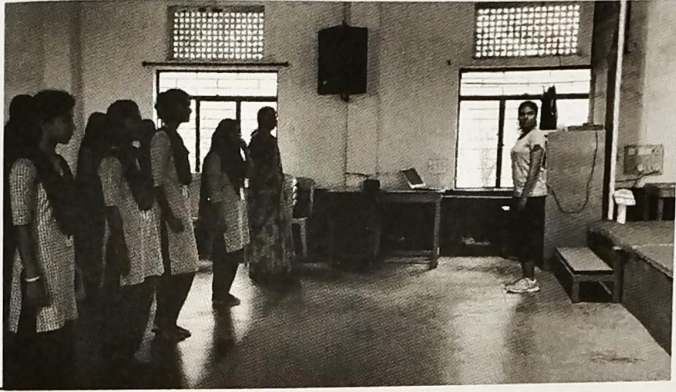


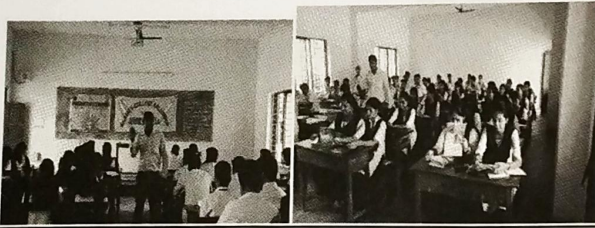
2017-18

**Fitness Course for women students:**

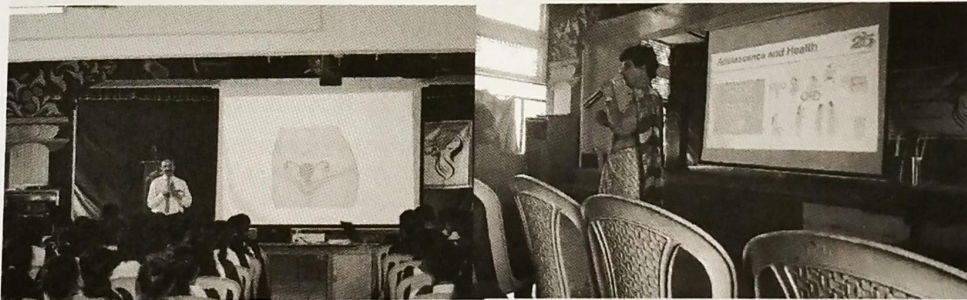
Zumba class: Mr. SunroncePias of Manipal conducted Zumba fitness program to the members of women cell of Milagres College.



**Awareness Program on Psychological issues of College Students Conducted by Govt. of Karnataka**



**Guest Lecture on the topic "Adolescent Health"**



Women Cell of Milagres College Kallianpur and Kasturba Medical College of Manipal celebrated International Women's Day on 7<sup>th</sup> March 2018 in Silver Jubilee Hall of Milagres College Kallianpur.

**Dr Pratap Kumar, MD, DGO, FICS, FICOG**, Professor, Department of Obstetrics and Gynaecology Kasturba Medical College, Manipal University, Manipal explained the degree



women students, about the health of a girl child, how important it is for future generation in his topic “**Adolescent Health**”. On this occasion **Dr. Maria Pais, M.Sc.(N).MBA, Ph.D.** Assistant Professor, Department of Obstetrics and Gynaecology Nursing Manipal College of Nursing, Manipal University, Manipal discussed with the degree women students of the college about the evil effects of junk food in the topic ““**Adolescent Lifestyle** ” and asked the students to be careful in taking food from different sources. As a part of this topic Mrs. Ranjini of KMC Manipal demonstrated YOGA tips for healthy living of girl child.

#### **Celebration of International Women’s Day – Mrs. Muktha Shenoy, ASI Udupi**

##### **Police Station (Guest):**



Women Cell of Milagres College, Kallianpur had organized a programme on 8<sup>th</sup> March, 2018 on the occasion of International Women’s Day. Mrs. Muktha Shenoy, ASI, UDUPI POLICE STATION was the chief Guest. Dr. Vincent Alva Principal, Mrs. Clara Menezes, Convener of Women Cell, student Representatives and all the students were present in the college quadrangle.

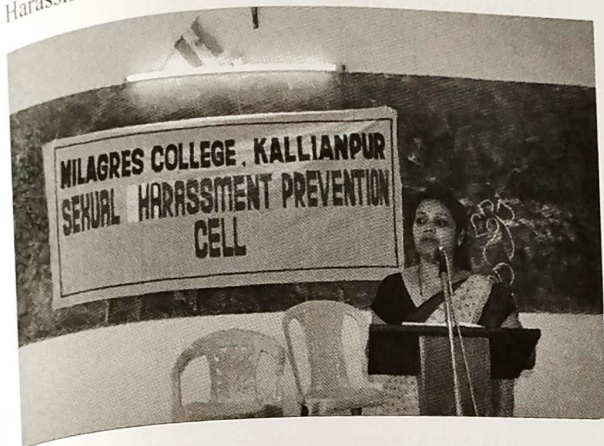
##### **iv) Personality Development Program:**



The Resource Person was Mr. Jeevan J Lewis from the department of Psychology, Dr. A.V. Baliga Hospital. He spoke about Personality Development and Adolescence. He spoke about teenagers, their emotions, mental condition, and consumption of drugs etc.

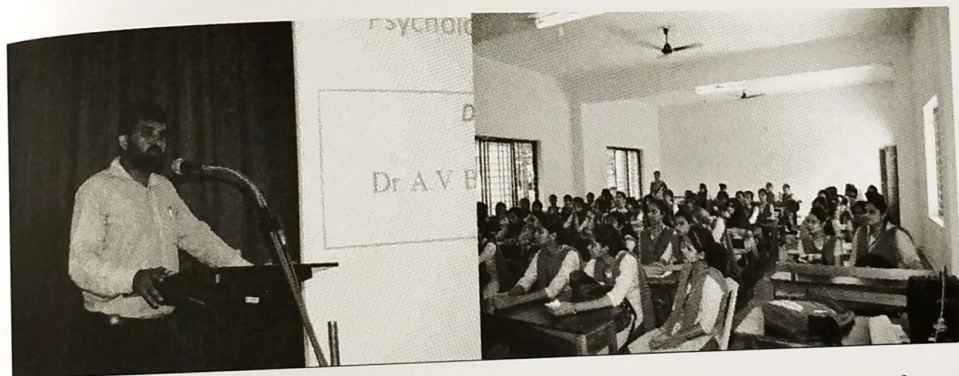
##### **A program on Sexual Harassment Prevention:**

On 22<sup>nd</sup> September 2017, Women Cell of the college conducted a programme on Sexual Harassment. The resource person of the program was Mrs. Soujanya Karunakar Shetty.



### Personality Development Program:

A Personality Development Program was organized by the Women Cell of the College on 22<sup>nd</sup> September 2017 for Boys as well as Girls, separately.



Program on EMPLOYMENT IN BANK for Women Employees: By Mrs Archana M. Manager (Credit) Syndicate Bank Udupi branch.





On 4<sup>th</sup> April 2018 Ms. Archana N, Manager (credit) from Syndicate Bank Udupi conducted a lecture on how women students to be careful for preparing the future; she explained the opportunities available in the bank especially for women students.