



2020-2021

Name of the Department/Society: **Women Development Cell**

Name of the Event **11**: Self-Care strategies for Women

Date of the Event: 13-03-2021

Self care strategies(WDC): The webinar was all about self care. The speakers from the Global Shapers community explained why self care is important for a woman who plays lots of roles in a family as well as outside. She told us that self care/ pampering means identifying and meeting your needs, something that most women struggle with. She also discussed various simple steps that women can take to pamper themselves in daily life like yoga, dancing, exercising, gardening, grounding, meditation, reading books, etc.

