**WOMEN EMPOWERMENT CELL**

With the blessings of Sri Sri Sri Dr.Balagangadharanatha swamiji and divine blessings of Sri Sri Sri Dr. Nirmalanandanatha swamiji. A guest lecture was organized by WEC AIMA in association with “Student support cell” on 02.06.2022 from 9.30 to 12.30pm at lecture hall – 1. Topic was “Me and Stress” the talk was given by renowned speaker Dr. Shwetha S who is a well known General Physician, Psychologist, wellness consultant & Diabetologist. The event started at 9.30am with registration and the moderator for the event was Dr.Chinmayi Associate professor, Dept. of Forensic medicine. The program started by invoking the blessings of the Almighty and the invocation song was rendered. The welcome address was given by Dr.Sanjay.M ,Associate professor., Dept. of Pathology . The speaker was felicitated by the Principal.

The program was graced by our dynamic and enthusiastic Principal Dr. MG Shivaramu, Sri Umesh BK Registrar, Dr.Manjula WEC chair person, Dr. Rajini.T(WEC secretory), chairman for the event. Dr.Shivkumar, HOD, Department of psychiatry, Dr.Manjula, Co-ordinator student support cell. The target audience being 1st year MBBS students enthusiastically participated in this event which was a part of their foundation course. The Principal addressed the students and his words of wisdom were lapped up by the students. The speaker gave a wonderful lecture with the emphasis being on the active participation of the students. The students were very pro-active and asked their doubts to the speaker which were comprehensively and convincingly cleared by the knowledgeable speaker. The importance of meditation was stressed by the speaker which was very well received by the students. Finally the vote of thanks was given by Dr.Shakthi Asst. professor. Dept. of Microbiology. The event was a great success and a very positive feedback was given by the students.











