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| Event title | Health management and life principles for women- Women's Day Celebration |
| Event Category | Extra-Curricular Activity |
| Date and Duration | 23.03.2024 |
| Department/CELL | Physics/ Women Empowerment Cell (WEC) |
| Co-ordinators | Dr. Deepannita Chakraborty, Assistant Professor, Physics |
| Convener | Dr.R. Manimegalai, Chairperson, WEC |
| Resource Person | Dr. K Banumathi, Director, PSG VishnuGranthi |
| Guest Speaker/ Session Chair | Dr. K Banumathi, Director, PSG VishnuGranthi |
| No. of Participants | 112 |

1. Dr. R. Manimegalai, Chairperson, WEC gave the welcome address.
2. Chief guest, Dr. K Banumathi, Director, PSG VishnuGranthi was welcomed by Ms.Hari Nandana, Joint Secretary, WEC.
3. Dr. K Banumathi explained about the Maslow's hierarchy of needs like safety, psychological friendship, belongings etc. She also insisted one should never Say "NO" to anything, it will be the most negative thing which resembles to eliminate oneself from their lives. Also, she was indeed strong in her point that the important thing in Management principles is "Decision Making".
4. Various events were conducted by the partnering clubs namely the Pushti club, Tulika club, Ainthinai Tamil Mandram and the prize winners along with the iTech music band and dance crew were felicitated by Dr. Banumathi and Dr. Manimegalai. The session was followed by the issuance of memento to the guest by the Chairperson of WEC, Dr. Manimegalai
5. The session was conclude by a cheerful performance by the music band and a soulful performance by the dance crew. The vote of thanks for the event was delivered by Subhashini.



Chief Guest, Dr. K Banumathi, Director, PSG VishnuGranthi, given momento by Dr. R. Manimegalai.



Chief Guest, Dr. K Banumathi, Director, PSG VishnuGranthi delivering the talk