

**Loyola College (Autonomous),
Chennai – 600 034.**

**'ORIGINS' - A HOLISTIC APPROACH TO WOMEN'S EMPOWERMENT
6th March 2015**

**Youth Red Cross
(An affiliated body of Indian Red Cross Society)**

Objectives of Origins '15

- i) To empower women from different walks of life, without the usual 'publicity-stunt', with career-oriented input sessions, motivational talks, and providing a platform for unearthing their entrepreneurial skills
- ii) To be a whistle-blower that helps women to know their rights, duties and various others forums they can resort to; and support them to live up to their full potential
- iii) To orient the participants towards gaining insights about 'Optimal Health', and to be aware of the different types of cancer – combating and conquering
- iv) To provide a platform for students to showcase their artistic and creative talents



Ms. Sheelu MSW., M.Sc., B.L., DCD (University of London) – Director, Women's Collective; is being honoured with a memento by Prof. Felix – Coordinator Shift I

Ms. Sheelu a notable Social / Women's Empowerment Activist Inaugurated Origins '15. In her Inaugural address on **"Do not be lost, but be the Last Stand"**, she insisted that even the most cruellest man is being borne and nurtured by a woman; and that a woman's role in building a society where Women are not being looked into as a commodity; starts right from the first breath the baby takes in her womb. She advocated that all women, through their thoughts, affirmative actions should be raising men who treat women respectfully. Her Inaugural address also highlighted how women could scale up to any heights in entrepreneurship.



Dr. Thendral M.B.B.S., D.G.O., addressing the women participants, in a conversation-oriented presentation

Women these days wear different hats, by concentrating on mundane duties. Fatigue both of mental and physical reasons stems in for various reasons. Dr. Thendral's address on **"Coping up with Endocrinological / Gynecological issues"** was very much appreciated. Many participants, asked several queries and the session received greater support with the interactions were increasingly gaining momentum. Dr. Thendral covered several aspects of women's health that was segmented well both for the students and representatives from nearby Women's Self-Help Group members. This session was moderated by Prof. Kanageswari.

As the programme name suggests, women's empowerment cannot be holistic if the efforts are skewed towards a particular demographics of women. Thus, at Youth Red Cross, it was mulled over to embrace 'organic approach' by covering elderly women as well.



Women Self-Group members enthusiastically making Fancy -Jewelry, after the inputs

A Workshop was conducted in "Fancy Jewelry Making" with free materials given to the participants. Around 20 Women Self-Help Group members attended the workshop and started making jewels. They badly wanted to have such workshop be conducted for a whole day, by expressing how it could help them financially. Besides such members, student participants were also eagerly participating in this workshop.

As women shoulder more responsibilities, they are seldom allowed to take up a job and focus on their career. All the talents that they have mostly get deteriorated in time. However, those who have a few hours spare time, end up preparing pickles and snacks, by being at home.

Women empowerment significantly revolves around living up to one's true potential and to harness a life that is both challenging and rewarding. In this context, a presentation on **"Carving a Career with Creativity"** was scheduled.



Prof. Chris, handling a session on "Carving a Career with Creativity"

Inputs such as various career options, procuring contractual projects / freelance projects in the Creative Industry and completing them, by being at home; were explained in this session with lively examples / case-studies.

A woman's health to her family is of greater significance. It becomes imperative that women are educated in a sufficing way about deadly diseases; in order that they may prevent such diseases by being proactive. Keeping in this mind, a session on **"Combating and Conquering Cancer"** was scheduled. Dr. R.Swaminathan – Assistant Director and Head, Department of Department of Epidemiology, Biostatistics and Cancer Registry, The Cancer Institute (WIA), Chennai handled this session.



Dr. R. Swaminathan – Assistant Director, The Cancer Institute (WIA), Chennai, delivering the Valedictory address

Dr. R. Swaminathan's presentation contained a wealth of Information, organized pictorially. Most of the Women participants highly appreciated such awareness session. Even, many male YRC volunteers considered it to be very useful.

Intermittently, several knowledge-baked and thrill-packed competitions were organized such as Rangoli, Junk-Art, Tell & Triumph, and Mime.



Students exuberantly participating in Mime Competition

Dr. R. Swaminathan, the Chief Guest of the Valedictory, gave away prizes and certificates to all the participants, and winners.