



Date: 28-08-2019

Circular

This is to inform all the faculty that a guest talk by Dr. Shubhratha, renowned psychiatrist on the topic relating to mental well-being, health and hygiene for **girl students and women staff** of all institutions under PES trust, will be held on **29th August, 2019 at Prerana Convention Hall from 3.30 to 5.00 pm.**

The girl students should be lead to the hall at 3.00 pm sharp by the lady faculty. The lady faculty who have classes from 3 pm onwards are informed to adjust their classes with male faculty and if it is not possible to adjust the classes it should be engaged by the concerned lady faculty. All the male faculty are requested to oblige and engage the classes for the boys

For BCA/B.Sc students labs will be held as usual and girl students need not be disturbed. If there is no lab for any batch of students they should be engaged till 3.00 pm. HODs are requested to plan accordingly.

S. Srikantiah
Principal 28/8/19



PRERANA EDUCATIONAL AND SOCIAL TRUST

NH-206, Sagar Road, Shivamogga - 577204

Counseling Cell

Proudly Presents

An Interactive Session on

Personal Hygiene and Cleanliness for Women

By

Dr. Shubratha, Psychiatrist, Shivamogga

29th Aug 2019


Principal

PES Institute of Advanced Management Studies

NH 206, Sagar Road

SHIVAMOGGA-577 204



Counseling Cell, Prerana Educational and Social Trust (R), Shivamogga arranged a special session titled **"Personal Hygiene & Cleanliness among female students"** on 29th August 2019 by **Dr. Subratha K S**, a well-known Psychiatrist from Shivamogga. Around 1300 female students from PES Group of Institutions participated in this program.

The primary aim of this talk was to sensitize female students about the importance of personal hygiene & cleanliness and its impact on overall well being. The program was inaugurated by **Dr. R Nagaraja**, Chief Coordinator - Administration, PES Trust. Addressing the gathering Dr. Nagaraja mentioned that PES trust is committed to the well being of their female students and accordingly special care is being taken to promote their interests.

Dr. Subratha K S in her presentation clearly highlighted subtle issues related to hygiene and cleanliness and how it becomes critical on the part of all female students to adopt few measures / practices to ensure physical & psychological wellbeing. She cleared few myths and illusions held by students through real time examples. She stressed how students should ensure their nails, hair, skin, teeth etc are kept clean and also what they should do to do away with bad body odor. Further **Dr. Subratha K S** elaborated about nuances in menstrual cycle and what measures female should take during those periods.

The program was graced by Dr. K. Sai Latha, Principal, PESIAMS, Mrs. Aruna A, Manager-CDC, PES Group of Institutions and all the female teaching & non-teaching of PES Group of Institutions.

Mrs. Aruna A while welcoming the gathering highlighted the importance of such sessions. Dr. Sunitha, Assistant Professor, PESITM, proposed the vote of thanks. This entire event was coordinated by Mrs. Yagnodbhavi H M, Assistant Professor, Civil Department, PESITM.



K. Sai Latha
Principal



Press Release



Psychiatrist Dr. Subratha K. S. being felicitated by chief coordinator Dr. Nagaraja R. at Prerana Educational and Social Trust in Shivamogga on Thursday. Principal Dr. K. Saliatha looks on | EXPRESS

Session held on personal hygiene and cleanliness

EXPRESS NEWS SERVICE @Shivamogga

PRERANA Educational and Social Trust held a special session on 'Personal hygiene, cleanliness and counselling for female students' at the institution on Thursday. Dr. Subratha K. S., a well-known psychiatrist from Shivamogga took part. Around 1,300 female students from PES Group of Institutions participated in this programme, stated a release from the institution.

The primary aim of this talk was to sensitise female students about the importance of personal hygiene and cleanliness and its impact on overall well being. The programme was inaugurated by Dr. Nagaraja R., chief coordinator, administration, PES Trust. Addressing the gathering, Dr. Nagaraja mentioned that PES Trust is committed to the well being of their female students and accordingly special care is being taken to promote their interests.

Dr. Subratha highlighted subtle issues related to hygiene and cleanliness and how it becomes critical on the part of all female students to adopt a few measures and practices to ensure physical and psychological well being. She cleared a few myths and illusions held by students through real time examples. She stressed how students should ensure their nail, hair, skin, teeth etc are kept clean and also the cleanliness routine to follow in order to do away with body odour.

INDIAN EXPRESS Sat, 31 August 2019
epaper.newindianexpress.com/c/43067623

ನೈರ್ಮಲ್ಯ, ಸ್ವಚ್ಛತೆ ವಿಶೇಷ ಅಧಿವೇಶನ

ಕುವೆಂಪು ವಿಶ್ವವಿದ್ಯಾಲಯದ ಸಂಬಂಧಿಸಿದವರೊಂದಿಗೆ ಮತ್ತು ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಮಾನ್ಯತೆ ಪಡೆದಿದೆ.



ಇದೇ ಸಂದರ್ಭದಲ್ಲಿ ಪ್ರಾಚಾರ್ಯರು ವಿದ್ಯಾರ್ಥಿನಿರೀಕ್ಷಕರು ಮತ್ತು ವಿದ್ಯಾರ್ಥಿನಿರೀಕ್ಷಕಿಣಿಗೆ ಮಾನ್ಯತೆ ಪಡೆದಿದೆ.

Organizing Team



Feedback Column

"Our interaction with Dr. Shubratha was very informative. Few of the facts on sanitary disposal was an eye opener to all of us. I would like to be a part of such sessions even in future days. And I would like to say thanks for PES Trust for organizing the same".

Prakruthi V. | VIII Grade | PESPS



"The session really provided us an insight on personal hygiene to remain mentally, physically and socially healthy. The videos about menstrual hygiene were informative. Thank you for organizing this program".

Vyshnavi | EEE | PES PT



"Dr. Shubratha expalined us the importance of maintaining good personal hygiene. She emphasized on basic cleanliness of our hair, hands, foot, teeth and body, which needs to be practiced everyday. Students realized that keeping oneself clean can lead to have a better personality, good health and create a nice image of an individual in a society. I would like to thank the Management for organizing such an exclusive event for girl students. Looking forward for many more such sessions".

Rosy Sequeira | Academic Coordinator | PESPS



"This session helped the students to realize what changes to be made in their daily habits to improve their personal hygiene and cleanliness. It was also informative to teachers on how to guide the students during early stages of menstrual cycles. Wish to be a part of similar progrmas in the future as well".

Mala T L. | Lecturer | PES PT



K. Saliatha
Principal



5th Sem-2019

Below Students are attended the function:

Sl.No	Name	Reg.No	Signature
1	APOORVA K	BB178910	<i>Apoorva</i>
2	ARPITHA D.K	BB178911	<i>Arpitha</i>
3	CHANDANA J.S	BB178912	<i>Chandana</i>
4	KAVYA R	BB178921	<i>Kavya</i>
5	PRANATHI	BB178941	<i>Pranathi</i>
6	ROJA D.I	BB178944	<i>Roja</i>
7	SINDHU S	BB178949	<i>Sindhu</i>
8	SYEDA SUNAIN KOUSAR	BB178952	<i>Syeda Sunain</i>
9	NAMRATHA S D	BB158929	<i>Namratha</i>

1	ADITHI K	C1711501	<i>Adithi</i>
2	AKANKSHA JAIN	C1711502	<i>Akanksha</i>
3	ALIYA PATEL	C1711503	<i>Aliya</i>
4	AMRUTHA G.C	C1711504	<i>Amrutha</i>
5	ANUSHA C	C1711506	<i>Anusha</i>
6	ARPITHA Y.G	C1711507	<i>Arpitha</i>
7	HARSHINI K.M	C1711518	<i>Harshini</i>
8	HARSHITHA K	C1711519	<i>Harshitha</i>
9	JAINI S	C1711520	<i>Jaini</i>
10	LAVANYA B H	C1711525	<i>Lavanya</i>
11	LUBNA	C1711526	<i>Lubna</i>
12	MANASA C.D	C1711527	<i>Manasa</i>
13	MONISHA PATEL	C1711531	<i>Monisha</i>
14	NAMEERA KHANAM	C1711532	<i>Nameera</i>
15	NIKITHA S.R	C1711533	<i>Nikitha</i>
16	NISARGA R	C1711534	<i>Nisarga</i>
17	PALLAVI KIRAN	C1711535	<i>Pallavi</i>
18	PAVITHRA T	C1711537	<i>Pavithra</i>
19	RAJOL KUMARI	C1711544	<i>Rajol</i>
20	SAHANA G S	C1711546	<i>Sahana</i>
21	SAMHITHA R MANGALAGAR	C1711548	<i>Samhitha</i>
22	SHARANYA B V	C1711552	<i>Sharanya B.V</i>
23	SIDHI S	C1711555	<i>Sidhi</i>
24	SUSHMA M.G	C1711557	<i>Sushma M.G</i>
25	URMILA BHEEMARAM PATEL	C1711560	<i>Urmila</i>
26	VAISHALI G.B	C1711561	<i>Vaishali</i>
27	VEENA R	C1711562	<i>Veena R</i>
28	VIMALA N PATEL	C1711563	<i>Vimala</i>

K. J. Sainath
Principal

1	AISHWARYA A	BC170902	Aishwarya
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
45	SALONI JAIN	BC170988	
46	SHREYA C.O	BC171000	Shreya
47	SHRUTHA B U	BC171002	
48	SINDHU G N	BC171003	Sindhu
49	STELLA SAJI JOHN	BC171004	Stella
50	SUCHITHA A SHAROL	BC171005	Suchi
51	SUMANA N	BC171007	Sumana
52	SUPRAJA G S	BC171009	Supra
53	SUPRITHA A S	BC171010	Supri
54	SWATHI K.S	BC171012	Swathi
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	Varsha
60	AFRA SHEIK	BC171020	Afra
61	PALLAVI ISHWAR NAIK	BC171022	Pallavi

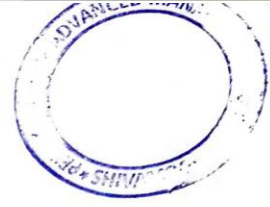


K. Sainatha
Principal

PES Institute of Advanced Management Studies

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3rd Sem-2019

Below Students are attended the function:

Sl.No	Name	Reg.No	Signature
1	ANKITHA B R	C1811504	<i>Ankitha</i>
2	ARSHU R	C1811505	<i>Arshu</i>
3	BINDU E.H	C1811507	Bindu.E.H
4	BINDU P E	C1811508	Bindu.P.E
5	GANAVI B.M	C1811510	<i>Ganavi</i>
6	KEERTHI Y	C1811514	<i>Keerthi</i>
7	MAHAMMAYI D PRABHU	C1811517	<i>Mahamayi</i>
8	MEGHA G	C1811521	<i>Megha</i>
9	NIDHI J R	C1811526	<i>Nidhi</i>
10	NIHARIKA BYRAPLY YATHIRAJU	C1811527	<i>Niharika</i>
11	PALLAVI H.R	C1811529	<i>Pallavi</i>
12	PRIYA C R	C1811531	<i>Priya</i>
13	RAMYASHREE B	C1811533	<i>Ramyashree</i>
14	SAILAKSHMI K.R	C1811535	<i>Sailakshmi</i>
15	SAMPADA R.M	C1811536	<i>Sampada</i>
16	SHAZIYA BANU	C1811542	<i>Shaziya</i>
17	SHWETHA L	C1811544	<i>Shwetha</i>
18	SINCHANA T N	C1811545	<i>Sinchana</i>
19	SNEHA S.K	C1811546	<i>Sneha</i>
20	SUHANI A	C1811547	<i>Suhani</i>
21	SUSHMITHA R.P	C1811548	<i>Sushmitha</i>
22	SWATHI M	C1811549	<i>Swathi</i>
23	VIMARSHA D	C1811552	<i>Vimarsha</i>
24	NIDHA A THER K	C1802364	<i>Nidha</i>

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Principal

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73	TANUSHREE	BC181011	<i>Tanushree</i>
74	THASEENA BANU J M	BC181013	<i>Thaseena</i>
75	TRIVENI O.S	BC181014	<i>Triveni</i>
76	VINUTHA G.S	BC181016	<i>Vinutha</i>
77	YASHASWINI S	BC181018	<i>Yashaswini</i>

1	ADITI DRAVID	BB188903	<i>Aditi</i>
2	AFIYA	BB188904	<i>Afiya</i>
3	ARCHANA G N	BB188907	<i>Archana</i>
4	BHUMIKA N.E	BB188908	<i>Bhumika</i>
5	CHANDANA V	BB188910	<i>Chandana</i>
6	CHINTANA N	BB188912	<i>Chintana</i>
7	KAVYA T.S	BB188923	<i>Kavya</i>
8	KUSHI P.B	BB188925	<i>Kushi</i>
9	MADHU DYAVAKKALAVAR	BB188927	<i>Madhu</i>
10	POOJA T S	BB188934	<i>Pooja</i>
11	RASHMI N	BB188939	<i>Rashmi</i>
12	SAFIYA NOORAIN S	BB188941	<i>Safiya</i>
13	SONIYA R	BB188948	<i>Soniya</i>
14	SUMANA NAZ	BB188949	<i>Sumana</i>

A. Shree

K. S. Subalakshmi
Principal
04/09/19

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1st Sem-2019

Below Students are attended the function:

Sl.No	Name	Reg.No	Signature
1	APOORVA N	BB198904	Apoorva
2	FOUZIA KAUSAR	BB198907	Kausar
3	HARINI K.S	BB198910	Harini
4	JAHNAVI B.J	BB198911	Jahnavi
5	KAVYA K.P	BB198913	Kavya
6	MANJU K.R	BB198916	Manju
7	PRAGATI JOSHI	BB198920	Pragati
8	PRIYANKA B.K	BB198921	Priyanka
9	SAMRUDDHI H.P	BB198923	Samruddhi
10	SHAISTHA FIRDOSE	BB198925	Shaistha
11	SINDHU M.R	BB198929	Sindhu
12	SNEHA S GOWDA	BB198930	Sneha
13	SPOORTHI M.S	BB198931	Spoorthi
14	THANUSHA R	BB198933	Thanusha

1	AISHWARYA S	BC190906	Aishu
2	AKSHATHA A.S	BC190907	Akshatha
3	AKSHATHA M	BC190908	Akshatha
4	ANAGHA BHOOPALAM T.R	BC190909	Anagha
5	ANJALI P.K	BC190911	Anjali
6	ANUJNA V	BC190913	Anujna
7	ANVITHA S	BC190914	Anvitha
8	ARFAATH B.S	BC190915	Arfaath
9	ARPITHA S SANNAGOUDAR	BC190916	Arpitha
10	BANDA SANDHYA	BC190917	Banda
11	BHAGEERATHI T	BC190918	Bhageerathi
12	BHARANI B.S	BC190919	Bharani
13	BHOOMIKA K.B	BC190920	Bhoomika
14	BHOOMIKA M	BC190921	Bhoomika
15	BHOOMIKA R MURTHY	BC190922	Bhoomika
16	BHOOMIKA T.S	BC190923	Bhoomika
17	BINDU B.M	BC190924	Bindu
18	CHANDANA G.K	BC190925	Chandana
19	DIVYA C.B	BC190929	Divya
20	DIVYA N.K	BC190930	Divya
21	GAANA A	BC190932	Gaana
22	JAYALAKSHMI S	BC190936	Jayalakshmi
23	KAVANA G.S	BC190939	Kavana
24	KAVANA P	BC190940	Kavana
25	KAVYA S	BC190941	Kavya
26	MADHURA G.P	BC190947	Madhura
27	MADHURA H.S	BC190948	Madhura
28	MAITHILI BHAT	BC190949	Maithili
29	MANASA D.A	BC190951	Manasa

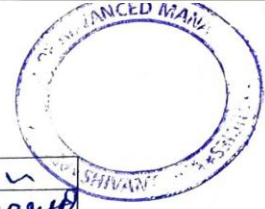
K. Sailatha
Principal



30	MANASA K.C		
31	MEGHANA G	BC190952	Manasa
32	NANDANA G.R	BC190957	Manasa
33	NAYANA R	BC190963	Manasa
34	NAYANA V.R	BC190964	Nayana
35	NEHA KOUSAR G	BC190965	Neha
36	NIVEDITHA S	BC190966	Niveditha
37	PADMINI K.C	BC190970	Niveditha
38	POOJA H.S	BC190972	Pooja
39	POOJITHA S	BC190974	Poojitha
40	PRATHIKSHA M NOOLEE	BC190975	Prathiksha
41	PREETHI H.P	BC190977	Preethi
42	PREETHI T.R	BC190978	Preethi
43	PRIYANKA M.T	BC190979	Priyanka
44	RAKSHITHA A.U	BC190980	Rakshitha
45	RANJITHA T	BC190984	Ranjitha
46	RESHMA M M	BC190986	Reshma
47	SADANA K.N	BC190988	Sadana
48	SADIYA FATHIMA	BC190989	Sadiya
49	SAFRIN BANU	BC190990	Safrin
50	SAHANA S	BC190991	Sahana
51	SAMIYA KHANUM A	BC190992	Samiya
52	SHAMA BHAT	BC190994	Shama
53	SHARLIN L	BC190995	Sharlin
54	SHWEETHA B	BC190997	Shweetha
55	SINCHANA N S	BC190999	Sinchana
56	SINCHANAMURTHY	BC191001	Sinchana
57	SNEHA D	BC191002	Sneha
58	SNEHA L	BC191003	Sneha
59	SNEHA S	BC191004	Sneha
60	SWATHI S	BC191005	Swathi
61	TEJASWINI B.H	BC191009	Tejaswini
62	UMME SALMA	BC191011	Umme Salma
63	VARSHA C.H	BC191012	Varsha
64	VIDYASHREE B	BC191013	Vidya
65	YASHASWINI	BC191014	Yashaswini
66	YASHASWINI L	BC191017	Yashaswini
		BC191018	Yashaswini

K. J. Saitalatha
Principal

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1	AASTHA JAIN	C1911501	Sai n
2	AISHWARYA S	C1911503	Aishwarya
3	ANUSHA A.C	C1911504	Anusha
4	ANUSHASHREE M	C1911505	Shree
5	CHANDANA R	C1911506	Chandana
6	HARSHITHA M.S	C1911515	Harshitha
7	IFRA FATHIMA	C1911517	Ifra
8	JEEVITHA R	C1911519	Jeevitha
9	JESLINE FERNANDES	C1911520	Jeevitha
10	JYOTHI B.A	C1911521	Jyothi
11	KAVYASHRI M	C1911522	Kavya
12	KRUTHIKA R	C1911524	Kruthika
13	KRUTHIKA S KALYANI	C1911525	Kruthika
14	NAGAVENI K.R	C1911526	Nagaveni
15	NANDITHA B	C1911528	Nanditha
16	PALLAVI M	C1911531	Pallavi
17	POOJA G.R	C1911532	Pooja
18	POOJA N	C1911533	Pooja
19	POOJA V.R	C1911534	Pooja
20	PREKSHA A JAIN	C1911536	Preksha
21	PRIYANKA A.Y	C1911537	Priyanka
22	RADHIKA K.S	C1911538	Radhika
23	RANJITHA R.N	C1911540	Ranjitha
24	SAHANA S	C1911544	Sahana
25	SHIFANAZ	C1911548	Shifanaz
26	SHRUSTI S	C1911551	Shruti
27	SINDHU M.S	C1911552	Sindhu
28	SINDHU T.M	C1911553	Sindhu
29	SNEHA A	C1911554	Sneha
30	SUFIAZ	C1911557	Sufiaz
31	SUMA RAO D M	C1911559	Suma
32	SUSHMA RANI M.M	C1911561	Sushma
33	SUSHMITHA M.P	C1911562	Sushmitha
34	UMA RAO D.M	C1911566	Uma
35	USHA J	C1911567	Usha
36	VASUKI S KULKARNI	C1911569	Vasuki
37	ZAIN SAKEENA	C1911573	Zain

K. S. Saitalaha
Principal

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1	ANKITHA ANIL	S1904702	Anil
2	ANVITHA N	S1904703	Anvitha
3	ARBIYA	S1904704	Arbiya
4	BHOOMIKA G.S	S1904705	Bhoomika
5	CHANDANA C	S1904706	Chandana
6	HARSHINI M PATIL	S1904709	Harshini
7	HUSNA SANIYAN	S1904710	Husna
8	LILIAN RAMOLA	S1904711	Ramola
9	MANJUBHARGAVI C	S1904712	Manjuba
10	NASEEBA KHANUM	S1904714	Naseeba
11	NAVYA D	S1904715	Navya
12	PRAJWALA K.S	S1904719	Prajwala
13	SANDHARSHINI J NAYAKA	S1904721	Sandharshini
14	SANKALPA K	S1904722	Sankalpa
15	SINCHANA M SHET	S1904723	Sinchana
16	SINCHANA N	S1904724	Sinchana
17	YASHASWINI S	S1904725	Yashaswini

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(Handwritten signature: K. Sankalpa)
04/09/19
Principal

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