COMMITTEE – CENTRE FOR GENDER STUDIES (GENS)

1. Soul Strokes – An Art Therapy Workshop

Date: 24 July 2026

The Centre for Gender Studies organised *"Soul Strokes – An Art Therapy Workshop"* on 24 July 2026, providing students with a safe and reflective space to explore emotional expression through creative practices. The two-hour workshop was facilitated by Dr. Krithika Ananth, Founder of Holisthea and The Flourishing Practice, and Ms. Ayshwarya Ezhilarasan, Art Therapy Practitioner and Founder of The Movement Circle.

The workshop incorporated a range of expressive and reflective activities, including grounding exercises, thematic introductions, drawing, painting, collage-making, poetry, movement, and guided reflection. Emphasising self-expression rather than artistic proficiency, the session encouraged participants to explore their thoughts and emotions in a supportive environment. The programme aimed to promote emotional well-being, self-awareness, and personal growth through the therapeutic potential of creative expression.





Dr. Krithika Ananth and Ms. Ayshwarya Ezhilarasan, expressive arts practitioners, facilitating the art therapy workshop and guiding students through creative and reflective activities.

2. Ink and Impact – Online Passage Writing and Poster-Making Competition

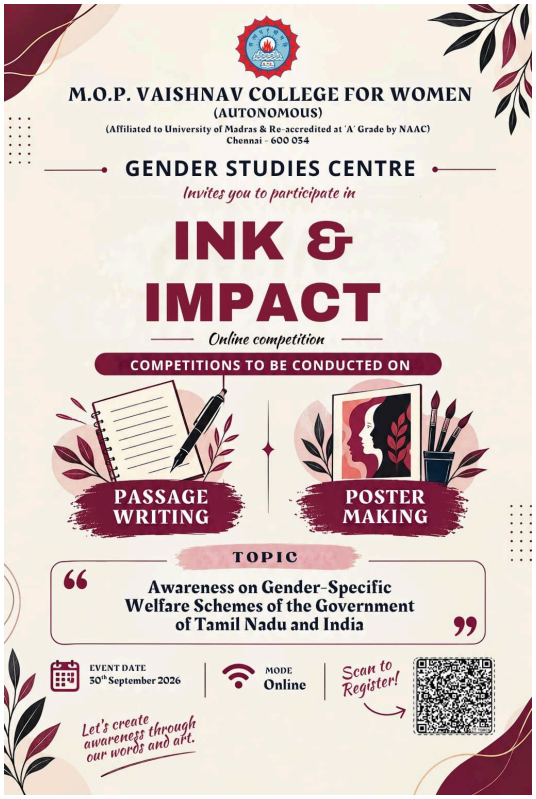
Date: 30 September 2026

The Centre for Gender Studies, M.O.P. Vaishnav College for Women, organised *"Ink and Impact,"* an online competition on the theme *"Awareness of Gender-Specific Welfare Schemes of the Government of Tamil Nadu and the Government of India"* on 30 September 2026.

The initiative aimed to enhance students' awareness of government welfare schemes and support mechanisms available for women and girls. The competition featured two categories:

Passage Writing and Poster Making, providing participants with opportunities to demonstrate their understanding through written expression and creative visual communication.

The programme encouraged students to explore relevant welfare initiatives, understand the rights and entitlements of women and girls, and communicate information effectively. Through this initiative, the Centre sought to promote informed awareness of gender-related welfare measures and encourage students to engage meaningfully with issues concerning gender equity and social welfare.



3. Debate and Open Discussion – "Can Laws Eliminate Gender Discrimination?"

Date: 8 September 2026

Time: 12.00 noon to 2.00 p.m.

The Centre for Gender Studies organised a Debate and Open Discussion on the topic *"Can Laws Eliminate Gender Discrimination?"* on 8 September 2026. The programme provided an academic platform for students to critically examine the role of legal frameworks in advancing gender equality and addressing gender-based discrimination.

The discussion explored the contribution of constitutional provisions, legislation, institutional mechanisms, and legal safeguards towards protecting individual rights and dignity. Students also examined the limitations of legal interventions in addressing discrimination arising from entrenched social practices, cultural expectations, gender stereotypes, and unequal power structures. The deliberations highlighted that while laws are essential for ensuring justice and accountability, their effectiveness depends on proper implementation, public awareness, access to justice, and sustained social transformation.

The programme was enriched by the presence of Ms. Kavitha Muralidharan, senior journalist and literary translator, who offered valuable insights into the social and contemporary dimensions of gender discrimination. Her perspectives encouraged students to connect legal provisions with lived experiences and examine the manifestation of gender inequality in families, educational institutions, workplaces, and society.

The open discussion enabled students to articulate their viewpoints, raise questions, share observations, and engage constructively with diverse perspectives. The programme underscored that eliminating gender discrimination requires not only effective laws and enforcement mechanisms but also gender-sensitive institutions, education, social awareness, and a collective commitment to challenging discriminatory attitudes.

The session concluded as a meaningful academic engagement that encouraged critical thinking, strengthened awareness of gender justice, and reaffirmed the importance of fostering an equitable and inclusive society.



