

WOMEN CELL ACTIVITIES FOR THE ACADEMIC YEAR 2018-2019

- **Awareness Programme on Personal Hygiene: Taking Care of Yourself**

Women cell organized an Awareness programme on “**Personal Hygiene: Taking Care of Yourself**” on 21 /02/2019 at the College auditorium. The session particularly focused on menstrual hygiene, various hygienic products available for women, and the related problems faced by young girls. Various misconceptions on menstruation, the right time to seek medical help, and the golden rules of napkin disposal were also clearly explained by **Dr. Suganya Saravanakumar** . Further, she explained the need to maintain a fit and healthy body and not fall for the female body images perpetuated by the popular media and the society. The session aided in breaking all the stereotypes related to menstrual hygiene and also helped both the faculty and students alike to understand how hygiene is integral to our everyday life and overall physical and mental well-being.



- **Awareness Programme on “ Social and Legal Status of Women”**

Women cell organized an Awareness programme on “**Social and Legal Status of Women**” on 18 /01/2019 at the College auditorium. The session on ‘The Social and Legal Status of Women’ was a much-needed awareness program for both the students and the faculty alike. The highly interactive session by **Mrs. Adhilakshmi Logamurthy** sensitized the audience about the wide gap between the status of the women in the society today and the laws the constitution guarantees to protect them, and how this inequality has to be addressed starting from our home. She also touched upon the merits and de-merits of the cyber space. The session proved to be an infotainment. The discussion inspired both the students and the faculty to find the voices within us and stand up for our rights, as women.



- **Awareness Programme on “Oral Healthcare for a Healthier You”**

Women cell organized an Awareness programme on “**Oral Healthcare for a Healthier You**” on 28/09/2018 at the College auditorium. Various aspects of dental care starting from the basic methods of dental cleaning to the misconceptions regarding oral hygiene and also the latest technological advancements in the field of dentistry were lucidly explained by **Dr.Anuradha Ganesan**. She also highlighted the often overlooked fact that the dental hygiene was very much connected with our overall health. The talk was accompanied by visual aids which greatly helped the audience to grasp the technicalities involved in dentistry. The program provided, to the students and the teachers, a comprehensive overview of the dental care and hygiene, and the key points to observe for a better and healthier life.



- **Awareness programme on “The Art of Pranayama, Living and Meditation”**

Women cell organized an Awareness programme on “**The Art of Pranayama, Living and Meditation**” on 14 /9/2018 at the College auditorium. Shri.Ramadoss, the main speaker of the day, was a staunch practitioner of yoga and also a mechanical engineer by profession. He began his talk by listing out our misconceptions related to the art of yoga and how this great science was reduced to a few ‘asanas’ in the present day. Pranayama, Living and Meditation in his own words form “the cream of Yogic and Vedic wisdom” and play an important role in getting rid of stress in our busy schedules.

The program provided both the students and the teachers with a clear insight into the world of yoga, and was the first step towards practicing it. The discussion also gave a glimpse of how yoga could open up the gateways of infinite possibilities of human mind and help to get rid of stress instead of managing it, which proves to be particularly beneficial for the women community.



- **Awareness Programme on Women and Child Sexual Abuse**

Women cell organized an Awareness programme on “**Women and Child Sexual Abuse**” on 31/08/2018 at the College auditorium. The session on Awareness of Woman and Child Sexual Abuse provided awareness on the various types of abuse, stressed on its psychological aftermaths, and the ways by which women who are more prone to abuse could tackle it. The talk which was friendly in nature was accompanied with visual aids and was also highly interactive. **Mr. Wesley Lucas**, the speaker, touched upon the objectives of his rehab centres functioning across the state, the outreach programs and his experiences with the survivors who were successfully brought back to normal life. In short, the program shed light on the intricacies of sexual abuse and the need to conduct more such awareness programs as a part of addressing the issue. The session also proved to be helpful for the young students who were

sensitized about how everyone was subjected to abuse knowingly or otherwise and the need for standing up for one's own rights.

