

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		
Title	Smart Girls Workshop		
Number of Faculties Coordinating	3		
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	3	
	Students	41	
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”			
<p>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</p>			

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

Dr. Nidhi Sharma

Ms. Shaan Malhotra

Coordinator

Coordinator

Coordinator

Women Cell

Smart Girl Workshop

Smart Girl Workshop

Space for Photographs:



