



**MILAGRES COLLEGE KALLIANPUR -576114**

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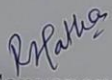
Website: <http://milagrescollegekallianpur.edu.in>

**Milagres College, Kallianpur**

**Prevention of Sexual Harassment Cell (POSH)**

**ACTION PLANS-2021-22**

S.NO	Program Name
1.	Guest Lecture on Psychological issues and College Students
2.	Awareness Program on Indian constitution
3.	Guest Lecture on Adolescent Problems and their solutions
4.	Workshop on Stress Management for Teenage Girls
5.	Workshop -Sexual Harassment Prevention Cell

  
Convenor

  
Principal  
Principal  
Milagres College Kallianpur-576114  
Kallianpur Dt., Karnataka

# Prevention of Sexual Harassment Cell (POSH)

## Details of the program

**Program Name:** National Girl Child Day

**Organizers:** Prevention of Sexual Harassment Cell

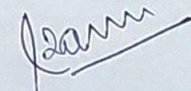
**Date:** On 24<sup>th</sup> January 2022


**Chief Guest:** Ms Sushmitha Adiga,  
Lecturer, Milagres PU College, Kallianpur.

**Venue:** Silver Jubilee Hall

**Participants:** First year students

  
CONVENOR

  
IQAC CO-ORDINATOR

  
PRINCIPAL  
*Principal*  
Milagres College Kallianpur-576 914  
Udupi Dt., Karnataka



## Milagres College- Kallianpur

### Prevention of Sexual Harassment Cell (POSH)

#### National Girl Child Day

Thursday, 24 Jan 2022

The Sexual Harassment Prevention Cell and the Women Cell of Milagres College, Kallianpur organized a programme on the importance of girl child day. This programme was conducted in order to spread awareness about the treatment towards girl child and creating awareness about safeguarding their rights. The Re Ms Sushmitha Adiga, Lecturer, PU College, Milagres, along with the president of the programme, Mrs. Sophia Dias presided over the programme. IQAC coordinator Mr. Jayaram Shettigar, Mrs. Reshma, convener and Mrs. Anupama Jogi were present throughout the programme.

The resource person enlightened us with a very knowledgeable speech on the importance of the rights of girl child and provided necessary information on the reasons of the injustice towards the women and child. She enlightened the students about how to mitigate such inequality towards them. The event took place in the silver jubilee hall at 3:30 pm addressing the first year students. Ms Jennifer Noronha of III BCA welcomed the gathering, Ms Anicia Fernandez of III BCOM proposed the vote of thanks and Selma Picardo of III Bcom compered the programme. The event concluded with the national anthem.



*Reshma*  
Convener

*Jayaram*  
IQAC Coordinator

*Sophia*  
Principal  
Principal  
Milagres College Kallianpur-576 114  
Udupi Dt., Karnataka



## ರಾಷ್ಟ್ರೀಯ ಹೆಣ್ಣು ಮಕ್ಕಳ ದಿನ

ಹೆಣ್ಣು ಎಂದರೆ ತಾಯಿ. ಹೆಣ್ಣು ಎಂದರೆ ಸಹೋದರಿ. ಹೆಣ್ಣು ಎಂದರೆ ಗೆಳತಿ. ಹೆಣ್ಣು ಎಂದರೆ ತಂಗಿ. ಹೆಣ್ಣು ಎಂದರೆ ಮಗಳು. ಹೀಗೆ ಪ್ರತಿಯೊಬ್ಬ ಪುರುಷನ ಬದುಕಿನಲ್ಲಿ ಅವಿಭಾಜ್ಯ ಅಂಗವಾಗಿ ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸುತ್ತಿರುವ ಹೆಣ್ಣನ್ನು ಗೌರವಿಸುವುದಕ್ಕಾಗಿ ವಿಶೇಷ ದಿನವನ್ನು ನಿಗದಿಪಡಿಸಲಾಗಿದೆ. ಅದುವೇ ರಾಷ್ಟ್ರೀಯ ಹೆಣ್ಣು ಮಕ್ಕಳ ದಿನ.

ಕಲ್ಯಾಣಪುರ ಮಿಲಗ್ರಿಸ್ ಕಾಲೇಜಿನಲ್ಲಿ ಜನವರಿ 24, 2022 ರಂದು ರಾಷ್ಟ್ರೀಯ ಹೆಣ್ಣು ಮಕ್ಕಳ ದಿನವನ್ನು ಆಚರಿಸಲಾಯಿತು. ಸುಶ್ರೀತಾ ಅಡಿಗ ಅವರನ್ನು ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಅತಿಥಿಯಾಗಿ ಆಹ್ವಾನಿಸಲಾಗಿತ್ತು. ಕಾರ್ಯಕ್ರಮದ ಅಧ್ಯಕ್ಷತೆಯನ್ನು ಉಪಪ್ರಾಂಶುಪಾಲರಾದ ಸೋಫಿಯಾ ಡಾಯ್ಸರವರು ವಹಿಸಿದರು ಮತ್ತು ವೇದಿಕೆಯಲ್ಲಿ ಮಹಿಳಾ ಸಂಘದ ಸಂಯೋಜಕಿ ಶ್ರೀಮತಿ ರೇಶ್ಮಾ ಹಾಗೂ ಐಕ್ಯೂಎಸ್ ಕೋ-ಆರ್ಟಿನೇಟರ್ ಜಯರಾಮ್ ಶೆಟ್ಟಿಗಾರ್, Sexual Harrassment Cell ಸಂಯೋಜಕಿ ಶ್ರೀಮತಿ ಅನುಪಮಾ ಜೋಗಿ ಆಸೀನರಾಗಿದ್ದರು.

ಸೆಲ್ಯ, ತೃತೀಯ ಬಿ.ಕಾಂ. ಇವರು ಕಾರ್ಯಕ್ರಮದ ನಿರೂಪಣೆ ಮಾಡಿದರು. ಸುಶ್ರೀತಾ ಅಡಿಗ ಅವರು ರಾಷ್ಟ್ರೀಯ ಹೆಣ್ಣು ಮಕ್ಕಳ ದಿನದ ಅಂಗವಾಗಿ ನಾವು ತಿಳಿಯಬೇಕಾದ ವಿಷಯಗಳನ್ನು ತಿಳಿಸಿದರು.

ಅವು ರಾಷ್ಟ್ರೀಯ ಹೆಣ್ಣುಮಕ್ಕಳ ದಿನದ ಆಚರಣೆ ಹೇಗೆ ಮಾಡುವುದು. ಬಾಲ್ಯ ವಿವಾಹ ನಿಷೇಧ ಬಗ್ಗೆ ದೇಶದಲ್ಲಿ ಬಾಲ್ಯವಿವಾಹವನ್ನು ನಿಷೇಧಿಸಲಾಗಿದ್ದು. ಸಂಪೂರ್ಣ ನಿಯಂತ್ರಣಕ್ಕೆ ತರಲು ಸಾಧ್ಯವಾಗಿಲ್ಲ. ಹುಡುಗಿಯರಿಗೆ 18 ಹಾಗೂ ಹುಡುಗರಿಗೆ 21 ವರ್ಷವೆಂದು ವಿವಾಹಕ್ಕೆ ವಯಸ್ಸನ್ನು ನಿಗದಿಪಡಿಸಲಾಗಿದ್ದರೂ ಬಾಲ್ಯ ವಿವಾಹಗಳು ನಡೆಯುತ್ತಿರುವ ಬಗ್ಗೆ ವರದಿಯಾಗುತ್ತಲೇ ಇದೆ.

### ಲಿಂಗ ಆಯ್ಕೆ ಗರ್ಭಪಾತ

2011 ರ ವರದಿಯಲ್ಲಿ ಭಾರತ ಸರ್ಕಾರವು ತನ್ನ MTP ಮತ್ತು PCPNOT ಕಾನೂನುಗಳ ಬಗ್ಗೆ ಎಲ್ಲಾ ಪಾಲುದಾರರಿಗೆ ಉತ್ತಮ ಶಿಕ್ಷಣ ನೀಡಲು ಪ್ರಾರಂಭಿಸಿದೆ. ಅದರ ಸಂವಹನ ಅಭಿಯಾನಗಳಲ್ಲಿ ಲೈಂಗಿಕ ನಿರ್ಣಯವು ಕಾನೂನು ಬಾಹಿರವಾಗಿದೆ ಎಂದು ಒತ್ತಿ ಹೇಳುವ ಮೂಲಕ ಸಾರ್ವಜನಿಕ ತಪ್ಪುಗ್ರಹಿಕೆಗಳನ್ನು ತೆರವುಗೊಳಿಸುತ್ತದೆ.

### ಪಿತ್ಯ ಪ್ರಧಾನ ಸಮಾಜ

ಪುರುಷರು ಮತ್ತು ಮಹಿಳೆಯರ ನಡುವೆ ಸ್ವಾಭಾವಿಕ ವ್ಯತ್ಯಾಸಗಳಿಗೆ ಕಾರಣವಾಗುವ ಪಿತ್ಯಪ್ರಧಾನ/ಪಿತ್ಯಪ್ರಭುತ್ವದ ವಿಚಾರ ಗುಂಪಿನೊಂದಿಗೆ ಸಂಬಂಧಿಸಿದೆ. ಸಮಾಜ ವಿಜ್ಞಾನಿಗಳು ಅಸಮಾನತೆಯ ಬೇರುಗಳನ್ನು ಮಾನವೀಯತೆಯ ಆರಂಭಿಕ ಅವಧಿಯಲ್ಲಿ ಸ್ಥಾಪಿಸಲಾಯಿತು ಮತ್ತು ಮುಖ್ಯವಾಗಿ ಪುರುಷರು ಮತ್ತು ಮಹಿಳೆಯರ ನಡುವಿನ ಸಹಜ ವ್ಯತ್ಯಾಸಗಳ ಫಲಿತಾಂಶವೇ ಎಂಬುದರ ಕುರಿತು ಸಮಾಜಶಾಸ್ತ್ರಜ್ಞರು ವಿವಿಧ ಅಭಿಪ್ರಾಯಗಳನ್ನು ಹೊಂದಿದ್ದಾರೆ.



## ಭಾರತದಲ್ಲಿ ಹೆಣ್ಣು ಭ್ರೂಣ ಹತ್ಯೆ

ಭಾರತದ ಎಲ್ಲಾ ಪೂರ್ವ ಮತ್ತು ದಕ್ಷಿಣ ರಾಜ್ಯಗಳಲ್ಲಿ ಮಕ್ಕಳ ಲಿಂಗ ಅನುಪಾತವು ಸಾಮಾನ್ಯ ನೈಸರ್ಗಿಕ ವ್ಯಾಪ್ತಿಯಲ್ಲಿದೆ. ಆದರೆ ಕೆಲವು ಪಶ್ಚಿಮ ಮತ್ತು ನಿರ್ದಿಷ್ಟವಾಗಿ ವಾಯುವ್ಯ ರಾಜ್ಯಗಳಾದ ಮಹಾರಾಷ್ಟ್ರ, ಹರಿಯಾಣ, ಜಮ್ಮು ಮತ್ತು ಕಾಶ್ಮೀರದಲ್ಲಿ ಗಮನಾರ್ಹವಾಗಿದೆ ಎಂದು ಅವರು ನಮಗೆ ತಿಳಿಸಿದರು.

ನಂತರ ಸೋಫಿಯಾ ಡಾಯಸ್ ಅಧ್ಯಕ್ಷೀಯ ಭಾಷಣವನ್ನು ಮಾಡಿದರು. ಹೆಣ್ಣು ಒಂದು ಮನೆಯ ಅಲಂಕಾರ ಎಂದು ತಿಳಿಸುವುದರ ಮೂಲಕ ಹೆಣ್ಣಿಗೆ ಎಲ್ಲಾ ಅಧಿಕಾರ ಸಿಗಲಿದೆಯೆಂಬುದರ ಮೂಲಕ ಎಲ್ಲರನ್ನೂ ಹಾರೈಸಿದರು.

ನಂತರ ಆನ್ವಿಯಾ ಅಲ್ವಿಟಾ, ತೃತೀಯ ಬಿ.ಕಾಂ. 'ಎ' ಧನ್ಯವಾದಗಳನ್ನು ತಿಳಿಸುವುದರ ಮೂಲಕ ಕಾರ್ಯಕ್ರಮ ಮುಕ್ತಾಯಗೊಂಡಿತು.



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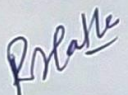
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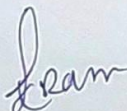



*Prevention of Sexual Harassment Cell (POSH)*

**Details of the Program**

**Program Name:** An Awareness Program on Indian Constitution  
**Organizers:** Prevention of Sexual Harassment Cell  
**Date:** 23-02-2022  
**Chief Guest:** Rangayana Team, Shimoga  
**Venue:** College Ground  
**Participants:** All students

  
**Convenor**

  
**IQAC Coordinator**

  
**Principal**  
*Principal*  
Milagres College Kallianpur-576 114  
Udupi Dt., Karnataka



## Milagres College, Kallianpur

### Prevention of Sexual Harassment Cell (POSH)

#### An Awareness Program on Indian Constitution:

A drama show by Rangayana Shimoga was organised in the College premises on 23-02-2022 at 3:00 pm under the banner of, Prevention of Sexual Harassment cell, NSS unit and Fine arts Milagres College Kallianpur. " We the people of India" was staged in the campus with the intention of promoting harmony among people.

All of us know about our rights and fundamental rights. But who gives us these rights? It is The Indian Constitution. When was it formed? Where is it located? How was it formed? Just to clarify all the doubts of students, an innovative program was organized in the campus. The students had an interaction with the team and clarified many doubts and empowered with the strong knowledge. Principal Dr. Vincent Alva appreciated the team for showcasing the importance of Constitution in the play. Fr. Valarien Mendoza, Correspondent Milagres College Kallianpur, Mrs Savitha Hebbbar, Principal Milagres PU College, IQAC Coordinator Dr Jayaram Shettigar, Convenor of Prevention of Sexual Harassment cell Mrs. Radhika Patkar, NSS Programme Officers Mrs Anupama Jogi and Mr Melson D'Souza were present in the programme.



*Rafath*  
Convenor

*Dr. Vincent Alva*  
Principal  
Milagres College Kallianpur-576  
Kallianpur Dt., Karnataka



## Milagres College- Kallianpur

### Prevention of Sexual Harassment Cell (POSH)

#### Interaction with team "Rangayana" Shimoga on 23<sup>rd</sup> February, 2022.

Rangayana is a drama team, who have done around 10 shows all across Karnataka districts. The people of this big team are from different places of Karnataka.

The students of Milagres College, Kallianpur got an opportunity to interact with esteemed team and discussed on many issues like Right to Equality & Prohibition of Discrimination, Untouchability, Reservations and about Constitution of India and why we need Constitution and other related aspects.

One of the team members of 'Rangayana' team, Mr. Shailesh Shetty, answered and said that, a Constitution is very much necessary because it is an important law of the land. It determines the relationship of the citizens with the governments. It lays down principles and guidelines which are required for people belonging to different ethnic and religious groups to live in harmony.



Principal

Milagres College Kallianpur-576 111  
Karnataka





**Principal**

Milagres College Kallianpur-576 1

Krupi Dt., Karnataka



# Prevention of Sexual Harassment Cell

## Details of the program

**Program Name:** Awareness program on Menstrual Cup and reusable Cloth Pads

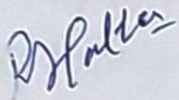
**Organizers:** Prevention of Sexual Harassment Cell in Association with NSS

**Date:** 15-07-2022

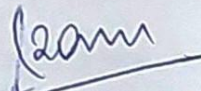
**Chief Guest:** Ms. Bhavya Hegde,  
Proprietor of Mono Cup,  
Surathkal.

**Venue:** AV Hall

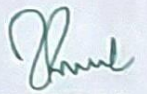
**Participants:** Female students



CONVENOR



IQAC CO-ORDINATOR



PRINCIPAL



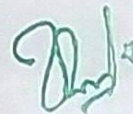
## Prevention of Sexual Harassment Cell in Association with NSS

**Program Name:** Awareness program on Menstrual Cup and reusable Cloth Pads

**Organizers:** Prevention of Sexual Harassment Cell in Association with NSS

**Date:** 15-07-2022

Prevention of Sexual Harassment Cell in association with NSS organized an awareness program on menstrual cup and Reusable sanitary pads on 15<sup>th</sup> July, 2022 for female students of the College. Mrs Bhavya Hegde Proprietor of Mono Cup, located in Surathkal briefly explained about the production of Eco friendly menstrual products. She briefed and demonstrated how to use menstrual cup its benefits and she also explained the disadvantages and negative effects of using sanitary pads during menstruation period. In total 127 students actively participated and clarified their doubts. The Principal in charge of our College Prof. Sophia Dias delivered the presidential remarks,. Convener of Prevention of Sexual Harassment Cell Mrs. Radhika Patkar, department of Commerce, Director of NSS Mrs Anupama Jogi were present. Ms. Pooja welcomed and Ms Samruddhi Shetty proposed vote of thanks.



Principal  
Wadhwa's College Kallianpur-576 114  
Choudi Dt., Karnataka





*Prabha*

CONVENOR

*Leena*

IQAC CO-ORDINATOR

*Shankar*

PRINCIPAL







## Prevention of Sexual Harassment Cell

**Program Name:** Awareness program on Menstrual Cup and reusable Cloth Pads

**Organizers:** Prevention of Sexual Harassment Cell in Association with NSS

**Date:** 15-07-2022

**Chief Guest:** Ms. Bhavya Hegde,

Proprietor of Mono Cup, Surathkal.

### ATEENDANCE LIST

S.NO	NAME	CLASS	SIGN
1	Sandra Kasrado	I BA	S. Kasrado
2	Adheena Abhayadev	I BA	Adheena
3	vibha	I BCA	Shetty
4	Akshatha Mascarenhas	I BCOM B	Akshatha
5	Priyanka Saloni	I B.com 'B'	Saloni
6	Sushmitha	I B.com 'B'	Sushmitha
7	Lakshmi	I BSc	Lakshmi
8	Bhuvitha	I BSc	Bhuvitha
9	Pragana	I BSc	Pragana
10	Sushmitha	I BSc	Sushmi
11	Shritya	I BSc	Shritya
12	Varishree	I BSc	Varishree
13	Varsha	I BSc	Varsha
14	Trishna Shetty	II B.COM A	Trishna
15	Sarika	II B.COM A	Sarika
16	Varshini	II B.COM A	Varshini
17	Chaitrali	I BSc	Chaitrali
18	Sampreetha	I BSc	Sampreetha
19	Ranjitha	I BSc	Ranjitha
20	Sameeksha	III BSc	Sameeksha
21	Keerthana	"	Keerthana
22	Asmitha	"	Asmitha
23	Harshitha	"	Harshitha
24	Rashmitha	"	Rashmitha
25	Anusha Shetty	"	Anusha
26	Keerthana Shetty	"	Keerthana
27	Chaitra Shetty	"	Chaitra Shetty
28	Sushmitha	"	Sushmitha
29	Varshini	"	Varshini
30	Nishitha	"	Nishitha
31	Monica	"	Monica
32	Nidhi	III BSc	Nidhi
33	Samruddhi Shetty	I BCOM B	Samruddhi

*Shank*



## Prevention of Sexual Harassment Cell

**Program Name:** Awareness program on Menstrual Cup and reusable Cloth Pads

**Organizers:** Prevention of Sexual Harassment Cell in Association with NSS

**Date:** 15-07-2022

**Chief Guest:** Ms. Bhavya Hegde,

Proprietor of Mono Cup, Surathkal.

### ATEENDANCE LIST

S.NO	NAME	CLASS	SIGN
34	Raksha	1 <sup>st</sup> BCOM.B	Raksha
35	Shruthi	1 <sup>st</sup> BCOM.B	Shruthi
36	Suhali	I BCOM.B	Suhali
37	Kushi	I <sup>st</sup> BCOM.B	Kushi
38	Shravya	II BCA	Shravya
39	Kaarthana K	II BCA	Ka
40	Deepika	II BCA	Deep
41	Seetha	II BCA	Seetha
42	Sahana suha	II BCOM A	Su
43	Chaitra	II B.COM A	Chaitra
44	Jahnavi	II B.COM A	Jahnavi
45	Chaitra	II. B.COM B	Chaitra
46	Jasmina	II BCOM A	Jas
47	Elona Dimple	II BCOM A	Elona
48	Kalpana	II BCOM A.	Kalpana
49	Nanditha	II BCOM A	Nanditha
50	Shreya (ii)	II BCA	Shreya
51	Moksha	I BCA	Moksha
52	Shreya	I BCA	Shreya
53	Krupal. G	II B.A	Krupal
54	Benita. G	II B.A	Benita
55	Chethana	I B.A	Chethana
56	Rashmi	I BCA	Rashmi
57	Ankita Pai	I BCA	Ankita Pai
58	Riya Jatham	I BCA	Riya
59	Shravya. (08)	II BCA	Shravya
60	Abhisecy B. N.	II BCA	Abhisecy
61	Nishitha	I BCA	Nishitha
62	Pravitha	I BCA	Pravitha
63	Rakshitha. N	I BCA	Rakshitha
64	Spoorthi	II B.COM A	Spoorthi
65	Sushrutha	II B.COM A	Sushrutha
66	NPKRutha	II B.COM B	NPKRutha





## Prevention of Sexual Harassment Cell

**Program Name:** Awareness program on Menstrual Cup and reusable Cloth Pads

**Organizers:** Prevention of Sexual Harassment Cell in Association with NSS

**Date:** 15-07-2022

**Chief Guest:** Ms. Bhavya Hegde,  
Proprietor of Mono Cup, Surathkal.

### ATEENDANCE LIST

S.NO	NAME	CLASS	SIGN
67	Anagha Bhat	I BCA	Anagha
68	Nisha	I BCA	Nisha
69	Chaitra	II BCA	Chaitra
70	Nandini Jathau	II BCA	Nandini
71	Sahana	II B Com A	S
72	Rithika Suare	II BCA	Rithika
73	Shreya (20910)	II BCA	Shreya
74	Akshitha	II BCA	Akshitha
75	Sameeksha (20935)	II BCA	Sameeksha
76	Shravya (20909)	II BCA	Shravya
77	Rashmi	II BCA	Rashmi
78	Dale Adria Dsouza	II B.Sc	Dale
79	Reshma	II BSC	Reshma
80	Bhoomika	II BSC	Bhoomika
81	Kavya	II BSC	Kavya
82	Divya	II BSC	Divya
83	Deelshikha	II BCA	Deelshikha
84	Venitha Shetty	II BCA	Venitha
85	Ashwini Shetty	II BCA	Ashwini
86	Paupana	II B Com	Paupana
87	Aishwarya	II B Com A	Aishwarya
88	Rashmita	II B Com A	Rashmita
89	K.C. Anusha	I BCA	K.C. Anusha
90	Rebeka Sweety Dsouza	I BCA	Rebeka
91	Sonom Nalk	I B Com B	Sonom
92	Sahana nalk	II BCA	Sahana
93	Shwetha	II BCA	Shwetha
94	Shreya S. Shetty	III BCA	Shreya
95	Tulas S. Shetty	III BCA	Tulas
96	Soundarya	III BCA	Soundarya
97	Amratha	III BCA	Amratha
98	Suchitha	III BCA	Suchitha
99	Pragathi	IV BCA	Pragathi

*[Handwritten Signature]*



