Phone: 8147053085

Website : pestrust.edu.in/pesiams
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## PES Institute of Advanced Management Studies

(Affiliated to Kuvempu University, Recognized by Govt. of Kamataka) N H-206, Sagar Road, Shivamogga - 577204 (Karnataka)

Date: 08-02-2020

## Circular

All the girl students are here by informed to attend a motivational talk by the Principal on 'The importance of Physical and Mental Well Being in girls' at 12:00 pm on 10/02/2020 in the seminar hall.



Principal
PES Institute of Advanced Management Studies
NH 206, Sagar Road
SHIVAMOGGA-577204.

Phone : 8147053085
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# Report on the programme 'Importance of Physical and ${ }^{100 \sin }$ 

 Mental well- being in Girls'A motivational talk was held on $\mathbf{1 0 / 0 2} / \mathbf{2 0 2 0}$ on the topic 'Importance of Physical and Mental well- being in Girls' in the seminar hall by the Principal Dr.K. Sailatha. Mrs.Sharada G - the Coordinator of Anti -Sexual Harassment Redressal Cell welcomed the Principal and girl students of the college.

The Principal in her speech explained how a woman right from her adolescence has to maintain a healthy body in order to prepare herself to face the physical challenges that she has to face, get the stamina to undertake strenuous travel for education purposes, monthly menstrual cycles, marriage and experiencing marital obligations, fulfillment of womanhood culminating in child birth etc. She further explained how a woman has to be mentally strong too in order to maintain the work life balance effectively. The Principal concluded her speech that a woman is fully equipped to swim ahead and reach her goal against any odds and that is why she is forever the best manager at home as well as at the work place. The Principal made her speech effective with the inspirational videos to support her address.

Mrs. G. Sharada, The Coordinator of the Cell reminded the students the importance of following the dress code prescribed by the college and to lead a healthy life by consuming a well balanced diet. She further brought to the notice of the girls, the office bearers of the cell the highlights of sexual harassment of women at workplace (Prevention, Prohibition and Redressal )Act, 2013.

Total Attending Students 280, lady Faculty 15.



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| List of Students who attended a meetting under Sextual Harrasement Red efsal_Cort held on 10-$\mathbf{0 2 - 2 0 2 0}$ |  |  |  |
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| SI. <br> No | Name | Class \& Course | Signature |
| 1 | Niharika | B.com. TV sem | If natk |
| 2 | Sidhi. S. | B Com II sem | Sedsit |
| 3 | Rajol. | B.com VI sem | Paye |
| 4 | Meghana. A.R | $B C A$ viluem | llat |
| 5 | Nanuratha. ir.s | BCA $2 T$ um | Nous. |
| 6 | Nandini. Gr.P | $\rightarrow 1$ | Noidio |
| f | Nevedittra.d | Oced II Sem | Aluens |
| 8. | Bhoomika.c | BCA TV 8em | Bhoomitta.e |
| 9 | Jyothi N.ef | BCAIV Sem | Iuts |
| CO. | Anisha Sharon | BCATV Sem |  |
| 11 | Sindher S | BCATV Sem | Sisdlu |
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List of Students who attended a meetting under Sextual Harrasement Redressal Cell held on $\mathbf{1 0}$



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List of Students who attended a meeting under Sextual Harrasement Redressal Cell held on 10-


PES Institute of Advanced Management Studies NH 205, Sagar Road SHIVANIOGGA-577 204.

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List of Students who attended a meetting under Sextual Ilarrasement Redressal Cell held on 10-

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| List of Students who attended a meetting under Sextual Harrasement Redressal Cell held on－ 10 <br>  <br> $02-2020$ |  |  |  |
| No | Name | Class \＆Course | Signature |
| 1. | Tanushtee | IVSem＇B＇$B$ A | 致扁 |
| 2. | Nayana N．M | TV Sem＇ $\mathrm{B}^{\prime}$＇$B \mathrm{~A}$ | xlayana M．M |
| 3. | Sahana M．Nayak | IV Sem＇$B^{\prime} B(A$ | Sophana |
| 4 ， | Sneha S．M | IV Som＇$B$ B $B / A$ | Sunha |
| 6. | Arpitha．S | IVSem ${ }^{\prime} B^{\prime} B C A$ | Arpi |
| 6. | Meghana．P | TVSem＇$B^{\prime}$＇$B C A$ | meatus |
| 7. | Harshitha S．R． | Wsem ${ }^{\left(B^{\prime}\right)} B C A$ | H |
| 8. | $x$ lagashare HiS | T Sem B＇$B^{1} B C A$ | H |
| 9. | Triveni．O．S | TS Sem＇$B$＇$B C A$ | Jw |
| 10. | Smruthe Deshpande | TVSem＇$B$＇BCA | A－lus B |
| 1. | Annapoosura．N． | IV sem＇B＇BCA | Ands |
| 12. | Nista forkeen | IIS Sm＇$^{\prime}{ }^{\prime} \mathrm{BCA}$ | x的 |
| 13. | Sadhana．kM | Q sem $^{\text {B }}$ B＇BCA | Sashama．kM |
| 14. | Sonjana．R．Navle | IV Sem＇B＇$B C A$ | Samant |
|  | Nandeshree．M．Rao | 世 $\operatorname{sen}$＇${ }^{\text {＇}}$＇$B C A$ | Nandeshruee |
| 16 | Paurithar－P | WWem．＇B＇BCA | Paurthea 12 |
| 17 | Shaila koti V．N | IV Sem＇${ }^{\prime}{ }^{\prime} \mathrm{BCA}$ | \＆f |
| 18 | Yaphawin： 9 ． | IV Sern＇$B$＇$B C N$ | ＋ |
| 19 | Megha BL | IV $\operatorname{Sen}^{\prime} B^{\prime} B C A$ | No |
| 20 | Shobith a，U，raigt | IV $8 \mathrm{em} \mathrm{m}^{\prime} B^{\prime} B C A$ | 8 |
| 21 | Spandhana R | VII Seri ${ }^{\text {B } B C H}$ | 8 |



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List of Students who attended a meeting under Sextual Harrasement Redressal Cell held on $10-$
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