

Awareness Program on Effective Communication Skills and Importance of Financial Independence for Girls

An awareness program on Effective Communication Skills and the Importance of Financial Independence for Girls was organized for the students of Government Degree College, Theog on 10th November 2025, with the objective of empowering young girls with essential life skills and promoting self-reliance. The session aimed to enhance students' confidence, interpersonal abilities, and awareness about financial responsibility as a key aspect of women empowerment.

The program was conducted by Dr. Anuja Sharma, Retired Associate Professor, St. Bede's College, who served as the resource person. She delivered an insightful talk on effective communication, emphasizing clear expression, active listening, positive body language, and confidence-building for academic success, professional growth, and healthy personal relationships. Through practical examples, she motivated the students to communicate assertively and express themselves with confidence.

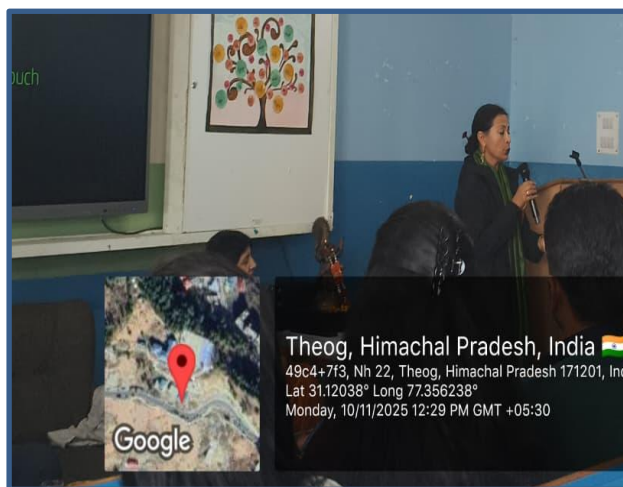
The second segment of the session focused on the importance of financial independence for girls, where Dr. Sharma highlighted how financial literacy, budgeting, saving habits, and informed decision-making play a crucial role in building self-reliance. She encouraged the students to develop responsible money management practices, pursue education and career opportunities, and become economically independent to make empowered life choices.

Dr. Bhupender Singh Thakur, Principal, GDC Kheog, also addressed the students on the occasion. He stressed the significance of communication skills and financial awareness in shaping confident, capable individuals and emphasized the role of education in empowering girls to become independent and self-reliant.

The program concluded with a vote of thanks delivered by Dr. Nidhi Dhatwalia, Convener, Women's Health, who expressed sincere gratitude to the resource person for her valuable guidance and thanked all participants for their active involvement.

Overall, the awareness program proved to be highly informative and inspiring, equipping students—especially girls—with practical knowledge and motivating them to work towards confident communication and financial independence.





Dr.Nidhi Dhatwalia
 Convenor Women Cell
 GDC, Theog.

Principal
 GDC, Theog