

JINDAL COLLEGE FOR WOMEN

(Managed by Pragun Jindal Philanthropic Organization)
Jindal Nagar, Tumkur Road, Bengaluru – 560073



Women Empowerment Committee

ANNUAL REPORT (2019-2020)

1. REPORT ON WORKSHOP ON ARTS AND CRAFTS

As said by our founder College aims at Educating and Empowering Rural Women, With the intention to make students interest in Craft work, Women Empowerment Committee organized workshop on Arts and Craft on 27th July 2019 at 1.30pm.

Entrepreneurship requires energy and creativity – two traits that most College students have in spades. Many students also possess the internal fire it takes to change the world. By hosting an Entrepreneur Workshop, you can nurture and encourage your students' passions, while helping them develop practical business skills.

Workshop on Art and Craft is conducted to think and act as artists, makers and designers, working creatively and intelligently. They develop an appreciation of and engagement in art, craft and design as critical consumers and audiences and an understanding of its role in the creative and cultural industries that shape and enrich their lives.

The Workshop started at 1.30 pm with welcome and introduction of guest. Mrs Divya K B Department of English addressed the gathering regarding the workshop. Workshop started with PowerPoint Presentation regarding Entrepreneurship.

Entrepreneurship is the process of creating value by bringing together a unique package of resources to exploit an opportunity. Students were engaged in learning and making Silk Thread Earrings Jewelry, Free Hand Sketching, Embroidery, Mehendi etc.

2. REPORT ON AWARENESS PROGRAM ON CANCER

DATE: 1st October 2019

TIME: 10.00am to 12.00pm

VENUE: Seminar Hall Jindal College For Women

ORGANISED BY: Women Empowerment Committee and Youth Red Cross Unit

CHIEF GUEST:

- Dr C Ramesh, Professor and Head of the Department, Department of Epidermiology and Biostatistics

- Dr M Malathi, Associate Professor, Department of Patholgy (Haematology)
From Kidwai Memorial Institute of Oncology – Centre for Cancer Research and Treatment

ABOUT THE WORKSHOP

Serving the community through extension, which is a social responsibility and a core value to be demonstrated by institutions, is also a major aspect of NAAC Criteria III. Women Empowerment Committee in association with Youth Red Cross Unit planned to organize an “Awareness program on Cancer in Women (Specifically Breast and Uterus)” for ladies from local surroundings and parent (mother) of UG students of our college on 1ST October 2019 at our College. Dr C Ramesh and Dr M Malathi spoke about Cancer, Causes, types.

Women Empowerment Committee in association with Youth Red Cross Unit Organized one day Talk on Awareness on Cancer especially Breast cancer and Cervical Cancer to which most girls are at risk. Students of III B.Com, III BBA and I B.Sc were participated in the talk. The talk was very informative. Students were also allowed for personal interaction with the doctors. Hence was very useful for the students.

TOATL NUMBER OF STUDENTS PARTICIPATED

- 169 Students.
3. **Extensional activity on 7rd March 2020** The Committee Organized an Extensional activity on 7rd March 2020 at 11.30am at Anganavadi Kendra Chikkabidarekallu, Bangalore North. This Extensional Activity was organized **to address the local women about “Parenting problems” by Clinical Psychologist Dr Murali Mohan, Clinical Psychologist, Jindal Naturecure Institute, Bangalore.** Around 20 local women participated and got benefitted by the talk. They also interacted personally about their problem and Psychologist gave solutions to their problems. The following issues were discussed by the Resource person

Common disorders among children

Mental health disorders in children — or developmental disorders that are addressed by mental health professionals — may include the following:

- Anxiety disorders. Anxiety disorders in children are persistent fears, worries or anxiety that disrupt their ability to participate in play, school or typical age-appropriate social situations. Diagnoses include social anxiety, generalized anxiety and obsessive-compulsive disorders.
- Attention-deficit/hyperactivity disorder (ADHD). Compared with most children of the same age, children with ADHD have difficulty with attention, impulsive behaviors, hyperactivity or some combination of these problems.
- Autism spectrum disorder (ASD). Autism spectrum disorder is a neurological condition that appears in early childhood — usually before age 3. Although the severity of ASD varies, a child with this disorder has difficulty communicating and interacting with others.
- Eating disorders. Eating disorders are defined as a preoccupation with an ideal body type, disordered thinking about weight and weight loss, and unsafe eating and dieting habits. Eating disorders — such as anorexia nervosa, bulimia nervosa and binge-eating disorder — can result in emotional and social dysfunction and life-threatening physical complications.
- Depression and other mood disorders. Depression is persistent feelings of sadness and loss of interest that disrupt a child's ability to function in school and interact with others. Bipolar disorder results in extreme mood swings between depression and extreme emotional or behavioral highs that may be unguarded, risky or unsafe.
- Post-traumatic stress disorder (PTSD). PTSD is prolonged emotional distress, anxiety, distressing memories, nightmares and disruptive behaviors in response to violence, abuse, injury or other traumatic events.

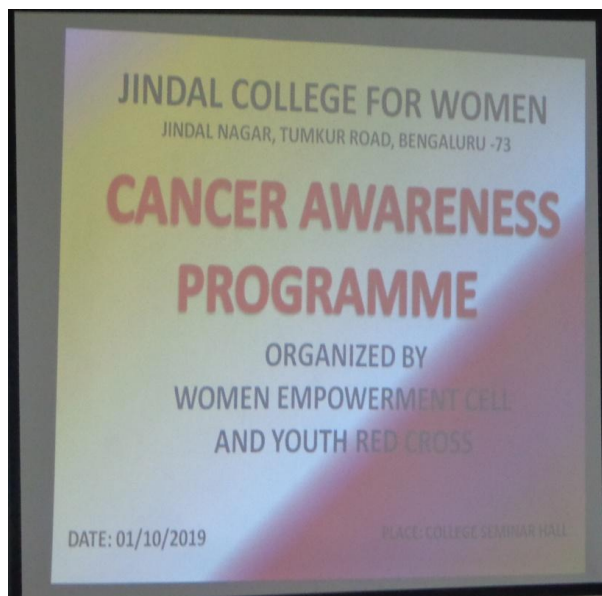
Solutions to Children facing above problems:

Parents will play an important role in supporting your child's treatment plan. To care for the children

- Learn about the illness.
- Consider family counseling that treats all members as partners in the treatment plan.

- Ask child's mental health professional for advice on how to respond to your child and handle difficult behavior.
- Enroll in parent training programs, particularly those designed for parents of children with a mental illness.
- Explore stress management techniques to help you respond calmly.
- Seek ways to relax and have fun with your child.
- Praise your child's strengths and abilities.
- Work with your child's school to secure necessary support.

“Awareness program on Cancer in Women”



Workshop on Arts and Craft



Address the local women about “Parenting problems” by Clinical Psychologist Dr Murali Mohan, Clinical Psychologist, Jindal Nature cure Institute

