

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

Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore  
Women's Studies Centre  
**Year : 2023 – 2024**

**Training / Workshop / Gender Related Issues**

**Annexure - 11**

S. No	Date	Topic	Resource Person	Participants
	<b>Gender Related Issues</b>			
1.	2.8.2023	Awareness Programme on “Cyber Security and Internet Safety”	Dr.C.Meena Senior System Analyst / Computer Centre In-Charge	160 students (SRP Ammaniammal Girls Higher Secondary School, R.S.Puram)
2.	4.8.2023	Awareness Programme on “Cyber Security and Internet Safety”	Dr.B.Sarojini Assistant Professor (SG) Department of Computer Centre	86 students Corporation Higher Secondary School for Girls, R.S.Puram West Centre
3.	16.8.2023	Awareness Programme on “Cyber Security and Internet Safety”	Dr.C.Meena Senior System Analyst / Computer Centre In-Charge	80 students Corporation Higher Secondary School, Vadakovai
4.	17.8.2023	Awareness Programme on “Cyber Security and Internet Safety”	Dr.R.Vijayabhanu Associate Professor (CAS) Department of Computer Centre	95 students Corporation co-ed Higher Secondary School, R.S.Puram
5.	26.10.2023	Awareness Programme on “Cyber Security and Internet Safety”	Dr.C.Meena Senior System Analyst / Computer Centre In-Charge	126 students Corporation Girls Higher Secondary School, Ranganathapuram
6.	1.11.2023	Awareness Programme on “Cyber Security and Internet Safety”	Dr.C.Meena Senior System Analyst / Computer Centre In-Charge	78 students Corporation Higher Secondary School (Co-ed), Ramanathapuram
7.	3.11.2023	Awareness Programme on “Cyber Security and Internet Safety”	Dr.R.Vijayabhanu Associate Professor (CAS) Department of Computer Centre	125 students Corporation Higher Secondary School, Selvapuram
8.	7.11.2023	Awareness Programme on “Cyber Security and Internet Safety”	Dr.C.Meena Senior System Analyst / Computer Centre In-Charge	138 students Corporation Higher Secondary School, Udayampalayam, Sowripalayam, Coimbatore

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9.	28.11.2023 to 1.12.2024	Short –term course on Legal Rights	Dr.Vennila, Advocate Coimbatore	95 students (Department of Economics)
10.	5.12.2023	Awareness Programme on Legal Rights - SHG Women	Mrs.N.Manonmani, Advocate	55 SHG Women, Goodshephard NGO, Karamadai
11.	9.12.2023	Awareness Programme on “Cyber Security and Internet Safety”	Dr.C.Meena Senior System Analyst / Computer Centre In-Charge	45 students Corporation Higher Secondary School, Peelamedu
12.	14.12.2023	Awareness Programme on Sexual Harassment at Workplace (Prevention Prohibition and Redressal) POSH Act, 2013)	MJF Lion M.Mathivanan, Advocate, Coimbatore	32 Staff
13.	6.2.2024	Sensitizing Adolescents on Preparedness for Dietary Regime and Menstrual Hygiene	Mrs.R.Banumathy, Former Programme Assistant in Home Science, ICAR, Krishi Vigyan Kendra, Vivekanandapuram, Karamadai, Coimbatore.	44 Students from NSS unit (13 & 21) Pappanaickenpalayam
14.	14.2.2024	Sensitizing Adolescents on Preparedness for Dietary Regime an Menstrual Hygiene	Mrs.R.Banumathy, Former Programme Assistant in Home Science, ICAR, Krishi Vigyan Kendra, Vivekanandapuram, Karamadai, Coimbatore	35 NSS Volunteers (Unit 7- Botany & Zoology) Nanjegoundenpudur
15.	24.2.2024	Gender Inclusivity in Higher Education Institution – Challenges and Strategies	<ul style="list-style-type: none"> <li>• Dr.V.Latha, Asst.Project Officer, Women Development Corporation, District Collectorate, Coimbatore</li> <li>• Mr.Rajendran, Project Coordinator, Nehru Yuva Kendra, Coimbatore</li> <li>• Dr.Anu Kuriakose, Assistant Professor, Department of Social Sciences and Humanities, National Institute of Technology, Trichy</li> </ul>	200 NSS Volunteers

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Name of the Activity	Awareness Programme on “Cyber Security and Internet Safety		
Date	2.8.2023 to 9.12.2023		
Department	Women’s Studies Centre		
Venue	Seminar Hall		
No. of Participants	933		
Resource Person	Dr.C.Meena, Computer Center Incharge Dr.R.Vijayabhanu, Department of Computer Science, Dr.B.Sarojini, Department of Computer Science		
Details of activities conducted			
In Association with Computer Centre, Department of Computer Science and the Cyber Club of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore jointly organized an Awareness Programme on “Cyber Security and Internet Safety” at four Corporation Higher Secondary Schools in the Month of August,2023 to reach out to both Boys and Girls from standard 7 <sup>th</sup> to 12 <sup>th</sup> . The Schools covered included:			
Date	School	Speaker	No.of beneficiaries
2.8.2023 11. a.m	SRP Ammaniammal Girls Higher Secondary School, R.S.Puram	Dr.C.Meena	160
4.8.2023 2.30 p.m	Corporation Higher Secondary School for Girls, R.S.Puram West	Dr.B.Sarojini	86
16.8.2023 3.00 p.m	Corporation Higher Secondary School, Vadakovai	Dr.C.Meena	80
17.8.2023 2.30 p.m	Corporation co-ed Higher Secondary School, R.S.Puram	Dr.R.Vijayabhanu	95
26.10.2023 10 a.m (2 batches)	Corporation Girls Higher Secondary School, Ranganathapuram	Dr.C.Meena	126
3.11.2023 10 a.m (2 batches)	Corporation Higher Secondary School, Selvapuram	Dr.R.Vijayabhanu	125
1.11.2023 3 p.m	Corporation Higher Secondary School (Co-ed), Ramanathapuram	Dr.C.Meena	78
7.11.2023 3 p.m	Corporation Higher Secondary School, Udayampalayam, Sowripalayam, Coimbatore	Dr.C.Meena	138

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9.12.2023 3.30 pm	Corporation Higher Secondary School, Peelamedu, S.S.Kulam, Coimbatore	Dr.C.Meena	45	
<p>With this mandate of the UGC in focus this programme was planned and organized by the Institute, in selected 9 schools as the first step in this direction though the target for completion was a total of 17 Corporation Schools within Coimbatore City.</p> <p>With the permission obtained from the Corporation Commissioner, Coimbatore Corporation and with all support and guidance from the Head, Education Committee, Coimbatore Corporation. This program was initiated and completed collaborating with Computer Centre in the institute.</p> <p>The first of the series of the Awareness Programme was organized and inaugurated at SRP Ammaniammal Girls Higher Secondary School, R.S. Puram, Coimbatore when Mrs.Malathy Nagarajan, Head, Education Committee, Coimbatore Corporation, delivered the Chief Guest address, where in Madam highlighted the advantages and the risk involved in using the Internet and specially to the youth the challenges in using the social media after the COVID, when everyone had access to the cell phone and the Internet and the various social media</p> <p>The whole session was summarized in a nutshell in a single word – LANE-U where in the students were informed of the safety measures to be adopted in accessing the Internet as:</p> <p>L - Lock your social media A - Avoid playing games N - No visit to unwanted websites E - Educate not to use fake schemes U is the responsibility of the youth ie-U-as an individual be safe against Cyber threats always.</p> <p>For an effective and impactful feedback on the session a Checklist was given to the students to analyse and assess the impact of the information shared, which in future would help us in planning the programmes more effectively.</p> <p>All the Speakers at the various schools enriched the sessions by Power Point Presentation and Videos sharing Cyber World as an integral part of our life, considering it important to have a set of ethics. All the sessions by the speaker included real-time examples to imbibe the importance of Cyber Security among students.</p> <p>Dr.C.Meena, Computer Center Incharge as Co-ordinator of the programme and with the support of the Faculty of Department of Computer Science, Dr.R.Vijayabhanu and Dr.B.Sarojini collaborating with - Dr.T.Geetha, Director (i/c), WSC Mrs.N.Selvanayaki, Project Assistant coordinated in conducting similar programmes in all the 9 schools identified. A special word of appreciation and gratitude to all the Heads of Schools the teachers and the students for the cooperation extended in organizing this program which we</p>				

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do hope is the stepping stone in the right direction to reach out to the remaining 9 schools in future to face the challenges posed by the Internet usage by the youth, both in Schools and in Higher Education.



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Name of the Activity	Short –term course on Legal Rights
Date	28.11.2023 to 1.12.2023
Department	Women's Studies Centre
Venue	Class Room, Department of Economics
No. of Participants	95
Resource Person	Mrs,N.Vennila, Lawyer, Coimbatore. Mrs.N.Manonmani, Lawyer, Coimbatore

Details of activities conducted

In Collaboration with Department of Economics the Centre organized a Short – Term course on **“Legal Rights”** for 1<sup>st</sup> and 2<sup>nd</sup> UG students from 28.11.2023 to 1.12.2023. In the inaugural session Dr.T.Geetha, Director (i/c), Women's Studies Centre, Dr.S.Gandhimathi, Professor and Head, Department of Economics, Mrs,N.Vennila, Lawyer, Coimbatore. Mrs.N.Manonmani, Lawyer, Coimbatore and Mrs.N.Selvanayaki, Project Assistant, Women's Studies Centre participated.

The following topics were highlighted by the Resource Persons:

Date	Resource Person	Topic
28.11.2023	Dr.Vennila, Advocate Coimbatore	Rights and Duties of women, Property Rights, How to register Marriage? Indian Penal Court, After Divorce – How to claim maintenance, Hindu Marriage Rights, Christian Marriage Rights and Muslim Marriage Rights.
29.11.2024	Mrs.M.Vennila, Advocate	Protection of Women from Domestic Violence Act, 2005, Rights Information Act, Maternity benefits
30.11.2023	Mrs.N.Manonmani Advocate	The Immoral Traffic (Prevention) Act, 1956, The Dowry Prohibition Act, 1961, The Prohibition of Child Marriage Act 2006, Cyber Crime – White Collar Crimes - Doctors, Lawyers, Civil Contractors
1.12.2024	Mrs.N.Manonmani Advocate	The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 (POSH Act), Eve – Teasing Act, Kidnapping, Abduction, Free Legal Counselling available in courts

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Formal Valedictory function was held on 1.12.2024 at 3 p.m. Ms.K.Monisha from 1<sup>st</sup> B.A (Economics) gave the feedback about the Session. Dr.S.Gandhimathi, Professor and Head, Dr.B.Maheswari, Assistant Professor, Dr.Megenirisha, Assistant Professor from Department of Economics and Mrs.N.Selvanayaki, Project Assistant, Women's Studies Centre also participated and distributed the participation certificate. 95 students were benefitted.



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Name of the Activity	<b>Awareness Programme on Sexual Harassment of Workplace (Prevention Prohibition and Redressal) POSH Act, 2013)</b>
Date	14.12.2023
Department	<b>Women's Studies Centre</b>
Venue	Academic Council Hall
No. of Participants	32
Resource Person	MJF Lion M.Mathivanan, Advocate, Coimbatore
<p>Details of activities conducted</p> <p>Awareness Programme on Sexual Harassment of Workplace (Prevention Prohibition and Redressal) POSH Act, 2013) was organized on 14.12.2023 from 2 to 3p.m for Teaching and Non-Teaching Staff had attended the programme. The programme started with Prayer, followed by welcome by Dr.T.Geetha, Director (i/c), Women's Studies Centre who also highlighted the need to create awareness among the employees of the Institute at all level for a safe working environment.</p> <p>MJF Lion M.Mathivanan, Advocate, Coimbatore was the Resource Person. He explained in detail the POSH Act,2013. The Act places a legal obligation on employers to prevent and prohibit sexual harassment in the workplace. Employers are required to constitute an ICC at each workplace with 10 or more employees to receive and address complaints of sexual harassment. The Complaints Committee have the powers of Civil Courts for gathering evidence related to the issue. Employers must undertake awareness programs, provide a safe working environment, and display information about the POSH Act at the workplace was stressed upon. The Act lays down a procedure for filing complaints, conducting inquiries, and providing a fair opportunity to the parties involved. Mrs.N.Selvanayaki, Project Assistant, Women's Studies Centre proposed the Vote of thanks. Totally 32 Teaching and Non-Teaching participated and benefitted.</p>	



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Name of the Activity	Sensitizing Adolescents on Preparedness for Dietary Regime and Menstrual Hygiene
Date	6.2.2024
Department	Women's Studies Centre
Venue	Pappanaickenpalayam
No. of Participants	44
Resource Person	Mrs.R.Banumathy, Former Programme Assistant in Home Science, ICAR, Krishi Vigyan Kendra, Vivekanandapuram, Karamadai, Coimbatore

Details of activities conducted

The Women's Studies Centre and NSS Unit 13 & 21, Avinashilingam Institute for Home Science and Higher Education for Women, organized Programme on "Sensitizing Adolescents on Preparedness for Dietary Regime and Menstrual Hygiene" on 6.2.2024 from 11:30 am to 01:00 pm at Pappanaickenpalayam.

The students of the II BCA, II B.Com (CS), II BBA RM of NSS Unit 13 & 21 assembled together for the programme. The session was blissfully inaugurated with Prayer delivered by Ms.Arfa and Ms.Dharshini – of II BCA.

The invited speaker enlightened the session with the experienced insights about Self – Hygiene and empowering lifestyle. The session was then taken over with the motive of awareness about nutritional intake and tips for healthy routine.

Mrs.N.Selvanayagi, Project Assistant, Women's Studies Centre explained the Functions of Women's Studies Centre and Introduced the Guest. The Guest for the session was Mrs.R.Banumathy, Former Programme Assistant in Home Science, ICAR, Krishi Vigyan Kendra, Vivekanandapuram, Karamadai, Coimbatore. She started the session with an awareness about Self- Empowerment. Self -Empowerment is one of the life attribute that deals with personal development in terms of one's goals and perception. It was delivered in the most fun filling and insightful manner which had paved a way for easy understanding of the topic under discussion.

The session was then followed by the theme "Self Hygiene", highlighting the importance and requirement of Self Hygiene. Self Hygiene is referred to as the principle of maintaining cleanliness and grooming of the external parts of the body. She also provided examples and process of Self Hygiene that comprises every part of body.

The talk was delivered with her expertise in millet recipe preparation "Curryleaves Powder" which is both tasty and healthy. India comprises of traditional food practices such as "Podi" and "Thokku". Whereas, these can be easily stored and used whenever required. This is said to be both healthy and tasty way of including nutrition along with tasty meal for the day.

The Session was filled with nutritional insights and concluded by tasting these nutritional diet recipes bringing about relatively bigger change in life style of the participants thus hoping to make the young and the elderly constitute a healthy group among the population.



**Participants**

The NSS Volunteers of Unit 13 & 21 (Students of II BCA, II B.Com (CS), II BBA RM) Participated in the programme on “Sensitizing Adolescents on Preparedness for Dietary Regime and Menstrual Hygiene”. Totally 44 students benefitted.

**Vote of Thanks**

The programme on “Sensitizing Adolescents on Preparedness for Dietary Regime and Menstrual Hygiene” concluded by Ms.Saranya II BBA RM from NSS Unit 21 proposed the formal Vote of Thanks.

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Name of the Activity	Sensitizing Adolescents on Preparedness for Dietary Regime on Menstrual Hygiene at
Date	13.2.2024
Department	Women's Studies Centre
Venue	Nanjegoundenpudur
No. of Participants	35
Resource Person	Mrs.R.Banumathy, Former Programme Assistant in Home Science, ICAR, Krishi Vigyan Kendra, Vivekanandapuram, Karamadai, Coimbatore
<p>Details of activities conducted</p> <p>In association with NSS Unit 7, Avinashilingam Institute for Home Science and Higher Education for Women, organized Programme on “Sensitizing Adolescents on Preparedness for Dietary Regime and Menstrual Hygiene” on February 14, 2024 from 2:30 pm to 4:30 pm.</p> <p>The students of the II B.Sc Botany and Zoology of NSS Unit 7 assembled together for the programme. The session was blissfully inaugurated with Prayer delivered by of II B.Sc Botany students.</p> <p>Mrs.N.Selvanayaki, Project Assistant, Women's Studies Centre explained the Functions of Women's Studies Centre and Introduced the Speaker. The Speaker for the session was Mrs.R.Banumathy, Former Programme Assistant in Home Science, ICAR, Krishi Vigyan Kendra, Vivekanandapuram, Karamadai, Coimbatore. She educated the volunteers on the proper usage and disposal of sanitary pads. The session highlighted on good menstrual hygiene practices to be followed that include to:</p> <ul style="list-style-type: none"> <li>• Wear lightweight cotton clothes, breathable clothing</li> <li>• Change menstrual pads once in 3 hours.</li> <li>• Keep the genital area clean with turmeric water or any mild soap</li> <li>• Drink enough Water, Vegetables and Millets related foods.</li> <li>• Take balanced diet</li> <li>• Track and monitor the menstrual cycle every month</li> </ul> <p>No. of Beneficiaries: 35 NSS Volunteers (Unit 7- Botany &amp; Zoology)</p>	



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**Seminar / Conference / Expert Lectures**

**Annexure – 11 (a)**

S.No	Date	Event	Resource Person	No. of Beneficiaries
	<b>Expert Lectures</b>			
1.	28.10.2023	Personality Development and Grooming	Ms.Anjumam, Counsellor, Rexona Confidence Academy, Chennai	750 outgoing students
2.	26.2.2024	Motivational Lecture Series -1 Pen Ennum Perum Sakthi	<ul style="list-style-type: none"> <li>Dr.S.Gurugnanambiga, Assistant Professor, Department of Tamil</li> </ul>	800 students from HomeScience Students
3.	26.2.2024	Film Screening on HindiFilm PINK with Tamil version Ner Konda Parvai	<ul style="list-style-type: none"> <li>Dr.V.Jayashree, Asst.Prof and Head, Department of Visual Communication</li> </ul>	700 students from Physical Science and Computational Science, Arts and SocialScience
4.	6.3.2024	Motivational Lecture Series -2 Power of Women - ACatalyst to Conquer	Dr.M.Sylvia Subapriya, Professor, Department of Food Science and Nutrition	900 Students from School of Arts and Social Science
	<b>Seminar</b>			
5.	24.11.2023	Seminar on Feminine Wellness	Mrs.Preethi Kalpana, Emotional Intelligence Practitioner, Chennai	137 UG students from School of Allied and Health Sciences.
6.	30.11.2023 - 1.12.2023	National Seminar on Rights of Women with Disabilities – Breaking Barriers for Equity and Accessibility	<ul style="list-style-type: none"> <li>Dr.Ramaa S, Former Professor &amp; Dean, Regional Institute of Education (NCERT), Mysuru.</li> <li>Ms. Shampa Sengupta, Director, Sruti Disability Centre, Kolkata, West Bengal.</li> <li></li> </ul>	150 Special Educators and Faculty members and student teacher trainees

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			<ul style="list-style-type: none"> <li>• Dr. N. Muthaiah, Hon. Dean, Faculty of Disability Management &amp; Special Education (FDMSE), Ramakrishna Mission Vivekananda Educational and Research Institute, Coimbatore.</li> <li>• Dr. V. Mrunalini, Assistant Professor in Special Education, Avinashilingam Institute for Home Science and Higher Education for Women.</li> <li>• Dr. R. Jamuna, Assistant Professor, Faculty of Education, Jamia Millia Islmia, New Delhi.</li> </ul>	
7.	<b>Panel Discussion</b>			
8.	5.3.2024	Panel Discussion on Building Diverse and Inclusive Work Place Culture	Dr.Zenetta Rosaline, Professor and Director,Department of Women's Studies, Bharathiar University Moderator	100 Students from School of Home Scienceand Research Scholars



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Name of the Activity	<b>Personality Development and Grooming</b>
Date	28.10.2023
Department	<b>Women's Studies Centre</b>
Venue	Thiruchitrambalam Auditorium
No. of Participants	850
Resource Person	Ms.Anjumam, Counsellor, Rexona Confidence Academy, Chennai
<p>Details of activities conducted</p> <p>An Interactive cum Demonstration session was organized in collaboration with Placement Cell of the Institute on the topic <b>Personality Development and Grooming</b>. This Programme was co-ordinated by Ms.Anjumam, Counsellor, Rexona Confidence Academy, Chennai on 28.10.2023 between 2.30 p.m to 3.30 p.m for all outgoing Undergraduate Students.</p> <p>The session focused mostly on aspects related to grooming to build self confidence among the students to face interviews as part of Skill Training and Development for Employment and Entrepreneurship. Feedback of the Program was obtained and Rexona Kit was given to all the students who had attended the programme. 850 students were benefitted</p>	

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Name of the Activity	Motivational Lecture Series – I Pen Ennum Perum Sakthi
Date	26.2.2024
Department	Women's Studies Centre
Venue	Thiruchitrambalam Auditorium
No. of Participants	650
Resource Person	Dr.S.Gurugnanambiga, Assistant Professor, Department of Tamil, Avinashilingam Institute for Home Science and Higher Education for Women
<p>Details of activities conducted</p> <p>A motivational talk on <b>Pen Ennum Perum Sakthi</b> was given by Dr.S.Gurugnanambiga, Assistant Professor, Department of Tamil on 26.2.2024 from 10 a.m to 11.30 a.m.</p> <p>In her talk, refering to Sangam era, highlighted that Thirukural also takes note on commitment of women in maintaining a family, even with minimum basic facilities that are available and her skill in caring for the family is highly appreciated. In the present era along with Technology upgradation women are bestowed with many resources and opportunities that it depends on one's positive attitude and skills that brings about all the so called "Empowerment" in women. All students of the school of Home Science attended the programme. 650 students were benefitted</p>	

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Name of the Activity	Film Screening on Hindi Film PINK with Tamil version "Ner Konda Parvai"
Date	26.2.2024
Department	Women's Studies Centre
Venue	Thiruchitrambalam Auditorium
No. of Participants	700
Resource Person	Dr.V.Jayashree, Asst.Prof and Head, Department of Visual Communication
<p>Details of activities conducted</p> <p>The Women's Studies Centre and the Dept of Visual Communication organized a Film Screening on the 26<sup>th</sup> February, 2024 from 1.45 p.m to 3.30 p.m, excerpts from the Hindi Film "PINK" along with its Tamil Version "<b>Ner Konda Parvai</b>" was screened for the outgoing students of the Home Science and School of Arts and Social Sciences.</p> <p>Around 700 outgoing students attended the film screening session organized as part of IWD Observance, 2024.</p> <p>The screening of the Film was followed by a brief discussion led by Dr.V.Jayashree, Asst.Prof and Head, Department of Visual Communication on Gender discrimination, Awareness of Violence against Women including Domestic Violence. This platform also provided an opportunity to sensitize the young adolescent girls against use of drugs and their Rights to fight against sexual violence. Dr.T.Geetha, Director(i/c), WSC presided over the session.</p>	



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Name of the Activity	Motivational Lecture Series -2 "Power of Women - A Catalyst to Conquer"
Date	6.3.2024
Department	Women's Studies Centre
Venue	Thiruchitrambalam Auditorium
No. of Participants	600
Resource Person	Dr.M.Sylvia Subapriya, Professor, Department of Food Science and Nutrition
<p>Details of activities conducted</p> <p>Motivational Lecture Series -2 on the Topic <b>"Power of Women - A Catalyst to Conquer"</b> by Dr.M.Sylvia Subapriya, Professor, Department of Food Science and Nutrition on 6.3.2024 at 1.30 p.m. In her talk she emphasized Woman is the Jewel in the crown; Woman – Fe – male is the iron man. The Power of Women is in being a women and realizing their power; Motherhood is power. It is the Uniqueness, The Power which differentiates, that is the ability to bear child birth. It is rightly said, the Hand that rocks the cradle, rules the world. Womanhood represents the cumulative power of mankind. There have been several powerful women in the world, Queen Elizabeths I &amp; II, Joan of Arc, Cleopatra, Valentina Tereskova, Merlin Monroe, Golda Meir, Margaret Thatcher, Indira Gandhi, Mother Teresa, Angela Merkel, Arati Saha, Kalpana Chawla, Lata Mangeshkar. Many have held the highest positions in Society – IAS, IFS, Defence, Games and Aviation, Literature, Science &amp; Technology, Music, Acting and Politics. Each country has its own list. "The thing women have yet to learn is nobody gives you power. You just take it" — Roseanne Barr. 600 students were benefitted</p>	

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Name of the Activity	Seminar on “Feminine Wellness”
Date	24.11.2023
Department	Women's Studies Centre
Venue	Academic Council Hall
No. of Participants	137
Resource Person	Mrs.Preethi Kalpana, Emotional Intelligence Practitioner, Chennai
Details of activities conducted	
<p>A Seminar on “<b>Feminine Wellness</b>” was conducted by Pink Anee, Chennai at Our Institute on 24.11.2023. Mrs.Preethi Kalpana, Emotional Intelligence Practitioner, Chennai was the Resource Person for this session. The Department of Physician Assistant and Women's Studies Centre collaborated in organizing this programme. The Participants included (No. 137) all I UG students of School of Allied and Health Sciences. Dr.T.Geetha, Director (i/c), WSC greeted the participants. Dr.Victoria Naomi, Dean and Co-ordinator welcomed the gathering.</p> <p>The session highlighted the need to understand the significance of Menstrual Hygiene among the students during adolescents and the preparedness for pregnancy and child birth.</p>	

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Name of the Activity	National Seminar (2 days) on "Rights of Women with Disabilities – Breaking Barriers for Equity and Accessibility"
Date	(30.11.2023 - 1.12.2023)
Department	Women's Studies Centre
Venue	Thiruchitrambalam Auditorium
No. of Participants	300
Resource Person	<ul style="list-style-type: none"> <li>• Mr.V.Akhil Paul, Founder and Director of Sense International, Ahmedabad</li> <li>• Dr.Ramaa S, Former Professor &amp; Dean, Regional Institute of Education (NCERT), Mysuru.</li> <li>• Ms. Shampa Sengupta, Director, Sruti Disability Centre, Kolkata, West Bengal.</li> <li>• Dr. N. Muthaiah, Hon. Dean, Faculty of Disability Management &amp; Special Education (FDMSE), Ramakrishna Mission Vivekananda Educational and Research Institute, Coimbatore.</li> <li>• Dr. V. Mrunalini, Assistant Professor in Special Education, Avinashilingam Institute for Home Science and Higher Education for Women.</li> <li>• Dr. R. Jamuna, Assistant Professor, Faculty of Education, Jamia Millia Islmia, New Delhi.</li> </ul>

Details of activities conducted

The two-day National Seminar on "Rights of Women with Disabilities – Breaking Barriers for Equity and Accessibility" was organized by the Department of Special Education and Women's Studies Centre of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, in collaboration with the Rehabilitation Council of India. The Seminar aimed to address the double discrimination faced by women and girls with disabilities, placing them at higher risks of gender-based violence, abuse, neglect, and exploitation.

The Inaugural Session commenced with dignitaries lighting the lamp, symbolizing the enlightenment of knowledge and empowerment. Dr.V.Bharathi Harishankar, Vice Chancellor of the Institute, emphasized the need for empathy towards disability and discussed the inter sectionality of women with disabilities in society. Mr.V.Akhil Paul, Founder and Director of Sense International, Ahmedabad, highlighted the importance of prioritizing the quality of life of women with disabilities within the framework of equity and sustainability.

Dr.S.Kowsalya, Registrar, traced the history and contributions of the Special Education department. Dr.G.Victoria Naomi, Dean of the School of Education, welcomed the

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participants, and Dr.T.Geetha, Director (i/c) of Women's Studies Centre, expressed gratitude in the vote of thanks.

As part of the inauguration, the Cover page of the Edited Book titled "Rights of Women with Disabilities – Towards Equity and Accessibility" was released. The seminar also offered Continuing Rehabilitation Education Credit points to participants. An interactive session by Mr.V.Akhil Paul focused on creating a supportive environment and empowering women with disabilities for independent living.

**Day 1 (30.11.2023)**

The first day featured sessions by esteemed speakers covering various topics including changing educational scenarios, violence and discrimination faced by women with disabilities, gender disparity, and legal protections. Participants engaged in paper presentations discussing themes related to education, health care, safety, economic empowerment, awareness, and support networks for women with disabilities.

**Speakers included:**

- Dr.Ramaa S, Former Professor & Dean, Regional Institute of Education (NCERT), Mysuru.
- Ms. Shampa Sengupta, Director, Sruti Disability Centre, Kolkata, West Bengal.
- Dr. N. Muthaiah, Hon. Dean, Faculty of Disability Management & Special Education (FDMSE), Ramakrishna Mission Vivekananda Educational and Research Institute, Coimbatore.
- Dr. V. Mrunalini, Assistant Professor in Special Education, Avinashilingam Institute for Home Science and Higher Education for Women.
- Dr. R. Jamuna, Assistant Professor, Faculty of Education, Jamia Millia Islmia, New Delhi.

**Day 2 (1.12.2023)**

The second day commenced with sessions on Empowerment of Women with Disabilities, Legislative Aspects, Workplace Barriers, and Higher Education Opportunities and Challenges. Speakers emphasized the need for Reimagining roles, Addressing Legal protections, and Promoting Inclusive Empowerment through Education and Accessibility. The valedictory session, combined with the observance of International Day of Persons with Disabilities, celebrated the achievements of women with disabilities and emphasized the importance of societal acceptance and inclusivity.

The National Seminar served as a platform for academia, professionals, policymakers, and researchers to collaborate and share insights towards the empowerment of women with disabilities and the promotion of gender equality and accessibility. The event underscored the importance of addressing systemic barriers and advocating for the rights and inclusion of women and girls with disabilities in all spheres of life.

Participants from across the country (150) mainly Special Educators and Faculty



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members along with student teacher trainees (150) participated and benefitted. The programme included 8 Technical Sessions by eminent Resource Persons and Valedictory programme concluded with Observance of International Day of Persons with Disabilities (3.12.2023) recognizing the contributions of Faculty (Teaching and Non-Teaching) Persons with Disabilities with a Citation for their valuable contribution to the Institute. The cultural programme by the Special Children was the highlight for the day. Prizes were distributed for the winners of the various competitions held for Special Children both from the School and the Institute.

The Valedictory address given by Dr.S.Kowsalya, Registrar of the Institute and Dr.N.Vasugi, Dean, Student Affairs offered felicitations. With Feedback from the participants the two-day Seminar concluded with distribution of Certificate and the Formal Vote of Thanks by Dr.V.Mrunalini, Department of Special Education.

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Name of the Activity	Panel Discussion on “Building Diverse and Inclusive Work Place Culture”
Date	5.3.2024
Department	Women's Studies Centre
Venue	Hi-Tech Seminar Hall
No. of Participants	100
Resource Person	<ul style="list-style-type: none"> <li>✓ Dr.Zenetta Rosaline, Professor and Director, Department of Women's Studies, Bharathiar University as the Moderator</li> <li>✓ Ms.Kavita Palanisamy, Advocate</li> <li>✓ Dr.R.Kavitha Krishna, Bioline Laboratory</li> <li>✓ Dr.S.Mahalakshmi, Prithiv Constructions</li> <li>✓ Mrs.Aruna Palanisamy, Distributor, Castrol India</li> </ul>

Details of activities conducted

A Panel Discussion on “Building Diverse and Inclusive Work Place Culture” was planned and organized on the 5.3.2024 at 10.30 a.m.

The Panel Discussion had the following Panelists with the Moderator.

- ✓ Dr.Zenetta Rosaline, Professor and Director, Department of Women's Studies, Bharathiar University as the Moderator
- ✓ Ms.Kavita Palanisamy, Advocate
- ✓ Dr.R.Kavitha Krishna, Bioline Laboratory
- ✓ Dr.S.Mahalakshmi, Prithiv Constructions
- ✓ Mrs.Aruna Palanisamy, Distributor, Castrol India

Dr.S.Kowsalya, Registrar of the Institute in her Presidential Address, highlighted the significance of Economic Empowerment of Women through Entrepreneurship and its direct impact on Economic Development. She appreciated the distinctive contribution made by each member on the Panel to become an Entrepreneur which would never have been possible without determination to forge ahead in overcoming the challenges. Dr.T.Geetha, Director (i/c), Women's Studies Centre welcomed the participants and the panalists.

With a brief Introduction of the theme Dr.Zenetta Rosaline, Professor and Director, Department of Women's Studies, Bharathiar University, Coimbatore, highlighted the importance of theme of discussion in the changing global scenario, with more women assuming leadership roles in managing an enterprise with greater confidence.

Each of the Panelist briefly highlighted their journey to building their enterprise admist all hardships leading to present state of success in their endeavors.

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With a brief question and answer session the participants were also given an opportunity to interact with the panelists - an unique opportunity for the students for resetting their goals and aspirations for the future as women leaders and entrepreneurs. A total of 100 outgoing UG & PG students participated.

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

**Name of the Organiser : Women's Studies Centre**

**Annexure – 11 (b)**

S.No	Date	Event	Resource Person	No. of Beneficiaries
1.	30.10.2023	Skill Training on Flower Tying – for Wedding Garland	Mr.Murugan, AAK Flower shop, Pannerselvam Flower Market, Poomarket	27 Community Women, Theethipalayam
2.	22.11.2023	Combative Technology Facilitated Gender Based Violence against Women and Girls (TFGBV)	Dr.M.Priyamvada, Professor, Dept. of Criminology, Madras University	25 Student Volunteers and another 25 Participants being deputed from NGO's, SHG's and 2 Women Advocates
3.	30.1.2024	Demonstration on Millets Recipe Preparation for SHG Women	Mrs.R.Banumathy Former Programme Assistant in Home Science, ICAR Krishi Vigyan Kendra, Vivekanandapuram, Karamadai	45 SHG women participated
4.	5.2.2024	Skill Based Training on Paper Bag Making	Mrs.N.Selvanayaki, Project Assistant, Women's Studies Centre	55 SHG women Goodshephard NGO, Karamadai
5.	26.2.2024	Poster Competition	Dr.V.Jayashree, Asst.Prof and Head, Department of Visual Communication	All Students
6.	26.2.2024	Short-film Competition	Dr.V.Jayashree, Asst.Prof and Head, Department of Visual Communication	All Students

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7.	8.3.2024	International Women's Day - 2024	<ul style="list-style-type: none"> <li>• <b>Dr.Asha R.Rao</b>, Managing Director and Chief Consultant Fertility and Ob &amp; Gyn, Rao Hospital, Coimbatore.</li> <li>• <b>Dr.Shobana Shanmugam</b>, Senior Scientist &amp; Head, Department of Diabetes Food Technology, Madras Diabetes Research Foundation (MDRF), Chennai</li> <li>• <b>Mrs.Geeta Raja</b>, Founder and Managing Trustee, Shivesh Autism Charitable Trust, Coimbatore</li> <li>• <b>Mrs.Selvinirmala Ponnusamy</b>, Ward Councillor, Kemmarampalayam, Karamadai, Coimbatore</li> <li>• <b>Mrs.S.Ajeetha Begum</b>, IPS Deputy Inspector General of Police, Thrissur Range</li> <li>• <b>Dr. M. Rajeswari</b>, Assistant Professor, Department of Bio-Chemistry, Bio-Technology, Bio-Informatics</li> </ul>	850 Students UG Outgoing Students Annexure - 7
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Name of the Activity	Skill Training on "Flower Tying – for Wedding Garland
Date	30.10.2023
Department	Women's Studies Centre
Venue	Community Hall, Theethipalayam
No. of Participants	27
Resource Person	Mr.Murugan, AAK Flower shop, Pannerselvam Flower Market, Poomarket, Coimbatore
<p>Details of activities conducted</p> <p>One Day Skill Training on <b>"Flower Tying – for Wedding Garland"</b> was planned and conducted at Theethipalayam on 30.10.2023. Mr.Murugan, AAK Flower shop, Pannerselvam Flower Market, Poomarket, Coimbatore was the Resource Person. He trained the community women to tie the flower in Basic Form, Garland for Bride, Decoration Garland, Veni flower arrangements - Hair etc. Women enthusiastically participated in this training. They were asked to continue to practice this Training at home to gain proficiency in the skill. Participants expressed an idea to initiate a small business enterprise in flower tying. Totally 27 women from the SC Community participated and benefitted</p>	

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Name of the Activity	Training Programme on Technology Facilitated Gender Based Violence (TFGBV)
Date	22.11.2023
Department	Women's Studies Centre
Venue	Hi-Tech Seminar Hall
No. of Participants	50
Resource Person	Prof.M.Priyamvatha, IVLP Impact Awardee (2023) US, Dept. of State Washington, DC, US g
<p>Details of activities conducted</p> <p>A One day Training on <b>“Combative Technology Facilitated Gender Based Violence against Women and Girls”</b> (TFGBV) as part of the Dept. of State International Visitor Leadership Program (IVLP), USA was organized by Dr.M.Priyamvada, Professor, Dept. of Criminology, Madras University at our Institute on 22.11.2023.</p> <p>The Dept. of Information Technology, Women's Studies Centre and The National Service Scheme coordinated in organizing this Training Programme with participants drawn from NSS (25 Student Volunteers and another 25 Participants being deputed from NGO's, SHG's besides two Women Advocates).</p> <p>The Inaugural Address was by Prof.V.Bharathi Harishankar, Vice-Chancellor of the Host Institution, while Prof.M.Priyamvatha, IVLP Impact Awardee (2023) US, Dept. of State Washington, DC, US gave a brief Introduction of the Training Programme.</p> <p>A total of 5 Modules were discussed highlighting the following topics:</p> <ul style="list-style-type: none"> <li>• Introduction of Digital Technology</li> <li>• Overview of TFGBV</li> <li>• Forms of TFGBV</li> <li>• Awareness, Presentation and Detection of TFGBV</li> <li>• Response to TFGBV</li> </ul> <p>The session concluded with an Evaluation of the Program, Feedback and Closing Remarks by the Coordinator of the Program. Dr.T.Geetha, Director (i/c), Women's Studies Centre welcomed the participants and the formal Vote of Thanks was given by Dr.D.Shanmugapriya, Head, Dept. of Information Technology.</p>	



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Name of the Activity	Demonstration on Millets Recipe Preparation for SHG Women
Date	30.1.2024
Department	Women's Studies Centre
Venue	Community Hall, Karamadai
No. of Participants	45
Resource Person	Mrs.R.Banumathy Former Programme Assistant in Home Science, ICAR Krishi Vigyan Kendra, Vivekanandapuram, Karamadai
<p>Details of activities conducted</p> <p>“Demonstration on Millets Recipe Preparation” for SHG women at Karamadai was conducted on 30.1.2024 from 10.30 a.m to 3.40 p.m. Mrs.R.Banumathy Former Programme Assistant in Home Science, ICAR Krishi Vigyan Kendra, Vivekanandapuram, Karamadai was the Resource Person. Mrs.N.Selvanayaki, Project Assistant welcomed and introduced the Resource Person. She explained the values and benefits of Millets and demonstrated Recipes from Millets – Sathu Mavu Urundai, Thinai Rice Pongal, Ready Made and Millets Batter Mix preparation.</p> <p>Three varieties of Millet Recipes were demonstrated during the training.</p> <p>Mrs.Gowri Subramanian from Tamil Malar SHG proposed the formal Vote of Thanks. Totally 45 women from Tamil Malar, Devasena, Sevvanthi, Srinethi and Roja - SHG Group participated and benefitted.</p>	



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Name of the Activity	Skill Based Training on Paper Bag Making
Date	5.12.2023
Department	Women's Studies Centre
Venue	Community Hall, Karamadai
No. of Participants	55
Resource Person	Mrs.N.Selvanayaki, Project Assistant, Women's Studies Centre
Details of activities conducted  <p>Mrs.N.Selvanayaki, Project Assistant, Women's Studies Centre demonstrated simple techniques on Paper Bag making, different types – Groceries Shop, Textile Shop, Postage Covers and Tetra pack of Juice, motivated SHG women to start a business with small budget at home on 5.12.2023. Totally 55 SHG women from in and around Karamadai participated.</p>	



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Name of the Activity	International Women's Day- 2024
Date	8.3.2024
Department	Women's Studies Centre
Venue	Thiruchitrambalam AUditorium
No. of Participants	1500
Resource Person	Dr.Asha R.Rao, Managing Director and Chief Consultant Fertility and Ob & Gyn, Rao Hospital, Coimbatore
<p>Details of activities conducted</p> <p>Women's Studies Centre and Department of Home Science Extension Education jointly organized the International Women's Day Celebrations-2024 on the theme "Inspire Inclusion" on 8.3.2024.</p> <p>The Vice Chancellor Dr.V.Bharathi Harishankar Madam in her Presidential Address highlighted on the conscious and unconscious biases that prevail in the society and the need to document the best practices of those who led us to their success be it leaders or mentors that stand out as brilliant or successful individuals to really inspire the young generation for years. Madam emphasized on the statement that diversity in the society be erased to bring in inclusion to pave way to create, sustain and celebrate, women power and their identity</p> <p>International Women's Day Special Address was given by the Chief Guest of the day Dr.Asha R.Rao, Managing Director and Chief Consultant Fertility and Ob &amp; Gyn, Rao Hospital, Coimbatore. Madam emphasized the importance of HPV vaccination to prevent Cervical Cancer among adolescent girls and the role of health and fitness, in the life of women for effective work performance to contribute to Economic Development</p> <p>Dr.S.Kowsalya, Registrar felicitated the Women Achievers nominated under different categories by the Institute. The Awardees for IWD-2024 nominated include:</p> <ul style="list-style-type: none"> <li>➤ Dr.Shobana Shanmugam, Senior Scientist &amp; Head, Department of Diabetes Food Technology, Madras Diabetes Research Foundation (MDRF), Chennai</li> <li>➤ Mrs.Geeta Raja, Founder and Managing Trustee, Shivesh Autism Charitable Trust, Coimbatore</li> <li>➤ Mrs.Selvinirmala Ponnusamy, Ward Councillor, Kemmarampalayam, Karamadai, Coimbatore</li> <li>➤ Mrs.S.Ajeetha Begum, an IPS officer, (2008 Batch), Deputy Inspector General of Police, Thrissur Range and Alumni of our Institution of School of Commerce and Management</li> </ul> <p>All of them were honored with a medal and a shield, as a citation signifying their contributions and achievement in their respective fields.</p> <ul style="list-style-type: none"> <li>➤ Dr.M.Rajeswari, Assistant Professor, Department of Bio- Chemistry,</li> </ul>	

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Bio-Technology, Bio-Informatics was recognized with an Award for the Best Artificial Intelligence Project sponsored by DST - CURIE on this occasion by the Institute (Artificial Intelligence & Machine Learning Centre)

The women achievers shared their experiences and offered valuable perspectives on women's role in professional life and towards the family.

Dr.S.Amsamani, Dean, School of Home Science, welcomed the gathering.

Dr.T.Geetha, Director (i/c), Women's Studies Centre presented the report on the programmes conducted as part of the celebrations Observing International Women's Day, 2024.

Dr.R.Jansi Rani, Head, Department of Home Science Extension Education delivered the formal Vote of Thanks. Deans of various Schools, Head of the Departments, Faculty Members and outgoing students from all departments of the four schools in the Campus participated in the programme (1,500). The programme concluded with National Anthem.

Competitions were conducted to mark the celebrations on the theme included a Poster and a Short-Film open to all students. Outstanding entries were recognized and prizes were distributed by the Chief Guest and dignitaries present on the occasion

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