



ST. MARY'S COLLEGE (AUTONOMOUS)

(Re-accredited with 'A+' Grade by NAAC – 4th Cycle)

Thoothukudi – 628001, Tamil Nadu, India

(Affiliated to Manonmaniam Sundaranar University)

Centre of Women's Excellence

Women's Cell

2021-2022

The Women Cell in association with the Inner Wheel Club of Thoothukudi organized a webinar to spread awareness on the World Nutrition Week on 28.09.2021. The theme of the webinar was “Nutrition and Health for Adolescent Girls”. The chief Guest of the day was Dr. ArchanaAmbujan, MS (OG), DRMC (Germany), Executive Director of SundaramArulraj Hospital, Tuticorin. Mrs. RamyaMariappan, Secretary, Mrs. Jayanthi, Zonal Deputy Officer, Mrs. Judy Ivan, President, and Mrs. AarthiKannan, Project Coordinator of Inner Wheel Club, Thoothukudi graced this occasion.

The speaker rendered a speech on the importance of the transitional period of adolescence. She discussed on the characteristics of adolescent that bridge between the immature childhood and the responsible adulthood. The physical change and the mental change in men and women, psychological disorders, educational problems, the experience of adulthood and family life, challenges in adolescent development, importance of diet and exercise and the reasons for obesity in women were highlighted. The major health issues faced by women during the adolescent phase of life were also discussed. The speaker presented the parameters for healthy life, preventive measures for adolescent health problem during the session. She explained about the symptoms, complications and treatments available for Anaemia, PCOS and Cancer Cervix. 428 students were benefitted out through this program. The session ended with the college anthem.



Chief Guest Dr. Archana Ambujan, MS (OG), DRMC, Executive Director of Sundaram Arulraj Hospital, Tuticorin addresses on “Nutrition and Health for Adolescent Girls”

Zoom Meeting

Recording... **LIVE** on YouTube

Participants (95)

Find a participant

- Ramya Maria... (Co-host, me)
- Dr.Arul's Diabetes & Lifes... (Host)
- VR veila Raja (Co-host)
- Aarathy kannan (Co-host)
- AM Anila Maily (Co-host)
- DA Dr.Archana Ambujan (Co-host)
- Jl judy ivan iwc of tuty s... (Co-host)
- JS JR SMART TAB

INNER WHEEL CLUB OF TUTICORIN SPIC NAGAR
District 321
Charter No. 2035

Maria Xavier Judy Juanita President
Ramya Mariappan Secretary
Ebe Panilthi Martines IW President
Saroj Katiyer Association President
Cinda Joly District Chairman 321

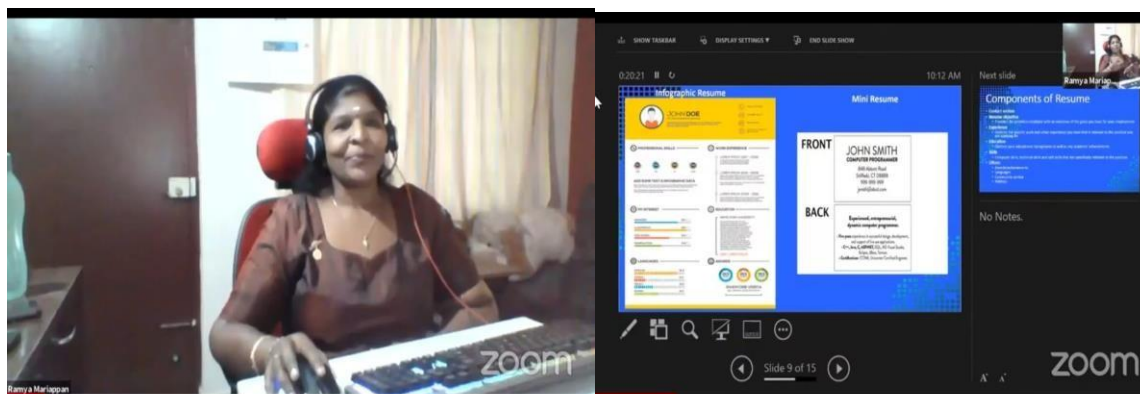
WORLD'S LARGEST WOMEN'S VOLUNTARY SERVICE ORGANISATION MOTTO- FRIENDSHIP AND SERVICE

Webinar on “Nutrition and Health for Adolescent Girls” through Zoom platform

Report of Capacity Building and Personality Development Programme

The Centre for Women's Excellence a two day workshop conducted on "Capacity Building and Personality Development" sponsored by the National Commission for Women, India between 11th and 12th November, 2021. The workshop was conducted through Zoom platform. The objective of the workshop was to enrich women in their interpersonal and communication skills. On the first day the workshop started at 9.00 a. m. with Batch I and the next day with Batch II students respectively. Dr. Rev. Sr. A. S. J. Lucia Rose, Principal, gave the presidential address followed by felicitation by Dr. Rev. Sr. S. Kulandai Therese, Deputy Principal. The key speakers were welcomed by the programme organizers. Session 1 was on the topic "Professional- Career Skills.

The resource person was Ms. RamyaMariappan, Global Process Governance Lead, HP India Sales Pvt. Ltd, Bangalore. She explained the importance of framing Resume and cover letter for job application. She highlighted on the types of resume, components of a resume, specimen of freshers' resume, tips on how to write a resume and how to improve presentation skills.



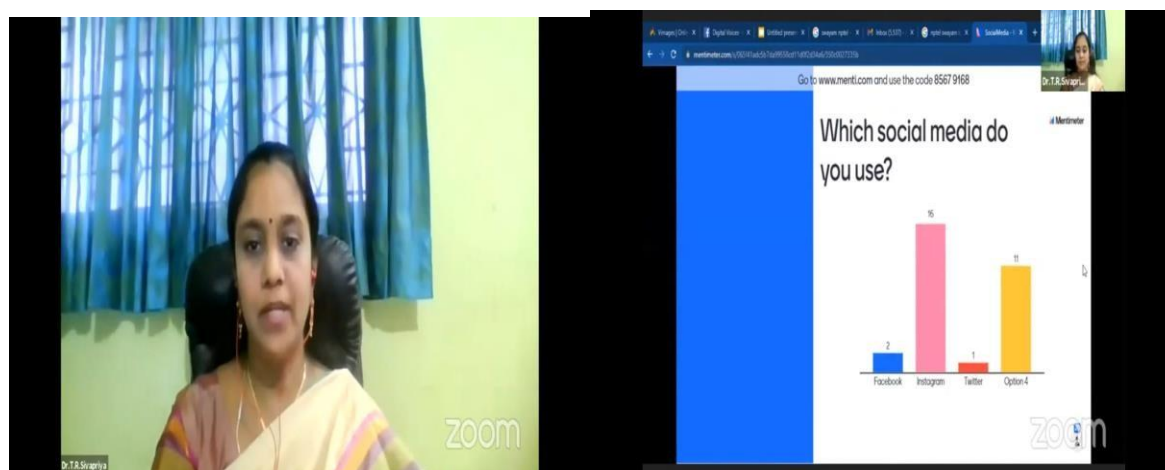
Capacity Building and Personality Development Programme



Capacity Building and Personality Development Programme

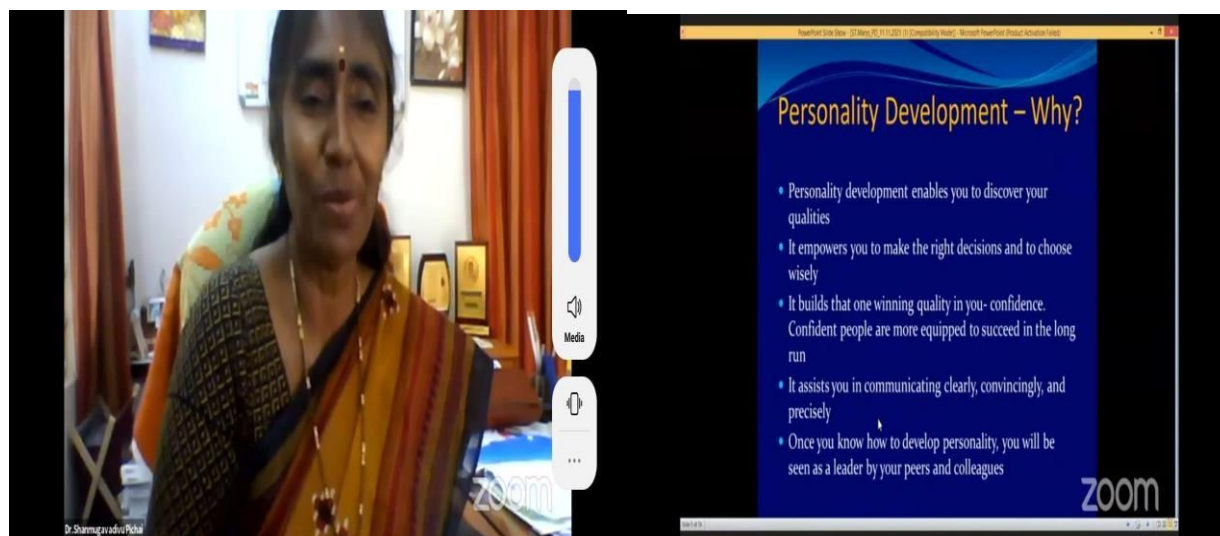


Dr. T. R. Sivapriya, Coordinator of Information Technology, Lady Doak College, Madurai chaired the second session on the topic “Digital Literacy and Effective use of Social Media”. The resource person stressed women being ripples to change the society. She explained about multitude literacies required for the digital age, skills in digital literacy, digital citizenship, digital wellness, role of social media, effective use of social media, its cautions, cyber security and specific provisions in IT Act for cybercrime against women. She also discussed about Government schemes - ekranti Electronic delivery of services like the digital India internship offered by the Govt. of India.



The third session was on “Personality Development”. The resource person of the session was Dr. P. Shanmugavadivu, Professor of Computer Science and Application, Gandhigram Rural Institute Deemed University, Dindigul. The speaker defined the term personality and the reasons to develop it. She discussed on the topic of “How and Why?- Personality Development and the parameters to successfully attain it. She underlined the 10 principles of the Japanese Kaizen to mould one’s personality. She differentiated goal and dream in which a dream is a desire and a goal is a dream with plan of action and deadline.

The speaker ended the session with a Thirukkural couplet- 942 that appreciates lifestyle management. It reflected the idea that the body needs no medicine, if one eats after ensuring the earlier intake is digested.



J. Anila Maily, Associate Professor, Department of Computer Science thanked each resource persons in a special way for bringing the programme to success and proposed the vote of thanks. 347 students were benefitted out through this program. The programme ended at 3.30 p. m. with the College Anthem on both the days.

Report of International Women's Day Celebration

The Women Cell celebrated the International Women's Day on 08.03.2022. The theme of the day that was taken for reflection was "The Empowered Woman is Powerful beyond Measure and Beautiful beyond Description". The students from the Centre for women Excellence hold the pluck cards to create public awareness on Women Empowerment.



Public Awareness on Women Empowerment

The chief guest of the day was Mrs. T. CharuSree IAS, Commissioner of Thoothukudi District and the guest of honor was Tmt. M. Breetha M. L., Secretary/ Sub Judge, District Legal Services Authority, Thoothukudi. Ms. Sneha John of II M. A. English Literature welcomed the gathering and introduced the chief guest and guest of honor of the day. Rev Sr. Secretary and Dr. Rev. Sr. Principal welcomed the guests with bouquets and mementos.

Mrs T. CharuSree IAS, explained the status of women as “We are in a tough world and we have to put our foot down and stand for our self”. She encouraged women to be physically active, creatively independent and verbally powerful.



Mrs. T. CharuSree IAS, Commissioner of Thoothukudi District Address

Tmt. M. Breetha M. L. emphasized on “Gender Equality for a Sustainable Future. She advocated that women are always “not” victims but through their spirits they turn out to be “warriors”. She accentuated the ways to overcome three main hurdles in life through 3 B’s- Be Confident, Be Honest and Be Alert. She underlined that women should learn to express “NO”. Tmt. M. Breetha authenticated her talk by quoting a few case studies, lines from Tamil Literature and Workplace experiences.



**Guest of Honor Tmt. M. Breetha M. L., Secretary/ Sub Judge, District
Legal Services Authority, Thoothukudi**

The college's choir, AICUF, mime team, singing team, cultural team, tableau team and dance team showcased the stages of womanhood and their achievements through various art forms. Ms. Maria Joshy Roy of I B. Sc. Mathematics proposed the vote of thanks. The total numbers of beneficiaries are 546 students. The programme ended with the college anthem.