



# ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

## DESALITES WOMEN EMPOWERMENT CELL

### CONTENT

Academic Year	Content	No. of Activities conducted
2020-2021	Consolidated List of Activity List, Event Report	07
2019-2020	Consolidated List of Activities, Event Report	05



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## Desalite Women Empowerment Cell (DWEC)

### List of Activities

2020-2021

Sl.No.	Activity	Date	Target Audience
1	Training program on Self Grooming	07-07-2021	UG & PG Students
2	Online Session On Internet Addiction	30-06-2021	UG & PG Students
3	Personal hygiene in women	28-05-2021	UG & PG Female Students
4	Talk on Resilience	12.03.2021	1 <sup>ST</sup> yr PG students
5	Abhikya 2021_ International Women's Day Celebrations	08.03.2021	Female and Male Faculty
6	Talk on Decision Making	03.03.2021	2 <sup>nd</sup> yr PG students
7	Personal Hygiene	15.02.2021	UG students



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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
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#### 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 of



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.



REC



Nabeel Baig

1:13 PM | Training Program on "Self Grooming"

People

- Mute all
- Add people
- Host controls

In call

- Desalita Women Em... (You)
- Aditi Sharma
- Akshi Rao
- Aksha Mary Jose
- Anita P John
- Ansa Sarah Sunny
- Ashwini V
- Barsha Priyanshini Sapoo

Grid of participants:

- Ruchitha S
- Aksha Mary Jose
- Suchma R
- Desalita Women...
- Karthik S
- Ranjith K
- 81 others
- You

Windows taskbar: 29°C, AQI 65, 1:13 PM, 7/7/2021

WhatsApp x Inbox - dvas@stfrscollege.in x St Francis de Sales College x Meet - Training Program x New Tab

meet.google.com/wfa-evqt-trj7au?authuser=5

Desalite Women Empowerment Cell is presenting

ST FRANCIS DE SALES COLLEGE  
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 Desalite Women Empowerment Cell  
 DWEC  
 Organizing Online Session  
 On  
 "Self Grooming"  
 7th June 2021  
 1:00 pm to 3:30 pm

Speaker of the Day  
 Mr. Ashwin Choudhary  
 Founder, HR, SM Training and Development Pvt. Ltd. Director  
 Conference Resource, Presentation & HR Consultant

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

Type here to search

29°C Light rain 1:05 PM 7/7/2021





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## Desalite Women Empowerment cell

### Report of Online Session

Title	<b>Online Session on Internet Addiction</b>
Date of Event(s)	<b>30.06.2021</b>
Department / Association	<b>Desalite Women Empowerment Cell</b> In association with <b>Counselling Cell</b> <b>St Francis de Sales College</b>
Venue	G meet (Open Platform)
Number of Participants	80

Resource Person(s) with qualification	<b>Ms. Lathika Chandran</b> Student Counsellor St Francis de Sales College
---------------------------------------	--

#### Report:

Internet addiction is an umbrella term that refers to the compulsive need to spend a great deal of time on the Internet, to the point where relationships, work and health are allowed to suffer. Internet Addiction Disorder (IAD) ruins lives by causing neurological complications, psychological disturbances, and social problems. Counselling for Internet Addiction has become the need of the hour. Pandemic has given no choice for kids. Understanding the importance of awareness on Internet Addiction, DWEC and Counselling Cell agreed on hosting a session in bringing knowledge about addiction and balancing the same. Hence, Online Session on Internet Addiction was planned by DWEC in association with Counselling Cell on 30<sup>th</sup> June 2021 from 3.00 p.m to 4.00 p.m.

The session began by formal welcome by Ms. Anitta, DWEC Member. Ms. Lathika Chandran, Students Counsellor and also Member of DWEC agreed upon addressing the students. The speaker was introduced and the session was taken forward by Ms. Lathika. The session started by introducing the topic of the day, Internet Addiction. She highlighted on the issues related to addiction. She mentioned that youngsters are very much affected by technology addiction. She quoted words of Kimberly Young to make participants understand

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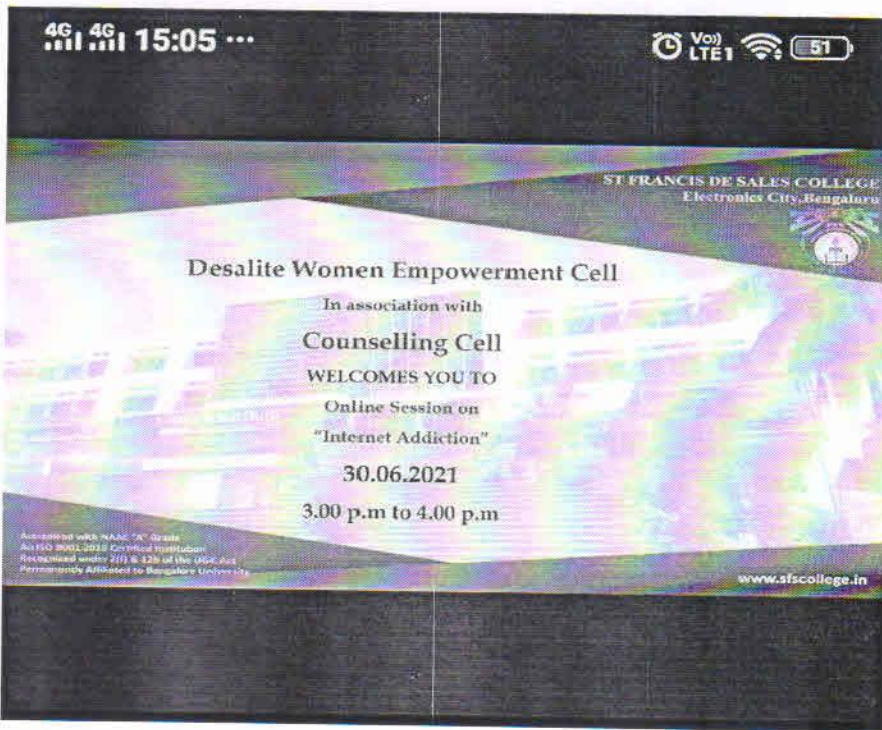




what is internet addiction. Ms. Lathika spoke about psychological factors related addiction. Signs of internet addiction were explained in detail. Categories of Internet addiction was briefed. Causes are important to take steps towards prevention. The Causes and Consequences of addiction were explained in detail. Children are not spared by this addiction. Effect of addiction on children was explained with examples. Addiction in general population was explained with symptoms. After speaking in detail about all these aspects, managing addiction was spoken in detail. Healthy practices to manage addiction was explained by Ms. Lathika. She concluded by giving advice to students to overcome the addictions for a healthy life. The forum was open for Question-and-answer session. Several doubts of students were clarified. The session was very effective and meaningful.

**Positive Outcome:**

Students, irrespective of age group, have been affected by internet addiction. 24/7 staying online has become mandatory to them. This has been automatically pulling them into addiction. Online session on internet addiction focused on bringing awareness, making it more visible to students. The session identified the issues and presented them to the students. Techniques to overcome addiction have become a solution to the issue. As a whole the session was very effective and beneficial to students in dealing with internet addiction.



(18)



Mamatha K (You)



Desalite Women Empowe... >



Ramya M >



Desalite Women Empowe... >


Also in the meeting (14)

4G 4G 15:01 DWS & Counselling Cell, 30-06-2021 PowerPoint


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Deslite Women Empowerment Cell  
In Association with  
Counselling Cell

Invites you to  
Online Counselling Session on  
"Internet Addiction"  
30<sup>th</sup> June 2021  
3.00 p.m to 4.00 p.m



Speaker of the Day  
Ms. E.  
Siva  
M. Han



Who can attend: UG and PG Students  
For Registration: <https://www.google.com/maps/place/ST+Francis+De+Sales+College>  
For queries: <https://www.facebook.com/dws>

5/10 | 1 of 3 | English (India) | Notes | Comments | You | 57%





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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
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**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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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.





### Meeting details

(70)

- Anjitha Santhosh
- Ansa Sarah Sunny
- Ashwini N
- BHAVANA M
- Bhavani L
- Bhuvaneshwari C

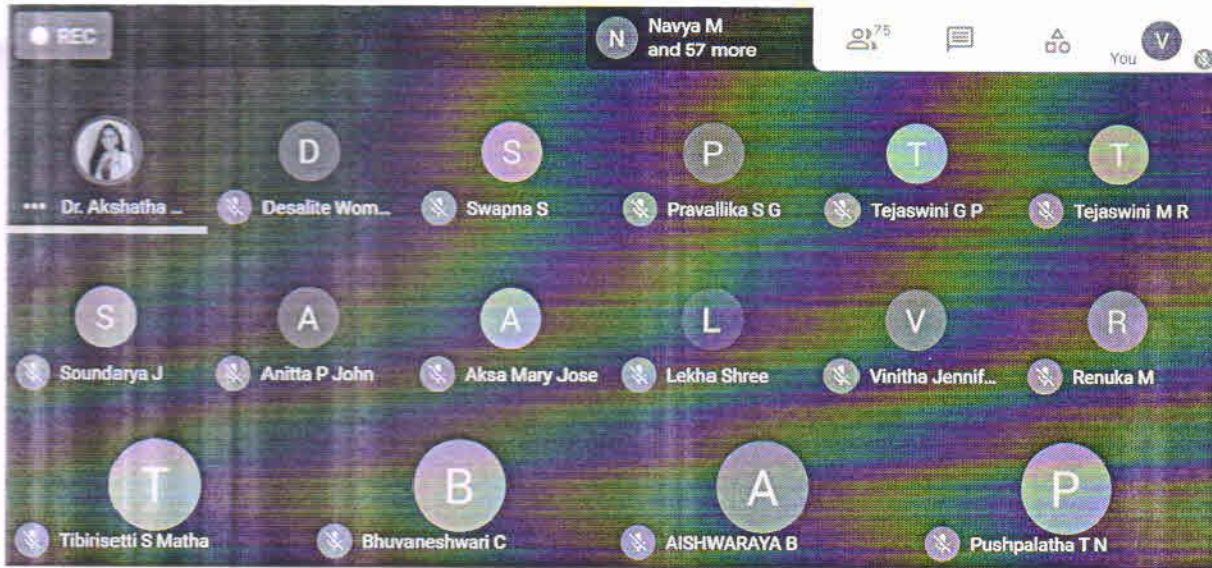
Meeti... ^



Raise hand

Turn on captions

Present now



Meeti... ^

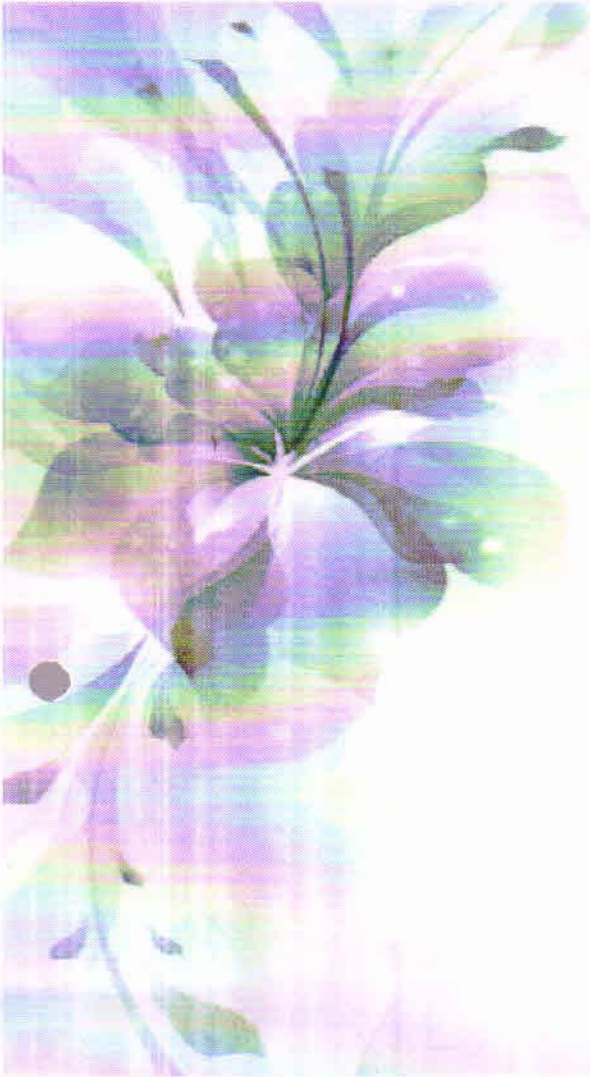


Raise hand

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-trmm-xxj](https://meet.google.com/evt-trmm-xxj)



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## Desalite Women Empowerment Cell

### Report on Talk on "Resilience"

12.03.2021

Title	Talk on Resilience
Date of Event(s)	12.03.2021
Department / Association	Desalite Women Empowerment cell
Venue	Room No. 111
Number of Participants	48

Resource Person(s) with qualification	Mrs. Lathika Chandran Mrs Lathika Chandran, Student Counsellor & Nodal Officer at SFS College. Mrs. Lathika was in the banking sector and has vast experience in the field. She has worked for The South Indian Bank Limited and after 34 years she availed reaching the position of Chief Manager. Later she joined ESAF Small Finance Bank as internal auditor and simultaneously took a course in Psychology through IGNOU University. She undertakes online counselling and wishes to contribute to society at large.
Books (if published)	NA

Place of visit/ details of Industrial visit place:	NA
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### Report:

Desalite Women Empowerment Cell (DWEC) organized a session on "Resilience" on 12.03.2021 for I Year students of the Postgraduate Centre, SFS College. Mrs. Lathika Chandran, Students Counsellor was invited to handle the session. Prof. Mamatha, DWEC Member introduced Mrs. Lathika to all and handed over the session.

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## DESALITE WOMEN EMPOWERMENT CELL

### ORGANISES Talk on "Resilience"

For 1 yr Postgraduate Students

By

Mrs. Lathika Chandran

Student Counselor

12.03.2021

9.10 a.m to

10.05 a.m

Room No. 111



Chnadran introduced the concept to students. She defined Resilience with an example. She said "Resilience is not a trampoline, where you're down one moment and up the next. It's more like climbing a mountain without a trail map. It takes time, strength, and help from people around you, and you'll likely experience setbacks along the way. But eventually you reach the top and look back at how far you've come". While these adverse events, much like rough river waters, are certainly painful and difficult, they don't have to determine the outcome of your life. There are many aspects of your life we can control, modify, and grow with. That's the role of resilience. Becoming more resilient not only helps to get through difficult circumstances, it also empowers to grow and even improve life along the way. Like building a muscle, increasing resilience takes time and intentionality. She focused on four components to practice resilience—connection, wellness, healthy thinking, and meaning. These would empower to withstand and learn from difficult and traumatic experiences. These components were discussed in detail. She emphasized on using these strategies to practice resilience.

The session was very interactive, as many students started asking questions between the session. They were curious about understanding many tough situations and dealing with the same. Several examples given gave more clarity to students. Dealing with change or loss is an inevitable part of life. At some point, everyone experiences varying degrees of setbacks. Some are minor and some are major. Resilience is a requirement for each situation was clarified. Neglecting minor situations might lead to major situations in future. Being tactful, cautious, rational and holding on to grit is important to deal with any situations in life. The meaning, importance and practice of Resilience was highlighted throughout the session. Student's doubts were clarified during Q&A session. Prof. Mamatha, DWEC expressed gratitude to Mrs. Lathika Chandran for making time and training students on Resilience.

**Positive Outcome:**

The session brought awareness among students about resilience and its importance. The meaning and ways to practice resilience in day to day life would help students in building their strengths and make it a conscious practice for better living condition. The session has been very influential with the examples given. Students could relate to many situations



and could identify ways in dealing with situations. Resilience as a skill is important for each individual, the session by DWEC on Resilience could have an effect on students to think about it and also become proactive in consciously practicing it.



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



**PRINCIPAL**  
St. Francis de Sales College  
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Desalite Women Empowerment Cell

Talk on "Resilience"

12.03.2021

## Photo Gallery



*Glimpses of Talk on "Resilience" Organized by DWEC for 1<sup>st</sup> Yr PG Students on 12.03.2021*





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### Desalite Women Empowerment Cell

Talk on "Resilience"

12.03.2021

#### List of Participants:

Sl.No.	Name	Department	Signature
1	Dibyanga Paul.	Msc. Psychology	Paul
2.	Ishmat	Msc Psychology	Ishmat
3	Shilpa T.R	Msc. Psychology	Shilpa
4	Akshita Rao	M.Sc Psychology	Akshita
5.	Aksha Mary jose	Msc psychology	Akshita
6.	Santoshi	"	Santoshi
7.	Felicia Saldanha	"	Saldanha
8.	Preeti Devi. Y	"	Preeti Devi. Y
9.	Bhavana. M	I. M. Com	Bhavana
10.	Savitha. G	I. M. com	Savitha. G
11.	Rohini. G	I. M. com.	Rohini. G
12.	Nanditha. M	I. M. com	Nanditha. M
13.	Pushpalatha T.N.	I. m. com	Pushpalatha T.N.
14.	Vandhana. S	I. M. com	Vandhana. S
15	Meghashree. P	I. M. com	Meghashree. P.
16	Deepika	I. M. com	Deepika. G
17.	Netravathi. M.	I. M. Com.	Netravathi. M.
18	Harshitha. R	I. M. com	Harshitha. R

18	Impana.k	1 <sup>st</sup> M.com	Impana.k
19.	Shwetha.P	1 <sup>st</sup> M.com	Shwetha.P
20.	prema.C	1 <sup>st</sup> M.com	Prema.C
21	Iekiahorae	1 <sup>st</sup> M.com.	Iekiahorae
22	UPANISHA.S	1 <sup>st</sup> M.com	Upanish.S
23	KRISHNAVENI	1 <sup>st</sup> M.com	Krishnaveni.
24	Vinitha Jennifea.M	1 <sup>st</sup> M.com	Vinitha
25	Vimali deepa.A	1 <sup>st</sup> M.com	Vimali
26	Akshaya	1 <sup>st</sup> M.com	Akshaya
27	Bhuvaneshwari.C	1 <sup>st</sup> M.com	Bhuvaneshwari
28	Aishwarya.S	1 <sup>st</sup> M.Sci Maths	Aishwarya.S
29.	S.Suruthi priya	1 <sup>st</sup> MSc maths	S.Suruthi
30.	Navya.S	1 <sup>st</sup> MSc Maths	Navya.S
31	Jerin Lawrence	1 <sup>st</sup> M.com	Jerin Lawrence
32	Jeevan.V.	1 <sup>st</sup> MSc. Psycho	Jeevan.V.
33.	SHIBIN.S	1 <sup>st</sup> MA eco	Shibin.S
34.	EBIN	1 <sup>st</sup> M.A.S.C	Ebin
35.	SIDDHARTHA	1 <sup>st</sup> MSc PSY	Siddhartha
36	DRAVYARAJ.K	1 <sup>st</sup> MA (EC)	Dravyaraj.K
37	Tejas.V	1 <sup>st</sup> MA (Eco)	Tejas.V
38.	V. Saurav Kumar.	2 <sup>nd</sup> M.com	V. Saurav Kumar.
39.	Shreekanth.K	1 <sup>st</sup> M.com	Shreekanth.K
40	Rajeshith.A	1 <sup>st</sup> M.com	Rajeshith.A
41	Kirany chowrappa	1 <sup>st</sup> M.com	Kirany chowrappa
42.	Renukesh.V	1 <sup>st</sup> M.COM	Renukesh.V
43.	Rupesh.K.	1 <sup>st</sup> M.COM.	Rupesh.K.
44	Dileep.K	1 <sup>st</sup> M.com	Dileep.K
45.	Harsha.D	1 <sup>st</sup> M.com	Harsha.D
46.	Ganesh.K.M	1 <sup>st</sup> M.com	Ganesh.K.M







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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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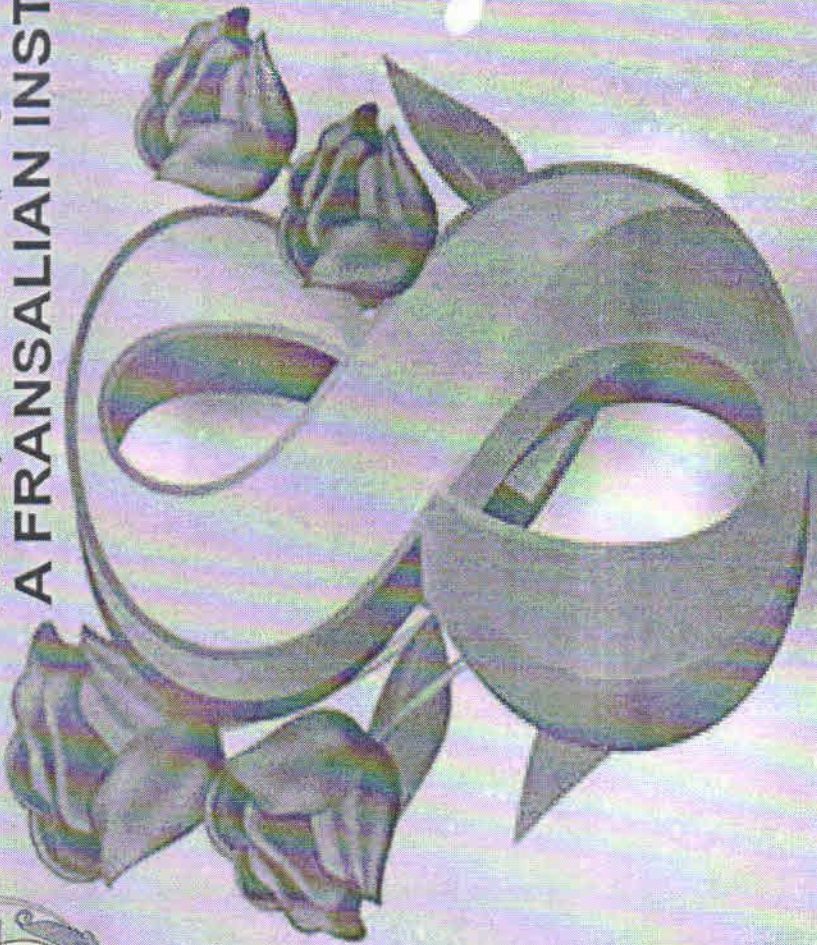
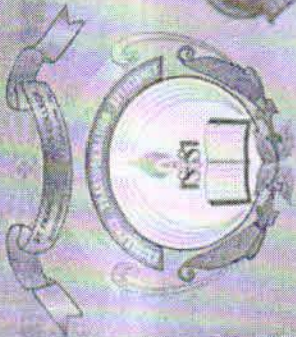
## A FRANSALIAN INSTITUTE OF HIGHER LEARNING

# ABHIKYA 2021 March

HAPPY WOMEN'S DAY

*Celebrating the  
Graceful Elegance  
of  
Womanhood*

*JOIN US IN THE COLLEGE AUDITORIUM AT 11:00 AM  
March 08, 2021 (Monday)*







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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 stuck, she worked selflessly by spearheading the Covid task forces and assisted many across the state and the nation by putting her own life at risk. Shall we put our hands together for</p>
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	<p>this courageous woman of selfless service and determination?</p> <p>For her fearless and brave services, she has been decorated with a number of prestigious awards. Aditi Mam was felicitated and awarded by the Deputy Commissioner of Police, Bengaluru. She received the Iconic Woman Leader Award from Women's Economic Forum very recently. She also received the award for being the Top 20 Indian Women Influencer in 2020. And very very recently, that is last Saturday, 6<sup>th</sup> of March, 2021, she has become the proud recipient of the Abhinandana 2020 Award – an award given every year to distinguished women achievers.</p>
Books (if published)	NA

Place of visit/ details of Industrial visit place:	NA
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**Report:**  
Desalite Women Empowerment Cell (DWEC) planned to celebrate International Women's Day on 8<sup>th</sup> March 2021. The cell members had initial meeting in panning for the event. "Abhikya" was chosen to name the event with the tagline. Abhikya 20201 "Celebrating Graceful Elegance of womanhood" was finalized for the event. The same would be continued in the coming years. Mrs. Lathika Chandran proposed to invite Major Aditi Mohan, an eminent person for the day. With detailed discussion with the management, the event was scheduled in two parts- formal and informal.

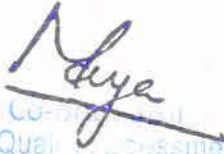
**Formal Event:** Major Aditi Mohan was invited for the event. Principal, Vice Principal, Student Counsellor, Staff Secretaries received the Chief Guest and escorted to the Auditorium by Female NCC cadets. The event began at 11.15 a.m. Prof. Evangeline was the MC for the day. The event started with prayer song by College faculty Coir. Prof. Mamatha, DWEC Member welcomed the gathering and also highlighted on the objectives, functioning of DWEC and importance of Abhikya 2021. Lighting of the lamp by Guests brought the auspiciousness to the celebrations. Video prepared by Prof. Mamatha, DWEC member was played. The video highlighted the women achievers and focused on the theme of International Women's Day "*Choose to Challenge*". Faculty of SFS College are

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.



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



**PRINCIPAL**  
St. Francis de Sales College  
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## Desalite Women Empowerment Cell

*Celebrated*

**Abhikya 2021**

*"Celebrating Graceful Elegance of Womanhood"*

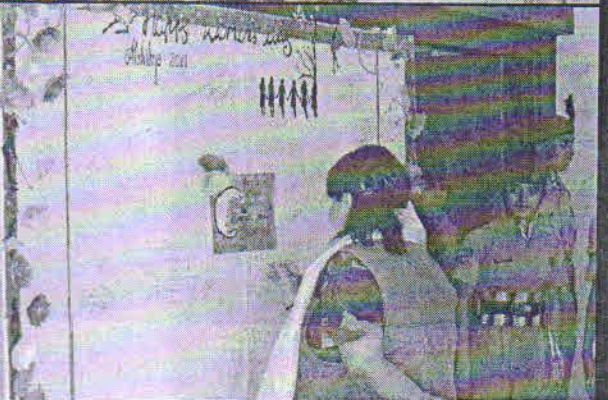
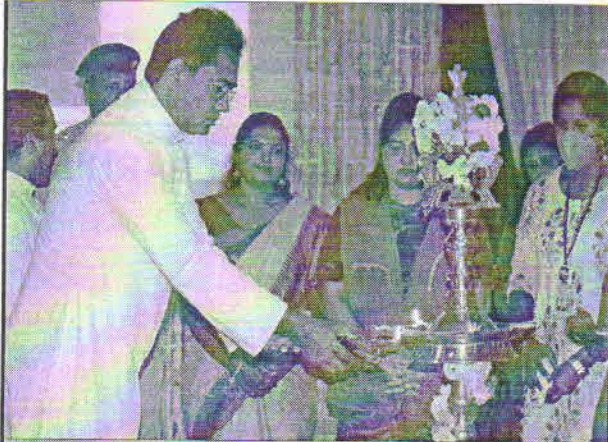
**International Women's Day**

**08.03.2021**

### Photo Gallery



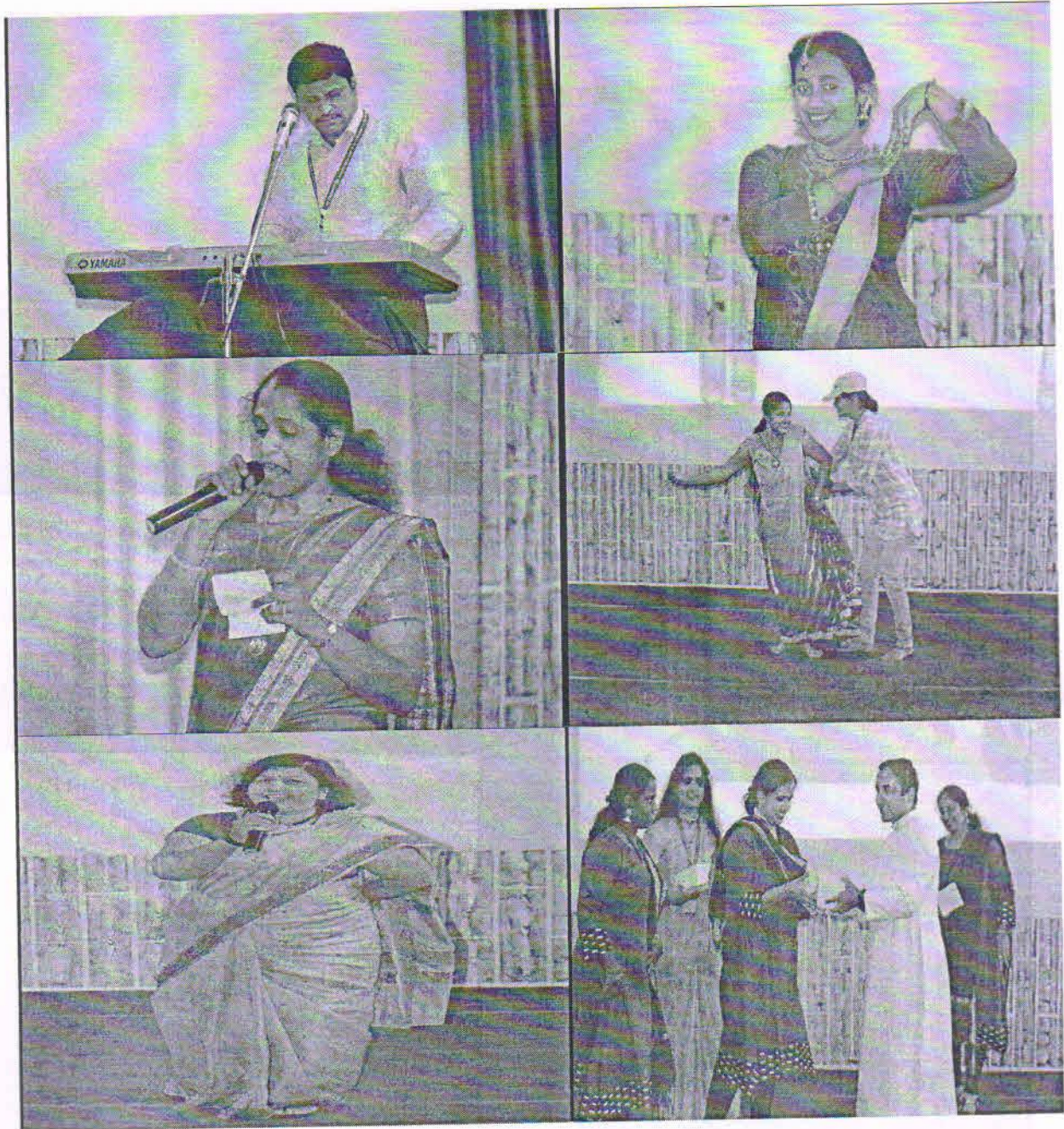












*Glimpses of "Abhikya 2021- Celebrating Graceful Elegance of Womanhood" International Women's Day  
Celebrated by DWEC on 08.03.2021*





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## Women's Cell –Post Graduate Centre Report of Collage Competition

The Theme of collage competition	Generation Equality
Date of Event	4 March, 2020
Department / Association	Post Graduate Centre
Venue	Room 210
Event Advisor	Shamala R

### Report of the Event:

The Women's Cell of the PG Centre, SFS College organised a collage making competition on the Theme '**Generation Equality**' for all the PG students on 4<sup>th</sup> March 2020 in celebration of International Women's Day. Around 8 teams with 3 students in each team participated in the competition from various departments of PG. The competition started at 1:30 p.m. In room 210.

All the participants brought the newspapers, magazines, scales and other raw materials required for collage. The time allotted was one 40 minutes. Participants were given ample opportunities to showcase their creativity followed by the theme. All the students participated enthusiastically along with competitive spirit.

The students were judged by Dr. Tharini and Prof. Siny Philip. The criteria of judgment were Visual impact, Creativity, Aesthetic display of collage, Clarity of Theme and originality of work. The winners were-

1<sup>st</sup> – Sheetal Prakash. H  
Chandini. K  
Nikil R

2<sup>nd</sup> – Pravallika S G  
Teresa Sonia  
Chithra M

3<sup>rd</sup> – PriyaLakshmi. B  
Shwetha.S  
Jayanth. G.V



**Photos:**



*Nduya*  
Co-ordinator  
Internal Quality Assessment Cell  
St Francis de Sales College  
Electronics City Post, Bangalore - 560 100.

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





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**Desalite Women Empowerment Cell**  
**Report on Talk on "Decision Making"**  
**03.03.2021**

Title	Talk on Decision Making
Date of Event(s)	03.03.2021
Department / Association	Desalite Women Empowerment cell
Venue	Room No. 111
Number of Participants	43

Resource Person(s) with qualification	Mrs. Lathika Chandran Mrs Lathika Chandran, Student Counsellor & Nodal Officer at SFS College. Mrs. Lathika was in the banking sector and has vast experience in the field. She has worked for The South Indian Bank Limited and after 34 years she availed reaching the position of Chief Manager. Later she joined ESAF Small Finance Bank as internal auditor and simultaneously took a course in Psychology through IGNOU University. She undertakes online counselling and wishes to contribute to society at large.
Books (if published)	NA

Place of visit/ details of Industrial visit place:	NA
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**Report:**

Desalite Women Empowerment Cell (DWEC) organized a session on "Decision making" on 03.03.2021 for II Year students of Postgraduate Centre, SFS College. Mrs. Lathika Chandran, Students Counsellor was invited to handle the session. The session began at 10.05 a.m and went on till 11.15 a.m. Prof. Mamatha, DWEC Member introduced Mrs. Lathika to all and handed over the session.

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## DESALITE WOMEN EMPOWERMENT CELL

### ORGANIZING

03.03.2021  
10.05 a.m to  
11.00 a.m

## Talk on "Decision Making"

For Postgraduate Students

By

Mrs. Lathika Chandran



### Report on Talk on "Decision Making"

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Decision making is the process of making choices by identifying a decision, gathering information, and assessing alternative resolutions. Using a step-by-step decision-making process can help make more deliberate, thoughtful decisions by organizing relevant information and defining alternatives. Good decision-makers involve others when appropriate and use knowledge, data and opinions to shape their final decisions. They



know why they chose a particular choice over another. They are confident in their decisions and rarely hesitate after reaching conclusions. Anyone can be a good decision-maker. There is a tremendous need for good decision makers in today's world. People are needed who have the ability to make decisions quickly and responsibly. This is why it is so important for to teach good decision making skills to students. In order to do this, students must understand the importance of decision making. Hence DWEC, SFS College organized talk on Decision making for 2<sup>nd</sup> year Postgraduate Students.

Decision making plays a major role in every individual life. Right after the course completion students will have to make major decisions in life. They need to learn about the basics of decision making and the skills to make decisions. Mrs. Lathika defined and introduced the topic to all students. She gave an example to make students understand the importance of decision making. Ms. Lathika asked few questions about different types of decisions made in life. She gave clarity on types of decisions and its impact on life. Taking right decision in right time is important. An example was shared of a decision made out of force and where the client couldn't cope with it and finally had to make a decision for better living. Decision cannot be forced, it has to be choice. Discussing with experts if needed was recommended. Ms. Lathika explained the importance of thinking divergently for coming up with a wise decision. Discussing with parents, friends or experts could help them in getting various perspectives about the situation and finally can make a decision. She also emphasized on taking a stand to make decision and not allowing anybody else to make choice for them. Consider the views given by others and them finally a better a decision can be made. The session also focused on rational decisions for better living conditions. Several examples were given to brief about rational decisions. Decisions made out of emotional stand might not be effective, but rationality would help them in making a right choice. No one should feel regret about their own decisions in life. Very briefly failures of decisions were told. Students were made aware about situations where they can go wrong, but how to deal in such situations was briefed. Mrs. Lathika concluded by highlighting the importance of decision making from daily activities to major situations in life. Student's doubts were clarified during Q&A session. Prof. Mamatha, DWEC expressed gratitude to Mrs. Lathika Chandran for making time and training students on




decision making.

**Positive Outcome:**

The session highlighted on steps involved in decision making, importance and ways to handle situations in case of wrong decisions. The session was highly beneficial in making students aware about importance of decision making; this would help them in taking careful steps in their future. Students would plan and make right decisions in right time which would bring increase the life satisfaction level.

  
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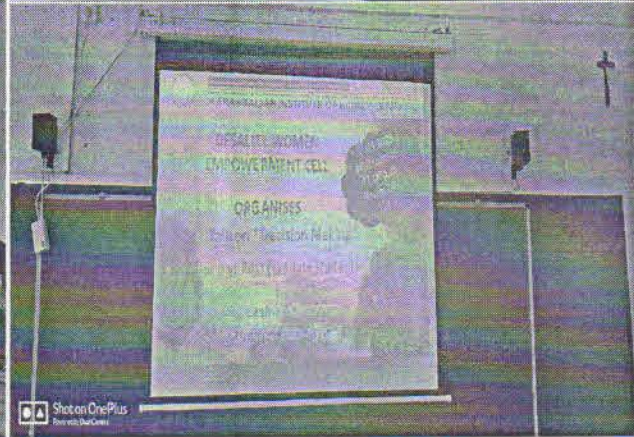
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**Desalite Women Empowerment Cell**

**Talk on "Decision Making"**

**03.03.2021**

*Photo Gallery*







*Glimpses of Talk on "Decision making" Organized by DWEC for 2<sup>nd</sup> Yr PG Students on 03.03.2021*





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## Desalite Women Empowerment Cell

### Talk on "Decision Making"

03.03.2021

#### List of Participants:

Sl.No.	Name	Department	Signature
1	ANIL KUMAR	M.COM	Anil Kumar
2	ANJITHA SANTHOSH	M.COM	Anjitha
3	ARCHITHA	M.COM	Architha
4	ASHWINI N	M.COM	Ashwini
5	ASIF PATEL P	M.COM	Asif Patel
6	BHAVANI L	M.COM	Bhavani
7	CHAITRA B.R	M.COM	Chaitra
8	CHAITRA K.R	M.COM	Chaitra
9	CHARLESON BRICE	M.COM	Charleson
10	DHANESHWARI	M.COM	Dhaneswari
11	JANAKIRAM R	M.COM	Janakiram
12	JYOTHIS	M.COM	Jyothis
13	NANDINI T	M.COM	Nandini
14	KAVYANJALI R	M.COM	Kavyanjali
15	MADHU SREE M	M.COM	Madhu
16	MARY JENITHA.P	M.COM	Mary Jenitha
17	MANOJ K	M.COM	Manoj
18	NAREDRA L	M.COM	Naredra
19	NAVYA K	M.COM	Navya
20	NITHYA K	M.COM	Nithya
21	PAVAN	M.COM	Pavan
22	RAMYA M	M.COM	Ramya
23	PRATHIBHA.M	M.COM	Prathibha
24	PRINCY	M.COM	Princy
25	PUSHPA H	M.COM	Pushpa
26	RAGHAVENDRA S	M.COM	Raghavendra
27	RAMYA	M.COM	Ramya









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Desalites Women Empowerment cell  
Report on Personal hygiene in women

## A FRANCIS DE SALES COLLEGE OF HIGHER LEARNING

Title	Personal hygiene in women 2020-21
Date of Event(s)	15 February 2021
Department / Association	Women Empowerment Cell
Venue	Online
Number of Participants	100
Target Audience	All Female UG first year students

Resource Person(s) with qualification	Mrs. Lathik, College Counsellor
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)

A one day programme on **Personal hygiene** was organised by the Women Empowerment cell. The resource person for the day was Mrs. Lathika, College student Counsellor.

The resource person started off with the meaning of Hygiene and elaborated the origin of the word by stating how cleanliness is next to Godliness and the fact that it begins from home, starts from self and spreads around to the surroundings and to a vast community. She explained Personal hygiene from a very basic level as to how one should pay attention to





### Report of Seminar/ Workshop/Social Outreach/ Conference/ Visit/ Trekking/ Guest Lecture/IVs

Title	Personal hygiene in women 2020-21
Date of Event(s)	15 February 2021
Department / Association	Women Empowerment Cell
Venue	Online
Number of Participants	100
Target Audience	All Female UG first year students

Resource Person(s) with qualification	Mrs. Lathik, College Counsellor
Books (if published)	NA

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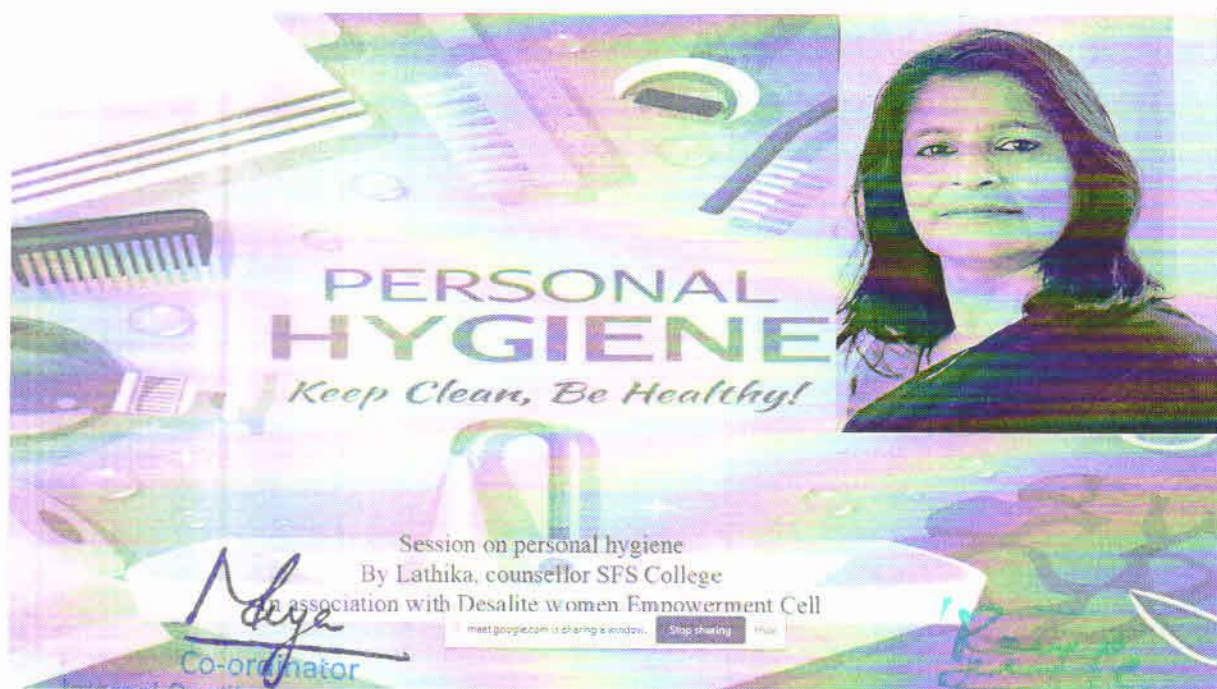


The resource person started off with the meaning of Hygiene and elaborated the origin of the word by stating how cleanliness is next to Godliness and the fact that it begins from home, starts from self and spreads around to the surroundings and to a vast community. She explained Personal hygiene from a very basic level as to how one should pay attention to cleanliness and also described the negative impact it puts on one's personality if these basic practices are avoided or ignored

She emphasised how hygiene leads to a healthier life, free from diseases and inadequate sanitary conditions leads to the spread of communicable diseases mostly in developing countries. She spoke on the fact of contacting millions of outside germs and viruses that can linger on the body, and in some cases, they may make one sick. Personal hygiene practices can help people around prevent illnesses.

Mrs. Lathika highlighted that health is a state of physical and mental and social being and not just absence of disease. Physical and mental health are interrelated. So we can describe health as a sound body in a sound mind. She mentioned that a right kind of diet intake of water is a part of a healthy lifestyle. Having a proper sleep routine helps in rejuvenating the body as most of the body repairs take place when one is asleep. She also encouraged the students to Practice breathing exercises which help lessen stress and anxiety.

The session was quite interesting and practical and in addition to this, they also had an interaction of the same at different levels.



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meet.google.com/sgm-...  
 You are presenting  
 You're presenting to everyone  
 Stop presenting

Meeting details  
 People (86)  
 Chat

- Chethan A
- Deeksha K N
- Dhiveeth G
- Gnanapriya J

Lathika chandran, Gunashree C, Chethan A

1:17 PM 2/15/2021

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 Pushpa A and 59 more  
 1:04 PM  
 Presentation (You)  
 You

You're presenting to everyone  
 Stop presenting

Lavanya S, Santhosh G Si..., Mamta M, Bhoomika D

1:04 PM 2/15/2021