

Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.

(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi) PETW/PRIN/YOGA/AY2020-21/CR-01 Date: 05-10-2020

OFFICE ORDER

The Yoga & Meditation cell is reconstituted with the following members for the academic year 2020-21. It is constituted to serve the interest of the student community to improve their physical and mental health.

The composition of Yoga & Meditation Cell is as follows:

S. No	Name of the member	Designation	Position
1	Dr. A. Krishna murthy	Dean	principal
2	Mr.Parameswar	Physical Director	Convener
3	Mrs. Vidya	Assistant Professor	Member(ECE Dept)
4	Mrs. Swapna	Assistant Professor	Member(CSE Dept)
5	Mrs. Sandya	Assistant Professor	Member(EEE Dept)
6	Mrs. Pavani	Assistant Professor	Member(CIVIL Dept)
7	Mrs. Swetha	Assistant Professor	Member(H&S Dept)
10	A. Sravya	Student	Member(ECE Dept, 206M5A0409)
11	B. Soumya	Student	Member(CSE Dept, 176M1A0506)
13	A. Divya	Student	Member(CIVIL Dept, 186M5A0119)
14	G. Anusha	Student	Member(H&S Dept, 216M1A0117)

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PRINCETON INSTITUTE OF ENGINEERING & TECHNOLOGY FOR WOMEN Chowdaryguda, Korremula (V). Ghatkessa (M), Medchal Dist, TS-50008¢



Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.

(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi) PETW/PRIN/YOGA/AY2020-21/CR-02 Date: 07-10-

2020

CIRCULAR

All the Yoga & Meditation Cell members are hereby informed to attend a meeting which in scheduled on 09-10-2020. The venue will be the Department of Physical Education at 2:30pm. All are requested to be present on time.

The Agenda of the meeting is:

- 1. Review the activities of Yoga & Meditation Cell for the Ay 2019-20.
- 2. To discuss on events to be organized for the academic year 2020-21.
- 3. Any other matter with the permission of the chair.

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Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.

(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi) Yoga & Meditation Cell

MINUTES OF MEETING

- 1. The Meeting was held on 09-10-2020 and started at 3:00pm in the Department of Physical Education
- 2. The Convener started the meeting with congratulating all the members for the smooth conduction of last year programs in the events took place.
- 3. Principal instructed to the members of cell to put more efforts to develop yoga habit in the student's life
- 4. Members discussed to organized the following events
 - a. International Yoga Day
- 5. The meeting was adjourned at 4:00pm

The list of members attended to the meeting:

S. No	Name of the member	Designation	Position
1	Dr. A. Krishna	Dean	Principal
2	Mr.Parameswar	Physical Director	Convener
3	Mrs. Vidya	Assistant Professor	Member(ECE Dept)
4	Mrs. Swapna	Assistant Professor	Member(CSE Dept)
5	Mrs.Sandya	Assistant Professor	Member(EEE Dept)
6	Mrs. Pavani	Assistant Professor	Member(CIVIL Dept)
7	Mrs. Swetha	Assistant Professor	Member(H&S Dept)
10	A. Sravya	Student	Member(ECE Dept, 206M5A0409)
11	C. Soumya	Student	Member(CSE Dept, 176M1A0506)
13	A. Divya sri	Student	Member(CIVIL Dept, 186M5A0119)
14	G. Anusha	Student	Member(H&S Dept, 216M1A0117)

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(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi) Strategic perspective plan for the academic Year 2020-21

S. NO	Date of the Event	Dept./ Committee	Name of the Event	Details
1		Yoga & Meditation Cell	International Meditation Day	Objective of this event is to make the participate to realize
	21-05-2021			the importance of Meditation in our daily life
2	21-06-2021	Yoga & Meditation Cell	International Yoga Day	Objective of this event is to make the participate to realize the importance of yoga in our daily life
3	24-09-2020	Yoga & Meditation Cell	International Physical fitness Day	Objective of this event is to make the participate to realize the importance of physical strength in our daily life

Yoga & Meditation Cell-Strategy Document

- 1. Meeting of Yoga & Meditation Cell will be conducted twice in each academic year.
- 2. A brief synopsis is given on the importance of Yoga & Meditation Cell
- 3. Students are registered for the cell
- 4. Staff and Students are encouraged to actively organize and participate in the activities of yoga & Meditation Cell
- 5. Yoga & Meditation Cell have given instruction and suggestions to the students about implementation of the events

Convener

Principar
PRINCETON INSTITUTE OF ENGINEERING
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PETW/PRIN/YOGA/AY2020-21/CR-3
Date: 18/05/2021

CIRCULAR

On the occasion of Meditation Day, the Yoga & Meditation cell of Princetoninstitute of engineering and technology is organizing one day Meditation Training camp on 21/05/2021, in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit. Kindly enroll your names with the coordinator.

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(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi) ACTIVITY REPORT

Name of the Activity	LIFE SKILLS		
Type of Activity	International Meditation Day		
Date and Time of Activity	21-05-2021	9:00AM to 11:00AM	
Details of Participants	256		
Organizing Dept./Support System	B.TECH		
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach		
Description	Princeton institute of engineering and technology for women has organized a one day training program on yoga to the students at the campus on 21/05/2021 from 9.00 a.m. to 11.00 a.m. The principal has addressed the students about the importance of meditation in life. This program included a guest lecture by the expert Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach who provided information about the importance of meditation in one's life. She gave her insights on Meditation – As a Scientific Tool to Transcend the Body and Mind. She further went on to give a vivid outlook on few benefits of meditation like reduces stress, improves health, positive thinking and emotional stability, happiness, focused attention. She also guided students to adopt meditation as one of their habit and suggested to follow regular pranayama and yoga along with it. Students are made to do meditation for about 15 minutes in the training program. The training program ended with our respected Principal. He was thankful for the valuable inputs delivered by resource person and she appreciated the commendable efforts taken by the college for initiating such a holistic session. Finally the session ended with a vote of thanks by the HOD.		

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(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi)
PETW/PRIN/YOGA/AR2020-21/CR-4
Date: 19-06-2021

CIRCULAR

On the occasion of Yoga day, the Yoga & Meditation cell of Princeton institute of engineering and technology for women is organizing one day Yoga Training camp on 21/06/2021, in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit.

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(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi) ACTIVITY REPORT

Name of the Activity	LIFE SKILLS			
Type of Activity	International Yoga Day			
Date and Time of Activity	21-06-2021	9:00AP to 11:00AM		
Details of Participants	312			
Organizing Dept./Support System	В.ТЕСН	В.ТЕСН		
In collaboration with	Ms .Suchita Joshi Msc Yoga,Inte	ernationally(USA) Certified Coach		
Description	Ms. Suchita Joshi Msc Yoga, Internationally (USA) Certified Coach Princeton institute of institute of engineering and technology for women has organized a one day training program on yoga to the students at the campus on 21/06/2021 from 9:00PM to 11:00 a.m. The principal has addressed the gathering. The Resource person for the training program was Ms. Suchita Joshi Msc Yoga, Internationally (USA) Certified Coach The session was conducted to improve the holistic development of the students on which the vision and mission of the Institution is laid. Some of the topics covered are the basics of yoga and applying the principles of yoga for wholesome development. The resource person motivated the students to imbibe the values of practicing yoga for physical and mental harmony. She explained the importance of yoga which is an apt measure to inculcate a natural way to control their senses. This has instilled the best practice of gaining control over the emotional well being among the students. Students gained valuable information and some important tips. The session was interactive and informative. This guest lecture is an attempt to aware the students about the importance of yoga and meditation. This lecture has created awareness in the students. A thank you note on behalf of students and faculty was given by HOD.			

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(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi) PETW/PRIN/ YOGA /AY19-20/CR-5 Date: 21-09-2020

CIRCULAR

On the occasion of Physical Fitness, the Yoga & Meditation cell of Princeton institute ofengineering and technology for women is organizing Physical fitness camp on 24/09/2020, in college premises. Hence all the students attend the program.

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(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi) ACTIVITY REPORT

Name of the Activity	LIFE SKILLS		
Type of Activity	Physical Fitness		
Date and Time of Activity	24-09-2020	3:00PM to 4:00PM	
Details of Participants	241		
Organizing Dept./Support System	B.TECH		
In collaboration with	Ms .Suchita Joshi Msc Yoga,Inte	ernationally(USA) Certified Coach	
Description	Princeton institute ofengineering and technology for women has organized a one day training program on yoga to the students at the campus on 24/09/2020 from 3.00 p.m. to 4.00 p.m. The principal has addressed the students about the importance of Physical Fitness in life. The guest lecture was headed by the resource person Ms .Suchita Joshi Msc Yoga, Internationally (USA) Certified Coach The main aim of the workshop was to provide awareness about physical fitness as an important tool to promote health. The program started at around 10 am in the morning and went on till 11 am. The instructors educated the participants on the role of food, water, sleep, mental health and immunity in the maintenance of physical fitness. In this session students were given hands on training on physical fitness. This was followed by a quiz about the best fitness strategy for individuals according to their personal requirements. The instructors then provided the participants with personal guidance regarding fitness. The training program ended with our respected Principal. He appreciated the commendable efforts taken by the college for initiating such a knowledgeable and informative session. The vote of thanks was given by the HOD of Physical fitness on the successful completion of		

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(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi) PETW/PRIN/YOGA/AY2020-21/CR-6 Date: 19-11-2020

CIRCULAR

All the Yoga & Meditation Cell members are here by informed to attend a meeting scheduled on 21-11-2020. The venue will be the department of Physical Education at 3:00pm. All are requested to be present on time.

The Agenda of the meeting is:

- 1. Review on previous events.
- 2. To discuss on events to be organized.
- 3. Any other matter with the permission of chair.

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Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.

(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi) MINUTES OF MEETING

- 1. The meeting was held on 21-11-2020 and started at 03:00pm in the Department of Physical Education
- 2. The Convener started the meeting with congratulating all the members for the smooth conduction of last year events took place
- 3. Principal instructed the members to explore innovative events to be conducted for the next year. Further instructed to come up with new ideas
- 4. The meeting was adjourned at 04:00pm

The list of members attended to the meeting:

S. No	Name of the member	Designation	Position
1	Dr. A. Krishna murthy	Dean	principal
2	Mr.Parameswar	Physical Director	Convener
3	Mrs.Vidya	Assistant Professor	Member(ECE Dept)
4	Mrs. swapna	Assistant Professor	Member(CSE Dept)
5	Mrs. sandya	Assistant Professor	Member(EEE Dept)
6	Mrs. Pavani	Assistant Professor	Member(CIVIL Dept)
7	Mrs.Swetha	Assistant Professor	Member(H&S Dept)
8	A. sravya	Student	Member(ECE Dept, 206M5A0409)
9	B. soumya	Student	Member(CSE Dept, 176M1A0506)
10	A. Divya sri	Student	Member(CIVIL Dept, 186M5A0119)
11	G. Anusha	Student	Member(H&S Dept, 216M1A0117)

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PETW/PRIN/Vagdevi Health Club/AY2020-21/CR-01

OFFCCE ORDER

Sub: Restructuring of Vagdevi Health Club

In continuation to the Vagdevi Health Club is restructured with the following members for the AY 2020-21.

S. No	Name of the Member	Designation & Dept	Position
1	Dr. A. Krishna Murthy	Dean	Principal
2	Sunitha	Medical officer	Convener
3	Mrs. Swetha	Asst.Prof, H&S	Coordinator
4	Mrs. Vidya	Asst.Prof, ECE	Member
5	Mrs. Swapna	Asst.Prof, CSE	Member
6	Mrs. Sandya	Asst.Prof, EEE	Member
7	Mrs.Pavani	Asst.Prof, CIVIL	Member
8	K. Vasantha	H&S	Student Member
9	G. Teja	ECE	Student Member
10	G. Lavanya	CIVIL	Student Member
11	P.Divya	CSE	Student Member

Committee will work in line to meet the following objectives

- 1. To educate the students about the importance of health
- 2. To bring awareness among the students about various diseases, flues and also how to retaliate them
- 3. Motivate and encourage the students to conduct the health campaigns at various villages
- 4. To develop students as healthy and sound minded which is must for a good society
- 5. To make all students, staff and faculty to be a part of healthy Nation

The committee shall meet as frequently as necessary to discharge its duties and in any case at least two times per academic year.

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Date: 02-09-2020



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PETW/PRIN/Vagdevi Health Club/AY2020-21/CR-02

CIRCULAR

All the Vagdevi Health Club members are hereby informed that, the health club meeting is scheduled on 05-09-2020. The Venue will be the IQAC at 12:00pm. All are requested to be present on time.

The Agenda of the meeting is:

- 1. To discuss about the restructuring of the club
- 2. To review the events conducted on the previous year
- 3. Discussing the events to organized for the AY 2020-21
- 4. For scheduling all the related events/programs without affecting the class/lab work, examination schedules.
- 5. To discuss the about the necessary facilities from college side like banners, seminar hall, transportation, food and others
- 6. Inviting the necessary resource persons if required

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Principal
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Date: 04-09-2020



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MINUTES OF MEETING OF VAGDEVI HEALTH CLUB

Date: 07-09-2020

Minutes of the first meeting of Vagdevi Health club for the AY 2020-21 held at 12:00pm on 05-09-2020 at IQAC Block-B Princeton institute of engineering and technology for women.

Minutes of Meeting:

The chairman, Dr. A. Krishna murthy started the meeting by greeting all the members present and congratulated the members for successful conduction of the events in the AY 2020-21.

Members presented suggested two events for the first semester while two more for the second semester.

Mrs. Swapna Asst.Prof, CSE suggested to conduct an awareness campaign on Typhoid fever

Mrs. Swetha coordinator suggested conducting an awareness campaign on World Mental health day

All the members present in the meeting agreed to the opinion and accepted the proposals with enthusiasm and felt happy for conducting such events.

Above mentioned two events were collectively decided to be conducted for the first semester.

For the Second semester, Mrs. vidya, Asst.Prof, ECE suggested awareness campaign on Fluorosis

Mrs. Sandya Asst.Prof, EEE proposed to conduct an awareness program Fits.

The meeting concluded with the chairman thanking the members for their valuable suggestions.

Club Members:

S. No	Name of the Member	Designation & Dept	Position
1	Dr A. Krishna murthy	Dean	Principal
2	Sunitha	Medical officer	Convener
3	Mrs. Swetha	Asst.Prof, H&S	Coordinator
4	Mrs. Vidya	Asst.Prof, ECE	Member
5	Mrs. Swapna	Asst.Prof, CSE	Member
6	Mrs. Sandya	Asst.Prof, EEE	Member
7	Mrs.Pavani	Asst.Prof, CIVIL	Member
8	K. vasantha	H&S	Student Member
9	G.Teja	ECE	Student Member
10	G.Lavanya	CIVIL	Student Member
11	P.Divya	CSE	Student Member

OORDINATOR

PRINC PAL

Principal

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Strategic perspective plan for the academic year 2020-21

S. No	Date of the	Dept./Club	Name of the	Budget for	Details
1	Event	Vagdevi Health Club	Awareness program on Typhoid fever	NIL	Due to seasonal variations, contaminated food and water typhoid fever occurs, and also due to the rise of the cases in recent times it is very much necessary for conducting an awareness program for the
2	04-02-2021 03-01-2021	Vagdevi Health Club	World Mental health Day	NIL	Sound mind makes healthy body, With respect to the above statement Vagdevi health club is going to organize awareness program on importance of mental health to the students there by make them to be a part of strong healthy nation
3	11-12-2020	Vagdevi Health Club	Awareness program on Fits	NIL	Fits can be caused byb many factors like depression, mental illness, genetic etc, In most of the cases if we know how to perform the first aid we can save the life of the person affected with fits. So Vagdevi health club is plan ing to conduct an awareness program to the students for the same
4	15-09-2020	Vagdevi Health Club	Awareness campaign on fluorosis	NIL	Fluorosis decades old serious issue still not gone out of roots in same part of Telangana, So Vagdevi Health Club decided to conduct an awareness campaign on fluorosis to any one of the affected village and make aware the how to drink the fluorinated water by suitable water treatment method

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Vagdevi Health Club-Strategy Document

- 1. Health Club meeting is conducted at the beginning of the each academic year
- 2. A brief synopsis is given by the Vagdevi Health Club on the importance of the club and its activities
- 3. Students are motivated to register in health club.
- 4. Students are encouraged to actively participate in the health club activities.
- 5. Health club has given instructions and suggestions to the students about implementation of the events as and when needed

Coordinator

Princeton Institute of Engineering
& Technology For Women
& Tochwology For Women
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PETW/PRIN/Vagdevi Health Club/AY2020-21/CR-3

CIRCULAR

This is to inform all the faculty, staff and students that our college is going to organize an awareness program on Typhoid at PETW seminar Hall Block-B. The main motto of the program is save the people and makes them aware about the viral infection. Hence all the faculty, staff and students are requested to attend program at 2PM on 04-02-2021 without fail.

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PRINCETON INSTITUTE OF ENGINEERING
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Date: 02-02-2021



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ACTIVITY REPORT

Name of the Activity	LIFE SKILLS		
Type of Activity	Awareness program on Typhoid	Fever	
Date and Time of Activity	04-02-2021	2:00PM to 4:00PM	
Details of Participants	251		
Organizing Dept./Support System	В.ТЕСН		
In collaboration with	Ms .Suchita Joshi Msc Yoga,Inte	ernationally(USA) Certified Coach	
Description	conducted an awareness prografebruary 2021 by. Ms .Suchita Joshi Msc Yoga,Intensity the Facilitator for the program. The campaign was organized to about Typhoid Fever. The program Principal of the college has inauspeech addressing the student description of "What is Typhosphacterium that causes Typhosph	ing And Technology For Women has am on 'Typhoid Fever' on the 4 th of ernationally (USA) Certified Coach was a create awareness among the students amme was inaugurated by the chairman. Ingurated the initiative with his valuable ts. The program began with a brief old fever" Salmonella Typhoid is the old. This infection results in high his can be extremely fatal if left brief message about its cause, spread, ief on preventive measures and some ag health conditions were discussed. The students were benefitted. The guest subts of students. In this programme, a centing different classes and departments idance of Coordinator have actively so, staff and visitors in the college during desponse from the students. They felt the	



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PETW/PRIN/Vagdevi Health Club/AY2020-21/CR-4

CIRCULAR

This is to inform all the faculty, staff and students that our college is going to organize an awareness program on Mental Health Day at PETW seminar Hall Block-B. The main motto of the program is save the people and makes them aware about the viral infection. Hence all the faculty, staff and students are requested to attend program at 2PM on 03-01-2021 without fail.

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Date: 02-01-2021



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ACTIVITY REPORT

ACTIVITY REPORT			
Name of the Activity	LIFE SKILLS		
Type of Activity	World Mental Health Day		
Date and Time of Activity	03-01-2021	2:00PM to 4:00PM	
Details of Participants	180		
Organizing Dept./Support System	в.тесн		
In collaboration with	Ms .Suchita Joshi Msc Yoga,Inte	ernationally(USA) Certified Coach	
Description	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach An awareness program on 'Mental Health' was conducted on the 3 rd of January 2021 by Princeton Institute Of Engineering And Technology For Women.Ms .Suchita Joshi Msc Yoga,Internationally (USA) Certified Coach was the Facilitator for the program. The program was attended by 180 students from B.Tech. The programme aims at creating awareness among communities on mental health issues, counselling and treatment. This program started with an introduction to the guest speaker. After which the facilitator explained them the objectives of raising awareness of mental health issues and mobilizing efforts in support of better mental health. She added on symptoms. She also spoke about the preventive measures and major risk factors. Through this programme, all the students were benefitted. The guest lecturer had clarified and helped them to overcome difficult situations in life. They are also suggested toapproch the nearby primary health centre for counseling. Students may face depression in colleges due to certain incidents and may not reveal it to anyone, which might affect their mental health. Hence, the objective of the program is to make them come out and discuss the issues with their parents, teachers and doctors. Students contributed to the awareness program and conducted rally around nearby areas. The program provided a great opportunity to learn		



Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.

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PETW/PRIN/Vagdevi Health Club/AY2020-21/CR-5

CIRCULAR

This is to inform all the faculty, staff and students that our college is going to organize an awareness program on Fluorosis at PETW seminar Hall Block-I. The main motto of the program is save the people and makes them aware about the viral infection. Hence all the faculty, staff and students are requested to attend program at 2PM on 15-09-2020 without fail.

Copy to:

- 1. IQAC Coordinator
- 2. Exam Branch
- 3. All HODS
- 4. Library
- 5. Notice Board

Principar
PRINCETON INSTRUCTE SEPSIGNEERING
& TECHNOLOGY FOR WOMEN
Chowdaryguda, Korremula (V),
Ghatkesar (M), Medchal Dist, TS-50086

Date: 11-09-2020



Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.

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ACTIVITY REPORT

Name of the Activity	LIFE SKILLS			
Type of Activity	Awareness program on Fluorosis			
Date and Time of Activity	15-09-2020	2:00PM to 4:00PM		
Details of Participants	195	5		
Organizing Dept./Support System	B.TECH			
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach			
Description	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach Princeton institute of engineering and technology for women organized an awareness program on Fluorosis between 2.00 pm to 4.00 pm on 15th September 2020 for the students of B.TECH The campaign was organized to create awareness among the students about Fluorosis. The programme was inaugurated by Mr. S. Prabakar Rao, chairman of Petw. This program started with the discussion "Health is Wealth" After which the facilitator explained them about types of flurosis and the ratio of its affect on female. She added the case studies in the discussion to support her views and to present an overall view on it. Then she explained the important health in one's life. She also gave insights about effective preventive measure of flurosis such as eat healthy foods, get more physical activity, lose excess pounds. Some suggested strategies for improving health conditions were discussed. She gave few insights about the complications of being effected by Fluorosis. The students emphasized various healthy lifestyle practices to prevent disease and promote optimum health. The topics were dealt by Ms. Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach. This program was coordinated by the health education committee chairperson of PETW guided and supported by director of PETW, A total number of 195 students participated in the program. All the sessions were informative and well appreciated by the participants.			



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PETW /PRIN/Vagdevi Health Club/AY2020-21/CR-6

CIRCULAR

This is to inform all the faculty, staff and students that our college is going to organize an awareness program on Fitsat PETW seminar Hall Block-I. The main motto of the program is save the people and makes them aware about the viral infection. Hence all the faculty, staff and students are requested to attend program at 2PM on 11-12-2020 without fail.

Copy to:

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- 4. Library
- 5. Notice Board

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PRINCETON INSTITUTE OF ENGINEERING
8 TECHNOLOGY FOR WOMEN
Chowdaryguda, Korremula (V).
Ghatkesar (M), Medchal Dist, T 5-50086

Date: 09-12-2020



Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.

(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi)

ACTIVITY REPORT

Name of the Activity	LIFE SKILLS		
Type of Activity	Awareness program on Fits		
Date and Time of Activity	11-12-2020	2:00PM to 4:00PM	
Details of Participants	285		
Organizing Dept./Support System	в.тесн		
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach		
Description	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach An awareness program on 'Mental Health' was conducted on the 11 th of December 2020 by Princeton Institute of Engineering and Technology for Women. Ms .Suchita Joshi Msc Yoga,Internationally (USA) Certified Coach was the Facilitator for the program. The program was attended by 285 students from B.Tech. The programme aims at creating awareness among communities on fits. The motive of the program was to confront the students about fits. This program started with an introduction to the guest speaker. After which the facilitator explained them the objectives of raising awareness of fits and efforts in support of better physical health. She added on symptoms. She also spoke about the preventive measures and major risk factors. Through this programme, all the students were benefitted. The guest lecturer had clarified and helped them to overcome difficult situations in life. They are also suggested to approch the nearby primary health centre for counseling. An oral assessment to know the effectiveness of the programme was conducted. It was very interesting to know that the students were able to give answers to the questions raised by the facilitator.NSS students performed a SKIRT on fits and then, animation movies were also played for the students.		



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Students contributed to the awareness program and conducted rally
around nearby areas. The program provided a great opportunity to learn
and its preventive measures.

PETW /PRIN/Vagdevi Health Club/AY2020-21/CR-7

CIRCULAR

All the Vagdevi Health Club members are here by informed that the Health Club Annual review meeting is scheduled on 22-04-2021. The venue will be the IQAC at 3PM. Hence all are requested to attend the same.

The agenda of meeting is:

- I. Review meeting on the events conducted in Academic year:2020-21
- II. Discussion on non-conduct/Extra conducted events.

Copy to:

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PRINCETON INSTITUTE OF ENGINEERING
8 TECHNOLOGY FOR WOMEN
Chowdaryguda, Korremula (V),
Chatkesin (M), Medchal Dist, T-500086

Date: 16-04-2021



Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.

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MINUTES OF MEETING OF VAGDEVI HEALTH CLUB

Date: 23-04-2021

- 1. The Minutes of the second meeting was held on 22-04-2021, stared at 2PM in the IQAC Block-B Princeton institute of engineering and technology for women.
- 2. The coordinators started the meeting with congratulating all the members for the smooth conduction of current academic year programs
- 3. Club members discussed about 6the problems faced in conducting the events and suggested the modifications to overcome the glitches faced.
- 4. All the members presented accepted the suggestions

The list of events conducted in the current academic year

S. NO	Name of the Event	Date of the Event
1	Awareness program on Typhoid Fever	04-02-2021
2	Awareness program on Mental Health Day	03-01-2021
3	Awareness program on Fits	11-12-2020
4	Awareness program on Fluorosis	15-09-2020

Club Members:

S. No	Name of the Member	Designation & Dept	Position
1	Dr. A. Krishna murthy	Dean	Principal
2	Sunitha	Medical officer	Convener
3	Mrs. Swetha	Asst.Prof, H&S	Coordinator
4	Mrs. Vidya	Asst.Prof, ECE	Member
5	Mrs. Swapna	Asst.Prof, CSE	Member
6	Mrs. Sandya	Asst.Prof, EEE	Member
7	Mrs.Pavani	Asst.Prof, CIVIL	Member
8	K. Vasantha	H&S	Student Member
9	G. Teja	ECE	Student Member
10	G. Lavanya	CIVIL	Student Member
11	P. Divya	CSE	Student Member

COCKDINATOR

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