NSS COLLEGE OF ENGINEERING

WOMEN DEVELOPMENT CELL

ANNUAL REPORT

AY 2024-25

Women Development Cell (WDC) of our institution is constituted for the year 2024-25 with the following members.

PRL/ADMIN/WDC/2024
05/07/2024

ADMINISTRATIVE ORDER

Women Development Cell (WDC) of our institution is constituted for the year 2024-25 with the following members.

Sl No	NAME	Mob. No.
1	Dr.Maya Mohan (CSE) (Convener)	9447420029
2	Dr.Smitha B (EEE) (Co-convener)	9447614457
3	Prof. Rekha G Nair (ECE) (Co-convener)	9497338830
4	Prof. Varsha V (CE) (Co-convener)	9744688469
5	Prof. Keerthi S (CE) (Co-convener)	9496830585
6	Prof. Lekshmipriya J. (ICE) (Co-convener)	9496468170
7	Smt.Aiswarya S (ME) (Co-convener)	9846417928
8	Aswini KS, S5- CSE (member)	9778123916
9	Devananda Devarajan, S4-EEE (member)	8714461282
10	Sreelakshmi CP, S5-IC (member)	6238729730
11	Megha Krishnan TH, S5- CE (member)	9496533984
12	Srijima M, S5-ME (member)	8129881370
13	Aiswarya B, S5-EC (member)	7736897803

PRINCIPAL

As per section IV AICTE Regulations 2016 under Internal Complaints Cell , a committee has been constituted for Women Development in NSS College of Engineering, Palakkad, for the support and development of the girl students and other women employees

Committee Meeting Details

Sl.No	Date & Time	Venue	Members present	Topic of Discussion
1	21/10/2024 9.15 am	Board room	All	WDC Members discussed on the general facilities and the improvements which can be made for girl students and lady staffs. Suggestions came for improving the Toilet facilities of the college especially for ladies. All the members opined that usage of incinerator should be improved and perform a feasibility study to introduce more numbers. The members suggested to arrange health awareness sessions for staffs and students.

Details of the Programmes conducted in the academic year 2024-25 by WDC

Sl No.	Date& Time	Name of the Session	Resource Person	Venue	No. of Participants
1	21.10.2024 Time: 2.30 pm-4.00 pm	AYURVEDA FOR GLOBAL HEALTHCARE	Dr. M S Gokulan	E-one Hall	51
2	25.01.2025 to 26.01.2025	TINK-HER-HACK 3-WOMEN HACKATHON	Tinkerhub and WDC	Skill Development Lab	53
3	7.03.2025	From Menarche to Menopause: An Overview of Women's Health	Dr. Priya Radhakrishnan	E-one Hall	38

Talk on **AYURVEDA FOR GLOBAL HEALTHCARE**

Date :21.10.2024   Time: 2.30 pm-4.00 pm Venue: E-one Hall   Number of participants: 51

 The session handled by
Dr. M S Gokulan, Senior Medical Officer ,AVS Factory , Kanjikode

This seminar provided a brief introduction to Ayurveda, its categories, and the types of medicines within it. Ayurveda, often referred to as the "science of life," is a holistic system of medicine that originated in India over 5,000 years ago. The word "Ayurveda" comes from the Sanskrit words "ayur" (life) and "veda" (knowledge). AYUSH is an acronym for India's traditional healthcare systems, encompassing Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homeopathy.

Ayurveda is based on the concept of doshas (Vata, Pitta, Kapha). In Ayurveda, health and wellness practices are broadly classified into two categories: Swasta Vritham (Preventive Healthcare) and Athura Vritham (Curative Healthcare). These holistic approaches emphasize prevention first and treatment when needed to ensure physical, mental, and spiritual well-being.

Athura Vritham includes Bala Chikitsa (Pediatrics). In Ayurveda, various techniques are available for curing diseases. Bala Chikitsa, Sports Chikitsa, Smrithi (meditation), and others represent different Ayurvedic treatment methods. Bala Chikitsa focuses on children's healthcare and addresses their physiological and developmental needs. Sports Chikitsa aims to enhance athletic performance, prevent sportsrelated injuries, and facilitate recovery. Smrithi meditation emphasizes mindfulness and memory enhancement, focusing on awareness and presence in the moment. Yoga, one of Ayurveda's meditation techniques, is widely practiced today. Other Ayurvedic treatments include Panchakarma, Vrana Chikitsa, Vajikarana, and Rasayana. Additionally, Dinacharya provides guidelines for daily routines to help prevent lifestyle diseases. The WHO mYoga App and the Kottakal Ayurveda App are two official apps that offer further understanding of Ayurvedic medicines. Overall, this informative session provided valuable knowledge on Ayurvedic medical techniques, concepts, and practices.

At the end of the session, participants asked many questions to clarify doubts and enhance their understanding.

Some of these questions were:

1. Are there side effects associated with Ayurvedic medicines, similar to those in allopathy?
2. Does Ayurveda offer treatments for vitamin deficiencies?

The session concluded with an open discussion. Several reasons to follow Ayurveda was also addressed. Participants observed the suggestions and discussed the outcomes with facilitators. Facilitators provided

good insight to Ayurveda.

Photos of the Session

TINK-HER-HACK 3-WOMEN HACKATHON

TINK-HER-HACK 3, an overnight women's hackathon organized by the TinkerHub Foundation

at NSSCE PALAKKAD sponsored by CSE Alumni Association 2005-2009 and NSS Engineering College Staff Credit Co-Operative Society Ltd No P 823, served as an energetic platform where students collaborated to develop their dream ideas into projects. Unlike traditional hackathons, this event had no predefined problem statements, allowing participants the freedom to explore diverse technical domains.

The hackathon witnessed the participation of 53 individuals, forming 18 teams, who dedicated themselves to tackling diverse challenges through innovative technology solutions. This 20-hour event started at 11:00 AM on 25th January and successfully finished at 3:00 PM on 26th January. Participants received guidance from mentors, helping them refine their ideas and improve their technical execution. The event culminated in project demonstrations, where teams presented their work before a panel of mentors, with top projects receiving recognition for their impact and innovation.

The hackathon successfully encouraged women in tech to push their creative boundaries, gain confidence in their abilities, and build connections within the local developer community. The event's success reinforced the commitment to fostering inclusivity, innovation, and hands-on learning for aspiring women technologists.

INTRODUCTION

About TINK-HER-HACK 3

TINK-HER-HACK 3 is Kerala's largest women's hackathon organized by the Tinkerhub Foundation and sponsored by CSE Alumni Association 2005-2009 along with NSS Engineering College Staff Credit Co-Operative Society Ltd No P 823 aiming the empowerment of women in technology. This state-wide hackathon was conducted across 63 venues, including our own, NSS College of Engineering, Palakkad. The event provided a platform for women to showcase their skills, collaborate on cutting-edge projects, and explore the vast potential of technology.

Objectives and Vision

The primary goal of this hackathon was to create a supportive and inclusive environment where women in technology could:

- Gain hands-on experience in ideation, prototyping, and development.
- Collaborate with peers and industry mentors to enhance their skills.
- Experiment with new technologies without restrictions on themes or problem statements.

- Build confidence in their ability to create impactful technical solutions.

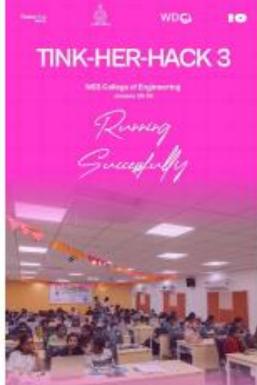## EVENT STRUCTURE AND TIMELINE

- Venue: Skill Development Cell

- Date: January 25-26, 2025

- Time: 3:00 PM – 11:00 AM

- Number of Participants: 53 (18 teams)

Timeline Time	Activity	Details
13:30	Check-in Starts	Registration, verification and check-in
14:30	Check-in Ends	Completed registration process
14:30-15:00	Inauguration and Team Distribution	Mentors received team distribution
14:45	Pre-Hackathon Survey	Participants completed the survey
15:00	Hackathon Starts	Official commencement
16:00	First Check-in	Initial progress review
18:30	Foundation Addressing	Common addressing by Foundation
20:00	Evening Check-in	Progress evaluation
21:00	Dinner Break	30-minute break
23:00	Night Check-in	Status update
0:00	Midnight Snack	Light refreshments
3:00	Late Night Check-in	Progress review
8:00	Breakfast	Morning refreshments

CAPTURED MOMENTS

Talk on From Menarche to Menopause: An Overview of Women's Health

Date :7.03.2025 Time: 2.30 pm-4.00 pm Venue: E-one Hall   Number of participants: 38

As part of Women's Day celebrations, the Women's Development Cell (WDC) in collaboration with Bhavana (NSSCE) organized an enlightening session on "From Menarche to Menopause: An Overview of Women's Health" on March 7th, from 2:45 PM to 3:45 PM at E ONE HALL. The session aimed to spread awareness about various phases of women's health, covering crucial topics such as menstruation, hormonal changes, reproductive health, and menopause management.

The session handled by **Dr. Priya Radhakrishnan (MD DGO MRCOG),** a senior consultant at Cooperative Hospital, Palakkad.

The session covered various stages of a woman's life, from menarche to menopause, and discussed everal health issues that may arise during these phases. Menarche is the onset of menstruation, which usually begins between the ages of 8 to 15 years, while menopause marks the end of menstruation, typically occurring between 45 to 50 years. The speaker also introduced the menstrual cup, explaining its benefits and usage. A menstrual cup is a reusable, flexible cup made of medical-grade silicone, rubber, or latex that is inserted into the vagina to collect menstrual fluid. It is available in small, medium, and large sizes. On average, a woman loses 18ml of blood per cycle, and the smallest menstrual cup can hold up to 20ml. A menstrual cup can be reused for up to 10 years, making it an eco-friendly alternative to traditional menstrual products.

The session also addressed various health issues that women face today, such as PCOD (Polycystic vary Syndrome), breast cancer, fibroids, and cervical cancer. Among these, breast cancer and cervical cancer

are the most common. For cervical cancer prevention, a vaccine called Pap smear is available, while mammograms are used for early detection of breast cancer. The speaker highlighted that menopause brings sudden hormonal changes, leading to symptoms such as hot flashes, mood swings, mental stress, and irritability.

Managing these symptoms can be challenging, but adopting a healthy lifestyle can help. In conclusion, the speaker emphasized the importance of regular exercise in preventing many health issues. This session, conducted by Dr. Priya Radhakrishnan, was highly informative and provided valuable knowledge about women's health, common diseases, preventive measures, and the significance of menstrual hygiene. It also helped attendees understand the benefits and importance of menstrual cups as a sustainable menstrual product.