



**ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY**

**Shobhavana Campus, Mijar, Moodbidri, D.K – 574225**

**Phone: 08258-262725, Fax: 08258-262726**



## **WOMEN EMPOWERMENT CELL REPORT**

**ACADEMIC YEAR**

**2019-20**



**ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY**

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AIET/WEC/2019-'20/05

03.08.2019

From,

Dr Claret Mendonca

Associate Professor and Faculty Co-ordinator for Women Empowerment Cell

PG Department of Business Administration, AIET

To,

The Principal

AIET

Mijar

Dear Sir,

Subject: Formation of Women Empowerment Cell for the Academic Year 2019-'20

The following faculty have shown interest in being part of the Women Empowerment Cell.

1. Mrs Priya Sequeira, Asst Professor, PG Department of Business Administration
2. Mrs Maithri, Senior Lecturer, PG Department of Business Administration
3. Mrs Merlyn Lobo, Asst. Professor, Department of CSE
4. Mrs Shruthi, Asst. Professor, Department of ECE

I seek your approval for the same.

Best regards,

Dr Claret Mendonca

Main Faculty Coordinator

DEAN  
Dept. of Business Administration  
ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY



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AIET/PR/2019-'20/06

07.08.2019

## CIRCULAR

The following faculty have been nominated as the members of the Women Empowerment Cell for the academic year 2019-'20.

1. Dr Claret Mendonca, Associate Professor, PG Dept. of Business Administration  
(Main Coordinator)
2. Mrs Priya Sequeira, Asst. Professor, PG Department of Business Administration
3. Mrs Mrs Maithri, Senior Lecturer, PG Department of Business Administration
4. Mrs Merlyn Lobo, Asst. Professor, Department of Computer Science Engineering
5. Mrs Shruthi, Asst. Professor, Department of ECE

Regards,

Principal  
**PRINCIPAL**

Alva's Institute of Engg. & Technology,  
Mijar, MOODBIDRI - 574 225, D.K.

Copies to:  
Main Coordinator-WEC, Dean Academics, Dean Planning, Dean MBA, HODs CSE / ECE/  
ISE/ ME/Civil, All faculty, AO, SWOs





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AIET/WEC/2019-'20/07

10.08.2019

### MEETING NOTICE

The first meeting of the Women Empowerment Cell for this academic year 2019-'20 will be held on 12. 08. 2019 in the Main Coordinator's Faculty Room at 2 pm. It is very important that all members be present for the meeting without fail.

### AGENDA

1. Plan activities for the academic year 2019-'20
2. Delegation of Duties to the Faculty Coordinators
3. Preparation of the Budget
4. Any other matter

Regards,

Dr Claret Mendonca

Main Coordinator

Dept. of Business Administration  
Alva's Institute of Engg. & Technology

MIJAR – 574 225

Copies to:

Principal, Dean Academics, Dean Planning, Dean MBA, HODs CSE / ECE/ ISE/ ME/Civil,  
All faculty, AO, SWOs

**WOMEN EMPOWERMENT**  
**STUDENT COORDINATOR LIST 2019-20**

SL.NO	USN	NAME	ROLE
1.	4AL18IS010	DHANYA LAXMAN BYNDOOR	MEMBER
2.	4AL18IS016	P POOJA	MEMBER
3.	4AL18IS023	SNEHA SHUKLA	MEMBER
4.	4AL17IS013	DEEKSHA	MEMBER
5.	4AL17IS029	NAMITHA D	MEMBER
6.	4AL17IS040	ROOPASHREE J	MEMBER
7.	4AL16IS005	ANKITHA P	MEMBER
8.	4AL16IS007	APARNASHREE R	MEMBER
9.	4AL16IS014	GAGANA G R NAYAKA	MEMBER
10.	4AL16IS057	TRUPTHI C	MEMBER
11.	4AL16IS061	RACHANA T	MEMBER
12.	4AL19IS005	AMRATHA	MEMBER
13.	4AL16EC061	SAFIYABANU	MEMBER
14.	4AL16EC058	RAZIYABANU	MEMBER
15.	4AL17EC101	BINDU N R	MEMBER
16.	4AL16EC064	SANGEETHA S V	MEMBER
17.	4AL17EC058	NAMRATHA J NAIR	MEMBER
18.	4AL16EC007	ARCHANA C J	MEMBER
19.	4AL16EC014	BAVYA M NAYAK	MEMBER
20.	4AL16EC049	PRIYANKA U	MEMBER
21.	4AL17EC080	ROSHNI A B	MEMBER

22.	4AL16EC019	DEEKASHA U SHETTIGAR	MEMBER
23.	4AL17EC058	NAMRATHA J NAIR	MEMBER
24.	4AL16EC004	ANKITHA C C	MEMBER
25.	4AL16EC005	ANUPAMA J S	MEMBER
26.	4AL16EC012	BHANUPRIYA H K	MEMBER
27.	4AL16EC100	CHESMI B R	MEMBER
28.	4AL17EC040	KAVYA M M	MEMBER
29.	4AL17EC086	SHILPA C	MEMBER
30.	4AL19CS008	AKSHITHA C V	MEMBER
31.	4AL19CS011	ANOOJ RAJ	MEMBER
32.	4AL19CS012	APOORVA HOSMANI	MEMBER
33.	4AL19CS015	ASHWIN SHETTY	MEMBER
34.	4AL19CS018	B H RASHMI	MEMBER
35.	4AL19CS019	BHGYASHREE BAJANTHRI	MEMBER
36.	4AL19CS020	BHOOMIKA M	MEMBER
37.	4AL19CS021	CHAITRA P SHETTY	MEMBER
38.	4AL19CS025	CHINMAYA BHAT K K	MEMBER
39.	4AL19CS026	CHINMAYA DAYANANDA KAMATH	MEMBER
40.	4AL19CS031	DIVYASHREE MAHESH	MEMBER
41.	4AL19CS032	DIVYASHREE S K	MEMBER
42.	4AL19CS033	GANAVI	MEMBER
43.	4AL19CS035	GAYATHRI	MEMBER
44.	4AL19CS045	KAVYA K.P.	MEMBER





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AIET/WEC/2019-'20/08

12.08.2019

## Minutes of the Meeting

### **Members Present:**

1. Dr Claret Mendonca, Associate Professor, PG Dept. of Business Administration
2. Mrs Priya Sequeira, Asst. Professor, PG Department of Business Administration
3. Mrs Mrs Maithri, Senior Lecturer, PG Department of Business Administration
4. Mrs Merlyn Lobo, Asst. Professor, Department of Computer Science Engineering
5. Mrs Shruthi, Asst. Professor, Department of ECE

### **Proceedings of the Meeting:**

1. Activities planned for the academic year 2019-'20
  - a) One-day Workshop by Dr Asha Jyothi Rai, Ayurveda Doctor and Social Activist, Ms Shahwar Banu, and Dr Ashok D'Souza on Women Social and Economic Empowerment for Faculty and Students
  - b) Prof. Audrey Pinto, Alva's PG College, Moodbidri – Three day workshop on Women Social and Economic Empowerment for Faculty and Students
  - c) Talk by Dr Asha Jyothi Rai, Ayurveda Doctor on the topic '*Woman's Holistic Health and Wellbeing*'.
  - d) One-day training program on Prevention of Suicides and De-Addiction from On-line Gaming by Dr Lavina Noronha, Founder, Ave Maria Palliative Care
  - e) One-week training on Yoga and Meditation for the final year female students and faculty
2. Assignment of responsibilities:
  - a) Mrs Priya would invite Dr Audrey Pinto and organize the workshop
  - b) Mrs Maithri will invite Dr Asha Jyothi Rai and organize the talk
  - c) Mrs Merlyn Lobo will organize the one-day training programme on Suicide Counselling and Geriatric Care by Dr Lavina Noronha
  - d) Mrs Shruthi will organize one-week yoga training for the students. Dr Vanitha, Principal will send her PG students for the Yoga Training as per MOU.
  - e) Dr Claret will organize a workshop for economic empowerment of women for non-teaching staff and also, take care of the budget preparation, infrastructure and publicity.
3. Faculty will take the help of MBA students to conduct the events.

Regards,

  
Dr Claret Mendonca

Main Coordinator

Copies to:

Principal, Dean Academics, Dean Planning, Dean MBA, HODs CSE / ECE/ ISE/ ME/Civil,  
All faculty, AO, SWOs

MIJAR – 574 225





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12.08.2019

## PROPOSED BUDGET FOR THE ACTIVITIES OF THE WOMEN EMPOWERMENT CELL FOR THE ACADEMIC YEAR 2019-'20

EXPENSES	Rs	RECEIPTS	Rs
Three-day workshop on Counselling and Mentoring Faculty by Prof. Pinto	-	Expenses over Income	7500
Webinar Talk by Dr Asha Priya Rai	-		
One Week training on Yoga & Meditation	-		
One-day workshop on Suicide Prevention and De-addiction from On-Line Gaming by Dr Noronha	5000		
Other Expenses (Banners, Food, Travel)	2500		
Workshop for non-teaching staff	-		
Total	7500		7500
(Rs. Seven Thousand five h only)			

Dr Claret Mendonca

Main Coordinator

DEAN  
Dept. of Business Administration  
Alva's Institute of Engg. & Technology  
MIJAR – 574 225





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## REPORT ON WOMEN'S DAY CELEBRATIONS FEB 2020 AND ONE-DAY WORKSHOP TO EMPOWER WOMEN OF ALVA'S INSTITUTE OF ENGINEERING AND TECHNOLOGY, MIJAR

Date: 7 March 2019



International Women's Day 2020 Celebrations was organized by Women's Empowerment Cell, AIET, Women's Development Cell, AEF jointly with Society for Human Resources Development (SHRD) on 7<sup>th</sup> of March, 2019 at AIET Auditorium. The celebrations were inaugurated by Dr Asha Jyothi Rai, Chairperson, Aasare Charitable Trust @ Mangaluru. The resource persons for the day were Ms Shahwar Banu, Associate Director-HR, Tieto Evry, Bengaluru and Dr Ashok Antony D'Souza, Professor and Chairman, PG Dept of Social Work, Rani Chennamma University, Belagavi. Dr Mohan Alva Chairman, Alva's Education Trust presided over the function.

One day workshop was organized for the faculty and students. Dr Rai delivered the key note address on Women's Social and Economic Empowerment. Ms. Shahwar Banu held a session on women in corporate world and Dr D'Souza shared his vast experience in working in the area of women's economic and social empowerment. Two local women who had created social impact through their work were felicitated by the Chairman and Management of AEF.



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## **REPORT ON THREE-DAY WORKSHOP ON COUNSELLING & MENTORING FOR FACULTY & SWOS**

**Date : 6,7, 8 September, 2019**



Dr Audrey Pinto, Professor, Alva's P G College conducted three day workshop on Professional Counselling and Mentoring for the faculty and SWOs of AIET. She used case studies, role plays and group activities to illustrate the much needed skills. The topics dealt were Mentoring, Elements of mentorship, Aspects of good mentoring practice, Log sheet/record sheet of mentee, Mentoring tips, Steps to planning, implementing and managing a mentoring program and evaluation of the program.





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**REPORT ON  
TALK ON HOLISTIC WELL BEING BY DR ASHA JYOTHI RAI THROUGH  
WEBINAR AT AIET**

**Date : 25 March, 2020**



Dr Asha Jyothi Rai, Ayurveda Doctor gave a lecture on body and mind management in Covid Era. She advised students to be active and work towards achieving their goals. She asked students not to get lost in the world of texting and messaging. Instead to seek opportunities on the net to advance in academics. She encouraged students to acquire good habits that will make their life meaningful and happy.



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## REPORT ON PREVENTION OF SUICIDES AND DE-ADDICTION FROM ON-LINE GAMING

Date : 1 January 2020



Dr Lavina Noronha, Founder, Ave Maria Palliative Care Centre trained faculty on how to prevent suicides and also imparted Counselling and Geriatric Care skills to the participants.



The students were taught how to take care of the elderly in their homes and how to provide them care when they are bedridden. Ave Maria has 18 beds hospice. The terminally ill patients are brought to them when they have exhausted all medical options. The doctors and hospice staff work round the clock to ease their sufferings and have a smooth transition. The MBA first year students carried with them fruits, biscuits and bedsheets for the inmates of the hospice. Their presence comforted the elderly patients.





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## **REPORT ON ONE WEEK TRAINING ON YOGA AND MEDITATION**

**Date : 17 to 22 January, 2020**

The PG students from Alva's College of Naturopathy and Yogic Sciences conducted one hour of yoga sessions for the faculty and students for a week. The training has helped students to realize the benefits of being fit and it has enhanced their academic performance.





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The practice involves Sukshma Vyayama, Surya Namaskar, Standing Series of Asanas, Supine Series, Prone Series (abdomen exercise), Sitting Series, Pranayama, Meditation and Relaxation Techniques.