

MATHRUSHRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

(Founded by : Ananda Social & Educational Trust)

Affiliated to Rajiv Gandhi University of Health Sciences
Recognised by Dental Council of India

#36/1, Cline Road, Cooke Town, Bengaluru-560005

GENDER EQUALITY

7.1.1 Total number of gender equality sensitization programmes organized by the institution during the last 5 years

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Bengaluru - 560 005



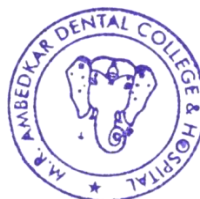
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ANNUAL REPORT 2018-2019



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VIOLENCE AGAINST WOMEN 09/04/2018

A special program was organized at M.R. Ambedkar Dental College on violence against women at the Bharat Ratna B.R. Ambedkar auditorium in M.R. Ambedkar Dental College dated 09/04/18. The guest of the programme was DR Jayanthi.D (Prof Dept. of Periodontics, MRADC Bangalore)

The Guest spoke about Violence against women and girls is a hidden global crisis which knows no boundaries of geography or culture. The speech was ended with a seek to support and to ensure a strong focus on gender equality, women's rights empowerment. Especially important is economic empowerment as a prevention strategy, The programme was attended by the Principal , Vice Principal, staffs & students. The function was followed by a cultural programme, with a refreshing lunch. The Function concluded with a vote of thanks with active participation from all members.

Overall the programs were a grand success.

Program coordinator



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“THINK EQUAL, BUILD SMART, INNOVATE FOR CHANGE” 08/03/2019

M.R. Ambedkar Dental College organized two programmes in the year 2019. International Women’s Day on 08/03/2019 at the Bharat Ratna B.R. Ambedkar auditorium.

This year’s theme on International Womens day was “Think equal, build smart, innovate for change” and the other programme was organized on Women Rights and Welfare. The resource person for the programme was Dr. Veena, Professor, Dept of Endodontics. She insisted on gender equality and women empowerment in every aspects life. This programme was organized on innovative ways in which we can advance gender equality and the empowerment of women. ”

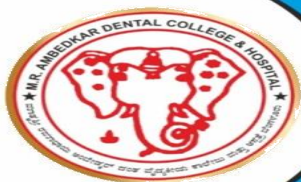
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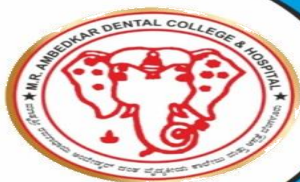
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“I AM GENERATION EQUALITY: REALIZING WOMEN'S RIGHTS” 06/04/2019

The theme for International Women’s Day 2019 on 06/04/2019 was “*I am Generation Equality: Realizing Women's Rights and welfare*” at the college auditorium.

The speaker for the day was Dr. Sushi, Kadanakuppe Reader VSDC. She spoke about employment rights for women include non-discriminatory access of women to jobs and equal pay. The rights of women and men to have equal pay and equal benefits and incorporating provisions to ensure the welfare of women workers.

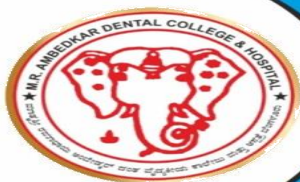
The programme was attended by the Principal, Vice Principal, staffs & students. The function was followed by a cultural programme with a lunch. The Function concluded with a vote of thanks with active participation from all members

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WOMENS HEALTH AND WELLNESS 09/03/2020 AND 13/03/2020

International Women's Day was celebrated on 09/03/2020 and a special programme was conducted on Womens health and wellness on 13/03/2020 at the Bharat Ratna B.R. Ambedkar auditorium..

The speaker for the day was Dr. Shashikala, Prof Dept of Oral surgery on 09/03/2020 and womens day emphasized about women's rights in every aspects of life and protested day-to-day crime committed against women whereas. The speaker of the event held on 13/03/2020 on womens health and wellness was Dr Hemalata, Prof, Dept of Periodontics, spoke about women health being emphasized as one of the most necessary conditions for women empowerment, a major section of this gender is generally neglected when it comes to optimal health and wellbeing.

The programme was attended by the Principal, Vice Principal, staffs & students. The function was followed by a cultural programme with a lunch. The Function concluded with a vote of thanks with active participation from all members.

J. praveen

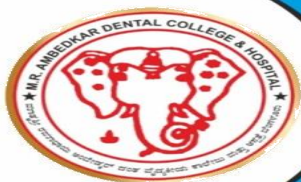
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INTERNATIONAL WOMEN'S DAY- WAS "CHOOSE TO CHALLENGE." 30/03/2021

The Women's Welfare Cell of M.R. Ambedkar Dental College celebrated International Women's Day on 30.03.2021 at the Bharat Ratna B.R. Ambedkar auditorium in M.R. Ambedkar Dental College with the full support of the Management & Principal. This year's theme was "choose to challenge."

The chief guest for the programme was **Dr. Roopesh** (Additional Prof, Dept. of psychology, Nimhans Bangaluru), who spoke about gender equality on the occasion, this was followed by cultural programmes by staffs & students. The programme was attended by the Principal, Vice Principal, staffs & students.

An outreach programme was conducted on 23.03.2021 as part of the Women's Day celebration, where in members of the Women's Welfare Cell & public Health Department staff visited Association of people with disability. Free dental checkup & distribution of around 500 free sanitary napkins along with tooth paste & tooth brush were done for the underprivileged.

Program coordinator



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LIFE SKILL PROGRAM 01/09/2021 AND 02/09/2021

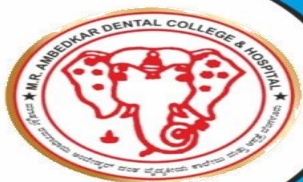
A life skill program for non-teaching faculty was organized by Women's Welfare Cell of M.R. Ambedkar Dental College on **01/09/2021 AND 02/09/2021**. The resource person DR Sushu Kadanakuppe Reader VSDC. She spoke about empathy, understanding difference between sympathy and empathy, coping with stress and its impact on health, how to think in positive way. She also emphasized on interpersonal relationship by understanding different types of relations and to built healthy environment both at home and working place.

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INTERNATIONAL DAY OF THE GIRL CHILD 11/10/2021

International day of the girl child was observed in our institution on 11 oct 2021 under the theme "Digital generation, Our generation." MR Ambedkar dental college organized a program in the college auditorium to raise awareness about equal access to the internet and digital devices for girls' and targeted investments to facilitate opportunities for girls' to safely and meaningfully access, use, lead and design technology.

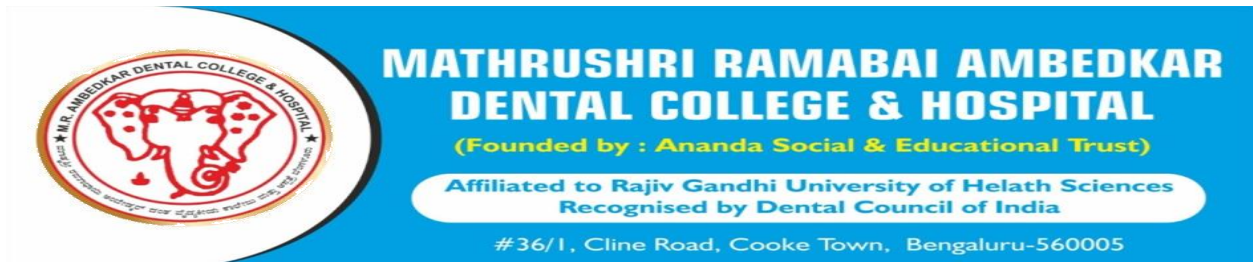
The resource person was Dr Hemalata M, Prof, Dept of Periodontics, she highlighted that, Girls are leaders. Girls are change-makers. Girls are driving good and growth around the world. They are a fundamental source of transformational change for gender equality, and technology is a crucial tool to support their work, activism and leadership. The program was informative and successful.

Program coordinator



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NATIONAL WOMEN'S DAY ON 17TH FEBRUARY 2022

This program was conducted to commemorate the 143rd birth anniversary of Smt. Sarojini Naidu the Freedom Fighter and the Nightingale of India.

Our distinguished chief guest and the speaker of the day was Smt. Roopa Moudgil, IPS officer, Inspector General of Police, MD. Karnataka State Handicrafts Development Corporation. This program was conducted **on Cybercrime against Women**. Our speaker enlightened us about Cyber Bullying, Cyber Staking, Cyber Extortion, Identity Thefts, Social Engineering and Harassment. The speaker emphasized to protect ourselves against Cybercrime by securing our networks with strong encryption password and pin.

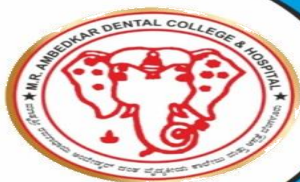
Collage competition was held on the same day for the topic "Cybercrime against Women" for both staff and students. The prizes were distributed to the winners of the competition by our respected chief guest. The programme was concluded with a vote of thanks

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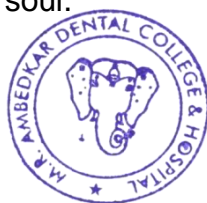
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INTERNATIONAL WOMEN'S DAY ON 3RD MARCH 2022

On the 3rd March 2022, the programme was conducted on **Women and Bone Health**. The Chief Guest was Dr. Yogesh. K, Senior Consultant, Arthroscopy and Sports Medicine specialist, Fortis Hospitals. The speaker mentioned the various risk factors that are associated with osteoporosis and emphasized that an average adult needs 1000 mg of calcium per day and the dose increases to 1200 mg per day for women over the age of 50. He enforced that Bone health is critical to overall health to lead a quality life. Various physical activities were demonstrated to the audience which would improve the strength and flexibility of muscle. An Orthopaedics Free Bone Mineral Density, Examination and Consultation was performed for the staff and students of our institution.

On the same day afternoon, a programme was conducted on **Holistic approach to life**. The Guest of the event was R J Shruthi. Who spoke on "The Magic Touch." The speaker enlightened us that, change in mind set and thought process is necessary to lead a stress free and happy life. She also mentioned that, living for that moment, cultivating a positive mindset, increasing self awareness and raising the healthy vibrations is important for nurturing mind, body and soul.


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INTERNATIONAL WOMEN'S DAY ON 4th MARCH 2022

On the 4th March 2022, a program was organized on **Gender Sensitisation**. The chief guest for the event was Smt. Asha Krishnaswamy, Independent Journalist and Media Trainer. The speaker addressed the gather on gender bias, gender discrimination, crime and violence against women. She mentioned that Gender inequality is the social phenomenon in which men and women are not treated equally. Reducing inequalities can build stable and resilient society, if *equal rights and opportunities are given for both men and women*. Debate competition was held on the same day for the topic Gender Sensitisation for the students, and the prizes were distributed to the winners by our distinguished chief guest.

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INTERNATIONAL WOMEN'S DAY ON 10th and 11th MARCH 2022

The next event conducted was on 10th March 2022. The programme was conducted on “Breast and Cervical Cancer Awareness.” The chief guest for this event was DR. Suneetha. N, consultant radiation oncologist, HCG Hospital, Bangalore

The objective of this Program was to create awareness on “Breast and Cervical Cancer and remove the stigma and fear attached towards it. The speaker mentioned that breast cancer and cervical cancer are two more common cancers among women in India. As these cancers are largely preventable, Awareness about breast and cervical cancer is very important as early detection, often through screening, can catch the disease when it is most treatable and also preventable by making necessary changes in lifestyle. She emphasized the importance of self-exam, regular screening, mammogram and Pap smear tests to check for signs of cancer. Followed by the lecture there was a screening, clinical examination of Breast and cervical Pap smear test was conducted for the staff and students for our institution.

The final event of celebration of international women’s day was held on 11.03.2022. We were glad to have our chief guest Dr shamitha Malnad, dentist The function was followed by a cultural programme

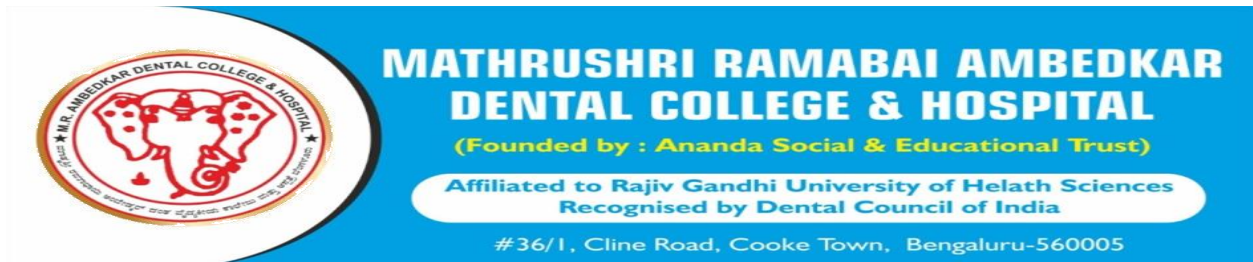
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INTERNATIONAL DAY OF THE GIRL CHILD 2022 14TH OCTOBER 2022

A programme was conducted on 14th October 2022 and the theme of this year 2022 was “Time is now- our rights, our future.”

The speaker of the event was **Dr. Vijayalakshmi I. Balekundri**, Professor Emeritus of Paediatric Cardiology, Super Speciality Hospital, BMCRI, Bengaluru.

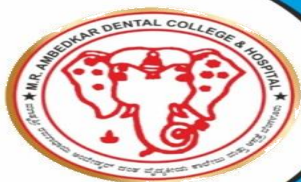
The speaker emphasized the importance of a girl child to this world and supported the campaign Beti Bachao, Beti Padoo (Save girl child, educate girl child) which was launched by the Government of India. She also spoke about the challenges, empowerment and the issues that are associated with rights of a girl child. She also stressed about the importance of water, diet, environmental issues that are essential for a healthy living. She also mentioned about the greatest achievements that are made by the women of India from every field and said that girls are the spirit of our nation, save them and stop their exploitation.

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BREAST CANCER AWARENESS PROGRAMME ON 20/10/2022

“Breast Cancer Awareness” program was conducted on 20th October 2022. The chief guest for this event was Dr. Suneetha. N, Consultant Radiation Oncologist, HCG Hospital, Bangalore. She addressed the staff and teaching and non teaching faculty and students of the institution. She created awareness about the symptoms, self examination and prevention of breast cancer. She also insisted women folk for self examination very often and if any changes noticed, to contact respective consultants. She briefed about anatomical changes, etiological factors of breast cancer through her presentation.

She insisted women to have healthy lifestyle by making better behavioral choices which included maintaining healthy weight, staying physically fit, mandatory breast feeding, quitting of tobacco and alcohol habit, avoiding prolonged use of hormones and excessive radiation.

There was screening, clinical examination of Breast and cervical Pap smear test for the staff and students who gave consent

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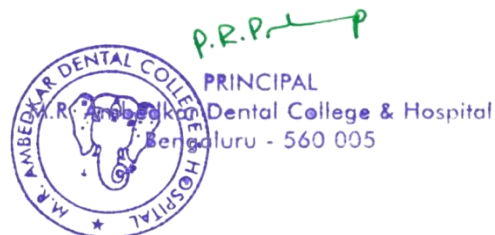
ANNUAL SPORTS MEET- CHAKRAVYUH 12THNOVEMBER 2022

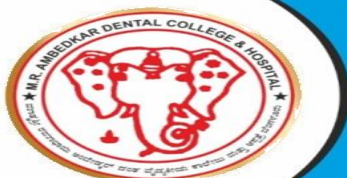
Mathrushri Ramabai Ambedkar Dental College and hospital organized annual The event was inaugurated by chief guest of honour Dr. Sudindra Kumar N N. First of all the chief guest unfurled the flag, after this there was march past by the students and then followed by the sports events. Sport is one of the most powerful platforms for promoting gender equality and empowering women and girls.

The first event that took place was athletic events which included 100 mtr, 200mtr,400mtr and 800mtrs running race for girls and boys. Later it was followed by fun games for teachers like brisk walking. There was also a food fest organized by the students. Other events like short put, long jump, football finals and relay race were also organized. The most awaiting event for the day was cricket final match between staff and interns. At the end there was prize distribution by chief guest and our principal Dr.Hemalatha for the winners, they also congratulated the winners and gave speech. Later the program was followed by lunch at Mount carmel ground, Bangalore.

J. praveen

Program coordinator





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ORIENTATION PROGRAMME ABHIMUKHYAM 17/01/2023 TO 19/01/2023

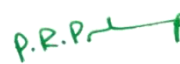
Mathrushri Ramabai Ambedkar Dental College and Hospital conducted an **ORIENTATION DAY PROGRAM** titled **“ABHIMUKHYAM” FROM 9.30 AM TO 4.00 PM** for the students of first year batch along with their parents before the actual beginning of regular academic activities after admission process is completed, the Academic committee of dental college send letter to the students to join the course. The main goal of the orientation program is to introduce the student to professional course by acclimating them to the new surroundings. The orientation program comprises of a brief overview of the BDS & MDS program, institute and university rules and regulations; crisp presentation about the vibrant environment of the college which strongly encourages both academic and extracurricular pursuits. Several accolades received by students and faculty on national and international platforms were also highlighted. The program also briefed aspects pertaining to student life at campus with an emphasis on Safety and Anti Ragging measures.

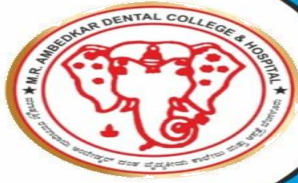
The students were made aware of gender equality and need to eliminate gender discrimination which helps them to develop mutual respect, empathy and open minded towards opposite gender which can decrease violence and crimes among men and women.

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MATHRUSHRI RAMABAI BIRTHDAY CELEBRATION 15TH FEB 2023

The 125th Birthday remembrance of Mathrusri Ramabai Ambedkar was celebrated on 15th February 2023 in the college auditorium. The chief guest for the program was Dr.Mudnakudu Chinnaswamy,M.com,M.A.(Kan) & D.Lit.,in Social sciences. Renowned Kannada Poet and writer,Kendra Sahitya Academy Awardee, Retd.,Director (Finance) & Financial Advisor, Bengaluru Metroplitan Transport Corporation. Cultural programs were organized by the non-teaching staff and students. All teaching staffs, UG/PG students and interns attended the program.

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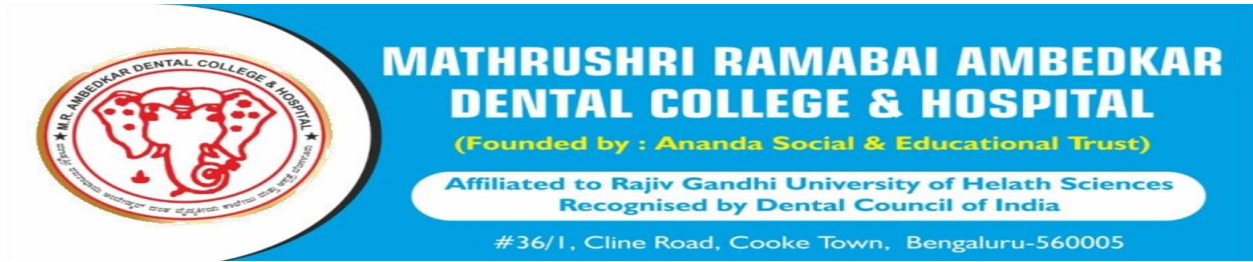
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AN ANTI-RAGGING ORIENTATION PROGRAM 12/05/2023

Mathrusri Ramabai Ambedkar Dental College and Hospital, Bangalore conducted an anti-ragging orientation program on 12th May 2023

MathrushriRamabai Ambedkar Dental College and Hospital, Bengaluru, Karnataka has zero tolerance for ragging and is proud to state that institution is ragging free. Students are informed to follow the act and ensure a ragging free campus. To ensure compliance as per the UGC regulations on curbing menace of ragging in higher educational institution, 2009, the Anti ragging committee is constituted and headed by the principal and comprises of representative as prescribed by the DCI Regulations

The program started with welcoming principal Dr. Pradeep P R, vice principal Dr. TarulathaShyagali, Legal advisor Mrs. Vimala Pinto, Asst Prof. Dept. Psychiatry, AMC Dr. Sanjana Tadapatri, Kiran P N circle inspector, Frazer Town and the chief guest Dr. Rahul Hegde DCI member, Prof & HOD Pedodontics Dr. D.Y. Patil College & Hospital. Dr. Rahul Hegde, DCI member, PROF &HOD Pedodontics Dr. D.Y. Patil College & Hospital. He congratulated the college for its zero tolerance to ragging. He also emphasized on gender equality and everyone has equal access to opportunities and resources, regardless of gender which is essential to achieve peaceful societies, with full human potential and sustainable development The program was attended by faculty, Anti-Ragging Committee members and squads, students both undergraduates and Post graduates(freshers and seniors). The lecture gave more insights to the Anti-Ragging Committee for future guidance.

Nanjammanni

Program Coordinator





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INTERNATIONAL DAY OF ACTION FOR WOMEN'S HEALTH 29/05/2023

International Women's Day on 08/03/2019, also known as International Day of Action for Women's Health is observed annually on 28th May every year. This day was initiated in 1987 by the Government of Africa after identifying the huge problem. As a part IQAC CELL a programme was organized on 29th May 2023 to celebrate International Day of Action for Women's Health at our institution. Each year, Women's Health Day is celebrated under unique themes. This year, the International Day of Action for Women's Health 2023 theme is **"Our Voices, Our Actions, Our Demand: Uphold women's health and rights now!"**

The program was conducted at 10:30 AM in the College Auditorium. The Chief Guest was Dr. Arathi.B.V, Scholar in Sanskritam Indology, Behavioral Trainer and Founder of Vibhu Academy. The resource person highlighted the importance of women's physical and mental health. The event took place in the presence of Dr. Pradeep.P.R. Principal, Professor, Department of Conservative Dentistry. Dr.Tarulata Shyagali, Vice Principal Professor, Department of Orthodontics welcomed the gathering and Dr. Umashankar, Hospital Superintendent, Department of Public Health Dentistry presented the significance of the day.

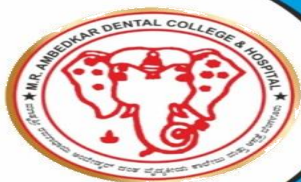
On the Occasion, Dr. Vijay Jain introduced the chief guest Dr. Arathi.B.V. During the event Dr. Arathi.B.V addressed that there should be a balance between career and family and without a family support a women can't achieve success, also addressed that girls should know their right to defend themselves and be careful against crimes against women. Further she said that it was the time to uphold women's achievements, recognize challenges and focus greater attention on women's rights and gender equality to mobilize all people to do their best which will further result in overall development of nation.



P.R.P.P.P

PRINCIPAL

M.R. Ambedkar Dental College & Hospital
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MATHRUSHRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

(Founded by : Ananda Social & Educational Trust)

Affiliated to Rajiv Gandhi University of Health Sciences
Recognised by Dental Council of India

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The program was concluded by vote of thanks delivered by Dr. Mahadev, Lecturer Department of Public Health Dentistry. The program was hosted by Dr. Sumanth, Lecturer Department of Prosthodontics.

Program coordinator



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