

REPORT

- ❖ WOMEN EMPOWERMENT CELL organized a Refreshment Programme for women faculty members titled “Women self awareness programme about mental health” on 24-09-2018 @ 3 p.m at MBA Seminar Hall.
- ❖ The programme started with prayer song.
- ❖ Dr.S.Vadivazhagi.M.E.,Ph.D.,Assoc.Prof/ICE and WEC Co-Ordinator, welcomed the gathering.
- ❖ The session was handled by Mrs.R.Umamaheswari , MSW-(Ph.D), Psychologist. The resource person emphasized about the benefits of self awareness in a fun filled way and also shared the techniques like meditation and breathing exercise that helps one to recognize their inner strength.
- ❖ Dr.SA.Chithradevi.M.E.,Ph.D.,Assoc.Prof/EEE and WEC Co-ordinator, proposed the Vote of Thanks.
- ❖ The programme ended with National Anthem.

Women Empowerment Cell
Refreshment Programme
(For Women faculty members)

