



**AARUPADAI VEEDU
INSTITUTE OF TECHNOLOGY**
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**VINAYAKA MISSION'S
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**WOMEN EMPOWERMENT CELL
&
INTERNAL COMPLAINTS COMMITTEE**

Organized a One day Seminar on **“Women Empowerment is Balancing personal freedom & personal safety of women”** on 22.8.2019

The Seminar on the Women Empowerment is Balancing personal freedom & personal safety of women was organized together by the Women Empowerment Cell & Internal Complaints Committee of AVIT. Empowering women to participate fully in economic life across all sectors is essential to build stronger economies, achieve internationally agreed goals for development and sustainability, and improve the quality of life for women, men, families and communities. The chief guest of the program Ms. Rekha Nambiar , Senior Commandant, National Disaster Response Force (NDRF) Arakkonam travelled a long way and gave an excellent presentation about the topic. Dr.R.Devika, HOD, Biotech welcomed the gathering and the function was presided by Dr.R.Shanmugavalli, Director, SAS. The special address was given by Dr.Jeniffer G Joseph, HOD, English. Ms.R.Mohanapriya, Asst.Prof GII ,ECE gave an brief introduction about the chief guest.

Some of the few interesting topics which were explained to the students by the chief guest are:

- Trust your instinct. Do not allow anyone to get the benefit of your doubt
- Your body language should speak for yourself.
- As the confidence level goes up , being teased comes down
- Safety Buddy
- Do not tolerate eve teasing
- Do not engage the enemy physically

- Not all attackers are strangers
- Self defence

At the end there was a discussion among the students about how they solve their problems they face in the day to day activities and finally the Vote of thanks was given by Ms.Sangeetha ,Assoc. Prof, Mech .

