

Estd. 1994-95

"ಕಾಯಕದಿಂದ ಬಂಡವಾಳ ಲಿಂಗಕ್ಕೆ ಪೂರ್ವತ"

College Code : 1241

ಶ್ರೀ ಶರಣ ಸೂಲಿಯ ಚಳವಳಿ

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ಶ್ರೀ ಶರಣ ಸೂಲಿಯ ಚಳವಳಿ ದಾ|| ಐ. ಅರ||, ಅಂಬೇಡ್ಕರ್ ಸ್ಮಾರಕ  
ಎ.ಕೆ.ಕೆ. ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ ಶಲಾ ಹಾಗೂ ಪಾಲಿಟೆಕ್ನಿಕ್ ಮಹಾವಿದ್ಯಾಲಯ  
ಗಂಗಾಧರನಗರ, ಹುಬ್ಬಳ್ಳಿ - 580 020 ತಾ: ಹುಬ್ಬಳ್ಳಿ, ಜಿಲ್ಲಾ : ಧಾರವಾಡ ರಾಜ್ಯ : ಕರ್ನಾಟಕ

**SHRI SHARANA NOOLIYA CHANDAYYA**  
**Dr. B. R. AMBEDKAR SMARAKA A.K.K. EDUCATION**  
**SOCIETY'S ARTS & COMMERCE COLLEGE**



GANGADHARNAGAR, HUBBALLI - 580 020. TQ.: HUBBALLI DIST.: DHARWAD STATE : KARNATAKA

Affiliated to Karnatak University Dharwad & Recognised by Govt. of Karnatak

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### COMPOSITION OF WOMEN'S EMPOWERMENT CELL

The following staff members have been nominated for the **WOMEN'S EMPOWERMENT CELL** members for the year **2015-2016 to 2017-2018**.

The legitimate details are as following.

S.NO	NAME OF THE STAFF	DEPARTMENT	DESIGNATION	SIGNATURE
1	Shri M D Mattimani	Economics	Chairman	
2	Dr Sheela Bhaskar	Hindi	Secretary	
3	Smt. Swapna Jadhav	English	Member	
4	Shri P S Chapparamani	Pol.Science	Member	
5	Shri S. N. Malipatil	Commerce	Member	
6	Rekha Anchatageri	Student Representatives		
7	Sudha Parasannavar			
8	Renuka Hulkund			
9	Preeti Bodlekar			

**PRINCIPAL**

**S. S. N. C. Dr. B. R. Ambedkar Smaraka**  
**A.K.K. Education Society's**  
**Arts and Commerce College**  
**Gangadharnagar, HUBBALLI-20.**

### **Women's Cell Report on Special Lecture**

Date:27/09/2017

The Women Cell with the collaboration of Youth Red Cross conducted a special lecture on the topic

“Awareness of Women Health” on the 27<sup>th</sup> September 2017.

In the absence of the Secretary of the women's cell, one of the member of the women's cell Smt S.K. Jadhav welcomed the guest of the function Dr. Satish, Govt Hospital Ganeshpet-Hubli and also introduced him to all the girl students of our college.

Then the doctor addressed the students about women's health and hygiene. Women have their own set of health challenges that require specific attention. Healthy living may take a back seat due to the chaos of a woman's daily life. It is critical that every woman has access to information regarding the whole range of women's health issues, not just those affecting her reproductive system, but also those affecting her entire body. Their awareness can encourage healthy lifestyle choices, which are the best way to avoid disease, live longer, and live better.

Some prevalent health disorders that impact millions of women each year can be below.

- Problems with menstruation

Period problems, such as heavy, scarce, missed, or irregular periods, are fairly frequent among women. Period cramps are still a common ailment among women.

- Thyroid disease

It affects twice as many women as it does males, and it is particularly frequent among women of childbearing age (18-35 years)

- Anaemia

Anaemia is caused by a shortage of red blood cells or red blood cells that are malfunctioning in the body. As a result, oxygen supply to the body's organs is restricted. Fatigue, skin pallor, shortness of breath, light-headedness, dizziness, or a racing heart are all possible symptoms.

The course of treatment is determined by the underlying diagnosis. Iron supplements can be used to treat anaemia. Low vitamin levels can be treated with vitamin B tablets. For blood loss, blood transfusions can be used. If the body's blood production is low, medication to promote blood formation may be employed.

The words of the doctor were highly informative and girls were now aware of the necessity to take care of their health. Then the function was presided by Shri D.S. Hegde in the absence of the Principal.

The vote of thanks was proposed by Shri. V.B. Veeragond.



Date : 27/09/2017

Speaker : Dr Satish, Govt Hospital Ganeshpet, Hubli  
addressing the students (girls) about how women  
should take care of their health.