

VET FIRST GRADE COLLEGE

J.P.Nagar, Bangalore 78

Date: 21/06/2020

Report on webcast on International Yoga Day – “Yoga with Family”.

VET First grade College organized webinar on International Yoga Day – “Yoga with Family” in association with Nrithya Disha Trust, Swami Vivekananda Raja Yoga Kendra and Bharathiya Seva Samsthe on 21/06/2020 at 8:25AM for all faculties and students through Zoom platform with meeting ID 860 4256 5515 and password- yoga. Therewere 113 participants attended.

Dr R Parvathi, Principal and Academic Director, VET FGC welcomes the Resource Persons, Secretary, Principals, HOD's, Coordinators, faculties, students, ladies and Gentlemen's.

Rammya B, Co-ordinator, PG- Department, VET FGC introduced the Resource person B.S. Basavaraju Ph.D. Yoga Scholar and Dr Nischal Anand T. Bhari internationally Certified Yoga Teacher – Yoga Alliance USA.

Before starting the yoga session certain instructions were given to the participants

The Yoga session was started with Chanting 3 omkar for 2minutes. All participants prayed mantras

- i. Gayathri Mantra (Om Bhur Bhuhasvaha)
- ii. Mruthyunjaya mantra (Om Thrayambakam Yajamahe)
- iii. Om Purnamadha
- iv. Sarvesham Savstir...
- v. Yogen Chitthasya..... for 3 minutes

After prayer the Resource person briefed about the meaning of yoga and why international Yoga day is celebrated?

Resource person explained that the word 'yoga' is derived from Sanskrit which means to join or to unite.

Yoga means “a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation”. June 22 of every year is celebrated as International Yoga Day “to spread awareness about the importance and effects of yoga on the health of the people.

Then the session Continued with doing Astanga yoga

- Yama
- Niyama
- Pranayama
- Prathyahara
- Asana
- Dharana
- Dhyana and
- Samdhi

Then practiced various types of Yoga for 2 minutes

- Raja Yoga
- Karma Yoga
- Bhakti Yoga
- Gnana Yoga

The resource person briefed about the importance of Yoga

All the participants and resource person performed Surya Namsakara with Surya mantras for 5Minutes. Relaxation techniques

- Shavasana 3-5 minutes.
- Sukha Pranayama 2 minutes- sitting in Vajrasana/ Sukhasana:
Important Mudras for 5 minutes *
Bandhas for 2 minutes and
Shet Kriyas for 2 minutes.
Asanas for 15 to 20 minutes.

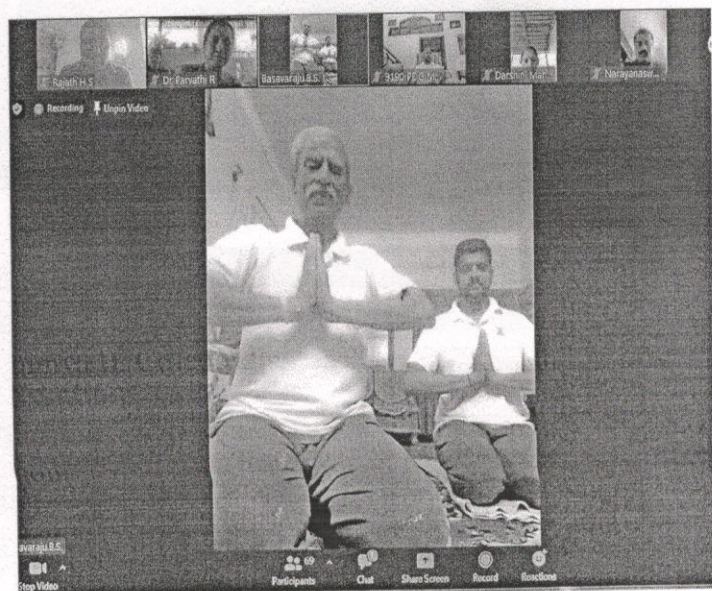
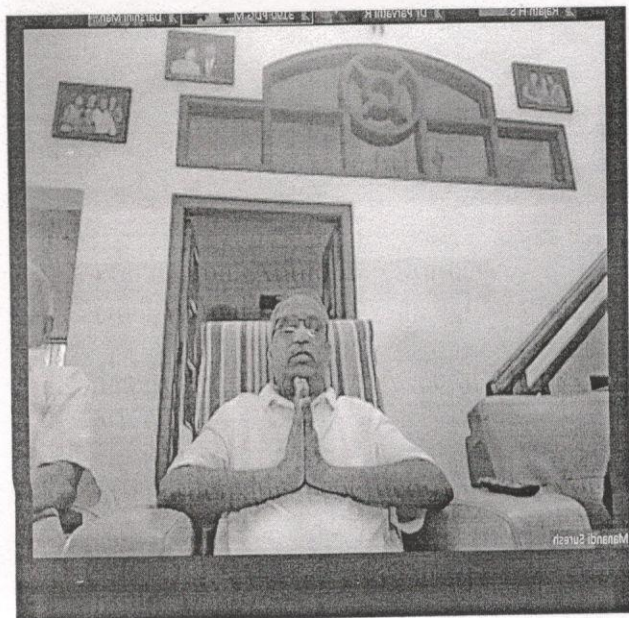
And also practiced the following Asanas

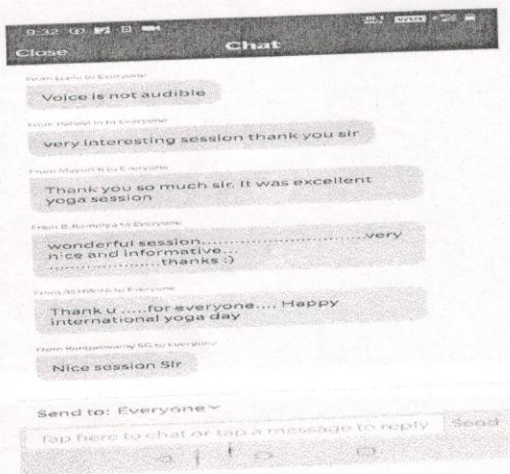
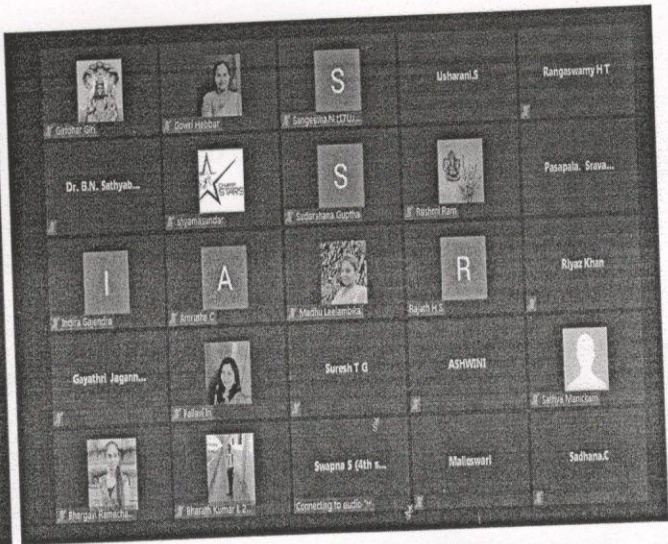
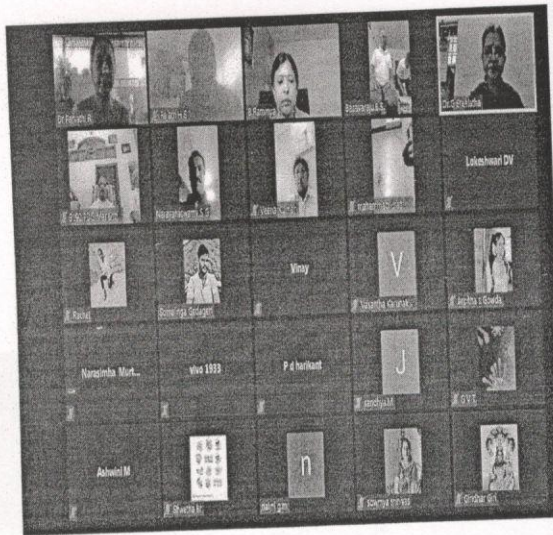
1. Balancing Asana: Vrikshasana
2. Forward Bending: Hastapadasana
3. Backward Bending: Ardha Chakrasana
4. Sideward Bending: Ardha Kati-chakrasana
5. Sitting: Siddhasana / Ardha Padmasana
6. Standing: Parvathasana
7. One Supine: Navasana
8. One Prone: Bhujangasana
9. Twisting: Kati-chakrasana
10. One slightly difficult Asanas - Advanced Asana:
11. Shirasasana

12. Pranayama: Anuloma viloma
13. One Animal Breathing: Dog breathing

The session ends with Vote of Thanks by Rammya B, Co-coordinator PG- Department, VET FGC.

All participants benefited from the Yoga session.





Report By
 Arpitha S. *Arpitha S.*
 Ashwini M. *Ashwini M.*

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING DAY

International day against drug abuse and illicit trafficking day, awareness programme was organized in V.E.T. First Grade College. All the staff members , non-teaching staff and also NSS students participated.

The occasion was addressed by Dr. R.Parvathi. Principal, V.E.T. First grade college. She mentioned how people globally should have more solidarity and compassion to tackle the menace that destroyed lives of millions including youngsters. As stated by the U.N. the theme for this year's anti-drug abuse day is "better knowledge for better care". Unless people understand the intensity of the problem and its impact on physical and mental health, the world cannot solve the drug abuse. Hence she stated, it is the duty of everyone around to educate and create the awareness regarding drug abuse and illicit trafficking.

We in V.E.T. First grade college pledge to create awareness regarding drug abuse and illicit trafficking to the people around us.



P. Parvathi
V.E.T. FIRST GRADE COLLEGE
J.P. Nagar, Bangalore - 560 070

Kar



ಕರ್ನಾಟಕ ಸರ್ಕಾರ
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನಾ ಕೋಶ,
ಯುವಸಬಲೀಕರಣ ಮತ್ತು ಕ್ರೀಡಾ ಇಲಾಖೆ

ಸಂಖ್ಯೆ:ಯುಸೇಇ/ರಾಸೇಯೋ/19/2020-21/60

ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಸಚಿವಾಲಯ,
ಬಹುಮಹಡಿ ಕಟ್ಟಡ,
ಬೆಂಗಳೂರು, ದಿನಾಂಕ:25.06.2020

ಅತಿ ಜರೂರು

ಇವರಿಗೆ,
ಕಾರ್ಯಕ್ರಮ ಸಂಯೋಜನಾಧಿಕಾರಿಗಳು,
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ ಇರುವ
ಎಲ್ಲಾ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ /ನಿರ್ದೇಶನಾಲಯಗಳು.

ಮಾನ್ಯರೇ,

ವಿಷಯ: 26ನೇ ಜೂನ್ 2020ರ ದಿನವನ್ನು ಅಂತರಾಷ್ಟ್ರೀಯ ಮಾದಕ ವಸ್ತುಗಳ ಸೇವನೆ
ವಿರೋಧಿ ದಿನಾಚರಣೆಯಾಗಿ ಆಚರಿಸುವ ಕುರಿತು
ಉಲ್ಲೇಖ: ಸರ್ಕಾರದ ಅಧೀನ ಕಾರ್ಯದರ್ಶಿ, ಯುವಸಬಲೀಕರಣ ಮತ್ತು ಕ್ರೀಡಾ ಇಲಾಖೆ
ಇವರ ಪತ್ರ ಸಂಖ್ಯೆ:ವೈಎಸ್ ಡಿ-ಇಪಿಇ/139/2020, ದಿನಾಂಕ:25.06.2020

ಮೇಲಿನ ವಿಷಯ ಮತ್ತು ಉಲ್ಲೇಖಕ್ಕೆ ಸಂಬಂಧಿಸಿದಂತೆ, ಜೂನ್ 26, 2020, ಶುಕ್ರವಾರ ರಂದು
ಅಂತರಾಷ್ಟ್ರೀಯ ಮಾದಕ ವಸ್ತುಗಳ ಸೇವನೆ ವಿರೋಧಿ ದಿನಾಚರಣೆಯಾಗಿ ಆಚರಿಸಲು ಎಲ್ಲಾ
ವಿಶ್ವವಿದ್ಯಾನಿಲಯ/ನಿರ್ದೇಶನಾಲಯಗಳ ಎನ್.ಎಸ್.ಎಸ್. ಕೋಶಗಳು ಸರ್ಕಾರದ ಅನಧಿಕೃತ
ಟಿಪ್ಪಣಿಯಲ್ಲಿರುವಂತೆ ಕ್ರಮಕೈಗೊಳ್ಳಲು ಕೋರಲಾಗಿದೆ. ಹಾಗೂ ಮಾದಕ ವಸ್ತುಗಳ ಸೇವನೆ
ವಿರೋಧಿ ದಿನಾಚರಣೆಯನ್ನು ಆಚರಣೆ ಕೈಗೊಂಡಿರುವ ವರದಿಯನ್ನು ಈ ಕಛೇರಿಗೆ ಸಲ್ಲಿಸಲು
ಕೋರಿದೆ. ಸರ್ಕಾರದ ಅನಧಿಕೃತ ಟಿಪ್ಪಣಿಯನ್ನು ಈ ಪತ್ರದೊಂದಿಗೆ ಲಗತ್ತಿಸಲಾಗಿದೆ.

ವಂದನೆಗಳೊಂದಿಗೆ,

ತಮ್ಮ ವಿಶ್ವಾಸಿ,

Chetty

(ಡಾ. ಗಣನಾಥ ಶೆಟ್ಟಿ)

ರಾಜ್ಯ ಎನ್.ಎಸ್.ಎಸ್.ಅಧಿಕಾರಿ ಹಾಗೂ
ಪದನಿಮಿತ್ತ ಸರ್ಕಾರದ ಜಂಟಿ ಕಾರ್ಯದರ್ಶಿ,
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನಾ ಕೋಶ,
ಯುವ ಸಬಲೀಕರಣ ಮತ್ತು ಕ್ರೀಡಾ ಇಲಾಖೆ.

ಪ್ರತಿಯನ್ನು:

1. ಮಾನ್ಯ ಅಪರ ಮುಖ್ಯ ಕಾರ್ಯದರ್ಶಿಗಳು, ಯುವಸಬಲೀಕರಣ ಮತ್ತು ಕ್ರೀಡಾ ಇಲಾಖೆ ಇವರ ಮಾಹಿತಿಗಾಗಿ.
2. ಪ್ರಾದೇಶಿಕ ನಿರ್ದೇಶಕರು, ಎನ್.ಎಸ್.ಎಸ್. ಪ್ರಾದೇಶಿಕ ಕಛೇರಿ, ಬೆಂಗಳೂರು.



V.E.T. FIRST GRADE COLLEGE

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#18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru – 560078

Report on Webinar on - International Anti-Drugs and Illicit Trafficking Awareness Program

VET First Grade College organized webinar on International Anti-Drugs and Illicit Trafficking Awareness Program in association with JP Nagar police on 26/06/2020 at 6:00 P.M., for all the heads of institutions, faculty members, students through Zoom App platform.

Sri. Narayanaswamy.S.G vice Principal VET first Grade College welcomes the Resource Person, Heads of Institutions, Faculty Members and Students.

Dr.G. Shreelatha, Principal & Academic Director VET BVL Polytechnic spoke about the theme of International Day Against Drug Abuse and Illicit Trafficking 2020, Better Knowledge for Better Care emphasizes the need to improve the understanding of the world drug problem and how better knowledge will foster greater international cooperation for countering its impact on health, governance and security.

Dr. R. Parvathi, Principal & Academic Director Vasavi educational trust described about why the day is dedicated to eradicating drug abuse and neutralize the systemic challenges which sustain the illegal drug issues around the world and also highlighted on the difference between life saving drug and life harming drugs. Especially for younger generation students.

Resource person Sub inspector Yogesh kargoda briefed about the criminal proceedings against possession of drugs under the Narcotic Drugs and Psychotropic Substances (NDPS) Act and the factor determining the quantum of punishment is not purported personal or commercial use, but the drug's quantity found with a person.

And also detailed about imprisonment for up to a year in case of some drugs and six months for some others. But addicts volunteering for treatment get immunity under Section 64-A of the Act.

He briefed about students should carefulness about the addictions of this drugs.

Resource person Sub inspector Yogesh kargoda concluded his words saying “Drugs are the enemies of ambition and hope and when we fight against drugs we are fighting for the future “

The session winded up with vote of thanks by Sri. Narayanaswamy.S.G vice Principal VET first Grade College.

Total number of participants: - 97

Reported by : Lokeshwari DV, assistant professor ,
department of commerce



Vasavi Educational Trust

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No 18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru - 560078

Ph: 080 - 26586808, E-Mail: vetfgc@rediffmail.com, Website: www.vetfgc.edu.in

One Day Webinar on International Anti-Drugs & illicit Trafficking Awareness Program

Resource Person

Mr. Yogesh Kargoda

Sub-Inspector

J.P. Nagar Police Station, Bengaluru



Date : 26th June 2020

Time : 6.00 pm

Dr. Manandi N. Suresh
Hon. Secretary

B.R. Viswanath Setty
President

Dr. R. Parvathi
Academic Director & Principal

Zoom App Meeting ID: 898 3150 7707
Password: antidrug



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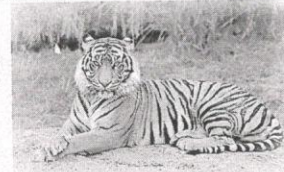
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#18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru- 560078. Ph: 080-26586808

INTERNATIONAL TIGERS DAY

Debate Competition

Topic - "National Animal Tiger"



Chief Guest

Dr. Deepika. N MBBS, MD
St. John's Medical College,
Bengaluru - 560034

Dr. Manandi N. Suresh
Hon Secretary
Vasavi Educational Trust

B.R. Viswanath Setty
President
Vasavi Educational trust

Dr. R. Parvathi
Academic Director & Principal

Date : 10th August 2020
Time : 10.00 am



Organised by NSS Unit
VET First Grade College

Zoom App ID: 841 1821 3872
Password : Tiger

SALUTE TO OUR MARTYRS

Date: 30/06/2020

To pay tribute to all the martyrs who sacrificed their lives in the **India-China clash – Ladhakh faceoff** on 18th June 2020, were recalled by fraternity of V.E.T First Grade College and conducted a program on “Hutatmara Namma Namana”, Salute to our martyrs. Dr. R. Parvathi, Principal & Academic Director, VETFGC, vice-principal Sri Narayanaswamy S G, Co-ordinators, 15 teaching staffs, 8 non-teaching staffs and 3 students gave floral tribute and lighted candles for paying homage to all the 20 martyrs. Two minutes silence was observed in the memory of the martyrs. Due to covid-19 students were at home so in college we organized the program and informed the students to maintain 1minute silence and mark respect to heros of our nation.



Report by,

FEBINA K.S

NAGAVENI RASURE

Febina K.S.
Nagaveni Rasure

P. Parvathi
Principal
V.E.T. FIRST GRADE COLLEGE
J.P. Nagar, Bangalore - 560 078



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#18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru – 560078

Report International Tigers Day –National Animal Tiger

VET First Grade College has organized one day online debate webinar “National Animal Tiger” at 10:00 am for all B.Com, BBA, BCA, M.Com and B.Sc (fad) students through ZOOM Platform resource person for the program was Dr. Deepika MBBS MD St. John medical college.

Sri.Narayanaswamy S G vice principal VET first grade college welcomes the resource person Heads of institutions, faculty members and students.

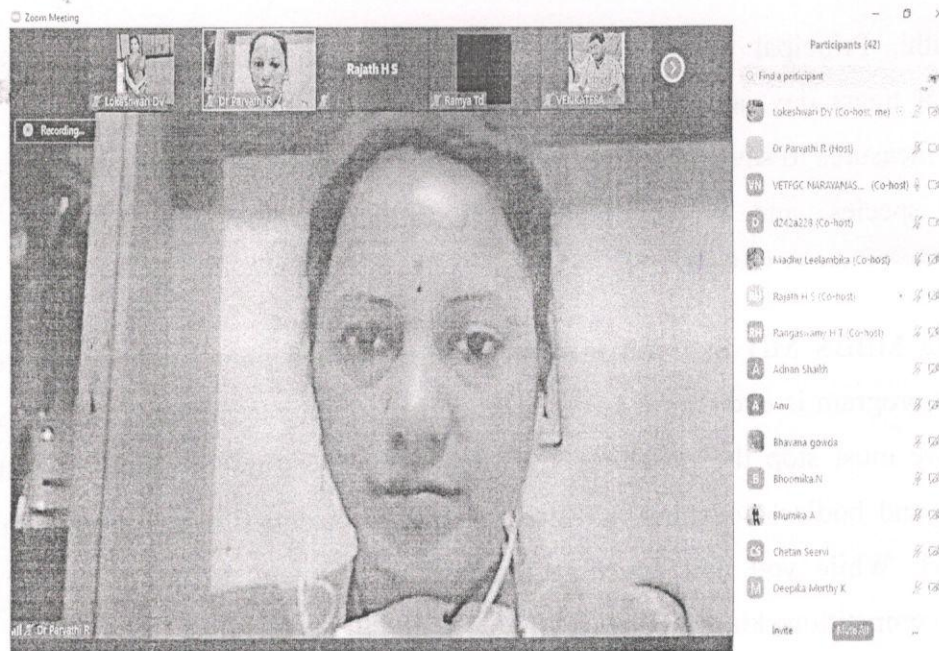
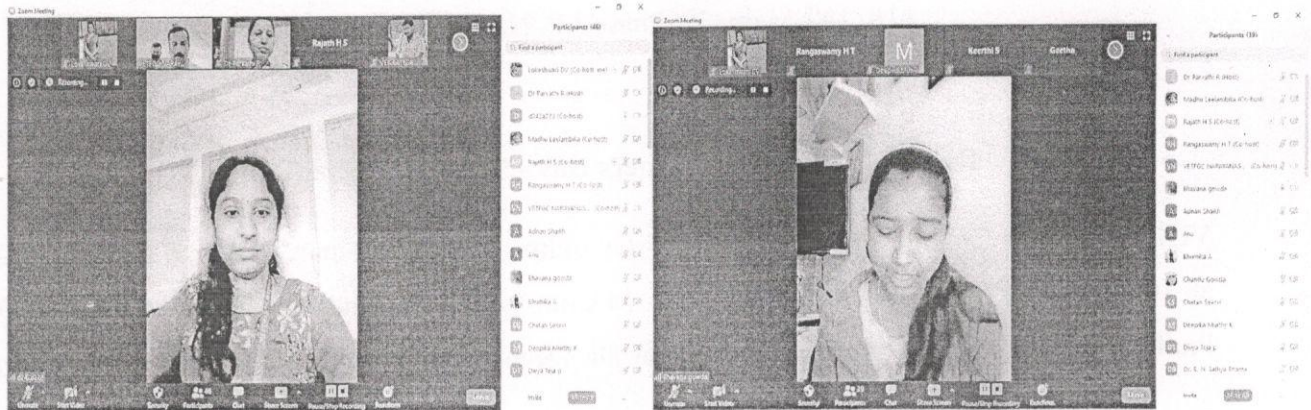
Dr.R.Parvathi, Principal and Academic director Vasavi educational trust described about international tigers day, as the number of tigers is decreasing day by day, we need to take preventive measures to save them from getting extinct. Numerous efforts are being carried out to save their species, and Project Tiger is an important movement aimed at the Wildlife conservation of tiger in India.

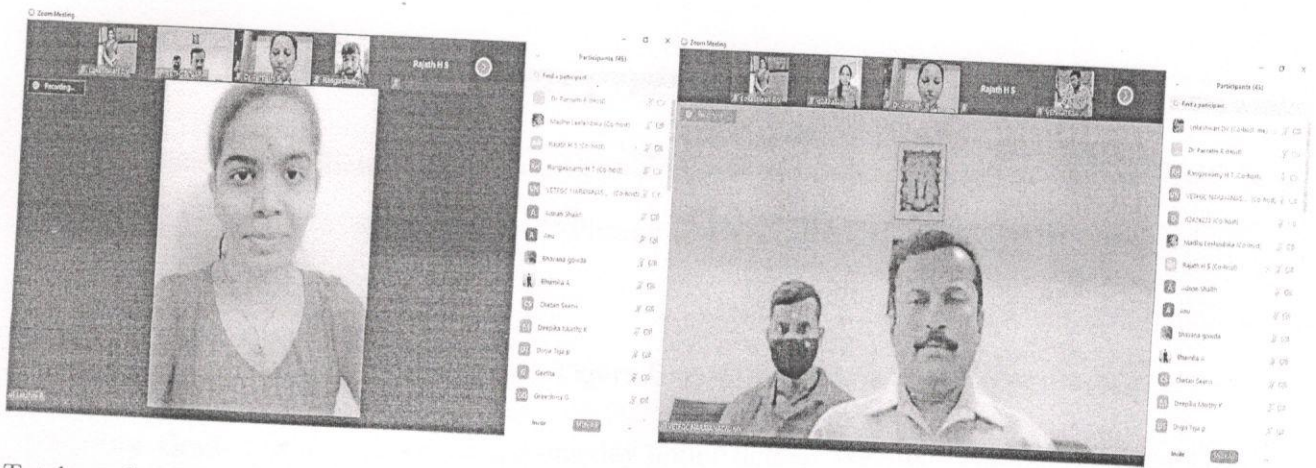
Dr. Deepika MBBS MD St. John medical college, briefed about creating awareness among people, this program is even more essential when the focus is to preserve the tigers, to preserve the tigers we must stop the poaching. Even when the government has banned the selling of tiger's skin and bodies, poaching, however, is still prevalent. It's very important to stop this unlawful act. While you quit poaching, make sure that you do not motivate poachers by purchasing competition skinned baggage, footwear and like products.

Many students had participated in debate and shared their thoughts on far and against and finally concluded with saving Royal Bengal Tigers from getting extinct.

Finally program ended with vote of thanks by Rangaswamy H T by telling Saving Tiger is not only our duty but also our responsibility. We have to support the government in its projects for the protection of the tigers so that a healthy population of the tigers exists. We should know that when

we ask something from nature, we must be ready to give something back. If nature is responsible for our existence, we must take responsibility for its existence.





Total number of students participated :55

Reported by Lokeshwari DV Assistant professor, Department of commerce

Madhu.L Assistant professor, Department of commerce and management

Lokeshwari
Madhu.L

P. flit

Principal

V.E.T. FIRST GRADE COLLEGE
J.P. Nagar, Bangalore - 560 078

VET FIRST GRADE COLLEGE

JP Nagar, Bengaluru -78

Date: 15th August 2020

"Report on Independence Day celebration"

"Freedom in the mind, faith in the words, pride in our hearts and memories in our souls, let salute our Nation on Independence Day!"

Independence Day is celebrated all over India with great enthusiasm and Pride VET First Grade College also takes keen interest in celebrating 74th Independence Day on 15th August 2020, venue: VET First Grade College Campus, at 7:40 a.m.

Principal Dr. R Parvathi was the chief guest of the program. She hoisted the national flag at 7.30 a.m. all the staff salute the flag and then sang the national anthem with honoring it.

Sri. RAJATH H S, BBA Coordinator delivered the short speech. He addresses the members for struggled for independence from 1857 till the 15th August 2020. He also told the members to follow the idols of the great people like Mahatma Gandhi, Nehru, Subhash Chandra Bose etc.,

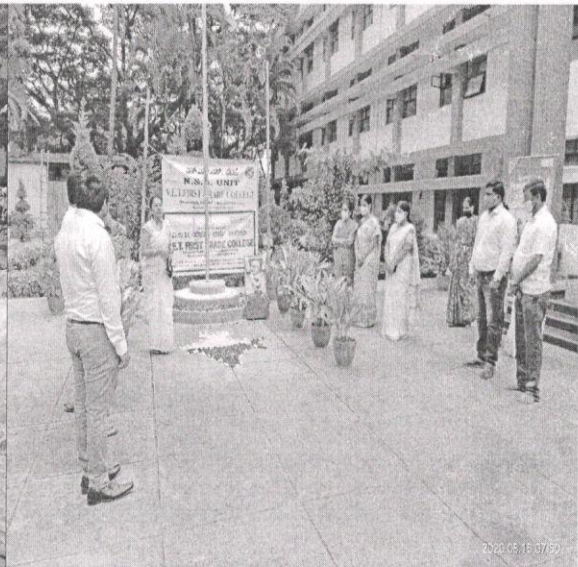
Dr. R Parvathi, Principal & Academic Director delivered the short speech. She highlighted the members about the supreme sacrifice the great Martyrs who gave their lives for the sake of freedom. She also said that the freedom was very precious and it was very necessary to preserve it. Now the entire world is fighting against pandemic corona virus-19 which is the challenge at the day. She also expressed about the concern to students community at large & also confident about next year Independence will have very positive approach.

The principal also expressed the staff members to follow the idols of the great people like Mahatma Gandhi, Nehru, Subhash Chandra Bose, Bhagath Sing, Rajgopalachari etc.,

Dr. G Sreelatha, Beena Mohan & Veena Kumari spoke about the significance of the historic day they advised the present owners to become Idol citizen of the country.

The vote of thanks was delivered by Sri. Narayanswamy S G, Vice Principal & NSS Coordinator, he extended his gratitude to the management, principal, teaching and non-teaching staff. Especially thank the support staff of the college for working around the clock.

Programme ended with group Photograph & Snacks




 Principal
V.E.T. FIRST GRADE COLLEGE
 J.P. Nagar, Bangalore - 560 078



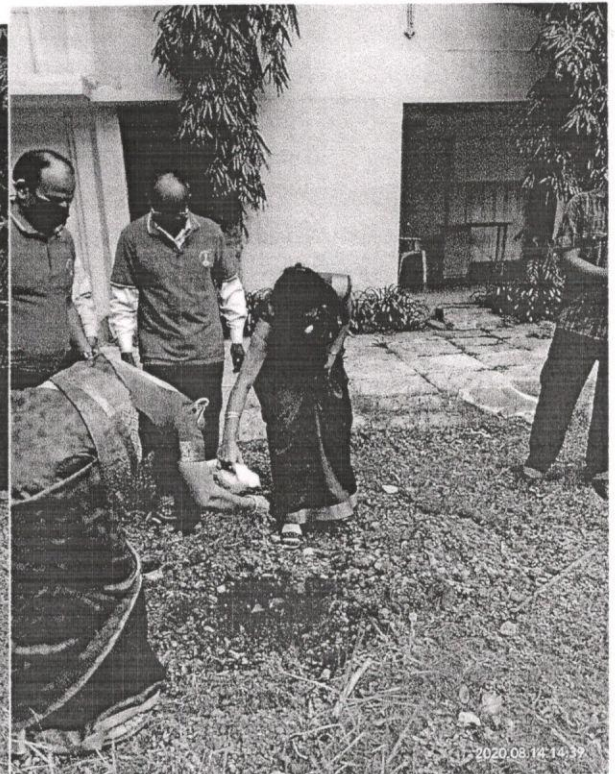
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#18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru – 560078

REPORT ON GREEN DAY

Green Day was celebrated with great zeal and enthusiasm in VET first Grade College on 16th august 2020. It was celebrated mainly to support the cause of reducing the carbon foot prints and also a thanksgiving to the nature. The celebration began with an interesting speech by Chief Guest Dr. R Parvathi principal and academic director VET college and a speech by The Guest of Honour, Dr. Sreelatha.G on account of greenday chief guest and guest of honor planted plants and explained everyone importance of on saving our mother earth, the shades of green filled the air with freshness, thrill, ecstasy and bliss. To have a healthy life one needs fresh air which is free from pollution, clean water supply and tidy surroundings. If air and water are polluted and surroundings are filthy, then we are prone to fatal health disorders. So we need to safeguard the environment in terms of pollution and disposal of garbage. It also prompted people to think how green colour energizes and revitalizes our lives. It was indeed an invigorating, reviving and rejuvenating experience.



S. K. Kulkarni
A. Murli

P. Sreelatha
PRINCIPAL
V.E.T. FIRST GRADE COLLEGE
J.P. Nagar, Bangalore - 560 078



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#18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru - 560078

Ph: 080-26586808, E-Mail: vetfgc@rediffmail.com, Website: www.vetfgc.edu.in

**You are Cordially Invited to Join
Gandhi Jayanthi Celebration**

Via Virtual platform [Students]

Via Actual platform [Staffs]

Chief Guest

Dr. Subramanya Swamy

Associate Professor

Maharani Lakshmi Ammanni College - Bengaluru

Dr. Manandi. N. Suresh

Hon. Secretary

B.R. Viswanath Setty

President

Dr. R. Parvathi

Principal & Academic Director

Date & Time : 3rd October, 2020 at 10.30 am

Zoom App ID: 893 8659 3782

Passcode: VETFGC



V.E.T FIRST GRADE COLLEGE

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#18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru – 560078

REPORT ON GANDHI JAYANTHI

To commemorate the 151st birth anniversary of Mahatma Gandhi, VET First Grade college NSS unit has organized Gandhi Jayanthi celebration for students and faculty members by ensuring COVID-19 guidelines are followed and the same was webcasted through zoom online platform for more active participation by the faculties and students, a day after, on 3rd October, 2020, with great zeal, enthusiasm and patriotism.

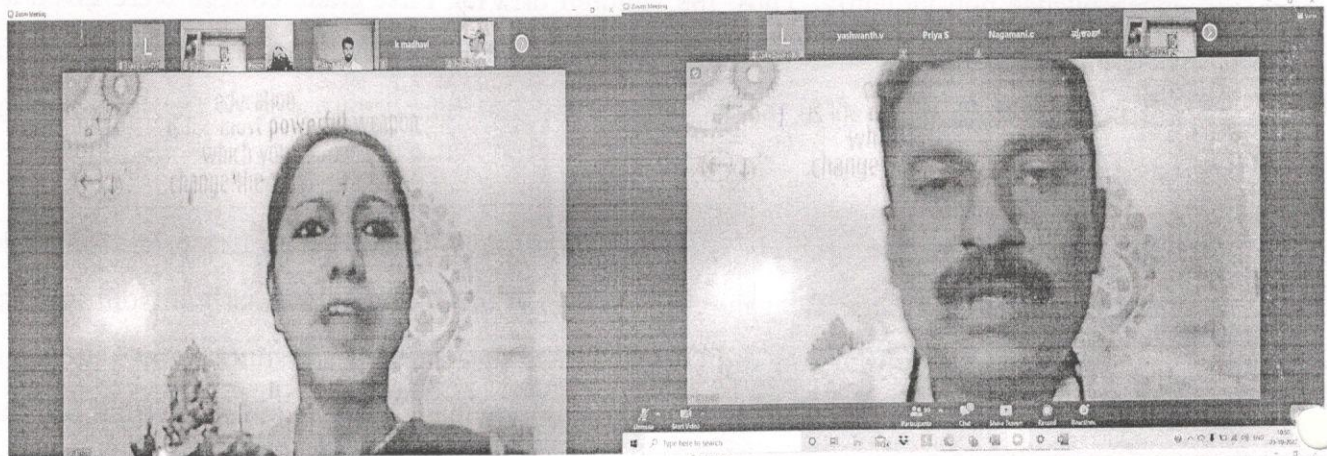
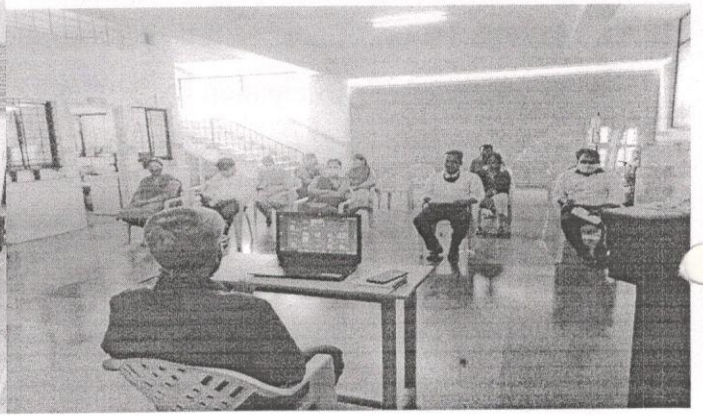
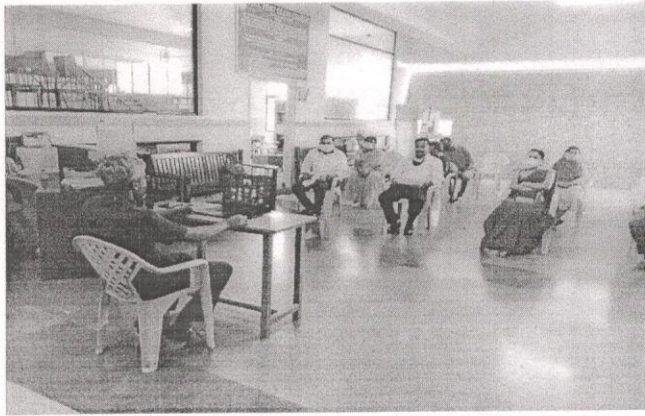
The program started with welcome note by Sri. Narayanaswamy S.G vice principal VET first grade college followed by the inaugural address by principal and Academic director Dr.R.Parvathi, VET first grade college, she enlighten few thoughts of Gandhiji and various contribution made by Bapu to India's freedom struggle and the role of Mahatma Gandhi in helping us win our independence non-violently. Thus, the children of VET First grade college were given a deep insight into the life and times of Mahatma Gandhi and encouraged to think about the sacrifice of our freedom fighters, analyze the importance and understand the value of freedom, through the day's activities.

The chief guest for the program was Dr. Subramanya swamy; associate professor, maharani Lakshmi ammanni college, Bengaluru. He gave brief insights about the early life of bapu and also gave description about the how did Gandhi fought against the superstitions that believed in the olden days and students were given an account of how he led our nation in the fight for freedom and sacrificed his life for social equality, how those things are helping out in today's scenario.

The program ended with vote of thanks by Rajath .H.S by telling students about the dandi march and about the swadeshi movement, about wearing homespun cotton clothes, and about how he stressed on leading a simple but noble life.

Total Number of students :118

Total Number of ~~Students~~ : 09.
Staff



P. J. P.
PRINCIPAL

COVID – 19 Testing camp Report

Date: 19 September 2020

Timings: 10:30 am onwards

Venue: VET Institution

No. of Participants: 50

The VET First Grade college as an IQAC initiative and as part of Health Committee of the college initiated the COVID 19 testing camp for the staff of the college in view of the rising cases of the Pandemic. This camp was conducted in association with the Health wing of the BBMP. This is the first offline programme at VET First Grade College in the light of the existing continuing Pandemic

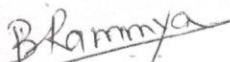
In view of fast spread of the virus and in view to ensure safety and security of all staff and students, this drive was conducted. The college has taken all necessary precautions and SOP - Standard Operating Procedures when it was reopened after the lockdown. The precautions taken include the thermal scanning at the entrance and in view of the pandemic, only the main entrance is been kept open, sanitising at the entrance, sanitising the rooms after usage, wearing masks etc.

The health officials came fully dressed in PPE-Personal Protection Equipment and gloves as a safety measure with disposal swab collection equipment. They collected swab samples from nose and throat. The samples were collected from the housekeeping staff as well as the office staff. Some preferred the RAPID test and the immediate report turned out to be negative. As a extra safety initiative, they also underwent the next level testing.

Though initially people were apprehensive of giving samples because of the uneasiness and the pain involved in giving samples, many volunteered and made the camp successful. The reports came in after 2 days and huge sense of relief was seen when they were handed their respective negative reports.

It was a good initiative by the college towards protecting individual and institution as a whole.

Report Prepared by


B. Rammya

IQAC and PG Co-Ordinator


Dr R Parvathi

Principal and Academic Director
V.E.T. FIRST GRADE COLLEGE
J.P. Nagar, Sitavale - 506 078

Photo Gallery





B. Rammya
B. Rammya

IQAC Coordinator

Dr. R. Parvathi
Dr. R. Parvathi

Academic Director & Principal
V.E.T. FIRST GRADE COLLEGE

U.P. ROAD, S. C. ROAD - 580 078

VET FIRST GRADE COLLEGE

J.P nagar Bengaluru – 78

Report on Health talk conducted by health committee on 28th October 2020.

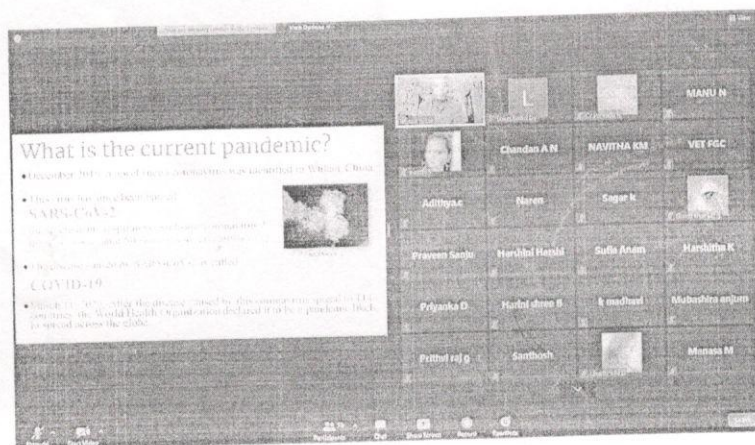
Topic: COVID & HEALTH

Resource person: Dr .Sudeep, practising consultant at Apollo.

Health committee organised a virtual webinar on topic "COVID & HEALTH" At 10.30 am in zoom on 28 th October 2020 for all the first year students. Dr Sudeep graduated from JSS medical College Mysore who has specialised in endocrinology in Newcastle, Upontyne, UK.

Dr Sudeep during his talk threw light on various aspects of the deadly virus Corona and the pandemic situation we are today in. He also discussed during the session about the symptoms, How it is diagnosed? The treatment which is involved, how to prevent? Measures to be taken, home remedies, How to protect oneself if affected? Were some of the topics which were covered. The takeaway from the session awareness on Covid was well received.

Dr. Sudeep at the end of the session opened the platform for discussion or queries if any, which was well addressed by him virtually. The session ended with vote of thanks proposed by Shilpa R, Asst Prof, B. Sc- FAD & Head of health committee.



LIVE on YouTube

Meeting is now streaming live on YouTube

What is a pandemic?

- A **pandemic** is an epidemic that has spread over a large region of the world
- For example, the Spanish flu of 1918-1920 infected 500 million people (about 1/3 of the Earth's population at that time) and killed an estimated 50 million people
- Before 2020 the most recent pandemic was the 2009 H1N1 swine flu. It infected about 10-20% of the world's population and killed 150,000-500,000 people



Participants Chat Share Screen Record Reactions

LIVE on YouTube

How is COVID-19 prevented?

Evidence shows that the virus can be spread even by people who show no symptoms and seem healthy but are actually infected.




Shilpa R
Head of Health Committee

P. H. S.
V.E.T. FIRST GRADE COLLEGE
 J.P. Nagar, Bangalore - 560 078



V.E.T FIRST GRADE COLLEGE

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#18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru – 560078

REPORT ON KANNADA RAJYOTSAVA

Kannada Rajyotsava was celebrated with great enthusiasm VET First Grade college NSS unit has organized Kannada Rajyotsava celebration for students and faculty members by ensuring COVID-19 guidelines, under the leadership of Sri. Narayanaswamy S.G, NSS coordinator and Vice Principal on the bright and sunny morning of 15th December, 2020, with great zeal, enthusiasm and patriotism. The celebrations commenced with lighting the lamp by a group of dignitaries and students.

The program started with invocation song by Lakshmi and group followed with welcome note by Jyothi V Sem B.sc FAD followed with the inaugural address by Principal and Academic Director Dr.R.Parvathi, VET first grade college, Director R Parvathi spoke about the significance and value of kannada language, by recalling the extravaganza of kannada and Kannada Rajyotsava since her childhood. It is a significant day today, as Kannadigas we should make it a point to pay our tributes to Kannadamma on this auspicious day and we have all gathered here to do that on the day of Kannada Rajyotsava. My mother tongue is kannada, my language at work is English. I am proud to say that the kannada is the mother language to my mother tongue. Don't restrict your love towards kannada only for November. Have love and respect for kannada throughout your life.

She also stated that Kannadigas should have respect and love towards language, kannada should become the language that can earn our livelihood. She encouraged the students with her inspirational words.

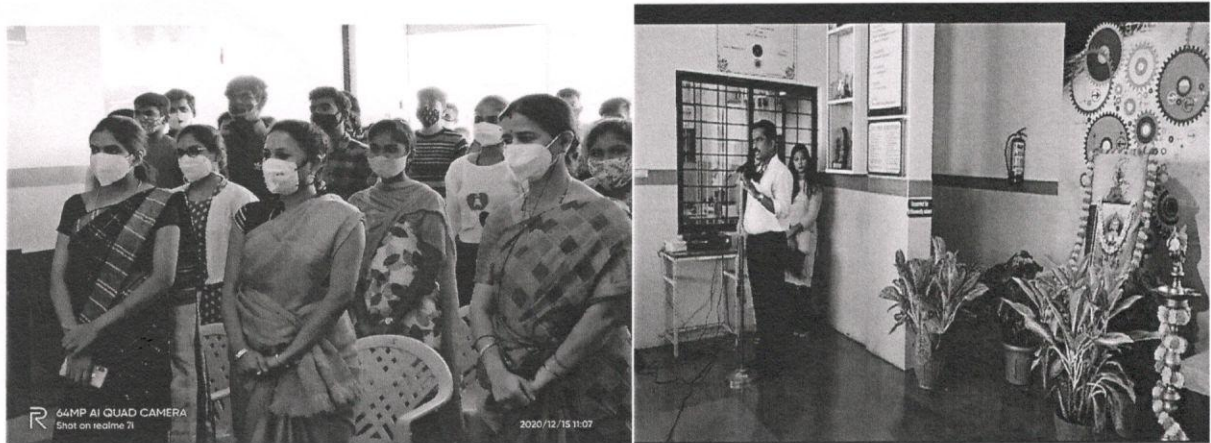
The chief guest for the program was Dr. G Sreelatha Principal and Academic Director VET BVL Polytechnic, she spoke about the beauty and simplicity of Kannada language and encouraged students to learn Kannada. she also emphasized on the importance of learning Kannada and threw light on the achievements of Kannadigas in various spheres of life and also the rich heritage of Karnataka.

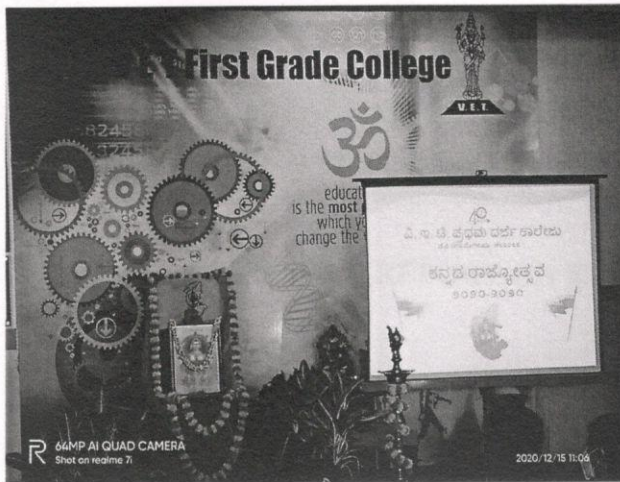
The program was organized with cultural activities like patriotic songs, dance and presentations resembled the value of Kannada Rajyotsava, the program generated a sense of pride in the minds of the students for being a part of a culture that is so rich and vibrant.

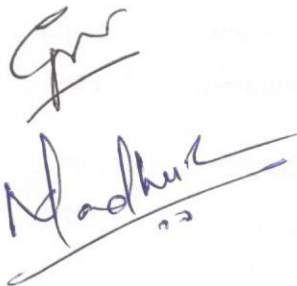
The program ended with deliver of vote of thanks by Prabhas 1st sem B.com

Total Number of students: 128 and 21 staff members

Reported by Madhu L






 G. Madhura


 PRINCIPAL
 V.E.T. FIRST GRADE COLLEGE
 J.P. Nagar, Bangalore - 560 078



V.E.T FIRST GRADE COLLEGE

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#18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru – 560078

REPORT ON SWAMI VIVEKANANDA JAYANTHI

To commemorate the 158th birth anniversary of Swamy Vivekananda, which is marked as National Youth Day VET First Grade college NSS unit has organized Swamy Vivekananda Jayanthi celebration for students and faculty members by ensuring COVID-19 guidelines for more active participation by the faculties and students, on 15th January, 2021, with great zeal, enthusiasm and patriotism. The celebrations commenced with lighting the lamp and garlanding of Swami ji's portrait by a group of dignitaries and students.

The program started with invocation song by Lakshmi and group followed with welcome note by Sri. Narayanaswamy S.G vice principal VET first grade college followed with the inaugural address by Principal and Academic director Dr.R.Parvathi, VET first grade college, she enlighten few thoughts of Swamy Vivekananda and various contributions of him. She also stated about the life style and Vedanta's of Swamy Vivekananda by saying, Swami Vivekananda was born as Narendranath Dutta on 12th January 1863. He was a key figure in the introduction of the Indian philosophies of Vedanta and Yoga to the western world and was credited with raising interfaith awareness. Vivekananda was the only saint who is perceived as Vishwaguru, He was a chief disciple of 19th century saint Ramakrishna and founder of Ramakrishna Math and Ramakrishna mission. The 158th Birth Anniversary of Swami Vivekananda (National Youth Day) is celebrated all over the country giving a message to the youth the way of life and ideals that will make India a better country in future.

She highlighted the students about the philosophies, principles and ideas of Swami Vivekananda. The students were motivated to be good citizens of India, thus contributing to the development of the country. She also briefed about inspiring stories of Swami Vivekananda's life to the students, she encouraged the students with her inspirational words.

The chief guest for the program was Dr. Kudluru Venkatappa, Principal, S L N Degree college, Bengaluru. Addressed the students and threw light on the life of Swami Vivekananda. He gave brief insights about the early life of Swami Vivekananda and also gave description about the illustrious life and deeds of Swami Vivekananda were an inspiration for all. He said that Vivekananda addressed the Chicago conference with such humble words, "My sisters and brothers of America", that it touched the soul of all present there in Chicago and also said that the development of the country depends on the youth and asked the youngsters to emulate Swami Vivekananda.

The program ended with proposal of vote of thanks by Swetha M C 5th sem B.com and National Anthem

Total Number of students: 106

Reported by Madhu L







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#18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru – 560078

REPORT ON REPUBLIC DAY

72nd Republic Day was celebrated with great enthusiasm VET First Grade college NSS unit has organized Republic Day celebration by ensuring COVID-19 guidelines, under the direction of Sri. Narayanaswamy S.G, NSS coordinator and Vice Principal on the bright and sunny morning of 26th January, 2021, with great zeal, enthusiasm and patriotism. The celebrations commenced with the unfurling of the National Flag by the Chief Guests, Principal and Academic Director Dr.R.Parvathi VET first grade college and Dr. G Sreelatha Principal and Academic Director VET BVL Polytechnic. This was accompanied by the rendition of National Anthem. The heartfelt renditions of patriotic songs aroused feelings of love and brotherhood among all.

The programme moved forward with an incredible display of parade by the National Service Scheme (NSS) followed with the inaugural address by Principal and Academic Director Dr.R.Parvathi, VET first grade college, Director R Parvathi spoke about the significance and value of celebrating Republic Day, Republic Day is a remarkable day in the history of India as the day when finally the Constitution of India came into effect on January 26, 1950. As part of the celebrations, a scintillating fly-past and flamboyant march past by various wings of the defense have since years been the hallmark of the Republic Day Parade at Rajpath

Republic Day is celebrated in the honour of the date when the Constitution of India came into effect. It was this day when the country's transformation towards becoming independent had begun. It has been 71 years since India became Republic and it is a moment of pride that our country has made a mark on the global map in almost all streams of popularity. Known for its culture, India has excelled in technological and economical aspects as well.

She also stated three most important messages. "All should understand their roles and responsibilities and act according to their responsibilities. She pointed out that the students should feel proud to be 'Indians' and being a citizen of a largest Democratic country, all should participate in voting which is fundamental rights of every citizen. Being educated society, we should maintain discipline at all the place and all the time. By maintaining silence, we never loss anything like pride instead we gain a lot

of appreciation."

The chief guest for the program was Dr. G Sreelatha Principal and Academic Director VET BVL Polytechnic, she spoke about the importance of celebrating Republic Day, the democratic nation of India unites to marks its 72nd Republic Day today- a day of pride for all countrymen. While most of us associate this day with the grand Republic Day parade since years, the day is a lot more than just that. Republic Day marks the day India formally adopted the Constitution as the guiding document and became an independent republic.

The program was organized with cultural activities like patriotic songs, dance. The program generated a sense of pride in the minds of the students for being a part of a culture that is so rich and vibrant.

The program ended with proposal of vote of thanks by Sri. Narayanaswamy S.G, NSS coordinator and Vice Principal.

Total Number of students: 52 and 08 staff members

Reported by Madhu L





V.E.T First Grade College

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#18, 14th Main, 2nd Phase, J P Nagar, Bangalore - 560078

Report on “Swatch VET-One step towards cleanliness”

Date: 12/01/2021

Day: Tuesday

Cleanliness begins from home and what better place to clean than the college campus!. With this intention in mind, the NSS students wing came with a proposal of cleaning and beautifying the campus and the same was readily and happily agreed by the Principal.

Swatch Bharath mission is a country wide campaign initiated by the Government of India in 2014 which aims to keep India clean and eliminate open defecation and improve solid waste management. In this direction, the college has been taking initiatives to improve the cleanliness at the campus level. On 12th January 2021, 99 students from NSS and 23 staff members started the drive of cleaning right from the entry point (gate) to the garden and other areas in the college. This was done considering the existing COVID 19 pandemic, due to which, the activity could not be undertaken outside and on a large scale. Also, to continually strive towards plastic free zone, the Swatch Bharath Abiyyaan was done at the college level involving the cleaning of the campus.

Students and staff cleaned the area using brooms and cleaned all the dirt, dry leaves, unwanted sticks that have fallen from trees, unwanted paper waste etc. and beautified the campus. Dr R Parvathi , Principal and Academic Director applauded the students effort and emphasized on cleanliness of both internal and external environment and highlighted on the benefits of keeping our environment neat and clean

No. of students participated: 99

No. of Staff participated: 23



Report Prepared by

B. Rammya
B. Rammya

IQAC Coordinator

P. R. Parvathi
Dr R Parvathi

Academic Director and Principal

Principal
V.E.T. FIRST GRADE COLLEGE
J.P. Nager, Bangalore - 560 078



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#18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru – 560078

Report on Environment Day

VET First Grade College organized world's Environment Day on 19-01-2021 under the leadership of Dr .R Parvathi Principal & Academic Director VETFGC. World Environment on 5th June every year. People from more than 100 countries celebrate this day. Furthermore, the world environment day is run by the United Nations Environment Programme(UNEP). Since the year 1973. Above all the main purpose of celebrating this day was to spread awareness. The awareness was about the conservation of our environment.

Moreover to also take various preventive measures to avert the effects of Global warming. Since we all know that Global warming is the root cause of the ruin of our environment. Therefore it is our duty to protect our environment. And stop all the exploitation that is destroying it. Because in the end, it is our basic need for our survival and our generations ahead. Encourage common people from different society and communities to actively participate in the celebration as well as become an active agent in developing environmental safety measures. Encourage people to make their nearby surroundings safe and clean to enjoy safer, cleaner and more prosperous future among the student fraternity of VET First Grade College Students. Plantation of trees was undertaken by our ever students. Overall the Programme was a great success with everyone's effect. The Programme concluded by planting of various flowering plants.

No of Students attended-84

No of faculties' attended-10



P. H. C.
PRINCIPAL
Principal

V.E.T. FIRST GRADE COLL
J.P. Nagar, Bangalore - 560 078

VET FIRST GRADE COLLEGE J. P. NAGAR, BANGALORE 78.

Date: 5th Feb 2021

A Report on Pulse Polio Immunization Camp

The NSS Unit of VET First Grade College has joined hands with BBMP for the elimination of poliomyelitis (polio) by an immunization campaign called **Pulse Polio**. This is done by vaccinating all children under the age of five years. The campaign kick started from **31st January 2021** and continued until four consecutive days (**3rd February 2021**).

This took place at J P Nagar Health center. The Inauguration was done by Dr. Geetha and Narayanaswamy S. G, Vice Principal of VET FGC.

Dr. R Paravathi, Principal and Academic Director, VET FGC supported for all the activities regarding Pulse Polio Camp and gave directions to the student volunteers on how to go about in doing the best at the camp.

A total of 90 students from the NSS of VET FGC participated as student volunteers.

The areas covered by the students were as below:

- Sarakki BBMP Ward (No.178)
- J P Nagar BBMP Ward (No.177)
- Shakambari Nagar BBMP Ward (No.179)

A Scene at the Polio Camp

A Polio Camp was setup in the JP Nagar Health Center. For this, a tent was erected at a prominent place. The Student volunteers arrived at the center by 7.30 am on the first day. Four volunteers were grouped into one and were instructed to help with carrying out the main procedures. All the procedures of arranging employees, ensuring vaccine vial monitor on each vaccine vial, etc. was done beforehand.

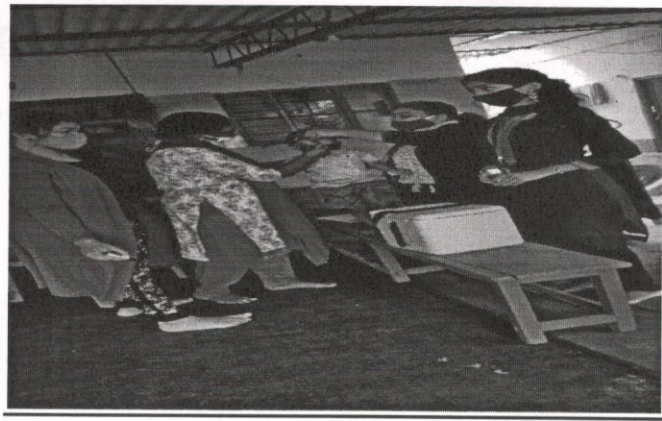
On the morning of 31st January, there was a long queue of children lined up along with their parents, young babies being carried in the arms of their mothers. The nurses were also present, they were noting down the name and address of every child that is to receive the vaccine. The student volunteers were the ones who were giving vaccines to the children with the guidance of nurses. An indelible ink mark was made to the smallest finger of every child. The two drops of vaccine were given to each child at the camp. The day ended at 5pm by winding up all the activities in the agenda successfully.

The following days, on the 1st, 2nd and 3rd February the student volunteers were asked to be present at the health care center by 8 AM and then sent out as four in a group to different sections of the area. They went door to door to provide vaccine to the children of the families who were not covered on the first day from the above-mentioned areas. This went on each day until 2 PM.

There was the active participation of the student volunteers in this campaign for eradicating the Polio Virus from mankind. They enjoyed and learned through doing such meaningful social service.

A glimpse into the activities at the camp.





Report

Ashwini M

Ashwini M

P. H. S.
PRINCIPAL

Principal
V.E.T. FIRST GRADE COLLEGE
J.P. Nagar, Bangalore - 560 078



Vasavi Educational Trust
V.E.T. FIRST GRADE COLLEGE
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Report on Health Awareness

VET FGC has conducted a workshop on health awareness, in association with 'Wellness Quotient' on 05.02.2021 in the college auditorium at 11.30 a.m.

The session was started by Welcome speech by Mrs. Mamatha subraya, asst.professor, English department. Mr.Iniyan, the co-founder of Wellness Quotient, carried on the event with a quote "Always know that our body is more intelligent than the medicine we use to treat it". He reminded all the forgotten age old guidelines to lead a healthy life. His video and talk included the reasons for rising causes for Diabetes, Spondylitis, Arthritis, Obesity, Cancer and Heart Attacks etc. He tried to bring awareness on how to handle these deseases and to be away from these lifestyle disorders. The session was interactive and students assured him to carry the same knowledge to their parents either.

His mission, to create healthier society through young students was shown by Six Wellness Pillars Chart - food, stress, exercise, belongingness, sleep, environment. Further, a quick round of workout was demonstrated by Mr. Vishwajeet. All students participated in the activity with enthusiasm and got benefitted and assured to be the part of their Face Book Page to work out on a daily basis.

The session was concluded by imparting positivity in students to lead desease- free life was the best part of the programme

Name of the event: Health awareness

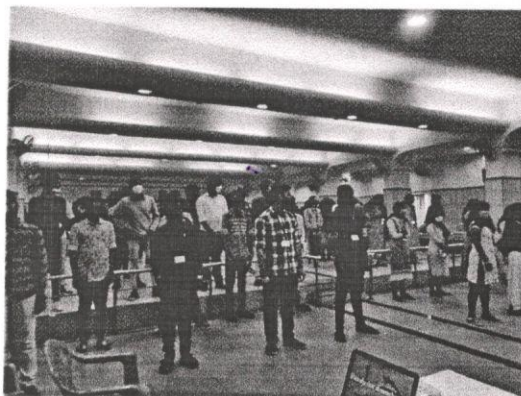
Date of event: 05.02.2021

Venue: College auditorium

No. of students present: 150

No. Of staff: 06

No. of Non-teaching staff: 03



(Mamatha Subraya)

Principal
V.E.T. FIRST GRADE COLLEGE
1 D Nagar Bangalore - 560 078



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#18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru – 560078.

VET FGC, in association with Rotaract Club, had organized 'Matru Vandana' a tribute to mothers through 'Padapooje' on 13.02.2021 at 10.30 a.m. in the auditorium of VET Institutions. The occasion was graced by the presence of Mentor of VET Group of Institutions, Sri. Manandi Nanjunda Setty and his wife Smt. Nagasundaramma.

The event was successfully hosted by Spoorthi and Lakshmi, III semester B.com. Lakshmi and group invoked the blessings of the God. Bhavana, III semester B.com delivered the Welcome Speech, which was followed by lighting the lamp by mentors. Dance by Sudeep and group, Monica and group and Solo Dance by Deepak Sharma, V semester BCA rocked the floor and mesmerized the audience. A skit to show the importance of parents was well presented by Prithvi and team.

Mothers took active part in the games 'Blind Fold', 'Eating Biscuits' and enjoyed every moment with their children.

The most awaited ritual 'PadaPooje' to Sri. Manandi Nanjunda Setty and his wife Smt. Nagasundaramma was performed by Dr. R. Parvathi, the Academic Director and Principal VET Colleges and Dr. G. Sreelatha, Principal and Academic Director, VET BVL Polytechnic College. Meanwhile the students gathered along with their mothers followed the same with devotion and love. The whole environment was filled with ecstasy to motherhood.

Smt. Nagasundaramma blessed the gathering with thoughtful and valuable words. Dr. R. Parvathi proudly calling herself a mother of thousands of students reminded the students not limit their feelings for their mothers for the single day, instead to carry on through out of their lives.

Dr. G. Sreelatha congratulated students for such a noble task. She asked students to move along with their parents' blessings throughout of their journey.

VET FGC never set back to showcase and inculcate our culture. All mothers were given 'Tambula' as a token of love for taking part in such a blissful event.

The programme was concluded by Vote of thanks proposed by Anusha, I semester BCA. When parents were asked to express their views on the event, Dheeraj's mother shared her experience of being a friendly mother to her son.

The event aptly proved, 'A mother is she who can take the place of all others but whose place no one else take'.

No. of Parents present: 43

No. of Students present: 132

Teaching staff: 23

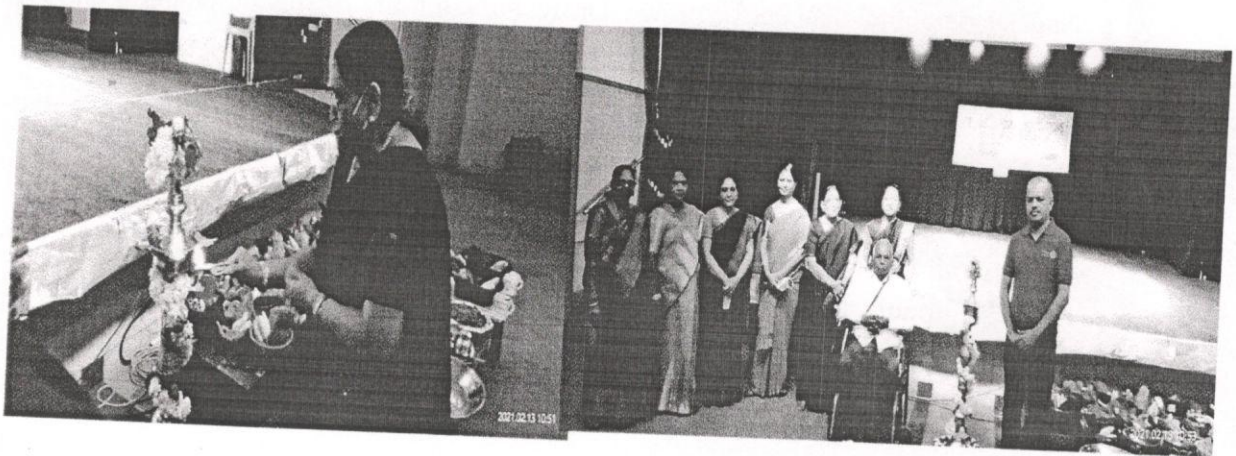
Non-teaching staff: 08

Report by

Mamatha Subbaraya

Asst Professor

Department of English





Mt

(MAMATHA SUBRAYA)

Principal
V.E.T. FIRST GRADE COLLEGE
J.P. Nager, Bangalore - 560 075

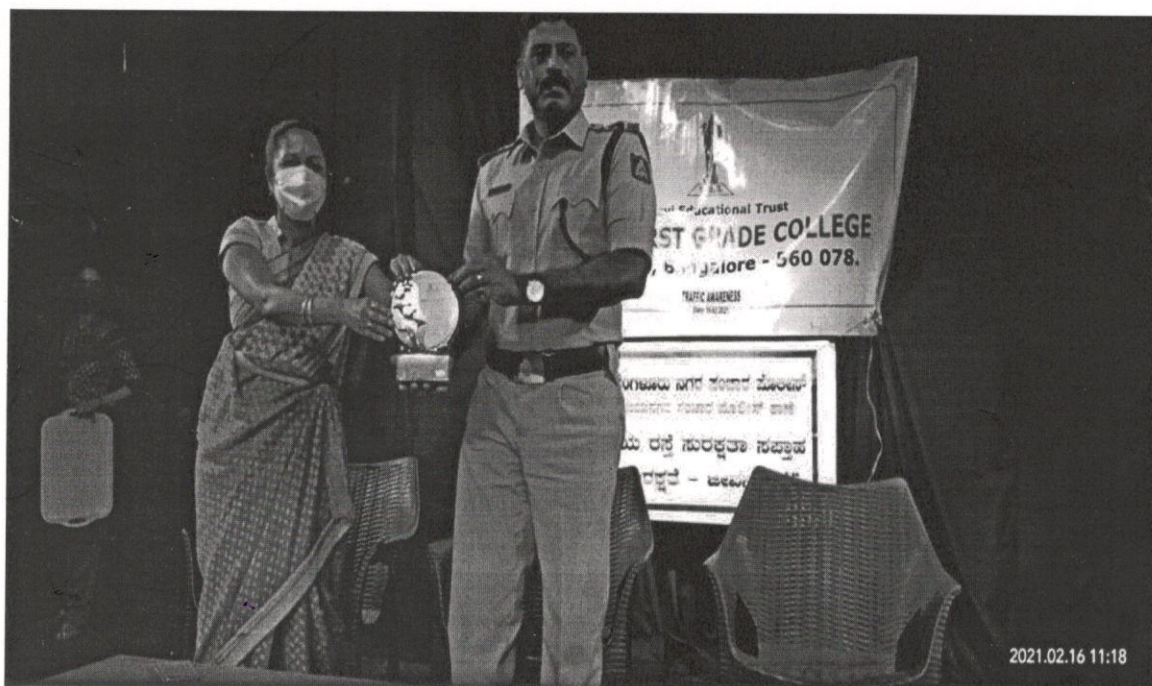
Report on Traffic Awareness Program

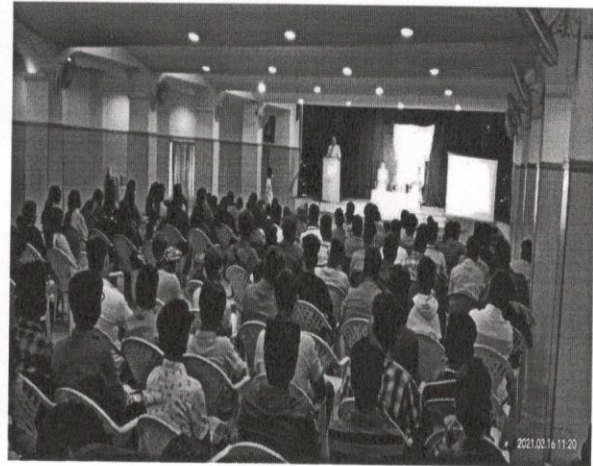
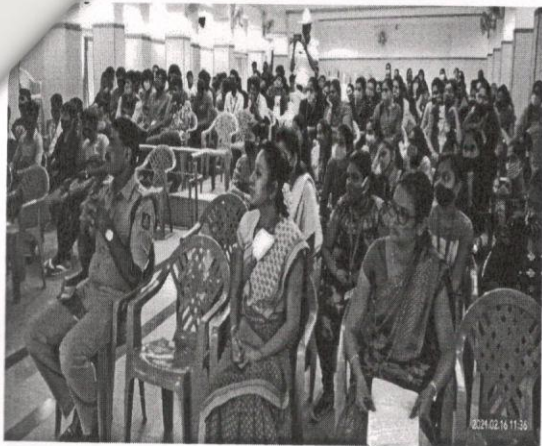
VET First Grade College in association with Jayanagar Traffic police organized traffic awareness program as a part of 32nd National safety week for students on 16th February 2021.

Programme began at 11:00 AM in college Auditorium and welcome speech was done by Arpitha S, Assistant Professor, Department of Commerce and Management, VET FGC.

Srinivas B S – ACP, Jayanagar Traffic Police, Dr R Parvathi Principal and Academic Director VET FGC, Staff of Jayanagar Traffic Police, teaching staff and Students of VET FGC were assembled.

Srinivas B S – ACP, Jayanagar Traffic Police shared his experience in violating rules and regulations made by government for public secure. He Shared personal experience with students regarding the consequences of violating traffic rules and regulations and make themselves into a dangerous life (death) by giving an example of recent incident of 19year old MBBS student died on the spot after speeding truck hit her from behind. So he suggested to wear ISI standardized Helmets instead of buying local helmets to safeguard ourselves.



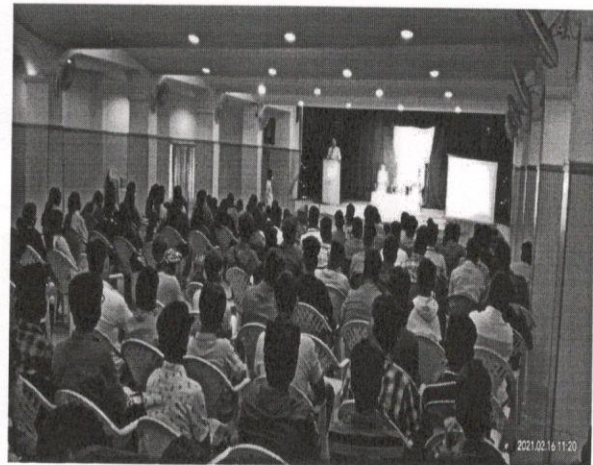
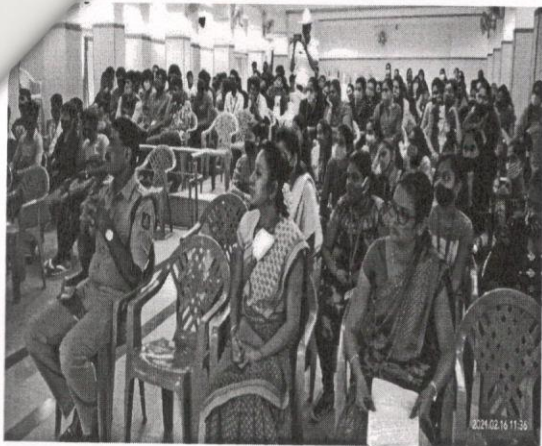


They showed an animated video about importance of Traffic rules like wearing seat belt, helmet for two wheelers and consequences of violating rules like triple riding, signal jump, wheeling, which had a huge impact on the students.

Students asked doubts what they have about traffic rules and cleared their doubts from Resource Person.

Dr R Parvathi Academic Director and Principal VET FGC, created traffic awareness in the mind of students by recalling an incident which occurred few years back on Tumkur highway and which was viral on social media. A man met with road accident, his body was split into two and for 20 minutes he begged for help as passersby gathered around, taking photographs, he not just screamed for help but also asked people **to donate his organs**. She highlighted that it is a lesson to be learnt relating to be careful.

She also assured to Jayanagar Traffic Police, that students of VET FGC from here on wards strictly follow the traffic rules and regulations of traffic, where students also agreed to this.

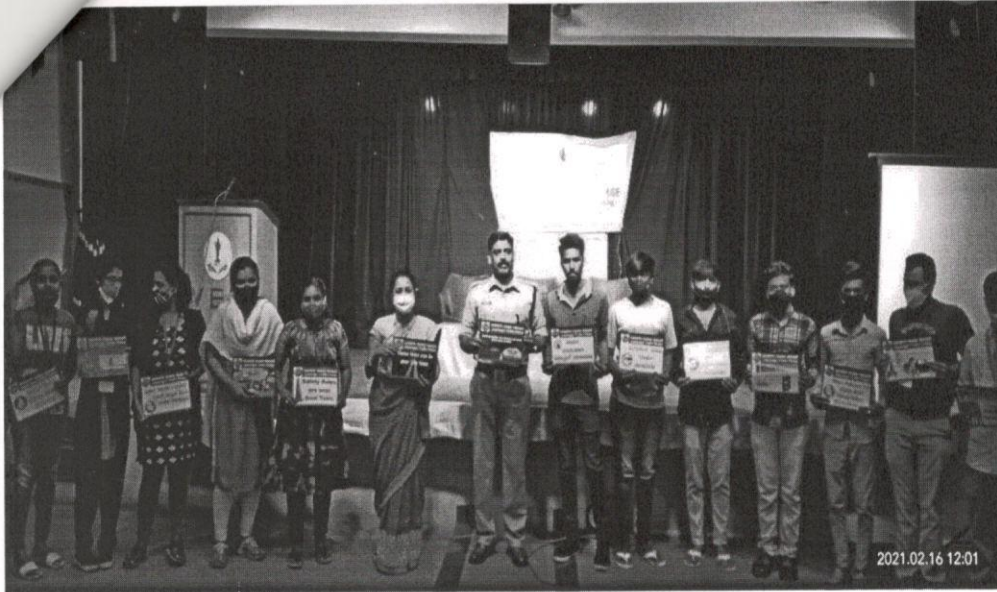


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She also assured to Jayanagar Traffic Police, that students of VET FGC from here on wards strictly follow the traffic rules and regulations of traffic, where students also agreed to this.



Finally the programme was ended with Vote of Thanks.

Total Students Attended: 160

Boys- 100, Girls- 60

(Ist year students of both UG and PG)

Teaching staff: Arpitha S, Meera, Lokeshwari D V

Non-Teaching staff: 3

Feedback: It was a great initiative taken by VET First Grade College in association with Jayanagar Traffic police, session was interactive and students were benefited.

Report By:

Arpitha S

Principal
17/2/21
V.E.T. FIRST GRADE COLLEGE
J.P. Nagar, Bangalore - 560 078



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#18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru – 560078

REPORT ON TRAFFIC AWARENESS RALLY ON ROAD SAFETY

Road safety is one of the major concerns of the 21st century. In order to address this concern the road safety week is celebrated all around the country. A road safety week is conducted in order to create awareness among the public regarding traffic rules and to reduce casualties of road accidents. Due to lack of awareness, many lose their lives and leads to pain and sufferings. It is celebrated with great enthusiasm every year.

VET First Grade college NSS unit in association with Jayanagar Traffic Police has organized Traffic Awareness Rally for Road Safety as a part of 32nd National Road Safety Week for public by students by ensuring COVID-19 guidelines, under the leadership of Sri. Narayanaswamy S.G, NSS coordinator and Vice Principal on 17th February, 2021 at 09.30 am. The motive behind organizing the rally was to develop the student as a national power, to make them think about development, in which road safety plays an important role. The objective of the rally was to bring the students to the traffic road safety information to all the people.

At the beginning of the rally Principal and Academic Director Dr.R.Parvathi, VET first grade college, provided guidance to all the students by telling them about the road safety rules. She said that while driving a car seat belt should be worn and helmet while riding a two-wheeler and she also said that many precious lives were being lost in accidents and advised student to follow road safety rules.

The rally started from VET first grade college with Sri Srinivas B S, ACP, Ms Shilpa A E Inspector and staff of Jayanagar Traffic Police along with students and ended in the campus of the main roads of R V Dental college. Speaking on the occasion, Mr. Srinivas B S stressed on the need for students becoming torch bearers of traffic awareness and safe driving practices and he also created the awareness about violating rules and regulations made by the government for public safety and consequences of violating traffic rules and regulations with the students. At the rally, the students were walking along the slogans while chanting slogans with sarcasm.

During the rally, the students spread the message of obeying traffic rules by wearing helmets, by two-wheeler riders as well as pillion riders.

The students shouted out the slogans about road safety. It was not only about two wheelers but also for the drivers who drive four wheelers. The students spread awareness about 'No Horn' no to keep high car lights on highways and Students also displayed placards and posters regarding road safety. The Aniruddha Jatkar (Anirudh) Kannada film industry celebrity for the students and public conveyed the message of obeying traffic rules, wearing helmets to ensure safety measures while driving and also addressed the vehicle owners about the ill-effects of not following traffic rules and regulations. Following traffic rules can help curb road mishaps, he added and motivated them to keep their vehicle documents with them while commuting.

Students along with Aniruddha Jatkar celebrity created traffic awareness among the public by giving roses and conveying message like importance of following traffic rules and regulations and safe driving to those people who violated the traffic rules and regulations.

It was a motivational rally for safe driving, wherein the students also interacted with the citizens.

Total Number of students: 12 and 02 staff members

Reported by Madhu L





Madhus

Principal
V.E.T. FIRST GRADE COLLEGE
J.P. Nagar, Bangalore - 560 078

DATE: 18/02/2021

PLACE: Bengaluru City University

To,
The Principal
VET First Grade College
Bengaluru-560078

Sub: Report of Vidhyagama program

In coordinating with NSS the Bengaluru City University has organized a workshop on Vidhyagama. The program starts at 11:00 the program was started with welcome speech and continued with main speaker Mr. Mahesh K Project coordinator. For this program from our college 2 volunteers (Pruthvi.P and Keerthi shekappa kuratti) attended the program, this workshop's basic theme is to give education to the Govt school students in coordination with Schoolbell NSS volunteers can teach the local student about their syllabus or they can teach some cocurricular activities to them. It helps them to get connected with the education due to this covid-19 the students are not able to go to school so through this program they are trying to make education available for the students the volunteers those who are willing to teach the students they can select the local students up to 10 student and they can start teaching using schoolbell application the study materials will be available in the same application. The Program ends at 1:00 PM by vote of thanks also they provided the participation certificate to the volunteers. This program was one of the best programs to get more experience on teaching.

The NSS coordinator Narayan swamy sir And Principal had given support to attend the work shop which helps to learn lot of things.

Thanking you

Your sincerely

Pruthvi P

Pruthvi P
18/2/2021

20/2/21
Principal
V.E.T. FIRST GRADE COLLEGE
J.P. Nagar, Bangalore - 560 078





Campus 2 Community

BENGALURU CITY UNIVERSITY (BCU)

ಬೆಂಗಳೂರು ನಗರ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ

Dr. Ambedkar Veedi, Bengaluru - 560001

NATIONAL SERVICE SCHEME (NSS)

in association with

Campus 2 Community

CERTIFICATE OF PARTICIPATION

This is to certify that Prof./Dr./Mr./Ms. Pruthvi. P of..
V.E.T. First Grade College. has participated in "VIDHYAGAMA" One
Day Workshop on Thursday, 18th February, 2021 at Bengaluru City University.

Govinda Gowda H.G.
Dr. Govinda Gowda H.G.
NSS Program Coordinator
Bengaluru City University

Mahesh K
Mahesh K
Project Coordinator
Campus 2 Community

V.E.T First Grade College

(Permanently Affiliated to Bengaluru City University, Listed u/s 2(f) & 12(B) of UGC Act)

#18, 14th Main, 2nd Phase, J P Nagar, Bangalore - 560078

Aazadi Ka Amrut Mahotsav

Date: 17/03/2021

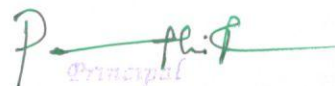
Day: Wednesday

Aazadi ka Amrut Mahotsav is the series of events planned by the Government of India and Karnataka, commemorating the upcoming 75th Anniversary of Indian Independence. In this direction, VET First Grade College hosted an event – Sharing views about the Independence, the freedom fighters and the developments that have happened over the past 74 years of independence.

Mrs. Rammya, the IQAC Coordinator welcomed the Principal and Academic Director Dr R Parvathi, the faculty members, and the students to the program. She then called upon Uzair of I sem Mcom to share his views on the achievements of India after independence. Uzair started his speech sharing the thought process behind this celebration and highlighted that India has achieved a lot during and the independence in the field of literacy, job opportunities, population growth, GDP and many more. After this Dr R Parvathi asked each of the students to highlight one improvement that they feel has happened in India. To this the students mentioned about Equality, freedom of expression, technological development, agricultural improvements, women empowerment, literacy, job opportunities and many more. The Principal appreciated the views of all.

Next Ms. Pooja spoke about the freedom fighters Netaji Subhash Chandra Bose and Mahatma Gandhi would have their everything for the purpose of freedom struggle. She concluded by saying that we should not misuse the freedom achieved and should always be indebted to them.

Then Mrs. Rammya invited Dr R Parvathi to speak few words on this occasion. Dr R Parvathi saluted the efforts of all freedom fighters and asked all to observe a minute of silence as a mark of tribute and respect to all the freedom fighters. She highlighted to students that they should never deviate from the path set by the ancestors and always give respect to their parents

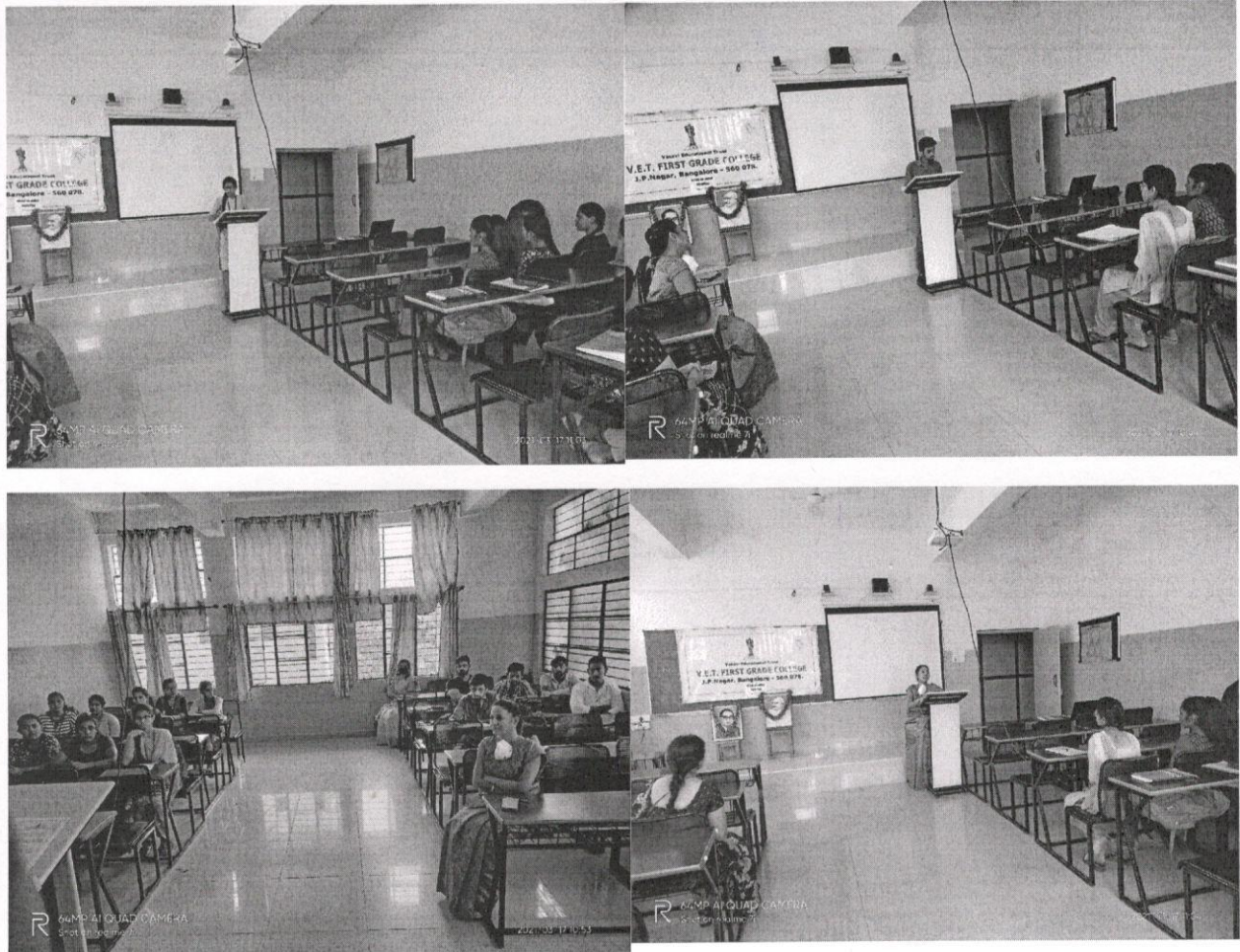


Principal
V.E.T. FIRST GRADE COLLEGE
J.P. Nagar, Bangalore - 560 078

and never forget the sacrifices made by them in bringing up the children and always be indebted to the parents. She concluded by congratulating Mrs. Rammya and students for organising the event within a short period of time. The event ended with a group photo taken to cherish the memories of the event in the coming years.

No of Students: 14

No. of faculty (teaching and non-teaching) : 7



B. Rammya

P. Anitha
Principal
V.E.T. FIRST GRADE COLLEGE
J.P. Nagar, Bangalore - 560 078



B Rammya

Report Prepared by

B Rammya

IQAC Coordinator

P. R. Parvathi

Dr R Parvathi

Academic Director and Principal

Principal
V.E.T. FIRST GRADE COLLEGE
 J.P. Nagar, Bangalore - 560 078



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#18, 14th Main, 2nd Phase J.P. Nagar, Bengaluru – 560078.

REPORT ON INTERNATIONAL WOMEN'S DAY- 8th MARCH **CELEBRATED ON 13TH MARCH, 2021 – THEME "CHOOSE TO CHALLENGE"** **Report for Academic year 2020-2021**

13.03.2021

The history of **International Women's Day** stretches back more than 100 years, when the **day** was first observed across Europe and America. But according to NPR, it wasn't until March 8, 1946, that feminists in Italy chose the mimosa flower as a **symbol** of strength, sensibility and sensitivity for **Women's Day**. Women all over the world want and demand an inclusive future free of stigma, stereotypes, and violence; a future that is prosperous, peaceful, and offers everyone equal rights and opportunities. Women must be represented at the table where decisions are made in order to achieve this goal.

The theme for this year's International Women's Day, *"Women in Leadership: Achieving an Equal Future in a COVID-19 World,"* honours the tremendous efforts made by women and girls around the world in shaping a more equal future and recovering from the COVID-19 pandemic, while also highlighting the gaps that remain.

We see positive outcomes when women take the lead. Women led some of the most effective and exemplary responses to the COVID-19 pandemic. Women, particularly young women, are at the forefront of diverse and inclusive movements for social justice, climate change, and equality in all parts of the world, both online and on the streets. Despite this, women under the age of 30 make up less than 1% of parliamentarians worldwide.

Everyone gains from women's full and effective participation and leadership in all facets of life. Women are still underrepresented in public life and decision-making, according to a recent report by the UN Secretary-General, only 24.9 % of national parliamentarians are women, and women are heads of state or government in 22 countries. Gender equality among national leaders will take another 130 years at the current rate of progress.

Women are also at the forefront of the fight against COVID-19, operating as front-line and health-care workers, scientists, doctors, and caregivers, but they are paid 11% less than their

male counterparts globally. As per the analysis only 3.5 % of COVID-19 task teams from 87 countries had gender parity.

Purple - justice and dignity, Green – hope and White - purity is the official colour of **International Women's Day**, which began more than a century ago with a march in New York City by 15,000 women demanding better working conditions and voting rights.

On March 13th, 2021, the IQAC Coordinator – Ms. B. Rammya organized a special programme to commemorate International Women's Day. The programme started with the welcome speech by Ms. B. Rammya and continued with simple quiz for all ladies of teaching faculty and non-teaching staff. All the participants were dressed in combination of Orange colour indicating energy, cheerfulness and self-reliant or independent women.

Quiz was in three round, first round consists of riddles, second round was identification of person by viewing eyes of that person and third round was identification of previous women achievers by viewing the photos.

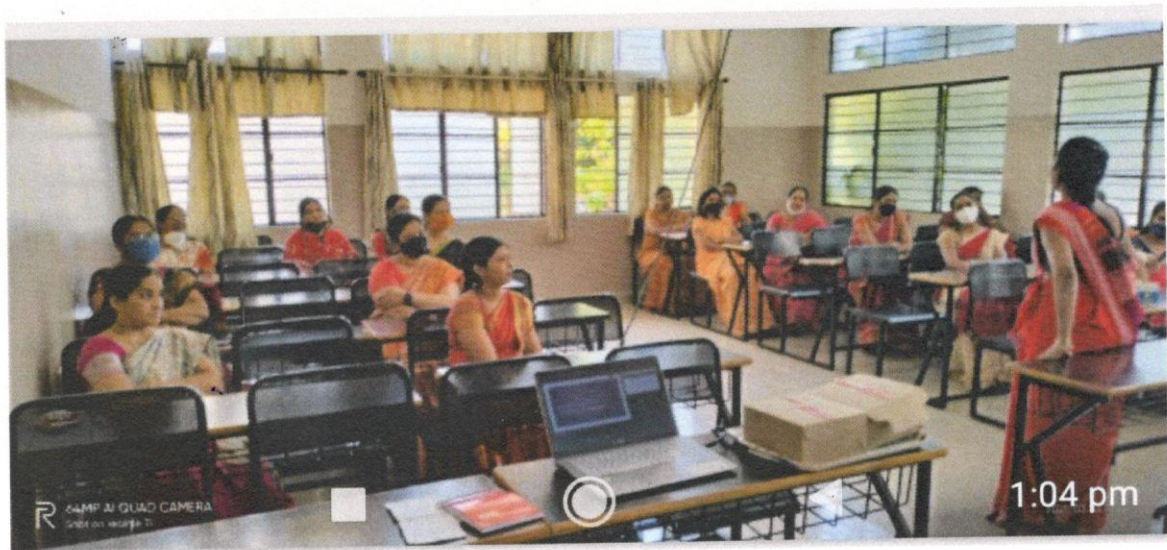
Totally 18 ladies participated in the quiz, Dr. B.N. Sathya Bhama won the I place, Ms. Madhuri Patil and Ms. Meera won the II place and Ms. Arpitha won the III place. Dr. Sreelatha, principal of VET Polytechnic delivered a motivational speech, followed by Dr. R. Parvathi, Principal and Director' speech which heightened the spirits of all ladies' present. Both speakers praised women's social, economic, cultural, and political accomplishments in recent decades, and said the day serves as a reminder of their responsibility to achieve gender equality.

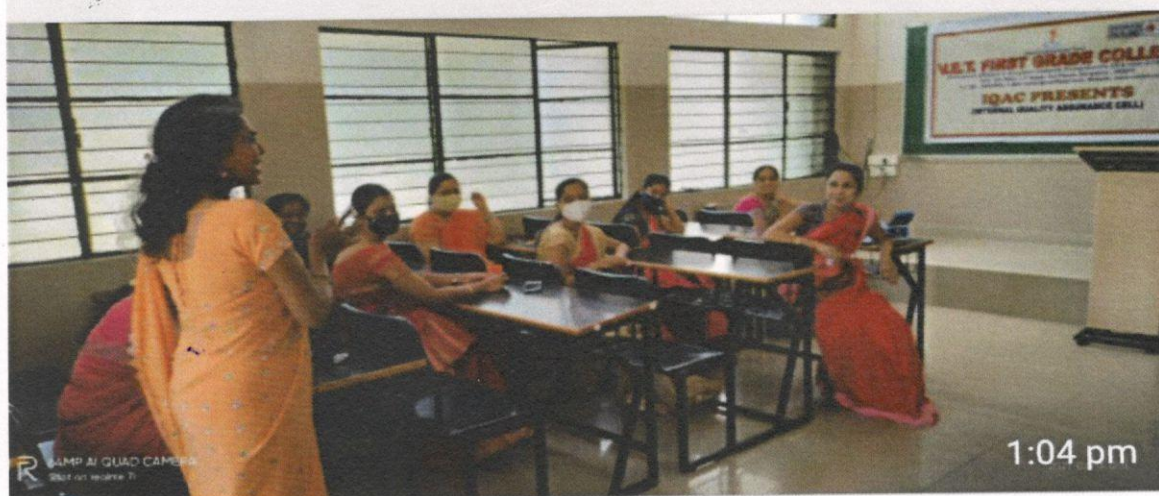
Another activity – **Pick & identify the strength** was introduced by Ms. B. Rammya where each participant had to pick one chit with the name of faculty / staff and elaborately identify and tell the strength of that person. This activity made each participant proud of themselves and feel an asset to the organization. This activity highlighted the team unity of the college.

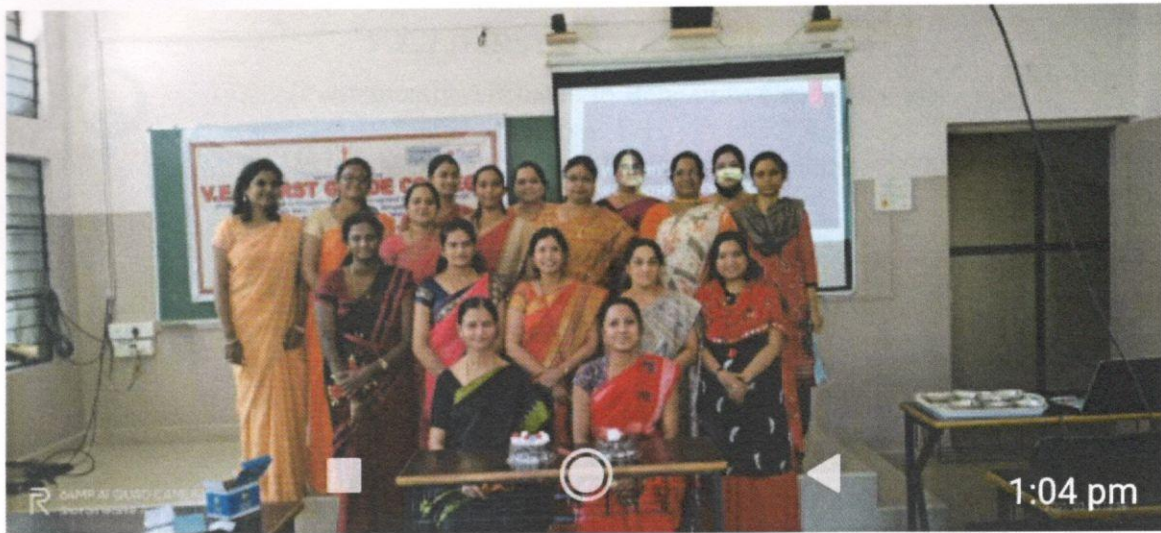
Social distance and wearing mask were maintained during the programme as per the Government norms by all the participants and organizer.

In the end Ms. B. Rammya gave the vote of thanks followed by Cake cutting and group photos.









Number of teaching female faculty:16

Number of non-teaching staff: 09 (08 female & 01 male technical person)

Prepared by,

B. N. Sathya Bhama

Dr. B. N. Sathya Bhama
Associate Professor
Department of Commerce & Management
VETFGC

P. Sathya
Principal
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