ST. JOSEPH'S UNIVERSITY

[erstwhile ST JOSEPH'S COLLEGE(AUTONOMOUS)]
#36, Lalbagh road, Bengaluru - 560027, Recognized as 'College of Excellence' by UGC
RE-ACCREDITED WITH A++ GRADE & 3.79/4.00 CGPA BY NAAC
Awarded DBT Star Status and DST FIST Grant
by Ministry of Science and Technology, GoI



COMMUNITY FOCUS: UNIVERSITY INITIATIVES FOR SOCIAL CHANGE

BEMBALA OFFICE OF THE UNIVERSITY DRIVING COMMUNITY OUTREACH

Bembala, meaning "to reach out" in Kannada, is an outreach initiative that aligns with the university's vision of character formation. This program aims to empower marginalized communities through education, awareness, and skill development while fostering a learning environment for students and faculty. It is a mandatory requirement for all undergraduate (UG) and postgraduate (PG) students, with UG students required to complete **60 hours** and PG students **40 hours** of outreach activities. The university's Outreach Center organizes these activities and maintains records of student participation. By the end of the final semester, the Outreach Department submits the list of successful candidates to the Controller of Examinations (COE). Through Bembala, students not only contribute to social development but also acquire essential life skills, values, and attitudes that shape their character and future.

Sl.No	BEMBALA (2024 onwards)	No of Programmes Organised
1	Awareness Drive - Traffic, Environment & Social Issues	87
2	Paper Bag Making and Distribution	52
3	UG Rural Exposure Camps to Nelamangala	18
4	PG Rural Exposure Camps to Sindagi and Manvi.	14
5	Class Special Activities	33
6	Teaching in Government school	10
7	Cleanliness Drive	35
8	Awareness on Segregation of waste and Campus Cleanliness	10
9	Vigilance awareness Rally – Awareness on corruption in collaboration with HAL	1
10	CRY – Session on women empowerment and painting	1
11	Citizen Journalism	13
12	Govt School Painting at Nelamangala	4
13	Children's Day Celebration	5
14	Setting up Mini Library at Govt School at Nelamangala	2
15	Groceries Distribution and Interaction with Migrant Workers	1
16	Session on Mental Health and Awareness at College Campus	1
17	Sapling Plantation and its importance	1
18	Teaching Chemistry through various models and experiments	1
19	Career Guidance, Interpersonal Skills and Counselling	1

20	Cleanliness Drive, Interaction with Children and Importance of Education	1
21	Awareness on Health and Hygiene, Demonstration on Adulteration in Food	3
22	Setting up Computer Lab and teaching basic computer skills at Govt School	2
23	Training School Students on Microsoft tools and its importance	1
24	Setting up Science Lab, Cleanliness and Plantation Drive	3
25	Collaboration with Toy Company for promoting motor skill learning for economically weak school children	1
26	Teaching Biology and its Importance to School Children	1
27	Surveying and Auditing public places for persons with disabilities at Malleshwaram	1
28	Educating Children and Women about Safety Measures and legal rights against violence	1
29	Assisting Old Age Home by Making Paper Bags for their well being	1
30	Visit to Old Age Home, Campus Cleaning, Programme and Interaction with Elderly	2
31	A day out for Orphan Children at Jawaharlal Nehru Planetarium and Museum	1
32	Educating Orphanage Children on Environmental Science and Importance of Recycling	1
33	Newspaper Bag Distribution and awareness on prevention of single use plastic	1
34	Teaching concepts of Biology, Chemistry and Physics in a Govt School	1
35	Awareness on Govt Schemes available for the Elderly at Old Age Home	1
36	Walkathon on Awareness about Cancer in collaboration with NSS.	1
37	Dengue Survey in Collaboration with BBMP	1
38	Balamela/Christmas celebration for economically backward students	1
39	Signature Campaign observing World Youth Day	1

Sl.No	BEMBALA (2023-2024 onwards)	No of Programmes Organised
1	Awareness Drive - Traffic, Environment & Social Issues (2023-24)	152
2	Paper Bag Making and Distribution (2023-24)	86
3	UG Rural Exposure Camps to Solur/Nelamangala (2023-24)	36
4	PG Rural Exposure Camps to Sindagi and Manvi. (2023-24)	14
5	Class Special Activities (2023-24)	54
6	Teaching in Government school (2023-24)	65
7	Cleanliness Drive (2023-24)	42
8	Awareness on Segregation of waste and Campus Cleanliness (2023-24)	29
9	Save Water Awareness in College Campus and Traffic Junctions	65

10	Vigilance awareness week – Awareness on corruption (2023-24)	15
11	CRY - Sticker Campaign on stigma around periods (2023-24)	12
12	Slum Survey (2023-24)	13
13	Govt School Painting (2023-24)	9
14	Children's Day Celebration (2023-24)	8
15	Neerathon (2023-24)	1
16	ORDI Marathon (2023-24)	1
17	Awareness on Road Safety in Collaboration with RTO	1
18	Cleanliness Drive (2023-24)	37
19	Awareness on Segregation of waste and Campus Cleanliness (2023-24)	32
20	Vigilance awareness week – Awareness on corruption (2023-24)	17
21	CRY - Sticker Campaign on stigma around periods (2023-24)	12
22	Slum Survey (2023-24)	13
23	Govt School Painting (2023-24)	9
24	Children's Day Celebration (2023-24)	8
25	Session on Tobacco and its Ill-Effects (2023-24)	1
26	Neerathon (2023-24)	1
27	ORDI Marathon (2023-24)	1
28	Medical Camp for migrant workers (2023-24)	1
29	Scientific Demonstrations for High School Students (2023-24)	1
30	Awareness on Health & Hygiene/Menstrual Health for High School Girl Students (2023-24)	1
31	Republic Day Celebration (2023-24)	4
32	Origami/Reading Assessment/ Story telling for Middle School Students (2023-24)	1
33	Awareness on Cyber Security, Digital Learning & Camp Desktop Donation for the Students of Govt School (2023-24)	1
34	Awareness on Importance of Voting for SJU students (2023-24)	1
35	Wall Painting & Paper Bag Making for the Nightingales Home (2023-24)	1
36	Awareness on Govt Schemes/Scholarship & Setting up Mini Library for the Students of Spandana (2023-24)	1
37 38	Wall Painting/Origami/Setting Up Mini Library for the Govt School	1

	(2023-24)	
39	Leadership/Team Building/Personal Finance/Career Options/Communication Skills for the High School Students (2023-24)	1
40	Citizen Journalism on Upcoming Lok Sabha Election among Students, Teachers, Staff & General Public (2023-24)	10
41	Awareness on Segregation of waste & Distribution of Waste	
42	Bins to the villagers of Kodapanahalli Village (2023-24)	1
43	Awareness on Menstrual Hygiene & Menopause /Distribution of Sanitary Napkins to the Migrant people (2023-24)	1
44	Chemistry Workshop for the High School students	1
45	Save Water Awareness & Mushroom Cultivation among General public and Govt School Children	1
46	Mental Health & Well Being workshop for the students of SJU	1
47	Psychoeducational Assessment on Mental Health for the Youth & Short Movie Caste Issues	1
48	Online Studying Materials & Donation of a Desktop for Govt School Students	1
49	Activity based learning on Importance of Science Education through Science Experiments for the children of the Orphanage	1
50	Village Mapping at Nelamangala	1
51	Basic English Material for Students	1
52	Basic Counselling & Aptitude Test for Orphanage Children	1
53	Sourcing & connecting CSR team to the NGO's	1
54	Sapling Plantation and Installing Moisture Censor in a village at Nelamangala	1
55	Education on financial management to small scale industries/startups	1
56	Setting up Computer Lab for Government School students	2
57	Science Exhibition at Government School	1

Sl.No	BEMBALA (2022 - 2023)	No of Programmes Organised
1	Awareness Drive - Traffic, Environment & Social Issues (2022-23)	134
2	Paper Bag Making and Distribution (2022-23)	65
3	Bhavishya jyoti– Teach to Reach (2022-23)	50
4	UG Rural Exposure Camps to Solur (2022-23)	36
5	PG Rural Exposure Camps to Sindagi and Manvi. (2022-23)	14
6	Class Special Activities (2022-23)	54
7	Teaching in Government school (2022-23)	45
8	Cleanliness Drive (2022-23)	36
9	Awareness on Segregation of waste and Campus Cleanliness (2022-23)	25
10	Newspaper Collection Drive (2022-23)	24
11	Vigilance awareness week – Awareness on corruption (2022-23)	18
12	CRY - Sticker Campaign on stigma around periods (2022-23)	15
13	Slum Survey (2022-23)	15
14	Govt School Painting (2022-23)	10
15	Children's Day Celebration (2022-23)	7
16	Session on Tobacco and its Ill-Effects (2022-23)	1
17	Neerathon (2022-23)	1
18	ORDI Marathon (2022-23)	1
19	World Earth Day - Climate Change Rally- In collaboration with Ministry of Youth and Sports Affairs Govt of Karnataka (2022-23)	1
20	Walkathon - World Diabetes Day -in collaboration with the Narayana Hrudayalaya Hospital (2022-23)	1
21	Anti-Drug campaign in collaboration with Excise Dept., Govt of Karnataka (2022-23)	1
22	Candle Light Vigil - In solidarity with the brutally raped victims at Lakhepur (2022-23)	1
23	Setting up Mini library in KS Garden CARE (2022-23)	1
24	Giving awareness about Rights & Law in Weave's Colony (2022-23)	1
25	Setting up Chemistry demo lab requirements tools and equipment's in Moulana Azad model high school -Shivajinagar (2022-23)	1
26	Sponsoring education fees for one girl child at Bosco- Rainbow (2022-23)	1

27	Teaching government school students (2022-23)	1
28	Wi-Fi Recharge (One year Subscription) - to enable ICT facilities for slum students in KS Garden CARE (2022-23)	1
29	Republic day celebration with KS Garden slum children. (2022-23)	1
30	Raising funds to arrange bookshelves and a few stools for the children at KS Garden CARE (2022-23)	1
31	Volunteering/ Distribution of Medical Cards - (Sangama NGO) (2022-23)	1
32	Old Age Home Visit and Volunteering (2022-23)	1
33	Contributed 200 Saplings and engaged in sapling plantation (2022-23)	3
34	Orphanage Visit and Volunteering (2022-23)	3
35	Contributed Water Purifier & Field Work in Nelamangala (2022-23)	1
36	Save Water Campaign (2022-23)	10
37	NGO Campus Cleaning, cleaning unwanted weeds in vegetation fields, cleaning of dried pond for reuse (2022-23)	1
38	Story Narration, Paper Crafts, Conducting game session, and cultural event (2022-23)	1
39	Science Experiment to Govt School Children & Mini Library Setup (2022-23)	2
40	Poultry Farming, Field Work, Serving Food (2022-23)	1
41	Civic sense awareness at Government School (2022-23)	1
42	Tuberculosis Awareness at College Campus (2022-23)	1
43	Awareness on Rare & Rising diseases (2022-23)	1
44	Horticulture, making of saplings, sapling plantation, cleaning the campus (2022-23)	1
45	Mental Health Awareness at College Campus (2022-23)	1
46	Making Worksheets for school children to solve Q&A (2022-23)	1
47	Awareness on Menstrual Hygiene at Orphanage (2022-23)	1





PHOTOGRAPHS FROM THE ABOVE-MENTIONED EVENTS

TRAFFIC SAFETY AND AWARENESS INITIATIVE:

To promote a disciplined society, our university students conducted a traffic awareness campaign at Richmond Circle, Nanjappa Circle, and Double Road. Armed with placards and slogans, they emphasized the importance of wearing helmets and seatbelts, highlighting the crucial role of traffic safety and awareness in creating a safer road environment for all users.







PAPER BAG MAKING AND DISTRIBUTION:

As part of an eco-friendly initiative, our students created and distributed paper bags to local shop vendors, promoting a switch from plastic to paper bags. This effort aimed to protect the environment and encourage sustainable practices.









CLEANLINESS DRIVE: PROMOTING ENVIRONMENTAL CONSCIOUSNESS

St. Joseph's Outreach, in collaboration with ITC Green Campus initiative, launched a "Wellbeing out of Waste" project, fostering environmental awareness and sustainable behaviors. The cleanliness drive aimed to educate students and the community about waste segregation and its benefits. Students created posters, conducted sessions on civic sense at a local government school, and engaged children in games and activities to promote environmental consciousness.









SAVE WATER AWARENESS CAMPAIGN

To address the pressing issue of water scarcity in the IT capital, our students launched a save water awareness campaign. They created placards highlighting the importance of water conservation and displayed them at traffic signals and in college, spreading awareness to people of all ages about the need to conserve this precious resource.







BLIND WALK 2023

St. Joseph's Outreach, in collaboration with The Project Vision, organized the 'Blind Walk 2023' on World Sight Day, October 21st, 2023. The event aimed to raise awareness about eye donation and the challenges faced by the visually impaired. Over 700 students participated, walking blindfolded in solidarity with 15 visually impaired individuals. The event concluded with a pledge to promote eye donation and bring hope and clarity to those in need.









RURAL EXPOSURE CAMP

The Bembala-St. Joseph's Outreach Programme organized a Rural Exposure Camp for PG and UG students. The camp aimed to:

- Sensitize students to rural life and social responsibilities
- Develop community development skills
- Foster empathy and understanding of rural challenges

Key Features:

- 800 students participated
- 3-5 day camp in Nelamangal/Solur, Sindagi, and Manvi
- Activities: eco-marches, cleanliness drives, village surveys, cultural programs, and more
- Students designed social work activities based on their experiences Outcome:
- Students gained valuable insights into rural life
- Developed a sense of social responsibility and empathy
- Returned motivated to make a positive impact in their communities





UG RURAL EXPOSURE CAMP

The 3-day UG Rural Exposure Camp aimed to sensitize undergraduate students to rural realities and social responsibilities. Over 2100 students participated, visiting 35+ villages in Solur and Nelamangala, Ramanagara.

Camp Highlights:

- Exposure to field and brick factory work
- Village visits and interactions
- Special activity discussions and camp evaluation
- Students gained valuable insights into community development and social responsibility

Outcome:

- Students developed empathy and understanding of rural challenges
- Recognized the importance of community involvement and personal transformation





POST-RURAL CAMP ACTIVITIES

Inspired by their rural camp experiences, students designed innovative projects focused on sustainable development. These initiatives included:

- Painting school walls and setting up visual learning equipment
- Screening short films on social issues
- Plantation drives and community engagement
- Donating groceries and stationery
- Medical and cleanliness drives
- Mental Health Awareness event with booths and resources
- Installing moisture sensors for environmental monitoring
- Interacting with specially abled children at Arpana school, assisting with vocational training, and promoting inclusivity.





VIGILANCE AWARENESS WEEK – AWARENESS ON CORRUPTION

During Vigilance Awareness Week 2022, Hindustan Aeronautics Limited, Helicopter Division, Vigilance Department collaborated with St. Joseph's Institutions to promote the theme "Corruption Free India for a Developed Nation." Students from St. Joseph's University conducted an awareness campaign by creating and displaying posters at traffic signals, engaging with the public on their views about corruption, and performing impactful street plays at various public squares.







PG RURAL EXPOSURE CAMPS AT SINDAGI AND MANVI

A total of 725 final-year PG students (2019 batch) participated in rural exposure camps in Manvi, Panur, and Sindagi. These camps aimed to foster social concern and commitment among students, aligning with the institution's vision of holistic development. The Bembala Team organized innovative activities, including sapling plantation, working in a brick factory, wall painting, village surveys, and street plays addressing social issues. Students also motivated school dropouts to pursue higher education, emphasizing its importance in nation-building.







PAPER COVER MAKING AND DISTRIBUTION

Students made and distributed 12,578 paper bags to local kirana shops and street vendors to raise awareness about reducing plastic usage. This initiative encouraged the public to switch to sustainable alternatives like cloth bags while fostering a sense of environmental responsibility among students.







AWARD FOR ANTI-DRUG CAMPAIGN

Bembala, in collaboration with the Government of Karnataka, organized an Anti-Drug Campaign with the participation of over 1,500 Josephites. The initiative earned Bembala an award from the Excise Department, Government of Karnataka, for its impactful efforts.









WORLD EARTH DAY CLIMATE CHANGE RALLY

On World Earth Day, a rally themed "Climate Change" was organized in collaboration with the Ministry of Youth and Sports Affairs, Government of Karnataka. Over 1,000 students participated in the event, showcasing their commitment to environmental sustainability. Bembala was honored with an award from the Ministry for its impactful contribution.







AWARDS AND ACHIEVEMENTS:

The Outreach department in collaboration with the ITC Green Campus initiative, the 'Well-being out of waste' project, fostered a culture of environmental consciousness and sustainable behaviours within the campus and around the campus. The main purpose of the cleanliness drive was to create awareness among the students and people regarding waste segregation and its benefits. Students made posters on the importance of waste segregation and cleanliness. Some students had the opportunity to teach in the Government School in Nanjappa Circle. Students, Data Submission for ITC Award: Our institution has submitted data on our recycling efforts to the ITC Award, demonstrating our commitment to environmental sustainability.







STICKER CAMPAIGN: BREAKING THE STIGMA AROUND PERIODS

St. Joseph's University students organized a sticker campaign to raise awareness and promote a stigma-free conversation about menstrual health.







SLUM SURVEY

A slum survey was conducted by St. Joseph's University students, providing them with hands-on experience and insight into community development.







EVENTS AND ACTIVITIES TOWARDS GREEN ENVIRONMENT:

Our institution's multidisciplinary departments collaboratively design and deliver a wide range of events, workshops, and awareness programs, cultivating a vibrant culture of community engagement, social responsibility, and inclusive outreach, thereby educating, sensitizing, and empowering the broader community, including students, faculty, staff, and the general public













































ARESHIP

To The Principal St. Joseph's College (Autonomous) Bengaluru

13° April 2021

Respected Sir,

Sub: "Letter of Appreciation - BEMBALA 2020-21"

Covid-19 pundemic had presented unique challenges to all types and levels of Learning including Schooling, College, Technical, Vocational Education and Skill Development, which had stimulated the need for accelerated innovation in online Learning and Skill Learning.

"BEMBALA 2020-21" an outreach program coordinated between St. Joseph's College (Autonomous), Bengaluru and CARESHIP in the month of February and April 2021, was an exemplary example in adapting to an online "Learning and training anywhere any time" through a "Blended Learning Concept, where the Students of St. Joseph's Evening college were the facilitators for the students who were undergoing skill development training at CARESHIP.

Being devoid of class more interaction and individual participation, this program was a platform for the trainers to learn through their facilitation and for the trainers to enhance their skills and knowledge online.

We were highly obliged for the time and effort the student facilitators had put in to train our student trainees which had been a great source to Knowledge exchange.

I would like to take this opportunity to express my earnest appreciation and gratitude to you and to the entire Management team, the students, facilitators, coordinators, Lecturers, of St. Joseph's College (Autonomous) for making BF MBALA a successful event this year.

Thank you in anticipation to have a long association with you in future. Best Regards



H No 302, R.K.Paradise, No 4/2, 4th Main. 5th Cross, ITC Road, RS Palya, Kammanahalli Bangalore - 560033, email anand@careahip.co : website www.careahip.co/Regd:12A & 80G































