

# VSEC's six-day Empowerment Programme begins

**10-15**  
JANUARY 2022

**VIDYA SOCIAL EMPOWERMENT CENTER (VSEC)**  
A Unit of Vidya International Charitable Trust  
*Organizes*

**EMPOWERMENT PROGRAM**  
GROW THROUGH WHAT YOU GO THROUGH.  
FOR 6<sup>th</sup> -11<sup>th</sup> STANDARD STUDENTS

**NO REGISTRATION FEE!**  
Register at : <https://forms.gle/utQRRV8t9Jkvsirw7>

**PROGRAMS**

<b>JAN 10</b> SPORTS FOR WELLNESS AND WELL BEING Dr. Soni John T CLASS-6,7,8,9,11	<b>JAN 11</b> VIDEO EDITING THROUGH MOBILE APP Ms. Gatha Bimal CLASS-8,9
<b>JAN 12</b> NOW OR NEVER Ms. Akhila R CLASS-6,7	<b>JAN 13</b> CYBER SECURITY Mr. Sajay K R CLASS-8,9,11
<b>JAN 14</b> I AM AMAZING Dr. Deepa Mohan CLASS-11	<b>JAN 15</b> SCIENCE TALK Dr. Sobha A P CLASS-6,7

CONTACT US : +91 97459 33148, +91 9074492045

Time: 7.30-8.30pm

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 Vidya Academy of Science and Technology  
Thalakattakara P.O., Kochery, Thrissur

Vidya Social Empowerment Center (VSEC) is an initiative of VICT-VAST to implement social empowerment activities mainly targeted at the students of the 6th to 12th standards of schools in Kerala. As part of its activities, VSEC is organizing a six-day Empowerment Programme for school students during 10 – 15 January 2022. The overall objective of the program is to empower the students through a set of activities related to sports, video editing, science, motivational lectures and cyber security.

The programmes of the first two days were held through Zoom Platform with the support of Mr Shali K R, System Administrator. There were 139 registrations and the students actively participated in the Programme.

Here are some reports on the first two days of the Empowerment Programme.

### **10 January 2022: "Sports for Wellness and Wellbeing"**

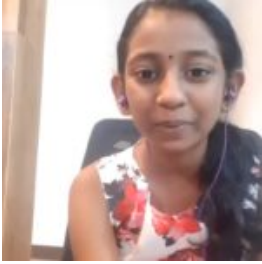


Dr Soni John T

Positive effects from sports are achieved primarily through physical activity, but secondary effects bring health benefits such as psychosocial and personal development. Also there exists valid evidence for the therapeutic use of physical activity and exercise in the prevention and treatment of diseases including mental health. With this motto, VSEC arranged a session on "Sports for Wellness and Wellbeing" on 10 January 2022, the first day of the six-day Empowerment Programme. Dr Soni John T, Associate Professor, Department of Physical Education, Christ College, Irinjalakuda served as the resource person. Dr Soni John T pointed out positive effects from sports and very well explained about health and wellness. He also briefed about categorization of physical and mental games as per psychoactive properties, importance of games, exercise and health problems, poor athletic ability, blood pressure, respiratory problems and obesity. School students studying in 6, 7, 8, 9 and 11 standards from various schools attended the program.

Sivakami V S ( S3 B Tech ME) delivered the welcome address. Sreepriya A (S3 B Tech ME) coordinated the presentation of slides. Mr Ramesh K V (Asso. Prof., Dept. of Physical Education) introduced the resource person. Ms Lakshmi N S (AP, PE Dept) proposed the vote of thanks. Ms Roshni Vijay (AP, CE Dept) and Ms Jiji (AP, AS Dept) coordinated the program under the leadership of Dr Siju K C ( Head, VSEC and AP, AS Dept).

## **11 January 2022: “Video Editing Through Mobile App”**



Ms Gatha Bimal

On the second day, 11 January, 2022, the session was handled by a cute angel Ms Gatha Bimal of sixth Standard, Sacred Heart Convent HSS School, Thrissur. She handled the session in an innocently illustrious manner with vivid explanations on the topic “Video Editing Through Mobile App”. The participants were from 8 and 9 standards. Ebin Babu (S3 B Tech ME) was in charge of presentation slides for the programme, Meghna Vasanth (S3 B Tech ME) welcomed the participants, Ms Surabhi M S, Assistant Librarian, introduced the resource person and Mr Biju P V (Asso Prof, ME Dept) proposed the vote of thanks.

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**Video record of session on “Sports for Wellness and Wellbeing”**

**Video record of session on Video Editing Through Mobile App**

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