

## **A Report on the Women's empowerment Programme March 8<sup>th</sup> 2020, SSSSS BHEL**

By the blessings of our beloved Bhagwaan, the women's empowerment programme conducted by the BHEL Sathya sai seva Samithi was very well received by almost 400 mahila recipients. The programme was intended mainly for the Spouses of the BHEL employees though it was open to others as well. The purpose of the programme was to make women aware of their uniqueness and potential and how they could play a more inclusive and dynamic role both at home and in the society.

The programme was attended by Smt.Nivedita garu, State mahila youth coordinator, Smt.Sumanlatha garu, District mahila coordinator, District President Sri Shankarappa Garu graced the occasion. Smt.Vaishali Malhotra(IRS), Additional Director, Customs, Indirect taxes and Narcotics was the chief guest. Dr.Sandhya Kar garu AGM HR, Smt.Vijaya Lakshmi garu, AGM/Internal audit and Smt.Rajashree garu, AGM/Contracts management were also invited as guests from BHEL. We had distinguished speakers who addressed the gathering on the following topics-

1. Power of women, by Smt.Padmashree Radhaswamy, Alumni of Anantapur Campus, and a faculty with Narsee Monjee institute of management studies)
2. Women's health, by Dr.Smt.C.Venkatalakshmi garu, Professor and head of the dept of Obstetrics and gynaecology, MMCH, Isnapur.
3. Women's nutrition, by Dr.Chinnasai namballa , Chief Dietitian and Nutritionist Citizen Hospital, who is one of the 10 leading Nutritionists in India. She is also an alumni of Anantapur Campus
4. How to lead a happy life by Sri Mallesh garu who is a Sai devotee and a well known motivational speaker, Psychologist and HR professional.
5. Ways of earning income from home by Sri.Nagaraju garu , who is a consultant and entrepreneur in the field of finance and taxation. He is a sai devotee too.

An overview of the activities by the Mahila Vibhag of the organization was also given. All the topics were absorbed by the audience with rapt attention. The participants were also given an insight about Puttaparthi and also an invitation to visit Prashanthi Nilayam for which there was a good response. The programme ended with Mangala Harathi to Bhagwaan. The Programme was a great success with the unified efforts of the Sevadal (gents and Mahilas) and youth members, (both Mahila and gents ). The children who accompanied their mothers to the venue were engaged in value based activities by the balvikas and youth team.

Breakfast and lunch were served as Mahaprasadam to all who attended. We are happy that the women's day was a very fulfilling experience to all the Mahilas who attended the programme. May Sai Maa shower her blessings on all of us.