



Srinivasa Educational & Charitable Trust  
**SAPTHAGIRI COLLEGE OF ENGINEERING**  
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi.)  
ISO 9001:2015 & ISO 14001:2015 Certified Institute  
Accredited By NAAC with "A" Grade  
#14/5, Chikkasandra, Hesaraghatta Main Road, Bengaluru- 560 057

### WOMEN EMPOWERMENT COMMITTEE

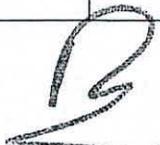
This is to notify that the College Management has decided to constitute Women Empowerment Committee.

Following faculties are hereby nominated as members of the Women Empowerment Committee for the

**Academic Year 2022-23.**

Sl.No.	Name	Designation	Department
1.	Dr. H Ramakrishna Principal	Chairman	----
2.	Prof.Prerana Chaithra	Convener	ISE
3.	Prof.Ramya M	Member	EEE
4.	Prof.Madhushree	Member	CSE
5.	Dr.Soumya C	Member	BT
6.	Prof.Agalya S	Member	ECE
7.	Prof.Shwetha B S	Member	Maths
8.	Prof.Kavya H P	Member	CIV
9.	Mrs.Roopa Nagesh (Office Superident)	Member	Office
10.	Ms.Aishwarya Lomte	Student Member	BT
11.	Ms.Keerthana K	Student Member	EC

  
CONVENER

  
PRINCIPAL  
Principal  
Sapthagiri College of Engineering  
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## **ANNUAL REPORT OF WOMEN EMPOWERMENT COMMITTEE FOR**

**AY: 2022-23**

The Women Empowerment Cell is working for the protection of women's rights and actively empowers women creating conditions for gaining confidence in their abilities. It aims at curbing the social evils like eve-teasing, ragging and dowry system providing necessary counselling and guidance by professional women counsellors, social and rights activists, enlightened academics and professional psychologists, so that the women students become aware of unjust gender discrimination, the human rights, the legal provisions available for their protection, importance of higher education for higher enlightenment, mental and physical fitness, for supporting and guiding girls the institution has a girls mentoring cell. The College has organized several productive programmes so far with deep insight into women's concerns contributing to the inspiring initiatives for the empowerment of women. All these activities were done with the help of Coordinator of women empowerment cell. Prof. Prerana Chaitra, Convener of Women empowerment Committee and Chairman of the WEC Dr. Ramakrishna H took responsibility of conducting all the activities.

### **Women Empowerment Committee Organized the Following Event for AY: 2022-23**

#### **1. Extempore Event**

The Women empowerment cell- Samrthini of Sapthagiri College of Engineering conducted a extempore event on "ROLE OF WOMEN IN THE MODERN INDIAN SOCIETY AND IDENTITY DEVELOPMENT" for Girl students of SCE at Sapthagiri College of Engineering, Bengaluru on 22/10/2022. Women are the epitome of strength, love, sacrifice and courage. The role of women in today's world has changed significantly and for better. Women are now

self-sufficient, well aware and financially independent. They have attained immense success in every field, whether it is sports, politics or academics. With the encouragement of co-education, women are now marching side by side with men, in every walk of life. Women's role in India has been changing and women are now emerging from the past traditions into a new era of freedom and rights. The basic objective of this presentation is to examine the changing role of women in Indian society.

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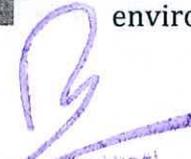
2. A Seminar on "LEGAL PROVISIONS FOR WOMEN EMPOWERMENT IN INDIA" The Women empowerment cell- Samrthini of Sapthagiri College of Engineering conducted



SEMINAR ON LEGAL PROVISIONS FOR WOMEN EMPOWERMENT IN INDIA for Girl students of SCE at Sapthagiri College of Engineering, Bengaluru on 25/11/2022. The principle of gender equality is enshrined in the Indian Constitution in its Preamble, Fundamental Rights, Fundamental Duties and Directive Principles. The Constitution not only grants equality to women, but also empowers the State to adopt measures of positive discrimination in favour of women. Within the framework of a democratic polity, our laws, development policies, Plans and programmes have aimed at women's advancement in different spheres. India has also ratified various international conventions and human rights instruments committing to secure equal rights of women. A Seminar was conducted with theme is "Commitments of India as to Women Empowerment." In this occasion, Mr. V N Nagesh, Lawyer, City Civil Court, Bangalore emphasized on the importance of laws for women empowerment.

**3. Rangoli, Mehandi, Hair Style, Singing and Dancing Events On The Occasion Of Women's Day held on 27/02/2023**

Rangoli is a colorful art known by different names across different parts of India like Alpona, Ossa, Muggu, and Kolam etc. With the fragrance of Diwali all around in the environment and Rangoli is something which

  
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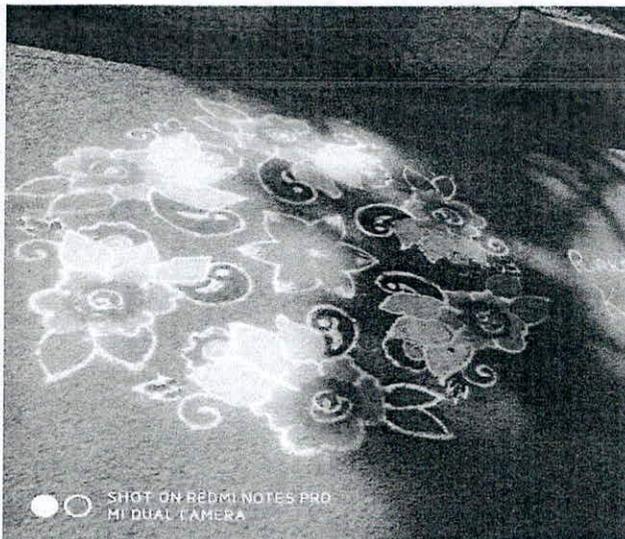
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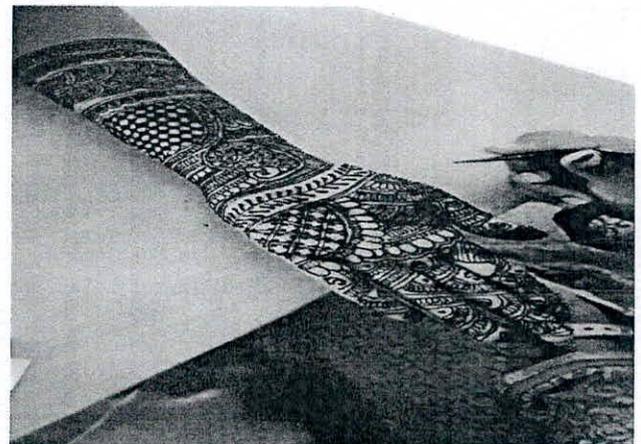
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anyone can relate to as they denote two important things – Colours, which everyone loves and Festivities, which everyone enjoys with their families. Rangoli making is an integral part of Indian tradition and culture. Beautiful rangolis adorn the Indian houses especially during festivals. The participants created innovative designs of Rangoli using waste material, grains, bamboos, diyas, flowers and sawdust apart from rangoli colors. Competitions resemble all examinations where we attempt to give our best to excel. Rangolis are something each of us can easily relate to as they symbolize color as well. Finally ended with the announcement of winner.

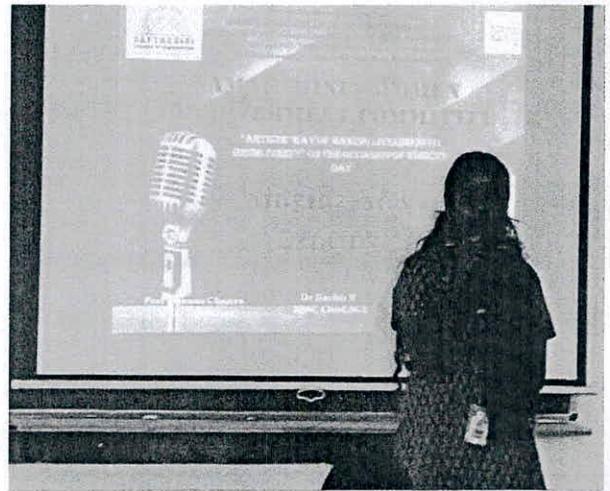
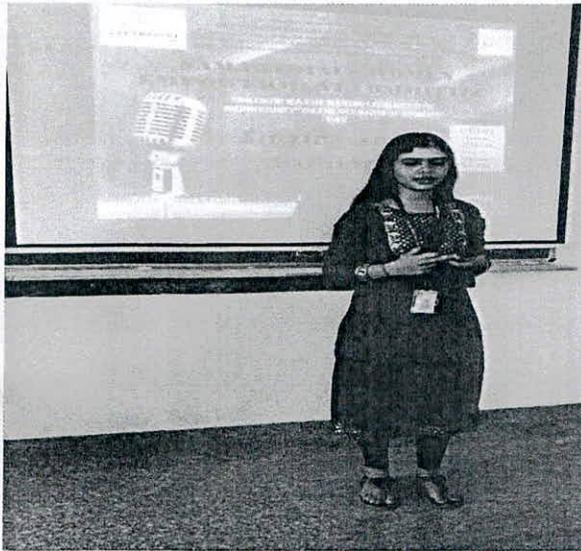


4. **Mehandi** Competition was organized in SCE to enhance creativity and unleash the hidden potential in the students. The students participated in this competition with great enthusiasm. Many beautiful designs were on hands in from of Mehandi. The students had an opportunity to display their innate creative talents through this competition. This competition was an interesting and unique way to express creative talent of students and gave each of them an opportunity to contribute in some way or the other to a creative pursuit.



  
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**7. Singing Event "Ä musical power to energize a Women"** for the girl student of SCE. The competition was held on 1<sup>st</sup> March 2023 from 2.30 pm onwards. In times where we may be silenced, music gives us a voice. Music has the power to make us stronger -- whether it be through poetic lyrics or contagious rhythms. For centuries, women have been using music as an outlet for their struggles in everyday life. Although they were often overlooked by history, women of the past impacted more than just the music industry -- they spread hope and courage.



**8. Dance Competition** on the occasion of women's day celebration. The competition was held on 2<sup>nd</sup> March 2023. After the establishment of Dance as a co-curricular activity and makes a proper place in our existed study circle, women gets enough opportunities to express their talents to the world. This gave them a platform, where they could learn and can make dance as their profession, where they can have their economic stability by showing their talents.





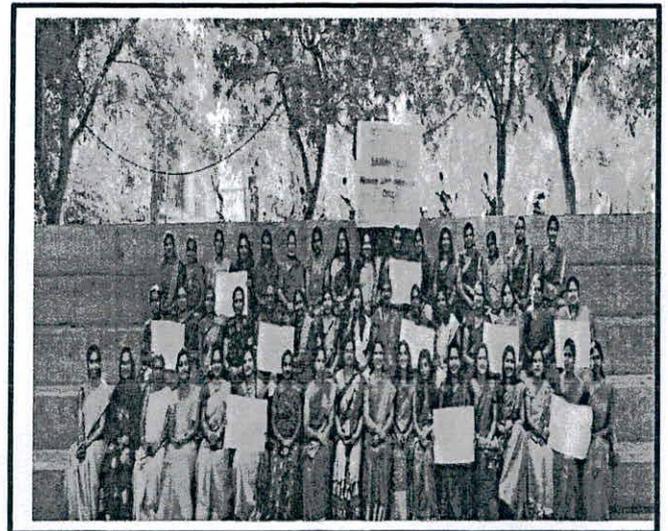
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### 8. International women's Day celebrations

The Women Empowerment Cell – SAMARTHINI of Sapthagiri College of Engineering celebrated International Women's Day with the theme **"Contribution of Women Entrepreneurs /Innovators"** by conducting various events for the girl students and Lady Faculties and staff of SCE at Sapthagiri College of Engineering, Bengaluru on 08/03/2023. An awareness program about Equality was conducted by organizing a Seminar on **"Women Innovators and Entrepreneurs for Empowering the World"** by Dr. Rajini Uday, Head of OBG, SIMS&RC who was the Chief Guest. She gave a very good insight about the various opportunities to become entrepreneurs or innovators by developing innovative engineering product needed in the medical field. She encouraged students to become innovators and entrepreneurs so has to become powerful intelligent leaders of the world.





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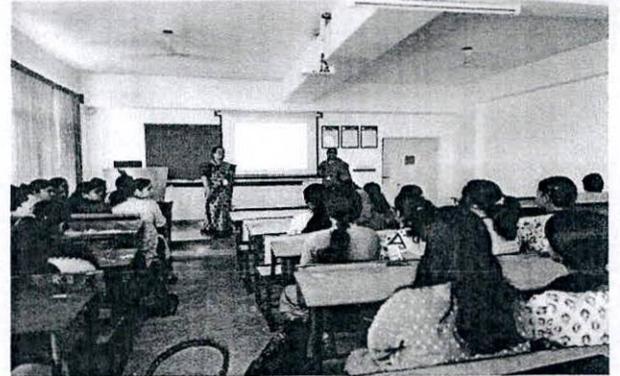
**8. Yoga Events-**Yoga Events for Girl students and Ladies staff of SCE at Sapthagiri College of Engineering, Bengaluru on 21/06/2023. A Blessing from Ancient Times Yoga is a practice that has been around us for years. For a period of time, it was overlooked. The basic premise is that it focuses on the inner self and self-awareness. Yoga has three forms – pranayama

**9. Nutritional benefits of millets amongst Women**

The Women empowerment cell- Samrthini of Sapthagiri College of Engineering conducted a programme on **Nutritional benefits of millets amongst Women** for Girl students, SCE at Sapthagiri College of Engineering, Bengaluru on 20/07/2023. Over the last couple of years, millennials have witnessed a shift in the proportion of cereals to coarse grains such as millets in their daily dietary plan. With a sedentary lifestyle and increasing health awareness to curb lifestyle diseases, people are making conscious choices on the consumption of millets. Having a high source of macronutrients like fibre and protein along with vitamins and minerals such as calcium and magnesium millets

(breathing exercise), asanas (Yoga postures) and savasana (resting period). It has been proven that regular yoga practice not only brings mental peace but also improves blood circulation, increases mindfulness, and improves metabolism and digestion thereby helping weight loss.

are named as 'superfood'. Millets in the category of 'superfood' include sorghum, pearl millet, finger millet, foxtail millet, and buckwheat among others. These superfoods are helpful for people suffering from chronic diseases such as diabetes, obesity, and heart diseases. It also helps in digestion and fights against bowel issues. Regular consumption of millets helps in preventing gastrointestinal problems and other diseases related to the kidney and liver.



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