

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

Shobhavana Campus, Mijar – 574225, Moodbidri

Dakshina Kannada, Karnataka, India



## **WOMEN EMPOWERMENT CELL REPORT**

**ACADEMIC YEAR**

**2019-20**



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

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

Phone: 08258-262725, Fax: 08258-262726

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

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





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Phone: 08258-262725, Fax: 08258-262726

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

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

MIJAR – 574 225





# ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

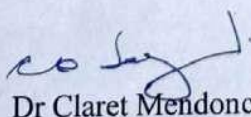
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12.08.2019

## 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
<i>(Rs. Seven Thousand five h only)</i>			

  
Dr Claret Mendonca

DEAN  
Main Coordinator

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

**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.



**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.



**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.

**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.



**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.





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