



St. Mary's College, Thrissur-680020

Gender Sensitization Activities Report 2016-2017

Action Plan	Action Taken
Honoring Eminent Women	MAHITHA Award for the Women of Achievement was presented to Smt. M.S. Jaya Director, Higher Secondary Education, Govt of Kerala, Former District Collector of Thrissur in recognition for her services to society
Women Empowerment Programme	<ul style="list-style-type: none"> • Women's Cell and Department of Social Work organized a class on <i>Women Entrepreneurship</i> by Jacob Samuel, Research and Development Director ESAF on 20.9.2016 • Women's Cell organized an Invited Talk on <i>Influence of Media among Teenagers</i> by Mr. Manoj Kamath (Programme Coordinator, CLUB F.M 104.8) on 15.10.16 • Department of Economics & Planning Forum organized Invited lecture on <i>Invisible Domestic Work Of Women And Its Role In GPI</i> by Dr. Remya R, Assistant Professor, Dept of Economics, Achutha Menon Memorial Govt College, Thrissur 17.10.2016 • Women's Cell & Department of Social Work organized a Class on <i>Services and Projects related to Women And Children</i> by Ms. Resmiya (Training Associate Child Resource Centre KILA) on 7.11.16 • IQAC organized IVth Sr Dr Rani George Endowment Lecture on <i>Women Entrepreneurship -Trends, Challenges and Possibilities</i> by Smt. Sathiavathy C R (Executive Director, Society for Assistance of Fisher women (SAF) Joint Director, Department of Fisheries, Kerala Managing Director, Kerala Aqua Ventures International Ltd (KAVIL) on 15-12-2016 • Invited talk on <i>Women Entrepreneurship</i> by Mr. Jacob Samuel, R&D Director cum Programme Director, ESAF

	<p>on 20/01/2017 under the initiative of Women's Cell & Department of social work</p> <ul style="list-style-type: none"> • Bachelor of Vocational studies <i>Screened a short film 'NARI'</i> directed by Mr. Vinayak K S Panicker, Chemical Engineering Student, which had won second prize in national level short film competition on 09.03.2017 • Department of Mathematics organized a Discussion on <i>Role of Woman in fighting against the social evils: pollution, destruction of environment, violence and bad politics</i> on 10.03.2017
Legal Awareness	<ul style="list-style-type: none"> • Invited Talk on <i>Cyber Crime and Its Impact On Youth</i> for mother parents by Mr. Roy C George, SI, District Cyber Cell, Thrissur on 28.06.2016 under the initiative of Dept of Computer Science and Applications and Women's Cell • Women's Cell organized Invited Talk on <i>Women Laws and Indian Constitution</i> by Adv Mercy Thekkekara, former Principal, Government Law College, Thrissur on 9.08.2016 • An awareness class on <i>Pink Policing</i> by Ms. Subhavathy (CI, Women Cell) 25.1.2017 by Women's Cell & Department of social work • Invited Talk on <i>Women And Law</i> by Mujeeb Rahiman, Sub Judge, DLSA, Thrissur on 14.03.2017 under the leadership of Department of Botany
Health Awareness	<ul style="list-style-type: none"> • Awareness <i>Invited Talk on Diet And Nutrition For Young Women</i> by Ms. Cindin John, Nutritionist, Elite Mission Hospital, Thrissur 10.11.2016 Biotechnology • A Invited Talk on <i>Health in New Era – Swasthavritta</i> by Dr. Anjali U Nair on 09.12.2016 by Women's Cell and Department of Sanskrit • Elder Marians arranged Distribution of health card to students to monitor their menstrual health. Consultation with a Gynecologist was arranged for students who had menstrual problems

	<ul style="list-style-type: none"> • Educational program for adolescent Girls on <i>Health and Hygiene</i> by Dr. Sr. Ruby, Gynecologist, Amala Institute of Medical Sciences on 27-1-2017 under Women's Cell
Stress Management	<ul style="list-style-type: none"> • Invited Talk on <i>Stress Management</i> by Dr. Sindhu Pradeep, Special Counselors, Women Cell, Thrissur 17.11.2016 by Department of Microbiology • Session on <i>How to Enjoy Writing Exam</i> by Ms. Stephy Francis (Faculty, Department of social work) on 8.2.2017 by Women's Cell • Women's Cell <i>organized a session Women Empowerment through Marshal Art</i> on 15.02.2017
Competitions to arouse spirit of women empowerment	<ul style="list-style-type: none"> • Essay Writing Competition on topic Women and Society and Elocution Competition on topic-Empowering Girls Empowering Nations on 22.07.2016 by Department of Economics • Poster Designing Competition on Women Education on 25-7-2016 by Department of Economics • Department of English organized Wonder Woman Contest on 15/12/2016 • Debate on the topic Women Entrepreneurship was conducted as part of Management Fest 'KARMIN – 2016' on 25.11.2016 by Department of Management Studies • IQAC organized National Level Paper presentation competition on Women Entrepreneurship -Trends, Challenges and Possibilities on 16-12-17 • Department of Social Work in association with Women Development Cell observed Girl Child Day by conducting a Quiz Competition on the topic 'Famous Woman Personalities' on 19th January 2017

Mahitha Award

Sr. Dr. Chrislin Endowment Award Ceremony for the year 2016 was held on 24th October 2016. Principal awarded Smt. M.S Jaya I.A.S, Director of Higher Secondary Education, Kerala-with a cash prize of Rs. 5,000 a Memento and a Certificate. Smt. M.S Jaya gave an eloquent talk on Women Empowerment, ensuring balance between social and official roles and also performing it to the best



Talk on Women Entrepreneurship

Women Cell in Collaboration with Department of Social Work conducted a class on Women Entrepreneurship by Jacob Samuel (Research and Development, Director, ESAF) on 20.9.2016. The class was informative. The students got strengthened with the ideas of self-empowerment and opportunities in the field of entrepreneurship



Talk on Influence of Media among Teenagers and Career Possibility in Media

A talk on Influence of Media among Teenagers were held on 15.10.16. The session was led by Mr. Manoj Kamath (Programme Coordinator, CLUB F.M 104.8) pointed out negative influence of media on the youth. An orientation was given on career opportunities like event management, script writer, content writer, Radio Jockey etc.



Invited lecture “Invisible Domestic Work of Women and its role in GPI”

Dr. Remya R., Assistant Professor, Dept of Economics, C Achutha Menon Memorial Govt College, Thrissur gave an invited lecture on the topic “Invisible Domestic Work of Women and its role in GPI” in connection with inauguration of Activities of Economics Association and Planning Forum on 17-10-2016.



Talk on Services and Projects related to Women And Children

Women Cell in collaboration with Department of social work conducted a class on services and projects related to women and children on 7.11.16 .Ms. Resmiya (Training Associate Child Resource Centre KILA) took class on different government schemes for welfare of women and children .



Sr Dr Rani George Endowment Lecture- Women Entrepreneurship -Trends, Challenges and Possibilities”

The IVth Sr Dr Rani George Endowment Lecture was held on 15th December 2016. The Endowment Lecture on the topic “Women Entrepreneurship -Trends, Challenges and Possibilities” was delivered by Smt. Sathivathy C R (Executive Director, Society for Assistance of Fisher women (SAF) Joint Director, Department of Fisheries, Kerala Managing Director, Kerala Aqua ventures International Ltd (KAVIL). Principal Sr. Dr. Marriette A Therattil presided over the function



Class on Women Entrepreneurship

Department of Social Work in association with Women Development Cell conducted a class on 'Women Entrepreneurship' on 20th January 2017 at Chavara seminar hall at 1.00 pm. The resource person was Mr. Jacob Samuel, R&D Director cum Programme Director, ESAF (Evangelical Social Action Forum), Mannuthy.



Screening of Film -“NARI”

In connection with International Women's Day celebration Department of Vocational Studies screened the short film: “NARI”, which won Second Prize in National Level Short Film Competition, on March 9th 2017. . Ms Reena A R Welcomed the director of the documentary: Mr. Vinayak and interaction were organized later on .



Discussion on Role of woman in fighting against the social evils

Department of Mathematics conducted a discussion on 10.03.2017 on the topic “Role of woman in fighting against the social evils: Pollution, Destruction of environment, Violence and Bad politics” in order to collect the opinions of students on the gender sensitization.



Invited talk on “Cyber crime and its impact on youth”

The Department of Computer Science and Applications along with the Women Cell, conducted an invited talk on the topic “Cyber Crime And Its Impact On Youth “on 28th June 2016. The session was targeted to mother parents of St. Marians. The Chief Guest Mr. Roy C George, Sub Inspector, District Cyber Cell, Thrissur, delivered a talk on “Cyber Crime And Its Impact On Youth “.The resource person discussed about different types of cybercrimes and also explained few case studies. The parents were enlightened through his speech and they became more aware about online predators. They were also discussing about wise and safe use of internet for the safer future of their wards.



Invited Talk on Women Laws

Invited Talk on Women Laws was delivered by Dr. Mercy Thekkekara, former Principal, Government Law College, Thrissur on 9th August 2016. Smt.Dolly Augustine, Coordinator, Women Development Cell delivered welcome speech. The chief guest of the day Dr. Mercy Thekkekara gave an inspiring and informative talk and the students got themselves engaged in a deep discussion. The class threw light upon the various rights and duties of women and constitution of India.



Awareness Programme on Pink Police

Department of Social Work in association with Women Development Cell conducted an awareness programme on Pink Police which was held on 25th January 2017 at Chavara seminar hall at 2.00 pm. The resource person was Ms.Subhavathy, Circle Inspector, Women Cell, Thrissur.



Invited Talk- Women and Law

The Botany Department conducted a talk on the topic “ Women and Law” by Mujeeb Rahiman, Sub Judge, Secretary, DLSA, Thrissur on 14/03/2017.



Diet & Nutrition for Young Women

On 10th November 2016, as part of World Nutrition Day an awareness talk was given by Ms. Cindin John, Nutritionist and Dietitian, Elite Mission Hospital, Thrissur, on “Diet & Nutrition for Young Women” was organized by the Department of Biotechnology. She emphasized the importance of various protein and energy rich food in the diet of young women.



Talk on 'Health in New Era'- Swasthavritta

Women Cell in collaboration with Department of Sanskrit conducted a talk on ***Health in New Era*** – ***Swasthavritta*** by Dr.Anjali U Nair on 9December 2016 at St. Chavara Seminar Hall. Swasthavritta- which literally means 'the regime of abiding in one's own nature' is an individual's guide to the path of healthy and long life.



Awareness class on "Women's Health – Nation's Wealth"

Awareness class on "Women's Health – Nation's Wealth" by Dr. Roni Ignatius was arranged on 19th December, 2016 and Dr. Sr. Marriette A Therattil distributed health card to I DC students.



Educational Program for Adolescent Girls On Health And Hygiene

An educational program for adolescent Girls on Health and Hygiene was conducted on 27th of January Dr. Sr. Ruby, Gynecologist, Amala Institute of Medical Sciences gave a PowerPoint Presentation on '*Adolescent Girls - Health and Hygiene*'. The students got information on adolescent health issues particularly structure and anatomy of human sexual organs and menstruation cycle /related health problems in women.



Invited Talk on Stress Management

The Department of Microbiology conducted an Invited Talk on 'Stress Management' by Dr. Sindhu Pradeep, Special Counsellor, Women Cell, Thrissur on 17/11/2016.



How to Enjoy Writing Exams

Women cell has organized a session on How to Enjoy Writing Exam on 8.2.2017. The session was taken by Ms. Stephy Francis (Faculty, Department of social work). The classes were given to three departments separately. The main aim of the session was to make students confident and give them an idea of easy remembering tips and to make a realistic revision timetable and stick to it.



Women Empowerment through Marshal Art

Women Cell has recognized the need for making the students self-confident in creating an awareness and a short training on marshal art in collaboration with the police network. The training session with demonstration and facilitation was conducted on 15.02.2017. Police constable Ms. Shiji and her team trained the students



Essay Competition, Elocution Competition, Poster Designing

To keep with the spirits of empowering girls through education, Department of Economics organized a variety of competitions - **Essay Competition on the Topic- Women & Society, Elocution Competition- Empowering Girls Empowering Nations** and poster designing competition titled **'Women and Education'** on



Wonder Woman Competition

Wonder Woman Competition was conducted on December 15, 2016 by the Department of English. The main aim of the competition was to portrait some of the world famous Indian women who

proved to the world that Indian women too are much progressed. These women have showcased their talents at the world level and have excelled in their chosen field. The famous personalities depicted were concept of Mother, Geetha and Babitha, Ambika Rani, Indira Gandhi, Medha Padkar



Debate on the topic Women Entrepreneurship

Debate on the topic Women Entrepreneurship was conducted as part of Management Fest 'KARMIN – 2016' 25.11.2016



National Level Paper Presentation

The IVth Sr Dr Rani George Endowment National Level Paper Presentation Competition on the topic Women Entrepreneurship -Trends, Challenges and Possibilities under the initiative of IQAC was held on 16th December 2016.



Quiz Competition on the topic 'Famous Woman Personalities'

Department of Social Work in association with Women Development Cell observed Girl Child Day (January 24) by conducting a Quiz Competition on the topic 'Famous Woman Personalities' on 19th January 2017 at Jubilee hall. The quiz master was Ms. Stephy Francis, Faculty, Department of Social Work.

