



Anti-Ragging Committee

Circular

Date: 04/01/2022

All the members of the Anti-Ragging committee are informed to attend the meeting at Design Lab (3rd floor new Block) at 3.30 pm on 04/01/2022

Members:

- | | | |
|--------------------------|--------|---------------|
| 1. Dr.Girish TR | Mech | <i>Girish</i> |
| 2. Dr.Sangappa | ECE | |
| 3. Mr. Christo Jain | ECE | |
| 4. Mr. Harshavardhan JR | CSE | |
| 5. Mr. Sanjoy Das | CSE | |
| 6. Mrs.Sunil kumar N | BS&H | |
| 7. Ms. Vasantha M | Lib | |
| 8. Mr. Umesh S | PED | |
| 9. Mr. Balakrishna Naidu | Hostel | |

[Signature]
Signature of the Principal
PRINCIPAL

K.S. INSTITUTE OF TECHNOLOGY
BENGALURU - 560 109.



KSIT
K.S. INSTITUTE OF TECHNOLOGY

Kammavari Sangham (R) 1952
K.S. GROUP OF INSTITUTIONS

ಕೆ.ಎಸ್. ತಾಂತ್ರಿಕ ಮಹಾವಿದ್ಯಾಲಯ

K.S. INSTITUTE OF TECHNOLOGY

Approved by AICTE, New Delhi; Affiliated to VTU, Belagavi, Karnataka; Accredited by NAAC

14, Raghuvanahalli, Kanakapura Road, Bengaluru - 560 109.

Tel : 080 28435722 / 24, Fax : 080 28435723

E-mail : principal.ksit@gmail.com / principal@ksit.edu.in | Website : www.ksit.edu.in

KSIT /REF: 1 /2021-22

Date: 4th Jan 2022

To,
The Circle Inspector,
Talgatpura Police Station,
Bengaluru – 560109

Respected Sir,

Subject: To Conduct Awareness Programme on Drug Abuse & Curbing the Menace of Ragging.

With respect to above subject we are interested to organize a seminar on Drug Abuse & Curbing the menace of Ragging, for the students of our institution and to provide awareness of the same. In this regard we request your kind presence to address the students and guide them to achieve positive growth in their career. Please accept our invitation and give us the date to fix the program.

Thanking you,

Principal
PRINCIPAL

K.S. INSTITUTE OF TECHNOLOGY
- BENGALURU - 560 109.



K.S. INSTITUTE OF TECHNOLOGY
BENGALURU - 560109

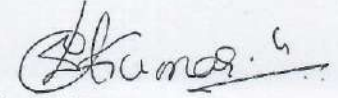
Ref : KSIT/GEN/063/2021-2022

Date: 16.11.2021

CIRCULAR

B.E & M.Tech students of all semesters are hereby informed to fill an online anti ragging undertaking/affidavit using designated websites of UGC www.antiragging.in and www.amanmovement.org. It is **compulsory for each student and his/her parent** to fill an online undertaking/affidavit each academic year. The printout copy of the same must be submitted in the concern department on or before 30.11.2021. Further all the HODs are informed to file anti ragging undertaking/affidavit submitted by the students in the department.

For more details refer VTU notification in VTU website under Circulars/Notifications tab. (Circular - VTU/BGM/Aca-OS-Cirs/2021-22/3574 dated 15th November 2021)



Dr. DILIP KUMAR K

PRINCIPAL
K.S. INSTITUTE OF TECHNOLOGY
BENGALURU - 560 109

Cc to: HOD's of (to bring it to the notice of all semester students)

1. ME
2. EC
3. CS
4. AI & ML
5. TCE
6. Notice Board
7. Dr. Girish Coordinator Anti Ragging Committee



ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಅಧಿಕಾರ ವಹಿವಿವರಣೆ

(ವಿ.ವಿ.ಯು ಅಧಿನಿಯಮ ೧೯೯೪ ರ ಅಡಿಯಲ್ಲಿ, ಕರ್ನಾಟಕ ಸರ್ಕಾರದಿಂದ ಸ್ಥಾಪಿಸಿದ ರಾಜ್ಯ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ)

"ಜ್ಞಾನ ಸಂಗಮ", ಬೆಳಗಾವಿ-೫೯೦೦೧೮, ಕರ್ನಾಟಕ, ಭಾರತ

Visvesvaraya Technological University

(State University of Government of Karnataka Established as per the VTU Act, 1994)

"Jnana Sangama" Belagavi-590018, Karnataka, India

S. Deshpande B.E., M.Tech., Ph.D.

Phone: (0831) 2498100

Fax: (0831) 2405467

VTU/BGM/Aca-OS-Cirs/2021-22/ 3574

Date : 15 NOV 2021

CIRCULAR

Sub: Revised procedure for student to file online Anti-Ragging Affidavit - reg..

Ref: UGC Communication vide F.No. 3-2/2021(ARC)/UGC-SWRO dated 9-11-2021

With reference to the above, please find enclosed herewith a copy of UGC communication vide F.No. 3-2/2021(ARC)/UGC-SWRO dated 9-11-2021 along with UGC communication vide D.O. No. F-3-2/2021 (ARC) dated 27-10-2021.

Accordingly, you are hereby informed

- a) to ensure that all each student and his/her parent/ guardian to submit the online undertaking each academic year at the designated websites of UGC.
- b) to display the contact number of the Nodal officer of Anti-Ragging of Institution in the website, campus areas and create awareness about the revised procedure for student to file online -Anti Ragging Affidavit and also to create E-admission booklet or brochure, e-leaflet giving details of guidance in case of ragging to admitted student instead of print / hard copy.

This is for immediate compliance.

BY ORDER

REGISTRAR,
VTU, BELAGAVI

of Principals of All Engineering (Affiliated/ Autonomous/ Constituent) Colleges under the ambit of Belagavi
Heads / Programme coordinators of all Departments of VTU

To: Vice Chancellor through the Secretary to VC, VTU, Belagavi for kind information
Registrar (Evaluation), VTU, Belagavi
Regional Directors (I/C) of all the Regional Offices of VTU for circulation
Director, Computer Network Centre, VTU, Belagavi to upload on VTU website
PS to Registrar, VTU, Belagavi
The concerned Special Officers and Case-workers of Academic Section, VTU, Belagavi

To the principal of Bangalore Region
15-11-2021

ES
15/11/21



विश्वविद्यालय अनुदान आयोग

(विभागा मंत्रालय, भारत सरकार)
मैक्रुम प्रारंभिक कार्यालय

UNIVERSITY GRANTS COMMISSION

(Ministry of Education, Govt of India)
SOUTH WESTERN REGIONAL OFFICE
P.K. Block, Palace Road, Gandhinagar
BENGALURU - 560 009

Phone: (080) 2228 0380 Fax: (080) 2228 0381
E-mail: ugc.swro.bangalore@gmail.com



ज्ञान-विज्ञान विमुक्तये

F.No. 3-2/2021(ARC)/UGC-SWRO

09-11-2021

To

1. The Vice-Chancellor/Director
Universities in Karnataka and Kerala

2. The Principal
Colleges in Karnataka and Kerala

Sub: Revised procedure for students to file online Anti-Ragging Affidavit
Ref: D.O.No.F-3-2/2021 (ARC) dated 27th October, 2021

Sir/Madam,

Greetings from UGC, SWRO, Bengaluru!

As you are aware, the UGC notified "Regulations on Curbing the Menace of Ragging in Higher Educational Institutions, 2009" and Incompliance of the 2nd Amendment in UGC Regulations, it is compulsory for each student and his/her parent/Guardian to submit an online undertaking each academic year at either of the two designated websites, namely, www.anti-ragging.in and www.amannovement.org

As part of UGC's initiative towards reduction of compliance burden of its stakeholders, UGC has revised the procedure for students to file online Anti Ragging Affidavit. The Institutions can also go through the link given below for the details of revised procedure and also the letter from the Secretary, UGC is also enclosed for your kind perusal.

1. https://www.ugc.ac.in/pdf/news/5178676_Anti-Ragging-English.pdf

2. https://www.ugc.ac.in/pdf/news/8408691_Step-by-step-guide-on-How-to-fill-Online-Anti-Ragging-Undertaking.pdf

In view of the above, all Institutions are requested to display the email address and contact number of the Nodal Officer of Anti-Ragging of the Institution in the website, campus areas like Admission centre, Departments, Library, Canteen hostel and common facilities etc to create awareness about the revised procedure for students to file online Anti-Ragging Affidavit and also requested to create E-admission booklet or brochure, e-leaflets giving details on guidance in case of ragging to admitted students instead of print/hard copy.

With regards

Yours faithfully

(Dr. Latha K.C.)
Education Officer

Encl: as stated above



विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

बहादुरशाह जफर मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph: 011-23236288/23239337

Fax: 011-2323 8858

E-mail: secy.ugc@nic.in

राजनीश जैन
सचिव
Rajnish Jain
Secretary

D. O. No. F. 3-2/2021 (ARC)

27 OCT 2021 October, 2021

SPEED POST

Subject: Revised procedure for students to file online Anti Ragging Affidavit.

Dear Madam/Sir,

As you are aware, in pursuance to the Judgment of the Hon'ble Supreme Court of India dated 8.5.2009 in Civil Appeal No. 887/2009, the UGC notified "Regulations on Curbing the Menace of Ragging in Higher Educational Institutions, 2009" and in compliance of the 2nd Amendment in UGC Regulations, it is compulsory for each student and his/her parent/Guardian to submit an online undertaking each academic year at either of the two designated web sites, namely, www.antiragging.in and www.amanmovement.org.

As part of UGC's initiative towards reduction of compliance burden of its stakeholders, UGC has revised the procedure for students to file online Anti Ragging Affidavit.

The revised procedure is as follows:

Step 1: A student will submit his/her details on the same web sites www.antiragging.in and www.amanmovement.org as before; read and confirm that he/she and his/her parents/Guardians have read and understood the regulations on curbing the menace of ragging. He/She will confirm & agree that he/she will not engage in ragging in any form. (Step 1 is the same like before).

Step 2: The student will receive an E MAIL with his/her registration number and a web link. The student will forward the link to the E mail of the Nodal officer in his/her university/college. **(Please note that the student will not receive pdf affidavits and he/she is not required to print & sign it as used to be the case earlier).**

Step 3: The Nodal Officer in the university/college can click on the link of any forwarded e-mails that he/she will receive from any student of his/her college to get the list of those students who have submitted Anti Ragging Affidavits/Undertakings in his/her college. The list will be updated every 24 hours.

Contd.../-

Universities and Colleges are requested to insert a mandatory column in your university/colleges admission form as per the given format:

Anti Ragging Undertaking Reference no:	<input type="text"/>
----------------------------------------	----------------------

You are also requested to display the email address and contact number of the Nodal Officer of Anti Ragging of your university/college in your website and campus areas like Admission Centre, Departments, Library, Canteen, Hostel, and Common facilities etc. to create awareness about the revised procedure for students to file online Anti Ragging Affidavit.

In addition to this, you are also requested to create E-admission booklet or brochure, E-leaflets giving details on guidance in case of ragging to admitted students instead of print/hard copy.

With kind regards,

Yours sincerely,


(Rajnish Jain)

The Vice-Chancellor of all Universities

The Principal of all Colleges

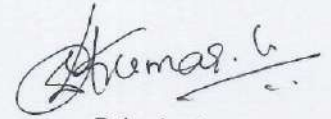
Date : 20/04/2021

Circular

Formation Anti-Ragging committee

Anti-ragging committee was formed with the following members

1. Head of the institution
2. Sub-Inspector from (Talgattapura Police station)
3. Person from Local media
4. NGO
5. Faculty member from various departments
 1. Department of Computer science Engineering
 - a. Mr. K. Venkata Rao
 - b. Mr. Harshavardhan J R
 2. Department of Electronics and Communication
 - a. Dr. Sangappa
 - b. Dr. B. Surekha
 3. Department Mechanical Engineering
 - a. Dr. Girish TR
 4. Department of Telecommunication Engineering
 - a. Mrs. Srividya
 5. Department Basic science and Humanities
 - a. Mrs. Neelam Patil Radhika
 6. Department of Library science
 - a. Mrs. Vasantha M
 7. Department of Physical Education
 - a. Mrs. Umesh S
 8. Hostel
 - a. Mr. A Balakrishna Naidu



Principal

PRINCIPAL

K.S. INSTITUTE OF TECHNOLOG
BENGALURU - 560 109



K.S. INSTITUTE OF TECHNOLOGY, BANGALORE

ANTI SEXUAL HARASSMENT COMMITTEE

Date: 19. 05.22

Minutes of Meeting:

- Discussed about the cleanliness of the rest room and usage of incinerator and vending machine.
- Address to all the students coordinator and informed them to convey to all the girls students.
- Discussed about the event conducted and their views were discussed.

Co-ordinator:

Dr. Chanda V. Reddy, TCE

(Signature)
19/5/22

MEMBERS:

Dr. Girish.T.R, ME *Girish*
Dr. L. Nirmala, ME *Nirmala*
Ms. Sangeetha. V, ECE *Sangeetha*
Mr. Harshavardhan. J.R, CSE *Harshavardhan*
Dr. VijayalaxmiMekali, CSE *Vijayalaxmi*
Ms. NeelamPatil Radhika, BS & H *NeelamPatil*

19th May 2022

Sl.No	Name	USN	Branch	Sem-Section	Sign Mobile Number
01	Monika KC	IKS18CS052	CSE	8'A	Uad 9740771135
02	Raksha.S	IKS18CS080	CSE	8'B'	Ro 2 8792491252
03	Bhoomika.A.M.	IKS19CS017	C.S.E	6'A'	Bhoomika.A.M (3022134189)
04	Jagriti.Pai	IKS19EC035	ECE	6'A'	from (9900660336)
05	Yashaswini.N	IKB19EC108	ECE	6'B'	Yash (9741797880)
06	Geegana.R	IKB20CS029	CSE	4'A'	(7485583673)
07	Shilpa.M.	IKS20CS091	CSE	4'B'	Shilpa (9620920756)
08	K Rishika Ravi	IKS18BC037	BCB	8 th A'	RS (8105840259)
9	Prakruthi SH	IKS18EC061	ECE	8 th B'	Prakruthi 9148272577
10	Preeethi.K.P	IKS19CS071	CSE	6'B'	Pr 6366013491



K.S.INSTITUTE OF TECHNOLOGY, BANGALORE
ANTI-SEXUAL HARASSMENT COMMITTEE

Date: 18. 05.22

CIRCULAR

All the ASH members are hereby requested to attend the meeting in ASH Co-ordinator cabin on 19/05/2022 at 10.30am.

Co-ordinator:

Dr. Chanda V. Reddy, TCE

(Handwritten signature) 18/5/22

MEMBERS:

Dr. Girish T.R, ME *(Handwritten signature)*
Dr. L. Nirmala, ME *(Handwritten signature)*
Ms. Sangeetha V, ECE *(Handwritten signature)*
Mr. Harshavardhan. J.R, CSE *(Handwritten signature)*
Dr. VijayalaxmiMekali, CSE *(Handwritten signature)*
Ms. NeelamPatil Radhika, BS & H *(Handwritten signature)*




K.S. INSTITUTE OF TECHNOLOGY ANTI SEXUAL HARASSMENT COMMITTEE

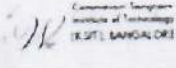
Talk on

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 1st semester students of all branches. This was an event of one hour (11 am to 12 pm).

 **KAMMAVARI SANGHAM (R) - 1952**
K S INSTITUTE OF TECHNOLOGY
(NAAC Accredited, Affiliated to VTU, Belagavi & Recognised by AICTE, New Delhi)
#14, Raghuvanahalli, Kanakapura Road, Bengaluru - 560109
Tel: 080-28435722 / 24 Web : www.ksit.edu.in

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.

Handling Emotions

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



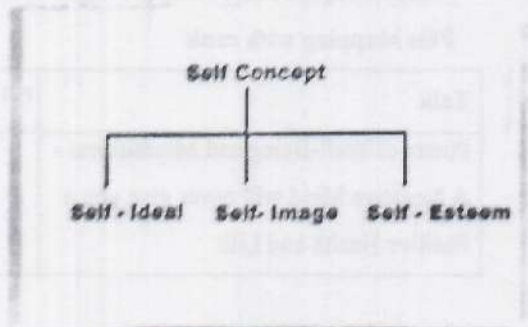
Mindfulness: Mind is like a factory

- 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



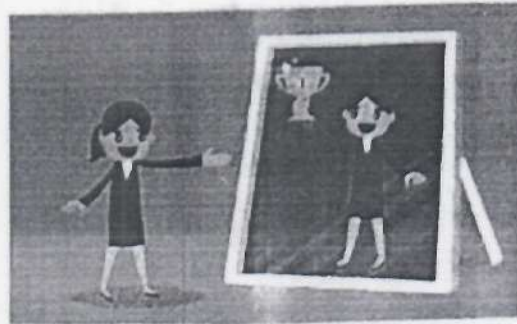
Self-Ideal

- 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.

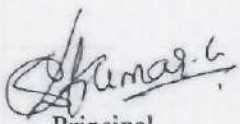
POs Mapping with rank

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
K.S. INSTITUTE OF TECHNOLOGY
BENGALURU - 560 109.



K.S.INSTITUTE OF TECHNOLOGY, BANGALORE

ANTI SEXUAL HARASSMENT COMMITTEE

Date: 08. 03.22

Minutes of Meeting:

- Discussed about the conduction of the talk on 11.03.2022.
- Responsibilities were assigned to committee members for the talk.

Co-ordinator:

Dr. Chanda V. Reddy, TCE

MEMBERS:

Dr. Girish.T.R, ME

Dr. L. Nirmala, ME

Ms. Sangeetha. V, ECE

Mr. Harshavardhan. J.R, CSE

Dr. VijayalaxmiMekali, CSE

Ms. NeelamPatil Radhika, BS & H



K.S.INSTITUTE OF TECHNOLOGY, BANGALORE

ANTI SEXUAL HARASSMENT COMMITTEE

Date: 08. 03.22

Minutes of Meeting:

- Discussed about the conduction of the talk on 11.03.2022.
- Responsibilities were assigned to committee members for the talk.

Co-ordinator:

Dr. Chanda V. Reddy, TCE

MEMBERS:

Dr. Girish.T.R, ME

Dr. L. Nirmala, ME

Ms. Sangeetha. V. ECE

Mr. Harshavardhan. J.R, CSE

Dr. VijayalaxmiMekali, CSE

Ms. NeelamPatil Radhika, BS & H



K.S.INSTITUTE OF TECHNOLOGY, BANGALORE

ANTI-SEXUAL HARASSMENT COMMITTEE

Date: 07.03.22

CIRCULAR

All the ASH members are hereby requested to attend the meeting in ASH Co-ordinator cabin on 08/03/2022 at 9.30am.

Co-ordinator:

Dr. Chanda V. Reddy, TCE

MEMBERS:

Dr. Girish.T.R, ME

Dr. L. Nirmala, ME

Ms. Sangeetha. V, ECE

Mr. Harshavardhan, J.R, CSE

Dr. VijayalaxmiMekali, CSE

Ms. NeelamPatil Radhika, BS & H

Date: 5/03/2022

To,
The Principal,
K.S.I.T,
Bangalore-109

Respected Sir,

Sub: Requisition to conduct a talk on "Power of Well-being and Mindfulness"


With reference to above subject, we would like to conduct an event under Anti Sexual Harassment committee in association with IEEE-WIE. A talk on "**Power of Well-being and Mindfulness**" will be delivered by Dr. Priyanga, Wellness Advisor on 11/03/2022 at 11.00 AM in Conference hall. The proposed budget for the talk is attached. Kindly sanction the budget amount of Rs2100/- to conduct the event as mentioned below and oblige.

The approximate budget for the event is as follows:


SI No.	Particulars	Amount(Rs)
1	Remuneration	2000
2	Refreshment	100
Total		2100

Thanking you,

V. Sangeetha
(V SANGEETHA)
Event Organizer


5/3/2022
(Dr. Chanda V Reddy)
ASH committee Coordinator

Forwarded to Secretary for kind approval


03/03/22


5/3/22





K.S.INSTITUTE OF TECHNOLOGY,BANGALORE

ANTI SEXUAL HARASSMENT COMMITTEE CIRCULAR

Date: 08. 10.21

Minutes of Meeting: ODD semester(2021-2022)

- ASH Committee Coordinator and members gave warm welcome to New Committee members
- Discussed if any issues among students.
- Discussed and planned to conduct an event in the month of January 2022.

Co-ordinator:

Dr.Chanda.V.Reddy, TCE

MEMBERS:

Dr.Chanda.V.Reddy, ECE, Co-ordinator

Dr.Girish.T.R, ME

Dr.L.Nirmala, ME

Ms. Sangeetha.V, ECE

Mr. Harshavardhan.J.R, CSE

Dr.VijayalaxmiMekali, CSE

Ms. NeelamPatil Radhika, BS & H

Ms. M.Vasantha, Library

Students Representatives-One / dept.

Sl.No.	Name	USN	Department
1.	Rishika Ravi	1KS18EC037	ECE
2.	Raksha S	1KS18CS080	CSE
3.	K.Prathibha	1KS18TE014	TCE
4.	Charitha S	1KS19ME008	MECH
5.	Shruthi K	1KS20AI037	AIML

PRINCIPAL
K.S. INSTITUTE OF TECHNOLOGY
BENGALURU - 560 109



K.S.INSTITUTE OF TECHNOLOGY, BANGALORE

ANTI SEXUAL HARASSMENT COMMITTEE CIRCULAR

Date: 07. 10.21

Circular

All the ASH members are hereby requested to attend the meeting in ASH Co-ordinator cabin on 08/10/2021 at 12.30pm along with the student representatives.

Co-ordinator:

Dr.Chanda.V.Reddy, TCE

MEMBERS:

Dr.Chanda.V.Reddy, ECE, Co-ordinator

Dr.Girish.T.R, ME

Dr.L.Nirmala, ME

Ms. Sangeetha.V, ECE

Mr. Harshavardhan.J.R, CSE

Dr. VijayalaxmiMekali, CSE

Ms. NeelamPatil Radhika, BS & H

Ms. M.Vasantha, Library

Students Representatives – One / dept.

Sl.No.	Name	USN	Department
1.	Rishika Ravi	1KS18EC037	ECE
2.	Raksha S	1KS18CS080	CSE
3.	K.Prathibha	1KS18TE014	TCE
4.	Charitha S	1KS19ME008	MECH
5.	Shruthi K	1KS20AI037	AIML




K.S. INSTITUTE OF TECHNOLOGY ANTI SEXUAL HARASSMENT COMMITTEE

Online Webinar on

HEALTH AND STRESS MANAGEMENT FOR STUDENTS DURING COVID-19


Talk on "Health And Stress Management For Students During Covid-19" by Mrs. ShanmughaPriya V S, was conducted for IInd, IVth, VIth and VIIIth sem students of all branches under Anti Sexual Harassment (ASH) committee, KSIT as per VTU notification dated 21/7/2017 with Ref:VTU/BGM/ICC/2017-18/3118 on 14th July 2021. This was a event of one and half hour (2pm am to 3.30 pm) online webinar was organized KSIT in association with IEEE-WIE.



KAMALAVATI SHAMSHER (191 - 1952)

K. S. INSTITUTE OF TECHNOLOGY

(ISAAC Accredited, Affiliated to VTU, Belagavi & Recognized by AICTE, New Delhi)
#14, Rajahmuneswari, Hanahapura Main Road, Bangalore - 560109
Tel : 000 - 28435723 Email : Principal@ksit.edu.in Web : www.ksit.edu.in



**KSIT-ASH Committee in association with
IEEE-WIE**

Presents a webinar
on
"Health and Stress management for students during covid-19"
by
Mrs. Shanmuga Priya V S,
Nutritionist (Health and Nutrition), Counseling Trainer
Date: Wednesday, 14th July, 2021 Time: 2.00 PM -3.30 PM
Online Platform : Zoom

<p>Mrs. V Sangeetha Event Organizer Dept. of ECE K.S.I.T, Bangalore</p>	<p>Dr. Chande V Reddy ASH committee Coordinator Professor & HOD, Dept. of TCE K.S.I.T, Bangalore</p>
--------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------

Registration Link: https://docs.google.com/forms/d/14y5pshy-dCP/F2QqX3MxWavVizVNCyTtHpb0Tb_dj/edit?usp=sharing

Mrs. ShanmughaPriya V Sworks as a Consultant Nutrition. She conducted number of workshops for children, teachers and parents.

Mrs. ShanmughaPriya V Spresented brief introduction on **Stress Management** during Covid -19. Speaker mentioned, now days students are getting the stress during Covid 19 regarding the managing the studies and health.

Is Stress Bad for you?

• About 75.6% experiencing doubts from stress

- Moderate levels of stress may actually improve performance and efficiency
- To little stress may result in boredom
- Too much stress may cause an unproductive anxiety level

The infographic features a central image of two people with distressed expressions. A speech bubble above them states 'About 75.6% experiencing doubts from stress'. To the right, the title 'Is Stress Bad for you?' is displayed in a large, bold font. Below the title, three bullet points describe the effects of different stress levels: moderate stress improves performance, little stress leads to boredom, and too much stress causes unproductive anxiety.

Auto genic Training

SEM
Sympathetic

Activated from Threatning stressors

Activates Relaxation Responses. This counteracts the sympathetic nervous system.

Para-Sympathetic Nervous System

The infographic is titled 'Auto genic Training'. On the left, a woman's face is shown with the text 'SEM' and 'Sympathetic' below it. A speech bubble next to her says 'Activated from Threatning stressors'. In the center, a speech bubble explains that this system 'Activates Relaxation Responses. This counteracts the sympathetic nervous system.' On the right, a man is shown in a relaxed, happy state with the text 'Para-Sympathetic Nervous System' next to him.

In webinar speaker provided brief introduction on **Stress Management**, various risk factors of that increases **stress** and challenges in handing the stress to manage the health and studies.

The session ended at 3.30. Everybody learnt new ways to manage stress and overcome that. The webinar ended on a happy note. Speaker mentioned that food items like sprouts, dry fruits, green vegetables and fruits are good for girls to face the problems related to stress.

Program outcome

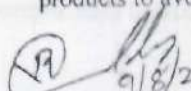
Students acquired knowledge of negative impact of stress.

POs Mapping with rank

Talk	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
Go Green zero Waste Period							1					1

Justification of POs mapping

- Students need to know the stress management during pandemic time, in order to balance their health and study.
- 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

HEAD OF THE DEPARTMENT
 Dept of Telecommunication Engg
 K.S Institute of Technology
 BANGALORE-560 062


 Principal

PRINCIPAL
 K.S. INSTITUTE OF TECHNOLOGY
 BENGALURU - 560 109.



KSIT
K.S. INSTITUTE OF TECHNOLOGY

K.S.INSTITUTE OF TECHNOLOGY, BANGALORE-109
Anti Sexual Harassment Committee

Date: 28/08/2021

Report 2020-21 Even

All committee members discussed positively about the following issues:

- As discussed in the ASH 1st meeting of the semester dated 6/4/2021, the committee has successfully conducted the webinar titled "Health and stress management for students during COVID-19" on 14th July 2021 successfully.
- Regular maintenance of Girls common room has been taken care by the coordinators.

Co-ordinator:

Dr.Chanda.V.Reddy, TCE

(Signature)
28/8/2021

MEMBERS:

Dr. Nirmal N, MED *Dr*

Dr. ~~Ms.~~ Vijayalakshmi, CSE *(Signature)*

Ms. Sangeetha.V, ECE *(Signature)*

Dr. Rekha.N, TCE *(Signature)*

Dr. Jalaja P *(Signature)*



K.S.INSTITUTE OF TECHNOLOGY, BANGALORE-109

Anti Sexual Harassment Committee

Date: 27/08/2021

CIRCULAR

All the committee members are here by informed to attend the meeting on 28th July 2021 in ASH cell at 10.45 AM. Members are here by requested to attend the meeting positively.

Agenda:


- To discuss about the points to be written in the report
- Any related Issues


Co-ordinator:


Dr.Chanda.V.Reddy, TCE



27/8/2021

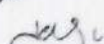
MEMBERS:

Dr. Nirmala N, ME 

Dr. ~~Ms.~~ Vijayalakshmi, CSE 

Ms. Sangeetha.V, ECE 

Dr. Rekha.N, TCE 

Dr. Jalaja P,BS&H 

K.S.INSTITUTE OF TECHNOLOGY, BANGALORE-109

Anti Sexual Harassment Committee

Date: 08/07/2021

Circular

Subject : Webinar on "Health and Stress management for students during covid-19"-Reg.


This is to inform that there is a Talk on "Health and Stress management for students during covid-19" by Mrs. ShanmugaPriya V S, Nutritionist (Health and Nutrition),counselling Trainer organized by ASH Committee on 06th July 2021 at 11.15 am in zoom online platform. Due to vaccination drive on that day the event has been postponed to 14th July 2021. In this regard all the 1st year, second year and Third year girl students of all the branches are requested to attend the talk positively.

The undersigned requests you to permit the students to attend the event positively.

 8/7/2021


(Dr.Chanda.V.Reddy, TCE)
ASH committee coordinator

HOD'S:

CSE: 

ECE: 

MECH: 

TCE: 

BS&H: 