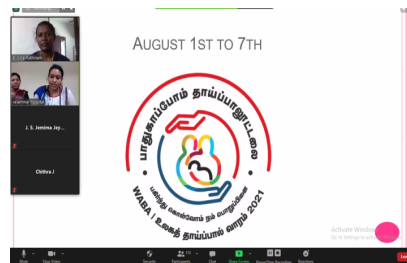


LADY DOAK COLLEGE, MADURAI
O/o Deans of Student Affairs

Breastfeeding Awareness Programme:

The students were deputed to attend a virtual training programme organized by Velammal Medical Hospital And Research Institute on August 3, 2021.at 2 PM.

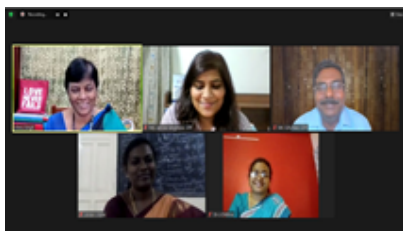
The Programme commenced at 2 PM. The programme was led with Prayer by Shini devadharsheni (SCM PRESIDENT) followed by the welcome address given by Dr. Jemima Jeya priya J.S (assistant dean of student affairs AIDED). Dr. Lakshmi Durga and Dr.Nirosha took over the programme. Dr. Lakshmi gave a brief account about the breastfeeding week celebrated in the first week of august. The theme was given as **PROTECT BREASTFEEDING: A SHARED RESPONSIBILITY**. She gave awareness about breastfeeding techniques advantages and all that one has to know about breastfeeding. Going with the theme awareness was given so that new mothers would be helped out and they would be able to overcome their worries. The students were given time for interaction and Dr. Lakshmi Durga and Dr.Nirosha answered the queries without hesitation and all the students were able to sort out their doubts. This was indeed a thought provoking session which would help to build a better understanding about breastfeeding. The meeting ended with the vote of thanks given by Arpudha J (President STUDENT CABINET).



Data Privacy and Social Media Safety

Virtual Assembly Programme

Lady doak college, Madurai and Cyber Peace Foundation in collaboration with National Commission for Women, Facebook, Autobot Infosec jointly organized a webinar on DATA PRIVACY AND SOCIAL MEDIA SAFETY on 8.10.2021 (2 pm to 3 pm). Mr. IL Narasimha Rao, Senior Project Manager, Cyber Peace Foundation hosted the event and he emphasized the importance of educating women on cyber safety. Dr. Christianna Singh, Principal and Secretary, Lady Doak College gave the introductory remarks and highlighted the mission of the college in empowering young women through higher education and she mentioned that enlightening the students about cyber safety is the need of the hour. Dr. J Chitra, Dean of Student Affairs introduced the resource person **Ms. Janice Verghese**, Cyber Law and Cyber Security specialist from Cyber Peace Foundation. She enlightened the students about data and digital footprint, common cyber attacks and important privacy and security features. She also explained the various ways to deal with impersonation, violation of privacy and hacked accounts. She also mentioned the role of the National Commission for Women in providing cyber security. A total of 2650 students and faculty benefited from the programme. Mrs. E. Joice Rathinam, Dean of Student Affairs proposed a vote of thanks.



Vigilance Awareness Week:

The vigilance awareness cell conducted an essay competition to celebrate the vigilance awareness week. The information was passed to students on 29th October 2021 by the Deans of Student Affairs through mail. The competition was open to all students, and was bilingual. The options of language were English and Tamil. The themes were Independent India @ 75: Self Reliance with Integrity for students who opted English, and சுதந்திர இந்தியா 75: நேர்மையுடனான தற்சார்பு for those who opted Tamil. 400 was set as the word limit. Google forms were circulated, and 158 participants had given their names for participation. There were 124 entries in English and 52 entries in Tamil. The last date for submission was 26th October 2021, before 5 PM. Participants submitted their entries through mail to the DSA. The students actively participated and received their certificates of participation from the Director, Directorate of Vigilance and Anti-corruption, Chennai.

Winners:



SINOSHREE S - I year Zoology



SUSITHA V K - I year Maths



SNEHA R - I year Commerce

Shakthi Unleash the power:

This workshop is organized by DSA along with Soroptimist International Madurai for the basic training of women's self defense against sexual assault concerning safety of women.

The session commenced with a prayer song from the Centre of Music remembering God before actions. Welcoming address was delivered by Dr. J. Chithra - Dean of Student affairs (aided).

Following, Objectives of the session by Dr. Manju AnilKumar - President of SI, where the purpose of this session was apprehended by a quote “ **Feeling confident in your ability to protect yourself empowers you to live with less Fear and more freedom.**” Tokens of gratitude from both LDC and SI were handed to the resource person. The Resource person - Mrs. Sujatha Balakrishnan was introduced by Dr. Anita Rajarajan, Founder President of SI.

Resource person - Mrs. Sujatha commenced her workshop by explaining the brutal attack “ **Society is just oblivious about the unjust activities of manhood against women until it happens to their loved ones'** '. And to improve the muscle memory to handle the unwarranted sexual abuse, She trained the students with 5 basic defensive skills with first move being the Defensive stand with the help of 8 LDC volunteers on stage.

She also evokes the young Doakians defensive courage saying “**Confidence is the unconquerable enemy of fear**”. She then taught the importance of striking at the vulnerable points of the perpetrator. Later, The Defensive mindset tended to be brought by some spinal training. Finally, The 8 volunteers were asked to write feedback by the resource person.

The vote of thanks was delivered by Ms. G. Arpudha - President of the Student Cabinet thanking everybody for their presence and efforts.



Gallery link: <https://drive.google.com/drive/folders/1Fgy7OJOBa9tCFxRpbIO-Oct3-n1uMiIN>