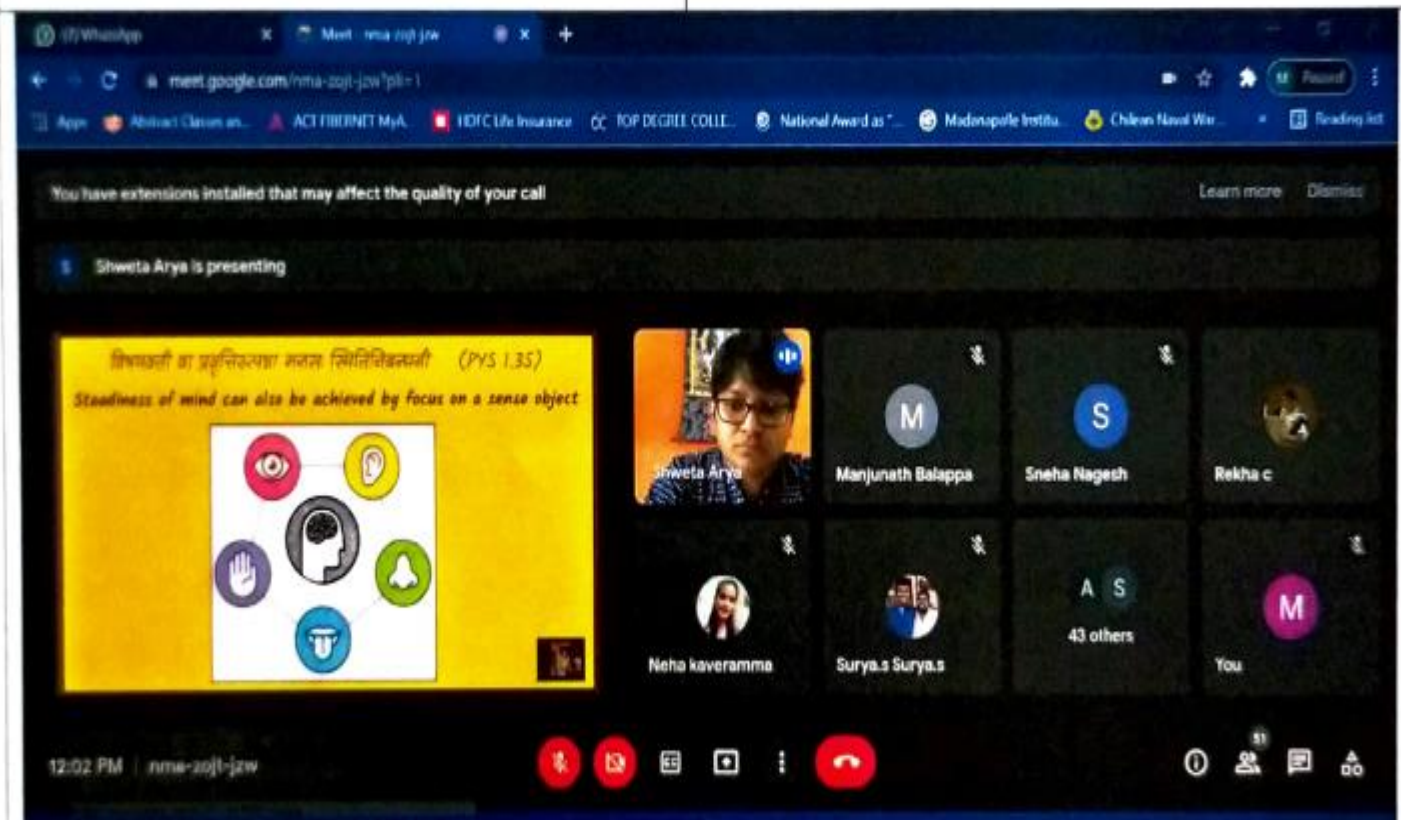
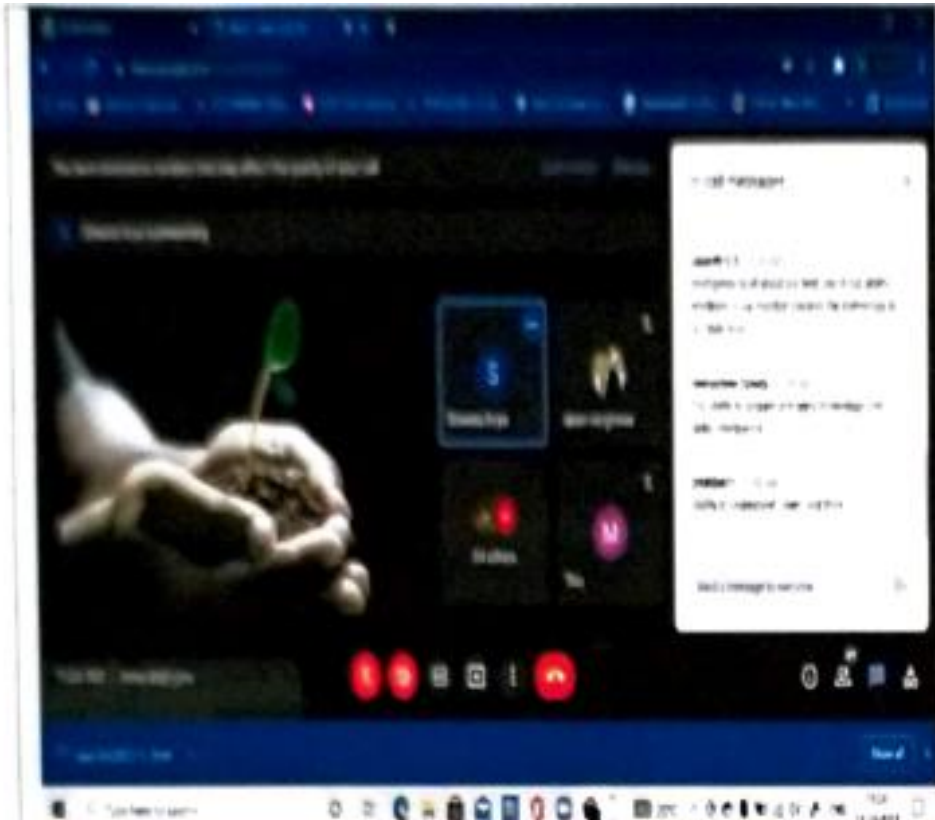


# Life Skill Events – 2019-20



Event	Date of conduct	Beneficiaries	Resource Person / Association institution
Re-investing in Lockdown – Emotional Intelligence	02.06.2020	80	Ms. Shwetha Arya Certified Yoga Trainer from MDNIY(New Delhi) & Barkatullah University (Bhopal)



- **SANITARY NAPKINS VENDING MACHINE:**

College has installed Sanitary Napkins Vending Machine – ‘Femina Vending Machine’ and sanitary napkin destroyer in Girl’s Common Room. The vending machine is installed to ensure an effective, safe and convenient mode for any time access to the sanitary napkins. The purpose is to promote safe and hygienic sanitary practices among the women and girls.

Using a sanitary napkin vending machine is no rocket science. A girl requiring sanitary pad needs to put a Rs. 5 coin in the machine and outcomes the sanitary napkin. This will ensure hygienic practices among girl students. It is likely to bring down absenteeism during menstrual periods, as well as prevent infections and promote hygiene.

<b>Event</b>	<b>Date of conduct</b>	<b>Beneficiaries</b>
<b>Installation of Sanitary Napkins Vending Machine</b>	<b>02.06.2019</b>	<b>Girl Students</b>

## Vaccination Drive - Soundarya Layout Residents



The NSS unit, SIMS in association with BBMP and PHC organized COVID-19 vaccination drive for the residents of Soundarya Layout on 18th April 2021. The drive was inaugurated by Mr. M. Manjunath, MLA Dasarahalli. The residents who were 45 and above and SIMS fraternity were administered the vaccination. About 200 residents received the vaccination.



Event	Date of conduct	Beneficiaries	Resource Person / Association institution
Covid Awareness program	18-4-2021	Residents	NSS



Soundarya Educational Trust ( R )  
**Soundarya Institute of Management and Science**  
 Department of Computer Science & Pure Science  
 in association with IQAC

**Online Workshop on**  
**“Unleash the hidden potential in you!”**  
 by DISHA BHARAT TEAM

**Program outline :**

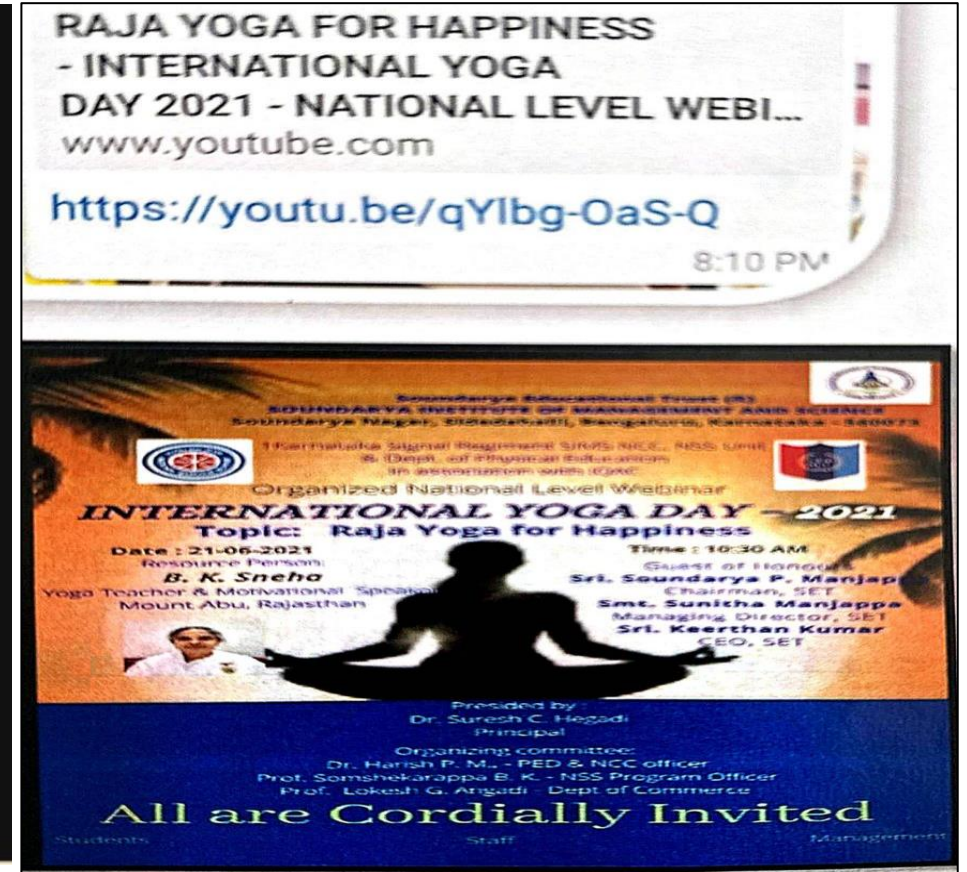
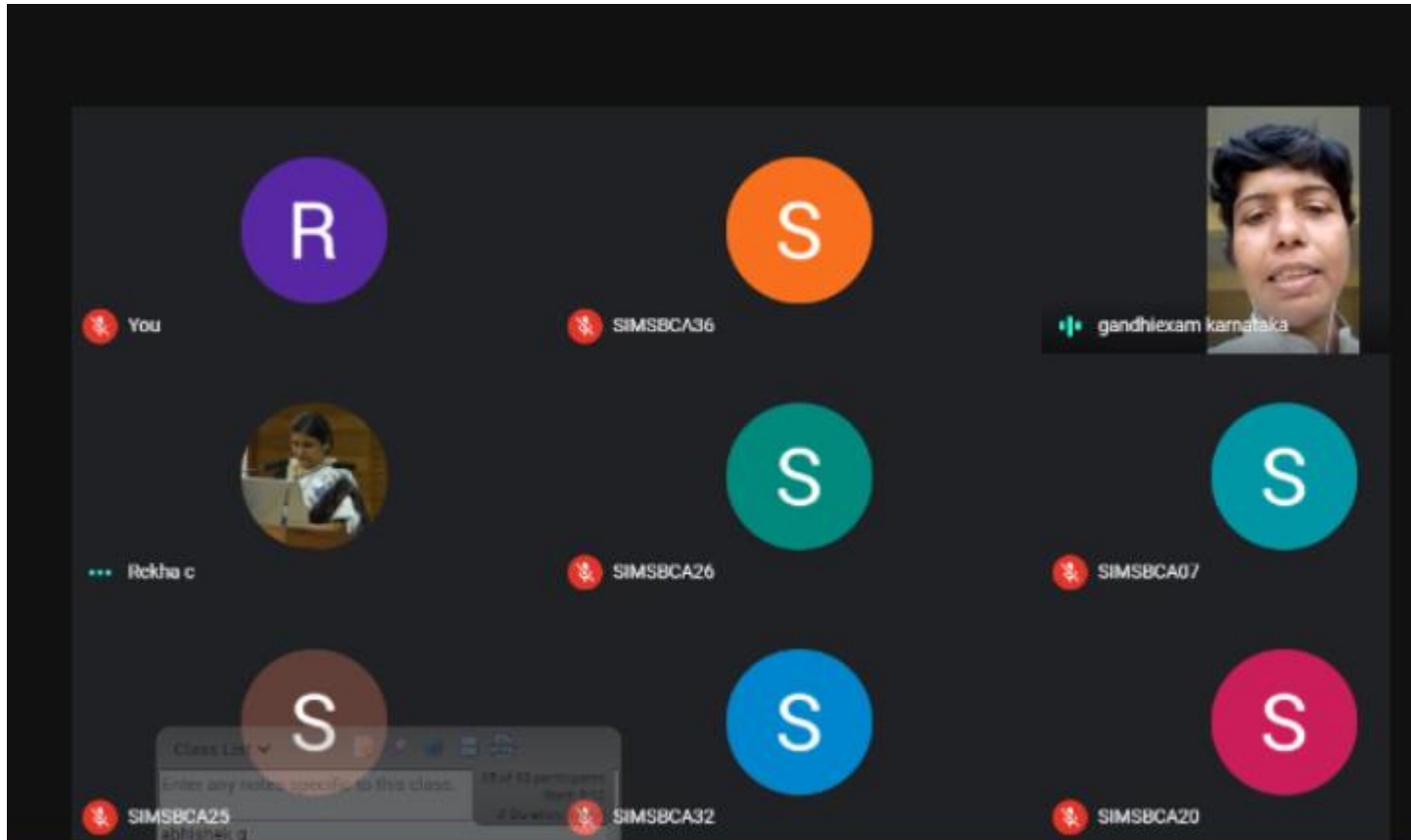
- Interaction Session
- Video Session
- Stories & Anecdotes
- Activities Session
- Concluding Message

**Date : 8<sup>th</sup> May 2021**  
**Time : 10.00 – 12.30 am**

**www.simsbangalore.com**



Event	Date of conduct	Beneficiaries	Resource Person / Association institution
Unleash the hidden potential in you	8-5-2021	UG	Disha Bharat



Event	Date of conduct	Beneficiaries	Resource Person / Association institution
International Yoga Day	08.07.2021	100	Mr. Venkatesh Murthy, Founder and Chief Mentor- Youth for SEVA



## Life Skill Events – 2021-22



Event	Date of conduct	Beneficiaries	Resource Person / Association institution
Awareness program on Feminine Hygiene	28-11-2022	56	1. Ms. Geetha Ramamurthy , Co-founder and CEO Giga Innovation Center 2. Ms. Vaishnavi Anand, Founder Tvachan Oranics Hygiene





## Fit India Movement - 3km Run

The NSS Unit, SIMS in association with NCC Unit organized 3km Run as a part of Fit India Movement on 22nd September 2021. The Run was inaugurated by Chairman Soundarya P. Manjappa. About 57 volunteers participated in the Run. CEO Keerthan Kumar along with the other faculty took part in the event. It was to observe Fit India Freedom Run to celebrate 75th Independence Day.



Event	Date of conduct	Beneficiaries	Resource Person / Association institution
FIT INDIA FREEDOM RUN 2.0	21-9-2021 & 22-9-2021	100	NSS Unit & Bangalore University





Soundarya Education Trust(R)  
**Soundarya Institute of Management and Science**  
 Soundarya nagar, Sidedahalli, Nagasandra post, Bangalore - 560073

## I SEMESTER [ BCOM / BBA / BBA(AV) / BCA / BSc / BA ] ORIENTATION TIME TABLE – OCTOBER 2021

DATE	DAY	TIME	B.COM	B.B.A & B.BA (AV)	BCA , BSc & BA
4-10-2021	MON	9.00 – 9.30	ASSEMBLY (Amphle theatre)	ASSEMBLY (Amphle theatre)	ASSEMBLY (Amphle theatre)
		9.45 – 10.45	ORIENTATION PROGRAM ON COMPETITIVE EXAM [ ALL SECTION ] (Ocarina)	YOGA [ PAVITRA ] [ LH-302 ]	YOGA [ DIVYASHREE ] (Yoga hall)
		10.45 – 11.00	BREAK	BREAK	BREAK
		11.00 – 12.00	A - COMM. ENGLISH [ LH - 202 ] - ENG DEPT B- ETHICS IN SOCIAL MEDIA [ LH-203] - CS DEPT C- MORAL & ETHICAL VALUES [ LH-204] - KAN DEPT D- PSYCHOLOGY FITNESS LH -205 ] - PSY DEPT	ORIENTATION PROGRAM ON COMPETITIVE EXAM (Ocarina)	ORIENTATION PROGRAM ON COMPETITIVE EXAM (Ocarina)
		12.00 – 12.30	<b>DIAGNOSTIC TEST</b>		
5-10-2021	TUE	9.00 – 10.00	AWARENESS ON CIVIC SENSE [ ALL Section ] (Ocarina)	MORAL & ETHICAL VALUES [ LH-302] KAN DEPT	PSYCHOLOGY FITNESS LH -406 ] PSY DEPT
		10.00 – 10.30	BREAK	BREAK	BREAK
		10.30 – 11.30	A- YOGA (DIVYASHREE) [ LH-202] B-YOGA ( PAVITRA) [LH-203] C-SPIRITUALITY (KISHAN) [LH-204] D-SPIRITUALITY (LOKESH) [LH-205]	AWARENESS ON CIVIC SENSE (Ocarina)	AWARENESS ON CIVIC SENSE (Ocarina)
		11.30 – 12.30	A- PSYCHOLOGY FITNESS LH -202 ] - PSY DEPT B - COMM. ENGLISH [ LH - 203] - ENG DEPT C- ETHICS IN SOCIAL MEDIA [ LH-204] - CS DEPT D- MORAL & ETHICAL VALUES [ LH-205] - KAN DEPT	LEADERSHIP JOURNALISM & PLACEMENT DEPT (Ocarina)	LEADERSHIP JOURNALISM & PLACEMENT DEPT (Ocarina)

**DIVYASHREE D – COMPUTER SCIENCE DEPT**  
 SESSION :YOGA

DATE	DAY	TIME	CLASS
4-10-2021	MON	9.45 – 10.45	BCA
5-10-2021	TUE	10.30 – 11.30	BCOM-A
7-10-2021	THU	9.00 – 10.30	BCOM-C

**PAVITRA – BBA DEPARTMENT**  
 SESSION :YOGA

DATE	DAY	TIME	CLASS
4-10-2021	MON	9.45 – 10.45	BBA, BBA(AV), BSC, BA
5-10-2021	TUE	10.30 – 11.30	BCOM-B
7-10-2021	THU	9.00 – 10.30	BCOM-D

**LOKESH ANGADI – BCOM DEPT**  
 SESSION :SPIRITUALITY

DATE	DAY	TIME	CLASS
5-10-2021	TUE	10.30 – 11.30	BCOM-D
7-10-2021	THU	9.00 – 10.30	BCOM-B

**KISHAN – SANSKRIT DEPT**  
 SESSION :SPIRITUALITY

DATE	DAY	TIME	CLASS
5-10-2021	TUE	10.30 – 11.30	BCOM-C
7-10-2021	THU	9.00 – 10.30	BCOM-A



Event	Date of conduct	Beneficiaries	Resource Person / Association institution
YOGA, SPIRITUALITY & PSYCHOLOGY FITNESS PROGRAM during Orientation	4-10-2021 to 9-10-2024	UG students	1. Lokesh Angadi – B.Com 2. Kishan - Sanskrit 3. Divyashree D - BCA 4. Pavitra - BBA





<b>Event</b>	<b>Date of conduct</b>	<b>Beneficiaries</b>	<b>Resource Person / Association institution</b>
International Yoga Day	21.06.2022	118	NSS

# Life Skill Events – 2022-23

Soundarya Education Trust (K)

Soundarya Institute of Management and Science

## Orientation Program Schedule – September 2022



Date	8.00 to 8.45am	9.00 - to 10.00am	10.00 - 10.45.	11.00-11.30	11.30-1.30pm
7th Sep, Wednesday	Welcoming & Registration 2022-2023 batch	Formal Inauguration & Address by Chief Guest and other Dignitaries of Institution Over View, introduction of the existing committees and Wings by Principal	Break	Students Insights on Campus Life	Personality development Training , Leadership and Team Games by Thomas John Rose

Date	Time						
	8.00-8.45	8.45-9.00	9.00-10.00	10.00 - 11.00	11.00-11.30	11.30-1.00	1.00-1.30
8th Sep, Thursday	Zumba & Dance	Break	Importance of Communication & Public Speaking Shashikla, Arith Academy	Talk on TRUE CYBER SAFE by Rakshit Tandon, Cyber Security Evangelist from Cyber Peace Foundation	Break	Talk on Train your Brain ,Mr.Deepak T R, Study & Memory Coach, president, World Memory Sports Council, Karnataka	Khelo India - Puzzle

Date	8.00-8.45am	8.45-9.00am	9.00-10.00am	10.00-11.00am	11.00-11.30am	11.30-1.00pm	1.00-1.30pm
9th Sep, Friday	Mindfulness & Yoga	Break	Talk on Entrepreneurship for Tommorrow's need by Dr Anveshi Gupta, CEO Quest Sustainability Solutions PVT LTD	Activities: Aazadi Ka Amruth Mahostav Quiz/ Collage/ Painting/ News Reading/ pick and Speak	Break	Team Synergy through Sports	Khelo India - Know your Unseen Heroism Memory Game

Event	Date of conduct	Beneficiaries	Resource Person / Association institution
Zumba Dance for First year students during Orientation	8-9-2022	UG students	Fitness Trainer, SIMS



Soundarya Educational Trust (R)  
**Soundarya Institute of Management and Science**  
 Department of Computer Science and Pure Science  
 In association with Ladies Club & IQAC

*Online Workshop on*  
**Positive Practice**  
*through*  
**MEDITATION & BREATH**

Date : 15<sup>th</sup> May 2021  
 Day : Saturday  
 Time : 10.30 – 12.30 pm

Platform :

**Mentors**

Shwetha ji  
 Channarveer ji  
 Geetha ji  
 Ravi kiran ji

*Unlock the secrets of Positivity with us*

## Online Workshop- Positive Practice through Meditation and Breath

Dept. of Computer Science in association with Dept. of Science conducted an Online Workshop on “Positive Practice through Meditation and Breath” on 15th May 2021. The Resource Team - Art of Living, helped the students to think positively and to connect oneself to one`s inner self technique - Meditation to improve their concentration power through Breathing exercise and techniques to keep themselves away from negative influences.



Event	Date of conduct	Beneficiaries	Resource Person / Association institution
Workshop on Positive Practice through Meditation and Breath	15-5-2021	UG Students	Art of Living team



**Soundarya Institute of Management & Science**

**SPARSH**

**Women's Wing organizes a Session on Sustainable Menstruation**

**19th May 2023, Friday  
Time: 11:00 AM  
Venue: Ocarina, SIMS**

**Mr. Keerthan Kumar  
CEO, Soundarya Educational Trust(R)**



**RESOURCE PERSON**

**Dr. Meenakshi Bharath  
Gynaecologist & Environmentalist**

**Dr. Vasu B. A  
Principal, SIMS**



**Sidedahalli, Karnataka, India**  
Soundarya Institute of Management and Science, Soundarya Layout, Sidedahalli, Nagasandra post, Bengaluru, Karnataka 560073, India  
Lat 13.085629°  
Long 77.492175°  
19/05/23 11:56 AM GMT +05:30

Event	Date of conduct	Beneficiaries	Resource Person / Association institution
Sustainable Menstruation	19.05.2023	118	Dr. Meenakshi Bharath Gynaecologist & Environmentalist



## Life Skill Events – 2023-24



Event	Date of conduct	Beneficiaries	Resource Person / Association institution
International Yoga Day	21.06.2024	50	Sree Krishna Shastry

**SOUNDARYA INSTITUTE OF MANAGEMENT & SCIENCE**

**NACO**  
National AIDS Control Organisation

**KSAPS**

**Soundarya Educational Trust®**  
**SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE**  
Affiliated to Bangalore University  
Soundaryanagara, Sidedahalli, Nagasandra Post, Bengaluru – 560073.

**IQAC Initiative**  
**"National Service Scheme"**  
In Association with  
Government of Karnataka District Aids Prevention and Control unit,  
Bangalore Urban, Bangalore. And

**RED RIBBON CLUB** Date : 05/02/2024  
**HIV/AIDS AWARENESS PROGRAM**



Event	Date of conduct	Beneficiaries	Resource Person / Association institution
HIV / AIDS AWARENESS PROGRAM	5-2-2024	42	Ms. Yashoda D.M, Supervisor, District HIV Prevention Unit, Bangalore Urban