

ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

(Unit of Alva's Education Foundation (R), Moodbidri)

Affiliated to Visvesvaraya Technological University, Belagavi & Approved by AICTE, New Delhi. Recognized by Government of Karnataka.

Accredited with A+ by NAAC

Shobhavana Campus, MIJAR-574225, Moodbidri, D.K., Karnataka

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WOMEN EMPOWERMENT CELL REPORT FOR THE YEAR 2022-23

REPORT ON WOMEN EMPOWERMENT CELL



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WOMEN EMPOWERMENT CELL – REPORT ON ACTIVITIES CONDUCTED IN THE YEAR 2022-23

The Women Empowerment Cell of AIET is formed with the vision of empowering young women on the campus with the gender specific strengths that are required to face the challenges caused by gender bias in the society. The WEC regularly conducts programs not only for girl students but also to the entire student body creating gender sensitivity among young men with regard to making them aware about the various atrocities against women. Youth are encouraged to stand up courageously against all those who mete out violence and unfair treatment towards women. Motivational talks by different women achievers and the grand celebration of International Women's day are the highlights of this Cell to bring out the special role played by women in a home and in society.

The following activities were conducted by the Women Empowerment Cell in the year 2022-23

POSTER COMPETITION

The Women Empowerment Cell of AIET organised a Poster Contest on the theme "Atrocities against women" from 23 February from 3.00 PM onwards in the MBA classroom in the MBA Block. Only one team from Engineering prepared a digital poster. The students of MBA prepared 12 Posters and participated in this event. These posters were judged on March 8, 2023 and the judges for the event were Ms Bhoomika Pahuja and Mr Neeraj Rai. Three best teams were adjusted as winners and were awarded prizes.



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Poster Competition

WOMEN EMPOWERMENT SESSION – CHALLENGES & OPPORTUNITIES FOR WOMEN ENTREPRENEURS

Date :28/02/2023

Time: 3:00pm-4:30pm

Resource person: Ms. Athmika Amin

Venue: MBA Seminar Hall

Objective of the Session: To orient the students about the various opportunities available for women entrepreneurs and to motivate young undergraduate and postgraduate students to take up Entrepreneurship as a source of livelihood. The Women Empowerment Cell, AIET, conducted a Programme for women students of MBA and Engineering students on challenges and opportunities for women entrepreneur's session on 28 February 2023 by Ms. Athmika

Amin, Director-JV Group. The resource person enlightened the young women students about the importance of women entrepreneurs. In an interactive discussion about the women entrepreneurs, Ms Athmika discussed at length the various schemes available for women entrepreneurs by the government. She highlighted the fact that women have the provision of access to long term finance without giving any collateral which is absolutely. Around 250 girl students of Engineering and MBA attended the session



Talk on Women Entrepreneurship, Ms Athmika Amin



Talk on Women Entrepreneurship, Ms Athmika Amin



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INTERNATIONAL WOMEN'S DAY CELEBRATION – MOTIVATIONAL TALK BY EMPOWERED WOMAN – MS SADHANA MALLYA & MIME SHOW CONTEST

On the auspices of International Women's Day on 8 March 2023, the Women's Empowerment Cell, AIET organised a Women's Empowerment Session by Ms. Sadhana Mallya from 2.30 PM onwards in the College Auditorium. This was followed by a Mime Show Contest on the theme "Women's Issues". This Contest was open to all students of AIET both boys and girls. Women students of I and II year BE and all MBA students participated in the Mime show competition.

The Women Empowerment Cell of AIET celebrated International Women's Day in a meaningful way through a vibrant program consisting of motivational talk by an empowered woman Ms Sadhana Mallya. Through her life experiences she shared various tips on how to be an empowered woman. Speaking to the women students on the importance of being economically independent after marriage, she reiterated that 80% of domestic issues and problems would resolve themselves if a woman is a co bread winner in the family. An eloquent speaker, Ms Sadhana Mallya was able to connect to the audience in a heart-warming way and effectively communicated the tips to be an empowered woman. Speaking on the occasion, Dr Peter Fernandes, Principal, AIET spoke about the irreplaceable role of a woman in the family and society and lauded the efforts of the WEC in organising such an event.

The motivation talk was followed by a Mime show contest on Women's Issues. The judges for the event were the Resource Person Ms Sadhana Mallya, a renowned Mime artist and Prof Vasudev Shahapur the head of Cultural club, AIET. Thirteen teams participated in the Mime show and with beautifully articulated gestures and coordination brought out the essence of being a woman and the various issues and challenges faced by women in the various stages of their life right from childhood. The teams were judged on the basis of facial expressions, theme and costumes and three teams emerged as winners. The audience for the session were the women students of I and II year engineering and all the MBA students. Around 400 students attended the event.



Women's Day Celebration – Motivational talk by Ms Sadhana Mallya



Mime Show Competition

TALK ON WORK LIFE BALANCE

The Women Empowerment Cell of AIET organised a Talk on the theme "Unlocking the secrets to work life harmony for women – A Psychologist's perspective" on 31 May 2023 from 3.00 PM onwards in the AIET Auditorium in the MBA Block. The resource person for the

session was Prof. Elsie Tharien, Former Head, Department of Psychology, St. Agnes College, Mangalore.

In the session, Prof. Elsie, a dedicated mother of four well settled children shared her expert knowledge as a psychologist and working woman highlighted the following main points. Work Life Balance is typically defined as the amount of time you spend doing your job vs. the amount of time you spend with loved ones. An ever increasing popular concept that has emerged is 'Work Life Integration'- a synergistic blending of our personal and professional lives. The event was compered by Ms Muthamma, WEC Student Coordinator and around 350 girl students of Engineering and MBA attended the session.



Talk on Work Life Balance ; Prof Elsie Tharien

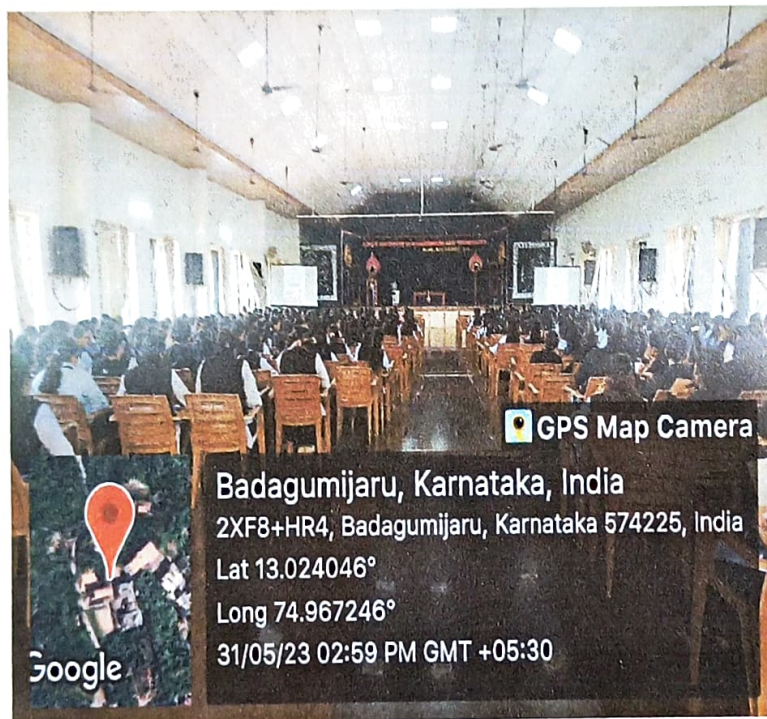


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Talk on Work life balance; Prof Elsie Tharien

TALK ON “HOW TO IMPROVE SELF ESTEEM”

The Women Empowerment Cell of AIET organised a Talk on the theme “How to improve your self-esteem” by Prof Della Cordeiro, Professor in Psychology & Soft Skills Trainer, Mangaluru on 5 July 2023 from 3.30 to 4.45 PM. in AIET Auditorium, MBA Block, AIET.

In the session, Prof Della spoke about what exactly self-esteem is, importance of believing in oneself, avoiding negativity. She also focussed on the various areas of low self-esteem and through some activities brought out the importance of knowing their own strengths, accepting oneself, dealing with special focus problems, having realistic expectations and goals and discussed various specific steps to improve self-esteem. The event was compered by MC Athmika of II year MBA and around 350 boys and girls students of I year Engineering and I year MBA attended the session



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Talk on Self Esteem; Prof Della Cordeiro



Talk on Self Esteem; Prof Della Cordeiro



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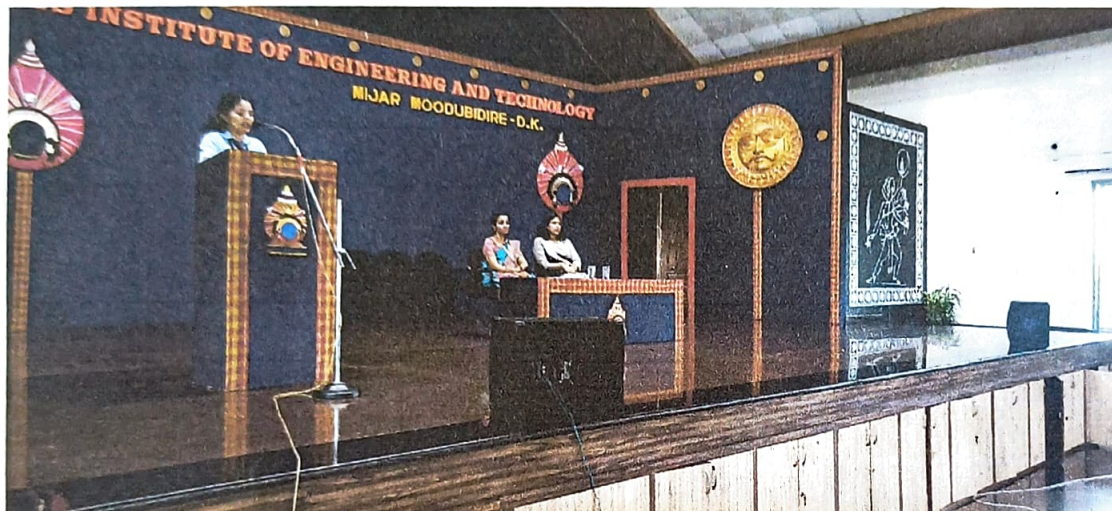
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Talk on Self Esteem; Prof Della Cordeiro

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