



ACTIVITIES FROM WOMEN DEVELOPMENT CENTRE

REPORT OF MUSHROOM CULTIVATION

Name of the activity: Mushroom cultivation

Day and date: 02- 03 December 2022

Time: 2:00 -5:00 pm

Mode: offline

Venue: Zoology lab and mushroom cultivation room

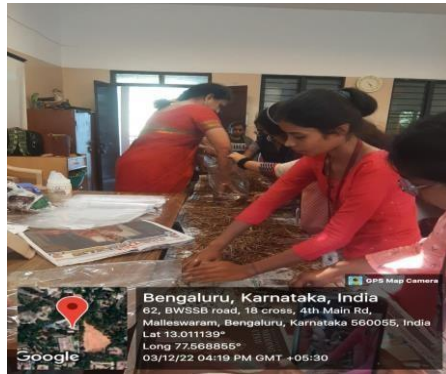
Faculty coordinator: Dr. Gowri Neelima and Ms Ranjitha.A , Dept. of Biotechnology

Number of participants/ Beneficiaries: 42

Brief summary of the activity: The main aim of the program was to enable women to rediscover self, feel confident and face the challenging world by adding on skills. The activity aims to address the importance of learning mushroom cultivation and amazing health benefits of mushroom. This was a right platform for all women from different walks to life irrespective of age and affiliation to participate in open activity.

DAY 1: The program started with the talk on “**Marvelous Mushroom**” by Dr. Gowri Neelima M, Associate Professor, Faculty coordinator , WDC member. Ms. Ranjitha A., faculty coordinator WDC practically taught students how to cultivate mushrooms. Dr. Nagalaxmi B.N., Principal, mLAC welcomed the gathering by highlighting some of the qualities to be adapted to sustain in this challenging world. After the description of different steps involved in the procedure, students were made to involve in the preparation of a base material for the mushroom cultivation. Once the requisite quantity of materials were ready, it was transferred to a tub where it was incubated in immersion solution overnight.

DAY 2: cultivation was continued by sterilizing the materials and spawn was sowed and packed in polythene bags to initiate the growth. The polythene packets were incubated in mushroom growth chamber and sequentially observed for the proper growth of mushroom.



WOMEN DEVELOPMENT CENTER
Organizes
SKILL DEVELOPMENT PROGRAM
Hands On Workshop On
MUSHROOM CULTIVATION

By



Dr. Gowri Neelima M
 Associate Professor
 Dept. of Biotechnology, mLAC



Ms. Ranjitha A
 Assistant Professor
 Dept. of Biotechnology, mLAC

Workshop Highlights

- Mushrooms are one of the most nutrition source of proteins, vitamins, minerals, fibres, trace elements, low/no calories and cholesterol in the diet and hence very important for our health and fitness.
- The workshop aims to bring in the knowledge of how we can cultivate mushrooms, harvest and packing so that you can add up an additional skill to be an entrepreneur.



Training is Open For mLAC Students , Family and Friends from other colleges

Registration Fee:
 Rs.200
 Participation Certificate
 Will Be Provided

All The Materials Will Be Provided

Registration Link:

<https://forms.gle/GTg4vYAMSw8ddXQg9>

NOTE: BPL card holders will be given concession

Contact :

Dr. Nagalaxmi B N
 Principal, mLAC

Ramya M V 9353133478
Kavyashree A 9741639839

Prof. Aruna H K
 WDC - Coordinator



Name of the Activity: **ART and CRAFT- MANDALA ART**

Day & date: 16-07-2022

Time: 11:00 am – 2:00 pm

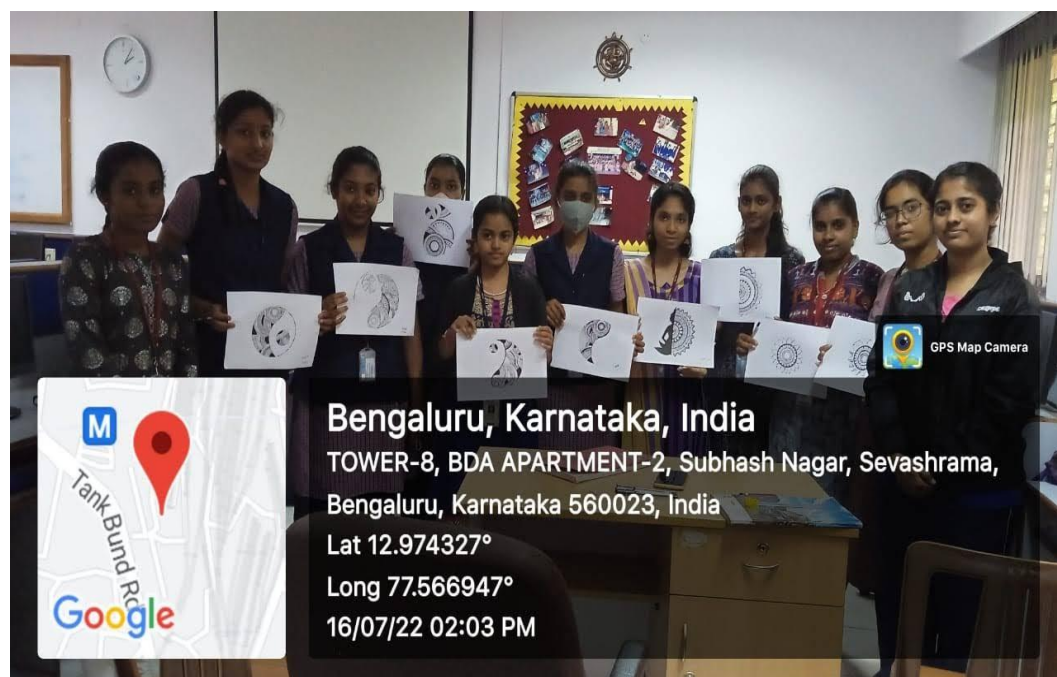
Mode: Offline

Venue: Computer Lab

Resource Persons: Dhanalakshmi- I MSc BT

No. of Participants : 15

Brief summary of the activity: Mandala art is a geometric design or pattern that represents the cosmos or deities in various heavenly words. It is unique event where the students learn the basics of different designs using different types of pencils, pens etc. Students were very enthusiastic in learning the new techniques of drawing design and was eagerly waiting for the new session.



HANDS ON WORKSHOP ON COMPOSTING

Name of the activity: Workshop on composting

Day and date: Monday, 05/12/2022

Time: 2-3:00 pm

Mode: offline

Venue: KNV Shastri Auditorium

Faculty coordinator: Ms.E. Hemavathy, Ms Bhavya


Number of participants/ Beneficiaries: 147

Brief summary of activities:


On 5/12/2022 WDC organised a hands on workshop on composting. The session started with the welcome address by Ms Ramya, President, WDC followed by Prof Aruna H.K, faculty co-ordinator WDC. A brief introduction about the speaker was done by Ms Bhavya, faculty co-ordinator WDC. Ms Chaithanya Subramanya, alumni an active participant in NGO, graced the occasion with her talk from 2:30pm to 3:30 pm in KNV Shastri Auditorium. In the session she addressed around students from PUC and UG. A detail insight about types of composting was delivered. The presentation had all the methods to be practised to get the better compost from the kitchen waste.

The slides had all the pictures that were taken during the composting done during the workshop and practice at home. This was one of the best practices any individual could practice as one can grow organic crops at home.


Chaitanya Subramanya mam also brought to the notice of students about the usage of cotton, reusable pads and menstrual cups which reduces the waste created by using disposable pads.



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WOMEN DEVELOPMENT CENTRE



ORGANIZES

ENVIRONMENTAL AWARENESS PROGRAMME


HANDS ON WORKSHOP ON COMPOSTING

BY

CHAITHANYA SUBRAMANYA

TRUSTEE, MISSION DISHA & MLAC ALUMNI

DATE: 5/12/2022
VENUE: KNV SASTRI AUDITORIUM
TALK : 2:00 – 3:00 PM
HANDS ON SESSION ON DIFFERENT TYPES OF COMPOSTING
TECHNIQUES : COLLEGE PARK 3:00– 4:00 PM



All are welcome

Dr. Nagalaxmi B N
Principal

Prof. Aruna HK
WDC co ordinator

Further details contact

Faculty co ordinator

Ms. E. Hemavathy (9986528363)
Ms. Bhavya (9900960859)

Student co ordinator

Ms. V Muthulakshmi (7892983894)
Ms. T S Harini (9148095988)



Name of the Activity: **ART AND CRAFT - PENCIL SKETCHING**

Day & date: 16-07-2022

Time: 11:00 – 2:00pm

Mode: Offline

Venue: Computer Lab

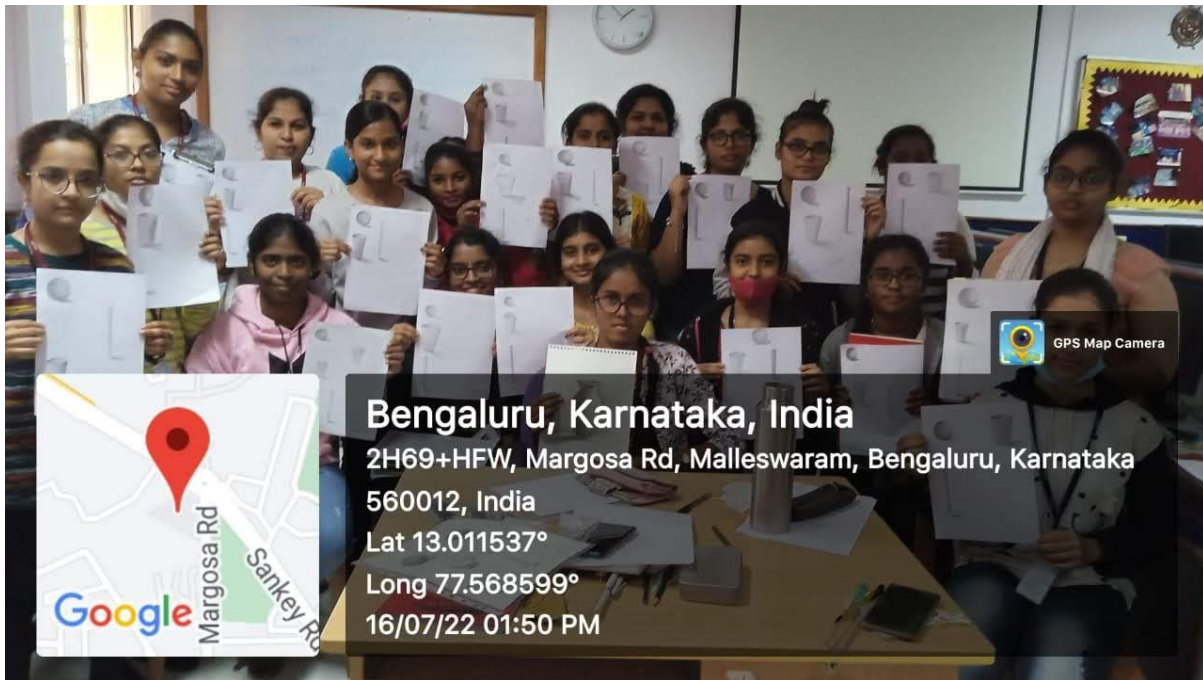
Resource Persons: Dharshini- BBA

No. of Participants/ Beneficiaries: 21

Brief summary of the activity: Pencil Sketching is a unique event where the students learn the basics of sketching like different tones of shading using different types of sketching pencils, high lighters, kneading rubbers etc. Students were very enthusiastic in learning the new techniques of sketching and was eagerly waiting for the new session.

Feedback analysis: Students were satisfactory with the above event.





Bengaluru, Karnataka, India

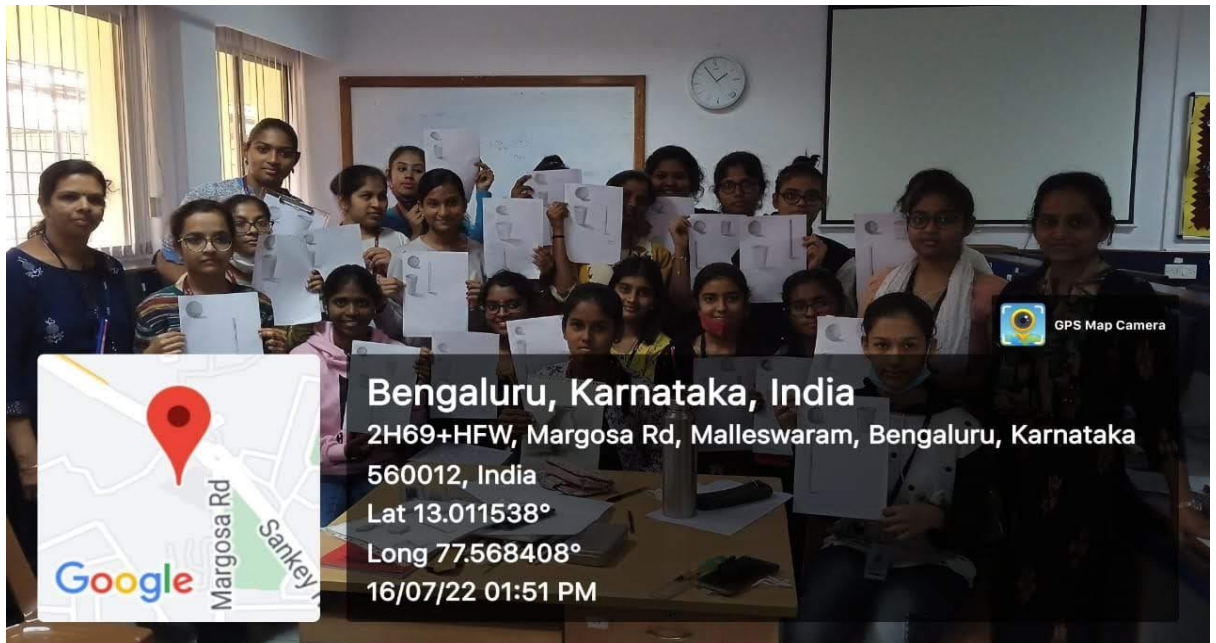
2H69+HFW, Margosa Rd, Malleswaram, Bengaluru, Karnataka

560012, India

Lat 13.011537°

Long 77.568599°

16/07/22 01:50 PM



Bengaluru, Karnataka, India

2H69+HFW, Margosa Rd, Malleswaram, Bengaluru, Karnataka

560012, India

Lat 13.011538°

Long 77.568408°

16/07/22 01:51 PM

Name of the Activity: Skill Development program - **TAILORING**

Title of the event: STITCH UP- LEARN TAILORING

Day & Date: Friday; 15th July- Batch I

Time: 11:00-3:00Pm

Mode: Offline

Venue: Zoo lab

Resource Persons:

1. Two resource persons from Usha Company
2. Ms. Gangamma, mLAC

No. of Participants/ Beneficiaries: 15

Brief summary of the activity:

The first session of tailoring for Batch I students started on 15th July, 2022. Two Resource persons from Usha Company (Mr. Girish Srinivas and Mr. Karthick) had got basic and advanced tailoring (automated embroidery) machines to teach students about the operating of the machines. Ms. Gangamma later showed students the basics of hand stitching and the operation of the basic model of sewing machine procured by the WDC to teach the students. The student has hands on experience on the stitching. The other four sessions which included embroidery, petticoat, bag and mask stitching were carried out on separate occasions.

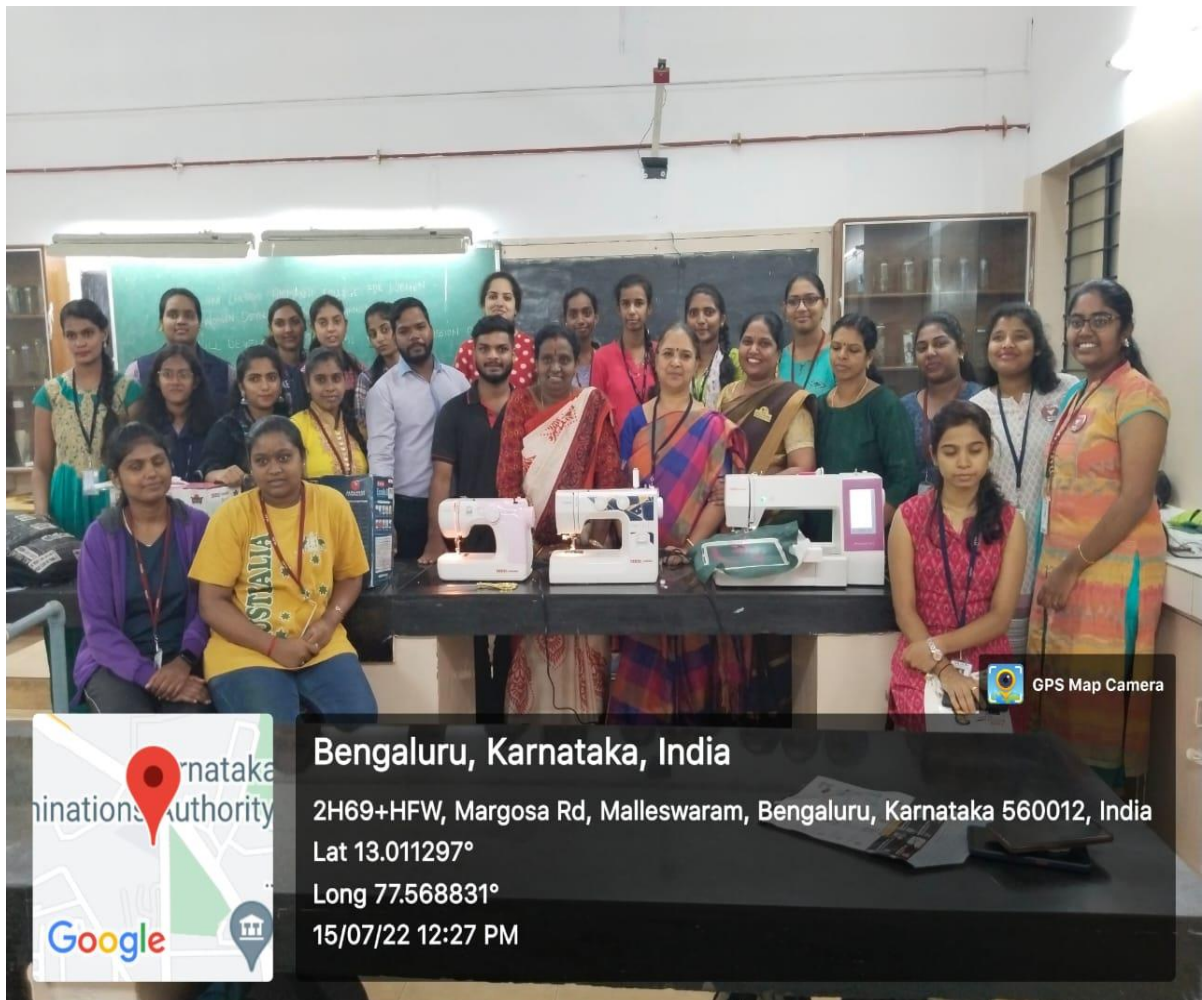
The session for Batch 2 started on 9th August 2022 and have been completed with three sessions (Basics, petticoat and bag stitching) with embroidery yet to be done.

The sessions for Batch III will resume after End Semester examination.

Feedback analysis: The students found it a great opportunity to learn some basics of stitching. The feedback details have been furnished.







Name of the Activity: **Skill Development program - MEHENDI ART**

Day & Date: Saturday, 16th July 2022 (Session I)

Wednesday, 27th July, 2022 (Session II)

Thursday, 28th July, 2022 (Session II)

Time: 12:00am-2:00PM (Session I)

2:00pm-4:00PM (Session II & III)

Mode: Offline

Venue: BT lab(Session I): G5 & G112 (Session II & Session III)

Resource Persons:

1. Ms, Arbin Taj (Session I)
2. Ms. Aafiya Kauser (Session II & III)

No. of Participants/ Beneficiaries: 81

Brief summary of the activity:

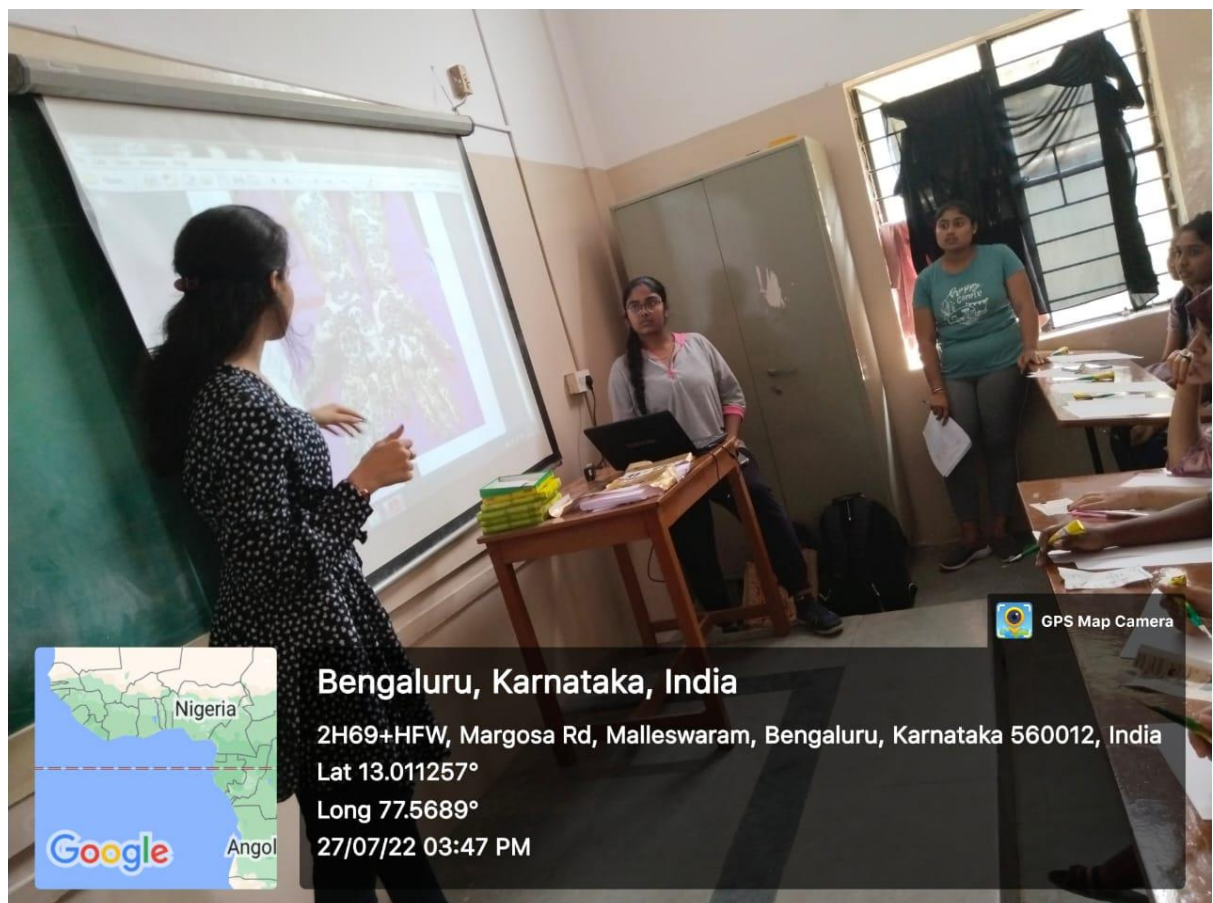
The first session of Mehendi art happened on 16th July 2022 in BT lab. The session started with the basics of the Mehendi making.

The second session which happened on 27th & 28th July 2022, the students had a brief introduction on the different styles of Mehendi arts through PPT. The resource person spoke about the Mehendi styles such as Indian Mehendi, Indo Arabic Mehendi, Kafif mehendi, Arabic and Floral Mehendi. The resource person also highlighted on the process of Mehendi making at home with the special mention the on the ingredients used and the process of making. The Day 1 had hands on sessions on Indian, Indo Arabic and Floral Mehendi. On the day 2 the sessions were on Kafif and Arabic Mehendi.

Feedback analysis: The students found it a great opportunity to learn the art of Mehendi. For the first session few students felt that hands sessions by the resource person was too short a duration. But with the second and third session were very satisfactory by the students.



With the Resource person Ms. Arbin taj



Name of the Activity: Skill Development program - **MAKING DIYAS**

Title of the event: Light the Lives

Day & Date: 21st Oct – 15th Nov 2022

Mode: Offline

Brief summary of the activity:

The activity was organised by WDC to encourage the students and faculties to lend their support by participating in the light the lives event wherein they were requested to make a pair coloured diyas (Acrylic painted with/ without glitters) which will be put for sale. This will be used financially support the needy and help light their lives.



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WOMEN DEVELOPMENT CENTRE
wishes all a
Happy Diwali

On this occasion WDC requests the students and faculties to lend their support by participating in the "Light the Lives" event wherein they are requested to make a pair /more coloured diyas (Acrylic painted with/ without glitters) which will be put for sale in WDC exhibitions. The revenue generated will be used to financially support the needy and help light their lives.

Time line
21st Oct- 15th Nov 2022

Dr. Nagalaxmi B N
Principal, mLAC

Prof Aruna H K
WDC - coordinator

Further details contact
Faculty co ordinator: Ms. Hemavathy (9986528363)
Student coordinator: Ms. Vijayshree (9972300270)



Name of the Activity: **ART and CRAFT- PAPER CRAFT**

Day & date: 9-07-2022

Time: 2:00 – 3:00pm

Mode: Offline

Microbiology Lab

Resource Persons: Sheetal 4th Sem BSc

No. of Participants/ Beneficiaries: 9

Brief summary of the activity: In Paper craft is a collection of crafts using paper or cards as the primary artistic medium for the creation of two or three dimensional objects. Students are thought to make pencil stand using different coloured craft paper. Students were very enthusiastic in learning the new techniques of paper craft and was eagerly waiting for the new session.

Feedback analysis: Students were satisfactory with the above event.

