

VELAMMAL ENGINEERING COLLEGE, CHENNAI-66

WOMEN EMPOWERMENT CELL

The Women Empowerment Cell organized “**Embolden to Empower**” – programme for I year UG and PG girl students on 06.Oct.2017. The welcome address was delivered by Dr.Angelin, Associate Professor of MBA department. The report on the various activities of the Women Empowerment Cell was presented by the WEC coordinator, Dr.B.Rajalakshmi. The academic advisor of VEC Dr.M.Balasubramanian delivered the presidential address. Two eminent guests were invited to share their experience on the topic:

- How to handle issues and challenges during the course of study?
- How to balance family, work and society after graduation?

Ms.Lakshmi Sangeetha, Assistant Professor of E&I department delivered the vote of thanks.





Dr. Mini Rao, Psychologist shared her experience on **“How to handle issues and challenges during the course of study?”** In her presentation, she highlighted the following:

- Study management / Time management
- Exam anxiety
- Preparation for / during the exams
- Distractions to be overcome
- Proper career guidance
- Student life / Relationship problems
- Expectations from family & society
- Confidence building / Communication skills
- Adjusting the expectations
- Help from others / Motivation
- Sleep habits



Dr. Mini Rao, Psychologist sharing her rich experience.

Mrs. Mahalakshmi Saravanan, Founder, Women Entrepreneurs India gave a very detailed presentation on “How to balance family, work and society after graduation?” Her views included:

- Purpose of life
- Introduction to work-life balance
- Six components of work-life balance
- Risks and imbalances
- Strategies for good mental health
- Plan and reality
- Prioritizing work



Mrs. Mahalakshmi Saravanan, Founder, Women Entrepreneurs India, addressing the girl students.





**VELAMMAL ENGINEERING COLLEGE,
CHENNAI - 66**
WOMEN EMPOWERMENT CELL



Cordially invites you to

“Embolden to Empower”

(Programme for I Year girl students)

at

ANNA AUDITORIUM

on

6th OCTOBER 2017 at 2.45 P.M

CHIEF GUEST

Mrs. Mahalakshmi Saravanan

Founder, Women Entrepreneurs India

SPECIAL ADDRESS

Dr. Mini Rao

Psychologist

Dr.M.BALASUBRAMANIAN

Advisor (Academics)
Velammal Engineering College

Dr. N. DURAI PANDIAN

Principal
Velammal Engineering College

Dr.B.RAJALAKSHMI

WEC coordinator
Velammal Engineering College

VELAMMAL ENGINEERING COLLEGE,
CHENNAI - 66
WOMEN EMPOWERMENT CELL
"Embolden to Empower"

AGENDA

- | | |
|-----------|---|
| 2:45 p.m. | Prayer |
| 2:50 p.m. | Welcome address
Dr.Angelin / MBA |
| 2:55 p.m. | Report on Women Empowerment Cell
Dr.B.Rajalakshmi, WEC coordinator |
| 3:00 p.m. | Felicitation |
| 3:05 p.m. | Presidential address |
| 3:10 p.m. | Special address
How to handle issues & challenges
during the course of study? |
| 3:30 p.m. | Special address
How to balance family, work & society
after graduation? |
| 3:50 p.m. | Vote of thanks
Ms.Lakshmi Sangeetha / E&I |
| 3:55 p.m. | National Anthem |