



**KAILASH WOMEN'S COLLEGE**

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**BEST PRACTICE - I**

**EMPOWERING WOMEN**

**PRINCIPAL**

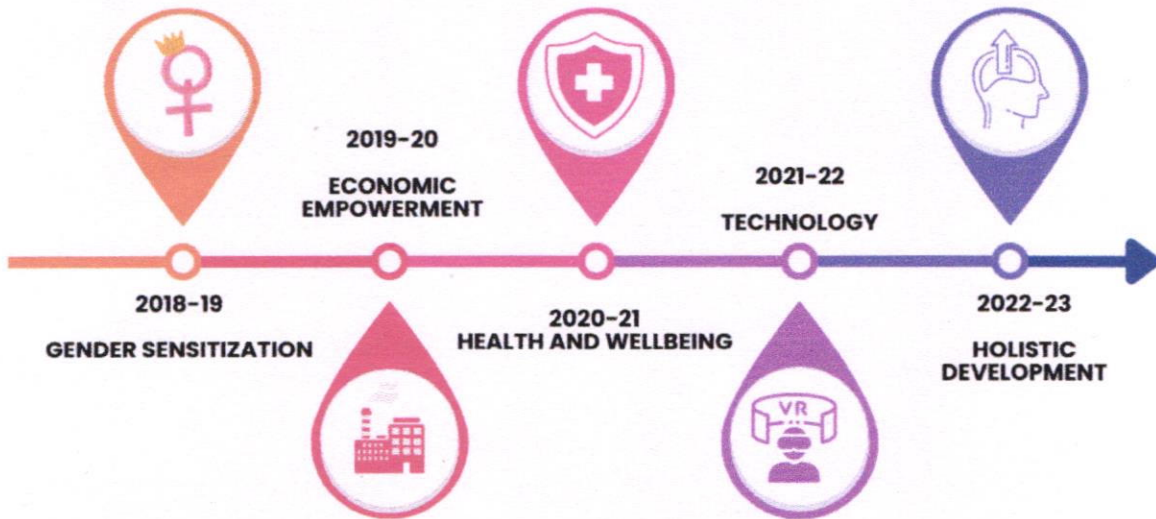
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## EMPOWERING WOMEN



  
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**2022-23**

## **HOLISTIC DEVELOPMENT**

1. Youth Talent Fest
2. One Week Baking Class
3. Self Defense Class
4. Web Design and Development for business
5. Science Exhibition
6. Freelance Writing
7. Tailoring Class
8. Idea Generation Workshop
9. Art from waste
10. Digital Marketing
11. Media Literacy programme
12. Social Media Awareness Programme
13. Voices Unveiled- Debate on Today's Education
14. Yoga for Life

  
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2021-22

## TECHNOLOGY

1. Career Guidance and Counseling – Digital Media and Job Opportunities
2. Blog Writing : an orientation programme
3. The influence of technology in English language
4. Online Content Writing
5. Fitness Apps
6. Health Insurance Awareness
7. Online Courses
8. Internet of Things an orientation class

  
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**2020-21**

## **HEALTH AND WELLBEING**

1. Emotional Intelligence & Wellbeing
2. Effects of Eating Junk Food
3. Nutri Corner
4. Public Speaking contest- Importance of Being Healthy
5. Zumba for Health
6. Importance of Eating Right
7. Awareness on- Women Health Issues
8. Cancer Awareness Programme
9. Clap Campaign – Clean and Healthy Environment
10. Yoga for Health

  
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**2019-20**

## **ECONOMIC EMPOWERMENT**

1. E – corner
2. Introduction to Stock Market and Trading
3. Orientation on Start-Up and Business Plan
4. Craft Making – an orientation programme
5. How to find Energy saving Device? An awareness programme
6. Plastic free packing
7. Pick your favorite – Business women
8. E- Corner
9. Made In Home
10. One Day Entrepreneur
11. Financial Management

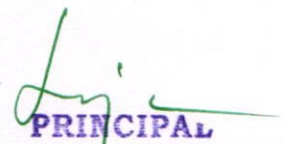
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2018-19

## GENDER SENSITIZATION

1. Self Defense Class
2. Women at Overseas
3. Speak UP
4. Nutri Corner
5. Replace with Resource
6. Home maker – Change Maker
7. Boss Lady
8. Self Help
9. Stress Management
10. Educate Yourself
11. The Guide
12. She for Her – Skit



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## 2022-2023 HOLISTIC DEVELOPMENT

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## YOUTH TALENT FEST



On 07/02/ 2023 Youth Talent Fest a Government Schemes Awareness Programme successfully empowered young women by recognizing their talents, enhancing their skills, and creating awareness about government schemes. The collaborative effort between Kailash Women's College and The Rural Development Department of Tamilnadu Government marked a significant step toward fostering holistic development and community engagement.

  
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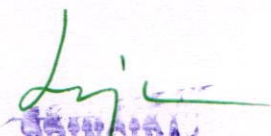
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## BAKING CLASS



The Nutrition and Dietetics Department hosted a week-long baking class from March 27th to 31st, 2023. The class equipped students with practical skills, promoted healthy living, encouraged creativity, and fostered a sense of community. This event positively impacted students' personal and professional development.

  
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## SELF DEFENCE CLASS



The College organized a weekly Self defense class for students. This self defense class not only allows women to tangibly defend themselves against physical attacks, it also sparks various benefits to them in everyday life. Important values and principles can be learned, such as hard work, dedication, and perseverance, as well as the importance of maintaining personal relationships.

  
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## WEB DESIGN AND DEVELOPMENT FOR BUSINESS



Eager to empower students with online entrepreneurial skills, the Entrepreneurship Development Cell (EDC) organized a "Web Design and Development for Business" program on February 23, 2023. Through this program, students gained valuable knowledge in applying basic design and programming principles to create effective websites, ultimately equipping them to seize opportunities in the digital realm.

  
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## NATIONAL SCIENCE DAY CELEBRATIONS- SCIENCE EXHIBITION



The Energy Club organized a science exhibition on National Science Day (26/02/2023) showcasing a vibrant range of student inventions and projects, from eco-friendly robots to mind-bending optical illusions. Interactive demonstrations kept the audience enthralled, while judges commended the ingenuity and awarded prizes for the most impactful and innovative projects. The event buzzed with excitement and a spirit of exploration, celebrating the wonders of science and leaving a lasting impression on all who participated.

  
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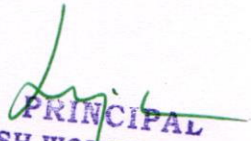
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## FREELANCE WRITING



**Students practiced in Freelance writing session on 09/08/2022**

On August 9, 2022, the English Language Association's "Freelance Writing" event ignited a spark of creativity in students. By channeling their focus and energy into short, intense writing bursts, they not only unearthed a treasure trove of new ideas but also honed their writing skills and confidence. This immersive experience opened doors to the world of freelance writing, potentially shaping future career aspirations.

  
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## TAILORING CLASS



From August 12 to November 15, the college hosted a transformative tailoring program. Through dedicated practice, students honed their skills in stitching all types of garments, empowering them to express their creativity and potentially generate income through their newfound craft.

*Luji*  
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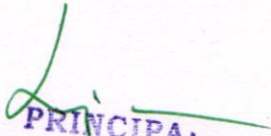
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## IDEA GENERATION WORKSHOP



The Entrepreneurship Development Cell conducted Idea Generation Workshop. There were small activities after every section on idea generation techniques. After all the techniques were covered, a group activity was conducted to create ideas.

  
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## ART FROM WASTE



Art from Waste workshop was conducted by the Fine Arts Club on 15/07/2022. This workshop encouraged our students to reuse the wasted or unused products and the event induced them to make innovative products that helped them to unleash their inner potential. And also they made art items from different waste materials.

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## DIGITAL MARKETING



On 12/7/2022 The Entrepreneurship Development Cell conducted Digital Marketing as an orientation programme. This event was about digital marketing and its promotion of brands to connect with potential customers using the internet and other forms of digital communication. Recent days many companies depend on digital marketing. Through this programme students learned about digital marketing.

  
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## MEDIA LITERACY PROGRAMME



On 25/08/2022 Department of Computer Science organize The Media Literacy Programme. The Media Literacy Programme aimed to equip students with essential skills to critically analyze and navigate media content, fostering a deeper understanding of the role of media in society promoting responsible consumption. The programme not only enhanced critical thinking but also encouraged participants to be responsible consumers and creators of media content.

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## SOCIAL MEDIA AWARENESS PROGRAMME



On 24/03/2023 The Social Media Awareness Programme organized by the Women empowerment Cell. The Resource Person Dr. Saravanan, addressed the social media awareness should be followed by the students. The event successfully achieved its goals of raising awareness, promoting digital resilience, and fostering positive mental health practices in the context of social media use. The aim of this programme was to educate female students on various aspects of personal development.

  
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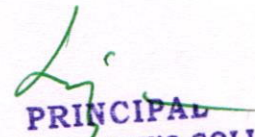
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## VOICES UNVEILED – DEBATE ON TODAY'S EDUCATION



Voices Unveiled a debate on Today's Education event organized by the Women Empowerment Cell successfully provided a platform for students to critically examine and discuss the complexities of today's education system. The outcomes indicate increased awareness, improved public speaking skills, and a commitment to fostering positive change within the educational landscape


  
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## YOGA FOR HEALTHY LIFE



# KAILASH WOMEN'S COLLEGE

Nangavalli

International

# YOGA

day

yoga orientation class

organised by

## HEALTH CLUB

17th June 2022

Venue: Semar Hall



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Stepping onto the path of holistic well-being, college students embraced the ancient wisdom of Yoga through the Health Club's "Yoga for Life" program, launched on June 17, 2022. Guided by seasoned masters, their journey intertwined physical exercises, mental focus, and spiritual exploration, echoing the legacy of Yogis and Rishis. Weekend classes, meticulously monitored by club members, provided a welcoming space for students to explore their personal yoga practice, whether seasoned or new to the mat.

  
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## 2021-2022 TECHNOLOGY

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## CAREER GUIDANCE AND COUNSELING DIGITAL MEDIA & JOB OPPORTUNITIES



The workshop on Digital Media and Job Opportunities organized by the college, featuring renowned Deputy Editor, Kumutham Digital, Ms. Hema Rakesh, aimed to enlighten students about the evolving landscape of digital media and the diverse career opportunities available in the field. The event took place on 3/12/2021, provided participants with valuable insights and practical knowledge.

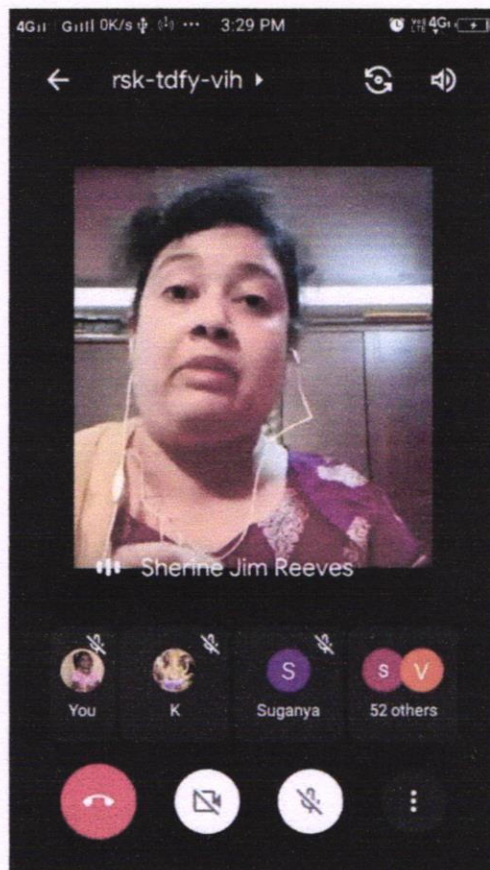
  
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## BLOG WRITING: AN ORIENTATION PROGRAMME



Ms. V Sherine Vargheese, Head of the Department of Computer Science, ignited students' interest in the digital world with a blog writing orientation program organized by the English Language Association on September 11, 2020. Attracting participants from various departments, the event shed light on the importance and diverse opportunities offered by blog writing.

  
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## THE INFLUENCE OF TECHNOLOGY IN ENGLISH LANGUAGE



# KAILASH

Women's College

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## The Influence Technology of English Language

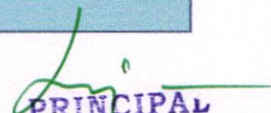


**Organised by**

**English Language Association**

**Date: 15/07/2021 Time: 10.00 a.m - 11.00 a.m**

**Venue: Sivagammiammal Seminar Hall**

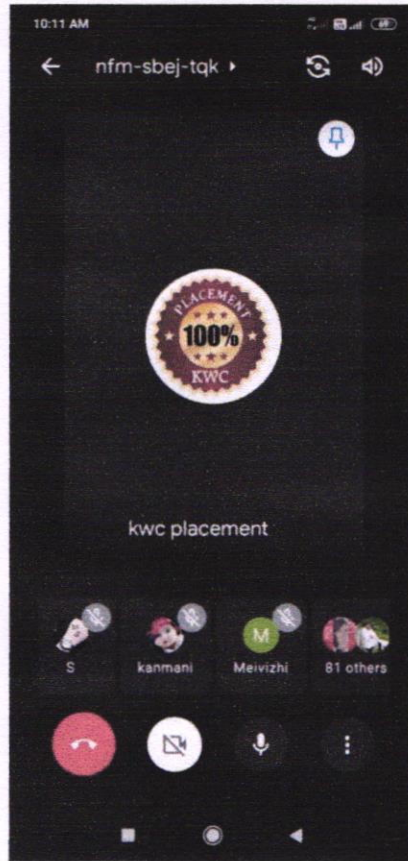
  
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## ONLINE CONTENT WRITING



On 15/07/ 2021 The English Language Association conducted Online writing as a virtual event for the students. Through this event, students honed their writing skills, discovered diverse career paths, and gained valuable resources to launch their online writing journeys. The positive feedback and high engagement showcased the event's success, paving the way for future initiatives empowering students in the ever-evolving digital writing landscape.

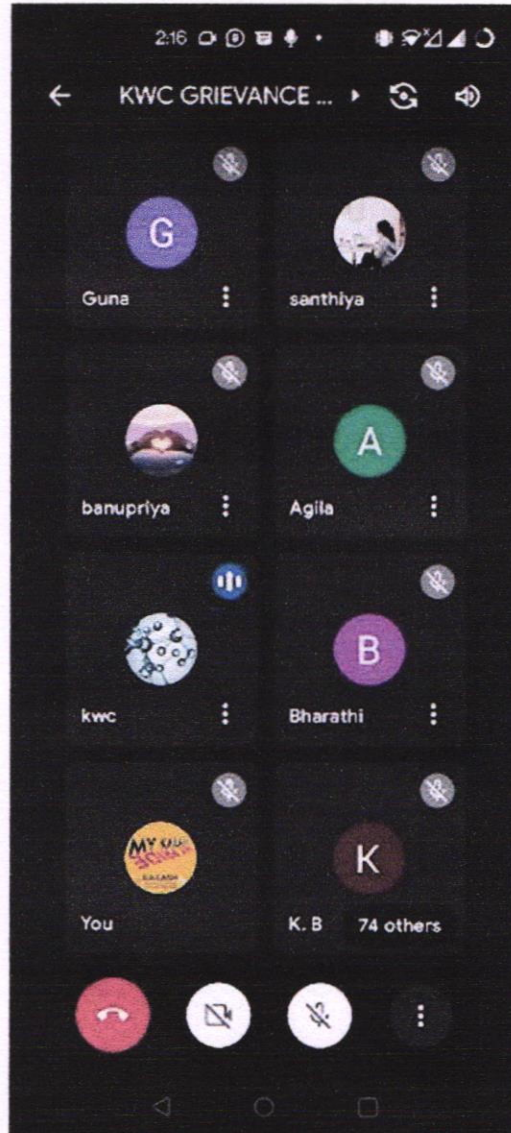
  
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## FITNESS APPS



On 18/9/2021 the health club organized a virtual orientation programme on The exercise, physical activity, nutritional programs, or some other fitness topic. Many fitness apps are available to download from the internet. Team health club organized the awareness of fitness.

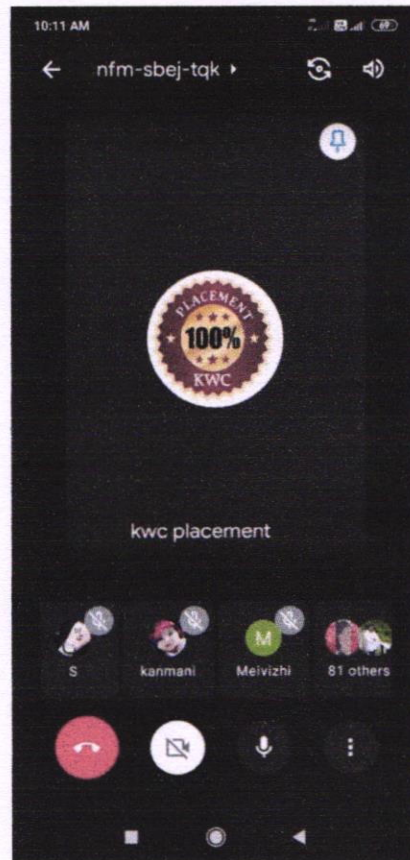
  
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## HEALTH INSURANCE AWARENESS



To empower students with essential knowledge about financial preparedness for healthcare, the Health Club organized a comprehensive Health Insurance Awareness Programme on July 17, 2021. Through interactive session, students learned to compare different plans, select coverage suited to their needs, and budget effectively for their future healthcare expenses.

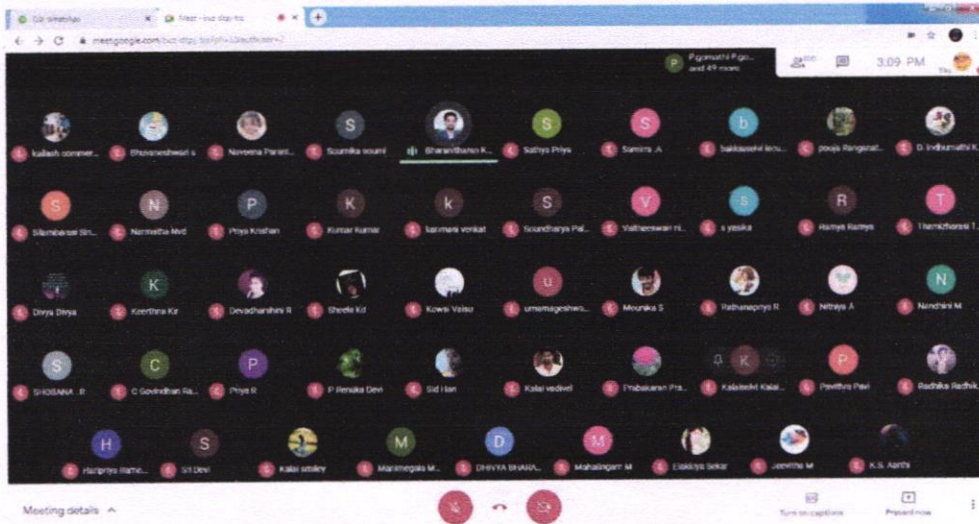
  
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## ONLINE COURSES – AN ORIENTATION PROGRAMME



On August 22, 2021, the Department of Computer Science opened the door to a universe of possibilities with their insightful Orientation Programme on Online Courses. This programme equipped students with not only the practical tools for online learning but also a deeper understanding of its potential to expand their educational horizons. The enthusiastic response and increased enrollment in online courses following the program solidified its success, cementing the department's commitment to preparing students for the ever-evolving landscape of education.

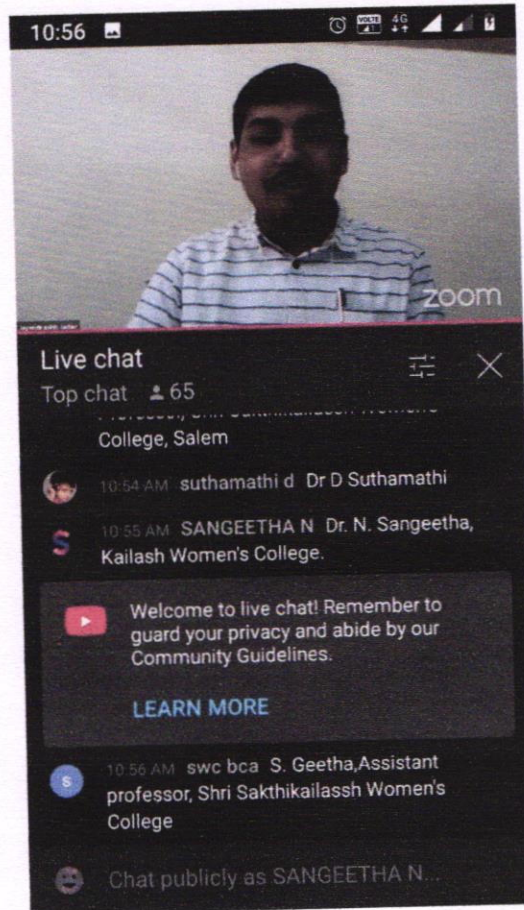
  
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## INTERNET OF THINGS



On September 9, 2021, the Department of Computer Science embarked on a cutting-edge journey with a groundbreaking virtual orientation program on the Internet of Things (IoT).

  
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**2020-2021**

**HEALTH & WELLBEING**

  
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## EMOTIONAL INTELLIGENCE & WELLBEING

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Nangavalli

Knowledge Shared = Knowledge<sup>2</sup>  
12 Days Plenary Sessions

**EMOTIONAL INTELLIGENCE & WELLBEING**

Date : 4.12.2020  
Time : 3.00p.m to 4.00 p. m

**SPEAKER : Dr. N. Sangeetha,**  
Vice Principal

Get... Set... Career...

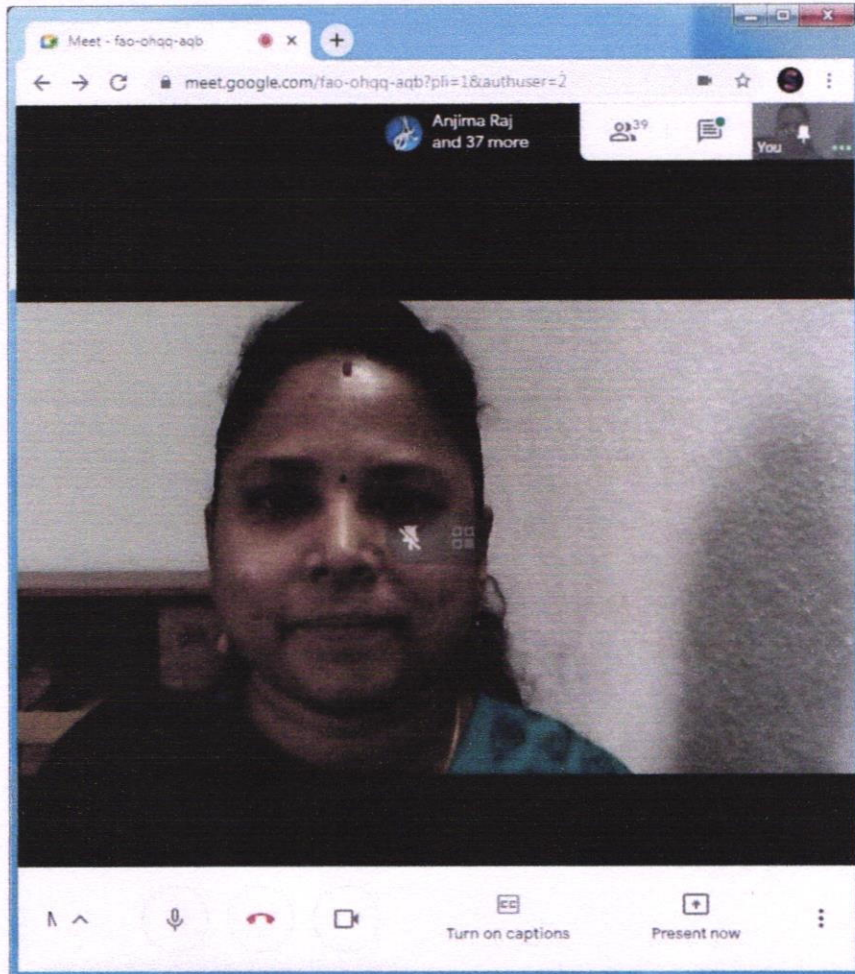
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## EMOTIONAL INTELLIGENCE & WELLBEING



On 04/12/2020 The Mindful event, centered around enhancing Emotional Intelligence and promoted overall wellbeing among students. By actively incorporating emotional intelligence into their daily lives, students can cultivate skills that contribute to their personal success, and positive contributions to the communities they engage with.

  
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## EFFECTS OF EATING JUNK FOOD



On 17/06/2020, The Health Club organised an awareness programme on the topic of Effects of Eating Junk Food. Nowadays lots of people consume junk food, junk food is equal to poison and is going to spoil their body. This event created awareness among students about eating healthy foods instead of junk foods. Through this program students knew the effect of junk foods. It's use for our students

  
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## NUTRI CORNER



On 27/01/2021, The Department of Nutrition and Dietetics organized Nutrition education programme to make students to get available information and guidance about food, including the kinds and amounts of food that are required to meet one's daily nutritional needs. And taught also how to stay healthy.

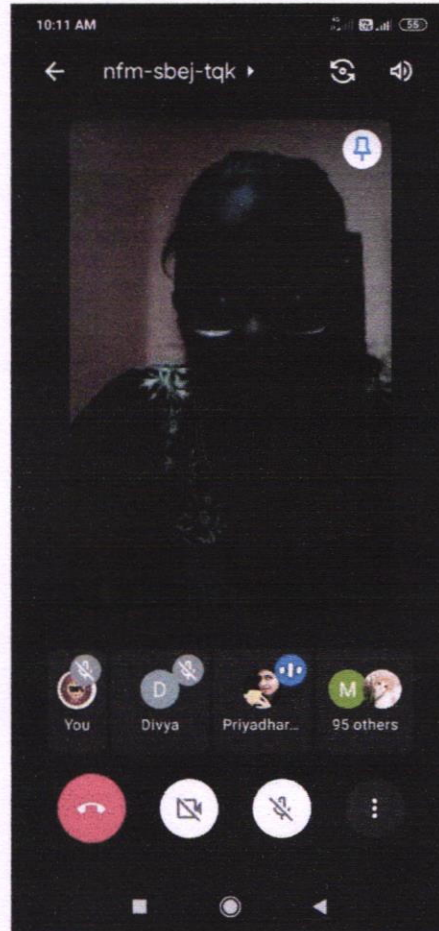
  
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## PUBLIC SPEAKING CONTEST – IMPORTANCE OF BEING HEALTHY



On 08/09/2020, The English Language Association conducted a virtual public speaking contest .In these competitions students participated eagerly and they gave their speech on The Importance of Being Healthy. And they presented their ideas and tips to maintain a healthy life. The main aim of this event was to make the students aware of the importance of having a healthy life.

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## ZUMBA FOR HEALTH

  
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**ZUMBA  
For  
Health**

Organised  
by  
**Fine Arts  
Club**

Date:16/3/22 Time:11:00  
am-11:30 am

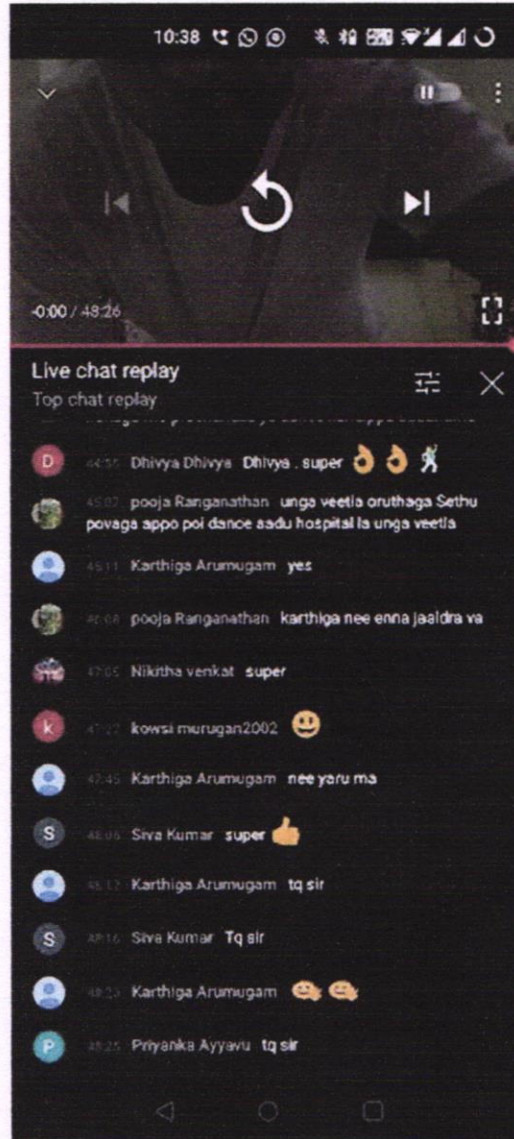
  
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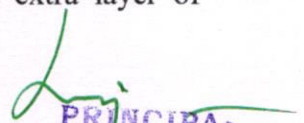
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## ZUMBA FOR HEALTH



On March 16, 2021, the Fine Arts Club transformed students' living rooms into a vibrant dance floor with a virtual Zumba class led by the energetic and talented instructor, Mr. Karthick ABCD dance Academy. Unique to the virtual format, participants used a dedicated fitness app to compete in friendly dance challenges, adding an extra layer of excitement to the workout.

  
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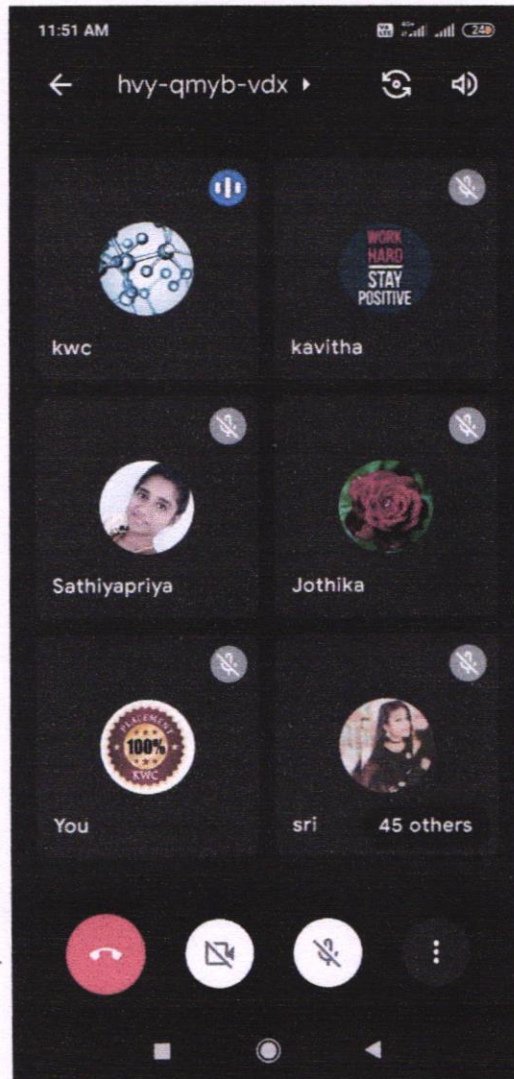




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## IMPORTANCE OF EATING RIGHT



On 15/04/2020 The Health Club organized the Importance of Eating Right – Nutrition and Diet Planning. Students watched an interesting PPT on the importance of taking a Balanced diet for staying healthy and fit

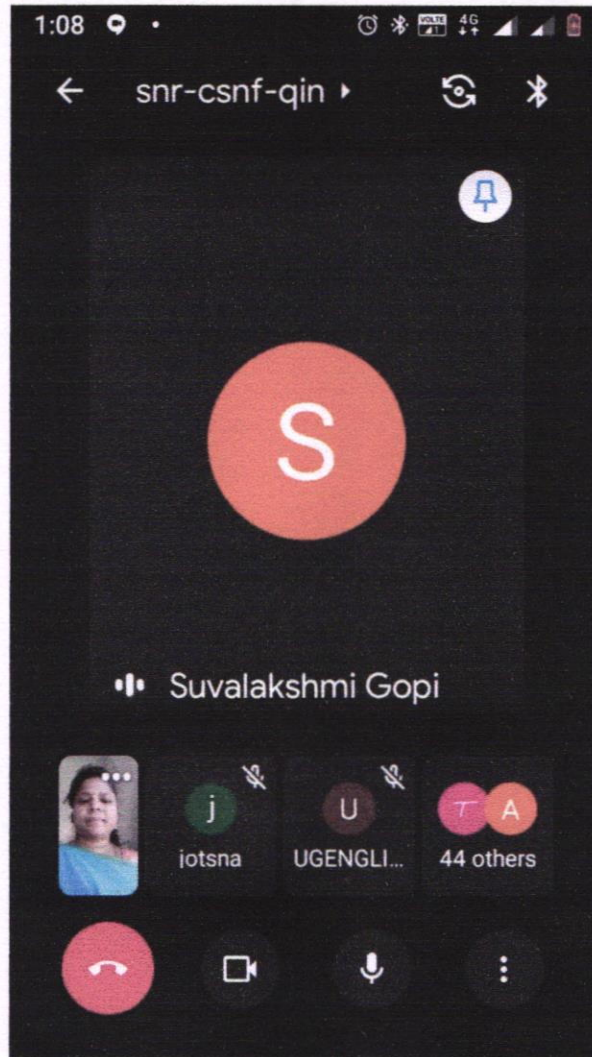
  
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## AWARENESS ON WOMEN HEALTH ISSUES



The Women Empowerment Cell organized a powerful awareness program on self-care on September 22, 2020. The program addressed the common tendency of women to neglect their own physical and mental health, highlighting the risks of stress, anxiety, and neglecting regular checkups. Participants learned practical strategies for incorporating self-care into their busy lives, including stress management techniques, mindfulness exercises, and time management tips. This programme was to empower women to prioritize self-care, the program offered a valuable step towards breaking the cycle of neglect and promoting holistic well-being within the community.

  
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## 2019-2020 ECONOMIC EMPOWERMENT

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## E-CORNER



EDC's E-Corner, held from July 17-20, 2019, ignited the entrepreneurial spirit of over 100 students. Student entrepreneurs showcased their diverse products, from innovative food items to handcrafted dresses and unique art pieces. Beyond immediate sales, the event fostered a valuable learning environment, with students receiving constructive feedback from mentors and industry experts. Many participants reported leaving the event feeling empowered and with a clearer vision for their future entrepreneurial endeavors. E-Corner's success cemented its place as a premier platform for igniting student entrepreneurship in the region

  
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## INTRODUCTION TO STOCK MARKET AND TRADING



On 23/1/2020 The EDC organized a virtual event called An Introduction to Stock Market and Trading. The idea was to introduce the operation of the stock market, trade and tips to start-up the trade. The event focus was to make the audience familiar with shares, investment and its terms & concepts. By the end of the event, everyone in the event was aware of the stock market, stock exchange & trading and different types of stock markets.

  
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## AWARENESS ON STARTUP AND BUSINESS PLAN



On August 28, 2019 the EDC conducted Awareness on Startup and Business Plan. Students learned the intricacies of crafting a compelling business plan, including market analysis, financial projections, and persuasive pitching techniques. Equipped with a comprehensive understanding of the startup landscape and newfound confidence, many students expressed their enthusiasm to pursue entrepreneurial ventures, thanks to the seminar's insightful guidance and inspiring examples.

  
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## CRAFT MAKING AN ORIENTATION PROGRAMME



EDC ignited students' creativity with captivating "Craft Making Orientation Classes" on July 15, 2019. Students experimented with sustainable materials, up cycling techniques, and traditional designs, creating beautiful and functional pieces. The hands-on learning fostered teamwork, problem-solving skills, and an appreciation for handmade crafts. Beyond personal enjoyment, the classes explored the entrepreneurial potential of crafting, equipping students with basic marketing and business insights. The enthusiastic participation and positive feedback reflected the program's success, encouraging students to explore the world of crafts further, perhaps even transforming their passion into a future business venture.

  
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## HOW TO FIND ENERGY SAVING DEVICE? AN AWARENESS PROGRAMME



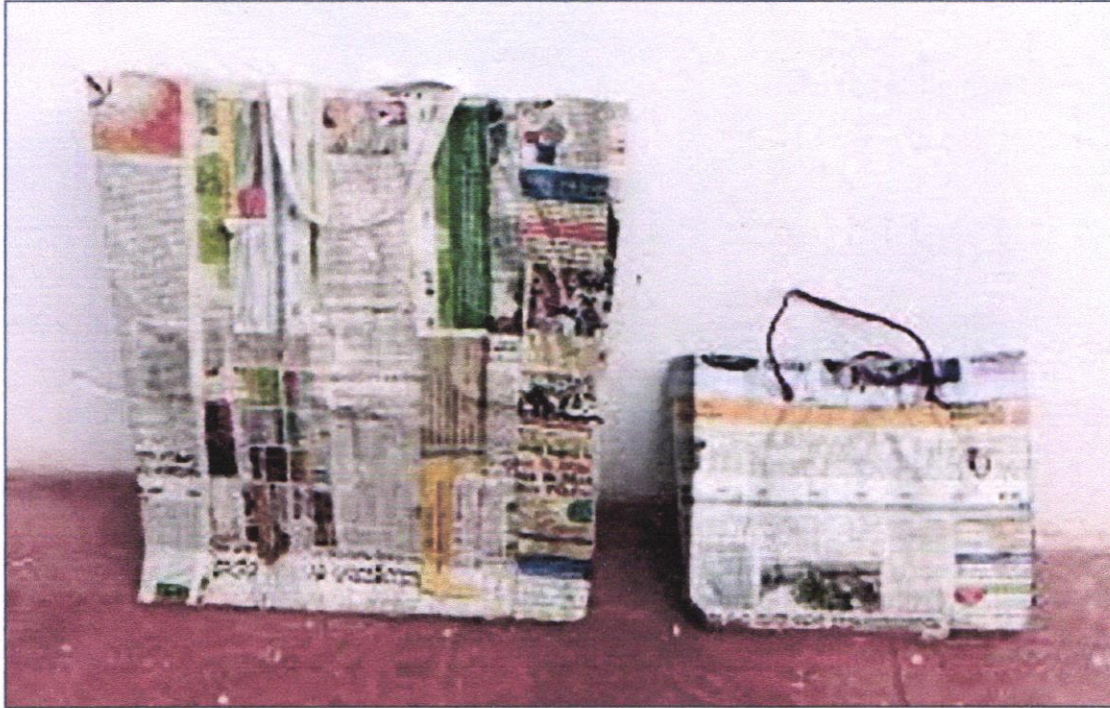
The Energy Club's awareness programme on June 24, 2019, sparked students' interest in making informed choices about energy use. Discussions delved into criteria for choosing energy-saving devices and home appliances, from deciphering Energy Star ratings to understanding features like smart thermostats. Practical tips, like swapping incandescent bulbs for LEDs and unplugging idle electronics, were shared to empower students to reduce their energy footprint. Interactive quizzes and a guest speaker from a renewable energy company further engaged the audience. By the end, students were equipped with knowledge and motivation to adopt energy-saving behaviors, not just at home but also in their communities.

  
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## PLASTIC FREE PACKING



Driven by a desire to combat plastic pollution and empower young entrepreneurs, the Entrepreneurship Development Cell (EDC) hosted a dynamic workshop on Plastic-Free Packing on July 12, 2019. Students not only learned the art of transforming waste newspapers into stylish and sturdy paper bags, but also explored the immense potential of sustainable packaging as a viable business venture. Through origami and weaving techniques, they crafted unique and eco-friendly alternatives to plastic bags, sparking lively discussions about further innovations in this realm. Overcoming challenges along the way, the students showcased their creativity and resourcefulness, proving that sustainability and entrepreneurship go hand in hand. Inspired by the workshop's success, the EDC plans to launch a student-driven initiative to promote eco-friendly packaging solutions in the local community, paving the way for a greener future.

  
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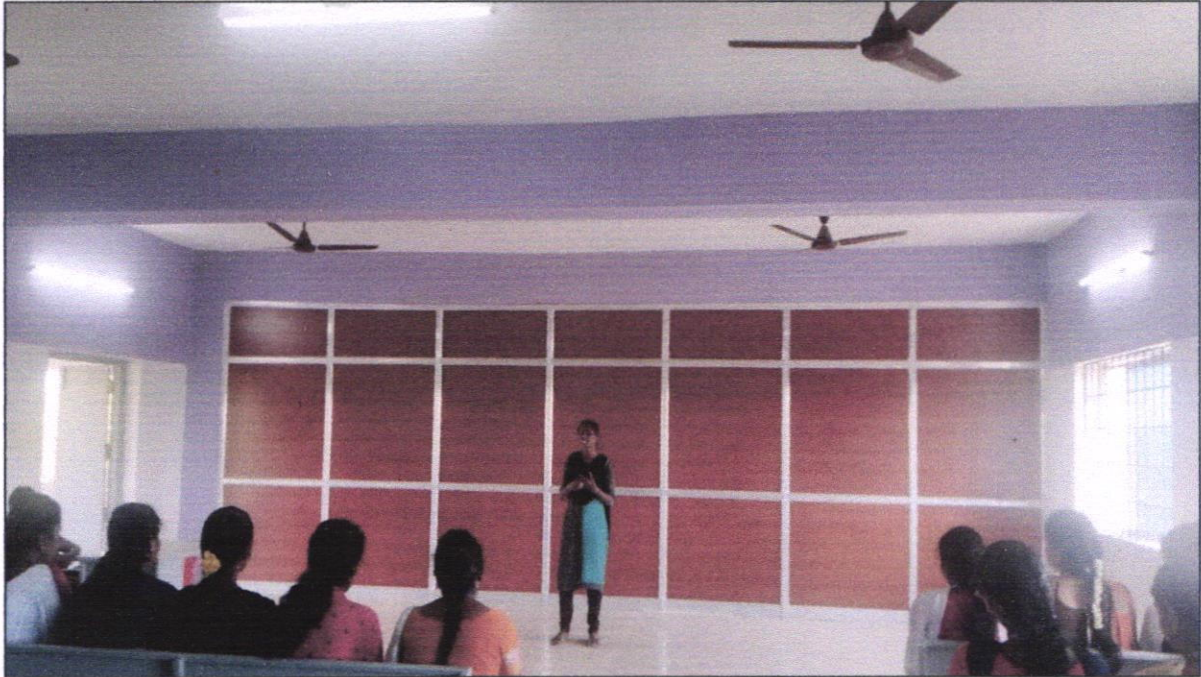
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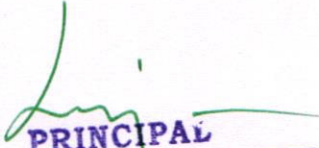
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## PICK YOUR FAVORITE - BUSINESS WOMEN



On 3/01/2020 The Entrepreneurship Development Cell sparked lively debate and ignited entrepreneurial spirit with their "Pick Your Favorite- business women extempore event.

  
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## E - CORNER

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**E-CORNER**  
Organised by  
Entrepreneurship Development Cell

17-20 JULY 2018 | OPEN AT 1 PM  
COLLEGE PORTICO

  
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## E - CORNER



EDC's E-Corner, held from July 17th to 20th, 2019, ignited a spark of entrepreneurial spirit in over 50 students. Through workshops on idea validation, marketing strategies, and financial management, participants gained practical skills to transform their entrepreneurial dreams into reality. The air buzzed with excitement as students proudly showcased their diverse creations, from mouthwatering fusion dishes to intricately stitched garments and one-of-a-kind up cycled craft items. Sarah, whose organic skincare line won the "Most Innovative Product" award, shared, "E-Corner gave me the confidence and guidance to take my passion project to the next level." Beyond prizes, the event fostered a valuable network of aspiring entrepreneurs, with many securing mentorship opportunities and potential investors expressing interest. EDC's E-Corner stands as a testament to the power of fostering entrepreneurial spirit, leaving a lasting impact on participants and paving the way for their future success.

  
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## MADE IN HOME



On 16/09/2019, To empower and raise awareness about earning from home, the Entrepreneurship Development Cell (EDC) organized a vibrant "Made in Home" event. Students actively participated. Interactive orientation programme and inspiring talks by successful home-based entrepreneurs equipped participants with practical skills and valuable insights. Beyond promoting local talent and fostering community connections, the event empowered students to recognize the potential of home-based ventures and explore alternative career paths.

  
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## ONE DAY ENTREPRENEUR



Fueling the next generation of innovators, "One Day Entrepreneur" ignited the entrepreneurial spirit on July 12, 2019. Students transformed classrooms into boardrooms, pitching their startup ideas with the passion and poise of seasoned entrepreneurs. Through immersive role-playing, they tackled challenges, navigated opportunities, and discovered the practical realities of launching a business. This unique event equipped them with invaluable skills and confidence to embark on their entrepreneurial journeys.

  
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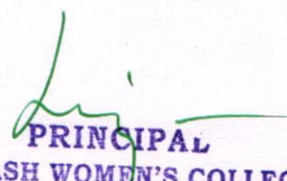
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## FINANCIAL MANAGEMENT



On 16/06/2016, The Financial Management Programme organized by the Department of Commerce was a resounding success, achieving its objectives enhancing financial literacy and empowering students to make informed financial decisions. The positive feedback and increased participant confidence signal the programme's impact on the overall development of students as they embark on their academic and professional journeys.

  
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**2018-2019**

**GENDER SENSITIZATION**

  
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## WOMEN AT OVERSEAS A CULTURAL DEBATE



On 10/08/2018 The English Language Association organized a Cultural Debate on Women at Overseas. Students from various departments participated eagerly and energetically. Students were separated into two teams and they advocated the difference between the eastern and western cultures. There were discussions about the cultural freedom of women in the western countries.

  
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## SPEAK UP THE ISSUES



On July 19, 2018, the English Language Association's electrifying "Speak-UP" extempore competition set the stage for students to unleash their inner orators. The participants captivated the audience with their knowledge, confidence, and persuasive arguments. Beyond showcasing student talent, "Speak-UP" nurtured public speaking skills, critical thinking, and the ability to think on one's feet, empowering participants to find their voice and leave a lasting impression.

  
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## REPLACE WITH RESOURCE



On 19/02/2019, the Energy club organized a program as Replace with Resource. To create awareness about the usage of the gas stoves instead of Firewood stoves. In this programme students learned about the advantages and disadvantages of gas stoves.

  
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## HOME MAKER – CHANGE MAKER



On 03/10/2018, The Energy club organized an awareness programme about Energy conservation at homes. Home makers are playing a major role in conserving energy in homes. The aim of the programme was to make our students bring the information regarding Energy conservation to their respective homes.

  
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## BE SOCIAL



On 11/09/2018, The Women Empowerment Cell's "Empowering Voices: Social Skills Development Program" equipped students with the tools to navigate diverse social landscapes with confidence and grace. Students honed their networking abilities, learned to manage professional interactions with poise, and gained the confidence to navigate challenging situations.

  
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## SELF HELP



The Women Empowerment Cell organised Self Help an orientation programme on Growth and success in professional life on 03/01/2019. The programme focused on the individual, one important characteristic of self-help groups is the idea of mutual support – people helping each other. This session focused on building self-confidence, setting meaningful goals, and honing financial literacy, while mentorship opportunities and peer-to-peer support networks fostered a sense of community and collective empowerment

  
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## STRESS MANAGEMENT



Empowered women, empowered lives! The Women Empowerment Cell's "Stress Management" program equipped students with practical tools to tackle the challenges of daily life. Students learned to identify stress triggers, develop coping mechanisms, and build resilience. This programme fostered understanding and empowered students to share their experiences and support each other. One student remarked, "I used to feel overwhelmed by exams, but now I have the tools to manage my anxiety and approach them with confidence." The program's success has prompted the Women Empowerment Cell to offer ongoing support groups and stress management resources, ensuring that students continue to thrive both inside and outside the classroom.

  
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## EDUCATE YOURSELF-CAMPAIGN



The Women Empowerment Cell's March 4<sup>th</sup> 2019 campaign went beyond raising awareness, empowering women with practical knowledge and skills. This campaign created awareness on financial literacy, self-defense, and legal rights, equipping women to navigate the world with confidence

  
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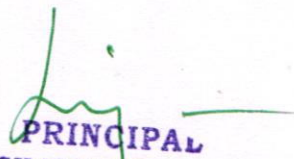
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## THE GUIDE - "MENTOR YOUNG GIRLS AND WOMEN"



The Women Empowerment Cell's "Mentor Young Girls and Women" programme, held on March 25, 2019, transcended the traditional concept of mentorship. It provided a vibrant platform for women of all ages and backgrounds to connect, learn, and grow. Experienced mentors from diverse fields shared valuable insights on career navigation, personal development, and financial independence. Interactive workshops equipped mentees with practical tools for managing stress, resolving conflicts, and prioritizing self-care. The program's emphasis on empowerment and resilience resonated deeply, instilling a sense of confidence and optimism in its participants.

  
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## SHE FOR HER –SKIT



On 26/07/2018 The Women Empowerment Cell organised Skit on the theme of She for Her in support of stopping violence against women.

  
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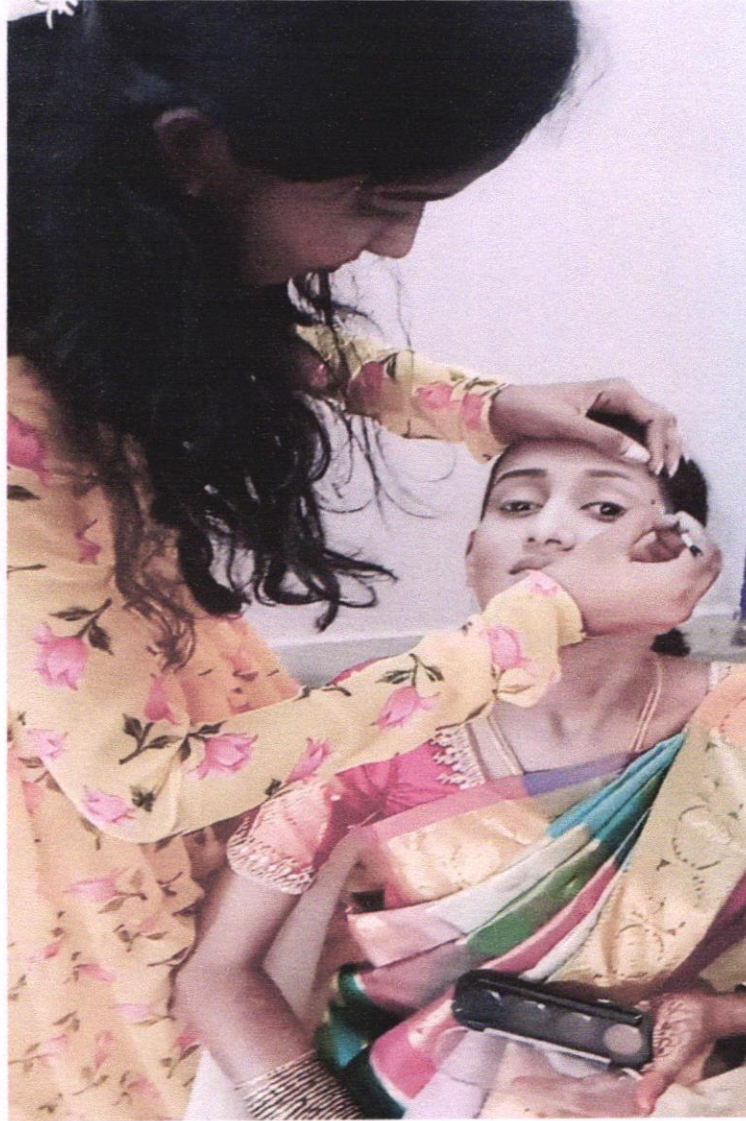
Ms.M.Santhiya working as Beautician at Vanavasi

  
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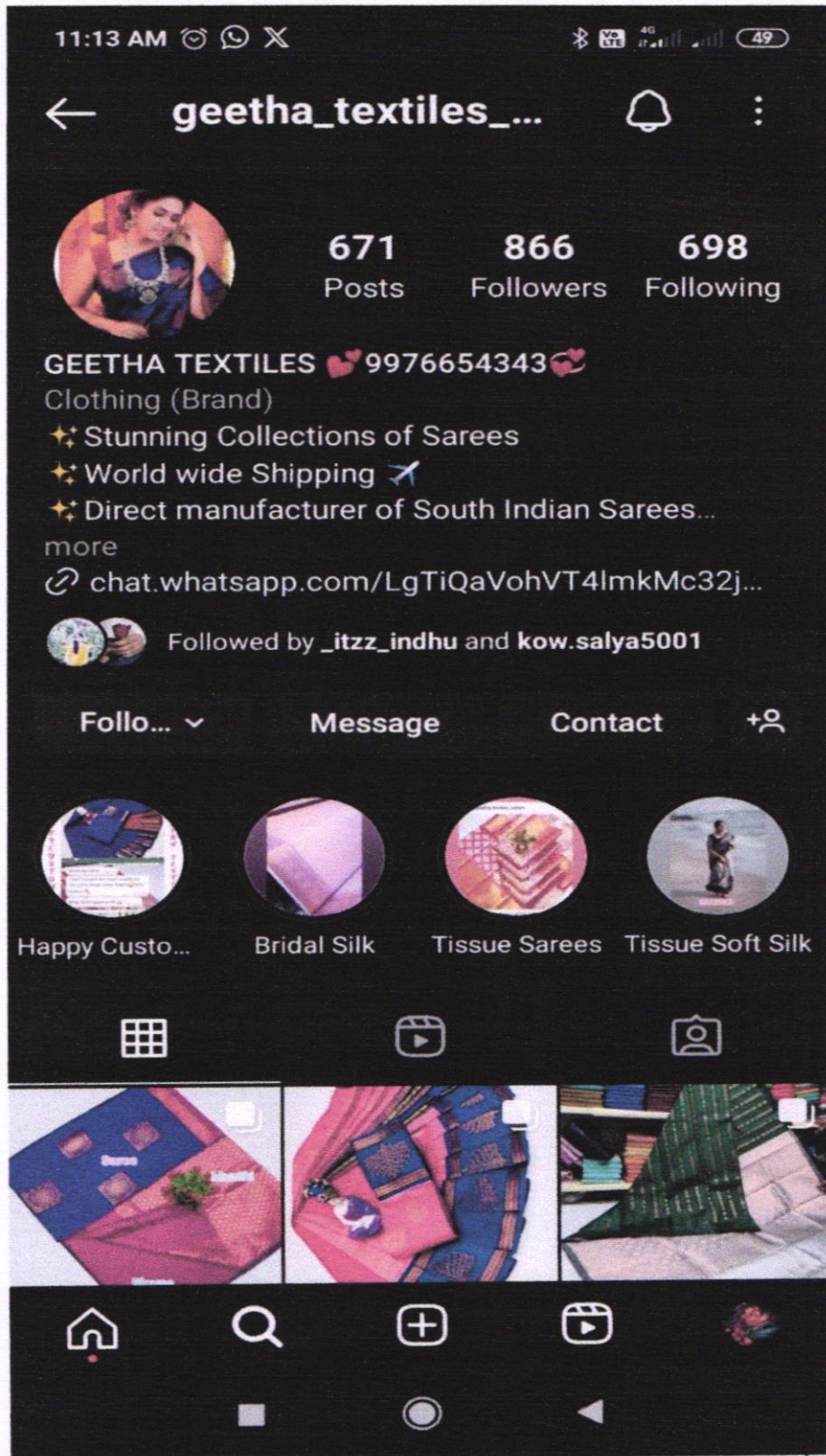
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Ms. S.Geetha Alumni of BA English 2019-2022 batch, is doing textile business through online.

*[Signature]*  
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Ms. T.Rushitha Alumni of BSc Computer Science 2019-2021 batch owning a shop at Omlur

  
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Ms. M. Banumathi Alumni of BA Tamil 2019-2021 batch working as soft skill trainer and Motivational Speaker

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