


	MAHENDRA ENGINEERING COLLEGE (AUTONOMOUS)	
	WOMEN EMPOWERMENT CELL Academic Year (2022-2023)	

Event Name	Building Life Skills
Collaborating Agency	World Community Service Center (WCSC), Aliyar
Date	02.11.2022
Number of Students participated	163
Beneficiary	Second year girl students from MEC and MIET

The Program was intended to create awareness about the importance of yoga practice:

- Aswini Mudra is practiced through a simple yogic muscular contraction and relaxation technique by which the nerves are toned up.
- Ojas Breathing is practiced through a simple breathing technique by which we can transmute sexual energy into spiritual energy.
- Regular practice of kaya kalpa helps to correct unhealthy habits and transforms lifestyle



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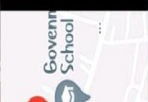
Event Name	Cancer Awareness
Collaborating Agency	Primary Health Centre, Mallasamudram
Date	07.11.2022
Number of Students participated	250
Beneficiary	6 th to 10 th Standard (Around 250 Students) Government Model School Ramapuram Village



The Program was intended to create awareness about the cancer. Resource person insisted the importance of the following:

- What is cancer?
- How it spreads?
- What is the root cause of cancer?
- What are the types of cancer?
- Why cancer day is observed?
- What is theme of this year's cancer day?
- How to prevent cancer ?
- What type food to be consumed and what to be avoided ? and so on.



Ramapuram Tamil Nadu India 29°C
 0202-6886, Ramapuram, Tamil Nadu
 637503, India
 Lat: 11.44, Long: 78.00
 07/11/2022 11:33 am, IST
 Mon, 7 Nov



	MAHENDRA ENGINEERING COLLEGE (AUTONOMOUS)	
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Event Name	Women Entrepreneurship Training
Collaborating Agency	Jan Shikshan Sansthan, Government of India Namakkal District
Date	08.11.2022
Number of Students participated	50
Beneficiary	Under Privileged Women, Akkaraipatti Village Rasipuram Taluk, Namakkal District

The Program was intended to create awareness on Women Entrepreneurship

- To enhance occupational skills and technical knowledge of the neo-literates and individuals having basic school education.
- To raise efficiency, increase productive ability and enhance their livelihood opportunities.
- To identify and assist traditional skills in the district through skilling/upskilling.
- To create master trainers who are eligible to work in a department/agency of skill development through training and orientation programmes.
- To collaborate and coordinate with other departments/agencies who are working in the field of skill development.
- To promote self-employment and facilitate financial support, including loans for the target group through linkage with credit and consortium membership.





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COLLEGE
(AUTONOMOUS)**

WOMEN EMPOWERMENT CELL

Academic Year (2022-2023)





Event Name	Cyber Awareness Program
Collaborating Agency	National Cyber Safety and Security Standards (NCSSSS)
Date	09.11.2022
Number of Students participated	225
Beneficiary	11 th & 12 th Standard Girl Students Sengunthar Matriculation School, Tharamangalam

The resource person started the session with few newspaper clippings of cyber events collected for the last few years. Student participants were astonished of seeing those sightings. Following the same, madam started with,

- What is cyber crime?
- Various types of cyber crime?
- Why awareness is important for adolescent girls?
- Online Frauds, Morphing, Skimming, phishing etc.
- Students have been educated with the new Helpline Number as "1930" against cyber crimes; and any complaints related to cyber issues can be reported in the following portal



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Event Name	Enhancing Life Style
Collaborating Agency	World Community Service Center (WCSC), Aliyar
Date	22.11.2022
Number of Students participated	90
Beneficiary	Girl students (2 nd , 3 rd & Final year) MIT of totally 90 students and 7 faculty members

The event focused on Simplified Kundalini Yoga (SKY) system comprising:

- i) Simplified Physical Exercises for Health
- ii) Meditation Practices for Inner Peace
- iii) Kaya Kalpa Yoga for Anti Aging
- iv) Introspection for Happiness

