



**WOMEN'S STUDIES CENTRE  
THIAGARAJAR COLLEGE**  
(An Autonomous Institution affiliated to Madurai Kamaraj University)  
(Re-Accredited by NAAC with 'A' Grade)  
139-140, Kamarajar Salai, Madurai-625 009



Newsletter

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*Prof. Suseela Kaushik, formerly Member, Standing Committee, UGC, New Delhi is releasing the Proceedings of the national seminar on 14.3.2013 and Dr. Kalyani Mathivanan, Vice Chancellor, Madurai Kamaraj University, Madurai is receiving it in the presence of Dr. Uma Kannan, Chairperson, Women's Studies Centre of the college*



*Dr. Uma Kannan, delivering the Presidential address in the National Seminar*

**"Confidence and Hard work is the best medicine to kill the disease called failure. It will make you successful person –Dr.A.P.J. Abdul-Kalam".**

## Meetings

### Advisory Committee meeting (March 14, 2013)

Advisory Committee meeting of the centre was held on 14.03.2013. The UGC representative Prof. Suseela Kaushik, Member, Standing Committee, Women's Studies Division, UGC, New Delhi, The External expert members, Dr. R. Sugantha, Lady Doak College, Madurai, Dr. N. Manimegalai, Director, Centre for Women's Studies, Bharathidasan University, Thiruchirapalli, and the Internal members attended the meeting. They offered suggestions and mid path corrections for the successful growth of the centre.

### Board of Studies meeting (17.10.2013)

The meeting of the Board of studies for framing of syllabi for the short term certificate course offered by the Women's Studies Centre was held on 17.10.2013. The external expert member, Prof. R. Kannan, Senior Professor and Head, Department of Sociology, Madurai Kamaraj University, Madurai, Dr. T. Rajasekar, Dean (Curriculum Development) and the faculty members in the Standing Committee of the centre framed the syllabi for the certificate course "Life Skills for Women" in lieu of the course on "Herbal and Natural Cosmetics" to be offered in the even semester every year for the women students of the College.

*"I alone cannot change the world, but I can cast a stone across the waters to create many ripples – Mother Teresa".*

## Short term Academic Courses

The Centre is offering two certificate courses viz.,

1. Women's Health and Fitness
2. (i) Herbal and Natural Cosmetics up to the academic year 2012-2013  
(ii) Life Skills for Women from the academic year 2013 – 2014 for the girl students of the college.

## Post Graduate Academic Projects on Women's Studies

The centre supports PG student projects on issues related to Women's Studies by providing studentship for the preparation of dissertations. The following PG student of the department of Tamil, English who worked on a topic related to women's issues for her academic project, was given stipend reimbursing the charges for preparing the dissertations. They were encouraged to publish her work in journals

cc	Name	Academic Year	course	Title of the Project
1.	M.Renuka	2012- 2013	II M.A., English	Power and Powerlessness of Motherhood in Suzan – Lori Park's 'In the blood'
2.	B.Siranjeevi	2013-2014	II M.A., Tamil	Periya puranathil Pen Nayanmarkal
3.	P. Sobiya	2013-2014	II M.A., Tamil	Karaikal Ammaiarin Arbutha Seyalkal.
4.	R.Rajeshwari	2013-2014	II M.A., English	Women As A Victim in Modern Society as Revealed in GirishKarnad's Naga-mandala
5.	N.Palani	2013-2014	II M.A., English.	Tagore's Chithra: An Epitome of Love, Truth and Beauty

## Training Programmes

### Training Programme on Higher Education and Job Opportunities for Differently – Abled Students (13.09.2012)



*Mr. Jean Walter, Solartis Technology Services Pvt. Ltd. Madurai explaining the "Job Requirements for Differently - abled in IT field"*

An Awareness cum Training Programme on Higher Education and Job Opportunities for Differently-abled Students was organized by the centre in association with the Career guidance cell and Placement cell of Thiagarajar college on 13.09.2012. Sixty differently-abled students participated in the programme Prof. Christopher Sherwood, Executive Director, Dynamic Pathfinder, Centre for H.R.D, Madurai gave a guest lecture on "Motivation, Mind Mapping and Interview Skills". Mr. Jean Walter, Solartis Technology Services Pvt. Ltd. Madurai explained the avenues of Job Requirements for Differently -abled in IT field.

### Awareness Programme on Holistic Health Care for Women – (30.08.2012)



*Mrs. Suganya, Senior Dietician, Apollo Speciality Hospital, Madurai addressing the students on 'Diet and Nutrition'*

Women's Studies Centre of Thiagarajar College, Madurai organized an awareness Programme on Holistic Healthcare for Women students and women faculty members of Thiagarajar College on 30<sup>th</sup> August 2012. The Director of the Centre, Dr.M.Eyini welcomed the gathering. Dr. Uma Kannan, the Chairperson of the Centre and Secretary of the college, delivered the Presidential address, in which she extolled the need for creating awareness on holistic healthcare among women students and staff members. Dr. A. Thamarachelvan, the Principal, felicitated the centre's activities.

***"True Leaders don't create followers; they create more Leaders!"***

Dr. Sudha Dheep, Gynaecologist, Taj Clinic, K.K. Nagar, Madurai gave a guest lecture on “Personal Hygiene”. The lecture was followed by a session on fitness counselling by Mrs. K. Shanthi bala and Mr. A. Arul Ganesh, Nutritionists, Wellness Industry Clinic, Anna Nagar, Madurai. In this session the participants’ health and fitness were checked by measurement of their height, weight, BMI (Body Mass Index), BMR (Body Metabolism Ration) and cholesterol level. Based on the assessments, they were counselled on their diet and exercise requirement.



*Mrs. Shanthibala from Wellness Industry Clinic, Madurai counselling the students*

Mrs. Suganya, Senior Dietitian, Apollo Speciality Hospital, Madurai gave a guest lecture on “Diet and Nutrition”. She emphasized the significance of a balanced diet to maintain a healthy body and mind. Mr. K.P. Gangadharan, Assistant Professor, Institute of Gandhian Studies and Research, Gandhi Museum, Madurai talked on “Yoga and Meditation”. He demonstrated the basic and essential yoga steps required for women to sustain holistic health.

Mrs. A.M. Hema, Associate Professor of Computer Science proposed the vote of thanks. Two hundred women students were benefited by the awareness program.

### **Health Awareness Camp for Adolescent Girls (28.12.2012)**



*Dr. A. Thamarachelvan, principal, Thiagarajar College, Madurai Presidential address in the Programme on 28.12.12*

Women’s Studies Centre of Thiagarajar College, Madurai organized a Health Awareness Camp for Adolescent women students and women faculty members of Thiagarajar college on 28<sup>th</sup> December 2012.

Dr. Vasantha Esther Rani, Head and Associate Professor, Department of Home science, Fatima college, Madurai spoke on “Diet, Nutrition, and Health Awareness for Adolescent Girls”. She stressed the need for a balanced diet with all the essential nutrients in required level and the importance of exercise during the adolescent period.

***“Some Leaders are born Women. -Geraldine Ferraro”***

She elaborated on the five Basic food groups recommended by ICMR, New Delhi which include

- 1) Protein groups
- 2) a) Green leafy and citrus fruits  
b) Yellow colored fruits and vegetables
- 3) Other fruits and vegetables
- 4) Cereals, roots and tubers and
- 5) Fats, Oils, and Pure Carbohydrates.

The Programme focused on the adolescent I& II Year Under Graduate Girls students of the College.

### **One day seminar on “From Peace at Home to Peace in the World” 09.12.2013**

Thiagarajar College Women’s Studies Centre and SOCO Trust, Madurai jointly organised a seminar on “From Peace at Home to Peace in the World” on 9th December, 2013 to highlight violence against women in India. The Director of Women’s Studies Centre, Dr. M. Eyini, welcomed the gathering. Principal Dr. A. Thamarachelvan presided over the function.

***“Equality is not in regarding different things similarly, equality is in regarding in different things differently – Tom Robbins”.***



Dr. A. Thamarachelvan, Principal, Thiagarajar College Madurai delivering the Presidential address in the Seminar

09.12.13

Deputy Director of SOCO Trust

S. Selva Gomathi, gave an overview of the program. Former Vice Chancellor of Gandhigram Rural University, Dr. K. Pankajam delivered the keynote address. She spoke about femicide, infanticide, dowry harassment and other forms of violence against women rampant in the country.



Mime Show on ‘Violence against women’ on 09.12.13

R. Padmakumari, Women's subcommittee – MRGIEA, said that both men and women should join hands to fight violence against women. She distributed prizes to winners in mime competition. Dr. N.K. Asha Devi, Assistant Professor of Zoology delivered the vote of thanks. Two hundred students formed the target audience for the programme.

**Special Lecture on “Legal Intervention of violence against women” 07.02.2014**



Dr. V. Subathra Devi, Head & Associate Prof. Dept. of English interacting with the students on legal literacy

Thiagarajar College Women's Studies Centre and Evidence Human Rights Organisation, Madurai jointly organised a seminar on “Legal intervention for Violence Against Women” on 07.02.2014. Though the Central government enacts laws and makes amendments to the existing ones to prevent violence against women, none of them are being implemented properly in the country, claimed A. Kathir, Executive Director, Evidence, an NGO working for human rights. Addressing students of Thiagarajar College during the seminar Kathir said

though the Criminal Law (Amendment) Act, 2013, based on the guidelines of the J.S. Verma Committee provided for the trial of rape cases in fast track courts to deliver justice for rape victims, it was not properly implemented. He also pointed out that incidents of rape were on the rise in India. Many may claim that the increase in the number was because more victims were coming forward to lodge complaints. However, he said, even in cases taken up legally, the victims were not getting justice. There were 150 participants in the seminar, mostly girl students, who actively interacted with the organizers with many queries and views.

**One day Orientation Programme**

**“Psychoeducation and Student Counselling”**

**March 12, 2014.**

Women's Studies Centre of Thiagarajar College, Madurai organized a One day Orientation Programme “Psycho education and Student Counselling” at Thiagarajar College on March 12, 2014. The Director of the Centre, Dr. M. Eyini welcomed the gathering. Principal Dr. A. Thamarachelvan presided over the function. Dr. C. Ramasubramanian Psychiatrist, K.K. Nagar, Madurai gave a guest lecture on “Naughty Students and Intelligent Teachers”.

“Teachers should play a proactive role bringing down suicides among youngsters”, urged the psychiatrist. During the programme Dr. C. Rama Subramanian, State Nodal Officer of the National Mental Health Programme (NHMP), Government

of India, said that youngsters spent most of their time in schools and colleges with teachers and hence they should provide support to students.



Dr. C.Ramasubramanian Psychiatrist, K.K. Nagar, Madurai showcasing on “Naughty Students and Intelligent Teachers”.

According to the World Health Organisation, by 2020 mental illness and depression will be the second leading disease. “Given today’s nuclear families most children have no choice on how to vent out their problems. The bonding is slowly disappearing and an inferiority complex is rising which starts from home where parents compare children with peers. Every suicide attempt is a cry for help and every addiction to drugs is more infectious and spreads fast”.

“School students and youngsters should stop being treated like mark-producing machines and teachers should focus on building the quality of students,” said K.S.P. Janardhan Babu, Assistant director, NMHP. He added that the youngsters had got the attitude that their demands would be fulfilled within hours but when they don’t see it happening

they are not able to cope. The Programme benefited nearly 200 students of Under Graduate courses.

### **National Seminar (13-14 March, 2013)**

#### **Two Day National Seminar on “Issues and Strategies for Women’s Empowerment: Vision 2020”**

The UGC sponsored two-day National Seminar on Women Empowerment was organised by the Women’s Studies Centre of Thiagarajar College, Madurai on 14th and 15th March, 2013. Dr. A. Thamarachelvan, the Principal welcomed the gathering and Dr.M. Eyini, Director, Women’s Studies Centre gave an overview of the seminar. Dr. Uma Kannan, Secretary, Thiagarajar College and Chairperson of the Centre delivered the presidential address. Dr. Kalyani Mathivanan, Vice – Chancellor, Madurai – Kamaraj University inaugurated the National Seminar. Dr. Kamala Selvaraj, the renowned Gynecologist from Chennai, Prof. Susheela Kaushik of National Consultative Committee, UGC Women’s Studies New Delhi, Srilakshmi Prasad IPS, Member, Tamilnadu Commission for Women, Mrs. Kokilavane Thiyagarajhan, Central Government Counsel, High Court, Chennai, Dr. Rekha Pande, Head, Centre for Women’s Studies, University of Hyderabad, and Dr. Manimekalai, Director, Department of Women’s Studies, Bharathithasan University, Trichy delivered special lectures on various issues and strategies of Women Empowerment. Mrs. A.M. Hema, Associate Professor

of Computer Science proposed the vote of thanks.



Dr. Hemalatha, Coordinator, Centre for Women Empowerment, Anna University, Chennai talks on Women empowerment strategies in the national seminar

On the Second day, Prof. Saraswathi, Director, Women's Studies Centre, Madurai Kamaraj University, Dr. Hemalatha, Coordinator, Centre for Women Empowerment, Anna University, Chennai, and Dr. Suganda Ramamoorthy, Member Curriculum Development Cell of Women Studies, UGC, New Delhi and Dr. Regina Papa, Senior Consultant, Directorate of Rural Development and Panchayatraj, Chennai, spoke on various issues of Women empowerment. Over two hundred papers were presented out of which 80 were presented by men participants. A book volume of the proceedings of the seminar with ISBN number was brought out with selected full length papers presented in the seminar.

### Field action projects

The centre carried out two field action projects on "Nutrition status of women and children in the rural section of Madurai" and on "Dietary habits of adolescent girls". A survey was conducted among

the pregnant women and children below the age of five, who are visiting the primary health centres around Madurai. Girl students in the first year of undergraduate courses in Thiagarajar College responded another survey. The details of their nutritional and physical activity status were assessed through their responses to the questionnaire designed and developed by the centre.



Women's Studies Centre Project Assistant collecting information from a pregnant woman in a PHC near Madurai.

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**Book Post**

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