



K.L.E Society's  
**JAGADGURU GANGADHAR  
COLLEGE OF COMMERCE, HUBBALLI**

3rd Cycle Accreditation by NAAC at "A" Grade with CGPA 3.33



# **Ladies Association and Women Empowerment Cell**

Organise

## **RUTUCHARYA PROBLEMS & REMEDIES**

Resource Person:

**Dr. Anita Kadagad Kembhavi**

Director, Astanga Wellness Pvt. Ltd., Hubli

Date:

**1st February, 2021**



KLE SOCIETY'S  
AGADGURU GANGADHAR COLLEGE OF COMMERCE,  
VIDYANAGAR, HUBBALLI



## Outreach Activity Report

### “Rutucharya: Problems and Remedies”

The Women Empowerment Cell and Youth Red Cross Unit of K.L.E. Society's Jagadguru Gangadhar College of Commerce Hubballi, jointly organized an Outreach Activity to create awareness on “**Rutucharya: Problems and Remedies**” for girl students and women of Halyal village on 01-02-2021 at Shri. F.S. Hasareddi Government High School, Halyal, an adopted Village.

The program began with a welcome address by Prof.(Smt.) S.S.Patil. Prof.(Smt.) Parvati Katti introduced the Resource person. Seventy two delegates including village women and girl students attended the program and were made aware of the Menstrual cycle issues and precautions to be taken.

The resource person emphasize on Menstrual Education and Awareness for girl students and women, who are willing to create awareness and educate their surroundings on different aspects of Menstrual Health & Hygiene. Dr. Anita Kadagad, Consulting Ayurveda, Yoga, Naturopathy, Acupuncture, Panchakarma Physician and Counsellor, highlighted on vaginal hygiene, do's and don'ts during menstrual cycle, uses of menstrual cup, tampons. Components of the program were - Educating women about what is menstruation and how the menstruation cycle works, Female reproductive system and how it functions, Importance of good menstrual hygiene habits and how to maintain it. She gave an overview about menstrual disorders and spoke about the importance of diet.

The programme was concluded with an interaction between delegates and Resource person and Smt. Nayak proposed the Vote of thanks.

Shri F.S Hasaraddi Government High School  
,Halyal Taluk, Hubli.

To,

The Principal,

J G Commerce College Hubli,

Subject: Acknowledgement letter

Sir,

We, the Principal, staff and students of shri F S Hasaraddi Govt High school, Halyal are very grateful to the staff of J G Commerce College for the awareness programme oragnized in our school.

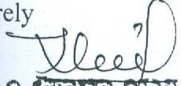
The Ladies Association, Women Empowerment Cell, Department of Languages in association with the NSS and YRC units organised awareness programme on "Rutucharya : Problems and Remedies" and "Communal Harmony". The resource persons Dr. Anita Kadagad Kembhavi and Dr.Sharada G Patil gave complete information regarding menstrual problems and Importance of communal harmony.

We greatly appreciate the efforts of your college in creating awareness among our students on the important aspects life.

Looking forward to more such activities in the future.

Thanking you

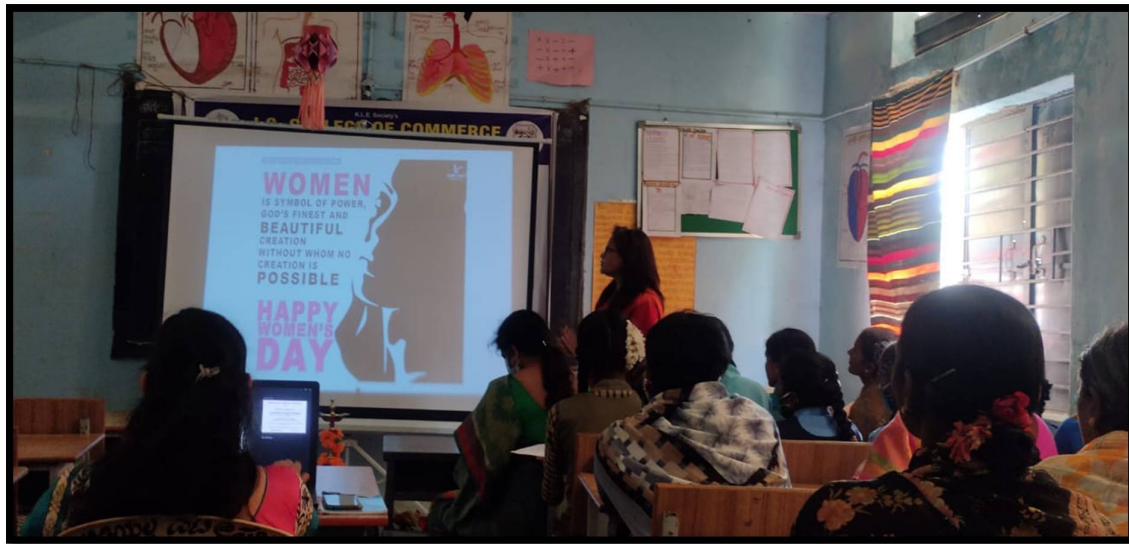
Your sincerely



ಮಾನ್ಯವಾಗಿ ಜಿ.ಜಿ.ಕೆ.ಕೆ.ಯವರು,  
ಜಿ.ಜಿ.ಕೆ.ಕೆ. ಕಾಲೇಜು, ಹಬ್ಬಲಿ.

Principal ಕೆ.ಎ. ಕುಮಾರ್





**Dr. Anita Kadagad- Consulting Ayurveda, Yoga, Naturopathy, Acupuncture, Panchakarma Physician and Counsellor addressed on women hygiene.**

Head Master Smt. Nayak expressed her view and also Proposed the Vote of Thanks





K.L.E Society's  
**JAGADGURU GANGADHAR  
COLLEGE OF COMMERCE, HUBBALLI**

3rd Cycle Accreditation by NAAC at "A" Grade with CGPA 3.33



*ORGANIZED & SUPPORTED BY*

**Ladies Association & Women Empowerment Cell**

*ON THE EVE OF*

**INTERNATIONAL  
Women's Day**

**Chief Guest**



**Smt. Bhamini Patil**

Karnataka Administrative Service (KAS)  
Commercial Tax Officer  
Navanagar, Hubballi



*All are cordially invited*

**Date: 9th March, 2021**

**Venue: APJ Abdul Kalam Auditorium, JGCC, Hubli**

**Time: 11:30 AM**

**Prof. (Smt) Parvati Katti**  
Chairperson  
Ladies Association

**Prof. (Smt) Roshni Adhoni**  
Chairperson  
Women Empowerment Cell

**Dr. D. V. Honagannavar**  
PRINCIPAL





ಕೆ.ಎಲ್.ಇ. ಸಂಸ್ಥೆಯ  
ಜಗದ್ಗುರು ಗಂಗಾಧಾರ ವಾಣಿಜ್ಯ ಮಹಾವಿದ್ಯಾಲಯ, ಹುಬ್ಬಳ್ಳಿ  
K.L.E Society's

**Jagadguru Gangadhar College of Commerce, Hubballi**

3rd Cycle Accreditation by NAAC at A Grade with CGPA 3.33



## REPORT

### INTERNATIONAL WOMEN'S DAY

09-03-2021

The Women Empowerment Cell and Ladies Association of K.L.E. Society's Jagadguru Gangadhar College of Commerce Hubballi, celebrated International Women's Day on 09<sup>th</sup> March, 2021 in the college Auditorium.

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. Marked annually on **March 8<sup>th</sup>**, International Women's Day is one of the most important days of the year to celebrate women's achievements, raise awareness about women's equality, lobby for accelerated gender parity, fund raiser for female-focused charities. The campaign theme for International Women's Day 2021 is 'Choose to Challenge'.

The chief guest Smt. Bhamini Patil, KAS Commercial Tax Officer emphasized on the theme that is "Choose to Challenge" of the year 2021. Further she said that today's families are increasingly reliant upon working mothers as breadwinners or co-breadwinners. The past decades have brought dramatic changes in how women-and men navigate their workplace responsibilities, care giving needs and personal lives. All working women deserve a fair day's pay, but they also need to have time to actually live their lives without fear of losing their jobs.

Now women are even entering the male dominated sectors like politics, the legal sector etc. More women are occupying senior management positions and even are the head of the state. Education has made women independent and they are no longer dependent on men to lead their lives.

She highlighted her own journey of difficulties to reach the success. Her enthusiasm and determination towards studies are the evident for her position today as she stood 16<sup>th</sup> rank to the state in KPSC examination.

On the eve of International Women's Day, essay competition was conducted for B.Com and M.Com students, 16 students participated and were awarded the prizes.

The programme began with a prayer song by Miss. Gouri Tadas and team. Prof.(Smt.) Parvati Katti welcomed the gathering. Prof.(Smt.) Roshni Adhoni introduced the Chief Guest Smt. Bhamini Patil, KAS Commercial Tax Officer. Exceptional Achievers Miss. Nisarga D and Miss. Kruthika Hatti were felicitated by the chief guest for their extra ordinary non-academic achievements. Prof. (Smt.) S. S. Patil presided the programme, Miss. Kavita Malimath proposed the vote of thanks and Prof. Poornima Dundur compeered the programme.



## PHOTO GALLERY





Hubli, Karnataka, India

JGCC Bus Stop, PB Rd, Jayanagar, Vidya Nagar, Hubli, Karnataka 580021, India

Lat N 15° 21' 34.7472"

Long E 75° 7' 37.1136"

09/03/21 01:05 PM



Hubli, Karnataka, India

JGCC Bus Stop, PB Rd, Jayanagar, Vidya Nagar, Hubli, Karnataka 580021, India

Lat N 15° 21' 34.7472"

Long E 75° 7' 37.1136"

09/03/21 12:57 PM



## FELICITATION TO EXCEPTIONAL ACHIEVERS





# ESSAY COMPETITION



K.L.E. SOCIETY'S  
JAGADGURU GANGADHAR COLLEGE OF COMMERCE,  
VIDYANAGAR, HUBLI



## INDEX

SL.NO	NAME OF THE PARTICIPANTS	TITLE OF THE ESSAY	PAGE NO
01	Miss. Parimala .N. Dasar	Women's Contribution in Development of Nation	01-03
02	Miss. Soundarya Kamble	Women in 21 <sup>st</sup> Century	04-06
03	Miss. Dhanya Mesta	Role of Education in Women Empowerment	07-09
04	Miss. Sushma Kongi	Role of Education in Women Empowerment	10-11
05	Miss. Mithali Lengade	Role of Education in Women Empowerment	12-13
06	Miss. Rohini Nidagundi	Women's Contribution in Development of Nation	14-17
07	Miss. Jayashree Khatawate	Women's Contribution in Development of Nation	18-21
08	Miss. Pooja. S	Role of Education in Women Empowerment	22-23
09	Miss. Nikhita Pattar	Role of Education in Women Empowerment	24-25
10	Miss. Soubhagya Murgod	Role of Education in Women Empowerment	26-27
11	Miss. Meenakshi. G. H	Women in 21 <sup>st</sup> Century	28-30
12	Miss. Laxmi Kalyani	Role of Education in Women Empowerment	31-33
13	Miss. Shilpa Navalagund	Women's Contribution in Development of Nation	34-37
14	Miss. Deepa Naykar	Women in 21 <sup>st</sup> Century	38-41
15	Miss. Anjali Kaladagi	Role of Education in Women Empowerment	42-45
16	Miss. Akshata ainapur	Women's Contribution in Development of Nation	46-48

