



MES ERUMELY WOMEN'S FORUM
Educate & Empower

MES COLLEGE ERUMELY

WOMEN'S FORUM

In association with

IQAC

ORGANISED

ONE-DAY NATIONAL WEBINAR ON

SELF DEFENCE IN DIGITAL LIFE - BE AWARE AND GET EMPOWERED

18th August, 2020

*Group & Coordinators (Venn)
Accepted the Report
[Signature]
31/12/2020*

Organizing Committee

Mrs. Remadavi A , IQAC Coordinator

Mrs. Asha Jaison, Coordinator Women's Forum

Mrs. Anitha Mathew, Asst.Coordinator Women's Forum



Programme Brochure



MES COLLEGE ERUMELY

(Affiliated to the Mahatma Gandhi University)

MES College P.O, Kottayam (Dist), Kerala State -686509

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MES ERUMELY WOMEN'S FORUM
Education & Empowerment

**WOMEN'S FORUM IN ASSOCIATION WITH IQAC
PROUDLY PRESENTS A NATIONAL WEBINAR
ON**

SAFE ONLINE IN Digital World

- Be aware and get empowered

Resource Persons



Mrs. Anupama Suraj
Co-founder & Mentor
Swaraksha (NGO against Child abuse)
Therapeutic Yoga Instructor
Certified Facial Arts therapy facilitator & dancer



Dr. Vini Vijay
Dentist, Professional Speaker
Writer & Motivator
Member of Swaraksha

Date : 18-08-2020

Time : 3:00 pm

For queries & details, Please contact:

Mrs. Remadevi A (Vice Principal & Coordinator IQAC)

Mrs. Asha Jaison (Coordinator, Women's Forum) :9447347422

Find us on :



Register here: <https://forms.gle/drq8s2PLv3KR9tWf9>

Join our WhatsApp Group: <https://chat.whatsapp.com/K563cTwolHlGvYdY7G4MDf>
(for updates regarding webinar)

Handwritten signature and date: 18/12/2020



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Programme Schedule of National webinar

Self Defence in Digital Life – Be aware and Get Empowered.

Date :- 18/08/2020 Time :- 3.00 PM – 5.00 PM

- Welcome Speech : Mrs. Asha Jaison (Women's Forum Co-ordinator)
- Presidential address : Mrs. Remadevi A Vice principal & Co-ordinator (IQAC)
- Introducing Resource Persons : Anitha Mathew (Women's Forum, Asst.Co-ordinator)
- Session Handled : 1)Mrs.Anupama Suraj
Co-founder & Mentor
Swaraksha (NGO against Child Abuse)
Therapeutic Yoga Instructor
- 2)Dr. Viny Vijay
Dentist, Professional Speaker
Writer & Motivator
Mentor of Swaraksha
- QA Session, Moderator : Mrs.Sheeba Michael, Dean of student Welfare
- Vote of Thanks : Jithesh K.S. (Director,CDC)
- National Anthem



WEBINAR REPORT

The national webinar on “Self Defence in Digital Life- Be aware and get Empowered” for Girl Students, Faculty members and students of different discipline was conducted on 18-08-2020 by Women’s Forum in association with IQAC, MES College Erumely

- Resource Person:**
- 1)Mrs.Anupama Suraj
Co-founder & Mentor
Swarksha (NGO against Child Abuse)
Therapeutic Yoga Instructor
 - 2)Dr. Viny Vijay
Dentist, Professional Speaker
Writer & Motivator
Mentor of Swaraksha

Date & Time: 18-08-2020; 3.00 PM to 5:00 PM



INTRODUCTION

The webinar commenced with an introduction about Women Empowerment by Mrs. Sheeba Michael, Dean of Students Welfare, a warm welcome by Mrs. Asha Jaison (Co-ordinator of Women's Forum . Assistant Professor Department of Computer Science). In the Presidential address Mrs. Remadevi A, Co-ordinator of IQAC and Vice Principal told the importance of Self Defence in Digital Life in the current situation .Mrs. Anitha Mathew (Asst Coordinator Women's Forum) ,introduced the resource persons to the participants.

Mr. Jithesh K.S (Vice Principal Academic and Training) give away the Vote of Thanks. Totally 151 participants including Girl Students , faculty members and participants from different discipline throughout the nation were in the programme.



TECHNICAL SESSION

The Technical Session on "Self Defence in Digital Life- Be aware and get Empowered" was delivered by Resource persons 1)Mrs.Anupama Suraj

Co-founder & Mentor
Swarksha (NGO against Child Abuse)
Therapeutic Yoga Instructor

2)Dr. Viny Vijay
Dentist, Professional Speaker
Writer & Motivator
Mentor of Swaraksha

The webinar began with the statistics of crimes happened against woman. Subsequently explaining the various online criminal terms like Cyber Bullying, Cyber Sexting etc. Ms.Anupama Suraj told that "Nothing ever goes away once it is posted online " ,So beware before posting something ,then she explained about Cyber Crime, Security and Laws. Discussed about various types of abuses like Physical abuse, Emotion abuse, sexual abuse.Explained about types of electronic dating violence, cyber threats like Phishing, Identifying Threat ,cyber stalking,online predators etc.Dr.Viny Vijay discussed on various sections that comes under law, how to get out of these online sexting and sextortion,how to help victims etc.

At the ending she explained about IT Act 2000, explained about various IPC Sections that support Women Security and also Cyber Security . Various Security measures that is to be taken while in online are also discussed in detail.



ONLINE SEXUAL EXPLOITATION

- Online grooming
- Online dating
- Instant chat
- Remote webcam/microphone
- Cyberstalking

Don't be blind to the signs

It happens every minute in India

- 10% of children are sexually abused
- 60% of child sexual abuse is reported
- 90% of child sexual abuse is reported
- 90% of child sexual abuse is reported
- 90% of child sexual abuse is reported

MES Voice Registration Form - <https://forms.gle/A...>

National Webinar On Self Defence In Digital Life | Mrs.Anupama Suraj | Dr.Vini Vijay | MES College Erumely

SEXTORTION

- Sextortion refers to the broad category of sexual exploitation in which abuse of power is the means of coercion, as well as to the category of sexual exploitation in which threatened release of sexual images or information is the means of coercion

SEXTORTION

THINK BEFORE YOU SHARE ALL

Fantasy App

MES Voice Registration Form - <https://forms.gle/A...>

MES College Erumely Please fill the above registration form (YouTube Live participants) for getting Feedback form

MES College Erumely After filling the feedback form then only you are getting e-certificate

National Webinar On Self Defence In Digital Life | Mrs.Anupama Suraj | Dr.Vini Vijay | MES College Erumely



DISCUSSION SESSION

The participants asked their queries through chat box and Mrs. Sheeba Michael (The Dean of Students welfare , MES College , Erumely) discussed the question with resource person for the participants and the programme was ended with a vote of thanks by Mr. Jithesh K S (CDC Director, MES College Erumely).Feedback form were send to the participants and based on that E-Certificates are issued to the participants.

The issued E-Certificate :



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Certificate of Participation

This is to certify that

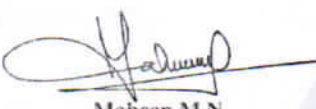
Mr./Ms.

has participated in the National Level webinar on 'Self Defence in Digital Life - Be aware and get Empowered' organized by the Women's Forum in association with Internal Quality Assurance Cell (IQAC), on 18th August 2020.


Asha Jaison
Women's Forum Co-ordinator


Remadevi A
Vice Principal & Co-ordinator(IQAC)




Maheen M.N
Principal

