



MILAGRES COLLEGE KALLIANPUR -576115

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Milagres College, Kallianpur
Sexual Harassment Prevention Cell

Action Plans -2016-17

- Inauguration of Sexual Harassment Prevention Cell
- Guest Lecture on Psychological issues and College Students
- Guest Lecture on Adolescent Problems and their solutions
- Workshop on Stress Management for Teenage Girls
- Workshop -Sexual Harassment Prevention Cell


Convenor


IQAC Coordinator


Principal
Milagres College Kallianpur-576115
District: D. J. K. District


Sexual Harassment Prevention Cell

Action Plans-2017-18

- Inauguration and formation of Committee
- Personality Development Programme
- Program on Employment opportunities in Bank for Women Employees
- Guest lectures


Convenor


IQAC Coordinator


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

Principal


Milagres College, Kallianpur
Sexual Harassment Prevention Cell

Action Plans-2018-19

- Inauguration and formation of Committee
- A Seminar on Sexual Harassment Issues and the Punishment
- Workshop for Teachers on CBCI Child Protection Policy & Procedures
- Guest Lectures


Convenor


IQAC Coordinator


Principal
Milagres College Kallianpur-576 113
Dudhpet, Kallianpur

Milagres College, Kallianpur



Sexual Harassment Prevention Cell

Action Plans 2019-20

- Election of office bearers
- Environmental protection programme.
- Awareness about maintain healthy relationship with in the campus
- Health awareness programme.
- Session on self-defense.


Convenor


IQAC Coordinator



Principal

Milagres College, Kallianpur
Sexual Harassment Prevention Cell

Action Plans 2020-21

- Formation of committee
- Conducting meeting with local police station to deal with any queries or problems related to lady staff members and female students and to keep in touch with NGO's
- Awareness program on POCSO in association with police department
- Guest lecture on girl child abuse
- Drugs, alcohol awareness program
- Self-defense programs

R. H. H. H.
Convenor

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IQAC Coordinator

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REPORT

2015-16

i. Self Defence Techniques for Women:

A programme on "Self Defence Techniques for Women" was organized by the Cell to empower our women students in self-defence techniques. The training was carried out by Mr. Karthik S Kateel, Mrs. Shobhalatha on 18th September 2015.



ii. Women Empowerment Program:

The activities of the Cell were inaugurated by Dr. Duggappa, Head of the Post Graduate Dept of Social Work, Govt. First Grade College, Thenkanidiyoor on 11th August 2015. He said that by acquiring modern skills women get empowered. He advised the girls to use the modern gadgets carefully and take right decisions at the right time.



2016-17

i. Workshop for the Male Students of Milagres College:

Mr. Girish of Dr. A.V. Baliga Institution of Social Sciences conducted a workshop for the male students of the college on issues related to Safety of Girls and Women. Role of Media in this regard, and how to go about when cases are filed against boys or Male students. The workshop was conducted on 23rd February, 2017.



ii. Guest Lecture: Sexual Harassment Prevention Cell in association with Women Cell organized a Guest Lecture on ‘Psychological issues and College Students’. Mrs. Sowjanya, Administrator, Dr A.V. Baliga Institutions, delivered the talk to the students.



iii. Awareness on Competitive Exams:

Women Cell conducted a program to bring awareness on Competitive Examinations for courses like MBA, CA, CS etc., Miss Preksha Mayadi, Asst. Prof. Of SDM Law College, Mangalore was the resource person.



iv. Guest Lecture on Adolescent Problems and their solutions:

Mrs. Vidya Nagaraj of Dr A. V. Baliga Institution of Social Sciences gave a guest lecture on the topic Adolescent Problems on 17th February 2017. She also gave the women students some tips towards the solutions for adolescent problems



v. Workshop on Stress Management and Teenage Girls:

Ms. Sumithra of Dr A. V. Baliga Institutions of Social Sciences conducted a workshop for women students and also conducted various activities to make them realize the need for managing stress. This program was conducted on 23rd February 2017



vi. Women Empowerment classes:

The department of Women Empowerment has undertaken various training programs to train students of PUC, UG and PG and the general public on the occasion of Golden Jubilee Year Celebration of the college. The courses are: Music, Tailoring Classes, Honey Bee & Rabbit Farming, Theatre Art (Drama, Street Play), Women Studies, Women Empowerment.

vii. Music Class:



vii. Workshop -Sexual Harassment Prevention Cell:

A program was conducted on 10th March, 2017 by Ms Ida Pinto of KMC Manipal to give instructions to our women students on how to protect themselves when a dangerous situation arises. Activities were conducted during the programme to bring awareness at the workplace.



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 7th 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 8th 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 22nd 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 22nd 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 4th 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.

2018-19

Any other relevant information:

- i) Women Cell was inaugurated on 30th July, 2018 in the Silver Jubilee Hall by Mrs. Soujanya Karunakar Shetty, Administrative Officer, Dr. A.V. Baliga Hospital, Udupi.



ii) An awareness program for all the first-year degree women students was conducted on 15th February, 2019 by Dr. Mrs. Maria Pais, Assistant Professor, Dept. of OBG, KMC, Manipal. Madam addressed the students on the topic 'Health of Teenagers'.





iii) Activity based programme was conducted for both men and women students for B.Com. classes on 21st February, 2019 in AV Hall. Mr. Nagaraj Murthy M.Sc., Psychologist conducted various activities and demonstrated the students about the working environment in the present-day offices which will help the students to be aware of the harassment cases which will take place in the offices of Multi-national companies.





In the Second session Mr. Suresh, of A.V. Baliga Hospital, Udupi, conducted Group Discussion for both men and women students for B.Com. classes on 21st February, 2019 to get the knowledge of work life environment in Multi-national companies.

iv) Sexual Harassment Prevention Cell was inaugurated by Mrs. Muktha Shenoy, ASP, Women Police Station, Udupi, on 30th July 2018. The committee members of cell, teaching and non-teaching staff, and the representatives of women students conducted group discussion on the issues how to be get protected when the harassment take place. Madam also had given the hints on how to be ready to solve the problems when take place.



v) A Seminar was conducted on Sexual Harassment Issues and the Punishment laid down by the Govt. for such issues was explained by Ms.Amreen of III B.Com 'B' on 30th August, 2018 to Final B.Com 'A' & 'B' class women students.



vi) Catholic Education Society, Udupi had organized One-day Training

Programme for the teachers of Milagres Institutions on the topic - CBCI Child Protection Policy & Procedures, and CBCI Guidelines to deal with sexual harassment at work place on Friday, 5th October, 2018. Rev. Fr. Dr. Lawrence C. D'Souza, Secretary, CESU and the Correspondent of Milagres Institutions, who organised this programme and was the President of this Programme. Rev.Fr. Eugene Lobo S.J. Secretary, Karnataka Regional Commission for Education was the Resource Person who graced this occasion with his dynamic presence and his inspirational talk. He spoke on the topic - the CBCI Child Protection Policy & Procedures, and CBCI Guidelines to deal with sexual harassment at work place.



2019-20

i) Sexual Harassment Prevention Cell and IQAC had organised the programme for all the students. Mrs. Reshma Sayed enlightened the young minds through her exemplary life witness, where she spoke on her conviction that is, to set a goal. she also said if we have the passion to achieve our dream then no hurdle seems to be bothersome. The only thing necessary is to be focussed on our goal and work hard to attain it.

Mrs. Supriya Kamath spoke highly about poultry farming. She is also an inspiration to us as she spoke on how we need to be an entrepreneur rather than working under someone. Thus, also clarified the doubts that we had very specially about the nutrition that is provided to the chicken for their growth.

Mrs. Shruthi Shenoy the president of POWER gave opening remark and Mrs. Thara Thimayya also shared her views on this Occasion.





ii) The Women Cell of college conducted craft training program for first year girls student on 25-6-2019 at the A.V. hall. Mr. Ramesh Kumar and Mr. Kishorilal trained the students in waste management. They demonstrated the paper cutting, embroidery work and on many other aspects.



iii) There are great opportunities for women in the field of sports. The game of

cricket is becoming popular day by day. Indian men made great achievement in the field of cricket. There is a lot of scope for Indian women in the field of cricket said Ms. Rakshitha Rai, Alumni of our college and presently she is playing for Jharkhand state, one of the members of M.S. Dhoni and Ravi Ashwin cricket club. She addressed the women student of the college and she wanted to popularise women cricket in the college.



INTERNATIONAL WOMENS DAY : Women Cell of our college celebrated International Women's Day on 09.03.2020. Prof. Hilda Rodriques was the Chief Guest of the day. She wished and congratulated all the women students of the college. She spoke about the role women plays in the family, workplace, society and the world at large and that no one can replace a woman. Behind every successful man there is always a woman she added. She advised the students to be educated and be successful in life.

Sexual Harassment Prevention Cell 2020-21

Activities of 2020-21

1. An interactive session on 'Sexual Harassment'

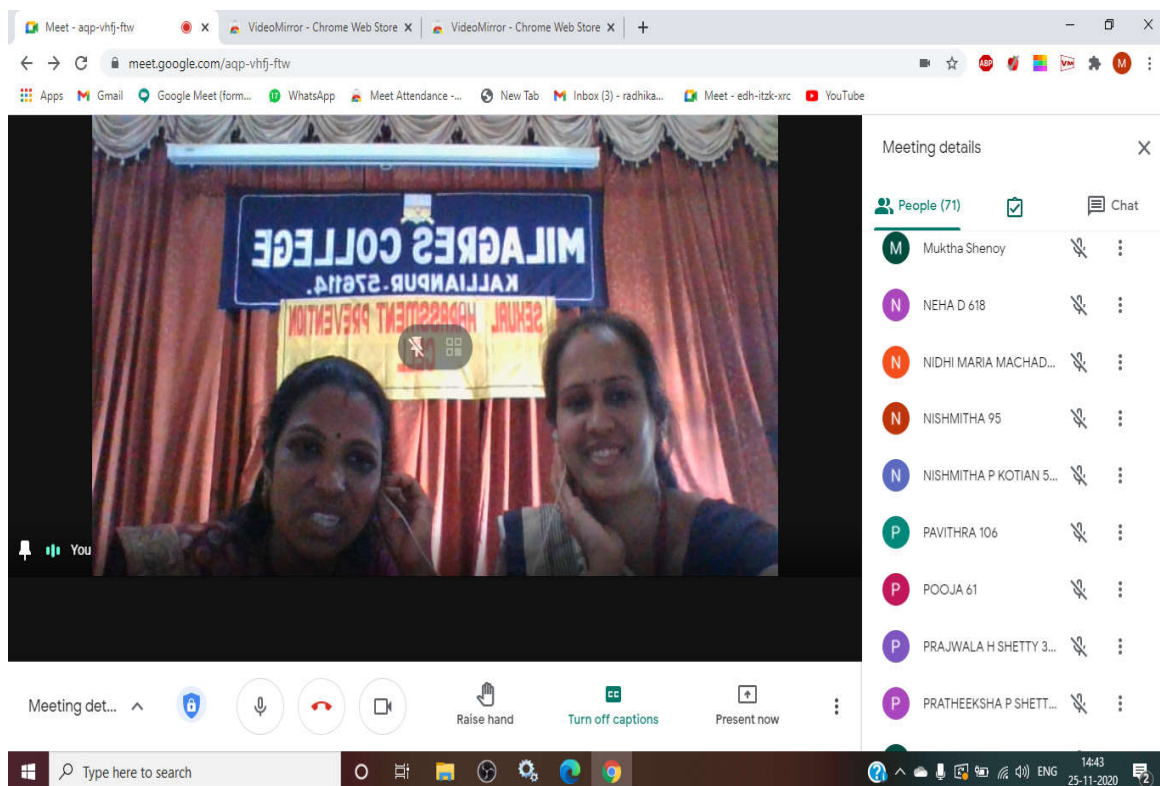
On 25th of November 2020, Sexual Harassment Prevention cell organized a session on the topic "Problems and Queries related to Sexual harassment on women and girls" by Mrs. Muktha Shenoy, Asst Sub Inspector, Kota police station through google meet platform. This program was unfurled by Inchara of III 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.

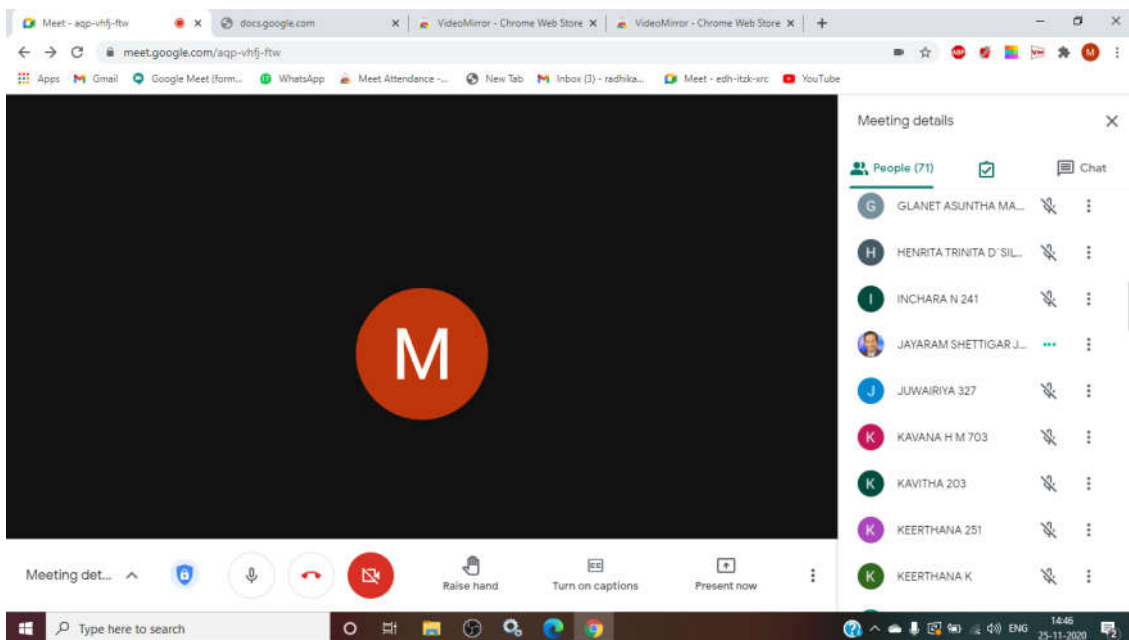
Mrs. Muktha Shenoy explained about how the harassment on women and

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 10th 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.




Principal
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