



**RV Institute of
Technology and
Management®**

Affiliated to Visveraya
Technological
University, Belagavi

Approved by
AICTE,
New Delhi.

**Chaithanya Layout, 8th Phase,
JP Nagar, Bangalore,
Karnataka - 560076**

Date: 07/12/2022

Report of a Talk on

“Women specific psychological Problems & Solutions”

Date: 07-12-2022

Time: 11:30am to 1:20pm

Platform: Offline Mode

Venue: Seminar Hall

Number of participants:120

The Anti Sexual Harassment Committee (ASHC) organized a workshop on ***“Women specific psychological Problems & Solutions”*** for RVITM Students. The event started with the host of the event, Ms. Prithvi P Shenoy, Third Semester ISE Student who introduced us with our Resource Person of the day, Dr Padmakshi Lokesh, a Doctor , A Clinical Psychologist, an Educationist and Stress Management Specialist, and A Personality Development Trainer with 15 plus years’ experience. The event continued with her extraordinary motto “Nothing Ventured Nothing Gained” and continued with the presence of ASHC Chairman Dr. Latha CA and ASHC members.

The following topics were covered:

1)Today’s generation and their concept on emotions and life: Dr Padmakshi Lokesh brought in front of us the generation gap in a student these days and their parents/teachers and how we often make such decisions which end up hurting our own self and our beloved. She often disclosed her practical experiences which she faces in her day-to-day life being a clinical Psychologist. Those experiences and incidents were an eye-opener and shock to the audience sitting there.

2) Social Media Culture: The audience were well aware of the brighter side of the social media but our Resource person brought the darker side of the social media which a person does as handy as possible without any awareness of the consequences. Her experience in social media’s dark side were an revelation to the audience sitting there and made us all question “Where are we heading?”. She made us all well-aware that how messed up our lives are around such electronic gadgets which are termed to make our lives easier but ends up making it complicated.

3) Gender equality: The main motto of the session included the talk on Women-specific Psychological problems but it also focused on the masked side of the men problems. A descriptive and practical lesson were conveyed by the Resource person on how Gender equality is important in every field, every house and every surrounding. Her sight towards women growth were clear and she reflected it to the people sitting there well.

Dr Padmakshi Lokesh’s Future vision motivated us. She is a person with vision to give back to society, her vision to give quality education and skill set training to children who are interested in extending operations globally. Her vision often included to conduct more of our Organ

Donation Initiatives and to reach more people for better mental awareness. She is a true inspiration and her words touched all our hearts and minds.

The workshop concluded after a valuable lesson and multiple questions on our mind on “Where we heading?” followed by Vote of thanks and Token of appreciation. The workshop was well received by both faculty and students.

Event Coordinator
Dr. Nibedita Panigrahi

Chairman, ASHC
Dr. Latha C

Start of the Workshop



Resource Person, Dr Padmakshi Lokesh with the Audience



ASHC Chairman, Dr.Latha CA presenting token of appreciation to our Resource person

