



The Women Cell organised an insightful session on ‘Navigating the Path to Women’s Protection’ on 19th September 2024. The session was led by JCI Sen. Adv. V. Subachini Wilson, an eminent Zone Officer-Empowering Youth & Future, and Former Public Prosecutor at the Mahila Court, Thoothukudi. She delivered an inspiring talk, shedding light on the various dimensions of women’s protection. The speaker also emphasised the importance of education and raised an awareness of empowering women to navigate through challenges in society. The key focus was placed on the role of family, educational institutions, and the community in creating a safe and supportive environment for women.



The Women Cell of St. Mary's College (Autonomous), Thoothukudi, organised an awareness meeting on Empowering Women Through Self-Defence and Leadership Skills

on 6th February 2025 at 2:30 p.m. in the Fatima Hall. The resource person, Dr. J. Jemi Merlin Rani, Assistant Professor of History at Sadakathullah Appa College, Tirunelveli, delivered an insightful talk on the importance of self-defence as a life skill. She emphasized that self-defence is not just about physical techniques but also about mental strength and preparedness. She elaborated on women's safety, leadership skills, and breaking societal stereotypes, urging young women to cultivate confidence, resilience, and independence in their daily lives. She also shared historical perspectives on women's empowerment, drawing inspiration from women leaders who defied odds to create an impact. She highlighted the need for effective communication, decision-making, and emotional intelligence in leadership, inspiring students to embrace their strengths and step into leadership roles. Her address was engaging, thought-provoking, and deeply motivating, resonating with the audience. No. of participants: 126



Report on Women's Day Celebration on 08.03.2025

The Women's Cell under the wings of Centre for Women Excellence celebrated the International Women's Day on 08.03.2025. The celebration was graced by Mrs. Sornadevi Balasubramanian, Director and CFO of Saltec Capital Pvt. Ltd., Thoothukudi. The Presidential address was delivered by Rev. Sr. Dr. Jessie Fernando the Principal, who emphasized the importance of women's empowerment, education, and leadership. Felicitation speech was given by the Secretary, Rev. Sr. Dr. Shibana. She

strongly emphasised that in order to develop stronger, self-discipline is more crucial in one's life.

A special highlight of the event was the release of the book titled Kaarigaiye Vilithezhu. The Chief Guest, along with the college dignitaries, officially unveiled the book, which symbolizes women's resilience and empowerment. The chief guest Mrs. Sornadevi Balasubramanian emphasised the importance of financial independence for women in today's world, the challenges faced by women in corporate leadership and how determination and perseverance can break barriers. Students gave their outstanding cultural performances through their vibrant dances and melodies. The programme not only celebrated women's achievements but also motivated students to dream big and work hard towards a brighter future.

