

Vishnu Waman Thakur Charitable Trust's

# **VIVA Institute of Technology**

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

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

**March 08- 03-2022**



**Women Development Cell  
VIVA Institute of Technology**

## **International Women's Day Celebration 2022**

**Date: 8<sup>th</sup> March 2022**

**Theme: The Power of Positivity**

**Resource Person: Dr. Shwetali Churi  
Mr. AnojKumar Yadav**

**Venue: Seminar Hall, Main Building.**

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

## **International Women's Day Celebration 2022**

VIVA Institute of Technology in association with the Women Development Cell (WDC), organized a special lecture on the occasion of International Women's Day on “**The Power of Positivity**” on 8.3.2022 (Tuesday). The students, teaching and non-teaching staff members of different departments were cordially invited to join the program.

The program was marked by an intensive discussion on the importance of having a positive attitude in life. The session was conducted by Dr. Shwetali Churi from the department of Humanities and Applied Sciences and Prof. Anojkumar Yadav from the Electrical Engineering Department of VIVA Institute of Technology.

The entire program of the day was compared with Ms. Akshita and Ms. Manashree, students of the Third Year Computer Engineering department. The gathering was extended a gracious welcome and highlighted the significance of the day. An inspiring song ‘Stree Shakti’ was sung to appreciate and boost the self-confidence of women present in the audience.

Dr. Arun Kumar, the Principal, delivered the presidential address and appreciated women and their roles in all walks of life. Also, Dr. Arun Kumar explained the importance of the lecture titled “The Power of Positivity”. He highlighted the significant role of a positive mindset and its positive consequences for goal achievement.

Prof Anojkumar Yadav in his insightful presentation talked about a positive attitude and how it can boost our energy, heighten our inner strength, inspire others, and harvest the strength to meet difficult challenges. He further stated to the audience that how our thoughts are the main ingredient of this power, and when we add to their focus and emotions, thoughts become powerful and can affect our reality.

Dr. Shwetali Churi in her address stated the importance of mindfulness. Dr. Churi highlighted how mindfulness practices can help students increase their ability to regulate emotions, and decrease stress, anxiety, and depression hence helping them stay on track academically and avoid behavior problems.

The overall lecture was a very delightful and empowering experience for all.

**Women Development Cell**

## Snapshots of the Event



