



CRITERION 1 – CURRICULAR ASPECTS

KEY INDICATOR: 1.3 Curriculum Enrichment

Metric Number: 1.3.1 Institution integrates crosscutting issues relevant to professional Ethics, Gender Human Values, Environment and Sustainability in transacting the curriculum

List of Programs conducted

Academic Year 2019-20

Sl.No.	Name of the Activity	Chief Guest for Activity	Date of Activity
1	World Environment Day	Dr. V.S.Ramamurthy Principal , CEC	05/06/2019
2	World Blood Donors Day at IRCS attended by NSS & YRC officers	-	14/6/2019
3	International Yoga Day	Members of Art of Living	21/06/2019
4	A talk on Gender Sensitization	Professor Nagashree, dept of Applied Science, CEC	19/08/2019
5	Health Awareness program for women	Ms. Srilakshmi Hegde, Personality Development Trainer	10/09/19
6	A talk on “Women’s safety practical measures”	Professor Sowmya Naik, Dept of CSE, CEC	27/11/2019
7	‘Understanding Harmony in the Human Being’	Prof. Shalini Prasad, Dept of ECE, CEC	11/12/2019
8	‘Conflict Resolution Skills’	Dr. H.N. Thippeswamy, HOD Dept of CIVIL, CEC	06/01/2020
9	Health check-up camp	NSS	10/01/2020
10	“International Women’s Day”	Ms. Sowmya Reddy, Member of legislative assembly, Karnataka	07/03/2020
11	Blood Donation and Health Checkup Camp	NSS	28/03/2020



CITY
ENGINEERING COLLEGE

Date: 29/05/2019

To

The Principal
City Engineering College
Bangalore

Sub: Regarding Permission to conduct World Environment Day

Respected Sir,

We would like to conduct a program on 'World Environment Day' at CEC campus on 5th June 2019. The purpose of this event is to raise awareness about environmental issues and promote eco-friendly practices within our community.

So, I request you to permit us to conduct this program. Kindly do the needful.

Yours Sincerely,

Coordinator / HOD



Ref No. CEC/IQAC/C7/ACY2019-2020/OR/02

CIRCULAR

Date: 3/06/2019

This is to inform all the students, teaching and non- teaching staff that World Environment Day will be celebrated on 5th June 2019 from 10.30 AM onwards at CEC campus. Let's make this day a meaningful one as we work towards promoting environmental consciousness within our college community. We look forward to your active involvement in making this event a success.

YRC coordinator

Principal
City Engineering College,
Bangalore-560 081

Principal



CITY
ENGINEERING COLLEGE



CITY ENGINEERING COLLEGE

Doddakallasandra, Kanakapura Road, Bengaluru - 560061

We look forward to your participation in making this World Environment Day a memorable and impactful event

World Environment Day



On 6/06/2020

@10:30 AM

Venue : CEC campus

**YRC Co Ordinator
Prof. B.Ramesh**

**Principal
Dr.V.S.Ramamurthy**

**All are cordially invited
Management , Principal and Staff**



CITY
ENGINEERING COLLEGE

Academic Year 2019-2020

**Report On
World Environment Day**

Date 5/6/2019



Department of YRC
Report on
“World Environment Day”

Date 5/6/2019

On occasion of “World Environment Day” YRC department in association with NSS organized the celebration program on 5th June 2019 at 10.30AM in CEC campus. Plantation of samplings was done at our campus. The staff members and some students participated in the session.

Objectives:

- Raise awareness about environmental issues and challenges facing the planet.
- Promote sustainable practices and conservation of natural resources.
- Encourage individuals and communities to take action to protect the environment.
- Advocate for policies and initiatives that support environmental preservation.
- Educate the public about the importance of biodiversity and ecosystem health.
- Mobilize global efforts to address climate change and environmental degradation.
- Inspire people to make environmentally conscious choices in their daily lives.

Outcomes:

- Increased awareness and understanding of environmental issues.
- Promotion of sustainable practices and conservation efforts.
- Encouragement of individual and collective action to protect the environment.
- Advocacy for policy changes and initiatives to address environmental challenges.
- Engagement of communities and stakeholders in environmental conservation activities.
- Recognition of the importance of biodiversity and ecosystem preservation.
- Inspiring a sense of responsibility towards environmental stewardship and sustainable living.



FIG 1: Glimpse of World Environment Day celebration

Ramesh

Principal
City Engineering College,
Bangalore-560 081

Principal



Student attendance list for "World Environment Day" 2019-2020

Sl.No	USN	NAME	SIGNATURE
1	ICE17CV030	SHAKUNTHALA C M	Shakunthala
2	ICE19CV001	APOORVA C	Apoorva
3	ICE19CV002	PAVAN T	Pavan T
4	ICE19CV003	RAVITEJA. S	R
5	ICE18CV003	HITESH U K	Hitesh
6	ICE18CV004	KUSHAL S GOWDA	Kushal
7	ICE18CV005	MAHADEVA PRASAD S A	Maha
8	ICE18CV006	OWAIS AHMAD KHANDAY	Owais
9	ICE18CV007	ROHITH C N	Rohith
10	ICE18CV008	SANDHYA U B	Sandya
11	ICE18CV009	SUSHANTH CHRISTY A	Sushanth
12	ICE19CS007	AMITH SINGH M	Amith Singh
13	ICE19CS008	ANANYA BHOMBORE	Ananya
14	ICE19CS009	APOORVA R SHET	Apoorva
15	ICE19CS010	ARSHAD ULLA Z	Arshad
16	ICE19CS011	ARTEE KUMARI R	Artee
17	ICE19CS012	ASHWINI B	Ashwini
18	ICE19CS013	B M PUNEETH	BM Puneeth
19	ICE19EC008	ROHANA H	Rohana H
20	ICE19EC009	SUPRIYA G	Supriya
21	ICE19EC010	VISHWAS D V	Vishwas
22	ICE19ME001	AJAY S	Ajay
23	ICE19ME002	SHARAN	Sharan
24	ICE19EC008	ROHANA H	Rohana



CITY
ENGINEERING COLLEGE

Date: 7/06/2019

To

The Principal
City Engineering College
Bangalore

Sub: Regarding Permission to attend 'World Blood Donors Day'

Respected Sir,

We would like to attend 'World Blood Donors Day' organized by IRCS Bengaluru at IRCS head office, Bengaluru on 14th June 2019. World Blood Donors Day is an internationally recognized event that aims to raise awareness about the importance of voluntary blood donation and to celebrate the individuals who selflessly contribute to saving lives through their donations. Moreover, it aligns with our institute's commitment to corporate social responsibility and community engagement.

So, I request you to permit us to attend this program. Kindly do the needful.

Yours Sincerely

NSS/YRC Coordinator



CITY
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Academic Year 2019-2020

Report On
World Blood Donors Day at IRCS Bengaluru

Date 14/6/19



Department of YRC
Report on “World Blood Donor’s Day”

Date 14/6/2019

On occasion of ‘World Blood Donor’s Day’ IRCS Bengaluru organized the celebration program on 14th June 2019 at Head office IRCS Bengaluru. YRC officers and NSS officers from our organization attended this program. World Blood Donor Day is observed on June 14th each year to raise awareness about the importance of safe blood donation and to thank blood donors for their life-saving contributions.

Objectives:

- Promote voluntary, unpaid blood donations.
- Ensure the availability of safe blood for transfusions.
- Highlight the need for regular blood donations to save lives.
- Encourage more people to become regular blood donors.
- Recognize the critical role that blood donors play in healthcare systems worldwide.

Outcomes:

- Increased public awareness: The day helps to educate the public about the importance of regular blood donation and its impact on saving lives.
- Encouragement to donate blood: World Blood Donor Day serves as a reminder to people about the need for blood donors and encourages more individuals to give blood.
- Recognition of blood donors: It is an opportunity to recognize and thank voluntary unpaid blood donors for their altruistic contributions.
- Strengthening blood donation systems: The day promotes the development and improvement of blood donation systems to ensure a safe and sufficient blood supply for patients in need.
- Collaboration and partnerships: It brings together governments, organizations, and communities to work together towards ensuring sustainable blood donation practices.

Overall, World Blood Donor Day plays a significant role in promoting a culture of voluntary blood donation and saving lives around the world.

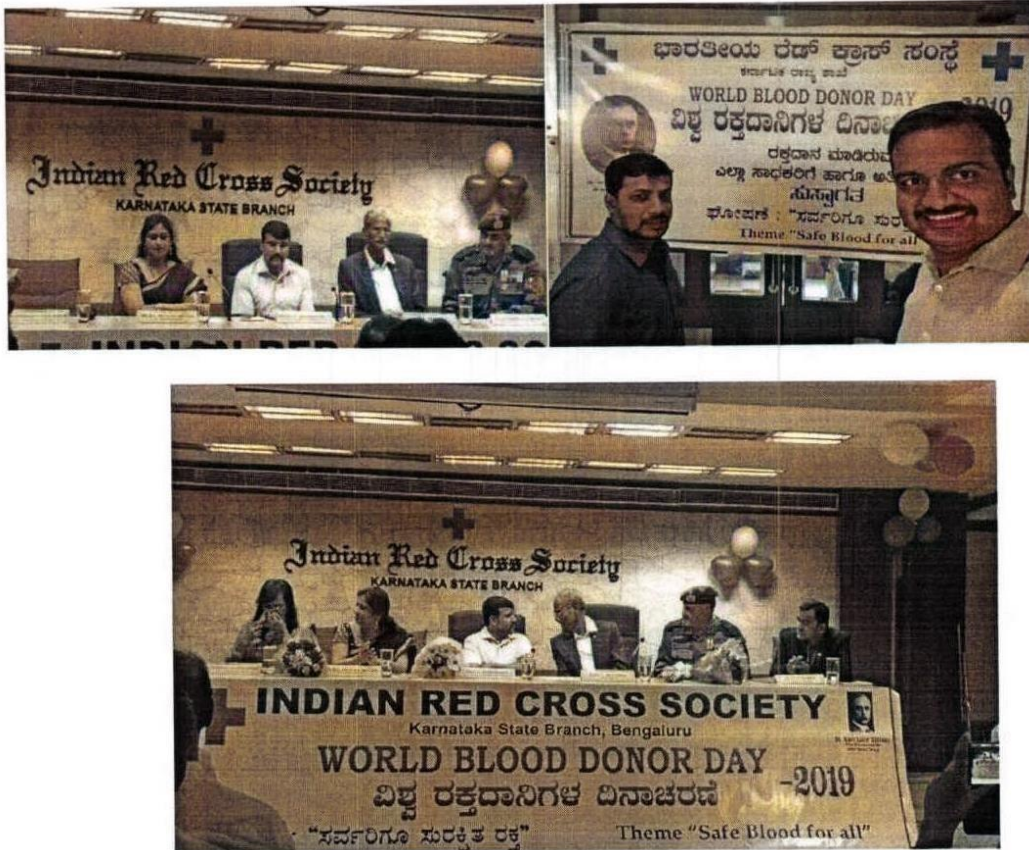


FIG 1: Participation of YRC & NSS officers in World Blood Donor Day

Ramesh

Principal
City Engineering College,
Bangalore-560 081

Principal



CITY
ENGINEERING COLLEGE

Date: 12/06/2019

To

The Principal
City Engineering College
Bangalore

Sub: Regarding Permission to conduct International Yoga Day

Respected Sir,

We would like to conduct 'International Yoga Day' at CSE seminar hall on 21st June 2019. This event is intended to promote the physical, mental, and spiritual benefits of practicing yoga among students and staff. The purpose of this event is to raise awareness about the importance of yoga in maintaining a healthy lifestyle and managing stress.

So, I request you to permit us to conduct this program. Kindly do the needful.

Yours Sincerely

Coordinator / HOD



CITY
ENGINEERING COLLEGE

Ref No. CEC/YRC/IQAC/C7/ACY2019-2020/OR/04

CIRCULAR

Date:19/06/2019

This is to inform you all the students, teaching and non- teaching staff that Department of YRC is organizing International Yoga Day in association with Art of Living which is scheduled to be held on 21/06/2019 at CSE Seminar Hall. All are cordially invited for the session.

YRC Co-Ordinator

Principal
City Engineering College,
Bangalore-560 061

Principal



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CITY ENGINEERING COLLEGE

Doddakallasandra, Kanakapura Road, Bengaluru - 560061

**We are delighted to extend our Invitation to join
us in celebration of**

International Yoga Day

**In Association With:
Art Of Living**

On 21/06/ 2019

VENUE : CSE Seminar Hall

**YRC Co Ordinator
Prof. B.Ramesh**

**Principal
Dr.V.S.Ramamurthy**

**All are cordially invited
Management , Principal and Staff**



CITY
ENGINEERING COLLEGE

Academic Year 2019-2020

**Program on
International Yoga Day**

Date 21/6/19



**Report on
“International Yoga Day”**

Date 21/6/2019

On occasion of “International Yoga Day” YRC department in association with Art of Living organized the celebration program on 21st June 2019 at CSE seminar hall. The staff members and some students participated in the session.

Objectives:

- **Raise Awareness:** To raise awareness worldwide about the benefits of practicing yoga, which can contribute to the health and well-being of individuals.
- **Promote Physical and Mental Health:** To highlight yoga's role in enhancing physical fitness, reducing stress, and promoting overall mental health.
- **Encourage Inclusivity:** To make yoga accessible to people of all ages, backgrounds, and abilities, thereby fostering a sense of community and inclusivity.
- **Preserve Cultural Heritage:** To recognize and preserve the ancient cultural heritage of yoga, which has its roots in India but is now practiced worldwide.
- **Foster Global Unity:** To use yoga as a tool to bring people together from different countries, cultures, and religions, promoting peace and unity.
- **Support Sustainable Development:** To underscore the role of yoga in achieving the Sustainable Development Goals (SDGs), particularly those related to health, well-being, and sustainable lifestyles.
- **Encourage Regular Practice:** To encourage individuals to incorporate yoga into their daily lives, making it a regular practice that can lead to long-term health benefits.

Outcomes:

- **Increased Awareness:** It has raised global awareness about yoga and its benefits for physical, mental, and spiritual health.
- **Promotion of Healthy Lifestyle:** The day encourages people to adopt yoga as a part of



their daily routine, promoting a healthier lifestyle.

- **Cultural Exchange:** It has become a platform for cultural exchange, with various countries hosting events and sharing their own interpretations and practices of yoga.
- **Unity and Peace:** Yoga, with its emphasis on mindfulness and harmony, fosters a sense of unity and peace among people from diverse backgrounds.
- **Economic Impact:** The day has boosted the yoga industry, including yoga teacher training, yoga retreats, and yoga-related products.
- **Healthcare Benefits:** By promoting yoga, the day indirectly supports public health initiatives, potentially reducing healthcare costs associated with stress, obesity, and other lifestyle diseases.



FIG 1: International Yoga Day meditation session

Ramesh

Principal
City Engineering College,
Bangalore-560 081

Principal



Student attendance list for "International Yoga Day" 2019-2020

Sl.No	USN	NAME	SIGNATURE
1	1CE19EC002	APOORVA KULKARNI	Apoorva
2	1CE19EC003	CHARAN YADAV	Charan
3	1CE19EC004	FAIZ ABBAS M	Faiz
4	1CE19EC005	MADHUSHREE M	Madhu
5	1CE19EC006	MEENA J	Meena
6	1CE19EC007	PRAVEEN K	Praveen K
7	1CE19EC008	ROHANA H	Rohana H
8	1CE19EC009	SUPRIYA G	Supriya G
9	1CE19EC010	VISHWAS D V	Vishwas DV
10	1CE19ME001	AJAY S	Ajay S
11	1CE19ME002	SHARAN	Sharan
12	1CE17SCS03	MANJUNATH NAYAK	Manjunath
13	1CE18CV002	DILSHAD AHMAD	Dilshad
14	1CE18CV003	HITESH U K	Hitesh
15	1CE18CS020	FOUZIYA RAFFAT	Fouziya
16	1CE18CS021	GURURAJ A N	Gururaj
17	1CE18CS022	G V RITWIK	Ritwik
18	1CE18CS023	HAJIRA MOHSINA	Hajira
19	1CE18CS025	HRITHIK N	Hrithik N
20	1CE18CS026	JAHNAVI H B	Jahnavi HB
21	1CE17CV031	SHIFALI G	Shifali G
22	1CE17CV034	SUDARSHAN S	Sudarshan S
23	1CE17CV035	SUFIYA RAHEE	Sufiya
24	1CE17CV036	TEJASWINI B K	Tejaswini
25	1CE17CV037	VENKATESH L T	Venkatesh LT
26	1CE17CV038	VINAY K	Vinay K
27	1CE18CV400	GEORGE GENES	George



CITY
ENGINEERING COLLEGE

Date:12/08/2019

To

The Principal
City Engineering College
Bangalore

Sub: Regarding Permission to conduct seminar on 'Gender Sensitization'

Respected Sir,

We would like to conduct a seminar on 'Gender Sensitization' at CSE seminar hall on 19th August 2019 for all teaching and non-teaching staff and students. We believe that organizing this talk is crucial in addressing societal norms and perceptions surrounding gender. It will provide an opportunity for students and faculty members to engage in meaningful dialogue about these important issues.

Yours Sincerely,

Coordinator / HOD



CITY
ENGINEERING COLLEGE

Ref No. CEC/IQAC/C7/ACY2019-2020/OR/08

CIRCULAR

Date: 16.08.2019

This is to inform you all the teaching and non- teaching staff, students that talk on 'Gender Sensitization' will be held on 19/08/2019 at 10.30 A.M in CSE Seminar Hall. Kindly attend and make the event grand success.

Ramesh
Principal
City Engineering College,
Bangalore-560 061

Principal



CITY
ENGINEERING COLLEGE



CITY ENGINEERING COLLEGE
Doddakallasandra, Kanakapura Road, Bengaluru - 560061

**We are delighted to extend our invitation to you to join us
for**

**A talk on
Gender Sensitization**

**By
Nagasree.G
Asst. Prof Dept of Basic Science, CEC**



On 19/08/2019 @ 10.30 AM

Venue: CSE Seminar Hall

**Co-ordinator
Prof. Sowmya Naik**

**Principal
Dr.V.S.Ramamurthy**

**All are cordially invited
Management, Principal, and staff**



CITY
ENGINEERING COLLEGE

Academic Year 2019-2020

Talk

On

‘Gender Sensitization’

for teaching, non-teaching staff and students

Date 19/8/19



Report on Gender Sensitization

Date 19/08/2019

In order to create a gender-neutral workplace, a gender sensitization seminar was conducted in CSE seminar hall on 19/08/2019 at 10.30 A.M. Nagasree.G Asst. Prof., dept of Basic Science, CEC delivered lecture on Gender Sensitization. The session included a presentation, activities, and an interactive session to facilitate a deeper understanding of the topic.

Objectives:

This seminar aimed to promote awareness and understanding of gender issues among the audience. Session focused on basic concepts like difference in gender and sex, gender bias, gender stereotypes, patriarchy, gender equality, gender discrimination, etc. also the session focused on implications of gender discrimination such as gender-based violence and apprising the audience about laws like POSH that could safeguard the interests of employees. One of the most important aspects that was discussed in detail during the seminar was common gender stereotypes that affect the growth at a workplace and benefits of a gender-neutral environment.

The talk highlighted how there is a whole mechanism underlying the gender issues at a workplace and how being sensitized can help in achieving individual and workplace goals in a balanced manner creating a win-win situation for all. This required unlearning our biases and applying this approach in our day-to-day life and create a more happy and safe work environment.

Outcomes:

- **Increased Awareness:** Participants gain a deeper understanding of gender stereotypes, biases, and inequalities that exist in society.
- **Empathy and Understanding:** Improved empathy towards individuals of all genders, leading to more respectful and inclusive interactions.

- **Behavioral Change:** Participants may reflect on their own behaviors and attitudes, leading to changes in how they perceive and treat others based on gender.
- **Promotion of Gender Equality:** Encouragement of actions that promote equal opportunities and rights for people of all genders in various spheres of life, including education, employment, and social roles.
- **Reduction in Gender-Based Violence:** Awareness and understanding contribute to a reduction in gender-based violence and discrimination.

The speaker encouraged all staff members in making the workplace gender neutral and keep pace with the fast-changing gender norms in the society.

Overall, the seminar was attended by more than 70 staff members and very well-received by them. The session was a reminder of the importance of gender sensitivity in promoting diversity, inclusion, and well-being in the workplace and beyond.



FIG 1: Session on Gender Sensitization

Ramesh

Principal
City Engineering College,
Bangalore-560 081

Principal



Student attendance list for "A talk on Gender Sensitization" 2019-2020

Sl.No	USN	NAME	SIGNATURE
1	1CE19CS012	ASHWINI B	<i>Ashwini</i>
2	1CE19CS004	AISHWARYA B M	<i>Aishwarya</i>
3	1CE19CS005	AISHWARYA C	<i>Archwaya</i>
4	1CE15CS154	TANUSHA H H	<i>Tanusha</i>
5	1CE16CS004	AISHWARYA S	<i>Aishwarya</i>
6	1CE16CS005	AKSHARA APPANNA	<i>Akshara</i>
7	1CE17EC049	RESHMA C A	<i>Reshma</i>
8	1CE17EC052	ROOPA K M	<i>Roopa</i>
9	1CE17EC055	SAQIBA TABASSUM	<i>Saqiba</i>
10	1CE18CS058	PRIYA SINGH M	<i>Priya</i>
11	1CE18CS059	PRIYANKA R	<i>Priyanka</i>
12	1CE19CS015	BHAVANA S	<i>Bhavana</i>
13	1CE19CS005	AISHWARYA C	<i>Aishwarya</i>
14	1CE15CS131	SHILPA H S	<i>Shilpa</i>
15	1CE15CS134	SIRISHA V	<i>Sirisha</i>
16	1CE19CS008	ANANYA BHOMBORE	<i>Ananya</i>
17	1CE16EC041	SINDHUSHREE N	<i>Sindhushree</i>
18	1CE16EC042	SOUMYA GUNDAD	<i>Soumya</i>
19	1CE19CS011	ARTEE KUMARI R	<i>Artee</i>
20	1CE19CS012	ASHWINI B	<i>Ashwini</i>
21	1CE19CS045	KRITHIKA N KOUSHIK	<i>Krithika</i>
22	1CE19CS046	KRUTTIKA KIRANKUMAR BHOMKAR	<i>Krutika</i>
23	1CE19CS047	MANASA R	<i>Manasa</i>
24	1CE14IS018	LAKSHMI R	<i>Lakshmi</i>



A talk on Gender Sensitization

Date: 19/08/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
						✓
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
					✓	
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
						✓

Any additional comments you wish to share?

Name: *Aishwarya .B.R*

USN: *1CE17CS005*

Aishwarya
Signature



A talk on Gender Sensitization

Date: 19/08/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
						✓
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
				✓		
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
						✓

Any additional comments you wish to share?

Name: *Kavana.B*

USN: *ICE19CS041*

Kavana
Signature



A talk on Gender Sensitization

Date: 19/08/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
					✓	
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
					✓	
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
						✓

Any additional comments you wish to share?

Name: *Sirshana B G*

USN: *ICE17CS123*

Sirshana B G
Signature



A talk on Gender Sensitization

Date: 19/08/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
						✓
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
					✓	
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
						✓

Any additional comments you wish to share?

Name: Swathi.P
ICE17CS132

USN: ICE17CS132

Swathi
Signature



CITY
ENGINEERING COLLEGE

Date: 30/08/2019

To

The Principal
City Engineering College
Bangalore

Sub: Regarding Permission to organize talk on 'Health awareness program'

Respected Sir,

We would like to organize a talk on Health awareness program at CSE seminar hall on 10th September 2019. The purpose of this talk is to provide education and awareness about menstrual health and hygiene practices, as well as empower individuals in their personal growth and development.

We believe that organizing this talk is crucial in addressing sensitive issues related to women's health while also contributing towards personal growth for all members in our college community. It will provide an opportunity for students and faculty members to engage in meaningful discussions regarding these vital topics.

So, I request you to permit us to conduct this program. Kindly do the needful.

Yours Sincerely

A handwritten signature in black ink, appearing to be 'D. J. S.', written over a horizontal line.

Coordinator / HOD



CITY
ENGINEERING COLLEGE

Ref No.CEC/IQAC/C7/ACY2019-2020/OR/10

CIRCULAR

Date:06.09.2019

This is to inform you all the teaching and non- teaching staff, students that talk on 'Health Awareness for Women' will be held on 10/09/19 at 10.30 A.M in CSE Seminar Hall. Kindly attend and make the event grand success.

A handwritten signature in green ink, appearing to read 'Ramesh'.

Principal
City Engineering College,
Bangalore-560 081

Principal



CITY
ENGINEERING COLLEGE

CITY ENGINEERING COLLEGE

Doddakallasandra, Kanakapura Road, Bengaluru - 560061



We are delighted to extend our invitation to you to join us for a talk on

Health Awareness for Women

Chief Guest:

Ms. Srilakshmi Hegde
Personality Development Trainer

On 10/09/2019 @ 10.30 AM

Venue: CSE Seminar Hall

Co-ordinator
Prof. Sowmya Naik

Principal
Dr.V.S.Ramamurthy

All are cordially invited
Management, Principal and Staff



CITY
ENGINEERING COLLEGE

Academic Year 2019-2020

Talk

On

Health awareness

for teaching, non-teaching staff and students

Date 10/9/19



Report on Health Awareness program for women

Date: 10/09/19

A seminar was organized by Women Empowerment Cell, CEC on 'Menstrual Hygiene' for all girl students on 10/09/19 at CSE seminar hall. The seminar featured **Ms. Srilakshmi Hegde**, a certified trainer, as the esteemed speaker. Ms. Hegde visited City Engineering College and conducted an informative and engaging session for the first-year students. The event aimed to empower students with knowledge on personality development and menstrual hygiene. The session on personality development covered key aspects such as communication skills, self-confidence, and overall self-improvement.

Additionally, Ms. Hegde addressed the importance of menstrual hygiene, breaking stigmas surrounding the topic, and providing practical advice for its maintenance. The seminar saw active participation from 120 girl students. The engagement level was high as students interacted with the speaker, asking questions and seeking clarifications on various aspects discussed during the session.

Objectives:

- **Promote Self-Confidence:** Encourage individuals to feel confident and comfortable with their bodies, including during menstruation, fostering a positive self-image.
- **Educate About Menstrual Hygiene:** Provide accurate information about menstrual hygiene practices, including proper sanitary product usage, hygiene tips, and debunking myths and taboos.
- **Empowerment Through Knowledge:** Empower individuals with knowledge about their reproductive health, menstrual cycle, and the importance of maintaining good hygiene to prevent infections and promote well-being.
- **Cultivate Empathy and Understanding:** Foster empathy and understanding among peers, colleagues, and family members regarding menstrual health issues, reducing stigma and promoting support networks.
- **Develop Communication Skills:** Enhance communication skills to discuss menstrual health openly and confidently, reducing discomfort and encouraging healthier dialogues.



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Outcomes:

- Enhanced self-awareness
- Improved communication skills
- Increased confidence
- Better interpersonal relationships
- Overall personal growth.

Following the informative session, Whisper Choice promoters generously distributed sanitary napkins to the students. This initiative aimed to raise awareness about menstrual health and ensure that students have access to necessary resources for their well-being.

The seminar on 'Personality Development & Menstrual Hygiene' proved to be a successful and enriching event, providing students with valuable insights into personal development and an often- overlooked aspect of women's health. The College expresses gratitude to Ms. Srilakshmi Hegde for her informative session and Whisper Choice for their support in promoting menstrual hygiene awareness.



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FIG 1: Highlights of the session

Ramesh

Principal
City Engineering College,
Bangalore-560 061

Principal



Student attendance list for "Health Awareness program for women" 2019-2020

SL.No	USN	NAME	SIGNATURE
1	1CE14IS018	LAKSHMI R	Lakshmi R
2	1CE14IS020	NAVITHA K	Navitha K
3	1CE19CS005	AISHWARYA C	Aishwarya C
4	1CE17CS049	KAVANA D	Kavana D
5	1CE17CS050	KAVYASHREE S B	Kavyashree S B
6	1CE19CS008	ANANYA BHOMBORE	Ananya B.
7	1CE15CS158	UMME AIYMAN AJMAL	Ummi Aijman
8	1CE14CS065	MAMATHA M	Mamatha M
9	1CE14CS117	SUSHMITHA A	Sushmitha A
10	1CE19CS012	ASHWINI B	Ashwini B
11	1CE17CS152	VASAVI D S	Vasavi D S
12	1CE17CS041	HARSHITHA L	Harshitha L
13	1CE17CS042	HITHA .S	Hitha S
14	1CE17CS044	JAHNAVI B	Jahnavi B
15	1CE16EC038	RAKSHITHA R	Rakshitha R
16	1CE16EC039	SAHANA N K	Sahana N K
17	1CE16EC040	SANDHYA S	Sandhya S
18	1CE16EC006	CHANDANA C J	Chandana C J
19	1CE16EC010	E VIJAYA LAKSHMI	E Vijaya Lakshmi
20	1CE18CS094	VAISHNAVI P	Vaishnavi P
21	1CE17EC033	MALA S	Malu S
22	1CE17EC035	N JAIPRIYA	N Jaipriya
23	1CE16EC003	APOORVA P N	Apoorva P N
24	1CE16EC004	BHARATHI BAI S	Bharathi Bai S



A talk on Health Awareness program for Women

Date: 10/09/19

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5:Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
					✓	
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
				✓		
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
					✓	

Any additional comments you wish to share?

Name: Soundarya. Roy G
USN: ICE17CS126


Signature



A talk on Health Awareness program for Women

Date: 10/09/19

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5:Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
						✓
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
				✓		
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
				✓		
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
				✓		

Any additional comments you wish to share?

Name: Arusha Higemath

USN: ICE17CS014


Signature



A talk on Health Awareness program for Women

Date: 10/09/19

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5:Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
				✓		
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
					✓	
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
					✓	

Any additional comments you wish to share?

Name: *Kavara.B*

USN: *1CE19C5041*

Kavara
Signature



A talk on Health Awareness program for Women

Date: 10/09/19

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5:Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
					✓	
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
				✓		
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
					✓	

Any additional comments you wish to share?

Name: Namrataha.S

USN: ICE18CS046


Signature



A talk on Health Awareness program for Women

Date: 10/09/19

Feedback Form

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Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5:Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
					✓	
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
				✓		
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
					✓	

Any additional comments you wish to share?

Name: Swathi . P

USN: 1CE17CS132


Signature



CITY
ENGINEERING COLLEGE

Date: 18/11/2019

To

The Principal
City Engineering College
Bangalore

Sub: Regarding Permission to organize talk on 'Women's safety practical measures'

Respected Sir,

We would like to organize a talk on 'Women's safety practical measures' at CSE seminar hall on 27th November 2019. The purpose of this talk is to provide education and awareness about practical measures women can take to ensure their safety in various settings. We believe that organizing this talk is crucial in addressing the pertinent issue of women's safety while also empowering individuals with practical knowledge and skills that are essential for their well-being. So, I request you to permit us to conduct this program. Kindly do the needful.

Yours Sincerely


ordinator / HOD



CITY
ENGINEERING COLLEGE

Ref no CEC/IQAC/C7/ACY2019-2020/OR/11

CIRCULAR

Date: 23.11.2019

This is to inform you all the teaching and non- teaching staff, students that talk on 'Women's safety practical measures' will be held on 27/11/2019 at 10.30 A.M in CSE Seminar Hall. Kindly attend and make the event grand success.

A handwritten signature in green ink, appearing to read 'Ramesh'.

Principal
City Engineering College,
Bangalore-560 061

Pr



CITY
ENGINEERING COLLEGE

CITY ENGINEERING COLLEGE

Doddakallasandra, Kanakapura Road, Bengaluru - 560061



**We are delighted to extend our invitation to you to join us
for**

“A talk on Women’s Safety practical measures”

By

Prof. Sowmya Naik, CSE Dept, CEC



On 27/11/2019 @ 10:30 AM

Venue: CSE Seminar Hall

Co-ordinator

Dr.Jyothi.P, H.O.D dept of Applied Science

Principal

Dr.V.S.Ramamurthy

**All are cordially invited
Management, Principal and Staff**



CITY
ENGINEERING COLLEGE

Academic Year 2019-2020

Talk

On

'Women's safety practical measures'

Date 27/11/19



Report on “Women’s safety practical measures”

Date 27/11/2019

Seminar on women’s safety was conducted with the aim of raising awareness about the challenges women face and providing practical tools and strategies to enhance their safety.

Professor Sowmya Naik, CSE dept , CEC delivered seminar on “Women’s safety practical measures”.

The seminar was attended by all staff teaching and non-teaching, students, housekeeping staff etc. The speaker shared with female attendees the Helpline Number, 1090, to report abuse, eve teasing or violence act committed on digital platform.

Objectives:

- Empowerment through Education and Economic Independence
- Understanding Gender Equality and Women’s Rights
- Developing Strategies for Women’s Safety
- Understanding Women’s Safety Issues
- Awareness of Self-Defense Techniques

Outcomes:

- Deeper understanding of the crimes against the women
- Improved Self-Defense Skills
- Motivation and Inspiration
- Enhanced Empowerment



CITY
ENGINEERING COLLEGE



FIG 1: Glimpses of the session

Ramesh

Principal
City Engineering College,
Bangalore-560 061

Principal



Student attendance list for "A Talk on - Women's safety practical measures" 2019-2020

Sl.No	USN	NAME	SIGNATURE
1	1CE16EC003	APOORVA P N	<i>Apoorva</i>
2	1CE16EC004	BHARATHI BAI S	<i>Bharathi</i>
3	1CE17CS005	AISHWARYA B R	<i>A</i>
4	1CE17CS006	AISHWARYA S	<i>Aishwarya</i>
5	1CE17CS007	AKANKSH GOWRI	<i>AK</i>
6	1CE19CS008	ANANYA BHOMBORE	<i>Ananya</i>
7	1CE15CS158	UMME AIYMAN AJMAL	<i>Ume Aiyman</i>
8	1CE14CS065	MAMATHA M	<i>Mamatha</i>
9	1CE14CS117	SUSHMITHA A	<i>Sushmitha</i>
10	1CE19CS012	ASHWINI B	<i>Ashwini B</i>
11	1CE17CS152	VASAVI D S	<i>Vasavi D S</i>
12	1CE17CS041	HARSHITHA L	<i>Harshitha</i>
13	1CE17CS078	PALLAVI R	<i>Pallavi</i>
14	1CE17CS079	PARVATHI N K	<i>Parvathi</i>
15	1CE16CV005	AMBUJA V	<i>Ambuja</i>
16	1CE16EC039	SAHANA N K	<i>Sahana</i>
17	1CE16EC040	SANDHYA S	<i>Sandhya</i>
18	1CE16EC006	CHANDANA C J	<i>Chandana</i>
19	1CE16EC010	E VIJAYA LAKSHMI	<i>Vijaya Lakshmi</i>
20	1CE18CS094	VAISHNAVI P	<i>Vaishnavi</i>
21	1CE17EC033	MALA S	<i>Mala S</i>
22	1CE19CS005	AISHWARYA C	<i>Aishwarya C</i>
23	1CE17CS049	KAVANA D	<i>Kavana</i>
24	1CE17CS050	KAVYASHREE S B	<i>Kavyashree</i>



A talk on “Women’s safety practical measures”

Date: 27/11/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
						✓
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
				✓		
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
				✓		
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
				✓		

Any additional comments you wish to share?

Name: *Thejeshwari. S*

USN: *1CE17CS138*


Signature



A talk on "Women's safety practical measures"

Date: 27/11/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
					✓	
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
						✓
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
					✓	

Any additional comments you wish to share?

Name: Jyothi Shree.S.R

USN: ICE19CS040

Jyothi
Signature



A talk on "Women's safety practical measures"

Date: 27/11/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
						✓
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
				✓		
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
						✓
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
				✓		

Any additional comments you wish to share?

Name: *Amulya K. J*

USN: *1CE18CS006*

[Signature]
Signature



A talk on “Women’s safety practical measures”

Date: 27/11/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
						✓
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
				✓		
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
				✓		
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
						✓

Any additional comments you wish to share?

Name: Manika.J
USN: ICE19CS054


Signature



A talk on "Women's safety practical measures"

Date: 27/11/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
					✓	
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
				✓		
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
					✓	

Any additional comments you wish to share?

Name: *Suman. S*

USN: *ICE19CS089*

[Signature]
Signature



CITY
ENGINEERING COLLEGE

Date: 05/12/2019

To

The Principal
City Engineering College
Bangalore

Sub: Regarding Permission to organize talk on 'Understanding Harmony in the Human Being'

Respected Sir,

We would like to organize a talk on 'Understanding Harmony in the Human Being' at CEC auditorium on 11th December 2019. The primary objective of this talk is to explore the factors that contribute to psychological and emotional harmony in individuals.

So, I request you to permit us to conduct this program. Kindly do the needful.

Yours Sincerely

Coordinator / HOD



CITY
ENGINEERING COLLEGE

Ref No.CEC/IQAC/C7/ACY2019-2020/OR/12

CIRCULAR

Date: 09.12.2019

We are delighted to announce that our college will be organizing a seminar dedicated to “Understanding harmony in the human being” on 11th December 2019 at CEC Auditorium. In today's fast-paced world, it is essential for us to focus on achieving a balance between our physical, mental, and emotional well-being.

We encourage all students and faculties to participate in this enlightening event as it provides an opportunity for personal growth and self-awareness. Let's come together to understand the importance of nurturing harmony within ourselves in order to lead fulfilling and balanced lives.

Your presence and active participation are crucial in making this event a meaningful one. We look forward to seeing you there!

Ramesh
Principal
City Engineering College,
Bangalore-560 061

Principal



CITY
ENGINEERING COLLEGE

CITY ENGINEERING COLLEGE

Doddakallasandra, Kanakapura Road, Bengaluru - 560061



**We are delighted to extend our invitation to you to
join us for**

**A talk on “Understanding Harmony in the
Human Being”**

By



On : 11/12/2019 @10:00 AM

VENUE : CEC Auditorium

**Co Ordinator
Dr.Jyothi.P**

**Principal
Dr.V.S.Ramamurthy**

**All are cordially invited
Management , Principal and Staff**



CITY
ENGINEERING COLLEGE

Academic Year 2019-2020

Talk

On

‘Understanding Harmony in the Human Being’

Date 11/12/19



Report On

‘Understanding Harmony in the Human Being’

Date 11/12/2019

A seminar on ‘Understanding Harmony in the Human Being’ was held on 11th December 2019 at CEC auditorium, Prof. Shalini Prasad from ECE Dept delivered the talk.

Objectives:

- Educate the audience about the concept of harmony in the human being, including its spiritual, emotional, mental, and physical aspects.
- Explore the interconnectedness of mind, body, and spirit in achieving a harmonious state.
- Discuss the impact of imbalance and disharmony on overall well-being and quality of life.
- Provide practical tools and techniques for individuals to cultivate harmony within themselves.
- Raise awareness about the importance of self-care, mindfulness, and holistic approaches to health and wellness.
- Encourage participants to reflect on their own lives and identify areas where they can improve harmony within themselves.
- Inspire individuals to seek balance in all aspects of their lives – including relationships, work-life balance, personal growth, and spirituality.
- Foster a sense of community as attendees share their experiences with achieving harmony or seeking support in this journey.

Overall, the talk aims to deepen understanding of harmony within oneself while

Outcomes:

- Increased awareness and understanding of the interconnectedness of mind, body, and spirit in achieving harmony within oneself.
- Participants gain insight into the impact of imbalance and disharmony on overall well-being, leading to greater motivation to address areas of their lives that may be causing disharmony.
- Practical tools and techniques provided during the talk empower individuals to actively cultivate harmony within themselves, leading to improved self-care practices and holistic approaches to health and wellness.
- Attendees are inspired to reflect on their own lives and identify areas for improvement in achieving balance, leading to a greater sense of self-awareness.
- Increased motivation among participants to seek balance in various aspects of their lives such as relationships, work-life balance, personal growth, and spirituality.
- Formation or strengthening of a supportive community as attendees share experiences with achieving harmony or seek support from others in their journey towards personal growth and well-being.



- Greater emphasis placed on mindfulness practices as a means towards fostering inner peace and harmony within oneself.
- Encouragement for attendees to apply the concepts learned in the talk towards improving overall quality of life through harmonious living.

Overall, the outcomes aim at inspiring individuals towards personal growth by fostering a deeper understanding of harmony within oneself while providing practical insights for improving well-being.



FIG 1: Prof. Shalini Prasad addressing the audience

Ramesh
Principal
City Engineering College,
Bangalore-560 061

Principal



Student attendance list for "Understanding Harmony in the Human Being" 2019-2020

Sl.No	USN	NAME	SIGNATURE
1	1CE18CS059	PRIYANKA R	
2	1CE18CS060	PUNEETH P	
3	1CE18CS061	R LAKSHMI SAI CHETANA NATH	
4	1CE18CS062	RACHANA KARANTH M	
5	1CE18CS064	RAKESH V	
6	1CE18CS065	RAKSHITHA RAJESH	
7	1CE18CS067	SANIYA FARHEEN	
8	1CE19CS087	SRIVATSA S	
9	1CE19CS088	SRUSTI K G	
10	1CE19CS089	SUMAN S	
11	1CE19CS090	SUMMAIYA TAJ A	
12	1CE19CS091	SUMUKH K	
13	1CE19CS092	SYED MUTAIB ULLA	
14	1CE19CS093	TABREZKHAN K	
15	1CE19CS094	TARUN G	
16	1CE19CS095	TAUQEER AHMED	
17	1CE19CS096	VEERESH BUDESHREDDY PATIL	
18	1CE17CS029	DEEKSHA R	
19	1CE16EC010	E VIJAYA LAKSHMI	
20	1CE18CS094	VAISHNAVI P	
21	1CE17CV024	PRAMODA N	
22	1CE17CV025	RAKESH B RAJ	
23	1CE17CV027	SACHIN K	
24	1CE17CV031	SHIFALI G	
25	1CE17CV034	SUDARSHAN S	



A talk on Understanding Harmony in the Human Being

Date: 11/12/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
						✓
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
					✓	
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
						✓
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
					✓	

Any additional comments you wish to share?

Name: *Kavya .R. S*

USN: *1CE18CS034*

Kavya
Signature



A talk on Understanding Harmony in the Human Being

Date: 11/12/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

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					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
						✓
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
					✓	
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
						✓

Any additional comments you wish to share?

Name: Monika .J

USN: 1CE19CS054


Signature



A talk on Understanding Harmony in the Human Being

Date: 11/12/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

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					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
						✓
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
					✓	
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
				✓		

Any additional comments you wish to share?

Name: *Mujeeb Ahmed*

USN: *ICE16CS056*

Mujeeb
Signature



A talk on Understanding Harmony in the Human Being

Date: 11/12/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4:Very good, 5:Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
						✓
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
					✓	
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
				✓		

Any additional comments you wish to share?

Name: Shreyas. R. Gowda

USN: 1CE17CS119

Shreyas
Signature



A talk on Understanding Harmony in the Human Being

Date: 11/12/2019

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
					✓	
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
				✓		
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
					✓	

Any additional comments you wish to share?

Name: *Abdul Mannan*

USN: *ICE 18CS001*


Signature



CITY
ENGINEERING COLLEGE

Date: 30/12/2019

To

The Principal
City Engineering College
Bangalore

Sub: Regarding Permission to conduct talk on 'Conflict resolution skills'

Respected Sir,

We would like to conduct a talk on 'Conflict resolution skills' at CEC auditorium on 6th January 2020. The talk will cover topics such as understanding the root causes of conflicts, communication techniques for de-escalation, negotiation skills, and fostering a collaborative environment. The goal is to equip participants with practical tools and approaches to handle conflicts constructively and promote positive outcomes.

So, I request you to permit us to conduct this program. Kindly do the needful.

Yours Sincerely

A handwritten signature in black ink, appearing to be 'KS'.

Coordinator / HOD



CITY
ENGINEERING COLLEGE

Ref No. CEC/IQAC/C7/ACY2019-2020/OR/13

CIRCULAR

Date:03.01.2020

We are pleased to announce an upcoming seminar focused on enhancing “Conflict Resolution Skills” on 06th January 2020 at CEC Auditorium.

We encourage all students to participate actively in this seminar as it offers great potential for personal growth and professional development.

A handwritten signature in green ink, appearing to read 'Ramesh'.

Principal
City Engineering College,
Bangalore-560 081

Principal



CITY
ENGINEERING COLLEGE

CITY ENGINEERING COLLEGE

Doddakallasandra, Kanakapura Road, Bengaluru - 560061



We are delighted to extend our invitation to you to join us for

A talk on “Conflict Resolution Skills”

By

Dr.H.N.Thippeswamy
H.O.D Civil Dept., CEC



On: 6/01/2020 @10:00 AM

VENUE : CEC Auditorium

Co-Ordinator
Dr.K.Sujatha

Principal
Dr.V.S.Ramamurthy

All are cordially invited
Management , Principal and Staff



CITY
ENGINEERING COLLEGE

Academic Year 2019-2020

Talk
On
‘Conflict Resolution Skills’

Date 6/01/20



Report On 'Conflict Resolution Skills'

Date 06/01/2020

A seminar on 'Conflict Resolution Skills' was held on 6th January 2020 at CEC auditorium, Dr. H.N.Thippeswamy H.O.D Civil Dept delivered the talk.

Objectives:

- Understanding the nature of conflict: Participants should gain an understanding of the various types and sources of conflicts that can arise in personal and professional settings.
- Effective communication: The workshop aims to improve participants' ability to communicate effectively during conflicts, including active listening and assertive communication techniques.
- Developing empathy and perspective-taking: Empathy-building exercises can help participants see things from others' perspectives, fostering understanding and compassion in conflict situations.
- Negotiation skills: Teaching participants effective negotiation strategies, such as finding common ground or creating win-win solutions, can be an important objective.
- Managing emotions: Providing tools for managing emotions during conflicts, such as anger management techniques or stress-reduction methods, can be crucial for successful resolution.

These objectives aim to equip attendees with the knowledge and skills necessary to effectively manage conflicts while promoting positive relationships both personally and professionally.

Outcomes:

- Improved communication: Individuals learn to express themselves effectively and listen to others, leading to clearer and more productive communication.
- Increased understanding: Participants gain a greater understanding of others' perspectives and are better able to empathize with different viewpoints
- Reduced tension: Conflict resolution skills can help in de-escalating tense situations, leading to reduced stress and improved overall well-being.
- Enhanced teamwork: Individuals are better equipped to work collaboratively as they learn how to navigate conflicts in a constructive manner, ultimately strengthening team dynamics.
- Efficient problem-solving: Skills acquired can aid in resolving conflicts efficiently, leading to quicker solutions when issues arise.

In summary, the outcomes reflect an overall improvement in individual capabilities as well as potentially positive impacts on organizational dynamics when individuals possess strong conflict resolution skills.



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ENGINEERING COLLEGE



FIG 1 : Dr. H.N. Thippeswamy addressing the audience

Ramesh

Principal
City Engineering College,
Bangalore-560 061

Principal



Student attendance list for "Conflict resolution Skills" 2019-2020

Sl.No	USN	NAME	SIGNATURE
1	ICE14CV059	SWAMY D V	Swamy
2	ICE14CV067	WASIM AHAMED R	Wasim
3	ICE14CS122	UPENDER KUMAR YADAV	Upendra
4	ICE15CS007	AKASH K S	Akash
5	ICE18CS064	RAKESH V	Rakesh
6	ICE18CS065	RAKSHITHA RAJESH	Rakshitha
7	ICE18CS067	SANIYA FARHEEN	Saniya
8	ICE17EC052	ROOPA K M	Roopa
9	ICE17EC055	SAQIBA TABASSUM	Saqiba
10	ICE17EC056	SHASHANK B R	Shashank
11	ICE16CS027	DEEKSHITHA H S	Deekshitha
12	ICE16CS028	DIVYA H	Divya
13	ICE16CS030	DRUSHYA K	Drushya
14	ICE16CS031	GANGASHREE Y	Gangashree
15	ICE16CS027	DEEKSHITHA H S	Deekshitha
16	ICE19CS095	TAUQEER AHMED	Tauqeer
17	ICE19CS096	VEERESH BUDESHREDDY PATIL	Veeresh
18	ICE17CS029	DEEKSHA R	Deeksha
19	ICE16EC010	E VIJAYA LAKSHMI	E Vijaya
20	ICE18CS094	VAISHNAVI P	Vaishnavi
21	ICE17ME035	SRINIVASA P	Srinivasa
22	ICE17ME037	SURAJ B S	Suraj
23	ICE17ME038	SURYA SIMHA BHAT G N	Surya
24	ICE17CV031	SHIFALI G	Shifali
25	ICE17CV034	SUDARSHAN S	Sudarshan



A talk on "Conflict Resolution Skills"

Date: 06/01/2020

Feedback Form

Please provide us with your feedback by completing this questionnaire.

Presenter Evaluation Please rate the presenter on the following scale (1: Poor, 2: Fair, 3: Good, 4: Very good, 5: Excellent) by encircling an option below.

1.	How would you rate the overall quality of the activity on a scale of poor to excellent?	1	2	3	4	5
					✓	
2.	How would you rate the clarity of the instructions given during the seminar?	1	2	3	4	5
						✓
3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
					✓	
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
						✓

Any additional comments you wish to share?

Name: *Vivek B.U*

USN: *1CE19CS102*

Vivek
Signature



A talk on "Conflict Resolution Skills"

Date: 06/01/2020

Feedback Form

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					✓	

Any additional comments you wish to share?

Name: *Tauqeer Ahmed*

USN: *ICE19CS095*


Signature



A talk on "Conflict Resolution Skills"

Date: 06/01/2020

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					✓	
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					✓	

Any additional comments you wish to share?

Name: *Manohar*

USN: *ICE16CS051*


Signature



A talk on "Conflict Resolution Skills"

Date: 06/01/2020

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3.	How well do you feel the activity achieved its objective of exploring	1	2	3	4	5
					✓	
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
				✓		

Any additional comments you wish to share?

Name: Abin B. Vinod

USN: ICE18CS003


Signature



A talk on "Conflict Resolution Skills"

Date: 06/01/2020

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				✓		
4.	On a scale of poor to excellent, how would you rate the relevance of this activity to your studies and future career?	1	2	3	4	5
				✓		

Any additional comments you wish to share?

Name: Soundarya. Raj. G

USN: ICE17CS126


Signature



CITY
ENGINEERING COLLEGE

Date: 30/12/2019

To
The Principal
City Engineering College
Bangalore

Sub: Regarding Permission to conduct Health check-up

Respected Sir,

We would like to conduct 'Health check-up' at CEC campus on 10th January 2020. The purpose of this health check-up is to provide an opportunity for women to receive essential medical screenings and assessments, promoting their overall well-being.

So, I request you to permit us to conduct this program. Kindly do the needful.

Yours Sincerely

A handwritten signature in black ink, appearing to be 'KS'.

Coordinator / HOD



CITY
ENGINEERING COLLEGE

Ref No. CEC/IQAC/C7/ACY2019-2020/OR/14

CIRCULAR

Date:06.01.2020

All the teaching and non-teaching faculty and students are hereby informed that Dr. Agarwal's Eye hospital and Medi Docs health care organization is going to organize "Health Checkup" camp on 10th January 2020 from 10.00 AM onwards. Please come and attend the camp as to give priority to your health. All the students are advised to attend the camp without disturbing their scheduled classes.

A handwritten signature in green ink, appearing to read 'Ramesh'.

Principal
City Engineering College,
Bangalore-560 061

Principal



CITY
ENGINEERING COLLEGE



CITY ENGINEERING COLLEGE

Doddakallasandra, Kanakapura Road, Bengaluru - 560061

We cordially invite you for

Health check-up camp

By

Dr. Agarwal's Eye hospital

And

Medi Docs health care organization

On 10/01/2020

From 10:00AM onwards

VENUE: CEC Campus

Co-ordinator
Dr.K.Sujatha

Principal
Dr.V.S.Ramamurthy

All are cordially invited
Management, Principal and Staff



CITY
ENGINEERING COLLEGE

Academic Year 2019-2020

Report
On
Health check-up

Date 10/1/20



Report on Health check-up

Date: 10/01/20

Health check-up for ladies was conducted at City Engineering College on 10/01/20 by Dr. Agarwal's Eye hospital and Medi Docs health care organization.

Dr. Agarwal's Eye Hospital is a chain of eye specialty hospitals in India, headquartered at Chennai. Started by Jaiveer Agarwal with his wife Tahira Agarwal as an eye care center in Chennai, it has grown to 180+ centers across India and 15 centers overseas.

Medi Docs is a healthcare organization dedicated to improving patient outcomes by connecting them with highly skilled doctors and state-of-the-art healthcare facilities. We have a presence in 50 branches throughout Bangalore.

The Vital Health check-up included Temperature & Pressure, Spo2, Height & Weight, BP, Sugar - GRBS, RBS & HBA1c, Respiratory check, BMI, ECG, PCOS/PCOD (Exclusively for Females).

Doctors Consultation:

- General Physician
- Psychologist
- Dietician
- Gynecology

All the Staff (Teaching & Non-teaching), Students and Housekeeping consulted the doctors and tests were conducted by the team.



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FIG 1 : Glimpses of Health check up

Ramesh

Principal
City Engineering College,
Bangalore-560 061

Principal



Student attendance list for "Health Check-up camp" 2019-2020

Sl.No	USN	NAME	SIGNATURE
1	ICE14CV059	SWAMY D V	Swamy
2	ICE14CV067	WASIM AHAMED R	Wasim
3	ICE14CS122	UPENDER KUMAR YADAV	Upender
4	ICE15CS007	AKASH K S	Akash K S
5	ICE18CS064	RAKESH V	Rakesh
6	ICE18CS065	RAKSHITHA RAJESH	Rakshitha
7	ICE18CS067	SANIYA FARHEEN	Saniya
8	ICE17EC052	ROOPA K M	Roopa
9	ICE17EC055	SAQIBA TABASSUM	Saqiba
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11	ICE16CS027	DEEKSHITHA H S	Deekshitha
12	ICE16CS028	DIVYA H	Divya
13	ICE16CS030	DRUSHYA K	Drushya
14	ICE16CS031	GANGASHREE Y	Gangashree
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18	ICE17CS029	DEEKSHA R	Deeksha
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20	ICE18CS094	VAISHNAVI P	Vaishnavi P
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22	ICE17ME037	SURAJ B S	Suraj
23	ICE17ME038	SURYA SIMHA BHAT G N	Surya
24	ICE17CV031	SHIFALI G	Shifali
25	ICE17CV034	SUDARSHAN S	Sudarshan



CITY
ENGINEERING COLLEGE

Date: 02/03/2020

To

The Principal
City Engineering College
Bangalore

Sub: Regarding Permission to conduct International Women's Day

Respected Sir,

We would like to conduct a program on International Women's Day at CEC Auditorium on 7th March 2020. We believe that celebrating International Women's Day aligns with our college's commitment to diversity, inclusion, and equal opportunities. It offers an excellent opportunity for employees to come together in support of women's rights and gender equality. So, I request you to permit us to conduct this program. Kindly do the needful.

Yours Sincerely

A handwritten signature in black ink, appearing to read 'Jyoti', written over a horizontal line.

Coordinator / HOD



CITY
ENGINEERING COLLEGE

Ref No. CEC/IQAC/C7/ACY2019-2020/OR/16

CIRCULAR

Date: 04.03.2020

Subject: Regarding International Women's Day Celebration.

This is to inform you all the students, teaching and non- teaching staff that Department of Women Empowerment Cell will be organizing 'International Women's Day' on 07.03.2020 at 10:30 A.M at CEC Auditorium. Cultural programs are arranged after the program. All are cordially invited

Ramesh

Principal
City Engineering College,
Bangalore-560 061

Principal



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CITY ENGINEERING COLLEGE

Doddakallasandra, kanakapura Road, Bengaluru-560061

We cordially invite you to join us for the celebration of

INTERNATIONAL Women's Day

Chief Guest:

Ms. Sowmya Reddy,
Member of legislative assembly,
Karnataka

On: 7/03/2020 @ 10:30 AM

Venue : CEC AUDITORIUM

**Co-ordinator
Dr. Jyothi.P**

**Principal
Dr. V.S. Ramamurthy**

**All are cordially invited
Management, principal and Staff**



CITY
ENGINEERING COLLEGE

Academic Year 2019-2020

**Report on
International Women's Day**

Date 7/3/20



Report on “International Women’s day”

Date 07/03/2020

International Women’s Day at CEC was celebrated on March 7th 2020. The theme of women’s day 2020 was ‘Each for Equal’. **Ms. Sowmya Reddy, member of legislative assembly, Karnataka,** graced the Dias as chief guest. Dr. K R Paramahamsa, Chairman, Smt. Geetha Paramahamsa, Vice-Chairperson, Mr. Rahul Kalluri, Executive Vice President and Ms. Monika, Vice-President, AMC-CITY Group attended the function and graced the Dias.

Program started at 12:00 PM with lighting lamp and invocation and continued with welcoming and introducing the guests. Chief Guest gave a speech on woman empowerment and wished all women whole heartedly. The Chief Guest was felicitated with garland and fruit basket. The function continued with felicitation of women staff, both teaching and non-teaching who served more than 10 years in CITY ENGINEERING COLLEGE. Dr. K R Paramahamsa gave the motivational speech to the women gathering. Ms. Monica addressed the gathering and wished each and every woman by giving plant sampling. The program ended with vote of thanks. After lunch, cultural programs were organized. The staff members participated with enthusiasm and enjoyed the day.

Objectives:

- **Promote Gender Equality:** Raise awareness about the importance of gender equality in all aspects of life, including education, employment, and decision- making.
- **Celebrate Women's Achievements:** Highlight and honor the accomplishments of women in various fields, from science and technology to arts and politics.
- **Empower Women:** Empower women by providing them with the tools, resources, and opportunities needed to succeed and thrive.
- **Advocate for Women's Rights:** Advocate for the protection of women's rights and work towards eliminating discrimination, violence, and inequalities faced by women



worldwide.

- **Educate and Inform:** Educate others about the challenges women face globally and the importance of taking action to create a more inclusive and equal society.

Outcomes:

- **Awareness and Advocacy:** Women's Day raises awareness about gender equality issues, women's rights, and challenges that women face globally.
- **Empowerment:** It empowers women by highlighting their accomplishments, leadership roles, and potential, inspiring them to pursue their goals and ambitions.
- **Inspiration:** Women's Day celebrations often feature stories and speeches from accomplished women, serving as inspirational role models for others.
- **Community Building:** It brings women together from diverse backgrounds, fostering a sense of solidarity, support, and unity among women.
- **Education and Dialogue:** Events and discussions on Women's Day promote dialogue about gender issues, encouraging both men and women to participate in conversations about equality and empowerment.



Fig 1: Lighting of lamp by chief guest



Fig 2: Felicitation for teaching and non-teaching Staff



Fig 3 : Glimpses of Women's Day celebration

Ramesh

Principal
City Engineering College,
Bangalore-560 061

Principal



CITY
ENGINEERING COLLEGE

Date: 19/03/2020

To

The Principal
City Engineering College
Bangalore

Sub: Regarding Permission to conduct Blood donation camp & Health check-up

Respected Sir,

We would like to conduct 'Blood donation camp & Health check-up' at CEC campus on 28th March 2020. The event aims to encourage voluntary blood donations from students and staff while also providing essential medical screenings for overall health assessment.

So, I request you to permit us to conduct this program. Kindly do the needful.

Yours Sincerely

A handwritten signature in black ink, appearing to be 'G.D.' with a flourish.

Coordinator / HOD



CITY
ENGINEERING COLLEGE

Ref No. CEC/IQAC/C7/ACY2019-2020/OR/17

CIRCULAR

Date: 27/03/2020

This is to inform all the students, teaching and non- teaching staff that Blood donation camp will be held in our college campus on 28th March 2020 in association with **ROTARY CLUB KANAKAPURA road and BANGALORE MEDICAL SERVICE TRUST (BMST)** from 9.30 AM onwards.

All those who are interested in donating blood may give their names to respective class coordinators

NSS coordinator

Principal
City Engineering College,
Bangalore-560 061

Principal



CITY
ENGINEERING COLLEGE



CITY ENGINEERING COLLEGE



Doddakallasandra, Kanakapura Road, Bengaluru - 560061

**Dept. of NSS is Organizing Blood Donation
and Health Check-up camp**



Blood Donation and Health Checkup Camp

On :28/03/2020 @10.00A.M

VENUE : CEC Campus

**NSS Co Ordinator
Prof.Gopikishan.J**

**Principal
Dr.V.S.Ramamurthy**

**All are cordially invited
Management , Principal and Staff**



CITY
ENGINEERING COLLEGE

Academic Year 2019-2020

Report On
Blood Donation & Health check-up camp

Date 28/3/20



CITY
ENGINEERING COLLEGE



Report on 'BLOOD DONATION AND HEALTH CHECKUP CAMP'

Date: 28/03/2020

Human blood is an essential element of human life with no substitute. Voluntary blood donors are the cornerstone of a safe and adequate supply of blood and blood products. The safest blood donors are voluntary, non-remunerated blood donors from low-risk populations. Blood donors in India, as across the globe, are of three types; voluntary donors, replacement donors and professional donors. Most donations are as a result of replacement donations, which are non-remunerated donations, provided by the relatives of patients.

Professional donors are those who donate blood in exchange for money. Replacement and professional donors may be compelled to donate blood, though their health conditions are unsuitable to donate blood. They do not help maintaining a stock of blood for emergency situations. Moreover, they do not provide rare blood groups. These points are indicating the need and importance of voluntary blood donations.

The success of blood donation camp depends on people who organize the camp and blood bank team. Aim: The aim of this report is to discuss about the importance of voluntary blood donation and to guide the camp organizer, medical officer, and also other team members involving in voluntary blood donation camp to organize the camp efficiently.

NSS of City Engineering College, Bengaluru, organized Blood donation camp in our college campus on 28th March 2020 in association with **ROTARY CLUB KANAKAPURA** road and **BANGALORE MEDICAL SERVICE TRUST (BMST)**.



FIG 1: Students BP being monitored before blood donation



FIG 2: Preliminary check up before blood donation



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FIG 3: Glimpses of Blood Donation camp

Ramesh

Principal
City Engineering College,
Bangalore-560 061

Principal



Student attendance list for "Blood Donation and Health Check-Up Camp" 2019-2020

Sl.No	USN	NAME	SIGNATURE
1	ICE18CV011	JAGADISH V	Jagadish
2	ICE17CV009	FAISAL MANZOOR NAIKOO	Faisal
3	ICE17CV028	SANGAMESH	Sa
4	ICE18CS001	ABDUL MANNAN	Abdul Mannan
5	ICE18CS002	ABHISHEK S	Abhishek
6	ICE17EC029	KARTHIK S	Ka
7	ICE17EC031	LOKESH R	Lokesh R
8	ICE18CS026	JAHNAVI H B	Jahnavi HB
9	ICE18CS027	JUNAID PASHA	Junaid
10	ICE18CS028	KARAN A	Karan A
11	ICE18CS030	KARTHIK A N	Ka
12	ICE18CS031	KARTHIK K T	Karthik
13	ICE17CV023	PRABHUSAGAR K	Prabhu
14	ICE17CV024	PRAMODA N	Pramod
15	ICE19CS091	SUMUKH K	Sumukh
16	ICE19CS092	SYED MUTAIB ULLA	Syed Ulla
17	ICE19CS093	TABREZKHAN K	Tabrez
18	ICE19CS094	TARUN G	Tarun G
19	ICE19CS095	TAUQEER AHMED	Tauqeer
20	ICE19CS096	VEERESH BUDESHREDDY PATIL	Veeresh
21	ICE19CS097	VEERKUMAR SOMANAGOWDABIRADARA	Veer
22	ICE19CS098	VIDYA D	Vidya D
23	ICE18EC009	KUSHAL V V	Kushal
24	ICE18EC010	MANOJKUMAR R S	Manoj
25	ICE18EC011	MOHAMMED IMRAN ULLA KHAN	Md: Khan
26	ICE17CS120	SHUBHAM KUMAR	Shubham