

# SRI RAMAKRISHNA COLLEGE OF ARTS AND SCIENCE

## WOMEN EMPOWERMENT CELL

President Dr.S.DEENA  
Secretary Dr.G.KAVITHA  
Treasurer Dr.P.VIDHYA

Student Chairman: HARINI.S,III Bsc Physics  
Student Secretary: VIMALA.N,II Bsc Maths  
Student Joint Secretary:MAHISHA, I BCA

1. Women empowerment cell inauguration was organised on 22<sup>nd</sup> July 2019. Mrs Latha Sundaram, founder and managing trustee Aram foundation has Inaugurated the Women Empowerment cell and Installed the office bearers.
2. National handloom day is celebrated to generate awareness about the importance of handloom industry and its contribution to socio economic development on account of it "Handloom for nation and Handloom for Fashion" Fashion parade was organised on 22<sup>nd</sup> July 2019 75 students of various departments have participated.
3. June 12 is declared as World Day Against Child Labour. To commemorate the day against Child Labour and to create an awareness among the fellow citizens, the Fusion Media and Entertainments organized an awareness marathon to End Child Labour in the Manchester of South India 'COIMBATORE'. This marathon is to create awareness, a buzz about bringing an end to child labour through fun and entertainment. WEC of SRCAS joined hands with them and encouraged the students from Various departments of our college to take part in the event.
4. Aram foundation jointly with Women Empowerment Cell have Organised a program for training girl students regarding safe touch. 90 of our students have participated on 8<sup>th</sup> August 2019.
5. The Students who were trained by Mrs.Latha Sundaram has gone to 40 government schools in and around coimbatore to give awareness on safe touch.
6. Self Defense have been organised on 26.09.19 by Women Empowerment Cell to defend against any type of physical assault and to build self confidence among girl students .All the first year ug students have been trained in the session
7. An Awareness Program on KAVALAN SOS App was organized by Women Empowerment Cell on 14<sup>th</sup> December 2019 in the SNR Auditorium. The program began with the welcome address by Dr. K. Karunakaran, Principal and Secretary. Balaji Saravanan, Deputy Commissioner of Police, Law and Order, Coimbatore addressed the gathering on women safety and security. The Chief Guest of the day, Sumit Saran I.P.S., Commissioner of Police has educated the gathered youth on the usage of Kavalan SOS App with demonstration. The coordinators and members of the Women Empowerment Cell with 1500 students were participated and benefitted through the programme and they have installed Kavalan SOS App in their mobile phones.
8. Women Empowerment Cell conducted a Guest Lecture on "**Healthy Eating Habits for Adolescence**" for the 2<sup>nd</sup> year girl students on 16.12.2019. Almas Jameel, Freelance Nutrition Advisor educated the students about healthy foods and significant impact on our health. She also instructed that changes in diet can help to prevent or control many health problems, including obesity, diabetes etc. The Students are very interested and gathered knowledge regarding health issues, Minerals, Vitamins etc.

9. WEC and Himalayas have jointly organized “Clear Face Confidence”. This event was conducted to help the youth’s self esteem.
10. On 07.01.2020 WEC has organized a workshop on “Chakras Yoga –Practice and benefits” in which all the second year girls students were benefitted over the session. The yoga trainer yogam sivagami along with her team members have trained the students.
11. A seminar on skill based training on Beautypreneur project was organized for 1300 girls students on 10.01.2020 where the students were given ideas to enroll for the beautician course at concessional rate which is organized by our college in collaboration with hand in hand and godrej.
12. In continuation of the seminar 62 interested girls students were enrolled for the programme of 130 hours training and be certified with godrej .
13. Mushroom cultivation hands on practice is given to the interested girls students on 29/01/2020 nearly 68 students were participated in the session. Dr Anbarasi G Assistant professor PG and Research Department of Biotechnology, Kongunadu College of Arts and Science were the resource person of the day. Lecture was also given on Mushroom varieties, Benefits of Mushroom, Importance of Spawn production
14. CFA institute launched the India first young women in investment .A seminar has been organized by them on 15.02.2020 30 of our students have been registered for the programme and attended the session on “careers in financial services, including the YWI initiative.
15. On 4<sup>th</sup> of February 2020 30 panchayat union middle school childrens were bought to SRCAS and they have given a full day training on chocolate making,detergent ,soap and phenoyal making.
16. On 5<sup>th</sup> of February 2020 SRCAS girls students of 6 members who were trained in the area of jewellery making, card making,wall hangings making ,basic bridal mehendi inserting gave a live workshop to panchayat students .100 students were segregated into groups and trained.
17. An awareness among our third year students on what are the reasons for the acquiring Breast cancer and how to reduce the risk of it. The Resource person of the day was Dr Karthiga, Radiation Oncologist, Sri Ramakrishna Hospital insisted that the changing life style and food habits as the core reason for the spread of this disease. 150 students were participated and found it useful and this will help in their long run of their life.
18. On account of International women’s day celebration women’s week was celebrated by organising various competitions for students and staff from 24.02.2020.
19. International Women’s Day was celebrated on Saturday, 7th March 2020 on the theme “Self Care”. The occasion was presided over by the Principal and Secretary, Dr. Karunakaran.K. The most significant part of this occasion was he made Subhasheni, Assitant Professor, Department of BBA as a one day Principal. The chief guest of the ceremony, Dr. Shilpa Shah, Life Style Health Consultant, Coimbatore, addressed the gathering and highlighted the importance of self love, yoga, health and hygiene for women. She emphasised the significance of productive life style and healthy food habits and insisted every woman to spend “me-time”. The guest of honour Dr. Harini, Founder of Blooming Belly put forth the importance of self care for women and how mistakes help women to overcome hardships and strengthen the mind. Students staged a skit on different stages of women as a part of the celebration. Prizes were given away for the winners of various competitions conducted by Women Empowerment Cell. On this

occasion, girl student achievers were felicitated. The program was organised by Dr. Deena. S, President and Dr.Kavitha, Secretary of Women Empowerment Cell. It was indeed a noble day which served the aim of empowering women and made them feel appreciated and valued.