



SOUNDARYA
INSTITUTE OF
MANAGEMENT AND
SCIENCE



CRITERION - 7

INSTITUTIONAL VALUES AND BEST PRACTICES

7.1 - Institutional Values and Social Responsibilities

“

7.1.1

Institution has initiated the Gender Audit and measures for the promotion of gender equity during the last five years.



SUSTAINABLE DEVELOPMENT GOALS (SDGS)

The 2030 Agenda for Sustainable Development, embraced by all UN member states in 2015, established 17 Sustainable Development Goals (SDGs) aimed at ensuring "peace and prosperity for people and the planet." These goals focus on addressing climate change and safeguarding oceans and forests. They emphasize the interconnections among environmental, social, and economic dimensions of sustainable development, with sustainability being central to their framework. Soundarya Institute of Management and Science (SIMS) embraced three sustainable goals:

*** Good Health and Well-being * Quality Education * Gender Equality**

To achieve these objectives, SIMS organized a range of programs across academic departments and student societies. These initiatives aimed to create a positive impact and promote holistic development among students.





SDG GOALS ATTAINMENT

Goal -3: Good Health and Well being – Ensure healthy lives and promote well-being for all at all ages

- 31-08-2023, Workshop on Mental Health
- 05-08-2023, Visit to Art of Living
- 23-09-2023, FDP on Spiritual meditation
- 26-10-2023, Workshop on Gandhian taught
- 10-11-2023, Workshop on Eco Quest Exploring R's Sustainability
- 12-01-2024 to 18-1-2024, Yuva Saptaha
- 21-06-2024, International Yoga Day
- 03-07-2024, Health Camp
- 23-07-2024, Launch of Teacher's wellness card in association with SPARSH Hospital

Goal -4: Quality Education - Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all

- 20 Value added programs from various academic departments
- 01-09-2023, Seminar on Space Science and Exploration in association with ISRO
- 07-09-2023 to 9-9-2023, Workshop on Data Science in association with IBM India
- 21-09-2023, Webinar on Role of Science in Sustainable Development in association with CSI Bangalore Chapter
- 06-10-2023, Hosted IEEE India Council Hackathon 2.0 – Level I
- 02-09-2023, Entrepreneurship and Innovation as Career Opportunities
- 15-12-2023, International Conference on sustainable synergy :A multidisciplinary exploration of possibilities across industries
- 23-12-2023, Cyber Conclave
- 25-3-2023 to 6-4-2024, 15 days Multimedia internship at St. Pauls college
- 08-06-2024, Skill development training program on Image processing at CSIR, Karaikudi
- 14-06-2024, Guest lecture on Income Tax Returns Filing
- 20-06-2024, Guest lecture on Recent Amendments in GST
- 29-06-2024, Capacity Building program on Company Law in Practise : Case studies and Real-world applications
- 13-05-2024 to 18-5-2024, All India Inter-university Softball Men Championship
- 25-05-2024 Sampravega 2.0 Intercollegiate competition
- 11-07-2024 to 13-7-2024, Financial Literacy for Class-D employees

Goal 5- : Gender equality - Achieve gender equality and empower all women and girls

- 31-10-2023, National Unity Day
- 09-12-2023, Awareness program on Women harassment
- 13-02-2024, National Women's Day
- 12-03-2024, Project based learning - Vande Bharath
- 21-03-2024, International Women's Day Celebration
- 22-04-2024, International Girls in ICT
- Workshop on Gender Sensitization
- A session on Personality development and Personal Hygiene
- Interclass competition – Poster making / Painting on "Elimination of Violence against women"
- A talk on "Legal empowerment of women in India's changing scenario"
- Workshop on Self Defence for girl students "Danger knows no bound"



SOUNDARYA
INSTITUTE OF
MANAGEMENT &
SCIENCE

स्पर्श



Women Empowerment Cell

Enhance and Empower”

“SPARSH”

“Encourage,







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
Name of the Event: Workshop on “Gender Sensitization”
Event Date: 8/8/2023
Event Time: 10.00 AM to 12.00 PM
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.

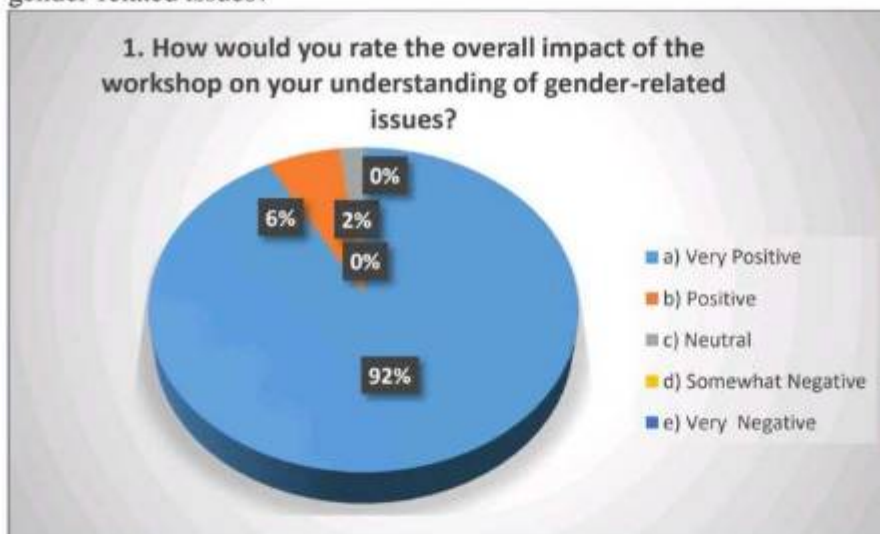
The event commenced at 10:00 AM and saw active participation from attendees representing diverse backgrounds. Mrs. Thanuja V, the event coordinator, ensured a well-structured and engaging program. The guest speakers captivated the audience with their insights into the impact of gender biases and the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





 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

Google



SOUNDARYA EDUCATIONAL TRUST®

**SOUNDARYA INSTITUTE OF MANAGEMENT
AND SCIENCE**

SOUNDARYA NAGAR, SIDEDAHALLI, NAGASANDRA POST, BANGALORE-73

IQAC Organizes

**"FINANCIAL LITERACY
PROGRAM"**

For Group D Employees

Resource Person

Mrs. Shrunga V

**Soundarya Souhardha Co-operative Bank
Bangalore**

Time: 11.00 AM

DATE: 11-07-2024

& 13-07-2024

Venue:

SIMS Campus

ALL ARE CORDIALLY INVITED



Ref : 2024-25 / IQAC / Circular / 03

Date : 08-7-2024

CIRCULAR

Dear Employees (Group D)

Financial Literacy Program for Group D Employees organized by the Internal Quality Assurance Cell (IQAC) at Soundarya Institute of Management and Science. This program aims to enhance the financial knowledge and skills of our Group D employees, empowering them to manage their finances effectively.

Program Details:

Dates: 11th and 13th July 2024

Venue: Class Room 201, Soundarya Institute of Management and Science

IQAC

Coordinator

*Internal Quality Assurance Cell,
Soundarya Institute Of
Management & Science
Soundarya Nagar, Sidedahalli,
Bangalore-560 073*

Principal



Vasu B A <sims.principal@soundaryainstitutions.in>

Request to Depute Resource Person for Financial Literacy Program.

2 messages

Vasu B A <sims.principal@soundaryainstitutions.in>

Tue, Jul 9, 2024 at 12:54 PM

To: "soundaryasouhardha@gmail.com" <soundaryasouhardha@gmail.com>

Dear Manager,

With reference to the above subject Soundarya Institute of Management and Science is organizing a financial literacy program for Class - D employees on July 11th and 13th, 2024. The aim of this initiative is to raise awareness about savings, investments, and the various loan options available to our employees.

Observing that many Class - D employees require assistance with tasks such as filling withdrawal slips, opening accounts, and applying for loans, we believe a workshop would greatly benefit them. Therefore, we kindly request your organization to depute a resource person to conduct a workshop covering these essential topics. Specifically, we require a resource person on July 11th, 2024.

The workshop is scheduled to take place at our institution on July 11th, 2024, starting at 11:00 AM. Your participation and support in this endeavor would be greatly appreciated.

Thank you for considering our request. We look forward to your favourable response.

Best Regards,
Dr. Vasu B A
Director/Principal
Soundarya Institute of Management and Science.

Soundarya Souhardha <soundaryasouhardha@gmail.com>

Wed, Jul 10, 2024 at 12:39 PM

To: Vasu B A <sims.principal@soundaryainstitutions.in>

We are pleased to Depute our Staff for the above Workshop On 11-07-2024.
Kindly give us timings.

[Quoted text hidden]

Banking Today Benefits For Ever...

Regards,
Soundarya Souharda Credit Co- operative Ltd
p: 28394789
a: Soundarya Arcade, Hesaraghatta Main Road
Nagasandra post, Bengaluru - 560073
e: soundaryasouhardha@gmail.com

Coordinator
Internal Quality Assurance Cell,
Soundarya Institute Of
Management & Science
Soundarya Nagar, Sidedahalli,
Bengaluru - 560073



Report on Workshop

SIMS / 2024-25 / CDC / SWG / 03

About	
Title of the talk	Financial Literacy Program for Group D Employees
Resource Person(s)	Mrs. Shrunga V, Accounts Officer, Soundarya Souhardha Cooperative Ltd. Mrs. Nagashree and Anil Kumar K Y Assistant Professor SIMS
Date	11-07-2024 and 13-7-2024
Class D Employees Attended	60
Faculty coordinator(s)	Mrs. Nagashree and Anil Kumar K Y

**Objective(s) &
Outcome(s)**



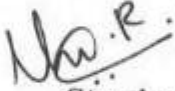



Objective(s) & Outcome(s)	
Objective(s)	1 To Enhance Financial Awareness: Equip employees with knowledge about saving and investment schemes, and different types of loans.
	2 To Gain the Practical Financial Skills: Provide hands-on training on essential financial documents.
	3 To Promote Government Schemes: Create awareness about government insurance and pension schemes.

Outcome(s)	1	Improved financial decision-making capabilities
	2	Increased financial independence through practical training
	3	Higher awareness and participation in government schemes

Supporting Documents

Hardcopy	A	Permission letter / Email correspondence					
	B	Brief report with (a) 2 Geo photo (b) 2 photo without geo tag					
	C	Employees list / Attendance					
	D	Feed back Analysis (consolidated) with feedback questionnaires					
	E	Employees impression (hand written) (any 2)					
	F	Key resource person profile					
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	Details	File name & URL					
<ul style="list-style-type: none"> Complete document in format with signatures Geo tag photos Photos without geo tag 	<u>File name</u> <u>URL</u>						

Verified by

 Event Coordinator(s)	 Quality Controller	 Steering Committee
 Head of the Department	 IQAC Convener <i>Internal Quality Assurance Cell.</i> Soundarya Institute Of Management & Science <i>Soundarya Nagar, Sidedahalli,</i> <i>Bangalore-560 073</i>	 Principal



Report on Financial Literacy Program for Group D Employees

Brief Report

SIMS / 2024-25/CDC / SWG / 02

Program was organized by IQAC on 11th and 13th July 2024 at 11.am in SIMS Campus. It was two days' workshop.

Day 1: 11th July 2024

Resource Person: Mrs. Shrunga V, Accounts Officer, Soundarya Souhardha Cooperative Ltd.

Session Overview:

Mrs. Shrunga V delivered an informative session covering a range of topics crucial for financial literacy. She addressed various saving schemes and investment options, including Recurring Deposits (RD) and Fixed Deposits (FD). Additionally, she discussed different types of loans such as personal loans, vehicle loans, mortgage loans, and gold loans.

Practical Training:

The session also included practical training segments where employees learned how to fill out essential financial documents:

- Withdrawal slips
- Cheques
- Account opening forms
- Loan applications

Day 2: 13th July 2024

Speakers: Asst. Prof. Nagashree and Asst. Prof. Anil Kumar

Session Overview:

Asst. Prof. Nagashree and Asst. Prof. Anil Kumar focused on creating awareness about government schemes designed to provide financial security. They highlighted the benefits of the Pradhan Mantri Bhima Suraksha Yojana, an insurance scheme aimed at offering coverage against accidents.

Motivational Insights:

The speakers also encouraged employees to consider joining the Atal Pension Scheme, which is intended to secure their old age through a structured pension plan.

Program Objective and Impact:

The Financial Literacy Program aimed to enhance financial literacy among Group D employees, equipping them with the knowledge and skills necessary to manage their finances effectively. The program successfully provided employees with:

1. Comprehensive understanding of saving and investment options.
2. Knowledge about various types of loans and their application processes.
3. Practical skills for handling essential financial documents.
4. Awareness of beneficial government insurance and pension schemes.

Feedback and Conclusion:

The program received positive feedback from participants, who appreciated the practical and informative nature of the sessions. The initiative has empowered employees with essential financial skills, contributing to their overall financial well-being and security. The IQAC of Soundarya Institute of Management and Science is committed to continuing such valuable programs in the future.



Coordinator
**Internal Quality Assurance Cell,
Soundarya Institute Of
Management & Science
Soundarya Nagar, Sidedahalli,
Bangalore-560 073**

SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE
FINANCIAL LITERACY PROGRAM

Attendance list

DATE: 11th and 13th July 2024

SL No.	Name / పేరు	11-07-2024	13-07-2024
①	Shivanrao J		
②	Crishh.B.S	B.S. గౌర	B.S. గౌర.
③	manjuatha. b.		
④	Kaishner muthj. S.		
5	Broshenth. R		
6	MANU. V. N.	Manu	Manu.
⑦	RangaSwamy T.N.	T.N. Ranga	
⑧	శ్రీధర్, మో	Ravi	
9	బసవం గౌర సోదరి	బసవం గౌర సోదరి	
10	Laxmana	11-07-24	
⑩	JEEVAN.M		
⑫	శారద	శారద	
⑬	శారద	శారద	
⑭	Rekha. V. C	Rekha. V. C.	
⑮	Rosa	Rosa	
⑯	కుమారి	కుమారి	
⑰	మధులక్ష్మి	మధులక్ష్మి	
⑱	chandamma B.	chandamma B.	
⑲	శారద	శారద	

SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE

FINANCIAL LITERACY PROGRAM

Attendance list

DATE: 11th and 13th July 2024

SL No.	Name / ಹೆಸರು	11-07-2024	13-07-2024
20	[Signature]	[Signature]	[Signature]
21	Ramesh Kumar. H.B	[Signature]	[Signature]
22	Manjunath. H	[Signature]	[Signature]
23	MOHAR Bijiargi	[Signature]	[Signature]
24	Manjunath. Rao. G	[Signature]	[Signature]
25	Karthic. v.s	[Signature]	[Signature]
26	Krishna Zi Rao	[Signature]	[Signature]
27	SHIVA KUMAR. M.P	[Signature]	[Signature]
28	SHIVA RAJU. H.L.	[Signature]	[Signature]
29	S. J. Praveen	S. J. Praveen	S. J. Praveen
30	UOPi. i.c	U. C. UOPi	U. C. UOPi
31	Shanath B.R	Shanath B.R	Shanath B.R
32	H.K Manjunathe	H.K Manjunathe	
33	PRAKASHAM	[Signature]	
34	Najal Simha Murthy. T	N. Murthy. T	
35	Srinivas	[Signature]	
36	Mishra Murthy	[Signature]	
37			
38			

Soundarya Institute of Management and Science
IQAC Organizes
Financial Literacy Program / ಅರ್ಥಿಕ ಸಾಕ್ಷರತಾ ಕಾರ್ಯಕ್ರಮ

Date 11th and 13th July 2024

Feedback Form

Name: Shashikala / ಶಶಿಕಲೆ

1	How satisfied were you with the coverage of financial topics during the program? ಕಾರ್ಯಕ್ರಮದ ಸಮಯದಲ್ಲಿ ಹಣಕಾಸಿನ ವಿಷಯಗಳ ವ್ಯಾಪ್ತಿಯಿಂದ ನೀವು ಎಷ್ಟು ತೃಪ್ತಿ ಹೊಂದಿದ್ದೀರಿ?
a) Very satisfied b) Satisfied c) Neutral d) Dissatisfied e) Very dissatisfied	a) ತುಂಬಾ ತೃಪ್ತಿಕರವಾಗಿತ್ತು ✓ b) ತೃಪ್ತಿಕರವಾಗಿತ್ತು c) ತಟಸ್ಥ d) ಅತೃಪ್ತಿಕರವಾಗಿತ್ತು e) ತುಂಬಾ ಅತೃಪ್ತಿಕರವಾಗಿತ್ತು
2	Did you find the practical training sessions on filling forms and applications beneficial? ಫಾರ್ಮ್‌ಗಳು ಮತ್ತು ಅಪ್ಲಿಕೇಶನ್‌ಗಳನ್ನು ಭರ್ತಿ ಮಾಡುವ ಪ್ರಾಯೋಗಿಕ ತರಬೇತಿ ಅವಧಿಗಳು ಪ್ರಯೋಜನಕಾರಿ ಎಂದು ನೀವು ಕಂಡುಕೊಂಡಿದ್ದೀರಾ?
a) Yes, very beneficial b) Yes, somewhat beneficial c) Neutral d) No, not beneficial e) Not applicable	a) ಹೌದು, ತುಂಬಾ ಪ್ರಯೋಜನಕಾರಿ ✓ b) ಹೌದು, ಸ್ವಲ್ಪ ಪ್ರಯೋಜನಕಾರಿ c) ತಟಸ್ಥ d) ಇಲ್ಲ, ಪ್ರಯೋಜನಕಾರಿಯಲ್ಲ e) ಅನ್ವಯಿಸುವುದಿಲ್ಲ
03	How clear were the explanations provided by the resource persons regarding different types of loans? ವಿವಿಧ ರೀತಿಯ ಸಾಲಗಳಿಗೆ ಸಂಬಂಧಿಸಿದಂತೆ ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಗಳು ನೀಡಿದ ವಿವರಣೆಗಳು ಎಷ್ಟು ಸ್ಪಷ್ಟವಾಗಿವೆ?
a) Very clear b) Clear c) Neutral d) Unclear e) Very unclear	a) ತುಂಬಾ ಸ್ಪಷ್ಟವಾಗಿದೆ ✓ b) ಸ್ಪಷ್ಟ c) ತಟಸ್ಥ d) ಅಸ್ಪಷ್ಟ e) ತುಂಬಾ ಅಸ್ಪಷ್ಟ

4. Were the speakers effective in motivating you to consider joining schemes like Pradhan Mantri Bhima Suraksha Yojana and Atal Pension Scheme?

ಪ್ರಧಾನ ಮಂತ್ರಿ ಭೀಮಾ ಸುರಕ್ಷಾ ಯೋಜನೆ ಮತ್ತು ಅಟಲ್ ಪಿಂಚಣಿ ಯೋಜನೆಯಂತಹ ಯೋಜನೆಗಳಿಗೆ ಸೇರಲು ನಿಮ್ಮನ್ನು ಪ್ರೇರೇಪಿಸುವಲ್ಲಿ ಸ್ಪೀಕರ್‌ಗಳು ಪರಿಣಾಮಕಾರಿಯಾಗಿದ್ದರೇ?

- a) Yes, highly effective
- b) Yes, somewhat effective
- c) Neutral
- d) No, not effective
- e) Not applicable

- a) ಹೌದು, ಹೆಚ್ಚು ಪರಿಣಾಮಕಾರಿ ✓
- b) ಹೌದು, ಸ್ವಲ್ಪ ಪರಿಣಾಮಕಾರಿ
- c) ತಟಸ್ಥ
- d) ಇಲ್ಲ, ಪರಿಣಾಮಕಾರಿಯಲ್ಲ
- e) ಅನ್ವಯಿಸುವುದಿಲ್ಲ

5. Overall, how would you rate the usefulness of this financial literacy program?

ಒಟ್ಟಾರೆಯಾಗಿ, ಈ ಆರ್ಥಿಕ ಸಾಕ್ಷರತಾ ಕಾರ್ಯಕ್ರಮದ ಉಪಯುಕ್ತತೆಯನ್ನು ನೀವು ಹೇಗೆ ರೇಟ್ ಮಾಡುತ್ತೀರಿ?


- a) Extremely useful
- b) Very useful
- c) Somewhat useful
- d) Not very useful
- e) Not at all useful

- a) ಅತ್ಯಂತ ಉಪಯುಕ್ತ ✓
- b) ತುಂಬಾ ಉಪಯುಕ್ತ
- c) ಸ್ವಲ್ಪ ಉಪಯುಕ್ತ
- d) ತುಂಬಾ ಉಪಯುಕ್ತವಲ್ಲ
- e) ಯಾವುದೇ ಉಪಯುಕ್ತವಲ್ಲ


Signature / ಸಹಿ





 GPS Map Camera

Bengaluru, Karnataka, India

680, Prakruthi Layout, Soundarya Layout, Bengaluru, Sidedahalli, Karnataka 560073, India

Lat 13.070592°

Long 77.494861°

11/07/24 11:22 AM GMT +05:30





 **GPS Map Camera**

Bengaluru, Karnataka, India
680, Prakruthi Layout, Soundarya Layout, Bengaluru, Sidedahalli, Karnataka 560073, India
Lat 13.07057°
Long 77.495029°
11/07/24 11:22 AM GMT +05:30



Google



Bengaluru, Karnataka, India

680, Prakruthi Layout, Soundarya Layout, Bengaluru, Sidedahalli, Karnataka 560073, India

Lat 13.0705°


Long 77.494927°

11/07/24 11:21 AM GMT +05:30

Google

GPS Map Camera



 **GPS Map Camera**

Bengaluru, Karnataka, India

680, Prakruthi Layout, Soundarya Layout, Bengaluru, Sidedahalli, Karnataka 560073, India

Lat 13.070545°

Long 77.494873°

11/07/24 11:20 AM GMT +05:30



Google



12/07/2024 to sensitize the significance of “

”







<p>Soundarya Education Trust(R)</p> <p> SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE</p> <p> SOUNDARYA COLLEGE OF LAW</p> <p>In association with Department of Physical Education, NSS, NCC Units & IQAC</p> <p>INTERNATIONAL YOGA DAY 21st JUNE 2024</p> <p>Resource Person Sri. Krishna Sastry Director, The Art of Living, Nanagere Road, Bangalore South, Karnataka Faculty of the IAYV (International Association for Human Values) Dates: 14-2024, Time: 8:00 am to 9:30 am, Venue: Sree Ganapathi (Offline)</p> <p>Resource Person Smt. Yamuna U B.E., M. Tech., (Ph.D., Yoga) Date: 23-6-2024 to 30-6-2024, Time: 8:00 am to 9:30 am (Online)</p> <p>Dr. Venu B. A. Principal Soundarya Institute of Management and Science</p> <p>Dr. B. P. Mahesha Principal, Soundarya College of Law</p> <p>Presided by Mr. Keerthi Kumar M. CEO, Soundarya Education Trust</p> <p>"Inhale the future, exhale the past."</p> <p>All Are Cordially Invited Management, Staff and Students</p>	
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 Soundarya Education Trust (R) 
SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE
Soundarya Nagar, Sidedahalli, Nagavandra Post, Bangalore - 560 073



NATIONAL SERVICE SCHEME
2023-24

Awareness and Pledge Taking Programme
on
' WORLD DAY AGAINST CHILD LABOUR '




WORLD DAY AGAINST CHILD LABOUR

Date : 12 June 2024
Time : 12:30 PM
Venue : Soundarya College Campus

 Soundarya Education Trust (R) 
SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE
Soundarya Nagar, Sidedahalli, Nagavandra Post, Bangalore - 560 073

NATIONAL SERVICE SCHEME
IN ASSOCIATION WITH IQAC
2023-24

Awareness and Pledge Taking Programme
on
' WORLD DAY AGAINST CHILD LABOUR '



Date : 12 June 2024 Time : 12:30 PM
Venue : Ocarina



HIV/AIDS PREVENTION AWARENESS PROGRAM





**SOUNDARYA
INSTITUTE OF
MANAGEMENT &
SCIENCE**



**Soundarya Educational Trust®
SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE**

Affiliated to Bangalore University
Soundaryanagara, Sidedahalli, Nagasandra Post, Bengaluru – 560073.

**IQAC Initiative
"National Service Scheme"**

In Association with
Government of Karnataka District Aids Prevention and Control unit,
Bangalore Urban, Bangalore. And



RED RIBBON CLUB Date : 05/02/2024
HIV/AIDS AWARENESS PROGRAM





**SOUNDARYA
INSTITUTE OF
MANAGEMENT &
SCIENCE**

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under UGC 2(f) and 12(B)*

**INTERNAL COMPLAINT COMMITTEE
& SPARSH WOMEN'S WING**

*in association with
IQAC*

Organizes a Session on

**"SEXUAL HARRASSMENT OF WOMEN AT
WORKPLACE"**

SPEAKER



Dr. B.P. Mahesha
Principal
Soundarya College of Law



11.00 AM



09 DECEMBER 2023



MBA SEMINAR ROOM



Cordially Invited by

MANAGEMENT, PRINCIPAL, & CONVENER



Soundarya Institute of Management & Science

Soundarya Nagara, Sidedahalli, Nagasandra Post, Bangalore-560073

Department of Commerce

CIRCULAR

08/12/2023

Dear HODs & faculty members,

This is to inform all faculty members that **Internal Complaint Committee - POSH** is conducting a Guest Talk on "**Sexual harassment at work place - Legal aspects**" in association with **SPARSH, women's wing**. Hence requesting all the faculty members to attend the session

Venue: MBA classroom

Date: 09/12/2023

Timings: 11:00 AM

Principal

PRINCIPAL


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



The meaning and content of the fundamental rights guaranteed in the Constitution of India are of sufficient amplitudes to encompass all facets of gender equality...

Justice P. N. Bhagwati, C.J., in Justice P. N. Bhagwati & Justice D. D. Chaudhary v. India (1977) 1 SCR 1413



 **GPS Map Camera**

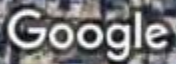
Bengaluru, Karnataka, India

2nd, B Main Rd, near Soundarya institute of management and science,
Soundarya Layout, Bengaluru, Sidedahalli, Karnataka 560073, India

Lat 13.070591°

Long 77.495128°

09/12/23 11:32 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”

“Prevention of Crimes” specifically focused on women

-
-
-



ಅಹರಾಧ ತಡೆ ಮಾನಾಚರಣೆ - 2023

ಶ್ರೀ. ಸೈದುಲು ಅಹಾವತ್ ಎಸ್.ಎಸ್. ಮಾನ್ಯ ಉಪ ಪೊಲೀಸ್ ಆಯುಕ್ತರು ಉತ್ತರ ವಿಭಾಗ, ಬೆಂಗಳೂರು ನಗರ

ಬೆಂಗಳೂರು ನಗರ ಪೊಲೀಸ್, ಉತ್ತರ ವಿಭಾಗ, ಬಾಗಲಗುಂಡಿ ಪೊಲೀಸ್ ಠಾಣೆ

ಮಹಿಳೆಯರ ಸುರಕ್ಷತೆಗಾಗಿ
Bengaluru North Police Station, Bagalagundi Police Station

ಶ್ರೀ ಸದಾನಂದ ಎ. ತಿರುಕ್ಕುಳವರ್ ಮಾನ್ಯ ಸಹಾಯಕ ಪೊಲೀಸ್ ಆಯುಕ್ತರು, South and West Divisions, Bangalore
ಶ್ರೀ ಹನುಮಂತರಾಜ್ ಎಂ. ಮಾನ್ಯ ಉತ್ತರ ವಿಭಾಗ, ಬೆಂಗಳೂರು ನಗರ



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

ಬೆಂಗಳೂರು ನಗರದ್ಯಂತ ಸುಮಾರು 30 ಪ್ರಮುಖ ಸ್ಥಳಗಳಲ್ಲಿ ಮಹಿಳೆಯರ ಸುರಕ್ಷತೆಗಾಗಿ ಸುರಕ್ಷತಾ ದ್ವೀಪ (Safety Island) ಸ್ಥಾಪಿಸಲಾಗಿದೆ. ಸದರಿ Safety Island ಸ್ಥಳವು 2.00 ಮೀಟರ್ ಅಗಲ ಮತ್ತು 2.00 ಮೀಟರ್ ಅಗಲ ಕಮಾಂಡ್ ಸೆಂಟರ್‌ಗೆ ಕೂಡಲೇ ಅಲರ್ಟ್‌ನಿಂದ ಆ Safety Island ಬಗ್ಗೆ ಮಾಹಿತಿ ಬರುವುದು, ಕೂಡಲೇ ಕಮಾಂಡ್ ಸೆಂಟರ್‌ರವರು ಹೊಯ್ತಲ ವಾಹನವನ್ನು ನಿಮ್ಮ ನೆರವಿಗಾಗಿ ಕಳುಹಿಸಿಕೊಡಲಾಗುವುದು.



ಬೆಂಗಳೂರಿನ ಮಹಿಳೆಯರಗಾಗಿ 2 ಮಹಿಳಾ ಪೊಲೀಸ್ ಠಾಣೆಗಳನ್ನು (ವಿವಾಹನಗರ ಮತ್ತು ಬಸವನಗುಡಿ)ಯಲ್ಲಿ ತೆರೆದಿದ್ದು ಈ ಮಹಿಳಾ ಠಾಣೆಗಳು ಬೆಳಿಗ್ಗೆ 8:00 ಗಂಟೆಯಿಂದ ರಾತ್ರಿ 8:00 ಗಂಟೆಯವರೆಗೂ ತೆರೆದಿರುತ್ತದೆ. ಸದರಿ ಪೊಲೀಸ್ ಠಾಣೆಯಲ್ಲಿ ಮಹಿಳೆಯರ ಸಮಾಲೋಚನೆ, ಮಹಿಳೆಯರ ಪಂದಿ ಕೊರತೆಗಳನ್ನು ತಿಳಿಸಿ ಸೂಕ್ತ ಕಾನೂನು ಕ್ರಮ ಜರುಗಿಸಲಾಗುವುದು.

ಪೊಲೀಸರ ನೆರವಿಗಾಗಿ ksp(Karnataka State Police) app ಅನ್ನು ಡೌನ್‌ಲೋಡ್ ಮಾಡಿಕೊಂಡು ಅದರ ಸಹಾಯೋಗ್ಯವನ್ನು ಪಡೆದುಕೊಳ್ಳುವುದು ಈ ಕೆಳಕಂಡ ಮಾದಾರಿಕ ಜಾಲತಾಣ ಖಾತೆಗಳ ಸಹ ಸಹಾಯೋಗ್ಯವನ್ನು ಪಡೆದುಕೊಳ್ಳುವುದು.



ಈ ಕೆಳಕಂಡ ಸಾಮಾಜಿಕ ಜಾಲತಾಣ ಖಾತೆಗಳ ಮೂಲಕವು ಸಹ ಸಹಾಯೋಗ್ಯವನ್ನು ಪಡೆದುಕೊಳ್ಳುವುದು.



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



ಸರಗಟ್ಟತನ ನಡೆಯದಂತೆ ತೆಗೆದುಕೊಳ್ಳಬಹುದಾದ ಮುಂಜಾಗ್ರತಾ ಕ್ರಮಗಳು

01) ಹೆಂಗಸರು ಒಂಟಿಯಾಗಿ ಹೋಗುವಾಗ ಕಳ್ಳಿಗೆ ತಾಳದಂತೆ ಆಭರಣಗಳನ್ನು ಧರಿಸುವುದು ಉತ್ತಮ. ಆಭರಣಗಳನ್ನು ಧರಿಸುವಾಗ ತಕ್ಷಣದಿಂದ ಸಂಪಂದಿಗಳನ್ನು ಪೊತೆಯಲ್ಲಿ ಕರೆದುಕೊಂಡು ಹೋಗುವುದು ಒಳ್ಳೆಯದು.

02) ಒಂಟಿಯಾಗಿ ವಚ್ಚು ಐದಾವಣಿಗಳಲ್ಲಿ ಅಡ್ಡಾಯವಾಗಿ, ಸಂಚಯಾಸ್ತ್ರದ ವ್ಯಕ್ತಿಗಳು ಅಡ್ಡಾಯವಾದ ಕುಂದುಬಂದಿಗಳ ಕೂಡಲೇ ವಾಪಸ್ ಧರಿಸಿರುವ ಆಭರಣಗಳನ್ನು ವೇಲ್ / ಸೆರೆಗನಿಂದ ಮುಕ್ತಕೊಂಡು ವಾಹನದ ವಿವರ ಹಾಗೂ ಸಂಖ್ಯೆ ಸ್ವ ಐದುಕೊಟ್ಟುಬಿಡುವುದು ಮತ್ತು ಅನಂತರದಂತೆ ಹೋದಿಕೊಟ್ಟುಬಿಡುವುದು ಒಳ್ಳೆಯದು.



03) ದ್ವಿ ಚಕ್ರ ವಾಹನಗಳನ್ನು ನಿಲ್ಲಿಸಿಕೊಂಡು ಮೊಬೈಲ್ ನಲ್ಲಿ ಮಾವನಾಯಕನಿರುವವರಂತೆ ಪರಿಗಣಿಸಿರುವವರು ಹಾಗೂ ದ್ವಿ ಚಕ್ರ ವಾಹನದ ಮೇಲೆ ಒಬ್ಬನು ಕುಳಿತುಕೊಂಡು ಇನ್ನೊಬ್ಬನು ವಿಶಾಸ ಕೇಳುವ ನೆವ ಮಾಡಿಕೊಂಡು ಹತ್ತಿರ ಐರುವವರ ಬಗ್ಗೆ ಎಲ್ಲರ ಪರಿಗಣಿಸುವುದು ಒಳ್ಳೆಯದು.

04) ದ್ವಿ ಚಕ್ರ ವಾಹನ ಸವಾರರಿಲ್ಲದ ಮುಖ ಮತ್ತು ವೆಲ್ಡ್ ಧರಿಸಿಕೊಂಡು ಐಂದಾಗಲು ಸಹ ಎಲ್ಲರ ಪರಿಗಣಿಸುವುದು ಹಾಗೂ ಸರಗಟ್ಟತನ ನಡೆದರೆ ತಡದರೆ ಕೂಡಲೇ ಸುತ್ತಮುತ್ತಲಿರುವ ಸಾರ್ವಜನಿಕರನ್ನು ಸಹಾಯಕ್ಕಾಗಿ ಕೂಗಿ ಅವರನ್ನು ಹಿಡಿಯಲು ಸಹಕರಿಸುವುದು.

ಮನೆ ಕಸ್ಟ ಕಟ್ಟವು ತಪ್ಪಿಸಲು ಮುಂಜಾಗ್ರತಾ ಕ್ರಮಗಳು.



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

02) ನಿಮ್ಮ ಮನೆಯಲ್ಲಿ ಕೆಲಸದವರು ಹಾಗೂ ವಾಚ್‌ಮೆನ್‌ಗಳು ಇದ್ದಲ್ಲಿ ಅವರ ವಿಶಾಸ, ಪೋಲೀಸ್ ಹಾಗೂ ಅವರ ಸಂಪರ್ಕ ವಿವರಗಳನ್ನು ಇಟ್ಟುಕೊಳ್ಳಿ. ನಿಮಗೆ ಪರಿಚಿತವಿರುವ ವ್ಯಕ್ತಿಗಳ ತಿಳಿದುಕೊಳ್ಳುವ ಮೇರೆಗೆ ಅವರುಗಳನ್ನು ನೋಡಿಕೊಳ್ಳಿ.

03) ನೀವು ಮನೆಬಂದ ಕೂರಗಡೆ ಹೋಗುವ ಸಮಯದಲ್ಲಿ ನಿಮ್ಮ ಅಕ್ಸೆಸ್‌ಕಾರ್ಡ್ ಮನೆಯವರಿಗೆ ನಗಾವಹಿಸಲು ತಿಳಿಸಿ ಹೋಗುವುದು ಸೂಕ್ತ ಹಾಗೂ ಬಾಗಿಲುಗಳಿಗೆ "PAD LOCK" ಐದಲು "DOOR LOCK" ಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳುವುದು.

04) ನೀವು ಮನೆಯಲ್ಲಿ ಇಲ್ಲದ ಸಮಯದಲ್ಲಿ ದಿನಪತ್ರಿಕೆ, ಹಾಲು, ಹೂ ಇತ್ಯಾದಿ ವಸ್ತುಗಳನ್ನು ವಿತರಣೆ ಮಾಡುವವರಿಗೆ ನೀವು ವಾಹನ 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



Sidedahalli, Karnataka, India

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

Lat 13.065629°

Long 77.492175°

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Sidedahalli, Karnataka, India

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

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Long 77.492175°

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Sidedahalli, Karnataka, India

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


Lat 13.065629°

Long 77.492175°

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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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Long 77.492175°

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Bengaluru, Karnataka 560073, India

Lat 13.065629°

Long 77.492175°

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



Google



Soundarya Institute of Management & Science

Soundarya Nagara, Sidedahalli, Nagasandra Post, Bangalore-560073

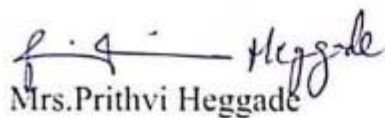
Unnathi – Ladies Association

CIRCULAR

26/11/2022

Dear Students,




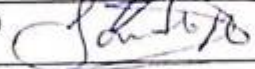




All the students hereby informed that Ladies Association is organising a workshop on “**Awareness program on feminine hygiene**” on 28/11/2022 at 12.30pm in Ocarina. All the girl students are advised to remain present to take the benefit.


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

Soundarya Nagara, Sidedahalli,
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



Soundarya Educational Trust ®
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



Soundarya Educational Trust (R)
SOUNDARYA INSTITUTE OF MANAGEMENT & SCIENCE
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, Sidedaha¹¹,
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.comLinkedIn: <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 life science to PUG 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 lifestyle 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 farmers 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. Marital arts, she is a black belt Taekwondo.

Services has been into social services like pollen 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 counselling classes



Sanjeevini Datta Kshetra
Yoga Retreat Centre

11/1000, 100th St, Bangalore, Karnataka
 080-2661-1234, 080-2661-1235

Sanjeevini Sparsh Yoga
Rebirth in Life

Chandrakala Guruji
(Founder of Sparsh Yoga)

11/1000, 100th St, Bangalore, Karnataka
 080-2661-1234, 080-2661-1235

ACTIVITIES	BENEFITS
<ul style="list-style-type: none"> •Yogasana. •Pranayama. •Meditation. •Emotional Detoxification _ Chakra Cleansing. •Shankaprakshalana Kriya _ Gastro Intestinal Clearing. •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.
<p>Living In Flow: Unlock The Joy In Being</p>	<p>Create Your Happiness Your Self Connecting to the Inner You</p>

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**

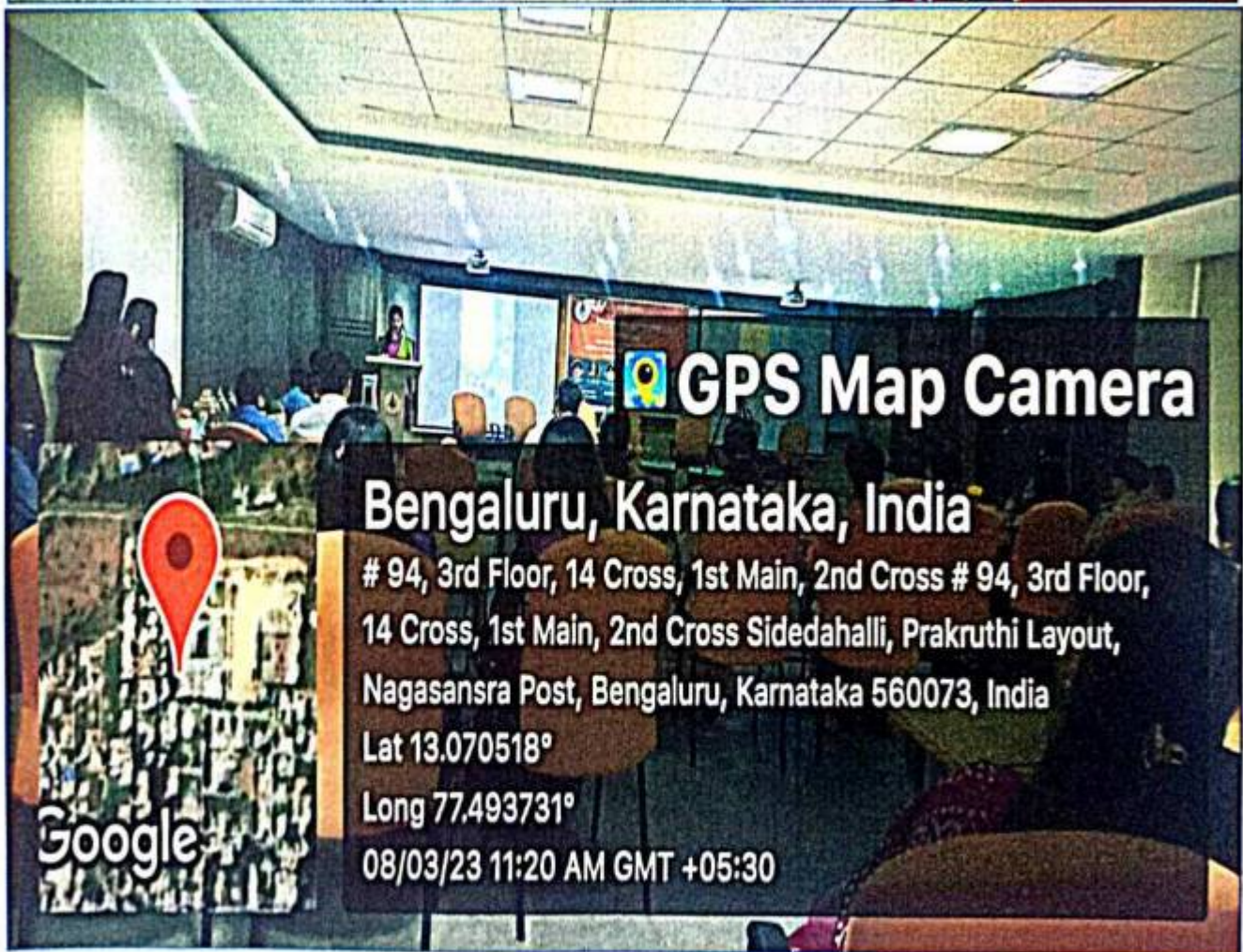
Bengaluru, Karnataka, India


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

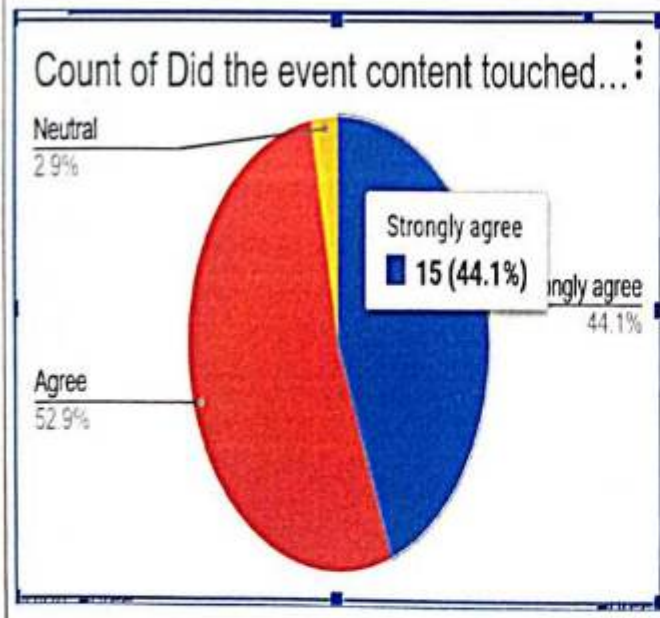
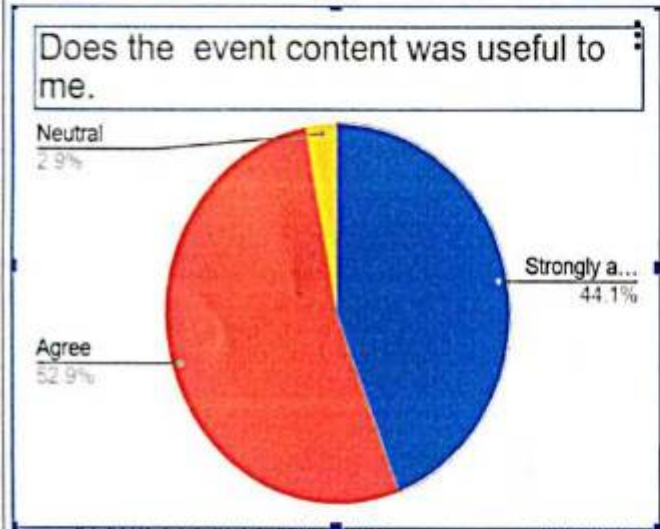
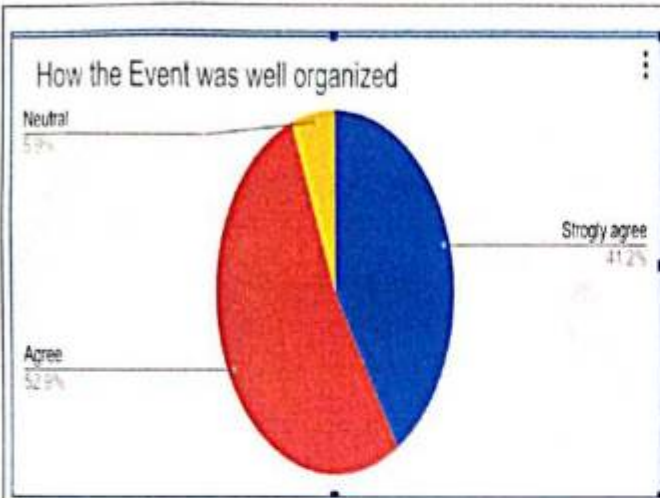
Lat 13.070518°

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	varun1433023@gmail.com	Strongly agree
3-15-2023 13:21:32		mrv2026@gmail.com	Agree
3-15-2023 13:23:08	M Kusuma	kusuma mgowda724@gmail.com	Strongly agree
3-15-2023 13:24:15	Shashikala H	kishankumar94@gmail.com	Agree
3-15-2023 13:27:40	Rakshitha C	rakshithagowda30@gmail.com	Neutral
3-15-2023 13:33:59	Sneha C	snehagowda17@gmail.com	Agree
3-15-2023 13:34:39	Pooja pachi	poojapachi99@gmail.com	Strongly agree
3-15-2023 13:35:16	Uthiya	uthiyak2001@gmail.com	Agree
3-15-2023 13:36:26	Priya S	priyas1681@gmail.com	Agree
3-15-2023 13:38:25	Anuradha P	anuradha812092@gmail.com	Strongly agree
3-15-2023 13:39:52	Huzath Kumar C H	hbku245@gmail.com	Agree
3-15-2023 13:46:16	Manjya R	manjyananjya63@gmail.com	Neutral
3-15-2023 13:48:39	Shambhavi H	shambhavitaramaraj@gmail.com	Agree
3-15-2023 13:50:19	Vandana R	vandana2001@gmail.com	Strongly agree
3-15-2023 13:50:28	Prathibha C	Prathibha2823@gmail.com	Agree
3-15-2023 13:58:10	Shilpa k	kshilpa9972@gmail.com	Agree
3-15-2023 13:58:27	Hlosonika N	hbhlosonika998@gmail.com	Agree
3-15-2023 13:58:51	Anitha H A	anithah0503@gmail.com	Strongly agree
3-15-2023 14:00:15	Natesha H H	nateshabh@gmail.com	Agree
3-15-2023 14:01:58	Sanjay Gowda K H	Sanjaygowdak963@gmail.com	Agree
3-15-2023 14:06:22	Kavya H A	kenshikavya9535@gmail.com	Agree
3-15-2023 14:08:19	DEVVKA KANI M	devvikani1041@gmail.com	Strongly agree
3-15-2023 14:09:22	Hushitha N	hn377666@gmail.com	Strongly agree
3-15-2023 14:19:29	Arpitha	arpithavenkatesh53@gmail.com	Strongly agree
3-15-2023 14:20:13	Ambika S	Ambikas20001@gmail.com	Strongly agree
3-15-2023 14:28:36	Mcghana S	mcghanamcghana2506@gmail.com	Agree
3-15-2023 14:29:50	Rumya P. N	rg1657137@gmail.com	Strongly agree
3-15-2023 14:32:36	Rakshitha R	rakshitha512@gmail.com	Agree
3-15-2023 14:42:49	Kavya K	kavyagowda sk266@gmail.com	Strongly agree
3-15-2023 14:58:39	Keerthana T	keerthanatm302001@gmail.com	Agree
3-15-2023 15:07:00	Sreemvas Murthy G K	cmssreemvasgk@gmail.com	Agree
3-15-2023 16:24:26	Pallavi V	ppallavi535@gmail.com	Agree
3-18-2023 9:53:09	Shahana A K	shahanaak2016@gmail.com	Strongly agree
3-25-23	Nagasarna	sharma anms24@gmail.com	Strongly agree

Q1	Q2
Overall, how would you rate the IWD Event?	Do you have any suggestions for future events?
Good	No
10	No
Too good	No
9	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
6/10	
7	No
Could have given more time for the speakers to share their thoughts on depth	We can also have cultural
15	No
5	No suggestions
good	no
Good man	Nothing man
Good man	Nothing man
No	No
Yes	Yes
Good	No
65	No
7	No
Impred	No
Event was very good and useful rate 5/5	Same as present event
6	No
Nice	Ng
10 out of 10	No
10	NIL
65	It's been great pleasure to c on di
10 out of 10	Very useful
Amazing event	Nothing
Panel discussion went very well but expected with much more interaction with much more	Expect a more energetic and dynamic program next time
	For giving equal rights to women for their opinion

[Signature]
Coordinator

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

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 Gynaecologist 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.

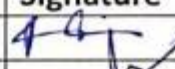

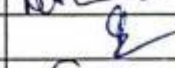


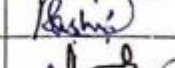
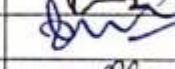
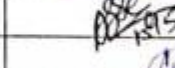
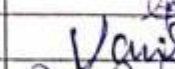







Mrs. THANUJA V

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	 1815123
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 6thth 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:

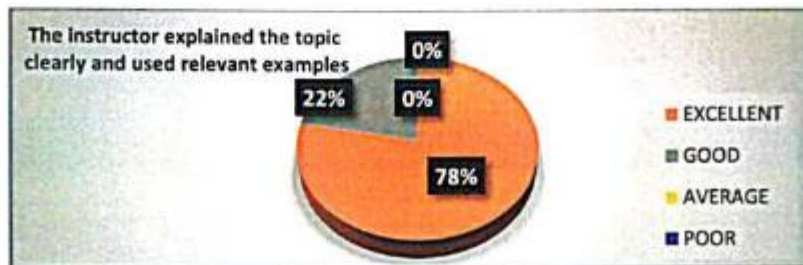
- a. Conducted a session on the scheduled date, ensuring all logistical arrangements were in place.
- b. The Session began with an introduction and welcome speech by the student Ms.Madhuri of 6th sem B.Com
- c. Expert speaker delivered informative presentations on various sustainable menstrual products 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:

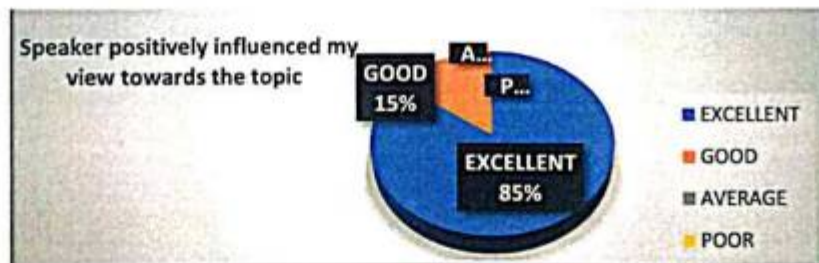
- a. Circulated online feedback forms to participants to gather their opinions and suggestions for improvement.
- b. Compiled and analyzed the feedback received to identify areas of success and areas for improvement.
- f. Established a follow-up mechanism to provide ongoing support and guidance to participants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

FEEDBACK

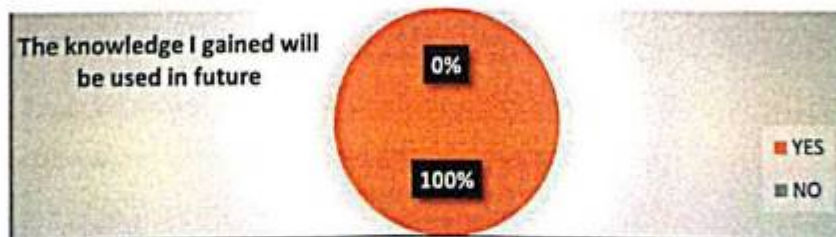
1. The instructor explained the topic clearly and used relevant examples



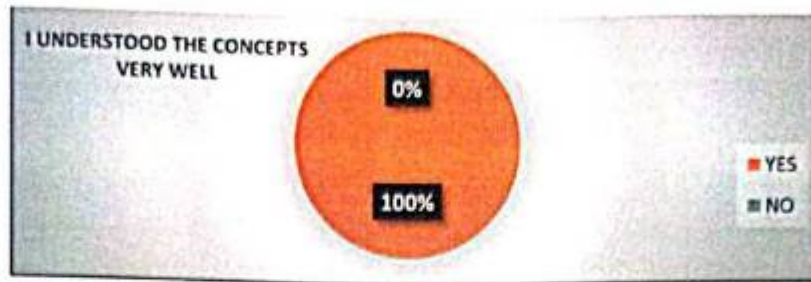
2. Speaker positively influenced my view towards the topic



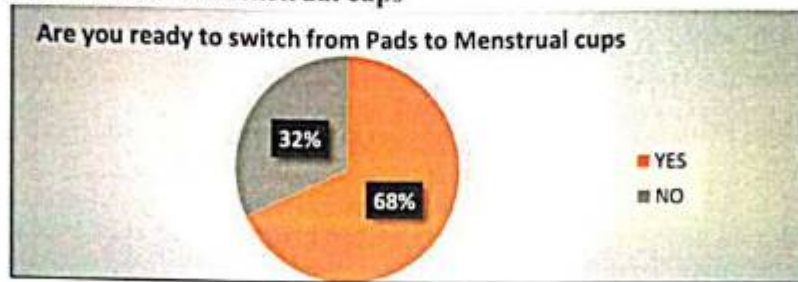
3. The knowledge I gained will be used in future



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.

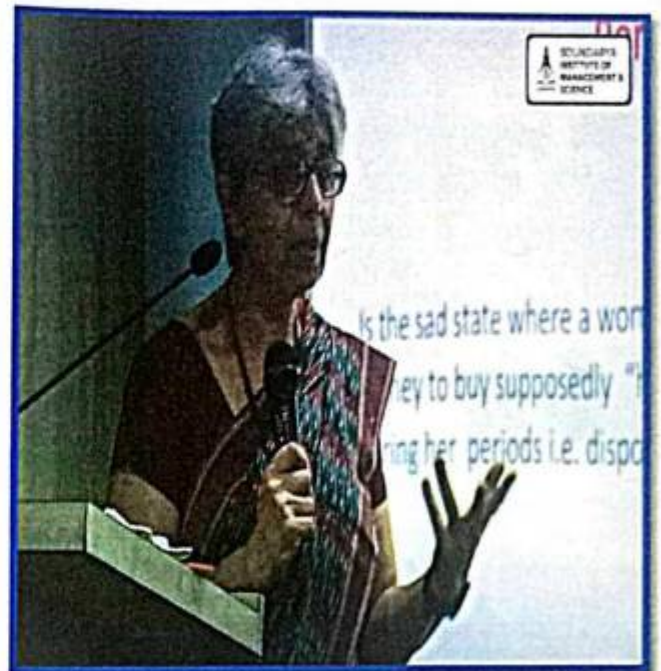
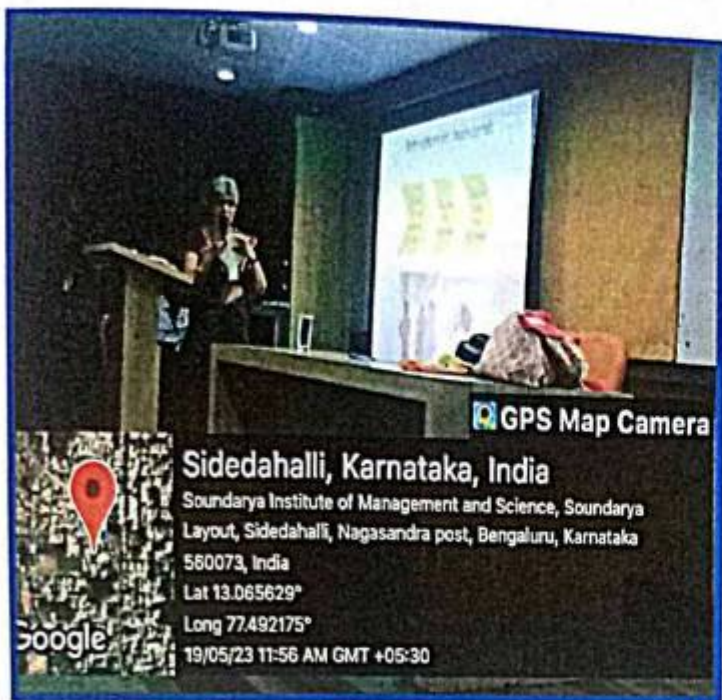
Furthermore, it's notable that 68% of the students are now ready to use menstrual cups. This suggests that the session not only provided knowledge but also encouraged practical application and adoption of sustainable menstrual products.

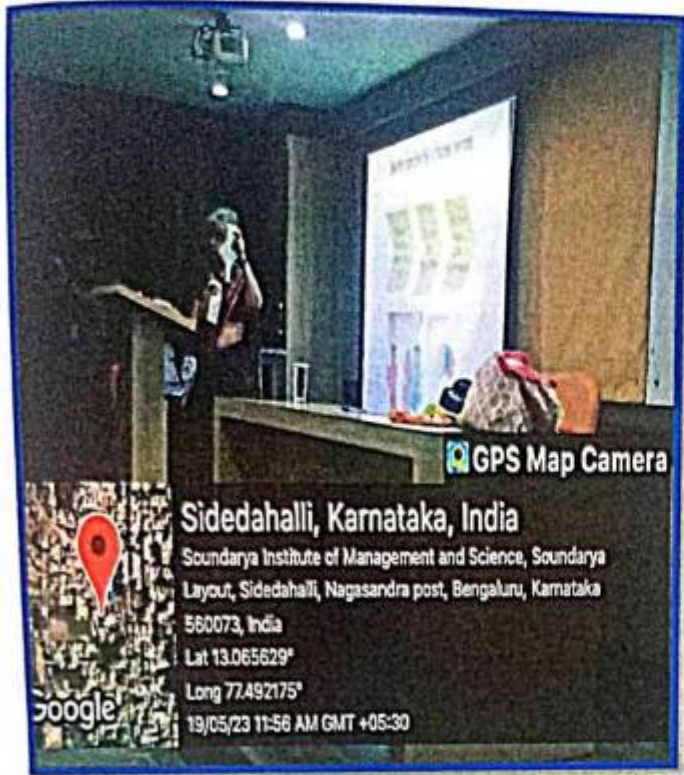
Overall, it sounds like the program was successful and achieved its goal of educating students about menstrual products. The positive feedback and high level of understanding among the students indicate that the session was informative and well-received.

Shanjoy
20/5/2023
Event Coordinator

[Signature]
Principal

PHOTOGRAPHS







Women's Wing

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Internal Quality Assurance Cell (IQAC)

Report on International Women's Day

Name of The Committee: SPARSH- Women Empowerment Cell

Name of the event : International Women ' s Day

Event Date: 21st March 2024

Event Coordinators: Ms.Thanuja, Ms.Ramya Seshadri & Dr.Roopa Shettigar

Beneficiaries: Staff & Students

Objectives:

The International Women's Day program organized by SPARSH - Women Empowerment Cell aimed to:

- Celebrate the achievements of women in various fields.
- Raise awareness about gender equality and women's rights.
- Provide a platform for discussing challenges and opportunities for women in different sectors.
- Recognize and honor women who have made significant contributions to society.
- Inspire and empower women within the institution to pursue their goals and aspirations.

Brief Report:

The International Women's Day event, held on March 21, 2024, at Ocarina from 10:00 AM to 1:00 PM, was a resounding success, thanks to the meticulous planning and coordination by event coordinators Ms. Thanuja, Ms. Ramya Seshadri, and Dr. Roopa Shettigar under the guidance of the Principal, Dr. Vasu B A. The event commenced with a warm welcome speech by Ms. Ramya Sheshadri, setting the tone for the day's proceedings.

The ceremony continued with the traditional lighting of the lamp by all dignitaries, symbolizing enlightenment and empowerment. An invocation dance performed by Hema, a student, added a touch of grace and cultural significance to the event. Mrs. Rekha, the IQAC coordinator, elucidated the importance of International Women's Day and its relevance to the theme.

Mrs. Thanuja, the Convenor of SPARSH, introduced the moderator of the panel discussion, Dr. Vathsala Mohan and she served as the moderator throughout the event, ensuring engaging and insightful discussions. The first session focused on "Women in Presenting Arts & Culture, Leadership & Governance," featuring distinguished speakers Dr. Choodamani, Ms. Priyanka Upendra, Dr. Rathna Prabha, and Dr. Kamal Deep Peter. The panelists shared their experiences and perspectives, shedding light on the challenges and opportunities for women in these fields.

The second session explored "Women in Entrepreneurship & Technology," with valuable inputs from Ms. Swapna Jadhav, Ms. Norika Miyamoto, and Ms. Kavitha Garla. These accomplished women provided valuable insights into the entrepreneurship and technology sectors, inspiring the audience with their stories of success and resilience. The institution honored all panelists for their significant contributions, recognizing their expertise and dedication to their respective fields.

Dr. Pratiksha Keerthan, SET, delivered presidential remarks, emphasizing the importance of gender inclusivity and women's empowerment in societal progress.

A mesmerizing fusion dance performance by Niharika & Team captivated the audience, showcasing the talent and creativity of women.

The vote of thanks was gracefully delivered by Mrs. Rekha C, expressing gratitude to all participants and attendees. Ms. Dhanya Lakshmi, an MBA student, efficiently handled the role of Master of Ceremonies, ensuring smooth transitions throughout the event.

The audience comprised enthusiastic students and faculties who actively participated in the discussions and appreciated the cultural performances.

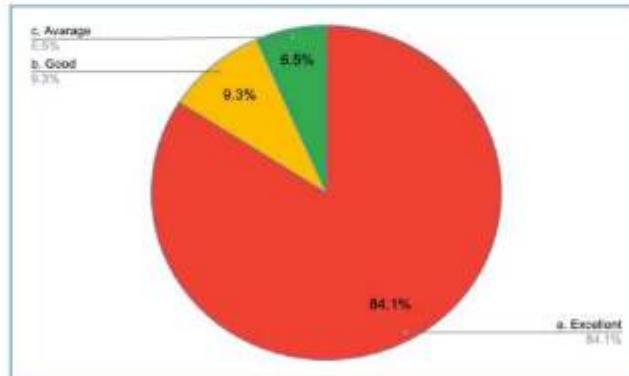
Outcomes

- The event successfully raised awareness about gender equality issues and women's contributions to various sectors.
- Panel discussions facilitated knowledge sharing and dialogue on pertinent topics, inspiring attendees to take action.
- The institution's gesture of awarding the panelists recognized and appreciated the achievements of women leaders.
- Attendees were inspired by the stories and experiences shared by panelists, encouraging them to pursue their aspirations fearlessly.

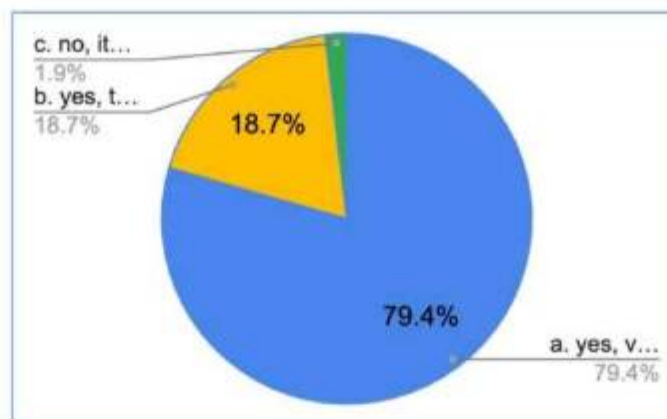
In conclusion, the International Women's Day program organized by SPARSH-Women Empowerment Cell achieved its objectives of celebrating women's achievements, promoting gender equality, and inspiring positive action within the institution.

Feedback:

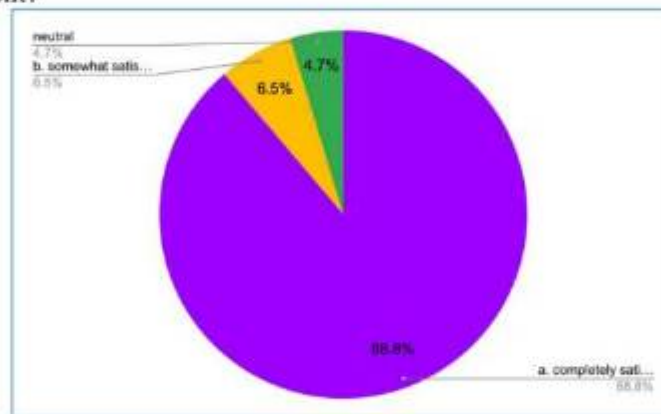
1. How would you rate the overall organization and coordination of the International Women's Day event?



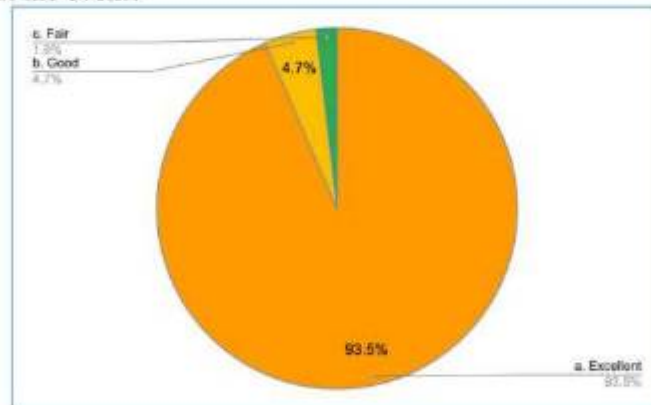
2. Did the event effectively address the theme of "Nari Shakthi - Women Inclusion in Bharath through ages"?



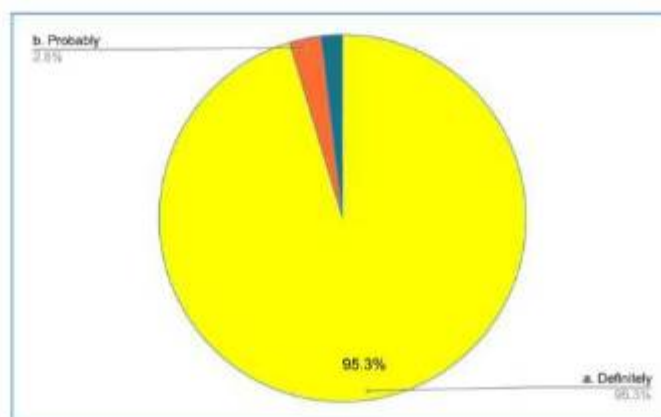
3. Were you satisfied with the variety and quality of the panel discussions conducted during the event?



4. How would you rate the cultural performances, including the invocation dance and fusion dance, at the event?



5. Would you recommend attending future events organized by SPARSH- Women Empowerment Cell based on your experience at this event?



Analysis & Interpretation:

The feedback from 107 students indicates high satisfaction with the International Women's Day event organized by SPARSH-Women Empowerment Cell. The majority rated the organization and coordination as "Excellent," highlighting effective planning. Most students felt the event effectively addressed the theme of "Nari Shakthi - Women Inclusion in Bharath Through Ages," fostering discussions on women's historical contributions. They were also satisfied with the panel discussions' variety and quality, finding them informative. Cultural performances received overwhelmingly positive feedback, enhancing the event's overall experience. Additionally, most students expressed willingness to attend future events organized by SPARSH, reflecting anticipation for similar initiatives.

Findings:


- Majority rated organization and coordination as "Excellent."
- Students felt the event effectively addressed the theme, promoting discussions on women's historical contributions.
- Satisfaction with the variety and quality of panel discussions was high.
- Cultural performances received overwhelmingly positive feedback.
- Most students expressed willingness to attend future events organized by SPARSH.

Conclusion:

Overall, the feedback underscores the success of the International Women's Day event. It effectively promoted awareness and celebration of women's achievements while fostering a sense of empowerment. The positive response indicates the event's significance in engaging and inspiring the community, reflecting well on the organizers' efforts.

Encl.

1. Invitation
2. Program Schedule
3. Guest Profiles
4. Photos -Geo tagged
5. Circular
6. Students Attendance


22/3/2024.
Event Coordinator/s



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



**SOUNDARYA
INSTITUTE OF
MANAGEMENT AND
SCIENCE**

20.3.2024

SPARSH WOMEN EMPOWERMENT CELL

CIRCULAR

Dear Staff members,

We are excited to celebrate **INTERNATIONAL WOMEN'S DAY** on **21.3.2024** at "OCARINA" from 10 AM onwards.

It's a day to recognize the incredible contributions women make to our organization, our communities, and society as a whole.

We invite all of you to join us in celebrating the achievements of women and advocating for gender equality. We encourage all staff members to participate and show your support. Your involvement and commitment are crucial in driving positive change within our Institution and beyond.

Please join us in celebrating International Women's Day!

**Dr. VASU B.A
PRINCIPAL**

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



SOUNDARYA
INSTITUTE OF
MANAGEMENT AND
SCIENCE

INTERNATIONAL WOMEN'S DAY

**"NARI SHAKTI-WOMEN INCLUSION
IN BHARAT THROUGH AGES"**

DATE: 21ST MARCH 2024

ALL ARE CORDIALLY INVITED

VENUE: OCARINA

TIME: 10:00AM

www.simsbangalore.com



PROGRAM SCHEDULE

Time: 10:00 AM –1:00 PM		Venue: Ocarina
Welcome Speech	Ms.Ramya Sheshadri	
Lighting of the Lamp	All Dignitaries	
Invocation Dance by Hema		
Importance of IWD	Mrs. Rekha	
Moderator Introduction	Ms. Thanuja V	
Panel Discussion	I. Women in presenting Arts & Culture, Leadership & Governance Dr. Choodamani Ms. Priyanka Upendra Dr. Rathna Prabha Dr. Kamal Deep Peter Ms. Deepankana Paul	
Inspirational Song by Gagana & Ganika		
Panel Discussion	2. Women in Entrepreneurship & Technology Ms. Uma Reddy Ms. Swapana Jadhav Ms. Norika Miyamoto Ms. Kavitha Garla	
Presidential remarks	Dr. Pratiksha Keerthan, SET	
Fusion Dance By Hiharika & Team		
Vote of thanks	Ms. Rekha C	
MC: Ms. Dhanya lakshmi		







Sidedahalli, Karnataka, India
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Nagasandra post, Bengaluru, Karnataka 560073, India
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Long 77.492175°
21/03/24 11:57 AM GMT +05:30



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Soundarya Institute of Management and Science, Soundarya Layout, Sidedahalli
Nagasandra post, Bengaluru, Karnataka 560073, India
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INTERNATIONAL WOMEN'S DAY

"NARI SHAKTI-WOMEN INCLUSION IN BHARAT THROUGH AGES"

IWD 2024
"Inspire Inclusion"

DATE: 21TH MARCH 2024
VENUE: OCARINA



SPECIAL INVITEE
NORIKO MIYAMOTO
Cognavi India Private Limited
General Manager

INTERNATIONAL WOMEN'S DAY

"NARI SHAKTI-WOMEN INCLUSION IN BHARAT THROUGH AGES"

IWD 2024
"Inspire Inclusion"

DATE: 21TH MARCH 2024
VENUE: OCARINA



DISTINGUISHED GUEST
KAVITHA GARLA
TEDx Speaker, Business Development Consultant,
Moderator/EMCEE, Event Curator, YouTube Interviewer,
Passionate Networker

INTERNATIONAL WOMEN'S DAY

"NARI SHAKTI-WOMEN INCLUSION IN BHARAT THROUGH AGES"

IWD 2024
"Inspire Inclusion"

DATE: 21TH MARCH 2024
VENUE: OCARINA



DISTINGUISHED GUEST
SWAPNA JADHAV
Leader - Emerging Talent Recruiting - Chennai Leader - India Talent Acquisition, Recruitment, Campus Engagement, Leadership Hiring, Program Management, Account Management



INTERNATIONAL WOMEN'S DAY

"NARI SHAKTI-WOMEN INCLUSION IN BHARAT THROUGH AGES"

DATE: 21TH MARCH 2024
VENUE: OCARINA

ALL ARE CORDIALLY INVITED

EMPOWER HER EXHIBITION

1. Sustainability products
2. Hand made jewellery
3. Apparel and textile; women
4. Organic and personal care products



INTERNATIONAL WOMEN'S DAY

**"NARI SHAKTI-WOMEN
INCLUSION IN BHARAT
THROUGH AGES"**

**IWD 2024
"Inspire Inclusion"**

**DATE: 21TH MARCH 2024
VENUE: OCARINA**



CHIEF GUEST
Mrs. PRIYANKA UPENDRA
ACTRESS, PRODUCER

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DISTINGUISHED GUEST
DR. CHOODAMANI NANDAGI
Tagore National Fellow, Ministry of Culture, Govt. of India at National Museum

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DISTINGUISHED GUEST
K. RATNA PRABHA IAS
Ex-Chief Secretary, Govt. of Karnataka,
Founder-President, UBUNTU Consortium - A Global
Platform for Women Entrepreneurs Associations, Advisor

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INTERNATIONAL WOMEN'S DAY

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**DATE: 21TH MARCH 2024
VENUE: OCARINA**



DISTINGUISHED GUEST
DR. KAMAL DEEP PETER
Sr. Manager, Corporate Citizenship at
Oracle India

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ಈ ಸಂಚಿಕೆ

ಅಂತಾರಾಷ್ಟ್ರೀಯ ಮಹಿಳಾ ದಿನ ಸಾಧಕ ಮಹಿಳೆಯರೊಂದಿಗೆ ಸಂವಾದ



ಬೆಂಗಳೂರು, ಮಾರ್ಚ್ 22-
 ನಗರದ ನೌ-ವರ್ಯ್ ಇನ್ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಮ್ಯಾನೇಜ್‌ಮೆಂಟ್ ಆಂಡ್ ಸೈನ್ಸ್ ಕಾಲೇಜಿನಲ್ಲಿ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಮಹಿಳಾ ದಿನದ ಒಕ್ಕಲೆಯಲ್ಲಿ ಸಾಧಕ ಮಹಿಳೆಯರೊಂದಿಗೆ ಸಂವಾದ ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಕಾರ್ಯಕ್ರಮವು ಭಿನ್ನ-ವಿಭಿನ್ನ ಆಲೋಚನೆಗಳು ಮತ್ತು ವೈವಿಧ್ಯತೆಯನ್ನು ಹೊರಹಿಡಿಸಿತು.

ಇಂದಿನ ಬದಲಾದ ಸನ್ನಿವೇಶದಲ್ಲಿ ಸಾಂಸ್ಕೃತಿಕ ಅಂತರವನ್ನು ನಿವಾರಿಸುವಲ್ಲಿ ಮಹಿಳೆಯರ ಪಾತ್ರವೇನು, ಮಹಿಳೆಯ ಪಾತ್ರವನ್ನು ಆರೈಕೆಗೊಳಿಸುವ ವಿಧಾನ, ರಾಜಕೀಯದಲ್ಲಿ ಹೆಚ್ಚುತ್ತಿರುವ ಮಹಿಳೆಯ ಪ್ರಾತಿನಿಧ್ಯ ಹೀಗೆ ಹತ್ತು ಹಲವು ವಿಚಾರಗಳತ್ತ ಸಂವಾದ ಬೆಳಕು ಚೆಲ್ಲಿತು.

ಕಾರ್ಯಕ್ರಮ ಉದ್ಘಾಟಿಸಿ ಮಾತನಾಡಿದ ಕನ್ನಡದ ಖ್ಯಾತ

ನಟ ಪ್ರಿಯಾಂಕ ಉಪೇಂದ್ರ, ನಾರಿ ರಕ್ತ - ಭಾರತದಲ್ಲಿ ಯುಗಯುಗಗಳಿಂದ ಮಹಿಳೆಯರನ್ನು ಒಳಗೊಂಡಿದ್ದು, ಮಹಿಳೆ ವೈವಿಧ್ಯತೆಯಾಗಿ ರೂಪುಗೊಂಡಿದ್ದಾಳೆ. ಸಿನೆಮಾ ಕ್ಷೇತ್ರದಲ್ಲಿ ಮಹಿಳೆಯರಿಗೆ ಅವಕಾಶ ಮತ್ತು ನೌಕರಿಯಗಳ ಕೊರತೆ ಇದ್ದು, ವೃತ್ತಿಪರತೆಯ ಮೂಲಕ ಸಮಾನತೆಯನ್ನು ಸಾಧಿಸಲು ಅವಕಾಶವಿದೆ ಎಂದು ಅಭಿಪ್ರಾಯಪಟ್ಟರು.

ಯುನೆಸ್ಕೋ ಗಾಮನಿರ್ದೇಶಿತ ಹಾಗೂ ಚಿತ್ರಕಲಾ ಪರಿಷತ್ತಿನ ನಿರ್ದೇಶಕರಾದ ಡಾ. ಚುಡಾಮಣಿ ನಂದಗೋವಾಲ್ ಮಾತನಾಡಿ, ಮಹಿಳೆಯರು ವಿವಿಧ ಕೌಶಲ್ಯಗಳನ್ನು ರೂಢಿಸಿಕೊಂಡು ವಿವಿಧ ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ಸೇವೆ ಸಲ್ಲಿಸಲು ಸಿದ್ಧರಾಗಬೇಕು ಎಂದರು.

ರಾಜ್ಯದ ನಿವೃತ್ತ ಮುಖ್ಯ ಕಾರ್ಯದರ್ಶಿ ಹಾಗೂ ಉಪಾಧ್ಯಕ್ಷ

ಎನ್ಸಿಪಿ ಸಂಸ್ಥಾಪಕರಾದ ಡಾ. ರತ್ನವ್ಯಭಾ ಅವರು ಸ್ವಯಂ ಸಬಲೀಕರಣದ ಮೂಲಕ ಉದ್ಯಮಶೀಲತೆಯನ್ನು ಬೆಳೆಸಿಕೊಳ್ಳಬೇಕು ಎಂದು ಸಲಹೆ ಮಾಡಿದರು.

ಕಾರ್ಯಕ್ರಮದ ಅಧ್ಯಕ್ಷತೆಯನ್ನು ಸಂಸ್ಥೆಯ ನಿರ್ದೇಶಕರಾದ ಡಾ. ಪ್ರತಿಕ್ಷಾ ಕೀರ್ತನ್ ಕುಮಾರ್ ವಹಿಸಿದ್ದರು. ಜವಾನಿ ಕಾಗ್ನಿವಿ ಸಂಸ್ಥೆಯ ವ್ಯವಸ್ಥಾಪಕರಾದ ನೋಬಿಲಿ ಮಿಯಾಮೋಟೋ, ವ್ಯಾಪ್ ಆಂಡ್ ವರ್ಲ್ಡ್ ಸಂಸ್ಥೆಯ ಸಂಸ್ಥಾಪಕಿಯಾದ ಹಾಗೂ ಟೆಡ್ ಸೀಕರ್ ಕಮಿಟಿ ಗಾರ್ಲ್ಸ್, ಸಿಸ್ಟೀಂ ಸಂಸ್ಥೆಯ ನೇಮಕಾತಿ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥರಾದ ಸ್ವಪ್ನ ಜಾಧವ್, ಕಾಲೇಜಿನ ವ್ಯಾಖ್ಯಾರ್ ಡಾ. ಬಿ.ಎ.ವಾಸು, ಸಂಸ್ಥೆಯ ಸಿಬ್ಬಂದಿ ಕೀರ್ತನ್ ಕುಮಾರ್, ಸುಜಯಿವರ್ಗ, ವಿದ್ಯಾರ್ಥಿಗಳು ಮತ್ತು ಅಭ್ಯಾಸಕರು ಭಾಗವಹಿಸಿದ್ದರು.

ఉన్నత విద్య పెంపుతోనే మహిళా చైతన్యం సాధ్యం

•• మాజీ చీఫ్ సెక్రటరీ రత్నప్రభ



మహిళా దినోత్సవంలో పాల్గొన్న మహిళా సారథులు

బెంగళూరు, మార్చి 22 (ఆంధ్రవ్యోమ): ఉన్నత విద్యారం మహిళల్లో పెరిగితేనే చైతన్యం సాధ్యమని రాష్ట్ర ప్రభుత్వ మాజీ డిప్యూటీ సెక్రటరీ రత్నప్రభ ఆదిప్రాయవచనాలు సొందర్ల జన్మస్థానల్లో ఆప్ మేనేజ్మెంట్ క్రాస్ కళా కాలలో మహిళా దినోత్సవాన్ని గురువారం అరిపారు. ఈ సందర్భంగా విద్యా ర్థులను ఉత్తేజించి రత్నప్రభ మాట్లాడుతూ నారీ శక్తి బాకర్లో యుగాల కాలు నుంచి చుట్టొందన్నారు. అందుకు ఎంతోమంది రాజీందిన చరిత్ర ఉందన్నారు ప్రముఖ నర్సి ద్రియాంక ఉపేంద్ర. నీసెస్ సుస్ప రిక్రూట్మెంట్ ముఖ్యులు స్వస్థానాధికారంలో పాలు పలువురు చక్కలు బాగస్వాములయ్యారు. రోజుకాల జైలర్ల దాకర్ ప్రతిభా కీర్తన కుమార్, ప్రసిఫాల్ దాకర్ డి ఉసు, తదితరులు పాల్గొన్నారు.

నారీ శక్తితో అద్భుతాలు

రత్నప్రభ (మల్లీశ్వరి, కన్యాశుల్కం): నారీ శక్తి ప్రయోగ అద్భుతాలు సృష్టించేవి. నీడము ఉంది నారీ శక్తిని పెంపొందించే వాడతప్ప కానీ గానీ గుణంగా నేరే తప్ప మరేటి అన్ని రూపాల్లో ముందు ఉండాలి. అది అనినప్పుడు సొందర్ల జన్మస్థానల్లో ఆప్ మేనేజ్మెంట్ క్రాస్ కళా కాలలో అగ్రా మహిళా మేనేజ్మెంట్లో ఆప్ నారీ శక్తి అదే అద్భుతం. అది అద్భుతం కాకపోతే మహిళలు ఆవి అద్భుతం సాధించలేవు. అందుకు మహిళల ప్రయత్నం కావాలి. రత్నప్రభ ప్రకారం మహిళల శక్తిని పెంపొందించే వాడతప్ప కానీ గుణంగా నేరే తప్ప మరేటి అన్ని రూపాల్లో ముందు ఉండాలి.

రత్నప్రభ (మల్లీశ్వరి, కన్యాశుల్కం): నారీ శక్తి ప్రయోగ అద్భుతాలు సృష్టించేవి. నీడము ఉంది నారీ శక్తిని పెంపొందించే వాడతప్ప కానీ గానీ గుణంగా నేరే తప్ప మరేటి అన్ని రూపాల్లో ముందు ఉండాలి.



రత్నప్రభ (మల్లీశ్వరి) తో



రత్నప్రభ (మల్లీశ్వరి) వేదికపై ప్రయాణం ఉపేంద్ర, జిల్లా రోజులు ఉండే మహిళా సారథులు

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అంతారాష్ట్రీయ మహిళా దినం సందర్భంగా నారీ శక్తిని పెంపొందించే వాడతప్ప కానీ గుణంగా నేరే తప్ప మరేటి అన్ని రూపాల్లో ముందు ఉండాలి. అది అనినప్పుడు సొందర్ల జన్మస్థానల్లో ఆప్ మేనేజ్మెంట్ క్రాస్ కళా కాలలో అగ్రా మహిళా మేనేజ్మెంట్లో ఆప్ నారీ శక్తి అదే అద్భుతం. అది అద్భుతం కాకపోతే మహిళలు ఆవి అద్భుతం సాధించలేవు. అందుకు మహిళల ప్రయత్నం కావాలి. రత్నప్రభ ప్రకారం మహిళల శక్తిని పెంపొందించే వాడతప్ప కానీ గుణంగా నేరే తప్ప మరేటి అన్ని రూపాల్లో ముందు ఉండాలి.

ఈ సరిజ్

అంతారాష్ట్రీయ మహిళా దినం సాధక మహిళలయరేందిగే సంవాద



అంతారాష్ట్రీయ మహిళా దినం సందర్భంగా నారీ శక్తిని పెంపొందించే వాడతప్ప కానీ గుణంగా నేరే తప్ప మరేటి అన్ని రూపాల్లో ముందు ఉండాలి. అది అనినప్పుడు సొందర్ల జన్మస్థానల్లో ఆప్ మేనేజ్మెంట్ క్రాస్ కళా కాలలో అగ్రా మహిళా మేనేజ్మెంట్లో ఆప్ నారీ శక్తి అదే అద్భుతం. అది అద్భుతం కాకపోతే మహిళలు ఆవి అద్భుతం సాధించలేవు. అందుకు మహిళల ప్రయత్నం కావాలి. రత్నప్రభ ప్రకారం మహిళల శక్తిని పెంపొందించే వాడతప్ప కానీ గుణంగా నేరే తప్ప మరేటి అన్ని రూపాల్లో ముందు ఉండాలి.

ಚುಟುಕು ಸುದ್ದಿ

ಸೌಂದರ್ಯ ಕಾಲೇಜಿನಲ್ಲಿ
ಅಂತಾರಾಷ್ಟ್ರೀಯ ಮಹಿಳಾ ದಿನಾಚರಣೆ



ಉದಯಕಾಲ ನ್ಯೂಸ್

ಪೀಣ್ಯ ದಾಸರಹಳ್ಳಿ: ಸಿನಿಮಾ ಕ್ಷೇತ್ರದಲ್ಲಿ ಮಹಿಳೆಯರಿಗೆ ಅವಕಾಶ ಮತ್ತು ಸೌಕರ್ಯಗಳ ಕೊರತೆ ಇದ್ದು ವೃತ್ತಿಪರತೆಯ ಮೂಲಕ ಸಮಾನತೆ ಸಾಧಿಸಲು ಅವಕಾಶವಿದೆ ಎಂದು ನಟಿ ಪ್ರಿಯಾಂಕ ಉಪೇಂದ್ರ ಹೇಳಿದರು.

ಸಿಡೇದಹಳ್ಳಿಯ ಸೌಂದರ್ಯ ಇನ್ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಮ್ಯಾನೇಜ್‌ಮೆಂಟ್ ಅಂಡ್ ಸೈನ್ಸ್ ಕಾಲೇಜಿನ ವತಿಯಿಂದ ಗುರುವಾರ ಆಯೋಜಿಸಿದ್ದ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಮಹಿಳಾ ದಿನಾಚರಣೆ ಉದ್ಘಾಟನೆ ಮಾಡಲಾಯಿತು.

ಪ್ಯಾಷನ್ ಅಂಡ್ ಪರ್ಫಮೆನ್ಸ್ ಸಂಸ್ಥಾಪಕಿ ಹಾಗೂ ಟೆಡೆಕ್ ಸ್ಪೀಕರ್ ಕವಿತಾ ಗಾರ್ಲಾ ಮಾತನಾಡಿ, ಕನಸು ಕಾಣಲು ವಯಸ್ಸಿನ ಮಿತಿ ಇಲ್ಲ. ಸರಿಯಾದ ಕೌಶಲ್ಯಗಳನ್ನು ಮೈಗೂಡಿಸಿಕೊಂಡರೆ ಎಂತಹ ಸಾಧನೆಗಳನ್ನು ಬೇಕಾದರೂ ಸಾಧಿಸಬಹುದು ಎಂದುರು.

ಡಾ. ಪತ್ಮಲಾ ಮೋಹನ್, ಯುನೆಸ್ಕೋ ನಾಮನಿರ್ದೇಶಿತ ಹಾಗೂ ಚಿತ್ರಕಲಾ ಪರಿಷತ್ತಿನ ನಿರ್ದೇಶಕಿ ಡಾ. ಚುಡಾಮಣಿ ನಂದಗೋಪಾಲ್, ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಮಾಜಿ ಪ್ರಧಾನ ಕಾರ್ಯದರ್ಶಿ ಡಾ. ರತ್ನಪ್ರಭಾ, ಜಪಾನಿನ ಕಾಗ್ನಿವಿ ಸಂಸ್ಥೆಯ ವ್ಯವಸ್ಥಾಪಕಿ ನೋರಿಕೊ ಮಿಯಾಮೋಟೋ, ಸಿಸ್ಕೋದ ಸಂಸ್ಥೆಯ ನೇಮಕಾತಿ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥೆ ಸ್ವಪ್ನ ಜಾದವ್ ಇವರು ಅವರನ್ನು ಸನ್ಮಾನಿಸಲಾಯಿತು.

ಸಂಸ್ಥೆಯ ನಿರ್ದೇಶಕಿ ಡಾ. ಪ್ರತಿಕ್ಷಾ ಕೀರ್ತನ್ ಕುಮಾರ್, ಪ್ರಾಚಾರ್ಯ ಡಾ. ಬಿ.ಎ. ವಾಸು, ಸಂಸ್ಥೆಯ ಸಿಇಒ ಕೀರ್ತನ್ ಕುಮಾರ್ ಉಪಸ್ಥಿತರಿದ್ದರು.

ಸಮಾನತೆ ಸಾಧಿಸಲು ವೃತ್ತಿಪರತೆ ಅವಶ್ಯಕ



ಬೀಣ್ಯ ದಾಸರಹಳ್ಳಿ: ಸಿನಿಮಾ ಕ್ಷೇತ್ರದಲ್ಲಿ ಮಹಿಳೆಯರಿಗೆ ಅವಕಾಶ ಮತ್ತು ಸೌಕರ್ಯಗಳ ಕೊರತೆ ಇದ್ದು ವೃತ್ತಿಪರತೆಯ ಮೂಲಕ ಸಮಾನತೆಯನ್ನು ಸಾಧಿಸಲು ಅವಕಾಶವಿದೆ ಎಂದು ಕನ್ನಡದ ಖ್ಯಾತ ನಟಿ ಪ್ರಿಯಾಂಕ ಉಪೇಂದ್ರ ಅಭಿಪ್ರಾಯಪಟ್ಟರು.

ಸಿಡೇದಹಳ್ಳಿಯ ಸೌಂದರ್ಯ ಇನ್ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಮ್ಯಾನೇಜ್‌ಮೆಂಟ್ ಆಂಡ್ ಸೈನ್ಸ್ ಕಾಲೇಜಿನ ವತಿಯಿಂದ ಗುರುವಾರ ಆಯೋಜಿಸಿದ್ದ ಅಂತರರಾಷ್ಟ್ರೀಯ ಮಹಿಳಾ ದಿನಾಚರಣೆಯ ಕಾರ್ಯಕ್ರಮವನ್ನು ಉದ್ಘಾಟಿಸಿ ಮಾತನಾಡಿದರು. ಪ್ಯಾಷನ್ ಆಂಡ್ ಪರ್ಫಮೆನ್ಸ್ ಸಂಸ್ಥಾಪಕಿ ಹಾಗೂ ಟೆಡೆಕ್ಸ್ ಸ್ಪೀಕರ್ ಕವಿತಾ ಗಾಲ್ಡಾ' ಕನಸು ಕಾಣಲು ವಯಸ್ಸಿನ ಮಿತಿ ಇಲ್ಲ ಸರಿಯಾದ ಕೌಶಲ್ಯಗಳನ್ನು ಮೈಗೂಡಿಸಿಕೊಂಡರೆ ಎಂತಹ ಸಾಧನೆಗಳನ್ನು ಬೇಕಾದರೂ ಸಾಧಿಸಬಹುದು' ಎಂದುರು.

ಸಮಾರಂಭದಲ್ಲಿ ಡಾ. ವತ್ಸಲಾ ಮೋಹನ್, ಯುನೆಸ್ಕೋ ನಾಮನಿರ್ದೇಶಿತ ಹಾಗೂ ಚಿತ್ರಕಲಾ ಪರಿಷತ್ತಿನ ನಿರ್ದೇಶಕಿ ಡಾ. ಚುಡಾಮಣಿ ನಂದಗೋವಾಲ್, ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಮಾಜಿ ಪ್ರಧಾನ ಕಾರ್ಯದರ್ಶಿಗಳು ಹಾಗೂ ಉಬಂಟು ಎನ್ ಜೆಪಿ ಸಂಸ್ಥಾಪಕಿ ಡಾ. ರತ್ನಪ್ರಭಾ, ಜಪಾನಿನ ಕಾಗ್ನಿವಿ ಸಂಸ್ಥೆಯ ವ್ಯವಸ್ಥಾಪಕಿ ನೋರಿಕೊ ಮಿಯಾಮೋಟೋ, ಸಿಸ್ಕೋದ ಸಂಸ್ಥೆಯ ನೇಮಕಾತಿ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥೆ ಸ್ವಪ್ನ ಜಾದವ್ ಇದ್ದರು.

ಈ ಎಲ್ಲ ಸಾಧಕರ ಸಾಧನೆಯನ್ನು ಗುರುತಿಸಿ ಪ್ರಶಸ್ತಿ ನೀಡಿ ಸನ್ಮಾನಿಸಲಾಯಿತು. ಸಂಸ್ಥೆಯ ನಿರ್ದೇಶಕಿ ಡಾ. ಪ್ರತಿಕ್ಷಾ ಕೀರ್ತನ್ ಕುಮಾರ್, ಪ್ರಾಚಾರ್ಯ ಡಾ. ಬಿ.ಎ. ವಾಸು, ಸಂಸ್ಥೆಯ ಸಿಇಒ ಕೀರ್ತನ್ ಕುಮಾರ್, ಸಿಬ್ಬಂದಿವರ್ಗ, ವಿದ್ಯಾರ್ಥಿಗಳು ಹಾಗೂ ಅಧ್ಯಾಪಕರು ಭಾಗವಹಿಸಿದ್ದರು.



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SOUNDARYA INSTITUTE OF MANAGEMENT & SCIENCE
Soundaryanagar, Sidedahalli,
Hessaraghatta Main Road, Bangalore – 73.
Internal Quality Assurance Cell (IQAC)

PROPOSAL FOR ORGANISING INTERNATIONAL WOMENS DAY 2024

Name of Proposer: Ms. Thanuja		Department: SPARSH Women's Wing	
Activity <input type="checkbox"/> Workshop <input type="checkbox"/> Seminar <input type="checkbox"/> Conference <input checked="" type="checkbox"/> Others (relevant box) If others, specify Institutional Level Celebration			
Geographical Coverage <input type="checkbox"/> State Level <input type="checkbox"/> National Level <input checked="" type="checkbox"/> International Level			
Title of the Programme: International Women's Day,		Theme: "Inspire Inclusion".	
Proposed dates: 21 st March 2024		Venue: Ocarina	
Objective of the Programme: <ol style="list-style-type: none">1. International Women's Day raises awareness about gender equality and empowers women.2. It advocates for equal opportunities and representation for women in various fields.3. The day celebrates women's achievements across social, economic, cultural, and political realms, inspiring future generations.			
Chief Guest: Dr. Rathna Prabha, Dr. Choodamani, Ms. Priyanka Upendra, Dr. Kamal Deep Peter, Ms. SwapanaJadhav, Ms. Kavitha Garla, Ms. Deepankana Paul, Ms. Uma Reddy Ms. Noriko Miyamoto			
Participants <input checked="" type="checkbox"/> Internal students <input type="checkbox"/> External students <input checked="" type="checkbox"/> Members of corporate <input checked="" type="checkbox"/> Govt. Officials <input checked="" type="checkbox"/> Internal faculties <input type="checkbox"/> External faculties			
Participants Expected: Faculties, Students and Parents			
	Bangalore	Outstation	Total
	200	2	202
Details of the programme :			
Date	Time	Event	Details
21-03-2024	10.00 am To 12.00 pm	IWD	IWD Celebration

PROPOSAL FOR ORGANISING INTERNATIONAL WOMENS DAY 2024**Finance Proposal**

Details of Income and Expenditure

Expected Income Item	Amount	Estimated Expenditure Item	Amount
		Sapling (150x8)	1,200
		Lamp Decoration & Flowers	300
		Mementos (2,800x8)	26,668
		Chocolates & Dry Fruits for Guest	1,000
		Guest Lunch (500x10)	5,000
		Poster, Banner (4'6, 10'8)	2,000
		Refreshments (Faculties & Students) (150x50)	7,500
		Guest Transportation (1,500x6)	9,000
		Dr.Ratna Prabha (Flight ticket from Hyd.- Blore, Rs. 12,108)	12,108
		Stage Arrangements(Mr.Imran)	10,000
		Miscellaneous	5,224
Total		Total	80,000

Proposal Approved : Yes No

(QC Committee)

Amount approved Rs.

Instruction to Accounts department on releasing funds:

Budget Head : IWD 2024

Budget Code :



Principal

Note: a) Proposer to enclose relevant supporting documents
b) Proposer to submit the report of the programme with photos/videos within 7 days of completion of the activity

CC: 1) Proposer 2) Accounts Dept. 3) Purchase Dept. 4) Other depts. (specify)

Guest Profiles:

1. K. Ratna Prabha IAS (Retd)

The former Chief Secretary of the Government of Karnataka and the Founder-President of the UBUNTU Consortium - A Global Platform for Women Entrepreneurs Associations.

Throughout her illustrious career, Madam Ratna Prabha has been a beacon of change and empowerment, dedicating over three decades to public service and community upliftment. Her tenure as the Chief Secretary of Karnataka witnessed transformative initiatives that propelled the state towards prosperity and inclusivity.

Dr. Ratna Prabha's commitment to championing women's entrepreneurship is exemplified through her founding of the UBUNTU Consortium, a global platform aimed at empowering women entrepreneurs worldwide. Her vision and leadership continue to inspire countless individuals to realize their entrepreneurial dreams and contribute to economic growth and social progress.

Furthermore, Dr. Ratna Prabha's extensive experience in various administrative roles, including as Additional Chief Secretary of the Department of Commerce & Industries, Government of Karnataka, and her tenure as an Additional Secretary in the Ministry of Women and Child Development, Government of India, underscore her profound impact on policy formulation and implementation at both state and national levels.

Her contributions extend beyond administrative roles, as evidenced by her pivotal role as Regional Commissioner of Gulbarga division, Government of Andhra Pradesh, and her tenure as Principal Secretary to Government in various departments, including Information Technology & Communications, Transport Roads & Buildings, Revenue, and Public Enterprises.

Dr. Ratna Prabha's distinguished career is a testament to her unwavering dedication, exemplary leadership, and relentless pursuit of excellence in public service. Her achievements serve as an inspiration to all, and her legacy continues to shape the future of governance and empowerment in India and beyond.

2. Prof. Dr. Choodamani Nandagopal

Dr Choodamani Nandagopal's highest achievement and service to our nation is working for the UNESCO Nomination Dossier on Ramappa Temple and a scholarly volume on Ramappa Temple covering Tangible and Intangible cultural Heritage played a key role in recommendation for the Inscription of Ramappa Temple as UNESCO World Heritage Site on July 2021.

Dr Choodamani Nandagopal is the Director, Centre of Excellence in Art & Culture Research Karnataka Chitrakala Parishath Bangalore. She conducts intense workshops on Indian Temple Architecture and Research Methodology at National Museum Institute and School of Archaeology Delhi, American Universities, Indian Art History Congress and Architecture

Departments. Prof. Choodamani Nandagopal, an internationally reputed Art historian, Author and Academician. MA in Sociology and MA in History and Archaeology, PhD in History and Archaeology Mysore University. She was the first UK Visiting Nehru Fellow at Victoria & Albert Museum London, UNESCO Fellow in Art History, UNSW Fellow at (Sydney), ICHR Fellow for the study of Kalyana Chalukyan Temples and Tagore Senior National Fellow at National Museum Delhi, 2019-2021. She Served earlier as Academic Head, at Chitrakala Parishath and set up the Dept of Art History, at Bangalore University, First Academic Head of IGNCA Bangalore, Professor in Cultural Studies, Manipal University and Retired as Dean School of Humanities and Social Sciences Jain University Bangalore.

An acclaimed academician, visiting Professor in number of Indian and overseas universities and consultant to museums, at present she is the Vice-Chairman of Indian Art History Congress, Founding secretary S R Rao Memorial Foundation, Member of Advisory Board Dharmothana Pratishtana Dharmasthala, Heading the Content and Design team of Kedarnath Project through National Museum under PMO and Ministry of Culture Government of India. Guided 20 PhDs and 20 M Phil's, She has Published 30 books of national importance, like dance and Music in Temple Architecture, 'Arts & Crafts of Indus Civilization' 'Three Volumes - Temples Treasures', 'Enactment of Rituals in Temple Tradition' published by IGNCA Delhi, 'Art of Image Making', 'Rudreshvara (Ramappa) Temple the Crest Jewel of Kakatiya Heritage', Indian Sculpture – A Living Tradition, Dance and Dance Techniques, to name a few. She received prestigious Danachintamani Attimabbe Lifetime Achievement Award from Government of Karnataka in 2019 for her contributions to the field of literature, History and Culture and followed with many more Awards, like Karnataka Honorary Kalashri Award from Govt of Karnataka, Chitrakala Samman, from Chitrkala Parishath, Shastra Kaustubha from Ananya, Chanakya Award, Rukmini Arundale Award to name a few.

3. Dr. Kamal Deep Peter

Dr. Peter's journey is characterized by a relentless pursuit of progress and innovation. With a demonstrated history of expanding the Information and Communications Technology footprint in education, they have left an indelible mark on countless lives. Their proficiency in Communication, Customer Relationship Management, Training Delivery, Management, and Marketing has been instrumental in shaping transformative projects. Dr. Peter's ability to drive projects from concept to execution, tailored to specific needs, highlights their visionary leadership and commitment to excellence. Moreover, Dr. Peter's expertise in establishing and strengthening strategic partnerships with Ministries of Education, Foundations of Education, Non-Profits, and Institutes of Higher Learning underscores their profound understanding of collaboration and collective impact. Dr. Peter's professional journey includes pivotal roles such as Senior Manager of Corporate Citizenship at Oracle India Private Limited, where they spearheaded initiatives aimed at social responsibility and community welfare. Their tenure as Senior Manager of Business Operations at O Force, a strategic arm of Oracle India, further attests to their prowess in driving brand building initiatives with precision and foresight. Before

their corporate endeavors, Dr. Peter served as a Senior Program Manager at Oracle Academy, championing efforts to democratize access to computer science education worldwide. Their roots in education were firmly established during their tenure as a dedicated teacher within the Kendriya Vidyalaya Sangathan, where they laid the groundwork for their future endeavors by fostering innovation and excellence. In conclusion, Dr. Kamal Deep Peter's remarkable journey serves as a testament to the transformative power of education, empowerment, and collaboration.

4. Swapna Jadhav

Swapana Jadhav is a distinguished leader in the realm of talent acquisition, renowned for her expertise in emerging talent recruitment, channel leadership, campus engagement, program management, and account management. With a keen eye for identifying and nurturing potential, Swapana is dedicated to empowering individuals to unlock their fullest potential.

Ambitious and goal-oriented recruitment professional in achieving and delivery against customer/ stakeholder expectations; with 12+ years of recruitment experience in Talent Acquisition, University Hiring and Staffing Operations. Passionate and experienced in partnering with HR and Senior Leaders to design and execute innovative staffing initiatives. Passionate about leveraging social media for recruiting innovation and employer branding.

Specialties: Strategic planning, Process streamlining, Employer branding, Project management, Talent & performance management, Team Management, Ability to conceptualize and anchor key programs at an organization wide level.

As a trailblazer in leadership hiring, Swapana embodies resilience, innovation, and strategic thinking. Her commitment to diversity and inclusion is evident in her efforts to create inclusive hiring practices and foster a culture of belonging within organizations.

Swapana Jadhav's presence at the Women's Day celebration promises to inspire, educate, and empower attendees to embrace their potential and strive for excellence in their respective fields.

5. Noriko Miyamoto

Miss Noriko Miyamoto is a General Manager, the force behind Indian sales and business development, possesses strong leadership qualities and is passionate about fostering business success via efficient sales techniques. And has a great love for Indian food.

6. Kavitha Garla

Kavitha Garla is a dynamic professional with over 25 years of experience spanning diverse industries, including IT, healthcare, and training/coaching. She is renowned for her strategic business acumen, impactful communication skills, and unwavering commitment to empowering individuals and Businesses alike.

Her career is marked by a relentless pursuit of excellence and a genuine desire to make a difference. As a seasoned business builder, she has excelled in sales and business development, consistently delivering innovative solutions and driving tangible outcomes. Her approach goes beyond Conventional practices, focusing on solving complex problems and creating meaningful impact.

Kavitha's belief in continuous growth and exploration led her to embrace new challenges, including modeling. Just before turning 50, she fearlessly stepped into the world of modeling, breaking stereotypes and redefining success. Her successful shoots for renowned brands such as Taneira and Arnav jewelry serve as a testament to her courage and resilience. One of her true passions lies in curating and moderating events. She finds immense joy in bringing together diverse voices, ideas, and perspectives to create impactful and memorable experiences. Whether hosting workshops, facilitating panel discussions, or moderating thought-provoking Conversations, she excels in creating engaging environments where individuals can connect, learn, and grow. Throughout her career, Kavitha has been recognized for her articulate communication skills, her ability to inspire others to reach their full potential, and her dedication to networking. Her contributions have been instrumental in fostering professional growth and driving organizational success.

As a TEDx speaker, Kavitha has shared her insights on topics ranging from business development to personal growth. Her thought-provoking talks have inspired audiences to think differently and strive For excellence. Additionally, her role as a business development consultant has allowed her to leverage her expertise to help organizations achieve their strategic objectives. Kavitha's skills as a moderator and EMCEE are unparalleled, making her a sought-after host for events of all sizes. Her ability to engage audiences and create memorable experiences sets her apart in the industry. Moreover, her role as a YouTube interviewer has allowed her to showcase her interviewing Prowess, bringing insightful conversations to a wider audience.

Kavitha's passion for networking knows no bounds, as she actively seeks opportunities to connect with individuals from diverse backgrounds. Her dedication to building meaningful relationships has been Instrumental in her success. Furthermore, her role as a mentor has allowed her to pay it forward, guiding others on their path to success.



Report on Workshop

SIMS / 2023-24/CDC / WORK/ 02

About	
Workshop Title	Mental Health Awareness
Resource Person(s)	Assistant Professor Mohammed Yusuf Swaroop
Date	31/08/2023
Student Attended	70
Faculty coordinator(s)	Rashmi R Sharma

Objective(s) & Outcome(s)	
Objective(s)	1 To create awareness about mental health
	2 To help students in formulating means of taking care of their mental health
	3 To help students to differentiate between healthy and unhealthy behaviors

Outcome(s)	1	Students prepared their own mental health first aid kit
	2	Students recognized and identified various signs and symptoms of mental distress
	3	Students understood the continuum of mental states


Supporting Documents


Hardcopy	A	Permission letter / Email correspondence	<input checked="" type="checkbox"/>
	B	Brief report with (a) 2 Geo photo (b) 2 photo without geo tag	<input checked="" type="checkbox"/>
	C	Student list / Attendance	<input checked="" type="checkbox"/>
	D	Feedback Analysis (consolidated) with feedback questionnaires	<input checked="" type="checkbox"/>
	E	Student impression (hand written) (any 2)	<input checked="" type="checkbox"/>
	F	Key resource person profile	<input checked="" type="checkbox"/>

Softcopy	Details	File name & URL
	<ul style="list-style-type: none"> Complete document in format with signatures Geo tag photos Photos without geo tag 	<u>File name</u> <u>URL</u>

Verified by		
 Event Coordinator(s)	 Quality Controller	 Steering Committee
 Head of the Department Co-ordinator Department of Arts Soundarya Institute of Management and Science Sidedahalli, Nagasandra Post, Bengaluru - 560 073	 IQAC Convenor SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE BANGALORE-560 073. IQAC	 Principal PRINCIPAL Soundarya Institute of Management & Science Soundarya Nagar, Sidedahalli, Nagasandra Post, Bangalore-73

Student Impression

Student USN	U03K U 2 3 A 000 7
Student Name	Vinod.km
Program	B.A Criminology
Class	1st SEM.
My learning	
We learnt more about Neurotransmitters and their objectives, as well as ps psychology of human behaviour:	
Signature with date :	 6/9/23

Student USN	U03KU23A0002
Student Name	Rehith Chandra BS
Program	BA Criminology
Class	1 SEM
My learning	
Overall it was an interactive session and also it cleared a lot of misconceptions about psychology and mental health.	
Signature with date	 6/9/23

Photos (Geo tag)

WORK No: SIMS / 2023-24/CDC / WORK/ 02

WORK Title:

Mental Health Awareness

Date : 31/08/2023



Photos (without Geo tag)

WORK No: SIMS / 2023-24/CDC / WORK/ 02

WORK Title:

Mental Health Awareness

Date: 31/08/2023





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Bangalore - 73.

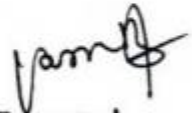
CIRCULAR

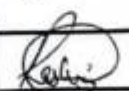

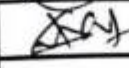



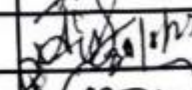

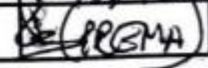
Date: 30/08/2023

Dear students,

Hereby informed to all, the Department of Psychology is conducting a Workshop on the topic of "Mental Health Awareness" dated on 31/08/2023 from 10 AM to 2.30 PM in LH - 305. Students who are interested in the workshop kindly make use of this opportunity and attend the event. All participants will be provided with a participation certificate.

Thank you.


Principal
Soundarya Institute of
Management & Science
Soundarya Nagar, Sidedahalli
Hassaraghatta Post

Sl. no	Class	Signature	Sl. no	Class	Signature
1	I Sem BA		5	I Sem BCA 'B'	
2	I Sem B.com 'A'		6	I Sem B.Sc	
3	I Sem B.com 'B'		7	I Sem B.Sc (Forensic Science)	
4	I Sem B.com 'C'		8	I Sem BBA	
5	I Sem BCA 'A'		9	I Sem BBA Aviation	



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ROAD,
BANGALORE - 73.

Department of Psychology
PsychQuest Club

Presents
In association with IQAC and IIC organises

WORKSHOP ON MENTAL HEALTH

BY



MOHAMMAD YOOSUF SWAROOP

ASSISTANT PROFESSOR

ACHARYA INSTITUTE OF GRADUATE STUDIES

ACHARYA DR. S ACHARYA P O,

ACHARYA DR SARVEPALLI RADHAKRISHNAN RD,

SULADEVANAHALLI, BENGALURU,

KARNATAKA 560107

DATE 31/08/2023
TIME 10:00 - 2:30
VENUE LH - 305

FACULTY CO-ORDINATOR: RASHMI R SHARMA

ALL ARE CORDIALLY INVITED

CEO
Mr. Keerthan Kumar
SIMS

IQAC Co-ordinator
Prof., Rekha C
SIMS

IIC Co-ordinator
Dr. Roopa Shettigar
SIMS

Co-ordinator
Asst. Prof., Ramya HS
SIMS

Principal
Dr. B. A Vasu
SIMS



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SOUNDARYANAGAR, SIDEDAHALLI, HESSARAGHATTA MAIN
ROAD,
BANGALORE - 73.



31st
August
2023

Mental Health
Awareness Workshop

Programme
List

- 01 Anchoring
by Siri Sanjana
- 02 Prayer
by Chandana
- 03 Welcome Speech
by Siri Sanjana
- 04 Guest Profile Reading
By Akash R
- 05 Workshop by the
guest
- 06 Vote of thanks
by Rohit Chandran



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Soundaryanagar, Sidedahalli, Hessaraghatta Main Road,
Bangalore - 73.

Date: 31/08/2023

Workshop Attendance Sheet

(Certificate will be provided for those who have attended both sessions)

Sl no	Name	Stream	Phone	Signature (Morning)	Signature (Afternoon)
1	Shafiyaa. Shaikh	B.Sc F.S	9867866302	Shafiyaa	Shafiyaa
2	Manakshi M.A	B.SC F.S	8050251985	Manakshi	Manakshi
03	Varsha.R	B.SC F.S	9035428939	Varsha	Varsha
04	Champa.K.Hisemath	Bsc F.S	8073322648	C.K.	C.K.
5	Aleena Thomas	B.Sc F.S	702699534	Aleena	Aleena
6	Keerthana.M.	BBA Avi	7624864770	Keerthy	
7	Bhavana.M.	BBA.	8105572408	Bhavana	
8	Kavya.G	BBA	7892924907	K	
9	Likitha.S	BBA	8867047720	Likitha.	
10	Sizi Banjana.S	BA	8310458180	Sizi	Sizi
11	AKASH.R	BA	9148859368	AKASH	AKASH
12	SARANGI P.P	BSC FS	9496673858	SARANGI	SARANGI
13	Bhavani.G.R	BSC FS	7795905794	Bhavani	Bhavani
14	Spoorthi.R	BCA+dohs	8317387155	Spoorthi	Spoorthi
15	VARUN.G	BBA	6762338154	VARUN	
16	B. PRASANNA	RSC FS	9741756750	B	B
17	Suhar.C	BSC FS	6366338982	Suhar.C	Suhar.C
18	Shardha.M	B.Com	9741629754	Shardha	
19	Ankith Kumar	B.COM	8307842378	Ankith	Ankith

Sl no	Name	Stream	Phone	Signature (Morning)	Signature (Afternoon)
20	Tejaswini B.R	B.com	966315580	Tejaswini B.R	Tejaswini B.R
21	Kavana B.L	B.com	8197688650	Kavana	Kavana
22	Shamiksha M	B.com	7204459897	Shamiksha	Shamiksha
24	Sneha B	B.com	8088667499	Sneha	Sneha
25	Deepika R	B.com	9902524959	Deepika	Deepika
26	Kreuthi P	B.COM	9611954469	Kreuthi P	Kreuthi P
27	Pooja	B.com		Pooja	Pooja
28	Gragana shree	B.com		Gragana	Gragana
29	Deekshitha D	BBA		D	
30	Keerthana M.	BBA Avi		Keerthy	
31	Abhishek V.	Bsc FS	9019476334	Abhishek	Abhishek
32	Ganesh N.	KSC FS		Ganesh	Ganesh
33	Shruthi N	Bsc FS	7676848616 9663042248	Shruthi	Shruthi
34	Rohula	BSC FS	7676848616	Rohula	Rohula
35	Pavani M.K	B.com	8088176433	Pavani M.K	Pavani M.K
36	Sandhya S	B.COM	8431545182	Sandhya	Sandhya
37	Sneha L.T	BSC (FS)	8147606639	Sneha	Sneha
38	Sahas	BSC (FS)		Sahas	
39	Pratham	BSC (FS)	817738183	Pratham	Pratham
40	Tigmet Anuro	BSc (F.C)	9596866252	Tigmet	Tigmet
41	Tanuja	Bsc (FS)		Tanuja	Tanuja
42	Sneha S	Bsc (FS)	9008000318	Sneha	Sneha
43	Lekitha B	Bsc (FS)	63666820	Lekitha	
44	Sushrutha S	Bsc fs	9964883848	Sushrutha	Sushrutha

Sl no	Name	Stream	Phone	Signature (Morning)	Signature (Afternoon)
45	Rohith.	BA	6258512664		
46	Vikas .K. gonela	BCA			
47	Tejaswini. V	Bsc(Fs)		Tejaswini	
48	Jeevitha. P	B.com	9353911169		
49	Yashumadh	BSc(FS)			
50	Nanika J	BSc(FS)	6364851061		
51	Keethana. C	Bsc(FS)	8095949661	Keethana	
52	Gagana Shree .K.B	Bsc(FS)		Gagana Shree	
53	Prathibha. N	BSc(FS)			
54	Keethana. S.	BSC(FS)	7411097506		
55	Disha . .K.	BSC(FS)	9353402933		
56	Akshitha Praveer	BSc Fs			
57	Sreethi. S	B. Com	7483672170		
58	Kavana. H. N	B. Com	9343072009	Kavana ^{HN}	Kavana HN
59	Sahana. M	B. Com	8296726979	Sahana M	Sahana M
60	Essa	B. Com	6361838165	Essa. P	Essa. P
61	Chandana. R	BA	6362852128		
62	Shreya. G. S	B. Com	6360672261	Shreya	
63	Shashikiran	B. Com	8967208821		
64	Harsitha	BBA	9019717650		
65	Sunil	BBA	8310605144		
66	Sankash	BBA	6364434453		
67	Nanoj. R	BBA	9731502734		

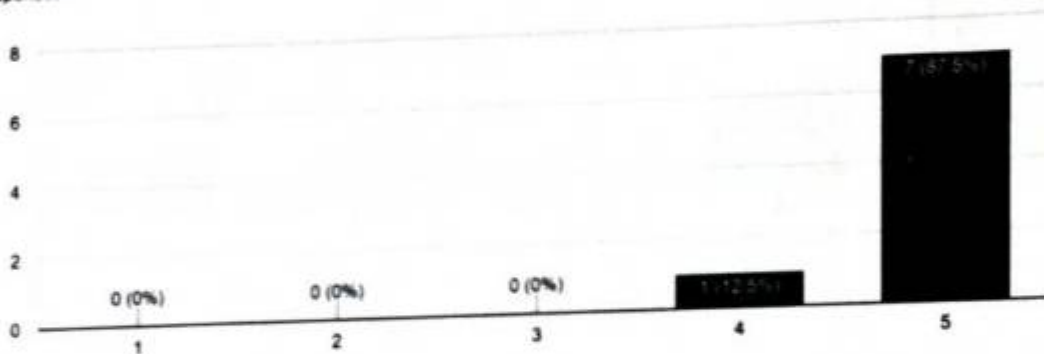


Soundarya Education Trust (R)
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Bangalore – 73.

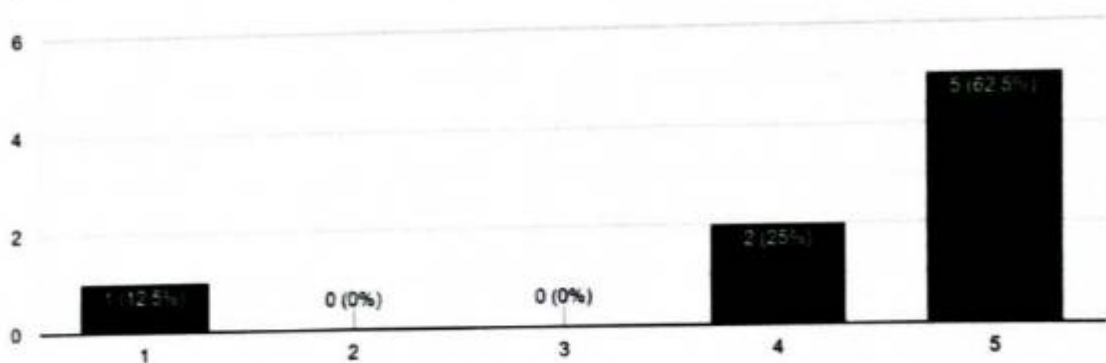
Department of Psychology
Workshop Report

Feedback for the event was collected through google form. Feedback result is as follows:

How informative was the session
8 responses

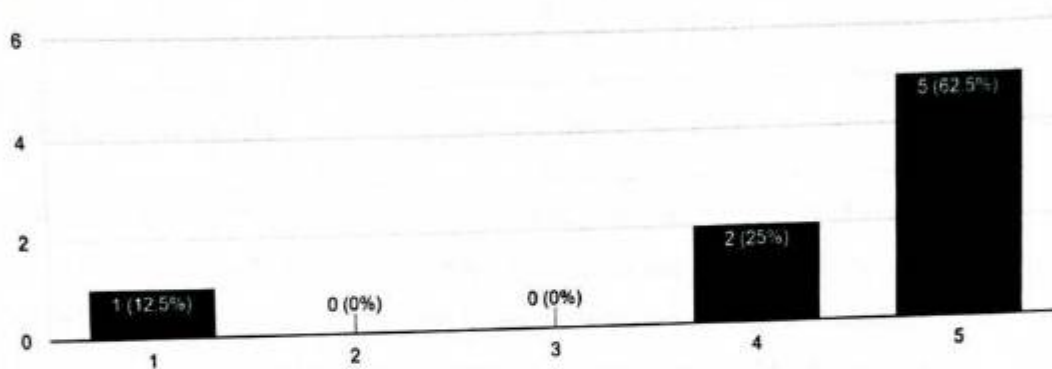


How do you rate the content / activity of the session
8 responses



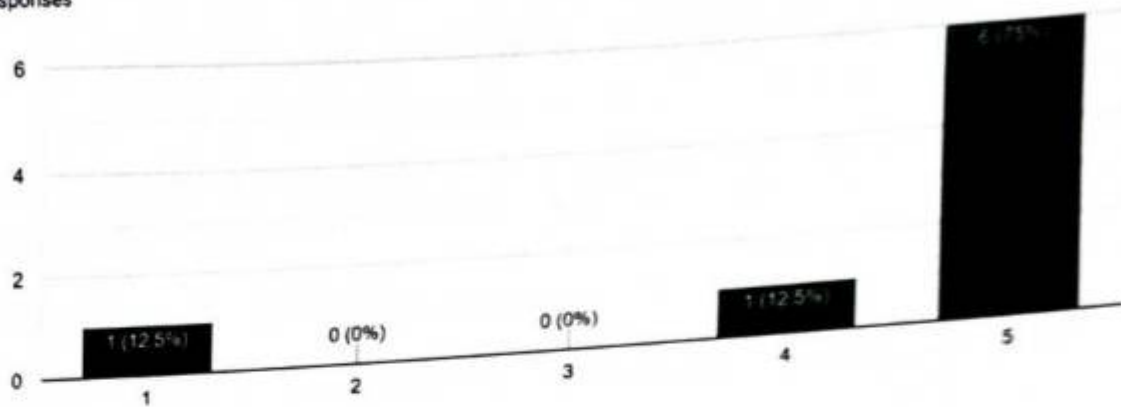
How effectively did the resource person deliver the content?

8 responses



How would you rate the overall session

8 responses



Action Taken Report (ATR)

The one day workshop titled "Mental health Awareness" with the objective of creating awareness about mental health among undergraduate students was a successful event. Students present in the workshop were enthusiastic and highly responsive to the speaker during the session. They also expressed their interest in bettering their own mental health status and in understanding certain other aspects of psychology. Through feedback analysis showed both their opinion on the current program and their interest area for further events. Taking this into consideration, we hope to conduct similar events in the future to cater to students' personal and professional development.


Event Coordinator

HOD


PRINCIPAL
Todya Institute Of Management & Sciences
Soudarya Nagar, Sivajinagar
Tumkur Dist. Karnataka - 560 077

Profile details of the resource person

Mohd Yousuf Swaroop, Assistant Professor in Psychology, Acharya Institute of Graduate Studies Bengaluru since January 2020.

Junior Research Fellow in the Dept of Psychiatry, Yenepoya Medical College Hospital, Mangalore, August 2018 - July 2019.

Junior Research Fellow, Center for Palliative Care, Yenepoya Medical College Hospital Mangalore, August - December 2019.

M.Sc Psychology from St. Agnes College, Mangalore 2016-18

BA Psychology, Criminology, Literature, School of Social Work, Roshni Nilaya, Mangalore, 2013-16.

Soundarya Educational Trust (Regd.)



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NAAC 'B+' Grade Accredited Institution



Ref:SIMS:83:2023-2024

31.8.2023

To:

Mr.Mohammad Yoosuf Swaroop
Asst. Professor
Acharya Institute of Graduate Studies
Soladevanahalli
Bengaluru.

Respected Sir,

Subject: Letter of Appreciation

Thank you very much for accepting our invitation to be the Guest Speaker and delivering an informative lecture during the Workshop on 'MENTAL HEALTH AWARENESS' for our I year degree students organised by the Dept. of Psychology, Psych Quest Club in association with IQAC held on 31st Aug. 2023 in our SIMS campus.

We appreciate and express our gratitude for spending your valuable time and rich experience for the good cause of Students health & education.

Thanking you,

With kind regards,
Principal

**Soundarya Institute of
Management & Science**
Soundarya, Nagasandra, Soladevanahalli,
Nagasandra Post, Bengaluru-7.

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*Department of Psychology,
In association with IQAC, and IIC*

Certification of Participation



This certificate is proudly presented to _____ For
successfully participating in the “**Mental Health Awareness Workshop**” held on
_____ by the department of Psychology, Soundarya Institute of
Management and Science in association with IQAC and IIC. We highly appreciate
his/her active participation to wards the successful completion of the program.

Principal
Dr. B.A Vasu
SIMS

IQAC Co ordinator
Prof., Rekha
CSIMS

Coordinator
Asst. Prof., Ramya HS
SIMS

Event Coordinator
Asst. Prof., Rashmi Sharma
SIMS

IIC Coordinator
Dr. Roopa Shettigar
SIMS

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SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE

Soundarya Nagar, Sidedahalli, Bangalore – 560073
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REPORT ON INTERNATIONAL WOMEN'S DAY-2022

Event Name: International Women's day

Date: 08-03-2022

Venue: OCARINA

Time: 10.30 AM -12.30 PM

Beneficiary: Students & Faculties

International Women's Day is celebrated the world over, every year on the 8th 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 were spurring women to become more vocal and active in campaigning for change.

Objective

To create awareness of gender equality for a healthy society. Also, the milestone to be reached is the basic information for a girl child in every family education will during awareness among the society which will further result in the overall development of the nation and its community.

Details of the Program

UNNATI-The Ladies Association of Soundarya Institute of Management and Science in association with IQAC organized International women's day on 08th of March, 2022 on the Theme of "Gender equality today for a sustainable tomorrow". The chief guest for the event was Ms. Spoorthi Vishwas, Founder of KWAA awards, IWAA awards, Director of Dream Big vision Pvt. Ltd., leadership coach, success mentor, and India's leading personal branding expert.

During the event, Ms.Spoorthi Vishwas addressed that girls should know their right to defend themselves and be careful against crimes against women she Also shared her tales of struggle

and success. Further, she said, gender equality is very important for a healthy society. Every family must give basic education to the girl child to reach the milestone to be reached. This will bring awareness among the society which will further result in the overall development of the nation and its community.

Other guests of honor during the event were women entrepreneurs from PIA and FKCCI such as Y G Padma, Radhika Setty, Asifa Banu, Tejashree Narayan, and T H Patil treasurer PIA. Each eminent personality spoke about their success journey to all the students of SIMS and inspired them to be independent and strong women in society. SIMS recognized and awarded all of them as Soundarya Women Achiever award and also the Menial staff were recognized for their efforts towards the institution with a token of love from UNNATI.

The event took place in the presence of Dr. Suresh C Hegadi, Principal, SIMS, Sri K Mathai, Administrative Director, SET, Managing Trustee of SET Mr. Varun Kumar and Dr. Pratiksha Keerthan Kumar, HODs, Faculties and students of SIMS

Event enthusiastically hosted by Ms. Dhanyalkashmi, 5th-semester student and joint secretary of student Council. The event was successfully coordinated by Mrs. Ramya Seshadri, Mrs. Prithvi heggade, and Mrs. Thanuja, Asst. Professor, Department of Commerce, SIMS.

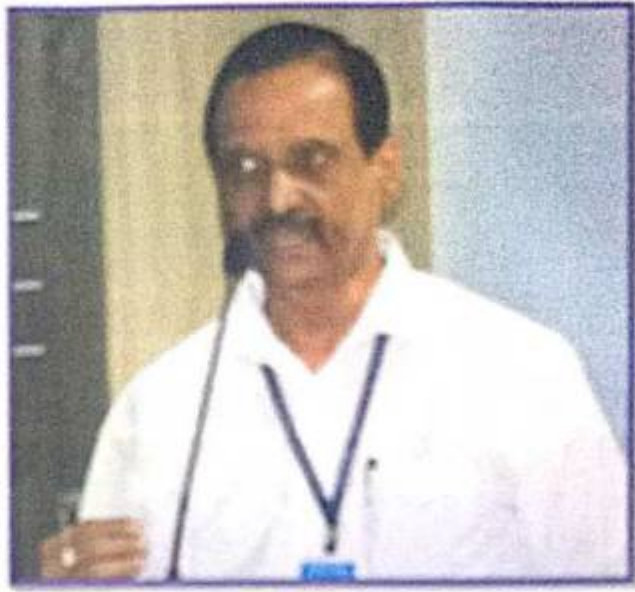

COORDINATOR

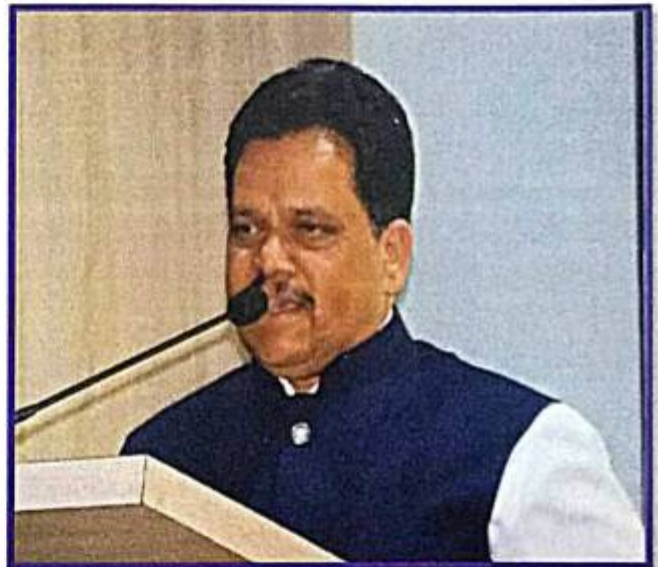

VICE-PRINCIPAL
Vice-Principal
Soundarya Institute of
Management & Science
Soundarya Nagar, Sidedahalli,
Nagasandra Post, Bengaluru-73


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

Snapshots of the Event









Shreya
COORDINATOR

[Signature]
VICE-PRINCIPAL
Vice-Principal
 Soundarya Institute of
 Management & Science
 Soundarya Nagar, Sidedahalli,
 Nagasandra Post, Bengaluru-73

[Signature]
PRINCIPAL
Principal
 Soundarya Institute of
 Management & Science
 Soundarya Nagar, Sidedahalli,
 Nagasandra Post, Bengaluru-73



INTERNATIONAL
Women's
DAY

Soundarya Institute of Management and Science
In association with IQAC

International Women's Day 2022
08 March 2022

" Gender equality today for a Sustainable tomorrow "

CHIEF GUEST



SPOORTHI VISHWAS

Founder - KWAA Awards, IWAA Awards
Director - Dream Big Vision Private Limited.
Leadership Coach | Success Mentor
India's Leading Personal Branding Expert



Principal
Soundarya Institute of
Management & Science
Soundarya Nagar, Sideohalli,
Nagasandra Post, Bengaluru-7A

SOUNDARYA EDUCATIONAL TRUST
SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE
Soundarya Nagar, Bangalore 560073

UNNATI- INTERNATIONAL WOMEN'S DAY – 2022

Theme: Gender Equality Today for a Sustainable Tomorrow

PROGRAMME SCHEDULE

Venue: Ocarina Time: 10.30 AM Date: 08.03.2022

EVENT	TIMINGS
10.30 -10.40 AM	Introductory remarks, Invocation, Welcome and Lamp Lighting
10.40 -10.55 AM	Chief guest speech and Felicitation
10.55- 11.40 AM	Keynote address and felicitation
11.05 am	Y G Padma, PIA
11.10 am	Ms. Radhika Shetty, CEO, INCITE CAM CANTRE
11.15 am	Ms. Latha Girish – Founder&Director of Fortifori Plastics Pvt Ltd and Elgee Technologies pvt ltd.
11.20 am	Ms. AsifaBanu – Trustee, Samagratha Foundation
11.25 am	Tejashree Narayan – Director, Naxeve Group of companies & Member of FKCCI, AWAKE
11.30 am	Sri Shiva Kumar - founder of trinity NDT
11.40 am	Felicitation
11.45-11.50 AM	Song by Mr. Hemraj, Asst.Prof, SIMS
11.50 -11.55 AM	Speech by Mr.K Mathai Director, SET
12.00-12.05 PM	Poetry by Arjun, I B.COM
12.05 -12.10 PM	Presidential Remarks by Dr. Suresh C Hegadi, Principal, SIMS
12.10-12.15 PM	Vote of thanks by Likitha B V III sem B.Com

Anchoring: Ms. Dhanyalakshmi V sem




Principal
**Soundarya Institute of
Management & Science**
Soundarya Nagar, Sideahalli,
Naansandra Post, Bengaluru-73

Soundarya Institute of Management & Science

Soundarya Nagara, Sidedahalli,
Nagasandra Post, Bangalore-560073.

LADIES ASSOCIATION -UNNATI

In association with IQAC, SIMS

CIRCULAR

3rd March 2022

Dear Faculty members,

On the eve of International Women's day, Ladies Association - UNNATI has organised a Felicitation programme to honour our Menial Staff (Ladies) on 8th March 2022 in OCARINA at 9.30 am.

Hence, requesting all faculty members to contribute Rs.200/- per head as a part of token of love to be given to our Menial Staff (Ladies) to your respective HODs before 3 pm of 4th March 2022.

Expecting your kind co-operation in making the event a grand success.



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





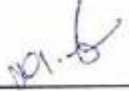




Ladies Association President
SIMS.

Soundarya Institute of Management and Science
Sidedahalli, Soundarya Nagar, Bangalore-560073

UNNATI - 2022

INTERNATIONAL WOMENS DAY 8th March 2022

04/03/2022

Committee	Name of the faculty	Roles and Responsibilities	Signature
STAGE	Sandya Swathi Dr. Asha Chethana Rajendra	<ul style="list-style-type: none">• Stage, lamp, bouquet, decoration• Felicitation of guest• Co-ordinate with anchor	 
TREASURER	Ms. Prithvi Hegade Thanuja Malar	<ul style="list-style-type: none">• Budget	
GUEST & STALL INCHARGE	Ms. Ramya Seshadri Ms. Kanchana mala Ms. Prema	<ul style="list-style-type: none">• Guest transportation• Stall arrangements	
GUEST HOSPITALITY	Ms. Sunitha Ms. Nagashree Ms. Pavithra	<ul style="list-style-type: none">• Guest receiving• Guest refreshments	
FOOD	Ms. Sheetal Ms. Mamatha	<ul style="list-style-type: none">• Faculty, parents, students food coordination	
GIFTS(M.STAFF)	Ms. Ramya Seshadri Ms. Malar	<ul style="list-style-type: none">• Purchase and packing of gifts	
CULTURAL	Ms. Ramya Ms. Shambhavi Mr. Hemraj	<ul style="list-style-type: none">• Arrangement Cultural programs and coordination	


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Sandra Post, Bengaluru-73


CONVENOR
LADIES ASSOCIATION



Search all conversations



99+

Greetings from Soundarya! Invitation for International Wor



Ramya Ramya

Dear Spoorthi Vishwas, Mentor/ Entrepreneur/ Leadership Coach Greetings from Soundarya Inst



Ramya Ramya

to prithviheggadem, me

----- Forwarded message -----

From: **Spoorthi Vishwas** <spoorthi@kwaawards.com>

Date: Tue, 1 Mar 2022 at 2:23 PM

Subject: Re: Greetings from Soundarya! Invitation for International Women's Day 2022

To: Ramya Ramya <sims.placements@soundaryainstitutions.in>

Dear Ramya,

Greetings of the day!

Kind of you to invite me for the Women's Day Celebration at SIMS as the Chief Guest. It will be my t
recognising me with an award as 'Indegious Leader'. I confirm my presence for this special event on

Kindly indicate if there is any particular subject you would like me to address, number of audience &

Also PFA my photograph, profile & write up with this email. I request you to share the Official invitati

I look forward to the event & to meet the management & all the young aspiring students.

Warm Regards



Search all conversations



99+

Greetings from Soundarya! Invitation for International Wor



Ramya Ramya

to spoorthi, bcc: me

Dear Spoorthi Vishwas,
Mentor/ Entrepreneur/ Leadership Coach

Greetings from Soundarya Institute of Management & Science!

SIMS is one of the pioneers in education imbining values through excellence. SIMS has verticals in 1 Graduate Programs. As a distinguished name amongst the womenfolk, your opinion is important to ! college on the 8th of March 2022 at 10.30am i.e. on Tuesday and deliver the Keynote address. SIM: it as a matter of great pride if you are amongst us on this special day

Your time is precious and that is why we planned this brief (60 minutes), well-organized event on 08! the success of the Soundarya Institute of Management and Science to enable us to have more self-

Note : Request you to share your profile

Regards
Ramya Sheshadri
Manager - Training & Placements
9606245769



Ramya Ramya

----- Forwarded message ----- From: Spoorthi Vishwas <spoorthi@kwaawards.com> Date:

Ramya



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SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE

SOUNDARYA NAGAR, SIDEDAHALLI, NAGASANDRA POST, BANGALORE-73

LADIES CLUB REPORT 2020-2021



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Soundarya Nagar, Sidedahalli,
Nagasandra Post, Bangalore-73.

Soundarya Educational Trust(R)
Soundarya Institute of Management & Science



Action Plan 2020-21

Sl.No.	Month	Activity
1	June	<ul style="list-style-type: none">• Inauguration of Ladies Club for the academic year 2020-21• Launch of Women Entrepreneur cell Unnati• Release of Newsletter Dwani
2	June	<ul style="list-style-type: none">• Vicharika – Faculty development program on Women’s health and mind.
3	January	<ul style="list-style-type: none">• National Girl Child Day Celebration
4	March	<ul style="list-style-type: none">• International Women’s Day Celebration
5	May	<ul style="list-style-type: none">• Ways to improve women’s financial health

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Name of the Event:	Vicharika – Faculty development program on Women’s health and mind.
Date-Day-Venue	9-6-2020 to 19-6-2020
Objectives:	To Stay healthy in our mind and body To share immunity booster tips during this covid-19 days To share ethical , moral or any other current topics
Beneficiary:	All Lady Faculties of SIMS
Outcome:	Lady Faculty will be able to spend a quality time in understanding valuable healthy tips that she can implement in her home as well as in her class room By attending the program faculty, a positive vibes is created and make faculty assignments more productive.
Report:	Vicharika– Faculty development program on Women’s health and mind was inaugurated by Dr. Suresh C Hegadi with the presence of IQAC Coordinator Mr. ShivakumarGanachari and Convenor Ms. Rekha.C.The program was well designed to meet the above objectives. Faculty members are made to assemble in yoga hall on all Tuesday, Wednesday, Thursday and Friday from 9-6-2020 to 19-6-2020. The program begins with taught for the day followed by meditation and yoga. Ms.Divyashree from Computer Science Department, Ms. Pavitra from BBA Department were the mentors for yoga and meditation session. Mr. Varun Executive member of SET also trained the staff on Original exercise. At the end of the session, faculty members use to share the immunity booster tips.





A handwritten signature in green ink, consisting of stylized, cursive letters.

PRINCIPAL

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




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Nagasandra Post, Bangalore-73.



SOUNDARYA INSTITUTE OF MANAGEMENT AND SCIENCE

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INAUGURAL FUNCTION OF LADIES ASSOCIATION

2015-16

Venue: OCARINA

Timings: 2 P.M

Date: 05-08-2015

- INVOCATION : Ms. Vinaya & team
(Students of III sem B.Com)
- WELCOME SPEECH : Ms. Amrutha
(Final year BCA)
- LIGHTING OF THE LAMP : All Dignitaries on the Dias
- CHIEF GUEST'S INTRODUCTION : Mrs.Prithvi Heggade M.P
- HONOURING OF THE GUEST : All the Dignitaries
- INAUGURAL SPEECH : Dr.VIJAYALAKSHMI BALEKUNDRI
-Professor of Pediatric Cardiology
Sri. Jayadeva Institute of Cardiovascular
Sciences and Research India
Bangalore.
- PRESIDENTIAL REMARKS : Sri.SOUNDARYA P MANJAPPA
Chairman, SET ®
- VOTE OF THANKS : Ms. Bindu
(First year B.Com)
- ANCHORING : Ms. Archana
(First year B. Com)

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Name of the event	National Girl Child Day
Date & Venue	24/01/2021 , Ocarina
Objectives	To educate students on rights of a girl child in India
Beneficiary	All aspirant students
Number of Participants	200
Expected Outcome	<p>→ Students get information about the provisions made by Constitution of India.</p> <p>→ Students get information on various policies that are in enforcement currently.</p>
Brief Report	The celebration of National Girl Child Day has always been on top priority in the institution. Coincidentally the academic admission of SIMS has been embraced by more girl students only. The celebration offered the stage for Online National Level Quiz between 24 th and 26 th January 2021. A group of alumnae of SIMS were felicitated as a token of acknowledgement for their academic excellence.

Photo Gallery

Soundarya Education Trust (R)
Soundarya Institute of Management and Science
 1st B Main Road, Soundarya Nagar Sadedahalli, Nagasandra Post, Bengaluru, Karnataka 560073

SIMS-Ladies Club in association with IQAC

celebrates
National Girl Child Day
24th January 2021

Online National Level Quiz is organized from 24th to 26th January 2021

Participation is Free
 Participant will receive e-Certificate

Soundarya Educational Trust ®
Soundarya Institute of Management and Science



Name of the event	International women's day
Date & Venue	08/03/2021, Ocarina
Objectives	To promote empowerment and well-being of the women
Beneficiary	All the aspirant participants
Number of Participants	100
Expected Outcome	<p>→ The aspirants get to know about law & order in enforcement to guarantee the well-being of the women</p> <p>→ The aspirants get inspired by the women achievers who were felicitated in the occasion.</p>
Brief Report	<p>The day was celebrated with great enthusiasm as the pedestal was bestowed by a dynamic person who embraced the occasion as a chief guest "Dr. Aishwarya S V, Medical Officer, Shankarnagar, BBMP. The guest educated the audience on Covid-19 which was found very essential. A senior faculty Prof. Gayathri Devi was felicitated as an acknowledgement of her service to the firm. The students achievers were honored for their excellence in academic performance.</p>

Photo Gallery





Soundarya Educational Trust(R)

Soundarya Institute of Management and Science

1st B Main Road, Soundarya Nagar Sidedahalli, Nagasandra Post, Bengaluru,
Karnataka 560073



SIMS Ladies Club

In association with IQAC & Student Council

Cordially invites you for celebration of

≡ International ≡



8th
March
2021

Chief Guest

Dr Aishwarya S.V

Medical officer Shankarnagar BBMP
spew up task for Covid-19 (Asha Karyakartha)

Presided by

Mr. Keerthan Kumar

CEO, SET

Dr. Suresh C Hegadi

Principal, SIMS

Guest of Honor

Prof. Gayathri Devi

Senior Faculty, Dept. of Hindi, SIMS

Student Achievers :

A
L
U
M
N
I

Ms. Madhushri

[2015-2018] batch
Gold medalist

A
L
U
M
N
I

Ms. Vanishree D K

[2016-2019] batch
Health and Fitness Coach

A
L
U
M
N
I

Ms. Ramyashree

[2017-2020] batch
Sports Achiever – Throw ball

A
L
U
M
N
I

Ms. Tejaswini

2014-15 batch
Senior Financial Analyst.
ABB

Current
Batch

Ms. Vaibhavi

[2019-2022] batch
Sports Achiever - Athletic

Venue :

Amphi theatre

Time :

8.30 – 9.30 am

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Name of the event	Ways to improve women's financial health
Date & Platform	28/05/2021, Webinar
Objectives	To create the different avenues to stable economic status of the women
Beneficiary	All the aspirants
Number of Participants	200
Expected Outcome	→ The aspirants are directed to the various ways of improvising financial status. → The aspirants are made understood about the various schemes made available by the government.
Brief Report	The platform turned out to a grand success as the audience found the idea of improving women's financial health as a very fundamental necessity of the hour. The key speaker Mr. Aiyappan, CFA, FRM, elated the aspiring young women with numerous possibilities to generate avenues to gain financial freedom. The session was witnessed on the platform of Zoom Meet. It was very inspiring as the audience expressed their queries and well benefitted the session.

Photo Gallery

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Soundarya Institute of Management and Science
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Bengaluru, Karnataka 560073

SIMS – Ladies Club in association with IQAC

The Ladies Club

Webinar on
**Ways to improve your
Financial Health**

Speaker 



Mr. Aiyappan CFA,FRM

Date : 28th May 2021
Time : 5.00 pm – 6.30 pm

Platform : 

|| Cordially invited ||

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Name of the Event:	(a) Inauguration of Ladies club activities 2019-2020 (b) Inauguration of Women Entrepreneurs Wing – Unnati (c) Release of first edition Newsletter “Dwani”
Date-Day-Venue	17-8-2020 - Saturday at 9.30 am - Ocarina
Objectives:	Ladies club aims to provide young women with a structured and supportive space to learn about healthy femininity and redefine what it means to be a strong woman
Beneficiary:	Students , Faculty members and Non-teaching staff
No. of participate:	200+
Expected Outcomes:	<ul style="list-style-type: none"> Organizing various activities, the club aims to increase self-esteem and personality development programs among students and faculty community. Unnati is a space to discuss difficult & current issues there by making students into self-aware, self-reliant and confident young woman. Dwani is the reflection on the activities and actions taken by Ladies club periodically.
Brief Report	<p>SIMS Ladies club was Inaugurated on 17 th August, 2019 in Ocarina. Mrs. B.R. Poornima, state coordinator, Entrepreneurship Development Institute of India (EDII) was the chief guest for thefunction . Smt. SunithaManjappa, Managing Director, SET and Smt. BhavanaBhandekar, Dean Academics, SET was presided over the occasion.</p> <p>Ms. Rekha.C, Convener of Ladies club welcomed the gathering and briefed the objective of vision of the ladies club . Mrs. B.R. Poornimadelivered the talk and motivated young student folks by encouraging theirinterests towards entrepreneurship and highlighted on the various opportunitiesavailable from the different government and private agencies. Smt. BhavanaBhandekar in her talk pointed out the initiation, innovation and risk takingability is very much needed to the young entrepreneurs. The club also released the news letter “Dwani” first version.. Finally, Mrs. Ramyasheshadri proposed the vote of thanks.</p>


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



Chief Guest : **B.R Poornima** State Coordinator Entrepreneurship Development Institute of India (EDII)
 Presided by : **Smt. Sunitha Manjappa**, Managing Director, Soundarya Education Trust





Soundarya Educational Trust(R)
Soundarya Institute of Management & Science

Soundarya Nagar, Sidedahalli, Hesaraghatta Main Road, Bangalore -73

ADVANCING
WOMEN BY
GATHERING
THEM TOGETHER



Inauguration & Release of Newsletter



Unnati

The Women
Entrepreneurs
Wing

Chief Guest

B.R Poornima
State Coordinator
Entrepreneurship Development
Institute of India (EDII)

All are Cordially invited
The Ladies Club
SIMS

Dwani



The News letter

Presided by

Smt. Sunitha Manjappa
Managing Director
Soundarya Education Trust

Date : 17th August 2019
Venue : Ocarina

Day : Saturday
Time : 9.30am

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

Version 1.0 , August 2019



Soundarya Institute of Management & Science



Dwani

a network of young minds and community spaces



The Ladies Club

**ADVANCING WOMEN BY
GATHERING THE M TOGETHER**

The Ladies Club

aims to provide young women with a structured and supportive space to learn about healthy femininity and redefine what it means to be a strong woman

The Club Provides :

- Access to positive female mentors
- Fun environments
- Healthier understandings of womanhood and femininity
- Increased self-esteem and personality development
- Conflict resolution skills
- Challenging the images and "dominant stories" they see in the media , their communities and across the globe.

we transform what it means to be a woman by creating **safe spaces** to discuss difficult issues, involvement in this **revolutionary** program can be the **catalyst** for maturation into a **self-aware** and **confident** young woman.

Unnati – The Women Entrepreneurs Wing is a new initiative program from the SIMS Ladies Club. The program inaugurated on 17th Aug, 2019



Unnati
The Women Entrepreneurs Wing

B.R Poomima
State Coordinator
Entrepreneurship Development
Institute of India (EDII)

The Ladies Club

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women
engaging
educating
empowering



Ladies Talk

Upcoming Events

Artesian Show Case
through State Dance
Workshop
Installation of Sanitary
Napkin Vending Machine
@ Girls rest rooms

Article writing contest –
“A period should end a
sentence, Not a Girl's
Education”

The Contents



Advancing Women in Product



WOMEN'S STORE

Women's Store



Little Women Author



Women Leaders



Women in Business

The Ladies Club

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Time of the Event:	
Date-Day-Venue	
Objectives:	<ul style="list-style-type: none">•••
Beneficiary:	
No. of participate:	
Expected Outcomes:	
Brief Report:	on "Women in Science" on 16




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Name of the Event:	Awareness Program on PradhanaMatriyogana for Class D Employees
Date-Day-Venue	31-8-2019 –Saturday-Computer Lab
Objectives:	To create awareness on various schemes under PradhanaMatriYogana and to assist the class-D employee on how to avail these schemes.
Beneficiary:	Students , Faculty members and Non-teaching staff
No. of participate:	200+
Expected Outcomes:	About 20-25 class D employees took advantage of the program. They were assisted by the group of students and staff through help desk.
Brief Report	On 31-8-2019, Unnati the Entrepreneur wing of Ladies club in association with Department of Computer Science organized an awareness program on PradhanaMatriYogana for all Class-D employee. In this session student coodinatorsHarshita, Kavya and Maryarchana gave details about Pradhan MantriSurakshaBimaYojana, Jan DhanYojna, Prime Minister UjjwalaPlan,Prime Minister JyotiJyotiBimaYojna. At the end of the session a handnote on various schemes were also distributed to the participants. A Help desk was opened for 3 days to assist the people who wants to know more about the scheme and also for opening an account tin the bank. The event was coordinated by Prof.Madhumita ,Asst. Professor computer science under the guidance of Prof.RekhaC. HOD -Computer science and Unnati-Convenor.



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UNNATI

Name of the Event:	World Entrepreneurship Day
Date-Day-Venue	21-8-2020- Wednesday-2.00pm-Ocarina
Objectives:	Celebration of Entrepreneurship day and to introduce the young and successful entrepreneur Dr. Swetha Sandesh from Niranthara Scientific Pvt. Ltd.
Beneficiary:	All aspirants students
No. of participate:	100
Expected Outcomes:	Students understood how to develop a desi product into global standards (market).
Brief Report	 <p>Dr. Swetha Sandesh Founder and CEO Niranthara Scientific Pvt. LTD</p> <p>World Entrepreneurship Day was celebrated in association with Placement Club TrailBlazer. Dr. Swetha Sandesh was the chief guest. She gave an insight on how Tender coconut can be good non-preservatives product which is hygienically processed and are sold as Tender coconut poppies, Chilled tender coconut water, polished tender coconut, tender coconut ice creams etc. Madam also explained other products which is used in the field of agriculture science, health sector and life sciences. The session was very informative and it indeed a very good input for those students who really want to start a start ups in the rural region.</p>





Soundarya Educational Trust ®

Soundarya Institute of Management & Science

Soundarya Nagar, Sidedahalli, Nagasandra Post, Bangalore-73
NAAC Accredited Institution | Affiliated to Bangalore University



Internal Quality Assurance Cell

in association with

DEPARTMENT OF PLACEMENTS & TRAINING

& Unnati (Womens Wing)



TrailBlazers



Inaugural of Placement Club

Celebrates World Entrepreneurship Day

On Wednesday, 21th August, 2019 at 2:00 PM

Venue: Ocarina

CHIEF GUEST

Dr. Swetha Sandesh (Founder & CEO)

Niranthara Scientific Pvt. Ltd.

GUEST OF HONOR

Sri. Keerthan Kumar. M

CEO, SET

PRESIDENT

Dr. Suresh C Hegadi

Principal, SIMS

All are cordially Invited

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UNNATI

Name of the Event:	Article writing
Date-Day-Venue	23-9-2019 to 28-9-2019 [offstage]
Objectives:	To encourage students to explore their creativity in writing skills and create a platform to showcase their critical thinking.
Beneficiary:	All aspirants students
No. of participate:	8
Expected Outcomes:	Best Articles will be published in DWANI – newsletter of Ladies club
Brief Report	<p>The Competition was opened to all the students of UG students. Students are required to write article about 500 – 800 words on any one of the topic during their free period or at home and can submit to Ms. Rekha.C on or before 28th September 2019.</p> <ul style="list-style-type: none">* Women and Environment* Women and Science & Technology* Women and Media* Leadership and Women* Entrepreneurship and Women* Women and Politics


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← [Icons] 7 of 7 < > ⚙

Quote for Sanitary Napkin Vending Machine & Sanitary Napkin Destroyer

WOMEN WING

prabhu Byakod <sales@naturecaresolutions.com>
to me

Tue, Sep 17, 2019, 11:07 PM ☆ ↶ ⋮

Dear Sir/Madam

We thank you for your enquiry for Sanitary Napkin Pad Vending Machine & Sanitary Napkin Destroyer.

We are the leading manufacturers of Sanitary Napkin Pad Vending Machine & Sanitary Napkin Destroyer and dealers in Sanitary napkin Bins, Sanitary Napkins & Waterless Urinals, "Zeroflush"

Our company is ISO 9001: 2015 Certified & Products are CE Mark.

We have installed more than 1000 equipments in Bangalore city alone , Mainly places like Bangalore International Airport, High Court Bangalore, Christ University, High Schools, Colleges, Universities, Institutions, Ladies Hostels, Corporate offices & IT Companies many more places, List attached. We manufacture above equipments, after sales, deliver it to your place, install in respective washrooms, Show demo to user, Supply quality Napkins for Vending Machines, as & when you require, we can also customize these equipments, we having best quality service net work 24/7.

Please find attached details with our best quote for the same.

Looking forward to receive your positive response at the earliest, in case of any queries please feel free to call us/ mail us.

Thanking you, assuring of our best services at all times.

With best Regards,

Nature Care Solutions

Proprietor

Bangalore-560043

M, 9845105523, 9739257626,

<http://www.naturecaresolutions.com>


6 Attachments



UNNATI

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Name of the Event:	Building Story board
Date-Day-Venue	4-11-2019 to 9-11-2019 on Women Achievers
Objectives:	<ul style="list-style-type: none">• To identify and encourage creativity taught through story building activity• To enhance the presentation skills through technology
Beneficiary:	All aspirants students
No. of participate:	20
Expected Outcomes:	<ul style="list-style-type: none">• Creation of Story board showcases the critical and imaginative taught of students• Help the students to make best use technology for better presentation.
Brief Report	<p>The Competition was opened to all the students of UG students. About 20 students took initiative of creating story board out of which 2 teams came out with women achievers blog with audio data.</p> <p>Story Board QR-CODE</p> 

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Name of the Event:	National Girl Child Celebration Collage on "SAVE GIRL CHILD"
Date-Day-Venue	24-1-2020 - Friday - Ocarina
Objectives:	To educate students on Rights of a Girl Child in India
Beneficiary:	All aspirants students
No. of participate:	100
Expected Outcomes:	<ul style="list-style-type: none">• Students will get information about the legal rights of girl child in India• Students will also gain information on various schemes that are existing to over the discrimination faced by the girl child
Brief Report	Dr.Jayashree-Principal Soundarya College of Law addressed the gathering. In her address madam stressed upon the importance of Girl child in Indian society. Laws and schemes that are existing to overcome the discrimination and humiliation were also addressed. She also mentioned that the role education is extremely important here and goes a long way in empowering women



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"When Girls are educated,
their countries become
Stronger and more
prosperous"



National Girl Child Day



Unnati

The Women
Entrepreneurs
Wing

Chief Guest

Dr Jayashree S R

Principle

Soundarya College of Law



**STRONG
Girls
STRONG
WORLD**

Presided by

Dr Suresh C Hegadi

Principle

**Soundarya Institute of Management
& Science**

All are Cordially invited

The Ladies Club

SIMS

Date : 24th January 2020
Venue : Ocarina

Day : Friday
Time : 12:30 PM

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Name of the Event:	Women's week			
Date-Day-Venue				
Objectives:	To create a platform where both girls and boys can exhibits their talents in multidisciplinary and they by bringing both of them under the one common umbrella "The Talent"			
Beneficiary:	All aspirants students			
No. of participate:	100+			
Expected Outcomes:	Unrevealed talents were showcased as individual and as well as a team during the week. Both boys and girls actively took part in all the events organized during the week.			
Brief Report				
				Day Theme : "Generation Equality"
			-	
				-
				-
				WOMEN'S DAY

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'Collective
Individualism'



#EachforEqual

Theme : I am Generation Equality : Realizing Women's Rights

An equal world is an enabled world.

#IWD2020 #EachforEqual



RESOURCE PERSON

Prof. Lokesh
Staff Secretary – B.Com

Ms. MalarVelz
Asst. Prof. BBA

let's build a gender equal world
long activity and collaboration

2-3-2020 Monday




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Name of the Event:	International Women's Day Celebration Distribution of Certificates
Date-Day-Venue	
Objectives:	Celebration of International Women's Day Chief Guest : Padma shri awardee Ms. TulasiGowda
Beneficiary:	All aspirants students & Staff
No. of participate:	200+
Expected Outcomes:	Knowing the journey of Ms. TulasiGowda in protecting the Plants and there by making students to understand that their primary responsibility in protecting their surrounding is to plant trees. Appreciating the winners of Women's week activities
Brief Report	on Gandhi to all the winners of Women's week acti -

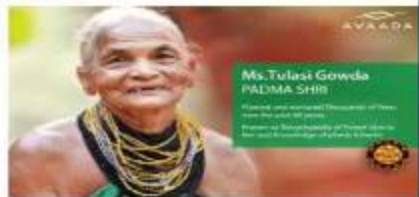
Soundarya Education Trust®
Soundarya Institute of Management & Science
IQAG
Department of Humanities

International Women's Day

2020




The Ladies Club



Ms Tulasi Gowda
PADMA SHRI

Theme : I am Generation Equality : Realizing Women's Rights






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Soundarya Institute of Management and Science
CULTURAL ACHIEVEMENTS 2023-24



Niharika Shekar

Prize: Best Actress Award

Event: Ranga Yalbhava
State Level Theatre Fest



Place: National College



Shranya Kelle

Prize: Best Supporting Actress Award

Event: Ranga Yalbhava
State Level Theatre Fest
Place: National College



Prize: Runners

Event: Mene
Mysuru- National Level Cultural Fest
Place: St. Clare's College



Prize: Winner

Event: Fashion Show,
Basaveshwara College Fest
Place: Basaveshwara College



Prize: Runner

Event: Group Dance Show,
Maha Yashwantrao
Seshadripuram College Fest
Place: Seshadripuram College



Prize: Winner

Event: Fashion Show
Akraysh-St. Clare's College Fest,



Niharika Shekar

**Prize: Best Cultural
Secretary of the Year Award**

Event: Bengalee Cultural Awards
Place: Udayshri Banga College



Prize: Winners

Event: Theatre play,
Revabava- Cultural Fest of REVA University



Place: PEVA University

Prize: Winners

Event: Fashion Show,
Yashwantrao Chavan Academy Fest
Place: Indian Academy



Prize: Runner

Event: T-Shirt Doodling,
Elysian- Christ Academy Fest
Place: Indian Academy



Prize: Overall Championship

**Winners in Face Painting, Web Page, Pictionary, Treasure Hunt,
Pictionary, Mahandi & Mock Stock.**

**Runners in Fashion Show, BGM, Poster making, Marketing, Business
Plan.**

Event: Saurabha & Bharayanti - MLA College Fest

Place: MLA College



Prize: Winners

Event: Group Dance

Prize: Runner

Event: Fashion Show

Prize: Runner

Event: Solo Dance

Event : Swamy Vivekananda College Fest




Principal

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Principal Signature

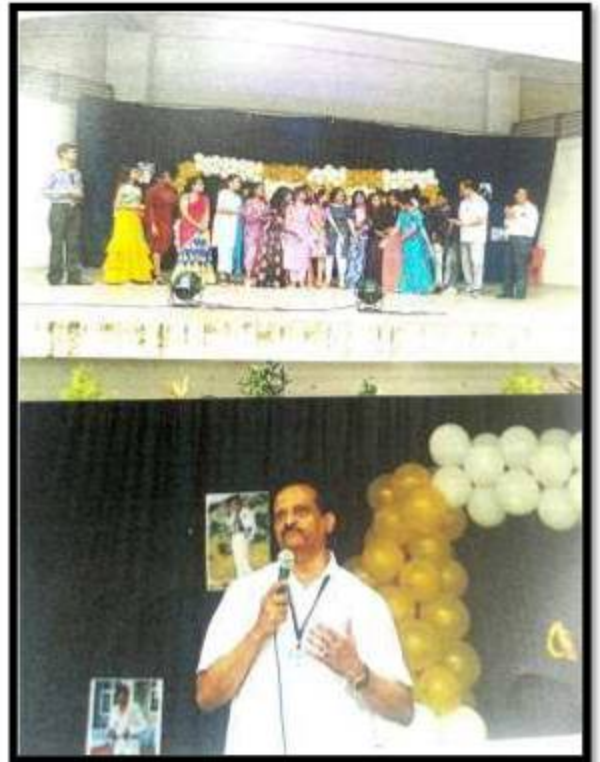


SAMPRAVEGA

2024



Yuva Feista 2023



SOUNDARYA SANGAMA ALUMINI MEET



