

**MATRUSHRI RAMABAI AMBEDKAR
DENTAL COLLEGE & HOSPITAL**
 (Founded by : Ananda Social & Educational Trust)
 ISO 9001:2015 CERTIFIED
 Affiliated to Rajiv Gandhi University of Health Sciences
 Recognised by Dental Council of India
 #36/1, Cline Road, Cooke Town, Bengaluru-560005

Annual gender sensitization action plan

Sl no	Action plan	Page no
1	2018-2019	2
2	2019-2020	4
3	2020-2021	7
4	2021-2022	9
5	2022-2023	12



P.R.P.P.P

PRINCIPAL

M.R. Ambedkar Dental College & Hospital
 Bengaluru - 560 005




MATRUSHRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

(Founded by : Ananda Social & Educational Trust)
ISO 9001:2015 CERTIFIED

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

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

YEAR: 2018-19

Sl.no.	Title of the activity	Department	Date	Description	outcome
01	Awareness program for ASHA workers	Public health dentistry 	11/07/2018	On the occasion of world population day, a talk was arranged for Asha workers to create awareness for the general public. Dr Hemavathi, Health Inspector of PHC, kannalli and Dr Chandrakala.B , Dental Incharge of Kodigehalli Dental Unit educated the High school children.	Awareness for the general public on the population issues like family planning, Maternal Health educated. Awareness for High school children regarding the Marriage age, sexual education and ill effects of Population explosion .
02	Violence against women -- Dr.Jayanthi	Dept of Periodontics P.R.P. P PRINCIPAL M.R. Ambedkar Dental College & Hospital Bengaluru - 560 005	09/04/18	An educational talk was given by Dr. Jayanthi educating the students and staffs alike to sensitize them to keep vigil in general situations and remain cognizant and responsible for personal protection and violence prevention	



MATRUSHRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

(Founded by : Ananda Social & Educational Trust)
ISO 9001:2015 CERTIFIED

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

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

03	International Women's day --- Think equal, build smart, innovate for change --- Dr. Veena	Dept of Conservative Dentistry	08/03/2019	Talk on women raise their voices for equality, for their rights and for the rights of others, for peace and justice for all. This theme was taken up by Dr. Veena of Conservative Department.	
----	---	--------------------------------	------------	---	--

Action Plan:

The above mentioned programs will be organised under the able guidance of our Principal and a dedicated committee which is formed including senior teaching members. Periodic team meetings shall held and an internal committee for women's welfare is being appointed with the responsibility of execution of these programs.



P.R.P.

PRINCIPAL

M.R. Ambedkar Dental College & Hospital
Bengaluru - 560 005



MATRUSHRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

(Founded by : Ananda Social & Educational Trust)
ISO 9001:2015 CERTIFIED

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

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

YEAR: 2019-20

Sl.no.	Title of the activity	Department	Date	Description	outcome
1	Awareness programme on Women's nutrition "Balanced diet for women" and information of adulterants in food for women	Public health dentistry	□ □ □ □ □ □ □ □ □ □	As a programme organized by the Health department and in co ordination with Public Health Dentistry, a talk was given on Health and Nutrition for Asha workers, Pregnant ladies and Lactating Mothers. A wide spread of Healthy food was displayed on the table and their importance was first educated to Asha workers so that they can ensure that they motivate the pregnant and lactating mothers.	Dr .Chandrakala B educated the Participant s regarding the importance of Balanced diet and also shared information about Food adulteration and its ill effects on ill health.
2	Healthy baby contest	Public health dentistry	19/11/2019	A talk was arranged at kannallianganwadice nter ,kodigehalli by Dr.Chandrakala educated the importance of health and nutrition and its positive impacts on growing child.	Mother s knowledge on child rearing and feeding practices were assessed and their doubts were cleared. In order to



P.R.P.P.P

PRINCIPAL

M.R. Ambedkar Dental College & Hospital
Bengaluru - 560 005




MATRUSHRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

(Founded by : Ananda Social & Educational Trust)
ISO 9001:2015 CERTIFIED

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

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

					encourage such healthy practices a healthy baby contest was conducted and the healthy baby was selected and the mother was rewarded with the cash prize of Rs 500/-
		 <p>P.R.P. P PRINCIPAL M.R. Ambedkar Dental College & Hospital Bengaluru - 560 005</p>			
	<p>Women's rights and welfare – Dr. Shushi</p> <p>Dentistry, V.S. Dental College, Bangalore</p>	<p>Dept of Public Health</p>	<p>06/04/2019</p>	<p>Talk on Women's fight to live in a better world and work as a force for all the people and for our shared planet. The talk was to elevate the voice of under privileged women.</p>	
	<p>Women's health and wellness – Dr. Shashikala and Hemalata</p>	<p>Dept Of Public Health Dentistry</p>	<p>09/03/2020 13/03/2020</p>	<p>Educational Lecture by Professors, Dr. Shashikala and Dr. Helmalatha from the Department of Periodontics sensitizing women folk on the benefits</p>	



MATRUSHRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

(Founded by : Ananda Social & Educational Trust)
ISO 9001:2015 CERTIFIED

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

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

				of regular exercise and proper diet especially pregnant women and pubescent Girls.	
--	--	--	--	--	--

Action Plan:


Internal quality assessment committee meeting shall be held periodically and decision regarding execution of the above mentioned programs as per IQAC will be made to execute the cultural and academic programs. Dr.Hemalatha to preside over the forming of dedicated teams for the same and its implementation.



P.R.P. P

PRINCIPAL


M.R. Ambedkar Dental College & Hospital
Bengaluru - 560 005




**MATRUSHRI RAMABAI AMBEDKAR
DENTAL COLLEGE & HOSPITAL**
(Founded by : Ananda Social & Educational Trust)
ISO 9001:2015 CERTIFIED
Affiliated to Rajiv Gandhi University of Health Sciences
Recognised by Dental Council of India
#36/1, Cline Road, Cooke Town, Bengaluru-560005

YEAR: 2020-21

Sl.no.	Title of the activity	Department	Date	Description	outcome
1	Female faculty member escort for girl students on field visit	Public health dentistry	30/01/2020 Dabaspete, Tumkur	A visit to Medicare biomedical waste treatment plant field visit.	Overall field visit was successful.
2	Women's welfare cell	Institution	04/08/2020	This cell is established to empower girl students, to address all issues related to women and to make the college campus a safe place for female students and faculty members.	It aims to prevent sexual harassment and to promote general well-being of female students, teaching and non-teaching women staff of the college.
	International women's day – Choose to challenge Dr. Roopesh	Public health dentistry	08.03.2020	Dr. Roopesh lectured to all the assembled students and faculties pertaining how present day women are supposed to live in the current scenario and how they have to face opposition in every field. The women were insisted to	


 P.R.P. P
 PRINCIPAL
 M.R. Ambedkar Dental College & Hospital
 Bengaluru - 560 005



**MATRUSHRI RAMABAI AMBEDKAR
DENTAL COLLEGE & HOSPITAL**
(Founded by : Ananda Social & Educational Trust)
ISO 9001:2015 CERTIFIED
Affiliated to Rajiv Gandhi University of Health Sciences
Recognised by Dental Council of India
#36/1, Cline Road, Cooke Town, Bengaluru-560005

				choose to live in a challenging way to make gender equality a living reality.	
	Life Skills Program- Dr Sushu Kadanakuppe	Public health dentistry	01/09/2021 02/09/2021	Dr Sushu conducted Life skills program to teach a wide range of social and behavioral skills, also known as "soft" or "non-cognitive" skills, to help women deal with everyday life.	

Action Plan:

A team of dedicated Medical and non-medical professionals shall be made into a team gathered to be appointed by the committee to conduct necessary workshops on women empowerment and achieve success and deploy necessary staffs for the same. The committee chairperson shall preside over the execution of the same.



P.R.P.
PRINCIPAL
M.R. Ambedkar Dental College & Hospital
Bengaluru - 560 005




MATRUSHRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

(Founded by : Ananda Social & Educational Trust)
ISO 9001:2015 CERTIFIED

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

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

YEAR: 2021-22

Sl.no.	Title of the activity	Department	Date	Description	outcome
1	International women's day	Women's Welfare Cell & public Health Department	30.03.2021	Free dental checkup 23.03.2021 as part of the Women's Day celebration	Distribution of around 500 free sanitary napkins along with tooth paste & tooth brush was done for the underprivileged.
2	Life skill	Public health dentistry	1st and 2 nd September 2021	Stress management women	Non teaching faculty is the target group of the program.
3	Women's participation in sports	Institution	September 2021	Women's throw ball Women's arm wrestling	The participation was good.
4	Poshan pakhwada	Public health dentistry	20/9/2021 to 23/09/21	Yoga program for female faculty by Yoga instructor	Spiritual benefit of yoga for women
5	International day of the girl child	Public health dentistry	11/10/2021	Theme: 'Digital generation. Our generation.'	It was celebrated for amplifying the voices of girls globally.
6	National Women's Day- Smt Roopa Moudgil, IPS	Officer 	17/02/2022	Being the first Kannadiga woman IPS officer in Karnataka Smt Roopa gave an inspiring lecture for not only	Women Empowerment and violence against women lecture

PRINCIPAL

M.R. Ambedkar Dental College & Hospital
Bengaluru - 560 005

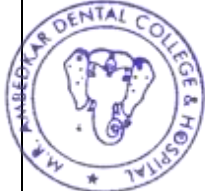


MATRUSHRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

(Founded by : Ananda Social & Educational Trust)
ISO 9001:2015 CERTIFIED

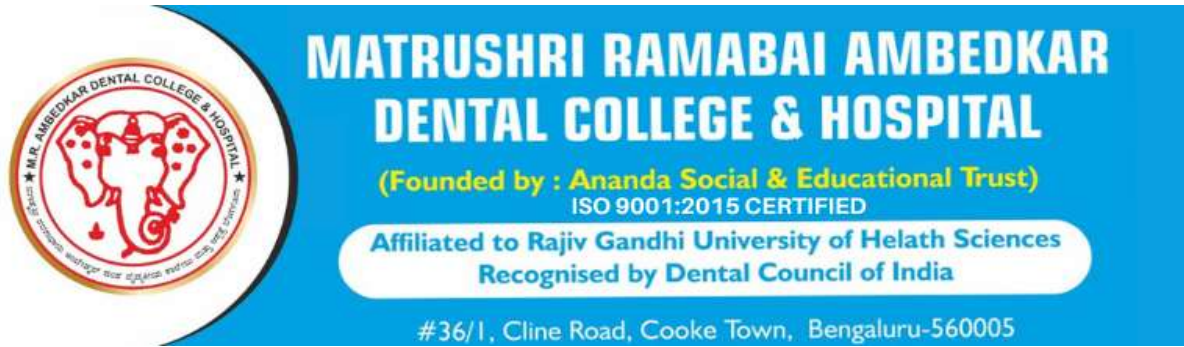
Affiliated to Rajiv Gandhi University of Health Sciences
Recognised by Dental Council of India

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

				women folk but also general public in the empowerment and strengthening the backbone of our society.	
	International Women's Day Dr. Yogesh. And R J Shruthi	institution	3/03/2022	talk on celebrating the unity of women around the world and to acknowledge their impact on our society	
	International Women's Day on Gender Sensitisation – Smt. Asha Krishnaswamy	Institution	4/03/2022		
	International Day Of The Girl Child Time is now-our rights, our future – Dr Vijayalakshmi I Balekundri	Institution	14/10/2022 9am-12pm	Celebrated Day of the girl child annually on October 11th to recognize girls' rights, promote their empowerment, and address the challenges they face.	

P.R.P.

PRINCIPAL
M.R. Ambedkar Dental College & Hospital
Bengaluru - 560 005



Action Plan:

Women Empowerment being the prime focus in this academic year, a team of dedicated professionals from the college will be appointed by the IQAC committee to organize and deploy necessary staffs for the above mentioned programs. The principal shall call for regular meetings periodically to assess the implementation and the execution of these above mentioned programs.



P.R.P.

PRINCIPAL

M.R. Ambedkar Dental College & Hospital
Bengaluru - 560 005




MATRUSHRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

(Founded by : Ananda Social & Educational Trust)
ISO 9001:2015 CERTIFIED

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

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

YEAR: 2022-23

Sl.no.	Title of the activity	Department	Date	Description	outcome
1	National Women's Day Celebration 17th February 2022	Public health dentistry	17th February 2022	Cybercrime against Women	Students and staff were benefitted
2	International Women's Day Celebration 3rd March 2022	MRADH institute	3rd March 2022	Women and Bone Health, The Magic Touch, Breast and Cervical Cancer Awareness	Overall aspects of the women life was touched
3	Breast Cancer Awareness Programme Dr Suneetha N	Public health dentistry  P.R.P. PRINCIPAL M.R. Ambedkar Dental College & Hospital Bengaluru - 560 005	20/10/2022	Breast cancer awareness a global effort to raise awareness and reduce the stigma of breast cancer aiming to educate people about breast cancer, including its symptoms, screening, and treatment.	
4	Sports Meet-Chakravyuh-Dr. Sudindra Kumar N	Instituion	12/11/2022		
5	Mathrushri Ramabai Birthday	Instituion	15/02/2023	The Birth day celebration of Smt. Ramabai	



MATRUSHRI RAMABAI AMBEDKAR DENTAL COLLEGE & HOSPITAL

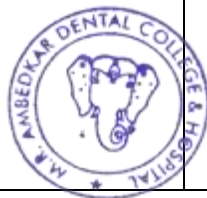
(Founded by : Ananda Social & Educational Trust)
ISO 9001:2015 CERTIFIED

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

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

	Celebration- Dr.Mudnakudu Chinnaswamy			Ambedkar ji was observed and students educated about the significant contribution she made in the life of Dr. B.R.Ambedkar	
6	An Anti-ragging orientation program- Dr Rahul Hedge	Instituion	12/05/2023	Anti-ragging orientation program to help create a safe and respectful learning environment by educating students about ragging and the negative effects	
7	Our Voices, Our Actions, Our Demand: Uphold women's health and rights now!" Dr Arathi B V	Instituion	29/05/2023	Talk on Gender-based discrimination and its prohibition by the human rights treaty, and how millions of women and girls still experience discrimination and violence	

P.P.P.P



PRINCIPAL

M.R. Ambedkar Dental College & Hospital
Bengaluru - 560 005