

## WOMEN CELL

2020-2021

### 1. Organize an awareness programme on **PREVENTION OF CYBER OFFENCES**

The women cell of our college conducted an awareness programme on prevention of cyber offences for all the women student on 15-12-2020 at the A.V. hall. Shri. Ramachandra Nayak, Inspector, CEN police Station Udipi delivered an awareness lecture on cyber crimes like, fake web site, cyber bank fraud, how to be careful and precautions to be taken during online shopping, use of ATM. Dr. Vincent Alva, Principal Milagres College was the President of the programme. Dr. Jayram Shettigar IQAC co-ordinator, Mrs. Reshma the convenor of women cell, Mrs. Anupama NSS co-ordinator were present. Mrs. Anupama welcome the gathering and Mrs. Reshma compeere and proposed vote of thanks.



### 2. Celebration of International Women Day

Women cell of Milagres College Kallianpur celebrated International Women Day on Monday, March 8. Ms Sabitha Monis, Awardee of National Women Achiever Award 2021 was the chief guest for the programme. M. Muktha Shenoy, Assistant Sub-inspector of Police was the guest of honour.

Very Rev Fr. Valerian Mendonca, Correspondent of Milagres Educational Institutions and Prof. Hilda Rodrigues, Retired Professor was present during the occasion.



### 3. Organize an awareness programme on **“Physical and Mental Issues in Adolescent”**

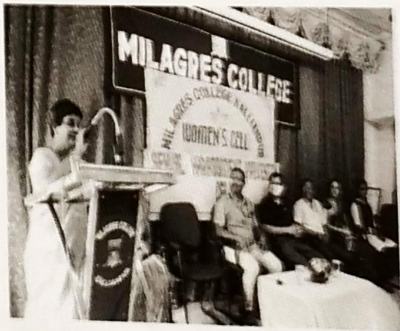
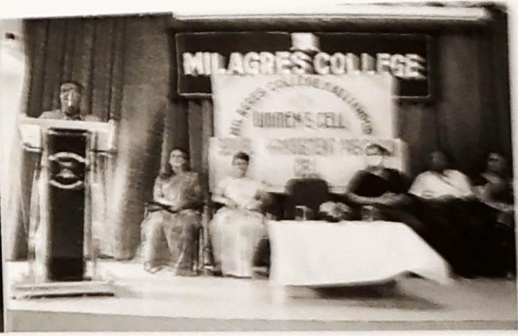
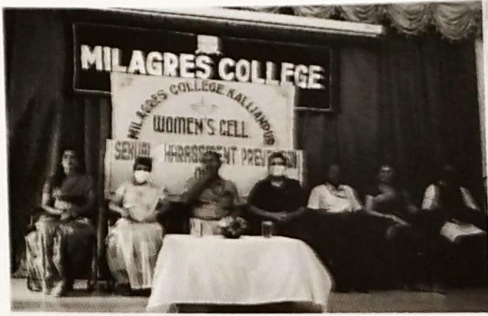
The main aim of this program is to educate the girls about the problems and psychological effects during menstrual cycle. Dr Rajalaxmi addressed the students about the same. She explained about the changes that takes place during the puberty and the best age to attain puberty and also about the changes that takes place in boys after certain age, such as change in voice, muscle growth, growing of beards etc. She said about the psychological problems faces by the girls during their menstrual cycle and how to tackle them and also said about the normal and abnormal problems faced by them and she educated us on PCOS (polycystic ovary syndrome) which means irregular periods, excessive weight gain etc. She also spoke about AIDS and how the virus (HIV) can be transmitted or how it can enter a human body. She displayed various slides on them. And also spoke about the physical and mental health and also about how some girls suffer from Anaemia (loss of blood) she concluded it by

saying everyone to maintain a healthy diet and eat healthy food. At the end of the program, there was an interacting session where students asked questions and clarified their doubts.



#### 4. Organize an awareness Programme on “EFFECTS OF COVID-19 ON TEENAGERS”

Women cell of our college conducts an awareness programme on effects of covid 19 on teenagers. Dr. Maria Pias took over the event and explained about the negative effects of covid 19 on teenagers. It's impact on mental health and how we can avoid it's adverse effect on our lives. She emphasized on how covid 19 has impacted the lives of teenagers. The topics covered in the seminar included mental health issues arising from isolation, the importance of exercising despite quarantine, maintaining a healthy and balanced diet, the effectiveness of online teaching, stress caused due to fake news, and the precautions we can take to better maintain and improve our physical and mental well-being. The use of anecdotes and videos coupled with humor made the seminar extremely enjoyable and interesting. Her seminar was effective in providing useful information to the students.



Dr. Vincent Alva, Principal Milagres College was the President of the programme. Dr. Jayram Shettigar IQAC co-ordinator, Mrs. Reshma the convener of women cell, Mrs. Radhika Patkar convener of POSH were present. Ms. Akhila welcomed the gathering and Ms. Rashmi compeere and Ms. Anoushka proposed vote of thanks.