

srivenkateshwaraa

College of Paramedical Sciences

ENTER TO LEARN GO FORTH TO SERVE

Arivur, Puducherry-605102.

CORDIALLY INVITE YOU FOR

WOMEN'S DAY CELEBRATION

2025

THEME: "ACCELERATE ACTION

PATRONS



Shmt. Radha Ramachandiran Founder Chairman SVGI



Shmt.Moushmi Rajiv **Executive Director**



Dr.B.Vidhya **Chief Operating Officer** SVGI

ADVISOR



Dr. R. Venguttaramane Academic Advisor SVGI

ORGANIZING CHAIRPERSON



Dr. C. Ananda Vayaravel PROFESSOR & PRINCIPAL **SVCPMS**

ORGANIZING COMMITTEE

MALE STAFF MEMBERS OF SVCPMS



EMINENT SPEAKERS



Mrs.J.Marie Anna Dayavady
Advocate and Notary public,

Advocate and Notary public,
Panel advocate to
Bank of India, Puducherry,
Karnataka Bank Ltd.
Legal advisor to Archdiocese of Pondicherry and

TOPIC: Women's rights



Dr.Vidhya

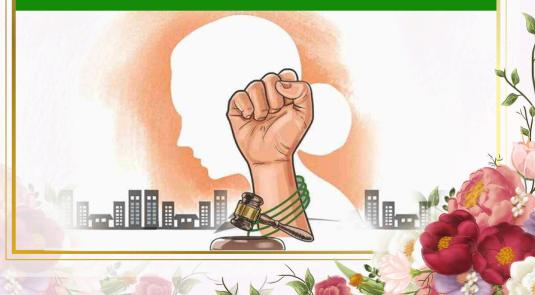
Cuddalore

Chairperson
Dowry Prohibited Advisory board
Gov of Pondicherry

TOPIC: Sexual harassment with special emphasis on POSH & online sexual harassment (Cyber bullying)

DEBATE

TOPIC - WOMEN'S EMPOWERMENT: "A REALITY OR JUST A SLOGAN?"



Workshop on Yoga for Health & Wellness



Mrs.Jayanthi Yoga therapist

TOPIC: Workshop on Yoga for Health & Wellness

10 A.M to 12:30 P.M

YOGA SESSION HIGHLIGHTS

- ► Introduction
- ▶ Benefits of Yoga
- Lung cleaning basic kriya
- Basic yoga mudras and their benefits
- Techniques to balance five elements in body
- Food habits for healthy life
- Hands on training



International Women's Day

AGENDA

TIME	PROGRAM
DAY 1- 07/03/2025	
Morning session	
10:00 - 10:05 A.M	Prayer song
10:05- 10:10 A.M	Lamp lighting
10: 10 - 10:15 A.M	Welcome Dance
10:15 - 11:00 A.M Session 1	Dr. Vidhya TOPIC: Sexual harassment with special emphasis on POSH & online sexual harassment (Cyber bullying)
11:00 -11:10 A.M	Welcome address
11:10 -11:20 A.M	Felicitation of chief guests
11:20 - 11:30 A.M	Women's Day special songs
11:30 - 11:40 A.M	Tea break
11:40 -12:00 P.M Session 2	Mrs. J.Marie anna Dayavady TOPIC: Women's rights
12:00 -12:10 P.M	Women's Day special dance Performance & Poetry
12:10-12:45 P.M Debate	WOMEN'S EMPOWERMENT " A REALITY OR JUST A SLOGAN "
12:45 – 1:00 P.M	Honoring women Staff of SVCPMS
01:00 – 1:05 P.M	Vote of thanks
01:05 – 1:10 P.M	National Anthem
Afternoon session	
02:00 – 4:00 P.M	Games & Prize Distribution
DAY 2 - 08/03/2025	
10:00 -12:30 P.M	Workshop on Yoga for Health & Wellness