



# sri venkateshwarraa

College of Paramedical Sciences

ENTER TO LEARN GO FORTH TO SERVE

Ariyur, Puducherry-605102.

CORDIALLY INVITE YOU FOR

# WOMEN'S DAY CELEBRATION 2025

THEME: "ACCELERATE ACTION"



## PATRONS



**Shmt. Radha Ramchandiran**  
Founder Chairman  
SVGJ



**Shmt. Moushmi Rajiv**  
Executive Director  
SVGJ



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

## ADVISOR



**Dr. R. Venguttaramane**  
Academic Advisor  
SVGJ

## ORGANIZING CHAIRPERSON



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

## ORGANIZING COMMITTEE

## MALE STAFF MEMBERS OF SVCPCMS



07/3/2025 & 08/3/2025



MULTIPURPOSE HALL, SVCPCMS

## EMINENT SPEAKERS



### **Mrs.J.Marie Anna Dayavady**

Advocate and Notary public,  
Panel advocate to  
Bank of India, Puducherry,  
Karnataka Bank Ltd.

Legal advisor to Archdiocese of Pondicherry and  
Cuddalore

**TOPIC: Women's rights**



### **Dr.Vidhya**

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
<b>DAY 1- 07/03/2025</b>	
<b>Morning session</b>	
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 <b>Session 1</b>	Dr.Vidhya <b>TOPIC : Sexual harassment with special emphasis on POSH &amp; online sexual harassment ( Cyber bullying )</b>
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 <b>Session 2</b>	Mrs. J.Marie anna Dayavady <b>TOPIC: Women's rights</b>
12:00 -12:10 P.M	Women's Day special dance Performance & Poetry
12:10-12:45 P.M <b>Debate</b>	<b>WOMEN'S EMPOWERMENT " A REALITY OR JUST A SLOGAN "</b>
12:45 – 1:00 P.M	Honoring women Staff of SVC PMS
01:00 – 1:05 P.M	Vote of thanks
01:05 – 1:10 P.M	National Anthem
<b>Afternoon session</b>	
02:00 – 4:00 P.M	Games & Prize Distribution
<b>DAY 2 - 08/03/2025</b>	
10:00 -12:30 P.M	Workshop on Yoga for Health & Wellness