


MES INSTITUTE OF MANAGEMENT

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

REPORT of GENDER SENSITIZATION PROGRAMMES - 2016-17

TITLE OF THE PROGRAM: HUMAN RIGHTS

No of students benefitted: 196

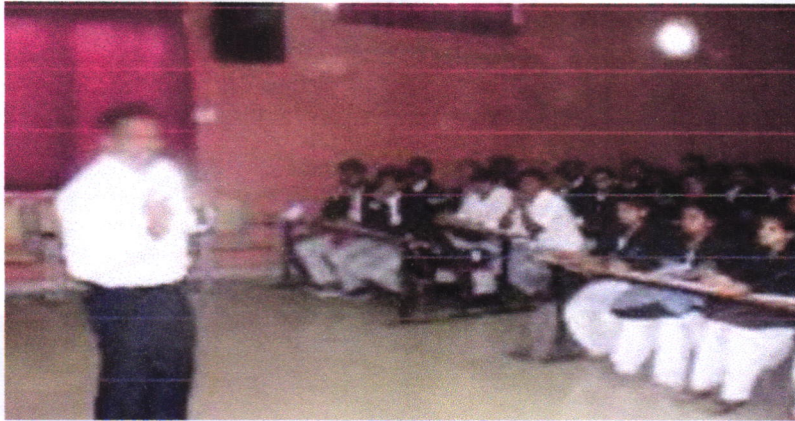
RESOURCE PERSON: SRI. SIVAMANITHAN, LLB, LLM, Advocate, High court of Karnataka

On 26th September 2016, Equal Opportunity Cell, organised a seminar on Human Rights. The Resource Person for the event was Sri.Sivamanithan, Adv, High Court of Karnataka. Sir started his speech with meaning of human rights. Human rights are the basic rights and freedoms that belong to every person in the world, from birth until death. He briefed about five kinds of human rights: economic, social, cultural, civil, and political. Economic, social, and cultural rights include the right to work, right to food and water, right to housing, and the right to education. He also spoke about different generations of human rights and different colours assigned to each Right. He explained about the Composition, Powers and functions of Karnataka State Human Rights Commission, the different types of complaints that can be filed and the remedies available from the commission. Sir also shared a toll-free helpline of KSHRC No.1800-425-23333 to the students.

Outcome:

- Students understood the Concept of Human rights
- Understood the procedure to file a complaint





23/9/2016

All the students of I sem Bcom & BBA are hereby informed to attend the programme organised by Equal Opportunity Cell on "Human Rights" on 26/9/2016 at 1:15pm in Conference Hall. Sri Sivaramanathan Advocate High Court of Karnataka will be address.

I sem Bcom 'A'
 B
 I sem BBA

Shan MS
 Principal
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 Rajajinagar, BANGALORE - 56

S. No.		Date	Name	Comments
01	24.9.16	Sri. Sivaramanathan	ADVOCATE, HIGH COURT OF KARNATAKA	He spoke about the Human Rights and the importance of it. He also spoke about the violation of human rights and the role of the management in it. He also spoke about the importance of the Human Rights and the role of the management in it. He also spoke about the importance of the Human Rights and the role of the management in it.

Sharada S
 Principal
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REPORT ON GENDER SENSITIZATION PROGRAMME

Title of the Programme: Awareness on PCOD

Resource Person: Dr. Punya Nagaraj, MBBS, MD(OBG), FMAS(Delhi)

No of beneficiaries: 155 students

Date: 8.3.2017

The women cell of MESIOM organized an awareness program on PCOD for girl students on the occasion of International Women's Day 2017. Dr. Punyavathi Nagaraj, Gynecologist, Punya Hospital, presented a PPT, on PCOD and created awareness of PCOS which has become a common problem in girls and women aged between 12 and 50 years. She stressed on the importance of taking early steps for its prevention.

She explained that polycystic ovarian syndrome (PCOS) is an extremely common disorder that occurs in 4% to 7% of women of reproductive age. It is caused due to the imbalance in girls' hormones. Women with PCOS may have enlarged ovaries that contain small collection of fluid called follicle, located in each ovary. When there is an increase in male hormones androgens, it leads to PCOS. Diagnosis of PCOS can be made when two signs are experienced - irregular and prolonged menstrual periods. Increased levels of male hormones may result in unwanted hair growth on the face, chest, hands and around the nipples. Some may get acne, excessive weight gain, development of diabetes and BP. Complication of PCOS includes infertility, miscarriage or premature birth and among some, uterine bleeding, which might lead to endometrial cancer.

She stressed to the youngsters that the food that we eat is important for good health and they should not be taken in by junk and fast food. Maximum 8 hours sleep and going early to bed is very important. She also mentioned that if one is addicted to modern electronic gadgets, like the cell phone, it takes away the sleep time, which affects the reproductive capacity. She concluded saying that health is wealth and we should have a balanced diet containing natural and unprocessed high fiber food and also include more greenery in our diet. Practicing yoga and exercises regularly will be beneficial.





Women's Day Celebration

Report on video playing

On 11th March 2017, two videos were played in the common assembly for girls. One was about celebrating womanhood and another was on Gender-based violence. The video also stressed upon the fact that women's safety begins at home and urged women to respect each other. Later, Senior Faculty Smt. Rohini Patil, Asst prof, briefed the students and opined that woman have to hold hands to uplift each other. 135 girls and all the women staff members were present on the occasion.

Women's Day Celebration

<https://youtu.be/LqabeGpuoiY>

Women safety starts from home- short movie on GBV

<https://youtu.be/doBE4sM-Xys>

Sharada S

Principal

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