

SWAMI VIVEKANAND INSTITUTE OF ENGINEERING & TECHNOLOGY

Approved by AICTE, New Delhi and Affiliated to IKGPTU, Jalandhar

Seminar on “Supporting Women’s Well-being: Breaking the Silence on Women’s Day”

Date: March 7, 2025

Venue: Seminar Hall C Block

Coordinator Name: Jaspreet Singh

Organized by: NSS Department of Swami Vivekanand Institute of Engineering & Technology

Participants : 60 Students + Faculty

Aim of Activity:

On March 7, 2025, the seminar titled "Supporting Women’s Well-being: Breaking the Silence" was held in celebration of International Women's Day. The event aimed to bring attention to the critical issue of women's well-being, focusing on mental health, gender equality, and creating a supportive environment for women to speak out about their struggles. The seminar also sought to raise awareness of the challenges women face in society and how to break the silence surrounding issues such as domestic violence, mental health, and workplace discrimination.

Objectives of the Seminar:

1. To address the importance of supporting women’s mental and emotional well-being.
2. To break the silence around issues impacting women's health, particularly mental health.
3. To encourage open conversations about gender equality, social justice, and empowerment.
4. To highlight the role of society, institutions, and individuals in supporting women's well-being.

Keynote Speakers:

Dr. Naina Sharma

Associate Professor and Additional Dean Student Welfare
Punjab University Patiala

Seminar Highlights:

Details:

1. Opening Remarks:

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The seminar was inaugurated Ms. Ifrah Wahid who emphasized the importance of International Women's Day as a platform for reflecting on the achievements of women worldwide while also acknowledging the ongoing struggles women face. The opening speech set the tone for the event, emphasizing the need to continue advocating for women's rights and well-being.



Seminar was inaugurated Ms. Ifrah Wahid



*Felicitate the guest Dr. Naina Sharma Associate Professor and Additional Dean Student Welfare
Punjabi University Patiala by Hod of Civil Engineering Department Ms.Shivani Guleria and Coordinator of NSS
unit Mr.Jaspreet singh*

2. Session 1: The Silent Struggles of Women – Mental Health and Emotional Well-being

Dr. Naina Sharma presented a compelling session on the mental health challenges faced by women, including anxiety, depression, and the impact of societal pressures. She discussed how cultural stigmas often prevent women from seeking help, leading to prolonged suffering. Dr. Johnson encouraged the audience to normalize conversations about mental health and to seek help without shame.

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Key Takeaways:

- Mental health issues among women are often exacerbated by gender expectations and societal roles.
- Access to mental health services remains a barrier for many women due to stigma and lack of resources.
- Empowerment begins with open conversations and support systems in communities.

3. Session 2: Breaking the Silence on Domestic Violence

Dr. Naina Sharma led a discussion about domestic violence and its disproportionate impact on women. She highlighted the importance of listening to survivors and creating safe spaces where they can speak out. Sarah shared inspiring stories of women who overcame their struggles with the support of legal systems, shelters, and community networks.

Key Takeaways:

- Domestic violence is often underreported due to fear, shame, and lack of support.
- Legal reforms and the establishment of safe spaces are critical to empowering women to break free from abusive situations.
- Community involvement is key in creating a support system for survivors.

4. Session 3: The Role of Social Media in Women's Well-being

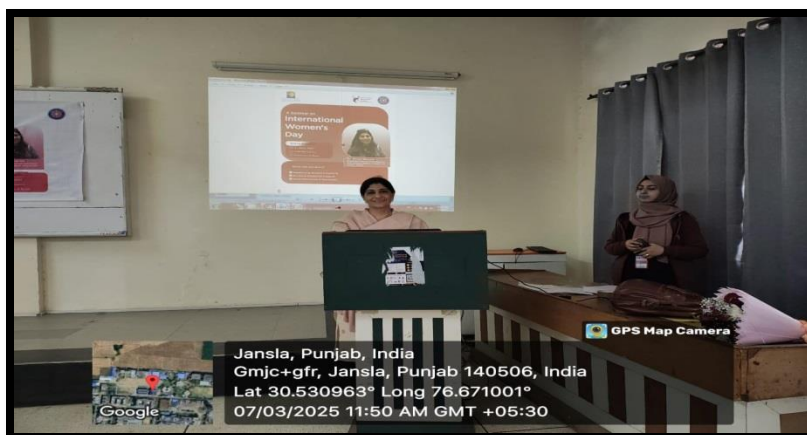
Dr. Naina Sharma explored the role of social media in shaping women's perceptions of themselves. She discussed both the positive and negative effects of social media on women's self-esteem, mental health, and body image. While social media can empower women and raise awareness, it can also exacerbate feelings of inadequacy and stress due to unrealistic beauty standards and cyber bullying.

Key Takeaways:

- Social media can both empower and harm women's mental well-being.
- Women's self-esteem is often impacted by unrealistic beauty standards portrayed on social media.
- Digital literacy programs should be implemented to help women navigate social media healthily.

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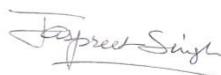
During a session was given by Dr.Naina Sharma Associate Professor and Additional Dean Student Welfare Punjabi University Patiala



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Conclusion:

The seminar concluded with a call to action, urging everyone to play a role in supporting women's well-being. The participants were encouraged to continue the conversation, break the silence, and advocate for mental health support, gender equality, and access to resources for women.



Mr. Jaspreet Singh

Faculty- Incharge



Ms. Shivani Guleria

Head of the Department