

REPORT

Way to Women Leadership-Seminar series

3rd to 9th March 2022

IETE KOCHI CENTER organized a five day long seminar series “Way to Women Leadership” in the month of March 2022 from 3rd March 2022 to 9th March 2022. MGM College of Engineering and Technology (MGM CET), Ernakulum, one of the engineering colleges having an IETE Student Forum under IETE Kochi center joined the hands with Kochi Center for hosting the programme.

Objective

This program aims at providing awareness about social, legal, personal and professional development of women.

- To impart practical knowledge about the basic legal rights and remedies provided under various women related laws, thereby making them fit to face the challenges in real life situations.
- It also offers ways to embrace women’s inner strength and inspire them to become an entrepreneur.
- Emphasizes the need for maintaining a menstrual hygiene and healthy diet in girls students.
- Target Audience Girl students and lady faculty members under all the ISF units of IETE Kochi Center.

Audience

IETE Executive members and office staff of Kochi Centre, Girl students and ISF staff coordinators of various ISFs under IETE Kochi Center.

WAY TO WOMEN LEADERSHIP
SEMINAR SERIES
03 TO 09 MARCH 2022
IETE KOCHI CENTER

3rd March
CYBER AWARENESS FOR WOMEN
Mr. Ajesh K P
Kerala Police Janamithri Trainer

4th March
LEGAL AWARENESS FOR WOMEN
Adv. Lakshmi V R
Advocate, High Court of Kerala

5th March
HEALTH AND HYGIENE FOR WOMEN
Dr. Revathy K
Nangelli Ayurvedic Hospital

8th March
WOMEN ENTREPRENEURSHIP
Ashwathy Venugopal
Co-founder, Avasarathala

9th March
NUTRITION FOR WOMEN
Dr. Susan Itty
HOD, Clinical Nutritionist, Aster Medicity

Hosted by:
MGM
COLLEGE OF ENGINEERING & TECHNOLOGY
MGM TECHNOLOGICAL CAMPUS,
ERNAKULAM

Shri. C Krishnakumar
Chairperson

Dr. Manju Bhaskar
Secretary

Prof. Neethu Jo Vavachen
ISF Staff Coordinator

Prof. BINSU MATHEW
WC Staff Coordinator

KAVYA VALSAN
Student Secretary

Poster for the Programme

Programme Schedule

Sl. No	Program Title	Program objective	Date and Mode	Resource Person	Designation and Organization Name
1	Cyber Awareness for Women	To create awareness about cyber risk and its impact among women.	3/3/2022 Offline 60 to 90 Minutes	Mr. Ajesh K P	Kerala Police Janamythri Trainer
2	Legal awareness for women	To impart knowledge about various women related laws, to make them fit to face the real-life challenges.	4/3/2022 Online 60 to 90 Minutes	Adv. Lakshmi V R	Advocate High Court of Kerala.
3	Health and Hygiene for women	To increase the awareness among adolescent girls on menstrual hygiene and to maintain their health.	5/3/2022 Online 60 to 90 Minutes	Dr. Revathy	Nangelil Ayurvedic Hospital
4	Women Entrepreneurship	To inspire women to face challenges of the world and to become a women entrepreneur.	8/3/2022 Online 60 to 90 Minutes	Ashwathy Venugopal	Co-founder Avasarshala
5	Nutrition for women	To promote awareness to maintain health for reducing the risk of chronic diseases by following a healthy diet.	9/3/2022 Online 60 to 90 Minutes	Dr Susan Itty	HOD, Clinical Nutritionist, Aster Medicity

Session wise Report

SESSION I - CYBER AWARENESS FOR WOMEN

Date: 03/03/2022

Time: 3:00 PM to 4:30 PM

Venue: AC Seminar Hall,MGMCET

Mode: Offline



Poster for Session 1

The session started at 3.00 pm on March 3rd 2022 at the AC Seminar Hall of MGM College of Engineering and Technology. Prof Shajahan C M welcomed the gathering. Dr. Manju Bhaskar, Hon Secretary, IETE Kochi Center gave an introduction to the programme "Way to Women Leadership". Prof.(Dr.) T.K. Mani, Former Chairperson, IETE Kochi Center and Principal, MGM CET delivered the special address.

This session aims at creating cyber awareness for students. The speaker Mr. Ajesh K. J.P, Kerala Police Janamythri Trainer gave an introduction to different cyber crimes that occurred and made them aware of how to avoid such mistakes. He asked the students to be careful about the usage of mobile phones and social media and informed them to deal with any such problems wisely. He gave many real life examples of such problems and how they are dealt by police and cyber department. He conducted many activities like clapping hands, songs etc to ensure the presence of mind of the students. Kavya Valson, Student member, IETE Student Forum, MGM CET delivered the vote of thanks. Around 155 students and faculty members in total attended the talk. The programme closed at 4.30 pm.



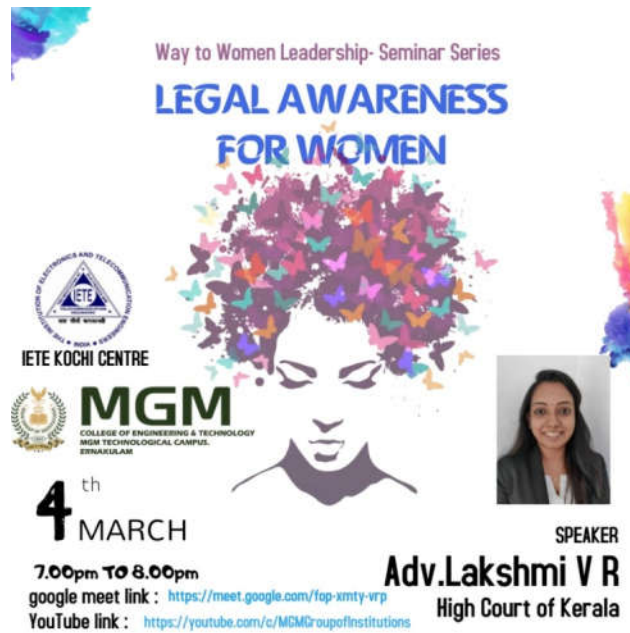
Session 1- Photographs

SESSION 2 - LEGAL AWARENESS FOR WOMEN

Date: 04/03/2022

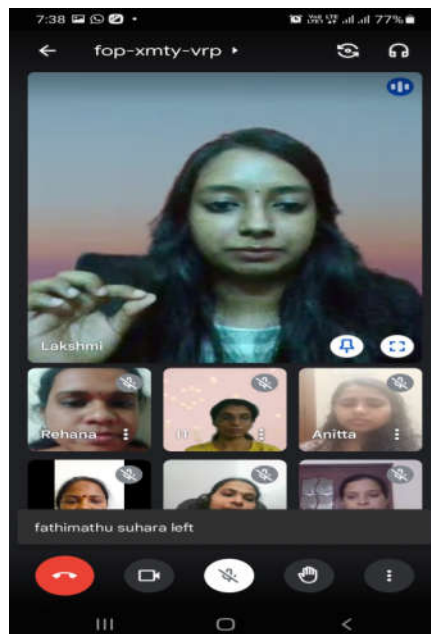
Time: 7:00 PM to 8:00 PM

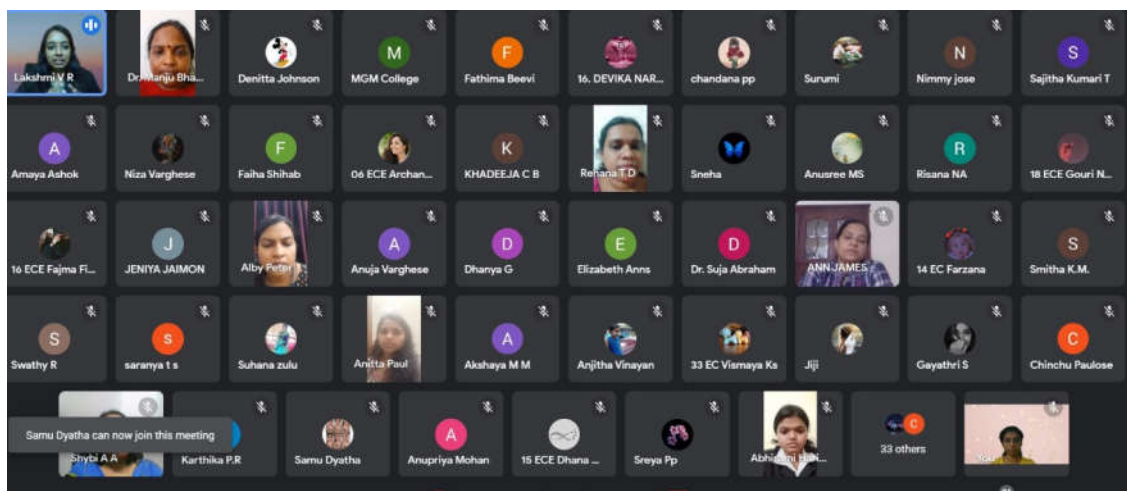
Mode: Online(via Google Meet)



Poster for Session 2

The session started at 7.00 pm on March 4th 2022. Prof Suvija, Head of the department of Computer science welcomed the gathering. The speaker Adv. Lakshmi V R gave an insight about laws of the nations. She discussed about the laws of equality and the laws against discrimination. She shared life experience of C B Muthamma, the first woman to clear Indian Civil Service Exam and how she fought for justice and equality. She also discussed domestic violence and sexual harassment and how laws of the nation are protecting women from these types of abuses (Kerala Legal Service Authority). Also the speaker reminded the students to be bold enough to react on any type of harassment without any hesitation. Abhirami Hariharan, IETE Student Member delivered the vote of thanks.





Session 2- Photographs

SESSION 3 - Health and Hygiene for Women

Date: 05/03/2022

Time: 7:00 PM to 8:15 PM

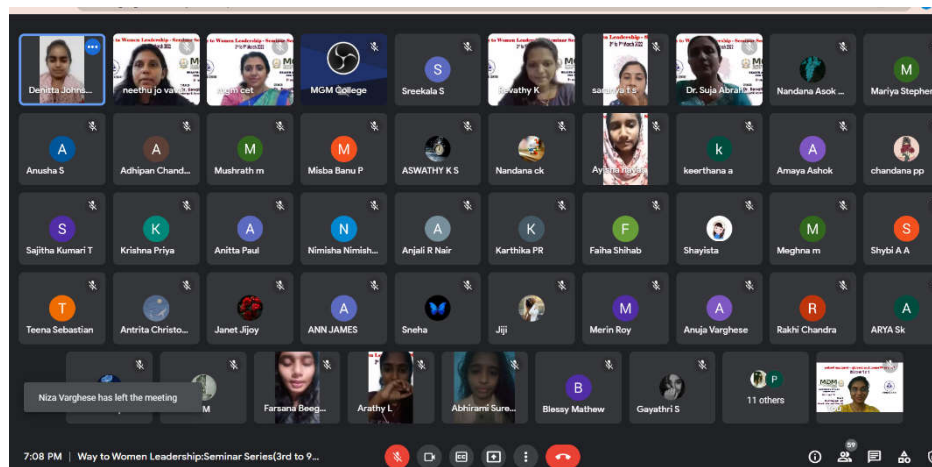
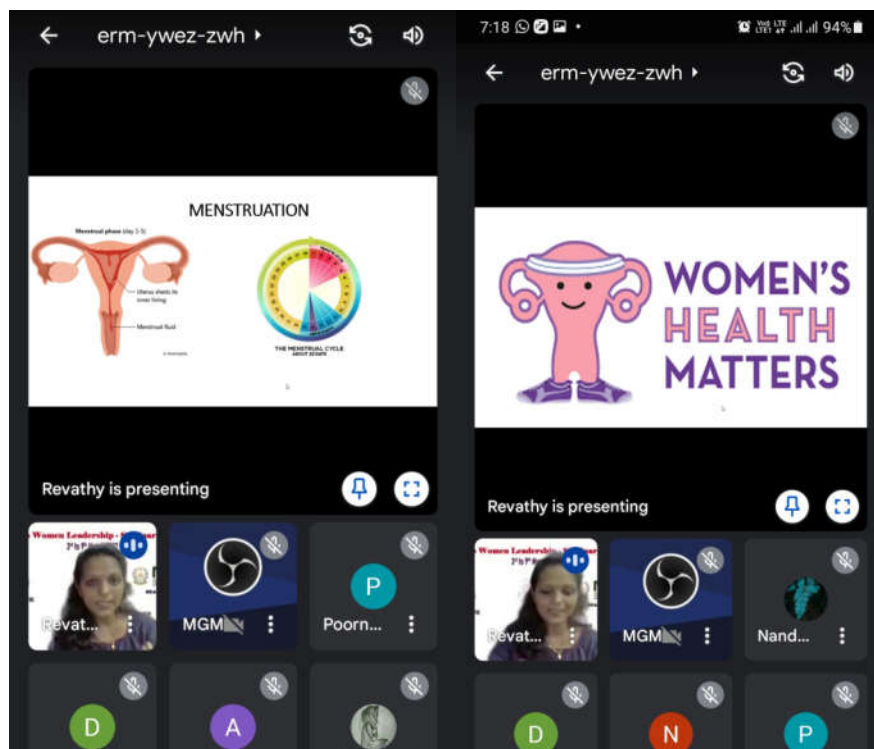
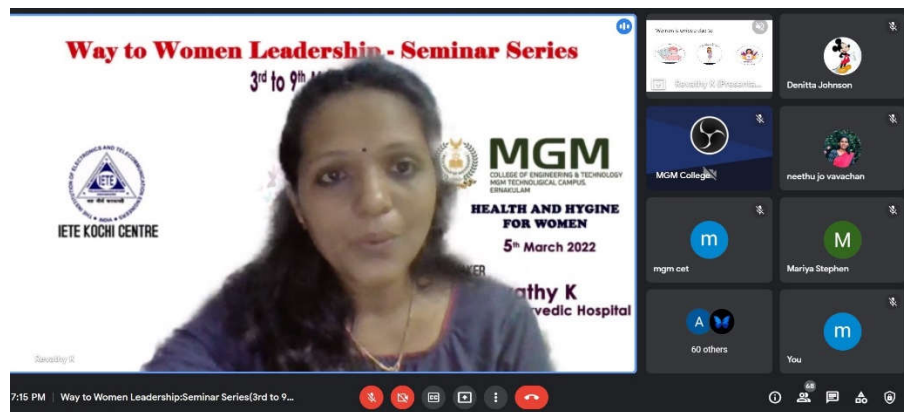
Mode: Online (via Google Meet)



Poster for Session 3

The session started at 7.00 pm on March 5th 2022. Prof Neethu Jo Vavachan, IETE Staff Coordinator welcomed the participants of the meeting. The resource person Dr. Revathy K, BAMS, Nangeli Ayurveda Hospital discussed the different stages of woman life and how to care women at these different stages. She made students aware of reproductive system and about the menstrual cycle. She discussed the importance of maintaining menstrual hygiene, how to maintain hygiene during the menstrual period and how to reduce the risk of cervical cancer. She also discussed about different syndromes like PMS (Post Menstrual Syndrome) and PCOD (Poly Cystic Ovary Disorder).

and how to deal with these syndromes with diet. She emphasized the need for drinking water and having homemade and natural food. Jaisy Johnson, member IETE Students Forum delivered the vote of thanks.



Session 3- Photographs

SESSION 4 - Women Entrepreneurship

Date: 08/03/2022

Time: 7:00 PM to 8:15 PM

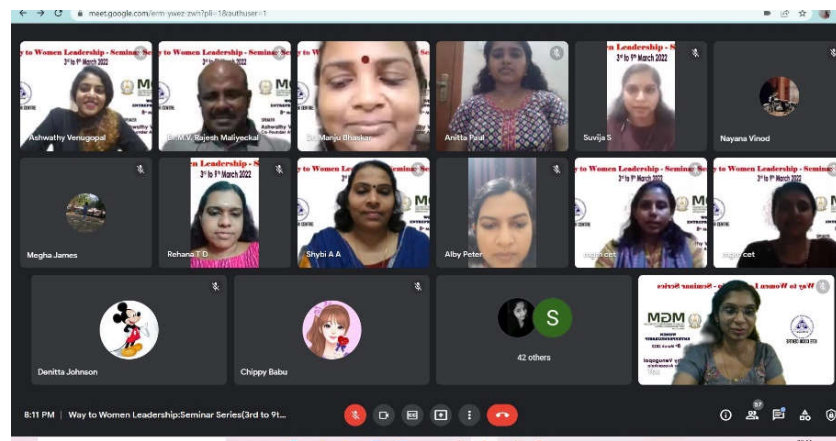
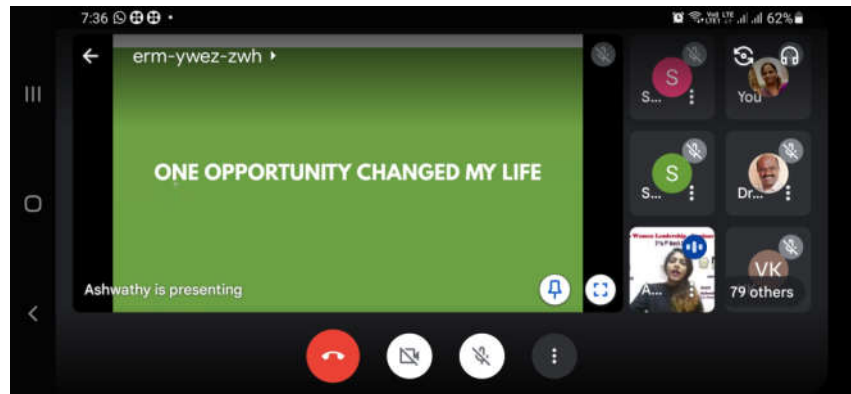
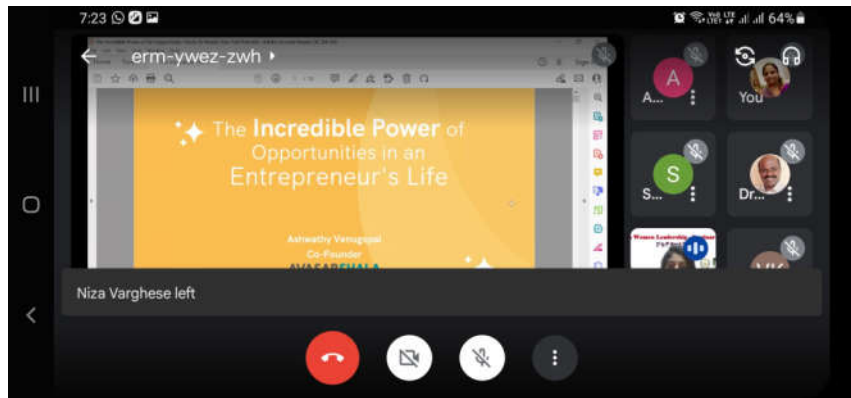
Mode: Online (via Google Meet)



Poster for Session 4

The session started at 7.00 pm on March 8TH 2022. Prof. Binsa Mathew, Women Cell Coordinator welcomed the gathering. Dr. Rajesh M V, Vice Chairperson, IETE Kochi Center introduced the resource person and had an interactive session in between the talk. The speaker Ashwathy Venugopal, Co-founder Avasarshala shared her life experience. The talk was about how to grab all opportunities that you have and to make best out of it. She asked the audience to learn from failures and look for other opportunities. The speaker asked students to start a small venture first and get all the experience from it, at college level. She stressed the importance of being a part of Kerala start up mission to see how others are working and to get exposure and opportunities from it. Dr. Manju Bhaskar, Hon. Secretary, IETE Kochi Center delivered the vote of thanks.





Session 4 - Photographs

SESSION 5 - NUTRITION FOR WOMEN

Date: 09/03/2022

Time: 7:00 PM to 8:15 PM

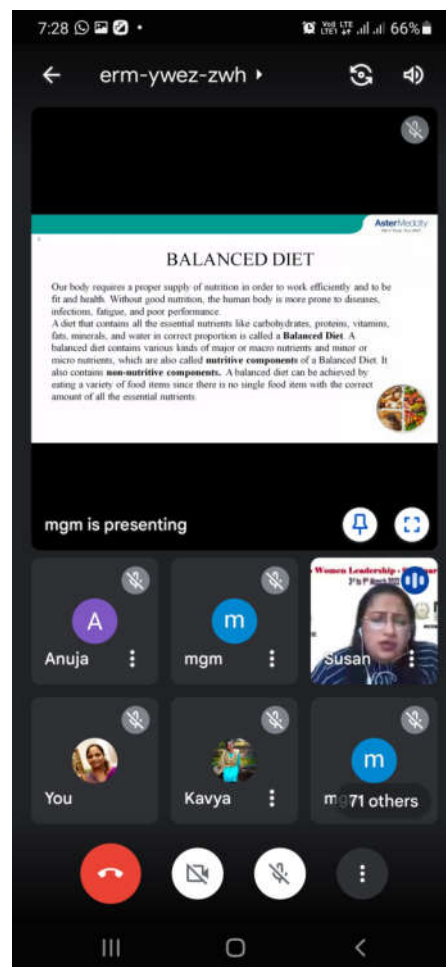
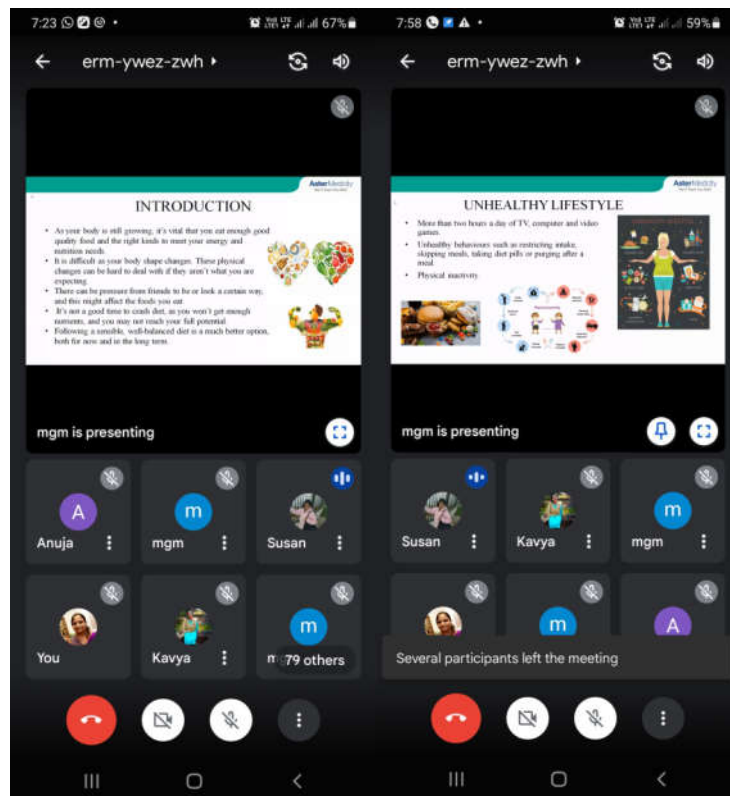
Mode: Online (via google Meet)



Poster for Session 5

The session started at 7.00 pm on March 9th 2022. Prof. This seminar by Dr. Susan Itty, Chief Clinical Nutritionist, Aster Medicity, Kochi emphasized the importance of having a balanced diet for adolescent girls. The speaker discussed about different food groups and its sources. She also discussed the importance of managing stress by exercise and following a healthy diet. The speaker also asked the students to reduce the use of gadgets and to utilize time for exercise. She also stressed the importance of having a good sleep and timely food for good health. Prof Smitha K M, Executive Member, IETE Kochi Centre delivered the vote of thanks.





Session 5- Photographs

All the sessions were informative and were worth enough providing awareness about social, legal, personal and professional development of women. The center got a very good feedback from the participants.

Acknowledgement

IETE Kochi Center is grateful for the support and guidance extended by the headquarters and Committee Chairperson and all committee members for the conduct of the Programme. The center extends a heartfelt appreciation and also thankful to all executive members, all IETE Staff Coordinators and ISF student members for the successful conduct of the programme.

List of Enclosures

1. Online feedback responses of all the sessions in Excel format.
2. Expenditure Statement and proof for the payment.

Thanking You

Regards

Program Coordinator
Prof. (Dr.) Manju Bhaskar
Hon Secretary, IETE Kochi Center
sudheeshmanju@gmail.com
Mob No: 9995444470.

Assistant Coordinator
Binsa Mathew
Assistant Professor
Staff Coordinator, Women Cell
MGM College of Engineering and Technology
Ernakulam