

16/2/2023 (Thursday)

1. Awareness programme about personal Hygiene for Girls An Initiative of Eco Club. Resources person

Shilpa. S

Govt Hospital Nurse

Vishwa chethana Degree College, Neka Conducted awareness programme on women Health & Hygiene

Date : - 16th February 2023 . 3.00 PM to 4.00 PM

Venu :- Auditorium

No of participants :- 208 participants

Resources person : Shilpa. S [Govt Hospital Nurse]

Objectives : 1. To impart knowledge and awareness about menstruation and hygiene.

2. To avoid fear and emotional disturbance on the onset of menstruation

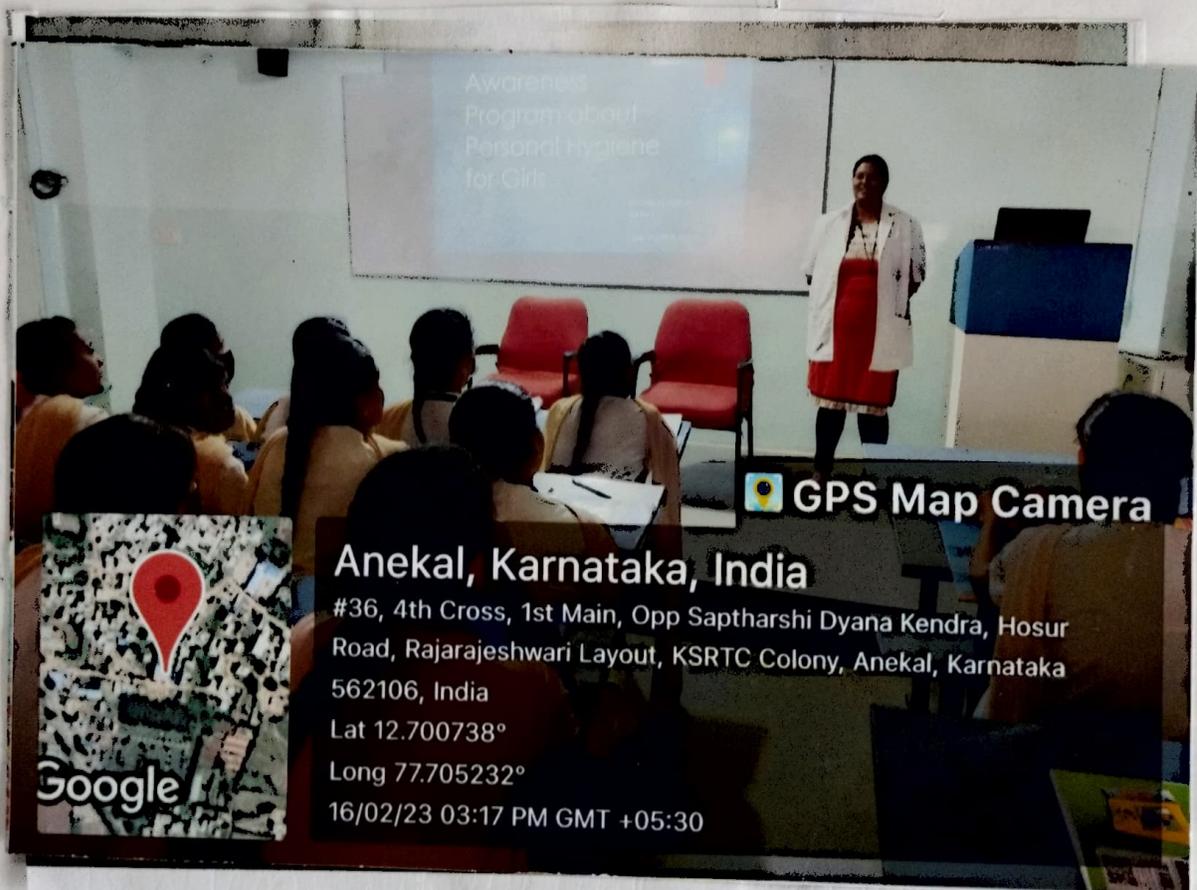
3. To seek help from doctor if one faces irregular problems during menstruation

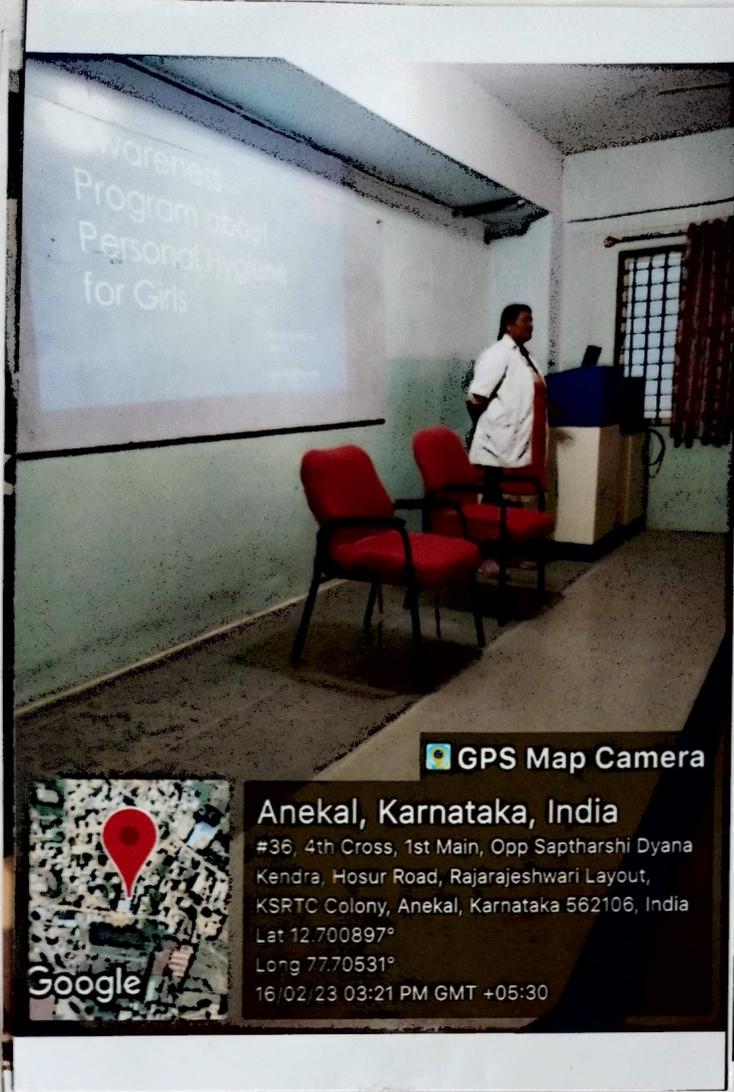
4. To take care of oneself during menstruation.

5. To practicing good personal hygiene is important for helping keep the body healthy and clean.

6. Better hygiene leads to better health, Confidence and overall growth

Resource person talk about the importance of maintaining and practicing menstrual hygiene, how and why to use the sanitary napkins and menstrual cups. we have emphasized on the myths and taboos related to menstruation. Student were educated on the importance of adopting good menstrual hygiene practice to enjoy good health in pursuing their education.





after the session and FAQs by the girls related to the topic girls were very happy to get new information about menstruation. and maintaining personal hygiene.

17/2/2023

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No 36, Rajarajeshwari Layout,
Hosur Road, Anekal, BANGALORE DIST-562106.

17/12/2023

2. Report on Cancer awareness programme
for Women An Initiative of Eco
Club

Vishwa chethana Degree College organized
Cancer awareness programme to educate
the girl student and women employee.

Date :- 17/12/2023

Venue :- Auditorium

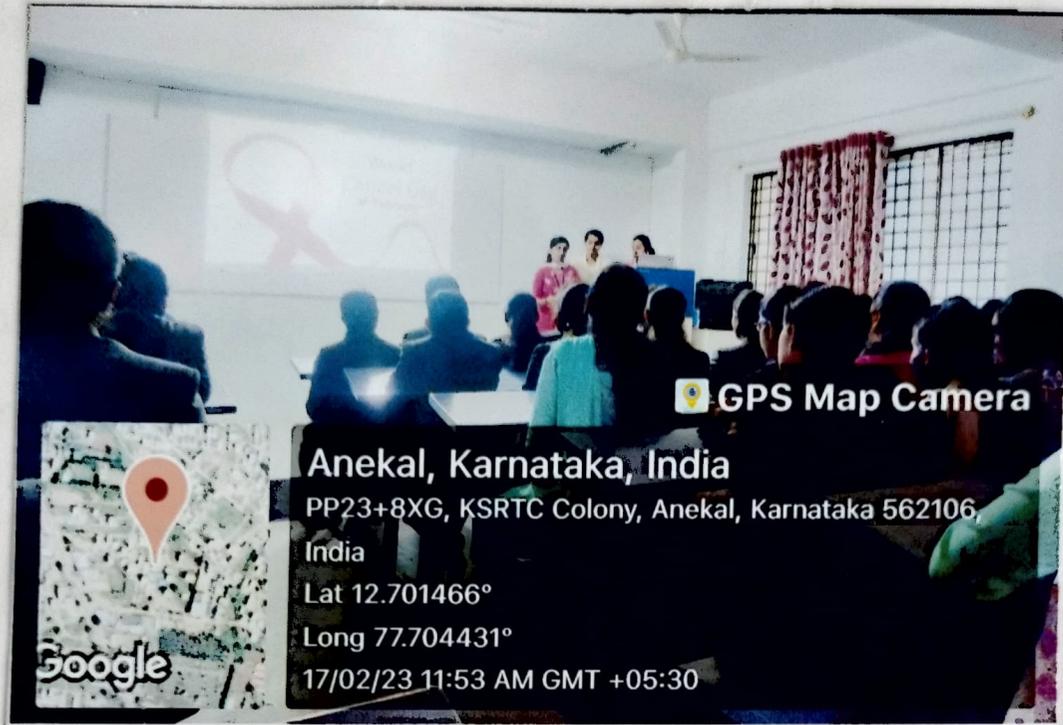
Time :- 11.30 to 12.30

No of participants :- 250

Resource person :- M.Com students

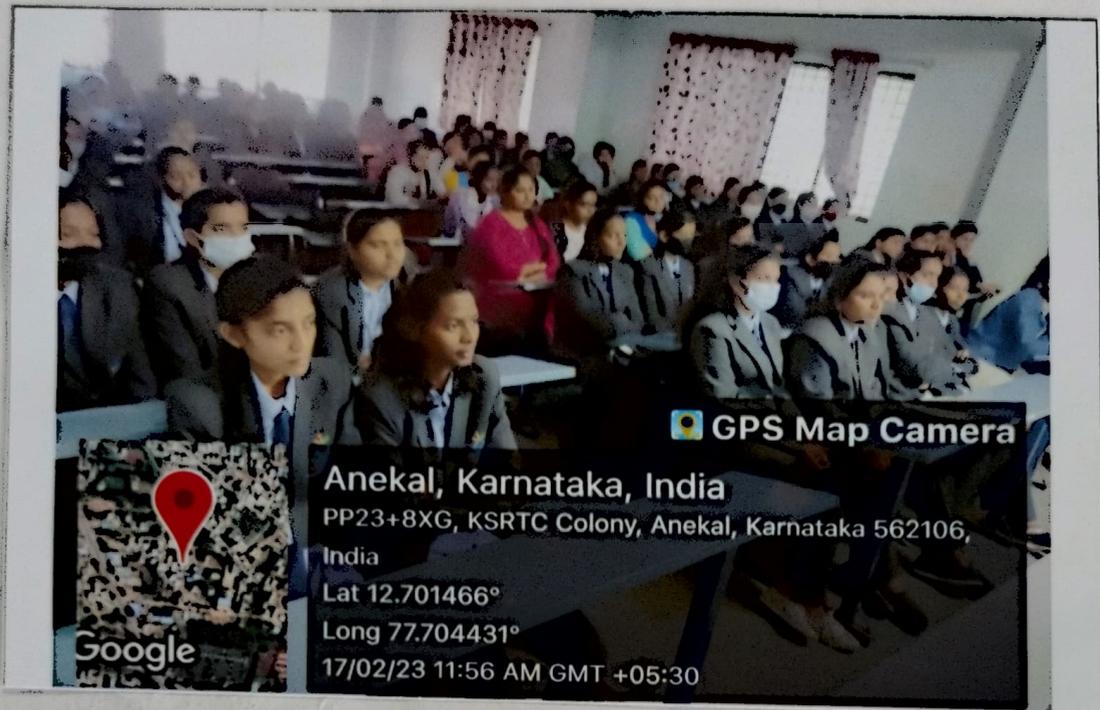
M.Com IInd year students gave power point
presentation to bring awareness on breast
cancer for benefit of girl students.

The elaborate presentation Covered aspects
like problems, probable symptoms that Causes
of breast Cancer, way to identify it in
early stage to be Cured off like Dimpling,
puckering, stretching pain in the back, retracted
nipple etc. The factors causing Cancer are
genetic, physiological, dietary, environment and
life style etc.



Showing demonstrative clippings they explained about self Breast Examination (SBE), clinical Tests, mammography and ultra sound scanning. They advised the girl - students to be conservative, follow healthy food containing fibrous rich food with vitamin A, E and C. Beta Carotenes and selenium supplements. They wrapped up their presentations with a discussion of the painful treatment process like surgery which is often followed by radiation to melt the malignant lumps.

Psychological rehabilitation of affected patients through chemotherapy and re-breast construction with silicon support was discussed with video clipping



Everyone appreciated the program and opined that these kinds of programs are very useful and may be conducted frequently.

Date:

Place:

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3. Report on "WOMEN'S DAY" Celebration

Vishwa Chethana Degree College organized Women's Day Celebration on March. 08. 2023

Date :- 08.03.2023

Venue :- M.Com Class Room

Time :- 9.30 to 10.30

No of participants :- 12 women faculty

Conducted by : Prof. SWETHA.P

To celebrate the international Women's Day 2023 the Centre for Women's Studies of Vishwa Chethana Degree College organized a special lecture on women empowerment.

Mrs Pramilamani department of management welcomed principal Sir and all women faculty after welcoming speech.

Mrs Shwetha.P department of management "She gave a insights on women's day also explaining through PPT we remember 800 many achieved in different sectors, and all faculty share their opinion about women's day celebration."

4. Awareness on negative impact of
Social media and mobiles on young girls.

13.4.23 3:04

Vishwa chethana Degree College organized
negative impact of social media and
mobiles on young girls.

Date : 13.04.2023

Venue :- A.V Room

Time : 3.00pm to 4.P.m

Resource person : SWETHA.P, AMRIN SAMAR, MANIKYAM

No of participant : IInd B.Com students [150

Social media has both positive and negative
effects on students.

Firstly Mrs Swetha.p started How social
media has become a part of everyone's life
that can't be ignored. social media has both
positive and negative impacts not only on
youth but also on elders and children. she
explain Both positive and negative impacts of
social media.

she start positive impact of social media.

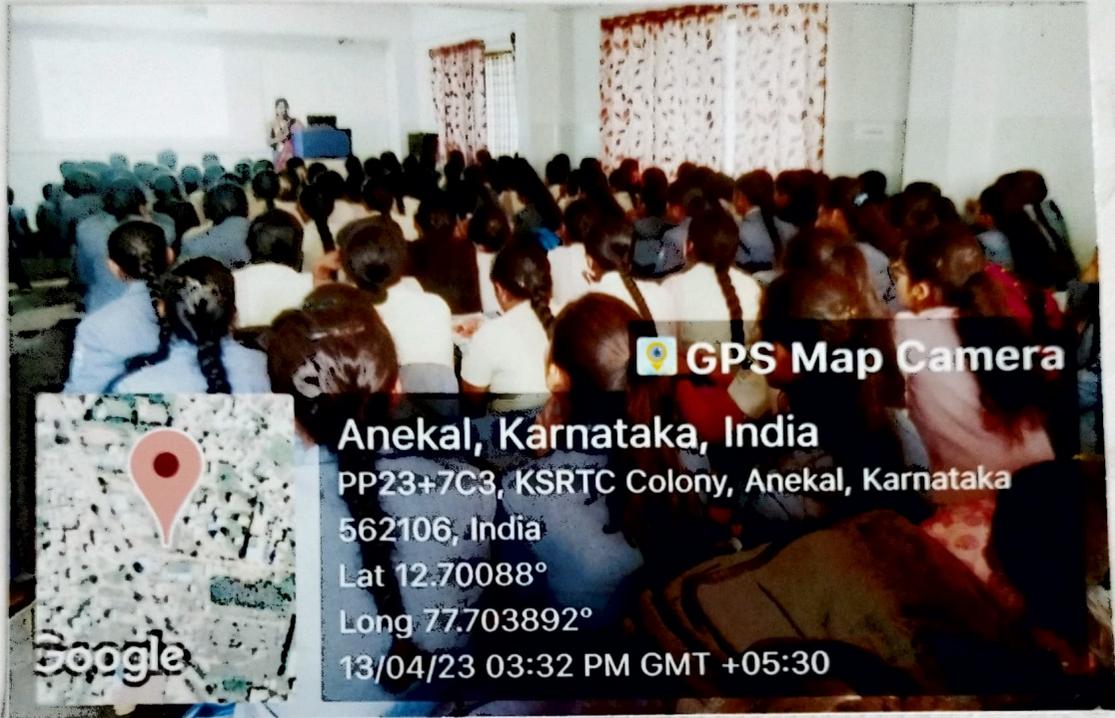
- making friends has become easier with these social media like facebook, google+ and Twitter.
- sharing one's experiences with friends will also give mental relaxation.
- Rapid Communication: social networking sites give us a chance to communicate in a speedy and effective manner.
- Be in touch with the world: not only communicate with friends within the circle but we can also make friends worldwide easily.

negative impact

- most of the youth spend lot of time on the internet to visit and check their single or multiple accounts.
- Cyber bullying: usage of social media may create a chance for emotional distress in getting irritating degrading communication from another teenager which is called cyber bullying.
- Texting is used to harass people using cell phones and social networking.

Then Mrs. Amein Samar Sulthana she also explain like different positive and negative impact on social media with different real stories after manikya also explain the other one different

moral stories. if the students who spends too much time on social media can suffer from poor sleep, eye fatigue, negative body image, depression, etc.



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5 Fundamental Rights and Duties and Women's Rights

Date :- 25.7.2023

Time :- 12.45

No of participants :- 120 students

Objective :- protect women and young girls from all forms of discrimination and gender based violence.

Resource person :- Mr. Ramesh.

Venue :- Auditorium

Report on Fundamental Rights and Duties and Women's Rights

Mr. Ramesh President of Barcouncil started explained Human rights as well as women's rights. are very important for everyone all over the world. when women's get equal rights, the world can progress together with everyone playing an essential role.

All of us can participate in the fight for women's right. that we can say "The fight is for from over."

It is essential to have equal rights as it guarantees people the means necessary for satisfying their basic needs, such as food, housing and education. This allows them to take full advantage of all opportunities. Lastly, when we guarantee life, finally he concluded "liberty, equality, and security" it protects people against abuse by those who are more powerful. Fundamental rights and duties are essential principles in many legal systems. Women's rights, a subset of fundamental rights, focus on ensuring equal opportunities and protection for women. It encompasses issues such as gender equality, reproductive rights, and freedom from discrimination. In various efforts are ongoing to promote and safeguard women's rights, acknowledging their importance in creating a more equitable and just environment.

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Vishwa chethana degree College

24 Jul 2023 11:58:27

Administration Block Vishwa
Chethana Pu And Degree College
KSRTC Colony Anekal Karnataka
562106 India

12°70'N 77°71'E
377.4m Altitude

Sri Thimmaraya
Ammi Gudi Ankal

Google

Fundamental rights play a crucial role in safeguarding individual liberties within a society, ensuring equality, freedom, and protection. They serve as a cornerstone for democracy and the rule of law.

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