



1. Session Details

Title of the session	: Awareness Program on “Empowering Women: Shaping a Stronger Moral Compass and Building Healthy Relationship Forever”
Date	: 8 th , March 2025
Time	: 2.00pm to 5.00 pm
Activity Category	: IIC Calendar
Theme	: Women’s Empowerment and PoSH Cell

2. Expert/Speaker Details:

Date: 08.03.2025

Name: Ms. Michelle
Designation: Psychologist, Women’s Christian College, Chennai, Tamil Nadu, India.

Name: Ms. Subashini Senthil,
Designation: Heartfulness Practitioner & Trainer,
Software Programmer, US Based Healthcare product Development Company, Coimbatore, Tamil Nadu, India.

Primary Objective of the activity:

The primary objective of this awareness program is to empower women by fostering moral integrity, emotional resilience, and self-awareness, while promoting respectful, healthy, and equitable relationships. Through interactive discussions and educational sessions, the program aims to:

- Raise awareness about women's rights, gender equality, and the importance of a strong moral foundation.
- Educate participants on the principles of the PoSH (Prevention of Sexual Harassment) Act to ensure safe and respectful workplaces.
- Encourage self-empowerment, confidence-building, and assertive communication.
- Promote understanding and development of healthy interpersonal relationships based on mutual respect

and empathy.

- Cultivate a supportive community that upholds values of dignity, respect, and inclusivity.

Outcome of the activity:

Enhanced Awareness of Rights and Legal Safeguards:

- Participants gained a clear understanding of the POSH Act and mechanisms available to report and prevent sexual harassment.
- Increased awareness about women's legal rights and avenues for seeking redressal.

Strengthened Moral and Ethical Perspective:

- Attendees reflected on personal values, integrity, and ethical decision-making.
- Discussions fostered a stronger moral compass and accountability in personal and professional life.

Improved Communication and Relationship Skills:

- Participants learned strategies to build and maintain healthy, respectful relationships.
- Greater understanding of empathy, boundaries, mutual respect, and emotional intelligence in interpersonal dynamics.

Boosted Confidence and Self-Empowerment:

- Women reported feeling more confident in expressing their opinions, asserting boundaries, and handling conflicts constructively.
- Motivation to take leadership roles and become active contributors to a positive and inclusive environment.

Created a Supportive and Inclusive Community Culture:

- Encouraged open dialogue around gender sensitivity and equity.
- Strengthened peer support systems and built a culture of respect and safety within the institution/workplace.

Key Highlights:

- ✓ Inaugural Session & Welcome Address
- ✓ Expert Talks and Interactive Sessions
- ✓ Awareness on the PoSH Act

- ✓ Workshops on Relationship Building and Communication
- ✓ Interactive Q&A and Feedback Session
- ✓ Closing Remarks and Vote of Thanks

3. Participant details:

Date: 08, March 2025

Attendance Details: (Name List)

Total no. of Staff (Teaching/Non-teaching) participation: 47

S.No	Employee Name
1	S DELBIN PREMA
2	SUBHALAKSHMI
3	S.KAVITHA
4	UMARANI
5	BRINDHA S
6	SOWMEYA
7	JAYACHITRA. P
8	RATHIKA PRABHU
9	RAJAPRABHA CE
10	ANUPAMA
11	JEEVITHA P
12	UMA MAHESWARI P
13	SUGANYA.K
14	R.BANUPRIYA
15	SARANYA
16	ROOPASREE
17	MANIMEGALAI
18	MOOKHAMBIKA
19	SUGANTHI
20	LALITHA
21	BANUPRIYA M
22	RAMALAKSHMI
23	PRAVEENA
24	PRIYANKA.V

25	LIBISHARON
26	VIDHYA D
27	ABINAYA N
28	JAYASUTHA D
29	KALPANA K
30	SIVAMANI T
31	PAVITHRA.J
32	NISHA NANDHINI A
33	KOWSALYA
34	SUGANYA S
35	SENTHILNAYAKI S
36	UMASHANKARI V
37	SARANYA M
38	KAJI PRIYA
39	ANUSUYA
40	HEMALATHA V
41	JEYABHARATHI. S
42	SHOBIIKA S
43	NAFILA
44	JEYA KUMARI D
45	SANGEETHA
46	KALAMANI.C
47	V VIJAYALAKSHMI

Total no. of Student participation: 140

S. No.	Name of the Student / Faculty
1.	ANGITHA K
2.	ANN MARIYA P S
3.	DEEPIKA S
4.	DHARANI A
5.	HISANA THASNEEM M S
6.	LAVANYA K T
7.	MADHUMITHA G
8.	MAYOOGHA M K
9.	NISHA P
10.	OLIVE SUMRITHA S

11.	RAGHAVI M
12.	SANGAVI G
13.	SIVANANDHANA
14.	SIVARANCHINI S
15.	SUBHA M
16.	VARSHA V
17.	AARTHI B
18.	ABINAYA D A
19.	ABITHA S
20.	AKSHAY V
21.	ANUSHIYA K
22.	ASHIKA S
23.	BRINDHA B
24.	DHARANYA M
25.	DHIVYA S
26.	GAYATHRI A
27.	HARINI.K
28.	JANANI A C
29.	JANANII S
30.	KAVIYA J
31.	KEERTHIKA M
32.	KOWSHIKA G
33.	MEENA S
34.	NASREEN J
35.	NATHIYA S P
36.	NETHRA M
37.	PRIYADHARSHINI S
38.	M SATHYA KALA
39.	SHENNOM OLIVIA B
40.	SWETHA J
41.	SWETHA S
42.	THIRISHAMANI A
43.	YAMUNA G
44.	AFFINSERGIO A
45.	AFRINA PARVEEN R
46.	AKSHARA E
47.	AKSHAYA D

48.	AKSHAYA JOSHI J
49.	AKSHAYA M
50.	ANEESHA B
51.	DEEPIKA E
52.	DEVADHARSHINI A
53.	DHANUSREE S
54.	GAYATHRI S
55.	GAYATHRI V
56.	GERMAN ALOCIA S
57.	GOKILA. K
58.	GOPIKA J
59.	HARINI P
60.	HEMAPRIYA S
61.	JAYA BARATHI K
62.	JEYAROSHINI M
63.	MISHALINI R R
64.	MOHANAMBIGA S
65.	MUKILA T
66.	NISHITHA S
67.	NIVYASRI B
68.	PAVITHRA R
69.	POOJA S
70.	PREMIKA L
71.	PRETHIKA B
72.	PRIYA K
73.	RAGAMALAVIGA R S
74.	RAJA SRI R
75.	RITHIKA M
76.	RITHIKA SRI S
77.	SAFIA LINA M N
78.	SHIVA DHARSHANA G S
79.	SUBASHINI I
80.	SWATHI R
81.	SWATHI S
82.	TANUSRI B
83.	THARSHINI T J
84.	UMA VAISHNAVI K

85.	VAISHNAVI K
86.	VIJAYA LAKSHMI M
87.	ARUNTHATHI A
88.	ASWANTH A
89.	BAVATHARANI S
90.	DHANALAKSHMI S
91.	DHANUJA VIKASHINI K
92.	DIVYAHARINI M
93.	HEMALATHA C
94.	KAYATRI G M
95.	KESHIKA S R
96.	MIRUDHULA A
97.	MONIKA S
98.	MRIDULA G
99.	PRIYA DHARSHINI M
100.	RENUSTRI G
101.	RITHANYA S
102.	SAHANA BHARATHI K
103.	SAHANA P
104.	SANGYA P
105.	SANTHIYA A
106.	SARASWATHI V
107.	THUKINA A K
108.	AARTHI J
109.	ABINAYA K
110.	ABINITHA K
111.	AMAL FATHIMA S
112.	ANUSIYA B
113.	ASHIKA A
114.	ASTA LAKSHMI R
115.	ATCHAYA R
116.	BAVADHARANI P
117.	DEEPIKA R
118.	DEVADHARSHINI T
119.	GOVARTHINI K
120.	GOWSALYA S
121.	HARINI M

122.	HARINI R
123.	HARINI SHRI K
124.	JAYAPRIYA.N
125.	KEERTHANA P
126.	KEZIAL C
127.	KISHALA S
128.	MALATHI K
129.	MONIKA M
130.	MOULIKA S
131.	NANDHITHA L
132.	SABTHECA I
133.	SANDHIYA M
134.	SANJANA P
135.	SANTHIKA G P
136.	SARATHIPRIYA M
137.	SIVAGAMI M
138.	SURIYA K
139.	VAISHNAVI E
140.	AAZHIKA K

Past Three to four Photographs/Screenshots that show the participation of students and Staffs (Teaching/Non-teaching):















Hindusthan Tech. Holds Awareness Programme on Empowering Women



(First left) Jeyabharathi, Professor & Head, Department of Science and Humanities, presenting a memento to the (second left) Chief Guest, Subashini, in recognition of her presence and valuable contributions in the presence of Natarajan, Principal of Hindusthan Institute of Technology, Kavitha, Professor, Department of ECE & PoSH Cell Convenor and other faculty.

The Covai Mail

On the occasion of International Women's Day, the Prevention of Sexual Harassment Cell of Hindusthan Institute of Technology recently organised an awareness programme on Empowering Women: Shaping a Stronger Moral and Building Healthy Relationships Forever.

Kavitha, Professor, Department of Electronics and

Communication Engineering welcomed the gathering. The Presidential Address was delivered by Natarajan, Principal of Hindusthan Institute of Technology.

The keynote speaker, Michelle addressed the complexities of modern relationships, emphasizing the importance of recognizing toxic behaviour and setting healthy boundaries. Her talk resonated deeply with the audience as

she offered practical advice on navigating relationships healthily and constructively.

The other speaker, Subashini highlighted the crucial role mental health plays in the well-being of an individual and emphasised how meditation can serve as a powerful tool for emotional balance and personal growth. Her talk delivered a fresh perspective on maintaining a healthy mind in today's fast-paced world.

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