

Koneru Lakshmaiah Education Foundation

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Ref: KLEF/RO/Women's Forum/2019-20 Date: 02-03-2020

Orders of the Vice-Chancellor dt. 02-03-2020

CIRCULAR

<u>Sub</u>: Organizing Awareness programme "Seminar on SkinCare and Women Wellness" – Reg.

<u>Ref</u>: Letter dt.02-03-2020 from Dr.M. Sreedevi, Professor, CSE & Convenor, Women's Forum.

This is to inform that Women's Wing of Department of Biotechnology is organizing awareness programme "Seminar on Skincare and Women Wellness" as per the details given below.

Resource person : Dr. Anitha, Crane Hospitals, Vijayawada

Date : 03.03.2020 (Tuesday)
Time : 10.00 a.m. to 05.00 p.m.

Venue : KLEF

All the interested students and faculty members can attend the programme.

All the Heads of the Departments are requested to bring this information to the notice of all the students and faculty members of their respective departments.

> REGISTRAR Prof. R.R.L. KANTAM REGISTRAR

Koneru Lakshmaiah Education Foundation



(Category -1, Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

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SEMINAR ON SKIN CARE & WOMEN WELLNESS

Date : 03.03.2020

Time : 10: 00 AM TO 05: 00 PM

Venue : KLEF

OBJECTIVES

The objectives of the Seminar on Skin Care & Women Wellness are multifaceted. Firstly, it aims to educate participants about effective skin care practices, emphasizing the importance of skincare routines, protection from environmental factors, and early detection of skin-related health issues. Secondly, the seminar seeks to raise awareness about overall women's wellness, encompassing physical, mental, and emotional health. It provides insights into women-specific health concerns, stress management, nutrition, and lifestyle choices that promote holistic well-being. Additionally, the seminar aims to empower women with knowledge, self-care strategies, and resources to take charge of their health and wellness journey. Ultimately, the goal is to enhance the overall quality of life for women by fostering a proactive approach to skincare and wellness, promoting self-care, and facilitating informed decision-making about their health.

DESCRIPTION:

The Skin Care & Women's Wellness Seminar, held on 03/03/2020 at KLEF, served as a comprehensive platform to empower women with knowledge and strategies for maintaining healthy skin and overall wellness. The seminar attracted 114 women & girls, all seeking to enhance their well-being and self-care practices. The program started with a welcome note by Dr. M. Sreedevi, Coordinator Women's Forum KLEF. She introduced the resource person Dr. Anitha, Crane Hospitals, Vijayawada. to the gathering. Resource Person delivered presentations on skincare routines, common skin issues, and effective treatments. Seminar covered topics like nutrition, fitness, mental health, and stress management to promote overall well-being. Expert discussed about women's health and wellness discussed topics such as hormonal health, self-care, and healthy aging.: Participants engaged in interactive Q&A sessions with experts, addressing their specific questions and concerns.

The Skin Care & Women's Wellness Seminar played a crucial role in promoting women's health, skincare, and holistic well-being. By empowering women with knowledge and fostering a supportive community, we have taken significant steps toward improving the well-being of women in our community. We remain dedicated to advancing women's health and wellness.

OUTCOMES:

The outcomes of the Seminar on Skin Care & Women Wellness are transformative and holistic. Participants leave the seminar equipped with valuable knowledge and practical strategies for effective skin care, promoting healthier skin and early detection of skinrelated health issues. Additionally, they gain a deeper understanding of women's wellness, leading to improved overall physical, mental, and emotional health. The seminar's focus on holistic well-being empowers women to make informed lifestyle choices, manage stress, and prioritize self-care. This newfound awareness leads to improved quality of life, enhanced self-confidence, and a proactive approach to health and wellness. Moreover, it fosters a supportive community of women who are better equipped to navigate their wellness journey and inspire positive changes in their lives and communities.

PHOTOS:



Resource person addressing the gathering on 03/03/2020



Felicitation to Resource person by Convener Women forum on 03/03/2020

PARTICIPANTION FACULTY/STAFF LIST:

	ID			_
S.No	Number	Name of the Faculty/Staff	Designation	Department
1	4044	MS.T.VIDYULLATHA	ASST.PROF.	ENGLISH
2	3172	DR.G.SUNITA SUNDARI	ASSOC.PROF.	PHYSICS
3	5381	DR.JOSHITHA C	ASST.PROF.	ECE
4	2013	G SUMATI	ASST.PROF.	VEC
5	1503	MS.B.SUNEETHA	ASST.PROF.	CSE
6	4141	DR.ATLURI BALA SARASWATHI	ASST.PROF.	BBA
7	1920	MS.P.LAKSHMI PRASSANNA	ASST.PROF.	CSE
8	4233	MS.M.DEVI KAVYA PRIYA	ASST.PROF.	CSE
9	4487	MS.G.VALLI JAYA LAKSHMI	ASST.PROF.	CSE
10	4291	S.SUNITHA MANI	ASSOC.PROF.	ECE
11	7934	DR.N.VEDAVATHI	ASSOC.PROF.	ВТ
12	3888	DR.AVULA PAVANI	ASST.PROF.	CSE
13	4313	MS.VELPULA SREE LAKSHMI	ASST.PROF.	CIVIL
14	1177	MS.CH.RADHIKA RANI	ASST.PROF.	CSE
15	1901	MS.K.RUTH RAMYA	ASST.PROF.	CSE
16	3737	MS.T.V.N.L.ASWINI	ASST.PROF.	ECE
17	4087	MS.BHARATHI KADAVAKOLLU	ASST.PROF.	ECM
18	3093	MS.T.NAGA LAKSHMI	ASSOC.PROF.	MBA
19	3244	DR.S.RAGAMAYI	ASST.PROF.	CSE
20	4624	TIRUTHAMARA SESHAIYER RAJESWARI	ASST. PROF.	ENGLISH
21	3028	MS.N.DURGA INDIRA	ASST.PROF.	ECE
22	4420	MS.R.POOJITHA	ASST.PROF.	ARCHITECTURE
23	5884	DR.ARJUNA MUDULI	ASSOC.PROF.	ECE
24	1906	MS.V.LEELA PRIYADARSINI	ASST.PROF.	ENGLISH
25	4160	MS.SONTI ANUSHA	ASST.PROF.	MATHS
26	4242	DR.POTHURAJU RAJA RAJESWARI	PROFESSOR	CSE
27	4422	MS.DASARI DURGA BHAVANI	ASST.PROF.	CSE
28	3244	MS.S.RAGAMAYI	ASST.PROF.	MATHS
29	4365	MS.VEMPATI SUDHESHNA	ASST.PROF.	CSE

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