

Gender Sensitization Activities (Chaitanya Suraksha Club)

Sl. No	Club Name	Date of event	Name of the event/competition	Number of Participants	Page Nos.
1	Chaitanya Suraksha	7-3-2024	International Women's Day	200 women, comprising faculty, non-teaching staff, and 120 vibrant students,	2
2	Chaitanya Suraksha	16-2-2024	Women education on menstrual hygiene	150 girl students	7



CHAITANYA BHARATHI INSTITUTE OF TECHNOLOGY

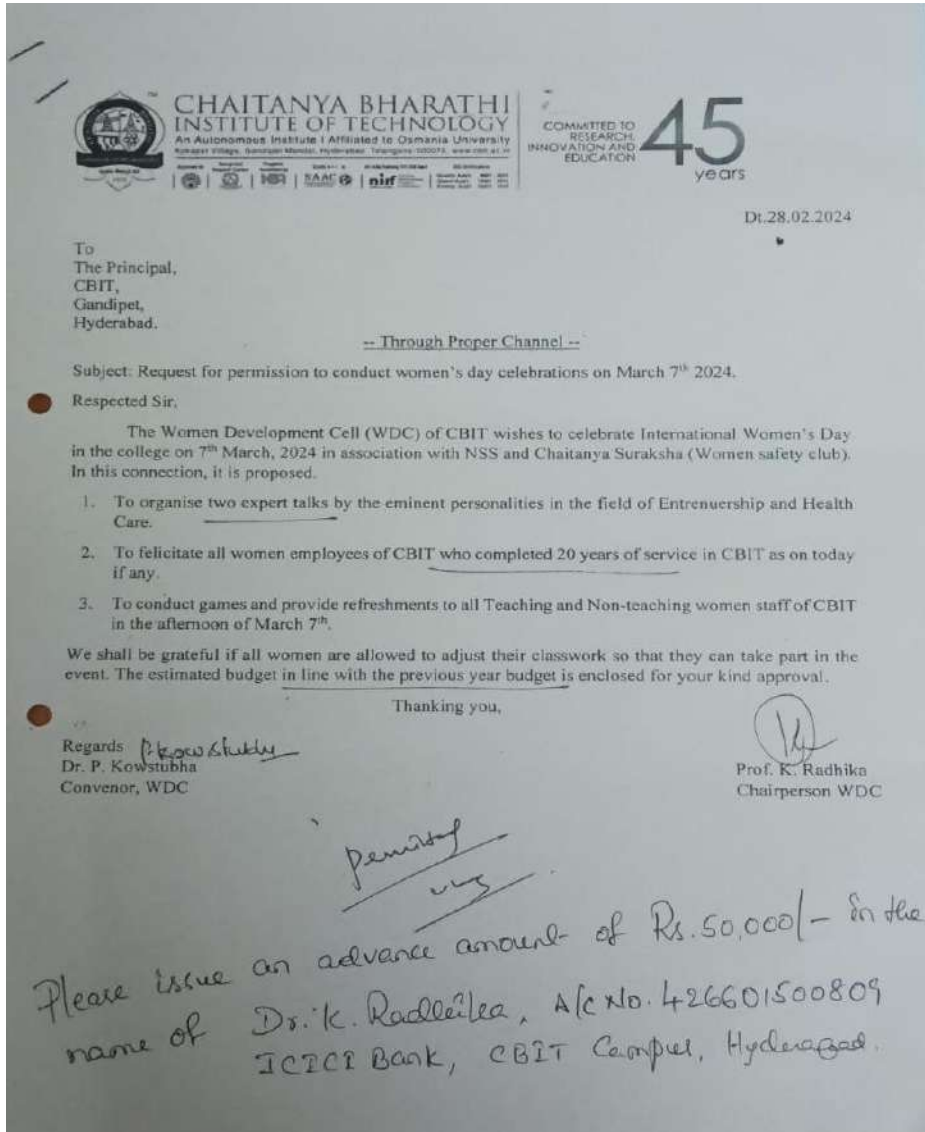
An Autonomous Institute | Affiliated to Osmania University
Kokapet Village, Gandipet Mandal, Hyderabad, Telangana-500075, www.cbit.ac.in



Women's Day 2024

Event Report

Permission Letter:



CHAITANYA BHARATHI INSTITUTE OF TECHNOLOGY
An Autonomous Institute | Affiliated to Osmania University
Kokapet Village, Gandipet Mandal, Hyderabad, Telangana-500075, www.cbit.ac.in



Di.28.02.2024

To
The Principal,
CBIT,
Gandipet,
Hyderabad.

-- Through Proper Channel --

Subject: Request for permission to conduct women's day celebrations on March 7th 2024.

Respected Sir,

The Women Development Cell (WDC) of CBIT wishes to celebrate International Women's Day in the college on 7th March, 2024 in association with NSS and Chaitanya Suraksha (Women safety club). In this connection, it is proposed.

1. To organise two expert talks by the eminent personalities in the field of Entrepreneurship and Health Care.
2. To felicitate all women employees of CBIT who completed 20 years of service in CBIT as on today if any.
3. To conduct games and provide refreshments to all Teaching and Non-teaching women staff of CBIT in the afternoon of March 7th.

We shall be grateful if all women are allowed to adjust their classwork so that they can take part in the event. The estimated budget in line with the previous year budget is enclosed for your kind approval.

Thanking you,

Regards
Dr. P. Kowstuba
Convenor, WDC

Prof. K. Radhika
Chairperson WDC

Permitting
WDC
Please issue an advance amount of Rs.50,000/- in the name of Dr. K. Radhika, A/c No. 426601500809 ICICI Bank, CBIT Campet, Hyderabad.



CHAITANYA BHARATHI INSTITUTE OF TECHNOLOGY

An Autonomous Institute | Affiliated to Osmania University
Kokapet Village, Gandipet Mandal, Hyderabad, Telangana-500075, www.cbit.ac.in



COMMITTED TO
RESEARCH,
INNOVATION AND
EDUCATION

45
years

No.CBIT/060/Admn./2024

Dt.06.03.2024

CIRCULAR

Women Development Cell of CBIT in association with the NSS-CBIT and Chaitanya Suraksha club are celebrating "**International Women's Day**" on 07-03-2024(Thursday) from 10:00 AM onwards in the Assembly Hall as 08.03.2025 is a holiday for the Institute.

The following events are planned as part of the celebrations:

- 1) Expert talk on "Tool kit for Wellbeing of Women" by the Guest of Honour **Dr. Geetha Challa**, Child and Adolescence Psychologist, Sudisha Counseling Center, Kondapur.
- 2) Address by the Chief Guest **Smt. Sunayana Reddy. P**, President & CEO Fio Labs.ai.
- 3) High Tea will be served after the talks.

All the teaching and non-teaching staff are invited to be at the venue by 9:45am and participate in the above celebrations.

Further, it is imperative for all Heads of the Departments / Sections to ensure the participation of their female employees in the festivities by accommodating necessary adjustments to their schedules and any other responsibilities they may have.

Note: CBIT NSS is organizing games for all women staff from 1:30 pm onwards in Assembly Hall . For further details contact **Prof. K. Radhika**, Chairman WDC, Dept. of AI &DS, 934625642.

PRINCIPAL

To

All the Advisors, Directors, Associate & Assistant Directors, Heads of the Departments / Sections, CoE, Librarian, Head-HR, Asst. PD, Accounts, and PRO, for information and advised to attend the above events and arrange for circulation of the information among all the female staff of their Department / Section with an advising note to take part in the above said celebrations.

Poster:



**CHAITANYA BHARATHI
INSTITUTE OF TECHNOLOGY**
An Autonomous Institute | Affiliated to Osmania University
Kokapet Village, Gandipet Mandal, Hyderabad, Telangana-500075, www.cbti.ac.in

Approved by:  Recognized Research Centers:  Programs Accredited by:  Grade A++ in:  All India Ranking 151-200 Band:  ISO Certifications:  Quality Audit 9001 : 2015, Green Audit 14001 : 2015, Energy Audit 50001 : 2018

COMMITTED TO RESEARCH, INNOVATION AND EDUCATION **45** years

Hearty welcome you all for
**INTERNATIONAL
WOMEN'S DAY 2024**
celebrations on


Dr. Geetha Challa
Child and Adolescence
Psychologist
Guest of Honour

 **7th March, 2024**
 **10AM onwards**

 **Assembly Hall**


Sunayana Pulusani
President and CEO
FIO Labs
Chief Guest



Event Details:

Event: Women's Day Celebrations

Date: 7th March 2024

Venue: Assembly Hall

About The Event:

Chaitanya Suraksha in association with CBIT NSS unit and WDC-CBIT radiated with enthusiasm and empowerment as it orchestrated a memorable celebration for International Women's Day on the 7th of March, 2024. The event, a testament to the spirit of inclusivity and unity, witnessed an impressive turnout of over 200 women, comprising faculty, non-teaching staff, and 120 vibrant students, all converging to honor this significant day.

The festivities were graced by two eminent chief guests, Dr. Geetha Challa, a distinguished child and adolescent psychologist, and Sunayana Pulasani, the esteemed President and CEO of FIO Labs. Their presence added a layer of prestige to the occasion, as they engaged the audience with their insightful perspectives and inspiring anecdotes, leaving an indelible mark on all those present.

The event was a captivating blend of activities and interactions, with participants engaging in discussions, workshops, and engaging sessions that highlighted the achievements and challenges faced by women in various spheres of life. The atmosphere was filled with a sense of camaraderie and empowerment, as everyone present celebrated the strength, resilience, and contributions of women to society.

As the day drew to a close, the participants left with hearts full of inspiration and minds enriched with new insights, cherishing the moments of togetherness and empowerment shared during the celebration. The event was not just a commemoration but also a reaffirmation of the commitment to gender equality and empowerment, setting the tone for future endeavors in this direction.

In conclusion, the International Women's Day celebration organized by Chaitanya Suraksha in association with CBIT NSS unit and WDC-CBIT was a resounding success, resonating with the theme of "Break the Bias" and serving as a beacon of empowerment and inclusivity for all.







**CHAITANYA BHARATHI
INSTITUTE OF TECHNOLOGY (A)**

Kokapet(Village), Gandipet, Hyderabad, Telangana-500075. www.cbbit.ac.in

Recognized Research Centres | Programs Accredited by | Approved by | Accredited by | All India 1000 Rank in | ISO Certified 9001:2015



A REPORT ON A SEMINAR ON

AWARENESS SESSION ON PMS AND PCOD

Event: A Report on a seminar on Awareness session on PMS and PCOD

Date: 16-02-2024

Venue: Assembly Hall above Canteen

Participants: Over 150 participants

Chaitanya Suraksha organized a seminar focusing on the common problem among women which is PMS and PCOD. The event was held on the CBIT campus on February 16, 2024. Renowned consultant Dr. Manasa Reddy from Yello Clinics and Ankura Hospitals led the seminar.

The seminar's goal was to dissect the rising incidence of PCOD and PMS in young women by educating them about these conditions. The seminar's main goal was to inform and increase young women's awareness of PCOD and PMS. The goal of the seminar was to outline the causes and safety measures that women should take to lead healthy, peaceful lives. The seminar is beneficial for women who experience it. The organizers gave a brief introduction to the seminar at the beginning, emphasizing the significance of understanding PMS and PCOD. Y Ramadevi presented Dr. Manasa Reddy a bouquet welcoming the presence.

After that, Dr. Manasa Reddy took the lead and started her talk, covering a variety of PCOD and PMS-related subjects. She began by outlining the numerous hormones involved in the process as well as the biology of PCOD and PMS. She then discussed common menstrual issues that women deal with, like PDD referred to "Premenstrual Dysphoric Disorder." PMDD is a severe form of premenstrual syndrome (PMS) that causes significant distress or impairment in various areas of life due to mood changes and other. She also explained Premenstrual syndrome, or PMS as it is commonly known, is a collection of emotional and physical symptoms that develop in the days preceding menstruation. Polycystic Ovary Syndrome, or PCOD for short, is a hormonal disorder that affects many women who are fertile. It is characterized by polycystic ovaries, excess levels of male hormones, and irregular or prolonged menstrual periods. The speaker also discussed how to properly care for people with PMS and PCOD. The seminar provided the young women with direction and awareness along with the enthusiastic staff members. There was an engaging Q&A session after the seminar. Every participant asked the speaker a variety of questions during the highly interactive session, which empowered and educated everyone.

The seminar organized by Chaitanya Suraksha was attended by over 200 young women, indicating its success. The seminar was successful in informing and enlightening young women and staff women about the importance of raising awareness. The presentation by Dr. Manasa Reddy was educational and covered a range of menstrual topics, such as common issues that women encounter and upholding menstrual hygiene. The audience had the chance to ask questions and get any doubts they had answered during the Q&A period. At last at the time of vote of thanks Dr. Manasa Reddy was offered with a gift by Dr.Krishnaveni. All things considered, the seminar was a step toward giving women the confidence to take control of their menstrual hygiene and health. It is hoped that initiatives like Chaitanya Suraksha's will continue to educate and empower women.



The poster is purple with white and light purple text and graphics. It features logos for Chaitanya Suraksha and a university in the top corners. The main title is 'CHAITANYA SURAKSHA presents AWARENESS SESSION on PMS & PCOD'. Below this, it says 'Awareness session by Speaker' with a microphone icon. A circular photo of Dr. Manasa Reddy is on the left. To her right, her name and qualifications are listed, along with her roles as a consultant at Yello clinics and Ankura hospitals. At the bottom left, there is a calendar icon and the date '16th Feb, 2024' from '1pm to 2pm', and a location pin icon for 'Assembly hall Above canteen'. At the bottom right, there is a graphic that says 'END the STIGMA' with two hands holding a menstrual cup.

CHAITANYA SURAKSHA
presents
AWARENESS SESSION
on
PMS & PCOD
Awareness session by
Speaker
Dr. Manasa Reddy
(MBBS, MS, FMAS(OBG))
Consultant at Yello clinics, Hyderabad
Consultant at Ankura hospitals, Hyderabad

16th Feb, 2024
1pm to 2pm
Assembly hall
Above canteen

END the STIGMA



**CHAITANYA BHARATHI
INSTITUTE OF TECHNOLOGY**
An Autonomous Institute | Affiliated to Osmania University
Narasaraopeta Village, Gandipet Mandal, Hyderabad. Telangana-500075. www.cbit.ac.in

COMMITTED TO
RESEARCH,
INNOVATION AND
EDUCATION

45
years

No. 70 /AEC/CBIT/IC/2024

Dt.15.02.2024

CIRCULAR

PMS and PCOD are the most commonly observed issues in women, many young women lack knowledge about these syndromes, they lack the knowledge about when to approach a doctor or what are the precautions to take to prevent its severity. These syndromes can be very harmful in a long run. It's important to be aware of these syndromes related to menstrual health.

In light of the above, Chaitanya Suraksha, the Women Safety Club of CBIT in association with CBIT-NSS and Women Development Cell (WDC) is organizing a seminar on 'PCOD and PMS'.

The details of the event are as follows.

Speaker : Dr. Manasa Reddy MBBS,MS, FMAS (OBG) Consultant at Yellow clinics
Hyderabad. Consultant at Ankura hospitals, Hyderabad.
Date: 16.02.2024
Venue: Assembly hall above the canteen
Time: 1:00 PM to 2:00 PM

First-year B.E / B.Tech. female students from all branches are required to participate, and all other UG & PG female students and motivated female staff members may avail this opportunity without detrimental to their regular class work and other duties.

For any further queries in this regard, contact Dr. Krishnaveni, Professor, EEE Department , ICC Chair - Mobile: 9703411220 or Ms. Shreya, Student President of CS, Mobile:96400 52570.


PRINCIPAL

To
All Advisors, Directors, Joint & Associate & Assistant Directors, Heads of the Departments, In-charges of Sections, Librarian, COE, Asst. PD, Head-HR, PRO, for information and arrange for circulation of the information among all the Staff and Students under their control.





