



MES INSTITUTE OF MANAGEMENT

Vidya Vihar, 25/1, 17th Main, II Block, Rajajinagar, Bangalore-560 010

Report on the use of Sanitary Napkin Vending Machine and Incinerator.

On 8th November 2021, Smt Anithakumari, Assistant Manager, educated the girls students about the use of Napkin Vending Machine and Incinerator. The incinerators help in scientific disposal of the used sanitary napkins. Girls of first year BCom and BBA attended the session.

sharada S

Principal

**MES Institute of Management.
Rajajinagar, Bangalore-560 010**



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REPORT ON GENDER SENSITIZATION PROGRAMME

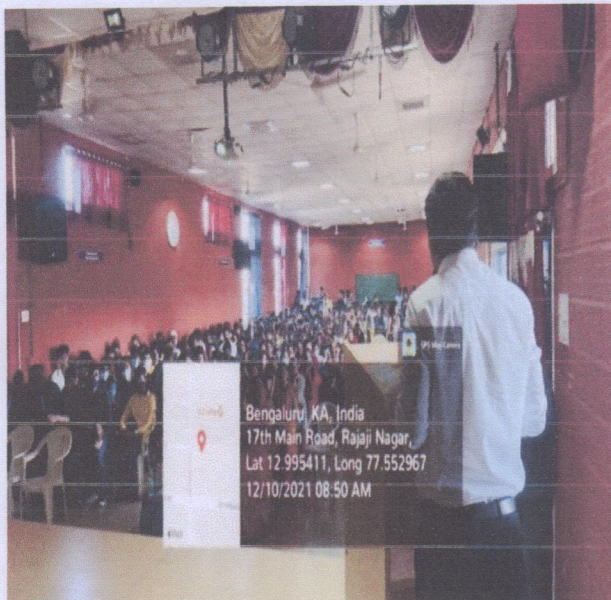
TITLE OF THE PROGRAM: SEMINAR ON HUMAN RIGHTS

RESOURCE PERSON: SRI L. SHIVAKUMAR, ADVOCATE

NO OF STUDENTS BENEFITTED: 225

The International Human Rights Day was celebrated on 10/12/2021 in our college. The event begun by welcoming the gathering by Geethashree of III semB.COM 'A' section. Speaker of the occasion was our proud Alumni Sri.L Shivakumar, Advocate, High court of Karnataka highlighted upon the enforcement of Human Right in India and also spoke about the role of NHRC and SHRC in protection of human rights .He also emphasised on how to approach the Human Rights Commission and what is the procedure followed by them in case of violation of human rights. He also addressed the students regarding the connection of Human Rights with our Constitution Part III and Part IV.The Speaker of the day was felicitated by our beloved Principal Dr. Sharada.S. after the speech the programme was followed by the Presentation by Nirmal .R of 5 sem BBA and his team who had conducted a survey in and around Rajaji Nagar to know about how much public are aware about the basic human rights of them and they also created awareness about the human rights. The program was concluded by vote of thanks by Smt Chitra V, Asst Prof, and co ordinator of Equal opportunity Cell.






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 Vidyavahara, 25/1, 17th Main, 2nd Block, Rajajinagar, Bangalore,
 Karnataka - 560010

Initiative with
EQUAL OPPORTUNITY CELL "ABHISAMA"
 celebrates

**INTERNATIONAL
 HUMAN RIGHTS DAY**
 On December 10th 2021


Human Rights


Human Rights

Guest Speaker
Sri. Shivakumar.L
 Advocate
 High Court of Karnataka

Presided by:
Dr. Sharadha.S
 Principal, MESIOM

VENUE:
 College
 Conference Hall

TIME
 8:10 A.M





All are cordially invited
 Principal, Teaching, Non Teaching Staff & Student

INTERNATIONAL Human Rights Day Visitors Book

Date	Visitors Name	Contact No.	Event / Address	Your Valuable Comments & Suggestions
10/12/21	Sri. Shivakumar L ADVOCATE HIGH COURT OF KARNATAKA	999252664	advocate@shivakumar.l @gmail.com	THANES For the opportunity!!! <i>[Signature]</i> 10/12/21
10/12/21	Sri. Sharadha S	986936076	sharadha@mesiom.org	Sharadha S

sharadha.s

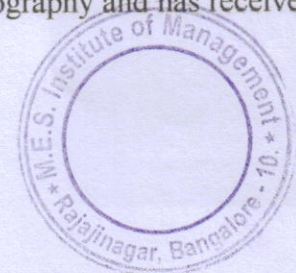
Principal
MES Institute of Management
 Rajajinagar, Bangalore-560 010

REPORT ON INTERNATIONAL WOMENS DAY


The International Women's Day was celebrated in the college Conference Hall on 8th March 2022. The Chief Guest for the occasion was Dr.Vijayalakshmi Balekundri, Paediatric Cardiologist. Dr Sharada. S, Principal, welcomed and introduced the Chief Guest to the gathering. Dr.Vijayalakshi Balekundri was felicitated on the occasion.Addressing the gathering, Dr.Balekundri explained about the impact of technology and how youth are not taking care of their health. She advised the youth, saying that when one is in depression, stress, negative thought process and turmoil affect the heart. The negative vibrations create the worst impact on the heart. She called on people to adopt a healthy lifestyle, remain jovial even in adverse situations and keep the spirits high to keep the heart healthy and young. Dr. Vijay Laxmi stressed that Heartfulness comes from evolving a positive mindset, sticking to a regular exercise regimen, reducing body weight and eating a lot of vegetables and fruits. She urged the participants to say a big no to poisonous things found in every Indian kitchen-foods prepared from Maida and Sugar. Salt needs to be drastically cut down to keep the heart young. To keep it healthy, regular exercise, yoga, cycling, swimming, or any other form of activity is essential. The event was attended by 239 including staff and ended with vote of thanks and the National anthem.

Profile of the chief guest Dr Vijayalakshmi, MD

Dr.Vijayalakshmi Balekundri, MD Gold medallist, skilled interventionalist, pioneer in Paediatric cardiology. She has had a brilliant academic career, securing 22 gold medals, 52 publications, 105 research papers (32 international), delivered 210 scientific lectures and has authored "Step by Step to ECHO in CHD" and edited monogram on "A RF & RHD". She has proposed the Echo criteria for the early and precise diagnosis of carditis in Acute Rheumatic fever and National Policy for Congenital Heart Disease. She has received the Best presentation award for "My nightmare case" at PICS at Chicago and in Boston, first prize for Outstanding Scientific Presentation at World Congress of Echocardiography and has received many prestigious awards for her academic and literary work.



Mysore Education Society (R)



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 'Vidyavihara', #25/1, 17th Main, 2nd Block, Rajajinagar, Bengaluru-560010

IQAC Initiative
 Organized by
EQUAL OPPORTUNITY CELL – ABHISAMA

INTERNATIONAL WOMEN'S DAY CELEBRATION - 2022

Topic: Physical & Cognitive wellness among youth for a better tomorrow

Speaker
Dr. Vijayalakshmi Balekundri
 Department of Paediatric Cardiology,
 Sri Jayadeva Institute of Cardiovascular Sciences
 and Research, Bengaluru, India.

Presided by
Smt. Vimala Rangachar
 Former President & Founder Member,
 MES Institutions, Bengaluru.

Time : 03:00 pm Date : 08/03/2022

Venue : College Conference Hall

Principal, Staff & Students

Mysore Education Society®

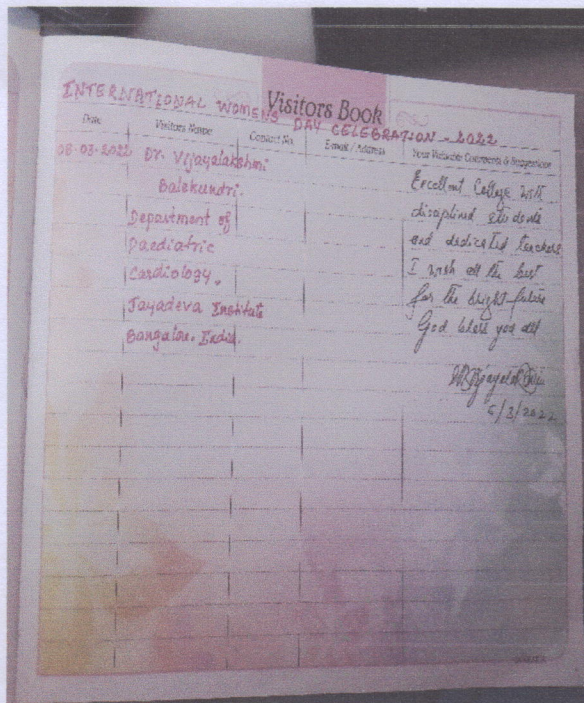
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Programme List
 On 08th March 2022
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 EQUAL OPPORTUNITY CELL – ABHISAMA

INTERNATIONAL WOMEN'S DAY CELEBRATION – 2022

**Topic: Physical & Cognitive wellness
 Among youth for a better tomorrow**

Invocation Song	Smt. Sushmitha V Asst. Prof. Commerce & Mgt.
Video Presentation	Sri. Jithamitra, V Sem BBA
Introductory note & Welcome Address	Smt Harini M S, Vice Principal, IQAC coordinator, HOD Commerce and Mgt, MESIOM
Lighting of the Lamp	
Address by Speaker	Dr. Vijayalakshmi Balekundri Department of Paediatric Cardiology, Sri. Jayadeva Institute of Cardiovascular Sciences and Research, Bengaluru, India.
Presidential Remarks	Dr. Sharada S, Principal, MESIOM
Vote of Thanks	Smt. Chitra V Co-ordinator of EOC
Compering	Smt. Divyashree D V Co-ordinator of EOC





sharada S

Principal

MES Institute of Management
 Rajajinagar, Bangalore-560010

Report on Video Played- 2021-22

A video was played on 19th April 2022 for girls' students in college conference. Two motivational videos Power of Women and Women Empowerment and video of health tips, Importance of Vitamin-D Dr. Vijalakshmi balekundri was played. Later Dr Kanchan S. Kudchikar, faculty in Hindi department briefed the video to the students. 126 girls' students and all the women staff members were present.

<https://youtu.be/7mvOQTC8v70>

<https://youtu.be/45XxNMMixCM>

<https://youtu.be/DpnwzvrEWFO>

sharada S
Principal
MES Institute of Management
Raialinagar, Bangalore.