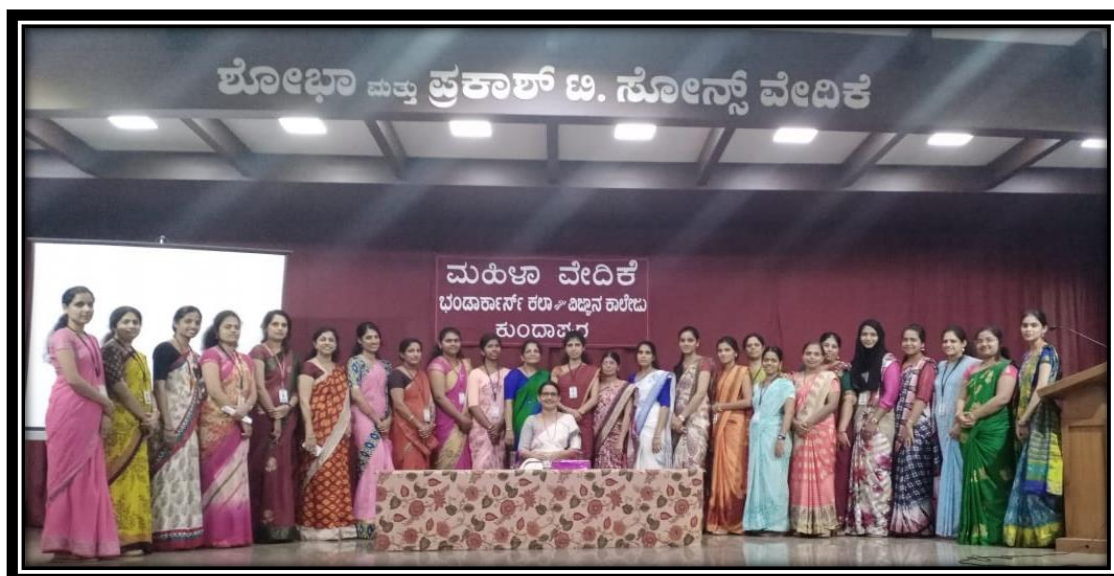


Women's Forum

Where, Women Empowerment and Gender Equality are the most important requirements for the upliftment and progress of our nation as a consequences, Women cell of our College aims at empowering and orienting women to recognize their true potential and to help them attain their own stand in a competing world. Its goal is the overall development in all spheres of their life. The Cell has both the faculty and students of the College as its members and works with an aim to create a gender sensitized community within campus as well as in the society. It has been organising varied academic, technical, medical, cultural and social events for the upliftment of women and spread the real importance of gender equality in the society through different cells of the College.



Objectives :-

- To enhance self esteem and self confidence among women students and staff by conducting Skill Development and Self Defence Training.
- To have periodical interactive session with entrepreneurs and other authorised persons in the society to increase awareness of women related to employment, constitutional rights in order to prevent the exploitation based on Gender.
- To impart knowledge on health and hygiene.
- To create awareness about the rights of women so as to prepare them to protect themselves from any sort of harassment.
- Forum will be conducting various extinction activities, seminars, workshops, special lectures in partnership with other Non UGC Centres, Government Schemes and NGOs to realize the role of women in building up of a healthy society.

WOMEN'S FORUM REPORT 2021-22

- **Chairman** : Dr. N. P. Narayana Shetty, Principal
- **Coordinator** : Dr. Yashavanthi K, Dept. of Sanskrit
- **Secretary** : Mrs. Archana Aravind, Dept. of Management

1	Dr. Shubhakarachari	Member	Asso. Prof. & SWO, Dept. of Political Science
2	Dr. B. Lalithadevi	Member	Asso. Prof., Dept. of Physics
3	Prof. Shashikanth Hathwar	Member	Asst. Prof., & IQAC Coordinator, Dept. of Physics
4	Ms. Prafulla B	Member	Asst. Prof., Dept. of Hindi
5	Mrs. Vijayalaxmi Shetty	Member	Asst. Prof., Dept. of Computer Science
6	Mrs. Sneha S	Member	Asst. Prof., Dept. of History
7	Mrs. Mamatha	Member	Asst. Prof., Dept. of Commerce
8	Mrs. Sumalatha Naik	Member	Asst. Prof., Dept. of Journalism
9	Mrs. Omshree	Member	Asst. Prof., Dept. of Commerce
10	Mrs. Swapna	Member	Asst. Prof, Dept. of Statistics
11	Ms. Gayathri S Suvarna	Member	Asst. Prof., Dept. of Sanskrit
12	Mrs. Harshitha	Member	Asst. Prof., Dept. of Political Science
13	Ms. Ashwini Poojari	Member	Asst. Prof., Dept. of Hindi
14	Ms. Vanitha	Member	Asst. P.D., Dept. of Physical Education
15	Ms. Rajeshwari R Shetty	Member	Asst. Prof., Dept. of Psychology

Interaction with lady students :

1. In the beginning of this academic year, a direct talk on the college facilities for girls and their problems in this regard, was done with the different newly joined Degree students. On this occasion different ladies forum members of the respective classes were present.

Date : 8-11-2021





2. Awareness of Cyber Crime :

Speaker : Sri Raghavendra Charana Navuda, Advocate, Kundapura.

Second year lady students of all streams benefited from this program.

Date : 04-06-2022 Saturday 2 PM

Place : R N Shetty Hall



WOMEN'S FORUM – 2020-21

The ladies forum in the 2020-21 academic year saw **Dr. Yashavanthi. K** as the coordinator.

- **President:** **Dr. Yashavanthi. K**
- **Vice President:** **Dr. B. Lalithadevi**
- **Secretary:** **Archana Aravind**

Besides, the following teachers are the members:

1. Prof. Ramachandra	Students Welfare Officer
2. Prof. Shashikanth Hathwar	Physics Dept
3. Prafulla B	Hindi Dept
4. Saroja M	Biology Dept
5. Vijayalaxmi Shetty	Comp Dept
6. Sneha S	History Dept
7. Mamatha	Commerce Dept
8. Sumalatha Naik	Journalism Dept
9. Omshree	Commerce Dept
10. Geetha Prabhu	Commerce Dept
11. Swapna	Statistics Dept
11. Harshitha	Political Science Dept
12. Gayathri S Suvarna	Sanskrit Dept
13. Savitha	Psychology Dept
14. Vanitha	Physical Director
15. Ashwini Poojary	Hindi Dept

Women's Forum Report – 2020-2021

The following activities were undertaken:

1. In the beginning of this academic year, a direct talk on the college facilities for girls and their problems in this regard, was done with the different newly joined Degree students. On this occasion different ladies forum members of the respective classes were present.
2. In our college, nearly 75% of the students are girls. So to keep the college surroundings clean and healthy, we have 'Napkin Disposal Machine' in Ladies Room.
3. 11 students participated in competitions held on account of International Women's Day conducted by Manipal Academy of Higher Education held on 6th March 2021. Venue : Interact Halls, Manipal.
The theme was: #ChooseToChallenge.

These students were participated.

➤ Painting Competition

- | | |
|----------------------|-------------|
| 1. Dharini N Shetty | I BSc – BBZ |
| 2. Bhavana | II BA – EJP |
| 3. Sandhya | II BA – EJP |
| 4. Sadhana | I BA – EJP |
| 5. Vaishnavi A Hegde | I BSc – BBZ |
| 6. Yajusha | I BA – EJP |

➤ Short Essay Writing Competition

- | | |
|------------------------|-------------|
| 1. Sinchana | II BA – EJP |
| 2. Christina | II BA – EJP |
| 3. Chinthan B K | II BBA |
| 4. Sanath Sheregar | II BBA |
| 5. Dhimanth D Prabhu K | II BBA |

Miss Vanitha, Lady Physical Director accompanied these students.



4. Three students of our college participated in National Level Conference on the topic: “ಮಹಿಳೆ ಮತ್ತು ಪುರಾಣ : ಸೃಜನಾತ್ಮಕತೆ”. held at Shree Sharada College, Basrur in association with “ಕರಾವಳಿ ಲೇಖಕಿಯರ - ವಾಚಕಿಯರ ಸಂಘ (ರಿ.)” on 12th March 2021.

1. Yashaswini
2. Harshitha
3. Sunitha

- II BA – HSP
II BA – HSP
II BA – HSP



4. In association with Pradhanamanthri Bharathiya Janaushadhi Kendra, a Unit of Indian Redcross Society, Kundapura, a “Suvidha Pad Kranthi Celebation” was done on 2nd March 2021. Our lady Students were benifitted from this.





5. All lady Staff of our college participated in a Virtual International Conference conducted by Mangalore University UGC Centre for Women's Studies under Shastri Golden Jubilee Conference Grant of Shastri Indo – Canadian Institute Supported by The Ministry of Education, Government of India, in Collaboration with Shastri Indo – Canadian Institute (SICS), New Delhi held on 16th and 17th March 2021.

WOMEN'S FORUM – 2019-20

The ladies forum in the 2019-20 academic year saw Dr. Yashavanthi. K as the coordinator.

- **President:** Dr. Yashavanthi. K
- **Vice President:** Dr. B. Lalithadevi
- **Secretary:** Archana Aravind

Besides, the following teachers are the members:

- | | |
|------------------------------|--------------------------|
| 1. Prof. Ramachandra | Students Welfare Officer |
| 2. Prof. Shashikanth Hathwar | Physics Dept |
| 3. Prafulla B | Hindi Dept |
| 4. Saroja M | Biology Dept |
| 5. Vijayalaxmi Shetty | Comp Dept |
| 6. Sneha S | History Dept |
| 7. Mamatha | Commerce Dept |
| 8. Sumalatha Naik | Journalism Dept |
| 9. Omshree | Commerce Dept |
| 10. Geetha Prabhu | Commerce Dept |
| 11. Swapna | Statistics Dept |
| 12. Harshitha | Political Science Dept |
| 13. Gayathri S Suvarna | Sanskrit Dept |
| 14. Savitha | Psychology Dept |
| 15. Vanitha | Physical Director |

The following activities were undertaken:

5. In the beginning of this academic year, a direct talk on the college facilities for girls and their problems in this regard, was done with the different newly joined Degree students. On this occasion different ladies forum members of the respective classes were present.





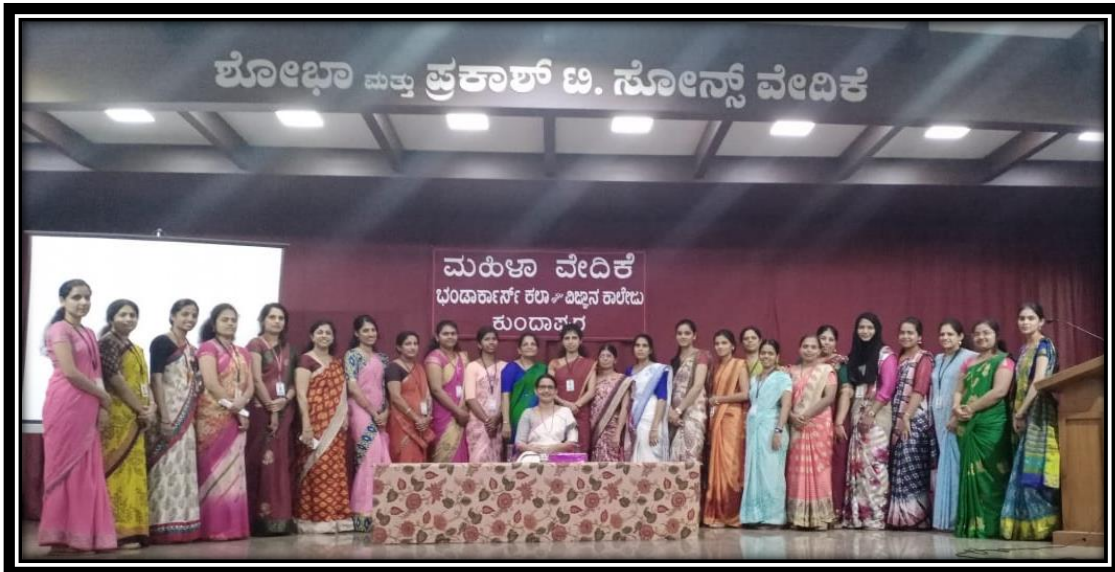
6. In our college, nearly 75% of the students are girls. So to keep the college surroundings clean and healthy, we installed '**Napkin Disposal Machine**' in Ladies Room.



7. 10 lady students and Three Lady Teachers attended one day National Seminar on “ **Promoting Positive Mental Health Amongst Women – Prospects and Challenges with Special Reference to Women of Coastal District Udupi**” on **11 January 2020** at **Shree M Visvesvaraya Seminar Hall, MIT, MAHE, Manipal** in Collaboration with Department of Commerce and National Commission for Women, India.



8. On the topic, 'Ragging, Drug Abuse, Environmental Protection and Sexual Harassment', lecture was conducted to the Lady Students by Dr. Prameela Nayak on 18th December 2019 at R. N. Shetty Hall.





5. Self Defense Techniques were taught by **Mr. Kiran Kundapur** for our lady students on **22nd January 2020** at **R. N. Shetty Hall**.



6. “Nannolagina Avalu ” a One Man Show for Lady Students conducted on 19th February 2020 at Radha Bai Hall.

Actot & Creator : Shilpa Joshi

Direction & Stage Setting: Raviraj H. P.

Music: Geetham Ganesh

Lighting: Nithin Perampalli

Coordinator: Dr. Harish Joshi







7. On the occasion of **International Women's Day**, on **10th March 2020**, several competitions were organized on the theme - **"Each for Equal"** at **T.M.A.Pai Auditorium, Manipal**.

The Following students participated in these event:

Speech:

1. Ashwini Pai K – II BSc BZC
2. Vineeth Bhat – III BCom
3. Arundhathi – II BSc MCZ
4. Yashasvini – I BA – HSP
5. Priya M Devadiga – III BA EJP
6. Jalaja – I BBA

Collage :

Team 1 : Medini – III BSc MPC

Deepa – III BSc MPC

Gouthami – III BSC MPC

Team 2: Sahithya M Devaraj – III BA EJP

Sandhya Sarang - III BA EJP

Sanjana – II BA EJP

Team 3: Sanjana K – I BSc BZC

V. S. Keerthi Kamath – I BSC BZC

Deeksha – I BScBZC

Team 4: Sinchana K – I BA EJP

Bhavana - I BA EJP

Sandhya - I BA EJP

The following students were the Prize Winners and Best Performers:

Speech:

1. Arundhathi – II BSc MCZ
2. Vineeth Bhat – III BCom
3. Yashaswini I BA – HSP - 2nd Place :



WOMEN'S FORUM – 2018-19

The ladies forum in the 2018-19 academic year saw **Dr. Yashavanthi. K** as the coordinator. Besides, the following teachers were the members:

3. Prof. Ramachandra	Students Welfare Officer
4. Prof. B. Lalithadevi	Dept. of Physics
5. Prof. Shashikanth Hathwar	Physics Dept
3. Prafulla B	Hindi Dept
4. Saroja M	Biology Dept
5. Vijayalaxmi Shetty	Comp Dept
6. Sneha S	History Dept
7. Archana Aravind	Management Dept
8. Sumalatha Naik	Journalism Dept
9. Omshree	Commerce Dept
10. Geetha Prabhu	Commerce Dept
11. Harshitha	Political Science Dept
12. Gayatri S Suvarna	Sanskrit Dept
13. Kavya. M. S	Hindi Dept
14. Savitha	Psychology Dept
15. Ushalatha	Physical Director

The following activities were undertaken:

1. In the beginning of this academic year, a direct talk on the college facilities for girls and their problems in this regard, was done with the different newly joined PUC and Degree students. On this occasion different ladies forum members of the respective classes were present.



2. A program on **International Women's Day** – workshop on '**Beti Bachavo Beti Padhavo**' in collaboration with Udupi Jilla Panchayath , Taluku Arogya Adhikariyavara Kacheri, Kundapura for Accredited Social Health Activists and girl students of our college



3. International Women's Day- Celebrating the '**#BalanceforBetter**' was conducted by Academy of Higher Education Manipal, on March 8th 2019 at Dr. T.M.A.Pai Auditorium, Manipal.

Name of the staffs attended this program:

1. Ms.Geetha Prabhu
2. Ms.Vinayalaxmi
3. Ms.Princiya
4. Ms.Supreetha



4. An awareness programme about Napkin usage to students by Ms. Akshatha Gangolli in the month of March.



5. 'Cooking without fire' competition was held on International Women's Day- more than 50 groups participated each group consists of 5 students.





WOMEN'S FORUM - 2017-2018

The ladies forum in the 2017-2018 academic year saw **Dr. Yashavanthi. K** as the coordinator. Besides, the following teachers were the members:

1. Prof. Arunachala Mayya	Students Welfare Officer
2. Prof. Shashikanth Hathwar	Physics Dept
3. Prafulla B	Hindi Dept
4. Saroja M	Biology Dept
5. Vijayalaxmi Shetty	Comp Dept
6. Sneha S	History Dept
7. Archana Aravind	Management Dept
8. Sumalatha Naik	Journalism Dept
9. Omshree	Commerce Dept
10. Geetha Prabhu	Commerce Dept
11. Harshitha	Political Science Dept
12. Gayatri S Suvarna	Sanskrit Dept
13. Kavya. M. S	Hindi Dept
14. Savitha	Psychology Dept
15. Ushalatha	Physical Director

The following activities were undertaken:

1. In the beginning of this academic year, a direct talk on the college facilities for girls and their problems in this regard, was done with the different newly joined PUC and Degree students. On this occasion different ladies forum members of the respective classes were present.
2. In our college, nearly 75% of the students are girls. So to keep the college surroundings clean and healthy, we installed 'Napkin Disposal Machine' in Ladies Room and Ladies Hostel.



3. A program on '**Women self defence techniques**' - Introduction and talk was organized by Mangalore's Martial Artist '**Karthik. S. Kateel**', CEO and **Founder, Swaraksha for Women Trust**. His mother Smt.Shobha Latha was supported him in this function. This program was organized on 28-2-2018.





4. International Women's Day- Celebrating the 'Spirit of Womanhood' was conducted by Academy of Higher Education Manipal, on March 8th 2018 at Dr. T.M.A.Pai Auditorium, Manipal.

Name of the staffs attended this program:

4. Dr. Yashavanthi K
5. Vijayalaxmi Shetty
6. Sneha
7. Geetha Prabhu