



Late Shri.Vishnu Waman Thakur Charitable Trust's

# **VIVA Institute of Technology**

At. Shirgaon, Post. Virar, Tal. Vasai, Dist – Palghar – 401305.

## **A Report on** **Women's Day Celebration**

**March 08- 03, 2021**

**Women Development Cell**

**VIVA Institute of Technology**

**VENUE: Google Meet Platform**

**TIME: 2:00 PM TO 3:30 PM**



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**8th March**, considered as International Women's Day. This day brings many things for women – a reason for celebration, a cause to pause and reassess a remembrance, an inspiration and a time to tribute, loved and admired. To honour womanhood, VIVA Institute of Technology has celebrated the International Women's Day on Monday, 8<sup>th</sup> March 2021. Taking into consideration the current pandemic situation, the programme was conducted through Google Meet Platform. On the occasion, an interactive session on the topic "**Balancing Personal and Professional Life**" was organised. The programme was marked by an intensive discussion on very critical issue of the challenges face by the 21<sup>st</sup> century women of juggling work life with family life. For the event, chief guest was Mrs Manisha Dewarde, Counselling Psychologist, Psychotherapist, Yash Counselling & Therapy Centre.

The programme commenced with a welcome note by Professor-in-charge of Women Development Cell Dr. Trupti Patil. This was followed by an enlightening speech of the Principal of VIVA Institute of Technology, Dr. Arun Kumar. Prof. Archana Ingale, Senior faculty and HOD of Electronics and Telecommunication department of our college addressed that there should be balance between career and family. There has been a growing concern over work-family issues as increasing number of women are entering into world of paid employment.

The chief guest of the day, Mrs Manisha Dewarde, shared her expertise about the topic, and advised women to manage their energy, not time, and work –life balance will definitely follow. The key to unwind and rejuvenate oneself is meditation, a good laugh, taking care of self and most importantly determining the priorities.

It was really a splendid experience which exposed all the ladies members to untapped potentialities and opportunities for women empowerment. All the members appreciated and got benefited from the session.



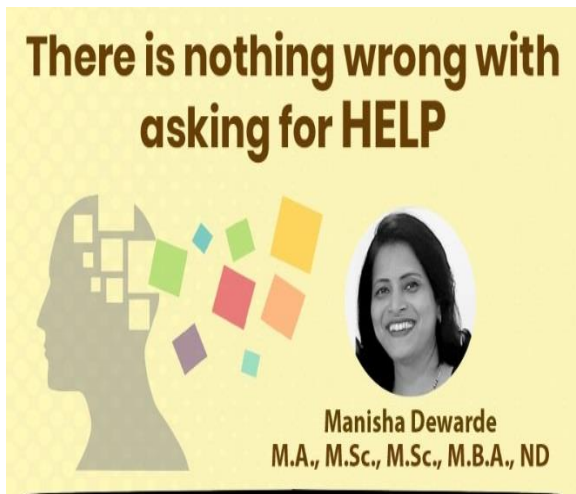
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The program wined up by open discussion and active participation from the audience which was answered and discussed by the resource person. The program ended successfully on a very positive note, and was very delighted experience for all.

## Profile of Guest of Honor



### Trainings:

- Clinical Hypnotherapist (CHII)
- Professional Master Class on “Healing Sexual Abuse” by Trisha Caetano at CLA.
- New code NLP Practitioner
- Access bar Practitioner
- Reiki Practitioner
- Oracle card reader
- Handwriting Analyst
- “Handwriting Analysis Advanced Mastery Workshop

2012” conducted personally by Bart Baggett (President of Handwriting University International, USA)

### Hands-on experience

- Owner of Yash Counseling & Therapy Center.
- More than 22 years’ work experience involved multiple job responsibilities & possess extensive work, experience at various levels related to my field and expertise.
- Professionally as a Psychologist, Hypnotherapist and Behavioural trainer I cater to all age groups for counseling, psychotherapy and regression for issues, such as:
  - To have clarity about oneself for personal growth.
  - To deal with negative & complex emotions.
  - To develop healthy relation with self, children, spouse and all others.
  - Resolving confusion of academic & career issue.
  - To work through traumatic & difficult situations.
  - To deal with your unresolved health issues.



## Snapshots of the Event

