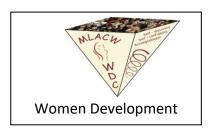


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BREAST CANCER AWARENESS PROGRAM

Day & Date: 31st Oct 2022

Time: 9.00 am to 1.30 pm

Mode: Offline Venue: Auditorium

Resource Persons: Dr. Sanchitha Chandar, Department of Community Oncology,

Sri Shankara National Centre for Cancer Prevention and

Research, Bangalore.

No. of Participants: Around 200 students

Conveyor: Prof Aruna H K, WDC - Coordinator

Brief summary of the activity:

The Awareness was conducted on 31st OCT'2022 from 9:00AM to 1:30PM. The event started by lighting the lamp. Welcome address was given by Prof. Aruna H K which was followed by Resource person introduction by Prof Thamizhselvi, Computer Science Department,

Program started with the talk given by Resource person **Dr. Sanchitha Chandar**, who introduced by explaining the need of awareness of Breast Cancer. She was telling about the various stages of cancer and preventive measures

Question and Answers session was done, Certificate distribution was done. Finally, event ended with Vote of thanks by Dr. Pushpalatha, Kannada department, followed by Walkathon from college campus till Malleswaram circle.

The walkathon was organised to create public awareness on breast cancer. The event was flagged of by the Principal and IQAC co-ordinator.

Pamphlets were distributed to both men and women on breast cancer, diagnosis and its prevention. After walkathon, food was provided to all the participants.

All sessions were informative and useful.

Feedback:

- 1. Excellent and Informative talk from Resource person
- 2. Best awareness created in public by organizing walkathon.











BREAST CANCER AWARENESS PROGRAM

organised by

Women Development Centre & Indian Cancer Society

Awareness Talk by:

Dr. Sanchitha Chandar

Department of Community Oncology, Sri Shankara National Centre for Cancer Prevention and Research, Bangalore. Venue: Auditorium, mLAC Time: 10.30 am to 11.30am

> Dr. Nagalakshmi B N Principal, mLAC

October 31st 2022



For Walkathon registration contact Faculty Coordinator

- P Thamizhselvi (9740423296)
- Dr. Pushpalatha Satish (9620235583)
 Student Coordinator
 - Ms. Vijayshree (997230027)

Certificates will be provided for participants

Walkathon:

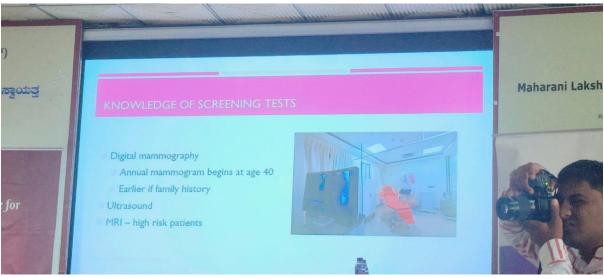
From College Campus to 11th Cross Malleswaram

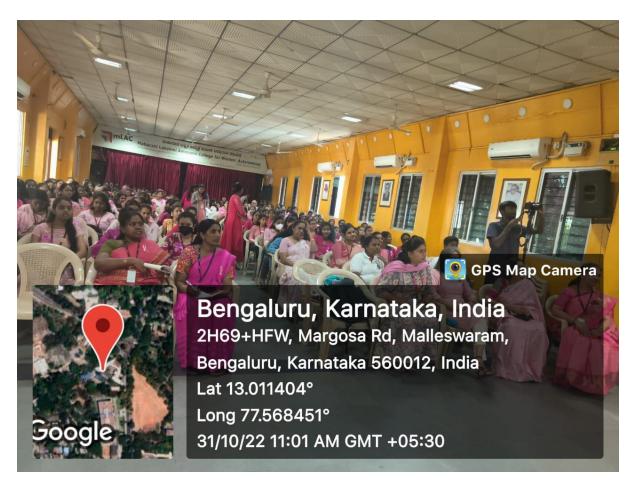
Time: 11.30 am to 12.30 pm
Cap and Refreshments will be provided by
Indian Cancer Society
Pink ribbon will be given by WDC

Links for videos: https://youtu.be/N1II Ud0FV0

PINK MY COLOUR, MY CHOICE - KINDLY WEAR PINK COLURED DRESS OR PINK BADGE







PLEDGE

This Breast Cancer Awareness month I solemnly **pledge** to practice "**Each One Teach One and Support One**"









CERTIFICATE

OF APPRECIATION

PRESENTED TO

Women Development Centre, Maharani Lakshmi Ammanni College for Women, Bangalore

This certificate is to acknowledge and appreciate your efforts towards organizing awareness programs on cancer during the last three years in association with Indian Cancer Society.

Handon Banya.

KANCHAN BANNERJEE
HON. SECRETARY
INDIAN CANCER SOCIETY
KARNATAKA















REPORT OF PROGRAM IN ICS NEWS LETTER



QUARTERLY NEWSLETTER

Oct - Dec 2022

Indian Cancer Society

Karnataka Branch

Review

Kishore Rao

Chairperson Karnataka Branch

Our teams put together a slew of interesting activities in the past months. We had four cancer survivors – a trekker, a Yoga researcher, a writer and a popular singer – share their triumphs over adversity, in an event called 'Dare to Dream'. I'm sure this will inspire other survivors to face the world boldly.

Oracle Volunteers are to be admired for their devotion to social causes. In October they put up Breast Self-Examination posters designed by ICS in offices, colleges, shops, and even in religious centres. Further, in a session visually impaired young women,

trained in Medical Tactile Examination (MTE), carried out breast examination in a college. Truly, a shot-in-

the-arm for the visually impaired.

I must specially mention our volunteer Shubha Jaiprakash, who has single-handedly conducted 20 anti-tobacco and cancer Awareness sessions in Government High Schools. At the end of each session, students take a pledge to shun tobacco products and recount their learning to their families and friends.

We had rallies, walkathons and screening camps at Mangaluru, Kalaburagi and Bengaluru. Great going, teams. Keep up the tempo!

Let me end by wishing everyone a healthy, happy and fulfilling 2023.

Survivors Event







Awareness Events

In Colleges, Corporates & Communities

























INDIAN CANCER SOCIETY, BENGALURU 268/1-4, 9th 'A' Main Road, 2nd Block, Jayanagar, Bengaluru 560 011

Ph No.+91 9513074567

Website: http://indiancancersocietybangalore.org/

n @indian-cancer-society-bangalore

@icsblr

@indiancancersocietyblr

◯ @ICSBangalore

Best Regards, Amarinder Kaur Consultant



INDIAN CANCER SOCIETY (KARNATAKA BRANCH)

268/1-4, 9th 'A' Main Road, 2nd Block,

Jayanagar, Bengaluru 560 011

Office: +91 9513074567

www.indiancancersocietybangalore.org

FOLLOW US ON











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Name of the Activity: Skill Development program - MAKING DIYAS

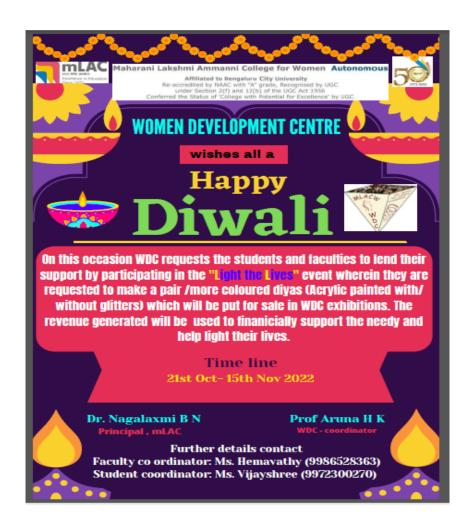
Title of the event: Light the Lives

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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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.









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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 1): G5 & G112 (Session II & Session III)

Resource Persons:

1. Ms, Arbin Taj (Session I)

2. Ms. Aafiya Kauser (Session II & III)

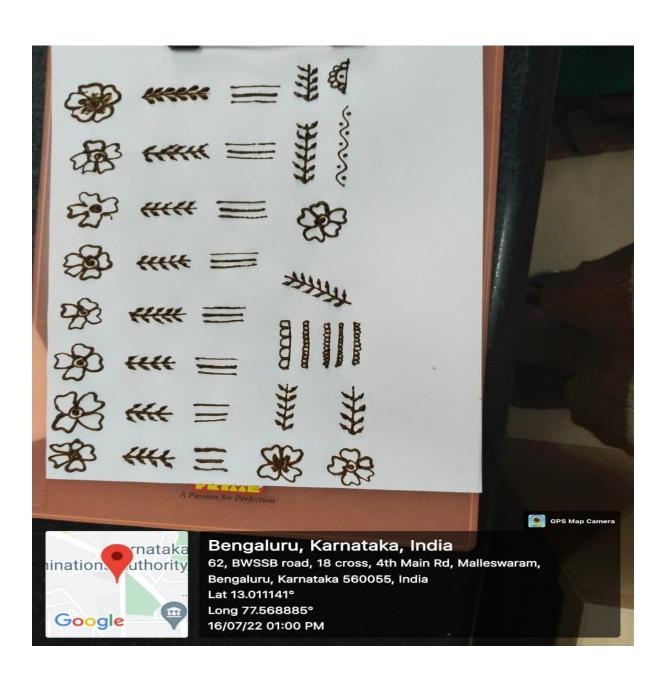
No. of Participants/ Beneficiaries: 81

Brief summary of the activity:

The first session of Mehendi art happened on 16^{th 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.

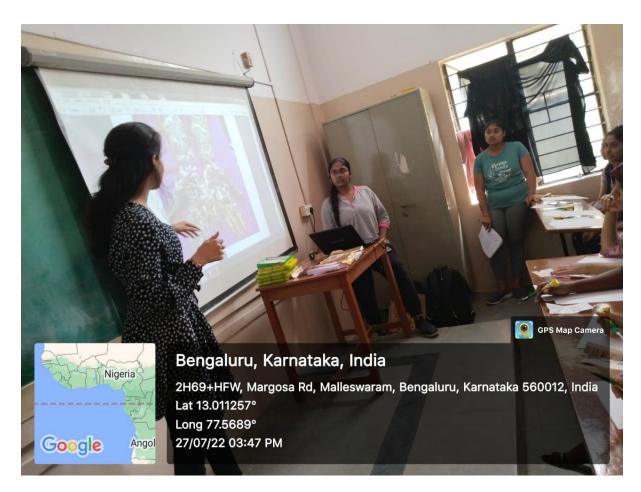
Feedback analysis: The students found it a great opportunity to learn the art of Mehendi. For the first session few students felt that hands sessions by the resource person was too short a duration. But with the second and third session were very satisfactory by the students.





With the Resource person Ms. Arbin taj





With the Resource person Ms. Aafiya Kauser



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Report of panel discussion held on International Women's Day Women Development Cell, mLAC

Name of the Activity: Panel discussion

Title of the event: Rediscover Your Strength: A Way Forward For a Bright Future

Day & Date: Tuesday, March 8th 2022

Time: 4.00- 5.30 pm

Mode: Zoom and You Tube live stream

Venue: Online

Resource Persons:

1. Dr. Sundari K.P, Director, IndusViVa

2.Dr. Dhatri S, Obstetrics and Gynecology Consultant

3. Ms. Latha Bhaskar, Student Counsellor, mLAC

No. of Participants/ Beneficiaries:

Brief summary of the activity: The main aim of this program was to enable women to rediscover self, feel confident and face the challenging world. The panel discussion aims to address the challenges regarding decision making, time management, distractions and its impact on health. This program focuses also on other areas of challenges which women face everyday and help them to find solutions as to how to deal with anxiety, stress and other negative emotions which otherwise will affect their daily activities and performance. This was a right platform for all women from different walks to life, irrespective of your cadre, age and affiliation to participate in open discussion with panelists.

The program started with the introduction to the event by Prof. Aruna H K, Coordinator WDC, mLAC. She gave a brief about the various activities conducted under WDC which enables students with skills in various fields. Dr. Gowri Neelima, Assosiate Professor,

Department of Biotechnology delivered the welcome address. Dr. Shashikala A, Principal, mLAC welcomed the gathering by highlighting some of the qualities to be adapted to sustain in this challenging world. Sri. K Jairaj, Managing Trustee, mLAC addressed the gathering about the women empowerment.

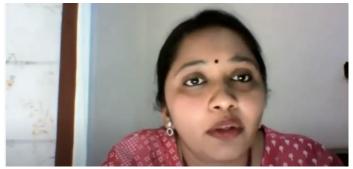
Ms. Ranjitha A, Assistant professor, Department of Biotechnology, mLAC introduced Dr. Sundari K.P, Director, IndusViVa. In her address Dr. Sundari spoke about the challenging world and the crisis that the women are facing in the present generation and spoke about the possible ways to get out of these crisis.

Ms. Smitha N, Assistant Professor, Department of Zoology, mLAC welcomed Dr. Dhatri S, Obstetrics and Gynecology Consultant. She spoke about the requirement of physical and mental well being of an individual to lead a better life in the present challenging scenario. Dr. Hemavathy E, Assosiate Professor, Department of Biotechnology, mLAC welcomed Ms. Latha Bhaskar, Student Counsellor, mLAC. She gave useful tips about Importance of time management and distraction faced by the students in the daily life and the solutions to mitigate the problems.

PANELISTS

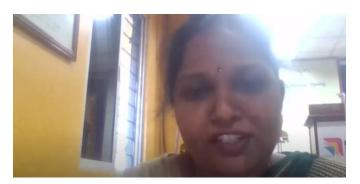




















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WOMEN DEVELOPMENT CENTER

on the Occasion of

INTERNATIONAL WOMEN'S DAY

organizes a virtual panel discussion on

REDISCOVER YOUR STRENGTH: A WAY FORWARD **FOR A BRIGHT FUTURE**

MARCH 8, 2022 | 4:00 PM TO 5:30 PM PLATFORM : ZOOM & YOUTUBE LIVE STREAM

Our panelist Dr Sundari K.P Director, IndusViVa

Dr. Dhatri S

Ms. Latha Bhaskar

Student counsellor.mLAC

https://us02web.zoom.us/j/89752306707? pwd=QjFvRIE0KzlyOW9FQjBmbGFvdWxvZz09

Meeting ID: 897 5230 6707 Passcode: 380234

You Tube Link https://youtu.be/01X54aeNy6Y

Click here to register

Students, Staff, Alumni, participants from other colleges & Family

All are condially invited

Prof Shashikala A Principal , mLAC

Prof Aruna H K WDC - coordinator



WOMEN DEVELOPMENT CENTER, mLAC INTERNATIONAL WOMEN'S DAY

About mLAC

About mLAC
Maharani Lakshmi Ammanni College for Women, Autonomous (mLAC), established in 1972, has carved a niche
for itself in imparting quality education along with instilling moral values and transforming each student to be a
responsible citizen. This is reflected by the college being awarded Autonomous status by the University Grants
Commission (UGC) in the year 2016. The college has been recognized as a Centre with Potential for Excellence,
in both Phase I (2010) and Phase II (2014) by the UGC and been awarded with STAR College Status by the DBT,
Govt. of India. It has been re-accredited with "A" grade by NAAC in the year 2016. mLAC is one among twelve
colleges in Karnataka with TBT a ST, Govt. of Karnataka sponsored BISEP, UGC sponsored B.Voc course in
Medical Laboratory Technology and DST-RIST.

About Women Development Center

Women Development Centre at mLAC works towards empowerment of young women in various forte. It has conducted various activities namely skill development programs (fabric painting, candle making, jewellery, baking classes) awareness programs (walkhathon, poster displays), self defence techniques by martial art experts, talks on women health and hygiene by doctors, prevention of sexual harassment by legal experts, motivational talks by woman achievers and so on. WDC has provided an able platform to prepare students to excel through self confidence and self discovery leading to professional and personal development.

Highlights of the Panel discussion

To enable women to rediscover self, feel confident and face the challenging world. The panel discussion aims to address the challenges regarding decision making, time management, distractions and its impact on health. This program focuses also on other areas of challenges which women face everyday and help them to find solutions as to how to deal with anxiety, stress and other negative emotions which otherwise will affect their daily activities and performance. This is a right platform for all women from different walks to life, irrespective of your cadre, age and affiliation to participate in open discussion with panelists.

About our Panelists



Dr Sundari K.P
Director for "IndusVIVa" a special school and early intervention Centre in Nandidurga road
Bangalore. Dr., Sundari is a very successful therapies, teacher & instructor for the past 28 years.
She is a Reiki grandmaster and has been teaching Reiki for 25 years. She is also an expert in
E.M.D.R. a therapy for FISD and practicing Yoga master.

DI DIATHTI'S

His been in DBC consultant at Community Health Centre, Harohalli and at Chirag Hospital. She has done her MBBS from SDM college of Medical sciences and Hospital, Dharwad and 80 BG from Kempegowda Institute of Medical Sciences and Hospital, Bangalore, Kanataka, She is a 2nd rank holder in Osstetrics and Cynaecology in under graduation from Rajiv Gandhi University of Hospital Sciences.



Ms. Latha Bhaskar
Student counsellor, mLAC, She is a competent, team spirited professional with experience in
providing Coaching, Counselling and Life Skill Training; Psychotherapist expertise in Cognitive
behavioral therapy, She has experience for working with organizations in Eangalore namely
STEPone (Tele Consultation, Gort of Karnataka), SVIMS, DISHA BHARATH and FREELANCE
COUNSELLING.

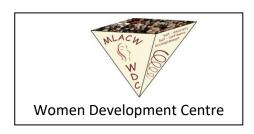
CONTACT DETAILS

Prof. Aruna H K, WDC Coordinator, 9448000983 Ms. Kanaka, Student Coordinator, 8660710503

Email ID: wdc.mlac@gmail.com; College website Address: www.mlacw.edu.in



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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 yhe 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.







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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.



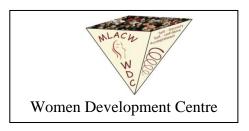








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HANDS ON WORKSHOP ON COMPOSTING

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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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 polytene bags to initiate the growth. The polythene packets were incubated in mushroom growth chamber and sequentially observed for the proper growth of mushroom.













Registration Fee: Rs.200 Participation Certificate Will Be Provided

Dr. Nagalaxmi B N Principal, mLAC Contact : Ramya M V 9353133478 Kavyashree A 9741639839

Prof.Aruna H K WDC - Coordinator

Registration Link: https://forms.gle/GTg4vYAMSw8ddXQg9 NOTE: BPL card holders will be given concession





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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.

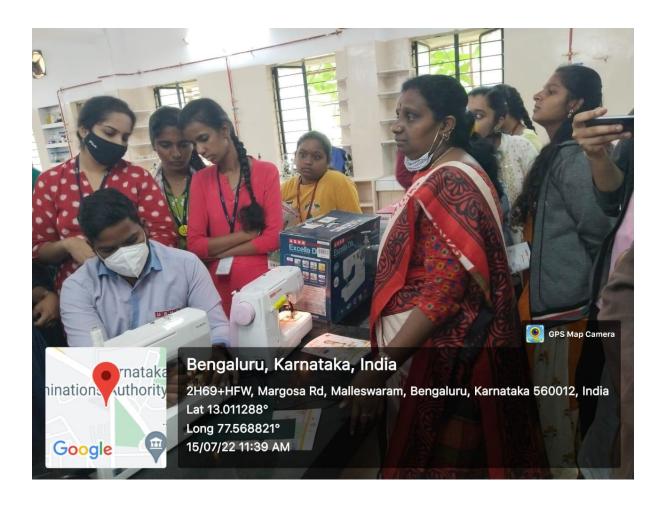
The session for Batch 2 started on 9th August 2022 and have been completed with three sessions (Basics, petticoat and bag stitching) with embroidery yet to be done.

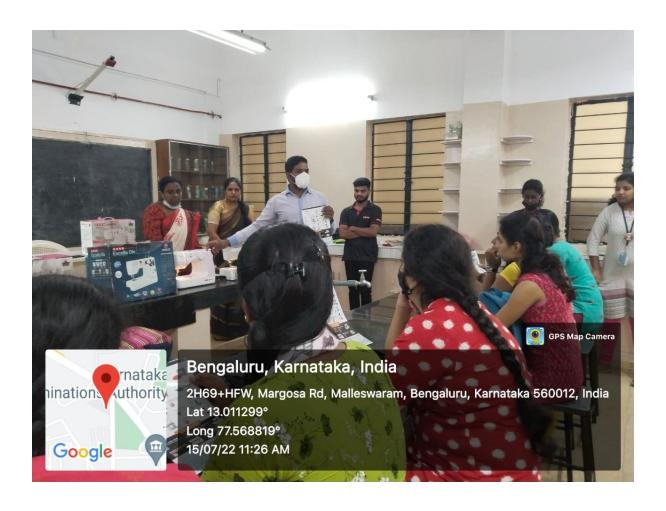
The sessions for Batch III will resume after End Semester examination.

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

















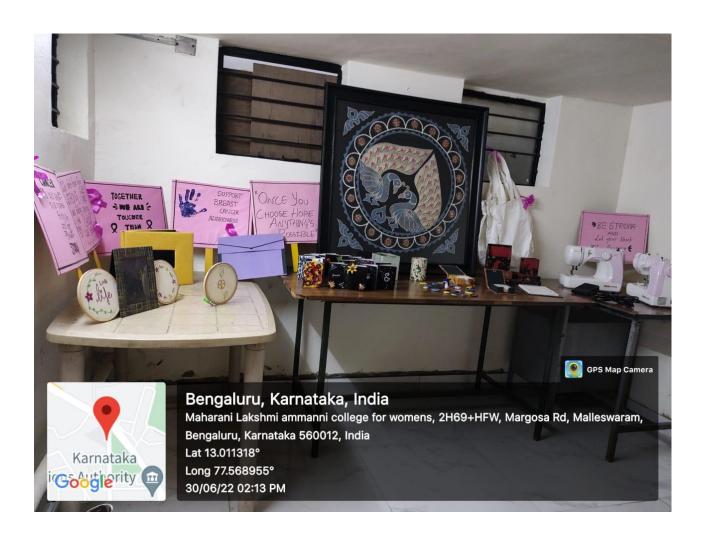


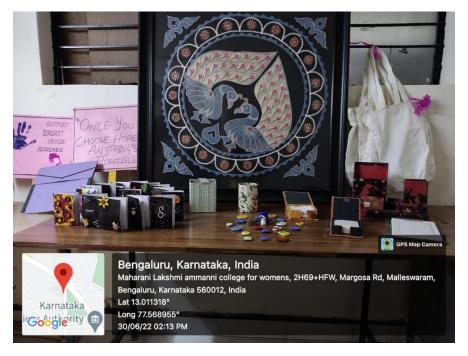
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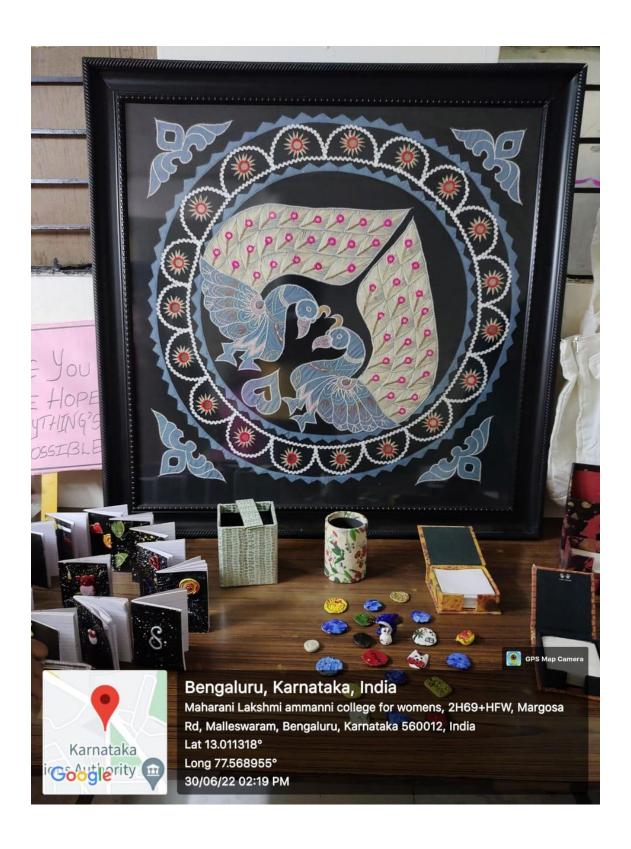
WOMEN DEVELOPMENT CENTRE

Maharani Lakshmi Ammanni College for Women, Autonomous

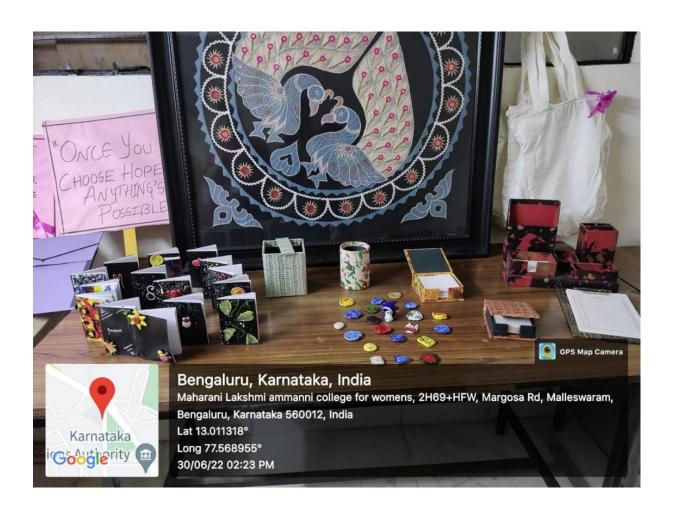












MUSHROOM CULTIAVATION FACILITY

Mushroom Is high in protein and thus it is being given due importance in many developed countries. If we use a hectare of land to produce beef, the yield of protein is about 80 kg/hectare, but if we grow mushrooms, the protein yield is commonly 80,000 kg/ha. Mushrooms convert cellulosic debris into other organic compounds.

Women Development Centre has set up mushroom cultivation facility to creates entrepreneurship opportunities for women (mLAC students and their families) from economically challenged backgrounds to augment income for their families. This endeavour will provide financial empowerment to women

