



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobhavana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

December 28, 2016

Dr Deepak Shedde,
Professor of OBG,
KMC, Mangalore

Dear Sir,

Thank you for accepting our invitation to conduct Guest Talk on Health and Hygiene for Students organized by the Women Empowerment Cell of the Institute.

The venue for the workshop will be MBA Seminar Hall. The dates are from Jan. 2, 2017; from 2:00 pm - 4:00 pm.

We look forward to actively participate in the workshop.

Thank you,

Regards,

Shiny Joseph

WEC Chief Coordinator

PRINCIPAL
Alva's Institute of Engg. & Technology
Mijar, Moodbidri - 574 225, D.K.



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobhavana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

December 28, 2016

CIRCULAR

A Guest Talk on Health and Hygiene by Dr Deepak Shedde, Professor of OBG KMC, has been organized by the Women Empowerment Cell of the Institute for faculty and Students. The venue for the workshop will be MBA Seminar Hall. The dates are from Jan. 2, 2017; timing from 2:00 pm - 4:30 pm. Kindly register your names for the workshop.

Regards,

Shiny Joseph

WEC Chief Coordinator

cc: Principal, Deans, HODs, SWOs, AO

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TALK ON WOMAN'S HEALTH AND WELLBEING

Date: 2 January 2017

Venue: MBA Seminar Hall, AIET

Dr Shedde a renowned Gynaecologist and Rotarian was invited to speak to the female faculty and students on Woman's Health Issues and How to cope up with them. He explained in detail the productivity cycle and how one should take care of her health and the consequences of poor food habits and hygiene. He also informed the female audience as to how to prevent cancers and aids by following a healthy life style.



Addressing women's health is a necessary and effective approach to strengthening health systems overall – action that will benefit everyone. Improving women's health matters to women, to their families, communities and societies at large. Improve women's health – improve the world.

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**ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY****Shobhavana Campus, Mijar, Moodbidri, D.K – 574225****Phone: 08258-262725, Fax: 08258-262726****LIST OF PARTICIPANTS**

Sl No.	USN	Name
1	4AL14ME083	Ritesh Kumar Singh
2	4AL14IS015	CHANDRASHEKHAR H N
3	4AL14ME082	Ravi Ratnayak Rathod
4	4AL15ME088	VIDYASHEESH PATEL
5	4AL16CV016	BHAGAYSHREE R AKKALAKOT
6	4AL14CS011	ARFA SULTANA F
7	4AL16IS009	Chandana N S
8	4AL14ME718	Prajwal Hosmutt H R
9	4AL16CS064	POOJASHREE T
10	4AL16CV060	NITHIN M
11	4AL14IS002	AAJNA B
12	4AL16MBA21	KOMAL A M
13	4AL15ME027	CHETANKUMAR
14	4AL15CV019	ASHRAYA SHETTY
15	4AL15CV073	RAGHAVENDRA V
16	4AL14CS095	VEEKSHITHA
17	4AL15CS057	MISHRA HIMANSHU UDAYNARAYAN
18	4AL15MBA18	DHANANJAYA N C
19	4AL14EC099	VIDHYADHAR TADALAGI
20	4AL14MBA11	BHARATH H B
21	4AL16CS011	ANAGHA IYENGAR S
22	4AL15IS032	RAGHAVENDRA B V
23	4AL14ME062	Nikhil P
24	4AL15EC089	SUMANTH P
25	4AL14CV081	SANATH K V
26	4AL14EC054	NAGESHA GOWDA
27	4AL15ME713	GERARD ELSTON SHAWN DSOUZA
28	4AL16EC087	VishvaSree V
29	4AL14EC403	AYYAPPA VAJJARAMATTI
30	4AL15ME045	KOUSHIK N
31	4AL14CS016	BHAT APOORVA ANANDHA
32	4AL16MBA08	ASHWEJ KUMAR SHETTY
33	4AL15EC008	ANANYA M



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34	4AL15ME031	DEVARAJA
35	4AL15ME074	SACHIN B K
36	4AL16MBA36	PRASHANTHA DEVADIGA
37	4AL15ME734	SUMANTH R GOUDA
38	4AL14ME102	Trupthesh Shetty
39	4AL15ME028	CHRISTINA
40	4AL16CV093	SWAROOP N E
41	4AL14CS050	NISHMITHA SHETTY
42	4AL14IS030	PANKAJ DEVIDAS DIVGI
43	4AL16CS016	ANVITA KENI
44	4AL14MBA17	HAOBIJAM RATNA CHANU
45	4AL16MBA11	CHIRAG S
46	4AL14EC046	KEERTHI VADEYAR
47	4AL16CS066	PRAGATHI H D
48	4AL14CV087	SHILPA GS
49	4AL15CV011	AMOGH SATHYAMPET
50	4AL16EC027	Joseph Sebestain
51	4AL16EC074	Shreya S Poojary
52	4AL15ME083	UDIT PRAVEEN MANJREKAR
53	4AL16IS005	Ankitha P
54	4AL14ME411	MANIKANTA K R
55	4AL14CV019	B VIDHYADAR RAO
56	4AL14IS032	POOJA SHETTY
57	4AL15CS085	SHETTY PRAJWAL KRISHNA
58	4AL16CV068	PRIYANKA M
59	4AL16CV100	VEERARATHNA
60	4AL16CV029	GAUTHAM DAYANAND BANGERA
61	4AL14ME051	Mohammed Ifraz
62	4AL16EC021	Dhanalakshmi G
63	4AL14MBA43	AMYA J
64	4AL16EC402	Ganesh Arasikeri
65	4AL14CV069	RAGHU M
66	4AL16MBA22	LEKHA B B
67	4AL14EC407	MEGHA SADASHIVA DEVAMANE
68	4AL14CV410	LOHITH V



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69	4AL15CV066	PRAJWAL HOSMANE B S
70	4AL16EC077	Soundarya N A
71	4AL16MBA43	RASHMI S SHETTY
72	4AL14CV038	JYOTHI S H
73	4AL14CS083	SHWETHA
74	4AL14EC012	ASHIK
75	4AL14ME720	Prasad Subhash Murkumbi

Outcome

Dr. Shedde, a well-known gynaecologist and Rotarian, was invited to speak to female staff and students about women's health issues and how to deal with them. He went over the production cycle in considerable detail, as well as how to take care of one's health and the implications of poor eating habits and hygiene. He also taught the female audience how to avoid cancer and HIV by living a healthy lifestyle. A total of 75 students attended the event.

PRINCIPAL

Alva's Institute of Engg. & Technology
Shobhavana Campus, Mijar, Moodbidri - 574 225, D.K



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

Shobhavana Campus, Mijar – 574225, Moodbidri

Dakshina Kannada, Karnataka, India

Oct. 1, 2017

Dr Deepak Shedde,
Professor of OBG,
KMC, Mangalore

Dear Sir,

Thank you for accepting our invitation to conduct Guest Talk on Health and Hygiene for Students organized by the Women Empowerment Cell of the Institute.

The venue for the workshop will be MBA Seminar Hall. The date is on Oct. 5, 2017; from 2:00 pm - 4:30 pm.

We look forward to actively participate in the workshop.

Thank you,

Regards,

Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator

PRINCIPAL
ALVA'S Institute of Engg. & Technology
Mijar, MOODBIDRI - 574 225, DK



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

Shobhavana Campus, Mijar – 574225, Moodbidri

Dakshina Kannada, Karnataka, India

Oct. 1, 2017

CIRCULAR

A Guest Talk on Health and Hygiene by Dr Deepak Shedde, Professor of OBG KMC, has been organized by the Women Empowerment Cell of the Institute for faculty and Students. The venue for the workshop will be MBA Seminar Hall. The date is on Oct. 5, 2017; timing from 2:00 pm - 4:30 pm. Kindly register your names for the workshop.

Regards,

Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator

cc: Principal, Deans, HODs, SWOs, AO

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ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

Shobhavana Campus, Mijar – 574225, Moodbidri

Dakshina Kannada, Karnataka, India

GUEST TALK ON WOMAN'S HEALTH AND WELLNESS

(October 5, 2017)

Dr Deepak Shedde, Gynaecologist and Obstetrics conducted sessions on Woman's Health, Productive Cycle and Prevention of Sex related illnesses.

Women's well-being in the families, workplace and society was important for progress of the society as she is the cornerstone of every family, society and the nation. A happy woman makes a happy family and a progressive society.




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Dakshina Kannada, Karnataka, India

LIST OF PARTICIPANTS

SL NO.	USN	NAME
1	4AL14ME073	R GOWTHAM RAJ
2	4AL14CV002	ABDUL HANEESH HASAN
3	4AL14ME725	SHETTY ANKITH JAGANATH
4	4AL15MBA39	MEGHANA N M
5	4AL15EC416	PRAKASH K S
6	4AL15ME409	DARSHAN S
7	4AL16CS104	SOURABH RAJEEV KAKADE
8	4AL16EC095	VINAYAKA B M
9	4AL14EC031	GAGANA G D
10	4AL15ME460	SHYAMILI C
11	4AL14CS065	RAKSHITH R PAI
12	4AL15CV026	BHUPATHI L
13	4AL16CV419	ROOPA T
14	4AL15CS047	KAJARE TEJAS TUKARAM
15	4AL14CV102	TANUJA K L
16	4AL16EC082	TEJUS L
17	4AL16IS037	PRATHVI P SHETTY
18	4AL14EC030	DIVYASHREE M S
19	4AL16EC053	RAJESHWARI SAVAKAR
20	4AL15CV400	AKSHAYA KUMNAR DYAVANAKONDI
21	4AL14EC095	VARSHA B M
22	4AL14ME704	B VARUN KUMAR
23	4AL15CS028	DEEKSHA SHETTY
24	4AL15CV086	SAHANA K
25	4AL15ME725	REVATI R K
26	4AL14ME098	SHRIDHAR KADADI
27	4AL15ME058	MUTTAPPA B KAMATI
28	4AL15CV409	RAJASHEKHARA H
29	4AL15ME452	A CHAITANYA
30	4AL16CS096	SHETTY SUPRIKASHA



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Dakshina Kannada, Karnataka, India

31	4AL15ME443	SHETTY SAIPRASAD GANGHADHAR
32	4AL16IS054	TANAZ JAMAL SHAIKH
33	4AL14EC418	VEERANNAWALI
34	4AL16CV066	PRAVEEN TIRUPATI KHURADE
35	4AL15CS032	DIVYA R
36	4AL15EC030	HARSHITHA N P
37	4AL16CV095	TASLIM
38	4AL14CV419	SALIMPASHA
39	4AL14ME009	ARJUN SUSHIL
40	4AL16EC400	ADARSHA Y D
41	4AL16CS118	VARSHITHA V MAKAM
42	4AL15CV054	MANJUNATH M
43	4AL16EC052	RAHUL JATTENNAVAR
44	4AL16ME009	BAVINI
45	4AL16EC073	SHRAVAN V ACHARYA
46	4AL15CV017	ARPITHA B SHETTY
47	4AL15ME038	JAMESON KEISHAM
48	4AL14CV408	KIRAN M L
49	4AL15EC407	GIRISHA V
50	4AL14CV055	NAYANA K
51	4AL14EC404	KISHORE KUMAR A
52	4AL14ME094	SHETTY PRANITH PRABHAKAR
53	4AL15EC069	RANJITHA
54	4AL16CV405	DARSHAN M
55	4AL14CV108	RAO YASH RAJESH
56	4AL14EC040	HARSHITHA S
57	4AL14ME402	ANIKET PATIL
58	4AL15CS042	JAGADISH RATHI
59	4AL15EC051	MONISHA P
60	4AL15CS406	SHUBHA H V
61	4AL15EC053	NITHIN KRISHNAN K



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Dakshina Kannada, Karnataka, India

62	4AL14MBA03	ANEESH KUMAR
63	4AL14ME024	DIVYA PRAKASH N
64	4AL14EC412	PRITHVIRAJ P
65	4AL14IS035	RAGHAVENDRA G K
66	4AL16EC031	KIRAN N
67	4AL16EC029	KAREGOWDA K N
68	4AL16EC062	SAHANA M G
69	4AL14CV110	YENGKHOM MILANKUMAR SINGH
70	4AL15CV104	VIPINA K
71	4AL15CS101	THRIPTI A H
72	4AL15MBA35	MALLIKARJUN GANAPATI NAIK
73	4AL15ME061	NAVEEN KUMAR S
74	4AL14ME431	RAVI PUJARI
75	4AL16EC078	SRINIDHI J C
76	4AL14IS005	AISHWARYA P BHANDARKAR
77	4AL14MBA22	KUSUMA
78	4AL15CV005	AISHWARYA D
79	4AL15CV419	VISHWA R

Outcome

Dr. Deepak Shedde, a gynaecologist and obstetrician, led courses on women's health, the reproductive cycle, and the prevention of sexually transmitted diseases. Women's well-being in the home, at work, and in society was critical for the advancement of society, since she is the foundation of every family, society, and nation. A contented lady leads to a contented family and a developing society. This programme benefited 79 participants from a variety of departments.


PRINCIPAL
ALVA's Institute of Engg. & Technology
Mijar, MOODBIDRI - 574 225, D.K.



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

Shobhavana Campus, Mijar – 574225, Moodbidri

Dakshina Kannada, Karnataka, India

September 20, 2018

Dr Priya Ballal,
Professor and Head of the Department –
Obstetrics & Gynaecology, KMC, Mangalore

Dear Madam,

Thank you for accepting our invitation to conduct Guest Talk on Woman's Health and Wellness organized by the Women Empowerment Cell of the Institute.

The venue for the workshop will be MBA Seminar Hall. The date is September 25, 2018; from 2:00 pm - 5:00 pm.

We look forward to actively participate in the workshop.

Thank you,

Regards,

Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator

PRINCIPAL,
ALVA'S Institute of Engg. & Technology,
Mijar, MOODSIDRI - 574 225, D.K.



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

Shobhavana Campus, Mijar – 574225, Moodbidri

Dakshina Kannada, Karnataka, India

September 20, 2018

CIRCULAR

A Guest Talk on Woman's Health and Wellness by Dr Priya Ballal, has been organized by the Women Empowerment Cell of the Institute for faculty and Students.

The venue for the workshop will be MBA Seminar Hall. The dates are from September 25, 2018; timing from 2:00 pm - 5:00 pm. Kindly register your names for the workshop.

Regards,

Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator

cc: Principal, Deans, HODs, SWOs, AO

Principal
Institute of Engg. & Technology
Mijar, MOODBIDRI - 574 225, D.K.



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

Shobhavana Campus, Mijar – 574225, Moodbidri

Dakshina Kannada, Karnataka, India

GUEST TALK ON WOMAN'S HEALTH AND WELLNESS

September 25, 2018



Dr Priya Ballal, Professor and Head of the Department - Obstetrics & Gynaecology, KMC and also an entrepreneur spoke at length on woman's body and the problems that could arise and how to manage these problems. She defined Woman's health as a state of complete physical, mental and social wellbeing and not merely the absence of disease. In other words, it implies reproductive health. She explained problems women faced at various stages of their life cycle. The major ones being breast and cervical cancer, symptoms and risk factors, sexual abuse and trauma, road injuries, cardiovascular diseases, menopause and how to manage it. She stressed on hygiene, good food habits and sleep as essentials for good health and wellness.

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Dakshina Kannada, Karnataka, India

LIST OF PARTICIPANTS

SL NO.	USN	NAME
1	4AL18CV018	MANJUNATH G Y
2	4AL17ME073	SUDARSHAN B
3	4AL18ME023	MUZAMMIL CHITRAGAR
4	4AL18EC056	VASANTHKUMAR P R
5	4AL17IS016	GANGOTHRI N V
6	4AL17IS015	DIVYASHREE
7	4AL17IS039	RAVI MATH
8	4AL18MBA72	SHUBHAVI
9	4AL18CV031	RANJAN RAO
10	4AL17CV089	YENDREBAM MALEMNANBA SINGH
11	4LV15MBA11	RAZEEN ABDUL RAWOOF
12	4AL17CV023	KARTHIK KAPSE
13	4AL17MBA43	TRUPTHI RAI A
14	4AL18CV006	AMOGHA H
15	4LV16MBA48	SHATHABHI M
16	4AL17EC011	BINDUSHRI
17	4AL18CS090	SUJAYA
18	4AL17CV401	BASAVARAJ
19	4AL18EC007	ARCHANA H N
20	4AL17CV411	MALATESHA L
21	4AL17CS106	VARSHITHA
22	4AL18CS042	LAVANYA R
23	4AL18CS025	HYMHA N RAJ
24	4AL17CV003	AKUMTOSHI T JAMIR
25	4AL18CS084	SNEHA G
26	4LV17MBA52	VASANTHA NAYAK
27	4AL17CV405	JYOTHI R
28	4AL17CV019	GOKUL KRISHNA
29	4AL17EC090	SUSHMITHA R NAIK
30	4AL17ME414	RANGARAJU R
31	4AL17ME081	THACHERY DHAXITH
32	4AL18CS086	SOMASHEKAR G
33	4AL17EC003	ABHISHEK VASUDEV MAHENDRAKAR
34	4AL18CS082	SIDRAMESH V HIREMATH
35	4AL17CV008	BASAVANA GOUDA M H
36	4AL17CV004	ARESHWARREDDY
37	4AL17CS023	CHINMAY KUMAR R S
38	4AL17EC021	CHETHAN KUMAR
39	4AL17MBA10	CHAITHRA C
40	4LV17MBA43	SHIVARANJINI M S
41	4AL18EC045	SANJEEV KUMAR V
42	4AL17EC099	YASHWITHA C N
43	4AL18ME015	JANARDHAN J
44	4AL18CS009	ANUSHA K
45	4AL17ME090	VISHAL S
46	4AL17EC086	SHILPA C
47	4AL17EC015	CHANDAN C
48	4AL17CS031	GOWDA ROSHNI SHIVPRAKASH



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49	4AL17CV021	K B KIIUSIII
50	4AL18ME704	SANDEEP S
51	4AL17MBA49	VINDHYA S M
52	4AL18IS020	RANJITHA
53	4LV15MBA01	POOJARI DINAKAR RAMESH

Outcome

Dr. Priya Ballal, Professor and Head of the Department of Obstetrics and Gynecology at KMC, as well as an entrepreneur, spoke extensively about the female body, the issues that can occur, and how to deal with them. Woman's health, she defined, is a state of total physical, mental, and social well-being, not only the absence of disease. To put it another way, it refers to reproductive health. Breast and cervical cancer, symptoms and risk factors, sexual abuse and trauma, traffic accidents, cardiovascular disorders, and menopause and how to manage it are among the most common. She emphasised the importance of hygiene, appropriate eating habits, and sleep for optimum health and wellness. This programme benefited 53 participants from a variety of departments.


PRINCIPAL,
ALVA'S Institute of Engg. & Technology,
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December 16, 2020

Dr Deepak Shedde,
Professor of OBG,
KMC, Mangalore

Dear Sir,

Thank you for accepting our invitation to conduct Guest Talk on Health and Hygiene for Students organized by the Women Empowerment Cell of the Institute.

The venue for the workshop will be MBA Seminar Hall. The date is on December 23, 2020; from 2:00 pm - 4:30 pm.

We look forward to actively participate in the workshop.

Thank you,

Regards,

Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator

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December 20, 2020

CIRCULAR

A Dr Deepak Shedde Guest Talk on Health and Hygiene by Dr Deepak Shedde, Professor of OBG KMC, has been organized by the Women Empowerment Cell of the Institute for faculty and Students.

The venue for the workshop will be MBA Seminar Hall. The date is on December 23, 2020; timing from 2:00 pm - 4:30 pm. Kindly register your names for the workshop.

Regards,

Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator

cc: Principal, Deans, HODs, SWOs, AO

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WOMEN EMPOWERMENT CELL

REPORT OF GUEST TALK ON HEALTH AND HYGIENE

December 23, 2020



Dr Deepak Shedde, Gynaecologist and Obstetrician spoke at length on how to maintain one's health. Hygiene he said is the most critical contributor to good health. He spoke on health issues related to productive cycle of a human being.

He advised women on how to manage painful menstruation cycle. He reiterated the fact that good health is a complete state of physical, mental and social well-being, and not merely the absence of disease. This demands a hygienic living condition. Health and hygiene, he said are two correlated terms



All the precautions against Covid were ensured.



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LIST OF PARTICIPANTS

SL NO.	USN	NAME
1	4AL17IS001	AHIMSA JAIN
2	4AL18EC051	SOURAV K
3	4AL17MBA53	SINDHU A
4	4AL17MBA12	DILIP KUMAR J
5	4AL17IS028	METHISH R
6	4LV16MBA14	GANESHA
7	4AL18CV047	VINOD KUMAR LAISHRAM
8	4AL17CV400	ANVITH KUMAR H
9	4AL17CV037	MITHUN GOWDA B
10	4AL18CV038	SHIVAKUMAR
11	4LV15MBA31	SUNEEL.K.KORE
12	4AL17CV009	BHAGYASHREE
13	4LV16MBA40	RAGHAVENDRA SHETTY
14	4AL17CV410	MAKBUL LALSAHEB YALAGOD
15	4LV17MBA23	NAVEEN GOWDA
16	4AL17ME404	JANANI M
17	4AL17ME012	ARJUN R
18	4AL18CS039	KRISHNITHA
19	4AL17CV412	MALLANNAGOWDA BIRADAR
20	4AL17CV011	BHANDARY DARSHAN SATISH
21	4AL17EC049	MAMATHA V R
22	4LV16MBA15	HARSHAVARDHAN M R
23	4AL17EC095	VIDUL SAMBHAJI CHAVAN
24	4AL17MBA14	JUNAID K
25	4LV17MBA01	AISHWARYA KOTIAN
26	4AL18CS010	ANVITHA H M
27	4AL17ME703	PAVAN R
28	4AL18EC045	SANJEEV KUMAR V
29	4AL17IS047	SINCHANA
30	4AL18CV025	NEHA N RATHOD
31	4AL18CV009	ARUN KUMAR SHEKAPPA HAKARI

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32	4AL17IS015	DIVYASHREE
33	4LV17MBA22	MARINA REESHA FERNANDES
34	4AL18MBA74	SPOORTHY R
35	4AL17EC042	KISHORE N
36	4AL17EC085	SHARON CAROL PEREIRA
37	4AL18EC053	SUDHA R CHANNAPPAGAUDAR
38	4AL17CS112	VINOD KUMAR
39	4AL18IS025	VAIBHAVI V BHAT
40	4AL17CV026	KIRANSAGAR K
41	4AL17MBA34	SHREE RAKSHA SHETTY
42	4LV15MBA37	VENKATESHA M.G
43	4AL18ME408	SOUJANYA HM
44	4AL18MBA70	SHREYA JAIN
45	4LV16MBA50	SHREENIVAS
46	4AL18MBA87	VIDYASHREE
47	4AL18MBA35	KIRAN B GOUDAR
48	4AL18EC046	SANTOSHKUMAR REDDY
49	4AL18CV045	SUNIL
50	4LV15MBA14	SACHIN C R
51	4AL18CS047	M VENKATARAMANACHARI
52	4AL17MBA48	VINAY K A
53	4AL18CS013	B A SOHANKUMAR
54	4AL18CV401	HARI PRASAD R
55	4LV15MBA19	SANDEEP D S
56	4AL18EC059	VISHWESH V BHAT
57	4AL17ME065	SHREYAS TIWARI (READMISSION)
58	4AL18ME402	ASHISH PINTO
59	4AL17EC063	NISHANTHA V R
60	4LV16MBA08	BALEGAR MOHAMMAD YASIN
61	4LV17MBA24	NIKHIL JOHN MENDONCA
62	4AL18CS062	PRATIBHA SHETTI
63	4LV17MBA26	POOJA J T
64	4AL17CV050	PAVANGOWDA K C



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65	4AL18CS082	SIDRAMESH V HIEMATH
66	4LV17MBA18	KIRAN POOJARY
67	4LV15MBA30	SOUKHYA NAIK
68	4AL18EC010	CHARAN R NAIK
69	4AL17CV049	PAVAN M
70	4AL18EC018	GULBI GOURI SHANKER
71	4AL18ME704	SANDEEP S
72	4LV16MBA54	SUSHMITA J S
73	4AL18CS049	MOHAMMED MUKARRAM
74	4AL18MBA11	ASHWATH HD
75	4AL18MBA21	DEVAGI M
76	4AL18CS064	PUNITH S
77	4AL18MBA43	NAGARAJ PRABHAKAR SHETTI
78	4AL17IS030	NANDA KISHORE V
79	4AL18EC006	ANNAPURNA HALEMANI
80	4AL18CS096	VANISHREE S BINJADAGI
81	4AL17ME090	VISHAL S
82	4AL17CV073	SUPRIYA S

Outcome

Dr. Deepak Shedde, a gynaecologist and obstetrician, spoke extensively about how to keep one's health in check. He believes that hygiene is the most important factor in maintaining good health. He spoke on health difficulties relating to a human's productive cycle. He counselled women on how to cope with their unpleasant menstrual cycles. He emphasised that excellent health is a state of total physical, mental, and social well-being, not only the absence of disease. This necessitates a sanitary living environment. He stated that health and hygiene are two phrases that are related. The programme was attended by a total of 82 learners.

PRINCIPAL

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