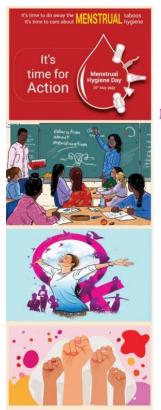
https://www.pondiuni.edu.in/university\_news/a-three-day-national-workshop-for-women-on-menstrual-hygiene-mental-health/











A Three Day National Workshop for Women on
MENSTRUAL HYGIENE & MENTAL HEALTH



#### Jointly Organised by

Department of Physical Education & Yoga Pondicherry University Community College Lawsept, Puducherry.

&

Rajiv Gandhi National Institute of Youth Development - Sriperumbudur

> 08" to 10" March, 2022 Conference Hall, PUCC

## **Inauguration**

8th March, 2022 10:00 am to 10:30 am

#### Invocation Welcome Address

Dr. R. Murugesan Head (i/c), Department of Physical Education & Yoga, PUCC

#### Lighting of the Kuthuvilaku

#### Scope of theWorkshop

Dr. S. Jagadeeswari Asst. Prof. & Activity Coordinator Dept. of Physical Education & Yoga, PUCC

Screening of the Short film 'மனித்' (Manithi)

#### Chief Guest Address Prof. Gurmeet Singh

Hon'ble Vice Chancellor, Pondicherry University

Pondicherry University

Guest of Honor

## Ms. Deepika, IPS Sp (East), Puducherry

Sp (East), Fuaucherry

## Ms. P. Narmadha

Graces the Occasion

Prof. Dr. Lalitha Ramakrishnan Principal (i/c), Pondicherry University Community College

#### Presides Over Vote of Thanks

Dr. S. Jagadeeswari

Asst. Prof. & Activity Coordinator Dept. of Physical Education & Yoga, PUCC

All are Invited

### National Workshop for Women on "Menstrual Hygiene & Mental Health









## PONDICHERRY UNIVERSITY COMMUNITY COLLEGE

(A Constituent College of Pondicherry University), Lawspet, Puducherry

Department of Physical Education & Yoga

Organises

A Three Day National Workshop for Women on

## MENSTRUAL HYGIENE & MENTAL HEALTH

## Funded by

Rajiv Gandhi National Institute of Youth Development - Sriperumbudur 08<sup>th</sup> to 10<sup>th</sup> March, 2022 Conference Hall, PUCC

Women students and scholars are invited.

Activity Coordinator

Dr. S. Jagadeeswari, Assistant Professor, PUCC

The Department of Management at Pondicherry University Community College organized a Gender Sensitization Programme with a special address on the topic "Youth, Crimes, Law & need to be Self Disciplined by Dr. Vidya Raamkumar, Chairperson of Dowry Prohibition Advisory Board, Government of Pondicherry. Prof. Lalitha Ramakrishnan Principal (i/c), Pondicherry University Community College presided over the Programme. The aim was to sensitize young boys and girls on crimes & law relating to gender inequality, women, especially cybercrimes that is increasing at an alarming rate among youth in the society.

The guest speaker highlighted during her lecture the various types of cybercrimes, sexual harassment, problems faced by youth, domestic violence, laws for the affected, role of institutions like Child welfare Committee, Juvenile Justice Board and how young minds should develop courage to discuss issues with the right person for remedy and restitution. She also mentioned about Helpline numbers like 1031, 1091, 1098 as most important that everyone needs to be aware off.

Prizes were awarded to winners of essay and poster competition that was organized in this connection. Vote of Thanks was proposed by *Dr. A.Bharathy* Assistant professor & Head(i/c) of Department of Management and the event was coordinated by the faculty members in the department – *Dr. C. Arjunan, Dr. R.Sathiyamoorthy and Dr. Venkatajalapathy*.



A two day sensitization workshop on "Girls Lead Girls- A holistic self-defence program" organized by the Department of Biochemistry, Pondicherry University Community college

The Department of Biochemistry, PUCC in collaboration with Trust for youth and child leadership (TYCL) organized a two day woman sensitization workshop on "Girls Lead Girls-A holistic self-defence program" in commemoration of International women's day 2023 to girl's students of science. The awareness programme was started with University Anthem followed by Welcome Address by Dr. D. Varalakshmi, Assistant Professor, Department of

Biochemistry, PUCC. The Presidential address was delivered by Prof. Lalitha Ramakrishnan, Principal (i/c) of this college. Ms. Yuvayazhini, Associate Director, TYCL and her team members enlightened the women's fundamental rights, safety and self-defences viz. Physical, Emotional, Sexual, Online, Intellectual, Economical, Socio-Legal and Socio-Cultural self-defences. The students were asked to fill the questionnaire given by TYCL after the end of the session thereby pre and post interactive session addressed the quries of students and clarified their doubts pertaining to self-defence. The notion of this sensitization program is to empower the girls as it is the need of the hour and they are the backbone of developing society. The programme was fully sponsored by TYCL. Certificates were distributed to the participants by TYCL. Dr. M.Tharaheswari, Head (i/c), Department of Biochemistry proposed vote of thanks. The workshop ended with National anthem.



## VALEDICTORY FUNCTION

Invocation

Welcome Address : Dr. P. B. Shankar Narayan

Assistant Professor, Dept. of Social Work

Pondicherry University

Camp Report : Ms. Deeptika. S

I M.S.W, Student

Valedictory Address : Mr. Gavhal Nithin Ramesh, PPS (SG)

Superintendent of Police (North)- Karaikal

Special Address Shri. P.R. Siva

Honourable Member of Legislative Assembly,

Thirunallar

Government of Puducherry

Felicitation : Mr. Dr. K. Sivakumar

Assistant Professor and Head, Dept. of Social Work, Aringar Anna Government Arts and Science College,

Karaikal

: Rev. Fr. Xavier Satheesh, SDB

Principal, Don Bosco College of Arts and Science

Thamanangudy, Karaikal

: Rev. Fr. Siby Mathew, SDB

Secretary, Don Bosco College of Arts and Science

Thamanangudy, Karaikal

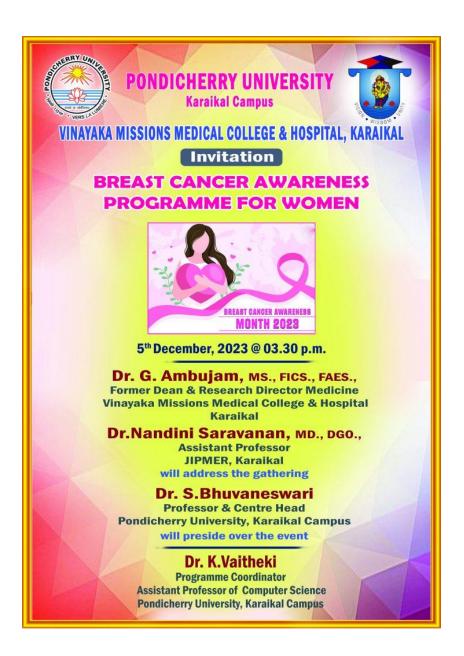
Vote of Thanks : Mr. V. Ajeethkumar

I MSW, Rural Camp Student's Co-ordinator

Cultural Programme : I MSW Students

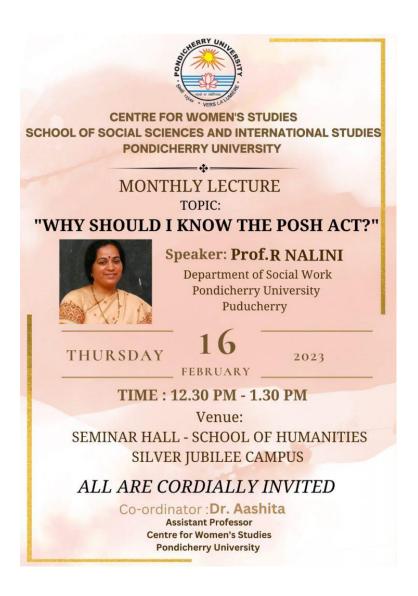
## " Breast Cancer Awareness Programme for Women " Pondicherry University, Karaikal Campus

https://www.pondiuni.edu.in/university\_news/invitation-breast-cancer-awareness-programme-for-women-pondicherry-university-karaikal-campus/



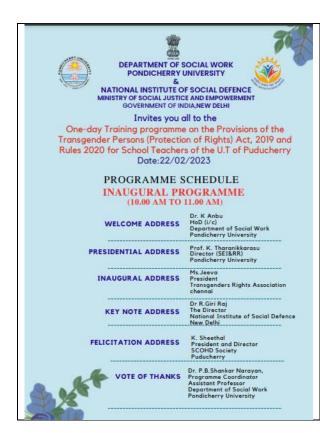
## Lecture on Why should I Know the Posh Act? "

https://www.pondiuni.edu.in/university\_news/lecture-on-why-should-i-know-the-posh-act-centre-for-womens-studies/



Training Programme on the Provisions of the Transgender Persons (Protection of Rights) Act, 2019 and Rules 2020 for School Teachers of the U.T of Puducherry

 $\frac{https://www.pondiuni.edu.in/university\_news/training-programme-on-the-provisions-of-the-transgender-persons-protection-of-rights-act-2019-and-rules-2020-for-school-teachers-of-the-u-t-of-puducherry/$ 





Training Programme on the Provisions of the Transgender Persons (Protection of Rights) Act, 2019 and Rules 2020 for the Police Personnel of Puducherry UT.



## **International Womens Day Celebrations 2023 "Centre for Womens Studies**

https://www.pondiuni.edu.in/university\_news/international-womens-day-celebrations-2023-centre-for-womens-studies/



## PONDICHERRY UNIVERSITY CHOOL OF SOCIAL SCIENCES AND INTERNATIONAL STUDIES CENTRE FOR WOMEN'S STUDIES

Puducherry 605014.
Ph: (O) 0413 – 2654463/820
Mobile: +91 9159475920

Centre Head (i/e)

Ref. No. PU/CFWS/IWD/2023/

Date: 28.02.2023

#### E-CIRCULAR

#### INTERNATIONAL WOMEN'S DAY CELEBRATIONS 2023

The Centre for Women's Studies, Pondicherry University is celebrating International Women's Day 2023. As part of the celebrations, the following competitions are being conducted for the Faculty, Staff, Research Scholars, Students, and Women Sanitation Workers of PU. The details of the competition are as follows:

#### Competition Details

Competition	niversity Research Scholars & Students Theme
. Poster making	Innovation & technology for gender equality
ii. Photography	Equality through lenses
iii. Quiz competition	Women Pioneers in Science & Technology
iv. Poetry writing	HeforShe
Entries must be sent to the email a	nashita.pu@pondiuni.ac.in on or before 5.00 pm on 07/03/2023
Fe	or Teaching & Non-Teaching Staff
i. Short Story Writing	Theme: Female Camaraderie
Entries must be sent to the email a	nashita.pu@pondiuni.ac.in on or before 5.00 pm on 07/03/2023
ii. Throw Ball	Date: 03 <sup>rd</sup> March 2023 (Friday) Time: 3.00 p.m.
iii. Musical chair	
iv. Tug of War	Venue: Thiruvalluvar Stadium, PU
	ff may register for the competitions using the following link BVJOOR£spwsWK19uZ6mFWe-ubiE2zQPwiX5wA2vY/edit#settings
	For Women Sanitation Workers
<ol> <li>Balloon breaking</li> </ol>	Date: 04th March 2023 (Saturday) Time: 3.00 p.m. Venue: Thiruvalluvar Stadium, PU
ii. Lemon & spoon walk	
iii. Tug of War	

All PU Faculty members, Staff, Research Scholars, Students, and women Sanitation Workers are cordially invited to participate in the above competitions. The prizes of the competitions will be distributed by the Hon'ble Vice Chancellor, PU on 09th March 2023.

For more details, please contact Dr. Aashita, Head (i/c), Centre for Women's Studies, PU Email: aashita.pu@pondiuni.ac.in, Phone: +91 413 2654820 463.



Centre for Women's Studi
Copy to: The System Manager, Computer Center, PU to host the circular on PU Website.



INTERNATIONAL WOMEN'S DAY 2023





#### **GUIDELINES**

- · Language: English, Hindi or Tamil.
- · Word limit: 1000 words
- · Should be titled aptly.
- Only one entry per contestant.
- Should be emailed to the address given below before the deadline with the following details:

Name, Designation and Contact number.

- Submissions after the deadline will not be accepted.
- •Deadline: 07/03/2023 5.00 pm

E-MAIL ADDRESS

aashita.pu@pondiuni.ac.in

FOR MORE DETAILS CONTACT: +91 91594 7592

## INTERNATIONAL WOMEN'S DAY 2023 CENTRE FOR WOMEN'S STUDIES

Quiz

TOPIC: WOMEN PIONEERS IN SCIENCE AND TECHNOLOGY (NATIONAL AND GLOBAL)

06/03/2023 02.00- 04.00 pm\*

#### **GUIDELINES**

- · A team should consist of only 3 members.
- Any one of the team members should register by emailing the address given below.





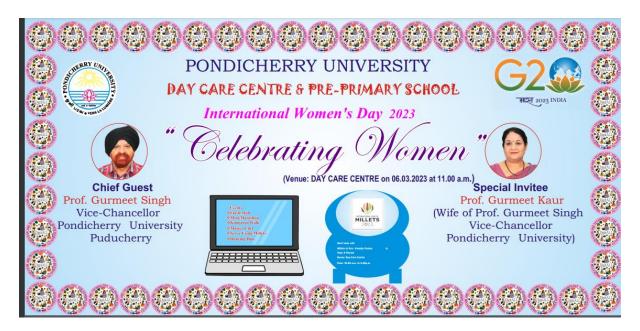
https://www.pondiuni.edu.in/university\_news/guidelines-international-womens-day-celebrations-2023-centre-for-womens-studies/

## International Womens Day Celebrations - Pondicherry University, Karaikal Campus

 $\frac{https://www.pondiuni.edu.in/university\_news/2023-international-womens-day-celebrations-pondicherry-university-karaikal-campus/$ 

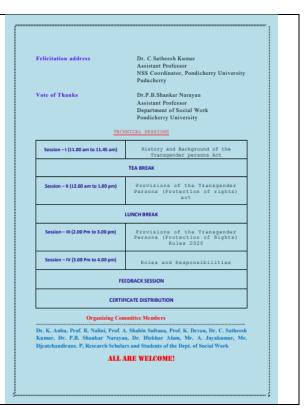


## International Womens Day Celebration 2023 "Day Care & Pre-Primary School



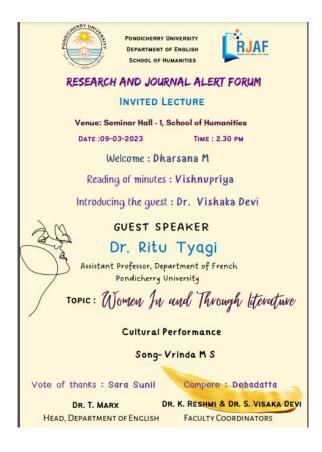
Training Programme on the œProvisions of the Transgender Persons (Protection of Rights) Act, 2019 and Rules 2020• for the NSS Programme Officers of Puducherry UT <a href="https://www.pondiuni.edu.in/university\_news/training-programme-on-the-provisions-of-the-transgender-persons-protection-of-rights-act-2019-and-rules-2020-for-the-nss-programme-officers-of-puducherry-ut/">https://www.pondiuni.edu.in/university\_news/training-programme-on-the-provisions-of-the-transgender-persons-protection-of-rights-act-2019-and-rules-2020-for-the-nss-programme-officers-of-puducherry-ut/</a>





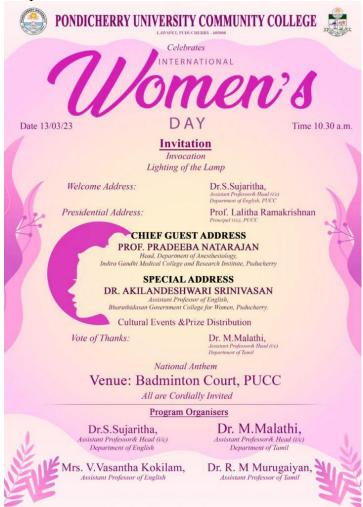
## Research and Journal Alert Forum "Invited Lecture on Women in and Through Literature "Department of English

https://www.pondiuni.edu.in/university\_news/research-and-journal-alert-forum-invited-lecture-on-women-in-and-through-literature-department-of-english/



## International Womens Day Celebrations "PUCC, Lawspet

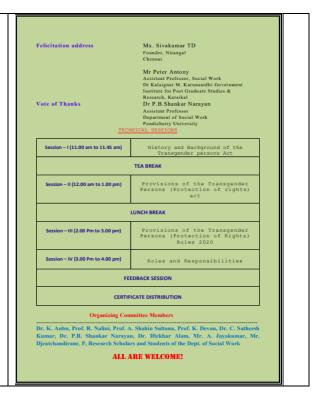
https://www.pondiuni.edu.in/university\_news/international-womens-day-celebrations-pucclawspet/



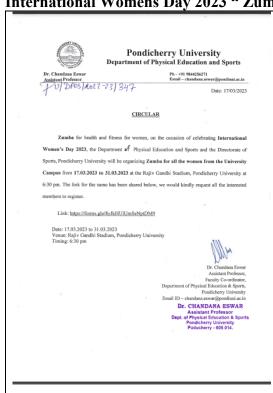
Training Programme on the œProvisions of the Transgender Persons (Protection of Rights) Act, 2019 and Rules 2020• for the MSW Students of Dr. Kalaignar M.Karunanidhi Government Institute for Post Graduate Studies & Research, Karaikal of Puducherry UT

https://www.pondiuni.edu.in/university\_news/training-programme-on-the-provisions-of-the-transgender-persons-protection-of-rights-act-2019-and-rules-2020-for-the-msw-students-of-dr-kalaignar-m-karunanidhi-government-institu/





## International Womens Day 2023 " Zumba for Health and Fitness for Women



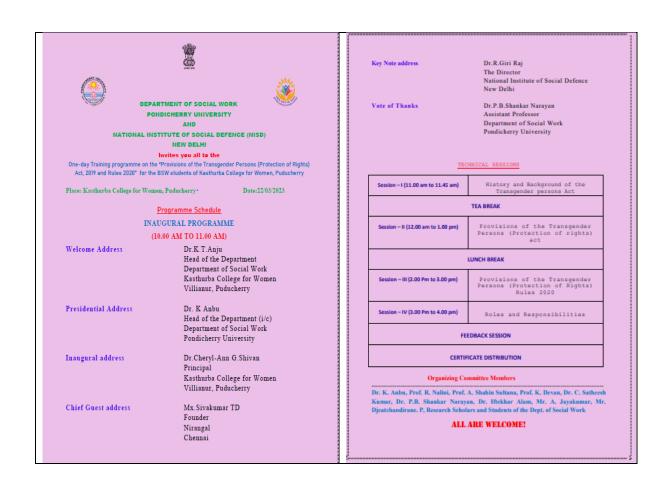


Workshop on Girls lead Girls - A Holistic Self Defence Program "PUCC, Lawspet <a href="https://www.pondiuni.edu.in/university\_news/workshop-on-girls-lead-girls-a-holistic-self-defence-program-pucc-lawspet/">https://www.pondiuni.edu.in/university\_news/workshop-on-girls-lead-girls-a-holistic-self-defence-program-pucc-lawspet/</a>



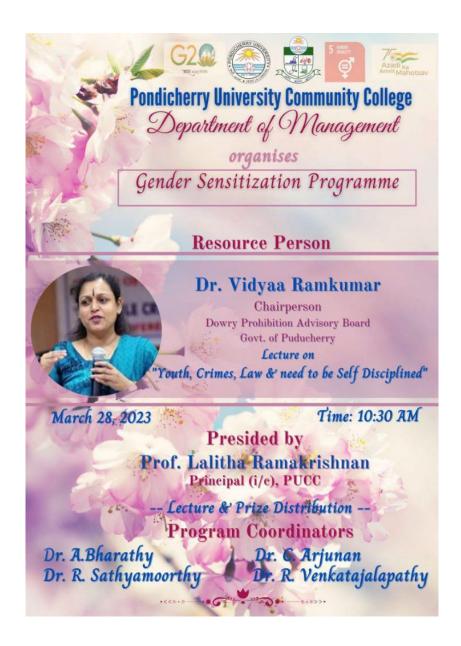
Training Programme on the Provisions of the Transgender Persons (Protection of Rights) Act, 2019 and Rules 2020 for the BSW Students of Kasthurba College for Women, Puducherry

https://www.pondiuni.edu.in/university\_news/training-programme-on-the-provisions-of-the-transgender-persons-protection-of-rights-act-2019-and-rules-2020-for-the-bsw-students-of-kasthurba-college-for-women-puducherry/



## Gender Sensitization Programme - Dept. of Management, PUCC, Lawspet

 $\underline{https://www.pondiuni.edu.in/university\_news/gender-sensitization-programme-dept-of-management-pucc-lawspet/}$ 



Special invited lectures by two women at the forefront creating awareness on the environment, women's issues, cyber security, cyber-crime and cyber law organized by Department of Electronic Media & Mass Communication

https://www.pondiuni.edu.in/university\_news/special-invited-lectures-by-two-women-at-the-forefront-creating-awareness-on-the-environment-womens-issues-cyber-security-cyber-crime-and-cyber-law-organized-by-department-of-electronic-media-m/



## PONDICHERRY UNIVERSITY

# DEPARTMENT OF ELECTRONIC MEDIA & MASS COMMUNICATION

Special invited lectures by two women at the forefront creating awareness on the environment, women's issues, cyber security, cyber-crime and cyber law.



Dr. Pattathil Dhanya Menon

India's First Woman Cybercrime Investigator

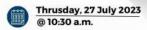


Ms. Mini Muringatheri

Special Correspondent The Hindu, Thrissur, Kerala

**Dr. Pattathil Dhanya Menon**, Director, Avanzo Cyber Security Solutions Pvt Ltd, received the Government of India's First Woman Achiever Award in 2018. Dr. Pattathil Dhanya Menon has worked as a consultant for the Central Government and has investigated over 2,000 cases related to fake profiles, visual morphing, obscenity, identity theft and cyber stalking, taming the menace of unprecedented rise in the incidents of cyber crime and abuse of technology in the recent times. She has also been appointed as cybercrime consultant for 'Nirbhaya' project by the Kerala Government. She conducts awareness programmes around cyber safety and topics like mobile misuse, identity theft, fake profiles, and piracy, in various schools, colleges, corporate offices, state and central government departments to make children and their parents aware of the risks we face in the virtual world and protect themselves from virtual predators as well as the Dark Web.

Mini Muringatheri, Special Correspondent, The Hindu, has been covering development issues, environment, politics, and women's issues. She is working for The Hindu since 2006 after a five-year stint in The New Indian Express.





Auditorium, DEMMC

This event is open to general public in Puducherry and Tamil Nadu.

All are welcome!

For more information regarding our upcoming weekly enrichment lectures, contact:

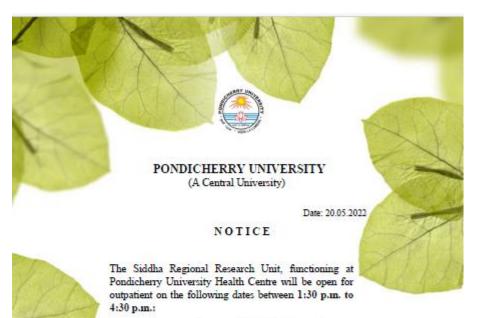
Dr. Radhika Khanna, Head i/c,

Department of Electronic Media and Mass Communication,

Pondicherry University

email: office.demmc@pondiuni.ac.in

Phone: 0413-2654680



June 02.06.2022 16.06.2022 30.06.2022 July 14.07.2022 28.07.2022

All stakeholders of Pondicherry University are requested to make use of the facility, if required.

SIDDHA REGIONAL RESEARCH UNIT



## पाण्डिच्चेरीविश्वविद्यालय

### )पाण्डिच्चेरीविश्वविद्यालयनियम 53 1985 ,केअंतर्गतस्थापितकेन्द्रीयविश्वविद्यालय( PONDICHERRY UNIVERSITY

(A Central University established by an Act of Parliament No.53 of 1985)

म.प.टी.सगायराजा विशेष कार्य अधिकारी M.P.T.SAGAYARAJA OFFICER ON SPECIAL DUTY [ADMN.] डॉ.अम्बेडकर प्रशासनिक भवन Dr.AMBEDKAR ADMN. BUILDING, आर.वि.नगर/ R.V.NAGAR, कालापेट/KALAPET, पुदुच्चेरी/PUDUCHERRY-605014. दूरभाष/PHONE-0413-2654935

सं.सं.Ref. No. PU/ESTT/NT12/UHC/Siddha/2022-23/ 165

दिनांक/Date: 27.12.2022

#### CIRCULAR

The Siddha Regional Research Institute (SRRI), (under Central Council for Research in Siddha (CCRS), Ministry of AYUSH, Government of India), Siddha Regional Research Unit, Health Centre, Pondicherry University has resumed its Out-Patient service at our University Health Centre, Pondicherry University every Thursday between 1.30 p.m. and 4.30 p.m.

Dr.Lavanya will be acting as Coordinator, Siddha Medical Services Unit at the University Health Centre.

Mob.No.9042606902, Email-id: drlavi85@gmail.com
 All stakeholders are requested to make use of the facility.

// BY ORDER//

FOFFICER ON SPECIAL DUTY (ADMN)

To All Concerned, PU

#### Copy to:

- Dr.B.Lavanya, Co-ordinator (Siddha Medical Services Unit.), Health Centre, PU
- 2. The Chief Medical Officer, University Health Centre, PU
- The Assistant Registrar, for kind information of the Vice-Chancellor Vice Chancellor's Secretariat, Pondicherry University.
- The Assistant Registrar, Registrar's Secretariat, PU.

  – for kind information of the Registrar
- The Systems Manager, --- with a request to host in the University website Computer Centre, PU.