



### **WOMEN DEVELOPMENT CENTRE**

**Title: Start - up Entrepreneurship**

**Date: 15.02.2019**

One day seminar was organized on 15.02.2019 for students of mLAC from different streams on themes relating to guidance for start-up entrepreneurs, adolescence gynaecology, awareness on epilepsy and women health and hygiene.

First lecture (11 am-12 noon) was on “Supporting departments for start - up entrepreneurship” by **Mr. Sadashiva S.**, Training Co-coordinator, AWAKE,, Bangalore. He spoke about how to initiate the start-up, applying for financial support from banks and various



government schemes, preparation of proposal for the same. Students from commencer and management studies attended this seminar and were befitted.

**Title : Adolescence gynecology**

**Date : 15.02.2019**

Second lecture (12 noon- 1 pm) was by **Dr. Vani**, Gynecologist, Manohar multispecialty hospital, Bangalore on “Adolescence gynecology”. During her lecture and interaction with students she provided elaborate information about most common problems affecting the adolescents namely Polycystic ovarian syndrome, irregular menstrual cycles due to hormonal

imbalances. She also provided information about medical interventions to rectify the problem to lead a normal life.

**Title : Awareness on Epilepsy**

**Date : 15.02.2019**

Post lunch session was conducted by **Dr. R.P. Joshi**, Chief Medical Officer, CHGS Executive Member of **Indian Epilepsy Association**, Bangalore Chapter and team between 1:30-2:45 pm. This session was on various **social aspects and views of epilepsy**. This session was highlighted by the skit from the volunteers of the association, on various first aid procedures to be given at the time of seizures. An awareness was also provided about many practices which wrongly followed by people during epileptic seizures.





**Title: Women Health and hygiene**

**Date: 15.02.2019**

The last session was on “**Women Health and hygiene**” a lecture by **Dr. Damayanti Rao**, Chief Medical Officer and Consultant, Shahi Exports Pvt. Ltd. Bangalore which was held between 3-4 pm . She spoke about various aspects like food and nutrition relating to general health, hygiene during menstruation, disciplined daily habits like eating, sleep leading to sound body and mind.

**ATTESTED**

*Shashikala A*

**Principal**

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

## COMMEMORATION OF INTERNATIONAL WOMEN'S DAY – 2019

### 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 8<sup>th</sup> 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**. A week long programs were conducted on health awareness, motivational speech, self defence techniques and skill development programs.

06.03.2019	2 pm onwards	Dr. K.N.V. Sastri Auditorium	Cancer awareness program	<b>Dr. Kanchan Banerjee</b> and Team Indian Cancer Society, Bangalore
08.03.2019	3-4 pm	Dr. K.N.V. Sastri Auditorium	Lecture on "Diabetic with healthy heart"	<b>Dr. Anupama Hegde</b> M.S. Ramaiah Narayana Heart Centre (Unit of Narayana Hrudayalaya Pvt. Ltd., Bangalore
09.03.2019	10-11 am	Dr. K.N.V. Sastri Auditorium	Motivational speech	<b>Ms. Toolika Rani</b> Squadron Leader, Indian Air Force ( <i>First woman in the world to ascent Mt. Everest alone</i> )
09.03.2019	1:30 pm onwards	College quadrangle	Self defence techniques (martial arts demonstration and training)	<b>Ms. Aishwarya</b> and Team (Black belt in kickboxing)
11.03.2019	11 am- 1:30 pm	Manju's cooking and baking classes HMT Layout, RT Nagar	Baking (pastries)	<b>Mrs. Manju M.</b> Specialist in baking <a href="http://www.manjuscookingclass.com">www.manjuscookingclass.com</a>
12.03.2019	1:30 - 2:30 pm	Room No. S3	Music therapy using Indian classical music	<b>Dr. Vijayalakshmi Subramaniam</b> Associate Professor ENT Surgeon Yenopaya Medical College, Mangalore



***Ms. Toolika Rani addressing the audience.***



***Dr. Vijayalakshmi Subramaniam gave an overview of music therapy and its impact on health***





*Participants of baking class conducted by Ms. Manju*





***Dr. Anupama Hegde spoke about “Diabetic with healthy heart:”***



**ATTESTED**

*Shashikala A*  
Principal

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### Breast cancer awareness programs

Women development Center in association with Indian Cancer society (ICS) organized Breast cancer Awareness drive on 26<sup>th</sup> October 2019 to align with the occasion of observing October as the month designated to create awareness about Breast Cancer, globally. Following events were organized on this occasion:

- ❖ Lecture by Dr. Amrutha, from ICS at Dr. K.N.V Sastri Auditorium at 11 am.
- ❖ Walkathon **“Walk the Walk. Find a cure”** from mLAC campus which was flagged off by Dr. Sushama Bavle, Principal cum Acting Director of mLAC and Ms. Kanchan Banerjee, core committee member, Indian Cancer Society.

Student volunteers prepared pink badges and placards carrying the messages about breast cancer. They distributed the pink badges to the teaching and student community who had come dressed in PINK to support the cause. During walkathon WDC volunteers distributed handouts to the public on the theme of the activity.



*Dr. Amrutha delivering the lecture*



Students during the walkathon

Flag-off of the walkathon

