

Shree Venkateshwara Hi-Tech Engineering College

AUTONOMOUS



Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai
Accredited by **NBA** (CIVIL, CSE, ECE, EEE & MECH), **NAAC** With 'A' Grade



Othakuthirai, Gobichettipalayam - 638 455, Erode District, Tamilnadu
E-mail : svhecgobi@gmail.com, Website : www.svhec.com, Phone : 04285 - 266199.

Dr.P.Thangavel ME MBA PhD
Principal

Date: 05.03.2026

Ref: SVHEC/WEC&ICC/2025-2026

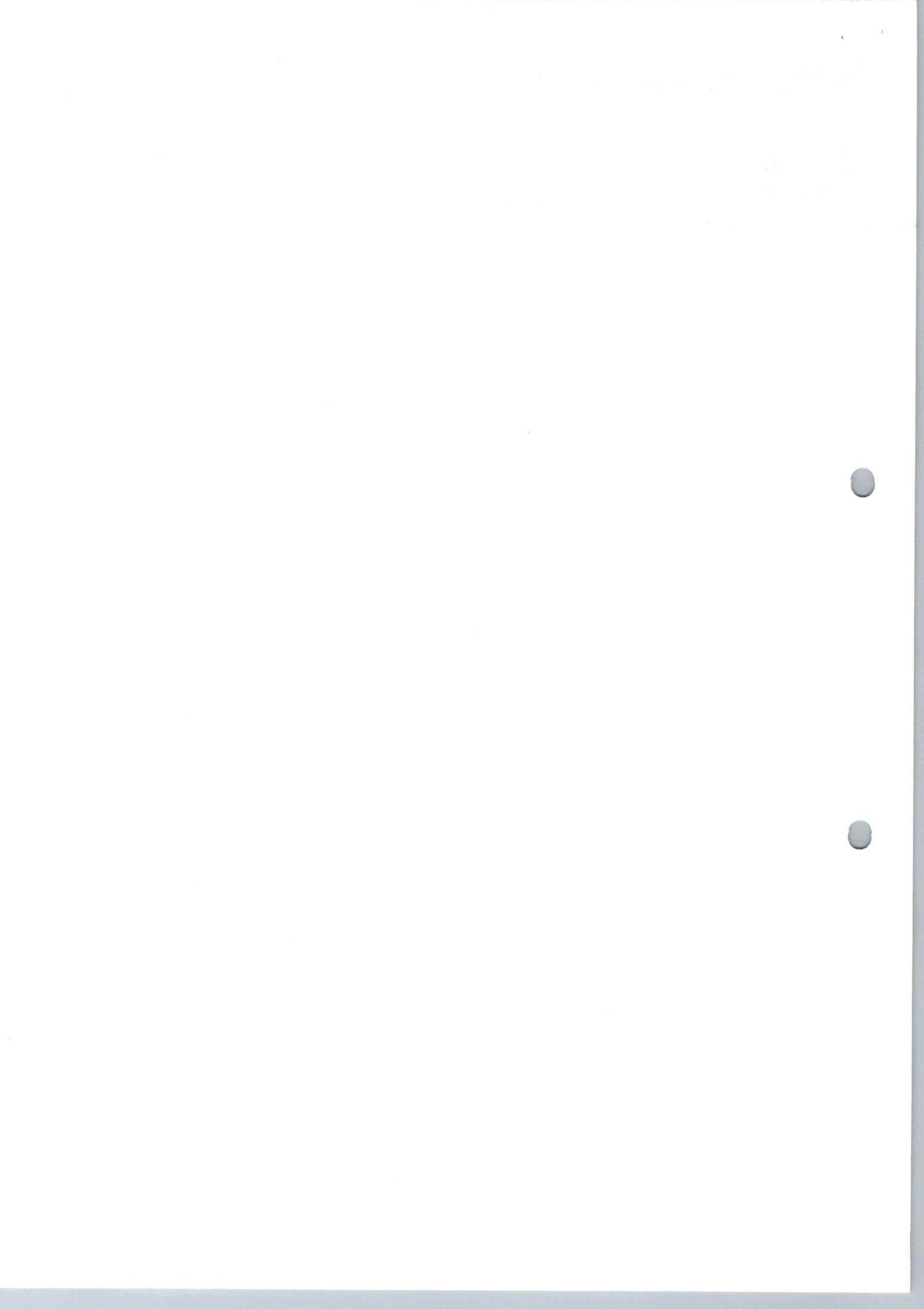
REPORT OF THE EVENT

Name of the Event : An Awareness Programme entitled "*A Journey to Wellness*"
Date & Time : 05 March 2026 at 2.00 p.m.
Venue : Auditorium
Chief Guest : Dr. K. Gokula Priya, MBBS, MD (O&G), COG (UK),
Senthil Multispeciality Hospital, Erode
No. of Participants : 350 (First-Year Girl Students & Women Faculty Members)
Organised by : Women Empowerment Cell & Internal Complaints Committee (ICC),
SVHEC

An Awareness Programme entitled "*A Journey to Wellness*" was organized on 5 March 2026 at the college auditorium by the Women Empowerment Cell and the Internal Complaints Committee (ICC) of SVHEC. The programme witnessed the active participation of 350 attendees, including first-year girl students and women faculty members.

The session commenced with the formal inauguration by the Chief Guest, Dr. K. Gokula Priya. In her keynote address, she delivered an insightful and inspiring talk on the importance of holistic wellness. She emphasized that wellness is not a destination but a continuous journey that involves making mindful choices to nurture one's physical, mental, and emotional well-being.

The Chief Guest also created awareness about cancer prevention, highlighting that lifestyle factors, particularly unhealthy food habits, play a significant role in the early onset of diseases. She clarified that cancer is not always hereditary and stressed the importance of



Shree Venkateshwara Hi-Tech Engineering College



AUTONOMOUS

Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai
Accredited by **NBA** (CIVIL, CSE, ECE, EEE & MECH), **NAAC** With 'A' Grade



Othakuthirai, Gobichettipalayam - 638 455, Erode District, Tamilnadu
E-mail : svhecgobi@gmail.com, Website : www.svhec.com, Phone : 04285 - 266199.

adopting healthy living practices. She further insisted on the necessity of HPV vaccination as a preventive measure.

In addition, Dr. Gokula Priya addressed crucial aspects of women's safety at the workplace. She emphasized the need for a safe and respectful work environment, encouraged women to be aware of their rights, and highlighted the role of the Internal Complaints Committee in handling grievances. She also advised women to speak up against any form of harassment and underscored the importance of maintaining professional boundaries and mutual respect.

Finally, Dr.V.Sarala Devi, ICC Chairperson addressed the students and emphasized the importance of being aware of the emergency helpline numbers displayed on all notice boards across the campus, and encouraged them to utilize these resources during critical situations. She further advised students to remain vigilant and proactive, and to seek timely assistance whenever they feel unsafe or uncomfortable. The students were reminded to promptly report any incidents to the Internal Complaints Committee (ICC) without hesitation. She also highlighted that confidentiality and support are assured to all complainants, ensuring a safe reporting environment. Additionally, students were encouraged to save important helpline numbers on their mobile phones for quick access in emergencies.

The seminar proved to be highly informative and beneficial, equipping participants with valuable knowledge on health, wellness, and safety. Overall, the programme was a great success and created significant awareness among the participants.

V. Sarala Devi
5/8/26
ICC Chairperson

Encl:

1. Invitation of the Event
2. Relevant Photos

Dr. P. Thangavel
05/03/2026
Principal

Dr.P.THANGAVEL M.E.,MBA.,Ph.D
Principal
Shree Venkateshwara Hi-Tech Engineering College,
(Autonomous)
Othakuthirai, Gobichettipalayam,
Erode District - 638 455, TN



SHREE VENKATESHWARA HI-TECH ENGINEERING COLLEGE

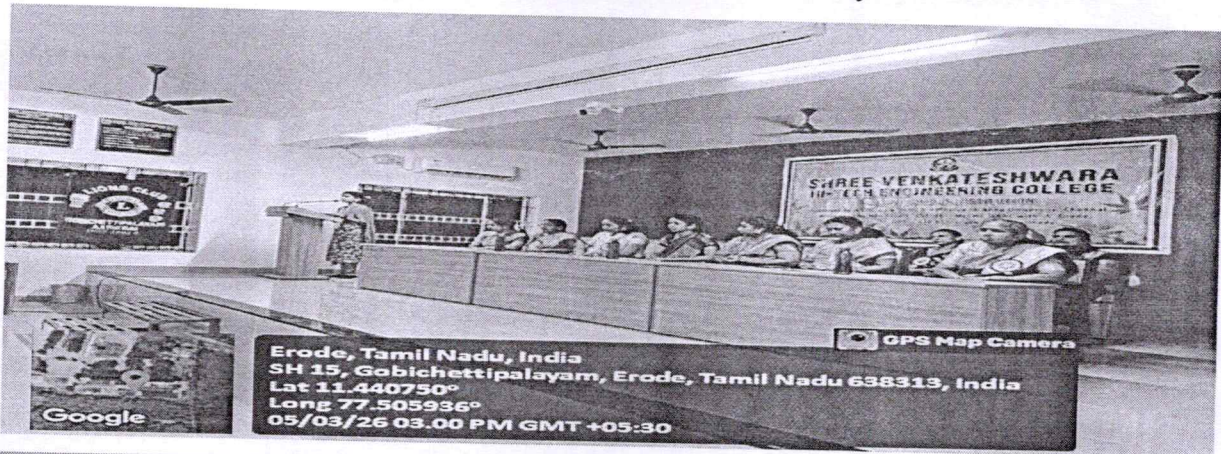
Approved by AICTE, New Delhi | Affiliated to Anna University, Chennai)

Accredited by NAAC with 'A' Grade | NBA (CIVIL, CSE, EEE, MECH)

Gobichettipalayam – 638 455, Erode District, Tamilnadu

E-mail: svhecgobi@gmail.com Website: www.svhec.com

An Awareness Programme entitled "A Journey to Wellness"



V. S. S. S.
5/3/26
Icc Chair person



Principal
05/03/2026

Shree Venkateshwara Hi-Tech Engineering College
(Autonomous)
Othakuthirai, Gobichettipalayam (Taluk),
Erode District - 638 455.TN.



SHREE VENKATESHWARA HI-TECH ENGINEERING COLLEGE

Approved by AICTE, New Delhi | Affiliated to Anna University, Chennai)

Accredited by NAAC with 'A' Grade | NBA (CIVIL, CSE, EEE, MECH)

Gobichettipalayam – 638 455, Erode District, Tamilnadu

E-mail: svhecgobi@gmail.com Website: www.svhec.com



SHREE VENKATESHWARA HI-TECH ENGINEERING COLLEGE

AUTONOMOUS

GOBI-638 455, ERODE (Dt), TAMILNADU

WOMEN Empowerment Cell & **INTERNAL COMPLAINT COMMITTEE** **"INTERNATIONAL WOMEN'S DAY-2026"**

ORGANISING AWARENESS PROGRAMME ON

"A JOURNEY TO WELLNESS"

on 05th March 2026, 02.00 PM, in College Auditorium



DR. K. GOKULA PRIYA, MBBS, MD, (O&G), MR COG (UK)

CONSULTANT OBSTETRICIAN & GYNECOLOGIST

SENTHIL MULTI SPECIALITY HOSPITAL, ERODE

In the esteemed presence of

THIRU. K. C. KARUPANAN
Secretary

THIRU. P. VENKATACHALAM
Chairman

MR. G. GOWTHAM
CEO

DR. P. THANGAVEL
Principal

DR. S. PRAKASAM
Vice
Principal

S. KIRUTHIGA, A.P / MBA
WEC
Co-ordinator

DR. V. SARALA DEVI
ICC Chair person



Principal

ICC Chair person