

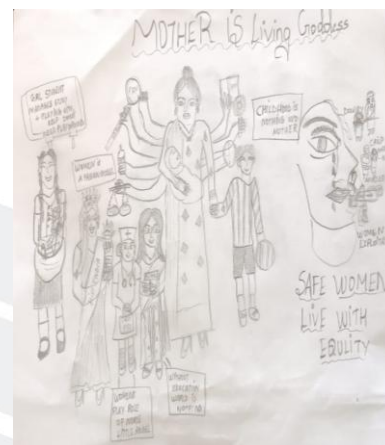
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## INTERNATIONAL WOMEN'S DAY-2025

ATME College of Engineering Women Cell, CICC in association with AFH Mumbai organized a series of events towards the celebration of International Women's Day for Girl students and Teaching and Non-Teaching members of the Institution.

### EVENT 1: "REKHI CHITRA"- PENCIL SKETCH

The event was conducted on 27/02/2025 from 2:00 PM to 3:00PM, coordinated by Mrs. Priyanka N B, Assistant Prof., Dept. of Mathematics. 8 students participated in the event. The jury of the event was Ms. Anupama Shetter, Dept. of ECE.



### EVENT 2: "RASA PRASHNE"- QUIZ

The event was conducted on 27/02/2025 from 3:00 PM to 4:00 PM, coordinated by Mrs. Shrilakshmi Prasad, Asst. Professor CSE. 44 students participated in the event.



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## EVENT 3: RANGOLI – “RANGAVALLI”

The event was conducted on 03/03/2025 from 2:00 PM to 3:00 PM, for Students. 24 Participants, 2 in each team participated actively in the event. The event was coordinated by Mrs. Shruthi H G of Civil dept. The Jury of the event were Ms. Ambika V of Dept. of CS and Data Science & Mrs. Janhavi Nandish from Dept. of CS and Design.





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## EVENT 4: SANGEETHA -Singing

The event was conducted on 04/03/2025 from 3:00 PM to 4:00 PM. 10 students participated in the event. The event was coordinated by Mrs. Bhanu Priya J, Asst. Professor, Mathematics. The Jury of the event were DR.SUNEETH KUMAR , Dept. of Civil & MRS. SPOORTHY Dept. of ECE.



## EVENT 5: NIBHANDHA” - ESSAY WRITING

### Topic: “Accelerate Action”

The event was conducted on 03/03/2025 from 2:00 PM to 4:45 PM, 18 students participated in the event enthusiastically. The event was coordinated by Mrs. Priyanka N B, Asst. Professor, Mathematics. The Jury of the event were Ms. Bharathi R (English) Dept. of Humanities & Mrs. Leelavathi C R (Kannada) Dept. of Humanities.



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## EVENT 6: DANCE – “NRUTHYAM”

The event was conducted on 04/03/2025 from 2:00 PM to 4:45 PM. Faculty coordinators were Mrs. Shrilakshmi Prasad, Asst. Professor, CSE Ms. Ambika, Asst. Professor, CD, The jury of the event were Dr. Shilpa B L & Mrs. Keerthana M M from CSE.



## EVENT 7: SPORTS - “SPARKLERS”

### Outdoor Games: Throw ball

The event was conducted on 05/03/2025 from 2:00 PM to 4:45PM, coordinated by Mrs. Swathi Raj, Asst. Prof., Dept of MBA . Two teams participated in the event.





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## Indoor Games: Carrom and Chess

The event was conducted on 05/03/2025 from 1:15 PM to 4:00PM, coordinated by Mrs. Bhanu Priya J, Asst. Professor, Mathematics. 29 students participated in the event.



## EVENT 10: ETHNIC WALK- “SWABHIMAAN-CHAL”-WALK WITH PRIDE

The event was conducted on 12/3/2025 from 2:00PM, coordinated by Mrs. Shruthi H G, Asst. Prof Student coordinators: Ramya , Dept. of CSE.9 students participated in the event.



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## EVENTS CONDUCTED FOR FACULTY MEMBERS

### EVENT-1- ANTHYAKSHARI

The event conducted on 08/03/2025 from 12:30AM to 2:30PM, student coordinators were by Varshitha N R, 6th ECE Tejaswini D, 6th ECE Umme Kulsoom, 6th EC. 12 participants with 3 members in each team actively participated in the event.



### EVENT 3: - “DUMB CHARADS”

The event was conducted on 8/3/2024 from 2:30PM to 3.30PM. The event was coordinated by Sophia, Sinchana and Syed Mahatab, 6<sup>th</sup> CSE. 12 teams with 3 members in each team actively participated in the event.





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## EVENT 4: - “DESI GAMES”( Kere Dada, Set and Snake and Ladder)

The event was conducted on 0-03-2025 from 3:30PM to 4:45PM. The event was coordinated by students Nikitha B, Srushti A T, Rakshitha S, 6<sup>th</sup> CD. 12 members in each event actively participated in the event.



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## International Women's Day Celebration on 12/03/2025

“International Women's Day” was organized by Women's Cell, CICC in association with AFH, Mumbai on Wednesday, 12th March 2025 at ATME College of Engineering, Mysuru. The function was Invoked by Ms. Sinchana, III year ECE student, Welcome Speech by Ms.Kavya C , I-year MBA. Dr. Bhagyashree S R briefed about the events and activities conducted for students and faculties in the college. The function was inaugurated by the lighting of the lamp by the dignitaries on the dais.



From The left : Dr. Bhagyashree Ma'am Dean Research ATMECE & convener of Women cell committee , Dr.Manik bengeri (Guest) ,Dr. Devaki Madhav (Guest), Secretary of Women cell Committee Dr. Priyanka Dept. of Maths, Ravi Kumar Sir Associate Professor Mech Dept.





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Felicitation to chief guest Dr.Devaki Madhav



Felicitation to chief guest Dr.Manik Bengeri

Dr. Devaki Madhav an expert in yoga and holistic wellness, recently delivered an insightful talk on **Pranayama and its Benefits** for both men and women. The talk emphasized the **importance of breath control** in achieving physical, mental, and emotional well-being. Dr. Madhav highlighted on Pranayama that can be particularly beneficial for women in managing: Hormonal Balance – Helps in regulating menstrual cycles and managing menopause symptoms. Stress & Anxiety Reduction – Techniques like Nadi Shodhana (Alternate Nostril Breathing) promote relaxation. Improved Respiratory Health – Aids in conditions like asthma and sinus issues. Reproductive Health – Supports fertility and overall well-being.

Dr. Madhav extended her speech For men, that Pranayama offers: Enhanced Focus & Mental Clarity – Useful for professionals and students. Improved Stamina & Energy Levels – Strengthens the lungs and cardiovascular system. Stress & Anger Management – Techniques like Bhramari (Bee Breath) help in calming the mind. Boosted Immunity – Regular practice aids in disease prevention.

Dr. Devaki Madhav concluded by encouraging **regular practice of Pranayama** for a **healthy body and peaceful mind**. She highlighted that **deep breathing can transform one's life** by reducing stress, enhancing focus, and promoting longevity.

**Dr. Manik Bengeri**, a renowned scholar and cultural expert, delivered an inspiring speech on "**Women and Culture**", highlighting the integral role of women in shaping and preserving cultural traditions. She emphasized how women, across generations, have been the custodians of heritage, values, and social transformation. Dr. Bengeri explained how women, through their roles as mothers, educators, and community leaders, pass on traditions, languages, and moral values to future generations. She cited examples from Indian history and folklore where women played a crucial role in preserving cultural

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identity. Dr. Bengeri addressed how globalization and Modernization have transformed women's roles. While they continue to uphold cultural values, they are also making strides in **education, leadership, and entrepreneurship**. She emphasized that women today balance tradition with progress, redefining their roles while staying rooted in cultural heritage.

Dr. Bengeri concluded by encouraging women to take **pride in their cultural heritage** while **embracing modernity**. She emphasized that women are not just carriers of tradition but also **change-makers** who redefine culture in every era. The speech was deeply insightful, leaving the audience with a renewed appreciation for **women's role in shaping and preserving cultural identity**.

Prizes were distributed to winners. HoD's of various department, Program coordinators, faculty members and students were present. Yashaswini, III year ECE student was the compere. The function was ended with vote of thanks.

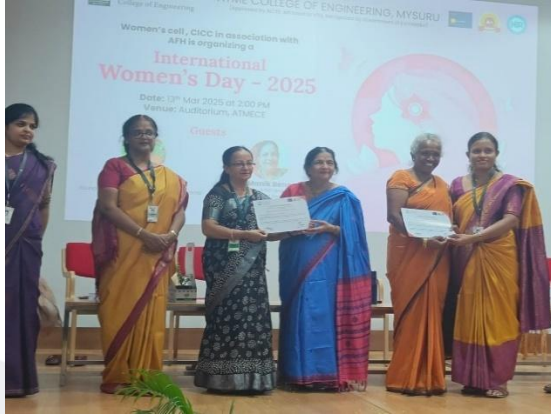
### Distribution of prizes to Students





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## Distribution of prizes to Faculties



## Faculty coordinators of Women Cell and CICC Committee





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## Paper Clippings



[https://youtu.be/6OHGDKXpI\\_w?si=sc\\_3BZaiFG0jTTi](https://youtu.be/6OHGDKXpI_w?si=sc_3BZaiFG0jTTi)

## STAR OF MYSORE

### International Women's Day at ATME



Mysuru, Mar. 24- The Women's Cell, CICC, of ATME College of Engineering (ATMECE), in association with AFH Mumbai, had organised International Women's Day celebrations recently.

Various activities were conducted for both teaching and non-teaching staff of the institution to honour women's achievements and promote gender equality.

The activities for students included Rangavalli (Rangoli), Rekhi Chitra (Pencil Sketch), Rasa Prashne (Quiz), Nibhand-

ha (Essay writing), Nrithyam (Dance), Sangeetha (Singing), Indoor games such as carom and chess, and Outdoor games such as sparklers (Throwball).

A few Faculty Events including Cooking without Fire, Dumb Charades, Anthakshari and Desi Games such as Kere Dada, Snake & Ladder and Ludo, were held. Chief guests Dr. Manik Benigeri and Dr. Devaki Madhav emphasised the importance of recognising women's contributions across various sectors and

the ongoing efforts required to achieve well-being through pranayama and yoga.

Dr. S.R. Bhagyashree, Chairperson of Women's Cell & CICC; Priyanka, Member Secretary of the Women's Cell and Ravi Kumar, Member Secretary of CICC, were present.

Students showcased their talents through cultural performances, including traditional dances, musical renditions and theatrical pieces that highlighted women's role in society.