



SRI VENKATESWARA DENTAL COLLEGE & HOSPITAL



(A unit of VELS Group, Pallavaram)

Approved by Government of Tamilnadu (Lr. No. TN35013/MCA-2/2003; dt.7.9.2006) Approved by Dental Council of India, New Delhi
Approved by Government of India Vide. F. No. V.12017/3/2003-DE, dt. 14.07.2007 & dt.08.11.2011. Ministry of Health & Family Welfare
Affiliated to the Tamil Nadu Dr.MGR Medical University

NAAC ACCREDITED

Off OMR, Near Navalur, Thalambur, Chennai - 600 130

Phone.:7449000052 / 53 / 54 Fax : 044 -2743 5770 E-mail : info@svdentalcollege.com www.svdentalcollege.com

AWARENESS PROGRAM ON WOMEN

The theme in 2017

#BelieveAndConquer, the goal is to create a gender-equal world. It is about celebrating a woman's success and raising awareness against bias.

Every year, March 8 is celebrated as International Women's Day. It's a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women

Every year , it is celebrated with great zeal and excitement in our institution to celebrate our women.

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BETI PADHAO BETI BACHAO

Beti Padhao Beti Bachao has been one of the greatest initiatives taken by the Indian government. The main goal of this campaign is to ensure that every girl child gets a proper education. This is also one of the reasons that people get to encourage others as well as their families to do the same as the notion suggests.

The Beti Padhao Beti Bachao Workshop aims to achieve:

- Improve the child sex ratio
- Ensure gender equality and women empowerment
- Prevent gender-biased, sex selective elimination
- Ensure survival and protection of the girl child
- Encourage education and participation of the girl child

Our institution aims at promoting girl child education and making them fly high achieving their dreams.

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BREAST CANCER AWARENESS

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer.

Every year, the month of October is dedicated to breast cancer awareness. What should you be aware of?

- Early detection affects survival rates. It is therefore important for all women to be breast aware – that is, to “know their normal” – and for women in target populations to be screened through high-quality, organized screening programmes.
- Treatment for breast cancer can be highly effective, especially when the disease is identified early.

This year we RISE to ensure every woman has access to the screenings she needs and the support she deserves. When we RISE, we Rally in Screening Everyone.

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EMOTIONAL HEALTH FOR WOMEN

It means being attentive to your thoughts, feelings, and behaviors whether they're positive or negative. It implies the ability to accept our feelings rather than deny them. Being emotionally healthy means that you take a positive attitude about your ability to acknowledge your emotions.

A sound body is needed for a successful life, in order to overcome the mental stress and depression, emotional health for women workshop was conducted in our campus to boost her confidence and to make her mentally stable.

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FLY HIGH

Celebrating Women, whether professionally or personally, is a sense of commitment to each and every Woman in one's life. Every year on March 8, International Women's Day is commemorated.

The empowerment of women is a great responsibility that all these women need.

The world becomes a better place when women don't feel the hardships to exist

The theme for the year 2018 celebrated by our institute was #FlyHigh. This is to celebrate the scenery of the world for women has changed over time and decades. It has mainly happened due to the efforts of all the women in the past.

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GENDER BASED VIOLENCE PROGRAM

Gender-based violence is a human rights violation.

Freedom from violence is a fundamental human right, and gender-based violence undermines a person's sense of self-worth and self-esteem.

It affects not only physical health but also mental health and may lead to selfharm, isolation, depression and suicidal attempts.

So in order to raise an awareness against gender based violence, gender based violence workshop was conducted in our institution.

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GENDER SENSITIZATION PROGRAM

Gender sensitization refers to the raising sensitization of gender equality concerns. It Makes people understand the difference between sex and gender, how gender is socially constructed and the stereotypes around gender role. It helps them determine which assumptions in matters of gender are valid and which are stereotyped. Need of gender sensitization is to create awareness among the working professionals about the importance of gender sensitivity in organization. Without being sensitive to the needs of a particular gender, an individual may refrain from understanding the opposite gender. The women and children are most vulnerable group of this situation. And it's the undue pressure on Boys & Girls to live up to the established norms of Masculinity & femininity. Gender sensitivity helps to generate respect for individual irrespective of sex at work place and in society.

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INTERNATIONAL WOMENS DAY

Women – the power to create, nurture and transform!

The word ‘women’ conjures up the images of selfless love, care and affection.

At the same time, women ignite the spirit of power and hope.

Unfortunately, across the world, women had to fight for their independence and protection of rights. Since decades, women had struggled and are still fighting to express their right to speech, to vote, to equality, to education, to income and most importantly, to freedom.

So to highlight the importance of gender equality and womens right, theme of the year is #each for equal is celebrated and to create an impact about womens education, Womens day celebration is carried out on MARCH 6, 2020.

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CHOOSE TO CHALLENGE KAVALAN SOS APP LAUNCH

Kavalan is an SOS app developed by the Tamil Nadu Police as part of the Tamil Nadu State Police Master Control Room initiative.

The app is for the people of Tamil Nadu to seek police assistance instantly in emergency situations such as physical emergencies, eve teasing, kidnapping or natural disasters such as floods, earthquake, etc.

Through this mobile app, help from Police can reach them at the earliest no matter where they are.

In the workshop students were taught to use the app and they were asked to install and launch the app.

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ONE STOP CENTER PROGRAM

One-Stop Centre Scheme addresses Gender-Based Violence. The major aim of the Program is to facilitate access to a wide range of services to women affected by violence.

The objectives of the programs are:

To provide integrated support and assistance to women affected by violence, both in private and public spaces under one roof.

To facilitate immediate, emergency and non - emergency access to a range of services including medical, legal, psychological and counselling support under one roof to fight against any forms of violence against women.

This creates a major awareness among male and female students. It helps to reduce gender based violence and emphasize the importance of spreading love.

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PREVENTION OF SEXUAL HARRASMENT

Irrespective of whether they are small or large institution, they must ensure appropriate guidance to avoid sexual harassment in the campus.

Mandatory sexual harassment prevention training is becoming one of the crucial requirements.

Each and every place is monitored with CCTV surveillance.

So in order to prevent students themselves from sexual harassment and abuses, yearly we conduct several workshops.

Benefits of Sexual Harassment Prevention Training:

The Campus environment becomes safer.

Campus culture is strengthened.

Training encourages reporting and empowers bystanders.

Compliance risk is reduced.

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SAFETY AND RIGHTS OF WOMEN

We are all entitled to human rights. These include the right to live free from violence and discrimination; to enjoy the highest attainable standard of physical and mental health; to be educated; to own property; to vote; and to earn an equal wage.

But across the globe many women and girls still face discrimination on the basis of sex and gender. Gender inequality underpins many problems which disproportionately affect women and girls, such as domestic and sexual violence, lower pay, lack of access to education, and inadequate healthcare.

For many years women's rights movements have fought hard to address this inequality, campaigning to change laws or taking to the streets to demand their rights are respected.

Our institute every year conducts programs demonstrating various self defense methods and awareness programs for women's rights.

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Self defense is a countermeasure that is employed as a means of defending the health and well-being of a person from harm.

Most of the self defense that is taught is in the form of unarmed martial arts.

Self defense workshops play a vital role in students life. They help them by:

- Improves balance, focus and control.
- Protects from danger.
- Improves physical strength.
- Confidence and self-esteem.
- Creates strong mind body connection.
- Teaches humility, respect, integrity and honour.
- Alternative form of physical exercises.

So, in order to improvise the skills and to protect themselves from strangers and abuses, Self defense workshop has been conducted in our institution and has created impact amongst students.

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VALUE EDUCATION

Value education promotes tolerance and understanding above and beyond our political, cultural and religious differences, putting special emphasis on the defence of human rights, the protection of ethnic minorities and the most vulnerable groups, and the conservation of the environment.

Importance of Value Education should be treated as paramount in every institution of knowledge as it helps to solve a lot of problems in the education system.

Value education online workshop was conducted to nurture the importance of value towards society and culture.

Importance of Value Education

Promote good manners

Improves the quests for knowledge

Helps the students to be self-aware

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WOMEN HELPLINE

Women have right to complain against being stalked or work place harassment.

So, in order to bring awareness and ensure safety, womens helpline workshop was conducted and students were preached regarding the importance of helpline. Using of helpline number 1091 was taught to students.

PURPOSE OF WOMEN HELP LINE:

Any woman or girl facing violence within public or private sphere of life or seeking

information about women related programmes or schemes.

To provide toll-free 24-hours telecom service to women affected by violence seeking support and information.

To facilitate crisis and non-crisis intervention through referral to the appropriate agencies.

To provide information about the appropriate support services, government schemes and programmes available to the woman affected by violence, in her particular situation within the local area in which she resides or is employed.

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WOMEN SAFETY MEETING

Women have the right to be free from violence, harassment and discrimination and removing the barriers of an unsafe environment can help women fulfil their potential as individuals and as contributors to work, communities and economies.

Women students are made to stay in hostels, the provisions of basic amenities like drinking water, toilets, size of the rooms, wardens and securities to ensure safety, supply of good quality food in hygienic condition was also stressed upon during the meeting

It was also insisted that an internal complaints committee shall be constituted to address grievances of women workers regarding sexual harassment at workplace.

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WOMEN SAFETY PROGRAM

Women experience different forms of sexual violence in public spaces, from unwelcome sexual remarks and gestures, to rape and femicide. It happens on streets, in and around public transportation, schools, workplaces, public toilets, water and food distribution sites, and parks.

This reality reduces women's and girls' freedom of movement. It reduces their ability to participate in school, work, and public life. It limits their access to essential services and their enjoyment of cultural and recreational activities, and negatively impacts their health and well-being.

Women safety program was conducted in our institute for the purpose of creating awareness. Various forms of self defense were taught to the young girl in hope of creating. safe and empowering public spaces with women and girls.

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WOMEN EMPOWERMENT

Empowerment of women will surely encourage all of the women to stand for their education and the life of their own choice.

Women empowerment refer to the empowerment of women to take all decisions from their choice. So that she can take all of the decisions for her social and economic development.

Empowering women is essential to the health and social development of families, communities and countries. When women are living safe, fulfilled and productive lives, they can reach their full potential, contributing their skills to the workforce and can raise happier and healthier children.

Women Empowerment workshops helps her by:

Boost her self-esteem.

Shut down negativity.

Be open and honest.

Advocate for female colleagues.

Lead by example.

Become a mentor.

So, to enlighten the Importance of Womens empowerment workshop is conducted in our institution.

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SAFETY AND DEFENSE

Self defense is a countermeasure that is employed as a means of defending the health and well-being of a person from harm.

Self defense workshops play a vital role in students life. They help them by:

- Improves balance, focus and control.
- Protects from danger.
- Improves physical strength.
- Confidence and self-esteem.
- Creates strong mind body connection.
- Teaches humility, respect, integrity and honour.
- Alternative form of physical exercises.

So, in order to improvise the skills and to protect themselves from strangers and abuses, Self defense workshop has been conducted in our institution and has created impact a great amongst our students and staffs.

PRINCIPAL

SRI VENKATESWARA DENTAL COLLEGE & HOSPITAL
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