

THE UGC SAKSHAM - SRMIST VADAPALANI CAMPUS

ACTIVITIES DETAILED REPORT

ACTIVITIES UNDERTAKEN FOR THE YEAR 2017

1. Event: Work Life Balance- Issues and Challenges of Working Women

Date: 21/02/2017

Guest: Ms. Manjula Rangarajan, Financial Advisor and Chief Accounts Officer- Southern Railways, Indian Railways.

Ms. Manjula Rangarajan discussed how the women were in the past, present and the future and how have they evolved themselves over time. She also introduced the participants to many exclusive examples. She encouraged the young girls like us that we should strive for equality and to create an identity for self.



Ms. Manjula Rangarajan, Financial Advisor and Chief Accounts Officer Southern Railways Chennai, addressing the girls students of SRM university, under SAKSHAM initiative of SRM University, Vadapalani campus.

2. Event: Basic Self Defense for Girls

Guest: Mr Santosh, Mardas Martial Arts Academy

The workshop focused on major threat areas and the basic techniques to face them. The students were made to practice each move so that they gain basic understanding as to how to make an effort to protect themselves in the event of an attack. s



3.Event: Innovative Interventions to de-stress in Women

Date: 17/10/2017

Guest: Mrs. Uma Venkatachalam, Corporate Trainer

lively and interactive manner by asking students the various reasons for stress faced by students currently. Certain personal experiences were shared which made the session even more interesting. She emphasised on the fact that every part of the body is related to certain emotions. Any pain or ache can be related to a particular emotional disturbance. So treating that emotion can cure the pain.



MRS.UMA VENKATACHALAM ADDRESSING SRM GIRLS - UGC SAKSHAM

ACTIVITIES UNDERTAKEN FOR THE YEAR 2018

Event: Session on Legal awareness

Date: 04/04/2018

Guest: Ms V Adhilakshmi Logamurthy, Advocate

The guest spoke about the importance of people knowing their laws and following their duties. She educated the students about the laws that ensure women safety such as the laws against child marriage, rights to property, eve teasing etc.

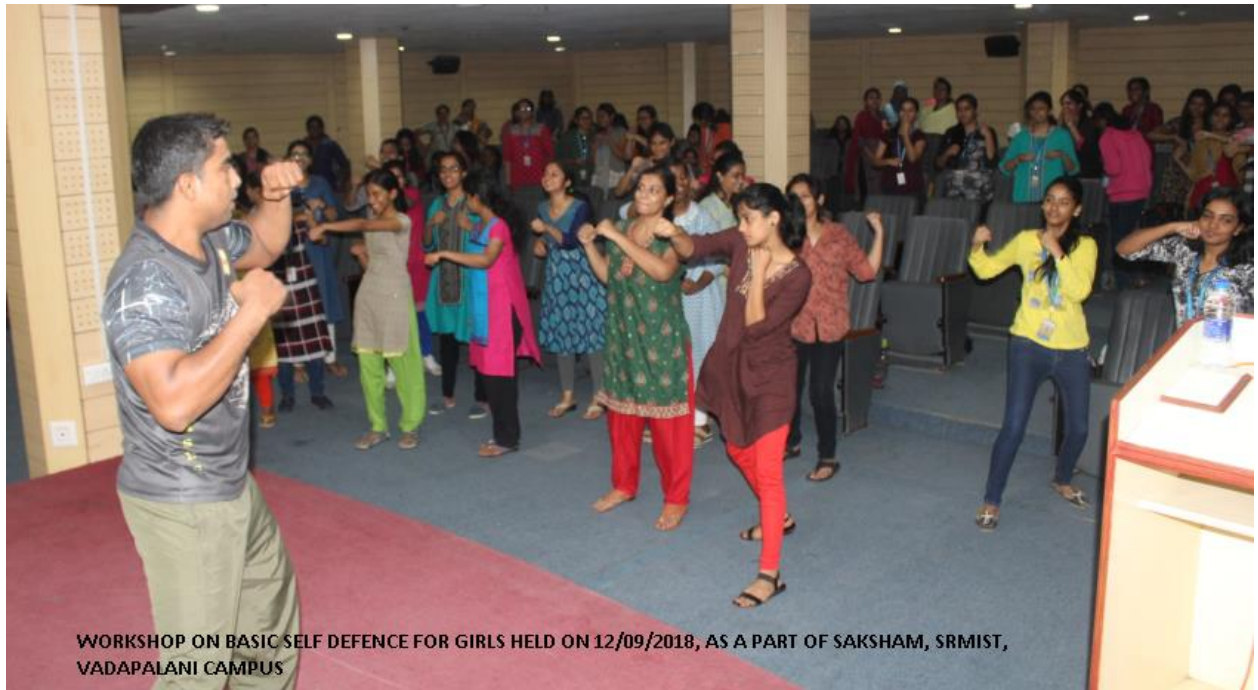


Event: Basic Self Defense for Girls

Date: 09/12/2018

Guest: Mr Santosh, Mardas Martial Arts Academy

The workshop focused on major threat areas and the basic techniques to face them. The students were made to practice each move so that they gain basic understanding as to how to make an effort to protect themselves in the event of an attack



DATE: 10/10/2018

Event: Cyber Security for Women

Guest: **Ms S. P. Lavanya**, Additional Superintendent of Police, Cyber Crime Cell, CBCID Chennai

. Ms Lavanya made the session highly interactive and was successful in reaching to the girl students by her down to earth approach and plain speaking on issues related to sexual harassment and the precautions to be taken by the girl students.



ACTIVITIES UNDERTAKEN FOR THE YEAR 2019

Date: 30/01/2019

Event: Self Management and Gender Sensitization

Guest: Ms Usha Pillai, Chief Consultant Flexi Careers, Corporate Trainer

The session was interactive and highly informative and focused on issues and challenges faced by women in career finally ending with workplace discrimination, stereotyping and sexual harassment at work.



Date: 08/03/2019

Event: Stree Bhava Utsav Rally on Women Empowerment

Guest: . P Subramaniyan , Inspector of Police R2 Kodabbakam traffic police

The rally was flagged off by Mr. P Subramaniyan , Inspector of Police R2 Kodabbakam traffic police station and was graced by the presence of Dr K Duraivel, Dean of the institute. About three hundred girl students and lady staff members of SRM Institute of Science and Technology ,Vadapalani participated in the rally. The girls carried banners to celebrate women hood named as “Stree Bhava utsav”. A pamphlet containing helpline number for women and the legal provisions related to women harassment and crimes was distributed to the women on road during the rally. The rally was successful in creating awareness and interest in the general public.



Date: 30/03/2019

Event: Conference on Safety of Women

Guest: Mrs Padma Venkataraman, President WIA Chennai, Sri, J Chandrakumar, IAS (Retd) Director Admin SRMIST, Dr Bhavatarini, Senior Advocate Madras High Court, and Ms Bhargavi Devendra, Secretary , WIA.

The UGC SAKSHAM wing of the SRM Institute of Science and Technology (SRMIST), Vadapalani Campus in collaboration with Sanju Women's Wefarre Association organized a one day seminar on "Safety of Women" on 30th of March 2019 in the Auditorium, SRMIST, Vadapalani



Date: 24/09/2019

Event: Awareness Session on Cervical Cancer

Guest: Dr.SivagamiGopinath ,Gynaecologist and Obstetrician - SIMS Hospital ,Chennai

The purpose of this lecture was to provide better understanding about cervical cancer among young women of reproductive age. Dr.Sivagami elucidated on the causes ,prevention and the associated vaccine to prevent cervical cancer. Young women popped several questions and clarified their doubts with the resource person.



Date: 17/10/2019

Event: De-stressing and The Science of Living

Guests: Ms Sripriya Arunand Mr. Sarvana Prabhu

The session was conducted in a highly interactive manner by the facilitator keeping the energy levels of the students high all through. The students were made to participate in different exercises to enhance their kinesthetic skills later followed by a debriefing to impact to the importance of these exercises in releasing stress.



UGC SAKSHAM Session of De-stressing - the Science of Living , delivered by Mr Sarvana Prabhu, Kenisthetics Exercises being conduted.

Date: 17th & 18th of October 2019

Event: Bhavishya – Training session safety of girl child for school children

Trainers: Ms Haritha Balani, Ms Kanmani, Ms, MBA II year Students



Bhavishya – Outreach Training conducted by the MBA Girls for school children



Bhavishya – Outreach Program conducted by MBA students as a part of UGC SAKSHAM on safety of girl child.

ACTIVITIES UNDERTAKEN FOR THE YEAR 2020

Date: 24/02/202

Event: Awareness Session on Kavalan SOS App

Guest: Mr Arokiya Prakasam, Assistant Commissioner of Police, Vadapalani

The chief guest Mr Arokiya Prakasam, Assistant Commissioner of Police, Vadapalani elucidated the working and procedure of the Kavalan - app .A demo was conducted by Ms.Poomathy, HOD EFL to show the girl students the swiftness of the working of the app . The demo was followed by a Question and answer session the female students .Few features were suggested by the students to the ACP . The dignitaries also witnessed a video presentation on Bhavishya - good touch and bad touch training given by the girls of Vadapalani campus in various schools across the city.



Date: 05/03/202

Event: Accham Thavir – A panel Discussion

Guests: Dr Veni, Ms SBhuvaneshwari,

Dr Veni a sidha doctor highlighted on the increasing importance of sidha medicine how in increasing immunity and to lowering the emotional trauma faced by the women. Ms

S.Bhuvaneshwari Principal, SRM Public school, Chennai, also an invited guest initiated her lecture with the Subrahmanya Bharati's verse which express a women skillfulness.

