



RAAK ARTS AND SCIENCE COLLEGE

Affiliated to Thiruvalluvar University, Vellore.
Recognized under section 2(f) of the UGC Act, 1956.

Gender Equity

Action plan and its Relevant Documents

Academic Year 2020-2021



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ANNUAL GENDER SENSITIZATION ACTION PLAN

RAAK Arts and Science College is dedicated to changing people's lives for better. In terms of providing equal opportunities for work and education, we are pioneers. Being a co-educational college, our college has established a reputation in the community as a protective place for women students, especially considering that many of our students are the first born in their families. The measures and activated list given below have served as the foundation for our success in fostering gender equality among our staff and students as well as in keeping students and staff.

Action plan for 2020-2021

S.NO	Name of the Programme	Date
1	Corona Vaccination Camp	12.08.2020
2	National Mental Health Day	10.10.2020




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RAAK/CIR/20-21/04

Date: 06.08.2020

CIRCULAR

This is to inform you that the Women Empowerment Cell of our college is organizing a "Corona Vaccination Camp". This event is scheduled to take place on 12.08.2020 in the Seminar Hall 1 from 10.00 am to 01.30 pm. We are looking forward to active participation from all the students of our college.

For further details or queries please contact
IWEC Coordinator,
RAAK Arts and Science College,
Perambai

A. M. Harish Na 20.

Principal

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Copy to

1. Principal
2. Office
3. IWEC cell



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Summary Report for a Corona Vaccination Camp

Our college administration ensured that the vaccination camp was conducted in accordance with the guidelines laid down by the Ministry of Health and Family Welfare, Government of India. The college prepared a list of eligible students and staff members who were above 18 years of age and had not taken the vaccine earlier. The camp was conducted in collaboration with government hospital who brought the necessary equipment, personnel, and vaccines. The college administration will ensure that participants receive a reminder for their second dose of the vaccine. The participants are advised to maintain good hygiene practices, wear masks, and follow social distancing norms to prevent the spread of COVID-19. The college administration is committed to ensuring the health and well-being of its students and staff, and this vaccination camp is an important step towards achieving that goal.



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RAAK/CIR/20-21/08

Date: 05.10.2020

CIRCULAR

This is to inform you that the Women Empowerment Cell of our college is organizing a workshop on **National Mental Health Day**. This event is scheduled to take place on 10.10.2020 in zoom meeting from 10.00 am to 01.30 pm. We look forward to active participation from all the students of our college.

For further details or queries please contact
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RAAK Arts and Science College,
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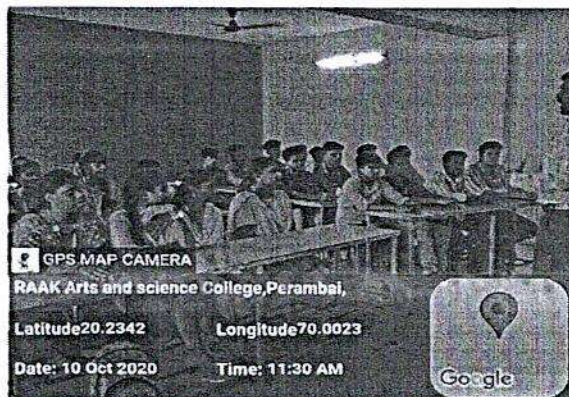
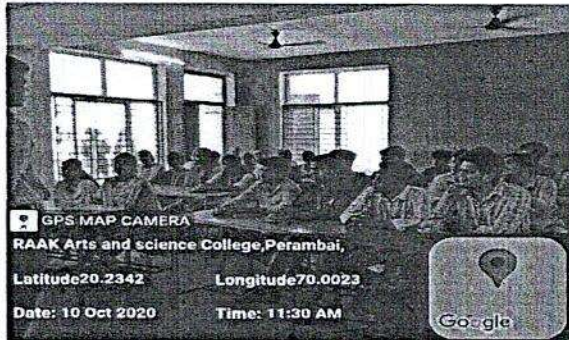


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Summary Report for National Mental Health Day

The National Mental Health Day Programme conducted in our college was a successful event that raised awareness about mental health, reduced stigma, and promoted well-being among students. "Mindfulness and Meditation" - led by a yoga instructor, focusing on relaxation techniques to manage stress. "Mental Health Myth-Busting" - a talk by a mental health professional, dispelling common myths and misconceptions about mental health. "Self-Care Strategies" - a workshop on stress management, time management, and prioritizing self-care. The event helped to reduce stigma around mental health, with many students expressing gratitude for the opportunity to discuss their concerns openly. The college has committed to continuing to prioritize mental health support services and initiatives.



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