



**Maharani Lakshmi Ammanni College for Women Autonomous**

Affiliated to Bengaluru City University  
Re-accredited by NAAC with "A" grade, Recognised by UGC  
under Section 2(f) and 12(b) of the UGC Act 1956  
Conferred the Status of 'College with Potential for Excellence' by UGC

# WOMEN DEVELOPMENT CENTER

on the Occasion of

## INTERNATIONAL WOMEN'S DAY

organizes a virtual panel discussion on



### REDISCOVER YOUR STRENGTH: A WAY FORWARD FOR A BRIGHT FUTURE

MARCH 8, 2022 | 4:00 PM TO 5:30 PM  
PLATFORM : ZOOM & YOUTUBE LIVE STREAM

*Our panelist*

**Dr Sundari K.P**

Director, IndusViVa

**Dr. Dhatri S**

Obstetrics & Gynaecology Consultant

**Ms. Latha Bhaskar**

Student counsellor, mLAC

#### ZOOM Link

[https://us02web.zoom.us/j/89752306707?  
pwd=QjFvRIE0KzlyOW9FQjBmbGFvdWxvZz09](https://us02web.zoom.us/j/89752306707?pwd=QjFvRIE0KzlyOW9FQjBmbGFvdWxvZz09)

Meeting ID: 897 5230 6707

Passcode: 380234

#### You Tube Link

<https://youtu.be/01X54aeNy6Y>

[Click here to register](#)

Students, Staff, Alumni, participants from  
other colleges & Family

*All are cordially invited*

**Prof Shashikala A**  
Principal, mLAC

**Prof Aruna H K**  
WDC - coordinator



# WOMEN DEVELOPMENT CENTER, mLAC

## INTERNATIONAL WOMEN'S DAY

### About mLAC

Maharani Lakshmi Ammanni College for Women, Autonomous (mLAC), established in 1972, has carved a niche for itself in imparting quality education along with instilling moral values and transforming each student to be a responsible citizen. This is reflected by the college being awarded Autonomous status by the University Grants Commission (UGC) in the year 2016. The college has been recognized as a Centre with Potential for Excellence, in both Phase I (2010) and Phase II (2014) by the UGC and been awarded with STAR College Status by the DBT, Govt. of India. It has been re-accredited with "A" grade by NAAC in the year 2016. mLAC is one among twelve colleges in Karnataka with ITBT & ST, Govt. of Karnataka sponsored BiSEP, UGC sponsored B.Voc course in Medical Laboratory Technology and DST-FIST.

### About Women Development Center

Women Development Centre at mLAC works towards empowerment of young women in various forte. It has conducted various activities namely skill development programs (fabric painting, candle making, jewellery, baking classes) awareness programs (walkathon, poster displays), self defence techniques by martial art experts, talks on women health and hygiene by doctors, prevention of sexual harassment by legal experts, motivational talks by woman achievers and so on. WDC has provided an able platform to prepare students to excel through self confidence and self discovery leading to professional and personal development.

### Highlights of the Panel discussion

To enable women to rediscover self, feel confident and face the challenging world. The panel discussion aims to address the challenges regarding decision making, time management, distractions and its impact on health. This program focuses also on other areas of challenges which women face everyday and help them to find solutions as to how to deal with anxiety, stress and other negative emotions which otherwise will affect their daily activities and performance. This is a right platform for all women from different walks to life, irrespective of your cadre, age and affiliation to participate in open discussion with panelists.

### About our Panelists



#### **Dr Sundari K.P**

Director for "IndusViVa" a special school and early intervention Centre in Nandidurga road Bangalore. Dr. Sundari is a very successful therapist, teacher & instructor for the past 25 years. She is a Reiki grandmaster and has been teaching Reiki for 25 years. She is also an expert in E.M.D.R. a therapy for PTSD and practicing Yoga master.



#### **Dr Dhathri S**

Has been an OBG consultant at Community Health Centre, Harohalli and at Chirag Hospital. She has done her MBBS from SDM college of Medical sciences and Hospital, Dharwad and MS OBG from Kempegowda Institute of Medical Sciences and Hospital, Bangalore. Karnataka. She is a 2nd rank holder in Obstetrics and Gynaecology in under graduation from Rajiv Gandhi University of Health sciences.



#### **Ms. Latha Bhaskar**

Student counsellor, mLAC. She is a competent, team spirited professional with experience in providing Coaching, Counselling and Life Skill Training; Psychotherapist expertise in Cognitive behavioral therapy. She has experience for working with organizations in Bangalore namely STEPone (Tele Consultation, Govt of Karnataka), SVIMS, DISHA BHARATH and FREELANCE COUNSELLING.

### CONTACT DETAILS

Prof. Aruna H K, WDC Coordinator, 9448000983

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