



SINDHI COLLEGE

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Permanently Affiliated to Bengaluru City University
Approved by AICTE, NAAC Re-accredited

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As per the NEP, there shall be an inbuilt mechanism for social and emotional learning, which is a crucial component of education.

Sindhi College has been actively incorporating social and emotional learning as part of its educational framework, in alignment with the National Education Policy (NEP). The college has taken significant strides in integrating various activities and programs that foster social and emotional learning among its students.

OPEN ELECTIVE

The National Education Policy emphasizes the importance of open electives in its curriculum. Open electives allow students to explore subjects beyond their core specialization, fostering a multidisciplinary approach to education. This flexibility not only broadens students' knowledge base but also enhances critical thinking and adaptability, preparing them for diverse career opportunities. By integrating open electives, aims to create a more holistic and inclusive educational environment, in line with the objectives of the NEP.

- Psychology as an open elective offers insights into human behavior, emotions, and mental processes, enhancing students' emotional intelligence and social interactions. The psychology of health and wellbeing paper fosters social and emotional learning by focusing on mental health, emotional regulation, and resilience. It promotes self-awareness, self-care, and positive coping strategies while addressing stress management and communication skills. By blending theory with practical applications, the course equips students to navigate personal and social challenges. This aligns with the NEP's vision of developing emotionally intelligent and socially responsible individuals.

Title- Psychology of Health and Wellbeing	
Credits-3	Teaching hours- 45
<u>Course Content</u>	
Unit 1: Illness, Health and Wellbeing; Health continuum; models of health and illness: Medical, Bio psychosocial; Holistic Health; Health and Wellbeing.	
Unit 2: Stress and Coping: Nature and Sources of Stress; Personal and Social Mediators of Stress; Effects of Stress on Physical and Mental Health; Coping and Stress management.	
Unit 3: Health Management: Health enhancing behavior's: Exercise, Nutrition, Meditation, Yoga; Health compromising behaviors (alcoholism, smoking, internet addiction); Health Protective behaviors, Illness Management	
Unit 4: Promoting Human Strengths and Life Enhancement: Strength: Meaning; Realizing strength; Maximizing Unrealized Strength. Weakness–Meaning, Identifying & Overcoming Weakness. Strategies to develop hope and optimism.	

- The Psychology and Life NEP open elective paper contributes to an inbuilt mechanism for social and emotional learning (SEL) by enhancing students' understanding of human behavior, emotions, and interpersonal relationships. It fosters self-awareness, emotional regulation, and empathy, helping students navigate personal and social challenges effectively. By addressing key topics, the course equips learners with tools to build resilience, maintain healthy relationships, and adopt positive coping strategies. This aligns with holistic education goals, promoting emotional intelligence, ethical decision-making, and social responsibility.

Title- Psychology and Life	
Credits-3	Teaching hours- 45
<u>Course Content</u>	
Unit 1: An Introduction to Psychology: Meaning, Branches of Psychology; Myths and Misconceptions of Psychology; Role of a Psychologist.	
Unit 2: Psychology applied to the Social World: Interpersonal Communication- Non-verbal communication, effective communication, developing an assertive communication style; the problem of prejudice, forming impressions about others; the impact of Social Pressure.	
Unit 3: Psychology applied to Education: Learning- Principles of Learning and Memory; Types of learning and Memory; Techniques to enhance learning and memory.	
Unit 4: Psychology applied to the field of Work and Health: Facing an Interview; Choosing the right person to the right job, Occupational Stress- Coping; Health issues related to stress, Work-life Balance.	

- Psychology lab serves as a practical platform for fostering social and emotional learning a vital aspect of education. Through hands-on experiments, role-playing, and simulations, students gain insights into human behaviour, emotional regulation, and interpersonal dynamics. The lab allows learners to practice empathy, self-awareness, and communication in controlled settings, enhancing their emotional intelligence and social skills. Activities such as stress management techniques, group interactions, and problem-solving exercises help build resilience and collaborative abilities. By providing experiential learning opportunities, the psychology lab bridges theory and practice, enabling students to develop essential SEL competencies for personal and societal well-being.



NCC

The National Cadet Corps (NCC) aligns with the NEP's emphasis on incorporating an inbuilt mechanism for social and emotional learning (SEL) as a key component of education. Through its structured training programs, the NCC fosters discipline, teamwork, and leadership skills, enhancing cadets' social awareness and emotional resilience. Activities such as community service, adventure training, and group tasks promote empathy, collaboration, and interpersonal skills. Additionally, exposure to diverse scenarios cultivates emotional regulation, problem-solving abilities, and adaptability. By integrating these experiential learning opportunities, the NCC helps develop well-rounded individuals equipped with emotional intelligence, ethical decision-making, and a strong sense of social responsibility. The NCC unit of Sindhi College, 6/B Coy, affiliated with the 8 KAR Battalion, showcased active participation in a series of events and programs aimed at personal and national development:

- **Tal Sainik Camp and Competitions:**

JUO Prashanth Mishra represented the 8 KAR BN in the Inter-Group Competition (IGC) for map reading at Mysore. Cadets participated in pre-IGC RDC camps and drill competitions, showcasing their skills in flag area making and contingent drill.



- **Independence Day Celebrations:**

Conducted the "Har Ghar Tiranga Rally" on the 77th Independence Day to raise awareness about the campaign. Celebrated the 78th Independence Day with a tribute to national leaders, March Past Drill, Guard of Honor, and motivational speeches from dignitaries like Smt. Jyothi Manjunath Reddy and Sri Navin Nichani.



- **Community Service and Awareness Programs:**

Organized a Swachh Bharat Abhiyan on Gandhi Jayanthi at Kodigahalli Railway Station, promoting cleanliness and community awareness. Assisted and donated in a blood donation camp in collaboration with the Leo Club and NSS.



- **Training Camps:**

Participated in CATC Camps at Jalahalli Air Force Station, focusing on discipline, leadership, teamwork, and hands-on activities like firing with bullets. Attended the EXPA program during CATC Camp 3, which emphasized personality development.



- **Guard of Honour:**

Sindhi College cadets had the privilege of escorting Union Minister Shri Pralhad Joshi during an event in Jakkur, Bangalore.



- **Leadership and Personality Development:**

Cadets attended SSB coaching and leadership training at Bellary and took part in activities like group discussions, physical tests, and personality assessments.



Through these events, Sindhi College NCC cadets demonstrated discipline, teamwork, leadership, and a commitment to national and community service, aligning with the core values of the NCC program.

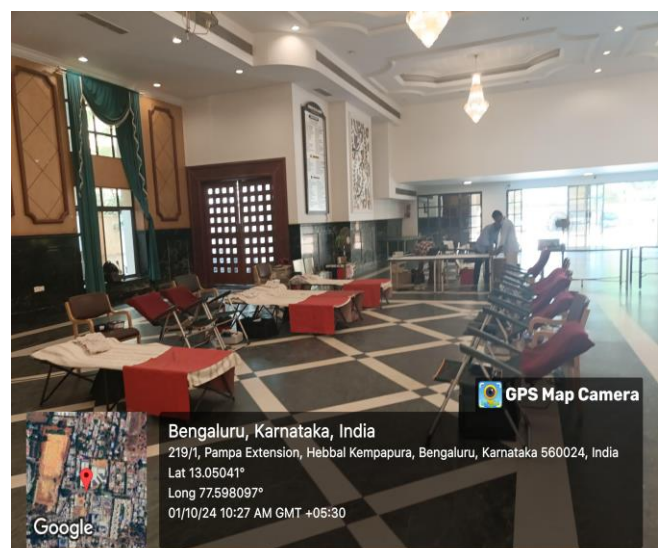
NSS

National Service Scheme (NSS) activities align seamlessly with the principles of the National Education Policy (NEP) by fostering holistic development and promoting social and emotional learning. NSS provides students with experiential learning opportunities that enhance empathy, teamwork, and critical thinking. This practical exposure helps students connect classroom learning with real-world challenges, cultivating values of inclusivity, social responsibility, and cultural sensitivity. By creating an inbuilt mechanism for SEL, NSS integrates the NEP's vision of nurturing well-rounded individuals who are emotionally intelligent, socially aware, and capable of contributing positively to society. The NSS unit of Sindhi College showcased active participation in a series of events and programs aimed at emotional and social learning.

- From 23rd to 25th August 2024, the NSS volunteers of Sindhi College, in collaboration with **Sri Sarvadharm Sai Arogya Kendra (SSSAK)**, conducted the **"Happy Camps Initiative"** in Minkangurki village, Chikkaballapur, with the objectives of promoting health awareness, fostering personal development among children, and strengthening community engagement. The camp commenced with a spiritual session at the SSSAK Trust, setting a positive tone for the activities ahead, followed by a Medical Review Camp where volunteers visited families to assess health conditions and gather updates based on previous surveys. In parallel, the volunteers engaged with village children through activities like dance sessions, games, storytelling, and competitions, aimed at building their confidence, creativity, and leadership skills. On the final day, the focus shifted to a Health Awareness Campaign, where healthcare professionals from SSSAK and M.S. Ramaiah Hospital conducted informative sessions on critical health issues such as diabetes, hypertension, and communicable diseases, emphasizing preventive healthcare and the importance of regular checkups. Villagers actively participated, receiving free consultations and valuable guidance, while volunteers facilitated communication and provided additional resources to empower the community. The camp concluded with a refreshing visit to the scenic Dandiganahalli Dam, where volunteers bonded, reflected on their impactful experiences, and celebrated the success of the initiative, returning to Sindhi College with a deep sense of accomplishment, cherished memories, and a renewed commitment to community service.



- On 1st October 2024, Sindhi College organized a **Blood Donation Camp** in collaboration with the Leo Club, NCC, and NSS in the GJ Hall, commencing at 9:30 AM. The event witnessed an enthusiastic turnout of students, faculty, and staff, who actively participated in this noble cause. Medical professionals ensured the process was conducted smoothly and safely, while volunteers from the organizing clubs assisted in registration and coordination. The camp successfully collected a significant number of blood units, contributing to saving lives and raising awareness about the importance of blood donation. The initiative was widely appreciated by all attendees, reflecting Sindhi College's commitment to community service and social responsibility. Programme officer professor M. A. Vaidyesh distributed certificate at the end of the camp to all the blood donors as a token of appreciation. College principal Dr.Asha N, and NCC officer Lt. Shankar received the certificate from the president of Lion's club. Lunch was served to the paramedic troops and officials from the hospital.



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- On the occasion of **Gandhi Jayanti**, 2nd October 2024, the NSS Club of Sindhi College organized a Walkathon themed "**Walk for Wildlife Conservation**" to promote awareness about the importance of protecting wildlife and preserving biodiversity. The event commenced at 7:00 AM, starting from Cubbon Park and concluding at Lalbagh in Bangalore. A total of 40 enthusiastic NSS volunteers participated, carrying placards and raising slogans to emphasize the need for conservation efforts. The Walkathon served as a tribute to Mahatma Gandhi's principles of harmony with nature and sustainable living, inspiring participants and onlookers to take proactive steps toward wildlife conservation. The event was a resounding success, reinforcing the NSS Club's commitment to community awareness and environmental stewardship.



- On 3rd October 2024, Sindhi College organized the **NSS Orientation Day** under the leadership of Prof. M.A. Vaidyesh, NSS Programme Officer, with support from the NSS Advisory Committee. The event was held at the Seminar Hall at 12:00 PM and aimed to introduce students to the National Service Scheme (NSS), a public service program initiated in 1969 to promote community service among students. The orientation session featured key activities, including an introduction to NSS, discussions on volunteer opportunities, inspirational talks, interactive activities, and a chance for students to connect with fellow volunteers. The event highlighted the benefits of joining NSS, such as engaging in community service, making friends, developing leadership skills, enhancing resumes, and contributing to societal betterment. Principal Dr. Asha N. graced the event with her presence, encouraging students to embrace the NSS spirit. The program successfully motivated attendees to explore opportunities in community service and personal development.



- On 4th October 2024, Sindhi College Bengaluru, in collaboration with **Ananda Marga RU Club Bangalore**, hosted a seminar titled **"Integrating Ancient Wisdom with Modern Education for Mental Growth and Success."** The event featured keynote speaker Acharya Vimalananda Avadhuta, who delivered profound insights into mental growth, kosas (layers of the mind), and personality development. His inspiring slogans, "A healthy body resides with a healthy mind" and "If one can do, anyone can do," resonated deeply with the audience. Adding a spiritual dimension to the seminar, Pranab Dada captivated attendees with a performance of Prabhat Samgiita, "Jay Shubh Vajra Dhar." Attended by approximately 1000 students and faculty members, the seminar received widespread appreciation, with Principal Dr. Asha N. praising its impact. The event was skillfully coordinated by Prof. Vaidyesh from Sindhi College, alongside student coordinators and Deepeshwar from the Ananda Marga RU Club. As part of the program, Acharya Vimalananda presented Ananda Marga books to the Principal and proposed a 12-week course on Mental Growth and Personality Development for students and staff, aiming to integrate holistic education and personal development into the academic framework.



- On 18th January 2025, a medical camp was organized at Thathaguni near Kanakapura with the objective of providing medical services to the needy, contributing to a healthy society, and bridging the gap between the privileged and underprivileged. Four enthusiastic volunteers gathered at 7:30 AM near the campus and, after seeking blessings at Sai Baba's holy feet and enjoying breakfast, proceeded to the venue. Upon arrival at 10:30 AM, the volunteers were divided into teams to inform villagers about the free medical camp held at the public school. The camp was well-equipped with general practitioners, eye specialists, gynecologists, cardiologists, dentists, and medical students from M.S. Ramaiah College. Volunteers managed various tasks, including issuing new Arogya cards, assisting doctors, registering patients, checking vital parameters like BP and sugar levels, and guiding patients through consultations with specialists. They also ensured that patients received prescribed medicines from the pharmacist. The day proved to be a rewarding experience for the volunteers, who learned valuable managerial skills such as planning, organizing, leading, and controlling while successfully achieving all the camp's objectives.



INDUSTRIAL VISIT (BBA)

Industrial visits, as aligned with the National Education Policy (NEP), provide an experiential learning platform that naturally integrates social and emotional learning, a crucial component of education. These visits foster collaboration, teamwork, and communication as students work and engage with peers and industry professionals. They help build self-awareness, adaptability, and emotional resilience by exposing students to real-world challenges and workplace dynamics. Additionally, observing the impact of industries on communities and the environment cultivates empathy and a sense of social responsibility. By bridging academic concepts with practical exposure, industrial visits holistically develop SEL skills, preparing students for personal and professional growth.

- Department of Management organized a one-day local industrial visit for 42 students of all BBA Student **KMF (Karnataka Milk Federation)** on 06 Dec 2024. Students were accompanied by coordinators, Prof. Vaidyesh M.A, Prof. Nandini S, Prof. Sharath M. The industrial visit to KMF (Karnataka Milk Federation) was an enriching experience for the students. This industrial visits can provide students with valuable learning experiences and exposure to real-world applications. By taking students for KMF industrial visits, educators can provide a unique and enriching learning experience that complements theoretical knowledge with practical insights and real-world applications. This visit will enable them to connect theoretical concepts learned in the classroom to real-world applications, making learning more engaging, meaningful, and memorable. Students has benefited from observing the various stages of milk processing, packaging, and quality control, as well as interacting with industry professionals and experts. This visit has also provided students with valuable insights into the industry's challenges, opportunities, and future trends, ultimately enhancing their academic knowledge, skills, and employability. Moreover, the visit will foster critical thinking, problem-solving, and teamwork skills, preparing students for successful careers in the dairy industry or related fields.



- On December 11, 2024, the Department of Management organized a one-day industrial visit to **Salem Airport** for IV BBA Aviation Management students, accompanied by three faculty coordinators: Prof. Sharath M, Prof. Vaidyesh M A, and Prof. Nandini S. The group traveled from Bengaluru to Salem by train, followed by a pre-arranged road transfer to the airport. Upon arrival, after completing security formalities, the students were guided by Mr. Prakash, Terminal Manager, under the approval of Airport Director Mr. Upadyay. The visit included a detailed briefing on the X-ray Baggage Inspection System (XBIS) by Indigo staff, an overview of airside operations, and a tour of the Fire Fighting Department to understand Aircraft Rescue and Fire Fighting (ARFF). Students also observed flight operations, ramp handling processes, and visited the Air Traffic Control (ATC) Tower in batches to gain insights into its functions. The visit concluded with a meeting with the APD to express gratitude before heading back to Salem Railway Station and returning to Bengaluru by evening. The trip provided valuable exposure to various industrial, operational, and educational aspects of aviation management, making it a highly enriching and engaging experience for the students.

