# UNIVERSITY COLLEGE MANGALORE

ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಕಾಲೇಜು ಮಂಗಳೂರು A Constituent College of Mangalore University

A Constituent College of Mangalore University
(Reaccredited by NAAC with 'A' Grade and College with Potential for Excellence)

Office of the Principal, U.P. Malya Road, Hampanakatta Mangalore 575 001



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## Criteria 7- Institutional Values and Best Practices

Key Indicator- 7.1 Institutional Values and Social Responsibilities.

(GENDER EQUITY)

7.1.1. (Q<sub>L</sub>M): Measures initiated by the Institution for the promotion of gender equity during the last five years

List of gender equity and sensitization initiatives through specific facilities provided for women

#### List of supporting enclosures

SI. No.	Particulars	
1.	Documents in support of specific facilities provided for women A. Safety and Security	
	B. Counseling	
	C. Common Rooms	

University College Mangalore

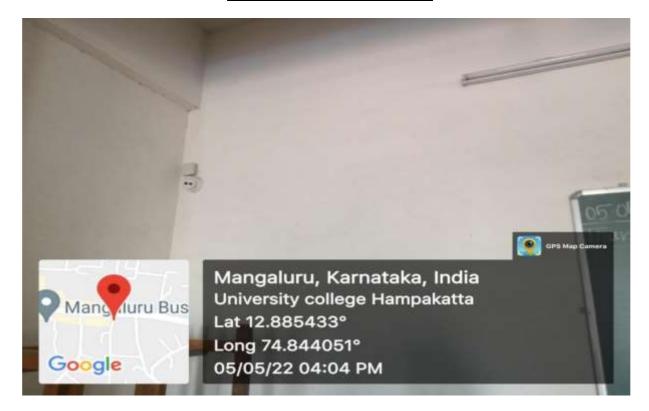
University College, Managers

## **A: SAFETY AND SECURITY**

SPARSH	https://universitycollegemangalore.com/wp-content/uploads/2021/08/SPARSH-COMMITTEE.pdf
WOMEN CELL	https://universitycollegemangalore.com/wp-content/uploads/2022/05/Women-Cell.pdf
ICC	https://universitycollegemangalore.com/wp-content/uploads/2021/08/Internal-Complaints-Committee.pdf
ANTI-RAGGING	https://universitycollegemangalore.com/wp-content/uploads/2021/11/Anti-Ragging-Committee1.pdf
DISCIPLINE COMMITTEE	https://universitycollegemangalore.com/wp-content/uploads/2022/06/DISCIPLINE-committee.pdf

## Safety and Security through C C TV Surveillance inside the Campus

#### CC Camera - Class Rooms





## CC Camera Towards the Back Gate -Playground



CC Camera -Corridor



## CC Camera Science Block



## CC Camera Commerce Block



CC Camera Dayananda Pai Block



CC Tv Screens Principal Chamber

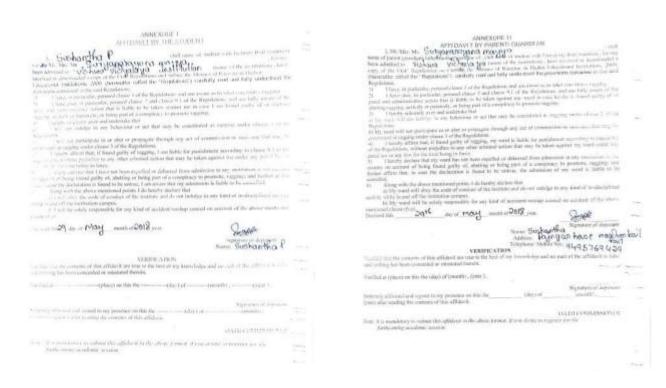




Security Personnel

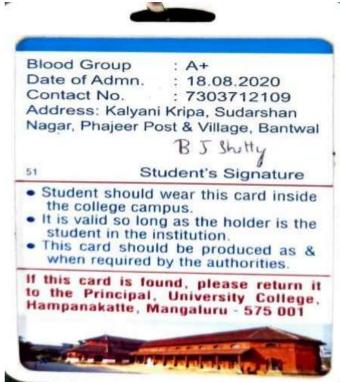


#### Anti-Ragging Affidavit



#### Student Identity Card





## **B: COUNSELLING**





#### MAMATHA ACHAR - THE COUNSELLOR ADDRESSING THE STUDENTS

#### \*Manage yourself, not the stress: Mamatha Achar\*

Mangalore: If we manage ourselves properly, there is no question of 'stress management', said Counsellor Mamatha Achar. She addressed first year Under Graduate students at Ravindra Kalabhavana of University College Mangaluru, recently.

Stress can be avoided by good air through Pranayama, enough water, healthy food, walk, meditation, time management, connecting with good old friends and with hobbies. "Mind should be like flowing water. Avoid negativity. Don't complain always. Be happy and confident everyday as you are blessed with another day," she said.

She agreed that there is lack of awareness about counselling. "It is talking therapy. Here we maintain all your secrecy and give suggestions which may be helpful. Counselling and psychological intervention go hand in hand," she added. Dr. Anasuya Rai was present. Head of the Political Science Department Dr. Latha A. Pandit mastered the ceremony and Pavithra extended vote of thanks.

PRINCIPAL ...

## C: COMMON ROOM

