



**Achieve gender
equality and
empower all
women and girls**

5.3.3 SPIHER's Commitment to Womens Access and Opportunity

St. Peter's Institute of Higher Education and Research (SPIHER) in Chennai, India, is a private institution offering a variety of undergraduate, postgraduate, and research programs. While SPIHER is not specifically a women's university, it does offer various support systems, including schemes that may benefit women students. While specific programs may vary, here are some general ways in which SPIHER could support women's access to higher education:

1. Women Empowerment Programs

SPIHER, often run women empowerment initiatives to encourage female students to excel in their studies and careers. These programs may include guest lectures, workshops, and seminars on topics like leadership, gender equality, personal development, and entrepreneurship.



செயின்ட் பீட்டர்ஸ் உயர்கல்வி ஆராய்ச்சி கல்வி நிறுவனத்தில் மகளிர் மேம்பாடு மற்றும் அவர்கள் மீது வன்முறை தடுப்பு விழிப்புணர்வு பிரச்சாரத்தை துணை வேந்தர் மால்முருகன் துவக்கினார். கல்லூரி டீன் எம். வெங்கடாமணன், கம்ப்யூட்டர் துறை தலைவி எஸ். பிருந்தா, பவுதிகத் துறைத் தலைவி எஸ். ஸ்டெல்லாமேரி, ரசாயனத் துறை தலைவி சமீதா கல்தான், ஆவடி காவல்துறை கமிஷனரகம் சப் இன்ஸ்பெக்டர்கள் சி.கோகிலா முத்துகுமாரி, எஸ். கவிதா ஆகியோர் உடன் இருந்தனர்.

“Women Empowerment Program conducted at SPIHER on 09.12.2024, fostering confidence, leadership, and skill development among women students.”

2. Mentorship and Counselling Services

SPIHER may offer mentorship programs, where senior students or faculty members guide and support female students in their academic and professional journeys. This can help women overcome challenges and provide encouragement to pursue their goals. Additionally, counselling services may be available to support female students in dealing with personal, academic, or career-related challenges.



“Mentoring Girl Students – guiding and empowering young women at SPIHER.”

St. PETER'S
INSTITUTE OF HIGHER EDUCATION & RESEARCH

Department of Economics &
 Department of Computer Science and Applications
in collaboration with
Centre for Personal Counselling
Invites all the Staff Members for the Transformative Experience
**Restorative Pathways:
 Ho'oponopono Meditation for Inner Peace**

FACILITATOR
Dr. S. Akila
Asst. Prof - Department of CS&A

ADVISOR
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Dean - FAC&A, SPIHER

COORDINATOR
Mrs. D. Blessy Angelina
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30th July 2024 (S) 10.30 am to 0.15 pm
 Seminar Hall, Main Block

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Dr.R.Latha (on stage) commenced the session with an insightful introduction to the title and the significance of Ho'oponopono meditation.



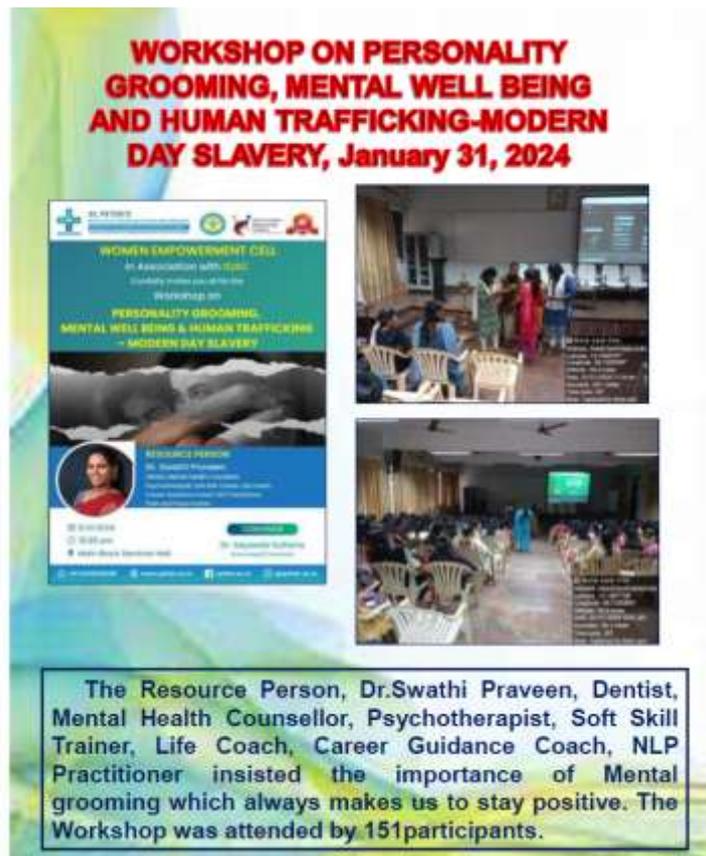
Dr.S.Akila presenting the Ho'oponopono meditation the SPIHER participants

18 Nov 23⁷/₂₄

The Center for Personal Counselling, in collaboration with the Department of Computer Science and Applications (CSA) and Department of Economics, organized a transformative Ho'oponopono meditation session on Saturday, 20th July 2024. The session, held in the Main Block Seminar Hall, invited all staff members to participate and benefit from this ancient Hawaiian practice of reconciliation and forgiveness. Dr. R. Latha, Head of the Department of CSA, commenced the session with an insightful introduction to the title and the significance of Ho'oponopono. Dr. Latha emphasized the importance of inner peace and harmony, setting a serene tone for the meditation practice. Dr. S. Akila, Assistant Professor, Faculty member of the Cell facilitated the meditation session. Her guidance through the Ho'oponopono practice allowed participants to connect deeply with the process of forgiveness and self-healing. The meditation session was attended by around 70 staff members, who were eager to experience the unique and profound benefits of Ho'oponopono. Participants expressed their happiness and noted that the session provided a different and deeply relaxing experience. The guided meditation allowed them to let go of stress and embrace a state of tranquillity and mindfulness. The Ho'oponopono session was a resounding success, fostering a sense of relaxation and emotional well-being among the participants. The positive feedback and the relaxed demeanour of the attendees underscored the effectiveness of the meditation program. This session highlighted the commitment of the Center for Personal Counselling and the Department of Computer Science and Applications to the holistic well-being of the staff members at SPIHER. Mentoring girl students helps them gain confidence, improve academically, and feel supported throughout their studies. At our institution, mentors regularly meet with girl students to understand their challenges and guide them with care. They motivate students, help them participate in activities, and connect them to remedial classes or counselling when needed. This support system ensures that girl students feel safe, encouraged, and prepared for their future.



“Awareness Program on Personality Development, Emotional Intelligence, and Menstrual Hygiene held at SPIHER on 30th August 2024, promoting holistic well-being and empowerment among Girl students.”



Empowering minds and safeguarding lives—A session on Personality Grooming, Mental Well-Being, and Human Trafficking & Modern Slavery awareness held on January 31, 2024.

St. Peter's Institute of Higher Education and Research, through this extension activity, demonstrated its commitment to promoting gender equality and education. The event at Government Higher Secondary School, Banaveduthottam, was a significant step in encouraging and inspiring students to pursue their educational dreams without any gender-related barriers. The institute remains dedicated to continuing such initiatives in the future to create a more inclusive and equitable society.

Promoting Gender Equality Through Educational Scholarships

In SPIHER, the scholarship is provided to deserving students based on their academic achievements, overall talent, and financial situation. By easing the cost of school fees and other expenses, it supports families who may find it difficult to afford their daughters' education. More than just financial assistance, the scholarship reflects the school's commitment to promoting gender equality and empowering young girls. It motivates them to aim higher, take part confidently in school activities, and pursue their goals with greater focus and determination. This initiative has led to higher enrollment of girl students and has helped build a more inclusive and encouraging learning environment. By supporting girls' education today, the school is helping shape a brighter, more equal future for the whole community.



A Skit on Promoting Gender Equality in Govt Hr Sec School, Banaveduthottam Parivakkam on 22.10.2024

Extended Curricular Engagement for Girl Students in Sri. S.B. Vijaya Reddiar Matriculation Higher Secondary School:

Dr. S. Stella Mary had the honour of being the Chief Guest at ENG FEST'25, an annual event organised by Sri. S.B. Vijaya Reddiar Matriculation Higher Secondary School, held in Avadi,

Chennai, on March 22, 2025. During her keynote address, Dr. S. Stella Mary highlighted the significance of mastering the English language in today's globalized world. She engaged with the students, encouraging them to appreciate not only the linguistic skills but also the cultural understanding that comes with learning English. Her inspiring words motivated the young audience to embrace the language as a tool for personal and professional development, paving the way for a brighter future.

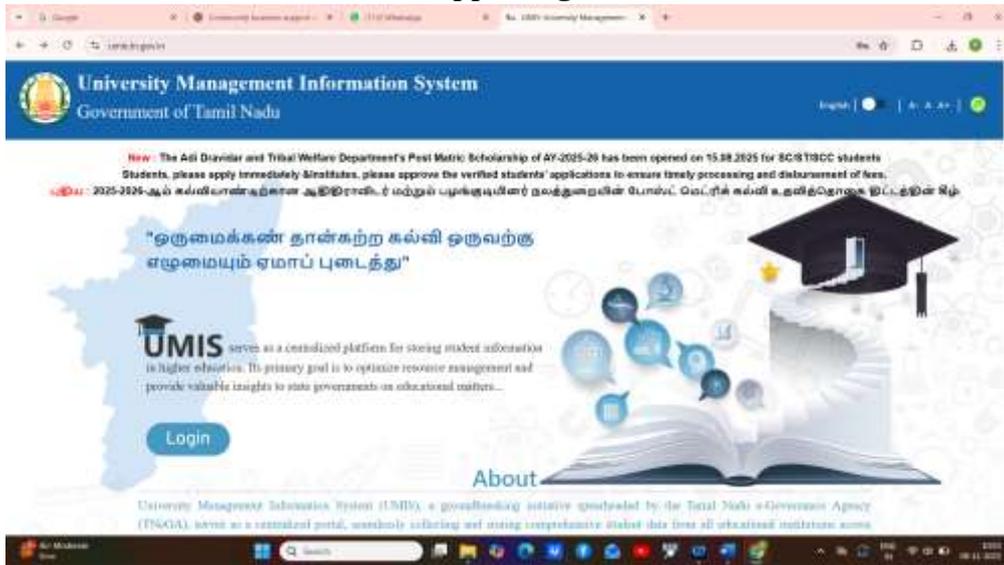


Dr. S. Stella Mary delivered an inspiring address as the Chief Guest at ENG FEST'25, hosted by Sri S.B. Vijaya Reddiar MHSS, Avadi, Chennai, on March 22, 2025.



“SPIHER students delivering a lecture on Gender Equality to school students at Banaveduthottam, Parivakkam, raising awareness and promoting respectful gender practices on Govt Hr Sec School, Banaveduthottam Parivakkam on 22.10.2024

commitment to supporting student success.”



“UMIS Scholarship Portal – Enabling girl students to easily access government scholarships and financial support for higher education.”

Conclusion

In conclusion, St. Peter's Institute of Higher Education and Research (SPIHER) actively aligns its initiatives with SDG Goal 5, Achieve Gender Equality and Empower All Women and Girls by fostering an inclusive and equitable learning environment. Through its women empowerment programs, mentorship and counselling services, gender sensitization workshops, and leadership development initiatives, SPIHER ensures that women are given equal opportunities to learn, lead, and thrive. The institution's commitment to addressing gender disparities, promoting awareness, and supporting women's academic and personal growth reflects its dedication to building a campus culture rooted in equality, respect, and empowerment. By continuously promoting access, participation, and success for women across all disciplines, SPIHER contributes meaningfully to the global vision of achieving gender equality and empowering every woman to reach her fullest potential.