

# ROYAL COLLEGE OF COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN

## REPORT ON SELF-AFFIRMATION FLYER: CELEBRATING WOMANHOOD

**NAME OF THE EVENT: Self-Affirmation Flyer: Celebrating Womanhood**

**DATE:** 11/12/2024

**TIME:** 2.30 pm to 3.30 pm

**VENUE:** Multipurpose Hall

**NO. OF PARTICIPANTS:** 13

**COORDINATORS:** Ms. Mandrita Mitra

### **OBJECTIVES:**

The Women's Development Cell (WDC) organized a self-affirmative flyer making workshop to celebrate womanhood. The initiative aimed to inspire confidence, self-love, and empowerment among women through powerful affirmations. The flyers carried motivational messages, encouraging students to embrace their individuality and strengths.

- 1. Empowering Women** – To promote self-confidence and encourage women to believe in their abilities.
- 2. Fostering Positivity** – To spread positivity through self-affirmations, reinforcing a strong and fearless mindset.
- 3. Encouraging Self-Love** – To highlight the importance of self-care, self-respect, and personal growth.
- 4. Creating Awareness** – To educate students about the significance of affirmations in mental well-being and personal development.

### **REFLECTION:**

Royal College of Education and Research for Women conducted Self-Affirmation flyer preparation activity to celebrate Womanhood. It was a successful initiative that left a lasting impact on students. By embracing positive affirmations, students discovered their inner strength and developed a positive mindset to navigate life's challenges. This campaign was a meaningful step toward creating a confident and self-assured community of young women who support and uplift each other.

The initiative not only empowered individuals but also fostered a collective sense of identity, pride, and resilience among the students. It encouraged open conversations about self-worth, mental well-being, and the importance of nurturing inner confidence.

Furthermore, the campaign served as a reminder that every woman's journey is unique, and self-affirmation is a vital part of embracing one's individuality. With continued efforts like these, the institution is paving the way for a more inclusive, motivated, and emotionally strong generation of women leaders.

**LEARNING OUTCOMEES:** At the end of the session the students will be able to:

- Understand the significance of self-affirmation in building self-confidence.
- Comprehend the impact of positive self-talk on mental and emotional well-being.
- Learn to practice self-love and develop a resilient mindset.
- Appreciate self and the qualities of a woman

**FEEDBACK:**

**Sadiya:** This initiative helped me see my worth. The messages reminded me to prioritize my happiness and believe in myself.

**Isha:** I never realized how much words could impact our mindset until I read these affirmations. They lifted my spirits instantly. I even shared some with my friends, and we all agreed that this was something we truly needed.

**PHOTO GALLERY:**

## Celebrating Womenhood Sakshi Sonawane



**Love traveling**  
Because Traveling is a journey of love, connecting hearts to places, cultures, and experiences that enrich the soul.  
I am a unique individual with limitless potential, deserving of love, growth, and happiness.



**Self**

A Marathi girl embodies grace, strength, and resilience, proudly carrying forward the rich traditions and values of her culture while embracing her individuality.



**Proud Marathi**

**Child Enthusiast**



I am a child Enthusiast who deeply values and enjoys the company, well-being, and growth of children.



**Student**

As a student, studies are the foundation of knowledge, growth, and the gateway to endless opportunities.

Bright and glowing:  
"Smile is radiant."  
Full of energy: "radiate positivity wherever i go."  
Vibrant personality:  
"Her radiant spirit lights up the room."  
Confident : A confident person trusts themselves and isn't affected by others' opinions.



**RADIANT**



**WOMAN**





Mandrita Mitra

Asst. Prof. Mandrita Mitra

Coordinator



  
**PRINCIPAL**  
 ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN  
 Royal College Campus, Penkar Pada,  
 Mira Road (E), Dist. Thane- 401 107.

Dr. Judy Grace Andrews