

ACHARYA PATA SHALA COLLEGE OF COMMERCE,



N R Colony, Bangalore-560019
Affiliated to Bangalore Central University
NAAC Re-accredited 'B' Grade
www.apscommercollege.ac.in

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BHOOMIKA


(Women Empowerment and Grievances Redressal Cell)

In the simplest of words, Women Empowerment means to create an environment where women are treated as equals and are able to make independent decisions for themselves, and are accorded equal status and importance in matters of Familial, Societal and National development.

Women empowerment in India is a hotly discussed topic, but very unfortunately little is being done in concrete terms. Women continue to be oppressed, restricted, exploited, and abused everywhere and across all the echelons of the society. There needs to be a sea-change in the mind-set of the people in our country to make Women Empowerment a complete reality.

This Women Empowerment Cell in Acharya Patha Sala College of Commerce, is called as Bhoomika, is a planned effort to create awareness among women about their rights and privileges to improve their own lot and also to make the men aware of the importance to treat women as their equals and with respect and thus creating awareness on Gender Sensitization.

In this Forum we also look into and take care of the grievances of Anti-Ragging and Prevention of Sexual Harassment (POSH) if any.


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Convener

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2016-17

On 7th January 2017 in the conference Hall a seminar was conducted on women's health. The speakers of the Seminar were **Sri. Kemparaju and Mrs. J Geeta**, who spoke about the importance of good health and a healthy life style for women's health.


Girl students of 4th and 6th Semester 'A' section attended the seminar and had the benefit to update and educate themselves with the various aspects of personal health issues.

The speakers gave detailed information about the organs and the parts of the body and its impact on the health and the maintenance of the same to remain hale and healthy. There were also an interactive sessions which answered many questions from the students and staff.

The seminar also gave the importance of healthy food habits and lifestyle and the methods for maintaining the same.

Overall it was an informative session to begin with from the Bhoomika Forum for the even semester. A Social group was created on 'WhatsApp' to share information, clear queries and also build a strong team to update on health issues.




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On 19th January 2017 a Seminar cum workshop on “EMPOWERING WOMEN” was organised in our college conference hall Dr. S P Srimathi, Director, UGC Center for Women’s Studies and PG Coordinator, Department of Women’s Studies, NMKRV College for Women was the speaker.

Gender Discrimination, Education, Building and working on self confidence was the gist of the Seminar. There were some activities conducted for both girls and boys which were based on the situation of women in many of the given situations. Students enjoyed the activities thoroughly and learnt lot of things in the process.



Lakshmi V. K. S.
Convener

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On 25/02/17 Bhoomika Forum conducted a medical camp in collaboration with the **PEOPLE TREE HOSPITAL Bangalore.**

Dr. Sushma D., obstetrician & gynaecologist, talked about the major health issues confronted by girls of the present generation, emphasizing on the need for regular exercise & a wholesome diet intake.

Dr. Sandeep Naik, orthopaedic surgeon, spoke about various kinds of bone disorders, with special reference to knee joint and how men and women can maintain their health with proper intake of calcium. He also spoke about the symptoms of Osteoporosis among women due to calcium deficiency.



Sulekshi V. K.
Convener

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On 15th March 2017, International Women's Day was organised in the college Conference Hall. **Dr. Geetha Ramanujam** was the Chief Guest of the event, giving lot of insight on why the Women's Day was celebrated all over the world. She also called upon the women gathered to update themselves on the various laws passed by the parliament in favour of the women.

Her talk was motivating to the students to follow their passion and interest and it was followed by cultural activities by students.




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BHOOMIKA IN ASSOCIATION SAMVADA
Organised
Gender Sensitization Awareness Program



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On 4th march 2017 we had a very interesting and interactive program on the ***Gender Sensitization Awareness Program "HIGHER EDUCATION OR MARRIAGE, IS IT PARENTS DECISION OR SELF DECISION"*** this program was conducted by Samavda and Non-Governmental Organisation, with whom we have an MoU.


92 students (boys and girls attended this program), it was an interactive session wherein all students had something interesting to share about their personal experiences at the end of this program.

The felicitator who started the session with some case studies which have come to their offices, few of them were the same as some of the students of our same college and they stood up to express their experiences and it was really shocking and surprising too.

Samavada Team who were present for the program made teams out of our students who attended the program and each member of Samvada started attending and talking to them. There were lot of emotional outbursts during the sessions.

Overall, it was a wonderful experience to both students and teachers and had an opportunity to learn and understand loads of reality behind a human being.


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2017-2018

On 14th March 2018 International Women's Day was celebrated in our college, Dr. Laxmi Chandrasekhar was the resource person.



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Laxmi V K
Convener

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2018-19

On 28th July 2018 Women Empowerment Cell Under the Banner Bhoomika n association with DISHA Foundation had organised an **AWARENESS PROGRAM ON WHAT AMOUNTS TO SEXUAL HARASSMENT AND GENDER SENSITIZATION.**

It was a daylong session and Speakers and trainers from DISHA FOUNDATION conducted this event in our college Conference Hall.

This program was Scheduled in 3 Parts:

- 1st Part Session on Rules and Regulation on Sexual Harassment, and an interactive session. this schedule also had some yoga sessions too.
- 2nd Part again an interactive session wherein both boy and girls were allowed to express their views and experiences about gender sensitization and Sexual Harassment.
- 3rd Part was a personal session wherein the resource persons made different groups of boys and girls and each group was taken over by the resource persons separately and spoke to them about their views and experiences and some cases which they have come across.

It was given to understand from the resource person some of the girls in their family has experienced certain issues and problems and they have got it solved too they also said that it should be kept confidential.


The daylong program was very useful and was thoroughly enjoyed by the students and resource persons. We also had an oral feedback session too.



Introduction of the program



Group Activity



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Talk it loud and express your fear.



Students sharing their views and experiences



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Yoga Sessions



Group sharing and discussion


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Group Sharing and discussion

Sitabehi V. K. Th
Convener

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2019-20

On 15th April 2019, The Women Health & Hygiene Program was organised by Bhoomika in the College Conference Hall

Dr. Meenakshi Bharath was the Resource person who enumerated about Sustainable Mensuration and Reusable Sanitary Napkins. An interaction with the students about the Menstrual Health was also organised to clear the doubts and myths about the women health.

She gave a detailed explanation o about use age of Menstrual Napkins and its impact on the health. The alternative for the same like Tampons, Menstrual Cups and Reusable Napkins. She also mentioned that disposal of Napkins in the open space will have an adverse impact on the Environment and Biodiversity.

Staff and Students had an opportunity to consult Dr. Meenakashi Bharath after the session.

The Dr. Mukunda Naik Principal, APS College of Commerce, Bhoomika Convener, Smt. Srilakshmi V Kittur, staff and students participated in the program.



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Explaining the impact of Napkins on Environment and personal health



Demonstrating the use of Menstrual Cups



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Staff Consulting Dr. Meenakashi Bharath



Group Photo with the Resource Person Dr. Meenakashi Bharath


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Personal Health and Hygiene



Audience –Students and Staff

Sulakshmi V R
Convener

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2019-20

On 31st July 2019 Acharya Pathasala College of Commerce, under the Bhoomika Banner had organised an Awareness Program on Gender Sensitization in the college conference Hall in the presence of Principal, Physical Education Director, NCC Cadets and Youth Red Cross Society volunteers of our college.

Sri K Y Narayanswamy, ACP Basvangudi Jurisdiction and his team made a presentation on the topic. The team consisted of Vaitha Sahayavani, Basvangudi and Parihar also Vanitha Sahayavani in the Commissioner's Office, Infantry Road, Bangalore


The President of the Sahayavani in their introduction about themselves, explained how it works, what are its jurisdiction and how to reach them and approach them and who can reach them and how do they facilitate in resolving the issues.

This was followed by awareness speech by Sri K Y Narayanswamy ACP, in his speech he mentioned that awareness of Gender Sensitization starts at home it is the mother/parents who starts gender discrimination between male and female Children I the family in all the matters like education, food opportunities etc., male child is given first preferences or importance.

He also appealed to the students to dress properly and never give the opportunity to be taken for a ride and take advantage of your situation and weakness. Awareness on Cyber law is the need of the hour, social media crime is increasing and in this crime it is not only girls who are victims abut also boys who are victimised.

Boys and girls should follow certain discipline which will protect them in their life understanding each other and respecting both the gender is very important he mentioned.

The Team also answered many queries raised by the students present in the program.



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ACP Sri K Y NarayanSwamy Addressing the gathering



Examples and cases on Cyber Crime by the team member


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Students interaction with the team



Girls with ACP Sri Narayanswamy



Boys with ACP Sri Narayanswamy



Group Photo after the session


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2020-21

on 16th February 2021, Women Empowerment Cell of Acharya Pathasala College of commerce under the Bhoomika Banner organised a program on "Introduction of Savithribai Phule, First Indian Lady Educationist and Awareness on Gender Sensitisation, in the newly constructed College Auditorium.

Smt. Vimala K S, Vice-President, Akhila Bharatiya Janwadi Mahila Sanghatana, Karnataka State Committee was the Resource Person.


The Event was presided over by CA Sri A P Acharya, Governing Body Chairman, of our college. Dr. D M Mukundanaika , Principal, Dr. B Paramesh, Director and Vice-Principal, Smt. Srilakshmi V Kittur, Asst.Professor in the department of Commerce and Management and Convener of Bhoomika , Teaching and Non-Teaching Staff and students were present.

The event began with an Invocation rendered by Kum.Gowthami S followed by welcome speech by Kum. Chetana, and Chi.Dhanush. Dignitaries on the Dias, lighted the lamp, where introduction of the Bhoomika Cell was given by Smt. Srilakshmi V Kittur. Kum Anitha introduced the Guests and felicitation was made by the dignitaries.

Smt. Vimala K S took over the session she spoke about how the initial life was of Savithri Bai Phule and Jyothi bai Phule when they tried to bring the change in the society, hurdles faced by them, what kind of contribution was made. Her speech motivated the students and staff.

Presidential speech was rendered by CA Sri A P Acharya. There were also musical renditions by Smt. Brinda Narashiman, Asst. Prof of English Department, Kum Kaliveni, Kum. Varshitha and group and Poetry recital (Kavitha Vachana) was held, Students Kum. Sahana, Manjushree and Nandini, Manjunath, Dhanush read their Poetry.

The Show was anchored by Dr. Mahesh B N Asst.Professor in the department of Commerce and Management, vote of thanks was by Kum. Amulya J and Jaganath



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Dignitaries on the Dias



Lighting of the Lamp


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Falicitation to the Chief Guest (Smt. Vimala K S)



Book on Smt. Savithri Bai Phule.

S. Savithri V. K. S.
Convener

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