



ST. ANN'S COLLEGE FOR WOMEN

(Autonomous)
Affiliated to Osmania University
Accredited A+ Grade by NAAC (3rd Cycle), College with Potential for Excellence by UGC
ISO 9001 : 2015 ISO 14001 : 2015
Santoshnagar colony, Mehdiapatnam, Hyderabad - 500 028.

LIFE SKILLS

2022-23

S.NO	Name of the capacity building activity	Date of implementation	Number of students enrolled	Name of the agencies/experts involved with details if any
1.	AECC -Yoga	03.08.2023	60	Ms. Ishrath, Yoga Instructor, Ph.No: 7780432765
2	International Yoga Day	21.6. 2022	105	Ms.Ishrath ,Yoga Instructor Ph.No: 7780432765
HEALTH AND HYGEINE				
1.	Student mental health boot camp on "Positive Psychology" in association with HMA	2.12.2022	118	Dr. Gajanethi Swathi, Principal & Director, IBD at Ashoka Business School
2.	Health Recipe Counter	2022	100	Ms.Urooja,Assistant Professor & Ms.Phani Kumar,Assistant Professor, Department of Nutrition
3.	Government school ,Manikonda, Health Awareness program	14.09.2022	150	Dr. Revathi, Asst prof, Dept of English, Ph.No:9494231772
4.	Talk on Cancer Awareness and Prevention	22.10.2022	160	Dr V Chaturvedi, General Secretary, Swastava cancer Care, Mail Id: vchaturvedi47@gmail.com
5.	Guest Lecture on Obesity and PCOD	15.09.2022	200	Dr Reginald Lam, General Surgeon, Plastic Surgeon & Ms.Deepthi,Obestrics and Gyneacologist Ph.No:9618620712
6.	Free eye check-up camp by MAXIVISION for staff and students	09.02.2023	80	MAXIVISION and Dr Reddys Lab,Ph.No:8099910513
7.	Dental Check up -free camp	12.01.2023	150	Dr.Aman,Brace Dental Clininc Ph.No:991247770
8.	Free Health Check up Camp	10.03.2023	100	Vijaya Diagnostoc Centre, Ph.No:9515631007
ENTREPRENEURSHIP				
1.	My Story- Motivational Session By Successful Innovator	07-12-2022	80	Ms.Neha shah,Founder of People of Prints Incubated at IIM B NSRCEL, Hyderabad
2.	Info Session On Ideas To Startups	30-01-2023	100	Mr Maaz Ahmed Khan, Founder & CEO, Torq Electric,Founder & CEO, Torq Electric
3.	An Innovation And Entrepreneurship Programme In School/Community	06-02-2023	80	• Ms. K. Rajeswari Incubation Coordinator, St. Ann's College for Women • Ms. Mounika Desitti [BBA 2nd year, Founder of Nutrish.app] • Ms. Summaya [BSC 2nd year, Founder of



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				Nureicream.com] • Ms. Syeda Sariya [BCOM 1st year, Founder of Supermaids.com]
4.	Design Thinking, Critical Thinking And Innovation Design	14-02-2023 &15-02-2023	100	Mr. Fawaz Ali ,Co-founder/ Program Manager of Good Mind and Edventure Park.
5.	'Process Of Innovation Development, Technology Readiness Level, Commercialization Of Lab Technologies And Tech Transfer'.	17-02-2023 &18-02-2023	80	, Dr. Agalya V Professor and Associate Head (R & D), IIC President and Innovation Ambassador, MoE's Innovation Cell, New Horizon College of Engineering, Bengaluru
6.	Two Day Workshop On "Entrepreneurship And Innovation As Career Opportunity "	02-02-2023 &03-02-2023	80	Mr. Nagarjuna Yadav, CEO ACUMEN CONNECT



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ABILITY ENHANCEMENT COURSE (AECC)-YOGA

OBJECTIVES OF THE YOGA COURSE:

- 1) To improve physical fitness and stamina.
- 2) To give specialized coaching in respective sports discipline according to students choice.
- 3) To identify talented students and give them training to excel in State, National and International level tournaments.

COURSE CO-ORDINATOR: Y. Ramya sri , Head Department Physical Education

COACHES: Ms. Ishrath – Yoga Instructor

OUTCOME OF THE COURSE:

- Students actively engage in class activities and devise appropriate training programs for the sport activities. Students also assess fitness levels and devise appropriate fitness plans.
- Physical Education improves physical fitness and stamina.
- Specialized coaching in respective sports discipline according to students choice.
- Identified talented students and gave them training to excel in State, National and International level tournaments.

Head
Dept. of Phy. Education
St. Ann's College for Women
Mehdiapatnam, Hyderabad-28.



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International Yoga Day

International Yoga Day is celebrated annually on June 21. It is a day dedicated to raising awareness about the numerous benefits of practicing yoga and promoting its holistic approach to health and well-being. **Yoga** is an ancient practice that originated in India and has gained worldwide popularity for its physical, mental and spiritual benefits,

BEFORE THE PRACTICE:

- Śauca means cleanliness - an important prerequisite for Yoga practice. It includes cleanliness of surroundings, body and mind.
- Yoga practice should be performed in a calm and quiet atmosphere with a relaxed body and mind.
- Yoga practice should be done on an empty stomach or light stomach. Consume small amount of honey in lukewarm water if you feel weak.
- Bladder and bowels should be empty before starting Yogic practices. A mattress, Yoga mat, durrie or folded blanket should be used for the practice.
- Light and comfortable cotton clothes are preferred to facilitate easy movement of the body.
- Yoga should not be performed in a state of exhaustion, illness, in a hurry or in an acute stress conditions.
- In case of chronic disease/ pain/ cardiac problems, a physician or a Yoga therapist should be consulted prior to performing Yogic practices.
- Yoga experts should be consulted before doing Yogic practices during pregnancy and menstruation.

DURING THE PRACTICE:

- Practice sessions should start with a prayer or an invocation as it creates a conducive environment to relax the mind.
- Yogic practices shall be performed slowly, in a relaxed manner, with awareness of the body and breath.
- Do not hold the breath unless it is specially mentioned to do so during the practice.
- Breathing should be always through the nostrils unless instructed otherwise.
- Do not hold the body tight or give undue jerks to the body.
- Perform the practices according to one's capacity. It takes some time to get good results, so persistent and regular practice is very essential.
- There are contra-indications/ limitations for each Yoga practice and such contra-indications should always be kept in mind.
- Yoga session should end with meditation/ deep silence / Sankalpa / Śānti pāṭha etc.

AFTER PRACTICE:



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- Bath may be taken only after 20-30 minutes of Yoga practice. Food may be consumed only after 20-30 minutes of Yoga practice. FOOD FOR THOUGHT A few dietary guidelines can ensure that the body and mind are flexible and well-prepared for
 - Yoga practice. A vegetarian diet is usually recommended, and for a person over 30 years, two meals a day should suffice, except in cases of illness or very high physical activity or labour.
 - Department of Physical Education Organized online National Workshop On 8th international Day Yoga on 21 St June 2022 on Yoga Shwasa Ratna by Dr Potla Rama Koteswara rao founder of Ayushmath Shwasakriya
-
- Department of physical education have celebrated Sports Day st St. Ann's College on 29th Aug 2022 on the Occasions of National Sports day



YOGA CAN HELP

Yoga is essentially a path to get liberated from all the bondages. However, medical research in recent years has uncovered many physical and mental benefits that Yoga offers, corroborating the experiences of millions of practitioners. A small sampling of research shows that: Yoga is beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health. It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many lifestyle related disorders. Yoga helps to reduce depression, fatigue, anxiety disorders and stress. Yoga helps to regulate menstrual and menopausal symptoms. In essence, Yoga is a process of creating body and mind that are stepping-stones, not hurdles, to an exuberant and fulfilling life. 10 st 21 June - International Day of Yoga

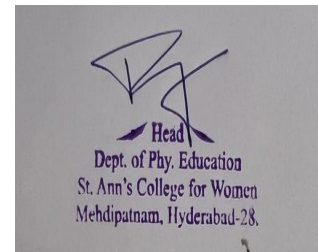


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OUTCOME

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- Specialized coaching in respective sports discipline according to students choice.
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Mental health boot camp on “Positive Psychology” in association with HMA

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IN ASSOCIATION WITH
AICTE-SPICES ORGANIZES

STUDENT MENTAL HEALTH BOOT CAMP
POSITIVE PSYCHOLOGY

DR GAJANETHI SWATHI
PRINCIPAL & DIRECTOR- INTERNATIONAL BUSINESS DEVELOPMENT AT ASHOKA SCHOOL OF BUSINESS ASE - ASHOKA SCHOOL OF BUSINESS, MADAPATI HANUMANTH RAO GIRLS HIGH SCHOOL

**2 DECEMBER 2022
10:30 AM**



Swathi
Dept. of English
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Mehdipatnam, Hyd-28.



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Health Recipe Counter DEPARTMENT OF NUTRITION

Achieving excellence and enshrining its vision of "Light of Life," St. Ann's College for Women is about to celebrate its fourth decade. Many added-value Ability Development Courses, Skill Improvement Courses, Entrepreneurship and Startup Training, partnerships with business, NGOs, and social groups, as well as sales and exhibitions of tech and handicrafts, bring up new learning horizons. The student's initiatives have been formalized into Self Help Groups and an interactive session was organized by inviting **Shri P Sudheer Kumar IAO - Global Chapter Member |RP-MGNCRE| Ministry of Education |Government.**



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centre for women studies



SMART
St Ann's Mart
SSHG





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Shri.P.Sudheer Kumar at St. Ann's College For Women

SMART LOGO

St. Ann's College for Women has well established Student self help groups wherein the students associate and find ways to empower themselves Student self-help groups are crucial for developing entrepreneurship and craftsmanship skills. The College established **SSHG for social entrepreneurship and skill enhancement**. They are guided by the Faculty and are also generally self-governed and peer-controlled. There are around 24 student self help groups in the college.

One such SMART SSHG groups at Dept of Nutrition is the **NUTRIPRENEURSHIP programme**

NUTRIPRENEURSHIP

The Department of Nutrition along with UG, PGDIP and PG Nutrition students organized a **Healthy Recipe Counter**, an activity which is being conducted every **Tuesday and Thursday from 12:00-12:30 in the Quadrangle**.

The UG, PGDIP and PG students of Nutrition department are involved in **Planning, promotions, preparation, packaging, costing, sale and distribution of the product. Advertizing is also done by using Brochures, E Posters and circulated among the whatsapp groups a day before. Announcements are also done during the assembly and at lunch time for Promotion of Healthy recipe. Till date 45 HRC Recipe counters were set up and sales were carried out.**

Some of the Glimpses of **HEALTHY RECIPE COUNTER**



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DEPARTMENT OF NUTRITION
Motto: Nutrition - Your Body's Ammunition

dreams

Healthy Recipe Counter



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(3RD CYCLE) AND COLLEGE WITH POTENTIAL EXCELLENCE BY UGC
SANTOSH NAGAR COLONY, MEHDI PATNAM, HYDERABAD - 50028.

DEPARTMENT OF NUTRITION
HEALTHY RECIPE COUNTER

DATE: 8TH SEPT 2022
TIME: 12:00 TO 12:30
VENUE: QUADRANGLE

Come join us!

The Department Of Nutrition is celebrating 5th Rashtriya Poshan Maah 2022 from 1st September till 30th September.

Theme of the month is 'Mahila Aur Swasthya' and 'Bacha Aur Shiksha'

On this occasion UG Nutrition students are organizing HEALTHY RECIPE COUNTER having flavoursome recipes that you will surely relish!



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Health Awareness program Government school

As a social responsibility our committee members and volunteers conducted an awareness program at Zilla Parishad school, Manikonda on Health, Hygiene, And Nutrition.



An Awareness programme was organized by Health Center, St Anns College for Women, Hyderabad at Zilla Parishad school, Manikonda on Health, Hygiene, And Nutrition. Teachers along with students volunteered for this programme. Awareness regarding the importance of health and the advantages and disadvantages of hygiene was given. The students also talked about nutrition, what is a balanced diet, the importance of breakfast etc. This awareness programme was a wonderful experience.

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Talk on Cancer-Awareness and prevention

An awareness session on Cancer and its prevention was organized by the Health Centre, St Anns College for Women, Hyderabad in collaboration with youth for seva and Swastava Cancer care by RTN Dr Chaturvedi, general secretary, Swastava cancer care on 22nd October, from 10.30 am to 11.30 am at A.V room.

Dr Chaturvedi is a member executive committee and director of the International Coordinator of cancer care India. The session was started by prayer, followed by a green greeting, a tradition at St Ann's. A brief introduction about Dr Chaturvedi was given by the student. Dr Chaturvedi talked about what is cancer, the types of cancer, its symptoms and its causes. He gave light on the importance of cancer awareness and its prevention. This awareness session was wonderful, informative and interactive. The session was concluded with a vote of thanks.



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Guest lecture by doctors on Obesity and PCOD –symptoms and causes

A guest lecture was organized by the Health Centre, St Anns College for Women, Hyderabad on the topic of obesity by Dr Reginald Lam and Polycystic Ovary Syndrome (PCOS) by Dr Deepthi on 15th September 2022 in the A.V room. The guest lecture started with a prayer followed by the green greeting, a tradition at St Ann's.

Dr Reginald talked about obesity. He highlighted the symptoms and causes of obesity. He also mentioned the classes of obesity. Next, Dr Deepthi talked about PCOS: its causes, symptoms and treatment, which is followed by a question and answers session by the audience.



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Free eye check-up camp by MAXIVISION for staff and students

A free eye check-up camp was organized by the Department of Commerce and Health Center, St Anns College for women in collaboration with Dr Reddy's digital health solution ICICI LOMBARD 'SVAAS' followed by a talk on a digital wellness solution through a comprehensive application-IL take care to offer cashless outpatient services and free eye check-up camp in collaboration with MAXIVISION for the staff and students on 9th February 2023. The faculty members were requested to avail of the services.

The talk on digital wellness solutions was conducted in the A.V. room. It was followed by a talk on four key touchpoints in the journey of outpatient health and wellness including doctors, pharmacists, laboratory services etc. The camp benefited many people with their eye health.



Department of Commerce and Health Centre in collaboration with Dr. Reddy's digital health solution ICICI LOMBARD 'SVAAS' jointly organizes a talk on a digital wellness solution through a comprehensive application-IL Take Care to offer cashless outpatient services (CL OPD) and free eye check up camp by MAXIVISION for the staff and students on 9th Feb 2023. Request faculty to avail the services.

Talk on four key touch points in the journey of outpatient healthcare and wellness – doctor consultations, pathology laboratories and diagnostic services, pharmacies, and insurance
AV room (2.00 pm - 2.30 pm) typing.

Date - 9/02/2023
Venue – Ground floor (Eye check up)
Time - 10.00 am - 2.30 pm
Talk on four key touch points in the journey of outpatient healthcare and wellness – doctor consultations, pathology laboratories and diagnostic services, pharmacies, and insurance
AV room (2.00 pm - 2.30 pm)

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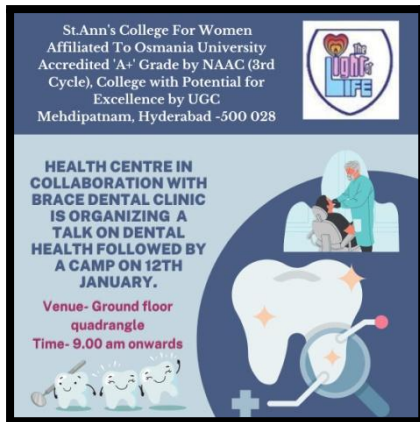
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Organised a free dental camp for staff and students

A free dental camp was organized by St Anns College for Women by Health Center in collaboration with the Brace dental clinic followed by a talk on dental health on 12 January 2023. This camp was organized in the ground floor quadrangle from 9. am onwards. All the staff, non-teaching staff and students participated in this dental camp. **Complete oral checkup with proper diagnosis with proper treatment plan**

- * Free Consultation with super specialist Doctors
- * Free family consultation with coupon
- * Free scaling free polishing
- * Special Discounts on all treatments

A talk on dental health was given by a specialized dentist about the importance of oral health and hygiene. This camp was a successful event.



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Free Health camp by Vijaya Diagnostic Centre

A free health camp was organized by Health Center, St Anns College for Women in collaboration with Vijaya Diagnostic Center on 10th March 2023 at the health centre. This free health check-up camp includes the following health parameters like body temperature, blood pressure, random blood sugar levels, heart rate, muscle mass, body mass etc. Safety measures were followed such as wearing masks, sanitizing etc. Social distancing norms were also followed by both the medical team and the population. Additional tests such as bone density tests were also provided by the diagnostic centre with charges. All the faculty members, teaching staff, and non-teaching staff participated in this camp.

FREE HEALTH-CHECK CAMP
HEALTH CENTRE
IN COLLABORATION WITH
VIJAYA DIAGNOSTIC CENTRE

FREE HEALTH-CHECK PARAMETERS

- Body Temperature
- Blood Pressure
- Random Blood Sugar*
- Heart Rate
- Oxygen Saturation (SPO₂)
- Body Fat%
- Muscle Mass
- Bone Mass
- Body Mass Index (BMI)
- DCI / BMR
- Metabolic Age
- Body Water %
- Visceral Fat

** Only for people above the age of 30 years*

Optional Tests

- Bone Mineral Density Test worth ₹ 1000 at just ₹ 200
- Body Composition Analyser Report worth ₹ 1500 at just ₹ 500

DATE : 10TH MARCH 2023 **VENUE : HEALTH CENTRE**

We are ensuring maximum protection for your safety

- Masks will be used by all our staff
- Frequent sanitization of equipments
- Hand sanitization before/after health-check
- Social distancing norms to be followed



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My Story- Motivational Session by Successful Innovator

Date: 07-12-2022

Time: 1:30 pm onwards

Resource Person:

Ms. Neha Shah, Founder of People of Prints Incubated at IIM B NSRCEL, Hyderabad.

No. of Participants: 80

Mode: Offline

Introduction about Incubation Centre: Incubation center (SAIC)

Vision: Encouraging Innovation Leading To Social Transformation & Women Empowerment

Mission: Nurture Young Minds to Become Entrepreneurs

The aim of the SAIC (St. Ann's Incubation Centre) is to enable the students to have a first-hand experience in entrepreneurship and encourage students for innovation-driven activities at the institute. The purpose is to provide a comprehensive and integrated range of support including space, mentoring, training, networking, and other benefits. The incubation center at St. Ann's will be the hub of innovative ideas and high-impact ventures in educational, social, commercial and other domains. It is a platform where young minds and new-age entrepreneurs transform their innovative ideas into viable business domains. Our primary focus is to facilitate a pathway to start business ventures with minimum scale. It will ensure that "Incubates" have access to technical assistance and other support through mentors from multidisciplinary expertise.

Objective

- This seminar aims to inspire and motivate young students to take action and realize their dreams.
- The successful innovator shared her personal story of success as well as offered practical advice and strategies on how to stay motivated and reach success.
- The seminar provided the participants with an opportunity to ask questions, engage in discussion, and network with each other.
- The goal is to help attendees develop the mindset and the tools needed to succeed in their respective fields.

Session Report:

The session started with welcoming the resource person with a green greeting by Ms. K. Rajeswari. Ms. Sylaja introduced the speaker with her brief profile. The later session was taken over by the resource person Ms. Neha. She shared her personal experience to the students like how she had a business thought, how she came into this idea etc.

Ms. Neha delivered the journey of People of Prints Incubated at IIM B NSRCEL, Hyderabad. First, she started a personalized and social design printing company from this



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she use to help people relive their memories in the most creative ways. They provide an array of Technologically advanced print services to photo lovers, photographers, artists, and emerging businesses. The POP Machine- First Time ever The Whatsapp Instant Photo printer for Events – CLICK. WHATSAPP. PRINT – A fun interactive and Memorable experience that guests can take home.

Outcomes:

- She was an inspiration to all the young generation, as she said, even though there are many odds, sleepless nights, and stressful situations in her journey as a successful entrepreneur, she never gave up and said suffering gives fruitful endings.
- At the beginning of 2020, It was the beginning of their business to a successful journey catch up. But due to COVID, the team didn't lose hope instead they utilized the time to improve more innovative options in their POP MACHINE.





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Info Session on Ideas for Startups

DATE: 30 JANUARY 2023

TIME: 12:30 – 2:00PM

Target Audience: UG & PG Students

No. of Registrations: 100

Resource Person: Mr Maaz Ahmed Khan, Founder & CEO, Torq Electric

St. Ann's Incubation Centre (SAIC) of the College under the Institution's Innovation Council organized an info session on "Ideas to Startups" on the 30th of January 2023 from 12.30 p.m. to 1.30 p. m. The resource person for the session was Mr Maaz Ahmed Khan, Founder & CEO, Torq Electric.

The objective of the Session: The idea behind organizing the info session was:

- Improve knowledge of student entrepreneurship and motivate students
- Emphasize the value of student entrepreneurship as a way for students to get real-world experience and launch a firm while they are still in school.
- Inform young people about the advantages of student entrepreneurship and prod them to use their start-ups to solve neighbourhood problems.

The info session started with a warm welcome to the dignitaries, faculty and participants by the hosts. The resource person Mr Maaz Ahmed Khan was then presented with green greetings of saplings by Ms. K. Rajeswari..

Mr. Maaz Ahmed Khan, the resource person, was introduced to the audience by the host, as was the topic of the session. This marked the start of the session.

The session continued with Mr. Maaz sharing his inspiring journey of how he started his company Torq Electric. It is more than an EV startup designated to be the best EV-converting workspace of all types of modern and conventional vehicles for a better future. It converts fuel vehicles to Top-Class Electric Vehicles with First-Class features! Mr. Maaz is on a mission to create a sustainable living with his automotive manufacturing by creating a low-carbon society is something we envision, and he does not want to stop until he transforms India - Electric and Sleek!

He talks about how in the initial stages of the entrepreneurial journey, he came up with multiple startup ideas which he tried and tested but failed. He then finally came up with the idea of making electric vehicles and already had tons of competitors. The way Torq Electric stands out from the others is that it converts existing vehicles into electric vehicles in T-3 days! So far, very few to no EV companies offer such services.



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Lastly, the info session ended with a vote of thanks to the resource person for sharing his exceptionally inspiring journey of entrepreneurship that ignited a spark within the students to pursue their passion.

Feedback: The story told by the resource person wowed the audience. The speaker was animated and effectively communicated each topic. The session was both entertaining and informative, with interactive elements and audience-engaging questions. The speaker's presentation rekindled the students' interest in entrepreneurship. The session's objective was met.





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Santoshnagar colony, Mehdiapatnam, Hyderabad - 500 028.

An Innovation and Entrepreneurship Programme In School/Community

Date: 06 February 2023

Time: 1.00 PM to 3.00 PM

Venue - St. Ann's girls' high school (Asif Nagar Road, Sri Ram Nagar Colony, Mehdiapatnam)

Speakers –

- Ms. K. Rajeswari Incubation Coordinator, St. Ann's College for Women
- Ms. Mounika Desitti [BBA 2nd year, Founder of Nutrish.app]
- Ms. Summaya [BSC 2nd year, Founder of Nureicream.com]
- Ms. Syeda Sariya [BCOM 1st year, Founder of Supermaids.com]

Objective:

- Making students aware of start-ups
- Students will be able to grasp the fundamental concepts of innovation and entrepreneurship.
- Students are capable of identifying societal problems.
- It aids in the advancement of start-up knowledge.
- To cultivate young minds.

Currently, Innovation-driven development strategies place new demands on entrepreneurship education to cultivate innovative talents, which are an important driving force for future development. To build awareness about innovation and entrepreneurship among young minds, We visited to St. Ann's girls' high school, Asif Nagar. Sr.pushpa, the principal of girl's school welcomed us warmly and introduced us to the students, our audience was IX th class standard students, and their were 40 participants in total. Ms. Rajeswari started with basic information about innovation and entrepreneurship, ma'am quoted "thinking out of the box" and "Earning while learning ".She concluded with innovation and some examples of founders who brought really a big change in society.

Then the student entrepreneurs shared their journeys and inside into their entrepreneurship. The above-mentioned 3 entrepreneurs shared their real-time experiences, what are the experiences, how the student can think differently, and how to overcome critics etc. Followed by many questions from the students answered by the speakers. Finally, the school student got highly motivated and inspired by our talk and they are given good feedback in the form of oral and text messages the students' participation was so energetic.



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Outcomes:

- Students understood the depth of knowledge of innovation & entrepreneurship.
- High school students were inspired by young entrepreneurs.
- The startup's perspective shifts from difficult to simple.
- Students are extremely motivated.
- The session was really an eye open session for the school students.





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Design Thinking, Critical Thinking And Innovation Design

Date: 14 -2-2023 to 15-2-2023

Objective:

- The main objective was to fully immerse students in the world of innovation as a methodical approach to solving significant social and/or business problems, and to also offer a social and intellectual environment for identifying innovation challenges and developing original solutions.
- It mainly emphasises to change the student's perspective regarding design, design thinking and how to be able to view things with an approach from a different angle and think out of the box, be creative and innovative.

Benefit in Terms of learning/Skill/Knowledge:

- Provides the opportunity to look at a problem from a different perspective.
- Allows investigating a problem to find its cause.
- Encourages innovative thinking and creative problem solving.
- Ensures that the final outcome meets objectives and client requirements.
- Results in an experience that is more effective and informative for learners.
- Enables to continually expand your knowledge.
- Brainstorming and development.

Total number of participants: 100

Faculty Coordinator: Mrs. Indira Pridarshani

Members: Mrs, Bharmara Shree, Dr, Swapna, Dr Bhardwaj, Dr Poonam Dev, Mrs Keerthi.

Student Volunteer:

Naina Durga – BBA 2nd year

Hajira Yasmeen Omer Nida- BBA 3rd year

Nandini- BA JLP 3rd year

Abhigna – BA EPP 3rd year

Taher Zulfeqar – BSc Data Science 2nd year

Brief report of the activity:



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A two-day workshop on **“Design Thinking, Critical Thinking & Innovative Design”** was conducted at **St. Ann's College for women** in DSA room. The 2-day workshop has been commenced on in the morning at 10:00 AM with welcome note by Mrs Keerthi. Total of 100 students participated in this session. The resource person for the workshop was Mr. Fawaz Ali Co-founder/ Program Manager of Good Mind and Edventure Park.

The resource person began the first day's training by discussing logos and how they imply as a brand. The speaker stressed the idea that remembering something is considerably harder for the brain than just simply being able to recognise something. He also taught students that receiving input is crucial for building a logo in order to be recognised for any idea or design. This was followed by a fun drill in which he encouraged students to draw logos.

Additionally, Mr. Fawaz discussed thinking. He explained how one thinks depends on the circumstances. Additionally, mental thinking is harder than other processes. He has also provided an overview of psychology and how the mind functions. Imagination, memory, problem solving, and many other cognitive functions are all part of thinking.

Second day activity started at 10:00 AM. Mr Fawaz started session where he discussed the co-founders of Airbnb, Joe Brian Nathan, and provided an example of how they faced challenges, comprehended them, and came up with solutions.

He also discussed how they decided on an initial prototype and launched Airbnb, which is now one of the prosperous businesses that is expanding globally. He claimed that validating causes ideas or solutions to conflict and grow as a result of ripple effects. Additionally, improvements to current solutions are made.

The speaker gave an insight on how UI i.e., User interface which is the face user interacts with and UX i.e., User experience where user experiences through interaction, which was followed by an activity where students were asked to draw the interface of WhatsApp, YouTube and other platforms. The session was highly engaging and enlightening for the students.



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Process of Innovation Development & Technology Readiness Levels, Commercialization of Lab Technologies

Date: 17/2/2023 to 17/2/2023

Objective

Process of Innovation Development & Technology Readiness Levels,
Commercialization of Lab Technologies

Benefit in Terms of learning/Skill/Knowledge

Complete understanding of taking an idea and developing a market ready innovation that can be patented based on Technology Readiness Level

Total number of participants : 80

Faculty Coordinator and active faculty members of your group.:

Ms Aparna Bulusu, Dept of CS , Social Media Cell Convenor

Ms Prashanthi, Dept of MCA

Ms Sujatha, HoD, Dept of BBA

Mr Ravi, Programmer and Network Administrator

Student Volunteer name/names

Ms Vintha Onman, MCA I Year

Ms Kiranmayee, B Sc III MSDS

Brief report of the activity

A blended session was organized on Feb 18th, 2023 on the topic: 'Process of Innovation Development, Technology Readiness Level, Commercialization of Lab Technologies and Tech Transfer'.

The session was taken by eminent resource person, Dr. Agalya, Professor and Associate Head (R & D), IIC President and Innovation Ambassador, MoE's Innovation Cell, New Horizon College of Engineering, Bengaluru

The session was very informative and provided a bird's eye view of the journey from converting an Idea to a Prototype. Identifying real world problems and coming up with viable solutions is the first step to be followed. An idea needs to go through various levels of



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technology readiness before it can become a minimum viable product. A minimum level of 4 is needed before a prototype can be ready for production.

The session also threw light on some interesting patents of the resource person like 1. Filter to remove cancer causing gases from Sanitary napkin Incinerators, creation of beetroot jellies to make consumption easy etc. Students were very inspired by these real world examples of how new product ideas and patents germinate from innovative solutions to everyday problems.





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Two-Day Workshop on “Entrepreneurship and Innovation as Career Opportunity”

Date: 2nd & 3rd February 2023

Time: 10:00 am

Venue: Auditorium

Target Group: BBA I, II, III

Resource Person: Mr. Nagarjuna

OBJECTIVE

- To inspire, educate and impart knowledge to the students of business management on Entrepreneurship and Innovation as career opportunity.
- To evaluate entrepreneurial skills in them and provide them a path way to build them.
- To signify in students the importance of Team building .

OVERVIEW:

The session was started by invoking god's blessings.heartily welcoming Mr. Nagarjuna , CEO ACUMEN Connect with a welcome speech.Head, Mrs. D.Sujatha addressed the gathering and introduced and explained to the students about the need and importance of entrepreneurship and how one can and should carry it forward as a career opportunity. Then greeted our guests with green greetings from Assistant professor Dr. K Bharadwaja. Mounika from BBA final year gave a brief profile about our resource person. And then the session was handed over to Nagarjuna Sir.

Mr. Nagarjuna, started the session by giving information about entrepreneurship and asking the students about their idea of entrepreneurship. And then emphasized and took perceptions of students about LEARNING & RE-LEARNING, He explained that learning something when it is necessary and needed and then relearning that thing according to the requirement should be the mindset of every entrepreneur. He then asked everyone what is an entrepreneurial mindset. Students share their thought to which he added 4 more points that he said is very important for an Ambitious entrepreneur. The points were USER PROFILE, EXPERT CONSULTANCY, ANALOGOUS EMPATHY, AND PUTTING YOURSELF IN THEIR SHOES. User profile explains what are the interest areas of the person and what is he/she passionate about, looking for problems to find out a solution. Expert consultancy



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explains after searching for a problem ,consult an expert who has information and idea about how efficiently the problem can be solved. Analogous empathy explains identifying the aspects or situations which are the most important or interesting ones. Putting yourself in their shoes explains you using the solution or experimenting with yourself first.

Every one about the water problem that is faced by every woman in rural areas and asked the students for their solution to the problem and explained to them that the above-mentioned 4 points can be used to solve this problem as well. Through a video the knowledge of current affairs was assessed by posing questions about Anand Ambani's current state and the impact of his downfall on India's economy.

The audience was seated in 8 groups of 10 members. He asked the team to choose a Vice Captain for themselves after that is done they were asked to choose a final-year student as their team leader. He then announces a challenge named

MARSHMALLOW CHALLENGE. Each team was provided with 30 Spaghettis, 1 Yarn of thread, 2 cello Tapes, 1 cutter, and 1 Marshmallow. They were given the challenge to construct the tallest free-standing tower with the marshmallow on it. This information was given to everyone and then sent to have their lunch and to discuss the ideas for the challenge. After coming back from the break each team was given their supplies and were given 20 minutes to construct the tallest free-standing tower. Also, they were asked to give a name to the tower and it must have a jingle. After the end of 20 minutes, he then observed everyone towers and then displayed a ppt that explains what all skills were required and were used for this challenge some of the skills were: teamwork, flexibility, interpersonal skills, communication skills, leadership skills, etc. he speaks about all these qualities of a leader and then asks everyone for a problem that they want to find a solution for and then he shared his journey of entrepreneurship. then the session ended with a vote of thanks by Shakeela from the final year. before that, he declares the team who won the challenge and congratulates them. Then the session ended with the national anthem.

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INSTITUTION'S INNOVATION COUNCIL

DEPARTMENT OF BUSINESS MANAGEMENT (UG)
LEARN. LEAD. LEGACY

Two day workshop on "Entrepreneurship and Innovation as Career Opportunity".

In collaboration with IIC St. Ann's
Resource person
Mr. Nagarjuna
CEO of Acumen connect

2nd & 3rd February
10:AM - 2:PM

The workshop focuses on following:
- Interpersonal skills &
- Entrepreneurship
- Critical & creative thinking skills
- Practical entrepreneurial skills &
- Knowledge



OVERVIEW:



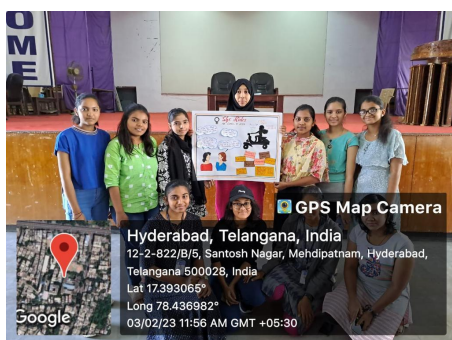
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The Program started with assembling the students of all 3 years in the auditorium. Students were grouped and made into teams. The guidelines were: Everyone was allotted 3 hours to complete the poster, No plagiarism from the internet, and every group should come up with a societal problem and a solution for it. Every group started preparing the poster and everyone had innovative ideas and very different problems and their solutions were even more innovative. Each team has to present their poster in front of judges who were Assistant professors of BBM department DR.K Bharadwaja and Mrs. Indira. After the presentation of every team, 3 winners were selected. The 1st winner stated the problem of biogas, then 2nd winner stated the problem of food wastage and the 3rd stated the use of ayurveda.

FEEDBACK

Students gave a very positive and energizing feedback that the session was very informative and it helped them in changing their mindset that entrepreneurship is an innovative and career opportunity. Skills play a major role in upliftment and downfall of an entrepreneur. Demanded more sessions like this in the future.





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BSE Capital Market Awareness

The image shows a Zoom meeting interface. The main window displays a presentation slide with the BSE logo and the text "Investor Protection Fund". The slide content includes:

- BSE Investor Protection Fund**
- Mutual Fund - Type of Schemes**
- SCHEME TYPE**
- Investment**
 - Equity
 - Sectoral
 - Index Based
 - Thematic
 - Ten Spring CLASS
 - Debt / Money Market
 - Liquid
 - Short Term
 - Long Term
 - Hybrid / Balanced
 - Gold
 - International Funds
 - Commodity
 - Options
 - Other Scheme Plans
 - Growth
 - Divest
 - Dividend
 - Regular
 - Dividend Reinvest

The meeting participants list on the right includes: Keerthi Kommar... Lotus E&T Lotus E&T Tressa Mathew Nooreen Begum. The bottom status bar shows the system tray with temperature (23°C), battery level (81%), and time (11:07 AM on 06-06-2022).

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