



K.S. INSTITUTE OF TECHNOLOGY, BANGALORE – 560109

**DEPARTMENT OF ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING
ENGINEERING**



Personality Development, Menstrual Hygiene, Mental Health

Date of Conduction: 14th February 2024

Venue: Conference Hall

Time: 11 am to 1.00 pm

Duration: 2 hours

Sponsoring Bodies / Associating Organization: KSIT-Anti Sexual Harassment (ASH) committee and IEEE-WIE, KSIT, Bangalore

Expert Details – with photo

Name: Ms. Shrilakshmi Hegde

Designation: Image Consultant And Soft Skills Trainer

Organization: Toastmasters International

Brief Profile about the Expert: Ms. Shrilakshmi Hegde is experienced Image Consultant & Soft skill Trainer with a demonstrated history of working in the industry. She is highly skilled in soft skills, training, and research. She is a certified Image Consultant from Conselle Institute of Image Management and Certified Soft Skills Trainer with BCA Degree from Scottish Qualification Authority.



Description of the Event: An awareness talk on “**Personality Development, Menstrual Hygiene, Mental Health**” was conducted on 17th 2023 by Anti Sexual Harassment committee at K S Institute of Technology, Bangalore in association with IEEE-WIE. **Ms. Shrilakshmi Hegde**, Image Consultant & Soft skill Trainer , member of Karnataka Anti Sexual Harassment Council – IEEE WIE, was invited as a resource person. Dr. Dilip Kumar K, Princlipal/Director, K S Institute of Technology while presiding the event welcomed the resource person Ms. Shrilakshmi Hegde. Mrs. Sangeetha V, Assistant Professor, Department of Electronics and Communication Engineering given welcome address before the attendees.

The session was delivered by our Council Member speaker **Ms. Shrilakshmi Hegde**,. The focus of the talk was to make every girl aware that she has needs to focus on mental health. **Ms. Shrilakshmi Hegde**, described the evolution of the girl child right from her birth up to the various phases of her life she would go through and the challenges she would have to face and how she can overcome.

Our speaker also emphasized the various tips for women be it while they are at work or in schools or colleges. She mentioned that we can all help each other and know how to safeguard ourselves. The students were asked to speak up and approach the authorities whenever discrimination in any form is seen or undergone.

Students shared an overwhelming feedback and are looking forward to more such sessions for other classes soon. We would like to thank the Management, CEO and Principal for giving us the opportunity to address the students.

Objectives / Key Highlights:


- To help students gain knowledge on how to overcome interview stress.
- To train women and girls to look after their mental health.

Participant details - No. of Participants: 150

Students (internal/external): Internal-150

Faculty: 10

Photos :





**KSIT-ASH COMMITTEE in
Association with IEEE-WIE**

Presents a Talk
on

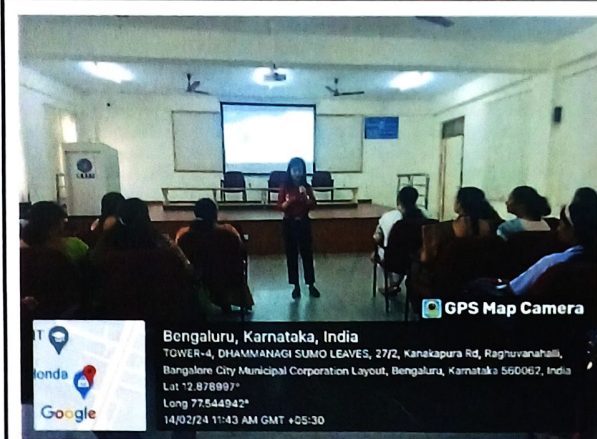
**"Personality Development,
Menstrual Hygiene, Mental
Health"**

by
SHRILAKSHMI HEGDE,
Image Consultant and Soft skill trainer,

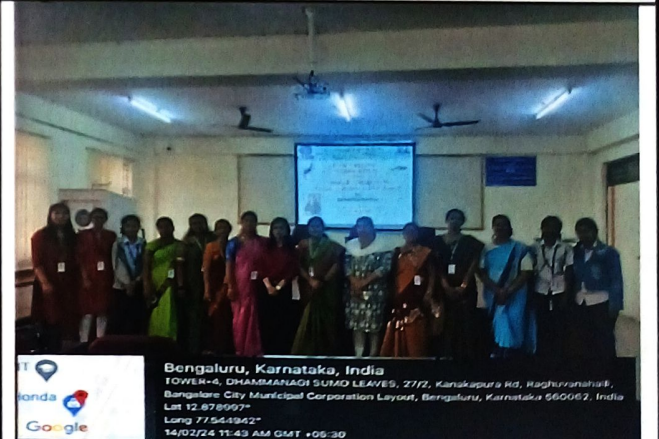
Date:14th Feb,2024
Time:11 A.M



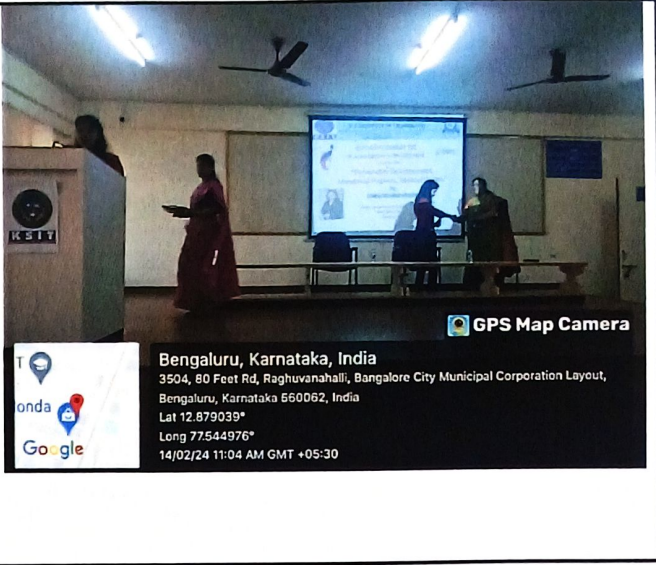
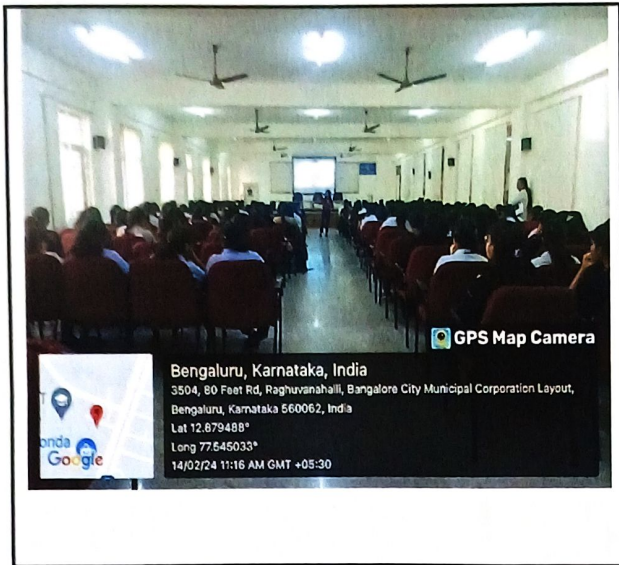
Bengaluru, Karnataka, India
TOWER-4, DHAMMANAGI SUMO LEAVES, 27/2, Kanakapura Rd, Raghuvanahalli,
Bangalore City Municipal Corporation Layout, Bengaluru, Karnataka 560062, India
Lat 12.878997°
Long 77.544942°
14/02/24 11:43 AM GMT +05:30



Bengaluru, Karnataka, India
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Bangalore City Municipal Corporation Layout, Bengaluru, Karnataka 560062, India
Lat 12.878997°
Long 77.544942°
14/02/24 11:43 AM GMT +05:30



Video-url (if any):NIL

Outcomes / Benefits:

- Students gained knowledge on how to overcome interview stress.
- Women and girls obtained training to look after their mental health and hygiene.

Attachments:

1. Communication with Resources person
2. Resources person Profile
3. Evaluation and Feedback
4. Budget and Expenditure Details/amount

CO/PO&PSO mapping

CO/PO&PSO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PS O1	PSO 2
	1	1	1	1	1	2	1	1	1	1	1	2	1	1

[Handwritten Signature]
Coordinator Sign

[Handwritten Signature]
HOD
16/2/24

[Handwritten Signature]
Principal

Head of the Department
Artificial Intelligence & Machine Learning
K.S. Institute of Technology
Bengaluru - 560 109



SHRILAKSHMI HEGDE

Image Consultant and Soft Skills trainer

I am a certified Image Consultant and Soft Skills trainer based in Bangalore. I am very passionate about training and helping since younger days, that made me become a professional trainer. My goal in life is to bring positive changes in peoples life through my coaching and training

CONTACT

9632559364
shrilakshmi@gmail.com

SKILL

- Training skills
- Presentation skills
- Communication skills
- Public speaking
- Networking skills

INTREST

- Writing blogs
- Social media marketing

LANGUAGE

- English
- Kannada
- Hindi

EDUCATION

Bachelor of Computer Application

Certified Image consultant from Conselle
Institute of Image management

Certified Soft Skills trainer from Scottish
Qualification Authority

EXPERIENCE

2021-2023 **FREELANCER**

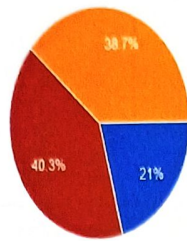
- Trained students in colleges
- Styled many clients
- Did individual consulting for many clients

2020-2021 **Toastmasters International**

- Active member of gabbys toastmasters club which helped me in improving my communication skills, leadership skills and networking skills
- Completed two paths in toastmasters as part of toastmasters project and delivered more than 50 speeches

1. The Program was well placed within the allotted time

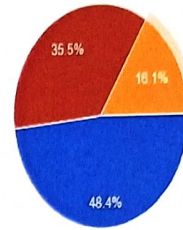
124 responses



● Excellent
● Very Good
● Good

2. The Speaker was a good communicator

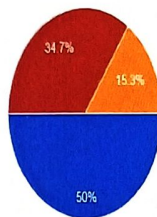
124 responses



● Excellent
● Very Good
● Good

3. The Information was presented in an organised manner

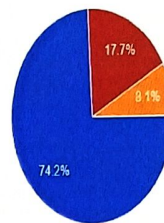
124 responses



● Excellent
● Very Good
● Good

4. The Speaker was knowledgeable on the topic

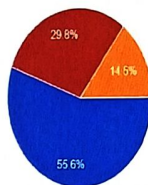
124 responses



● Excellent
● Very Good
● Good

5. Effectiveness of the talk to engage yourselves in independent and life long learning in multidisciplinary environments

124 responses



● Excellent
● Very Good
● Good

Date: 9/02/2024

To,
The Principal,
K.S.I.T.,
Bangalore-100

Respected Sir,


Sub: Requisition to conduct a talk on "Personality Development, Menstrual Hygiene, Mental Health"

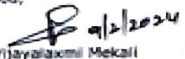
With reference to above subject, we would like to conduct a talk under Anti Sexual Harassment committee in association with IEEE-WIE. A talk on **Personality Development, Menstrual Hygiene, Mental Health** will be delivered by Ms. Shrilakshmi Hegde, Image Consultant and soft Skill Trainer on 14/02/2024 at 11 AM in Conference hall. ^{here if you give the quotation} The proposed budget for the talk is attached. Kindly sanction the budget amount of Rs 100/- to conduct the event as mentioned below and oblige.

The approximate budget for the event is as follows:

Sl No.	Particulars	Amount(Rs)
1	Bouquet	100
	Total	100

Thanking you,


(V. SANGEETHA)
Event Organizer


Dr. V. Jayalakshmi Mekali
Prof. and HOD, Dept. of AIML
Head of the Department
Artificial Intelligence & Machine Learning,
K.S. Institute of Technology
Bangalore - 560 100

To SIO
for the needed action


9/2/24

① R. 80/-
② R. 60/-

TOTAL R. 140/-


10/2

Sl No	PARTICULARS	QNTY	RATE	AMOUNT	
				Rs	Ps
1	Rose	2	140	80	
2					
3					
4					
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E & O E		Thank you	che	Total	80

Sl No	PARTICULARS	QNTY	RATE	AMOUNT	
1	Rose	2	140	80	
2					
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E & O E		Thank you	che	Total	80