



# MANGALA COLLEGE OF ALLIED HEALTH SCIENCES

(Approved by Govt. of Karnataka, affiliated to Rajiv Gandhi University of Health Sciences, Karnataka)  
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## Women Cell Extract of the Annual Report

### 2018-19

- **International Women's Day** was celebrated on **08 March 2019**. Resource person Dr. Vijayalakshmi Prasanni Counsellor Mangala College of Para Medical Sciences delivered a talk on "**Stress disorder in Women.**"
- Women Cell of the institution organized an awareness talk on "**Gender Identity and Sexual Orientation**" on **10 June 2029**. Dr. Shailini Rao Medical Advisor Mangala College of Para Medical Sciences was the resource person.

### 2019-20

- **International Women's Day** was celebrated on **07 March 2020** by organizing "**Self Defence Training Program for women**". Resource person Mr. Karthik S Kateel demonstrated self defence technic and protection tips.

### 2020-21

- **International Women's Day** was celebrated on **09 March 2021** by organizing an awareness session on "**Cyber Safe Campus**". Resource person Dr. Ananth Prabhu G, Professor at Sahyadri College of Engineering and Management imparted the knowledge and skills need to stay safe in online environment.

### 2021-22

- Menstrual education program "**Always Be a Free Bird with your Periods**" was held on **11 November 2021**. Resource person Ms. Usha Rani spoke about the importance of sanitary habits during the menstrual period.
- Women Cell of the institution organized a session on "**How to Improve Concentration and Focus**" on **17 November 2021**. Guest speaker Sister Sneha Prajapitha Bramha Kumaris spoke about the importance of coordination between the body and mind and emotional stability.
- Digital Collage making Competition on the topic "**Gender Equity**" was organized by Women Cell on **08 February 2022**.

- On the occasion of **International Women's Day 08 March 2022** Group D female workers of the institution were felicitated for their contribution and service to the institution.

### 2022-23

- A motivational talk on "**Women in Leadership- Overcoming Barriers and Bias**" was organized by Women Cell on **29 August 2022**. Resource person Ms. Shambhavi Bhandarkar, CEO Chipsy IT Service Udupi encouraged the students to strengthen their self-confidence and leadership skill.
- **Red Card Campaign** was organized on **19 January 2023** under the guidance of Youth United Council of India to stop discrimination against women and girl children in the society.
- **International Women's Day** was celebrated on **08 March 2023** by organizing a talk on "**Cyber Crime and Women – Awareness and Protection**". Resource person Mr. Shashidhar Patgar, Cyber Expert, Cyber Economic and Narcotics Police Station Mangalore City equipped the students with knowledge and importance of using genuine software, apt gadgets and strong password.
- **International Mothers' Day** was celebrated on **14 May 2023** by conducting poem writing competition on the topic "**Mother**".
- **International Fathers' Day** was celebrated on **18 June 2023** by conducting collage making competition on the theme "**My Father- My Strength**".



Coordinator  
Women Cell



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