


Date: 03-08-2018

**Circular**

All the students are hereby informed that an **Awareness Program** about necessity of empowering Women in India and their responsibilities in the society will be conducted under the banner of Sexual Harassment Redressal Cell on **09-08-2018**. All the girl students are requested to attend the function in the seminar hall of PESIAMS.

Class	Faculty Name	Signature
BBA-I	VINAY KUMAR KS	VKS 03/08/18
BBA-III	Veena. M	Veena M 3/8/18
BBA-V	Praveen. B	Praveen B
BCA-I-'A'	Reepa D.S.	Reepa D.S.
BCA I-'B'	Roshan P.R	Roshan P.R
BCA - III-'A'	Ashwinoth. E.M.	Ashwinoth. E.M.
BCA - III-'B'	MITHUN DHIVA	Mithun Dhiva
BCA - V	ANMOL UK	Anmol UK
B.Com-I	Kavitha.U.P. Anitha CB	Kavitha U.P.
B.Com-III	G. SHARADA	G. Sharada
B.Com-V	Mohan D	Mohan D

  
Coordinator  
Mrs. Sharada G

  
Principal  
Dr. K. Sailatha

Principal

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## A guest talk on Health and Nutrition by Smt. Lakshmi Sharavan under Sexual Harassment Redressal Cell

Smt. Lakshmi Sharavan was a guest to PESIAMS and she addressed the girl students on 07-07-2018 at 1.00 pm on the topic Health and Nutrition. She is a woman of varied interests. She had worked as the president of Inner Wheel Club of Shivamogga North. She is Thai chi practitioner, Raiki practitioner, yoga instructor, Bharathanatyam dancer, Rotarian in charge of women empowerment, an Environmentalist and a motivational speaker too. She has also been crowned as Mrs. India Karnataka for the year 2018.



Mrs. Lakshmi was introduced to the audience by Smt. G. Sharada, Asst. Professor, Mrs. Lakshmi began her speech enquiring the audience about their food habits and whether they had any health issues. She advised the students not to ignore having their breakfast at any cost as everybody needed more strength, energy and stamina to meet the challenges of today's busy world. She stated that our food consumption should be based on our individual needs and should be a balanced diet supplying all the nutrients that our body requires for an all-round development. Mrs. Lakshmi Sharavan also spoke how important it is for a girl to take care of her health and

maintain her body to prepare herself to enter into womanhood and to face the challenges of the future, of her marriage, motherhood and to face challenges in the work front and how it becomes a herculean task for a woman to have a work life balance and gave some tips to the girls based upon her vast experience.



The programme came to an end with Smt. Lenita Quadros, Asst. Professor, proposing vote of thanks. The programme was graced by Dr. K. Sailatha, Principal, PESIAMS and lady faculty members were present on the occasion.

Attending total no of students 98 and faculty 16.

A handwritten signature in blue ink, appearing to be 'C. Shu'.

*K. Sailatha*  
Principal 10/7/18

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Principal



2	ANANYA B SHETTY	BC170905	Ananya
3	ANUSHA A.B	BC170906	Anusha
4	ANUSHA H.B	BC170907	Anusha
5	ATHIRA DILEEP NAMBIAR	BC170909	Athira
6	BHOOMIKA J SHETTY	BC170913	Bhoomika
7	BIBIAMEENA	BC170914	Bibiameena
8	BINDU G	BC170915	Bindu
9	CHAITRA U BILAGI	BC170916	Chaitra
10	CHAITRA V.H	BC170917	Chaitra
11	CHANDANA K.B	BC170918	Chandana
12	CHANDANA K C	BC170919	Chandana
13	DEEPA PRASAD	BC170926	Deepa
14	DEEPIKA G.N	BC170927	Deepika
15	DEVIKA C	BC170928	Devika
16	HARSHITHA B	BC170932	Harshitha
17	JANET NISHMITHA SALINES	BC170933	Janet
18	KANIZ FATHIMA N	BC170934	Kaniz
19	KAVANA PRABHU K	BC170935	Kavana
20	KRUTHIKA C SHETTY	BC170937	Kruthika
21	LAVANYA S	BC170938	Lavanya
22	MEGHA P.S	BC170940	Megha
23	MEGHANA D R	BC170941	Meghana
24	NAGASHREE KAMATH S	BC170945	Nagashree
25	NAMRATHA G S	BC170947	Namratha
26	NANDHINI G P	BC170948	Nandhini
27	NAVYA T U	BC170951	Navya
28	NAYANA Y	BC170952	Nayana
29	NEHA C.N	BC170953	Neha
30	NIKHITHA V S	BC170957	Nikhitha
31	PALLAVI N V	BC170959	Pallavi
32	POOJA HOSAMANI	BC170962	Pooja
33	POORVIKA K V	BC170963	Poorvika
34	PRATHAMA U	BC170966	Prathama
35	PRIYA D	BC170967	Priya
36	PRIYA V	BC170968	Priya
37	PRIYANKA C	BC170969	Priyanka
38	PRIYANKA T M	BC170970	Priyanka
39	RAKSHITHA C	BC170977	Rakshitha
40	RAMYA G C	BC170978	Ramya
41	RANJITHA S	BC170980	Ranjitha
42	RENUKA N B	BC170981	Renuka
43	ROOPA PRASAD S R	BC170983	Roopa
44	SAKSHI JAIN	BC170987	Sakshi



Below Students are attended the function:

Sl.No	Name	Reg.No	Signature
1	APOORVA K	BB178910	<i>[Signature]</i>
2	ARPITHA D.K	BB178911	<i>[Signature]</i>
3	CHANDANA J.S	BB178912	<i>[Signature]</i>
4	KAVYA R	BB178921	<i>[Signature]</i>
5	PRANATHI	BB178941	<i>[Signature]</i>
6	ROJA D.L	BB178944	<i>[Signature]</i>
7	SINDHU S	BB178949	<i>[Signature]</i>
8	SYEDA SUNAIN KOUSAR	BB178952	<i>[Signature]</i>
9	NAMRATHA S D	BB158929	<i>[Signature]</i>

1	ADITHI K	C1711501	<i>[Signature]</i>
2	AKANKSHA JAIN	C1711502	<i>[Signature]</i>
3	ALIYA PATEL	C1711503	<i>[Signature]</i>
4	AMRUTHA G.C	C1711504	<i>[Signature]</i>
5	ANUSHA C	C1711506	<i>[Signature]</i>
6	ARPITHA Y.G	C1711507	<i>[Signature]</i>
7	HARSHINI K.M	C1711518	<i>[Signature]</i>
8	HARSHITHA K	C1711519	<i>[Signature]</i>
9	JAINI S	C1711520	<i>[Signature]</i>
10	LAVANYA B H	C1711525	<i>[Signature]</i>
11	LUBNA	C1711526	<i>[Signature]</i>
12	MANASA C.D	C1711527	<i>[Signature]</i>
13	MONISHA PATEL	C1711531	<i>[Signature]</i>
14	NAMEERA KHANAM	C1711532	<i>[Signature]</i>
15	NIKITHA S.R	C1711533	<i>[Signature]</i>
16	NISARGA R	C1711534	<i>[Signature]</i>
17	PALLAVI KIRAN	C1711535	<i>[Signature]</i>
18	PAVITHRA T	C1711537	<i>[Signature]</i>
19	RAJOL KUMARI	C1711544	<i>[Signature]</i>
20	SAHANA G S	C1711546	<i>[Signature]</i>
21	SAMHITHA R MANGALAGAR	C1711548	<i>[Signature]</i>
22	SHARANYA B V	C1711552	<i>[Signature]</i>
23	SIDHI S	C1711555	<i>[Signature]</i>
24	SUSHMA M.G	C1711557	<i>[Signature]</i>
25	URMILA BHEEMARAM PATEL	C1711560	<i>[Signature]</i>
26	VAISHALI G.B	C1711561	<i>[Signature]</i>
27	VEENA R	C1711562	<i>[Signature]</i>
28	VIMALA N PATEL	C1711563	<i>[Signature]</i>

1 AISHWARYA A BC170902

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45	SALONI JAIN		
46	SHREYA C.O	BC170988	Saloni
47	SHRUTHA B U	BC171000	Shreya
48	SINDHU G N	BC171002	Shrutha
49	STELLA SAJI JOHN	BC171003	Sindhu
50	SUCHITHA A SHAROL	BC171004	Stella S.H.
51	SUMANA N	BC171005	Suchitha
52	SUPRAJA G S	BC171007	Sumana
53	SUPRITHA A S	BC171009	Supraja G.S.
54	SWATHI K.S	BC171010	Supriya
55	SYEDA AFIYA	BC171013	Syeda
56	USHA D	BC171015	Usha
57	USHA M	BC171016	Usha
58	VANISHREE U	BC171017	Vanishree
59	VARSHA V R	BC171018	V.R.
60	AFRA SHEIK	BC171020	Afra Sheik
61	PALLAVI ISHWAR NAIK	BC171022	Pallavi

*C. Shm*

*K. Sankar*  
Principal 10/7/18

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