

let's talk about health-Brij bhushan



Women in Leadership conclave <womencconclave@gmets.ac.in>
to brijbhushan.purohit, policy, Gouthami, swapna.karnam1, wilc.academia ▾

Dear Mr. Brij Bhushan Purohit,

Greetings of the day from G. Narayanaamma Institute of Technology and Science (GNITS) (for Women). GNITS extends a cordial invitation to you to participate in the first edition of the **Women in Leadership Conclave (WILC)**, which will be held on March 8th and 9th, 2023.

WILC is a one-of-a-kind initiative that brings together 100+ women leaders on one platform from across 6 themes namely; Women in Academia, Women in Tech, Women in Arts, Women in Leadership, Women in Policy, and Women in Business. This conclave is envisioned as a platform for young women (Graduate students and young professionals) to come together and deliberate, discuss contemporary issues and derive inspiration from Women Leaders.

For the theme **Women in Academia**, we would be honored to have you join us as a panelist for a Panel Discussion entitled "Let's talk about Health".

The discussion will focus on Women's Health and Fitness.

Your expertise and experiences would greatly enhance the overall experience of the attendees, and we believe your presence will add significant value to the event.

Program and Name: Let's talk about Health: Panel Discussion

Day and Date: Thursday, 9th March 2023

Time: 10:00 AM TO 11:00 AM

Venue: A 205, Admin Block, G. Narayanaamma Institute of Technology and Science (for Women), Shaikpet, Hyderabad – 500104

Other Panelists: 1. Dr. Jayanthi Reddy, Director and Consultant Gynecologist, J.J.Hospital, Hyderabad

2. Dr. Udaya Renugunta, International Certified karlakattai coach, Physiotherapist

We are confident that this event will be a great success, and we look forward to your positive response. Please let us know if you are available to attend, and we will be more

Principals
G. Narayanaamma
Technology & Science Institute of
(AUTONOMOUS)
Shaikpet, Hyderabad - 500 104

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Women in Leadership conclave <womencconclave@gnits.ac.in>
to udayadoc, policy, Gouthami, swapna.karnam1, wilc.academia ▾

Dear Dr. Udaya Renugunta,

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2. Yoga Instructor Brij Bhushan Purohit, Founder & President: Namaste India Foundation, Yogacharya

We are confident that this event will be a great success, and we look forward to your positive response. Please let us know if you are available to attend, and we will be more than happy to provide any additional information that you may need.


PRINCIPAL
G. Narayananamma Institute of
Technology & Science (for women)
(AUTONOWOUS)
Shaikpet Hyderabad - 500 104

Wed, Mar 1, 8:35 PM (13 hours ago)



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PARTICIPANTS LIST

Venue: A201 A, ADMIN BLOCK GNITS

Date: 9/03/2023 Timings: 10.00 pm to 11.00 pm

Name of the Speaker: Dr. Gowthami, Dr. Udaya Renugunta, Mr. Brij Bhushan

Name of the Event: Let's Talk about Health

Let's Talk about Health

Other colleagues (faculty)

S.No	Name of the Candidate	Year & Branch	Roll. No	Signature
1.	Komal Jain	II CSE	2025146645	Harshita
2.	Rishika Reddy	III CSE	2025146664	Harshita
3.	V. Sachithni	II ECE	222510020	Harshita
4.	B. Neha Verma	3rd ECE	20251A04F5	Harshita
5.	P. Sowmya	3/4 ETE	20251A0174	Harshita
6.	O. Sathishkumar	8/4 CSE	20251A6716	Harshita
7.	N. Ushnava	8/4 ECE	20251A0024	Harshita
8.	G. Vinoda	3/4 EEE	20251A0208	Harshita
9.	T. Dhruv Luxmi	8/4 EEE	20251A0066	Harshita
10.	B. Sreethitha	8/4 ECE	20251A0024	Harshita
11.	K. Bhavanya	8/4 ECE	20251A0019	Harshita
12.	Mawsha Luwina	3/4 ECE	20251A0040	Harshita
13.	Husslitha	3/4 CSD	20251A6716	Harshita
14.	V. Rudha Sayyitha	8/4 ECE	20251A04H7	Harshita

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Let's Talk about Health

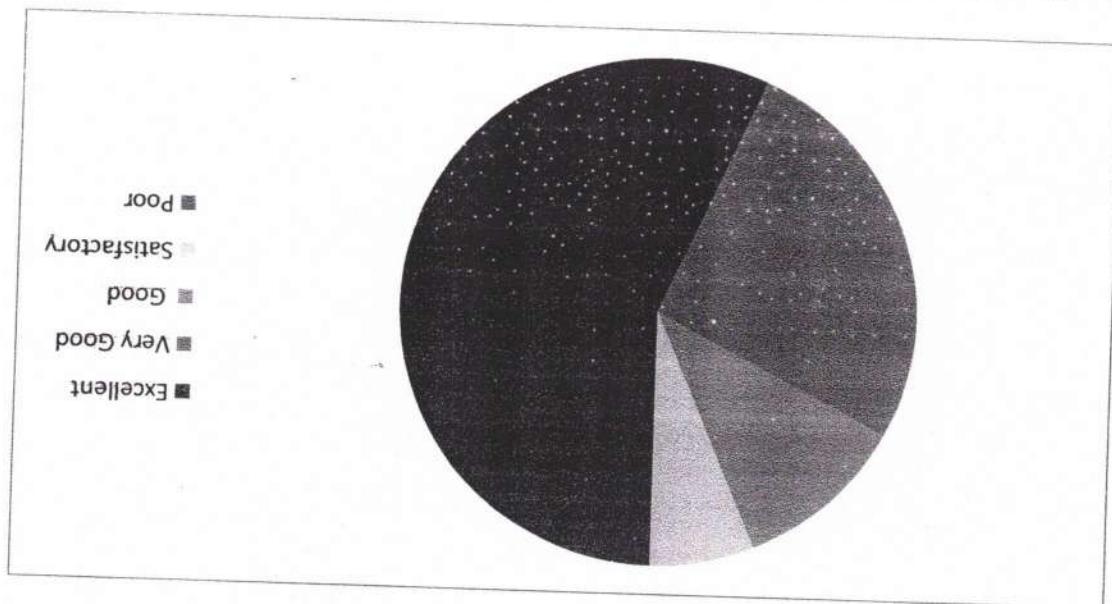
C N I T S

Shallopet, Hyderabad - 500 104
(AUTONOMOUS)
Technology & Science (for young man)
G. Narayana Namma Institute of

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- More time can be provided for the panel discussion.
- More workshops should be conducted for better results.

Feedback from Speakers



Excellent	26	Very Good	12	Good	5	Satisfactory	3	Poor	0
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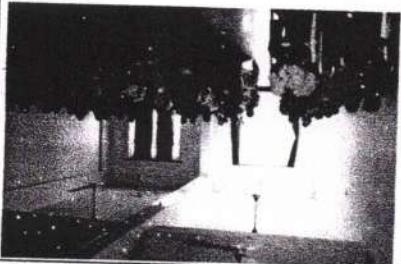
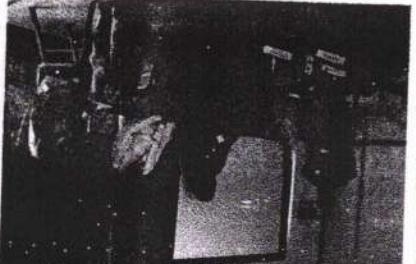
FEEDBACK ANALYSIS

Let's talk about health

Feedback from Participants

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 2022-2023
 G.Narayananamma Institute of Technology & Science (for Women)
 Prof., ECE GNTS
 2.Mrs.E. Gouthami
 Technology & Science (for Women)
 Prof., ECE GNTS
 1.Dr.Swapna Raghunath,
 PRINCIPAL
 Dr.K.Ramesh Reddy
 Panel Discussion Co-Ordinator
 Panel Discussion Co-Ordinator
 G.Narayananamma Institute of Technology & Science (for Women)
 Shikhpeta, Hyderabad - 500104
 (AUTONOMOUS)

Feed backs about the Workshop: The following feedback was received from the participants of the Panel Discussion. Good and perfect planning in organizing the discussion in all aspects. Talk delivered by the resource persons was very useful.

		
<p>Panelists Dr. NV Gowthami along with moderator Dr. MVL Surya Kumar interacted with participants in Panel Discussion on "Let's talk about Health" on 9th March 2023.</p> <p>Participants in Panel Discussion on "Let's talk about Health" on 9th March 2023.</p> <p>Participants in Panel Discussion on "Let's talk about Health" on 9th March 2023.</p>		

Out Comes: The participants were made aware of the knowledge to understand various aspects of women's health including gynaecological health and fitness for women. Participants also learned benefits of yoga and some asanas for stress relief.

About the Program: The moderator of the Panel Discussion was Dr. MVL Surya Kumar, the head of Physical Education department, GNTS.

About Resource Person(s): Dr.NVGowthamiMullangi (Consultant- Obstetrics and Gynaecology, JF Hospitals) is a gold medallist in academics and had pursued MBBS, D.G.O and DNB. She also participated and conducted several free medical camps. Dr. Udaya Renuguntla (International Certified Karlakatti Coach and Physiotherapist) trained many women in Karlakatti art. She is a physiotherapist specialized in pelvic health. Mr. Brij Bhushan Purohit (Founder and President : Namaste India Foundation and Yogacharaya) has dedicated 38+ years in the field of yoga.

Number of Participants: 46

Date of Program: 9th March 2023 from 10:00 am to 11:00 am

Panel Discussion on
"Let's Talk about Health"

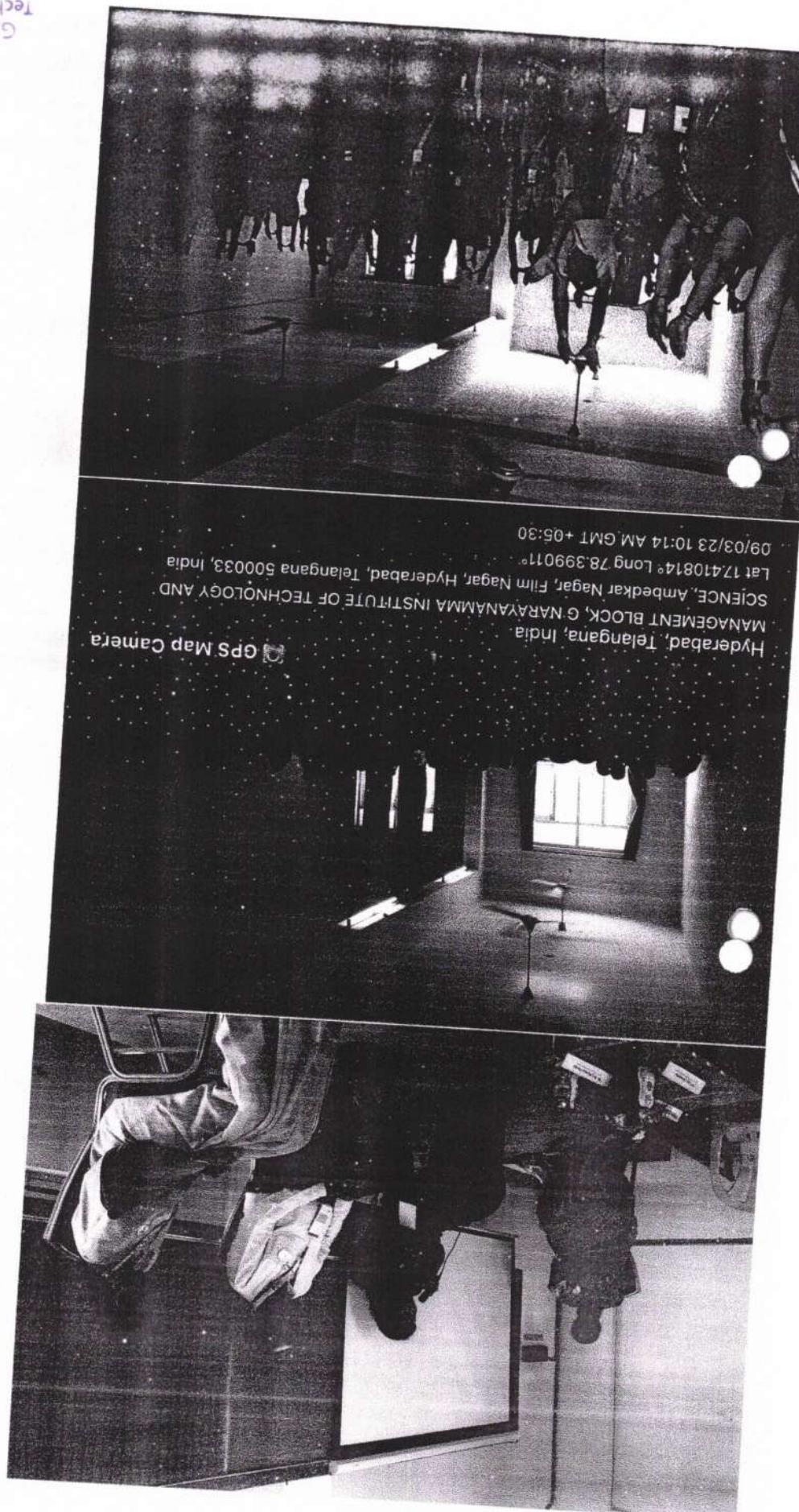
REPORT

G.NARAYANAMMA INSTITUTE OF TECHNOLOGY & SCIENCE (For Women)
 (AUTONOMOUS)
 Shikhpeta, Hyderabad - 500104
 2022-2023



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Hyderabad, Telangana, India
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Lat 17.410814° Long 78.399011°
09/03/23 10:14 AM GMT +05:30

నిశ్చరయిస్తిము కళాశాలలో మహార్షి నాయకులు తో సమావేశం

అతరూతియ మహాళ దినోత్సవం,
 ఉమ్మ ఇన్ లీడర్స్‌ఎం కాస్ట్‌ఎ రూపంలో
 శైరంబాద్ లోని జి నారాయ ఇష్ట
 ఎన్స్‌స్టాఫ్ ఆచ వికాలజే అండ సైన్స్ పర
 కెమ్బర్లో 182 మంది మహాళ నాయకుల,
 100 న్యాయవాదులలో అతిపెద్ద
 సమాజాన్ని నిర్ణయించారు. తెలంగాణ
 ఐర్వర్గ్‌మో అప్పమల భార్యలలు స్కూలించిన
 ఓ (సీఎస్ రెడ్డి మహిళా సదను)
 సమ్మశ్వరానికి విషేష శ్రీ చేశారు. ఈ సదస్యులో ఆర్ట్
 విజినెన్, పాల్స్, బిక్ ఆకాడెమియా నాయకులు
 పొల్చాన్నారు.

ఈ సమయంలోన్నాళ్ళ యిమాఎస్ కాన్సెప్టుల్ ఇన్‌రింజర్ జెనిపర్
లాగ్నిక్ చేతుల మీదుగా అంఘనంగా ప్రారంభించారు.
ప్రైవేట్ చర్చల్లో తెలంగాణ ప్రభుత్వ ల్యాప్‌టప్ సెక్రెటరీ
జయిష్ట రంజన్ (బిఎస్), యాదాది భువనగిరి జిల్లా
ట్రిక్టర్ వమ్మలా సత్యా, పూర్వింధున దాసరి (బిఎస్)
లోనాచురు. ఉమ్మన్ సెప్టెన్బర్ నుమచి బడుగులు
(బిఎస్), బ్యారోక్రొమ్ సుంచి దీపక్ తిపార్ (బిఎస్)కథల
ఒంచి, మిన్ ఇండియా 2021 మానస వారణాసి,
టాటిస్టులు మహారాష్ట్ర కొండ్వర్ ప్రోవెడర్, డైనసక్ వరుణ్
వత్సలం, పుజుత కృష్ణ - ఇండియన్ ఫ్సిక్సర్ ద్వాన్సర్,

ఇమ్మ చలక - సంగిత విద్యాంసుడు.
పోటోగ్రాఫర్ గాయ (తి రెడి, సంగిత
మొయసు, మెకవ్ ఆర్టిస్ట్, గిరిజన చెరియాల్
ఆర్టిస్ట్ వసుల హజర్రీ ఈ కార్బూక్షమంలో
భాగస్వాములు అయ్యారు. కాన్సెచ్ చెరిపర్సన్స
ప్రీవిడాక్ రెడి మాట్లాడుతూ... "మహిళా
నాయములు తమ సూటిదా యక్కును
ప్రయాణాలు, విజయాలు నైపుట్టాలను
పంచకో పడానికి మన యిన తరాలను,
మనజంగ అమృతాలను తమను తాము
మేము గృంథాము' అన్నారు.

మంది మహిళ నాయకులు, 1034 మంది ప్రతినిధిలను అక్రించి, 60 వ్యవ్ లింగ వాయలను సంపోదించి, 48 సంస్కలనా భాగస్వామ్యమైన ఈ అధ్యాత్మమ సమ్మతస్వాన్ని రాష్ట్రాందించడానికి ఇది మాత్ర స్థూర్ణిచింది. గత రెండు సెల్లుగా ఈ కార్బూక్షమాన్ని నిర్వహించడంలో ఘావిధారి సంమం కీలకపూర్వ పోషిస్తోంది. భారతదేశంలోనే మొత్తమొదటిసారిగా తలండి బృహత్తర కార్బూక్షమం యువతులచే నడవజాడం పూర్ణయోధం అని తెలిపారు.
ఈ చైతన్యవంత్తున యువత కోసం మరిన్ని ఆయుష్మాలను సమించాలినే కూ సంగ్రహించాలి.

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