

**Women are Powerful beyond Measures and  
Beautiful beyond Descriptions**

## From Editor's Desk

**Dear Reader,**

**I take a moment to mention our heartfelt gratitude to our founders SNR Sons Charitable Trust, I am also grateful to Our esteemed board of Trustees, Sri .D .Lakshminarayanawamy -Managing Trustee, Sri.R.Sundar -Joint Managing Trustee, Sri.S.Narendran-Trustee,Sri.V.Ramakrishna -Trustee,Smt .Swathi Rohit -Chief Operating Officer,Sri C.V. Ramkumar -Chief Executive Officer, Dr.B.L.Shivakumar -Principal & Secretary of our prestigious Institution-SRCAS for the unwavering support and guidance provided and the opportunities you have afforded us to grow professionally.**

**-Editor**

## Principal's Message

**At Sri Ramakrishna College of Arts & Science ,We stand at the forefront of nurturing not just academic excellence, but also the empowerment of women . We believe in providing our female students with the tools ,resources, and support they need to thrive in every aspect of their lives.**

**It is imperative that we, as educators and mentors, equip our young women with the confidence, skills and resilience to navigate the challenges and opportunities that lie ahead. Through our various academic programs, extracurricular activities, and support services, we strive to create an environment where women are encouraged to dream big, break barriers, and chart their own paths to success.**

**- Dr. B.L SHIVA KUMAR  
Principal & Secretary -SRCAS**

## From Vice Principal's Desk

**True empowerment begins with education. By providing our female students with access to quality education, opportunities for skill development, and platforms for leadership, we empower them to break barriers and defy stereotypes.**

**Empowerment is about is about collective progress. It is about lifting each other up, amplifying each other's voices, and creating a support system where every woman feels valued, respected, and heard.**

**Together, let us continue to empower, uplift, and support each other on our journey towards equality and liberation.**

**I express my gratitude for being with the right institution which fosters an environment where every woman can thrive, excel, and lead with confidence.**

**- Dr. S.POONGUZHALI  
Vice Principal -SRCAS**



## WEC - STAFF CORE COMMITTEE MEMBERS

### One liner Message

**"You are beautiful. You are strong. You are worth it."**

**Dr. G.KAVITHA**  
Assistant Professor  
Head-B Com CMA  
President -WEC -SRCAS



**"The most beautiful thing a woman can wear is a smile with confidence."**

**Dr. R.REKHA**  
Assistant Professor -BBA  
Head-CTPCR  
Secretary -WEC -SRCAS



**"A woman is unstoppable after she realizes she deserves better."**

**Dr. P.VIDHYA**  
Assistant Professor  
Head-B Com CS  
Treasurer -WEC -SRCAS



## WEC- STUDENT CORE COMMITTEE MEMBERS

**Ms.R.NIRANJANA**  
III BBA



**President**

**Ms.SCARLET**  
II BCOM CA



**Secretary**

**Ms.SUGUNA M - - VICE CHAIRPERSON -III BCOM B& I**

**Ms.SRINIDHI RAMAN -JOINT SECRETARY- II-BSC (AI & DS)**

**Ms.GUNAPRIYA M-III BCOM CMA-COMMITTEE MEMBER**

**Ms.HEYRANYASHREE RG-III BCOM A&F -COMMITTEE MEMBER**

**Ms.SHREYA S-III -BSC PHYSICS-COMMITTEE MEMBER**

**Ms.SUNSRI D-II-BCOM IB-COMMITTEE MEMBER**

**Ms.SREE LAKSHMI M S-II-BSC IT-COMMITTEE MEMBER**

**Ms.THAVAMANI G-II- BSC CHEMISTRY-COMMITTEE MEMBER**



WOMEN EMPOWERMENT CELL  
DEPARTMENT COORDINATORS  
AY 23-24

**Dr.B.MERCELINE ANITHA -MBA**

**Ms.S.DEIVAMANI -BBA**

**Dr.M.KARTHIKA-BBACA**

**Ms.K.GOWRI-BSC-CS&CS**

**Ms.DEVIBALA SUBRAMANIAN-COMPUTER SCIENCE**

**Ms.S.KIRUTHIKA -BSC IT**

**Dr.S.SHYLAJA-BCA**

**Ms.B.VIDHYA-BSC-CS WITH DA / BSC CYBER SECURITY**

**Ms.P.VIDHYA DEVI-BSC-CS (AI & DS)**

**Ms.V.SUMATHI-BSC -CT**

**Ms.R.KALAIVANI -BCOM/MCOM**

**Ms.V.DEEPA-BCOM CA**

**Dr.A.VINIINFANTA -BCOM PA**

**Ms.J.NOVINA STEFFY -BCOM A&F**

**Ms.S.SHAJITHA BANU-BCOM IB & MIB**

**Ms.M.VIJETHA -BCOM IT**

**Ms.S.VAHINISREE -BCOM CS**

**Ms.S.J.SEMBAKALAKSHMI -BCOM B&I**

**Ms.J.ARTHI - BCOM CMA**

**Ms.P.VALARMATHI -BCOM BPS & RM**

**Ms.J.SINTHIYA-BSC MATHS**

**Dr.R.DHIVYA -BSC PHYSICS**

**Dr.K.P.GREESHMA-BSC CHEMISTRY**

**Dr.S.INDIRA-ECS**

**Ms.A.ASWINI-BSC BIOTECH**

**Ms.M.MARY VELANGANNI -ENGLISH**

**Dr.J.SAJITHA-LANGUAGES & BSC CS & HM**



## EVENTS & ACTIVITIES OF AY 23-24

30 JUNE 2023



### WEC STUDENT COMMITTEE SELECTION

**The Women Empowerment Student Committee serves as a beacon of hope and progress, inspiring positive change within the campus community and beyond. By championing inclusivity, equality, and empowerment, it paves the way for a brighter and more equitable future for all.**

**In evident to the same selection of Women Empowerment Cell student committee were selected by the selection panel. The students of III and II year participated with a PPT explaining their profile, objective and thrust for the role nominated.**

**WEC Student Chairperson, Vice Chairperson and Secretary were selected based on their presentation, leadership and language skills.**



03 JULY 2023



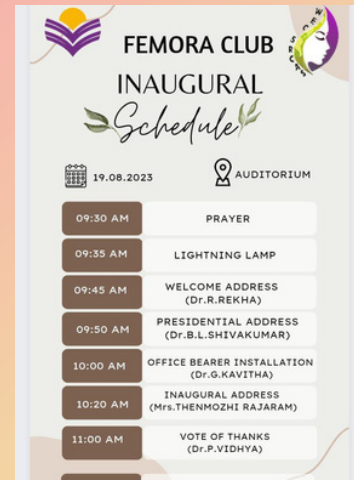
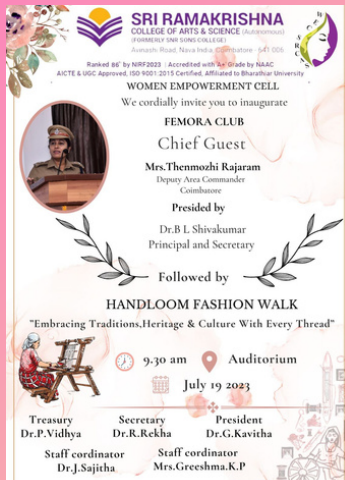
### WEC STAFF COMMITTEE MEETING

**Staff Committee meeting conducted to convey the annual plan of the Academic year 23-24. The meeting was instrumental in disseminating crucial information, laying the foundation for the development of our comprehensive annual plan with clarity and insight.**



19 JULY 2023

## WEC INAUGURAL AY 23-24



The Women Empowerment Cell's inaugural event was a celebration of resilience, courage, and solidarity, igniting a spark for change in our community. With inspiring speeches, interactive sessions, and heartfelt connections, it marked the beginning of a transformative journey towards gender equality and empowerment.

The inaugural happened in SNR Auditorium with the presence of 800 students and Mrs. Thenmozhi Rajaram, Deputy Area Commander, Coimbatore addressed our students on the areas of confidence, self identity, empowerment and goal framing.

Femora Club magazine Cover page for the academic year 23-24 was released and Office bearers were installed.





19 JULY 2023

## PRELIMINARY ROUND HANDLOOM FASHION SHOW



**The student's handloom fashion show mesmerized with a fusion of tradition and innovation, showcasing exquisite craftsmanship and creativity on the runway.**

**Both boys and girls took part in the great initiative to benchmark the importance of handloom clothes. About 80 Participants from various departments took part in the event. In which the finalists were selected and sent for final round held by Makkal Sevai Mayyam on International Handloom Day. It was partnered by Dream Zone -Coimbatore and Makkal Sevai Mayyam.**



03 AUGUST 2023

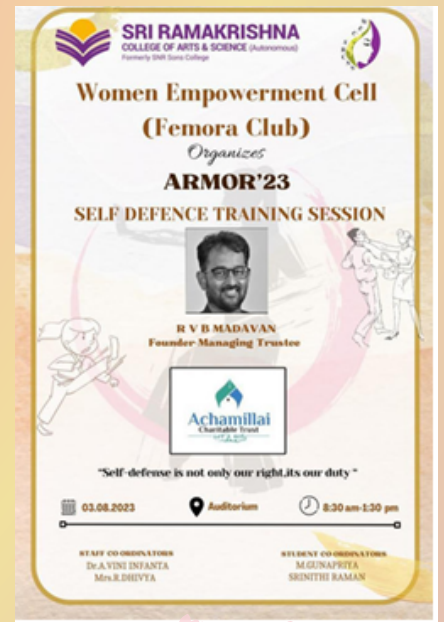
## ARMOR'23 SELF DEFENCE TRAINING SESSION



**Empowering college girls with essential self-defense skills, this training session foster confidence and safety awareness, ensuring them to navigate the world with strength and resilience.**

**460 UG girl Students from various departments participated and got trained in the basic self defence techniques to protect from unanticipated attacks/threats.**

**The self-defense theoretical session offered to college girls by Mr.R.V.B.MADHAVAN ,Founder,Managing Trustee -Achamillai Trust proved invaluable.The practical self defence training session provided by his team equipped students with essential skills and empowering them to face the world confidently and safely.**





04 AUGUST 2023

## HANDLOOM RALLY



Students various departments appeared vibrant in the handloom fashion rally, showcasing the rich heritage of traditional textiles. Their colorful parade through the streets of Race course aimed to raise awareness about the significance of handloom fabrics in sustaining local craftsmanship and promoting eco-friendly fashion. Through their creative displays and passionate advocacy, the students inspired onlookers to embrace the beauty and sustainability of handwoven garments. The event was organized in association with Makkal Sevai Mayyam presided by Mrs. Vanathi Srinivasan.



Around 250 students started the rally from Racecourse and continued till Commissioner office in Coimbatore portraying the significance of handloom clothes and the weavers.





07 AUGUST 2023

## HANDLOOM FASHION WALK



About 650 students from various colleges in Coimbatore had participated in the Handloom fashion walk organised in an intention to create awareness on handloom clothes. Mrs .Vanathi Srinivasan and actress Kushboo Sundar acted as special guests for the event organised to celebrate National Handloom Day .Our College was awarded the fifth position for having highest number of participants in this event.



26 AUGUST 2023



## HEALTH AWARENESS WORKSHOP

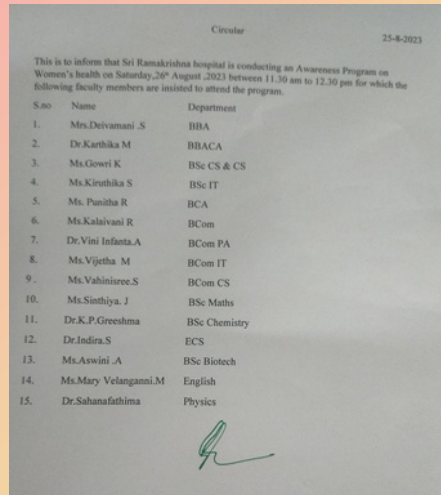
**Our staff members of about 15 female staffs from various departments attended the awareness program on Women's health .The eminent speakers for the program are Dr.M.Banumathy, MBBS,DGO,DNB,FICOG, Consultant Obstetrician & Gynaecologist, & Dr.M.Kanmani ,MBBS., MD.,DNB(OG) of Sri Ramakrishna Hospital.**



**Dr.M.BANUMATHY**



**Dr.M.KANMANI**

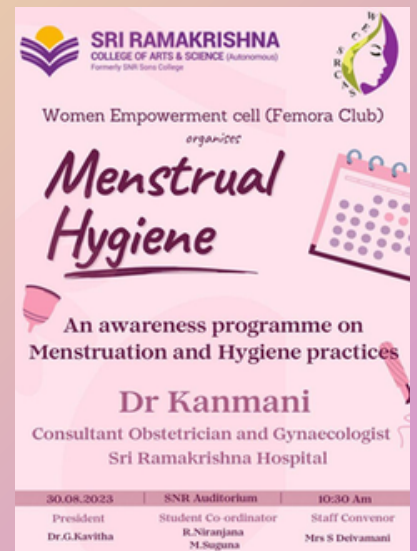


30 AUGUST 2023

## MENSTRUAL HYGIENE

**In this awareness programme on recent awareness expert shed light on the importance of menstrual hygiene and best practices. Totally 400 students gained valuable insights into maintaining personal health and dignity during menstruation.**

**The discussion emphasized access to sanitary products, proper disposal methods, and breaking the stigma surrounding menstruation. Overall, the lecture served as a crucial step towards promoting menstrual hygiene and empowering individuals to prioritize their well-being.**





09 SEPTEMBER 2023

## WORLD LITERACY DAY SOCIAL ACTIVITY

September 23



On World Literacy Day, students organized a heartwarming social activity to spread the joy of reading and learning . They set up interactive session in Mount Carmel Church,Coimbatore , offering books and stationaries to a total of 25 kids in Mount Carmel Home . Through their initiative, the students of our college aimed to ignite a passion for literacy, empowering individuals with the transformative power of knowledge. In evident to this each willing student participated in this charity programme to inculcate the habit of offering things that we have in excess.Their dedication to fostering a love for reading exemplified the spirit of World Literacy Day,



12 SEPTEMBER 2023

## FACIAL PAINTING & POSTER CREATION ON SUICIDE PREVENTION AWARENESS

In a concerted effort to raise awareness and support for suicide prevention, a series of impactful events like face painting and poster creation were organized to encourage mindfulness, mental health,breaking stigma,hope & resilience,supportive community. Through these collective efforts, the students came together to foster understanding, empathy, and proactive measures to prevent suicide, Reaffirming the importance of mental health advocacy in saving lives.







## PERSONALITY DEVELOPMENT PROGRAM

20 SEPTEMBER 2023



**Rexona and Hindustan Lever Limited jointly hosted an enlightening personality development seminar catered specifically to students. This dynamic event provided invaluable insights and practical tools to empower young minds in unlocking their full potential. Through engaging workshops, interactive sessions, and inspiring speaker Ms.ANJUMAN BANU personality development trainer, the students were equipped with essential life skills, including effective communication, confidence-building techniques, and goal-setting strategies. The seminar not only fostered personal growth but also instilled a sense of empowerment and self-belief among attendees, laying a strong foundation for their future success.**





# SKILL DEVELOPMENT WORKSHOP



DAY 01



## COOKIE BAKING

Students had the delightful opportunity to partake in a cookie baking workshop led by Chef . Ajithkumar With hands flour-dusted, they embarked on a culinary journey, mastering the art of creating mouthwatering cookies from scratch. Under the expert guidance of the chef, they learned essential baking techniques, experimented with various ingredients, and explored the creative possibilities of cookie making. 35 students from various departments participated the event. Beyond just baking, the workshop fostered teamwork, encouraged creativity, and sparked a passion for culinary arts among the students, leaving them with not only delicious treats but also newfound skills to cherish.



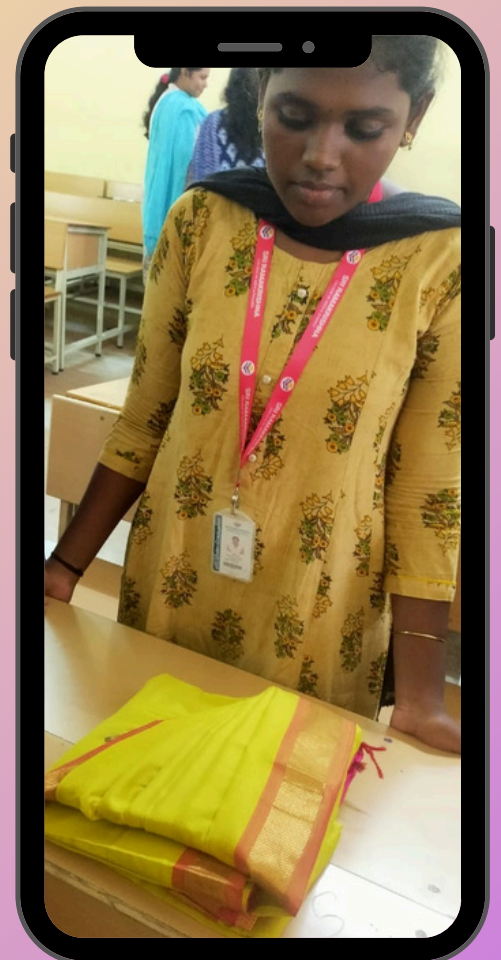


## SAREE PRE PLEATING

On Day 2 students had the opportunity to participate in a saree pre-pleating workshop, offering them a hands-on experience in mastering this traditional art form. Led by skilled instructor Mrs. Gayathri a Government certified Saree drapist, the workshop delved into the intricate techniques of pleating sarees, ensuring that each fold and tuck was executed with precision and elegance.

Through guided practice and demonstrations, 35 girl students gained confidence in handling various fabrics and styles, enriching their understanding of saree draping. This immersive learning experience not only preserved cultural heritage but also empowered students with a timeless skill, enabling them to appreciate and celebrate the beauty of sarees with grace and finesse.

DAY 02





# MEHANDHI

DAY 03

On Day 3 students participated in an engaging mehndi workshop, immersing themselves in the intricate art of henna application. Guided by skilled instructor Mrs. Priya, Priya's Bridal unit, students learned the delicate techniques of creating beautiful designs, from traditional motifs to contemporary patterns. The workshop provided a platform for students to unleash their creativity, experimenting with different styles and incorporating personal touches into their designs. Through this cultural exploration, students not only honed their artistic skills but also gained a deeper appreciation for the rich heritage and symbolism behind mehndi. This immersive experience not only fostered creativity but also celebrated diversity, uniting students in the joy of artistic expression. On the whole 40 students participated in the artistic workshop.



27-09-2023

## CERTIFICATE DISTRIBUTION CEREMONY

**SRI RAMAKRISHNA**  
COLLEGE OF ARTS & SCIENCE (Autonomous)  
Formerly SNR Sons College

**WOMEN EMPOWERMENT CELL**  
*JEMORA CLUB*  
Organised

**Skill Development Workshop**  
(COOKIE BAKING, SAREE PREPLEATING, MEHANDI)

On  
25.26 & 27 of September 2023

*Certificate Distribution*  
by

Dr. D Maria Priscilla HOD Computer Science	Dr. Viswanathan HOD Language	Dr. R. Geetha HOD Bloom ca
President Dr. G. Kavitha	Secretary Dr. R. Rekha	Treasurer Dr. P. Vidhya

1:30 pm | 27.09.2023 | D010

In appreciation to the interest shown by students in taking part in the three days skill development workshop they were provided with participation certificate .





27-09-2023

## ORIENTATION ON COSMETOLOGY



**SRI RAMAKRISHNA**  
COLLEGE OF ARTS & SCIENCE (Autonomous)  
Formerly SNR Sons College

**WOMEN EMPOWERMENT CELL  
(FEMORA CLUB)**

*organizes*  
**AN ORIENTATION PROGRAM  
"GROOMING & SELF-PERCEPTION"**

*In collaboration with*  
**Sambhav Foundation**

*Sponsored by*  
**L'Oreal & Accenture**

 **GUEST SPEAKER**  
**Ms. BLESSY MERLIN OVIYA**  
Center Manager  
Sambhav Foundation

 **27.09.2023**  **2 pm to 3 pm**  **DoIT**

**Dr. G Kavitha**  
CONVENOR

**Ms. Niranjana**  
**Ms. Gunapriya**  
STUDENT COORDINATORS

**Dr. J Sajitha**  
COORDINATOR



Students were given opportunity with an insightful orientation session on cosmetology, providing them with a comprehensive introduction to the fascinating world of beauty and skincare. Session was led by experienced professional Ms. Blessy Merlin Oviya - Center Manager - SAMBHAV Foundation in the field, the orientation covered a wide range of topics, including skincare routines, makeup techniques, and hair care tips. Students had the opportunity to explore various beauty products and learn about their uses and benefits. This orientation not only sparked their interest in cosmetology but also equipped them with foundational knowledge and skills to pursue further studies or careers in the field. Overall, the session served as a valuable stepping stone in their journey towards mastering the art of beauty and self-care.





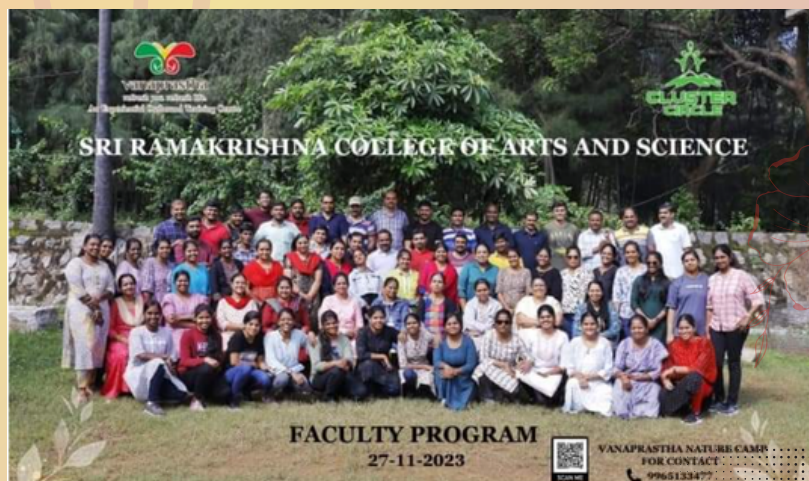
27-11-2023

## FACULTY OUTBOUND TRAINING

November  
2023



The outbound training jointly organized by WEC and Staff club proved to be a transformative experience for staff members, fostering team cohesion, leadership development, and personal growth in an outdoor setting called "Vanaprastha" near Palamalai village, Coimbatore. Through a series of interactive team-building activities, and problem-solving challenges, staff members strengthened their self confidence, honed their decision-making abilities, and learned to collaborate effectively. The training also provided a platform for staff to step out of their comfort zones, encouraging them to embrace new perspectives and approaches to teaching and administration. By the end of the program, participants returned to their roles with renewed energy, enthusiasm, and a deeper sense of camaraderie, poised to make a positive impact within the academic community.





04-12-2023

## BEAUTICIAN COURSE TRAINING

December  
2023

The beautician course, designed to equip students with the essential skills and knowledge needed for a successful career in the beauty industry. The beautician short term training course was sponsored by L'Oreal and Sambhav Foundation with Sri Ramakrishna Arts & Science College for Women as venue partner. Around 50 students registered in this course and gained lots of skills.



## GUEST LECTURE ON CYBER SECURITY

09-12-2023



Cyber security threats and techniques to safe guard students from cyber security breach were explained in an impressive way by Head constables Mr.Santhosh Kumar , Mr.Vishaga Saravanan ,Constable Mr.David Devram of Cyber crime police station ,Coimbatore and Dr.Thamaraiselvan ,Director CTPCR rendered his special speech on cyber security help line for students.



21-12-2023

## SUICIDAL PREVENTION TALK

### MINDFULNESS AND STRESS REDUCTION FOR SUICIDE PREVENTION



**Suicide prevention talk program conducted for students provided vital insights and support, emphasizing the importance of mental health awareness and intervention strategies. Through open discussions and resourceful presentations by Dr.M.Helena Selvakodi, MBBS, Founder of Anandham Foundation, the students were equipped with coping mechanisms, helpline contacts, and the understanding that seeking help is a sign of strength. The program aimed to foster a supportive community and empower students with the knowledge and resources needed to intervene and support peers in times of distress. Around 250 boys and girls participated in this awareness session.**

07-1-2024

## RIDE ON DOUBLE TUCKER

January  
2024



**Amidst rigorous academics, a short jolly trip was organized to uplift students' spirits and foster a sense of joy and relaxation. The excursion offered our girls a refreshing break from the classroom, allowing students to unwind, bond with peers, and create lasting memories amidst laughter and adventure. The trip was for a span of 20 minutes organized as a part of initiative in Coimbatore Vizha that aims at emphasising the heritage and culture of Coimbatore. Two buses were plied with a strength of 40 in each bus.**





08-1-2024

## SOCIAL EXTENTION ACTIVITY SAFE TOUCH & MENSTRUAL HYGIENE



A proactive social activity was conducted at Government high school, Gandhimaanagar to educate students about safe touch and menstrual hygiene, promoting a culture of awareness and empowerment. The initiative aimed to break taboos, instill confidence, and foster a safe and healthy environment for all students. Both boys and girls were taught about enabling safe touch and girls were educated about the menstrual hygiene practices.

31-1-2024

## ZUMBA DAY



Around 1000 girl students and 400 boy students participated in an invigorating Zumba workshop, igniting their passion for fitness and dance. Led by two dynamic instructors Mr. Adam Mohammed, Choreographer and Ms. Zin Cleo, Fitness trainer. The workshop infused energy and enthusiasm, empowering students to embrace a healthy lifestyle with fun-filled workouts. Through rhythmic movements and upbeat music, the session inspired confidence among participants, leaving them energized and empowered.





16-2-2024

## MANDALA ART WORKSHOP

February  
2024



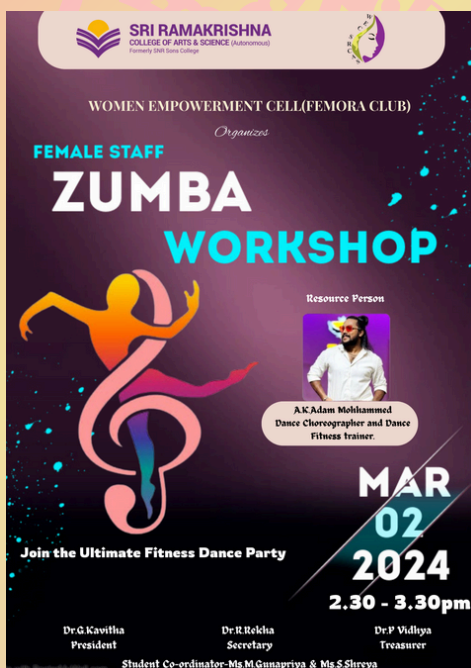
The Mandala art workshop designed for students unleashed their creativity. Totally 40 Participants discovered the beauty of geometric patterns, cultivated mindfulness, and expressed themselves through vibrant colors. The Workshop led by Ms.N.Niketha of I -MBA serves a benchmarking event in spreading the essence of positivity and happy mindset.



2-3-2024

## STAFF ZUMBA

March 2024



Energizing the team with our exhilarating Zumba event tailored for staff! Shake off stress, boost morale, and foster team spirit through invigorating dance routines. The most welcoming event happened for the willing female staff instructed by Mr.Adam Mohammed ,Choreographer and Zumba instructor and for about 35 staffs participated in the event.



MOST AWAITED EVENT OF THE YEAR  
INTERNATIONAL WOMEN'S DAY  
CELEBRATIONS

08-3-2024



**SRI RAMAKRISHNA**  
COLLEGE OF ARTS & SCIENCE (Autonomous)  
Formerly SNR Sons College



**INSTITUTION'S  
INNOVATION  
COUNCIL**  
(Ministry of Education Initiative)

**Women Empowerment Cell (Femora Club)**

*Let's join together to celebrate*

**INTERNATIONAL WOMEN'S DAY 2024**

*Chief Guest*



**Ms. Priyati Sharma IRS**

Deputy Commissioner-Income Tax  
Coimbatore

*Presided by*



**Ms. Swathy Rohit**

Chief Operating Officer (COO)  
SNR Sons Charitable Trust  
CEO & Co-Founder of Health Basix, Coimbatore



**SNR Auditorium**



**9.30 am**



**8 March '24**

**Dr.B.L.Shivakumar**  
Principal & Patron

**Dr.P Vidhya**  
WEC Treasurer

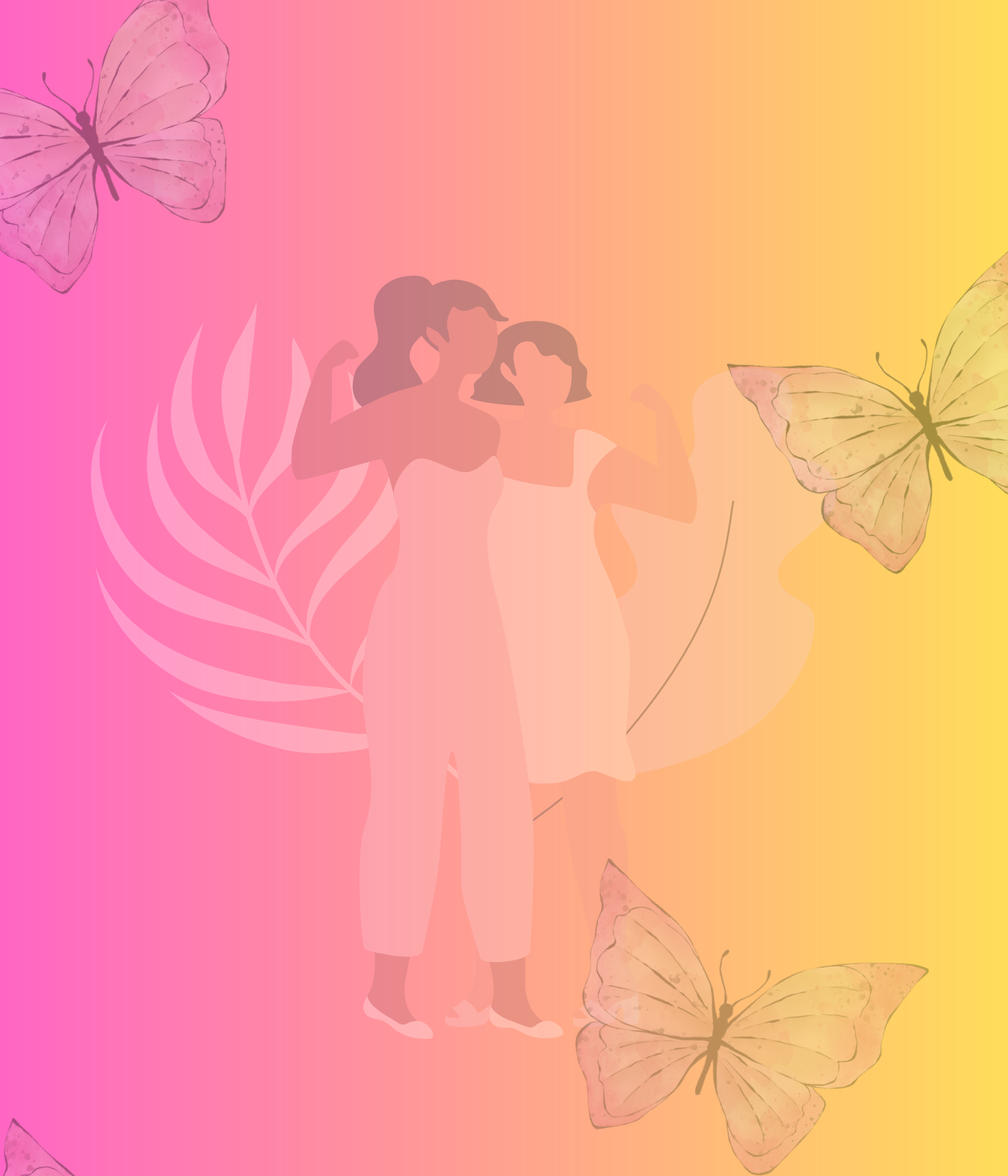
**Dr.G.Kavitha**  
WEC President

**Ms.R.Niranjana -BBA**  
WEC Student Chairperson

**Dr.R.Rekha**  
WEC Secretary

**Ms.Scarlet Stephen -Bcom CA**  
WEC Student Secretary





# **Sri Ramakrishna College of Arts & Science**

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**srcas.ac.in**