



One Day Seminar on

“Women – Mind Your Mind”



Under

District Mental Health Programme & District Health Office,
Kalaburagi, Karnataka, India

In Association with

IEEE Women in Engineering, IEEE Bangalore Section, Bangalore
on the view of



On the view of “DigitALL: Innovation & Technology for Gender Equality”
International Women’s Day Week 2023 Celebration

Organized by

Faculty of Engineering & Technology – Exclusively for Women
Sharnbasva University, Kalaburagi, Karnataka India

Sharnbasveshwar Institutions Campus,
Kalaburagi -585102, Karnataka, India

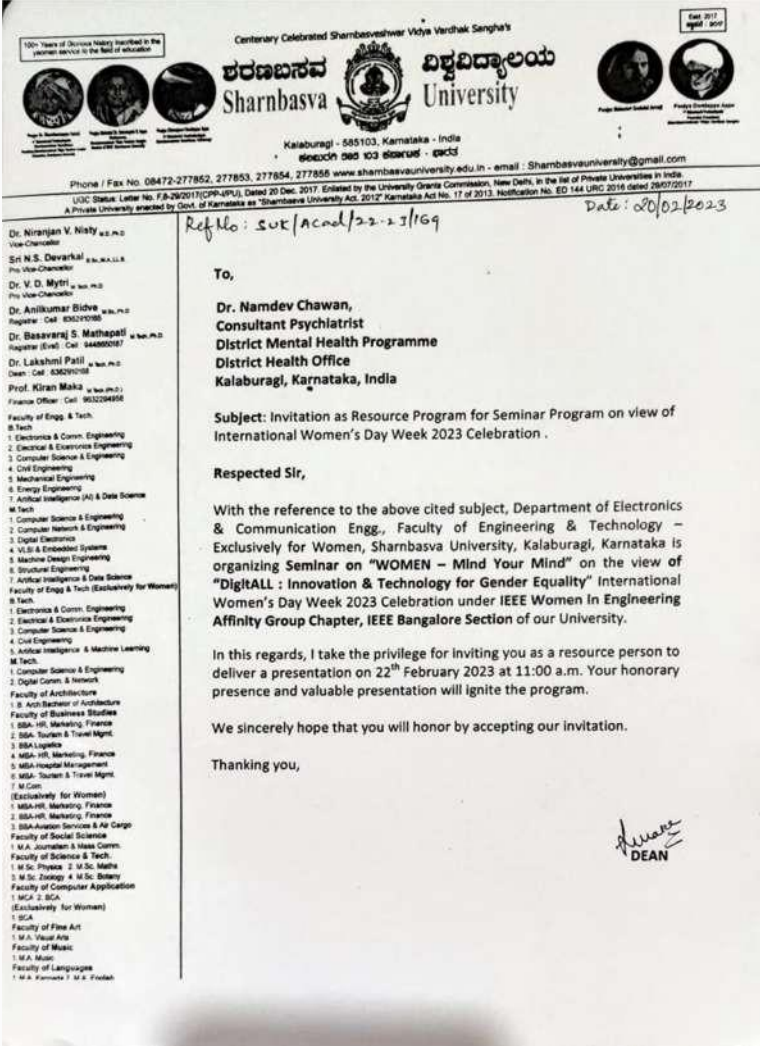


Phone/Fax No. : 08472 – 277852, 277853, 277854

Website : www.sharnbasvauniversity.edu.in

itle of the Event	One Day Seminar on “Women – Mind Your Mind”
Date of Activity held	22 nd February 2023, Tuesday
Time of Activity	11:00 a.m.
Resource Person	Dr. Namdev Chawan,
Professional details of Resource Person	Dr. Namdev Chawan, Consultant Psychiatrist District Mental Health Programme, District Health Office Kalaburagi, Karnataka, India
Program/Course/Class	UG & PG Students and Faculty Members of All Programs of our University.
Number of PG Students/Research Scholars and Faculty Members attended	300 Participants.
Convenor	Dr. Lakshmi Maka, Dean, Sharnbasva University IEEE WIE Student Branch Mentor and Faculty Advisor
Co-Convenors	Prof. Shivganga Patil Chairman, Dept of ECE, FETW, Sharnbasva University.
Activity In charge	Dr. Asharani Patil Associate Professor, Dept. of Electronics & communication Engg., And Faculty Members of Electronics & Communication Engg., Faculty of Engineering & Technology – Exclusively for Women., Sharnbasva University, Kalaburagi, Karnataka, India.
Aim of the Event	To Raise Awareness about Women's Mental Health. Promote Emotional Resilience and Self-care. Empower Women through Mindfulness and Mental Strength. Address Societal and Cultural Pressures. Encourage Seeking Help and Building Support Networks. Foster a Culture of Compassion and Balance

Objective of Activity	“WOMEN – Mind Your Mind” on the view of “DigitALL : Innovation & Technology for Gender Equality” International Women’s Day Week 2023 Celebration Your brain is built to reinforce and regulate your life. Your subconscious mind has something called a homeostatic impulse, which regulates functions like body temperature, heartbeat and breathing. Brian Tracy explained it like this: "Through your autonomic nervous system, [your homeostatic impulse] maintains a balance among the hundreds of chemicals in your billions of cells so that your entire physical machine functions in complete harmony most of the time." The first step in creating massive change in your life does not actually believe that it's possible; it's being willing to see if it is possible. You are not going to be able to jump from being a complete skeptic to a wholehearted believer. The step between those is just being open to seeing what could be possible. You could maybe try sending a few "scary emails," in which you proposition a client or partner for something that they do not have any reason to respond to. You might have a few dozen ignored messages, but eventually, someone will respond. The point is that you're willing to see if its possible... that's what will change your life.
Motive of Seminar	• Be willing to see the unchangeable change. • Give yourself permission to be successful. • Don't allow other people's fears to cast shadows of doubt. • Surround yourself with positive reinforcement. • Speak your success as a present fact, not a future plan • Create a vision space. • Identify your resistance. • Have a master plan for your life. • Start asking for what you want, even if you know you'll be

	denied. - Release your attachment to the "how." - Surround yourself with allies. - Fill your "dead air" time with affirmation and motivation.
Invitation for Resource Person	 Ref No : SUK/ACAD/22-23/169 Date : 20/02/2023 To, Dr. Namdev Chawan, Consultant Psychiatrist District Mental Health Programme District Health Office Kalaburagi, Karnataka, India Subject: Invitation as Resource Program for Seminar Program on view of International Women's Day Week 2023 Celebration . Respected Sir, With the reference to the above cited subject, Department of Electronics & Communication Engg., Faculty of Engineering & Technology – Exclusively for Women, Sharnbasva University, Kalaburagi, Karnataka is organizing Seminar on "WOMEN – Mind Your Mind" on the view of "DigitALL : Innovation & Technology for Gender Equality" International Women's Day Week 2023 Celebration under IEEE Women In Engineering Affinity Group Chapter, IEEE Bangalore Section of our University. In this regards, I take the privilege for inviting you as a resource person to deliver a presentation on 22nd February 2023 at 11:00 a.m. Your honorary presence and valuable presentation will ignite the program. We sincerely hope that you will honor by accepting our invitation. Thanking you,  DEAN
Who can attend	Since it was an awareness program, we made to attend UG & PG students of the entire faculties department, which was free to attend and small high tea sponsored by Health Department Kalaburagi.

Centenary Celebrated Sharnbasveshwar Vidya Vardhaka Sangha's

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Sharnbasva University

(Under the aegis of Centenary Celebrated Sharnbasveshwar Vidya Vardhaka Sangha)
Kalaburagi - 585 103 Karnataka, India

Faculty of Engineering and Technology (Exclusively for Women) formerly known as Godutai Engineering College for Women, Kib
Dept. of Electronics and Communication Engineering

Invitation
One Day Seminar on

"Women - Mind Your Mind"

Under
District Mental Health Programme & District Health Office, Kalaburagi, Karnataka, India
In Association with
IEEE Women in Engineering, IEEE Bangalore Section, Bangalore
On 22nd Feb 2023 at 11-00 AM

In the Divine Presence & benign blessings of
Vidya Bhandari

Poojya Dr. Sharnbaswappa Appa
Mahadasoha Peethadhipathi, Sharanbasveshwar Samsthana, Kalaburagi
President, Sharnbasveshwar Vidya Vardhak Sangha, Kalaburagi
Chancellor, Sharnbasva Univesity, Kalaburagi
Trustee, Poojya Dr. Sharnbaswappa Appa Family trust, Sharnbasveshwar Samsthan, Kalaburagi

Matoshree Dr. Dakshayini S. Appa
Chairperson, Sharanabasaveshwar Vidya Vardhaka Sangha, Kalaburagi
Member, Board of Governor, Sharnbasva University, Kalaburagi
Trustee, Poojya Dr. Sharnbaswappa Appa Family trust, Sharnbasveshwar Samsthan, Kalaburagi

Poojya Chi. Doddappa Appa
9th Mahadasoha Peethadhipati, Sharanbasveshwar Samsthana, Kalaburagi
Trustee, Poojya Dr. Sharnbaswappa Appa Family trust, Sharnbasveshwar Samsthan, Kalaburagi

Resource Person
Dr. Namdev Chawan
Consultant Psychiatrist District Mental Health Programme
District Health Office, Kalaburagi

Sri N. S. Devarkal
Pro-Vice-Chancellor
Sharnbasva University, Kalaburagi

Dr. V. D. Mytri
Pro-Vice-Chancellor
Sharnbasva University, Kalaburagi

Dr. Anilkumar Bidve
Registrar
Sharnbasva University, Kalaburagi

Dr. Basavaraj S. Mathpati
Registrar (Evaluation)
Sharnbasva University, Kalaburagi

Dr. Lakshmi Patil Maka
Dean
Sharnbasva University, Kalaburagi

Prof. Kiran Maka
Finance Officer
Sharnbasva University, Kalaburagi

Preside over by
Dr. Niranjana V. Nistya
Vice Chancellor, Sharnbasva University, Kalaburagi
IEEE WIE Co-ordinator
Dr. Asharani Patil
Dept. of ECE, FETW Sharnbasva University, Kalaburagi

Venue : Seminar Hall, New Building, Faculty of Engineering & Tech. (Ex-Women)

All are co-ordinally invited
Pro Vice-Chancellor's, Registrar, Registrar(Eval), Dean,
Finance Officer, Dean of Faculty, Chairpersons, Staff & Students





Session by Resource Person - **Dr. Namdev Chavan**

Session

Women experience mental illness in significantly different ways than men. Understanding these differences is essential knowledge for today's healthcare professionals who are the first line of support for women with mental illness.

Women in Mind brings together leading researchers and practitioners for one of Canada's only academic conferences devoted to women's mental health. Health professionals and students are encouraged to spend the day with us exploring 'must know' information about women's mental health from both medical and social perspectives.

During their reproductive years, women are twice as likely to experience a depressive episode.
 Eating disorders, anxiety disorders, trauma and addictions are manifested differently in women compare to men.
 Certain mental illness such as depression and anxiety are more prevalent in women than in men.



Giving your brain a quick reboot when you feel stressed or stuck can help clear out the backlog of thoughts in your working memory and leave you with a tidier mental workspace.

Think about a desk stacked high with bits and pieces of different projects, memos, and important papers. When you need to find a specific piece of information, this clutter might make your job pretty difficult. Similarly, when unnecessary or troubling thoughts pile up in your brain, you might end up cycling through the same unwanted mental data.

A fruitless search for a memory or other important thought can leave you feeling foggy and overwhelmed. Not to worry, though — when it seems your mind isn't operating as smoothly as it could, the eight tips below might do the trick.



	• Focus on sensations. Use your five senses to fully tune in to the experiences of daily life, however mundane they might seem. Scrubbing the shower? Pay attention to the rhythm of the sponge, the scent of the cleaner, the smooth texture of the tub. • Focus on your breath. If you start to feel overwhelmed, intentionally slowing your breathing can help you ground yourself and return to the present. Breathe in slowly, hold the breath for a few seconds, then breathe out again. Repeat 10 times. • Stay curious. Fully opening your mind to what you can learn from a given situation can help you maintain your concentration. When feelings come up, ask yourself what triggered them and why. If you center on the same distracting thought, trace it back to the source to learn more about what causes it. You'll probably notice your thoughts continue to drift occasionally. This is normal, so try not to criticize yourself for not being mindful enough. Instead, just return your thoughts to whatever you want to focus on. It can take time to pick up this skill, but eventually your mind will grow accustomed to staying present.
Course Outcomes	By the end of the talk, students and faculties will be able to: • Recognize the importance of mental health and emotional well-being • Identify common mental health challenges and stressors faced by women • Apply basic strategies for self-care and stress management • Challenge internalized stereotypes and unhealthy thinking patterns • Build resilience and confidence in managing mental load and emotional labor



	• Demonstrate an increased willingness to seek help when needed • Foster supportive environments for themselves and others
Questions for feedback	1. The seminar increased my awareness of my own thoughts and emotions: ☐ Agree ☐ Disagree ☐ Neutral 2. I felt emotionally connected with the session content: ☐ Agree ☐ Disagree ☐ Neutral 3. After the seminar, I feel more confident in handling stress or emotional challenges: ☐ Agree ☐ Disagree ☐ Neutral

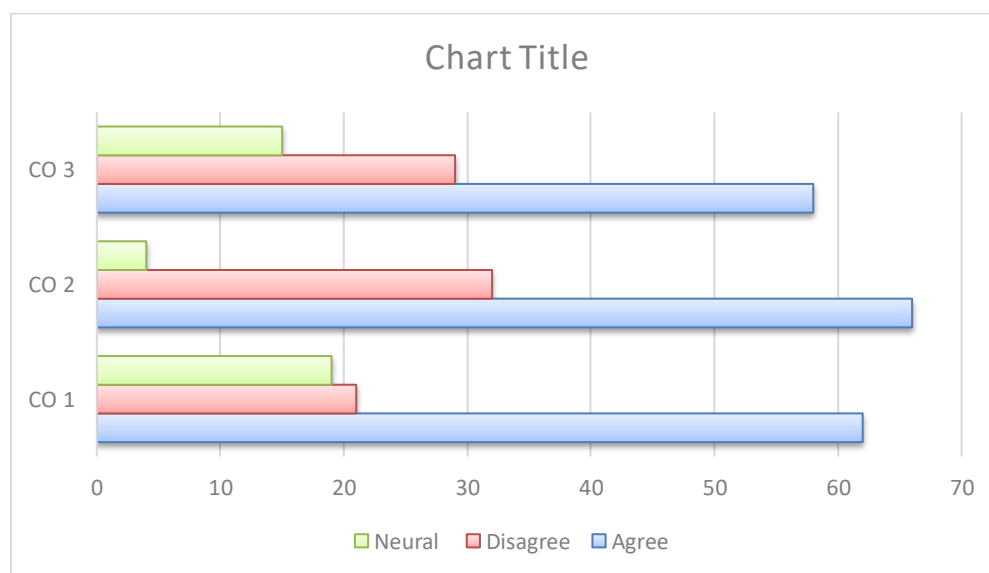
CO's, PO's and PSO's Correlation

CO's	CO Defined	Relevance to PO's and PSO'S
Course Outcome	To Recognize the importance of mental health and emotional well-being Identify common mental health challenges and stressors faced by women. Apply basic strategies for self-care and stress management. Challenge internalized stereotypes and unhealthy thinking patterns	PO1,PO2 PO6, PO7 PO8, PO10, PO12

Title of the Event: One Day Online Mode Technical Webinar on “Women – Mind your Mind”

Number of Student: 102

Q. No	Agree	Disagree	Neutral	%Attainment = (Total score/ Total no. Students attended)	Average percentage Attainment	Attainment levels	Mapped POs	Mapped PSOs
1	62	21	19	96.2	96	3	PO1,PO2 PO6, PO7, PO8,PO10, PO12	PSO1, PSO2, PSO3
2	66	32	4	92.30	92	2		
3	58	29	15	94.23	94	3		



Queries and Feedback	Few questionaries and queries were made.
	
	
	Students Interacted with Resource Person about balancing of studies and mental stress. Same thing with staffs members the interaction look place with resource person. Mind refreshment seminar was delivered by the resource person.

Name & Signature of Organizing Coordinator	Name & Signature of Organizing Department Chairman	DEAN & IEEE Branch Counselor