



**WOMEN CELL  
ACTIVITIES  
2022-2023**



### 1.A Webinar on Embracing Wellness-A Holistic Approach

Women Cell Unit of St Michael’s College Cherthala organised a programme ‘Embracing Wellness A Holistic Approach’. As part of this programme, an invited talk on “Breast Cancer Awareness “ was conducted for all girl students. Prof Sr.Preetha Mary, Avinashlingam Institute for Home Science and Higher Education for Women, Coimbatore was the resource person for the day. The program was on 11/8/2022 at 3 pm at Fenicio Digital Seminar Hall . The resource person made aware the students about the need for self -examination for early detection of breast cancer with power point presentations and video clips. The students attended the class with great interest and cleared their doubts regarding the disease. This programme was conducted with the motto of Freedom from illness as part of “Azadi Ka Amruth Mahotsav”. A total of 200 girl students attended the programme.







### 2.INSIGHT-Orientation program for First semester girl students

Women Cell unit of St Michael's College Cherthala organised an orientation programme "Insight" for first year girl students with the aim of motivating them to set life goals for their bright future. Professor Monamma Kokkad, Director, Kerala State Minorities Development Finance Corporation was the resource person. The programme was on 12th October 2022 at college auditorium. She effectively communicated the students the need for building a successful career and achieving financial independence . She also conveyed the importance of moral values to be inculcated in their life. After the session the students interacted with recourse person and their views.



### 3. Legal Awareness talk on domestic violence

Women cell in association with Sakhi, Department of Women and Child Development ,Government of Kerala organized a legal awareness talk on domestic violence on 30.11.2022 at 11.00 am at college auditorium as part of "Orange the world campaign". Principal Dr.Sindhu S Nair presided over the function and Mararikulam North Panchayath President Smt.Sudarsana Bhai inaugurated the programme. The classes were handled by Adv. Sreelekshmi S , Legal ounselor ,Gandhi Smaraka Seva Samithi. She spoke about the topic "UNITE" the topic of this year's campaign.







#### 4. Social engagement programme “Social Skill Training”

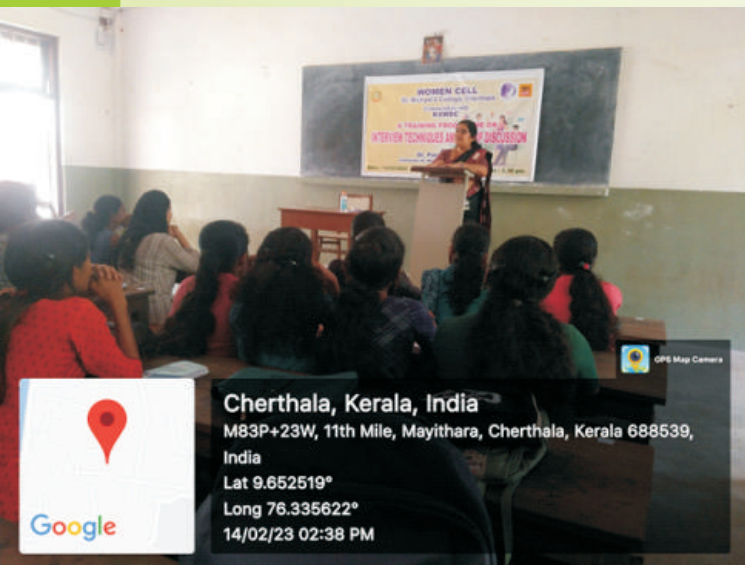
Women Cell of St Michael’s College in association with KSWDC (Kerala State Women Development Corporation) conducted a social engagement programme “Social Skill Training” on 21/2/2023 at 11 am in Fenicio Digital Seminar Hall. The class was handled by Dr V Rajamaniyamma, Retired Principal, SVM NSS College, Vazhooor. She is a person who is engaged in number of social service programmes and also an environmentalist. As an NSS programme officer the resource person had conducted programmes on Paliative Care, Cancer awareness, and also built houses for the poor people in and around the college Based on these experiences she inculcated the students on the need for social living and interaction with the society which we live around. She also convinced the students about the commitment of each person to the society where we are born and brought up. The students also shared their experience about their social life and also had discussions on “Kudumbasree” with the resource person.



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#### 5. Training on Interview Techniques and Group Discussion

In association with KSWDC, women cell conducted a performance programme on “Training on Interview Techniques and Group Discussion for final year students on 14/2/2023 at 2. 30 pm at College Auditorium. The College Librarian Dr. Patricia Robin handled the session. The resource person being a well versed communication expert gave the students a thorough training on both offline and online interview techniques and special attention was given to the recently important online models of interview techniques. Group discussion was also conducted among students by dividing them into focused groups based on their aptitudes. Being final year students and as they were on the way to campus recruitment placement interviews, it was very helpful for them to build self confidence and to present themselves without any fear before the interview board.



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### 6. Self Defense Training Programme for girl students

Women Cell in association with KSWDC conducted a Self Defence Training Programme for girl students on 17/2/2023 at College auditorium. Smt. Aiswarya Nair K , Trainer Hawra International Sports School leaded the programme. The resource person was the aluminus of the College and was also the best NCC Cadet. Around 80 students participated in the programme. Aiswarya motivated the students by understanding them the need for sound body and a sound mind. She also emphasizes the importance of physical fitness and regular exercise in our daily life. Students were practiced with different self- defense techniques. They were also made confident to use these techniques at times of emergency.







### 7. “Mughaamugham” programme

Women Cell unit in association with Kerala State Women Commission and Equal Opportunity centre of St Michael’s College organised a programme “Mughaamugham” on the topic “Lingasamathwavum Shtreeavakasavum” on 7/3/2023/ at 1. 30 PM at College auditorium. Vanitha Commission Member Smt. V R Mahilamani chaired the programme and delivered keynote address. Faculty of KHILA Smt.K G Rajeswari handled the session. The teachers and students shared their views and ideas. The students were made aware of the need of gender equity as a constitutional right.



### 8. International Women’s Day Celebrations

Women Cell Unit of St Michaels College celebrated International Women’s Day on 9/3/2023at College auditorium. The official meeting started at 10 am. Women’s day celebrations was inaugurated by Dr. J. Prameela Devi, former member of Kerala State Women Commission and retired Associate Professor in English , NSS College, Vazhoor. The meeting was presided by the Vice Chairman of the College Kum. Athulya Sivadas. Manager of the College Fr Nelson Thaiparambil delivered benedictory address and Principal Dr. Sindhu S Nair delivered message of the day.Dr.Seena Kurien, Nari Gourav Puraskar 2023 was honoured in the meeting. Dr. Prameela Devi shared her experiences as a member of UN Peace foundation and she convinced the girl students about financial as well as economic empowerment. Students and teachers actively participated in the interaction followed with great interest. The cultural programmes by teaches and students were conducted in the afternoon. The programme comes to an end at 4 pm.















### 9. Theme dance on “Women Rights”

Women Cell unit of St Michael’s College in association with KSWDC organized a “Theme Dance” on 9/3/2023. A group of well-practiced students presented the theme “women em- powerment “ through their dance performance. They could pass on to the message of freedom of women, different atrocities women are facing and how they can tackle it. It was a wonderful performance well appreciated by teachers and around 300 students.



### 10. Childrens Home Visit

Women Cell unit visited the Government Childrens Home at Mayithara on 18/3/2023 as part of community intervention programme. About 40 students and teachers reached the Childrens home by 10 .30 am and spent about 3 hours with inmates. Information about the children were gathered from the authorities. The students conducted various cultural programmes such as dance, group song, folk song etc with the inmates of childrens home . The inmates actively participated in all the programmes. Various games were also conducted for the children.All those who participated in the programmes were given presents. The children very much enjoyed the programme and requested us to visit them occasionally.

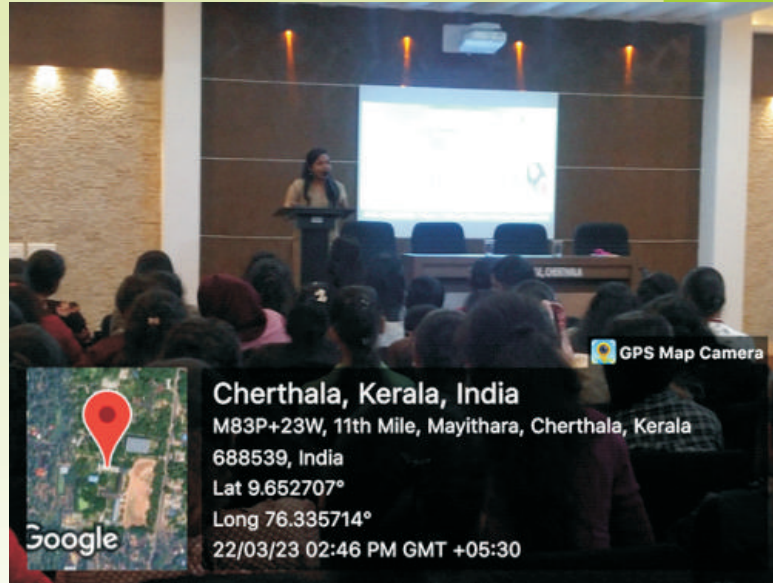






### 11. Gender Awareness Programme on “Women and Media”

Women Cell in association with KSWDC organised Gender Awareness Programme on “Women and Media” at 1.30 pm in Fenicio Digital Seminar Hall on 22/3/2023. The session was handled by Smt Justina Thomas, Senior Correspondent, Manorama News. She shared with students her experience as field reporter and senior journalist. She emphasized the need of the presence of women in media. She also analytically presented the problems faced by women journalists with the examples of those women journalists who successfully handled the situation. She shared the success stories of many women journalists. Students were well acquainted with the problems and prospects of role of women in media. About 100 students participated in the programme. Students also cleared their doubts and some students expressed their wish to work in media.



### 12. Gender Sensatisation Training Programme on “Gender Equity for Attaining Gender Equality”

Women Cell of St Michaels College in association with KSWDC organised Gender Sensatisation Training Programme on “Gender Equity for Attaining Gender Equality” The programme was arranged in two sessions as Talk 1 and Talk 2 on 22/3/2023 and 23/3/2023.

Talk 1 was conducted in the College auditorium. The class was handled by Smt. Usha S, Chairperson Mochitha, a women liberation organization. She shared with the boy students her field experience as she is an activist among families facing different sorts of problems. She convinced the students the true aspects of Gender equality and also advised them to practice gender equality and equity both at their home and society. The students also expressed their views on gender equity concepts.

Talk 2 was delivered by a practicing senior advocate M. M Salichan. He discussed in detail the







legal aspects of gender equality and equity and differentiated the term gender equity and equality. He gave a framework of many laws including Sexual Harassment at work place, Domestic Violence Act and also convinced them the stringency of the law. About 100 boys participated in the programe. Students put forward their doubts and it was well cleared by the resource person.



### 13. Hemoglobin Detection camp

Women Cell in association with Health Department , Kerala organised a blood test-hemoglobin camp to detect anemia among girl students on 27.03.2023. The programme was organized for final year girl students. The students who had anemia or low hemoglobin levels were given iron tablets. The students who needs further check up were referred to consult physicians. The blood test campaign was conducted in Women Cell room and students were much benefited by the camp.



Women Empowerment and Gender Equality are two most important requirements for the upliftment and progress of our nation. Women Cell of St. Michael’s College, Cherthala has been organising varied programmes for the upliftment of women and spread the real importance of gender equality in the society through the students. We have tried to create a platform where all girl students can express their needs and priorities , where every women is respected and is able to achieve their potential, living free from harm and discrimination.

Dr.Florence MA, Co-ordinator

Smt.Minnu Mathew, Deputy Co-ordinator

Smt.Seena Elizabeth George, Assistant Co-ordinator

Dr.Patricia Robin, Assistant Co-ordinator

Dr.Mary Reema, Assistant Co-ordinator