



K.S. INSTITUTE OF TECHNOLOGY ANTI SEXUAL HARASSMENT COMMITTEE

Talk on

Talk on “Power of Well-Being & Mindfulness - A Negative Mind Will Never Give You a Positive Health and Life” by Dr. Priyanga P, Assistant Professor, Dept. of CSE, RVITM,

was conducted by KSIT in association with IEEE-WIE under Anti Sexual Harassment (ASH) committee, KSIT as per VTU notification dated 21/7/2017 with Ref:VTU/BGM/ICC/2017-18/3118 on 10th March 2022 for Ist semester students of all branches. This was an event of one hour (11 am to 12 pm).

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KSIT-ASH Committee in association with
IEEE-WIE

Presents a Talk
on
“Power of Well-being and Mindfulness”
by
Dr. PRIYANGA,
Wellness Advisor

Date: Friday 11th March 2022 **Time: 11.00 AM**

Mrs. V Sangeetha
Event Organizer
Dept. of ECE
K.S.I.T, Bangalore

Dr. Chanda V Reddy
ASH committee Coordinator
Professor & HOD, Dept. of TCE
K.S.I.T, Bangalore

Dr. Priyanga P, Assistant Professor, Dept. of CSE, RVITM also works as a Consultant Nutrition. She conducted number of workshops for children, teachers and parents.



Dr. Priyanga P presented brief introduction on **Healthy Life Style**. Speaker provided useful information regarding improvement in life style to maintain health.



Change Brings Good Things Gratitude towards Health

❖ **Tips for Healthy Life Style**

- Track water Intake
- To Increase Immunity
- **Set your routine**
 - Exercise
 - Yoga
 - Stay Connected with People

Handling Emotions

- Don't get angry with parents / elders
- Don't expect
- Mood swing
- Calm and Compose
- Be relaxed



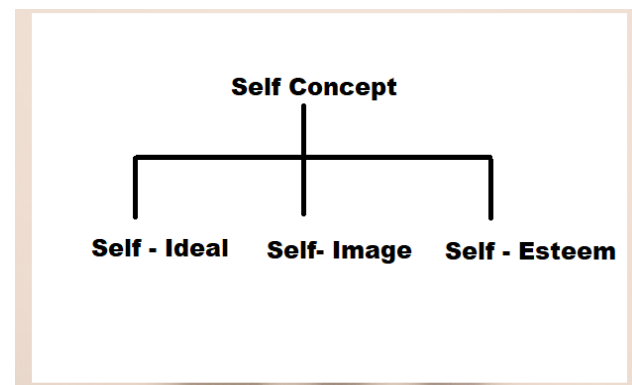
Mindfulness: Mind is like a factory

- The output is exactly related to what we give as a input
- Most of the time, the natural input and output from surroundings are negative.



Master Program

- Self Concept
How we are representing ourselves



Self- Ideal

- Role Models
- Whom you want to follow



Self- Image

- Inner Mirror
- How you see yourself



Attitude

- Attitude is the behavior to show your feelings
- Feelings and behavior in a particular manner in any situation



The session ended at 12.30 pm. Everybody learnt new ways to manage **Healthy Life Style**.

Program outcome

Students acquired knowledge of negative impact of stress.

POs Mapping with rank

Talk	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
Power of Well-Being and Mindfulness - A Negative Mind will never give you a Positive Health and Life						1	1				2	2

Justification of POs mapping

- Students need to know the maintenance of health during throughout in order to balance their study and career.
- Students must know the proper food habits.
- As technology changes women must adopt to new comfortable courses and food products to avoid stress.

Chief coordinator

Principal

