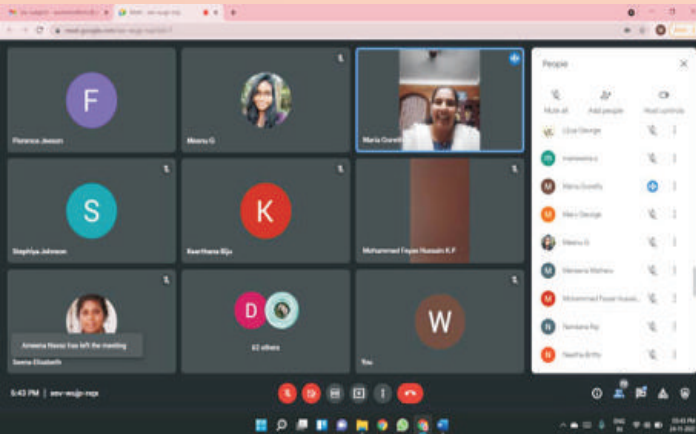
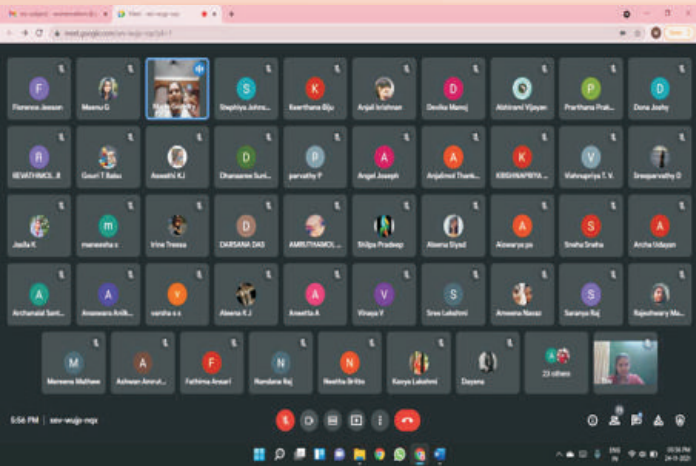




**WOMEN CELL  
ACTIVITIES  
2021-2022**



### Training Programme on 'Personality Development'

Women Cell in association with KSWDC organised the training programme on Personality Development. The training to the students was conducted by an online session on 24th Nov 2021 at 5.30 pm. The session was handled by Mrs. Maria Garetto M.A, High School Teacher, Little Flower High School, Njarakkal who is a trainer cum motivational speaker and also the convener of Kasthurba Vanitha Vedi. She motivated the students about the need for personality development for their self-sustenance. Being a language teacher, she tried to enthuse girl students effectively through thought sharing and real experiences in life by her profuse language. The students also communicated in this online session by asking questions and expressing their views.

### Training Programme on Stress Management

Women Cell Unit of St Michael's college, Cherthala in association with KSWDC organised a training session on Stress Management on 26th March 2022 at 11.am. The session was conducted online by Sr. Beena Francis, Counsellor, S. H. Hospital Green Gardens ,Mathilakom Cherthala. The resource person is also a practicing Counsellor at both College and School levels. She could make the students aware their stress situations and taught them the techniques to manage such situations. By effective screensharing, the students were given opportunity to think and act in such situations when they are helpless. The students were free to share their fear and anxieties to the resource person. Many students asked doubts and expressed their thoughts and also opined that the session was really helpful to overcome their stress in studies and future life situations.

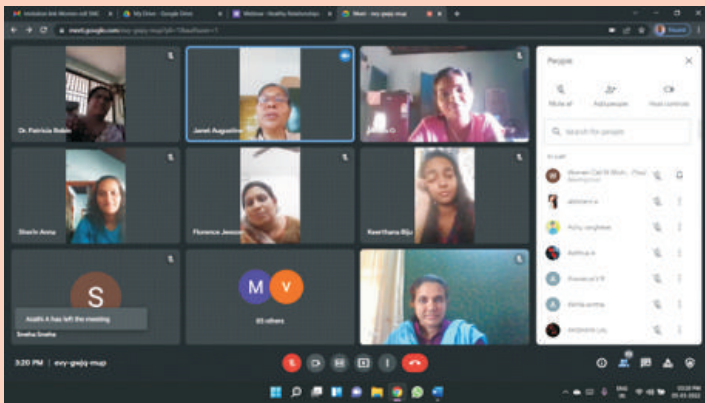






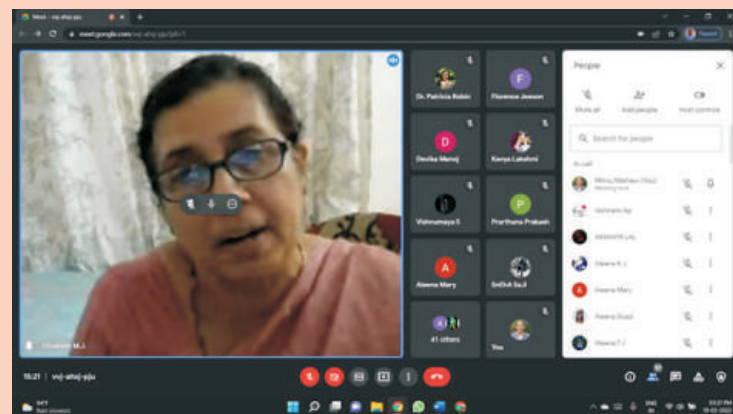
### Webinar on “Healthy Relationship”

Women Cell of St Michael’s College Cherthala in association with KSWDC conducted a programme on Social Engagement - ‘Healthy Relationship’ on 5th March 2022 at 3.00 p.m. through online mode. Sr. Dr. Janet Augustine, Retired Principal of St Joseph College ,Alappuzha handled the session with screen sharing of thought provoking movies , short films and slides. The session was very interesting and effective to the students and they were made aware of how to broom healthy relationship among themselves during their student life and also in their family and later in their life after marriage. The students were well informed about how to identify good relationships and how to maintain it. Students interacted with the resource person effectively by asking questions clearing their doubts, sharing their agony about future life. The resource person being a person who works among families in a fishing Village, “Poonthura” shared her experiences she had with these families and how she could build-up healthy relationship among the family members. The session was really useful for students to build-up healthy relationships in all walks of their life.



### Gender Awareness programme on Changing Role and Status of Women in family”

Women Cell unit of St Michael’s College in association with KSWDC organised gender awareness programme on 19 March 22 at 3.P.M. by Dr. Elizebeth. M. J Retired Head, Zoology Department, Catholicate College, Pathanamthitta .She conducted a session on ‘Changing role and status of women in family’. The session was conducted in online mode as the college was closed due to Covid 19 . The talk was very effective and interesting as the resource person tried to explain changing role of women by presenting three generations of women as a grand- mother, mother and daughter. The students could identify how women has been transformed from one generation to the next. Resource person used screen sharing of movies and slides to make the students aware of the need for women to get transformed and also to be economically independent. The students also participated actively by asking questions and expressing their views about the changing role and status of women in family.





### Self Defence Training programme

In association with KSWDC ,Women Cell organised a self defence training programme on 25th March 2022 under strict covid protocol. The interested students were selected on a prior date and informed to report on the the day programme to be scheduled. The programme was organised on 15 March 2022 at 10.30. am. Smt. Aiswarya Nair. K. a very smart and well trained instructor of Howra Sports Hall International Martial Arts Training School , started the session by introducing the need for girls to be equipped with self



defence techniques as a self-rescue operation during time of emergency. The trainer started with some warming up breathing exercises. The session was followed by making them practice the self defence techniques and divided them into groups to both as defenders and attackers. The best performed students were awarded certificates by the instructor. The students were very interested in the programme and requested the instructor to conduct more sessions. The Instructor advised the students to be punctual and disciplined so that they could build-up their body and mind through regular exercises and practice.





### Film Screening and Discussion Forum

The Women Cell of St. Michael’s College, in association with KSWDC organized a Film Screening and Discussion Forum, on 16th March 2022, at 11 am in the Fenicio Digital Seminar Hall. The film screened was ‘Women of the Dunes’ directed by Hiroshi Teshigahara. It is an all time movie depicting life in all its relevance. Dr. Patricia Robin introduced the movie to the students before screening. Post screening ,she initiated a discussion. The students actively participated, voicing their interpretations of the film. A few of them came out with excellent reviews. The programme concluded with the students providing their feed back. They conveyed that it was a very different experience to them and they had benefitted from it. They were initiated to view films in a different perspective. With the rendering of vote of thanks the programme came to an end at 1.30pm.



### Women’s Day Celebrations

Women’s day of the year 2021- 22 was celebrated on March 8 th 2022. The program was inaugurated by Smt. K. G. Rajeswari, President ,Alappuzha District Panchayath. In her key note address she motivated the students for self -esteem and sustenance. She also discussed the women’s day theme “Break the Bias”. Vice Principal Dr. Sindhu S Nair and College union chairman Kum. Sulekha Shibu also addressed the gathering. Women Cell honored the Union Members consisting of only girl students, first time in the history of the college.





### Rally on Gender Equality

Women Cell Unit of St Michael’s College Cherthala in association with KSWDC organised a community intervention programme on 8th March 2022 in connection with Women’s Day celebrations. A rally on ‘Gender Equality’ was flagged off prior to the commencement of the celebrations. The rally was flagged off with a message to sensitise the students about the gender equality by the Vice Principal Dr. Sindhu S Nair. The rally started from the College premises and rallied around the vicinity of the college. Student leaders recited the slogans and rest of the students repeated it. The slogans were based on gender equality and women empowerment.

### Manuscript Publishing

JWALA -a handwritten magazine, was published by the women cell of St. Michael’s College, Cherthala. It comprises of stories, poems, pencil sketches, paintings, quiz, mathematical puzzles, etc. written by the women cell members. This venture provides an opportunity for the budding writers to express their talent.

### Awareness on women and society - MITHRA 181

Women Cell in association with KSWDC organized an invited talk on women and society. The talk was delivered by Smt. Arya J Nair, Team member , MITHRA -181 on 31.03.2022. She explained the role of MITHRA-181 on empowering women. She gave clarifications to the student’s queries. She also gave details of persons to be contacted in case of emergency.

