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**PRATHIRODHANA-Prevention of Sexual Harassment Cell**  
**Rural Visit**

**“Prevention of Sexual Abuses while Travelling in Remote Areas”**

The Prevention of Sexual Harassment Cell (PSHC) members and student volunteers of Sapthagiri College of Engineering visited Mathkur village which comes under Shivakote Gram Panchayat, Hesaraghatta, Bengaluru North on 10/09/2016 in the afternoon to bring awareness among rural women about **“Prevention of Sexual Abuses while Travelling in Remote Areas”** so that they get protection from sexual abuses in remote areas.

Travelling facilities are not up to the mark in rural sides. Especially if one has to traverse through the farms and fields. Women who have to work in the fields or go to the lakes are prone to sexual harassments and abuses. Especially girls while going to school are going through fields or remote places are vulnerable to such attacks. Ill lit areas are the most dangerous one at dark. In order to bring awareness about Prevention of Sexual Abuses while Travelling in Remote Areas PSHC members gave awareness as to how to safely travel. To avoid remote and dark places while travelling alone. Girls and boys must not use remote areas for travelling. They have to travel in groups to go to and from home or school. They must be accompanied by trusted elders. Parents must be aware as to where the children are going.

This program helped to raise awareness about sexual harassment in its various forms and to build a secure physical and social environment to prevent acts of sexual harassment. To create Zero Tolerance to sexual abuse in any form.



A rural visit was made to Mathkur village, Bengaluru on 10-9-2016 to bring awareness among rural women about “Prevention of Sexual Abuses while Travelling in Remote Areas” by PSHC members.

  
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**SAMARTHINI -Women Empowerment Cell**  
**Rural Visit**

**“Overcoming Superstitions regarding Menstrual Cycle to have Equanimity”**

The Women Empowerment Cell (WEC) members and student volunteers of Sapthagiri College of Engineering visited Mathkur village which comes under Shivakote Gram Panchayat, Hesaraghatta, Bengaluru North on 04/10/2016 in the afternoon to bring awareness among rural women about **“Overcoming Superstitions regarding Menstrual Cycle to have Equanimity”** so that they can have a better health and peace of mind.

Superstitions prevail a lot in the rural area. There are few rituals followed during menstrual cycle most of which are superstition based rather than hygiene based. Due to this women suffer a lot. The pain a woman undergoes during periods is more. Especially young girls find it very painful due to hormonal changes and body changes. This also affects the psychology of the young girls and women. To ease the way of life for rural women WEC members spread awareness to the rural women about **“Overcoming Superstitions regarding Menstrual Cycle to have Equanimity”** so that they give up superstitions and follow a healthy life style. Better hygiene, good food and rest, support from family members and others can make life peaceful and comfortable during those days of life of girls and women.

This program helped to raise awareness about generating girls’ sense of self-worth, bring awareness about the facilities available to girls and enhance girls ability to contribute in creating a more just social and economic order.



A rural visit was made to Mathkur village, Bengaluru on 4-10-2016 to spread awareness about **“Overcoming Superstitions regarding Menstrual Cycle to have Equanimity”**

  
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## HASIRU club report

<b>Name of Event</b>	<b>Save Fuel for Better Environment, Wear helmet/seat belt - save yourself</b>
<b>Date</b>	05/10/2016, Wednesday
<b>Issues addressed</b>	<b>Campaign on Save fuel, wear helmet while riding two-wheeler and fasten your seat belts while driving four-wheeler.</b>
<b>Place of the event conducted</b>	SCE PREMISES AND ROAD

### Report:

As per the direction of Principal, a team of faculty and student volunteers organized an event "Save Fuel for Better Environment, Wear helmet/seat belt- save yourself at SCE campus. The Program was organised and co-ordinated by Prof. Prashanth (ECO Club) in association with Prof. Tulsidas (Community club) along with students from both Community and Eco club.

Just because of our negligence and ignorance not only petrol or diesel but all other types of fuel such as natural gas, propane and oil are going to vanish very soon. Here we are with some tips on Save Fuel for Better Environment and Health.

- **While driving your vehicle slow down speed and stick to the speed limit** as speed speeds up the consumption of fuel thereby reducing the fuel economy.
- **Avoid using too much of clutch and unnecessarily** as this would lead to the extra consumption of fuel. Turn off the air conditioner when driving around the city.
- **A proper maintenance of our car is also essential.** Clean the engine oil after a certain mileage as dirty engine oils can cause internal engine friction and lead to the wastage of fuel.

According to statistics mentioned in an article of TOI, 75 percent passenger vehicle users (driver, co-driver and rear) in **India refuse wearing seat belts leading to 15 deaths**

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**every day.** Also, in comparison to the US and Europe, seat belt usage stood at 28 percent compliance only.

**If a small safety gear can save you from an expensive hospital bill, why not start wearing the helmet at the earliest every time you ride your bike.**

According to figures highlighted in an article in 2015 by Gaadiwala, around 57% of Indians refrain from wearing helmets and 74%, pillion riders ignore safety measures.

Wearing a helmet is not only a legal compulsion but essential for your own safety.

**Helmets reduce injuries to the brain in a high-speed accident. Injuries can cause a concussion, contusions, brain bleeding, etc.**

<b>Impact &amp; Sensitization</b>	The campaign instilled the importance of wearing helmet / seat belt and saving of fuel in students as well as the public.
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## Photos



  
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CHAIRMAN

  
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## NSS (SWAYAM SEVA) CLUB

<b>Name of the initiatives</b>	"MEGA HEALTH CAMP" and "Career Guidance Talk- What after +2 ?"
<b>Name and Address of PU College</b>	Triveni PU College Bengaluru-560057
<b>Date and duration of the initiative</b>	22-11-2016
<b>Number of participating students and Staff</b>	500
<b>Issues addressed</b>	Importance of Health and carrier after 12 <sup>th</sup> standard.
<p><b>Report:</b> As per the directions of management and principal sir, a team of faculty and in association with <i>Sapthagiri Institute of Medical Sciences &amp; Research centre (SIMS &amp; RC) Bengaluru</i> has organized the <b>"MEGA HEALTH CAMP" and "Career Guidance Talk- What after +2?"</b> at Triveni P U College by Health club in association with Community club. The programme was inaugurated by the Principal of Triveni PU college. This event was Co-ordinated by Prof. Prashanth dept of Bio Technology and staff members Sapthagiri College of Engineering and doctors and nurses from SIMS were actively involved. The event was gone so nicely because heads of various departments, faculties and around 500 plus students were participated in it. Students were leaned about what next after 12<sup>th</sup> standard and importance of health, in particularly for students in academic institutions.</p>	
<b>Faculty Coordinators</b>	Prof.Ram Kumar Prof.Sanjay Kumar

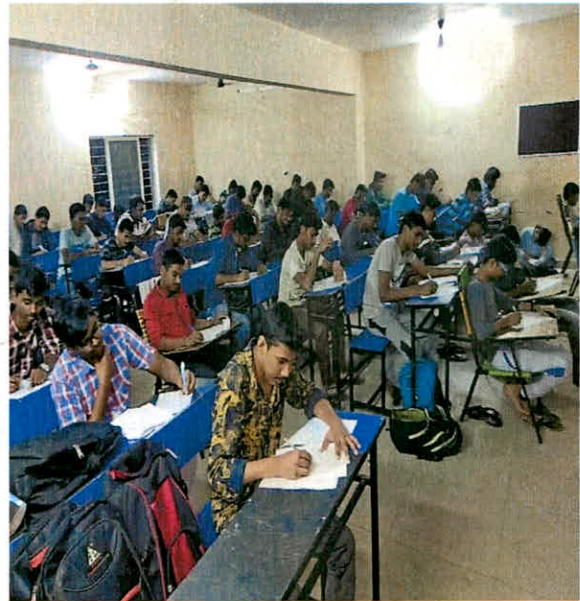
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Professor Prashanth sir explaining about health for students.



Students are writing MCQ TEST on the part carrier guidance program



Invigilation by faculty at MCQ Test



Showing anatomy parts to students by SIMS doctors.

  
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## SAPTHA-SAMATHA

### (EQUAL OPPORTUNITIES COMMITTEE (EOC))

#### REPORT ON

#### **Awareness Program on computer usage**

*Date: 15/02/2017*

**Agenda:** To conduct “One day Computer usage Program for Economically, Socially backward Students by Equal Opportunity Committee (EOC)”.

**Objective:** The objective of the Program is to provide basic awareness about Computer skills, since computer use is a large part of modern daily life.

#### **Resolution:**

Since computer use is a large part of modern daily life, Use of the computer is spreading rapidly in day to day life. Few laptops were used by our SCE students teaching them the usage and importance of computer and later children were allowed to use them after minimal instructions. Some of the topics were taught to the Students like Turn a Laptop ON/OFF, Move an objects using folders, shortcuts, cut-and-paste, drag-and-drop, copy and delete methods, using of MS Office in basic level, Uses of internet and basic usage of its.

The following picture was taken during teaching of how to use the computer,




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The students walked out of the “Program” with smiles on their faces and excitement in their hearts after gaining an invaluable insight into Applications and Usage of computer from Faculties and Students of Sapthagiri College of Engineering. The acquisition of basic computing skills by any set of children can be achieved through incidental learning provided the learners are given access to a suitable computing facility, with entertaining and motivating content and some minimal (human) guidance.

  
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Principal



## NSS (SWAYAM SEVA)

<b>Name of the Event organised</b>	Interaction on Women Malnutrition and its ill effects
<b>Date and Day</b>	6/03/17
<b>Collaboration or Association</b>	Health club
<b>Issues addressed</b>	Women Malnutrition and its ill effects
<b>Place of the event conducted</b>	Ivarakhandapura Village
<p><b>Report:</b></p> <p>As per the direction of Principal, a team of faculty and student volunteers organized an event "Interaction on Women Malnutrition and its ill effects" at college.</p> <p>Malnutrition, defined as ill health caused by deficiencies of calories, protein, vitamins, and minerals interacting with infections and other poor health and social conditions, saps the strength and well-being of millions of women and adolescent girls around the world. In this brief, the term malnutrition will refer to conditions of nutritional deficiency, including undernutrition and micronutrient deficiencies, though malnutrition actually also relates to problems of nutritional excess.</p> <p>Adequate nutrition, a fundamental cornerstone of any individual's health, is especially critical for women because inadequate nutrition wreaks havoc not only on women's own health but also on the health of their children. Children of malnourished women are more likely to face cognitive impairments, short stature, lower resistance to infections, and a higher risk of disease and death throughout their lives</p> <p>The Program was organised and co-ordinated by Prof.Tulsidas (Community club &amp; NSS) in association with along with students from both health club and Community club.</p> <p>The Health club has helped spread the message of Women Malnutrition and its ill effects through their words &amp; action.Students also participated in interaction session and were happy for the act of college students. Members appreciated our students for their honest hard work towards social responsibility and commitment towards the community.</p>	
<b>Impact &amp; Sensitization</b>	Good information on Nutritional values were given to students
<b>Faculty Coordinators</b>	Prof.Tulsidas

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*Ravi*  
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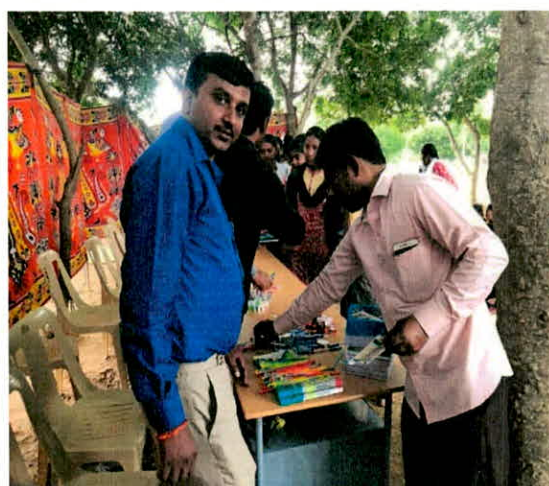
## COMMUNITY CLUB

<b>Name of the initiatives</b>	<b>Education for Every One</b>
<b>Name and Address of village</b>	Government Primary and High School, Idaguru, Tumukur District.
<b>Date and duration of the initiative</b>	23-06-2017
<b>Number of participating students and Staff</b>	117
<b>Issues addressed</b>	Importance of education

**Report:** As per the direction of Management, Principal SCE, the members of the “**Community Club**” of SCE donated essential things like notebooks, pen, pencil etc., to government primary school students on 23-06-2017. Under the banner of **Education for Every One** as part of social responsibility and service. The Program was Co-ordinated by Prof. Bharath Kumar Devendra and Ms. Bhavya N Sapthagiri College of Engineering. Team members distributed things to students on spot itself. Students were benefitted from these essential things.



School Photo



Distributing Stationery to students

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Students of school



Teachers involment in the event



Students Displaying the Stationery distributed



Students Displaying the Stationery distributed

*H R Rao*  
Convener

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## **PRATHIRODHANA-Prevention of Sexual Harassment Cell**

### **Rural Visit**

#### **“Prevention of Sexual Violence against Rural Women”**

The Prevention of Sexual Harassment Cell (PSHC) members and student volunteers of Sapthagiri College of Engineering visited Mathkur village which comes under Shivakote Gram Panchayat, Hesaraghatta, Bengaluru North on 11/02/2017 in the afternoon to bring awareness among rural women about **“Prevention of Sexual Violence against Rural Women”** so that they can protect themselves from sexual violence.

Women are treated as symbol of a family's chastity. They are supposed to be pure and manage the family in such a way that the women and girls in the family are respectful. They have to protect the respect of the family. Therefore they are not supposed to express the sexual violence they are undergoing. They have to suppress all the sexual harassment if a member of the family undergoes in order to maintain the reputation of the family. Many rural women will not be aware that they are undergoing sexual violence. They are forced to think that it is a part of the married life. In order to bring awareness about Sexual Violence against Rural Women PSHC members gave awareness to the rural women as to what is a normal married life and what is sexual violence. They also gave insights as to how the identity of the victim will be kept confidential by the doctors, police and help groups. The victim of sexual harassment must be protected and the culprit must be counseled and punished suitably.

This program helped to raise awareness about sexual harassment in its various forms and to build a secure physical and social environment to prevent acts of sexual harassment. To create Zero Tolerance to sexual abuse in any form.



A rural visit was made to Mathkur village, Bengaluru on 11-2-2017 to bring awareness among rural women about “ Sexual Violence against Rural Women ” by PSHC members.

  
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## **SAMARTHINI -Women Empowerment Cell**

### **Rural Visit**

#### **“Prevention of Domestic Violence to bring about Gender Equity”**

The Women Empowerment Cell (WEC) members and student volunteers of Sapthagiri College of Engineering visited Mathkur village which comes under Shivakote Gram Panchayat, Hesaraghatta, Bengaluru North on 28/2/2017 in the afternoon to promote equity by bringing awareness among rural women about **“Prevention of Domestic Violence to bring about Gender Equity”** so that they can have a better and peaceful life.

To prove dominance over women, men in the family use violence as a method of controlling women. They think controlling women will safe guard their power. If a woman opposes the domestic violence or tries to protect others in the family, she will be accused and abused. Unfortunately, some women support and provoke men to be violent with their wife and children. To ease the way of life for rural women WEC members spread awareness to the rural women about “Prevention of Domestic Violence to bring about Gender Equity” so that they can have a better and peaceful life. Instead of violence they can have healthy discussions in resolving problems. Women must bring in the peace in the family and join together to prevent domestic violence instead of becoming culprits or victims. They must revolutionize and bring awareness in the family and prevent domestic violence.


This program helped to raise awareness about generating women’s sense of self-worth, bring awareness about the facilities available to women and enhance women’s ability to contribute in creating a more just social and economic order.



A rural visit was made to Mathkur village, Bengaluru on 28-2-2017 to bring awareness among rural women about “ Prevention of Domestic Violence to bring about Gender Equity ” by WEC members.

  
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