



SESHADRIPURAM EDUCATIONAL TRUST

ಶೇಷಾದ್ರಿಪುರಂ ಸಂಜೆ ಪದವಿ ಕಾಲೇಜು

SESHADRIPURAM EVENING DEGREE COLLEGE

No. 27, Nagappa Street, Seshadripuram, BENGALURU - 560 020

Permanently Affiliated to Bengaluru Central University

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

Phone : 080-22955356 / 080-22955357, Mob : +91 77950 17689

Website : www.sedc.ac.in Email : sedc.ac.in@gmail.com / info@sedc.ac.in

NAAC Re-Accredited



Ref. No. : SEDC

BEST PRACTICES OF THE COLLEGE

Program no:	Name of the programme	Collaboration	No. of participants
01	Workshop on beautician course	Nil	27
02	Work shop on embroidery course	Nil	21
03	Women protection from sexual harassment at workplace	Nil	100
04	Awareness on the usage of cloth pads and menstrual cup	Lions club of Bangalore Centennial Services & Leo club	58

PRACTICE 1: CHETHANA (Women Empowerment Cell)

Program no 01: workshop on beautician course

Objectives:

- To develop the students practical and theoretical knowledge professional attitudes to get success in the beautician sector.
- To improve their self-confidence to start a business
- To develop entrepreneur skills which in turn would make them self-dependent.

Practice: the practice of the workshop is demand for certified professionals as risen and jobs can find in parlours, saloon & spa's and also can have own career as online and offline makeover consultant.

Program no 02: work shop on embroidery course

Objectives:

- Understand embroidery hand embroidery
- Recognize tools and materials for different of embroidery
- Different types of trims
- Thread, thickness, shades & sizes
- Types of needles, their suitability & types of stitch

Practice: to develop the entrepreneurship skills and also helps student to explore skills like creativity artistic ability, sense of style and team work which are required to become an embroidery designer.



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Program no 03: women protection from sexual harassment at workplace

Objectives:

- To prevent girl students from sexual harassment
- The importance of voicing out dissent: saying 'no' clearly at the time of harassment.

Practice: students understood various behaviors which can be subjected to as sexual harassment. Students got their doubts clarified during the Q&A session. Beneficiaries got to know about the legal rights against harassment.

Program no 04: awareness on the usage of cloth pads and menstrual cup

Objectives:

- To create awareness among the girls about the usage of cloth pads and menstrual cup.
- To prevent the usage of harmful sanitary napkins.

Practice: through this programme the students were made aware about usage of cloth pads and menstrual cup. The benefits of using cloth pads and menstrual cup were explained in detail. The usage of sanitary napkin harms the body and the alarming environmental issues caused by sanitary waste were discussed.



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PRACTICE 2: SEVA SPANDANA (Institutional Social Responsibility Cell)

Program no:	Name of the programme	Collaboration	No. of participants
01	Awareness on plastic free environment	Lions club of International, Leo Club of Bangalore Centennial Service	65
02	Glory of ayurveda (series of program)	Adichunchanagiri Ayurvedic Mewidcal College Hospital & Research Centre, bengaluru & Leo Club of Bangalore Centennial Service	120
03	Save trees from pins and nails	Eedina.com, Bengaluru & Leo Club of Bangalore Centennial Service	45
04	Awareness on drug de-addiction and walkathon	Seshadripuram Police Station, Bengaluru & Lion Club of Bangalore Centennial Service	60
05	Eco-friendly ganesha drive	Nil	18

'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.



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Program no. 01: Awareness on Plastic free Environment

Objective

- We must be aware of these conditions and strive to be environmentally friendly in order to achieve long-term development.
- The primary goal of the effort was to educate students as well as local vendors in the surrounding region about the importance of reducing the use of plastic bags.

Practice

They should avoid purchasing single-use plastic products and instead reuse, repair, and recycle them. Cotton, jute, glass, steel, wood, and other materials can be used in place of plastic. Even though we cannot entirely eliminate plastic from our environment, everyone's individual efforts and tiny contributions to plastic elimination can help to a healthier environment. We initiated an awareness campaign on the environmental damage caused by plastic bags.

Program no. 02: Glory of Ayurveda (series of program)

Objective

The main object of program is to create of awareness on importance of ayurveda.

Practice:

The practice is all about dinacharya - the daily regime,

It promotes virility and longevity while removing weariness, sweat, and filth. Strengthen your body. Bathing promotes the digestive fire, lengthens life, and enhances vigour. It also relieves itching, dirtiness, weariness, sweat, lassitude, thirst, and other symptoms.

Rutucharya – the seasonal regime,

In ayurveda, our bodies are not an exception to the natural universe. Instead, they are a part of it, integrated with it, and reliant on it for our health and well-being. However, in the contemporary era, we have become so disconnected from nature that we have lost how to fuel ourselves in natural and instinctual ways. With industrialization making once-seasonal foods available year-round and us spending more and more of our time indoors, it's easy to forget what it's like to actually live in sync with the rhythms of the seasons.

Ahara vidhi vidhana

Ayurveda's goal is to promote and sustain the health, vigour, and longevity of the healthy individual (swastha), as well as to cure disease. Diet and lifestyle are significant factors known to impact susceptibility to many diseases in the modern day. Ayurveda emphasises ahara and believes that proper diet nourishes the mind, body, and spirit. According to ayurveda, both the live human body and the ailments that affect it are products of ahara.



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Program 03: Save Trees from pins and nails

Objective

The goals of removing nails and pins from trees are consistent with broader environmental and societal goals centred on conservation, sustainability, and the well-being of both ecosystems and human populations.

Practice:

Anything you nail, screw, or staple to your tree pierces the cambium. The cambium is a very thin layer of developing tissue that generates new cells that can become xylem, phloem, or additional cambium. Injuries to this portion of the tree can impede the flow of water and nutrients between the roots and the canopy.

Program 04: Awareness on drug de-addiction and walkathon

Objective

- To create awareness among the youth about the ill-effects of drug
- To prevent youth from becoming addicted to drugs

Outcome:

Through this programme the students and public aware about consumption of drugs is illegal and can have an adverse effect on our body. It can affect us badly both physically and mentally.

Program no 05: "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.

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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.

PRINCIPAL

Seshadripuram Evening Degree College
BANGALORE - 560 020