



## **Thiagarajar College (Autonomous), Madurai**

Reaccredited with 'A++' Grade by NAAC

Ranked 15<sup>th</sup> in NIRF, 2024

### **Women's Studies Centre**

(Approved by the UGC, New Delhi)

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**News Letter**

**2023-2024**

**Volume-11**

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## **“Position of Women in Jammu and Kashmir” - 24.06.2023**



*Principal Dr.D.Pandiaraja Honouring the Chief Guests*

Women's Studies Centre kick started the academic events of the College for the new Academic year 2023-2024 with a special lecture on the title “Position of Women in Jammu and Kashmir” on 24.06.2023 from 2.00 p.m. to 4.00 p.m. Dr. Parveen Pandit, Former Controller of Examinations, currently, Consultant Admissions and Academic Affairs, Central University of Kashmir, Jammu and Kashmir and Ms. Gurmeet Kaur, Former Head, Women's Studies Centre, Government College for Education, Srinagar were the resource persons for the meeting.

Dr. V. Subathra Devi, Director, Women's Studies Centre welcomed the gathering and introduced the chief guests.

The Principal Dr. D. Pandiaraja, presided over the function and pointed out that Jammu and Kashmir is close to the hearts of all Indians not only for its natural wealth but also for the

incredible feats of the Indian Army during Kargil war. He further pointed out that the female students of southern India are privileged to pursue their education in a relatively harmonious ambience.



*The resource persons with the members of WSC*

Dr. Parveen Pandit, spoke about the strategic position about Jammu and Kashmir and its assimilated culture. She also pointed out that hundreds of women were displaced owing to the challenges of the Indo-Pak war and were beset with hardships of all kinds. However, accepting the changes with a positive attitude, they have learnt to dream big and conquer the realm of knowledge. As a closing note she quoted a poem of Subramaniya Bharathiyar, which speaks about female emancipation.

Ms. Gurmeet Kaur, put forth education as the only way to social and economic freedom of women. She spoke about the patriarchal society which gives girl children blinkers even during childhood; regulate their perception of the world with do's and don'ts, thus disabling them to take



decisions. She motivated the audience to empower themselves with sound education and skill sets and raise their voice against discrimination. In the interactive session that followed students came out with questions regarding the social status of women in Jammu and Kashmir.

Dr.R.Aruna, Coordinator, Women’s Studies Centre delivered the vote of thanks.

### **“Revisiting the India Story and Your Place In It” -07.08.2023**



*Honouring the Chief Guest*

Women’s Studies Centre organized a special lecture on “Revisiting the India Story and Your Place in It” on 07.08.2023 at 2.30 p.m. The resource person was Mrs. Lekha Rattanani, Executive Editor, The Billion Press, Mumbai.

The Director, Dr. V. Subathra Devi, in her welcome address spoke about the all-pervading influence of media today and motivated the students to take up journalism as a bright career that can bring about positives changes in the society and make a difference.

The Principal, Dr. D. Pandiaraja, in his presidential address insisted on the students’ use of technology in empowering themselves and he also pointed out that reading newspaper regularly and keeping track of the digital media will keep them updated and career ready.

As a journalist with over three decades of experience in the newsrooms of renowned media like The Outlook, India Today, The Telegraph, BBC, The Daily Mirror, Sunday Times in London, Stern in Germany, Radio France, Radio Sweden, Mrs. Rattanani threw open new vistas and multi facets of media across the globe. She honed the responsibilities of the students towards the nation as its future pillars. She gave a clear picture of India as a developing nation and also reported on the social issues to be addressed.



*Mrs. Lekha Rattanani, Executive Editor, The Billion Press, Mumbai, Honed the Responsibilities of the Students*

In the interactive session that followed, the students vibrantly came out with questions that led the discussion further. Around two hundred students, both male and female participated actively in the program.



## Counseling Session on “Smart use of Smart Gadgets”- 25.09.2023



Presidential Address by Principal Dr.D.Pandiaraja

Women’s Studies Centre (WSC) organized a Counseling session on “Smart use of Smart Gadgets” on 25.09.2023 at Dr.Radha Thiagarajan Auditorium. The main objective of the session was to sensitize the youth about the pros and cons of smart gadgets. Ms. R. Sribala, Director WSC, delivered the welcome address and introduced the Chief Guest. Dr.D.Pandiaraja, Principal, Thiagarajar College presided over the function and delivered the Presidential address. The resource person Dr. D. Janet Vasantha Kumari, Director of Counseling, Dr. M.S. Chellamuthu Trust & Research Foundation in her address stressed the importance of knowing the smart way of using electronic gadgets. She depicted an overall pattern of how children get addicted without their own knowledge and weave their own trap in ignorance. Her speech was humorous and yet definitely made each one of the audience to think about surrendering their

life to smart gadgets.



The Resource Person Dr. D. Janet Vasantha Kumari addresses the gathering

Students from various departments attended the program. Dr. R. Srinivasan, Dean Student welfare graced the occasion by his presence. Dr. Subathra Devi, Head, Department of English honored the Chief Guest. Dr.R.Aruna, Programme coordinator, WSC proposed the vote of thanks.

## October campaign-Orange the world- “Protection of Women’s Rights and Human Health Care”- 05.10.2023



Dr. Lalitha Prajna, President, Soroptimist International, Madurai honored the Chief guest Adv.R.Abishake Castro



Women's Studies Centre (WSC), Thiagarajar College and Soroptimist International, Madurai jointly organized a Special lecture on "Protection of Women's rights and Human health care" by Adv.R.Abishake Castro, Advocate in Supreme Court and High Courts of India on 05.10.2023 at Diamond Jubilee Hall, Thiagarajar College.

Dr. D. Pandiaraja, Principal, Thiagarajar College, delivered the welcome address. The chief guest was introduced by Dr. D.Sasi Devi, Assistant Program Coordinator, WSC. Dr.Lalitha Prajna, President of Soroptimist International, Madurai presided over the function and highlighted the importance of "October campaign-Orange the world" to raise awareness among the students to end the violence against Women.

The resource person Adv.R.Abishake Castro, Advocate in Supreme Court and High Courts of India listed out various forms of violence and harassment against Women in India. He pointed out the areas where they "lack and lock". The collapse of social order and its causes were discussed. He emphasized three mantras namely strong education, empowerment and financial independence to prevent violence against women.

In the latter part of the session, he highlighted the significant benefits of organic food and emphasized the importance of physical activities like yoga, cycling, walking and the quality of friends circle to lead a healthy life.



**The Resource Person Adv.R.Abishake Castro addresses the gathering**

Nearly 200 Students from various Departments attended and benefited from the program. Dr. R. Srinivasan, Dean Student welfare, Thiagarajar College, Mrs.B.Subashini, Secretary, Soroptimist International, Madurai and other members of Soroptimist International, Madurai graced the occasion by their presence.

Ms. R. Sribala, Director WSC, proposed the vote of thanks.

### **In the Eve of International Women's Day - "Salubrious Women"-07.03.2024**



**The Chief Guest Dr. M.Hemalatha and Dr. R.m. Murugappan, Dean, Curriculum and Development, Thiagarajar College on the dais**



International Women`s Day is celebrated to recognize the contributions of women to society, raise awareness about the challenges they face and promote gender equity around the world. To mark this special day, the Women's Studies Centre (Approved by UGC) organized a thought-provoking lecture on "SALUBRIOUS WOMEN" by Dr. M. Hemalatha, a renowned Obstetrician, Gynecologist and the Director of Hema Medical Centre.

Mrs. R.Sribala, Director, WSC welcomed the gathering and introduced the chief guest. Dr. R.m. Murugappan, Dean, Curriculum and Development gave the Presidential address. The resource person in her address insisted on every woman to practice self-care, to maintain a healthy lifestyle including physical, mental and emotional well-being. She gave useful tips to self-care of women. Her insights into women's health and wellbeing were truly enlightening experience.



*Dr. M. Hemalatha, a renowned Obstetrician, Gynecologist and the Director of Hema Medical Centre addresses the gathering*

The special lecture was followed by felicitation to the retiring women faculties Dr.R.Malarvizhi Mangayarkarasi, Head and Associate Professor in Tamil and Dr.K.Kayathri, Associate Professor in Maths. Prizes were distributed to the winners of the three competitions viz., Solo Dance, singing and Connection program. Dr.D.Sasi Devi, Assistant Programme coordinator, WSC proposed the vote of thanks. Dr.R.Aruna, Program Coordinator, WSC, Dr. G. Selvarakku and Dr.C.Usha Coordinators, Gender studies coordinated the program.

### ***Awareness Programme***

### **“Health and Sanitation for Sanitary Workers”-31.07.2023**



*Presidential Address by Director  
Dr. V. Subathra Devi*

The Women`s Studies Centre organized an awareness programme on the title “Health and Sanitation for Sanitary Workers” for the women of the housekeeping unit of Thiagarajar college. The objective of the programme was to reach out to the grassroots of the society and empowering them



with nutritional and health awareness. 26 women of age group ranging from 25–65 participated enthusiastically in the programme. The resource person, Dr. N. Aruna, Assistant Professor of Botany, Thiagarajar college displayed a picturesque power point with appealing pictures to the delight of the participants, who interacted with her and cleared their doubts regarding the nutritional value of the food they consume every day.



*The Programme Coordinator, Dr.R.Aruna educating the Sanitary Workers*

They were happy with the tips they received to enrich their diet with simple, affordable additions of fruits and vegetables.



*Feedback of Sanitary Workers*

Dr. Selvarakku, Assistant Professor of Tamil delivered the vote of thanks quoting the motivational lines of the Tamil poet Subramania Bharathi on women empowerment.

## **Documentary Screening On “Gender Equal Practices to Create Gender Equal Society”- 26.10.2023**



*The members of WSC -Thiagarajar College and Lady Doak College on the dais*

Women's Studies Centre of Thiagarajar college and Lady Doak College jointly organized a ‘Documentary screening’ programme on "Gender equal practices to create gender equal society" on 26.10.2023 at 11.00 a.m. in Diamond Jubilee Hall, Thiagarajar College. Dr.C.Usha, Coordinator, Gender Studies, Thiagarajar College welcomed the gathering and highlighted the objective of the program. The student volunteers from Lady Doak College screened the documentaries created by their team.

Three documentaries pertaining to the social issues about women’s education, Discrimination of women based on her appearance, Domestic violence, Struggles in confronting gender barriers and painful life of



transgender communities were screened.



*Screening of Documentaries*

Mrs.R.Sribala, Director of WSC, Thiagarajar College and Dr. Ann Nirmala Carr Coordinator, Centre for Women's Studies, Lady Doak College interacted with the students of Thiagarajar College and got the feedback and discussed the issues addressed in the documentaries.



*Mrs.R.Sribala, Director of WSC, Thiagarajar College and Dr. Ann Nirmala Carr, Coordinator, Centre for Women's Studies, Lady Doak College interacting with the students*

More than 150 students from various Departments enthusiastically participated and interacted in the program.



*Student's Interaction*

Dr.Beulah JM Rajkumar, Advisor, Centre for Women's Studies, Lady Doak College summed up the program and gave her valuable thought on creating gender equity.

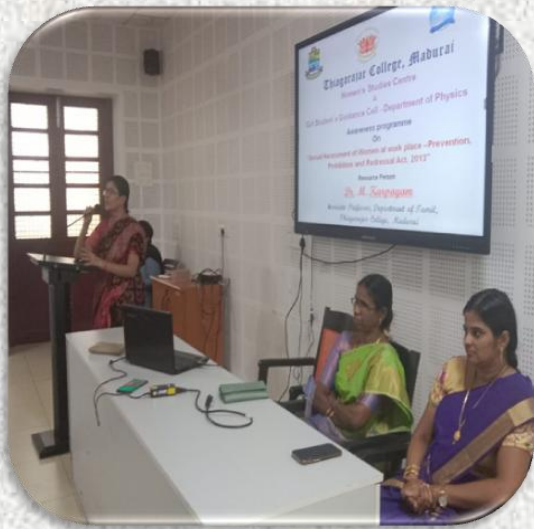


*Dr. Beulah Jm. Rajkumar Advisor, Centre for Women Studies, Lady Doak College Summarizes the Program*

Mrs. Juanita Alan, Coordinator, Counselling Unit of Lady Doak College proposed the vote of thanks.



***“Sexual Harassment of Women at work place Prevention, Prohibition and Redressal Act, 2013”-15.12.2023***



**Welcome Address by Mrs.R.Sribala, Director, WSC**

Women’s Studies Centre (WSC) and Girl Student's Guidance Cell- Department of Physics, Thiagarajar College jointly organized an awareness program on "Sexual Harassment of Women at work place Prevention, Prohibition and Redressal Act, 2013 " by Dr. M. Karpagam, Convener, Internal Complaints Committee(ICC) and Associate Professor, Department of Tamil, Thiagarajar College, Madurai on 15.12.2023 at Kabilar Hall(PH1). Ms.R.Rekha Devi of II M.Sc, Physics welcomed the gathering. Mrs.R.Sribala, Director of WSC, Thiagarajar College introduced the chief guest and emphasized the role of Internal Complaints Committee.

The resource person Dr. M. Karpagam, Convener (ICC) and Associate Professor of Tamil, Thiagarajar College, Madurai listed out the challenges faced by women at workplace. The various forms of violence and harassment against

women in the society are discussed. She created awareness about the prevention, prohibition and redressal of sexual harassment of women at work place and about the Act 2013 pertaining to it.



**Dr. M. Karpagam, Convener, ICC, Thiagarajar College, addresses the gathering**

With the guidance of Dr. D. Sasi Devi, Assistant Program Coordinator, WSC the student volunteers displayed posters to create awareness about sexual harassment and the ways to prevent it.



**WSC students displayed the awareness posters**

More than 70 students enthusiastically participated and interacted in the program. Dr.R.Aruna, Programme coordinator, WSC proposed the vote of thanks.



***“Healthy Food- Our Mother Indian Rice”-  
26.02.204.***



*Dr. V. Karthikeyan, Assistant Professor in Botany, Thiagarajar College elucidated the inherent nutritional superiority of variety of traditional rice.*

Women's Studies Centre organized a special lecture to create awareness on Healthy food. The lecture embarks on a journey to the nutritional benefits of traditional rice among the young generation. Mrs. R. Sribala, Director WSC, welcomed the gathering and insisted the necessity of using traditional rice and pointed out the adverse effects of junk food. Dr. D. Sasi Devi, Assistant Coordinator, WSC introduced the chief guest.

Dr. V. Karthikeyan, Assistant Professor in Botany, Thiagarajar College and a recipient of Nammalvar award in 2023, in his special lecture entitled "Our Mother Indian Rice" explained the inherent nutritional superiority of variety of traditional rice viz., karunkuruvai, kattuyanam, Bamboo rice.... He elucidated the medicinal benefits of organic food products and the

initiatives taken in preserving and promoting traditional rice cultivation.

The special lecture was followed by a demonstration session by Mrs. R.Yasodai, Proprietor, Origin and Organic shop, Madurai. She gave tips to be followed in cooking traditional rice and recipes for preparation.



*Mrs. R.Yasodai, Proprietor, Origin and Organic shop, Madurai demonstrated the traditional rice cooking and recipes preparation*

Healthy snacks prepared out of black kavuni and poongar rice were distributed to the participants.



*Distribution of Healthy Snacks*

Dr.G. Selvarakku, Coordinator Gender studies, coordinated the event. More than 120 students from WSC and Gender studies benefited from this special lecture. Dr. R.Aruna, Programme coordinator, WSC proposed the vote of thanks.



## **“Anaemia and Traditional food”-04.03.2024**



*Welcome address by Mrs.R.Sribala, Director of WSC*

Today's women are multi-faceted, taking care of career and family risking their own health. Women's health and well being has a substantial effect on their socio-economic status, education and empowerment. Women are particularly susceptible to Iron deficiency worldwide. In view of this, an awareness program on "Anemia and its Management in Siddha System" was jointly organized by Women's Studies Centre (Approved by UGC) and National Institute of Siddha (Ministry of Ayush, Govt. of India). Mrs. R.Sribala, Director, WSC introduced the chief guest and welcomed the gathering.

The Awareness Program includes an awareness lecture on “Anemia and Traditional food “by Dr. R. Shanmuga Priya, Public Health Specialist, National Institute of Siddha. The resource person addressed the importance of anaemia screening for early detection and treatment of many complication viz., nutritional

deficiencies, chronic diseases or genetic conditions. Many traditional foods are rich in iron, folic and other nutrients essential for preventing and treating anaemia. She advised the intake of traditional foods along with proper medical advice to effectively manage and prevent anaemia.



*Awareness lecture by Dr. R. Shanmuga Priya, Public Health Specialist, National Institute of Siddha*

Dr.R.Aruna, Programme coordinator, WSC proposed the vote of thanks.

### ***Extension Activity***

## **“Value added products in Millets”-26.09.2023** *(To Commemorate the International Year of Millets)*

Women’s Studies Centre (WSC) organized an extension program to commemorate the International year of Millets as declared by the United Nations. In view of this a workshop on “Value added products in Millets” was conducted at Sriman Nayakiyar Vidya Mandir Matriculation School on 26.09.2023. The main objective of the program is to create awareness about the importance of Millets and to increase consumption of millets.



Ms. R. Sribala, Director WSC, delivered the welcome address and highlighted the importance of Millets in the health of growing children. She honored Mrs.S.L.Subhashini, Principal, SNVM Matric Hr.Sec.School. Dr.R.Aruna, Programme coordinator, WSC addressed the students about the nutritional benefits and medicinal importance of Millets. She also mentioned the role of Millets in providing nutritional security for various deficiencies among children and women. High iron content in Millets can fight the prevalence of anemia in Indian Women and infants.



*WSC students created awareness by displaying posters*



*WSC Students displayed Millet based value added products and explained the nutritional value*



*Dr. R. Aruna Coordinator, WSC addressed the students about the Importance of Millets*



*The Participants*

The students from WSC created awareness by displaying posters that conveyed the nutritional value of Millets, their cultural significance and the importance of incorporating them into our diet. More than 20 Millet based value added food products were prepared and displayed by WSC students and volunteers from the Department of Botany. All the nutritional products were relished by school students and teachers.

More than 150 students and the school teachers benefited from this workshop. Dr.G. Selvarakku, WSC Part V Programme officer of Thiagarajar College proposed the vote of thanks.



## **Training Programme**

**"Basic Training on Ms-Office Tools"-  
20.01.2024**



**Welcome Address by Mrs.R.Sribala, Director of WSC**

Women's Studies Centre (WSC) of Thiagarajar College conducted a one day workshop on Basic training on office tools for the Women non-teaching staff of Thiagarajar College on 20.01.2024 at CS Aided lab. Mrs. R. Sribala, Director WSC, delivered the welcome address.

Dr.J.Prakash, Assistant Professor of Computer Science, Thiagarajar College addressed the topic "Basics of Internet and office Automation" in the first Session. Mrs. K.Suriya Prabha, Assistant Professor in Computer Science, Thiagarajar College discussed about "Office Automation and system handling" in the Session II. The resource persons were introduced by Dr. D.Sasi Devi, Assistant Coordinator, WSC.

The non-teaching women staffs from various Departments enthusiastically participated and benefited from this workshop. They were trained to create, save, modify documents in Word, create spreadsheets in Excel, design power

point slides and to use ChatGPT effectively.



**Dr.J.Prakash, Assistant Professor of Computer Science, addressing the topic "Basics of Internet and office Automation"**



**Mrs. K.Suriya Prabha, Assistant Professor of Computer Science gives training on "Office Automation and system handling"**

The Workshop empowered the participants with in-depth knowledge on document creation and data management as a part of office automation. An online quiz was conducted and the prizes were distributed to the winners.

Dr.G.Selvarakku, Assistant Programme Coordinator, WSC proposed the vote of thanks.



## ***Field Projects and Activities***

### **Medical Camp - Anaemia and its Management in Siddha System-04.03.2024 to 06.03.2024**

Women's health is a vital component of public health, reflecting not only the physical well-being of women but also their social, economic and political empowerment. They are particularly susceptible to Iron deficiency, the most common cause of anaemia worldwide.

According to World Health Organization (WHO), anaemia affects nearly 30% of non-pregnant women and about 40% of pregnant women globally. Anaemia can drastically reduce energy levels, affecting a woman's ability to perform daily tasks. In chronic cases, there may be cognitive impairment, affecting memory, learning and attention.

In view of this, a three day medical camp on "Anemia and its Management in Siddha System" was jointly organized by Women's Studies Centre (Approved by UGC) and National Institute of Siddha, (Ministry of Ayush, Govt. of India) for the girl students of Thiagarajar College, Madurai. The Program includes an awareness lecture on "Anemia and Traditional food " by Dr. R. Shanmuga Priya, Public Health Specialist, National Institute of Siddha, anaemia screening test, expert consultation, nutritional Counseling, lifestyle recommendations and Follow-up Plans.

More than 3000 students attended the camp and benefited. Out of the 3000 students who underwent anaemia screening test, Nearly 194 students were diagnosed with anaemia.

They were given nutritional counseling, follow-up plans to monitor their progress and they were advised to adhere to the treatment plans.



*Anemia screening test conducted for the girl students of Thiagarajar College*



*Dr. R. Shanmuga Priya, Public Health Specialist, National Institute of Siddha gives nutritional counseling to students*

Dr.D.Sasi Devi, Assistant Program Coordinator and Dr. G. Selvarakku Coordinator (SF), Gender studies coordinated the program.



## ***Achievements***

The Students of Women`s Studies Centre (WSC), Thiagarajar College won I Prize (Cash award of ₹.10,000/-) in the Intercollegiate Expo on “Menstrual Health Management” held at Lady Doak College, Madurai on 08.03.2024. Dr.R.Aruna, Programme Coordinator, WSC guided the students.



*WSC students explaining their concepts to the Judges*



*WSC students presenting in the Expo*



*Exhibit by the students of WSC, Thiagarajar College*

**'Empowered Women, Empower the World'**

**'Equality knows no Gender '**

**'Strong Women, Strong World.'**



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