

Report of the Inaugural Function

Women Development Cell inaugural function has held on 12/07/2023. The programme started with Tamil Thai Vazhthu sang by students. Rohini III Comp delivered welcome address. Dr A Sankara Subramanian, Principal SPC inaugurated the Women Development Cell. Nandhini III Comp and Iswarya II ECE are installed as Student President and Student Vice-President. Penne Nee Mahathanaval Song sung by all the students. Felicitation Address was given by Mr R V Srinivasan, AO, SPC delivered felicitation address. Dr B Vijayalakshmi, Librarian introduced the Guests. Mr M Pushparaj, DSP, Thalaisyuthu Sub Division delivered Guest Lecture. Sir insisted on women empowerment through employment. Sir throws lights on hided issues faced by women in the society and explained precautions for using social media. He also focused on POCSO - Protection of Children from Sexual Offences and Kunder Laws. Then Ms R Seethalakshmi, Inspector of Police, All Women Police Station, Thalaisyuthu gave awareness about the society threats, mobile threats and told about rescue number 1930. Students queries were clarified. They insisted on Self Esteem in the society. Students get confident through this program. Santhya III Comp proposed vote of thanks. With the National Anthem, programme came to an end.



Women's Health is Family's Health

19/07/2023

Women's Health is Family's Health is organized by Women Development Cell and Library Club held at the Seminar Hall, Computer Department, Sankar Polytechnic College, Tirunelveli on 19/07/2023. The program started with a Tamil Thai greeting song by the students. Dr B Vijayalakshmi, Librarian delivered the welcome address. All the students sang the women's uplifting song "Penne Nee Magathanaval". S.Durga, III CSc introduced the

chief guest. Dr Premasudha V Consultant Obstetrician and Gynaecologist delivered the keynote address. She emphasized on proper balanced diet and enough physical activity are important for health. Yoga, Meditation, cycling or walking are to be followed daily. Mam suggested to avoid junk food, outside food. She touches about mental health also. She highlighted about menstrual cycle, ph, HB levels, stomach belly. She asked students to have some hobbies that will reduce the stress. The questions of the students and staff were clarified by her. Students gave commendable feedback. M Usha Priya III CSC delivered the vote of thanks. The program concluded with the National Anthem. Master of Ceremony is done by S. Aishwarya, II ECE, Students Joint Secretary. With the National Anthem, Programme came to an end.



Report of the Women's Mental Health

Women's Mental Health is organized by Women Development Cell and Library Club held at the Seminar Hall, Computer Department, Sankar Polytechnic College, Tirunelveli on 23/08/2023. The program started with a Tamil Thai greeting song by the students. A Ameera Ummu Salma, III ECE delivered the welcome address. A Sathya, I Comp performed Welcome Dance. Dr A Sankara Subramanian, Principal Sir delivered the Presidential address.

All the students sang the women's uplifting song "Penne Nee Magathanaval". Dr B Vijayalakshmi, Librarian introduced the chief guest. Dr Janani A Prasanna, Psychiatrist, Krishna Maternity & Paediatrician Hospital started her session with questions from Students. Session was much interactive. She explained about mental health from childhood, different mine sets at different age. She throws lights on mobile usage. She highlighted about hormones which stimulates to watch screen much time. Mam told about body clock, stress management, menstrual cycle issues and so on. M Abirami III ECE delivered the vote of thanks. The program concluded with the National Anthem.



World Breastfeeding Week Celebration

Report on Elocution & Essay Writing Competition

உலக தாய்ப்பால் வார விழா

பேச்சுப் போட்டி & கட்டுரைப் போட்டி

Tue, 1 Aug, 2023 – Mon, 7 Aug, 2023

On account of World Breastfeeding Week Celebration, Elocution & Essay Writing Competitions were conducted for the Girl Students in order to create awareness. 17 Students, participated in the Essay Writing Competition and 5 Students participated in the Elocution Competition. Competition held at the Library. 3 Judges judged the competitors and essays. 4 prizes were awarded to each category. Participation Certificates and Prizes expenditure were distributed in the Women Development Cell's Women's Mental Health Programme. The World Breastfeeding Week Celebration was a valuable initiative that successfully promoted breastfeeding awareness among students. By providing a platform for students to express their thoughts and ideas, the event contributed to creating a more informed and supportive community.

Report of the Women's Health in Women's Hands

Women's Health in Women's Hands is organized by Women Development Cell and Library Club held at the Seminar Hall, EEE Department, Sankar Polytechnic College, Tirunelveli on 31/01/2024. The program started with a Tamil Thai greeting song by the students. A Ameera Ummu Salma, III ECE delivered the welcome address. Dr A Sankara Subramanian, Principal Sir delivered the Presidential address. All the students sang the women's uplifting song "Penne Nee Magathanaval". Dr B Vijayalakshmi, Librarian introduced the chief guest. Lt.S.Chithra, Asst Prof & Head, Department of English & Associate NCC Officer, Sri Sarada College for Women (Autonomous), Tirunelveli explained importance of women's health, Food Habits, overall health management by simple exercises, yoga and Meditation. M Abirami III ECE delivered the vote of thanks. The program concluded with the National Anthem.



Report on Women's Day Celebration

Women Development Cell and National Digital Library Club Organized Women's Day Celebration on March 08, 2024. The Women's Day Celebration was a grand success, with a diverse range of cultural events and inspiring speeches. The program began with a traditional Tamil Thai Vazhthu, followed by a warm welcome address by Mrs. M Vasantha Priya. Dr. A Sankara Subramanian, Principal of SPC, delivered the presidential address,

emphasizing the significance of women's empowerment and their contributions to society. Mr. R V Srinivasan, Administrative Officer, delivered the felicitation address.

The chief guest, Dr P. Subha Karuvelam, Professor (CAS), Department of Electrical and Electronics Engineering, Government College of Engineering, Tirunelveli, delivered an insightful and motivational speech. She highlighted the achievements and challenges faced by women in various fields and encouraged them to strive for excellence.

The cultural events included a vibrant welcome dance, followed by a series of captivating performances by students. The program concluded with the national anthem, leaving a lasting impression on all attendees.

The Women's Day Celebration was a memorable event that showcased the talent, resilience, and determination of women. It served as a platform to inspire and empower women to reach their full potential. Dr B Vijayalakshmi proposed vote of thanks and with the National Anthem, Programme came to an end.

