



St. Joseph's College of Commerce (Autonomous)

Affiliated to Bengaluru City University

Accredited with A++ Grade by NAAC in 4th Cycle (CGPA of 3.57/4)

College with Potential for Excellence (CPE)

Ranked 93rd in NIRF 2022 by the Ministry of Education, Government of India

#163, Brigade Road, Bengaluru - 560025, Karnataka, India

AQAR: 2021-2022

3.6.4 Students Participation in Extension and Outreach Activities

Outreach (Bembala) Report

Academic Year 2021-22

Blue Chip 2021-22



Bembala



Bembala is a Community Outreach Programme designed for students of all institutions under Bangalore Jesuit Educational Society (BJES), initiated to realize the Jesuit Vision of life and education. SJCC envisions forming young men and women with a strong concern and commitment for the society they live in. The outreach programme consists of awareness building exercises, cleanliness drives, campaigns for social causes, social visits, and rural visits. After the pandemic subsided the Bembala team organized several social visits to old age homes, orphanages and government schools and helped the community in their efforts at getting back to normal.

Webinar Series

As part of promoting awareness on mental health and well-being among students, the Outreach Department organized a webinar series for 2nd year UG and PG students. The participants actively engaged in discussions and were able to share their views on the significance of mental wellness. All students submitted individual reports after attending the webinar. Bembala Team members assessed the reports and awarded academic credit points accordingly.

Date	Webinar Topic	Class	Time	Resource Person
28.08.21	Effects of Covid – 19 on Humanity and its Impact on Mental Health	2 BBA A & B	10:50 am to 11:50 AM	Ms. Annet Shaju, Asst. Prof. Sampurna Monfort College, Bangalore
31.08.21	Strategies to Foster Mental Health and Well – being	2 BBA C & D	10:50 am to 11:50 AM	Dr.Rekha R Ahuja, Asst. Director, Samagra.
6.09.21	Strategies to Foster Mental Health and Well – being	2 B.Com A & B	10:50 am to 11:50 AM	Dr.Rekha R Ahuja, Asst. Director, Samagra.
7.09.21	Strategies to Foster Mental Health and Well – being	2 B.Com C & D	10:50 am to 11:50 AM	Dr.Rekha R Ahuja, Asst. Director, Samagra.
8.09.21	Strategies to Foster Mental Health and Well – being	2 B.Com E & F	10:50 am to 11:50 AM	Dr.Rekha R Ahuja, Asst. Director, Samagra.
	Strategies to Foster Mental Health and Well – being	2 B.Com G & H	10:50 am to	Dr.Rekha R Ahuja, Asst.

Extension and Outreach Activities**AY : 2021 - 2022**

11.09.21	Strategies to Foster Mental Health and Well – being	M.Com FA	10:00 am to 11:00 AM	Ms. Annet Shaju, Asst. Prof. Sampurna Monfort College, Bangalore
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13.09.21	Strategies to Foster Mental Health and Well – being	M.Com Reg	10:00 am to 11:00 AM	Dr.Rekha R Ahuja, Asst. Director, Samagra.
15.09.21	Strategies to Foster Mental Health and Well – being	M.Com IB	10:00 am to 11:00 AM	Ms. Annet Shaju, Asst. Prof. Sampurna Monfort College, Bangalore

Observing Days of International Importance

The 3rd year UG & 1st year PG Students observed various international days by organizing activities for their respective classes. As a part of their activity the students collaborated with several not- for-profit organizations and visited various organizations.

Date	Programme/Activity	Participating Class
29.09.2021	International Day of Awareness of Food Loss & Waste	3 BBA A
01.10.2021	International Day for Older Persons	3 B.Com D
10.10.2021	World Mental Health Day	3 BBA D
15.10.2021	International Day for Rural Women	3 B.Com B
16.10.2021	World Food Day	3 BBA B
17.10.2021	National Cancer Awareness Day	3 B.Com G
07.11.2021	World Kindness Day	3 BBA C
13.11.2021	International Children's Day	3 B.Com F
20.11.2021	International Day of Persons with Disabilities	3 B.Com H
25.11.2021	International Human Rights Day	3 B.Com A
03.12.2021	International Day for the Elimination of Violence against Women	3 B.Com E
10.12.2021	International Day for the Eradication of Poverty	3 B.Com C



Blue Chip 2021-22



Social Visits

Bembala Department organizes social visits throughout the academic year which allows students to participate in community outreach activities and develop a sense of commitment to work towards the welfare of the marginalized communities.



a. Cottolengo Special School

Eighty students from 2 B. Com B visited the Cottolengo Special School in Whitefield, Bengaluru on March 31, 2022. The visit helped them understand the issues faced by people who live with physical and mental health problems as well as learning disabilities.

b. Government Urdu Model Primary School

Seventy students of 2 BBA B visited the Government Urdu Model Primary School in Viveknagar Bengaluru on March 31, 2022 which allowed students to understand the educational practices followed in government schools. The team visited the government school and helped them to come up with effective waste management mechanism. They also cleaned the playground of the school and organized games and cultural events for the school children.

c. Sandhya Suraksha

The eighty students of 2 B. Com G visited Sandhya Suraksha, a Home for the Elderly Women located at Anepalya, Bengaluru on March 12, 2022. The visit was conducted to identify the issues and concerns of the residents and offer support in whatever ways possible. The student volunteers took up all the responsibilities of the staff working in the organization for the day.

d. Mitti Café

26 students from 2 B. Com G visited Mitti Café, an award-winning NGO committed to the cause of employment and livelihoods for people with special needs on March 19, 2022. Mitti Café is a chain of cafes that provides experiential training and employment to adults with physical and intellectual disabilities. The team members who visited Mitti Café took up all the services of the cafe for a day as the staff was given a holiday. The students conducted interactive sessions and games for the staff, and distributed gift hampers to the staff members. They also invited a professional team for a comedy show. The proceeds of the show went towards procuring

wheelchairs. The artist line-up included emerging comedians from Bangalore like Sachin Kumar, Nithin Kamath, Kishore Yadav, and Kanishka Joshi.

e. NAMS Snehasadan Orphanage

Seventy-six students from 2 B. Com A visited the NAMS Snehasadan Orphanage in Jalahalli, Bengaluru on March 27, 2022. The team organized several activities for the inmates of the orphanage.

f. Shree Chaitanya Old Age Home

The students of 2 B. Com E visited the Shree Chaitanya Old Age Home in JP Nagar on March 10, 2022. They conducted different cultural activities and performances for the residents and also cleaned the premises.

g. Destitute home

On 23rd and 24th of May, 2022, second year PG students visited the 'Home of Hope'. Students organized various games and cultural activities for the residents. Also, the team distributed food items and daily necessities like rice, dal, sanitary napkins and essential items to the homeless people in Shivajinagar and Viveknagar. The students of 2 B. Com organized a Voluntary Distribution Drive on March 26, 2022 where they educated the homeless on basic health and hygiene. The drive took place at Majestic Railway Station, Bengaluru Cantonment Railway Station, and specific areas of Shivajinagar and Viveknagar.

h. Seminar on Women & Finance

The students of 2 BBA A attended a seminar titled "Women & Finance" conducted at SJCC campus by the Department of Commerce. Prof. Mukta from SJCC steered the session. The session enabled the participants to gain insights on investments and tax planning. It specifically covered various aspects of income tax deductions available to women like Sukanya and Samriddhi.



i. Cleanliness Drive at Government School

The Cleanliness Drive was carried in the government school campus on 28th May, 2022. The student volunteers engaged in cleaning the school premises with a view to create awareness on the importance of maintaining the surroundings clean and also prepared the government school students to organize similar events in future.

Blue Chip 2021-22

i Traffic Awareness Drive

The Bambala Outreach Department organized a Traffic Awareness Drive for the second-year students. The activity took place from 25th April to 21st May, 2022. The classes were allocated specific dates to complete this activity. The drive was organized to spread awareness on Traffic Rules and Regulations as per the Motor Vehicles Act, 1988. The drive focused on creating awareness about traffic rules in the Brigade Road Signal, MG Road Signal, Church Street Metro Station, Garuda Mall Signal & SJPU Signal.



Extension and Outreach Activities
2021 - 2022

AY :

I. Webinar

As part of promoting mental health and well-being in students' community, outreach has organized a series of webinar for 2nd year UG and PG students. Students were actively engaged in discussions, able to share their views on mental wellness. As part of post webinar activity students submitted individual reports which were assessed by the team Bembala for their academic credit points.

DATE	WEBINAR TOPIC	CLASS	Time	Resource Person
28.08.21	Effects of Covid – 19 on Humanity and its Impact on Mental	2 BBA A & B	10:50 to 11:50	Ms. Annet Shaju, Asst. Prof Sampurna Monfort College,Bangalore
31.08.21	Strategies to foster mental health and well – being	2 BBA C & D	10:50 to 11:50	Dr.Rekha R Ahuja, Asst. Director, Samagra.
6.09.21	Strategies to foster mental health and well – being	2 BCOM A & B	10:50 to 11:50	Dr.Rekha R Ahuja, Asst. Director, Samagra.
7.09.21	Strategies to foster mental health and well – being	2 BCOM C & D	10:50 to 11:50	Dr.Rekha R Ahuja, Asst. Director, Samagra.
8.09.21	Strategies to foster mental health and well – being	2 BCOM E & F	10:50 to 11:50	Dr.Rekha R Ahuja, Asst. Director, Samagra.
9.09.21	Strategies to foster mental health and well – being	2 BCOM G & H	10:50 to 11:50	Dr.Rekha R Ahuja, Asst. Director, Samagra.
11.09.21	Strategies to foster mental health and well – being	M.com FA	10:00 to 11:00	Ms. Annet Shaju, Asst. Prof Sampurna Monfort College,Bangalore
13.09.21	Strategies to foster mental health and well – being	M.com Reg	10:00 to 11:00	Dr.Rekha R Ahuja, Asst. Director, Samagra.
15.09.21	Strategies to foster mental health and well – being	M.com IB	10:00 to 11:00	Ms. Annet Shaju, Asst. Prof Sampurna Monfort College,Bangalore

II. Observing Important Dates:

The Semester 5 UG & Semester 1 PG Students had observed various international days and designed an activity for their respective classes. As a part of their activity the students collaborated with several not-for-profit organizations and visited the various organizations. The activities packed in a lot of learning for the students. The students had collectively tried to create an impact at the place of their visit.

Extension and Outreach Activities
2021 - 2022

AY :

Date	Program/Activity	Participating Class
29.09.2021	International Day of Awareness of Food Loss & Waste	3 BBA A
01.10.2021	International Day of Older Persons	3 BCOM D
10.10.2021	World Mental Health Day	3 BBA D
15.10.2021	International Day for Rural Women	3 BCOM B
16.10.2021	World Food Day	3 BBA B
17.10.2021	National Cancer Awareness Day	3 BCOM G
07.11.2021	World Kindness Day	3 BBA C
13.11.2021	International Children's' Day	3 BCOM F
20.11.2021	Person with Disability Day	3 BCOM H
25.11.2021	International Human Rights Day	3 BCOM A
03.12.2021	Elimination of Violence against Women	3 BCOM E
10.12.2021	Eradication of Poverty	3 BCOM C

1. Visit to Cottolengo Special School

Number of students visited – 80

Students from 2 B. Com B visited the Cottolengo Special School in Whitefield, Bengaluru on March 31, 2022. The visit helped them understand the issues of the differently-abled children. The students organized different events, such as painting and games for the school children.

2. Visit to Government Urdu Model Primary School

Number of students visited — 70

The students of 2 BBA B visited the Government Urdu Model Primary School in Viveknagar Bengaluru on March 31, 2022. The visit allowed students to understand the educational practices followed in government schools. The team visited the government school and helped them to come up with effective waste management mechanism. The team members also cleaned the playground of the school. The students organized games and cultural events for the school children.

3. Visit to Sandhya Suraksha

Number of students visited — 80

The students of 2 B. Com G visited Sandhya Suraksha, a Home for the Elderly Women located at Anepalya, Bengaluru on March 12, 2022. The visit was conducted to identify the issues and concerns of the residents and offer support in whatever ways possible. The student volunteers took up all the responsibilities of the staff working in the organization for the day.

4. Visit to Mitti Café

Number of students involved – 26

Extension and Outreach Activities 2021 - 2022

AY :

The students of 2 B. Com G visited Mitti Café, an award-winning NGO committed to the cause of employment and livelihoods for people with special needs on March 19, 2022. Mitti Café is a chain of cafes that provides experiential training and employment to adults with physical and intellectual disabilities. The Cafe has featured in Forbes 30 under 30 and is a Commonwealth Youth Awardee. The visit was an opportunity for the students to learn the importance of inclusive workspaces and reflect on how people with disabilities could be empowered. The team members who visited Mitti Café took up all the services of the cafe for a day as the staff was given a holiday. The students conducted interactive sessions and games for the staff, and distributed gift hampers to the staff members. The students also invited a professional team for a Comedy show. The proceeds of the show went to procuring wheelchairs. The artist line-up included emerging comedians from Bangalore, including Sachin Kumar, Nithin Kamath, Kishore Yadav, and Kanishka Joshi. The students also managed the social media handle of the cafe.

5. Distribution of sanitary napkins and essential items to homeless people in Shivajinagar & Viveknagar

Number of students participated – 25

The students of 2 B. Com organized a **Voluntary Distribution Drive** on March 26, 2022 where essential items, such as hygiene products, blankets, and warm clothings were distributed to the homeless. The students also educated the homeless on basic health and hygiene. The drive took place at Majestic Railway Station, Bengaluru Cantonment Railway Station, and specific areas of Shivajinagar and Viveknagar.

6. Visit to NAMS Snehasadan Orphanage

Number of students visited — 76

Seventy-six students from 2 B. Com A visited the NAMS Snehasadan Orphanage in Jalahalli, Bengaluru on March 27, 2022. The team organized several activities for the inmates of the orphanage.

7. Visit to Shree Chaitanya Old Age Home

Number of Students Participated – 20

The students of 2 B. Com E visited the Shree Chaitanya Old Age Home in JP Nagar on March 10, 2022. The students of the college conducted different cultural activities and performances for the residents. The team also cleaned the premises of the Old Age Home.

III. Webinar on Women & Finance

On the occasion of International Women's day celebration, outreach has organized a webinar titled on "Women & Finance" at SJCC campus from 10:50 AM to 11:50 AM on 31st March, 2022 the resource person was Prof. Mukta from Dept of Commerce, SJCC steered the session. The session enabled the participants to gain insights on investments and tax planning. The webinar specifically covered various aspects of income tax deductions available to women like Sukanya Samriddhi, House rent allowance, education loan, health insurance, etc.

IV. Traffic Awareness Drive

Number of Students Participated – 52

1. The students of 2 BBA A organized a Traffic Awareness Drive in five signals around the College on March 24, 2022. The drive focused on creating awareness about traffic rules in the Brigade Road Signal, MG Road Signal, Church Street Metro Station, Garuda Mall Signal & SJPU Signal. 52 students participated in this drive.

Extension and Outreach Activities
2021 - 2022

AY :

2. The Traffic Awareness Drive was conducted for the second semester students of all the combinations. The activity took place from 25th April to May, 2022. All the classes were allocated specific dates to complete this activity.

The Drive was organized to spread awareness on Traffic Rules and Regulations as per the Motor Vehicles Act, 1988. Each class, divided in to different groups spent 5hrs hours at the assigned signals every day.

Sl.No	Class	No of Students	No of Groups	Timings	Date
1	I BBA 'C'	75	7	11:15 AM to 1:45 PM	25/04/22 to 26/04/22
2	I BBA 'A'	75	7	9:00 AM to 11:30 AM	27/04/22 to 28/04/22
3	I BBA 'B'	75	7	9:00 AM to 11:30 AM	29/04/22 to 30/04/22
4	I BBA 'D'	75	7	9:00 AM to 11:30 AM	04/05/22 to 05/05/22
5	I B.Com A	80	8	11:15 AM to 2:00 PM	06/05/22 to 07/05/22
6	I B.Com B	80	8	11:15 AM to 2:00 PM	09/05/22 to 10/05/22
7	I B.Com C	80	8	11:15 AM to 2:00 PM	11/05/22 to 12/05/22
8	I B.Com 'D'	80	8	11:15 AM to 2:00 PM	13/05/22 to 14/05/22
9	I B.Com 'E'	80	8	11:15 AM to 2:00 PM	16/05/22 to 17/05/22
10	I B.Com 'F'	80	8	9:00 AM to 11:30 AM	18/05/22 to 19/05/22
11	I B.Com G	80	8	9:00 AM to 11:30 AM	20/05/22 to 21/05/22
12	I B.Com H	82	8	9:00 AM to 11:30 AM	23/05/22 to 24/05/22

V. Visit to Destitute home

On 23rd and 24th of May, 2022 PG students from second semester visited “Home of Hope” to share their “CURA PERSONALIS” for few hours with home of hope family members. Students spent their time by engaging the members through various activities like games, singing, and dancing and food distribution. Students also contributed daily necessities (like rice, dal, baby napkins, etc.) to the home as a token of respect and care.

VI. Cleanliness Drive at Government School.

The activity was done based on the need of government school on 28th May, 2022. Our student volunteers engaged in cleaning the school premises to promote the importance of cleanliness around them. With the help of government school students, our students also extended their services for the cause. This assists students of primary school to learn by seeing the UG students' paths to take care of future cleanliness drive.