

## PATRICIAN COLLEGE OF ARTS AND SCIENCE

#### MENTORING & COUNSELING CELL ACTIVITIES

The College offers support services through mentoring and counselling to ensure the physical and mental well-being of the students. The mentoring model of the college is based on a three-tier mechanism. The first tier is academic mentoring where the class teachers serve as the academic mentor and handle academic difficulties. The second tier is personal mentoring wherein thirty students are assigned to a personal mentor who accompanies the students till their course completion and addresses difficult situations that thwart the functioning of the individual. The third tier is the counseling service anchored by faculty from the Psychology and Social work departments where the student receives individual attention on the problem at hand. An exclusive counseling room is situated in the Psychology Department for the students to pay direct visits or through referral of faculties. The college counselor addressed many interpersonal and academic concerns.

Academic Mentoring is conducted every month for the students by the class teachers in the respective departments.

- Monitor academic performance
- Support students to improve their ability to articulate and formulate plans to actively
  pursue and achieve their academic and career goals
- Guide students to feel more connected to the campus and their educational goals
- Help the students to participate activities and events to improve their skills
- Session are conducted to have a focus on Exam preparations
- Coach the students to develop study schedule for the exams

Personal Mentoring is conducted every month for the students by the personal mentors in the departments.

- Make students aware of resources available to them on campus and in the community and encourage them to make use of those resources
- Help students to develop or refine their study skills and time management abilities
- Help students in their transition to the college environment and navigate their programs of study
- Develop student leadership skills
- Provide opportunities for students to build self confidence level through their talent

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Life skill session was conducted in shift 2 for the students on the Topic: "Whom am I" for the first-year students.

Participants: 43 students

Students felt motivated and they participated very well in the programmes.

Individual counselling: 55 students

Group counselling: 2group of students from Psychology Department

## PATRICIAN MENTORSHIP PROGRAM 2023-2024

#### **OBJECTIVES OF PMP**

- To facilitate students, learn the way of learning that leads to competence, clarity and confidence in their pursuits.
- To provide a support system for students' academic well-being in Patrician College
- To guide students, have an effective transition phase from academics to occupation.

## STANDARD OPERATING PROCEDURE OF PMP

- Orienting the faculty members about academic mentoring.
  - A. Call for volunteers among faculty members for personal mentoring.
  - B. Class teachers to stay as academic mentors with minimum 2 compulsory sessions per semester.
- Training program to be conducted for personal mentors.
- Registration of personal mentorship process and extreme cases to be referred to students' counselor.
- Successful completion of the above mentioned process is believed to lead to good Alumni connect.
- Documentation and Records will be collected by the committee members assigned to respective departments.

# MENTOR – MENTEE RELATIONSHIP

- Class Teachers shall act as Academic Mentors and respective students as Mentees
- Mentor Mentee Relationship gets terminated at the end of each academic year
- Mentor-Mentee meeting shall take place twice in a semester as per academic calendar.
- The details of each meeting per mentee will be recorded
- Mentor shall be primarily consulted for disciplinary action, if the mentee(s) violate code of conduct.



#### **ROLE OF MENTORS**

- Orient mentees about the mentorship system
- Call a meeting with mentees for specific requirements
- Follow the Key Focus Areas (KFAs) per mentee
- Support mentees at academic, personal and emotional level in a professional way
- Good rapport with parents of mentees
- Suggest remedial teaching if needed
- Keep the records updated

## **ROLE OF MENTEES**

- Active participation at mentorship sessions
- Update necessary information with mentors
- Disclose difficulties in academic and individual activities
- Build confidence with mentors

## WITHIN, ALONG AND BEYOND CURRICULUM

Key Focus Areas (KFAs)

- Attendance
- Academic performance
- Discipline
- Health, family and peer-adjustment status
- Talents, achievements and extra-curricular

#### MENTORSHIP RECORDS

- Mentorship Register
  - o List of mentees assigned to a mentor
  - Date of Meeting / Attendance
  - Remarks by the mentor
  - Referral to concerned
  - o Follow up

## WHEN TO APPROACH PERSONAL COUNSELLOR

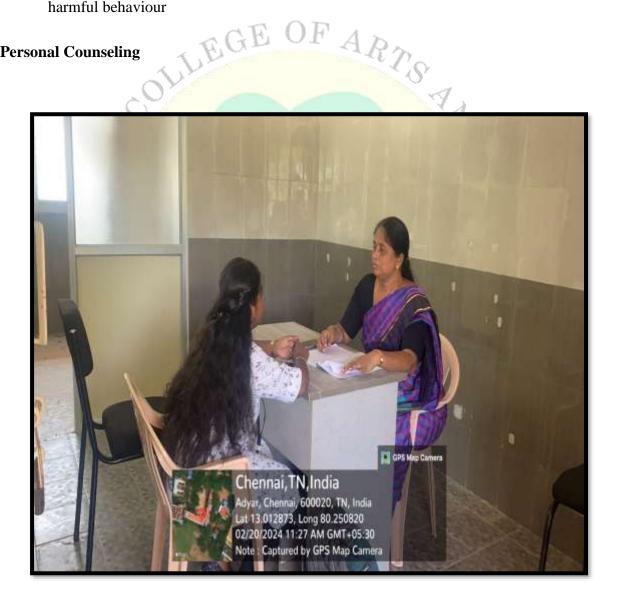
- Personal mentors will be staff who volunteer
- Refer the students to Personal mentor only when
- 1. Concern in two or more KFAs
- 2. Irregular / Late to classes
- 3. Poor academic performance
- 4. Discipline problem
- 5. Family problem
- 6. Other issues



## WHEN TO APPROACH STUDENTS COUNSELLOR

- Counsellor will be from the Department of Psychology/ Visiting Counsellor Available for 2 days in a week (Tuesday / Friday) between 1.30 – 3.30 PM
- Refer the students to counsellor only when
- 1. Concern in three or more KFAs
- 2. Victimization
- 3. Inappropriate, unproductive and harmful behaviour

# **Personal Counseling**



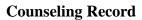


# **Group Counseling**









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## **Women's Cell Reports**

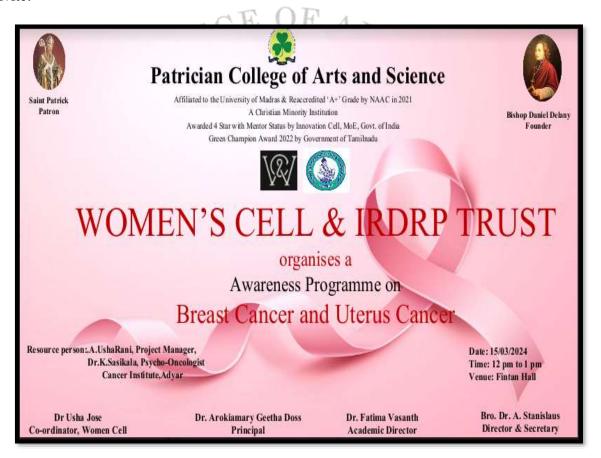
## **Awareness Programme on Breast Cancer and Uterus Cancer**

DATE: 15/03/2024 TIME: 12 pm to 1 pm

Venue: Fintan Hall

No. of Beneficiaries: 90

Invite:



## **Objective:**

The primary objective of the awareness program was to educate participants about breast cancer and uterus cancer, emphasizing signs, symptoms, prevention methods, and early detection strategies.



## Report:

The Patrician Women's Cell, in collaboration with IRDRP, successfully organized an awareness program on Breast Cancer and Uterus on March 15, 2024. Girl students from various departments were encouraged to participate in this programme. The session was led by Dr.Sasikala, Psycho – Oncologist and A.Usha Rani, Project Manager, Cancer Institute, Adyar, Chennai. Dr. Sasikala

focused on uterus cancer, providing insights into its nature, signs, symptoms, and preventive measures. She emphasized the importance of early detection through regular screenings and awareness of potential risk factors. Preventive measures discussed included maintaining a healthy lifestyle, regular exercise, and attending routine gynaecological check-ups.

A. Usha Rani delivered a comprehensive session on breast cancer, highlighting preventive measures, including lifestyle modifications, regular breast self-examinations, and clinical screenings. She emphasized the significance of awareness in combating breast cancer effectively.

A. Usha Rani highlighted the importance of breast self-examinations as a proactive measure for early detection. She provided guidance on the correct technique for self-examinations and encouraged participants to incorporate it into their monthly routines.

The awareness program on breast cancer and uterus cancer organized by the Patrician Women Cell in collaboration with IRDRP proved to be highly informative and beneficial. Participants gained valuable insights into the nature of these cancers, their signs, symptoms, and preventive strategies. The initiative aimed to empower women with knowledge to take charge of their health and well-being. Such endeavours play a crucial role in promoting early detection and reducing the burden of cancer in society.

#### **Resource Person Profile:**

Dr. Sasikala, Psycho –Oncologist, Cancer Institute, Adyar, Chennai is an experienced person in the hospital and she is handling psycho education classes in the hospital. Ms. A. Usha Rani, is the Project Manager in the Cancer Institute, Adyar, Chennai.





A Usha Rani, Project Manager, Cancer Institute addresses the breast cancer



Dr.Sasikala, Psycho-Oncologist, Cancer Institute, Adyar, addresses the uterus cancer





The resource persons along with Dr. Usha Jose, Women Cell coordinator, Ms. Sadiya Fathima, Member Women Cell and the students

## **Attendance:**

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# Feedback:

1	Email Address	ROLL NO	NAME OF THE STUDENT IN CAPITAL LETTERS	Shift	Technology and the second	The program timing was convenient and well-managed	The program objectives clear and well-defined	The program content was relevant and engaging	you nate the	How would you rate your overall experience with the program?	you	Suggestions if any
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dorothysheeba23@gm[	022SWP041	DOROTHY SHEEBA I	Shift I	MSW	Strongly agree	Strongly agree	Strongly agree	Excellent	Highly satisfied	Yes	No but the time was not sufficient for each resource person



## **Certificate:**







## **Seminar on Gender Sensitization**

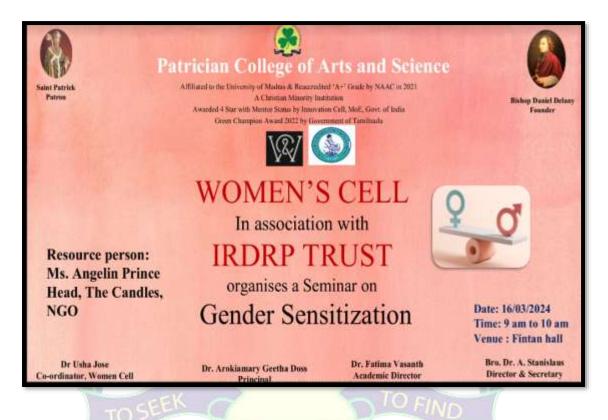
TIME: 9 am to 10 am

DATE: Friday, 16<sup>th</sup> March 2024

Venue: Room No.3, A Block

No. of Beneficiaries: 60

#### **Invite:**



## **Objective:**

The objective of a seminar on gender sensitization is to promote understanding, respect, and equality among individuals of all genders and to work towards creating a more just and equitable society free from discrimination and violence.

## Report:

The seminar on gender sensitization, organized by the Patrician Women's Cell and IRDRP, took place on 16<sup>th</sup> March 2024 at Fintan Hall. The event aimed to educate and raise awareness about gender sensitivity among the participants, primarily students, with a focus on promoting



respect, equality, and inclusive. Ms. Angelin Prince, Head of The Candles NGO, delivered an insightful address on gender sensitivity. Drawing from her experience in working with marginalized communities, Ms. Prince emphasized the importance of understanding and addressing gender-based discrimination and inequality. She highlighted the need for empathy, active listening, and self-reflection to cultivate a more inclusive and respectful society. The seminar concluded with a call to action, urging participants to actively challenge gender stereotypes, advocate for gender equality, and create safe and inclusive spaces in their respective spheres of influence. Participants were encouraged to apply the knowledge gained from the seminar in their daily lives and become agents of positive change.

## **Resource Person Profile:**

Ms. Angelin Prince, Head of The Candles NGO Completed her diploma in physiotherapy from Christian Medical College (CMC), Vellore. She did her Masters in Social Work from Stella Maris College and got specialised in Medical Psychology. She started Candles NGO on August 2014. She conducted many medical camps for economically weaker section. Apart from conducting medical camps, she started conducting classes for underprivileged kids.

#### **Attendance:**

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Ms. Angelin Prince, Head, Candles NGO addressing the students







The students actively participated in the seminar

# Feedback:

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# **Sample Certificate:**





# **Awareness Programme on Drug Abuse and Drug Control**

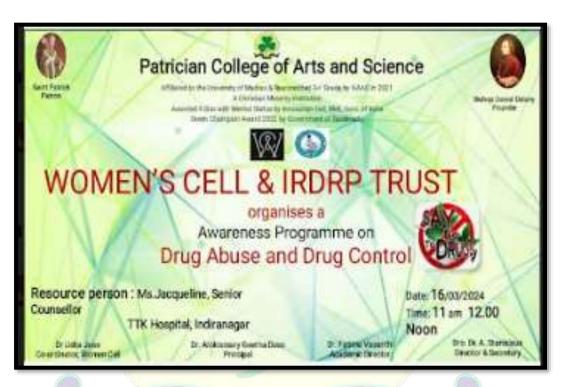
DATE: Friday, 16th March 2023

TIME: 11 am to 12 noon

Venue: Room No.3, A Block

No. of Beneficiaries: 60

## **Invite:**



# **Objective:**

The primary goal of an awareness program on drug abuse and drug control is to promote a healthy, drug-free society by raising awareness, fostering understanding, and promoting action at individual, community, and societal levels.

## **Resource person profile:**

Ms. Jacqueline has a Master of Social Work in Medical & Psychiatry ACC Level 2 Certification. Jacqueline has 31 years of experience in TTK working with patients and their families. She is specialized in prevention of substance abuse at workplace.



## Report:

The Patrician Women's Cell, in collaboration with IRDRP, successfully organized an awareness program on Drug Abuse and Drug Control on March 16, 2024. The event aimed to educate students

about the detrimental effects of drug consumption and the importance of drug control measures in society. The program featured a keynote address by Ms. Jacqueline, Senior

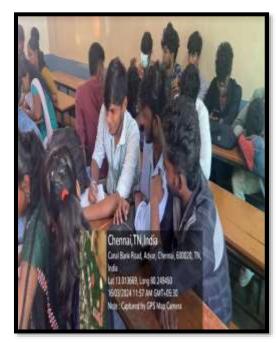
Counsellor at TTK Hospital, who shared valuable insights and information with the attendees. The attendees were Student Council Members and all the department secretaries of Patrician college of Arts and Science. They are the leaders of the dollege and through them the information on drug related information should reach all students of the college. Ms. Jacqueline

initiated the session by providing an overview of drug abuse, highlighting its prevalence and the various forms it can take in society. She emphasized the significance of understanding the root causes behind drug abuse to effectively address the issue. Through informative presentations and real-life examples, Ms. Jacqueline elaborated on the harmful effects of drug consumption on individuals, families, and communities. She discussed the physical, psychological, and social consequences associated with drug abuse, underscoring the importance of early intervention and prevention. The moral of the hour-long seminar students were informed about reducing the demand for drugs and for that each student should work out to avoid drugs in any form.

As a Senior Counsellor at TTK Hospital, Ms. Jacqueline shed light on the role of counselling and rehabilitation in supporting individuals struggling with drug addiction. She emphasized the need for compassion, empathy, and professional support in helping individuals overcome addiction and regain control of their lives. The session also addressed the significance of drug control measures in curbing the proliferation of illicit drugs and protecting vulnerable populations, especially youth. Ms. Jacqueline highlighted the role of community awareness, law enforcement, and policy interventions in combating drug trafficking and promoting a drug-free society. Following the presentation, attendees were encouraged to participate in an interactive discussion and ask questions related to drug abuse and control. Ms. Jacqueline provided valuable insights and clarification on various issues, fostering a supportive and informative environment for dialogue.



The awareness program on Drug Abuse and Drug Control organized by the Patrician Women's Cell and IRDRP proved to be a significant and enlightening event. Through the expertise and guidance of Ms. Jacqueline, attendees gained valuable knowledge and understanding of the harmfulness of drug consumption and the importance of proactive measures in addressing this pressing societal issue. The attendees also expressed their views through group discussions on topics related to curb the drug menace. The program succeeded in raising awareness, fostering dialogue, and empowering individuals to take proactive steps toward building a healthier and drug-free community.





The Students actively participated in the programme



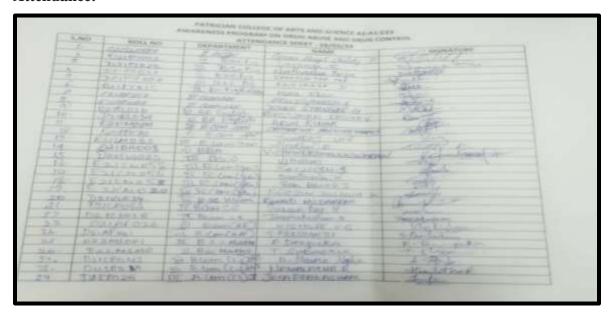


Students Affairs Council Co-ordinator Mr.Prithvi Raj Kumar along with the Students Council actively participated and created awareness among the students



Ms. Jacqueline, Senior Counsellor at TTK Hospital address the students

# **Attendance:**





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## **Sample Certificate:**





## WOMEN'S CELL & ICC

# Report for International Girl Child Day – 11<sup>th</sup> October 2023

#### Invitation:



## **Objective:**

- To provide awareness regarding Girls Education
- To avoid Child marriage.
- To child trafficking.

## **Report of the Programme:**

The program was organised by Tamilnadu State Commission for Women with UNPFA, Girls Count Coalition, Centre for Child Rights and Development, and Thozhamai NGO on International Girl Child Day on 11<sup>th</sup> October 2023. Around 50 Students from the Women's cell and ICC participated in the awareness program. The programme was to create awareness among the general public regarding issues related to Girls and Children. Tmt.Kumari, A.S, Chairperson, Tamilnadu State Commission for Women participated in the programme.





Women's Cell and ICC members who participated in the awareness program



AS Kumari, Chairperson, Tamilnadu State Commission addressing about Child protection to the general public



No of Participants: 50

Outcome: The programme created a learning platform to make students understand the social evils against Women and girls Children and about the various government organisations and NGOs to redress the grievances.

## **Attendance Sheet:**

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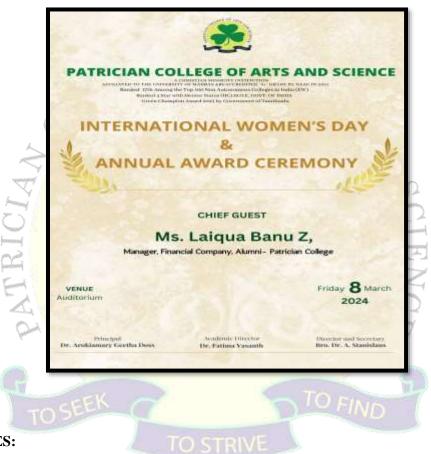




# WOMEN'S DAY CELEBRATION & 2nd ANNUAL AWARD CEREMONY

8<sup>th</sup> March 2024 - Venue - Auditorium I - Time: 8.10 A.M.

Resource Person: Ms. Laiqua Banu, Manager, Financial Company, Alumni of Patrician College of Arts and Science.



## **OBJECTIVES:**

- Celebrate the empowerment of women in education and society by showcasing the remarkable accomplishments and successes of female individuals within the college community, inspiring others to strive for excellence and break barriers.
- Recognize and honor outstanding students, faculty, and staff members who have demonstrated exceptional achievements and contributions to academia, leadership, and community service throughout the year.



• Foster a culture of inclusivity, diversity, and gender equality within the college environment by highlighting the importance of recognizing and appreciating the valuable contributions of women across various fields of study and professional endeavors.

#### **RESOURCE PERSON PROFILE:**



Ms. Laiqua Banu, is a distinguished alumnus of Patrician College, graduating in 2005 with a steadfast commitment to excellence. With an illustrious career spanning 18 years in the financial sector, Laiqua has seamlessly navigated various roles, including customer service, training, learning and development, sales, and operations. A seasoned leader for over 14 years, she has consistently demonstrated exceptional vision and strategic acumen.

OF ARTS

Beyond her professional achievements, Laiqua is a passionate advocate for women's empowerment, leveraging her platform to mentor and guide aspiring female professionals toward success. Alongside her dedication to her career and her advocacy work, Laiqua finds joy and inspiration in the art of dance, embodying a holistic approach to life. As an alumna of Patrician College, Laiqua Banu exemplifies the college's ethos of excellence and service, making her a true role model for future generations.

## PROGRAMME SUMMARY:

The Women's Day Celebration and 2nd Annual Award Ceremony at Patrician College of Arts and Science commenced on 8th March 2024 with a serene prayer, invoking a sense of unity and reverence among attendees. Dr. Ananda Priya, the Vice Principal, extended a warm welcome to all, setting a tone of inclusivity and appreciation for the achievements being celebrated. Following this, Ms. Raichel Diana, the Coordinator-Extension, introduced the esteemed Chief Guest, Ms. Laiqua Banu Z, Manager of a Financial Company, heralding a momentous occasion filled with inspiration and empowerment.



The ceremony unfolded with Bro. Dr. A. Stanislaus, the Director & Secretary, expressing gratitude and admiration for the remarkable dedication of women within the college community, emphasizing their pivotal role in shaping a brighter future. Dr. Raja, Coordinator of SEEDS, then led the prestigious award ceremony, honoring individuals and groups who had demonstrated outstanding contributions across various fields. Ms. Laiqua Banu Z, in her captivating address, urged women to persevere in their endeavors, highlighting the importance of focus and resilience in attaining success. Dr. Usha Jose, Coordinator of the Women Cell, concluded the event with a heartfelt vote of thanks, acknowledging the collective efforts that made the celebration a resounding success while leaving an indelible mark of inspiration and empowerment on all present.

#### **AWARDS:**

- UBA Award Uthandi Village
- SEEDS Award Bcom General Shift I
- Clubs and Cells Award Consumer Club
- Department Award Bcom Accounting Finance Shift I
- Young Innovator Award Mr. Saravanan K and Mr. Santhosh R
- Research Award Ms. Jennifa Hanna
- Research Award **Dr. Anandapriya**
- Women of the Year Award **Dr. B. Meena**
- Men of the Year Award Dr. Arivarasan
- Bharath Samman Award Dr. Harihara Krishnan R

#### **OUTCOMES:**

- The college's commitment to recognizing and celebrating the achievements of women enhanced its reputation as an institution that values diversity, inclusion, and gender equality.
- The programme's positive reputation attracted talented individuals and strengthened partnerships with stakeholders who share similar values.
- The award ceremony provided an opportunity for members of the college community to come together and celebrate shared values and achievements.
- The Programme fostered a sense of unity and camaraderie among students, faculty, staff, alumni, and other stakeholders, contributing to a supportive and inclusive campus environment.





Dr. Anandhapriya, Vice Principal addressing the gathering



Chief Guest Ms. Laiqua Banu addressing the gathering







Accounting and Finance Department Shift I receiving the Best Department Award 2024





Department of Computer Science with Data Science receiving the Special Appreciations for best performing Department



Consumer Club receiving the Best Club/ Cell Award 2024





B.Com General Department Shift I receiving the Best Seeds Awards2024



Uthandi Village receiving the Best UBA Village Award 2024



# Seminar on Handling Emotions and Reflecting Best Self

DATE: Friday, 28th July 2023

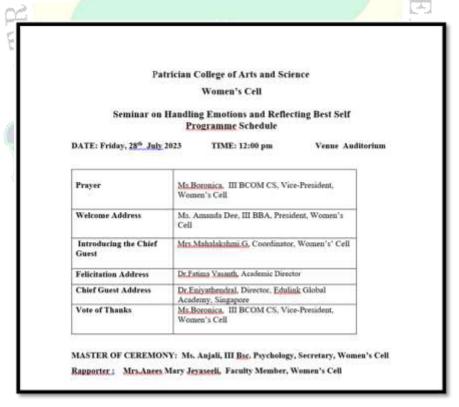
TIME: 12:00 PM

Venue: Auditorium

**Invite:** 



## **Programme Schedule:**





### **Objectives of the Seminar:**

- To enhance women participants' understanding of emotions and their importance in their lives.
- To provide practical tools and strategies for effectively managing and regulating emotions.
- To develop emotional intelligence and self-awareness.
- To explore different approaches for coping with and expressing difficult emotions such as stress, anger, and anxiety.
- To facilitate healthy communication and relationships by effectively expressing and responding to emotions.
- To foster resilience and emotional well-being in the face of challenges and adversity.
- To encourage self-reflection and personal growth in relation to emotions.

### Resource person's profile:

Dr. Eniyathenral is a doctor, author, mental well-being counsellor, and branding expert having run multiple businesses on a Global level, taking care of recruitment and training in US/Singapore/ India. Doctor by profession and has her masters in healthcare from Boston USA. She is a mentor for many start-ups. Currently running a leadership digital marketing company. Co-Founder MAKE educational trust and charitable foundation. Always an enthusiastic person to learn new things.

No. of Beneficiaries: 250

#### **Report:**

The Women's Cell seminar held on Friday, 28th July 2023, titled "Handling Emotions and Reflecting Best Self," focused on empowering students, especially young women, by providing insights and strategies to manage emotions effectively and present themselves in the best possible way. The event was organized at noon and commenced with a prayer led by Ms. Boronica, a student from III BCOM CS, Vice-President, Women's Cell.

Ms. Amanda Dee from III BBA, President, of Women's Cell, extended a warm welcome to all the attendees of the seminar. Mrs. Mahalakshmi G, the Coordinator of the Women's Cell, introduced the chief guest for the event. Academic Director, Dr. Fatima Vasanth, felicitated the gathering during the event, adding a touch of importance and recognition to the seminar.

The resource person, is Dr. Eniyathendral, Director, Edulink Global Academy, Singapore. Explained the importance of handling emotions, Self-reflection, Maintaining proper relationships, handling



relationship issues effectively. The resource person also gave an enlightened speech explaining the importance of values and boosting self-esteem. and improving personal growth.

The overarching aim of the seminar was to empower students, particularly young women, by providing them with tools and insights to manage their emotions effectively and present their best selves. The event also encouraged the cultivation of a positive mindset and the importance of making well-considered choices in life. Ms. Boronica, Vice-President, of Women's Cell delivered the vote of thanks. Ms. Anjali, Secretary of the women's cell was the Master of Ceremony of the event. Overall, the seminar was informative and inspiring offering valuable guidance and encouragement to the attendees on emotional well-being and personal growth.

### **Seminar Photos:**



Dr. Fatima Vasanth, Academic Director, honouring the resource person, Dr.Eniyathendral, Director, Edulink Global Academy, Singapore, with a memento



Dr. Fatima Vasanth, Academic Director, addressed the gathering





The resource person addressing the women participants on handling emotions

## **Outcome of the Programme:**

The programme provided various insights regarding balancing family and peer relationships, avoiding unhealthy relationships involving physical interaction, and to be very vigilant and secure in social media. The atmosphere of the seminar was very learning with examples drawn from counselling experience and was extremely facilitating seeing that the target group audience was the women population of the college.

### **Attendance:**

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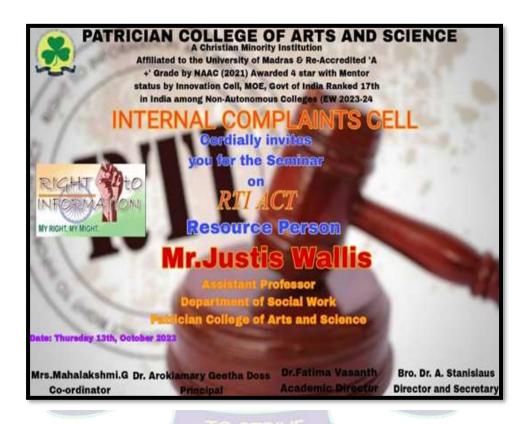


### INTERNAL COMPLAINTS CELL

## **Awareness Programme on RIGHT TO INFORMATION ACT 2005**

Resource Person: Mr. Jutus Wallis, Assistant Professor

## **Invite:**



## **Programme Schedule:**

- 1. Silent Prayer
- 2. Welcome Address & Introduction about the Resource Person: Mrs.Mahalakshmi, Coordinator, ICC
- 3. Resource Person Address
- 4. Interactive Session
- 5. Vote of Thanks



#### **OBJECTIVES**

- The seminar aims to increase awareness and understanding of the provisions and importance of the RTI Act among participants.
- It helps to empower participants by equipping them with the knowledge and skills necessary to exercise their right to information effectively.
- It helps students in providing a comprehensive understanding of the legal framework surrounding the RTI Act which includes discussing the statutory provisions, exemptions, and limitations of the Act, as well as any recent amendments or developments.

#### PROFILE OF THE RESOURCE PERSON



MR. JUSTUS WALLIS

Assistant Professor, Department of Social Work, Patrician College of Arts and Science

#### PROGRAMME SUMMARY

The resource person started the session by providing students with a thorough understanding of the RTI Act. He explained the historical context, legal framework, and the fundamental principles that underpin the Act. The orientation delved into the practical applications of the RTI Act within the field of social work. He shared real-life case studies and examples, demonstrating how social work professionals can utilize RTI to address social issues effectively. The resource person highlighted the instances where the Act was instrumental in uncovering crucial information,



leading to positive social change. The session was interactive and engaging, encouraging active participation from the students. The resource person also facilitated discussions, encouraging students to ask questions and share their thoughts. Interactive exercises were conducted, enabling students to apply the knowledge gained and understand the process of filing RTI applications practically. The students were given insight about the role of RTI in strengthening democracy by empowering individuals to access information held by public authorities. Students were encouraged to utilize his knowledge responsibly, emphasizing his role in civic engagement and social advocacy. A dedicated question-and-answer session provided students with the opportunity to seek clarifications on specific aspects of the RTI Act.





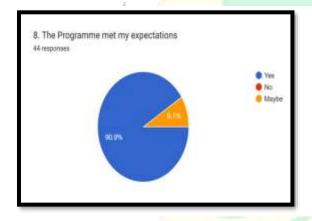


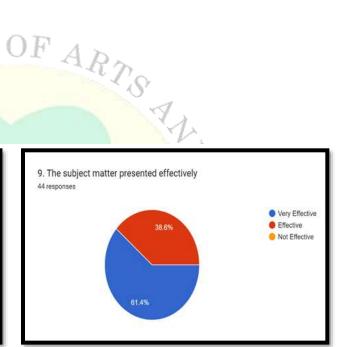
#### **PROGRAMME OUTCOME:**

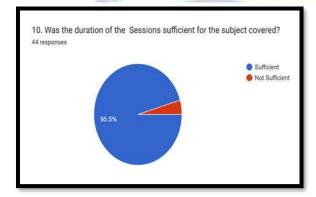
Overall, the outcome on RTI Act are to increase awareness, empower individuals, and promote transparency and accountability in government processes. The participants are equipped with the knowledge and skills necessary to exercise their right to information effectively and advocate for positive change in their communities.

No of Participants: 40 OLLEGE

#### **FEEDBACK**











## ATTENDANCE OF STUDENTS

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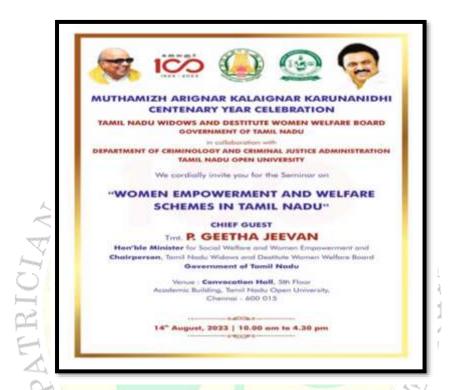
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#### "WOMEN EMPOWERMENT AND WELFARE SCHEMES IN TAMILNADU"

DATE: 14th August, 2023 TIME:10.00am to 4.30pm

Venue: Tamil Nadu Open University



## **Programme Schedule:**







## **Objectives:**

- To remove the various problems faced by widows, women abandoned by their husbands, marginalized women, Destitute women, spinsters, etc., in Tamilnadu.
- ❖ To improve their livelihood such as education, health, employment, setting up of special self-help groups, providing vocational training, etc.,
- ❖ To know about many schemes for women.
- ❖ To prevent sexual harassment.
- ❖ To know about women's helpline numbers, railway accident helpline numbers, cybercrime helpline numbers, etc.,
- ❖ To know about the constitutional provision for equal rights for women.



❖ To improve health policies and welfare schemes for women

No. of Beneficiaries: 90

### **Report:**

The women empowerment and welfare schemes in Tamilnadu held on 14th August, 2023, titled "Tamil Nadu widows and destitute women welfare board government in Tamil Nadu" in collaboration with "Department of Criminology and Criminal Justice Administration Tamil Nadu open university" focused on iconic schemes of Tamil Nadu government. The event started at 10.00 a.m. The event was coordinated and guided by Ms. Vinishiya Arockiya Ratna, and Ms. K. Nivedha.

It commences with Tamizh Thai vazhthu and the lighting of the lamp by the chief guest. Dr. S. Anantharaman Krishnan, Assistant professor of Tamil Nadu Open University, extended a warm welcome address to all the attendees of the program. Tmt. Kalyananthy Satchithanantham has rationalized the program and felicitated the address by Thiru. S. J. Chiru, IAS, and inaugural address by Professor S. Arumugam in Tamil Nadu open university. Keynote Address by Tmt. P. Geetha Jeevan Hon'ble minister for social welfare and women empowerment and chairperson, Tamilnadu Widows and Destitute Women Welfare Board Government Tamil Nadu and vote thanks by Ms. J. Jeevitha, Doctoral research scholar. In between there was a break for 15 mins. Panelist 1: Dr. A. R. Shanthi member, the social justice monitoring committee, Government of Tamil Nadu spoke about health policies and welfare schemes for women in Tamil Nadu. Panelist 2: Tmt. Adhilakshmi Logamurthy, Advocate, High Court- Madras spoke about the social and legal status of women. Panelist 3: Dr. R.M. Tamil Selvan Assistant professor of Tamil Nadu Open University spoke about the Dynamics of Women's Empowerment. And then had a lunch break. Then panelist 4: Tmt. Kalyanathy Satchinanatham spoke about women's education and women's welfare schemes in Tamil Nadu. Panelist 5: Dr. P. Chithra spoke about challenges and opportunities in higher education. Panelist 6: Tmt. J. Innocent Divya, IAS managing director, Tamil Nadu Skill Development Corporation spoke about various skills development programmes



for women in Tamil Nadu. Overall, the program was informative and inspiring offering valuable guidance and encouragement to the attendees on schemes wellbeing and personal growth.

## **Seminar Photos:**



Photo was taken before the program started



Photo taken at the end of the program with all Ministers

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Prize was distributed to the students who are answered at the end of the seminar

## **Outcome of the Programme:**

The program provided various insights regarding balancing society and peer relationships and avoiding unhealthy relationships involving physical interaction. The students learned about many schemes that are organized only for women. They learned about many helpline numbers for women and children etc., The students have learned about the Kavalan SOS APP. They learned about ensuring their safe and dignified life in society.

## **Sample Certificate**



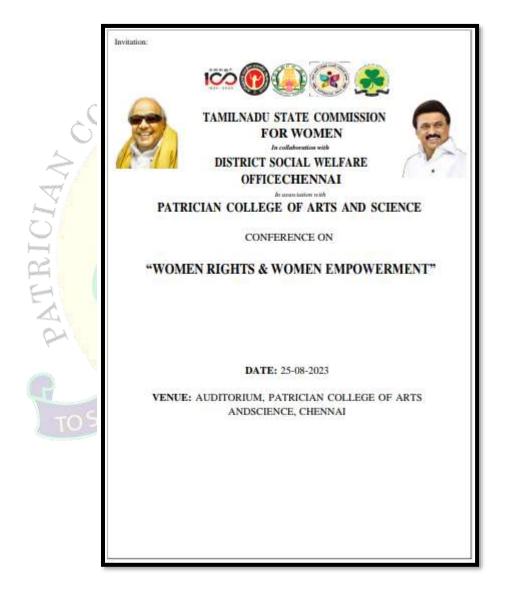


### CONFERENCE ON "WOMEN RIGHTS & WOMEN EMPOWERMENT"

DATE: 25-08-2023

VENUE: AUDITORIUM, PATRICIAN COLLEGE OF ARTS AND SCIENCE, CHENNAI

Invitation:





## PROGRAMME SCHEDULE

PROGRAMME SCHEDULE						
TIME	PROGRAMME					
11:00 A.M to 11:05 A.M	INVOCATION- THAMIZH THAI VAZHTHU					
11:05 A.M to 11:10 A.M	WELCOME ADDRESS					
	Bro. Dr. A. STANISLAUS, Director and Secretary, Patrician College of Arts and Science, Chennai					
11:10A.M to 11: 30A.M	CHIEF GUEST					
ent action of to action entropy of the political	Tmt. A.S.KUMARI, B.Sc., PGDMLT., MBA., Chairperson, Tamil Nadu State Commission for Women, Chennai					
11:30 A.M to 11:45 A.M	SESSION-1					
	CYBER CRIME AGAINST WOMEN					
	Tmt.PANCHI SUBRAMANIAN, B.E., M.B.A., M.Sc. Chairperson, Local Committee, Chennai.					
11:45 A.M to 11:55 A.M	SESSION-2					
	SEXUAL HARASSMENT OF WOMEN AT WORK PLACE (PREVENTION, PROHIBITION, AND REDRESSAL) ACT, 2013 / (POSH ACT, 2013)					
n a	Tmt.SHARMILA GUNARAJ, B.Tech., L.L.B., Advocate, Member, Local Committee, Chennai.					
11:55 A.M to 12:05 P.M	SESSION-3					
	THE PROTECTION OF WOMEN FROM DOMESTIC VIOLENCE ACT, 2005					
	Tmt.A.SHAHEEN BANU,B.Sc., M.A., B.Ed., Protection Officer, South Chennai.					
12:05 P.M to 12:15 P.M	SESSION-4					
	DOWRY PROHIBITION ACT, 1961 & SOCIAL WELFARE SCHEMES					
	Ms. A. MANGAIYARKKARASL, M.A., District Social Welfare Officer, South Chennai.					

12:15 P.M to 12:25 P.M	SESSION-5 ONE STOP CENTRE & WOMEN HELP LINE Tmt.P.POONKODL,M.Sc., M.Phil., Ceittre Administrator, One Stop Centre, South Chennai.
12:25 P.M to 12:55 P.M	SESSION-6 SELF DEFENSE PROGRAMME  Dr.G.VANITHA., M.B.A., Ph.D., Deputy Commissioner of Police, Crime against Women & Children, Chennai.
12.55 P.M. to 1.00 P.M	VOTE OF THANKS  Tmt.G.MAHALAKSHMI Coordinator, Women's Cell, Patrician College of Arts and Science, Chennai



#### **Resource Person Profile:**



Name: Tmt A.S. Kumari Vijayakumar, Chairperson, Tamilnadu State Commission for Women Qualification: B.Sc., (Food and Nutrition), PGDMLT., MBA., (Hospital Administration)

- Was in the army wing (NCC) during school days as a Sr. Sargent.
- Was in Air Wing (NCC) as an under Officer during college days.
- Was awarded best aero modeler in 1981 at Calcutta, West Bengal.
   Joined Apollo Hospitals, Chennai in December 1983.
- Worked as a senior scientific officer in Apollo Hospitals, Chennai.
- A member of the "Prevention of Sexual Harassment Committee" at Apollo Hospitals.
- Was a Director of "Thrift Society" at Apollo Hospital.
- General Secretary of Apollo Hospital staff union for the past 30 years.
- Personally organised more than 500 medical camps for the economically underprivileged.
- Consistently working with women and helping them with their cancer screening.
- Actively involved in HIV counselling especially helping the children with HIV.
- Helping the children at orphanages with their education and health care.
- Presently, appointed as Chairperson of Tamil Nadu State Commission for Women, Chennai

### Session 1 - Speaker



Tmt. PANCHI SUBRAMANIAN, B.E., M.B.A., M.Sc.,

Chairperson, Local Complaints Committee, Chennai



Founder and Managing Director – YesPanchi Tech Services Private Limited Co-Founder and Director – M Subbu Academy Private Limited

Director – Skills DA Cyber Security

Independent Director – Secure Kloud Technologies

Chairperson – Chennai District, Tamilnadu Women's Commission Qualified Independent Director by Ministry of Corporate Affairs

- Winner, FICCI Start-Up STARS Awards 2022
- Indian Achievers' Award for Promising Start-Up for the year 2021
- Professional of the Year Award 2021 by MSME India Forum
- Woman Business Leader of the Year 2021 by Women Entrepreneur India magazine
- Visionary Women Leader Award 2022 by Microsoft, Redington and checkpoint
- Govt of India DIPP Recognised Startups founded in June 2021
- Member, Women Entrepreneurship Platform

## Session 2 Speaker





Tmt.SHARMILA GUNARAJ, B.Tech., L.L.B., Advocate,

Member, Local Complaints Committee, Chennai.

Sharmila Gunaraj is the Founder and Director of M/s. NayaCorp Solutions (OPC) Pvt. Ltd. She earned her B.Tech. in Information Technology from Chennai and L.L.B. from Bangalore and currently she practices at Chennai. She is enrolled with the Bar Council of Tamil Nadu and has over 7 years of experience as a Lawyer, with overall corporate experience of nearly 10 years. Her background in IT and Law, along with corporate experience brings a holistic approach to the practice of law to deliver the best solutions to the Clients.



The focus of her practice has been advising clients on Corporate Law, Commercial Laws, Human Resource Laws & Management, Technology Laws, Real Estate Law, Contract drafting, negotiations and finalization,

formation of Companies, Women's Issues, and matters relating to Sexual Harassment of Women in the workplace & assisting the management in dealing with such issues.

She is a Committee Member of the Local Complaints Committee of Chennai District, Tamil Nadu, and also an External Committee Member of the Internal Complaints Committee under the Prevention of Sexual Harassment of Women at Workplace, 2013 in various Companies and organizations.

### Session 3 Speaker:



Tmt.A.SHAHEEN BANU, B.Sc., M.A., B.Ed.,

Protection Officer, District Social Welfare Office, South Chennai

- 8 years of teaching experience in school
- Worked as Protection Officer of women under Domestic Violence Act 2005, in Kancheepuram District from 2008-2018 and from 2018 onwards in Chennai.

### Session 4 Speaker:



Tmt.P.POONKODI, M.Sc., M.Phil.,

Centre Administrator, One Stop Centre, South Chennai



Madam has 10 years of experience in counseling in various hospitals. NowworkingasCentreAdministratorin OneStopCentre, DistrictSocialWelfareOffice, SouthChennai. Handling more than 100 cases per month received from WomenHelpLine, District SocialWelfareOf ficeandA ll Women Police Stations. Madam provides Psychosocial counseling, family counseling, medical support, police support, legal support and short-term shelter according to the needs.

### Session 5 Speaker:



Dr. G. Vanitha, MBA, Ph.D

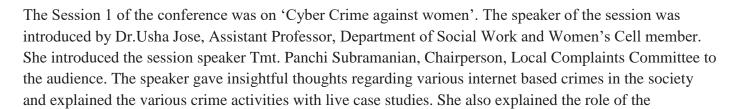
Deputy Commissioner of Police, Crime against Women & Children, Chennai

Madam was directly recruited as a DSP in the year 2009. Madam has worked in various districts of Tamilnadu. She was also SP i/c in Vellore and Tiruvannamalai Districts. She has worked in the various areas of Crime against Women and Children. Madam also works towards various programmes of women's empowerment.

### **Report of the Programme:**

The official programme started with the invocation of Thamizh Thai Vazhthu. Bro. Dr. A. Stanislaus, Director and Secretary, welcomed the gathering. Honourable chief guest and session speakers were honoured. Bro.Dr. A. Stanislaus honoured the Chief Guest, Tmt A.S. Kumari Vijayakumar, Chairperson, Tamilnadu State Commission for Women, with a shawl and memento. Academic Director, Dr. Fatima Vasanth honoured Tmt. Panchi Subramanian, Chairperson, Local Complaints Committee with a shawl and memento. Principal Dr. Arockiamary Geetha Doss honoured Ms.Sharmila Gunaraj, Member, Local Complaints Committee, Dr.Vanitha, Deputy Commissioner of Police, Chennai and Tmt. P.Poongodi, Centre Administrator, Department of Social Welfare, with a shawl and memento. Tmt. A.Shannen Banu, Protection officer, Chennai South was hounered with a shawl and memento by Dr.B.Anandapriya, Vice-Principal of the college. Mrs. Palin Jeromina, Assistant Professor, Department of Business Administration and Women's Cell member introduced the Chief Guest to the audience. Tmt A.S. Kumari Vijayakumar, Chairperson, Tamilnadu State Commission for Women explained the various cases handled by her and about a particular case of domestic violence where the compensation was sourced from the government and given to the concerned victim for her wellbeing. The Chief Guest, Tmt A.S. Kumari Vijayakumar, Chairperson, Tamilnadu State Commission for Women addressing the audience





government and NGOs in dealing with the redressal mechanism. Tmt. Panchi Subramanian, Chairperson, Local Complaints Committee giving insight on various crimes against women

The Speaker for the 2nd session was Tmt. Sharmila Gunaraj, Advocate, Member, Local Complaints Committee. The Speaker was introduced by Mrs.Sadiya Fatima, Assistant Professor, Department of Psychology and Women cell member. The speaker presented on the need and importance of POSH act to the female students. The speaker Tmt.Sharmila Tmt.Sharmila Gunaraj, Advocate, Member, Local Complaints Committee explains about POSH Act to the female students

The speaker for the 3rd session was Tmt. A. Shaheen Banu, Protection officer, Department of Social Welfare, Chennai South. The session speaker was introduced by Mrs. Vinishiya Arokia Ratna, Assistant Professor, Department of Accounting and Finance and Women Cell Member. The resource person gave valuable input regarding the meaning of domestic violence and also explained the Domestic Violence Protection Act, of 2005. Tmt. Shaheen Banu explains about Domestic Violence Act, of 2005 to the audience

The Resource person for the 4th session was Mrs. P. Poonkodi, Centre Administrator, One Stop Centre, Department of Social Welfare, Chennai South. Ms. Amanda Daniel Dee, President, of Women's Cell introduced the speaker to the audience. The speaker explained about the various calls they receive through helpline numbers every day. She also explained the cases they handle like Cybercrime, Domestic Violence, Sexual Harassment, etc. Madam also shared the Help-Line numbers for any kind of support required for women in these crimes. The speaker also highlighted the grievance-handling procedures in such cases. The session was very useful to students. Speaker Tmt.P.Poongodi, Centre Administrator, Tamilnadu Social Welfare Department, explaining the various grievance redressal mechanisms to students

The Resource person for the 5th session was Dr.G.Vanitha, Deputy Commissioner of Police, Crime against Women and Children, Chennai. The session speaker explained how girls and boys students to be alert when using social media and the need for safety in using mobile phones. The speaker also shared the various helpline numbers with regard to women and child safety. To safeguard ourselves a self-defense programme was conducted along with the session. The students were practically demonstrated regarding various safeguarding procedures. The female students volunteered for the session and learned the self-defense techniques. Dr. G.Vanith A, Deputy Commissioner of Police, Crime against Women and Children, addressing students on Women's Safety Trainers demonstrate Self-Defence to students.

No of Beneficiaries: 441 students





Chief Guest, Tmt A.S. Kumari Vijayakumar, Chairperson, Tamilnadu State Commission for Women addressed the audience



Tmt. Panchi Subramanian, Chairperson, Local Complaints Committee giving insight on various crimes against women



The speaker Tmt. Sharmila Gunaraj, Advocate, Member, Local Complaints Committee explains about POSH Act to the female students





Tmt.Shaheen Banu explains about Domestic Violence Act, of 2005 to the audience



Speaker Tmt.P.Poongodi, Centre Administrator, Tamilnadu Social Welfare Department, explaining the various grievance redressal mechanisms to students



Dr. G.VanithA, Deputy Commissioner of Police, Crime against Women and Children, addressing to students on Women's Safety





Trainers demonstrate Self-Defence to students

## **Outcome of the Programme:**

The conference gave insights into various social and welfare laws related to women. The speeches from the experts gave them an outlook on the current issues related to women issues and how to handle those grievances.

### **Attendance Sheet:**

#### TAMILNADU STATE COMMISSION FOR WOMEN in collaboration with DISTRICT WELFARE OFFICE CHENNAI DATE: 25-8-2023

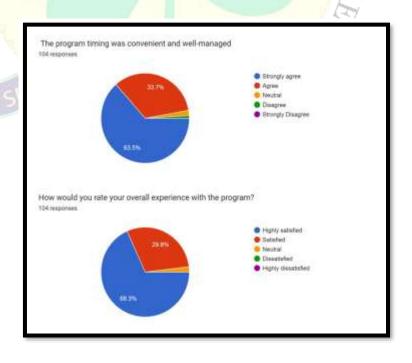
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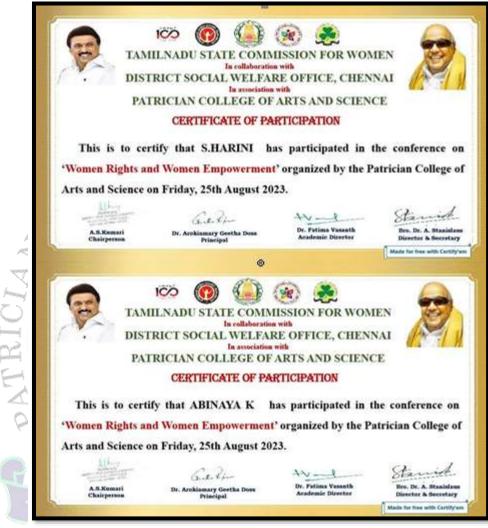
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68	V-KATAMA LAKSHAN	DRALLADGE	II BLA - B	V. Lebel
49	V-Mahalawseni	T022CAO.55	TEBCA B	Medical-
30	R Poola	D22C4066	TI BER B	果事一
- 10	Ani Porce Such	FARFSFORZ	Server (Ba)	44ml-
70.	Singe Done him to		THUR Cha	2. FJ 0-10
-13	Savanua Mi	Eas Purport	I Mac Count	Home
718	S. inpresent	E21AFOU	TE & Good DOGE)	MZ
75	Varalia - A	E21 Africa	TPR-Com Ald	LARO.
76	Handwi-S	E 21 AFo 53	TIL R. Gam (ALP)	Here
77	Hoaini 1	DRIGMOGI	(II B Com Com	1-Harses -
72	Athmerick	DOLLHOLR	To R. Alma ( Consol	0.0° -11.6.
764	Hattena	DICHELE	@ G. tom-Utwel	

## Feedback:





### **Sample Certificate**



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