



**K.S. INSTITUTE OF TECHNOLOGY, BANGALORE – 560109**  
**“Current Trend on Women’s Health and Wellness”**



**Date of Conduction: 22<sup>nd</sup> November 2023**

**Venue: Conference Hall**

**Time: 11:30AM to 12:30PM**

**Duration: 1 Hour**

**Sponsoring Bodies / Associating Organization: KSIT-Anti Sexual Harassment (ASH) committee**

**Expert Details–Name: Dr. Hemayathi Srinivasan**

**Designation: Director @ Srinivasa Health Care, Senior Consultant Obstetrician & Gynaecologist**

**Organization: Motherhood & Apollo Hospital**



Dr. Hemayathi Srinivasan comes with 15 years of experience. Areas of expertise and interest includes high risk management like Diabetes, Hypertension, Thyroid disorders, recurrent pregnancy loss, obesity, IVF multiple pregnancies, PCOS infertility and fetal medicine. Other area of interest includes premarital, preconception counseling, Tele fetal monitoring and community women health care programs. She has been empowering communities through delivering health talk on women's Wellness in school colleges and corporate. Dr Hemayathi Srinivasan completed, MBBS from Coimbatore Medical College, she has done post-graduation in obstetrics and gynecology from diplomat in National Board (DNB) New Delhi. She obtained post-doctoral fellowship in maternal fetal medicine from RGUHS. She participated in research program like ADM, Anemia and Biomarker in pre-eclampsia .she has presented research papers in various conferences and a peer reviews of international journal of infertility and fetal medicine(IJIFM).

## Description of the Event:

An awareness talk on “**Current Trend on Women’s Health and Wellness**” was conducted on 22<sup>nd</sup> 2023 by Anti Sexual Harassment committee at K S Institute of Technology, Bangalore. Dr. Hemavathi Srinivasan, Director, Srinivasa Health Care and Sr. Consultant, Dept. of Maternal Fetal Medicine Motherhood and Apollo Hospital were invited as a resource person. Dr. Dilip Kumar K, Princlipal/Director, K S Institute of Technology while presiding the event welcomed the resource person Dr. Hemavathi Srinivasan. Mrs. Sangeetha V, Assistant Professor, Department of Electronics and Communication Engineering given welcome address before the attendees.

The session was delivered by Dr. Hemavathi Srinivasan. The focus of the talk was to make every girl aware that she has to understand the current trends in women's health and wellness involve comprehensive strategies for prevention, early detection, and holistic management of conditions such as anemia, cervical cancer, breast cancer, PCOS, and PID during menstrual periods. The speaker also emphasized the prevailing trends in women's health and wellness, shedding light on crucial issues including anemia, cervical cancer, breast cancer, polycystic ovary syndrome (PCOS), and pelvic inflammatory disease (PID) during menstrual periods. The discourse underscored a holistic approach, integrating nutritional education for anemia, routine screenings and vaccinations for cervical cancer, and comprehensive breast cancer awareness campaigns promoting early detection and mental well-being. Addressing polycystic ovary syndrome involved personalized care with lifestyle modifications and fertility treatments. Additionally, there was a focus on educating about pelvic inflammatory disease during menstruation, advocating for reproductive health awareness, menstrual hygiene practices, and timely medical intervention. The speaker emphasized the importance of informed decision-making, education, and awareness in empowering students to prioritize their health and well-being in these critical aspects of women's health.

The event concluded with a heartfelt token of appreciation expressed by Dr. Jalaja, acknowledging the efforts and contributions for the Dr. Hemavathi Srinivasan who addressed the students, acknowledging the invaluable insights and guidance provided on women's health issues. Mrs. Kavya M S Assistant Professor Department of CSE specifically mentioned the speakers for sharing their insights, the organizing team for their meticulous planning, and the audience for their active participation. The vote of thanks conveyed a sense of unity and appreciation, concluding the event on a positive note with acknowledgment for the collective effort that made it possible.

Students shared an overwhelming feedback and are looking forward to more such sessions for other classes soon. We would like to thank the Management, CEO and Principal for giving us the opportunity to address the students.

**Participant details** - No. of Participants: 150 girls of First semester of various Departments.

Photos:

**KAMMAVARI SANGHAM (R) - 1952**  
**K. S. INSTITUTE OF TECHNOLOGY**  
(Approved by AICTE, New Delhi; Affiliated to VTU, Belagavi, Karnataka; Accredited by NAAC & NBA (G.E.C & MECH))  
**KSIT**  
#14, Raghuvanahalli, Kanakapura Road, Bengaluru - 560109  
Tel: 080-28435722 / 24 Web : www.ksit.edu.in

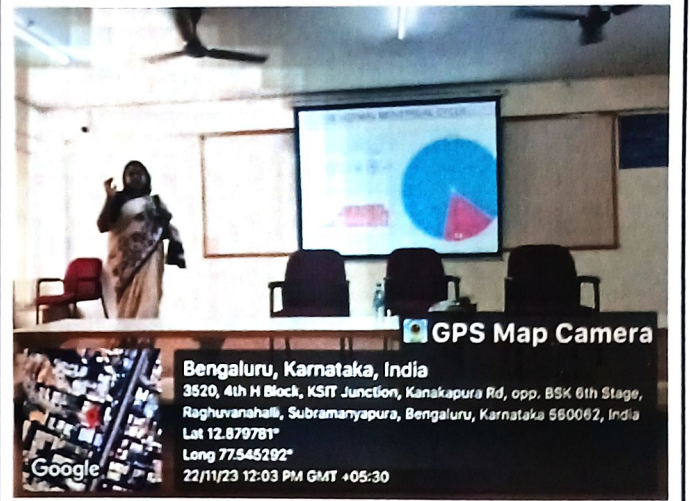
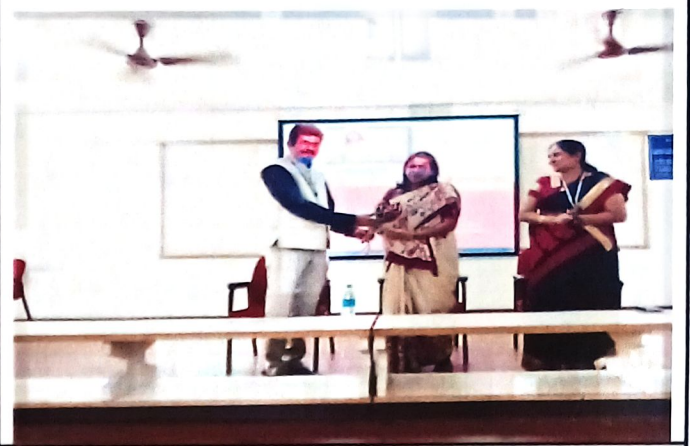
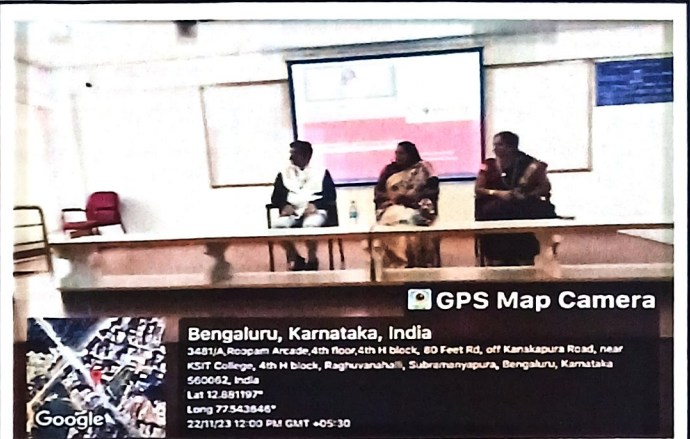
**KSIT-ASH COMMITTEE**

Presents a Talk  
on

**"Current Trend on Women's Health and Wellness"**

by  
**Dr.Hemavathi Srinivasan,**  
M.B.B.S.,D.N.B.,F.F.M.M  
Consultant Obstetrician & Gynaecologist

Date:22<sup>nd</sup> Nov,2023  
Time:11 A.M



**Outcomes / Benefits:**

1. Students gained awareness about the importance of women's health, including prevention, early detection, and holistic management of conditions like anemia, cervical cancer, breast cancer, PCOS, and PID during menstrual periods.
2. The session emphasized the significance of informed decision-making, education, and awareness in empowering students to prioritize their health and well-being in critical aspects of women's health.

**CO/PO&PSO mapping**

CO/PO&PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2
						2	1				1	2		

  
**Coordinator Sign**  
Head of the Department  
Dept. of Science and Humanities  
K.S. Institute of Technology  
Bengaluru - 560 109

  
**Principal**  
PRINCIPAL  
K.S. INSTITUTE OF TECHNOLOGY  
BENGALURU - 560 109.



KOMMAVARI SANGHAM (R) - 1992

**K. S. INSTITUTE OF TECHNOLOGY**

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#14, Raghuvanahalli, Kanakapura Road, Bengaluru - 560109

Tel: 080-28435722 / 24 Web : www.ksit.edu.in



**KSIT-ASH COMMITTEE**

Presents a Talk  
on



SRINIVASA HEALTH CARE

**“Current Trend on Women’s  
Health and Wellness”**

by

**Dr.Hemavathi Srinivasan,**

**M.B.B.S.,D.N.B.,F.F.M.M**

**Consultant Obstetrician & Gynaecologist**

**Date:22<sup>nd</sup> Nov,2023**

**Time:11 A.M**



Date: 15/11/2023

To,  
The Principal,  
K.S.I.T,  
Bangalore-109

Respected Sir,


**Sub: Requisition to conduct a Talk on "Current Trend on Women's Health and Wellness"**

With reference to above subject, we would like to conduct a talk on "Current Trend on Women's Health and Wellness" under Anti Sexual Harassment committee. Talk will be delivered by Dr.Hemavathi Srinivasan M.B.B.S., D.N.B., F.F.M.M on 22/11/2023 at 11.00 AM in Conference hall. The proposed budget for the event is Rs 2500/-. Please do the needful and oblige.

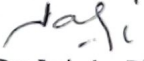
The approximate budget for the event is as follows:

SI No.	Particulars	Amount(Rs)
1	Remuneration	2000
2	Bouquet & Refreshment	500
Total		2500

Thanking you,

  
(Mrs. V.Sangeetha)  
Event Organizer

  
17/11/23

  
(Dr.Jalaja P)  
ASH committee Coordinator

Forwarded to Secretary for kind approval

  
17/11/23

**Sri Venkateshwara Iyengar**

Raghuvanahalli Gate, Opp. Y.D. College, Thalaghattapura road,  
Kanakapura Main Road, Bangalore - 560 062.

No. 1306

Date: 29-11-23

To

CSL

28

**AKSHARA ENTERPRISES**  
#350/A, 4<sup>TH</sup> 'H' Layout, BSK 6<sup>th</sup> Stage, Raghuvanahalli,  
Kanakapura Main Road, Bangalore-560062  
Contact : 9740470201

Date 27/11/23

Sl. No	Particulars	Qty.	Rate	Amount Rs. Ps.
	Gift + Shell	4 no	10	40
Total Amount				40

Akshara Enterprises

Sl. No.	Particulars	Qty.	Rate	Amount Rs. Ps.
	Mrs			
	sweets		100	30
	Biscuits			100
	Juice			40
				100
				70
TOTAL				300

For Sri Venkateshwara Iyengar's Bakery

Signature

22/11/2023

2A

ROSES - book - 1

RS - 160

CSL



# K.S. INSTITUTE OF TECHNOLOGY

(Approved by AICTE & Recognised by VTU)

# 14, Raghuvanahalli, Kanakapura Road, Bangalore - 560 109

No. 3926

**VOUCHER**

Date: 22/11/23

Paid to Sri Dr. Hemavathi Srinivasan

a sum of Rupees Two Thousand only

by Cash / Cheque No. \_\_\_\_\_

towards the account of \_\_\_\_\_

**Rs. 2000/-**

\_\_\_\_\_  
Treasurer / Secretary

\_\_\_\_\_  
Sr. Manager

[Signature]  
Receiver's Signature