

## ANNUAL REPORT

### (July 2023 – June 2024)

#### Cancer Awareness Seminar - 16th August 2023

In order to create cancer awareness amongst the women students of LICET, the Dean of Women Students, Dr. Shree Meenakshi. K, organized an awareness seminar on 16th August 2023. The resource person was Dr. Amy Jose, a cancer specialist who belongs to Adyar Cancer Institute. The doctor highlighted the various types of cancers and the preventive lifestyle measures which could be adopted to prevent cancer.



## Teachers Day – 5th September 2023

On the account of teachers' day, celebration was organised by the Dean of Women Students, Dr. Shree Meenakshi. K on 5th September 2023. The teachers were welcomed by the students, who entertained them with speeches and songs. Teacher's Day was organised with the aim of recognizing the challenges, hardships, and the special role played by the teachers' in shaping the future of students and developing a civilized society



## Seminar on Positive Outlook on Life - 4th October 2023

Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic — and it may even affect your health. In order to create awareness amongst the first year students of LICET about the power of positive thinking, the Dean of Women Students, Dr. Shree Meenakshi. K organized an awareness seminar on 4th October 2023. The resource person was Ms. Hema Rakesh, who is a journalist associated with BBC News.



## Gender Sensitization – POSH Awareness Workshop- 25th October 2023

In order to create awareness amongst the students about the concept of gender sensitivity thinking and POSH (prevention of sexual harassment), the Dean of Women Students, Dr. Shree Meenakshi. K , organized an awareness workshop on 25th of October 2023. The resource person was Ms. Madhri Gurusamy, who is an advocate and a POSH trainer.



## Workshop on Social Dynamics - 29th November 2023

In this day and age, it is very important for all of us to have good communication and interpersonal skills. Effective communication skills allow you to confidently present yourself and your knowledge to the world. In order to maintain social networks in society, individuals must have good communication skills. This can be oral, ideological, or written. In order to create awareness amongst the first year students of LICET about the importance of social dynamics, the Dean of Women Students, Dr. Shree Meenakshi.K organized an awareness seminar on 29th November 2023. The resource person was Mr. Deveshwar.E, who is a mental health activist.



## Food Fest 2023 and Charity Drive - 12th December 2023

Christmas is a time for giving. In order to develop a sense of social responsibility and care for the lesser privileged sections of our society, the SHE forum organized Food fest '23 on 12th December 2023, along with provisions and clothes donation and it was decided to donate the proceeds to charity. This event was officially announced by the Dean of Women Students, Dr. Shree Meenakshi K through the mail to the faculty and students. The proceeds of the Food fest were donated to the maintenance staff of LICET and Nesakkaram, Seeds, a social welfare organization working with street children, providing them opportunities to learn and grow.



## Pongal Day Celebration – 12th January 2024

Pongal Day Celebrations in LICET was organised by the Dean of Women Students, Dr. Shree Meenakshi. K on January 12th 2024 in the portico, there were cultural programs and inter-departmental competitions. There was a competition for the best Pongal and the best Rangoli. The CSE department was the winner in the Pongal Celebration Competitions. The event was filled with fun and frolic with a display of traditional silambattam, dances and songs portraying the significance of the festival. The judge was Mr. N.Prabhu from Le Meridian.



## Women's Day – 8th March 2024 | Theme- Inspire Inclusion

On the occasion of Women's Day, 8th March 2024, a celebration was organized by the SHE forum in G01, LICET Auditorium. The theme of the celebration was "Inspire Inclusion", the chief guest was Ms. Geetha Ramamoorthi, Managing Director, KBR Inc, India. The LICET choir enthralled everyone with their melodious songs. The girl students were highly motivated by the Chief guest's inspiring talk. She also distributed the gifts of the Meraki-2024 competitions held to commensurate the Women's Day celebrations.



## Seminar on Empowering Young Women to lead Change - 13th March 2024

On 13th March 2024, a seminar on empowering young women to lead change was organized by the Dean of Women Students, Dr. Shree Meenakshi.K. The chief guest was Ms. Vidhya S Nath, who is the Vice- President, Corporate Strategy, Flex. She highlighted the immense value of women's empowerment in shaping a more equitable society and the importance to prioritize the empowerment of young women.



## Workshop on Neurographic Art – 20th March 2024

On 20th March 2024, a neurographic art workshop was organized by the Dean of Women Students, Dr. Shree Meenakshi.K. The resource person was Ms. Aishwarya Mary George, who is the volunteer of India lead for the campaign Hues of Chennai, supported by Yuwaah at UNICEF. She highlighted the importance of neurographic art, on how it takes you through your emotions and transforms difficult emotions and stress into something beautiful and healing.



## Awareness Seminar on PoSH at Workplace – 10th April 2024

On 10th April 2024, a seminar with the aim of creating awareness about PoSH amongst the faculty was organized by the Dean of Women Students, Dr. Shree Meenakshi.K for the faculty. The resource person was Ms Kanmani Thivya Mahesh, PoSH Trainer. She said that the commitment of the faculty to upholding POSH standards not only ensures legal compliance but also reinforces trust and confidence within the academic community, facilitating a conducive learning environment for everyone.



## Provisions donation to Orphanage – 2nd May 2024

The Dean of Women Students, Dr. Shree Meenakshi.K along with the student volunteers of LICET, visited Prema Vasam – home to orphaned and physically disabled children on 2.05.2024 to donate provisions collected during the Women's Day Charity Drive and to spend quality time with the children of the orphanage. They had an eventful time interacting with the children and had an insightful conversation with the coordinator and volunteers of the orphanage.



## Workshop on Menstrual Health and Hygiene Awareness – 9th May 2024

Menstrual health and hygiene awareness plays a vital role in nurturing women's overall well-being and empowerment. To cultivate this awareness among first and second-year female students of LICET, the Dean of Women Students, Dr. Shree Meenakshi.K, organized an enlightening workshop on May 9th, 2024. Dr. Aishwarya, a gynecologist from Motherhood Hospitals, was the resource person for the session.

