

M.E.S. INSTITUTE OF MANAGEMENT

"Vidyavihar", #25/1, 17th Main, II Block, Rajajinagar, Bangalore-560 010

REPORT OF GENDER SENSITIZATION PROGRAMME - 2017-18

TITLE OF THE PROGRAM: KNOW YOURSELF: GENERAL AWARENESS PROGRAMME ON HEALTH AND HYGIENE(GIRLS)

RESOURCE PERSON: MR. SIMON, PROMOTING OFFICER, ZARA PRODUCTIONS (REXONA ACADEMY)

Date: 13.9.2017

No of students benefitted :137

The Equal Opportunity Cell of MESIOM conducted an awareness program for girls on health and hygiene with the objective of sensitizing girls on personal health and hygiene. Addressing the girls, Sir said that hygiene is essential for good health and personal hygiene among teenagers, should be practiced to help avoid exposure to infections and diseases. Cleanliness during menstrual period is very important to prevent potential infections. He motivated them to be disciplined so that they can develop self-confidence, self-esteem and lead a healthy lifestyle. He gave tips for various good habits like skin care, hair care, nail care, oral care and menstrual hygiene.

- Outcome:**
1. Students understood the Importance of personal hygiene
 2. Importance of hygiene during menstrual time to avoid infection.

Visitors Book				
GENERAL AWARENESS PROGRAM ON HEALTH & HYGIENE [ONLY FOR GIRLS]				
S. No.	Date	Name & Address	Phone	Comments
1	13/9/17	MR. SIMON PROMOTING OFFICER ZARA PRODUCTIONS [REXONA] ACADEMY	2411877019	17 th B. Main, Suburban In College as Support us in very excellent manner. We are very thankful to College from Rexona team <i>Simon</i>



REPORT ON INTERNATIONAL WOMENS DAY 2017-18

MESIOM celebrated International Women's Day on 8th March 2018. Two videos were played to mark the occasion- celebrating women and Empowering women. The first video highlighted that life is incomplete without women and the other one stressed upon the progress of women in spite of many adversities. Smt. Harini M.S, Vice Principal and IQAC Coordinator addressed the girl students and spoke about how empowering women, empowers generation of women. She averred that the videos reflected the progress made by women and appreciated the examples of courage and strength set by ordinary women in different countries. She encouraged the students to be brave, develop more self-confidence and look up to their mothers and grandmothers as role model. 185 students and women staff members were present on the occasion

Happy International Women's day- Empowering women

<https://youtu.be/yuwwkqGThpM>

<https://youtu.be/hwfl7Xa9buQ>

REPORT ON VIDEO PLAYING 2017-18

On the occasion of International Women's Day on 11th March 2018, the video was played on tips of Personality Development. Later Smt. Nalini N, Department of Commerce and Management addressed the students and told that personality is always confused with exterior traits like beauty or English speaking, it includes both internal and external traits like behavior, thoughts expression and feeling. Always be a good listener, be positive and always believe in yourself and never ever give up. At the end she quoted winners never quit and quitters never win believe in yourself. 150 students were benefitted and all women staffs were present

Personality Development Tips

<https://youtu.be/CbEofwLoRPo>

Shanada S

Principal

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