



**JSS MAHAVIDYAPEETHA**  
**J S S COLLEGE FOR WOMEN (AUTONOMOUS)**

An Autonomous College of University of Mysore: Re - Accredited by NAAC with 'A+' Grade)

Saraswathipuram, Mysore – 570 00

Ph No: 0821-2548239 ♣ Principal 2548383 ♣ Fax: 2548240 ♣ ✉: [jsscw.principal@gmail.com](mailto:jsscw.principal@gmail.com) ♣ Website: <http://www.jsscw.org>

The Women Empowerment Cell was established with the main objective of Empowering Women students to face the challenging world.

Today on 13/07/2021 at 3:30PM onwards a meeting of Women Empowerment cell held at the seminar hall and discussed the following agenda in the presence of the following members.

| Sl.No | Name               | Designation            |
|-------|--------------------|------------------------|
| 1     | Dr. K.V. Suresha   | Principal, Chairperson |
| 2     | Dr.Chaitra. S      | Convener               |
| 3     | Nalina kumari D M  | Member                 |
| 4     | Dr. Lokeshwari D M | Member                 |
| 5     | B Sowmya           | Member                 |
| 6     | Umadevi B M        | Member                 |
| 7     | Lalithamba         | Member                 |
| 8     | Dr. Asha G .S.     | Member                 |
| 9     | Smt Prapulla. S.   | Member                 |

#### AGENDA

Preparations of action plan for Women Empowerment Cell for the Academic Year 2021-22.

Discussion about the previous year performance of Women Empowerment Cell.

Approval of new action plan.

**Principal welcomed the gathering. The following resolutions were made in the meeting:**

Discussion was made for the smooth conduction of Women Empowerment Cell events for the academic year 2021-22.

**The following events are conducted by Women Empowerment Cell.**

1. "Malaria During Pregnancy" New perspectives of Drug Development on 15-07-2021.
2. A Special Lecture Organized on Career "After Degree and preparation for Interview" On 10-08-2021.
3. Lifestyle Management through Physical Fitness and Wellness on 02-09-2021.
4. 5-Days Yoga Camp organized by Department of Physical Education from 02-09-2021 to 06- 09- 2021.
5. A special Lecture Organized On " How to Manage Emotion and Stress" for students on 19-11-2021
6. An awareness programme organized on "Marriage and Divorce" on 27-10-2021.
7. A Special Lecture Organized On 'Atrocities on Women and Children -an awareness" on 11-11-2021
8. On account of programme **International Women's Day** on 08-03-2021.



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12-07-2021

**Women Empowerment Cell-2021-2022**

**CIRCULAR**

This is to bring to the notice of all UG and PG students that the Women Empowerment Cell is conducting a meeting to select representation for Women empowerment cell on 12-07-2021 at 3:30PM in AV room.

  
Principal  
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### **Women Empowerment Cell-2021-2022**

### **Action plan for the Academic Year 2021-2022**


- To Enrich the Ability of Students to Speak English Fluently and Effective Communication Skill.
- To Raising and Building Relationships with The Women Participants and Their External Oppressors.
- Self Defense Training Is Given Periodically to Help Women Protect Themselves.
- To Create Awareness on Women During Pregnancy.
- To Help an entrepreneur to Evaluate the Performance of An Enterprise and Provides a Basis for Forecasting Future Performance.
- To Control Stress Management among women.
- To Create Awareness about Physical Fitness.
- Career After Degree and Preparation for Interview.
- To Create Awareness about Atrocities on Women and Children.
- To Create Awareness about Time Management at Work to Enhance the Performance and Achieve the Desired Goals with Less Effort and More Effective Strategies.

### **Activities planned**

Women Empowerment Cell has activities planned through seminars, Special lectures, Workshops, Group discussion programs and other activities. The cell has created specific objectives for fulfilling the above goals.

### **Outcome**

- To create awareness on women during pregnancy.
- To create awareness about physical fitness.
- Career after degree and preparation for interview.
- How to manage emotions and stress.
- To create awareness about Atrocities on Women and Children -an awareness.

  
12/1/21  
**PRINCIPAL**  
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Members attend the meeting:

| Sl.No | Name               | Designation      |
|-------|--------------------|------------------|
| 1     | Dr. K.V. Suresha   |                  |
| 2     | Dr. Chaitra. S     | Chaitra S        |
| 3     | Nalina kumari D M  |                  |
| 4     | Dr. Lokeshwari D M | Lokeshwari D M   |
| 5     | B Sowmya           | Sowmya B.        |
| 6     | Umadevi B M        |                  |
| 7     | Lalithamba M. B.   | Lalithamba M. B. |
| 8     | Dr. Asha G.S.      |                  |
| 9     | Smt Prapulla. S.   |                  |





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Webinar organized in association with IQAC.

| Sl.No. | Date       | Department   | Topic   | Name of the Resource Person   | Level    |
|--------|------------|--------------|---|---|----------|
| 2      | 15.07.2021 | Biochemistry | "Malaria During pregnancy: New Perspectives of Drug Development | Dr. Rajaeshwara Achur<br>Professor<br>Biochemistry<br>Kuvempu University<br>Shimoga District, Shimoga | National |



  
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v. Workshop organized in association with IQAC

| Sl.No | Date       | Department                       | Topic   | Name of the Resource Person  | Beneficiaries |
|-------|------------|----------------------------------|---|--|---------------|
| 1.    | 10.08.2021 | Career Guidance & Placement Cell | Career After Degree and Preparation for Interview | Mr. Nandan Jog<br>Corporate Trainer<br>Yuvatva Paathshala<br>Bengaluru | 158           |



  
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Yoga camp

|    |   |
|----|---|
| a. | <p><b>5 -Day Yoga Camp</b></p> <p>Department of Physical Education, in association with IQAC, had organized 5 Days Yoga Camp from 02.09.2021 to 06.09.2021. Mr. Rajashekara Murthy, International Yoga trainer, based in China was the Resource Person. Every day the camp was held between 4.00 &amp; 5.00 pm. Mr. Kishore M R, Yoga coach, University of Mysore, assisted Mr. Rajashekara Murthy.</p> |
|----|---|



  
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## Progress Report

d.

**Amrith Mahothsav**

On account of 75<sup>th</sup> Independence Day, the NSS wings along with PAN India legal awareness had organized a function on 27.10.2021. **Mrs. Sudhasethuram**, Principal Judge, IV additional family court, Mysuru was the chief guest. **Mrs. D N Gayatri**, Advocate Mysuru was the Resource Person. She spoke on the topic 'Marriage and Divorce'



  
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## Special Lecture-Organized in association with IQAC

| Sl No | Dept                           | Date       | Resource person   | Topic  |
|-------|--------------------------------|------------|---|--|
| c     | Sociology &<br>DLSA,<br>Mysuru | 11.11.2021 | <b>Mrs. H P Rashmi</b><br>Additional Civil Judge<br>JMFC, Mysuru<br><b>Mr. Timmaraju</b><br>Sub Inspector<br>Saraswathipuram Police<br>Station, Mysuru was<br>present | Atrocities on Women and<br>Children - an Awareness |



  
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## College Activities

- b The college celebrated **Women's Day** on 08.03.2022. On the occasion, JSS Ayurveda Medical College, Mysuru, inaugurated its Peripheral OPD at the college for the benefit of faculties and students. **Dr. Sarbesbar Kar**, Principal, **Dr. Usha D T**, Head and Associate Professor, PG studies in Prasuti and Stree Roga and **Dr. Vidya Narayan**, Associate Professor, JSS Ayurveda College were present on the occasion.



  
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