



# MEENAKSHI SUNDARARAJAN ENGINEERING COLLEGE

363, Arcot Road, Kodambakkam, Chennai – 24  
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email Id: [principal@msec.edu.in](mailto:principal@msec.edu.in)  
Website : [www.msec.edu.in](http://www.msec.edu.in)

## 7.1.1.a GENDER SENSITIZATION ACTIVITIES PLAN (2022-2023)



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## 7.1.1.a ANNUAL GENDER SENSITIZATION ACTION PLAN (2022-2023)

S.No	Activity	Resource Person	Odd sem	Even
1	Social Media Awareness	Industry Person / IPS Officers	I Year Students	II Year Students
2	Health and Hygiene	Physician	I Year Students	II Year Students
3	Yoga	Physical Director	I Year Students	II Year Students

\*\* Awareness program is conducted for I and II Year students only, as III & IV year students are already educated. However, students' support are utilized for the conduct of the

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## **Criterion VII – Institutional Values and Best Practices**

### **7.1 Institutional Values and Social Responsibilities**

#### **7.1.1 Gender Sensitization Activities**

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## 7.1.1 Gender Sensitization Activities

S.No	Activities(2022-2023)	Date of Event	Resource Person Details	Pg No.
1	Disability Awareness and Perspective to Hidden Disabilities	17/12/2022	Ms..Divya Krishnan, Psychologist & Counsellor	3
2	First Aid Awareness	5/11/2022	Mr. K Palanivel, Secretary, IRCS, Aminjikai ,Sub-District Branch	5
3	Awareness on Menstrual Hygiene for Girl Students	28/02/2023	Bhavani R, Youth United Council of India, Unicharm	9
4	Yoga Awareness Session for International Yoga Day	2/07/2022	Mr. V. Siva Baskaran, Physical Director,MSEC,Chennai	13

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## 1.DISABILITY AWARENESS AND PERSPECTIVE TO HIDDEN DISABILITIES

### REPORT OF THE EVENT 2022-2023

**NAME:** DISABILITY AWARENESS AND PERSPECTIVE TO HIDDEN  
DISABILITIES

**DATE:** 17/12/2022

**VENUE:** PROF. K.R.S CENTENARY SEMINAR HALL

**SPEAKER:** Ms.DIVYA KRISHNAN

**CO-ORDINATORS:** Mr. S. BALA SUBRAMANIYAN (ASST. PROFESSOR,  
YRC CO-ORDINATOR) AND MR. S. SATHEESH KUMAR (ASST.  
PROFESSOR, NSS CO-ORDINATOR)

### **DESCRIPTION:**

Disability awareness program was conducted to create sensibility among the students regarding hidden disabilities. Hidden disabilities are disabilities that are not immediately apparent. So, it is important for students to learn to identify and them and act accordingly. The awareness program was conducted on the 17th of December, 2022 at the Prof. K.R.S Centenary seminar hall. The students were addressed by Divya Krishnan, Special Educator (Multiple Disabilities, Psychologist, creative art therapist). She spoke about different hidden disabilities, signs exhibited by such persons, and how to understand them. A total of 50 students attended the program along with their faculty co-ordinators – Mr. S. Bala Subramaniyan (Asst. professor, YRC co-ordinator) and Mr. S. Satheesh Kumar (Asst. professor, NSS co-ordinator). The program ensured understanding among the students about different disabilities and made sure that the students would be able to empathize and support people with such disabilities. So, we cordially thank the organisation for conducting such programs for the students and faculties.

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## **2.FIRST AID AWARENESS-HEALTH AND HYGIENE PROGRAMME REPORT OF THE EVENT 2022-2023**

**NAME: FIRST AID AWARENESS HEALTH AND HYGIENE PROGRAMME**

**DATE: 05/11/2022**

**VENUE: PROF. K.R.S CENTENARY SEMINAR HALL**

**SPEAKER: Mr. K Palanivel - Secretary, IRCS, Aminjikai Sub-District Branch**

**CO-ORDINATORS: Mr. S. Balasubramanian – Associate Professor**

**Mr. S. Sateesh Kumar - Assistant Professor**

First aid is the immediate medical assistance given to the affected victim before providing proper medical service. It is important to spread awareness among the students so that they'll be able to assist at the time of emergencies. This program was addressed by Mr. K Palanivel - Secretary, IRCS, Aminjikai Sub-District Branch organised by “**Indian Red Cross Society Tamil Nadu Branch**” for the students to understand the difference between life and death and facilitates to minimize the sufferings of injured. The program included a detailed demonstration on how a person must be treated during various events of accidents that might occur commonly such as Fire accident, road accidents, animal attacks, electric shock etc. we were instructed not to follow any stereotypical methods during this times which could make the situation worse. We were also taught how to perform CPR with the aid of videos and photos. This program was attended by 169 students from second and third year. It is important for us to educate ourselves about first aid properly so that we do not follow any wrong methods from movies, stories etc. which could result in danger. So, we cordially thank the organisation for conducting such programs for the students and faculties.

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NSS and YRC Activity

Feedback

First Aid Awareness program

Date:5/11/22

Name of the participant: *Suloksha B.K*

Department / Year: *CSE / IIR*

Please indicate your feedback ( ) to know the outcomes of obtained from this program using the following scale

4=Extremely High    3=High    2=Normal    1=Average

S.No	Questions	4	3	2	1
1.	How would you rate your learning experience through this event?	✓			
2.	How much has the event improved your skills?	✓			
3.	How would you rate the activities during the program?	✓			
4.	Was the objective of the program explained clearly?	✓			
5.	Did the program provide with the good proportion of theoretical and practical learning?	✓			

Any other Comments/Suggestions:

*The seminar was extremely knowledgeable and informative. Thank You for organizing a very helpful session*

*Suloksha B.K*

*J. S.*

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**NAME:** Awareness on Menstrual Hygiene for Girl Students

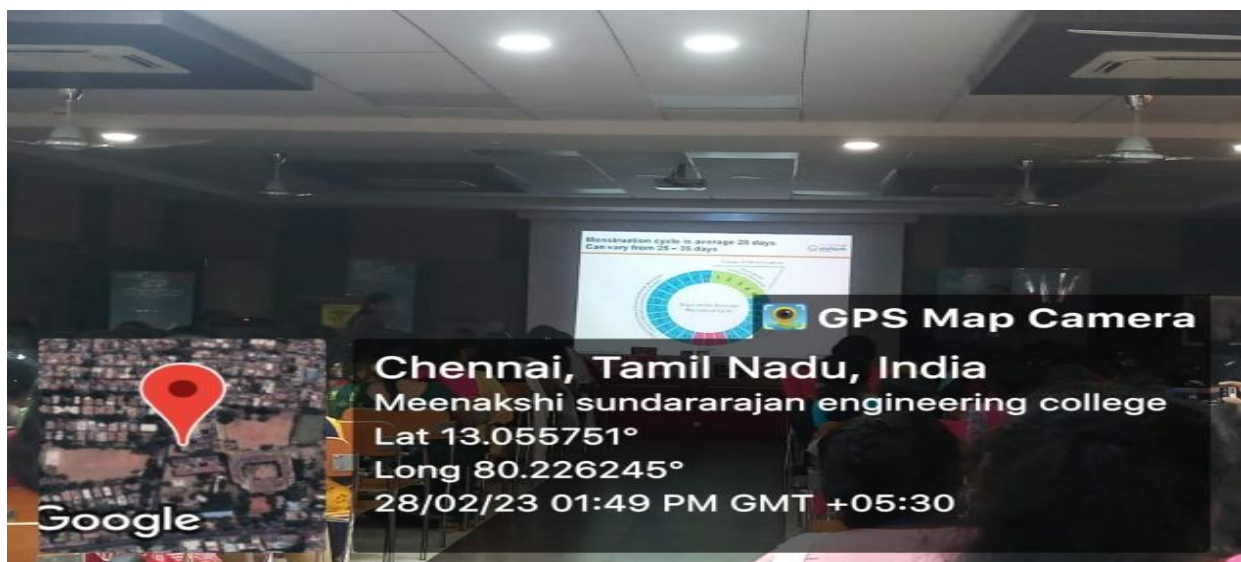
**DATE:** 28/02/2023

**VENUE:** PROF. K.R.S CENTENARY SEMINAR HALL

**SPEAKER:** Unicharm

## DESCRIPTION:

Menstrual awareness program was conducted to create sensibility among the girl students on 28<sup>th</sup> of February 2023. Creating awareness about menstruation is crucial to dispel myths, reduce stigma, and promote proper menstrual hygiene management. Organize workshops and informational sessions in schools, community centers, and workplaces to educate both girls and boys about menstruation. Cover topics like the menstrual cycle, hygiene, common myths, and the emotional aspects of menstruation.

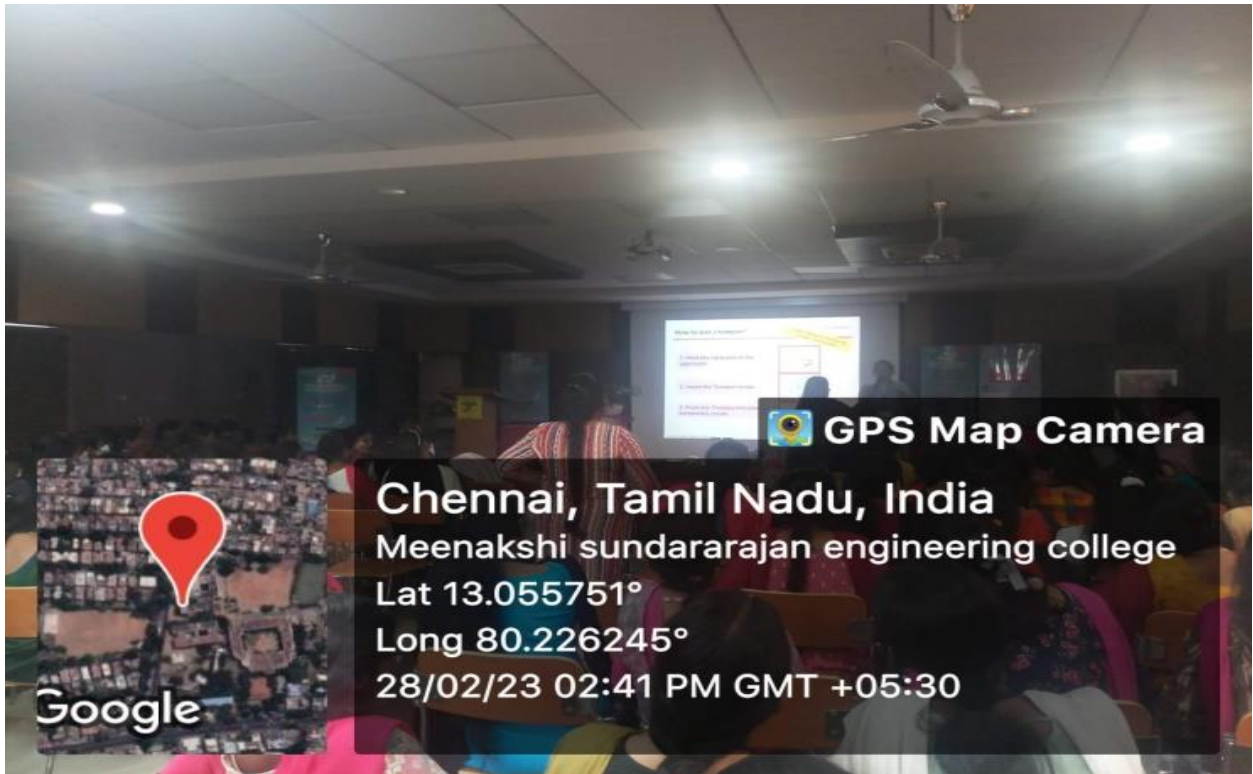


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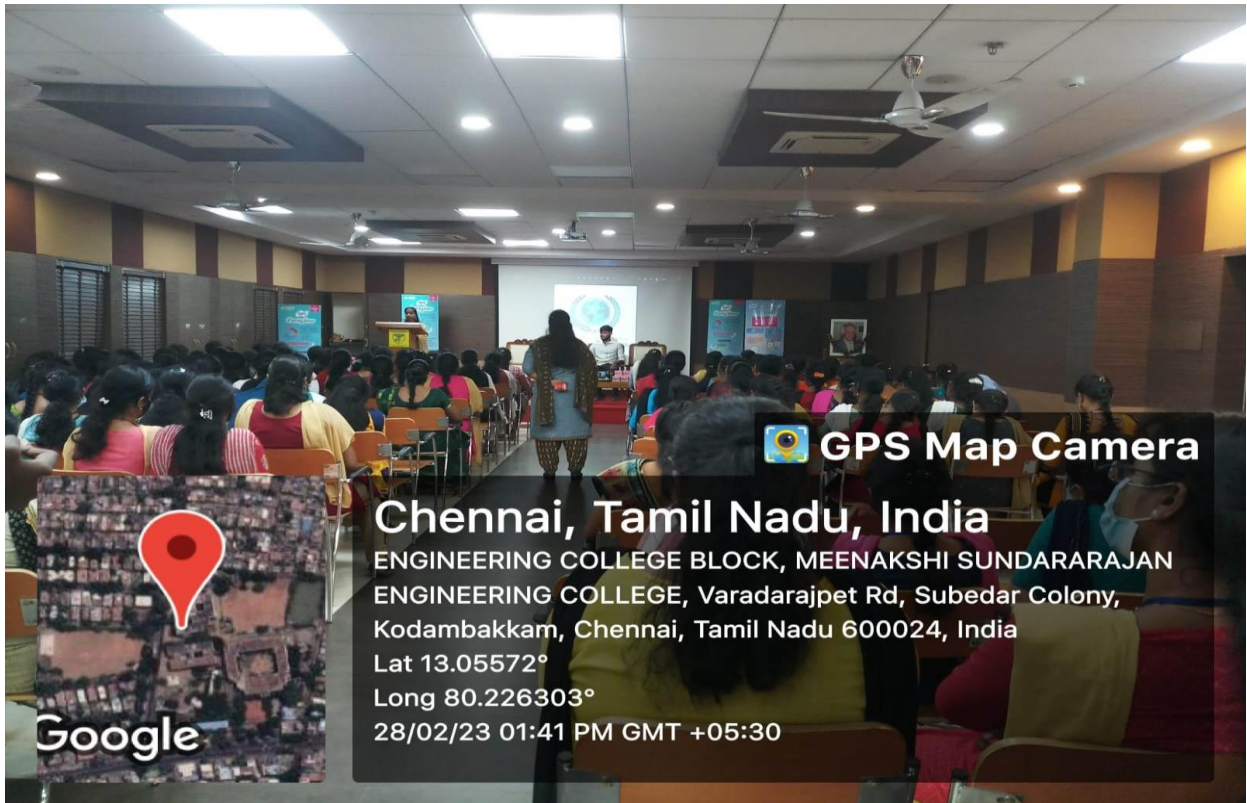



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 **GPS Map Camera**

**Chennai, Tamil Nadu, India**

ENGINEERING COLLEGE BLOCK, MEENAKSHI SUNDARARAJAN  
ENGINEERING COLLEGE, Varadarajpet Rd, Subedar Colony,  
Kodambakkam, Chennai, Tamil Nadu 600024, India

Lat 13.05572°

Long 80.226303°

28/02/23 01:41 PM GMT +05:30

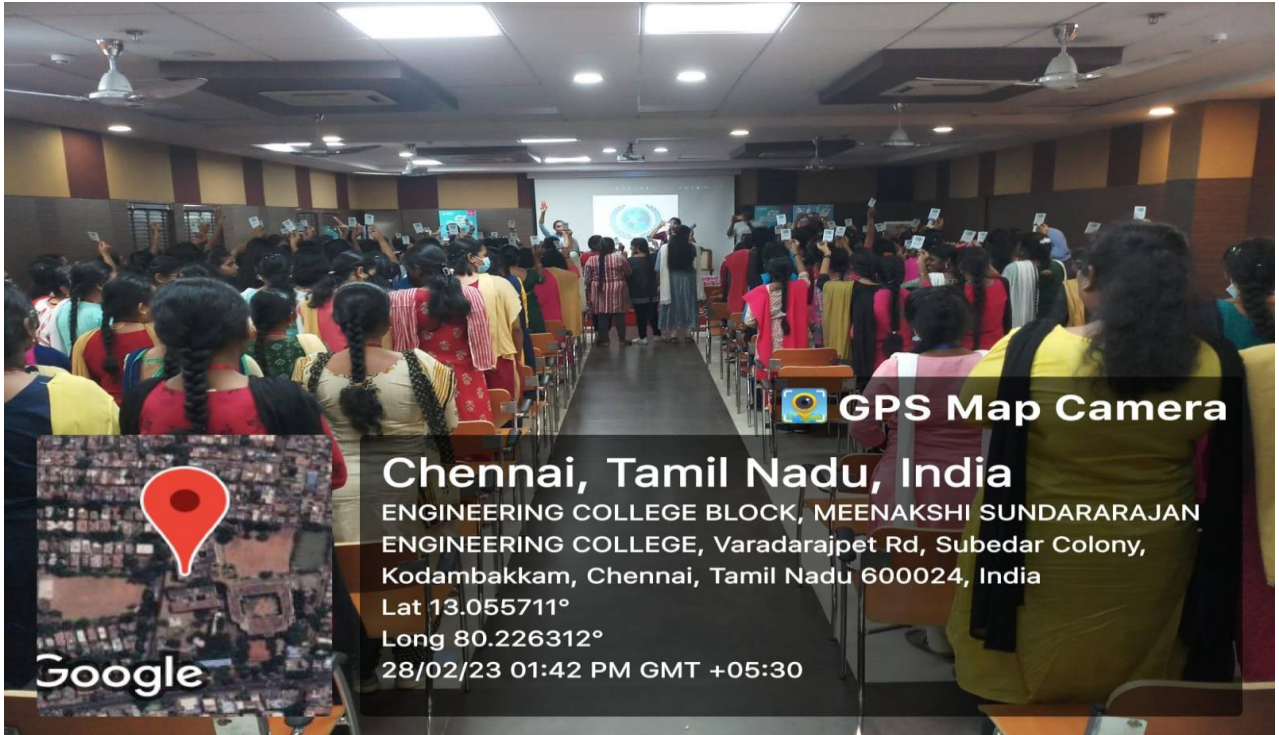
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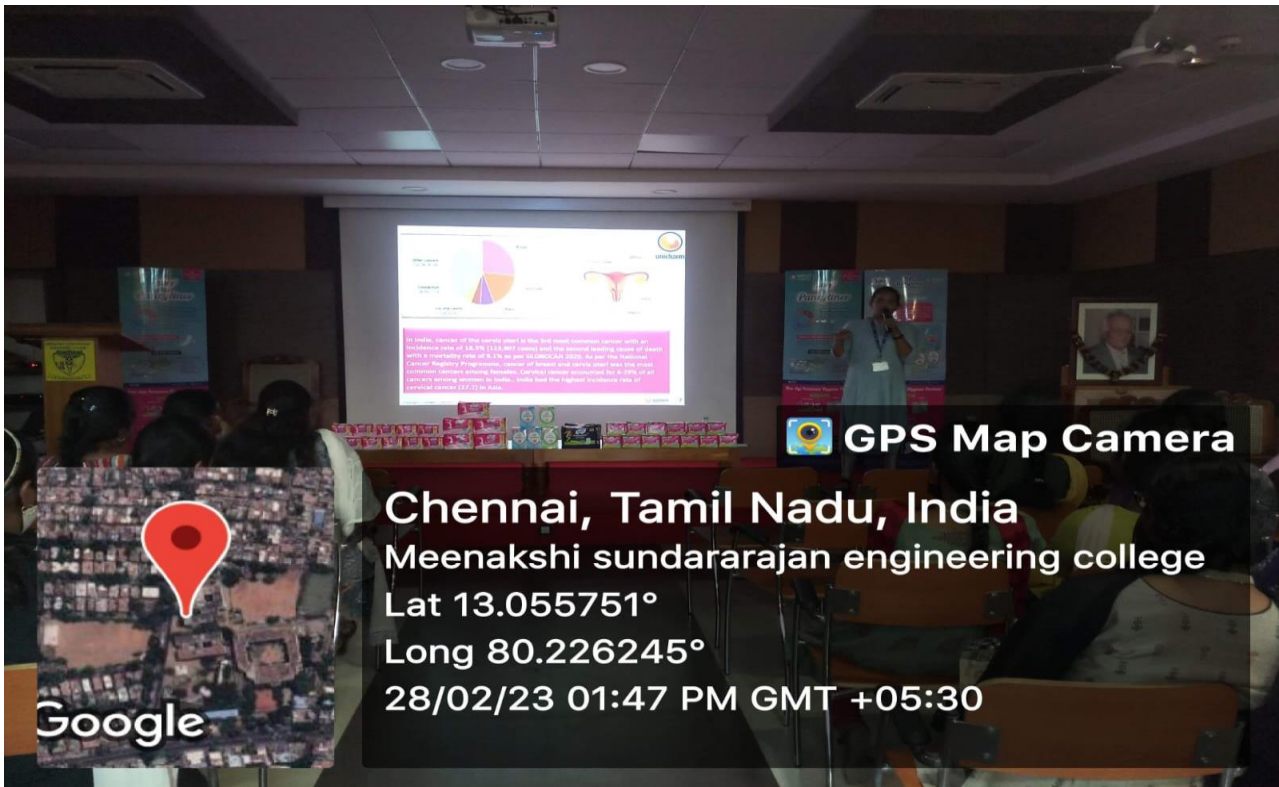
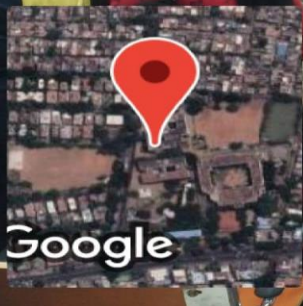
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## 4. YOGA AWARENESS SESSION FOR INTERNATIONAL YOGA DAY (2022-2023)

NAME: YOGA AWARENESS SESSION FOR INTERNATIONAL YOGA DAY

DATE: 02.07.2022

VENUE: MECHANICAL SEMINAR HALL



### DESCRIPTION:

Yoga is a practice of the body and mind. It not only helps us physically but also mentally. A strong practice can help build muscle, dramatically boost metabolism, and breathing fully and deeply increases circulation, also helping the metabolism to stay ticking along nicely. A yoga awareness session was conducted in recognition of World yoga day in our institution on 02.07.2022. This session was conducted at Meenakshi Sundararajan Engineering College, to educate

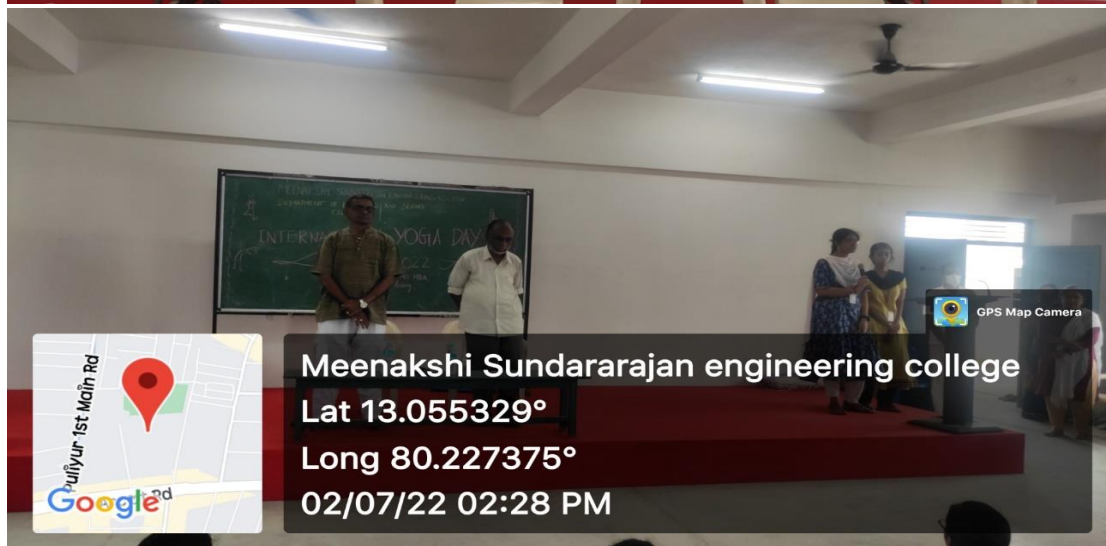
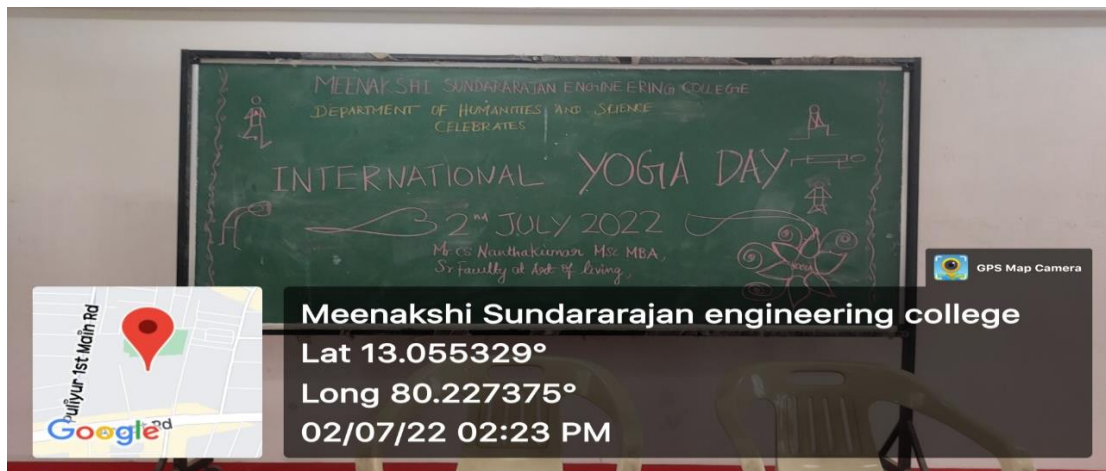
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the real power of yoga and uses of yoga and the impact of yoga in our lives. **A total of 422 students** participated from our college. This program motivated the participants to practice yoga regularly and to gain more knowledge about yoga.



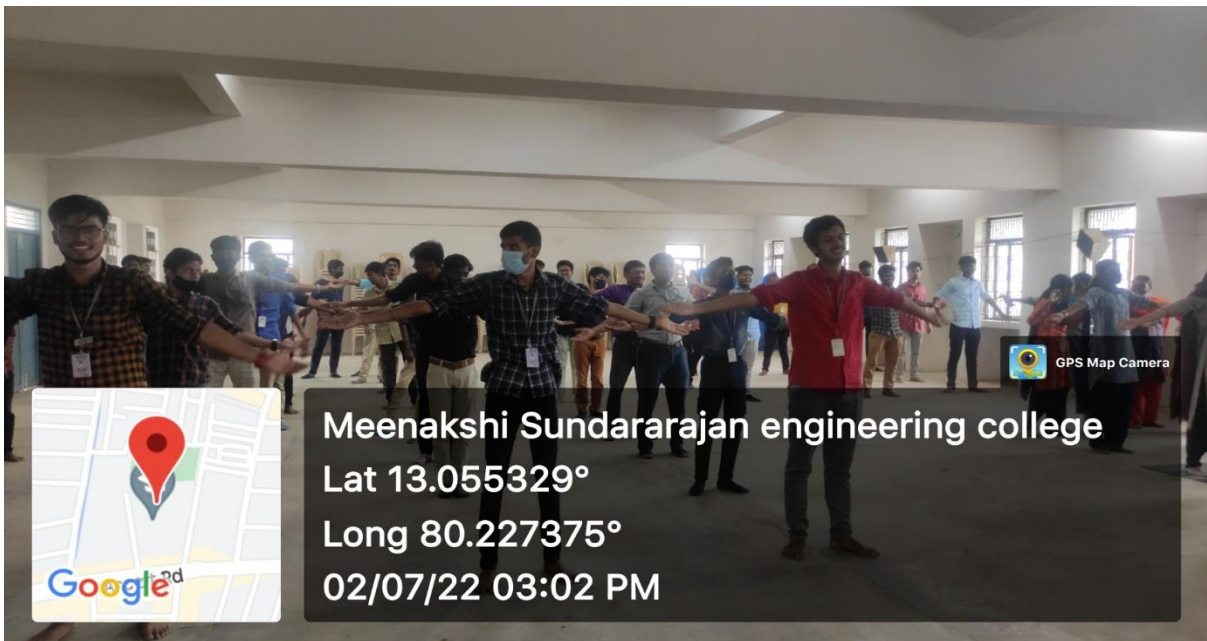
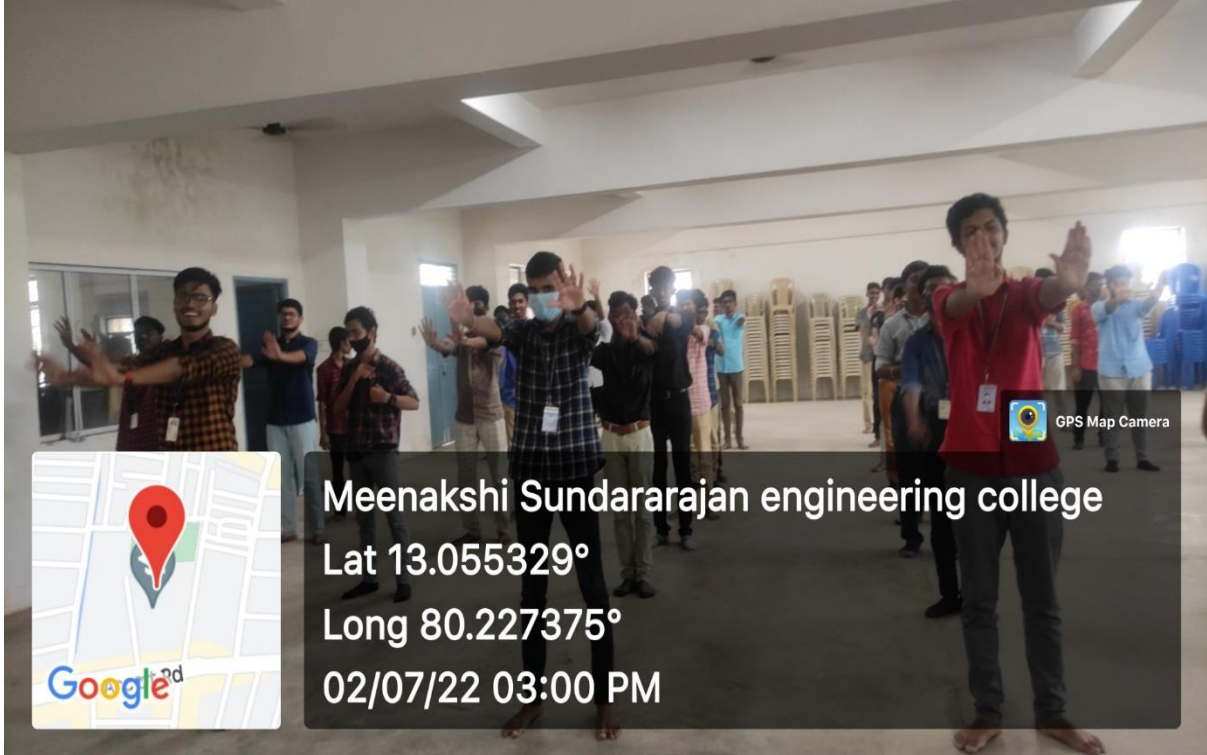
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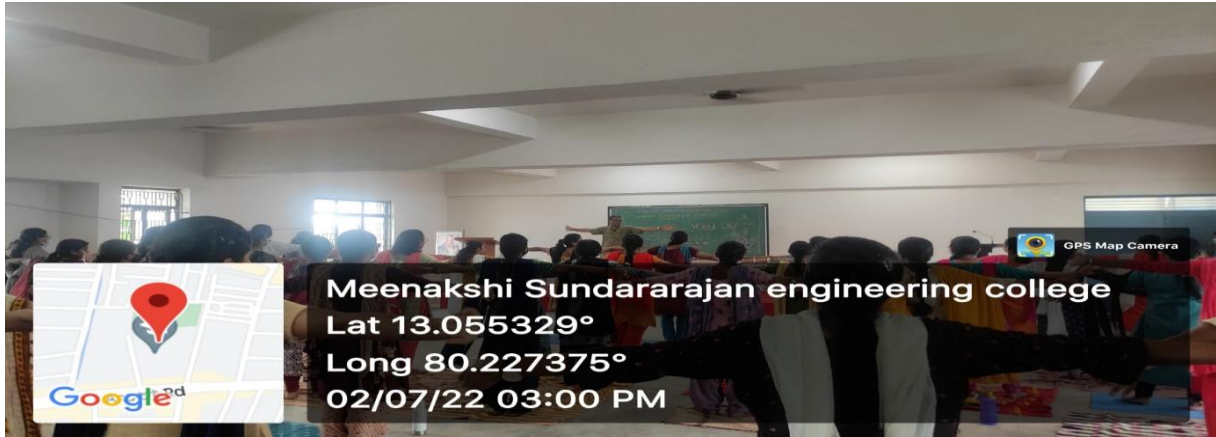


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