

MES INSTITUTE OF MANAGEMENT

Vidya Vihara, 25/1, 17th Main, II Block, Rajajinagar, Bangalore - 560010

Affiliated to Bengaluru City University, NAAC accredited with B++

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

On 12th August 2024, 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 B. Com and BBA attended the session.

Report on Human Rights Day along with constitution day-

MES Institute of Management celebrated Constitution Day along with Human Rights Day on 23rd November 2024, as students would be engaged in examinations on Human Rights Day. On 23rd November 2024, a thought-provoking seminar was held in celebration of Constitution Day, focusing on the pivotal roles of Dr. B.R. Ambedkar, Jawaharlal Nehru, and Sardar Patel in the formation of the Indian Constituent Assembly.

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**Seminar on Account of
Constitution Day**

**Topic: Constituent Assembly - Role of
Dr. B R Ambedkar, Jawaharlal Nehru
& Sardar Vallabhai Patel**

Resource Person
Sri. Kiran Bettadapur
BE, PGDIP, M.Tech, LL.B, ACS
Advocate, High Court of Karnataka,
Managing Partner of Prudentia Law Chambers.

Date: 23/11/2024, Saturday Time: 10:00 am
Venue: Conference Hall

All are Cordially Invited
Principal, Staff & Students
Arise, Awake, Stop not till the Goal is Reached

COMMERCE AND MANAGEMENT DEPARTMENT

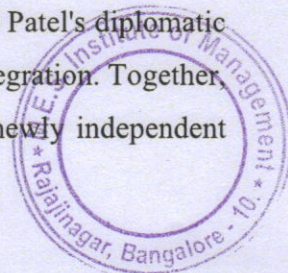
Samanvitha valedictory

Visitors Book

Date	Visitor Name	Contact No.	E-mail / Address	Your Valuable Comments & Suggestions
23/11/2024	Kiran Bettadapur BE, PGDIP, M.Tech Advocate High Court of Karnataka Managing partner of Prudentia Law Chambers	9720-21778	kirantbettadapur@gmail.com	I was delighted to guide the event today. It was genuinely inspiring to see the great work put in by the staff and students to make the event through the online program. I was also able to see the not only hard work but also the excellent communication skills of the students.
23/11/2024	Seminar on account of Indian Constitution day by			Adv. Kiran Bettadapur

Resource person Kiran Bettadapur highlighted the significant contributions of Dr. B.R. Ambedkar, Jawaharlal Nehru, and Sardar Patel to the Indian Constituent Assembly. Dr.

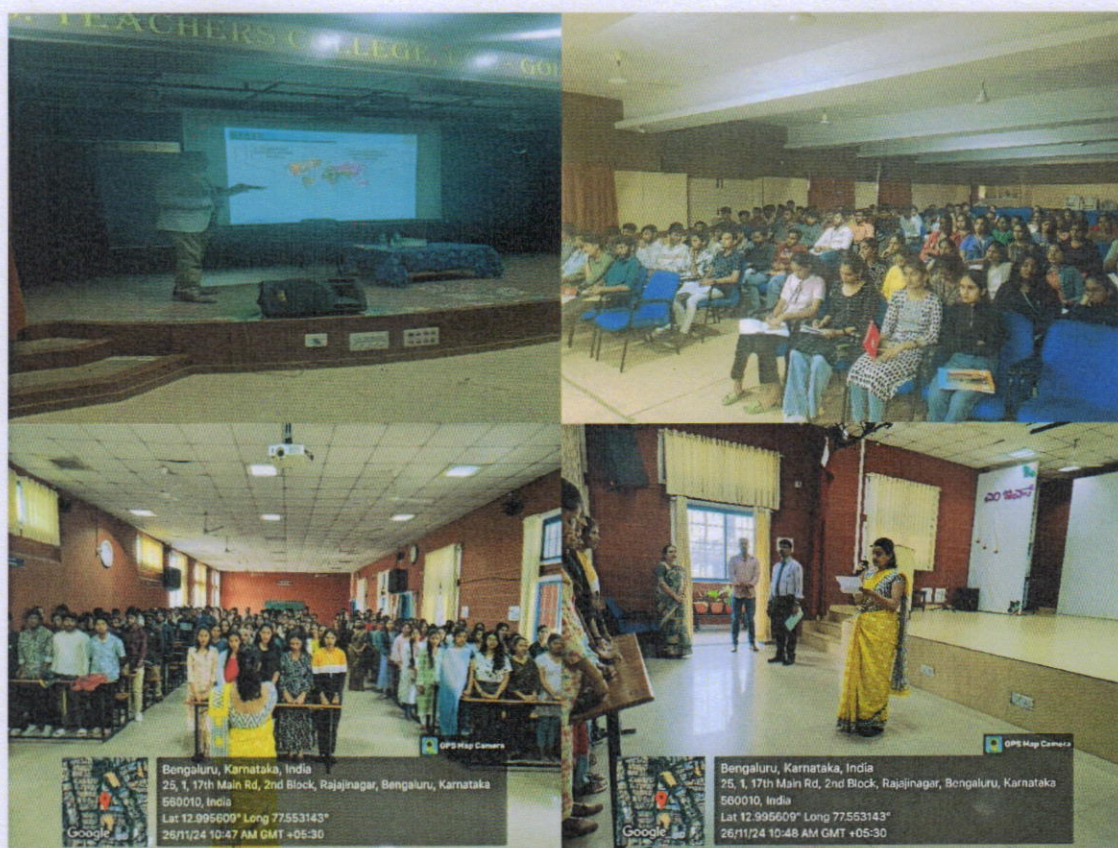
Ambedkar, as the principal architect of the Constitution, ensured the inclusion of social justice and equality. Nehru's leadership and democratic vision shaped the nation's governance, and his "Objectives Resolution" was pivotal in guiding the drafting process. Sardar Patel's diplomatic skills and efforts in unifying the princely states were crucial for national integration. Together, their collaborative efforts and visionary leadership laid the foundation a newly independent nation and ensuring the unity and progress of the country.



Outcome of the seminar

Totally 180 students attended the seminar, the seminar on the Constituent Assembly and the roles of Dr. B.R. Ambedkar, Jawaharlal Nehru, and Sardar Patel offered profound insights into the foundational aspects of India's democracy. The outcome of the seminar included a deeper appreciation of the constitutional values and principles among the attendees, enhanced knowledge about the historical context and challenges faced during the drafting of the Constitution, and a renewed sense of respect for the contributions of these visionary leaders.

For students, the seminar served as an invaluable educational experience. It helped them understand the significance of the Constitution and its role in shaping modern India. By learning about the leaders' dedication and vision, students were inspired to value democratic ideals and social justice. The seminar also encouraged critical thinking and discussion, fostering a more informed and engaged student body. Overall, it emphasized the importance of civic responsibility and the impact of strong leadership on a nation's development.

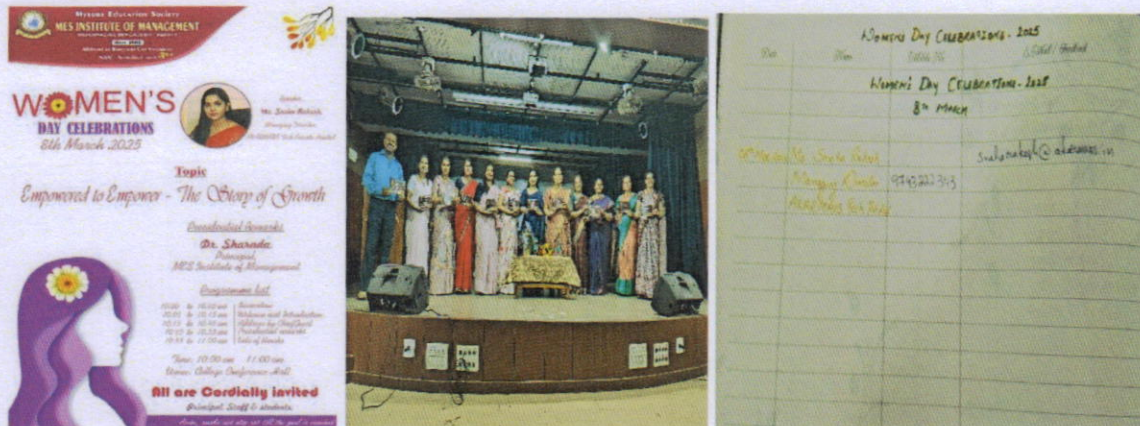


BBA students on 26th November 2024



International Women's Day - March 8, 2025-

International Women's Day was celebrated on 8th March 2025 by felicitating women entrepreneur and the Chief Guest Ms. Sneha Rakesh, Managing Director, AKARMAXS Tech Private Ltd, a 100-crore top-line company. The Chief Guest, in her address to the students on the theme 'Empowered to Empower-The Growth Story', spoke about her personal growth story, the hard work, and challenges faced as an entrepreneur.



Report on Video Played- 2024-25

A video was played on 15th March 2025 for girls' students in college conference hall regarding Health awareness.

1st video is about healthy lifestyle. The importance of women's health cannot be stressed enough. And many of these health issues we are not even aware of. Keeping in mind the health of all women, Lifestylespeakss has come up with the "WOMEN'S HEALTH SERIES" with new episodes every week which will focus on the health of all women and together we can do it.

<https://youtu.be/lr7MOKB2gIM?si=TTYt4gaAUstBOtQeF>

<https://youtu.be/lr7MOKB2gIM?si=HxyHXG2VcM-MkwVb>

2nd video is hormonal issues. Hormonal issues in women have become quite common these days as one in ten of us face this issue. Some basic symptoms which we may experience and think to be normal or having out of the blue can actually be an indicator of hormonal issues in us women. This is something that we cannot take lightly as it could be a sign of a serious medical condition later.

<https://youtu.be/ul4BYfxQprg?si=xT8f7ad3Pzqt0fNY>

<https://youtu.be/ul4BYfxQprg?si=VOcdOFTWGo3vujAm>

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Principal
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