

### 5.1.3-Life Skills

**Women Empowerment Cell Activities organized by the institution during the last five years**

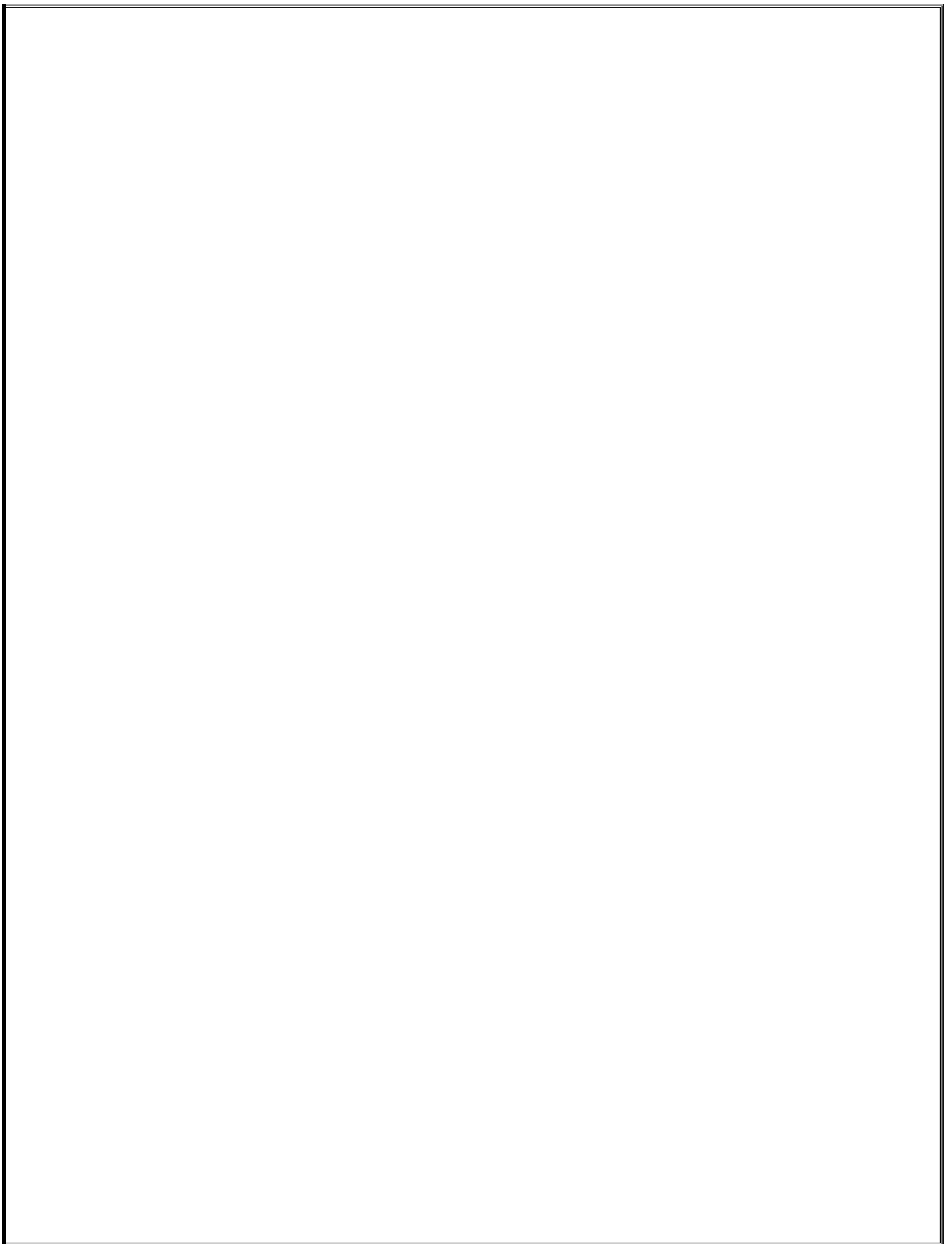
**ACADEMIC YEAR:2015-2016**

## **YOGA FOR STAFFS**

YEAR OF THE ACTIVITY : 2016  
NAME OF THE ACTIVITY : Yoga  
ORGANIZING UNIT : Physical Department  
NO. OF PARTICIPANTS : 165







# **SPEECH COMPETITION**

**On**

## **Woman Education**

YEAR OF THE ACTIVITY : 2016  
NAME OF THE ACTIVITY : Speech competition  
ORGANIZING UNIT : Women Welfare Committee  
NO. OF PARTICIPANTS : 550





## Women Empowerment Cell

# 2016 -17

## SPEECH COMPETITION AND DEBATE ON "ARE THE WOMEN MATURED ENOUGH IN MAKING DECISION"


YEAR OF THE ACTIVITY : 2017

NAME OF THE ACTIVITY : Competition for the students


ORGANIZING UNIT : WEC

NO. OF PARTICIPANTS : 480

Date : 06/01/2017



**PRATHYUSHA  
ENGINEERING COLLEGE**  
Poonamalle-Thiruvallur High Road, Arantvayalkuppam-602025, Thiruvallur



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**The Management, Principal, Faculty & Students**  
*Most cordially invite you to the Reinitiating activities of*

**WOMEN EMPOWERMENT CELL**

**Shri.P.RajaRao**  
(Chairman, Prathyusha Group of Institutions)  
*Will preside over the Function*

**Smt. P. Prathyusha**  
(CEO, Prathyusha Group of Institutions)  
*Will Empower the Function*

**Smt. Mahalakshmi Saravanan**  
(Founder, Women Entrepreneurs, India)  
*Chief Guest of the Day*

Date & Venue : *January 6<sup>th</sup>, 2017 (Multipurpose Hall)*

**Shri.Vasu M**  
Advisor - PEC

**Dr.Ramesh P L N**  
Principal - PEC

# PRATHYUSHA ENGINEERING COLLEGE



## Women Empowerment Cell



### Activities on January 6<sup>th</sup> 2017

#### Speech Competition:

- The volunteers can register the name to the Depart Coordinators.
- The registered student will be finalized by the Department Coordinators by conducting preliminaries.
- Maximum of 2 students from each department and 5 students from the First Year will be performing on Stage.
- Duration 3min, should not be exceeded

#### Debate:

- Total of 10 students (one from each department, first year-4 students)
- Biotech, CSE, CIVIL, First Year 2 students who are going to Debate "Are the Women Matured enough in Making Decision" EEE, ECE, IT, First Year 2 students who are going to Debate "No we are not Mature enough".
- Duration 30minutes.

#### Speech Competition Title

- ✓ Opportunities for Women
- ✓ Challenges for Women Safety
- ✓ The woman who I admired the most

#### Debate Title:

Are the Women Matured enough in Making Decisions

#### For Further Clarifications Contact Coordinators:

**Overall Coordinator:** Ms.Anuradha.P AP-I/IT,

**Department Coordinators:** Ms.Lavanya AP/BT, Ms.Vanitha AP/CSE, Ms.Monitha AP/Civil,  
Ms.Suvitha AP/EEE, Ms.Vadivu AP/ECE Ms.Dollyrene AP/ECE  
Ms.Kamatchi.C AP-II/IT, Ms.Kavimani AP/Chem, Ms.Aruna AP/English









## **SPREAD YOUR WINGS TO FLY**

YEAR OF THE ACTIVITY : 2017  
NAME OF THE ACTIVITY : Seminar  
ORGANIZING UNIT : WEC  
NO. OF PARTICIPANTS : 167

Date : 21/03/2017





# YOGA FOR HOSTEL STUDENTS

YEAR OF THE ACTIVITY : 2017  
NAME OF THE ACTIVITY : Yoga  
ORGANIZING UNIT : Discipline committee  
NO. OF PARTICIPANTS : 220

Date :20/06/2017 & 21/06/2017



 **PRATHYUSHA**  
**ENGINEERING COLLEGE**

**YOGA** Practice for  
Hostel Students

Date : 20th June 2017 (Girls)  
21st June 2017 (Boys)  
Timings : 3.30 pm to 5.00 pm

**Yoga Master**  
**Shri.N.ARAVAZHI**



Women Empowerment Cell

2017 -18

## Who Am I ? - KINTRO

YEAR OF THE ACTIVITY : 2017  
NAME OF THE ACTIVITY : Who Am I ? - KINTRO  
ORGANIZING UNIT : WEC  
NO. OF PARTICIPANTS : 220

Date : 11/09/2017



ESTD. 2001

**PRATHYUSHA**  
**ENGINEERING COLLEGE**



EMPOWERED

Welcomes all for the  
**Seminar on**  
**"Who am I ? - Kintro"**

Chief Guest  
**Mrs. P.SASIKALA**, M.Sc (N), M.Sc (Psy).,  
Madras Medical Mission College.  
**Wec Co-Ordinator**  
**Ms. J.DOLLY IRENE**, AP/ECE  
11<sup>th</sup> September 2017









# Move and Mingle

YEAR OF THE ACTIVITY : 2017  
NAME OF THE ACTIVITY : Move and Mingle  
ORGANIZING UNIT : WEC  
NO. OF PARTICIPANTS : 55

Date: 16/10/2017





# Awareness on Women's health & Grow Green Movement

YEAR OF THE ACTIVITY : 2017  
NAME OF THE ACTIVITY : Grow Green Movement  
ORGANIZING UNIT : WEC  
NO. OF PARTICIPANTS : 440

Date : 28/07/2017









# Women's Day celebration

YEAR OF THE ACTIVITY : 2018  
NAME OF THE ACTIVITY : Women's Day  
ORGANIZING UNIT : WEC  
NO. OF PARTICIPANTS : 287

Date : 08/03/2018







# Writing Competition on Legal right of women

YEAR OF THE ACTIVITY : 2017  
NAME OF THE ACTIVITY : Writing Competition  
ORGANIZING UNIT : WEC  
NO. OF PARTICIPANTS : 245

Date : 21/11/2017



**PRATHYUSHA ENGINEERING COLLEGE**  
NAAC Accredited "A" Grade & NBA Accredited Institution Approved by AICTE & Affiliated to Anna University, Chennai  
Poonamallee - Tiruvallur High Road, Chennai-602025

**WOMEN EMPOWERMENT CELL**

**NATIONWIDE COMPETITION TO CREATE AWARENESS  
ABOUT LEGAL RIGHTS OF WOMEN**

**FOR FIRST YEAR GIRLS**

on 21/11/ 2017 @ 1.30pm

SPONSORED  
by  
  
National Commission  
for Women, India

# Right start for the bright career

YEAR OF THE ACTIVITY : 2018  
NAME OF THE ACTIVITY : Seminar  
ORGANIZING UNIT : WEC  
NO. OF PARTICIPANTS : 410

Date : 10/01/2018

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**ENGINEERING COLLEGE**

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**EMPOWERED**

*Women Empowerment Cell*

*Organizes*  
*a Seminar on*

**“Right Start for the Bright Career”**

*By*

**Mrs. Carolyn Joel,**  
*Source, Centre for Family Care and Training, Chennai*

**ON 10.01.2018 AT 1.15 PM**  
**VENUE: PEC SEMINAR HALL**

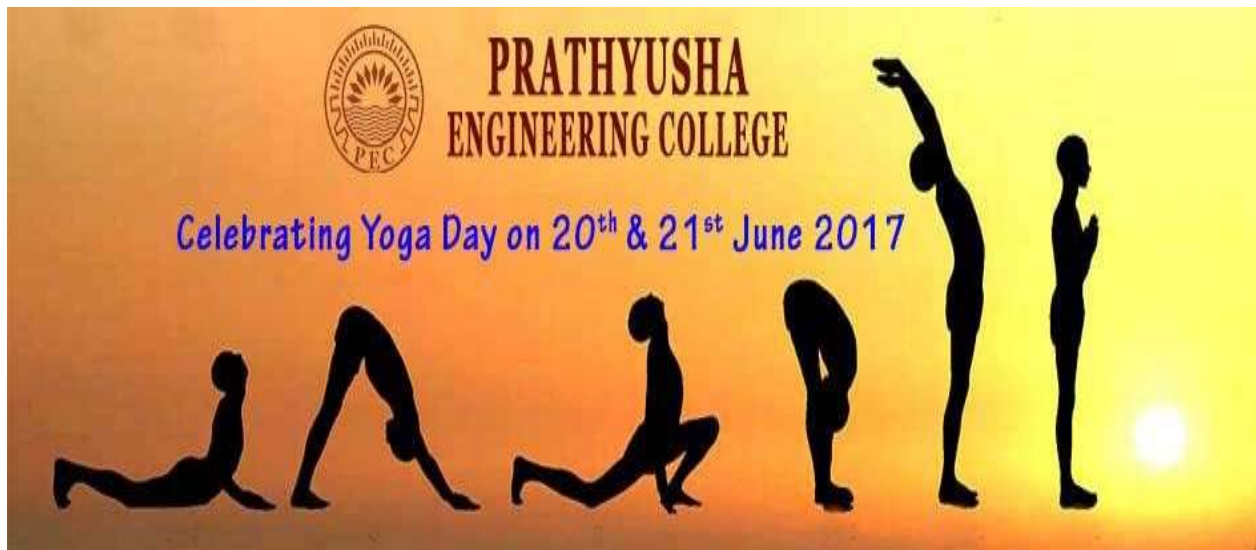




# Workshop on Yoga for Staff and Students

YEAR OF THE ACTIVITY : 2017  
NAME OF THE ACTIVITY : Yoga  
ORGANIZING UNIT : Discipline Committee  
NO. OF PARTICIPANTS : 435

Date : 20/06/2017 & 21/06/2017



Women Empowerment Cell  
2018 -19

**Rangoli competition on the theme  
"BetiBachao, BetiPadhao&Womens Day  
celebration**

YEAR OF THE ACTIVITY : 2019  
NAME OF THE ACTIVITY : Rangoli Competition  
ORGANIZING UNIT : WEC  
NO. OF PARTICIPANTS : 350

Date :11/03/2019


**PRATHYUSHA**  
**ENGINEERING COLLEGE**  
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EMPOWERED  
**PEC WOMEN EMPOWERMENT CELL**  
*Welcome All LADY STAFFS and GIRLS to  
celebrate our day*  
**WOMEN'S DAY CELEBRATION**  
**11.03.2019**  
**MRS.S.MEENA,**  
DISTRICT SOCIAL WELFARE, CHILD MARRIAGE PROHIBITION AND ANTI  
DOWRY OFFICER, TIRUVALLUR COLLECTOR OFFICE  
வெள்ளை குழந்தைகளை காப்போம்!  
மேகாசனம் மருமலம்  
வெள்ளை குழந்தைகளுக்கு கற்கும்பேரம்!!  
**Beti Bachao, Beti Padhao**  
**Save Girl Children, Educate Girl Children**



# Awareness about Women's Health and Hygiene

YEAR OF THE ACTIVITY : 2018  
NAME OF THE ACTIVITY : Awareness  
ORGANIZING UNIT : WEC  
NO. OF PARTICIPANTS : 173

Date : 12/09/2018



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ENGINEERING COLLEGE



**WOMEN EMPOWERMENT CELL**

Welcomes all FIRST YEAR GIRLS for

*“Awareness About Women’s  
Health & Hygiene”*

by

*Mrs. Priyadharshini.J.S.J*

Entrepreneur, Hygienic Consultant

ON **12.09.2018** AT **1 PM**  
AT **PEC SEMINAR HALL**







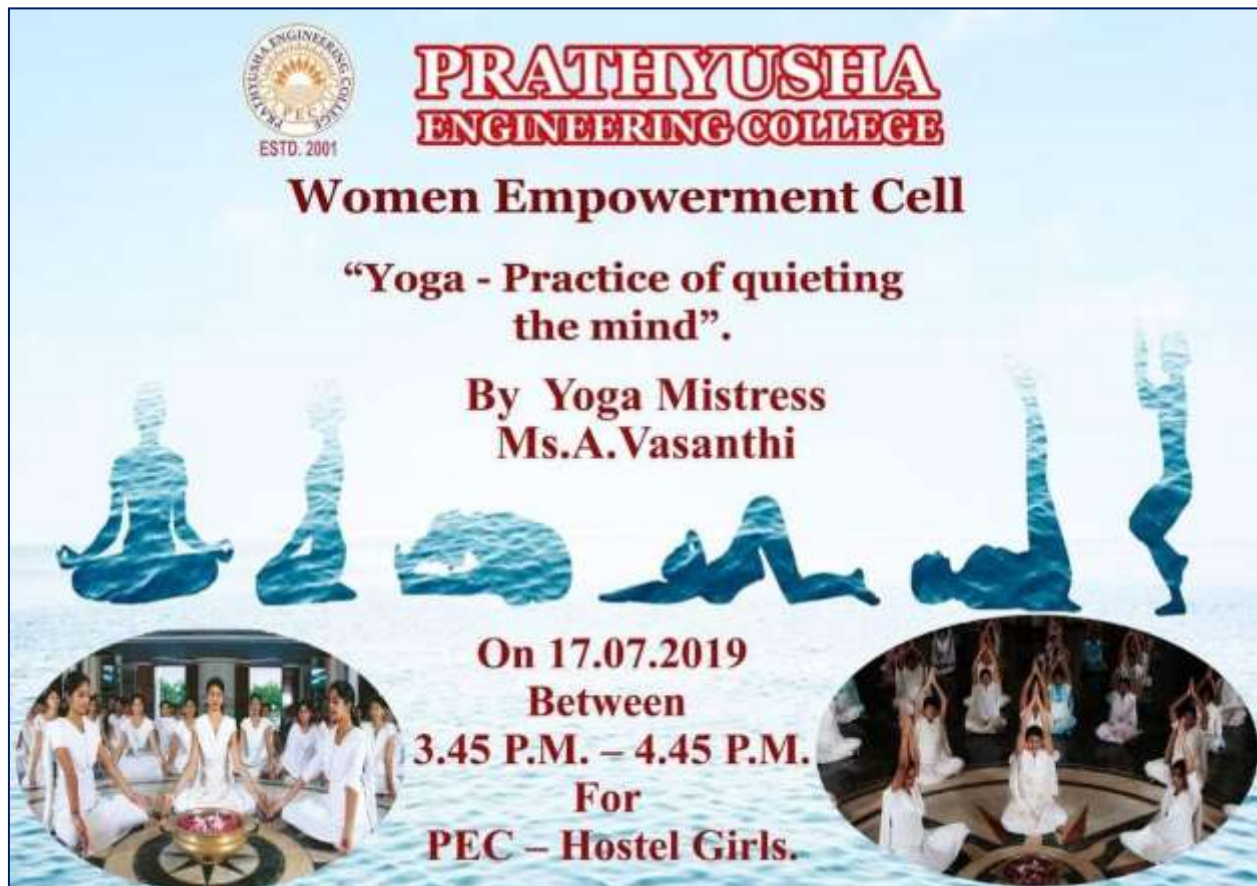
Women Empowerment Cell

2019 -20

## Practice of quieting the mind

YEAR OF THE ACTIVITY : 2019  
NAME OF THE ACTIVITY : Physical Yoga Exercise  
ORGANIZING UNIT : WEC  
NO. OF PARTICIPANTS : 96

Date : 11/07/2019



**PRATHYUSHA  
ENGINEERING COLLEGE**

**Women Empowerment Cell**

**“Yoga - Practice of quieting  
the mind”.**

**By Yoga Mistress  
Ms.A.Vasanthi**

**On 17.07.2019  
Between  
3.45 P.M. – 4.45 P.M.  
For  
PEC – Hostel Girls.**





# Teach girl bravery with perfection

YEAR OF THE ACTIVITY : 2019  
NAME OF THE ACTIVITY : Awareness  
ORGANIZING UNIT : WEC  
NO. OF PARTICIPANTS : 318

**Date: 17/08/2019**



