

KUYILI - THE WARRIOR

Women's Studies Newsletter

KUYILI



WHY KUYILI?

Kuyili was a fierce warrior and a skilled leader, who served as one of the army Chief Commanders of Queen Velu Nachiyar during her campaigns against the East India Company in the eighteenth century.

Despite her remarkable achievements, she remains relatively unknown in history. One of her most notable acts of bravery occurred during an attack on a fort held by the East India Company.

Her battalion of 4000 women was facing heavy fire from British cannons, but Kuyili refused to back down. She coated her body in ghee and oil, lit herself on fire, and charged towards the enemy's armoury. Her selfless act of sacrifice ultimately secured victory for Queen Velu Nachiyar and her army. Kuyili's heroism and leadership continue to inspire generations of women warriors.

UNIQUE FACT

There's no much historical evidence about her, but her legacy has been passed down through oral tradition and songs that were composed in her honour.



FROM THE VICE - CHANCELLOR'S DESK

**Prof. G. Ravi, Ph.D., D.Sc.,
Vice-Chancellor**

I congratulate the Department of Women's Studies, Alagappa University for bringing out their second issue of Newsletter *Kuyili*. The newsletter captures the myriad activities that took place from January 2023 to December 2023. During the nine months, eminent scholars from diverse fields were invited to deliver lectures in various programmes and they interacted with the faculty and students. On different occasions, competitions like elocution, quiz, debate and creative writing were organized, in which students participated enthusiastically. I am confident that in the coming years the Women's Studies Department, Alagappa University, will continue to progress by leaps and bounds and become a model for its intense activities and serve as a platform where the students, young researchers and senior academicians would freely interact to achieve excellence in academics, extension activities and spread of knowledge without gender discriminations. Apart from regular activities, the Department channelizes the spirit of young aspirants towards the acquisition of excellent knowledge and assists them to utilize their energy and skills for their career and life.



I extend my best wishes to the editorial team members for their endeavors in publishing the newsletter *Kuyili*; and I wish them that they continue this journey on the road to excellence.



FROM THE CHIEF EDITOR'S DESK

Prof. K. Manimekalai

Former Vice – Chancellor

Mother Teresa Women's University
Kodaikanal

Chairperson

School of Social Sciences
Head, Department of Women's Studies
Alagappa University
Karaikudi

I am happy to bring out the major activities of the Department of Women's Studies from January 2023 – December 2023 through this newsletter. The contemporary world requires knowledgeable students and professionals who withstand the dynamics in the ever fast-changing world. To sustain the life in the contemporary world, the Department of Women's Studies identifies the skills, talents and capabilities of the students and channelizes their resources for their development and nation as well. Hence "Channelizing the energy of the students in a right direct" is the priority in my administration by offering a transformative education.

Apart from regular academic activities, faculties, scholars and students actively involved in extension activities that support to achieve the UN Sustainable Goals No. 05 that focus on Gender Equality.



Further, since its inception from the Department published nearly 500 research papers in peer reviewed/UGC – CARE Group I/II journals/ book chapters with an average citation index of 300.

We excel in academics by publishing quality research publications, developing new product, and Start-Up ventures that contribute for the upliftment and growth of women, girls, and humanity at large. We are in the process of generating new Gender Analysis Matrix –a tool that uses participatory methodology which analysis and identifies the gender differences in assessing the development interventions in socio,economic and political aspects that focus on men and women.

I put forward my best wishes to all, faculties, administrative staff and students to grow and excel in this challenging and competitive era and the pinnacle of success.



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M.A. Gender Studies
M.Phil. Women’s Studies
Ph.D. Women’s Studies
Certificate Course in Beauty Therapy

Library and Computer Lab Facilities

The Department library has good collection of reference books, text books, journals, reports, M.Phil theses and Ph.D theses. It has a well equipped computer laboratory with internet facility.

Infrastructure and Learning Resources

- Smart Class Room Facilities
- Video Conference Facilities
- Seminar Hall
- 24X7 Wi - Fi and Internet Connection
- Books (1914)
- Journals (10)
- Magazines (06)

Research Projects – Completed

- Evaluation study of the Training Programmes Conducted by Rural Training Centre 2017-18 (Indian Bank, NABARD and Indian Overseas Bank)
- Issues and Challenges of Transgender: with Special Reference to Karaikudi, Sivaganga District
- Intervention to Prevent Child Marriage in Sivaganga District

- Prevalence of Screen Addiction Among College Students in Sivaganga District – A Gender Analysis Study
- Changing Social Perception on Elder Care: Realities and Responses
- Health Status of Women in Tamil Nadu – Gender Analysis

Research Projects – Ongoing

- Reproductive Health Status of Women in Tamil Nadu (RUSA-2.0)
- Evaluation Study of the Training Programs Conducted by Rural Training Centre (Indian Bank, NABARD and Indian Overseas Bank)
- Vivekananda Philosophy of Personality Development

Ph.D Awarded

- Shemily P. John- Gender Challenges In The Workplace of Women In The Kingdom Of Bahrain
- Joe Jacob - The Challenges Of Working Mothers In The IT Sector In Trivandrum, Kerala

Awards Received

- **Prof. K. Manimekalai**, Chairperson, School of Social Science and Head, Department of Women’s Studies, Alagappa University, Honoured with Best Faculty Award, in recognition of excellence in teaching, in the education sector, by Nehru Yuva Kendra and DD events and Management
- **Dr. P. Veeramani**, Assistant Professor, Department of Women’s Studies, Alagappa University, Honoured with Best Faculty Award, in recognition of excellence in teaching, in the education sector, by Nehru Yuva Kendra and DD events and Management



Observance of National Girl Child Day - 2023



In commemoration of National Girl Child Day, the Department of Women's Studies conducted the awareness campaign on 24th January 2023 in the premises of Faculty of Arts, Alagappa University. The motive of this campaign is to raise awareness among people about the inequalities, discrimination, and exploitation faced by girl child. Further, the campaign also exhibited the importance of child rights in accessing the education, health, nutrition and its impact on society and nation. More than 50 students participated and benefited from this campaign.

Awareness Programme on Polycystic Ovary Syndrome for Teens

The Department of Women's Studies organised an "Awareness Programme on Polycystic Ovary Syndrome for Teen age girl students on 31st January 2023 at Conference Hall in Alagappa University, Science Block.

Prof. K. Manimekalai, Chairperson, School of Social Sciences, and Head, Department of Women's Studies, Alagappa University, while welcoming the gathering, highlighted the relevance and current significance of this programme and referred to the negative impact of Polycystic Ovary Syndrome on physical, mental

and social well-being of teen girls and its impact on the national economy. She noted that it affects 1 in 10 women of childbearing age and one in five Indian women suffer from PCOS which may causes irregular menstrual periods, infertility, obesity, depression, diabetes and high blood pressure. She added that by addressing the gender disparities that exist in healthcare and improving its outcomes can contribute in improving the nations economy by creating the quality human capital. She emphasized that healthy lifestyle, physical exercise and adequate intake of nutritious food, provide healthy life which inturn decreases the infertility rate too. She concluded her speech by mentioning that right and proper education to teen girls on PCOS had a significant influence on their reproductive health and insisted the students to create awareness about the impact of PCOS among their friends, neighbours and common people in general.



Prof. G. Ravi, Vice-Chancellor, Alagappa University in his presidential address highlighted that the Global Gender Gap Index ranks India at 112th position in health care systems as per WHO report, 2022. He said that one of the most common causes for female infertility is due to PCOS which affects approximately 116 million women globally and causes increased risk of depression, anxiety, bipolar and obsessive



compulsive disorder. Further, he mentioned that less than 60% of urban Indians are unaware of Polycystic Ovary Syndrome, that affects roughly 10% of the global population, and if it is not diagnosed and treated properly, it may lead to severe health problems. He pointed out the ill effects of consuming junk foods, desserts, bakery items, maida products and food items that have a high glycemic index and insisted students to consume healthy foods such as fruits, vegetables, greens, grains and millets which would improve their health and nutritional status of them and country as well. He concluded his speech by saying that ensuring good health of women increases women's labour force participation by 10% which could add about 700 billion dollars to India's GDP by 2025. Further, he released the Women's Studies News letter, named Kuyili – The Warrior which depicts the major activities and accomplishments of the Department of Women's Studies from January 2022 – December 2022.

Dr. Sudha Balaji, Obstetrician, Karaikudi Medical Centre and Hospital, briefly explained the causes, symptoms, diagnosis and medical treatments for Polycystic Ovary Syndrome. She highlighted the health effects of PCOS and pointed out the diet and lifestyle tips to overcome the PCOS. The session was interactive and various doubts and myths on food habits during menstrual cycle were cleared in the session.

Dr. S. Poulpunitha, Assistant Professor, Department of Women's Studies, Alagappa University proposed a vote of thanks. More than

200 students from faculty of science have participated and benefited from this programme.

Series of Programmes organised by the Gender Champions

Event 1



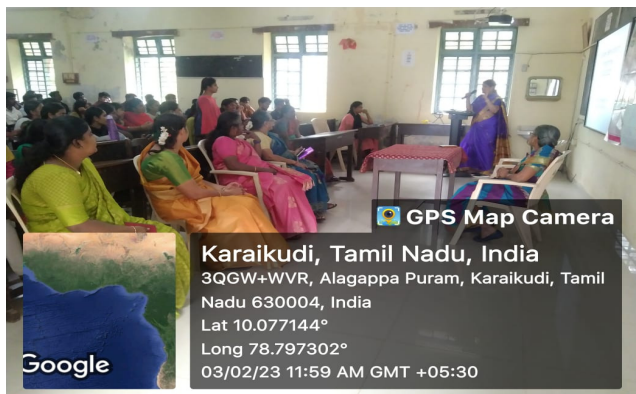
As part of Gender Sensitization programme, the Gender Champions of Alagappa University conducted the competitions namely Pencil sketching, slogan writing and poster making for Banking Management students on the theme of Gender Equality on 19.01.2023. Prof. K. Alamelu, Head, Department of Banking Management, highlighted the significance of promoting Gender Equality in socialization process, education, health, employment, and administrative sectors. Nearly 60 students actively participated in the competitions and exhibited their talents.

Event 2

The Gender Champions of Alagappa University conducted the Gender Sensitization programme for the students of Banking Management on 3.02.2023. Prof. K. Alamelu, Head, Department of Banking Management presided the programme and. Prof. K.

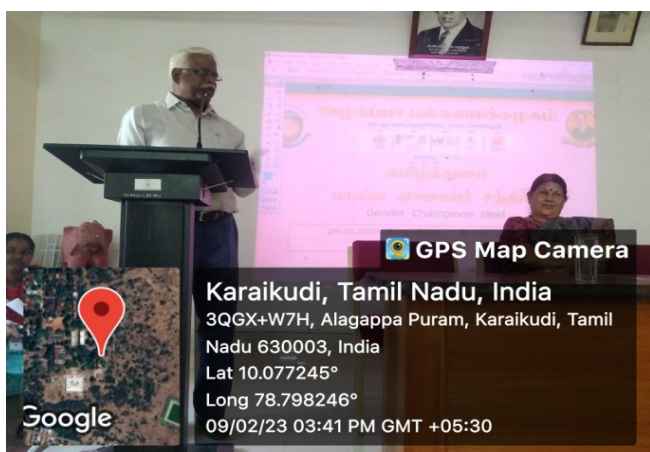


Manimekalai, Head, Department of Women's Studies delivered the keynote address.



S. Abinaya, K. Udhayaa, B. Sowmiya & AR. Yazhini, Gender Champion, Department of Banking Management gave a special lecture for the students of Banking Management on the impact of Gender stereotype, the nuances in the Protection of Women from Domestic Violence Act 2005, and Protection of Women from Sexual Harassment Act, 2013. Nearly, 100 students and 10 staff have participated and benefited from the programme.

Event 3



The Department of Women's Studies and Gender Champions of Alagappa University organised an awareness programme on the theme of Gender Equality for Alagappa University Tamil Department students on 09.02.2023.

Prof.S.Rajaram, Head, Department of Tamil, delivered the Keynote address and elaborated the role and status of women in Vedic period. Prof. K. Manimekalai, Head, Department of Women's Studies in her special address said that there has been a rise in Feminist school of thoughts which led to the tremendous upliftment in the condition and position of women in our country. M.Vishnu. Gender Champion, Department of Tamil, highlighted the activities carried out by the Gender Champion Club in Alagappa University.

Event 4



The Gender Champions of Alagappa University conducted the Gender Sensitization programme for the students of Alagappa Academy CBSE on 13.02.2023. Dr.N. Sivakumar, Principal, Dr. Alagappa Academy CBSE in his welcome address said that gender equality is human right and by providing equal opportunities to women and men in all sectors, can prevent violence against women and also improve the economic prosperity of our nation.

Dr.P.Veeramani, Assistant Professor, and Dr. P. Sindhuja, Teaching Assistant, Department of Women's Studies, Alagappa University elaborated the various strategies that can be



adopted to overcome the violence that occurred against women and children. V.Selvaraj, Gender Champion, Department of Tourism and Hotel Management, Alagappa University elaborated the gender concepts, types of gender based violence that exist at all level and its impact on family, society and nation. Nearly 150 students and staff participated and benefited from the programme.

Event 5



On 14.02.2023 the Gender Champions of Alagappa University organized Gender Sensitization programme for the students of Alagappa Matriculation Hr. Sec. School. While welcoming the gathering, Mr.G.Nehru, Principal, Alagappa Matriculation Higher Secondary School, Karaikudi elaborated on the importance of initiating Gender Champion Club in the educational institutions and highlighted the impact of promoting gender equality on socio –economic development of individual, society and nation as well.

Dr.S.Poulpunitha, Assistant Professor, Department of Women’s Studies, Alagappa University in her special lecture discussed the gender stereotypes that exist in social institutions such as family, religion, education and state. She

said that gender equality can only be achieved when both male and females **individuals** are treated similarly. Dr.I.Sivakumar, Teaching Assistant, Department of Women’s Studies, Alagappa University in his special address elaborated the triple role carried out by women: production, reproduction and community work. He highlighted the gender roles assigned by the family and society and insisted the students to share the roles and responsibilities of their mother, and sister.

V. Mechael Thibon, Gender Champion, Department of Tourism and Hotel Management, Alagappa University, urged the students to include the gender sensitization programmes in their NCC camps, school annual programmes etc. Dr. P. Sindhuja, Teaching Assistant, Department of Women’s Studies, proposed a vote of thanks. Nearly 200 students and staff actively participated and their doubts were cleared by the staff.

Event 6



On 15.02.2023 various competitions, speech, slogan writing, quiz and drama on the theme of Gender Equality and Gender Mainstreaming were conducted for the students of



Alagappa Model Hr. Sec. School. 100 students actively participated in various competitions and exhibited their skills and talents.

Event 7



An awareness programme on Gender Mainstreaming is organized by the Gender Champions on 6th March 2023 for Alagappa University Faculty of Education students. Prof. J. Sujathamalini, Dean, Faculty of Education, Head, Department of Special Education and Rehabilitation Science, in her welcome address elaborated the initiatives taken by the Ministry of Women and Child Development in promoting the gender fair and gender justice society.

Dr. P. Veeramani, Assistant Professor, Department of Women's Studies, Alagappa University delivered keynote address and Ms. S. Abinaya, Gender Champion & Research Scholar, Department of Banking Management, Alagappa University, discussed the negative impact of Gender Stereotypes and highlighted that stereotypes lower one's self-esteem and sense of competence and even have an impact on education, health, job and career choices.

Dr. P. Sindhuja, Teaching Assistant, Department of Women's Studies, proposed a vote

of thanks. Nearly 250 students and staff actively participated and benefited from the programme.

Series of Programmes Conducted in Commemoration of International Year of Millets 2023

Event 1



To commemorate the International Year of Millets (IYoM) 2023, the Department of Women's Studies, Alagappa University in collaboration with Rotary Club of Karaikudi conducted a rally on 13.03.2023. At the beginning of the rally a street play and awareness songs on the importance of millets were performed by the university students.



Prof. K. Manimekalai, Head, Department of Women's Studies, Alagappa University, in her welcome address, explained the significance of observing the IYoM 2023 and highlighted the health benefits of various millets that are



cultivated in India. She pointed out that consuming adequate amount of millets would promote a healthy life, increase the immunity power and safe guard us from various chronic diseases.

Prof. G. Ravi, Vice-Chancellor, Alagappa University, in his inaugural address, stated that, to create an awareness and increase the production and, consumption of millets, the United Nations , at the behest of the Government of India declared 2023 the IYoM. He noted that the food we consume contains nearly 30% of chemicals which reduce our immunity and causes various chronic diseases. He also spoke about the nutritive value of millets and its valuable role in building good health. Further, he said that in addition to a plethora of health benefits, millets are also good for environment which can be cultivated with low water and lesser inputs.

Rtn.PHF.KR.SP.K. Devan, President, Rotary Club of Karaikudi in his felicitation address said that millets are power house of nutrients and have lesser impact on blood glucose. He highlighted that millets are not just naturally gluten –free, they also have higher levels of iron and calcium than processed wheat and rice. By introducing the millets in our daily diet, we can promote the physical and mental health of the individuals, family, society and build the nation as a healthy one.

Prof. G. Ravi, Vice-Chancellor, Alagappa University flagged off the rally and it was started from the Ariyabhavan and ended at the Alagappa University Administrative Building. Dr.S. Saroja,

Associate Professor cum co-ordinator, Centre for Yoga Education, Alagappa University proposed a vote of thanks. Nearly 200 students and common public participated in the rally and created awareness on the health benefits of millets.

Event 2

On 13.03.2023 afternoon poster exhibition was conducted on the theme, types and benefits of millets in the premises of Faculty of arts. The benefits of various millets for various groups such as infants, children, adolescent, pregnant and lactating women, and aged people were depicted in the posters. Nearly 200 students viewed the posters and gained knowledge on the types and its benefits which lead to have a healthy and disease free life.

Event 3



The Department of Women's Studies conducted an awareness programme on the importance of millets for pregnant and lactating women at Urban Health Centre, Muthupattinam on 14.03.2023. Dr. R. Anitha, Medical Officer, Urban Health Centre, Muthupattinam in her welcome address elaborated the significance of observing the IYoM 2023 and explained the health benefits of millets exclusively for pregnant



and lactating mothers. Dr.P. Sindhuja, Teaching Assistant, Department of Women's Studies, Alagappa University in her special address elaborated the nine major millets, it's nutritive value and role in promoting the health condition of pregnant and lactating women. She concluded her speech by quoting the quote "*millets a day keeps a doctor away*" and insisted the pregnant and lactating women to disseminate the importance of millets to their family members, neighbours, friends and the society as well, so as to promote a healthy family and nation.

Event -4

On the same day an Awareness programme on the importance of Millets for pregnant women and lactating mother was organised at Urban Primary Health Centre, Senjai. Dr.K.Karthikeyan, Medical Officer, Urban Primary Health Centre, Senjai stated that millets are good sources of nutrient and all varieties of millets are beneficial for pregnant women and lactating mother. R.Ramya, Teaching Assistant, Department of Women's Studies, Alagappa University explained the health benefits of millets for pregnant and lactating women. P.Jeyaseeli and B.Umamaheswari, M.A- Integrated Home Science student explained the different varieties of millets and millets based home products and its benefits for pregnant women and lactating mothers. Nearly 30 pregnant women and lactating mothers have participated and benefited from the Awareness programme.



Event -5

On 14.03.2023 afternoon an Awareness program on health benefits of millets was organized at Sri Meenakshi Girls Higher Secondary School. K.Bhuvaneshwari, Head Mistress, Sri Meenakshi Girls Higher Secondary School, Karaikudi, welcomed the gathering and spoke about the importance of millets among adolescents. R.Ramya, Teaching Assistant, Department of Women's Studies, Alagappa University elaborated the major 8 millet and its health benefits to pregnant and lactating women.



Followed by her, S. Sushmitha and T.Seema, M.A- Integrated Home Science student spoke about the types, importance of daily intake of millets, nutritional value, and benefits of millets. Nearly 120 students have actively participated and gained knowledge on healthy millets.

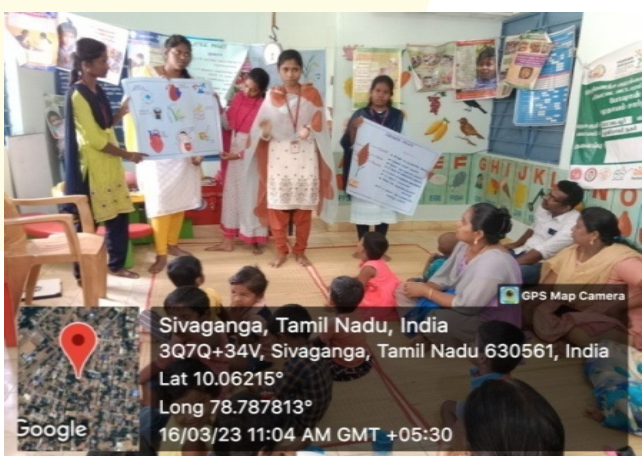


Event 6



An awareness programme on the importance of millets was organized for 6th to 8th std., students of Government Higher Secondary School, Ariyakudi on 14.03.2023. Mr. Britto, Head Master elaborated on the significance of observing the IYoM 2023. P.Venkateswari, Teaching Assistant, V.Tharaniya and K.R.Ramesh M. A. Integrated Home Science students explained the importance, types, and health benefits of Millet for adolescent girls.

Event 7



On 16.03.2023 the Department of Women's Studies conducted an awareness programme on the importance of millets for Anganwadi parents at Railway Gate, karaikudi.

P.Venkateswari, Teaching Assistant, M. Karpagam Nandhini and K.Solai kavya, Department of Women's Studies Student elaborated the nine major millets, their nutritive value, and their role in promoting the health condition of infants.

Event 8



The Department of Women's Studies conducted an awareness programme on the importance of millets for Anganwadi parents at soodamanipuram, Karaikudi on 16.03.2023. C.Kanimozhi, Teaching Assistant, elaborated, on the importance, types, and health benefits of Millet for infants, pregnant and lactating women. S.Janaki and K.Jegatha, Student, Department of Women's Studies, Alagappa University elaborated the nine major millets, their nutritive value, and their role in promoting the health condition of infants.

Event 9

On 17.03.2023 paper presentation competition was organised on the theme of Benefits of Millets in Human Life .Nearly 20 students from various departments had exhibited the health benefits of millets, it's types and



importance for various target groups and significance of observing the IYoMs 2023.



On the same day, valedictory function was conducted. Prof. K. Alamelu, Head, Dept.of. Banking Management, in her valedictory address stated that due to decrease in the consumption of millets, it's production rate has been decreased which inturn made a hike in the price of millets. She highlighted that millets are power house of nutrients and by consuming it, we can gain lot of energy and protect from various communicable and non communicable disease.

At the end of the session prizes were distributed for those who have won competitions, conducted on the eve of National Nutrition Month 2022. Dr.P. Sindhuja, Teaching Assistant, Department of Women's Studies, proposed a vote of thanks. Nearly, 80 students participated and benefited from the programme.

Two - Day International Conference on Reproductive Health and Mental Well Being of Women

As a sequel to the commemoration of the International Women's Day, the Department of Women's studies, Alagappa University, conducted a Two - day International Conference on "Reproductive Health and Mental Well Being of Women" on 28th and 29th March 2023.



While welcoming the gathering Prof.K.Manimekalai, Head, Department of Women's Studies, Alagappa University and Former Vice-Chancellor of Mother Teresa Women's University, Kodaikanal, highlighted the relevance and current significance of this International Conference. She made a reference to the serious consequences of poor mental and reproductive health of women and its impact on family and society. By quoting the National Family Health Survey 2019-2020, she said that about 30% of women in India face gender based violence which forces them to develop anxiety, and depression. She stated that poor mental health may adversely impact pregnancy, maternal infant bonding, maternal functioning, and growth and development of children. She said that a focus on integration of mental health and reproductive education at schools and colleges will help reduce the risk associated with mental and reproductive health of future generations.

Prof. S. Rajamohan, Registrar i/c, Alagappa University, in his inaugural address, said that one of the most important aspects of women's well being is related to reproductive health and mental condition. It is central to their ability to make choices and decisions about their lives, including when, or whether, to have



children. He said that early childbearing impairs the health of young mothers and it also leaves its negative effect on their children. He stated that the mental well being and reproductive health of women are interlinked, only mentally healthy woman can give birth to healthy children which in turn helps to have a healthy family, society and nation.

Speaking at the conference, Thiru.P. Madhusudhan Reddy, Collector, Sivagangai District, stated that Tamil Nadu ranks third at the national level in the health care infrastructure facilities, which is a clear indicator of medical services provided by the State. He said that National Health Mission has set a target to have 1/1000 Maternal Mortality Rate (MMR) and 25/1000 Infant Mortality Rate (IMR) and it can be achieved only when people utilize various well planned programmes and schemes of the Governments that focus on reproductive health of women. He explored the eco system that exists around the pregnant woman, other family members and society. He hinted at the responsibilities of the society in promoting the mental health of women. He cited the “baby shower function” conducted as one of the fine examples. He added that during the span of pregnancy period due to anaemia and hyper-tension many pregnant women face various complications and sometimes it may also lead to mortality. In such situations, they need counseling, healthy food, and they have to involve themselves in doing exercise and yoga which help them in getting relief from stress and also helps to

deliver healthy babies. He said that there is an increase in number of teen age pregnancy due to poor socio economic conditions and lack of awareness about its consequences. Further, he stated that the Government has made facilities in each district to rehabilitate the mentally ill people who are left on the streets. These centres rescue, rehabilitate and reintegrate the mentally ill people with their families. Further, he said that every Tuesday the Primary Health Centres conduct periodical check ups and screening for pregnant women and also provide some nutritious food items and teach them simple exercise and yoga to improve their physical and mental well being. He concluded his speech by urging the participants to actively involve themselves in the conference proceedings and disseminate the information acquired here for the welfare of women and society. He also asked the participants to organize various programmes to create awareness about the reproductive and mental health of women which could promote healthy family, society and nation as well.

Prof. Seetha Lakshmi of Nanyang Technological University, Singapore, in her keynote address, stated women play a dual role and as a result they have inadequate time for taking care of their health. Due to heavy work load both at home and work place women undergo mental stress which may affect their physical health. She said that due to lack of awareness about the importance of breast feeding many women failed to breast fed their children which significantly affected the immune system of their



children. Mental Health and Sexual and Reproductive Health are two sides of the same coin and the role of both need to be addressed in an young person's life. She highlighted how the high magnitude of sexual and reproductive health challenges such as an early or unwanted pregnancy, HIV and gender-based violence impact greatly on the overall well being of women, children and family. She stated that depression and anxiety are the most common mental health problems encountered by many women in pregnancy. She also highlighted that major life transitions such as pregnancy, motherhood and menopause can create physical and emotional stresses for women. Negative life experiences – infertility and perinatal loss, poverty, discrimination, violence, unemployment and isolation – also impact heavily on women's mental health and wellbeing.

In the valedictory ceremony held on 29th March 2023, Prof. K. Manimekalai, Head, Department of Women's Studies, welcomed the gathering. Presiding over the ceremony Prof. G. Ravi, Vice-Chancellor, Alagappa University, stated that women's mental health is determined by both biological and social factors. Unlike men, women are affected to a large extent by mental illness, due to physiological, psychological and social factors such as poverty, sexual abuse related stress, intimate partner violence, and so on. Women are vulnerable to mental disabilities owing to social pressures. Mental health during pregnancy and postpartum deserves special attention to safeguard women from depression and illness. Reproductive health problems like

infertility and reproductive tract complaints are largely related to poor mental health in women. Further he opined that gender responsive approach in treating the mental ailments would be effective in improving the mental health of women.

The Vice-Chancellor also released the online e journal titled *The Indian Journal of Women's Studies* and launched a new website specially for the Department of Women's Studies, Alagappa University.



Prof. S. Thanuskodi, Dean, Faculty of Arts, offered felicitation. At the end of the programme, certificates were distributed for the active Gender Champions 2022 – 2023 and prizes were distributed to the winners for various competitions organized by the Gender Champions. Dr.S.Poulpunitha, Assistant Professor, Department of Women's Studies, proposed a vote of thanks. 50 research papers were presented at the conference by scholars and 250 participants attended the conference.

Reproductive Health through Siddha Medicine

As part of Azadi Ka Amrit Mahotsav and RUSA – 2.0, the Department of Women's Studies organized an awareness programme on “Reproductive Health Through Siddha Medicine”



on 26.05.2023 for the staff and students of Alagappa University.



While welcoming the gathering Prof. K. Manimekalai, Head, Department of Women's Studies, Alagappa University and Former Vice-Chancellor of Mother Teresa Women's University, Kodaikanal, said that siddha medicine is one of the oldest medicine and plays a vital role in maintaining the health of all category of people. She said that childbirth is one of the most significant event in a woman's life cycle, that maintain the continuity and existence of human species in this world. However this natural phenomenon turns in to nightmare for a large number of women due to improper diet habits, lack of physical activity and due to various nutritional deficiency and metabolic disorder. She highlighted that by adopting appropriate lifestyle practices, dietary regimens, safe and effective drugs, one can protect from various diseases and prevent the deficiency and metabolic disorder diseases. Further, she insisted the participants to consume millets, fruits, vegetables and seasonal foods that help to improve their immune system and assist to have a happy and healthy life

Dr. V.Karunanithi, BSMS, Sri Bohar Udal Nalaviyal Maiyam, Ulagampatti, Pudukottai District, in his felicitation address, noted that the Siddha system of medicine is one of the traditional medical system, that provides preventive, promotive, curative, rejuvenative and rehabilitative health care by adopting scientific and holistic approach. The cornerstone of Siddha Medicine for healthy living through food and life style. 'Food is medicine and medicine is food' is one of the basic principles of Siddha system. He highlighted that the root cause of almost all the women related problems is basically the hormonal problem or imbalance. He mentioned the herbs that are useful in maintaining general reproductive health in women. Finally, he discussed various siddha medicines and its preparation process that cures PCOD, thyroid problem, dysmenorrhoea, anemia, amenorrhoea, etc. The session was interactive and doubts regarding causes and preventive measures for chronic inflammatory diseases, metabolic diseases like diabetes, hypertension, musculoskeletal disorders, psychiatric disorders and urinary problems were cleared in the session. At the end of the session "Mooligai Tea" was distributed to the participants that prevent the occurrence of cold, cough and indigestion problems.

Dr .P. Veeramani, Assistant Professor, Department of Women's Studies, Alagappa University proposed vote of thanks. More than 100 students and staff participated and benefited from the programme.



Awareness Programme on Empowering Women and Safeguarding Children

The Department of Women's Studies, Alagappa University, Karaikudi, organised an awareness program on Empowering Women and Safeguarding Children, for staff and students of Department of Women's Studies, Alagappa University under Azadi Ka Amrit Mahotsav (AKAM) on 24.07.2023, at the Marry Wollstonecraft Hall. The main objective of this program is to Promote gender equality, enhance women's opportunities, and ensure the safety and well-being of children through education and awareness.

While welcoming the gathering, Prof. K. Manimekalai, Head, Department of Women's Studies, Alagappa University, emphasized on collective responsibilities to empower women and safeguard children for a brighter and inclusive future.



Dr. Shemily john, Assistant Professor, Head of General Studies Unit, University College of Bahrain, Kingdom of Bahrain highlighted the multifaceted importance of empowering women, and said the empowerment of women not only focus on women itself, it also helps for growth and overall progress of societies. She stated that

equitable access to education, healthcare, and economic opportunities uplift women's status. She further emphasized the role of effective legal frameworks and community support systems in ensuring the safety and well-being of children.

The session concluded with engaging discussions where students raised pertinent questions and sought clarifications on the key aspects. Their active participation reflected a growing awareness and a desire to better understand the crucial elements of empowerment and safeguarding for women and children

Dr.P.Veeramani, Assistant Professor, Department of Women's Studies, Alagappa University proposed a vote of thanks on behalf of the Department of Women's Studies, Alagappa University. 42 students and staff actively participated and benefited from the programme.

Awareness Programme on Connecting Students for Tribal Empowerment

The Department of Women's Studies, Alagappa University, Karaikudi, organised an awareness program on Connecting Students for Tribal Empowerment for staff and students of Department of Women's Studies, Alagappa University under Azadi Ka Amrit Mahotsav (AKAM) on 25.07.2023, at the Marry Wollstonecraft Hall. The main objective of this program is to raise awareness among students about the challenges and opportunities faced by tribal communities, while also fostering a sense of connection and empathy.

While welcoming the gathering, Dr.P.Veeramani, Assistant Professor, Department of Women's Studies, Alagappa University,



highlighted that by acquiring knowledge about tribal communities can foster cross-cultural understanding and empower both groups for a more inclusive future.

Mr.K. Selvanathan, Assistant Professor, Sacred Heart College (Autonomous), Tirupattur, elaborated about the Scheduled Tribes and Other Traditional Forest Dwellers (Recognition of Forest Rights) Act, 2006 and also, emphasized the significance of bridging the digital divide in tribal areas.

Access to technology and digital resources can enhance educational opportunities and provide avenues for economic growth. He highlighted that by taking initiatives in providing digital literacy and connectivity can play a pivotal role in connecting tribal students to broader educational and economic networks.

Finally, there were discussions and doubts regarding, the pivotal points concerning tribal empowerment and each queries were addressed by quoting the examples that occurred in the tribal areas.



Dr.P. Veeramani, Asst. Professor, Department of Women's Studies, Alagappa University, proposed a vote of thanks. Nearly 50

students and staff have benefited from this programme.

Programme on Tamil Nadu Government Development Programs and Social Progress



A special lecture on “Tamil Nadu Government Development Programmes and Social Progress” was organised on 14-09-2023 by the Department of Women's Studies, Alagappa University, Karaikudi. Prof.K.Manimekalai, Head, Department of Women's Studies, Alagappa University, while welcoming the gathering, highlighted the Tamil Nadu Government's welfare programmes are being implemented based on Sustainable Development Goals (SDGs), and through this, Tamil Nadu has emerged as the best State in India. Prof.G.Ravi, Vice-chancellor, Alagappa University, inaugurated the function and delivered the presidential address. He said all welfare schemes of the Tamil Nadu government are the investment on the people and not an expenditure. He said that by doing so, people are converted into the human resources of a state, and various sections of people like children, students, women, and old people are also benefited. Further, he said that enrollment of the students in the higher education sector has increased to 53%,



economic development through skill-based training, free bus, and the women's rights has led to the development of women, and the Tamil Nadu government programmes are working with the right target. Dr.P.Veeramani, Assistant Professor, and Dr.I.Sivakumar, Teaching Assistant, Department of Women's Studies, have initiated the discussion about the Government welfare programmes.. Ms. A. Gomathi, Research Scholar and member in Women's Studies Student Council, delivered a vote of thanks. More than 80 students from the Faculty of Arts participated and benefited from the programme.

Programme on "Innovation and Start-up Ecosystem"



The Department of Women's Studies organized the "Innovation and Start-Up Ecosystem" programme in collaboration with Entrepreneurship, Innovation, and Career Hub, Alagappa University (EIC ALU) on 22.09.2323. Dr. P. Veeramani, Assistant Professor, Department of Women's Studies welcomed the gatherings and highlighted the significance of the programme. She stated that the key outcome of this programme is to make the participants to start their own business. Dr. K. Manimekalai, Sr. Prof and Head, Department of Women's Studies, Alagappa University presided the programme and

stated that an entrepreneur is the one who undertakes all the risks and responsibilities of a new business to earn profit. She also highlighted that, by becoming an entrepreneur one can enhances their skills, talents, capabilities and pool their potentials for their economic stability that improves their quality of life. She also stated that a successful entrepreneur in not defeated by the problems, they are the master of the situation and defeat the problems.

Prof. C.K. Muthukumar, Director i/c, EIC Hub, AISD, Alagappa University felicitated the programme and highlighted the significance of having collaboration between academia and industry in nurturing an innovative ecosystem that empowers individuals and embark their entrepreneurial journey. Ms. Latha Ganesh, Director, Annai Herbal Sanitary Napkin Manufacturing Unit, Sivagangi discussed the challenges and issues faced by her in starting her unit and elaborated various strategies to overcome those challenges. Further, she mentioned the health benefits of using herbal sanitary napkin and motivated the students to use either the cotton cloth or herbal sanitary napkin that prevent various disease related to reproductive system.

Ms. S. Padmavathy, M.A. Integrated Home Science, Department of Women's Studies, Alagappa University and Director, Queenpadhu Herbal Hair and Makeup, Karaikudi shared her experiences and also pointed out the skills that needed to become an entrepreneur.

More than 40 students, Self Help Group (SHG) women, and faculty members were actively participated and benefited from the



programme. Dr. I. Sivakumar, Teaching Assistant, Department of Women's Studies, Alagappa University, proposed vote of thanks

Gender Sensitization Training Programme for Gender Champions and Nodal Teachers of Alagappa University Affiliated Colleges

Under the guidance of University Grants Commission the Department of Women's Studies organized "Gender Sensitization Training Programme" for Gender Champions and Nodal Teachers on 13th Oct 2023. The main objective of this programme is to make the young boys and girls gender sensitive and create positive social norms that value the girls and their rights.



While welcome the gathering Prof. K. Manimekalai, Head, Department of Women's Studies, Alagappa University, highlighted the significance of the programme and elaborated the roles and responsibilities of gender champions and nodal teachers. She stated that the gender champions have to create positive social norms in educational institutions which recognize the importance of girls rights and improve the well-being of girls. She pointed out that the gender champions assist to achieve long-term and

sustainable social change that facilitates an enabling environment where girls and women can be treated with dignity and respect. She spoke about the Sustainable Development Goals that focus on Gender Equality and emphasized the ways in promoting gender equality that assist to have a zero gender bias society.

Prof. G. Ravi, Vice-Chancellor, Alagappa University, in his presidential address, exhorted the participants about the importance of gender sensitivity at the educational institutions. He stated that the gender champions are change agents and break the gender barriers and gender stereotypes by creating awareness among the students and general public. He highlighted that women contribute approximately 17-18% of the total GDP and play pivotal role in India's economic growth and prosperity. He pointed out that in developed countries, women's political and economic participation has increased more than men due to the existence of gender fair society which in turn helps for the country's development. He exhorted that the gender equality defenders should realize this and ensure social development by promoting the gender fair society. He highlighted that the Department of Women's Studies has trained more than 200 Gender Champions in Alagappa University and more than 100 Gender Champions in Alagappa University Affiliated Colleges. He call upon the gender champions and nodal teachers to initiate the activities that promote gender equality and conducive environment for boys and girls in educational institutions and society in general.



Prof. S. Rajaram, Syndicate Member and Head Department of Tamil, Alagappa University delivered felicitation address and highlighted the status of India in Global Gender Gap Index. He elaborated the vision and mission of Gender Champion Club and highlighted the Article 15 of the Indian constitution that promotes gender equality. Further he stated that the entire world has been focusing on women's right but the progress made towards equality is very low and slow. He stated that the gender equality can be achieved if the guidelines for social progress are followed which has been specified by the World Economic Forum.



Prof. S. Thanuskodi, Dean of Arts and Head, Department of Library and Information Science delivered the Keynote address and highlighted that in India the representation of women in both houses are 14% and when they are in leadership positions they emphasize policies that are relevant for women and general public too. Which leads to have a gender responsive governance. He concluded his speech that by addressing the social issues that faced by women, we can create a zero violence society and promote a conducive environment for women and girls, where they can be treated with dignity and respect

and also feel a sense of safety and security in the society.



In the technical sessions that continued after the inaugural session, Dr. K. Manimekalai, Head, Department of Women's Studies, Dr. P. Veeramani, Assistant professor, Dr. S. Poulpunitha, Assistant professor, Dr. I. Sivakumar, Teaching Assistant, and Dr.P. Sindhuja, Teaching Assistant, Department of Women's Studies, Alagappa University gave lecture on the activities of the Internal Complaints Committee (ICC), Gender Concepts, Prevention of Gender Based Violence and Constitutional Provisions and Legal Rights of Women and the lively session went on for three hours.

Dr. P. Veeramani, Assistant Professor, Women's Studies, Alagappa University proposed vote of thanks. Gender Champions and Nodal Teachers from 35 Affiliated Colleges and above 180 participants have participated and benefited from this programme.

National Nutrition Month-2023

To commemorate the National Nutrition Month, the Department of Women's Studies Alagappa University Karaikudi, conducted various competitions for Alagappa University students on 16th and 17th of October 2023.



significance of physical activity and exercise in maintaining a healthy lifestyle



16 Days of Activism to Raise Awareness And Prevent Violence Against Women And Girls - 2023



The Department of Women’s Studies and Women Harassment Prevention Cell, Alagappa University, Karaikudi organised a series of programmes titled “UNiTE! Invest to Prevent Violence against Women and Children” from 25th November to 10th December 2023. On 25th November 2023, the Department of Women’s Studies in collaboration with the Women’s Studies, Bharathidasan University organised a series of programme under the theme of “UNiTE! Invest to Prevent Violence against Women and Children” Prof.K.Manimekalai, Head, Department of Women’s Studies, Alagappa University, delivered inaugural address. Further, on 27th

The event aimed to promote awareness about the importance of nutrition and to encourage healthy eating habits among the participants. The program commenced with a warm welcome address by Prof. Dr. K. Manimekalai, set the tone for the event by emphasizing the significance of nutrition in our daily lives. Dr. P. Veeramani, Assistant Professor reiterated the importance of nutrition and its impact on our overall well-being.

On 16.10.2023, four competitions viz Seminar Presentation, Rangoli, Food Fest and Comedy Skit were conducted for University students and nearly 73 participants were actively participated and shared their insights on various aspects of nutrition. On 17th October 2023, the National Nutrition Month celebration commenced with an inaugural address by Dr. I. Sivakumar, Teaching Assistant, Women's Studies, Alagappa University. He underlined the importance of nutrition, and elaborated the rules and regulations of the debate competition and highlighted the objectives behind conducting the programme. Three competitions viz Debate, Step in Step Out and Nutri King and Queen were conducted for University students and nearly 132 participants actively involved and exhibited their views on the



November 2023 Prof.K.Manimekalai, Head, Department of Women's Studies, Alagappa University, delivered special lecture on "Preventing and Combating Violence against Women at the Workplace", Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013. The speaker highlighted the role of organizations, leaders, and individuals in fostering a culture of respect and equality. The speaker provided a comprehensive understanding of violence against women in the workplace, encompassing physical, verbal, and sexual harassment. Real-life examples were shared to illustrate the various forms of violence that women may encounter in professional settings. A session was dedicated to outlining the legal aspects surrounding workplace violence.

As part of the programme, a special lecture was organized on 28th November 2023 at Alagappa University Convocation Seminar Hall. Prof.K.Manimekalai, Head, Department of Women's Studies, Alagappa University delivered welcome address and stated that it is the responsibility of all fellow members to create a safe and secured environment which would assist women and girls to utilize their energy for the development of society and nation.. In the presidential address, Prof.S.Rajamohan, Registrar (i/c), Alagappa University elaborated the activities of **Internal Complaints Committee** (ICC) that exist in Alagappa University. He said that women and girls should not discriminate themselves from other genders, they have to build a confidence and do wonders in their life and too become a model for every other women in the society.

Prof.V.Palanisamy, Syndicate Member, Alagappa University and Prof.S.Thanus Kodi, Dean, Faculty of Arts, Alagappa University delivered felicitation address. Dr.P.Veeramani, Assistant Professor, proposed vote of thanks. More than 200 students from various departments of Alagappa University have actively participated and benefited from the programme.



On 4th November 2023, a Movie titled "Shabaash Mithu" was screened at Mary Wollstonecraft Conference Hall, Department of Women's Studies, Alagappa University. A biopic based on the life and struggles of Mithali Raj, Indian Cricketer, and captain of the Indian National Cricket team is the theme of the movie. The audience raised and discussed critical points related to women's equality at the end of this film.



On 9th December 2023 the Poster Making and Power Point Presentation Competition for the Alagappa University Students were organized on the Theme of ‘Say NO to Violence against Women and Girls’ and ‘Gender-based Violence-free Society’. On 11th December 2023, the poster exhibition was organized by the Department of Women’s Studies, at Mary Wollestonecraft Conference Hall. The display of 60 posters prepared by students that conveyed message such as “Break the Gender Bias” posters on gender equality, gender stereotypes, forms of violence and its impact on family, society and nation were exhibited. The poster exhibition created awareness on significance of promoting gender equality and responsibility of each individual in creating Zero violence against women and girls.

On 12th December 2023 Legal Awareness Programme on Constitutional Provisions for Gender Justice (Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013) was organized at Alagappa University, Convocation Seminar Hall. Prof.K.Manimekalai, Head, Department of Women’s Studies, Alagappa University delivered welcome address.

In the presidential address, Prof.G.Ravi, Vice-Chancellor, Alagappa University, highlighted that in India the Gross Enrollment Ratio in higher education is 27% and in Tamil Nadu it is 52%. He mentioned about the revolutionists such as Thanthai Periyar, Aringnar Anna and their contribution for the welfare of the State and Women and education. Further, he added that only through proper education, the society can build a gender fair society. In the keynote address, Prof.N.Chandrasekar, Vice-Chancellor, Manonmaniam Sundaranar University, Tirunelveli mentioned the acts and laws that safeguard women and girls from various social issues. He stated that the mindset of the parents on the gender discrimination has to be eradicated and mentioned that disciplined life and self confidence of women help them to become an efficient professionalist, economically independent and to have a sustainable life. Prof.S.Thanus Kodi, Dean, Faculty of Arts, Alagappa University delivered felicitation address. Dr.P.Veeramani, Assistant Professor, Women’s Studies, Alagappa University proposed vote of thanks. More than 200 students from various departments of Alagappa University have actively participated and benefited from the programme

Awareness Programme on Legal and Constitutional Rights of Women and Children at Kandanur Village

On 28.10.23, the Department of Women’s Studies and Women Harassment Prevention Cell has organized an Awareness Programme on Legal



and Constitutional Rights of Women and Children for Self Help Group members and general public in Kandapur village. In the welcome address, Prof.K. Manimekalai, Head, Department of Women’s Studies pointed out the real incidences which have affected the physical, mental and social health of women and its impact on family, society and nation. Ms. Sampoorna, Advocate, Judicial Magistrate Court, Karaikudi charted out the civil rights, legal acts and provisions that safeguard women and children from social issues. Further, she discussed norms and procedures in filing the civil and criminal complaints and its procedures in availing compensation and disputes. Dr. Krishnamoorthy, Head i/c, Department of History, proposed vote of thanks



Brainstorming Session on Women Reservation Bill, 2023



The Department of Women’s Studies, Alagappa University organized a brainstorming

session on Women Reservation Bill, 2023 – Women in Politics on 15th December 2023 at Mary Wollstonecraft Hall. In her welcome address, Prof.K. Manimekalai, Head, Department of Women’s Studies highlighted that several research studies have revealed that women leaders in decision making bodies are more likely to address women's issues than men. Further she mentioned that when women occupy in decision making bodies they are able to lead gender responsive governance that leads to have gender fair society. Dr. K. Barathiraja, Associate Professor, Political Science, School of Law, Vel – Tech Institute of Science and Technology, Chennai, elaborated the significance of women’s participation in governance and focused the provisions in 73rd and 74th Consitutional Amendment Act. Further, he discussed the nuances in the Women Reservation Bill 2023, which provide reservation to one-third of all seats for women in Lok Sabha, State Legislative Assemblies.

Five Days Management Development Programme on Business Development Plan & Marketing Strategies



The Department of Women’s Studies, Alagappa University in collaboration with MSME Development & Facilitation Office,



Madurai, Ministry of Micro, Small & Medium Enterprises, Government of India organized Five days Management Development Programme on Business Development Plan & Marketing Strategies from 18.12.2023-22.12.2023.



In the inaugural ceremony, Prof. K. Manimekalai has given the welcome address. Shri. Rakesh, Managing Director of Nine Gems Agro fuels, Kalayarkovil has given the felicitation address. Smt. Alamelu, Managing Director of Alagu Chettinad snacks, Karaikudi has delivered the felicitation address to the Entrepreneurs. Smt. R. Uma chandrika has explained the role of MSME-DFO to promote Entrepreneurship and objective of the MDP. Dean Dr. Dhanushikodi has chaired the event and delivered inaugural address. Shri. Rakesh Kumar successful entrepreneur has provided detailed steps of business flow and explained how he has become a successful entrepreneur by availing Government schemes. Smt. Nirmla, proprietor of Neela Products has delivered a session on Trade fairs as a platform for marketing. Dr. P. Veeramani, Assistant Professor, Department of Women Studies, has concluded the inaugural event with vote of thanks.



On the valedictory ceremony, Prof. K. Manimekalai, Head of the Women Studies Department, Alagappa University has given the welcome address. Shri. Simiyon, AD & HOO of MSME-DFO, Tirunelveli has explained about MSME schemes for Incubation, procurement & marketing support, etc. Shri. T.V. Anbuchelian, Assistant Director, KVIC, Madurai has delivered a session on PMEGP scheme and role of KVIC to promote Entrepreneurship. Prof. C. Sekar, Member of Syndicate, Alagappa University, Karaikudi has chaired the valedictory and presented the certificates to the participants. Smt. Usha, successful entrepreneur has shared how she benefitted from MSME, PMS scheme followed by feedback session and Q&A sessions. Programme was concluded with vote of thanks by Smt. Uma chandrika, branch MSME-DFO, Madurai. 35 beneficiaries from various part of Tamil Nadu have benefited from the programme



Special Lecture on "Extension Approaches in Field Work"



On 22nd December 2023, a special lecture on "Extension Approaches in Field Work" was organized by the Department of Women's Studies, Alagappa University at Mary Wollstonecraft Hall. Prof. K. Manimekalai, Head, Department of Women's Studies, Alagappa University welcomed the gatherings and stated that the extension approaches increase the efficiency of the students while approaching the rural people. She further stated by applying the extension approaches one can build a good rapport with the rural people which helps them to complete their task within a given period. Mr. Micheal D Anaraj, Joint Director, Tiruputtur Rural Uplift Project Association (TIRUPA), Tiruputtur and member in Alagappa University Internal Complaints Cell elaborated the problems and issues that can be faced during the field visit and mentioned the major extension approaches and its applications to overcome those problems and issues. Dr.P. Veeramani, Assistant Professor, proposed vote of thanks. Nearly 40 students from M.A. Integrated Home Science and Gender Studies have participated and benefited from the programme.





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