



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

Ch
19/5/22

MEMBERS:

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

19th May 2022

Sl.No	Name	USN	Branch	Sem-Section	Sign Mobile Number
01	Monika KC	1KS18CS052	CSE	8'A	Uad 9740771135
02	Raksha.S	1KS18CS080	CSE	8'B'	Ra 2 8792491252
03	Bhoomika.A.M.	1KS19CS017	C.S.E	6'A'	Bhoomika.A.M (3022134189)
04	Jagriti.Pai	1KS19EC035	ECE	6'A'	Jai (9900660336)
05	Yashaswini.N	1KB19EC108	ECE	6'B'	Yad (9741797880)
06	Geegana.R	1KB00CS029	CSE	4'A'	Ge (7483583673)
07	Shilpa.M.	1KS20CS091	CSE	4'B'	Sh (9620920756)
08	K Rishika Ravi	1KS18BC037	BCE	8 th A'	R (8105840259)
9	Prakruthi SH	1KS18EC061	ECE	8 th B'	P 9148272577
10	Preefhi.K.P	1KS19CS071	CSE	6'B'	P 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

(Signature)
18/5/22

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

(Signatures)
Guru
V. Sangeetha
P
d




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
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
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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 Composed
- Be relaxed



Mindfulness: Mind is like a factory

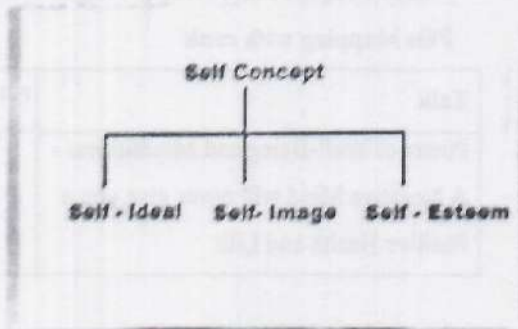
- The output is exactly related to what we give as a input
- Most of the time, the natural input and output from surroundings are negative.



Master Program

- Self Concept

How we are representing ourselves



Self-Ideal

- Role Models
- Whom you want to follow



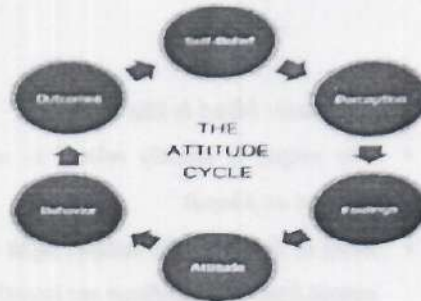
Self- Image

- 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.

[Signature]
Chief coordinator

[Signature]
Principal
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. Nirmla, 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:


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

Thanking you,

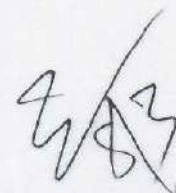
V. Sangeetha
(V SANGEETHA)
Event Organizer


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

Forwarded to Secretary for kind approval


02/03/22


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
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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
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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 IIEEE-WIE.




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K. S. INSTITUTE OF TECHNOLOGY

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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. Chanda V Reddy ASH committee Coordinator Professor & HOD, Dept. of TCE K.S.I.T, Bangalore</p>
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Registration Link: https://docs.google.com/forms/d/14y5pchy-d0PjF2QqXx3MxWeyYjzVNCeEYtIHpb9Tb_dUj/edit?usp=sharing

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

Mrs. ShanmughaPriya V S presented 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% originating students have 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

Auto genic Training

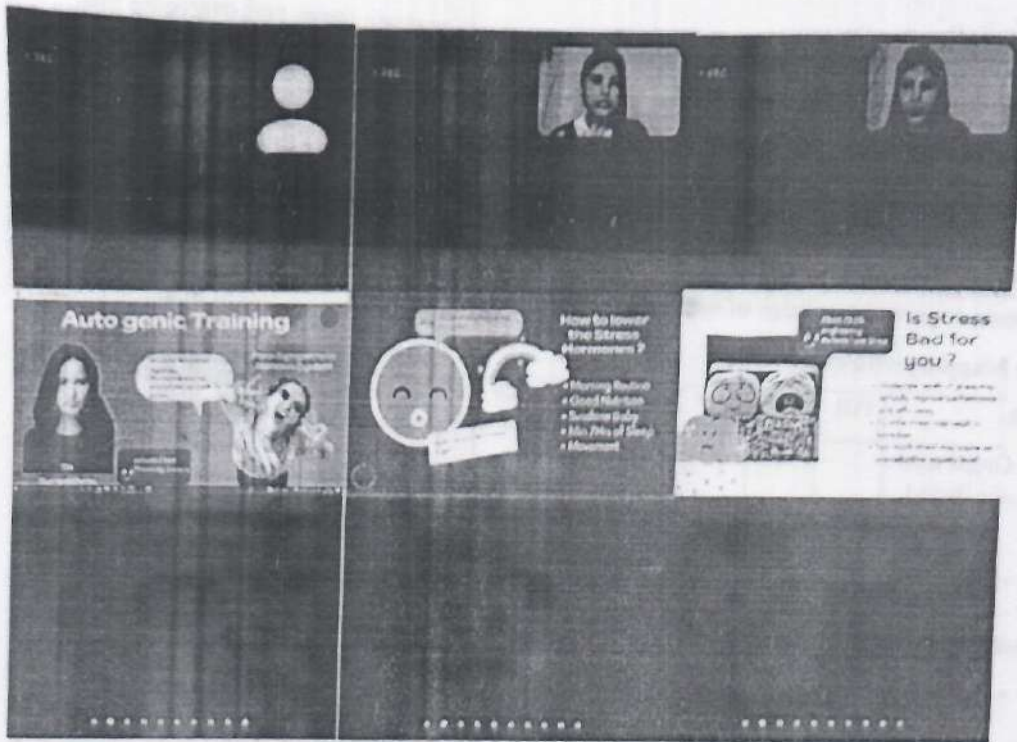
Sympathetic

Para-Sympathetic Nervous System

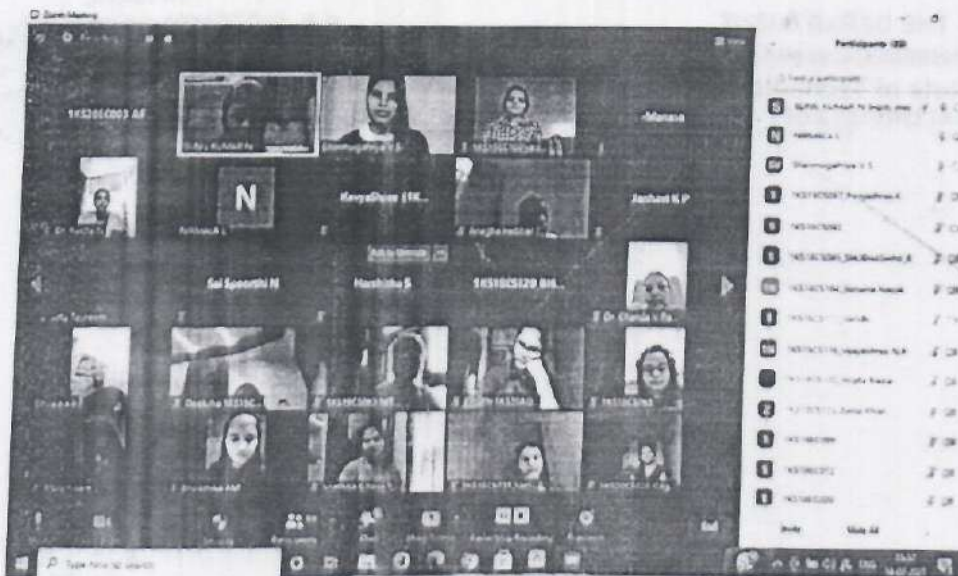
Activated from Threatening stressors

Activates Relaxation Responses. This counteracts the sympathetic nervous system.

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 speaker gave tips about reduction and management of stress and how to improve one's health during the pandemic. It was an interactive session. Everyone discussed their methods of reducing stress.



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

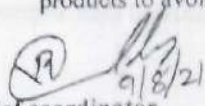
Students acquired knowledge of negative impact of stress.

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.


9/8/21
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 *V.S.V*

Dr. Rekha.N, TCE *R*

Dr. Jalaja P *J.P.*

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: 