



INVITATION



Inaugural ceremony
**Discrimination against
Women-Pakhwada**

Orientation on Prevention of Violence against Women

*Beyond the Barriers... Respect and Empower Women at
Higher Education Workplace*

Date: December 5, 2022 | Time: 11.30 AM
Sri Rajendra Auditorium, JSS College of Pharmacy, Mysuru

Chief Patron

With Blessings of His Holiness

Jagadguru Sri Shivarathri Deshikendra Mahaswamiji

Jagadguru Sri Veerasimhasana Mahasamsthana Math, Suttur Srikshetra

Patrons

Dr. B Suresh

Pro-Chancellor
JSS AHER, Mysuru

Dr. Surinder Singh

Vice-Chancellor
JSS AHER, Mysuru

Advisors

Dr. B Manjunatha

Registrar
JSS AHER, Mysuru

Prof. Shivananda Bharati

Professor
JSS Law College, Mysuru

About the Program

Government of India is committed to promote gender equality and empowering women across all sectors and preventing all forms of violence against women and uphold dignity. The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 provides safe and secure working environment free from all forms of violence and harassment.

JSS Academy of Higher Education & Research emphasizes Prevention of violence against women- Beyond the Barriers... Respect and Empower Women at Higher Education Workplace. In this connection JSSAHER is Organizing "Discrimination against Women- Pakhwada" a fifteen-day program that emphasizes on various aspects of women empowerment and safety.

**JSS Academy of Higher Education & Research
Mysuru**



Discrimination against Women-Pakhwada

*“Orientation on Prevention of Violence against Women”-
Beyond the Barriers.. Respect and Empower Women at
Higher education Workplace*

Inaugural ceremony

President

Dr. Surinder Singh

Vice Chancellor, JSS AHER, Mysuru

Chief Guest

Prof. K.S. Suresh

Chief Executive, JSS Law College, Mysuru

Guests of Honor

Dr. B. Manjunatha

Registrar
JSS AHER, Mysuru

Dr. Dhakshaini M R

Deputy Director (Academics), JSS AHER, Mysuru
Vice Principal, JSS Dental College & Hospital, Mysuru
Director (CDOE), JSS AHER, Mysuru.

Internal Complaints Committee

Dr. Suma M N

Chairperson, ICC
Vice Principal, JSS Medical College
JSS AHER, Mysuru.

Mrs. Kokila M S

Member Secretary, ICC
Deputy Registrar (Senior Grade)
JSS AHER, Mysuru

All are cordially invited

Time: 11.30 AM | 5th December 2022

Venue: Sri Rajendra Auditorium, JSS College of Pharmacy, Mysuru

PROGRAM SCHEDULE

“Orientation on Prevention of Violence against Women”-
Beyond the Barriers.. Respect and Empower Women at Higher education Workplace

Time	Title
11.30 AM – 11.33 AM	Invocation
11.33 AM – 11.38 AM	Welcome address
11.38 AM – 11.41 AM	Lighting the lamp
11.41 AM – 11.45 AM	Overview of the program
11.45 AM – 11.55 AM	Address by Chief Guest
11.55 AM – 12.00 AM	Address by Guests of Honor
12.00 AM – 12.10 AM	Presidential address
12.10 AM – 12.15 AM	Vote of thanks

Organizing Committee Members

- Dr. Suma M.N, Chairperson, ICC
Vice Principal, JSS Medical College, JSS AHER, Mysuru
- Dr. Dhakshaini M R, Co- Chairperson, ICC
Deputy Director (Academics), JSS AHER, Mysuru
Vice Principal, JSS Dental College & Hospital, Mysuru
Director (CDOE), JSS AHER, Mysuru.
- Mrs. Kokila M, Member Secretary, ICC
Deputy Registrar (Senior Grade), JSS AHER, Mysuru
- Co-Ordinators
 1. Dr. Madhu B, Deputy Dean Research, JSS AHER, Mysuru
 2. Dr. Ashwini P, Co-Ordinator, Department of Microbiology, JSS AHER, Mysuru



Scan for
scheduled events





Orientation Program Prevention of Violence against Women

Sl. No.	Time	Session : Title	Speakers
1	05.12.2022 10.00 AM 11.30 AM 12.15 PM 12.30 PM 01.30 PM 01.45 PM	<ul style="list-style-type: none"> ➤ Expert Talk - POCSO Act <i>(Protection of Children from Sexual Offenses Act)</i> ➤ Inaugural Program ➤ Tea Break ➤ Use of Karnataka State Police App ➤ Complaint Filing Mechanism ➤ Lunch 	<p>Prof. Suresh, Chief Executive, JSS Law College, Mysuru</p> <p>Mr. V Mahesh, Sub Inspector, SP Office, Mysuru Dist. Control Room</p> <p>Dr. Shilpa Palaksha, Asst. Professor, Dept., of Pharmacy Practice, JSSCPM</p>
2	06.12.2022 3.00 PM	Panel discussion on Women & Law	<p><u>Moderator:</u> Dr. B P Mahesha, Principal, Soundarya College of Law, Bangalore</p> <p><u>Panelists:</u></p> <ul style="list-style-type: none"> - Justice Smt. Kaveri, Member Secretary, Karnataka State High Court Legal Service Committee - Dr. Komala, HOD of Human Development Dept., University of Mysore - Dr. Kumadini Achachi, Asst. Professor, Dept., of Social Work, JSS College of Arts, Commerce & Science, Ooty Road, Mysuru
3	07.12.2022 3.00 PM	<p><i>"GO GREEN GROW GREEN" for Health</i></p> <ul style="list-style-type: none"> ➤ Terrace & Kitchen Gardening ➤ Waste Management ➤ Pest / Plant Disease Management 	<p>Dr Divya, Scientist @ ICAR, JSS KVK, Suttur</p> <p style="text-align: center;">&</p> <p>Dr. Vinay G M, Scientist @ ICAR, JSS KVK, Suttur</p>
4	08.12.2022 3.00 PM	<p>Women Wellness:</p> <ul style="list-style-type: none"> ➤ Ergonomic Wellness integrating Health Protection and Promotion ➤ Work Life Balance Skills ➤ Communication Skills a tool for success 	<p>Dr. Meenakshi S, Sr. Lecturer, Dept., of Prosthodontics, JSSDC&H</p> <p>Dr. Kishore, Prof. & HOD, Dept., of Psychiatry, JSSMC</p> <p>Dr. Sudheendra Bhat, Controller of Examination, JSSAHER</p>
5	09.12.2022 3.00 PM	<p>Self-defense by <i>Mom & Son</i></p> <ul style="list-style-type: none"> ➤ Orientation on developing skills for self-confidence (demo) ➤ Healthy relationships and behavior 	<p>Mrs. Shobhalatha & Mr. Kartheek S Kateel, Suraksha For Women Trust ®</p>
6	10.12.2022 11.00 AM	Health Index of Female fraternity: Working Women @ 30+: A Panel Discussion	<p>Moderator: Dr. Mamatha, HOD, Dept., of OBG, JSSMC</p> <p>Panelists:</p> <ul style="list-style-type: none"> ● Dr Preethi SP, Asso Prof, Dept of Surgery, JSSMC ● Dr Bindu Annigeri, Dept of Psychiatry, JSSMC ● Dr Prathiba Pereira, Dept of Geriatrics, JSSMC ● Dr Sumana M N, Prof, Dept of Microbiology, JSSMC



Sl. No.	Time	Session : Title	Speakers
7	11.12.2022 7.00 AM	Yoga for women: Practice of Yoga for well-being	Dr. Sujan M U, Asst. Professor, Dept., of Yoga, JSSAHER
8	12.12.2022 3.00 PM	Essay writing competition "Need of the Hour - Uplifting Women is Uplifting Humanity" 5 mins Short Videos - "Women Empowerment"	Dr. S Prashanth, Dy. Dean (Acad), JSSAHER & Dr. Shilpa Palaksha, Dept., of Pharmacy Practice, JSSCPM Dr. Praveen Kulkarni, Asso. Dean (IQAC), JSSAHER & Vice Principal (Para Clinic), JSSMC & Dr. Bhagyalakshmi A, Reader, Dept., of Orthodontics & Dentofacial Orthopedics, JSSDCH
9	13.12.2022 3.00 PM	Cyber Crime & Law: Special Reference to Women	Mr. Aradhya Dy. Superintendent of Police, Mysuru Dr. A T Jagadeesh, Asst. Professor, JSS Law College, Mysuru
10	14.12.2022 3.00 PM	Health & Fitness: Body composition (Analysis) & Nutrition Stay fit - Simple techniques for balancing weight Orientation on Health services at your steps	Dr. Vanitha Reddy P, Asst. Professor & Co-ordinator, Dept., of Nutrition & Dietetics, JSSAHER & Dr. Sudha Sairam, Asst. Professor, Dept., of Nutrition & Dietetics, SSAHER Dr. Amulya, Sr. Resident, ENT, JSSMC Dr. Anil Bilimale, School of Public Health, JSSMC
11	15.12.2022 3.00 PM	Values: Beyond Horizon - To encourage and sustain morale - being confident, secure in the public / society too.	Sri. T D Ramanuja, Founder, Focus Academy of Life Skills and Entrepreneurship, Mysuru
12	16.12.2022 3.00 PM	Women Resilience in Higher Education Institution Emotional Intelligence in every day's Life	Dr. Divya Prasanna, Asst. Professor, Dept., of Bio - Chemistry, JSSMC Mrs. Padmashree G S, Research Scholar, Dept., of Health System Mangt. Studies, JSSAHER
13	17.12.2022 11.00 AM 11.45 AM 12.00 PM 01.00 PM 01.30 PM	<ul style="list-style-type: none"> ➤ Violence against women: A preventable Public Health Problem (Beyond the barriers.....) <i>Overviewing the whole Women Pakhwada events.</i> ➤ Tea Break ➤ Skit by students - JSSCPM ➤ Valedictory ➤ Lunch 	Dr. Madhu B, Dy. Dean (Research), JSSAHER, Mysuru Dr. Vidya C S, Professor, Dept., of Anatomy, JSSMC, Mysuru Dr. Ashwini P, Asso. Prof. & Co-Ordinator, Dept., of Microbiology, SLS, Mysuru

REPORT on 'Discrimination against women' - Pakhwada Programme
on "Prevention of Violence against Women"

"Beyond the barriers.... Respect & Empower Women at Higher Education Workplace."

Organised by ICC, JSSAHER from 05.12.2022 – 17.12.2022.

The Internal Complaints Committee, JSS AHER had organized 'Discrimination against women' - Pakhwada Programme on "Prevention of Violence against Women - *Beyond the barriers.... Respect - Empower Women at Higher Education & Workplace*" from 05.12.2022 – 17.12.2022 with two pre meetings with ICC members on 01.12.2022 and with organising committee on 02.12.2022.

The programme was **inaugurated** by the Chief Guest Prof. K S Suresh, Chief Executive, JSS Law College, Mysuru and chaired by Dr. Surinder Singh, Vice Chancellor, JSSAHER and and by the Guest of Honour Dr. Manjunatha B, Registrar and Dr. Dhakshaini M.R. Deputy Director (CODE), JSS AHER.

Dr Suma M.N, Chairperson, Internal Complaints Committee, JSS AHER welcomed the members and Mrs. Kokila, Member Secretary, Internal Complaints Committee, JSS AHER gave the overview of the Pakhwada programme. Dr. Madhu B proposed the vote of thanks.

Each day activities were started with educative short videos shared by Ms. Anagha, Law student with the guidance of Prof. Shivananda Bharathi and 1800+ targeted audience benefited by the programme. The 15-days marathon Women Empowerment Programme threw light on almost all the SDGs and 'Left No One Behind' as intended with 22 sessions on various topics and had 42 Resource Persons, 33 Chairpersons with 18 Co-ordinators.

The valedictory programme was held on 17.12.2022 and Dr. Ashwini P, Asso. Prof. & Co-Ordinator, Dept., of Microbiology, SLS briefed about the 15 days Pakhwada Programme.

All Coordinators were acknowledged in the programme for their constant support in organising the Pakhwada programme. ICC Chairman Dr. Suma M N submitted the memorandum of the programme and Member Secretary Mrs. Kokila M S proposed vote of thanks to all including the authorities of JSS AHER for their guidance.

Highlights of the Pakhwada Programme: 05.12.2022 - 17.12.2022

Date	Session	Topic / Relevance of SDG	Resource persons
05/12/2022	1	Expert talk <i>SDG: 5- Gender Equality</i> <i>SDG: 10 – Reduced Inequalities</i>	Prof. K S Suresh Chief Executive, JSS Law College, Mysuru
	2	Public & Police Relationship <i>SDG: 5- Gender Equality</i> <i>SDG: 17- Partnerships for goals</i>	Mr. V Mahesh Sub Inspector, SP Office, Mysuru, Dist. Control Room, Mysuru
	3	Complaint Filing Mechanism @ JSSAHER <i>SDG: 5- Gender Equality</i> <i>SDG: 10 – Reduced Inequalities</i> <i>SDG: 16- Peace Justice & Strong institution</i>	Dr. Shilpa Palaksha Asst. Professor, Dept., of Pharmacy Practice, JSSCP, Mysuru
06/12/2022	4	Panel Discussion on Women & Law – Provisions for Women Employees <i>SDG: 3 – Good Health & Wellbeing.</i> <i>SDG: 5- Gender Equality</i> <i>SDG 17: Partnerships for goals</i>	Moderator: <ul style="list-style-type: none"> • Dr. B P Mahesha, Principal, Soundarya College of Law, Bangalore Panelist: <ul style="list-style-type: none"> • Justice Smt. Kaveri, Member Secretary, Karnataka State High Court, Legal Service Committee. • Dr. Komala, HOD of Human Development Dept., University of Mysore. • Dr. Kumadini Achachi, Asst. Professor, Dept., of Social Work, JSS College of Arts, Commerce & Science, Ooty Road, Mysuru
07/12/2022	5	“GO GREEN GROW GREEN” for Health – Terrace & Kitchen Gardening <i>SDG: 2 – Zero Hunger</i> <i>SDG 7: Affordable & Clean Energy</i> <i>SDG 11: Sustainable Cities & Communities</i> <i>SDG 12: Responsible Consumption & Production</i> <i>SDG 13: Climate Action</i> <i>SDG 14: Life below Water</i> <i>SDG 15: Life on Land</i>	Dr. Divya, Scientist @ ICAR, JSS KVK, Suttur
	6	“GO GREEN GROW GREEN” - Waste Management & Pest / Plant Disease Management <i>SDG: 2 – Zero Hunger</i> <i>SDG 6: Clean water & Sanitation,</i> <i>SDG 7: Affordable & Clean Energy,</i> <i>SDG 12: Responsible Consumption & Production</i> <i>SDG 14: Life below Water</i> <i>SDG 15: Life on Land</i>	Dr. Vinay G M, Scientist @ ICAR, JSS KVK, Suttur
08/12/2022	7	Women wellness: Ergonomic wellness integrating health protection. <i>SDG: 3 – Good Health & Wellbeing</i> <i>SDG 8: Decent Work and economic growth</i>	Dr. Meenakshi S, Sr. Lecturer, Dept., of Prosthodontics, JSSDC&H, Mysuru
	8	Work Life balance skills <i>SDG: 3 – Good Health & Wellbeing</i> <i>SDG: 5- Gender Equality</i> <i>SDG 8: Decent Work and economic growth</i> <i>SDG: 10 – Reduced Inequalities</i>	Dr. Kishore, Prof. & HOD, Dept., of Psychiatry, JSSMC, Mysuru
	9	Communication skills- A tool for success <i>SDG 4: Quality Education</i> <i>SDG 8: Decent Work and economic growth</i> <i>SDG: 16- Peace Justice & Strong institution</i>	Dr. Sudheendra Bhat, Controller of Examination, JSSAHER, Mysuru

Date	Session	Topic / Relevance of SDG	Resource persons
09/12/22	10	Self-defence by Mom & Son: Orientation on developing skills for self-confidence (demo) and Healthy relationships / behaviors. SDG 4: Quality Education SDG: 5- Gender Equality SDG: 10- Reduce inequalities	Mrs. Shobhalatha & Mr. Kartheek S Kateel M/s. Suraksha for Women Trust
10/12/2022	11	Health index of female fraternity- Working women @ 30+: A Panel discussion SDG 3: Good Health and Well Being SDG: 5- Gender Equality SDG 8: Decent Work and economic growth	Moderator: • Dr. Mamatha, HOD, Dept., of OBG, JSSMC, Mysuru Panellists: • D.r Prathiba Pereira, Dept of Geriatrics, JSSMC, Mysuru • Dr. Sumana M N, Prof, Dept of Microbiology, JSSMC, Mysuru Dr. Preethi S P, Asso Prof, Dept of Surgery, JSSMC, Mysuru • Dr. Bindu Annigeri, Dept of Psychiatry, JSSMC, Mysuru
11/12/22	12	Yoga for Women: Practice of yoga for wellbeing. SDG 3: Good Health and Well Being SDG 8: Decent Work and economic growth	Dr. Sujan M U, Asst. Professor, Dept., of Yoga, JSSAHER, Mysuru
12/12/2022	13	Essay Writing Competition – “Need of the Hour – Uplifting Women is Uplifting Humanity” SDG 4: Quality Education SDG: 5- Gender Equality SDG 8: Decent Work and economic growth SDG: 16- Peace Justice & Strong institution	• Dr. S Prashanth, Dy. Dean (Acad), JSSAHER, Mysuru • Dr. Shilpa Palaksha, Dept., of Pharmacy Practice, JSSCP, Mysuru
	14	5 mins Short Videos – “Women Empowerment” SDG 4: Quality Education SDG: 5- Gender Equality SDG 8: Decent Work and economic growth SDG: 10- Reduce inequalities. SDG: 16- Peace Justice & Strong institution	• Dr. Praveen Kulkarni, Asso. Dean (IQAC), JSSAHER & Vice Principal (Para Clinic), JSSMC, Mysuru • Dr. Bhagyalakshmi A, Reader, Dept., of Orthodontics & Dentofacial Orthopaedics’, JSSDCH, Mysuru
13/12/2022	15	Cyber Crime SDG 4: Quality Education SDG 17: Partnership for the goals	Mr. Aradhya, Dy. Superintendent of Police, Mysuru
	16	Cyber Crime law – with special reference to women SDG 4: Quality Education SDG 17: Partnership for the goals	Dr. A T Jagadeesh, Asst. Professor, JSS Law College, Mysuru
14/12/2022	17	Health & Fitness- Body composition SDG 3: Good Health and Well-Being, SDG 12: Responsible Consumption & Production	• Dr. Vanitha Reddy P, Asst. Prof. & Co-ordinator Dept., of Nutrition & Dietetics, JSSAHER, Mysuru. • Dr. Nethravathi, Asst. Prof. Dept., N&D, JSSAHER, Mysuru.
	18	Health & Fitness- Stay fit- Simple techniques for balancing weight. SDG 3: Good Health and Well Being SDG 12: Responsible Consumption & Production	Dr. Amulya, Sr. Resident, ENT, JSSMC, Mysuru.
	19	Orientation on health services at your steps SDG 3: Good Health and Well Being, SDG: 17- Partnerships for goals	Dr. Anil Bilimale, School of Public Health, JSSMC, Mysuru.

Date	Session	Topic / Relevance of SDG	Resource persons
15/12/22	20	Values: Beyond Horizon <i>SDG: 9- Industry, Innovation and infrastructure</i> <i>SDG: 16- Peace Justice & Strong institution</i>	Sri. T D Ramanuja, Founder, M/s. Focus Academy of Life Skills and Entrepreneurship, Mysuru
16/12/2022	21	Women Resilience in Higher Education Institution <i>SDG 8: Decent Work and economic growth</i> <i>SDG: 10- Reduced Inequalities</i>	Dr. Divya Prasanna, Asst. Professor, Dept., of Community Medicine, JSSMC, Mysuru.
	22	Emotional Intelligence in every day's Life <i>SDG 3: Good Health and Well Being</i> <i>SDG: 9- Industry, Innovation and infrastructure</i>	Mrs. Padmashree G S, Research Scholar, Dept., of Health System Mangt. Studies, JSSAHER, Mysuru.

NOTE: On an average of 180 -200 participants were present online & offline to the Programme.

Bird's Eye View of the Pakhwada Programme: 05.12.2022 - 17.12.2022



Smt. M S Kokila
Member Secretary, ICC, JSS AHER
&
Dy. Registrar (Sr. Grade)
GAD, JSSAHER, Mysuru.

Dr. M N Suma
Chairperson, ICC, JSSAHER
&
Vice Principal
JSSMC, Mysuru.

Date: 05/12/2022
Time: 10:30 AM - 01:30 PM



Topic

- Expert Talk
- Public & Police Relationship
- Complaint Filing Mechanism @ JSS AHER



Prof. K S Suresh - Expert Talk

Prof Suresh Informed about The Rights For Women In India by Taking Into The Consideration Both The Constitutional Rights And Legal Rights. To Name A Few The Dowry Prohibition Act, 1961 (28 Of 1961) (Amended In 1986). The Commission Of Sati (Prevention) Act, 1987 (3 Of 1988). Protection Of Women From Domestic Violence Act, 2005, The Sexual Harassment Of Women At Workplace (Prevention, Prohibition And Redressal) Act, 2013. The session also focused on the Crimes against women which occurs every minute in India. There has been a decline in the women status from ancient to medieval period which is continued in such an advanced era. Even today there are certain common crimes against women such as rape, dowry deaths, sexual harassment at home or workplace, kidnapping and abduction, cruelty by husband, relatives, assault on a woman, child and sex, trafficking, attack, child marriages and many more.

He also addressed that the Constitution of India has given the equal rights of dignity, equality, and freedom from gender discrimination but in reality, people hesitate to follow such law until and unless the perspective towards a woman does not change.

Mr. V Mahesh - Public & Police Relationship

The session started with case studies of different cybercrimes which are reported in recent periods. He also discussed the importance of 112; The 112 emergency helpline number would provide immediate assistance to services like police (100), fire (101), health (108), women's safety (1090) and child protection. 112 Mobile App is a part of the Emergency Response Support System (ERSS), a Govt of India initiative. In an emergency situation, a person in distress may seek for the assistance of local emergency service delivery departments and volunteers through the App.

Resource Person

Prof. K S Suresh

Chief Executive, JSS Law College
Mysuru

Mr. V Mahesh

Sub Inspector, SP Office, Mysuru,
Dist. Control Room

Chairperson

Dr. Suma M N

Chairman, ICC, JSS AHER
Vice – Principal, JSS MC
Mysuru

Mrs. Kokila M S

Member Secretary, ICC, JSS AHER
Dy. Registrar (Sr. Grade), GAD
JSS AHER, Mysuru

Sri. S R Sathish Chandra

Administrative Officer
JSS MC, Mysuru

Dr. C S Vidya

Prof. & HOD
Dept., of Anatomy
JSS MC, Mysuru

Dr. Shilpa Palaksha

Asst. Professor
Dept., of Pharmacy Practice

JSS CPM

Program Co-Ordinators of the day

Dr. Ashwini P

Asso. Prof. & Co-Ordinator
Dept., of Microbiology
SLS, Mysuru, JSS AHER

Dr. Stavelin Abhinandhitae K

Asst. Prof.
Division of Medical Statistics
SLS, Mysuru, JSS AHER

Date: 06/12/2022
Time: 03:00 PM - 04:30 PM



Topic

- Panel Discussion on Women & Law – Provisions for Women Employees



Justice Smt. Kaveri - Panel Discussion on Women & Law – Provisions for Women Employees

Justice Smt. Kaveri enlightened about the various section in Indian constitution which gives protection to women in various kinds of factories like beedi factory, cloth industry etc. She also emphasized on free legal advice provided to women in various occasions and insisted to all women to take benefit of it when the need arises.

Dr. Komala - Panel Discussion on Women & Law – Provisions for Women Employees

Dr. Komala gave an insight about the multifaceted role played by the women at home, workplace etc. The burden and tension in their life has lead them to multiple non communicable diseases. She also mentioned the role of nutrition in women's life which will make her capable and motivated to do multitasking.

Dr. Kumadini Achachi - Panel Discussion on Women & Law – Provisions for Women Employees

Dr. Kumadini Achachi enlightened about the various harassment that a women undergo at workplace and the measures to be taken to prevent it. She also stressed upon the personality development of women.

Prof. Shivanand Bharathi - Panel Discussion on Women & Law – Provisions for Women Employees

Prof Shivanand Bharathi summarised the discussion and requested all women to utilise the services provided by the Government for the prevention of harassment at work place.

Moderator

Dr. B P Mahesha

Principal,
Soundarya College of Law
Bangalore

Chairperson

Prof. Shivanand Bharathi

Member, ICC, JSS AHER
& Controller of Examination
JSS Law College, Mysuru

Program Co-Ordinators of the day

Dr. Nayana Bai Shabadi

Asst. Professor
Dept., of Community Medicine,
JSS MC

Panelist

Justice Smt. Kaveri

Member Secretary
Karnataka State High Court
Legal Service Committee

Dr. M R Dhakshaini

Deputy Director (Academics)
Deputy Director (CODE)
JSS AHER, Vice Principal
JSS DCH, Mysuru

Dr. Komala

HOD, Department of Human
Development, University of Mysore,
Mysuru

Dr. Kumadini Achachi

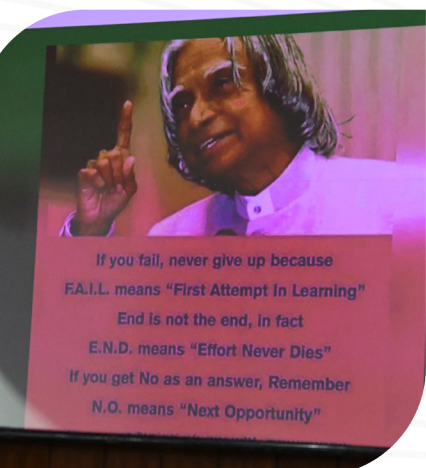
Assistant Professor, Department of
Social Work
JSS College of Arts, Commerce &
Science, Ooty Road, Mysuru

Date: 07/12/2022
Time: 03:00 PM - 04:30 PM



Topic

- "GO GREEN GROW GREEN" for Health



Dr. Divya - “GO GREEN GROW GREEN” for Health

Dr. Divya made a detailed presentation on terrace and kitchen gardening and emphasized on benefits of terrace farming. She also briefed about different types of gardening tools. She highlighted on experiencing the happiness involved in spending time with plants and nature.

Dr. Vinay - “GO GREEN GROW GREEN” for Health

Dr. Vinay made a presentation on waste management and pest control. He briefly explained about various pest control methods and utilizing kitchen waste as manure

Resource Person

Dr Divya

Scientist @ ICAR
JSS KVK, Suttur

Dr. Vinay G M

Scientist @ ICAR
JSS KVK, Suttur

Chairperson

Dr. Chandan S

Dy. Dean (Research), JSS AHER &
Asso. Prof., Dept., of Biotechnology
& Bioinformatics,
SLS, Mysuru, JSS AHER

Dr. Shivaraju H P

Asso. Prof. & Co-Ordinator,
Dept., of Environmental Science,
SLS, Mysuru, JSS AHER

Program Co-Ordinators of the day

Mr. Vijayaraghavan

Superintendent
Office of Vice Chancellor &
Pro - Chancellor, JSS AHER, Mysuru

Dr. Krishna K L

NSS Co-ordinator, JSS AHER &
Asso. Prof. & HOD Dept., of
Pharmacology, JSS CP, Mysuru

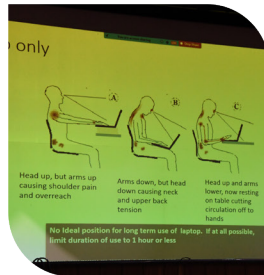


Date: 08/12/2022
Time: 03:00 PM - 04:30 PM



Topic

- Women Wellness



Dr. Meenakshi S - Women Wellness

The first session was addressed by Dr. Meenakshi S, on “Ergonomic wellness integrating health protection and promotion” - she emphasized on the present-day scenario of women multi-tasking and the need to strictly follow the rule of thumb while either standing or sitting. Also expressed that 20:20:20, should be followed as it is important to take a break every 20 mins during long sitting hours which would help in women health protection and simultaneously increases the productivity at work.

Dr. M Kishore - Women Wellness

Dr. M Kishore, discussed on the topic “Work life balance skills today” - provided an insight into the work life balance and its importance in our day-to-day life. He provided us with simple tips on “smile” which is very important and to have an extracurricular activity. He emphasized the importance of having good friends, good work culture and also to avail planned holidays too.

Dr. R Sudeendra - Women Wellness

Dr. R Sudeendra Bhat and explained the importance of Communication skills a tool for success. Sir explained the importance of communication skills and how to develop that skill on a day-to-day basis. He emphasized on having good communication skill is a key to successful life.

Resource Person

Dr. Meenakshi S

Sr. Lecturer
Dept., of Prosthodontics
JSS DCH

Dr. Kishore

Prof. & HOD
Dept., of Psychiatry
JSS MC

Dr. Sudheendra Bhat

Controller of Examination,
JSS AHER

Chairperson

Dr. Rajalakshmi

professor, Dept of Physiology

Dr. Praveen Kulkarni

Asso. Dean (IQAC), JSS AHER
& Vice – Principal (Para Clinical)
& Prof. Community Medicine Dept.,
JSS MC, JSS AHER

Dr. Suma

Reader, Dept of Orthodontics
JSS DCH to grace the diaz

Program Co-Ordinators of the day

Dr. Chanchala H P

Lecturer
Dept., of Pedodontics & Preventive
Dentistry

Dr. Mahalakshmi

Asst. Dean (BQS)
JSS AHER

Date: 09/12/2022
Time: 03:00 PM - 04:30 PM



Topic

- Self-defense by Mom & Son



Mr. Karthik - Self-defense by Mom & Son

The session started with a discussion on cyber crimes. Mr Karthik educated the audience about the factors to be taken care by women such as that they should not share their mobile or laptops, put off the internet & mobile data while not working, reset the factory setup after repair not to use public charging stations and to say away from free wifi stations. The 3 session also focused on mental harassment and not to share their personal problems with an unknown person.

Then Mon & Son duo demonstrated on how to overcome problems when faced with an attack. They demonstrated weak points in the human body like eyes, neck etc., The talk focused on use of safety pins at public places and how to overtake criminals when attacked in remote places. Mr Kateel spoke about the emergency no. 112 and mobile apps like “life 350” for a family

Resource Person

**Mrs. Shobhalatha &
Mr. Kartheek S Kateel**
Suraksha For Women
Trust ®

Chairperson

Dr. Asha Srinivasan
Asst Prof.
Division of Nanotechnology
SLS, Mysuru, JSS AHER

Dr. Usha Hegde

Prof and HOD
Dept of Oral Pathology and
Microbiology, JSS DCH
JSS AHER

Program Co-Ordinators of the day

Dr. Kathyayani
Member Secretary, ICC JSS DCH

Smt. Kokila M S

Dy. Registrar (Sr. Grade)
GAD, JSS AHER, Mysuru

Dr. Lingaraju H G

Asst. Prof. Dept. of
Enviromental Science
SLS, Mysuru, JSS AHER

Date: 10/12/2022
Time: 11:00 AM - 12:30 PM



Topic

- Health Index of Female fraternity: Working Women @ 30+: A Panel Discussion



Deliberations on key issues of Women's Health at the age of 30 plus were discussed. The concepts of health, health index definitions and criteria, and healthy mind was also discussed. The panellists also deliberated on the stress related issues leading to obesity as well as the physical appearance and also the challenges with bariatric and cosmetic surgeries. Lot of emphasis was given on vaccinations for the human papilloma virus and discussed about women sexual health.

On the preventive aspect, the panel stressed the importance of exercise, discipline, maintenance of ideal body weight, giving oneself personal time, with giving priority to things that matter, and hence motivation becomes key in making the correct choices.

The panel also recommended various tests in terms of routine tests, undetected diseases, malignancy tests, as well as for metabolic disorders.

Moderator

Dr. Mamatha

HOD, Dept., of OBG,
JSS MC

Chairperson

Dr Vijaya B

Prof, Dept of Pathology
JSS MC

Program Co-Ordinators of the day

Dr. Divya Rao

Asso Prof. Dept. of Health
System & Management
Studies, JSS AHER, Mysuru

Panelist

Dr. Preethi S P

Asso Prof, Dept of Surgery
JSS MC

Dr. Bindu Annigeri

Dept of Psychiatry, JSS MC

Dr. Prathiba Pereira

Dept of Geriatrics, JSS MC

Dr. Sumana M N

Prof, Dept of Microbiology, JSS MC

Date: 11/12/2022
Time: 07:00 AM - 08:30 PM



Topic

- Yoga for women



Dr. Sujan - Yoga for women

Dr. Sujan explained the benefits of Yoga for women as a woman is known for the many roles that she plays in life. And he said that yoga is the best voluntary medicine one can practice. He explained that as women go through different phases of life, from childhood to puberty and motherhood to menopause, Yoga can become the one constant companion that equips them with the physical, mental, and emotional strength to tide over any challenges bravely and easily. The physical practice of yoga through asanas serves people from all age groups and genders equally. However, he enlisted specific exercises that are particularly beneficial for women. Yoga increases your flexibility. Yoga helps you to build strength. Yoga improves posture. Yoga helps to keep the joints healthy. Yoga is a powerful mindfulness practice that reduces stress by lowering blood pressure. Yoga improves breathing. Yoga encourages your body's natural healing process.

Resource Person

Dr. Sujan M U

Asst. Professor
Dept., of Yoga,
JSS AHER

Chairperson

Dr. Devanand D

Asst. Dean (Academics)
JSS AHER

Dr. Shailaja

Asst Prof, CDOE, JSSAHER

Program Co-Ordinators of the day

Dr. Ashwini P

Asso. Prof. & Co-ordinator
Dept. Of Microbiology
SLS, Mysuru, JSS AHER

Date: 12/12/2022
Time: 03:00 PM - 04:30 PM



Topic

- Essay writing competition
- 5 mins Short Videos



The submission for the video and essays was 10th of December, the submitted videos and essays were sent to respective judges on 11th December. There were 62 essays submitted by research scholars, students and staff across the JSS AHER constituent colleges and different specialities, that includes faculty and students from JSS Medical College, JSS CP Ooty, JSS School of Life sciences, Mysuru, JSS School of Public Health, Health System Management studies, JSS Dental college & Hospital. In short video competition total 4 videos were received by the committee. All 3 judges for each events evaluated individually and average scores were taken for each participant.

In essay competition total 6 prizes were given, 1st, 2nd & 3rd prizes, 2 consolation prizes and 1 special prize for considering pre-historic till the current perspective on women upliftment.

In Short video competition, 3 prizes were given.

The winners of the events were asked to share their thoughts while making video and writing essay, and about the theme given. All the winners shared their experiences in writing & video making.

Chairperson

Dr. S Prashanth

Dy. Dean (Acad), JSS AHER

Dr. Shilpa Palaksha

Dept., of Pharmacy Practice
JSS CPM

Dr. Praveen Kulkarni

Asso. Dean (IQAC), JSS AHER & Vice
Principal (Para Clinic), JSS MC

Dr. Bhagyalakshmi A

Reader, Dept., of Orthodontics &
Dentofacial Orthopedics, JSS DCH

Program Co-Ordinators of the day

Dr. Vijaya Vageesh Y

Asso. Professor, Dept., of Physiology,
JSS MC

Dr. Shalini N

Asst. Professor
Dept., of HSMS, JSS AHER, Mysuru

Date: 13/12/2022
Time: 03:00 PM - 04:30 PM



Topic

- Cyber Crime & Law: Special Reference to Women



Dr. A T Jagadeesh - Cyber Crime & Law: Special Reference to Women

Dr. A T Jagadeesh, addressed the audience on Do's and Don'ts to prevent the cybercrime. He stressed upon the need for cybercrime awareness in the society to minimize the incidents. To reduce the cybercrime, he advised to use the technology wisely. He informed the participants about 1390 as emergency number to contact whenever a person become a victim of cybercrime. He also highlighted Technology Information Act 2000 and briefed the salient feature of the Act.

Sri. Renukaradhya - Cyber Crime & Law: Special Reference to Women

Sri. Renukaradhya spoke about the role of police and individual on Cyber Security and Cyber Crime Investigation. His talk geared on various facts of Cyber Stalking, Extortion, Spoofing, Cyber Crimes and Cyber Forensics. He discussed about crime investigation case studies. His stressed about Privacy Policy for various applications that are freely available. He emphasized on the the usage of Disposable Email Accounts and explained the importance of it.

Resource Person

Mr. Aradhya

Dy. Superintendent of
Police, Mysuru

Dr. A T Jagadeesh

Asst. Professor
JSS Law College

Chairperson

Dr. Sunil Kumar D

HOD, Dept., of Community Medicine
& Cyber Crime Intervention Officer
JSS AHER

Mr. Sathish Chandra S R

Administrative Officer, JSSMC

Program Co-Ordinators of the day

Dr. Lingaraju H G

Asst. Professor
Dept of Environmental Science,
NCC Officer, SLS, Mysuru

Date: 13/12/2022
Time: 03:00 PM - 04:30 PM



Topic

- Health & Fitness



Dr. Vanitha Reddy P - Health & Fitness

First speaker, Dr. Vanitha Reddy P gave detailed explanation about various aspects of body composition also included body fat percentage, bone mass, muscle mass, body water content etc. She also stressed on the points regarding balanced diet and few myths regarding nutrition.

Dr. Nethravathi H - Health & Fitness

Second speaker, Dr. Nethravathi H emphasised on the principle of body fat analyser and gave live demonstration of operating the “INBODY” instrument. A detailed explanation regarding report analysis was discussed.

Dr. Amulya T.M - Health & Fitness

Dr. Amulya T.M started the next session with her inspiring journey of weight loss post pregnancy. She gave important and simple tips to lose weight by having portion control and walking. A simple diet plan for a day with workouts was shared. She gave fitness mantra of “SELF CONTROL, SELF DISCIPLINE AND CONSISTENCY”.

Dr. Anil Bilimane - Health & Fitness

Dr. Anil Bilimane started his session by giving brief introduction about health care system in India with emphasis on “ayushman bharath” and other service packages. Further, the responsibilities of the door delivery angles-ASHA workers were explained in detail. Knowledge regarding free drug and diagnostics was enriched and session ended with emphasis on m-health “ SWASTH AADHAR”.

Resource Person

Dr. Vanitha Reddy P

Co-ordinator

Dept., of Nutrition &
Dietetics, JSS AHER

Chairperson

Dr. Roopa S Basutkar

Asst. Professor

Dept., of Pharmacy Practice
JSS CPO, Ooty

Program Co-Ordinators of the day

Dr. Nagashree M V

Sr. Resident,
Dept., of Physiology, JSS MC

Dr. Nethravathi H

Asst. Professor and coordinator

Department of Nutrition and dietetics
JSS AHER

Dr. Deepthi Thandaveshwar

Asst. professor

Department of Pediatrics
JSS MC, Mysuru

Dr. Amulya T.M

Senior Resident

Department of ENT
JSS MC, Mysuru

Dr. Gowramma B

Asso. Professor

Department of Ph. Chemistry
JSS CPO, Ooty

Dr. Anil Bilimane

MPH coordinator

School of public health
JSS MC, JSS AHER

Date: 15/12/2022
Time: 03:00 PM - 04:30 PM



Topic

- Values: Beyond Horizon



The session had numerous inspirational thoughts and few of the take-home messages. The speaker started the session with an impactful line, 'Art of living, is the art of giving,' the more we give the more we are benefitted in the end. The speaker informed about the five aspects, namely intellectual, spiritual, mental, psychic, and physical aspects and to follow truth, non-violence, peace, love, and right action respectively as the five prime values our life to lead a happy and beautiful life. He talked about a great philosophy of 'Swami Vivekananda' about the "Core Values," stating that 'values and morality form the core of our lives,' a man with no right values and ethics will not be respected in the society. The speaker emphasized like truthfulness, patience, self-acceptance, thankfulness, hopefulness must also be ingrained by us humans. The speaker insisted one should follow integrity more than honesty as it is important to make this world a better place to live in. The Speaker D T Ramanuja motivated the audiences about the values to become a great person from a good person.

Resource Person

Sri. T D Ramanuja

Founder

Focus Academy of Life

Skills and

Entrepreneurship, Mysuru

Chairperson

Dr Vijaya B

Prof of Pathology, JSS MC

Dr. Madhusudan Purohit

Dean (IQAC), JSS AHER

Program Co-Ordinators of the day

Dr. Asha Spandana

Lecturer, Dept., of Pharmaceutics

JSS CPM





INVITATION



Chief Patron

With Blessings of His Holiness

Jagadguru Sri Shivarathri Deshikendra Mahaswamiji

Jagadguru Sri Veerasimhasana Mahasamsthana Math, Suttur Srikshetra

Patrons

Dr. B Suresh

Pro Chancellor, JSS AHER, Mysuru

Dr. Surinder Singh

Vice Chancellor, JSS AHER, Mysuru

VALEDICTORY

Discrimination against Women – Pakhwada

Orientation on Elimination of Violence against Women

“Beyond the barriers ... Respect and Empower Women at Higher Education Workplace”

Date: 17th December 2022

Time: 09:30 AM

President

Dr. B Manjunatha

Registrar, JSS AHER, Mysuru

Chief Guest

Sri. C C Hiremath

Finance Officer, JSS AHER, Mysuru

Guest of Honor

Dr. H Basavana Gowdappa, Principal, JSS Medical College, Mysuru

Dr. Ravindra S, Principal, JSS Dental College & Hospital, Mysuru

Dr. Pramod Kumar S, Principal, JSS College of Pharmacy, Mysuru

Dr. Dhanbal S P, Principal, JSS College of Pharmacy, Ooty

Dr. Raveesha K A, Head, School of Life Sciences, Mysuru

Dr. Mamatha H K, Co-ordinator, Department of Health System Management Studies, JSS AHER Mysuru

Dr. M J N Chandrashekar, Co – Ordinator, School of Life Sciences, Ooty

Internal Complaints Committee, JSS AHER

Dr. M N Suma, Chairman, ICC & Vice – Principal, JSS Medical College, Mysuru

Smt. M S Kokila, Member Secretary, ICC & Dy. Registrar (Sr. Grade), GAD, JSS AHER, Mysuru

ALL ARE INVITED