



SESHADRIPURAM EDUCATIONAL TRUST

ಶೇಷಾದ್ರಿಪುರಂ ಸಂಜೆ ಪದವಿ ಕಾಲೇಜು

SESHADRIPURAM EVENING DEGREE COLLEGE

27, Nagappa Street, Seshadripuram, BENGALURU – 560020

Permanently Affiliated to Bengaluru Central University

Recognised by the University Grants Commission under 2(f) & 12(B) of the UGC Act 1956

Website: www.sedc.ac.in Email : sedc.ac.in@gamil.com Phone: 080-22955356/357

NAAC Re-Accredited 'B' Grade

BEST PRACTICES OF THE COLLEGE

PRACTICE 1: CHETHANA (Women Empowerment Cell)

Program no:	Name of the programme	Collaboration	No. of participants
01	Special lecture on "awareness on breast cancer"	Nil	40
02	Lecture session on "significance of haemoglobin"	Nil	35
03	Event on "awareness on financial upliftments"	Nil	38
04	Awareness on sexual harassment	Nil	54
05	Career growth of administrative staff	Nil	01

Program No 1: "LETS GROW TOGETHER"

Objective of the Practice

- To work in partnership with everyone
- Inclusiveness and Integrity
- Better Sustainable Development

The Context

Chethana "Women Empowerment Cell" of our college organized a collage making competition on the theme "Gender Equality" for the topic "Lets Grow Together"

Practice:

Students were instructed to participate in collage making competition on the theme Gender Equality and also instruction was given on the rules of the event. Students explained in their own way regarding gender equality perspective and students completed the competition with spirit of enthusiasm and with high confidence.



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Program No 2: Special Lecture on “Awareness on Breast Cancer”

Objectives:

- Breast cancer became one of the most common cancer worldwide accounting for 627,000 mortalities which is 15% of all cancer deaths. To create Educational and awareness programs impact early practices of breast Cancer.

The Context:

Chethana “Women Empowerment Cell” of our College organized a Special Lecture on “Awareness on Breast Cancer”

The Practice:

The guest speaker suggested the students by creating awareness on Breast Cancer by these ways. To keep healthy weight and exercise regularly, not to consume alcohol, to consult doctors regarding whether if they are undergoing hormone replacement therapy or consuming Birth Control pill and its risk towards breast cancer.

Program No 3: Lecture session on “Significance of Hemoglobin”

Objective of the Practice:

- Review the normal structure-function relationships of hemoglobin and expression of globin genes.
- examine the hemoglobin apathies as disorders of hemoglobin structure.

The Context

Chethana “Women Empowerment Cell” of our College organized a session on Significance of Hemoglobin and the speaker explained Hemoglobin plays a vital role in your body. It's the protein in red blood cells (RBCs) that carries oxygen from your lungs to all of your tissues and organs Symptoms associated with hemoglobin abnormalities can include fatigue, rapid heart rate, pale skin, and more.

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Practice:

The guest speaker explained hemoglobin structures, functions and how to treat it, hence students were advised to give much importance on hemoglobin on one own life.

Program No 4: Event on “Awareness on Financial Upliftments”

Objective of the Practice:

- Aims to improve financial literacy
- To provide financial literacy products awareness in the nation.
- Financial inclusion aims to bring in digital financial.

The Context:

Chethana “Women Empowerment Cell” of our College organized an Event on “Awareness of Financial Upliftments”. The speaker explained to the students regarding various facilities of financial literacy towards education which they can avail to continue their higher education and support financial literacy products available to students and Parents household.

The Practice:

This program arranged in order to make the students aware of the different options with respect to the financial help that they can get to peruse their dreams without any interruptions.



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Program No 5: "Awareness on Sexual Harassment"

Objective of the Practice:

- To support the rights of survivors of sexual violence through coordination and promotion of effective administrative, legal, and medical responses
- To raise awareness and prevent sexual violence

The Context

Chethana "Women Empowerment Cell" of our College organized a Lecture on "Awareness on sexual Harassment ". The speaker explained about types of harassment, typical victims of sexual harassment and how it impact when they face sexual harassment in public transportation, workplace and in public space etc.

Practice:

The Guest speaker trained the students regarding how to deal with sexual harassment by using various simple tricks and steps to take action against sexual harassment.

The major outcome of the programme is to create awareness on sexual harassment. It helps the students to learn about the skills and the key information which is needed for every moment of their journey and also trained the students to handle the situation and how to prevent this sexual harassment.

Program No 6: Career growth of administrative staff

Objective of the Practice:

- To reach the core objectives a) Creating Empowerment. b) Creating Security.
- Equality of opportunity.
- To build the confidence and determination to be financially independent.



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The Context:

Our College believes in equality of opportunity and fight against deprivation and denial of opportunities. Many Individuals have dropped out from the regular education due to financial instability and various economic backgrounds. Due the lost opportunity they continue to get stagnated and they attribute their present situation to destiny. The challenge for the management was to identify such individuals and design an opportunity that would mitigate them from this situation and groom and bloom for the present economic condition.

Practice:

Rathna, is a child of a parent from a poor economic background hailing from a small village in Mandya. Rathna could not afford to pursue higher education and was married early. she approached Seshadripuram Educational Trust for job in the institution and then she was deputed to Seshadripuram Evening Degree as attender and In this position Rathna meticulously attended all the jobs assigned to her. In due course, her potentials were recognized by the principal of the College and a proposal was designed to help to pursue degree. Accordingly, her core interests were identified and the individual was admitted to B.Com programme. The management was sensitive to her needs and helped to continue her work wherein she would continue to receive her wages and support the family. Today, Rathna is highly motivated, happy and an appreciative person. At the same time, she is financially stable with the job giving her a sense of pride and accomplishment with a hope for a brighter future.



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PRACTICE 2: SEVA SPANDANA (Institutional Social Responsibility Cell)

'Seva Spandana'

Objectives of the practice

1. Educating the poor.
2. Feeding the hungry.
3. To bring awareness about re-use of the resources.
4. Protect the environment.
5. Providing knowledge about Information Technology.
6. Creating new social project and executing the same.

Context of the practice:

The resolution to initiate Institutional Social Responsibility (ISR) Cell of the college which provides the platform for the students and other stake holders of the college to contribute something to society and as well as to the college. NCC, NSS, YRC and Rangers and Rovers are part of the cell. This cell conducts various projects. The Students of the different committees of the college will also be the members of this ISR cell by default. This cell also works with different NGO's.



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Program no:	Name of the programme	Collaboration	No. of participants
01	Workshop on chocolate making	Nil	67
02	Eco-friendly ganesha drive	Nil	06
03	Joy of appreciation	Nil	03
04	Poster making competition on the theme reduce, reuse and recycle	Nil	18
05	Balance for better-no gender bias	Nil	70
06	Awareness programme on "jan dan yojana	Nil	63
07	Face mask making	Nil	35

Program No 1: "Workshop on Chocolate Making"

Objective of the Practice:

- The objective of the workshop is to give the student a framework and some tools forevaluating an entrepreneurial venture and
- To construct a plan to pursue the opportunity.
- The workshop is the first step in the Concentration in Entrepreneurship and Innovation.

The Context:

Seva Spandana and Chethana Women Empowerment Cell of our college has taken initiative to organize workshop on "Chocolate Making"

The Practice:

Students were highly motivated on making different variety of chocolates, different shapes of chocolates and created a spirit of entrepreneurship among the student's fraternity.



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Program No 2: Eco-Friendly Ganesha Drive

Objective of the Practice:

- To convey solutions to global ecological issues
- To help younger generation to become a part of creating a sustainable world

The Context:

Seva spandana of our college has taken initiative in spreading the awareness among the general public about lord ganesha idols created with toxic materials like chemical mixed clay, paint etc. for the festival which totally harmful for the society.

Practice:

Our college students created awareness by making Eco-Friendly Ganesha Drive in and around the campus. Student volunteers of seva spandana with NSS Volunteers went around the residence in and around the college and spoke about how harmful is the painted ganesha idol to the society. On the occasion of ganesha chaturthi few ganesha idols were prepared by our volunteers with red mud, clay materials, dry flowers, seeds etc. and was given as presentation/gifts of the residential people and student volunteers tried to explain how those harmful Bombay ganesha idols react to the environment and its causes to the society.

Evidence of Success:

Through this initiative, seva spandana of our college took a local festival ganesha chaturthi as a tool to convey solutions to global ecological issues so that students could learn and understand the impact of their actions on the world around them.

The Ganesha idols made up of natural products. Seed Ganesha idols are infused with seeds which turn into plants after immersion & thus promoting mass to grow more trees.

It saves our water resources; the idols made up of harmful chemicals pollute water bodies. Whereas idols made by soil and eco products are safe for the water bodies. Eco-Friendly ganesha idols made by soil and eco products are safe for the water bodies.



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Program No 3: Joy of Appreciation

Objective of the Practice:

Seva spandana of our college has taken initiative for appreciating the commendable works rendered by each other. Here the appreciation will be given to the people who are helping the society for the benefit of citizen.

The Context:

The major task given here for the students are to firstly, identify the people who help the community or a society like policies, street sweepers, nurses or doctors etc

Practice:

Students appreciated the communal workers by handing over appreciation letter and a small bouquet as a token of appreciation in the month of November.

Program No 4: Poster Making Competition on the theme “Reduce, Reuse and Recycle”

Objective of the Practice:

- To promote conserve natural resources, landfill space and energy.
- To help to cut down on the amount of waste we throw away.

The Context:

Seva Spandana of our college has taken initiative to organize Poster Making Competition on the theme “Reuse, Reduce and Recycle”. Students were instructed to prepare the poster and to make the artwork on a flat piece of paper, the drawing or paintings should not include any slogans or national flags theme.

The Practice:

One hour time duration given for the competition and 3 Minutes for presenting the theme were given. for selected theme prizes were awarded based on the value judgement.



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Program No 5: “Balance for Better-No Gender Bias”

Objective of the Practice:

- To Achieve **gender** equality and empower all women and girl students
- Gender equality is not only a fundamental human right, but a necessary foundation for a peaceful, prosperous and sustainable world

The Context:

Seva Spandana and Chethana Women Empowerment Cell of our college has taken initiative to organize Guest Lecture on “Balance for Better-No Gender Bias”.

The Practice:

Students were made to understand that they should not indulge in Gender Bias in any situation, they should treat any women or men equally. The guest speakers demonstrated the lecture with utmost confidence which will help students in Balance of themselves better for this real world.

Program No 6: Awareness Programme on “Jan Dan Yojana”

Objective of the Practice:

Seva spandana of our college has taken initiative to create awareness on Jan Dan Yojana to help manage the personal finance of the citizens by encouraging opening S.B. a/c and create among themselves a habit of Saving.

The Context:

Students of our college briefly explained about the importance and benefits of the yojana such as interest rate on deposits, Minimum balance to be maintained, regarding overdraft facility, other insurance, and various insurance products available.



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Practice:

Our students made a way for financial literacy and helped the untouched sectorial citizen to operate and Open the Bank Account.

Program No 7: Face Mask Making.

Objective of the Practice:

- To Avoid Huge wastage and produce the mask from Best out of Waste.
- To enable students to prepare their own mask at home.

The Context:

Our college students always been near to the society and have always completed its social responsibility and provide the services and take a stand when it is needed as now the whole society was struck in the pandemic situation our college Seva Spandana conducted an Online Workshop to students on “How to prepare face mask in home” in association with NSS Cell and Samarpana (Alumni).

The Practice:

Students were taught how to prepare a face mask in online Mode and the program was effectively organized and many students were benefited out of it.

PRINCIPAL
Seshadripuram Evening Degree College
BANGALORE - 560 020