



Women's Studies Centre

(Funded by UGC)

Holy Cross College (Autonomous)

Affiliated to Bharathidasan University
Nationally Accredited (4th Cycle) with A++ Grade (CGPA 3.75/4) by NAAC
College with Potential for Excellence
Tiruchirappalli - 620 002, Tamil Nadu.

Newsletter

2024 - 2025

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From the Editor..... 

Newsletter (2024-2025)

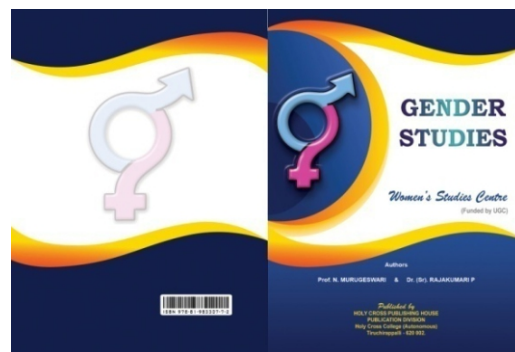
Editor's note

It is my great pleasure to present the 15th edition of the Holy Cross College (Autonomous) Women's Studies Centre Newsletter. The Women's Studies Centre (funded by UGC) has made remarkable strides this year through a combination of academic, advocacy, field action, media engagement, and research initiatives aimed at fostering gender equality and empowering women. The teaching programs have been diverse and comprehensive, offering a Foundation Course in Gender Studies, two batches of the Certificate Course on Women and Law, and a Certificate Course in Gender and Development, allowing students to gain in-depth knowledge and practical understanding of gender-related issues. In terms of advocacy, the Centre has been actively involved in supporting the Legal Aid Clinic (LAC), operating it consistently throughout the months of July, August, September, October, January, February, and March, providing legal assistance to those in need. Additionally, numerous legal awareness programs, such as "Own Your Power: Legal Tools for Women's Success," "Legal Voices: Advocating for the Girl Child," and "Know Your Rights: A Women's Guide to Empowerment," have been conducted, alongside events focused on legal protection for women and children, law and entrepreneurship, and advocating for legal rights. The field action initiatives have been equally impactful, with programs commemorating significant dates like International Women's Day, International Girl Child Day, and International Rural Women's Day, as well as campaigns on road safety, nutrition, anti-tobacco consumption, and self-defense for women. The Centre's participation in global and national events such as World Breastfeeding Week, National Nutrition Week, and the International Day for the Elimination of Violence Against Women has further strengthened its mission. Moreover, the Gender Champion Club has engaged students through various activities, including discussions on gender socialization, menstrual hygiene, soft skills training, and community outreach, such as book donations and awareness programs in local villages. In the media realm, the Centre has leveraged radio programs and live talk shows on platforms like All India Radio and Holy Cross Community Radio to spread messages of empowerment and gender equality, ensuring that these issues reach a wider audience. The research initiatives undertaken by the WSC, such as the ASER Survey 2024 and the creation of research proposals exploring contemporary trends in social sciences, have contributed significantly to advancing knowledge in the field. Additionally, a series of meetings with student council members, Women's Studies Centre representatives, and internal committees has ensured continuous dialogue, planning, and coordination of activities, creating a dynamic environment for promoting women's rights and social justice within the academic and local communities. Through these multifaceted efforts, the WSC continues to be a driving force in advocating for gender equality, providing critical resources, and engaging communities in the ongoing conversation about women's empowerment and rights.

3.1 Teaching

a) Foundation Course on Gender Studies Course

The Centre has been offering Gender Studies Foundation Course for II UG students (except students of Audiology & Speech Language Pathology) of our College as per the norms of the Bharathidasan University since 2011 in the Odd semester with University provided syllabus and text books which are in English and Tamil. Students can write exams either in Tamil or English. They write two internal tests for 50 marks and an exam for 50 marks in the external. A total of 1468 students benefited from the course in this academic year.



b) Certificate Course on Women and Law - Batch I

The Women's Studies Centre, funded by the UGC, successfully conducted a Certificate Course on Women and Law from August 27, 2024, to September 19, 2024, aimed at empowering participants with essential legal knowledge related to women's issues. The course was primarily designed for the Gender Champion Club, comprising 56 students, along with 54 representatives from the Women's Studies Centre, bringing the total number of participants to 110. The classes were held from 11:30 AM to 3:30 PM, accommodating both Shift I and Shift II students, with 50 students initially enrolling and 38 completing the course. The curriculum was delivered by esteemed advocates, S. Rama, M.A., L.L.B., and Mrs. R. Priya, B.A., B.L., both from Tiruchirappalli, whose expertise ensured the sessions were both informative and engaging, focusing on women's legal rights, the challenges they face, and the role of law in promoting gender equality. A significant part of the course was a full-day court visit on September 19, 2024, which allowed students to observe live court proceedings and interact with legal professionals. This experience deepened their understanding of the legal system, with Honorable Sub-Judge P. Sivakumar and Honorable Judge D. Jeyapradha providing valuable insights into the law and how it protects women and children. Judge Jeyapradha also took the time to meet with the students, offering them inspiration and guidance on the importance of knowing one's rights and taking proactive steps for safety. Despite initial enrollment challenges, 38 students successfully completed the course, gaining both legal knowledge and motivation to advocate for women's rights in their communities. Moving forward, the Women's Studies Centre plans to continue offering such initiatives and recommends increasing outreach for higher enrollment, incorporating more practical sessions like mock trials, and providing follow-up workshops to support ongoing learning. This certificate course has established a strong foundation for students to engage in discussions on women and law, fostering the promotion of gender equality in society.



c) *Certificate Course on Women and Law - Batch II*

The Certificate Course on Women and Law, Batch II, was successfully conducted over four days from November 18th to 21st, 2024, benefiting 95 students. The classes, held in Mother Sophy's Block, were led by experienced advocates from the District Court, Tiruchirappalli. The course began with three days of theoretical sessions, covering various aspects of women's rights and law. On the fourth day, students had a hands-on experience with a practical visit to the Tiruchirappalli District Court. The visit aimed to provide a deeper understanding of the judiciary and its role in handling cases related to women's rights and gender justice.



During the visit, students were divided into three groups and toured different types of courts, including the Mahila Court, Labour Court, Family Court, Special Court, and Criminal Court. They were guided by Legal Aid Clinic officers who provided essential information about the court campus, which houses 30 courts in one building. The students also had the opportunity to meet with the sub-judge, who shared insights based on his experience, particularly emphasizing the importance of women and law.

The visit was further enriched by talks from three distinguished judicial figures. Thiru M. Christofer, Principal District Judge, discussed the crucial role of the judiciary in safeguarding women's rights and promoting gender justice. Thiru C. Shivakumar, Secretary and Sub Judge, explained the judicial process, focusing on cases involving women, including domestic violence and dowry harassment. Thiru S. Jaisingh, Chairman of the Permanent LokAdalat, highlighted the importance of Alternative Dispute Resolution (ADR) methods like mediation and arbitration in resolving disputes, particularly in cases affecting women.

The educational visit provided students with a comprehensive understanding of the judicial system, helping bridge the gap between their theoretical knowledge and real-world legal practices. This experience allowed them to gain valuable insights into how the legal system handles gender-sensitive issues and the efforts being made to ensure justice for women. Organized by the Women's Studies Centre, Holy Cross College, the visit was a pivotal part of the course, offering students a practical, insightful, and enriching learning experience.

d) Certificate Course in Gender and Development

The Women's Studies Centre, funded by UGC, organized a Certificate Course in Gender and Development in collaboration with Bharathidasan University during the Even Semester. A total of 32 students enrolled in this enriching course, which consisted of three core papers, each focusing on a different aspect of gender studies. The first paper, *Gender Equality and Women Empowerment*, was taught by Prof. N. Murugeswari, Director and Head of the Department of Women's Studies at Bharathidasan University, Tiruchirappalli. This paper focused on understanding the concepts of gender equality and exploring ways to empower women within society. The second paper, *Gender and Health*, was handled by Dr. S. Elavarasi, Assistant Professor of Zoology at Holy Cross College, Tiruchirappalli. This subject examined the relationship between gender and health, looking at how men and women experience different health challenges and how gender influences access to healthcare. The third paper, *Gender and Work*, was taught by Dr. P. Prisheela, Assistant Professor and Coordinator of the Women's Studies Centre at Holy Cross College, Tiruchirappalli. It explored the intersection of gender and work, particularly focusing on the inequalities men and women face in the workplace and how traditional gender roles affect career choices.



In addition to the theoretical coursework, students participated in an internship program. Each week, they spent one day at the Department of Women's Studies at Bharathidasan University, where they worked on real-life projects, gained practical experience, and engaged with ongoing research in gender studies. The course was designed to be flexible, with classes offered both offline and online, allowing students to attend based on their preference and convenience. Currently, the classes and internship are still ongoing, providing students with valuable knowledge and hands-on experience in the field of gender and development. This comprehensive course aims to equip students with the skills and understanding necessary to contribute to the advancement of gender equality in various sectors.

ADVOCACY

3.1 Functioning of Legal Aid Clinic (LAC)

Legal Aid Clinic has been functioning in collaboration with District Legal Services Authority (DLSA), Tiruchirappalli since January 2013 without any fee from beneficiaries on all Wednesdays from 1 p.m. to 3 p.m. The Legal Aid Advocate provide legal awareness to students at their classrooms, give advice to solve their personal legal problems and forward petitions to District Legal Services Authority to run the case without fee for the development of economically weaker section people. Totally 338 persons benefited from the legal awareness and 70 persons got guidance to solve their personal problems. The details are as follows



MONTH OF JULY - 2024

Session 1:

Date: 03.07.2024

Advocate: Mrs. Rama, Panel Advocate, Tiruchirappalli

In this session, students were advised on filing formal complaints, particularly concerning property disputes, and were encouraged to gather necessary evidence. Key topics discussed included laws related to fire accidents and transgender rights, as well as the legal implications of Aadhaar cards and land ownership. The seriousness of cyberbullying was emphasized, alongside an explanation of the bail process and its legal framework. The session also covered legal career paths, family conflict resolution strategies, and the importance of women's safety. Additionally, students learned about the Chief Justice of India's selection process, the procedure for claiming property rights, and the process of filing a First Information Report (FIR).



Important Doubts Addressed:

- Procedure for property disputes and gathering evidence
- Bail system and legal framework
- Land ownership and Aadhaar-related queries
- Legal rights in cases of fire accidents and cyberbullying
- Legal processes for claiming property rights after a parent's death

Session 2:

Date: 10.07.2024

Advocate: Mrs. S. Rama, Panel Advocate, Tiruchirappalli

This session focused on gender inequality and its link to crime, with a discussion on legal acts protecting women and addressing online crimes. Students clarified doubts about specific legal judgments, including those related to child abuse and the Right to Education (RTE). The session also explained government actions to combat the spread of rumors and their legal consequences.



Important Doubts Addressed:

- Legal acts protecting women
- Steps for filing cases of child abuse and rape
- Clarity on the Right to Education and school non-compliance
- Government actions against rumor spreaders

Session 3:

Date: 16.07.2024

Advocate: Mrs. S. Rama, Panel Advocate, Tiruchirappalli

This session provided career guidance, suggesting pathways for further studies, scholarships, and career opportunities in law. The advocate addressed issues related to child abuse in communities and provided insights into empowering women and ensuring legal protection. Students also discussed societal norms and gender inequality, with a focus on legal rights for women.

Important Doubts Addressed:

- Career guidance and higher education options
- Legal resources for child abuse victims
- Gender inequality and societal norms affecting women
- Legal empowerment strategies for women



Session 4:

Date: 24.07.2024

Advocate: Mrs. S. Rama, Panel Advocate, Tiruchirappalli

In the final session, students discussed personal legal issues, including property disputes and harassment. The advocate provided advice on property ownership rights, inheritance laws, and sexual harassment cases. Students gained further clarity on land-related concerns, ownership rights, and general legal principles that affect daily life.

Important Doubts Addressed:

- Legal advice on property rights and disputes
- Clarification on inheritance and land ownership laws
- Harassment and sexual issue legal avenues
- General legal principles for everyday life



Overall, the sessions provided students with practical legal knowledge and clarity on a range of personal, social, and legal issues, enhancing their understanding of their rights and responsibilities.

MONTH OF AUGUST- 2024

Session 5:

Date: 07/08/2024

Advocate: Ms. S. Sandhiya, Panel Advocate, Tiruchirappalli

This session focused on legal sections related to eve teasing and harassment against women. Students learned about the legal steps involved in filing cases, including necessary documentation and timelines. The session also addressed the legal challenges surrounding child marriages and the support systems available. Students explored various legal avenues, weighing their advantages and disadvantages. Additionally, they received valuable tips on effective study methods, time management, and career opportunities in the job market. Local issues such as water supply and management were also discussed. The session empowered students with knowledge on girls' safety, protective measures, and available legal resources.



Important Doubts Addressed:

- Legal steps for filing harassment and eve teasing cases
- Support systems for victims of child marriage
- Advantages and disadvantages of different legal options
- Career opportunities and job-related concerns
- Local issues related to water supply and management

Session 6:

Date: 21/08/2024

Advocate: Ms. S. Sandhiya, Panel Advocate, Tiruchirappalli

In this session, students gained insight into applying for scholarships, including eligibility, application processes, and tips on presenting their achievements. They also discussed strategies for overcoming struggles, focusing on resilience and seeking help when needed. The session provided an in-depth explanation of property issues, ownership laws, and the legal processes involved in property transactions.

Important Doubts Addressed:

- Scholarship application processes and eligibility
- Strategies for overcoming personal struggles
- Property rights, ownership laws, and property transactions

Session 7:

Date: 28/08/2024

Advocate: Ms. S. Sandhiya, Panel Advocate, Tiruchirappalli

This session provided valuable knowledge on education pathways, family issues, and women's empowerment. Students explored various opportunities for further learning, including vocational training and university degrees. They discussed family dynamics and shared their concerns in a supportive environment. The advocate clarified legal rights and responsibilities, particularly regarding land ownership and legal processes in land transactions. The session also emphasized the importance of advocating for gender equality and provided practical tips for gaining admission to law college, including preparing for entrance exams and seeking mentorship.

Important Doubts Addressed:

- Legal rights and responsibilities in family issues
- Land ownership rights and legal processes
- Educational pathways, including vocational training and university degrees
- Tips for gaining admission to law college



MONTH OF SEPTEMBER - 2024

Session 8:

Date: 04/09/2024

Advocate: Ms. N. Poonkodi, Panel Advocate, Tiruchirappalli

In this session, students discussed education-related queries, helping them understand their rights and opportunities within the educational system. They also shared concerns about family issues, fostering an open environment for personal expression and advice. The advocate clarified personal legal matters and provided guidance on filing legal cases, including necessary documentation and procedures. Students gained valuable insights into legal frameworks, empowering them to navigate various legal situations effectively.



Important Doubts Addressed:

- Education-related rights and opportunities
- Personal legal matters and clarifications
- Procedures for filing legal cases

Session 9:

Date: 11/09/2024

Advocate: Ms. N. Poonkodi, Panel Advocate, Tiruchirappalli

This session covered career-related queries, offering guidance on various career paths and the skills required to succeed in each field. Students also raised concerns about street issues and women's safety, prompting discussions on personal security and community measures. The session provided clarity on property rights, the legal processes involved in transactions, and the filing of complaints.

Important Doubts Addressed:

- Career opportunities and required skills
- Women's safety and personal security
- Property rights and legal processes
- Filing complaints and legal procedures



Session 10:

Date: 18/09/2024

Advocate: Ms. N. Poonkodi, Panel Advocate, Tiruchirappalli

This session focused on educating students about the legal profession and potential career paths. The advocate clarified rape laws, women's safety, and Panchayat systems. Students raised questions about property issues, specifically about buying land and women's legal rights in property transactions. Additionally, discussions included entrepreneurship and the basics of starting a business.



Important Doubts Addressed:

- Rape laws and the legal framework surrounding them
- Women's rights in property transactions and buying land
- Entrepreneurship and starting a business
- Career paths in the legal sector

Session 11:

Date: 25/09/2024

Advocate: Ms. N. Poonkodi, Panel Advocate, Tiruchirappalli

In this session, students gained insights into the court system and the intersection between law and politics. They raised concerns about abuse by bus conductors, prompting advice on addressing such issues. Discussions also focused on the dowry system and its implications, as well as the process of filing online complaints related to child marriage and unregistered marriages. One student had specific queries that were thoroughly addressed by the advocate.



Important Doubts Addressed:

- Court system and general awareness of legal processes
- Handling abuse and legal advice
- Dowry system and laws against it
- Filing online complaints for issues like child marriage

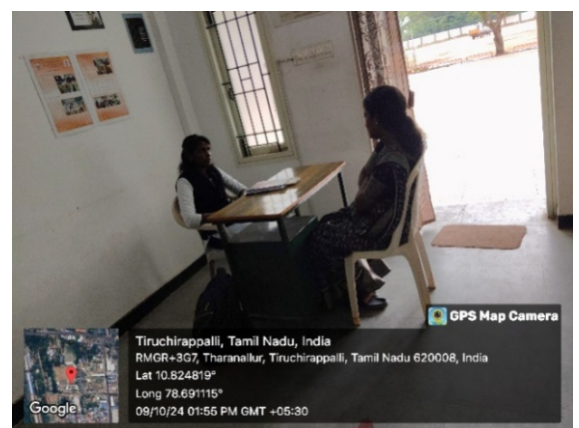
MONTH OF OCTOBER

Session 12:

Date: 09-10-2024

Advocate: Mrs. Renuka Devi, Panel Advocate, Tiruchirappalli

On October 9, 2024, a session addressed various concerns raised by staff members. The main discussion focused on ongoing **drainage issues** at the college, with staff seeking guidance on how to report and resolve the problem. The advocate outlined the proper channels for lodging complaints and the steps the facilities team would take. Additionally, the establishment of a **sports academy** was discussed, with staff inquiring about the legal procedures and approvals needed. A non-teaching staff member also shared a personal issue regarding a **divorce case** and expressed concerns about withdrawing it. The advocate offered legal guidance and emotional support in addressing the situation.



Important Doubts Addressed:

- Reporting and resolving drainage issues
- Legal procedures for establishing a sports academy
- Guidance on withdrawing a divorce case

Session 13:

Date: 09-10-2024

Advocate: Mrs. Renuka Devi, Panel Advocate, Tiruchirappalli

During the session on October 9, 2024, several legal queries were addressed. A teaching staff member inquired about the **process for changing a property name**, and the advocate explained the necessary steps, legal requirements, and documentation involved. A non-teaching staff member also asked about the **child adoption process**, with the advocate detailing the legal steps, eligibility criteria, and required documentation. A student inquired about the **Labour Act**, specifically workers' rights, including wages and working conditions, which the advocate clarified, emphasizing the protections offered to both employees and employers.



Important Doubts Addressed:

- Process for changing a property name
- Legal steps and requirements for child adoption
- Key provisions of the Labour Act and workers' rights

MONTH OF JANUARY - 2025

Session 14:

Date: 14/01/2025

Advocate: Mrs. N. Vennila, Panel Advocate, Tiruchirappalli

This session covered a wide range of legal topics, addressing important issues such as food safety, public transportation rights, property laws, women's rights, and student welfare. Advocate N. Vennila discussed food safety regulations and the taxes affecting both consumers and businesses, along with legal challenges students face while using public transport. She also highlighted land ownership and property inheritance laws, women's protection laws, and government schemes supporting women entrepreneurs. Additionally, she provided insights into laws ensuring equal rights and fairness for all citizens, including in employment and inheritance. Practical applications of legal knowledge were also emphasized, especially regarding laws against bullying and harassment.



Important Doubts Addressed:

- Food safety regulations and relevant taxes
- Legal challenges related to public transportation
- Property inheritance laws and dispute resolution
- Protection laws for women and student welfare rights
- Equal rights and fairness in inheritance and employment
- Legal measures against bullying, harassment, and body shaming

MONTH OF FEBRUARY -2025

Session 15:

Date: 12-02-25

Advocate: Ms. S. Sandhiya, Panel Advocate, Tiruchirappalli

On February 12, 2025, a session at the Women's Studies Centre focused on the **Workplace Harassment Act**. Advocate S. Sandhiya explained the key provisions of the **Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, 2013**, discussing various forms of harassment, including physical, verbal, and non-verbal. The role of the **Internal Complaints Committee (ICC)** and how victims can file complaints was highlighted, along with preventive measures for creating a respectful workplace. A Q&A session addressed queries on handling harassment, reporting mechanisms, and legal protections under the Act, empowering students with essential knowledge about their workplace rights.



Important Doubts Addressed:

- Forms of workplace harassment
- Role of the Internal Complaints Committee (ICC) and filing complaints
- Preventive measures for a respectful workplace
- Reporting mechanisms and employee rights

Session 16:

Date: 19-02-25

Advocate: Ms. S. Sandhiya, Panel Advocate, Tiruchirappalli

On February 19, 2025, a **Legal Aid Clinic** at the Women's Studies Centre covered legal rights, career opportunities in law, and personal well-being. Advocate S. Sandhiya addressed topics such as legal rights in public spaces, government legal assistance, and the **POCSO Act**. Guidance on filing complaints under the **POCSO Act** was provided, along with tips for preparing for the **CLAT exam** and pursuing law studies abroad. A special session on **online abuse** and **online forgery** was conducted for **Visual Communication students**. The clinic empowered students with both legal knowledge and career advice.



Important Doubts Addressed:

- Legal rights in public spaces and legal assistance provisions
- Filing complaints under the POCSO Act
- Preparing for the CLAT exam and studying law abroad
- Legal issues regarding online abuse and forgery

MONTH OF MARCH - 2025

Session 17:

Date: 12-03-25

Advocate: Mrs. S. Rama, Panel Advocate, Tiruchirappalli

On March 12, 2025, a session on criminal cases was held at the Women's Studies Centre. Advocate Mrs. S. Rama addressed various topics, including types of criminal offenses, the criminal investigation process, and the rights of the accused during investigations and trials. Key discussions also covered the differences between civil and criminal cases, victims' rights, and the role of the judiciary. The advocate explained the consequences of conviction without evidence and the impact of a criminal record on an individual's future. The session was insightful and helped clarify legal processes related to criminal cases.



Important Doubts Addressed:

- Criminal offenses and legal consequences
- Criminal investigation and rights of the accused
- Victim's rights and judicial roles
- Conviction without evidence and impact of criminal records

Session 18:

Date: 19-03-25

Advocate: Mrs. S. Rama, Panel Advocate, Tiruchirappalli

On March 19, 2025, a **Legal Aid Clinic** focused on gender inequality, sexual harassment, and legal career guidance. Students inquired about legal protections against discrimination, and the advocate provided insights on dealing with sexual harassment, including verbal and non-verbal abuse. The session also covered career advice for law students, including tips for the **CLAT exam** and scholarships, along with personal growth topics such as menstrual hygiene and menopause. Special sessions for Visual Communication students focused on **POCSO Act**, online abuse, and forgery. The clinic empowered students with legal knowledge and personal advice.



Important Doubts Addressed:

- Legal protections against discrimination
- Sexual harassment and legal recourse
- Career advice for aspiring law students
- Personal growth and legal issues for Visual Communication students

Session 19:

Date: 26-03-25

Advocate: Mrs. S. Rama, Panel Advocate, Tiruchirappalli

On March 26, 2025, students raised questions about the **Right to Information Act (RTI)**, **First Information Reports (FIRs)**, and **family court proceedings**. The advocate explained how RTI promotes transparency, the process of filing an FIR, and how family courts handle cases such as divorce and child custody. The session provided essential insights into these legal topics, enhancing students' understanding of their rights and legal procedures.

Important Doubts Addressed:

- The Right to Information Act (RTI)
- Filing an FIR and its significance
- Family court proceedings on divorce and child custody



LEGAL AWARENESS PROGRAMMES / CAMP

1. Own Your Power: Legal Tools for Women's Success

Held on 4th July 2024 at Sophy's Hall, Holy Cross College, this event aimed to empower women by providing essential legal knowledge to support personal and professional success. Fr. Yovan Raj OFM Cap. delivered a keynote on legal rights related to workplace, domestic violence, and property. An interactive session followed, where participants engaged with the speaker, asking questions on legal tools for success. A total of 139 participants attended, including 136 students and 3 staff members.



2. Lecture on Legal Frameworks for the Protection of Women and Children

On 18th July 2024, Tmt. N. Rajalakshmi, a panel advocate, shared insights on women's and children's rights, focusing on the Indian Constitution, IPC, Dowry Prohibition Act, and the Sexual Harassment at Workplace Act. She emphasized the importance of knowing and using these legal rights. The session was attended by 150 students.



3. Law and Entrepreneurship: Legal Empowerment on World Entrepreneurs Day

On 21st August 2024, Tmt. Santhiya, a panel advocate, addressed women entrepreneurs, discussing government schemes like MUDRA, Stand up India, and challenges faced by women in business. This session was attended by 25 participants and highlighted how legal knowledge can support entrepreneurial success.



4. General Legal Awareness Camp

Held on 23rd August 2024, this camp provided students and staff with legal knowledge on civil rights, divorce laws, and criminal laws affecting women. Tmt. J. Vaidehi, an advocate, led the session using real-life examples. A total of 155 participants benefited from this camp.



5. Reflections on Law: Insights from a Court Visit and Certificate Course Experience

On 25th September 2024, students shared reflections on a law certificate course. The session highlighted how legal knowledge empowers women and families to navigate challenges confidently. A total of 33 participants attended.



6. Legal Voices: Advocating for the Girl Child

On 27th January 2025, a guest lecture by Ms. Rama focused on legal protections for girls, including the POCSO Act, Child Marriage Prohibition Act, and the Right to Education Act. 38 students who completed a certificate course on "Women and Law" received certificates. The session had 53 participants.



7. Know Your Rights: A Women's Guide to Empowerment

On 19th March 2025, the Women's Studies Centre organized a discussion on women's rights, covering topics like domestic violence, workplace discrimination, and reproductive health. Ms. S. Rama, an A-Panel Advocate, led the session, empowering women with legal knowledge to advocate for themselves. The session fostered a participatory environment and was well-received by the pa



FIELD ACTIONS

1) International Day Against Drug Abuse and Illicit Trafficking

Held on 26th June 2024 at Holy Cross College (Autonomous), Tiruchirappalli, this event aimed to raise awareness about the dangers of drug abuse and promote a drug-free lifestyle. In collaboration with the Women's Studies Centre, National Service Scheme, Student Council, SOC SEAD, and the Integrated Rehabilitation Centre for Addicts, the program featured several activities. The Chief Guest, Mrs. N. Kamini, I.P.S., Commissioner of Police, Tiruchirappalli, flagged off a rally with nearly 1000 students participating, spreading awareness on the harmful effects of drugs. The event also included a street play performed by students at Bishop Heber School, illustrating the physical and mental impacts of drug addiction. Additionally, a signing campaign in Happiness Square saw 2000 participants, including students and faculty, pledging support for a drug-free lifestyle. The event concluded with the National Anthem, reinforcing the community's commitment to combating drug abuse and fostering healthier living.



2) Two Day National Seminar on “Entrepreneurial Opportunities and Government Supportive Schemes” and the 18th Annual Conference of WEAT

Held on 29th and 30th July 2024 at Sophy's Hall, Holy Cross College, Tiruchirappalli, this two-day seminar, organized by the PG & Research Department of Economics and the Women's Studies Centre of Holy Cross College, in collaboration with the Women Entrepreneurs Association of Tamil Nadu (WEAT), focused on promoting entrepreneurial opportunities and highlighting government schemes supporting entrepreneurs.



The seminar began with a prayer and a welcome address by Rev. (Sr.) Dr. Isabella Rajakumari, Principal of Holy Cross College, followed by a special address from Dr. N. Manimekalai, Director of the Center for Women's Development Studies, New Delhi, who encouraged students to pursue entrepreneurial ventures and emphasized the importance of financial independence. Ms. Amelia Betsy, Deputy Director at MSME Innovative Schemes, Government of India, spoke on government initiatives for MSMEs, while Ms. BinduBalakrishnan, Assistant General Manager at TREC-STEP, highlighted resources available for aspiring entrepreneurs. The inaugural session concluded with the distribution of 'Best Women Entrepreneurs' awards to distinguished entrepreneurs, followed by an inspiring talk from industry professionals.

The seminar's technical sessions provided deep insights into various aspects of entrepreneurship. In the first technical session, experts discussed financing options and challenges in niche markets. The second session focused on banking services tailored for small businesses and women entrepreneurs, with practical advice on loan schemes and financial products. The third session featured successful women entrepreneurs who shared their experiences overcoming societal challenges and achieving business success.

On Day 2, the fourth and fifth technical sessions explored support schemes provided by institutions like Tamil Nadu Industrial Investment Corporation (TIIC) and SIDCO, along with a focus on sustainable agriculture and rural entrepreneurship. The seminar concluded with a valedictory function where Dr. S. Sundar from Gnanam School of Business and Dr. JaganMohan from NIFTEM emphasized innovation in business practices and government support available for entrepreneurs.

The seminar saw over 40 entrepreneurs and 450 students in attendance, with 35 stalls showcasing products from self-help groups and entrepreneurs. The event provided a platform for networking and knowledge sharing, offering valuable insights to aspiring entrepreneurs and fostering a stronger entrepreneurial ecosystem.

3) Raising Awareness, Saving Lives: Effective Road Safety Campaigns and Initiatives

On 3rd August 2024, the NSS, NCC, and Women's Studies Centre of Holy Cross College organized an informative session titled *Raising Awareness, Saving Lives: Effective Road Safety Campaigns and Initiatives*. The session aimed to educate students on road safety and first aid for accident victims. Dr. J. Terrence Jose Jerome, Head of the Department of Orthopedics and Head & Reconstructive Microsurgery at Olympia Hospital & Research Centre, Trichy, was the resource person. Dr. Jerome provided valuable insights on how to administer first aid in the event of an accident, emphasizing critical dos and don'ts to ensure effective intervention. The session was attended by 203 students who benefited from this life-saving knowledge.



4) World Breastfeeding Week: Closing the Gap - Breastfeeding Support to All

To commemorate World Breastfeeding Week, a significant event was held on 7th August 2024 at Regina's Hall, Holy Cross College. The theme of the event was *Closing the Gap: Breastfeeding Support to All*, organized by the Women's Studies Centre and the PG & Research Department of Economics in collaboration with the Department of Medical Laboratory Technology (MLT). Dr. Swati Netaji, a specialist in Obstetrics and Gynecology at Shwetha Hospital, Trichy, served as the resource person. Dr. Netaji's presentation focused on the importance of breastfeeding for infant health, highlighting the need for accessible and comprehensive support systems for mothers. She also touched on personal menstrual hygiene, contributing to the overall understanding of women's health. The session, which aimed to spread awareness on breastfeeding and menstrual hygiene, was attended by 130 students and 4 staff members.



5) WSC Representative Discipline Duty

For the first time in 14 years, representatives from the Women's Studies Centre (WSC) of Holy Cross College participated in discipline maintaining duties during the Founder's Day function on 9th August 2024. The Women's Studies Centre had previously not been involved in such responsibilities. This year, the Principal granted permission for their inclusion, marking a significant step towards the Centre's greater engagement in college activities. The Women's Studies Coordinator organized and distributed badges to the representatives, who received recognition for their contribution to the event, signaling a new era of inclusion and active participation in the college's disciplinary affairs.



6) Book Donation from Women's Studies Centre

On 9th August 2024, in celebration of National Librarian Day, the Department of Library Science at Holy Cross College organized a book donation initiative to establish a new library in a school located in an adopted village. The Women's Studies Centre contributed six carefully selected books to support this project. This initiative, led by Dr. P. Prisheela, Coordinator of the Women's Studies Centre, was aimed at improving educational resources and promoting reading among students in rural communities. The book donation reflects the Women's Studies Centre's commitment to fostering education and literacy development in underserved areas.



7) Break the Chains of Gender Inequality

On 23rd August 2024, the Women's Studies Centre hosted an impactful orientation titled *Break the Chains of Gender Inequality* at Sophy's Hall. Dr. S. Najma, Assistant Professor in the Department of Business Administration, Holy Cross College, led the session, which focused on empowering women through digital initiatives. The session introduced key platforms like SWAYAM, NPTEL, the National Digital Library of India, and government-sponsored programs for skill development, STEM careers, and entrepreneurship. It also discussed digital safety, online harassment, and resources such as "Nirbhaya" and "She Safe" apps. The session highlighted how these tools and government schemes could foster women's



empowerment and break through barriers of gender inequality. Career-building advice encouraged women to pursue unconventional paths and continuously develop skills. The session, attended by 155 participants, concluded with an engaging creative exercise that inspired critical thinking.

8) Chase Your Dream

On 23rd August 2024, the Women's Studies Centre organized another empowering orientation titled *Chase Your Dream*. Led by Ms. J. CarmeleteSilviya, the session aimed to inspire women to overcome obstacles and pursue their goals. Ms. Silviya shared insights on building financial literacy, pursuing higher education, and developing self-confidence. She introduced the *EEE* framework—Empowerment, Education, and Entrepreneurship—as essential pillars for success. By sharing the story of an alumna who achieved success through continuous learning, she highlighted the importance of self-love and personal growth. The orientation, attended by 155 participants, equipped women with practical strategies for both personal and professional success.



9) Program on Indian Feminism & Western Feminism

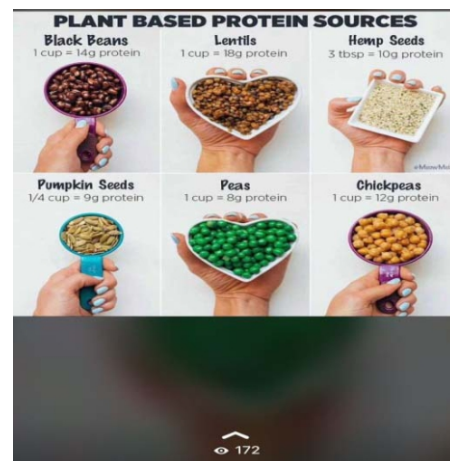
On 27th August 2024, the Women's Studies Centre, in collaboration with the PG & Research Department of English, organized a program titled *Indian Feminism & Western Feminism*. The session, led by Dr. Angayarkan Vinayakaselvi, Associate Professor of English at Bharathidasan University, delved into the evolution of feminist thought in both Indian and Western contexts. Dr. Vinayakaselvi discussed the historical roots of feminism, drawing connections between early feminist struggles, such as women's fight for autonomy over their clothing, and contemporary movements for reproductive rights. She emphasized the continued relevance of feminist movements in advocating for gender equality, equal pay, and protection from sexual violence. The session highlighted how traditional gender roles, emotional manipulation, and systemic inequalities hinder women's growth and opportunities. This thought-provoking session was attended by 54 participants and prompted reflection on the interconnectedness of global feminist movements.



National Nutrition Week Celebration (1st September to 6th September 2024)

10) Creating Awareness in Social Network Sites

To kick start National Nutrition Week, the Women's Studies Centre, funded by the UGC, in collaboration with the Department of Social Work, organized a program on 1st September 2024 focused on *Creating Awareness in Social Network Sites*. The event engaged 121 participants, including 9 staff members and 112 students, in a discussion about nutrition and digital awareness. The initiative aimed to spread awareness about National Nutrition Week and reached a wider audience through WhatsApp status updates, which garnered over 800 views, further enhancing the campaign's effectiveness.



11) WSC Representatives Carried Placards

On 2nd September 2024, the Women's Studies Centre organized a nutrition awareness campaign at the college entrance, where 54 representatives carried placards they personally created. The placards featured information about the nutritional benefits of various fruits, vegetables, and millets, emphasizing the importance of balanced diets. The initiative educated students about healthy eating habits and fostered a culture of wellness within the college community.



12) WSC Representatives Display on Notice Board

Also on 2nd September 2024, the Women's Studies Centre representatives set up a vibrant display on the college notice board, showcasing their drawings, inspirational quotes, and charts to raise awareness about nutrition. This interactive display served as an engaging way to communicate the importance of healthy eating habits and nutrition for personal and community health. The event was well-documented with photographs to capture the creativity and enthusiasm of the participants.



13) Nutri-Hunt Game for Non-Teaching Staff

On 3rd September 2024, the Women's Studies Centre and the Department of Social Work organized a Nutri-Hunt game for non-teaching staff. Held at Shanthi Hall, the game involved four levels of fun and educational activities focused on nutrition awareness. From selecting vegetables and explaining their nutritional value to answering quiz questions on fruits and grains, the game fostered collaboration and learning. Dr. I. Ruby Merlin, Associate Professor of English, facilitated the event, which was attended by 51 non-teaching staff members. The winners were awarded prizes based on their performance in various rounds.



14) Nutrition Awareness Program on "Fostering Nutrition Education for Better Health"

On 3rd September 2024, the Women's Studies Centre (funded by UGC) and the PG Department of Biochemistry organized a Nutrition Awareness Program at Fabiana Square, focusing on *Fostering Nutrition Education for Better Health*. The program included BMI measurements, personalized feedback, and a Food Expo showcasing nutritious meals prepared by students. The event emphasized the importance of proper nutrition in maintaining good health. Dr. S. Jenny Angel, Assistant Professor & Head of Biochemistry, inaugurated the event, which attracted a large number of students, faculty, and non-teaching staff. The program encouraged participants to make informed choices for a healthier lifestyle.



15) Representative Girls Street Play

On 4th September 2024, a street play organized by the Women's Studies Centre at Happiness Square focused on *Nutrition and Health*. The performance featured seven characters representing vegetables, fruits, grains, snacks, a doctor, two friends, and a concluding character. Through engaging dialogue, the play highlighted the nutritional benefits of healthy foods like vegetables, fruits, and whole grains while warning against unhealthy snacks. The doctor character reinforced these messages, encouraging the audience to make healthier dietary choices. The play successfully communicated the importance of nutrition in an entertaining and educational format.



16) Online Quiz Competition for Students

On 5th September 2024, the Women's Studies Centre, in collaboration with the Department of Social Work and the Department of Biochemistry, held the first round of an online quiz competition for students. A total of 533 students participated, answering questions on nutrition and health. The quiz covered a variety of topics, and based on their performance, the top students advanced to the second round, which was conducted offline on 23rd September 2024. The winners were awarded prizes based on their quiz scores. This initiative sparked enthusiasm among students and further promoted awareness of nutrition.



17) Pick, Taste, and Remind the Nutrition Message Program

On 6th September 2024, the Women's Studies Centre organized the *Pick, Taste, and Remind the Nutrition Message* program for the teaching and administrative staff. The program involved participants tasting a nutritious snack, Peanut Caddy, and receiving a plate with a nutrition message promoting healthy eating. This interactive event encouraged staff to make healthier dietary choices and provided practical examples of nutritious foods. The initiative was well-received, fostering a health-conscious culture within the institution and supporting the goals of National Nutrition Week.



These activities, organized by the Women's Studies Centre in collaboration with other departments, provided comprehensive opportunities for students, faculty, and staff to engage with and learn about the importance of nutrition and healthy eating habits. The efforts made through various interactive, educational events contributed to a culture of health awareness and empowered individuals to make informed nutritional choices.

18) World Suicide Prevention Day – 10th September 2024

To mark **World Suicide Prevention Day**, the Women's Studies Centre, in collaboration with the Women's Studies program and the Crossian Live Wire group, initiated an awareness campaign on mental health and suicide prevention. Female students used the notice board to educate the community on the significance of mental health, emotional well-being, and the steps for preventing suicide. The students shared informative posters, statistics, and contact information for support services, encouraging peers to seek help when necessary and be aware of distress signals in others. This initiative aimed at reducing stigma and promoting resilience within the college community, emphasizing the role of empathy and open conversations around mental health.



19) Defining the Strength and Qualities of Women Leaders – 24th September 2024

On **September 24, 2024**, the Women's Studies Centre and the Department of Artificial Intelligence and Machine Learning co-organized a lecture that focused on defining the qualities and strengths of women leaders. The lecture, held at Regina's Hall, featured **Professor N. Murugeswari**, Director and Head of the Department of Women Studies at Bharathidasan University, as the resource person. Professor Murugeswari's insightful presentation highlighted the vital role of women in leadership roles and their unique strengths. The event included a recognition session where 54 female students who contributed significantly to the Centre's activities were awarded badges in acknowledgment of their efforts. The event concluded with a pledge to protect and empower women and children globally.



20) International Day of the Girl Child – 11th October 2024

On **October 11, 2024**, the Women's Studies Centre, in collaboration with 54 female students, spread awareness about the importance of International Day of the Girl Child through a social media campaign. The students highlighted the critical role of girls in society, advocating for gender equality and the need to protect and empower them. The campaign reached 1,463 people, sparking conversations about the rights and responsibilities of the community in nurturing girls' potential.



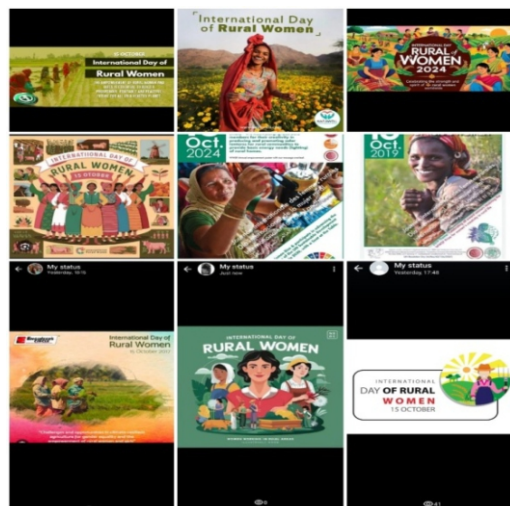
21) One-Day Leadership Development Programme – 14th October 2024

The Women's Studies Centre organized a **One-Day Leadership Development Programme** for staff members on **October 14, 2024**, at Shanthi's Hall. This programme aimed to enhance leadership skills among academic staff by focusing on qualities essential for professional growth. The event featured **Rev. (Sr.) Dr. Rajakumari P.**, Principal and Director of the Women's Studies Centre, and **Dr. N. Murugeswari**, Director (i/c) of the Department of Women's Studies at Bharathidasan University, as key speakers. They shared their expertise on leadership strategies, decision-making, communication, and the importance of a collaborative work environment. The event concluded with an interactive session and the distribution of e-certificates to the 28 participants.



22) International Rural Women's Day – 15th October 2024 (Social Media Awareness)

On **October 15, 2024**, to commemorate **International Rural Women's Day**, the Women's Studies Centre, along with 54 students, spread awareness about the essential contributions of rural women. They utilized social media to inform the public about the hardships faced by rural women, such as limited land ownership, discrimination, and lack of economic autonomy. The campaign also advocated for the freedom of rural women to set prices for their agricultural products, encouraging support for rural women by purchasing their goods. This social media campaign reached approximately 1,030 people and received strong engagement from the community.



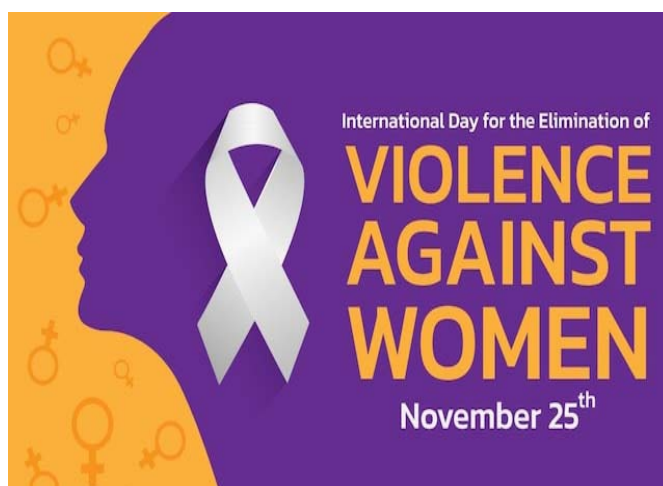
23) One-Day Seminar on International Rural Women's Day – 15th October 2024

The Department of Women's Studies at Bharathidasan University, in collaboration with the Women's Studies Centre, organized a one-day seminar to celebrate **International Rural Women's Day**. The seminar, held at Bharathidasan University, focused on the socio-economic challenges faced by rural women, particularly in the fields of agriculture and food production. **Dr. K.C. Sivabalan**, a leading expert in agriculture, discussed sustainability issues affecting rural communities. The seminar also included a session by **Mrs. Yoga Chirtra**, an entrepreneur, who shared her personal journey of overcoming challenges to run a successful business in rural areas. A total of 35 participants attended the event, and each received an e-certificate.



24) International Day for Elimination of Violence Against Women – 25th November 2024

On **November 25, 2024**, in observance of the **International Day for the Elimination of Violence Against Women**, the Women's Studies Centre led a powerful social media awareness campaign. The campaign aimed to educate the community on the importance of ending violence against women, emphasizing collective responsibility. Through infographics and informative posts, the initiative reached 850 people, generating meaningful discussions and highlighting the urgency of addressing gender-based violence in society.



25) One-Day International Conference on Gender Equality and Constitutional Rights

The **One-Day International Conference on Gender Equality and Constitutional Rights** was held on **26th November 2024** at Regina's Hall, Holy Cross College (Autonomous), Tiruchirappalli, in collaboration with Bharathidasan University, Khajamalai Campus. The conference brought together experts, scholars, and activists to explore the role of constitutional provisions in advancing gender equality.

The event featured a **keynote address** by **Prof. K. Manimekalai**, Former Vice-Chancellor of Mother Teresa Women's University, who discussed the importance of constitutional rights in promoting gender equality. Four plenary sessions followed, with presentations from distinguished speakers on topics such as **international human rights, gender justice reforms, women's movements** in legal reforms, and **constitutional protections against gender-based violence**.

The **valedictory session** was delivered by **Dr. T. Asokan**, Professor at Bharathidasan University, emphasizing the need for practical action to ensure gender equality. A total of **169 participants** attended the conference, which concluded with a rendition of the **National Anthem**.

The conference successfully highlighted key issues related to gender equality and constitutional rights, inspiring participants to advocate for justice and equality in their respective spheres.



26) National Pollution Control Day (2nd December 2024)

The WSC, RESCAPES, and IIC gathered in Munnar to observe National Pollution Control Day. The event began with a collective pledge to reduce pollution and adopt eco-friendly practices, focusing on air, water, and land conservation. The picturesque surroundings of Munnar emphasized the importance of preserving natural ecosystems, with discussions on actionable measures to combat pollution and promote sustainability.



27) Awareness Programme on Anti-Tobacco Consumption (4th December 2024)

An awareness program on anti-tobacco consumption was organized by WSC, NCC, and the District Health Office. Health experts highlighted the dangers of tobacco, including addiction and diseases like cancer, while also providing cessation methods. The NCC cadets played a significant role in spreading anti-tobacco messages, encouraging healthy lifestyle choices among participants.



28) Interdepartmental Quiz Competition (4th December 2024)

To commemorate World Statistics Day, the WSC in collaboration with the Department of Mathematics and English organized a quiz competition on "Basic Statistical Methods and Laws Pertaining to Women in India." The competition saw active participation, with winners



receiving prizes, and emphasized the importance of statistics in understanding gender issues in India.

29) Traditional Food Festival Stall (9th January 2025)

WSC participated in a Traditional Food Festival at Holy Cross College, featuring five stalls that showcased herbal soups, traditional snacks, millet-based products, and eco-friendly items. This event also supported rural women entrepreneurs by providing them a platform to sell their products, fostering both sustainability and empowerment.



30) International Symposium on Gender Equality (17th January 2025)

WSC, in collaboration with Bharathidasan University, hosted a symposium on global gender equality. Keynotes included discussions on the progress, challenges, and future directions of gender equality. A major highlight was the signing of a collaboration agreement with Oregon State University, promoting research and teaching on gender issues.



31) Green Warriors of Ayikudi (23rd January 2025)

WSC sponsored the planting of 100 lemon tree saplings in Ayikudi village, promoting environmental sustainability and supporting local agriculture. The initiative aimed to improve green cover while providing economic benefits to the community through lemon cultivation.



32) Lecture on National Girl Child Day (24th January 2025)

In collaboration with Bharathidasan University, WSC hosted a lecture addressing violence against girl children, led by Prof. S. Suba. The event discussed the forms of abuse faced by girls and preventive measures to ensure their safety and empowerment.



33) National Girl Child Day Awareness via Social Media (24th January 2025)

To celebrate National Girl Child Day, WSC used social media to raise awareness about the rights and opportunities of girl children. The team shared messages on WhatsApp, reaching over 600 views, reinforcing the importance of empowering young girls in society.



34) The Awareness Programme Commemorating National Girl Child Day

The National Girl Child Day, observed annually, promotes the rights of girls, emphasizing the importance of education, health, and safety while addressing issues like gender discrimination and violence. On January 28, 2025, the Women's Studies Centre (WSC), in collaboration with the Student Council Members (SCM) and the PG and Research Department of Social Work, organized an Awareness Programme at Holy Cross College to celebrate girl empowerment and raise awareness about the challenges faced by girls.



Activities Conducted:

1. **Placard March:** The event began with a lively placard march from the college gate to the VP office, featuring placards with empowering messages such as “Empower Girls, Empower the World.”
2. **Cultural Performances:** A series of performances, including a song, dance, and poetry recital, highlighted the struggles and aspirations of girls while promoting freedom and empowerment.
3. **Interactive Activity:** Participants engaged in a fun and meaningful activity, picking proverbs related to girl empowerment and enjoying chocolate tasting, symbolizing the joy and sweetness of girlhood.
4. **Video Documentation:** The event was documented through a video, capturing stories of students, faculty, and staff on the importance of gender equality and girls' rights.

Conclusion:

The programme successfully celebrated National Girl Child Day by fostering awareness of girls' empowerment and gender equality. Through performances, activities, and discussions, it highlighted the challenges girls face and the need for societal change. It also reinforced the importance of creating a society where every girl has equal opportunities to thrive.

35) "Love Your Body as You Shake: An Educative Session on Losing Weight by Dancing"

On February 14, 2025, the Women's Studies Centre and the Department of Social Work at Holy Cross College organized a session on weight loss through dancing, titled "Love Your Body as You Shake." Zumba instructors Ms. Sri Devi and Adv. P. Hanifa Bee led the session. Ms. Sri Devi spoke about the benefits of Zumba in reducing stress and improving mental well-being. The session included a Zumba performance, which participants found refreshing and energizing, highlighting the positive effects of dance on physical and mental health.



36) Motivational Talk: "Believe in Yourself, You Can"

On February 19, 2025, the Women's Studies Centre, in collaboration with HCIICT, held a motivational talk at Regina Hall. Ms. S. Yogachitra, a domain skill trainer, inspired students to believe in themselves and overcome self-doubt. She emphasized resilience, continuous learning, and using challenges as stepping stones to success. The interactive session left students empowered, motivated, and ready to face future obstacles with confidence.



37) Anaemia Screening and Awareness Camp

On February 28, 2025, the Women's Studies Centre and HCC Alumnae Association organized an Anaemia Screening and Awareness Camp at Holy Cross College. Dr. Raja Ilavarasi from MS Hospital educated participants about anaemia, its causes, and prevention methods. The event included free hemoglobin screenings and health advice. It was a successful initiative, raising awareness about women's health and encouraging better nutritional practices.



38) Adolescent PCOS: Early Intervention & Food for a Healthy Future

On February 28, 2025, the Women's Studies Centre hosted a session on "Adolescent PCOS: Early Intervention & Food for a Healthy Future." Dr. Raja Ilavarasi explained the causes, symptoms, and management of PCOS, stressing the importance of early diagnosis and a healthy diet. She encouraged participants to adopt balanced nutrition and lifestyle changes to manage PCOS effectively. The session provided valuable insights for both students and faculty.



39) Commemoration of International Women's Day - Self-Defense for Women

On March 5, 2025, in celebration of International Women's Day, the Women's Studies Centre organized a self-defense session at Holy Cross College, led by Mrs. PraveenaDevaraj, a Taichi and Karate instructor. The session taught practical self-defense techniques for situations like chain snatching and harassment. Over 200 students participated, learning essential skills to enhance their personal safety and confidence.



40) International Women's Day Celebration

Holy Cross College celebrated International Women's Day on March 7, 2025, with a vibrant event featuring Kalaimamani Ms. DevayaniRajakumaran as the chief guest. The celebration included cultural performances, a fashion parade, and the presentation of Excellence Awards to 41 women for their contributions to society. Ms. Devayani shared her journey in the film industry, encouraging women to be confident, stay positive, and pursue their passions. The event was a significant expression of the college's commitment to women's empowerment.



41) Cinematic Voice: Empowering Women to Overcome Cinema's Challenges

On March 7, 2025, the Women's Studies Centre and the PG Department of Visual Communication hosted a motivational talk titled "Rewriting the Script: Empowering Women to Overcome Cinema's Challenges." Ms. Devayani Rajakumaran spoke about the challenges women face in the cinema industry, including gender biases and limited opportunities. She encouraged students to challenge stereotypes, push boundaries, and use visual communication to create empowering content. The session inspired students to pursue careers in cinema while breaking gender barriers.



42) Workshop on Self Preservation and Martial Arts

On March 11, 2025, the Women's Studies Centre and RESCAPE organized a workshop on self-preservation and martial arts at Sophy's Hall. Mrs. Praveena Devaraj, a Tai Chi and Karate instructor, led the session, teaching practical self-defense techniques and emphasizing the mental discipline needed for personal safety. The workshop empowered participants with skills to handle dangerous situations while fostering physical strength and emotional resilience. The session received positive feedback for its holistic approach to safety and well-being.



43) WSC Representatives Farewell and Accident First Responder Training

On March 29, 2025, the Women's Studies Centre hosted the WSC Representatives Farewell Function, where representatives were honored for their one-year service. Following the farewell, an Accident First Responder Training was conducted, training 61 students and 1 staff member in vital emergency response skills like CPR and trauma management. The session included a cultural program and concluded with a certificate distribution, empowering students with essential life-saving skills.



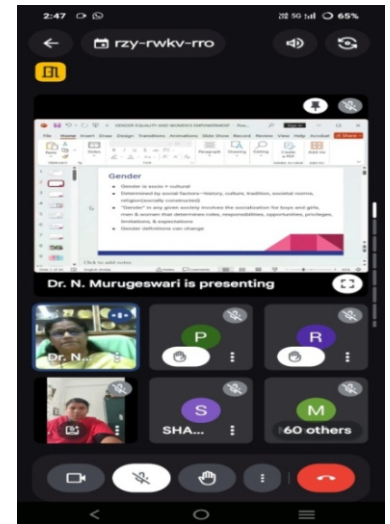
44) One-Day Empowering Young Minds: Trekking and Legal Awareness

On March 31, 2025, the Women's Studies Centre organized a one-day event that combined trekking in Pachamalai Hills with legal awareness in ChinnaPalamalai Village. The event aimed at empowering youth through adventure activities and raising legal awareness among the villagers. The trek focused on leadership and teamwork, followed by a session educating the community on their rights. The day concluded with a certificate ceremony, highlighting the impact of combining education with outdoor activities for community empowerment.



45) Online Special Lecture on Gender and Development

On April 8, 2025, the Women's Studies Centre, in collaboration with Bharathidasan University, organized an online lecture on "Gender and Development" by Dr. N. Murugeswari. The session explored the connection between gender and development, with an emphasis on gender equity in policymaking. Dr. Murugeswari provided insights on gender mainstreaming and intersectionality, engaging 68 participants in a meaningful Q&A session. The lecture was well-received, fostering important discussions on gender issues in development.



V RADIO PROGRAMME

5.1 Radio Programme

1) Crafting Effective Radio Scripts

On August 5, 2024, the Women's Studies Centre hosted a session on crafting radio scripts, led by Ms. N. Rojasri, Senior Representative from the III B.Sc Department of Visual Communication. Ms. Rojasri shared her expertise in radio scriptwriting, emphasizing the importance of understanding the audience, using clear language, and maintaining pacing. She also discussed how to create vivid imagery with descriptive language and effectively use sound effects and music to enhance the script's message. The session, attended by 24 participants, provided practical insights into creating engaging radio content.



2) Basic Radio Production Skills

On August 13, 2024, the Women's Studies Centre organized a session on basic radio production skills at the college's Media House, led by Mrs. M. Geetha Lakshmi, FM Station Manager. She introduced students to radio production techniques, including scripting, audio editing, voice modulation, and sound engineering. The session provided valuable insights into the technical and creative aspects of radio communication, encouraging participants to explore media careers. The event, attended by 24 participants, was a great success and enhanced their understanding of radio production.



5.2 ALL INDIA RADIO

1) All India Radio - Recording (October 8, 2024)

On October 8, 2024, Women's Studies Centre representatives and volunteer students from Holy Cross College participated in a recording session at All India Radio, Tiruchirappalli. The session focused on raising awareness about key observances and social issues. K. Princy discussed International Girl Child Day (October 11), M. Harini spoke on International Rural Women's Day (October 15), P. Kanimozhi addressed World Food Day (October 16), and M. Jasmine Banu provided tips on managing mental stress. The session, guided by a Transmission Executive, empowered students and showcased their perspectives on important issues.



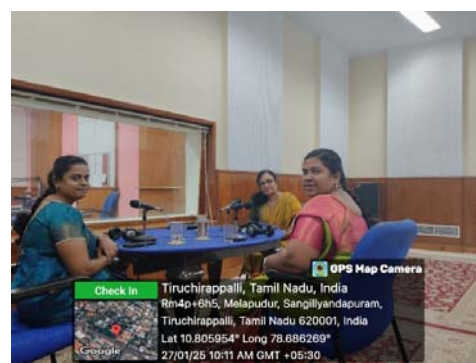
2) HCC Girls Perspectives – Life Values (January 20, 2025)

On January 20, 2025, the Women's Studies Centre, in collaboration with All India Radio, Tiruchirappalli, organized a live telecast titled "HCC Girls Perspectives – Life Values" for National Girl Child Day. Held at the Basketball Ground of HCC, 24 girls participated in the *KalluriGallata* radio show, discussing empowerment, equality, and self-awareness. Topics such as gender equality, education, and self-empowerment were highlighted. The event provided a platform for young girls to raise awareness about supporting the rights and welfare of the girl child, contributing to a more inclusive and empowering environment for girls.



3) Live Talk on National Girl Child Day (January 27, 2025)

On January 27, 2025, All India Radio, Tiruchirappalli, aired a special live talk on National Girl Child Day as part of the *VasanthaAlaipu* show. Ms. N. Jayalakshmi (Assistant Professor, Department of Physics, Holy Cross College) and Dr. P. Prisheela (Assistant Professor & Coordinator, Women's Studies Centre) discussed empowering the girl child through education, healthcare, and equal opportunities. They highlighted the challenges faced by girls, especially in rural areas, and the role of society and government in promoting gender equality. The session aimed to inspire action towards creating a supportive environment for girls.



4) Live Talk Show on *Naangalum RJ Dhan* (February 13, 2025)

In celebration of World Radio Day, the Women's Studies Centre organized a live broadcast on All India Radio titled *Naangalum RJ Dhan*. The event showcased the talents of students, including M. Harini, M. Jasmine Banu, and S. Deepa (all from the Department of Commerce), allowing them to engage with the audience and gain hands-on experience in radio broadcasting. The program was an enriching experience for the participants, enhancing their communication skills and offering insights into the technical aspects of live broadcasting.



5.3 Holy Cross Community Radio 90.4MHz

Holy Cross Community Radio 90.4 MHz - August & September 2024

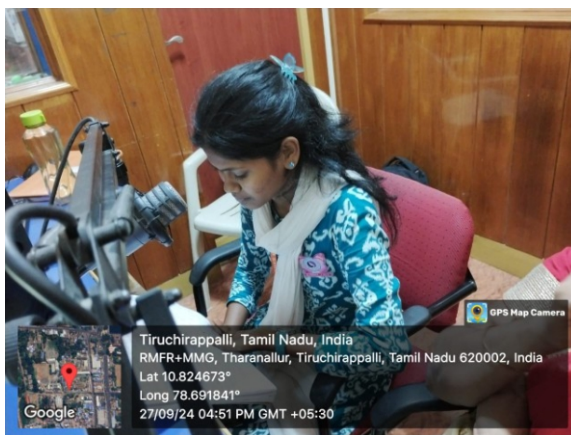
August 2024:

- **World Breastfeeding Week (1-8 Aug):** Ms. N. Rojasri, Ms. R. MohanaPriya, and Ms. A. S. Aishwarya (III B.Sc, PG Department of Visual Communication) and Ms. P. Varshini (Student Council Member, III B.A, Department of Tamil) addressed the importance of breastfeeding for infant health and maternal well-being, promoting supportive practices for new mothers.
- **Independence Day:** P.Kanimozhi (III B.Sc, Department of Chemistry) and K. Princy (II BBA, Women's Studies Representative) discussed the roles of women freedom fighters, particularly Jhansi Rani Lakshmi Bai, in India's independence movement, celebrating their contributions.



September 2024:

- **Nutrition Week:** N. Rojasri (III B.Sc, Visual Communication) and P. Kanimozhi (III B.Sc, Chemistry) discussed the importance of nutrient-rich foods for maintaining health. K. Nancy (I B.Voc SD) highlighted self-care for women, and S. SerinBanu (I B.Voc SD) shared tips on managing diabetes with natural foods.
- **Teacher's Day (4 Sept):** K. Princy (II BBA, Women's Studies Representative) honored educators and discussed their impact.
- **World Tourism Day (27 Sept):** K. Princy and P. Kanimozhi encouraged local tourism and cultural exploration.
- **World Heart Day (29 Sept):** P. Kanimozhi raised awareness about heart health and advocated for heart-healthy practices.



The students' insightful discussions aimed to promote health awareness and celebrate cultural and historical significance within the community.

3) Month of October - HCCR 90.4MHz.

In October 2024, students from Holy Cross College participated in discussions on HCCR 90.4 MHz, covering key social issues:

- **International Day for Older Persons (1 Oct):** Emphasized the importance of supporting the elderly and promoting inclusive policies for their well-being.
- **Mahatma Gandhi's Birthday:** Reflected on his teachings of peace and non-violence, encouraging listeners to adopt these principles in daily life.
- **International Rural Women's Day (15 Oct):** Recognized the contributions of rural women and advocated for their rights and empowerment.



- **Mental Stress in Daily Life (16 Oct):** Provided tips for managing stress and promoting mental health.

These discussions showcased the students' dedication to raising awareness and fostering healthier, more inclusive communities.

4) Month of November - HCCR 90.4MHz.

In November 2024, students from Holy Cross College actively participated in several radio programs on **HCCR 90.4 MHz**, addressing significant social issues.

- **Children's Day (6-14 Nov):** Students discussed the importance of **children's rights, education, and welfare**, emphasizing the need for a **safe environment for children to grow and learn** and highlighting issues like **child labor** and **access to quality education**.
- **Elimination of Violence Against Women (25 Nov):** The talks raised awareness about **gender-based violence**, including **domestic abuse** and **harassment**, while also discussing the **legal protections available** and calling for **societal action** to end violence against women.
- **Indian Constitution (26 Nov):** Students spoke about the **Indian Constitution**, its principles of **justice and equality**, and how it **protects citizens' rights**, urging the importance of understanding and upholding these constitutional rights.
- **International Men's Day (21 Nov):** K. Princy focused on **gender equality**, highlighting the **positive contributions of men**, the challenges they face, and the importance of **healthy masculinities** and **mental health awareness**.



These broadcasts contributed to raising awareness on crucial social issues, emphasizing **education, gender equality, and human rights**.

5) Month of December - HCCR 90.4MHz.

In December 2024, students from Holy Cross College participated in impactful broadcasts on **HCCR 90.4 MHz**:

- **Child Abuse (02/12):** M. Harini raised awareness about **child abuse** and the need to protect vulnerable children.
- **Indian Navy Day (04/12):** K. Princy honored the **Indian Navy** for its contributions.
- **National Human Rights Day (10/12):** K. Princy discussed the importance of **human rights** and **equality**.
- **International Human Solidarity Day (20/12):** Ms. S. Nithiyashri emphasized **global cooperation** to address challenges.

These discussions not only educated listeners on **social issues** but also encouraged a sense of **responsibility** towards a more **empathetic** and **just society**.

6) Month of January 2025 - HCCR 90.4MHz.

On **24th January 2025**, the Department of Business Administration celebrated **Republic Day** with the following key highlights:

- **Flag Hoisting Ceremony:** The event began with the flag hoisting ceremony, followed by the **national anthem**.
- **Speech by K. Princy:** **K. Princy**, Women's Studies Representative from II BBA 'A', delivered a **thought-provoking speech** on the importance of the Constitution and the **progress of women** in India's democratic journey.
- **Patriotic Songs & Performances:** The celebration featured **patriotic songs** and **performances**, enhancing the spirit of the occasion.
- **Vote of Thanks:** The event concluded with a **vote of thanks**, reaffirming commitment to **justice, equality, and democracy**.



7) Month of February 2025 - HCCR 90.4MHz.

In **February 2025**, students from the Department of Commerce at Holy Cross Community Radio 90.4 MHz presented impactful programs on **26th February**:

- **Shalini A** (II B.Com D) celebrated **National Science Day**, focusing on **women's contributions to science**.
- **C. Samitha** (II B.Com B) shared the inspiring story of **Arunima Sinha**, the first female amputee to summit Mount Everest.
- **M. Yuvalakshmi** (II B.Com B) discussed the **advantages and disadvantages of mobile phones**.
- **S. PreethiVincitta** (II B.Com B) delivered a **motivational speech** on perseverance.
- **S. Nithiyashri** (II B.Com B) presented the life of **MunibaMazari**, a motivational speaker who overcame a tragic accident.



These programs highlighted **resilience, empowerment, and personal growth**, successfully engaging and inspiring the audience.

VI GENDER CHAMPION CLUB



The **Gender Champion Club (GCC)**, displayed on the Women's Studies Centre notice board, aims to create an environment where girls are treated with dignity and respect. It empowers students to advocate for gender equality and monitor progress toward gender justice. The club, consisting of 56 students from I UG and II UG classes, is part of the Service Oriented Course in the curriculum. The office bearers were elected on 10th July 2024.

1.Introduced the Gender Champion Club

On 2nd July 2024, the GCC was introduced during the orientation program for 1,640 first-year students. Coordinated by Dr. S. Margrat Sheela and Dr. A. Mary PriyaDharsini, the session highlighted the club's mission to promote gender equality, foster leadership, and challenge societal stereotypes through workshops and community outreach. 56 students were selected to join based on their interest in gender advocacy and social engagement, marking a strong start for the year.



2.Earn While You Learn

On 20th July 2024, the **Gender Champion Club** hosted a session titled "Earn While You Learn," focusing on ways students can earn income while studying, promoting financial independence. Club President Ms. Gopika I B.Sc. Maths welcomed participants, highlighting the importance of financial independence.

Ms. J. CarameteSilviya, HRDC Co-ordinator, discussed various earning opportunities:

1. **Freelancing:** Platforms like Upwork, Fiverr, and Freelancer offer jobs in writing, design, and web development.
2. **Part-Time Jobs:** On-campus roles and tutoring provide flexible earning options.
3. **Internships:** Paid internships offer both financial and professional benefits.
4. **Entrepreneurship:** Students were encouraged to start small businesses or side hustles.



The session successfully motivated 56 students to explore financial opportunities while pursuing education, with follow-up sessions planned for further support.

3. Programme on Gender and Socialization

On August 1, 2024, the **Gender and Socialization** program, held at Shanthi's Hall, featured Dr. S. Suba, Professor of Women's Studies at Bharathidasan University, who discussed how societal norms shape gender roles. She explained how socialization influences gender identity, with early practices like canalization directing children's interests along gendered lines (e.g., girls with dolls, boys with trucks). The seminar also explored manipulation, where societal reinforcement praises boys for assertiveness and girls for politeness. Dr. Suba emphasized the importance of education in breaking these gender stereotypes and encouraged equal opportunities for all children. The session, attended by 55 participants, inspired a renewed commitment to promoting gender equality and empowering individuals to defy traditional constraints.



4. Awareness Program on Menstrual Hygiene

On October 4, 2024, the **Awareness Program on Menstrual Hygiene** was organized by the Women's Studies Centre, Gender Champion Club, Financial Literacy Club, and Happiness Club at Shanthi's Hall. Ms. P. Salomi Subha, a freelancer from Tiruchirappalli, provided a detailed session on menstrual hygiene, emphasizing its importance for health and comfort. She highlighted practices to prevent infections, the role of folic acid for reproductive health, and the significance of vaccinations for overall well-being. Ms. Subha also discussed various menstrual products like cups and tampons, stressing the importance of selecting suitable options for comfort and hygiene. The program benefited 86 participants, including both students and staff.



5. Empowerment Through Mindfulness

An awareness programme on meditation titled "Empowerment Through Mindfulness" was held on 5th December 2024. Resource persons Ms. S. Lalitha Sivakumar and Ms. Vijaya from Heartfulness, Trichy, guided participants through meditation practices. The session emphasized emotional balance, stress management, and personal growth, fostering a deeper understanding of mindfulness as a tool for empowerment.



6. Poster-Making Competition: “Be Aware, Be Safe”

On 12th February 2025, a poster-making competition was conducted to raise awareness on protection laws and helpline numbers. Students showcased their creativity and commitment to social issues.

Winners:

1st Prize: M. Pradeepa (B.Sc AI & ML)

2nd Prize: S. Abinayasri (B.Sc Mathematics)

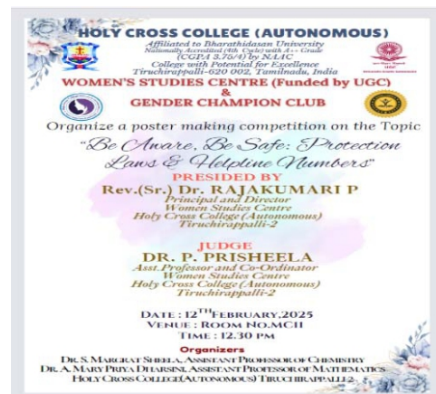
3rd Prize: M. Harini (B.Sc Zoology)

7. Soft Skill Training – Interpersonal Relationship

A soft skills training session on Interpersonal Relationship was conducted on 19th February 2025 by Ms. Priyadarshini Karunakaran, Counselling Psychologist, TNNLU. Through a blend of activities and lectures, students learned about effective communication, empathy, and emotional intelligence. The event also marked the valediction of the Gender Champion Club. Winners of the earlier poster competition were honored during the session.

8. Outreach Programme at Thaluthalapatti Village

On 26th February 2025, a community outreach programme was organized in collaboration with various college clubs and the HCC Alumnae Association. Activities included desilting local water bodies, a book donation drive, and an awareness session on child protection. Ms. V. Philomin Stella, Field Executive, Gramodaya, led the session for school children, highlighting personal safety, child rights, and helpline awareness.



VII RESEARCH

1. ASER Survey 2024 Participation

From 27th to 30th November 2024, the Women's Studies Centre collaborated with the Department of Women's Studies, Bharathidasan University, for the Annual Status of Higher Education (ASER) Survey 2024. Students underwent an orientation on survey methodology and community engagement techniques, followed by fieldwork in five rural areas. The project provided insights into access to higher education, especially for women, and helped students gain practical experience in field research and data collection. Participants were awarded certificates and stipends for their contribution.



2. Workshop on Research Proposal Writing

On 14th February 2025, a session on “Writing Research Proposal: Analyzing Contemporary Trends and Methodological Innovations in Social Sciences” was held at Rehab Auditorium in collaboration with the PG & Research Department of Economics. Mr. Priyakumaran M, Research Associate at ICSSR, served as the resource person. He offered valuable guidance on proposal writing, modern research trends, and interdisciplinary methods. The event concluded with a prize distribution for the Nutrition Week competitions held earlier in September 2024.



3. WSC Representative Project Initiative

For the first time, Women’s Studies Centre Representatives undertook individual and group projects on issues concerning women and children. Students from various departments submitted insightful research-based project titles addressing topics like gender discrimination, cyber harassment, women in STEM, child abuse, and women entrepreneurship. This initiative aimed to cultivate gender sensitivity and academic interest in social issues through student-led research efforts.

DOCUMENT MAINTAINING / INFORMATION DISSEMINATION

11.1 Documents

- Teaching record
- Field Action
- Advocacy record
- Dissemination of information record
- Visitors record
- Notice board record
- Gender Champion Club attendance
- Gender Champion Club minutes record
- Legal Aid Clinic Advocates’ Diary
- Legal Aid Clinic Feedback Advocates
- Legal Aid Clinic Beneficiary record
- Legal Aid Clinic Feedback record
- Legal Aid Clinic Programme record
- Advocate letter copy
- Certificate Course on Women and Law – Attendance register
- Certificate Course on Gender and Development - Attendance register
- Advocate’s appointment form
- Advisory Committee Meeting record
- Gender Studies Question sitting Minutes
- WSC Representatives – Attendance register
- SCM’s - – Attendance register
- WSC Representatives – Feedback Note
- Resource Person – Feedback Note.
- Gender Champion Club Activities Note
- Gender Champion Club – Attendance register

11.2 Information Dissemination

Dissemination of information was done at different levels. Students placed posters at various places in the college on helpline, voters' day, girl child protection. As part of dissemination of information, the Centre has adopted the following activities.

❖ **Library**

The Women's Studies Centre has been maintaining a library, issuing books to scholars and staff. Gender and women related books are very useful to the scholars.

❖ **Documentation of Newspaper Clippings**

The Centre is continuously documenting newspaper clippings pertaining to women achievers, women's issues and challenges at the national and global levels.

❖ **Documentation of articles**

The Centre also documented different articles which are related to women and gender from various journals.

❖ **Documentation and Dissemination of Documentary films**

The Centre houses sexual harassment and sanitation related videos as part of awareness creation.

❖ **Notice Board**

As part of Information dissemination, the Centre displayed important content at the Women's Studies Centre notice board namely Zero Tolerance to sexual harassment at work Place, Sexual Harassment of women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, forms of sexual harassment at workplace, Child Line 1098, Women empowerment, save girl child-good touch and bad touch, women helpline, women related laws, issues related to gender equality, details regarding Certificate Course in Gender and Development, activities of Legal Aid Clinic and general information.

❖ **WhatsApp Group**

This group is active in sharing much content with teaching staff at College. Programmes, webinars and conferences organized by other colleges are being shared in the group. Success stories, images on gender mainstreaming initiatives and women related news were disseminated through this group.

❖ **Website**

The Centre's vision, mission, objectives, wings and recent activities are displayed on the college website www.hcctiruchy.ac.in.

❖ **Newsletter**

The activities of the Women's Studies Centre are disseminated through its newsletter every year. The current year (2024 – 2025) activities are available in the newsletter. (Annexure VI)

❖ **Newspapers Report of WSC's Activities**

Women's Studies Centre has documented all reports from newspapers on the Centre activities (Annexure VII)

❖ **College Magazine**

Activities of the Women's Studies Centre for the academic year 2024 – 2025 will be recorded in the annual College magazine called Holy Rood; A copy of the magazine is available in Women's Studies Centre.

XII COLLABORATION OF THIS YEAR

1) **Outside Collaborations with**

- Women Entrepreneurs Association of Tamil Nadu (WEAT)
- Department of Women's Studies, Bharathidasan University, Tiruchirappalli
- District Legal Aid Clinic, Tiruchirappalli
- All India Radio, Tiruchirappalli
- SOC SEAD, Tiruchirappalli.

- Young Indians (Yi), Tiruchirappalli
- 2) Inside Collaboration with 8 Departments**
- PG & Research Department of Economics, Holy Cross College (Autonomous), Tiruchirappalli.
 - PG & Research Department of History, Holy Cross College (Autonomous), Tiruchirappalli.
 - PG & Research Department of Mathematics, Holy Cross College (Autonomous), Tiruchirappalli.
 - PG & Research Department of English, Holy Cross College (Autonomous), Tiruchirappalli.
 - PG Department of Social Work, Holy Cross College (Autonomous), Tiruchirappalli.
 - PG Department of Biochemistry, Holy Cross College (Autonomous), Tiruchirappalli.
 - PG Department of Business Administration, Holy Cross College (Autonomous), Tiruchirappalli.
 - PG Department of Visual Communication, Holy Cross College (Autonomous), Tiruchirappalli.
 - Department of DMLT, Holy Cross College (Autonomous), Tiruchirappalli.
- 3) Inside Collaboration with 9 Clubs & others**
- National Service Scheme (NSS), Holy Cross College (Autonomous), Tiruchirappalli.
 - National Cadet Corps (NCC), Holy Cross College (Autonomous), Tiruchirappalli.
 - Holy Cross Innovation and Incubation Council Tiruchirappalli (HCIICT), Holy Cross College (Autonomous), Tiruchirappalli.
 - Happiness Club, Holy Cross College (Autonomous), Tiruchirappalli.
 - Financial Literacy Club, Holy Cross College (Autonomous), Tiruchirappalli.
 - Human Resource Development Centre (HRDC), Holy Cross College (Autonomous), Tiruchirappalli.
 - Holy Cross Community Radio (90.4 MHz), Holy Cross College (Autonomous), Tiruchirappalli.
 - Centre for Rural Development and Extension (CRDE and RESCAPES), Holy Cross College (Autonomous), Tiruchirappalli.
 - Student Council Members (SCM), Holy Cross College (Autonomous), Tiruchirappalli.

LETTER OF COLLABORATION
Women's Studies Centre (funded by UGC)
Holy Cross College (Autonomous)
&
Oregon State University

This Letter of Collaboration was designed to foster a positive relationship through mutual cooperation in teaching and research between the **Women's Studies Centre (Funded by UGC), Holy Cross College (Autonomous), and Oregon State University, Oregon, USA**. No financial obligations are assumed by either party under this Letter of Collaboration.

The Letter of Collaboration was signed on **January 17, 2025** by:

- **Rev. (Sr) Dr. Rajakumar P**, Principal & Director, Women's Studies Centre (Funded by UGC), Holy Cross College (Autonomous), Tiruchirappalli, Tamil Nadu, India
- **Dr. Prisheela P**, Assistant Professor and Coordinator, Women's Studies Centre (Funded by UGC), Holy Cross College (Autonomous), Tiruchirappalli, Tamil Nadu, India
- **Susan M. Shaw, Ph.D.**, Professor of Women, Gender, and Sexuality Studies, Oregon State University, Oregon, USA.



Accomplishment

- ❖ Offered Certificate Course in Women and Law
- ❖ Bharathidasan University Offered Certificate Course in Gender and Development.
- ❖ Legal Aid Clinic functioned in association with District Legal Services Authority, Tiruchirappalli
- ❖ Offered a course on Gender studies for II UG students
- ❖ Observed World Breast Feeding Week
- ❖ Observed Nutritional Week
- ❖ Observed International National Girl Child Day
- ❖ Observed International Rural Women's Day
- ❖ Observed National Girl Child Day
- ❖ Conducted legal awareness programmes
- ❖ Conducted various awareness programmes on gender in Gender Champion Club
- ❖ Library and documentation
- ❖ Information displayed in notice board
- ❖ International Women's Day celebration

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Holy Cross College (Autonomous)

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