

INTERNATIONAL WOMEN'S DAY PROGRAMME 2022

SYNOPSIS ON THE TOPIC: WOMEN of WORTH (WoW)

The objective of the session will be on: Understanding the “the sense of one’s own value and worth as a person.”

From the very beginning the society has condition us to attach our worth, to the things we own, the education we have, business we run, our net worth asset, our appearance, social circle we associate with and achievements.

This has illuded our perception that without these things, we would be completely lost in a fog of self-pity and hopelessness.

The big question arise, are these things what determine our worth? Do they define who we are as a human being?

The truth is that our worth goes beyond material possessions. It’s tied to the fact that with or without the achievements, we are still valuable.

We may not be a quick learner, or don't have strong social skills and may not be very competent at work, these things don’t reduce our worth one bit.

On the flip side, best performance at work or excellent academic achievements might alleviate our confidence and earn us respect, but it doesn’t make us more worthy than others. Knowing our self-worth will allow us to disassociate the outcome of what we do with who we are. It implies that, we are in touch with our inner soul, and more than just going through life, we are intentional in our approach, and doing only the things that serve our life's purpose.

The bottom line is, knowing our worth enable us to be true to who we are, and propel us to live an authentic life.

We know that life is always fluctuating and just as the world outside us constantly changes, so also the way we view at it. Make positive changes today and start living the positive life we’ve always imagined.

Knowing our self-worth is an important core step to a lifelong journey that will keep and prompt us in doing and getting better with time, and when we’ve ultimately reached a healthy level of self-awareness, we will treat ourself better.

Self-worth will help us live a purposeful, content and fulfil life and radiate energy and add value to our surroundings.

To
The Principal
Lady Keane College
Shillong

Dated: 5th March 2022

Sub: International Women's Day programme

Sir,

I am glad to inform you that the Women Cell of Lady Keane College is organising a Webinar to celebrate **International Women's Day on the 8th March 2022** for the students. The programme has been designed as ONLINE so as to cater to all the students including those who are yet to join Offline classes. The resource person is **Mrs. Evarihun Warjri, Director of Hundredfold Academy and Immanuel Coaching Academy** with a work experience of 14 years. She was an International Cabin Crew and a certified Counsellor from the National Council of India, a marriage counselling Facilitator from Prepare Enrich, New Zealand. **The Webinar is on the topic "WOW – Women of Worth"**, designed to help students to understand the sense of one's own value and the worth as a person.

I am confident the students will benefit from being exposed to a professional counselling and enable them to enrich their personality. Permission may therefore be granted for holding the online **programme at 3pm- 4pm(IST), the 8th of March 2022 (Tuesday) through the platform of Cisco Webex.**

Information and notification may also kindly be made to respective HODs of the college for the success of the programme. The poster for publicity in this regard is enclosed.

Thanking You

Yours Sincerely

Dr A M Shangpliang

Coordinator, Women's Cell

Lady Keane College

Shillong



INTERNATIONAL WOMENS DAY

**8TH MARCH
2022**

3:00-4:00P.M IST

**Meeting ID
25197042147**

Platform :Webex



**The webinar is on
Women of worth (WOW)**



Resource Person

**Mrs. Eva Warjri
Certified Counselor
& Soft Skill Trainer**

**WEBINAR
OBJECTIVE**

**Enriching your value and worth in
personal & professional life**

**LIVE
WEBINAR**

**ORGANISED BY
Womens Cell
Lady Keane College**