

## **E-Cell Report 2019-2020**

### **Activity on Gardening**

E-Cell mLAC Students Self-Help Group Initiative had organized an **Activity on Gardening** on **18<sup>th</sup> January 2020**. It was an honour and privilege to have invited Dr. M. Reema Kumari as the resource person for the event. The event focused on creating an awareness regarding the promotion and growth of Green environment. Stalls having variety of seeds, saplings and plants were put up for sale and also for adoption. Special care was taken regarding planting the different saplings in the college premises as a part of plants adoption programme. Response received from teaching staff, non teaching staff and student members was overwhelming.



E Cell members and Teacher Coordinators Participating in planting saplings.

### Workshop on Self Defence techniques

Self Defence techniques event was organized by E-Cell in association with Women Development Centre (WDC) on **1<sup>st</sup> February 2020** at mLAC Quadrangle, to empower our students and make them learn **Self Defence** for their own safety and survival. The esteemed resource persons for the event were Mr. Karthik S. Kateel and Mrs. Shobha Latha from **Swaraksha for Women Trust (R)**. The event was themed 'National Girl Child Day', with the purpose of spreading awareness among people about all the inequalities girls face in the Indian society and promote girl child development. Mr. Karthik educated the students on being aware of the things happening around them because his studies on crime showed that criminals had often chosen those targets, who were unaware of their surroundings and also not knowing what is going on around them.

He gave a practical demonstration of his five special copyrighted Self-Defence techniques. The crowd gathered was left with the quote that "Self-Defence is not just a set of techniques; it's just a state of mind and it begins with the belief that you are worth defending".



Self-defence technique demonstration by Mr. Karthik S Kateel.



E Cell Coordinator with Mr. Karthik S. Kateel and Mrs. Shobha Latha from Swaraksha for Women Trust (R).