



BHAKTAVATSALAM MEMORIAL COLLEGE FOR WOMEN

Affiliated to the University of Madras & Accredited by NAAC

WOMEN EMPOWERMENT CELL

Report on 'The Importance of Women in Politics'

Event Name : The Importance of Women in Politics
Date : 05th March 2024.
Time : 10.30 a.m. to 12.00 p.m.
Venue : Seminar Hall.
Resource Person : Ms. Sheelu Francis,
President of Tamil Nadu Women's Collective (TNWC)&
News Analyst- Thanthi T.V.
India.

A Guest Lecture on 'The Importance of Women in Politics' was organized by the Women Empowerment Cell on 05th March 2024 for Under graduate students.

Women's political participation is a fundamental prerequisite for gender equality and genuine democracy. It facilitates women's direct engagement in public decision-making and is a means of ensuring better accountability to women. The awareness 'The Importance of Women in Politics' is the need of the hour and hence it was organized by the Women Empowerment Cell. The Resource Person Ms. Sheelu Francis, President of Tamil Nadu Women's Collective wing (TNWC) had explained the importance of women in the field of politics and all women are eligible to participate in India's parliamentary general elections. Besides, Ms. Sheelu Francis has mentioned that it is a matter of equity and human rights – both of which are cornerstones of a democratic society. Women in politics is a broad representation of women in parliaments has an enormous impact on what issues are raised and how policies are shaped. And it paves the way to create room to reform and revise discriminatory laws against girls and women. The movement for women's right to vote began in the early 1900's. The Indian Constitution officially granted the right to vote for women in 1950's. The resource person has ignited the young minds and has disseminated the information about Women in Politics by developing women's leadership in all the stream.

More than 80 students of various departments have actively participated in the programme and benefited out of it.









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WOMEN EMPOWERMENT CELL

Report on 'A Journey to Entrepreneurship'

Event Name : A Journey to Entrepreneurship
Date : 29th February 2024.
Time : 10.00 a.m. to 12.30 p.m.
Venue : Auditorium.
Resource Person : Mrs.Abha Appasamy
Entrepreneur
Abha's Probitics
Chennai.

A Guest Lecture on 'A Journey to Entrepreneurship' was organized by the Women Empowerment Cell on 29th February 2024 at the College auditorium.

Entrepreneurship is the pursuit of starting, managing, and scaling a business. It involves combining innovation, skills, and vision to develop new products, services, and ideas that meet market demand and create value for a target audience. This awareness is the need of the hour for the young minds and hence the programme on "A Journey to Entrepreneurship" was organized by the Women Empowerment Cell. The Resource Person Mrs.Abha Appasamy, Entrepreneur, Abha's Probitics, India, had explained that the Entrepreneurs must have a volitional and emergent process of transforming potentiality into actuality, that is, opportunity realization. She has suggested few ideas to start and to nurture a business with the knowledge, insights, and practical advice to navigate the unpredictable terrain of entrepreneurship. Besides, Mrs.Abha has explained in detail of her product "Kombucha" a fizzy probiotic drink that promotes the growth of good gut bacteria, that has various health benefits. She had brought her probiotics drink - Kombucha and made the students to taste. Mrs.Abha Appasamy narrated her journey to Entrepreneurship in an interesting manner and made the session highly interactive through various activities and questions. Mrs.Abha Appasamy, has emphasized that 'Entrepreneurs' must navigate through uncertainty, manage risks, and overcome obstacles to achieve success.

More than 180 students of various departments have actively participated in the programme and benefited out of it.









BHAKTAVATSALAM MEMORIAL COLLEGE FOR WOMEN

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WOMEN EMPOWERMENT CELL

REPORT on 'Gender Justice'

Event Name : Gender Justice
Date : 27th October 2023.
Time : 10.00 a.m. to 12.30 p.m.
Venue : Auditorium.
Resource Person : Mr. Michael Yangad,
Advocate & Director,
Kanya Raksha Foundation,
India.

A Guest Lecture on 'Gender Justice' was organized by the Women Empowerment Cell on 27th October 2023 at College Auditorium.

Gender Justice is the concept that equates to the comprehensive objective and plan of shielding the subordinated sex from abuse caused by the dominant sex. Gender Justice can be achieved by removing barriers to opportunities and resources through addressing the root causes of gender equality. Hence the awareness programme on 'Gender Justice' is the need of the hour and is organized periodically by the Women Empowerment Cell.

The Resource Person Mr. Michael Yangad, Advocate & Director, Kanya Raksha Foundation, India, had explained the concept and importance of Gender Justice to the students in a simple language. He made the session highly interactive through various activities and questions. Mr. Michael Yangad has emphasized that education plays a vital role in gender sensitization. The change in the environment is possible only through a woman. It lies in the hands of a woman to take a step forward to attain the equality.

More than 180 students of various departments have actively participated in the programme and benefited out of it.







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WOMEN EMPOWERMENT CELL

REPORT on Lecture on Cocoon to Butterfly 'A Stress Relieving Session For Students'

Event Name : A Stress Relieving Session For Students'
Date : 05th October 2023.
Time : 10.30 a.m. to 12.30 p.m.
Venue : Auditorium.
Resource Person : **Ms. AlimaZehra** , M.Sc.,M.Phil.,PGDLD., (Ph.D),
Psychologist,
Assistant Professor & Head,
Chevalier T. Thomas Elizabeth College for Women,
Chennai.

A Lecture on 'A Stress Relieving Session For Students' was organized by the Women Empowerment Cell on 05th October 2023 at College Auditorium.

The Resource Person Ms. AlimaZehra has elucidate well about Stress and its physical symptoms. She has emphasized on physical exercise and therapy which can help to reduce the stress. Besides Ms. Alima has focused on simple stress relieving agents like yoga, listening music, drinking adequate water, deep breathing, Sleeping etc. So being aware of stress management we learn how to improve our emotional awareness and reactions, increase your sense of control, find greater meaning and purpose in life, and cultivate gratitude and optimism which helps to improve a women to live healthy.

More than 200 students of various departments have actively participated in the programme and benefited out of it.







BHAKTAVATSALAM MEMORIAL COLLEGE FOR WOMEN

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WOMENEMPOWERMENT CELL

REPORT on 'Seminar On Food and Nutrition'

Event Name : 'Seminar On Food and Nutrition'
Date : 27th September 2023.
Time : 10.30 a.m. to 12.30 p.m.
Venue : Auditorium.
Resource Person : **Ms. N. Vijayashree** , M.Sc.,M.Phil.,RD,
Head & Chief Dietician,
MGM Health Care, Chennai.

A Seminar Programme on 'Food and Nutrition' was organized by the Women Empowerment Cell on 27th September 2023 at College Auditorium.

The Resource Person Ms. M.Vijayashree has elucidate well about Balanced Diet and Fat free Diet for Women. She explained a need of Healthy Nutritional Supplement for our healthy lifestyle. The speech was delighted to disseminated information about Nutrition which helps to maintain healthy weight and Delays the effect of aging. So being aware of Healthy eating improve a women to live a healthy life.

More than 180 students of various departments have attended the programme and benefited out of it.







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WOMEN EMPOWERMENT CELL

REPORT on 'Awareness Programme On PCOS'

Event Name : Awareness Oration Program on 'Understanding and Managing PCOS'
Date : 1th September 2023.
Time : 11.00 a.m. to 12.30 p.m.
Venue : Auditorium.
Resource Person : **Dr. S.Tamil Arasi** MBBS., DGO.,
Sr. Gynecologist,
SK Clinic, Padi-Chennai.

A awareness Programme on 'Understanding and Managing PCOS' was organized by the Women Empowerment Cell on 1th September 2023 at College Auditorium .

The Resource Person Dr.S.Tamil Arasi has explained well about PCOS-Symptoms, Causes and how to maintain our health weight and Menstrual Hygiene. The speech was delighted to disseminated information about PCOS. So being aware of the cause and symptoms of PCOS can help a woman get early treatment and prevent further health complications such as Obesity, Diabetes, Heart Disease, Infertility etc,. It used to create awareness and emphasize prevention strategies.

More than 180 students of various departments have attended the programme and benefited out of it.





BHAKTAVATSALAM MEMORIAL COLLEGE FOR WOMEN
WOMEN'S CELL:
Report on Self-Defence

Event Name : A Workshop on 'Self- Defence'
Date : 4th July 2023
Time : 10.00a.m. to 12.30 p.m.
Venue : Auditorium.
Trainers : Mr.Sakeel Vikash & Ms.Fathima Afshan
Combat Kinetics

A Workshop on 'Self - Defence' was organized by the Women's Cell on 4th July 2023 at the College Auditorium.

Mr.Sakeel Vikash and Ms.Fathima Afshan, trainers from Combat Kinetics gave the demonstration on the Mixed Martial Arts. Combat Kinetics is India's top Combat Sports Club.It has 4 MMA (Mixed Martial Arts) fitness clubs across Chennai,Tamil Nadu.The aim of organizing 'Self -Defence' training programme periodically is to create awareness to the girls and young women of their surroundings and to prepare them physically and psychologically strong enough to protect themselves in times of distress. The student participants were taught various self - protection tips on how to avoid / defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker,when subjected to physical abuse, violence, crime etc.

More than 150 students of various departments have attended the programme and were benefited out of it.





