

## EDUCATIONAL ACTIVITIES FOR GIRL STUDENTS @ CRESCENT

The **EmpowerHer** project, aimed at advancing **Women's Wellness And Psychological Health**, hosted an impactful workshop on March 14, 2024, at **Crescent Campus**. Led by **Dr. Saranya, a Wellness Psychologist**, the session focused on equipping female Rotaractors and students with the essential tools for managing mental and physical health. By emphasizing the interconnectedness of these two aspects, the event directly aligned with **SDG 3: Good Health and Well-Being**, which aims to ensure healthy lives and promote well-being for all individuals. The workshop provided a valuable **opportunity for women to explore the importance of self-care and emotional resilience**, ensuring that participants **walked away with actionable strategies for maintaining a balanced and healthy lifestyle**.

The workshop's success can be attributed to the collaborative efforts of RTR. **Vidhula Saravanan, the Project Chairperson**, and the dedication of the EmpowerHer team. More than **45 participants** benefited from the session, engaging in discussions and interactive activities that promoted community-building and shared learning. The initiative demonstrated a clear commitment to the **SDGs**, particularly **SDG 3: Good Health and Well-Being**, **SDG 5: Gender Equality**, and **SDG 4: Quality Education**. Through this workshop, EmpowerHer **not only contributed to the physical and mental well-being** of the participants **but also empowered them with the knowledge needed to advocate for their own health, both in their personal and professional lives**. The community aspect of the workshop allowed women to feel supported, encouraging them to take proactive steps towards their well-being.



#### Figure XVII(3.5)-4\_Students activities

The event addressed the unique psychological challenges faced by women, such as **balancing personal, academic, and professional responsibilities, and the stress** that often accompanies these pressures. Emphasizing **SDG 5: Gender Equality**, the workshop fostered an environment where participants could **openly discuss mental health barriers** and learn practical strategies for overcoming them. This was not just about individual well-being, but **also about promoting gender equality by empowering women to break free from the mental health stigma** often associated with gender-specific struggles.

The Institute has the potential to make an even greater impact through continued engagement and structured follow-up. Several recommendations have been made to enhance the initiative, including developing a **comprehensive curriculum with clear learning outcomes and assessment metrics**. This would enable organizers to measure the long-term effects of the workshops and provide tailored support. Additionally, introducing a **peer-mentoring system** could offer ongoing community support, helping participants sustain the benefits of the workshop and continue to share their experiences. By collecting anonymized pre- and post-surveys, the project could also assess the effectiveness of the program, ensuring continuous improvement and alignment with the evolving needs of women. With these enhancements, **EmpowerHer** can continue **to empower women** and foster a more inclusive **and supportive environment for mental and physical well-being**.