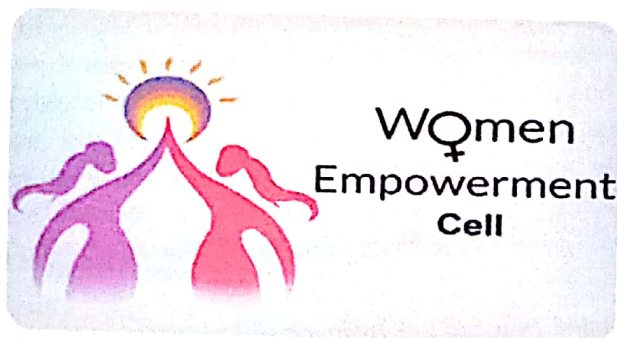




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WOMEN EMPOWERMENT CELL



“You can tell the condition of a nation by looking at the status of its women”

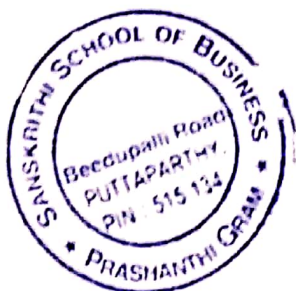
– Pt. Jawaharlal Nehru

Why we talk about women empowerment only and not men empowerment? Why women need empowerment and not men? Women make almost 50% of the total population of the world. Then why this substantial section of the society needs empowerment? They are not in minority so as to require special treatment.

WHY WE NEED WOMEN EMPOWERMENT?

Need for empowerment arose due to centuries of domination and discrimination done by men over women; women are the suppressed lot. They are the target of varied types of violence and discriminatory practices done by men all over the world. India is no different.

India is a complex country. We have, through centuries, developed various types of customs, traditions and practices. These customs and traditions, good as well as bad, have become a part of our society's collective consciousness. We worship female goddesses; we also give great importance to our mothers, daughters, sisters, wives and other female relatives or friends. But at



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the same time, Indians are also famous for treating their women badly both inside and outside their homes.

Indian society consists of people belonging to almost all kinds of religious beliefs. In every religion women are given a special place and every religion teaches us to treat women with respect and dignity. But somehow the society has so developed that various types of ill practices, both physical and mental, against women have become a norm since ages. For instance, sati pratha, practice of dowry, pardapratha, female infanticide, wife burning, sexual violence, sexual harassment at work place, domestic violence and other varied kinds of discriminatory practices; all such acts consists of physical as well as mental element.

The reasons for such behavior against women are many but the most important one are the male superiority complex and patriarchal system of society. Though to eliminate these ill practices and discrimination against women various constitutional and legal rights are there but in reality there are a lot to be done. Several self-help groups and NGOs are working in this direction; also women themselves are breaking the societal barriers and achieving great heights in all dimensions: political, social and economic. But society as a whole has still not accepted women as being equal to men and crimes or abuses against women are still on the rise. For that to change, the society's age-old deep-rooted mind set needs to be changed through social conditioning and sensitization programmers.

Therefore, the concept of women empowerment not only focuses on giving women strength and skills to rise above from their miserable situation but at the same time it also stresses on the need to educate men regarding women issues and inculcating a sense of respect and duty towards women as equals. In the present write-up we will try to describe and understand the concept of Women Empowerment in India in all its dimensions.

WHAT IS WOMEN EMPOWERMENT

Women empowerment in simple words can be understood as giving power to women to decide for their own lives or inculcating such abilities in them so that they could be able to find their rightful place in the society.



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OBJECTIVES OF WOMEN EMPOWERMENT

- To generate women's sense of self-worth;
- To give the power to regulate and control their own lives, within and outside the home;
- To empower the youth through quality education and to provide professional leadership
- To achieve excellence in all its endeavours to face global challenges
- To network with global Institutions of Excellence, Business, Industry and Research Organizations
- To contribute to the knowledge base through Scientific enquiry, Applied Research and Innovation

SCOPE OF THE WOMEN EMPWERMMENT

- Creation of an environment through positive economic and social policies for full development of women to enable them to realize their full potential.
- Creation of an environment for enjoyments of all human rights and fundamental freedom by women on equal basis with men in all political, economic, social, cultural and civil spheres.
- Providing equal access to participation and decision making of women in social political and economic life of the nation.
- Providing equal access to women to health care, quality education at all levels, career and vocational guidance, employment, equal remuneration, occupational health and safety, social security and public life etc.
- Strengthening legal systems aimed at elimination of all forms of discrimination against women.
- Changing societal attitudes and community practices by active participation and involvement of both men and women.
- Mainstreaming a gender perspective in the development process.
- Elimination of discrimination and all forms of violence against women and the girl child.
- Building and strengthening partnerships with civil society, particularly women's organizations.
- Increasing the strengths of a woman socially, economically and emotionally.



COMMITTEE MEMBERS:

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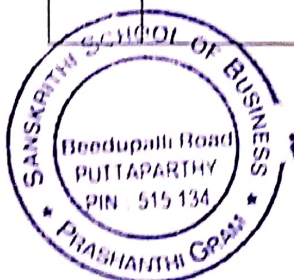
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S. No.	In-charge Committee Persons Name	Designation	Contact Number	Mail-id
1	Mrs. K. Vijayasri	HR	9100974543	hr@sanskritibschool.com
2	E. Prashanthi	Assistant Professor	8639414899	prashanthi@sanskritibschool.com
3	Rama Kumari.M	Assistant Professor	9985152573	ramakumari@sanskritibschool.com

STUDENT CO-ORDINATORS:

S. No.	Student Co-ordinators Name	Class	Contact Number	Mail-id
1	M. Vahida	MBA –III semester- A/s	9441629781	Mvahida24@gmail.com
2	Nirmala	MBA –III semester- C/s	8328283251	Nirmalaputtluru123@gmail.com
3	SoumyaLikitha	MBA –III semester- B/s	9652938933	Likitha.m50@gmail.com
4	S. Yasmin	MBA –I semester- A/s	7780294729	1998shaikyasmin@gmail.com
5	VarshaLekha	MBA –I semester-	6281211500	Varshalekha98@gmail.com



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		B/s		
6	Kalyani	MBA –I semester- C/s	6302392957	Kalyaniraj2524@gmail.com

International women's day 2021 Celebrations at

Sanskriti Group of Institutions

Aligning with UN Theme: Women in Leadership: Achieving an Equal Future in a COVID-19 World'.

Date: March 8th, 2021

Venue: SSE seminar hall, SGI, Puttaparthi.

Coordinators: M.Swetha Asst Prof, SSE, S. Jayanandini Asst Prof, SSB

Participants: Women Faculty, staff and Students of SGI

Student Co-ordinators: Asha, Dinesh, Bhavana, Chandu

Background:

In 1977, United Nations recognised the day and declared March 8 as International Women's Day across the globe. It is a day to spread awareness among the people regarding women's rights and gender equality. This day celebrates the social, economic, cultural and political achievements of women.



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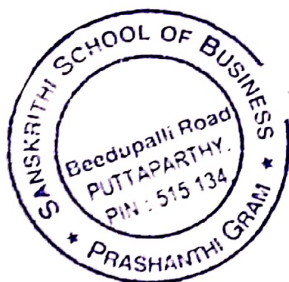
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Activities conducted

S NO	Date	Time	Event	Participants
1	6/3/21	3:30PM to 5.20PM	Games (Lemon & spoon/dumb charades)	Students
2	8/3/21	10:30AM to 11:00AM	Inauguration and welcoming address	Faculty, parents & Students
3	8/3/21	11:00AM to 11:15AM	Speech (Dean)	Faculty, parents & Students
4	8/3/21	11:15AM to 11:25 AM	Felicitation to all-rounder students from SSE and SSB and their mothers	Faculty
5	8/3/21	11:25 AM – 12 Noon	Felicitation of Housekeeping staff	Faculty, parents & Students
6	8/3/21	12PM to 12:30 PM	Walk on Ramp	Students
7	8/3/21	12:30PM to 01:00PM	Walk on Ramp	Students & Faculty
8	8/3/21	01.00PM to 01:30 PM	Valedictory function	Students & Faculty
9	8/3/21	1:00 PM to 4:30 PM	Stalls	Students

Report On International Women's Day 2021

To mark IWD-2021, events were conducted in the campus. Events like Lemon & Spoon, Dumb charades were conducted on 6th March 2021. Girl students of Sanskrithi Group marched in the rally on March 7th at Puttaparthi to raise awareness of Choose to Challenge by holding placards and emphasising on women empowerment.



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Rally on March 7th

On 8th March International Women's Day celebration contributed with an event of gathering of women faculty, girl students, parents and housekeeping staff. Event started with lighting the lamp and invocation song and dance.



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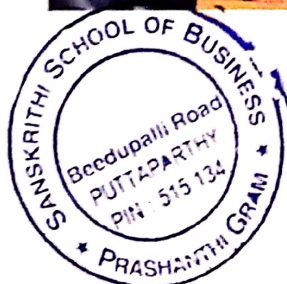
Lightening Lamp by Dignitaries'

Chairman Mr. Vijay Bhaskar Reddy delivered an inspiration talk emphasising on role of women in daily life. Dr. Bala Koteswari, Dean-SGI addressed the gathering on creating awareness and building right attitudes among women to handle the challenges in the society. Welcome address was delivered by Ms. S Jayanandini Devi, SSB. Dean Dr. Bala Koteswari was felicitated by the coordinators and faculty. Later, students who contributed to the Institutions and who are all rounder's along with the mothers were felicitated by Dr. Bala Koteswari, Dean SGI. Following are the student's details.

S NO	Name of the student	Department	Contribution
1.	P. Vyshnavi	IV EEE	TC's
2.	B. Usharani	IV ECE	TC's
3.	K. Jyoshna	IV ECE	All rounder's
4.	M. Shirisha	II Civil	All rounder's
5.	Shaik Hazira	III EEE	All rounder's
6.	K. Gouthami	II MBA	All rounder's



Chairman interacting with students



Dr. Bala Koteswari

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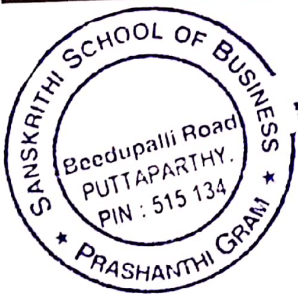


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Awards and Certificates for the students



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Few housekeeping staff who were with the Institute since inception were felicitated and the remaining House Keeping staff were presented with a token of appreciation for their services offered to the institute by Dean Dr. Bala Koteswari.

Felicitate to Housekeeping staff



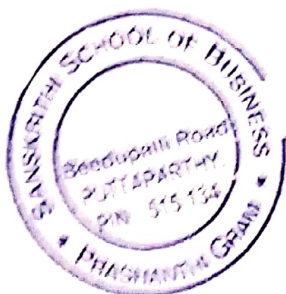
Mrs. Subhadramma



Mrs. Nagendramma

Name list of the Housekeeping staff

S NO	Name	S NO	Name
1	Subhadramma	8	Kanthamma
2	Nagendramma	9	Narayanamma
3	Sanjeevamma	10	Kristamma
4	Narasamma	11	Kalavathi
5	Lakshmi	12	Lakshmi devi
6	Ramanamma	13	Vara lakshmi
7	Gangarathna	14	Adi lakshmi



Dr. Balakoteswari

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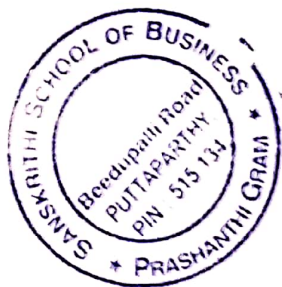


Token of appreciation to Housekeeping staff

Prizes were distributed to the winners of various events conducted on the occasion. In this programme all the SSB & SSE 1st year girl students, Faculty and women staff enjoyed.



Winners in Dumb charades



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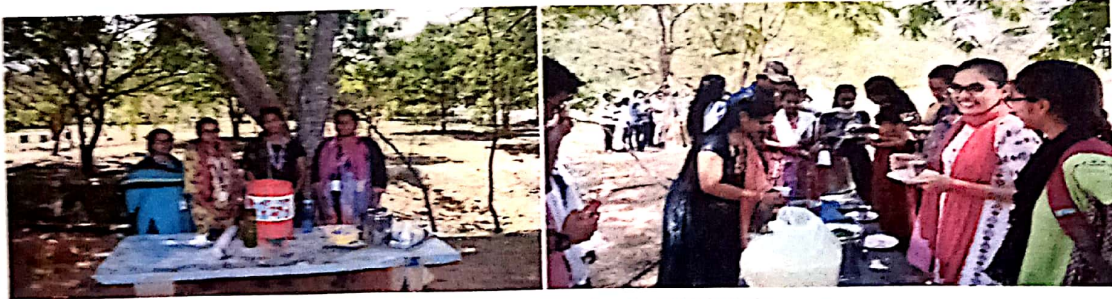
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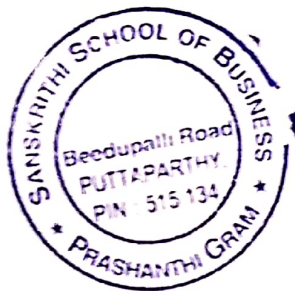


Women Faculty in SGI

The students arranged the food stalls to improve their Entrepreneur skills.



Stall arranged by the Students @SSB Campus



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Natural AC

The valedictory function started at 01:00 PM with vote of thanks given by the Ms. Smitha SSE and celebration ended with the National Anthem.



Event Coordination Team



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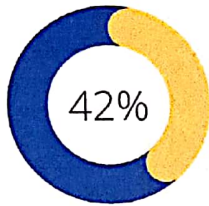
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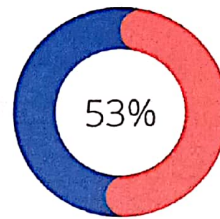
Sanskriti Group of Institutions



Happy Women's Day



Women employees at SGI



Girl Students at SGI

Empowering Women

SGI@10
#sgiptp

through the decade

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AGRANI
WOMEN IN
LEADERSHIP
Choose to challenge
CONTACT: 9100974544/43.
SANSKRITHI GROUP OF INSTITUTIONS
Behind Sri Sathya Sai Super Speciality Hospital, Beedupalli Knowledge Park, Prasanthi Gram, Puttaparthi-513434.



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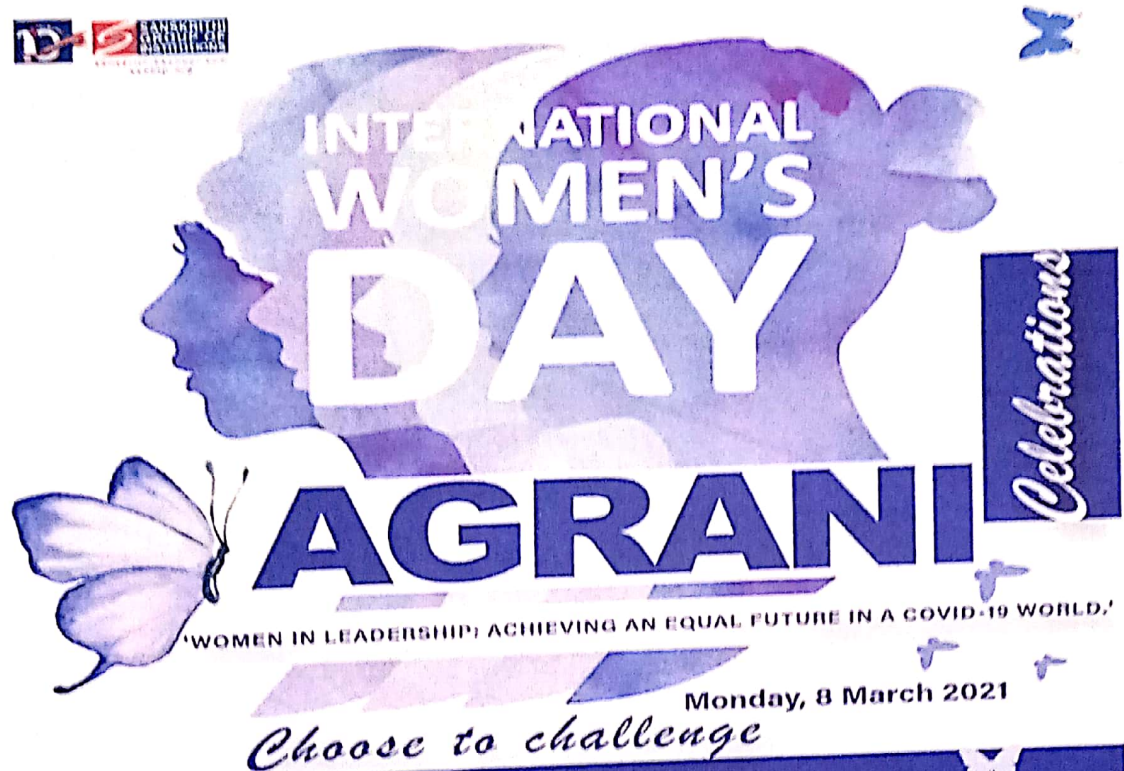




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Banner



This year International Women's Day celebrates
"Women in leadership: Achieving an equal future in a COVID-19 world,"
recognising the tremendous efforts by women and girls around the world
in shaping a more equal future and recovery from the COVID-19 pandemic
and highlights the gaps that remain.

EVENTS AND ACTIVITIES




Games
Stalls
SKITS
Walk the ramp
Felicitation

CO-ORDINATIONS

Ms. M. SWETHA AsstProf, SSE
Ms. JAYANANDINI AsstProf, SSE

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Poster

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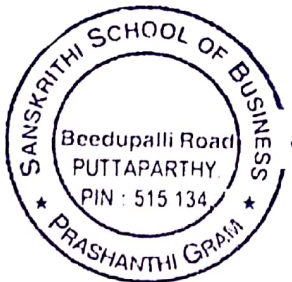


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Budget for the Event

S NO	Item	Quantity	Total
1	Flowers	100*2	200
2	Decorations (notice board & ribbons)		250 339
3	Rangoli	35*2 20*2 99*1 100*1	70 40 99 100
4	Gifts & wrapping papers	700*1 18*6	700 108
5	Shawls	259*4 269*5 379*1	1036 1345 379
6	Certificates & frames	350*6	2100
7	Trophy+ courier charges	315*6 + 70	1890 70
8	Banners	180*4	790
9	Snacks & Samosa	15*30	450
	Frooti Tetra pack	10*30	300
		Total	Rs.10266/- (Ten thousand two hundred sixty six rupees only)



M. Balakrishna

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International women's day 2022 Celebrations at Sanskrithi School of Business

IWD 2022 theme: # BreakTheBias

Date: March 8th, 2022

Venue: SSE seminar hall, SGI, Puttaparthi.

Coordinators: S. Jayanandini Asst Prof, SSB, M. Swetha Asst Prof

Co-coordinators: Mr. Rajeev Chinnappa Asst Prof, Mr. Raghavendra Asst Prof

Participants: Women Faculty and girl students

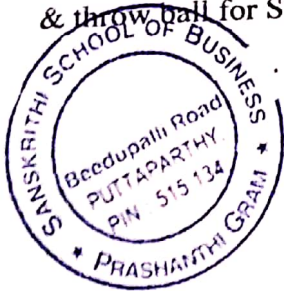
Student Co-coordinators: Sai sandhya, Thaniya, Bhavya, Shruthi & Sai kumar.

Background:

In 1977, United Nations recognized the day and declared March 8th as International Women's Day across the globe. It is a day to spread awareness among the people regarding women's rights and gender equality. This day celebrates the social, economic, cultural and political achievements of women. A global celebration dedicated to uplifting women and honoring their achievements. But this feel-good day started off as more than a day to celebrate the women in your life – it was born out of socialism, protest and a fight for labor rights.

Theme of IWD 2022 - #Break the Bias

To mark Internal Women's Day - 2022, two day events were organized at Sanskrithi Group of Institutions. Events include games for staff and students like Cricket & Throwball for Lady Faculties, Kho-Kho, Kabadi, & throw ball for Students were conducted on 7th March 2022.



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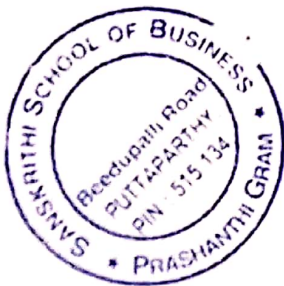


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Activities conducted at SGI on this occasion

S NO	Day	Date	Time	Event	Participants
1	1	7/3/22	11.00AM to 1.00PM	Cricket, Throw ball	Faculty
2			02:00PM to 5:00PM	Kho-Kho, Kabbadi, Throw ball.	I MBA & Btech Students
3			2:00AM to 05:00AM	Musical Chairs, Dancing & faculty Grooming session by Mrs. Anitha	Faculty
4	2	8/3/22	10:00AM to 11:30AM	Student fancy Ethni c dress	Students



Dr. Balakrishna

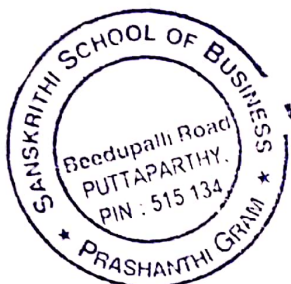
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			competition & Walk on Ramp	
5		11:30AM to 12:30 PM	Faculty Ethnic fancy dress competition & Walk on Ramp	Faculty
6		02:30 AM – 2.45 PM	Inviting Guests on Stage & Lightening Lamp	Faculty & Students
7		02.45 PM TO 03:00 PM	Speech by Ms. K. Sisira Deepthi	Students & Faculty
8		03:00PM to 4:20PM	Speech by Mrs. Nalini Kumar	Students & Faculty
9		04.20PM to 04:50 PM	Cultural activities by Students	Students & Faculty
10		4:50 PM to 5:20 PM	Prize Distributions & Announced Mrs, Ms SGI & Ms SSB, Ms SSE	Students & Faculty



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Day 1 events

Forenoon - Sports events for faculty and students



Faculty posing with the BREAK THE BIAS signs



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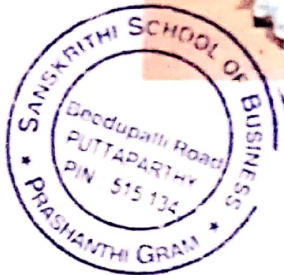


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Cricket Team



Dr. Bala Kotzad

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Throw ball by faculty

Day 1 - Afternoon session Sports for Girl students



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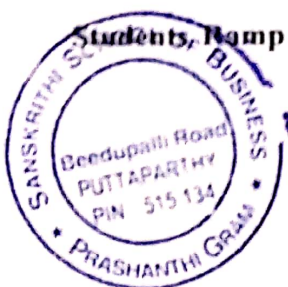


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Indoor fun Games for faculty
Day 2 – Forenoon - Fancy Dress Competition on Culture and Heritage For students



Students Ramp Walk for faculty, Indian Culture and Heritage

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Faculty Ramp on Walk



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Faculty Ramp on Walk



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Dr. Bala Subrahmanyam
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Afternoon Megaevent with 2 guest at campus



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lighting the lamp and invocation song by Thanya and Bhavya



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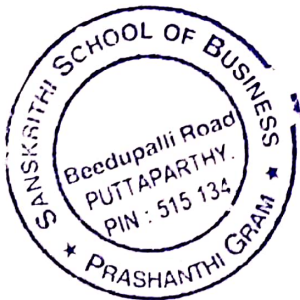
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Prof. Rajeev Chinappa welcomed Chief Guests

Profile of the Chief guest

K. Sisira Deepthi, Motor vehicle Inspector,
Hindupur Diploma in Automobile Engineer,
Nellore
B.tech from Mechanical Engineer, Annamalai
University. MTech in Energy systems , JNTU
Anantapur
MBA – HR Madurai Kamaraj University.



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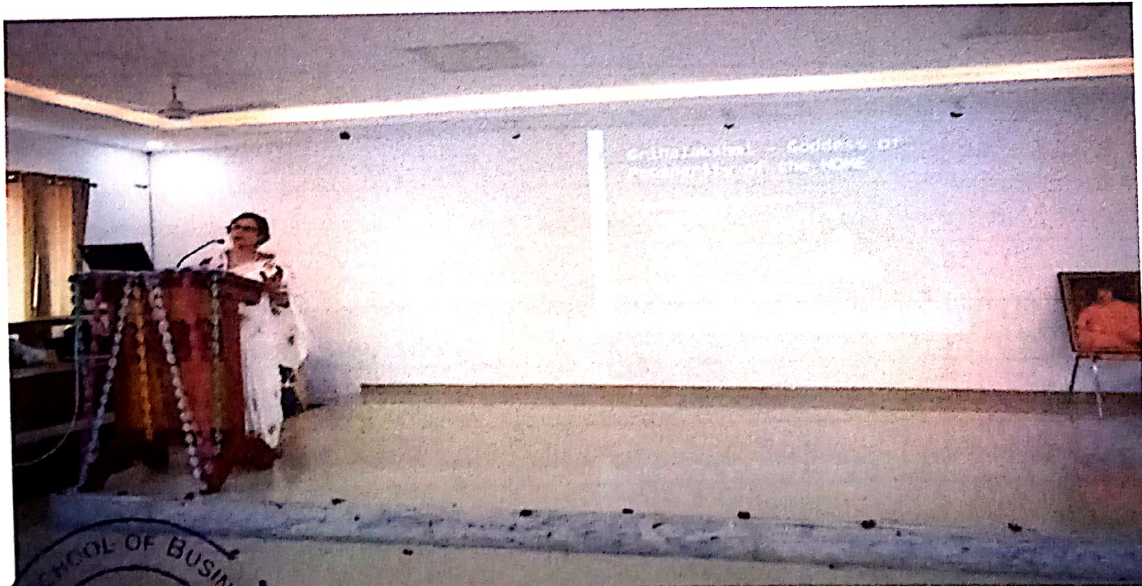


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Address by Ms. Sisira Deepthi Motor Vehicle Inspector



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Address by Mrs. Nalini Kumar Personal Resiliency Coach

Ms. Sisira Deepthi explained the importance of work life balance from her experience. Importance of Daily meditation and its benefits in helps us relaxed and to be focussed on work. She motivated the students to be self-reliant and build their career and sky is the limit.

Profile of the Chief Guest

Mrs. Nalini Kumar, Personal Resiliency Coach.

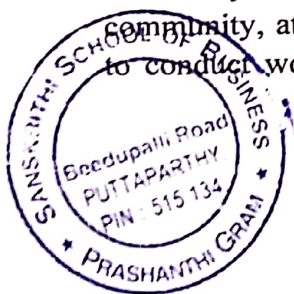
<https://www.healthinnerview.com/about/>

Meditation teacher and teaches self-preservation through hostlic wellness, she's long student of Ayurveda, an ancient prevent medicine. She spoke on Women's health in 21st century.

She believes we all have the ability to heal ourselves if we knew how to tap into our own innate power of consciousness within. Nalina is a life long student of Ayurveda, an ancient preventive medicine, meaning 'the science of life'. She personally follows an Ayurvedic lifestyle and attributes her constant state of wellbeing, vitality, health and youthful looks to her lifestyle, which includes daily meditation and yoga.

Nalina's mission in life is to make a difference one person at a time, by teaching people emotional self reliance and how to live a life without disease using natural ways. Nalina is a certified Marma (acupressure) Therapist, and a Personal Resiliency Coach certified by the Institute of HeartMath. She has experience in Reflexology, Energization, and Ashtanga Yoga including Praanayama through over 20 years of personal practice. She has been able to help people suffering from cancer manage their pain and minimize the side effects of chemo / radiation.

Nalina believes that prevention is not only possible but also perfect health is within the reach of every human being and a birth right. To this end, her classes are always offered free of charge. Nalina conducts free sessions in the community, at schools, corporate retreats and conferences. She has been invited to conduct workshops by the provincial Health & Wellness ministry, Catholic



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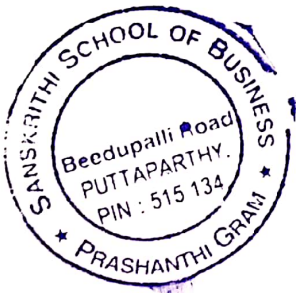
and Public schools, the provincial School Board Association, and the Natural Health Practitioners Association of Canada. Her workshops include breathing, acupressure, pain management, energy management, weight loss and mindfulness meditation.

An excerpt from Edmonton Journal, July 2, 2012 on Symposium on Spirituality and Medicine:

“There is proof that a huge part of the cause of every disease is stress, and that’s created in the mind,” says Edmonton meditation teacher Nalina

Kumar. “We are what we think, and you can learn how to unlock the power of the mind to achieve health. You have the power.”

<http://www2.canada.com/edmontonjournal/news/story.html?id=d5004234-71ee-4456-8a7a-57fe43a98e49>



Dr. Bale Koteswari

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Health is the ONLY Wealth

- Physical Health
- Mental Health
- Emotional Health
- Spiritual Health



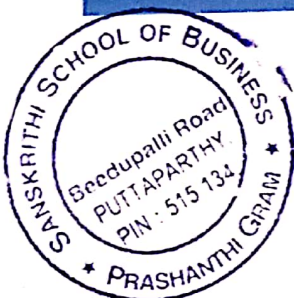
MIND IS THE ROOT CAUSE OF
DISEASE... Swami

Glimpse of her presentation

Mental, Emotional & Spiritual Health

Swami's 9 Point Codes:

- Daily Meditation & Prayer
- Bhajans / Prayer with family
- Children attending Bal Vikas
- Community Seva
- Attend Bhajans in the ashram
- Sai Literature / Thought For the Day
- Speaking softly and lovingly to ALL
- Don't talk badly about others behind their back
- Ceiling on Desires



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Felicitation of Ms. Nalini Kumar



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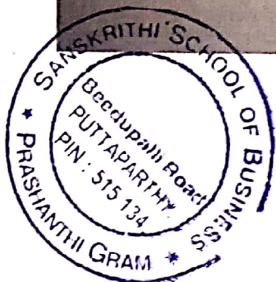
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Felicitation of Ms. Sisira Deepthi



Cultural activities



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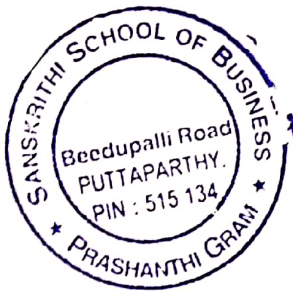
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Mym by Students on women empowerment

Prizes were distributed to the winners of various events conducted on the occasion. Students & Faculty participated in ramp walk in ethnic wear.



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WINNERS

S NO	Name of the Event	Name of the student	Department
1	Kho-kho	Vasudha, Bhargavi, Latha, Mounika, Archana, Rabiya, Gowthami, Karishma & Sai swetha	MBA
2	Throw ball	Manjula, Meghana, Bhagya Lakshmi, Latha, Bharathi, Sreevani, swetha, Vasuda & Manasa	MBA
3	Kabadi	Pushpa sabari, Bhagya Lakshmi, Akhila, Manjula, Vasuda, Karishma, Jyoshna	MBA



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Competition Winners

Lady faculty members at Sanskrithi



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Rangoli & Notice Board decoration



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Distribution of Goodies to the lady staff



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Poster



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#BreakTheBias Work late hours at the college without any fear for their safety/travel.
#BreakTheBias SGI IWD celebrations are entirely conceptualised, organised and conducted by the SGI gents faculty.

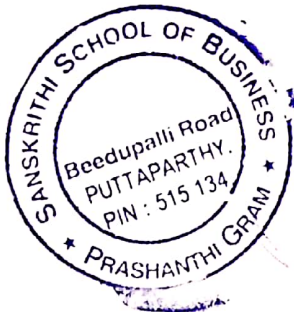
SGI IWD 2022 events covered sports and games on Mar 07, 2022.
On Mar 8, 2022, the event was graced by Dr Sisira Deepthi, Motor Vehicle Inspector and Mrs Nalini Kumar, Personal Resiliency Coach and a Meditation Teacher.

Sanskriti takes this chance again to salute all the women heroes, to whom we owe our existence.

We extend our thanks to the gents' faculty for this wonderful program.

Big thanks to the spouse/ father/brother and extended family of our faculty for being ever supportive and encouraging of our dear professors.

#iwd #iwd2022 #gender #equality #equalopportunities
#sustainabledevelopment #hiring #job #work #sports #safety
#supportwomen #sseptp #ssbtp #sgiptp #puttaparthi



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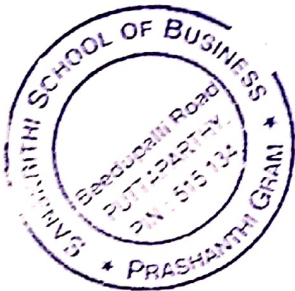
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