

28.10.2022

"STRONG GIRL, STRONG NATION" A Session On Self defense.

As a part of International Girl Child day, a session on self-defense for young girls was organized on 28th, October 2022, Friday at Government High School, Hinkal Mysore, at the behest of GARIMA - Women Empowerment Cell as well as the NSS Unit of Seshadripuram Degree College, Mysore.

The topic of the session was "Strong girl - Strong nation". The cardinal objective of the seminar was to make aware of atrocities against the young girl child. It is imperative in this respect, to educate and inform about matters as to sexual violence and of action taken against perverts. Mr. Dileep from Team-D, was the resource person.

In this session people were taught about the distinction between good touch & bad touch of self-defense.

The session was witnessed by Prof. Sowmya Erapppa K, Principal SDC, Mrs. Prameela Head - Mistress, Government High School, Hinkal Dr. Raghavendra R, NSS Officer, Mrs. Sandhya Achari & Mrs. Chaitra.V, Co-ordinators Women Empowerment Cell.

Total : 20 girls from SDC
: 50 girls from Govt High School.

Outcome - Students came to know the importance of self defence among girls & they learned some measures to defend themselves from various dangerous situations

"STRONG GIRL, STRONG NATION"

A self defense session for High School girls.



SESHADRIPURAM EDUCATIONAL TRUST
SESHADRIPURAM DEGREE COLLEGE
 #25, HERBAL RING ROAD, MYSURU -17
 (Affiliated to University of Mysore)
Internal Quality Assurance Cell
 And
Women Empowerment Cell - Garima
National Service Scheme
 In association with Health Club - Team D
 Organising a session on
"Strong Girl - Strong Nation"
 A self-defense session

On the Occasion of "INTERNATIONAL GIRL CHILD DAY"

For High School Girl Students
 on
Friday, 28th October 2022, at 12:30 pm

Resource Person
Mr. Dileep and Team

Venue: Govt. High School, Hinkal, Mysore

All are Cordially Invited

B.A. Anantharam Chairman, Governing Council Dr. Raghavendra R. NSS Officer Staff Members and Students	Prof. Sowmya Erappa K. Principal Mrs. Sandhya Achari Mrs. Chaitra V. Co-ordinators, Women Empowerment cell
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ಶೇಷಾದ್ರಿಪುರಂ ಪದವಿ ಕಾಲೇಜಿನಲ್ಲಿ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಹೆಣ್ಣು ಮಕ್ಕಳ ದಿನ



• ಶೇಷಾದ್ರಿಪುರಂ ಪದವಿ ಕಾಲೇಜಿನಲ್ಲಿ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಹೆಣ್ಣು ಮಕ್ಕಳ ದಿನದ ಕಾರ್ಯಕ್ರಮವು ನಡೆಯಿತು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಸರ್ಕಾರಿ ಹೈಸ್ಕೂಲ್, ಹಿಂಕಲ್, ಮೈಸೂರು ಮತ್ತು ಸರ್ಕಾರಿ ಹೈಸ್ಕೂಲ್, ಹಿಂಕಲ್, ಮೈಸೂರು ಸೇರಿದಂತೆ ಹಲವಾರು ಹೈಸ್ಕೂಲ್‌ಗಳಿಂದ ಅತಿಥಿಗಳನ್ನು ಆಹ್ವಾನಿಸಿ ಕಾರ್ಯಕ್ರಮವನ್ನು ನಡೆಸಲಾಯಿತು.

ಪ್ರಾ.ಪಂ. ಗೌ. ಶಾ.ಪಂ. ವತಿಯಿಂದ ಈ ಸಂದರ್ಭದಲ್ಲಿ ಸರ್ಕಾರಿ ಹೈಸ್ಕೂಲ್, ಹಿಂಕಲ್ ಮತ್ತು ಸರ್ಕಾರಿ ಹೈಸ್ಕೂಲ್, ಹಿಂಕಲ್, ಮೈಸೂರು ಸೇರಿದಂತೆ ಹಲವಾರು ಹೈಸ್ಕೂಲ್‌ಗಳಿಂದ ಅತಿಥಿಗಳನ್ನು ಆಹ್ವಾನಿಸಿ ಕಾರ್ಯಕ್ರಮವನ್ನು ನಡೆಸಲಾಯಿತು.

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 Principal

09.01.2023

Inauguration of Self Defence Course

With an intent to acquaint Students with various moves of Self-Defence, Seshadripuram Degree College in association with the IOAC, Women Empowerment Cell - Garima and Health Club - Team D inaugurated the Self-Defence Course on Monday, 9th Jan 2023 at Seminar hall. At the event, Prof. Sowmya Erappa K, Principal, Seshadripuram Degree College Mysuru, spoke at length and encouraged the students to take part in the Self-Defence Course.

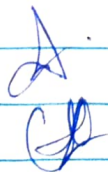
Mr. Gideep p, Proprietor of Health Club was invited to give training for Students of Self-Defence.

The program was witnessed by Mrs. Sandhya Achari and Mrs. Chaitra V, Co-Ordinators, Women Empowerment cell, Staff, Students & members of Health Club - Team D.

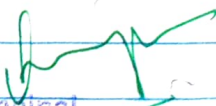
Co-Ordinators,

Mrs. Sandhya Achari -

Mrs. Chaitra V. -



PRINCIPAL



Principal
Seshadripuram Degree College
Mysuru




Seshadripuram Educational Trust

SESHADRIPURAM DEGREE COLLEGE

#25, HEBBAL RING ROAD, MYSURU - 17 ☎ 0821 - 2970536
(Affiliated to the University of Mysore, College Code: 1082)

Date: 10th January 2023

Self- Defence Course Inaugurated


 SESHADRIPURAM EDUCATIONAL TRUST
SESHADRIPURAM DEGREE COLLEGE
#25, HEBBAL RING ROAD, MYSURU-17 (Affiliated to University of Mysore)

Internal Quality Assurance Cell
and
 Women Empowerment Cell -Garima
 In association with Health Club - Team D

Inauguration Of
Self Defence Course

On:
 Day- Monday
 Date-09/01/2023
 Time-4:50pm

At:
 Venue - Seminar Hall

All are Cordially Invited

Mr. Seshadripuram Educational Trust
 Mysuru
 Ms. Seshadripuram Educational Trust
 Mysuru
 Ms. Seshadripuram Educational Trust
 Mysuru

Mrs. Seshadripuram Educational Trust
 Mysuru
 Ms. Seshadripuram Educational Trust
 Mysuru

Staff Members & Students



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Principal

Seshadripuram Degree College
Mysuru

21
24.01.2023

NATIONAL GIRL CHILD DAY

To Mark National Girl Child Day, College had Organised a Session on topic "Women and Microbiome". Organised by Women Empowerment cell Garima in association with IOAC. On 24th Jan, 2023. @ 9:30 am in Seminar hall.

Dr. Siddegowda G. S. Assoc. prof. Maharani's Science college was the Resource person for the program.


He Spoke at length about Health & Hygiene and Medical complications in Connection with health and hygiene. He also Spoke about Cardiac infections and One in every two individuals suffering from Diabetes. He highlighted the major factors related to health & hygiene - Agriculture, Environment, food and Status of health.

The program was witnessed by Mrs. Sandhya Achari & Mrs. Chaitra.V Co-ordinators, Women Empowerment cell, Staff and Students.

Co-ordinators,

Mrs. Sandhya Achari

Mrs. Chaitra.V


PRINCIPAL
Principal
Seshadripuram Degree College
Mysuru



Seshadripuram Educational Trust
SESHADRIPURAM DEGREE COLLEGE
 #25, HEBBAL RING ROAD, MYSURU - 17 ☎ 0821 - 2970536
 (Affiliated to the University of Mysore, College Code: 1082)

Date: 24th January 2023

A session held on Women and Microbiome

SESHADRIPURAM DEGREE COLLEGE
 Internal Quality Assurance Cell
 Initiative
 Women Empowerment Cell -Garima
 Organising A Session On
"WOMEN & MICROBIOME"
 On The Occasion Of
 "National Girl Child Day"
 On
 Date: 24/01/2023
 Day: Tuesday
 Time: 9:30am
 Venue: Seminar Hall
 Resource Person
Dr.Siddegowda G S
Assistant Professor in Food at the department of Food Science
 Mysore University Degree For Women's Autonomous

ALL ARE CORDIALLY WELCOME



R.A. Anantharam
 Chairman,
 Governing Council

Prof. Gowda Eswara K
 President

Mrs. Sandhya Adinar
 Mrs. Chaitanya K
 Co-ordinators,
 Women Empowerment cell

Ms. Priyanka Choum
 Secy. cum
 Student Co-ordinator

Staff Members & Students



GPS Map Camera



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Principal
 Seshadripuram Degree College
 Mysuru

International Women's Day

On account of International Women's Day Women Empowerment Cell 'Garima', NSS and Youth for Seva with an IOAC Initiatives Organised a Free health Checkup Camp for Women to commemorate the International Women's Day.

The program was Inaugurated at 10 am.

Dr. Lakshmi Narayana Shenoy, an Eminent medical practitioner inaugurated the Camp.

Uttering the Sanskrit hymn: Yatra Narayastu Poojyante, he began the Speech.

This Signifies the Space of Women in Society and their profound impact Over Society.

Total 84 Members registered and benefited by the Health Checkup Camp.

Prof. Sowmya Erappa K, Principal SDC,

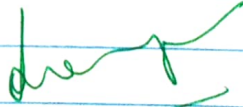
Dr. Raghavendra, NSS officer, Prof. Chaitra V. and Sandhya Achari Co-Ordinator,

Women Empowerment Cell, and Doctors from Govt Ayurvedic hospital were present in the program.

Health Camp Wind up @ 1:30 pm.

Co-Ordinators,

Mrs. Sandhya Achari
Mrs. Chaitra V.


Principal

Seshadripuram Degree College
Mysuru



Seshadripuram Educational Trust

SESHADRIPURAM DEGREE COLLEGE

#25, HEBBAL RING ROAD, MYSURU - 17 ☎ 0821 - 2970536
(Affiliated to the University of Mysore, College Code: 1082)

Date: 8th March 2023

The Celebration of International Women's Day: Free Ayurvedic Check-up organized

SESHADRIPURAM DEGREE COLLEGE
 In Association With IQAC, Women Empowerment Cell
 ANS & Youth for Service
 Celebrates

International Women's Day
WE CARE HER...
 A Free Ayurvedic Health Checkup Camp
 On
 Wednesday, 8th March 2023 at 10:00am
 Venue: Seminar Hall
 Chief Guest

Dr. Lalithambika Shetty
 BAMS, YOGI, AYURV. T.D. AWARD
 Assistant Director, New Ayurvedic Research Center
 KSP Board, Bangalore University, Mysore

Guest of Honor
Ms. Archana Suresh N.
 Principal, SPCC

ALL ARE WELCOME

Dr. A. Anantharaman
 Chairman, Governing Council

Sushama Pragasam
 Principal

Staff Members & Students



[Signature]
Principal
Seshadripuram Degree College
Mysuru

06.06.2023

Debate Competition On Topic "Is GENDER EQUALITY POSSIBLE IN SOCIETY"

Women Empowerment Cell - Ganima with IAC Initiatives had Organised a debate Competition on topic, "Is gender Equality possible in Society" On 6th June, 2023, Tuesday @ 10:00 am in Seminar hall.

Ms. Nirupama D. Advocate and Asst. Professor, Jss Law College, Mysuru was the judge for the Competition.

She addressed the gathering on importance of Equality among Men and Women and highlighted the Societal role in boost Equality.

Total 23 Students of Various Class had participated, Some of them are spoke on favour & some of are against. Program concluded @ 12:20pm.

The Winners are as follows:

Ms. Shushli Parashar - I BBA → Ist place

Ms. Latha Singh - II BCA → IInd place

Mr. Nithin - III B.com → IIIrd place

Mrs. Sandhya Achari & Mrs. Chaitra V.

Faculty Co-Ordinator, Women Empowerment Cell,

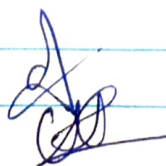
Ms. Priyanka Chopra of III B.com were posed.

Outcome: Students learnt about the word Equality & the Individual role to uphold the same in Society

Co-Ordinators

Mrs. Sandhya Achari

Mrs. Chaitra V.



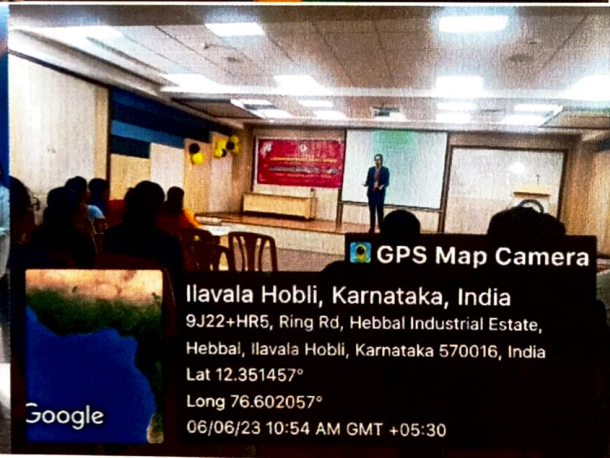
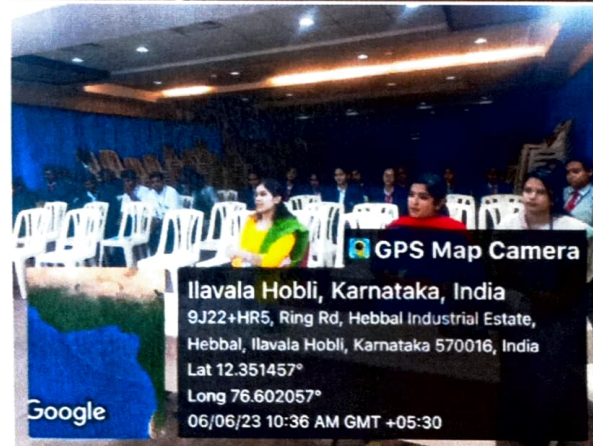
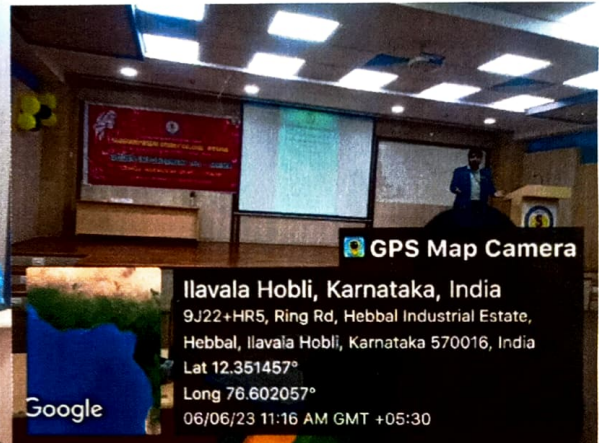
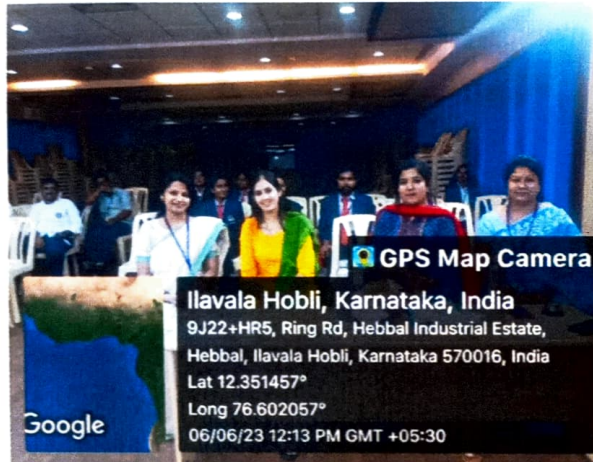
Principal

Seshadripuram Degree College
Mysuru

Women Empowerment Cell : Garima

Debate Competition on Topic: “Is Gender equality is possible in society”

Date: 06th June, 2023





Principal
Seshadripuram Degree College
Mysuru