



Women Empowerment Cell

Celebrates

International Womens Day 2026 (Theme: Give to Gain)



Title of the Event	Gnyana- Special Edition Magazine
Date of Activity held	14/03/2026
Time of Activity	11:00 AM
Type of Activity (Cultural/ Cocurricular/Curricular)	Extra-Curricular
Resource Person	Dr. Lakshmi Patil
Professional details of Resource Person	Registrar Sharnbasva University Kalaburagi
Resource Person	Dr. Himani Saini
Professional details of Resource Person	Senior Scientist, Indian Space Research Organization Bangalore, IEEE WIE EXECOM 2026, Bangalore Section, Bangalore
Number of Students attended	138
Number of Staff attended	18
Activity Organizing Department	Electronics and Communication Engineering
Description of Activity (Min 500 words)	The publication journey commenced with a collaborative series on "Give to Gain," featuring articles where contributors engaged in a virtual mentorship exchange, highlighting how the communal sharing of expertise fosters collective institutional growth. This was followed by a practical "Me Time" Audit, a reflective segment that empowered readers to reclaim small pockets of stillness within their demanding academic schedules to prevent burnout. To provide immediate psychological and physiological relief from high-pressure environments, the edition featured specialized Stress Management strategies alongside cognitive reframing techniques for Mental and Emotional Well-being. Furthermore, the section on Nutrition for Busy Professionals offered bio-available meal-planning strategies designed to sustain high energy levels throughout the rigors of the academic day. Collectively, these articles transitioned the dialogue from mere professional endurance to a sustainable blueprint for holistic excellence, ensuring that the (<i>Gnyana</i>) shared was both restorative and actionable for every faculty member and student.
Outcome of the Activity	• Transition from individual competition to "Give to Gain" collaboration. • Increased awareness of stress-regulators and nutritional foundations. • Adoption of "Me Time" strategies to mitigate mid-career burnout. • A curated handbook (<i>Gnyana</i>) available for future faculty orientation.



UGC Status Letter No. F.8-29/2017(CPP-I/PU), Dated 20 Dec. 2017 Enlisted by the University Grants Commission, New Delhi, in the list of Private Universities in India & Letter No. F.8-29/2017(CPP-I/PU) / 86284 Dated 6th Aug 2025 A Private University enacted by Govt. of Karnataka as "Sharnbasva University Act. 2017" Karnataka Act No. 17 of 2013, Notification No. ED 144 URC 2016 dated 29/07/2017

Activity Photographs (Geotagged only)

CALL FOR ARTICLES
A SPECIAL MAGAZINE
ಶಾರ್ಣಬಸವ
INTERNATIONAL WOMEN'S DAY

SHARE YOUR IDEAS ON

- GIVE TO GAIN
- ME TIME
- STRESS MANAGEMENT
- MENTAL AND EMOTIONAL WELL-BEING
- NUTRITION FOR BUSY WOMEN
- PROFESSIONALS

IMPORTANT POINTS?

WHO CAN SUBMIT?
ANYONE (PROFESSIONALS, HOME MAKERS, STUDENTS) OF ALL AGE GROUPS

LAST DATE OF SUBMISSION:
5TH MARCH 2016

FOR MORE DETAILS, CONTACT:
shobhna.khanapur@sharnbasvauniversity.edu.in

GUIDELINES:

- WORD LIMIT: UP TO 150 WORDS
- TITLE OF THE ARTICLE: TIMES NEW ROMAN (N FONT SIZE)
- CONTENT: TIMES NEW ROMAN (12 FONT SIZE)
- PHOTOGRAPH: JPEG FORMAT (LESS THAN 1MB)

Upload Link:
<https://forms.gle/XWJTFVVC>
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INTERNATIONAL WOMEN'S DAY-2026

MESSAGE FROM THE VICE CHANCELLOR

Warm greetings to you all as we celebrate International Women's Day. I am incredibly proud to unveil this milestone edition of *Give to Gain*, a testament to the resilience, brilliance, and untold stories of women who redefine what is possible.

Within these pages, you will find stories that spark hope and celebrate the grit behind every success. This magazine reflects our core values, honoring talent and fostering a culture of women empowerment.

My deepest gratitude goes to the creators and contributors behind these pages. Together, let's continue to champion a world where every woman has the space to lead and the support to succeed.

Dr. Anil Kumar Bhave
Vice Chancellor,
Sharnbasva University, Kalaburagi

MESSAGE MESSAGE FROM THE CHAIRMAN



Dr. Dakshyalini S Appa

ಶಾರ್ಣಬಸವ ವಿದ್ಯಾವಿದ್ಯುಯ ವಿಶ್ವವಿದ್ಯಾಲಯದ 100ನೇ ವಾರ್ಷಿಕೋತ್ಸವವನ್ನು ಸಂತೋಷದಿಂದ ಸ್ವಾಗತಿಸುತ್ತಿದ್ದೇವೆ. ಈ ಸಂದರ್ಭದಲ್ಲಿ, ನಾವು ಮಹಿಳಾ ಶಕ್ತಿ ಮತ್ತು ಸಾಮರ್ಥ್ಯವನ್ನು ಗೌರವಿಸುವುದು ಮತ್ತು ಮಹಿಳೆಯರನ್ನು ಸಮಾನತೆಯಲ್ಲಿ ಒಳಗೊಂಡಿರುವುದು ನಮಗೆ ಮುಖ್ಯವಾಗಿದೆ. ಈ ಪತ್ರಿಕೆಯು ಮಹಿಳೆಯರ ಸಾಧನೆಗಳನ್ನು ಮತ್ತು ಅವರ ಜೀವನದ ವಿವಿಧ ಅಂಶಗಳನ್ನು ಪ್ರದರ್ಶಿಸುತ್ತದೆ. ನಾವು ಮಹಿಳೆಯರನ್ನು ಸಮಾನತೆಯಲ್ಲಿ ಒಳಗೊಂಡಿರುವುದು ಮತ್ತು ಅವರ ಸಾಮರ್ಥ್ಯವನ್ನು ಗೌರವಿಸುವುದು ನಮಗೆ ಮುಖ್ಯವಾಗಿದೆ.

Dr. Dakshyalini S Appa
Chairman,
Sharnbasva University, Kalaburagi

MESSAGE MESSAGE FROM THE REGISTRAR



Dr. Lakshmi Meka

International Women's Day is a global celebration of the achievements of women and a reminder of the need for gender equality. At Sharnbasva University, we are committed to fostering a culture of women empowerment and leadership. This magazine is a testament to the resilience, brilliance, and untold stories of women who redefine what is possible.

Dr. Lakshmi Meka
Registrar,
Sharnbasva University, Kalaburagi

MESSAGE MESSAGE FROM THE VICE CHANCELLOR



Dr. Anil Kumar Bhave

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Dr. Anil Kumar Bhave
Vice Chancellor,
Sharnbasva University, Kalaburagi

CHIEF EDITOR



Shobhna Anantur Professor
PTV, Sharnbasva University



Anshu Anantur Professor
PTV, Sharnbasva University



Faculty of Engineering & Technology
(Exclusively For Women)
Shri Chhatrapati Shivaji Maharaj Vastu Sangrahalaya, Mumbai