

## Report on Awareness Programme for Girl Students

The **Women Development Cell (WDC)** of **Kandaswami Kandar's College, Velur-Namakkal**, organized an **Awareness Programme for Girl Students** on **08.07.2026** at **2.00 p.m.** in the **College Auditorium**. The programme was conducted with the objective of creating awareness among young women on personal safety, health and hygiene, appropriate dress code, and responsible lifestyle practices. Around **450 girl students** from various departments actively participated in the programme.

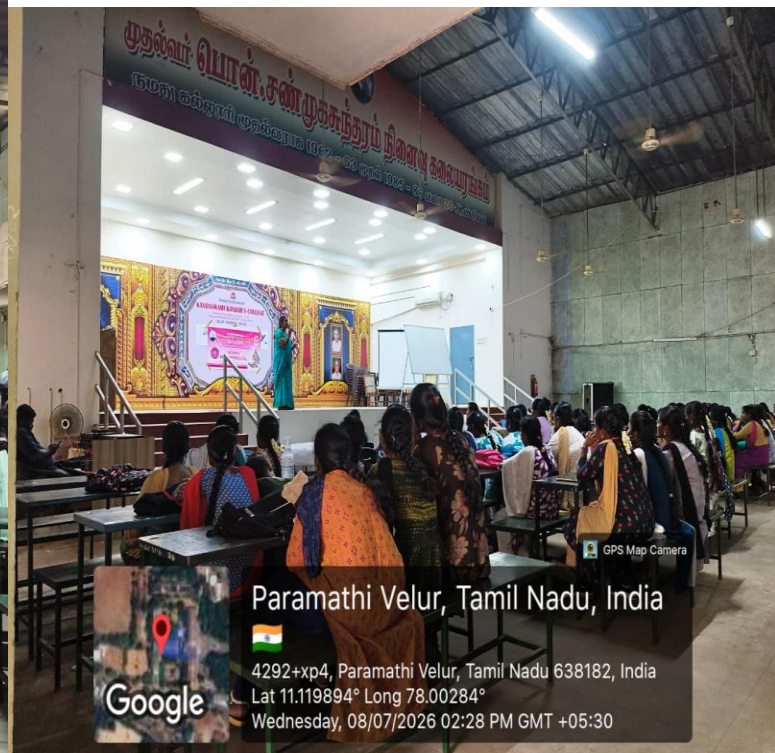
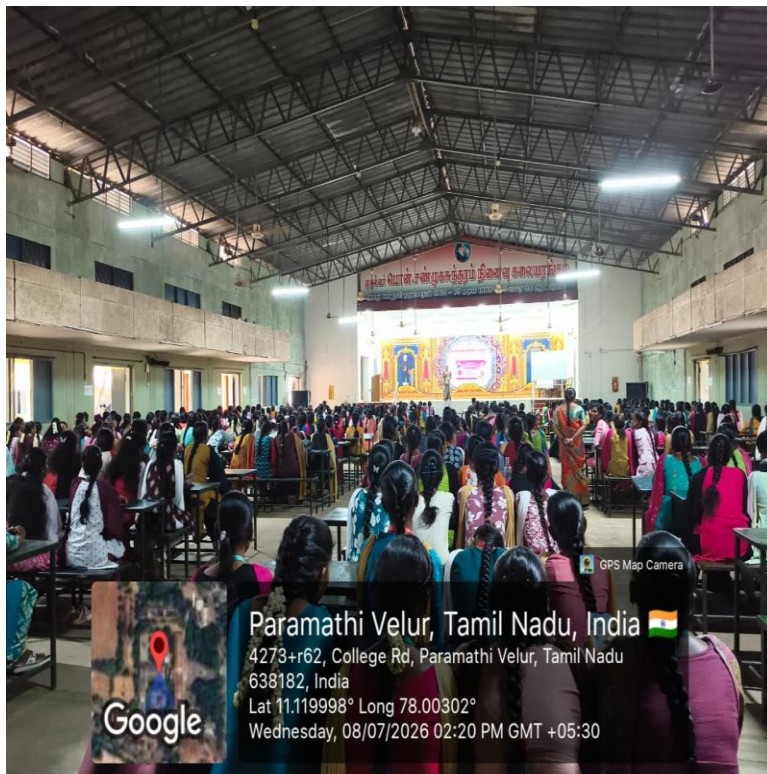
The programme was coordinated by **Dr. S. Parvathi, Associate Professor and Head, Department of Economics, Convener** of the Women Development Cell. In her keynote address, she emphasized that women should be confident, vigilant, and well-informed to ensure their personal safety. She highlighted the importance of being aware of emergency support services and advised students to save the **Women's Helpline (181)** and the **Emergency Response Support System (112) & (1091)** on their mobile phones for immediate assistance



whenever required. She also encouraged every girl student to install the **SOS**

**Kavalan App**, explaining its features and demonstrating how it can be used to send emergency alerts and obtain prompt police assistance during emergencies. She further motivated the students to develop self-confidence, practice self-discipline, and make responsible decisions in their day-to-day lives.

**Dr. P. Tamzh Chelvi, Associate Professor and Head, Department of History member of WDC** addressed the gathering on the significance of maintaining an appropriate dress code. She explained that dignified dressing reflects one's personality, promotes discipline, and helps students carry themselves confidently in academic and professional environments.





The session on **women's health and hygiene** was delivered by **Dr. B. Kavita, Assistant Professor of Commerce and member of WDC** and **Mrs. K. V.**

**Jayashree, Assistant Professor of Economics and member of WDC.** They discussed the importance of maintaining personal hygiene, proper utilization and safe disposal of sanitary napkins, menstrual hygiene management, balanced nutrition, regular physical exercise, and preventive healthcare practices. The speakers also encouraged students to adopt healthy habits and seek timely medical consultation whenever necessary.



The programme concluded with an interactive session in which students actively participated by raising questions and sharing their views. The awareness programme proved to be highly informative and beneficial, equipping the participants with practical knowledge on women's safety, emergency preparedness, health, hygiene,

and personal well-being.

### **Outcome of the Programme:**

The programme enhanced awareness among girl students regarding women's safety, emergency helpline services, and the use of the SOS Kavalan App. It encouraged them to adopt healthy hygiene practices, understand the importance of a dignified dress code, and develop greater confidence and responsibility in safeguarding their personal well-being. The programme also strengthened their preparedness to respond effectively during emergency situations and inspired them to become informed, responsible, and empowered young women.