

A Report on
Women's Day Celebration
March 08- 03, 2021



Women Development Cell
VIVA Institute of Technology

WOMEN DEVELOPMENT CELL

DATE: 8th March, 2021

TOPIC: Balancing Personal and Professional Life

GUEST SPEAKER: Mrs. Manisha Dewarde, Yash Counselling & Therapy
Centre

VENUE: Google Meet Platform

TIME: 2.00 p.m. onwards

VIVA Institute of Technology

Shirgaon, Virar (E), District-Palghar-401305.

8th March is considered 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 to loved and admired. To honor womanhood, VIVA Institute of Technology has celebrated International Women's Day on Monday, 8th March 2021. Taking into consideration the current pandemic situation, the program was conducted through the Google Meet Platform. On the occasion, an interactive session on the topic "**Balancing Personal and Professional Life**" was organized. The program was marked by an intensive discussion on the very critical issue of the challenges faced by 21st-century women of juggling work life with family life. For the event, the chief guest was Mrs. Manisha Dewarde, Counselling Psychologist, and Psychotherapist, at Yash Counselling & Therapy Centre.

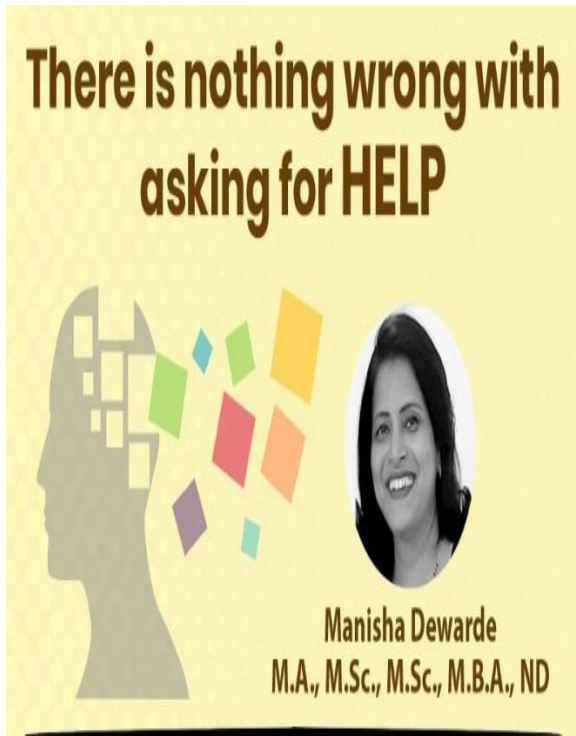
The program commenced with a welcome note from the Professor-in-charge of the Women Development Cell Dr. Trupti Patil. This was followed by an enlightening speech by the Principal of VIVA Institute of Technology, Dr. Arun Kumar. Prof. Archana Ingale, Senior faculty and HOD of the Electronics and Telecommunication department of our college addressed that there should be a balance between career and family. There has been a growing concern over work-family issues as an increasing number of women are entering the 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 unwinding and rejuvenating oneself is meditation, a good laugh, taking care of self, and most importantly determining priorities.

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

The program winded up with 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 a very delightful 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 of work experience involving 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 a healthy relationship with self, children, spouse, and all others.
 - Resolving confusion of academic & career issues.
 - To work through traumatic & difficult situations.
 - To deal with your unresolved health issues.

Snapshots of the Event

