



# ST FRANCIS DE SALES COLLEGE

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## A FRANSALIAN INSTITUTE OF HIGHER LEARNING

### WOMEN EMPOWERMENT CELL

### PRESENTS

# International Women's Day

**RESOURCE PERSON:  
CAPTAIN PRIYA PAUL**

**DATE: 07/03/2023**

**TIME: 12:10 PM**

**VENUE: CLOSED AUDITORIUM**







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## Women s Day 2023

<b>Title</b>	Women's Day 2023
<b>Date of Event(s)</b>	07.3.2023
<b>Department/Association/ Cell/Committee</b>	Women Empowerment Cell and Rotaract Club
<b>Venue</b> (Mention the platform if it is online)	Closed Auditorium
<b>Number of Participants</b>	82
<b>Target Audience</b>	Staff of SFS

<b>Resource Person(s) with qualification (if applicable):</b>	Captain Priya Paul
<b>Event Coordinator</b>	Prof. Mamatha

### **The objective of the Program:**

- To celebrate women's achievements
- To call for positive changes advancing women.
- To ensure that women and girls benefit from the opportunities offered by the society.

On the occasion of women's day celebration, Desalite Women Empowerment Cell in association with Rotaract Club of St Francis De Sale Degree College organized a talk on My Journey "My Success". The guest of honour was Captain Priya Paul from Air Asia, a renowned personality. The international women day was celebrated on 7<sup>th</sup> March 2023 at closed auditorium.

Captain Priya Paul a highly motivated, passionate and an inspiration to all the women out there, was a called as a Women Icon for the year 2023 at St Francis De Sale Degree College. St Francis De Sale Degree College have been practicing the best practice from 2020 to bring in selfless and dedicated women who are serving in the society. On March 8, people commemorate International Women's Day. It observes cultural, political and socioeconomic women-made achievements in various fields. Women's Day also marks a call for a gender-equal world that is free of bias, stereotypes and discrimination and is diverse, equitable, and inclusive while differences are valued and celebrated.

Captain Priya Paul is the first women pilot on air force, she expressed her views which women faced such as restricted to working privately, but within the first two decades of powered flight, female pilots were breaking speed, endurance and altitude records. They were competing and winning against the men in air races. Captain Priya Paul addressed the gathering by delivering her experiences on facing challenges in her career and her family being the biggest support. She stated her views on how women should be given equal opportunity and appreciation in the society and given the choice to opt for the career she feels happy to work on.

Electronics City P.O., Bengaluru - 560 100

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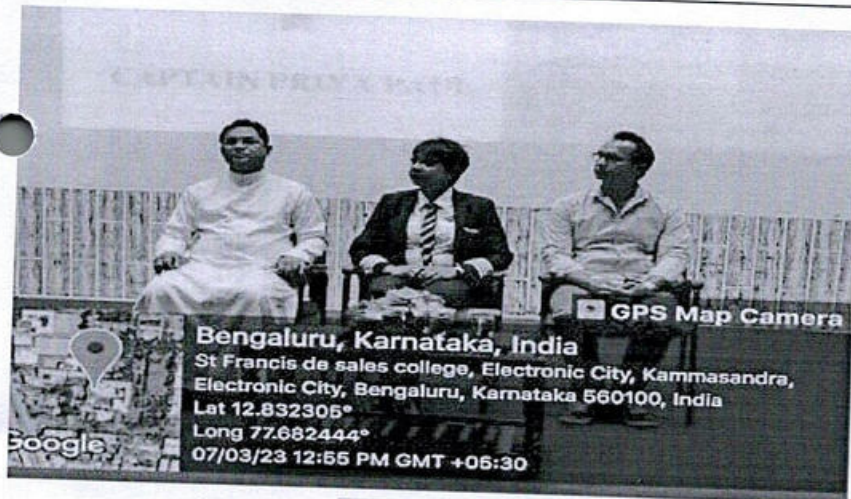


After the chief guest talk it was the time to honour the chief guest, Rev Fr. Roy Principal of St Francis De Sale Degree College, Prof Mamatha coordinator of women empowerment cell and Prof Daknisha Kanthy Co-ordinator of Rotaract Club felicitated the chief guest with a memento and awarding her with *Women Icon of the year 2023* which was the most awaited moment of the day.

Furthermore, we have to accept that both women and men contribute equally to the betterment of the home and society. Women from all walks of life gather together around the country, spanning cultural and ethnic divides, to commemorate their battle for peace, justice, equality, and progress. International Women's Day is all about valuing oneself and realizing one's full potential. Aside from that, Women need to summon the fortitude to overcome all obstacles in all areas of life in order to achieve significant progress

### Outcomes of the program

The faculties were able to appreciate the achievements and celebrated the day. It was a great opportunity to network and connect with the chief guest. Through celebrating success, populations not only become more appreciative of the role women play in contributing to society but awareness and expectation is increased that women will not be marginalized, discriminated against or absent from future successes moving forward





Report Prepared by: Prof Mamatha K

Report verified By:  
HOD/Criteria Coordinator

Report Approved By:  
(IQAC Coordinator)

  
**COORDINATOR**  
Desalite Women Empowerment Cell  
St. Francis de Sales College  
Bengaluru - 560100

  
**PRINCIPAL**  
St. Francis de Sales College  
Electronics City Post, Bangalore - 560 100.





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## A FRANSALIAN INSTITUTE OF HIGHER LEARNING

### WOMEN EMPOWERMENT CELL

**PRESENTS**

# Group Discussion On Women Empowerment

**DATE: 20/06/2022**

**TIME- 2:15pm**

**VENUE: CLOSED AUDITORIUM**

## Topic

**WORK LIFE BALANCE AND  
IMPORTANCE OF WOMEN IN  
FINANCIAL DECISION AT HOME**





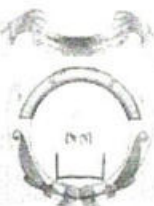
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## DESALITE WOMEN EMPOWERMENT CELL (DWEC) Report on Group Discussion



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## DESALITE WOMEN EMPOWERMENT COMMITTEE

*Presents*

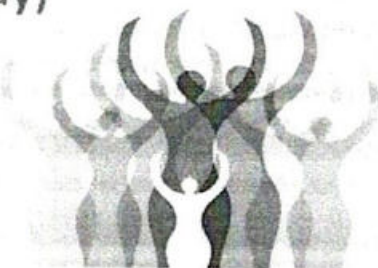
### Group Discussion on Women Empowerment

Moderator: Lathika Chandran, Counselor, SFS College

Date: 20.06.2022 (Monday)

Venue: Auditorium

Time: 2:15 pm



**COORDINATOR**  
Desalite Women Empowerment Cell  
St. Francis de Sales College  
Bengaluru - 560100

**COORDINATOR**  
Best Practices Cell  
St. Francis de Sales College  
Bengaluru - 560100

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**Desalite**



<b>Title</b>	Group discussion on women empowerment
<b>Date of Event(s)</b>	20-06-2022
<b>Department/Association/Cell/Committee</b>	Desalite women empowerment cell
<b>Venue</b> (Mention the platform if it is online)	Closed auditorium
<b>Number of Participants</b>	50
<b>Target Audience</b>	75

<b>Resource Person(s) with qualification</b> (if applicable):	

<b>Place of visit/ details of Industrial Visit place</b> (if applicable):	
<b>Event Coordinator</b>	Dr. Rosaline Jayanthi & Prof. Roshini Anne Koshy

### Report:

Women empowerment means emancipating (liberating, unshackling) woman from the stereotypes associated with them. Since time immemorial we have lived in a patriarchal society, where women have played a second fiddle to their fathers, brothers, husbands and sons. They have mostly occupied the domestic space and were expected to look after the house whereas the men of the house are free to explore. In order to have a discussion on this matter, Desalite women empowerment cell conducted a Group discussion for the faculty members of both UG and PG on the topics, "Work life Balance "and "importance of women in financial decisions at home".

It was conducted in closed auditorium, Mrs. Lathika Chandran, counsellor of SFS College was the moderator for the discussion. Prof. Lavin was the MC.

Often, work takes precedence over everything else in our lives. Our desire to succeed professionally can push us to set aside our own well-being. Creating a harmonious work-life balance or work-life integration is critical, though, to improve not only our physical, emotional and mental well-being, but it's also important for our career.

The Program started with discussion on the topic "Work life balance", Dr. K. Mamatha,





Dr. Kanchana, Prof. Dhruva Kumar and Prof. Priya Parvathi were the participants of this discussion, each of them expressed their views and ideas and also their suggestions on how to have a proper work life balance.

In the second part Discussion was based on the topic, "importance of women in financial decisions at home".

Prof. Maruthi, Prof. K. Mamatha, Dr. Thanapackiam were the participants, each of them discussed about how women can be financially independent and how they can involve themselves in the financial decisions at home.

Both the sessions were moderated by Mrs. Lathika Chandran, she also gave her valuable suggestions on both the topics. The session ended with open questions to the audience, where few of the faculty members discussed about their opinions and suggestions.



**PRINCIPAL**

**St. Francis de Sales College**  
Electronics City Post, Bangalore - 560 100

**Report By**  
**Dr.S.Rosaline Jayanthi**  
**Prof. Roshini Anne Koshy**





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## UG TEACHING FACULTY -

DATE: 20-06-2022 (RD)

SI NO	NAME	SIGNATURE
1	REV. FR. DR. ROY. P. K	
2	REV. FR. JIJO JOSE MANJACKAL	
ACADEMIC COORDINATOR		
3	MR. SREENIVASA MURTHY. V	
DEPARTMENT OF KANNADA		
4	DR. SHANTHARAJU	
5	MRS. VEENA. N	
6	DR. PRAKASHA	
7	MR. KARIBASAVANA GOWDA. G	
8	MR. KITTAPPA. R	
9	MR. KUMARA. C	
DEPARTMENT OF HINDI		
10	DR. REVA PRASAD	
11	MR. DEVIDAS TUKARAM	
12	MRS. MADHURI R KSHIRSAGAR	
DEPARTMENT OF ENGLISH		





13	DR. MADHURAMOZHI V	
14	DR. NOOR NIGAR	
15	MRS. UMAMAHESWARI J	
16	MRS. ARCHANA R	<i>R. Nua</i>
17	DR. THARINI. P	
18	MS. B SIVAKAMI	
<b>DEPARTMENT OF HUMANITIES</b>		
19	MRS. KUSUMA. R	
20	MRS LAKSHMI BALAKRISHNAN	
21	MR. SAMPATH KUMAR. R	
22	MR. BENET RAJADURAI J	
23	MRS. DILIYA JOSEPH	
24	MRS. DEEPA S	
25	DR. SUDHAKARA KARAKOTI	
26	MRS. K R. AJITHA SHAJI	
<b>DEPARTMENT OF COMMERCE</b>		
27	MRS. JESEENTHA MATHEW	
28	MRS. CHITRA N. K	
29	MRS. MAMATHA K	<i>M. Mamatha</i>
30	MR. DRUVA KUMAR K. S	
31	MR. JOHNSON PEREIRA	
32	MR. LAVIN BHAWNANI	
33	MRS. VANITHA T	





34	MS ANUSHA N BHAT	
35	MRS. KAVYASHREE B V	
36	MRS. SATISHWARI T K	
37	MRS. DEEPASHREE. P	
38	MS. DHANUJAKSHI. A	
39	MS. NAGARATHNA. M	
40	MS. PRIYA. E	
41	MRS. SANDHYA KUMARI. B	
42	MS. CHAITRA S	
43	MRS. RONITA R	<i>Ronita</i>
44	MRS. MEENA PARASARAN	
45	MS. MOUSIME XALXO	
46	MR. KUMAR N	
<b>DEPARTMENT OF BUSINESS ADMINISTRATION</b>		
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48	MRS. GEETHA P.S	<i>psg</i>
49	MRS. MANGAYARKARASI. N	
50	DR. MARIA PRIYA P	
51	MRS. RAMANDEEP KAUR	
52	MS. VICTORIA REENA	<i>2</i>
53	MRS. ASHWINI. C	
54	MRS. RAKSHITHA. G	
55	MRS. SONIA ASHOK	





56	MRS. B KEERTHI	
<b>DEPARTMENT OF SCIENCE</b>		
57	DR. NEBULA MURUKESH	
58	MRS. RASHMI. N	
59	MRS.ROSHNI ANNE KOSHY	
60	MRS. MAYA MATHEW	
61	MRS. JENIFER SUJITHA	
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63	MRS. AKSHAYA. B	
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70	MRS. GOWTHAMI. S	
71	DR. S SIVAGAMI.	
<b>DEPARTMENT OF SPORTS</b>		
72	MR. VENKATARAMAIAH D	
73	MS. CHRISTINA MARY	
74	MR. ANAND N	
75	MR. RADHASWAMY	






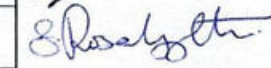


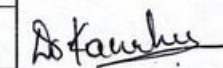
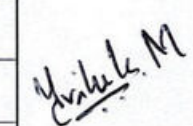


PLACEMENT CELL		
76	MR. MADHUSUDAN M	
77	MR. KARTHIK. R	
PRO		
78	MRS. SONIA S BABY	
NON-TEACHING / LAB		
79	MRS. INTURI APARNA	<i>TS</i>
80	MRS. KALPANA .R	
81	MR. WILLIAM ALFRED	<i>[Signature]</i>
82	MS. SHAKTHI K	<i>Shakti K</i>

ICT FACULTY		
83	MRS. CHITHRA THANKACHAN	

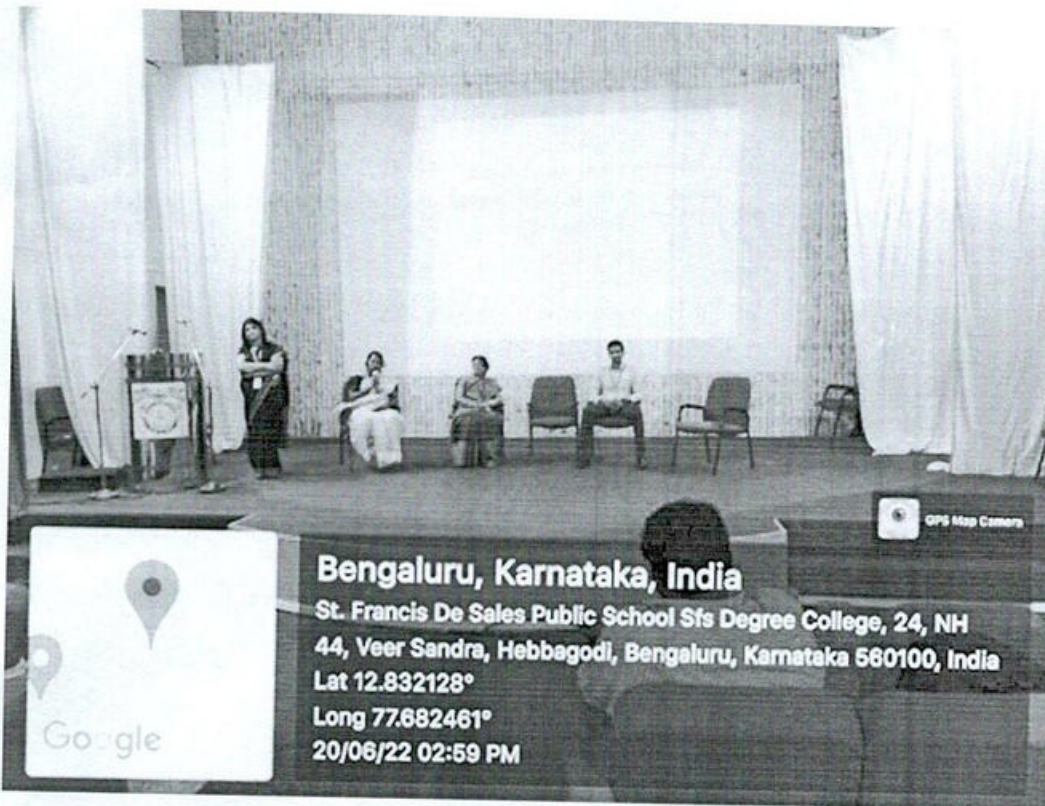


1	MR.MAHESH
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4	MRS. MAMATHA. K
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6	MRS. PADMAVATHI
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13	MR.RAJU







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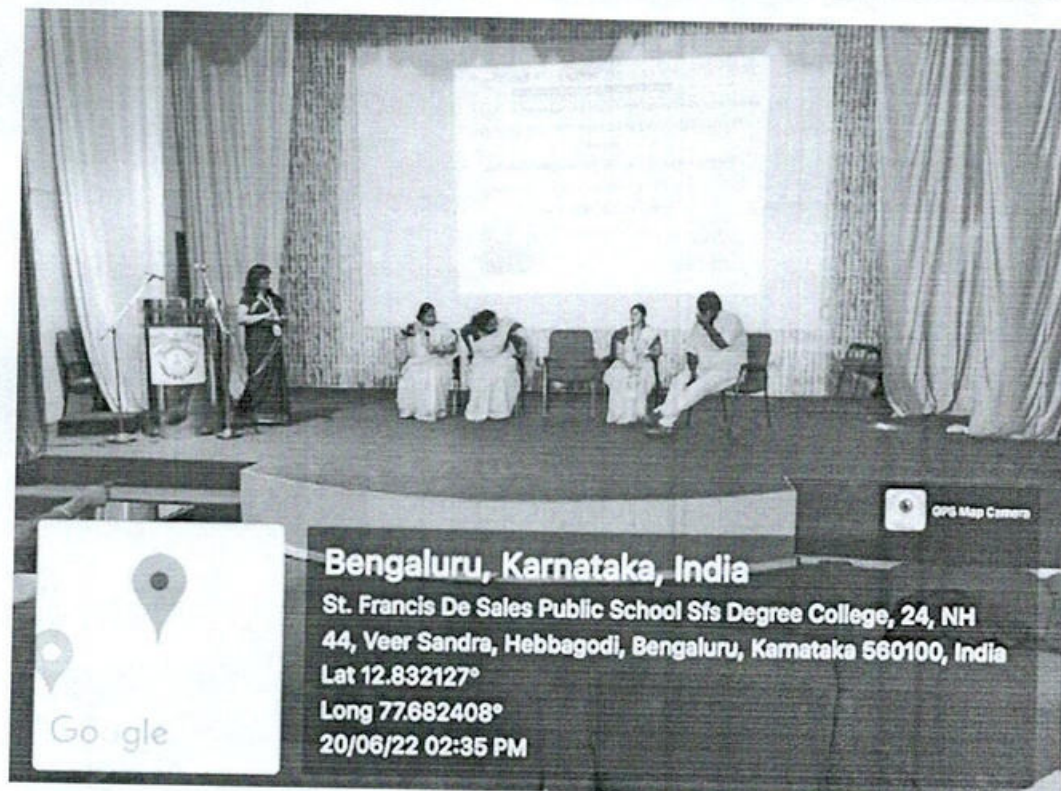
### Bengaluru, Karnataka, India

St. Francis De Sales Public School Sfs Degree College, 24, NH  
44, Veer Sandra, Hebbagodi, Bengaluru, Karnataka 560100, India

Lat 12.832128°

Long 77.682461°

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Google

### Bengaluru, Karnataka, India

St. Francis De Sales Public School Sfs Degree College, 24, NH  
44, Veer Sandra, Hebbagodi, Bengaluru, Karnataka 560100, India

Lat 12.832127°

Long 77.682408°

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## A FRANSALIAN INSTITUTE OF HIGHER LEARNING

# WOMEN EMPOWERMENT CELL

PRESENTS

# ✦ EACH FOR ✦ EQUAL

✦ (SESSION) ✦



DATE: 10/09/2022

TIME- 12:00PM

VENUE: ROOM NO 106

RESOURCE PERSON:

DR MAMATHA

PG DEPARTMENT OF PSYCHOLOGY





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## A FRANSALIAN INSTITUTE OF HIGHER LEARNING

### Report

Title	Session on Each for equal
Date of Event(s)	10-09-2022
Department / Association Cell / Committee	Desalite women empowerment cell
Venue (Mention the platform if it is Online)	Room no 006
Number of Participants	60
Target Audience	60

Resource Person with qualification	Dr. Mamatha, PG department of Psychology
Place of visit details of Industrial visit place (if applicable)	
Event Coordinator	Dr. Rosaline Jayanthi Prof. Roshini Anne Koshy

#### Report:

In order to create awareness about equality and gender discrimination a session on the topic. Each for equal was conducted on 10-09-2022, for the PG students in room no 006. Dr. Mamatha k from the PG department of psychology was the resource person, the session began at 12:30 pm. Mam emphasised on the concept of each for equal and spoke about our gender

**COORDINATOR**

Desalite Women Empowerment Cell  
St. Francis de Sales College  
Bengaluru - 560100

**COORDINATOR**

Best Practices Cell  
St. Francis de Sales College  
Bengaluru - 560100

**PRINCIPAL**

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biased society and how to break the stereo type.

She spoke to students on how to be responsible, successful, self-independent. how to control emotions, improve communication skills and most importantly how to be self-disciplined. She also spoke about the equal responsibility of men and women in family as well as the work place. She also explained about the multiple roles played by women and how they could be financially independent. She also explained about gender policing.

There was an activity conducted for the students, it was an interactive session. The session was also very informative and useful. The session concluded by 1:30 pm.



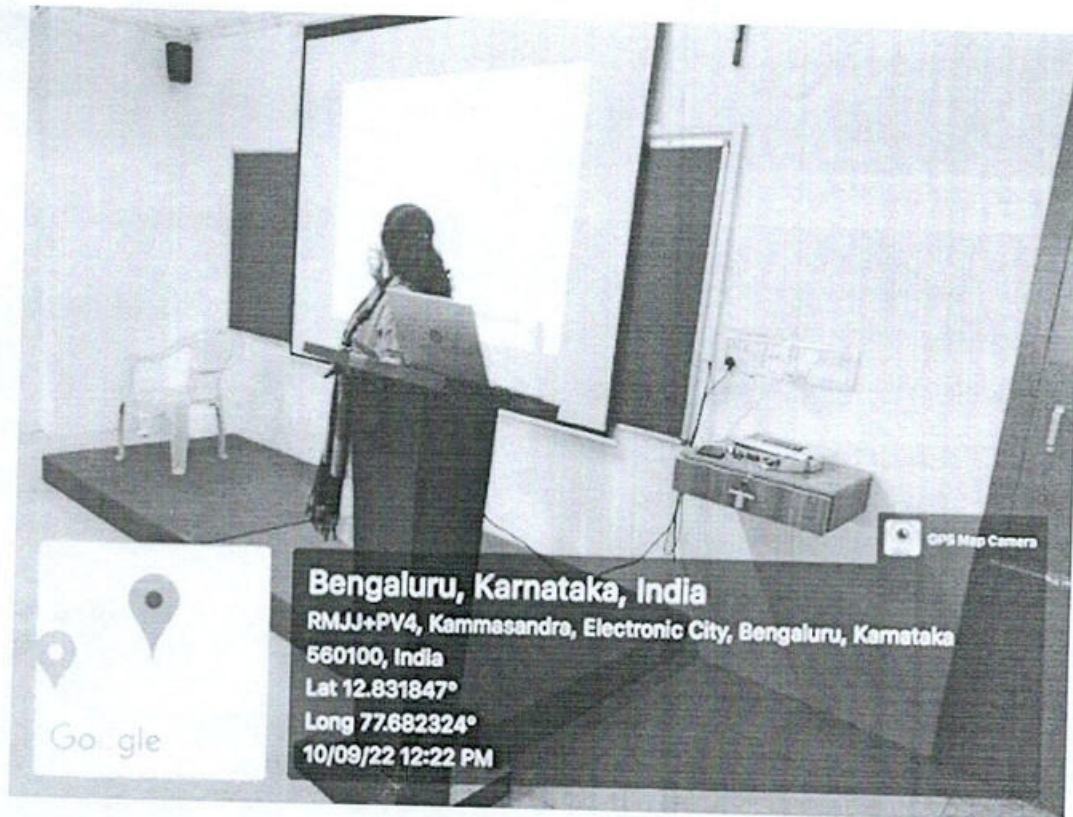
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Sr. No	Name	Class	Signature
36	Kaustubh	MSc Psychology	[Signature]
37	Aditya F	"	[Signature]
38	Chiranjeev	"	[Signature]
39	Tejas G	M.Com	[Signature]
40	Nanditha . M	M.Com	[Signature]
41	Shwetha	"	[Signature]
42	Priyanka	"	[Signature]
43	Pragathi . P	"	[Signature]
44	Aranya Shaji	MSc Psychology	[Signature]
45	Varsha . R	"	[Signature]
46	Veena . V	"	[Signature]
47	Anu Alexander	"	[Signature]
48	Deeksha . K . N	MSc Psychology	[Signature]
49	Shindhu . C	MSc Maths	[Signature]
50	Harish babu	MSc Maths	[Signature]
51	Shaila . C . V	MSc Maths	[Signature]
52	Tyathum . D . K	MSc Maths	[Signature]
53	Devgulika . A	MSc Maths	[Signature]
54	Devi . D . J	MSc Maths	[Signature]
55	Gabara . S	MSc Maths	[Signature]
56	Kalita Chauranya	MSc Maths	[Signature]
57	Shravan . S . M	MSc Maths	[Signature]
58	Choudhary . M	MSc Maths	[Signature]
59	Madhava . H	MSc Maths	[Signature]
60	Pranav . P	MSc Maths	[Signature]
61	Prathiba . K . N	MSc Maths	[Signature]
62	Raj . P	M.Com	[Signature]
63	Ravi . S . M	M.Com	[Signature]











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## A FRANSALIAN INSTITUTE OF HIGHER LEARNING

# WOMEN EMPOWERMENT CELL

## PRESENTS

# ABHIKYA *Women's Day* CELEBRATION



**RESOURCE PERSON:**

**DR.GN SANGEETHA M.A PHD**

**DATE: 08/03/2022**

**TIME:1PM**

**VENUE: CLOSED**

**AUDITORIUM**





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## DESALITE WOMEN EMPOWERMENT CELL (DWEC)

### NIRALYA

### Report on Women's Day

Title	ABHIKYA 2022 – Women's Day celebration
Date of Event(s)	08-03-2022
Department / Association / Cell / Committee	Desalite Women Empowerment cell
Venue (Mention the platform if it is Online)	Closed auditorium
Number of Participants	100
Target Audience	

Resource Person(s) with qualification	Dr. G.N Sangeetha, M.A, Ph. D

Place of visit/ details of Industrial visit place (if applicable):	
Event Coordinator	Dr. Rosaline Jayanthi & Prof. Roshini Anne Koshy

  
COORDINATOR  
Desalite Women Empowerment Cell  
St. Francis de Sales College  
Bengaluru - 560100

  
COORDINATOR  
Best Practices Cell  
St. Francis de Sales College  
Bengaluru - 560100



**Report :**

International Women's Day is celebrated annually on 8 March. It offers an opportunity to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities.

The theme for this year's International Women's Day was: "Gender equality today for a sustainable tomorrow."

Desalite women empowerment cell of St. Francis de Sales College organized a small program in order to celebrate international women's day on 8<sup>th</sup>, March 2022. The event was named as Abhikya.

The program was conducted in closed auditorium at 1:00 PM. The chief guest for the program was Dr. G.N Sangeetha, M.A, Ph. D who is a national awardee for social justice and empowerment. Dr. G.N Sangeetha is the first blind woman to have received doctorate in the state of Karnataka. Currently she is working as a documentarist in NMKRV women's college, Jayanagar, Bengaluru.

The program began with Prayer song, welcome speech, there was a short introduction given to Abhikya 2022. Abhikya means optimistic, peacemaker and cheerful keeping all these in mind women's day celebrations at SFS college was named as Abhikya. After lighting of the lamp, a brief introduction was given about the chief guest. Then three books were released which was authored by Prof. J. Benet Rajadurai, titled women empowerment issues and challenges, The glass ceiling barriers faced by women, and A handbook on research methodology for social sciences. One more book titled an institutional framework for women empowerment was released which was written by Dr. Kanchana Gowdar, PG academic coordinator.

Chief guest was felicitated by Principal and Vice principal and the award women icon of the year was presented to her. Women icon of the year award





was started in the year 2021 and it is continued as one of the best practices of the college. Dr. G.N Sangeetha addressed the gathering with her mesmerising speech and thoughts.

There was cultural performance by the students, students performed two dances, one was classical and the other one was based on theme, it was a very wonderful performance given by students.

It was followed by Principal's address, Father thanked the chief guest for her Presence and thoughtful speech. Father also congratulated Prof. Bennet, department of Humanities and Dr. Kanchana Gowdar for writing the books. Father also spoke about the importance of women's day. Students of department of humanities were awarded with certificates for their contribution in writing the books. The program concluded with vote of thanks and National Anthem.

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| **St. Francis de Sales College**  
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**Report By**

**Dr.S.Rosaline Jayanthi**

**Prof. Roshini Anne Koshy**

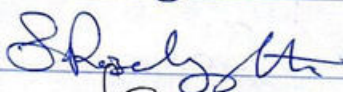
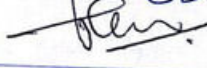
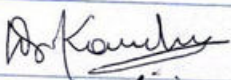
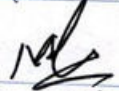
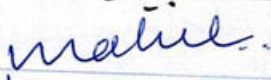
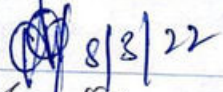
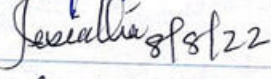
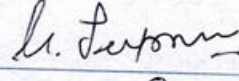


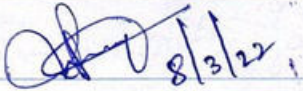
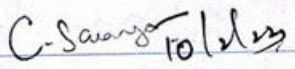





# Desalite Women Empowerment Cell

## Women's Day Celebration

Date: 8.3.2022

### Attendance Sheet

S.No	Name	Signature
1.	Dr. S. Rosaline Jayanthi	
2.	Prof. Karibasavara Gowda. G	
3.	Dr. Kamboore.	
4.	Dr. Mamatha K.	
5.	Dr. MAHESH. N.V	
6.	Dr. Thanapackiam	
7.	Dr. Jesseenthia Mathew	
8.	Dr. Jennifer Sujitha. G	
9.	Dr. Maye Mathew	
10.	Dr. Roshini Anne Koshy	
11.	Dr. Regimol Jose	
12.	Dr. Rashmi. N.	
13.	Dr. Sailaja.	
14.	Prof. Saranya	
15.	Dr. Sivagami	
16.	Dr. Pandikani. M.	
17.	Prof. Archana	
18.	Dr. Madhura Mozhi	
19.	Dr. Tharini	
20.	Dr. Noor	
21.	Dr. Chitra. N.K.	





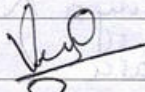

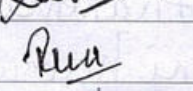
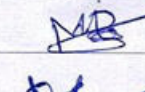
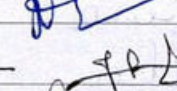
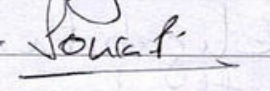


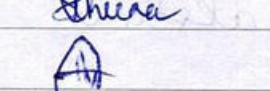




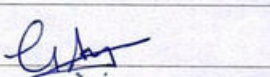

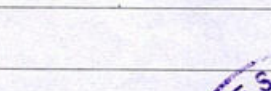

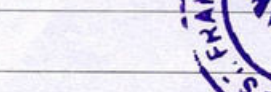

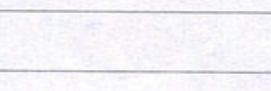



22. Prof. Mamatha K.	<del>Mamatha</del>
23. Prof. Lavin	<del>Lavin</del>
24. Prof. Anusha	<del>Anusha</del>
25. Prof. Vanitha T.	Vanitha
26. Prof. Sandhya Kumari	<del>Sandhya</del>
27. Prof. Thomson	<del>Thomson</del>
28. Prof. Dhruva Kumar	<del>Dhruva</del>
29. Prof. Madhu Sudhan	<del>Madhu</del>
30. Prof. Deepa Shree P	DP
31. Prof. Dharmakshi A	<del>Dharmakshi</del>
32. Prof. Nagarethra	<del>Nagarethra</del>
33. Prof. Chaitra S.	Chaitra S.
34. Prof. Priya	Priya E
35. Dr. Mania Priya	
36. Prof. Annie Christilla	<del>Annie</del>
37. Prof. Geetha P.S.	<del>Geetha</del>
38. Prof. Devichandrika	<del>Devichandrika</del>
39. Prof. Mangayarkarasi	<del>Mangayarkarasi</del>
40. Prof. Victoria Keena	<del>Victoria</del>
41. Prof. Ramandeep	<del>Ramandeep</del>
42. Prof. Kusuma	
43. Prof. Lakshmi Balakrishnan	
44. Prof. Deepa S.	<del>Deepa S.</del>
45. Prof. Ajitha Shaji	<del>Ajitha</del>
46. Prof. Dilija Joseph	
47. Prof. Benet Rajadurai	
48. Dr. Prakasha	<del>Prakasha</del>



Name

Signature

49. Dr. Shanta Raju
50. Prof. Veena
51. Prof. Kumara. C.
52. Prof. Kittappa. R.
53. Dr. Rwa Prasad
54. Dr. Madhuni Rajeev K.
55. Prof. Devidas Thukalam
56. Prof. Uma Maheshwari (Eng)
57. Prof. Sonia Ashok.
58. Mrs. Aparna
59. Mrs. Kalpana R.
60. Mr. William Alfred.
61. Mrs. Dheena Dayalini.
62. Mrs. Aruna Mary
63. Mrs. Anthonyamma
64. Mr. John D'Zouza
65. Mrs. Christina Mary.
66. Mrs. Jessy Binu
67. Mr. Siddaraju. S.
68. Mr. Sebastian.
69. Mrs. Anthony Mary
70. Mr. Sibi
71. Mrs. Lakshmanamma
72. Mrs. Yashoda. M.
73. Mrs. Annie
74. Mrs. Fathima
75. Mr. Thomas
76. Mrs. Muniathna
78. Mrs. Mariamma
79. Mrs. Yashoda
80. Mrs. Chandamma
81. Mr. Daniel. P.
82. Mrs. Shivarathnamma.





Name

Signature

83. Mrs. Lavanya N.
84. Mrs. Komala
85. Mrs. Anubuya
86. Mrs. Lalithamma
87. Mrs. Muni Kumari
88. Mrs. Deepa
89. Mrs. Mubina
90. Mrs. Radha
91. Mrs. Elizabeth Rani
92. Mrs. Preetha bai
93. Mr. Raju
94. Mrs. Sunanda
95. Mrs. Lakshmi

15

20

25

30







# ST FRANCIS DE SALES COLLEGE

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Electronics City, Bengaluru - 100

Accredited with NAAC "A" Grade || Recognised under 2(f) & 12(b) of the UGC Act

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

## WOMEN EMPOWERMENT CELL

PRESENTS



# TRAINING PROGRAM ON SELF GROOMING

### RESOURCE PERSON

R. NABEEL AHMED  
BAIG ( FOUNDER OF  
HUMM TRAINING  
AND DEVELOPMENT  
PVT LTD)

DATE: 07/07/2021

TIME- 01:00PM-02:00PM

VENUE: GOOGLE MEET  
(OPEN PLATFORM)





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## Desalite Women Empowerment Cell

### Report of Training Program

Title	Training Program on SELF GROOMING
Date of Event(s)	7.07.2021
Department / Association	Desalite Women Empowerment Cell St Francis de Sales College
Venue	G meet (Open Platform)
Number of Participants	95

Resource Person(s) with qualification	<b>Mr. Nabeel Ahmed Baig</b> Founder, HULM training and development pvt. Ltd, Bangalore Co- Founder, ReAssure Foundation, Motivational speaker
---------------------------------------	--

### Report:

Grooming is the secret of real elegance. The best clothes, the most wonderful jewels, the most glamorous beauty don't count without good grooming. Self-confidence is described as the belief in oneself. It is self-assurance in your capabilities, judgment, and power. Self-confidence is the end product or result of a healthy self-esteem. Everybody needs self-confidence to step out into the world and be their best each day. Grooming plays a major role in maintaining a high self-esteem and self-confidence. It does this by influencing your appearance, which in turn affects the way you regard yourself. As young boys and girls who are going to start their careers, self-grooming techniques will be very helpful to present themselves confidently in front of the world. Since self-grooming plays an important role and students need to have awareness and skill towards grooming, Desalite Women Empowerment cell has organised a training session on Self grooming to its UG & PG students on 7<sup>th</sup> July 2021 from 1:00pm to 2:00pm.

Resource person for the session was Mr. Nabeel Ahmed Baig, Founder, HULM training and development pvt. Ltd, Bangalore, Co- Founder, ReAssure Foundation, Motivational speaker. The session started with the welcome and introduction of guests by students. The speaker



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[www.sfscollege.in](http://www.sfscollege.in)

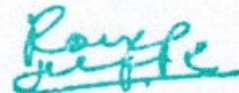




the day addressed the gathering. The session started with brainstorming about self-grooming and its need. Students shared their views and ideas about grooming. Mr Baig demonstrated the importance of grooming and how to present ourselves on various occasions. The rule of ABC is taught to students A-appearance, B-body language and C- communication. The 3 golden rules and their coordination is explained to students. How to appear in an Interview? and do's and don'ts at the interview/formal gathering was explained to students. The program ended with a Q&A session where students clarified their doubts.

**POSITIVE OUTCOME:**

The session right from the beginning was interactive and students participated in brainstorming, discussions actively. Small activity for concentration and communication was conducted by the speaker which drew attention from students. They understood how to present themselves appropriately at the occasion. The importance and coordination of appearance, body language and communication are understood by the students. The overall session was helpful and beneficial to students.



**PRINCIPAL**  
St. Francis de Sales College  
Electronics City Post, Bangalore - 560 100



Browser tabs: (1) WhatsApp, Inbox - direc@stcollege.in, St Francis de Sales College, Meet - Training Program, New Tab

Address bar: meet.google.com/wfa-evqk-trj?authuser=5

Google Meet Interface:

- REC button
- Video feed of Nabeel Baig
- Participant grid:
  - Ruchitha S
  - Aksha Mary Jose
  - Sushma R
  - Desalita Women...
  - Karthik S
  - Ranjith K
  - 81 others
  - You
- People sidebar:
  - Mute all, Add people, Host controls
  - In call:
    - Desalita Women Ent... (You)
    - Akshi Sharma
    - Akshi Rao
    - Aksha Mary Jose
    - Anita P John
    - Ansa Sarah Sunny
    - Ashwini V
    - Bansha Priyadarshini Sahoo
- Footer:
  - 1:13 PM | Training Program on "Self Grooming"
  - Windows taskbar: Type here to search, 29°C AQI 65, 1:13 PM 17/7/2021





WhatsApp | Inbox - dived@dfscollge.in | St Francis de Sales College | Meet - Training Program | New Tab

meet.google.com/wfa-eyqk-trj?authuser=5

Desalite Women Empowerment Cell is presenting

ST FRANCIS DE SALES COLLEGE  
A FRANCISIAN INSTITUTE OF HIGHER LEARNING

Desalite Women Empowerment Cell  
DWEC

Organizing Online Session  
On  
"Self Grooming"  
7th June 2021  
1.00 p.m to 2.00 p.m

Speaker of the Day  
Ms. Nalini Anand Raj  
Founder, HULM Training and Development Pvt. Ltd, Bangalore  
Co-Founder, Redstone Foundations & International Speaker

Whoever attend this session will get a certificate of participation  
Each registered participant will get a certificate of participation for the session

People

All muted | Add people | Host controls

In call

- Desalite Women Em... (You)
- Aditi Sharma
- Akriti Rao
- Aksa Mary Jose
- Anita P John
- Ansa Sarah Sunny
- Ashwini V
- Borsha Priyadarshini Sahoo

Ms D  
63 others

1:05 PM | Training Program on "Self Grooming"

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29°C Light rain | 1:05 PM 7/7/2021







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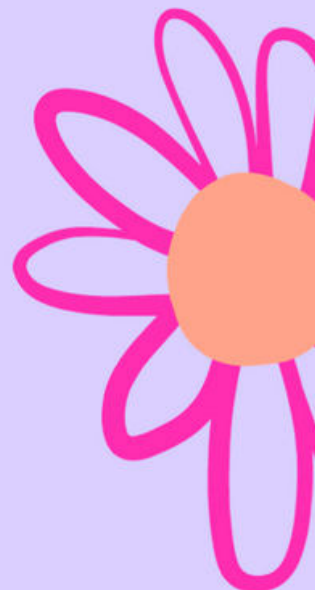
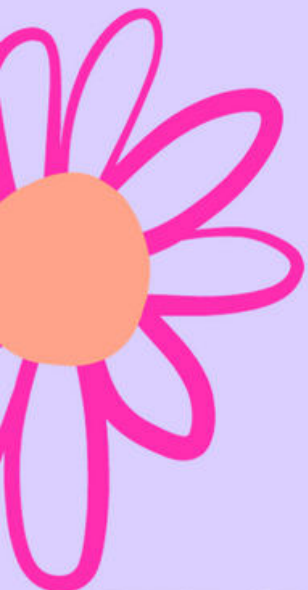
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## WOMEN EMPOWERMENT CELL PRESENTS

# ABHIKYA (Women's Day) CELEBRATION



**CHIEF GUEST:**

**MAJOR ADITI MOHAN**

**DATE: 08/03/2021**

**TIME- 01:00 PM**

**VENUE: CLOSED AUDITORIUM**





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## Desalite Women Empowerment Cell

*Celebrated*

**Abhikya 2021**

*"Celebrating Graceful Elegance of Womanhood"*

**International Women's Day**

**08.03.2021**

Title	Abhikya 2021- Celebrating Graceful Elegance of Womanhood- International Women's Day
Date of Event(s)	08.03.2021
Department / Association	Desalite Women Empowerment cell
Venue	Auditorium
Number of Participants	100

Resource Person(s) with qualification	<p><b>Major Aditi Mohan</b></p> <p>Major Aditi Mohan is a former army officer from the army service corps. As an officer, she has been part of two wars – at Kargil and of Operation Parakaram. She has to her credit more than 26 years of military and corporate experience. She is presently the Vice President- and head, corporate services at Fidelity National Financial.</p> <p>A strong advocate of women empowerment and child safety, Aditi Mam has helped women in distress by financial funding and worked alongside law enforcement agencies. During the devastating floods in Kerala, she made a major and extensive contribution by tying up with armed forces and transported over 200 tonnes of relief materials. When the Covid-19 pandemic</p>
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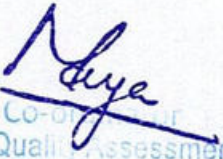
no less in any talent. A welcome Dance by faculty set the celebration mood in the auditorium. The dignitaries were welcomed on stage. Mrs. Lathika, Student Counsellor and DWEC Member introduced the Chief Guest to the gathering. The college has given at most importance to women achievers. A major decision was taken to honour such women achievers every year on International Women's Day. An Award "*Woman Icon of Inspiration*" was coined for Abhikya 2021. Major Aditi Mohan, Chief Guest of the Day herself is an Achiever and inspiration to all. An Award ceremony was planned along with the event. Prof. Mamatha, DWEC Member spoke about the importance of the Award and announced the name. Major Aditi Mohan was Awarded as 'Woman Icon of Inspiration 2020-21'. She was felicitated with the Award by PG Academic Coordinator Dr. Kanchana, Prof. Anita, DWEC Member and Memento was given by respected Principal. She was requested to address the gathering after the Award Ceremony. It was an inspirational talk. She highlighted on the importance of women in each field and their success. The difficulties faced by women entering in any field and challenges faced were highlighted. Many experiences were shared inspiring the gathering. Rev. Dr. Roy, Principal addressed the gathering by giving motivational speech and highlighted the role of women in life. Chief Guest was felicitated by Vice Principal Rev. Fr. Jijo Jose. Prof. Veena, DWEC member proposed Vote of Thanks in expressing gratitude for the support by each in making the event a grand success. Sharing board was arranged by the DWEC members. Chief Guest and other dignitaries were asked to write or paint on the board expressing their view about Women's day. The formal event was a success with all smiles and happiness as expressed by the chief guest and the moments captured in the photographs.

**Informal Event:** St. Franci De sales College never misses on opportunity for celebration. Each faculty is celebrated for what they are. DWEC planned to have informal event to bring in the light and celebration atmosphere in college. Faculty was informed about the event and a Talent Show was arranged. Names of all interested faculty and the list of performances was prepared. Prof. Veena and Prof. Anita, DWEC members hosted the event. Classical dance, fusion dance, speeches, group song solo singing and games were part of the show. Many hidden talents came out and many faculty had an opportunity to





showcase their talents other than academic skills. This break through gave opportunity to all, to enjoy the performances. Many expressed to have been performing after college days. Performances rejuvenated the spirit and fun filled programs were relished by all faculty at college. Games were arranged for ministerial staff. All the performers and winners of games were given token of love and appreciation by the Vice Principal. With all sound, music and dance Abhikya 2021 "Celebrating Graceful Elegance of Womanhood"- International Women's Day came to an end by leaving the auditorium with all smiles and happiness, relishing the food and moments in the auditorium.

  
CO-ORDINATOR  
Internal Quality Assessment Cell  
St Francis de Sales College  
Electronics City Post, Bangalore - 560 100.

  
PRINCIPAL  
St. Francis de Sales College  
Electronics City Post, Bangalore - 560 100.





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## Desalite Women Empowerment Cell

*Celebrated*

**Abhikya 2021**

*"Celebrating Graceful Elegance of Womanhood"*

**International Women's Day**

**08.03.2021**

### Photo Gallery



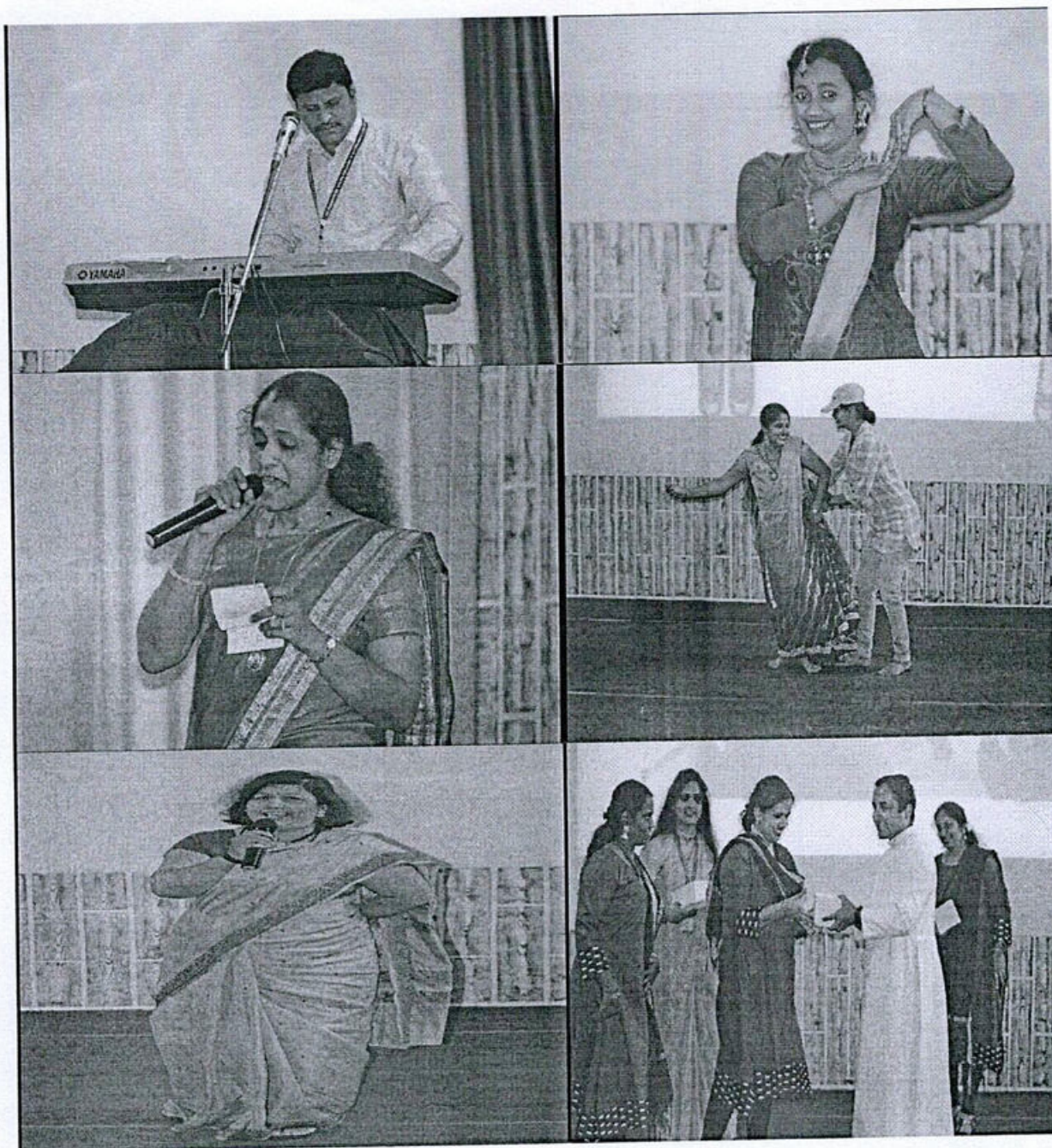












*Glimpses of "Abhikya 2021- Celebrating Graceful Elegance of Womanhood" International Women's Day  
Celebrated by DWEC on 08.03.2021*







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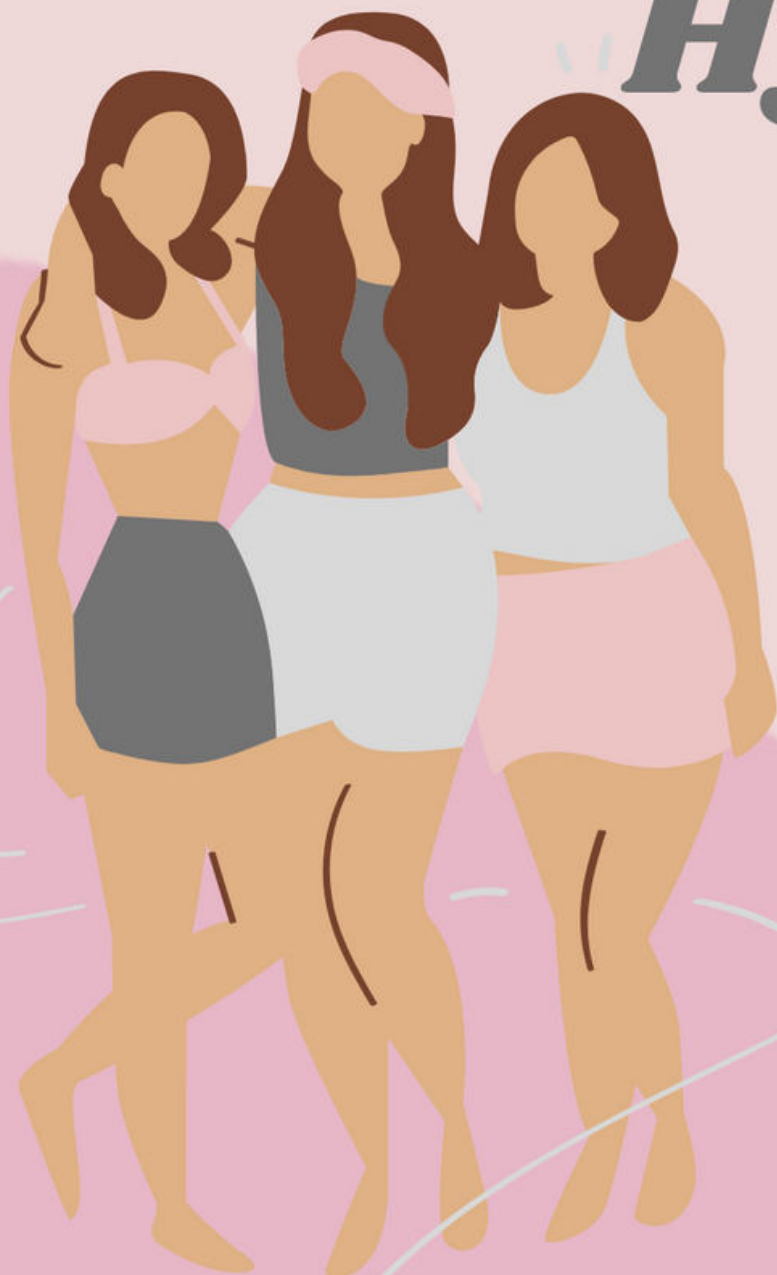
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# WOMEN EMPOWERMENT CELL PRESENTS



## ***Personal Hygiene in Women***



**DATE: 28/05/2021**

**VENUE: ONLINE**

**RESOURCE PERSON:**

**DR AKSHATA GOWDA**





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## Desalites Women Empowerment Cell Personal hygiene in women

Title	Personal hygiene in women 2020-21
Date of Event(s)	28 may 2021
Department / Association	Women Empowerment Cell
Venue	Online
Number of Participants	80
Target Audience	Female students of PG and UG

Resource Person(s) with qualification	Dr Akshata Gowda, Consultant Psychiatrist, Assistant Professor, Sri Siddhartha Medical College, Tumkur
Books (if published)	NA

Place of visit/ details of Industrial visit place (if applicable):	NA
--	----

### Detailed Report (minimum 500 words)

#### Report should contain the following:

- Introductory paragraph about the event.
- Details of the resource person/s
- Day-wise and session-wise details.(wherever applicable)
- A paragraph on valedictory ceremony.(wherever applicable)
- Outcome of the programme.

**Photos of the Event to be attached as geo-tagged photos with the mail. (4 to 5 photos)**

On account of 'International Day of Action for Women's Health' an online session on "Maintaining Health During Pandemic" was organised by the Women Empowerment

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www.sfscollege.in





cell. The resource person for the day was **Dr Akshata Gowda**, Consultant Psychiatrist, Assistant Professor of Sri Siddhartha Medical College, Tumkur.

The resource person started off with detailed explanation on how covid -19 transmits and how to stay safe during the pandemic. The principal mode by which people are infected with SARS-CoV-2 (the virus that causes COVID-19) is through exposure to respiratory fluids carrying infectious virus. Exposure occurs in three principal ways: (1) inhalation of very fine respiratory droplets and aerosol particles, (2) deposition of respiratory droplets and particles on exposed mucous membranes in the mouth, nose, or eye by direct splashes and sprays, and (3) touching mucous membranes with hands that have been soiled either directly by virus-containing respiratory fluids or indirectly by touching surfaces with virus on them. She emphasised on the use of mask and hand sanitizers which has to be considered as the new normal. Coronavirus can spread when people breathe, talk, cough, or sneeze. Wearing a mask keeps the virus from reaching others. If everyone wears a mask when they're out in public, fewer people will get sick.

She spoke on the depression and gave a clear understanding on what is depression and how it is different from being sad. She explained that depression is a mental illness in which a person is very unhappy and anxious (worried and nervous) for long periods and cannot have a normal life during these periods. She emphasis the fact that everyone can be affected by mental illness and its very important that people start acknowledging it and step out of the mental health taboo created by the society. It should be considered as normal as humans having physical illness and should be treated properly. She explained the different stages of depression and how one should handle it and when is it to seek a professional help.

Dr Akshata Gowda also spoke of anxiety and the prominence of proper sleep for a human body. She gave some tips for having proper sleep for those who has disturbed sleep. She was of the opinion that a good sleep always would keep our mind healthy.



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**St. Francis de Sales College**  
Electronics City Post, Bangalore - 560 100



REC

Meeting details

(70)

Anjitha Santhosh

Ansa Sarah Sunny

Ashwini N

BHAVANA M

Bhavani L

Bhuvaneshwari C

Dr. Akshatha Gowda

Meeti...

Raise hand

Turn on captions

Present now

REC

Navya M and 57 more

75

Dr. Akshatha ...

Desalite Wom...

Swapna S

Pravallika S G

Tejaswini G P

Tejaswini M R

Soundarya J

Anitta P John

Aksa Mary Jose

Lekha Shree

Vinitha Jennif...

Renuka M

Tibirissetti S Matha

Bhuvaneshwari C

AISHWARAYA B

Pushpalatha T N

Meeti...

Raise hand

Turn on captions

Present now





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## A FRANSALIAN INSTITUTE OF HIGHER EDUCATION

### Desalite Women Empowerment Cell DWEC

Organizing Online Session  
On account of

### International Day of Action for Women

28<sup>th</sup> May 2021

3.00 p.m to 4.00 p.m



Resource Person:

**Dr. Akshata Gowda**

MBBS, MD

Consultant Psychiatrist

Assistant Professor

Sri Siddhartha Medical College

Tumkur

Title "Maintaining Health During Pandemic"

Join us at G meet link: [meet.google.com/evt-trnm-xxi](https://meet.google.com/evt-trnm-xxi)







**ST FRANCIS DE SALES COLLEGE**

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Electronics City, Bengaluru - 100

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

## WOMEN EMPOWERMENT CELL

PRESENTS

# NUTRITION AND CARE FOR WOMEN



**DATE: 03/03/2020**

**TIME: 11 AM**

**VENUE: AUDITORIUM**





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### NOTICE

Desalite women empowerment cell is organising a program on “ **Nutrition and Care for Women-2020**” in college Auditorium on 3 March, 2020.

Event: Nutrition and Care for Women.

Date: 3 March ,2020.

Venue: Auditorium.

Time: 11am

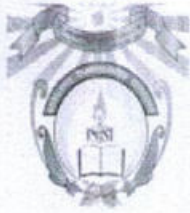
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## NUTRITIONS AND CARE FOR WOMEN-2019-2020

Date: 3rd, March 2020

Venue: Auditorium

Conducted By: Women's Cell

Attended By: first UG Female students

Organised By: St. Francis de Sales College, Electronic city, Bengaluru.

A session on "Nutrition and Care for women" was organized by Women's Cell on 3<sup>rd</sup> march, 2020. The one-day programme was conducted for first year female students of St. Francis de Sales College. The Chief Guest and Speaker of the day, Dr. Annamma Thomas – Gynaecologist. She has explained the students, about the fact that Women needs more nutrients than men. The different nutritional needs are due to the male and female hormones.

She has addressed the gathering that the importance of Women Health, Better nutrition means stronger immune systems, fewer incidences of illness and better health. The nutritional status of women is important both for the quality of their own lives and the survival and healthy development of their children. She also mentioned regarding the fact that many working women face iron deficiency because of the blood lose during menstruation and also it is difficult for them to have a proper meal during the work time. So, it is important include meat, fish and poultry in the regular diet. Vegetarians can consume Spinach, kidney beans, black beans, lentils, split peas. These are high in iron source.

Women have to be very careful in observing the changes in the body. Instead of neglecting these, understand why it is happening. For example iron deficiency may lead to anaemia, tiredness etc. Deficiency of Vitamin B 12 may lead to tingling effect in hands and feet, irritability or depression. This is the time you have to consult your doctor and take the supplements.





But these supplements are useful in safeguarding you against occasional nutrients shortfall. They can't compensate for an unbalanced or unhealthy diet. To make sure that you get all the nutrition, you have to include fruit, vegetables, quality protein, healthy fats in your food.

She highlighted although malnutrition's effects on this group have been recognized for decades, there has been little measurable progress in addressing the specific nutritional problems of women and adolescent girls. Ignorance about the symptoms of malnutrition, such as the lethargy and depression caused by iron deficiency, may be dismissed as "normal" or unimportant, further exacerbating the problem.

At the end she voiced out that if these factors can be controlled then India would be a much better place to live in.

The doubts of the Desalites regarding nutrition for women have been cleared by the speakers. The feedback received from the Desalites was good. The Guest and the Guest of Honours felt happy about the reports of the Desalites.

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**WOMEN EMPOWERMENT CELL**

PRESENTS

# BREAST CANCER IN WOMEN



**DATE: 16/09/2019**

**TIME: 10 AM**

**VENUE: AUDITORIUM**

**RESOURCE PERSON:**

**DR CHINJU MARIA JOSEPH MBBS MD**





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## A FRANSALIAN INSTITUTE OF HIGHER LEARNING

### NOTICE

Desalite women empowerment cell is organising a program on **“Breast Cancer in Women -2019”** in college Auditorium on 16 September, 2019 at 10 AM.

Event: Breast cancer in women.

Date: 16 Sep 2019.

Venue: Auditorium.

Time: 10 AM

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## A FRANSALIAN INSTITUTE OF HIGHER LEARNING

### BREAST CANCER IN WOMEN 2019-20

Date: 16 September 2019

Venue: Auditorium

Conducted By: Women Cell

Attended By: All Female Faculty Members and UG students

Organised By: St. Francis de Sales College, Electronic city, Bengaluru.

A one day programme on **Cancer in Women** was conducted in our college on 16/09/2019. The programme was organised by Women cell. The resource of the day was Dr. Chinju Mariya Joseph MBBS, MD, St Johns Hospital, Bangalore.

The resource person delivered an insight on breast cancers in women. She very clearly explained the causes of cancer, prevention aspects for cancer, treatment layout etc.

After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. Breast cancer can occur in both men and women, but it's far more common in women. Substantial support for breast cancer awareness and research funding has helped created advances in the diagnosis and treatment of breast cancer. Different people have different symptoms of breast cancer. Some people do not have any signs or symptoms at all.

Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.





Breast cancer survival rates have increased, and the number of deaths associated with this disease is steadily declining, largely due to factors such as earlier detection, a new personalized approach to treatment and a better understanding of the disease.

She also shared her knowledge on Control of cancer under NPCDCS.

This programme created an awareness about cancer. Everyone felt it was an eye opener event.

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## WOMEN EMPOWERMENT CELL PRESENTS

# Street Play on Women's Rights



DATE: 17/01/2019  
TIME: 11 AM  
VENUE: OPEN  
AUDITORIUM





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## NOTICE

Desalite women empowerment cell is organising **"Street Play on Women Rights"** in open auditorium on 17 January, 2019.

Event: Street Play on Women Rights


Date: 17 Jan ,2019.

Venue: open auditorium.

Time: 11AM

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## A FRANSALIAN INSTITUTE OF HIGHER LEARNING

### STREET PLAY ON WOMEN RIGHTS 2019-2020

Date: 17 Jan 2019

Venue: Open Auditorium

Conducted By: Women Cell

Attended By: UG & PG STUDENTS

Organised By: St. Francis de Sales College, Electronic city, Bengaluru.

A one day STREET PLAY ON WOMEN RIGHTS was conducted in the college on 17<sup>th</sup> January 2019. The programme was organised by Women cell. The final year students took the initiative of hosting a street play on the rights of women. The objective of this play was to give an awareness to the students in general of the significance women rights and the role of women in the society.

The programme was attended by the undergraduate and postgraduate students ,there were about 100 students who were part of the programme.

Students enacted a street play on Women Empowerment to give awareness about the importance of girl education. It includes areas of gender equality and access to education, and its connection to the alleviation of poverty.

It was an eye opener event. The play presented snapshots from a young girl's life in college, at home and during her everyday commute between these two locations. The college scene portrayed how in spite of the subtle discomfort felt due to unnecessary physical display of affection of male college mates, the young girl feels odd to complain or reject harassment. As she is homeward bound in a public bus, accompanied by a friend, she is targeted by a group of boys who feel no shame in harassing her and even retort back scathingly when she and her friend oppose their actions. Finally, she reaches home, perhaps hoping for a secure and loving welcome. But instead we find her brother and mother to be suspicious of her own conduct in public. Hearing of her ordeals outside home, the family decides to discontinue her education and get her married so that her 'wings can be clipped' denying her right to achieve her dreams. With the help of innovative songs, actions and dialogues,






the play emphasized the need to break the silence and oppose patriarchal social systems that oppress women. The audience enjoyed and appreciated the performance and even pledged to help change attitudes so that society can change for the better and free itself from the layers of violence. The programme concluded with the actors introducing themselves and a formal vote of thanks. The foyer was buzzing with action for a long time as members from the audience joined discussions with performers and the staff and students after the 30 minute performance.

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