



Women's Studies Centre

(Supported by UGC)

Holy Cross College (Autonomous)

Affiliated to Bharathidasan University
Nationally Accredited (3rd Cycle) with 'A' Grade by NAAC
College with Potential for Excellence
Tiruchirappalli – 620 002, Tamil Nadu.

Newsletter

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From the Editor.....

“Empowering women isn’t just the right thing to do – it’s the smart thing to do”

- Barack Obama, President of the United States

Women’s Studies Centre of Holy Cross College has immense pleasure in bringing out its 6th Newsletter edition. The hallmark of this academic year in the conduct of the workshop on “Women Entrepreneurship through Skill Training” which promoted three women entrepreneurs to the society. The Centre’s activities for more than half a decade in the cause of women’s development has been accepted and appreciated by many scholars, judiciary persons and the public. All credit goes to UGC, the Management, Principal, Advisor, Task Force Committee members and well wishers for their enormous support.

Vision

We are committed to build a gender-just humane society and make a difference in the lives of women.

Mission

Our mission consists of knowledge creation and dissemination, capacity building and women leadership development, policy development, networking and coordination.

Objectives

i. Knowledge Creation and Dissemination:

Through research and collaborative learning we analyze the socio-economic, cultural and political, ideological and environmental factors that affect the lives and well-being of women. We create new pedagogical methods and alternative systems of knowledge that will enhance the place of women in all social Institutions.

ii. Capacity Building and Women Leadership

Development: With a view to increase the confidence level of women, to create a climate of solidarity and to foster women leaders at all levels, various awareness and capacity building programmes such as conferences, workshops, seminars, and training programmes are organized.

iii. Policy Advocacy: We work towards a sustainable development of women through active public campaigns and policy change at local and national levels.

iv. Networking and Coordination: We network with government agencies, national and international NGOs, women movements and academic institutions to further the cause of women empowerment.

Teaching

Gender Studies Course

Gender Studies has been offered to all II UG students (except Audiology and Speech Language Pathology) as per the norms of the Bharathidasan University for the fifth year in the Odd semester with University provided syllabus and text books. Staff from the concerned department conduct the classes. A total of 1035 students benefitted from the course in the academic year.

Certificate Course in Gender and Development

Bharathidasan University approved Certificate course in Gender and Development was offered to the





students of Shift - II in the even semester for the fourth year. Ms. R. Saraswathi, Co-ordinator, Women's Studies Centre and Ms.K. Dhanalakshimi, Assistant Professor of Mathematics (S - II) handled the classes. Teaching methods used in the course were case study discussions, movies and cookies display, interactive sessions, class room teaching with the support of chalk and talk method and power point presentations. The students completed seminar, assignment and quiz as part of the CIA (Continuous Internal Assessment). The CIA is for 25 marks and the external examination is for 75 marks. A total of 44 students from the departments of Chemistry, Computer Science, Commerce, English, Mathematics and Physics studied.

Training

Orientation on Gender Studies Course for Staff

The orientation programme on Gender Studies conducted on 11th August 2015 for the benefit of new Gender Studies course staff In-charge at Shanthi's hall, HCC. Dr.S.Vasanthi, Advisor, Women's Studies Centre, HCC welcomed the resource person Dr.(Sr.) Christina Bridget, Assistant Professor and Head, Department of Commerce and Business Administration, HCC started the orientation with the



ice breaking session which made the participants get to know each other in the team. Then she screened the videos related to gender inequality and women's health. She covered the entire syllabus with the help of powerpoint presentation. During her presentation, the participants were divided into four groups and were given 10 minutes time to prepare a skit on gender inequality in the areas of education, employment, freedom and safety. The participants presented the skit very well. The entire syllabus was covered with the help of powerpoint presentation, skit and interaction. The resource person strongly emphasized to break the gender inequality by educating the students as well as their family members to create a gender-just humane society. Ms.R.Saraswathi, Co-ordinator, Women's Studies Centre, HCC thanked the resource person and participants. 19 staff participated in the training programme.

Training Programmes Participated/Attended

Ms. R. Saraswathi, Co-ordinator, WSC attended the following Training Programmes

- ❖ Participated in the 'Workshop on Research Methodology' organized by the PSG Institute of Management, Coimbatore from 10th to 12th September 2015
- ❖ Participated in the "International Conference on Contemporary Issues of Women: Challenges and Responses" organized by Holy Cross College, Tiruchirappalli on 9th February 2016
- ❖ Participated in the "Workshop on Research Methodology – Module II organized by St.Joseph's Institute of Management, St.Joseph's College, Trichy from 17th to 19th March 2016

Research

A Study on Attitude towards Women by Men in Tiruchirappalli

A research was carried out with the aim to understand the perception of men towards women in the society. The main aim of the study is to explore the male's opinion about female. There were 100 respondents were interviewed with the convenient sampling design in Tiruchirappalli city. The research was carried out as part of a CIA component in Certificate course in Gender and Development students. The study came with the opinion that gender

sensitization programme for male youth needs to be conducted and mothers should be educated on the importance of gender equality in nurturing their child.

Field Action

National Nutrition Week Celebration

Women’s Studies Centre and National Service Scheme jointly conducted various activities for different target groups to observe the National Nutrition Week from 1st to 7th September 2015. On 1st September 2015, Presentation of badges on Gender



Equality in Nutrition was presided over by Dr.(Sr.) Jeusin Francis, Principal, Holy Cross College, Trichy. Dr.S. Kamaraj, B.S.,M.S., Dip.Yoga., Special Grade Medical Officer (Siddha), Government E.S.I. Hospital, Trichy was the chief guest and he distributed the badges which contained the slogans that “we understand that there should be equality in getting and receiving nutrition and equal rights are available to male and female in maintaining their nutrition”. During his talk he emphasized the participants on the importance and medicinal value of curry leaf, turmeric, honey and ginger mixture, triphala powder and Lemon.

Rangoli Competition on Maternal Health conducted in front of the Administrative block for women administrative staff was judged by Ms.M. Megala, Assistant Professor of English, Srimad Andavan Arts and Science College (Autonomous), Tiruchirappalli.

On 2nd September 2015, exhibition on Nutrition and Women’s Food was organized for the benefit of students. Dr. (Sr.) Jeusin Francis, Principal, Holy Cross College, Trichy inaugurated the exhibition by cutting the ribbon. More than 500 students benefited from it. The second activity was ‘Drawing Competition on Gender Sensitive Issues in Nutrition’



for the students of Shift – II. 31 students participated and 4 winners (III prize was shared by two students) were chosen by Ms.E. Lakshmi Devi, Assistant Professor of English, St. Joseph’s College (Autonomous), Tiruchirappalli.

On 3rd September 2015, three activities were conducted for 3 different target groups. In the first event 3Cs (Cooking, Cleaning, Caring) Competition for men students and staff was conducted in front of the Administrative Block. Four winners were selected out of 7 contestants by the person who judged the competition Dr.K. Mythili, Assistant Professor of Tamil, Periyar E.V.R. College (Autonomous), Trichy. She requested them to take part in the household activities and appreciated all the contestants for their active participation.





Essay Writing Competition in Tamil on Ways to Promote Gender Equality in Women's Health was conducted for the students of Shift – I. Dr. K. Lingammal, Assistant Professor of History, St. Joseph's College (Autonomous), Trichy judged the competition and selected 3 winners. Connection Competition on Nutrition for the teaching staff of Shift - I and Shift - II was the third and final activity of the day with 40 contestants which were divided into 8 groups. Ms.P. Sasirekha, Assistant Professor of Tamil, Cauvery College for Women, Trichy judged the contest and selected 3 groups as winners.

On 7th September 2015, the chief guest Dr. D. Nirmala, Assistant Professor of Social Work, Bharathidasan University, Trichy gave a speech on "Women and Health". Dr. (Sr.) Jeusin Francis, Principal, Holy Cross College, Trichy presided over

the programme. The Chief Guest stated the areas of gender inequality exists in Indian society and how it affect women. Women's health is considered only when she suffers from diseases. By treating women and men equally from their childhood in education, nutrition, social aspect and employment there is a possibility to create a gender-just humane society in the near future. She also distributed the prizes to all the winners. Nearly 170 students and winners of the competitions participated in the programme.

Lecture on Human Rights

The international human rights day was observed on 10th December 2015 at I MSW Classroom of Holy Cross College with the students of Certificate Course in Gender and Development. Dr. S. Vasanthi, Advisor, Women's Studies Centre and Associate Professor of Commerce presided over the programme. Ms. Vijayalakshmi, Advocate, Tiruchirappalli spoke about the theme of the present year i.e. 'Our Rights, Our Freedoms, Always'. Mr. John Britto, Advocate, Tiruchirappalli stated that all are equal before the law. But Indian constitution give certain preference to



certain groups to make them to become travel in the development path with others equally namely physically challenged persons, Scheduled Caste and Scheduled Tribe community people. The formal welcome address and vote of thanks was done by Ms.R. Saraswathi, Co-ordinator, Women's Studies Centre, Holy Cross College, Tiruchirappalli.

Programme on Menstrual Disorder

The programme on Menstrual Disorder was conducted on 15th December 2015 at National College, Tiruchirappalli. Dr. S. Vasanthi, Advisor of Women's Studies Centre and Associate Professor of Commerce presided over the programme. The resource person Dr. T. Ramani Devi, MD, DGO,



FICS, FICOG, Consultant, Obstetrician and Gynecologist, Ramakrishna Nursing Home, Tiruchirappalli addressed the women hostellers on good hygiene practices, symptoms of various menstrual disorders with various test available and ways to lead a healthy life. The students clarified their doubts by raising various questions. There were 142 students participated in the programme.

International Women's Day Celebration

The international women's days programme conducted on 8th March 2016 at Hostel grounds. The programme started with prayer followed by thamilthai vazhthu at 8.45 a.m. Dr. (Sr.) Jeusin Francis, Principal, Holy Cross College, Tiruchirappalli honored the Chief guest with shawl and memento. Cultural were performed to depict the portrayal of women. The guest of honour addressed with making the woman remember how special they are. Education is the most powerful tool a woman should always have in her hand to become empowered and instrument in educates others. Disciplined means not denying her rights but mostly it inclines towards self control. Women become the role model of the society. We must not be afraid to raise our voice against injustice. The guest concluded his speech with a greeting and wishing each and every one to be proud of being a woman. The programme arrangements were made by Departments of Tamil, Department of English and Women's Studies Centre. Nearly 4000 students participated in the general assembly.

Information Dissemination

As part of dissemination of information, the Centre has adopted the following activities. They are

It continuously displays information on women on its notice board.

It posted the UGC-NET announcement on the Co-ordinator's Google+ account for the benefit of hundreds of people.

❖ Samyukta Journal

The Centre has purchased a journal called 'Samyukta' which is a journal of Women's Studies. The journal is a bi-annual publication of Women's Initiatives.

❖ Library

The Women's Studies Centre has been functioning a library by 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's issues and challenges at the global level.

❖ Documentation of articles

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

❖ Notice Board

The Centre exhibited the information related to the achievements, issues of women from gender perspective and and its programme reports in newspapers. Students benefit from the information on different aspects. They take notes for their assignments and National Eligibility Test (NET).

❖ Website

The Centre's vision, mission and objectives are displayed on the college website www.hcctrichy.ac.in. The information on its major activity i.e. UGC sponsored National Conference was displayed on the college website.

❖ Documentation

Women's Studies Centre has documented all reports from newspapers on the Centre's activities

❖ Audio-Visual Documentation

The centre houses the following audio-visual documentation both from the websites and created by our students this year.

- * Amilam : Oru Pennin Avalam
- * An Introduction to CHILDLINE India with Kabir Bedi
- * CHILDLINE - Genesis Film
- * Children Across The Fence
- * Children across the fence video
- * Count on Us - A Film on Child Trafficking English
- * Das Nau Aath Kar lo Baat: Outreach documentary by Sophia students
- * Documentary on Women's World
- * Education Counts
- * Emotional Intelligence
- * Genesis
- * Help Me Fly
- * KOMAL - A film on Child Sexual Abuse (CSA)
- * Komal wins the FICCI Best Animated Frames (BAF) Award – 2014
- * Like Sisters
- * Living with Stones Children of the Mines
- * Puppet_Show
- * Right To Be Heard CHILDLINE
- * Shahid Kapoor for CHILDLINE India
- * Sophia
- * The Rose - English

❖ College Magazine

Activities of the Women's Studies Centre for the academic year 2015 - 16 is printed in the College magazine called Holy Rood every year. A copy of the magazine is available in WSC.

❖ Guidance on UGC - NET

The Co-ordinator had guided nearly 6 candidates to apply and prepare for UGC - NET. Few got guidance regarding Paper I also.

Advocacy

Legal Aid Clinic (LAC)

The Free Legal Aid Clinic is being run in

collaboration with District Legal Services Authority of India since January 2013. To cater to the needs of many, the District Legal Services Authority of India decided to make the advocates available on all Wednesdays from 1 p.m. to 3 p.m. The Advocate



visited the Legal Aid Clinic July 2015 to March 2016. The topic of legal awareness were Indian constitution, women's rights, sexual harassment against women act and cyber laws. They also spoke to many staff and students individually to clarify their doubts. The beneficiaries of the clinic have been increased remarkably with the increase in number of visits. There were 626 students attended legal awareness sessions and 132 persons got clarification to address their personal problems. The Advocate has been assisted by a Para Legal Volunteer (Ms. R. Saraswathi, Co-ordinator, WSC).

Success Story

The centre promoted two women entrepreneurs through a workshop on "Women Entrepreneurship through Skill Training" which was conducted on 23rd and 24th February 2016 for Women and Women's Cell members. These two women do fashion jewels and washing products on request basis and earn little profit also. They proudly shared that they use their washing powder and soap oil for household purpose.

Professional Support

- ❖ The centre guided 5 candidates to register and study for the UGC – NET December 2015
- ❖ Guided one teaching staff to apply for UGC's Minor Project through on-line mode

- ❖ Supplied material on “Feminism” to a Visual Communication Professor
- ❖ Downloaded the B.Ed. application form of Distance education division of Tamil University and guided the Tamil Professor to apply

Reference

- ❖ Referred one male alcoholic addict to attend the de addiction programme at SOCSEAD, Trichy
- ❖ Referred one advocate to a History professor to make their students visit the court proceedings as part of their curriculum

Triennial Inspection Commission

Triennial Inspection Commission was held on 29th February 2016. The Chairman was Thiru. T. Nallathambi, Principal, Sudharsan College of Arts and Science, Pudukottai and the members were Prof. K. Parthasarathy, Department of Life Long Learning, Bharathidasan University and Dr.Horne Iona Averal, Vice Principal and HoD of Zoology, Holy Cross College. The Co-ordinator presented the activities of Women’s Studies Centre with its wings’ activities namely Gender Club, Women’s Cell and Legal Aid Clinic and other activities. Since there was a clarification raised in the Sr.Principal’s presentation, the Co-ordinator gave more weightage to the explanation regarding Legal Aid Clinic.

Partnership

The Centre organized programmes in collaboration with the following other networking agencies such as

a) With Other Departments of the College

- ☼ Departments such as Mathematics, English, Social Work, Physics, Botany, Computer Science and History
- ☼ National Service Scheme (NSS)
- ☼ Youth Red Cross (YRC)

b) Outside the College

- ☼ District Legal Service Authority, Tiruchirappalli
- ☼ Centre for Women’s Studies, Cauvery College for Women, Tiruchirappalli

c) With Other Universities

- ☼ Department of Women’s Studies, Bharathidasan University, Tiruchirappalli
- ☼ Department of Women’s Studies, Alagappa University, Karaikudi

Activities of WSC’s Wings

Gender Club

The Gender Club consisted of 192 members in the academic year 2015 - 16. All the Under Graduate departments are included in the Club. The formal annual inauguration of club was conducted jointly by Shift – I and Shift – II Gender Club on 4th August 2015. The activities are as follows.

Programme on Enhancing Women’s Inner Strength (Shift – I & II)

The annual inauguration of Gender Club of Shift – I and Shift – II was held with the programme on Enhancing Women’s Inner Strength conducted on 4th August 2015 in Shanthi’s hall at 2.10 p.m. to 4.00 p.m. Dr. S. Vasanthi, Advisor, Women’s Studies Centre,



HCC presided over the function. The Resource person Mrs.M. Arulsubila, Assistant Professor of Psychology, Srimad Andavan Arts and Science College, Tiruchirappalli mentioned that when women face challenges in their life they face break down, crying and running out of control. Resilient people bounce back strongly to overcome the hardship. To overcome hardship she explained the strategies such as to build self-confidence, practice self confidence, be yourself and give your best, remove negative thoughts, and have positive affirmations, Overcome fear, take up opportunities, don’t be fragile, Never give up, and have the ability to smile. She encouraged the participants to be like springs, balls and bands which have the ability to bounce back. 8 students asked their doubts regarding mental health and issues in inter personal relationship.

Gender Club (Shift – I)

Programme on Life Skills

The programme on Life Skills was held on 20th August 2015. Dr. S. Vasanthi, Advisor, Women's



Studies Centre presided over the programme. The Chief Guest Dr. V. Stephen, Freelancer, Tiruchirappalli stated that life skills approach is an interactive educational methodology that not only focuses on transmitting knowledge but also aims to shape attitudes and develop interpersonal skills. Life Skills can be used in many areas such as relationship management, interpersonal communications, consumer education, environmental education and livelihood and income generation, among others. He also explained the ten core life skills strategies listed by UNICEF, UNESCO and WHO. The video called 'The Gruffalo' was screened which depicted all the core ten life skill. The participants also agreed that goodness and badness are in both men and women. But we must be aware of accepting the goodness and try to convert the badness into goodness for our welfare.

Programme on Tamil Literature and Gender Equality

On 21st January 2016, programme on 'Tamil Literature and Gender Equality'. The resource person was Dr.S. Karuthan, Assistant Professor, Department



of Tamil, National College, Tiruchirappalli addressed the gathering with the bravery of women especially Tamil women. He stated that at the world level, Tamil literature alone talk about women's equality. He noted the excellent contribution of Tamil poet Ovaiyaar and Adhiyaman, **Valluvar**. The guest added that women were pillars of today's community who give courage to men and it is our greater responsibility to discover the courage hidden inside us. If women find it we can reach greater heights. The gathering was then thanked and the event came to an end at 3.45 p.m.

Gender Club (Shift – II)

Study Circle - I Theme: Gender based Responsibilities and its Consequences

Study Circle was conducted for the Gender Club members of Shift – II on 17th October 2015 at Legal



Aid Clinic from 2.30 p.m. to 3.10 p.m. Five videos related to gender inequality were screened for 8 students at Women's Studies Centre. Following by that the students had a discussion on women's responsibilities with respect to men's responsibilities at home as well as in the society

Students shared the following details

- ❖ The word homemaker should be used instead of the word 'housewife'
- ❖ A part of men's income should be given to homemakers
- ❖ Men have to help the women to complete their household activities
- ❖ Education is one of the powerful instrument to bring gender equality in the society
- ❖ Male children should be motivated to do household work with female children from their childhood
- ❖ Members agreed to be change agents to create a gender-just society in the future by educating and practicing equality in the society and among family members.

- ❖ They also got information that if they contribute much for the development of women they will be rewarded at the end of their course.
- ❖ 8 Gender Club members participated and benefited from this activity.

Study Circle – II

Theme: Role of Women and Men in the Society with Future perspectives

A study circle on ‘Role of women and men in the Society with future perspectives’ was conducted on



17th October 2015 for the Gender Club members of Shift-II. The activity started at 3.15 p.m. at Women’s Studies Centre by screening the video which explained the activities of men and women after their working hours which was displayed to them. The content of the video showed that after men come home, they watch Television but women do cooking, washing and child care activities. Due to many household responsibilities women were unable to undertake foreign visits for official purposes, but men are free to go abroad. Men have a more knowledge on diet than women have. Women take lot of time to take decisions to purchase products due to less general knowledge. The discussion was held at Legal Aid Clinic followed by video screening. The students shared the following views such as

- ❖ Difference between sex and gender
- ❖ Male domination should be removed by educating women
- ❖ Every woman should contribute to the society’s betterment by informing the child labourers that they should avail free education in the government school till the age of 14 years, birth certificate has to be obtained within 1 year of child birth. If not they can avail it by court order only.
- ❖ They accepted to be a change agent to inform others that they have to treat male and female persons equally from their childhood onwards.

They were aware that we cannot change the society suddenly and change is possible in the next generation only. Gender sensitization is for both men and women.

- ❖ While discussing healthy habits, they were advised to avoid aginomoto and beauty cosmetics which create harmful effects. They were also advised to use turmeric and Aloe vera for beauty.
- ❖ The concepts of intelligence Quotient (IQ) and Emotional Quotient (EQ) were discussed and ways to hike emotional quotient were suggested to the students to manage our surroundings and society.

13 Gender Club members participated and benefited from this activity. The activity came to an end at 4.00 p.m.

Programme on Personality Development

The programme on Personality Development was conducted on 30th November 2015 at Shanthi hall. The resource person Ms. Leema Peter, Psychologist, Tiruchirappalli gave a meaningful message with stories which inculcated the values such as women are multitalented and have more courage to create better environment in the society. Unless women recognize their potential and decided to utilize their rights it is very difficult to uplift them. Without



women’s development none of the society can reach better positions. She motivated the students to read certain books to strengthen them psychologically.

Programme on Women - Yesterday, Today and Tomorrow

The programme started with formal prayer and welcome address on 8th January 2016 at 11.30 a.m. Dr. (Sr.) Jeusin Francis, Principal, Holy Cross College, Trichy presided. The chief guest was Dr.V. Meenakshi, Assistant Professor, Department of Tamil (Shift - II), Bishop Heber College, Trichy



delivered the speech with lot of practical examples and motivation. Today parents are keeping girls safely like products in the house. Girls should go for job even after marriage to retain their rights. Women and men were called as 'Janam' in Tamil which means population. Women who gave birth to janam are called 'Janavi'. After some years, due to land ownership pattern men has become the bread winner of the family the status of women become low and women's education was denied by men.

Women should have the courage to gain their rights and motivated the participants with the details of few women achievers.

Programme on Gender Awareness

A programme on gender awareness was conducted on 16th February 2016 at Shanthi hall. Dr. (Sr.) Jeusin Francis, Principal, Holy Cross College, Tiruchirappalli presided over the programme. Mr. William John Bosco, Head, Department of English, Periyar E.V.R College, Tiruchirappalli who was the



chief guest started his speech with a question that do women have equal right with men at all aspects?. He spoke on the consequences of gender inequality in family and society, gender stereotyping and its impact on women's life, status of women in various countries and importance of men's role in household

chores. Some participants clarified their doubts regarding gender inequality in the society during the interaction session.

Details of Students' Participation

Department of Women's Studies, Bharathidasan University and Gender Champion Club, Jamal Mohamed College, Tiruchirappalli conducted 'Trainer of Trainer (ToT) Workshop for UGC Gender Champions' on 25th February 2016 at Jamal Mohamed College. There were 4 students were participated

Women's Cell (Shift I)

Seminar on Women Protection Laws

Women's Cell started its annual activities with a Seminar on Women Protection Laws in collaboration



with District Legal Services Authority, Tiruchirappalli on 13th July 2015 at Shanthi hall, HCC, Tiruchirappalli. The programme was presided by Dr.S. Vasanthi, Advisor of Women's Studies Centre and Associate Professor of Commerce, HCC, Tiruchirappalli. The chief guest of the seminar Mr. P. Parthasarathy, Secretary, District Legal Services Authority, Tiruchirappalli spoke about the free services provided by the legal service authority and explained in detail about the laws, subsidies and services which are favourable to women especially widows, handicapped and mentally retarded persons. Mr. John Britto, Advocate spoke on the Indian constitution and women's rights with so many examples. He insisted not to use plastic national flag and way to utilize freedom of speech. Ms. Vaidhegi

spoke on various crimes against women and children in the society and with solution through laws. The coordinator of women's cell Ms.Saraswathi and Dr.Maria Sophiya, in charge of women's cell were present.

Legal Awareness Programme

A legal awareness programme was conducted on 26th August 2015 at Shanthi hall at 2.00 p.m.



Ms. Bharathi, Advocate spoke about Indian constitution and various laws pertaining to women such as dowry prohibition act, Hindu Adoptions & Maintenance Act, Hindu Succession Act and Equal Remuneration Act. She requested the participants to get marry after they become economically independent since she saw many girls get marry during their college days and suffer a lot during marital life due to lack of good education and good income. There 15 students have clarified their doubts.

Awareness Programme on First Aid Management

Awareness programme on "First Aid Management" was conducted on 3rd December 2015 at Shanthi Hall, Holy Cross College, Tiruchirappalli. Mr. R. Subramanian, First Aid Lecturer, St. John's



Ambulance, Tiruchirappalli gave a detailed introduction about first aid and explained the causes and effects of accidents, anatomy of the human body and the various functions of the heart, lungs, brain, oxygen, blood capillaries etc. The procedures of doing First Aid in various situations were demonstrated with the help of volunteers. The entire session was conducted in an interactive manner.

Programme on Natural Medicines

Programme on "Natural Medicines" was organized on 12th January 2016 at Shanthi hall at 2 p.m. The guest speaker was Fr.Dr.Jacob, Co-Founder of Sangamam, Trichy. Who is a naturopathic specialist. He stressed on the importance of natural foods and live with nature. He explained and demonstrated various health tips and solutions for major health problems. He also explained the scientific reasons for other traditional practices like fasting and natural diets. He encouraged the students to follow a healthy lifestyle by eating organic fruits and vegetables. He also recommended many books on health, well being and naturopathy and displayed some books for sale.



Workshop on Women Entrepreneurship through Skill Training

A workshop on “Women Entrepreneurship through Skill Training” was conducted on 23rd and 24th February 2016 for Women and Women’s Cell members. The resource persons were Mrs.



Pichaiammal and Mrs. Bhuvaneshwari. Participants learned Jute bag making, jewellery making and washing powder making. There were 26 participants benefited from the workshop and 3 women has become entrepreneurs.

Accomplishments:

- ☞ Offered Certificate Course in Gender and Development
- ☞ Conducted Workshop on Women Entrepreneurship through Skill Training
- ☞ Discussion on gender in Study Circle
- ☞ Legal Aid Clinic functioned in association with District Legal Services Authority, Tiruchirappalli
- ☞ Offered a course on Gender studies for II UG students
- ☞ Observed National Nutrition Week
- ☞ Conducted legal awareness programmes
- ☞ Conducted various awareness programmes on health, sanitations
- ☞ Continuation of Gender Club activities
- ☞ Women development based activities conducted under Women’s Cell
- ☞ Library and documentation
- ☞ Information displayed in notice board

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