Prestige Institute of Management and Research, Indore

| Type of Activity Organized (Please tick) | 1) Management Development Program  
2) Faculty Development Program  
3) **Student Training Program/Certifications**  
4) Consultancy  
5) Co-Curricular Activity  
6) Extra Curricular Activity |
<table>
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<tbody>
<tr>
<td>Title</td>
<td>Smart Girls Workshop</td>
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<tr>
<td>Number of Faculties Coordinating</td>
<td>3</td>
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</table>
| Name of the Faculty/s Assigned and Designation | Dr. Raksha Thakur  
Dr. Nidhi Sharma  
Prof. Shaan Malhotra |
| Duration (DD/MM/YYYY)                 | From Date: 13-05-2020  
To Date: 13-05-2020  
Total No. of Days: 1 |
| Whether On Campus/Off Campus (Please Mention) | Off campus (online) |
| No. of Participants                   | Top Level Managers  
Mid Level Managers  
Lower Level Managers  
Professors  
Associate Professors  
Assistant Professors  
Students |
| Total Income (if any): Rs. NIL         | Total Expenses (if any): Rs. NIL |
| Total Income in Words: NIL            | Total Income in Words: NIL |

**Description of the Activity:**

“Smart Girl Workshop - 2020”

A smart girl workshop was organized online through Zoom app on May 13, 2020 by Prestige Institute of Management and Research, Indore, under the auspices of Women cell, UG. The workshop was coordinated by Dr. Raksha Thakur, Dr. Nidhi Sharma and Ms. Shaan Malhotra. A guest speaker was invited named Dr. Divya Gupta, BJP spokesperson and a senior Gynecologist, well known in the city. Forty one
girls had participated in this workshop. The session was dedicated on self defence and women empowerment. It was a highly interactive session where students asked a range of questions be it self defence, society and family, self hygiene or me too movement. Dr. Divya addressed to all queries and girls received wonderful insights on these areas.

Internal faculties also addressed the girls and spoke on topics like how presence and balance of mind can not only help avoid difficult situations but also be defended tactfully. They were taught techniques of managing self confidence; balance of mind, controlling anger and emotions and above all ‘not giving up’ in disagreeable circumstances. Young girls were made to understand that a girl at first place must take up the responsibility of keeping herself safe by making right choices in every event of life. Girls were made to think how selection of friends can be done, recognition of right person as in whom to trust, how much to trust and how to be alert. The girls enjoyed the workshop, understood its importance and felt empowered and motivated to face all situations in life.

It was suggested by few girls that boys also need to be given some briefing on such issues. Dr. Divya also agreed fully that boys need be involved in smart girl workshops. Student and guest speaker both enjoyed the workshop and mentioned that they will look forward for more such workshops.

Dr. Raksha Thakur
Coordinator
Women Cell

Dr. Nidhi Sharma
Coordinator
Smart Girl Workshop

Ms. Shaan Malhotra
Coordinator
Smart Girl Workshop

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Space for Photographs: