



MANGALA COLLEGE OF PARA MEDICAL SCIENCES

(Approved by Govt. of Karnataka, affiliated to Rajiv Gandhi University of Health Sciences, Karnataka)
(A Unit of Mangala Charitable Trust ®)

Vidyanagar, P.O. Pedamale, Neermarga Road, Mangaluru - 575 029. Ph: 0824-2272276/77

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www.mangalacollege.org



Report of Annual Gender Sensitization Action Plan 2018-19

SL. No	Date	Objective	Activity	Outcome
1.	08-03-2019	To enable students to have good health and practice good mental hygiene.	International Women's Day- Talk on "Stress Disorder in Women".	Pupil realised that personal wellness planes and self-care can help women to manage stress.
2.	10-06-2019	To empower students to identify each person's internal and individual experience of gender.	Awareness talk on "Gender Identity and Sexual Orientation"	Students understood gender and sexuality are centrally important forces that shape every aspect of our life.

Co-Ordinator

Principal
Mangala Para Medical Sciences
Vidyanagar,
Neermarga, MANGALORE - 575 029



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Report of Annual Gender Sensitization Action Plan 2019-20

SL.No	Date	Objective	Activity	Outcome
1.	07-03-2020	To strengthen the self confidence of female students by empowering them to defend themselves against potential attacks.	International Women's Day - "Self Defence Training Program for women".	Students got benefited from the live demo of self defence technique and protection tips.

Co-Ordinator
Women Cell

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Report of Annual Gender Sensitization Action Plan 2020-21

SL. No	Date	Objective	Activity	Outcome
1.	09-03-2021	To educate the students about cyber security and promote safe online behaviour.	International Women's Day - an awareness session on "Cyber Safe Campus".	Students got the knowledge and skills they need to stay safe in online environment.


Co-Ordinator
Women Cell


Principal
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MANGALA COLLEGE OF ALLIED HEALTH SCIENCES

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Report of Annual Gender Sensitization Action Plan 2021-22

SL. No	Date	Objective	Activity	Outcome
1.	11-11-2021	To impart the knowledge of good sanitary habits during the menstrual period.	A talk on "Always Be a Free Bird with Your Periods"	The talk helped the adolescent girls to strengthen confidence and negotiation skills during their menstruation.
2.	17-11-2021	To integrate emotional stability and focus in youth.	A session on "How to improve Concentration and Focus".	Students learnt the importance of co-ordination between the body and the mind which is essential to possess emotional stability.
3.	08-02-2022	To impart the basic idea of gender equity, provision of fairness and justice in the distribution of benefits and responsibilities between women and men.	Digital Collage making Competition on the topic "Gender Equity"	Students understood how to be impartial in treating men and women in terms of their rights, benefits, obligations and opportunities.
4.	08-03-2022	To honour the contribution of women employees of the institution whose service is un-noticed.	International women's day by honouring group D female workers.	Students understood every profession has its own importance and deserve mutual respect to build a harmonious environment.

Co-Ordinator
Women Cell

Principal
Mangala College of Allied Health Sciences
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Report of Annual Gender Sensitization Action Plan 2022-23

SL. No	Date	Objective	Activity	Outcome
1.	29-08-2022	To raise self-esteem, self-confidence and also to develop leadership skills and aspiration among women.	A motivational talk on "Women in Leadership-Overcoming Barriers and Bias"	The session motivated the students to strengthen their confidence and develop their own strategy to eliminate prejudication of potential based on gender and to overcome all the challenges in their path.
2.	19-01-2023	To stop discrimination against women and girl children in the society	"Red Card Campaign"	Pupil took 'Red Card Pledge' to end all forms of discrimination and violence against women and girls.
3.	08-03-2023	To educate students to understand, identify and prevent cyber threat.	International Women's Day - talk on "Cyber Crime and Women - Awareness and Protection".	The session equipped the students with knowledge and importance of using genuine softwares, apt gadgets and strong password.
4.	14-05-2023	To express honour, respect and love towards mother.	International Mothers' Day - poetry writing competition on the topic "Mother".	Participants acknowledged the hard work, sacrifices and unconditional love of mother through their poetry.
5.	18-06-2023	To acknowledge the contributions of Father to an individual, family and society in large.	International Fathers' Day-collage making competition on the theme "My Father-My Strength".	Students appreciated the fatherhood and paternal bond with immense gratitude through their activity

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