

INTERNATIONAL WOMEN'S DAY 2018

**International E-Seminar on Women's
Education and Empowerment**



MARCH - 2018

Organized By

Shri Akhil Anjana Kelavani Mandal Sanchalit -
Shri P. K. Chaudhari Mahila Arts College, Sec-7,
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International E-Seminar On
Women's Education
And Empowerment
April 2018

Exclude Confidence and
Shower Self-Love

→ Be honest, don't you agree that
as women we sometimes get excessively
harsh on ourselves? While we think
that this will do us much good
and help us perform better, image
consultant Rebecca Sudam Gonzales who

trains and motivates many for a profession tells us why it actually works to the contrary and the importance of self-love.

"We are but a manifestation of our thoughts and perceptions of ourselves. We are bombarded daily with so many images of perfection, beauty, success that we often feel lost in the ocean, but that's where self-love and confidence come in. It's a miracle antidote to insecurities and negativity. I begin my day waking up, looking at the mirror and telling myself, 'Rebecca you are beautiful, you are a star,' and this little assertion does so much for my self-confidence and my day. I don't feel the need for validation from anybody else and that itself is so empowering. Be positive, appreciate and love yourself, exude confidence and believe that you can conquer the world when you want to."

"Self-Love and Confidence are a Miracle Antidote to Insecurities And Negativity."



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International E Seminar
on Women's Education
and Empowerment



Always focus on the
big picture

A dedicated educationist
and philanthropist, Manjula pooja
shroff helms a chain of schools
and figures prominently in

2
Multitudinous lists of most inspirational women. Here's what she reveals. -

"A habit that I swear by is to always look at the big picture. It's easy to get bogged down by all the negativity, but that never gets one anywhere. The only option is to keep visualising the big picture, the growth curve, how to overcome the challenge. It's very important to pick one's battles wisely - and not sweat the small stuff or the negativity around. No problem is insurmountable."

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