



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	International webinar on “sakhi manthana: menstrual health management	Water supply and sanitation collaborative council, Geneva, Switzerland, Tata Trusts, Mumbai India & Jatan Sansthan, Rajasthan, India	297
02	Sakhi manthana: journey of women- puberty to post menopause	Days for girls international, Washington, USA	258
03	Webinar on “significance of hemoglobin in women”	Confluence colleges	435
04	Workshop on beautician course	Nil	27
05	Work shop on embroidery course	Nil	21

Program No 1: International Webinar on “SAKHI MANTHANA: MENSTRUAL HEALTH MANAGEMENT”

Objectives of the Practice:

- Awareness about menstrual health
- Awareness on problem of sanitation in the world

The Context

Chethana “Women Empowerment Cell” of our college organized an international webinar at the time of pandemic situation in the world.



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



Practice:

The issue of menstrual hygiene is inadequately acknowledged and has not received proper attention. Use of sanitary pads and washing the genital area are essential practices to keep the menstrual hygiene. Unhygienic menstrual practices can affect the health of the girls and there is an increased vulnerability to reproductive tract infections and pelvic inflammatory diseases and other complications. Therefore, the objective of this webinar was to assess the knowledge and practice of menstrual hygiene among the girl students.

Program No 2: “SAKHI MANTHANA: JOURNEY OF WOMEN-PUBERTY TO POST MENOPAUSE”

Objectives:

- Puberty and post menopause involve reorganization across HPG and HPA systems.
- Many chronic health risks increase during both puberty and post menopause.
- Environmental influences on health may intensify when hormone levels are changing.

The Context:

Chethana “Women Empowerment Cell” of our college organized an international webinar at the time of pandemic situation in the world.

Practice:

Puberty and post menopause. These two periods of vast physiological change demarcate the beginning and the end of the reproductive life cycle and are associated with major neuroendocrine reorganization across two key systems, the hypothalamic-pituitary-gonadal (HPG) axis the hypothalamus-pituitary-adrenal (HPA) axis. Despite growing evidence suggesting that the timing and experience of puberty and post menopause are related to various physical and mental health outcomes (e.g., mood disorders, metabolism, cardiovascular health, autoimmune conditions and cancer), these two processes are rarely examined together

Program No 3: Webinar on “Significance of Hemoglobin in women”

Objectives:

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



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@gmail.com Phone: 080-22955356/357

NAAC Re-Accredited 'B' Grade



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.

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: “Beautician course”

Objectives:

The workshop is the demand for certified professionals has risen and jobs can be found in parlors, salons & Spas also can have own career as online & offline makeup consultant.

The Context:

Seva Spandana (ISR Cell) in association with Chethana “Women Empowerment Cell” of our college organized a one-week workshop on beautician course.

Practice:

Students learn how to make others look and feel attractive while also concentrating on their own personal growth.

Program No 5: “Workshop on Embroidery Course”

Objectives:

To explore skills like creativity, artistic ability, sense of style, and teamwork which are required to become an embroidery designer.

The Context:

Seva Spandana (ISR Cell) in association with Chethana “Women Empowerment Cell” of our college organized workshop on Embroidery Course.

Practice:

Students learn make their apparels look beautiful as well as trendy and make them to understand various designs to suit the occasions.



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



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 Institutional Social Responsibility (ISR) Cell of the college 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. The students of the different committees of the college are also the members of this ISR cell by default.

Program no:	Name of the programme	Collaboration	No. of participants
01	My health my wealth	Nil	15
02	Poster awareness on covid-19	Nil	20
03	Peace march	Kumar park west residential Association, Bengaluru.	80
04	Covid – 19 vaccination drive	BBMP, Bengaluru	350
05	Covid – 19 vaccination drive-2	BBMP, Bengaluru	342
06	Road safety awareness programme	Nil	40
07	Eco-friendly ganesha drive	Nil	20
08	Swachh bhara abhiyan	Nil	35



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



Program No 01: “MY HEALTH MY WEALTH”

Objectives:

- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.

The Context:

‘Seva Spandana’ and NSS unit of our college conducted yoga session for staff members of the institution

Practice:

During the pandemic naturally most of us have been pushed to stress, hence the

institution felt that yoga is a best tool to bring back to good health. It’s time to roll out your yoga mat and discover the combination of physical and mental exercises that for thousands of years have hooked yoga practitioners around the globe.

Program No 02: “POSTER AWARENESS ON COVID-19”

Objectives:

- Creating awareness about pandemic
- Support local communities by distributing awareness posters in regional languages.

Practice:

During the pandemic awareness was essential so ‘Seva Spandana’ had planned to create awareness on covid-19 through attractive posters. The posters provided by State NSS Cell had been displayed in various public places and created awareness by our volunteers.

Program No 03: “PEACE MARCH”

Objectives:

- Increasing safety for pedestrians.
- Improves facilities for pedestrians (improves accessibility).
- May help to increase walking as a mode of transport (environmental benefits and reduced traffic congestion).



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



Practice:

- The program was organised in the initiative to create awareness on encroachment of foot path through parking the vehicles, street vendors etc. our volunteers created the street play to create the awareness not to encroach the foot path for the safety of pedestrians.

Program No 04: “COVID – 19 VACCINATION DRIVE”

Objectives:

- To provide vaccination facility when there was a scarcity of vaccination
- To provide a platform to be vaccinated

Practice:

The institution has provided the platform for the staff and alumni to take covid – 19 vaccinations. The institution has taken initiatives to provide vaccination to all the staff as well as public.

Program No 05: “COVID – 19 VACCINATION DRIVE-2”

Objectives:

- To provide a platform to get second dose of vaccination.

Practice:

The institution has provided the platform for the staff, students and alumni to take second dose of covid – 19 vaccinations.

Program No 06: “ROAD SAFETY AWARENESS PROGRAMME”

Objectives:

- To create awareness on traffic and road safety.
- To create awareness on Covid -19 SOP

Practice:

Road safety and traffic awareness has been created through displaying placards and posters which were created by our volunteers. They requested the drivers those who are not following the set of rules and regulations which was levied by the Government and also requested the travelers to follow SOP of Covid-19 in their journey.



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



Program No 07: “ECO-FRIENDLY GANESHA DRIVE”

Objectives:

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

The Context:

Seva Spandana and NSS unit of our college has taken initiative in spreading the awareness among the general public about not to use Ganesha idols made of 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 of the residential people and student volunteers tried to explain how those harmful POP Ganesha idols react to the environment and its causes to the society.

Program No 08: “SWACHH BHARAT ABHIYAN”

Objectives:

- To bring about an improvement in the general quality of life in the rural areas.
- To accelerate sanitation coverage in rural areas to achieve the vision of Swachh Bharat

Practices:

On account of Gandhi Jayanti our ‘Seva Spandana’ and NSS unit volunteers had visited nearby village for creating the awareness about cleanliness among the people through Swachh Bharath Abhiyan.

PRINCIPAL

**Seshadripuram Evening Degree College
BANGALORE - 560 020**