

### 7.1.1 GENDER SENSITIZATION PROGRAMS

The theme for this year women's day is Press for Progress. All the girl students and female staff members tied a purple ribbon on their wrist to cherish the blessing of being a woman and celebrated the day with enthusiasm. All female staff members of AIT shared a potluck lunch and they enjoyed being connected with one another.

All girl students and lady staff attended the health awareness session which started at 2:30pm. The guests of the day were Dr. Asha R. Rao MD, DGO, FICOG, Senior Consultant – Obstetrician and Gynecologist & Medical Director, Rao Hospital, Coimbatore and Dr. Parvathi M.Sc., MS (Counselling and Psychotherapy), PhD, Consultant Psychologist, Rao Hospital, Coimbatore.

Dr.Chitra Manohar, CEO, Adithya Institute of Technology welcomed the guests and the gathering. She made the AITians to take pledge for the wellbeing of themselves and women in their surroundings. Her talk motivated the audience which made them realize the incredible power of woman. Dr. Asha R. Rao highlighted that “Education is the best weapon a girl can have” and she gave an awareness talk on the health problems faced by women. She addressed how life style modification has contributed to health problems and how to overcome from them. Dr.Parvathi continued the session by addressing the gathering on “Stress Management”. She gave some fun activities which will reduce stress and the crowd enjoyed doing those activities. According to her, one should never let the child in him/her die, to lead a happy life without stress.

Finally the day ended with a health checkup where few doctors and senior nurses from Rao hospital came and the girls participated eagerly to know their basic health information like height, weight, BP and get their checkup done.

- The women's Day Programme is regularly conducted in our institution with the support of the management, Principal and the Heads of the Departments and with the cooperation of the faculty members and the students.
- Resource persons and the students make this program a huge success.



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- On account of this day, several events will be conducted for students, teaching and non-teaching faculty members and the prize winners will be awarded at the celebration event.
  - The celebration brought happiness, entertainment and a sense of unity among all.





## WOMEN'S DAY CELEBRATION ON 8.03.2021



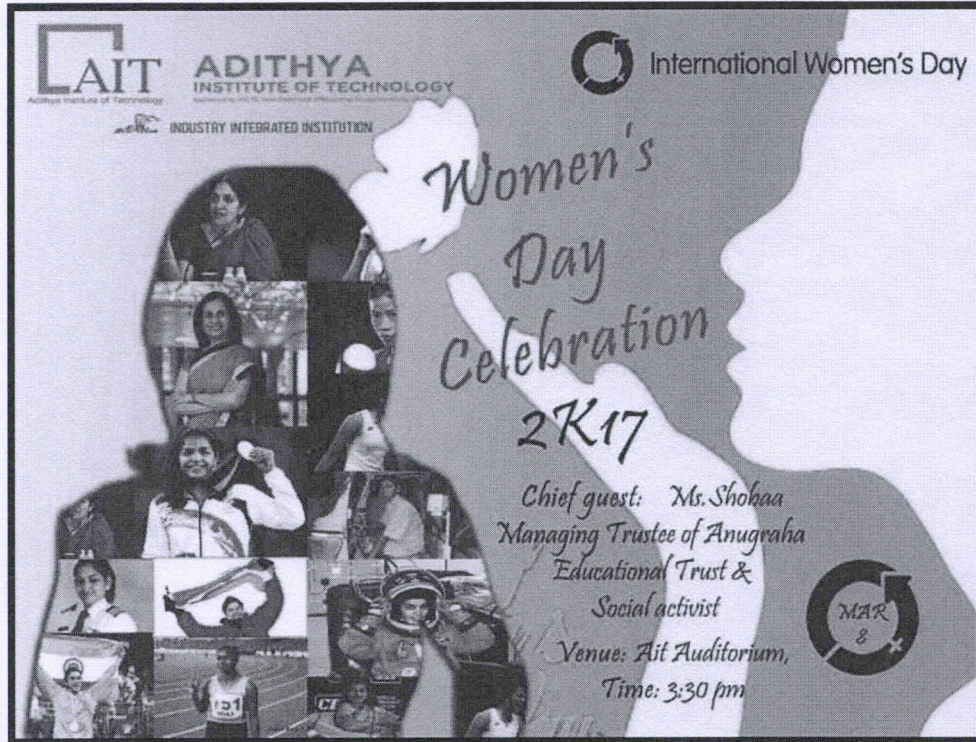
**WOMEN'S DAY CELEBRATION**  
Ms. Taslima Nasreen, Social Worker, Coimbatore Medical College & Hospital  
and Ms. I.S. Yasmin, Detective, ISY Foundation.



**WOMEN'S DAY CELEBRATION @ AIT**



**WOMEN'S DAY CELEBRATION ON 8.03.2017**



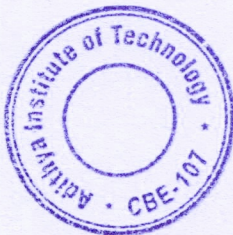
**WOMENS DAY 2017 INVITATION**





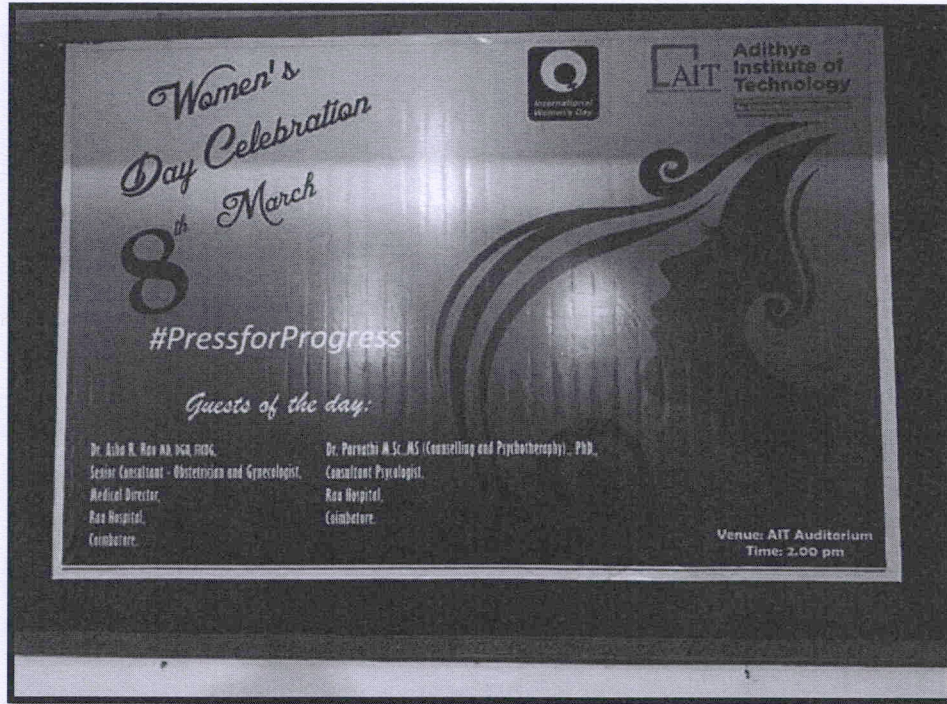


Women's Day Celebration on 8.03.2017





**WOMEN'S DAY CELEBRATION ON 8.03.2018**



**WOMENS DAY CELEBRATION**







**WOMENS DAY CELEBRATION 8.03.2018**



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