

# CELL AND CLUB ACTIVITIES

## SAMARTHINI-Women Empowerment Cell

### Self Defence Program for Girl students and lady Faculty with Gender Equity

The Women Empowerment Cell in association with Prevention of Sexual Harassment Cell conducted Self Defence training programme for girl students and Lady faculties of Sapthagiri College of Engineering on 8/3/2019 in association with Bangalore Mirror. Dr. M.G. Prasad from Zen Sports who is an International Karate Champion and Karate Coach was the trainer for self defence. This event was managed by the WEC Convener Prof. Prerana Chaithra.

As there are lot of harassment cases and threats ladies as to face in their daily life, whether it is at workplace or while travelling or crowded areas. Dr. Prasad trained the girl students and lady faculties and staff in self defence techniques and gave tips to them as to how to protect themselves. Thus International Women's Day was meaningfully celebrated through this event to empower women against harassment.



**Girl Students & lady faculties of SCE along with the Self Defence Trainer Dr. M.G. Prasad**

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**International Karate Champion and Coach Dr. M.G. Prasad giving Self Defence Training**



**Students practicing the Self Defence Techniques**



**Convener Prof. Prerana Chaithra along with the Trainer Dr. M.G. Prasad and the Bengaluru Mirror Team**



BANGALUREANS LEARN STREET SURVIVAL AND PRACTICAL DEFENCE MOVES

# Karate kids

Rush of women at Bangalore Mirror event in two campuses; more in offing

PHOTO: KANISHK N



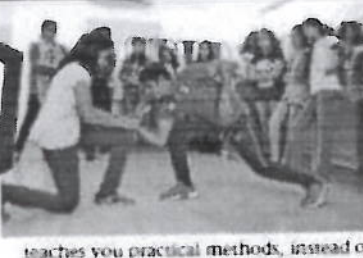
SAPTHAGIRI COLLEGE OF ENGINEERING



LISAA SCHOOL OF DESIGN



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**O**n International Women's day, Bangalore Mirror hosted a self-defence workshop for women at two educational campuses. A large number of female students gathered and trained under master fitness trainer and coach for the Indian National Karate team, DR MG Prasad, for street survival skills training. The training focuses on effective ways to defend oneself from a violent situation. "The increase in the number of crimes is alarming and it is important that every woman be trained with street survival skills," said Prasad. The self-defence classes were conducted at Lisaa School of Design, Koramangala and Sapthagiri College of Engineering, Hesaraghatta road.

The students were shown how one has to be quick and smart if they find them-

## LEARN SOME DEADLY MOVES IN CUBBON PARK

Learn how to handle that pesky stalker or that roadside Romeo. Bangalore Mirror, along with karate coach Dr MG Prasad, has organised self-defence classes at Cubbon Park on Sunday at 11 am. Join us and learn how to show perverts their place

selves in a sticky situation. "I did not know that only with my elbows and knees I could easily defend myself. The moves I learned were simple and powerful. We are advised to carry a pepper spray but learning how to physically tackle is much more handy. I feel confident now after the workshop," said Salma Nabeela, student from Lisaa School of Design.

Prasad also cleared the confusion about martial arts and street survival skills not being the same thing. "Street survival skills

teaches you practical methods, instead of those old martial art techniques which usually take years of practice to effectively put together," said Prasad.

Many of the students complained that they were absurdly touched while travelling in buses and Prasad showed them two simple techniques to defend themselves in public transport. "He showed us how we can teach the person a lesson without creating a scene. We can use our elbows and just punch the chin of the person in a way like we are just getting off the seat and the other was the elbow attack. We can just swing our elbow backwards and strike the miscreants abdomen. These may sound vague, but are really powerful," said Megha from Sapthagiri College of Engineering.

Apart from that, the students were even taught on how to safe guard against chain snatchers or any other harassment attacks. The students thanked BM for hosting the event for all the women. "It was a great initiative. I learned a lot, thanks to Bangalore Mirror," said Karika Khurana.

Article about the Self Defence Event was published in Bangalore Mirror, March 9, 2019

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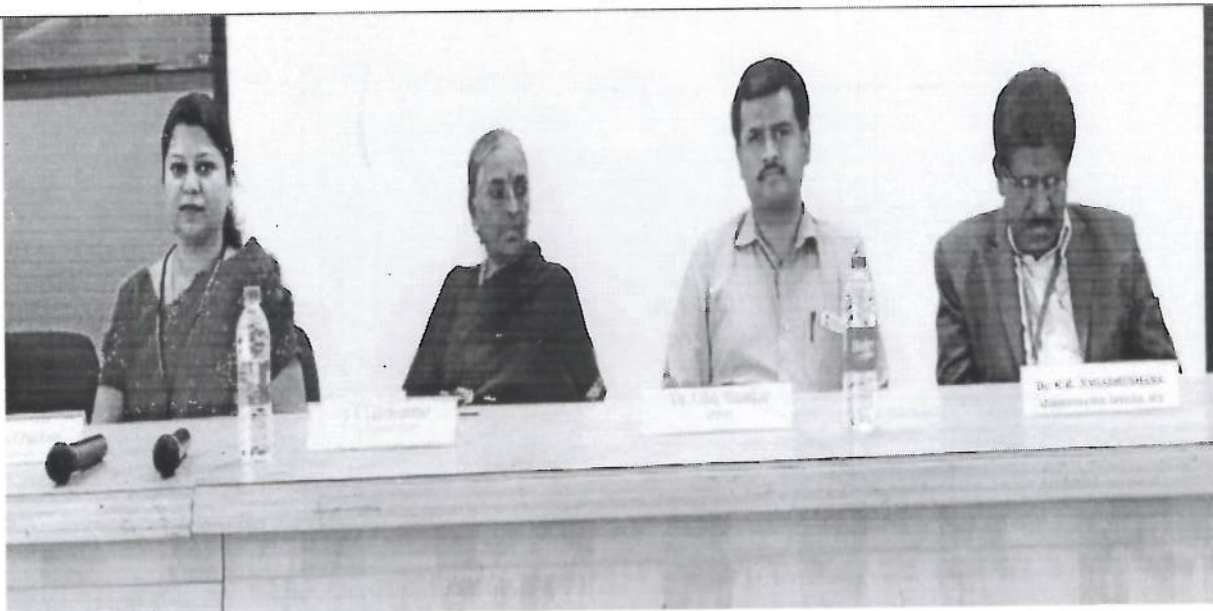


## SAMARTHINI-Women Empowerment Cell


### Awareness Program on “Equanimity by Prevention of Sexual Abuse and Harassment - Don’t be silent”

The Women Empowerment Cell in association with Prevention of Sexual Harassment Cell conducted a Seminar on “**Equanimity by Prevention of Sexual Abuse and Harassment - Don’t be silent**” by Dr. Udaya Shankar, department of Forensic & Toxicology, SIMSR&C, Bangalore on 17-4-2019 at Sapthagiri College of Engineering for the girl students and Lady faculties and staff of Sapthagiri College of Engineering. This event was managed by the ASHC Convener Prof. Prerana Chaithra. Dr. Udaya Shankar gave insight to the various sexual harassments. He motivated the girls and women not to get fight against these evils.

This seminar was organized to educate ladies about their rights, opportunities to determine their choices in order to have a better life and to help in establishing a better society. Dr. Udaya Shankar discussed about various laws that protect women and as to how to report such incidents to doctors and police.



**Doctor Udaya Shankar, International Athlete T.V. Lalithamma, Administrative Officer Dr. Nagabhushana K R, & Convener Prof. Prerana Chaithra**

  
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**Felicitation of Dr. Udaya Shankar, for his contribution to the society through the field of Forensic Science thus enabling women to live in a better society.**



**Dr. Udaya Shankar giving an insight to the laws for protecting women and for defending themselves against sexual harassment & social issues**

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## **SAMARTHINI-Women Empowerment Cell**

### **Motivational Program on “Be a Role Model - No Gender Discrimination and not to be Sexual Pervert”**

The Women Empowerment Cell in association with Prevention of Sexual Harassment Cell conducted a Seminar on “**Be a Role Model - No Gender Discrimination and not to be Sexual Pervert**” by Smt. T.V. Lalithamma, International Athlete, Educationist, Dramatist and Socialist on 17/4/2019 at Sapthagiri College of Engineering for the girl students and Lady faculties and staff of Sapthagiri College of Engineering. This event was managed by the WEC Convener Prof. Prerana Chaithra. Smt. T.V. Lalithamma was felicitated for her contribution to the society through the field of sports, education and social services thus enabling to have a better society.

This seminar was organised to educate ladies about their rights, opportunities to determine their choices in order to have a better life and to help in establishing a better society. Smt. T.V. Lalithamma motivated the ladies and girls to be a role model to the society and to built a wonderful and prosperous society where all men, women and children can lead a peaceful and prosperous life.



  
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**Lighting of the Lamp by the International Athlete T.V. Lalithamma, Administrative Officer Dr. Nagabhushana K R, Doctor Udaya Shankar & Convener Prof. Prerana Chaithra**



**Felicitatation of Smt. T.V. Lalithamma, International Athlete, Educationist, Dramatist and Socialist for her Achievement in Various fields.**

*Per*  
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## SAMARTHINI-Women Empowerment Cell

### Self Defence Training Program Mission Sahasi: to promote Equity

The Women Empowerment Cell ( WEC) in association with Prevention of Sexual Harassment Cell and NSS Unit of SCE organized a 3-days Self Defence training programme for girl students of Sapthagiri College of Engineering from October 22, 2018 to October 24, 2018 in the college campus. This event under the name “Mission Sahasi: to promote Equity” was conducted for the girl students to safe guard themselves whenever they are in threats. The event was managed by the NSS co-ordinator Dr. Tulsidas D and the WEC Convener Prof. Prerana Chaitra. The training was given by the expert trainers from The Martial Arts Trust ( R).

The Mission Sahasi aims at not just instilling confidence into women, but also to bring the much-required change in the ‘Chalta Hai’ attitude prevailing in the society towards women and their issues. It is a self-defence training programme for girls imparted by the finest of martial arts trainers and security experts. With the tagline “Making of the Fearless” the Mission is customized by expert trainers keeping in mind the threats faced by girls in their daily routine, be it on a crowded street or in empty train and to defend herself in any circumstance and the company of known or unknown people. Our college girl students participated in Self defence demonstration organized by Mission Sahasi at Central College Grounds, in Bengaluru on Tuesday October 30, 2018.

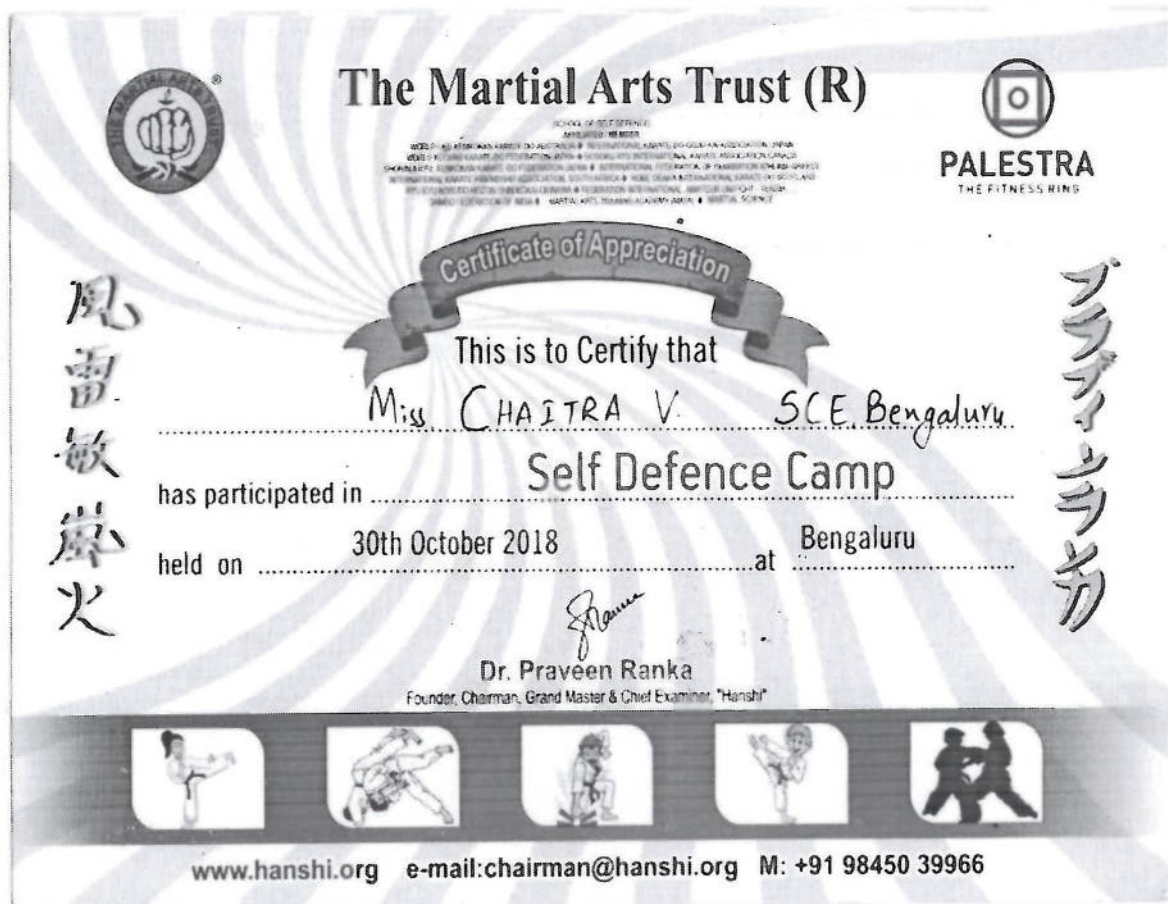


Girl Students of SCE along with the Self Defence Trainer.





Expert Trainers from The Martial Arts Trust (R) giving Self Defence Training to the girl students of SCE



Participation Certificate issued to the girl students for attending the Self Defence Camp

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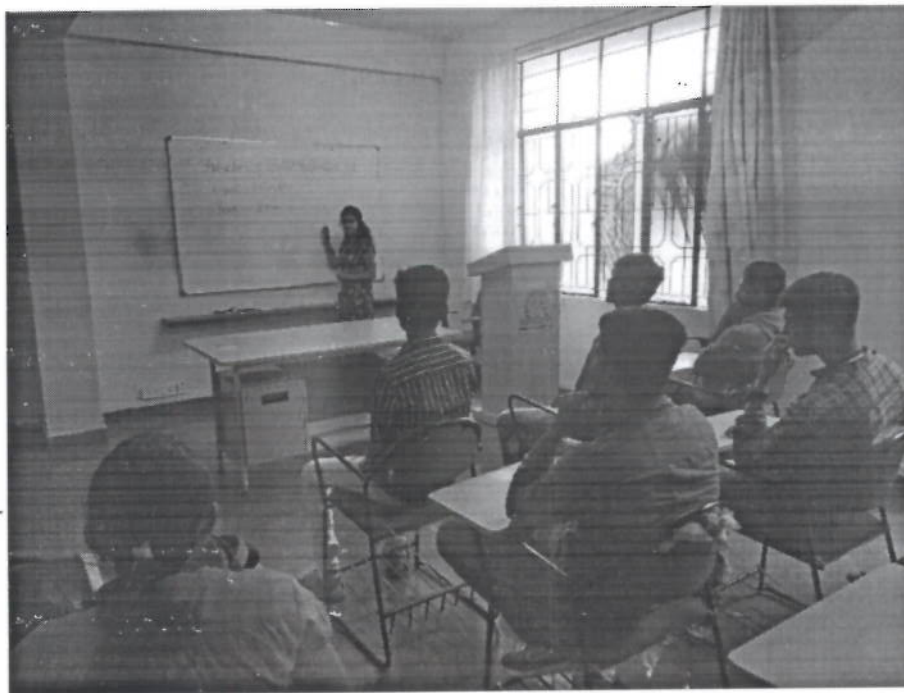


## SAMARTHINI-Women Empowerment Cell

### Extempore Event on “Respect for Women in Society is a Necessity for Equanimity of the Nation”

The Women Empowerment Cell (WEC) conducted an extempore on **“Respect for Women in Society is a Necessity for Equanimity of the Nation”** on 15/11/18 at Sapthagiri College of Engineering (SCE) for the girl students of Sapthagiri College of Engineering. This event was managed by the WEC Convener Prof. Prerana Chaithra. The students from all departments attended the event and girl students actively participated in the extempore.

This extempore was organized to bring about the awareness that women must be respected in the society. This leads to the Development of the society. It also prevents sexual harassment and domestic violence in the society leading to a peaceful society. Especially if the youths who are the architects of the future assimilate this it will help us to have a better society and in turn a better Nation.



**Students participating in the extempore event on  
“Respect for Women in Society is a Necessity for Equanimity of the Nation”**

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## SAMARTHINI-Women Empowerment Cell

### Debate Event on "Should Women get Equal Remuneration for Women in Sports and Entertainment fields for Equality"

The Women Empowerment Cell (WEC) conducted a debate on **"Should Women get Equal Remuneration for Women in Sports and Entertainment fields for Equality"** on 15/11/18 at Sapthagiri College of Engineering (SCE) for the students of Sapthagiri College of Engineering. This event was managed by the WEC Convener Prof. Prerana Chaithra. The students from all departments attended the event and also actively participated in the debate.


This debate was organized to reconsider the remuneration differences among men and women in the sports and entertainment industry. Even in the World renowned sports like Tennis, Football, Cricket, etc. the women players are getting less payment compared to the men players. In Corporate, Government sectors and Educational systems there is no pay discrimination and there is equality. It is a pathetic situation that even in Entertainment industries like film industry, Circus, etc. there is lot of pay differences among the male and female actors and performers. Therefore a debate was conducted to bring about awareness among the students to bring about changes in the future.



**Students participating in the debate on  
"Should Women get Equal Remuneration for Women in Sports and Entertainment fields  
for Equality"**

  
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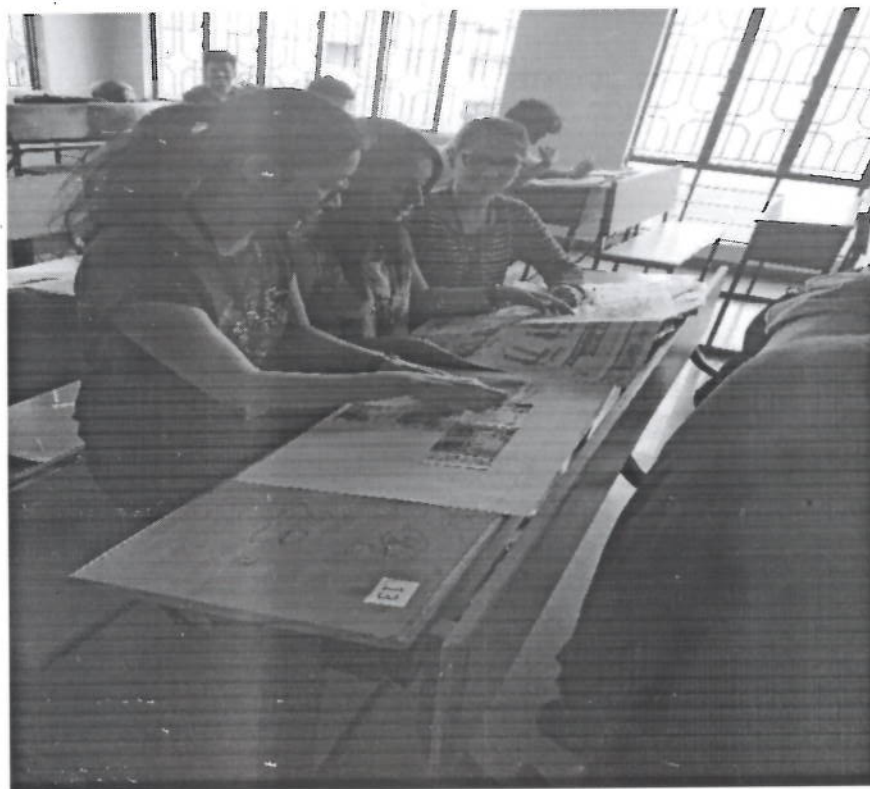


## SAMARTHINI-Women Empowerment Cell

### Collage Event on “Women Achievers: A sign of Equity”

The Women Empowerment Cell (WEC) conducted a collage on **“Women Achievers: A sign of Equity”** on 16/11/18 at Sapthagiri College of Engineering (SCE) for the girl students of Sapthagiri College of Engineering. This event was managed by the WEC Convener Prof. Prerana Chaithra. The girl students from all departments attended the event and also actively participated in collage.

This collage was organised to showcase the Women achievers in the different fields. These achievers will motivate other women to become achievers. They inspire the women that irrespective of barriers one can achieve, therefore establishing Equity in the world. This also enable the men to treat women with respect and to encourage them to become achievers.



Students participating in the collage event on

**“Women Achievers: A sign of Equity”**

  
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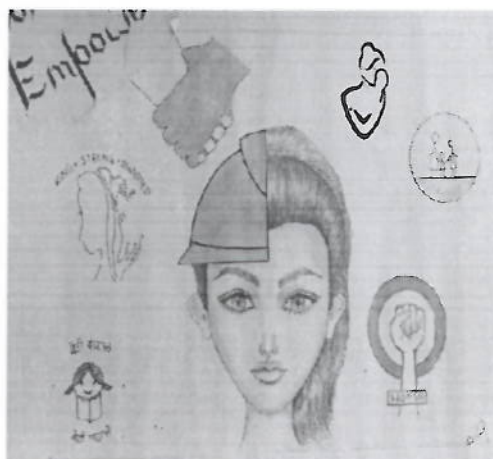
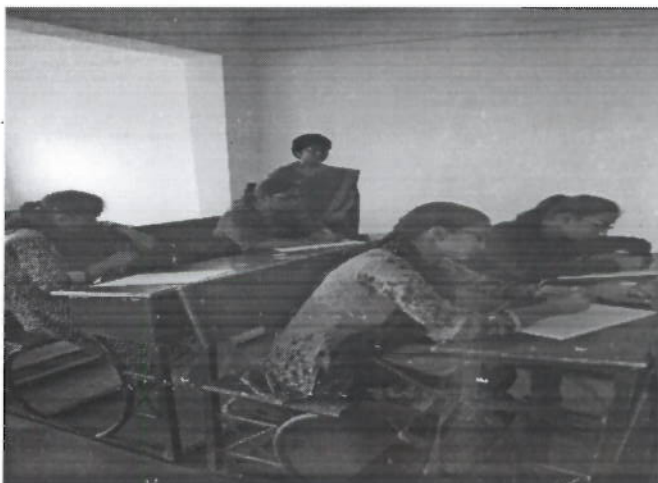
## SAMARTHINI-Women Empowerment Cell

### Sketch Event on “Women in different fields-Depicting Equality”

The Women Empowerment Cell (WEC) conducted a sketching event on “Women in different fields-Depicting Equality” on 17-09-2018 at Sapthagiri College of Engineering (SCE) for the girl students of Sapthagiri College of Engineering. This event was managed by the WEC Convener Prof. Prerana Chaithra. The girl students from all departments attended the event and also actively participated in sketch activity.

This sketching event was organized to emphasize on “Women in different field-Depicting Equality” as it is the process for women to redefine gender roles that allows for them to acquire the ability to choose between known alternatives that have otherwise been restricted from such ability. There are several principles defining women's empowerment such as, for one to be empowered, they must come from a position of disempowerment. The sketching event was organized to showcase role of women in different role and equal responsibilities in the development of the society.

The sketches drawn by students showed that empowerment definitions entail people having the capability to make important decisions in their lives while also being able to act on them.



Students participating in the Sketching event on  
“Women in different fields-Depicting Equality”

  
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## SAPTHA-SAMATHA FOR EQUAL OPPORTUNITIES COMMITTEE (EOC) REPORT ON

Date: 25-Sept-2018

### **Awareness Program on Children Safety**

**Agenda:** To conduct “Awareness Program on Children Safety through Street Play” by Equal Opportunity Committee (EOC).

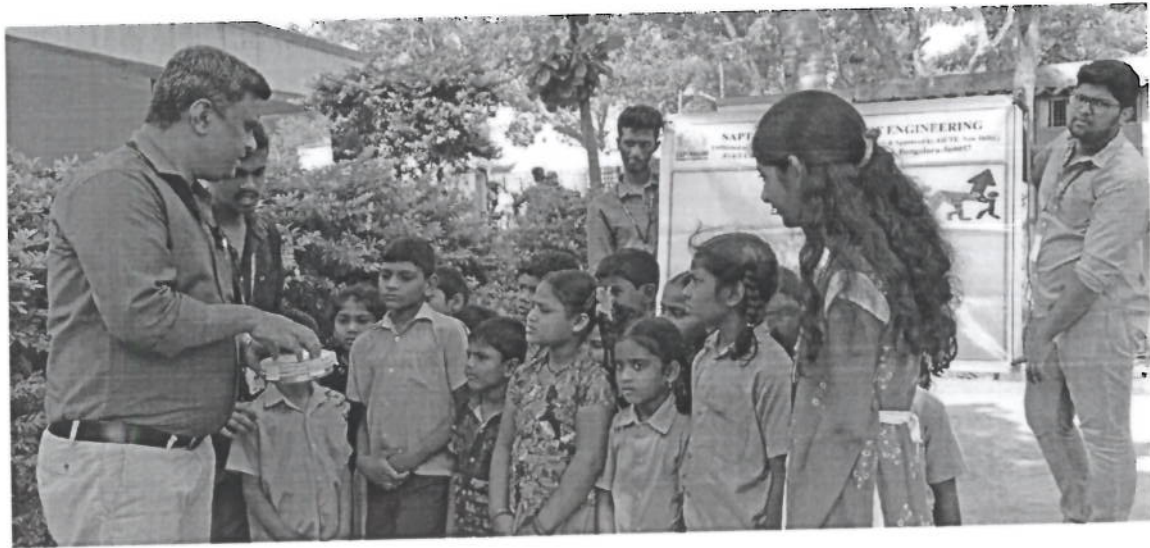
**Objective:** The objective of the Program is to create awareness program among the social backward society children for their safety.

#### **Resolution:**

The job of protecting kids most often falls to parents and caregivers, and it is up to them to familiarize themselves with safety risks in and around their homes and communities. Once you know the risks, you can take steps to plan for safety.



  
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According to a news report from 2018, about 135,000 children are estimated to be trafficked in India each year. Trafficked children are sold into slavery, domestic servitude, beggary and for so many illegal activities. Children are kidnapped and often even bought from remote villages, more from impoverished families.



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The child trafficking industry is India's greatest shame and yet very little has been done about it in terms of policing. In a number of states, powerful cartels manage trafficking, buying off parents and the police to keep away legal restrictions. According to Child line India, some 1,000 to 1,500 children are smuggled from India to Saudi Arabia each year to beg during the Hajj.

Trafficked children mostly are from social backward people. So EOC of Sapthagiri College of Engineering has conducted awareness program among the children of social backward community.



Our Equal Opportunities team of faculties and students has explained the Do's and Don'ts to be followed by the children when they meeting a stranger by a good street play.

Convener



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## SAPTHA-SAMATHA FOR EQUAL OPPORTUNITIES COMMITTEE (EOC) REPORT ON

Date: 26-10-2018

### **Awareness Program on Good Touch and Bad Touch**

**Agenda:** To conduct “Awareness Program on Good touch and Bad touch”, to the Students by Equal Opportunity Committee (EOC).

**Objective:** The objective of the Program is to provide basic awareness about Good touch and Bad touch among Children.

#### **Resolution:**

In current days, we hear a lot about child abuse and molestation from newspapers and media. So it is the growing concern among parents and teachers about the safety of children. To provide the awareness on good touch and bad touch among the children some of the concepts were covered by EOC team during program such as Our bodies are unique, Safe and unsafe touch, Trusted circle and Reinforcing the rule form our team.

During the program the following pictures were taken by EOC team:



  
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During the program, the children were very enthusiastic and interactive. They answered questions and were eager to learn. It was a workshop about how to teach the difference between 'good touch' and 'bad touch'. The awareness program was grand success in terms of participation and learning opportunities and students and our Equal Opportunities team (EOC) was happy with it.

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**Chairman**

  
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## SAPTHA-SAMATHA FOR EQUAL OPPORTUNITIES COMMITTEE (EOC) REPORT ON

Date: 22-02-2019

### **Awareness program on women Hygiene**

**Agenda:** To conduct awareness Program on Hygiene for Women.

**Objective:** The main objective of the program is to provide Awareness on Women hygiene by our Team of students for social backward society women.

**Resolution:**

Equal Opportunity Committee (EOC) of Sapthagiri College of Engineering believes that rural woman's health and welfare is of prime importance and conducts menstrual hygiene camps with an aim to create awareness on adopting hygienic practices amongst women. More than 300 million women and girls in India do not have access to safe menstrual hygiene products; endangering their health, curtailing their education and putting their livelihoods at risk. Women groups are educated on the proper usage and disposal of sanitary pads as well. In these awareness camps, there is also a free distribution of sanitary pads to encourage usage.



  
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This initiative is then handed over to an enterprising local woman, who is not only trained to impart awareness but is also supported in setting up of a small manufacturing unit for sanitary napkins. We create awareness amongst women with the belief that it will serve the dual purpose of livelihood opportunities to women by making available a low cost product to rural women as well, and enabling them to adopt hygienic practices.

Minimization of the medical illnesses related to reproductive tract infections in women and girls.

- Training and habit formation to use sanitary napkins and maintain hygiene during periods.
- Ensure that the girl child does not miss school which results in reduction in absenteeism.

Convener

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## SAPTHA-SAMATHA FOR EQUAL OPPORTUNITIES COMMITTEE (EOC) REPORT ON

Date: 25-April-2019

### **Awareness Program on Government Schemes for Women**


**Agenda:** To create “Awareness on Government Schemes to Women” for social backward women.

**Objective:** The main objective of the program is to create awareness and explain about benefits of Government schemes to social backward society women.

#### **Resolution:**

India is a land of customs, tradition and practices which have been developed through centuries to centuries. These customs, tradition and practices become the consciousness of our society. But at the same time, we can't ignore the patriarchal system of our society and male superiority. In fact, principles of gender equality are enshrined in our Constitution. The Constitution of India not only grants equality to women but also empowers the State to adopt measures of positive discrimination in favour of women.



  
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So, Equal Opportunity Committee (EOC) of SCE has conducted awareness program on schemes which are given by government for welfare of women from social and economic backward society.

The Schemes such as “One Stop Centre Scheme”, “UJJAWALA”, “Rajiv Gandhi National Creche Scheme for the Children of Working Mothers”, “SWADHAR Scheme”, “Nari Shakti Puraskar” etc., procedure and benefits of these programs.



**Convener**

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**Chairman**

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