

## 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

2021 – 2022

2021-2022					
1	24/01/2022	Girl Child Day Essay and 1 min video making: how the world could be a better place for a girl child. Poem: Digitalised generation	-	All students	Shift I
2	24.01.2022	National Girl Child Day	Dr.K.A. Maria Arokiaraj	UG students	Shift I
3	09/02/2022	Emotional Intelligence		II UG	Shift I
4	01/03/2022	Menstrual hygiene and endometriosios	Ms. Padmapriya Sanitation India	All girls	Shift I and Shift II
5	07.03.2022	AICTE Women’s Day Celebration	Rev.Fr. Maria Antony Raj	PG students	Shift I
6	08/03/2022	Womens Day Celebration “ Women related challenges”	Thenmozhi SKY Yoga professor	All Students	Shift I
7	10.03.2022	International women’s Day Celebration	Ms.K.Jyothi		Shift II
8	10/05/ 2022	Nutrition and diet – a healthy lifestyle	Dr. M. Eswari Islamia College	All students	Shift I


#### INVITED TALK ON NUTRITION AND DIET – A HEALTHY LIFE STYLE

The Women’s Cell, Sacred Heart College (Autonomous), Tirupattur organised an invited talk on Nutrition and Diet- A Healthy Life Style on 10th May, 2022. Dr.A.C.Gomathi, Head, Department of Bio-Chemistry delivered the welcome address. Dr. S. Kalaiarasi, Assistant Professor, Department of Mathematics felicitated the august gathering. Dr.Durga Devi, Assistant Professor, Department of Bio-Chemistry introduced the speaker Dr. M. Eswari, Head, Department of Food and Nutrition, Islamiah Women’s College, Vaniyambadi. She addressed the gathering on nutritional related problems faced by adolescent girls, such as: mal-nutrition, obesity, underweight, consequences of unhealthy food and the remedies to overcome it. She also suggested valuable inputs to maintain a healthy body through healthy food and life style. About 120 students participated in the event. Miss M. S. Swetha, II M.Sc., Microbiology proposed the vote of thanks.

**SACRED HEART COLLEGE (AUTONOMOUS)**  
 Accredited by NAAC( 4th Cycle - under RAF) with CGPA of 3.31/4 at 'A+' Grade  
 THIRUPATTUR -635601

**F O O D**  
*Nutrition and Diet - A Healthy Life Style*

**Felicitation Address**  
 Rev. Dr. John Alexander, SDB, Rector & Secretary  
 Rev. Dr. D. Maria Antony Raj, SDB, Principal  
 Rev. Dr. Praveen Peter, SDB, Vice Principal (Shift I & COE)

**Resource Person**  
  
**Dr.M.ESWARI, M.Sc,M.Phil, Ph.D, B.Ed,**  
 Head, Department of Foods and Nutrition  
 Islamiah women's Art's and Science College,  
 Vaniyambadi

Welcome Address - Dr. A. C. Gomathi  
 Chief Guest Introduction - Dr. Durga Devi  
 Vote of Thanks - M.S. Swetha, II M.Sc., Microbiology

Date : 10.05.2022      Time : 2.30PM to 3.30PM      Venue : Carreno Hall

Organized by Women's Cell  
 Department of Bio-Chemistry  
 Department of Computer Science  
 Department of Microbiology



## INTERNATIONAL WOMEN'S DAY CELEBRATION (SHIFT II)



The International Women's Day was celebrated on 10th March, 2022 by Women Cell (Shift II). All the women students were cordially invited to join the programme. About 2500 students and staff took part in the event. The guest of honour for the event was Ms. K Jyothi, a young musical prodigy, Chennai. Ms. K.Jothi touched all the hearts vocally with her booming voice and bags of character in her tone. Ms.Kalaiselvi her mother inspired and motivated all by sharing the dreadful journey of Ms. K. Jothi and the comeback of her daughter's musical profession inspite of her disability. The women cell organized a short film contest. With their act of excellence, students of all the departments have participated, the short film videos were presented on screen. Various competitions were organized in view of Women's Day celebrations and the prize winning student of paintings, poster presentation, essay, poem writing, and short film were felicitated during the prize distribution. The programme was organised under the aegis of Women Cell (Shift II). The event was coordinated by Mrs.Savitha, Dean, Women Students (Shift II).



## AWARENESS PROGRAMME ON MENSTRUAL HYGIENE AND ENDOMETRIOSIS WOMEN CELL (SHIFT I)



The Women Cell, the P.G. & Research Department of Social Work and the P. G. Department of Counselling & Psychology, Sacred Heart College (Autonomous) in collaboration with Sanitation First India, Chennai jointly organized an awareness program titled „Menstrual Health and Endometriosis“ on 1st March, 2022. Ms. T.S. Padmapriya Chief Executive, Sanitation First India, Chennai was the resource person for the event. Rev. Fr. Praveen Peter, Vice Principal, and Dr. A. Merceline Anita, Dean, Women Cell, Sacred Heart College honoured the resource person. During the session: a brief orientation about menstruation, the common stigma that exist in the society that associates with menstruation, the process of menstruation and menstrual cycle, physical changes that happen during the period of puberty, scientific and logic rea-sons for the practice among many families during the menstruation, emotional and physical disturbances which women experience during menstrual cycle, methods to be used in disposing sanitary napkins, and methods of using menstrual cups & its benefits were elaborated. She also explained about Endometriosis, its symptoms, treatment and precautions. About 1000 girl students of both Shift I & Shift II attended the program.

## Virtual Lecture on Safety of Girls in the Society



The virtual lecture titled Safety of Girls in the Society was organized by Women Cell, Sacred Heart College (Shift-I) on 24th November, 2021 through YouTube live streaming. Ms. M.A. Alpha Hasseliin, III B.A. Economics welcomed the participants with her warm words. Rev. Dr. Praveen Peter, SDB, Vice Principal (Shift-I) and COE felicitated the chief guest with a memento and gave the inaugural address. In his address, he insisted the girl students to be aware of their social emotions and be cautious while using social media. Dr. R. Kurinji Malar, Asst. Professor, Dept. of Economics, introduced the resource person Mrs. M.A. Sneha, Advocate and Social Activist, Tirupattur. She elaborated on the challenges faced by women and suggested productive measures to handle it. She also insisted that women safety is not a single entity; it requires changes from the whole society. Her talk shed light on the problems faced by women in the society and insisted the girls to develop the strength and courage to face any kind of struggle. Ms. Roshini, III B.Com proposed the vote of thanks. The Master of Ceremony was done by Ms. Monica, II B.A. Economics. Dr. A. Merceline Anita, Dean of Women Students (Shift-I), Dr. A. Arockia Mary, Asst. Professor, Dept. of Business Administration, Dr. R. Kurinji Malar, Asst. Professor, Dept. of Economics and Mrs. A. Jayanthi, Asst. Professor, Dept. of Business Administration collectively organized the event.



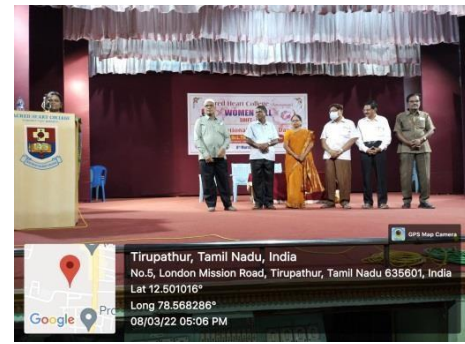
The International Women's Day was celebrated by The Women Cell, Sacred Heart College (Autonomous) Tirupattur on 8th March 2022 at 2.30 pm in the college premises. Women Students of Shift-I attended the event. The program began with the in-vocation of God's blessings. It was hosted by Ms.Gokulavani, III B.Sc., Mathematics and Ms. Yazhini, III B.Sc., Microbiology. M. Kavi Barathi, Assistant Professor of English, welcomed the gathering with her win-some words of welcome. Rev. Dr. John Alexander, Rector and Secretary insisted that, the growing imbalance of men-women ratio has to be declined by focusing on celebration and welcoming girl child in all educational institutions. Rev. Dr. D. Maria Antony Raj, Principal asked the student community to make them vicious on social customs of dowry system and early marriage of girls. Dr.A.Merceline Anita, Dean of Women Students Shift-I, introduced the Chief Guest, Dr.L.Thenmozhi, Sky Yoga Professor, Social Activist, Lions Club, Tirupattur Host. The chief guest in her address appealed that the status of women should be enhanced in the society and the dignity of womanhood has to be raised. The stage was enlightened with the beautiful cultural program by the women students. A de-bate was conducted on the topic "The Obstacle to the Advancement of Women, is the Community or the Family?" Dr. K. Mohan Gandhi, Assistant Professor of Tamil, moderated the session. In the view of Women's Day Celebration, competitions were conducted for the students and they were encouraged with the distribution of prizes and certificates sponsored by Mr.V.Sundaram, Nallasiriyar, PMJF, District Chairman, Lions Club, Tirupattur Host. Dr. F. Silviya, Assistant Professor, Department of Mathematics proposed the vote of thanks. The program concluded with the college anthem.



The International Women's Day - a gesture of celebrating the womanhood worldwide was celebrated by the AICTE women cell on 7th March, 2022. Events like: Flash mob, Signature campaign, Programme for women, Seed ball making were conducted. The programme was initiated by Rev.Dr.D.Maria Antony Raj, Principal & Director, PG Department of Business Administration. Rev.Dr. Angelo Joseph motivated the students for taking up the initiative and encouraged them. Dr. S. Sasi Kumar, Head, PG Department of Business Administration and Dr. A. George Louis Raja, Head, PG Department of Computer Application also wished the students for the same. The flash mob took place in five different places of Tirupattur. The town police gave protection to the students throughout the programme and helped the students in executing their plan. The second part of the programme was signature campaign with an idea of making both men and women students of the college to take up pledge relating to women equity. The third part of the programme was for the women folks of the college. The programme was conducted in an informal way accommodat-ing space for the AICTE women to exhibit their various talents. Games and activities were conducted under the guidance of Dr.R.Arockiamary and Dr.Saravana Priya. The programme created vibes among the students and made their celebration meaningful. At the end, the women were involved in seed ball making as an initiative to disseminate the message on the importance of eco friendliness and going green, among the public.



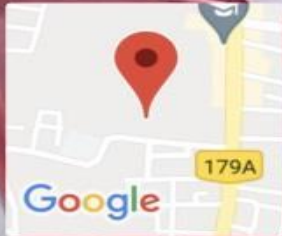
# Women's Day







GPS Map Camera



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THIRUPATTUR -635601

# F O O D

## *Nutrition and Diet - A Healthy Life Style*

### Felicitation Address

Rev. Dr. John Alexander. SDB, Rector & Secretary

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

Rev. Dr. Praveen Peter. SDB, Vice Principal (Shift I & COE)

### Resource Person



**Dr.M.ESWARI, M.Sc,M.Phil, Ph.D, B.Ed,**

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Welcome Address - Dr. A. C. Gomathi

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Date : 10.05.2022

Time : 2.30PM to 3.30PM

Venue : Carreno Hall

Organized by Women's Cell

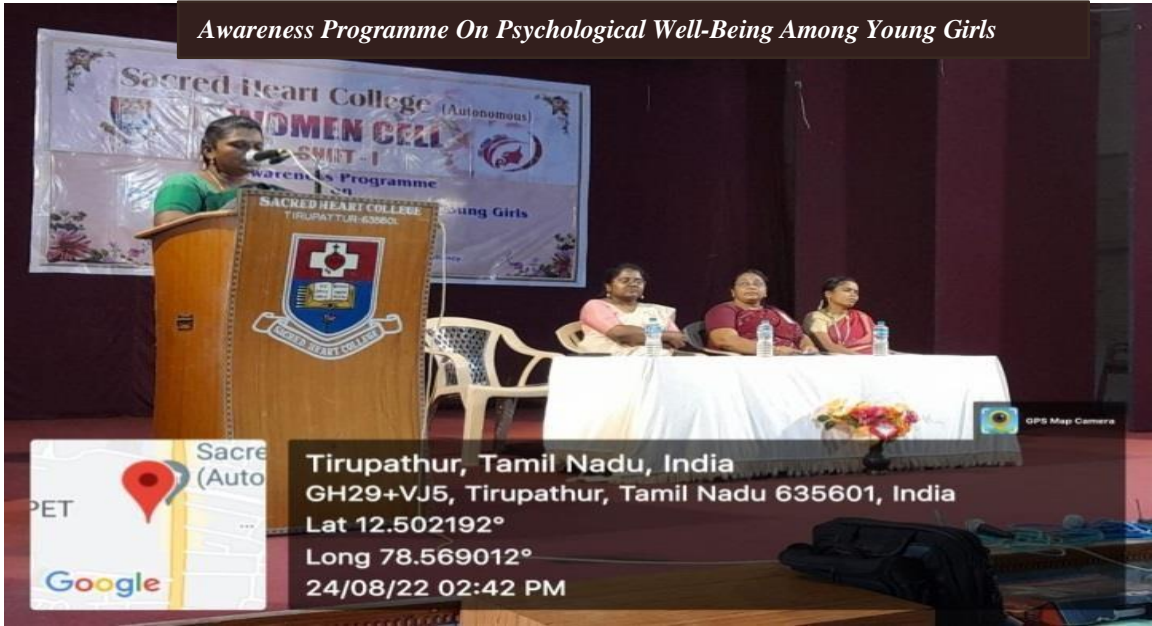
Department of Bio-Chemistry

Department of Computer Science

Department of Microbiology



*Awareness Programme On Psychological Well-Being Among Young Girls*



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## Awareness Programme on Menstrual Hygiene and Endometriosis








## NATIONAL GIRL CHILD DAY

The Women Cell, Sacred Heart College (Autonomous), Tirupattur conducted virtual competition for the students of the institution to celebrate the National Girl Child Day on 24th January, 2022. Various competitions like: essay writing, poetry writing and 1-minute video making on significant topics were conducted. The students actively participated in the events and they were awarded with prizes and certificates. Rev. Dr. D. Maria Antonyraj, Principal, Rev. Dr. K. A. Maria Arokiaraj, Additional Principal and the Vice Principals (Shift I & II) convened the program. All women faculties were the coordinators of the same. The events created awareness about the rights of a girl child and on the importance of girls' education, health and nutrition.



## Virtual Competition on National Girl Child Day

**WOMEN CELL**  
**SACRED HEART COLLEGE (AUTONOMOUS), TIRUPATTUR DT**



24 January  
NATIONAL  
GIRL  
CHILD DAY

**Dear Faculty Members and Students,**

Warm Greetings,

In view of National Girl Child Day (NGCD) on Jan 24<sup>th</sup>, 2022, Women Cell, SHC cordially invites all the UG & PG Students to participate in the following Competitions which will be conducted in the Online Mode.

- **ESSAY COMPETITION:**  
Topic: How the world could be better for the Girl Child?  
(Max: 750 Words)
- **POEM**  
Topic: Digitalized Generation.  
(Max: 200 Words)
- **1- MINUTE VIDEO MAKING**  
Topic: How the world could be better for the Girl Child?  
(Time Duration: 1 minute)

Language: English/Tamil  
Last Date: 26<sup>th</sup> January, 2022.

**Instructions for making 1- Minute Video:**

- Create an Original video for 1 Minute relevant to the theme.
- It can be animated or live action, funny or serious.
- It should have no dialogue at all.

Students are asked to submit their Essays, Poems (PDF- Format) and the Videos with the name and Reg. No's specified to the following email id: [shcwomenscell@gmail.com](mailto:shcwomenscell@gmail.com).

Prizes and Certificates will be awarded to the best articles and videos.

Convenors:  
The Principal  
The Additional Principal and Vice Principals  
Coordinators:  
All Women Faculties  
For Further Details Contact:  
Deant: Dr. A. Merceline Antra, S-I (98945 43368).  
Prof. S. Savitha, S-II ( 90433 65335).

**GIVE THE GIRLS THE WINGS TO FLY,  
NOT THE PAIN TO CRY AND DIE  
SAVE THE GIRL CHILD**

**REC**



Jyoshika Vijayan



**You**



**Rose**



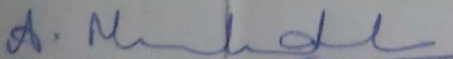
**AU190**



**87 others**

## Women Students Programme for the Academic Year - (2021-22)

Month	Title of the Programme	Participants	Departments Incharge
22 <sup>nd</sup> Oct (Fri) , 2021	Invited Talk on <b>Feminism : The Power of Personality</b>	III year Students (Shift I)	Tamil, English, Maths.
10 <sup>th</sup> Nov (Wed) 2021	Special Orientation Programme for I UG Girls "Safety of Girls in the Society"	I year Students (Shift I)	B.A Economics, B.com, BBA
21 <sup>st</sup> Jan (Fri) 2022	An Exhibition on <b>Food, Nutrition and Diet – A Healthy Life Style</b> (Inter- Departmental Activity)	All Women Students (Shift I)	B.sc BioChemistry, B.sc Microbiology, B.sc Computer science, M.sc Computer science.
9 <sup>th</sup> Feb (Wed) 2022	Awareness Programme for Girls on "Emotional Intelligence"	II Year Students (Shift I - B.Sc Com.Sci, B.Com, B.B.A, B.A English, B.A Eco, B.Sc Counselling Psychology)	Counseling Psychology, MSW.
8 <sup>th</sup> Mar (Tue) 2022	International Women's day Special Invited Lecture on "Women related Challenges"	All Women Students (Shift I)	All Departments.

  
Dean of Women Students (Shift I)

Dr. A. Merceline Anita



Sacred Heart College (Autonomous), Tirupattur

(SHIFT-I)

Date: 11.10.2021

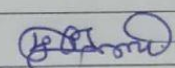

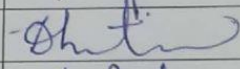
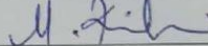
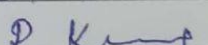
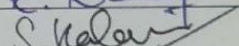
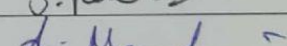
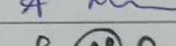
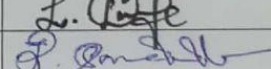
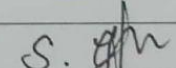
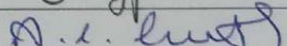
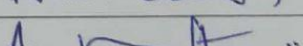
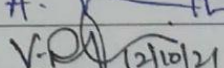
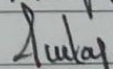
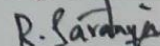
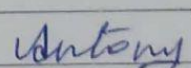


Dear Staff Members,

There will be a staff meeting on Tuesday (12/10/2021) at 01.30 pm to 2.30 pm in Religion Class (AKRC) to discuss & plan for the Activities of this Year 2021-2022. Kindly be present for the meeting and give your valuable suggestions.

Thanking you,

Dr. A. Merceline Anita  
Dean of Women Students

(Rev. Dr. Praveen Peter, SDB)  
Vice Principal (Shift-I)

S.No	Name	Signature
1	Mrs. M. Rose	
2	Dr. S. Alphonsa Mary	
3	Dr. D. Joy Christina	
4	Mrs. M. Kavi Bharathi	
5	Dr. R. Kurinjimalar	
6	Dr. S. Kalaiarasi	
7	Dr. A. Merceline Anita	
8	Miss L. Divya	
9	Mrs. R. Sandrilla	
10	Dr. A. Arockia Mary	-
11	Mrs. S. Jayanthi	
12	Dr. A.C. Gomathi	
13	Dr. A. Poongothai	
14	Dr. V. Durga Devi	
15	Dr. K. Amala	
16	Dr. R. Saranya	
17	Mrs. E. Lisa	-
18	Rev. Sr.P. Anthoniammal	
19	Dr. Sujatha	
20	Mrs. M. Poovizhi	-
21	Miss D. Gajalakshmi	-
22	Miss. Latha Munuswamy	



தூய நெஞ்சக் கல்லூரி (தன்னாட்சி), திருப்பத்தூர் மாவட்டம் - 635 601.

மகளிர் மையம், தூய நெஞ்சக் கல்லூரி  
நடத்தும்



சிறப்புச் சொற்பொழிவு  
(இணைய வழி)

தலைப்பு

**பெண்: ஆளுமை - ஆற்றல்**

நாள்: 22.10.2021

நேரம்: பிற்பகல்: 3-00 மணி

சிறப்புரை:

**முனைவர் நா. குமாரி**

உதவிப் பேராசிரியர், தமிழ்த்துறை,  
அக்சீலியம் கல்லூரி,  
வேலூர் - 632 006.



ஒருங்கிணைப்பாளர்கள்

முனைவர் அ. மெர்சிலின் அனிதா,  
Dean of Women Students (Shift -1).

தமிழ், ஆங்கிலம் மற்றும்  
கணிதத்துறைப் பேராசிரியர்கள்.

பெண்களே! உங்கள் கனவு மெய்ப்பட இணைந்திடுவீர்!!



# Sacred Heart College (Autonomous), Tirupattur

## Invited Talk on Feminism – The Power and Personality

**Agenda:**

**Time : 3. 00 pm**

**Date : 22.10.2021**

❖ **Master of Ceremony** (M. Yazhini, 2<sup>nd</sup> Micro)

❖ **Prayer Song**

❖ **Welcome Speech** (Ms. Varshini, 3<sup>rd</sup> English)

❖ **Chief Guest Intro** (Dr. A. Merceline Anita)

Dean of Women Students

❖ **Felicitation:**

Rev. Dr. John Alexander, SDB

Rector & Secretary

Rev. Dr. D. Maria Antony Raj, SDB

Principal

Rev. Dr. Praveen Petter, SDB

Vice Principal & Controller of Examination

❖ **Chief Guest Talk**

❖ **Q & A Session**

❖ **Vote of Thanks** (Ms. S. Swetha, 2<sup>nd</sup> Micro)





Jyoshika Vijayan

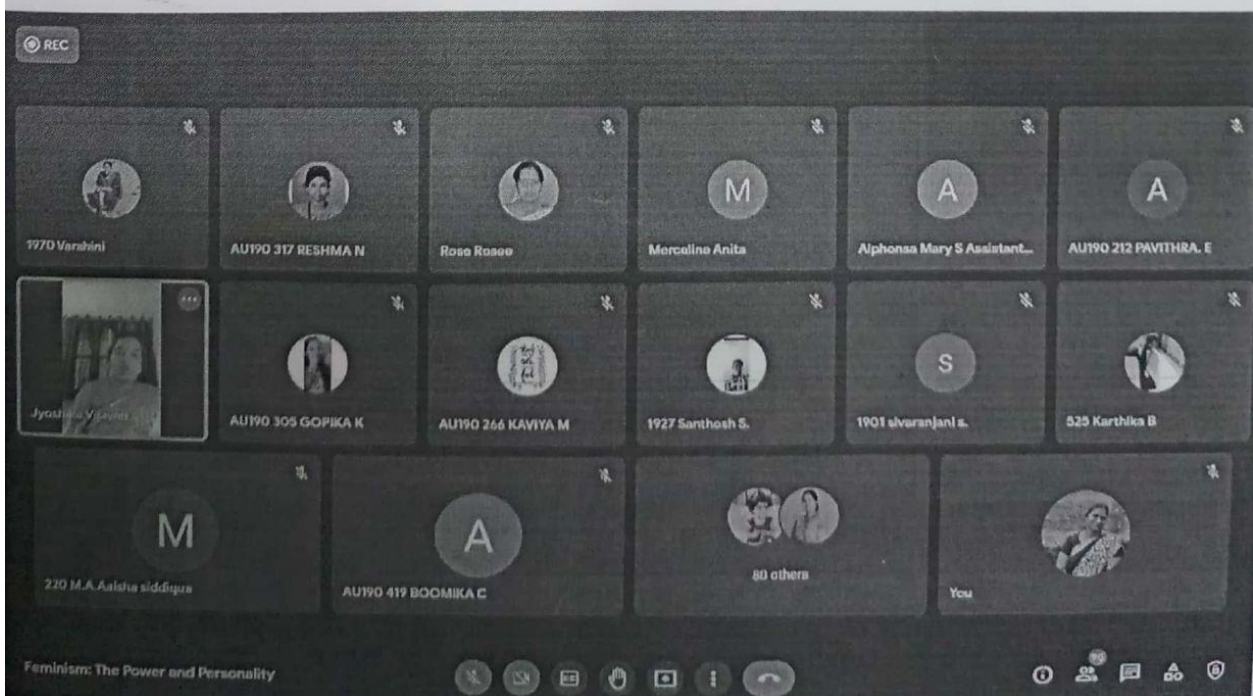
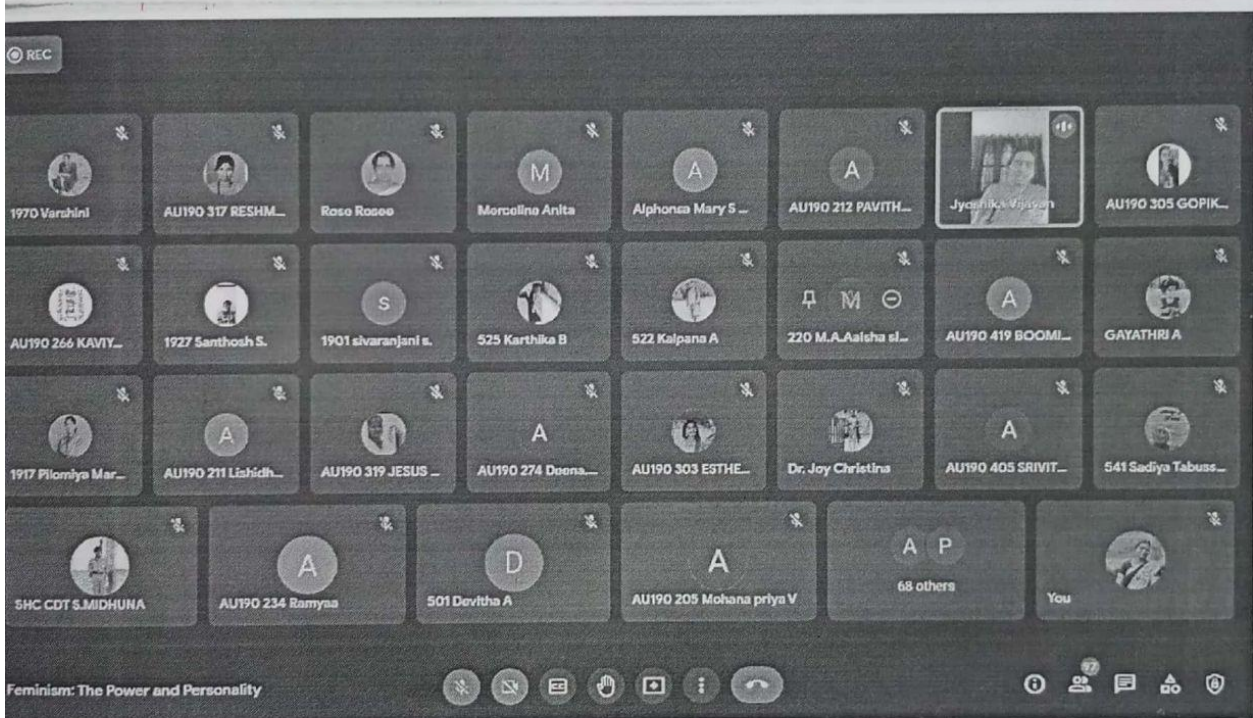
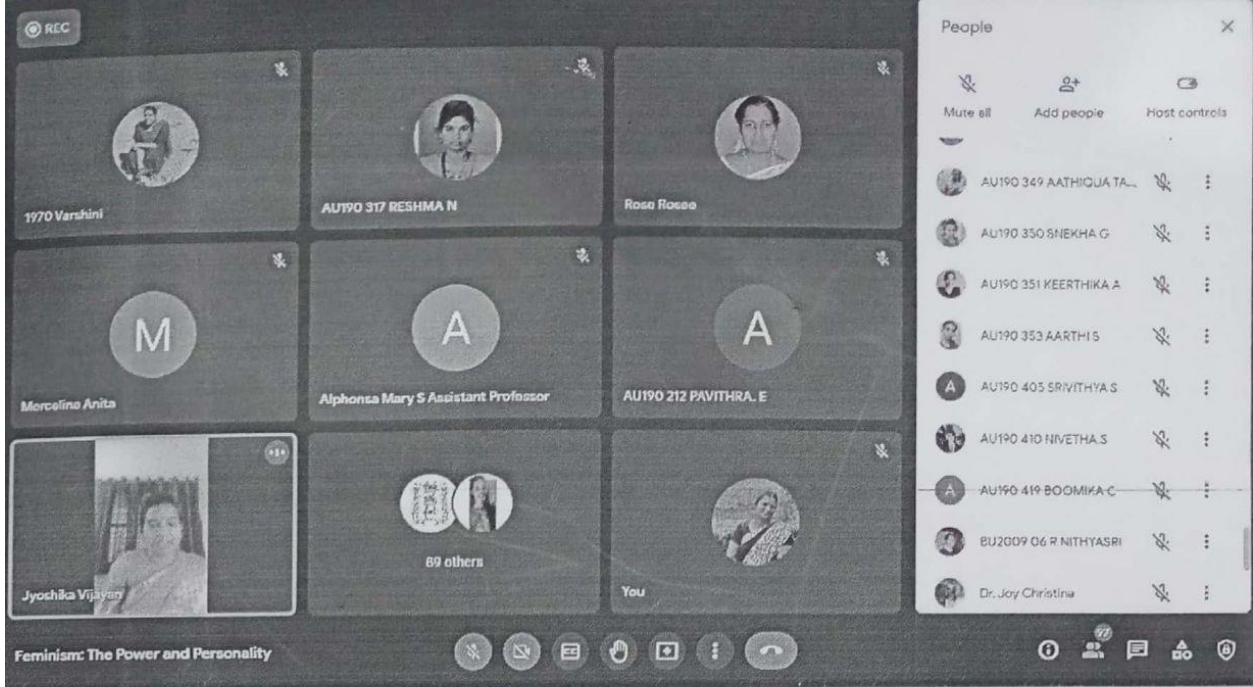
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eminism: The Power and Personality

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தூய நெஞ்சக்கல்லூரி (தன்னாட்சி), திருப்பத்தூர் - 635 601

பெண்: ஆளுமை-ஆற்றல் சொற்பொழிவு (இணையவழி)

(நாள்: 22.10.2021)

திருப்பத்தூர் தூய நெஞ்சக்கல்லூரி (தன்னாட்சி) மகளிர் மையத்தின் சார்பாக பெண்: ஆளுமை-ஆற்றல் என்ற தலைப்பில் 22.10.2021 அன்று பிற்பகல் 3.00 மணியளவில் சிறப்புச் சொற்பொழிவு இணையவழியில் நடைபெற்றது.

இந்நிகழ்ச்சியில் வேலூர் ஆக்ஸிலியம் கல்லூரியின் தமிழ்த்துறைப் பேராசிரியர் முனைவர் நா.குமாரி அவர்கள் சிறப்புரையாற்றினார்.

இந்நிகழ்ச்சி சிறப்பாக நடைபெற வாழ்த்திய நமது கல்லூரியின் இல்லத்தந்தை மற்றும் செயலர் அருட்தந்தை முனைவர் ஜான் அலெக்ஸாண்டர் அடிகளார், முதல்வர் அருட்தந்தை முனைவர் டி. மரியஅந்தோணிராஜ் அடிகளார், துணைமுதல்வர் மற்றும் தேர்வுக்கட்டுப்பாளர் அருட்தந்தை முனைவர் பிரவீன்பீட்டா அடிகளார் ஆகியோர் வாழ்த்துரை வழங்கினர்.

மூன்றாமாண்டு ஆங்கிலத்துறை மாணவி செல்வி வர்ஷினி வரவேற்புரை ஆற்றினார். இரண்டாமாண்டு நுண்ணியிரியல் மாணவி செல்வி ம.ச. சுவேதா நன்றியுரை ஆற்றினார். இரண்டாமாண்டு நுண்ணியிரியல் மாணவி செல்வி ம. யாழினி இந்நிகழ்ச்சியைத் தொகுத்து வழங்கினார். பிரிவு -1 இன் மாணவிகளின் டீன் முனைவர் அ. மெர்சிலின் அனிதா சிறப்புச் சொற்பொழிவாளரை அறிமுகப்படுத்தினார்.

பெண்களின் வாழ்வில் நாம் காணக்கூடிய முன்னேற்றங்கள் அனைத்தும் சிலநாளில் பெற்றவை அல்ல. பல நாற்றாண்டு காலம் பெண்கள் இதற்காக போராடவேண்டிய நிலை இருந்தது. 21-ஆம் நாற்றாண்டில் பெண்கள் எளிதாக பெறக்கூடிய பல்வேறு உரிமைகளுக்காக 19-ஆம் நாற்றாண்டில் இருந்து பெண்கள் போராடிய வரலாற்றையும் நாம் மறந்துவிடக்கூடாது.

சமூகத்தில் பெண்களுக்கு எதிராகப் பரவிக்கிடந்த மூடநம்பிக்கையை, அடிமைத்தனத்தை உடைத்து எடுக்க வேண்டுமென்றால் அவர்களுக்கு கிடைக்கவேண்டிய ஒரே ஆயுதம் கல்விதான். பெண்கள் தாங்கள் கற்கும் கல்விக்கு இடையூறு வந்துவிடாமல் தனிமனித ஒழுக்கங்களை கடைபிடித்து கல்வியில் வெற்றியும் கண்டனர்.

பெண் ஆணின் அடிமை என்ற கருத்தை உடைப்பதே பெண் விடுதலை என்று கருதிய காலங்கள் முடிந்துவிட்டன. இன்றைய சமூகம் உடைக்கவேண்டியது பெண்களைச் சுற்றி இருக்கும் அத்தனை ஆதிக்கவன்முறைகளையும் தான். அப்போதுதான் வீட்டிலிருந்து நாடுவரை, அரசியலில் இருந்து அந்தரங்கம் வரை ஒருங்கிணைந்த வளர்ச்சியைநோக்கி பெண்களும், சமூகமும் முன்னேறி வெற்றியை எட்டமுடியும் என்பது போன்ற கருத்துக்கள் மூலம் மாணவிகளுக்கு நற்சிந்தனைகளை எடுத்துக்கூறினார்.

தமிழ், ஆங்கிலம் மற்றும் கணிதத்துறை மகளிர் பேராசிரியர்கள் இந்நிகழ்ச்சியை ஒருங்கிணைப்பிச் செய்தார்கள்.



REPORT ON THE INVITED TALK ON FEMINISM, TITLED "THE POWER OF PERSONALITY".

Women Development Cell (WDC), of the Sacred Heart College (Autonomous), Tirupattur, organized a virtual invited talk on Feminism Titled "The Power of Personality", for the final year women students on 22.10.2021. at 3:00 pm.

In keeping with the Goal of Women Empowerment, the Cell organizes many programmes to encourage Girl students to work towards their personal and social development. This programme was hosted by Ms. M. Yazhini of II.B.sc Microbiology, with her winsome words of poetic quotes. Followed by that, prayer song was played. Ms Varshini of III B.A English welcomed the gathering of the day.

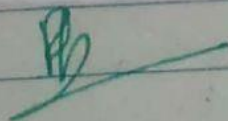
Dr. A. Merceline Anita, Dean of Women Students introduced the chief guest Dr. N. Kumari, Assistant Professor, Department of Tamil, Auxillium College, Vellore. Also, She extended her gratitude to Rev. Dr. John Alexander, SDB, Rector and secretary (SHC), Rev. Dr. D. Maria Antony Raj, SDB, Principal (SHC) and Rev. Dr. Praveen Peter, SDB, Vice Principal and controller of Examination (SHC) for their able guidance and support towards all the programmes of the Women Cell. Around 150 participants from the Undergraduate departments' (final year) students including Women Staff members participated actively in the programme. The Keynote Speaker Dr. N. Kumari, Assistant professor, Auxillium College, enlightened the Audience with a treasure trove of insights on 'Feminism – The Power of Personality'.

She explained the true essence of feminism and equality by busting all the myths surrounding them. She also enlightened the importance of speaking and voicing against inherent patriarchy, countering, masculinity and ending the sexual objectification of men and women.

It was an inspiring and eye-opening session for all the participants. Later the session was led open for queries and the same were clarified by the speaker.

Finally Ms. M. Swetha of II B.sc Microbiology proposed vote of thanks.

The programme came to an end with a profound sense of gratitude to St. Don Bosco.





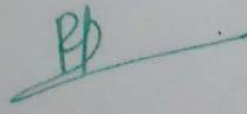
**SACRED HEART COLLEGE (AUTONOMOUS)**  
**Tirupattur, , Tirupattur District -635 601**  
**SHC-WOMEN CELL**

*Special Invited Talk*  
*On*  
***SAFETY OF GIRLS IN THE SOCIETY***

**Report**

A Special Invited Talk on "Safety of Girls in the Society" was organized on 24.11.2021 at 3 pm by SHC-Women cell (Shift-I) through YouTube Live streaming.

Dr. A. Merceline Anita, Dean of women students (Shift-I) along with the Organizing Secretaries Dr. A. Arockia Mary, Asst. Prof. of BBA, Dr. R. Kurinji Malar, Asst. Prof. of Economics and Mrs. A. Jayanthi, Asst. Prof. of BBA organized this Special Invited talk. The Programme started with a Prayer service. Ms. M.A. Alpha Hasseliin, III B.A. Economics welcomed the participants with her warm words. Rev. Dr. Praveen Peter SDB, Vice Principal (Shift-I) and COE felicitated the chief guest with a memento and gave the Inaugural address. In his address, he insisted the Girl Students to be aware of their social emotions and be cautious while using social media. He congratulated the organizing team for arranging this special talk. Dr. R. Kurinji Malar, Assistant Professor of Economics, introduced the Resource Person Mrs. M.A. Sneha, Advocate and Social Activist, Tirupattur. Mrs. M.A. Sneha, in her talk elaborated on the challenges faced by women and how to manage them. She also insisted that women safety is not a single chapter, but it requires changes from the whole society as well. Her talk shed light on the problems faced by women in the society and insisted the girls to develop the strength and courage to face any kind of struggle. Resource person also clarified the doubts raised by the participants. Girl students actively participated in the Programme. Ms. Roshini, III B.Com. delivered the vote of thanks and expressed her gratitude to the Resource Person, Participants and Organizers. Master of Ceremony was done by Ms. Monica, II B.A. Economics. Overall the Programme was a great success and reached a wider audience.

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PROGRAMME 2 : SAFETY OF GIRLS IN THE SOCIETY (24.11.2021)



(24.11.2021)

PD





## SACRED HEART COLLEGE (Autonomous)

(Affiliated to Thiruvalluvar University, Vellore)

Accredited by NAAC 4th Cycle under RAF with  
CGPA of 3.31/4 at 'A+' Grade

Tirupattur-635 601, Tirupattur Dt. TN, India

### SHC - WOMEN CELL

In Collaboration with  
Department of Biochemistry

Organizes an

### INTER-COLLEGIATE DEBATE (Online)

**TOPIC : DOES WOMEN EMPOWERMENT PREVAIL MORE IN  
FAMILY OR SOCIETY ?**



**Date: 08.03.2021**

**Time: 3.00 - 5.00 pm**

**Mode: Zoom**

- ❖ Only women students can register
- ❖ Registration is free.
- ❖ Registration is mandatory for all participants.
- ❖ All the Participants will get participation e - certificate.
- ❖ Registration link:
- ❖ Best speaker award will be awarded under each category
- ❖ Maximum 2 teams per college
- ❖ 2 members per team representing each category
- ❖ Speakers should not use any abusive words
- ❖ Time Duration : 3- 4 minutes
- ❖ Language - Either in English or Tamil

#### Convener

Dr. A. Merceline Anita  
Organizing Committee  
Dr.A.C.Gomathi  
Dr. R. Ananthalakshmi  
Dr. A. Poongothai  
Dr. V. Durga Devi

<https://forms.gle/YfnrxVoAd8cbSzeA>

For Contact : **Dr. A. Merceline Anita**  
[womencellshc21@gmail.com](mailto:womencellshc21@gmail.com)  
+ 91 9894543368

**WOMEN CELL**  
**SACRED HEART COLLEGE (AUTONOMOUS), TIRUPATTUR DT**



Dear Faculty Members and Students,

Warm Greetings,

In view of National Girl Child Day (NGCD) on Jan 24<sup>th</sup>, 2022, Women Cell, SHC cordially invites all the UG & PG Students to participate in the following Competitions which will be conducted in the Online Mode.

Language: English/Tamil

Last Date: 26<sup>th</sup> January, 2022.

**Instructions for making 1- Minute Video:**

- Create an Original video for 1 Minute relevant to the theme.
- It can be animated or live action, funny or serious.
- It should have no dialogue at all.

Convenors:

The Principal

The Additional Principal and Vice Principals

Coordinators:

All Women Faculties

For Further Details Contact:

Deans: Dr. A. Merceline Anita, S-I (98945 43368).

Prof. S. Savitha, S-II (90433 65338).

• **ESSAY COMPETITION:**

Topic: How the world could be better for the Girl Child?

(Max: 750 Words)

• **POEM**

Topic: Digitalized Generation.

(Max: 200 Words)

• **1- MINUTE VIDEO MAKING**

Topic: How the world could be better for the Girl Child?

(Time Duration: 1 minute)

Students are asked to submit their Essays, Poems (PDF- Format) and the Videos with the name and Reg. No's specified to the following email id: [shewomencell@gmail.com](mailto:shewomencell@gmail.com).

Prizes and Certificates will be awarded to the best articles and videos.

**GIVE THE GIRLS THE WINGS TO FLY,**

**NOT THE PAIN TO CRY AND DIE**

**SAVE THE GIRL CHILD**



## Report on the National Girl Child Day

The Women Cell of Sacred Heart College (Autonomous), Tirupattur conducted Online Competitions for the UG and PG Students of both the Shifts I and II in order to celebrate the National Girl Child Day on 24<sup>th</sup> January 2022. Various Competitions like Essay Competition, Poem Competition and 1-minute Video making Competition on significant topics were planned and given to the students. Accordingly, Students extended their cooperation in participating actively in the events and they were awarded with prizes and certificates. The Principals, the Additional Principal and Vice Principals were the convenors of the Programme. All Women Faculties were the coordinators of the same.

The Day's events were concluded with the message of spreading awareness about the rights of a girl child and on the importance of girls' education, health and nutrition.

## **Awareness Programme on Menstrual Hygiene and Endometriosis**

**(01.03.2022)**

### **Women Cell – Shift I**

The Women Cell of Sacred Heart College (Autonomous) along with P.G. & Research Department of Social Work and P. G. Department of Counselling & Psychology in collaboration with Sanitation First India, Chennai jointly organized an awareness talk on 'Menstrual Health and Endometriosis', on 1<sup>st</sup> of March 2022, at KamarajarArangam, Sacred Heart College, Thirupattur. Ms. Padmapriya T.S. was the Resource person for the day, who is the chief executive of Sanitation First India, Chennai. She works in an NGO which promotes sustainable non-sewered sanitation for better health, hygiene and savings, to save scarce water resource for drinking, and to prevent untreated waste from entering the environment or polluting water sources. She has over 22 years of experience in top management roles of leading International development organisations such as CARE, Save the Children UK, University of Washington I-TECH, and British Council. The session began by 2.30pm with a prayer song, followed by welcome address and introduction to the resource person. The Resource person was then honoured by Rev. Fr. Praveen Peter, Vice Principal, and Mrs. Merceline Anita, Dean, Women Cell, Sacred Heart College.

The key take aways from the days talk was: brief orientation about menstruation, the common stigma that exist in the society that associates with menstruation, the process of menstruation and menstrual cycle, physical changes that happen during the period of puberty, scientific and logic reasons for the practice which was/ is there among many families during the menstruation, emotional and physical disturbances which women experience during menstrual cycle, methods to be used in disposing sanitary napkins, and methods of using menstrual cups & its benefits. Resource person also explained about Endometriosis, the disorder which most of the women have even without being aware of that disorder. Symptoms, treatment and precautions on endometriosis were instructed to the audience. Finally, the program was wrapped up with question-and-answer session, where many participants clarified their doubts with the resource person and were enlightened with the awareness of this rarely out spoken topic. Around 1000 girl students of both Shift I & Shift II participated and benefited through this program.



Sacred Heart College (Autonomous) – Tirupattur-635601

WOMENS' DAY CELEBRATION 2022 (SHIFT-I)



## PROGRAMME SCHEDULE

Venue: Kamarajar Arangam

Time: 2.30 P.M

Date: 08.03.2022

Prayer Service	:	II M.Sc Mathematics
Master of Ceremony	:	Ms. Gokulavani, III B.Sc Maths Ms. Yazhini, III B.Sc Microbiology
Welcome Address	:	Prof.M. KaviBharathi, Dept. of English
Introducing the Chief Guest	:	Dr. A. Merceline Anita, Dean of Women Students
Felicitation & Women's Day Message	:	Rev. Dr. John Alexander, Rector Rev. Dr. D. Maria Antony Raj, Principal Rev. Dr. Praveen Peter, Vice Principal & COE
Song	:	UG Girl Students
Chief Guest Talk	:	Dr. L. Thenmozhi SKY Yoga Professor, Social Activist, Lion Club, Tirupattur Host.
Dance	:	UG Girl Students

‘அறத்தின் குரல்’ வழங்கும் மகளிர் தினச் சிறப்புபட்டிமன்றம்

Debate Introduction	:	முனைவர். பொன் செல்வகுமார், தலைவர், தமிழ்த்துறை
தலைப்பு	:	மகளிரின் முன்னேற்றத்திற்கு பெரிதும் தடையாய் இருப்பது குடும்பமே! சமூகமே!
நடுவர்	:	முனைவர். க. மோகன்காந்தி, உதவி பேராசிரியர், தமிழ்த்துறை
Prize Distribution	:	Lions Club
Vote of Thanks	:	Dr. F.Silviya, Dept. of Maths

College Anthem

# Sacred Heart College (Autonomous), Tirupattur

(SHIFT-I)

Date: 09.05.2022

## Notice

**Dear Staff and Girl Students,**

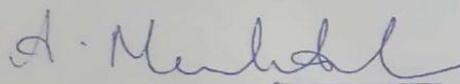
Greetings from the Women Cell, Sacred Heart College.

There will be a Special invited talk on **"Food and Nutrition – A Healthy Lifestyle"** on **Tuesday (10-05-2022)**. Students are requested to assemble at **02.15 pm** in **Carreno Hall**.

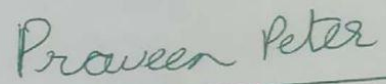
Participants: Final Year Girls (III - UG).

**Note: Attendance is compulsory.**

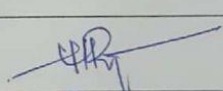
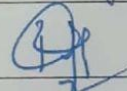
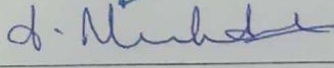
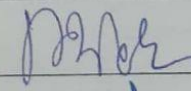
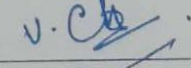
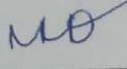
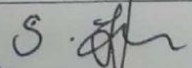
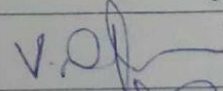
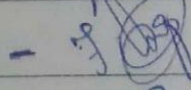
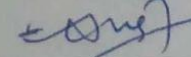

Yours truly,




**Dr. A. Merceline Anita**  
Dean of Women Students



**(Rev. Dr. Praveen Peter, SDB)**  
Vice Principal (Shift-I)

Department	Staff incharge	HOD
III B A Economics		
III B.Com		
III B.Sc Maths		
III B.Sc Physics		
III B.Sc Chemistry		
III B.Sc Computer Science		
III BBA		
III B.Sc Biochemistry		
III B.Sc Microbiology		
III B. A English		

  
09/05/2022





# SACRED HEART COLLEGE (AUTONOMOUS)

Accredited by NAAC( 4th Cycle - under RAF) with CGPA of 3.31/4 at 'A+' Grade

THIRUPATTUR -635601

## FOOD

### *Nutrition and Diet - A Healthy Life Style*

#### Felicitation Address

Rev. Dr. John Alexander. SDB, Rector & Secretary

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

Rev. Dr. Praveen Peter. SDB, Vice Principal (Shift I & COE)

#### Resource Person



**Dr.M.ESWARI, M.Sc,M.Phil, Ph.D, B.Ed,**

Head, Department of Foods and Nutrition

Islamiah women's Art's and Science College,  
Vaniyambadi.

Welcome Address - Dr. A. C. Gomathi

Chief Guest Introduction - Dr. Durga Devi

Vote of Thanks - M.S. Swetha, II M.Sc., Microbiology

Date : 10.05.2022

Time : 2.30PM to 3.30PM

Venue : Carreno Hall

Organized by Women's Cell

Department of Bio-Chemistry

Department of Computer Science

Department of Microbiology

## Report

The Invited Talk on Nutrition and Diet- A Healthy Life Style, organized by the Women's Cell, Sacred Heart College (Autonomous), Tirupattur on 10.05.2022 from 2.30 P.M to 3.45 P.M. The talk was started at 2.30 P.M with a prayer song. Felicitation address given by Dr.Kalaiarasi, Department of Mathematics, Shift-I. Dr.A.C.Gomathi, Head, Department of Bio-Chemistry welcomed the gathering. Dr. Durga Devi from Bio-Chemistry, introduced the speaker of the day Dr.M.Eswari, Head, Department of Food and Nutrition, Islamiah Women's College, Vaniyambadi. The Resource person Dr.M.Eswari delivered the informative session on Nutritional related problems faced by Adolescence Girls such as Mal-nutrition's, Obesity, Under weight, Consequences of Unhealthy Foods and Given Remedies to overcome these problems. And also she talked about how to manage a Healthy Body through Healthy Food life style. Her valuable perceptions on food and Nutrition's for Healthy life style very well appreciated by all and the final year Students (Girls) of Shift-I. The number of students participated for this entire invited talk was 120. Finally the programme was ended by vote of thanks given by Miss. M.S.Swetha from II M.Sc Microbiology.







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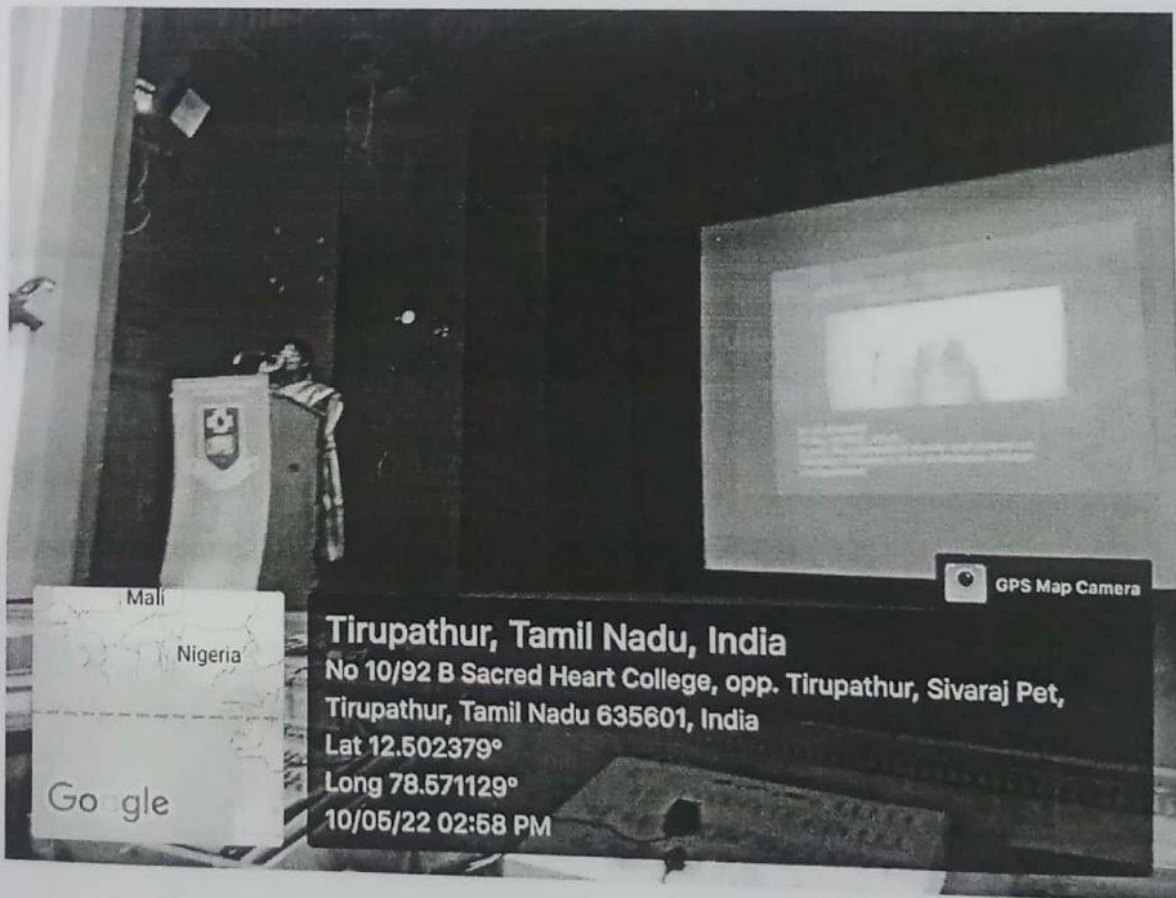
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