







A Report on Expert talk on

Fostering "Fortify, Hygiene, Etiquette, and Safety Triad" Organised by Department of CSE-Artificial Intelligence in association with Women Empowerment Cell

20.08.2024



Report Submitted by: Mrs. R. Dhanalakshmi, Assistant Professor, Dept. of CSE -Artificial Intelligence Resource Person Details: Dr. Anupama Thota, Behavioural Therapist, RE-DOK Healing Center.

Participants: II, III and IV-Year Girl Students
Date and Time: 20.08.2024, 10:30 AM to 12:30 PM

Mode of Conduct: Offline Report Received on 23.08.2024

The event commenced with a warm welcome to all the attendees. The emcee greeted the gathering, which included distinguished guests, faculty members, and students. The atmosphere was one of anticipation and enthusiasm as the event was about to unfold. Dr. K. Chokkanathan, Head of the Department of Artificial Intelligence delivered the welcome address. The Presidential Address was delivered by Vice Principal Academics Dr. P. Ramanathan sir speech, which was inspiring. The Chief Guest Dr. T. Anupama, Behavioral Therapist, RE-DOK Healing Center was honored with a memento as a token of appreciation for her presence and contribution to the event. Dr. K. Hemalatha, Assistant Professor in the Department of Artificial Intelligence has introduced the Chief Guest. The keynote address was delivered by Dr. T. Anupama, a renowned Behavioral Therapist. Dr. Anupama's address focused on the importance of mental health, hygiene, safety and well-being, particularly in the context of "Stress Management, Hygine and Women Empowerment".

The Resource person outlined and discussed the following topics as the agenda for the event:

- Introduction to the importance of women empowerment and why the women should be empowered.
- There after she asked students a thought-provoking question which is "do you think both MEN and WOMEN are equal"
- She interacted with students regarding the term empowerment and students shared their own unique thoughts.
- Moving on, she asked what makes you HAPPY?

Students answered innovatively as follows:

- 1. Self Love
- 2. Money
- 3. Health [mental, physical, spiritual]
- 4. Respect
- 5. Behavior
- 6. Family etc....
- Dr. Anupama explained the need of each one of them using real time examples through her personal life.
- There after her speech focused on the critical aspects of stress management, happiness coaching, and women's empowerment.
- Dr. Anupama began her address by highlighting the significance of women empowerment in today's fast-paced world. She emphasized the detrimental effects of stress on physical and mental health and provided practical strategies for managing stress effectively.
- Her insights were particularly valuable for the students, who are navigating the pressures of academic life and personal growth.



Following the discussion on stress management, Dr. Anupama transitioned to the topic of happiness coaching. She shared her expertise on cultivating happiness and well-being, offering valuable tips and techniques for achieving a fulfilling life. Her positive and inspiring message resonated with the audience, leaving them motivated to prioritize their happiness and well-being. The final segment of Dr. Anupama's speech centered on women's empowerment. She discussed the challenges faced by women in society and the importance of self-belief, education, and support systems in achieving empowerment. Her words encouraged the students to embrace their potential, break down barriers, and become powerful agents of change as she promised she would make them a bit happier than they are. Throughout her speech, Dr. Anupama engaged in an interactive session with the women students. She answered questions, provided personalized advice, and fostered a supportive environment for open dialogue. The interaction proved to be a valuable opportunity for the students to connect with Dr. Anupama and gain further insights into the topics discussed.

Overall, Dr. T Anupama's speech was a resounding success. her expertise, combined with her engaging delivery, made a lasting impression on the audience. The event provided valuable knowledge and inspiration for the women students, empowering them to lead healthier, happier, and more fulfilling lives.

The event concluded with a vote of thanks delivered by Mrs. R. Dhanalakshmi, Assistant Professor in the Department of Artificial Intelligence. Mrs. R. Dhanalakshmi expressed her heartfelt gratitude to all the dignitaries, organizers, and participants, resource person for their contributions to the success of the event.

Outcome:

Increased Awareness: The students gained a deeper understanding of the importance of stress management and happiness coaching in their personal and professional lives.

Enhanced Skills: They learned practical techniques for managing stress, cultivating a positive mindset, and building resilience.

Empowerment: The speech inspired the students to embrace their potential, challenge societal norms, and strive for personal and professional growth.

Positive Impact: The event contributed to a more positive and supportive environment for women students, fostering a sense of belonging and empowerment.

Newspaper Clips:



