



KPR Institute of Engineering
and Technology
(Autonomous)
Avinashi Road, Arasur, Coimbatore - 641 407



WOMEN EMPOWERMENT CELL

REPORT

ACADEMIC YEAR 2022-2023

VISION

To involve all possible strategies to empower women, not only in socio cultural aspects but also in holistic way towards the betterment of the society.

MISSION

- To promote a culture of respect and equality for female gender.
- To create social awareness about the problems of women and in particular regarding gender discrimination.
- To provide a forum for women to share information and resources and exchange of ideas.

ROLES AND RESPONSIBILITIES:

1. To foster and support the professional and personal development of women (student as well as faculty)
2. To create awareness amongst the students about the issues related to the youth.
3. To disseminate knowledge about rights and laws related to women.
4. To foster decision-making ability in girl students for making informed choices in areas like education, employment and health.
5. To make them understand about their own importance to the society.

COMMITTEE MEMBER DETAILS

S.No	Faculty Name	Designation
1.	Dr.M.Akila	Principal(Chairman)
	Dr. P. Thangaraj	Director / CFRD
	Mr. Babu Rangarajan	Head / CHE
	Mrs. R. Roja Ramani	Head / CHE
2.	Dr.P.Geetha	Head / First year Programme(Head)
3.	Ms.S.K.Geetha	Assistant Professor / CS (Associate Head)
4.	Ms.Reethika	Assistant Professor / ECE
5.	Ms.R.Kavitha	Assistant Professor (Sr.G) / Civil
6.	Ms.P.Praveena	Assistant Professor / EEE
7.	Ms.M.Narmatha	Assistant Professor / Mathematics

S.No	Student Name	Year	Department
1.	Ms.R.G.Varsh	IV	CSE
2.	Ms.R.Narmada	III	Civil
3.	Ms.J,Janani	II	EEE
4.	Ms.M.Gnanashree	II	ECE

LIST OF EVENT CONDUCTED IN ODD SEMESTER FOR THE ACY 2021-2022

Event No.	Date	Type of Event	Title of the Event
1	01-06-2021	Webinar	Crazy About Colors - 5 Ways to Use Color to your Advantage
2	17-06-2021	Webinar	Let's Learn: Murdering Mediocrity Confirmation
3	06-07-2021	Webinar	Let's Learn: Hot Topics in Women Health
4	17-08-2021	Webinar	10 Simple Ways to Protect the Environment
5	04-12-2021	Cooking contest	No Fire Culinary Contest
6	08.03.2022	Signature event	Women's day celebration
7	16.05.2022	Interactive session	Challenges faced by women in the work environment – How to overcome

Event No. : 1

Date : **01.06.2021**

Venue : Online mode

Level of the Event : National level

Type of Event : Webinar

Title of the Event : **CRAZY ABOUT COLORS - 5 ways to use COLOR to your advantage**

In Association with : Shipping Thoughts

Resource Person 1 : Diya Khurana,
Leading image and etiquette consultant,
Associate faculty – image consulting business institute

Host : Tina singh walia,
Shipping thoughts image coach

Convener : Dr.G.Anusha, Head of Women Empowerment Cell

Co-conveners : -

: Faculty : 23

No. of Internal Research Scholars : -

Participant (Count) Students : 51

Others :

No. of External Participant (Count)	: Faculty	: 45
	Research Scholars	: -
	Students	: 17

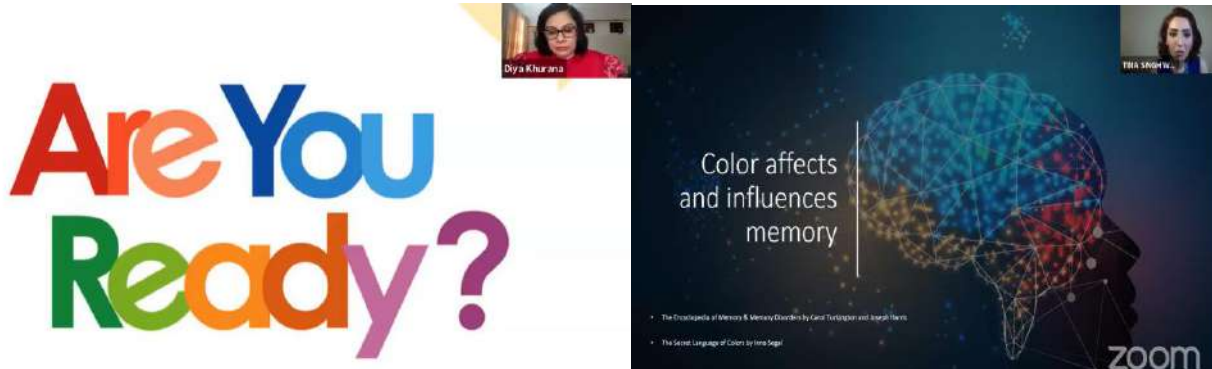


Overview of the webinar

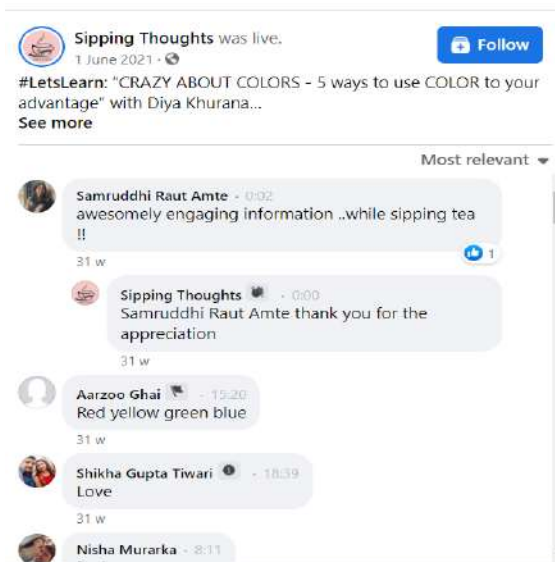
The webinar is mainly focuses to explain about the crazyness of colour for human beings. Understanding colors are an important part of developing your image, style and confidence. In this session we will delve into how color affects how we look, feel, how other’s perceive us , our psychology (mood) and even our memories. Whether you’re wondering what color to paint the office, or you’re looking to redesign your retail space, the colors you choose can increase your chance of reaching your goals. Color greatly influences human emotion and behavior. If you’re hoping to make your workers more productive, or you want to encourage shoppers to spend money, understanding the basics of color psychology can help you design a space that will maximize your potential.

The webinar is carried over for 1 hours from 4.00 P.M to 5.00 P.M. through live on YouTube/ zoom meet on 01.06.2021. The chief guest of the day Diya Khurana, leading image and etiquette consultant | Associate faculty – image consulting business institute hosted by Tina singh walla,

shipping thoughts image coach for this webinar. Overall 126 participants has attended this webinar from 20 different institutions and others were observed from the you tube comment box. The overall feedback about the webinar were tremendously positive and quit interesting about the colors. Participants of this webinar has requested us to conduct more crazy programs on women empowerment .



Feedback/ Interaction from the participant:



Event No. : 2

Date : **17.06.2021**

Venue : Online mode

Level of the Event : National level

Type of Event : Webinar

Title of the Event : **Let's Learn: Murdering Mediocrity Confirmation**

In Association with : Shipping Thoughts

Resource Person 1 : Shilpa kulshrestha,
Career strategist,
Coach,
Best selling author

Host : Sukirti gupta,
Co-founder,
Shipping thoughts

Convener : Dr.G.Anusha, Head of Women Empowerment Cell

Co-conveners : -

Faculty : 30

No. of Internal Research Scholars : -

Participant (Count) Students : 63

Others :

Faculty : -

No. of External Research Scholars : -

Participant (Count) Students : -

The banner is pink and white. On the left and right sides, the word "FREE" is written vertically in large white letters. In the center, there is a circular photo of Shilpa Kulshrestha on the left and a smaller photo of Sukirti Gupta on the right. The text "Let's Learn About" is above the title "MURDERING MEDIOCRITY". Below the title are the hashtags #CAREER, #PERSONAL DEVELOPMENT, and #SELFGROWTH. At the bottom, it says "17 JUNE 2021, THURSDAY" and "TIME (IST): 4:00 PM". There is a "REGISTER NOW!!!" button and social media icons for Instagram, Facebook, and YouTube. Logos for "Sipping THOUGHTS" and "KPR Institute of Engineering and Technology" are also present.

Overview of the webinar

The webinar is carried over through live on YouTube/ zoom meet on 17.06.2021 for 1.30 hours from 4.00 P.M to 5.00 P.M. The chief guest of the day Shilpa kulshrestha career strategist, coach, best selling author hosted by Sukirti gupta, Co-founder, shipping thoughts for this webinar. Overall 93 participants has attended this webinar from different institutions and others were observed from the you tube comment box.

Mediocrity is term sounds very subtle and good to some people. When people stuck in a life where working from 9 to 5 every day and just wanting to get out of that environment because it's not giving them enough space to do something big, that's when they know, they are being a mediocre and are settling for just "adequate". One of them would have some questions be "What's wrong in being a mediocre?". Imagine you're in a relationship with someone and that person doesn't make you feel 100% loved, but you're basically okay with that fact because you've accepted it. You've accepted the fact that it's fine to have a relationship with 50-60% love. But it's not. It's just one analogy... but in life we do settle for a lot of things which we feel doesn't need any changes or rectification. Being in a job that pays you less, being an underachiever, being an alcoholic and so many more.

TIPS:

Some tips for you to MURDER mediocrity:

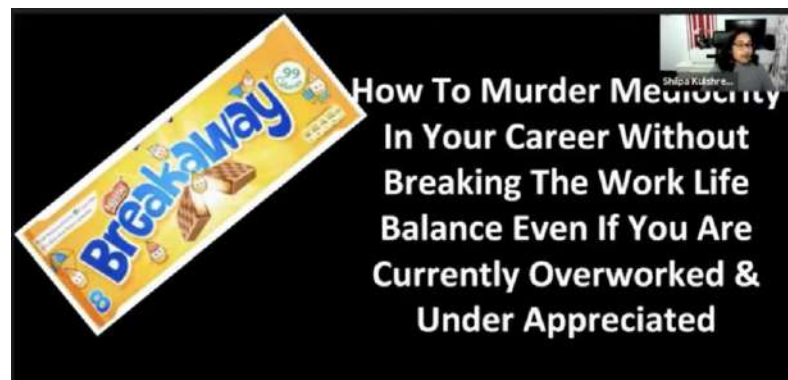
Have A Strategy– Make a strategy for yourself. How do you want things to work out, where do you see yourself, what is it that makes you happy, what is it that'll make you go to work every day. Start strategizing.

Change your mindset– You have to change your viewpoint from a Servant Mindset to a CEO of My Own Career Mindset.

Have Clarity about Your Whys– One of the most important question to ask yourself is WHY? Why do I want to do what I want to do? Be absolutely clear about your WHYs

From Suck-It-Up to Talk-It-Out– Stop keeping things to yourself. Start expressing your feelings. Start talking about yourself. Give yourself priority and hence, kill that mediocrity.

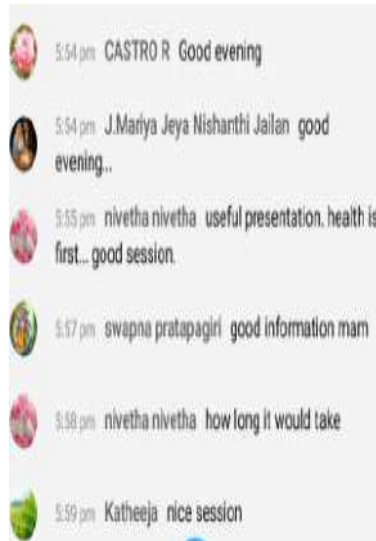
Choose Respect in Work– If your 9 to 5 job doesn't make you feel respected... just move ahead and look for a new opportunity. Something that doesn't make you feel respected isn't worth.





The overall feedback about the webinar were more interesting and participants of this webinar has requested us to conduct more crazy programs on women empowerment .

Feedback of the session:



Event No. : 3

Date : **06.07.2021**

Venue : Online mode

Level of the Event : National level

Type of Event : Webinar

Title of the Event : **Let's Learn: Hot Topics in Women Health**

In Association with : Shipping Thoughts

Resource Person 1 : Dr.Mahita Reddy,
Leading OB-GYN,
Apollo cradle jubilee hills

Host : Sukirti gupta,
Co-founder,
Shipping thoughts

Convener : Dr.G.Anusha, Head of Women Empowerment Cell

Co-conveners : -

Faculty : 58

No. of Internal Research Scholars : -

Participant (Count) Students : 21

Others :

No. of External Faculty : -

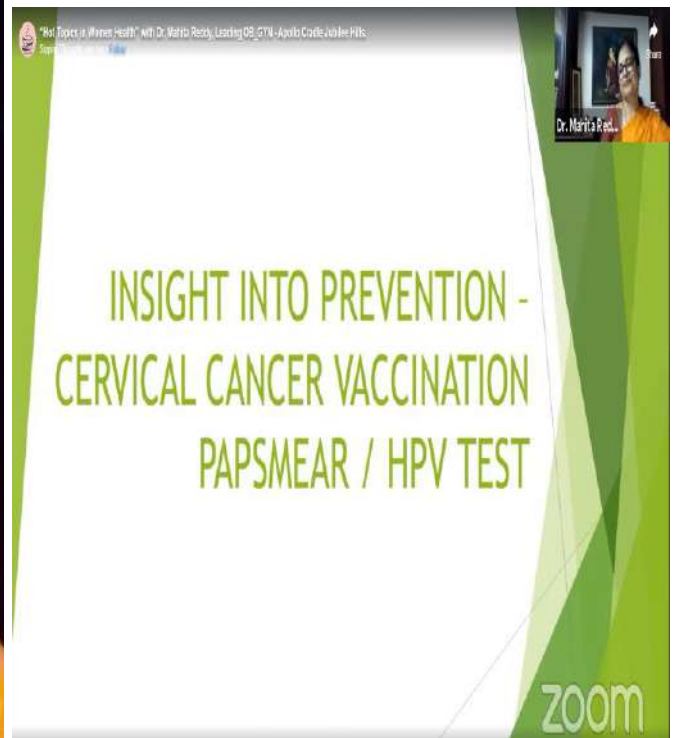
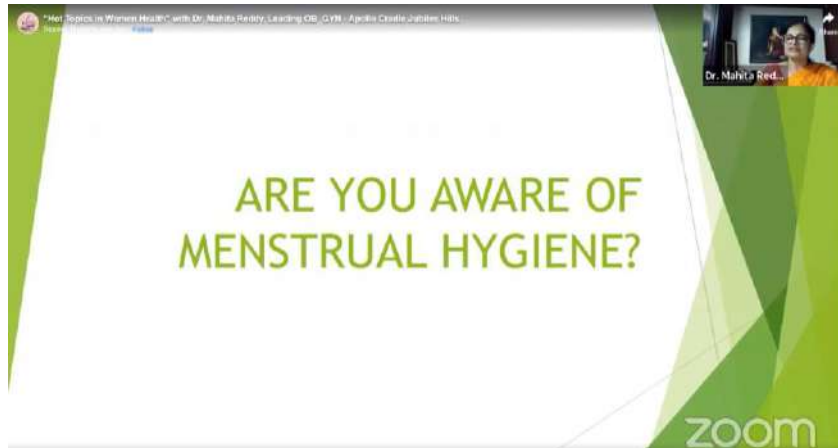
Participant (Count) Research Scholars : -
 Students : -

The banner is pink and white. On the left and right sides, the word 'FREE' is written vertically in large white letters. In the center, there is a circular portrait of Dr. Mahita Reddy, a woman with dark hair wearing a red and white sari. Below her portrait, her name and title are listed: 'Dr Mahita Reddy, Leading OB-GYN, Apollo Cradle Jubilee Hills'. To the right of her portrait is the 'Sipping THOUGHTS' logo, which features a coffee cup and the text 'Sipping THOUGHTS'. Above this logo is the text 'KPR Institute of Engineering and Technology'. Below the logo, the text reads: 'Let's Learn About HOT TOPICS IN WOMEN'S HEALTH (AGES 18 - 45) #WELLNESS #HEALTH'. To the right of this text is a smaller portrait of Sukirti Gupta, with her name and title: 'SUKIRTI GUPTA, HOST & CO-FOUNDER, SIPPING THOUGHTS'. In the top right corner, there is a 'Live Session' badge. At the bottom, there are social media icons for Instagram, Facebook, and YouTube, followed by the text '6 JULY 2021, TUESDAY | TIME (IST): 6:00 PM'. To the right of this text is a 'Free!! REGISTER NOW!!!' button. The word 'STREAMED LIVE ON' is written in small letters above the social media icons.

Overview of the webinar

The webinar is carried over through live on YouTube/ zoom meet on 06.07.2021 for 1.15 hours from 6.00 P.M to 7.15 P.M. The chief guest of the day Dr.Mahita Reddy, Leading OB-GYN, Apollo cradle jubilee hills hosted by Sukirti gupta, Co-founder, shipping thoughts for this webinar. Overall 79 participants has attended this webinar from different institutions and others were observed from the you tube comment box.

The pandemic has affected women's health with many women not able to get proper OB-GYN Care. We also have many questions regarding Menstrual Health, PCOD, Breastcare, pregnancy, fertility, hormones, vaccinations and more. Women have many roles and positions in healthcare organizations, hospitals and healthcare education settings. Although there has been an increase in the number of women, female workers continue to face many workplace challenges. This scoping review aimed to explore the challenges female healthcare professionals face in the workforce.



The overall feedback about the webinar were more interesting and participants of this webinar has requested us to conduct more crazy programs on women empowerment .

Feedback of the session:



Event No. : 4

Date : **17.08.2021**

Venue : Online mode

Level of the Event : National level

Type of Event : Webinar

Title of the Event : **10 Simple Ways to Protect the Environment**

In Association with : Shipping Thoughts

Resource Person 1 : Lt Dr Priya,
Associate Professor – KPRIET,
Vice president EEA ,
Coimbatore,
Holder & Publisher of 22 Patents

Host : Sukirti gupta,
Co-founder,
Shipping thoughts

Convener : Dr.G.Anusha, Head of Women Empowerment Cell

Co-conveners : -

	: Faculty	: 57
No. of Internal	Research Scholars	: -
Participant (Count)	Students	: 110
	Others	:
	: Faculty	: -
No. of External	Research Scholars	: -
Participant (Count)	Students	: 40

The poster is for a webinar titled "10 SIMPLE WAYS TO PROTECT THE ENVIRONMENT". It features a circular portrait of Lt. Dr. A.K. Priya in a military-style uniform on the left. The top right corner includes logos for "KPR Institute of Engineering and Technology" and "Sipping THOUGHTS". The text "Let's Learn" is written in a cursive font. Below the title, the hashtag "#SUSTAINABLE #ECO-FRIENDLY" is displayed. At the bottom, it says "Zoom LIVE REGISTER NOW!!! 17 AUGUST 2021, TUESDAY TIME(IST): 6:00 P.M.". A smaller portrait of Sukirti Gupta is shown at the bottom left with her name and title: "with SUKIRTI GUPTA HOST & CO-FOUNDER SIPPING THOUGHTS".

Overview of the webinar

We can really make a difference and it is our duty! “Nature is sending us a clear message. We are harming the natural world, to our own detriment.” We need to do something different and we need to do it now. In this session, The chief guest is Lt Dr Priya, Associate Professor – KPRIET,

Vice president EEA , Coimbatore, Holder & Publisher of 22 Patents hosted by Sukirti gupta, Co-founder, shipping thoughts.

Ten Simple Things You Can Do to Help Protect the Earth:

Reduce, reuse, and recycle: Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

Volunteer: Volunteer for cleanups in your community. You can get involved in protecting your watershed, too.

Educate: When you further your own education, you can help others understand the importance and value of our natural resources.

Conserve water: The less water you use, the less runoff and wastewater that eventually end up in the ocean.

Choose sustainable: Learn how to make smart seafood choices at www.fishwatch.gov. Shop wisely. Buy less plastic and bring a reusable shopping bag.

Use long-lasting light bulbs: Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!

Plant a tree: Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.

Don't send chemicals into our waterways: Choose non-toxic chemicals in the home and office.

Bike more: Drive less

The webinar is carried over through live on YouTube/ zoom meet on 17.08.2021 for 1 hour from 6.00 P.M to 7.00 P.M. Overall 157 participants has attended this webinar from different institutions and others were observed from the you tube comment box.

Feedback of the session:



Event No. : 5
Date : **04.12.2021**
Venue : Kalaiaragam, KPRIET
Level of the Event : College level
Type of Event : Cooking contest

Title of the Event : **NO FIRE CULINARY CONTEST**

Judge : Dr.M.Akila,
Principal,
KPRIET, Coimbatore

Convener : Dr.P.Geetha, Head of Women Empowerment Cell

Co-conveners : -

: Faculty team :6

No. of Internal Research Scholars : -

Participant (Count) Students team : 13

Others :-

: Faculty : -

No. of External Research Scholars : -

Participant (Count) Students :-



Rules for No Fire Culinary Contest

- Each team can have a maximum of three faculty members.
- Time duration is 60 minutes for preparation and presentation.
- All required materials, tools and equipment should be arranged by the participants themselves.

- All the participants must leave their working area clean after the preparation is over.
- Any kind of pre-cooked food like pasta, noodles, tortilla rolls, etc. from home is allowed.
- No microwave, oven or gas stove on the spot is allowed.

Note:

- Judgment will be based on the method of preparation, menu / recipe composition, cleanliness, taste and creativity in presentation.

Total No. of Participants :19

Winners: 3 team from students and 3 team from faculty/staff category

**Feedback from the participant:**

- Everyone can relate to food in the kitchen. We believe that a cooking competition with a structured format is the environment lead our team feel comfortable and come together to express our creativity.

Feedback from the Audience:

- Competitors focused only on preparing the food within the appointed time and spectacular presentation, but sometimes they forget that they are literally serving actual food to someone.

Event No. : 07

Date : **16.05.2022**

Venue : Veena Hall

Level of the Event : College level

Type of Event	:	Interactive session
Title of the Event	:	Challenges Faced by Women in Work Environment – How to Overcome
In Association with	:	
Resource Person 1	:	Dr.Iti Rani Samanta, Writer, Editor, Film Director, President – WAJA Odisha & Social Worker.
Convener	:	Dr.P.Geetha, Head of Women Empowerment Cell
Co-conveners	:	-
	:	Faculty : 35
No. of Internal	Research Scholars	: -
Participant (Count)	Students	: 20
	Others	:
	: Faculty	: 22
No. of External	Research Scholars	: -
Participant (Count)	Students	: 15



Overview of the webinar

On May 16, 2022, from 3.45 P.M. to 5.00 P.M, Dr. Iti rani Samanta, an entrepreneur, creative writer, journalist, editor, publisher, director, national award-winning film producer, well-known television producer, interviewer, and social worker, interacted with KPRIET women faculty and students. The session was organized by the Women Empowerment cell under the title of “Challenges faced by women in the work environment – How to overcome”. Dr. M. Akila, Principal, KPRIET, honored the chief guest with a memento. Dr. Iti rani Samanta shared her thoughts on how women should act in working place and she creates curiosity among the audience with her own life experience. Overall 82 women faculty and students were participated in the event and they interacted with the guest.





Interaction from the participant:



BETTER VERSION IN YOU

Resource Person: Mr Babu Rangarajan and Mrs Roja Ramani Babu Rangarajan.

Date: 15.12.2022

The Women Empowerment Cell at KPRIET recently held an event titled "Better Version in You" which aimed at empowering and inspiring women to bring out the best version of themselves. The event was a huge success, with a large turnout of women from various backgrounds and walks of life.

The event kicked off with a motivational speech by a well-known speaker who spoke about the importance of self-awareness, confidence, and personal growth. This was followed by a series of workshops and interactive sessions that covered a range of topics including communication skills, leadership development, and stress management.

One of the highlights of the event was a panel discussion featuring successful women from different fields who shared their experiences, challenges, and strategies for personal growth and success. This provided a valuable opportunity for attendees to gain insights and advice from experienced role models.

In addition to the formal sessions, the event also provided a space for networking and connecting with other like-minded individuals. Attendees had the chance to engage in conversations, exchange ideas, and form new relationships.

The feedback from the attendees was overwhelmingly positive, with many reporting that the event had given them the tools and resources they needed to improve themselves and reach their full potential. Several attendees also expressed their appreciation for the supportive and empowering atmosphere at the event, saying that it had given them the confidence to pursue their personal and professional goals.





SPORTS COMPETITION

Date: 6.03.2023

On March 6, 2023, a sports competition was held featuring both indoor and outdoor events for women faculty members and female students. The event was a great success, with strong participation and enthusiasm from all participants. The competition fostered a sense of camaraderie and healthy competition among the women, promoting physical fitness and a sense of community within the institution.





WALKATHON AND MINI MARATHON

Date: 7.03.2023

As a part of Womens’ Day celebration, the Walkathon and Mini Marathon were conducted. It held for women faculty members and female students saw an impressive turnout and participation on the designated date. Both events not only promoted physical fitness but also encouraged teamwork and healthy competition among the participants. The outcome reflected a successful endeavor in fostering a spirit of well-being and unity within the women's community.



VIDEO LAUNCHING

Date: 7.03.2023

A video was launched at the KPRIET campus, showcasing the rich and diverse culture of women within the institution. The event was attended by students, faculty members, and staff, creating a vibrant and inclusive atmosphere. The video beautifully highlighted the achievements, talents, and contributions of women at KPRIET, emphasizing the importance of gender equality and empowerment. It featured personal stories and experiences, inspiring all to continue breaking barriers and pursuing their aspirations. The event organizers received praise for their efforts in shedding light on the remarkable women within the KPRIET community. The video launch served as a powerful reminder of the importance of recognizing and celebrating the achievements of women, not just on Women's Day, but every day. It also sparked meaningful discussions and encouraged an environment of support and collaboration. In the end, it was a heartwarming and inspiring occasion, reinforcing the value of gender diversity and inclusivity within the campus.



FLOWRA'23

Resource Person: Padmashri Paapammal, Mrs K Parimaladevi, Mrs Shaluraj and Ms Niveda

Date: 8.03.2023

The occasion was a grand success, with an engaged and appreciative audience. The resource persons shared their profound insights, experiences, and wisdom, inspiring everyone present. They discussed various aspects of

women's empowerment, gender equality, and the significance of women's contributions to society. The event also included cultural performances and displays that showcased the talents and achievements of women at KPRIET. It served as a platform for meaningful discussions on women's issues and the need for continued advocacy. FLOWRA'23 emphasized the importance of recognizing and celebrating the achievements of women, fostering a sense of unity and support among the participants. In the end, it was a day filled with inspiration, learning, and appreciation, reinforcing the institution's commitment to women's empowerment and gender inclusivity.

Dil Se 3.0

Resource Person: Dr. M. Akila Muthuramalingam

Date: 30.03.2023

During the event "Dil Se 3.0" on March 30, 2023, Dr. M. Akila Muthuramalingam, the esteemed Madam Principal, delivered a profound speech that left a lasting impact on the girl student community. Her words were a source of inspiration, motivating the students to grow and excel in all aspects of their lives. Dr. Muthuramalingam's speech emphasized the importance of self-awareness and personal development, encouraging the girls to strive for excellence. Her insights not only fostered a sense of empowerment but also raised awareness about critical issues. The event provided a platform for students to engage in meaningful discussions and self-reflection, fostering an environment of support and unity. "Dil Se 3.0" served as a testament to the institution's dedication to the holistic development of its students, and it was a day filled with empowerment, enlightenment, and motivation. Dr. Muthuramalingam's presence and message left an indelible mark on the hearts and minds of all those in attendance, reinforcing the commitment to the growth and success of the female student community.



