



Report on International Women's Day Celebrations (8.3.2021)

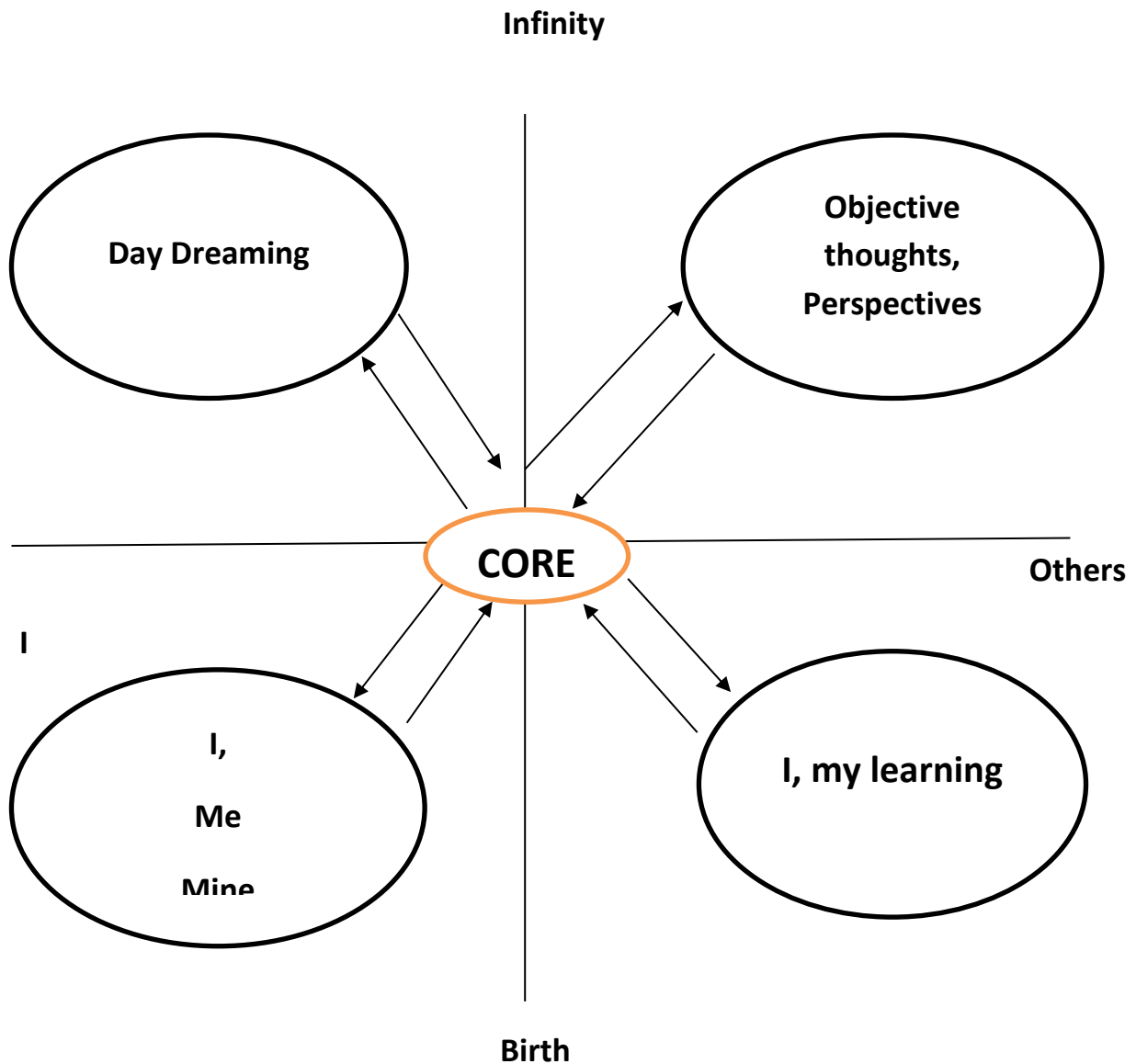
PSG Institute of Technology and Applied Research (PSG iTech), in association with the Women Empowerment Cell (WEC), Drawing and Cooking club, organized a special lecture on the occasion of International Women's Day on **Leveraging the Existing Support System at Workplace and Home to Achieve our Goals and Ambitions** on 8.3.2021 (Monday). Dr. R.Manimegalai, Professor and Head, Dept. of CSE and Chairperson of the Women Empowerment Cell, welcomed the gathering. Smt. Sashi Chandran, Founder and CEO, Nitya Gurukula, Coimbatore addressed the participants on various challenges encountered by women in personal and professional life and discussed some of the effective strategies to handle difficult situations through case studies and personal experiences.

Dr. G.Chandramohan, Principal, delivered the presidential address and stated with pride that a girl has been nominated as the secretary of the student union for the first time in PSG iTech. While felicitating the speaker, Dr.G.Chandramohan lauded the intellectual pursuits and yeoman services being rendered by Smt.Sashi Chandran through counselling and training sessions in various areas for the different sections of people in the society. Also, the commendable activities carried out by the women empowerment cell was appreciated and they were encouraged to do more activities in the future. Also, Dr.G.Chandramohan explained about the importance of the lecture titled "Leveraging the Existing Support System at Workplace and Home to achieve our Goals and Ambitions". He highlighted the crucial role played by women at home and office. Later, Dr.C.V.Pavithra, Member, WEC, introduced the chief guest to the audience.

Smt. Sashi Chandran, in her insightful presentation, expressed her happiness and pride in revisiting the prestigious PSG Institutions and appreciated the aesthetics of the campus. She spoke about the significant challenges faced by women in society through case studies and personal observations. While offering some constructive solutions to overcome the challenges faced by women, she pointed out how we miss to appreciate ourselves as a constructive resource in a given situation. She motivated the young participants to be joyous in their lives and find meaning in their living.

Further, she explained the Cartesian coordinate system identified by her spiritual mentor Nataraja Guru, the disciple of Narayana Guru. She succinctly described consciousness using

the four quadrants proposed by him: I, Others, Birth, and Infinity coupled with some of the psychological and behavioral attributes required for holistic living.



Quadrant I – Self-centered Individual Being

Quadrant II – Learning Individual

Quadrant III – Adolescent Age

Quadrant IV – Professional Being

She stated that goal in life is to go to the core of one's being (center) through awareness and express oneself through all the four quadrants in life and briefed about the components of holistic model of human being:



- 1. Physical/Biological-body**
- 2. Psychological-emotions**
- 3. Cognitive Beliefs- thoughts, memory, knowledge**
- 4. Behavioral – body language, posture, gesture**
- 5. Social Communication- interactions**
- 6. Spiritual- energy, power**

It was stated that the ultimate reasons for internal blocks in our life are due to lack of mutual trust and fear. She also encouraged the participants to consider themselves as resources rather than seeking help from others during tough times and stressed the role of psychodrama with a real life example. She urged the participants to seriously practise the following points:

- **Consider oneself as a resource**
- **Learn to sit straight**
- **Sit tall and walk tall**
- **Use the voice powerfully to blossom the inner energy**
- **Listen to criticisms carefully and learn to deal with them objectively**
- **Question the validity of comments about self by others; may be they are the standpoints of others**

The speaker pointed out the steps to be followed to become an effective person in handling different situations life. They are as follows:

- **Feel the bodily sensations and emotions**
- **Understand the process of meaning making in life**
- **Perceive the expressions of life through behaviors**
- **Learn to express your thoughts clearly without any hesitation**
- **Understand the importance of flow in life – pause – moving**

In addition, she elaborated on the **eight Pillars of Joy** proposed by His Holiness the Dalai Lama, the spiritual leader, for leading a happy and peaceful life:

- **Accept the person but not necessarily his/her behavior**
- **Have compassion and consideration for all beings**
- **Deepen your perspective beyond forms**



- **Forgive people by appreciating their helplessness & intentions**
- **Show generosity to every being**
- **Express gratitude in every possible way to all forms of nature**
- **Develop a sense of humor, by being in the present**
- **Learn humility beyond academic degrees, economic status and ever willing to learn**
- **Submit yourself to new knowledge and wisdom etc.**

Dr.P.V.Mohanram, Former Principal, in his address, recapitulated the key points shared during the session. Also, he emotionally recalled the sacrifices made by women and their selfless contributions. While speaking about the importance of mentors in life, he shared how lectures shaped his life and helped him establish rapport with great teachers. Also, he encouraged students to develop questioning spirit. Later, he congratulated the efforts taken by the women empowerment cell in organizing various programmes and urged them to develop a joyful ecosystem inside the campus.

Ms.N.Nikketh Nazrin and Ms.Sudha demonstrated three NG Tai Chi exercises for enhancing the mind, body and spirit. Prizes were distributed to the winners of various events like cooking, drawing and painting organized in connection with women's day celebration and students delivered brilliant speeches, recited poems and soulful songs praising womanhood. Dr.M.Devasena, Associate Professor, Dept. of Civil, and Co-Chairperson of WEC, proposed the vote of thanks.





From the left: Dr.R.Manimegalai, Prof. and Head, Dept. of CSE and Chairperson of Women Empowerment Cell, Dr.G.Chandramohan, Principal, and Chief Guest Smt. Sashi Chandran, Founder and CEO, Nitya Gurukula, Coimbatore are in the photo during the International Women's Day celebrations held on 8.3.2021.



Group Photo taken during the International Women's Day celebrations held on 8.3.2021 in the college premises.