

Women Empowerment Cell ACTIVITY REPORT 2023-24



**SHRI MADHWA VADIRAJA INSTITUTE
OF TECHNOLOGY & MANAGEMENT**

(A Unit of Shri Sode Vadiraja Mutt Education Trust®, Udupi)

Accredited by NBA | Accredited by NAAC with 'A' Grade | Affiliated to VTU, Belagavi

Vishwothama Nagar, Bantakal, Udupi – 574 115, Karnataka, India

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SMVITM

About the committee:

The College has established a Women Empowerment Cell in the college campus to empower and safeguard the rights of female members; faculty, staff and students of the College. The WEC works to promote gender sensitivity in the college and conduct diverse programmes to educate, sensitize both male and female members and produce harmonious atmosphere on the campus. It works for the welfare of the students and faculty towards preparing them in to competent professionals to take up greater challenges in the academic sphere.

Aiming at intellectual and social upliftment of the female students and staffs, the cell stands for facilitating women's empowerment through guest lectures, seminars, awareness programmes and other welfare activities.

Objectives:

- To identify and promote strong leadership and growth of women as individuals in their own right.
- To develop the self-confidence of the women in building their capacity.
- Training the women to impart knowledge of opportunities and resource available to get backing support.
- To educate girl students on women specific health issues and measures to be taken.
- Creating social awareness about the problems of women, gender equity and prevention of sexual harassment

Role and responsibility:

- To create the awareness on the objectives of WEC amongst girl students for their enthusiastic participation.
- To encourage women to undertake activities that strengthens their self-confidence.
- To participate actively in the events and competitions organized by the cell and encourage other girl students to participate.

To empower female faculty, staff and students about general economic and social issues

To review safety and security measures for female employees and girl students at SMVITM campus

Women Empowerment Cell Committe
Academic Year-2023-24

Sl.No	Name	Department
1.	Ms. Bhaghya lakshmi	Department of Mathematics
2.	Ms. Savitha Shenoy	Computer Science & Engineering
3.	Ms. Yogeshwari	Electronics & Communication Engineering
4.	Ms. Rekha	Department of Physics
5.	Ms. Vandhana	AI & ML Engineering
6.	Ms. Sharadha	Library

Women Empowerment Cell Activities Annual Report 2023-24

SI No.	Program Title	Date	Resource person
1	Self Defense Program	11-09-2023	Karthik S Kateel, Founder of Swaraksha for women Trust(R)
2	Talk on "Health and fitness for wellbeing"	09-09-2023	Dr. Deepika B V, Institutional coordinator, WEC, Associate Professor and Head, Dept. of Civil Engineering, SMVITM, Bantakal
3	A session on "What Constitutes Sexual Harassment?"	14-10-2023	Mrs. Preethi Harishraj, Assistant Professor, Vaikunta Baliga College of Law, Udupi.
4	Talk on "Be a Change maker- Introduction to Innovation and Entrepreneurship"	25-10-2023	Dr. Shruthi Acharya Associate Professor, Department of Medicine & Radiology, Manipal College of Dental Sciences
5	Talk on " Shaping tomorrows Engineers for a Healthy Lifestyle"	09-12-2023	Dr. Shruthi Ballal, MBBS, DDM Diabetologist and family Physician, Big Medical Center, Udupi
6	Talk on "A world of equals, is a world of Progress"	17-05-2024	Rtn PHF Deepa Bhandary, Former Vice Principal, St. Mary's English Medium School, Udupi,

Women Empowerment Cell Activities

Academic year 2023-24

Detailed Report

1. Self Defense program:

Mr. Karthik Kateel, CEO & Founder Swaraksha for Women Trust conducted a highly impactful self-defense workshop, aimed at empowering participants with essential techniques and strategies to enhance personal safety and confidence. Beginning with the importance of awareness and prevention, Mr. Karthik emphasized situational awareness and assertiveness, equipping participants with verbal de-escalation skills and the confidence to set personal boundaries. He also explained various types of cybercrimes reported and how to tackle such crimes by taking precautionary measures. Mr. Karthik and his mother, through practical demonstrations and hands-on practice sessions, made participants to learn basic self-defense techniques, including strikes, blocks, and escapes, to defend against common attacks such as grabs and strikes. The workshop provided a safe and supportive environment for new batch of students to develop muscle memory and confidence in their ability to protect themselves. The session was well received by the students resulting in positive feedback and gratitude from attendees for the empowering experience and practical skills acquired.



2. Talk on "Mental health and well-being" :

Dr. Deepika B.V, Head of the Civil Engineering Department, conducted a session on "Mental Health and Well-being". Through interactive discussions, Dr. Deepika highlighted the importance of mental health in academic and personal life, providing practical strategies for stress management and self-care. Dr. Deepika's session contributed to raising awareness about mental health issues and creating a supportive environment within the academic community.



3. Session on "What Constitutes Sexual Harassment?"

Organized a session on "What Constitutes Sexual Harassment?" for the students of the College on 14 October 2023 at 11:30 AM in Seminar Hall No. 03 of Library Block. The resource person was Mrs. Preethi Harishraj, Assistant Professor, Vaikunta Baliga College of Law, Udupi. Mrs. Preethi Harishraj explained different types of harassments and explained the importance of having College Internal Compliance Committee in all the organizations. In her talk she told that Sexual Harassment is unwanted, unpleasant, embarrassing, or threatening behavior including sexual content. It can take place in person or online, and it can be written, verbal, or physical. Sexual harassment can happen to anyone, regardless of gender. Sexual harassment may qualify as discrimination if it occurs in a place of employment, a school, or a university. She also said that the sexual harassment of women at workplace Act was passed in 2013 (POSH Act). She highlighted about Vishaka guidelines which were already in place. Mrs. Preethi also explained how to frame the CICC and its responsibilities. CICC coordinator Dr. Lolita Priya Castelino gave a bird's eye view on College Internal complaints committee and its functions at Institute level. It was an interactive session and very informative.



4. Talk on “Be a Changemaker- Introduction to Innovation & Entrepreneurship”

Organized a session on “Be a Change maker- Introduction to Innovation and Entrepreneurship” on 25 September 2023 at 3pm in Seminar Hall Admin Block. Dr. Shruthi Achaya Associate Professor, Department of Medicine and Radiology Manipal College of Dental Sciences was the resource person for the session.

In the session the speaker started with idea creativity and innovation. She started with giving a example of Thomas Alva Edison. There is always a betterment of every innovations done. She gave a importance of novelty in ideation. Learning and unlearning is a must in innovation. She spoke about barriers of creativity and explained about how to overcome them. To have a sustainable entrepreneurship ideas, it is necessary to reach out to maximum consumers. She said that the problem statement should be clearly stated in the beginning of the innovation. She gave much examples about need of innovation. She explained about innovation in product, process and services sectors. It was very much interactive session. The students got ideation of innovation. It was very interesting to listen about different steps of innovation. Importance of investment, tangibility, getting government grants, prototype, getting trial approval, commercialization of the product, feedback of the users. She explained about the importance of startups and steps to be followed to have a startup. About copyrights and intellectual property rights.



5. Talk on “Shaping Tomorrow’s Engineers for a Healthy Lifestyle”

Organised a talk on “Shaping Tomorrow’s Engineers for a Healthy Lifestyle” by Dr. Shruthi Ballal, Diabetologist & Family Physician, Big Medical Centre, Udupi, on 09-12-2023 at 10am in seminar hall Admin Block. Dr. Shruthi Ballal started her session by showing the different types of games the Children were playing in the olden days and now all those has become extinct. She said that such kind of games increases the physical activity of the students. The children used to be very active, happy and healthy. In the recent days the children are playing only in the mobile phone sitting in one place because of which the physical activity of the children has reduced which has led to the increased diabetes and cardiac arrest in the lesser age group.

She said that along with having goal of becoming Engineer, getting good job, Higher studies, family, own house, vehicle having good health should be first goal of each and every individual. She said that addiction, unhealthy packed food usage, improper sleep pattern, not keeping body hydrated eating processed food and depression are the reasons for the deteriorating the health of a individual. Dr. Shruthi also said that in the recent days the patients visiting the doctors are of lesser age group. People are becoming vulnerable due to improper lifestyle. She created awareness among the students by some of the case studies that why healthy life style is important.

Dr. Shruthi ballal gave enough information about healthy life style. She said that eating regional, local will keep our body and mind healthy. The way how our grandparents were eating if we follow the same pattern then we have reduce the unhealthy condition to the larger extent. She highlighted the importance of physical activity for the individual and played a video of simply exercise which can be followed by the people of all the age group. At last she showed the food items which can be eaten on a regular basis to keep our self-healthy and also said that the same diet can be followed by the people having Diabetes as well as Blood pressure. She said that each and every individual should have a routine of blood and urine check-up once in a year. The session was very much interactive and the students asked many questions to the doctor and clarified their doubts about the health.



6. Talk on “A world of equals, is a world of Progress”

Organised a talk on “A world of equals, is a world of Progress” by Rtn PHF Deepa Bhandary, Former Vice Principal, St. Mary’s English Medium School, Udupi, on 17-05-2024 at 11am in seminar hall Admin Block. Mrs. Deepa Bhandary started her session by giving insights into the importance of celebrating the Women’s Day and also said that it should be celebrated daily not only a single day. She said that this year the Women’s day was celebrated with a tag line of “Don’t think about making women fit the world, think about making the world fit Women”. She said that the women is there in every sector of the society. We should invest on women, accelerate the progress of the women, which will be help for the growth of the digital India. She continued explaining about gender equality.

It is all about equal opportunity based on choices, capabilities and knowledge. She said that nowadays women are in NCC unit, in all fields of education, all sectors of job, in fire fighting to pilot of war planes. In the recent days opportunities for women and men in business, corporate and in government sector is helpful in economic development of the country.

She gave her own example that previously there was no member in the rotary club and now she is the president of the Rotary club and many of the women are the members of the Rotary club. Women and men can work together for the progress of the society. She continued telling that the gender equal society should be free of bias, stereotype, and discrimination rather it should be equitable, inclusive, valued and should be celebrated. She said that there are many benefits of gender equal society like peacefulness, there will be prosperity in the society, prevents violence, enhances the productivity in the society, there will be economic growth. She said that some of the reasons for gender inequality includes uneven education, lack of employment, job segregation, lack of religious freedom, racism societal mind-set. At the end she gave tips to the men and women in the session to build self-confidence, grab every opportunity to showcase the talent, to become financially independent, work for the sustainable development and support the society to grow.



ACCOMPLISHMENT

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AND MANAGEMENT BANTAKAL**

congratulations

Selected for IEEE WIE Scholarship



Gowri Bhat
2nd sem AI & DS



Anushree
6th sem AI & ML



Amshu S Shetty
2nd sem AI & ML



Kavya Nayak
6th sem ECE



Shreya
6th sem ECE



Annapurna
4th sem ECE



Sinchana
6th sem AI & ML