



St. Mary's College, Thrissur-680020

Gender Sensitization Activities Report 2018-19

ACTION PLAN	ACTION TAKEN
HONORING EMINENT WOMEN	<p><i>Mahitha</i> Award presented to Smt. Nalini Chandran Educationist, founder Hari Sri. Vidya Nidhi School, Thrissur in recognition for her services to education on 25-03-2019</p>
WOMEN EMPOWERMENT PROGRAMME	<ul style="list-style-type: none"> • Department of Economics conducted Erudite Lecture on the topic '<i>Women, Gender and Work; Social Choices and Inequalities</i>' by Dr. Shalina Susan Mathew, Faculty, IIT Palakkad on 25-07-2018 • Women Cell organized a talk on "<i>The importance of Self Defence and Women Safety</i>" by Sri. Yathish Chandra IPS, Thrissur City Police Commissioner on 02-08-2018 • Women Cell conducted an interaction session with Dr. Sarin IAAS- Deputy Accountant General, Karnataka on 07-08-2018 on the topic "<i>Refine Your Target</i>" • Department of Biotechnology in association with Red Ribbon Club & Blood Donor's Forum organized an invited talk on "<i>Women –The Multitasker</i>" by Dr. Vineetha S, Consultant Gynecologist, District Hospital, Thrissur on 28-09-2018 • Women Cell conducted a Motivational Lecture on "<i>How to Inculcate Leadership Qualities among Women</i>" by Dr. Gopakumar, Director of IAS Hotspot Academy, Thrissur on 30-10-2018 • Screening of movies on women in different nations at College by Women Cell on 07-11-2018

- Department of Biotechnology organized a talk & training session on Remodeling of Worn Out Plastics for Kudumbashree Members on 23-11-2018
- Women Cell organized a Virtual Interface with Miss Earth 2017. Ms Shaan Suhas Kumar, World Merit Global Council Member and Representative of United Nations on 05-12-2018
- Women Cell conducted an awareness class for the staff and students about the Various Issues and Hacks in Using Social Media on 07-02-2019. Smt. Neethu Narayanan, Assistant Professor on Contract, Department of Vocational Studies, St. Mary's College, Thrissur handled the session
- The Department of Vocational Studies and Women Cell conducted a session on "*Women in Cyber Security*" for students on 12-02-2019
- In remembrance of Kasturba Gandhi's 75th death anniversary, Students of the Department of History performed a Skit '*Life of Kasthurba Gandhi*' on 22-02-2019
- Women Cell made a documentary entitled "*Cyber Lokhavum Stree Surakshayum*" for spreading the message of cyber security among women and released on 08-03-2019
- Department of Mathematics conducted an inspirational talk on the topic "*The Secrets to become a Successful Woman through Gender Realization*" by Dr. Sr. Smitha Rose C G, Assistant Professor, Department of Mathematics, St. Mary's College, Thrissur on 08-03-2019
- Students from the Post graduate Department of History staged "*Silappathikaram*" on 15-03-2019

<p>HEALTH AWARENESS</p>	<ul style="list-style-type: none"> • Department of Botany & Microbiology in association with Alumnae conducted an invited talk on “<i>Health of Women through Naturopathy</i>” by Dr. Anjana Bhadran on 25-07-2018 • Women Cell in collaboration with Amala Institute of Medical Sciences, Thrissur conducted talks and awareness classes with demonstrations on various topics. Classes were started on 19-10-2018 and scheduled on 3rd and 4th Friday of every month. • Health Awareness Lecture Series by Dr. Sreeja K. S.& Dr. Meera K. S Gynecologist & Obstetrician were conducted on different topics - Endometriosis, Uterine Fibroids, Gynecologic Cancer etc. • Health awareness sessions on Issues of Adolescents and health orientations on lifestyle diseases were given by Dr. Sruthi Harish (Assistant Professor, Dept of Community Medicine , AIMS) , Dr. Saju C R (Head, Dept of Community Medicine AIMS), Dr. Jerry (MD Preventive Medicine , AIMS) conducted classes on various days. • Department of Commerce conducted an invited talk on the topic “<i>Today’s Food Habits and Way to Motherhood</i>” on 15-03-2019. The session was handled by Mr. Ajay Kumar, Health inspector, Pavartti Panchayath
<p>MENTAL AND BODY FITNESS</p>	<ul style="list-style-type: none"> • Department of Commerce conducted a Workshop on Self Defense by Nirbhaya Women Cell on 17-12-2018 • Women Cell organized <i>regular Zumba Dance Training</i> for teachers and students on Tuesday, Wednesday and Thursday after regular class time from 6th September 2018
<p>COMPETITIONS TO AROUSE SPIRIT OF GENDER SENSITIZATION</p>	<ul style="list-style-type: none"> • Department of Management Studies conducted a Poster Making and Exhibition on <i>Management and Women Entrepreneurship</i> on 29-11-2018 • A Legal Awareness Quiz Competition was organized by the Department of English as part of the nationwide

	<p>competition conducted by the National Women Commission, New Delhi on 18-12-2018</p> <ul style="list-style-type: none"> • Women Cell conducted an Intercollegiate Quiz Competition on the topic Influential Women in Various Fields on 08-02-2019
LEGAL AWARENESS	<ul style="list-style-type: none"> • The Department of Biotechnology conducted a talk on “<i>Women’s Rights</i>” by Adv. Kavitha K L on 15-02-2019 • Department of Management Studies organized a talk on the topic “<i>Women Rights</i>” on 29-03-2019 by Adv K G Satheesan.
ENTREPRENEURSHIP	<ul style="list-style-type: none"> • Invited Talk on “<i>Gender Sensitization and Entrepreneurship</i>” by Bindu Vincent, Community Councilor and resource person of Kudambhasree units on 18-09-2018 • Department of Commerce conducted a motivational talk by the leading women entrepreneur Mrs. Shafeena, MD Shafeena’s Beauty Clinic on 15-11-2018

SR DR. CHRISLIN AWARD ENDOWMENT AWARD 2018

Mahitha Award ceremony was held on 25th March 2019. Smt. Nalini Chandran Educationist, founder Hari Sri. Vidya Nidhi School was the recipient of Mahitha Award 2018. The award carried an amount of Rs 5000, citation and a memento. Dr. Julie P Lazar IQAC coordinator welcomed the gathering. Sr. Dr. Magie Jose, Principal, presided over the function. The Award was given by Principal, followed by response and an inspirational talk by Smt. Nalini Chandran. Dr. Ignatious Antony, Principal, St. Thomas College, Thrissur and Rev Fr. Sunilkumar C. G., PTA Vice – President, St. Mary's College rendered felicitations, Dr Dalie Dominic; IQAC Joint Coordinator expressed words of gratitude. The programme came to an end with National Anthem.



ERUDITE LECTURE SERIES ON THE TOPIC ‘WOMEN, GENDER AND WORK; SOCIAL CHOICES AND INEQUALITIES’

The Department of Economics conducted Erudite Lecture Series on the topic ‘Women, Gender and Work; Social Choices and Inequalities’ by Dr. Shalina Susan Mathew, faculty, Indian Institute of Technology, Palakkad launched the First Erudite Lecture Series. The lecture and paper presentation contest was held on 25th July 2018.



IMPORTANCE OF SELF DEFENCE AND WOMEN SAFETY

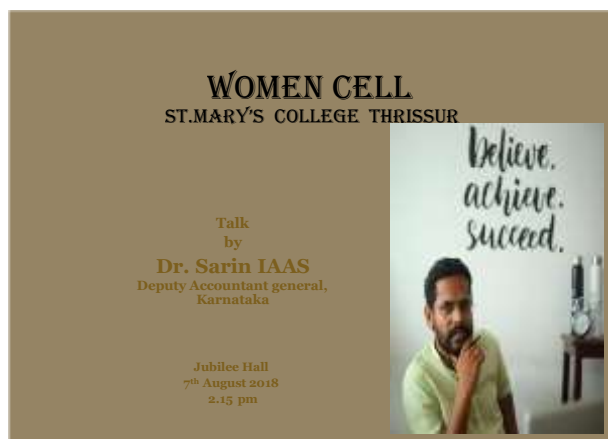
Women Cell activities of the academic year 2018-2019 was inaugurated by Sri. Yathish Chandra IPS honourable Thrissur City Police Commissioner on 2nd August 2018. He spoke about “The importance of Self Defence and Women Safety”. The staff and students of the College attended the function.





“REFINE YOUR TARGET”- AN INTERACTION SESSION WITH DR. SARIN IAAS- DEPUTY ACCOUNTANT GENERAL, KARNATAKA

Women cell conducted an interaction session with Dr.Sarin IAAS - Deputy Accountant General, Karnataka on 07-08-2018. He spoke on the topic “Refine your Target”, defining various career option to women students and also elaborated gender issues in comparison of Kerala and Karnataka. All the final year students of the college attended the function. It was highly informative and productive session.



Zumba Fitness training to staff and students

Women cell organized regular Zumba Dance Training for teachers and students on weekly basis from 6th September 2018. The class has been conducted by Zumba international licensee ZIN Vinu S Menon. Zumba training has been conducted on Tuesday, Wednesday and Thursday after regular class time. The sessions are aimed for maintaining good health and physique for both staff and students.



WOMEN –THE MULTITASKER

A talk on “Women –The Multitasker” was organized by the Department of Biotechnology in association with Red Ribbon Club & Blood Donor’s Forum on 28th September 2018. The talk was delivered by Dr. Vineetha S, Consultant Gynecologist, District Hospital, Thrissur which emphasized on the different roles of women in the society. Woman as the homemaker, professional, academician, athlete, scientist etc. decorates various glorified position in our society. The talk also stressed on the need to take care of the mental and physical health of every individual.



HOW TO INCULCATE LEADERSHIP QUALITIES AMONG WOMEN

Women Cell conducted a Motivational Lecture on “How to Inculcate Leadership Qualities among Women” for final year students in Jubilee Hall by Dr. Gopakumar, Director of IAS Hotspot academy, Thrissur on 30-10-2018. Most of them asked questions regarding their future aim. Currently he is an Executive Director of IAS Hotspot. Women cell coordinator, Dhanya Shankar K S, Asst. Professor, Department of Economics welcomed the gathering. The comparing and the Vote of Thanks were proposed by Mahima Suresh and Vismaya MT of 3rd DC Economics respectively. The programme was concluded with National Anthem.



SCREENING OF NATIONAL AND INTERNATIONAL MOVIES

In order to widen the horizon of student outlook and to understand the situation of women in different nations various international movies has been screened at college by Women Cell on 07-11-2018. Chemeen, Queen, Page 3 ‘Children of Heaven’ by the Iranian director, Majid Majidi was screened.



HANDS ON TRAINING ON REMODELING OF WORN OUT PLASTICS

As part of Science popularization programme supported and sponsored by KSCSTE, a hands on training for the house wives in the remodeling of worn out plastics was conducted by the Department of Biotechnology on 23rd November 2018 at Chavara Seminar Hall. The training was meant for matured house wives and they, from the worn out plastics, flowers, flower pot, dream catcher etc. were made. The class was taken by Ms. Kunjumary, a specialist in clay craft and surface ornamentation.



“ JOURNEY OF A WOMEN – FROM VILLAGE SCHOOL TO MISS EARTH” VIRTUAL INTERFACE WITH MISS EARTH 2017 MS SHAAN SUHASKUMAR

A Virtual Interface with Miss Earth 2017 Ms Shaan Suhas Kumar, World Merit Global Council Member And Representative Of United Nations was conducted by the Women Cell on 05-12-2018. She made a virtual presentation of UN sustainable development goals to transform our world. Shaan motivated the students with her own experience in academics and modelling career. She spoke to students about her journey as a student to a global personality. She spoke to students virtually from Bangkok.



AWARENESS ABOUT WOMEN SECURE PRACTICES IN SOCIAL MEDIAS

Women cell conducted an awareness class for the staff and students of the College about the Various Issues and Hacks in Using Social Media on 07-02-2019. Smt. Neethu Narayanan, Assistant Professor, B Voc Department , St. Mary's College, Thrissur handled the session. The class was every informative and students and staff got a deep insight about various threats and hidden problems while using social media. The resource person gave a very clear ideas about how to be secure in using social contents.



WOMEN IN CYBER SECURITY

The Department of Vocational Studies and Women Cell conducted a one-day invited talk on “Women in Cyber Security” for students on 12th February 2019 at 1:00 PM. The invited talk was conducted in collaboration with Red Team Hackers Academy, Calicut. The talk focused on providing the need of cybersecurity and best cyber security training in Kerala. The classes were handled by team of two members under the leadership of Mr. Abdul Ali K (Senior Trainer, Red Team Hackers Academy) and Mr. Jithin Joseph (Security Analyst, Red Team Hackers Academy). By the end of the talk, the students got knowledge & development experience using best practices in cybersecurity. They also get to understand and apply the different important factors to be considered in each steps to be secured in this cyber world. The programme winded up at 3:30 PM.



“LIFE OF KASTHURBA GANDHI”- REMEMBERING OF KASTURBA GANDHI

In remembrance of Kasturba Gandhi’s 75th death anniversary, Students of the Department of History performed the ‘Life of Kasthurba Gandhi’ on 22nd February 2019 in the college auditorium. It depicts the life of Kasthurba from her childhood to the death, her role in Gandhi’s life and national movement.



DOCUMENTARY – “CYBER LOKHAVUM STREE SURAKSHAYUM”

Women cell made a documentary entitled “Cyber Lokhavum Stree Surakshayum” for spreading the message of cyber security among women masses on 08-03-2019. It aims to give help and mitigate the evils of cyber crime faced by women all over the world. Eminent personalities, academicians, bureaucrats, media persons has been participated in the documentary. The entire process of documentary making is done by the women cell of St Mary’s College along with the college management.



THE SECRETS TO BECOME A SUCCESSFUL WOMAN THROUGH GENDER REALIZATION

Department of Mathematics conducted an inspirational talk on the topic “The Secrets to become a Successful Woman through Gender Realization” by Dr. Sr. Smitha Rose C G, Assistant Professor, Department of Mathematics, St. Mary’s College, Thrissur on 8th March 2019.



STAGING OF “SILAPPATHIKARAM”

Students from the Post Graduate Department of History staged “Silappathikaram” on 15th March 2019. ‘Silappathikaram’ was considered as the earliest known epic poem in Tamil, written in the 5th–6th century AD by Prince Ilanko Adikal. It centered on the story of the heroine Kannaki in Sangam literature and worshipped as the Goddesses.



TALK ON HEALTH OF WOMEN THROUGH NATUROPATHY

In association with Alumnae and Department of Botany and Microbiology conducted a talk on Health of Women through Naturopathy by Dr Anjana Bhandran, Govt. Homeo Hospital, Thrissur on 25/7/2018.



HEALTH AWARENESS LECTURE SERIES

Women Cell in collaboration with Amala Institute of Medical Sciences, Thrissur conducted talks and awareness classes with demonstrations on various topics for staff and students separately. Classes were started on 19-10-2018 and scheduled on 3rd and 4th Friday of every month. Doctors and MD students of Amala Medical College took classes on various health related topics. Health awareness lecture series for staff by Gynecologist & obstetrician Dr. Sreeja K S & Dr. Meera K S were conducted on different topics - Endometriosis, Uterine Fibroids, Gynecologic Cancer etc For students, the health topics are more concerned with adolescent and young adults. Since the young adults would be the future generation, the awareness about the common health issues and their prevention and control in early adulthood would generate a healthy future. Dr. Sruthi Harish (Assistant Professor, Dept of Community Medicine , AIIMS) , Dr. Saju C R (Head Dept of Community Medicine AIIMS), Dr. Jerry (MD Preventive Medicine , AIIMS) conducted classes on various days.





TODAY'S FOOD HABITS AND WAY TO MOTHERHOOD

Department of Commerce conducted a seminar on 15th March, 2019 on the topic “Today’s Food Habits and Way to Motherhood”. The session was handled by Mr. Ajay Kumar, Health inspector, Pavaraty Panchayath. Altogether there were 55 participants for the seminar. The lecture was very informative and thought provoking as the resource person spoke on the importance of food habits and their impact on human life.



WORKSHOP ON SELF DEFENSE BY NIRBHAYA WOMEN CELL

On 17th December 2018, the Department of Commerce Conducted a Workshop on Self Defense by Nirbhaya Women Cell. The session was inaugurated by Smt. P.K.Sree Devi, Senior Civil Police Officer, Women Cell, Thrissur. Nirbhaya volunteers demonstrated various techniques of Self- Defense to develop confidence among students and enable them to handle threatening situations. The programme enabled to mould the students as independent and confident individuals.



POSTER MAKING AND EXHIBITION ON MANAGEMENT AND WOMEN ENTREPRENEURSHIP

Department of Management Studies conducted a poster making and exhibition entitled “Poster Making And Exhibition on Management and Women Entrepreneurship.” The main aim was to propagate management concepts and entrepreneurial traits in students in the campus, on 29th November 2018 also to make them familiarize with the famous women entrepreneurs of Indian Business scenario.



NATIONAL WOMEN COMMISSION LEGAL AWARENESS QUIZ COMPETITION

A Legal Awareness Quiz Competition was organized by the Department of English as part of the nationwide competition conducted by the National Women Commission, New Delhi. The competition was conducted on 18 December, 2018. 54 students participated in the two hours written exam and it was held in the Leopold Seminar Hall. Ms. Jency James and Ms. Sony Chacko co-ordinated the Quiz Programme for the students from various Departments. A question paper was set for seventy five marks. Ms. Anagha Agnes (III B.A

English) and Ms. Alisha P. Sasidharan (Ist B.A. English) got the first and second prize respectively. As per the rule of the commission, the Third prize was distributed to five students; Ms. Soniya Philip (Ist B.A. History), Ms. Gayathri. M. (Ist B.A. Economics), Ms. Clenita Saji (Ist B.A. English), Ms. Madhurima Nair (Ist B.A. English) and Ms. Lamia P.A (Ist B.Sc. Biotechnology).



INTERCOLLEGIATE QUIZ COMPETITION – INFLUENTIAL WOMEN IN VARIOUS FIELDS

Women Cell conducted an Intercollegiate Quiz Competition on the topic Influential Women in Various Fields on 08-02-2019. Around 80 candidates registered for the completion from different colleges and universities. After preliminary test 6 teams were selected for final on stage competition. The competition was hosted by Prof. Dhanya Johnson, Assistant Professor, Dept of Physics, Vimala College, Thrissur. First prize grabbed by St. Mary's College team and second prize bagged to Sree Kerala Varma College, Thrissur team and third prize to St. Joseph's College, Irinjalakuda. Prizes were distributed by the principal Dr. Sr. Magie Jose.



TALK ON WOMEN'S RIGHTS

The Department of Biotechnology conducted a talk on “Women’s Right” by Adv. Kavitha K L related to gender sensitization program at St. Joseph’s Hall on 15th February 2019. The heinous acts against women like acid throwing, domestic violence, dowry, female infanticide and sex-selective abortion, honor killings, rape, sexual harassment, trafficking etc. was seriously discussed with the students.



TALK ON WOMEN RIGHTS

Department of Management Studies organized a talk on the topic “Women Rights” on 29th March 2019 at St. Joseph’s seminar hall. The resource person for the programme was Advocate Sri. K G Satheesan. The programme began at 2.00pm and ended up at 3.15pm. 1st year and 2nd year BBA students participated in the event. All women are valuable, capable, powerful, strong and women will not be silenced was the end note of the programme.



GENDER SENSITIZATION AND ENTREPRENEURSHIP PROGRAMME

As part of Women Empowerment, the Alumnae members in association with Botany Department conducted a programme on the topic- Gender Sensitization and Entrepreneurship Programme. The programme was scheduled at 2.15 pm on 18 September 2018 in St. Joseph Seminar hall.

The talk was carried by Bindu Vincent, Community Councilor and resource person of Kudumbhasree units.



ENTREPRENEURSHIP MOTIVATIONAL TALK

On 15th November 2018, a Motivational talk was conducted by the Commerce Department. The guest for the day was the leading women entrepreneur Mrs. Shafeena, MD, Shafeena's Beauty Clinic. It was an interesting session for students. Her talk was really stimulating one. She shared all her experiences and the hardships that she faced throughout her life for achieving her dreams. She even interacted with students, cleared their doubts guided them with different career options and also advised students to never waive on their dreams. She said that everyone should have an aim in life and should fight hard to achieve that aim. She also reminded us that success comes to those persons who are willing to take challenges.

