

CRITERION III – RESEARCH, INNOVATIONS AND EXTENSION

3.2 Extension activities

3.4.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., (including the program such as Swachh Bharath, AIDS awareness, Gender issues etc. and / or those organized in collaboration with industry, community and NGO's) during the last five years

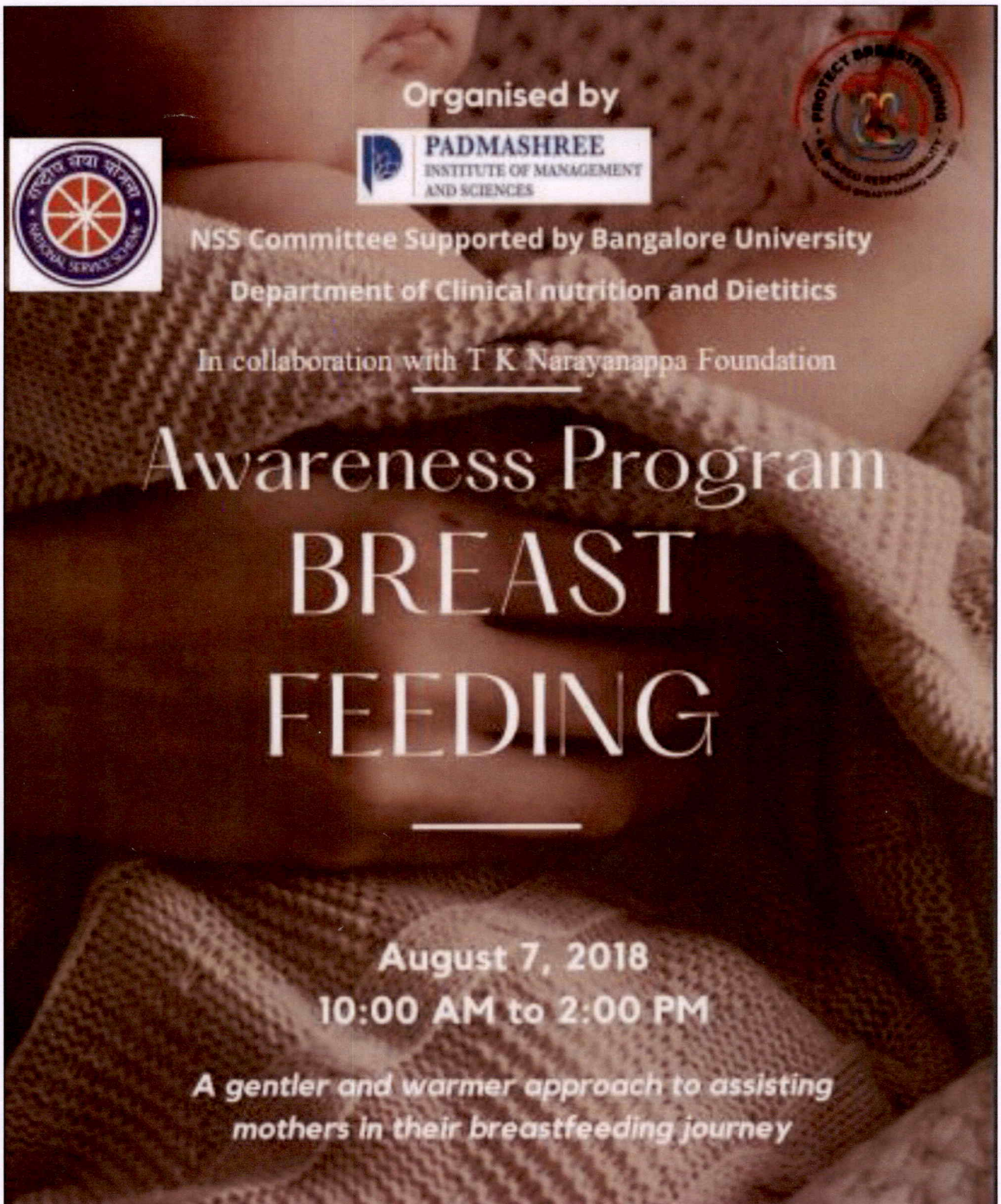
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Anuradha M

Dr. Anuradha. M
Principal
Padmashree Institute of
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 Organised by 

NSS Committee Supported by Bangalore University
Department of Clinical nutrition and Dietetics
In collaboration with T K Narayanappa Foundation

Awareness Program
BREAST
FEEDING

August 7, 2018
10:00 AM to 2:00 PM

*A gentler and warmer approach to assisting
mothers in their breastfeeding journey*

Awareness Program on Breast Feeding at Anganwadi, Byrohalli

Event	Extension activity
Date	07-08-2018
Organized by	NSS, PIMS
Participants	25 students, NSS volunteers, faculties, 20 women
Event	Breast Feeding Week 2018

Program Summary

The awareness program aimed to educate and raise awareness about the benefits of breastfeeding for both the mother and the child. The students emphasized the importance of breast milk as a complete source of nutrition for the baby and the various benefits it provides, such as improved immunity and reduced risk of certain diseases. They also cleared any doubts or misconceptions the women had about first milk (colostrum) and the importance of exclusive breastfeeding for the first six months of a baby's life. The students' efforts were successful in spreading awareness and promoting the importance of breastfeeding in the local community.



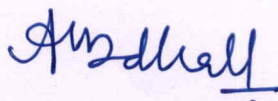

Dr. Anuradha. M
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Photo Gallery: Awareness Program on Breast Feeding at Anganwadi, Byrohalli



Posters made by our students



Anuradha M
 Dr. Anuradha. M
 Principal
 Padmashree Institute of
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Students interacted with mothers and educated mothers about feeding nutritious food to children



Students interacting with children and making them to learn about healthy foods



Anuradha M
Dr. Anuradha. M
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Group photos of students with mothers and children



Anuradha

Dr. Anuradha. M
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SWACCH BHARATH ABHIYAAN – A BEYOND CAMPUS INITIATIVE
27th August, 2018

Organised by NSS committee, PIMS,
Supported by NSS committee,
Bangalore university

SAVE OUR PLANET

Avoid waste and plastics
Use all the food you buy, and
skip single-use plastics.



SWACCH BHARATH ABHIYAAN – A BEYOND CAMPUS INITIATIVE
27th August, 2018

Title	Swacch Bharath Abhiyaan – A beyond campus initiative
Event conducted on	27-08-2018
Participants	NSS Volunteers, 67 students
Organizing committee	Organized by NSS committee, PIMS Dr. Anuradha M. Dr. Thammaiah R.B Dr. Nethra S. Ms. Rajini J. Student co-ordinators: Ms. Deepika Ms. Ranjitha Mr. Dhanajaiiah Mr. Naveen Mr. Nishanth
Event	Extension program

Program schedule

Program	Time
Inauguration	10:00 AM
Welcome Speech	10:10 AM
Key note address	10:15 AM
Cleaning activity in village	10:15-11.30 AM
Refreshment break	11.30-11.45 AM
Continuation of cleaning activity	11.45-12.30 PM
Oath taking	01:00 PM
Vote of thanks	01.05PM

Photo gallery: Swacch Bharath Abhiyaan



Cleaning activity in Village

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The session ended by oath taking of students and staffs to maintain plastic free environment




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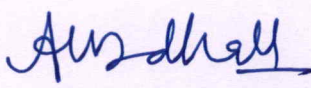
Program summary

This program was organized to enlighten participants to save our planet by eradication the usage of plastics. The program commenced with talk by Dr. Anuradha M., Principal, Padmashree Institute of Management and Sciences, on how to maintain the plastic free environment and the hazards caused by use of plastics. She also stressed that it is the responsibility of every individual to completely eradicate the use of plastic. Staff, NSS volunteers and students actively participated in the event.

A total of 67 students, NSS volunteers and 25 staff participated in the programme. Dr. Thammaiah R.B., welcomed the gathering. Along with NSS Programme officers the organizing committee-initiated cleaning activities. Students were motivated towards 'Clean India' by the inspirational talk by Dr. Anuradha M., Principal, Padmashree Institute of Management and Sciences. She enlightened volunteers about the importance of cleanliness, starting from one's home to the entire country. The volunteers were asked to make the nearby villages Hossabyrohalli and Kommagatta, clean and plastic free.

The NSS volunteers divided the students into 2 groups, who worked on collection of plastics in nearby villages. Each group was headed by NSS volunteers and faculty. The session came to an end with a pledge by students and staff to maintain "Plastic free environment".




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KERALA & KODAGU FLOOD DONATION CAMPAIGN

Around Kengeri & Nagharbhavi, Bengaluru

Date	28-08-2018
Organization committee	Organized by NSS committee, PIMS Dr. Anuradha M. Dr. Thammaiah R.B. Dr. Nethra S. Mrs. Manju Bhargavi NSS Volunteers
Number of Participants	70
Event	Extension activity

Motto of the fund collection

The situation was dire and required immediate support from all possible sources. In this scenario, the students and staff of Padmashree Institute of Management and Sciences stepped forward to help by volunteering and donating to the Kerala and Kodagu flood donation fund. They collected funds from various places like police stations, shops, and markets in Kengeri and Nagharbhavi. The staff members and management also contributed a part of their salary to the cause, showing their support and compassion for those affected by the disaster. The collective effort of the institute helped to provide much-needed support to the people of Kerala and Kodagu during a difficult time.



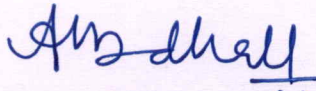
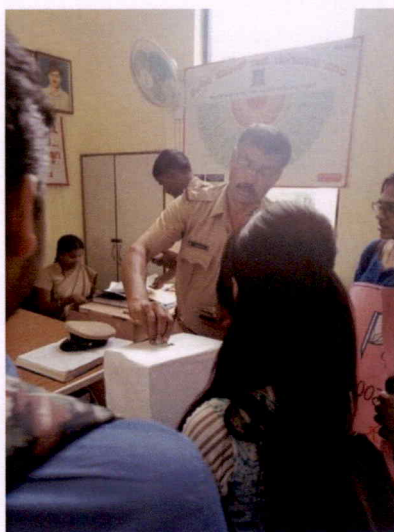
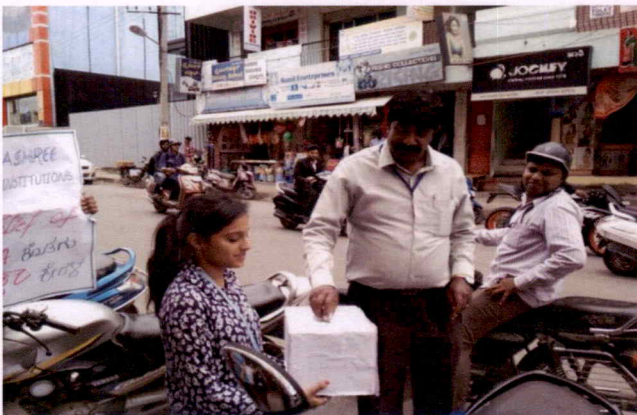

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Photo gallery: Kerala & Kodagu Flood Donation Campaign



An Mall
Dr. Anuradha. M
Principal
Padmashree Institute of
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Anuradha M
Dr. Anuradha. M
Principal
Padmashree Institute of
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Anthropometric measurements and nutritional awareness for staff and children of primary school, Hosabyrohalli

Date	30-08-2018
Title	Anthropometric measurements and nutritional awareness for staff and children of primary school
Organized by	B.Sc. Clinical Nutrition and Dietetics, Padmashree Institute of Management and Sciences
Number of participants	School staff and children

Program Summary

The students of B.Sc. Clinical Nutrition and Dietetics, Padmashree Institute of Management and Sciences organized a program to do the anthropometric measurements and create nutritional awareness for the staff and children of Primary school, Hosabyrohalli. The students also created awareness about the importance of a balanced diet and the role of nutrition in promoting good health. They discussed the various food groups and their importance in maintaining good health. The children were encouraged to eat a variety of foods to ensure they get all the necessary nutrients for their growth and development. The program aimed to educate the children and the staff about the importance of good nutrition and how it can impact their health positively. By educating young children, the students hope to encourage healthy eating habits that will last a lifetime.



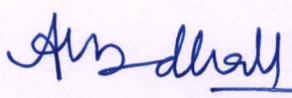

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Photo Gallery: Anthropometric measurements and nutritional awareness for staff and children of primary school, Hosabyrohalli



Students measuring the height and weight of children



Students explaining about the portion size of foods to be consumed and nutrients present in them to staff of the school and to the children.

Anuradha

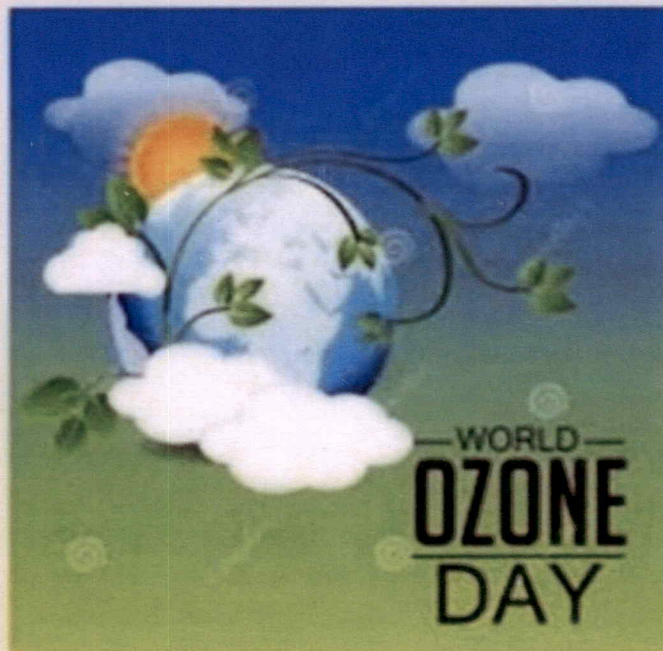
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PADMASHREE
INSTITUTE OF MANAGEMENT
AND SCIENCES

is organizing



in collaboration with Poornayurdhama

September 16th, 2018

Venue: Seminar Hall, Padmashree

Campus, PIMS

Resource Person:



Dr. Prapulla SG

Rtd. Chief Scientist & Head

CFTRI, Mysore

www.pims.org

Awareness on protection of Ozone Layer

Title	Awareness on protection of Ozone Layer
Event conducted on	16-09- 2018
Resource person	Dr. Prapulla, Former Scientist, CFTRI
Participants	25 Students, 3 faculties of PIMS, 10 outside villagers
Event	World Ozone Day: Extension activity

Program Summary

On account of World Ozone Day, there was an environmental awareness program organized for the students. The session commenced with a scientific talk by Dr. Prapulla, Retd scientist at CFTRI, enlightened students about the importance of the ozone layer and its depletion. The Speaker also emphasized on the various solutions for the protection of ozone layer. All students were given an insight about important causes of the depletion of ozone layer. The session included discussions on the chemicals discharged into the environment are affecting the ozone layer.

As a part of this, an extension activity - Plantation of trees was planned in Poornayurdhama. All the students visited Poornayurdhama and planted trees along with the people of the neighborhood villages around the college. Students extended their willingness to provide an insight about the effectiveness of plants in reducing pollutants that are causing damage to the ozone layer and also discussed measures to prevent pollution.




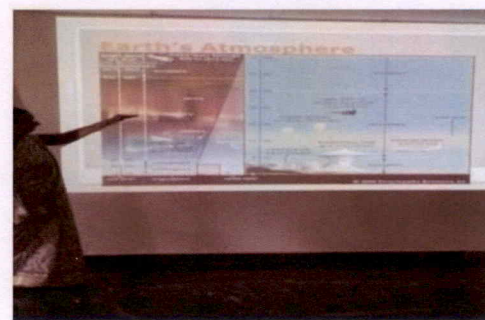
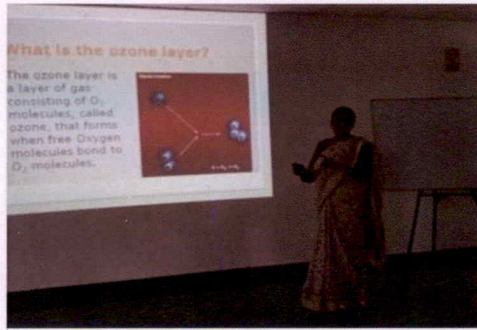

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Photo Gallery: Awareness on protection of Ozone Layer



Anuradha
Dr. Anuradha. M
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HIV- AIDS AWARENESS PROGRAM

Organised by
NSS Unit
Padmashree Institute of Management and Science
on
1st December 2018
In
HOSABYROHALLI VILLAGE
KENGERI



HIV- AIDS AWARENESS PROGRAM

Organised by NSS Unit
Padmashree Institute of Management and Science
on
1st December 2018
In
HOSABYROHALLI VILLAGE KENGERI

Program Schedule

Event	Extension program
Organization committee	Organized by NSS committee, PIMSDr. Anuradha M. Dr. Thammaiah R.B. Dr. Nethra S. Ms. Rajini J. Students Coordinators Ms. Deepika Ranjitha Dhanajaiah Naveen Nishanth
Supported/Sponsored by	NSS, Bangalore University
Programme schedule	1. Inauguration: 10.00 AM to 10.30 AM 2. Poster presentation: 10.30 AM to 12.00 AM 3. Awareness in the village: 1.00 PM to 3.00 PM 4. Vote of thanks : 3.00 PM to 3.30 PM
Number of Participants	45

Ausdhal

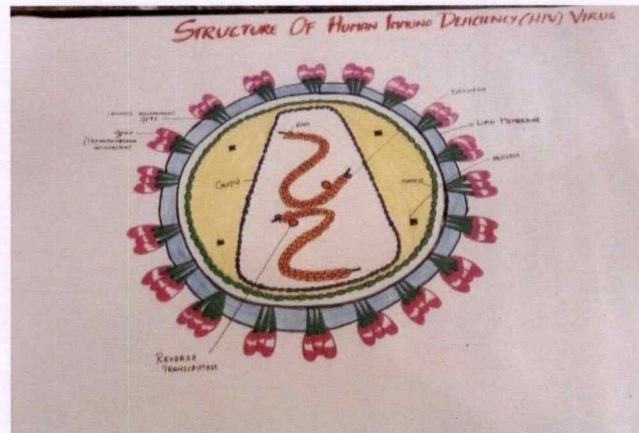
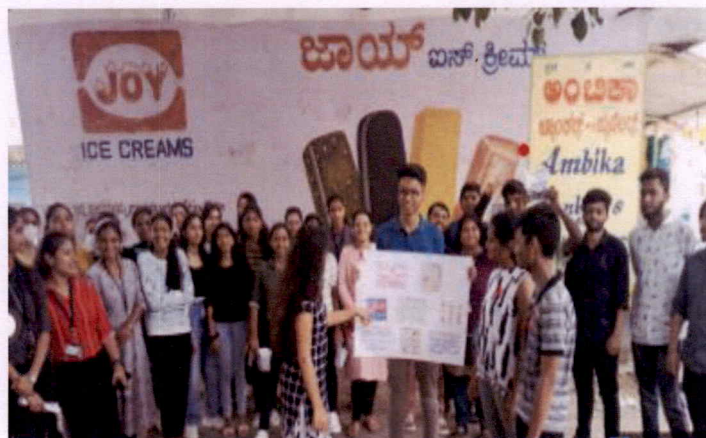
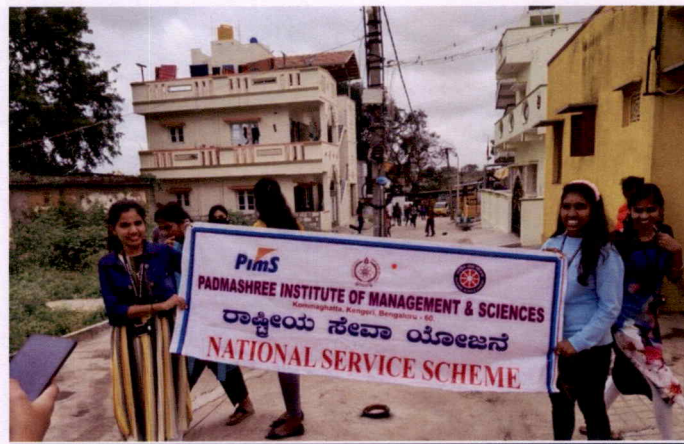


Photo gallery: HIV- AIDS Awareness Program




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Program Summary

The World AIDS Day event in Hosabyrohalli village aimed to raise awareness about HIV/AIDS and educate the community about the symptoms, causes, and prevention of the disease. The event was organized by Padmashree Institute of Management and Sciences and the NSS, and it was inaugurated. Dr. Anuradha M, the Principal of Padmashree Institute of Management and Sciences, addressed the gathering and emphasized the importance of creating awareness about the disease. The event included interactive activities, poster displays, and discussions to educate the villagers. The program was concluded with a vote of thanks by an NSS volunteer, thanking all organizers, teachers, coordinators, and participants for making the event a success.




Dr. Anuradha. M
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Nutrition Counseling in Medical Camp Organized by BBMP

Event	Extension program
Date	09-03-2019
Title	Nutritional counselling in Medical Camp
Organized by	Bruhat Bengaluru Mahanagara Palike (BBMP)
Number of participants	8

Program Summary

"The Bruhat Bengaluru Mahanagara Palike organized a medical camp in Basavanagudi, Bangalore. The students of B.Sc. Clinical Nutrition and Dietetics (CND) from Padmashree Institute of Management and Sciences set up a free health camp and nutritional counseling booth. They provided nutritional counseling to patients with lifestyle-related disorders.

Dr. Aswath Narayan and Mr. Ravi were the honored guests of the event and visited the booth to interact with the students. The students counseled approximately 80 people during their visit. They educated the visitors about various lifestyle disorders that arise due to a lack of nutrients and stressed the importance of eating a healthy, nutrient-rich diet for overall health. The students also discussed the significance of eating at the right time and gave a brief overview of mindful eating.



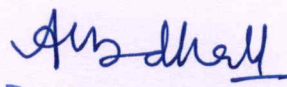
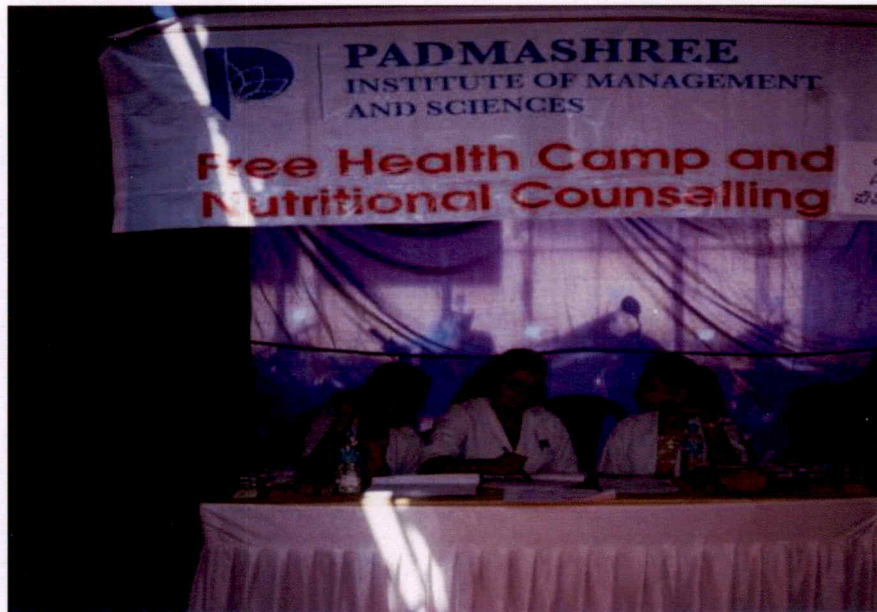
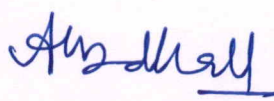

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Photo Gallery: Nutrition Counseling in Medical Camp Organized by BBMP



Dr. Ashwath Narayan Honorable Deputy Chief Minister of Karnataka visited the stall and interacted with our students




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Students displayed foods belonging to different food groups to educate people about the concept of balanced diet



Students guiding the people visiting the stall enquiring the health status and interacting regarding healthy eating



Anuradha M

Dr. Anuradha. M
Principal

Padmashree Institute of
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