

WOMEN DEVELOPMENT CENTRE
MAHARANI LAKSHMI AMMANI COLLEGE FOR WOMEN, AUTONOMOUS

COMMEMORATION OF INTERNATIONAL WOMEN'S DAY – 2020

**Report on the inauguration of Women's Day and week long celebrations organized by
Women Development Centre, mLAC**

Women Development Centre (WDC), mLAC provides a platform for students to excel through self confidence and self discovery leading to professional and personal development. WDC walks an extra mile in catering to overall development of women.

Women's Day is celebrated internationally on 8th March commemorating the achievements of women and to cherish women hood. This year WDC planned few activities to celebrate the joy of being a women on the occasion of **International Women's Day**. The theme for this year being **"EachforEqual"** reminds everyone that it is on each of us to help create a gender equal world. A week long programs were conducted which comprised of Health awareness, skill programs for developing Women Entrepreneurs and intercollegiate events. In this regard, an inaugural function was organized on March 09, 2020 at Dr. K.N.V. Sastri Memorial Hall at 11 am.



After lighting of lamp by the dignitaries, Dr. Shashikala A., Vice Principal, mLAC welcomed the dignitaries and gave an overview of activities of WDC. Dr. Annadanesh, Director, Tejasvi Kannada Research Centre spoke about the contributions of **Kempananjamanni Vani Vilasa Sannidhana**, the erstwhile queen of Mysore kingdom (an insipartion for the founder Dr. K.N.V. Sastri to name the college after her).

Dr. Tejaswini Ananthkumar, Managing Trustee, Adamy Chetana graced the occasion as Chief Guest delivered key note address. She spoke about various activities her organization is conducting to facilitate economically challenged section of the society through education, catering food, entrepreneurship opportunities especially for women and also about measures towards environment



sustenance. Her inspirational talk which lasted for 45 minutes captivated the minds of audience especially students, who listened with rapt attention during the speech.

After her address Dr. Tejaswini along with other dignitaries **launched eco-friendly bags** prepared by WDC to create environment awareness by reducing plastic usage.



Mr. K. Jairaj, IAS (Retd), Managing Trustee, mLAC delivered presidential address. He appreciated the philanthropic initiatives of Dr. Tejaswini and said her life itself is an inspiration for the students to achieve their intended goals. He wished week long WDC activities to be successful.

With the objectives of WDC to provide opportunities for students to develop organization skills, team building, leadership abilities and other soft skills which will benefit them in future, WDC constituted student wing which will co-ordinate with WDC to carry out the intended programs. Dr. Tejaswini enthusiastically installed badges to office bearers of student wing of WDC with encouraging words.





Prof. Aruna H.K., Co-ordinator of WDC proposed vote of thanks. She thanked Dr. Tejaswini for accepting the invitation and for her valuable time to give motivational speech to students which was very appropriate on the occasion of International Women's Day.

The success of any program can be measured with the support from many people. WDC immensely places its gratitude to architect of WDC activities, Mr. Jairaj, Managing Trustee, mLAC who provided every required support to conduct week long programs. He extended his support and guidance for carrying out WDC events. A special thanks to him for promising to strengthen WDC activities in future. WDC places its gratitude to Dr. Sushama Bavle, Principal who has been always supportive.

A team of very motivated and dedicated Student wing of WDC who were ably guided by a dynamic team of faculty members of WDC were instrumental to carry out the activities planned smoothly and successfully.



Presence of supportive and encouraging faculty members across the departments along with students from different streams indeed played an important role to carry out week long celebrations!



For week long celebrations from March 9-13, 2020 various programs were planned and conducted successfully by WDC.

AWARENESS PROGRAMS



10.03.2020 : **Dr. Nirupama** , Gynaecologist and **Dr.Chaitra**, reproductive immunologist from Parvva diagnostics Centre, Nagarbhavi, Bangalore gave an awareness talk on “**cervical cancer and its prevention**”



11.03.2020: Free dental Check-up camp to bring **awareness about oral hygiene** by **Dr Rajasekhar C**

Partha Dental care India Pvt. Ltd,
Nagarbhavi branch , Bangalore



12.03.2020: **Smt. Jagadamba** from Patanjali Yoga Kendra conducted **Yoga for Women Health** to manage menstrual cramps



13.03.2020

Dr. Sundari K.P. Director, IndusViVa (a special school and early intervention Centre) addressed the students on “Women mental health and well being”

SKILL DEVELOPMENT PROGRAMS



10.03.2020

Ms. Malini & Ms. Aruna from RRNagar-I-Care, Bangalore demonstrated **composting techniques** at household level and production of bioenzyme which has multiple uses.

13.03.2020 :

Dr. N. Umashankar, Dept. of Agr-microbiology, GVKV, Bangalore who gave an introduction to **Mushroom cultivation**. Later **Dr. Benherlal P.S.**, Asst. Professor of Biochemistry, GVKV, Bangalore spoke about Beneficial metabolites of mushroom. It was followed by demonstration of mushroom cultivation



INTERCOLLEGIATE COMPETITIONS

On March 9th and 10th intercollegiate competitions namely Collage making , Best out of waste , Beauty contest ,painting ,Pick and speak, Face painting ,Mehandi, Hair style, Cooking without fire and movie making were conducted. Students from other colleges and mLAC enthusiastically participated in the competition



ಅಮ್ಮಣ್ಣಿ ಕಾಲೇಜಿನಲ್ಲಿ ಮಹಿಳಾ ದಿನಾಚರಣೆ



Supriya Nataraju / Ammanni college

ಮಲ್ಲೇಶ್ವರದ ಮಹಾರಾಣಿ ಲಕ್ಷ್ಮಿ ಅಮ್ಮಣ್ಣಿ ಕಾಲೇಜಿನಲ್ಲಿ ವಿಶ್ವ ಮಹಿಳಾ ದಿನಾಚರಣೆ ಆಚರಿಸಲಾಯಿತು. ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಮುಖ್ಯ ಅತಿಥಿಯಾಗಿ ಆದಮ್ನ ಚೇತನ ಸಂಸ್ಥೆಯ ಸ್ಥಾಪಕರಾದ ತೇಜಸ್ವಿನಿ ಅನಂತಕುಮಾರ್ ಆಗಮಿಸಿದ್ದರು. ಯುವತಿಯರಲ್ಲಿ ಚೈತನ್ಯ ತುಂಬುವಂಥ ವಿಷಯಗಳನ್ನು ಹೇಳಿದ ತೇಜಸ್ವಿನಿ ಅನಂತಕುಮಾರ್ ಅವರು, ತಮ್ಮ ಸಂಸ್ಥೆ ಕೈಗೊಳ್ಳುತ್ತಿರುವ ಪ್ರಮುಖ ಕಾರ್ಯಗಳನ್ನು ವಿಶ್ಲೇಷಿಸಿದರು.

ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಕಾಲೇಜಿನ ಆಡಳಿತ ವ್ಯವಸ್ಥಾಪಕರಾದ ಕೆ. ಜೈರಾಜ್, ತೇಜಸ್ವಿನಿ ಕನ್ನಡ ಸಂಶೋಧನಾ ಕೇಂದ್ರದ ನಿರ್ದೇಶಕರಾದ ಡಾ.ಬಿ.ಎ.ಅನ್ನದಾನೇಶ್, ಉಪಪ್ರಾಂಶುಪಾಲರಾದ ಶಶಿಕಲಾ ಹಾಗೂ ಇತರರು ಭಾಗವಹಿಸಿದ್ದರು. ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಕಾಲೇಜಿನ ಲೋಗೋ ಇರುವ ಬಟ್ಟೆ ಬ್ಯಾಗ್ ಬಿಡುಗಡೆ ಮಾಡಲಾಯಿತು. ■

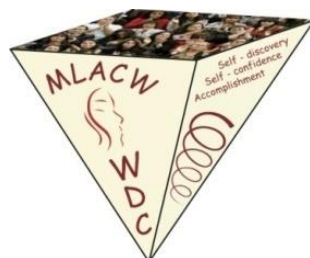
Report about the launching of ecofriendly bag in kannada daily **Vijayakarnataka** in March 16, 2020 issue.

E-cell and *WDC* jointly organized **SELF DEFENCE TECHNIQUE** program by **Mr. Karthik S. Kateel** (martial art trainer and black belt in Karate), founder of NGO called Swaraksha for Women . He demonstrated and trained around 500 students with effective self defence techniques. This program was held on 1st February 2020 between 10 am to 12 noon in the college quadrangle.



WDC and E-Cell team members

WOMEN DEVELOPMENT CENTRE



Title: HEALTH AWARENESS PROGRAM FOR THE PUBLIC

Date: 15th May 2020

A national level webinar on **“Covid-19: Dimensions and Directions”** was organized on May 15, 2020 at 11 am on zoom platform.

The present global scenario regarding Covid19 pandemic has brought all day to day activities to standstill with Lockdown and other restrictions being imposed worldwide. There is general panic among the citizens with respect to severity of the disease, financial security, food and future sustenance. It is crucial to create awareness on the pandemic and how it could be overcome with due co-operation from the government, health sector and public.

In this context, Women Development Centre had organized a webinar on “Covid-19: Dimensions and Directions” in association Ramaiah Medical College on May 15, 2020 at 11 am on zoom platform. Distinguished speakers spoke on various aspects of the pandemic.

One among them is Dr. B.S. Nandakumar, Head-Research and IPR, Division of Research and Patents and Associate Professor, Dept of Community Medicine, Ramaiah Medical college, Bangalore. An expert in Community medicine and telemedicine, he has contributed to society with awareness programs (panel discussion/lecture/ sharing of video) for the benefit of public. He spoke on **“Outlook on Global scenario, Epidemiology and Clinical spectrum of Covid-19”**. During his speech he gave an overview about global scenario and basics of Covid -19 transmission, preventive and safety measures to be followed during lockdown and post lockdown period and clinical spectrum

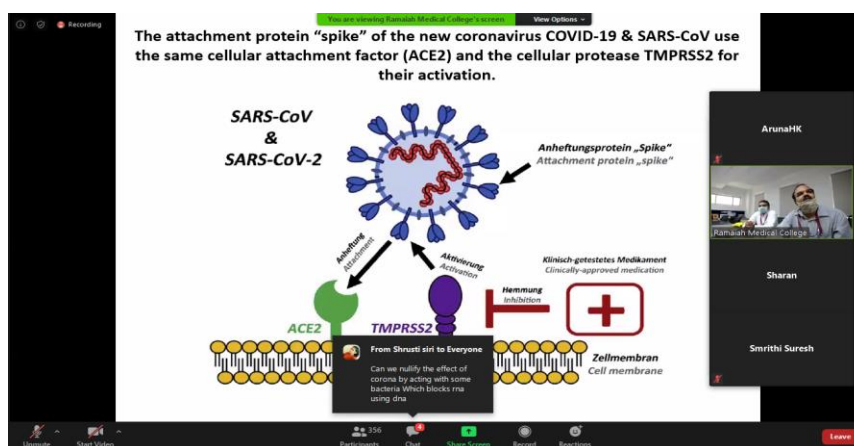
His talk was followed by a talk on **“Covid-19: Challenges and Opportunities in the development of rapid diagnostics, drugs and vaccines”** by Dr. K.N.C. Murthy, Principal Scientist, Central Research Laboratory, Ramaiah Medical College, Bangalore. He provided details about biology and bio-technology of Covid-19- fundamentals of lab testing, drug development research and vaccine development, with a special mention about opportunities in the drug and pharmaceutical companies towards development of vaccines.

Dr. Chetan Singai, Associate Professor, Ramaiah college of Law and Deputy Director, Ramaiah Public Policy Center in his speech titled “*Impact of Covid-19: Perspective on Societal, Educational and Legal issues*” gave an insight into implications of pandemic at global level .

Followed by the lectures, an interactive session was scheduled. Participants got their queries answered from the speakers.

The program was a huge success with around 500 **participants** from across the states. Students from many prestigious colleges, teaching fraternity, professionals from industries, public from Karnataka and other states participated in this webinar.

There were also few participants from outside the country as well, in making this program a unique experience and catering to the need of the hour and **reaching out to the public** while bringing awareness about Covid-19 and also understanding its implications in different perspectives.





Opportunity to address COVID-19

PREVENTION

- Awareness
- Hygiene and stately to avoid transmission
- Environment protection
- Immune boosting

HEALTH CARE

From Shreya Sai to Everyone:
Can we nullify the effect of corona by acting with some bacteria Which blocks mra using dna

TREATMENT

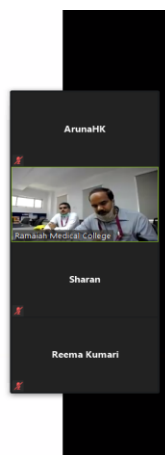
From Nanya Prapal to Everyone:
can't we remove spike proteins because the spike protein is the one which attach to the human body and cause disease if we remove this spike protein then nothing will be happen it seems

MANAGEMENT

From Hemavathy E Ekambaram to Everyone:
To: Everyone
Type message here...

RECOVERY PHASE

- Preventing comorbid conditions
- Avoiding repeated exposure



Conclusion: Way forward

- Unprecedented event
Pandemic – unheard to the modern world!
- What are the changes/reforms in the current higher education legal system and its rules in India?
- Is the need of the hour for all of us?

Points

- Higher Education and Online Teaching and Learning**
 - Disruptive experience
 - Erstwhile policies not stressed on Online or technology-based education
 - Draft NEP-2019 emphasis on technology-based and enabled education to enhance access and with equity
 - Issues:
 - Digital divide
 - Quality of learning and teaching – synchronous (Live video and Google meet) vs asynchronous (you tube)
 - Pursuing research (redefining what is primary data or research)



ATTESTED

Shashikala A
Principal
Maharani Lakshmi Ammanni College
for Women, Autonomous
Science Post, Bangalore - 560 012.



MAHARANI LAKSHMI AMMANNI COLLEGE FOR WOMEN (Autonomous)
18th cross Malleswaram, Bengaluru

WOMEN DEVELOPMENT CENTRE
In Association with
Ramaiah Medical College
presents

Webinar on
"COVID-19: Dimensions and Directions"

An insight on current status on epidemiology, research on lab testing, legal prospective, drug and vaccine development
On 15th May 2020 @ 11:00am on zoom platform

Programme Schedule








Outlook on Global scenario, Epidemiology and Clinical spectrum of COVID-19.
Dr. B S Nanda Kumar
Head - Research & IPR, Division of Research and Patents &
Associate Prof., Dept. of Community Medicine, Ramaiah Medical College, Bangalore.
[11-11-15 AM]

COVID-19: Challenges and Opportunities in the development of rapid diagnostics, drugs and vaccines.
Dr. K N C Murthy
Principal Scientist, Central Research Laboratory, Ramaiah Medical College, Bangalore.
[11-15-11:30AM]

Impact of COVID-19: Perspectives on Societal, Educational and Legal Issues.
Dr. Chetan Singhal
Associate Prof., Ramaiah College of Law & Deputy Director, Ramaiah Public Policy Center
[11:30-11:45 AM]

Interactive session
[11:45-12:00 NOON]

* Free registration * Limited entries only ! hurry up ! * E-certificates will be provided

Contact - Co-ordinator (WDC) - 9448000983, Student coordinators 9972803751, 9060678760

To Register - https://docs.google.com/forms/d/e/1FAIpQLStzLE3pHOandY118jV4e87kFVip9K7p-Qe_rmiJeBRTmOAViewform?usp=cf_link

ALL ARE WELCOME

ATTESTED

Shashikala A

Principal
Maharani Lakshmi Ammanni College
for Women, Autonomous
Science Post, Bangalore - 560 012.

Women Development Centre & Cell for Prevention of Harassment jointly organized

Title: Awareness program on Prevention of Sexual Harassments Policies and Strategies

Date : May 26-31,2020

Awareness program on Prevention of Sexual Harassments Policies and Strategies were conducted between May 26-31,2020. Resource person was Ms Divya K.M , Member, Internal Complaints Committee, mLAC and Advocate, Bangalore. She conducted sessions for all final year degree and PG students who participated in the awareness program and were benefitted. E-certificates were issued for the participants.

Title: International yoga day

Date: 21st June 2020

International yoga day is celebrated every year on the longest day of the year- 21st of June. Yoga is an ancient Indian practice that connects the mind and body and is a way of oneness with self and the nature. On this occasion WOMEN DEVELOPMENT CENTRE conducted Yoga session was conducted by Smt . Deepa, Patanjali yoga Kendra from 9:30 am onwards.



mLAC MAHARANI LAKSHMI AMMANNI COLLEGE FOR WOMEN (Autonomous)
18th cross Malleswaram , Bangalore - 560012
affiliated to Bengaluru central university

Women Development Centre

International yoga day is celebrated every year on the longest day of the year- 21st of June. Yoga is an ancient Indian practice that connects the mind and body and is a way of oneness with self and the nature. Let us all come together as a family to celebrate and create awareness on the benefits of practising yoga .

Yoga session by
Smt . Deepa
Patanjali yoga kendra
On 21-june-2020 @ 9:30 am

All are cordially invited

Dr Sushama Bavle
Principal , mLAC

Prof Aruna H.K
WDC, Coordinator

On Google meet

NOTE
Participants can perform along with instructor during the demonstration

click here for the link