

## SHREE CHANDRAPRABHU JAIN COLLEGE, MINJUR

### WOMEN'S COUNSELLING REPORT - 2017 - 18

We thank the Management, Advisor, Principal, Convenor and Women's Counselling Committee Co-ordinators for their constant support and guidance who acted for the welfare of the women students in our college.

Women students have been counselled by the Co-coordinators in the conference hall by pointing out the Safety measures, dress codes and discipline activities. An Empowerment programme was organized for all the women students on **13/12/2017, Ms.Rizwana Parveen**, Resource person, Hindustan Unilever and event head in Anastasia Event Company. She spoke about the importance of confidence and Grooming. She gave a valuable tips on how to create the best impression at the time of interviews. At the end of the session free gifts of cosmetics were given to the students.

We have organized a Gynecological Awareness Programme for the first year women students on 03/02/2018 at conference Hall .Dr. E. Indumathi **Thayar.M.D(OG),DNB**, consultant obst & Gynaecologist, Apollo Hospital,pvt.Ltd.,Vanagaram, has agreed to preside over the Awareness Programme. .She addressed the women students by pointing out the Polycystic ovary Syndrome(pcos) causes and symptoms and she advised the women students to be fit and healthy by practicing good exercises in their day- to-day life .Slides were shown to the students for the better understanding.

**Women's Day was celebrated in a grand manner on 08/03/2018 at Bhagwan Mahaveer Auditorium.** The chief guest of the day was Dr.R.Vijayalakshmi, BNYS,PG,DAN,Departement of Yoga and Naturopathy and lifestyle, addressed the gathering on the importance of Yoga and how to avoid stress in day to –day's life in attending to the work.The guest of honour Mrs. Shiny, Playback Singer, advised the women students should be ambitious in getting their goals achieved.

Cultural events like Group Dance, Group singing, Mime, Folk Dance (Hindi), Trendy-Trendy were exhibited on on-stage by women students and staff members and they were awarded with prizes by the Chief Guests.

In connection with the Women's Day celebration various competitions had been conducted for the women students and staff members and the names of the competitions are listed below.

#### Women staff members

Sl.No.	Event Name
1	Mehandi
2	Rangoli

3	Collage
4	Anthakshri
5	Lucky corner
6	Game show

### **Women students**

<b>Sl.No.</b>	<b>Event Name</b>
1	Anthakshri
2	Bridal Make up
3	Mime
4	Rangoli
5	Adaptune
6	Collage
7	Mehandi
8	Vegetable carving
9	Uri Adithal
10	Golu
11	Group Dance
12	Pot painting
13	Cooking without fire

### **Men Staff members**

<b>Sl.No.</b>	<b>Event Name</b>
1	Game Show







