



**MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**  
Affiliated to the University of Madras | An ISO 9001:2015 certified Institution  
Mogappair West, Chennai-600 037

**AQAR  
2022-23**

## WOMEN CELL CONDUCTS PROGRAM ON ACCOUNT OF WOMENS DAY

On this auspicious occasion of International Women's Day, we gather with hearts full of reverence and celebration to honor the remarkable achievements, resilience, and indomitable spirit of women around the world. Today, we embark on a journey of empowerment, inspiration, and unity as we come together to commemorate the invaluable contributions of women to society and reaffirm our commitment to gender equality and women's rights. Our Women's Day program is more than just a series of events; it is a vibrant tapestry woven with the threads of empowerment, advocacy, and solidarity. The inauguration of our program begins with a formal welcome address, extending warm greetings to our esteemed guests and participants. We are privileged to welcome Dr. Eswari Ramesh, Assistant Professor at Queen Mary's College, Department of Economics, and Ms. Gayathri, Miss Beauty Icon 2022, as our distinguished chief guests. Their presence serves as a beacon of inspiration, igniting the flames of hope and possibility in the hearts.

**MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**  
Approved by the Govt of Tamil Nadu & Affiliated to the University of Madras  
AN ISO 9001-2015 Certified Institution, Managed by the Malankara Syrian Catholic Trust

Women's Cell in association with IQAC  
Celebrates  
**INTERNATIONAL WOMEN'S DAY**

**Chief Guest**  
Dr. Eswari Ramesh  
Assistant Professor  
Queen Mary's College  
Chennai- 04.

**Ms. Gayathri**  
Miss Beauty Icon - 2022

**Date: 08.03.2023**      **Time: 12 noon to 1.15 pm**      **Venue: Mar Ivanios Hall**

Ms. T. N. Rekha  
Convener(shift-I)      Dr. N. Kalalarasi  
Convener(shift-II)      Dr. G. Gayathri  
Vice Principal (shift-I)      Dr. S. Shalini Maher  
Vice Principal (shift-II)

Dr. M. Sivarajan  
Principal      Rev. Fr. Mathew Pallikunnel  
Secretary

*"Every women's success should be an inspiration to another. We're strongest when we cheer each other."*

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**DEPARTMENT OF BUSINESS ADMINISTRATION PRESENTED GIFTS TO THE  
 WOMENS STAFF ON ACCOUNT OF WOMENS DAY**

On account of Women's Day, the students of the Department of Business Administration Greeted all the Teaching and Non-teaching Women staff with Roses, Nuts and Fruits as token of Love and Honoured them for their Tired less Service to mankind in ways possible.



*R. Srikanth*

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*M. Sivarajan*  
**Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.**  
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## **MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**

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AN ISO 9001:2015 CERTIFIED INSTITUTION  
MANAGED BY THE MALANKARA SYRIAN CATHOLIC TRUST

**ACCREDITED BY NAAC WITH B++ GRADE**

**DEPARTMENT OF SOCIAL WORK**

**GREGORIAN ASSOCIATION OF SOCIAL WORKERS**

**ORGANIZES**

**AN AWARENESS PROGRAMME ON**

**WOMEN'S HEALTH CARE**

DATE:  
16/09/2022 11 am

**Resource Persons**

VENUE:  
MAR IVANIOS HALL

**Dr. ARUNA ASHOK**

Clinical Director At A4 Fertility Centre

**M.VANITHA DEVI**

Child Development Project Officer -TN Government

**Prof. A. Flowerence**  
Association President & Convenor

**LT D. Moieson Thairiyam**  
Head

**Dr. G. Gayathry**  
Vice - Principal

**Dr. M. Sivarajan**  
Principal

**Rev. Fr. Mathew Pallikunnel**  
Secretary

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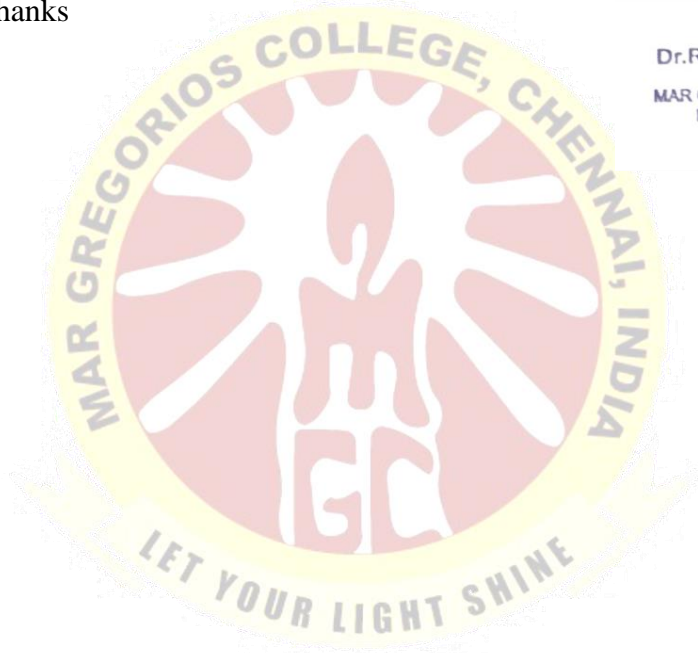
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## **PROGRAM SCHEDULE**

1. Prayer song
2. Welcome address
3. Chief guest introduction and Felicitation by Staffs
4. Awareness session by A4 Hospital
5. Campaign Introduction
6. Awareness session by ICDS
7. Interaction session
8. Vote of thanks

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## RESOURCE PERSONS

1. Dr. ARUNA ASHOK,
2. Ms. M. VANITHA DEVI

## PROFILE OF RESOURCE PERSONS

### 1. Dr. Aruna Ashok, Clinical director at A4 Hospital

Completed her MS O&G, that is, MS Obstetrics & Gynaecology

D.N.B O&G, - Diplomate of the National Board of Medical exam in Obstetrics & Gynaecology.

• She has completed her M.B.B.S at the Kilpauk Medical College, followed by her MS OG at JIPMER, Pondicherry.

• She has also been at the Infertility training which is done in the reproductive medicine division of Sri Ramachandra Medical Institute.

• Also, she has completed her Diploma in Radiation Medicine (DRM) from Keli University, Germany.

Looking at her medical career, she has been versatile in her service

- She has 17+ years of Experience in the Field of Fertility, Obstetrics & Gynaecology
- She has also been a remarkable speaker at International Conferences and has presented papers
- She is also the executive committee member of TAPISAR

### 2. M.Vanitha Devi M.Sc., M.Phil.,

CDPO (Child Development Project Officer) from Tamil Nādu state Government

M.Sc. (Nutrition) – Maharaja College for women – Perundurai

M.Phil. – Mother Teresa College for Women – Kodaikannal

Experience: In the field of ICDS Services

ICDS Main components, namely:

- Early Childhood Care Education & Development (ECCED)
- Care & Nutrition Counselling
- Health Services
- Community Mobilisation Awareness, Advocacy & Information, Education and Communication



## **INTRODUCTION**

**Gregorion association of social workers** organized a one-day Women health care awareness program on 16<sup>th</sup> September 2022(Friday) in collaboration with A4 fertility centre and ICDS.

The main objective of the program was to promote the importance of nutrition (to commemorate nutrition week) and to give awareness on women health issues.

The programme held at Mar Ivanios hall around 11:30 am. More than 100 women students attended the program along with 15 ICDS staffs

## **PROGRAMME OBJECTIVE**

The main objective is to promote women health sensitive issues

- To improve women's health
- To inform and educate the mass about their certain health issues and promote nutritious well-being.
- To create an awareness about the available wellness resources
- To share adequate information upon health and nutrition
- To help listeners and their close ones choose a lifestyle that knocks down unhealthy ambiance
- To cut down the rate of women health problems and low nutrition
- To create an awareness about sanitary waste segregation by starting a RED-DOT campaign with the theme.

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## **REPORT**

An Awareness Program On Women's Health Care And Red Dot Campaign was conducted on 16th September 2022 in MAR IVANOS HALL at MAR GREGORIOS COLLEGE. Resource Person, Dr. Aruna Ashok, the Clinical director at A4 Hospital shared some common issues faced by female students. PCOD, irregular menstruation, thyroid problems and cervical cancer were some of the issues that we readdressed. She gave insights on various problems on women's health. The Resource person warned about the serious consequences on the prevailing new fast food culture and suggested nutritious and balanced diet. Mrs.M.Vanitha Devi, Child Development Project Officer from Tamil Nadu State Government displayed charts and place cards on anemia, malnutrition and Obesity.

Nearly hundred female students and 15 ICDS staff participated. The participants were encouraged to follow healthy habits adapting themselves to a healthy lifestyle in future.

### **THE CAMPAIGN**

The campaign was named as **RED DOT CAMPAIGN**. The women students were marked with a red dot on their palms as a demonstration.

Red-dot campaign a first kind campaign was initiated to create an awareness about the sanitary segregation. The red dot campaign by SWACH cooperative is sensitizing people about the importance of proper handling and disposal of sanitary waste. The campaign was initiated in Pune 2007.

In Pune waste pickers handle about 20,000kg of dirty diapers and sanitary pads everyday, exposing themselves to diseases like staphylococcus, hepatitis, salmonella and typhoid.

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To talk about the SWACH (Solid Waste Collection and Handling) the residents were asked to wrap up their sanitary pads and diapers in paper that was marked with a red dot. This would help the SWACH workers to identify sanitary waste and treat it accordingly. And thus the RED DOT campaign was formally launched and reported that 50% of the people have started to wrap their sanitary wastes compared with 0% before the campaign.

In the end, the women students were asked to show their red dot on their palms and shout “ YES I BLEED”

### **DISCUSSIONS AND INTERACTIONS**

- Socio-cultural beliefs and taboos surrounding menstruation
- Girls understanding and gaining knowledge of menstruation
- Current menstrual hygiene practices
- Balanced food habits
- Aware of malnutrition
- Malnutrition related syndromes

### **OUTCOME OF THE PROGRAM**

The participants at the programme were encouraged to incorporate healthy habits and also take various preventive measures so that in the upcoming times they can stay safe and healthy. They also insist to integrate and maintain healthy lifestyle.

### **DEPARTMENT FEEDBACK SESSION**

- Volunteers needed for mobilizing
- Projector check
- Timings
- To have banner
- Time allotment for resource person session
- Should form committees for all the work
- Have to inform students about their roles and responsibilities
- Two resource persons in a same day should be avoided



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