



St. Mary's College, Thrissur-680020

Gender Sensitization Activities Report 2019-2020

Action Plan	Action Taken
Honoring Eminent Women	<ul style="list-style-type: none"> • Could not be conducted due to Covid 19 Pandemic
Women Empowerment Programmes	<ul style="list-style-type: none"> • The Department of Social Work in association with Social Justice Board, Kerala conducted an awareness programme, "<i>Transgender Welfare and their Problems</i>" on 10/10/2019 • In association with International Day of Girl Child 2019, Women's Cell conducted a talk on the topic "<i>Girl Force: Unscripted and unstoppable</i>" on 10/10/2019. • The Department of History organized a webinar on "<i>Conceptualization and Discussions on Feminity in Early India</i>" on 04/08/2020 • Department of Botany organized a webinar on "<i>Life is beautiful</i>" on 07/08/2020 • The Department of History organized a National Webinar on '<i>Gender and Research: A Feminist Perspective</i>' on 12/08/2020 • Department of Computer Science and Applications conducted a webinar on '<i>Online predators and hackers targeting youth</i>' on 21/08/2020 • Department of Biotechnology arranged <i>screening of short film</i> in connection with gender sensitization programme on 25/09/2019 • Department of Biotechnology conducted a Gender Sensitization Talk on the topic "<i>Elimination of Violence against Women and Cyber Crime</i>" on 24/11/2020 through Google meet.

	<ul style="list-style-type: none"> • In association with Kerala State Police Department, Women Cell organized street play, flash mob and various other activities on 27/11/2019 to raise awareness about the current issues faced by women • Department of English conducted an international webinar on the topic '<i>Women and Journalism</i>' on 05/12/2020 by, Jade Kurian, Co-founder & President, Latakoo, Texas, US..
Health Awareness	<ul style="list-style-type: none"> • Department of Botany organized an Invited Talk on topic '<i>Sthree rogas</i>' on 26/06/2019 • Women Cell organized a Talk on <i>Health Awareness</i> on 15/07/2019 • A talk on <i>Health and Nutrition</i> to the students of Botany Dept by alumnae Ms. Anu Jose, Nutrition Wellness Coach on 7/08/2019 • Department of Biotechnology conducted Distribution of <i>Cards exhibiting recommended diet plan for the male and female</i> to staff of our college on 25/09/2019 • The Women's Cell in collaboration with Amala Medical College, Thrissur conducted talk on <i>Risk factors arising from obesity</i> on 18/10/2019 • Department of Microbiology organized National Webinar on the topic "<i>Hygienic Kitchen Practices in the Context Of Covid -19</i>" on 28/05/2020
Competitions to arouse spirit of Gender sensitization	<ul style="list-style-type: none"> • Department of Chemistry conducted an essay writing competition on topic "<i>Women Scientist Who Inspires Me</i>" on 11/02/2020 • Department of Chemistry conducted Intercollegiate PowerPoint Presentation Competition on topic "<i>Women Scientist Who Inspires Me</i>" on 12/02/2020 • Women cell organized Debate Competition on "<i>Women and Social Media</i>" in connection with International Women's Day on 06/03/2020 • IQAC in connection with International Women's Day conducted a Quiz Competition on <i>Realizing Women's Rights</i> on 8-3-2020. • The Department of English conducted an online <i>Selfie with Mom contest</i> on International Mother's Day on 10/05/2020 • The Department of Management Studies organised a <i>Makeover Challenge</i> to inspire students to become promising entrepreneurs

	<p>in future on 03/10/2020</p> <ul style="list-style-type: none"> • Department of Management Studies organized a poster designing competition ‘<i>How to safeguard Health and Rights of Women during Covid 19</i>’
Entrepreneurship	<ul style="list-style-type: none"> • Department of Microbiology organized “<i>Designer Kerala Saree (Sukrutha) - Exhibition cum Sale</i>” on 03/ 09/ 2019 • The Department of Commerce organized its heritage event “<i>Femessionals</i>” an Exhibition Cum Sale on 13/12/2019 • Entrepreneurship Development Club organized <i>Our Own-Exhibition cum sale</i> of variety products on 16-12-2019

Awareness Programme -Transgender Welfare and the their Problems

The Department of Social Work, St. Mary’s College, Thrissur in association with Social Justice Board, Kerala conducted an awareness programme, “Transgender Welfare and the their Problems” on 10/10/2019. All the social work students from St. Mary’s College took part in the awareness class. As a part of the programme, Social Justice Board conducted quiz and drawing competitions for the students.



“Girl Force: Unscripted and Unstoppable”

In association with International Day of Girl Child 2019, Women’s Cell, St. Mary’s College Thrissur conducted a talk on 10th October, 2019 on the topic “Girl Force: Unscripted and unstoppable”. The session was handled by Dr. Amrutha K P N (Research Associate, KILA, Thrissur). The Programme started with a warm welcome by Dr. Dhanya Shankar, Coordinator

of Women cell. Principal Sr. Dr. Magie Jose delivered presidential address. Ms. Aiswarya Raphi , I B.com delivered vote of thanks and formally ended the session.



‘Learning from Expert- Conceptualization and Discussions on Feminity in Early India


The Department of History organized a webinar on “Conceptualization and Discussions on Feminity in Early India” on 4/8/2020. The lecture was delivered by Dr. Mythri P U , Assistant Professor on contract, University of Calicut.

POST GRADUATE DEPARTMENT OF HISTORY
ST.MARY’S COLLEGE ,THRISSUR


WEB LECTURE ON THE TOPIC
Conceptualisation and Discussions on Feminity in Early India

04/08/2020-2.00 pm ,Google Meet
<https://meet.google.com/dhh-rtrg-rqs>

Learning from Expert



Dr. Mythri P.U
Faculty of History
University of Calicut



Smt.Jiji Francis E
Head of the Department

Smt.Vandana A.B
Co-Ordinator

Motivational Talk “Life is beautiful”

A webinar on “Life is beautiful” was conducted on 7-8-2020. The resource person was Mrs. Sareena Haneefa K, Faculty, Mundur, HSS, Palakkad. She talked about how to be happy and contented while facing several issues.



National Webinar on ‘Gender and Research: A Feminist Perspective’

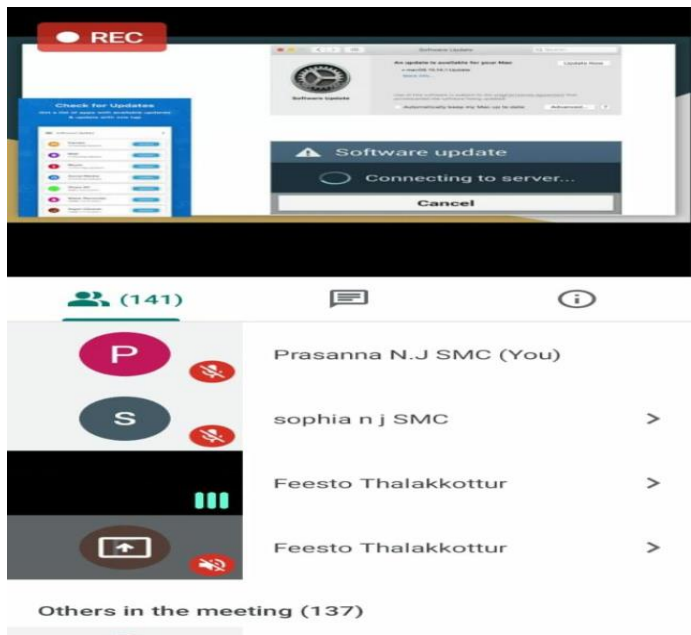
The Department of History organized a National Webinar on Gender and Research: A Feminist Perspective’. The lecture delivered by Dr. Ratna Huiem, Assam University, Silchar on 12/8/2020. More than 200 participants attended the seminar through the google meet.



Webinar on ‘Online predators and hackers targeting youth’

The education sector has witnessed a dramatic change in the pandemic situation of COVID-19 and the conventional tools of education were replaced by digital devices. A parent's role, in particular, mother's seemed to be too critical and apparent during online learning. Seeing to that, the Department of Computer Science and Applications, St. Mary's College, Thrissur, conducted a webinar on ‘Online predators and hackers targeting youth’ on 21st August 2020 for the Mother parents of Computer Science students. Mr. Feesto Jose ASI, Cyber cell, was the resource person and handled an effective session on the same topic. He had discussed a few of the very relevant topics such as mobile security, how to be secure while using one's device,

internet frauds, and social media scams that one must be very aware of. He also demonstrated how to securely lock one's phone and apps, how apps use permissions, how to find a mobile if lost, and much more.



Screening of short film

In connection with gender sensitization programme, Department of Biotechnology arranged for screening of short film. The students from our own department and other departments were present for the short film at Chavara seminar hall on 25th September 2019. There were 71 female participants and 10 male participants



Talk on ‘Elimination Of Violence Against Women And Cyber Crime’

Department of Biotechnology conducted a gender sensitization talk “Elimination of Violence against Women and Cyber Crime” on November 24, 2020 at 11: 00 am through google meet.

The Resource persons were Udhayachandrika S., Sub-Inspector of Police and Sreedhevi P.K., Senior Civil Police Officer, Vanitha Cell, Thrissur. The speeches by the resource persons were highly educational and helped raise awareness about rights for women which included: right to life, right for protection, right to education etc.. They also shared their experiences with certain cases and helped the students to take precautionary measures in order to prevent cyber-crimes. The program raised awareness about the rights of women; it also helped students in understanding cyber-crime and violence against women in our society.



Street Play & Flash Mob - Awareness about the Current Issues Faced By Women

In Connection with Kerala State Police Department, Women Cell & Students of St. Mary’s College, Thrissur organized street play, flash mob and various other activities on 27th November 2019 to raise awareness about the current issues faced by women. Program was inaugurated by respected StatePolice Chief & Director General Officer Sri. Lokanath Behera and he handed over the trophy for an appreciation to the best theme player.



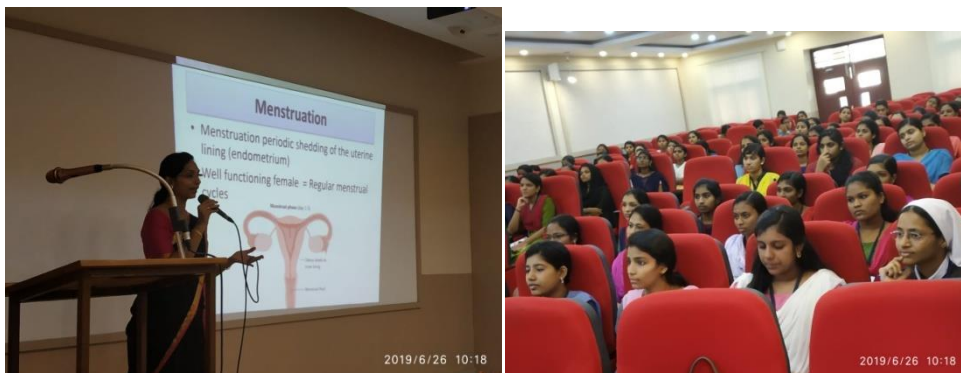


International Webinar on Women and Journalism

Department of English in association with IQAC of St. Mary's College conducted a Platinum Jubilee special programme on the topic: Women and Journalism on 05/12/2020. Resource Person: Jade Kurian, Co-founder & President, Latakoo, Texas, US. The students were keen and witnessed an active participation on the topic. An interactive session took place where students asked questions regarding the scope, impact and security of this field for women. The programme was coordinated by Ms. Abhini PK and Ms. Sony Chacko. The programme took place in Google Meet platform from 6 p.m. to 7p.m.

Talk on ‘Sthree rogas’

Dr. Anjana of Kottakkal Arya Vaidyasala, Kottakkal delivered a talk on ‘Sthree rogas’ on 26/06/2019. Ayurvedic practices to prevent various diseases were also emphasized in the talk. It was followed by an interactive session.



Health Awareness Class

On 2nd July 2019, Women’s Cell of St. Mary’s College, organized a class on “Mensural Cup” at Chavara Seminar Hall. The resource person was Mrs. Merin from Smart Moves. The aim of the class was to introduce the menstrual cup, its usage and how it should be used. There was an interactive section between the resource person and the audience. The session was windup by a vote of thanks by K V Bavisree.



Talk on Health Awareness

On 15th July, 2019, Women Cell of St. Mary’s College organized a Talk Health Awareness for 2nd year UG students. The resource person was Dr. Kerline Jerome, MBBS. The aim of the talk was to increase awareness on various population issues such as the importance of family planning, gender equality, poverty, maternal health and human rights. The session was started by welcoming the resource person by faculty member K.V. Bavisree and felicitation by the coordinator of Women Cell Dr. Dhanya Shankar. The session was started at 12.30 pm and

continued for an hour.



Talk on Health and Nutrition

A talk on Health and Nutrition was delivered to the students of Botany Dept by alumnae Ms. Anu Jose, Nutrition Wellness Coach on 7/08/2019. She explained about the correlation on diet and weight



Health Card Distribution

Department of Biotechnology conducted gender sensitization program on 25th September 2019. In connection with the program, Cards exhibiting recommended diet plan for the male and females were given to the teaching and non-teaching faculties of every department of our college. The cards were prepared by students of our department.



Talk on risk factors arising from obesity

The Women's Cell in collaboration with Amala Institute of Medical Science had conducted a detailed talk on the subject Risk factors arising from obesity on 18th October 2019 at Chavara hall. This was done in order to raise awareness about the health concerns and the impacts of obesity on health. The main objective of the talk was to make the young generation understand how harmful obesity is and the various nutritious steps that have to be taken in order to prevent it. The talk was conducted by Dr. Reena Jijo and Dr. Surya, who are two experienced and professional doctors who have dealt with various cases of obesity.



National Webinar “Hygienic Kitchen Practices in the Context of Covid -19

Department of Microbiology organized National Webinars on the topics “Hygienic Kitchen Practices In The Context Of Covid -19” on 28th May, 2020. Dr N Anandavally, WHO & FAO Consultant joined as the invited speaker of the program.

Free Webinar On
“HYGIENIC KITCHEN PRACTICES IN THE CONTEXT OF COVID -19 “
 on 28/05/2020
 Time: 10 AM to 11 AM

Resource Person
Dr N Anandavally
 (WHO & FAO Consultant; HACCP Auditor),
 Managing Director,
 Food Safety Solutions International, Cochin.

Registration Link : <https://forms.gle/drDmFmXcUmoXh57A>
 By
Department of Microbiology
 St Mary's College, Thrissur-20,
 Kerala, India.

Essay Writing Competition

The essay writing competition on “Women Scientist Who Inspires Me” was held on the 11th February 2020 and it is open to all students of St. Mary’s College. Students from various departments participated in the competition. Thasni Fathima of 1st PG Chemistry won first prize and second prize shared by Sriya Sreenivas and Grace Antu of 1st PG Chemistry and Third prize shared by Tiya Gino and Juvia Mary.P.J of 2nd BBA of St. Mary’s College.

NATIONAL SCIENCE DAY CELEBRATION
 ESSAY WRITING COMPETITION
 Department Of Chemistry - 11/02/2020

Sl.No.	Name	Class	Signature
1	Tiya Gino	2 nd BBA	[Signature]
2	Sriya Sreenivas	1 st PG Chem	[Signature]
3	Grace Antu	1 st PG Chem	[Signature]
4	Thasni Fathima	1 st PG Chem	[Signature]
5	Juvia Mary.P.J	2 nd BBA	[Signature]
6	[Name]	[Class]	[Signature]
7	[Name]	[Class]	[Signature]
8	[Name]	[Class]	[Signature]
9	[Name]	[Class]	[Signature]
10	[Name]	[Class]	[Signature]
11	[Name]	[Class]	[Signature]
12	[Name]	[Class]	[Signature]
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15	[Name]	[Class]	[Signature]
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18	[Name]	[Class]	[Signature]
19	[Name]	[Class]	[Signature]



Intercollegiate PowerPoint Presentation Competition

On the 12th February 2020 an Intercollegiate PowerPoint Presentation Competition was held on the topic “*Women Scientist Who Inspires Me*”. Students from various colleges participated in the contest. Resmi Rajan, Department of Mathematics won the first prize (Cash prize of Rs. 1000/-) and Sreelakhmi P S from Department of Chemistry, St Mary’s college won the second prize (Cash prize of Rs. 500/-). Third prize was Shared by Arya C Gokuldas, Department of Chemistry and Pretty Paul, Department of Mathematics, St Mary’s College.

National Science Day Celebrations – 2020
Intercollegiate PowerPoint presentation, 12/02/2020

Sl No	Name	Department & College	Roll No	Signature
1	Sree Lakshmi P S	Dept of chemistry - St. Mary's college	5-3013-19	[Signature]
2	Archana Ganesan	Dept of chemistry - St. Mary's college	5-3238-19	[Signature]
3	Arya C Gokuldas	Dept of chemistry - St. Mary's college	5-3085-19	[Signature]
4	Arifa Sreenivas	Dept of chemistry - St. Mary's College	5-3082-19	[Signature]
5	Resmi Rajan	Dept of Mathematics - St. Mary's college	4-302-19	[Signature]
6	Chandya Johnson	Dept of Chemistry - St. Mary's college	4-303-19	[Signature]
7	Pretty Paul	Dept of Mathematics - St. Mary's college	4-115-19	[Signature]
8	Jishna Jyoti	Dept of Chemistry - St. Mary's college	20/19	[Signature]
9	Krishnakumar G S	Dept of Chemistry - St. Mary's college	20/19-18	[Signature]



Debate Competition in Relation with Women Day

Women Cell of St. Mary’s College, Thrissur have organized Debate Competition on “Women and Social Media” in relation with “International Women’s Day” on 6th march, 2020 at 1 pm in Jubilee Hall. 9 teams consisting of 2 students have participated from different department. The debate was conducted among the team members, one team will have favour and against. All the participants performed very well. The competition was judged by Dr. Gisha Elizabeth of department of Malayalam and Dr. Anu P A of department of Biotechnology. Winners are

1st Prize - Revathy & Archana – Department of History


2nd Prize – Shahala Narghere M K & Abhisha K A – Department of Social work

3rd Prize – Jishna V & Jishna P - Department of History

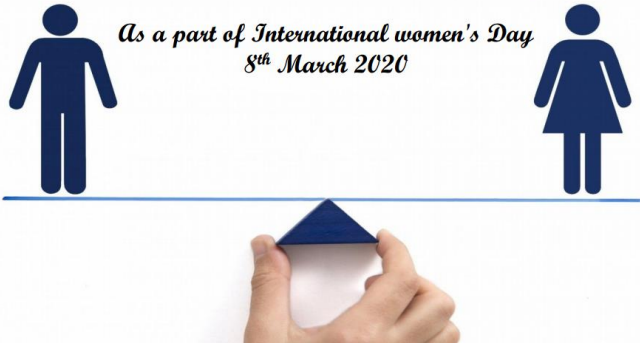


Quiz Competition

To make girls aware of their rights, IQAC in connection with International Women's Day conducted a Quiz Competition on Realizing Women's Rights on 8-3-2020. 72 students participated in the competition



INTERNAL QUALITY ASSURANCE CELL (IQAC)
ST.MARY'S COLLEGE THRISSUR
(Affiliated to the University of Calicut, Re-accredited by NAAC with A grade)
Organizes
REALIZING WOMEN'S RIGHTS : QUIZ
As a part of International women's Day
8th March 2020



Selfie with Mom Contest

The Department of English of St. Mary's College, conducted an online *Selfie with Mom* contest for the students to exhibit their love, admiration and deep affection to their mothers on International Mother's Day. The competition was aimed to make the students realize that a Mother is the pillar of strength in everyone's life. She is one without whom our life is incomplete

15 participants from various departments participated in the contest with a caption not more than 10 words, along with their selfies describing their love and concern for their mothers.



Makeover Challenge

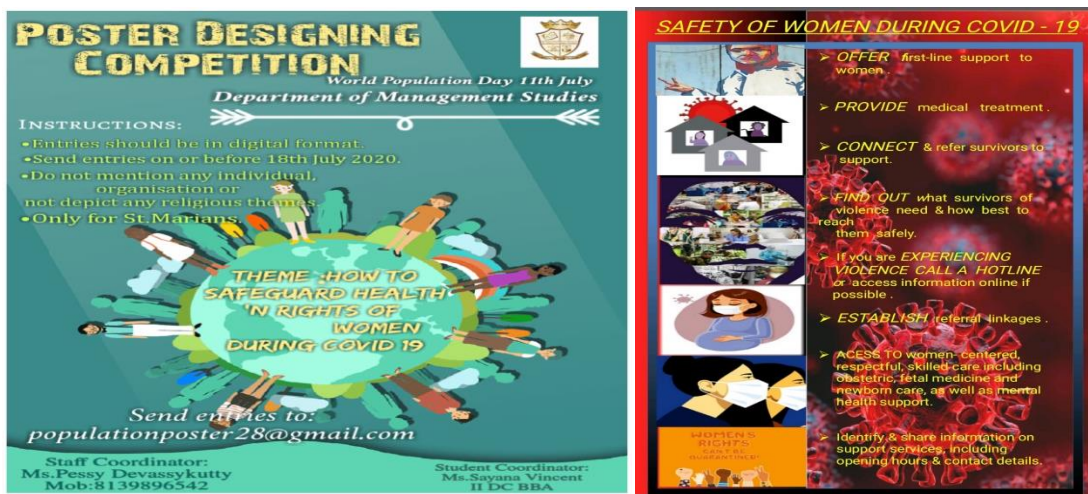
The Department of Management Studies of St .Mary’s College, Thrissur organised a Makeover Challenge to inspire our students to become promising entrepreneurs in future. The competition was conducted on 3rd October 2020 for all the UG and PG students of the college. There were 8 participants in total, from which Aparna Manoj C, 2nd DC BBA bagged first prize. Sayana Vincent, 2nd DC BBA grabbed the second position and the third prize were shared by Anviya Joby, 2nd DC BBA and Neethu Scaria, 3rd DC BBA. The staff coordinator for the event was Ms. Pessy Devassykutty and student coordinator was Ms. Anviya Joby of 2nd DC BBA All the participants actively participated in the event.



Poster Designing Competition

How to safeguard the health and rights of women and girls now" amid the pandemic is the theme of 2020's World Population Day. Considering the same the Department of Management Studies, St. Mary's College, Thrissur, organised a poster designing competition. The programme was coordinated by Ms. Pessy Devassykutty, faculty member of the Department and student coordinator was Ms. Sayana Vincent of 2nd BBA.

10 students participated in the competition from several departments. Out of which the first prize bagged by Archana Pradeep from 3rd DC BBA, Second prize won by Kalyani Krishna of 3rd DC BBA and third prize shared by Thahasin, 3rd DC BBA and Sumayya Nazrin, 2nd DC BSc Biotechnology.



Designer Kerala Saree (സൂര്യം) - Exhibition cum Sale

Training on 'saree designing' was given to the students by the department. Duration of training was two months. To raise Student Support Fund, Department organized a "Designer Kerala Saree (സൂര്യം) - Exhibition cum Sale" on 3 September 2019. All sarees and materials in the stall were the product of painstaking day to night effort of our students and staff members.

The programme was inaugurated by Dr Sr Magie Jose, Principal, St Mary's College, Thrissur. A total amount of rupees Forty one thousand one hundred and sixty eight was accumulated towards Sukritha Student Support Fund.



Femessionals 2k19

The Department of Commerce organized its heritage event “Femessionals” an exhibition cum sale on 13.12.2019 , at Leopold hall from 9.30 am to 3.00 pm. The fair was inaugurated by Sr.Dr. Magie Jose, Principal St. Mary's College, Thrissur. The event was organized by the joint efforts of students and faculties. The number of participants for the programme was 399.



Exhibition cum Sale “OUR OWN”

Entrepreneurship Development Club organized an exhibition cum sale “OUR OWN” on 16-12-2019 from 9.30am to 4pm. ED Club members and students from various departments put up various items for sale. The products included Christmas decors, paper bags & files, cloth bags, Christmas cards, Aquarium & ornamental fishes, Balms, toilet cleaners, soaps and various handmade items. Total sale of the exhibition was worth Rs 5000/-.

