

Women Empowerment Cell, SVCE

Guest Lecture – Report

“Self-Grooming, Practicing Self-Confidence and Work-Life Balance” - 17/11/2022

On 17th of November 2022, the WEC-SVCE conducted a guest lecture titled “**Self-Grooming, Practicing Self-Confidence and Work-Life Balance**”, delivered by Ms. Sujaya Rao, Co-founder, TeenR. Nearly 260 members, including second year girl students and female faculty members of all the departments, attended and got benefited from the guest lecture.

The event took place in the Function Hall in the SVCE campus. The event began at around 10:00 AM and the participants were welcomed by Ms. Vasantha, III year IT. The program started with the prayer song by Ms. Aishwarya, III year IT. The event was presided by Dr. KR.Santha, Vice-Principal, HoD of Electrical and Electronics Engineering department and the WEC Chairperson. She addressed the gathering about the need for self-confidence and level of grooming in our working environment. She gave an introduction about the speaker.

Ms Sujaya Rao delivered the lecture on the topic. The lecture was very interactive and student showed a high level of participation. The speaker addressed the students on the following points:

- Thoughts on the importance of grooming within their safe limits.
- Discussion with few case studies in her work career and in the surroundings.
- Tips for self-grooming including their personal hygiene and food habits.
- Thoughts on maintaining the work-life balance with setting boundaries and passion towards their career.

The event came to an end with vote of thanks delivered by Ms. Akshara, III year IT, Student representative of WEC.

WEC Chairperson,
Dr. KR. Santha.





