



## LOYOLA COLLEGE OF ARTS & SCIENCE (Co-Ed)

(Affiliated to Periyar University, Salem)

Accredited by NAAC with “B” Grade (I cycle)

Recognized under section 2(f) of the UGC Act, 1956

Mettala, Oilpatty - Post, Rasipuram - Taluk, Namakkal – Dt., 636202



### WOMEN EMPOWERMENT CELL

#### Annual Report-2025-2026

**Inauguration of Women Empowerment Cell:** The Inauguration of the Women Empowerment Cell (WEC) at Loyola College of Arts & Science (Co-Ed.), Mettala, was held with great enthusiasm and participation on 25<sup>th</sup> July 2025 at 2:00 PM in the III Floor Auditorium. The event was organized by the Dean of Women Students in collaboration with the faculty and student coordinators, with the aim of initiating activities that promote the empowerment and holistic development of women students. The most awaited part of the event was the Chief Guest Address by Dr. Grisha A.L, who spoke on the theme of “Mental Well-being of Modern Girls”. She began the session with an engaging activity that encouraged student participation and interaction. Emphasizing the importance of self-confidence, she urged the students to “stand for yourself” and reminded them that education is not just about academics, but about coming out, speaking up, and proving oneself. She inspired the audience to overcome hurdles through personal growth, to develop them professionally, and to embrace self-love, emotional awareness, and menstrual hygiene as essential aspects of well-being. Her insightful and motivational message deeply resonated with the audience, leaving a lasting impact.

**Healthy Millet Awareness Programme and Competition- 05.08.2025-** Loyola College of Arts & Science, Mettala, organized a Healthy Millet Awareness Programme and Competition in collaboration with CJ Palazzio, Salem to promote the consumption of millets and educate students about their nutritional benefits. The event aimed to instil healthy food habits among the student community and recognize the role of millets in sustainable agriculture and well-being. Executive Chef Dr. Andrew K. Nagarajan visited Loyola College, Mettala, as the Chief Guest for a special culinary event focused on millet-based dishes prepared by our students.

**Competitions: Wealth out of Waste, Paper Quelling, Soap Carving-** The Women Empowerment Cell of Loyola College of Arts & Science (Co-Ed), Mettala, organized a

competition such as Wealth Out of Waste, Paper Quelling and Soap Carving on 14th October 2025 at 11.00 a.m. in the college portico. The Paper Quelling, Soap Carving, and Wealth out of Waste competitions organized for our college to provide numerous educational and personal benefits. These events encourage creativity, innovation, and artistic expression among students, helping them develop fine motor skills, patience, and attention to detail. They also promote environmental awareness by inspiring participants to reuse and recycle materials, fostering a sense of social responsibility and sustainable thinking. Moreover, such activities build confidence, teamwork, and communication skills while offering relaxation and mental refreshment. Through these creative platforms, students not only enhance their talents but also gain motivation toward entrepreneurship and self-reliance, contributing to their holistic development and preparing them for future opportunities in both personal and professional life.

**A One-Day Awareness Programme On “Safe, Ethical And Empowered Participation In The Digital World-** Loyola College of Arts and Science (Co-Ed), Mettala, through the **Women Empowerment Cell**, organized a **One-Day Awareness Programme** titled “**Safe, Ethical and Empowered Participation in the Digital World**” on **20 December 2025 at 9.30 a.m.** in **Remigius Hall**. The programme aimed to create awareness among students about responsible, ethical, and secure engagement in the digital space. The session was led by the **Resource Person, Ms. Sonia Dominica**, Fair Trade Advisor – Asia & Africa Team. In her insightful talk, she highlighted key aspects such as **digital safety, ethical online behavior, cyber responsibility, data privacy, and empowerment through informed digital participation**. Her address encouraged students to use digital platforms responsibly while safeguarding their rights and well-being. Students actively participated in the programme and found the session informative and relevant in the present digital era. The programme successfully sensitized students to become confident, ethical, and empowered digital citizens, contributing to a safer and more inclusive digital environment.

**Report on International Women’s Day Competitions** (phase-II)-In view of celebrating International Women’s Day, various competitions were conducted on 17.02.2026 at **Loyola College of Arts & Science** with great enthusiasm and active student participation. The events included **Essay Writing in Tamil and English, Extempore in Tamil and English, and a Photography Competition**. The competitions aimed to provide a platform for students to express their thoughts, creativity, and perspectives on women’s empowerment, achievements,

and contemporary issues. Participants showcased their language proficiency, critical thinking, spontaneity, and artistic skills through these events. The Students from different departments participated eagerly and made the programme vibrant and meaningful. The topics encouraged awareness about gender equality, the role of women in society, and the need for empowerment in various fields. The competitions were successfully organized and appreciated by both the faculty members and students. The programme served as a prelude to the International Women's Day celebrations and highlighted the importance of recognising and celebrating the contributions of women in all spheres of life.