



AGURCHAND MANMULL JAIN COLLEGE

(A Unit of Sri S.S. Jain Educational Society)

Meenambakkam, Chennai - 600 061

A Jain Minority Institution- Affiliated to University of Madras Reaccredited by NAAC
SHIFT - II

“Smart girls workshop” was conducted by the WOMEN DEVELOPMENT CELL (WDC) on August 18, 2023 at Gyan Bhavan. The programme began with an invocation at 12:15 PM and the welcome address speech was given by Dr Jyothi Prakash from Shift-I. The chief guest Mrs Akila Satishraj had been introduced by Madhumita from Shift II and the chief guest was felicitated with a shawl by Dean Dr MM Ramya. The elected representatives of WDC were given the badges during the investiture ceremony. Followed by this, the chief guest addressed the gathering. She began her lecture by highlighting the importance of women's well-being. She explained the benefits of doing exercises, having a positive mental attitude, adequate rest and healthy balanced nutrition, diet and lifestyle. She briefed on the significance of consuming nutrition rich foods rather than having processed junk foods. Question and answer session was arranged for the faculties and the students to clarify their health related queries to the chief guest. Vote of thanks was delivered by Dr Hema. The program culminated with the national anthem at 1:30 PM followed by a group photo session.



