

WOMEN  
DEVELOPMENT  
CELL  
GURU SAKTHI



WORKSHOP ON “IMPROVING MENTAL  
RESILIENCE AMONG YOUNG WOMEN”

11 October 2022



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Women Development Cell (WDC) – **GURU SHAKTI** of Guru Nanak College (Autonomous) Velachery, Chennai organized a One Day Workshop on **Improving Mental Resilience among Young Women** on 11<sup>th</sup> of October 2022 at Guru Ramadas Hall at 10a.m., The Resource Person of the Workshop was Ms. Vijayalakshmi, Research Assistant, SCARF, India. Special Invitees were invited to grace the occasion and delivered their Special Address.

This One Day Workshop started with the college prayer followed by Tamil Thaivazthu. The Principal Dr. M.G. Rangunathan delivered the Welcome Address. Dr. Marlene Morais, Advisor, Guru Nanak Educational Society delivered a Special Address, highlighting the activities initiated by WDC in association with PENN’s Trust to provide a holistic development among the girl students. She also suggested that similar programmes as such can also be extended to the boy students of the institution. Thiru S.R. Jangid, IPS (Retd) Director General of Police, Tamil Nadu and Advisory Board Member of PENN’s Trust, delivered a special address. He touched upon the prominence of ‘Bakthi Cult’ which stressed on the importance of global brotherhood. He encouraged the participants to practice self-defensive techniques. Tmt. D. Sabitha, IAS (Retd) Additional Chief Secretary, Tamil Nadu and Advisory Board Member of PENN’s Trust, in her address explained the upbringing patten of children in the past and present. She also quoted from her experience, some of the unique cases where women were the innocent victims. She insisted that in general women should be both mentally and physically strong to face the world with added confidence.

Then the session was handed over to the Resource Person, Ms. Vijayalakshmi, Research Assistant, SCARF, India. Using a PPT, she explained that it is a high time for the girl students to be mentally strong since they want to be physically strong. It was a lively session and the students actively participated and clarified their doubts. Ultimately, it has emerged as a successful interactive session. Students were given guidance on the POCSO ACT and other relative acts which protects the children from sexual abuse and harassment.

Justice Prabha Sridevan, (Retd) Madras High Court, Chairman of Intellectual Property Tribunal, who is currently associated with the translation of literary works, delivered a special address. She precisely explained that women should aware of their internal and external conflicts and they should try to find the solution on their own. She enthralled the session by narrating some of the interesting cases that she had handled in her tenure. Thiru.V. Sriram Sharam, Co-founder & Executive Trustee-PENN, in his speech explained that how girl students should overcome societal injustice and abuses. Then, Thiru.V.S. Sridhar, Founder, Managing Trustee-PENN, profusely thanked the PENN’s Trust members for their enormous contribution. He extended his gratitude to the Guru Nanak Educational Society for the establishment of Udayal Padai on the campus. He emphasized that the training session will enhance the mental stability and physical fitness of the audience. Dr. K. Uma Devi,

Co-Ordinator, Women Development Cell, proposed a formal vote of thanks.

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### Special Invitees

- Justice Prabha Sridevan, (Retd) Madras High Court, Chairman of Intellectual Property Tribunal.
- Thiru S.R. Jangid, IPS (Retd) Director General of Police, Tamil Nadu & Advisory Board Member, PENN's Trust
- Tmt. D. Sabitha, IAS (Retd) Additional Chief Secretary, Tamil Nadu, Advisory Board Member, PENN's Trust.