



# ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-accredited A+ Grade and Affiliated to Bengaluru City University)

Soldevanahalli, Bengaluru-560107

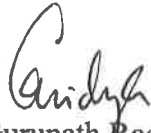
Ref. no: AIGS/Cir/WC

DATE: 09/03/2024

## CIRCULAR

All students are informed that Acharya Institute of Graduate Studies is organizing Skill Based Competitions on 13/03/2024.

- Organizing Department: Women Cell-Agnishikha
- Event: Skill Based Competitions
- Date: 13/03/2024
- Time: 01:00PM
- Topic: International Women's Day-2024
- Theme: Collage making, Mehendi and Best out of Waste
- Co-Ordinator: Mrs.Ashwini Atul Joshi
- Venue: AIGS Block II

  
Dr. Gurunath Rao Vaidya

Principal **PRINCIPAL**

Acharya Institute of Graduate Studies  
Soladevanahalli, Hesaraghatta Road  
Bengaluru - 560107

Cc:

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Office



## ACHARYA INSTITUTE OF GRADUATE STUDIES

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### WOMENS CELL - AGNISHIKHA

Report Submission: 15/03/2024

Semester:	ODD -I/III/V	Academic Year:	2023-24	Venue:	AIGS BLOCK 2 PDC LAB
Event Date:	13/03/2024	Time:	1:00 PM – 4:00 PM	Duration:	3 hrs.

#### TYPE OF EVENT: INTERNATIONAL WOMEN'S DAY

#### EVENT NAME: "SKILL BASED COMPETITION"

Target Audience: AIGS Students

Number of Participants: 06

#### Objectives:

- To encourage the student's creativity, foster artistic expression and provide a platform for students to showcase their talent.
- Mehendi art competition develops art & creativity among students. It also gives happiness & joy to students in their academics. These competitions help students to remain in close touch with their culture.
- Best out of waste competition develops the ability to think and organize the thinking to create something useful. To indulge the students into a extracurricular activity with exclusive tool i.e. waste material. To explore the environmental concepts and actions which are beyond the curriculum & syllabus.

**Program Introduction:** A skill-based competition is an activity that showcases students skills, practical ability, and innovation in the form of a competition. Skills competitions not only allow students to showcase their professional and practical skills but also cultivate their innovation skills and enhance their interest in learning.

The program was started in PDS lad AIGS Block 2 at 1:00 pm with all registered participants. All Rules and Regulations of mehndi and best out of waste competition was briefed to the participants before starting the competition.

#### Theme of the Event:

**Mehndi:** Encourage participants to incorporate elements of nature into their Mehendi designs. This could include floral patterns, leaves, vines, or even animals, symbolizing the beauty and harmony found in nature.



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**Best out of Waste:** Inspire participants to create artworks or crafts using recycled materials, emphasizing the importance of sustainability and eco-consciousness. They could create sculptures, decorative items or functional items.

This theme allows participants to explore the beauty of nature through both traditional art forms like Mehndi and innovative approaches to recycling and upcycling materials. It also promotes awareness about environmental conservation and the importance of preserving nature's resources.

### **Detailed Report**

The women cell- Agnishikha of AIGS conducted “**Mehndi and Best out of waste**” competition for UG and PG students. The activity started with students’ registration. Total 06 students registered and participated in the activity. The necessary things and accessories were brought by the students themselves.

**Mehndi:** The students participated in this competition with great enthusiasm. Many beautiful designs were on hands in form of Mehndi. The students had an opportunity to display their innate creative talents through this competition. This competition was an interesting and unique way to express creative talent of students and gave each of them an opportunity to contribute in some way or the other to a creative pursuit.

**Best out of waste:** The three 'Rs' stand for: Reduce, Reuse and Recycle. They are a part of the waste hierarchy which is used to protect the environment and conserve resources through a priority approach. The aim is to get maximum practical benefits from products and to generate the minimum amount of waste. The Best out of Waste simply means to make or to create innovative and attractive things from the material we do not use anymore.

The competition was conducted in AIGS Block 2 PDC lab, and it was witnessed by many department faculty members who have supported directly and indirectly.

The jury members have been called to witness the Mehndi and Best out of waste Competition and participants were asked to express about the theme, style selected for mehndi competition and recycle materials used for Best out of waste. The Jury were Prof. Anupama H and Prof. Shikha from AIGS English department.

### **Rules and Regulations for mehndi competition:**

- Mehndi design should be creative and unique.
- Mehndi design should be portrayed on both the hands till elbow.



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- Mehndi style: Indian Mehndi Design only.
- The participants need to bring their own materials (Mehndi cones & other materials).
- A team must have 2 participants, one artist and the other is subject (Model).
- Time duration to complete the Mehndi will be one hour. No extra time will be provided.
- Judging will be based on overall appearance, creativity and design.

### **Rules and Regulations for Best out of waste competition:**

- Participants will be given 1 hour and 30 min. to show their creativity and 2 minutes to talk about the same.
- The required material and stationery like scissor, thread, etc. should be brought by the participants.
- Waste material could be anything like tetra packs, bottles, newspapers, old utensils, jute material or any second-hand items.
- The material would be rejected if not found to be a waste product or second-hand item.
- No ready or semi-finished model or matter would be accepted from participant in competition.
- Participants will be judged on Creativity, Utilization of Resources, Artistic composition & design, Eco-friendly rating, Utility of the Product and Overall Presentation
- No mobile or Internet means would be allowed to use at the time of Competition.
- The decision of the judges will be considered final and abiding.

Overall activity was highly appreciated by the judges. Mrs. Ashwini Atul Joshi Women cell coordinator delivered the vote of thanks at the end of the event.

The competition could successfully happen with the high initiative taken by the women cell coordinator Mrs. Ashwini Atul Joshi, Assistant Professor, Department of Fashion and Apparel Design.



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Mehndi competition students with Jury



Mehndi competition students



Best out of waste competition students with jury



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**PARTTICIPANTS WITH JURY AND WOMEN CELL MEMBERS**

### **Mehandi competition Outcomes:**

1. Engaging in the competition allowed students to express their artistic abilities and creativity through the medium of Mehendi, enhancing their artistic skills.
2. Participants developed creativity and innovation in their Mehendi designs, showcasing their ability to combine traditional elements with contemporary styles.

### **Best out of waste Outcomes:**

1. Development of ability to create, develop and present in form of an object.
2. Development of innovation, creativity and aesthetic appreciation.
3. Clean & beautified surroundings.
4. Optimum use of waste material.
5. Minimum harm in atmosphere.
6. Reduction in cutting of trees for paper.
7. Protection of nature and atmosphere.
8. Lost cost material can be made use waste.



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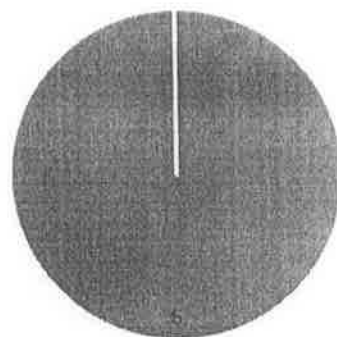
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### Conclusion Audience Feedback Summary:

A skills-based competition is an activity that showcases students' skills, practical ability, and innovation in the form of a competition. Skills competitions not only allow students to showcase their professional and practical skills but also cultivate their innovation skills and enhance their interest in learning. The competitions encourage students to think outside the box, appreciate different styles, and boost their self-confidence. Overall, Mehendi and Best out of waste Competition are a fun and enriching experience that allows students to explore their artistic potential and create beautiful works of art.

### Audience Feedback Summary

#### FEEDBACK



Excellent

■ EXCELLENT ■ VERY GOOD ■ GOOD ■

Students feedback for the Mehendi and Best out of waste Competition



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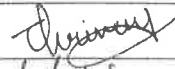

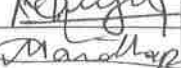
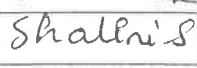

**AIGS WOMEN CELL AGNISHIKHA**

**COMPETITION PARTICIPANTS LIST**

**ATTENDENCE FORM**

**DATE: 13.03.2024**

**PLACE: AIGS BLOCK 2**

Sl. No.	Participants Name	Reg. No.	Department	Signature
1.	Sanskriti	AGS23BACR011	BA Criminology	
2.	Triveni	AGS21BFAD038	B.Sc. FAD	
3.	Sofya	AGS21BFAD052	B.Sc. FAD	
4.	Karuniya	AGS21BFAD061	B.Sc. FAD	
5.	Mamatha	AGS23BMCA105	MCA	
6.	Shalini	AGS23MCOM015	MCOM	







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**AIGS WOMEN CELL AGNISHIKHA**

**Students Feedback list:**

Sl. No.	Name	Reg. No.	Course	Competition	Excellent	Very Good	Good
1.	Sanskriti	AGS23BACR011	BA Criminology	Mehandi	✓		
2.	Triveni	AGS21BFAD038	B.Sc. FAD	Mehandi	✓		
3.	Sofya	AGS21BFAD052	B.Sc. FAD	Mehandi	✓		
4.	Karuniya	AGS21BFAD061	B.Sc. FAD	Mehandi	✓		
5.	Mamatha	AGS23BMCA105	MCA	Mehandi	✓		
6.	Shalini	AGS23MCOM015	MCOM	Best out of waste	Good ✓		



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### AIGS WOMEN CELL AGNISHIKHA

#### EVALUATION SHEET – MEHNDI COMPETITION

Sl. No.	Name	Detailing 5marks	Creativity 5marks	Design 5marks	Total 15marks
1.	Sanskriti	3	2.5	3.	8.5
2.	Triveni	4.5	4.5	4.5	13.5
3.	Sofya	3	2.5	3.	8.5
4.	Karuniya	3	2.5	3.	8.5
5.	Mamatha	3.5	3.5	3.5	10.5

#### EVALUATION SHEET – BEST OUT OF WASTE COMPETITION

Sl. No.	Name	Development 5marks	Creativity 5marks	Design 5marks	Total 15marks
1.	Shalini	4	3	3	10

SIKHA. C. S

13-03-2024.



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Ref.no. AIGS/WC/GT/Cir/2024-25/09

Date: 12/01/2024

### CIRCULAR

All the teaching and non-teaching staff are informed that Department of Social Work, Posh Cell and Women Cell of Acharya Institute of Graduate Studies is organizing talk on well-being of the women's fraternity.

- Organizing Department: Department of Social Work, Posh Cell and Women Cell
- Event: Guest Talk
- Date: 18/01/2024
- Time: 2.00 PM – 4.30 PM
- Topic: Talk on gender safety
- Theme: Gender Safety
- Coordinator: Ms. Deepika N., Assistant Professor, Dept. of Social Work, AIGS
- Venue: MBA Seminar Hall, Acharya Institute of Graduate Studies

  
Co-Ordinator

Cc:

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**ACHARYA INSTITUTE OF GRADUATE STUDIES**

Cordially Invites You to the Talk on

**GENDER SAFETY**

Date: 18th January 2024 | Time: 2:00 PM

Venue: Ana Block Seminar Hall

Chief Guest

Ms. Ravitha, Associate Director & Ms. Tomcy R.

Program Coordinator, DURGA India

Organised by

POSH cell, Women's Cell & Dept. of

Social Work

Acharya Institute of Graduate Studies



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### WOMEN CELL

Report Submission : 19-01-2024

Semester: ODD.

Academic Year: 2023-24

Venue: Seminar Hall 'ANA BLOCK'

Date: 18/01/2024

Time: 02.00PM -04.30PM.

Duration: 2.5 hours

### TYPE OF EVENT: "GUEST TALK"

### EVENT NAME: Guest Talk on Gender Safety

Target Audience: AIGS Teaching Faculties

Number of Participants: 150

#### Objectives:

- To understand Perspectives of Gender Safety
- To cultivate a Safe and Inclusive Environment
- To empower Individuals in Distressed Situations
- To build a Culture of Support and Compliance

#### Detailed Report:

The Department of Social Work was set up in 2017 with an intake capacity of 40 and the current intake is more than 500+ students for Social Work course, affiliated to Bengaluru City University. The course offers knowledge and skills to concoct the students for a proficient career in social work. The Prevention of Sexual Harassment (POSH) Cell, an initiative led by the Department of Social Work to foster a safe and respectful work environment for all the faculties of AIGS. The POSH Cell aims to create awareness, provide support, and ensure the prevention of sexual harassment at the workplace. Our commitment to promoting a culture of respect aligns with our core values, emphasizing the well-being and dignity of every individual within our academic community. Through this program, we strive to empower teaching faculties with the knowledge and tools needed to identify, prevent, and address instances of sexual harassment. By fostering an atmosphere of open communication, understanding, and empathy, we aim to build a workplace where everyone feels secure and valued.

#### Theme of the Event:

The Posh Cell training event by Durga India Foundation had the theme "Gender Safety," aiming to empower faculties in preventing sexual harassment and fostering a positive academic culture. The



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focus was on creating an environment that prioritizes respect and safety for all members of the educational community.

### Detailed Report:

The POSH Cell, Women Cell and the Department of Social Work AIGS organized an “Activity based safety workshop” for teaching faculty members on **18<sup>th</sup> January 2024** from 2:00 pm to 4.30 pm for 150 faculties. The program was Co-ordinated by **Mrs. Shashi Kiran Shetty**, Head of the Department, who is the head of the POSH Cell at AIGS. The program was intended to educate the faculty members of AIGS to be aware of Gender Safety and empower them on risk behaviors. The resource persons were **Ms. Ravitha** , (Associate Director ) and **Ms. Tomcy R**, (Program coordinator) , Durga India with which AIGS has a MOU and are engaged in conducting activities for students and faculty members.

The POSH Act is a legislation enacted by the Government of India in 2013 to address the issue of **sexual harassment** faced by women in the workplace. The Act aims to create a safe and conducive work environment for women and provide protection against sexual harassment. The POSH Act defines sexual harassment to include unwelcome acts such as physical contact and sexual advances, a demand or request for sexual favors, making sexually colored remarks, showing pornography, and any other unwelcome physical, verbal, or non-verbal conduct of a sexual nature. As per the POSH Act, an employer has 10 workers or more is required to set up an Internal Complaints Committee (ICC) for the redressed of ‘sexual harassment complaints at such entity and to regulate and administer complaints on sexual harassment. The committee must have a minimum of four members, and at least half of the members must be women. Additionally, one member must be from a non-government organization or an association committed to the cause of women and one member must be a person familiar with the issues related to sexual harassment.

The training began with an overview of the POSH guidelines, emphasizing the importance of creating a safe and inclusive environment for all the faculties members and were educated on recognizing various forms of sexual harassment and understanding the boundaries that should be maintained within the educational setting. The session provided detailed information on the reporting mechanisms available to faculties members and the steps involved in filing complaints. Clear guidance was given on maintaining confidentiality and ensuring a fair investigation process. Durga India Foundation training covered the legal aspects of sexual harassment, focusing on the obligations and responsibilities of educational institutions in compliance with relevant laws. The



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training also emphasized proactive measures to prevent sexual harassment, including creating a culture of respect, awareness campaigns, and fostering a supportive environment.

The college has embarked on a comprehensive series of initiatives focused on creating a safe, inclusive, and productive college environment. Central to these efforts is the exploration of diverse perspectives on gender safety through tailored activities and constructive conversations. This multifaceted approach aims to deepen awareness and sensitivity across the college community, fostering an atmosphere that prioritizes respect and understanding. The commitment to workplace safety and well-being, the college has instituted programs designed to establish a workspace that is not only secure but also nurturing. Through workshops and training sessions, faculties and staff are being equipped with the tools to cultivate a positive work culture that, in turn, enhances overall productivity.

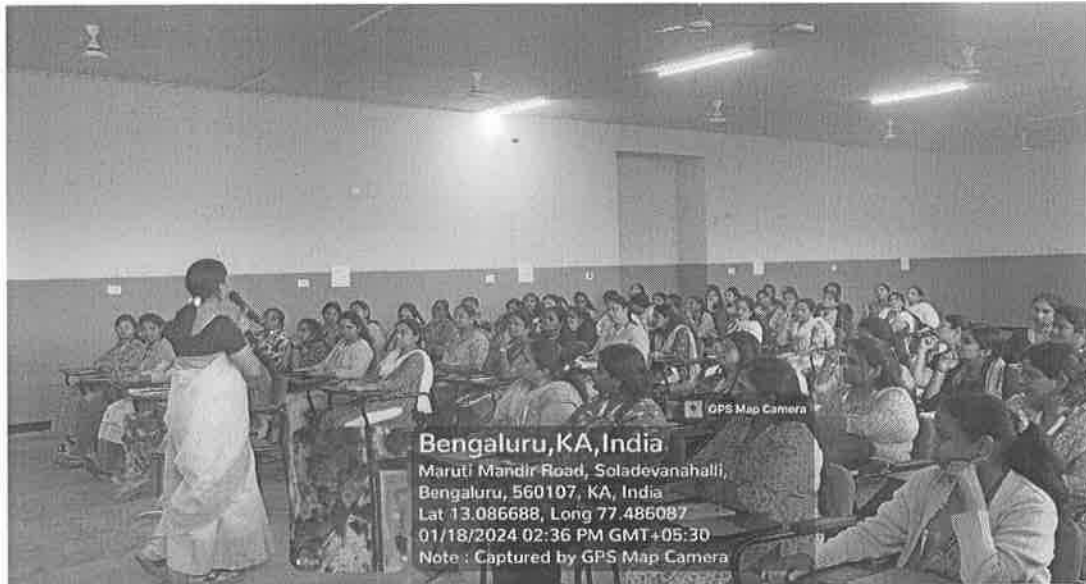
Addressing distressed situations on college is another key facet of the college's initiative. Workshops and awareness programs are being implemented to empower individuals to recognize signs of distress and respond effectively, contributing to the creation of a supportive environment for the faculties and Staff. In promoting allyship among coworkers, the college recognizes the importance of building strong interpersonal relationships. Various activities, including team-building exercises and communication workshops, are being deployed to strengthen bonds among faculties and staff, fostering a sense of unity and support within the college community.

The significance of mental health and well-being is a key focus area, with the college implementing programs to raise awareness and provide resources for mental health support. Counseling services, stress management workshops, and mental health awareness campaigns contribute to the overall well-being of individuals on college. Active bystander behavior is actively encouraged, with training sessions emphasizing the role of proactive intervention in preventing and addressing issues. This approach empowers individuals to contribute to a secure and respectful environment by taking an active stance against misconduct or harmful situations and to ensure compliance with legal standards; the college is conducting sessions to educate the college community about the Prevention of Sexual Harassment (POSH) Law. These sessions cover the law's provisions, reporting mechanisms, and the role of the Internal Complaints Committee (ICC) in addressing issues related to sexual harassment.

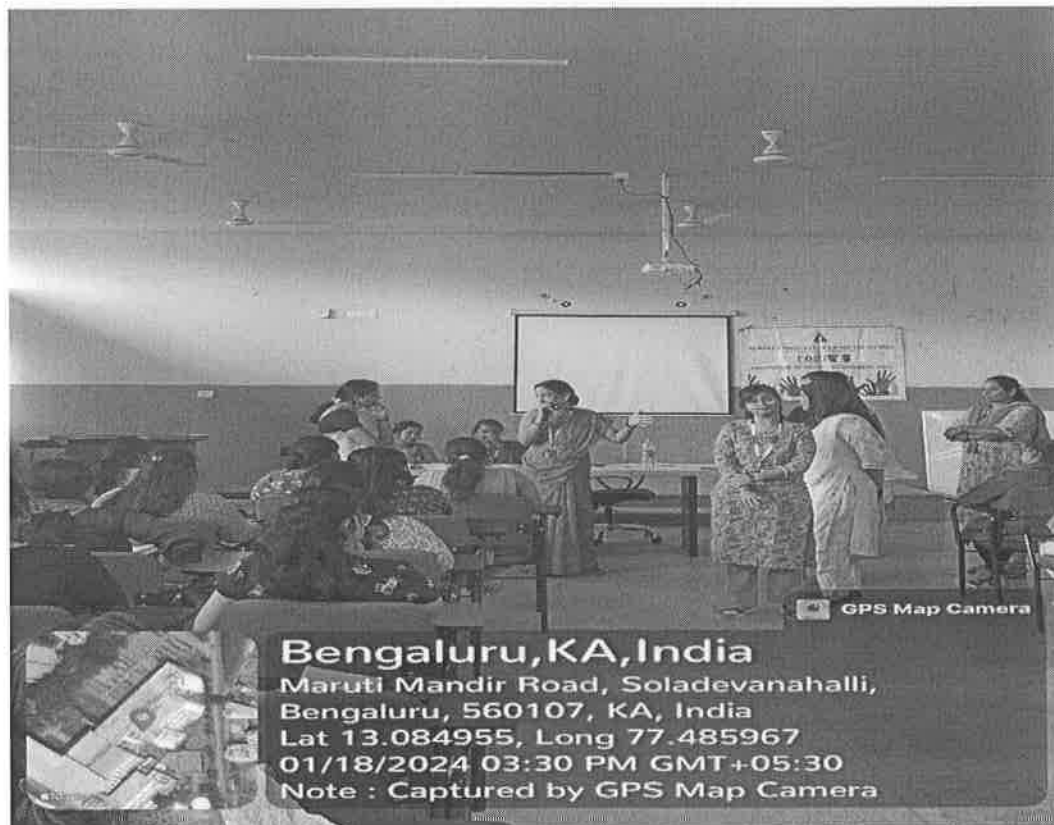


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**PHOTOS:**



**Training program by Ms. Ravitha , (Assistant Program coordinator)**





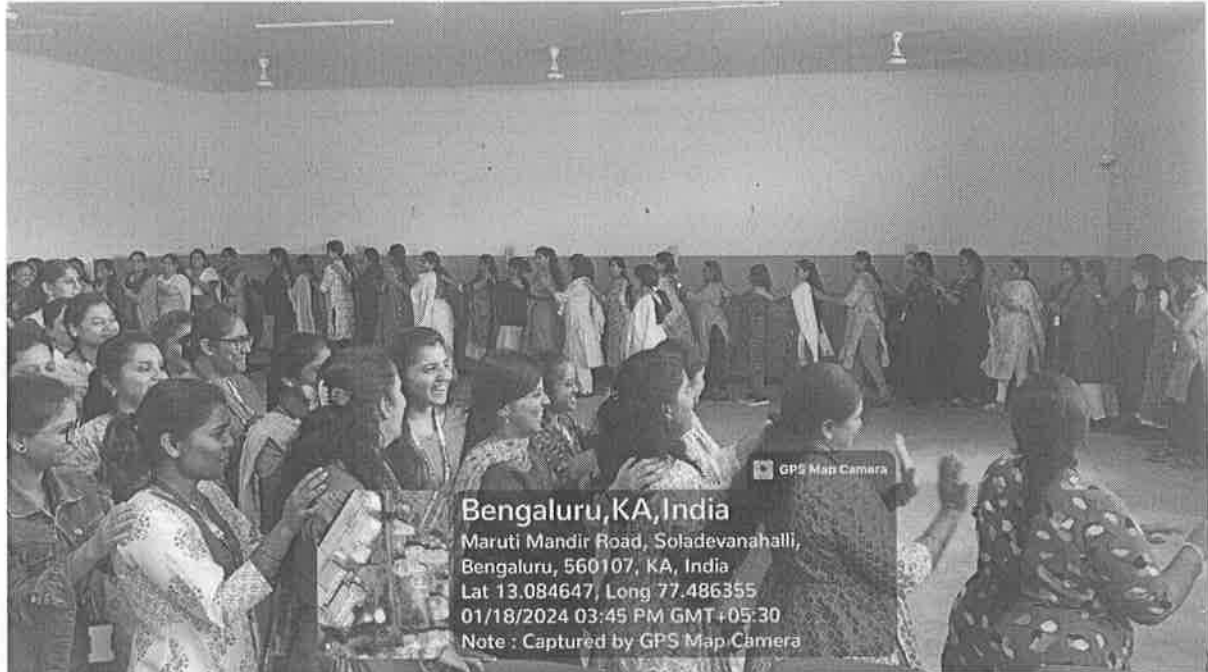


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### Active Bystander Behaviour



### Bringing Allyship among coworkers





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### **Feedback session**

#### **Outcomes:**

- Enhanced Awareness and Sensitivity
- Positive Work Culture
- Empowered Response to Distressed Situations.
- Strengthened Coworker Relationships
- Improved Mental Health Support.
- Proactive Safe Campus
- Legal Compliance and Accountability

#### **Conclusion:**

The training provided the participants with valuable insights regarding preventing sexual harassment in public spaces. The sessions were activity based and engaging. The knowledge gained is expected to contribute to a safer and more respectful environment for the faculty members of AIGS. Continued efforts in promoting awareness and adherence to POSH guidelines are crucial for fostering a positive academic community.



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Ref. no: AIGS/Cir/WC

DATE: 12/01/2024

## CIRCULAR

All students are informed that Acharya Institute of Graduate Studies is organizing **Pot Painting Competition** on 17/01/2024.

- Organizing Department: Women Cell-Agnishikha
- Event: **Pot Painting Competition**
- Date: 17/01/2024
- Time: 01:00PM
- Topic: Pot Painting Competition
- Theme: Pot Painting Competition
- Co-Ordinator: Mrs.Ashwini Atul Joshi
- Venue: AIGS Open Arena

  
Dr. Gurunath Rao Vaidya  
Principal

Cc:

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Office



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### WOMENS CELL - AGNISHIKHA

Report Submission: 03/02/2024

Semester:	ODD -I/III/V	Academic Year:	2023-24	Venue:	AIGS OPEN ARENA
Event Date:	17/01/2024	Time:	1:00 PM – 4:00 PM	Duration:	3 hrs.

### TYPE OF EVENT: COMPITATION

### EVENT NAME: “POT PAINTING COMPITATION”

Target Audience:	Students	Number of Participants:	15
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#### Objectives:

- To encourage the student's creativity, foster artistic expression and provide a platform for students to showcase their talent.
- Pot painting competitions can provide an opportunity for students to learn about different cultures and traditional art forms associated with pot painting from various regions.
- Pot painting competitions offer students a platform to express their thoughts, emotions, and personal style through their artwork.

**Program Introduction:** Through this program, students will get a platform to show their artistry and creativity. It is an opportunity to explore different painting techniques, delve into the world of colors, and create captivating works of art.

**Theme of the Event:** Pot painting a beautiful art of decorating the mud pots with various vibrant colors and accessories which can be used in many different ways. Firstly, it allows them to express their creativity and showcase their artistic talent. It encourages them to think outside the box and explore different techniques and styles.

#### Detailed Report:

#### Detailed Report

The women cell- Agnishikha of AIGS conducted “Pot Painting” competition for UG and PG students. The activity started with students' registration. Total 15 students registered and participated in the activity. The necessary Paints and accessories were brought by the students themselves. The mud pots were provided by the women cell. It was highly impressive, attractive at the end of the painting done by the students. Main motto of the activity was to bring out the overall creativity and individual talent



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exhibition in a diversified way. The competition was conducted in AIGS open arena, and it was witnessed by many department faculty members who have supported directly and indirectly.

The jury members have been called to witness the painting and participants were asked to express the significance of the painting in selection of the particular color and work done. The Jury were Prof. Nagapushpa and Prof. Deepashree from Acharya Institute of Technology.

The event was planned keeping the following benefits in mind.

**Creative outlet** – There are both physical and mental benefits from expressing ourself by creating something. Art offers an outlet and a release from all of that. With pottery we can produce something and express ourself in some way.

**Increase optimistic outlook** – Pottery enables for improvements in flow and spontaneity, provides an outlet for grief, and helps you with self-identification and self-expression, bolstering confidence and self-esteem.

**Improve focus** – Pottery allows you to escape the worries of life and shift your focus toward your creation. During the process, outside influences don't affect your work so you dedicate your time to your creation. Being able to fully focus something helps the mind relax and expand, which will help you focus in other areas of life as well.

**Exploring and experimentation** – Pottery helps you to express your creativity, which is essentially to expand who we are and how we connect to ourselves and the environment. It's a good way for people of all ages to explore the things they can do. You may be more creative than you think and there's no right or wrong way in pottery.

**Reduces stress** – Our hands are an outlet for creativity, the sense of touch is of high importance. A lot of focus is required while you're making pottery, therefore outside distractions are reduced and no longer stress you out.

**Exercises the hands, wrists, and arms** – The movement of making pottery is gentle yet strengthening to the hands, wrists, and arms. This can be beneficial to those prone to arthritis in the hands, as it promotes joint movement and dexterity.

**Encourage sociability** – Pottery, an activity that rouses mental activity as much as physical, is often the perfect hobby for those who prefer to expend their energy internally. While partaking in group pottery, however, one can socialize confidently with other potters while still allowing for silence. The usually casual atmosphere helps relax any socially anxious woes to help start a conversation.

**A natural pain killer** – Stress can oftentimes lead to feeling sensations of pain and discomfort. Since pottery is a hobby known for reducing stress and boosting self-esteem, pain caused by stress may be alleviated while taking part in pottery.



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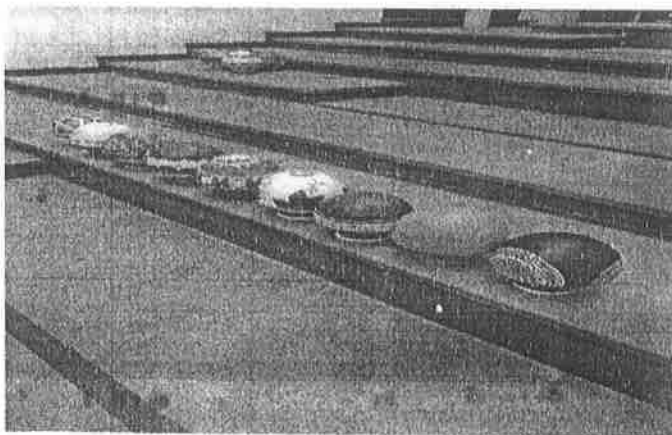
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**Captures memories** – Archaeological digs are known for recovering ancient artifacts from civilizations long past. Some of the most well-preserved artifacts, often surviving thousands of years, are creations of pottery. As such, our artwork has the potential to last forever. Whether or not you hope future civilizations to discover it and have it immortalized in a museum or if you would rather have it sitting in your home's foyer, seeing the creation in its final form will serve as a reminder of your accomplishments.

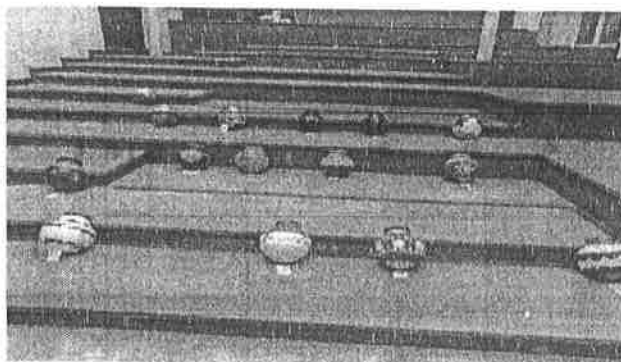
Overall activity was highly appreciated by the gathering. The painted pots had been kept for display and it was well impressive. Prof.Lavanya E Women cell member delivered the vote of thanks at the end of the event.

The competition could successfully happen with the high initiative taken by the women cell coordinator Mrs. Ashwini Atul Joshi, Assistant Professor, Department of Fashion and Apparel Design.

### FINAL DISPLAYED PRODUCTS



Display of painted pots



Display of painted pots

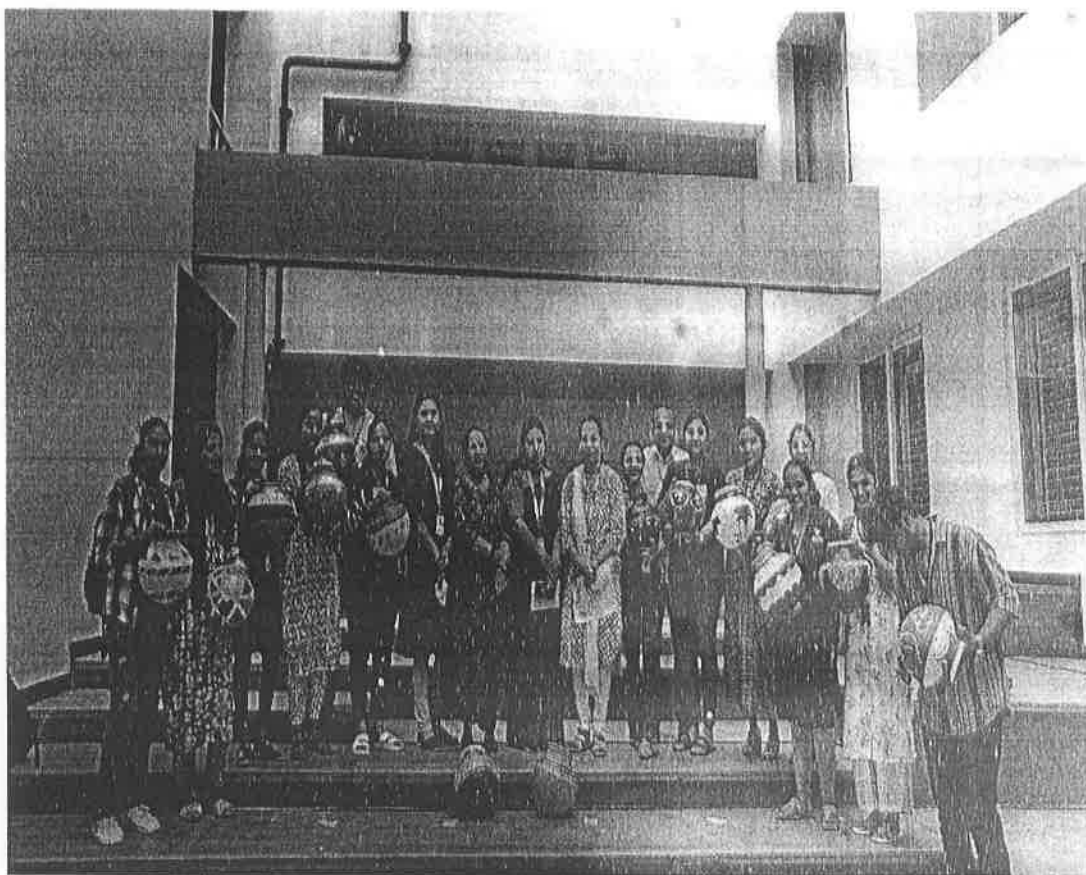


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### PARTTICIPANTS WITH JURY AND WOMEN CELL MEMBERS



PARTTICIPANTS WITH JURY AND WOMEN CELL MEMBERS

#### Outcomes:

1. The main outcome of the event was to know the creative aspect of the students.
2. The ability of the students to think out of the box to create a unique design.
3. It was a healthy competition between different department students who came together to show their talent.



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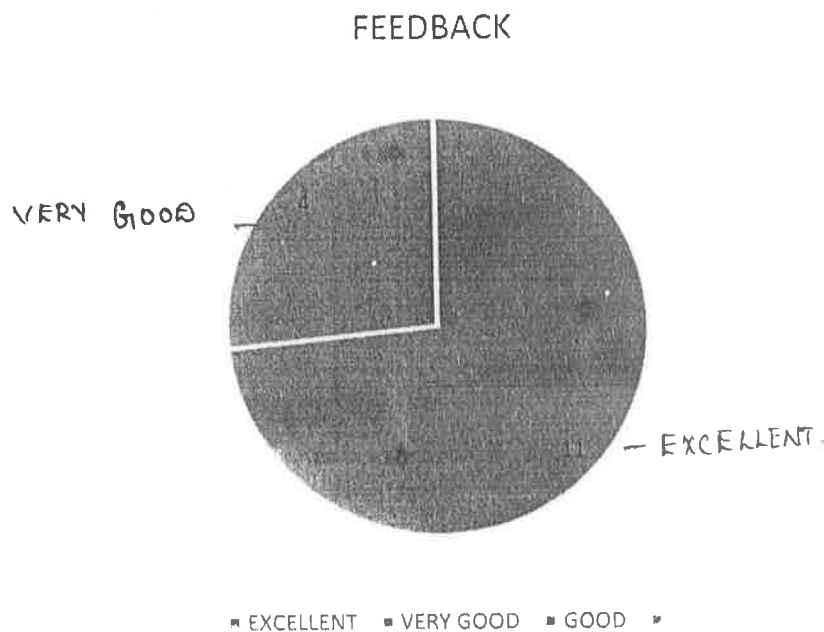
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### Conclusion Audience Feedback Summary:

In conclusion, pot painting competitions for students are a fantastic way to nurture creativity, showcase artistic skills, and foster healthy competition. These events provide students with an opportunity to express themselves, develop important artistic and life skills, and receive recognition for their talent and hard work. The competitions encourage students to think outside the box, appreciate different styles, and boost their self-confidence. Overall, pot painting competitions are a fun and enriching experience that allows students to explore their artistic potential and create beautiful works of art.

### Audience Feedback Summary



Students feedback for the pot painting competition





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WOMEN CELL-AGNISHIKHA  
POT PAINTING COMPETITION  
REGISTRATION AND ATTENDANCE

DATE: 17-01-2024

SL.NO	STUDENT NAME	COURSE/SEM	REGISTER NUMBER	SIGNATURE
1	NAIDILAL B.U	ADFT 4 <sup>th</sup> sem	434FT22013	Naidilal B.U
2	AMRUTHA.R	ADFT IV sem	434FT22002	Amrutha
3	Minhaj Kouser	ADFT 2 <sup>nd</sup> sem	43FT23009	Minhaj Kouser
4	SHOBICA.S.G	BBA 1 <sup>st</sup> Sem	AJ23M0318	Shobica
5	Hithanya.R	BBA 1 <sup>st</sup> Sem	AJ23M0259	Hithanya R
6	Vandha.M	FAD 1 <sup>st</sup> Sem	AJ23BFAD006	Vandha
7	Tejaswini N	FAD 1 <sup>st</sup> sem	AJ23BFAD029	Tejaswini N
8	Divya.G	FAD 1 <sup>st</sup> Sem	AJ23BFAD030	Divya.G
9	Vaishnavi Kumari	ADFT 4 <sup>th</sup> Sem	434FT22026	Vaishnavi
10	MEGHARAJ	BBA 1 <sup>st</sup> Sem	AJ230008	Megharaj
11	Thirusha.E	ADFT II sem	434FT23019	Thirusha
12	Vikruth R	ADFT II sem	434FT23021	Vikruth R
13	Alwin	ADFT IV sem	APT22ADFT07	Alwin
14	Sachin Ganda	ADFT IV sem	APT22ADFT015	Sachin Ganda
15	Ankitha-c	FAD 1 <sup>st</sup> Sem	AJ23BFAD066	Ankitha-c

*[Handwritten signature]*



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WOMEN CELL-AGNISHIKHA  
POT PAINTING COMPETITION

DATE: 17-01-2024

SL.NO	NAME	Creativity 5M	Presentation 5M	Finishing 5M	Total
1	NAIDILAE.B.V	5M	4M	5M	(14) I
2		5M	3M	3M	11
3		2M	3M	2M	7
4		4M	2M	4M	10
5		4M	2M	4M	10
6		5M	3M	4M	12
7	Tejaswini H	5M	3M	5M	(13) II
8		3M	4M	4M	11
9		4M	3M	3M	10
10		3M	3M	3M	9
11		3M	3M	3M	9
12	Vishruth.R.	5M	4M	4M	13 - II
13	<del>1001</del>	3M	4M	4M	(11) X
14		3M	4M	3M	10
15		4M	3M	4M	11

Name and Signature *Nagapushpa*

JURY-1- *Dr. Nagapushpa k.P.*  
Asst. Prof. Dept of ECE, AIT.

JURY-2- *Dr. Deepasree S. kumar*  
Asst Professor  
Dept of Mathematics  
AIT



## ACHARYA INSTITUTES OF GRADUATE STUDIES

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### WOMEN CELL- AGNISHIKHA

### POT PAINTING COMPETITION

### STUDENTS FEEDBACK

Sl. No.	STUDENT NAME	EXCELLENT	VERY GOOD	GOOD
1	NAIDILAE B U	✓		
2	AMRUTHA R	✓		
3	MINHAJ KOUSER	✓		
4	SHOBICA S G		✓	
5	HITHANYA R		✓	
6	VASUDHA M	✓		
7	TEJASHWINI N	✓		
8	DIVYA G	✓		
9	VAISHNAVI KUMARI	✓		
10	MEGHARAJ A J		✓	
11	THRISHA S	✓		
12	VISHRUTH R	✓		
13	ALWIN	✓		
14	SACHIN G		✓	
15	ANKITHA C	✓		



**ACHARYA INSTITUTE OF GRADUATE STUDIES**  
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**Soladevanahalli, Bengaluru-560107**

Ref. no: AIGS/Cir/UG

DATE: 09-10-2023

**CIRCULAR**

All Female Students are informed that Women's Cell- Agnishikha, Acharya Institute of Graduate Studies is organizing Awareness Program on Women's health- Menstrual hygiene on 19-10-2023.

- Organizing Department: Women's Cell- Agnishikha
- Event: Awareness Program
- Date: 19-10-2023
- Time: 02:00 PM – 03:00 PM
- Topic: Awareness program on Women's health- Menstrual hygiene
- Theme: Menstrual hygiene
- Co-Ordinator: Mrs. Ashwini Atul Joshi
- Venue: Main Auditorium

  
Dr. Gurunath Rao Vaidya

Principal

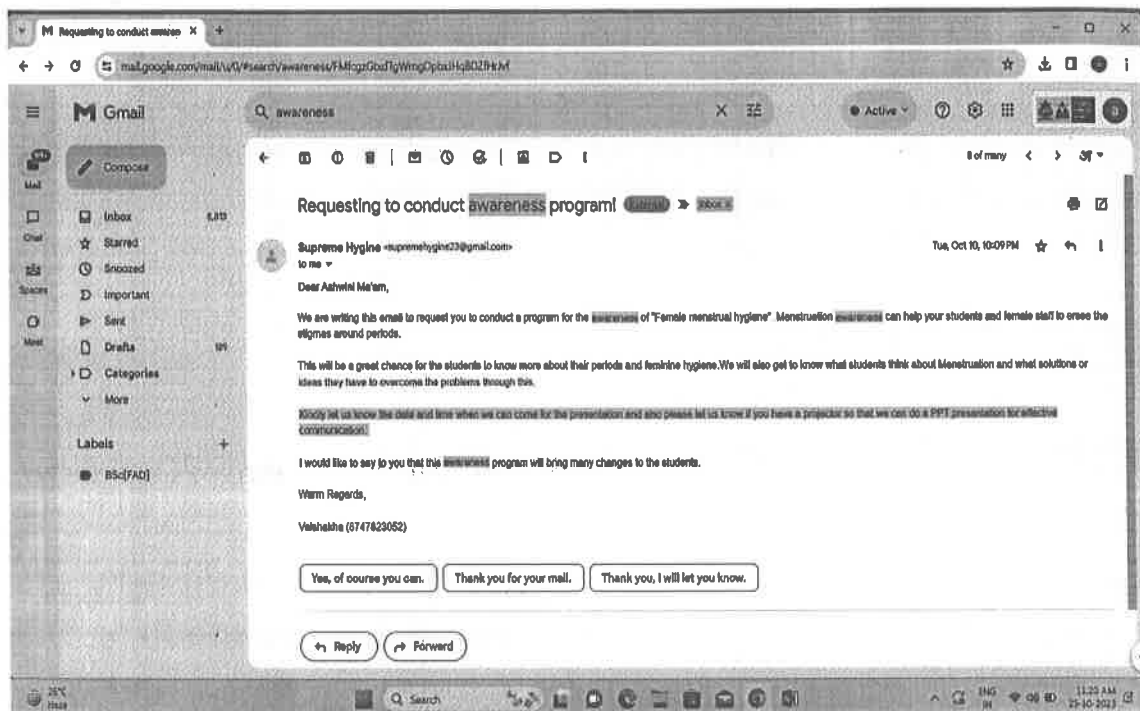
Acharya Institute of Graduate Studies

Soladevanahalli, Bengaluru - 560107

Cc: Bengaluru - 560107.

IQAC  
Office

## Awareness Program Mail Communication





# ACHARYA INSTITUTE OF GRADUATE STUDIES

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Soladevanahalli, Bengaluru-560107

## WOMEN CELL-AGNISHIKHA

Report Submission: 26/10/2023

Semester: All

Academic Year: 2023-24

Venue: Main Auditorium

Date: 19/10/2023

Time: 02:00 PM – 03:00 PM

Duration: 01 hour

### TYPE OF EVENT: AWARENESS PROGRAM - AIGS WOMEN'S CELL-AGNISHIKHA

### EVENT NAME: AWARENESS PROGRAM ON WOMEN'S HEALTH- MENSTRUAL HYGIENE

Target Audience: AIGS Female Students

Number of Participants: 64

#### Objectives:

1. To spread awareness towards Women's health related to menstrual hygiene.
2. To explore and understand the materials, process and techniques used in various sanitary pad production and manufacturing.
3. To understand the problems caused by regular sanitary pads on women's health as well as its impact on Environment.

**Program Introduction:** Agnishikha- Women's cell of AIGS organized an awareness program for female students related to women's health and menstrual hygiene.

**Theme of the Event:** The Awareness program on Women's health related to menstrual hygiene was conducted under AIGS Women's Cell for female students. To increase access to and use of high quality sanitary napkins to adolescent girls which in result helps them to maintain good health, and to ensure safe disposal of Sanitary Napkins in an environmentally friendly manner by clearly understanding the materials used in napkin production as well as the biological harmful effects happening on the body.

**Resource Person:** Mrs. Vaishakha Kulkarni.

**Detailed Report:** Women's Cell- Acharya Institute of Graduate Studies organized Awareness program on women's health- menstrual hygiene for female students. The guests were welcomed by a welcome speech by Head (Women's Cell- Agnishikha) Mrs. Ashwini Atul Joshi (HOD- B.Sc FAD)



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The guest speaker Ms. Vaishakha Kulkarni accompanied by Mrs. Veda Presented a wonderful highly informative, critically researched presentation.

Firstly, students were briefed about the Menstrual Health and Hygiene is essential to the well-being and empowerment of women and adolescent girls. To effectively manage their menstruation, girls and women require access to water, sanitation and hygiene facilities, affordable and appropriate menstrual hygiene materials, information on good practices, and a supportive environment where they can manage menstruation without embarrassment or stigma.

Women and adolescent girls are using a clean menstrual management material to absorb or collect menstrual blood, that can be changed in privacy as often as necessary, using soap and water for washing the body as required, and having access to safe and convenient facilities to dispose of used menstrual management materials. They understand the basic facts linked to the menstrual cycle and how to manage it with dignity and without discomfort or fear.”

The challenges that menstruating girls, women, and other menstruators face encompass more than a basic lack of supplies or infrastructure. While menstruation is a normal and healthy part of life for most women and girls, in many societies, the experience of menstruators continues to be constrained by cultural taboos and discriminatory social norms. The resulting lack of information about menstruation leads to unhygienic and unhealthy menstrual practices and creates misconceptions and negative attitudes, which motivate, among others, shaming, bullying, and even gender-based violence. For generations of girls and women, poor menstrual health and hygiene is exacerbating social and economic inequalities, negatively impacting their education, health, safety, and human development.

The multi-dimensional issues that menstruators face require multi-sectoral interventions. Professionals alone cannot come up with all of the solutions to tackle the intersecting issues of inadequate sanitary facilities, lack of information and knowledge, lack of access to affordable and quality menstrual hygiene products, and the stigma and social norms associated with menstruation. Research has shown that approaches that can effectively combine information and education with appropriate infrastructure and menstrual products, in a conducive policy environment, are more successful in avoiding the negative effects of poor MHH – in short, a holistic approach requiring collaborative and multi-dimensional responses.

Fohoway Group, founded in 2007, is a high-tech biotechnology multinational group integrating research, production, sales and service of health care products. With the mission of promoting health culture and benefiting human health, combining the latest research achievements of modern life



## **ACHARYA INSTITUTE OF GRADUATE STUDIES**

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science, Fohoway Group established three health-preserving theories: diet regimen, behavioral regimen and psychological regimen. After years of global market development, FOHOWAY products have entered into the families of users, and local branches and service outlets have formed a business support system for further development around the world.

The speaker clearly explained the causes of side effects of using regular sanitary napkin on womens health and also the adverse effect on the environment. She clearly demonstrated the difference between regular pads and Fohoway pads, the layers and the materials used to manufacture the product. She also explained clearly the biological changes happening during menstruation in women's body and how it effects the overall health, she presented an informative presentation and also answered many queries asked by the audience.

Menstrual hygiene materials are those used to catch menstrual flow, such as cloths, reusable and disposable pads, menstrual cups and tampons. Menstrual supplies are other supportive items for menstrual hygiene and health more broadly, such as soap, underwear and pain relief. She clearly explained how Fohoway Sanitary Napkin with advance technology that helps to prevent gynaecological diseases, Menstrual Disorders, Pelvic Pain, fungal infections etc. Fohoway Sanitary Napkin Eliminate skin irritation, rashes, itching, infections, bad odour and stains and be comfortable and clean during periods. Fohoway sanitary Napkin –Day use has extra ordinary size of 285 mm, fast absorption with strong H shaped leakage protection napkins, Strong Absorption, Soft and comfortable, Dry and breathable, No fluorescent Whitening agent.

Students were delighted to get to know such information and was also amazed by the product specifications and uses, at the end they also purchased few products from them. It was a wonderful session and went on very successfully.

The session was ended by delivering vote of thanks by Ms. Anusha K T (Assistant Professor) Department of Fashion and Apparel Design, AIGS.



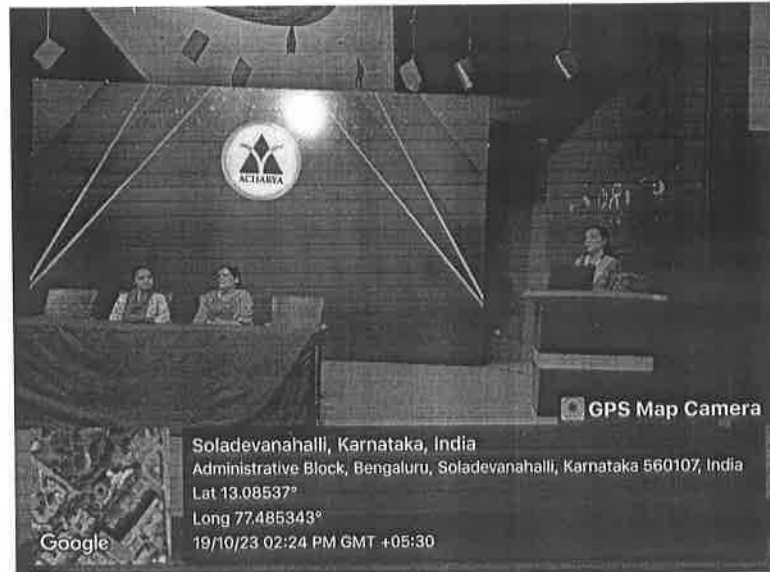


## ACHARYA INSTITUTE OF GRADUATE STUDIES

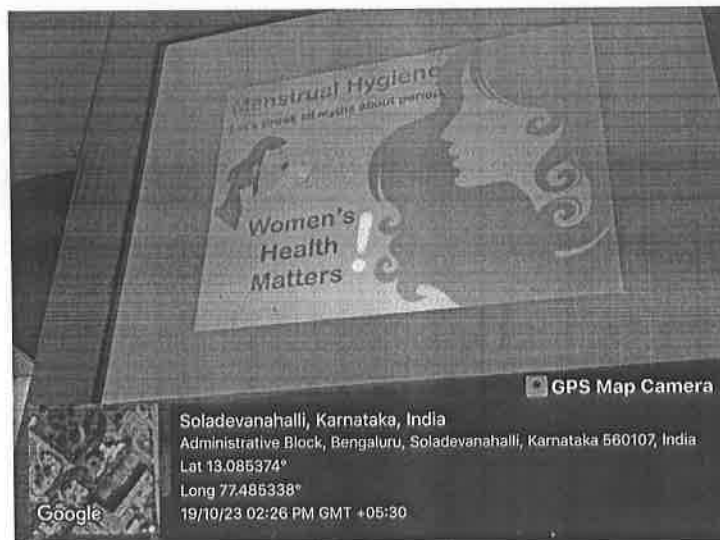
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### PHOTOS:



**Welcome speech by Head Women's Cell Agnishikha Mrs. Ashwini Atul Joshi**



**Presentation by Ms. Vaishaka Kulkarni**



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**AIGS Female students Audience**



**Ms. Vaishakha Kulkarni demonstrating differences between regular pads and Fohoway**



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**The Guest speaker Ms. Vaishakha Kulkarni presenting in awareness program**



**Ms. Vaishakha Kulkarni demonstrating different layers and explaining the materials used and their nature**



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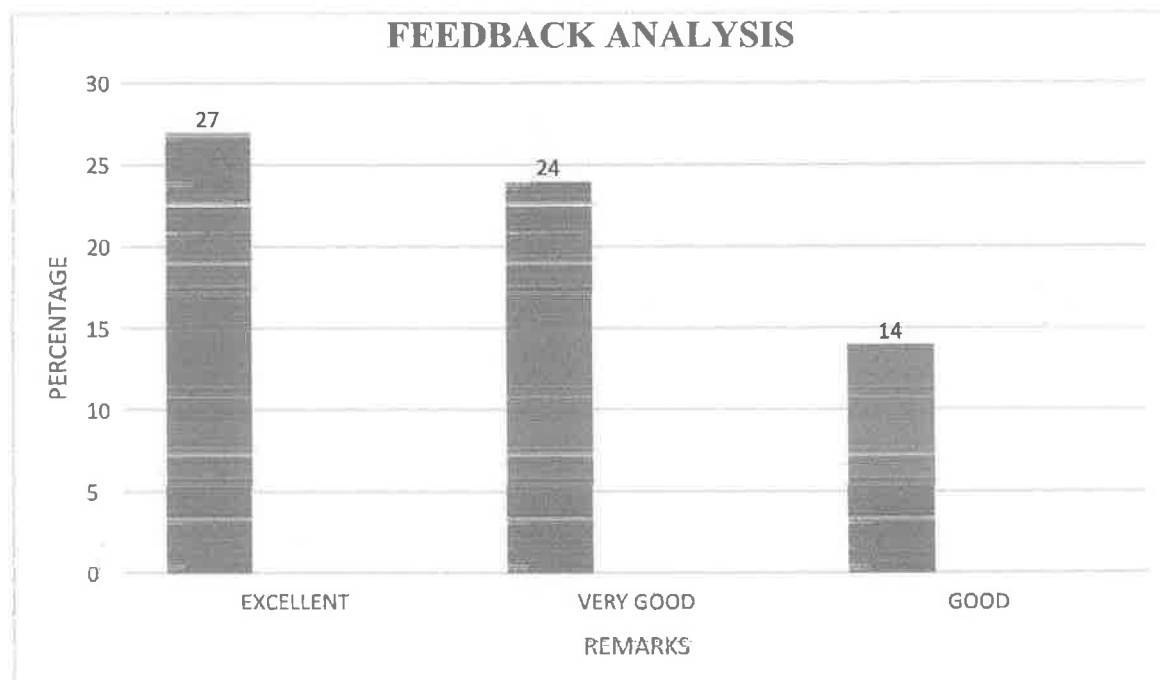
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### Outcomes:

- Students were able to gain knowledge related to women's health and menstrual hygiene.
- Students understood how important are the materials used in making of sanitary napkins and how it effects their health as well as environment.

### Audience Feedback Summary:



- Conclusion:**
1. Awareness Program was highly informative.
  2. Students gained gain knowledge related to women's health and menstrual hygiene.
  3. Students were completely satisfactory.
  4. Overall, session was Excellent.



# ACHARYA INSTITUTE OF GRADUATE STUDIES

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Soladevanahalli, Bengaluru-560107

WOMEN CELL-AGNISHIKHA

ATTENDANCE & FEEDBACK FORM

DATE : 19-10-2023

TITLE : Awareness Program on Women Health-Menstrual Hygiene

Sl.No	Name of Student	Course	Sem	Excellent	V.Good	Good	Signature
1	Divya.R	BSc-FAD	Isem	✓			Divya.R.
2	C.Hemantika	BSc-FAD	Isem	✓			C.Hemantika.
3	P.Chandana Tulasi	BSc-FAD	Isem	✓			P.Chandana Tulasi
4	Aparna Babu	BSc-FAD	Isem	✓			Aparna
5	Antia Kulkarni	BA-PSY	Isem	✓			Antia
6	Mansi Jha	BA-PJE	Isem	✓			Mansi
7	Mythi Roy	BA-PJE	Isem	✓			Mythi
8	Asathi Mo T.S	BA-PJE	Isem	✓			Asathi
9	Pooja A	BA-PJE	Isem	✓			Pooja
10	Ohariya Kanih	BBA-AV	Isem		✓		Ohariya
11	Ann Mary Johnson	BBA-AV	Isem		✓		Ann Mary
12	Zoya Mariyam	BBA-AV	Isem		✓		Zoya
13	Vishnu Priya B.T	BBA-AV	Isem		✓		Vishnu Priya
14	Mubashira P	BBA-AV	Isem	✓			Mubashira
15	Brahmapriya	BBA-AV	Isem	✓			Brahmapriya
16	Bathool	BBA-AV	Isem	✓			Bathool
17	Krishna mk	BBA	Isem	✓			Krishna
18	Harshika Kundal	BA-PJE	Isem			✓	Harshika
19	Amrita	BA-PCE	Isem			✓	Amrita
20	Sujita Sen	BA-PJE	Isem			✓	Sujita
21	Meenakshi	BA-PCE	Isem			✓	Meenakshi
22	Jken Ete	BA PJE	Isem			✓	Jken Ete
23	Aswathy . A	BSC-FAD	Isem	✓			Aswathy
24	Gopika Krishnan	BSC-FAD	Isem	✓			Gopika
25	Aanchal Pradhan	BSC-FAD	Isem		✓		Aanchal
26	Gangamalluvu	BSC FAD	Isem			✓	Gangamalluvu



27	Nisha S	BCA	I Sem			✓	<del>Shruti</del>
28	Deepika H	BBA	3 <sup>rd</sup> Sem			✓	<del>Deepika</del>
29	Vaishali K	BBA	3 <sup>rd</sup> Sem		✓		Vaishali
30	Chandana K	BBA	3 <sup>rd</sup> Sem		✓		Chandana
31	Shruti K. Ahal	BBA	3 <sup>rd</sup> Sem	✓			Shruti K.
32	Shruti Kumari	BBA	3 <sup>rd</sup> Sem		✓		<del>Shruti</del>
33	Mayurika Navale	BBA	3 <sup>rd</sup> Sem			✓	Mayurika
34	Shreyas Pandey	BBA	3 <sup>rd</sup> Sem			✓	Shreyas
35	Shilpa Bhat	BA	3 <sup>rd</sup> Sem			✓	<del>Shilpa</del>
36	Pruthi S. Kumar	BA	3 <sup>rd</sup> Sem			✓	<del>Pruthi</del>
37	Latika Chaudhary	BA	3 <sup>rd</sup> Sem			✓	<del>Latika</del>
38	Shilpa T.K.	BSC FAD	3 <sup>rd</sup> Sem			✓	Shilpa T.K.
39	Anurag John	BSC FAD	III <sup>rd</sup> Sem		✓		<del>Anurag</del>
40	Navaneetha T.P	BSC - FAD	3 <sup>rd</sup> Sem			✓	Navaneetha
41	Lidija Manoj	BSC - FAD	3 <sup>rd</sup> Sem			✓	Lidija
42	Neeraja P.V	BSC FAD	3 <sup>rd</sup> Sem		✓		Neeraja
43	Anagha	BSC FAD	3 <sup>rd</sup> Sem			✓	Anagha
44	Megha Chandran N.K	BSC FAD	3 <sup>rd</sup> Sem			✓	Megha
45	Shrudhika S	BSC FAD	3 <sup>rd</sup> Sem			✓	Shrudhika
46	Varshitha J.R	BSC FAD	3 <sup>rd</sup> Sem		✓		Varshitha J.R.
47	Padmaja Priyanka	BSC FAD	3 <sup>rd</sup> Sem			✓	Padmaja
48	Arthi Sharma	BSC FAD	3 <sup>rd</sup> Sem			✓	Arthi
49	B.R. Syed	BSC FAD	3 <sup>rd</sup> Sem			✓	B.R. Syed
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WOMEN CELL-AGNISHIKHA

**ATTENDANCE & FEEDBACK FORM**

DATE : 19-10-2023

TITLE : Awareness Program on Women Health-Menstrual Hygiene

Sl.No	Name of Student	Course	Sem	Excellent	V.Good	Good	Signature
1	Nithya M	BBA	3 <sup>rd</sup>	✓			
2	Sumera Khan	BBA	3 <sup>rd</sup>	✓			
3	Anushka V.M	BBA	3 <sup>rd</sup>	✓			
4	Anjana S	BBA	3 <sup>rd</sup>	✓			
5	A.S. Sandhya	BBA	3 <sup>rd</sup>	✓			
6	D. Hasika	BBA	3 <sup>rd</sup>	✓			
7	Javanya	BBA	3 <sup>rd</sup>	✓			
8	Archana K.M	BBA	3 <sup>rd</sup>	✓			
9	HIBA	BBA-AV	5 <sup>th</sup>	✓			
10	SAGARIKA	BBA-AV	5 <sup>th</sup>	✓			
11	JYOTHI	BBA	3 <sup>rd</sup>			✓	
12	Deepashree	BSC Fad	3 <sup>rd</sup>			✓	
13	Tanushree	BBA	3 <sup>rd</sup>		✓		
14	Yukthi C P	BBA	3 <sup>rd</sup>		✓		
15	Nayana CP	BBA	3 <sup>rd</sup>		✓		
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