

SCHOOL OF ARTS AND SCIENCE

DEPARTMENT OF ENGLISH

Vinayaka Mission's Chennai Campus, Paiyanoor – 603 104

Report on the Seminar

A POWER SEMINAR ON SELF-LOVE & SELF EMPOWERMENT

Title of the Event	:	A Power Seminar on Self-Love & Self-Empowerment
Date	:	12.02.2024
Venue	:	Indoor Auditorium
No. of Participants	:	180



The "Self-love and Self-Empowerment" power seminar was held on February 12th 2024, at the Indoor Auditorium. It was organized by the Department of English in collaboration with the ICT Academy.

The seminar commenced with a welcome address from Dr. Saranya, Head of the Department of English.

She welcomed the chief guests, Director, faculty members, and students to the program. The program was followed by the presidential address delivered by Dr. Nazeema, Director of the School of Arts and Science. She reiterated the timeliness and significance of the seminar topic in today's world. The highlight of the opening session was an inspirational fireside conversation delivered by the two guest speakers, Ms. Subha Pandian and Ms. Sunitha Vikram. As founders of the Agua Women Leadership Coaching Academy, they engaged in a candid

discussion about their journeys to becoming empowered women leaders. They spoke about early challenges faced like self-doubt, difficult work environments, and societal expectations. They shared tangible strategies they used to overcome obstacles, build confidence, and find their voices. Their stories resonated with attendees and set an empowering tone for the rest



of the seminar. At the close of the seminar, attendees had the opportunity for a 30-minute open Q&A session with Ms. Subha Pandian and Ms. Sunitha Vikram to get their most pressing questions answered. Finally, closing remarks were delivered by organizers highlighting key takeaways and inspiring attendees to pay forward what they learned.

The key objectives of the seminar were:

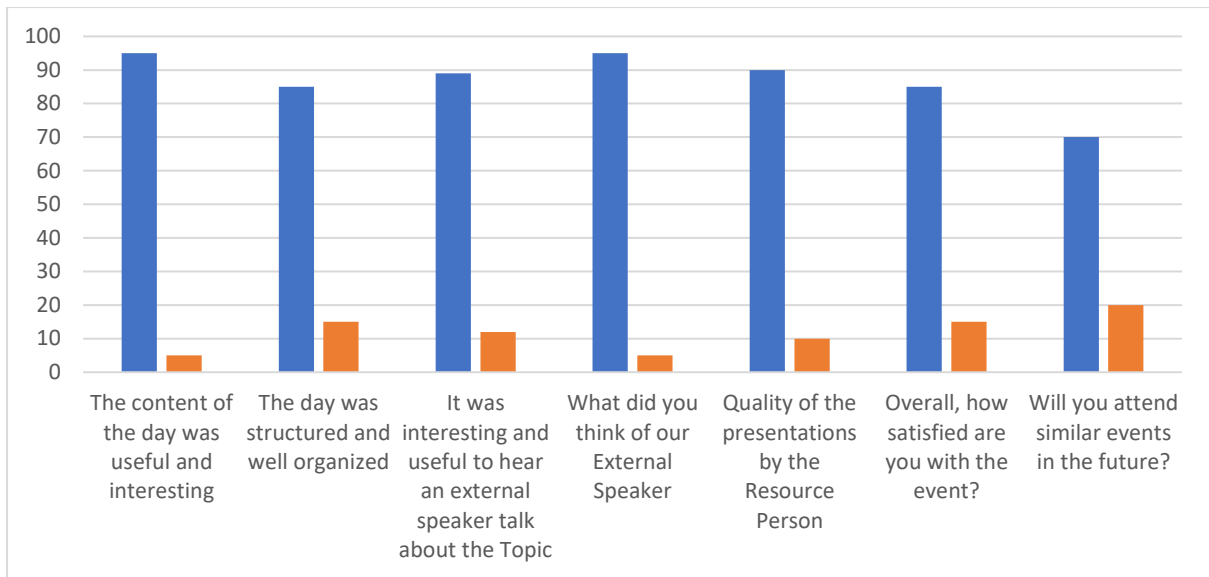
- To provide students with strategies and insights for self-empowerment and personal growth
- To inspire and equip students to be confident leaders
- To discuss challenges faced and share stories of empowerment
- To provide a platform for networking and mentorship opportunities

PARTICIPANT'S DETAILS:

This seminar had approximately 180 participants who participated and gained knowledge from the various aspects.

OUTCOME OF THE SEMINAR:

An overwhelming response has been received for seminar from various students. The participants have given very good feedback.



SOME GLIMPSES OF THE WEBINAR

