

# **SRI KRISHNA ARTS AND SCIENCE COLLEGE, COIMBATORE**

## **Consolidated Report of Events Conducted by Women Empowerment Cell, SKASC (2021-2024)**

### **Vision:**

Create a society where women are empowered, valued, and supported in achieving their full potential.

### **Mission:**

To advocate for gender equality through awareness campaigns, workshops, and support networks that inspire women to pursue their dreams and challenge societal norms.

### **Overview:**

The Women Empowerment Cell is dedicated to creating a society where women are empowered, valued, and supported in achieving their full potential. Our mission is to advocate for gender equality through awareness campaigns, workshops, and support networks that inspire women to pursue their dreams and challenge societal norms.

## **2021-22**

### **Events Conducted (6)**

#### **1. Webinar on International Breastfeeding Week**

**Date:** August 7, 2021

**Resource Person:** Ms. Minu Gnanamoorthy, Trustee, Coimbatore Parenting Network

#### **Highlights:**

- Emphasized the importance of breastfeeding and the bond between mother and child.
- Discussed the role of fathers as crucial partners in child-rearing.

#### **2. Elocution Competition**

**Date:** August 7, 2021

**Topic:** "What Your Mother Means to You"

#### **Winners:**

- **1st Prize:** Vandhana Menon - III BA English
- **2nd Prize:** Gobika S - III BSc SS
- **3rd Prize:** Anupa Binu - III BSc ISM

#### **Highlights:**

- Students expressed their unique bonds with their mothers, showcasing heartfelt reflections on maternal relationships.

### **3. Webinar on Subhadra Kumari Chauhan's Birth Anniversary**

**Date:** August 16, 2021

**Speaker:** Prof. Sharmila Priya S, Women's Cell Coordinator

**Highlights:**

- Discussed the contributions of Subhadra Kumari Chauhan and other female freedom fighters.
- Emphasized the importance of remembering women's roles in India's struggle for independence.

### **4. Discussion on Gender Equality**

**Date:** August 27, 2021

**Event:** "Student Say - A Discussion on Gender Equality"

**Moderator:** Prof. Sharmila Priya S

**Participants:** 100 students (boys and girls)

**Highlights:**

- Students engaged passionately in discussions about gender equality, breaking stereotypes, and the necessity of addressing gender barriers.

### **5. International Girl Child Day**

**Date:** October 11, 2021

**Event:** "Students Talk - A Discussion on Awareness of Girl Empowerment"

**Highlights:**

- Focused on the theme "Little girls with dreams become women with vision."
- Students participated in an engaging discussion moderated by Women's Cell Coordinators.

### **6. Webinar: "Selfie"**

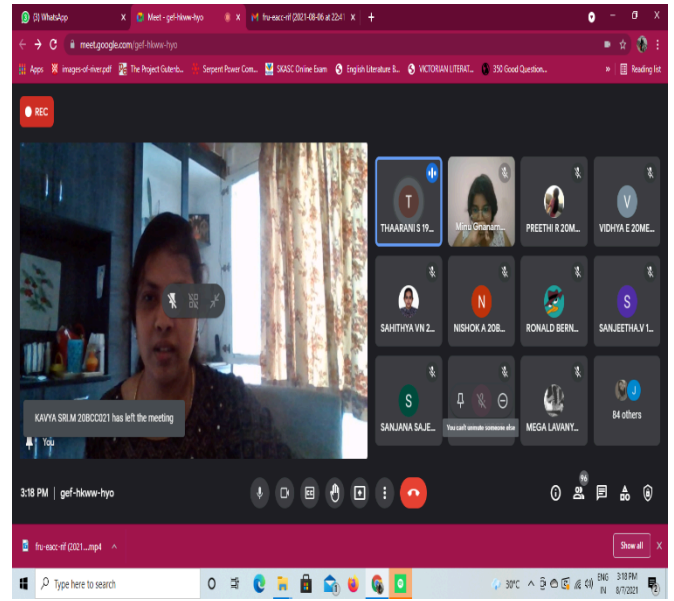
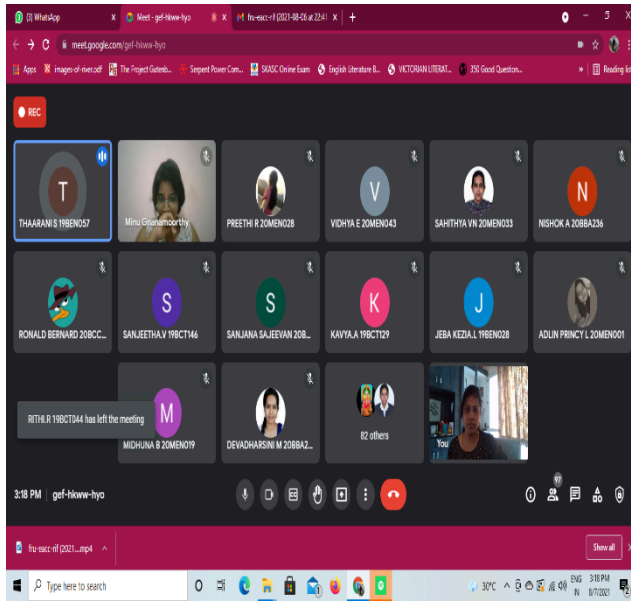
**Date:** October 21, 2021

**Resource Person:** Ms. Usha Ramky, Life Skills Catalyst and Author

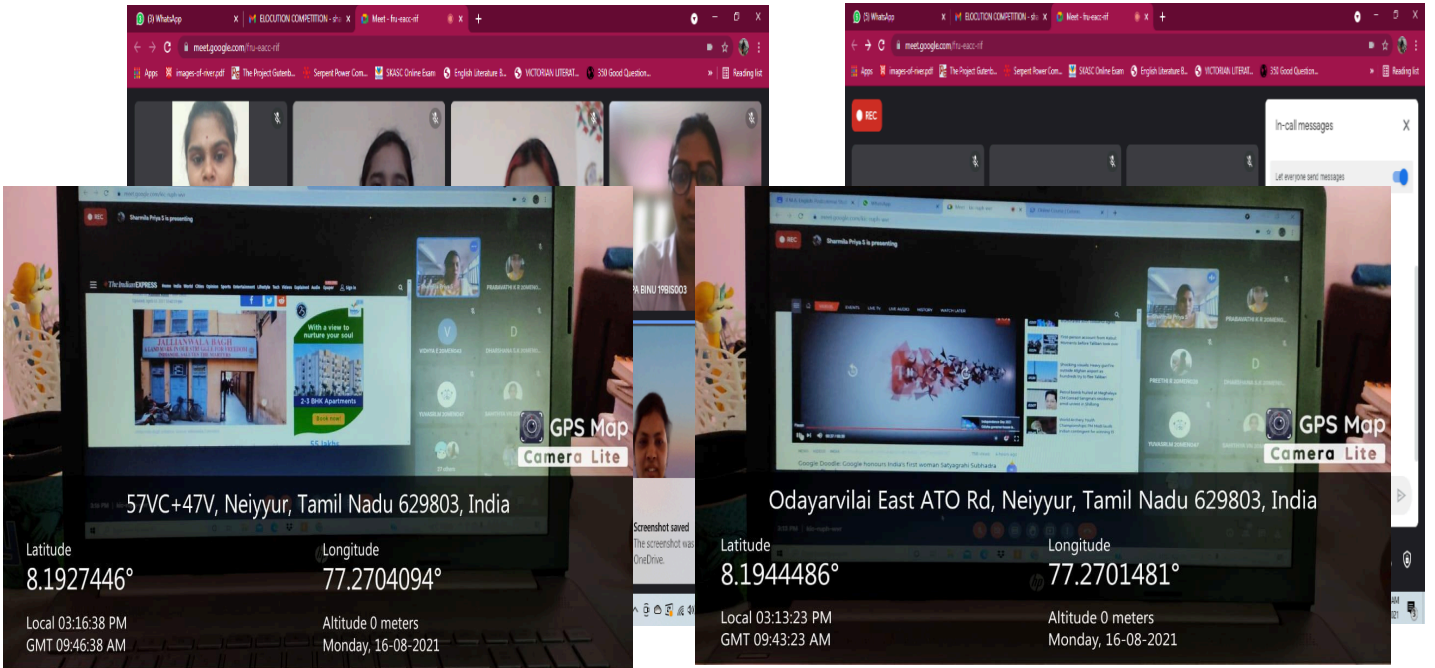
**Highlights:**

- Addressed challenges faced by today's youth and strategies for overcoming them.
- Motivated students to set high life goals and strive for excellence.
- Attended by 100 first-year students.

## INTERNATIONAL BREASTFEEDING WEEK

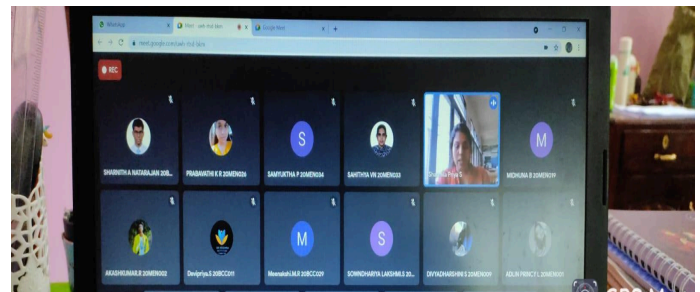
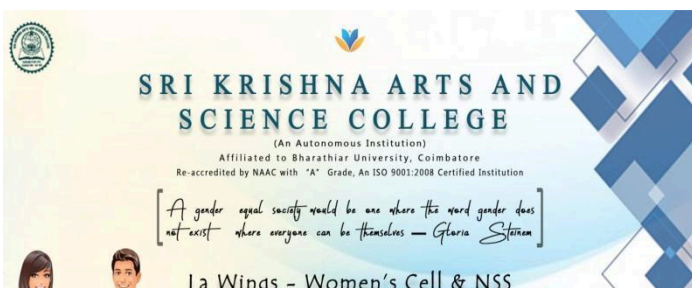


## INTERNATIONAL BREASTFEEDING WEEK - COMPETITIONS



## SUBHADRA KUMARI CHAUHAN'S 117TH BIRTH ANNIVERSARY

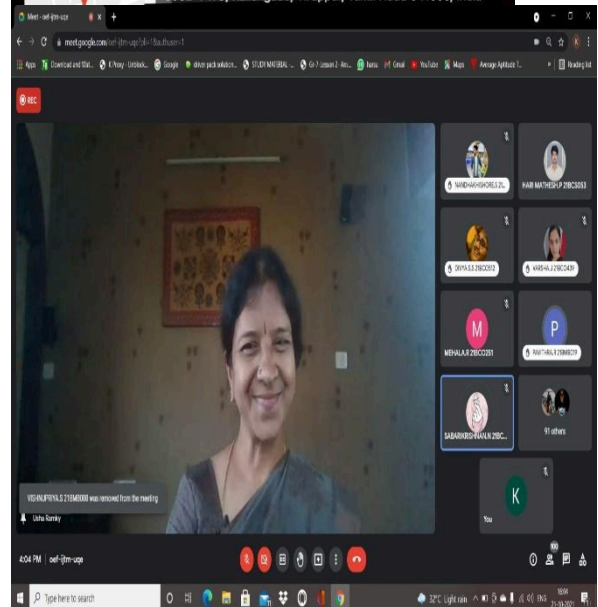
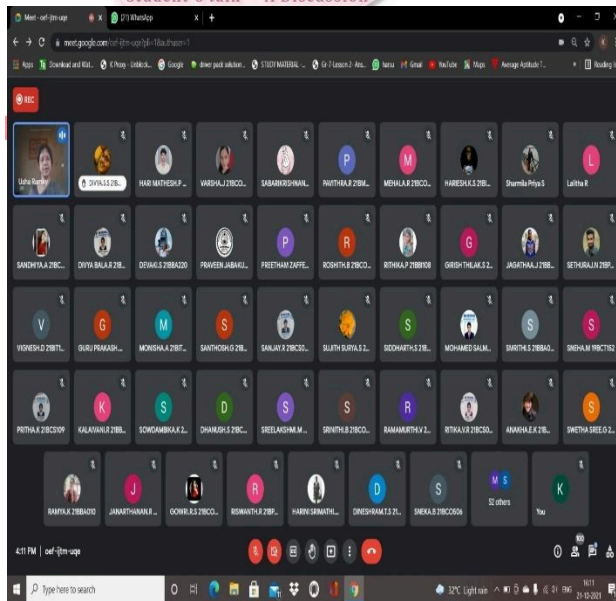
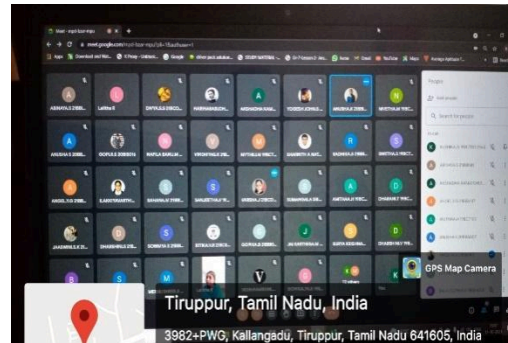
## 'STUDENT SAY- A DISCUSSION ON GENDER EQUALITY'



## INTERNATIONAL GIRL CHILD DAY



## WEBINAR ON SELFIE



2022- 23

Events Conducted (12)

Key Events and Activities

1. Inaugural Seminar - Gender Sensitisation For The Millennial Gen

Date: September 15, 2022

Guest Speaker: Dr. Zenetta Rosaline, Professor and Director, Department of Women's Studies, Bharathiar University

Highlights:

- Focused on sustainable development goals and the importance of gender equality.

- Attended by student representatives and faculty members, promoting inclusion of all genders in various fields.

## **2. Breast Cancer Awareness Session**

**Date:** October 14, 2022

**Speakers:** Dr. T. Sujit (Consultant Radiation Oncologist) and Dr. K. Preetha Rani (Consultant Plastic and Cosmetic Surgeon)

### **Highlights:**

- Organized in collaboration with Royal Care Hospital, American Oncology Institute, and Thugil NGO.
- Raised awareness about breast cancer, its causes, and treatment options.

## **3. Talk on Women's Sports**

**Date:** October 27, 2022

**Resource Person:** Ms. Ambiga, Physical Directress, SKASC

### **Highlights:**

- Discussed the significance of sports for women's health and well-being, inspiring students with her experiences.

## **4. Self-Defense Workshop**

**Date:** November 10, 2022

**Resource Persons:** Ms. A. Vinothamalar (Women's Fitness Trainer) and Ms. Eunice Lily (Fitness Trainer)

### **Highlights:**

- Demonstrated basic self-defense techniques for students, emphasizing fitness and nutrition.

## **5. Session on PCOS, PCOD, and Menstrual Issues**

**Date:** November 11, 2022

**Resource Person:** Dr. Parvathi Vaidyanathan, Consultant Psychologist

### **Highlights:**

- Provided insights into PCOS, PCOD, and menstrual health, fostering interactive discussions among students.

## **6. International Day for Elimination of Violence Against Women**

**Date:** November 25, 2022

**Guest Speaker:**Dr. G. Thilagavathy Roy

**Highlights:**

- Discussed violence against women and safety measures, providing essential helpline information.
- Engaged students in dialogue about cybercrime and harassment.

### **7. Legal Rights Talk**

**Date:** November 30, 2022

**Speaker:** Mr. Jayakumar, Advocate

**Highlights:**

- Addressed legal rights related to violence against women, including emotional and financial abuse.

### **8. Pledge Taking and Signature Campaign**

**Date:** December 2, 2022

**Highlights:**

- Students and faculty took a pledge to end violence against women, reinforcing commitment to gender equality.

### **9. Group Activity with Transmom Foundation**

**Date:** December 5, 2022

**Guest Speaker:** Mr. Samuel Churchill, Advocate

**Highlights:**

- Focused on the legal rights of transgender individuals and aimed at creating awareness and support for the third gender.

### **10. Seminar on Perinatal Health**

**Date:** December 6, 2022

**Guest Speaker:**Dr. E. Sharmila, Obstetrician

**Highlights:**

- Educated expectant mothers on physical and mental health during the perinatal period.

### **11. Poster Making and Slogan Writing Competition**

**Date:** December 2022

**Highlights:**



- Students created posters and slogans for the International Day for Elimination of Violence Against Women, showcasing creativity and awareness.

## 12. International Women’s Day Celebration

**Date:** March 8, 2023

**Theme:** BELEDI, a fusion dance form

### Highlights:

- Featured a vibrant dance performance by Ms. Hemalatha and her team, engaging students and faculty in a lively celebration.

## GENDER SENSITISATION FOR THE MILLENNIAL GEN



## BREAST CANCER AWARENESS





**WHY SPORTS IS ESSENTIAL FOR WOMEN**



**BASIC**

**SELF  
DEFENSE**

**TECHNIQUES**

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## INSIGHT IN MANAGING PCOD, PCOS AND MENSTRUAL ISSUES



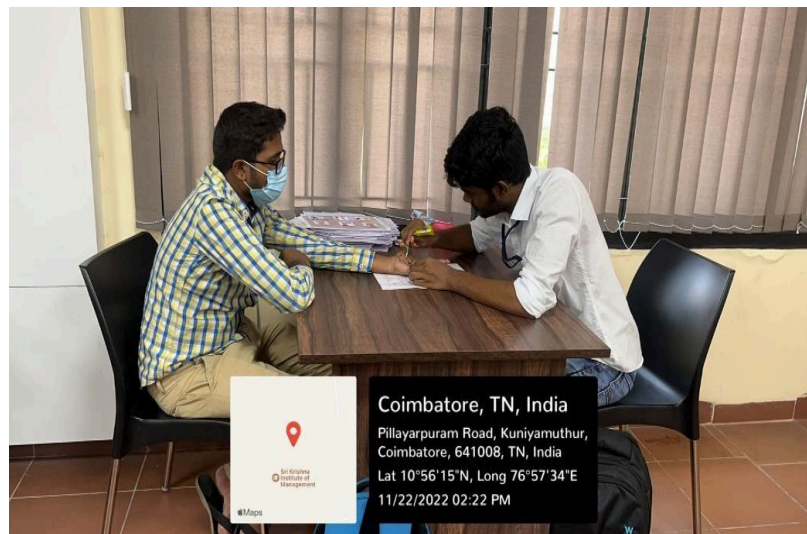
## GENDER BASED VIOLENCE



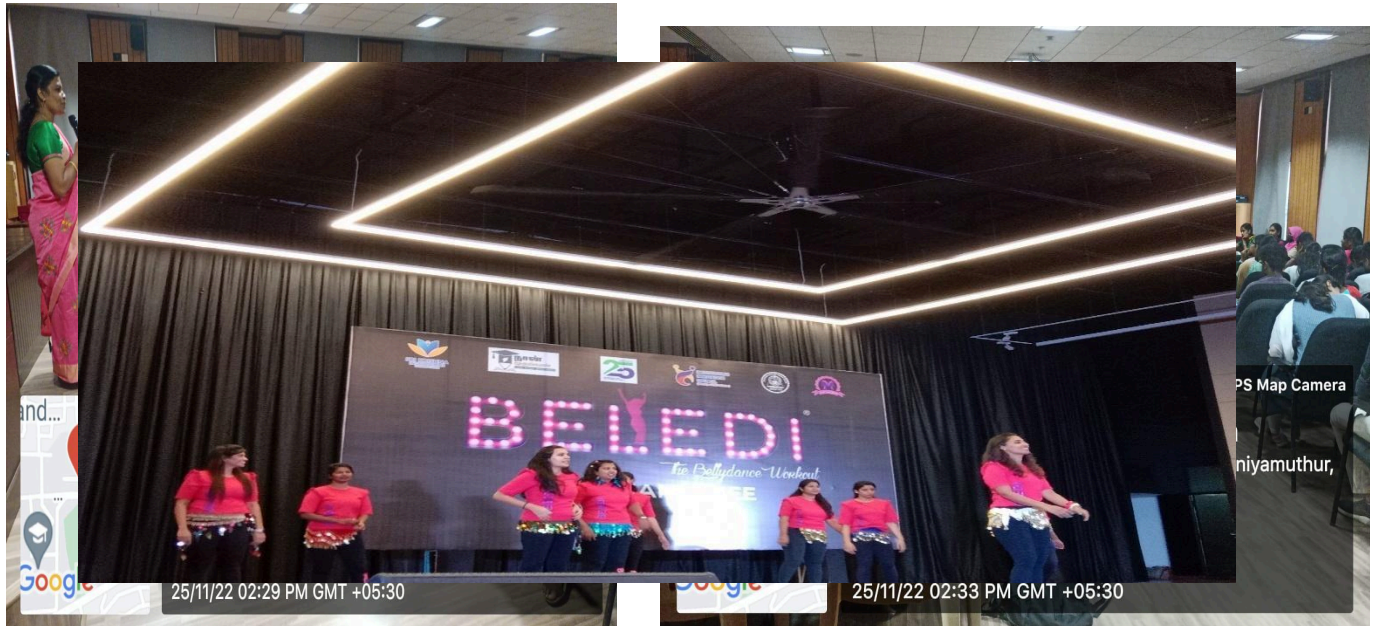
## LEGAL RIGHTS OF WOMEN



## MEHANDI COMPETITION FOR THE MALE STUDENTS



## INTERNATIONAL DAY FOR ELIMINATION OF VIOLENCE AGAINST WOMEN



## INTERNATIONAL WOMEN'S DAY CELEBRATION

**2023-24**

**Events Conducted (6)**

**Key Events and Activities**

**1. The Police For You and with You**

**Date:** August 1, 2023

**Resource Person:** Mrs. Sheeladevi, Police Constable, Kuniyamuthur

**Objective:** To inform girl students about the protection and services offered by the Police Akka programme.

**Highlights:**

- Focused on strategies for addressing challenges and threats from men.
- Created a safe environment for students to share concerns and experiences.

- Mrs. Sheeladevi provided practical advice and shared her contact information for ongoing support.

## **2. Financial Literacy for Women Self-Help Group**

**Date:** August 4, 2023

**Resource Person:** Mrs. S. Ramya, Branch Manager, SBI, Thennamanallur

**Objective:** To empower women in self-help groups with economic independence and decision-making skills.

### **Highlights:**

- Aimed to enhance financial literacy and confidence in using banking services.
- Covered loan application processes and financial decision-making.
- Collaborative effort with NSS and Rotaract Club, emphasizing community involvement.

## **3. The Polio Quest**

**Date:** September 15-16, 2023

**Objective:** To conduct a polio vaccination survey to assess coverage and effectiveness in the region.

### **Highlights:**

- Conducted surveys in 1,500 households to gather data on vaccination rates.
- Aimed to identify areas with low vaccination coverage and evaluate past campaigns.
- The survey contributed to ongoing monitoring and strategies for improving vaccination programs.

## **4. Expert Talk on Health and Hygiene**

**Date:** October 3, 2023

**Resource Person:** Dr. J. Kavitha, IVF Access Hospital, Coimbatore

**Objective:** To enlighten students about health and hygiene.

### **Highlights:**

- Discussed various aspects of women's health, including menstrual and reproductive health.
- Provided valuable insights that empowered students to prioritize their health and hygiene.

## 5. EmpowHer Expo

**Date:** March 7, 2024

**Resource Person:** Dr. Vijayasamundeswari, Vice-Principal and Dean of Languages, SKASC

**Objective:** To motivate and empower female entrepreneurs on campus.

### Highlights:

- Featured nearly 20 stalls set up by female students showcasing their small businesses.
- Provided a platform for promoting entrepreneurial skills and achieving financial success.

## 6. Women's Day – Celebrate the Womanhood

**Date:** March 8, 2024

**Resource Person:** Ms. Hema, Beledi Instructor

**Objective:** To celebrate femininity and empower women through dance.

### Highlights:

- Hosted a vibrant dance event that showcased the talents of women students.
- Fostered a sense of community, empowerment, and celebration of women's achievements.
- Reinforced the commitment to gender equality and women's rights within the college.

## THE POLICE FOR YOU AND WITH YOU





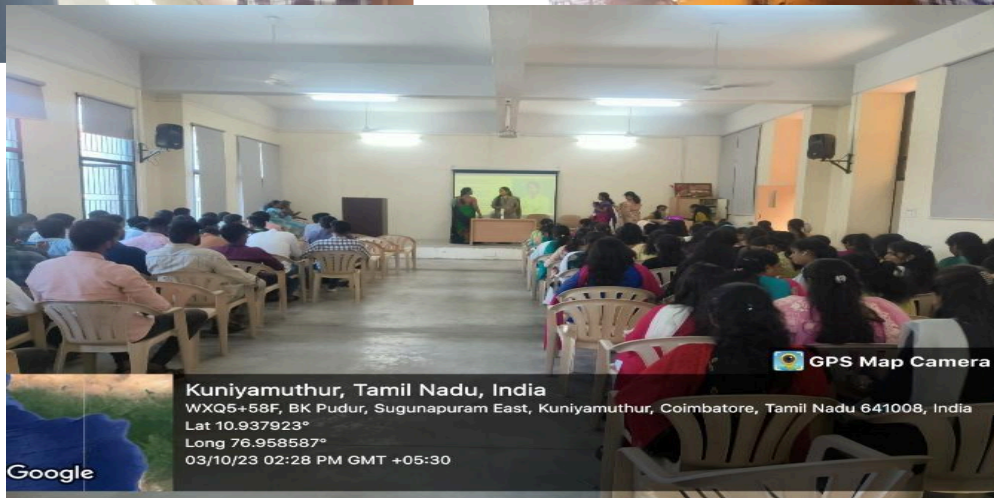
## FINANCIAL LITERACY FOR WOMEN SELF-HELP GROUP



## THE POLIO QUEST



AN



## EXPERT TALK ON : HEALTH AND HYGIENE

## EMPOWHER EXPO



**2024-25**

**Events Conducted (2)**

**Key Events and Activities**

**1. Police Force Talk-Through**

**Date:** June 28, 2024

**Resource Persons:**

- Thiru M. V. Ajay Thangam (Assistant Commissioner)
- Tr. V. Baskaran (Inspector, Law and Order)
- Mrs. M. Sheeladevi (Police Constable & Coordinator of the Police Akka Program)

**Report:**

The Women Empowerment Cell organized an interactive session titled "The Police Force: For You and With You - A Talk-Through" at Sri Krishna Hall. The session aimed to strengthen the relationship between law enforcement and the community, particularly focusing on women's empowerment.

The distinguished police officials discussed their roles and responsibilities, emphasizing how the police can support and empower women in various situations. The event was coordinated by Dr. Sangeetha R, Ms. Reshma H, and Dr. S. Swapna, under the leadership of Dr. R. Jagajeevan, Principal of SKASC. The gathering was an essential step towards fostering trust and collaboration between the police force and the community.

**2. Expert Talk on Awareness of Polycystic Ovary Syndrome and Obesity Hypoventilation Syndrome**

**Date:** July 19, 2024

**Resource Persons:**

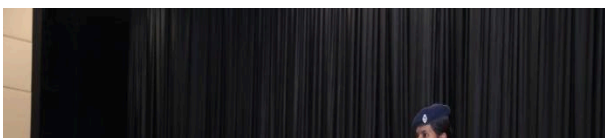
- Dr. Rajini Kumar, MBBS
- Dr. Praseeda, MD, CSR Hospital, Coimbatore

**Report:**

On July 19, 2024, the Women Empowerment Cell hosted an expert talk on "Awareness on Polycystic Ovary and Obesity Hypoventilation Syndrome in Teenage Girls." Esteemed medical professionals Dr. Rajini Kumar and Dr. Praseeda led the session, providing valuable insights into these prevalent health issues among teenage girls.

Dr. Rajini Kumar elaborated on Polycystic Ovary Syndrome (PCOS), discussing its symptoms, causes, and the importance of early diagnosis and lifestyle changes. Dr. Praseeda followed with a detailed presentation on Obesity Hypoventilation Syndrome, addressing its impact on respiratory health and the necessity of maintaining a healthy weight.

The talk concluded with a lively Q&A session, where attendees could seek clarifications and engage directly with the experts. The session was well-received, greatly enhancing the audience's understanding of these health issues and promoting the importance of a healthier lifestyle among students.

**POLICE FORCE TALK-THROUGH**





**AN EXPERT TALK ON “AWARENESS ON POLYCYSTIC VARY AND OBESITY HYPOVENTILATION SYNDROME IN TEENAGE GIRLS”**

