



# MOHANBABU UNIVERSITY

Sree Sainath Nagar, Tirupati 517102

## WOMEN EMPOWERMENT CELL

Department of EEE

Webinar Series

on

"VOICE OF WOMEN"

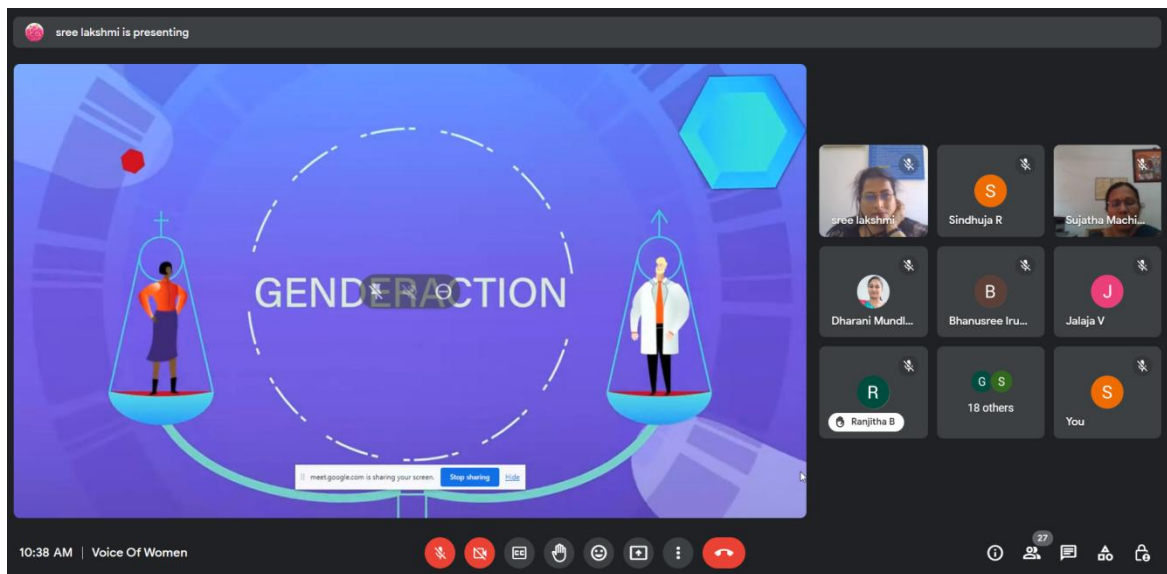
Women Empowerment Cell and Department of EEE  
(13-02-2023 to 17-02-2023)

### REPORT

In view of International Women's Day 2023 Women Empowerment Cell in association with Department of EEE has organized a series of webinar on "VOICE OF WOMEN" from 13-02-2023 to 17-02-2023.

### EPISODE #1

On 13-02-2023, **Dr. G. Sree Lakshmi**, Professor, Department of EEE, CVR College of Engineering, IEEE- WIE chair, Hyderabad addressed the participants on the topic "**WOMEN IN LEADERSHIP**" from 10 AM to 11AM through Google meet online platform.



Dr. G. Sree Lakshmi addressing the session

Dr. G. Sree Lakshmi addressed about the work culture of women in various working environment also she added the feedback if she collected from various workplaces like Wipro, Accenture. She enriched the participants regarding how to cultivate women engineering groups in workplace, freedom to work on anything, caring colleagues and leadership, how to maintain collaborative and diverse culture, how to have a great exposure and recognition.

She also added that female students and employees are under-represented in STEM

related fields. On an average, less than 30% of the world's researchers are women. Women in STEM fields publish less and often receive lesser pay. She also added the importance and need of IEEE-WIE affinity group. Around 27 participants have attended and got benefitted from this webinar.

## **EPISODE #2**

On 14-02-2023, **Dr.Sandhya Jampala**, MD (OBG) JIPMER, Gynecologist, Professor, Govt. Medical College, Anantapur addressed the participants on the topic "**Effect of Hormonal imbalance on Women's Health and Fitness**" from 01 PM to 02 PM through Google meet online platform. The session started with the welcome note by Dr. M.S. Sujatha, Convener- Women Empowerment Cell, MBU.



Dr. M.S. Sujatha welcoming the speaker of the session

The speaker started the session pointing the National Policy for Empowerment of Women, 2001 its Goals & Objectives and Policy Prescriptions.

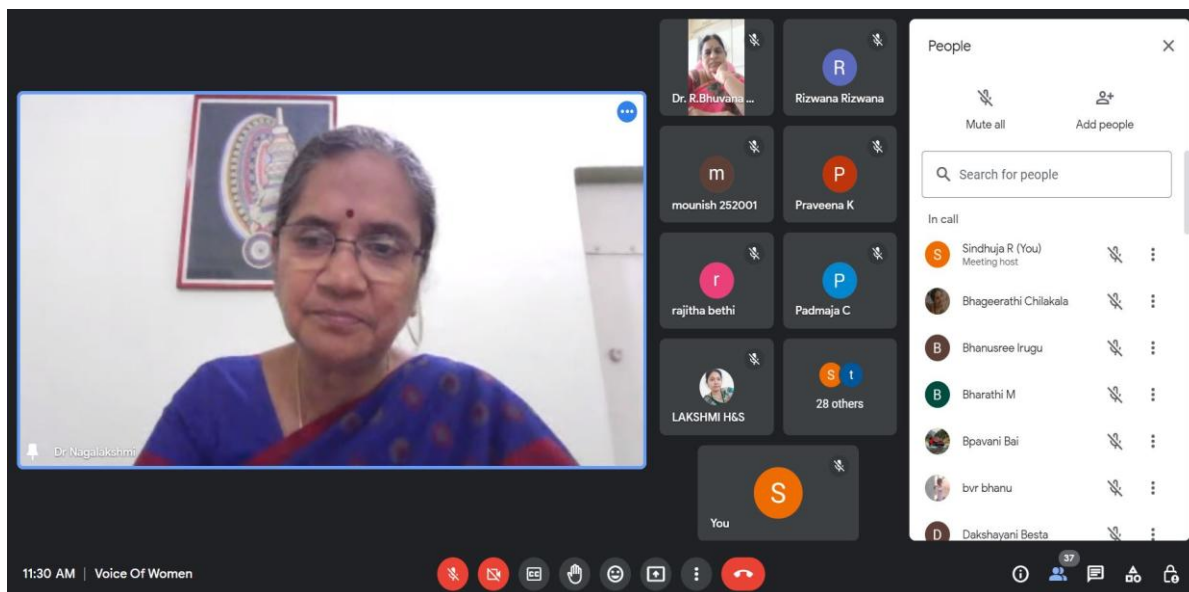


Dr. J. Sandhya elaborating about the ectopic pregnancy

Around 23 participants have attended and got benefitted from this webinar. Convener of the program extended her gratitude to the speaker of the session.

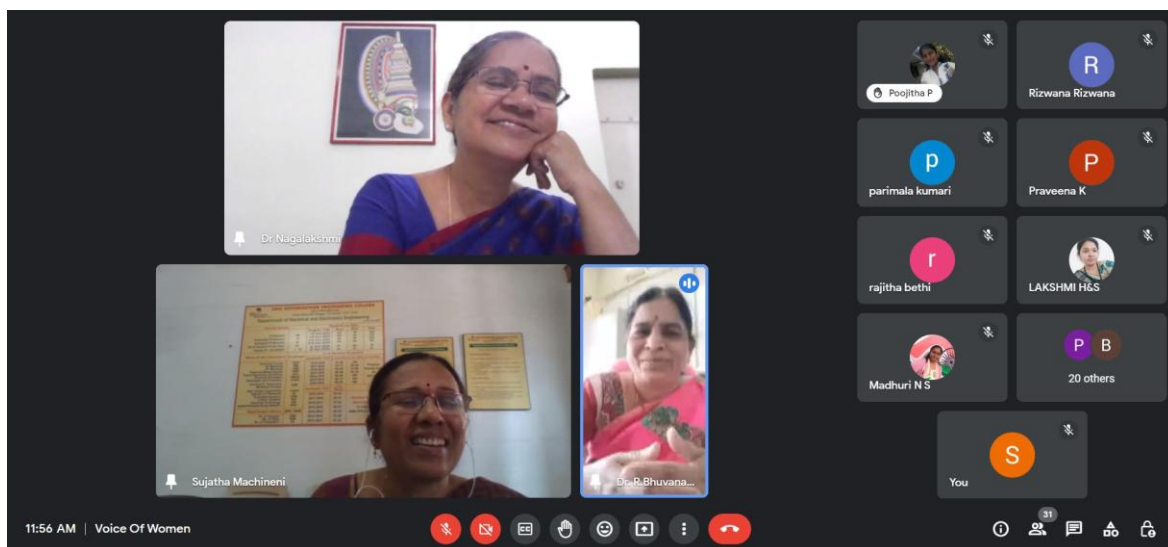
### **EPISODE #3**

On 15-02-2023, **Dr.V.Nagalakshmi**, Entrepreneur, Managing Director- IMIS Pharmaceuticals, Vijayawada addressed the participants on the topic "**Women Innovation and Entrepreneurship**" from 11 AM to 12 PM through Google meet online platform. The session started with the welcome note by Dr. M.S. Sujatha, Convener- Women Empowerment Cell, MBU.



Dr. V. Nagalakshmi addressing the gathering

Dr. V. Nagalakshmi, briefed about her life experience as an example and explained about all hurdles which a girl need to face to achieve her dream. She also added importance of social networking, which helps in uplifting our personal goal and carrier.



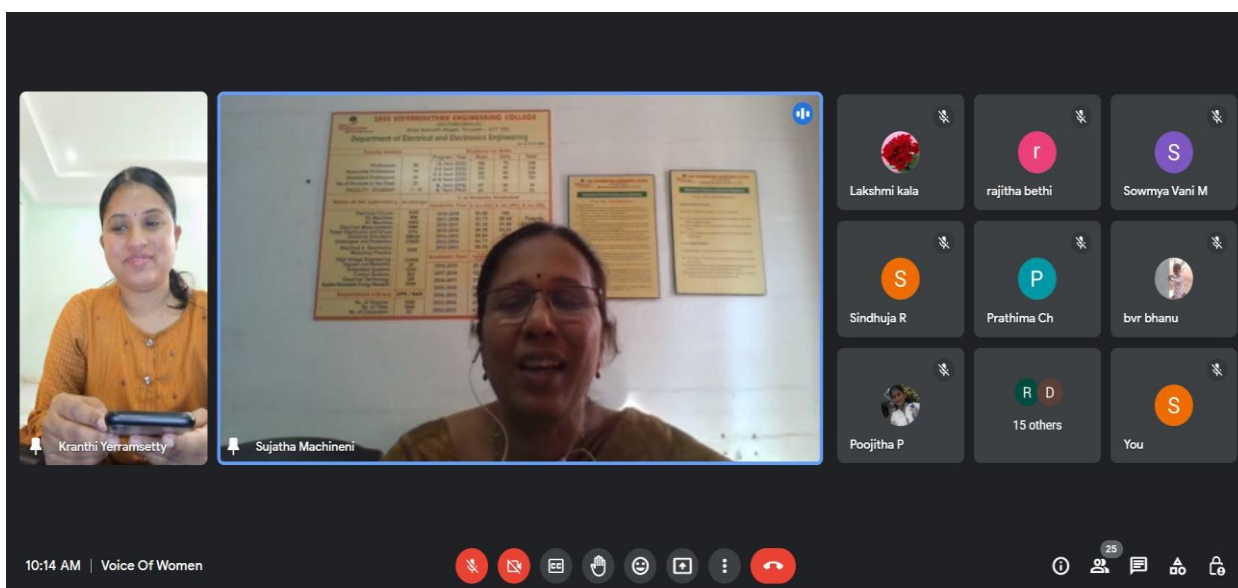
Dr. R. Bhuvana Vijaya, Women Empowerment Cell Coordinator JNTUA- Ananthapur got overwhelmed with the session

She also nourished participants that a female entrepreneur is motivated by recognition with regard to esteem, admiration, celebrity and regard. It is communication that implements rewards and reinforces the most significant outcomes entrepreneurs generate for the business. It is the chief factor that motivates businesswomen. Women are an instrumental part of entrepreneurship and will continue to lead change for years to come. Through their ingenuity, they bring with them economic growth, innovation, creativity, and productivity. They also inspire other women and individuals to become business owners.

Around 40 participants have attended and benefitted from this session. They also shared their gratitude for organizing such events and bringing such a good motivator as speaker.

### **EPISODE #4**

On 16-02-2023, **Ms. Kranthi Yerramsetty**, State coordinator, Faculty, the Art of Living International Center, Bangalore, addressed the participants on the topic "**How to beat your Stress**" from 11 AM to 12 PM through Google meet online platform. The session started with the welcome note by Dr. M.S. Sujatha, Convener- Women Empowerment Cell, MBU.



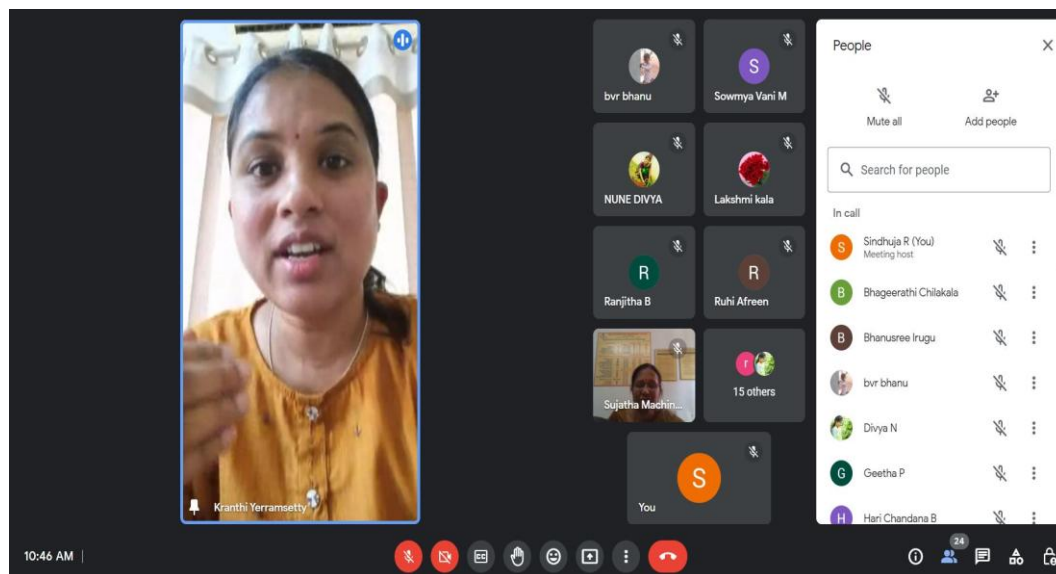
Convener welcoming the speaker of the session from Art of Living

Ms. Y. Kranthi stated the importance of meditation for a human body which gets stressed in its work place. She also added that, the human body is designed to follow the day and night pattern of work and rest. To nurture and maintain good health, you need to rejuvenate your body and mind periodically. This can happen in two ways: sleep and meditation. It is not a good idea to sacrifice sleep for work. Sleep regenerates cells and eases the tired body. It is essential for creativity and productivity at work.

Stress is comparable to salt. Some level of stress at the workplace is normal and



acceptable, perhaps even essential. It can keep you on your toes and help you face challenges. It can keep you alert so that you're able to meet your deadlines. However, just like too much of salt can spoil the food, stress beyond normal levels can leave you frustrated and powerless. It becomes a negative factor.



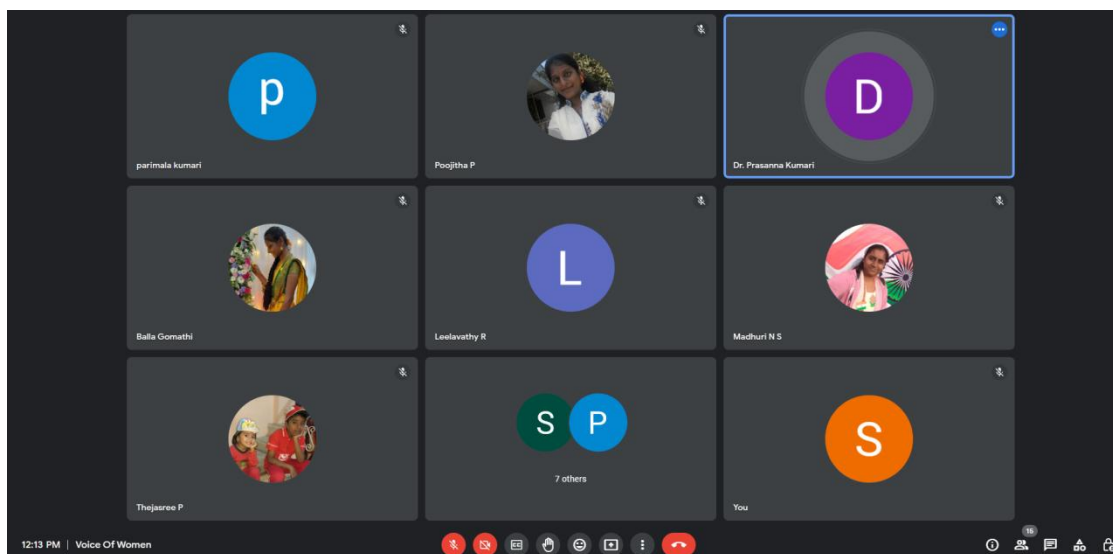
Ms. Y. Kranthi addressing the participants

She also briefed that, It is as essential as brushing and bathing. Different parts of the body start to feel stiff after sitting for long durations. She has also explained about few yoga postures and asked to Try out these easy and useful desktop yoga postures designed for stress relief. The best part is that you can do these exercises anywhere. Around 30 participants have got benefited from this session.

## **EPISODE #5**

On 17-02-2023, **Dr. B. Prasanna Kumari**, Director, Kuttakuran educational institutions, Cochin, Kerala, addressed the participants on the topic "**Reshaping Gender Attitudes to Promote Gender Equality and Women Empowerment**" from 12 PM to 1PM through Google meet online platform. The session started with the welcome note by Dr. M.S. Sujatha, Convener- Women Empowerment Cell, MBU.

Gender norms and biases continue to constrain human potential around the world. Like in many countries, the role of women and girls are reinforced through both formal and informal institutions, and perpetuated by the social norms on gender that disadvantage them. Historically, gender norms have put barriers for women and girls in receiving education, accessing health care, participating in the labor force, and having full autonomy over key life decisions like marriage and childbirth. Improving gender awareness and reshaping gender attitudes are important steps to changing long-held norms towards gender and ultimately closing the gender gap should be taken care of.



Dr. B. Prasanna Kumari addressing the participants

Many existing studies offer evidence that social norms related to gender limit the effectiveness of programs that target women. Therefore, it is important to dig deeper on what to consider in order to design programs that work. Gender norms are difficult to change because they are pervasive and held in place by behaviors, beliefs and institutions. Around 25 participants have attended session and got benefitted.

### **Details of the speaker:**

1. **Dr. G. Sree Lakshmi**, Professor, Department of EEE, CVR College of Engineering, IEEE- WIE chair, Hyderabad.
2. **Dr. Sandhya Jampala**, MD (OBG) JIPMER, Gynecologist, Professor, Govt. Medical College, Anantapur.
3. **Dr. V.Nagalakshmi**, Entrepreneur, Managing Director- IMIS Pharmaceuticals, Vijayawada.
4. **Ms. Kranthi Yerramsetty**, State coordinator, Faculty, the Art of Living International Center, Bangalore.
5. **Dr. B. Prasanna Kumari**, Director, Kuttakuran educational institutions, Cochin, Kerala.

Dr. M.S.Sujatha, Convener-Women empowerment Cell, Mohan Babu University have extended her gratitude to all the speakers of the webinar series for accepting the invitation. She also extended her hearty thanks to all participants from various departments for their active participation and making the event a successful one.

**Convener  
Women Empowerment Cell**