



Date: 11-03-2024

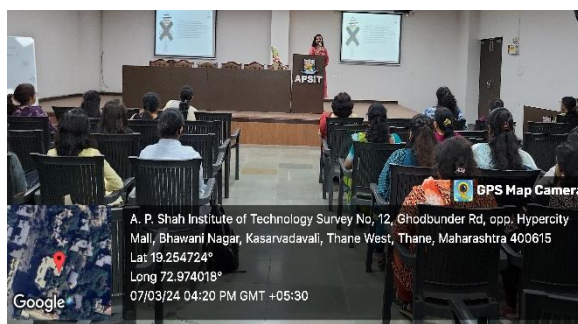
REPORT

Programme Name : A workshop on stigma to healing
Date of the event : 07-03-2024
Time : 03.00pm to 05.00pm
Number of Participants : 19
Resource Person Details : Ms. Shakti Payal Goda
International trainer and motivational speaker

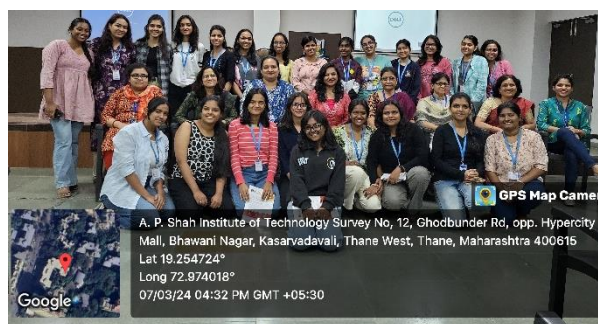
Event Description:

Women's Development cell (WDC) and Internal Complaints Committee (ICC) in collaboration with the student council organized a workshop on stigma to healing cybersecurity coordinated by department of CSE(AI&ML). In a world where external validation often dictates our sense of worth, cultivating self-love becomes an essential aspect of overall well-being and personal growth. This workshop explored the concept of self-love, its importance in fostering resilience and happiness, and practical strategies for nurturing a positive self-image. Participants embarked on a journey of self-discovery, learning to embrace their strengths, accept their imperfections, and prioritize self-care. By fostering a deeper sense of self-love, participants could learn to unlock their full potential, build healthier relationships, and lead more fulfilling lives.

GLIMPSES OF THE EVENT



Chief Guest addressing the participants



Chief guest with the organizing team and participants

Few glimpses of the training program

Ms. Sayali Badhan
Dept. WDC Coordinator

Dr. Jaya Gupta
HoD, CSE(AI&ML)