



# Karupa Foundation Education and Research Centre

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## Activity Report

### Women's Mental and Health and Well-being

Date	03.09.2021
Organized By	Karupa Foundation and Karpagam College of Engineering
Purpose	Awareness
Venue	Coimbatore
About the Programme	Dr.R.Sujatha delivered the expert speech and created awareness about Women's Mental and Health and Well-being.

**KARPAGAM COLLEGE OF ENGINEERING**  
 Rediscover | Refine | Redefine  
 Coimbatore - 641 032

**Department of ELECTRONICS AND COMMUNICATION ENGINEERING**

**Two days National Level Women Empowerment Programme on**  
**WOMEN'S MENTAL HEALTH AND WELLBEING**  
 (03<sup>rd</sup> and 04<sup>th</sup> September 2021)

**MENSTRUAL HEALTH AND HYGIENE**  
 03 September 2021 | 10.00 AM  
 Dr. R.Sujatha  
 Director,  
 Karupa Foundation

**WORK LIFE BALANCE**  
 03 September 2021 | 02.00 PM  
 Dr. M.R.Vanithamani  
 Director, MBA,  
 Karpagam College of Engineering

**SELF-CARE IDEAS & ACTIVITIES TO DEAL WITH LIFE**  
 04 September 2021 | 10.00 AM  
 Dr. Saranya Ramamoorthy  
 Manager/GUIV Geek Networks  
 IITM Research Park.

**WOMEN'S HEALTH AND PSYCHOLOGICAL ASPECTS TO DEAL WITH LIFE**  
 04 September 2021 | 02.00 PM  
 Dr. G.P.Godhanavalli  
 Student Counselor,  
 Karpagam Academy of Higher Education.

**COORDINATOR**  
 Dr. S.Deepa  
 Associate Professor/ECE

**CONVENOR**  
 Dr. P.Karthigaikumar  
 Professor and Head / ECE

Scan the QR or Use the Link to register:  
<https://forms.gle/xomJ2KSGk6kQctg9>