

Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
Women's Studies Centre

**Year: 2021 – 2022**

**Training / Workshop / Gender Related Issues**

**Annexure - 9**

S.No	Date	Title of the Activity	Resource Person	Participants
	<b>Training</b>			
1.	12.11.2021	Self Defense Techniques	Dr.S.Premkumar, Secretary, Coimbatore District Taekwondo Association	30 students
	<b>Gender Related Issues</b>			
2.	12.7.2021	Women are Powerful and Beautiful Entity of the World	Mr.Jerus Albert Britto, Counselling Psychologist & Trainer Daffodils Psychological Counselling & Training Centre, Coimbatore	55 students
3.	12.7.2021	Let's Educate and Empower Women to Enlighten World.	Dr.M.Kasthuri, Director (i/c), Women's Studies Centre	45 students
4.	13.7.2021	Remove Gender Inequality by Empowering Women	Mrs. R Sudha, Assistant Professor, Department of Psychology	65 students
5.	13.7.2021	Helping Women Discover their Wings	Dr.R.Nirmaladevi, Assistant Professor Department of Biochemistry, Bio-Technology and Bio- Informatics	45 students
6.	14.7.2021	Education-Employment Paradox: A Gender Perspective	Dr. R. Ramya, Assistant Professor and Head, Department of Economics, Sri C.Achutha Menon Government College, Thrissur	60 students
7.	14.7.2021	Women Safety is Everyone's Responsibility	Dr.S.Sumathi, Associate Professor, Department of Bio - Chemistry, Bio- technology and Bio-Informatics	50 students

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8.	15.7.2021	Women are Made to be Loved Not to be Raped	Dr.S.Gayathridevi, Associate Professor and Head, Department of Psychology	75 students
9.	15.7.2021	Programmes to Ensure Safety Among the Differently Abled	Dr.V. Mrunalini, Assistant Professor, Department of Special Education	75 students
10.	15.7.2021	Career has no Gender	Mrs. M.Sathya, Assistant Professor, Department of Psychology	40 students
11.	16.7.2021	Importance of Women Safety	Mrs.P.Jegathammbal, Assistant Professor, Department of Human Development	75 students
12.	16.7.2021	POCSO Act	Dr.K.Mangaiyarkarasi, Assistant Professor, Department of Women's Studies, Bharathiar University	76 students
13.	16.7.2021	Women are Beautiful Miracle in Life	Mrs.N.Selvanayaki, Project Assistant, Women's Studies Centre	56 students
14.	23.11.2021	The Meaningful Enterprise: Social Media and Changing Perspectives of Women in e-Commerce and as Policy Makers	Dr.V.Jayashree, Assistant Professor, Department of Visual Communication	30 students
15.	23.11.2021	Gender Sensitization	Dr.M.Kasthuri, Professor and Director (i/c), Women's Studies Centre	40 students
16.	23.11.2021	Role of Women in the Family	Dr.R.Jaya Gowri, Professor, Department of Resource Management	60 students
17.	23.11.2021	Educate a Women to Educate the Next Generation	Mrs.N.Selvanayaki, Project Assistant, Women's Studies Centre	93 students
18.	24.11.2021	Women Empowerment through Social Media Campaigns	Mrs.V.Ezhilarasi, Assistant Professor, Department of Visual Communication	30 students

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19.	26.11.2021	Learning Foreign Languages Open Doors to Empowering Career Paths for Women.	Dr. Vasumathi Badrinathan, Associate Professor, Department of French, University of Mumbai,	60 students
20.	27.11.2021	Impact of COVID 19 on Women Employment.	Dr.S.Gandhimathi, Professor and Head, Department of Economics	75 students
21.	6.1.2022	Economics of Gender	Dr.P.Deivanai, Asst.Prof, Department of Commerce and Programme Officer NSS Unit No.17	98 students
22.	1.2.2022	Digital Gender Divide	Dr.A.R.Rihana Banu, Assistant Professor, Department of Commerce	78 students
23.	22.2.2022 to 24.2.2022.	Capacity Building Programme for Adolescent Girls	<ul style="list-style-type: none"> <li>•Mrs.Pandi Selvi, Entrepreneur, Veerapandi</li> <li>•Mrs.N.Selvanayaki Project Assistant, Women's Studies Centre</li> </ul>	155 students

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**Annexure – 9**

Name of the Activity	Training on Self Defense Techniques
Date	12.11.2021
Department	Women's Studies Centre)
Venue	E-Studio, Rajammal P.Devadas Home Science Block
No. of Participants	30
Resource Person	Dr.S.Premkumar, Secretary, Coimbatore District Taekwondo Association

**Details of activities conducted**

Women's Studies Centre and Coimbatore Taekwondo Association jointly organized one day Self Defense Awareness Programme for Girls on 12.11.2021 at e-Studio. In this programme Dr.S.Premkumar, Secretary, Coimbatore District Taekwondo Association trained the Under Graduate students from Department of Resource Management on the various techniques. these techniques would help them when they get into bad situation. He also taught how to face the situation when the students are wearing saree and modern dress etc. Total 30 students were participated in the programme. This programme was uploaded in the Women's Studies Centre website. Those interested can visit our website: [www.avinutty.ac.in / facilities / academic centres / women's studies Centre](http://www.avinutty.ac.in/facilities/academiccentres/women'sstudiesCentre)



Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore

Women's Studies Centre

Name of the Activity	Webinar on Women are powerful and beautiful entity of the world
Date	12.7 2021.
Department	Women's Studies Centre
Venue	Google Meeting Link: xqf-raxn-udx
No. of Participants	55
Resource Person	Mr. Jerus Albert Britto Counselling Psychologist & Trainer Daffodils Psychological counselling & Training Centre,Coimbatore-641 012.
Details of activities conducted	
<p>Mr.Jerus Albert Britto, Counselling Psychologist and Trainer spoke on women are powerful and beautiful entity of the world in the webinar conducted on He explained the differences of men and women in psychological perspective for the better insights on understanding of the students. He highlighted mental health of women, physical and biological differences between men and women, chromosome differences, hormonal differences, depression, anxiety and stress difference among men and women and the coping mechanism, pessimistic and optimistic characteristics of men and women, parenting styles, cognitive domains differences, life span development in gender differences with relevant videos. The session ended with doubts by the student and it was well clarified by the resource person. Fifty five students were benefitted from the program.</p>	

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Coimbatore - 641 043, Tamil Nadu, India



• **Women's Studies Centre**

**Cordially invites you for a Webinar on**  
**“Women are powerful and beautiful entity of the world”**



**12<sup>th</sup> July, 2021**  
**2.50 pm to 3.40 p.m**

**The Speaker: Mr. Jerus Albert Britto**  
**Counselling Psychologist & Trainer**  
**Daffodils Psychological counselling & Training**  
**Centre, Coimbatore-641 012.**

**Chief Patrons**  
**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**  
**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**  
**Dr. S. Kowsalya**  
**Registrar**

**Meeting Link: xqf-raxn-udx**

**Advisor**  
**Dr. N. Vasugi**  
**Dean, School of Home Science**

**Convenor**  
**Dr. M. Kasthuri**  
**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs. N. Selvanayagi, Women's Studies Centre**

Avinashilingam Institute for Home Science and Higher Education for Women  
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Women's Studies Centre

Name of the Activity	Webinar on Let's Educate and Empower Women to Enlighten World
Date	12.7.2021
Department	Women's Studies Centre
Venue	Google Meeting Link: xqf-raxn-udx
No. of Participants	45
Resource Person	Dr.M.Kasthuri, Director (i/c), Women's Studies Centre

Details of activities conducted

Dr.M.Kasthuri, Director (i/c), Women's Studies Centre spoke on "Let's Educate and Empower Women to Enlighten World" on 12.7.2021. Education is the key factor for women empowerment, prosperity, development and welfare. Discrimination of women from womb to tomb is well known. To fight against the socially constructed gender biases women have to swim against the system which requires more strength. Such strength comes from the process of empowerment and empowerment will come from education. Women empowerment is a process through which women come to recognize their inherent worth, their power within and begin to participate on equal terms with men in their efforts to dismantle patriarchy and promote social and economic development.

The education of girls is the most powerful tool to change their position in the society. It also brings down inequalities and function as a means of improving their status within the family. It also paves way to empower women in all spheres of life. Forty five students benefitted from the programme.

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• **Women's Studies Centre**

**Cordially invites you for a Webinar on**  
**“Let's Educate and Empower Women to Enlighten World”**



**12<sup>th</sup> July, 2021**  
**2.00 pm to 2.45 p.m**

**The Speaker: Dr.M.Kasthuri**  
**Director,**  
**Women's Studies Centre,**  
**Avinashilingam Institute for Home Science and**  
**Higher Education for Women**

**Chief Patrons**

**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**

**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**  
**Dr. S. Kowsalya**  
**Registrar**

**Meeting Link: xqf-raxn-udx**

**Advisor**

**Dr. N. Vasugi**  
**Dean, School of Home Science**

**Convenor**

**Dr. M.Kasthuri**  
**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**



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Name of the Activity	Webinar on Remove Gender Inequality by Empowering Women
Date	13.7.2021
Department	Women's Studies Centre
Venue	Goolge Meeting Link: <a href="#">wym-iufs-qup</a>
No. of Participants	65
Resource Person	Mrs.R.Sudha Assistant Professor Department of Psychology Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>Mrs. R Sudha, Assistant Professor, Department of Psychology spoke on “Remove gender inequality by empowering women” on 13.7.2021. She explained that although the constitution of India grants men and women equal rights, gender disparities still remain in the society. Gender inequality is brought forward through inequality in education, inequality in economic opportunities like employability, pay and bias at home and outside etc. Empowerment of women should focus on education and employment. The hall mark of women's empowerment should be economic and emotional independence. Women should develop resilience and improve their mental health to break barriers imposed on them and awaken to an equal world, where gender is a matter of pride and not a shame. Such a world could be brought about only through awareness and gender sensitization programmes. Both the gender requires a good understanding and has to be supportive of each other to improve the attitudes of the whole next generation. Sixty five students were benefitted</p>	

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• **Women's Studies Centre**

**Cordially invites you for a Webinar on**  
**“Remove gender inequality by empowering women”**



**13<sup>th</sup> July, 2021**  
**2.00 pm to 2.45 p.m**

**The Speaker: Mrs.R.Sudha**  
**Assistant Professor**  
**Department of Psychology**  
**Avinashilingam Institute for Home Science**  
**and Higher Education for Women**

**Chief Patrons**  
**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**  
**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**  
**Dr. S. Kowsalya**  
**Registrar**

**Meeting Link: [wym-iufs-qup](https://www.zoom.us/j/9298919774)**

**Advisor**  
**Dr. N. Vasugi**  
**Dean, School of Home Science**

**Convenor**  
**Dr. M.Kasthuri**  
**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**

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Name of the Activity	Webinar on Helping Women Discover their Wings
Date	13.7.2021
Department	Women's Studies Centre
Venue	Google Meeting Link: <a href="#">wym-iufs-qup</a>
No. of Participants	45
Resource Person	Dr.R.Nirmala Devi Assistant Professor (SS) Department of Bio Chemistry Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>Dr.R.Nirmaladevi, Assistant Professor of Biochemistry spoke in a webinar on Helping Women Discover their Wings on 13.7.2021. India is moving towards to attain a supreme status at Global Level. Women Empowerment plays most significant role in this. Every one of us should take moral responsibility to avoid worse and bad news related to women and children in dailies. Government set goals to have more empowered women in the country. Citing the examples of Rajammal P Devadas, the most familiar Educationist and Nutritionist and the Icon of Coimbatore and Dynamic administrator Dr.Saroja Prabhakaran of our Institute for achieving the status of most empowered Women. Women students should come forward and excel in their career irrespective of the profession they hold.</p> <p>Discussion about several women achievers to enthuse students to find their path and to get rid of the struggles they face in the day-to-day life. She then emphasised about the factors of Women Empowerment including safety, Health, Self-reliance, information, and Education. All these five aspects were dealt in detail. The speech was concluded with inspirational quotes. Forty five students were benefitted from the programme.</p>	

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• **Women's Studies Centre**

**Cordially invites you for a Webinar on  
"Helping Women Discover their Wings"**



**13<sup>th</sup> July, 2021  
3.00 pm to 4.00 p.m**

**The Speaker: Dr.R.Nirmala Devi  
Assistant Professor (SS)  
Department of Bio Chemistry  
Avinashilingam Institute for Home Science and  
Higher Education for Women**

**Chief Patrons**

**Prof. S.P. Thyagarajan  
Chancellor**

**Patrons**

**Dr. Premavathy Vijayan  
Vice Chancellor  
and  
Dr. S. Kowsalya  
Registrar**

**Meeting Link: [wym-iufs-qup](https://wym-iufs-qup)**

**Advisor**

**Dr. N. Vasugi  
Dean, School of Home Science**

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**Dr. M.Kasthuri  
Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**

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Name of the Activity	Webinar on Education-Employment Paradox: A Gender Perspective
Date	14.7.2021
Department	Women's Studies Centre
Venue	Google Meeting Link: <a href="#">gta-vxma-nzz</a>
No. of Participants	60
Resource Person	Dr. R. Ramya Assistant Professor and Head, Department of Economics, Sri C. Achutha Menon Government College, Thrissur
<p>Details of activities conducted</p> <p>Dr.R.Ramya, Assistant Professor and Head, Department of Economics, Sri C.Achutha Menon Government College, Thrissur spoke on Education-Employment Paradox: A Gender Perspective on 14.7.2021. The 21<sup>st</sup> century has witnessed rapid transformation in labour market structures in both developed and developing countries. The changes have been so dramatic that the work place in these countries is no longer a man's preserve. Women in large numbers have joined the labour force and taken up paid employment. The past 20 years show that female labour force participation has increased, in general, in both developed and developing countries. However, there seems to be wide divergence in the pattern of change between developed and developing countries. Kerala, which ranks first among the Indian States in terms of Human Development Index (HDI) and Gender Development Index (GDI), presents, however, a poor picture in terms of female work participation. Perhaps, the most tragic failure of development in the State is the acute unemployment and low labour force participation rates for both men and women, despite remarkable achievements in the fields of education and health. The decision of a woman, unlike that of a man, to participate in the labour force is the outcome of the decision-making of the household to which she belongs. Around Sixty students participated.</p>	

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• **Women's Studies Centre**

**Cordially invites you for a Webinar on  
"Education-Employment Paradox: A Gender Perspective"**



**14<sup>th</sup> July, 2021  
3.00 pm to 4.00 p.m**

**Chief Patrons**

**Prof. S.P. Thyagarajan  
Chancellor**

**Patrons**

**Dr. Premavathy Vijayan  
Vice Chancellor  
and  
Dr. S. Kowsalya  
Registrar**

**The Speaker: Dr. R. Ramya**

**Assistant Professor and Head,  
Department of Economics, Sri C. Achutha  
Menon Government College, Thrissur**

**Meeting Link: [gta-vxma-nzz](#)**

**Advisor**

**Dr. N. Vasugi**

**Dean, School of Home Science**

**Convenor**

**Dr. M.Kasthuri**

**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**

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Women's Studies Centre

Name of the Activity	Webinar on Women safety is everyone's responsibility
Date	14.7.2021
Department	Women's Studies Centre
Venue	Google Meeting Link: <a href="#">gta-vxma-nzz</a>
No. of Participants	50
Resource Person	Dr.S.Sumathi Assistant Professor (SG) Department of Bio Chemistry Avinashilingam Institute for Home Science and Higher Education for Women

**Details of activities conducted**

Dr.S.Sumathi, Associate Professor, Department of Bio - Chemistry, Bio- technology and Bio-Informatics handled the session on “Women's Safety is Everyone's Responsibility” on 14.7.2021. Domestic violence is not a new phenomenon. it is a scary truth and makes us question ourselves. ‘Are our children growing up to believe that it is ‘okay’ to be violent with women? Are our girls growing up to believe that it is okay if she gets hits by a man? How do kids learn everything from mere observation? And if something is instilled in their minds at an early stage, it will stay with them forever. It also has a message to all the women who keep on suffering quietly and do not speak up and reiterates the fact that if we want our women to feel and be safe on our streets, we need to first ensure their safety inside their own homes. We talk of gender inequality and rape culture, beware talk about from where it all seeps into the society. An important cause of all this is domestic violence. Nobody talks about it, but we all know it happens. It continues to exist, hidden from plain sight because we think it is not a common occurrence. But when we want to build a society that is safe for women and equal in all aspects regardless of one's gender, we need to address this issue. When children see domestic violence as an everyday occurrence, they perceive it to be something normal and natural, and values like these are imbibed by them, which may be difficult to change.

**Steps to create awareness**

Employees, both male and female, should be educated about behavioural ethics and developing the right culture that supports female safety. Women employees have to be constantly trained on the POCSO Act and made aware of its constituents, powers and jurisdictions. Regular surveys should be conducted in the organization for female employees to provide their feedback on the working environment. Enforcing policies and educational sessions - promotes power equality in the organization. Assigning dynamic roles and projects to women boost their confidence and status within the organization. Global women leaders - invited to speak at Seminars to motivate women and make them aware of how much they can achieve personally and professionally. Fifty students participated in this program.

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**Coimbatore- 641 043, Tamil Nadu, India**



• **Women's Studies Centre**

**Cordially invites you for a Webinar on**  
**“Women safety is everyone's responsibility ”**



**14<sup>th</sup> July, 2021**  
**2.00 pm to 2.45 p.m**

**The Speaker: Dr.S.Sumathi**

**Assistant Professor (SG)**  
**Department of Bio Chemistry**  
**Avinashilingam Institute for Home Science and**  
**Higher Education for Women**

**Chief Patrons**

**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**

**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**  
**Dr. S. Kowsalya**  
**Registrar**

**Meeting Link: [gta-vxma-nzz](https://gta-vxma-nzz)**

**Advisor**

**Dr. N. Vasugi**

**Dean, School of Home Science**

**Convenor**

**Dr. M.Kasthuri**

**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**



Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore

Women's Studies Centre

Name of the Activity	Webinar on Women are Made to be Loved; Not to be Raped
Date	15.7.2021
Department	Women's Studies Centre
Venue	Google Meeting Link: <a href="#">xzp-frun-zbn</a>
No. of Participants	75
Resource Person	Dr.Gayathri Devi Associate Professor and Head Department of Psychology Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>Dr.S.Gayathridevi, Associate Professor and Head, Department of Psychology conducted a Webinar on “Women are Made to be Loved Not to be Raped”on 15.7.2021. She explained that the atrocities towards women are more now a days. There are women who are abused, raped and even killed. The statistics today show us how it is extremely difficult for women, especially those who live in slums or who have to work at night. Their safety and security is badly compromised. Sexuality is an issue that endangers women and compromise their safety and security. The news stories that we see everyday are proof to the fact that women are in danger. Seventy five students were benefitted from the programme.</p>	

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• **Women's Studies Centre**

**Cordially invites you for a Webinar on**  
**“Women are made to be loved; not to be raped”**



**14<sup>th</sup> July, 2021**  
**2.00 pm to 2.45 p.m**

**The Speaker: Dr. Gayathri Devi**

**Associate Professor and Head**

**Department of Psychology**

**Avinashilingam Institute for Home Science and  
Higher Education for Women**

**Chief Patrons**

**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**

**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**

**Dr. S. Kowsalya**  
**Registrar**

**Meeting Link: [xzp-frun-zbn](https://www.zoom.us/j/9201234567)**

**Advisor**

**Dr. N. Vasugi**

**Dean, School of Home Science**

**Convenor**

**Dr. M. Kasthuri**

**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs. N. Selvanayagi, Women's Studies Centre**

Avinashilingam Institute for Home Science and Higher Education for Women  
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Women's Studies Centre

Name of the Activity	Webinar on Careers have no gender
Date	15.7.2021
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">cfa-bfsw-nds</a>
No. of Participants	40
Resource Person	Mrs.M.Sathya Assistant Professor Department of Psychology Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>Mrs. M.Sathya, Assistant Professor, Department of Psychology spoke on “career has no Gender” on 15.7.2021. She highlighted that four in five women in India feel that gender is a barrier to opportunity – but organization can lead the change to close the gender gap. It is found that Covid – 19 has disproportionately affected women at work, as 9 in 10 (89%) women in India claimed to have been negatively impacted by the Covid– 19 pandemic. The pandemic has undoubtedly widened the gender gap at work, given its drastic impact on our economy. Despite having more flexibility in these times of social distancing, more women are bearing the brunt of playing a balance act between work and family care. Working women and working mothers feel that managing familial responsibilities often comes in their way of career development. Job security is very important to women as it is to men but today women want to seek out employers that treat them as equal. Recognition at work is also critical for women and they are actively looking for employers who treat them as an equal and looking to get maintain at the work they do. Forty students were benefitted from the webinar.</p>	

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• Women's Studies Centre  
Cordially invites you for a Webinar on  
“ Career has no Gender ”



15<sup>th</sup> July, 2021  
2.30 pm to 3.30 p.m

The Speaker: Mrs.M.Sathya  
Assistant Professor  
Department of Psychology  
Avinashilingam Institute for Home Science and Higher  
Education for Women  
Meeting Link: [cfa-bfsw-nds.a](https://cfa-bfsw-nds.a)

### Chief Patrons

Prof. S.P. Thyagarajan  
Chancellor

### Patrons

Dr. Premavathy Vijayan  
Vice Chancellor  
and  
Dr. S. Kowsalya  
Registrar

### Advisor

Dr. N. Vasugi

Dean, School of Home Science

### Convenor

Dr. M.Kasthuri

Director i/c, Women's Studies Centre

Co-ordinator : Mrs.N.Selvanayagi, Women's Studies Centre

Avinashilingam Institute for Home Science and Higher Education for Women  
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Women's Studies Centre

Name of the Activity	Webinar on Programmes to ensure Safety among Differently abled
Date	15.7.2021
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">gfa-vcse-nsc</a>
No. of Participants	65
Resource Person	Dr.V.Mrunalini Assistant Professor Department of Special Education Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>Dr.V. Mirunalini, Assistant Professor, Department of special education conducted a webinar on Programmes to Ensure Safety among the Differently Abled on 15.7.2021. She spoke on Human Rights approach concept and History. People with a disability contribute 15% of the world population. 20% people living in poverty in developing countries have disability. The right based approach to disability views the person first, and recognize capacity, right to participation and social responsibility for inclusion to all. Women and girls with disability along with elderly are the poorest and most marginalized. She also explained the principles of Human Rights Approach, they are: awareness, participation, comprehensive accessibility – physical or environmental barriers, communication barriers, policy barriers, attitudinal barriers. She also quoted the facility / concessions given by Central and State Governments and legal rights of the disabled in India. She concluded the session by asking question – What is your role? The answers were, A human first, disability next, man is a social animal, united we stand, divided we fall, inclusive society – not a dream, but a reality, where there is will, there is a way. Sixty five students were benefitted from the programme.</p>	

Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
Women's Studies Centre



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• **Women's Studies Centre**

**Cordially invites you for a Webinar on**  
**“ Ensure Safety among the Differently Abled ”**



**15<sup>th</sup> July, 2021**  
**3.00 pm to 4 p.m**

**The Speaker: Dr.V.Mrunalini**  
**Assistant Professor**  
**Department of Special Education**  
**Avinashilingam Institute for Home Science and Higher**  
**Education for Women**

**Chief Patrons**

**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**

**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**  
**Dr. S. Kowsalya**  
**Registrar**

**Advisor**

**Dr. N. Vasugi**

**Dean, School of Home Science**

**Convenor**

**Dr. M.Kasthuri**

**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**

Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
Women's Studies Centre

Name of the Activity	Webinar on Importance of Women Safety
Date	16.7.2021
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">dfe-rty-ffgh</a>
No. of Participants	75
Resource Person	Mrs.P.Jegathambal Assistant Professor Department of Human Development Avinashilingam Institute for Home Science and Higher Education for Women
<p>Details of activities conducted</p> <p>Mrs.P.Jegathambal, Assistant Professor, Department of Human Development, spoke on Importance of Women's safety on 16.7.2021, she talked about what is gender and categories of gender. Gender is influence by social, cultural and behavioural factors. Gender is a flexible term and its role can be changed by time and culture. Gender distinctions are created by social norms. Gender discrimination is encoded into law in countries across the globe. Divorce has a greater negative effect on women financially than it does on men. One in five women and girls, including 19 percent women and girls aged 15 to 49, have experienced physical and or sexual violence by an intimate partner with in the last 12 months. Yet 49 countries have no laws that specifically protect women from such violence. An average women around the world spend more than twice as many hours as men doing unpaid work. To implement gender equality the government should take steps in improving women's health and nutrition, education, develop skills, political participation etc. Safety measures, which must be implemented for women are: police reforms and support, speedy justice, special investigation units, implementation of laws-POSCO, Domestic violence Act, Infrastructure to ensure the safety of women in police spaces, 24/7 Helpline and safety Apps with speedy response, promote women's safety awareness and empowerment, Nirbhaya fund, She concluded with the word "Women safety is everyone's responsibility. Almost 75 benefitted from the programme.</p>	

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• Women's Studies Centre  
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“ Importance of Women Safety ”



16<sup>th</sup> July, 2021  
3.00 pm to 4 p.m

The Speaker: Mrs.P.Jegathambal  
Assistant Professor  
Department of Human Development  
Avinashilingam Institute for Home Science and Higher  
Education for Women  
Meeting Link: [dfe-rty-ffgh](https://dfe-rty-ffgh)

### Chief Patrons

Prof. S.P. Thyagarajan  
Chancellor

### Patrons

Dr. Premavathy Vijayan  
Vice Chancellor  
and  
Dr. S. Kowsalya  
Registrar

### Advisor

Dr. N. Vasugi  
Dean, School of Home Science

### Convenor

Dr. M.Kasthuri  
Director i/c, Women's Studies Centre

Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre



Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore

Women's Studies Centre

Name of the Activity	Webinar on POCSO Act
Date	16.7.2021
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">ghd-fgge-kuy</a>
No. of Participants	
Resource Person	Dr.K.Mangaiyarkarasi Assistant Professor Department of Women's Studies Bharathiar University
Details of activities conducted	
<p>Dr.K.Mangaiyarkarasi, Assistant Professor, Department of Women's Studies, Bharathiar University was the keynote speaker in the Webinar on POCSO Act (The protection of Children from Sexual Offences) on 16.7.2021. She explained that the POCSO Act, 2012 was enacted to protect children from offences like sexual assault, sexual harassment and pornography with due regard for safeguarding the interest and well-being of children. The Act defines a child as any person below 18 years of age and regards the best interests and welfare of the child as matter of paramount importance at every stage, to ensure the health physical, emotional, intellectual and social development of the child. The act is gender neutral.</p> <p>The punishment of sexual assault under POCSO Act is a minimum of three years upto maximum of five years. Punishment of aggravated sexual assault is for a term not less than five years but may extend to seven years. Whoever commits aggravated penetrative sexual assault shall be punished with rigorous imprisonment for a term which shall not be less than 20 years, but which may extend to imprisonment for life, which shall mean imprisonment for the remainder of natural life of that person, and shall be liable to fine or with death. Around Sixty five participated in this webinar.</p>	

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• **Women's Studies Centre**  
**Cordially invites you for a Webinar on**  
**“ POCSO Act ”**



**16<sup>th</sup> July, 2021**  
**1.00 pm to 2 p.m**

**The Speaker: Dr.K.Mangaiyarkarasi**  
**Assistant Professor**  
**Department of Women's Studies**  
**Bharathiar University**

**Meeting Link: [ghd-fgge-kuy](https://www.zoom.us/j/ghd-fgge-kuy)**

**Chief Patrons**

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**Chancellor**

**Patrons**

**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**  
**Dr. S. Kowsalya**  
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**Dean, School of Home Science**

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**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**

Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
Women's Studies Centre

Name of the Activity	Webinar on Women are Beautiful Miracle in Life
Date	16.7.2021
Department	Women's Studies Centre
Venue	<b>Google Meeting Link:</b> <a href="#">uij-jnbe-hnb</a>
No. of Participants	56
Resource Person	Mrs.N.Selvanayaki Project Assistant Women's Studies Centre Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>Mrs.N.Selvanayaki, Project Assistant in Women's Studies Centre handled the session on Women are Beautiful Miracle in Life on 16.7.2021. She spoke about Women is the power; power to start a revolution; power to bring peace; power to change the world. Women are the largest untapped reservoir of talent in the world. Hillary Clinton said, "Existence of Women is the base of Beautiful Life". Women empowerment is the most important in the present day society. There is a huge demand for empowering women in the society to let them freely live their life. Women play variety of significant roles in our society from their birth till the end of the life. Even after playing her role efficiently in society she is weak because men are still stronger gender in the society. Even after a lot of awareness programs, laws and amendments in the society by the Government her life is more complicated than ever.</p> <p>Taking birth as women in the society are said to be curse for women. They face lot of social issues and problems throughout their life. Women are considered as burden for their parents and husbands as they think that women are here only to consume money for their whole life. The status of women in urban societies is better however in various rural societies it is still worse because of the lack of exposure and proper education. A woman gives birth to a baby and it is considered to be only her responsible to provide care, health, education, safety, etc for the child. She never demands anything in return of her roles instead she performs her role politely all through the life without any argument.</p> <p>The session concluded with a remark that women need to realize the role towards their society and country along with their roles at home which can be possible only through the continuous effort on gender equality and women empowerment. Fifty six students benefitted from the webinar.</p>	

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• **Women's Studies Centre**

**Cordially invites you for a Webinar on  
"Women are beautiful miracle in Life"**



**16<sup>th</sup> July, 2021  
10.00 am to 11 p.m**

**The Speaker: Mrs.N.Selvanayagi  
Project Assistant  
Women's Studies Centre**

**Avinashilingam Institute for Home Science and Higher  
Education for Women**

**Google Meeting Link: [uij-jnbe-hnb](https://meet.google.com/uij-jnbe-hnb)**

**Chief Patrons**

**Prof. S.P. Thyagarajan  
Chancellor**

**Patrons**

**Dr. Premavathy Vijayan  
Vice Chancellor**

**and**

**Dr. S. Kowsalya  
Registrar**

**Advisor**

**Dr. N. Vasugi**

**Dean, School of Home Science**

**Convenor**

**Dr. M.Kasthuri**

**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayagi, Women's Studies Centre**

Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
Women's Studies Centre

Name of the Activity	seminar on “The Meaningful Enterprise: Social Media and Changing Perspectives of Women in e-Commerce and as policy makers”
Date	23.11.2021
Department	Women's Studies Centre
Venue	Department of Visual Communication
No. of Participants	30
Resource Person	Mrs.Dr.V.Jayashree, Assistant Professor, Department of Visual Communication

Details of activities conducted

Mrs.Dr.V.Jayashree, Assistant Professor, Department of Visual Communication handled the seminar on “The Meaningful Enterprise: Social Media and Changing Perspectives of Women in e-Commerce and as policy makers” on 23.11.2021. It includes the topics on From mom to madam : The success story of Women Entrepreneurs, Unique Business run by women in e-Commerce for example Me Meraki, A Toddler Thing and also some facts on Women and Labour. Thirty students and staffs benefitted. The Audience for the Seminar were both 2<sup>nd</sup> and 3<sup>rd</sup> year Visual Communication students and the Faculty members.



Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
Women's Studies Centre

Name of the Activity	Webinar on Gender Sensitization
Date	23.11.2021
Department	Women's Studies Centre
Venue	Google Meeting Link: xqf-raxn-udx
No. of Participants	40
Resource Person	Dr.M.Kasthuri Director, Women's Studies Centre, Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>Webinar on Gender Sensitization was handled by Dr.M.Kasthuri, Professor and Director (i/c) of Women's Studies Centre on 23.11.2021. Gender Sensitization is a basic requirement to understand the sensitive needs of a particular gender. It helps us to examine our personal attitudes and beliefs and to question the societal realities. Gender Sensitivity pertains to ones effort to show how gender shapes the role of women and men in society including their role in development and how it affects them. The need for gender sensitization is to create awareness on the gender needs, gender differences and gender relations. Respect individual irrespective of their sex. Men and women are gifted with the ability to work with diligence. The main focus should be on breaking the stereotypes and patriarchal nations prevalent in the society. Forty students participated and benefitted.</p>	

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**Women's Studies Centre**  
**Cordially invites you for a Webinar on**  
**“ Gender Sensitization”**



**23<sup>rd</sup> November 2021**  
**12.00 pm to 1 p.m**

**The Speaker: Dr.M.Kasthuri**  
**Director,**  
**Women's Studies Centre,**  
**Avinashilingam Institute for Home Science and**  
**Higher Education for Women**

**Chief Patrons**  
**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**  
**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**  
**Dr. S. Kowsalya**  
**Registrar**

**Meeting Link: xqf-raxn-udx**

**Advisor**  
**Dr. N. Vasugi**  
**Dean, School of Home Science**

**Convenor**  
**Dr. M.Kasthuri**  
**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**



Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
Women's Studies Centre

Name of the Activity	Webinar on Role of women in the family
Date	23.11.2021
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">gdf-ghje-bnh</a>
No. of Participants	50
Resource Person	Dr.R.Jayagowri Professor Department of Resource Management Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>In the webinar, Role of Women in the Family the topic was handled by Dr.R.Jaya Gowri, Professor, Department of Resource Management on 23.11.2021. Women play multiple roles like administrator, leader of the household, manager of family income, mother etc. The whole burden of child bearing and greater part of child rearing task are carried out by women in the family. She is the first teacher of the child. She transmits social and cultural values to the child. It is from mother that the child learns the laws of race, the moral code and ideals. The mother, because of her intimate and sustained contact with the child, she is able to discover and nurture child's special traits aptitudes and attitudes which subsequently play a key role in the shaping of personality. As a mother she is the family's health officer. She is very much concerned about the physical well-being of every member of the family, the helpless infant, the sickly child, the adolescent youth, and senescent parent. She organizes the home and its activities in such a way that each member of the family has proper food, adequate sleep and sufficient recreation. The mother is the central personality of the home and the family circle. Woman devotes her time, labour and thought for the welfare of the members of the family. The woman performs the role of wife, partner, organizer, administrator, director, re-creator, disburser, economist, mother, disciplinarian, teacher, health officer, artist and is the queen in the family at the same time. Apart from these roles , woman plays the key role in the socio-economic development of the society and nation at large. Fifty students participated and benefitted</p>	

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**Women's Studies Centre**  
**Cordially invites you for a Webinar on**  
**“ Role of Women in the Family”**



**23<sup>rd</sup> November, 2021**  
**3.00 pm to 4 p.m**

**The Speaker: Dr.R.Jayagowri**  
**Professor**  
**Department of Resource Management**  
**Avinashilingam Institute for Home Science and Higher**  
**Education for Women**  
**Meeting Link: [gdf-ghje-bnh](https://gdf-ghje-bnh)**

**Chief Patrons**  
**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**  
**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**  
**Dr. S. Kowsalya**  
**Registrar**

**Advisor**  
**Dr. N. Vasugi**  
**Dean, School of Home Science**

**Convenor**  
**Dr. M.Kasthuri**  
**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayagi, Women's Studies Centre**

Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore

Women's Studies Centre

Name of the Activity	Webinar on Educate a woman to educate the next generation
Date	23.11.2021
Department	Women's Studies Centre
Venue	<a href="#">Google Meeting Link: jhg-knnh-hjk</a>
No. of Participants	93
Resource Person	Mrs.N.Selvanayaki Project Assistant Women's Studies Centre Avinashilingam Institute for Home Science and Higher Education for Women
<p>Details of activities conducted</p> <p>Mrs.N.Selvanayaki, Project Assistant of Women's Studies Centre talked on "Educate a Women to Educate the Next Generation" on 23.11.2021. It is rightly said 'if you educate a man, you educate an individual. But if you educate a woman, you educate a nation'. Education is an integral part of every individual's life but when girls are educated, countries become stronger and prosperous. Education plays a very important role in the life of human beings. It is the fundamental right and every human must be educated irrespective of gender. "Education for all" should be the main agenda and should be promoting the same in the society. Educating a woman means educating the Family, Nation and Society. Famous proverb "If you educate a boy then only single family is benefitted and if you educate a girl / women then two families will be benefitted". Today, a majority of educational institutes, it be schools, colleges or professional institutes, are in the hands of women. Be it principals, teachers or other staff, one can spot woman in every corner of an educational institute. In this manner they are fulfilling a very important duty of educating the future generation. It was only possible today because they got an opportunity to study and progress in life during their own times. Total 93 Under Graduate and Bachelor of Education students participated.</p>	

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• **Women's Studies Centre**

**Cordially invites you for a Webinar on  
“ Educate a Women to Educate the Next Generation ”**



**23<sup>rd</sup> November, 2021  
10 a.m to 11 a.m**

**The Speaker: Mrs.N.Selvanayagi  
Project Assistant  
Women's Studies Centre**

**Avinashilingam Institute for Home Science and Higher  
Education for Women**

**Google Meeting Link: jhg-knnh-hjk**

**Chief Patrons**

**Prof. S.P. Thyagarajan  
Chancellor**

**Patrons**

**Dr. Premavathy Vijayan  
Vice Chancellor  
and**

**Dr. S. Kowsalya  
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**Dr. N. Vasugi**

**Dean, School of Home Science**

**Convenor**

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**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayagi, Women's Studies Centre**

Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
Women's Studies Centre

Name of the Activity	Seminar on Women Empowerment through Social Media Campaigns
Date	24.11.2021
Department	Women's Studies Centre
Venue	Department of Visual Communication
No. of Participants	30
Resource Person	Mrs.V.Ezhilarasi, Assistant Professor, Department of Visual Communication

Details of activities conducted

Mrs.V.Ezhilarasi, Assistant Professor, Department of Visual Communication handled the seminar on “Women Empowerment through Social Media Campaigns” on 24.11.2021. It included some familiar hash tags which created revolution in society like #BLACKLIVESMATTER, #TOUCHTHEPICKLE, #ISHAPEMYWORLD and also mentioned learnt about MEE TOO moment and she showed some inspiring advertisement and album song of whisper and Levi's. 30 students benefitted. The Audience for the Seminar were both 2<sup>nd</sup> and 3<sup>rd</sup> year Visual Communication students and the Faculty members.



Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore

Women's Studies Centre

Name of the Activity	Webinar on “Learning Foreign Languages Open Doors to Empowering Career Paths for Women”
Date	26.11.2021
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">ger-hije-bnh</a>
No. of Participants	60
Resource Person	Dr. Vasumathi Badrinathan, Associate Professor, Department of French, University of Mumba
Details of activities conducted	
<p>Career opportunities are vast and widespread. To enrich our knowledge about the available career opportunities in France and francophone countries, Dr. Jeevaratnam G, Associate Professor in French organized a webinar entitled “Learning Foreign Languages open doors to empowering career paths for Women” on 26.11.2021. On this auspicious day, Dr. Vasumathi Badrinathan, Associate Professor, Department of French, University of Mumbai, was the resource person. She started briefing about her education and career, she particularly mentioned about 3 P's, which Power, Prestige and Pay, gained during work. Then she emphasized that especially for women, opportunities are plenty and they have to strive for excellence. Later, she stated about scholarships for full time education, part time education, training programs, and research programs concerning the academic opportunities. The names of the scholarships are CHARPAKS and XCEA for education, Raman CHARPAKS for research programs. As for the corporate opportunities she cited that France is a major partner of Indian economics, invests approximately \$90 billion and so there is a great opportunity. There are around 900 French companies in India and more than 3,00,000 people working in those companies. The domains that has better chances in corporate are engineering, IT, telecommunication, fashion, nutrition, and tourism. At last she remained that passion is must to pursue this domain. 60 students from UG and PG diploma in French participated.</p>	

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• Women's Studies Centre

Cordially invites you for a Webinar on  
“Learning Foreign Languages Open Doors to Empowering Career Paths for Women”  
”

Date : 26.11.2021  
Time ; 3.00 pm to 4 p.m

The Speaker: Dr. Vasumathi Badrinathan,  
Associate Professor,  
Department of French,  
University of Mumbai

Meeting Link: [ger-hije-bnh](https://www.zoom.us/j/ger-hije-bnh)

Chief Patrons  
Prof. S.P. Thyagarajan  
Chancellor

Patrons  
Dr. Premavathy Vijayan  
Vice Chancellor  
and  
Dr. S. Kowsalya  
Registrar

Advisor  
Dr. N. Vasugi  
Dean, School of Home Science

Convenor  
Dr. M.Kasthuri  
Director i/c, Women's Studies Centre

Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre





Avinashilingam Institute for Home Science and Higher Education for Women  
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Name of the Activity	Webinar on Impact of Covid -19 on Women Employment
Date	27.11.2021
Department	Women's Studies Centre
Venue	<u>Google Meeting Link : <a href="#">gyui-ikj-jkkl</a></u>
No. of Participants	75
Resource Person	Dr.S.Gandhimathi Professor Department of Economics Avinashilingam Institute for Home Science and Higher Education for Women
<p>Details of activities conducted</p> <p>The webinar on impact of COVID 19 on Women Employment handled by Dr.S.Gandhimathi, Professor, Department of Economics was conducted on 27.11.2021. The latest ILO estimates indicate that developing countries, which suffered sharp contractions in working hours, have tended to experience strong rebounds. At the same time, in countries going through a “second wave” of restrictions – mainly high income countries – working-hour losses are estimated to be considerably smaller than during the “first wave”. During 2020, lower-middle-income countries experienced the greatest losses in working hours. The relatively lower working-hour losses in low income countries may reflect the greater importance of informal and agricultural employment and the fact that most people there need to work in order to survive. Workers who suffer a loss of employment find themselves either “unemployed” (actively searching for new jobs) or “inactive” (withdrawing from the labour market because they are not available to work and/or do not search for a job). A reduction in working hours includes both shorter hours and “zero hours” while remaining employed. In previous crises, a large proportion of working-hour losses were typically associated with an increase in unemployment. However, during the COVID-19 crisis, both inactivity and shorter hours have turned out to be major drivers of overall working-hour losses. 75 students from UG and PG department of Economics participated.</p>	



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• **Women's Studies Centre**

**Cordially invites you for a Webinar on  
"Impact of COVID 19 on Women Employment"**



**27<sup>th</sup> July, 2021  
11.00 am to 12 p.m**

**The Speaker: Dr.S.Gandhimathi**

**Professor**

**Department of Economics**

**Avinashilingam Institute for Home Science and Higher  
Education for Women**

**Meeting Link: [gyui-ikj-jkkl](https://www.zoom.us/j/9791838363)**

**Chief Patrons**

**Prof. S.P. Thyagarajan  
Chancellor**

**Patrons**

**Dr. Premavathy Vijayan  
Vice Chancellor  
and**

**Dr. S. Kowsalya  
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Avinashilingam Institute for Home Science and Higher Education for Women  
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Name of the Activity	Webinar on Economics of Gender
Date	6.1.2022
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">gfa-vcse-nsc</a>
No. of Participants	98
Resource Person	Dr.P.Deivanai Assistant Professor Department of Commerce Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>In collaboration with Department of Commerce and NSS unit 17 organized a webinar on Economics of Gender which is an important topic in today's environment on 6.1.2022 Dr.P.Deivanai, Programme Officer was the Resource Person of this seminar. 48 NSS volunteers attended this webinar and 50 NSS volunteers attended through online. Dr.D.Geetha, Head, Department of Commerce motivated all the NSS volunteers with her wonderful speech. Dr.P.Deivainai, Programme Officer gave a thought provoking speech about Economics of Gender. She spoke about the issues of gender and economic rights and women's empowerment, gender gap in economics, all the NSS volunteers understood that gender equality can be promoted through economic growth. The webinar was a huge success and the issue of economics of gender was well addressed.</p>	

Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
Women's Studies Centre



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• **Women's Studies Centre**  
**Cordially invites you for a Webinar on**  
**"Economics of Gender "**

**Date :** 26.11.2021

**Time ;** 3.00 pm to 4 p.m

**The Speaker: Dr.P.Deivanai**  
**Assistant Professor**  
**Department of Commerce**  
**Avinashilingam Institute for Home Science and Higher**  
**Education for Women**  
**Meeting Link: [ger-kjhye-mko](https://www.zoom.us/j/ger-kjhye-mko)**

**Chief Patrons**

**Prof. S.P. Thyagarajan**  
**Chancellor**

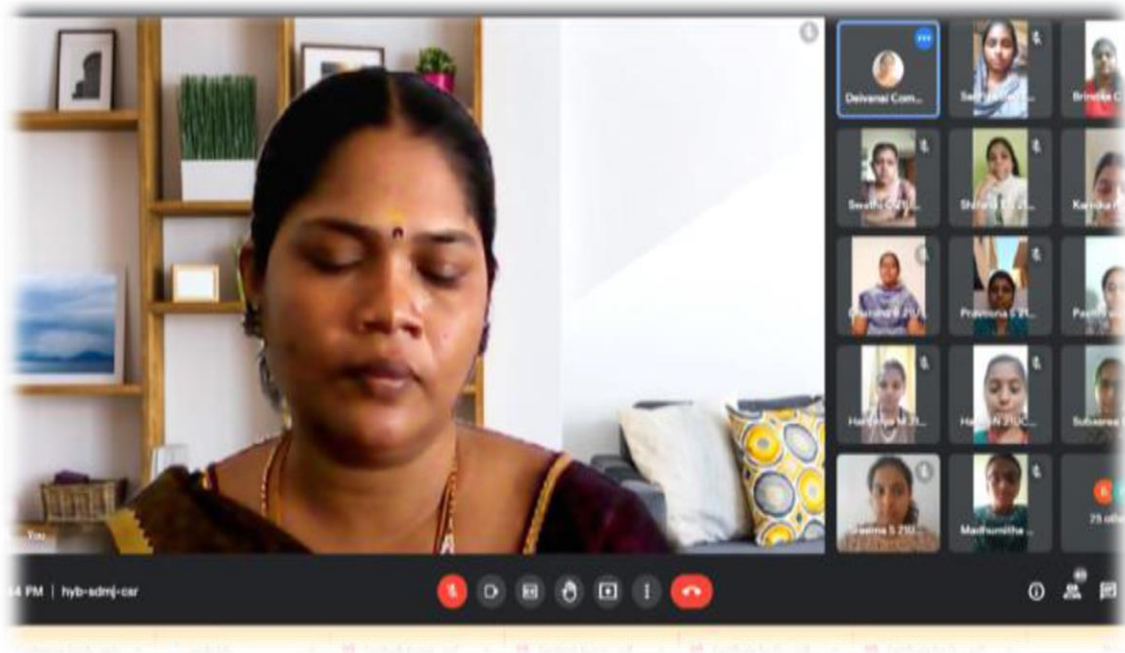
**Patrons**

**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**  
**Dr. S. Kowsalya**  
**Registrar**

**Advisor**  
**Dr. N. Vasugi**  
**Dean, School of Home Science**

**Convenor**  
**Dr. M.Kasthuri**  
**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**



Avinashilingam Institute for Home Science and Higher Education for Women  
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Name of the Activity	Seminar on Digital Gender Divide
Date	1.2.2022
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">ehjr-hye-llko</a>
No. of Participants	78
Resource Person	Dr.A.R.Rihana Banu Assistant Professor Department of Commerce Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>Webinar on “Digital Gender Divide” was organized on 1.2.2022 by the Department of Commerce. The event was about gender gap in illiteracy of women.NSS volunteers of Unit No 19 participated in this event.</p> <p>The programme was started with a prayer song by Aishwaraya of II B.com (CA). Followed by this, Dr.D.Geetha, Head, Department of Commerce talked about NSS volunteers and motivated.</p> <p>Dr.A.R.Rihana Banu defined digital gender divide as digital gender gap including that inequitable access to education and harmful social norms that exist in the “offline” world and impact digital realities and potential benefits for women and girls. She explained factors that need to be addressed to close the gender digital divide. This can be broadly categorised into three interlinked areas: access, digital literacy, and online safety.The event was very meaningful and useful to all participants. 78 students participated in the event.</p>	

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**Women's Studies Centre**  
**Cordially invites you for a Webinar on**  
**"Digital Gender Divide "**

**Date : 1.2.2022**  
**Time ; 3.00 pm to 4 p.m**

**The Speaker: Dr.A.R.Rihana Banu**  
**Assistant Professor**  
**Department of Commerce**  
**Avinashilingam Institute for Home Science and Higher**  
**Education for Women**  
**Meeting Link: [ehjr-hye-llko](#)**

**Chief Patrons**  
**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**  
**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**  
**Dr. S. Kowsalya**  
**Registrar**

**Advisor**  
**Dr. N. Vasugi**  
**Dean, School of Home Science**

**Convenor**  
**Dr. M.Kasthuri**  
**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**





Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore

Women's Studies Centre

Name of the Activity	Capacity Building programme for adolescent Girls
Date	22.2.2022 to 24.2.2022
Department	Women's Studies Centre
Venue	Department of Commerce
No. of Participants	85
Resource Person	Mrs.Pandi Selvi, Entrepreneur , Veerapondi Mrs.N.Selvanayaki, Project Assistant, Women's Studies Centre

Details of activities conducted

In collaboration with Department of Commerce, the centre conducted a Capacity Building Programme for Adolescent Girls from 22.2.2022 to 24.2.2022. Mrs.N.Selvanayaki, Project Assistant, Women's Studies Centre was the Resource Person who demonstrated skills required for paper bag making, cloth bag making, paper cover making, cloth line cover making and bridal make up flower making, bridal garland making etc. Mrs.Pandi Selvi, Entrepreneur from Veerapondi demonstrated Artificial Jeweller Making. 85 students were benefitted



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Women's Studies Centre

**Seminar / Conference / Expert Lectures**

**Annexure – 9 (a)**

<b>S.No</b>	<b>Date</b>	<b>Topic</b>	<b>Department</b>	<b>Participants</b>
1.	23.11.2021	Know your Rights: A Overview of Cyber Security for Women In Social Media	Dr.E.Indira, Assistant Professor, (SG), Department of Visual Communication	30 students
2.	23.11.2021	Health Wellness and Fitness	Dr.M.Sylvia Subapriya, Professor and Head, Department of Food Science and Nutrition	89 students
3.	25.11.2021	Women and Health	Dr.A.Thirumani Devi, Professor, Department of Food Science and Nutrition	65 students
4.	26.11.2021	Nutritional Management For Combating Anaemia	Dr.K.Sujatha, Assistant Professor from Department of Food Science and Nutrition	65 students
5.	29.11.2021	Adolescent Food and Mood - A Toxic Approach for Wellbeing.	Dr.Pa.Raajeswari, Associate Professor from Department of Food Science and Nutrition	70 students
6.	30.11.2021	Nutrition for COVID 19	Dr.K.Devi, Assistant Professor from Department of Food Science and Nutrition	56 students

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Women's Studies Centre

Name of the Activity	Seminar on Know your Rights: An overview of Cyber Security for Women in Social Media
Date	23.11.2021
Department	Women's Studies Centre
Venue	Department of Visual Communication
No. of Participants	30
Resource Person	Dr.E.Indhira, Assistant Professor, (SG), Department of Visual Communication, Avinashilingam Institute for Home Science and Higher Education for Women

Details of activities conducted

Dr.E.Indhira, Assistant Professor, (SG), Department of Visual Communication handled the seminar on Know your Rights: A Overview of Cyber Security for Women In Social Media on 23.11.2021. She gave some insights about "Cyber Crime". She gave an elaborate definition on her topic which includes "Know your Rights: An overview of cyber security for women in social media". It included Safety in handling mobile, Data piracy and Data privacy. She discussed important laws on data security. We also learnt about using data and wifi in public places, problems in turning on data unwontedly etc.30 students benefitted. The Audience for the Seminar were both 2<sup>nd</sup> and 3<sup>rd</sup> year Visual Communication students and the Faculty members.





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Women's Studies Centre

Name of the Activity	Webinar on Health wellness and Fitness
Date	23.11.2021
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">vbn-iryy-okl</a>
No. of Participants	89
Resource Person	Dr.M.Sylvia Subapriya, Professor and Head, Department of Food Science and Nutrition Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>Webinar on Health wellness and Fitness was conducted on 23.11.2021, in which Dr.M.SylviaSubapriya, Professor and Head, Department of Food Science and Nutrition was the Resource Person. Her presentation was focussed on what is wellness and fitness, need for wellness and fitness, ways of attaining wellness and fitness and what happens in the absence of wellness and fitness. The different organ systems, their functions and overall regulations and integration were explained. Benefits of regular and adequate level of physical activity, statistics on the effects of physical inactivity, positive influence of exercise on brain and heart functions were highlighted. Importance of nutrition and hydration were emphasized. The different dimensions of wellness, components of fitness, definition of health and disease were explained. Importance of energy balance on different aspects of physical activity pyramid, the role of food and nutrients, food groups, importance of balanced diet, My Pyramid Plan and My Plate were described. The importance of Gandhian foods in health and disease, effect of stress on health and methods of stress alleviation such as yoga, meditation and relaxation techniques were highlighted. Seven tenets of health- regular exercise, exposure to sunlight, less alcohol and caffeine, regular sleep schedule, relaxation and mediation, social connectivity, mindfulness were stressed upon. Hazards of faulty food habits and unhealthy diet, excessive junk foods consumption and physical inactivity-obesity, diabetes, chronic respiratory disease, cardiovascular disease and cancer, complications of obesity and effect of smoking highlighted by the speaker. The beneficiaries of the webinar were 89 students from I&amp;II B.Sc. Food Science and Nutrition.</p>	

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• **Women's Studies Centre**  
**Cordially invites you for a Webinar on**  
**“ Health Wellness and Fitness ”**



**23<sup>rd</sup> November, 2021**  
**11 am to 12 p.m**

**The Speaker: Dr.M.Sylvia Subapriya,**  
**Professor and Head,**  
**Department of Food Science and Nutrition**  
**Avinashilingam Institute for Home Science and Higher**  
**Education for Women**  
**Meeting Link: [vbn-iryy-okl](#)**

**Chief Patrons**

**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**

**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**  
**Dr. S. Kowsalya**  
**Registrar**

**Advisor**

**Dr. N. Vasugi**

**Dean, School of Home Science**

**Convenor**

**Dr. M.Kasthuri**

**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayagi, Women's Studies Centre**

Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
Women's Studies Centre

Name of the Activity	Webinar on Women and Health
Date	25.11.2021
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">yui-yujy-okm</a>
No. of Participants	65
Resource Person	Dr.A.Thirumani Devi Professor Department of Food Science and Nutrition Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>Webinar on “Women and Health” handled by Dr.A.Thirumani Devi, Professor, Department of Food Science and Nutrition on 25.11.2021. Women are the cornerstone, who ensure family's overall nutritional and health status. They should have access to quality care which leads to their improved health of their children and their entire family. “Healthy Women, Healthy World”, embodies women as custodians of family health. Women play a critical role in maintaining the health and overall well-being of her communities. At each stage of a woman's life, there are important preventative health care steps to follow in order to provide early detection of medical problems.</p> <p>A holistic, comprehensive and life approach in terms of balanced nutritional care and support, proper physical exercise, economic, social and emotional management and stability, beyond reproductive health is needed to achieve better health of women – starting from pregnancy and maintained throughout the newborn, childhood, adolescence and during aging. Women must be empowered to take care of their health. Healthy women will ensure a healthy family, healthy community and healthy nations. Let us together “Make it happen: Improve women's health”. Sixty five students participated in this webinar.</p>	

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**Women's Studies Centre**  
**Cordially invites you for a Webinar on**  
**"Women and Health"**



**25<sup>th</sup> November, 2021**  
**11 am to 12 p.m**

**Chief Patrons**

**Prof. S.P. Thyagarajan**  
Chancellor

**Patrons**

**Dr. Premavathy Vijayan**  
Vice Chancellor  
and  
**Dr. S. Kowsalya**  
Registrar

**The Speaker: Dr.A.Thirumani Devi**  
Professor

**Department of Food Science and Nutrition**  
**Avinashilingam Institute for Home Science and Higher**  
**Education for Women**

**Meeting Link: [yui-yujy-okm](#)**

**Advisor**

**Dr. N. Vasugi**

**Dean, School of Home Science**

**Convenor**

**Dr. M.Kasthuri**

**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**

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Coimbatore

Women's Studies Centre

Name of the Activity	Webinar on Nutritional Management For Combating Anemia
Date	26.11.2022
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">udi-yghj-nji</a>
No. of Participants	65
Resource Person	Dr.K. Sujatha Assistant Professor Department of Food Science and Nutrition Avinashilingam Institute for Home Science and Higher Education for Women

Details of activities conducted

Webinar on Nutritional Management for Combating Anemia among Adolescent Girls was conducted by Dr.K.Sujatha, Assistant Professor from Department of Food Science and Nutrition handled the session on 26.11.2022. The Content was delivered on several aspects of anemia for Adolescents Girls. The importance of anemia, importance of hemoglobin and its vital functions were discussed and the factors leading to the cause of Anemia and the required Hb levels among different age groups were explained briefly.

The Nutritional management aspects like importance of Iron and folic acid, sources of iron and folic acid rich foods were explained. The factors leading to Anemia and their symptoms were discussed. A brief explanation on hook worm infestation and intake of deworming tablets and preventive measures to overcome hook worm infestation were explained. The different degrees of Anemia were discussed and highlights on different food sources to be consumed by adolescent and pregnant women were also explained. Importance of hygiene sanitation, reproductive health care and awareness on PCO were also discussed among them. Food promoters enhancing iron absorption and consumption of folic acid and iron tablets and awareness on deworming were oriented based on the severity of anaemia. Faulty food habits lead to iron deficiency and anaemia. Effective methods like kitchen gardening and nutrition education were focused and awareness demonstration was created and the students were motivated to follow the measures to overcome anaemia and their nutritional deficiency diseases. 65 students were benefitted.

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**Women's Studies Centre**  
**Cordially invites you for a Webinar on**  
**“Nutritional Management for Combating Anemia”**



**26<sup>th</sup> November, 2021**  
**11am to 12 p.m**

**The Speaker: Dr.K. Sujatha**  
**Assistant Professor**  
**Department of Food Science and Nutrition**  
**Avinashilingam Institute for Home Science and Higher**  
**Education for Women**  
**Meeting Link: [udi-yghj-nji](https://www.zoom.us/j/91811512345)**

**Chief Patrons**  
**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**  
**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**  
**Dr. S. Kowsalya**  
**Registrar**

**Advisor**  
**Dr. N. Vasugi**  
**Dean, School of Home Science**

**Convenor**  
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**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**

Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
Women's Studies Centre

Name of the Activity	Webinar on Adolescent Food and Mood - A Toxic Approach for Wellbeing
Date	29.11.2021
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">dfg-hjl-ior</a>
No. of Participants	70
Resource Person	Dr.Pa.Raajeswari Associate Professor Department of Food Science and Nutrition Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>Webinar on 'Adolescent Food and Mood - A Toxic Approach for Wellbeing' was handled by Dr.Pa.Raajeswari, Associate Professor from Department of Food Science and Nutrition on 29.11.2021. Depression and anxiety are the most common mental health conditions worldwide; the relationships between nutrition and mental health have gained considerable interest. The association between food and mood has been comprehensively elucidated in this review based on several studies among participants from different ages, cultural backgrounds, and health status. It is well known that unhealthy eating patterns can cause mood swings. Without a steady source of fuel from the foods we eat, our mind and bodies don't function well. 70 students were benefitted.</p> <p>Positive changes can be made by improving eating habits to support mental health:</p> <ul style="list-style-type: none"><li>• Eat at set intervals throughout the day</li><li>• Choose less refined sugars and eat more whole grains</li><li>• Include protein for each meal</li><li>• Eat variety foods</li><li>• Include omega-3 rich foods, like oily fish, in your diet</li><li>• Reach and maintain a healthy weight</li><li>• Drink plenty of fluids especially water</li><li>• Exercise regularly</li></ul>	



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• **Women's Studies Centre**

**Cordially invites you for a Webinar on**  
**“Adolescent Food and Mood – A Toxic Approach for Wellbeing”**



**29<sup>th</sup> November, 2021**  
**11 a.m to 12 p.m**

**Chief Patrons**

**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**

**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**  
**Dr. S. Kowsalya**  
**Registrar**

**The Speaker: Dr. Pa. Raajeswari**

**Associate Professor**

**Department of Food Science and Nutrition**

**Avinashilingam Institute for Home Science and Higher  
Education for Women**

**Meeting Link: [dfg-hjl-ior](#)**

**Advisor**

**Dr. N. Vasugi**

**Dean, School of Home Science**

**Convenor**

**Dr. M. Kasthuri**

**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs. N. Selvanayagi, Women's Studies Centre**

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Name of the Activity	Webinar on Nutrition for COVID 19
Date	30.112021
Department	Women's Studies Centre
Venue	Google Meeting Link: <a href="#">fig-ojl-hgr</a>
No. of Participants	56
Resource Person	Dr.K.Devi, Assistant Professor Department of Food Science and Nutrition Avinashilingam Institute for Home Science and Higher Education for Women

Details of activities conducted

The webinar on Nutrition for COVID 19 was handled by Dr.K.Devi, Assistant Professor from Department of Food Science and Nutrition on 30.112021. COVID 19 is a pandemic due to lack of immunity in the human body. It has been hypothesized that the reasons for the challenge to immunity system is that the COVID 19 is a very new virus that cannot be recognized by our immune system appropriately. Spike proteins of COVID 19 needs to be neutralized by proper positional attachment of antibodies and also high mutagenic potential. However, the effective immune system has been reported for the protection against the severe symptoms of COVID 19. Immune nutrients such as zinc, iron, vitamin A, protein and vitamin C rich foods are essential in the inclusion of balanced diet. Balanced diet has been improvised with the inclusion of 500 g of fruits and vegetable instead of 300g in the conventional pattern for balanced diet. Immune diet should be inclusive of adequate amount of drinking water, colored vegetables, and fermented foods along with physical activity. The beneficiaries of the webinar were 56 students from II B.Sc. Food Science and Nutrition.

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**Women's Studies Centre**  
**Cordially invites you for a Webinar on**  
**"Nutrition for COVID 19"**



**30<sup>th</sup> November, 2021**  
**3.00 pm to 4 p.m**

**The Speaker: Dr.K.Devi,**  
**Assistant Professor**  
**Department of Food Science and Nutrition**  
**Avinashilingam Institute for Home Science and Higher**  
**Education for Women**  
**Meeting Link: [fig-ojl-hgr](https://fig-ojl-hgr)**

**Chief Patrons**  
**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**  
**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
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**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**

Avinashilingam Institute for Home Science and Higher Education for Women  
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Women's Studies Centre

**Extension and Outreach Programs conducted in the Neighbourhood Community**

**Annexure – 9 (b)**

<b>S.No</b>	<b>Date</b>	<b>Topic</b>	<b>Department</b>	<b>Participants</b>
1.	26.8.2021	Covi -Shield Vaccination Camp	Resource Management	250 Staff - First dose and 90 Staff - Second dose – vaccinated
2.	5.1.2022	Role of NSS in Empowering Students	Tourism Management	56 Students
3.	6.1.2022	Environment Protection – Role of NSS volunteers	Zoology	48 Students
4.	24.1.2022	Celebration of International Girl Child Day	National Service Scheme	203 Students

Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
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Name of the Activity	Covi-Shield Vaccination Camp
Date	26.8.2021
Department	<b>Women's Studies Centre</b>
Venue	Health Centre, of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore
No. of Participants	340
Resource Person	Six members Team of Urban Primary Health Centre

**Details of activities conducted**

Women's Studies Centre and Department of Resource Management jointly organized a one-day Covi-Shield Vaccination camp on 26.8.2021 at Health Centre of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore from 10.00 a.m to 5 p.m. At the pandemic situation relevantly organized this camp for the Campus I and Campus II employees of this institution. 250 first dose and 90 second doses of Covi - Shield medicine were administrated in this camp. With the help of Urban Primary Health Centre, a team of six members included one Staff Nurse and five assistants led the camp. All the information of staff members were collected and entered in the COWIN website. Vaccinated staff downloaded the e-certificate through the Cowin website.



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Name of the Activity	<b>Webinar on “Role of NSS in Empowering Students”</b>
Date	5.1.2022
Department	<b>Women's Studies Centre</b>
Venue	<b>Meeting Link: <a href="#">ger-hye-mko</a></b>
No. of Participants	56
Resource Person	Dr.K.Sathiyabamavathy, Assistant Professor, Department of Tourism Management
Details of activities conducted	
<p>To create awareness among the NSS volunteers about their volunteership in community service activities towards healthy nation building, NSS Unit 18B from the department of Tourism Management organised a webinar on 5.1.2022 on the topic “Role of NSS in Empowering Students”. The session was handled by Dr.K.Sathiyabamavathy, Assistant Professor, Department of Tourism Management. She gave deep insight into various activities, awareness lectures, rallies, special activities, women empowerment, health and hygiene awareness, COVID safety measures, importance of vaccination, blood donation, medical camp etc.,. 56 Volunteers from the department of Tourism and Extension Education Participated actively and acquired knowledge on their role in the institute as an NSS volunteer</p>	



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**Women's Studies Centre**  
**Cordially invites you for a Webinar on**  
**"Role of NSS in Empowering Students"**

**Date : 5.1.2022**

**Time ; 3.00 pm to 4 p.m**

**The Speaker:** Dr.K.Sathiyabamavathy,  
Assistant Professor,  
Department of Tourism Management.

**Avinashilingam Institute for Home Science and Higher  
Education for Women**

**Meeting Link: [ger-kjhye-mko](https://www.zoom.us/j/ger-kjhye-mko)**

**Chief Patrons**

**Prof. S.P. Thyagarajan**  
Chancellor

**Patrons**

**Dr. Premavathy Vijayan**  
Vice Chancellor  
and  
**Dr. S. Kowsalya**  
Registrar

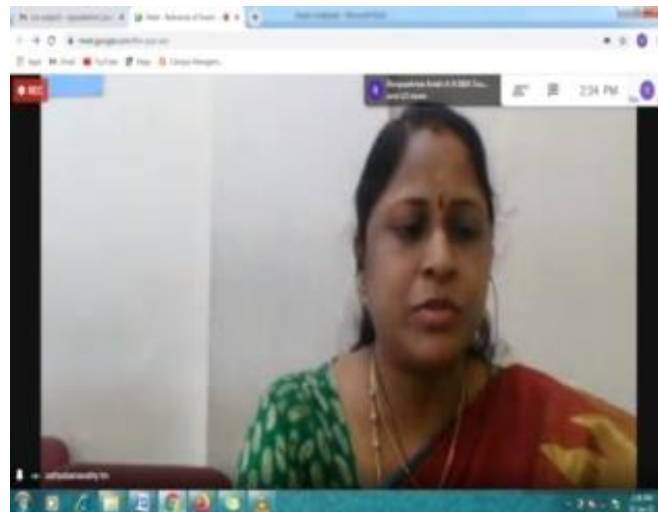
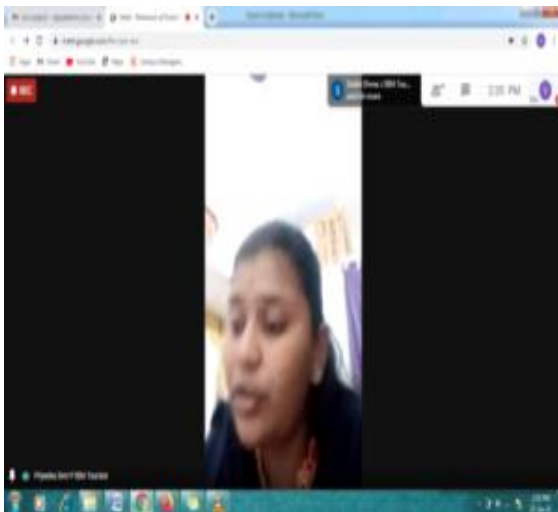
**Advisor**

**Dr. N. Vasugi**  
Dean, School of Home Science

**Convenor**

**Dr. M.Kasthuri**  
Director i/c, Women's Studies Centre

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**



Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
Women's Studies Centre

Name of the Activity	Webinar on Environment Production – Role of NSS volunteers
Date	6.1.2022
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">ker-zye-bdo</a>
No. of Participants	48
Resource Person	Dr.C.A.Annapoorani, Assistant Professor Department of Zoology Avinashilingam Institute for Home Science and Higher Education for Women
Details of activities conducted	
<p>Webinar on Environment Production – Role of NSS volunteers was organised and Dr.M.Poonkothai, Programme officer, Associate Professor, Department of Zoology handled the session on 6.1.2022. Vermi Compost Demonstration was given by Dr.C.A.Annapoorani, Assistant Programme Officer, Unit. No.12, Department of Zoology on the topic entitled “Roll of NSS Volunteers in Environmental Production”. She explained about how to prepare compost layers in a pit. Firstly, the pit is layered with coir of coconut and dry leaves collected from campus were laid on top of it. Then laid the dried cow dung on the top of dry leaves. The pit was filled like this with these layers and kept for 45 days. The pit was maintained by sprinkling of water on the surface regularly. The pre decompose matter is fully composed by earthworm into vermin compost as organic manure. Totally 48 volunteers from Zoology III UG participated in the webinar.</p>	



Avinashilingam Institute for Home Science and Higher Education for Women  
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(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)  
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India



**Women's Studies Centre**  
**Cordially invites you for a Webinar on**  
**"Environment Production – Role of NSS Volunteers**  
**"**

**Date : 6.1.2022**

**Time ; 3.00 pm to 4 p.m**

**The Speaker: Dr.C.A.Annapoorani,**

**Assistant Professor**

**Department of Zoology**

**Avinashilingam Institute for Home Science and Higher  
Education for Women**

**Meeting Link: [ker-zye-bdo](#)**

**Chief Patrons**

**Prof. S.P. Thyagarajan**  
**Chancellor**

**Patrons**

**Dr. Premavathy Vijayan**  
**Vice Chancellor**  
**and**

**Dr. S. Kowsalya**  
**Registrar**

**Advisor**

**Dr. N. Vasugi**

**Dean, School of Home Science**

**Convenor**

**Dr. M.Kasthuri**

**Director i/c, Women's Studies Centre**

**Co-ordinator : Mrs.N.Selvanayaki, Women's Studies Centre**

Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore

Women's Studies Centre

Name of the Activity	Celebration of National Girl Child Day
Date	24.1.2022
Department	Women's Studies Centre
Venue	Meeting Link: <a href="#">hdgf-ujk-zse</a>
No. of Participants	203
Resource Person	<b>Mrs.B.Banumathy,</b> Home Science Subject Expert(Retired), ICAR Krishi Vigyan Kendra, Vivekanandapuram, Karamadai  <b>Mr.D.V.Vijayakumar,</b> Project Director, National Child Labour Project, Ministry of Child Labour, Collectorate, Coimbatore
<b>Details of activities conducted</b> <p>January 24<sup>th</sup> is observed as National Girl Child Day in India. The National Service Scheme Unit 2 – Department of Food Science and Nutrition and Unit 13 – Department of Economics and Women's Studies Centre jointly observed National Girl Child day by way of organising webinar on 24<sup>th</sup> January 2022.</p> <p>The Chief Guest for the day, Mrs.B.Banumathy, Home Science Subject Expert(Retired), ICAR Krishi Vigyan Kendra, Vivekanandapuram, Karamadai spoke on the “Adolescent Nutrition”. She highlighted the importance of consuming iron, calcium and protein rich foods during the adolescent stage. She also shared easy nutritious recipes that can be prepared at home to regulate the adolescence eating behaviour.</p> <p>Followed by Mrs.B.Banumathy Mr.D.V.Vijayakumar, Project Director, National Child Labour Project, Ministry of Child Labour, Collectorate, Coimbatore enlightened the audience on “Empowerment of Girl Child”. He spot lighted the Rights of the Girl Child and the Laws pertaining to sexual harassment and the ways to overcome it. Around 203 NSS volunteers from School of Home Science have benefitted from the programme.</p> <p>Dr.R.Balasarikha, Programme Officer and Dr.N.Deepa Sathish, Assistant Programme Officer of Unit 2, Department of Food Science and Nutrition, Dr.A.N.Karthika, Programme Officer and Dr.B.Maheswari, Assistant Programme Officer of Unit 13, Department of Economics and Mrs.N.Selvanayaki, Project Assistant in Women's Studies Centre and Dr.T.Radha, NSS programme co-ordinator i/c organised the programme.</p>	

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**Women's Studies Centre**  
**Cordially invites you for a Celebration on**  
**"National Girl Child Day"**

**Date : 24.1.2022**

**Time ; 11.00 pm to 1 p.m**

**The Speaker: 1. Mrs.B.Banumathy,**

Home Science Subject Expert(Retired),  
ICAR Krishi Vigyan Kendra,  
Vivekanandapuram, Karamadai

**2. Mr.D.V.Vijayakumar,**

Project Director,  
National Child Labour Project,  
Ministry of Child Labour, Collectorate,  
Coimbatore

**Chief Patrons**

Prof. S.P. Thyagarajan  
Chancellor

**Patrons**

Dr. Premavathy Vijayan  
Vice Chancellor  
and  
Dr. S. Kowsalya  
Registrar

**Meeting Link: [hdgf-ujk-zse](#)**

**Advisor**

**Dr. N. Vasugi**

**Dean, School of Home Science**

**Convenor**

**Dr. M.Kasthuri**

**Director i/c, Women's Studies Centre**

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