



KALASALINGAM
ACADEMY OF RESEARCH AND EDUCATION
(DEEMED TO BE UNIVERSITY)
Under sec. 3 of UGC Act 1956. Accredited by NAAC with "A++" Grade



THE - Impact Rankings 2026

3 GOOD HEALTH
AND WELL-BEING



**Ensure healthy lives and promote well-being
for all at all ages**

3.3.4 Free Sexual Health Care

Providing Free Sexual Health Care for Students at Kalasalingam Academy of Research and Education (KARE): A Commitment to Student Well-Being and Safety

Sexual health is an integral component of physical, emotional, and social well-being. University students often undergo significant transitions in lifestyle, relationships, and personal identity, making access to reliable and confidential sexual health services essential. Recognizing this need, Kalasalingam Academy of Research and Education (KARE), in collaboration with Kalasalingam Medical College and Hospital (KMCH), provides free and comprehensive sexual health care services for all students on campus.

These services reflect KARE's commitment to fostering a safe, inclusive, and health-conscious campus, ensuring that every student has access to accurate information, medical assistance, and preventive care without stigma or financial burden.

Key Services Offered

- **Menstrual Health Support**
Guidance on menstrual health issues, PCOD/PCOS concerns, and access to free sanitary products in designated locations.
- **Reproductive Health Education**
Regular workshops and awareness sessions covering contraception, consent, hygiene, and responsible decision-making.
- **Emergency Support**
Round-the-clock medical support available through KMCH for urgent reproductive or sexual health-related cases.

Objectives of the Initiative



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- To promote awareness, safety, and responsible behaviour among students.
- To eliminate stigma surrounding sexual health by ensuring confidential and non-judgmental access to medical services.
- To help students make informed decisions through evidence-based guidance.
- To contribute to SDG 3 – Good Health and Well-Being for all.

Women Empowerment Cell (WEC) at the University

The Women Empowerment Cell (WEC) at the university is established with the vision of creating a safe, supportive, and gender-sensitive academic environment where women can learn, lead, and excel. The Cell plays a crucial role in promoting gender equality, safeguarding women's rights, and empowering female students, faculty, and staff through various initiatives, awareness programmes, and support systems.

Objectives of the Women Empowerment Cell

- To create a campus environment that ensures safety, dignity, and equal opportunities for women.
- To promote gender sensitization and eliminate gender-based discrimination.
- To provide a confidential platform for women to address concerns related to safety, harassment, or inequality.
- To organize training programmes, workshops, seminars, and counselling sessions related to women's health, rights, and professional growth.
- To empower women through skill development, leadership training, and awareness on social, legal, and ethical responsibilities.

Functions and Activities

- Conducting gender sensitization workshops for students and staff.
- Organizing awareness programmes on women's legal rights, cyber safety, mental health, and financial independence.
- Collaboration with the Internal Complaints Committee (ICC) for ensuring compliance with the *Prevention of Sexual Harassment (POSH) Act*.
- Arranging self-defense training sessions to enhance safety and preparedness.
- Celebrating important occasions like International Women's Day, National Girl Child Day, and Breast Cancer Awareness Month.
- Providing emotional and psychological support through counselling services.



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- Conducting outreach programmes in nearby communities on topics related to women's welfare and empowerment.

Impact

The Women Empowerment Cell has significantly contributed to building an inclusive and supportive campus atmosphere where women feel safe, valued, empowered, and encouraged to pursue academic and personal excellence. Through continuous programmes and proactive assistance, WEC helps nurture leadership qualities and fosters a culture of equality across the university.

University Website: <https://kalasalingam.ac.in/women-empowerment-cell/>

Programs Organized by the Women Empowerment Cell (WEC)

The Women Empowerment Cell (WEC) at the university plays a pivotal role in promoting gender equality, women's rights, and a safe, inclusive campus environment. In collaboration with the Internal Complaints Committee (ICC), the WEC conducts a wide range of awareness programmes, training sessions, and empowerment initiatives throughout the academic year.

The programmes focus on enhancing the social, emotional, academic, and professional development of women students, faculty, and staff, while also creating a gender-sensitive and harassment-free campus.

Key Activities and Programmes Conducted

- Gender Equality and Sensitization Workshops
Sessions to promote respectful behaviour, equal opportunities, and understanding of gender roles.
- Awareness Programs on Legal Rights and Safety
Talks by legal experts on women's rights, workplace harassment laws, cyber safety, and self-protection.
- Health and Wellness Programs
Seminars on women's health, mental well-being, nutrition, anemia prevention, menstrual hygiene, and stress management.



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- Self-Defense and Personal Safety Training
Practical workshops teaching basic self-defense techniques to help women feel confident and prepared.
- Leadership and Skill Development Sessions
Training programs on communication, career planning, entrepreneurship, and financial independence.
- Workshops on POSH (Prevention of Sexual Harassment) Act
Regular orientations for students and staff to ensure a safe and legally compliant campus.
- Awareness Campaigns & Observance of Important Days
Activities conducted on International Women's Day, National Girl Child Day, Breast Cancer Awareness Month, etc.





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Women Empowerment Cell (WEC): Policy on Gender Equality

The Women Empowerment Cell (WEC) at the university functions as a dedicated platform to promote gender equality, women's rights, and a safe, inclusive environment for all female students and staff. The Cell works proactively to empower women through awareness programmes, training sessions, counselling support, and community engagement activities.

WEC regularly organizes initiatives such as gender sensitization workshops, legal awareness sessions, self-defense training, health and wellness seminars, leadership development programmes, and observance of important days like International Women's Day and National Girl Child Day. It collaborates closely with the Internal Complaints Committee (ICC) to ensure a harassment-free campus in accordance with statutory guidelines.

Through continuous outreach and empowerment activities, the Women Empowerment Cell plays a vital role in fostering confidence, enhancing safety, and building a respectful and equitable academic environment. It ensures that women across the university feel supported, heard, and empowered to reach their fullest potential.



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Policy Available in University Website:

Policy of Gender Equality & Sensitization

<https://kalasalingam.ac.in/wp-content/uploads/docs/Gender%20Equality.pdf>

Measures initiated by the University for the promotion of gender equity

Over the past three years, the university has implemented a wide range of initiatives aimed at fostering gender equity, ensuring safety, and empowering women across the campus. These initiatives focus on awareness, capacity building, health support, safety infrastructure, and creating an inclusive academic environment.

1. Safety and Security Measures

- Establishment of Women Empowerment Cell (WEC) and Internal Complaints Committee (ICC) to address gender issues and ensure compliance with the POSH Act.
- Installation of CCTV surveillance in academic buildings, hostels, and common areas to enhance campus safety.
- Deployment of trained security personnel at key points, including separate female security staff at girls' hostels.
- Mandatory orientation programmes on safety, cyber security, and harassment prevention for all first-year students.

2. Support Services for Female Students

- Availability of separate female counsellors to provide emotional, academic, and psychological support.
- Dedicated helpline numbers for safety and immediate assistance.
- 24x7 ambulance service and free medical care through Kalasalingam Medical College and Hospital.
- Provision of menstrual hygiene facilities, including free sanitary napkins in hostels and academic blocks.

3. Gender Sensitization & Awareness Programmes

- Regular workshops on gender equality, women's rights, cyber safety, self-defense, and legal awareness.



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- Annual observance of International Women's Day, National Girl Child Day, Breast Cancer Awareness, and other thematic events.
- Expert talks by legal professionals, medical practitioners, and social welfare departments.

4. Empowerment and Skill-Building Initiatives

- Leadership and entrepreneurship workshops conducted exclusively for women students.
- Training in communication skills, personality development, financial literacy, and career guidance.
- Motivational talks by successful women professionals and alumni.

5. Health and Wellness Initiatives

- Free sexual and reproductive health counselling through KMCH.
- Medical awareness camps on women's health issues such as anemia, PCOD/PCOS, mental well-being, and nutrition.
- Fitness programmes including yoga, zumba, and stress-relief sessions.

6. Infrastructure and Inclusive Facilities

- Safe and well-equipped girls' hostels with female wardens, secure entry systems, and continuous monitoring.
- Common rooms for girls, equipped with rest areas and first-aid facilities.
- Barrier-free facilities such as ramps, lifts, and accessible washrooms to support inclusivity.

7. Community Outreach and Social Responsibility

- Outreach programmes conducted in nearby villages focusing on women's health, hygiene, legal literacy, and empowerment.
- Participation of students and faculty in medical awareness camps conducted in association with Kalasalingam Medical College and Hospital.

- **2021-2022**

- Awareness programme on Vishakha guidelines and sexual harassment at workplace Act on 17.08.2021.
- Guest lecture on "Gender Equity-on-Going Challenges in India" on 18.10.2021.
- National Girl Child Day on 24.01.2022



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- Celebrated Lilavathi Awards'22 function on 31.01.2022.
- Expert talk on "A Women with Voice" on 24.01.2022.
- Awareness Programme on "The use of organic sanitary napkin" on 12.02.2022.
- Celebrated "International Womens Day" on 05.03.2022.

● 2022-2023

- Seminar on "Gender Equality and Women Empowerment" on 09.09.2022.
- Poster Competition for Girls on 21.12.2022.
- Eminent speech on "Win To Be SHE = HE" on 30.12.2022
- Seminar on "Laws and policies for Women and Adolescent health" on 21.01.2023.
- National Girl Child Day awareness talk on "Break the Bias" on 24.01.2023
- Seminar programme on "Power of Self-Motivation for Women Empowerment" on 22.02.2023.
- Celebrated "International Women's Day on 08.03.2023.

● 2023-2024

- Raising seminar on "Roll of Education to attain Gender-Equality" on 12.09.2023.
- Organized "Cyber Awareness day" on 30.09.2023.
- Training Programme on "Forms of Gender Discrimination in a Contemporary Society" on 06.01.2024
- Seminar on "Sexuality and LGBTQ+" on 28.01.2024.
- Anti-Cancer Awareness Rally on 03.02.2024.
- Celebrated "International Women's day on 08.03.2024.

Separate Female Counsellor for Hostel Girls

To ensure the emotional well-being, safety, and holistic development of female students residing in the hostels, the university has appointed a dedicated Female Counsellor. The counsellor provides 24x7 support to address personal, psychological, academic, and social concerns faced by hostel girls. She plays a crucial role in creating a comfortable and supportive residential environment where students feel safe, heard, and guided.

The Female Counsellor offers:



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- Confidential one-on-one counselling sessions
- Support for issues such as academic stress, homesickness, adjustment challenges, peer conflicts, time management, and emotional wellness
- Awareness programs on mental health, personal hygiene, safety, self-confidence, and stress management
- Immediate support during emergencies and coordination with wardens, faculty advisors, and medical staff
- Guidance on career-related concerns and life skills
- Assistance in managing sensitive situations with empathy and professionalism

By having a dedicated Female Counsellor, the university ensures that hostel girls have access to gender-sensitive psychological support, promoting a safe, inclusive, and nurturing environment that encourages their academic and personal growth.





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Policies / Committees Available at the University

The university has established a comprehensive set of policies and committees to ensure student safety, welfare, equity, and a positive academic environment. These mechanisms strengthen transparency, accountability, and support systems for all students on campus.

1. Gender Equality Policy

Link: <https://kalasalingam.ac.in/wp-content/uploads/docs/Gender%20Equality.pdf>

The Gender Equality Policy promotes equal rights, opportunities, and participation for all genders. It ensures a discrimination-free environment and supports initiatives that foster inclusiveness, sensitivity, and respect within the campus community.

2. Anti-Harassment Committee



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Link: <https://kalasalingam.ac.in/internal-complaints-committee/>

This committee addresses complaints related to harassment, ensuring a safe and respectful atmosphere for students and staff. It operates with confidentiality and fairness while educating the campus about harassment prevention.

3. Anti-Ragging Committee (Social Security)

Link: <https://kalasalingam.ac.in/anti-ragging-committee/>

The Anti-Ragging Committee ensures that the campus remains free from ragging-related incidents. It conducts awareness programmes, monitors student interactions, and provides helplines to protect students' physical and psychological well-being.

4. Anti-Discrimination Committee

Link: <https://kalasalingam.ac.in/anti-discrimination/>

This committee works to prevent any form of discrimination based on caste, religion, gender, disability, or socioeconomic background. It promotes equal treatment and inclusivity across all academic and administrative activities.

5. Internal Complaints Committee (ICC)

Link: <https://kalasalingam.ac.in/internal-complaints-committee/>

The ICC is constituted under the POSH Act, 2013, to address and resolve cases of sexual harassment. It handles complaints in a time-bound manner and organizes regular awareness sessions on workplace and campus safety.

6. Student Grievances Redressal Committee

Link: <https://kalasalingam.ac.in/students-grievances-redressal/>

This committee provides students with a systematic platform to raise concerns related to academics, administration, examination, or campus services. It ensures timely and transparent resolution of grievances.