



K L University
(Koneru Lakshmaiah Education Foundation)
Estd. u/s 3 of UGC Act 1956

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Academic Staff College

Report on 1-day seminar on “Be strong and secure as women”

21.07.2017

Empowered women empower women

A strong woman stands up for herself, but a stronger woman stands up for everyone else.

Being a strong, independent woman means that one is able to find happiness on one's own. One has self-confidence without having to rely on another person or society for validation. It means emotional independence and being able to have healthy relationships with others without falling into co-dependent patterns. It means learning to express who one is at the core, whether one is shy and soft-spoken or loud and assertive. One doesn't need to try fitting a certain mould. Read on to learn how to embrace the woman you are and who you want to become.



A 1-day seminar on “Be strong and Secure as women” was organised by Academic Staff College on 21.07.2017 by Ms.M.Usha Rani, ASC at Sunflower hall for 38 women faculty members of Dept.CSE from 10.30 to 3.30 pm.

To be strong & secure

- Practice assertiveness
- Work life balance
- Contributing to family and work place
- Health
- Managing finances
- Following passions

In the forenoon session from 10.30 to 12.30 pm the difference between strong women and women strength was explained, then later the need for being strong was explained then later the factors that help the women to become strong was explained.

In the afternoon session the participants were instructed to identify the issues related to girl students in their class room. Then the participants were asked to come up with solutions were the girl students can be helped to become strong and secure. They presented the problems and as well the solutions. The session came to an end with valedictory and certificate distribution to the participants.



Dr. V Rajesh, Principal, ASC welcoming women participants to make best use of the session



Ms. Usha Rani, ASC, resource person interacting with women participants on how to be strong and secure as women



Women participants engrossed in discussion on how to be strong and secure as women



Participants receiving their certificates at the end of the session



Participants receiving their certificates at the end of the session



Women participants of the seminar on "Be strong and Secure as women"