

|| Jai Sri Gurudev ||

**Sri Adichunchanagiri First Grade College,
Channarayapatana-573116**

**Women Empowerment Cell and Sexual
Harassment Prevention Cell**

Date: 25/11/2024

Circular

We are pleased to inform you that the Women Empowerment Cell and Sexual Harassment Prevention Cell of SAFG College are organizing a Special Lecture Programme on the topic "Health and Well-Being of Adolescents." The session aims to create awareness about the physical, mental, and emotional aspects of adolescent health.

Event Details:

- **Date:** 27th November 2024
- **Time:** 10.30 AM
- **Venue:** Seminar Hall

We encourage all students and staff members to attend this insightful programme and take advantage of the knowledge and resources being shared.

*Chair for
Convenor*

Chair

Convenor.

*Women Empowerment Cell.
SAFG College.*

M. Jeyanthan M.K.
Principal

Sri Adichunchanagiri First Grade College
Channarayapatna

Chair

Chair

Pravara

Neethy P

Chair

Shrothan



|| Jai Sri Gurudev ||



Sri Adichunchanagiri First Grade College

Channarayapatna-573116

**Women Empowerment Cell and Women Sexual Harassment
Prevention Cell in Collaboration with IQAC**

Special lecture on "Health and wellbeing of Adolescents"

Date: 27-11-2024

Time: 10.30 AM

Venue: Seminar Hall

Divine Blessings

**His Holiness Paramapoojya Jagadguru Padmabhushana
Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji**

Gracious Blessings

**Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji
Poojya Sri Sri Shambhunatha Mahaswamiji**

- Prayer** : **Ms. Bhavana, II B.Sc.,**
- Welcome Speech** : **Dr. Nirupama M, Convener, Women Empowerment cell**
- Chief Guest** : **Dr. Ramesh Babu S., MBBS., MD.,**
Obstetrics and Gynecologist
Mamatheya Madilu Hospital, CRP.
- President** : **Dr. M.K. Manjunath, Principal, SAFG College, CRP.**
- Vote of Thanks** : **Mr. Siddaraju, Assistant Professor of Political Science**
- Anchoring** : **Mrs. Kavitha J N.,**
Convener, Women Sexual Harassment Prevention Cell

**CORDIALLY INVITE THE STUDENTS AND STAFF FROM
SAFG COLLEGE, CHANNARAYAPATNA**

|| Jai Sri Gurudev ||

SRI ADICHUNCHANAGIRI FIRST GRADE COLLEGE

CHANNARAYAPATANA-573116

**Women Empowerment Cell and
Women Sexual Harassment Prevention**



Date: 27/11/2024

Report on Special Lecture Programme on "Health and wellbeing of Adolescents"

The Women Empowerment Cell and Women Sexual Harassment Prevention, in collaboration with IQAC of SAFG College organized a thought-provoking session on **"Health and Well-being of Adolescents"** on 27th November 2024 at seminar hall. The event aimed to address the key health concerns and psychological challenges faced by adolescents, emphasizing the importance of early interventions and awareness.

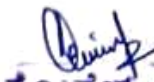
The program began with a prayer song performed by Bhavana, II BSc. After that, the session commenced with a warm welcome extended to the Chief Guest, **Dr. Ramesh Babu S**, a renowned expert in Gynecology. The Principal, faculty members, and students of the college graced the occasion with their enthusiastic presence.

Dr. Ramesh Babu began by acknowledging the unique challenges adolescents face in today's fast-paced world; including stress, peer pressure, and the impact of digital media on mental and physical health. He addresses some of the challenges pertaining to menstruation. He also emphasised the significance of adolescent health and wellness, giving them the necessary information and abilities. The event was highly appreciated by both students and faculty, marking it as a significant step towards promoting adolescent health and well-being. This initiative reflects SAFG College's commitment to holistic education, nurturing not only academic growth but also the overall well-being of its students.

The program was anchored by Mrs. Kavitha J N, Convener, Women Sexual Harassment Prevention Cell, and was presided over by Dr. Manjunath M K, Principal, SAFG College. Mr. Siddaraju, Assistant Professor in Political Science, then gave a vote of appreciation. Approximately 137 students utilise this program.

Resource person: Dr. Ramesh Babu S, MBBS, MD, Obstetrics and Gynecologist, Mamathaya madilu Hospital, Channarayapatna

Contact Number: 9448055488


ಮಂಜುನಾಥ ಮ.ಕ.
ಪ್ರಿನ್ಸಿಪಲ್
ಸ್ರೀ ಅದಿಚುಂಚನಗಿರಿ ಫಿರ್ಟ್ ಗ್ರೇಡ್ ಕಾಲೇಜ್
ಚನ್ನರಾಯಪಟ್ಟಣ
ಬೆಂಗಳೂರು


Principal
Sri Adichunchanagiri First Grade College
Channarayapatna

Special lecture program on "Health and wellbeing of Adolescents"

27/11/2024



Dr. S. S. S. S.
ನೋಡಲ್ ಆಫೀಸರ್
ಪಾಠಶಾಲೆಯ ಸಾಮಾಜಿಕ ಕಲ್ಯಾಣ ಶಾಖೆ
ಅಧಿಕಾರವಹಿಸುತ್ತಿದ್ದು ದಯೆ ಕಾಲೇಜು
ಪ್ರಾಂಶುಪಾಲರು

M. S. S. S.
Principal
Sri Adichunchanagiri First Grade College
Channarayana



Women Empowerment Cell Women Sexual Harassment Prevention Cell

Date: - 27/11/2024

Programme Name: Special lecture on
"Health and Wellbeing of Adolescents"

Sl.No.	Name	Class	Signature	Remarks
01	Harshitha B.L	I st B.Com		
02	KAVANA	I st B.Com	Kavana	
03	Pavithra	I st B.Com		
04	Meghana.K	I st B.Com	Meghana.K	
05	Rakshittha	I st B.Com	Rakshittha	
06	Nishchitha T.M	II nd B.Sc		
07	Thejaswini D.	II nd B.Sc		
08	Lekhana.H.K	II nd B.Sc	Lekhana.	
09	Harshitha D.S	II nd B.Sc.	Harshitha.D.S	
10	Inchasa D. G	II nd BA	Inchasa	
11.	Bhavana.C.M.	II nd B.S.C.		
12.	Lakshmidewi	I st B.Com		
13	Harshitha	I st B. Com	Harshitha	
14	Harshini	I st B. com	Harshini	
15	Lakshmi	I st B.com	Lakshmi	
16	Rakshittha.B.P	2 nd BSc		
17	Arjali.T.S	II nd BSc	Arjali	
18.	Ramya.H.m	II nd BSC	Ramya.H.m	
19	Kanchana D.S	II nd B.A	Kanchana.D.S	
20	Shanika B	II nd B.Sc	Shanika	
21	Bhavana P.R	II nd Bsc		
22.	Bhavana P.Gaude	II nd Bsc		
23	Mupfira Gowr	II nd Bsc		
24	Madura	I st B.A		
25	Nishchitha	I st B.A		
26	Chitra.S.S	I st B.Sc		
27	Varshali	I st B.Sc		
28	Keerthana	I st B.Sc	Keerthana	



Sl. No.	Name	Class	Signature	Remark
29	Kemashree	1 st B.Sc	Hemashree	
30.	Ranjitha	1 st B.Sc	Ranjitha	
31	Keerthana. J.Y	1 st B.Com	Keerthana	
32	Gagana. C	1 st B.Com	Gagana	
33	Nagaveni. P. B	1 st B.Com	Nagaveni	
34	Subasini. C.N	II nd B.A	Subasini	
35	Shilpashree	II nd B.A	Shilpashree	
36	Harshitha	1 st B.Sc	Harshitha	
37	Vedavathi. D. D	1 st B.Sc	Vedavathi	
38	Sinchana	1 st B.Sc	Sinchana	
39	Lakshmi Sowmya	1 st B.Sc	Lakshmi	
40	Soundarya. J.S	1 st B.Sc	Soundarya	
41	Rhanalakshmi. G.R	1 st B.Sc	Rhanalakshmi	
42	Samikha. S.K	1 st B.Com	Samikha	
43	Keerthana. D.K	1 st B.Com	Keerthana	
44	Mahalakshmi. A.H	1 st B.Com	Mahalakshmi	
45	Asha	1 st B.Com	Asha	
46	Mangalika	II nd B.A (G.S)	Mangalika	
47	Meghana. L.S	II nd B.A	Meghana	
48	Ranjitha S.D	II nd B.A (H.K)	Ranjitha	
49.	Anjali. S	II nd B.A (H.K)	Anjali	
50.	Chandana. C.M	II nd B.A (H.K)	Chandana	
51	Jayashree A.B.	1 st B.Sc (Pcm)	Jayashree	
52	Krushitha. N.S	1 st B.Sc (Pcm)	Krushitha	
53	Amulya	1 st B.Com	Amulya	
54	Goodvika	1 st B.Com	Goodvika	
55	Varshitha. B.G	1 st B.Com	Varshitha	
56	Manya. M.	1 st B.Sc	Manya	
57	Vijayalishmi.	1 st B.Sc (Pcm)	Vijayalishmi	
58	Hemalatha	1 st B.Sc (Pcm)	Hemalatha	
59	Ruchitha. K.M	1 st B.Com	Ruchitha	
60	Manasa. N.L	1 st B.Com	Manasa	



Sl. No.	Name	Class	Signature	Remarks
61	Lakshmi S.G	I st BSc [PCM]	Lakshmi	
62	Vasuktha. D	I st BSc [PCM]	Vasuktha	
63	Kanchana	I st BACHEL	Kanchana	
64	Kruthika D.R	I st B.COM	Kruthika D.R	
65	Bhavana K.m	I st B.Com	Bhavana	
66	Vidyaashree D.S	I st B.Com	Vidyaashree	
67	Kuluma	I st B. Com	Kuluma	
68	Thejaswini	I st B.com	Thejaswini	
69.	Bhoomika G.M	I st Bcom	Bhoomika	
70	Navya C.P	I st a.com	Navya C.P	
71.	prapullakumari.DM	I st B.com	prapullakumari	
72	Sanjana G.M	I B.A	Sanjana	
73	Chandana	I st B.A	Chandana	
74	Manya D.M	I st B.A	Manya	
75	Panishree. B.T	I st BSc.	Panishree	
76	Pooja C.S	I st BSc	Pooja	
76	Lavanya G.M.	I st BSc.	Lavanya	
77	Ruchetha. B.	II nd B.A	Ruchetha	
78	Jayashree P.R	II nd B.A (H.K)	Jayashree	
79	Kavana M.P	II nd B.Sc(CZ)	Kavana	
80.	Ambika, U.	II BSc(CZ)	Ambika, U.	
81	Anushree K.S.	II BSc(CZ)	Anushree	
82.	Sheetal C.H	II nd B.Sc(CZ)	Sheetal C.H	
83	Pooja	III rd (H.K)	Pooja	
84	Nayana.K.M	I st B.A. (H.S'G)	Nayana.K.M	
85	Bhavya K	I st B.A [H.S'G]	Bhavya K	
86	Nisha	I st BSc [PCM]	Nisha	
87	Lavanya	I st BSc [PCM]	Lavanya	
88	Kavitha T.P	I st BSc [PCM]	Kavitha	
89	Anu	I st BSc (CBZ)	Anu	
90	chandana.C.D	I st BSc (CBZ)	chandana	
91	Deepshitha	I st BSc (CBZ)	Deepshitha	



Sl. No.	Name	Class	Signature	Remarks
92	Poojarani	I st BSC (CBZ)	Poo	
93	Ajay. M.	I st Bcom	Ajay	
94.	Likitha C.K	I st Bcom	Likitha	
95.	Hemant G.B	I st Bcom	Hem	
96	Dakshith V.B	I st B. Com	Dakshith	
97	Vikash Shrivanna Patel	I st B. Com	Vikash	
98	Aravind, B	I st B. Com	Aravind	
99	Darshan. N	I st Bcom	Darshan	
100	Mamoo gowd MP	I st Bcom	Mamoo	
101	Sathish. m	II nd BSC	Sathish. m	
102	Darshan. V. P	II BSC	Darshan	
103	Unesha S. D	II B.S.C	Unesha	
104	Mohammed Faiman	I st B. Com	Faiman	
105	Deepak	I st BSC	Deepak	
106	Sanjay Singh	I st B. Com	Sanjay	
107	Tejvan V	I st BSC	Tejvan	
108	Darshan PS	I st BSC	Darshan	
109	Hemant DM	I st BSC	Hemant	
110	Punith gowda	I st BSC	Punith gowda	
111	Preetham Kumar	I st BSC	Preetham	
112	Sannith R	I st BSC	Sannith	
113	Bhanath Gopdarm	II BSC	Bhanath	
114	RAHUL M.D	I. B. Com	RAHUL	
115	Sathish. H	I. BSC	Sathish	
116	Nagesh M.V	I. Bcom	Nagesh	
117	Ratghitha K.1	II B.A (H.K)	Ratghitha	
118	Sathitha C	II B.A (H.K)	Sathitha	
119	Chandana M.D	I st BA (H.Stn)	Chandana	
120	Vinutha	I st BSC	Vinutha	
121	K.M. Sinchana	I st BSC (CBZ)	K.M.	
123	Yashaswini	I st B. Com	Yashaswini	
128	nagalakshmi	I st B.A (H.Stn)	nagalakshmi	

Sl.No.	Name	Class	Signature	Remarks
124	Ramya (B.A.)	I st BA [H.S.G]	Ramya	
125	Manjula. A.S (B.A)	I st BA [H.S.G]		
126	Ravithra B.S	I st B.A [H.S.G]	Ravithra B.S	
127	Sindhu (B.A)	I st B.A. [H.S.G]		
128	Kudhama V (B.A)	I st HEP	Kudhama V	
129	Monika [B.A]	I st B.A. [H.E.P]		
130	Lakshmidewi [B.A]	I st B.A [H.E.P]		
131	Aroath [B.A]	I st B.A [H.E.P]		
132	Chandana. A.C	II Bsc (C2)		
133	Apoorva. M.S	II Bsc (C2)		
134	Deeksha.	II Bsc (C2)		
135	Rashmitha	II Bsc (C2)		
136	Sneha. B.J	II Bsc (C2)		
137	Sawbhagya	II Bsc (C2)		

Convenor

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Women Empowerment Cell
SAFER College.

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