



CMR COLLEGE OF ENGINEERING & TECHNOLOGY
(AUTONOMOUS)

NAAC Accredited Institution with 'A' Grade
Kandlakoya (V), Medchal Road, Hyderabad -501401.

Date: 27/07/2017

To,
The Principal
CMRCET
Kandlakoya (V),
Medchal Road
Hyderabad-501401.

Recommended
Approved

Dear Sir,
Through : IQAC Coordinator

Sub: Requesting permission to conduct a seminar on Personal and Menstrual Hygiene and Self Esteem for better living -reg

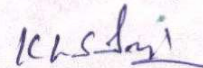
I, Mrs. K.L.S.Soujanya, convener of the WEC-MUDITA and Associate professor of CSE department request your permission to conduct seminar on Personal and Menstrual Hygiene and Self Esteem for better living.

- Date of Event : 31/07/2017
- Name of event : a seminar on Personal and Menstrual Hygiene and Self Esteem for better living
- Venue of event: CMRCET BLOCK 2 Room number 318

I request you to grant me permission and do the need full.

Thanking you

Yours sincerely


(K.L.S.Soujanya)

Permission granted to
conduct seminar
27/7/17



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Kandlakoya (V), Medchal Road, Hyderabad -501401.

CMRCET/PRIN/WEC-MUDITA/AY2017-18/CIR-02

Date: 28/07/2017

CIRCULAR

All the lady staff and second year girl students are hereby informed that there is a seminar on Personal and Menstrual Hygiene and Self Esteem for better living organized by WEC – MUDITA in association with Women protection cell and student counseling cell.

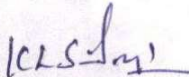
Event Details:

Date: 31/07/2017

Time: 2:30 PM to 3:30 PM

Venue: CMRCET BLOCK 2 Room number 318.

Contact: Mrs K.L.S.Soujanya, Convener (9948143850).


Convener


28/7/17

Principal

Copy Submitted to: (1) The Secretary Garu – For your kind information Pl.

1. IQAC coordinator
2. Deans
3. Examination Branch
4. All HODS
5. Administrative Officer
6. Accounts Officer
7. Librarian
8. Training & Placement
9. Faculty Concerned
10. Student Notice Board



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**REPORT :Personal and Menstrual Hygiene and Self Esteem
for Better Living**

Date: 31.07.2017

Menstruation is ensuring proper hygiene during menses and eating right is a key to ease the pain you go through Menstrual blood, when released from the body attracts various organisms from our bodies, which multiply in the warmth of the blood, and cause irritation, rashes or urinary tract infections. Menstruation is part of a normal psychological process in the life of a girl or a woman. This involves the preparation of the Uterus for the implantation and growth of the fertilized ovum incase conception were to occur. However, if fertilization does not occur, the inner layers of the uterus are shed along with blood. This is called Menstruation. This is a normal and natural process. Menstrual hygiene can be maintained:

- Daily bathing is essential and regular / daily washing of genital region is essential.
- Sanitary pads and clothes used should be changed at least twice a day if not more.
- Home- made sanitary towels /cloths should be washed thoroughly with water and soap and dried in a sunny airy place.
- Moderate exercise and sufficient rest is also important.





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General facts about Menstruation:

- Menstruation starts around the age of 9-16 years in a girl and the first Menstruation is known as "Menarche" the first Menstrual cycle may be irregular and later become regular.
- An average interval of about 20 day's ovulation occurs and lasts for about 4-5 days in some cases 7-8 days.
- Some amount of discomfort and pre menstrual tension may occur.
- Prolonged cramps or discomfort should be discussed with a doctor.
- Menstruation usually stops in the 40's and this is known as menopause.

Ms. KLS Soujanya , Assoc. Prof. of the CSE Department conducted the session for the first year girl students. This event was organized by the **Student's Counselling Center**, **Women's Protection Cell**, **Mudita (Women Empowerment Cell)** with an **aim** to dispel the taboos attached to Menstruation.



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NAAC Accredited Institution with 'A' Grade
Kandlakoya (V), Medchal Road, Hyderabad -501401.

Date: 21/10/2017

To,
The Principal
CMRCET
Kandlakoya (V)
Medchal Road
Hyderabad-501401.

Dear Sir,
Through : IQAC Coordinator

Sub: Requesting permission to conduct a seminar **Gender Discriminations: The Case of LGBT Communities-reg**

I, Mrs. K.L.S.Soujanya, convener of the WEC-MUDITA request your permission to conduct seminar on Gender Discriminations: The Case LGBT Communities.

- Date of Event : 28.10.2017
- Name of event : A seminar on Gender Discriminations: The Case LGBT Communities.
- Venue of event: CMRCET BLOCK I MBA Seminar Hall

I request you to grant me permission and do the need full.

Thanking you

*recommended
Acom*

*permitted to conduct
21/10/17*

Yours sincerely

K.L.S. Soujanya
(K.L.S.Soujanya)



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CMRCET/PRIN/WEC-MUDITA/AY2017-18/CIR-03

Date: 27/10/2017

CIRCULAR

All the faculty are here by informed that there is a seminar on Gender Discriminations: The Case LGBT Communities organized by WEC – MUDITA in association with student counseling cell.

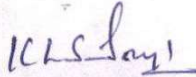
Event Details:

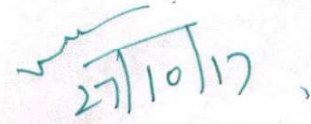
Date: 29/10/2017

Time: 2:00 PM to 3:30 PM

Venue: CMRCET BLOCK 1 MBA SEMINAR HALL.

Contact: Mrs K.L.S.Soujanya, Convener (9948143850).


Convener


Principal

Copy Submitted to: (1) The Secretary Garu – For your kind information Pl.

1. IQAC coordinator
2. Deans
3. Examination Branch
4. All HODS
5. Administrative Officer
6. Accounts Officer
7. Librarian
8. Training & Placement
9. Faculty Concerned
10. Student Notice Board

REPORT: Gender Discriminations: The Case LGBT Communities

Date: 28.10.2017

Discrimination of people on the basis of caste, race, and gender has refused to go away despite constitutional and other legal frameworks. Our public discourse in the form of media and education does not debate upon these crucial aspects which define one's humanity. Most precious space of public discourse is dominated by hyper-nationalism and war. As a result the voices of victims of sexual and other forms of gender discrimination are not heard as they are pushed to the margins. The sexual minorities such as lesbian, gay, bisexual, and transgender experience discrimination on a daily basis. But not much is known about their plight to people who are conventionally educated in schools and colleges. We must spread awareness about their plight not only in order to educate people about the sexual minorities but also to work towards enlightening people about the harmful consequences of discrimination in all its forms. It is because people who are discriminated can be physically assaulted and their right to life can be taken away as in the case of people from LGBT communities.



In order to spread awareness among students of CMRCET about the need to treat people with respect and dignity irrespective of their sexual orientation, we are holding a one day meet on GENDER DISCRIMINATION: THE CASE OF LGBT COMMUNITY.



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Mr. Suneel Kumar Asst. Prof. from the English Department Conducted the session. The above Program was organized by the **Student Counseling Centre** and the **Women Empowerment Cell**. The **aim** of this event is to make the audience aware of how we need to spread awareness about the plight about the LGBT not only in order to educate people about the sexual minorities but also to work towards enlightening people about the harmful consequences of discrimination in all its forms.



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Date: 28/10/2017

To,
The Principal
CMRCET
Kandlakoya (V)
Medchal Road
Hyderabad-501401.

Dear Sir,

Through : IQAC Coordinator

Sub: Requesting permission to conduct a seminar on **Cyber Crime Awareness for secure life** -reg

I, Mrs. K.L.S.Soujanya, convener of the WEC-MUDITA request your permission to conduct seminar on **Cyber Crime Awareness for secure life**.

- Date of Event : 02.11.2017
- Name of event : A seminar on **Cyber Crime Awareness for secure**
- Venue of event: Computer Center ROOM NO 302

I request you to grant me permission and do the need full.

Thanking you

*Recommended
A.C.O.N.*

Yours sincerely

K.L.Soujanya
(K.L.S.Soujanya)

*Permission granted
28/10/17*



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CMRCET/PRIN/WEC-MUDITA/AY2017-18/CIR-04

Date: 30/10/2017

CIRCULAR

The girl students of MBA, and and 2nd year all engineering branches are here by informed that there is a seminar on **Cyber Crime Awareness for secure Life** organized by WEC – MUDITA in association with student counseling cell. All students and faculty concerned are informed to attend with out fail.

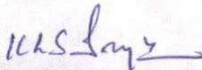
Event Details:

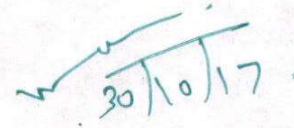
Date: 29/10/2017

Time: 2:00 PM to 3:30 PM

Venue: BLOCK 2 Computer Center ROOM NO 302.

Contact: Mrs K.L.S.Soujanya, Convener (9948143850).


Convener


Principal

Copy Submitted to: (1) The Secretary Garu – For your kind information Pl.

1. IQAC coordinator
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7. Librarian
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9. Faculty Concerned
10. Student Notice Board

Report : Cyber Crime Awareness for secure life

Date: 02.11.2017

Spreading awareness about crime is as important as investigating crime. Educating citizens, especially women, about crime perhaps would go a long way in protecting them from crime. The act of spreading awareness is more important as the nature of crime has changed due to information technology which has become part of everyday life. Information technology in the form of smart phones and social media and networks pose special risk to women and children as it makes it relatively easy for the men to target them.



The crime takes the form of stalking and harassing women and children either by direct means or by posting their details in dark web or such harmful places in cyber world. It becomes very difficult to deal with the repercussions of such activities as it harms one's self image and reputation among the public. **WEC –MUDITA and the Student Counseling Cell** of CMRCET conducted an event on Cyber crime awareness to educate students about the precautions they have to take when they share their details such as phone number and other personal information with anyone. It is because many times the culprit turned out to be a person who is well known to the victim. A senior faculty of the CSE Department Dr. KLS Sowjanya conducted the event. Thus by sharing examples and experiences of victims of cyber crime our **aim** is to educate and protect our women and children better.



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Kandlakoya (V), Medchal Road, Hyderabad -501401.

Date: 22/02/2018

To.
The Principal
CMRCET
Kandlakoya (V)
Medchal Road
Hyderabad-501401.

Dear Sir,

Through : IQAC Coordinator

Sub: Requesting permission to conduct a seminar on -reg

I, Mrs. K.L.S.Soujanya, convener of the WEC-MUDITA request your permission to conduct seminar on **Women in the Competitive World**.

Date of Event : 28.02.2018

Name of event : A seminar on **Women in the Competitive World**.

Venue of event: ROOM NO 317 BLOCK 2

I request you to grant me permission and do the need full.

Thanking you

*Recommended
K.L.S.Soujanya*

Yours sincerely

K.L.S.Soujanya
(K.L.S.Soujanya)

*permitted to conduct
the seminar
22/02/18*



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NAAC Accredited Institution with 'A' Grade
Kandlakoya (V), Medchal Road, Hyderabad -501401.

CMRCET/PRIN/WEC-MUDITA/AY2017-18/CIR-05

Date: 26/02/2018

CIRCULAR

The girl students 2nd year CSE are hereby informed that there is a seminar on **Women in the Competitive World** organized by WEC – MUDITA in association with student counseling cell.


Event Details:


Date: 28/02/2017

Time: 2:00 PM to 3:00 PM

Venue: BLOCK 2 ROOM NO 317

Contact: Dr K.L.S.Soujanya, Convener (9948143850).


Convener


Principal

Copy Submitted to: (1) The Secretary Garu – For your kind information Pl.

1. IQAC coordinator
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9. Faculty Concerned
10. Student Notice Board

Report :Women in the Competitive World: Talk by Alumni

Date: 28.02.2018

Vyshnavi a former student of EEE branch of CMRCET gave a motivational talk to the girl students in the college on 'The Challenges girls face in preparing for Competitive exams in the Indian Society'. She is an IAS aspirant.

She spoke about how easy it seemed to clear the Prelims and Mains of the Civil Service exams and how tough the Interview was. At just 21 years of age, when she was asked 'if her husband died and when she was getting ready to marry another man, and her dead husband returned what would she do.' Such questions confused her. The end result was that she did not clear the interview.



Ms. Vyshnavi a former student and IAS aspirant speaking to the girl students

She explained that though she was heartbroken, with the help of her parents and her favorite childhood teacher she overcame her disappointment and started preparing again. She lamented how the society around tried to interfere in her matters, trying to influence her parents to get her married off. She faced obstacles at



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every step of her preparation after two years. But she still slogged through. She cautioned the girls on how they can become influenced by negativity of the society. She exhorted them to take the support of their loved ones and follow their dreams till they are realized. The event was organized by the **Student Counseling Centre** and the **Women Empowerment cell**. The **aim** of the event was to make the girl students aware of the tough competition that they would have to face in the outside world.



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Kandlakoya (V), Medchal Road, Hyderabad -501401.

03/03/2018

To
The Principal
CMRCET
Kandlakoya (V)
Medchal Road
Hyderabad-501401.

Dear Sir,

Through : IQAC Coordinator

Sub: Requesting permission to conduct **International Women's Day** on 08/03/2018

I K.L.S. Soujanya, convener of the **WEC-MUDITHA** , request your permission to conduct International Women's Day.

- Date of Event : 08/03/2018
- Name of event : Celebrating Womenhood
- Venue of event: Auditorium- CMRCET Auditorium
- Target audience: Staff & girl Students

I request you to grant me permission and do the need full.

Thanking you

*Recommended
A.C.V.*

Yours sincerely

K.L.S. Soujanya
(K.L.S.Soujanya)

*Permitted to organize
Women's Day celebrations
03/3/18*



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CMRCET/PRIN/WEC-MUDITA/AY2017-18/CIR-06

Date: 05/03/2018

CIRCULAR

This is to inform all the staff and students in the college that there will be an event "Living for a Purpose" on the occasion of International Women's Day. All the lady Faculty and girl students are requested to attend.

Event Details:


Date: 08.03.2018

Time: 02:00 PM to 04:00 PM

Venue: CMRCET Auditorium

Contact: K.L.S. Soujanya, Convener (9948143850).


Convener


Principal

Copy Submitted to: (1) The Secretary Garu – For your kind information Pl.

1. IQAC coordinator
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9. Faculty Concerned
10. Student Notice Board

REPORT: Women's Day Celebration: Living for a Purpose

Date: 08.03.2018

"I think women are foolish to pretend they are equal to men. They are far superior and always have been," – William Golding, Novelist, Playwright and Poet. The celebration, at CMR College of Engineering & Technology of Women's Day began with addresses by the Secretary & Correspondent Mr. Gopal Reddy and the Principal Major Dr. V.A. Narayana, lauding women for their talent in multi tasking and making the world a beautiful place with their presence.



The Guests were Dr. Madhavi Sastry, a scientist working with D.E. Shaw India Software Ltd., Dr.K. Aruna, nutritionist and dietetics, and Lakshmi Praveena, Kuchipudi dancer and Choreographer. All the guests spoke about the struggles they had in finding a place for themselves in a male dominated world and also gave credit to the men in their lives for making their lives easier to live. The Head of Women's Protection Cell of the college also spoke about the safety and security maintained in the college for the girl students and female faculty and informed the gathering about how cases pertaining to harassment are dealt with in the college.



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The day concluded with cultural programmes by the students, which also included a short performance by Lakshmi Praveena, the dance she helped choreograph from the Telugu film Bahubali 2, "Kanna Nidurinchara." The entire program was organized by the **Student Counseling Centre** and the **Women Empowerment Cell -MUDITA**. The **aim** of the event was to show how women can multi-task and be achievers.