



K.S.INSTITUTE OF TECHNOLOGY, BANGALORE

ANTI-SEXUAL HARASSMENT COMMITTEE

Date: 17. 08.2022

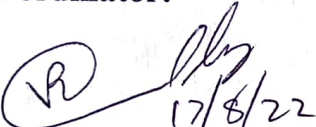
ANNUAL GENDER SENSITIZATION ACTION PLAN

ASH committee will Organize and conduct one event in each semester for both Faculty and students:

The action plan as follows:

- 1) Odd Semester event is planned in the month of November 2022
- 2) Even Semester event is planned in the month of May 2023.

Co-ordinator:


17/8/22
Dr. Chanda V. Reddy, TCE


Principal

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



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 and 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 (11am to 12 pm).

KAMMAVARI SANGHAM (R) - 1952
KS 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.



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



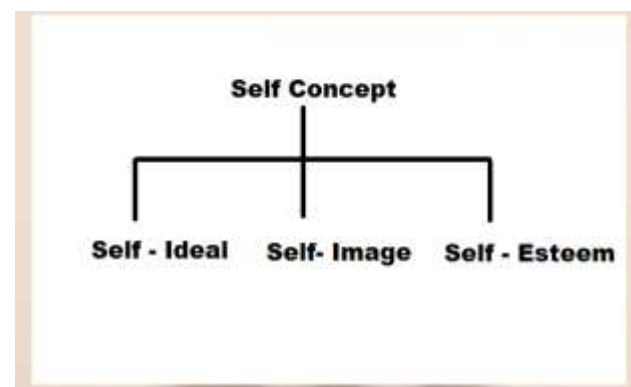
Mindfulness: Mind is like a factory

- 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. Every body 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
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K.S.INSTITUTE OF TECHNOLOGY
DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

Name of the Event: Power of Well being and Mindfulness

Date: 11.03.2022

Section: **F**

Attendance

Sl.No	Name of the Student	Signature
1.	Preeksha.S	Preeksha.S.
2.	Vidya.B	Vidya.B
3.	Sureha.S	Sureha.S
4.	Varsha Davaskan	Varsha.S
5.	Vidya.T Shailakshmi.G	Shailakshmi.G
6.	Vidyanomi B.A	Vidyanomi.B.A
7.	Sindhu	Sindhu
8.	Meghana	Meghana.N
9.	Shrutiya R.T	R.T. Shrutiya
10.	Sanjha.V	Sanjha.V
11.	Vidya Rawal.P	Vidya Rawal.P
12.	Shobhitha M.U	Shobhitha M.U
13.	Samhitha Prakash	Samhitha Prakash
14.	Varsha.T	Varsha.T
15.	Pratishree	Pratishree
16.	Shobha.V	Shobha.V
17.	Sneha.K.U	Sneha.K.U
18.	Rakshitha.M.R	Rakshitha.M.R
19.	Sumetha	Sumetha
20.	Pratibha H.G	Pratibha H.G
21.	Rithika M.	Rithika M.
22.	Vidya shree.R	Vidya shree.R
23.	Misha.A	Misha.A
24.	SANJAY.P	SANJAY.P
25.	Sagar.B.S	Sagar.B.S
26.	Tharun.K.V	Tharun.K.V
27.	Pratwal.G.V	Pratwal.G.V
28.	Vikas Gouda.R	Vikas Gouda.R
29.	Supreetha.A	Supreetha.A
30.	Rakshitha.S	Rakshitha.S
31.	Pratham	Pratham
32.	Rahaman Shereff	Rahaman Shereff
33.	Shashank A.H	Shashank A.H
34.	Sanjay.N	Sanjay.N
35.	Pratibha.H.S	Pratibha.H.S
36.	Vivek.K	Vivek.K
37.	Yashwanth.M	Yashwanth.M
38.	Somnath.P	Somnath.P

- 39. Varshitha.S
- 40. Thrushara Cherean
- 41. Tarun.M
- 42. Srikanth Arjath
- 43. Veeresha K.N
- 44. Sushra Koushkrapur
- 45. Pratyog Singh

- Varshitha.S
- Thrushara Cherean
- Tarun.M
- Srikanth Arjath
- Veeresha K.N
- Sushra
- Pratyog

4. Vyshak G. R

5. Punith. M

6. Nandan P. B

7. Preetham. M

8. Vijay Yadav. R

9. Thyagar. V

10. Sanjay. G

11. Ritesh

vyshak G. R

Punith. M

Nandan

Preetham M.

Thyagar

Sanjay. G.

Ritesh



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DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

Name of the Event: Power of Well being and Mindfulness

Date: 11.03.2022

Section: **F**

Attendance

Sl.No	Name of the Student	Signature
1.	Jayashree P.R	Jayashree P.R
2.	Anushree. R	Anushree R
3.	Rakshita-S	Rakshita
4.	Hemalatha. D-R.	Hemalatha D.R
5.	Amrutha MV	Amrutha
6.	Nithya R	Nithya R
7.	Ananya Pramod.	Ananya P
8.	Harshika A.	Harshika
9.	Akshita K.	Akshita
10.	Kavya S	Kavya S
11.	Adithi R	Adithi R
12.	Varnika.V.N	Varnika
13.	Apeksha M	Apeksha M
14.	Shivani S	Shivani
15.	Mouudula .s.R	Mouudula .s.R
16.	Keerthana R	Keerthana R
17.	Zube Suhail	Zube
18.	Nobite Shazil	Nobite
19.	Nilanjana Jambindas	Nilanjana
20.	Sanjana. D.R	Sanjana D.R
21.	Samana.M.B	Samana
22.	Neha.K.B	Neha
23.	Surabhi.T.G	Surabhi
24.	Hemant.H	Hemant.H
25.	A. Arlam Banu	A. Arlam Banu
26.	Pavan.K	Pavan
27.	Cy.C Sambroam Gowda	Cy.C Sambroam
28.	Rohit Kumar.S	Rohit
29.	Manoj T.S	Manoj T.S
30.	Dhanish R	Dhanish R
31.	Harish kumar. K	Harish
32.	P. Lalit Shethan	P. Lalit
33.	Prasanna N.G	Prasanna
34.	Vishal P	Vishal P
35.	Nithin Kumar.P	Nithin Kumar.P
36.	Anand P	Anand
37.	Lokanayana B.S	Lokanayana
38.	Vijay Kumar	Vijay Kumar
39.	Nitesh Gowda K.S	Nitesh Gowda
40.	Bhuvan. S.Gowda	Bhuvan S.Gowda
41.	Venkatesh J	Venkatesh J
42.	Neha Gowda S.H	Neha S.H
43.	ERANTH.N	ERANTH.N
44.	K.T ARUN	K.T ARUN
45.	CETHAN.S	CETHAN.S

46. Aditya Kalkar
47. Narej. P
48. Eshwar.
49. Akhey Surya
50. Tarushere
51. Trayakshari
52. SHASHANK. P
53. Hari Krishna. G
54. Sudeep Ranjan
55. Lochan. K
56. Karthick Chavan
57. Chirag. V

~~Aditya Kalkar~~
~~AK~~

~~Eshwar~~

~~Akhey~~

~~Tarushere~~

~~Trayakshari~~

~~Shashank.~~

~~Hari Krishna~~

~~Sudeep Ranjan~~

~~Lochan. K~~

~~Karthick Chavan~~

~~Chirag. V~~