

## Report of Women Cell Meeting on 24.08.2023

The Women's Cell and Human Rights Forum of St. Mary's College Autonomous, Thoothukudi, successfully conducted a thought-provoking and insightful Special Lecture on the topic "Role of Men and Women Towards Achieving Gender Parity" on August 24, 2023. Prof. Fatima Babu former Associate Professor of English and Advocate Mr. Athisaya Kumar, Thoothukudi were the resource persons. Dr Sr. Jessie Fernando Principal and Dr. Sr. Arockia Jenecius Alphonse Director of Centre for Excellence and Head of the Department of Botany graced the occasion. Prof Fatima Babu emphasized that gender parity is not solely a women's issue; it is a collective responsibility that requires active participation from both genders. She discussed the importance of dismantling gender stereotypes and norms that perpetuate inequality. Advocate Mr. Athisaya Kumar also shed light on the significance of education, awareness, and advocacy in fostering an environment where everyone can thrive regardless of their gender. The special lecture witnessed enthusiastic participation from both male and female students, showcasing their eagerness to understand and contribute to the cause of gender parity. Thought-provoking questions were raised, leading to insightful discussions about the challenges faced and potential solutions to bridge the gender gap. Around 100 girls from St.Mary's College and 89 boys from Kamaraj College ,Thoothukudi benefited out of the programme








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399E/1 6th street, Street Number 4, Cruz Puram, Thoothukudi, Tamil Nadu  
628001, India  
Lat 8.81086°  
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R566+68M, ECR Road (SH-49), Cruz Puram, Thoothukudi, Tamil Nadu  
628001, India  
Lat 8.81096°  
Long 78.160989°  
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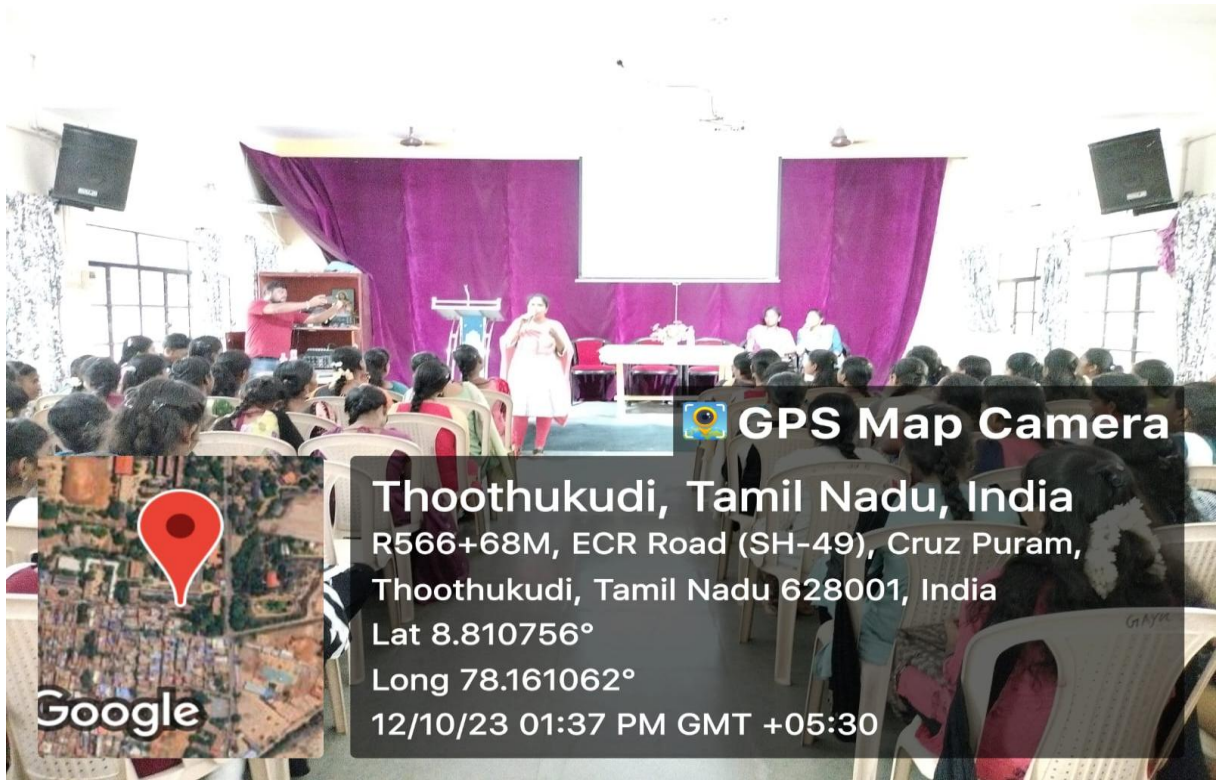
## Report of Breast Cancer awareness Programme on 12.10.2023


Women cell in association with Red Ribbon Club, conducted an awareness programme on 12<sup>th</sup> October, 2023. Dr. Manikandan, Medical Oncologist, Thenmani Hospital, Thoothukudi delivered an enlightening lecture on Breast Cancer. He shared the valuable insights and knowledge about the critical health issues, shedding light on various aspects of Breast cancer like its prevalence, risk factors, symptoms and the importance of early detection. He also emphasized the prevention of cervical cancer through vaccination.

Dr. Agness, Assistant Professor, Department of Oncology, Government Medical College, Thoothukudi highlighted on the mobile medical screening and mammogram.

Students and faculty members gained understanding of the risk factors associated with cancer particularly Breast Cancer and have received essential tips for prevention and lifestyle choices that can reduce the risk. Around 130 students benefited out of the programme.





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R566+68M, ECR Road (SH-49), Cruz Puram,

Thoothukudi, Tamil Nadu 628001, India

Lat 8.810756°

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**Thoothukudi, Tamil Nadu, India**

NO. 49-C, EMPEROR STREET, IIND FLOOR, Cruz

Puram, Thoothukudi, Tamil Nadu 628001, India

Lat 8.810845°

Long 78.161257°

12/10/23 01:39 PM GMT +05:30

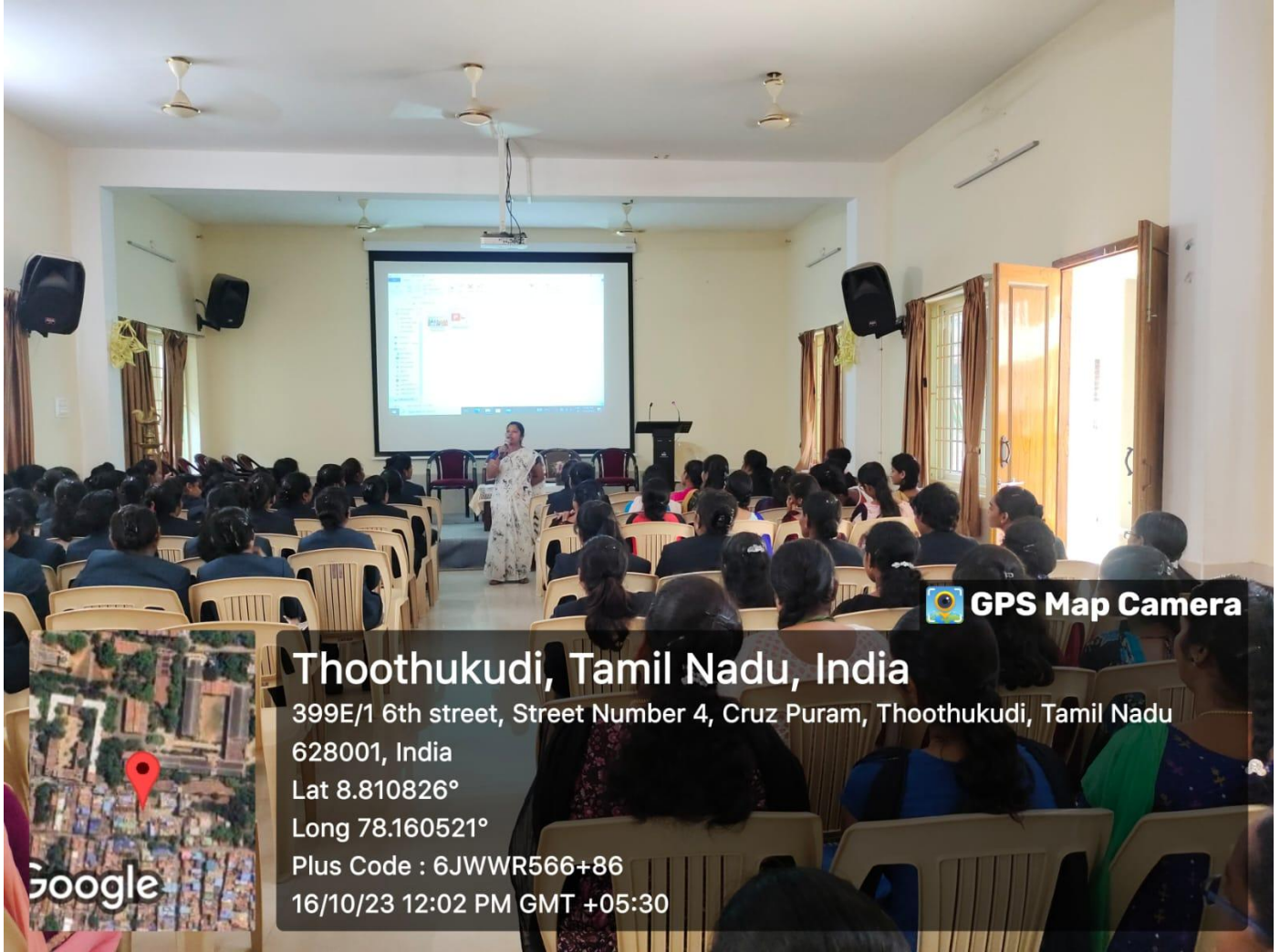
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## Report of Mental Health Awareness Programme on 16.10.2023

On 16.10.2023, the Women Cell and Counselling Forum of St.Mary's College(Autonomous) Thoothukudi, on the occasion of the World Mental Health Day (10.10.23) jointly organized an insightful session on the topic "Invest in your Mental Health". Ms.Sakthi V.R., Counselling Psychologist addressed the students, regarding mental health concerns from time to time and mental illness, when ongoing signs and symptoms cause frequent stress and how it affects the ability to function. Students from BBA and MHRM actively participated and benefited.





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## Thoothukudi, Tamil Nadu, India

399E/1 6th street, Street Number 4, Cruz Puram, Thoothukudi, Tamil Nadu

628001, India

Lat 8.810826°

Long 78.160521°

Plus Code : 6JWWR566+86

16/10/23 12:02 PM GMT +05:30



## **Report of International Women's Day celebration on 08.03.2024**

Centre for Women Excellence celebrated the International Women's Day 2024 on the topic "Inspire Inclusion" on the 8<sup>th</sup> of March 2024. The celebration was featured with distinguished guests Rev. Sr. Tresa, Mother Superior, Servite Convent, St. Mary's College (Autonomous), Thoothukudi, Dr. Ramya, Professor and Head, Department of Genetic Engineering, SRM Institute of Science and Technology, Chennai Dr. S. Leela, Assistant Professor of Commerce, Government Arts and Science College, Nagalapuram, Thoothukudi Ms. Anandha Devi, Criminal Advocate, Madurai High Court, Ms. Preethi Vonothe, Managing Director and Partner in TAS, Labour Contractor in PSA Social Managing Trustee, Win Win Social Welfare Trust delivered their insightful perspectives on the pivotal roles Women play in the Church, Science and Technology, , Family, Nation building and Societal development. They shared their ground thoughts and experiences, inspiring the students to recognise and celebrate the remarkable contributions of Women in various spheres of life. Rev. Sr. Dr. C. Shibana, Secretary, Rev. Sr. Dr. Jessie Fernando, Principal, Rev. Sr. Dr. S. Kulandai Therese, Deputy Principal, Rev. Sr. Josephine Jeyarani, Director of Self Supporting Courses, Dr. Sr. A. Arockia Jenecius Alphonse, Director, Centre for Women Excellence graced the occasion. 680 final year students of our college were the beneficiaries. Then the celebration came to an end with the college anthem.