

## CLEANLINESS DRIVE

**DATE: 03.11.2021**

The Ranger's team of Shailabala Women's Autonomous College, Cuttack has undertaken a cleanliness drive to clean the campus on Dt. 03.11.2021 at 8:00 AM. It was presided by the principal Prof. Dr. Surekha Sundari Swain, Principal. Ms. Puspanjali Mallick, Officer-in-Charge of Rovers team and Mrs. Aradhana Nayak, second officer-in-charge supervised the event. 21 volunteers of Rangers participated in this cleaning program.

**Outcome:** "Cleanliness is Godliness". This idea was inculcated among the volunteers.



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## WEBINAR ON YOGA AND MENTAL HEALTH

DATE-16.01.2022

A national webinar on Yoga and Mental health was conducted by Yoga and Social Ethics Committee of Shailabala Women's Autonomous College, Cuttack in collaboration with IQAC on 16.01.2022 at 7:00 pm on google meet. Prof. Dr. Surekha Sundari Swain, Principal, Shailabala Women's Autonomous College, Cuttack presided over the meeting. Chief guest of the webinar was Prof. Dr. Shyama Kanungo, Retd. Superintendent and HoD, Obstretics and Gynaecology, SCBMCH, Cuttack. Guest of Honour was Ms. Sarita Patel, Regional Director, NSS, Govt. of India. Chief Speaker was Dr. Boblina Mohanty, Dy. Suptd., Sardar Vallav Bhai Patel Post Graduate Institute of Paediatrics, Shishubhawan, Cuttack. Resource Person was Yoga guru Smt. Sagarika Jena. Dr. Sipra Ray, Asst. Prof. of Education, Dr. Priti Pragyan Ray, Asst. Prof. of Zoology, Dr. Menakarani Sahoo, Asst. Prof. of Sanskrit, and Smt Sushree Shibanee Dash, Asst. Prof. of Zoology were the members of the organizing team. A total of 50 Faculties and students attended the event. The guests and resource persons scientifically analysed the significance of importance yoga poses and why they should be inculcated in daily lives. The participants resolved to get yoga training from the resource person every evening from 7 pm onwards for 45 minutes.

**Outcome:** The program was a huge success as the trainer imparted training for 30 consecutive days.







SHAILABALA WOMEN'S AUTONOMOUS COLLEGE, CUTTACK  
YOGA & SOCIAL ETHICS COMMITTEE & IQAC  
NATIONAL WEBINAR  
ON  
"YOGA AND MENTAL HEALTH"  
INAUGURAL CEREMONY



**Chief Guest**

Prof. (Dr.) Shyama Kanungo  
Head, Superintendent & HOD,  
O&S, SCB MCH, Cuttack



**Guest of Honour**

Ms. Sarita Patel  
Regional Director,  
NSS, Govt. of India



**Chief Speaker**

Dr. Boblina Mohanty,  
Dy. Superintendent, S.V.P.G.A.P.,  
Sishubhawan, Cuttack



**Chief Patron**

Prof. (Dr.) Surekha Sundari Swain  
Principal



**Resource Person**

Smt. Sagarika Jena  
Principal

DATE- 16<sup>TH</sup> JAN 2022  
TIME- 7:00 PM  
PLATFORM- GOOGLE DUO

**Organizing Team**

- Dr. Sipra Ray
- Dr. Priti Pragyan Ray
- Dr. Menakarani Sahoo
- Smt. Sushree Shikha Das

## YOGA AND MASS SURYA NAMASKAR PROGRAM

DATE: 18.02.2022

Shailbala Women's Autonomous College, Cuttack in collaboration with Patanjali Yoga Samiti organized Yoga and Mass Surya Namaskar Program on Dt. 18.02.2022. Principal Prof. Dr. Surekha Sundari Swain inaugurated the program at 7:00 am inaugurated the program at 7:00 AM. Dr. Boblina Mohanty, Deputy Superintendent, SVPPGIP, Sishubhawan, Cuttack joined as chief guest of the occasion. She gave valuable ideas to strengthen body and mind through yoga and surya namaskar. The resource person yoga trainer Smt. Sagarika Jena delivered motivational talk on benefits of yoga postures and taught the steps of surya namaskar. The program was co-ordinated by Dr. Menakarani Sahoo, YRC counsellor, Nibedita Pati, Mamata Mohapatra, Kalpana Parida, Sabita Parida and Bandita Mohapatra, all the members of Patanjali Yoga Samiti. Dr. Sipra Ray, Dr. Priti Pragyan Ray, Dr. Madhulita Sahu, Dr. Gaytari Kar, Padmaja Jagati, Alita Minz, Swarnalata Bal also participated to make the program successful. The programme was ended with vote of thanks.

**Outcome:** The participants were motivated to adopt Yoga in everyday practice to stay healthy.

*Sagarika Jena*



## DENTAL AND SKIN AWARENESS PROGRAM

DATE: 08.03.2022

Youth red cross society of Shailabala Women's Autonomous College, Cuttack organized a Dental and skin Awareness program on 08.03.2022. Principal Prof. Dr. Surekha Sundari Swain inaugurated the program. She offered the welcome address. Dr. Amrita Mishra, MDS & FMC and Dr. Akakhya Mishra, BDS joined the program as resource persons and discussed the causes, symptoms, detection and treatment procedure of dental and skin related diseases. Teaching and non-teaching staff, volunteers of YRC and students of the college participated in this program. The participants interacted with the doctors. The program ended with a vote of thanks.



*Gayatri dr.*

**DISTRIBUTION OF HYGIENIC KITS ORGANISED BY DISTRICT RED CROSS, CUTTACK CO-OPERATED BY YRC, S.B. WOMEN'S AUTONOMOUS COLLEGE, CUTTACK**

**DATE: 07.04.2022**

Youth Red Cross wing of Shailabala Women's Autonomous College, Cuttack distributed 20 hygienic kits to the slum people of Imampara of Cuttack district on 07.04.2022. The program was organized under the chairmanship of Principal Prof. Dr. Surekha Sundari Swain. Dr. Menakarani Sahoo, OIC, YRC, Smt. Padmaja Jagati, member, YRC and YRC volunteers participated to make this program successful.

**Outcome:** The slum dwellers received hygienic kits and got benefited in the program.



*Gagan K*



15-08-2022



*Asm*



15-08-2022



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## PUNEET SAGAR ABHIYAN

DATE: 30.05.2022

The Puneet Sagar Abhiyan was Launched by NCC, India on 30<sup>th</sup> May 2022. It was an initiative to clean Seashores or Beaches and other water bodies including rivers and lakes by removing plastics and other wastes. The campaign seeks to increase awareness among local people about the cleanliness of Sea or River banks. In this endeavour, Shailabala Women's NCC unit also joined the campaign and cleaned the Mahanadi river banks near the Balijatra Lower Ground on 17.08.2022. CTO Chinmayee Mallik and 15 NCC cadets of Shailabala Women's College joined the initiative by removing the plastic and other non-biodegradable wastes from the Balijatra Lower ground. The work started from 10.00 a.m. after address by Hon'ble Mayor, Cuttack Sri Subhas Chandra Singh and DG Cuttack Unit.

