

**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, Hygiene 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.

