## **Safety and Security:**

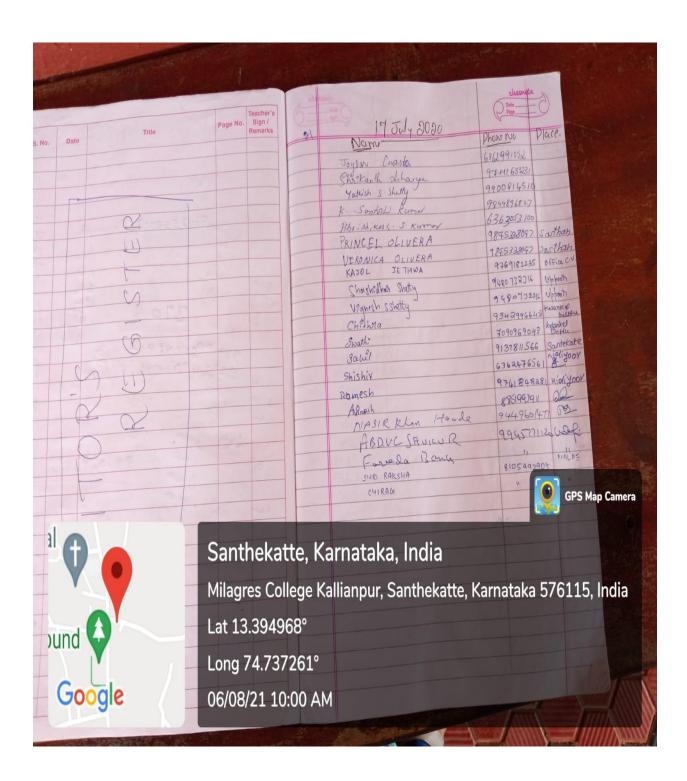


#### **WATCHMAN:**

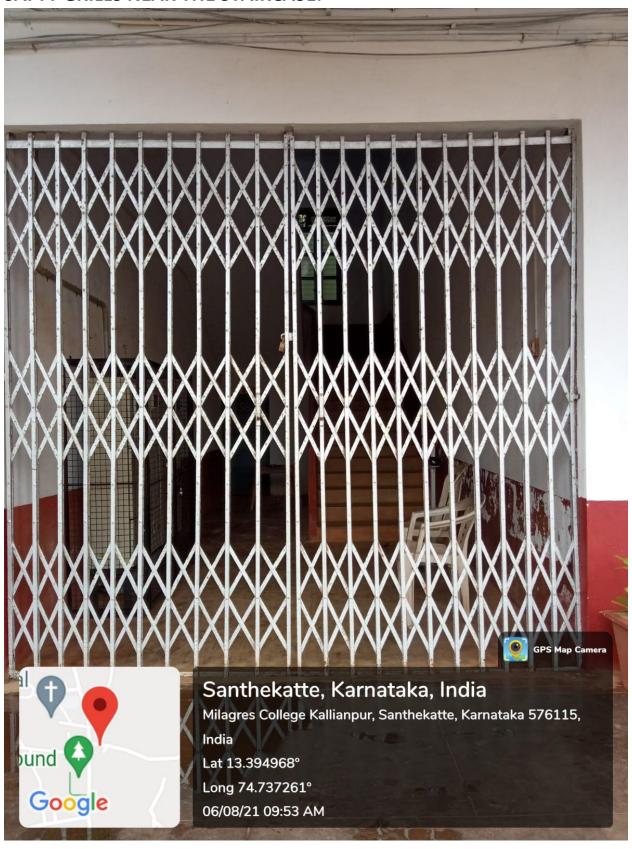


#### **VISITOR'S DAIRY:**





#### **SAFTY GRILLS NEAR THE STAIRCASE:**

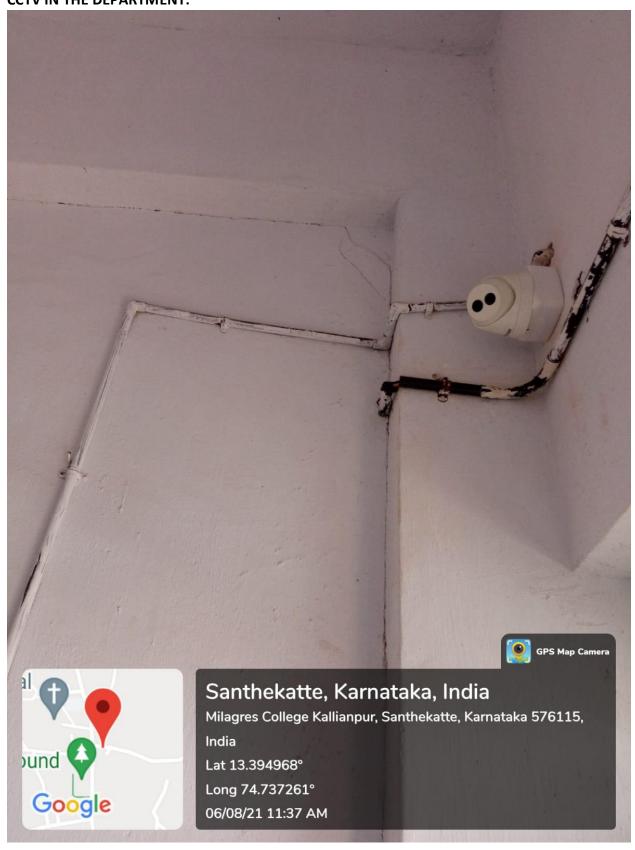




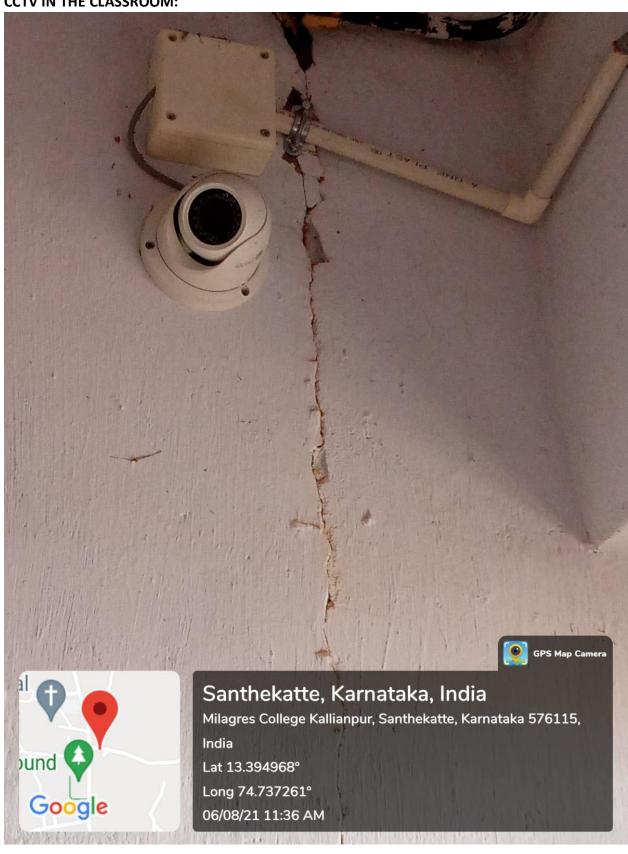
#### **CCTV NEAR THE ENTRANCE:**



#### **CCTV IN THE DEPARTMENT:**



#### **CCTV IN THE CLASSROOM:**



#### **COVID-19 PRECAUTIONS:**





## **ENQUIRY NEAR THE ENTRANCE:**

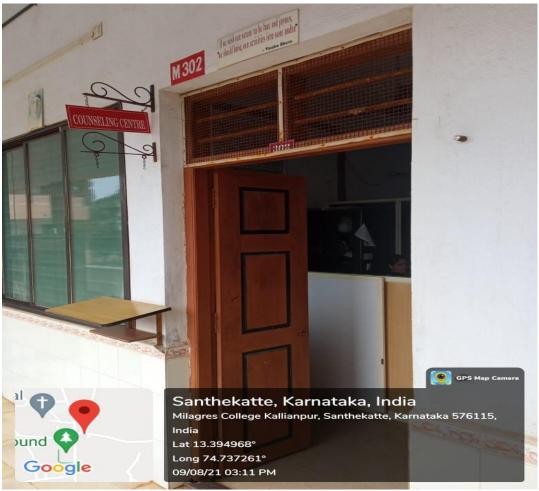


### **Counselling:**

Students are counselled by Mentors and the Dept. of M.S.W.

#### **Functions of counselling committee**

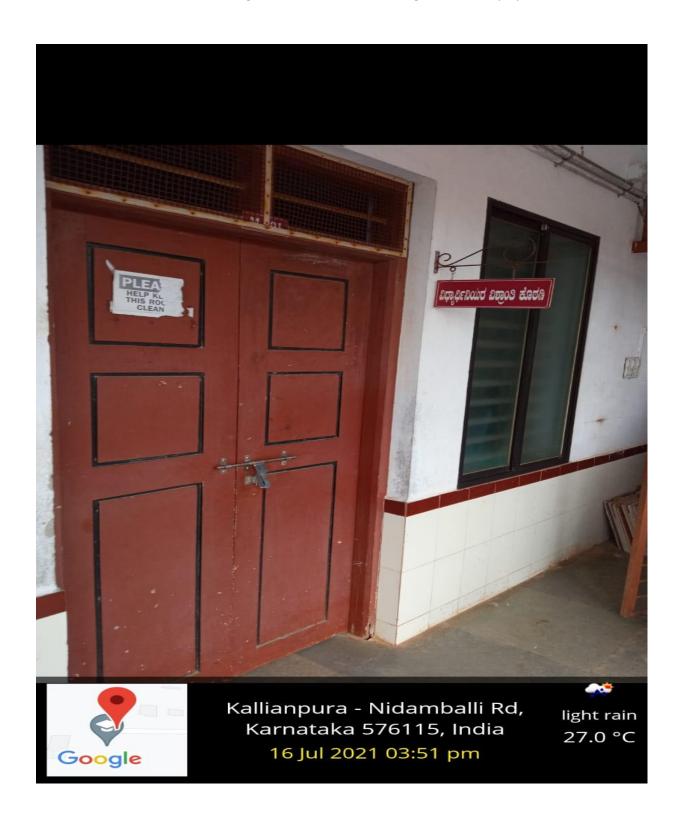
- ✓ Individual sessions
- ✓ Group counselling session
- ✓ Special session for students' parents/guardians
- ✓ Psycho education
- ✓ Referral services





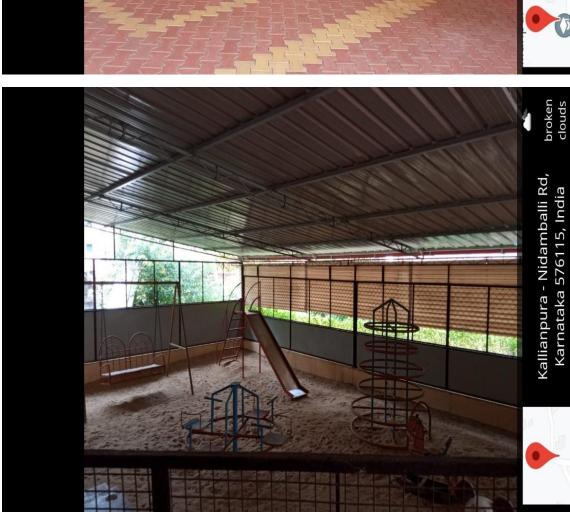
## **Common Rooms:**

Our college has two Ladies Retiring rooms. One is located at the Old Building and another is at Miracle's Building. Both rooms are having well facility system.



## Day care center for young children:









31.0 °C

20 Apr 2021 01:32 pm

Google

Kallianpura - Nidamballi Rd, Karnataka 576115, India 20 Apr 2021 01:33 pm

broken clouds 31.0 °C

# Milagres College, Kallianpur, Udupi Sexual Harassment Prevention Cell 2020-21

#### Activities of 2020-21

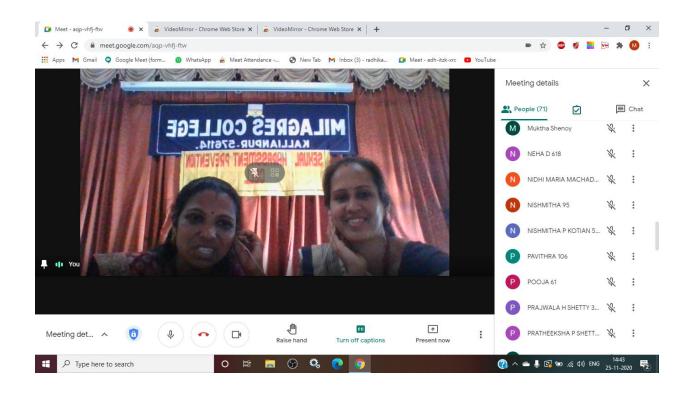
#### 1. An interactive session on 'Sexual Harassment'

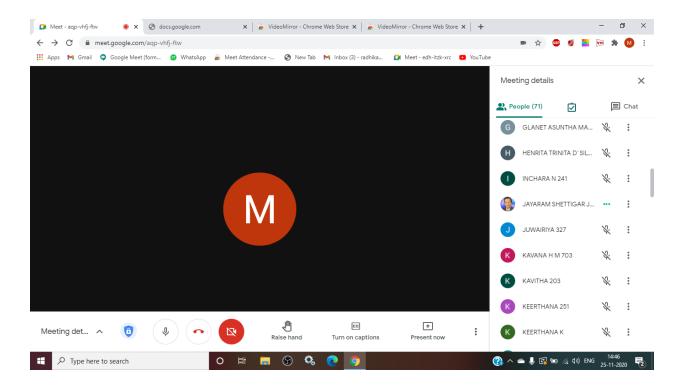
On 25<sup>th</sup> of November 2020, Sexual Harassment Prevention cell organized a session on the topic "Problems and Queries related to Sexual harassment on women and girls" by Mrs. Muktha Shenoy, Asst Sub Inspector, Kota police station through google meet platform. This program was unfurled by Inchara of III BCom with her welcome speech. The principal of the college, Dr. Vincent Alva, Convenor of the cell Mrs. Radhika Patkar, committee members including teaching and non-teaching staff, leaders of SHP Cell, Student representatives, were the witnesses to this program.

Mrs. Muktha Shenoy explained about how the harassment on women and minors took place and its origin. She also briefed to be careful in public and not to speak with strangers while using social media. Later, she elucidated about POSCO act including some of the incidents she experienced during her duty.

Followed by her speech our Co-Ordinator Dr. Jayaram Shettigar described about how to be cautious while speaking to the unknown. He also welcomed our chief guest and all the committee members.

At the end of the program, there was an interacting session where students asked questions and clarified their doubts regarding above given topic and the chief guest explained to them. Afterwards, vote of thanks was proposed by Nishmitha of III BCA.





#### 2. Prevention of Cyber Offences

The sexual harassment prevention cell of our college conducted an awareness programme on prevention of cyber offences for all the women students on 15-12-2020 at the A.V. hall. Shri..Ramachandra Nayak, Inspector, CEN police Station Udupi delivered an awareness lecture on cybercrimes 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 coordinator, Mrs. Radhika Patkar, the convenor of sexual harassment prevention cell, Mrs. Anupama NSS co-ordinator were present. Mrs. Anupama welcome the gathering and Mrs. Reshma compere and proposed vote of thanks.



## 3. An Interactive session on 'Physical and Mental Issues in Adolescent'

On 10<sup>th</sup> of March, 2021, Sexual Harassment Prevention cell organized a session on the topic 'Physical and Mental health issues in Adolescence' by Dr. Rajalakshmi, Obstetrician & Gynaecologist, Santhekatte, Kallianpur. This program was unfurled by Nishmitha of III BCA with her welcome speech. The principal of the college, Dr. Vincent Alva, Convenor of the cell Mrs. Radhika Patkar, committee members

including teaching and non-teaching staff, leaders of SHP Cell, Student representatives, were the witnesses to this program.

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. She also gave information about the cancer vaccine for young girls. QHPV vaccine to fight against virus called human papilloma virus. 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 regarding above given topic and Dr. Rajalakshmi, explained to them. Afterwards, vote of thanks was proposed by Varshini of III BSc.



#### 4. Interactive session on "effect of Covid-19 on teenage girls":

On 3<sup>rd</sup> September, 2021, Prevention of Sexual Harassment Cell (POSH) organized a session on the topic "Effects of Covid -19 on teenagers". The resource person of the program was Dr. Maria Pais, Associate Professor, College of Nursing, MAHE Manipal.

The main aim of this program is to create awareness on negative effect of covid -19 on physical and mental health during pandemic and to educate students on Sexual exploitation and abuse.

Dr. Maria Pais addressed the students about the same. She said the pandemic's economic impacts are likely to increase sexual exploitation and child marriage, leaving women and girls in fragile economies and refugee contexts particularly vulnerable. She also explained how we can protect ourselves in the society during

this pandemic. She gave some tips to the students. She presented videos n explained the practical situations with live examples. It was very effective and informative session to the students.

Dr. Vincent Alva. Principal of the College, was the president of the program, Dr. Jayaram Shettigar IQAC Coordinator, Mrs. Radhika Patkar Convenor of POSH Cell, Mrs Reshma, Convenor of Women Cell were present. Ms. Akhila Welcomed the gathering, Ms. Rashmi compered the program and Ms. Anushka proposed of thanks.







#### 5. Interactive session with Ms. Mamtaz, District Judge

September 06, Kallianpur: Prevention of Sexual Harassment Cell in association with Vidyarthi Darbar of the college witnessed a memorable interactive session with Mamtaz newly nominated District Judge.



Ms Mamtaz is from Mulki of Dakshina Kannada District who is the daughter of Atijamma and Abdul Rehiman. She persued her Primary and High School education in Bharatmata School at Punaroor near Mulki and Pre-University course at Pompai College, Kirem near Kinnigoli and LLB at SDM Law College at Mangaluru. Meanwhile she had done her post- graduation at Mysuru Open University. In the examination of Judges held at February / March 2021, Mumtaz secured first rank among 12 people in the state who got selected being first Muslim woman as a District judge in the state.



"Other than becoming a lawyer, law graduates are desirable candidates for various fields such as media and law, academia, commerce and industry, social work, politics and more. You will find that studying law can take you just about anywhere." she said while answering to the question raised by the audience. Mumtaz has enlightened the students of the College by sharing her own life stories with incidence which she experienced in her life. "We have to give up our sleep in order to achieve some goals in our life" she added.

It was very interactive session where students asked many questions and clarified their doubts. During the interactive session Ms Mumtaz was felicitated by V. Rev Fr Valerian Mendonca, Correspondent, Milagres Institutions, Kallianpur, Dr Vincent Alva, Principal, presented the introductory note, Mr Shekhar Gujjarbettu Alumni President, Dr Jayaram Shettigar, IQAC Co-ordinator were present.

Mr Nityananda Shetty department of Kannada rendered the vote of thanks and Ms Sushmitha department of Physics compeered the programme.