

GUEST LECTURE

PROGRAM TITLE: "Mind & Body Wellness Session: Navigating Mental Health & PCOD".

DATE: 09/11/2023

TIME: 10 AM

ORGANIZED BY: Science and Nature Club.

RESOURCE PERSON: Mrs. Brinda Nanjappa, Health & Wellness Coach, Dubai.

VENUE: Auditorium.

BENEFICIARIES: 200 students

OBJECTIVE: To shed light on the intricate interplay between mental and physical well-being in our day-to-day lives.

PROGRAM DETAILS: The session was structured to provide students with a comprehensive understanding of mental health's influence on physical well-being to the specific correlation with PCOD. Emphasizing the importance of a balanced lifestyle, the speaker elucidated on dietary modifications and tailored exercise and routines as effective remedies which included the practice of Gratitude Journaling. A highlight of the session was the live demonstration of yoga poses designed to alleviate symptoms associated with PCOD. Furthermore, she actively engaged the students in practicing beneficial pranayama exercises, offering tangible tools to manage anxiety.

The occasion was graced by Smt N Bharathi, Vice-Principal and Smt Sukrutha K S, IQAC Co-ordinator.

OUTCOME: Attendees gained practical insights into the symbiotic relationship between mental and physical well-being, especially concerning PCOD in women. Armed with a newfound understanding, the students left the session equipped with tools for self-care.

GEOTAG PHOTOS:



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PRINCIPAL
MMK & SDW Mahila Mahavidyalaya
Krishnamurthy Puram, Mysuru-570 004

MMK & SDM MAHILA MAHA VIDYALAYA, MYSORE

SCIENCE AND NATURE CLUB

CIRCULAR

Date: 03-11-2023

The Science and Nature Club is organizing a Guest Lecture Program on “**Mind-Body Wellness Session: Navigating Mental Health & PCOD**” for the III year students of all the streams.

Date: 09-11-2023

Time: 10am

Venue: Auditorium

- III B.Sc (PC,ECs,MCs) - *NW B B*
- III B.Sc (BtBM) - *8/11/23*
- III BCA - *Blaskot.*
- III B.Com A - *M.S. Saini*
- III B.Com B - *Sankhya*
- III BBA - *Vishal*

Nyfelh
Coordinator

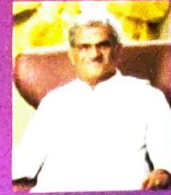
[Signature]
Principal

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Krishna Nagar, Mysore-570 004



MMK & SDM MAHILA MAHAVIDYALAYA

KRISHNAMURTHYPURAM, MYSURU, 570004
MANAGED BY SDME SOCIETY UJIRE - PRESIDENT: PADMA
VIBHUSHANA POOJYA DR. D VEERENDRA HEGGADE



VISION: EMPOWERMENT OF WOMEN TO FACE GLOBAL CHALLENGES

(AFFILIATED WITH UNIVERSITY OF MYSORE, MYSURU - NAAC ACCREDITED WITH 'B' GRADE)



An IQAC Initiative
SCIENCE & NATURE CLUB

Organises program on
**Mind-Body Wellness
Session: Navigating
Mental Health & PCOD**

Resource Person:
Ms. Brinda Nanjappa, Health & Wellness Coach

Presided by
Prof. Sainath Malligemadu, Principal

Co-ordinator:
Ms. Niharika V Jain

Members:
Dr. Chalthramallu and Ms Kavya S N

Auditorium

09/11/2023

10 am

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MMK & SDM Mahila Mahavidyalaya,
Krishnamurthypuram, Mysore-570 004

MMK & SDM MAHILA MAHAVIDYALAYA, MYSORE.

An IQAC initiative

SCIENCE & NATURE CLUB

Organizes program on

MIND – BODY WELLNESS SESSION: NAVIGATING MENTAL HEALTH & PCOD

PROGRAM LIST

Date: 09/11/2023

Time: 10 AM

INVOCATION	Miss Shreedevi and team
WELCOME ADDRESS	Miss Azra Khan, I BCA
FORMAL INAUGRATION BY WATERING THE PLANT	
KEY NOTE ADDRESS BY RESOURCE PERSON	Mrs. Brinda Nanjappa Health & Wellness Coach
PRESIDENTIAL REMARKS	Prof. Sainath Malligemadu Principal
VOTE OF THANKS	Ms. Kshama, I B.Sc

MASTER OF CEREMONY: Miss Jahnvi G Bedre, III B.Sc



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(Managed by: SDME Society, Ujire)

Mysore Makkala Koota &

SHRI DHARMASTHALA MANJUNATHESWARA MAHILA MAHAVIDYALAYA

Krishnamurthypuram, Mysore - 570 004



Prof. Sainath Malligemadu
Principal

Dr. D Veerendra Heggade
President: SDME Society, Ujire.

Ref No.: MMK&SDM/MMV/194/2023 to 2024

08-11-2023

To,

Mrs. Brinda Nanjappa,
Health & Wellness Coach,
Dubai, UAE.

Respected Ma'am,

I hope this letter finds you in good health and high spirits. On behalf of Science & Nature Club, I am delighted to extend our warmest welcome to you as our resource person for the upcoming "Mind-Body Wellness Session: Navigating Mental Health & PCOD."

We greatly appreciate your willingness to share your knowledge and insights with our students. Your contribution to this event will undoubtedly enrich the understanding of the intricate connection between mental health and Polycystic Ovary Syndrome (PCOD), offering valuable guidance and solutions to our attendees. Your expertise in this subject will help shed light on important aspects of holistic well-being and inspire individuals to lead healthier lives.

We are eagerly looking forward to your presentation on 09/11/2023.

Once again, thank you for being a part of our event, and we are excited to have you with us.

Warm regards,

Principal
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MMK & SDM Mahila Mahavidyalaya
Krishnamurthypuram, Mysore-570 004

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Krishnamurthypuram, Mysore - 570 004



Prof. Sainath Malligemadu
Principal

Dr. D Veerendra Heggade
President: SDME Society, Ujire.

Ref No.: MMK&SDM/MMV / 941 / 20 23 to 20 24
08-11-2023

To,
Mrs. Brinda Nanjappa,
Health & Wellness Coach,
Dubai, UAE.

Respected Ma'am,

I am writing to express our heartfelt gratitude for your invaluable contribution to the "Mind-Body Wellness Session: Navigating Mental Health & PCOD." Your insightful presentation and expertise on this subject made a significant impact on our students.

Your dedication and passion for promoting mental and physical well-being were evident throughout your talk, and the way you navigated the complexities of PCOD and its connection to mental health was informative. The knowledge and practical insights you shared will undoubtedly benefit our students in their pursuit of a healthier life.

Thank you once again for being an integral part of our event. We hope to collaborate with you in the future and continue spreading awareness on these important health issues.

Warm regards,

Principal
PRINCIPAL

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MMK & SDM Mahila Mahavidyalaya
Krishnamurthypuram, Mysore-570 004

MMK & SDM Mahila Mahavidyalaya
Krishnamurthypuram, Mysore-570 004

Phone: 9886166750, 0821-2332865 Email: principal@sdmmmkmysore.in Website: sdmmmkmysore.in

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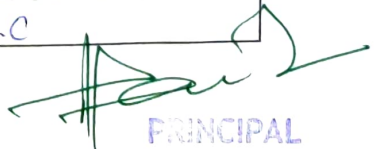
SCIENCE & NATURE CLUB
GUEST LECTURE: STUDENTS LIST

III BtBM

DATE: 09/11/2023

VENUE: AUDITORIUM

Sl No	Roll No.	Student Name	Signature
1	21100	ANANYA. K. R(K)	ABSENT
2	21102	ANU S P	ABSENT
3	21103	ARCHANA. K. R(K)	Archana
4	21105	HARSHITHA. U(K)	Harshitha
5	21106	JAHNAVI. G. BEDRE(K)	Jahnavi
6	21107	K. M. NISHKA(H)	Nishka K.M.
7	21108	KUSHI. JAIN. D(H)	Kushi
8	21109	LOURDKOURNIKOVA A(H)	Lourdournikova
9	21110	M G. SANVI. GOWRAMMA(H)	Sanvi
10	21111	MONISHA. S. GOWDA(K)	Monisha
11	21113	NAGASHREE. M(K)	Nagashree.M
12	21114	NANDINI. C(K)	Nandini C
13	21115	NIKITHA. K(K)	Nikitha K
14	21116	NISARGA. R(K)RAJASHEKAR	Nisarga R
15	21117	NISARGA. R(K)RAMESHA	Nisarga R
16	21118	NISARGA. R(K)RAVICHANDRA	Nisarga R
17	21119	PRATHIKSHA. H. G(K)	Prathiksha.H.G
18	21120	PRIYANKA. U(K)	Priyanka.U
19	21121	PRUTHVI. K(K)	Pruthvi K
20	21122	RIDHI. NAGARAJ(K)	Ridhi
21	21123	RUCHITHA. M. R(K)	Ruchitha
22	21124	SAHANA. H. S(K)	Sahana.H.S
23	21125	SAHANA. P(FK)	Sahana P
24	21126	SANJANA K N	Sanjana
25	21127	SHILPA. B. P(K)	Shilpa
26	21128	SIHI SATHISH	ABSENT
27	21129	SNEHA. H. S(K)	Sneha.H.S.
28	21130	SONU. C(K)	Sonu.C


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29	21131	SPANDANA. B. S(K)	Spandan B-S
30	21132	SUCHITHA. SHREE. H(K)	ABSENT
31	21133	SUPRITHA. B(K)	ABSENT
32	21134	SURAKSHA R(K)	Suraksha R
33	21135	TEJASWINI. T. G(K)	Tejaswini T.G.
34	21136	USHA. M(K)	Usham
35	21137	YASHASWINI G. K(K)	ABSENT



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GUEST LECTURE: STUDENTS LIST

III BBA

DATE: 09/11/2023

VENUE: AUDITORIUM

Sl No	Roll No.	Student Name	Signature
1	21900	AISHWARYA. K(H)	Aishwarya K
2	21901	AMULYA. M(K)	Amulya M
3	21902	ANANYA. R(K)	Ananya R
4	21903	ANANYA S(S)	Ananya .S
5	21904	ANUSHREE. S(K)	Anushree .S
6	21905	ARCHANA. N(K)	ABSENT
7	21907	BHARATHI. R(K)	Bharathi R
8	21908	BHAVISHYA. C(K)	Bhavishya C
9	21909	BHOOMIKA. B(K)	Bhoomika B
10	21910	BIBI. FATHIMA. FARZEEN(H)	Fathima
11	21911	CHANDANA. C. N(K)	Chandana C
12	21912	DAKSHATHA M(K)	Dakshatha .M
13	21913	DAYANA S(K)	Dayana S
14	21914	DEEKSHA. S(K)	Deeksha S
15	21915	DEEPTHI. S. R(K)	Deepthi
16	21916	DIVYASHREE. A(S)	Divyashree A
17	21917	HARSHITHA M S	Harshitha MS
18	21918	HARSHITHA. S(SURESH S M)(K)	Harshitha Suresh
19	21919	HARSHITHA. S(SHAILESHA R)(K)	Harshitha S
20	21921	INCHARA. R(K)	Inchara R
21	21922	KAVANA. R(K)	Kavana R
22	21923	KAVERAMMA. K. M(K)	Kaveramma K
23	21924	KAVYA M N(S)	Kavya M N
24	21925	KAVYA. R(K)	Kavya R
25	21926	KEERTHANA. K(H)	Keethana . K
26	21927	KRUPASHREE M(K)	Krupa


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Channarayana, Mysore-570 001

27	21928	KRUTHIKA. M(K)	Krutlika M
28	21929	KRUTHIKA. R(K)	Krutlika R
29	21930	LIKITHA. N(K)	Likitha. N
30	21931	MANISHA. M(K)	Manisha. M
31	21932	MANUSHREE(K)	Manushree
32	21933	MONISHA. U(H)	Monisha
33	21934	NAILA. SADAF(H)	Naila
34	21935	NASMA. RIZA(H)	Nasma
35	21937	POOJA. RAVI. R(K)	Pooja Ravi R
36	21938	PRATHEEKSHA. HEGDE(S)	Pratheeksha H
37	21939	PRERANA. A(S)	Prerana
38	21940	RAJSHREE GUPTA H N(K)	Rajshree
39	21941	RAKSHITHA. M. S(K)	Rakshitha M
40	21942	SANIYA BANU(H)	Saniya Banu
41	21943	SANJANA. P(K)	Sanjana
42	21944	SHASHI. N(K)	Shashi
43	21945	SHIFA. KHANUM(H)	Shifa
44	21946	SHIZA. ZAIB. M(FK)	Shiza Zaib M
45	21947	SNEHA H G(K)	Sneha H G
46	21948	SNEHA. M V(K)	Sneha M V
47	21950	SUCHITHA. V(FK)	Suchitha V
48	21951	THANUJA. PRIYAA. P(K)	Thanuja
49	21952	THANUSHREE. S(K)	Thanushree S
50	21953	UMME HANIYA(FK)	Umme Hanिया
51	21954	VANDANA. S(K)	Vandana
52	21955	VARSHA. M(MAHESH M S)(K)	Varsha
53	21956	VARSHA. R(RAJESH S)(K)	Varsha
54	21957	VARSHA. R(RAMESHA)(K)0	Varsha
55	21958	VIJETHA. M(K)	Vijetha M
56	21959	YOGITHA. M(K)	Yogitha M
57	21960	KAVYA R(K)	Kavya R



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III B.COM – B

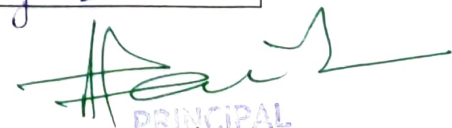
DATE: 09/11/2023

VENUE: AUDITORIUM

Sl No	Roll No.	Student Name	Signature
1	21760	AISHWARYA. M. K(S)	ABSENT
2	21761	ANANYA. H. T(K)	Ananya H.T
3	21762	ARCHANA. B(K)	Archana B
4	21763	BHAVANA. R(K)	Bhavana R
5	21764	BHOOMIKA. N(K)	Bhoomi Chetty
6	21765	BHUVANA. V. KUMAR(K)	Bhuvana V
7	21766	BIBI. JAMALIYA. NOORAIN(H)	Bibi J
8	21767	DAKSHITHA. N(S)	Dakshitha. N.
9	21768	DHATRI. H. R(K)	ABSENT
10	21770	GAGANA. P(K)	Gagana P
11	21771	GAGANASHREE S(K)	Gaganashree S
12	21772	HALALE. MAHALAKSHMI. RAJESH(H)	ABSENT
13	21773	HARSHITHA. S(K)	Harshitha. S.
14	21774	INCHARA. C. G(K)	Inchara C
15	21775	KALYANI. G. N(K)	Kalyani. G. N
16	21776	KAVANA. RAJ. N(K)	Kavana. Raj. N.
17	21777	KAVYA. H(K)	Kavya H
18	21779	KEERTHANA. G(S)	Keerthana G
19	21780	LAKSHMI. M R(K)	Lakshmi. M. R
20	21781	LEELA. R(K)	Leela R
21	21782	LOHITHA. M. V(K)	Lohitha M
22	21783	MADHUSHREE. A. R(K)	ABSENT
23	21784	MAHATHI. R(K)	Mahathi. R
24	21785	MANASA. GANESHA(S)	manasa
25	21786	MANDARA. K. P(K)	Mandara. K. P....
26	21787	MONISHA. M(K)	ABSENT
27	21788	MOUNA. P(K)	Mouna. P.


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28	21789	NANDANA. MOHAN(H)	Nandana
29	21790	NAZIYA(K)	ABSENT
30	21791	PRAGNYA. M. V(S)	Pragnya. M. V.
31	21792	PRAKRUTHI. M. M(K)	Prakruthi. M. M.
32	21793	PRANATHI. J(S)	Pranathi
33	21794	PRATYUSHA. S(K)	Pratyusha. S
34	21795	PUSHPALATHA. M(K)	Pushpalatha
35	21796	RAKSHITHA. H(K)	Rakshitha. H.
36	21797	RAKSHITHA. N(K)	Rakshitha
37	21798	RAKSHITHA. R(RAVIKUMAR)(K)	Rakshitha. R.
38	21800	RAMYA. B(K)	Ramya
39	21801	RATHNASHREE. R(S)	Rathnashree. R.
40	21802	SAHANA. DEVARAJA. HEGDE(S)	Sahana
41	21803	SAHANA. M. S(K)	Sahana
42	21804	SANJANA. M(K)	Sanjana. M.
43	21805	SANJANA. P(S)	Sanjana. P.
44	21806	SHALINI. S(K)	Shalini
45	21807	SHARADA. N(K)	ABSENT
46	21808	SHOBHASHREE. H. B(K)	Shobha
47	21809	SHRAVANI. V(S)	Shravani. V.
48	21810	SINCHANA. C P(K)	Sinchana. C. P.
49	21812	SINCHANA. P(K)	Sinchana. P.
50	21813	SONU. N(K)	Sonu. N.
51	21814	SOWNDARYA. H. N(K)	ABSENT
52	21815	SUKALPA. S(S)	Sukalpa. S.
53	21816	SURAKSHA. C. M(K)	Suraksha. C. M.
54	21817	SUSHMITHA. H. S(S)	Sushmitha. H. S.
55	21818	TEENA. A. G(K)	Teena. A. G.
56	21819	VAISHNAVI. D(K)	Vaishnavi. D.
57	21820	YASHASWINI. V(K)	ABSENT
58	21824	MANASA	Manasa
59	21825	PRAGATHI D	Pragathi. H. D.
60	21826	VISHRUTHA SUDHAKAR(K)	Vishrutha. S.
61	21827	KARTHIGA D(H)	Karthiga. D.


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III B.COM - A

DATE: 09/11/2023

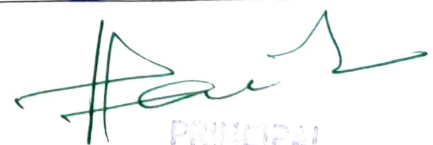
VENUE: AUDITORIUM

Sl No	Roll No.	Student Name	Signature
1	21700	ADITHI. KORNAYA(S)	ABSENT
2	21701	ANKITHA. H. K(K)	ABSENT
3	21702	ANUSHA. C(K)	Anusha C
4	21703	ANUSHA. S(S)	Anusha S
5	21706	CHAITHRA. R. M(K)	Chaitra
6	21707	CHANDANA. A. P(K)	Chandana A P
7	21708	CHANDANA. V(K)	Chandanav
8	21709	CHAYA RASHMI. R(K)	Chaya Rashmi R
9	21710	CHEETHANA T(K)	Chethana T
10	21711	DAMINI. S(K)	Damini S
11	21712	DEVIKA. R. CHANDRU(K)	Devika R
12	21713	DHANYA. G. T(K)	Dhanya
13	21714	DHARSHINI. S(K)	Dharshini S
14	21715	GAGANASHREE K B(K)	Gaganashree K B
15	21716	GAYATHRI. KRUPAKAR(K)	ABSENT
16	21717	HAMSANA. S(K)	Hamsana S
17	21718	HARSHITHA. Y(K)	Harshitha Y
18	21719	HASMITHA. K. S(S)	Hasmitha K S
19	21720	KANAKA. SHREE. B(K)	Kanaka shree B
20	21721	KAVANA. M. S(K)	Kavana M.S.
21	21722	KEERTHANA. L(K)	Keethana L
22	21723	KEERTHANA. V(K)	Keethana V
23	21724	LAKSHMI. R(H)	Lakshmi R
24	21725	LIKHITHA. BALARAJ(K)	ABSENT
25	21726	MADHU. S(K)	Madhu S
26	21727	MADHUSHRI. M(K)	Madhushri M
27	21729	MANJUSHREE D(S)	ABSENT
28	21730	N. KUSUMA(H)	Kusuma


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Krishnamurthypuram, Mysore-575 004

29	21731	NAVYAREETA. A. N(K)	Neel
30	21732	NEHA. JAIN. T P(K)	Neel Neha T.P.
31	21733	NIRMITHA. PRASAD. N S(K)	Neel Nirmitha P.S.
32	21734	NIVEDITHA. S(K)	Niveditha S.
33	21735	P. DHANUSHREE(K)	P. Dhanushree
34	21736	POOJA M(H)	Pooja M.
35	21737	POOJA. URS. P(K)	Pooja U.P.
36	21738	POORVIKA. R(K)	Poorvika R.
37	21739	PRAKRUTHI. M(S)	Prakruthi M.
38	21740	PUSHPA. S(K)	Pushpa S.
39	21741	RAKSHITHA. D(K)	ABSENT
40	21742	RAKSHITHA R(S)	Rakshitha R.
41	21743	REEYA. THANGAMMA. K V(K)	Reeya
42	21744	ROSHNI. M. I(H)	Roshni M.
43	21745	RUBIYA. BANU. M(K)	M. Rubiya Banu
44	21746	S. KOMALA. BAI(K)	S. Komala Bai
45	21747	S. SAHANA(H)	Sahana
46	21748	S. VARSHINI(K)	Varshini
47	21749	SAHANA. M(K)	Sahana M.
48	21750	SANJANASHREE. S(K)	Sanjanashree S.
49	21751	SHIVARANJINI. S. P(K)	Shivaranjini S.P.
50	21752	SHREELAKSHMI. N(K)	Shreelakshmi N.
51	21753	SINCHANA. G(K)	Sinchana G.
52	21754	SINCHANA. K(K)	Sinchana K.
53	21756	SRI VIDYA. R(K)	Sri Vidya R.
54	21757	SWAPNA. R(K)	ABSENT
55	21758	THIRTA. SRI(K)	Thir Thir
56	21759	VARSHA. M. N(K)	Varsha M.
57	21821	NIDHISHREE P(K)	Nidhishree P.
58	21822	SINCHANA C(K)	Sinchana C.
59	21823	SWETHA C(K)	Swetha C.


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SCIENCE & NATURE CLUB
GUEST LECTURE: STUDENTS LIST

III B.Sc

DATE: 09/11/2023

VENUE: AUDITORIUM

Sl.no.	Roll No.	Name	Signature
1	21151	ALIYA. FATHIMA(K)	
2	21152	ANUSHREE N(K)	
3	21153	CHAITRASHREE. P(K)	
4	21154	CHANDANA. U. D(K)	
5	21155	FAIZA TASKEEN(H)	
6	21156	KHANITHA. MAREYAM(K)	
7	21157	NEETHU P(H)	
8	21158	PADMA. G(K)	
9	21159	TEJASHWINI. R(K)	
10	21180	RASHMI S(K)	
11	21160	ANUSHREE. N. R(K)	ABSENT
12	21161	DEEKSHITHA A M	ABSENT
13	21162	KAVITHA. H. D(K).	ABSENT
14	21164	RAMYASHREE H N(K)	ABSENT
15	21165	RIYA. U. R(K)	ABSENT
16	21167	BHANUPRIYA. J(K)	ABSENT
17	21168	CHANDANA. N(K)	ABSENT
18	21170	DEEPIKA. M(K)	ABSENT
19	21171	IMAPANA. R. S(K)	ABSENT
20	21172	KANNIKA. C. M(K)	ABSENT
21	21173	PRAKRUTHI. D. M(K)	ABSENT
22	21174	RAKSHITHA. N(K)	ABSENT
23	21175	RASHMI. K(H)	ABSENT
24	21176	RISHITA RAJAN(H)	ABSENT
25	21177	SYEDA ROSHNI(H)	ABSENT
26	21178	THANUSHREE. G. S(K)	ABSENT
27	21179	YASHU R(K)	ABSENT

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