

NANDHA ENGINEERING COLLEGE(AUTONOMOUS)





Affiliated to Anna University, Chennai. Approved by AICTE, Accredited by NBA & NAAC (A+) Erode - Perundurai main road, Vaikkalmedu, Erode- 638052.

#EmpowerHer

Life skills For Survival









EMPOWERMENT NACTION

October

16 - 22

2024

BATCH - 1

© Camp Venue

Nandha Central City School, Erode - 11

THIRU.V. SHANMUGAN

Chairman, Sri Nandha Educational Trust



It gives me immense pleasure to present the magazine of #EmpowerHer (Batch - I), an accolade to the incredible journey of our students in the "Life Skills for Survival Empowerment in Action" program. This initiative has been pivotal in shaping a generation of young women who are equipped not only with technical skills but also with essential life skills—qualities of resilience, confidence, and adaptability—needed to thrive in today's dynamic world. In a landscape that is continually evolving, the ability to navigate change and face challenges with courage is invaluable.

Life skills are indispensable as they lay the foundation for success and self-reliance. They empower individuals to overcome obstacles, whether in personal relationships, academic pursuits, or professional endeavors. By cultivating these skills, our students are better prepared to confront the complexities of modern life. The experiences gained through this program will serve them well as they step into their careers and personal lives, providing them with the tools necessary to pursue their goals with determination and grace.



THIRU.S.NANDHA KUMAR PRADEEP

Secretary
Sri Nandha Educational Trust,

It is with profound delight that I extol the resounding success of # 'EmpowerHer- Life Skills for Survival - Empowerment in Action' initiative. This pioneering Seven Day residential training program has elegantly woven together the threads of holistic development, and empowerment. I offer my warmest felicitations to the passionate participants. Your tireless dedication in mastering yoga, driving, electronic gadgets and appliances servicing, cookery, and public speaking has been truly inspiring. Each of these skills serves as evidence to your unwavering commitment to excellence. May the skills and knowledge gained propel you toward excellence in your personal and professional pursuit.

I extend my whole hearted appreciation to our faculty members, trainers, and organizers for their expertise, fervor, and indefatigable efforts. Together, we have created a transformative experience, nurturing a community of confident, skilled, and socially responsible women leaders.

Congratulations once again on this remarkable achievement!



THIRU. S. THIRUMOORTHI Secretary Nandha Educational Institutions

I am pleased to acknowledge the remarkable achievement of # 'EmpowerHer- Life Skills for Survival - Empowerment in Action - an initiative, a comprehensive residential training program tailored to promote holistic development and self-confidence among our vibrant female students. This groundbreaking endeavor, incorporating diverse disciplines such as yoga, driving, electronic gadgets and appliances service, culinary arts, and effective public speaking demonstrates our institution's steadfast commitment in cultivating confident, skilled, and socially responsible individuals. Furthermore, this upskilling programme represents a significant milestone in our institution's pursuit of excellence and women empowerment

I would like to express my hearty appreciation to our dedicated faculty members, trainers, and organizers for their tireless efforts and expertise in organizing this exceptional program.

Congratulations on this noteworthy accomplishment!



Dr. U.S. Ragupathy
Principal
Nandha Engineering College

It gives me immense pleasure to present the magazine of #EmpowerHer (Batch - I), an accolade to the incredible journey of our students in the "Life Skills for Survival Empowerment in Action" program.

This initiative has been pivotal in shaping a generation of young women who are equipped not only with technical skills but also with essential life skills—qualities of resilience, confidence, and adaptability—needed to thrive in today's dynamic world. In a landscape that is continually evolving, the ability to navigate change and face challenges with courage is invaluable. Life skills are indispensable as they lay the foundation for success and self-reliance.

They empower individuals to overcome obstacles, whether in personal relationships, academic pursuits, or professional endeavors. By cultivating these skills, our students are better prepared to confront the complexities of modern life. The experiences gained through this program will serve them well as they step into their careers and personal lives, providing them with the tools necessary to pursue their goals with determination and grace.



#EmpowerHer - Project Lead Ms. Vidusha Moorthi

As we stand on the cusp of a new chapter in our lives, I am filled with immense pride and gratitude for the incredible journey we have embarked upon together through the EMPOWERHER (BATCH - I) project. This initiative has been more than just a program. It has been a catalyst for personal transformation, a testament to the power of human potential, and a beacon of hope for a brighter future. The magazine you hold in your hands is a reflection of our collective efforts, our triumphs, and our unwavering spirit. It is a testament to the strength, resilience, and determination of each and every one of you.

Through the pages of this publication, we celebrate the invaluable life skills we have acquired, the friendships we have forged, and the positive impact we have made on our communities. I encourage you to revisit the memories captured in this magazine, to draw inspiration from the stories shared, and to carry the lessons learned forward as you navigate the challenges and opportunities that lie ahead.

Let this be a reminder of the incredible potential within each of us and a testament to the power of empowerment. As we look to the future, let us continue to embrace the spirit of EMPOWERHER and strive to create a world where every woman is empowered to reach her full potential. Together, we can build a brighter, more equitable future for generations to come

#EmpowerHer CONVENOR



Ms.S.Brindha
Assistant Professor/ECE

As the convener of EmpowerHer, I am honored to be part of a transformative journey designed to equip women with essential life skills for survival and success.

This seven-day camp is not just a program; it's a space of empowerment, learning, and community building. Through a blend of practical sessions and inspiring discussions, we aim to help every participant uncover her potential, enhance her resilience, and develop skills that will serve her well in every aspect of life.

#EmpowerHer COORDINATOR



Dr.D.Ambika HOD/AGRI

As a coordinator for EmpowerHer, I've witnessed firsthand the transformative power of this program.

It brings together inspiring women from diverse backgrounds to learn, grow, and support one another. Over seven enriching days, participants gain valuable life and survival skills, along with newfound confidence.

Together, we're building a lasting foundation of empowerment and resilience.

INAUGURATION (8.10.2024)











BATCH 1 - PARTICIPANTS

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19		23CI037	POOJA SRI S
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24	CSE	23CS069	ABINAYA R
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26		22EC109	VITHYA SREE K
27		23EC003	ANITHA R
28	ECE	23EC005	BALASRI K
29		23EC010	CHANDHIRA DEVI M
30		23EC011	DEEPA M
31		23EC020	DIVYA SRIDHA S
32		23EC021	DURGA S
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DAY-1



WHAT IS PATHANGASANAM?



Pathangasanam, often referred to as "Butterfly Pose," is a seated posture in which the soles of the feet are pressed together, and the knees are allowed to fall outward like butterfly wings. This pose is beneficial for opening the hips, stretching the inner thighs, and preparing the body for deeper meditative practices.

GAR DRIVING

We Started Learning to Drive



Getting Behind the Wheel .The first day of the driving course was all about overcoming initial fears and getting comfortable with the vehicle. Sitting behind the wheel for the very first time, we learned the basics—how to properly adjust our seat and mirrors, how the pedals work, and familiarized ourselves with the steering wheel and controls. The instructors emphasized safety and control, we felt confident before even starting the car. The slow-paced start helped us build a solid foundation, and we left feeling motivated for the days ahead. If we could do it, so can you!

MECHANICAL

Ever wanted to go beyond just driving a vehicle? To truly understand what happens beneath the hood? Our recent 4-day adventure took a group of curious minds through the essentials of automobile mechanics



We started by covering the basics of automobile mechanics. From understanding vehicle parts to fixing a punctured bike tire – we laid the foundation for the days ahead. It was a perfect introduction, and everyone left feeling more confident and empowered.



Baking Brownies - Mastering the Microwave Magic



Who says you need an oven to make perfect brownies? On Day I, we unlock the secret to gooey, rich brownies without the traditional baking fuss. Using just your microwave, you'll learn to whip up this classic dessert in no time! Don't forget to add a dash of vanilla extract and a handful of chocolate chips to take your brownies to the next level. Perfect for an afternoon pick-me-up or a midnight snack!

DAY-1

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PUBLIC SPEAKING



In the first day we engaged in a lively atmosphere by connecting with one another and singing the national anthem. This activity not only fostered a sense of camaraderie but also set a positive tone for the learning experience ahead. As we embraced the spirit of unity, we began to feel more comfortable sharing their thoughts and ideas, laying a strong foundation for effective communication and public speaking skills throughout the course.

SWIMMING

Have you ever wanted to truly connect with the water? Whether you're a beginner or just looking to sharpen your skills, this class offered the perfect opportunity to learn and grow.



Embrace the Water We began by easing into the water, learning essential breathing techniques and walking techniques. It was the perfect introduction to help everyone, no matter their skill level, feel comfortable and ready for the days ahead.

DAY-2





On Day 2 of exploring Sambhavi Mahamudra, we introduce Sisupathasanam, also known as Child's Pose. This gentle and restorative asana is highly effective in calming the mind and relaxing the body, making it an ideal preparatory posture for more advanced practices like Sambhavi Mahamudra.

DAY-2

CAR DRIVING

We Learned All the Signboards



Understanding Road Signs and Traffic Rules. Learning to read road signs felt like decoding a new language. We understood various road signs, signals, and the importance of traffic rules for our safety and others'. We studied each sign carefully—speed limits, yield signs, and more. By the end of the day, we could confidently navigate roads using these signs as our guide. You'll master them too!

DAY-2

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MECHANICAL





On Day 2, we got up close and personal with the engine of the iconic Splendor bike. We broke down the engine, piece by piece, understanding what powers this everyday road warrior. It was an eye-opening experience that gave us insight into bike mechanics like never before.

DAY-2

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BAKING





Baking Cookies – Sweet, Crispy, and Irresistible

Day - 02 is all about finding that perfect balance of crisp on the outside and chewy on the inside. With simple ingredients like butter, sugar, and flour, these cookies will be an instant hit. Experiment with fun mix-ins like chopped nuts, chocolate chunks, or even coconut flakes. Get creative and turn your kitchen into a bakery!

DAY-2

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PUBLIC SPEAKING



On Day 02 of the Effective Public Speaking session, we were presented with an exciting challenge: to deliver a speech about a random object provided on the spot. This exercise tested our improvisational skills and ability to think on our feet. As each participant stepped up to speak, creativity and quick thinking came into play, resulting in a diverse range of perspectives and interpretations. This experience not only boosted confidence but also enhanced our public speaking abilities.

DAY-2

SWINNING



Get into the Swim of Things The second day brought a focus on freestyle and mastering the art of floating. With supportive instructors guiding us, each of us made incredible strides. By the end of the day, you could feel the growing excitement as we started to see real progress.

GULTURALS

The evenings, however, were a celebration of culture and community. We gathered for cultural programs, where the camp's diverse group of women shared their traditions through music, dance, and art. It was incredible to witness such creativity and passion in the performances, whether it was traditional folk dances, modern acts, or powerful spokenword poetry about the struggles and triumphs of women.



These cultural exchanges not only entertained but also reinforced the idea of solidarity among women from different backgrounds. They reminded us that, despite our differences, we are united in the journey towards empowerment. The camp became a safe space for us to share our stories, express our talents, and uplift each other.

DAY-3

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On Day 3 of practicing Sambhavi Mahamudra, we delve into the concept of Nadi Vibhajan, which refers to the purification and balancing of energy channels (nadis) within the body. Nadi means energy channel or pathway, while Vibhajan means separation or balancing. This practice is critical for ensuring that energy flows freely and smoothly throughout the body, preparing the practitioner for deeper states of meditation and spiritual awakening through Sambhavi Mahamudra.

DAY-3

CAR DRAVING

We Conquered Driving in Traffic



Basic Maneuvers and Parking We practiced starting, stopping, and turning smoothly, while also learning how to park—parallel and reverse parking were key skills we tackled. The instructors gave us clear guidance and tips, making what seemed like difficult maneuvers feel manageable. Though parking felt tricky at first, consistent practice helped us gain confidence.

DAY-3

MECHANICAL



City traffic seemed intimidating at first, but we learned how to stay calm and handle the chaos. It was a big step forward—managing busy roads and tricky situations. Trust us, if we could get through it, so can you!

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Baking Cherry Cake – Fruity, Fluffy, and Full of Flavor

A light and airy cherry cake awaits you on Day 3. The tartness of fresh or canned cherries perfectly balances the sweetness of the batter. To give it that extra zing, add a hint of lemon zest and a sprinkle of cinnamon. Whether you're hosting a tea party or just treating yourself, this cake is sure to impress.

PUBLIC SPEAKING



On Day 03 of the Effective Public Speaking session, we delved into the essential components of public speaking. The session covered key elements such as audience analysis, speech structure, delivery techniques, and the importance of body language. We also learned how to craft a compelling message tailored to our audience, as well as strategies for engaging listeners and maintaining their attention.

DAY-3

SWIMMING 3



Test Your Limits Day three was where the challenge really began! We pushed ourselves to learn new backstroke techniques, treading water and mastering turns. It was a great reminder of how rewarding it can be to step out of your comfort zone.

DAY-3 FIRST AID TRAINING







The first aid event at the Women Empowerment Camp was incredibly valuable, teaching us essential, easy-to-apply first aid techniques. The trainers made complex concepts simple and provided practical, hands-on practice. I now feel confident in handling basic emergencies. Thank you to the organizers for this empowering experience!

DAY-4



ARTHASIDHASANAM IN SAMBHAVI MAHAMUDRA





On Day 4 of the Sambhavi Mahamudra journey, we focus on Arthasidhasanam, a posture that aids in stabilizing the body for extended periods of meditation and kriya practice. Arthasidhasanam is a variation of Siddhasana (accomplished pose), which is designed to bring physical and mental balance, making it an ideal preparatory posture for Sambhavi Mahamudra

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CAR DRIVING

We Drove on Difficult Routes



Driving in Low-Traffic Areas The focus was on learning how to properly change lanes, make turns, and follow traffic rules in real situations. Driving in controlled environments gave us the space to make mistakes and learn from them in a safe way. Each round made us more comfortable handling the car in real-world conditions.

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MECHANICAL

Test Your Skills with Engine Assembly



Here's where the magic happened! We took everything we'd learned and put it to the test by assembling a Splendor engine from scratch. It was challenging but thrilling, and everyone walked away with a real sense of accomplishment.

PUBLIC SPEAKING



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On Day 04 of the Effective Public Speaking session, we learned about the significance of body language and hand gestures in communication. The session covered how nonverbal cues, like eye contact and facial expressions, can enhance a speaker's message. Through practical exercises, we practiced integrating these techniques into our presentations, reinforcing the idea that effective body language is crucial for engaging the audience and conveying confidence.

DAY-4

SMIMMING 3



Build Endurance, Build Confidence As the week progressed, so did our stamina. Day four was all about endurance, swimming longer distances, and refining our strokes. By the end, we felt stronger, more confident, and eager for the final challenge.

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SUGA KRIYA IN SAMBHAVI MAHAMUDRA



On Day 5 of the Sambhavi Mahamudra practice, we explore Suga Kriya, a simple yet powerful technique to enhance breath control, mental clarity, and emotional balance. Suga means "easy" or "joyful" in Sanskrit, and the goal of this kriya is to create a state of inner ease and calmness, making the practitioner more receptive to deeper meditation and the powerful effects of Sambhavi Mahamudra.

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GOOKING



Cooking Biryani – A Flavorful Feast with a Vibrant Vibe

Step into the world of aromatic spices and layered flavors with Day 4's special: biryani! Whether you go for chicken, lamb, or vegetable biryani, this dish is all about balance. Infused with fragrant basmati rice, saffron, and a symphony of spices, this dish is sure to make your kitchen feel like a bustling Indian eatery. Pair it with a side of cool raita to complement the spices.

DAY-6





On Day 6 of the Sambhavi Mahamudra journey, we explore the sacred practice of Gurupoojai, a ritual of reverence and devotion to the guru or spiritual guide. In yogic traditions, the guru is not only a teacher but a conduit to higher consciousness and divine wisdom. Gurupoojai is a way to express gratitude for the guidance received in the spiritual journey, especially when practicing a profound kriya like Sambhavi Mahamudra.

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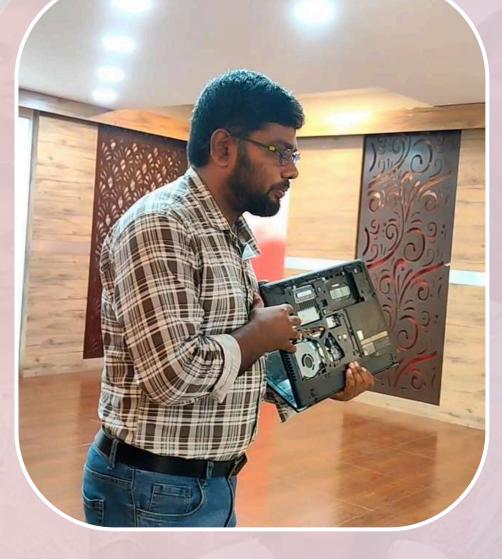
CAR DRIVING



Emergency Braking and Defensive Driving Day 5 was a lesson in handling emergency situations. We practiced emergency braking and learned how to react quickly to sudden stops. Additionally, the instructors taught us about defensive driving—anticipating potential hazards, maintaining safe distances, and staying alert. These lessons gave us a deeper understanding of road safety and how to prevent accidents.

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LAPTOP SERVICE







On the laptop service session, we focused on learning the essential parts of a laptop and understanding basic troubleshooting and diagnostic techniques to identify and solve common issues. This foundational knowledge is crucial for anyone interested in laptop repair or service, as it helps build the skills necessary to maintain and repair laptops effectively.

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GOOKING



Cooking Parotta – Flaky, Crispy, and Incredibly Satisfying

Finish the week strong by learning how to make the ultimate parotta – a flaky, layered flatbread that's a South Indian favorite. Knead your dough, let it rest, and master the art of stretching and folding to create those beautiful layers. Serve it with a delicious curry, or enjoy it as is with a dollop of butter. Perfect for any meal of the day, this flatbread will become a staple in your kitchen.

Ready to Cook & Bake All Week? Gather your ingredients, roll up your sleeves, and let's make this week a culinary celebration to remember! From sweet indulgences to savory delights, every day is a reason to celebrate good food!

DAY-6 PUBLIC SPEAKING



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On Day 06 of the Effective Public Speaking session, we delivered their final assignment: a speech about a special day. Each of us shared personal stories, highlighting the significance of our chosen day. This activity allowed us to apply the skills learned throughout the course, showcasing our growth and ability to connect with the audience on a deeper level.

DAY-6

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SWIMMING 25



Celebrate Progress On the last day, it all came together as we put our new skills to the test. There was a real sense of accomplishment as we completed our longest laps yet. It wasn't just about technique – it was about overcoming challenges and discovering a newfound love for the water.

DAY-6



FASHON SHOW



Celebrate Progress On the last day, it all came together as we put our new skills to the test. There was a real sense of accomplishment as we completed our longest laps yet. It wasn't just about technique – it was about overcoming challenges and discovering a newfound love for the water.

DAY-Z

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On Day 7 of our journey with Sambhavi Mahamudra, we take a significant step by engaging in the practice of the kriya itself. This day is dedicated to fully immersing ourselves in the techniques and principles we have learned throughout the week. It is an opportunity to deepen our understanding of Sambhavi Mahamudra and experience its transformative benefits firsthand.

DAY-Z

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CAR DRIVING





The Final Test and Gaining Confidence. On the final day, we put all our skills to the test. The instructors gave us a practical driving test, evaluating our ability to drive safely, park, follow road signs, and manage traffic situations. It felt rewarding to see how far we had come from the first day, where we were nervous beginners. By the end of the day, we were confident drivers, ready to hit the road independently.

VALEDICTORY (8.10.2024)

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FEEDBACKS

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Sponsors

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Schedule

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Nandha Engineering College,(Autonomous) # EMPOWER HER-EMPOWERMENT IN ACTION

7 Days Training Camp Schedule

Venue:Nandha Central City School, Erode-11 Day 5 Day 6 Day 2 (17.10.24) Day 7 (22.10.24) Day 3 (18.10.24) Day 1 (16.10.24) Day 4 (19.10.24) (20.10.24)(21.10.24)Time Wednesday Thursday Friday Saturday Tuesday Sunday Monday 06:00 a.m to 08:30 a.m Yoga Yoga Yoga Yoga Yoga Yoga 08:30 a.m to 09:30 a.m Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Driving 1(B1) Driving 1(B1) Driving 1(B1) Driving 1(B1) Driving 1(B1) Driving 1(B1) 09:30 a.m to10.30 a.m Mechanical Mechanical Mechanical Mechanical Laptop Home appliances service(B2) service(B2) service(B2) service(B2) service(B2) service(B2) Mechanical Mechanical Yoga Home appliances Mechanical Mechanical Laptop 10:30 a.m to 11:30 a.m service(B1) service(B1) service(B1) service(B1) service (B1) service(B1) Driving 1(B2) Driving 1(B2) Driving 1(B2) Driving 1(B2) Driving 1(B2) Driving 1(B2) Baking(Cake) 11:30 a.m to 12:30 p.m Baking(Brownie) Baking(Cookies) Baking(Muffin) Parotta Biriyani 12:30 p.m to 01:30 p.m Lunch Lunch Lunch Lunch Lunch Lunch Driving 2(B1) Public 01:30 p.m to 02:30 p.m Public Speaking Public Speaking Public Speaking Public Speaking Swimming(B2) Speaking Public Driving 2(B1) Public Speaking Public Speaking Public Speaking Public Speaking 02:30 p.m to 03:30 p.m Visit to Speaking Swimming(B2 Bhavani Driving 2(B1) Driving 2(B1) Driving 2(B1) Driving 2(B1) Driving 2(B1) Driving 2(B2) 03:30 p.m to 04:30 p.m (Interaction Swimming(B2) Swimming(B2) Swimming(B2) Swimming(B2) Swimming(B2) Swimming(B1 with Driving 2(B2) Driving 2(B2) Driving 2(B2) Driving 2(B2) Driving 2(B2) Driving 2(B2) 04:30 p.m to 05:30 p.m Jamukalam Swimming(B1) Swimming(B1 Swimming(B1 Swimming(B1 Swimming(B1 Swimming(B1 weavers -Problem & Break Break 05:30 p.m to 06:00 p.m Break Break Break Solution 06:00 p.m to 07:00p.m Financial Identification First Aid Training Fashion Show Valedictory Culturals Camp fire 07:00 p.m to 08:30p.m Management Dinner 08:30 pm to 09:30 p.m Dinner Dinner Dinner Dinner

Social media-volunteers

MINISTER STREET, STREE



B.Thinakar
IV Year / ECE



S.Gokul IV Year / ECE



S.Haribalaji IV Year / ECE



Karthikeyan. A II Year / ECE



Iniya Sridhar. D II Year / ECE



Gowthamraj. M II Year / ECE

Magazine Preparation Volunteers



FELLAH. A
III YEAR - AI&DS



VISHNU. A
III YEAR - AI&DS



ILAKHIYAA.S III YEAR - AI&DS



HARIHARAN. A. S III YEAR - AI&DS



MOULIESWAR. S
IV YEAR - ECE



JERIN. J IV YEAR - ECE

