

# **GENDER EQUITY PROGRAMS**

## **(2023-24)**



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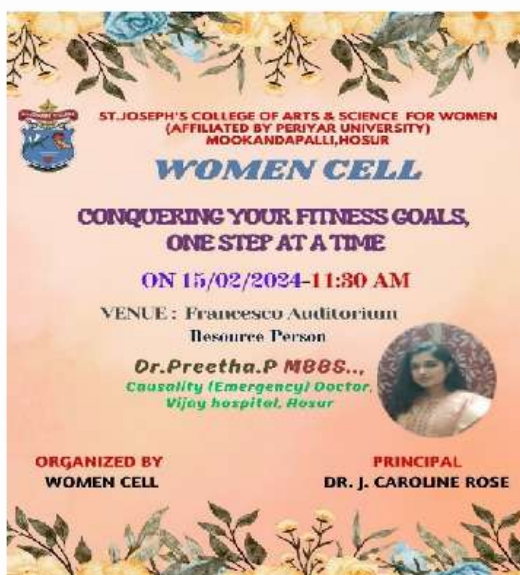


# Women & Health

## Conquering your Fitness Goals, One Step A Head

On 15.02.2024, Conquering your Fitness Goals, One Step A Head awareness program is organized by Women's Cell. The Resource Person Dr. Preetha .P, MBBS., Causality Doctor, Vijay Hospital Hosur, addressed the students to raise awareness about the importance of women's fitness and the existing challenges hindering access and participation. This awareness program delves into the landscape of women's fitness, exploring its benefits, challenges, and opportunities.

Nearly 500 students of second year of our college have participated. Exercise strengthens muscles and bones, reducing the risk of chronic diseases like heart disease, diabetes, and osteoporosis. Women's fitness is crucial for individual and societal well-being. Recognizing the challenges and capitalizing on existing opportunities can foster an environment where women feel empowered and supported to pursue healthy and active lifestyles.

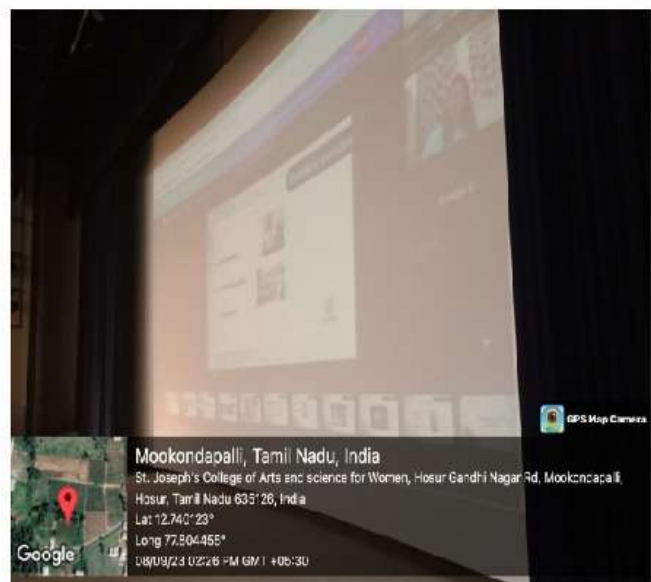
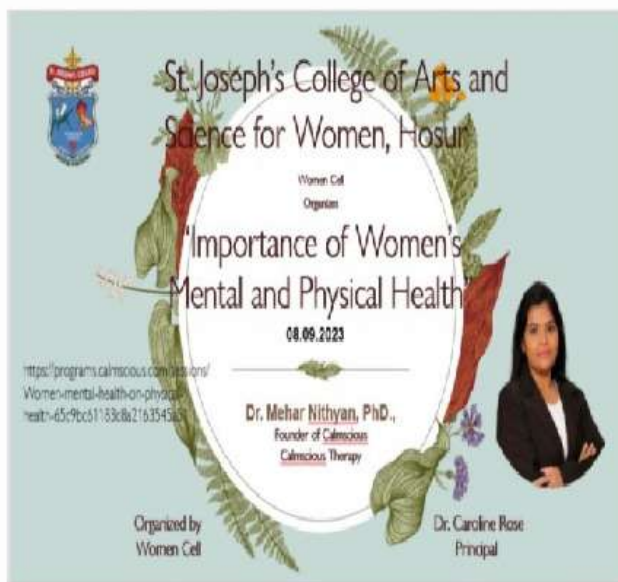




# Women & Health

## Importance of Women Mental and Physical Health

The Women's Cell of St. Joseph College of Arts and Science for Women, Hosur organized online insightful session on the importance of women's mental and physical health. The event, held online for the academic year 2023, featured Dr. Mehar Nithyan, PhD., Founder of Calmscious, Calmscious. Therapy, as the esteemed chief guest. Dr. Mehar expertise and guidance enriched the session, leaving participants with valuable knowledge and inspiration to prioritize their well-being. The Women's Cell, remains committed to organizing such insightful events to empower and support women in their journey towards holistic wellness.



# Women & Culture

## Gender Mainstreaming

On 07.07.2023, the Gender mainstreaming, awareness program organized by women's cell. A pivotal aspect of fostering gender equality, took center stage in an event attended by our college students. Spearheaded by renowned guest speaker P. Karuna Moorthy, M.Sc., B.Ed., the event aimed to cultivate awareness and action towards gender inclusivity. This program assesses progress in implementing gender mainstreaming initiatives within our organization. Gender mainstreaming ensures policies, programs, and projects address the diverse needs and interests of both men and women, leading to greater equality.



St. Joseph's College of Arts and Science for  
Women, Hosur

Affiliated to Periyar University  
Mookandapalli, Hosur

**Women's Cell**

Organizes

***GENDER MAINSTREAMING***

JUL | 07 | 2023

VENUE: ST. FRANCESCO AUDITORIUM

Resource Person

MR. P. KARUNAMOORTHY M.SC., B.ED

Mrs. Monika  
Convener

Rev. Sr. Dr. Helen  
Secretary and Principal

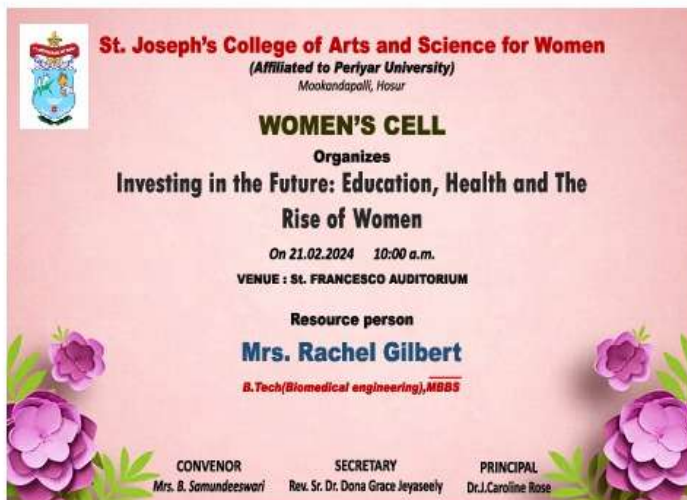




# Women & Technology

## Investing in the future: Education, health and the rise of women

On 21-02-2024 the investing in the future is organized by Women's Cell to advance the role of the education, health and the rise of women in today's society. The Resource person Mrs. Rachel Gilbert B.tech (Biomedical engineering) MBBS, have said about the importance of education, health and the role of women in today's society. She also talked about the importance of women's role in today's society. There exist various options that can be pursued by countries, which are willing to invest in women, improve economic performance, and stabilize their growth trajectory.



**St. Joseph's College of Arts and Science for Women**  
(Affiliated to Periyar University)  
Mookondapalli, Hosur

**WOMEN'S CELL**  
Organizes

**Investing in the Future: Education, Health and The Rise of Women**

On 21.02.2024 10:00 a.m.  
VENUE : ST. FRANCESCO AUDITORIUM

Resource person  
**Mrs. Rachel Gilbert**  
B.Tech(Biomedical engineering), MBBS

CONVENOR: Mrs. B. Samundeeswari  
SECRETARY: Rev. Sr. Dr. Dona Grace Jayaseely  
PRINCIPAL: Dr. J. Caroline Rose





# Women & Law

## Women's Awareness Program

Women's Awareness Program was Organized by Women's cell and celebrated on 27.02.2024. Dr. Meenoo S, Gynecology, Sri Chandrasekra Hospital, Hosur was the chief guest. She delivers about Women's anxiety and how to manifest in various forms, influenced by societal pressures, personal experiences, and biological factors. Overcoming anxiety requires a multifaceted approach that addresses both the underlying causes & symptoms.





# Women & Social

## Women's Day Celebration

Our college proudly celebrated Women's Day 2024 with a vibrant celebration encouraging women. The event, held on 08.03.2024, was a proof to our collective dedication to voicing gender equality and women's achievement. We were honored to have Dr.Gnana Soundari Retired Professor, Head of Economics, Lady Doak College, Madurai as our esteemed chief guest for the occasion. Her presence enriched the event, inspiring students and faculty alike with her passion for women's development.

