Year	Mentorship, Professional Development & Technical Training Initiatives	Nos
2024-2025	1. **Prevention of Sexual Harassment at the Workplace (POSH)** – Awareness and sensitization programs to ensure a safe and respectful work environment. 2. **Women Empowerment Workshop** – Addressing progress, challenges, and opportunities in diverse fields. 3. **Coir Industry Awareness Workshop** – Promoting knowledge of coir-based products and their entrepreneurial potential. 4. **Meditation Training Program** – Enhancing focus, stress management, and emotional well-being. 5. **Empowering Women through Yoga** – Building physical and mental resilience. 6. **Health Awareness Programs** – Covering topics such as cancer prevention, cervical health, menstrual hygiene, nutrition-based seminars, and exhibitions. 7. **Self-Defence Training** – Equipping women with techniques to ensure personal safety. 8. **Startup & Entrepreneurship Programs** – Encouraging innovation, leadership, and business opportunities. 9. **Team-Building Workshops** – Fostering collaboration, communication, and leadership skills. 10. **Counselling Centre** – A dedicated facility with qualified counsellors offering guidance for personal and professional growth of faculty and staff.	12
2023-2024		6
2022-2023		5