

Saktishree Cell
Bhadrak Autonomous College, Bhadrak,
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Letter No 1081 Date: 02/09/26

Year-Round Thematic Shaktishree Calendar Session 2026-27

1. **Chairperson:** Dr. Lalit Ranjan Sahu, Principal
2. **Sanjojika:** Dr. Swapna Sarita Mohapatra (Assistant Professor of Chemistry)
3. **Member:** Dr. Pravamayee Samantaray (Assistant Professor of English)
4. **Member:** Dr. Hansita Ojha (Assistant Professor of Psychology)
5. **Member:** Sushree Sangeeta Das (Assistant Professor of Home Science)
6. **Member:** Dr. Banaja Basini Barik (Assistant Professor of Odia)

Month	Theme	Expected Outcomes	Key Activities	Programme Coordinator
July 2026	Awareness and Orientation on Women's Safety and Empowerment	Recognize the importance of self-defense Develop stronger awareness of personal boundaries Carry out an initial confidence check	Orientation session to explain the Program's goals Baseline survey to measure confidence levels Guest lecture on topics like gender-based violence, social issues, and women's empowerment Training on basic body language and posture	Conducted: Coordinator Dr. Swapna Sarita Mohapatra
August 2026	Understanding Rights and Laws under IPC, POSH, POCSO, and Anti-Ragging, Regulations This heading highlights the focus on legal awareness and protection frameworks that safeguard students and ensure a safe campus environment.	Awareness of available legal options Better familiarity with local law enforcement Less fear or hesitation in approaching authorities	Workshop on legal rights Visit important institutions such as the local police station, rehabilitation centre, and district collector's office Interactive Q&A sessions with female police officers and district administrators Distribution of a legal handbook for students	Conducted: Awareness regarding legal options Coordinator Dr. Swapna Sarita Mohapatra Local Police Station Visit Coordinator Dr. Hansita Ojha
September 2026	Career Counselling and Personality Development	Career motivation inspiring students to pursue their goals Defined personal goals helping them set clear objectives for the future Awareness of career paths and opportunities understanding different options available for growth	Guest lectures by successful women Workshops on resume writing and interview skills Vision board creation and career counselling	Coordinator: Mrs. Sushree Sangita Das (In collaboration with Placement Cell)

October 2026	Emotional and Mental Empowerment	Emotional resilience building strength to handle challenges Better expression and stress management – learning healthy ways to express feelings and cope with stress Group bonding and peer support – creating stronger connections and support among students	Sessions to build self-esteem and assertiveness Group therapy and open forums for open discussion and support Art therapy or journaling as creative ways to express emotions	Coordinator: Dr. Hansita Ojha (In collaboration with Psychology Department & Student Service Centre)
November 2026	Drugs and Substance Abuse and Narcotics	Better knowledge about drug abuse – understanding its risks and consequences Early peer group interventions – encouraging friends to step in and support before problems grow	Expert sessions on the effects of drug abuse, its legal consequences, and health risks Case studies and real-life scenarios to understand the impact better Peer training to help students identify early signs of substance abuse	Coordinator: Dr. Pravamayee Samantaray (In collaboration with MSW Department)
December 2026	Advanced Physical Defence	High-level defence readiness being well-prepared for advanced self-defense situations Improved agility and faster reaction time sharpening physical responses and reflexes Team-based protection skills – learning to defend and support as a group	Weapon defence techniques to protect against knives or sticks Defence in confined spaces – strategies for staying safe in tight or restricted areas Group combat simulation – practicing scenarios involving multiple attackers Partnered drills and competitions – training exercises with partners to build skill and confidence	Coordinator: Dr. Banaja Basini Barik (In collaboration with Self Defence Programme Cell)
January 2027	Life Skills, Health, Fitness, and Nutrition	Improved physical health – gaining strength and overall wellness Better energy and body image – feeling more active and confident about oneself Awareness of mental health support – understanding where and how to seek help when needed	Fitness sessions – including yoga, strength training, and flexibility exercises Workshops on diet, menstrual hygiene, adult education, safe/unsafe touch, and teenage pregnancy awareness Mental health awareness talks to promote well-being	Coordinator: Mrs. Sushree Sangita Mohapatra (In collaboration with Home Science Department)
February 2027	Digital Safety and Cybersecurity, Financial and Banking Literacy	Safer online behaviour – practicing responsible and secure actions on the internet Recognizing cyber threats – learning to spot dangers like scams, malware, or phishing	Workshops on cyber harassment and related laws Safe social media practices – including awareness of phishing and AI risks	Coordinator Dr. Swapna Sarita Mohapatra (In collaboration with Commerce and Computer Science Department)

		Knowledge of digital complaint mechanisms – understanding how to report issues or crimes online	Identifying online predators and scams Cybercrime reporting procedures – learning how to take action	
March 2027	Leadership and Communication	Enhanced communication – stronger ability to share ideas clearly and effectively Developed leadership qualities – growth in guiding, motivating, and supporting others Confidence to lead and influence	Public speaking workshops – building confidence in expressing ideas clearly Debate and storytelling sessions – improving critical thinking and creative communication Leadership games and team-building activities – strengthening teamwork and leadership skills	Coordinator: Dr. Pravamayee Samantaray (In collaboration with English and Political Department)
April 2027	Community outreach – engaging with society to spread awareness and support. Peer teaching – students helping each other learn and grow. Situational awareness – being alert and prepared to respond effectively in different environments.	Leadership through teaching – guiding others by sharing knowledge and skills Community involvement – actively participating in social and local initiatives Peer-to-peer learning and ownership – students taking responsibility by teaching and learning from each other Improved risk assessment – better ability to evaluate dangers and act wisely Enhanced decision-making in emergencies – making quick, effective choices under pressure Faster reflexes and adaptability – responding swiftly and adjusting to changing situations	Students train younger peers in self-defense – passing on practical safety skills Organize awareness drives in local schools – spreading knowledge and building community safety Poster and slogan competitions – encouraging creativity and advocacy Real-life scenario training – practicing safety in everyday settings like buses, classrooms, and streets Role-playing with instructors – learning through guided, interactive exercises What would you do problem-solving sessions developing quick thinking and decision-making skills	Coordinator: Dr. Banaja Basini Barik (In collaboration with Sociology Department)

Memo No

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Date

03/09/26

Copy to Saktishree Sanjijika/Members/ Concerned Departments/OIC, Placement Cell/OIC, Student Service Centre/OIC, HIMS/ OIC Website for information and necessary action.

Principal

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