


ALAGAPPA UNIVERSITY, KARAIKUDI – 630 003

Department of Women's Studies


Name of the Activity	16 Days of Activism to Raise Awareness for Preventing Gender-Based Violence against Women and Girls
Type of Activity	Awareness programme-Extension activity
Date & Time	25 th November 2021 to 10 th December 2021
Details of Participants	1000
Co-ordinator	Dr.I.Sivakumar
Organizing Department	Department of Women's Studies
Collaborating Agency	Women Harassment Prevention Cell, Alagappa University & District Legal Services Authority, Sivagangai
Description	The Department of Women's Studies and the Women Harassment Prevention Cell organized a series of programmes titled "16 Days of Activism to Raise Awareness for Preventing Gender Based Violence Against Women and Girls". Dr.Usha V.T, Former Head, Centre for Women's Studies, Pondicherry University. Prof.K.Manimekalai, Head, Department of Women's Studies, Dr.C.Arana, Head, Centre for Women's Studies, Pondicherry University and Dr.Amurthraj R.M., Kerala Institute of Local Administration, Kerala, Dr.I.Sivakumar, Dr.P.Sindhuja, Dr.S.Poulpunitha, Dr.S.Geetha, delivered an orientation lecture on measures and strategies to overcome from various forms of gender based violence against women and girls. Part of this programme 'The Great Indian Kitchen' movie was screened, various competitions for students and poster exhibition was also organised to raise awareness.
Outcome	The programme intended to raise awareness on prevention of gender based violence in public and private spheres. Created awareness on good and bad touch and child rights. Raised awareness on how the impact of violence affect women and their enjoyment of socio-economic, education and decision-making rights and protect the girl children from various social issues.
Photo	

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Co-ordinator

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Department of Women's Studies


Name of the Activity	Legal Awareness Program on Women's Health and Legal Service Day
Type of Activity	Awareness programme-Extension activity
Date & Time	6 th December 2021 (10.30am-1.00pm)
Details of Participants	200
Co-ordinator	Dr.P.Veeramani
Organizing Department	Department of Women's Studies
Collaborating Agency	District Legal Services Commission, Sivagangai and National Commission for Women
Description	Alagappa University, Department of Women's Studies, Karaikudi, District Legal Services Commission, Sivagangai and National Commission for Women jointly organized a Legal Awareness Program on Women's Health and Legal Service Day. Prof.C.Sekar, Registrar, Alagappa University, Mrs.M.Parameshwari, Secretary / Pro-Judge of the District Legal Services Commission, Sivaganga, Mr.M.P.Murugan, Pro-judge, Devakottai, Mr.S.Palaniappan, Advocate and Ms.Radha, Advocate explained the security of women in India is very low compared to other countries and therefore it is very important to ensure their safety for them. Ensure the protection of women, those below the poverty line and the elderly and the need for protection from the legal challenges facing the family and society. The helpline number 1098 to protect children from problems and the helpline number 181 to protect women from crimes.
Outcome	Participants gain a better understanding of basic legal rights, and obligations, contributing to increased legal literacy. Individuals become aware of available legal services, such as legal aid clinics, and helpline numbers, ensuring they know where to seek assistance if needed. Participants become familiar with legal procedures and processes, demystifying the legal system and enabling them to navigate legal matters more confidently. Participants gain insights into preventive legal measures, helping them avoid common legal pitfalls and conflicts before they escalate.
Photo	

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Name of the Activity	Gender Sensitization Training Programme for Gender Champions of Alagappa University
Type of Activity	Awareness programme-Extension activity
Date & Time	4 th March 2022 (10.30am-4.30pm)
Details of Participants	63
Co-ordinator	Dr.P.Sindhuja
Organizing Department	Department of Women's Studies
Collaborating Agency	Ministry of Women and Child Development and Ministry of Human Resource Development, New Delhi
Description	The Department of Women's Studies, Alagappa University organized a Gender Sensitization Training Programme for Gender Champions of Alagappa University. The main objective of this programme is to sensitize the gender champions on gender concepts, roles and responsibilities and also to make them learn the constitutional and other legal rights of women so as to make them responsible leaders. The trained gender champions in turn would help in promoting a conducive environment in schools, colleges, universities, work places and so on. They will also enlighten the youth on the significance of adhering to proper norms for creating a gender fair society. Prof.K.Manimekalai, Head, Department of Women's Studies, Prof.C.Sekar, Registrar i/c, Prof.S.Thanushkodi, Dean, Faculty of Arts, delivered a lecture and interacted with 63 gender champions of the University.
Outcome	Participants develop a heightened awareness of gender-related issues, gaining insights into the complexities of gender dynamics in various societal contexts. This includes understanding the nuances of gender stereotypes, biases, and the impact of these on individuals and communities. Participants are encouraged to extend their learning beyond the training sessions, engaging with their communities to share knowledge and promote gender sensitivity. This ripple effect contributes to the broader societal shift towards gender equality.
Photo	

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Name of the Activity	Pudukottai Multipurpose Social Service Society (PMSSS) -NGO Visit
Type of Activity	NGO visit-Extension activity
Date & Time	18 th March 2022 at Pudukottai (10.30am-4.30pm)
Details of Participants	25
Co-ordinator	Dr.I.Sivakumar & Dr.P.Sindhuja
Organizing Department	Department of Women's Studies
Collaborating Agency	Pudukottai Multipurpose Social Service Society (PMSSS)
Description	The Department of Women's Studies, Alagappa University visited the NGO, Pudukottai Multipurpose Social Service Society (PMSSS), Pudukottai. Mr.Jothirajan & Ms.Aruna, Field Co-ordinators, PMSSS elaborated the origin, vision, mission, organizational set up and various activities carried out by their field staff. Highlighted the significance of promoting the child helpline (1098) and its functions. Also discussed the challenges faced by her while rescuing the child at the time of marriage ceremony. Dr.I.Sivakumar & Dr.P.Sindhuja, Teaching Assistant, Department of Women's Studies shared field experiences and motivated the students to actively participate in the field related activities which would pay a way for development of society and nation as well.
Outcome	The program raised awareness on the importance of promoting the child helpline (1098) and familiarizing individuals with its multifaceted functions. Through a comprehensive approach, it successfully imparted field-based practical knowledge to students, equipping them with the necessary skills and understanding to actively prevent and intervene in issues related to child welfare. By fostering a deep understanding of the complexities surrounding child-based problems, the initiative empowered participants to contribute effectively towards the eradication and mitigation of challenges faced by children, thereby fostering a safer and more supportive environment for the younger generation.
Photo	

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Name of the Activity	Gender Sensitization Training Programme
Type of Activity	Awareness programme-Extension activity
Date & Time	23 rd March 2022 (10.30am-12.30pm)
Details of Participants	70
Co-ordinator	Dr.S.Poulpunitha & Dr.P.Sindhuja
Organizing Department	Department of Women's Studies
Collaborating Agency	Bhaarath Public School, Aaravayal
Description	The Department of Women's Studies conducted the Gender Sensitization training programme at Bhaarath Public School. Ms.R.Ambika, Principal, while welcome the gathering highlighted the significance of initiating the Gender Championship Club in all educational institutions. Dr.S.Poulpunitha and Dr.P.Sindhuja, Department of Women's Studies, Alagappa University elaborated the roles and responsibilities of Gender Champions and various means and methods in conducting gender sensitization programme that promotes gender equality. The gender concepts and explained the types of gender based violence that exist in all level. She also highlighted the various consequences that occurs due to violence and strategies and mechanism in combating the gender based violence. Finally, there were discussion and doubts of students were cleared by the staff.
Outcome	Students develop a heightened awareness of gender stereotypes, biases, and discrimination, gaining insights into the impact of these on individuals and society. Participants gain knowledge and skills to recognize and prevent gender-based violence, fostering a safer school environment. Participants engage in self-reflection to examine their own attitudes and beliefs about gender, encouraging personal growth and a commitment to positive change. Participants are motivated to extend their learning beyond the classroom, engaging with their peers, families, and communities to share knowledge and promote gender sensitivity.
Photo	

S. Poulpunitha
 Co-ordinator *P. Sindhuja*

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Name of the Activity	Gender Sensitization Programmes Conducted by the Gender Champions of Alagappa University
Type of Activity	Awareness programme-Extension activity
Date & Time	30 th March 2022 (10.30am-12.30pm)
Details of Participants	80
Co-ordinator	Dr.P.Veeramani
Organizing Department	Department of Women's Studies
Collaborating Agency	Dept. of Tourism and Hotel Management, Alagappa University
Description	The Gender Champions of Alagappa University conducted Gender Sensitization programme for the students of Tourism and Hotel Management. Ms.H.Priyavarshini, Gender Champion of Alagappa University highlighted the need of promoting gender equality. Dr.K.Alamelu, Professor and Head/c, Department of Tourism and Hotel Management, elaborated the status of women in India and the challenges faced by them in both private and public spheres. Dr.P.Veeramani, Assistant Professor, Department of Women's Studies, discussed the various discriminations faced by women and girls in family, schools, colleges, and workplaces etc., Mr.V.Michael Thibon, Ms. M.Sneha Bharathi, Ms.V.Selvaraj, Ms. M.Malavika, Dept. of. Tourism and Hotel Management and Gender Champions highlighted that both men and women are equal, men and boys should share the responsibilities of their mother, sister and spouse and insisted to change the traditional mindset of men which inhibits the development of women and girls.
Outcome	Students develop a heightened awareness of gender-related issues, gaining insights into the complexities of gender dynamics in various societal contexts. This includes understanding the nuances of gender stereotypes, biases, and the impact of these on individuals and communities. Participants are encouraged to extend their learning beyond the training sessions, engaging with their communities to share knowledge and promote gender sensitivity. This ripple effect contributes to the broader societal shift towards gender equality.
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Name of the Activity	Gender Sensitization Programme for Alagappa Model Higher Secondary School
Type of Activity	Awareness programme-Extension activity
Date & Time	1 st April 2022 (10.30am-12.30pm)
Details of Participants	100
Co-ordinator	Dr.P.Veeramani
Organizing Department	Department of Women's Studies
Collaborating Agency	Alagappa Model Higher Secondary School, Karaikudi
Description	The Gender Sensitization Programme was conducted in Alagappa Model Higher Secondary School, Karaikudi. Mr.M.S.Rajapandian, Head Master, Alagappa Model Higher Secondary School elaborated the significance of initiating Gender Champion Club in all educational institutions. Dr.P.Veeramani, Assistant Professor, Dept. of Women's Studies gave a lecture on roles and responsibilities of gender champions and various ways and means in promoting the gender fair society. Dr.S.Poul Punitha, Assistant Professor gave lecture on Gender Concepts and said that it refers to the learnt roles, norms and expectations on the basis of one's sex. The norms/values, dress codes, attitudes, opportunities, rights, mobility, freedom of expression, priorities and even dreams are determined by the society. It varies from society to society and can be changed.
Outcome	The programme intended to raise awareness on prevention of gender based violence in public and private spheres. Created awareness on good and bad touch and child rights. Raised awareness on how the impact of violence affects women and their enjoyment of socio-economic, education and decision-making rights and protect the girl children from various social issues. Participants are encouraged to extend their learning beyond the training sessions, engaging with their communities to share knowledge and promote gender sensitivity.
Photo	

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Name of the Activity	Gender Sensitization Programme for Government High School, Vagaval
Type of Activity	Awareness programme-Extension activity
Date & Time	8 th April 2022 (11.00am-12.30pm)
Details of Participants	120
Co-ordinator	Dr.T.Murugesan
Organizing Department	Department of Women's Studies
Collaborating Agency	Government High School, Vagaval
Description	The Gender Champions of Alagappa University Ms.V.Abinayasankarai and Mr.S.Rajasuriya I year M.A. Gender Studies, Department of Women's Studies, organized the gender sensitization programme for school students in Government High School at Vagaval, Pudukottai. Mr.R.Kumaravel, Head Master, Government High School, Vagaval welcomed the gathering and insisted the students to use this opportunity so as to create awareness about the gender equality in our society. The gender champions explained the importance of child help line and discussed various forms of gender based violence faced by the girls and women in public and private places. The students actively observed their lecture and asked questions in promoting the zero violence and gender fair society.
Outcome	Students develop a heightened awareness of gender-related issues, gaining insights into the complexities of gender dynamics in various societal contexts. This includes understanding the nuances of gender stereotypes, biases, and the impact of these on individuals and communities. Participants are encouraged to extend their learning beyond the training sessions, engaging with their communities to share knowledge and promote gender sensitivity. This ripple effect contributes to the broader societal shift towards gender equality.
Photo	

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Name of the Activity	Nutritional Awareness and Stress Management programme
Type of Activity	Awareness programme-Extension activity
Date & Time	2 nd May 2022 (10.30am-12noon)
Details of Participants	120
Co-ordinator	Dr.P.Sindhuja & Ms. R.Ramya
Organizing Department	Department of Women's Studies
Collaborating Agency	Tamil Nadu State Transport Corporation, Karaikudi
Description	Tamil Nadu State Transport Corporation conducted the Nutritional awareness and Stress management programme for the drivers and conductors of TNSTC-Training Centre, Karaikudi region. Mr.B.Nagarajan, Deputy Manager, welcomed the gatherings and highlighted the importance of the programme. Ms.R.Ramya, Teaching Assistant, Department of Women's Studies, Alagappa University delivered the speech on Healthy food habits. She elaborated the foods which are essential for different types of diseases. She also explained what kind of food should be taken while working hours. Dr.P.Sindhuja, Teaching Assistant, Department of Women's Studies, Alagappa University spoke about Stress Management. She highlighted how to overcome stress-related problems and she has explained simple yoga for drivers and conductors to relieve stress. Mr.O.Uma Shanker, Assistant Engineer, Training proposed the vote of thanks.
Outcome	Participants gain a better understanding of nutrition, including the importance of a balanced diet, and the role of various nutrients in maintaining health. The program introduces stress management techniques, such as mindfulness, deep breathing exercises, and time management strategies, to help drivers and conductors to cope with the demands of their high-stress occupations. Emphasis is placed on creating sustainable habits, ensuring that the positive changes made during the program are maintained over the long term.
Photo	

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