



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd.u/s 3 of UGC Act 1956, Category 'A' by MHRD (Now MoE)

Re-accredited with an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC

Recognized by UGC under Section 12B

Coimbatore – 641 043, Tamil Nadu, India

Reports of Programmes on Gender Equity and Sensitisation

2023-24



Training / Workshop / Seminar / Programme / Conference

S.No	Content
1.	Awareness Programme on “Cyber Security and Internet Safety”
2.	Personality Development and Grooming by Rexona Academy
3.	Skill Training on “Flower Tying – for Wedding Garland
4.	Training Programme on Technology Felicitated Gender Based Violence (TFGBV)
5.	Short –term course on Legal Rights
6.	Seminar on “Feminine Wellness” by Pink Anee, Chennai in collaboration with Dept. of Physician Assistant
7.	National Seminar on “Rights of Women with Disabilities – Breaking Barriers for Equity and Accessibility”
8.	Programme on Role of Media in Gender Sensitization
9.	Awareness Programme on Sexual Harassment of Workplace (Prevention Prohibition and Redressal) POSH Act, 2013)
10.	Programme on Gender Sensitization
11.	Awareness Programme on Legal Rights – SHG Women
12.	Skill Based Training on Paper Pag Making
13.	A Demonstration on Millets Recipe Preparation for SHG Women
14.	Sensitizing Adolescents on Preparedness for Dietary Regime and Menstrual Hygiene
15.	Programme on Sensitizing Adolescents on Preparedness for Dietary Regime an Menstrual Hygiene at Nanjegoundenpudur
16.	Gender Inclusivity in Higher Education Institution – Challenges and Strategies
17.	International Women’s Day- 2024
18.	Motivational Lecture Series - 1 “bgz; vd;Dk; bgUk; rf;jp”
19.	Film Screening on Hindi Film PINK with Tamil version “Ner Konda Parvai”
20.	Panel Discussion on “Building Diverse and Inclusive Work Place Culture”
21.	Motivational Lecture Series -2 “Power of Women - A Catalyst to Conquer”
22.	International Women’s Day- 2024

Reports on Training / Workshop / Seminar / Programme / Conference
Awareness Programme on “Cyber Security and Internet Safety”

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 7th to 12th. 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
9.12.2023	Corporation Higher Secondary School, Peelamedu, S.S.Kulam, Coimbatore	Dr.C.Meena	45

With the UGC Mandate, on the subject **“Stay Safe Online”** Campaign during India Presidency of G.20, the Ministry of Electronics and Information Technology which is the Nodal for the Digital Awareness Programme on the topic. The objective of the Campaign by the Ministry is to raise awareness among students and youth about the safe usage of social media, e- Commerce, online payment and other Internet Platform to prevent Cyber fraud and Online threats.



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.

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.

Highlights of the Awareness Program:

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 channels not realizing the risk associated.

The Special Address was given by Dr.C.Meena, Computer Centre Incharge. She reached out to the students sharing her profound knowledge and experience on Cyber Security. The topics focused included: Internet usage, Data security, Privacy, Cyber threats and Attacks. She had a very experiential interaction with the students on social media application specially the consequences of posting photos publicly in Facebook, Instagram and Whatsapp.



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:

- 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.



Headmaster Shri.K.Ramesh gave the Welcome Address. This was followed by brief presentation on the topic Cyber Security by two students - Selvi.Sandhya – XI A, Selvi. Mehnaz Sherin – XI B. in Tamil and English.

The formal Vote of Thanks was given by Mrs.G.S.Ananthi, English Teacher. Around 160 students from Class 7th to 9th participated and were very receptive in responding to the questions posed by the Chief Guest in getting their feedback on the concept discussed.



Dr.T.Geetha, Director (i/c), Women's Studies Centre along with Dr.R.Vijayabhanu and Dr.B.Sarojini, Assistant Professors and the Co-investigators for this series of programme were present on the occasion.

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.

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. Many have misconception that cyber space is private and personal, but this is a space that is highly monitored and is a public space. Recently, many people have been addicted to pornography and use the internet to watch pornographic content. Slowly, they become addicted. This habit has increased during COVID. It is important for youngsters to recognize this evil and create more awareness among their communities. All the sessions by the speaker included real-time examples to imbibe the importance of Cyber Security among students.



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 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.

Personality Development and Grooming



An Interactive cum Demonstration session was organized in collaboration with Placement Cell of the Institute on the topic **Personality Development and Grooming**. 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.

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.

Skill Training on “Flower Tying – for Wedding Garland



One Day Skill Training on “**Flower Tying – for Wedding Garland**” 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.



Training Programme on Technology Facilitated Gender Based Violence (TFGBV)

A One day Training on “**Combative Technology Facilitated Gender Based Violence against Women and Girls**” (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.



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).



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.

A total of 5 Modules were discussed highlighting the following topics:

- Introduction of Digital Technology
- Overview of TFGBV
- Forms of TFGBV
- Awareness, Presentation and Detection of TFGBV
- Response to TFGBV

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.

Short –term course on Legal Rights

In Collaboration with Department of Economics the Centre organized a Short – Term



course on “**Legal Rights**” for 1st and 2nd 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
-----------	-----------------------------	--

Formal Valedictory function was held on 1.12.2024 at 3 p.m. Ms.K.Monisha from 1st 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.



Seminar on “Feminine Wellness”

A Seminar on “**Feminine Wellness**” 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.

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

National Seminar (2 days) on “Rights of Women with Disabilities – Breaking Barriers for Equity and Accessibility” (30.11.2023 - 1.12.2023)

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 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 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.

Awareness Programme on Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013

S.No	Date & Time	Programme	Resource Person	Participants
1.	14.12.2023 (10.30 a.m to 11.45 a.m)	Programme on Role of Media in Gender Sensitization	Dr.V.Jayashree, Assistant Professor and Head of the Department (in-charge), Department of Visual Communication	Teaching Faculty, Non-Teaching Staff and Research Scholars
2.	14.12.2023 (2 to 3p.m)	Awareness Programme on Sexual Harassment of Workplace (Prevention Prohibition and Redressal) POSH Act, 2013)	MJF Lion M.Mathivanan, Advocate, Coimbatore was the Resource Person	Teaching and Non-Teaching Staff
3.	14.12.2023 from 3 to 4p.m	Gender Sensitization	Dr. S. Gayatridevi, Professor and Head, Department of Psychology	Teaching, Non-Teaching and Research Scholars

Programme on Role of Media in Gender Sensitization

In collaboration with the Department of Visual Communication an Awareness Programme on Role of Media in Gender Sensitization with Focus on Tamil Films was organized on 14.12.2023 from 10.30 a.m to 11.45 a.m for Teaching Staff and Research Scholars.

Dr.V.Jayashree, Assistant Professor and Head of the Department (in-charge), Department of Visual Communication delivered the Special Lecture.

The event started with the Welcome Address and a brief introduction of the speaker by Dr.T.Geetha, Director (i/c), Women's Studies Center. Mrs.Jamuna, from Establishment Section offered the prayer. Dr.V.Jayashree in her talk on Gender Sensitization emphasized the need for gender responsiveness in the media. She said Gender responsiveness guides the media as a critical instrument to create awareness about gender equality, the



rights of women in the society, and to combat against stereotypes that have resulted in their degradation and marginalization. She highlighted on stereotypical gender portrayals in TV soaps and the print media.

Tracing the early Tamil films that ridiculed transgender and were equally instrumental in shaping the masculine centered patriarchal society. While they dictated the behavioral pattern and dressing sense in women on the other hand the evolution of hero centered movies nourished by fan clubs sidelined the agency of women.

The speaker quoted feminist theorists Simone De Beauvoir and Judith Butler while she was talking about how women's body perceived as an object of pleasure wherein their intellectual ability is neglected in the place of work. She showed clippings from few recent Tamil films that focused on gender sensitization and argued for women's rights and empowerment. The speaker discussed them in brief and emphasized that women should take up positions in media for a video social networking and outreach of Achievements of women, overcoming the challenges in order to transform the society. The event ended with a thanks giving note by Dr.T.Geetha, Director (i/c), Women Studies Center. There were about 48 stakeholders that included the Teaching Faculty, Non-Teaching Staff and Research Scholars.

Awareness Programme on Sexual Harassment of Workplace (Prevention Prohibition and Redressal) POSH Act, 2013)

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.



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.Selvanayagi, Project Assistant, Women's Studies Centre proposed the Vote of thanks. Totally 32 Teaching and Non- Teaching participated and benefitted.

Programme on Gender Sensitization

In collaboration with Department of Psychology the Programme on “**Gender Sensitization**” was conducted on 14.12.2023 from 3 to 4p.m for Teaching, Non-Teaching Staff and Research Scholar. Dr.T.Geetha, Director (i/c), Women's Studies Centre welcomed the gathering and introduced the speaker. The address on sexual harassment and need for Gender Sensitization was delivered by Dr. S. Gayatri Devi, Professor and Head, Department of Psychology was a thought provoking and impactful presentation that delved into the critical issues surrounding sexual harassment, with a particular focus on the workplace. The speaker's expertise in the subject coupled with a compelling speaking style, captured the audience's attention and shed light on various aspects of sexual harassment.



Overview of Sexual Harassment: The speaker began by providing a comprehensive overview of sexual harassment, emphasizing its prevalence and the far-reaching consequences it can have on individuals and organizations. Using relevant statistics and case studies, Dr.S.Gayatri Devi underscored the urgency of addressing this pervasive issue and creating safer, more inclusive work environments.



Sexual Harassment at the Workplace: The speaker highlighted the various forms it can take, ranging from verbal and physical harassment to subtle and insidious behaviours that create a hostile work environment. Real-world examples were cited to illustrate the nuanced nature of workplace harassment, emphasizing that it extends beyond overt actions and often involves power dynamics.

Sexual Harassment Act: Dr. S. Gayatri Devi provided a detailed overview of existing sexual harassment laws and regulations, particularly emphasizing the importance of understanding and implementing the Sexual Harassment Act. The speaker explained the key provisions of the Act, outlining the responsibilities of employers in preventing and addressing harassment cases. This segment aimed to empower the audience with the knowledge needed to navigate the legal landscape surrounding sexual harassment.

What Does Not Constitute Sexual Harassment: In an effort to dispel misconceptions, Dr. S. Gayatri Devi took the time to clarify what does not constitute sexual harassment. By drawing a clear line between consensual relationships and professional behaviour, the speaker aimed to promote a nuanced understanding of the boundaries that should be maintained within a workplace setting.

In conclusion, Dr.S.Gayatriidevi through this Special Lecture not only raised awareness about the prevalence of sexual harassment but also provided the audience with the knowledge and tools necessary such as relaxation therapy to combat it. The presentation fostered a sense of responsibility among attendees, encouraging them to contribute to a workplace culture that prioritizes respect, equality, and the well-being of all individuals. The event successfully underscored the importance of ongoing education and dialogue surrounding sexual harassment, leaving a lasting impact on the audience. On request of the participants Resource Person gave a brief demonstration on Relaxation Therapy for reducing stress at work place. Mrs.N.Selvanayaki, Project Assistant, Women's Studies Centre proposed the Vote of thanks. Totally 25 participants from Teaching, Non-Teaching and Research Scholars benefitted

Awareness Programme on Legal Rights – SHG Women

Mrs.N.Manonmani, Advocate delivered the talk for creating Awareness about Women's Rights related to Marriage, Family, Property Rights, Cyber Crime and Safety, How to register Marriage, File a Case in Police Station and on Domestic Violence Act – 2005 – How to protect women in Domestic Violence on 5.12.2023. Totally 55 SHG women from in and around Karamadai participated.



Skill Based Training on Paper Bag Making

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.



Demonstration on Millets Recipe Preparation for SHG Women

“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.



Three varieties of Millet Recipes were demonstrated during the training.

- **Sathu Mavu Urundai**

Ingredients

3 tumbler – Thinai, 1 tumbler: Groundnut, 2 tumbler – fried grams, 2 tumbler-Country sugar, cardamom – 6 nos, Ghee for make balls.

Method

- Dry roast the Thinai, Groundnut, fried grams and allow it to cool and powder the items
- Add the country sugar
- Add the Powder cardamom
- Mixed all the above items
- Add melted ghee to make round balls

- **Thinai Rice Pongal**

Ingredients

3/4 cup (Foxtail millet) Thinai (1 cup - 250 ml), 1/4 cup Moong Dal, 1 tsp Whole black pepper, 1 tsp Cumin Seeds, 1 tsp Salt Adjust to your taste, 5 Cashew Nuts, 1 handful Curry Leaves, 1/4 tsp Asafoetida (Asafetida / Hing), 1 tsp Ginger Grated, 2 tbsp Ghee (Clarified butter)

Method

- Heat a pan, add moong dhal and fry till it becomes golden brown color. Take the roasted moong dhal and thinai in a vessel.



- Rinse the thinai and moong dhal in water and add 3.5 cups of water to the vessel. Add grated ginger, salt and pressure cook it allow it, for 5-6 whistles. Allow the pressure to release on its own and then mash the cooked thinai and dhal

- Heat ghee in a pan, add cumin seeds. When the cumin seeds start to splutter, add whole black pepper and fry for some time. Add hing, cashews and curry leaves and fry till the cashews turn into

golden brown

- Add the mashed Thinai and dhal to the seasoned ingredients and mix well
- The yummy and healthy Thinai Pongal is now ready to serve

Ready Made Millet Batter Mix Preparation

Ingredients

Varagu rice 5 tumbler, White or Black gram dhal 1 tumbler, Fenugreek seeds 2 tablespoons

Instruction

Clean, wash and soak all the items over night. Next day morning wash all the items. Spread a clean cloth in sunlight and allow to dry without water. After drying powder and store it clean in a



sterilized container. At the time of usage take adequate batter add enough water it allow to ferment for 4 to 5 hours to make Dosa, Idly or Paniyaram.

Vote of Thanks

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.

Sensitizing Adolescents on Preparedness for Dietary Regime and Menstrual Hygiene

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.



Sensitizing Adolescents on Preparedness for Dietary Regime on Menstrual Hygiene at Nanjegoundenpudur

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.

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.

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:

- Wear lightweight cotton clothes, breathable clothing
- Change menstrual pads once in 3 hours.
- Keep the genital area clean with turmeric water or any mild soap
- Drink enough Water, Vegetables and Millets related foods.
- Take balanced diet
- Track and monitor the menstrual cycle every month

No. of Beneficiaries: 35 NSS Volunteers (Unit 7- Botany & Zoology)

The session at a glance



Gender Inclusivity in Higher Education Institution – Challenges and Strategies

National Service Scheme and in collaboration with Dept. of English, Bharathidasan University, Trichy and Nehru Yuva Kendra, Coimbatore (Ministry of Youth Affairs and Sports) organized a One day Workshop on the topic “Gender Inclusivity in Higher Education Institutions – Challenges and Strategies” on 24.2.2024 from 9 a.m to 5 p.m.

The programme started off with the welcome by Dr.T.Radha, NSS Programme Coordinator of the Institute.

Later Dr.M.Angkayarkani Vinayagaselvi, Project Coordinator highlighted the salient findings of the study and the significance of the Research aiming at Gender Inclusivity in HEI’s Mr.J.Traveen Charleston, District Youth Officer, Nehru Yuva Kendra functioning under the Ministry of Youth Affairs and Sports Govt. of India gave the Chief Guest Address.

Dr.T.Geetha, Director (i/c), Women’s Studies Centre offered greetings on the occasion.

The Technical Sessions that followed included topics on:

- **Women in Inclusive Development**
Dr.V.Latha, Asst.Project Officer, Women Development Corporation
District Collectorate, Coimbatore
- **Effectiveness of Swaach Bharath Mission**
Mr.Rajendran, Project Coordinator, Nehru Yuva Kendra, Coimbatore
- **Gendered Spaces Addressing Diversity and Inclusion in HEI’s**
Dr.Anu Kuriakose, Assistant Professor, Department of Social Sciences and Humanities,
National Institute of Technology, Trichy

An ICSSR Research Project this Workshop was a follow up of an “Exploratory Study on Socio-Cultural and Economic Possibilities of All Gender Toilets in select Districts of Tamil Nadu” undertaken by Dr.M.Angkayarkani Vinayagaselvi, Assoc. Prof of English and ICSSR Project coordinator, Bharathidasan University, Trichy.

The Vote of Thanks was given by Dr.A.N.Krithika, NSS Programme Officer, NSS to around 200 selected NSS student Volunteers in the Programme as participants. Group Discussion and Presentation by students brought in Involvement and Commitment on the part of the students in participating in the workshop.

International Women's Day- 2024

Women's Studies Centre and Department of Home Science Extension Education jointly Observed the International Women's Day Celebrations-2024 on the theme **"Inspire Inclusion"** from 26.2.2024 to 8.3.2024 by planning and organizing the following Programmes:

S.No	Date & Time	Programme	Resource Person	Participants
1.	26.2.2024	Call for nominations for IWD – Award – 2024	-	-
2.	26.2.2024	Poster Competition	Department of Visual Communication	All Students
3.	26.2.2024	Short-film Competition		
4.	26.2.2023 (10 a.m to 11.30 a.m)	Motivational Lecture Series -1 “bgz; vd;Dk; bgUk; rf;jp”	Dr.S.Gurugnanambiga, Assistant Professor, Department of Tamil	All Home Science Students
5.	26.2.2024 (1.45 p.m to 3.30 p.m)	Film Screening on Hindi Film PINK with Tamil version “ Ner konda Parvai ”	Dr.V.Jayashree, Asst.Prof and Head, Department of Visual Communication	2 nd Year Physical Science and Computational Science , Arts and Social Science
6.	5.3.2024 (10.30 a.m. to 2.30 p.m)	Panel Discussion on “ Building Diverse and Inclusive Work Place Culture ”	Dr.Zenetta Rosaline, Professor and Director, Department of Women's Studies, Bharathiar University Moderator	Outgoing students of Home Science and Research Scholars
7.	6.3.2024 (1.30 p.m. to 3.30 p.m)	Motivational Lecture Series -2 “ Power of Women - A Catalyst to Conquer ”	Dr.M.Sylvia Subapriya, Professor, Department of Food Science and Nutrition	All Arts and Social Science
8.	8.3.2024 (10 a.m to 2p.m)	International Women's Day- 2024	Dr.Asha R.Rao, Managing Director and Chief Consultant Fertility and Ob & Gyn, Rao Hospital, Coimbatore.	All UG Outgoing Students

The highlights of the various programmes conducted as part of the Observance of IWD, 2024 included:

Motivational Lecture Series – I “bgz; vd;Dk; bgUk; rf;jp”

A motivational talk on “bgz; vd;Dk; bgUk; rf;jp” was given by Dr.S.Gurugnanambiga, Assistant Professor, Department of Tamil on 26.2.2024 from 10 a.m to 11.30 a.m.



In her talk, referring 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.

Film Screening on Hindi Film PINK with Tamil version “Ner Konda Parvai”

The Women's Studies Centre and the Dept of Visual Communication organized a Film Screening on the 26th February, 2024 from 1.45 p.m to 3.30 p.m, excerpts from the Hindi Film “PINK” along with its Tamil Version “Ner Konda Parvai” was screened for the outgoing students of the Home Science and School of Arts and Social Sciences.



Around 700 outgoing students attended the film screening session organized as part of IWD Observance, 2024.

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.

Panel Discussion on “Building Diverse and Inclusive Work Place Culture”

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 amidst all hardships leading to present state of success in their endeavors.

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.

Motivational Lecture Series -2 “Power of Women - A Catalyst to Conquer”

Motivational Lecture Series -2 on the Topic “**Power of Women - A Catalyst to Conquer**”

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 & 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 & 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.**

International Women's Day- 2024 – Celebration on 8.3.2024

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.



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

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 & 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

Dr.S.Kowsalya, Registrar felicitated the Women Achievers nominated under different categories by the Institute. The Awardees for IWD-2024 nominated include:

- Dr.Shobana Shanmugam, Senior Scientist & Head, Department of Diabetes Food Technology, Madras Diabetes Research Foundation (MDRF), Chennai
- Mrs.Geeta Raja, Founder and Managing Trustee, Shivesh Autism Charitable Trust, Coimbatore
- Mrs.Selvinirmala Ponnusamy, Ward Councillor, Kemmarampalayam, Karamadai, Coimbatore
- 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



All of them were honored with a medal and a shield, as a citation signifying their contributions and achievement in their respective fields.

- **Dr. M. Rajeswari**, Assistant Professor, Department of Bio- Chemistry, 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. 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.

2. Research

2.1 Mid-Term Evaluation Project of "Puthumai Penn Scheme" funded by the Tamil Nadu State Planning Commission

An MoU was executed between the State Planning Commission, Chennai and Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for an Evaluation of The Puthumai Penn Scheme in Tamil Nadu. A Cross Sectional Study funded by the State Planning Commission for a total Budget of Rs.14,52,000/-

This project implementation included Data Collection and Reporting the data compilation from a the Random population Women student beneficiaries of the Scheme (Rs.1000/month) enrolled in Higher Educational Institution across programmes and year of study in selected 8 districts of the state.

This scheme was initially launched in the state on 5.9.2022 with almost 2,09,365 girls being benefitted through the scheme. The eligibility for the scheme being specifically meant for students who have completed school education from 6th to 12th standard from Government Schools of Tamil Nadu.

The major objectives of the project was to understand the coverage of the project and to understand the coverage of the Programme / Scheme and its Impact in Tami Nadu among the women students enrolled in recognized Higher Educational Institutions.

With the key objectives proposed it was envisaged that the short duration Evaluation study would be able to being about an impact on increasing enrolment of girls from Government Schools to Higher Education thus paving a way for Education, Employment and Empowerment by women in the years to come through this scheme by the State Government.

The Total beneficiary covered under the project is 5095.

The Copyright of the to be published Project Report is vested with the Tami Nadu State Planning Commission.

The Team members for this project included:

Dr.T.Geetha Director (i/c), Women's Studies Centre	Project Co-ordinator
Dr.S.Gandhimathi, Deputy Dean, Professor and Head	Principle Investigator
Dr.H.Indu, Deputy Dean and Professor School of Education	Co-Investigator
Dr.V.Premala Priyadharshini, Professor and Head, Department of Food Service Management and Dietetics	Co-Investigator
Dr.K.Arokia Maraichelvi, Assistant IQAC Co-ordinator and Associate Professor, Department of Human Development	Co-Investigator

Nutrition Education Intervention on Anemia among Rural Adolescents and Adult Women at Ramachetti Palayam, Coimbatore from 5.1.2024 to 29.2.2024

Introduction

Anemia, characterized by a deficiency in red blood cells or hemoglobin, poses a significant public health challenge worldwide, particularly affecting vulnerable populations such as pregnant women and young children (WHO, 2008). This condition leads to heightened rates of morbidity and mortality, necessitating focused attention and concerted efforts for its prevention and management. Nutritional anemia, standing as the second most prevalent group of deficiency disorders globally, closely follows protein-energy malnutrition in its prevalence and impact (WHO, 2008).

Adolescent girls play a pivotal role in maintaining the health and progressiveness of families and are regarded as the future builders of positive community health (WHO, 2008). Their nutritional status holds particular significance for achieving healthy reproductive outcomes and efficient physical activity. However, in India, especially in rural areas, there is a high prevalence of malnutrition among adolescent girls, underscoring the urgent need for targeted interventions and support (Joshi *et al.*, 2014).

Objectives

- Investigate the prevalence of anemia among adolescent girls and adult women in rural areas of Coimbatore district.
- Conduct intervention programs aimed at training adult women and adolescent girls in the development of iron-rich supplementary foods for both improved nutrition and income generation.
- Assess socio-economic factors influencing food habits and knowledge, attitudes, and practices (KAP) related to anemia among rural adolescent girls and adult women.

- Impart nutrition education aimed at inducing behavioral changes and enhancing communication among rural adolescent girls and adult women.
- Develop and disseminate nutrition education intervention tools such as posters and pamphlets highlighting iron and vitamin C-rich foods, their local and native sources, causes and preventive measures of anemia, and the incorporation of low-cost, locally available iron and vitamin C-rich foods into their diets.
- Conduct method demonstrations of iron and vitamin C-rich food recipes using local and native sources, targeting the rural community (adolescent girls and adult women) in areas like Ramachettipalayam.
- Create a recipe booklet titled '**Iron Friendly Feast**', authored by third-year Undergraduate Food Science and Nutrition students of the Institute.

Methodology

The methodology adopted for the present awareness are discussed under the following headings:

Phase 1: Selection of area

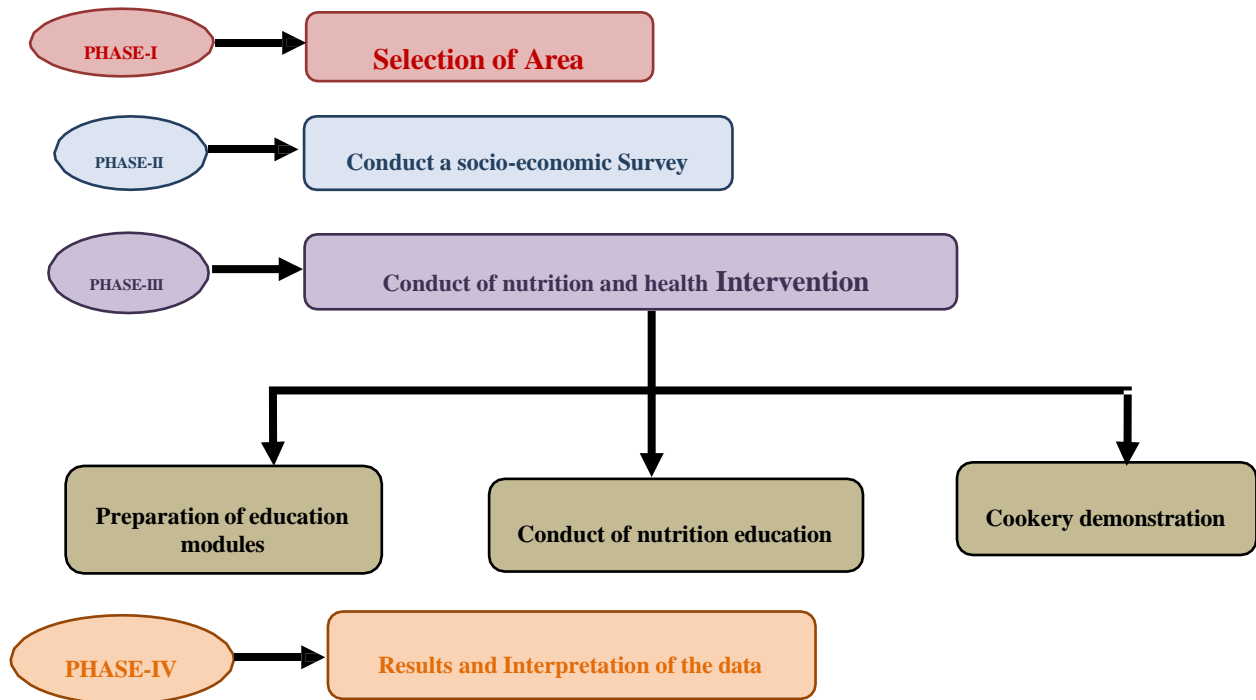
Phase 2: Conduct a socio-economic survey

Phase 3: Conduct nutrition and health education

- A. Preparation of nutrition education modules**
- B. Conduct of nutrition and Health Intervention**
- C. Cookery demonstration**

Phase 4: Results and Interpretation of the data

Research Design



Publication

Child Centric Disaster Risk Reduction in the Indian Context

This Edited Book is a compendium of articles contributed by Scientists, Researchers, Experts and Faculty across the Nation, aiming at safeguarding our future generations, namely our children against the rapidly changing environment and their vulnerability to disasters, often an overlooked group facing numerous and major challenges.

This book has been crafted under three major heads as follows:

Part-I: Disaster Risk Reduction (DRR) Mechanism in India

Part II: Child Centric Disaster Risk Reduction (CCDRR) and management

Part III: Children and Covid 19 Indian Scenario

This Edited Book is an outcome of the Three Day Training Programme on “**Child Centric Disaster Risk Reduction**” held during 27th, 28th February and 1st March, 2023 in collaboration with National Institute of Disaster Management (NIDM), Ministry of Home Affairs, Govt. of India, New Delhi collaborated and organized by School of Engineering, School of Allied Health Care Science and Women’s Studies Centre. This book is being published by the Editorial Team included the following faculty:

- Prof.Santhosh Kumar, National Institute of Disaster Management (NIDM)
- Dr.Kinar Raka, National Institute of Disaster Management (NIDM)
- Dr.Balar.I, National Institute of Disaster Management (NIDM)
- Dr.R.Nithya, Avinashilingam Institute for Home Science and Higher Education for Women
- Dr.T.Geetha, Avinashilingam Institute for Home Science and Higher Education for Women
- Dr.D.Nithya, Avinashilingam Institute for Home Science and Higher Education for Women

Publications

S.No	Authors	Departments	Title	Publication Format	Status
1.	Dr.T.Geetha Dr.R.Balasasirekha	Department of Food Science and Nutrition and Women’s Studies Centre	Breast Feeding Practices of selected Lactating Rural Mothers	Article	To be published
2.	Dr.Pa.Rajeswari Dr.T.Geetha Dr.K.Sujatha and Team	Department of Food Science and Nutrition and Women’s Studies Centre	Nutrition Education Intervention to overcome Anemia in Adult Women and Adolescent	Report	To be published

3.	Dr.Pa.Rajeswari Dr.T.Geetha Dr.K.Sujatha and Team	Department of Food Science and Nutrition and Women's Studies Centre	Iron Friendly Feast	Recipe Book	Completed
4.	Dr.R.Nithya Dr.T.Geetha and Team	Department of Civil Engineering and Women's Studies Centre	Child Centric Disaster Risk Reduction in the Indian Context	Edited Book	Completed
5.	Dr.R.Sambath Rani Dr.T.Geetha and Team	Department of Special Education and Women's Studies Centre	Rights of Women with Disabilities Towards Equality and Accessibility	Edited Book of National Seminar	Completed
6.	Dr.C.Meena Dr.T.Geetha and Team	Computer Centre and Women's Studies Centre	Cyber Safety - An Awareness Programme among Selected School Students in Coimbatore	Report	Completed
7.	Dr.S.Gandhimathi Dr.T.Geetha and Team	Department of Economics & Women's Studies Centre	Mid-Term Evaluation of Puthumai Penn Scheme of Govt. of Tamil Nadu	Report	Completed (Draft submitted)