

CRITERIA 7 - INSTITUTIONAL VALUES AND BEST PRACTICES

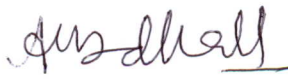
7.1 Institutional Values and Social Responsibilities

7.1.1 Following are the Measures initiated by the Padmashree institution for the promotion of gender equity and initiatives to celebrate/organize national and international commemorative days, events, and festivals during every year.

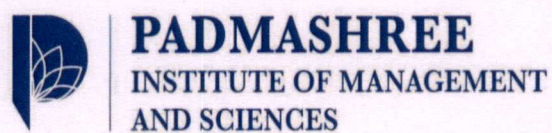
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Dr. Anuradha. M
 Principal
 Padmashree Institute of
 Management & Sciences

GENDER EQUITY POLICY



#149, Padmashree campus, Sulikere post, Kommaghatta, Kengeri,
Bangalore- 560 060

Gender Equity Policy

Gender equity means the “Provision of fairness and justice in the distribution of benefits and responsibilities among all the genders”. The core guiding principles of gender equity are fairness and impartiality. Equity, in its simplest terms, allocating resources and opportunities as needed to create equal outcomes for members. A gender audit is an essential component to promote gender equality and women empowerment. The institution is striding to achieve gender balance by initiating promotion, gender audits and gender equity policy. The motto of the policy is to create a culture and allow both genders to enjoy equal rights, resources, opportunities, and security. Conscious and consistent efforts are made by our institute to achieve gender balance in both its academic and administrative departments. The women empowerment committee, anti-sexual harassment committee and anti-ragging committee shall be responsible for creating awareness and avoiding the unforeseen acts in the campus. All women and girls are provided with basic amenities and all stake holders on campus are aware that the college has a gender orientation in its policies and programs.

As per UNICEF, “Gender equality means that women and men, and girls and boys, enjoy the same rights, resources, opportunities and protections”. It does not require that girls and boys, or women and men, be the same or that they be treated exactly alike. The major objective is to ensure equal opportunities for women and men by encouraging them to be part of administration, management in academic, research, innovation and scientific decision-making bodies and student clubs.

Policy Statement:

Institution commits to create an inclusive and equitable atmosphere that respects individual identities, fosters a sense of belongingness without fear of judgement or retaliation, and encourages diverse views that enable all the stakeholders to bring their true selves to perform and to reach their full potentials. PIMS Gender Equity Policy rests on the pillars of equity, diversity, and inclusion with gender as a key area of focus.

Institution is committed to uphold the principle of gender equity as presented in the Indian Constitution, in its Preamble, Fundamental Rights, Fundamental duties, respecting the dignity of every individual and the centrality of human person in the scheme of things, without any discrimination to any gender, providing equal opportunity to all.

Procedures and policies of the institution are positively framed to gender sensitivity and empowers all the cells and committees to implement and practice the same. This policy has rightly been conceptualized, where gender concerns have been recognized as important concerns on the agenda at national, regional, and international levels. The success in implementation of gender policy depends on the involvement of all the members and the responsibility is enforced to all including the academic leaders and policy makers, working at various units of the Institution.

Objectives:

- To communicate unbiased representations of gender equity to all the stake holders.
- Organizing workshops and seminars promoting diversity and addressing gender-sensitive issues.
- Creating awareness about equality among students and staff.
- Ensuring fair representations of male and female in leadership roles in cells and committees.
- Design and deployment of women welfare and development cell and anti-sexual harassment committee.
- Facilitate unbiased participation and maintain gender balance.
- Grievance redressal in gender related issues and facilitate counselling.
- To ensure balanced gender quota in hiring and promote gender parity at all levels.
- Celebration and organizing events related to gender equality and sensitization.
- Conducting debates, role plays and street plays on gender sensitization.

Safety, Security and Counselling:

Student clubs and forums shall organize talks and conduct orientation programs, every year on relevant issues of gender equity and its understanding. Gender equity, safety of women and sensitization is an important objective of Padmashree Institute of Management and Sciences Gender Equity Policy. Women empowerment, grievance redressal and counselling, awareness camps are the core focus areas.

The institution shall have an efficient mechanism for addressing gender-based discrimination/sexual harassment. A committee shall be constituted with both male and female representatives, management members, and student representatives. Every year International Men's Day and Women's Day celebrations talks from experts shall be organized on human rights, women in STEM, gender-specific health-related issues, opportunities for women and gender equality. Debates and participatory learning activities on women's empowerment, safety and matters of sensitization like human trafficking and domestic violence shall be organized. The institution shall provide emotional and psychological support to the students at the college, with respect to various issues of which gender-related issues are a substantial part.

The management shall be upgraded to create a safe environment that values and supports the expression of gender equality. The management shall rethink and identify strategic locations to CCTV cameras and security personnel to ensure the safety of all. Separate washrooms, women rest areas, common rooms shall be strategically established.

This policy aims to create awareness and educate all the stakeholders in issues related to gender sensitivity, equality, and relevance in the campus. It defines the roles and responsibilities of individuals with respect to gender sensitivity and the strategic plan to implement the gender equity policy.

7.1.1 GENDER AUDIT

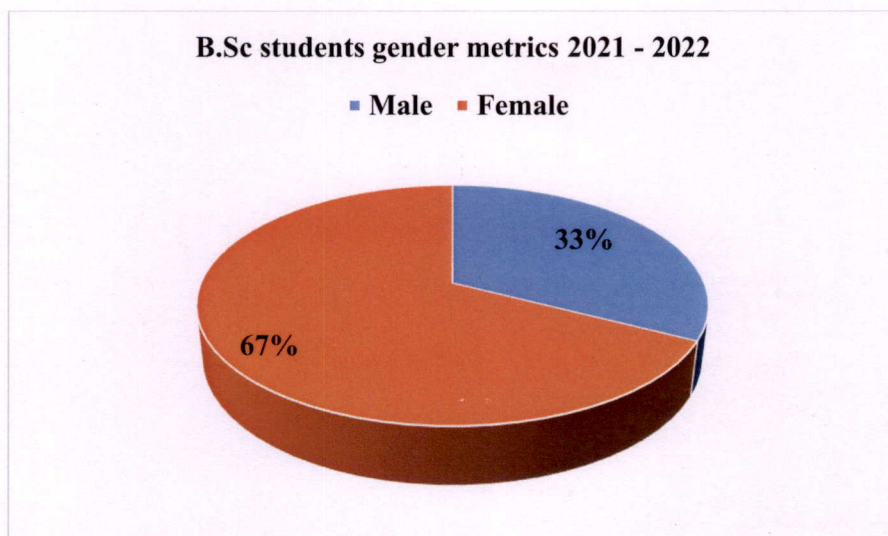
Justice and fairness in the allocation of rights and obligations between men and women is referred as "gender equity". There is a need for gender audit to provide equal opportunity for men and women. The Institution has taken up gender audit to attain gender balance. Teaching staff, non-teaching staff, housekeeping staff are encouraged in the institution for promotion of gender equity. A gender audit report for five years is presented below.

YEAR WISE STUDENT GENDER METRICS OF PIMS

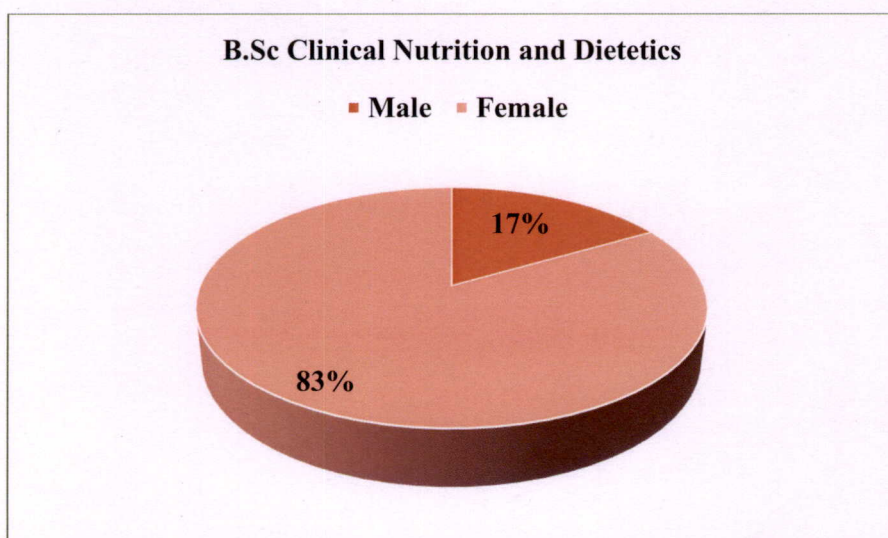
Table showing the statistics of student gender metrics for 2021-22

Bachelor of Science		
Total	Male	Female
43	14	29
B.Sc. Clinical Nutrition and Dietetics		
Total	Male	Female
24	4	20
B.Voc Food Technology and Quality Management		
Total	Male	Female
8	6	2
B.Voc Food Processing and Nutraceuticals		
Total	Male	Female
10	3	7
B.Voc Medical Laboratory Technology		
Total	Male	Female
5	2	3
Bachelor of Computer Application		
Total	Male	Female
23	13	10
Bachelor of Business Administration		
Total	Male	Female
10	7	3
Bachelor of Commerce		
Total	Male	Female
24	17	7
M.Sc. Microbiology		
Total	Male	Female
38	15	23
M.Sc. Clinical Nutrition and Dietetics		
Total	Male	Female

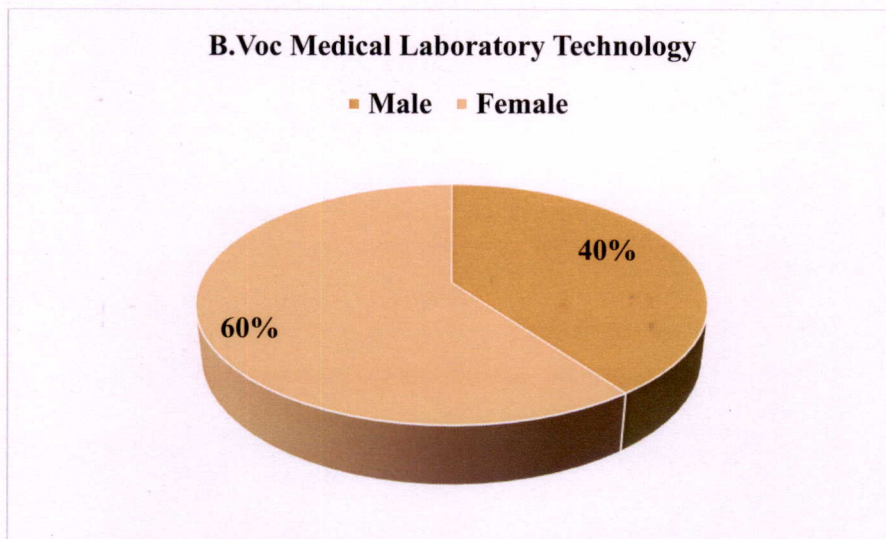
Graphical representation of students showing gender wise strength for 2021-22



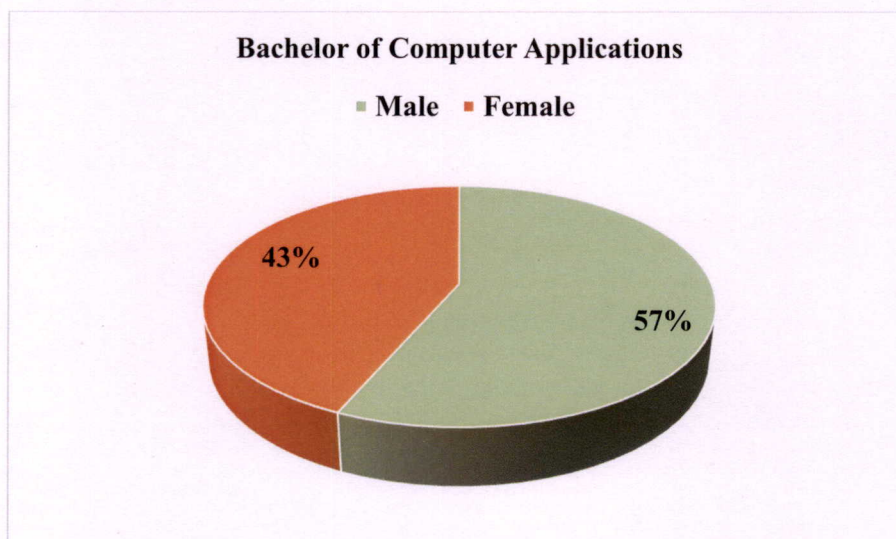
The above chart shows students who enrolled for B.Sc. Course with 67% belonging to female category and 33% Male category



The above chart shows students who enrolled for B.Sc. Clinical Nutrition and Dietetics course with 83% belonging to female category and 17% Male category

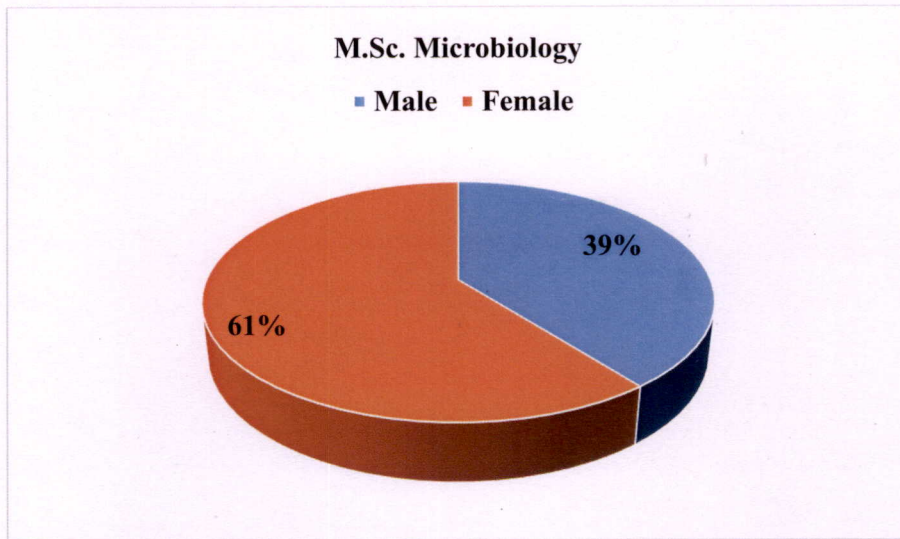


The above chart shows students who enrolled for B.Voc Medical laboratory technology course with 60% belonging to female category and 40% male category

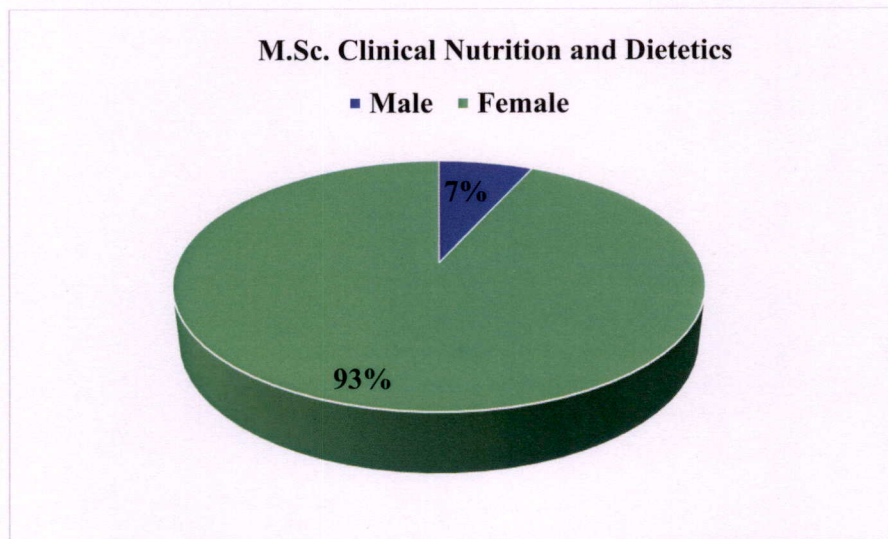


The above chart shows students who enrolled for Bachelor of Computer Application course with 43% belonging to female category and 57% male category

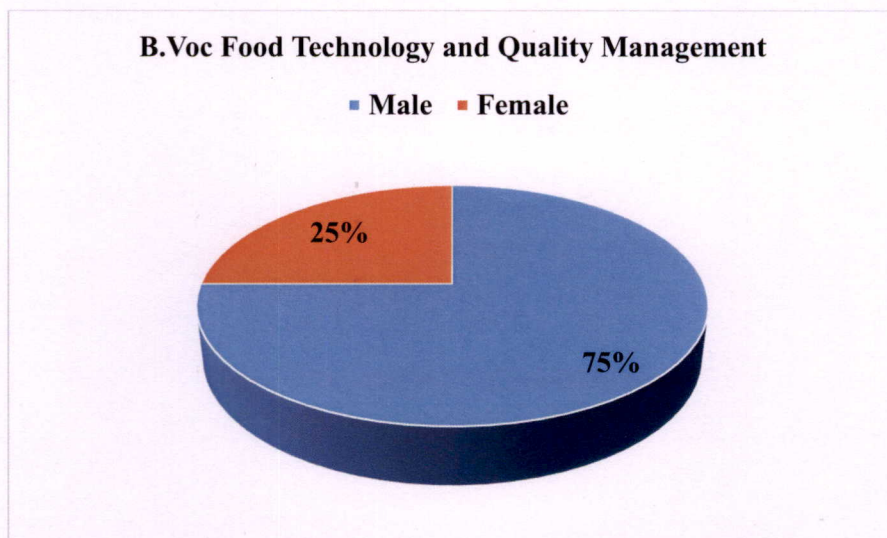
44	3	41
M.Sc. Food and Nutrition		
Total	Male	Female
35	3	32
M.Sc. Biochemistry		
Total	Male	Female
28	9	19
M.Sc. Biotechnology		
Total	Male	Female
30	9	21
Master of Commerce		
Total	Male	Female
23	7	16
Master of Business Administration		
Total	Male	Female
68	38	30
M. Voc Food Processing and Nutraceuticals		
Total	Male	Female
11	2	9
M. Voc Food Technology and Quality Management		
Total	Male	Female
38	8	30



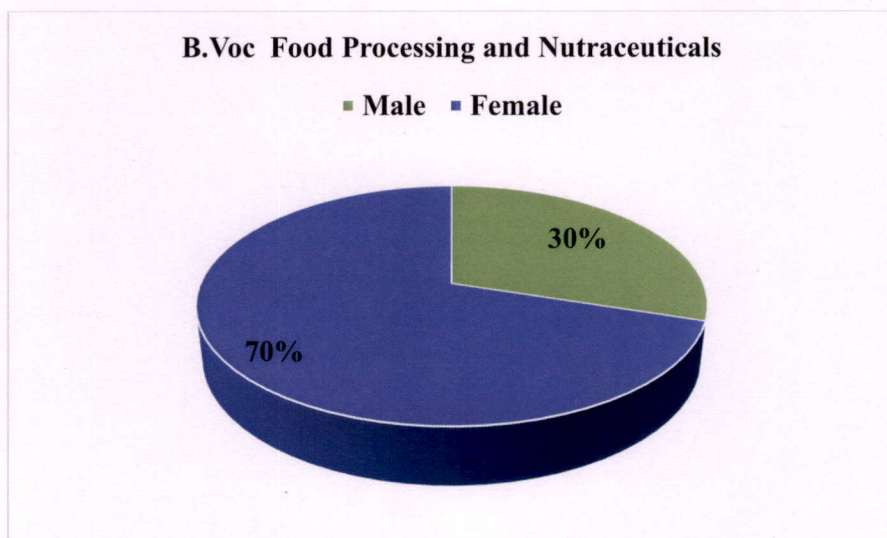
The above chart shows students who enrolled for M.Sc. Microbiology course with 61% belonging to female category and 39% male category



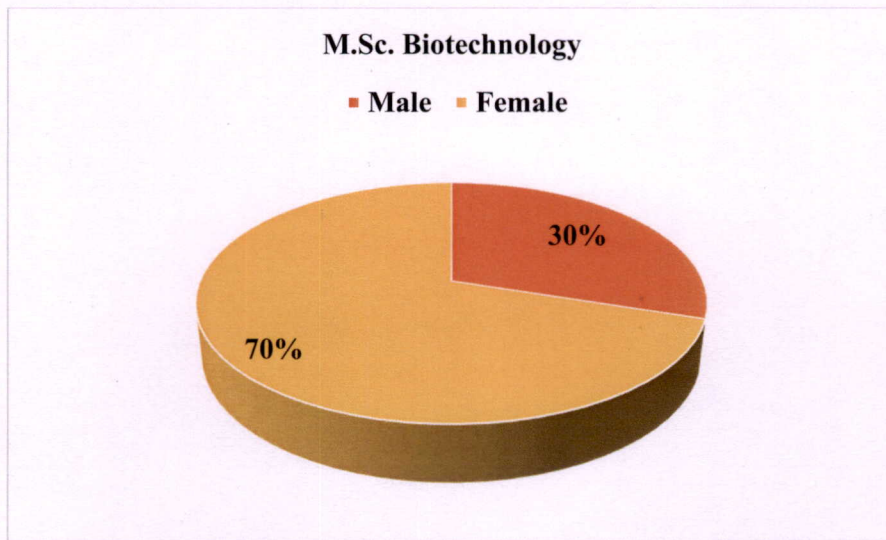
The above chart shows students who enrolled for M.Sc. Clinical Nutrition and Dietetics with 30% belonging to female category and 70% male category



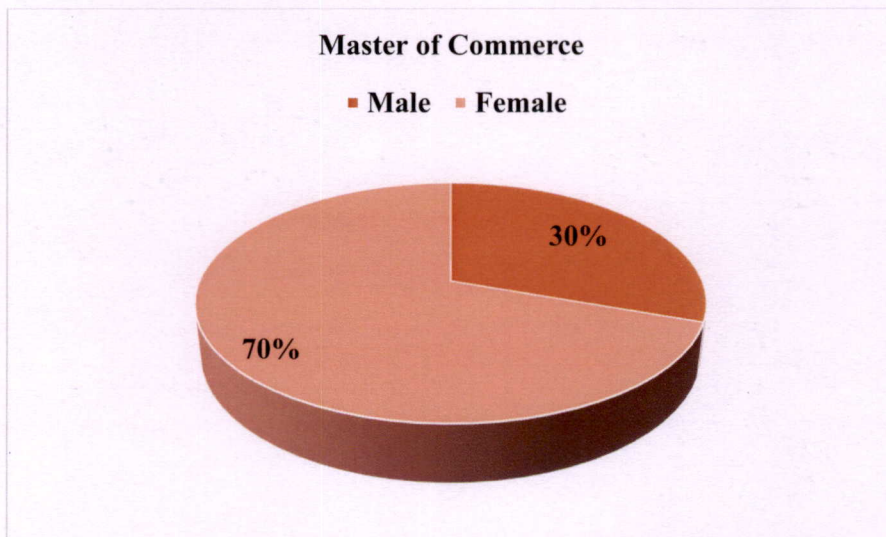
The above chart shows students who enrolled for B.Voc Food Technology and Quality Management Course with 25% belonging to female category and 75% Male category



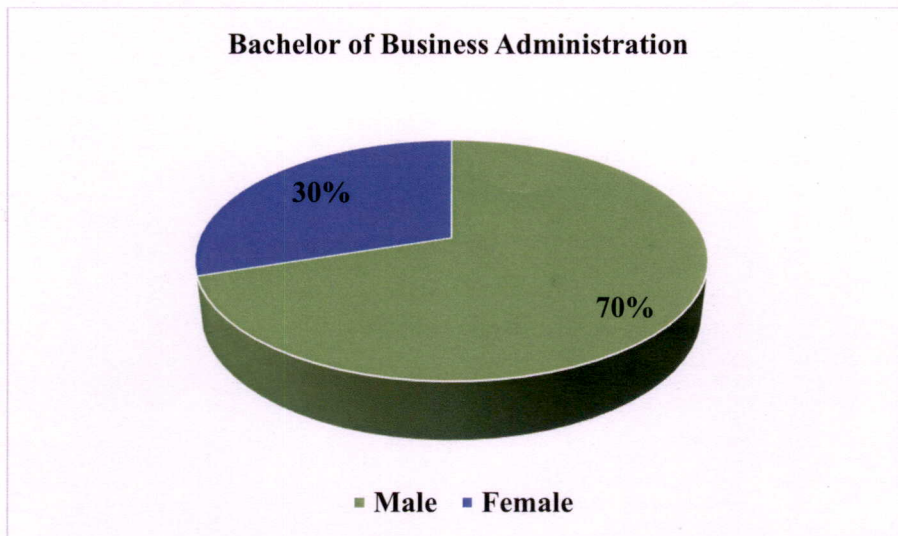
The above chart shows students who enrolled for B.Voc Food Processing and Nutraceuticals Course with 70% belonging to female category and 30% Male category



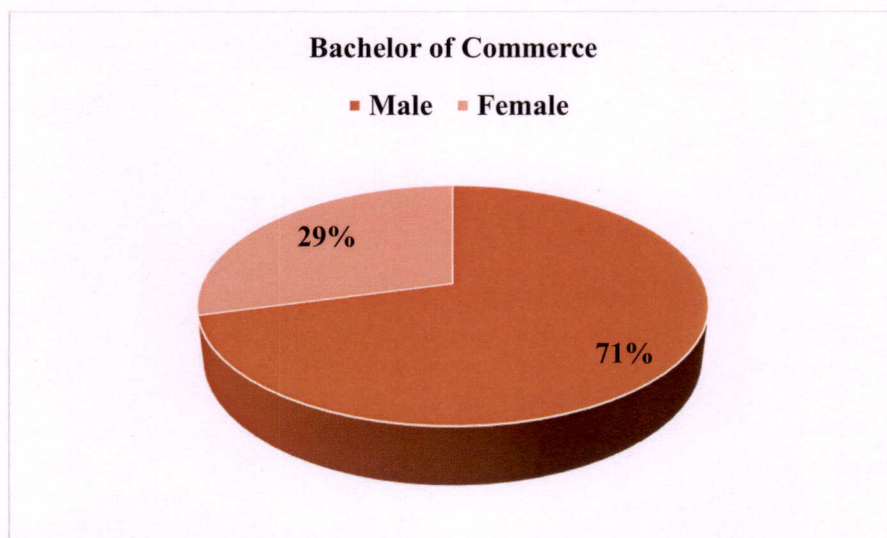
The above chart shows students who enrolled for M.Sc. Biotechnology with 70% belonging to female category and 30% male category



The above chart shows students who enrolled for Master of Commerce with 70% belonging to female category and 30% male category



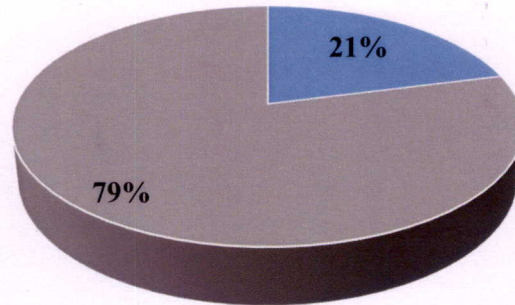
The above chart shows students who enrolled for Bachelor of Business Administration course with 30% belonging to female category and 70% male category



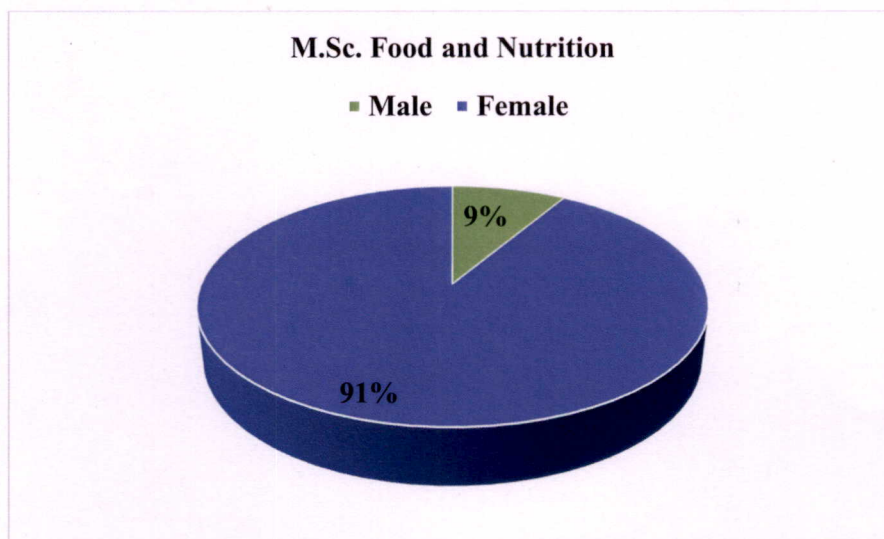
The above chart shows students who enrolled for Bachelor of Commerce course with 29% belonging to female category and 71% male category

M. Voc Food Technology and Quality Management

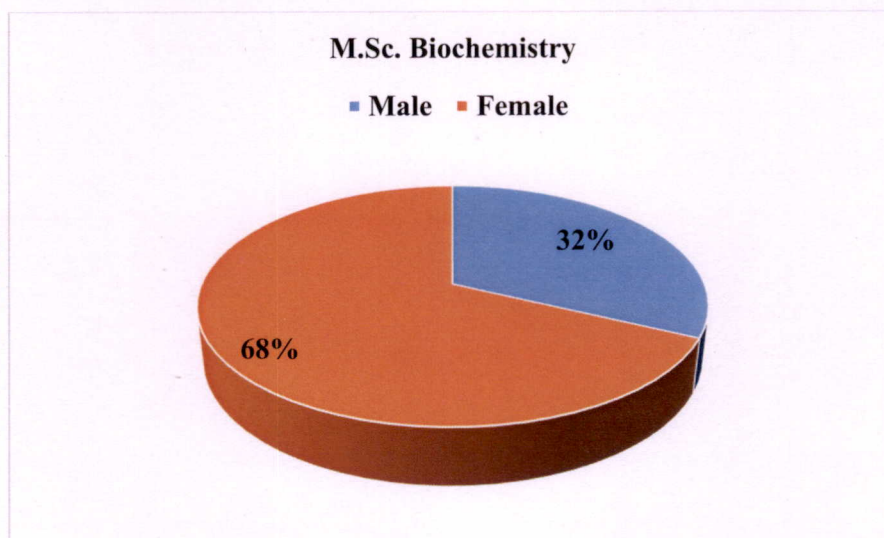
■ Male ■ Female



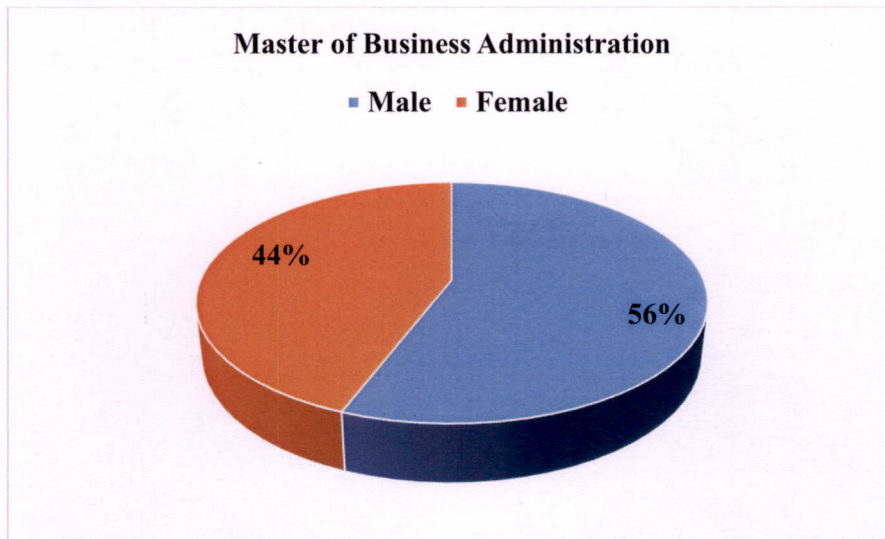
The above chart shows students who enrolled for M.Voc Food Technology and Quality Management with 79% belonging to female category and 21% Male category



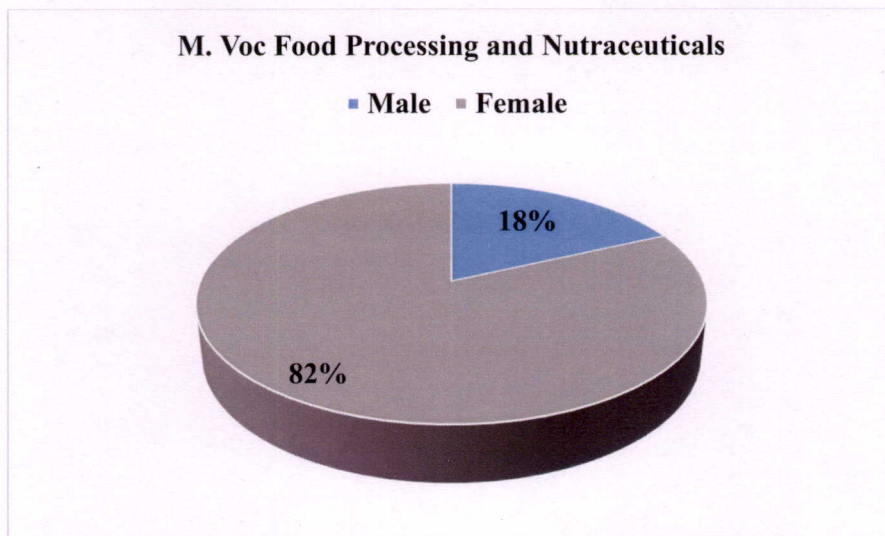
The above chart shows students who enrolled for M.Sc. Food and Nutrition with 91% belonging to female category and 9% male category



The above chart shows students who enrolled for M.Sc. Biochemistry with 68% belonging to female category and 32% male category



The above chart shows students who enrolled for Master of Business Administration with 44% belonging to female category and 56% male category



The above chart shows students who enrolled for M.Voc Food Processing and Nutraceuticals with 82% belonging to female category and 18% male category



Anuradha M
Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences

Gender Equity and Sensitization Programs

The Institution has derived a policy to promote gender equity and sensitization. The institution encourages both genders for various activities conducted. The action plan is designed and approved by the principal at the beginning of the academic year for the promotion of gender equity and sensitization programs.

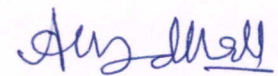
In 2017 – 18, Clinical Nutrition and Dietetics UG course was started with co-education, encouraging boys to pursue nutrition courses which in general confined only to women's colleges under home science.

In 2017 – 18, B. Voc Food Processing & Nutraceuticals course was started with co-education, providing opportunity for girls to pursue the course which was generally perceived as a course for boys due to placements in factories.

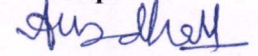
The college provides women-friendly work environment with flexible timings, safe transport facility and security for faculties and students. Various activities related to gender equity and sensitivity are organized every year.

List of Events:

Sl. No.	Title of Programme
1	International Women's Day
2	24 th January-National girl child day organized in collaboration with Women development cell
3	Women empowerment Roadshow in Collaboration with NITI Aayog, Bangalore
4	Scholarships and Loan Opportunities for higher education series-1 with special emphasis on single girl child
5	International Men's Day
6	Awareness program on HIV/AIDS
7	World Breastfeeding Day
8	National Nutrition Month/week

Dr. Anuradha M
Principal



Dr. Anuradha. M
Principal

International Women's Day

Program summary

Women's Day is celebrated every year in the college, where both the students and faculties actively participate. Every year female achievers will be felicitated. Various programs are organised, the students express their love and gratitude by giving inspiring speeches about the great personalities and share their valuable thoughts. The students and faculties are acknowledged and honoured for their contributions.

PHOTO GALLERY OF INTERNATIONAL WOMEN'S DAY 2019



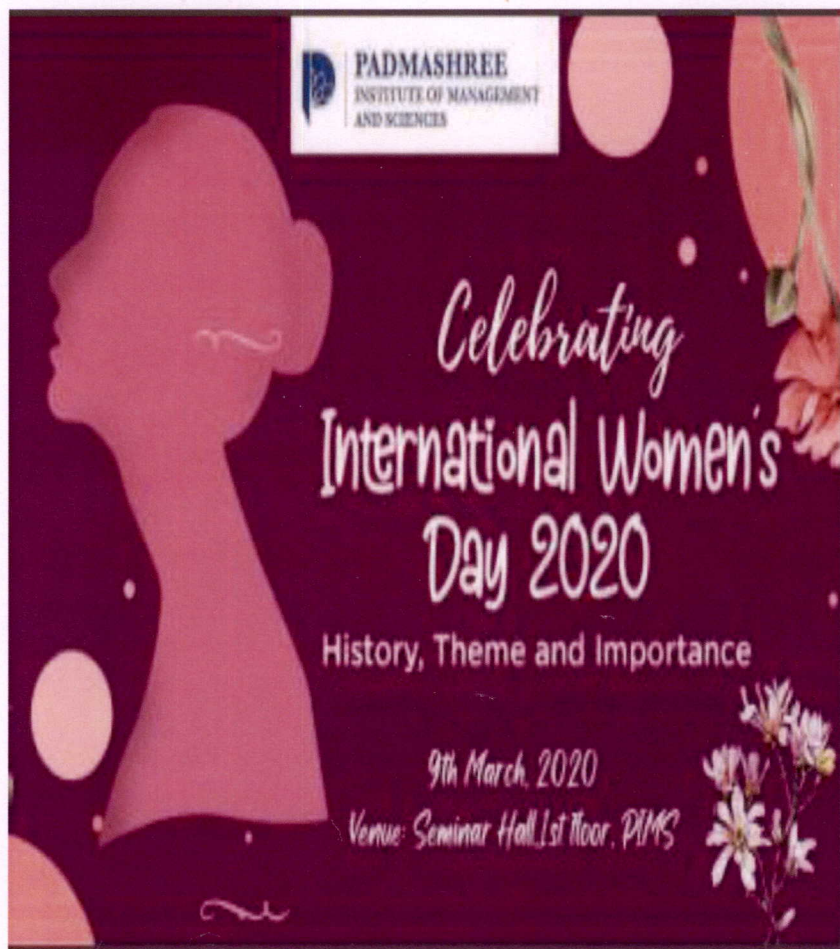
Anuradha M

Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences





Photo Gallery of International Women's day -March 2020



Anuradha M

Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences





Anuradha

Dr. Anuradha, M
Principal
Padmashree Institute of
Management & Sciences





Anuradha M

Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences

08 TH MARCH 2021 @ 6.00 PM

Organised by WDC

 **PADMASHREE**
INSTITUTE OF MANAGEMENT
AND SCIENCES

In Association with







A Celebration in Honour of



**INTERNATIONAL
WOMEN'S
DAY**

MARCH 8TH

"There's something so special about a woman who dominates in a man's world. It takes a certain grace, strength, intelligence, fearlessness, and the nerve to never take no for an answer."
—Rihanna


Dr. Sravanti Vaidya
Women in science & technology
Project Scientist,
CSIR Center for Cellular &
Molecular Biology, Hydrabad


Dr. SHYLJA S
Women empowerment
Principal,
Govt. First Grade College,
Magadi, Bengaluru


Dr. Anuradha M
women in self empowerment &
leadership
Principal,
PIMS, Bengaluru

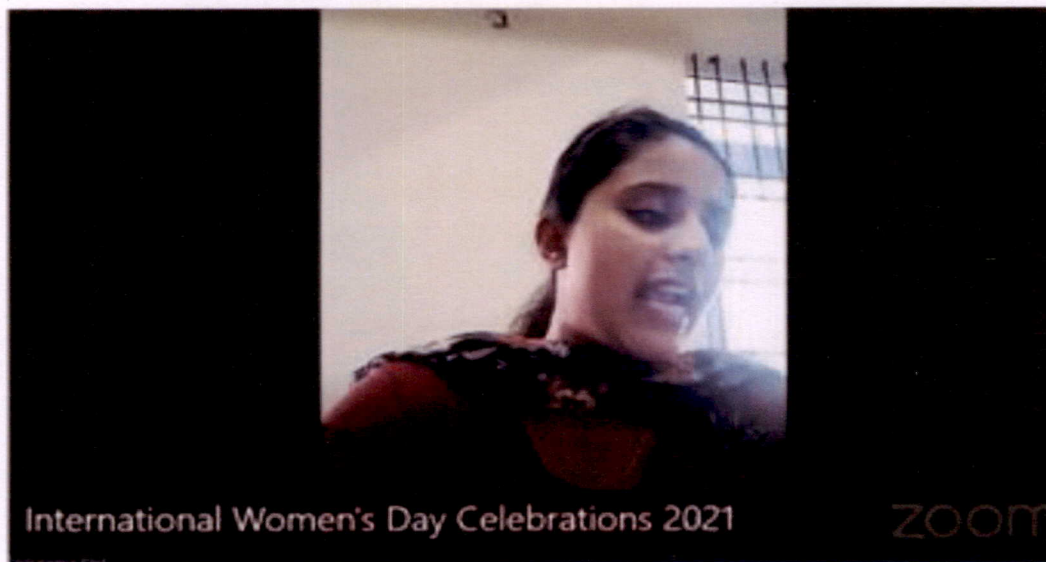
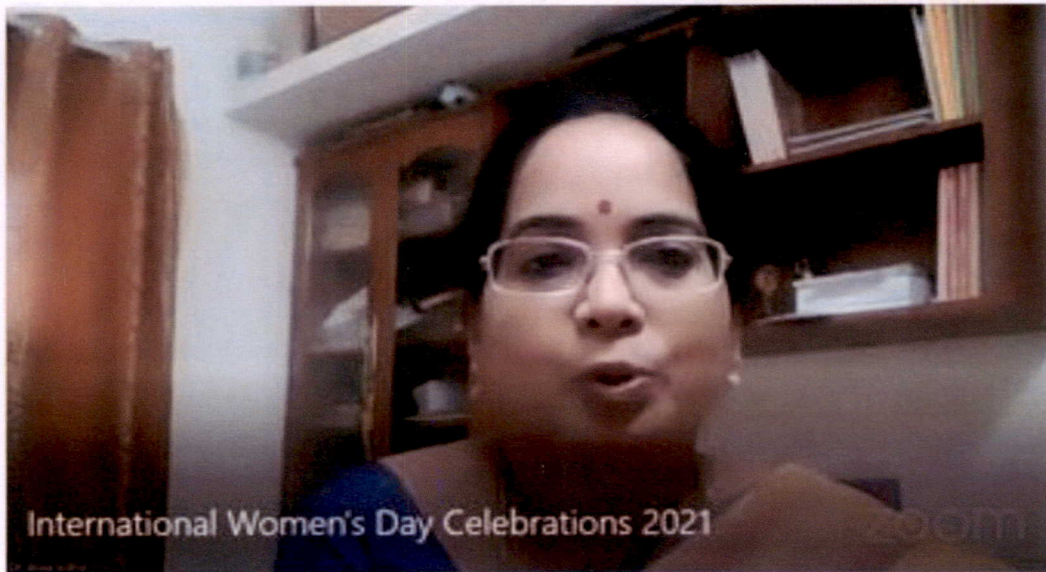
website: www.pims.org.in



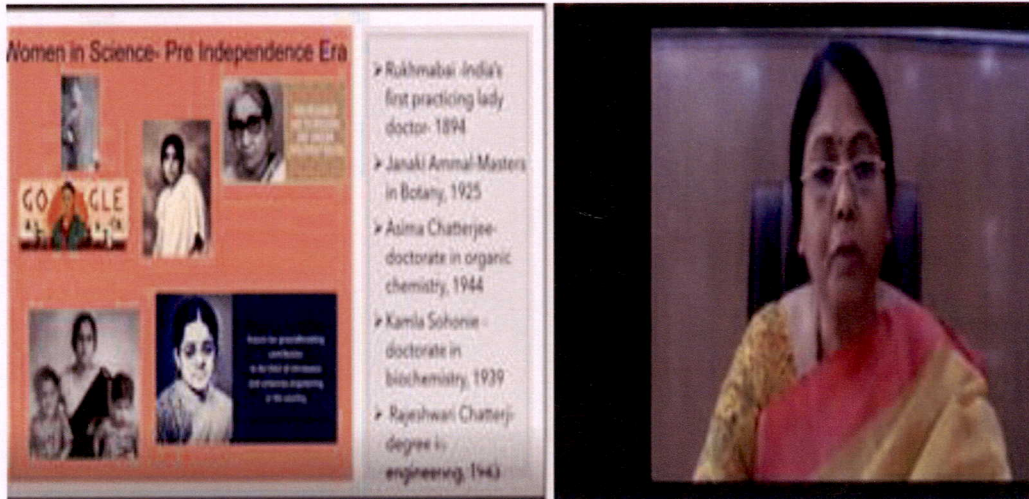
Anuradha

Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences

Photo Gallery International Women's Day-March 2021

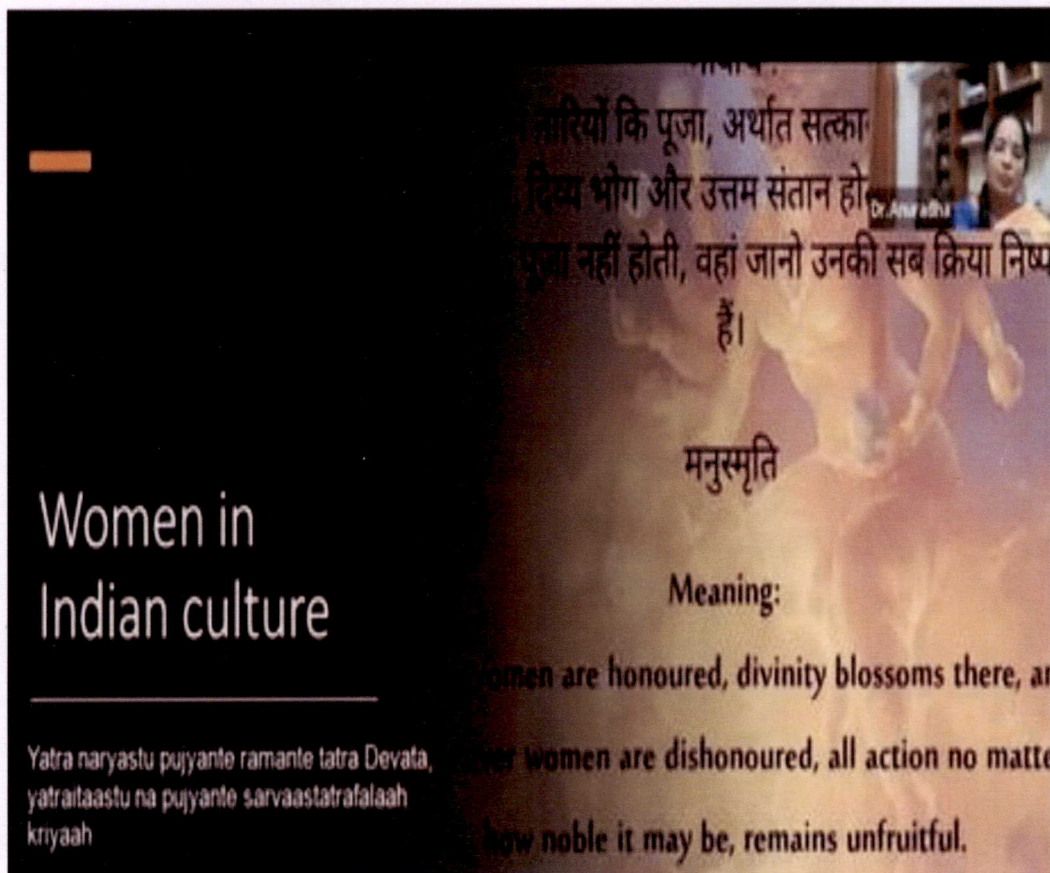


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Principal
Padmashree Institute of
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Women in Science- Pre Independence Era

- ▶ Rukhmabai India's first practicing lady doctor- 1894
- ▶ Janaki Ammal-Masters in Botany, 1925
- ▶ Asima Chatterjee-doctorate in organic chemistry, 1944
- ▶ Kamla Sohoni - doctorate in biochemistry, 1939
- ▶ Rajeshwari Chatterji- degree in engineering, 1943



Women in Indian culture

मनुस्मृति
Meaning:
When women are honoured, divinity blossoms there, and when women are dishonoured, all action no matter how noble it may be, remains unfruitful.

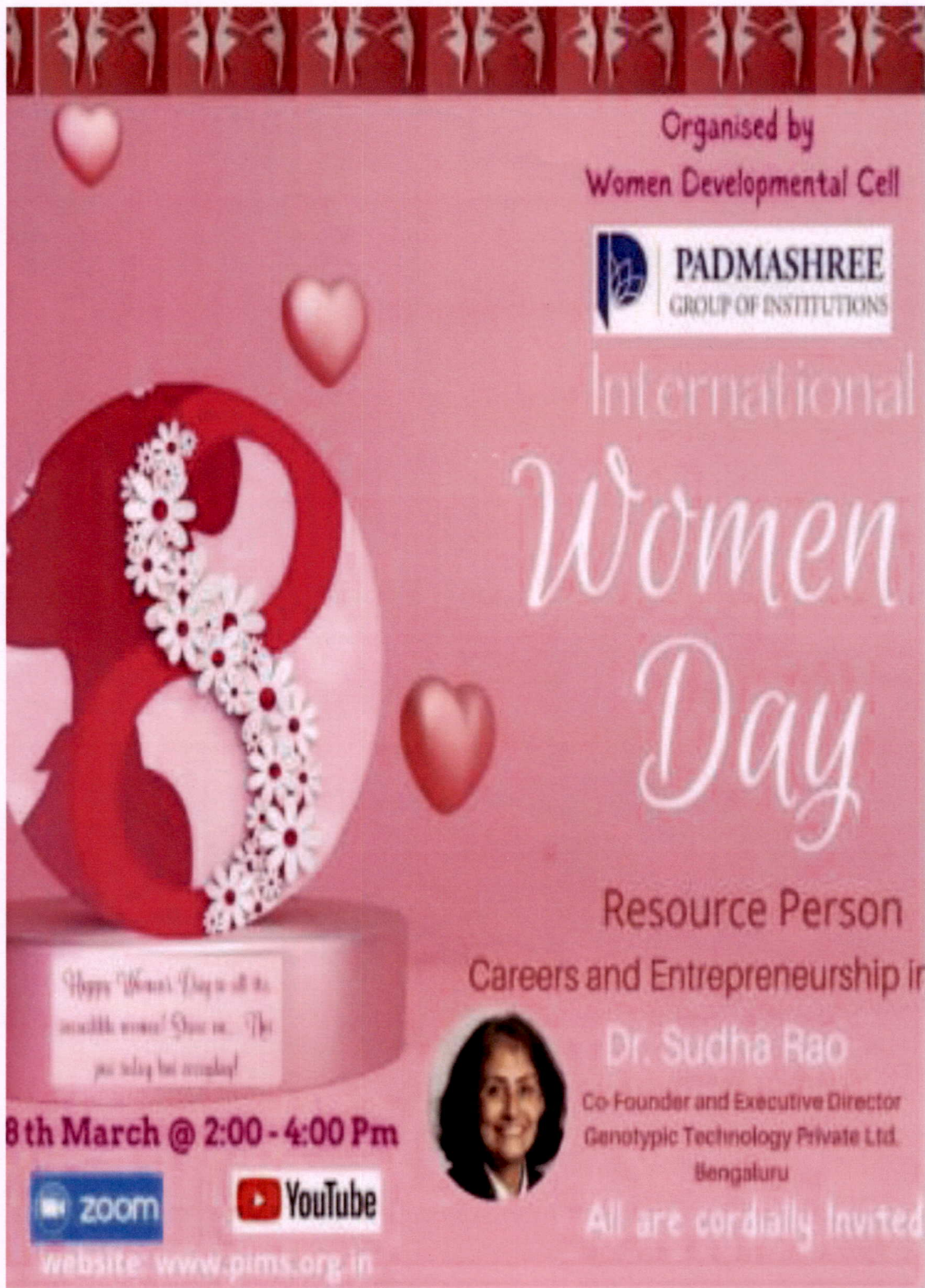
यत्र नारियों कि पूजा, अर्थात् सत्का
दिव्य भोग और उत्तम संतान हो
पूजा नहीं होती, वहां जानो उनकी सब क्रिया निष्फ
हैं।

Yatra naryastu puhyante ramante tatra Devata,
yatra itaastu na puhyante sarvaastatrafalaah
kriyaah




Anuradha M

Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences





Organised by
Women Developmental Cell

 **PADMASHREE**
GROUP OF INSTITUTIONS

International
**Women
Day**

Resource Person
Careers and Entrepreneurship in
Dr. Sudha Rao
Co-Founder and Executive Director
Genotypic Technology Private Ltd.
Bengaluru

8th March @ 2:00 - 4:00 Pm

Happy Women's Day to all the
amazing women! Shine on... The
you today but tomorrow!

website: www.pims.org.in

All are cordially invited

Photo gallery of International women's day -March 2022



Anuradha
Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences

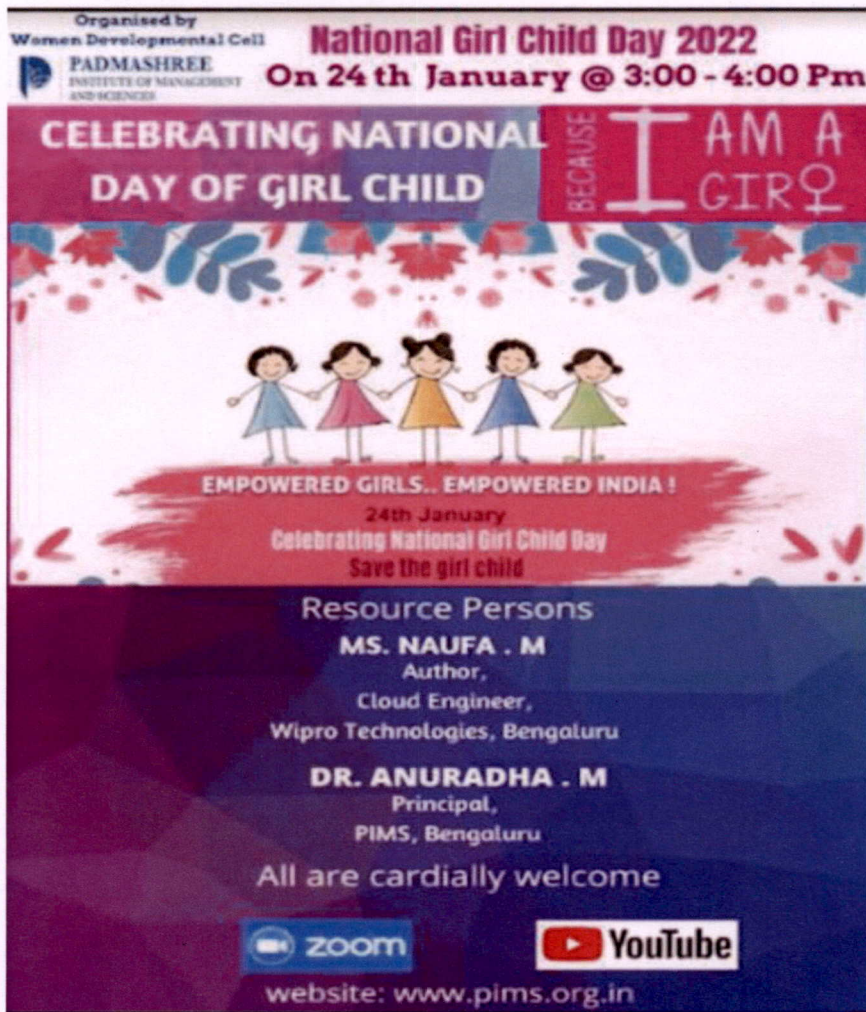
National Girl Child Day

24-01-2022

Program summary

The session started with welcome speech by Ms. Mugdha Hegde, a student of B.Voc gave an invocation song. First Speaker of the Session, Dr. Anuradha M Principal, PIMS gave a wonderful talk on Educate, Encourage, Empower the girls. She highlighted about the important facts of girl childlike aborting the foetus if it is girl, early marriage, not providing education and other basic needs for girls in India. It was an amazing session. Next Speaker was Ms. Naufa who is a feminist, talked about the women rights and freedom. The participants were enlightened about the rights in India. It was literally an insightful session.

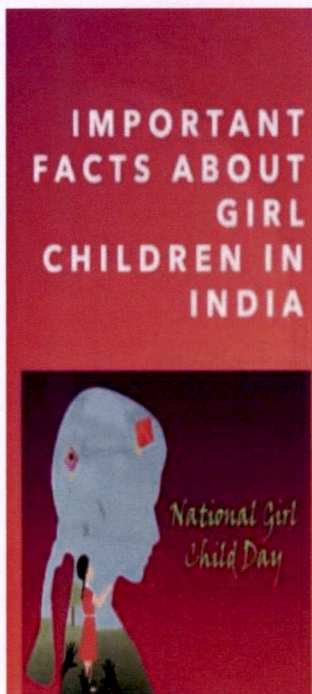
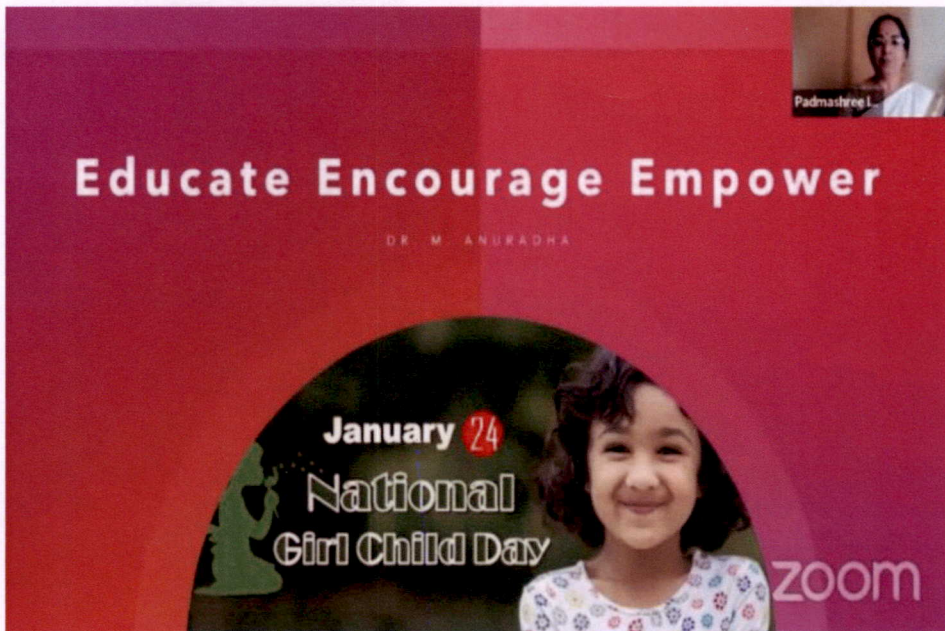
PHOTO GALLERY OF NATIONAL GIRL CHILD DAY:



Anuradha M

Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences





- Termination of 10mn female fetuses over the
- More than 27 lacs child deaths a year, with the figures for female children being much higher than male children.
- 53% of girls in the age group 5 to 9 years are illiterate.
- 75% of married women were underage when they got married.
- 1 in every 2 girls is malnourished.
- Out of the 12 mn girls born, 1 mn die before the 1st year of life.
- 1 out of sixth girl child dies due to gender discrimination.
- 1 out of every 10 women report instances of child sexual abuse (CSA) .
- Female mortality is higher in 224 out of 402 districts in India.

Source-https://www.slideshare.net/sk_prince/development-of-girl-child



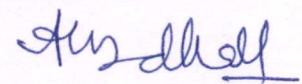
Anuradha
Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences

WEP ROADSHOW

Program summary

Padmashree Institute of Management and Sciences and Sheshadripuram College in association with INK and CWE hosted a Fireside chat to encourage Women Entrepreneurship move promoted by NITI Aayog WEP, Government of India on 18th October 2019 at Sheshadripuram College campus, Bangalore. The panel was chaired by Dr. Ashwath Narayan, Minister for IT & BT, Science and Technology and co-chaired by Ms. Lakshmi Pratury, Founder & CEO, INK Talks. Dr. Ashwath Narayan, provided an overview of the opportunities available to women entrepreneurs and encouraged the women entrepreneurs to register their names in the WEP portal. Ms. Lakshmi Pratury, shared success stories of women entrepreneurs and motivated the women entrepreneurs to aim higher. The panel discussions that followed focused on “Building Conducive Ecosystem for women entrepreneurs in India” and “Journey and lessons of being a woman entrepreneur”.

PHOTO GALLERY OF WEP ROAD SHOW PROGRAM:



Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences





WEP Roadshow **Bangalore**

Join us for Firesidechat with

*Hon. Deputy Chief Minister,
Dr. Ashwath Narayan
IT & BT, Science and Technology,
Higher and Medical Education Minister*



***Lakshmi Pratury**
Founder & CEO, INKTalks*

Q&A with Women Entrepreneurs.

DATE & TIME: 18th OCTOBER 2019 & 3:30 PM - 6:30 PM
VENUE: Seshadripuram College. 27, Nagappa Street,
Seshadripuram, Bengaluru - 560 020.



PADMASHREE
INSTITUTE OF MANAGEMENT
AND SCIENCES



CATALYST
FOR WOMEN
ENTREPRENEURSHIP

#SheEmpowersIndia #WEPRoadshow

RSVP: wepblr.roadshow2019@gmail.com



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PROGRAMS CONDUCTED ON SCHOLARSHIPS
WEBINAR: SCHOLARSHIPS AND EDUCATIONAL LOANS

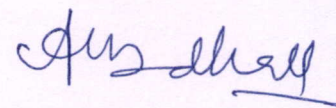
DATE: 23rd August 2020 at 11.00 AM

A series of webinars were conducted on scholarships and loan opportunities for higher education. The program was aimed to give the students an overview of the various scholarship opportunities, and how the students can get the scholarships, that is the art of getting the scholarships. The program also gave insight into **single-girl child scholarships** apart from others scholarships.

DATE: 24th July, 2021 at 5.00 PM

Students were also enlightened on how they can pursue their dream abroad and how they can be funded by various bodies. This series really encouraged all the students irrespective of their background of specialization, and gender and therefore they were really enthusiastic about the same. The students were given a hope to pursue their higher education and to dream higher.




Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences

SCHOLARSHIPS AND EDUCATION LOANS

Opportunities for higher education



Organised by
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FREE WEBINAR ON 23RD AUGUST 2020

11:00AM - 12:00PM

Scholarship opportunities



Dr. Anuradha M
Padmashree institute of Management
and Sciences, Bengaluru

How to apply a Scholarship?



Mrs. Yamuna G
Padmashree institute of Management
and Sciences, Bengaluru

How to avail educational loan?



Ms. Madhavi
Deputy sales manager. Educational Loan.
Axis Bank, Bengaluru




<https://forms.gle/NKFKzrfFPveQ9Gmc7>

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In collaboration with
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**Free
webinar**


National seminar on SCHOLARSHIPS AND LOAN OPPORTUNITIES FOR HIGHER EDUCATION

Series -2

**LEAVE YOUR
FINANCIAL WORRIES,
PURSUE YOUR
STUDIES**


**JULY 24, 2021
@ 5.00 PM**

**Art of Securing Funds for
Education & Research**

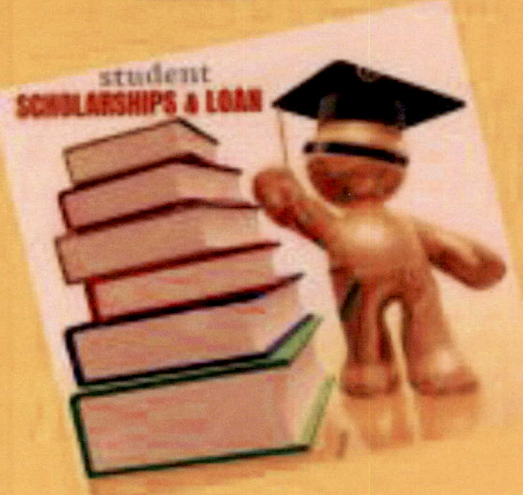


DR. ANURADHA M.
Principal, R & D Head,
PIMS, Bengaluru

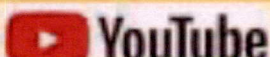

**How to Fund your Study
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MR. RAVI PREYADARSHI
Overseas Education Specialist,
Bengaluru



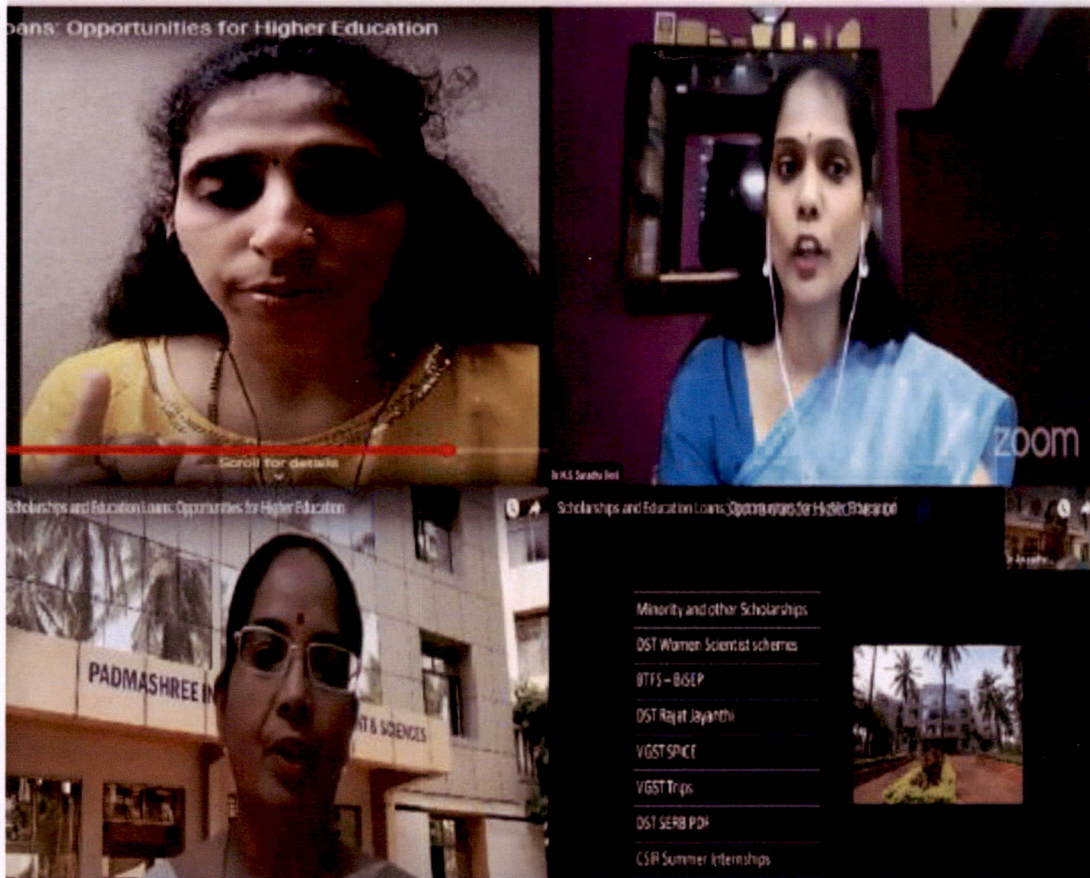
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PHOTO GALLERY OF PROGRAMS CONDUCTED ON SCHOLARSHIPS:



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Management & Sciences



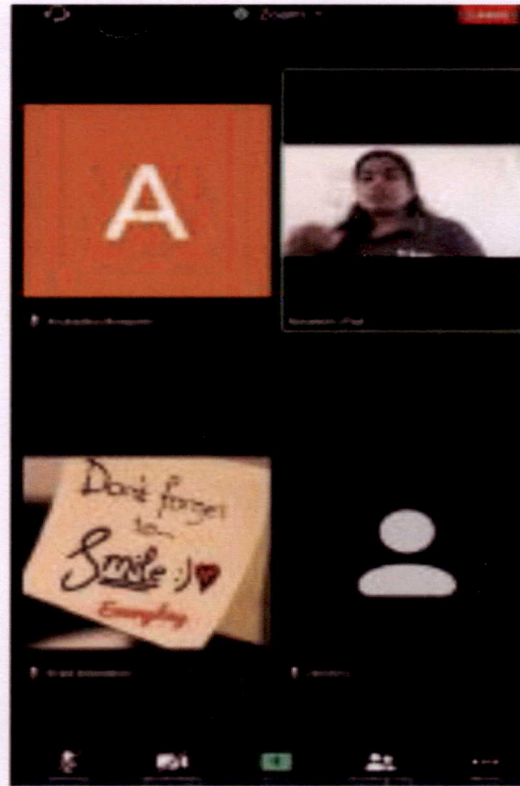
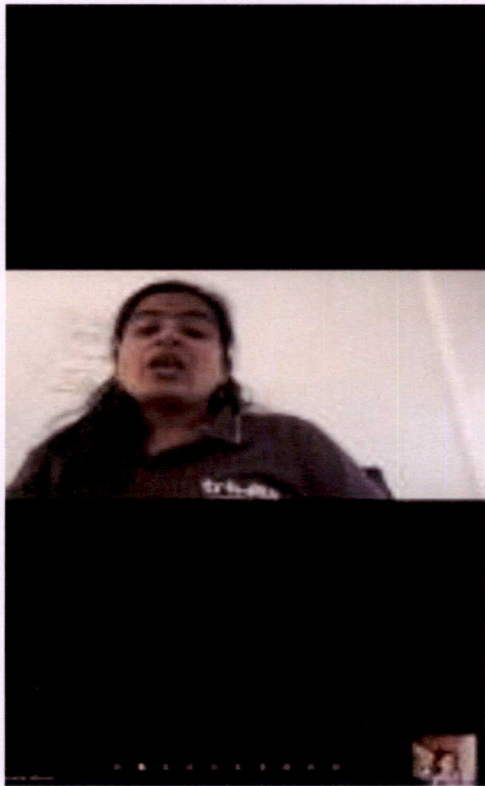
and



Student Development Cell
Padmashree Institute of Management
and Sciences, Bengaluru


Jointly Organize Webinar
Awareness About Unknown Scholarships
on 19 Dec 2020 @ 02: 30 Pm
For Free Registration
www.theglobalscholarship.org/webinar/pimspg
www.pims.org.in

Photo gallery of Unknown Scholarships




Anuradha

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Free webinar


National seminar on SCHOLARSHIPS AND LOAN OPPORTUNITIES FOR HIGHER EDUCATION

Series - 1


**LEAVE YOUR
FINANCIAL WORRIES,
PURSUE YOUR STUDIES**

**JULY 17, 2021
@ 10AM**


Scholarships and Grants: A walk through


 **DR. ANURADHA . M**
Principal, R & D Head,
PIMS, Bengaluru



**Education loans : A boon to make
your dreams into reality**


 **MR. PRASANNAKUMAR. N**
Sales manager, Axis Bank Ltd.,
Bengaluru

Simple steps to avail scholarship

 **MRS. YAMUNA . G**
Assistant professor,
PIMS, Bengaluru



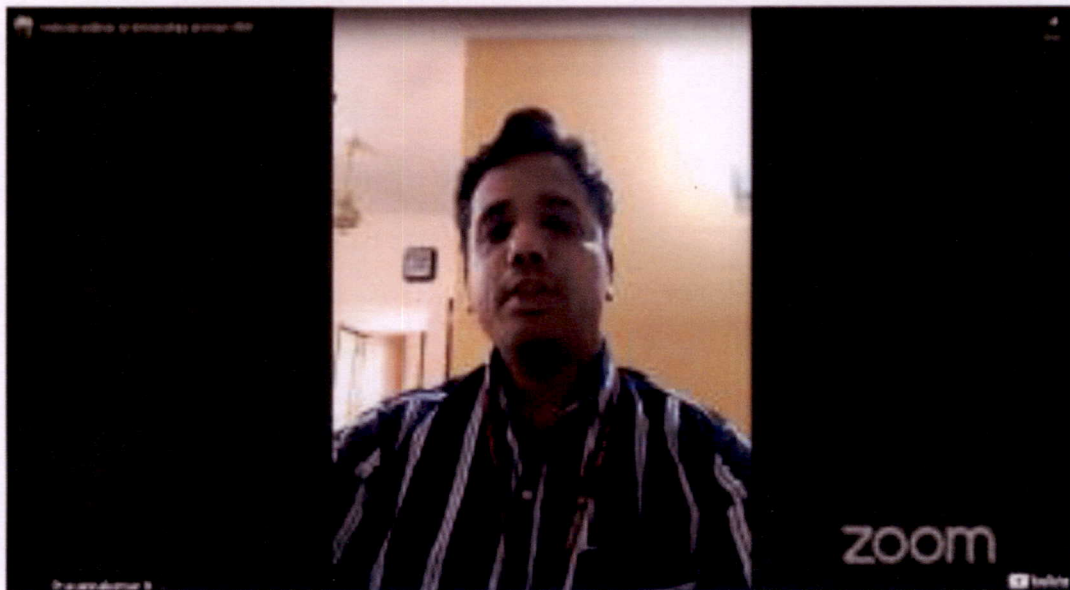
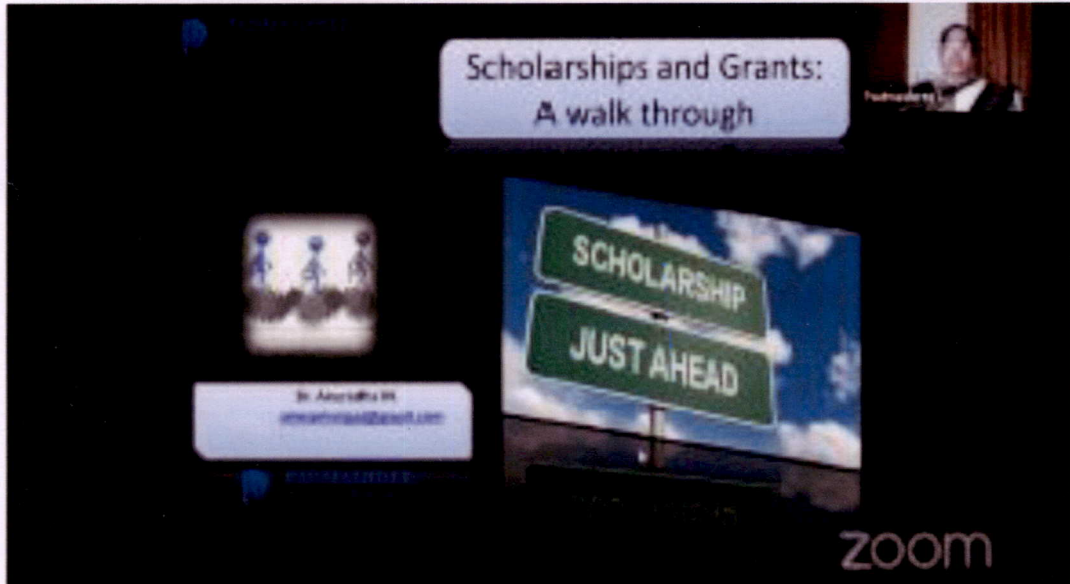
 



E-Certificate for the registered participants
website: www.pims.org.in

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E-Booklet of
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**PHOTO GALLERY OF
NATIONAL SEMINAR: SCHOLARSHIPS AND LOAN OPPORTUNITIES FOR
HIGHER EDUCATION SERIES-1 LEAVE YOUR FINANCIAL WORRIES, PURSUE
YOUR STUDIES.**



Anuradha

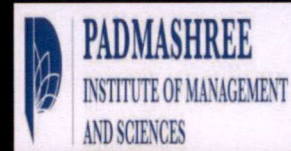
Dr. Anuradha. M
Principal
Padmashree Institute of
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INTERNATIONAL MEN'S DAY



The real man smiles in
trouble, gathers
strength from distress,
and grows brave by
reflection.

Organised by
Anti-sexual Harassment &
Redressal Committee



HAPPY
**INTERNATIONAL
MEN'S DAY**

'BETTER RELATIONS BETWEEN MEN AND WOMEN'

Resource Person

DR. SUDIPTA KUMAR MOHANTY

Associate Professor,

PIMS, Bengaluru

All are cordially Invited for celebration of International Men's Day

On 19th November 2021 @ 3:00 - 4:00 Pm

website: www.pims.org.in

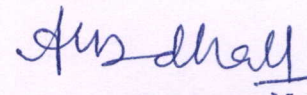
International Men's Day Celebration

November 19, 2021

International Men's Day is observed on November 19th every year globally. This day is celebrated to show that men bring a positive difference in the society, families and as a whole to nation. The theme of 2021 was "Better relations between men and women". At Padmashree Institute of Management and Sciences, we organized a talk by Dr Sudipta Kumar Mohanty, Associate Professor. He addressed the teaching and non-teaching staff about the relations between men and women. Good work relationship is very important for a team and an organization to succeed. He also emphasized on Healthy workplace relationships between male and female workers are based on mutual respect and common goals. Even though men and women have different strengths and weaknesses, work is the ideal place to find common ground and build solid relationships founded on trust and professionalism.

Compassion, concern, empathy, gratitude, and appreciation are traits that help men and women build a strong healthy working environment. At end, there was an interactive session between everybody.



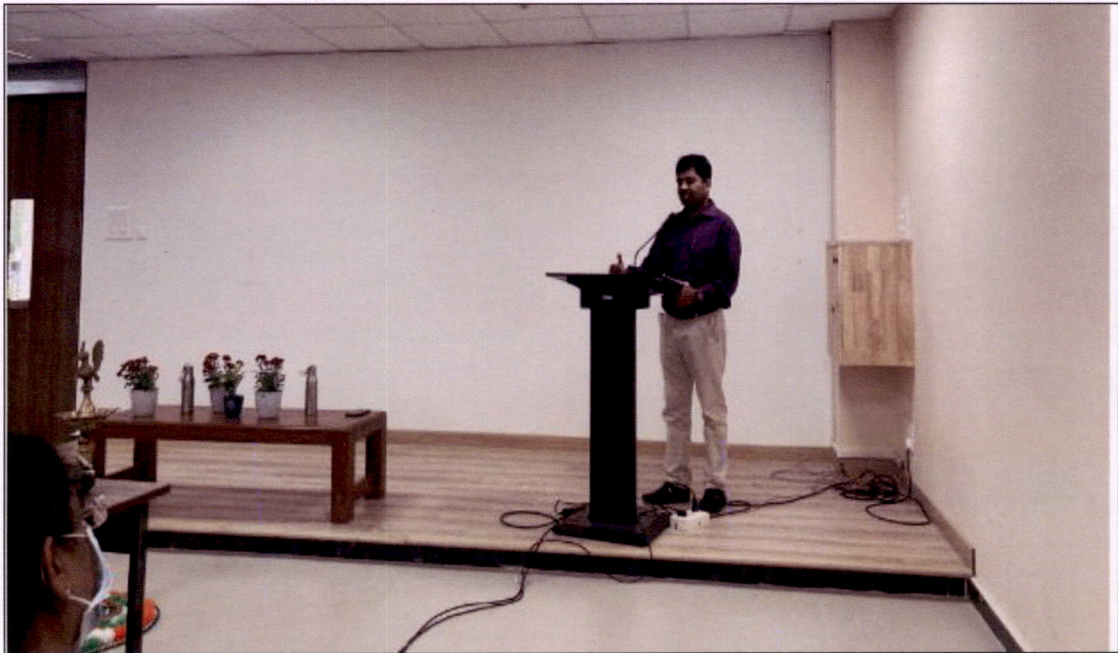

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Padmashree Institute of
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Anuradha M

Dr. Anuradha. M
Principal
Padmashree Institute of
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PHOTO GALLERY OF INTERNATIONAL MEN'S DAY CELEBRATION



Anuradha M

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Principal
Padmashree Institute of
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PG students also had a class room activity on International Men’s Day. A debate was conducted in the class room, students spoke for and against on gender disparity in various day to day activities. Students spoke that though man is considered head of the family, men are not given importance in society compared to women. There were many views on particular activity being confined only to be done by men like managing the financial matters, bank activities etc.

Anuradha M



Dr. Anuradha. M
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Padmashree Institute of
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HIV- AIDS AWARENESS PROGRAM

1st December 2018 - HOSABYROHALLI VILLAGE, KENGERI

World AIDS Day is observed on 1st December of every year to create awareness about the symptoms, causes and preventions of disease HIV/AIDS that has taken unprecedented number of lives. Like every year, World Aids Day was celebrated with a new theme “Right to Health” including a range of interactive activities in Hosabyrohalli village, Kengeri,

Campaigns was done by showing the posters to the villagers, giving awareness to them by discussion. Awareness about AIDS was created among both the genders, the causes and risk factors of HIV infection were depicted through posters.

PHOTO GALLERY OF HIV- AIDS AWARENESS PROGRAM



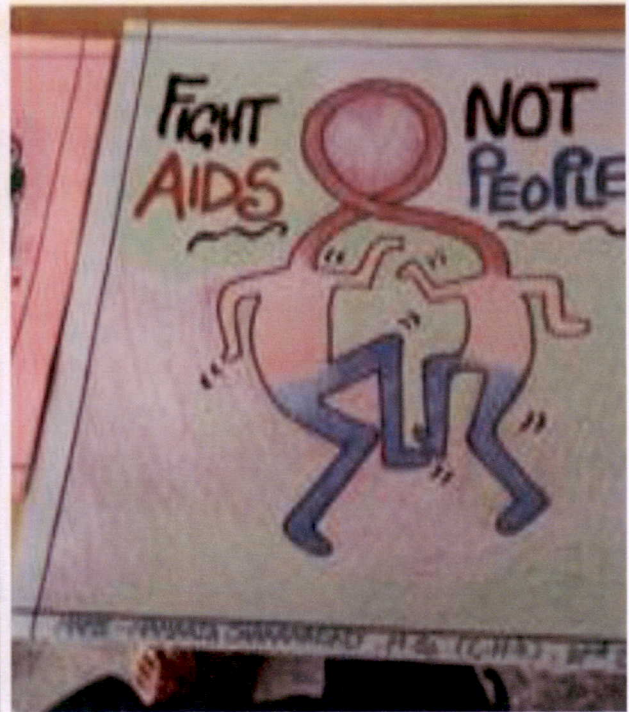
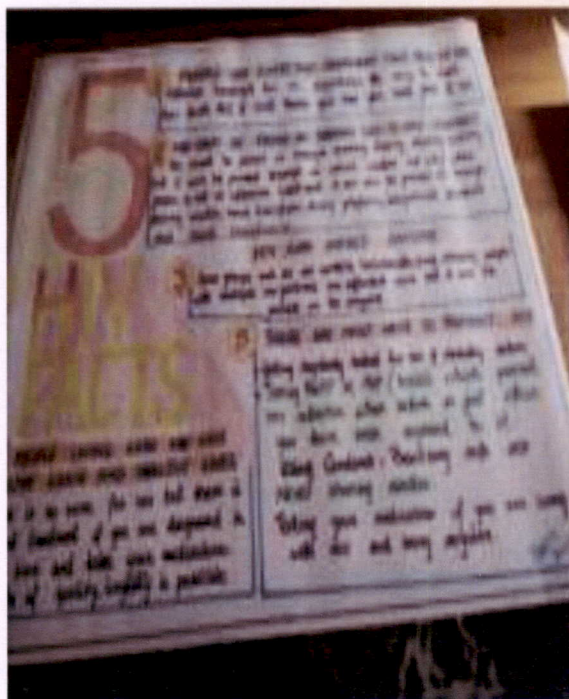
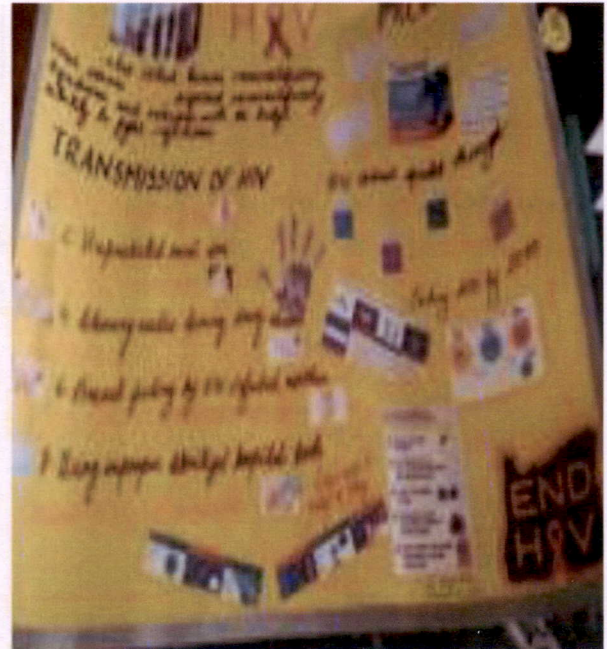
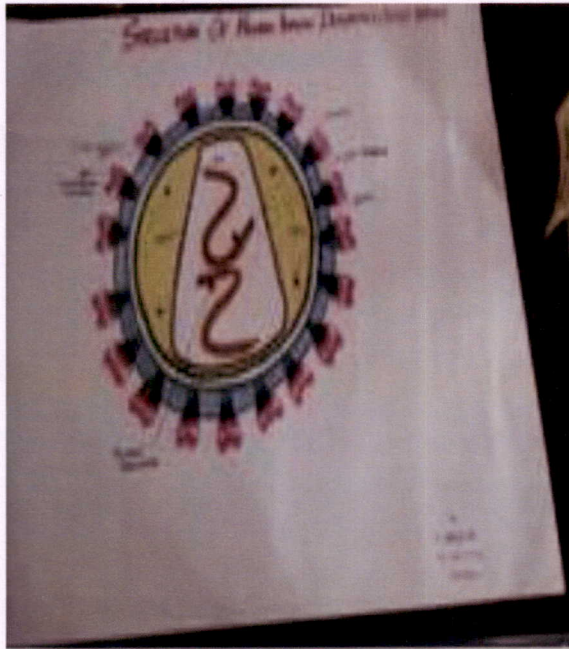
Students creating the HIV- AIDS awareness in the nearby localities.

Anuradha

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Posters made by the students

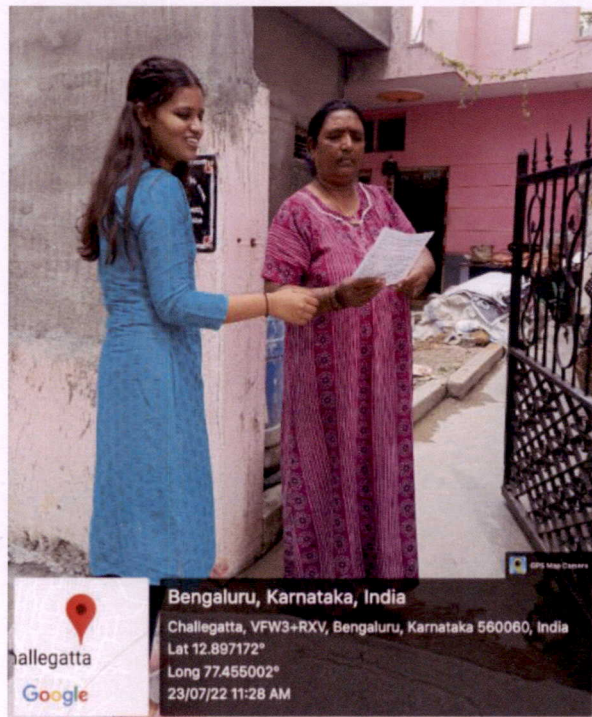


Aludhalla
Dr. Anuradha. M
Principal
Padmashree Institute of
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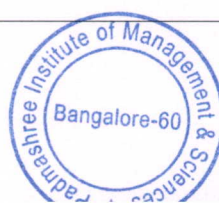
AIDS Awareness program – 2022

23-07-2022



Students creating awareness about HIV- AIDS in the nearby localities

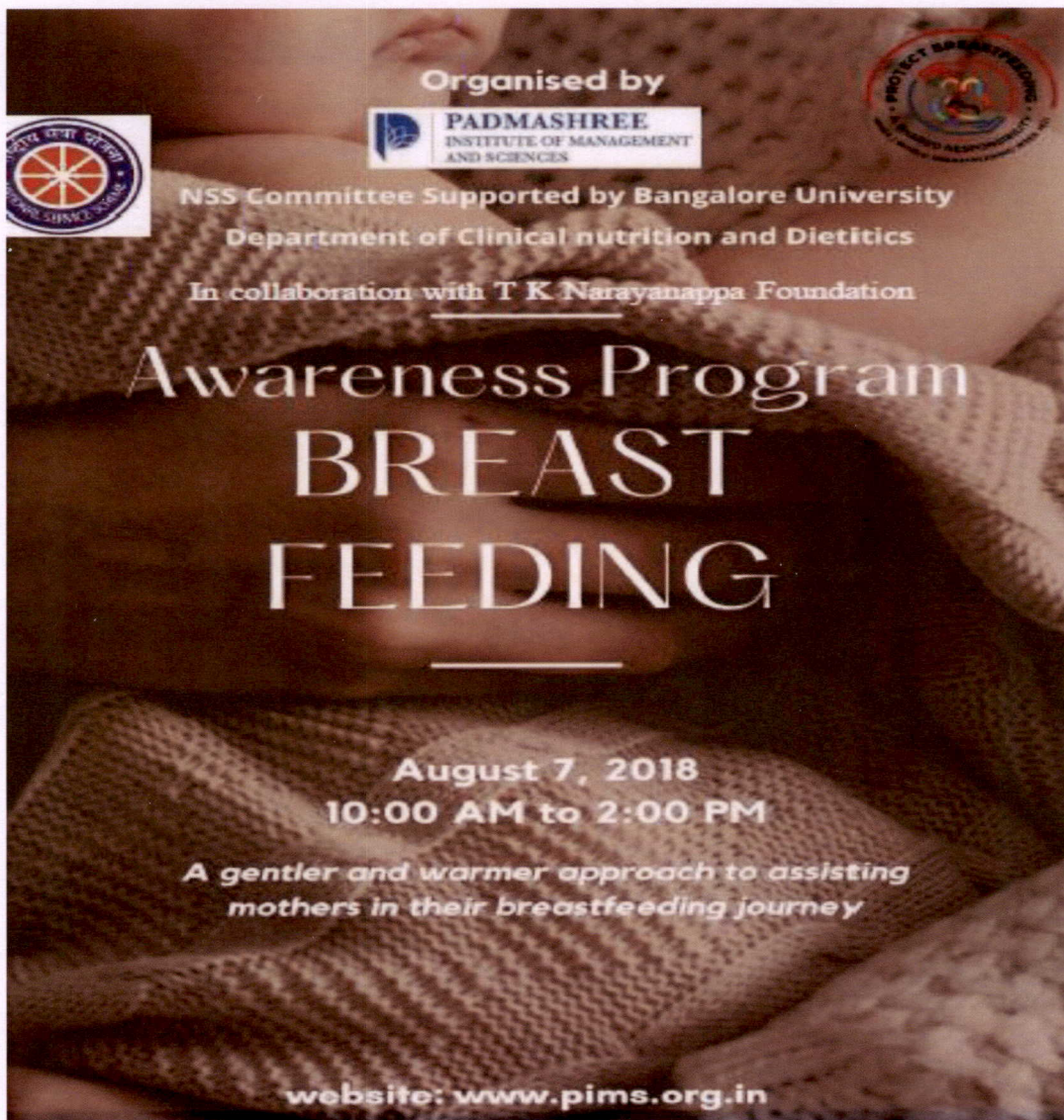
Anuradha M



Dr. Anuradha. M
Principal
Padmashree Institute of
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WORLD BREAST FEEDING WEEK -2018

Our students have given information regarding the importance of breastfeeding to pregnant women and lactating mothers at Anganwadi. The ladies thanked our students for educating them and giving information on breastfeeding practices and breast milk consumption to infants. Students also gave the exhibition of their posters in college wherein staff and students of other departments also visited the exhibition. The talk given by Dr.Vijetha was very relevant to our students to understand the role of mothers and breastfeeding in the prevention of infant malnutrition and mortal rate.



Anuradha



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PHOTO GALLERY OF BREAST FEEDING AWARENESS PROGRAM



Posters made by students:



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Dr. Anuradhā. M
Principal
Padmashree Institute of
Management & Sciences





Anuradha

Dr. Anuradha. M
Principal
Padmashree Institute of
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PADMASHREE
INSTITUTE OF MANAGEMENT
AND SCIENCES

Dept. of Clinical Nutrition and Dietetics

owing to



**World Breastfeeding
Week- 2019**

is organizing competitions for
students
The theme is
**EMPOWER PARENTS
ENABLE BREASTFEEDING**

LIST OF COMPETITIONS

- POETRY- ENGLISH/HINDI/KANNADA
- VIDEO/DOCUMENTARY- 5 minutes
- ARTICLE - 150 WORDS

All entries are to be sent through email with
name, course, semester, college name to one
of the below mentioned mail id on or before
5th August 2019

Email id

- shubagti@gmail.com
- shilpasept@gmail.com
- harshinijeddireddy@gmail.com

*The best will be awarded with prize and
participation certificate is given to all participants*

Photo gallery of World breast feeding week -2019



Anuradha M

Dr. Anuradha. M
Principal
Padmashree Institute of
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National Webinar in lieu of World Breast Feeding week 2020
"Support breast feeding for a healthier planet"

Organized by **PADMASHREE** In association with **IIHMR**

ON
4 TH AUGUST
2020 @ 9.30 AM

Virtual Poster presentation by students
Free registration and L. Certificate will be provided.
Registration link:
www.pims.org.in

PADMASHREE
INSTITUTE OF MANAGEMENT
AND SCIENCES

In Association with
IIHMR INSTITUTE OF HEALTH MANAGEMENT RESEARCH
South Campus of Indian Institute of Health Management Research, Jaipur

Presents *an E-Poster Competition*
On the theme: Support Breast-feeding for a Healthier Planet

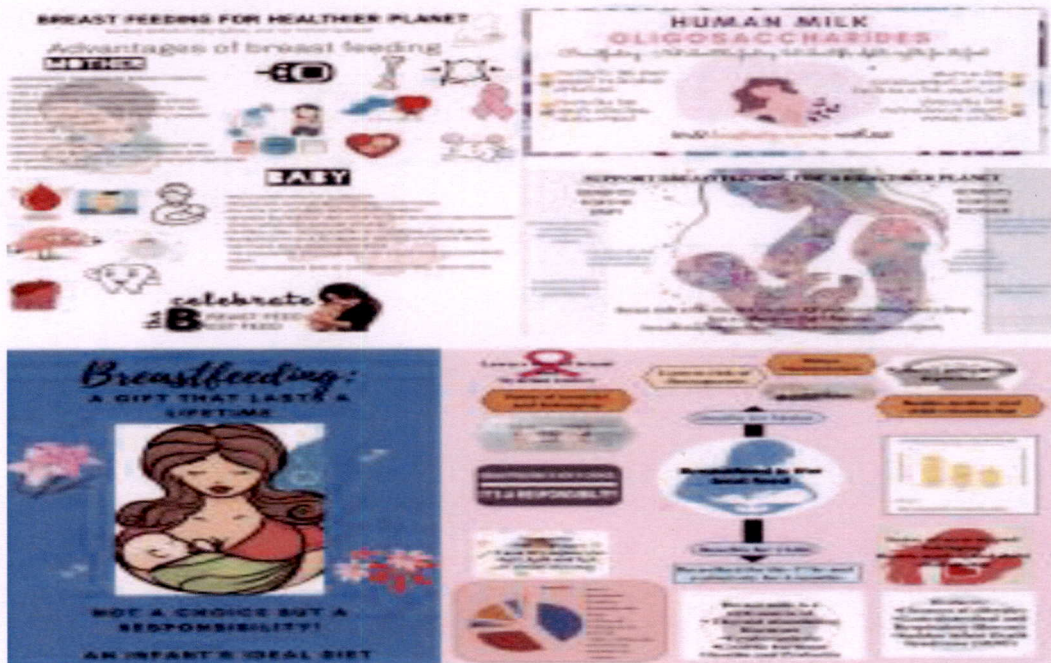
Date of Webinar: August 4th, 2020

Instructions:

1. Language: English only
2. Orientation: Portrait/Landscape
3. File format: PDF only
4. Posters should be original, copying/replicating will be considered as plagiarism.
5. All posters should carry a simple message/slogan along with the theme.
6. Posters must not contain any information identifying participants who have submitted them.

Soft copies to be mailed at rsahanapathange@gmail.com. (Along with full name of participant and class that they belong to)

The best posters will get an E-Certificate and also stand a chance to present their work in front of the esteemed guests on the day of webinar!
(i.e., 4th August 2020)



Anuradha M



Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences

**WEBINAR: NATIONAL WEBINAR IN LIEU OF WORLD BREASTFEEDING WEEK
2020**

“SUPPORT BREAST FEEDING FOR HEALTHIER PLANET”

DATE: 4th August 2020 at 09:30 AM

Organized by Padmashree Institute of Management and Sciences, Bengaluru

In association with Institute of Health Management and Research (IIHMR) Bengaluru

Online Platform: ZOOM & YouTube live stream

<https://youtu.be/eFw6LrIzPME>

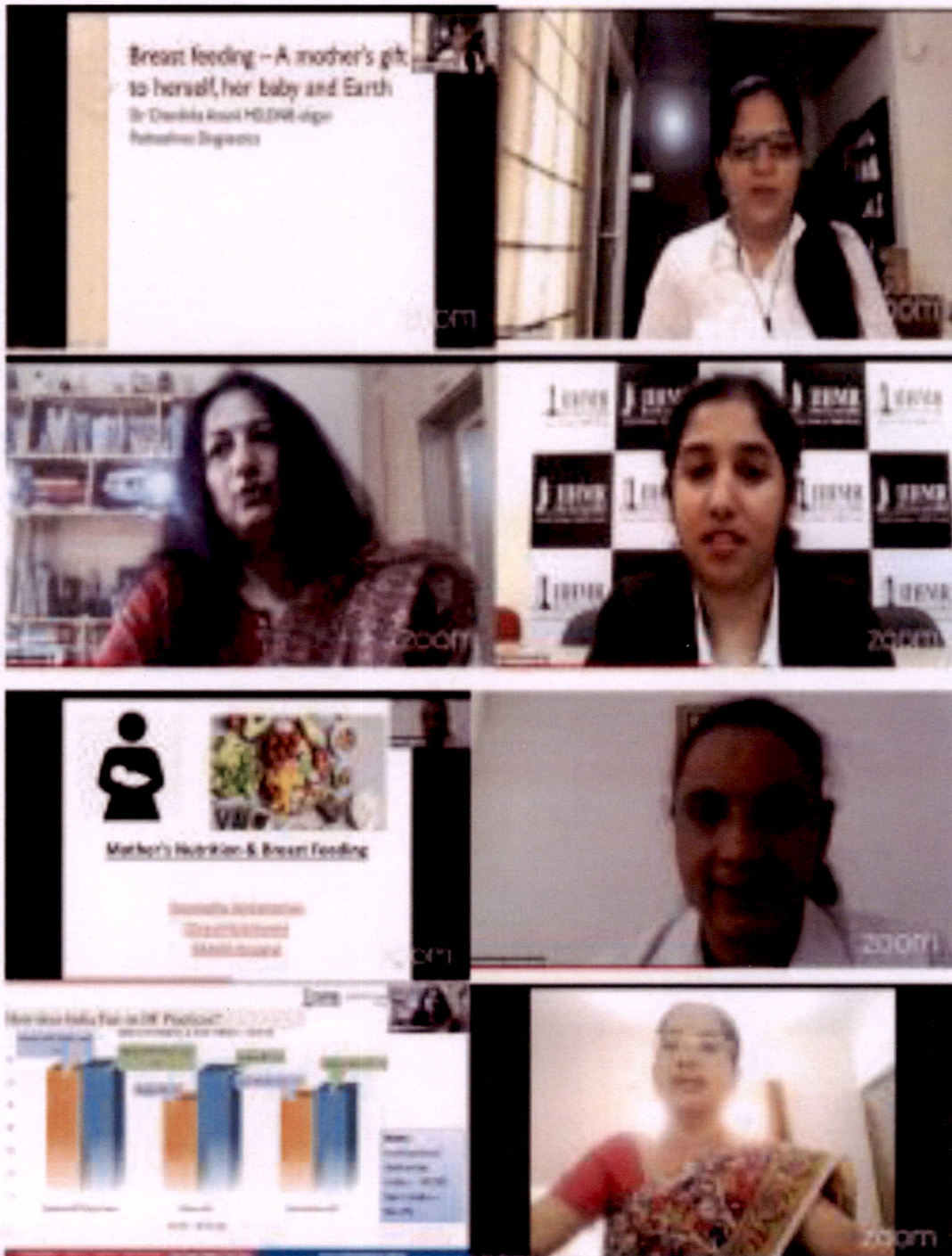
World Breastfeeding Week is celebrated every year across the world from August 1st - August 7th. This global campaign aims to raise awareness about breastfeeding and its advantages. Breastfeeding Week is celebrated in the first week of August because it commemorates the declaration signed in August 1990 by government policymakers, WHO, UNICEF and other organizations to protect, promote, and support breastfeeding. During the program, nutritional importance during breastfeeding was given. Government schemes are available for breastfeeding mothers and children. It is the responsibility of both mother and father to rear a healthy child. Breast feeding is shared responsibility. The supportive role of husband is very important to women to support women emotionally during breast feeding to completely practice breastfeeding for exclusive first six months after the baby is born.



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Principal
**Padmashree Institute of
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PHOTO GALLERY OF WORLD BREASTFEEDING WEEK PROGRAM



Anuradha

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Principal
Padmashree Institute of
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World Breast Feeding Week, 1st - 07th August

DATE: 06th August 2022 from 03.00 – 04.30 PM

Organized by IIHMR in Association with PIMS

You tube link https://www.youtube.com/watch?v=AZQle_NK8XE



**State level Webinar On
World Breast Feeding week
01 st - 07 th August 2022
06 th August 2022 @ 03- 04.30 PM**

Organised by
IIHMR INSTITUTE OF HEALTH
MANAGEMENT RESEARCH
In Association with
PADMASHREE
INSTITUTE OF MANAGEMENT
AND SCIENCES

न मातुः परदेवतम्



Step Up for Breastfeeding: Educate and Support

Breastfeeding a boon to mother and child

 **Dr Poornima J M**
Senior Specialist, Obstetrics and Gynecology,
CV Raman Hospital, Bengaluru

Government commitment and programs to support breastfeeding

 **Dr. Usha Manjunath**
Director -IIHMR Bengaluru

Click here for
 

website: <https://iihmrbangalore.edu.in>
www.pims.org.in

Photo gallery of World Breast feeding week 2022

GLIMPSE OF PROGRAMME

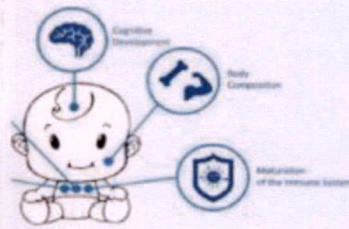
Government Programmes on Breast Feeding
August 6th, 2022
Dr. Usha Manjunath
Professor and Director
IHMR Bangalore



Child Development



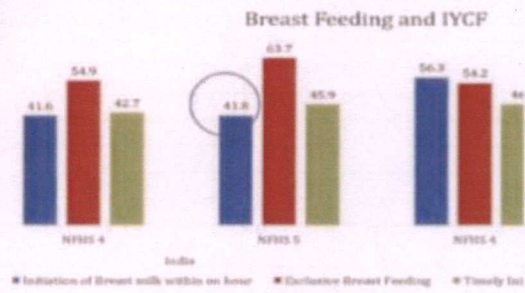
Children during the critical period is of paramount importance for physical, mental & social development



Outcome of

- Poor Growth
- Poor Cognitive
- Poor mental
- Reduces
- Poor social
- High rate
- Difficult

Does India and Karnataka Fair on BF Practices?



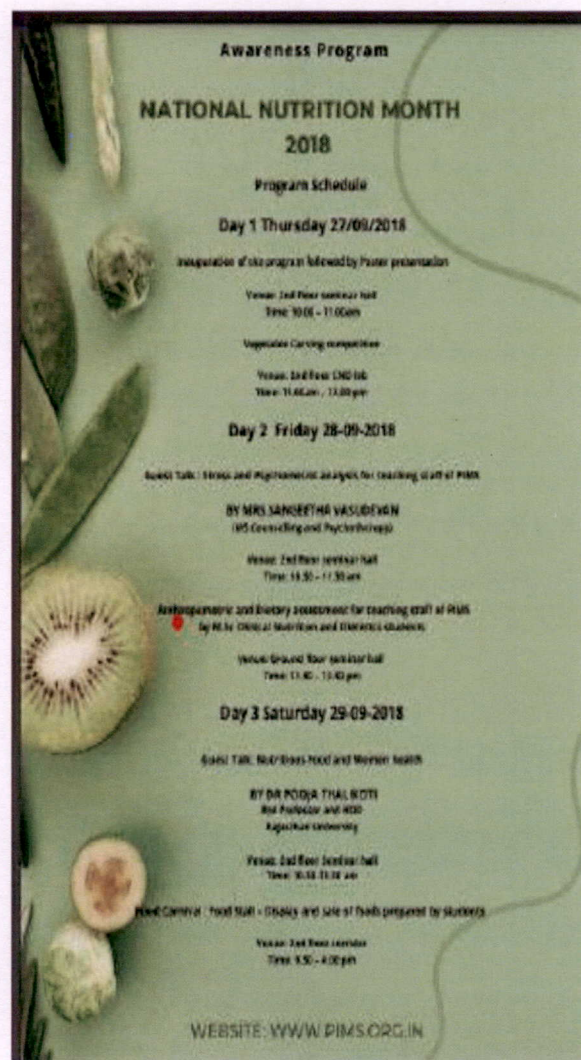
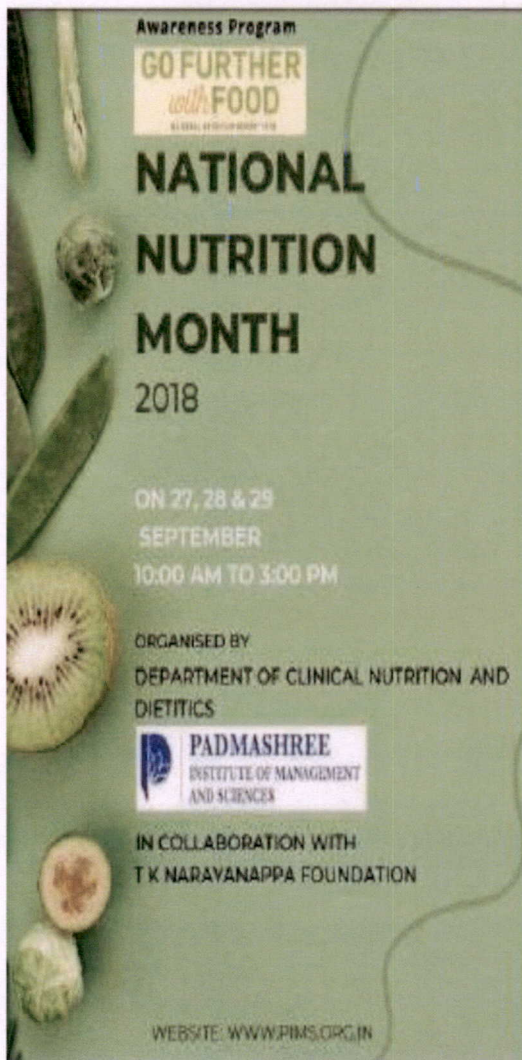
Anuradha M



Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences

National Nutrition Month -2018

The National Nutrition Month Program celebration was planned to impart the message conveyed in the theme “Go Further with Food”. The importance of eating nutritious food for better future to lead healthy life. The three days program was initiated with the intention to create awareness in students and staff by organising guest talks from experts. The students exhibited their posters to create knowledge and also did anthropometric and dietary assessment to educate on their nutritional status. Students also advised about eating nutritious food, drinking plenty of water and having some physical activity daily. On the final day, students exhibited their food in the food stalls and everybody enjoyed different varieties of nutritious food. All the students who actively participated in the program were given certificate of appreciation.



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PHOTO GALLERY OF NATIONAL NUTRITION MONTH PROGRAM



Students measuring the Height and Weight

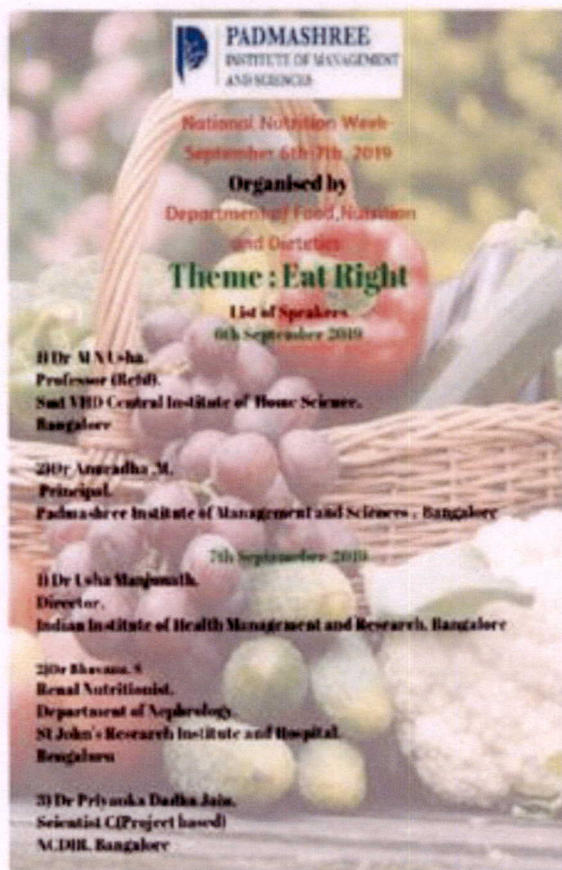


Anuradha M

Dr. Anuradha. M
Principal
Padmashree Institute of
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National Nutrition week- 2019

The program was very useful for the students of B.Sc Clinical Nutrition and Dietetics, M.Sc Clinical Nutrition and Dietetics, M.Sc Food and Nutrition, B.Voc & M.Voc (Food Processing and Nutraceuticals). The students were enlightened by the talks on eating nutritious food, general diet guidelines, and healthy lifestyle. The students were also enthusiastic in interacting with the speakers in knowing about their future opportunities in this area of Nutrition and dietetics. Students were also enthusiastic to go to nearby school and create awareness to school children about Eat Right initiative.



Anuradha



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 Principal
 Padmashree Institute of
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PHOTO GALLERY OF NATIONAL NUTRITION WEEK PROGRAM



Anuradha

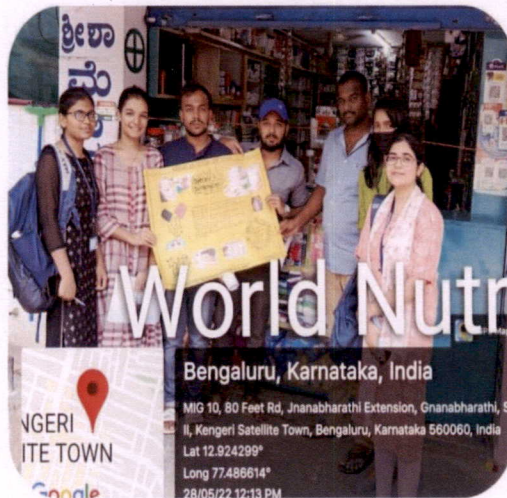
Dr. Anuradha. M
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World Nutrition Day -2022

Survey and Awareness of Dietary Supplements, Probiotics & Prebiotics in local areas of Kengeri.

On “World Nutrition Day” the student of B.Sc (CND, 3rd Year) from Padmashree Institution of Management and Science was assigned the work of local awareness and survey of different food components which are beneficial for the health of people like dietary supplements, probiotics, and prebiotics.

PHOTO GALLERY OF WORLD NUTRITION DAY PROGRAM



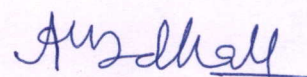
Anuradha M

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World nutrition day 2022

Nutri-plex

World nutrition day 2022 Nutri-plex The World nutrition day was celebrated on 28th May 2022, by the guidance of beloved principal, Dr. Anuradha M, and HOD of CND, Dr. Shilpa P. The event was held at the clinical nutrition lab from 9.30 am onwards and concluded by 1.00 pm. Two competitions were planned for the students, Nutrifeast (cooking without fire) and Nutri-plex (poster making). Students were informed about the competitions well-in advance. When it comes to health there is no bias, all human beings should be healthy to lead a long life. To be healthy one should eat nutritious food. Our students create awareness to both the genders when they involve in community nutrition education programs. In a family setup, both men and women are responsible for establishing healthy living. Both men and women have their own individual roles in building the family which may constitute children, parents, and grandparents. We encourage our students to involve in community education programs to impart knowledge on low-cost, locally available nutritious food to rural people and also insist them to follow in their daily eating patterns. Through these kinds of activities, we extend our service to the entire community rather than concentrating on one stratum of society.



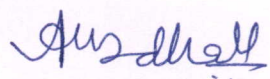
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PHOTO GALLERY OF WORLD NUTRITION DAY PROGRAM



Students actively participating in the poster preparation conducted during the World nutrition day program




Dr. Anuradha. M
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National Youth Day 2022

Organized by Padmashree Institute of Management and Sciences in association with Disha Bharath

YouTube link: <http://www.youtube.com/watch?v=7nFrYImP2YQ>

Program schedule:

Date	Time	TOPIC	SPEAKER
17/1/2022	10:30 AM- 11:30 AM	National youth Day	Smt Rekha Ramachandran Socialist Disha Bharath
	11.30 AM -11.45 AM	Discussion	

Participants: 234 (Students and staffs)

Program Summary

India has seen many great personalities; one of the personalities is Swami Vivekananda. He was renowned social reformer during 19th and 20th Century. His life, teachings, philosophy, preaching's are golden to the students and youngsters which pave a way for better future. On his remembrance Padmashree Institute of Management and Sciences organized webinar on the occasion of National youth day.

The eminent speaker Smt. Rekha Ramchandran from Disha Bharath gave insights about Swami Vivekananda Teachings and Principles, which literally inspired all youth and the patriotism of participants was awakened by the talk, her talk motivated all the participants.

IQAC chairperson and Principal, Dr. Anuradha gave a concluding remark on the session. She mentioned that principles of Swami Vivekananda are apt for even today and she reads lot of books on his philosophy and said they are very inspiring and enlightening.



Anuradha

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AND SCIENCES

 **DISHA**
BHARAT WOMEN EMPOWERMENT TRUST FOR
YOUR FUTURE CAREER
www.dishabharat.org

JANUARY 17, 2022 | 10:30 AM

Everything has beautiful ending.
If it is not beautiful
then it is not the ending.
so keep Working hard until you
experience a beautiful ending.


BE AHERC
INSPIRATIONS FROMS HARI VIVEKANANDA

Inaugural Address **Guest Speaker**


Shri. T.K. Naravananna
Managing Trustee


Smt. Rekha Ramaobandran
M.Sc. Economics, Socialist

JOIN US LIVE ON


International Youth Day 17 th Jan 2022


International Youth Day 17 th Jan 2022
686 views Streamed live on Jan 17, 2022



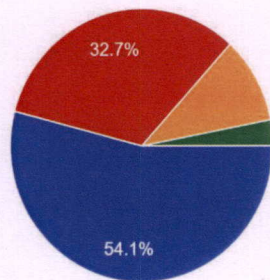
Anuradha

Dr. Anuradha. M
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Padmashree Institute of
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Feedback responses

Overall how would you rate the program?

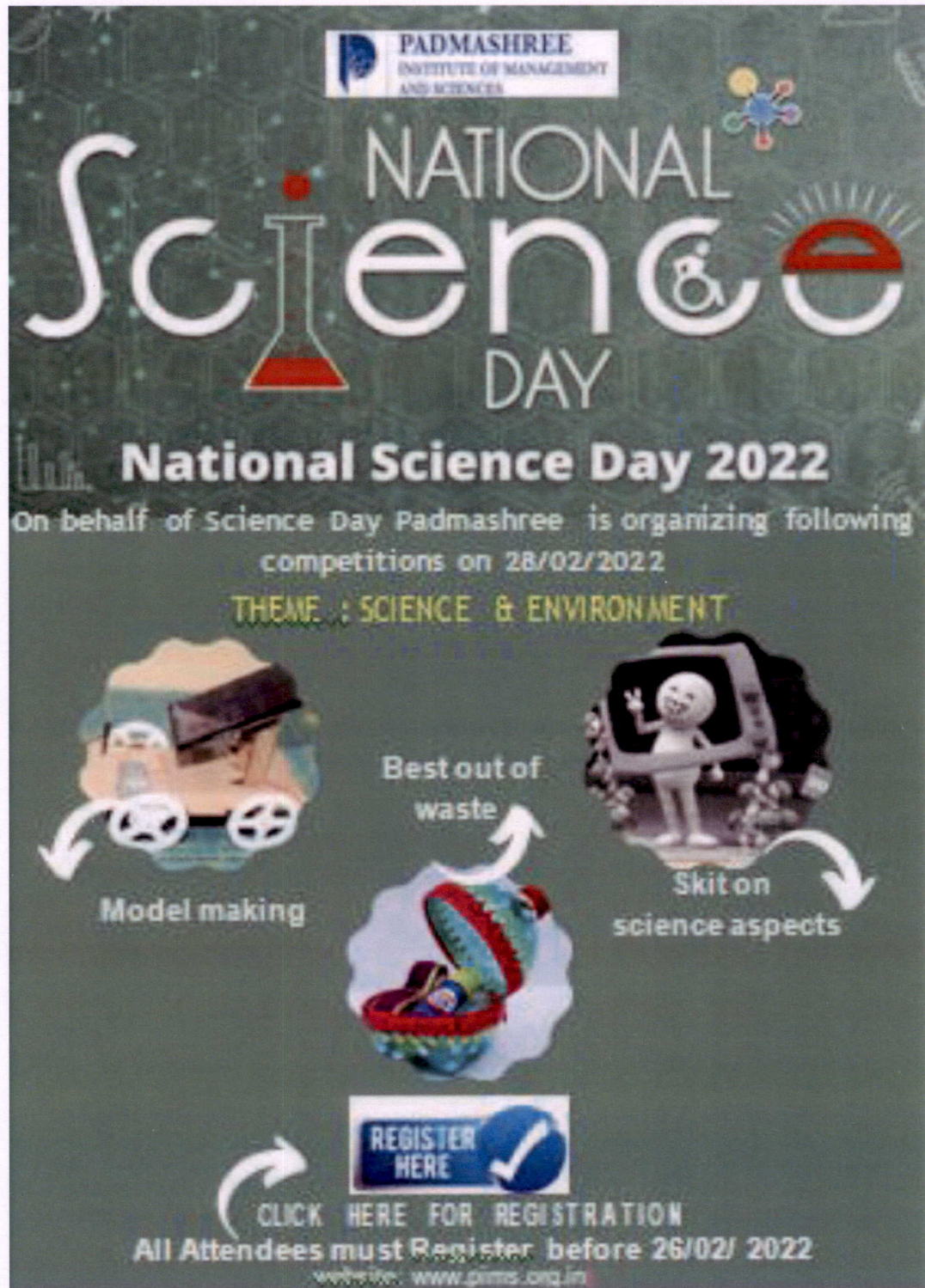
98 responses



- Excellent
- Very Good
- Good
- Fair
- Poor



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PADMASHREE
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Science DAY

National Science Day 2022

On behalf of Science Day Padmashree is organizing following competitions on 28/02/2022

THEME : SCIENCE & ENVIRONMENT

Model making

Best out of waste

Skit on science aspects

REGISTER HERE

CLICK HERE FOR REGISTRATION

All Attendees must Register before 26/02/ 2022

website: www.pims.org.in

National Science Day

28th February 2022

Venue: Basement, Science Block, Padmashree Campus

Program Summary:

The session started by invocation and inauguration, Principal Mam, Dr. Anuradha M, spoke about the theme of the day and gave insights about water conservation. The statistics of water availability and scarcity faced in coming future and importance of conserving water were highlights about the talk. Shri Narayanappa Sir addressed the gathering and told the importance of environment. Students performed many activities related to the theme biodiversity and environment.

Program Schedule:

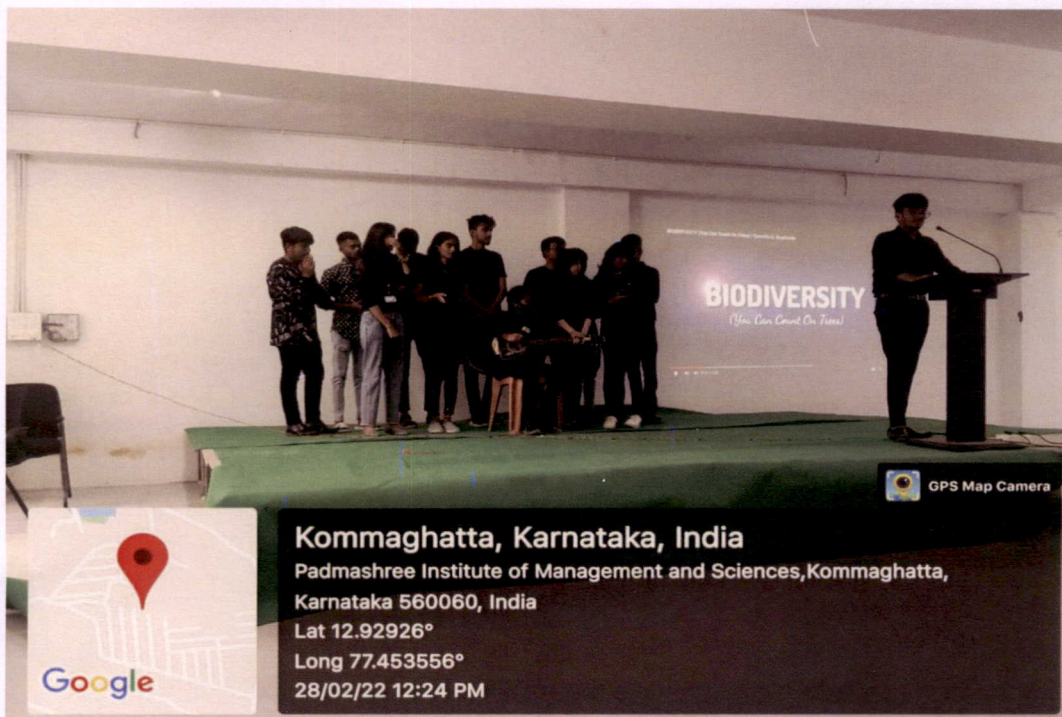
Date	Time	Speaker	Topic
28-02-2022	11.30 am	Inauguration	
28-02-2022	11.40 am	Dr.Anuradha.M, Principal, PIMS	Water Conservation
28-02-2022	12.10 pm	Shri Narayanappa.T. K, Managing Trustee	Addressed the gathering
28-02-2022	12.20pm	Performances by students	Theme: Biodiversity & Environment



Anuradha M

Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences

PHOTO GALLERY OF NATIONAL SCIENCE DAY



Students actively participating in the national science day events.



Anuradha M
Dr. Anuradha. M
Principal
Padmashree Institute of
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yoga is the journey of the self, through
the self to the self. -Bagavad Geetha



DR. MALLIKARJUNA
Specialist Wellness
Lifestyle Management

Yoga shines the light of awareness
to the darkest corners of the body



SHRI. T. K NARAYANAPPA
Managing Trustee
PGI, Bengaluru



MR. PREM KRISHNAN
Yoga and Wellness
Consultant
Marma Practitioner

Program Schedule

- Welcome
- Invocation
- Guest talk
- Yoga Demonstratiom
- Yoga Nritya Sangama
- Complex yoga
- Vote of Thanks

See you there with the yoga mat
Venue: Padmashree Campus

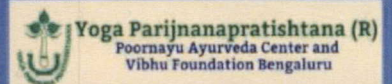
Yoga For Humanity



ORGANISED BY



IN ASSOCIATION WITH

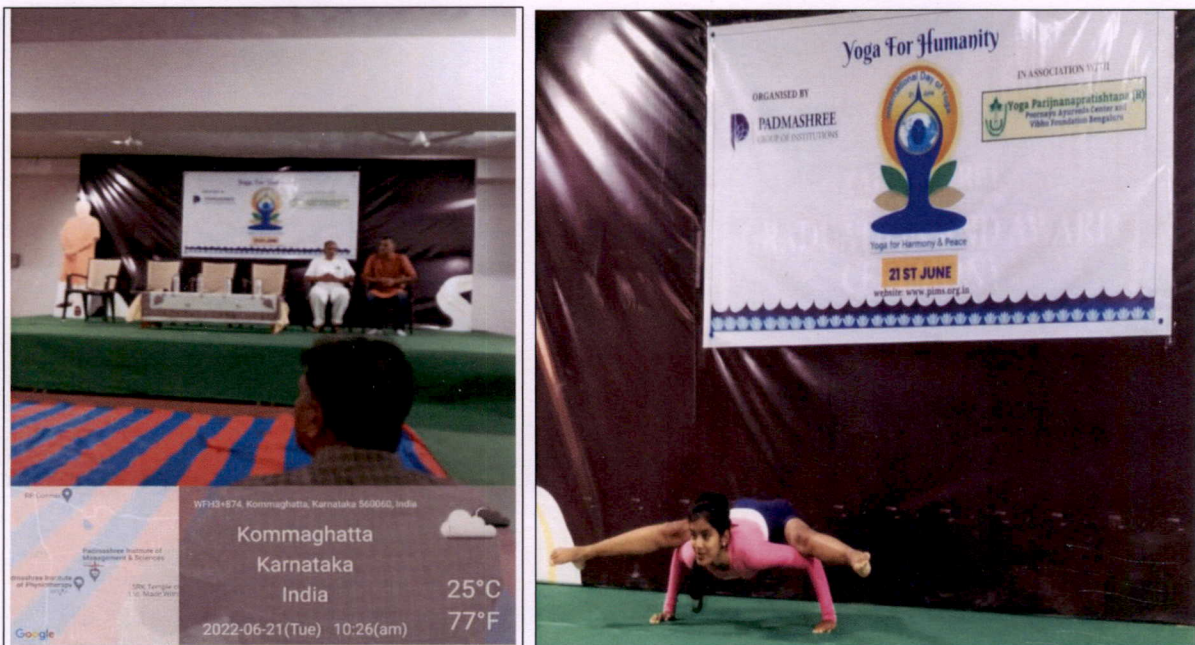


21st JUNE 2022
@ 10:00 AM



website: www.pims.org.in

PHOTO GALLERY OF INTERNATIONAL YOGA DAY



Students actively participating in the International yoga day events.



Anuradha M

Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences

INTERNATIONAL YOGA DAY 2022

Program summary

Health benefits of Yoga was observed as a part of International yoga day. Programme started with lighting of lamp. Welcome speech was given by Ms.Medha, M.Voc Ist semester student, Padmashree Institute of Science. Our beloved chairman, Mr. Narayanappa, Padmashree Institute of Science addressed the students and spoke about the importance of the day. The guest speaker, Dr. Mallikarjun, Yoga specialist spoke on health benefits of yoga, and made everyone gathered to practice some pranayamas.

Another guest of the day, Mr. Premakrishnan Yoga and Wellness, Consultant Marma practitioner motivated the participants making them to practice asanas. He made the entire session lively by his spirit.

Yoga demonstration session was followed by yoga nritya sangama- a dance performance by a dance group lead by our faculty. Mrs. Sri Sannidi. A National Yoga Champion Ms. Sakshi performed the complex yoga.

At the end Mr. Sathish, Chaiperson, Padmashree Institute of management and Sciences, appreciated the guests for enriching us with their yoga practices. As a conclusion, vote of thanks was given by Ms. Medha.

The programme was followed by breakfast, arranged by the management, Padmashree Institute of Management & Sciences.

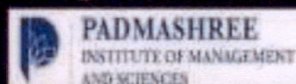


Dr. Anuradha. M
Principal
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ACHARYA DEVO BHAVA

Organised by



5 TH SEPTEMBER 2020 @ 10:30AM

A teacher's purpose is
not to create students
in his own image,
but to develop students
who can create their own image.



Happy Teachers Day

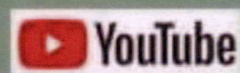
**Welcoming Teachers and Guests
Invocation song**

.....
Teacher's day Message from
Sri. T.K Narayanappa, Managing Trustee
Mr. Satish, Chairman
Prof. Rajesh Shenoy, Director
Dr. Anuradha, Principal
.....

Cultural Program by students
Vote of thanks

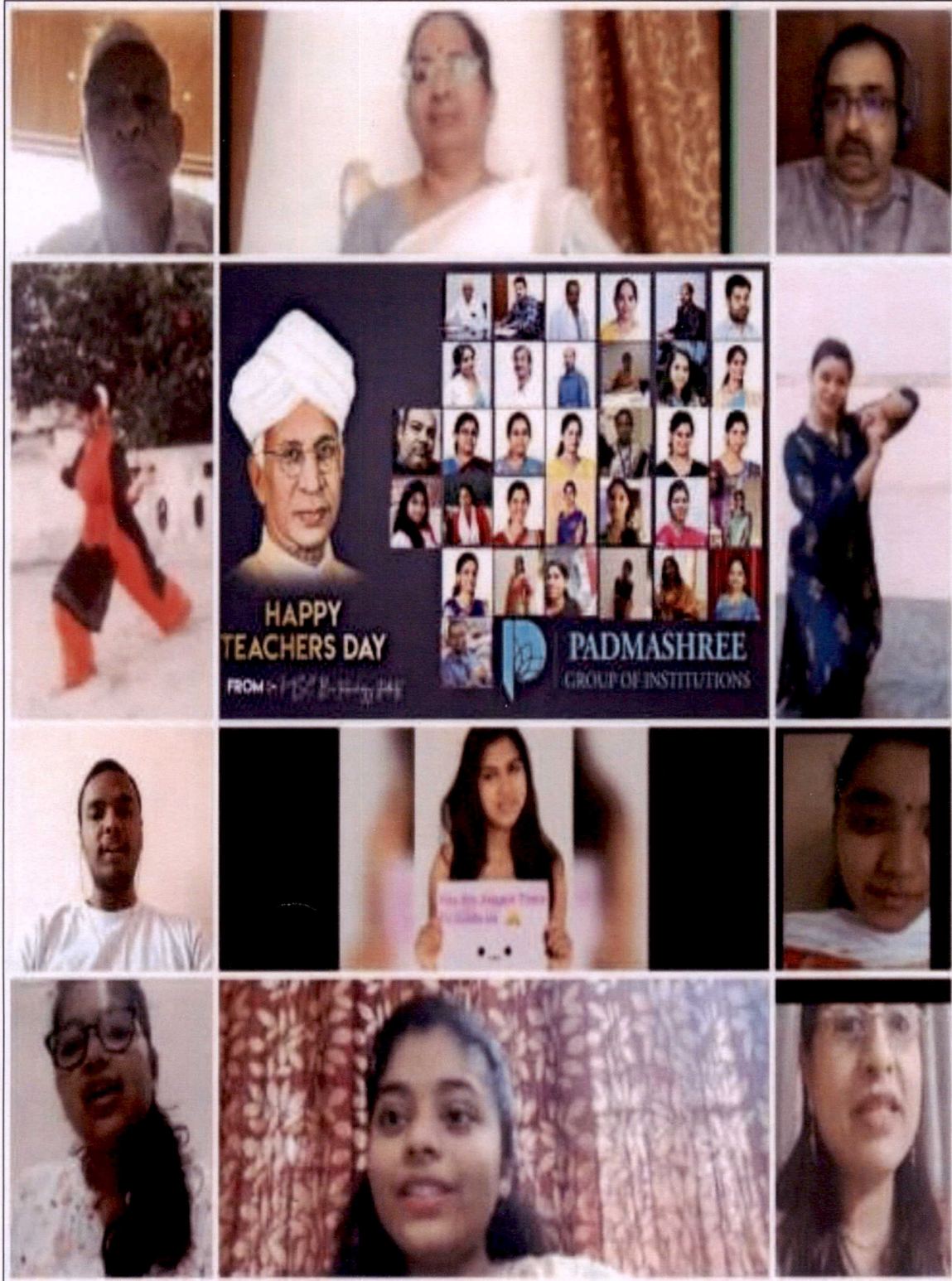


JOIN US LIVE ON



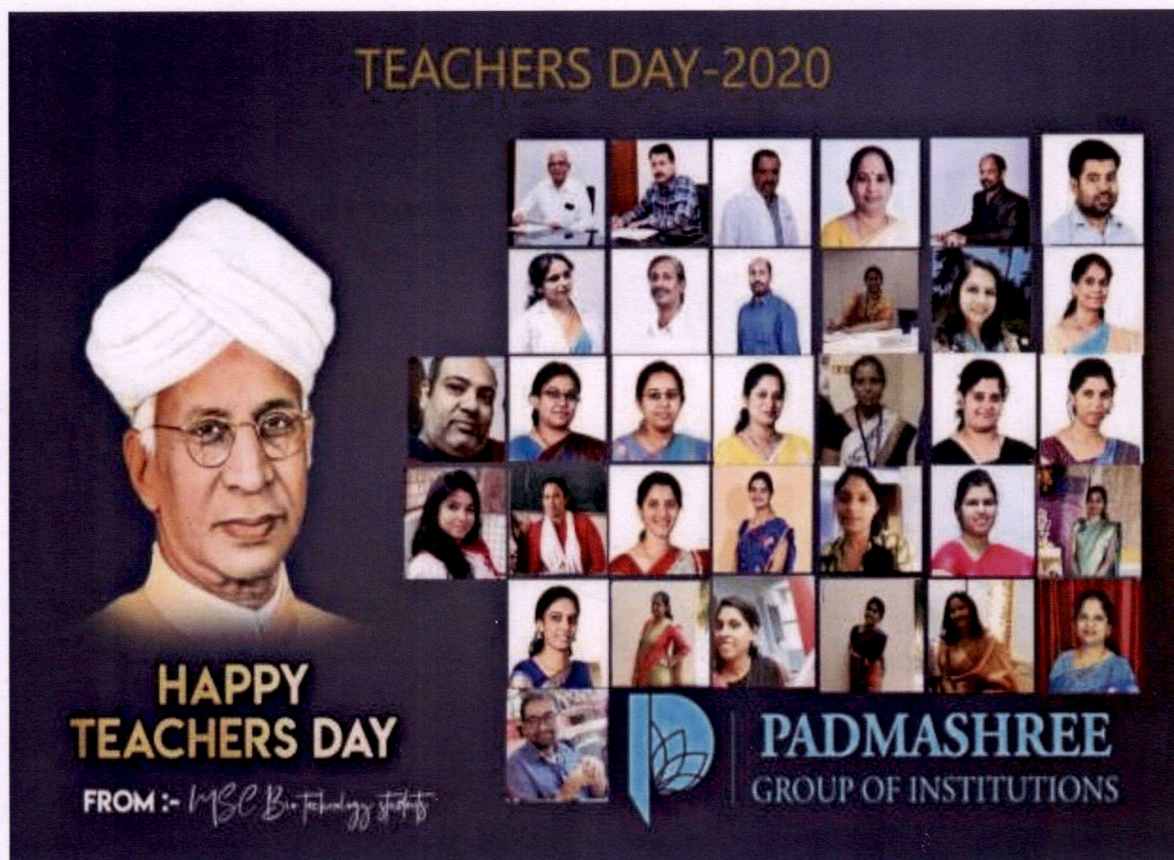
website: www.pims.org.in

PHOTO GALLERY OF TEACHERS DAY PROGRAM



Anuradha

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Principal
Padmashree Institute of
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After the talk, students gave cultural program Ms. Ritika gave a dance performance, Mr. Sangave, Ms. Aparna Kashyap wished all the teachers. Ms. Saloni Mewara spoke some words on the history of teacher's day celebration. Dr Indu, faculty also spoke about the qualities of a teacher in different dimensions. Mrs. Sahanshree, Faculty in Dept. of Microbiology also spoke the role of teachers to incorporate following good moral values in their life. Finally the Program was concluded by the students by thanking all the participants. A Teachers Day Stamp was made by released by students of M.Sc. Biotechnology students as a token of love towards their teachers.



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TEACHERS DAY CELEBRATION 2020 – ACHARYA DEVO BHAVA

Youtube link:

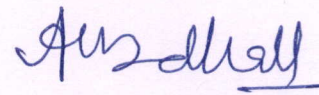
https://www.youtube.com/watch?v=iNskxawZREM&ab_channel=PadmashreeInstituteofManagement%26Sciences

Zoom Link: <https://zoom.us/j/96126075576?pwd=cEEwMGpGRndJM1hiVEhIYnRVcTlqQT09>

Program Summary:

Teachers Day Celebration was done in virtual mode by Padmashree Institute of Management and Sciences. Students of UG and PG have organized the whole program. Ms Shalini Takur, student of B.Sc welcomed all the participants. The Program was presided by Sri T.K.Narayanappa, Managing trustee PGI, Mr. Sathish, Chairman PGI, Prof. Rajesh Shenoy, Director, Dr Anuradha, Principal, PIMS.

Sri T.K. Narayanappa wished all the teachers and spoke on the Teachers day celebration as a commemoration of Dr Radhakrishnan's birth anniversary. Prof. Rajesh Shenoy spoke some words about teachers efforts in learning new skills and adapting to the online mode of teaching to help students to have uninterrupted learning during Covid time. He also requested students to be regular in attending the classes during lockdown. Dr Anuradha wished all the teachers and congratulated all our teachers for their dedication in conducting online classes. She emphasized on the role of teachers in moulding student's life. She told about ancient Gurukula system and how during those days students were learning what skills are needed to face the real world.



Dr. Anuradha. M
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NAVARATHRI CELEBRATION 2021

Padmashree Institute of Management and Sciences celebrated Navarathri 2021 with great enthusiasm. The staff of the college celebrate the festival by dressing them according to the colour theme.

PHOTO GALLERY OF NAVARATHRI CELEBRATION 2021



Anuradha
Dr. Anuradha. M
Principal
Padmashree Institute of
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Anuradha
Dr. Anuradha. M
Principal
Padmashree Institute of
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Anuradha
Dr. Anuradha. M
Principal
Padmashree Institute of
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Organised by

MAA SARASWATI VANDANA

23 RD OCTOBER 2020 @ 10:30AM



लोकस्य सर्वेजनो सुखिनो भवन्तु ।



Happy Navaratri

Welcoming Students, Teachers and Guests

Invocation song
Dasara Message from
Sri. T.K Narayanappa, Managing Trustee
Mr. Satish, Chairman
Prof. Rajesh Shenoy, Director
Dr. Anuradha, Principal
Cultural Program by students
Vote of thanks

website: www.pims.org.in

PHOTO GALLERY OF SARASWATHI POOJA CELEBRATION PROGRAM



Pooja of Maa Saraswathi on the occasion of Navaratri programme



Anuradha

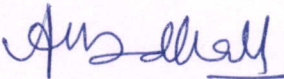
Dr. Anuradha. M
Principal
Padmashree Institute of
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There was group song sung by students Trisha, Sadhana, Pallavi, Neha Gowda and Mugdha Hegde. Faculties Dr. Nethra and Dr. Indu also sang a song on Maa Saraswathi.



Dr. Anuradha distributed sweets on the occasion of Navarathri to all the staff members





Dr. Anuradha. M
Principal
Padmashree Institute of
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**SARASWATHI POOJA CELEBRATION MAA SARASWATI VANDANA
NAVARATHRI 2020**

Youtube link: <https://www.youtube.com/channel/UC15hiSdwxHiBWKHit9o5MKQ>

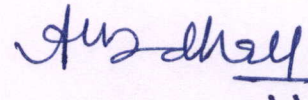
Zoom link:

<https://us02web.zoom.us/j/83400711907?pwd=MUYwTUNKaG5ZZGRSaWp5NXZNZXRiZz09>

Program Summary:

Saraswathi Pooja Celebration during Navarathri 2020 was done offline for staff and same program was projected live in virtual mode for students by Padmashree Institute of Management and Sciences. Students of UG and PG attended the whole program. The Pooja was presided by Sri T.K. Narayanappa, Managing trustee PGI, Mr. Satish, Chairman PGI, Prof. Rajesh Shenoy, Director, Dr. Anuradha, Principal, PIMS.

Sri T.K. Narayanappa wished all the teachers for Dasara celebration. Dr. Anuradha wished all the teachers on the occasion of Saraswathi Pooja and congratulated all our teachers for their dedication in conducting online classes.



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GANESH CHATHURTHI CELEBRATION

2nd September, 2019

Venue: Padmashree Complex

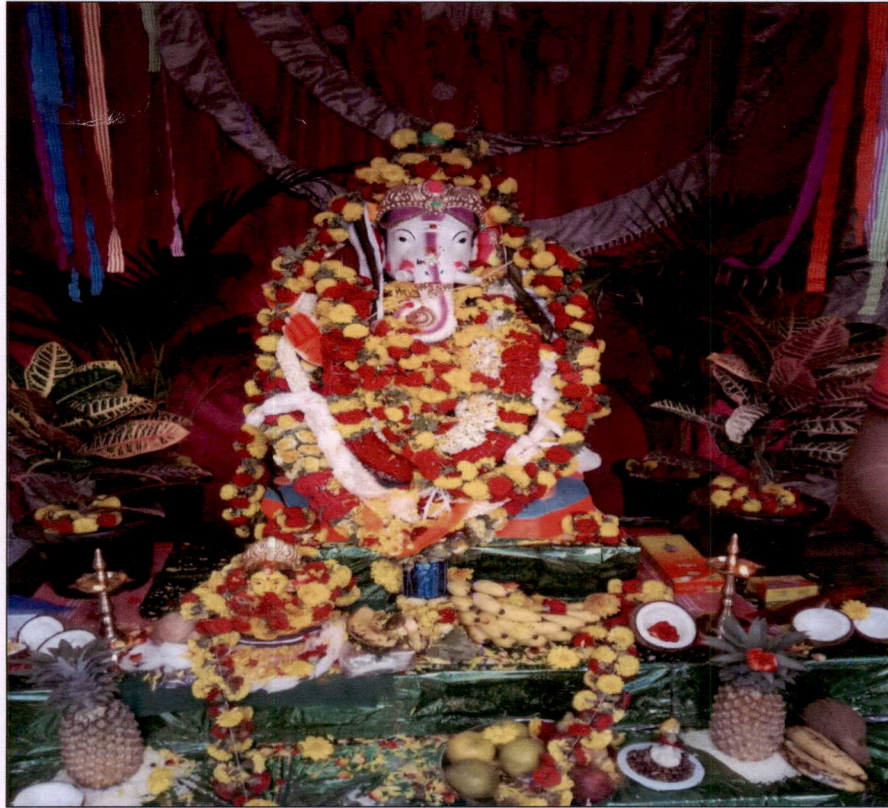
Program Summary

The institution has students across the country and abroad. To have the cultural exchange, an opportunity is created in the form of celebrations. The institution has the culture of celebrating all festivals to mark the value of unity in diversity and to enhance the team spirit amongst students. Ganesh Chaturthi is celebrated. The Pooja is offered to God for three days in the campus. The celebration is symbolic way to unite all and maintain peace and harmony. Students and staff of PGI participated and enjoyed the celebration. Every day the prasadam was distributed for staff and students.

PHOTO GALLERY OF GANESH CHATHURTHI CELEBRATION PROGRAM



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Participation of students and staff in the celebration of Ganesh Chaturthi in the college campus



Anuradha M
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Onam Celebration 2018

18th August, 2018



Anuradha

Dr. Anuradha. M
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Program Summary

Unity in diversity-To promote all cultures and values, Onam celebration was done in the Institute. Students decorated the corridor with flower rangoli and enjoyed. Students played games meant for Onam, they exhibited cultural dance, sang songs on onam and enjoyed the celebration. This celebration paved a way to understand the Kerala culture. Thus the ethics was inculcated in students to respect all cultures. Principal, Dr. Anuradha, Managing trustee, Shri Narayanappa and all faculty members were part of the celebration.



Anuradha
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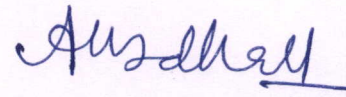
Kannada Rajyotsava Celebration

1st November, 2019

Program Summary

Kannada Rajyotsava was celebrated with great enthusiasm in our college on November 1, 2019. The programme began by invoking God's blessing through a meaningful prayer and lighting lamp. Dr. Anuradha gave a meaningful message on how to cultivate love for Kannada language and culture.

All the students and staff members participated actively throughout the programme. Students showcased their talent and exhibited their love and respect towards Karnataka state. They enthusiastically participated in all onstage cultural programs like singing, dancing and further it was continued by other offstage performances like games, rangoli competition etc.



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PHOTO GALLERY OF KANNADA RAJYOTSAVA CELEBRATION PROGRAM




Anuradha

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Principal
Padmashree Institute of
Management & Sciences



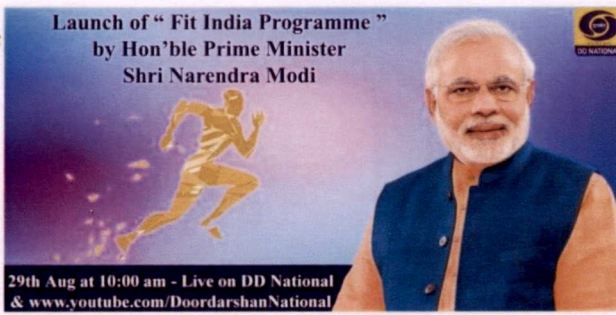
PHOTO GALLERY OF FIT INDIA MOVEMENT PROGRAM

 **PADMASHREE**
INSTITUTE OF MANAGEMENT
AND SCIENCES

FIT INDIA MOVEMENT - 2019 *launch by Hon'ble PM* ***Shri. Narendra Modi***

29th August, 2019 at 10.00 am onwards
Venue: Seminar Hall, Ground floor, PIMS

Join our Live telecast of the address
by our Hon'ble Prime Minister
with
Shri T.K. Narayanappa
Managing Trustee
Padmashree Institute of Management
and Sciences




Government of India
Ministry of Youth Affairs and Sports

FIT INDIA



Narendra Modi
Prime Minister

FIT INDIA MOVEMENT LAUNCH BY HON'BLE PRIME MINISTER

DATE: 29th August, 2019
TIME: 10 AM Onwards
VENUE: Indira Gandhi Stadium, New Delhi

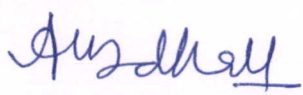


Anuradha M
Dr. Anuradha. M
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Padmashree Institute of
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Glimpse of Students and faculty participation in Fit India movement program




Dr. Anuradha. M
Principal
Padmashree Institute of
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FIT INDIA MOVEMENT -2019

Program Summary

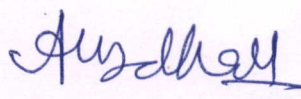
FIT INDIA Movement was launched on 29th August, 2019 by Honourable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free.
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- To encourage indigenous sports.
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

Our Institution took the initiative to make the students and staff, fit mentally and physically. Shri Narayanappa sir addressed the students regarding the fitness and gave tips how to be fit. The Physical education is important and it should be the part of the timetable. Students should develop the sports spirit. The physical fitness help students to achieve the concentration on studies.

Dr. Anuradha, Principal addressed the students and told how nutrition is important to be fit. Mam mentioned the list of food which helps to improve concentration, memory as well to maintain physical fitness.




Dr. Anuradha. M
Principal
Padmashree Institute of
Management & Sciences

National/International/ commemorative day celebrations 2021-22

S. No	Title	Date	National/International/ Commemorative Day
1.	World Suicide Prevention Day	10 th September 2021	International
2.	World Food Day	16 th October 2021	International
3.	Kannada Rajyotsava	1 st November 2021	Festival
4.	National Youth Day	12 th January 2022	National
5.	Republic Day	26 th January 2022	Commemorative
6.	National Science Day	28 th February 2022	National
7.	International Women's Day	8 th March 2022	International
8.	World Hypertension Day	17 th May 2022	International
9.	World Environment Day	5 th June 2022	International
10.	International Yoga Day	21 st June 2022	International
11.	World Food Safety Day	7 th June 2022	International
12.	World Breastfeeding week	1 st -7 th August 2022	International
13.	Independence Day	15 th August 2022	Commemorative
14.	Ganesha Festival	31 st August 2022	Festival
15.	National Sports Day	29 th August 2022	National
16.	Teachers Day	5 th September 2022	Commemorative
17.	National nutrition week	1 st – 7 th September 2022	National
18.	Navaratri Festival	26 th September - 05 th October 2022	Festival



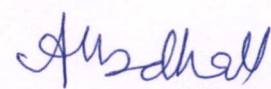
Anuradha M

Dr. Anuradha. M
 Principal
 Padmashree Institute of
 Management & Sciences

National/International/ commemorative day celebrations 2020-21

S. No	Title	Date	National/International/ Commemorative Day
1.	World Breast feeding week	1 st -7 th August 2020	International
2.	Independence Day	15 th August 2020	Commemorative
3.	Ganesha Festival	22 nd August 2020	Festival
4.	Teachers Day	5 th September 2020	Commemorative
5.	National nutrition week	1 st – 7 th September 2020	National
6.	World Food Day	16 th October 2020	International
7.	Maa Saraswathi Vandana on occasion of Navarathri	23 rd October 2020	Festival
8.	Kannada Rajyotsava	1 st November 2020	Festival
9.	International Men's Day	1 th November 2020	International
10.	National Youth Day	12 th January 2021	National
11.	Republic Day	26 th January 2021	Commemorative
12.	National Science Day	28 th February 2021	National
13.	International Women's Day	8 th March 2021	International
14.	World Environment Day	5 th June 2021	International
15.	International Yoga Day	21 st June 2021	International
16.	World Food Safety Day	7 th June 2021	International

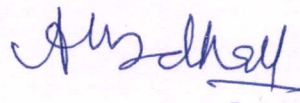



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National/International/ commemorative day celebrations 2019-20

S. No	Title	Date	National/International/ Commemorative Day
1.	World Breast feeding week	1 st -7 th August 2019	International
2.	Independence Day	15 th August 2019	Commemorative
3.	Ganesha Festival	2 nd September 2019	Festival
4.	Teachers Day	5 th September 2019	Commemorative
5.	National nutrition week	1 st – 7 th September 2019	National
6.	World Food Day	16 th October 2019	International
7.	Kannada Rajyotsava	1 st November 2019	Festival
8.	World Suicide Prevention Day	9 th Sept 2019	international
9.	National Youth Day	12 th January 2020	National
10.	Republic Day	26 th January 2020	Commemorative
11.	National Science Day	28 th February 2020	National
12.	International Women's Day	8 th March 2020	International
13.	World Environment Day	5 th June 2020	International
14.	International Yoga Day	21 st June 2020	International
15.	World Food Safety Day	7 th June 2020	International

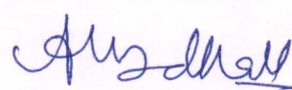



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National/International/ commemorative day celebrations 2018-19

S. No	Title	Date	National/International/ Commemorative Day
1.	World Breast feeding week	1 st -7 th August 2018	International
2.	Independence Day	15 th August 2018	Commemorative
3.	Onam Celebration	18 th August 2018	Festival
4.	Ganesha Festival	13 th September 2018	Festival
5.	Teachers Day	5 th September 2018	Commemorative
6.	National nutrition week	1 st – 7 th September 2018	National
7.	Gandhi Jayanti	2 nd October 2018	Commemorative
8.	World Food Day	16 th October 2018	International
9.	Kannada Rajyotsava	1 st November 2018	Festival
10.	Republic Day	26 th January 2019	Commemorative
11.	National Science Day	28 th February 2019	National
12.	International Women's Day	8 th March 2019	International
13.	Holi celebration	21 st march 2019	festival
14.	Colors week & ethnic day	24 th -27 th April 2019	Event
15.	World Environment Day	5 th June 2019	International
16.	International Yoga Day	21 st June 2019	International
17.	World Food Safety Day	7 th June 2019	International

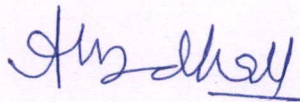



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National/International/ commemorative day celebrations 2017-18

S. No	Title	Date	National/International/ Commemorative Day
1.	World Breast feeding week	1 st -7 th August 2017	International
2.	Independence Day	15 th August 2017	Commemorative
3.	Ganesha Festival	25 th August 2017	Festival
4.	National Sports day	29 th August 2017	National
5.	Teachers Day	5 th September 2017	Commemorative
6.	National nutrition week	1 st – 7 th September 2017	National
7.	World Food Day	16 th October 2017	International
8.	Republic Day	26 th January 2018	Commemorative
9.	National Science Day	28 th February 2018	National
10.	International Women's Day	8 th March 2018	International
11.	World No Tobacco day	31 st may 2018	International
12.	World Environment Day	5 th June 2018	International
13.	International Yoga Day	21 st June 2018	International
14.	World Food Safety Day	7 th June 2018	International




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 Principal
 Padmashree Institute of
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