



**BMS** INSTITUTE OF TECHNOLOGY AND MANAGEMENT  
**YELAHANKA, BENGALURU – 560064**  
**Workshop Report – CICC**

Topic	Prevention of Sexual Harassment at Workplace
Date	2nd December 2022
Time	02:00pm to 04:00pm
Resource person	Dr. Brunda K Varma
Workshop Coordinator	Dr. Sunanda Dixit

In this growing capitalist world, there is a boost in the workforce and there is a need for peace of mind at our workspaces. Peace of mind is a state of being, a state achieved out of mental and emotional calmness. In order to achieve peace of mind a person must have no fears, no worries and no stress, but we encounter many situations where irrespective of the gender people face sexual harrasments which in turn affect their entire life.

In order to bring awareness of the same an interactive workshop was organised by the College Internal Complaint Committee (CICC) of BMSIT&M for all the Employees. The event convener was Dr. Sunanada Dixit, CICC Chair Person and Associate Professor, Computer Science and Engineering Department, BMSIT, Bangalore.

The guest speaker was Dr. Brinda K Varma who is an advocate and POSH expert who enlightened the faculty of BMSIT&M on the importance of safety at workplace for all women and the applicability and understanding of the POSH Act of 2013.

This session brought all the various measures that can be taken to ensure that such cases do not happen and also the session was very interesting with many case studies cited as examples and there were a couple of videos showcasing the problems faced by the women at work. Madam also described some of the constitutional laws that were governing the rights of the women in the society to protect her modesty.

Various ways to put forth our interests and problems were also discussed. The procedure for filling a complaint regarding any such intolerable incident was discussed which gave a lot of confidence and understanding of these problems. Finally, there were several questions posed by the participants that were meticulously answered by the speaker. Last but not the least, Dr. C S Mala, Dean student welfare, BMSIT&M delivered the vote of thanks. All the participants were sensitized from this interactive and interesting workshop.

**BMS** INSTITUTE OF  
TECHNOLOGY & MANAGEMENT  
(AN AUTONOMOUS INSTITUTION AFFILIATED TO VTU)

COLLEGE INTERNAL  
COMPLAINT COMMITTEE  
[CICC]

College Internal Complaint Committee (CICC) of BMSIT&M  
presents a

*Sensitisation Workshop on  
POSH Act*

Guest Speaker



**DR. BRINDA K. VARMA**  
ADVOCATE  
POSH EXPERT

**DR. MOHAN BABU G N,**  
PRINCIPAL, BMSIT&M

**DR. C S MALA,**  
DEAN (STUDENTS WELFARE)

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DATE:  
02 DECEMBER 2022 | FRIDAY

VENUE:  
SEMINAR HALL - I,  
ACADEMIC BLOCK

TIMING:  
2:00 PM - 4:00 PM

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CONVENER:  
DR. SUNANDA DIXIT, CHAIRPERSON CICC

COORDINATORS:  
ALL MEMBERS OF CICC, BMSIT&M



CICC Chair Person  
Dr.Sunanda Dixit

Principal