
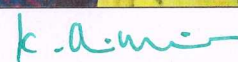



ALAGAPPA UNIVERSITY, KARAIKUDI – 630 003**Department of Women's Studies**

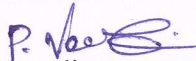
Name of the Activity	Legal Awareness Program on Transgender and Anti-Ragging Laws
Type of Activity	Awareness programme-Extension activity
Date & Time	26 th July 2022 (10.30am-1.00pm)
Details of Participants	200
Co-ordinator	Dr.P.Veeramani
Organizing Department	Department of Women's Studies
Collaborating Agency	District Legal Services Commission, Sivagangai
Description	The Department of Women's Studies Alagappa University, Karaikudi and the District Legal Services Authority, Sivagangai jointly organized the Legal Awareness Program on Transgender and Anti-Ragging Laws. Prof.K.Manimekalai, Head, Department of Women's Studies, Prof.S.Thanuskodi, Dean, Faculty of Arts, Alagappa University, Ms.M.Parameswari, Sub Judge, District Legal Services Authority, Sivagangai, Mr.D.Vinoji, Deputy Superintendent of Police, Karaikudi, Ms.Padmini and Ms.Jessi, Transgender insisted the students to create awareness about the issues and challenges faced by them and added that due to discrimination that they have faced during their school and college days they were unable to continue their education and for survival they tend to involve in begging there too they face many social issues.
Outcome	Participants gain a comprehensive understanding of the legal rights and protections available to transgender individuals, including anti-discrimination laws, gender recognition, and healthcare access. The program educates participants about the specific legal challenges faced by transgender individuals, including issues related to gender identity, discrimination, and access to legal remedies. Participants enhance their overall legal literacy, enabling them to navigate legal challenges and contribute to the creation of a more just and inclusive society.
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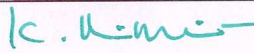

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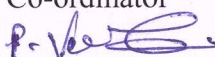
Name of the Activity	Screened a series of videos on inspiring women's stories "Azadi Ki Amrit Kahaniyan"
Type of Activity	Awareness programme-Extension activity
Date & Time	17 th August 2022 (10.30am-1.00pm)
Details of Participants	700
Co-ordinator	Dr.P.Veeramani
Organizing Department	Department of Women's Studies
Collaborating Agency	The Government of India
Description	The Department of Women's Studies, Alagappa University screened a series of videos on inspiring women's stories "Azadi Ki Amrit Kahaniyan". The main objective of the programme is to honour extraordinary women and inspire the students and staff through it as India celebrates its 75th Independence day. This collection of brief movies portrays seven women change-makers from across India sharing their stories of breaking the glass ceiling. They are demonstrated as 'forces of nature' as they speak about what Azadi means to them. Activities such as special radio/television broadcasts, virtual exhibitions, publication of books and articles, social media, and ground-level outreach programmes were conducted throughout the country as a part of this celebration.
Outcome	The screening raises awareness about the contributions and achievements of women in various fields, highlighting their diverse roles in shaping society and the nation. The program encourages the recognition and celebration of women's achievements, challenging stereotypes and promoting a more inclusive narrative of women's roles in history and contemporary society. The program encourages women to aspire to leadership roles by showcasing examples of women who have excelled in diverse fields, breaking barriers and stereotypes.
Photo	


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Name of the Activity	Legal Provisions for Safety and Security of Women for Staff and Students
Type of Activity	Awareness programme-Extension activity
Date & Time	27 th August 2022 (10.30am-12.30pm)
Details of Participants	42
Co-ordinator	Dr.P.Veeramani
Organizing Department	Department of Women's Studies
Collaborating Agency	Free Legal Aid Centre, Karaikudi
Description	The Department of Women's Studies, Alagappa University, Karaikudi, Free Legal Aid Centre organized an awareness program on Legal Provisions for Safety and Security of Women for Staff and Students of Department of Women's Studies, Alagappa University. The main objective of the programme is to sensitize the students about the Legal Provisions available for Safety and Security of Women and also to make them learn the constitutional rights for women. Adv. Nelson Jeeva, Mediation Women Centre Counselling Advocate, elaborated about the Right to Information Act (2005), Domestic Violence Act (2005), The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act (2013), emphasized on the problematic side of being silent to the societal injustices and detailed procedure of Court Notice.
Outcome	Legal provisions contribute to the establishment of a safe and secure learning environment, fostering a sense of security among female students and staff. This, in turn, promotes a more conducive atmosphere for academic and professional growth. Stringent laws and policies can act as deterrents to harassment and violence against women. This helps in minimizing incidents of sexual harassment, assault, and other forms of gender-based violence within the educational setting. Legal requirements may necessitate the implementation of awareness programs and training for both students and staff. These programs can educate individuals about their rights, preventive measures, and the importance of creating a respectful and inclusive environment.
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Name of the Activity	Legal Literacy and Legal Awareness Programme
Type of Activity	Awareness programme-Extension activity
Date & Time	22 nd September 2022 (10.30am-12.30pm)
Details of Participants	100
Co-ordinator	Dr.P.Veeramani
Organizing Department	Department of Women's Studies
Collaborating Agency	Karaikudi Taluk Legal Service Committee
Description	The Department of Women's Studies in collaboration with Karaikudi Taluk Legal Service Committee has organized the Legal Literacy and Legal Awareness Programme. Prof.G.Ravi, Honourable Vice-Chancellor of Alagappa University presides the programme. Prof.S.Thanuskodi, Dean, Faculty of Arts, Mr.A.Dharanidharan, Chairperson/District Munsif, Karaikudi, Mr.V.Kannappan & Mrs. S. Ratha, Advocate, Karaikudi elaborated the functions of Taluk Legal Service Committee and said that the main aim of the committee is to provide free and competent Legal Services to the weaker sections of the society, promotes justice on a basis of equal opportunity and ensures that justice are not denied to any citizen by reason of economic or other disabilities. Further, they mentioned that access to justice is a fundamental right guaranteed to all citizens by Article 14 and Article 21 of the Constitution of India.
Outcome	Improved legal literacy enhances access to justice, as individuals are better equipped to understand and engage with legal systems. This may result in more people seeking redress for grievances and participating in legal processes. Legal awareness enables individuals to make informed decisions in various aspects of life, such as contracts, family matters, and property transactions. Informed decision-making contributes to personal and financial well-being. Legal literacy programs contribute to the promotion of social justice and equality by ensuring that marginalized or vulnerable populations are aware of their legal rights and can advocate for fair treatment.
Photo	

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Department of Women's Studies

Name of the Activity	Awareness Programme for Alagappa University Employees on the Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013
Type of Activity	Awareness programme-Extension activity
Date & Time	8 th December 2022 (3.00pm-4.30pm)
Details of Participants	60
Co-ordinator	Dr.P.Veeramani
Organizing Department	Department of Women's Studies
Collaborating Agency	Karaikudi Taluk Legal Service Committee
Description	The Department of Women's Studies, Alagappa University, Karaikudi organised a One-day Awareness Programme for Alagappa University Employees on the Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013. Prof.K.Manimekalai, Head, Department of Women's, Alagappa University and Mr.Kamal Daylan, Advocate, Karaikudi highlighted the significance of implementing the Internal Complaints Committee (ICC), structure, power and the grievance redressal mechanism of the ICC. He elaborated the evolution of the law on the prevention of work place harassment by quoting the Vishaka Judgemnt. Further, he referred historical event that focused on the collectivism, and insisted the participants to have an integrity and collectivism in accessing the act which would help their co-workers, friends and colleagues to get a gender fair judgment.
Outcome	Employees gain a better understanding of the provisions and nuances of the Sexual Harassment of Women at Workplace Act 2013. This includes recognizing what constitutes sexual harassment, the legal obligations of the employer, and the rights of the complainant. Educating employees on the Act helps in preventing instances of sexual harassment by raising awareness about unacceptable behaviors and creating a deterrent effect. Employees are more likely to adhere to appropriate workplace conduct. University employees are better equipped to comply with the legal requirements outlined in the Act. This includes the establishment of ICCs and the timely resolution of complaints, ensuring the institution's adherence to legal standards.
Photo	

Co-ordinator


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Department of Women's Studies

Name of the Activity	Legal Awareness Programme for Self Help Group Women
Type of Activity	Awareness programme-Extension activity
Date & Time	9 th December 2022 (10.30pm-1.00pm)
Details of Participants	85
Co-ordinator	Dr.I.Sivakumar
Organizing Department	Department of Women's Studies
Collaborating Agency	District Social Welfare & Tamil Nadu Rural Livelihood Mission
Description	The Department of Women's Studies, Alagappa University, Karaikudi organised a One Day Legal Awareness Programme for Self Help Group Women. Prof.K.Manimekalai, Head, Department of Women's Studies delivered welcome address. Prof. G. Ravi, Vice- Chancellor, Alagappa University, inaugurated and presided over the programme, Dr.R.Stalin IPS, Assistant Superintendent of Police, Karaikudi, delivered keynote address, Ms.P.Anbu Gloria, District Social Welfare Officer, Sivagangai, Mr.V.Kannapan, Advocate, Karaikudi delivered special address. The main objective of the programme is enhancing knowledge on legal rights of women and girls would help them to share their power equally and to work together for achieving equality and justice. Discussed the importance of Internal Complaints Committee and various key provisions of the Sexual Harassment of Women at Work place (Prevention, Prohibition and Redressal) Act, 2013.
Outcome	Legal awareness programs empower women by providing them with knowledge about their legal rights, enabling them to make informed decisions and advocate for themselves within their families and communities. Awareness of laws related to domestic violence enables women to recognize and address abusive behavior. Legal literacy in this area can encourage women to seek protection and support, leading to a reduction in domestic violence incidents. Legal awareness programs can inform SHG women about available legal aid services. This knowledge is crucial for those who may not have the financial means to hire legal assistance, ensuring access to justice when needed.
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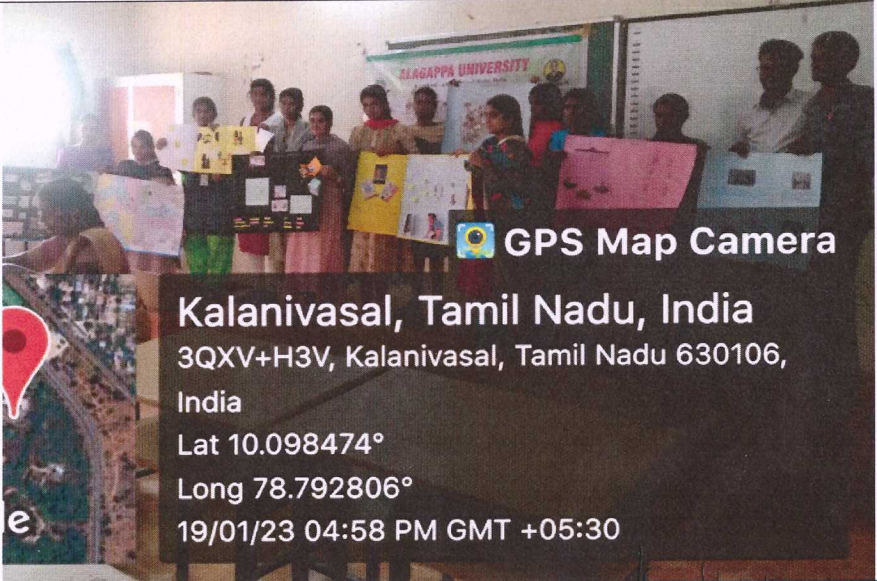
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Name of the Activity	Series of Programmes Organized by the Gender Champions
Type of Activity	Awareness programme-Extension activity
Date & Time	19 th January 2023 (10.30pm-1.00pm)
Details of Participants	900
Co-ordinator	Dr.P.Sindujha
Organizing Department	Department of Women's Studies
Collaborating Agency	Department of Banking Management, Alagappa University
Description	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. Prof.K.Alamelu, Head, Department of Banking Management, highlighted the significance of promoting Gender Equality in socialization process, education, health, employment, and administrative sectors. She also appreciated the students for their involvement and active participation in various competitions. Nearly 60 students actively participated in the competitions and exhibited their talents.
Outcome	Competitions promoted awareness of the importance of gender equality among students. Through the creation of artwork and slogans, students engage with the theme, deepening their understanding of gender-related issues. Competitions provided a platform for nurturing creativity. Students explore innovative ways to visually represent and communicate ideas surrounding gender equality through sketches and posters. The theme of gender equality encourages students to consider inclusivity and equal opportunities for all genders. Competitions create a space where students can celebrate diversity and challenge stereotypes. Students gained insights into the challenges faced by different genders, promoting empathy and sensitivity. This increased awareness can lead to more inclusive and respectful behavior in their interactions.
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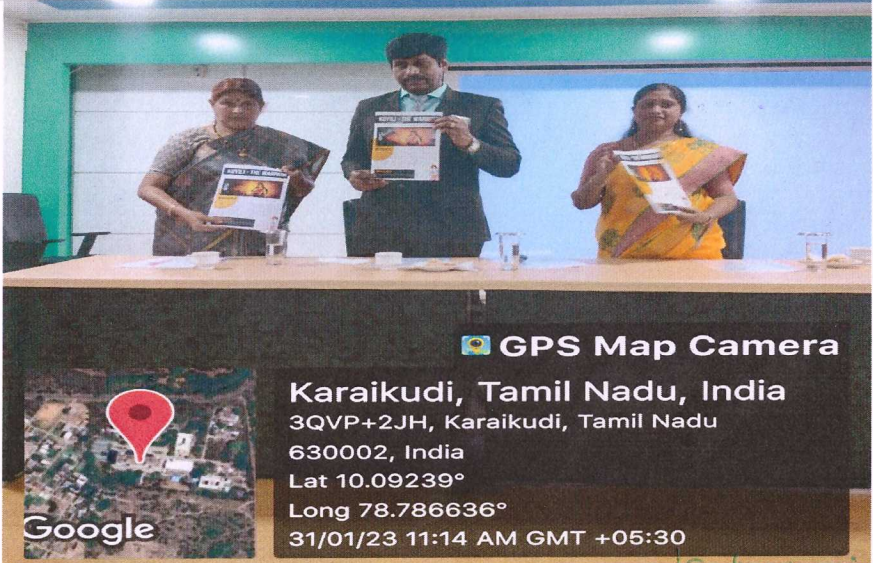
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Name of the Activity	Awareness Programme on Polycystic Ovary Syndrome for Teen age girl students
Type of Activity	Awareness programme-Extension activity
Date & Time	31 st January 2023 (10.30pm-1.00pm)
Details of Participants	200
Co-ordinator	Dr. S.Geetha
Organizing Department	Department of Women's Studies
Collaborating Agency	Karaikudi Medical Centre and Hospital
Description	The Department of Women's Studies organised an 'Awareness Programme on Polycystic Ovary Syndrome for Teenage girl students. Prof.K.Manimekalai, Chairperson, School of Social Sciences, and Head, Department of Women's Studies, Alagappa University, gave a welcome address. Prof.G.Ravi, Vice-Chancellor, Alagappa University delivered presidential address, 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. Further, the Women's Studies News letter was also released, named Kuyili – The Warrior which depicts the major activities and accomplishments of the Department of Women's Studies from January 2022 – December 2022.
Outcome	Increased awareness enables teenage girls to recognize the signs and symptoms of PCOS early. Early detection allows for timely medical intervention, which can help manage symptoms and prevent potential complications. The awareness program provides girls with essential information about their reproductive health, including the causes, symptoms, and potential impact of PCOS. This knowledge empowers them to take proactive steps toward their health and well-being.
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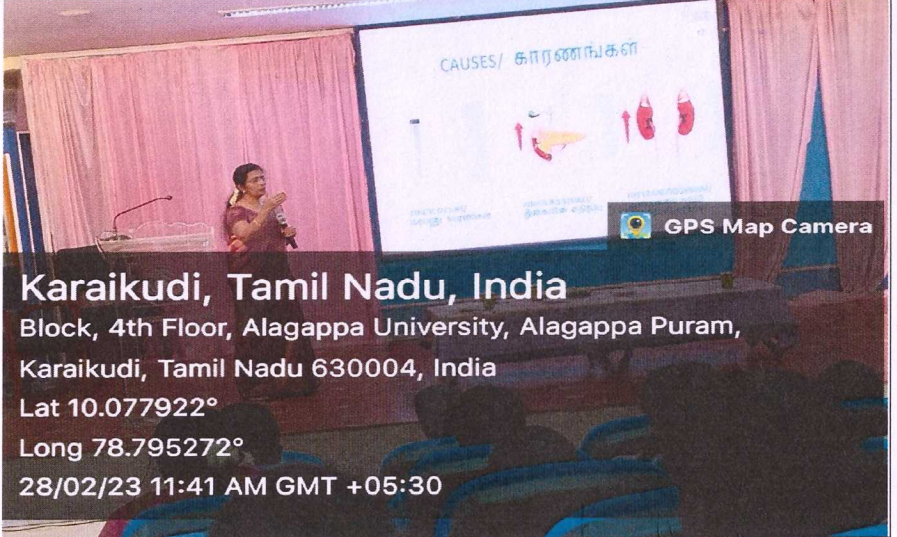
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Name of the Activity	Awareness Programme on Endometrial cyst for Teen age girl students
Type of Activity	Awareness programme-Extension activity
Date & Time	28 th February 2023 (10.30pm-1.00pm)
Details of Participants	200
Co-ordinator	Dr. P.Veeramani
Organizing Department	Department of Women's Studies
Collaborating Agency	Thampiran Hospital, Karaikudi
Description	The Department of Women's Studies organised an "Awareness Programme on Endometrial Cyst for Teenage Girl students. Prof.K.Manimekalai, Chairperson, School of Social Sciences, and Head, Department of Women's Studies, Alagappa University delivered welcome address, Prof.S.RajaMohan, Registrar i/c, Alagappa University delivered the presidential address and Dr. Uma Somasunthram, MD, DGO, Karaikudi Thampiran Hospital, briefly explained the medical treatments for Polycystic Ovary and Endometrial Cyst Syndrome. She highlighted the symptoms of endometrial cysts and PCOS and pointed out irregular and delayed periods, obesity, type 2 diabetes, acne, and excess hair growth on the face and body. She highlighted that regular exercise has a powerful impact on our hormones and overall body health and also combining a healthy diet high in nutrients and low-impact exercise should be the starting point for controlling the symptoms.
Outcome	Increased awareness enables teenage girls to recognize the signs and symptoms of endometrial cysts early on. Early detection allows for timely medical intervention, potentially minimizing the impact of the condition on their reproductive health. Awareness programs often emphasize the role of a healthy lifestyle in managing and preventing health issues. This includes promoting regular exercise, a balanced diet, and stress management, which can contribute to overall well-being. Teenage girls become aware of the various treatment options available for endometrial cysts. This knowledge allows them to make informed decisions about their healthcare, in consultation with healthcare providers and family members.
Photo	 <p>Karaikudi, Tamil Nadu, India Block, 4th Floor, Alagappa University, Alagappa Puram, Karaikudi, Tamil Nadu 630004, India Lat 10.077922° Long 78.795272° 28/02/23 11:41 AM GMT +05:30</p>

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Department of Women's Studies

Name of the Activity	Awareness Programme on “Reproductive Health Through Siddha Medicine
Type of Activity	Awareness programme-Extension activity
Date & Time	26 th May 2023 (10.30pm-1.00pm)
Details of Participants	100
Co-ordinator	Dr. P.Veeramani
Organizing Department	Department of Women's Studies
Collaborating Agency	Sri Bohar Udal Nalaviyal Maiyam, Ulagampatti, Pudukottai
Description	As part of Azadi Ka Amrit Mahotsav and RUSA – 2, the Department of Women's Studies organized an awareness programme on “Reproductive Health Through Siddha Medicine”. Dr.V.Karunanithi, BSMS, Sri Bohar Udal Nalaviyal Maiyam, Ulagampatti, Pudukottai, 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 a 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, anemia, etc.
Outcome	Siddha medicine emphasized a holistic approach to health, considering physical, mental, and spiritual aspects. Implementing reproductive health programmes. Siddha medicine promotes overall well-being rather than addressing isolated symptoms. Siddha medicine relies on natural remedies derived from herbs, minerals, and other natural substances. These remedies often have fewer side effects compared to synthetic medications, promoting the use of natural resources for reproductive health. Programs can provide guidance on nutrition, rest, and traditional practices to support postpartum well-being.
Photo	 <p align="right">GPS Map Camera Karaikudi, Tamil Nadu, India 3QG+WVR, Alagappa Puram, Karaikudi, Tamil Nadu 630004, India Lat 10.07749° Long 78.797308° 26/05/23 11:42 AM GMT +05:30</p>

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