

RPA FIRST GRADE COLLEGE

Rajajinagar, Bangalore – 10

WOMEN EMPOWERMENT CELL

Empowerment Cell – Activities Report - 2025–2026

The **Women Empowerment Cell** of **RPA First Grade College** organized a series of skill development, awareness, and personality enhancement programmes during the academic year 2025–2026. These initiatives were designed to empower students by nurturing creativity, promoting self-reliance, enhancing life skills, and fostering confidence.

A week-long **Mehendi Workshop** was conducted from 15 to 21 July 2025 by **Ms. Sapna Soni** for students of B.Com., BBA, and BCA. Participants were trained in basic to advanced mehendi techniques, including line work, mandala art, Arabic designs, and full-hand patterns. The workshop also covered the preparation of mehendi cones and professional application techniques, enabling students to develop artistic creativity and practical skills.

The **Bangle Making Workshop**, facilitated by **Ms. Nayana**, a III B.Com. student, introduced participants to the art of designing and decorating bangles using threads, beads, and embellishments on 17 October 2025. The workshop encouraged creativity while strengthening students' fine motor and craft skills.

A **Self-Defence Programme** was conducted by **Mr. Manjunath M.S., Physical Director, RPES** on 19 October 2025. The session equipped students with essential self-defence techniques, personal safety strategies, and situational awareness, fostering confidence, resilience, and preparedness.

The **Diya Making Workshop**, led by **Ms. Nayana**, provided students with hands-on experience in decorating traditional diyas using vibrant colours and creative designs on 24 October 2025. The activity encouraged artistic expression while promoting appreciation for traditional crafts.

The **SHE Inspire Expo 2026** served as a platform to showcase the creativity and entrepreneurial talents of students on 17 March 2026. Participants displayed a variety of handcrafted products, paintings, jewellery, and decorative items. The event encouraged innovation, entrepreneurship, and self-confidence, while providing students with valuable exposure to business and marketing concepts.

A **Fabric Painting Workshop** was conducted by **Ms. Sandhya**, a Final Year BBA student of RPA First Grade College from 6 to 16 April 2026. Participants explored various fabric painting techniques, colour combinations, and design patterns, enhancing their artistic abilities and practical design skills.

A **21-hour Beauty Training Programme** was conducted by **Ms. Sandhya** to provide students with practical training in skincare, basic makeup, hairstyling, saree draping, and personal grooming on 4 May 2026. The programme contributed to personality development, self-confidence, and employability by equipping students with valuable vocational skills.

A **Seminar on Menstrual Hygiene** was delivered by **Dr. Bhargavi Brahmakal** to promote awareness about menstrual health, hygiene, and overall well-being on 5 May 2026. The interactive session addressed common misconceptions, emphasized healthy hygiene practices, and encouraged students to prioritize self-care and informed health choices.