

WOMEN'S FORUM

Webinar on "WOMEN EMPOWERMENT"

Women's forum has organized a session on "MENTAL WELLNESS IN WORKING WOMEN" by Ms. Mekhana Viju, (Psychologist and Family Therapist) on 19/01/2023, 1.00 PM at college conference hall. Ms. Divya CG (HOD, AS&H) addressed the gathering. Teaching and Non Teaching Ladies Staff of Thejus Engineering College attended the talk. Different issues faced by working womens were discussed. She has given some tips to manage stress and how to deal with professional and personal life in a balanced way. The session was followed by a Meditation session. The program was winded up by Ms. Bini B (Assistant Professor, Dept.of CE) with a vote of thanks.



**THEJUS ENGINEERING COLLEGE
VELLARAKKAD**

WOMEN'S FORUM

presents

a seminar on

**"MENTAL WELLNESS IN
WORKING WOMEN"**



by
Ms. MEKHANA VIJU
(Psychologist and Family Therapist)

Date: 19/01/2023 Time: 1.00 PM - 2.00 PM

Venue: Conference Hall

