

Mental Health Awareness



Principal
Seshadripuram Degree College
Mysuru




1/12/2021

Report on Special Lecture Programme³ on 'Mental Health Awareness'

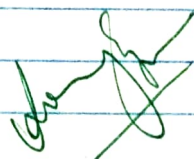
Equal opportunity cell in association with IQAC of Sheshadripuram Degree College, Mysuru has organised a Special Lecture programme on 'Mental Health Awareness' on 1/12/2021 at 9.00 AM in Seminar hall.

Resource Persons Dr. Chitra and Dr. Rajani, clinical psychiatrists, The Revive Hospital, Mysuru headed the session. The session was on Stress management and Time management in Student's life. Final year students of Bcom, BBA & BEA attended the session & got benefited.

Student Coordinators Tejas of Final year BEA welcomed the gathering & Likitha of Final year BBA proposed vote of Thanks. Mrs. Sowmya.M Coordinator of Equal opportunity cell compered the session.

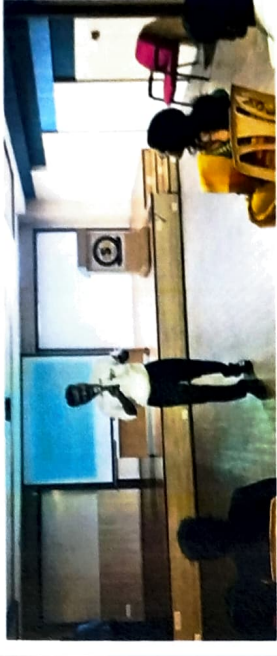
1. 
[Sowmya.M]

2. 
[Sneha.B.R]



Principal
Sheshadripuram Degree College
Mysuru

Gender Equality Today for Sustainable Tomorrow



 **SESHADRIPURAM DEGREE COLLEGE**
Seshadripuram Educational Trust
#25, Hebbal Ring Road, Mysuru - 17

In Association With IQAC, Equal Opportunity Cell & Women Empowerment Cell - Garima Celebrates "International Women's Day"

Gender Equality Today For Sustainable Tomorrow

On
Thursday, 10th March 2022 at 11:00 Am
Venue : Seminar Hall, College Premises

Resource Person


Dr. Ravesh B.N
Professor & Head,
Department of Psychiatry,
Mysore Medical College & Research Institute, Mysore

ALL ARE WELCOME

B. A. Anantharam
Chairman, Governing Council

Sowmya Parvathi K.
Principal
Management, Staff Members & Students



Principal
Seshadripuram Degree College
Mysuru

11/03/2022

5

Report on Guest talk on "Gender Equality Today for Sustainable tomorrow"

In view of International Women's day, the women empowerment cell Garima & Equal opportunity cell in association with IQAC had organised a guest talk on the topic 'Gender Equality Today for Sustainable tomorrow' on March 10th 2022 at 10.00 AM in the Seminar Hall.

Dr. Raveesh. B.N an eminent psychiatrist & Professor at Mysore Medical College & Research Institute was invited to shed light on gender equality.

Dr. Raveesh B.N had carried out an audacious discussion pertaining to the worthiness & position of women in the social matrix. He spoke at length about the perseverance of women who were entangled in a patriarchal society. He added that women in that past ages had made astounding contributions to various branches of knowledge. Moreover he shared among students the terrible lifestyles of women in modern society. Laid with hilarity, he captivated the young minds. The session turned out to be vigorous indeed. Followed by the discussion, a question hour session took place where students posed questions pertaining to gender neutrality. The session came to an end at 12.00 PM. All the staff members were present at the session.

1. S [Sowmya.H]

2. J [Sneha.B.R]

