

Report of panel discussion held on International Women's Day

Women Development Cell, mLAC

Name of the Activity:	Panel discussion
Title of the event:	<i>Rediscover Your Strength: A Way Forward For a Bright Future</i>
Day & Date:	Tuesday, March 8 th 2022
Time:	4.00- 5.30 pm
Mode:	Zoom and You Tube live stream
Venue:	Online

Resource Persons:

1. Dr. Sundari K.P, Director, IndusViVa
2. Dr. Dhatri S, Obstetrics and Gynecology Consultant
3. Ms. Latha Bhaskar, Student Counsellor, mLAC

No. of Participants/ Beneficiaries:

Brief summary of the activity: The main aim of this program was to enable women to rediscover self, feel confident and face the challenging world. The panel discussion aims to address the challenges regarding decision making, time management, distractions and its impact on health. This program focuses also on other areas of challenges which women face everyday and help them to find solutions as to how to deal with anxiety, stress and other negative emotions which otherwise will affect their daily activities and performance. This was a right platform for all women from different walks to life, irrespective of your cadre, age and affiliation to participate in open discussion with panelists.

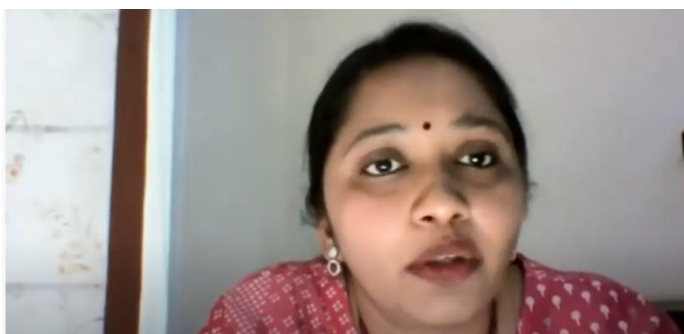
The program started with the introduction to the event by Prof. Aruna H K, Coordinator WDC, mLAC. She gave a brief about the various activities conducted under WDC which enables students with skills in various fields. Dr. Gowri Neelima, Associate Professor, Department of Biotechnology delivered the welcome address. Dr. Shashikala A, Principal, mLAC welcomed the gathering by highlighting some of the qualities to be adapted to sustain in this challenging world. Sri. K Jairaj, Managing Trustee, mLAC addressed the gathering about the women empowerment.

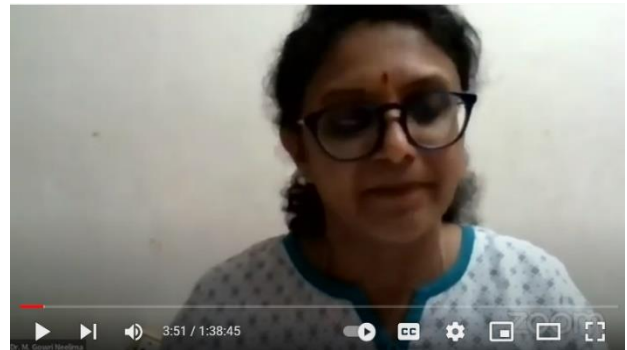
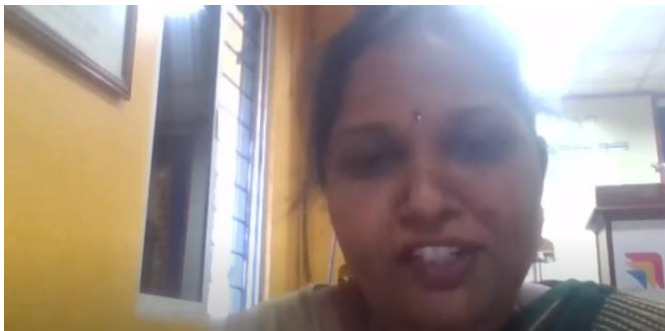
Ms. Ranjitha A, Assistant professor, Department of Biotechnology, mLAC introduced Dr. Sundari K.P, Director, IndusViVa. In her address Dr. Sundari spoke about the challenging world and the crisis that the women are facing in the present generation and spoke about the possible ways to get out of these crisis.

Ms. Smitha N, Assistant Professor, Department of Zoology, mLAC welcomed Dr. Dhatri S, Obstetrics and Gynecology Consultant. She spoke about the requirement of physical and mental well being of an individual to lead a better life in the present challenging scenario.

Dr. Hemavathy E, Associate Professor, Department of Biotechnology, mLAC welcomed Ms. Latha Bhaskar, Student Counsellor, mLAC. She gave useful tips about Importance of time management and distraction faced by the students in the daily life and the solutions to mitigate the problems.

PANELISTS








Maharani Lakshmi Ammanni College for Women Autonomous
Affiliated to Bengaluru City University
Re-accredited by NAAC with "A" grade, Recognised by UGC
under Section 2(f) and 12(b) of the UGC Act 1956
Conferred the Status of 'College with Potential for Excellence' by UGC

WOMEN DEVELOPMENT CENTER

on the Occasion of

INTERNATIONAL WOMEN'S DAY

organizes a virtual panel discussion on

REDISCOVER YOUR STRENGTH: A WAY FORWARD FOR A BRIGHT FUTURE

MARCH 8, 2022 | 4:00 PM TO 5:30 PM
PLATFORM : ZOOM & YOUTUBE LIVE STREAM

Our panelist

Dr Sundari K.P
Director, IndusViVa

Dr. Dhatri S
Obstetrics & Gynaecology Consultant

Ms. Latha Bhaskar
Student counsellor, mLAC

ZOOM Link
<https://us02web.zoom.us/j/89752306707?pwd=QjFvRlE0KzlyOW9FQjRmbGFyZWVkdWxvZz09>

Meeting ID: 897 5230 6707
Passcode: 380234

You Tube Link
<https://youtu.be/01X54aeNy6Y>

Click here to register

Students, Staff, Alumni, participants from other colleges & Family

All are cordially invited

Prof Shashikala A
Principal, mLAC

Prof Aruna H K
WDC - coordinator



WOMEN DEVELOPMENT CENTER, mLAC

INTERNATIONAL WOMEN'S DAY

About mLAC

Maharani Lakshmi Ammanni College for Women, Autonomous (mLAC), established in 1972, has carved a niche for itself in imparting quality education along with instilling moral values and transforming each student to be a responsible citizen. This is reflected by the college being awarded Autonomous status by the University Grants Commission (UGC) in the year 2016. The college has been recognized as a Centre with Potential for Excellence, in both Phase I (2010) and Phase II (2014) by the UGC and been awarded with STAR College Status by the DBT, Govt. of India. It has been re-accredited with "A" grade by NAAC in the year 2016. mLAC is one among twelve colleges in Karnataka with ITBT & ST, Govt. of Karnataka sponsored BISEP, UGC sponsored B.Voc course in Medical Laboratory Technology and DST-FIST.

About Women Development Center

Women Development Centre at mLAC works towards empowerment of young women in various forte. It has conducted various activities namely skill development programs (fabric painting, candle making, jewellery, baking classes) awareness programs (walkathon, poster displays), self defence techniques by martial art experts, talks on women health and hygiene by doctors, prevention of sexual harassment by legal experts, motivational talks by woman achievers and so on. WDC has provided an able platform to prepare students to excel through self confidence and self discovery leading to professional and personal development.

Highlights of the Panel discussion

To enable women to rediscover self, feel confident and face the challenging world. The panel discussion aims to address the challenges regarding decision making, time management, distractions and its impact on health. This program focuses also on other areas of challenges which women face everyday and help them to find solutions as to how to deal with anxiety, stress and other negative emotions which otherwise will affect their daily activities and performance. This is a right platform for all women from different walks to life, irrespective of your cadre, age and affiliation to participate in open discussion with panelists.

About our Panelists



Dr Sundari K.P
Director for "IndusViVa" a special school and early intervention Centre in Nandidurga road Bangalore. Dr. Sundari is a very successful therapist, teacher & instructor for the past 25 years. She is a Reiki grandmaster and has been teaching Reiki for 25 years. She is also an expert in E.M.D.R. a therapy for PTSD and practicing Yoga master.



Dr Dhatri S
Has been an OBG consultant at Community Health Centre, Harohalli and at Chirag Hospital. She has done her MBBS from SDM college of Medical sciences and Hospital, Oluwad and MS OBG from Kempegowda Institute of Medical Sciences and Hospital, Bangalore, Karnataka. She is a 2nd rank holder in Obstetrics and Gynaecology in under graduation from Rajiv Gandhi University of Health sciences.



Ms. Latha Bhaskar
Student counsellor, mLAC. She is a competent, team spirited professional with experience in providing Coaching, Counselling and Life Skill Training; Psychotherapist expertise in Cognitive behavioral therapy. She has experience for working with organizations in Bangalore namely STEPone (Tele Consultation, Govt of Karnataka), SVIMS, DISHA BHARATH and FREELANCE COUNSELLING.

CONTACT DETAILS

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