



VISHNU
UNIVERSITY OF APPLIED SCIENCES
BVRIT™
Estd. 2012

BVRIT HYDERABAD
College of Engineering for Women
Bachupally, Hyderabad – 500090
Department of Basic Sciences and Humanities

S.No	Name of the Event	Date	No.of participants
1.	Stress and Time Management	9/12/23	392
2.	Get Fit While You Sit	20/01/24	50
3.	Breaking Barriers: Promoting Gender Equality in Technology and Engineering	04/03/24	156
4.	Women's Day celebrations	07/03/24	250
5.	Healthy Relationships and Gender Dynamics	11/07/24	68
6.	Women Safety	24/07/24	250
7.	Shattering Stereotypes: Gender and Technology	21/08/24	140


HOD-BS&H



BVRIT HYDERABAD College of Engineering for Women

(UGC Autonomous Institution | Approved by AICTE | Affiliated to JNTUH)
(NAAC Accredited – A Grade | NBA Accredited B.Tech. (EEE, ECE, CSE and IT))
Bachupally, Hyderabad -500 090

Circular

Date: 07-12-2023

All the students of I B.Tech are here by informed that a session on “Stress & Time Management” by Dr. Anitha Are, Clinical Psychologist, is scheduled on 9th December 2023 at 4th Floor, Seminar Hall, Diamond Block.







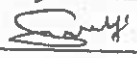

The session timings are planned as follows:

Date	Timings	Sections
9 th December 2023 Saturday	02:15 pm to 03:00 pm	CSE A, CSE B, CSE C & CSE (AI&ML)
	03:15 pm to 04:00 pm	IT A, IT B, EEE, ECE A & ECE B


HOD


Principal

Copy to: For circulation to all first-year classrooms/faculty/staff.

Year	I		
	A	B	C
Section			
CSE			
IT			--
ECE			--
EEE		--	--
AI&ML		--	--



BVRIT HYDERABAD COLLEGE OF ENGINEERING FOR WOMEN

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Bachupally, Hyderabad-500090

Event Name: A session on “Stress and time management” by Dr. Anitha Are, Clinical Psychologist

Date of Conduction: 09-12-2023

Name of the Co-ordinator: Dr.K Kavitha

Organized by: BS&H Dept., BVRIT HYDERABAD College of Engineering for Women

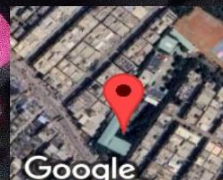
About the Event:





Hyderabad, Telangana, India
G9GC+G3H, Satyam Valley, Whisper Valley, Hyderabad, Telangana 500090, India
Lat 17.526487°
Long 78.370314°
09/12/23 03:29 PM GMT +05:30

GPS Map Camera



Hyderabad, Telangana, India
G9GC+G3H, Satyam Valley, Whisper Valley, Hyderabad, Telangana 500090, India
Lat 17.526503°
Long 78.370291°
09/12/23 03:24 PM GMT +05:30

GPS Map Camera

A session on “**STRESS & TIME MANAGEMENT**” is conducted by BS&H department on **09th December, 2023** for the First year students. The Speaker, **Dr. Anitha Are**, Professional Counselor, (Clinical Psychologist) handled the session energetically with an emphasis on Stress & Time management. She also motivated the students to create their own identity and leave their mark wherever possible. She also gave suggestions regarding “How to overcome stress and How to manage time efficiently”. The stress management session offered practical strategies to identify stressors and provided effective coping mechanisms. Similarly, the time management session was highly beneficial, offering insightful tools and techniques to prioritize tasks, set achievable goals, and optimize productivity. Overall, both sessions were valuable in imparting essential skills for handling stress and maximizing productivity. It was an interactive session. The students enjoyed the session and given a very good feedback. All the I B.Tech Students attended the session.



Dr. K Kavita
Associate. Professor



Dr. K V N Sunitha
Principal



BVRIT HYDERABAD
College of Engineering for Women
Bachupally, Hyderabad – 500090
Department of Basic Sciences and Humanities

Dt: 18-01-2024

CIRCULAR

Dear Staff

We are pleased to invite you to a special workshop titled "**Get Fit While You Sit**", aimed at promoting fitness and wellness during long hours of sitting. This workshop will teach you easy, desk-friendly exercises and stretches to improve posture, relieve tension, and boost energy levels. Program will be conducted by Department of Basic Sciences and Humanities on 20th Jan 2024 by Ms.M.Purnima, Founder, WoW fitness studio.

Venue: 4th Floor, Diamond Block, Seminar Hall.

Timings : 3:00 PM to 4:00 PM

Faculty Co-ordinators:

Dr.M.Anita 

Ms.G.L.Sirisha 


HoD-BS&H


Principal



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Bachupally, Hyderabad-500090

Event Name: “Get Fit While You Sit”-An awareness program

Date of Conduction: 20-01-2024

Name of the Resource Person with Details: Ms. M Purnima Mandava, Founder,
WoW Fitness Studio

Faculty Coordinators:

Dr. M Anita, Professor of Mathematics & HoD

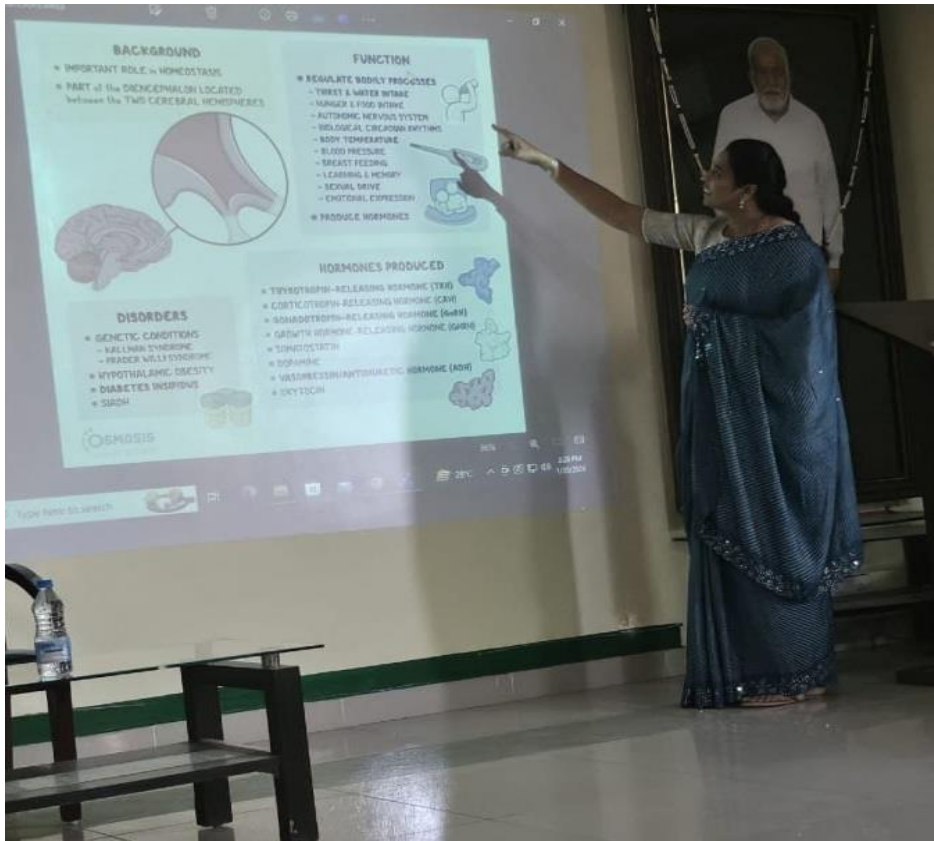
Ms. G L Sirisha, Assistant Professor of English

No. of Participants: 50 Faculty Members

Organized by: BS&H Dept., BVRIT HYDERABAD College of Engineering for Women

About the event:





Ms. Purnima Mandava, is an International Athlete, celebrity wellness coach, a fitness writer, an eminent speaker and a staunch advocate of eastern wellness concepts with more than a decade of experience in the field of Fitness and Sports. Ms. Purnima Mandava had worked with the best in the Indian film and Sports Industries. A contemporary wellness coach, Ms. Purnima Mandava is known for incorporating the most pragmatic approach in her fitness regimes. Whether her clients have been film celebrities with versatile requirements for varied characters they play, elite athletes, stay-at-home parents or all hours of the day workaholics, she is known to have been working tirelessly towards transforming them with her unique techniques resulting in powerful and lasting results. Ms. Purnima Mandava with her profound experience in wellness has transformed the lives of thousands of women by helping them get healthy and fit. She is driven by the purpose of pioneering a new era in the fitness industry with this exclusive women's wellness venture WOW!



"Get Fit While You Sit" aimed at promoting physical activity and wellness among individuals who have sedentary lifestyles or desk-bound jobs. The speaker educated participants on simple yet effective techniques that can be incorporated into their daily routine, even while sitting at their desks or during extended periods of sitting. The speaker enlightened that at WoW Fitness they focus on customization through which we deliver desired results in Natural and most optimal way. She ensured that they work towards a sustainable result for a long time. The program kicked off with a presentation highlighting the importance of staying active, even for individuals with sedentary jobs. It emphasized the negative health impacts of prolonged sitting and the benefits of incorporating movement throughout the day. The mind-body connection plays a crucial role in achieving and maintaining fitness. By nurturing mental and emotional well-being alongside physical health, individuals can cultivate a balanced and sustainable approach to fitness that supports long-term health and vitality.

The "Get Fit While You Sit" awareness program successfully achieved its objective of promoting physical activity and wellness among the participants with sedentary lifestyles or desk-bound jobs. By providing practical tips, demonstrations, and educational resources, the program empowered participants to take proactive steps towards improving their health and mitigating the negative effects of prolonged sitting.

Faculty coordinators:

Dr. M Anita

Ms. G L Sirisha

Dr. K V N Sunitha
Principal



BVRIT HYDERABAD
College of Engineering for Women
Bachupally, Hyderabad – 500090
Department of Basic Sciences and Humanities

Dt: 01-03-2024

CIRCULAR

Dear Students,

This is to inform you that the Department of Basic Sciences and Humanities will be hosting a workshop titled "**Breaking Barriers: Promoting Gender Equality in Technology and Engineering**" for the second-year CSE-A, B, and C students on 4th March 2024, from 3:00 PM to 4:00 PM. The workshop aims to create a more inclusive academic and professional environment by addressing the challenges and opportunities associated with promoting gender equality in the fields of technology and engineering.

Venue: 4th Floor, Diamond block, Seminar hall.

Faculty Co-ordinator\$:

G.L.Sirisha


HoD-BS&H


Principal



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Bachupally, Hyderabad-500090

Event Name: A workshop on “Breaking Barriers: Promoting Gender Equality in Technology and Engineering”

Date of Conduction: 04-03-2024

Name of the Co-ordinator: Dr.S Ammani Reddy

Organized by: BS&H Dept., BVRIT HYDERABAD College of Engineering for Women

No. of Participants: 156 Students

Branch : II B. Tech CSE-A,B,C

About the Event:





The workshop "Breaking Barriers: Promoting Gender Equality in Technology and Engineering" was organized with the objective of raising awareness about gender sensitivity, addressing existing barriers to gender equality in the STEM (Science, Technology, Engineering, and Mathematics) field, and promoting an inclusive culture within the engineering and technology sectors. The event took place on 4th March 2024 at APJ Seminar Hall, and was attended by CSE II year students, faculty, and staff members. The session emphasized the importance of fostering an environment where gender inclusivity is not just a policy but a practice integral to both education and professional life in technology and engineering. The keynote address was delivered by speaker who provided valuable insights into the current gender disparities in the tech industry. They highlighted the need for gender-sensitive policies and practices in engineering education and explained how gender equality drives innovation and productivity in the workplace.

The discussion focused on the challenges faced by women and marginalized genders in STEM fields, strategies to break these barriers, and the role of educational institutions in ensuring equal opportunities for all. These sessions encouraged students to reflect on their own biases and come up with actionable steps for creating a more inclusive environment.

The "Breaking Barriers: Promoting Gender Equality in Technology and Engineering" workshop was a resounding success. It served as an important step toward fostering a more inclusive, respectful, and diverse environment for students and faculty alike in the field of engineering and technology. The discussions, workshops, and activities not only raised awareness about gender biases but also provided concrete steps to break down barriers and empower all genders in the pursuit of their engineering aspirations.



Faculty Coordinator



HoD-BS&H



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Bachupally, Hyderabad-500090
Department of CSE(Artificial Intelligence and Machine Learning)

CIRCULAR

Lr.No:BVRITH/A/AIML/GS_WS_cir/5

Dt: 05-03-2024

All the staff, I & II B.Tech. students are hereby informed to join the “ **WOMEN'S DAY CELEBRATIONS** ”, on 7th March, 2024 .

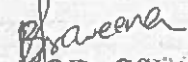
Venue: Diamond Block seminar hall

Time: 2:00pm to 4:00pm

Thanking you,


PRINCIPAL

Yours Faithfully,


HOD, CSE(AI&ML)

HOD Dept. of CSE (AI&ML)
BVRIT HYDERABAD
College of Engineering for Women
Bachupally, Hyderabad-500 090.
Medchal-Malkajgiri Dist.



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Bachupally, Hyderabad-500090

Event Name: Women's Day Celebrations

Date of Conduction: 07-03-2024

Name of the Co-ordinator: Ms.P.Anusha and Ms.V.Asha

Organized by: CSE(AI&ML) Dept., BVRIT HYDERABAD College of Engineering for Women

Venue: Seminar Hall, 4th Floor, Diamond Block

No. of Participants: 250

Resource Persons: Ms. Aparna Bhogu, Founder of UpBeat, Monitra Health Care Ltd,

Dr. Sirisha, Chief Dietician, MAMS

About Speakers:

1. Ms.Aparna Bhogu, co-founder of Monitra Healthcare Private Limited, is an inspiring leader known for innovation and resilience. A graduate in Electronics and Telecommunication from SNTD Women's University and an MS in Information Systems Management from Carnegie Mellon University, she has held roles at Maestros Mediline, Herald Logic, TCS, and TIBCO Software. As a mentor, she encourages students to excel, pursue entrepreneurship, and celebrates their achievements. Now leading Monitra Healthcare, she remains dedicated to breaking barriers and fostering inclusivity while recognizing institutional accomplishments.
2. Dr. Sirisha, Chief Dietitian at Mamatha Academy of Medical Sciences, Hyderabad, is pursuing a Ph.D. in Nutrition at GITAM University. She holds a master's degree in Food, Nutrition, and Dietetics from Andhra University and a Public Health Management certification from the Indian Institute of Public Health. Her experience includes consulting roles at Idea Clinics, Cygnus Hospital, and serving as Chief Dietitian at Lotus Women & Childcare Hospitals. Dr. Sirisha specializes in creating personalized meal plans, advising on healthy nutrition, and addressing hormone imbalances. She also guides youth on maintaining balanced food and lifestyle habits.



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Estd. 2012

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Bachupally,Hyderabad-500090



International Women's Day

2K24

Inspire Inclusion

Venue:DB-Seminar Hall

Date:March 07,2024

Time:2:00PM-4:00PM



Dr.Sirisha Boddepalli
Chief Dietician-MAMS



Aparna Bhogu
upBeat|Monitra Healthcare





Hyderabad, Telangana, India
Whisper Valley St, Satyam Valley, Whisper Valley, Hyderabad, Telangana 500090, India
Lat 17.526529°
Long 78.369996°
07/03/24 03:57 PM GMT +05:30



Hyderabad, Telangana, India
Whisper Valley St, Satyam Valley, Whisper Valley, Hyderabad, Telangana 500090, India
Lat 17.526529°
Long 78.369996°
07/03/24 03:58 PM GMT +05:30





About Event:

BVRIT HYDERABAD College of Engineering for Women organised advanced Women's Day Celebrations on the occasion of "International Women's Day". The chief guests of this occasion are Ms. Aparna Bhogu, co-founder of Monitra Health Care Private Limited and Dr. Sirisha, Chief Dietitian, MAMS. Ms. Aparna shared her experiences and encouraged students with their motivational words. Dr. Sirisha shared inputs about hormone imbalance and precautions to be taken to prevent difficulties faced with hormone imbalance.

The event started with a classical performance by second year students. Students of first year performed Meme on Gender Equality in olden days and present days. They played a wonderful act and chief guests appreciated students. Students of second year performed skit on problems facing by women in different ages of time with their wonderful performance. All are impressed with students' performance and appreciated.


Faculty Coordinator


HoD-CSE (AI&ML)



BVRIT HYDERABAD
College of Engineering for Women
Bachupally, Hyderabad – 500090
Department of Basic Sciences and Humanities

Dt: 08-07-2024

CIRCULAR

Dear Students,

This is to inform you that the Department of Basic Sciences and Humanities will be organizing a Role Play on "**Healthy Relationships and Gender Dynamics**" for IInd year ECE-B students on 11th July 2024, from 10:00 AM to 11:00 AM. The objective of this event is to raise awareness and foster a deeper understanding of important concepts such as healthy relationships, effective communication, respect for boundaries, and gender equality.

Venue : DB,Room no 302

Faculty Co-ordinator:


Ms. T. Mounika


HoD-BS&H


Principal



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Bachupally, Hyderabad-500090

Event Name: A Role play on “Healthy Relationships and Gender Dynamics”

Date of Conduction: 11-07-2024

Name of the Co-ordinator: Ms.T Mounika

No. of Participants: 68 students

Branch: II B.Tech ECE-B

Organized by: BS&H Dept., BVRIT HYDERABAD College of Engineering for Women

About the Event:



Role play is a powerful and engaging educational tool that fosters active participation and enhances understanding of complex topics like healthy relationships and gender dynamics. This report examines a role-play activity designed to help students navigate the complexities of relationship dynamics, gender roles, and power structures in interpersonal interactions. By immersing students in real-life scenarios, the activity encourages them to reflect on their own behaviours, challenge stereotypes, and apply principles of respect, equality, and emotional intelligence to their relationships.

During the role-play, students enacted various scenarios that reflected common real-life situations, focusing on key themes such as healthy communication, respecting boundaries, understanding consent, and promoting gender equality. The activity proved to be an effective way to engage students in learning about the intricacies of interpersonal communication, power dynamics, and respect. It not only created a safe space for students to explore different communication styles but also encouraged them to critically examine how gender expectations shape relationships.

By incorporating interactive methods like role play, colleges can better prepare students to navigate the complex dynamics of healthy relationships and gender equality in their personal, academic, and professional lives. Acting out different roles allowed students to gain empathy for diverse perspectives, helping them understand how gender and power dynamics influence relationships. Ultimately, this hands-on approach fosters deeper learning and equips students with the tools to build more respectful, equal, and supportive relationships in all areas of their lives.



Faculty Coordinator



HoD BS&H



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CIRCULAR

Lr. No. BVRITH/ RAKSHANA/ 2024/ 01

Date: 19.07.2024

All the II B.Tech CSE & IT are hereby informed that a session on "Women Safety" will be conducted by SHE team of Kukatpally division.

The session is as follows:

SESSION	TIMINGS	SECTIONS
1	10:00 am to 12:00 pm	CSE A, CSE B, CSE C, IT A, IT B

Date: 24th July 2024

Venue: 4th Floor Seminar Hall, Diamond Block

This session aims to provide valuable insights of Women safety, preventive strategies and help line numbers for the students to stay safe.

All II B.Tech CSE and IT students are encouraged to attend the session and take advantage of this informative event.

Faculty Coordinator's

1. Ms K Sowmya - 

2. Dr Ch Sunil kumar -


Principal

Copy to: Vice Principal / Prof I/C's / All HoD's / AO / Accounts / Students / Placement Manager / Exam Branch / Library.



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Bachupally, Hyderabad-500090



Event Name: An awareness session on “Women Safety”

Date of Conduction: 24-07-2024

Name of the Resource Person with Details: SHE team of Kukatpally division

Faculty Coordinators: Dr. Ch Sunil Kumar and Ms. K Sowmya

No. of Participants: 250 students

Organized by: RAKSHANA - Your Shield, BVRIT HYDERABAD College of Engineering for Women

About the Event:







SHE team from the Kukatpally division conducted a highly informative session for our 2nd year CSE and IT students under the RAKSHANA - Your Shield initiative. The team of 5, includes the following.

- Sub-Inspector:SriVenkatesham
- HeadConstables:SriAppaRaoandSriSrinivasaReddy
- WomenConstable:Ms.Prameela
- Constable:SriNarsingaRao

They provided valuable insights on women's safety. The SHE program emphasized several critical areas to enhance the safety of girl students. They stress the importance of being vigilant against cyber crime by safeguarding personal information online and recognizing phishing scams. They also caution against buddy loan frauds, advising students to verify the legitimacy of loan offers and avoid sharing sensitive information with unverified sources.

For social safety, they recommend staying aware of one's surroundings, especially in unfamiliar or isolated areas, and trusting one's instincts to avoid risky situations. Regarding social media crimes, students are advised to use privacy settings to control who sees their posts and to report any harassment or abuse immediately. The program also highlights recent changes in the handling of crime evidence, noting advancements that make it easier to report and track incidents.

Finally, the usage of the T Safe app is strongly encouraged, as it provides features like real-time location tracking, emergency alerts, and information on nearby safe zones, all of which significantly enhance personal security. They shared the T-Safe app link:

<https://play.google.com/store/apps/details?id=com.tswomensafety.tsafe>

Important emergency contact numbers:

- SHE Team Kukatpally:8712663675
- Cyber WhatsApp Control: 8712663061
- Anti-Drugs:8112671111
- Cyber Crime:1903
- General Emergency:100



Ms.K Sowmya
Asst.Prof,BS&H



Dr.Ch Sunil Kumar
Professor,EEE



Dr.K V N Sunitha
Principal



BVRIT HYDERABAD
College of Engineering for Women
Bachupally, Hyderabad – 500090
Department of Basic Sciences and Humanities

Dt: 19-08-2024

CIRCULAR

Dear Students,

We are excited to announce a guest lecture by Dr. Deepika Rupert Gardner on “**Shattering Stereotypes: Gender and Technology**” for IInd IT A & B students on 21st August 2024, from 3:00 PM to 4:00 PM at APJ Block Seminar hall. The lecture will explore how gender stereotypes affect innovation in technology and IT, highlighting strategies to overcome biases and promote diversity in tech fields.

Faculty Co-ordinator:


Ms. T. Mounika


HoD-BS&H


Principal



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Bachupally, Hyderabad-500090

Event Name: A guest lecture on "Shattering Stereotypes: Gender and Technology"

Date of Conduction: 21-08-2024

Name of the Co-ordinator: Ms.T.Mounika

Organized by: BS&H Dept., BVRIT HYDERABAD College of Engineering for Women

No. of Participants: 140 Students

Branch : II B. Tech IT-A,B



About the Event:

The event sought to highlight the role of gender in shaping technology, focusing on the importance of gender diversity in driving technological advancements and innovation. A leading expert in tech diversity discussed the underrepresentation of women and other genders in technology fields, and the impact of this on technological innovation. The outcomes of program are students were made aware of the systemic gender biases that limit access to technology roles for underrepresented genders.

Students participated in group activities to design solutions to gender-based challenges in tech education and workplaces, using real-world case studies. Through engaging activities, thought-provoking discussions, and expert insights, we aim to break down barriers and encourage more diverse and inclusive thinking in the tech industry. The guest speaker also provided case studies illustrating the real-world impact of gender bias in technology. These included instances where

products and software were designed without considering the needs of women, leading to flawed technology. For example, voice recognition software initially had difficulty understanding female voices, highlighting the absence of female input in product development.



Faculty Coordinator



HoD-BS&H