
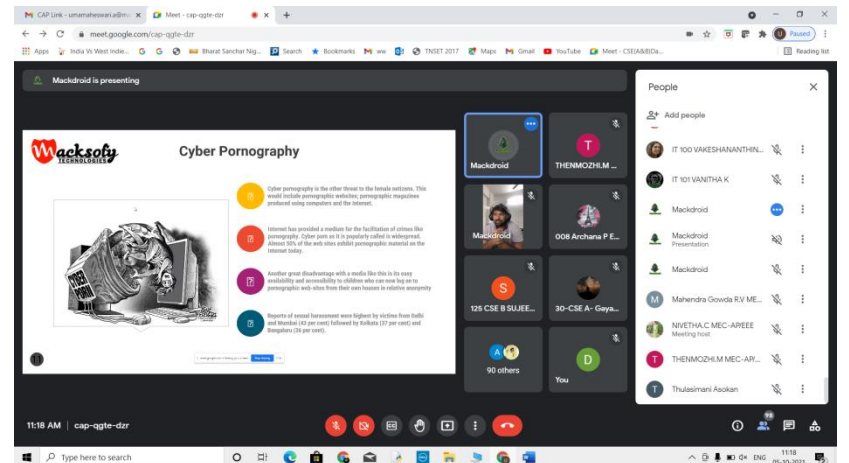
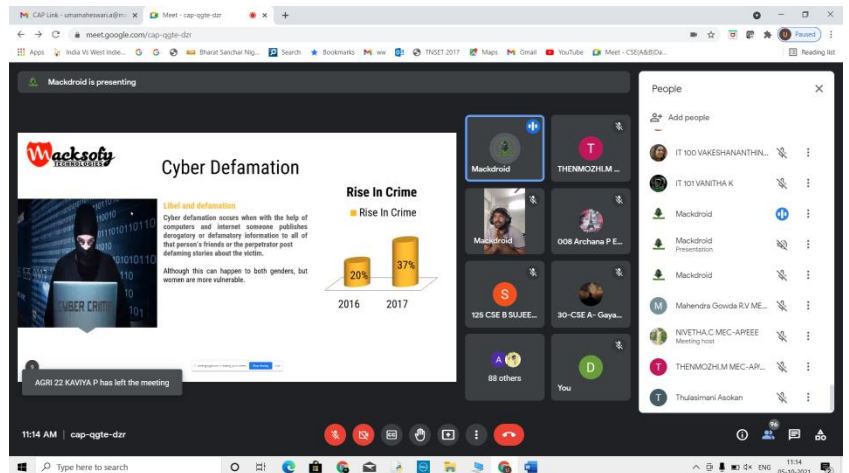
	<b>MAHENDRA ENGINEERING COLLEGE</b>  <b>(AUTONOMOUS)</b>	
	<b>WOMEN EMPOWERMENT CELL</b>  <b>Academic Year (2021-2022)</b>	



Event Name	Safety and Security of Women in Digital World
Collaborating Agency	National Cyber Defiance Resource Center
Date	05.10.2021
Number of Students participated	150
Beneficiary	Female faculty members and Girls students

Some of the key terminologies discussed in the programme:

- Cyber Pornography
- Cyber bullying or Cyber harassment
- Cyber stalking

Few students raised their doubts during interactive session. Students gave valuable feedback on the event.



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	<b>WOMEN EMPOWERMENT CELL</b>  <b>Academic Year (2021-2022)</b>	

Event Name	Two days Residential Yoga Practice & KayaKalpam
Collaborating Agency	World Community Service Center(WCSC), Aliyar.
Date	25.02.2022,26.02.2022 (2 Days)
Number of Students participated	Female Faculties (CSE,EEE,ECE,IT,AGRI)
Beneficiary	14



The session was started with the brief introduction about

- YOGA,
- Science behind YOGA
- Importance of yoga in life
- Evolution of Vethan
- Universal and Bio-magnetism
- Evolution of Universe and Living Beings

The demonstration and practices has been given for the following exercises:

- Flexibility exercises such as stretching improve the range of motion of muscles and joints
- Aerobic exercises such as walking and running focus on increasing cardiovascular endurance
- Anaerobic exercises



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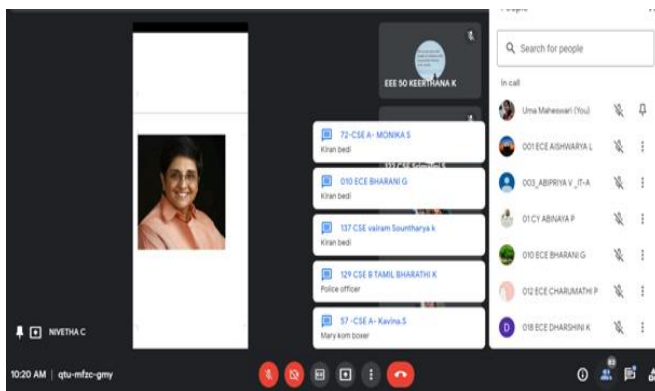
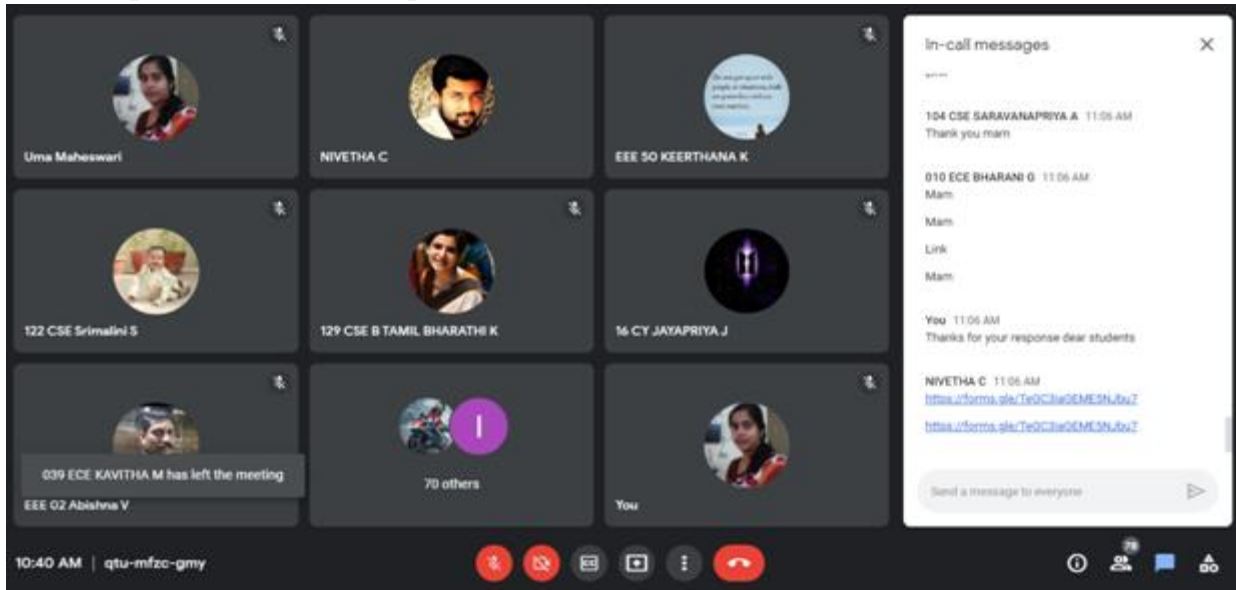
Event Name	Online Quiz on “Gender Equity”
Collaborating Agency	-
Date	27.08.2021
Number of Students participated	79
Beneficiary	Girls students (MEC)


### Session –I

To draw the attention of students, Initially Women celebrities were displayed on the screen and the students were asked to say little information about them. All the students were actively participated and responded in chat box.


### Session-II

Quiz questions on “Gender Equity” was posted In Google meet link and the students were asked to respond within the stipulated time to receive the E- Certificates.






**MAHENDRA ENGINEERING COLLEGE**  
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Accredited by NAAC –A Grade and NBA Tier-1 (WAJUG : CSE,ECE,EEE)  
Salem- Tiruchengode Highway, Mahendhirapur, Mallasamudram,Namakkal




**Certificate of Appreciation**

*This is to Certify that*

**Shupriya V ,**  
*has participated in the online Quiz on “GENDER EQUITY” organized by Women Empowerment Cell (WEC), Mahendra Engineering College conducted on 27.08.2021 . His /Her involvement is appreciated.*

  
Dr.S.Umaheswari,Prof/EEE  
**WEC Coordinator**

  
Dr.R.V Mahendra Gowda  
**PRINCIPAL**

