

### Women's Cell Report on "Ayurveda for Everyone, Everyday"

### Date: 2<sup>nd</sup> January 2024

### No. of beneficiaries: 250 students

The Women's cell of MSRCASC is an active and prominent cell of the college. It organises various programmes like

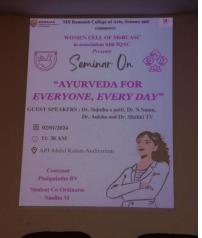
Lectures/ seminars on

- Self-health and hygiene
- Personality development
- Women empowerment

Workshops on

• Vocational Skills

Competitions etc.



Women's Cell in association with IQAC conducted a seminar on "Ayurveda for Everyone, Everyday" on 2<sup>nd</sup> January in APJ Abdul Kalam Auditorium. Dr. Sujatha S Patil, Dr. S Suma Dr. Anisha and Dr. Shalini TV of MS Ramaiah Ayurveda Hospital were the guest speakers.



The event began by welcoming the guests on the stage by Ms. Tejaswini. And Ramaiah anthem was played. Ms. Shailaja sang the invocation song after which Mrs. Pushpalatha BV, Convener of Women's Cell welcomed the gathering. Dr. Vatsala G, Principal, gave the presidential remark and flagged the event's beginning.



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Ms. Padma K introduced the first speaker, Dr.Sujatha S Patil who spoke about reproductive fertility of women, effect of Satvik food on menstruation, menopause, causes and precautions of the same. She emphasized the importance of exercise and nutritious food during this time.



Ms. Gurpreet Kaur introduced Dr. S Suma to the gathering who spoke about general health and issues with eyesight. Dr. Suma explained about several exercises to have a healthy vision. She advised avoids intense usage of phones and other electronic device to avoid long sightedness. She acknowledged short sightedness and methods to prevent and cause vision loss and maintain a nutritious diet.



Although the event was held from the women's cell, it was open for all the students. The motive of the seminar was to inculcate a healthy lifestyle in youngsters. On the whole, the program



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was a success. In the end, Ms. Kruthi delivered the vote of thanks. The program ended with a group photo.



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Principal, M.S. Ramaiah College of Arts, Science & Commerce MSRIT Post, MSR Nagar Bangalore - 560 054



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### Ref. No: MSRCASC/EOC/2022 - 23/03

Date: 13.10.2023

### **CIRCULAR**

### **Equal Opportunity Cell**

Equal Opportunity Cell of M S Ramaiah College of Arts, Science and Commerce is organizing a Guest Lecture series on "Empower Women, Elevate the World" on 17<sup>th</sup> and 18<sup>th</sup> October 2023<sup>th</sup> at 2 PM for all the UG girl students.

All the department HOD's are hereby requested to send the girl students to attend the same.

17th October 2023: BA, B.Com., BBA

18th October 2023: B.Sc., BCA, MBA

Convener . Rashm

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Equal Opportunity Cell organizes Guest lecture on Empower Women, Elevate the World"

Resource Persons









Day 1 Speaker Prof V S Elizabeth NLSIU

Day 2 Speaker Mrs. Pramila Nesargi Lawyer, Women's Right Activist

17 & 18 October 2023, 2PM

Venue: Dr APJ Abdul Kalam Auditorium

Dr. Rashmi Nagesh Convenor

Dr. Vatsala G Principal

# ABOUT COLLEGE

M S Ramaiah College of Arts, Science and Commerce was establised in 1994 by our founder Late M S Ramaiah offering both under graduate and post graduate degrees by Bengaluru City University approved by AICTE, New Delhi, recognized by University Grants Commission Act 1956, re-accredited "A" grade by National Assessment and Accreditation Council.

### ABOUT EQUAL OPPORTUNITY CELL

The college has established a cell with the primary objective of addressing issues related to gender equality and discrimination among its students and faculty. This cell is responsible for ensuring the efficient implementation of college policies and programs designed to support all disadvantaged groups within the institution. Its overarching goal is to create a conducive environment for fostering the physical and emotional well-being, as well as positive interpersonal relationships, among students from diverse socialbackgrounds.

# PATRONS

Dr. M R Jayaram, Chairman, GEF Sri. M R Janakiram, Director, GEF Sri. M R Kodandaram, Director, GEF Sri. B S Ramprasad, CEO, GEF Sri. G Ramachandra CFO, GEF Dr. Vatsala, Principal, MSRCASC Prof. Jayaram, Vice Principal, MSRCASC Dr. Puspha H, Vice Pricipal, MSRCASC

# OBJECTIVES

- Promoting Economic Independence
- Fostering Leadership and
- Representation Strengthening Legal Protections
- Providing Entrepreneurial Support
- Raising Awareness and Changing Mindsets

### OUTCOME

Empowering women leads to a more equitable and prosperous world where women are active participants in all aspects of society, contributing to economic growth, social progress, and a more inclusive and just global

CONTRACTOR

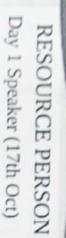
# & College of Arts, Science

Guest Lecture on

"Empower Women, Elevate the World"



Venue : Dr APJ Abdul Kalam Auditorium 17&18 Oct 2023, 2 PM Organized By Equal Opportunity Cell MSRCASC





Prof.V S Elizabeth National Law School of India University

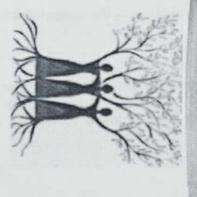
She has worked on issues related to violence against women, particularly sexual violence against women and domestic violence; status of women in precolonial India, socio-economic changes between 600 and 1200 A.D.

> RESOURCE PERSON Day 2 Speaker (18th Oct)



Mrs. Pramila Nesargi Indian Educationlist, Lawyer and Women's Right Activist

She is a prominent lawyer of the present times and has handled many high profile and controversial cases. She was the first woman to be elected to the Karnataka Bar council as Chairman of Bar Association in the past 50 years.



# ORGANIZING COMMITTEE

Dr. Rashmi Nagesh, Convenor Dr. Nagalambika, Member Dr. Sathish Babu, Member





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### Report On Guest Lecture Organized by EQUAL OPPORTUNITY CELL

### EVENT NAME: - "EMPOWER WOMEN, ELEVATE THE WORLD"

### Date: - 17/10/2023 AND 18/10/2023

### Event Co-Ordinator: Dr. RASHMI NAGESH

No. of students participated: - 614

Objectives: -

- Promoting Economic Independence
- Fostering leadership and representation
- Strengthening legal protections
- Providing entrepreneurial support
- Raising awareness and changing mindsets .

A guest lecture- seminar was organized by the "EQUAL OPPORTUNITY CELL" on 17/10/2023 and 18/10/2023 on the topic "EMPOWER WOMEN ELEVATE THE WORLD". The resource persons for the session were Prof.V.S. Elizabeth and Mrs. Pramila Nesargi.

### DAY1: - 17/10/2023

The "Women Empowerment" guest lecture was organized with the aim of providing valuable insights and knowledge to empower women in various aspects of life. The event featured a distinguished resource person who shared expertise and experiences related to women's empowerment.

Resource Person: Prof.V.S. Elizabeth was the esteemed speaker for the event. She has worked on the issues related to violence against women particularly sexual violence against women and domestic violence. She and her insights into women empowerment have been influential in inspiring positive change.

### Key Topics Covered:

Gender Equality and Empowerment: The resource person highlighted the importance of gender equality and how it serves as a foundation for women's empowerment.

Discussed key challenges faced by women in various spheres of life and the need for a concerted effort to address them.

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Career and Leadership: Discussed the challenges women face in the workplace and strategies for overcoming gender bias.

Shared success stories of women leaders to inspire and motivate the audience.

Financial Independence: Stressed the significance of financial literacy and economic independence for women.

Shared insights into entrepreneurship and opportunities for women to become financially self-reliant.

### Audience Engagement and Q&A Session:

The lecture was interactive, with the audience actively participating in the question-and-answer session. Students asked thought-provoking questions, seeking advice and clarification on various aspects of women's empowerment. The resource person provided practical solutions and shared additional resources for further learning.



Day 1: Prof. V S Elizabeth addressing the gathering

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### DAY2: - 18/10/2023

Resource person: - Mrs. Pramila Nesargi is a prominent lawyer of the present times and has handled many high profile and controversial cases. She was the first woman to be elected to the Karnataka Bar Council as Chairman of Bar Association in the past 50 years. She spoke about different aspects of women empowerment in various fields of development.

Education and Skill Development: Emphasized the role of education in empowering women and breaking down societal barriers.

Shared strategies for enhancing women's access to quality education and vocational training.

Health and Well-being: Addressed issues related to women's health, including reproductive health and mental well-being.

Advocated for policies and initiatives that promote women's overall well-being.

### Outcome: -

The Women Empowerment Resource Persons Lectures were highly informative and inspirational event. The insights shared by the resource persons were valuable, providing a roadmap for women to overcome challenges and strive for success in all areas of life. The event contributed significantly to raising awareness and fostering a sense of empowerment among the attendees.

### Recommendations:

Based on the lecture, it is recommended that further initiatives be undertaken to continue promoting women's empowerment. These may include workshops, mentorship programs, and awareness campaigns to address specific challenges faced by women in the community.

Overall, the event was a success in advancing the cause of women's empowerment, and its impact is expected to resonate positively within the community resource person

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Day 2: Mrs. Pramila Nesargi gracing the occasion

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16.	Hithaishi Jadav. L	U18EV 235022	RIAL Sem	Tom
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38}	Shivashankar. V.	U18E2350237	BCA Ist use	25
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31.	Kritchna	U18E2350322	RCA IS CSec	Nits
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38	Mehter Paugal	UI8EV2150040	BCA 5th APm	The
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40	Shoomika S Patel	UBEV2350119		Songpe
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3.	Nayana	UISEV23A0050	Or int a	Nation
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6	Jyothi	1 VISEV25A0026	BA Ist Sem	Qu
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B	Anonya N	UIBENZS ADORH	BA 1º Serro	Smile
9	Sanneen Yousuf	MEDORAL VIBBIU	BA 18 Sem	angtiste
10	Anito Tahosh	JEOGA BEV3011	BA 1st Sem	anji Kod
11	Gamyir Kadu	UISEV23A0021	BA 1" Drem	malailes
12	Malaikah Gui Dev	UISEV23A0012	BA 1" Sem	
	h Papia V	U18 EV23A0030	BA 1st Sem	Projany
13	Subhangini Ponya Saikin	U18 EV23A0087	BA 1st Sena	
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16	Antwazya. S.V	U182U235007	BSC BOLMBISON.	Dilla G
16 -		U18EV2350073	BSC BC/MB Iscon	Biblion Z
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18	Anagha Previo	U18EV2350087	BSC MBBC 25em	
19	Tanushree R	UIREV235DPSD	BSC BT Chem ISon	Yashasic
20	Yashascoint UM	ULLEV235 PI75	BSC H-	Privant
21	Priyanka S	UIBEV2150188	BSE BT MBYJUN	and she
22	Knuthi N. Shanma	V18E V215034	BSC BT MB VSem	Juli
23	Daumin-la	V18EV2150237	BSC BILMBYSE	Thatas
24	Karya Shettar	UISEV215006	BSC BT / MB/430	Ananya
2.5-	Anange: 9	UIR EV2150B9	BSC BT /MB/YSEM	
26.	Kavya M	UIREV2150263	BSC STIME IVSER	NO III
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(52) Nandini, R U18EV2150331	BSC BTIMB Isens	-
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3	Dappha - S.M	BBA 0077		table
4	Julia: T.S	BBA Og1	BBA Sem 1	- Juha 75
5.	Chitra . G.	BBA092	BBA SENI	actor
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9-	Simuon Singh	BBA 065	UBA Sem 1	Stranow.
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11.	T. Aliharika	BSC 0328	BSC 5 Sem	T. Alley
12.	Varsha S.R	BS4 50291	BSC 5th sem	19
13.	SRIVIDHYA-S	BSC 50191	BSC 5th gem	the s
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1) Prinstal Miranda 2) n. Rupesh 3) A. Hanimaran 4) M. Thwaskar 5) V. Obilesh 6) Ranjith T.M 7) Saniya Khan 8) Umme Douriga 9) Saharsh Vrat 10) Hemanth S.M. 1) J. Channabasava 12) Forseen Ahamed 13] Killy Tojas C.E 14] Jamini of

15) Vabuki B.V 16) Chinmaye. B.M. 17). Musivia Ayman 18) Vidija Nikkam 19) Anoolya 10) B. Srivani 21) Abhigyan Baruah U18EV2350165 22) Anitho 23, Secret Aziz 24, Beenish Javied 25, Afrija Fatima

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### PSC 124 SMAIAH Equal Opportunity Cell, MSRCASC Organizes a guest lecture on "Empower Women, Elevate the World" 17th October 2023 Venue: Dr APJ Abdul Kalam Auditorium

SL.	Name	Reg. No.	Course & Sem	Signature
No.	Anusha Devi	U18EV2180321	VSCMBSC BT 'A'SEC	etrustratione
2	Kavya.M	UISEVAISO139	Vservo	KE
3	Nisha	U18EV2150236	Vsera n	Nishes
Y	Nuktha Shree	U18EV2150334	Vser	HAA
5	Deepika	U18EV2130270		Day
6	Lakshmi Bhavani	UISEV2150173		Att -
٦	Nythn	UISEV21S0282		alph .
8	Michelle	U18EV215977		Hidy -
9	Nyuma	UISEV2150311		April
10	Niha	UISEV1150250		Nahn
11	Phip Despites & Zoya			on the
12	I. EKRASHEKA	UISEV2150145	T seen BCOM	KAR
13	B- Nithya Shree	U18EV2150136	T. Som BLOH	Monya .
14	SAMIKSHA . G. RAS	VI8EV2150138	1 Sem BLOM	N. S.
15	AKSHARAC	U18EV2150123	Teem BCOM C	Star wind
16	TETASWINI.S	UISEVERSD357	The sem BAC	Constation
17	KEZTYA. G.S	U18EV2250376	10 sem Bal	AN
18.	NAGALAKSHMIM	UI 8EV2250360	The sem BSC	chillo
19.	Chethan . B.S	U18EN23502T8	I sem BCA'B'	Tabelt
20.	Yashas . N. Shetty	UIREV2350275	TSEM BLA'B'	Shoute.
21	Sprugar H	UISEV2350308	1 5011 0.1 0'	Male
22.	Syed Mahr Hussam	UISEV2350270	at the second se	Xvi
23	Ramal A.G	U18EV2350313	0 1.01	Darhe ?-
24.	Parshon P.	UL8EV2350312	110 7 1 11	R. Holy
25	MONITH R AL	U18EV235024	sto som BCA'o'	Artonish
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24	Amman Tapadan	UISE VROP 56	1st gem BSCC	Juti
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28	Pavethaa. R	UNERV2350383	ST SUM BECC'	41
29	Bhushan.		st sem BBC C'	
30	Arka Prabba Deb		1st sum BSC E	
31	Suppon Ahmed		1st sem BSC'	
36	Poorne Chandes	ULREV2150326	I sem be 'A'	Acptitue
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bepto) Deepika Krishna.PC I SEM BCA 42. UISEV2150130 Themelca. Bhunika s 43 UISEV2150055 VEEM BCA 6pgan. Gagana shree C HU UISEVIISOON I Seve BCA Parinitha G.E 45 UIS EV23 50 EIF 1St sem BCA Ran UISEU2350215 1St ALM BCA 46 Shivani Rajendua VI8EV2150032 JL, seen B.Sc 47 Samrech A. Patel Sete (MB Gen) Nayane chore S.N UISEV 21 5027 2 Lig Vihsem UISE V2150275 BSC Nisraga B. 49. Klisarge -11-

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20.	Brigdla Sake	UIBEV22SDIUL	BCA-3rd b'	Klustin	
21.	nonika teday	UISEV 22.50027	BCA-34d'A'	Spherdy	
32.	Krushi Vijat navua	111 F V2250280	BCA-31d C	Schurtz	
23.	Sphurts V.S. Apilal	UIREV2250248	BCA - 3RD Sem 'C'	76:B.J.S	
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36	NISHITH GOUDA	18EV2260306	BCA 39d sem	Bull	
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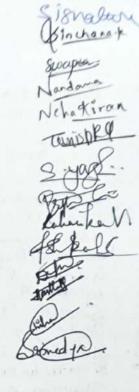
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### Equal Opportunity Cell, MSRCASC Organizes a guest lecture on "Empower Women, Elevate the World" 17<sup>th</sup> October 2023 Venue: Dr APJ Abdul Kalam Auditorium

RAMAIAH College of Arts, Science & ADA

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RAMAIAH College of Arts, Science & Commerce

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### Women's Cell Report on "Inspire Inclusion - International Women's Day Celebration"

### Date: 7<sup>th</sup> March 2024

### No. of beneficiaries: 100 students and 70 faculty and staff

The Women's cell of MSRCASC is an active and prominent cell of the college. It organises various programmes like

Lectures/ seminars on

- Self-health and hygiene
- Personality development
- Women empowerment

Workshops on

• Vocational Skills

Competitions etc.

Women's Cell in association with IQAC conducted a seminar on "Happy Periods" to mark the International Women's Day on 7<sup>th</sup> March 2024 in APJ Abdul Kalam Auditorium. Dr. Meenakshi Bharath was the guest speaker for the event.





The MC for the event was Ms. Ashrithashree, Asst. Prof., Department of Humanities. Invocation dance was performed by Dr. Smrithi, Dept. of Chemistry. Mrs. Pushpalatha BV, Convener of Women's Cell welcomed the gathering and Dr. Vatsala G, Principal, gave the presidential remark and flagged the event's beginning.



Dr. Ashly introduced the guest speaker, Dr. Meenakshi Bharath. Dr. Meenakshi kept the audience attentive, delivering a most interesting speech on 'Happy Periods'. Her prowess in the field of Gynaecology was evident in her address. She was humorous and adept at driving





her thoughts home in the mind of the audience.

Dr. Meenakshi busted a lot of myth surrounding women's periods. She spoke about the reason for getting cramps during periods, and the medication for it which is very important for todays women. Using a model of the uterus, she explained in-depth about the process of menstruation and the necessity to keep ourselves clean during the process.



Also, being an environmentalist, Dr. Meenakshi spoke about the importance of using Menstrual Cups during periods. She insisted that using sanitary napkins is a great disaster to our environment and Menstrual Cups is the best alternative.





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Following Dr. Meenakshi's address were several cultural activities performed by the faculty and post graduate students.



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Principal, M.S. Ramaiah College of Arts, Science & Commerce MSRIT Post, MSR Nagar Bangalore - 560 054



### Women's Cell of MSRCASC

### Report on the Seminar - Personality Development and Menstrual Hygiene

### Date: 31<sup>st</sup> October 2023

### No. of beneficiaries: 350 girl students

The Women's cell of MSRCASC is an active and prominent cells of the college. It organises various programmes like

Lectures/ seminars on

- Self-health and hygiene
- Personality development
- Women empowerment

Workshops on

Vocational Skills

### Competitions etc.

The first programme organised by the Women's Cell of MSRCASC for the academic year 2022 -2023 was a seminar on Personality development and Menstrual Hygiene.



The programme started with Ramaiah Anthem, Invocation Dance and Lighting of the Empowering Lamp. The convener of Women's Cell, Mrs. Pushpalatha welcomed the Principal and guest speakers – Dr. Poojashree from M S Ramaiah Hospital and SriLakshmi Hegde, soft skill trainer from Brandtouch Analytics.



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The Principal spoke about the power of Mothers, the nature of their work and the tireless efforts they put in keeping the family together. She also spoke about the importance of being confident and self-motivated.



Dr. Vijayalakshmi introduced Dr. Poojashree to the gathering.

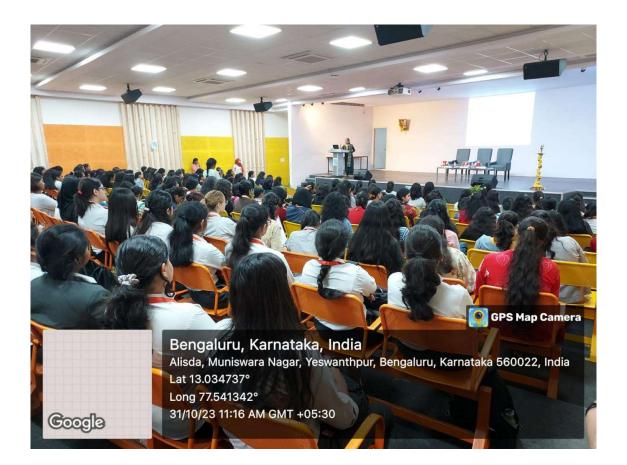
Dr. Poojashree spoke about Menstruation and hygiene. She lectured in detail on one of the main issues – Menstrual waste disposal and various products available that can be used during the monthly cycle. She elaborated on Tampons, Sanitary Pads, Menstrual Cups and Period Underwear. The dos and don'ts of menstrual cleanliness and the importance of tracking regular periods were highlighted during her address. She also pointed out the importance of breast examination after periods and pap smear tests.

Dr. Poojashree pointed out the taboos that existed in society concerning menstrual cycles and the need to break them.



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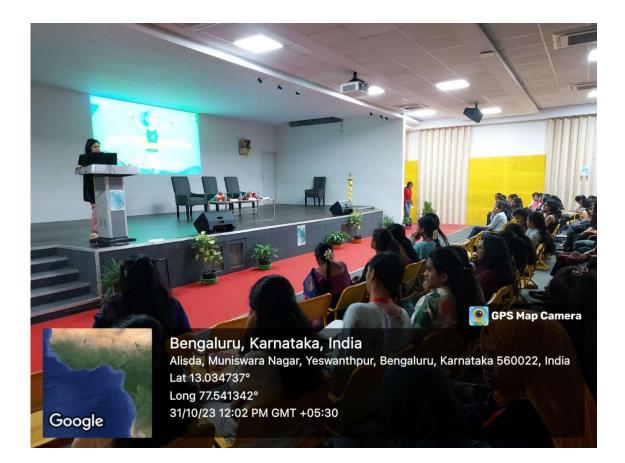
Srilakshmi Hegde was introduced to the crowd by Ms. Ashritha Sri

Srilakshmi Hegde started by telling that the super power is within ourselves. She gave grooming tips and Said that A B and C stand for Appearance, Body Language and Communication repectively. She educated the gathering on general health, hygiene and soft skills through various videos and presentations.



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Student Shylaja Anand also addressed her fellow students and stressed the importance of breaking menstrual cycle taboos.

After a scintillating dance performance by students, Dr. Padmaja R delivered the Vote of Thanks and the seminar concluded with National Anthem.

Vatialey Principal, M.S. Ramaiah College of Arts, Science & Commerce MSRIT Post, MSR Nagar Bangalore - 560 054