



**SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY
DINDIGUL**

WOMEN EMPOWERMENT CELL



**ACTIVITIES FOR THE
ACADEMIC YEAR 2020-2021**

WOMEN EMPOWERMENT CELL - COMMITTEE MEMBERS 2020-21

Conveners:

Mrs. S.Kavitha, AP/Maths

Mrs. A.Geetha, AP/ECE

Department	Faculty Incharges	Student Incharges
Science and Humanities	Mrs.J.John Pratheepa, AP/ENG Mrs.S.Vasuki, AP/PHY Mrs.K.Thara, AP/CHE	-----
Civil	Mrs.G.Seljabharathi, AP/Civil	Ms.P.Shalini, Final Year Ms.S.Mouna Jothigaa, Third Year Ms.Kiruthik Roshini, Second Year
CSE	Mrs.M.Krithika, AP/CSE	Ms.R.Vaishnavi, Final Year Ms.Prathiba, Third Year Ms.S.Prithishika, Second Year
ECE	Mrs.A.Parameswari, AP/ECE	Ms.C.Janani, Final Year Ms.R.Madhumitha, Third Year Ms.R.Dhivyadharshini, Second Year
EEE		Ms.T.Mathumitha, Final Year Ms.S.Afrin, Third Year Ms.C.Vaishnavi, Second Year
AUTO & MECH	Dr.R.Subha	
GENERAL	Mrs.R.SoundiraPandiyammal, TA/ECI Ms.M.Pavithra, TA/CSE	-----

List of Activities

SI.No	Program Name	Date of the Event	Target Audience	Name of the Speaker/Expert/Trainer
1.	Webinar on "Breast Cancer awareness Programme"	10.10.2020	All Girls students and female faculty members Around 70 members participated	Dr.Sathish srinivasan,MD,DNB Consultant Radiation Oncologist, Apollo Speciality Hospitals, Madurai
2.	Webinar on "How to Upgrade your Cognitive Skills"	12.10.20	All Girls students and female faculty members Around 100 members participated	Dr. S.Aasha, Ph.D ,Psychologist and Therapist, ZEN Counseling and Therapy Center, Madurai
3	Webinar on "Opportunities and Avenues For Female Entrepreneurs "	28.10.2020	All girl students and female faculty members A round 80 members participated.	Mrs.R.Subathra, PVR Foods, Coimbatore.

SI.No	Program Name	Date of the Event	Target Audience	Name of the Speaker/Expert/Trainer
4.	Webinar on "Prevention of Gynec Issues"	08.03.2021	Girl students and female faculty members participated	Dr.K.HemaLekha,Senior Consultant Obstetrics and Gynecologist, Apollo Speciality Hospitals, Madurai.
5.	Womens Day Celebration in our college campus	08.03.2021	Female faculties and Non teaching staffs participated	Dr.D.Senthil Kumaran Principal SSMIET

PHOTOS AND EVIDENCES



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul - Palani Highway, Dindigul - 624 002.
Email: ssmietdgl@gmail.com Website: www.ssmiet.ac.in

WOMEN EMPOWERMENT CELL



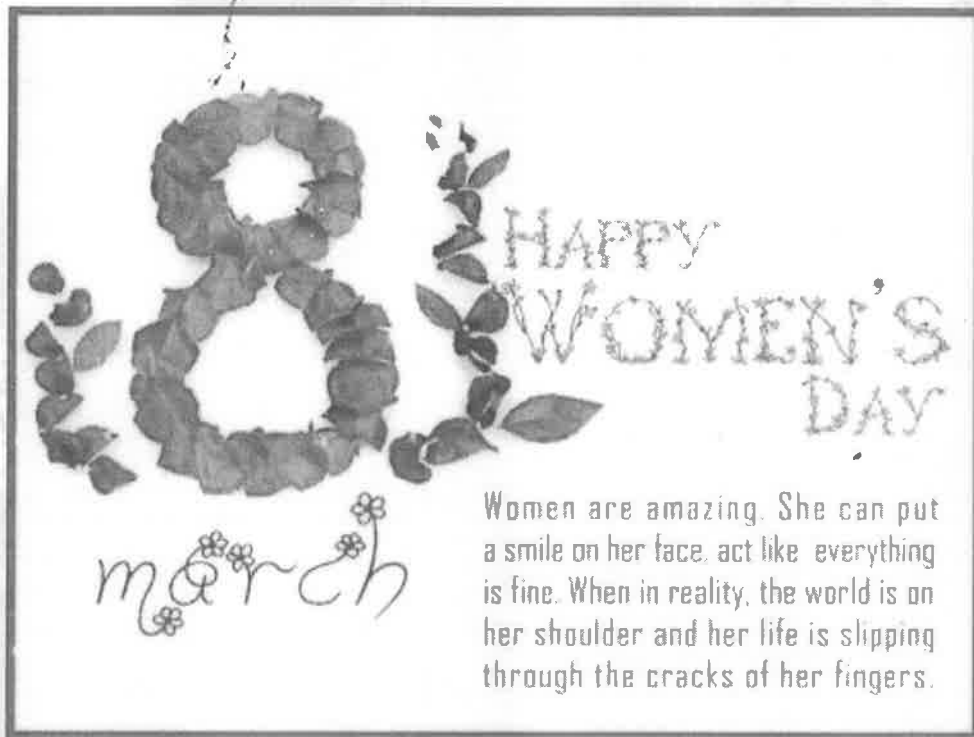
WOMENS DAY CELEBRATION ON MARCH 8TH, 2021

Venue : SSMIET, Dindigul

Mrs.S.Kavitha
Convener

Dr.D.Senthil Kumaran
Principal

**REPORT
ON
WOMEN'S DAY CELEBRATION**



SSM Institute of Engineering and Technology

DATE: 08-03-2013

VENUE: SEMINAR HALL 1

TIME: 1:30PM TO 3:30PM

WOMEN'S DAY CELEBRATION 2021

Title:- Women's Day Celebration

Date:- 08/03/2021

Venue:- Seminar hall 1

**Participants:- Female Faculty Members and Non Teaching
faculties and Maintenance Department Staff**

Activities Performed:-

- Music chair
- Antakshari
- Communicate with each other
- Fun Games

Significance/need of the program: -

Every year, March 8th is celebrated as International Women's Day. This year, the goal is to create a gender equal world. It is about celebrating the women's success and raising awareness against bias We cannot be complacent. We all should play our part in bringing gender parity

The International Women's Day was celebrated at SSM Institute of Engineering and Technology, Dindigul on 8th March, 2021. The purpose of celebrating Women's Day is – To raise awareness about the status and dignity of women among the students.

Due to this pandemic situation, girls' students are not participating. All female faculty members, non-teaching staff, and female members of the maintenance department participated.

At the beginning of the programme, our respected Principal, Dr.D. Senthil Kumaran, gave a short speech on Women's Day. Then some fun events were designed to make the participants realise their skills and, of course, to have fun for all. The events included: Anthaksari, Music Chair, Communicate with Each Other, and also some fun games. It was a lot of fun. At the end, refreshments were distributed to all.







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Email:ssmiedgl@gmail.com Website:www.ssmiet.ac.in

WOMEN EMPOWERMENT CELL



WEBINAR ON PREVENTION OF GYNEC ISSUES

By Dr. K.HEMALEKHA,
Senior Consultant Obstetrics and Gynecologist,
Apollo Speciality Hospitals,
Madurai


Mrs.S.Kavitha
Convener


Dr.D.Senthil Kumaran
Principal



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY,
Palani Highway, Dindigul-624002.

5.03.2021

CIRCULAR

On the eve of World Women's day 2021, Rotaract Club and Women Empowerment Cell of SSMIET planned to conduct a Health Awareness program on Prevention of Gynec Issues for our girl students, female faculty and non-teaching staff members

Date & Time: 08/03/2021 & 1.30Pm

Online Link


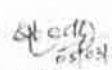

Zoom Invite Link : <https://bit.ly/apolloomdu>

Meeting ID : 937 9631 0872

Passcode : 145679

Resource Person:

Dr. K.HemaLekha,
Senior Consultant Obstetric and Gynecologist,
Apollo Speciality Hospitals,
Madurai.

1. 
2. 
3. 
Conveners


Principal

Dr.G.Mohan Babu, HoD/EEE
Mrs. S.Kavitha, AP/Maths
Mrs. A.Geetha, AP/ECE

Copy to : ED for kind information

Administrative officer

HoD'S

Auto

Civil

CSE

ECE

Mech

S&H

EEE

Library

Faculty circulation through HoD's

Feedback form for Prevention of Gynec Issues (Responses)

File Edit View Insert Format Data Tools Form Add-ons Help Last edit was seconds ago

100% 5 0.00 123 Default (Ar) 10 B I G A

Timestamp	Email Address	Q1	Q2	Q3	Comments	Name	Class
3/12/2021 12:55:01	samyukthaselvaraj03@gmail.com	4	5	4	Its very helpful	Samyuktha devi S	3rd-ECE-C
3/12/2021 12:55:08	sasipriya11301@gmail.com	4	5	5	It is really good and I can	SASIPRIYA S	III -ECE-C
3/12/2021 13:03:06	kavyaasavan123@gmail.com	4	4	4	Useful	KAVYAA S M	3 ECE B
3/12/2021 13:03:58	supriya@gmail.com	4	4	5	No	RS NIVETHA	3rd year ece b
3/12/2021 13:10:02	sajithav612@gmail.com	5	5	5	Need more sessions of	SAJITHA V	III C
3/12/2021 13:16:33	iswarya962001@gmail.com	5	5	5		ISWARYA THANGAPAN	III-ECE -A
3/12/2021 13:17:45	almaznazar14@gmail.com	4	5	4	nothing	Almaz Habeebun Nazar	III-A
3/12/2021 13:23:02	safrin5777@gmail.com	5	4	4	Useful session	SAFREEN FATHIMA M	III ECE -C
3/12/2021 13:35:47	sweetha0810@gmail.com	4	4	4	Nothing	Sweetha J	ECE 3rd year C sec
3/12/2021 13:51:30	shivan040401@gmail.com	5	5	5	The session was very nice	SHIVAN S A	3rd ECE -C
3/12/2021 13:54:57	kavithasundaram55@gmail.com	5	5	4	It is very useful and informative	KAVITHA S	Faculty
3/12/2021 14:20:57	sudharameswari1977@gmail.com	4	5	4	Well organised program	Dr.M Rameswari	Associate professor: Maths
3/12/2021 14:32:53	sumisaravaran3177@gmail.com	5	5	4	The session was really useful	V Sumithra	AP/ English
3/12/2021 14:36:56	shaminis194@gmail.com	5	5	5	Very good session	S SHAMINI	ECE 3rd year
3/12/2021 14:44:08	iamayesha1807@gmail.com	4	5	4	Nil	A G AYESHA SIDDHARTH	3rd year (ECE)
3/12/2021 14:52:12	rajkumarpavithra20@gmail.com	5	5	5	Nil	Pavithra R	3rd ECE A
3/12/2021 15:02:40	santhya28022001@gmail.com	5	5	5	Good session for our use	G Santhya	3rd year C section
3/12/2021 15:47:06	lakshmisoundara@gmail.com	5	5	5	Good	Sundaralakshmi	Faculty
3/12/2021 17:45:52	venkateshsoundharya04@gmail.com	4	4	4	Nil	V.Soundharya	3 ECE C
3/12/2021 18:42:16	shemalatha1974@gmail.com	5	5	5	Need sports games also	S Hemalatha	Maths Department



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WOMEN EMPOWERMENT CELL



WEBINAR ON

OPPORTUNITIES AND AVENUES FOR FEMALE ENTREPRENEURS

By

*Mrs K.Subathra,
PVR Foods,
Coimbatore.*


Mrs.S.Kavitha
Convener


Dr.D.Senthilkumaran
Principal



SSM Institute of Engineering and
Technology, Dindigul.

Women Empowerment Cell

Webinar on Opportunities and Avenues
for Female Entrepreneurs



The future of Home Working



The Challenges of Our Time



Life after Covid-19 Outbreak



Mrs. R. Subathra
PVR Foods,
Coimbatore

Convenors

Mrs. S. Kavitha and Mrs. A. Geetha

Principal

Dr. D. Senthil Kumar Ph. D.

WEDNESDAY
OCTOBER

28TH

11 AM GT

Daily Attendance Report for Class List: 2020-10-28

Show Attendance Summary

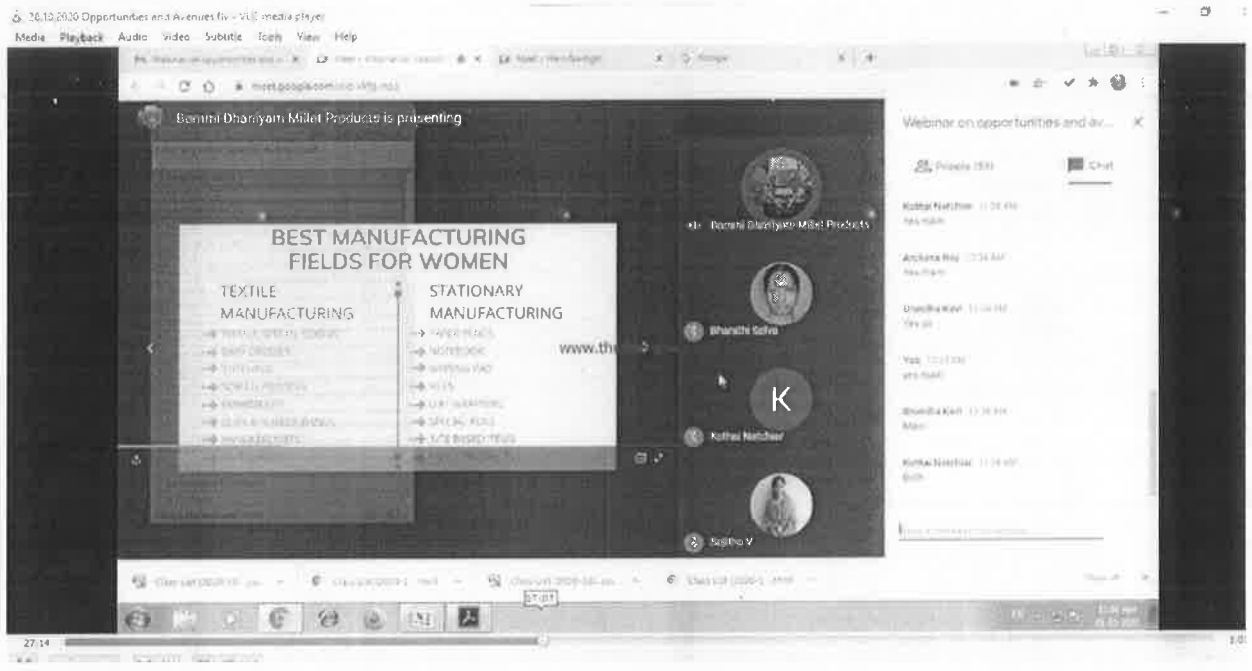


Class Class List Meet ID: **exz-xkfg-hgz** Date: **2020-10-28** ▾ Earliest Arrival(s): **10:47** Start Time: **10:47** End Time: **12:10** Length of Meet: **83 min**

66 Names (0 Absent) ▾	10:48	10:47	10:46	10:55	11:00	11:05	11:10	11:15	11:20	11:25	11:30	11:35	11:40
✓ Koushalyaa B.J													
✓ Kiruthika .S													
✓ Sowdeeswari .S													
✓ Malathi 027													
✓ Parameswari A													
✓ Shifa M A													
✓ Abirami Abirami													
✓ Asleena Arputham													
✓ Thenpandi B													
✓ Vaishnavi C													
✓ Sabitha D													
✓ Jeya Devi													
✓ Pandi Devi													
✓ Divya Dharshini													
✓ Kowshika Dhayalan													
✓ Dhesika													
✓ Thara Dinesh													
✓ Santhiya E													
✓ Safreen Fathima													
✓ Santhiya G													
✓ Sangeetha Gowtham													
✓ G Gunasri													
✓ Joicy I													
✓ Jovitta Jo													
✓ Sweetha John													
✓ Brundha Kavi													
✓ Deepika Kumaresan													
✓ Jeya Lakshmi													
✓ Soundara Lakshmi													
✓ Jeya Mani													
✓ Punitha Nagarajan													
✓ Arul Nandhini													
✓ Hema Nandhini													
✓ Kothai Natchiar													
✓ Saathanna G. P													
✓ Santhiya P													
✓ Soundra Pandiammal													
✓ Guru Priya													
✓ Vijaya Priya													
✓ Bommi Dhaniyam Millet...													
✓ Bharathi Devi R													
✓ Janani R													
✓ M Rameswari													
✓ Kiruthik Roshini													
✓ Archana Roy													
✓ Kavitha S													
✓ Sasipriya S													
✓ Shamini S													
✓ Sharmila S													
✓ Sudha S													
✓ Sumithra Saravanan													
✓ Lakshmi Sasikumar													
✓ Banu Sekar													
✓ Bharathi Selva													
✓ Bharathi Selvaraj													
✓ Fathima Shahin													
✓ Vaishu Shanmugam													
✓ Surya Siva													
✓ Kiruthika Skm													
✓ Soundarya Soundarya													
✓ Sabarina Sri													
✓ Nivedhitha V													
✓ Sajitha V													
✓ Sobika V													
✓ Soundharya V													
✓ Nishaline Vijayavel													

FEEDBACK FROM PARTICIPANTS

Participants Name	1. How informative did you find our webinar?	2. Rate the content delivery of the instructor(1 to 5)	3. Overall how satisfied were you with this webinar?	4. How clear were the ideas and concepts	5. suggestions /comments about webinar
Koushalyaa .B.J	Extremely informative	5	Very Satisfied	Extremely clear	The session is informative.
Shifa M A	Very informative	5	Satisfied	Very clear	Came to know more about millets
Vaishnavi C	Extremely informative	4	Very Satisfied	Extremely clear	1 concepts were good
Pandi Devi	Very informative	5	Satisfied	Very clear	Good and nice
Divya Dharshini	Extremely informative	4	Very Satisfied	Extremely clear	Good session
Kowshika Dhayalan	Very informative	4	Satisfied	Very clear	It is an informative session
Sajitha V	Extremely informative	5	Very Satisfied	Extremely clear	Very nice and useful for us
Sobika V	Very informative	5	Satisfied	Very clear	It is useful
Soundharya V	Extremely informative	4	Very Satisfied	Extremely clear	More ideas could be given
Kiruthik Roshini	Very informative	5	Very Satisfied	Very clear	Concepts are very clear and informative.



Profile

Shubhadhra is a very passionate woman who has devoted her life in building institutions and enterprises in Tamil Nadu. She is a qualified Computer science engineer and specialized in Image processing from Anna University. She has held key positions in several colleges and spent more than 15 years building and developing Information technology departments. Her flair for teaching and training students have been appreciated and celebrated by students.

One of Shubhadhra's long standing dream was to setup an enterprise for women in Coimbatore. This dream gradually developed her into a passionate social entrepreneur. She founded PVR foods which began with a vision to create livelihoods for marginalized women in the society. Gradually and steadily PVR foods developed into a familiar brand name **Bommi Dhanyam** which produces high quality **mine** **Adised** ready to cook food products. PVR foods is an ISO 9001 – 2015 & GMP certified company. It was incubated by the TN Agriculture university in Coimbatore and eventually became a grantee of RKVY-RAFTAAR-RABI, Ministry of Agriculture, Cooperation and Farmers welfare. Shubhadhra has been acknowledged for her efforts in many forums and also got the highest grant from the central government in Tamil Nadu.



**SSM INSTITUTE OF ENGINEERING
AND TECHNOLOGY, DINDIGUL.**



How to upgrade our Cognitive Skills

October 12, 2020

11.00 AM to 12.00 PM

Google Meet

Resource Person

Dr.S.Aasha,Ph.D.,

Psychologist and Therapist,

ZEN counselling and Therapy Center.

Madurai

Convenors

Mrs.S.Kavitha,AP/Maths

Mrs.A.Geetha,AP/ECE

Principal

Dr.D.Senthilkumaran

Dr.D.SENTHIL KUMARAN, M.B., Ph.D., (MOS)

Principal

SSM Institute of Engineering and Technology

Kuttathurattai, Dindigul (Po),



10.10.2020

CIRCULAR

WOMEN EMPOWERMENT CELL

Women Empowerment Cell of SSMIET planned to conduct a webinar "How to upgrade our Cognitive Skills" on the benefit of girl students and female resources.

Date:12/10/2020

Time:11am to 12pm

Resource Person:

Dr. S.Aasha, Ph.D,
Psychologist and Therapist,
ZEN Counseling and Therapy Center,
Madurai.

[Handwritten signature]
A. Geetha
Conveners

Mrs. S.Kavitha, AP/Maths
Mrs. A.Geetha, AP/ECE

[Handwritten signature]
PRINCIPAL 10/10/20

Copy to:

Administrative officer *[Handwritten signature]*

HoD'S

[Handwritten signature]
Auto

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Mech

Faculty circulation through HoD's

[Handwritten signature]
10/10/20
for Principal
Civil

S&H - *[Handwritten signature]*

[Handwritten signature]
CSE

[Handwritten signature]
ECE

[Handwritten signature]
ECE 10/10/20

[Handwritten signature]
Library 12/10/20



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul – Palani Highway, Dindigul – 624 002.

Email:ssmiedgl@gmail.com Website:www.ssmiet.ac.in

WOMEN EMPOWERMENT CELL



WEBINAR ON

How to Upgrade our cognitive Skills

By

***Dr. S.Aasha, Ph.D,
Psychologist and Therapist,
ZEN Counseling and Therapy Center,
Madurai.***


Mrs.S.Kavitha

Convener



**Dr.D.Senthil Kumaran
Principal**



CIRCULAR

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ZEN Counseling and Therapy Center,
Madurai.

[Handwritten Signature]
A. Geetha
Conveners

Mrs. S.Kavitha, AP/Maths
Mrs. A.Geetha, AP/ECE

[Handwritten Signature]
PRINCIPAL

Copy to:

Administrative officer

HoD'S

[Handwritten Signature]
Auto
Mech

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10/10/20
to
Civil

S&H - *[Handwritten Signature]*

[Handwritten Signature]
CSE
EEE

[Handwritten Signature]
ECE
Library

Faculty circulation through HoD's

SSM Institute of Engineering and Technology, Dindigul. WEC-Webinar on "How to upgrade our Cognitive Skills" on 12.10.2020.Time:11am to 12pm Feedback Form

* Required

1. Email Id

2. Salutation

Mark only one oval.

Ms

Mrs

3. Full Name(In Capital) Kindly enter your Full Name exactly as you would like it to appear on your certificate *

4. Class *

5. How satisfied were you with the Webinar? *

Mark only one oval.

	1	2	3	4	5	
Not very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very much

6. How relevant and helpful do you think it was for your health? *

Mark only one oval.

	1	2	3	4	5	
Not very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very much

7. How satisfied were you with the session content? *

Mark only one oval.

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excellent

8. Any additional comments regarding the session *

This content is neither created nor endorsed by Google.

Google Forms

Daily Attendance Report for Class List: 2020-10-12

Show Attendance Summary



Class: **Class List** Meet ID: **wvc-tbhu-vcf** Date: **2020-10-12** Earliest Arrival(s) **10:40** Start Time: **10:40** End Time: **12:05** Length of Meet: **85 min**

105 Names (0 Absent) ↕	10:35	10:40	10:45	10:50	10:55	11:00	11:05	11:10	11:15	11:20	11:25	11:30
✓ Nivetha .M												
✓ Priyadharshini S												
✓ Shifa M A												
✓ Jeyanthi Anandan												
✓ Aniesh Angel												
✓ Aasha Ansraj												
✓ Shivani Aravarasan												
✓ Koshikha B												
✓ Madhumitha B												
✓ Sabitha D												
✓ Jeya Devi												
✓ Pandi Devi												
✓ Divya Dharshini												
✓ Priya Dharshini												
✓ Kowshika Dhayalan												
✓ Thara Dinesh												
✓ Ayesha Doll												
✓ Deepika Er												
✓ Fahima Fahima												
✓ Safreen Fathima												
✓ Renuga G												
✓ Sreemathy G												
✓ Sridevi G												
✓ Nandhini Ganesan												
✓ Suvedha Ganesan												
✓ M Gowri												
✓ Sangeetha Gowtham												
✓ Saakshi Gulati												
✓ G Gunasri												
✓ Paraloga Selvi I												
✓ Sandhiya J												
✓ Vasuki Jaganath												
✓ Jovitta Jo												
✓ Kaviya K												
✓ Sruthi K												
✓ Santhosini Kannan												
✓ Bründha Kavi												
✓ Tharani Kumar												
✓ Jeya Lakshmi												
✓ Soundara Lakshmi												
✓ Jothika M												
✓ Kowsalya M												
✓ Mahalakshmi R M												
✓ Moniga M												
✓ Mounika M												
✓ Pavithra M												
✓ M.Divyadharshini												
✓ Keerthana. M.N												
✓ Hinduja Marimuthu												
✓ Indhu Mathi												
✓ Dhanalakshmi Mp												
✓ Saranya Muthukrishnan												
✓ Janani Muthukumar												
✓ Anuradha N												
✓ Punitha Nagarajan												
✓ Oviya												
✓ Saathanna G. P												
✓ Soundra Pandiammal												
✓ Priyadharshini Prakash												
✓ Hema Priya												
✓ Jaya Priya												
✓ Nivetha Divya Dharshini R												
✓ Janani Radhakrishnan												
✓ Rajalakshmi												
✓ Deivanai Ramasamy												
✓ Mano Ranjitham												

Feed back Responses

Timestamp	Email Id	Full Name(In Capital)	How satisfied were you w	How relevant and helpful	How satisfied were you w	Any additional comments	YEAR (For S DEPARTMENT
10/10/2020 14:05:55	ammukuty7355@gmail.com	Laka S	4	5	4	Its very helpful	ECE
10/10/2020 14:29:34	shifa.sa1403@gmail.com	SHIFA SULTANA M A	4	5	5	It is really good and I can easily connect the informations	ECE
10/10/2020 15:54:01	madhubalu140814001@gmail.com	B Madhumitha	4	4	4	Useful	CSE
10/10/2020 14:14:54	shaminis094@gmail.com	S SHAMINI	4	4	5	No	CSE
10/10/2020 14:15:11	muhammed181414ece@gmail.com	MOHAMED AKIL J	5	5	5	Need more sessions of this kind in future	CSE
10/10/2020 14:16:43	madhumiharengan.99@gmail.com	MADHUMITHA R	5	5	5	-	CSE
10/10/2020 14:17:04	nalisneha550@gmail.com	C. N. NALLI SNEHA	4	5	4	nothing	CIVIL
10/10/2020 14:18:46	krishnaveni081101498@gmail.com	KRISHNAVENI P	5	4	4	Useful session	CIVIL
10/10/2020 16:21:37	samyubalu506@gmail.com	Samyuktha B	4	4	4	Nothing	CIVIL
10/10/2020 16:25:26	dharsinelaabha@gmail.com	Ms.K.Laabha dharsine	5	5	5	The session was very nice. We cleared all our doubts. The session was very helpful for us.	CIVIL
10/10/2020 16:24:39	seethasubbu14090@gmail.com	S. SEETHAPRIYA	5	5	4	It is very useful and informative.	CIVIL
10/10/2020 16:24:46	deepthiradhika14@gmail.com	Deepthi Thejasvi E	4	5	4	Well organised program. At first, the topic was moved to be somewhat threatening. But later, it is very useful to aware of teenage girls and women. Thanks to the organizing committee.	EEE
10/10/2020 16:25:09	gnanahelina01@gmail.com	Gnana Helina J	5	5	4	The session was really useful	CIVIL
10/10/2020 16:26:10	shivani040401@gmail.com	SHIVANI S A	5	5	5	Very good session	CIVIL
10/10/2020 16:27:01	sajitha6114@gmail.com	Sajitha V	4	5	4	Nil	ECE
10/10/2020 14:30:05	kavyaasavari1143@gmail.com	KAVYAA S M	5	5	5	Nil	CIVIL
10/10/2020 14:43:14	soundhvenkat00@gmail.com	V SOUNDHARYA	5	5	5	Good session for our welfare	CIVIL

How to upgrade our cognitive skills

Dr S.Aasha phd

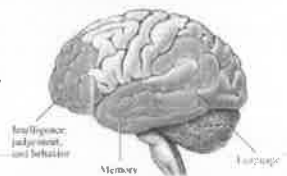
Zen counselling & Therapy centre

COGNITION

Some changes in the brain and nervous system occur normally with aging. Some diseases also affect the brain and can affect cognitive function.

Cognitive relates to knowledge and involves:

- Memory
- Thinking
- Reasoning
- Understanding
- Judgment
- Behaviour



3

4

5

6

7

Thinking: cognitive skills

- Paying attention
- Remembering
- Processing
- Analysing
- Judging and evaluating
- Reasoning
- Problem-solving
- Decision-making



Slide 3 of 12 English (India)

Notes Comments

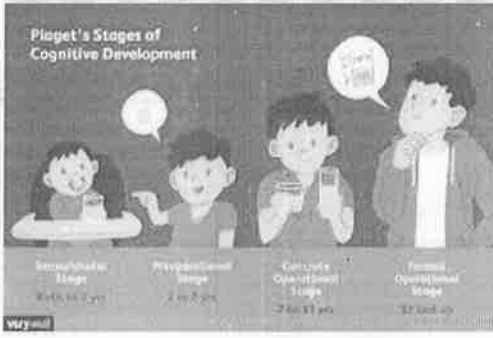
9

10

11

12

Piaget's Stages of Cognitive Development



Stage	Age Range
Sensorimotor Stage	Birth to 2 yrs
Pre-concrete Stage	2 to 7 yrs
Concrete Operational Stage	7 to 11 yrs
Formal Operational Stage	12 and up

Slide 9 of 12 English (India)

Notes Comments

9

10

11

12

How to improve ??

- Physical Activity
- Openness to Experience
- Curiosity and creativity
- Social connection
- Mindfulness meditation
- Brain training games
- Get enough sleep
- Reduce chronic stress

Slide 11 of 12 English (India)

Notes Comments



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

Dindigul – Palani Highway, Dindigul – 624 002.
Email:ssmiedgl@gmail.com Website:www.ssmiet.ac.in


WOMEN EMPOWERMENT CELL



WEBINAR ON BREAST CANCER AWARENESS PROGRAMME

By Dr. Sathish Srinivasan, MD, DNB,
Consultant radiation oncologist, Apollo Speciality Hospitals,
Madurai


Mrs.S.Kavitha
Convener


Dr.D.Senthil Kumaran
Principal



BREAST CANCER AWARENESS PROGRAMME



Meeting ID: 922 8904 6745 Meeting Password: ssm2020

Meeting Link: <http://bit.ly/apollomdu>



LIVE
WEBINAR

10th Oct 2020 at 12.30 PM

Dr. Sathish Srinivasan

MD, DNB

Consultant Radiation Oncologist
Apollo Speciality Hospitals,
Madurai



#EmergencyCantWait **DIAL 1066 FOR EMERGENCY**

PARTICIPANTS NAMELIST

S.NO	Name of the Student	S.NO	Name of the Student
1.	M.M.Mayilvahanan	40.	M. Kiruthika
2.	Dr. G. Mohanbabu	41.	Dr.M.Thiruvani
3.	Dr. R. Subhaa	42.	R Janani
4.	S.Nithya	43.	Dhamodharan
5.	Ms. N. Padmapriya	44.	Somasundaram
6.	Saranya G	45.	Vetrimanikumar J
7.	Mrs.S.Soundaralakshmi	46.	Shankar Kannan p
8.	K A Sundararaman	47.	V. Nivedhitha
9.	Parthiba A	48.	Sangeetha k
10.	Sumithra V	49.	S.Gowthami
11.	Dr. K. Sudha	50.	Shifaya S
12.	Janani	51.	S. Seethapriya
13.	Selvabharathi Gopal	52.	Varshini.p
14.	C. Banu	53.	Vijaya Priya M
15.	S.Hemalatha	54.	Rajalakshmi
16.	John Prateeba J	55.	Janani
17.	S. Vasuki	56.	Swathi.D
18.	Mrs.A.Geetha	57.	Paraloga selvi I
19.	Carol Praveen	58.	Karunya lakshmi.M
20.	Bharathi S	59.	K. Harini
21.	Dr.M.Rameswari	60.	R.Shobika
22.	K. Thara	61.	Shruthi.S

23.	K.Vinoth Kumar	62.	Janani. R
24.	Premkumar M	63.	kavyaa s m
25.	senthamilselvaN R	64.	Mithuna varshini
26.	Jayakumar S	65.	S. Divyashree
27.	Vithyadevi. R	66.	Saathanna G. P
28.	P. Kothai Natchiar	67.	janani.m
29.	Mr.S.Sureshkumar	68.	Krishnaveni
30.	Jeevanantham	69.	Rs Nivetha
31.	M.Manikandan	70.	Harinishanthini
32.	Kandavel V	71.	Hinduja.M
33.	Singaravadivel	72.	Lakshmi
34.	Gokulan V P	73.	V.soundharya
35.	Amutha M	74.	Swathy.V
36.	S.Sujatha	75.	K.Gayathri
37.	Jaya priya G	76.	Ashwanthana gowri. C
38.	M.Priya dharshini	77.	Saranya s
39.	S.Rameeja Beevi	78.	G. Suvedha

FEEDBACK FROM PARTICIPANTS

Participants Name	1. How informative did you find our webinar?	2. Rate the content delivery of the instructor(to 5)	3. Overall how satisfied were you with this webinar?	4. How clear were the ideas and concepts	5. suggestions /comments about webinar
S. Seethapriya	Very informative	5	Very Satisfied	Extremely clear	Came to know about breast cancer symptoms
Varshini.p	Very informative	5	Satisfied	Very clear	It is an informative session
Vijaya Priya M	Extremely informative	5	Very Satisfied	Extremely clear	Awareness about cancer
Rajalakshmi	Very informative	4	Satisfied	Very clear	Good and nice
Janani	Extremely informative	5	Very Satisfied	Extremely clear	Good session
Swathi.D	Very informative	4	Satisfied	Very clear	It is an informative session
Paraloga selvi I	Extremely informative	5	Very Satisfied	Extremely clear	Very nice and useful for us
Karunya lakshmi.M	Extremely informative	5	Satisfied	Very clear	Very clear
K. Harini	Extremely informative	4	Very Satisfied	Extremely clear	good
R.Shobika	Very informative	5	Very Satisfied	Very clear	Concepts are very clear and informative.
Shruthi.S	Extremely informative	4	Very Satisfied	Very clear	It is an informative session and it is very useful to us.
S.Hemalatha	Extremely informative	5	Satisfied	Very clear	It is very useful for me
John Prateeba J	Extremely informative	5	Satisfied	Extremely clear	Known the symptoms of cancer

Webinar on “Breast cancer Awareness program”

Dr. Sathish Srinivasan,MD,DNB

Date:10.10.2020

Session Timings :12.30PM-1.30PM

An online webinar on "Breast Cancer Awareness Program" has been conducted for girl students and faculty members and was presented by a resource person, Dr. Sathish Srinivasan, MD, DNB, consultant radiation oncologist, Apollo Speciality Hospitals, Madurai on 10 October 2020 | 12.30 PM – 1.30 PM.

The Women Empowerment cell and Rotaract club of SSMIET, in association with Apollo hospitals, Madurai, organised an online webinar. Dr. Sathish Srinivasan delivered the lecture regarding breast cancer.

The resource person explained the symptoms of breast cancer. Breast cancer is the most common cancer in Indian urban women. He also explained that the best approach for a patient with breast cancer to take is to resolve that she will do whatever it takes to be successful in her battle against the disease. How can we recognise the early warning signs of breast cancer? A painless lump (mass) in the breast or axilla. Recent thickening of any part of the breast or axilla. Bloody In-drawing of the nipple or skin of the breast.

He also explained that the common breast cancer symptoms include: a lump or swelling in the breast, upper chest or armpit; you might feel the lump but not see it; a change in the skin, such as puckering or dimpling; a change in the colour of the breast – the breast may appear red or inflamed, or even if the nipple changes. For example, it has become pulled in, rash or crusting around the nipple, any unusual liquid (discharge) from the nipple, or changes in the size or shape of the breast.

This one hour online course was very useful and was very informative for the girl students and female faculty members.

sathrt@gmail.com

Mob: 0-80566 96925

Dr. G. Sathish Srinivasan MD, DNB

Specialty

Specialist in
Radiation Oncology

Professional Qualifications

- ② - MD – Radiotherapy from Dr. MGR Medical University, Tamilnadu, 2009
- ② - DNB – Radiotherapy from NBE in 2011
- ① - MBBS from Dr. MGR Medical University, Tamilnadu, 2004 (Reg. No – 74792)

Fellowships

- Passed **FRCR Clinical Oncology Part-2A** in 2017.
- Obtained **ESMO certification** in Medical Oncology in 2014.
- Obtained Professional Diploma in Clinical Research (PDCR) in 2013.

Society Affiliations

- Member of **ESTRO (European Society of Therapeutic Radiology & Oncology)**
- Member of **ESMO (European Society of Medical Oncology)**
- Member of **ASTRO (American Society of Therapeutic Radiology & Oncology)**

Professional Experience (11 years Post MD)

- As **Registrar in Radiation Oncology** at Indo-American Cancer Institute & Research Centre, Hyderabad during April-May 2009.

Exposure to principles of IMRT & IGRT Planning and execution.

Unique Procedures performed:

- Interstitial Brachytherapy of Oral cavity Cancers, Breast Cancers and Soft tissue Sarcomas.
- Surface Mould boost Irradiation for Breast Cancers.

Total Number of Procedures Performed:

- External Beam Radiation for around 3000 patients over 3 yrs in JIPMER, Pondicherry, an Institute of National Importance.
- Intracavitary Brachytherapy for Cancer Cervix with HDR source for around 900-1000 patients over 3 yrs in JIPMER, Pondicherry.
- Independently treated over 1200 patients over 1 year with External Beam Radiation Therapy, in Rajkot, Gujarat in 2012-13.

Success Rate / Results:

- Survival rates of treated patients are on par with national / international standards for the corresponding tumor site and stage. (Eg:- > 90% survival for T1N0M0 Squamous Cell Cancer of Larynx)

Presentations:

International:

- Delivered Lecture on "Recent Advances in Radiation Oncology" in "Modern Trends in Clinical Practice – 2014", a CME with International Faculty accredited by Tamilnadu Medical Council & TN Dr. MGR Medical University

National:

- Poster Presentation in National AROI conference, 2007 – "Dynamic Fractionation Schedules sizes to utilise Radiobiological parameters"
- Delivered Lecture on "Role of RT in Ewing's Sarcoma" at IMSOS (Indian MusculoSkeletal Oncology Society), Kochi, 2015
- Delivered Lecture on "Electron Beam Therapy" in YROF, Kerala (Young Radiation Oncologists Forum) – 2017

- As **Senior Resident in Radiation Oncology** at Regional Cancer Centre, JIPMER, Pondicherry from May 2009 to April 2012.

JIPMER is an "Institute of National Importance" with a volume of around 3000 new cancer patients per annum. Gained experience in independently evaluating, staging and in the comprehensive management of both Radiotherapy and Chemotherapy aspects of Solid tumors. Daily tasks involved Radiotherapy simulation, Planning and followup of Post-Radiotherapy patients under the guidance of Asst. professors and Professors. Gained valuable experience in Brachytherapy, especially in Gynecologic tumors and Head & Neck Interstitial Implants. Regular rotational postings in the Dept. of Medical oncology helped in gaining experience in the planning and administration of Chemotherapy, prevention and management of post-chemotherapy complications under the guidance of Asst. Professors in Medical Oncology. Weekly Clinicopathological meetings, and 3-monthly CME on different tumor sites, were part of the academic routine.

- As **Consultant Radiation Oncologist** at HCG Cancer Centre, Erode from April 2012 to August 2012.

Independently handled the Radiotherapy and Chemotherapy aspects of Solid tumors, with a substantial number of patients being treated under Govt. CM Health Insurance scheme.

- As **Consultant Radiation Oncologist** at Rajkot Cancer Hospital, Gujarat from Sep 2012 to 20 Sep 2013.

Rajkot Cancer Hospital is the leading cancer hospital in Saurashtra region of Gujarat. Took part in the commissioning of a newly acquired Varian Rapidarc machine, during the period from Dec 2012 to May 2013. Independently managed Solid tumors with daily tasks involving radiotherapy planning and follow-up as well as administration and management of the complications of concurrent, adjuvant and palliative chemotherapy.

- Delivered Lecture on "Image Guidance in Daily Practice" at MVR CANCON – 2018
- Moderated National level Round Table Meet on "Electronic Health Records in Oncology" at MVR CANCON – 2019
- Faculty at Annual AROI conferences – National and Regional Chapters

Departmental / District- Level:

- Delivered Lecture on "Adverse effects of Radiotherapy & their Management" in CME in JIPMER, Pondicherry, 2011
- Delivered various lectures in CME programmes organised by IMA branches in Thanjavur, Trichy, Perambalur and Chidambaram Districts.
- Delivered Cancer Awareness lectures among Doctors and other audience in all southern districts of TN as part of outreach programs

Personal Details:

First Name : Sathish Srinivasan
Last Name : Ganesan
Sex : Male
Nationality : Indian
Date of Birth : 10-05-1981
Languages : Tamil, English, Hindi.

- As **Consultant & HOD, Department of Radiation Oncology** at Meenakshi Hospital, Tanjore, Tamilnadu, from Sep 2013 to June 2016.

Meenakshi Hospital, Tanjore has its roots in Meenakshi Mission Hospital & Research Centre, Madurai, and is a 2 year old 150-bedded Multi-Specialty Hospital. At present I am independently heading the Department of Radiation Oncology at Meenakshi Hospital, where I oversaw the installation and commissioning of Elekta Linear Accelerator – Synergy Platform. Involved in deciding and implementing treatment protocols in both Radiation Therapy as well as Chemotherapy.

- As **Consultant, Department of Radiation Oncology** at Apollo Specialty Hospitals, Madurai, from June 2016 till date.

Apollo Hospitals is one of most recognized and pioneer brands in Private Healthcare industry in India. At its Madurai division, I am independently in charge of the Department of Radiation Oncology as a Full-time Consultant, and extensively involved in marketing and outreach programs, with emphasis on taking cancer care to remote areas of southern Tamilnadu.

Courses Attended:

- ICRO Teaching Course on Gynecological Malignancies in PGI, Chandigarh, 2008
- Varian Advanced Techniques Clinical School - IMRT / Rapidarc in Hyderabad, 2013.

Skills Acquired:

- External beam Radiation Delivery with 2D- RT, 3D-CRT, IMRT, IGRT, Rapidarc and Electron beam therapy techniques.
- Brachytherapy with Intracavitary, Intraluminal, Interstitial and Surface mould techniques with LDR & HDR sources.
- Neoadjuvant, Adjuvant and Palliative Chemotherapy in Solid Tumors.

Division Head.

from 1st onwards.

After Nov 15th.



**SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY,
Palani Highway, Dindigul-624002.**

WOMEN EMPOWERMENT CELL



ACTION PLAN FOR THE YEAR 2020-21

SL. NO	TOPIC	EXPECTED DATE	OBJECTIVE	OUTCOME
1	Women Empowerment Cell Inauguration	4 th week of Aug' 2020	To create awareness about women empowerment	Creation of Awareness
2	Awareness Programme	2 nd week of Sep' 2020	To create awareness about breast cancer	Creation of Awareness
3	Cognitive Skill Development Programme	4 th week of Sep'2020	Students' cognitive skills should be developed.	Development of skills
4	Awareness Programme about Nutrition Food	3 rd week of Oct' 2020	To create awareness about nutrition food	Creation of Awareness
5	Yoga Practice	2 nd week of Dec'2020	To create awareness about health	Awareness created about best health practices
6	Health And Hygienic	4 th week of Jan'2021	To create awareness about health and hygienic	Awareness created about best health practices
7	Women's Day Celebration	2 nd week of March2021	To create awareness about women empowerment	Creation of Awareness


Convenor
(S.Kavitha, AP/Maths)


Principal
Dr.D.Senthil Kumaran



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(S.Kavitha,AP/Maths)


Principal
Dr.D.Senthil Kumaran



23.09.2020

CIRCULAR

This is to illuminate that the Women Empowerment Cell in our college has been reconstituted as follows.

WOMEN EMPOWERMENT CELL – COMMITTEE MEMBERS

Conveners:

Mrs. S.Kavitha, AP/Maths

Mrs. A.Geetha, AP/ECE

Department	Faculty Incharges	Student Incharges
Science and Humanities	Mrs.J.John Pratheepa, AP/ENG Mrs.S.Vasuki, AP/PHY Mrs.K.Thara, AP/CHE	-----
Civil	Mrs.G.Selvabharathi, AP/Civil	Ms.P.Shalini, Final Year Ms.S.Mouna Jothigaa, Third Year Ms.Kiruthik Roshini, Second Year
CSE	Mrs.M.Krithika, AP/CSE	Ms.R.Vaishnavi, Final Year Ms.Prathiba, Third Year Ms.S.Prithishika, Second Year
ECE	Mrs.A.Pameswari, AP/ECE	Ms.C.Janani, Final Year Ms.R.Madhumitha, Third Year Ms.R.Dhivyadharshini, Second Year
EEE		Ms.T.Mathumitha, Final Year Ms.S.Afrin, Third Year Ms.C.Vaishnavi, Second Year
MECH	Dr.R.Subhaa, ASP/MECH	Ms.A.Grace, Final Year Ms.Anu Madhubala, Second Year
AUTO		Ms.S.Deshmugi, Second Year
GENERAL	Mrs.R.SoundiraPandiymmal, TA/ECE Ms.M.Pavithra, TA/CSE	-----

1. 23/9/20
2. 23/9/20
Conveners

PRINCIPAL 23/9/20

Mrs. S.Kavitha, AP/Maths

Mrs. A.Geetha, AP/ECE

Copy to:

Administrative officer

HoD'S

23/9/20
Auto

Mech R.Subhaa

Civil

S&H

EEE

CSE

23/9/20
I Year Co-Ordinator

ECE

Library

Faculty circulation through HoD's



23.09.2020

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Conveners
2. 23/9/20

23/9/20
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