


Interactive talk on Women Health and Hormonal Regulation

Celebrating
the spirit of womanhood...

Think Like a Queen.
A Queen Is Not Afraid to Fail.
Failure Is Another Stepping Stone
to Greatness.

Happy
Women's Day

 **Mahajana Education Society (R.)**
Education to Excel

SBRM Mahajana First Grade College (Autonomous)
Jayalakshmiapuram, Mysuru - 570 012
Affiliated to University of Mysore & Accredited with 'A' Grade by NAAC
College with Potential for Excellence

On the Occasion of
International Women's Day - 2024
Departments of BtBM, PMCs & BCA,
SPARSH, Women Empowerment Committee
& IQAC
organises
Interactive talk on

Women Health & Hormonal Regulation

Resource Person:
Dr. Sushma Appaiah, M.Sc, Ph.D
Founder of Golz - Nutrition and Diet Solutions
Roopnagar, Mysuru.

Date: 19.03.2024 **Time: 3:30 PM**
Venue: AVC-II

All are Cordially Invited

HoDs & Staff **Dr. S R Ramesh** **Dr. B.R. Jayakumari**
Departments of BtBM, Chief Executive Officer
PMCs & BCA & Academic Advisor Principal

Mahajana Education Society (R)
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SBRR Mahajana First Grade College (Autonomous)

Jayalakshampuram, Mysuru – 570 012 Karnataka, INDIA

Affiliated to University of Mysore,

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Department of Microbiology

A Report on Interactive Talk

Title: Session 1: Interactive talk on “Women Health and Hormonal Regulation”

Session 2: Interactive talk on Nutrition and Your Success: Let's Talk

The Department of Sciences (BTBM, PMCs and BCA), SPARSH, Women Empowerment Committee and IQAC all together in association, organized an Interactive Talk on “Nutrition and Your Success: Let's Talk” & “Women Health & Hormonal Regulation” on March 9th 2024 in AVC 3, SBRR Mahajana First Grade College (A), Jayalakshampuram, Mysuru-12.

The programme was organized on account of “International Women's Day”. The Primary motto of this programme was to instil self-concern, create awareness about health and its impact on their working potential among the women population and also create awareness among men population about the problems that women face in connection to hormonal variations as a natural phenomenon in their day-to-day lifestyle.

Session 1: Session 1 was exclusively for female students, on the topic “Nutrition & and your success: Let's talk”, where the speaker Dr. Sushma Appaiah addressed the young generation, particularly females. The talk began with an overview of common hormonal imbalances such as Polycystic Ovarian Syndrome (PCOS), thyroid disorders, and menopause. These conditions significantly impact women's health and quality of life. The speaker also addressed non-communicable, communicable diseases, and then she shed light on crucial aspects of hormonal balance and its impact on women's health. Her interaction was also concerned about obesity, underweight, CHD, hypertension, hormonal imbalance, stress and nutrient deficiency diseases. Based on the worldwide statistical data on anxiety and depressive disorder among young adults collected through her research, she conveyed that many youngsters are the main victims and most prone to various disorders. The speaker created awareness and provided insights into recent research developments in hormonal regulation. She also discussed emerging treatments and the importance of individualized approaches to managing hormonal imbalances. The session also emphasized the need for ongoing research to better understand hormonal disorders and their management.

Session 2: The Session 2 on Nutrition was conducted for the teaching and non-teaching staff. The purpose of this session was to enhance awareness about the significance of proper nutrition and its impact on both physical and mental-well being. The session aimed to equip attendees with knowledge that can be applied to improve their overall health and productivity. The Speaker Sushma Appaiah began the session by giving an overview of nutrition, explaining how essential nutrients explaining how essential nutrients such as vitamins, minerals, proteins, fats, and carbohydrates contribute to our bodily functions. The importance of a balanced diet was

emphasized, highlighting how these nutrients support growth, repair, and energy production, while also preventing deficiencies and managing health conditions.

The discussion moved on to the significance of a balanced diet. Attendees learned that consuming a variety of nutrient-rich foods can help maintain a healthy weight, boost the immune system, and reduce the risk of chronic diseases like heart disease, diabetes, and cancer. Specific examples were provided, such as the benefits of fruits and vegetables in providing essential vitamins and antioxidants.

The final segment of the session focused on the relationship between nutrition and mental health. The role of nutrient-dense foods in improving cognitive function, mood, and emotional stability was explored. For instance, the benefits of omega-3 fatty acids on brain health and the consequences of nutrient deficiencies on mood disorders were discussed. Attendees were encouraged to incorporate a well-rounded diet into their daily routines to support both physical and mental health.

The nutrition awareness session provided valuable insights into the role of nutrition in maintaining overall health and well-being. The information presented will help staff make informed dietary choices, leading to improved physical health, enhanced productivity, and better mental resilience. The session underscored the importance of integrating balanced nutrition into everyday life and fostering a supportive environment for health and wellness.

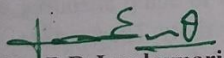
The resource person was Dr. Sushma Appaiah, M.Sc, Ph.D, Counsellor and Founder of Golz-Nutrition and Diet Solutions, Roopanagar, Mysuru. In the graceful presence of respected Principal Dr. BR Jayakumari, IQAC Co-ordinator Smt. Geetha D, HoD's and Faculty members of the Departments of BtBM, PMCs and BCA, the workshop was held at noon, the first session started at 2:00 PM and wined up at 3:15 PM. Around 100 students from various departments participated actively in this session.

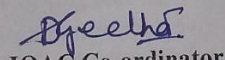
As a token of our tradition, the workshop was started with an invocation, followed by a welcome note rendered by Smt. Spandana N, Head, Department of Microbiology. The introduction of the speaker was given by Smt. Ramya V, Head, Department of Biochemistry.

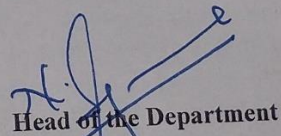
The Second session started at 3:30 PM and ended at 4:30 PM. In this session, nearly 100 staff members including both teaching and non-teaching staff were actively involved. The entire programme was hosted by Smt. P Radikha, Assistant Professor, Department of Biochemistry.

In both sessions, students and staff interacted with the speaker by asking questions, and getting clarified with them; they also shared their problems seeking better solutions through nutrition and food practices.

The Guest expressed her gratitude for sharing her knowledge and for organizing this programme. Finally, the programme was wined up by rendering a vote of thanks by Smt. Zuha Afsha, Assistant Professor, Department of Microbiology.


Dr. BR Jayakumari
PRINCIPAL


IQAC Co-ordinator


Head of the Department

Smt. Bhagyalakshamma Rattehalli Ram
Mahajana First Grade-College (Autonomous)
Jayalakshampuram MYSURU-570 012

IQAC Coordinator
SBRR Mahajana First Grade College
(Autonomous)
Jayalakshampuram, MYSURU-570 012

Head of the Department of Microbiology
SBRR Mahajana First Grade College
(Autonomous)
Jayalakshampuram, Mysuru-570

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Attendance Sheet

Name of the Department: BTBM, PMCA & BCA

Date: 14/02/2024

Nature of the programme: Interactive talk on
"Nutrition & Your Success: Let's Talk"

Time: 2:15 - 5:30 PM

Sl. No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	Mythai M.	BSC	II nd	-	BTBM	Mythai M.
2	Nithanika R.P	BSC	I nd	-	BIMB	Nithanika R.P.
3	Suechithra	BSC	I nd	-	BIMB	Suechithra
4	Thirisha	BSC	II nd	-	MCS	Thirisha
5	Bhagyashree	BCA	II nd	-	BCA	Bhagyashree
6	Rakshitha H.S	PCA	I nd	-	BCA	Rakshitha H.S
7	Meshaana P	PCA	I nd	V	PCA	Meshaana P
8	Nishelitha N	BCA	II nd	45	BCA	Nishelitha N
9	Shruthi N. Sanyal	BCA	II nd	45	BCA	Shruthi N.
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PRINCIPAL

Mahajana Education Society (R)
SBRR Mahajana First Grade College (Autonomous)
Jayalakshmiapuram, Mysore - 570 012

Total No. of students attended - 24

Signature of the HoD

Name:

(Signature)
A. Prabhakar

(Signature)
Organizing Secretary Signature

Received
(Signature)

MAHAJANA EDUCATION SOCIETY (R)
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Attendance Sheet

Name of the Committee: Department of BCA
Nature of the programme: Interactive Talk on
"Nutrition & Your Success: Let's Join"

Date: 14/02/2024
Time: 2:15 - 3:30 PM

Sl.No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	Kavitha .k.R	BCA	I st ud	B	BCA	Kavitha
2	Harisaiya .k.N	BCA	I st ud	B	BCA	Harisaiya
3	Hithashree .D	BCA	I st ud	B	BCA	Hithashree
4	Prakshana	BCA	I st ud	B	BCA	Prakshana
5	B. Pragnathi	BCA	I st ud	A	BCA	Pragnathi
6	Ganani	BCA	I st ud	A	BCA	Ganani
7	.Madhura .M.c	BCA	I st ud	A	BCA	madhura
8	J. Annamma Darcia	BCA	I st ud	A	BCA	Annamma Darcia
9	Nithitha .N	BCA	I st ud	D	BCA	Nithitha
10	Meghana .P	BCA	I st ud	D	BCA	Meghana P.
11	Jhousphi .N. Swamy	BCA	I st ud	D	BCA	Jhousphi .N.
12	Lakshmi .P	BCA	I st ud	D	BCA	Lakshmi .P
13	Keerthi .D.N	BCA	I st ud	D	BCA	Keerthi .D.N
14	Syda Farisyal	BCA	IV th	A	BCA	Syda
15	KAVYA S KUMAR	BCA	IV th	A	BCA	Kavya
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Total No. of students attended - (15)

HOD
Signature of the Teacher-in-charge:

Name:

(A. Padhesy)

Organising Secretary Signature:

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Attendance Sheet

Name of the Department: B4RM

Date: 14/05/2024

Nature of the programme: Interactive talk on "Nutrition & Your Success: Let's Talk"

Time: 2:15 - 3:30 PM

Sl No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	PARSIKH K.C	BSc	IV	-	BTBM	[Signature]
2	Chai Hari P. Nayaka	BSc	IV	-	BCMB	[Signature]
3	Devika. P.S	BSc	IV	-	BTBM	[Signature]
4	Louise Sharmika A	BSc	IV	-	BCMB	[Signature]
5	Jenny M	BSc	IV	-	BCMB	[Signature]
6	Spandhi Raj V	BSc	IV	-	BCMB	[Signature]
7	Mishitha R.V	BSc	IV	-	BCMB	[Signature]
8	Tanya	BSc	IV	-	BTMB	[Signature]
9	Mar Vijay Subram	BSc	IV	-	BTMB	[Signature]
10	L.chandan	BSc	IV	-	BCMB	[Signature]
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Total No. of students attended - (10)

Signature of the HoD

- Name: 1) Ramya V
 2) Spandana N
 3) Priyanka Shetty

[Signature]
Organising Secretary Signature

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Attendance Sheet

Name of the Department: RTBM

Date: 14/02/2024

Nature of the programme: *Interactive talk on
"Nutrition of Your Success: Let's Talk"*

Time: 2:15 - 3:30 PM

Sl. No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	Gushmitha S	BSC				Gushmitha S
2	Harekitha C.K	BSC				Harekitha C.K
3	Pratiba Divya Hegde	BSC	6 th Sem	BEMB	BEMB	Pratiba
4	Likitha S	BSC				Likitha S
5	Praksha Vittal	BSC				Praksha
6	Emanuel Jonel	BSC				Emanuel
7	Keeffana MS	BSC				Keeffana MS
8	Shravya KC	BSC				Shravya K.C
9	Lentha P	BSC				Lentha P
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Total No. of students attended - 09

Signature of the HoD

- Name: 1) Ranjya V - *[Signature]*
2) Spandana N - *[Signature]*
3) Prityanka Shetty - *[Signature]*

[Signature]
Organising Secretary Signature

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Attendance Sheet

Name of the Department: Microbiology / Biotech / Biochemistry
Nature of the programme: Interactive talk on
"Nutrition and Your Success: Let's Talk"

Date: 19/03/2024

Time: 2:30 to 5:30pm

Sl. No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	Kamta P	BSC	VI	BEMB	BSC (BEMB)	[Signature]
2	Kanishk	BSC	VI	BEMB	BSC (BEMB)	[Signature]
3	Shreechandhrani	"	"	"	"	[Signature]
4	Kavan	BSC	VI	BEMB	BSC (BEMB)	[Signature]
5	Kohul S	BSC	VI	BEMB	BSC (BEMB)	[Signature]
6	Kohari SV	"	"	"	"	[Signature]
7	Vishwas P	"	"	"	"	[Signature]
8	Chethan T	"	"	"	"	[Signature]
9	Shreyas	BSC	VI	BEMB	BSC (BEMB)	[Signature]
10	Manjok	"	"	"	"	[Signature]
11	Yashwanth SN	"	"	"	"	[Signature]
12	Sumanth K.B	BSC	VI	BEMB	BSC (BEMB)	[Signature]
13	Shikha Chandra R	BSC	VI	B+Bm	B+Bc	[Signature]
14	Subash Chandra e	BSC	VI	B+Bm	B+Bc	[Signature]
15	Sagar H.S	BSC	VI	B+Bm	B+Bc	[Signature]
16	Dhanush CH	BSC	VI	B+Bm	B+Bc	[Signature]
17	Kaushik R.R	BSC	VI	(B+Bm)	(B+Bc)	[Signature]
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Total No. of students attended - (17)
Signature of the HoD

- Name: 1) Ranya V
2) Spandana N
3) Priyanka Shetty

[Signature]
Organising Secretary Signature

MAHAJANA EDUCATION SOCIETY (R)
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Attendance Sheet

Name of the Committee: Department of RCA
Nature of the programme: Interactive talk on
"Nutrition of Your Success: Let's Talk"

Date: 19/12/24
Time: 3:15 - 4:30 PM

S.N o.	Name of the Student	Course	Semester	Section	Combination	Signature
1	Manya K S	BCA	II	D	BCA	[Signature]
2	Shanupriya	BCA	II nd	D	BCA	[Signature]
3	Shreemitha . S . K	BSCA	II nd	D	BSCA	[Signature]
4	parameeswari . S	BCA	II nd	D	BCA	[Signature]
5	Rashmi . M	BCA	II nd	D	BCA	[Signature]
6	Kanika H S	BCA	II nd	D	BCA	[Signature]
7	Harshitha . V	BCA	II nd	D	BCA	[Signature]
8	Gopika J. Baptist	BCA	II nd	E	BCA	[Signature]
9	Bhagavathi . K	BCA	II nd	A	BCA	[Signature]
10	Shreemitha . S . K	BCA	II nd	C	BCA	[Signature]
11	Keshthika . D . N	BCA	II nd	C	BCA	[Signature]
12	Shruti . S . K	BCA	II nd	C	BCA	[Signature]
13	K. Rani	BCA	II nd	D	BCA	[Signature]
14	Prasi Mathamma . K . D	BCA	II nd	B	BCA	[Signature]
15	Vasitha . I	BCA	II nd	C	BCA	[Signature]
16	Sandhya . B . V	BCA	-	C	-	[Signature]
17	Shravan . G . S	BCA	-	-	-	[Signature]
18	Hikitha . M	BCA	-	-	-	[Signature]
19	Chaitra . M	BCA	-	-	-	[Signature]
20	Chandrasakala . S	BCA	-	-	-	[Signature]
21	Rakshita . H . S	BCA	II nd	B	BCA	[Signature]
22	Abhyashree	BCA	II nd	A	BCA	[Signature]
23	Prithika	BSC	II nd	-	MES	[Signature]
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Total No. of students attended - 23
Signature of the Teacher-in-Charge: [Signature] Name: (A. Radheshy)

Organising Secretary Signature: [Signature]

MAHAJANA EDUCATION SOCIETY (R)
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Jayalakshripuram, Mysore - 12
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Attendance Sheet

Name of the Committee: Department of BCA
Nature of the programme: Interactive Talk on
"Nutrition & Your Success: Let's Talk"

Date: 17/03/2024
Time: 2:15 to 3:30 PM

S/N	Name of the Student	Course	Semester	Section	Combination	Signature
1	Sushmitha M	I BCA	1 st Sem	C	BCA	Sushmitha
2	Sushika BS	I BCA	1 st Sem	C	BCA	Sushika BS
3	Shashank K	I BCA	1 st Sem	C	BCA	Shashank
4	Vinay Sushank	I BCA	1 st Sem	C	BCA	Vinay
5	Shival Kumar	I BCA	1 st Sem	C	BCA	Shival Kumar
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23	HOD: NAME - [Signature]					
24	SIGNATURE - (A. P. ANHESU)					
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Total No. of students attended (5)

Signature of the Teacher Incharge:

[Signature] HOD Name: Sushmitha BC

[Signature]
Organising Secretary Signature:

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Attendance Sheet

Name of the Committee: Department of BCA
Nature of the programme: Internship talk on
"Nutrition & Your Success: Let's talk"

Date: 14/05/2024
Time: 9:00 - 5:30 PM

SLN No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	Pratham Ram A	BCA	2nd	'C'	BCA	[Signature]
2	Menezes K M	BCA	2nd	'C'	BCA	[Signature]
3	Pratheeksh MT	BCA	2nd	'C'	BCA	[Signature]
4	Pratham DD	BCA	2nd	'C'	BCA	[Signature]
5	Sagar S. Prasad	BCA	2nd	'C'	BCA	Sagar S. Prasad
6	Purnith H.M	BCA	2nd	'C'	BCA	Purnith H.M
7	Ajay R D	BCA	2nd	'C'	BCA	Ajay R D
8	Ajayappa P.P	BCA	2nd	'C'	BCA	[Signature]
9	Pradipal N	BCA	2nd	'C'	BCA	Pradipal N
10	Purnith Kumar SN	BCA	2nd	'C'	BCA	[Signature]
11	Indrajeeth J	BCA	2nd	'C'	BCA	[Signature]
12	AKHILESH Gowda	BCA	2nd	'C'	BCA	Akhilesh Gowda
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Total No. of students attended - (13)

Signature of the Teacher-in-charge:

Name:

[Signature]
(A. Radheshw)


Organising Secretary Signature:

[Signature]

DR. P. R. RAO
Principal
SBRR MAHAJANA FIRST GRADE COLLEGE
Jayalakshmiram, Mysore - 12




Dr. B R Jayakumari
 PRINCIPAL
 Smt. Bhagyalakshamma Ratteholli Ram
 Mahajana First Grade College (Autonomous)
 Jayalakshmpuram MYSURU-570 012


IQAC Co-ordinator
IQAC Coordinator
 SBRR Mahajana First Grade College
 (Autonomous)
 Jayalakshmpuram, MYSURU-570 012


Head of the Department
 Head of the Department of Microbiology
 SBRR Mahajana First Grade College
 (Autonomous)
 Jayalakshmpuram, Mysuru-570 012

ಮಹಾಜನ ಕಾಲೇಜಿನಲ್ಲಿ ಮಹಿಳಾ ದಿನ: ಸಂವಾದ

• ಕನ್ನಡಪ್ರಭ ವಾರ್ತೆ ಮೈಸೂರು

ನಗರದ ಎಸ್.ಬಿ.ಆರ್.ಆರ್.ಮಹಾಜನ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜಿನ
ವಿಜ್ಞಾನ ವಿಭಾಗ, ಸ್ಪರ್ಶ, ಮಹಿಳಾ ಸಬಲೀಕರಣ ಮತ್ತು ಐಕ್ಯೋಎಸಿ



ಸಹಯೋಗದಲ್ಲಿ ಪೌಷ್ಟಿಕತೆ
ಮತ್ತು ನಿಮ್ಮ ಯಶಸ್ಸು
ಮತ್ತು ಮಹಿಳಾ ಆರೋಗ್ಯ
ಮತ್ತು ಹಾರ್ಮೋನ್
ನಿಯಂತ್ರಣ ಕುರಿತು
ಸಂವಾದಾತ್ಮಕ ಚರ್ಚೆ
ಆಯೋಜಿಸಲಾಗಿತ್ತು.

ಸಂಪನ್ಮೂಲ
ವ್ಯಕ್ತಿಯಾಗಿದ್ದ
ನ್ಯೂಟ್ರಿಷಿಯನ್ ಮತ್ತು
ಡಯಟಲ್ಯೂಷನ್
ಕೌನ್ಸಿಲರ್‌ಡಾ. ಸುಷ್ಮಾ
ಅಪ್ಪಯ್ಯ ಮಾತನಾಡಿ,

ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಜೀವನಶೈಲಿ ಮತ್ತು ಆಹಾರ ಪದ್ಧತಿಗಳ ಪ್ರಭಾವದ
ಮೇಲೆ ಬೆಳಕು ಚೆಲ್ಲಿದರು. ಸ್ಥೂಲಕಾಯತೆ, ಅಧಿಕ ತೂಕ, ರಕ್ತದೊತ್ತಡ,
ಸಿ.ಎಚ್.ಡಿ, ಹಾರ್ಮೋನ್ ಗಳ ಅಸಮತೋಲನ, ಕ್ಯಾನ್ಸರ್,
ಮಾನಸಿಕ ಒತ್ತಡ ಮತ್ತು ಪೋಷಣಾಂಶಗಳ ಕೊರತೆಯ ಕುರಿತು ಅರಿವು
ಮೂಡಿಸಿದರು.

ನಂತರ ಬೋಧಕ ಮತ್ತು ಬೋಧಕೀತರ ಸಿಬ್ಬಂದಿಗೆ ಸಂವಾದ ನಡೆಸಿ,
ದೀರ್ಘಕಾಲದ ಬೆನ್ನುನೋವು, ಸ್ಥೂಲಕಾಯತೆ, ಮಧುಮೇಹ, ಅಧಿಕ
ರಕ್ತದೊತ್ತಡ, ಕೊಲೆಸ್ಟ್ರಾಲ್, ಪಿ.ಸಿ.ಪಿ.ಎಸ್, ಥೈರಾಯಿಡ್ ನಂತಹ
ಸಮಸ್ಯೆ ಇತ್ತೀಚ್ಚಿನ ದಿನಗಳಲ್ಲಿ ವ್ಯಕ್ತಿಪರ ಮಹಿಳೆ ಮತ್ತು ಪುರುಷರಲ್ಲಿ
ಹೆಚ್ಚಾಗಿ ಕಂಡು ಬರುತ್ತಿದೆ ಎಂದರು.

ಪ್ರಾಂಶುಪಾಲೆ ಡಾ.ಬಿ.ಆರ್. ಜಯಕುಮಾರಿ, ಐಕ್ಯೋಎಸಿ ಸಂಚಾಲಕಿ
ಡಿ.. ಗೀತಾ ಇದ್ದರು.