
	<b>MAHENDRA ENGINEERING COLLEGE</b> <b>(AUTONOMOUS)</b>	
	<b>WOMEN EMPOWERMENT CELL</b> <b>Academic Year (2019-2020)</b>	



Event Name	Yoga Practice
Collaborating Agency	World Community Service Center, Salem Zone
Date	6 days (8.8.19,16.8.19,21.8.19,28.8.19,6.9.19,10.9.19)
Number of Students participated	99
Beneficiary	Girl Students -III YEAR(EEE,IT,CSE ) of MEC

The Program was intended to create awareness among participants about; How far the yoga is more essential for the growth of our own future generation. It also précised about the effects of carelessness that we the Human being shows towards their inner health.

It also added;

- How the practice in yoga is being interrelated with our own thought process?
- How does our mental thinking have its own effects on our health & society?
- Benefits of Practicing Exercises, Yoga.





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Event Name	Poshan Abhiyan
Collaborating Agency	Primary Health Center, Mallasamudhram
Date	25.09.2019
Number of Students participated	300
Beneficiary	Faculty members & II, III YEAR Students (ALL Departments)

The Program was intended to create awareness among Female gender participants about;

- Importance of food habits
- Diet for proper health
- Effects of food deficiency
- Importance of daily exercise



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Event Name	Women in Cyberspace - Challenges and Strategies
Collaborating Agency	<b>National Technical Committee Member – NCDRC</b>
Date	30.08.2019
Number of Students participated	173
Beneficiary	II ,III YEAR Students(IT,EEE,ECE,CSE,EIE)



The Program was intended to create awareness among participants about; How far Cyber security plays a vital role our generation. It also précised about the effects of carelessness that girl students are facing.

It also added

- Cyber Harassment
- How to lodge complaint on cyber Harassment





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Event Name	YOGA & YOGA DAY-CELEBRATION
Collaborating Agency	World Community Service Center,Salem Zone
Date	22.06.2019
Number of Students participated	50
Beneficiary	Faculty Members -MEC

The Program was intended to create awareness among participants about; How far the yoga is more essential for the growth of our own future generation. It also précised about the effects of carelessness that we the Human being shows towards their inner health. It also added;

- How the practice in yoga is being interrelated with our own thought process?
- How does our mental thinking have its own effects on our health & society?
- Benefits of Practicing Exercises, Yoga.

