

WOMEN EMPOWERMENT CELL GARIMA (A.Y.2021-22)

Success story of an Entrepreneur

Date: 06.12.2021

SESHADRIPURAM EDUCATIONAL TRUST
SESHADRIPURAM DEGREE COLLEGE, MYSURU
625, HERBAL KING ROAD, MYSURU - 57 5021 - 297856

Cordially invites you to the
Student Development Program
"Success story of an Entrepreneur"
Organized by
Women Empowerment Cell-Garima
And
Entrepreneurial Development Cell-Prerana
In association with
Internal Quality Assurance Cell
Date: 6th December 2021, Monday
Time: 11:30AM, Venue: Seminar Hall

Resource Person

Dr. Chaitra Narayan
Founder
Codagu Agritech & Shivam Distillations
Mysore

ALL ARE WELCOME

Sri B.A. Anantharam
Chairman, Governing Council

Prof. Sowmya Erappa K
Principal



Street Play : AVVA
Date: 17.02.2022





Seshadripuram Educational Trust

SESHADRIPURAM DEGREE COLLEGE

#25, HEBBAL RING ROAD, MYSURU – 17 0821 - 2970536


Date: 18.02.2022

“STREET PLAY BASED ON WOMEN EMPOWERMENT”

To empower villagers of Chandagiri Koppalu in the ongoing NSS Camp as part of ‘Azadi Ki Amrit Mahotsav’, Seshadripuram Degree College, Mysuru in association with Women Empowerment Cell, IQAC and NSS Unit had organized a "Street play based on Women Empowerment" on 17th February, 2022, at Chandagiri Koppalu, Srirangapattana at 6 PM. The street play titled " Avva" was performed successfully portraying the life of women, struggles and oppression faced in the villages. The street play was centered on social issues like Gender Inequality, Child Marriage during the times of pandemic and Women health and wellness as well. The street play presented Maarikunitha, a folk dance which was performed by students vigorously, which was the highlight of the day.

Sri Prakash Sangappa Helavara, senior civil Judge, JMFC, was invited to take part in the event. He watched and whole heartedly appreciated the electrifying performance and creativity shown by the students. Dr. Raghavendra R., NSS Programme Officer, Seshadripuram Degree College, Mrs. Chaitra and Mrs. Sandhya Achari, Coordinators, Women Empowerment Cell, NSS volunteers, Students and Villagers were present.

Event Name: Gender equality today for sustainable tomorrow
Date : 10.03.2022




Seshadripuram Educational Trust
SESHADRIPURAM DEGREE COLLEGE
#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. Raveesh B.N
Professor & Head,
Department of Psychiatry,
Mysore Medical College & Research Institute, Mysore

ALL ARE WELCOME

B. A Anantharam
Chairman, Governing Council

Sowmya Erappa K.
Principal

Management, Staff Members & Students





Seshadripuram Educational Trust
SESHADRIPURAM DEGREE COLLEGE
#25, HEBBAL RING ROAD, Hebbal MYSURU – 17 0821 - 2970536

Date: 11.03.2022

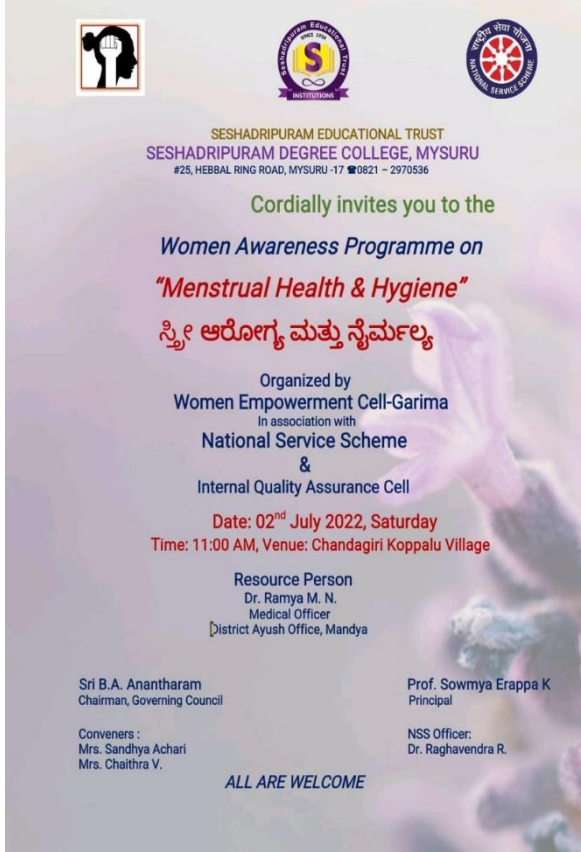
“Report on International Women’s Day’

In view of International Women’s Day, the women empowerment cell *Garima* and equal opportunity cell in association with IQAC had organized a guest talk on the topic ‘Gender Equality Today For Sustainable Tomorrow on March 10, 2022 at 10:00 AM in the seminar hall. Dr. Raveesh B. N., an eminent psychiatrist, and professor at Mysore Medical College and Research Institute was invited to shed light on gender equality.

Dr. Raveesh B. N. had carried out an audacious discussion pertaining to the worthiness and 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 the past ages had made astounding contributions to various branches of knowledge. Moreover, he shared among students the terrible lifestyles of women in Modern society. Laced 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.

Event Name: Menstrual Health and hygiene

Date: 02.07.2022



The poster features three logos at the top: a stylized female figure, the Seshadripuram Educational Trust logo, and the National Service Scheme logo. The text is centered and includes the following information:

SESHADRIPURAM EDUCATIONAL TRUST
SESHADRIPURAM DEGREE COLLEGE, MYSURU
#25, HEBBAL RING ROAD, MYSURU - 17 ☎0821 - 2970536

Cordially invites you to the
Women Awareness Programme on
"Menstrual Health & Hygiene"
ಸ್ತ್ರೀ ಆರೋಗ್ಯ ಮತ್ತು ನೈರ್ಮಲ್ಯ

Organized by
Women Empowerment Cell-Garima
In association with
National Service Scheme
&
Internal Quality Assurance Cell

Date: 02nd July 2022, Saturday
Time: 11:00 AM, Venue: Chandagiri Koppalu Village

Resource Person
Dr. Ramya M. N.
Medical Officer
District Ayush Office, Mandya

Sri B.A. Anantharam
Chairman, Governing Council

Prof. Sowmya Erappa K
Principal

Conveners :
Mrs. Sandhya Achari
Mrs. Chaitra V.

NSS Officer:
Dr. Raghavendra R.

ALL ARE WELCOME





Seshadripuram Educational Trust

SESHADRIPURAMDEGREE COLLEGE

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

Date: 02.07.2022

“Menstrual Health and Hygiene”

Garima, a cell instituted for the empowerment of women and NSS held a seminar on 'Menstrual health and hygiene' on July 2, 2022, at Chandagirikoppal, Srirangapatna Taluk. The cardinal objective of such a seminar is to make awareness of the taboo associated with menstruation. Dr. Ramya M. N., Medical Officer, district Ayush office, Mandya was the resource person for the event. She spoke at length about blunt notions of menstruation and encouraged women not to consider it a disorder. Garima coordinators, Mrs. Sandya Achari and Mrs. Chaithra V., NSS program officer Dr.Raghavendra R were present

Event Name: Self defence for girls
Date: 28.10.2022


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
National Service Scheme
 In association with Health Club – Team D
 Organising a session on
 "Strong Girl – Strong Nation"
 A self-defence 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 **Prof. Sowmya Erappa K**
 Chairman, Principal
 Governing Council
Dr. Raghavendra R.
 NSS Officer
Mrs. Sandhya Achari
Mrs. Chaitra V.
 Co-ordinators,
 Women Empowerment cell
Staff Members and Students





Seshadripuram Educational Trust

SESHADRIPURAM DEGREE COLLEGE

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

Date: 28.10.2022

“A Seminar on Self-defence for young girl child held”

As a part of International Girl child day, a seminar on Self- defence for young girls was organized on 28 October 2022 at Government High school, Hinkal at the behest of GARIMA-Women empowerment cell as well as the NSS unit of Seshadripuram Degree college.

The topic of the seminar 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, President, TEAM-D, was the resource person. In the seminar, pupils were taught about the distinction between good touch and bad touch; of self-defence. The session was witnessed by Prof.Sowmya Erappa K, the Principal, Seshadripuram Degree college, Mrs. Prameela, Head-Mistress, Government High school, Hinkal, Dr. Raghavendra R., NSS program officer, Mrs. Chaitra V. and Mrs. Sandhya Achari, Co-ordinators , GARIMA-Women Empowerment cell.