



# SRI JAGADGURU RENUKACHARYA COLLEGE OF SCIENCE, ARTS AND COMMERCE

#9, Race Course Road, Bengaluru –560009

## Women Empowerment Cell

- Title of the event:** Special lecture “Health and Hygiene”
- Date** : 04/01/2022
- Time** : 11.00.a.m.
- Resource Person:** Dr. Swarna Gowri, Resident Medical Officer
- Beneficiaries** : Girl Students and Lady Staff (45)
- Objective** : To create health awareness, health hygiene and nutrition.

Women Empowerment Cell had organized a special lecture on “Health and Hygiene” on 4<sup>th</sup> January 2022. The speaker for the day was Dr. Swarna Gowri Resident Medical Officer, Govt Ayurveda Medical College, Bengaluru.

The session started with Welcome speech and the guest introduction by Ms. Sujata M.Naik. The program was taken over by Dr. Swarna Gowri with a session on nutritious foods and nutrition tips for the healthy life style of women. She advised about good food habits and practicing hygiene during menstrual cycle. The session concluded with vote of thanks by Ms. Shubha B.G.

**Outcome:** Students were benefited from this.



Sujata M. Naik  
Convener  
Women Empowerment Cell

Principal



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**Women Empowerment Cell**

**Title of the event:** International Women's Day

**Date** : 08/03/2022

**Time** : 10.30.a.m.

**Resource Person:** Dr. Jayashree Salimath, Principal, SJR College of Law.

**Beneficiaries** : Students and Staff (70)

**Objective** : To create an awareness about legal rights of the women

Women Empowerment Cell celebrated International Women's Day on Tuesday 8<sup>th</sup> March 2022 in the Library Reference Hall, SJR College at 10.30 am. The celebration began with thoughtful prayer by the students from BBA Department. Ms. Sujata M Naik, Convener, Women Empowerment Cell welcomed the gathering and introduced the Chief Guest, Dr. Jayashree Salimath, .


Dr. Jayashree Salimath, spoke on this occasion about the women empowerment and brought awareness among the students about the legal rights of the women in our country. She explained that the women are often the target of crimes and not know how to defend themselves. She urged the girls to be strong and encouraged to acquire legal knowledge to defend themselves. She highlighted some of the important legal issues in the families such as the child marriage, child labour, Property issues, ancestral property rights etc. According to the Hindu Succession Act, women are entitled to get equal share in the property of their parents. She brought to the notice of the gathering about the amendment of laws in which the age of marriage for girls has raised to 21 years as equal to the boys. Women are entitled to get maternity leave, crèches, gratuity, bonus, pf, etc and she was sad that these laws are not implemented effectively. However the students were made aware of the rights of the women and laws pertaining to their protection.

While concluding she requested the principal to give an opportunity to conduct a legal awareness programme for the students of our college by resource persons so that the students should feel strong having legal knowledge to bring positive changes in the society. Dr. S. Kantharaju, Principal addressed the students. He advised them to respect their parents and faithful to them and advised them to learn to respect each other especially the ladies and to become good human beings.

Prof .Chaithra, Department of Commerce shared her opinions about the long-lasting struggles of women even at the present age of advanced science and technology. She advised the girls to face the problems of their life bravely and live their life independently.

Smt. Shubha, Department of Computer Science delivered the vote of thanks. The event was enthusiastically hosted by Ms. Reshma Bhaskar, Department of Commerce and the programme was successfully winded up with the pleasant piano and flute performance by the students of BCA

**Outcome:** It was informative and helpful for the students and staff how to utilize legal benefits in their practical life.



**SRI JAGADGURU RENUKACHARYA COLLEGE OF  
SCIENCE, ARTS & COMMERCE**  
#9 Race Course Road, Bengaluru - 560009  
A NAAC accredited institution

You are cordially invited to

## International Women's Day Celebration

Chief Guest  
**Dr. Jayashree Salimath**  
Principal, SJR College of Law  
Bengaluru-560009

On Tuesday, 8th March 2022, at 10:30 am  
Venue: Library Reference Hall,  
SJR College.

Committee Members | Ms. Sujata M Naik | Lt. Dr. S. Kantharaju  
Stalls and Students | Convener | Principal



Sujata M.Naik  
Convener  
Women Empowerment Cell

Principal



# SRI JAGADGURU RENUKACHARYA COLLEGE

## OF SCIENCE, ARTS AND COMMERCE

#9, Race Course Road, Bengaluru –560009

### Women Empowerment Cell

**Title of the event:** Special lecture “Health and Hygiene”

**Date** : 28/05/2022

**Time** : 11.00.a.m.

**Resource Person:** Prof. Dakshayani, Department of Zoology, SJR College.

**Beneficiaries** : Girl Students and lady Staff (40)

**Objective** : To create an awareness on Menstrual Hygiene and management

Women Empowerment Cell had organized an awareness programme on the occasion of Menstrual Hygiene and Management Day on 28<sup>th</sup> May 2022. The resource person Prof. Dhakshayani, Department of Zoology spoke about the “Menstrual Cycle, symptoms of Menstrual Cycle and Pre-Menstrual syndrome in detail.

She educated our students about the maintenance and disposal of sanitary pads. She advised to have nutritious food during menstrual period and spoke about the importance of menstrual hygiene, disorder, menstrual problems and the treatment for the same.

**Outcome** : The session was informative and helpful for the students.



Sujata M. Naik  
Convener  
Women Empowerment Cell

Principal



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**Women Empowerment Cell**

**Title of the event:** Special lecture “Health and Hygiene”

**Date** : 29/04/2022

**Time** : 12.00 pm

**Resource Person:** Dr. Jyothi,

**Beneficiaries** : Students and Rural folk(60)

**Objective** : To create health awareness and hygiene among rural folk.

The rural camp was organized by Women Empowerment Cell in association with NSS on 29/04/2022 at Suradhenpura near Rajankunte, Doddaballpura.

Women Empowerment Cell had organized a special talk on “Health and Hygiene”.

In the camp Dr. Jyothi, advised participants about good food habits, various nutritional food and tips for the healthy life style of women. She suggested the participants to avoid junk foods and explained the side effects of alcohol, drugs and smoking. The event was concluded with interactive session.

**Outcome:** The rural folk were largely benefited and got tips to lead a healthy life.



SujataM.Naik  
Convener  
Women Empowerment Cell

Principal



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**Women Empowerment Cell**

<b>Title of the event:</b>	Health Awareness Programme
<b>Date</b>	: 01/08/2022
<b>Time</b>	: 1.30 pm to 3.30 pm
<b>Resource Person:</b>	Dr. Savitha Shetty, Apollo Hospital
<b>Beneficiaries</b>	: Students and Staff(40)
<b>Objective</b>	: To create health awareness, health hygiene and nutrition.

**Women Empowerment Cell and Youth Red Cross Wing** jointly had organized Health Awareness Programme on 01-08-2022 at Moot Court from 1.30 pm to 3.30 pm. The programme began with an invocation which was followed by Welcome Speech by Ms. Sujata M. Naik.

Dr. Savitha Shetty, Consultant Obstetrician Gynecologist, Apollo Hospital, Sheshadripuram oriented the students and faculty on good menstrual hygienic practices such as use of sanitary napkins, washing and cleaning, how to dispose sanitary napkins etc. followed by precautions to be taken during the period and dietary habits so as to enable us to lead a healthy life. She stressed upon the menstrual hygiene which is essential to the well being and empowerment of women and adolescent girls. She spoke about breast cancer, its warning signs, symptoms, prevention and diagnosis and she briefed about the self – breast examination.

The session was informative and interactive. The question and answer session was followed by an effective PPT presentation by Ms. Susan N.B., Clinical Dietician, Apollo Hospital, Sheshadripuram on the topic, **“Healthy life style management and eating habits”**

The programme ended with vote of thanks by Ms. Shubha B.G., Department of Computer Science. The programme was coordinated by Ms. Sujata M. Naik. and Ms. Shobha Rani R., Programme Officer, Youth Red Cross Wing.

**Outcome:** The students and faculty were able to understand menstrual hygienic practices and its importance in daily life.



Sujata M.Naik  
Convener  
Women Empowerment Cell

Principal