



**SOUNDARYA
INSTITUTE OF
MANAGEMENT &
SCIENCE**

SPARSH



Women Empowerment Cell

Women Empowerment cell of SIMS ***“SPARSH”*** is established with the motto of **“Encourage, Enhance and Empower”**. The cell's objectives include enhancing female faculty members' understanding of issues affecting women, empowering female students, making the college campus a safe place for girls and women, and addressing concrete concerns about the welfare and equal opportunities for female faculty, staff, and students.

The cell attempts to raise awareness of women's rights and responsibilities in order to address concerns and challenges specific to women. Additionally, it gives women a forum on which to express their opinions and experiences regarding their place in society. It has been supplemented with recommendations for improvement and empowerment among themselves. With a focus on the intellectual and social development of female students, the cell promotes women's empowerment through guest lectures, seminars, and awareness campaigns.

VISION

Promoting the overall wellbeing of female students, faculty, and staff at the college; creating and maintaining a respectful, welcoming workplace for women; and enabling them to realise their full potential in all spheres.

MISSION

To educate women in a variety of knowledge and skills, and to expand and improve their social, economic, and intellectual capacities for world peace, security, and prosperity

COMPOSITION OF THE COMMITTEE (ICC)

- ✚ The committee is made up of a Chairperson, two members who teach, two members who do not teach, three students and a member secretary.
- ✚ One member from NGO
- ✚ The term of office bearers shall be three years
- ✚ The Committee is responsible for looking into any complaints filed by students and staff about Gender Discrimination if any happening inside the college premises.
- ✚ The committee will convene a minimum of once each year.
- ✚ If the Committee receives any complaints, they must be resolved within 30 days of the day the complaint was received.

Objectives:

- ✚ To foster a culture of honour and equality for women.
- ✚ To fix the problems with gender discrimination
- ✚ To advocate for a society that values and treats women equally.
- ✚ To emphasise the value of religion, health, hygiene, and safety

- ✚ To instil an entrepreneurial mind-set in young girls and scientists as soon as possible so that they can "create jobs" rather than "look for jobs."
- ✚ To uplift and protect the rights of female members, instructors, staff, and students of the institute.
- ✚ To launch awareness campaigns by holding training sessions, seminars, and workshops on gender sensitization, women's rights, and women's empowerment.

Roles and Responsibilities

- ✚ To plan programmes and events aimed at empowering women.
- ✚ To inspire female staff members and female students to actively engage in various competitions and programmes.
- ✚ To educate the student about sexual harassment, violence against women, and other issues.
- ✚ To help women become more self-assured in creating their own identities.
- ✚ To go through the campus's safety and security procedures for female employees and female students.
- ✚ To encourage a culture of female gender independence, equality, and respect.

Advisory Committee/Members

1. Head of the Institute: Dr. Vasu Principal, SIMS

2. IQAC : Prof. Rekha C

3. Women Faculty Members

Mrs. Thanuja
Ms. Jasper Benaji
Mrs. Vidhya
Mrs. Megha Potdar
Mrs. Asha M H

4. Student Coordinators

Ms. Niharika (B.Com)
Ms. Harshitha (Forensic Science)
Ms. Spoorthi R (BCA)
Ms. Adhiti Rathod (BBA)
Ms. Janani A (BA)
Ms. Janani R (BA)
Ms. Aishwarya (MBA)

The cell's activities for the years
2022–2023

Sl.No	Name of the activity
1	Workshop on gender sensitization
2	A Session on Personality Development and Personal Hygiene
3	Interclass competitions on account of International Day for the Elimination of Violence against Women (Poster making, Painting)
4	International Day to End Violence Against Sex Workers (inter class Debate Competition)
5	Workshop on Beauty and Wellness
6	The Movie Screening (Periods: End of sentence)
7	A talk on “Legal empowerment of women in India’s changing scenario”
8	International Women’s Day
9	Workshop on Self Defence for girl students “Danger knows no bound”
10	Women’s talent day

2022-2023

ADMISSION DETAILS FOR THE YEAR 2022-2023

1. B.Com

SC		ST		Cat.-1		2A		2B		3A		3B		GM		Total	
Total - 21		Total - 02		Total- 07		Total-44		Total-04		Total-65		Total-28		Total-30		Total-201	
Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
15	06	01	01	03	04	27	17	02	02	40	25	20	08	16	14	124	77

B.Com – intake sanctioned – 400 nos.

No. of admissions approved – 201 nos.

Karnataka Students – 199 nos.

Non-Karnataka Students – 02 nos. (M-1, F-1)

2. BBA

SC		ST		Cat.-1		2A		2B		3A		3B		GM		Total	
Total -06		Total - 02		Total- 03		Total-04		Total-03		Total-13		Total-01		Total-10		Total-42	
Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
5	1	1	1	2	1	4	0	1	2	9	4	01	-	6	4	29	13

B.B.A – intake sanctioned – 70 nos.

No. of admissions approved – 42 nos.

Karnataka Students – 41 nos.

Non-Karnataka Students – 01 nos. (F-1)


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3. BBA AVIATION MANAGEMENT

SC		ST		Cat.-1		2A		2B		3A		3B		GM		Total	
Total - 0		Total - 0		Total- 0		Total-01		Total-01		Total-0		Total-03		Total-0		Total-05	
Mal e	Fe male	Mal e	Fe male	Mal e	Fema le	Mal e	Fema le	Mal e	Fema le	Mal e	Fema le	Mal e	Fema le	Mal e	Fe male	Mal e	Fema le
-	-	-	-	-	0	01	-	01	-	-	-	-	03	0	0	02	03

B.B.A Aviation Management – intake sanctioned – 60 nos.
No. of admissions approved – 05 nos.

Karnataka Students – 04 nos.
Non-Karnataka Students – 01 no. (M-1)

4. BCA

SC		ST		Cat.-1		2A		2B		3A		3B		GM		Total	
Total – 08		Total - 01		Total- 07		Total-26		Total-07		Total-29		Total-12		Total-10		Total - 100	
Mal e	Fe male	Male	Fema le	Male	Fema le	Mal e	Fema le	Mal e	Fema le	Male	Fema le	Mal e	Fema le	Mal e	Fe male	Mal e	Fem. le
5	3	0	1	2	5	14	12	5	2	14	15	6	6	08	2	55	45

B.C.A – intake sanctioned – 100 nos.
No. of admissions approved – 100 nos.

Karnataka Students – 99 nos.
Non-Karnataka Students – 1 nos. (F-1)


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5. B.Sc (FORENSIC SCIENCE)

5. B.Sc (FORENSIC SCIENCE)

SC		ST		Cat.-1		2A		2B		3A		3B		GM		Total	
Total - 2		Total - 0		Total-0		Total-3		Total-0		Total-5		Total-01		Total-6		Total -17	
Mal e	Fema le	Mal e	Fema le	Mal e	Fema le	Mal e	Fema le	Mal e	Fe mal e	Male	Fema le	Male	Fe mal e	Male	Fema le	Mal e	Fe mi e
-	2	0	0	0	0	1	2	0	0	1	4	1	0	1	5	4	13

B.Sc (Forensic Science – intake sanctioned – 30 nos.
No. of admissions approved – 17 nos.

Karnataka Students – 13 nos.

Non-Karnataka Students – 4 nos. (M-2, F-2)

6. B.Sc (PMC/PMCS)

SC		ST		Cat.-1		2A		2B		3A		3B		GM		Total	
Total - 0		Total - 0		Total-0		Total-2		Total-0		Total-06		Total-04		Total-03		Total -15	
Mal e	Fema le	Mal e	Fema le	Mal e	Fema le	Mal e	Fema le	Mal e	Fe mal e	Male	Fema le	Male	Fe mal e	Male	Fema le	Mal e	Fe mal e
0	0	0	0	0	0	02	0	0	0	01	05	01	03	01	02	05	10

B.Sc (PMC/PMCS) – intake sanctioned – 30 nos.
No. of admissions approved – 15 nos.

Karnataka Students – 15 nos.

Non-Karnataka Students – 0

7. BA (Journalism-JPP)

SC		ST		Cat.-1		2A		2B		3A		3B		GM		Total	
Total - 0		Total - 0		Total-0		Total-03		Total-0		Total-2		Total-4		Total-1		Total -10	
Mal e	Fema le	Mal e	Fema le	Mal e	Fema le	Ma le	Fema le	Mal e	Fema le	Male	Fema le	Mal e	Fema le	Mal e	Fe mal e	Mal e	Fe mal e
0	0	0	0	0	0	2	1	0	0	1	1	3	1	-	1	6	4

BA (Journalism) – intake sanctioned – 60 nos.

No. of admissions approved – 10 nos.

Karnataka Students – 9 nos. & Non-Karnataka Students – 1 nos. (F-1)


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8.. M.COM

SC		ST		Cat.-1		2A		2B		3A		3B		GM		Total	
Total - 04		Total - 01		Total-0		Total-05		Total-0		Total-09		Total-0		Total-0		Total -19	
Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
0	04	01	0	0	0	03	02	0	0	04	05	0	0	0	0	08	11

M.Com – intake sanctioned – 50 nos.

No. of admissions approved – 19 nos.

Karnataka Students – 19 nos. & Non-Karnataka Students – 0

9. M.COM (FA)

SC		ST		Cat.-1		2A		2B		3A		3B		GM		Total	
Total - 0		Total - 01		Total-0		Total-0		Total-0		Total-0		Total-0		Total-01		Total -02	
Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
0	0	0	01	0	0	0	0	0	0	0	0	0	0	0	01	0	02

M.COM (FA) – intake sanctioned – 30 nos.

No. of admissions approved – 02 nos.

Karnataka Students – 2 nos.

Non-Karnataka Students – 0 nos.

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6. MBA

SC		ST		Cat.-1		2A		2B		3A		3B		GM		Total	
Total - 9		Total - 0		Total-3		Total-32		Total-02		Total-43		Total-19		Total-12		Total -120	
Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
3	6	0	0	03	0	15	17	01	01	29	14	17	02	07	05	75	45

MBA – intake sanctioned – 120 nos.

No. of admissions approved – 120 nos.

Karnataka Students – 117 nos.

Non-Karnataka Students – 03 nos.

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Soundarya Educational Trust (R)
SOUNDARYA INSTITUTE OF MANAGEMENT & SCIENCE
Soundarya Nagar, Sidedahalli, Bangalore – 73.
Internal Quality Assurance Cell (IQAC)

A REPORT ON
“Gender Sensitization”

Academic year 2023 – 24

Name of the Department: SPARSH Women’s wing

Event Date: 8/8/2023

Name of the Event: Workshop on “Gender Sensitization”
PM

Event Time: 10.00 AM to 12.00

Guest Speakers: Mrs.Sujatha and Mrs. Indira., B.PAC Organization

Event Coordinators: Mrs. Thanuja V

Target group: 1st Sem UG students

The SPARSH Women’s Wing successfully organized a "Workshop on Gender Sensitization" targeted towards the 1st Semester UG students on the 8th of August 2023. The workshop aimed to raise awareness, educate, and foster discussions about gender-related issues among the young minds.

Objectives of the Event:

- To raise awareness about the significance of gender sensitization in creating an inclusive society.
- To educate participants about the impact of gender biases and stereotypes.
- To promote understanding and empathy among participants towards different genders.
- To encourage open discussions on sensitive gender-related topics.
- To inspire participants to actively contribute to gender equality efforts.

Brief about the Program:

The workshop began promptly at 10:00 AM and opened with a warm welcome by Mrs. Thanuja V, the event coordinator. Mrs. Sujatha and Mrs. Indira from B.PAC Organization, renowned for their expertise in the field, delivered impactful presentations. Their talks encompassed real-life examples, challenges faced, and the role of individuals in creating a gender-sensitive environment.

Interactive sessions and engaging activities were interspersed throughout the workshop to keep the students actively involved. These activities encouraged critical thinking, self-reflection, and the sharing of personal experiences

Outcomes of the Event:

- Increased awareness and knowledge about the importance of gender sensitization.
- Identification and recognition of gender biases and stereotypes in everyday life.
- Improved ability to engage in respectful and constructive conversations about gender issues.
- Enhanced empathy and understanding towards the challenges faced by different genders.
- Motivation to advocate for and contribute to a more inclusive and equal society.

Action Taken Report:

The Workshop on "Gender Sensitization," organized by SPARSH Women's Wing, was successfully held on 8th August 2023. The event aimed to promote awareness and understanding of gender-related issues in our society. Esteemed guest speakers, Mrs. Sujatha and Mrs. Indira from B.PAC Organization, shared their expertise on the subject.

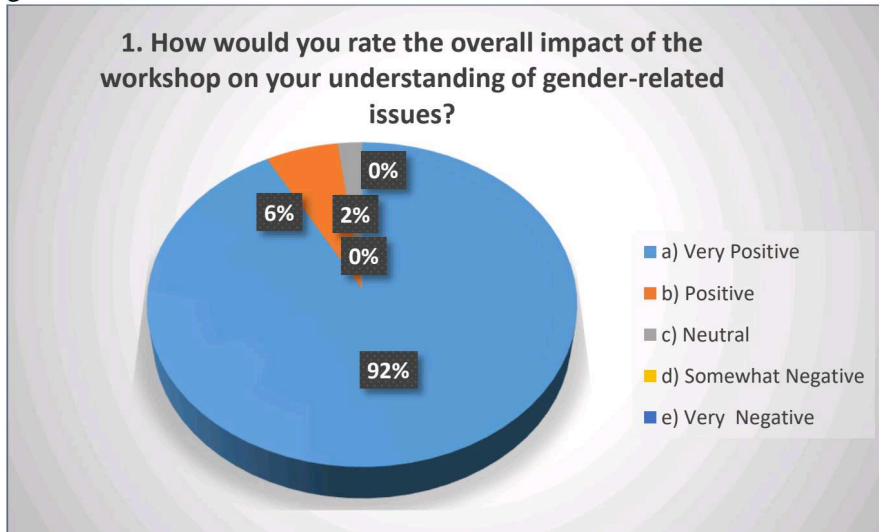
The event commenced at 10:00 AM and saw active participation from attendees representing diverse backgrounds. Mrs. Thanuja V, the event coordinator, ensured a well-structured and engaging program. The guest speakers captivated the audience with their insights into the impact of gender biases and the significance of fostering an inclusive environment.

The workshop included interactive discussions, case studies, and group activities that encouraged participants to critically evaluate their own perspectives. Attendees actively shared their experiences and engaged in open dialogues about gender-related challenges.

In conclusion, the "Workshop on Gender Sensitization" successfully achieved its objectives and positively impacted the 1st Semester UG students. The SPARSH Women's Wing remains committed to organizing more insightful and engaging events that contribute to the growth of inclusive and gender-sensitive individuals.

Feedback Analysis

Question 1: How would you rate the overall impact of the workshop on your understanding of gender-related issues?



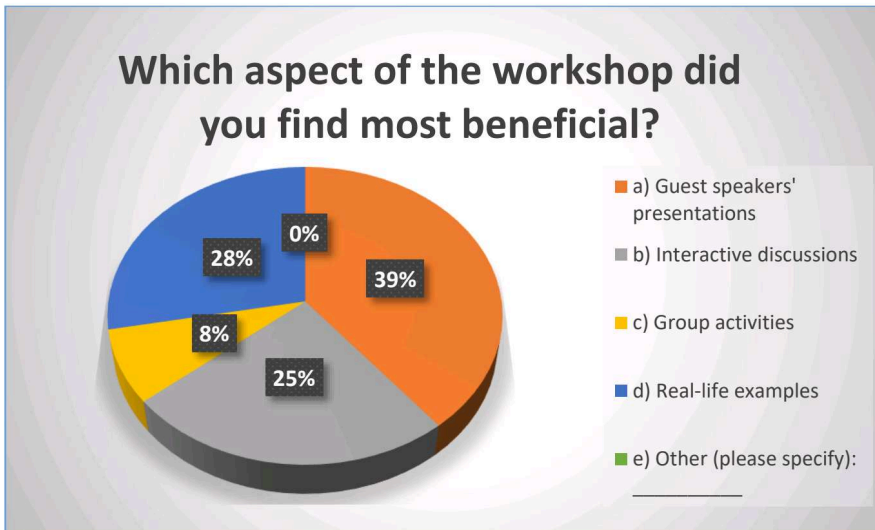
The majority of participants found the workshop's impact on their understanding of gender-related issues to be very positive, with only a small number having neutral or negative views.

Question 2: Did the workshop effectively address the importance of promoting gender equality?



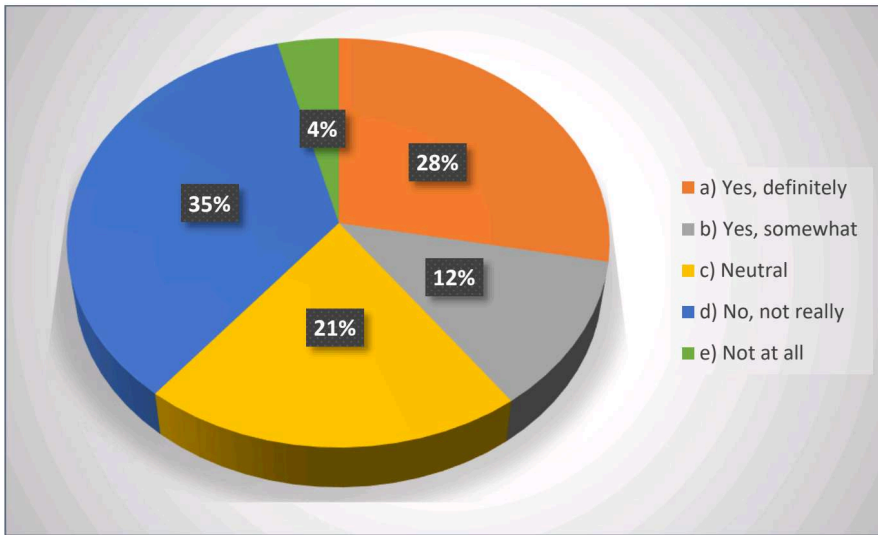
The vast majority of participants felt that the workshop effectively addressed the importance of promoting gender equality.

Question 3: Which aspect of the workshop did you find most beneficial?



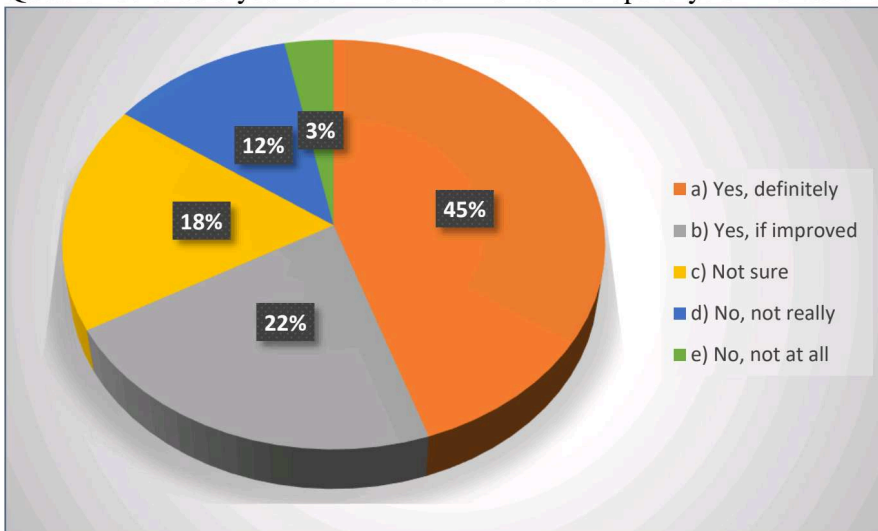
Participants found guest speakers' presentations, interactive discussions, and real-life examples to be the most beneficial aspects of the workshop.

Question 4: Do you feel more prepared to identify and challenge gender stereotypes after attending this workshop?



Responses were mixed in this case, with a significant number feeling more prepared to identify and challenge gender stereotypes, but also a substantial number who were neutral or didn't feel more prepared.

Question 5: Would you recommend similar workshops to your friends or classmates?



A majority of participants were open to recommending similar workshops, with some suggesting improvements, but there were also a notable number who were uncertain or not willing to recommend.

Overall, the feedback analysis suggests that the workshop had a positive impact on most participants' understanding of gender-related issues and their preparedness to challenge gender stereotypes. However, there is room for improvement, particularly in addressing the concerns of those who had a more neutral or negative experience and in addressing the uncertainties of whether participants would recommend the workshop to others.

Event Coordinator

PRINCIPAL



GPS Map Camera

Sidedahalli, Karnataka, India
Soundarya Institute of Management and Science, Soundarya
Layout, Sidedahalli, Nagasandra post, Bengaluru, Karnataka
560073, India
Lat 13.065629°
Long 77.492175°
08/08/23 10:28 AM GMT +05:30



GPS Map Camera


Sidedahalli, Karnataka, India
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560073, India
Lat 13.065629°
Long 77.492175°
08/08/23 10:34 AM GMT +05:30

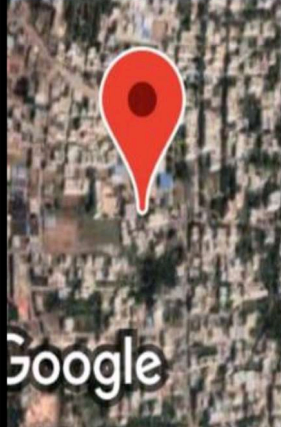


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Sidedahalli, Karnataka, India
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 **GPS Map Camera**



Sidedahalli, Karnataka, India

Soundarya Institute of Management and Science, Soundarya
Layout, Sidedahalli, Nagasandra post, Bengaluru, Karnataka
560073, India

Lat 13.065629°

Long 77.492175°

08/08/23 10:35 AM GMT +05:30



Soundarya Institute of Management and Science,

Soundarya Nagar Sidedahalli Nagasandra post Bangalore-560073

Affiliated to Bangalore university

“Session on Prevention of crimes”

Date: 20-12-2023

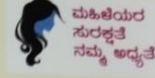
Organized by: Institution

No.of Students:300

SIMS in association with **Balagunthe Police Station**, organized a session on **“Prevention of Crimes”** specifically focused on women. The chief guest for the session was **Mr.Saidalu Adavath, IPS, Deputy Commissioner of Police.**

Objectives:

- To educate female students about the crimes that take place near them.
- To enhance courage among female students to escape from such situations.
- To encourage female students to bring such crimes to the notice of a police officer.



ಅಪರಾಧ ತಡೆ ಮಾನಾಚರಣೆ - 2023

ಶ್ರೀ. ಸೈದುಲು ಅಡಾವತ್ ಐ.ಪಿ.ಎಸ್.
ಮಾನ್ಯ ಉಪ ಪೊಲೀಸ್ ಆಯುಕ್ತರು
ಉತ್ತರ ವಿಭಾಗ, ಬೆಂಗಳೂರು ನಗರ

ಬೆಂಗಳೂರು ನಗರ ಪೊಲೀಸ್, ಉತ್ತರ ವಿಭಾಗ,
ಬಾಗಲಗುಂಟೆ ಪೊಲೀಸ್ ಠಾಣೆ

ಮಹಿಳೆಯರ ಸುರಕ್ಷತೆಗಾಗಿ
ಬೆಂಗಳೂರು ನಗರ ಪೊಲೀಸರು ಕೈಗೊಂಡಿರುವ ಕ್ರಮಗಳು

ಶ್ರೀ. ಸದಾನಂದ ಎ. ತಿಪ್ಪಣ್ಣನವರ್
ಮಾನ್ಯ ಸಹಾಯಕ ಪೊಲೀಸ್ ಆಯುಕ್ತರು
ಪಿಎಸ್ ಠಾಣೆ ವಿಭಾಗ, ಬೆಂಗಳೂರು ನಗರ
ಶ್ರೀ ಹನುಮಂತರಾಜ್. ಎಂ
ಪೊಲೀಸ್ ಇನ್‌ಸ್ಪೆಕ್ಟರ್
ವಾರ್ಕರಂದ ಪೊಲೀಸ್ ಠಾಣೆ



ನಮ್ಮ-112 ನಂಬರ್‌ಗೆ ಕರೆ ಮಾಡಿದ್ದಲ್ಲಿ, ಕಮಾಂಡ್ ಸೆಂಟರ್‌ನಿಂದ ಅವರ ವಿಚಾರ ಮತ್ತು ಅವರ ತೊಂದರೆಯ ಬಗ್ಗೆ ಅಪರಿಚಿತರ ಸಂಬಂಧಪಟ್ಟ ಪೊಲೀಸ್ ಠಾಣಾ ಹೊಯ್ತಲ ಸಿಬ್ಬಂದಿಯವರನ್ನು ಅವರ ನೆರವಿಗಾಗಿ ಕಳುಹಿಸಿಕೊಡಲಾಗುವುದು ಹಾಗೂ ಸೈಬರ್ ಅಪರಾಧಕ್ಕೆ ಒಳಪಟ್ಟು ತಕ್ಷಣ 1930 & ಥವಾ 112ಗೆ ಕರೆ ಮಾಡಿ ಸಮಸ್ಯೆಯನ್ನು ಬಗೆಹರಿಸಿಕೊಳ್ಳಬಹುದು.

ಬೆಂಗಳೂರು ನಗರದ್ಯಂತ ಸುಮಾರು 30 ಪ್ರಮುಖ ಸ್ಥಳಗಳಲ್ಲಿ ಮಹಿಳೆಯರ ಸುರಕ್ಷತೆಗಾಗಿ ಸುರಕ್ಷತಾ ದ್ವೀಪ (Safety Island) ಸ್ಥಾಪಿಸಲಾಗಿದೆ. ಸದರಿ Safety Island ಸೆಲ್ಯುವ ಒಂದು ಬಚನ್ ಅನ್ನು ಒತ್ತಿದ್ದಲ್ಲಿ ಕಮಾಂಡ್ ಸೆಂಟರ್‌ಗೆ ಕೂಡಲೇ ಅಲರಾಂನಿಂದ ಆ Safety Island ಬಗ್ಗೆ ಮಾಹಿತಿ ಬರುವುದು, ಕೂಡಲೇ ಕಮಾಂಡ್ ಸೆಂಟರ್‌ರವರು ಹೊಯ್ತಲ ವಾಹನವನ್ನು ನಿಮ್ಮ ನೆರವಿಗಾಗಿ ಕಳುಹಿಸಿಕೊಡಲಾಗುವುದು.



ಬೆಂಗಳೂರಿನ ಮಹಿಳೆಯರಿಗಾಗಿ 2 ಮಹಿಳಾ ಪೊಲೀಸ್ ಠಾಣೆಗಳನ್ನು (ಶಿವಾಜಿನಗರ ಮತ್ತು ಬಸವನಗುಡಿ)ಯಲ್ಲಿ ಕೆರೆಡಿದ್ದು ಈ ಮಹಿಳಾ ಠಾಣೆಗಳು ಬೆಳಿಗ್ಗೆ 8:00 ಗಂಟೆಯಿಂದ ರಾತ್ರಿ 8:00 ಗಂಟೆಯವರೆಗೂ ಕೆರೆಬಿರುತ್ತದೆ. ಸದರಿ ಪೊಲೀಸ್ ಠಾಣೆಯಲ್ಲಿ ಮಹಿಳೆಯರ ಸಮಾಲೋಚನೆ, ಮಹಿಳೆಯರ ಪುಂದು ಕೊರತೆಗಳನ್ನು ಅಲಿಸಿ ಸೂಕ್ತ ಕಾನೂನು ಕ್ರಮ ಜರುಗಿಸಲಾಗುವುದು

ಪೊಲೀಸರ ನೆರವಿಗಾಗಿ ksp(Karnataka State Police) app ಅನ್ನು ಡೌನ್‌ಲೋಡ್ ಮಾಡಿಕೊಂಡು ಅದರ ಸುದುಪಯೋಗವನ್ನು ಪಡೆದುಕೊಳ್ಳುವುದು ಈ ಕೆಳಕಂಡ ಮಾಮಾಜಕ ಜಾಲತಾಣ ಖಾತೆಗಳ ಸಹ ಸುದುಪಯೋಗವನ್ನು ಪಡೆದುಕೊಳ್ಳುವುದು



ಈ ಕೆಳಕಂಡ ಸಾಮಾಜಕ ಜಾಲತಾಣ ಖಾತೆಗಳ ಮೂಲಕವು ಸಹ ಸುದುಪಯೋಗವನ್ನು ಪಡೆದುಕೊಳ್ಳುವುದು.

@CPBlr/@BlrCityPolice 9480801000 Bangalore city Police blrcitypolice



ಅಪರಾಧ ತಡೆ ಮಾಸಾಚರಣೆ - 2023 ಬೆಂಗಳೂರು ನಗರ ಪೊಲೀಸ್, ಉತ್ತರ ವಿಭಾಗ, ಬಾಗಲಗುಂಟೆ ಪೊಲೀಸ್ ಠಾಣೆ



ಸರಗಟ್ಟತನ ನಡೆಯದಂತೆ ತೆಗೆದುಕೊಳ್ಳಬಹುದಾದ ಮುಂಜಾಗ್ರತಾ ಕ್ರಮಗಳು

01) ಹೆಂಗಸರು ಒಂಟಿಯಾಗಿ ಹೋಗುವಾಗ ಕಣ್ಣಿಗೆ ಕಾಣದಂತೆ ಅಭರಣಗಳನ್ನು ಧರಿಸುವುದು ಉತ್ತಮ. ಅಭರಣಗಳನ್ನು ಧರಿಸುವಾಗ ತಮ್ಮೊಂದಿಗೆ ಸಂಬಂಧಿಗಳನ್ನು ಜೊತೆಯಲ್ಲಿ ಕರೆದುಕೊಂಡು ಹೋಗುವುದು ಒಳ್ಳೆಯದು.

02) ಒಂಟಿಯಾಗಿ ತಮ್ಮ ಬಡಾವಣೆಗಳಲ್ಲಿ ಅಡ್ಡಾಯವಾಗಿ, ಸಂಶಯಾಸ್ತದ ವ್ಯಕ್ತಿಗಳು ಅಡ್ಡಾಯವಾದ ಕೆಲಸಗಳಲ್ಲಿ ಕೂಡಲೇ ತಾವು ಧರಿಸಿರುವ ಅಭರಣಗಳನ್ನು ವೇಲ್/ಸೆರಗಿನಿಂದ ಮುಚ್ಚಿಕೊಂಡು ವಾಹನದ ವಿವರ ಹಾಗೂ ನಂಬರ್ ನ್ನು ಬರೆದುಕೊಳ್ಳುವುದು ಮತ್ತು ಜನಸಂದಣಿಯಲ್ಲಿ ಸೇರಿಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು.

03) ದ್ವಿ ಚಕ್ರ ವಾಹನಗಳನ್ನು ನಿಲ್ಲಿಸಿಕೊಂಡು ಮೊಬೈಲ್ ನಲ್ಲಿ ಮಾತನಾಡುತ್ತಿರುವವರಂತೆ ನಟಿಸುತ್ತಿರುವವರು ಹಾಗೂ ದ್ವಿ ಚಕ್ರ ವಾಹನದ ಮೇಲೆ ಒಬ್ಬನು ಕುಳಿತುಕೊಂಡು ಇನ್ನೊಬ್ಬನು ವಿಶಾಸ ಕೇಳುವ ನೆಪ ಮಾಡಿಕೊಂಡು ಹತ್ತಿರ ಬರುವವರ ಬಗ್ಗೆ ಎಚ್ಚರ ವಹಿಸುವುದು ಒಳ್ಳೆಯದು.

04) ದ್ವಿ ಚಕ್ರ ವಾಹನ ಸವಾರರಿಬ್ಬರು ಮುಖ ಮುಚ್ಚುವ ಹೆಲ್ಮೆಟ್ ಧರಿಸಿಕೊಂಡು ಬಂದಾಗಲೂ ಸಹ ಎಚ್ಚರ ವಹಿಸುವುದು ಹಾಗೂ ಸರಗಟ್ಟತನ ನಡೆದರೆ ಹೆದರದೆ ಕೂಡಲೇ ಸುತ್ತಮುತ್ತಲಿರುವ ಸಾರ್ವಜನಿಕರನ್ನು ಸಹಾಯಕ್ಕಾಗಿ ಕೂಗಿ ಅತನನ್ನು ಹಿಡಿಯಲು ಸಹಕರಿಸುವುದು.



ಮನೆ ಕನ್ನ ಕಳವು ತಪ್ಪಿಸಲು ಮುಂಜಾಗ್ರತಾ ಕ್ರಮಗಳು.



01) ಬೆಲೆಬಾಳುವ ಒಡವೆಗಳು ಮತ್ತು ಹಣವನ್ನು ಮನೆಯಲ್ಲಿದ್ದರೆ ಬ್ಯಾಂಕಿನಲ್ಲಿಡುವುದು ಸೂಕ್ತ ಹಾಗೂ ನಿಮ್ಮ ಮನೆಯ ಕಿಟಕಿಯ ಪಕ್ಕದಲ್ಲಿ ಯಾವುದೇ ಬೆಲೆ ಬಾಳುವ ವಸ್ತುಗಳನ್ನು ಇಡುವುದು ತಪ್ಪಿಸಿ.

02) ನಿಮ್ಮ ಮನೆಯಲ್ಲಿ ಕೆಲಸದವರು ಹಾಗೂ ವಾಚ್‌ಮನ್‌ಗಳು ಇದ್ದಲ್ಲಿ ಅವರ ವಿಶಾಸ, ಪೋಷಣೆ ಹಾಗೂ ಅವರ ಸಂಪೂರ್ಣ ವಿವರಗಳನ್ನು ಇಟ್ಟುಕೊಳ್ಳಿ, ನಿಮಗೆ ಪರಿಚಿತವಿರುವ ವ್ಯಕ್ತಿಗಳ ತಿಳಿವಳಿಯ ಮೇರೆಗೆ ಅವರುಗಳನ್ನು ನೇಮಿಸಿಕೊಳ್ಳಿ.

03) ನೀವು ಮನೆಬಂದ ಹೊರಗಡೆ ಹೋಗುವ ಸಮಯದಲ್ಲಿ ನಿಮ್ಮ ಅಕ್ಕಪಕ್ಕದ ಮನೆಯವರಿಗೆ ನಗಾವಹಿಸಲು ತಿಳಿಸಿ ಹೋಗುವುದು ಸೂಕ್ತ ಹಾಗೂ ಬಾಗಿಲುಗಳಿಗೆ "PAD LOCK" ಬದಲು "DOOR LOCK" ಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳುವುದು.

04) ನೀವು ಮನೆಯಲ್ಲಿ ಇಲ್ಲದ ಸಮಯದಲ್ಲಿ ದಿನಪತ್ರಿಕೆ, ಹಾಲು, ಹೂ ಇತ್ಯಾದಿ ವಸ್ತುಗಳನ್ನು ವಿತರಣೆ ಮಾಡುವವರಿಗೆ ನೀವು ವಾಪಸ್ಸು ಬರುವವರೆಗೂ ಕಾರಣ ತಿಳಿಸದೇ ವಿತರಣೆ ಮಾಡದಂತೆ ಮುಂಚಿತವಾಗಿ ತಿಳಿಸುವುದು.

05) ನಿಮ್ಮ ಮನೆಗೆ ಸಾಧ್ಯವಾದಲ್ಲಿ "BURGLAR ALARM" ನ್ನು ಹಾಗೂ "CC CAMERA" ಗಳನ್ನು ಮತ್ತು ನಿಮ್ಮ ಮನೆಯ ಬಾಗಿಲುಗಳಿಗೆ "ಮ್ಯಾಜಿಕ್ ಐ" ಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳುವುದು.



GPS Map Camera



Bengaluru, Karnataka, India
94, 3rd Floor, 14 Cross, 1st Main, 2nd Cross # 94, 3rd Floor, 14 Cross, 1st Main, 2nd Cross Sidedahalli, Prakruthi Layout, Nagasansra Post, Bengaluru, Sidedahalli, Karnataka 560073, India
Lat 13.070468°
Long 77.493746°
20/12/23 12:25 PM GMT +05:30



GPS Map Camera



Bengaluru, Karnataka, India
94, 3rd Floor, 14 Cross, 1st Main, 2nd Cross # 94, 3rd Floor, 14 Cross, 1st Main, 2nd Cross Sidedahalli, Prakruthi Layout, Nagasansra Post, Bengaluru, Sidedahalli, Karnataka 560073, India
Lat 13.070469°
Long 77.493745°
20/12/23 01:26 PM GMT +05:30



Soundarya Educational Trust (R)
SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE
Soundarya Nagar, Sidedahalli, Bangalore 560073
NAAC Accredited Institution, Affiliated to Bangalore University

Unnathi – Ladies Association

REPORT

Event Name: Awareness Program on Feminine Hygiene

Date: 28//11/2022

Time: 12.30am – 3:00pm

Convener: Mrs. Prithvi Heggade

Resource person 1: Ms. Geetha Ramamurthy, Co-founder and CEO GiGa Innovation Center.

Resource person 2: Ms. Vaishnavi Anand Founder, Tvachan Oranics Hygiene

Resource person 3: Ms. Sahana Saligram Co-Founder, Katyaa Nail Studio

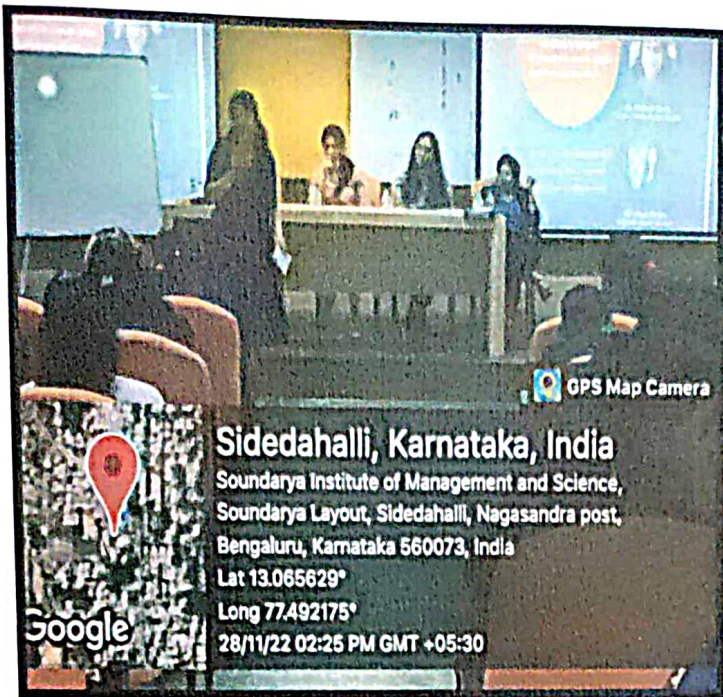
Objectives:

- To increase awareness among girls on menstrual Hygiene.
- To use ecofriendly sanitary napkins

Unnathi organized a workshop on Awareness program of feminine hygiene for all girl students studying in SIMS, program started with formal welcome and continued with guest talk, Ms. Vaishnavi Anand address the gathering about menstrual hygiene and suggested girls to use organic sanitary pads which is ecofriendly. Ms. Sahana Saligram spoke about use of menstrual cups and its Benefits.


CONVENER


PRINCIPAL



GPS Map Camera

Sidedahalli, Karnataka, India

Soundarya Institute of Management and Science,
Soundarya Layout, Sidedahalli, Nagasandra post,
Bengaluru, Karnataka 560073, India

Lat 13.065629°

Long 77.492175°

28/11/22 02:25 PM GMT +05:30

Google



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Sidedahalli, Karnataka, India

Soundarya Institute of Management and Science,
Soundarya Layout, Sidedahalli, Nagasandra post,
Bengaluru, Karnataka 560073, India

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28/11/22 02:12 PM GMT +05:30

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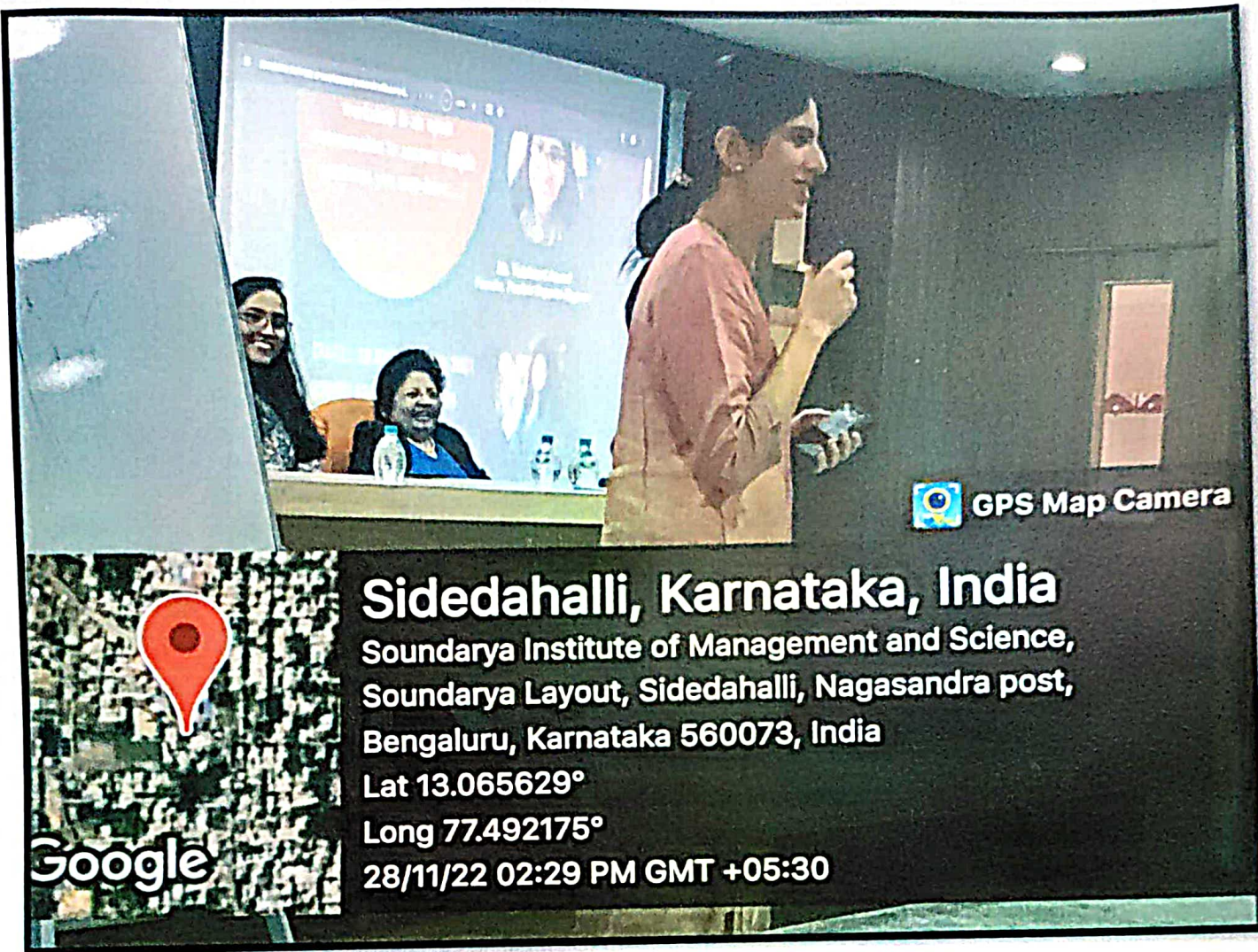
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Soundarya Layout, Sidedahalli, Nagasandra post,
Bengaluru, Karnataka 560073, India

Lat 13.065629°

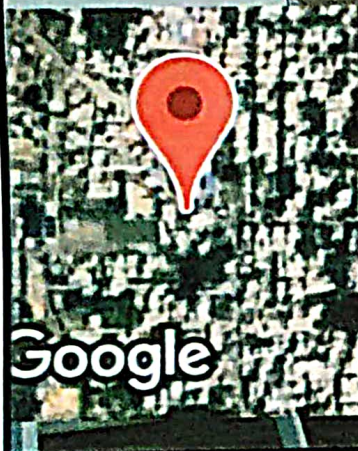
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Google



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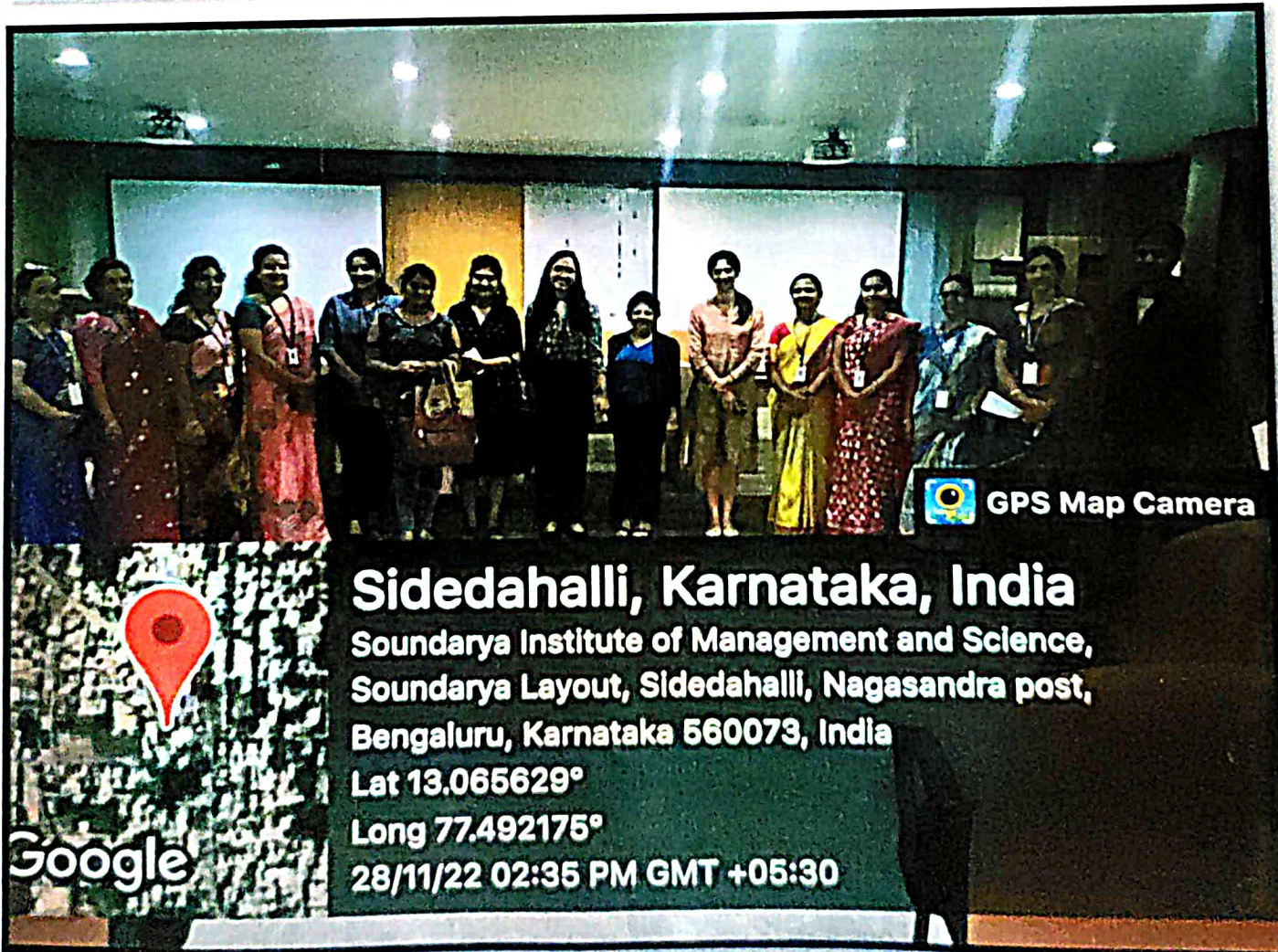
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Soundarya Institute of Management and Science,
Soundarya Layout, Sidedahalli, Nagasandra post,
Bengaluru, Karnataka 560073, India

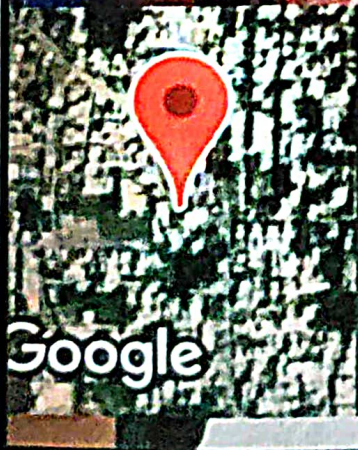
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Long 77.492175°

28/11/22 02:29 PM GMT +05:30



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Sidedahalli, Karnataka, India

Soundarya Institute of Management and Science,
Soundarya Layout, Sidedahalli, Nagasandra post,
Bengaluru, Karnataka 560073, India

Lat 13.065629°

Long 77.492175°

28/11/22 02:35 PM GMT +05:30



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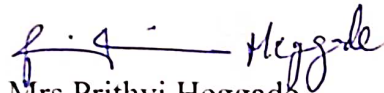
Unnathi – Ladies Association

CIRCULAR

26/11/2022

Dear Students,




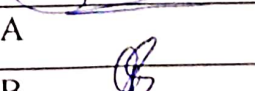





All the students hereby informed that Ladies Association is organising a workshop on “**Awareness program on feminine hygiene**” on 28/11/2022 at 12.30pm in Ocarina. All the girl students are advised to remain present to take the benefit.


Mrs. Prithvi Heggade

Convener


Dr. Suresh C Heggade

Principal

I B Com A	
I B Com B	
I B Com C	
I B Com D	
III B Com A	
III B Com B	
III B Com C	
III B Com D	
V B Com A	

Soundarya Institute of Management & Science

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Nagasandra Post, Bangalore-560073.
(in association with IQAC)

2.3.2023

CIRCULAR

Dear Faculty members,

All the Women faculty members are hereby requested to attend the meeting being convened today in Lecture hall No.201 at 12 noon.

Agenda : "DISCUSSION ON CELEBRATION OF INTERNATIONAL WOMENS' DAY"

v



Dr. VASU B.A

PRINCIPAL

Soundarya Institute of Management & Science
Soundarya Nagar, Sidedahalli,
Nagasandra Post, Bangalore-73.



SOUNDARYA



INSTITUTE OF MANAGEMENT & SCIENCE

International Women's Day

SPARSH

Women's wing organizes a Panel Discussion

on

Digital Literacy-A tool for Women Empowerment

*Moderator: Dr. Shalini B
IQAC Co-Ordinator*



*Dr. L. Vijayashree
Academician, BNMIT*



*Mrs. Shyamala Guruprasad
Artist / Writer / Author*



*Mrs. Chandrakala
Founder, SSY*



*Mrs. Naina
Entrepreneur / Founder
SaiMaa*



*Mrs. Reena Suvarna
ACP, CCB*



*Mrs. Neelima Vobugari
COO, AiEnsured*

Guest of Honor
Smt.Sunitha Manjappa
Dr. Pratiksha Keerthan

On 8th March @ 10:30 AM in Ocarina, SIMS

Dr. Vasu B A
Principal, SIMS

Mr. Keerthan Kumar
CEO, SET



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SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE
Soundarya nagar, Sidedahalli, Bangalore-73.

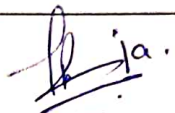
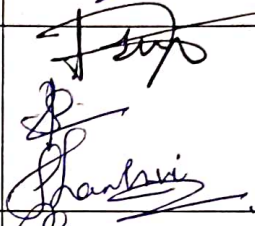



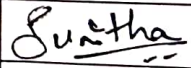
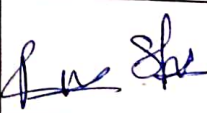
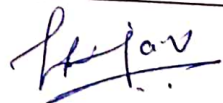
INTERNATIONAL WOMEN'S DAY
8th March 2023

PROGRAM SCHEDULE

MC: Merlin Solomon	Time: 10:30 AM -12:00 PM	Venue: Ocarina
Welcome Speech	Ms. Merlin Solomon	5 mins.
Lighting of the Lamp	All Dignitaries	2 mins.
Address by Guest of Honor	Dr. Pratiksha Keerthan	5 mins.
Theme Video		
Moderator Introduction	Ms. Merlin Solomon	2 mins.
Introduction of the Panelist	Dr. Shalini B	5 mins
Panel Discussion		45 mins.
Felicitation to all invitees	By Smt. Sunitha Manjappa Dr. Pratiksha Keerthan Mr. Keerthan Kumar Dr. Vasu B A Dr. Mahesha P B	15 mins.
Presidential remarks	Dr. Vasu B A	5 mins.
Vote of thanks	Mrs. Ramya Sheshadri	2 mins.

Happy International Women's Day

SPARSH: International Women's day Committees list
08/03/2023

Sl.No.	Committee name	In charge person	Signature
1	Seminar hall booking	Ms. Thanuja	
2	Ocarina arrangements	Ms. Sandhya Ms. Soumya Ms. Shambhavi	
3	Audio video arrangements & IT support	Ms. Shambhavi Mr. Kaushik	
4	Food arrangements for guest	Mrs. Ramya sheshadri	
5	Hospitality	Ms. Sunita Mrs. Nagasuma Mrs. Ramya sheshadri	
6	Invitation	Ms. Sunitha	
7	Guest honorarium	Mrs. Ramya sheshadri	
8	Logistics(pickup-drop)	Ms. Thanuja	



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Soundarya Nagar, Sidedahalli, Hessaraghatta Main Road, Bangalore – 73.

Internal Quality Assurance Cell (IQAC)

**A REPORT ON
INTERNATIONAL WOMEN'S DAY**

ACADEMIC YEAR 2022 – 23

DATE: 8/3/2023

Name Of The Committee: Sparsh Womens Wing

Name of the event : International Women's Day

Event Date: 8/3/2023

Event Coordinators: M s . Thanuja, Ms. Ramya Seshadri & Ms.Nagasuma

Conception

International Women's Day is celebrated in the world over, every year on the eight day of March. It celebrates womanhood and pays tribute to the indomitable spirit of women across the globe. Its root lies in the early 1900s when oppression and inequality was spurring women to become more vocal and active in campaigning for change.

OBJECTIVES:

The primary aim of observing INTERNATIONAL WOMEN'S DAY is to create an awareness and opportunity for attaining gender parity and enhancing women's empowerment. Additionally, it also involves a critical evaluation of past achievements and a concerted effort to accelerate progress towards global gender equality.

BRIEF EVENT REPORT:

'SPARSH' Women's Wing celebrated International Women's Day on 8 th March 2023. To highlight the efficacy and the ability of women; conducted a panel discussion on 'Digital Literacy – A tool for women empowerment'. Dr. L Vijayashree, Academician, BNMIT, Mrs. Shymala Guruprasad, an Author&Artist, Mrs. Naina, an Entrepreneur and Founder of Saimaa, Mrs. Reena Suvaran, Assistant Commissioner of Police, CCB, Bangalore, Mrs. Neelima Vobugari, COO, AiEnsured and Mrs. Chandrakala, founder of Sanjeevini Sparsh Yoga were the part of panel discussion.

During the discussion they threw a light on Women are growing from strength to strength and contributing to the Indian economy and also a part of bringing societal change. The transformation change and inventions in science and technology is a short in the arm in empowering women. Through this Women are able to address the short comings in the societal practice and creating an awareness among deprived people.

The digital world is providing enough space and opportunity to address contemporary issues in a structured manner. It is also a guiding force to reach an unreached area. As a result women have become a front runner in every domain. The panelists appealed to the women community explored all the possibilities and opportunities in building career and also cultivate a culture to give back to the society in order to bring societal change.

HIGHLIGHTS OF THE REPORT:

The event that took place was centered on the primary objective of **DIGITAL LITERACY- A TOOL FOR WOMEN EMPOWERMENT**. The event attracted a diverse audience of women from various walks of life, who were keen to learn about the latest emerging technologies that can empower them in the present era. The panel discussion was a highlight of the event, featuring distinguished women from different fields, who shared their extensive knowledge and experience.

Action taken Report (ATR): Enclosed with feedback analysis

The committee members reported that the panel discussion was hosted by Dr. Shalini Savio and featured renowned women speakers. The discussion was a great success, as it addressed several interesting challenges and proposed a variety of solutions.

Following the successful panel discussion, the members of the SPARSH Committee decided to take further action to address the challenges discussed. The Women's Club Secretary will lead these proceedings.

A Google Form was shared with all female staff and students of the SIMS to facilitate the collection of responses and further proceedings to meet the challenges discussed during the panel discussion. The completed Google Form has been attached and enclosed for reference.

Invitation (Enclosed)

Guest profiles (Enclosed)

Feedback analysis (Enclosed)

Attendance sheet for the event (Enclosed)

Photos (Geotagged photos -Enclosed)


Coordinator


Principal
Soundarya Institute of
Management & Science
Soundarya Nagar, Sidedahalli
Nagasandra Post, Bengaluru-73

GUEST PROFILE:

1. Dr. L. Vijayashree, M.B.A., M.Phil., Ph.D., NE



Professor - MBA Dept., Head-Entrepreneurship Development Cell- BNMIT, Chief- Coordinator- New Gen IEDC, DST, Go, Certified Harvard Design Thinker, BNMIT, BSK 2nd Stage, Bangalore-560070
Email: Professor.bnmit@gmail.com Linked In: <http://shen.lshenkedin.com/in/vijayashree> Mobile: 9980356098

Experience:

Head-Innovation (Entrepreneurship Development Cell- BNMIT and Chief- Coordinator- New Gen IEDC, DST, Go, from 2017, Head –Innovation and Design Thinking Course from 2021).

Head & Professor of MBA – 3 Years, Academic experience in total-19 years, industry experience - 4 years.

Journals & Book's Publication: Authored 72 International Journal Paper and National Research papers (Inclusive of 3 Scopus and 5 Web of sciences) and 4 Books for Under Graduate Degree. Presented Research papers and won outstanding paper awards in international conferences held abroad and in India.

Published Books in the areas of Business Environment, Organizational Behavior, and Strategic Management.

2. Naina Baidur

Naina Baidur



Naina Baidur is a Masters in Zoology majors in Genetics, have been working in 3 different colleges as a lecturer, teaching Lifescience to PUC and BSc classes, before she started her venture in Brand Consulting in 2005. The Company SaiMaa is a branding firm catering all sectors of clients to bring the best of their brand to the top.

Brand Consultant Creating Dreams to a Brand.

Consulting the brands from a startup to a launch is the major sector Naina Baidur is working in, helping create brands from food industry to tech innovators and everyone in between. She has clients who have Institutions and Companies who have changed the world.

FMCG the venture *The Green Stories* Started as an online portal to bring stories of the farms into natural farming so it creates awareness and an example for the younger generations to switch from chemical farming to natural ways. In the process *The Green Stories* became a pool of farmers who wanted a space to market, than just spread their stories. *The Green Stories* helps farmers grow traditionally and gives their produce a space to sell on the online platform across India.

Natural Beauty - Fika First a natural beauty product with zero chemicals and trainings how to love self and give that special time to your loved ones and family. A bonding time magnified.. at Fika First.

Pranic Healer She is in the space of Reiki and Pranic healing from over 15 years. *Martial Arts* she is a black belt Taikwondo.

Services has been into social services like polio campaigns, planting of trees, building homes in villages since school days.

International and National associations: Singapore and Taiwan University Associations, RIPO Belarus, Entrepreneurship Development Institute of India, Department of Science and Technology, Federation of Karnataka Chambers of Commerce and Industry, National Human Resource Development, Ministry of

Small & Medium Scale industries, ASSOCHAM, etc.

Awards and Recognitions: Golden Aim Award for the Best Innovative Education Leadership, Women Achievers Award from Wiled, Recipient of Lions club- Award of Appreciation for Excellency in youth service, Best Teacher Award in association levels, Citations of the best teacher from Rotary, Award for Academic Excellence & Leadership Award from SHESBR B-School, and Best Debutant award instituted by National Entrepreneurship Network.

A vivid writer in Daily Newspapers focusing mainly on the overall development of students particularly in B-Schools through sharing my knowledge on various advanced learning methods like Role plays, Games, street plays, simulations, exercises, Mind maps, etc.

3. Ms. Shyamala Guruprasad



She was born in Chennai and grew up in Bangalore. She took up painting fifteen years ago, a passion that had brewed inside her all-growing years. Ever since she has done several group and solo shows all over India. The prominent places to be mentioned are Delhi, Coimbatore, Mumbai, Bangalore and Hubli - Dharwad. The theme of her paintings has been to explore and convey the beauty and importance of preserving nature. Birds, trees and landscape have been the primary subject of her art.

She is now a published writer. Her first book is a Memoir on her father that was published in Bangalore in February 2023, by eminent literary personalities. Some of her short stories have been published in newspapers and widely read magazines. She also wrote for Kannada newspapers about her opinion on current affairs.

She believes Cinema is one of the most important forms of art. She watched a lot of world cinema and review the ones she likes for an online Kannada film channel.

she had the opportunity to act in a few short films in the leading role, which has been a unique and memorable experience.

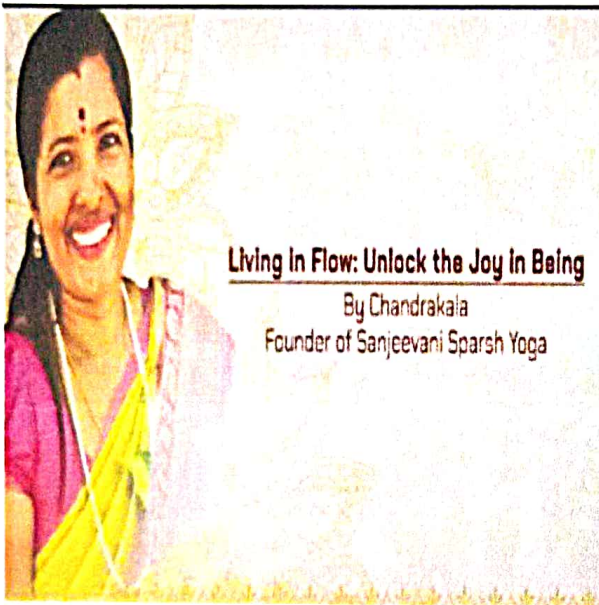
Understanding art is a lifetime commitment and she has just begun mine.

Her father G.K. Govinda Rao was an English professor by profession. He was also an actor, writer, social activist and a thinker. Her mother Manjula Rao worked as sub-editor to the Kannada dictionary section, Kannada Sahitya Parishad, and also acted in hundreds of plays over 40 years, with world renowned directors, apart from acting in Kannada serials and films.

She married to a Vireo -Retinal Surgeon, Dr A S Guruprasad. I have two daughters, Apoorva is a retina surgeon and Ananya, a filmmaker. I live in Hubli.

4. SMT. Chandrakala Guruji

She is a founder of SANJEEVINI SPARSH YOGA and Sanjeevini datta kshetra.
 She is certified yoga teacher from “Swamy vivekananda yoga anusandaana kendra” Jigani, Bangalore.
 She has 20 years of experience in YOGA
 Can teach yoga in scientific way and spiritual way,
 She is a therapist, she conduct personality developing sessions and counseling classes



Sanjeevini Datta Kshetra
 Yoga Retreat Centre

Sanjeevini Sparsh Yoga
 Rebirth in Life

Chandrakala Guruji
 (Founder of Sparsh Yoga)

E. Ramaswandra, J. Paise Hobli,
 Gundlupeta Taluk, Chikmagalur Dist,
 Karnataka.

#263/1Mh Block, Vivekananda Road,
 Geddolihalli, Hennur Road,
 Bangalore - 560077
 Contact: 944751234

ACTIVITIES	BENEFITS
<ul style="list-style-type: none"> •Yogasanas. •Pranayama. •Meditation. •Emotional Detoxification _ Chakra Cleansing. •Shankaprakshalana Kriya _ Gastro Intestinal Cleaning. •Being with Nature. •Mud Therapy. •Steam Therapy. •Music Therapy. •Aroma Therapy. •Color Therapy. •Balanced Sathvik Food. •Ayurvedic Body Massage. 	<ul style="list-style-type: none"> •Body Flexibility. •Weight Loss. •Body Detoxification. •Mental and Emotional Stress Relief. •BP, Diabetics, Thyroid, Joint Pains and Other Stress Related Issues. •Mental Depression. •Menstrual disorders and PCOD gets Treated. •Insomnia _ Sleeplessness. •Self Confidence and Memory Enhances.

Living in Flow :
 Unblock The Joy In Being

Create Your Happiness
 Your Self
 Connecting to the Inner You

5. **Ms. Neelima Vobugari** (AI & ML Leader; Speaker; Innovation Strategy; AI Trustworthiness; Help people pickup AI)



Neelima Vobugari is a seasoned entrepreneur with extensive IT experience of over 20 years. She is a certified Data Scientist with a degree in data science from John Hopkins University, Maryland, USA. She has a MBA from Symbiosis and a B Tech from JNTU. Her entrepreneurial stint is focused on consulting and training in area of data science and Artificial Intelligence and related technologies. She is currently CEO of Tarah Technologies, a marquee AI and Machine Learning competency and consulting firm. Her IT experience span giant IT companies including IBM. She is now embarking on an innovative product in AI space via testAIIng.com

She has recently been conferred the prestigious "Women in AI" award given to select women leaders in data science and AI. She is a strong innovator, has filed three patents in area of AI, and provided innovative solutions to over 20 AI consulting projects at marquee clients. She has the distinction of having trained over 2000 students and professionals via various enterprise and B2C trainings in various areas of data science, AI and machine learning. Her trainings have been well received by students as well as corporate employees. She is an invited speaker at marquee conferences like GHCI, Data Science Congress, International Women Entrepreneur conference etc. She was invited by the Chief Minister of Karnataka for the pre-budget session of Karnataka for as an expert representing women entrepreneurs of Karnataka.

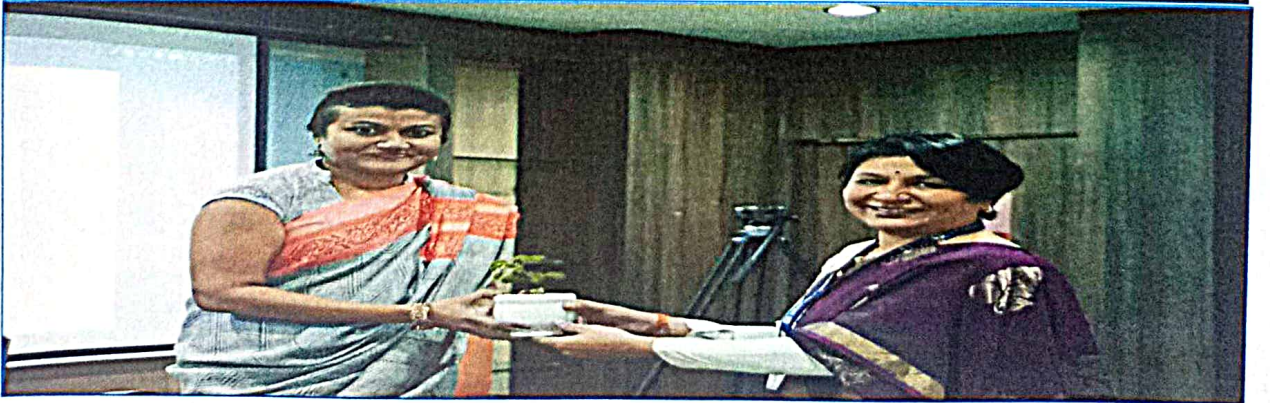
6. **Smt.Reena Raghu Suvarna : ACP, CCB Karnataka State Police Service**



Bio: 2014 Batch DYSP Gold Medalist in Bangalore University and Best outgoing student Mount Carmel College for BA Bangalore Rural Probationary 3 Appreciation Letter from IG Southern Range for Tracing 11 missing cases in 2 months while in charge Of Hoskote Police Station. Ganja Raid of 280 kgs in Attibele , Anekal. Tracing of Unidentified Dead body in half a day at Jigani was also appreciated by then Udupi SP Laxman Nimbargi. Apart from this traced a Pocso case within 6 hrs at Hoskote , installed cctv at important junctions at Hoskote with the support Nagarsabhe. Strong conviction against Drug mafia , Child sexual abuse and human trafficking. Right now madam is serving as ACP at CCB.

PHOTOS:







 **GPS Map Camera**

Bengaluru, Karnataka, India

94, 3rd Floor, 14 Cross, 1st Main, 2nd Cross # 94, 3rd Floor,
14 Cross, 1st Main, 2nd Cross Sidedahalli, Prakruthi Layout,
Nagasansra Post, Bengaluru, Karnataka 560073, India

Lat 13.07052°

Long 77.49373°

08/03/23 11:20 AM GMT +05:30



 **GPS Map Camera**

Bengaluru, Karnataka, India

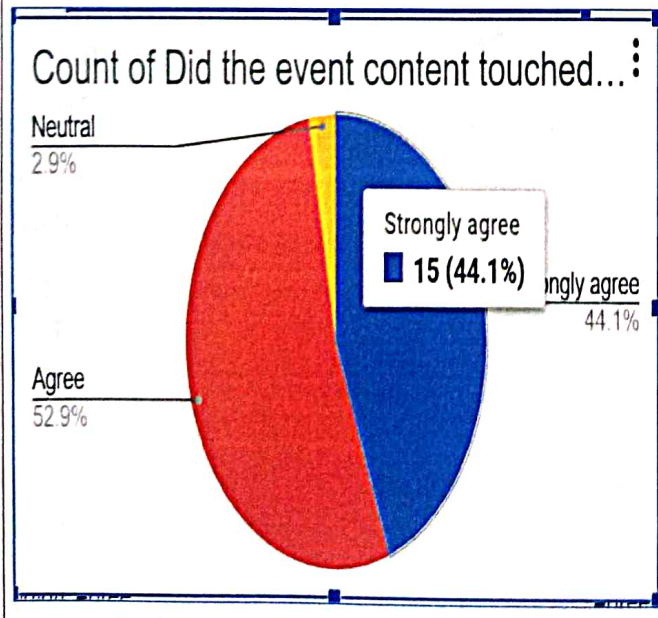
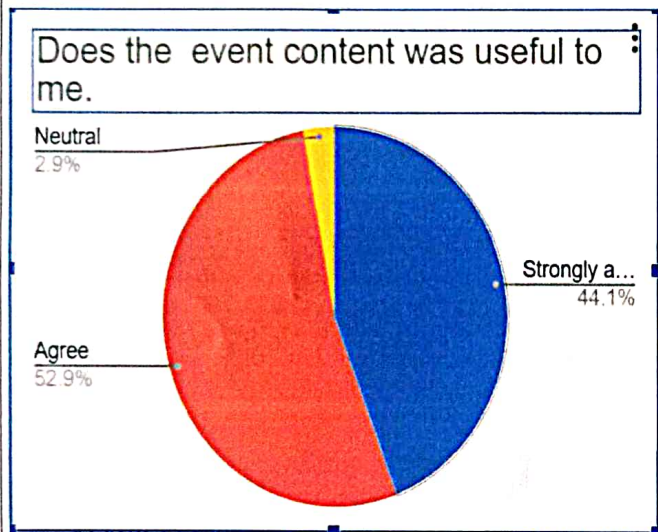
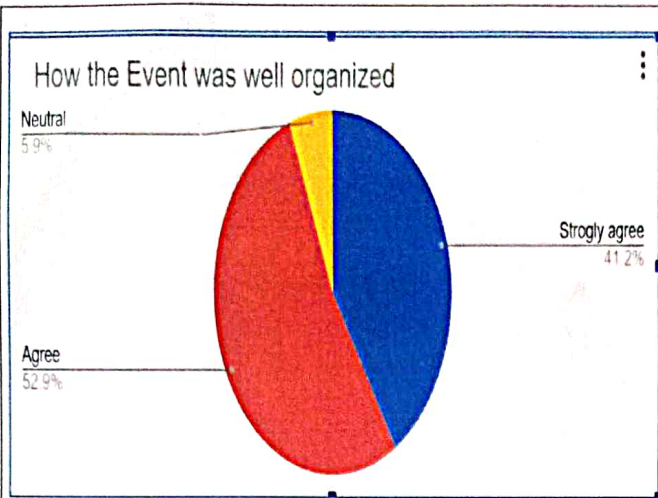
94, 3rd Floor, 14 Cross, 1st Main, 2nd Cross # 94, 3rd Floor,
14 Cross, 1st Main, 2nd Cross Sidedahalli, Prakruthi Layout,
Nagasansra Post, Bengaluru, Karnataka 560073, India

Lat 13.070518°

Long 77.493731°

08/03/23 11:20 AM GMT +05:30

FEEDBACK: The overall feedback from the faculty and student was good.



Timestamp	Name	E-Mail Id	Did the event was well organized
3-15-2023 13:20:19	Varun	varun1433021@gmail.com	Strogly agree
3-15-2023 13:21:32		mlrv2026@gmail.com	Agree
3-15-2023 13:24:08	M kusuma	kusuma mgowda724@gmail.com	Strogly agree
3-15-2023 13:24:43	Shashikala H	kishankumar94@gmail.com	Agree
3-15-2023 13:27:40	Rakshitha G	rakshugowda30@gmail.com	Neutral
3-15-2023 13:33:59	Sneha C	snehagowda07@gmail.com	Agree
3-15-2023 13:34:39	Pooja pachi	poojapachi96smg@gmail.com	Strogly agree
3-15-2023 13:35:16	Dhanya	dhanyaik2001@gmail.com	Agree
3-15-2023 13:36:26	Priya S	priyas1681@gmail.com	Agree
3-15-2023 13:38:25	Anuradha P	anuradha812002@gmail.com	Strogly agree
3-15-2023 13:39:52	Bharath Kumar C H	bhku245@gmail.com	Agree
3-15-2023 13:46:16	Manikya R	manikyamanikya63@gmail.com	Neutral
3-15-2023 13:48:39	Shambhavi B	shambhaviramaraju@gmail.com	Agree
3-15-2023 13:50:19	Vandana R	vandanavami2001@gmail.com	Strogly agree
3-15-2023 13:56:28	Prathibha G	Prathibhag2823@gmail.com	Agree
3-15-2023 13:58:10	Shilpa k	kshilpa9972@gmail.com	Agree
3-15-2023 13:58:27	Bhoomika N	bbhoomika998@gmail.com	Agree
3-15-2023 13:58:51	Anitha B A	anithaba0503@gmail.com	Strogly agree
3-15-2023 14:00:15	Natesha B H	nateshabh@gmail.com	Agree
3-15-2023 14:00:58	Sanjay gowda K B	Sanjaygowdakb963@gmail.com	Agree
3-15-2023 14:06:22	Kavya HA	kenchikavya9535@gmail.com	Agree
3-15-2023 14:08:19	DEVIKA RANIM	devikaranim1041@gmail.com	Strogly agree
3-15-2023 14:09:22	Harshitha N	hn377666@gmail.com	Strogly agree
3-15-2023 14:19:29	Arpitha	arpithavenkatesh53@gmail.com	Strogly agree
3-15-2023 14:20:13	Ambika s	Ambikas20001@gmail.com	Strogly agree
3-15-2023 14:28:36	Meghana S	meghanameghana2506@gmail.com	Agree
3-15-2023 14:29:50	Ramya P. N	rg1657137@gmail.com	Strogly agree
3-15-2023 14:32:36	Rakshitha R	rakshithar512@gmail.com	Agree
3-15-2023 14:42:49	Kavya K	kavyagowda.sk266@gmail.com	Strogly agree
3-15-2023 14:58:39	Keerthana T	keerthanatm302001@gmail.com	Agree
3-15-2023 15:07:00	Sreenivas Murthy GK	cenasreenivasgk@gmail.com	Agree
3-15-2023 16:24:26	Pallavi v	ppallu535@gmail.com	Agree
3-18-2023 8:53:09	Shahana A k	shahanaak2016@gmail.com	Strogly agree
3-18-2023 12:55:37	Nagasuma CV	sharma ammu24@gmail.com	Strogly agree

Overall, how would you rate the IWD Event ?	Do you have any suggestions for future events?
Good	No
10	No
Too good	No
3	No
9/10	No
Good	No
5	Nothing
8	Please make sure the volunteers and guest food is kept aside before serving the audience
Awesome	No
8/10	-
7	No
Could have given more time for the speakers to share their thoughts on depth	We can also have cultural
8.5	No
5	No suggestions
good	no
Good man	Nothing man
Good man	Nothing man
No	No
Yes	Yes
Good	No
5/5	No
7	No
Inspired	No
Event was very good and useful (rate 5/5)	Same as present event
9	No
Nice	Ntg
3	No
10 out of 10	No
10	NIL
4/5	It's been great pleasure to c on ds Very useful
10 out of 10	Nothing
Amazing event	Expect a more energetic and dynamic program next time
Panel discussion went very well but expected with much more interactions with much more	yes for giving equal right to women for their opinion

[Signature]
Coordinator

[Signature]
Principal
Principal
Soundarya Institute of
Management & Science
Soundarya Nagar, Sidedahalli,
Nagasandra Post, Bengaluru 560073

Invitation



Soundarya Institute of Management & Science



RESOURCE PERSON

Dr. Meenakshi Bharath
Gynaecologist &
Environmentalist

Dr. Vasu B. A
Principal, SIMS

SPARSH

**Women's Wing organizes a
Session on
Sustainable Menstruation**

19th May 2023, Friday
Time: 11:00 AM
Venue: Ocarina, SIMS

Mr. Keerthan Kumar
CEO, Soundarya Educational Trust(R)

GUEST PROFILE

Dr. Meenakshi Bharath is a Gynaccologist and Fertility specialist at Centre for Assisted Reproductive Techniques (CART). She's also green campaigner, an advocate for Clean Bangalore -, a strident voice for garbage segregation and recycling, and a relentless fighter to create visibility for the problems that can be easily solved by all.



Being a doctor did not stop Dr. Meenakshi from stepping into public service and she contested for Bangalore Bruhat Mahanagar Palike Corporator elections in 2010 and subsequently in 2012 Karnataka State Legislative Assembly elections. Politics has always been a dirty game, only because of its players and the time has now come to change the players to change the game. A powerhouse of energy, Dr.Meenakshi Bharath has, over the last ten years worked in the social space, leading campaigns, taking on issues and coming up with sustainable solutions, trying to clean up the mess we are in, and time and again lack of political will has been the only barrier. She was endorsed by Bangalore Political Action Committee for her candidature in the Legislative elections.

Being an environmentalist and a medical practitioner, nature and health are causes closest to her heart, she spends her time in reaching out to people connecting them and solving day to day issues.

SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE

Soundaryanagar, Bangalore-560 073.

18.5.2023

SPARSH – Women's Wing

(in association with IQAC)

CIRCULAR

Dear HODs (UG & PG),

This is to inform that SPARSH- Women's Wing, SIMS is organising a session on "SUSTAINABLE MENSTRUATION" on 19th May 2023, Friday at 11 AM. Hence, requesting all HODs to inform their department's Lady faculty members to attend the program along with their respective class students (Girls) and utilise the opportunity.

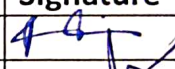
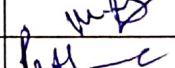
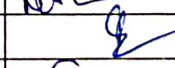


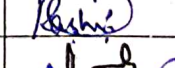
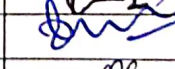
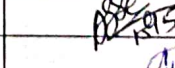
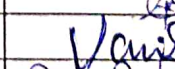

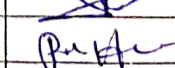






Mrs. THANUJA V

Convener - Women's Wing, SIMS.

VENUE : OCARINA


Dr. VASU B.A
Principal

Soundarya Institute of
Management & Science
Soundarya Nagar, Sidedahalli,
Nagasandra Post, Bengaluru-73

Sl.No.	Name	Dept.	Signature
1.	Mrs.Prithvi Heggade M.P	Commerce	
2.	Mrs.Malavelze	Management	
3.	Mrs.Rekha C	Computer-Science	
4.	Dr.Shreemathi Giri	Science	
5.	Dr.Nagalakshmi G	B.Sc(Forensic Science)	
6.	Mrs.Ramya H.S	BA (Political Science)	
7.	Mr.S.D.Arvinde	BA (Journalism)	
8.	Ms.Rashmi R Sharma	BA (Psychology)	
9.	Prof.Basavaraj Okkunda	Kannada	
10.	Mr.Shivakumar U Ganachari	English	
11.	Dr.Ashwini Sachin Sadavarte	Hindi	
12.	Mr.Kishan C	Sanskrit	
13.	Dr.Vani Ramesh	M.Com & M.Com -FA	
14.	Dr.Roopa Shettigar	MBA	
15.	Mrs.Ramya Seshadri	Placements	
16.	Dr.Harish P.M	Sports	



Soundarya Educational Trust (R)
SOUNDARYA INSTITUTE OF MANAGEMENT & SCIENCE
Soundarya Nagar, Sidedahalli, Bangalore – 73.
Internal Quality Assurance Cell (IQAC)

**A REPORT ON
“SUSTAINABLE MENSTRUATION”**

Academic year 2022 – 23

Name of the Committee: SPARSH Women’s Wing
Name of the Event: Session on “Sustainable Menstruation”
Event Date: 19/5/2023
Event Time: 11.00 Am to 12.00 PM
Event Coordinators: Mrs. Thanuja V & Mrs. Nagasuma

Objectives of the Session

The session on sustainable menstruation aimed

- To raise awareness about sustainable alternatives to traditional menstrual products and promote environmentally friendly practices.
- To educate faculty & students about the environmental impact of disposable menstrual products, introducing sustainable menstrual products, discussing proper usage and maintenance,
- To encouraging participants to adopt sustainable menstruation practices.

Menstrual Health and Hygiene is essential to the well-being and empowerment of women and adolescent girls. Keeping this in mind on 19th May 2023, the SPARSH-Women’s Wing organized a session on “Sustainable Menstruation”. The resource person was Dr. Meenakshi Bharath; a Renowned Gynaecologist and specialized in menstrual health & fertility work who has a whooping experience of 35 years. Having retired from active medical practice in 2018, she brings her passion for Gynaecology and waste management together in the campaign "Green the red" advocating reusable menstrual hygiene products like cloth pads and menstrual cups. Her aim is to make all women enjoy their periods and not hate it.

The guest speaker spoke about the Menstruation process (pre and post, breaking the stereotypes of menstruation, menstrual hygiene and Menstrual Products). The talk revolved around menstrual health and hygiene with an emphasis on the removal of taboos when it came to conversing about these topics and how a women’s periods can be less stressful and painful when she has a friendly and accepting environment around her. She spoke about menstrual hygiene and laid importance on the menstrual cup- the latest innovation which can replace pads as they are more affordable and accessible. She also emphasized on the taboos associated with menstrual products. The talk was followed by the question and answer session wherein the students went forward and asked their questions to which the guest speaker was requested to clear their doubts for which she gave clear-cut yet simple and comprehensive answers.

Further, the guest was felicitated by the Mrs. Thanuja, Convenor, Women’s Wing. The session concluded with a vote of thanks delivered by Ms. Madhuri of 6thst sem B.Com which brought end to a fruitful event.

Outcome of the Event:

A session on sustainable menstruation successfully achieved its objectives of raising awareness about sustainable alternatives to traditional menstrual products and promoting environmentally friendly practices.

- Participants gained knowledge about various sustainable menstrual products and were encouraged to adopt eco-friendly menstruation practices.
- The materials and resources shared will continue to serve as references for participants and contribute to spreading awareness beyond the Session.

ACTIONS TAKEN**1. Pre-program Planning:**

- a. Identified and invited experts in sustainable menstruation to conduct a session.
- b. Collaborated with all the Departments of the institution to promote the session and maximize attendance.
- c. Booked ocarina with necessary facilities for the session.

2. Workshop Execution:

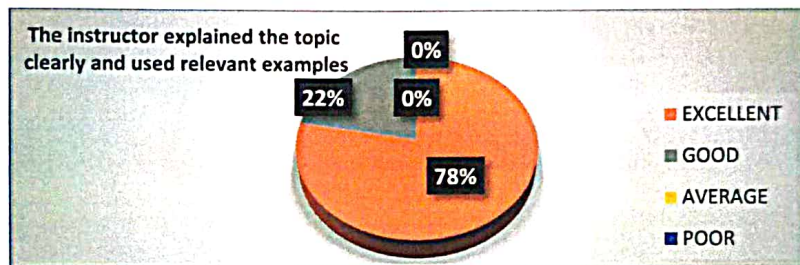
- a. Conducted a session on the scheduled date, ensuring all logistical arrangements were in place.
- b. The Session began with an introduction and welcome speech by the student Ms.Madhuri of 6th sem B.Com
- c. Expert speaker delivered informative presentations on various sustainable menstrual products such as menstrual cups, reusable cloth pads, and biodegradable sanitary products.
- d. Demonstrations were conducted to showcase the proper usage, cleaning, and maintenance of different sustainable menstrual products.
- e. Participants actively engaged in discussions, asking questions, and sharing their experiences and concerns related to sustainable menstruation.
- f. Resources were distributed to participants, providing further information on sustainable menstrual products, recommended brands, and where to access them.
- g. An interactive session encouraged participants to brainstorm ideas and strategies for promoting sustainable menstruation within their communities and raising awareness among peers.

3. Post-Workshop Actions:

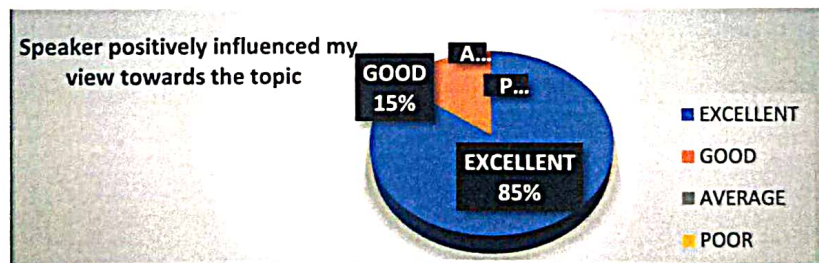
- a. Circulated online feedback forms to participants to gather their opinions and suggestions for improvement.
- b. Compiled and analyzed the feedback received to identify areas of success and areas for improvement.
- f. Established a follow-up mechanism to provide ongoing support and guidance to participants who wished to transition to sustainable menstrual products.

FEEDBACK

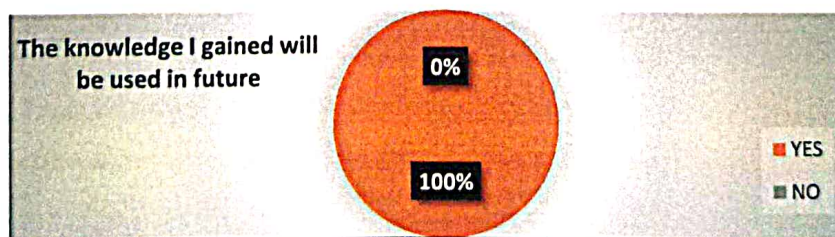
1. The instructor explained the topic clearly and used relevant examples



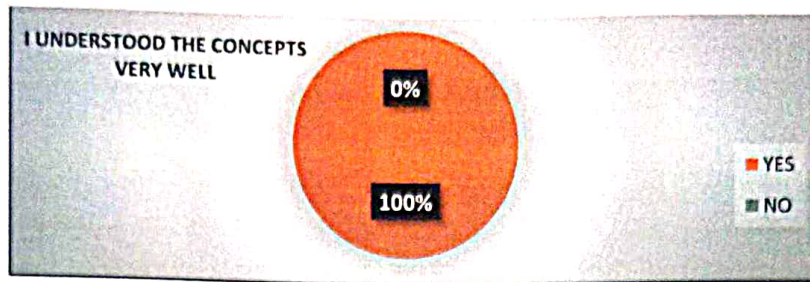
2. Speaker positively influenced my view towards the topic



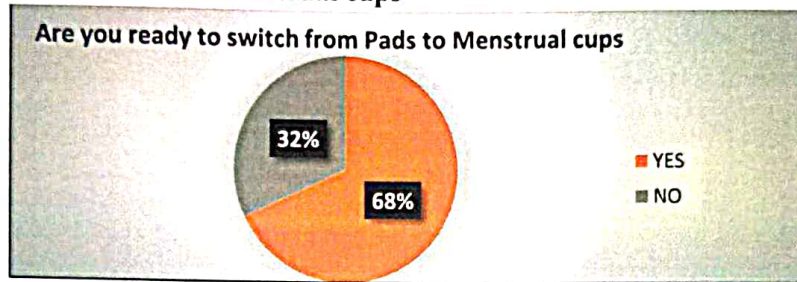
3. The knowledge I gained will be used in future



4. I understood the concepts very well



5. Are you ready to switch from Pads to Menstrual cups



Analysis of Feedback

The session on menstrual products was highly successful and had a positive impact on the students. The fact that 85% of the students were positively influenced by the topic shows that the session was engaging and effectively conveyed the concepts.

It's also wonderful to know that all the students who attended the session gained good knowledge about menstrual products. This indicates that the content was well-presented and the examples used were helpful in enhancing understanding.

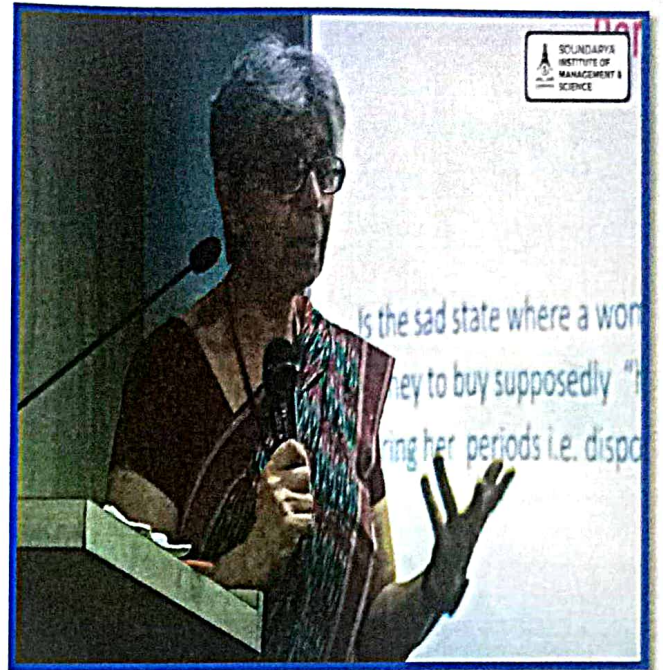
Furthermore, it's notable that 68% of the students are now ready to use menstrual cups. This suggests that the session not only provided knowledge but also encouraged practical application and adoption of sustainable menstrual products.

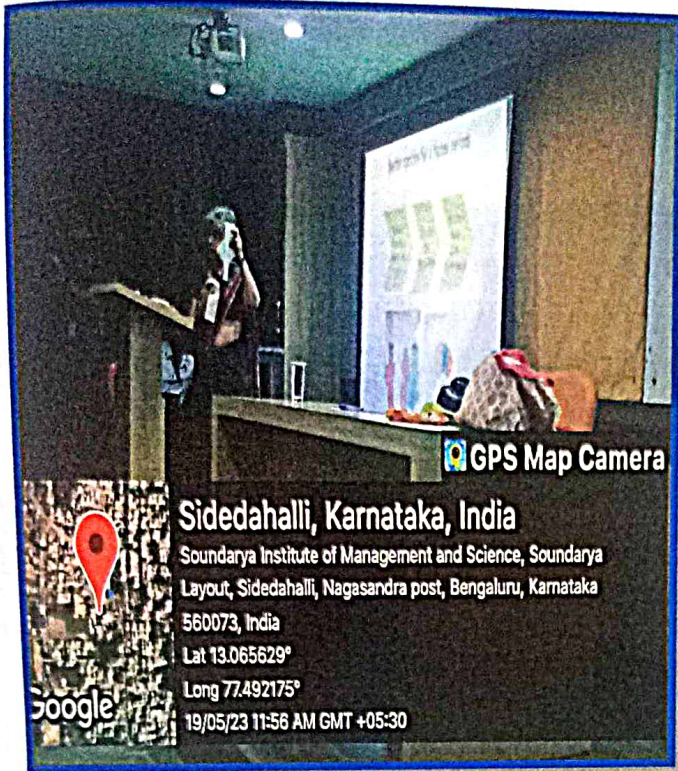
Overall, it sounds like the program was successful and achieved its goal of educating students about menstrual products. The positive feedback and high level of understanding among the students indicate that the session was informative and well-received.

Shanjoy
20/5/2023
Event Coordinator

[Signature]
Principal

PHOTOGRAPHS





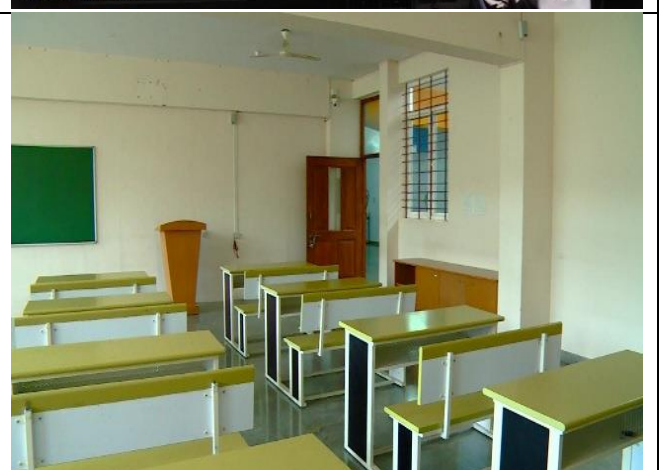
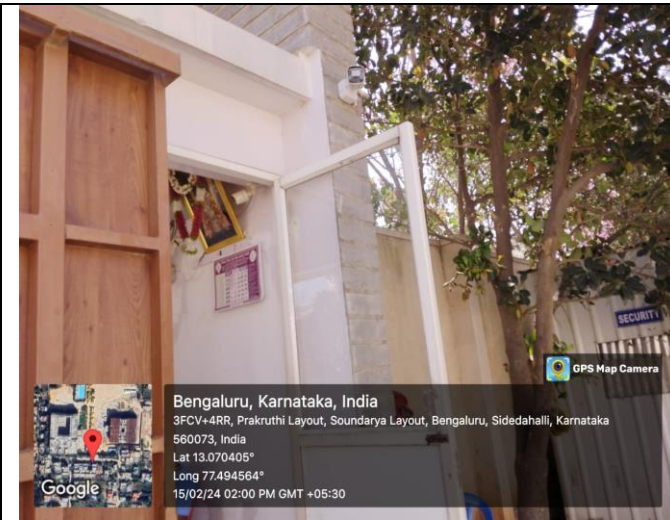


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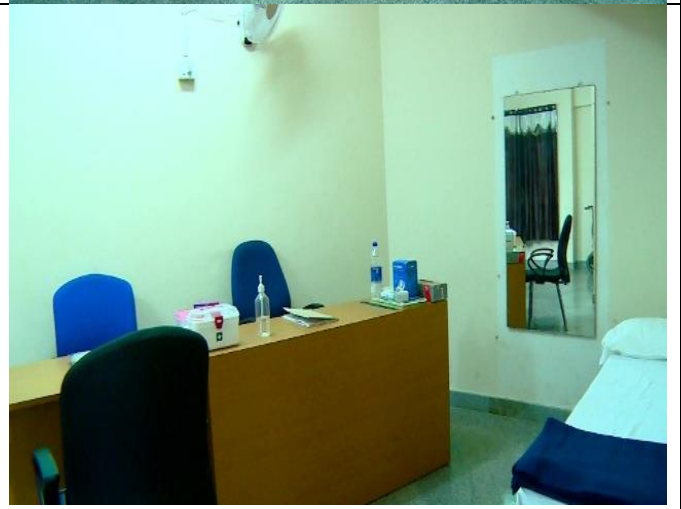
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GENDER SENSITIZATION

Safety & Security



Sanitary & Health



Counseling Room & Common Room

