188	ARYAN KANKARIA	MALE	ARYAN
63	2020189	MAURYA KURUNJI RENUKAPRASAD	MALE	
64	2020190	KARWA LAVESH VENUGOPAL	MALE	
65	2020191	GAURAV SHARMA B	MALE	Gaurav

# CHRIST (DEEMED TO BE

Under Graduate Degree Student List - Academic Year: .

Sl No	Register No	Student Name	Gender	Sign
1	2120468	Kritika Choudhary	F	<u>Kritika</u>
2	2120427	Riya Anees Moidu	F	<u>Riya</u>
3	2120417	Yamya Agarwal	M	<u>Yamya</u>
4	2120404	Aryan Kauri	M	<u>Aryan</u>
5	2120420	Anushka Mishra	F	<u>Anushka Mishra</u>
6	2120447	Mandavara Rohith sheng	M	<u>Rohith</u>
7	2120419	Artara Gaidhane	F	<u>Artara</u>
8	2120412	Neerajet Singh	M	<u>Neerajet</u>
9	2120418	Kyankar	M	<u>Kyankar</u>
10	2120416	Shubh	M	<u>Shubh</u>
11	2120436	Bhavik Jain	M	<u>Bhavik Jain</u>
12	2120489	Priyam Chowdhary	M	<u>Priyam</u>
13	2120431	PRATHYOSH SUJAY KUMAR	M	<u>Prathyosh</u>
14	<del>2120451</del>	Pranay Dhunkar	M	<u>Pranay</u>
15	2120425	P. Aishitha	F	<u>Aishitha</u>
16	2120481	Amoolya Anand	F	<u>Amoolya</u>
17	2120482	Kritika Das	F	<u>Kritika</u>
18	2120467	Keili Sethuya Jain	F	<u>Keili</u>
19	2120426	Rishita Patodi	F	<u>Rishita</u>
20	2120433	Harsh Surana	M	<u>Harsh Surana</u>
21	2120407	Devagya Potdar	M	<u>Devagya</u>
22	2120472	Navya Bansal	F	<u>Navya</u>
23	2120438	Sharwa Halde	M	<u>Sharwa</u>
24	2120453	Rohan Pandey	M	<u>Rohan</u>
25	2120463	Ch. Komali	F	<u>Ch Komali</u>
26	2120405	Akhish JC	M	<u>Akhish</u>
27	2120441	Jai adithya	M	<u>Jai adithya</u>
28	2120485	Sree Yughan	M	<u>Sree Yughan</u>
29	2120483	Dhisen Niethik	M	<u>Dhisen Niethik</u>
30	2120452	Rishi Middha	M	<u>Rishi</u>
31	2120469	Mahek Jain	F	<u>Mahek Jain</u>

S.No.	Name	Reg No.	Gender	Signature
32	Preeti Gupta	2120487	F	Preeti
33	Akansa Gupta	2120461	F	Akansa
34	Om Pachauri	2120413	M	
35	Akshita Kannan	2120462	F	
36	Akshay Reddy	2120486	M	Akshay
37	Sawmya Bastwar	2120477	F	Sawmya
38	Srivatsa.L	2120488	M	Srivatsa.L
39	Pranav	2120450	M	Pranav
40	Kastik Agrewal	2120443	M	Kastik
41	Viveat Agarwal	2120459	M	
42	Tanisha Agarwal	2120429	F	Tanisha
43	Sampath Patro	2120455	M	Sampath
44	Roto Naman Hirawat	2120446	M	
45	Divyan Surana	2120408	M	Divyan





# Self-Defence Through Fitness

SDG 3: Good Health and Well Being



**CHRIST (Deemed to be University), Bangalore**  
**School/Department of Business and Social Sciences**

**Skill Development Documentation- Session on Self Defence**

**General Information**

Type of Activity	Training Session
Title of the Activity	Self- Defence through Fitness
Date/s	26 <sup>th</sup> July 2022
Time	1.30pm
Venue	Mini Auditorium

**Speaker/Guest/Presenter Details**

Name	Anishka Jain
Title/Position	Christ Student
Organization	From class 3 PSYH A
Title of Presentation	Self- Defence through Fitness

**Participants profile**

Type of Participants	Student/Faculty/Research Scholar
No. of Participants	Self- Defence through Fitness

**Synopsis of the Activity (Description)**

Highlights of the Activity	<p>The speaker conducted the session with an interactive demonstration based on free hand combat. It was an interactive session with general defence-based questions. She began with the basics such as how to handle an incoming punch and mentioned the important things to remember in a victimised situation. She showed the following demonstrations along with simultaneous interaction with the audience:</p> <ul style="list-style-type: none"><li>● First demonstration was based on hand grips</li><li>● Second demonstration was based on the lower hug</li><li>● Third demonstration was based on the back hug</li><li>● Fourth demonstration was based on choking</li><li>● Fifth demonstration was based on knife stabbing</li></ul>
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	<ul style="list-style-type: none"> <li>● Sixth demonstration was based on back pick up</li> <li>● Seventh demonstration was based on hair pull</li> <li>● And the final demonstration was based on the full pin on the floor</li> </ul>
Key Takeaways	<ol style="list-style-type: none"> <li>1. Highlighting the importance of self-defence and the techniques of how to do the same.</li> <li>2. The psychological aspect of self-defence.</li> <li>3. The importance of power play and taking the intimidating role.</li> <li>4. Highlighting that it is always our right to protect ourselves.</li> </ol>
Summary of the Activity	<ol style="list-style-type: none"> <li>1. Mrs. Akriti Srivastava and Mrs. Smitha Baboo gave a brief orientation on the attitude of discipline and what is expected of the department</li> <li>2. The session began with a brief introduction given by the emcee of the day Jagori Chatterjee from class 5PSYHA.</li> <li>3. The skill development session revolved around the theme of self-defence through fitness. The session was taken by Anishka Jain from class 3PSYHA.</li> <li>4. She further continued the session with an interactive demonstration based on free hand combat</li> <li>5. Utkarsh Singh and Ujjwal Vasudevan from 5PSYHA added on to the session by explaining the psychological aspect of self-defence.</li> <li>6. Anishka concluded by sharing her own experience and ended by highlighting that it is always our right to protect ourselves. Further the emcee gave a short conclusion, thanking Fr. Biju KC, the dean, the faculty, and the whole psychology Department</li> <li>7. SLC team for a brief orientation of their work.</li> <li>8. Dhruv Rathour from 5PSYHA concluded the skill development session for the day. The interesting and self-educating skill development session came to an end and the audience dispersed by 3.11pm.</li> </ol>
Follow-up plan	

Report prepared by:

Name of the Organiser	Achsah Jesudas
Email Address	Achsahkizhakkeveettil.jesudas@science.christuniversity.in

*Annexure:*

*1. Speakers Profile:*

*The skill development session revolved around the theme of self-defence through fitness. The session was taken by Anishka Jain from class 3PSYHA who is a gold medallist in karate and has*

*represented the country in 2018, winning a silver medal. The emcee welcomed Anishka to the stage to share her experience and expertise after giving a brief description of all her achievements.*

*2. Photos of the Activity:*



*T. Vijayaraj*

Head  
Department of Psychology  
School of Social Sciences  
Bangalore Bannerghatta Road Campus  
CHRIST (Deemed to be University)  
Bangalore - 560 076



SDG 3: Good Health and Well Being

**CHRIST (Deemed to be University), Bangalore**  
**Department of Psychology**

**Activity Report**

**General Information**

Type of Activity	<b>Events</b>
Title of the Activity	<b>Prevention of Suicide</b>
Date/s	<b>10<sup>th</sup> September 2022</b>
Time	<b>10:00 PM</b>
Venue	<b>Main Auditorium</b>
Collaboration/Spons or (if any)	<b>Nil</b>

**Speaker/Guest/Presenter Details**

Name	<b>Dr. Ashwini N.V</b>
Title/Position	<b>Founder-Director</b>
Organization	<b>Muktha Foundation</b>
Title of Presentation	<b>Gatekeeper Training : Prevention of Suicide</b>

**Participants' profile**

Type of Participants	<b>Students of 1 PSYH/3 PSYH/ 5 PSYH and BA LIB</b>
No. of Participants	<b>400</b>

**Synopsis of the Activity (Description)**

Highlights of the Activity	<ul style="list-style-type: none"><li>- Definition of gatekeeper and the levels of prevention.</li><li>- Myths regarding suicide.</li><li>- Warning signs of suicide.</li><li>- Different problem-solving mindsets.</li></ul>
Key Takeaways	<ul style="list-style-type: none"><li>- The primary, secondary and tertiary levels of gatekeeping were discussed, and how gatekeepers can be involved in all these levels.</li></ul>

	<ul style="list-style-type: none"> <li>- Various myths about suicide ideation and suicide is destructive and we must focus on desensitizing it.</li> <li>- The warning signs of suicide were summarized in the acronym – WE CARE and the various behavioural signs that gatekeepers must identify.</li> <li>- The mindsets of shark, avoiding turtle, teddy bear and collaborative ant in dealing with various situations.</li> </ul>
<p>Summary of the Activity</p>	<p>The event was emceed by Jagori Chaterjee of 5 PSYH A. The main focus of the session is how one can be a gatekeeper and be there for people during times of distress. To begin the session, Dr. Ashwini defined who a gatekeeper is. A person who <b>willingly</b> has learnt the warning signs of suicidal crisis, and has the <b>knowledge and skill</b> to volunteer and support the person move out of risk for suicide, is a gatekeeper. It was highlighted that gatekeeping is not counseling. The different levels of prevention were discussed next.</p> <ul style="list-style-type: none"> <li>● Tertiary level – in this level, the gatekeeper must emotionally connect with the person who has attempted suicide. A risk factor in this case, would be a previous attempt to suicide. A distinction between suicide attempter (person who has attempted, but fortunately did not succeed) and suicide survivor (family member/close friend to the person who committed suicide) was made.</li> </ul> <p>Dr. Ashwini explained how saying ‘committed’ suicide is insensitive, as you cannot look at suicide being a crime or sin. Using the phrases ‘Attempted suicide’ or ‘died by suicide’ is more appropriate and accepted.</p> <ul style="list-style-type: none"> <li>● Secondary level – in this level, the risk factor is very high. The individual has not attempted suicide, however, the gatekeeper must be trained to identify warning sign. It is essential that they connect with the person in need for help.</li> <li>● Primary level – in this level, there is no attempt to suicide and the gatekeeper is not aware if a vulnerability or risk factor is present. <ul style="list-style-type: none"> <li>● Primordial – in this level, the gatekeeper reaches out to someone who may be feeling low. <p style="text-align: center;">Just</p> discussing about it and encouraging them to speak, goes a long way.</li> </ul> </li> </ul> <p>Next, the myths regarding suicide were discussed:</p> <ul style="list-style-type: none"> <li>● If a person is determined to kill themselves, nothing is going to stop them.</li> </ul>

- People who die by suicide are people who were unwilling to seek help.
- Talking about suicide may give someone the idea.
- People who talk about suicide won't really do it.
- Those who talk about attempting suicide are only doing to get attention.

When people ask for help, condemning them by saying they are seeking attention, can be destructive.

- Anyone who tried to kill themselves must have a mental illness.

High functioning individuals could have suicidal ideation as well. Dr. Ashwini says that just because someone is not diagnosed with a mental illness, does not mean they do not need help

- Suicide happens without warning.

- Once a person is suicidal, they will remain suicidal forever.
- A single dramatic and traumatic event causes suicide.
- If a person has attempted suicide, and failed before, there is no way they will try it again.

The warning signs of suicide were explained in the acronym – **WE CARE.**

- **W**- watch out for warning signs
- **E** - Evaluate.

Gatekeepers must evaluate in the background of the context (for example, do not point out self-harm scars)

- **C**- Connect.
  - Introduce yourself in case you do not know the person who you think is suicidal.
  - Share with the person what you observed after getting permission from the person
  - Express your concern
    - If the person denies speaking to you, let them know that you are available when they intend to talk (some scenarios only). Otherwise, continue with the gatekeepers' role even when they deny assistance.

- **A** – Acknowledge.

It is important that you validate the individual. Dr. Ashwini explains how saying “I understand” does not mean that you agree with what they are saying. Communicate your



understanding to

them. Certain behaviours must not be exhibited to an individual who shares their feelings:

- Do not one-up the person (showing how you have it worse)
- No toxic positivity
- Having an omniscient attitude (“now that you have talked about it, it will be resolved”)
- No wandering off (distracting the individual from the problem does not always help them)

- **R** – Refer.

Refer the individual to a professional. Be resourceful in terms of contacts. Have It is essential that we have 5 contact of psychiatrists, psychologists and physicians to share in times of need.

- **E** – engage.

Dr. Ashwini then discussed the behavioural signs of suicide: ● Talks about attempting suicide/conversational signs.

- Involving in activities that provide a sense of closure (that were previously non-existent). For example, asking for an apology from everybody, visiting family members you haven’t spoken to in a long time, distancing from social events.

It was highlighted how crossing boundaries to save lives, is acceptable at times.

- Disconnection – physical, verbal or emotional
- Self-harm or reckless behaviour (reckless driving, urge to try alcohol, substance use)
- Loses interest in school, work, hobbies or other activities that were previously important.
- Seems preoccupied with death and dying (morbid curiosity)
- Sudden or unusual sense of calm
- Prepares for death by writing a will and making final arrangements/writing a suicide note
- Giving away prized possessions
- Digital search histories

	<p>A distinction between false positive and false negative responses was discussed. A false positive occurs when you see a behaviour that may be concerning, and consider it to be a warning sign. This involves checking in with the individual. A false negative occurs when you fail to register a warning sign, which may have unfortunate consequences. Dr. Ashwini stressed on how one must rather show a false positive response to a call for help, then false negative. Suicide helplines were also shared, which could be used during times of distress.</p> <p>The different mindsets to dealing with individuals in distress were discussed:</p> <ul style="list-style-type: none"> <li>● Shark mindset – hurting people when you are hurt can be destructive to both parties.</li> <li>● Avoiding turtle – exhibiting behaviours that involve blocking people off, pretending that there is no problem.</li> <li>● Teddy bear – investing too much in people’s problems when you are going through a distressing time yourself.</li> <li>● Collaborative ant – you are providing and seeking help too.</li> </ul> <p>The session ended on the note that psychological first aid must be practiced by all mental health professionals.</p>
Follow-up plan	Discussing with parents, friends and community members on the role of gatekeepers and actively working to be there for people in distress.

**Report prepared by:**

Name of the Organiser	<b>Rhea Roopesh</b>
Designation/Title	Student of 3 PSYH A
Signature	

***Annexure:***

*Speaker Profile*

Dr Ashwini N.V is the founder and director of MUKTHA Foundation (An Initiative to Prevent Abuse and Promote Mental Health). She is an adjunct faculty member in the Post Graduate Department of Psychology at Jain University, Bangalore and Montfort College, Bangalore. She served as the co-ordinator of ‘Centre for Diversity in Counselling and Psychotherapy’, a collaborative effort of Montfort College, Bangalore and University of Toronto, Canada in the past. Her organization MUKTHA foundation was recognized by Kailash Sathyarthi , Nobel

Peace Prize Winner as one of the committed organizations in the country fighting against child sexual abuse in September, 2017. She is a Gold Medallist in her Post Graduate studies. She is a NET (UGC) qualified educator of Psychology. Her doctoral work is pertaining to motives behind women choosing to burn themselves and their intra-psychic conflicts post surviving. She is a consultant to several non-governmental organizations working in the area of prevention of abuse and promotion of mental health. She has conducted hundreds of workshops on issues of psychological relevance, especially on prevention of abuse, counselling, and psychotherapy and capacity building programmes for teachers, parents, social workers and organizations. She is associated with Vimochana, a Bangalore-based women rights forum in their initiative to rehabilitate women survivors of burns and bring about policy level changes in collaboration with Government of Karnataka. She was recognized as one of the 100 'leaders under 30' and as a leader of tomorrow from across the globe for her idea titled 'FOCUS formula to foster mental health in low and middle income countries' at St. Gallen Symposium, Switzerland in May 2015. Her idea was presented amidst several world leaders including presidents and prime ministers of countries, top academicians and media professionals and the initiative was voted as the best among other proposals that came from researchers from over 120 countries.


*Photos of the Activity*





10.09.2022 10:33  
12.87791, 77.59575  
Village: W+58J, Bannerghatta Main Rd, Pai Layout, Hulimavu,  
Bengaluru, Karnataka 560076

*Poster of the Activity*

 CHRIST  
UNIVERSITY  
BANNERGHATTA  
BANGALORE - INDIA

DEPARTMENT OF PSYCHOLOGY  
BANNERGHATTA ROAD CAMPUS  
PRESENTS A GUEST LECTURE ON

*Prevention of Suicide*  
ROLE OF GATEKEEPERS

*Dr Ashwini N.V*  
*Founder-Director*  
*Muktha Foundation*

DATE: 10.09.2022  
TIME: 10:00 - 11:30AM  
VENUE: MAIN AUDITORIUM



# Mental Health Awareness Rally

SDG 3: Good Health and Well Being

**CHRIST (Deemed to be University), Bangalore**  
**Department of Psychology**

**Activity Report**

**General Information**

Type of Activity	<b>Event</b>
Title of the Activity	<b>Mental Health Awareness Rally</b>
Date/s	<b>7th November 2022 (Monday)</b>
Time	<b>10:30 AM to 12:30 PM</b>
Venue	<b>Gottigere</b>
Collaboration/Spons or (if any)	-

**Speaker/Guest/Presenter Details**

Name	<b>N/A</b>
Title/Position	<b>N/A</b>
Organization	<b>N/A</b>
Title of Presentation	<b>N/A</b>

**Participants profile**

Type of Participants	<b>Students from 1 PSYH A, 3 PSYH A, 5 PSYH A, accompanied by Faculty of the Psychology Department</b>
No. of Participants	<b>52</b>

**Synopsis of the Activity (Description)**

Highlights of the Activity	<b>Students from all three years of the Psychology Department participated in a mental health awareness rally from Bannerghatta Road to Gottigere to create awareness about mental health among the citizens of Bangalore.</b>
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Key Takeaways	<b>1. Spreading awareness about mental health 2. Educating people about psychological first aid</b>
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<p>Summary of the Activity</p>	<p><b>A Mental Health Awareness Rally was organized by the students of the Department of Psychology of the Bannerghatta Road Campus to commemorate World Mental Health Day which was celebrated on 10th October, 2022. The second phase of the rally was conducted on 7th November, 2022. Students walked from the BGR Campus to Gottigere and back while shouting slogans, chants and jingles in Kannada, Hindi and English to spread awareness about mental health. Placards with statements regarding the importance of mental health in the lives of individuals were also held up by students during the rally. Flyers detailing warning signs and steps to follow for psychological first aid in all three languages were handed out to citizens on the way while briefing them about mental health. There was also a helpline number in the pamphlet that was verified by the members so that individuals could seek support when required.</b></p> <p><b>Many citizens stopped and asked what the rally was about, allowing us to explain to them the significance of mental health and the importance of seeking help. The rally attracted quite a crowd at the Gottigere bus stand and people stopped to watch and listen to us. Many citizens were interested in the work the students were doing and were willing to listen to the information regarding mental health. Nearing the police station, students were also given police protection to ensure their safety and prevent any obstruction of traffic.</b></p> <p><b>Overall, the event was successful as the students were able to spread their message to the majority of the people on the road and also spoke to quite a few people about psychological first aid. Mental health is a topic which many citizens are unaware of and they appreciated the initiative to spread knowledge about this issue. Providing the citizens with infographics and the helpline number will enable them to seek help when necessary and also share this knowledge with others. While there were some citizens who were reluctant to listen, the volunteers persevered and were successful in reducing the stigma around mental health. The event came to an end at 12:30 PM with the volunteers chanting in the quadrangle of the campus, thus spreading awareness in the college as well.</b></p>
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<p>Follow up plan (if any)</p>	<p>-</p>
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**Report prepared by:**

Name of the Organiser	<b>Preethy Niveditha R</b>
Designation/Title	<b>Student, 5 PSYH A</b>
Signature	-

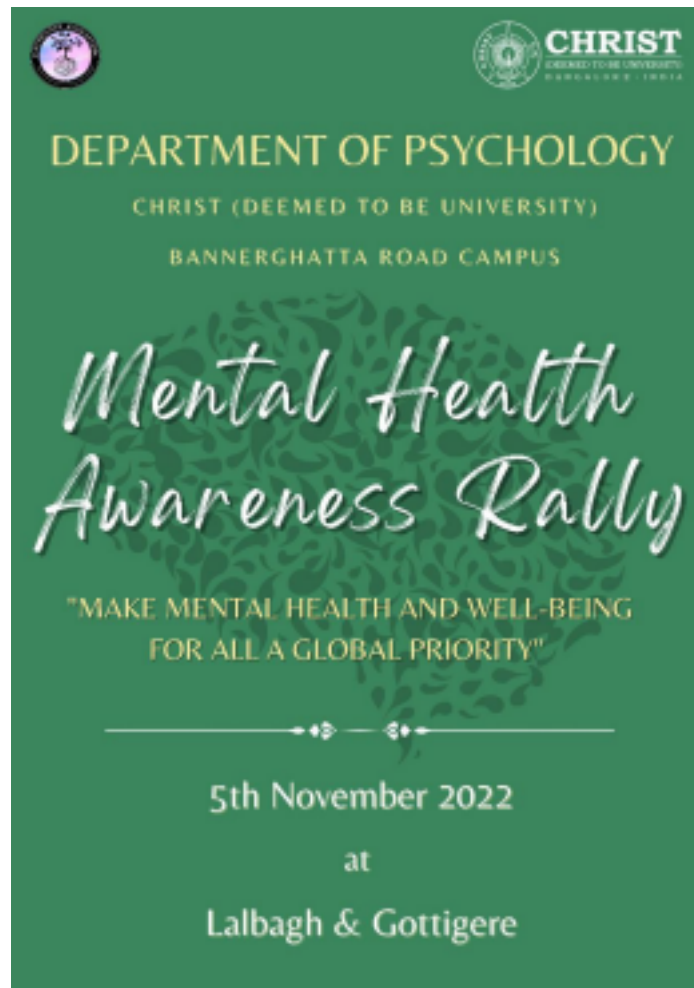
***Annexure***

*1. Photos of the Activity*





2. Poster of the Activity





**Skill Development**  
**(Leading a healthy lifestyle)**

**SDG 3: Good Health and Well Being**

**CHRIST (Deemed to be University), Bangalore**  
**Department of Psychology**

**Activity Report**

**General Information**

Type of Activity	<b>Seminar</b>
Title of the Activity	<b>Skill Development</b>
Date/s	<b>18<sup>TH</sup> October, 2022</b>
Time	<b>1330-1530</b>
Venue	<b>Mini Auditorium</b>
Collaboration/Spons or (if any)	<b>--</b>

**Speaker/Guest/Presenter Details**

Name	<b>Dr. Nidhi Nigam</b>
Title/Position	<b>Founder</b>
Organization	<b>Nutrify with Nidhi Nigam</b>
Title of Presentation	<b>Leading a Healthy Lifestyle</b>

**Participants profile**

Type of Participants	<b>Students of 1 PSYH A, 3 PSYH A, 5 PSYH A, and Faculty of the Psychology Department.</b>
No. of Participants	<b>300</b>

**Synopsis of the Activity (Description)**

Highlights of the Activity	<b>1. Doctor Nidhi Nigam, Founder of Nutrify, is a clinical nutritionist and a health coach who addressed the students of the Department of Psychology to spread awareness on</b>
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	<p>therapeutic nutrition, weight management and general health counselling.</p> <p>2. The session primarily focused on unique facts about diet and nutrition, myths about dieting, healthy lifestyle patterns and nourishment.</p> <p>4. It was entirely an interactive session; students asked their queries about diet and nutrition which were addressed immediately.</p> <p>5. Unhealthy lifestyle patterns were discussed, hazardous effects of smoking and drinking as well as the importance of the right proportion of nutrients in everything we eat.</p> <p>6. Certain myths about weight loss were also discussed and facts were presented to the students using logic and scientific explanation.</p>
<p>Key Takeaways</p>	<p>1. Important facts about nutrition and weight loss. 2. Widely held myths about dieting.</p> <p>3. Unhealthy food habits, eating patterns, sleeping schedules and, dieting habits.</p> <p>4. Alternative ways in which all unhealthy patterns can be rectified.</p> <p>5. One-on-One interaction with the speaker and the audience gave many insights.</p> <p>6. The session was instrumental in encouraging the audience to care for themselves and others around them in ways they find appropriate.</p>
<p>Summary of the Activity</p>	<p>The session was intended at giving insights about nutrition and everything related to maintaining a healthy lifestyle. Making nutritious food choices, inculcating physical activity into our lives, refraining from substance abuse, smoking and drinking are some of the ways we can easily avoid unwanted health issues and many types of cancers. The session broke myths many of the above-mentioned topics and addressed many questions from the students in a two-hour long session. One of the discussions included the advantages and disadvantages of intermittent fasting, and to what level it was recommended to students who have a busy college life and are mostly under 20 years of age. Correct ways of dieting were discussed which gave more clarity to students who raised health-conscious queries amongst other things. Overall, the session was enlightening and very instrumental in breaking our myths about health and dieting, all while providing us with the correct alternatives for making better lifestyle choices.</p>
<p>Follow-up plan</p>	<p>--</p>

Name of the Organiser	<b>Pragyan Pattnaik</b>
Designation/Title	<b>Student of 3PSYH A</b>
Signature	--

***Annexure:***

***1. Speaker Profile***

Dr. Nidhi Nigam is the Founder of Nutrify with Nidhi Nigam. She founded Nutrify with Nidhi Nigam in 2013 and has been successfully running her clinic over 9 years and helping people globally. She Nidhi Nigam is a Clinical Nutritionist & a health coach, engaged in the field of therapeutic nutrition, weight management and general health counselling for over 9 years. Nidhi is known to apply the principles of Nutri-Genetics, lifestyle modifications and food management, to optimise health and weight of individuals while catalysing their quest for all round fitness and energy. Nidhi closely monitors global trends to bring the best in nutrition and care to her clients. Nidhi truly believes that the human body is very resilient and possesses the capability to self-heal itself if nourished with the "Right Food". She has won the award title of "health & wellness Influencer - Bangalore" in 1000 women faces of Asia Awards from Womenovator in year.

***2. Photos of the activity (not more than two)***





*P. Vijayalaxmi*  
Head  
Department of Psychology  
School of Social Sciences  
Bangalore Bannerghatta Road Campus  
CHRIST (Deemed to be University)  
Bengaluru - 560 076



Promotional Events for Pray –  
The Mental Health  
Awareness Week

SDG 3: Good Health and Well Being



**CHRIST (Deemed to be University), Bangalore**  
**School/Department of Psychology**

**Activity Report**

**General Information**

Type of Activity	Events
Title of the Activity	Promotional Events for Prav – The Mental Health Awareness Week
Date/s	9 <sup>th</sup> & 10 <sup>th</sup> November 2022
Time	12:30 – 1:30 PM
Venue	Quadrangle
Collaboration/Sponsor (if any)	-

**Speaker/Guest/Presenter Details**

Name	N/A
Title/Position	N/A
Organization	N/A
Title of Presentation	N/A

**Participants profile**

Type of Participants	Students of CHRIST (Deemed to be University), Bannerghatta Campus
No. of Participants	-

**Synopsis of the Activity (Description)**

Highlights of the Activity	Various promotional events were conducted on two days to encourage students to participate in Prav – the Mental Health Awareness Week organised by the Psychology Association.
Key Takeaways	The events were successful in not only inviting students from different courses to participate in Prav, but also were able to foster awareness regarding psychology and mental health.
Summary of the Activity	Prav – the Mental Health Awareness Week began with promotional activities held on 9 <sup>th</sup> and 10 <sup>th</sup> November 2022 in the Quadrangle during the lunch hour on the respective days. The events were organised by the students of 1 PSYH A, 3

**PSYH A and 5 PSYH A, with the overall coordination and facilitation done by the Psychology Association.**

**The Flash Mob was the initial event which kick-started the festivities of Prav. The graceful dance moves and synchronized movements performed by the dancers left the audience awe-struck. The dancers used a strikingly contrasting theme of red and black which was not only eye-catching but also bold. The coordination and their high-energy steps left a memorable impact on the audience. The combination of catchy tunes and groovy moves was successful in attracting the attention of students from around the campus. Upon asking a few members of the audience regarding their favourite part of the performance, ‘the hook steps for the songs’ and ‘the amazing coordination’ were some of their answers. The enthusiastic audience showed their support by cheering and hooting for the dancers. The unfurling of the banner with the golden-lettered Prav added to the grandeur of the performance and marked the commemoration of the exciting week.**

**There were several events held across the two days by setting up stalls in the quadrangle. The events are summarised below:**

**A Moody Canvas was an event based on colour psychology organised by volunteers from MACS. It is based on the idea that colours can elicit some emotions in people and that each feeling can be associated to a certain colour. Participants who visited the stall were asked to pick a colour on how they were feeling by looking at a chart displaying the emotions associated with each colour. They were then asked to paint their representation of that feeling using only that one colour on a blank canvas with pencil-drawn squares. They were given the option to use brushes or their hands to paint. This event was a crowd favourite and attracted quite a few people on both the days of the event. They creatively expressed themselves through this medium. Participants reported that the experience of painting was cathartic and many visited the stall more than once.**

**The Collective Tree of Strength was an event based on the idea of resilience. Every individual may have their root source of motivation and support of strength that helps them persevere hurdles in life just as a tree receives its essential nutrients from the soil through its roots. Therefore as a part of the event, the participants were given pieces of paper that were shaped as leaves to write upon the factors or motivators that helped them gain strength to overcome their ups and downs in life, which were then collectively used to create a**

beautiful tree. The event took a little time to attract the crowd on the first day of promotions but on seeing a few writing down their strengths, it followed many more came forward and participated. This even led to them running out of paper as it began to attract a lot of crowd and thus, it had a greater success rate. The members also mentioned how the teachers were also fascinated by the event. On the second day it took little more time for the people to come and participate due to the singing events that were taking part in the quadrangle which were already keeping them occupied. They created a second tree and there was so much participation. Overall, the junior volunteers also contributed to the success of the event that was praised by many.

"What's the Word?" was a stall that had a simple game conducted in pairs. The rules were straightforward and easy to understand. One person was given a set of cards with psychology-related words, including basic terms in psychology like memory, therapy, and efficacy. These cards also had a few pop-culture references and names of movies, shows, etc. related to psychology. The participants had to explain the word/show/movie name to their partner without using the keywords mentioned underneath the given term. Each person was given one minute to try and guess as many words as possible. Over 30 pairs participated, and many people returned with their friends to play again. The three volunteers at this stall explained the game to all of them with the same enthusiasm. At the end of each round, scores were recorded on a leaderboard. Overall, people seemed very intrigued by the concept. They tried their best to explain these simple concepts to their friends, and perhaps they even learnt something from it.

The face painting and the henna stall were filled with enthusiastic students from all the departments and years at 12:40 pm. There were 4 henna artists and 4 face painters who were enthusiastic student volunteers from years one to three in the psychology department. While some students displayed their desired designs to the artists on their phones, others who did not have a specific idea in mind were given beautiful creative suggestions by the volunteer artists and asked to choose an accompanying colour palette. Approximately 100 students got their faces painted and/or got henna. Each design took around 3-4 minutes, depending on the design preference. One of the happy participants said it was a delightful experience, because of the festive mood of the surrounding environment. They were enjoying the music in the background while getting their face painted on. Another participant said,

they came in with no idea but the volunteer was so kind to provide different options and suggest an array of design interests. They also mentioned that they were really happy with how the resulting painting came out and how much they appreciated the artists.

Musical Pictionary was a light-hearted game for promotions. When played in pairs/groups, students chose to have one person draw on a whiteboard or act out a piece of music from popular culture. Within a predetermined window, their partner had an opportunity to correctly identify the music being expressed through drawings or movements. This activity gave participants a buoyant break and allowed them to connect and enjoy the moment. Musical pictionary can be used with a variety of populations and exercises cognitive skills and memory, as well as communication and social skills. Many participants left the stall with happy faces and left very positive comments on the activity. Hence the activity was a huge success.

Head's Up by the CAPS Assessment Wing had a twist on the classic game, wherein a pair of participants had to choose from chits containing various emotions and guess the word using actions or situational examples. Emotions ranging from sonder, grief and loathing to cheerfulness, optimism and curiosity were present and visitors had to act out the word for their partner to guess. With a time- limit of 1.5 minutes, they had to guess at least 6 emotions to receive a chocolate which led to an amusing last couple of minutes. Students and faculty had a great time alike, as they put their acting and guessing abilities at test. The stall was a crowd-puller, as it saw 55+ visitors from various departments. It received positive feedback as well, with participants sharing that they had an enjoyable time.

Music for mental health was one of the most thoughtful events conducted on 10<sup>th</sup> November, 2022. Whilst all other stalls and events headed by Prav volunteers worked alongside, this particular event happened in the quadrangle the entire lunch hour. Five different performances were followed one after the other. The audience was attracted to the area by some awesome beatboxing, followed by the main event. There was a short rap performed by four volunteers which gave a good kickstart to the event. That was followed by a solo singing performance which gathered more audience. That was followed by a guitar and singing performance. The final two activities were a group performance and a solo rap to wrap up the event. Overall it was a unique experience as music from multiple genres was chosen and performed brilliantly. With

	<p>other stalls also working alongside, it kept the audience engaged and was a fun experience.</p> <p>Overall, the various promotional events created an atmosphere of festivity and fervour in the campus. The different stalls attracted large numbers of students. Most of the activities were based on psychology and mental health and hence, fostered an environment of awareness and empowerment amongst Christites. The events also succeeded in encouraging students to participate in the main events being held from 14<sup>th</sup> to 18<sup>th</sup> November 2022, with many students expressing that they were eager and enthusiastic to take part in the rest of the events.</p>
Follow-up plan	-

**Report prepared by:**

Name of the Organiser	Documentation Committee
Designation/Title	Psychology Association, Department of Psychology
Signature	-

**Annexure:**

1. *Photos of the activity (not more than two)*



2. *Poster of the Activity*



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
BANGALORE · INDIA

Department of Psychology  
Bannerghatta Road Campus

presents

# PRAW

MENTAL HEALTH AWARENESS WEEK

*izdehar*

*flourish, thrive, prosper*

14th - 18th NOVEMBER 2022

*Nijayalaya Srinivas*

Head  
Department of Psychology  
School of Social Sciences  
Bangalore Bannerghatta Road Campus  
CHRIST (Deemed to be University)  
Bengaluru - 560 076





SDG 3: Good Health and Well Being



## **LAAL – Drishti Play**

**Event:** Drishti Street Play

**Venue:** 30 B Cross, Tilak Nagar, Jayanagar

**Date:** 1 October 2022

**Number of volunteers:**13

- **SDG 3: Good Health and Well-being:** Promoting menstrual hygiene management contributes to the overall health and well-being of women and girls. It ensures access to clean and safe menstruation materials and facilities, reducing health risks associated with poor menstrual hygiene.
- **SDG 4: Quality Education:** Events related to menstruation awareness can focus on educating girls and boys about menstruation, breaking stigma, and ensuring that girls have access to education even during their menstruation cycle.
- **SDG 5: Gender Equality:** Menstrual hygiene management is a critical aspect of gender equality. Addressing menstruation-related challenges can empower women and girls, ensuring they have equal opportunities and can fully participate in social, economic, and political activities.

### **Description and Objective:**

The play dealt with the subject of menstruation and how it affects females who are experiencing it for the first time. The play also demonstrated how society places limitations on girls during their periods. It concentrated on the anguish that females experience merely because they bleed for a few days. To make the play the success that it was, Drishti members rehearsed in the mornings for at least two weeks. And the community was made more conscious as a result of their labour of love.

### **Impact on the community:**

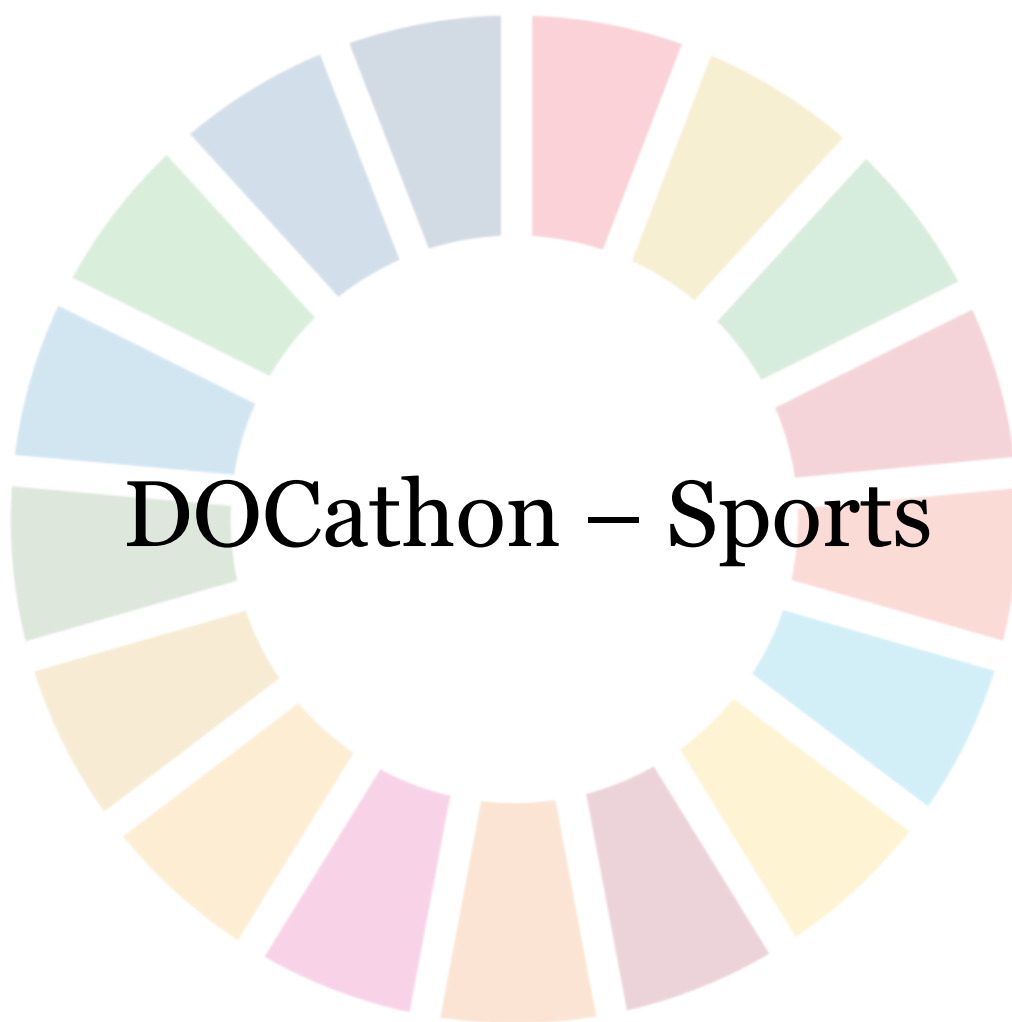
- The play helped educate and make people aware of what girls go through when they are menstruating and how society as a whole reacts to it.
- It also showed the ugly side of our society in the form of rape and how people are told to stay quiet about it to protect the family's social standing.
- What girls go through when they are on their periods was also shown vividly in the play and people were made aware of the same.

### **Photographs of the event:**



### List of volunteers:

Name	Registration No.
Aaradhya Pratap	2213067
Mummidi Brahmanimounika	2223662
Shikha Mariam John	2123168
C Lovlesh Kumar	2133308
Arsh Kaur	2033246
Roopal Haswani	2123376
M Sai Meenakshi	2233560
Simar Sahu	2233574
Srinavya S	2123173
Ashvita Biradar	2133411
Arav karamchandani	
Devesh khemka	
Harshavardha	



SDG 3: Good Health and Well Being

**School/Department of Commerce**  
CHRIST (Deemed to be University), Bangalore

**Activity Report**

**General Information**

Type of Activity	<i>Events</i>
Title of the Activity	DOCathon – Sports
Date/s	12 <sup>th</sup> – 22 <sup>nd</sup> November 2022
Time	6-7Am / 1-2Pm
Venue	University Ground and dharmaram Ground
Collaboration/Sponsor (if any)	-

**Speaker/Guest/Presenter Details**

Name	-
Title/Position	-
Organization	-
Title of Presentation	-

*(Add/repeat above rows if there is more than one Speaker)*

**Participants profile**

Type of Participants	Student/Faculty
No. of Participants	1324

**Synopsis of the Activity (Description)**

Highlights of the Activity	<ol style="list-style-type: none"><li>1. DOCATHON Sports took place from 12<sup>th</sup> – 22<sup>nd</sup> November in Central Campus.</li><li>2. This event encouraged participants showcase their Physical and mental health</li><li>3. Each and every performance was Engertic and players used there startegies to win matches</li><li>4.Participants were enthusiastic and displayed various talents In sport’s such as Football, Cricket, Volleyball, Throwball and Kho-Kho</li><li>5. Basketball mixed matches were conducted which had both girls and boys in the team</li><li>6.The faculties March was highly encouraged by the crowd gathered which made the event a huge success.</li></ol>
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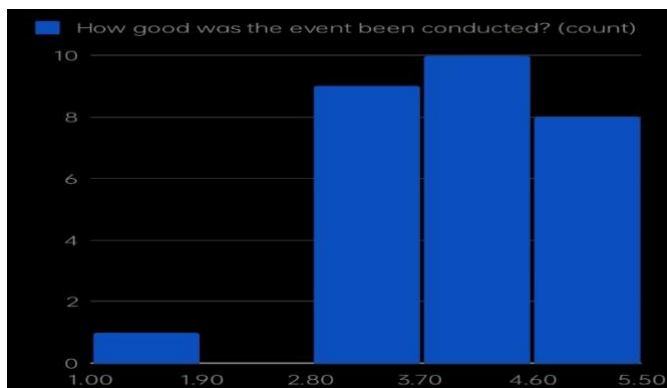
Key Takeaways	<p>1.The talent at the university is enormous, and the opportunity to showcase that talent at a gathering gives them confidence</p> <p>2.Also, the event assisted in gathering a variety of talent and determining how many students would truly participate.</p> <p>3. This event assisted participants in embracing their skills.</p> <p>4. It also assisted them in networking with people who shared similar interests and hobbies.</p> <p>5. Helped students to showcase there talents in Sports and there decision making skills while playing</p>
Summary of the Activity	<p>DOCathon is a sports event organised for all budding talents across all classes in the University's department of commerce who want a platform to showcase their physical abilities and talents to the community at large. This area is not only restricted to students, but also to the teachers, who are endowed with other extraordinary abilities.</p> <p>Participant Profile:</p> <ul style="list-style-type: none"> <li>*Kho Kho</li> <li>*Football</li> <li>*Cricket</li> <li>*Throwball</li> <li>*Volleyball</li> </ul>
Follow-up Plan, if any	<p>A Google form was distributed to all participants, who were asked to fill it out. The goal of filling out these feedback forms was to collect responses from participants and analyze all responses to know the utility of the event for the Participants.</p>

### Rapporteur

Name of the Rapporteur	<p>PAVITHRA B</p> <p>AYUSH JAIN</p>
Email and Contact No	<p><a href="mailto:Pavithra.b@bcom.christuniversity.in">Pavithra.b@bcom.christuniversity.in</a></p> <p><a href="mailto:Ayush.jain@bcom.christuniversity.in">Ayush.jain@bcom.christuniversity.in</a></p>

## Participants feedback

How good was the event been conducted?

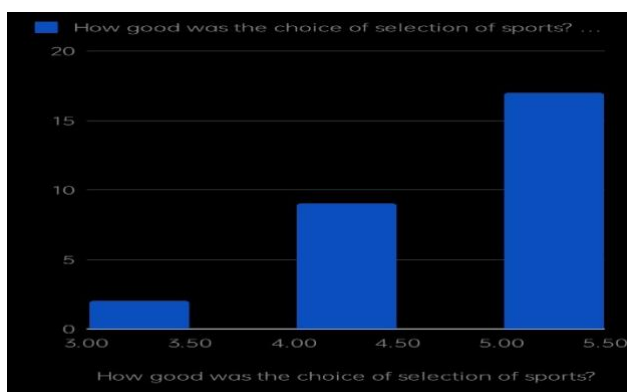


**TOTAL RESPONSES 27**

**AVERAGE 3.9 (ON SCALE OF 5)**

In view point of knowing how good the overall event was conducted this feedback question was asked among the participants we received a overall good response with a High rating of 3.9 for 5

How good was the choice of selection of sports?



**Total responses 27**

**AVERAGE 4.5 ( ON SCALE OF 5)**

As we have mentioned DOCathon was a sports event we had critically worked on choosing the sports and we have received a very good scoring of 4.5 for 5

## Written feedback/suggestions

The organizers and the participants were very enthusiastic. It was quoted as

“A great initiative, well organized, the experience was good, and everything was set properly.

There could be series of other events included in it to make it more interesting and interactive.”

Many of the organizers believed that the timetable of the events could have been streamlined

Considering the hectic schedules, event clashes, and they were not provided with sufficient time

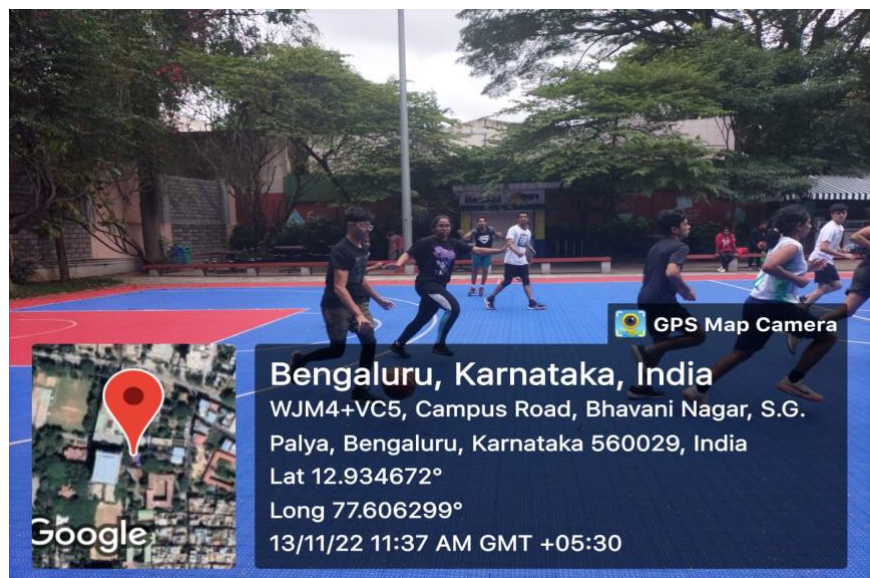
To prepare for the event.

“The event was very well conducted, and it was very inspiring..”

The participants who attended the event were generally happy. They appreciated the proper

Structure and planning of the workshops.

## To be uploaded /enclosed





GPS Map Camera

Bengaluru, Karnataka, India

Bengaluru, WJM4+6GP, Bhavani Nagar, S.G. Palya, Bengaluru, Karnataka 560029, India

Lat 12.933168°

Long 77.606147°

13/11/22 03:46 PM GMT +05:30





Talk Session with  
Acharya Prashant

SDG 3: Good Health and Well Being

**School of Commerce, Finance and Accountancy**  
**Department of Commerce**  
CHRIST (Deemed to be University), Bangalore

**Activity Report**

**General Information**

Type of Activity	Seminar
Title of the Activity	Talk session with Acharya Prashant
Dates	September 16, 2022
Time	2 P.M. – 4 P.M.
Venue	Main Auditorium
Collaboration/Sponsor	Prashant Advait Foundation

**Guest Speakers**

Name	Acharya Prashant
Title	Vedanta Exegete, National Best- Selling Author, Alumnus- IIT Delhi, IIM Ahmedabad, Ex- Civil Servant
Organization	Prashant Advait Foundation
Title of Presentation	Question and Answer Session

Name	Dr. Priya J
Title	Asst: Professor, Department of Professional Studies
Organization	Christ University
Title of Presentation	Welcome Address

Name	Dr. Karthigai Prakasam
Position	Head, Department of Commerce
Organization	Christ University
Title of Presentation	Vote of Thanks

**Participants' Profile**

Type of Participants	Student/ Faculty
No. of Participants	800 (Approximately)

## Synopsis of the Activity (Description)

Highlights of the Activity	<ul style="list-style-type: none"><li>• The guest speaker, Acharya Prashant answered the questions of students in a very informative and friendly manner.</li><li>• Welcome Address was delivered by Dr. Priya J, Asst: Professor, Department of Professional Studies.</li><li>• Dr. Karthigai Prakasam delivered a heartwarming vote of thanks, and proceeded to hand over a token of Appreciation to Acharya Prashant.</li><li>• The event ended with the recital of CHRIST Deemed to be University Anthem.</li></ul>
Key Takeaways	<ul style="list-style-type: none"><li>• Acharya Prashant offered detailed insights into the processes of life and how to cope with problems.</li><li>• Students got to know about the benefits of having a healthy lifestyle and were explained the best way to lead a healthy lifestyle.</li><li>• The guest speaker talked about the significance of Karma in the process of life.</li></ul>
Summary	<p>Interaction of the students of Christ University School of Commerce, Finance and Accountancy took place on 16 September 2022 in the Main Auditorium of Christ University, Bangalore. The event started with an introduction about the event by emcees of the event, Ms. Khushi Jain and Mr. Rushil Dani. This was followed with the invocation of Team CU SCFA.</p> <p>Dr, Priya J, Assistant: Professor, Department of Professional Studies welcomed the crowd and introduced the guest speaker for the day, Acharya Prashant. Acharya Prashant interacted with the audience where he gave useful insights about life and the various important things in life that are important, but we choose to ignore. Acharya Prashant spoke about significance of Karma in life, he spoke about the importance of living a healthy lifestyle and its benefits.</p>

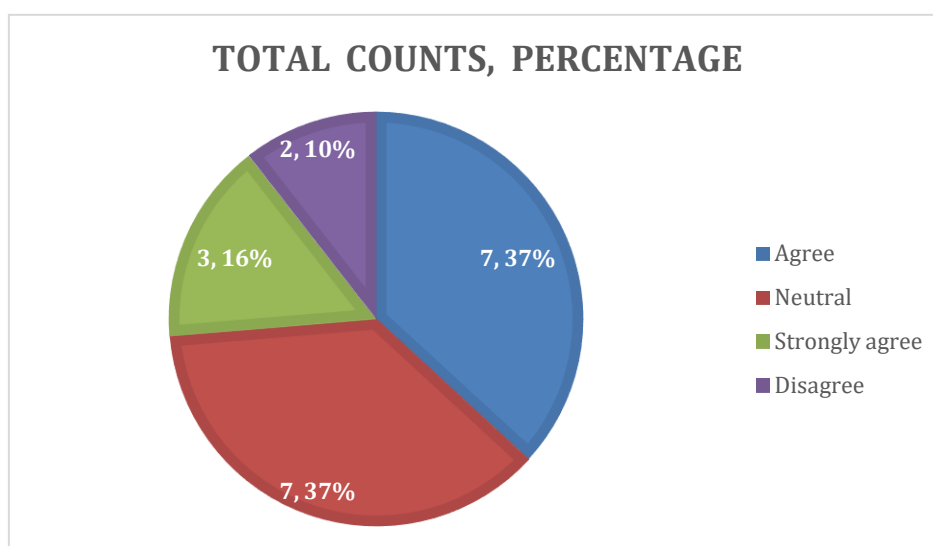
	Following Acharya Prashant, Dr. Karthigai Prakasam delivered the vote of thanks and handed a token of appreciation to Acharya Prashant. The event came to an end with the recital of the official Christ University Anthem.
Follow-up	A google form was distributed to the participants, that they were required to fill and submit. The purpose of this was to carefully analyze the feedback from the audience and improve the future events.

## Rapporteur

Name of the Rapporteur	Khushi Jain Rushil Dani
Email and Contact No	<a href="mailto:khushi.jain@commerce.christuniversity.in">khushi.jain@commerce.christuniversity.in</a> (+91 7697833476) <a href="mailto:rushil.dani@commerce.christuniversity.in">rushil.dani@commerce.christuniversity.in</a> (+91 9929888088)

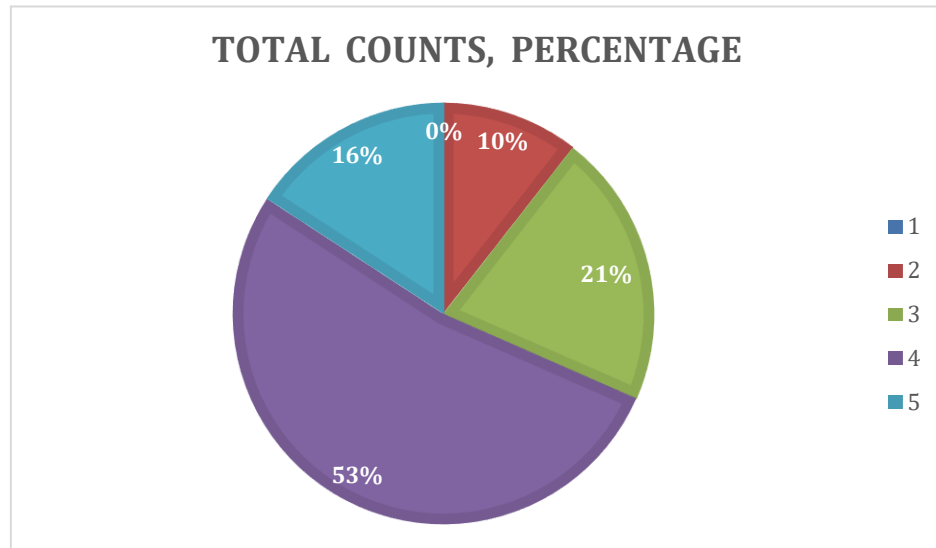
## Feedback Data and Analysis

**Do you think that the idea of the session was helpful for the audience?**



37% of the respondents *agreed*, and 37% of the respondents had a *neutral response*

### How well do you rate the idea of the talk session?



The idea of the session was viewed positively by the organizers. Most of the organizers chose 4 or 5 (53% chose 4, and 21% chose 5), on the same increasing scale, to represent their rating for the idea of the workshop.

### Written feedback/suggestions

The session with Acharya Prashant took place with a lot of enthusiasm and on a positive note with the participants. It was quoted as

*“A great initiative, well organized, the experience was good, and everything was set properly”.*

Another suggestion was that the format of the workshops should be looked upon and should include a flavor of informal sessions.

### Response to feedback

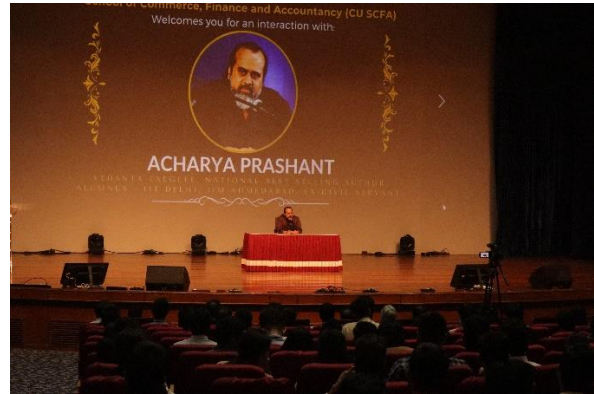
All the feedback from the participants has been carefully analyzed and next event onwards, all the factors will be improved.

### Brief Summary

The event took place on September 16, 2022 in the Main Auditorium of Christ University, Bangalore. Acharya Prashant, from Prashant Advait Foundation conducted an insightful talk

session with the students of Christ University School of Commerce, Finance and Accountancy. He talked about the processes of life, provided useful insights of having a healthy lifestyle and gave students tips to live a healthy life. He talked about significance of Karma in life and guided students to have a healthy life.

## Pictures and Recordings:





# Nutrition Kit Drive

SDG 3: Good Health and Well Being

## **Tilaknagar Nutrition Kit Drive**

**Event:** Nutrition Kit Drive

**Venue:** Tilaknagar

**Date:** 14 July 2022

**Number of volunteers:** 19

**SDG Goals Achieved:**

- **SDG 2: Zero Hunger:** This goal aims to end hunger, achieve food security, improve nutrition, and promote sustainable agriculture. A nutrition kit drive directly contributes to this goal by providing essential food items and promoting better nutrition.
- **SDG 3: Good Health and Well-being:** Ensuring access to nutritious food contributes to good health. By providing nutrition kits, the event supports this goal by improving the well-being of individuals, especially those in need.
- **SDG 12: Responsible Consumption and Production:** Providing nutrition kits can promote responsible consumption patterns by ensuring that the resources are used efficiently and not wasted. It encourages sustainable production and distribution of food items.

### **Description and Objective:**

Christ University students had gone to Tilaknagar to distribute nutrition kits to the students of the Activity Center. The whole activity was carried out in a school in Tilaknagar where the students themselves unloaded approximately 60 packets of rations. The students were definitely enjoying the engaging process where everyone had to work together.

### **Impact on the community:**

1. The families of our project area kids were able to provide their household with better food that provide nutritional values
2. The families were familiarised and sensitized on the topic of good nutrition and a source to aid them in it

### **Photographs of the Event:**





**List of Volunteers:**

Name	Reg No.
Ashvita Biradar	213341 1
Nameera Khan	203306 1
Radha S Navada	202306 6
T Joan Jasmine John	213316 9
Gladwin Ginto	213342 3

Abhishek Masih	212330 1
Radhika Kiran Kitturkar	212337 4
Nivedita A Raj	213345 2
Luke Thomas	202331 9
Srishti Sanyal	213344 5
Devangi Roy D	213342 2
Kushal Kumar	202361 9
Rahul M Belaguli	202363 5
Abhinav Prakash	202360 1
Adarsh	211301 0
Sanya	211306 4
Varun	202334 5
Manav	
Felix John	213342 6



SDG 3: Good Health and Well Being

**School of Sciences**  
CHRIST (Deemed to be University), Delhi NCR

**Activity Report**

**General Information**

Type of Activity	<b>Sports</b>
Title of the Activity	<b><i>Volleyball Varsity</i></b>
Dates	<b>17/2/2022 - 24/2/2022</b>
Time	<b>3:00 - 4:00 PM</b>
Venue	<b>Volleyball Ground</b>

**Participants Profile**

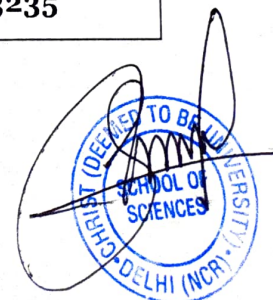
Type of Participants	<b>Students</b>
No. of Participants	<b>172</b>

**Synopsis of the Activity (Description)**

Highlights of the Activity	An event organised for developing team spirit in the students by focusing on activities related to teamwork, coordination leadership, sportsmanship etc.
Key Takeaways	Sports activities help the students to keep their body and mind strong and alert.
Summary of the Activity	<b>The event included 2 preliminary matches, 2 semi-finals and a final match of mixed teams.</b>

**Rapporteur**

Name of the Rapporteur	<b>Ms. Garima Anand and Dr. Bosco Paul Alapatt</b>
Email and Contact No	<b><u>garima.anand@christuniversity.in</u> , 9650222578 <u>bosco.paul@christuniversity.in</u>, 9539603235</b>



**School of Sciences**  
CHRIST (Deemed to be University), Delhi NCR

## **VOLLEYBALL VARSITY**

### **Descriptive Report**

The School of Sciences organised a volleyball tournament - *Volleyball Varsity* on 17th and 24th February, 2022 in the volleyball court. In total 6 teams participated in the tournament. Each team had a minimum of 6 players and maximum of 10 players. It was compulsory for each team to have a minimum 2 girls in a team of 6. The inauguration of the event was held on 17th Feb, 2022 which was followed by the semifinal matches. The teams that qualified for the semi finals were from 4BCA, 4CMS/EMS, 2BCA, 2CMS/EMS/BDA. The final match was played on 24th February, 2022 between 2BCA and 2CMS/EMS/BDA. The winner of the tournament was the 2BCA team.

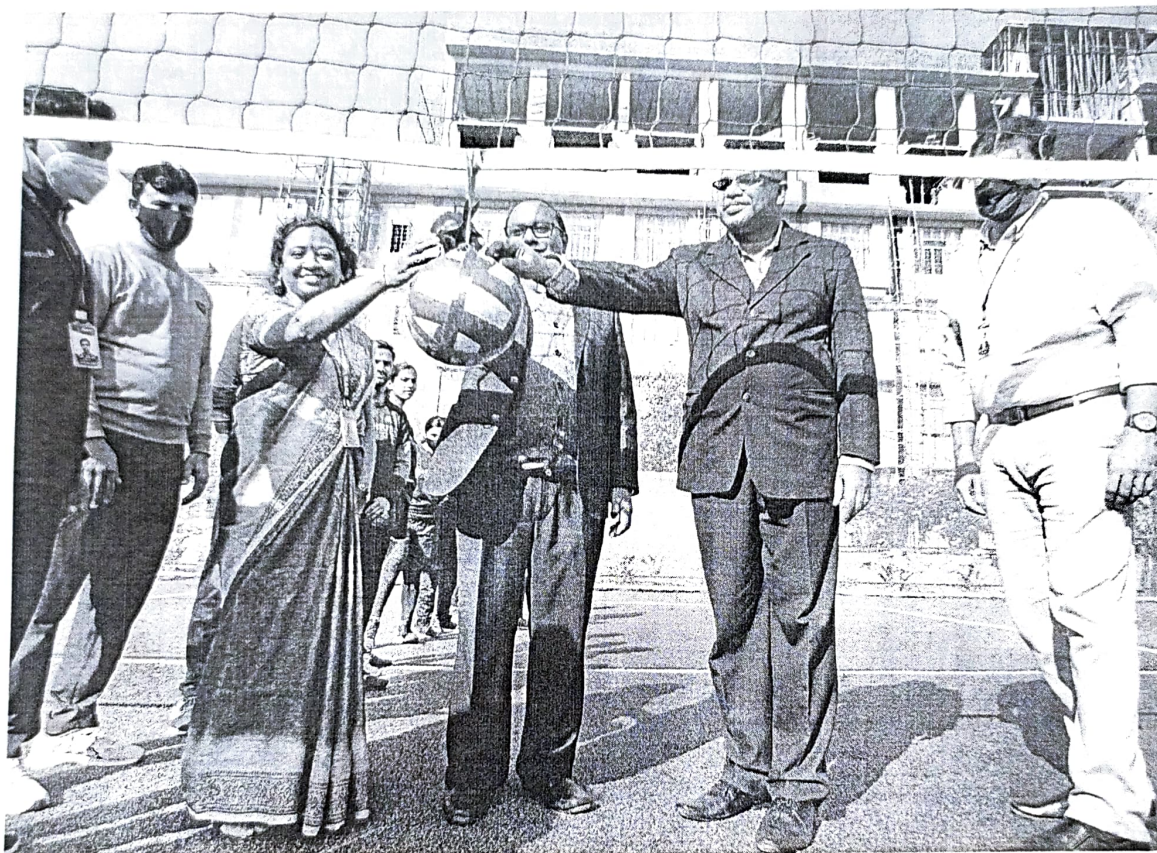
The tournament ended with a valedictory ceremony in which the winners and the runners-ups were given certificates and medals. Best player male of the tournament was given to Parth Sharma (2BCA) and the best female player was given to P.A. Neeraja Nair (4EMS). The event can be concluded to have been a great success.



A handwritten signature in black ink is written over a blue circular stamp. The stamp contains the text "SCHOOL OF SCIENCES" in the center and "CHRIST (DEEMED TO BE UNIVERSITY) - DELHI (NCR)" around the perimeter.

**School of Sciences**  
CHRIST (Deemed to be University), Delhi NCR

**VOLLEYBALL VARSITY**  
**Photographs**



  
A blue circular stamp with the text "SCHOOL OF SCIENCES" in the center and "CHRIST (DEEMED TO BE UNIVERSITY) DELHI (NCR)" around the perimeter. The stamp is partially obscured by a large, stylized handwritten signature.



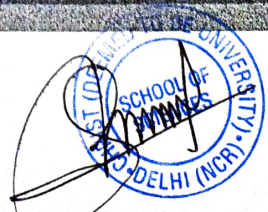
GPS Map Camera

Ghaziabad, Uttar Pradesh, India  
Raj Nagar Extension Rd, Sehani Khurd, Ghukna,  
Ghaziabad, Uttar Pradesh 201003, India  
24/02/22 04:05 PM



GPS Map Camera

Ghaziabad, Uttar Pradesh, India  
Raj Nagar Extension Rd, Sehani Khurd, Ghukna,  
Ghaziabad, Uttar Pradesh 201003, India  
24/02/22 03:19 PM



**School of Sciences**  
CHRIST (Deemed to be University), Delhi NCR

**VOLLEYBALL VARSITY**  
**List of Participants**

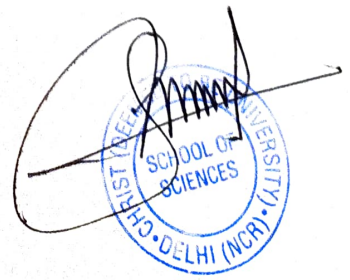
CHRIST (Deemed to be University), Delhi-NCR

School of Sciences

Volleyball Varsity

Attendance Record

Register No	Student Name	Class Name	2/17/2022	2/24/2022
21215602	ADITI GUPTA	2BEMSNCR	Aditi	Aditi
21215603	ARYAN KOTHARI	2BEMSNCR	Aryan	
21215615	HARDIK ARORA	2BEMSNCR	Hardik	Hardik
21215612	JAI YADAV	2BEMSNCR	Jai Yadav	Jai Yadav
21215617	MAANYA SAXENA	2BEMSNCR	Maanya	Maanya
21215619	MUKUND SHRIVASTAVA	2BEMSNCR	Mukund S.	Mukund S.
21215621	KAVYA AMBAST	2BEMSNCR	Kavya	Kavya
21215624	KAHLI VERMA	2BEMSNCR	Absent	Kahl
21215625	RIDEHI DANI	2BEMSNCR	Ridehi	Ridehi
21215626	SAHIL AGARWAL	2BEMSNCR	Sahil Agarwal	Sahil Agarwal
21215629	SIDDHARTH VINOD MENON	2BEMSNCR	Siddh	Siddh
21215631	SUBANI SHARMA	2BEMSNCR	Subani	Subani
21215636	TASHIKA	2BEMSNCR	Tashika	Tashika
21215637	KAVYA AGARWAL	2BEMSNCR	Kavya	Kavya
21215638	ABHAY CHAUDHARY	2BEMSNCR	Abhay	Abhay
21215639	GOWRI M S	2BEMSNCR	Gowri	Gowri
21215641	PRIYANSHA SHARMA	2BEMSNCR	Priyansha	Priyansha





CHRIST (Deemed to be University), Delhi-NCR

School of Sciences

Volleyball Varsity

Attendance Record

Register No	Student Name	Class Name	2/17/2022	2/24/2022
20218201	AISHWARYAA KRISHNAN	4BEMSNCR	<i>Aishwarya</i>	<i>Aishwarya</i>
20218202	AKASH B WILLIAMS	4BEMSNCR	absent	<i>Akash</i>
20218203	ALANKRIT PUNDEER	4BEMSNCR	<i>Alankrit</i>	<i>Alankrit</i>
20218205	ARINJAY JAIN	4BEMSNCR	<i>Arinjay</i>	<i>Arinjay Jain</i>
20218208	AVINASH GOYAL	4BEMSNCR	<i>Avinash</i>	<i>Avinash</i>
20218211	HARSH RAJ	4BEMSNCR	<i>Harsh</i>	<i>Harsh</i>
20218216	KUMAR ADITYA	4BEMSNCR	<i>Kumar</i>	<i>Kumar</i>
20218218	LAKSHYA SHISHODIA	4BEMSNCR	absent	<i>Lakshya</i>
20218219	MEEMANSA SURI	4BEMSNCR	<i>Meemansa</i>	<i>Meemansa</i>
20218220	NAVANEETHI G S	4BEMSNCR	<i>Navaneethi</i>	<i>Navaneethi</i>
20218221	NISHANT TOSHNIWAL	4BEMSNCR	<i>Nishant</i>	<i>Nishant</i>
20218222	POORVI GOEL	4BEMSNCR	absent	—
20218223	R. AMRITESH	4BEMSNCR	<i>Amritesh</i>	<i>Amritesh</i>
20218224	RITISHA GAJWANI	4BEMSNCR	<i>Ritisha</i>	<i>Ritisha</i>
20218225	TANISHQ HASIJA	4BEMSNCR	<i>Tanishq</i>	<i>Tanishq</i>
20218229	VIVEK J	4BEMSNCR	<i>Vivek</i>	<i>Vivek</i>
20218230	SHRUTI JAIN	4BEMSNCR	<i>Shruti</i>	<i>Shruti</i>
20218232	UPAL CHOUDHURY	4BEMSNCR	<i>Upal</i>	<i>Upal</i>
20218233	YAGYANSH KAPOOR	4BEMSNCR	<i>Yagyansh</i>	—
20218234	SOUMYA SARKAR	4BEMSNCR	absent	—
20218236	SHREYA SRIVASTAVA	4BEMSNCR	<i>Shreya</i>	<i>Shreya</i>
20218237	PA NEERAJA NAIR	4BEMSNCR	<i>Pa Neeraja</i>	<i>Pa Neeraja</i>





CHRIST (Deemed to be University), Delhi-NCR

School of Sciences

Volleyball Varsity

Attendance Record

Register No	Student Name	Class Name	2/17/2022	2/24/2022
21215201	ANANTH RAJESH	2BDANCR	<del>Ananth</del>	Ananth
21215202	APAAR AGARWAL	2BDANCR	Apaar	Apaar
21215203	DAKSHI GULATI	2BDANCR	Daksh	Daksh
21215204	DEEPIKA CHRISTOPHER	2BDANCR	Deepika	Deepika
21215205	MAYUR KUMAR SOURAV	2BDANCR	Mayur	Mayur
21215206	NANDINI MALIK	2BDANCR	Absent	Nandini
21215207	NIMISHA SINGH	2BDANCR	Nimisha	Nimisha
21215208	NISHANT SINGH	2BDANCR	Nishant	Nishant
21215210	UMANG SHARMA	2BDANCR	Umang	Umang
21215211	DEV AGGARWAL	2BDANCR	Dev	Dev
21215212	AKSHAT KUMAR	2BDANCR	Akshat	Akshat
21215213	JANHVI MISHRA	2BDANCR	Janhvi	Janhvi

CHRIST (Deemed to be University), Delhi-NCR

School of Sciences

Volleyball Varsity

Attendance Record

Register No	Student Name	Class Name	2/17/2022	2/24/2022
20218006	KOMAL BHAIYAWALA	4BCMSNCR	Absent	Present
20218007	MAYANK RAJ	4BCMSNCR	Mayank	Mayank
20218008	MEGHNA JOHN	4BCMSNCR	Meghna	Meghna
20218010	YELISETTY SUCHISMITHA	4BCMSNCR	Suchismita	Suchismita
20218011	AVIK MALLICK	4BCMSNCR	Avik	Avik
20218012	AJAL PAUL BAIJU	4BCMSNCR	Ajal	Ajal
20218013	AMAR G NATH	4BCMSNCR	Amar	Amar
20218014	SANDRA SHIJU	4BCMSNCR	Sandra	Sandra
20218017	SHIVAM KUKREJA	4BCMSNCR	Absent	Shivam


CHRIST (Deemed to be University), Delhi-NCR

School of Sciences

Volleyball Varsity

Attendance Record

Register No	Student Name	Class Name	2/17/2022	2/24/2022
21215401	ARPAN	2BCMSNCR	ABSENT	Present
21215402	JESUS RANJAN	2BCMSNCR	Present	Present
21215404	KRITI TANDON	2BCMSNCR	Present	Present
21215405	NIHARIKA PATNI	2BCMSNCR	ABSENT	Absent
21215406	SIDHARTH NAIR	2BCMSNCR	Present	Present
21215408	VIBHANSHU SINHA	2BCMSNCR	Present	Present
21215409	VINAYAK KULSHRESTHA	2BCMSNCR	Present	Present
21215410	SRISHTI SRIVASTAVA	2BCMSNCR	Present	Present
21215412	RAJ NAVNEET SINGH	2BCMSNCR	Present	Present
21215415	ARUN J ROY	2BCMSNCR	ABSENT	Present
21215416	MONIK BIHARDWAJ	2BCMSNCR	ABSENT	ABSENT
21215418	VAISHALI PANT	2BCMSNCR	Present	Present
21215419	AAYUSH	2BCMSNCR	Present	Present
21215420	SIDHARTH MALIK	2BCMSNCR	Present	Present



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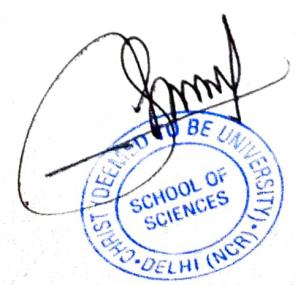
School of Sciences

Volleyball Varsity

Attendance Record

Register No	Student Name	Class Name	2/17/2022	2/24/2022
21215004	ABHAY ROY	2BCANCR	<i>Abhay</i>	
21215005	ABHINAV KAUSHAL	2BCANCR	<i>Abhinav</i>	Abhinav
21215006	ABIN SAH	2BCANCR	<i>Abin</i>	<i>Abin</i>
21215007	ADHIRAJ SINGH	2BCANCR	<i>Adhiraj</i>	<i>Adhiraj</i>
21215008	ADITYA KUMAR	2BCANCR	<i>Aditya</i>	<i>Aditya</i>
21215009	AKASH	2BCANCR	<i>Akash</i>	<i>Akash</i>
21215010	ALAN JOSEPH	2BCANCR	<i>Alan</i>	<i>Alan</i>
21215011	ANISH KHALKHO	2BCANCR	<i>Anish</i>	<i>Anish</i>
21215012	ANMOL KASHYAP	2BCANCR	<i>Anmol</i>	<i>Anmol</i>
21215013	ANSH KUMAR	2BCANCR	ABSENT	<i>Ansh</i>
21215015	ARIN SHARMA	2BCANCR	<i>Arin</i>	<i>Arin</i>
21215018	ASEEM SHARMA	2BCANCR	<i>Aseem</i>	<i>Aseem</i>
21215019	AYUSH JHA	2BCANCR	<i>Ayush</i>	<i>Ayush</i>
21215020	BHAVYA DIXIT	2BCANCR	<i>Bhavya</i>	<i>Bhavya</i>
21215021	CYRIL T JOHNSON	2BCANCR	<i>Cyril</i>	<i>Cyril</i>
21215022	DAKSH MIDHA	2BCANCR	<i>Daksh</i>	<i>Daksh</i>
21215023	DEBOPRIYO PAUL CHOWDHURY	2BCANCR	<i>Debo</i>	<i>Debo</i>
21215026	EBEN M KURIAKOSE	2BCANCR	<i>Eben</i>	<i>Eben</i>
21215027	GARVITA KATARIA	2BCANCR	<i>Garvita</i>	<i>Garvita</i>
21215028	GAURAV GUSAIN	2BCANCR	<i>Gaurav</i>	<i>Gaurav</i>
21215029	GOKUL TA	2BCANCR	<i>Gokul</i>	

21215003 AAYANSH 2BCANCR *Ayansh* *Ayansh*



21215031	HAMMAD AZIM	2BCANCR	ABSENT	
21215032	HARSH KORANI	2BCANCR	ABSENT	
21215033	HARSHIT BISHT	2BCANCR	Harshit	Harshit
21215034	HARSHITA	2BCANCR	Harshita	Harshita
21215035	IMON BANERJEE	2BCANCR	ABSENT	
21215037	JALIN KUMAR KUKREJA	2BCANCR	Jalin	Jalin
21215040	KAVYA AGGARWAL	2BCANCR	ABSENT	Kavya
21215042	KSHITIJ NAIR	2BCANCR	Kshiti	Kshiti
21215043	KUHU TANEJA	2BCANCR	Kuhu	Kuhu
21215046	LAVANYA SRIVASTAVA	2BCANCR	Lavanya	Lavanya
21215047	MANIK SINGHAL	2BCANCR	ABSENT	Manik
21215048	MANISH KUMAR	2BCANCR	Manish	
21215050	MEHUL VERMA	2BCANCR	Mehul	Mehul
21215051	MOHAMMAD ABBAS KAZMI	2BCANCR	ABSENT	
21215053	OM SHARMA	2BCANCR	ABSENT	
21215054	PARTH SHARMA	2BCANCR	Parth	Parth
21215055	PIYUSH KARKI	2BCANCR	ABSENT	Piyush
21215056	POORVI AGARWAL	2BCANCR	Poorvi	Poorvi
21215057	PRANOY PETER	2BCANCR	ABSENT	Pranoy
21215058	PRIYANSHU KUSHWAHA	2BCANCR	Priyanshu	Priyanshu
21215059	R KRISHN VAIBHAV	2BCANCR	R.K. Vaib	R.K. Vaib
21215060	RAHUL TIWARI	2BCANCR	Rahul	Rahul
21215061	RAJAT SHARMA	2BCANCR	Rajat	Rajat
21215062	RANDEEP SINGH	2BCANCR	Randeep	Randeep
21215063	RHYTHM G. MATHEW	2BCANCR	ABSENT	
21215064	ROHAN SRIVASTAVA	2BCANCR	Rohan	Rohan



21215065	RONIT DAVID	2BCANCR	Ronit	Ronit
21215066	SANAND	2BCANCR	Sanand	Sanand
21215068	SAGAR SHARMA	2BCANCR	Sagar	Sagar
21215069	SAHIL JAISWAL	2BCANCR	Sahil	Sahil
21215070	SAKSHI GIRDHAR	2BCANCR	Sakshi	Sakshi
21215071	SAMYAK JAIN	2BCANCR	Samyak	Samyak
21215073	SANSKRITI SARAN	2BCANCR	Sanskriti	Sanskriti
21215074	SHREYANSH SINHA	2BCANCR	Shreyansh	Shreyansh
21215077	SMITKUMAR PATEL	2BCANCR	Smit	Smit
21215078	SNEHASHISH MISHRA	2BCANCR	Snehashish	Snehashish
21215079	SNEHIL	2BCANCR	Snehil	Snehil
21215080	SOMNATH PAUL	2BCANCR	Somnath	Somnath
21215081	TANISH MANNAN	2BCANCR	Tanish	Tanish
21215082	TANMAY MAHAJAN	2BCANCR	Tanmay	Tanmay
21215083	TANMAY TARANG	2BCANCR	Tanmay	Tanmay
21215084	TEJAS VERMA	2BCANCR	Tejas	Tejas
21215085	VARUN GOYAL	2BCANCR	ABSENT	
21215087	VARUN VERMA	2BCANCR	Varun	
21215088	VATSAL VISHWAKARMA	2BCANCR	Vatsal	Vatsal
21215089	VIJAYESH VISHAL	2BCANCR	Vijayesh	Vijayesh
21215090	VIKAS GUPTA	2BCANCR	Vikas	Vikas
21215091	VINAYAK REKHAN	2BCANCR	Vinayak	Vinayak
21215092	VIPIN KUMAR	2BCANCR	Vipin	Vipin
21215093	VIPUL SHARMA	2BCANCR	Vipul	Vipul
21215096	VIVEK KUMAR	2BCANCR	Vivek	Vivek
21215099	DHANISH WAHENGAM	2BCANCR	Dhanish	Dhanish



CHRIST (Deemed to be University), Delhi-NCR

School of Sciences

Volleyball Varsity

Attendance Record

Register No	Student Name	Class Name	2/17/2022	2/24/2022
20218401	ABHINAV PRIYADARSHI	4BCANCR	Absent	ABSENT
20218402	ABHISHEK	4BCANCR	Abhi	AB
20218403	ABIN ROY	4BCANCR	Abin	AB
20218404	ADHYAYAN AMIT JAIN	4BCANCR	Adhyayan	Adhyayan
20218405	ADITI GARG	4BCANCR	Absent	Garg
20218406	ADITYA RAI	4BCANCR	Aditi	Aditi
20218407	AKHIL KURTAN	4BCANCR	Ak	AB
20218408	AMAAN JOSHUA HORO	4BCANCR	Amaan	AB
20218410	ANSHUL YADAV	4BCANCR	Anshul	Anshul
20218411	ANUJ SOLANKI	4BCANCR	Anuj	Present Event
20218412	ANURAG TRIVEDI	4BCANCR	Anurag	Anurag
20218413	ANWESHA SWARUP	4BCANCR	Anvesha	Anvesha
20218414	APURV DAS	4BCANCR	Apurv	Present Event
20218415	ARUNESH BOSE	4BCANCR	Arunesh	Arunesh
20218416	ASHMIT HANSPAL	4BCANCR	Ashmit	Present Event
20218418	BENCY GEORGE	4BCANCR	Bency	Bency
20218419	CHRISTY PREJI	4BCANCR	Christy	Christy
20218420	DAKSH SHARMA	4BCANCR	Daksh	Daksh



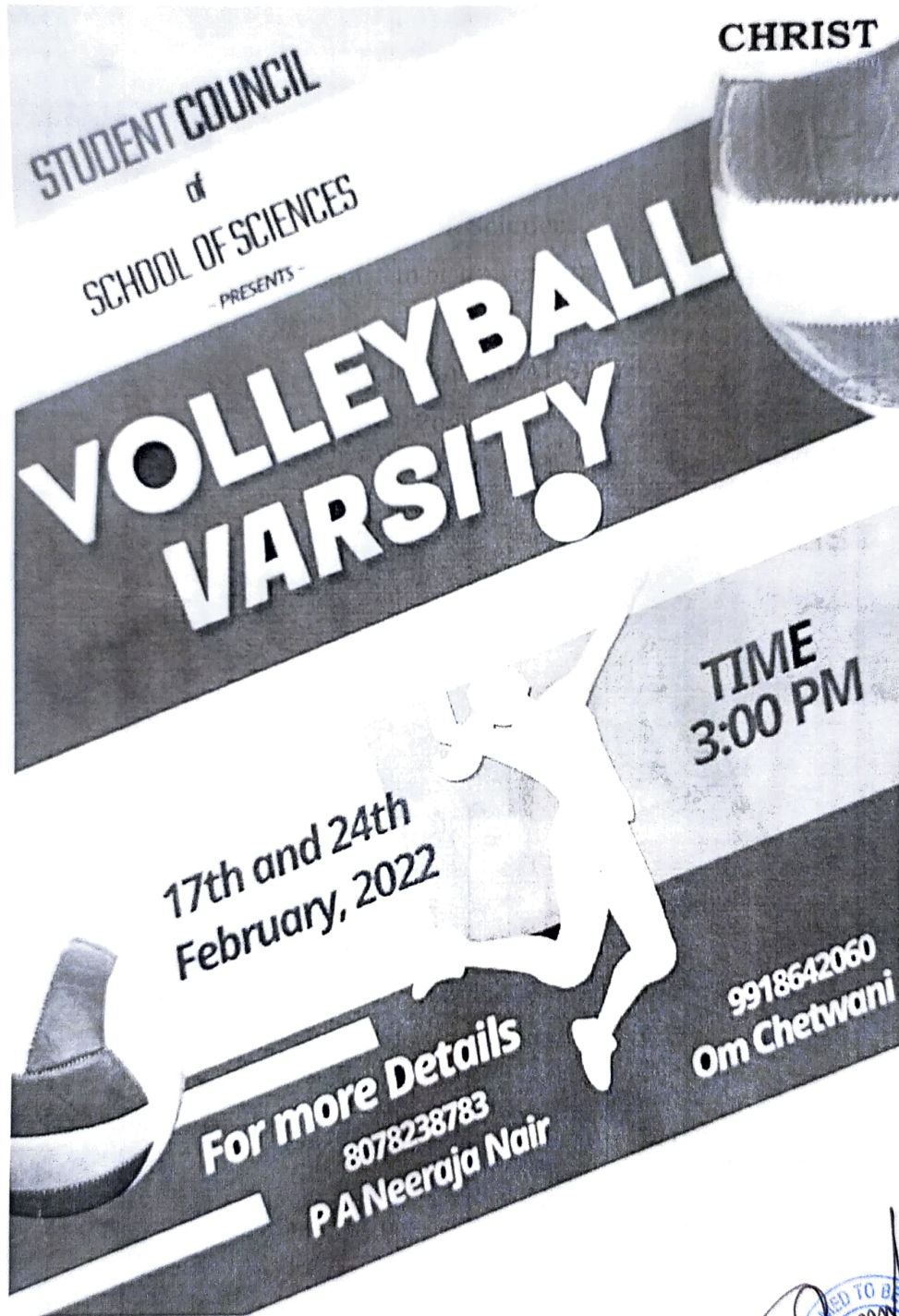


20218421	ELDO EPHRAIM JOSEPH	4BCANCR	<u>al Joseph</u>	(AB)
20218422	GOHAR MURSHID ANSARI	4BCANCR	<u>Gohar</u>	<u>Present</u>
20218423	HIMANSHU KAUSHIK	4BCANCR	<u>Hansu</u>	<u>Hansu</u>
20218424	JIMMI JAMES	4BCANCR	<u>Jimmy</u>	<u>Jimmy</u>
20218425	KASHISH GABA	4BCANCR	<u>Kashish</u>	<u>Kashish</u>
20218426	MANAV MEHTA	4BCANCR	<u>Manav</u>	<u>Manav</u>
20218427	MOHAMMED SHAHRUKH	4BCANCR	<u>Mohammed</u>	<u>Mohammed</u>
20218428	OM CHETWANI	4BCANCR	<u>Om Chetwani</u>	<u>Om Chetwani</u>
20218429	RUDRAKSH CHANDRA	4BCANCR	<u>Rudraksh</u>	<u>Rudraksh</u>
20218430	SAHIL SURYAVANSHI	4BCANCR	<u>Sahil</u>	<u>Sahil</u>
20218431	SARTHAK ATREJA	4BCANCR	<u>Sarthak</u>	<u>Sarthak</u>
20218432	VEDANSH JAIN	4BCANCR	<u>Vedansh</u>	<u>Vedansh</u>
20218433	YASH SINGH	4BCANCR	<u>Yash</u>	Present Event
20218434	ALLAN MATHEW	4BCANCR	<u>Allan</u>	(AB)
20218435	YASH THAKUR	4BCANCR	<u>Yash</u>	<u>Yash</u>
20218436	SHASHWAT PANDEY	4BCANCR	<u>Shashwat</u>	<u>Shashwat</u>
20218437	SNEHA SHANKAR	4BCANCR	<u>Absent</u>	(AB)
20218438	LOVE KHURANA	4BCANCR	<u>Love Khurana</u>	Present Event
20218439	DEEPIK CHANDGOTHIA	4BCANCR	<u>Absent</u>	LOA
20218440	LELLA SHARAN	4BCANCR	<u>Lella</u>	<u>Lella</u>
20218441	ADITHYAN SURESH	4BCANCR	<u>Adithyan</u>	<u>Adithyan</u>
20218442	PRATHAM JINDAL	4BCANCR	<u>Pratham</u>	<u>Pratham</u>



School of Sciences  
CHRIST (Deemed to be University), Delhi NCR

**VOLLEYBALL VARSITY**  
Poster



A poster for a volleyball varsity event. The background is dark with white and light grey text and graphics. At the top left, it says 'STUDENT COUNCIL of SCHOOL OF SCIENCES -PRESENTS-'. The main title 'VOLLEYBALL VARSITY' is in large, bold, white letters. Below the title is a white silhouette of a volleyball player in a jumping position. To the right of the player, it says 'TIME 3:00 PM'. At the bottom left, it says '17th and 24th February, 2022'. At the bottom center, it says 'For more Details 8078238783 PA Neeraja Nair'. At the bottom right, it says '9918642060 Om Chetwani'. There are also some faint, stylized images of a volleyball and a net in the background.

**STUDENT COUNCIL**  
of  
**SCHOOL OF SCIENCES**  
-PRESENTS-

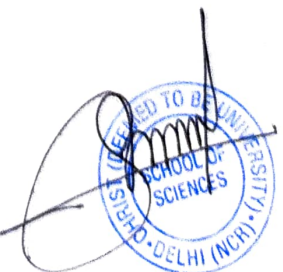
**VOLLEYBALL VARSITY**

**TIME**  
**3:00 PM**

**17th and 24th**  
**February, 2022**

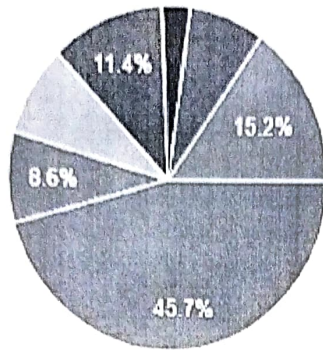
**For more Details**  
**8078238783**  
**PA Neeraja Nair**

**9918642060**  
**Om Chetwani**



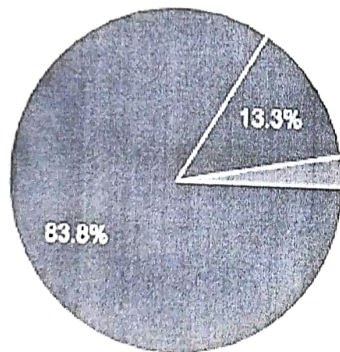
**VOLLEYBALL VARSITY**  
**Feedback**

1. Class



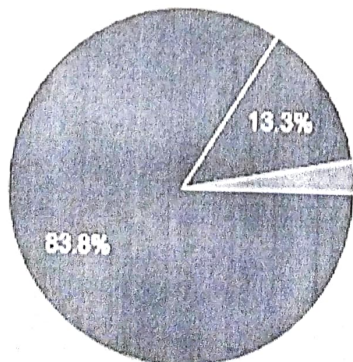
- 2 BCA
- 2 CMS
- 2 FMS
- 2 BDA
- 4 CMS
- 4 FMS
- 4 BCA

2. How would you rate the overall event?



- Excellent
- Good
- Average
- Below Average

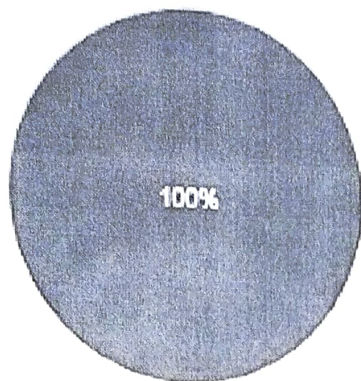
3. Was the duration for the event sufficient?



- Excellent
- Good
- Average
- Below Average

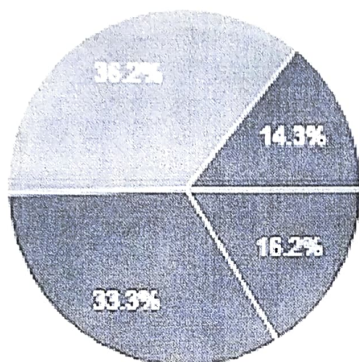
A handwritten signature in black ink is written over a circular official stamp. The stamp contains the text 'CHRIST (DEEMED TO BE UNIVERSITY)' and 'SCHOOL OF SCIENCES'.

4. Did you like the overall arrangements of the event?



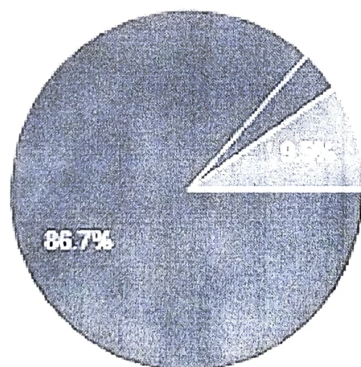
- Yes
- No

5. Which sport would you like to play next?



- Basketball
- Badminton
- Football
- Athletics

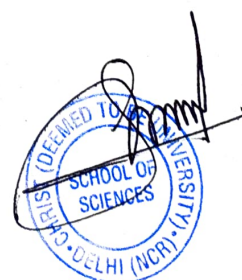
6. Would you like to participate in our future events?



- Yes
- No
- Maybe

7. Any other comments that you would like to share with us for further improvement.

- Proper coordination
- Excellent
- Good arrangements
- Do these kind of activities more frequently



- Duration should be less
- We would like to participate in such these type of competition
- Excellent event overall
- Please send the details about the event, rules, dates, selection process and proper announcements well in advance through email and WhatsApp groups for all upcoming sports events.
- More and entertaining activity
- Crowd management by host or guidelines like when to leave, etc.
- All Good, If a small water filter can be available in there it would be great !
- More sports events please

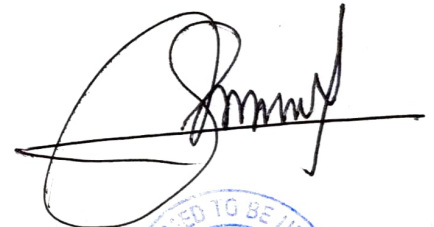
#### **Action Taken**

More such events can be organised for the students to develop the leadership skills and team management skills among them.



**Academic Coordinator  
Name & Signature**

Dr. Shilpa Savanters



**HOD  
Name & Signature**





SDG 3: Good Health and Well Being

## School of Sciences

CHRIST (Deemed to be University), Delhi NCR

### Activity Report

#### General Information

Type of Activity	Workshop/Seminar/Conference/Training/Events*
Title of the Activity	SPORTECH 2.0
Date/s	6 <sup>th</sup> Feb – 10 <sup>th</sup> Feb 2023
Time	02:30 to 03:30
Venue	Football Ground
Collaboration/Sponsor (if any)	-

#### Speaker/Guest/Presenter Details

Name	-
Title/Position	-
Organization	-
Title of Presentation	-

(Add/repeat above rows if there is more than one Speaker)

#### Participants profile

Type of Participants	Student/Faculty/Research Scholar
No. of Participants	140
Teacher	-
Student	140
Male= 117	Female= 23

#### Synopsis of the Activity (Description)

Highlights of the Activity	1. Football 2. Relay Race 3. Pool 4. Foosball
Key Takeaways	1. Winner and runner up of all the events 2. 1 girls team for relay race
Summary of the Activity	<b>Sportech was the event organized by Sports Cell of School of Sciences. It is an intra department event. It was a 4 day event and students participated enthusiastically in each event.</b>
Follow-up Plan, if any	-

#### Rapporteur

Name of the Rapporteur	Prof Vandana Mehndiratta, Dr Chandraketu Singh
Email and Contact No	<a href="mailto:Vandana.mehndiratta@christuniversity.in">Vandana.mehndiratta@christuniversity.in</a> +918126474326 <a href="mailto:Chandraketu.singh@christuniversity.in">Chandraketu.singh@christuniversity.in</a> +919523278638



CHRIST (Deemed to be University), Delhi NCR

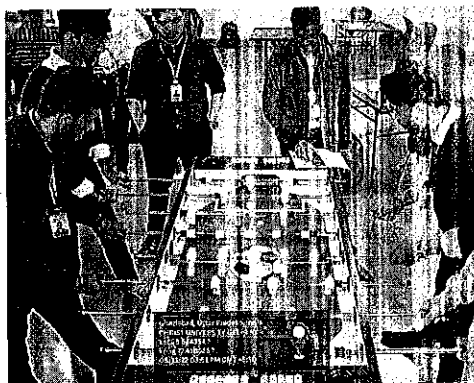
## SPORTECH 2.0

### *Descriptive Report*

Sportech was intra department sports activity organized by Sports Cell of School of Sciences from **6<sup>th</sup> Feb – 10<sup>th</sup> Feb 2023**. The participants has been selected by class wise.

The inaugural ceremony of Sportech was scheduled on 10<sup>th</sup> Feb 2023 at 2.30 PM following the finals of Football. All prelims has been done before the finals. The event was graced by Fr Shijin, CHRIST (Deemed to be University), Delhi-NCR. The event was started by Dr Stephen's 1<sup>st</sup> service of Football match. There is referee from Physical department given by Abhilash Sir. 2 faculties, sports cell coordinators and student coordinators was also there in the match for smooth conduction of the event.

The valedictory session was graced by Dr Stephen, Dr Jawahar and Sports Cell Coordinators. Winners get certificate and medals by Dr Stephen, Dr Jawahar and Dr Chandraketu Singh (Sports Cell Incharge).



\*\*\*\*\*



# School of Sciences

Presents

## Intra Department Sports Fest

# SPORTTECH 2.0

Billiards



6 Feb, 2023  
4:00 pm onwards

Football



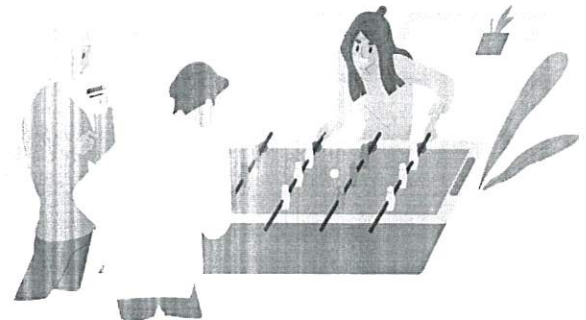
7, 9 & 10 Feb, 2023  
3:00 pm onwards

Relay Race



1 Feb, 2023  
4:00 pm onwards

Puzzball



8 Feb, 2023  
4:00 pm onwards



## School of Sciences

CHRIST (Deemed to be University), Delhi NCR

### Sportech 2.0

#### List of Participants

#### Football

6MCA/6BCA		
Sno	Registration Number	Name
1	22225006	Gourav Pratap Singh
2	22225004	Hitesh Singh
3	22225007	Sushant Kumar Jha
4	22225003	Dinesh Chhettri
5	22225001	Anas Dad Khan
6	22225010	Ajay Yadav
7	22225002	Bagmita Mahanta
8	20218441	Allan
9	20218434	Om
10	20218406	Aditya
11	20218447	Sharan
12	20218402	Abhishek
13	20218412	Anurag
14	20218415	Arunesh
15	20218413	Anwasha
16	20218444	Sneha

4CMS/EMS/BDA		
Sno	Registration Number	Name
1	21215629	Siddharth Menon
2	21215412	Raj Navneet Singh
3	21215612	Jai Yadav
4	21215606	Aryan Kothari
5	21215610	Hardik Arora



6	21215638	Abhay Chaudhary
7	21215626	Sahil Agarwal
8	21215621	Navya Ambast
9	21215625	Ridhi Dani
10	21215201	Anant Rajesh
11	21215420	Sidharth Malik
12	21215415	Arun Roy
13	21215408	Vibhashu Sinha

**4BCA**

Sno	Registration Number	Name
1	21215006	Abin
2	21215059	Vaibhav
3	21215064	Rohan
4	21215007	Adhiraj
5	21215029	Gokul
6	21215066	S. Anand
7	21215042	Kshitij
8	21215026	Eben
9	21215061	Rajat
10	21215013	Anish
11	21215012	Anmoi
12	21215034	Harshita
13	21215056	Poorvi

**2CMS/EMS/BDA**

Sno	Registration Number	Name
1	22215403	Arakya Kaushik
2	22215606	Shubham Desai
3	22215402	Amlith abyson
4	22215412	Ameen Hafees
5	22215418	Benjamin
6	22215420	Kunal choudhary
7	22215613	Ridam Jaiswal

8	22215411	Manya Singh
9	22215409	Harsh Verma
10	22215218	Saumya
11	22215221	Rajeev
12	22215207	Digvijay
13	22215206	Aryan
14	22215210	Jai goswami

2BCA-A		
Sno	Registration Number	Name
1	22215054	Harsh Kumar
2	22215064	Jibin
3	22215031	Asher
4	22215053	Harsh Choradia
5	22215004	Abel
6	22215050	Gaurav
7	22215012	Alwin
8	22215023	Anupam
9	22215022	Anubhav
10	22215028	Arya S.
11	22215042	Chirayu
12	22215061	Jaick
13	22215002	Aaddya

6CMS/6EMS		
Sno	Registration Number	Name
1	20218013	Amar
2	20218220	Navaneeth
3	20218229	Vivek
4	20218203	Alankrit
5	20218237	Neeraja
6	20218211	Harsh
7	20218205	Arinjay
8	20218208	Avinash



9	20218232	Upal
10	20218221	Nishant
11	20218011	Avik
12	20218225	Tanishq
13	20218233	Yagyansh

POOL

2CMS/EMS/BDA		
Sno	Registration Number	Name
1	22215613	Ridam Jaiswal
	22215401	Alvin Francis
2	22215402	Amith Abyson
	22215412	Amaan Hafees

4CMS/EMS/BDA		
Sno	Registration Number	Name
1	21215402	Jesus Ranjan
	21215408	Vibhanshu
2	21215629	Siddharth Menon
	21215606	Aryan

6CMS/EMS		
Sno	Registration Number	Name
1	20218223	Amritesh
	20218220	Navaneeth

2BCA-A		
Sno	Registration Number	Name
1	22215017	Aneesh Minj
	22215038	Ayush Shaw

## FOOSBALL

2BCA-A		
Sno	Registration Number	Name
1	22215003	Aaron P Saji
	22215061	Jaick John Joseph
2	222150484	Dhruv Bhatnagar
	22215001	Aabhigyan Kumar

4CMS/EMS/BDA		
Sno	Registration Number	Name
1	21215402	Jesus Ranjan
	21215602	Aditi
2	21215629	Siddharth Menon
	21215406	Siddharth Nair

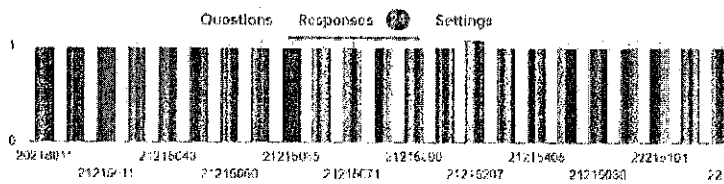
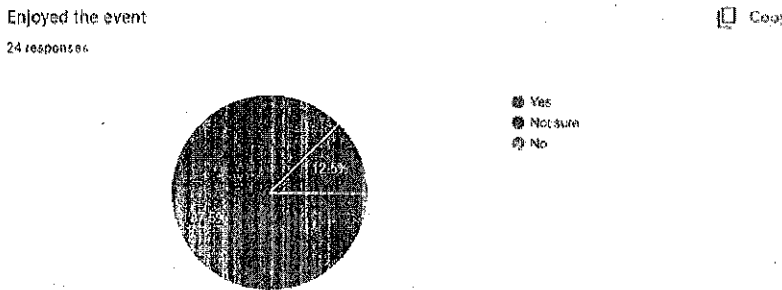
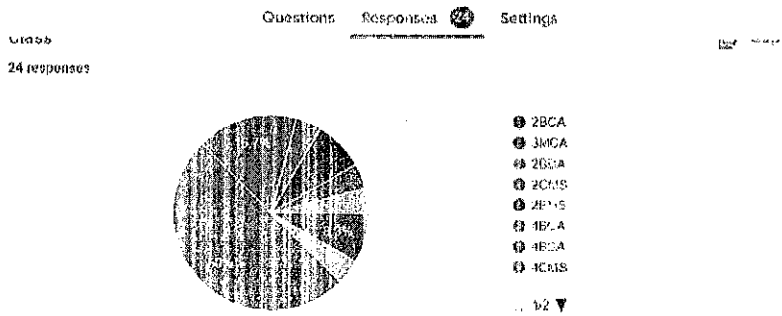
6CMS/EMS		
Sno	Registration Number	Name
1	20218220	Navaneeth
	20218221	Nishant
2	20218236	Shreya
	20218232	Upal



School of Sciences  
CHRIST (Deemed to be University), Delhi NCR

Sportech 2.0

Feedback



Email ID (CHRIST)

24 responses

- gokul.ta@bca.christuniversity.in
- goura.singh@mca.christuniversity.in
- soumya.yadav@bds.christuniversity.in
- avik.mallik@scfonce.christuniversity.in
- kuhu.taneja@bca.christuniversity.in
- niharika.patri@cms.christuniversity.in
- Sanskriti.saran@bca.christuniversity.in







Stop Spitting India,  
Stop Littering India  
in Lalbagh Botanical Garden

SDG 3: Good Health and Well Being

**CHRIST (Deemed to be University), Bangalore**  
**School of Business and Management**

**Activity Report**

**General Information**

Type of Activity	Extension and Outreach Activity
Title of the Activity	Stop Spitting India, Stop Littering India in Lalbagh Botanical Garden
Date/s	27 <sup>th</sup> January, 2023
Time	1 PM – 4 PM
Venue	CHRIST (Deemed to be University), Main Campus
Collaboration/Sponsor (if any)	Beautiful Bharat

**Speaker/Guest/Presenter Details**

Name	Dr Anuradha R (Event Coordinator)
Title/Position	Assistant Professor, School of Business and Management
Organization	CHRIST (Deemed to be University), Bangalore
Title of Presentation	NA

*(Add/repeat above rows if there is more than 1 Speaker)*

## Participants profile

Type of Participants	Students from Bachelors of Business Administration
No. of Participants	13

## Synopsis of the Activity (Description)

Highlights of the Activity	<ul style="list-style-type: none"><li>● Educating the public about Litter free and Spit free India</li><li>● Inculcating the habits of promoting and following the action of stop spitting and stop littering amongst others</li></ul>
Key Takeaways	<ul style="list-style-type: none"><li>● Learning important social skills</li><li>● Learning the importance of a clean society and clean India</li></ul>
Summary of the Activity	<p>We, the students of the School of Business and Management, in association with RISE, the extension and outreach wing of the School of Business and Management collaborated with Beautiful Bharat, to raise and spread awareness about Stop Littering India and Stop Spitting India Campaign in Lalbagh Botanical Garden.</p> <p>On Friday, the 15 volunteers and members of RISE gathered in Lalbagh Botanical Garden and collaborated with Mrs. Odette, the founder of Beautiful Bharat, to carry out the campaign. The students performed Flash Mobs at three different spots inside the Lalbagh Botanical Garden. The Flash Mob was followed by awareness spread by students, the message translated in Kannada, Hindi, Tamil and English to reach out to the public crowds in the garden. A responsive crowd and reaction proved the activity a success.</p>
Follow-up plan	Students are willing to take up more extension and outreach activities as a result, activities like these will continue to raise social awareness on such necessary and essential issues.

**Report prepared by:**

Name of the Organiser	Dr Anuradha R
Designation/Title	Assistant Professor, School of Business and Management
Signature	

**Annexure:**

1. *Speaker Profile*
2. *Photos of the activity (not more than four)*
3. *Attendance list of participants*
4. *(Submit financial statements directly to the office of accounts)*
5. *Poster of the Activity*
6. *(Upload activity reports on Activity monitoring portal of the University, within one week after the last date of activity)*

**Photos of the Activity:**







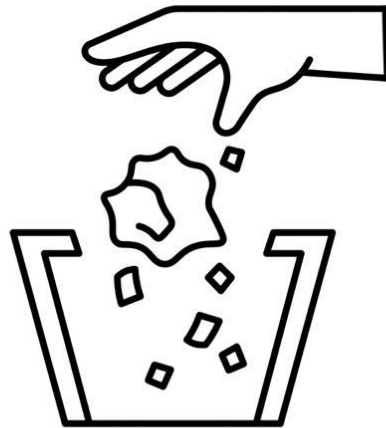
Attendance List of Participants:

CHRIST(Deemed to be University)							
School of Business and Management							
RISE - Extension and Outreach Wing							
Date - 27th January, 2023							
Name	Class	Register Number	Elective	Attendance %	Work Alloted	Signature	
I Pavai	6 BBA A	2020150	F1	94.81	Flash Mob	<i>[Signature]</i>	
Diyansh Mard	6 BBA F	2020625	F3	97		<i>[Signature]</i>	
Siva	6 BBA B	2020280	M2	84.54		<i>[Signature]</i>	
Sumitra	6 BBA E	2020559	M1	76(excluding yellow forms )		<i>[Signature]</i>	
Fardeen	6 BBA B	2020216	F1	83.33		<i>[Signature]</i>	
Kashish	6 BBA A	2020152	F1	98		<i>[Signature]</i>	
Shreya	6 BBA D	2020458	F2	78(excluding placement claims)		<i>[Signature]</i>	
Saawan	6 BBA E	2020582	M2	92		<i>[Signature]</i>	
Devika	6 BBA A	2020147	M1	92.31		<i>[Signature]</i>	
Poojitha M	6 BBA F	2020650	M2	94		Posters,	<i>[Signature]</i>
Harsh Chaudh	6 BBA C	2020313	F2	84		Speakers and	<i>[Signature]</i>
Sruthi	6 BBA A	2020179	F1	88		Documentati	<i>[Signature]</i>
Sheetal	6 BBA A	2020174	M1	87		on	<i>[Signature]</i>
Sneha	4 BBA C	2120385	Event manage	76 ( excluding yellow forms )		Photography	<i>[Signature]</i>

Poster of the activity

# ***Stop India Spitting, Stop India Littering Campaign***

Join the drive against public spitting and  
public littering



**X**



**Date : 27 January,2023| Time : 2:00 pm - 4:00 pm**

**Location :Lal Bagh Botanical Garden**



# Capacity Building For Rani Chinamma Police of SE Division of Bengaluru

SDG 3: Good Health and Well Being



**CHRIST (Deemed to be University), Bangalore**  
**School of Business and Management**  
**Activity Report**

**General Information**

Type of Activity	<b>Community Outreach</b>
Title of the Activity	Capacity Building For Rani Chinamma Police of SE Division of Bengaluru
Date/s	<b>14/03/2023</b>
Time	<b>9am- 4pm</b>
Venue	<b>Appraisal Room, Room 801, Audi Block, BCC</b>
Collaboration/Sponsor	<b>Christ Alumni Association</b> <b>Centre for Counselling and Health Services</b>

**Participants profile**

Type of Participants	Police women of the from the Rani Chinamma Police of SE Division of Bengaluru
----------------------	---

**Synopsis of the Activity (Description)**

Highlights of the Activity	<p>The day long capacity building program was divided into three sessions</p> <p>Session 1: Financial Literacy : Conducted by Dr. Surekha and Dr Anuradha</p> <p>Session 2: Work Life Balance: Conducted by Dr Bhavna Bajaj and Dr Phinu Jose</p> <p>Session3: Women’s Health : Conducted by Dr Asha Pinto, Medical Officer and CCHS Team</p> <p>( Detailed schedule attached)</p>
Key Takeaways	

Summary of the Activity	
-------------------------	--

**Report prepared by:**

Name of the Organiser	<b>School of Business and Management</b>
Designation/Title	<b>Dr Phinu Jose</b> <b>Dr Bhavna Bajaj</b> <b>Dr Shruti S</b> <b>Dr Swarangi A</b>
Signature	

**Annexure:**

*1.Photos of the Ceremony:*





*1. Poster of the Activity*



# CHRIST

(DEEMED-TO-BE-UNIVERSITY)  
SCHOOL OF BUSINESS AND MANAGEMENT

**TRAINING ON CAPACITY BUILDING**

## For Rani Chennama Police of South East Division - Bengaluru



**DATE:**

14TH MARCH, 2023

**VENUE:**

ROOM 801, GROUND  
FLOOR, AUDI BLOCK

CHRIST (Deemed to be University)  
School of Business and Management  
**Training on Capacity Building for Rani Chenamma Team: South East**  
**Division Bangalore City Police**  
Date: 14/3/23  
Venue: 801, Ground Floor, Audi block

**Schedule**

10.00-11.30 am	Inauguration and Session on Financial Literacy Resource Person: Dr Surekha Nayak, Dr Anuradha R
11.30-12 noon	Tea and snack break
12-1.30 pm	Well- being at Workplace Resource Person: Dr Bhavna Bajaj and Prof. Phinu Mary Jose
1.30-2.00 pm	Lunch
2.00-4.00 pm	Session on Self Care Resource Person: Dr Asha Pinto, Medical Officer and CCHS Team
4:00pm to 4:30pm	Valedictory Session

*3.List of women participants*

CHRIST (Deemed to be University)  
School of Business and Management  
**Training on Capacity Building for Rani Chenamma Team: South East**  
Division Bangalore City Police  
Date: 14/3/23  
Venue: 801, Ground Floor, Audi block

List of participants

S.No.	Name	Signature AM session	Signature PM session
1	R. Thulasi Mico layout PS		R. Thulasi
2	Megha T.C. Hulimavu Police Station	Megha T.C.	Megha T.C.
3	Asha B.S. Hulimavu police station		
4	Hemalatha E Hulimavu PS		
5	Khalida begam Tilaknagar		
6	Radika B.C. S.G. Paley	Radika	Radika
7	Ravithora KV		
8	Premalatha V.L Maddur PS		
9	Jahnavi C.M Maddur PS		
10	Tarivani E Mico layout PS		
11	Usha Parappan Agrahara PS	Usha IPC 1965	Usha
12	Veena P. Parappana Agrahara PS		
13	Megha M		

14	Laxmi Pati	<u>Spate</u> .	<u>Spate</u> .
15	Renuka Tahashi/daan	PBSol	PBSol
16	<del>Mega</del> .		
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			

## DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK

### Programs Conducted on SDG-3

June 2022- December 2022

SI No.	DATE	NAME OF ACTIVITY	URL LINK
1.	01-10-2022	<p>Student association inauguration and observation of Gandhi Jayanti</p> <p>SDG 3- Good Health and well-being</p> <ul style="list-style-type: none"><li>● Round table discussion on health, fitness &amp; sports, including a focus on mental well-being</li></ul>	<a href="https://socialworkchristuniversity.wordpress.com/2022/10/17/student-round-table-on-the-draft-national-youth-policy-nyp/">https://socialworkchristuniversity.wordpress.com/2022/10/17/student-round-table-on-the-draft-national-youth-policy-nyp/</a>
2	04-08-2022	<p>Nashe Se Azadi Under Azadi Ka Amrit Mahotsav</p> <ul style="list-style-type: none"><li>● Sessions on effects of substance abuse</li></ul>	<a href="https://socialworkchristuniversity.wordpress.com/2022/08/24/nashe-se-azadi-under-azadi-ka-amrit-mahotsav/">https://socialworkchristuniversity.wordpress.com/2022/08/24/nashe-se-azadi-under-azadi-ka-amrit-mahotsav/</a>





Events at a Glance

## Prevention of Suicide

Sep  
**10**  
2022

### Prevention of Suicide

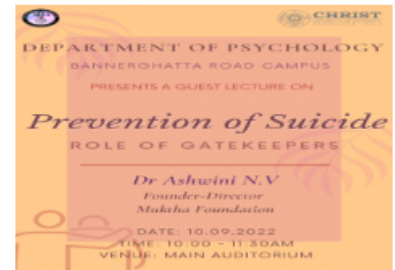
The theme of world suicide prevention day 2022, "Creating hope through action," reflects the need for collective, action to address this urgent public health issue.

📍 MAIN AUDITORIUM BANNERGHATTA ROAD CAMPUS

✉️ [yogesh.kanna@christuniversity.in](mailto:yogesh.kanna@christuniversity.in)



[VIEW MORE](#)




## Prav: Mental Health Awareness Week

Nov  
**14**  
2022

### Prav:Mental Health Awareness Week

Mental Health Awareness Week is an annual event organized by the Department of Psychology, Bannerghatta Road Campus to focus on achieving good mental health among the students from the other departments in the campus. Each year we continue to set the theme, organise and host the week. The event has grown to become one of the biggest awareness weeks in the university.



 [yogesh.kanna@christuniversity.in](mailto:yogesh.kanna@christuniversity.in)



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## BENGALURU SOCIOLOGY STUDENTS SEMINAR (BSSS) on The Post - Pandemic World: Critique, Challenges and Hopes

Nov  
**16**  
2022

BENGALURU SOCIOLOGY STUDENTS SEMINAR (BSSS) on The Post - Pandemic World: Critique, Challenges and Hopes

BENGALURU SOCIOLOGY STUDENTS SEMINAR (BSSS) on The Post - Pandemic World: Critique, Challenges and Hopes organised by Department of Sociology and Social Work on 16 November 2022 in Bangalore Central Campus.

 Bangalore Central Campus




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# Singing Competition on Theme Mental Health and Well-Being for All

Nov  
**09**  
2022

## Singing Competition on Theme Mental Health and Well-Being for All

Singing Competition on Theme Mental Health and Well-Being for All organised by Psychology Association, Department of Psychology on 09 November 2022 at 12:00 Noon in Bangalore Central Campus.

 Bangalore Central Campus



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## Medical Camp 2022 - Free Health Check up for Staff and Students

Nov  
**10**  
2022

Medical Camp 2022 - Free Health Check up for Staff and Students  
- BGR Campus

Medical Camp 2022 - Free Health Check up for Staff and Students  
organised by Christ University Alumni Foundation on 10 November 2022 at  
09:00 AM in Bangalore Bannerghatta Road Campus.

 Bangalore Bannerghatta Road Campus



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# Medical Camp

Sep  
**05**  
2022

## Medical Camp 2022

Medical Camp 2022 Organised by Christ University Alumni Association

 Bangalore Central Campus



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**b**

Aug  
**23**  
2022

**Gift A Heartbeat - Blood Donation Camp**

Gift A Heartbeat - Blood Donation Camp organised by Centre for Counselling and Health Services on 23 August 2022 at 09:00 AM in Bangalore Central Campus.

Register: <https://forms.gle/8n6oDJeavViAHJRA8>

 Bangalore Central Campus



REGISTER

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# Fitting into the puzzle

Sep  
19  
2022

## Fitting into the puzzle.

Dear Christite,

Greetings from the Centre for Academic and Professional Support – CAPS, BGR Campus!

With the onset of the new academic year, students tend to experience mixed emotions and go through a rough period adjusting to their new surroundings.

In order to support them, CAPS brings to you - Fitting into the Puzzle. A session designed to help students with their personal, social, and academic adjustment in college, and make them aware of the distress-prone areas in their life. The session will also help attendees create strategies for better acclimatisation to the college environment.

The facilitator for the session will be the CAPS Assessment Wing volunteers. The Assessment Wing offers assistance to those seeking a better understanding of their strengths, weaknesses, and aptitude, by means of psychometric testing.

📍 SEMINAR HALL BANNERGHATTA ROAD CAMPUS

✉️ [caps.bgr@christuniversity.in](mailto:caps.bgr@christuniversity.in)



REGISTER

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## Being a Therapist:Perks and Perils

Sep  
20  
2022

### Being a Therapist:Perks and Perils

Psychologist is a very good choice for the professional highly lucrative career. Psychiatrist or other medical doctor uses medication for treatment while Psychologists can only use talk therapy as a treatment. In most branches of social work which require counselling services, psychologists are much in demand. It is a highly rewarding and lucrative field.

 MINI AUDITORIUM BANNERGHATTA ROAD CAMPUS

 [smitha.baboo@christuniversity.in](mailto:smitha.baboo@christuniversity.in)



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