



People's Education Trust (R), Mandya  
P.E.S. College of Science, Arts & Commerce, Mandya.  
M.C. Road, Mandya, Karnataka - 571 401  
Affiliated to University of Mysore

No.

Date: 06-07-2022

### REPORT ON SEMINAR FROM WOMEN GRIEVANCE CELL

Women Grievance Cell and Internal Complaint Committee in association with IQAC of the college organized a seminar on **"Impact of Lifestyle Changes on Women Health"** on 06-07-2022 Wednesday at 11.30 AM at Swami Vivekananda Auditorium to benefit Women staff and Girls students of our college.

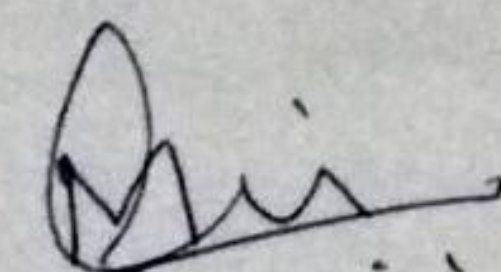
Resource person was **Dr.S.S.Malini**, Professor in Zoology, Chairperson of Genetics and Genomics and Director, UGC-HRDC, University of Mysore, Mysuru

She narrated about the definition of HEALTH given by WHO, reasons for genetic disorder, about chromosomes and reasons for Down Syndrome.

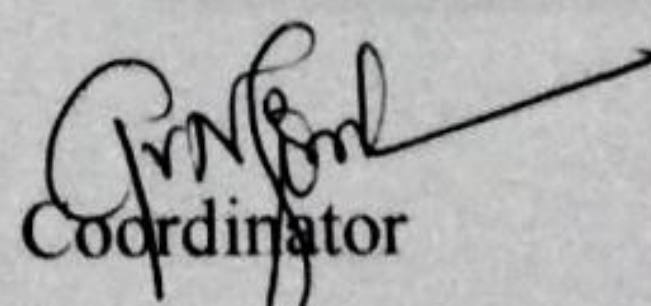
The option of extra value meals is in most fast food outlets. These options are great money makers for the fast food establishments costing them pennies, while offering consumers more calories than can be expended were added.

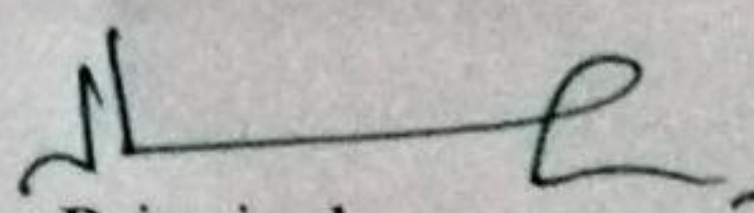
The routine activities of women should be scientific and systematic to keep health in best manner. There will be negative impact on health if women change lifestyle based on unwanted things. She also added furthermore about work-life balance of women.

Finally, **512 women from both student wing and staff wing** benefitted out of this seminar and fruitful and colourful results obtained.

  
Coordinator

Women Grievance Cell

  
Coordinator  
IQAC

  
Principal  
**Dr. J. Mahadeva**  
Principal  
P.E.S. College of Science  
Arts & Commerce, MANDYA.



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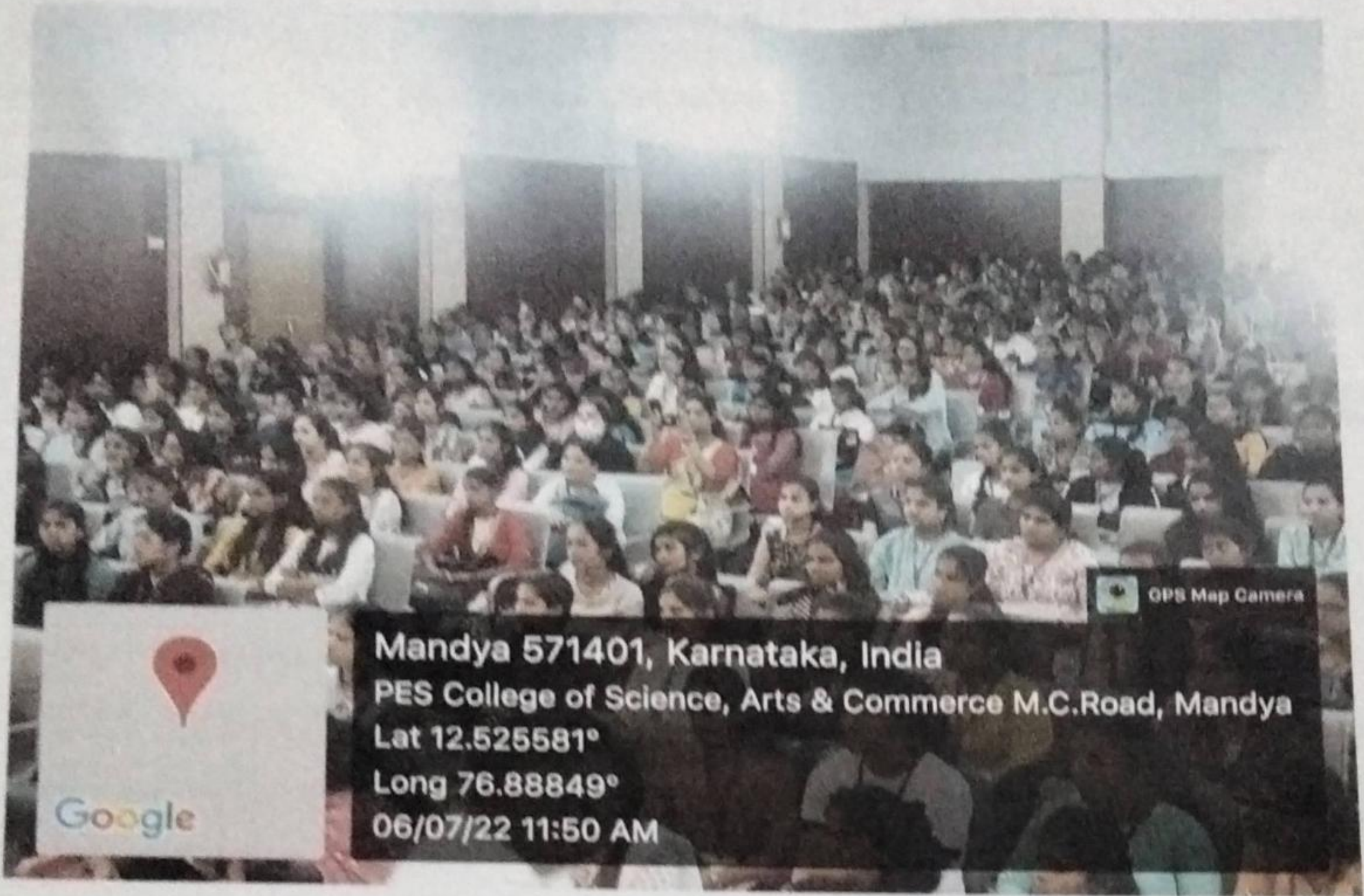
MANDYA NAGAR

Mandya 571401, Karnataka, India  
 PES College of Science, Arts & Commerce M.C.Road,  
 Mandya  
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 Long 76.88849°  
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Mandya, Karnataka, India  
 GVGO+FCR, 1st Cross Rd, Subash Nagar, Mandya,  
 Karnataka 571401, India  
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# Women benefitted out of Seminar







Dr.J.Mahadeva  
Principal  
Mo.No.9448872283

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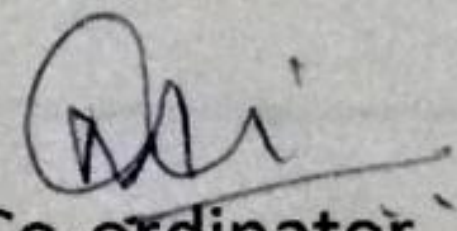
### **Women Grievance Cell & Internal Complaint Committee (ICC)**

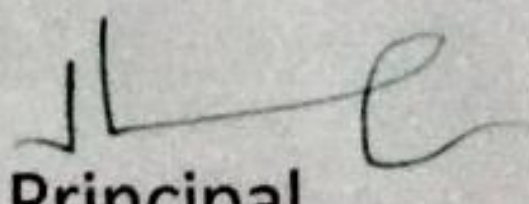
Women Grievance Cell & Internal Complaint Committee (ICC) of P.E.S. College of Science, Arts & Commerce, Mandya along with IQAC of this college is organizing a seminar on 'Impact of Lifestyle Changes on Women Health' on 06-07-2022 Wednesday at 11:30 AM by the Resource person Prof.S.S Malini, Professor and Chairperson of Genetics and Genomics, University of Mysore, & Director, UGC-HRDC, Mysore.

So I Kindly request all the women faculty and girl students of our college to attend the programme without fail and make use of this opportunity.

**Venue: Swamy Vivekananda Auditorium**

**Date & Time : 06-07-2022, Wednesday at 11:30AM**

  
Co-ordinator

  
Principal  
Principal  
P.E.S. College of Science  
Arts & Commerce, MANDYA



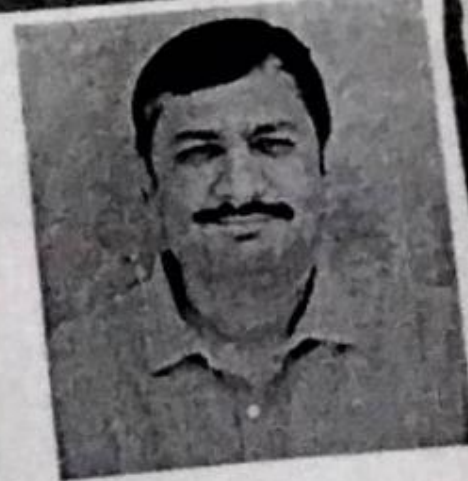


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**P.E.S. COLLEGE OF SCIENCE ARTS & COMMERCE**

M.C. Road, Mandya, Karnataka-571 401

(Affiliated to University of Mysore, NAAC Re-Accredited with 'A' Grade)

In association with IQAC organizes



**Seminar on**

***Impact of Life Style Changes on Women Health***

Resource Person:



**Dr. S S Malini**

Professor in Zoology and Chairperson in  
Dept. of Genetics and Genomics,  
Director UGC-HRDC, University of Mysore

*Date: 6<sup>th</sup> July, 2022*

*Time: 11.30 AM*

*Venue: Vivekananda Auditorium*

*P E S Science, Arts & Commerce College Campus*

**Sri. K.R.Dayananda**  
Joint Secretary

**Dr. J.Mahadeva**  
Principal

**Prof. Mahalakshmi**  
Coordinator