



LOYOLA COLLEGE [AUTONOMOUS]

**PG & REASEARCH DEPARTMEN OF ADVANCED ZOOLOGY &
BIOTECHNOLOGY**

CORDIALLY INVITES YOU TO

GENDER SENSITIZATION

ALL ARE WELCOME

TOPIC : SAFETY IN DIGITAL SPACE

SPEAKER : MS.A.ANNE APARNA

CONVENER

DR.V.PUSHPA RANI

ORGANIZING SECRETARIES

DR.K.THRESIA MATHEWS

DR.MARY DOROTHY ANITHA SEBASTIAN

DR.JELIN

DR.A.J.RENILDA SOPHY

18 AUGUST

TIMING : 12:20 - 1:15

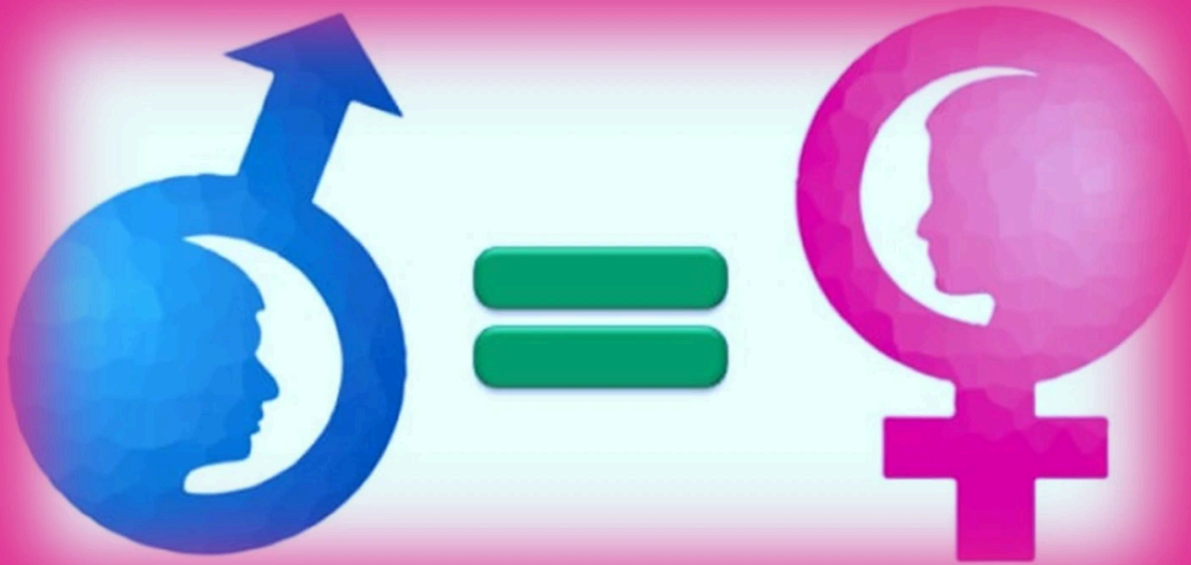
VENUE : JF02

**TOGETHER,
WE RISE.**



REPORT ON GENDER SENSITIZATION- SAFETY IN DIGITAL SPACES

Gender Sensitivity Program for Girl Students



Loyola College

PG & Research Department of Advanced Zoology and Biotechnology

Date: 17th August 2025

Time: 12.15 pm

Venue: Zoology Smart Room

Participants: Girl students of UG and PG classes

Women Staff:

Dr. V. Pushpa Rani (HOD)

Dr. K. Thresia Mathews

Dr. Mary Dorothy Anitha Sebastian

Dr. V. Jelin

Dr. Renilda Sophy A.J

Ms. Anne Aparna

SAFETY IN DIGITAL SPACES

Ms. Anne (Assistant professor) gave a talk on safety in digital spaces

The talk was based on the fundamental principles of personal empowerment, gender awareness, and the resources individuals require to advocate for themselves and others in both physical and digital environments. It aimed to promote awareness, equality, and resilience, particularly among women and marginalized communities.

The concept of **gender sensitization** was introduced first, which involved understanding traditional gender roles, challenging ingrained stereotypes, and promoting inclusivity. It emphasized the importance of recognizing and respecting gender diversity while actively working to dismantle unconscious biases that affect personal relationships, opportunities, and societal roles.

The presentation outlined specific **goals** to achieve gender sensitivity and empowerment. These included cultivating emotional sensitivity, showing respect for

diverse experiences, actively preventing gender-based prejudice, and breaking harmful stereotypes that restrict the potential of individuals based on their gender. The call to action encourages empathy, fairness, and a commitment to equity in everyday interactions.

Developing **self-advocacy skills** is a crucial component of empowerment. The next part of the session highlighted that self-advocacy is not about aggression but rather about assertively communicating one's needs, setting boundaries, and participating in decision-making processes. It was to encourage individuals to identify their strengths and areas for growth, while equipping them to seek support, negotiate fairly, and stand up for their rights.

A strong emphasis was placed on **self-esteem and emotional awareness** as protective factors against manipulation, coercion, gaslighting, and exploitation in personal relationships. The presentation normalized seeking counselling and mental health support, advocating for the removal of stigma surrounding emotional well-being.

In the age of technology, **digital safety** was addressed as the main goal. The talk underscored the need for protecting personal information online, recognizing red flags in digital communication, and the importance of reporting any suspicious behaviour, including cyberbullying, blackmail, or threats. Strategies like using strong passwords and adjusting privacy settings were encouraged to safeguard against online risks.

The concept of **allyship and sisterhood** was introduced as a means of fostering collective strength and solidarity. Creating peer networks and building supportive communities were advocated as tools for empowerment. The importance of understanding **intersectionality** was stressed, how gender interacts with other identities such as caste, class, religion, and sexuality, and encourages solidarity across all marginalized groups.

The need to **break down barriers**-be they traditional, emotional, intellectual, physical, or psychological, that limit individuals' growth and freedom was also addressed. It called for dismantling societal constraints that define what people can or cannot do based on outdated gender norms.

Finally, the advocate for **self-care and the setting of healthy boundaries** was highlighted. It encouraged individuals to understand that resilience is linked to well-being, and that saying "no" is a valid and necessary part of preserving mental health. The speech was concluded by promoting balance between ambition and self-preservation, reinforcing that personal power comes from self-respect and mutual support.

Overall, the presentation was a call to action for individuals to recognize their inner strength, challenge harmful systems and beliefs, and act confidently and compassionately in both private and public spheres.

This was followed by a talk on **fear management** delivered by Dr. Renilda Sophy. She emphasized the importance of remaining calm and composed when faced with any form of discomfort or inappropriate behaviour from the opposite gender. Dr. Sophy advised students to confront such situations with confidence, communicate openly with parents and faculty, and seek appropriate guidance and counselling from qualified professionals.

This was followed by a session on **basic attitude for girls**, conducted by Dr. Mary Dorothy Anitha Sebastian. She emphasized the importance of maintaining strong academic performance, ensuring personal safety both on and off campus, exhibiting appropriate classroom behaviour, and fostering healthy and respectful relationships with the opposite gender.

Dr. K. Thresia Mathews emphasized on the importance of obeying and giving due priority to one's parents, along with the value of sharing and maintaining openness in relationships. She highlighted the need for the wise and responsible use of mobile phones and social media, as well as the importance of improving sleeping habits by reducing excessive screen time. Furthermore, she underscored the significance of fostering strong relationships with faculty members and mentors, stressing their vital role and guidance in a student's academic and personal growth.

Following Dr. K. Thresia Mathews' address, Dr. V. Jelin stressed on the importance of adhering to the prescribed dress code and advised students on effectively managing unnecessary stress caused by peers or outsiders by keeping their parents

informed. She cautioned against making major life decisions during the course of their education and encouraged maintaining healthy and positive friendships. Dr. Jelin further emphasized the importance of seeking proper guidance in addressing personal or academic challenges-whether through parents, faculty members, mentors, or the academic counsellors available in the college rather than resorting to hasty or misguided decisions.

Photo Gallery







Loyola College (Autonomous), Chennai – 600034

Department of Advanced Zoology & Biotechnology

Gender Sensitization Program 2025 – 2026

Date: 18/08/2025 Time: 12:15 PM Venue: Smart Class (JF-02)

S.No.	Register No	Student Name	Signature
94.	25-UAZ-005	MARIYA VAISHNIKA A	Mariya
95.	25-UAZ-008	SANDRIA ANJALI WENISCH S	Sandria
96.	25-UAZ-009	GRACE EVANJALINE Y	G. Grace
97.	25-UAZ-011	KANISHKA S	Kanishka
98.	25-UAZ-015	JENITHA SOWBARNICA E	Jenitha
99.	25-UAZ-017	THIMANDA P	Thimanda
100.	25-UAZ-018	MARIA PRISHA A	Maria Prisha
101.	25-UAZ-020	ORIGANTIE ILEANA	Origantie Ileana
102.	25-UAZ-021	VARSHA J EDAPPAT	Varsha
103.	25-UAZ-024	CATHERINE ROSE VAZ P	Cathy Rose
104.	25-UAZ-025	LASHIYA HEPZIBHA M	Lashiya
105.	25-UAZ-027	BHAWANTHI SHRINITHI R	Bhawanthi
106.	25-UAZ-029	NUPUR BISWAS	Nupur
107.	25-UAZ-030	JENNY N S	Jenny
108.	25-UAZ-031	FELSIYA J	Felsiya
109.	25-UAZ-033	RAMISA FATHIMA M	Ramisa
110.	25-UAZ-035	JONNAH BLESSIE J	Jonah Blessie
111.	25-UAZ-036	LATHIKA K	Lathika
112.	25-UAZ-040	STEFFI ANDREA D	Steffi Andrea
113.	25-UAZ-041	DENCILIN BRIJI C S	Brij
114.	25-UAZ-042	SWETHA K P	S. P. Swetha
115.	25-UAZ-043	CHRISTY FLORENCE B	Christy Florence
116.	25-UAZ-044	RAJKUMARI DIVYA	Divya
117.	25-UAZ-046	ROSHINI V	R. Rosini
118.	25-UAZ-049	SHINY MIRACLE L	Shiny
119.	25-UAZ-051	THARIKA M	Tharika
120.	25-UAZ-052	A DHANYA	A Dhanya
121.	25-UAZ-053	A. SHALINI	Shalini
122.	25-UAZ-054	LINET SOWMIYA A K	Lineta


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S.No.	Register No	Student Name	Signature
74.	24-UAZ-001	DEVADHARSHINI S	AAA
75.	24-UAZ-002	DOROTHY FRANCIS	<i>[Signature]</i>
76.	24-UAZ-006	LEENA MARY J S	AAA
77.	24-UAZ-008	BLESSIE A	<i>[Signature]</i>
78.	24-UAZ-011	SAHAYA ADLIN QUEEN S	<i>[Signature]</i>
79.	24-UAZ-012	AUSTRA JINI	<i>[Signature]</i>
80.	24-UAZ-019	SUTHI SUREKHA S	<i>[Signature]</i>
81.	24-UAZ-020	ANJALI SINGH	S. Suthi Surekha
82.	24-UAZ-023	SHARON ROY	Anjali Singh
83.	24-UAZ-035	SAMANTHA M	AAA
84.	24-UAZ-036	VIBASHA R G	AAA
85.	24-UAZ-038	SUPRITHA S	<i>[Signature]</i>
86.	24-UAZ-042	SALVINA EMILY G	<i>[Signature]</i>
87.	24-UAZ-043	SHISHA LAEL B C	<i>[Signature]</i>
88.	24-UAZ-045	VASUNDHRADEVI P S	<i>[Signature]</i>
89.	24-UAZ-050	AVEENA C	P. S. Vasundhara
90.	24-UAZ-051	DHARSHINI SELVARAJ	<i>[Signature]</i>
91.	24-UAZ-053	GANISHGA K	S. Dharsini
92.	24-UAZ-057	MAHALAKSHMI R	Ganishga K
93.	24-UAZ-059	TANNISTHA R	R. Mahalakshmi
			Tannistha R

[Signature]
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Date: 18/08/2025 Time: 12:15 PM Venue: Smart Class (JF-02)

S.No	Register No	Student Name	Signature
43.	23-UAZ-002	JENCY RANI P	P. Jency
44.	23-UAZ-005	JERSHIYA B	Jershiya B
45.	23-UAZ-006	MERCY N	Mercy N
46.	23-UAZ-014	SAI KAVYAA G	Sai Kavya G
47.	23-UAZ-015	ROSHINI V	AAA
48.	23-UAZ-019	CHRISMA A V	Chrisma A V
49.	23-UAZ-022	SEHRISH BEGUM TUBA	Sehrish Begum Tuba
50.	23-UAZ-023	MARIA JESSY M	Maria Jessy M
51.	23-UAZ-025	KAVI NIVETHETHA T	AAA
52.	23-UAZ-026	RUFINA WILLIAM	AAA
53.	23-UAZ-027	BHUVANESHWARI B	B. Bhuvaneshwari
54.	23-UAZ-029	SHANMUGAPRIYA A	Shanmugapriya A
55.	23-UAZ-031	SREYAA DEVASENA S	AAA
56.	23-UAZ-032	VERONIKA J	Veronika J
57.	23-UAZ-033	REENA GLAD J	Reena Glad J
58.	23-UAZ-034	PRATHUSHAA REMO L	AAA
59.	23-UAZ-037	ROSE MANUAL	Rose Manual
60.	23-UAZ-038	SRIDEVI S	Sridevi S
61.	23-UAZ-039	ISAIMOZHI R	Isaimozhi R
62.	23-UAZ-040	MERCILEENA V	Mercileena V
63.	23-UAZ-041	ANGELINA NATHASHA L	AAA
64.	23-UAZ-043	SOFIYA MERIL P	Sofiya Meril P
65.	23-UAZ-044	ANNAM MARIYO D	Annam Mariyo D
66.	23-UAZ-045	DEEPIKA S	AAA
67.	23-UAZ-046	ANTO JUVANITA H	Anto Juvanita H
68.	23-UAZ-047	RIYA ABRAHAM	Riya Abraham
69.	23-UAZ-048	TANYA HAZEL M	AAA
70.	23-UAZ-049	PETRINA DAISY JOHN	Petrina Daisy John
71.	23-UAZ-053	JANANI A	AAA
72.	23-UAZ-058	CHARU LATHA G	Charu Latha G
73.	23-UAZ-059	LOGESHWARI R	AAA


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S.No	Register No	Student Name	Signature
1.	24-PZO-001	MEGHA ALPHONSA MONDOL M	<i>M Mondol</i>
2.	24-PZO-002	JENCY SHARON P	<i>Jency Sharon</i>
3.	24-PZO-004	JASMIN FRIDOLIN L	<i>Jasmin</i>
4.	24-PZO-005	MARIE SANJEETHA F	<i>AAA</i>
5.	24-PZO-007	DARUS POOJA E	<i>Darus Pooja</i>
6.	24-PZO-008	LINDA BLESSY	<i>AAA</i>
7.	24-PZO-010	VIDEESHA M	<i>Videesha</i>
8.	24-PZO-014	MERLIN PAVITHRA R	<i>R-Merlin</i>
9.	24-PZO-016	LINCYJENITA	<i>AAA</i>
10.	24-PZO-017	MARIA ESPERANZA ALOYSIUS	<i>Maria Esperanza</i>
11.	24-PZO-018	SAILAJA B	<i>Sailaja B</i>
12.	24-PZO-019	PRESHEEBA JOY YOUNG B	<i>B. Presheeba</i>
13.	24-PZO-020	JENEER FAR JAFRRIN Y	<i>Jeneer Far</i>
14.	24-PZO-021	TERESA MARIA FERNANDEZ	<i>AAA</i>
15.	24-PZO-023	BRITTNEY DSOUZA	<i>B. Dsouza</i>
16.	24-PZO-024	DEVI L	<i>Devi</i>
17.	24-PZO-025	HARINI C	<i>C. Harini</i>
18.	24-PZO-030	ABINAYA K	<i>Abinaya</i>
19.	24-PZO-031	KEERTHANA J	<i>Keerthana</i>
20.	24-PZO-033	RUSHDA KOWNAIN A	<i>AAA</i>

Rushda Kownain
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S.No	Register No	Student Name	Signature
21.	25-PZO-001	JESSICA ALEXANDER	Jessica
22.	25-PZO-002	AADILA S	Aadila
23.	25-PZO-005	BAVISHA A	Bavisha
24.	25-PZO-007	AAMINA AFREEN	Aamina
25.	25-PZO-008	INIYAVAL M	Iniya
26.	25-PZO-009	MARIAM SHEA ALAN	Mariam
27.	25-PZO-010	AUXILIA SHARON FERNANDO J	Auxilia
28.	25-PZO-011	AUXI REJOY R	Auxi
29.	25-PZO-014	LEENAPRIYA S	Leena
30.	25-PZO-015	ANTO BENSICA F	Anto
31.	25-PZO-017	SOWMIYA M	Sowmya
32.	25-PZO-018	JAYASEELI REBECCA J	Jayaseeli
33.	25-PZO-020	FARLIN JUDE A	Farlin
34.	25-PZO-021	MUBENA M I	Mubena
35.	25-PZO-023	SUNDRAVADIVU R	Sundravadivu
36.	25-PZO-024	THELAGATHOTI HARSHITHA	Harshitha
37.	25-PZO-025	MACDALEN HYDI	MacdaLEN
38.	25-PZO-026	DEEPIKA S	Deepika
39.	25-PZO-027	ELAKIYA S	Elakiya
40.	25-PZO-028	KIRUTHIKA R	Kiruthika
41.	25-PZO-030	SUBHADRA SAHU.N	Subhadra
42.	25-PZO-031	HARINI P	Harini


26/08/2025
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Thank You

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