

## Report on Women Empowerment Seminar

Women development cell, HK college of pharmacy in collaboration with institution's innovation council, H.K. Institute of Management Studies and Research, Humera Khan College of Education organized a seminar on 'self-empowerment' on 26th April 2023 at 2:00 pm.



### Inaugural Session

Seminar was formally inaugurated by the Speaker , Mrs. Rama Bhide the Founder Director | Alpha School of Life Skills | Mumbai & Hon. Principal Dr. M.N.Saraf and Mrs. Varsha, Principal of Humera Khan College of Education, Mrs. Sheela Yadav, Member Secretary of Women Development Cell, HK College of Pharmacy,

Seminar started with Ms. Nikhat Khan introducing the guest i.e. Mrs. Rama Bhide and her achievements. Felicitation was done by Dr. Saraf by presenting a pot to our lovely guest. Dr. Saraf introduced Mrs. Rama Bhide with few generous words.

Ms. Nikhat Khan welcomed the gathering and Prof. Dipti Chirmade, Assistant Professor at HK College of Pharmacy proposed the vote of thanks.

### Lecture Session

Mrs. Rama started the seminar with sharing a story through which she was trying to get audience a brief idea the concept which she was going to introduce. She explained about empowerment and started with an activity in which she made students aware of their goals which they are trying to achieve. She also explained how we can achieve our goals through exploring, discovering, and accomplishing them.

The second activity which she conducted was related with a goal which students would like to achieve and she emphasised on the action plan to achieve goal. She also showed a video related to self-empowerment. At the end of the seminar, she shared her email address so that the students can contact and take advice if needed.

**Outcome:**

The event was very interesting, interactive, and beneficial. The students learnt how to take full responsibility for their thoughts, emotions, behavior, and the results they desire.

Almost 120 students attended the seminar. The main participants were students and faculty members.

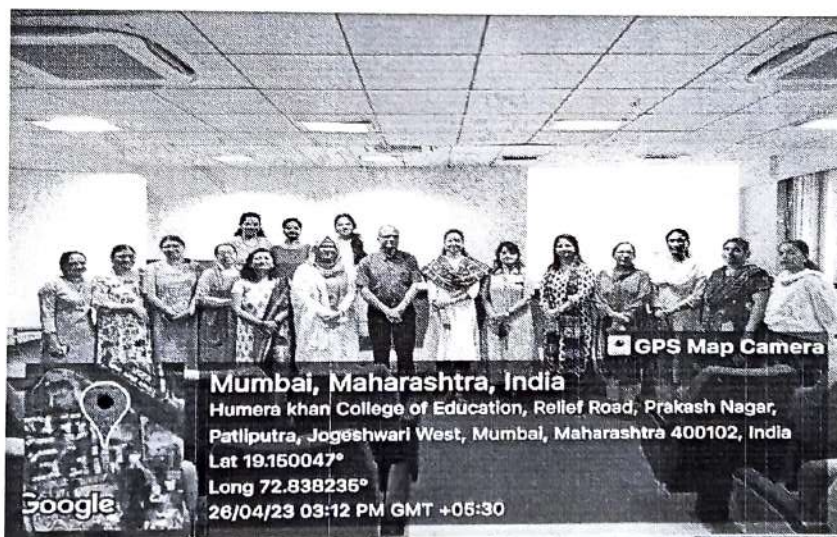
**Venue:** 4th Floor Auditorium

**Media:**

**Instagram:** <https://www.instagram.com/p/Crndne3oGmW/>

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Prepared By,

Mrs. Dipti H. Chirmade

Principal

Dr. M.N. Saraf

