



No.: KSU/IQAC/2021-22

Date:

**PRO-FORMA FOR SUBMITTING A BRIEF REPORT OF PROGRAM**

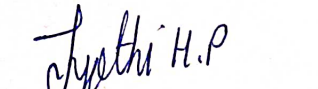
(To be submitted to IQAC)

|    |  |   |
|----|--|---|
| 01 | <b>Category of the program:</b><br>(Webinar; Workshop; Training; Seminar;<br>function/Special Lecture/celebration of special<br>Day/Event, if other specify)             | Special Lecture   |
| 02 | <b>Day(s) &amp; Date(s) of the program:</b>  | 18.03.2021  |
| 03 | <b>Title of the program:</b>   | Special lecture on "Women and Mental Health"  |
| 04 | <b>Venue of the program:</b>   | Auditorium, Karnataka samskrita University, Bangaluru-18.   |
| 05 | <b>Organizer:</b><br>(Faculty/Department, if other specify)  | WOMEN's Cell Karnataka Samskrita university, bangaluru-18.  |
| 06 | <b>Collaboration with other department/agency, YES(specify)/NO</b>   | No  |
| 07 | <b>Is financial assistance received from Internal or external funding agency;</b><br>YES(specify, if already received) /NO/ if Proposed (specify total amount requested) | Yes , internal  |
| 08 | <b>Name of the Convener/Director/Organizing Secretary/President/Co-ordinator, if other specify</b>   | Dr Anupama B  |
| 09 | <b>Objective of the program:</b>   | To Create awareness on women's stress, busy schedule multi tasking how they are affect women's Mental Health. |
| 10 | <b>Outcome of the program:</b><br>(Plz fill after completion of the program)   | So many stress related issues are discussed and remedy and techniques are also introduced.                    |
| 11 | <b>Participants group:</b><br>(Student/Teacher/Non- teaching/Integrated, if other specify )  | Integrated  |
| 12 | <b>Number of actual attended participants:</b>   | 40  |

|      |  |   |
|------|--|---|
| 13   | <b>Name of the resource person(s) and affiliation</b><br>(if applicable)   | Smt. Bharati sing councillor<br>Chairperson of Sa-Mudra foundation<br>(NGO) |
| 14   | <b>Please forward soft copy of following documents to: <a href="mailto:iqac@ksu.ac.in">iqac@ksu.ac.in</a></b>  | FORWARDED   |
| 14.2 | <b>Few Important Geo-tagged Photographs</b><br>(mandatory) in case of webinar screenshot and web-link of program recording   | Attached  |
| 14.3 | <b>List of attendance with signature</b><br>(In case of Webinar enclose screenshot of participants list)   | ateched   |
| 14.4 | <b>Brochure of the program</b><br>(if designed)  | Attached  |
| 14.5 | <b>News paper cuttings of program</b><br>(if possible)   | attached  |
| 14.6 | <b>Report of Feedback Analysis</b><br>(if applicable)  | NA  |
| 14.7 | <b>One page brief Summary of the Program;</b><br>a) total sessions/lectures with brief highlights<br>b) Important announcement/ policy thought etc<br>c) Any other distinctive events/course of action | ATTACHED  |

  
Signature of the Chairperson

**Dr. Anupama.B**  
Chairperson  
SPARSH Committee  
Karnataka Samskrit University

  
Signature of the secretary

**Note:** In the context of quality augmentation and NAAC guidelines, it is mandatory to submit the said report within a week after completion of any program organised by University Teaching and Non-teaching Department to IQAC in both hard and soft copies.

**Summary** : Celebrating women, whether professionally or personally, is a sense of commitment to each and every women in one's life. Every year on March 8, international women's day is commemorated. Every year around the world and it's the day dedicated to celebrating women's achievements in various Social, Political, and Cultural fields . Karnataka Samskrit University also celebrates this day with organizing special Lecture on "Women and Mental health" and a interaction was held which provides a platform to discusse several issues which are affects women . Smt Bharati Sing is well known resource person and experience in the field of counseling and she elaborated how the trending situations creates mental and physical stress and how to encounter and what are the adaptations are required.



ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಸಚಿವರುಗಳು  
KARNATAKA GOVT. SECRETARIES

ಜಿಲ್ಲಾ ಮೂಲಕ ವಿವಿಧ ಸಚಿವರುಗಳು  
ಜಿಲ್ಲಾ : 5101, 5102, 5103 ಮತ್ತು  
ಇತರೆ ವಿವಿಧ ಸಚಿವರುಗಳ ಹುದ್ದೆಗಳಿಗೆ

ಅಭ್ಯರ್ಥಿ  
ಶ್ರೀ. ಕೆ.ಎ. ದೇವನೂರು  
ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಸಚಿವರುಗಳ ಹುದ್ದೆಗಳಿಗೆ

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ಸಮಗ್ರ ಫೌಂಡೇಷನ್ ಸಂಸ್ಥಾಪಕರು, ಬೆಂಗಳೂರು

ಮುಖ್ಯ ಅಧಿಕಾರಿ  
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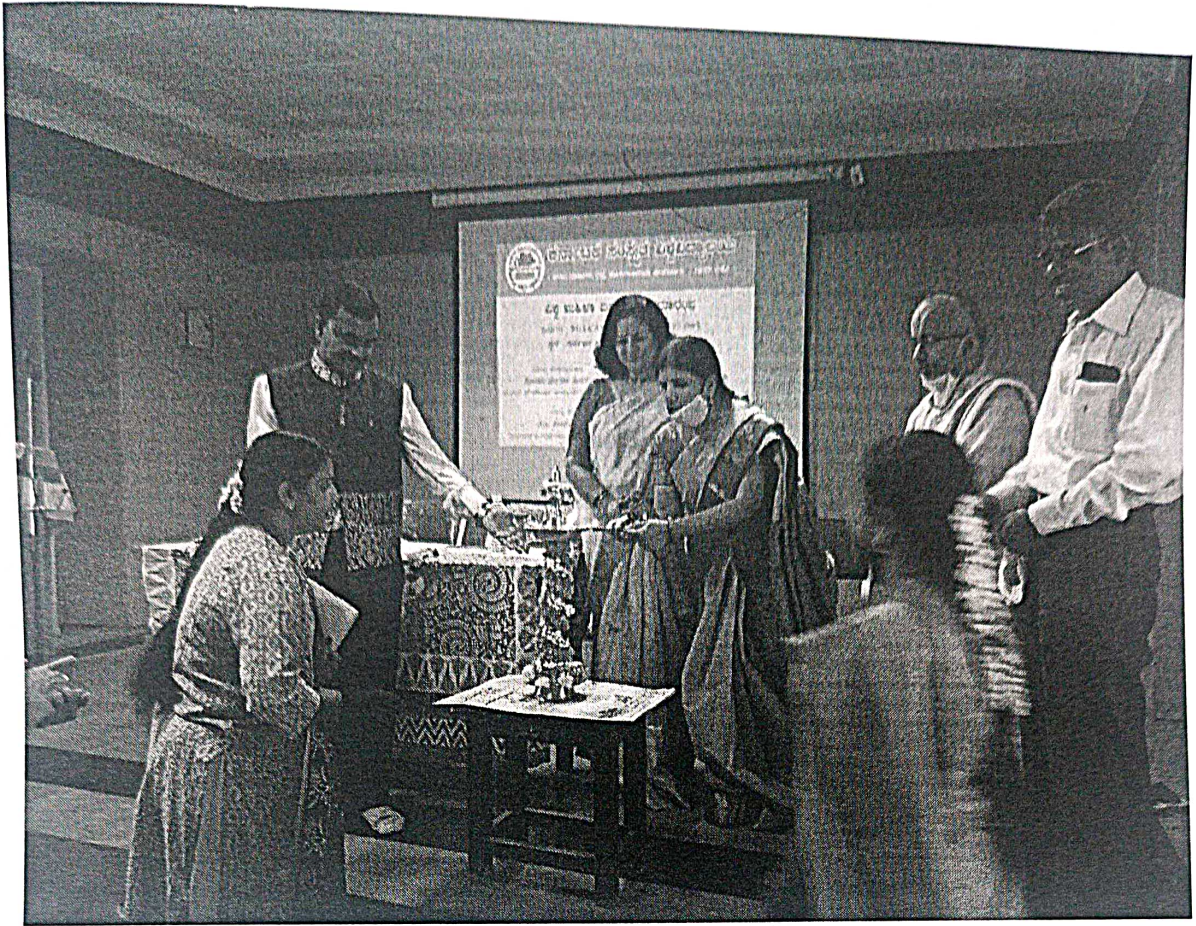
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