

INTERNATIONAL GIRL CHILD DAY & WORLD MENTAL HEALTH DAY

Sahasra Women forum conducted an event on occasion of "International Girl child Day and World mental health day" – a guest talk on MENTAL WELLNESS – SPECIAL FOCUS ON GIRL CHILD – a speech by Samitha, Psychologist – Mental health expert, Fortis Malar hospital, Adyar on 11th Oct 2021.

The event took place at the Preview theatre . All the girl students were present for the programme. Mrs. M Deepa, Women Forum – Co ordinator gave the welcome speech . Principal and Vice Principal were also Present for the event. The event was assisted by the Members Ms. K A A Atthiya Beevi, Mrs. S Geetha and Mrs. Nirmala.

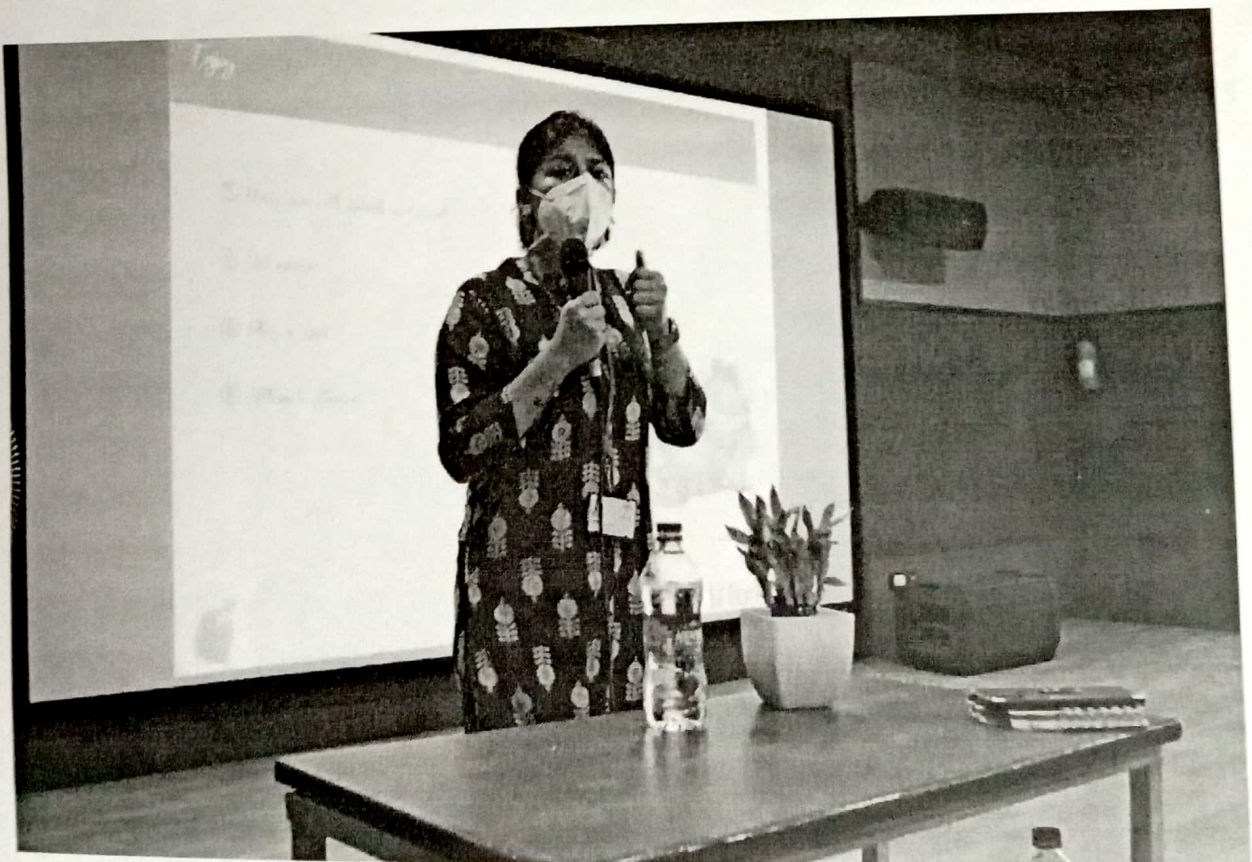
Ms Jayashree – Women forum – Saharsa – Secretary gave the vote of thanks. The programme was very informative and all the audience enjoyed it very much. Technical assistance was provided by Viscom Dept staff members.



International Girl child Day and World mental health day



Mrs. M Deepa – Sahasra Women Forum Director giving the welcome address



Ms. Samitha – The chief guest , giving her speech on stress management



PINK FRIDAY

Sahasra Women Forum – KRMMC organized Breast Cancer Awareness program as “Pink Friday”. Breast cancer awareness is a movement that aims to increase awareness and reduce the stigma linked to the symptoms and treatment of breast cancer. The participants were provided with Pink ribbon in order to denote the awareness among ladies regarding the Breast cancer awareness. Breast cancer is the commonest cancer in women worldwide. Although programmes promoting breast cancer awareness are being carried out throughout the country among students, College students must be much aware about this concept. Therefore in order to create this awareness among our college students, this was conducted in our college premises on 22nd Oct, 2021. Principal, Vice principal and all the women staff members participated. Principal mam started the event by giving the pink ribbon to Jaya shree – BBA, Women forum secretary. Mrs. M Deepa – Director, Sahasra Women Forum, Mrs. K.A.A. Atthiya Beevi, Mrs. S Geetha, Mrs. Nirmala – the members of the forum were also present for the event.





P. M. S.



Kumararani Meena Muthiah
College of Arts & Science

**BREAST
CANCER
AWARENESS**

Sahasra Women Forum

organises

"Pink Friday"

22.10.2021

Wear pink
and
support to create
Breast Cancer Awareness



[Handwritten signature in green ink]

Sahasra Women Forum – Women's Day Program

Date : 8th Mar, 2022

On account of Women's day program, Sahasra Women forum of KRMMC conducted various events for staff and students to celebrate the day.

Mrs. Sheela grace – trainer, Art therapy, Nalandaway foundation conducted an event Mental wellness through Art therapy at Preview theatre for all final year girl students. She insisted how to control stress through art and drawing

Another program was conducted by Renshi M Rajasekaran, Karate instructor , Seiken Karate on the "importance of self defence for women at Millenium hall. I and II year women students were the audience

At 1 pm fun games program were organised at Preview theatre for the women faculties. Separate Mehendi stalls were arranged to our women faculties, by women students. Sahasra facilitated the women students for their performance in our college. The following students were given prizes and certificates for their performances

- 1) Kaviyashree N R - III BCS - Young Entrepreneur
- 2) Shamini U- BBA – Sports Excellence
- 3) R Keerthana _ I Msc (BT) - Sports Excellence
- 4) Mithrashree – I Msc (BT) Excellence in cultural
- 5) P Jayashree – BBA – Community service

Few women were identified from the nearby community and were awarded for the services

- 1) Valli – Post woman
- 2) Uma mageshwari – Woman Auto driver
- 3) Shakila Devi – Tailor
- 4) Vedhavalli – Dunzo delivery woman



5) Easwari – Sanitary worker



Happy

INTERNATIONAL

WOMEN'S
Day

KUMARARANI MEENA MUTHIAH COLLEGE OF ARTS & SCIENCE

(Affiliated to University of Madras & Reaccredited by NAAC)

4, Crescent Avenue, Gandhinagar, Adyar, Chennai - 600 020

SAHASRA WOMEN FORUM

Cordially Invites the

Women Fraternity of KRMNC

for

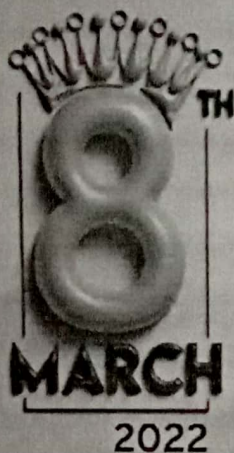
Womens Day Celebration

Time: 1 p.m

Venue: Preview Theatre

Lets Celebrate Womenhood together!!!

**Free Mehandi Stalls have been arranged
exclusively for all women faculties near preview theatre**



Happy

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SAHASRA WOMEN FORUM & NSS UNIT

Cordially Invites you to the

Gender Sensitization Programme for Women Programme



"Mental Wellness through Art Therapy"

Ms. Sheela Grace

Trainer - Art Therapy: Nalandaway Foundation

10 AM @ Preview Theatre

"Importance of Self Defense for Women"

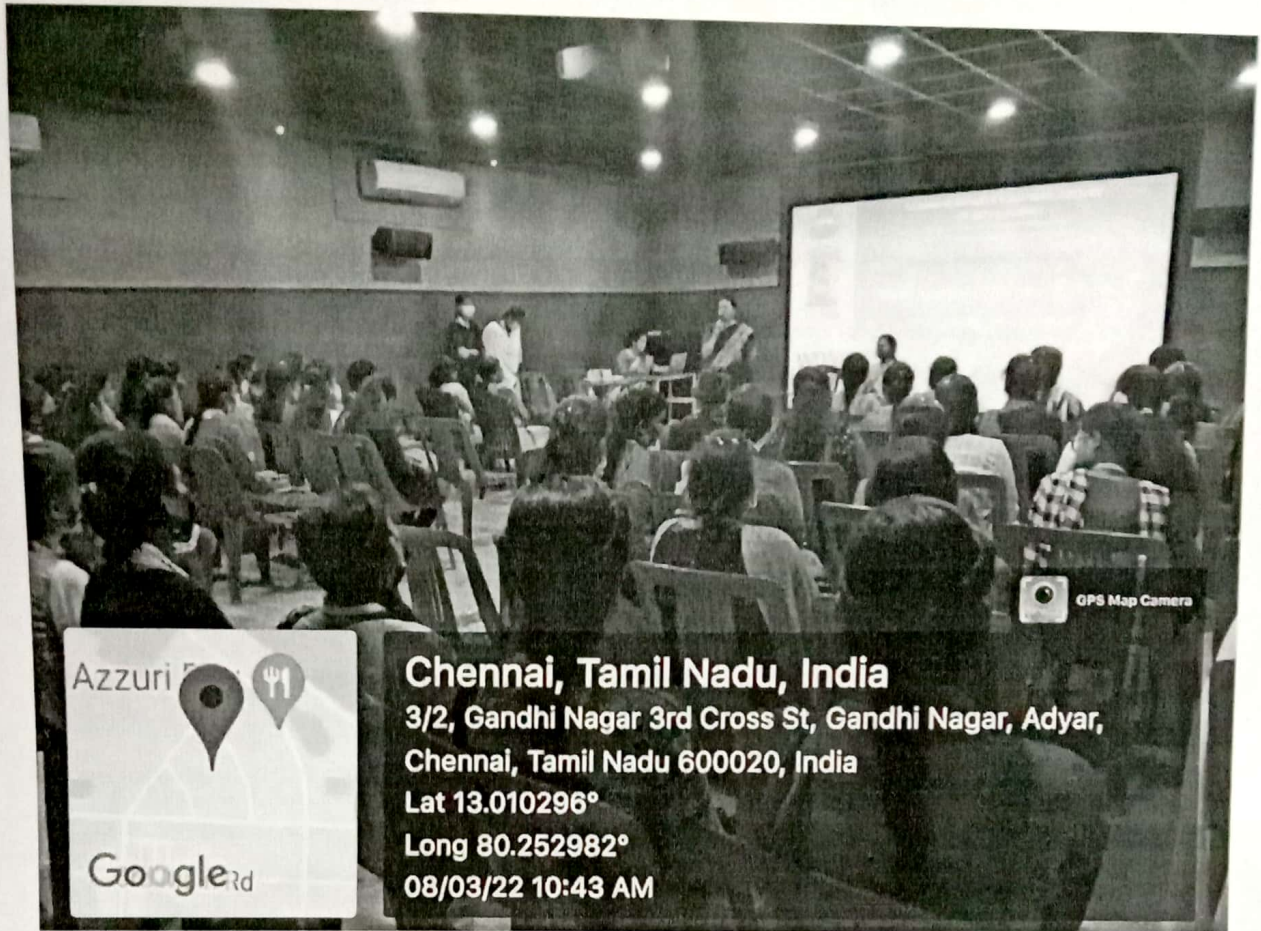
Renshi M. Rajasekaran

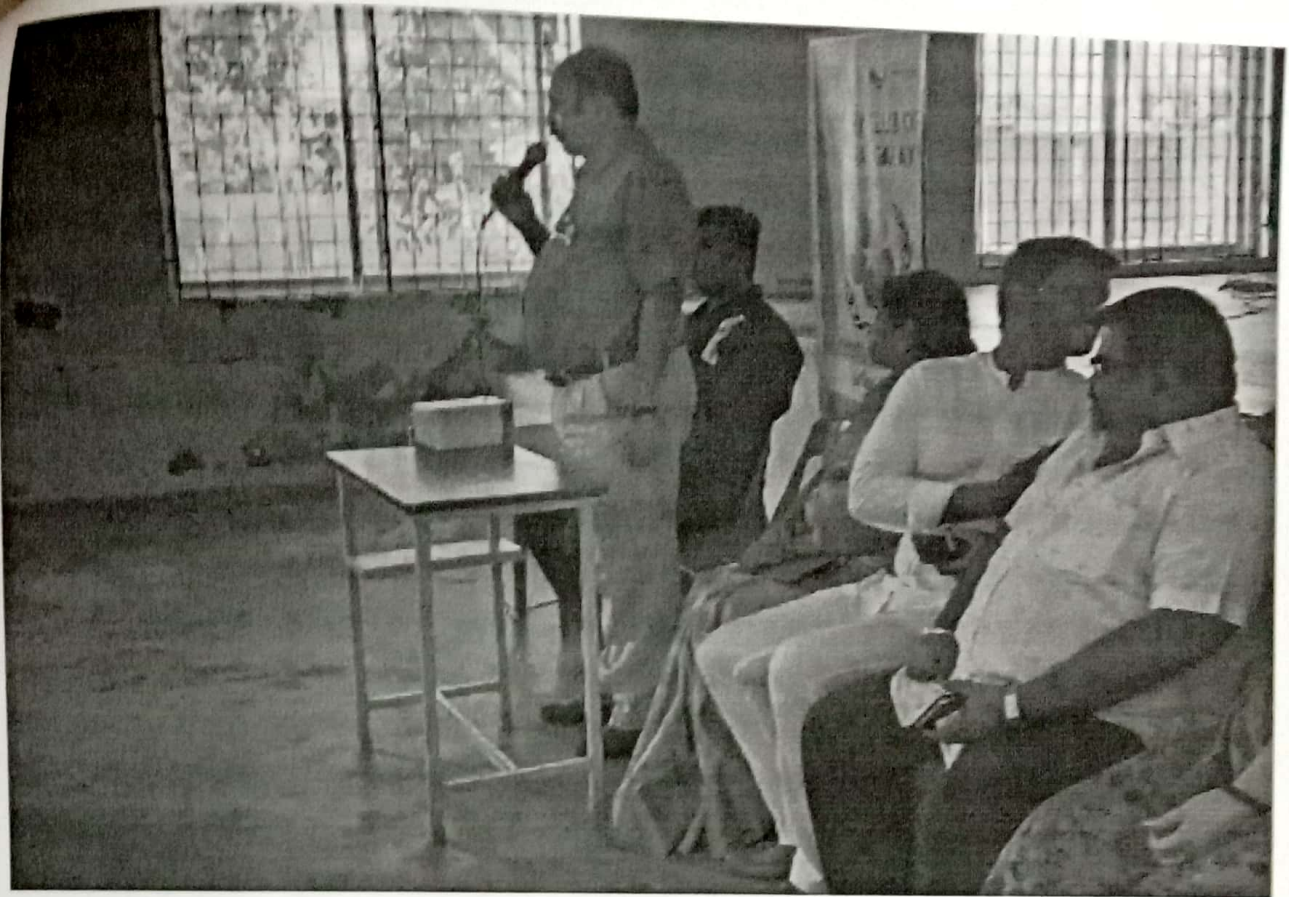
Karate Instructor, Seiken Karate

11 AM @ Millenium Hall



Photo Gallery







Pratyak

Kumararani Meena Muthiah College of Arts & Science
Department of Microbiology
Webinar on Menstrual Health and Hygiene Management
Report

Date : 20.04.2022

Time : 1.00 pm

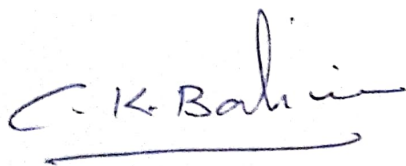
As a part of ISR initiative, **Jenner Club** of the Department of Microbiology organized a webinar through Google Meet on Menstrual Health and Hygiene Management in association with UNICHARM INDIA through Global Hunt Foundation. The aim of the session was to create awareness about the menstrual issues and measures to women students.

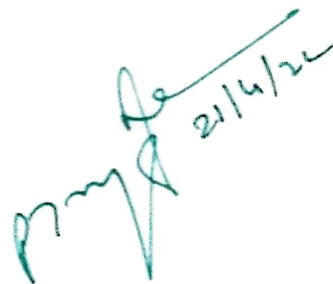
Principal Dr P.T. Vijayshree thanked for initiating the program which was the need of the day. Mrs. C.K.Babini, Head Department of Microbiology, welcomed the chief guest.

Ms. Vidhya , Research Associate, Global Hunt foundation coordinated the to organize the session with Ms. Ankita Sukhwal, CSR Executive, UNICHAM INDIA. The Guest Speaker of the day presented a PPT and gave wonderful inputs on Menstruation causing awareness on the hygiene practices to be maintained during menstruation. She insisted on good life style practices and adequate exercises. She also mentioned on the do's and dont's during the periods.

121 girl students of the college and 10 women faculty assembled in the preview theatre and were benefitted. Students and faculty participated in the interactive session. The speaker patiently clarified the doubts and requested the girl students to spread the message regarding the changes encountered with PCO's. Menstrual cycle and menopause.

Mrs Asha Selva Malar, Program Coordinator , Assistant Professor rendered Vote of Thanks.


C. K. Babini


21/4/22