



**QUEEN MARY'S COLLEGE
(AUTONOMOUS)
CHENNAI – 4**

Affiliated to University of Madras



**WOMEN'S CHAMPION CLUB –
REPORT**



WOMEN'S CHAMPION CLUB

Women's Champion Club was launched by Dr. J. Vijayarani IAS, District Collector, Chennai under the aegis of the **Department of History** in Queen Mary's College (A), Chennai on **24th March, 2022** with the students' membership from (both UG and PG) from all the Departments for gender sensitization.

Vision:

Women Champions are envisaged as responsible leaders who will facilitate an enabling environment within their academic institutions where girls are treated with dignity and respect. They will strengthen the potential of young girls to advocate for gender equality and monitor progress towards gender justice.

Objectives:

The broad mandate of Women's Champion Club is to provide an integrated and interdisciplinary approach in order to understand the social and cultural constructions of gender that shape the experiences of women and men in society. The aim is to make the young girls gender sensitive and create positive social norms that value the girls and their rights.

Roles and Responsibilities of Women's Champion Club:

- ✓ Provide overall guidance to the peer group in integrating gender in all activities.
- ✓ Engage a variety of stakeholders in gender mainstreaming activities.
- ✓ Promote Women's Champion Club to undertake innovative activities both online and offline.
- ✓ Organize awareness programmes through social media on various gender issues to influence behavioural change.
- ✓ Organize the college fest on theme of gender equality and women's empowerment and encourage students to sign up and express their support for gender justice and equality.
- ✓ Organize exposure visits to various public service institutions to facilitate knowledge about gender issues as they affect diverse populations.
- ✓ Arrange for providing necessary life skills education and information/guidance about existing public services to their fellow students.
- ✓ Demonstrate knowledge of important Government schemes, events, legislation, and court rulings which has a major impact on the treatment and experiences of diverse groups.
- ✓ Display the best practices through YouTube videos, exhibitions, fests, etc.

CO-ORDINATOR : Dr. M. Raziya Parvin

Associate Professor and Head – Historical Studies

Email: drraziyahistory@queenmaryscollege.edu.in

Contact : 9952911769



ASSISTANT CO-ORDINATORS



Dr. K. Suja

Associate Professor

Department of History

Contact : 9629670712



Mrs. G. Suguna

Assistant Professor

Department of Sociology

Contact : 8939378455

Women's Champion Club Room : Golden Jubilee Block (Ground Floor)

Student Club Members : 280

Students from the Department of History, Computer Science, Mathematics and Sociology are enrolled as members.

- President : Ms. Sharmila (II MA Historical Studies)
- Secretary : Ms. Joshika (II BA Sociology)

Dates on which the Club Met :

- 24/03/2022
- 01/04/2023
- 06/07/2023
- 14/08/2023
- 08/03/2024
- 24/12/2024
- 12/12/2025
- 27/02/2026

Agenda of the Meeting/Action Plan:

- Arrangements for the Inauguration of the Club
- Organising the Psychological Counselling Workshop to create awareness.
- Orientation programme for the first-year students in order to make them as club members.
- Organising the Independence Day – Essay competition on “Unsung Women Heroines” on 14th August, 2023.
- Student's participated in the speech arranged informally in the class level on account of Women's Day on 8th March, 2024 to create gender sensitivity.

Meeting Minutes :

- Giving instructions to the members of the Club as and when required through their Telegram app.

Reports of the Programme Organized:

1. Inauguration of Women's Champion Club

- <https://youtu.be/h1Dv2r3c4SM?si=tE2R-PYmqWyFjJtS>

Women's Champion Club was launched by **Dr. J. Vijayarani IAS**, District Collector, Chennai in Queen Mary's College (A), Chennai on **24th March, 2022**



Address by Dr. Vijayarani, IAS on the occasion of Inauguration

2. Psychological Counselling Workshop Programme

- <https://youtu.be/D9joAkxIQaE?si=mTZ9XhmM-eejn6PZ>

In connection with the International Women's Day, one Day Psychological Counselling Workshop on "**Attitudinal and Psycho-Social Problems faced by Young Women in the Contemporary Society**" was organized by the Department of Historical Studies under the banner of **QMC Women's Champion Club** in association with the sponsorship gained from **Arul Arakkattalai** on 1st April, 2023. This programme was inaugurated by **Mrs. E. Rajeshwari**, Inspector of Police (Law & Order), Zam Bazaar, Chennai. Her speech was so inspiring and students got well acquainted about the current happenings and how to protect themselves from violence and abuses in the society. The resource person **Mrs. Hilda Mary** from **AIMSS** gave a very informative session regarding the attitudinal and psychological problems faced by young women with practical examples by displaying short documentary on screen. The programme was well received and more than 300 under-graduate students of first and second years from the Department were benefitted very effectively out of the same.



QUEEN MARY'S COLLEGE (AI), CHENNAI-04
PG & RESEARCH DEPARTMENT OF HISTORICAL STUDIES
 cordially invites you all for the
PSYCHOLOGICAL COUNSELLING WORKSHOP ON
"Attitudinal and Psycho-Social Problems faced by
Young Women in the Contemporary Society"
ON SATURDAY 1 ST APRIL 2023 AT 10.00 AM
IN THE GOLDEN JUBILEE BLOCK - FIRST FLOOR

CHIEF GUEST


Mrs. E. Rajeshwari, M.A.
Inspector of Police (Law & Order)
Zam Bazaar, Chennai

Resource Person
Mrs. T. Hilda Mary, M.A., L.L.B
State Counselor
All India Mahila Samikshak Sangathan (AIMSS)

DR. B. UMA MAHESWARI **DR. K. SUJA** **DR. M. RAZIYA PARVIN**
Principal Organizing Secretary INOD & Controller

Programme Sponsor : **ARULARAKKATTALAI**



Queen Mary's College



Psychological counseling

3.Orientation programme for the First-year UG students

- <https://youtu.be/eQc0HT0RvqE?si=zH10XnBXjncHl-Wg>

This program was organized on 6th July 2023 when the extension activities were introduced to the students of the first-year during the academic year 2023-24. New members were joined out of voluntarism.

4.Independence Day Essay Competition

- <https://youtu.be/JS3qGAe2hUE?si=mOp6zq177aXO4fDQ>

With the nation's 77th Independence Day celebrations, on the horizon, the Department of Historical Studies in association with the QMC Women's Champion Club resonated with the spirit of freedom and expression. And in commemoration of this occasion, we chose to celebrate not just the past, but also the unsung heroines who adorned the tapestry of Tamil Nadu's freedom struggle. On the 14th of August, 2023 as anticipation tingled in the air, the campus of Queen Mary's College, Chennai where knowledge thrived buzzed with a different kind of energy. Young women from various departments of this institution converged with ideas, stories, and perspectives to be unfurled onto paper.



The theme - "Unsung Women Heroines of Freedom Struggle in Tamil Nadu" - was a rallying call for the participants to dive into the annals of the past, resurrect the forgotten tales of courage, and etch them anew in the collective memory. With each stroke of the pen,

the young women embarked on a journey through time. On the whole, around 70 students participated in the competition. Cash prizes were given to the first two places both in English and Tamil. During the Independence Day Celebrations in the College, the Principal Dr. B. Uma Maheswari gave away the prizes. The first prizes were given to Ms. Joshika of B.A. Sociology and Ms. Priyadharshini of B.A. History. And the second prizes were given to Ms. Tiripuralakshmi of B.A. History and Ms. Princy of B.Com (CS). This programme was possible because of *“Arul Arakkattalai”* which didn't just sponsor an event; but they sowed seeds of inspiration and advocacy.



5. Gender Sensitization Meeting on account of Women's Day

The post-graduate students actively engaged in the gender sensitization meeting organized in honor of International Women's Day on 8th March, 2024. With genuine enthusiasm, they participated in the discussions aimed at promoting awareness and understanding of gender-related issues. Their thoughtful contributions to the program demonstrated commitment to fostering a more inclusive and equitable society. This involvement of them not only showcased their support for women's rights but also

highlighted the importance of student participation in initiatives that promote gender sensitivity and equality.



Meeting with the club members on account of Women's Day – 8/3/2024



6. Safety Measures for Women in the Contemporary Society

On 24th Dec 2024, the co-ordinator of Women's Champion Club Dr. Raziya Parvin spoke to the members of the club about the existence of various forms of abuse in society and the measures to prevent them. The session aimed to empower participants with knowledge, build their confidence, and provide strategies to recognize and address abuses.

Key points covered included:

Understanding Abuse: Students were sensitized about different forms of abuse, such as physical, emotional, sexual, cyber, and economic abuse. Real-life examples and case studies were used for better understanding.

Recognizing Signs: The program emphasized recognizing early warning signs of abuse and encouraged vigilance in personal and social settings.



Preventive Measures: Practical tips were shared on safeguarding oneself, such as avoiding risky situations, being cautious with online interactions, and understanding legal rights.

Support Systems: Information was provided on helplines, NGOs, and legal mechanisms available to address abuse. Students were urged to report incidents without fear or hesitation.

Building Resilience: The program focused on self-empowerment, promoting self-defense training, and fostering peer support networks to tackle challenging situations.

They were asked to address doubts and share experiences. Students appreciated the initiative and expressed their commitment to spreading awareness among their peers. This talk reaffirmed the importance of education in combating abuse and creating a safe and supportive environment for young women.

7. Awareness Programmes

The **Women's Champion Club** of **Queen Mary's College** organized a series of awareness programmes during the academic year 2025–2026 with the objective of promoting mental wellness, gender sensitisation, emotional resilience, and psychological well-being among students. These initiatives aimed to create an inclusive, safe, and supportive campus environment while encouraging students to develop healthy coping mechanisms and seek professional counselling whenever required.

The first awareness programme, titled "**Navigating the Path to Mental Wellness**," was conducted on **12 December 2025** at **10.00 a.m.** in the **Golden Jubilee Hall**. The **Chief Guest, Dr. K. Jayanthi Rani**, Assistant Professor, Department of Psychology, Ethiraj College for Women (Autonomous), Chennai, delivered an insightful address on the psychological challenges encountered by students, including stress, anxiety, emotional conflicts, and gender-related concerns. She emphasized the significance of self-awareness, emotional resilience, positive coping strategies, and timely psychological counselling in maintaining mental well-being. Her informative and engaging session inspired students to approach mental health with confidence and openness.



An interactive session followed, during which students actively participated by sharing their concerns and seeking guidance. The Chief Guest addressed their queries with empathy and practical suggestions, encouraging students to overcome the stigma associated with mental health and counselling.

Continuing its commitment to gender equity and psychological well-being, the Women's Champion Club organized another awareness programme titled "**Gender Sensitisation – Mindset to Mastery**" on **27 February 2026** at **11.00 a.m.** in the **Golden Jubilee Hall Auditorium**. The programme focused on creating awareness about gender sensitivity, equality, inclusivity, and the importance of psychological counselling in fostering a respectful academic and social environment.



The **Chief Guest, Dr. T. Lavanya Sobana**, Author and Motivational Speaker, delivered an inspiring lecture emphasizing the need to develop gender sensitivity, challenge stereotypes, and promote equality through education. She also stressed the importance of mental health awareness, emotional intelligence, and counselling services in helping students navigate personal and academic challenges successfully.

Both programmes witnessed enthusiastic participation from a large number of students, who actively engaged in discussions and interactions with the resource persons. The sessions provided valuable insights into emotional well-being, gender inclusivity, and the importance of cultivating empathy, resilience, and mutual respect within educational institutions.

Overall, these awareness programmes significantly contributed to sensitising students towards mental wellness, gender equality, emotional resilience, and the effective utilisation of counselling services. They reinforced the Women's Champion Club's commitment to promoting an inclusive, compassionate, and psychologically healthy campus environment where every student feels valued, respected, and empowered.

FEEDBACK REPORT

The Women's Champion Club at our esteemed college has emerged as a powerful force in instilling gender sensitivity and fostering positive social norms among the young female students. The club's dedication to promoting awareness and championing the rights of girls has been commendable. The club's activities, ranging from insightful workshops to engaging discussions, have effectively educated the students about gender-related issues. One notable achievement of the Women's Champion Club is its success in creating positive social norms. Through targeted awareness drives during important occasions, the club has contributed significantly to reshaping attitudes and perceptions within the college community. The impact is evident in the increased respect and value accorded to the girls and their rights. Furthermore, the club's commitment to collaboration with external organizations, experts, and advocates in the field has enriched the learning experiences for the students. Guest lectures and interactive sessions have added depth to the discussions, providing a comprehensive understanding of the broader issues surrounding gender sensitivity.

In terms of outreach, the club has successfully extended its influence beyond the college premises. Initiatives such as community service projects and partnerships with local organizations have showcased the club's commitment to making a positive impact on society at large. Overall, the Women's Champion Club stands as a beacon of empowerment and awareness. The positive transformation observed among the students reflects the club's effectiveness in promoting gender sensitivity and establishing enduring social norms that value the rights of girls. The tireless efforts of the club members and Co-ordinators have undoubtedly contributed to the creation of a more inclusive and equitable environment within our College.

CONTRIBUTION TO SOCIETY

This club plays a vital role in contribution to society in various ways, fostering positive change and promoting gender equality. Some of the ways are: outreach education, skill development, support for vulnerable groups, collaboration with NGOs, promotion of women in health and well-being initiatives and celebration of women's achievements. The well-organized events have provided a platform for open dialogue, enabling the girls to express their thoughts and concerns while fostering a supportive environment. The members of the club thereby have the opportunity to thrive and reach their full potential.