# KCG COLLEGE OF TECHNOLOGY

## Special Initiatives to Support / Encourage Women in STEM Workforce

## 1st June 2022 – 31st December 2022

| S.NO. | DATE & TIME | VENUE | TOPIC | REMARKS |
|---|---|---|---|---|
| 1. | 20th June<br><br>11.00 am – 12.00 noon | FT Block | **International Yoga Day** | Isha Yoga conducted an online event on the occasion of the International Yoga Day and taught simple yoga and breathing techniques which will help to keep oneself more calm and effective in daily life. |
| 2. | 12th August | F14 | **Counselling Techniques** | The teachers were oriented on how to identify, counsel and offer help and support in times of need and if not able to, refer to the counsellor |
| 3. | August | Online | **Personal Skills – Self Management** | The session was done for 4 batches at various times and it emphasized on managing self which is important to excel in life |
| 4. | 10th September<br>5.30 – 6.30 am marathon<br>7.00 – 7.30 Speech on Suicide prevention | Marathon was conducted from KCG campus to Edward Elliot's Beach, Besant Nagar | **Suicide Prevention Day – "Creating Hope through Action"** | The staff, students and general public enthusiastically took part in the marathon and created an awareness on Suicide Prevention. Pamphlets were distributed to the common public. Mr Anand, a SNEHA Volunteer spoke to the public at the beach and educated the public on how to help and seek help. The fund raised through the marathon was given to SNEHA. Hindu had a curtain raiser in their newspaper for the public to participate. An article was published about the event in 'THE HINDU' |
| 5. | September | Online | **Personal Skills – Social Media and Technology** | The session was done for 4 batches at various times and it emphasized on social media influence, effects, consequence, safety and security and seeking help in times of need |
| 6. | August, September, October | Respective Classrooms | **Substance Use & Addictions** | The sessions educated the students on the effects and consequence of various addictions |
| 7. | 8th October | KCG Campus – | **World Mental** | Students went on cycle by hold slogans and phrases on mental health and |

| | | | | |
|---|---|---|---|---|
| | 6.30 – 7.30 am | Infosys – KCG Campus | **Health Day – Make Mental Health & Wellbeing for all a global priority- Cyclothan** | created an awareness in the common public. |
| 8. | 29th October | F14 | **Mental Health in School students** | Ms Uma Suresh spoke on how teachers can identify and respond to the mental needs of their students and offer support in times of need and refer to the field experts. Dr K Raman, MD Psychiatry, Saveetha Medical, spoke on suicidal tendencies and how to respond to the situation and offer support and refer to mental health professionals. |
| 9. | 16th & 18th October, 2022 | KMC, F14, 3112 | **"Aspire to Inspire"** | The session focussed on making the students to think of their strengths and weaknesses, what they want, aspire, fix their goals, analyze, decide and track their process/progress and succeed in attaining their goals and inspire others |
| 10. | 28th & 29th Novembe r, 2022 | KMC | **"I am the BOSS"** | It's a session on Mind Power by Ms D Revathy, Student Counsellor for various I year batches. It was done in 3 slots. |
| 11. | 01.12.2022 10.00 am – 12.00 noon | Governme nt High School, Karapakka m | **World Mental Health Day** | Mental Health – Counselling for Government School Students. The program was inaugurated by Dr Karthikeyan K (Assoc. Prof. EEE). A session on Memory Techniques was done by Ms D Revathy (Student Counsellor) for the students of classes 9 & 10 |

## EVEN SEMESTER REPORT FOR THE ACADEMIC YEAR 2022 – 2023

## 1st Jan 2023 – 31st May 2023

| S.NO. | DATE & TIME | VENUE | TOPIC | REMARKS |
|---|---|---|---|---|
| 1. | 22nd February, 2023 | KCG College | **Women's Day Celebration 2023 - Fund Raising** | KCG management, staff and students contributed towards the construction of a toilet and a shed for the women police at Kannagi Nagar Police Station, Chennai |
| 2. | 24/02/2023 to 06/03/2023 | @ FT Block KCG College blood samples were collected on 24th and 27th Feb.<br>@ Chettinad Hospital, Karapakkam scans were done from 27th – 2nd March<br>6th March the camp was held at FT Block Hall. 2n Ophthalmologist, 2 General physician and 2 Gynaecologists were in the camp and the staff had their consultation with the test reports | **Women's Day Celebration 2023 - Master Health Check-up** | KCG College of Technology in collaboration with Chettinad Hospital conducted a Master Health Checkup camp for the Women Staff. The cost of check-up was Rs 999 & Management contributed 50% of the cost and the other 50% was contributed by the individuals for themselves - (Blood sample collection on KCG campus and scans were at Chettinad Hospital |
| 3. | 4th March 2023 | Essay in respective classrooms and the display in English Communication lab | **Women's Day Celebration 2023 - Essay Writing Competition & Display of Handmade gift** | Essay Writing Competition held for girls on the topic "the moment I felt proud as a woman"<br>&<br>Display of Handmade gift along with a thank you note for boys to "a woman who made a difference in their life" |

| | | | | |
|---|---|---|---|---|
| | | | | A video was made on the handmade gifts and shared with Social Media and others |
| 4. | 4th March, 2023<br>2.00 pm – 3.00 pm | KMC | **Women's Day Celebration 2023 - A Talk on Understanding Prevention of Sexual Harassment (PoSH) Act** | Ms Gigi Pramod, Advocate made the students understand what is sexual harassment, whom to report, how and from whom to seek help and the punishments if they indulge in sexual harassment. |
| 5. | 7th March, 2023<br>2.30 – 4.00 pm | F 14 | **Women's Day Celebration 2023 -** Empowering the YOUth Series – 5 **Financial Literacy** | Ms Vidya Shivakumar – Co-Founder, Money Marvels, Team Ubuntu – Creating Happy Minds educated our female staff and students on how to save, invest and handle their finance |
| 6. | 9th May – 11th May, 2023<br>(12 periods) | B1 – B 13 batches respective classrooms | **Value Education – "Defining My Values"** | Students were made to derive their values through an exercise |
| 7. | 12th May, 2023<br>9.00 am – 6.00 pm | IIT Madras, Adyar | **Mental Wellness and Stress Management** | The workshop was conducted by IIT Madras as, recently they had series of suicides of their students on their campus and they want to address the issue and spread awareness of mental health |

## 1st June 2023 – 31st December, 2023

| S. NO. | DATE & TIME | VENUE | TOPIC | REMARKS |
|---|---|---|---|---|
| 1. | 5th June – 9th June | Respective classrooms of the batches B1 – B13 | **Value Education – Values and its importance** | All the I year students were educated on personal values, work values, family values, Relationship values and Societal values and its importance with activities. The students were given an assignment on work values and to make a profile of personal work values and their class students work values. |
| 2. | 12th July 11.30 am – 12.45 pm | F 14 | **New Faculty Orientation - Counselling Practices** | The teachers were equipped with the skills of counselling, and in case if they are not able to help, they can refer to Student Counsellor |
| 3. | 7th & 8th September 12.30 pm – 1.30 pm | KCG Courtyard/Gallery | **Suicide Prevention Day** | KCG students spread an awareness on suicide prevention amongst staff and students through songs, mime and dance. |
| 4. | 10th September 6.30 am – 8.30 am | Olcott Memorial School, Besant Nagar, Chennai | **Suicide Prevention Day**, **Walkathon** organised and conducted by SNEHA an NGO, a Suicide Prevention Organization, RA Puram, Chennai 28 | The walkathon spread an awareness and to take help in need. KCG students presented mime and dance and spread an awareness in the general public @ Olcott Memorial School |
| 5. | 12th & 13th September | APJ Auditorium | **Yoga session** | Yoga teacher from Vaazhga Valamudan, taught yoga for I year students |

| | | | | |
|---|---|---|---|---|
| | 10-12 noon | | | |
| 6. | 12th – 15th September | Respective classrooms of the Batches B1 – B13 | **Orientation on Anti ragging and Prevention of Sexual Harassment** | The students were oriented on what constitutes ragging, the punishments, and from whom to seek help. They were oriented on what is Sexual Harassment, what actions constitutes SH, punishments, from whom to seek help and consequences in case of false complaints. |
| 7. | 20th – 23rd September | Respective classrooms of the Batches B1 – B13 | **I am the BRAHMMA** | The session oriented on the transition from school to college, home to hostel, long distance travel, new academic style in college, college life, distractions during college life, activities in college, taking the ownership and responsibility of own life and shape a better future after 4 years of college life on KCG Campus. |
| 8. | 10th October | KMC | **World Mental Halth Day** | Conducted the event and Dr Sujatha Velmurugan, Psychiatrist, Kauvery Hospital was the Chief Guest for the event |
| 9. | 2nd December 10.30 am – 12.30 pm | KMC | **Lakshman Rekha – Healthy Boundaries** | I was the resource person for the session and got a good feedback from students, that they have benefitted from the session |

## 1st June 2024 – 31st December, 2024

| S. NO. | DATE & TIME | TOPIC |
|---|---|---|
| 1. | 03/08/2024 | Inauguration of KCG Tech Wellness Club – "Waves of Bliss |
| 2. | 31/08/2024 | "Nutritious Fireless Cooking" Competition (Students-170, staff-30) |
| 3. | 10/09/2024 | "Unwind & Relax" – Tha Deeng Gina Thom |
| 4. | July, 2024 | Substance Abuse awareness sessions for II & III years in respective classes |
| 5. | 06/09/2024 | Awareness session on "Anti-Ragging" |
| 6. | 09/09/2024 | Awareness session on "Prevention of Sexual Harassment" |
| 7. | 10/09/2024 | Awareness session on "Anti-Drugs Substance Abuse" |
| 8. | 10/09/2024 | Motivational Session - "Transition" |
| 9. | 17/04/2024 Counselling Cell & NSS | Voting Awareness Campaign 2024 |
| 10. | 12/08/2024 Anti-Drugs Cell & NCC | "Drug free Tamil Nadu" Campaign |

| | | |
|---|---|---|
| 11. | 10/09/2024 | World Suicide Prevention Day –"Suicide is a cry for help" |
| 12. | 22/10/2024<br>Grievance Redressal Cell | An awareness program on<br>(POSH) Prevention of sexual Harassment - "Setting Boundaries" (Heads, teaching, non-teaching & Admin staff) |
| 13. | 19/01/2024 | "Diabetes Awareness Management" |
| 14. | 12/07/2024 | FDP – Counselling Practices |
| 15. | 15/07/2024 | Heal your Mind, Body & Breath! (Yoga) |
| 16. | 23/08/2024 | Therapeutic Dance Movement<br>Experience for staff |
| 17. | 04/01/2024<br>Counselling & Cell Civil Dept.<br>Bethel Matriculation, Velachery<br>Chennai | Class 10 – Motivational Speech – "I Love my Exams!!" (80 students)<br>Class 6 – "Knowing Myself"<br>about puberty (120 students) |
| 18. | 23/01/2024<br>Counselling Cell & Mech. Dept.<br>Nellai Nadar, Kottivakkam | Class 10 – Motivational Speech<br>on the topic – "I Love my Exams!!" (300 students) |

| | | |
|---|---|---|
| 19. | 31/01/2024<br>Counselling Cell & EEE Dept. - Don Bosco Matric School, Chrompet | Class 10 – Motivational Speech on the topic – "I Love my Exams!!" (30 students) |
| 20. | 17/05/2024<br>Orientation Program for school students of classes 9-11 | The Future is Today – Mental Health in school students |










KCG



KCG

KCG

KCG

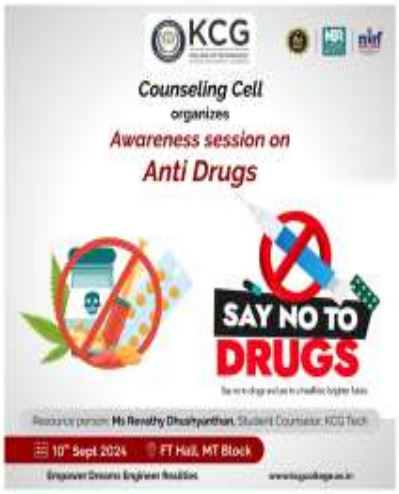



KCG
Anti Ragging Cell
I year Induction Program
Awareness session on
Anti Ragging
6th Sept 2024
11:00 AM onwards
KMC Auditorium
Empower Dreams Engineer Realities
www.kcgcollege.ac.in








KCG
Counseling Cell
organizes
Awareness session on
Anti Drugs
SAY NO TO
DRUGS
10th Sept 2024
FT Hall, MT Block






GPS Map Camera
Chennai, Tamil Nadu, India
Sand Bird Pvt. Ltd., KCG College of Technology, KCG College Rd, Karapakkam, Chennai,


GPS Map


GPS Map


GPS Map Camera
Chennai, Tamil Nadu, India
Sand Bird Pvt. Ltd., KCG College of Technology, KCG College Rd, Karapakkam, Chennai,


KCG
Voting Awareness Campaign 2024
My Vote!
My Right!!
Exercise your Right and Cast your Vote


GPS Map


KCG
Grievance Redressal cell
organises an
Awareness Program on
Prevention of Sexual Harrassment
- Setting Boundaries
Ms SWAPNA SUNDAR


KCG
COLLEGE OF TECHNOLOGY
Diabetes
Awareness &
Management
Diabetes
Awareness &
Management
Diabetes
Awareness &
Management
www.kcgcollege.ac.in


KCG
Empower Dreams, Engineer Realities
www.kcgcollege.ac.in


KCG
Empower Dreams, Engineer Realities
www.kcgcollege.ac.in