

7.1.1. Measures Initiated by the Institution for the Promotion of Gender Equity during Last Five Years

Gender Sensitization Action Taken Report

List of Gender Equity Programs SHC

2019 - 2020

2019- 2020					
1	11/07/2019	Thadai Karkal Padikarkalagum	Thenmozhli Principal Good Will School	Ist UG	Shift I
2	24.07.2019	அபித்தலின் கஃபல்	-	All UG	Shift II
3	07/09/2019	Women's empowerment	Rev. Sis Arokia Jayaceeli Superior MIC	All Girls	Shift I
4	28/01/2020	Problems related to adolescent girls and their management	Dr. Joe Sanjay	III UG	Shift I
5	10/02/2020	Nutrition, Health and Hygiene	Ms. Muthulakshmi Asst. Proff, MKJC	III UG Arts Stream	Shift I
6	06/03/2020	Women's Day Celebration	Rev. Sis. Mary Janet	All students	Shift I

Women's Meet

A Women's Meet was organised for the UG Women Students of Shift- I on 7th September, 2019. Ms. Roshini, Department of Computer Science gave the welcome address. Rev. Dr.C. Antonyraj, the Rector presided over the meet and shared his inspiring thoughts. Rev. Dr. D. Maria Antony Raj, the Principal and Rev. Dr. Praveen Peter, Vice Principal encouraged and wished good fortune to all the women students. Prof. R. Sandrilla introduced the Chief Guest, Rev. Dr. Arokia Jayaseeli, Superior, Mary Immaculate Convent. Ms Nazia, Alumni of Sacred Heart College, a member of Royal Society of Chemistry and American Chemical Society addressed the gathering. Dr. A. Merceline Anita, Dean of Women Students, Shift I with the support and cooperation of all the Women Staff organised the programme. The programme concluded with vote of thanks proposed by Ms. Neethi Arasi, Department of Physics.



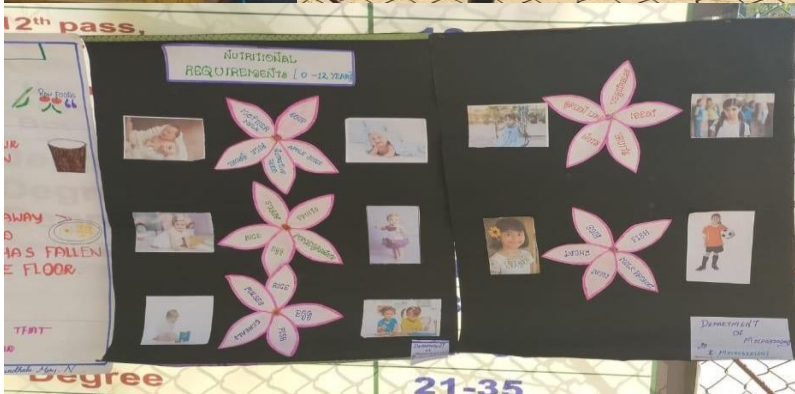
Awareness Programme on Problems Related to Adolescent Girls and Their Management

The Department of Counseling Psychology organized an Awareness Programme titled Problems Related to Adolescent Girls and Their Management for the III UG Girl Students on 28th January, 2020. The event aimed to help the participants to understand their physiological changes, well-being and the way to tackle the challenges in everyday life through Video Presentations. The Stages of Their Transformation, Modern Problems and Its Solutions were also ex-plained. Dr. A. Merceline Anita, Dean of Women Students convened the programme. Rev. Fr. Sanjay, Head, Department of Counseling Psychology, Ms. Latha Munusamy, Counsellor and Rev. Sr. Anthoniammal, Assistant Professor, Department of Counselling Psychology along with the Post Graduate Students coordinated the Programme.


2019-2020

Girls Awareness Programme on Nutrition, Health & Hygiene







HYGIENE RULES



WASH YOUR HANDS BEFORE AND AFTER YOU START COOKING.





Raw Foods



WASH YOUR HANDS AFTER YOU HAVE BLOWN YOUR NOSE


THROW YOUR TISSUES IN DUSTBIN







WASH YOUR HANDS AFTER YOU HAVE BEEN TO THE TOILET

THROW AWAY ANY FOOD THAT HAS FALLEN ON THE FLOOR.





MAKE SURE THE WORKING SURFACE IS KEPT CLEAN



WASH ANY EQUIPMENT THAT HAS FALLEN ON THE FLOOR.

III. B.Sc. Microbiology Esther Saundhala May-19

(iv) Civil Service Exam

HYGIENE



BE CLEAN BE HEALTHY

III. B.Sc. Microbiology

WOMEN'S HYGIENE

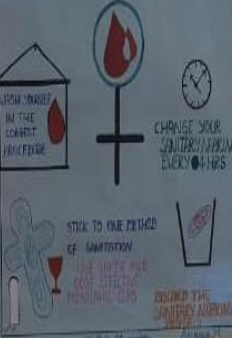
Clean hands will help prevent the spread of the germs which are often associated with early infection.



III. B.Sc. Microbiology


MENSTRUAL HYGIENE

DO NOT LET THIS CONVERSATION END WITH A PERIOD




III. B.Sc. Microbiology


HYGIENE RULES



WASH YOUR HANDS BEFORE AND AFTER YOU START COOKING.





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POST OFFICE

CBI (Central Bureau of Investigation)

(i) Clerk

(i) Group

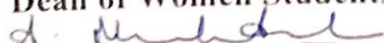
Degree



Women Students – Awareness Programme (2019-20)

Month	Title of the Programme	Participants	Staff Incharge
12 th July 2019	Special Orientation for Girls (Arts)	I year Students (Arts)	B.A English, B.Com & B.B.A.
23 rd August 2019	Special Orientation for Girls (Science)	I year Students (Science)	B.Sc Physics, B.A Tamil, B.Sc Com.Sci B.A Eco
8 th September 2019	Women's Meet	All Women Students (Shift I & II)	All Women Staff (Shift I & II)
30 th Jan 2019	Problems of Adolescent Girls and their management	II Year Girls	B.Sc Maths & Department of Counselling Psychology.
15 th Feb 2019	Awareness on Nutrition, Health & Hygiene	II Year Girls (B.Sc Com.Sci, B.Com, B.B.A, B.A English, B.A Economics)	B.Sc Bio Chemistry & B.Sc Microbiology
8 th March 2019	International Women's day	All Women Students (Shift I & II)	All Women Staff (Shift I & II)

Dean of Women Students (Shift I)


Dr. A. Merceline Anita

Vice Principal

Rev. Fr. Praveen Peter

**Sacred Heart College (Autonomous) – Tirupattur- 635601
(SHIFT-I)**

**Thadai Karkal Padi Karkalagum – Invited Talk
(UG I Year Girls (Arts))**

Programme

Venue: Pope Francis Hall

Date: 11.07.2019

Time : 2.30 pm to 4.00 pm.

Prayer Song

Introduction

: Dr. A. Arockia Mary, Dept. of BBA

Welcome

: R. Swetha, I B.A English (Shift-I)

Felicitation Address

: Rev. Dr. D. Maria Antony Raj.SDB, Principal.

Rev. Dr. Praveen Peter.SDB, Vice Principal.

Special talk for UG Girls

**: Mrs. Thenmozhi, M.A., M.Ed., M.Phil., Ph.d
Principal Incharge,
Goodwill Hr. Sec. School, Tirupattur.**

Vote of Thanks

: S. Vitarina, I BBA (Shift-I)

College Anthem

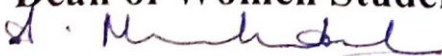
“All are invited”

Women students - Orientation Programme (19-20)

Thadai karkal padikarkalagum

The Women students Orientation programme was organized on 11th July, 2019 for the UG girl students of I year. Dr. A. Arockia Mary, Dept of BBA gave the welcome address and introduction. Mrs. Thenmozhi, M.A., M.Ed., M.Phil., Principal Incharge of Good Will Matriculation school, Tirupattur was invited as the Resource person for the programme. She spoke on the theme 'The role of Women in Society and their importance' She stressed on the following aspects as 8 signs of women, that is how to be courageous, how to manage fear and actions that will change fear. She compared women of the past and present in the Society. She insisted the students to think extreme and reach greater heights. Dr. A. Merceline Anita, Dean of Women Students shared her ideas on how to avoid problems arising from social media and to be aware of themselves, safeguarding them from all the issues prevailing against women in the society. The session was made more informative by interesting video clippings to realise the fact. It was a thought provoking session for everyone. The first year girl students have really benefitted by the session. Miss. S. Vitamins of I B.A English gave the vote of thanks. All the women staff members and students were present during the programme.

Dean of Women Students



Dr. A. Merceline Anita.

Sacred Heart College (Autonomous) – Tirupattur- 635601



Women's Meet – 2019

Shift-I



Programme

Venue: **Kamarajar Arangam** Date: **07.09.2019** Time : **2.00 pm to 4.30 pm.**

Prayer Song

Welcome Address : **Ms. Roshini**, Dept. of Computer Science

Introducing the Resource Person : **Prof. R. Sandrilla**, Dept. of Computer Science

Honoring & Felicitation : **Rev. Dr. C. Antonyraj, SDB**
Rector.

Rev. Dr. D. Maria Antony Raj, SDB
Principal.

Rev. Dr. Praveen Peter, SDB
Vice Principal.

Chief Guest Speech : **Rev. Dr. Sr. Arokia Jayaceli**,
Superior, MIC

Girls' Cultural Events

Vote of Thanks : **Ms. Neethi Arasi**, Dept. of Physics

College Anthem

"All are invited"

Praveen Peter

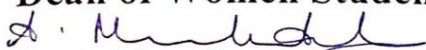
Sacred Heart College (Autonomous) Tirupattur

Women's meet – 2019

The Women's Meet 2019 was organised for the Undergraduate Women Students of Shift I on 7th of September at Kamarajar Arangam. The Programme started with a short prayer invoking God's blessings. Ms. Roshini of Computer Science department gave the welcome address. Our Rector, Rev. Dr.C. Antonyraj, presided over the meet and shared his inspiring and thought provoking message to the young women students of Sacred Heart College. Our Principal , Rev. Dr. D. Maria Antonyraj and our Vice Principal Rev. Dr. Praveen Peter also gave their full support for the women's meet and they encouraged and wished good fortune to all the Women Students.

Prof. R. Sandrilla introduced the Chief Guest, Rev. Dr. Sr. Arokia Jayaceeli, who is the Superior of Mary Immaculate Convent. She attracted our young girls with her enlightening and fabulous speech. She pointed on so many aspects such as women's safety, their role in the society, my body- my rights and she stressed that the entire women folk are being called for living a life of purity. She answered questions and doubts raised by the young girls and motivated them to come up in their lives and attain greater heights. It was happy and convincing to share the stage for Ms. Nazia of Chemistry department, one of our deserving Alumni of Sacred Heart College, a member of Royal Society of Chemistry and American Chemical Society. She too shared her own experiences and struggles with the young girls in order to augment their talents and passion. She emphasized the girls to be courageous and firm in their motives and not to get frustrated and let go off their perseverance. Finally, variety of cultural were performed by our UG Girl students. The Women's meet was coordinated by Dr. A. Merceline Anita, Dean of Women Students, Shift I with the support and cooperation rendered by all the Women Staff. The Programme came to an end with vote of thanks proposed by Ms. Neethi Arasi of Department of Physics.

Dean of Women Students


Dr. A. Merceline Anita.

SACRED HEART COLLAGE (AUTONOMOUS), TIRUPATTUR.

Report on Girls Awareness Programme

Department Name : PG and Research Department of Counselling Psychology

Title : Awareness programme on Problems related to Adolescent Girls and their Management.

Date : 28/01/2020

Day : Tuesday

Venue : DB Centre

Conducted by : PG Department of Counselling Psychology

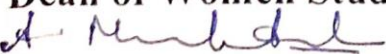
Objective : Awareness Programme for Girls

Resource people : Staff and Students from PG Dept. of Counselling Psychology

Participants : Nearly 150 students attended the program

Summary : Rev. Fr. Sanjay, Head of the Department of Counseling Psychology was invited as the Chief guest for this Awareness Programme. Ms. Latha Munusamy, the College Counsellor and Rev. Sr. Anthoniammal, Assistant Professor of Counselling Psychology Department coordinated the Programme along with the Post Graduate Students of the Counselling Psychology department. III year UG Girl Students are the participants of this Programme. Programme was started around 2.30PM. The main purpose of this programme is to help the participants to understand how physiological changes are affecting Girls psychological well being and the way to tackle these psychological problems in everyday life. In the beginning of the Programme, Rev. Fr Sanjay was giving an orientation for the Girls about the Problems faced by them in this age and how to tackle it. Students from PG Dept of Counselling Psychology also presented their views with nice video presentations. The stages of their transformation was explained by Sr Jeeva, Spiritual changes, Physical changes, and emotional changes were explained by Ms. kothai vani, Social and Cognitive changes were explained by Ms Pavithra, Modern problems faced by young girls were explained by Ms Janey, Social problems was explained by Ms Ammu and Psychological Management was explained by Ms Dhanalakshmi. Dr. A. Merceline Anita, Dean of Women Students organized this programme. She wholeheartedly thanked the entire team of Counselling Psychology department. Sr Jeeva conveyed her sincere thanks to the Program coordination committee and to the participants. The program winded up around 4.00PM.

Dean of Women Students


Dr. A. Merceline Anita.

Sacred Heart College (Autonomous) – Tirupattur- 635601
(SHIFT-I)

Nutrition, Health & Hygiene – Invited Talk
(UG III Year Girls (Arts))

Programme

Venue: Pope Francis Hall Date: 19.02.2020 Time : 2.00 pm to 4.00 pm.

Prayer Song : Video Clipping

Master of Ceremony : **R. Kowsalya**, II B.Sc Biochemistry (Shift-I)

Welcome Address : **G. Roshini**, III B.Sc Microbiology (Shift-I)

Introduction : **Dr. A. Poongothai**, Dept. of Biochemistry

Felicitation Address : **Rev. Dr. D. Maria Antony Raj.SDB**, Principal.

Honoring : **Dr. Xavier Rajarathinam, S. R.** Academic Vice Principal (Shift – I)

Special talk for UG Girls : **Ms. R. Mahalakshmi**, M.Sc., M.A. PGDHMN
Head and Assistant Professor
Department of Nutrition, FSM and Dietetics
Marudhar Kesari Jain College for Women,
Vaniyambadi

Vote of Thanks : **T.M. Sudiqua Jabeen**, II B.sc Microbiology (Shift-I)

College Anthem

“All are invited”


16/02/20

SACRED HEART COLLAGE (AUTONOMOUS), TIRUPATTUR.

Report on Girls Awareness Programme on Nutrition, Health & Hygiene

Department Name : Department of Microbiology and Biochemistry

Title : Girls Awareness Programme on Nutrition, Health & Hygiene

Date : 10/02/2020

Day : Wednesday

Venue : Mother Teresa Hall

Conducted by: Department of Microbiology and Biochemistry

Objective : Awareness on Health.

Resource person : Ms. R. Mahalakshmi, M.Sc., M.A., PGDHMN,
Head and Assistant Professor,
Department of Nutrition, FSM and Dietetics
MarudharKesari Jain College for Women,
Vaniyambadi.

Participants : 150 students

Summary :

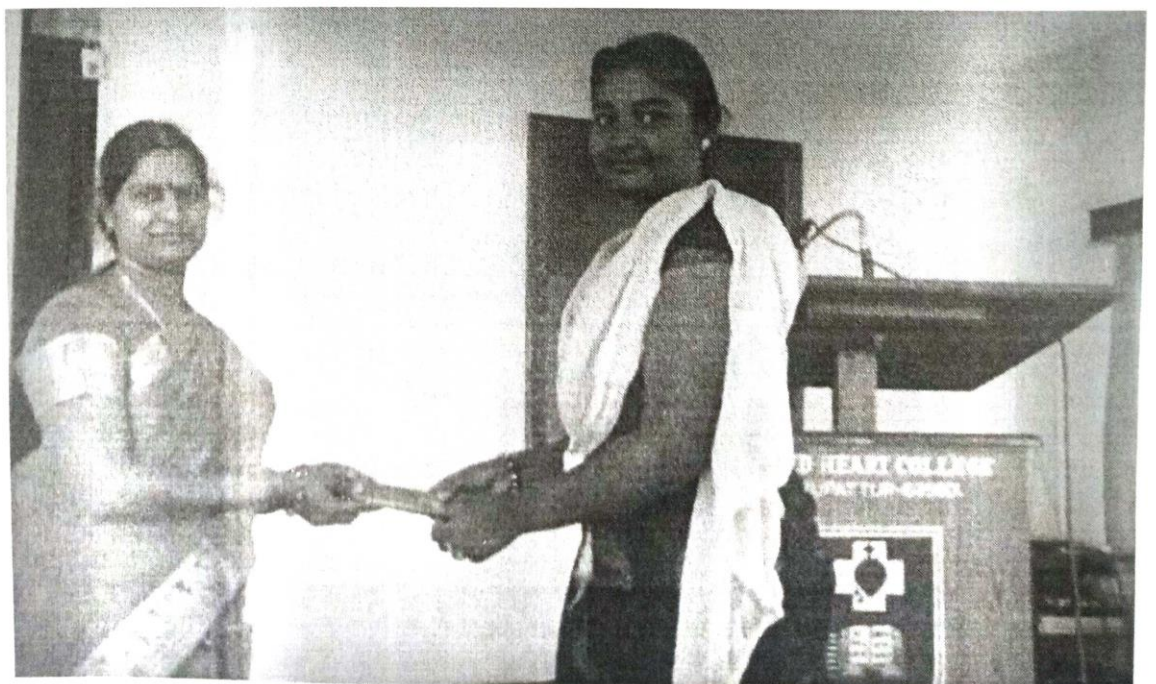
- Ms. R. Mahalakshmi, Head and Assistant Professor, Department of Nutrition, FSM and Dietetics, Marudhar Kesari Jain College for Women, Vaniyambadi was invited as the Chief guest for this Awareness Programme. The Staff members from Department of Microbiology (Dr. K. Amala and Ms. Neethu Asokan) and Biochemistry (Dr. A. Poongothai and Dr. Durga Devi) coordinated the Program along with Students from Microbiology Department. All the III years Girl students from Arts Stream participated in the Program and they gained the knowledge about Nutrition, Health and Hygiene for Women in the Adolescent Age. The Programme started around 2.30 PM with a Prayer song. Dr. S.R. Xavier Raja Rathinam, Academic vice Principal (Shift-I) presided the Programme and he was being honoured by Dr. D. Joy Christina, Assistant Professor, Department of English. In the beginning of the Programme, the Welcome Address was given by G.Roshini from III B.Sc Microbiology. The Chief guest was introduced by Dr.A.Poongothai, Assistant Professor, Department of Biochemistry. The Resource person stressed on few aspects such as Balance diet for adolescent age group girls, to

keep their bodies healthy on a daily base, she also talked about hygiene and the importance of it as a Girl child, more especially during their Menstruation time, as Hygiene will improve their Self-esteem and makes them feel comfortable around people, Students were taught about two types of several eating disorders namely AN (Anorexia novosa) and BN (Bulimia novosa). Microbiology Students prepared and displayed various Charts related to Health and Nutrient Requirements for Girls at different ages.

At the end of the Programme, there was a small interaction session where the students participated actively and answered the questions raised by the resource person and clarified their doubts. Prizes were distributed to students who had a chance to answer some questions so well during the Program. Finally the Program concluded with the vote of thanks by T.M.Sudiqua Jabeen from II B.Sc Microbiology.

PHOTOS





Sacred Heart College (Autonomous) – Tirupattur-635601
WOMENS' DAY CELEBRATION 2020 (SHIFT-I)



PROGRAMME

Venue: Kamaragar Arangam	Time: 2.00 P.M	Date: 06.03.2020
Prayer Song	:	Multimedia
Master of Ceremony	:	Ms. J. Hephzibah, Ms. R. Nisha, II B.Sc Microbiology
Welcome Address	:	Ms. S. Narmatha, III B.A English
Welcome Dance	:	Ms. Geethashree, I M.Sc. Computer Science
Introducing the Chief Guest	:	Mrs. R. Sandrilla, Dept. of Computer Science
Honoring & Felicitation	:	Mrs. Rose, Staff Incharge Rev. Dr. C. Antonyraj, Rector Rev. Dr. D. Maria Antony Raj, Principal
Women's Day Message	:	Rev. Dr. C. Antonyraj, Rector
Women's Empowerment Song	:	Dr. R. Kurinji Malar, Dept. of Economics
Poem	:	III BBA
Chief Guest Talk	:	Rev. Sr. Mary Janet, Youth Ministry Sisters of Salesians, Mazerello Home.
Vote of Thanks	:	Dr. R. Arockia Mary, Dept. of MBA

College Anthem



SACRED HEART COLLEGE (Autonomous), Tirupattur

REPORT ON WOMEN'S DAY PROGRAMME

TITLE OF THE PROGRAMME: Women's day celebration 2020 (SHIFT I)

DATE: 06.03.2020

DAY: Friday

SHIFT: Shift I

VENUE: Kamarajar Arangam

CONDUCTED BY: Shift I –Women Staff

PARTICIPANTS: Women Students and Faculty of Shift I

Summary:

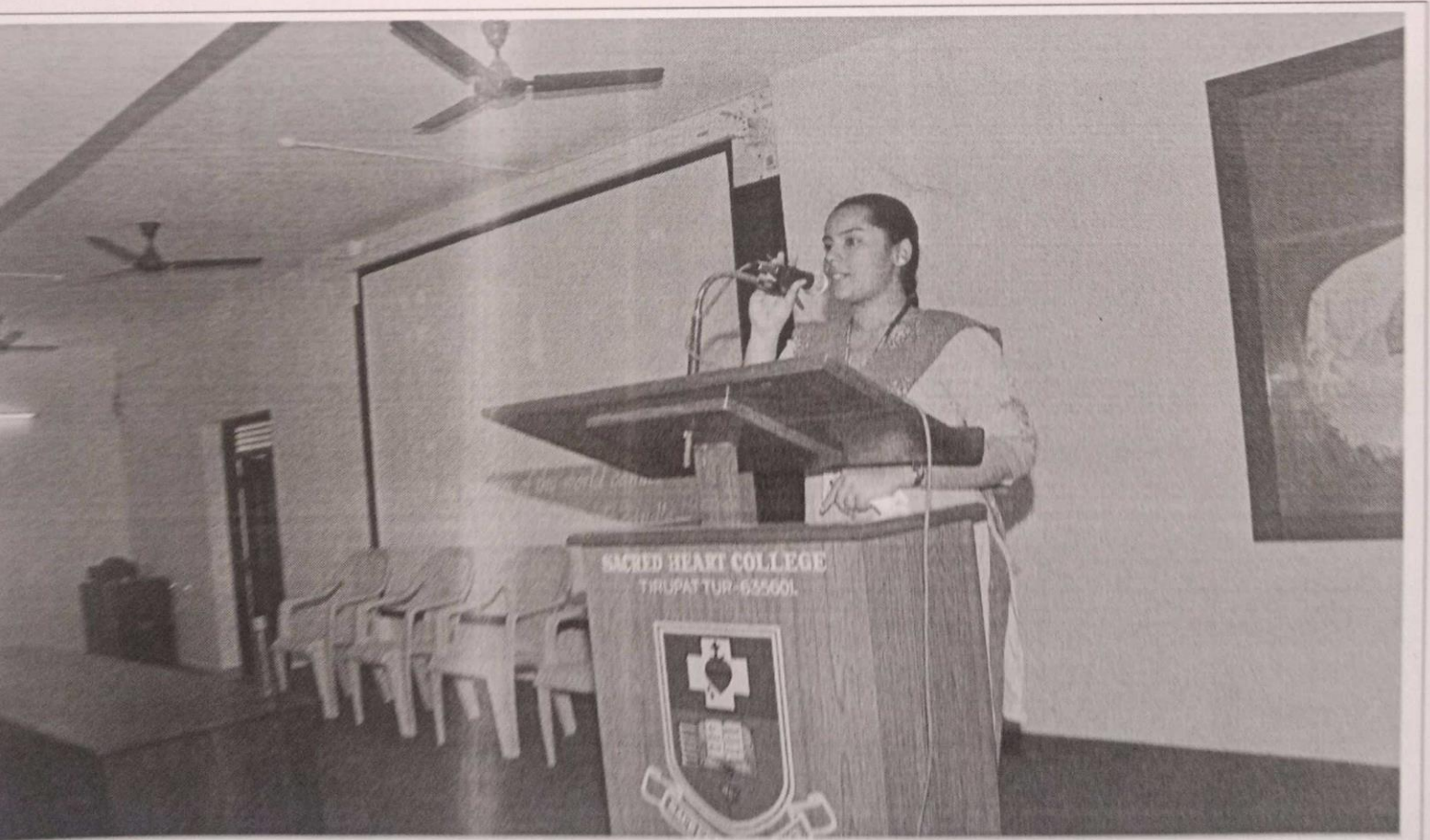
The International Women's Day Celebration a much awaited programme for the union of the women Fraternity in the College started with the Prayer Song to invoke the blessings of the God Almighty. The Prayer Song indeed with the blend of the Master of ceremony by Miss. J. Hepzibha and Miss. R. Nisha made the heavens presence amidst us. Following this Ms. Geethashree presented an Invocation Dance to set the Spirit of Women's Day on Fire. With the Joy and Enthuse set in, Prof. R. Sandrilla introduced the Chief Guest of the Day who was Rev. Sr. Mary Janet, Youth Ministry, Sisters of Saletians. With the Introduction of the Chief Guest, Prof. R. Rose honoured the Chief guest with a shawl and memento. Then most Reverend Dr. C. Antony Raj, SDB- the Rector & Secretary of the Institution felicitated and spoke about the Importance of the Day and its Celebration. He in fact provided the Core Message of the Day. As another Interesting Part, Dr. R. Kurinji Malar sang the Women Empowerment song with her melodious voice that was continued with a poem praising all the Women folk which was recited by student D. Parkavi of III BBA. Following this, the Chief

Guest delivered her message and it was all tuned towards beauty, femininity and love. It was an awesome and inspiring speech which, for sure, would have made the students to get inspired and as the last part of the Session the vote of thanks was delivered by Dr. R. Arockia Mary, Dean of Women Students, AICTE, who expressed her gratitude to all the Audience and the Resource Person of the day. In a very Special way, She thanked all the Programme Organizers right from Dr. A. Merciline Anita Dean of Women students, Shift I who was the Stuart for the entire event and Dr. S. Kalaiarasi who co- organized the events along with Mrs. R. Sandrilla, Mrs. R. Rose, Dr. A. Arockiamary , Dr. R .Kurinji Malar, Dr. Amala, Dr. Sylvia, Mrs. Poovizhi and Mrs. Saravana Priya for their interest and initiative towards making this Programme a successful one.



Dean of Women Students

Dr. A. Merceline Anita.



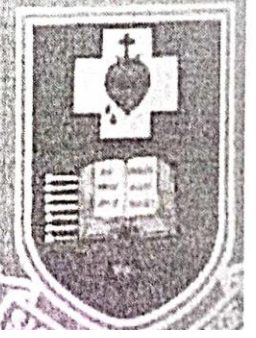


NOTE 8
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TEENNETRA



SACRED HEART COLLEGE
TIRUPATTUR - 635014



(iv) Civil Service Exam

HYGIENE

WOMENS HYGIENE

GENERAL HYGIENE

HYGIENE RULES

POST OFFICE

CBI (Central Bureau of Investigation)

(i) Clerk

(i) Group

stan

b-Ins

Degree

NUTRIENT REQUIREMENT (ENERGIES)

	AM	PM
Net Energy	2400	2400
Protein (g/d)	55	45
Fat (g/d)	22	20
Calcium (mg/d)	600	600
Iron (mg/d)	22	30
Vit - A (IU)	600	500
Vit - C (g)	90	70

VITAMINS

