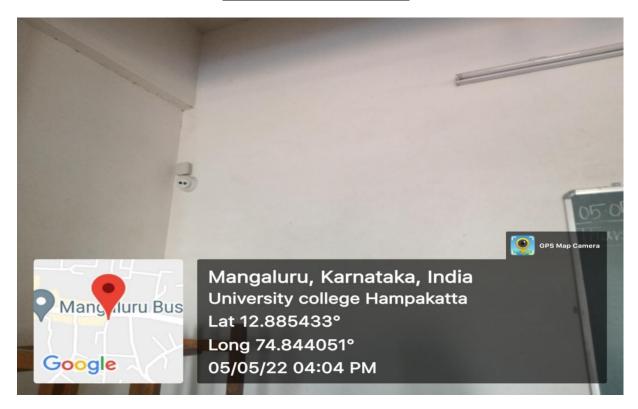
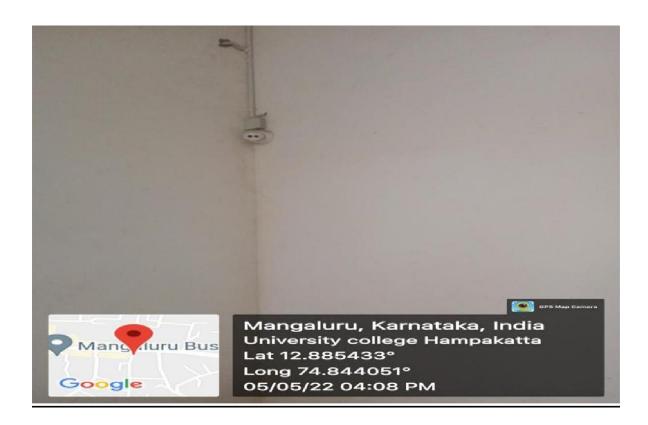
A:SAFETYANDSECURITY

SPARSH	https://universitycollegemangalore.com/wp-content/uploads/2021/08/SPARSH-COMMITTEE.pdf
WOMEN CELL	https://universitycollegemangalore.com/wp-content/uploads/2022/05/Women-Cell.pdf
ICC	https://universitycollegemangalore.com/wp-content/uploads/2021/08/Internal-Complaints-Committee.pdf
ANTI-RAGGING	https://universitycollegemangalore.com/wp-content/uploads/2021/11/Anti-Ragging-Committee1.pdf
DISCIPLINE COMMITTEE	https://universitycollegemangalore.com/wp-content/uploads/2022/06/DISCIPLINE-committee.pdf

Safety and Security through CCTV Surveillance in the Campus

CCCamera-ClassRooms

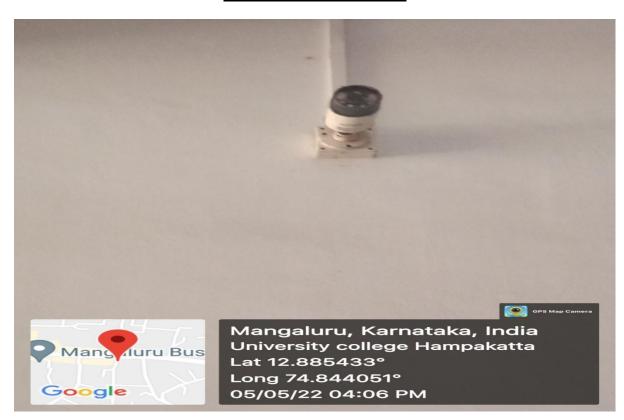




CCCameraTowardstheBackGate-Playground



CCCamera-Corridor



CCCameraScienceBlock



<u>CCCameraCommerceBlock</u>



CCCameraDayanandaPaiBlock



<u>CCTvScreensPrincipalChamber</u>

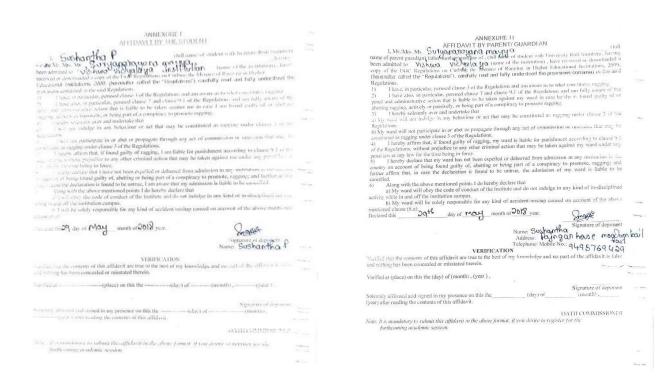




<u>SecurityPersonnel</u>



Anti-RaggingAffidavit



StudentIdentityCard



B:COUNSELLING





MAMATHA ACHAR - THE COUNSELLOR ADDRESSING THE STUDENTS

Manage yourself, not the stress: Mamatha Achar

Mangalore: If we manage ourselves properly, there is no question of 'stress management', said Counsellor Mamatha Achar. She addressed first year Under Graduate students at Ravindra Kalabhavana of University College Mangaluru, recently.

Stress can be avoided by good air through Pranayama, enough water, healthy food, walk, meditation, time management, connecting with good old friends and with hobbies. "Mind should be like flowing water. Avoid negativity. Don't complain always. Be happy and confident everyday as you are blessed with another day," she said.

She agreed that there is lack of awareness about counselling. "It is talking therapy. Here we maintain all your secrecy and give suggestions which may be helpful. Counselling and psychological intervention go hand in hand," she added. Dr. Anasuya Rai was present. Head of the Political Science Department Dr. Latha A. Pandit mastered the ceremony and Pavithra extended vote of thanks.

Attested for Page Number 1-2

PRINCIPAL University College, Mangalore

C:COMMONROOM





