



MARIAN COLLEGE
KUTTIKANAM
(AUTONOMOUS)

MAKING COMPLETE

WOMEN CELL REPORT 2019 -20

Women cell Report (2019 – 20)

➤ Inauguration & Seminar

The activities of Women cell 2019-20 was inaugurated on 9th July by Adv. Vivina Sasidharan , followed by a seminar on '**Laws For The Protection and Care of Women and Children**'. The seminar was aiming at highlighting different issues underlining women and children. She spoke about child protection laws, women empowerment and domestic violence.



➤ Fire & safety training program

The Fire Safety Training program was conducted on 29th July for our students to raise awareness of fire hazards in the workplace and had demonstration on how to act safely in the event of an emergency fire situation using fire extinguisher.





➤ **Extempore competition**

A speech competition on 'Women Empowerment' was organized for our students on 29th August and the winners are Prajith R (I prize) & Anju Theresa Roby (I Bcom A).





➤ First Aid training programme

Women cell organized a First –aid training programme on 19th September. Two Faculty members from Medical Trust Hospital, Mundakkayam engaged the session. This training helped the students with the knowledge, practical skills and understanding required to provide appropriate first-aid treatment .





➤ **Workshop on Cake making & Designing**

Organized a workshop on Cake making and Designing by Mrs Meera Manoj, Professional cake designer, Meera's kitchen, Kochi on 4th December .







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➤ **Visit to Assisi Orphanage**

Members of Women cell visited Assisi orphanage, Chotty, an old age home on 18th December to celebrate the joy and peace of Christmas and sang melodious songs for them. The elders were very happy, overjoyed and cheered for the students and some even danced and sang with them.

New clothes and sweets were distributed to everyone. It was overwhelming to see elders face lit up with joy during these moments of Christmas Celebrations.





➤ Tailoring class

Stitching of garments at home is a money saving device for lower middle income group. Besides tailoring can be a vocation for self employment. Women cell is organising a tailoring training program for our students.





WOMEN CELL REPORT 2018 -19

Women Cell Report 2018 -19

➤ Inauguration of the activities of Women cell

The inauguration of the activities of women cell for the year 2018-19 was held on 7th September 2018 in the audio-visual room at 2.30 pm. The chief guest of the day was Ms Shyla Mathew, Dept. of Hospitality Management, St Joseph's Institute of Hotel Management and Catering Technology, Palai. She also handled a session on **Stress Management** through an elaborate and effective presentation.

Seminar on Stress Management by Ms Shyla Mathew, Dept. of Hospitality Management, St. Joseph's Institute of Hotel Management and Catering Technology, Palai.







➤ **First aid and CPR training**

A half day workshop on first aid and CPR training was conducted on 11 October 2018 by Dr Ameen Abdul Gafoor, Asst Surgeon, Thaluk Hospital, Peermade. Around 50 students from UG and PG programmes attended the workshop. The students were given the opportunity to use mannequin for CPR (Cardio Pulmonary Resuscitation) operation.





➤ Visit to St Joseph's school, Kuttikkanam

Women cell celebrated X'mas with over 150 students of St. Joseph's school, Kuttikkanam on 20th December. We distributed note books, pen and sweets to them and made the day memorable for the children. It was with the aim to share the joy of the season by bringing smiles to the faces of young children who are less fortunate. The Christmas celebration began with singing Christmas carols, followed by their performance on dance.





➤ **Observing National Girl Child Day**

National girl child day was celebrated on 24th of January with the theme of “Empowering Girls for a Brighter Tomorrow”. Rev Dr Roy Abraham P, Principal, Marian college addressed the girl children issues associated to their health, respect, education etc. The women protection officer, Idukki Dist. and Child Development Project officer spoke about the girl’s right for the equal education and fundamental freedoms. Adv. Divina Sasindran spoke about the legislations including Domestic Violence Act 2009, Dowry Prohibition Act 2006 in order to get their proper rights and face all the challenges in life.

Inaugural address by Mrs Lissy Thomas, Women Protection Officer, Idukki (Dist.)



Keynote address by Smt. Lekha R, CDPO, Azhutha Block





➤ **Women empowerment through Tailoring class**

The objective of this training programme is to enhance the quality of life of women and teenage girls through enhancement of their skills and knowledge. Twelve students are being trained by a qualified professional tailoring teacher. The classes are arranged from 3.30 to 4.30 every day. Certificates are given to those who successfully complete the course. These tailoring classes enable the students to earn on their own, making them self-confident and self-dependent.

Tailoring class for Marian girls



➤ Seminar on Fashion Technology

A half day workshop on Fashion Technology was organized on 31st January in the conference hall. Ms Harriett Shing , Hongkong, the Designer underlined the various skills and knowledge levels that should be imbibed by the budding designers of tomorrow in the ever evolving and constantly dynamic competitive environment. She highlighted the need for creativity in Fashion styling and how a person can make a mark in this ever evolving field. The students of various UG and PG programmes attended this seminar, interacted enthusiastically with the speaker.





➤ Self defence Training

Self defence not only allows women to tangibly defend themselves against physical attacks, it also sparks various benefits to them in everyday life. Important values and principles can be learned, such as hard work, dedication, and perseverance, as well as the importance of maintaining personal relationships. Self defence classes are provided for all girls of UG and PG programmes by Ms Sonia Scaria of Physical Education Department.





➤ **Medical Camp**

As part of the efforts to make basic healthcare accessible for all, free medical camp was conducted on 27th January at Marian college Kuttikkanam (autonomous) by Rev Dr Sr C Rose Mavelikunnel and a team of nurses from Medical Trust Hospital, Mundakkayam . They provided basic treatment and general check up to help people be aware of their health status. Women from nearby place attended the camp.

Medical Camp







➤ Poster competition

In connection with the Women's day celebration, poster competition was held on 6th February at Marian college conference hall.







**REPORT OF THE ACTIVITIES OF THE
WOMEN CELL
2017-2018**

REPORT OF THE ACTIVITIES OF THE WOMEN CELL 2017-2018

‘Unnathi’- the Women Cell of Marian College enhanced its profile by engaging in a number of impactful activities during the academic year 2017-2018. True to its name, ‘Unnathi’ committed itself passionately to its mission of enhancing the potential, confidence and self-esteem of women on the campus.

The activities of the Women Cell for the year was inaugurated on July 27nd by Ms Roshan Thomas, Judicial First Class Magistrate, Kanjirappally. In her interaction with the students, she reinforced the necessity of a focused and goal-oriented approach to studies as the only unfailing means to success.

The tie-up with the Kerala Women Development Corporation was an important milestone in the journey of the Women Cell.

As an enduring testimony to its continuing social commitment, the Women Cell conducted awareness classes for the women on the plantation in Kozhikkanam, Elappara on January 14th. The classes which were on the topics ‘Gender Awareness’ and ‘Contradictory Foods’ were led by Miss Litty Thomas of III B Com and Miss Lakshmi Reghunath of III BACE. The classes were attended by sixty women.

On November 28th the Women Cell organized a workshop on Jewellery-making. Ms Jyotsna Kasturirangan, creative artist and entrepreneur from Bangalore conducted the workshop.

A number of competitions like Movie Review, Elocution in Malayalam and English, and Street Play were conducted by the Women Cell. Both boys and girls participated in these competitions.

On February 23rd, the Women Cell organized its first ever National Seminar. The theme of the Seminar was: ‘Defining Today’s Woman: Towards a New Paradigm’. Dr Prameela Devi inaugurated the seminar.

Miss Sruthi Sathyanath of I MCMS represented the Women Cell at the Miss Elan Competition held at St Thomas College of Teacher Education Palai and brought laurels to Marian by bagging the prize for the First Runner-Up.

The activities of the Women Cell for the year wound up with a visit to the Orphanage at Mundakkayam on March 8 . The representatives spent an entire afternoon interacting with the inmates and entertaining them with games, gifts and sweets.

1. List of all activities conducted/Organized by women cell during the last five years

Date	Name of the Programme	Location	Number of students attended	Was it a collaborative activity? Which was the associating organization	Impact of the activity
2014- 2015	Inauguration and Seminar: Changing Role of Women in Society by Dr. Ancy George	Conference Hall	60	NSS	Was able to sensitize the girls
	Collage Competition	Conference Hall	18		
	Awareness Programme on Health and Hygiene	Conference Hall	65		
	Hair Donation Campaign – Nisha Jose K. Mani	Auditorium	All UG girls		
2015-2016 3 Sept 2016	Inauguration and Seminar by Dr. M.S. Sunil	Conference Hall	85	CSK Kalari	
	Elocution Malayalam,	III BBA	16		
	Elocution English	Classroom	13		
	Mehendi Competition	II BACE classroom	8		
	Marian Day Care Centre	Conference Hall	5 infants		
	Judo classes for women	Day Care Centre			
	Basketball Court	All UG girls			
	Auditorium	200 girls			

8 March 2016	<p>‘Action Breaks Silence’: Self Defence Workshop for women</p> <p>International Women’s Day celebration and Talk by Merin Joseph IPS on Women Empowerment – Need of the Hour</p>	Auditorium	125 girls, 35 boys		
2016 – 2017	Inauguration and Seminar on Women and Laws by S. Udayamma, Circle Inspector, Idukki	Auditorium	90 girls		
8 th , 9 th February 2017	<p>Movie Review Competition</p> <p>Elocution Malayalam</p> <p>Elocution English</p> <p>Gender Audit Class at Ranimudi on ‘Contradictory Foods’ and ‘Mazhakkala Rogangal ‘</p> <p>Seminar: ‘Women and Legal Rights’ by Adv. Seena Nair</p>	<p>II BACE Classroom</p> <p>I BACE Classroom</p> <p>III BACE Classroom</p> <p>Ranimudi Tea Estate Vandiperiyar</p> <p>AV Room</p>	<p>22</p> <p>11</p> <p>10</p> <p>2 Students took class, 35 estate women attended the class</p> <p>80</p>		
2 Dec.2016					
2017-2018	Inauguration and Seminar: ‘Emergence of the New Woman’ by	Conference Hall	64 girls, 30 boys		
27July 2017					

21 2018	Jan	Ms. Roshan Thomas, Ist Class Judicial Magistrate, Kanjirappally	MCMS Classroom	21		
		Movie Review Competition Elocution Mal Elocution Eng Street Play	I BACE IIBACE Front of Academic Block AV Room	9 7 2 groups 15		
23 2018	Feb	Jewellery – Making Workshop	Block 1, Kozhikkanam, Elappara	2 students took class, 80 women attended		
		Class at Kozhikkanam, Elappara on ‘Women and Child Rights’ and ‘Contradictory Foods’	Conference Hall	110		
8 2018	March	National seminar on ‘Defining Today’s Woman’.	AV Room Conference Hall	21		
		Talks by Ms. Prameela Devi and Ms Toshma Biju	Bethlehem Orphanage, Mundakkayam	5		
		Paper presentations				
		Orphanage visit				

2. Details of prizes/ recognitions obtained by our students in under the banner of women cell

Date	prizes/ recognitions	Awarding agency	The award was received by whom
23.Jan.2018	1 st Runner-up at the 'Miss Elan' Competition Conducted by St. Thomas College of Teacher Education Palai	St Thomas College of Teacher Education	Ms. Sruthy Sathyanath I MCMS

3. Do you have any formal linkage with Govt bodies, Other institutions, NGOs or any other organization in Women empowerment

Date of establishing linkage	Name of the organization	Number of activities conducted with this linkage
	Kerala Women Development Corporation	4

2017-2018 Activities

Inauguration of the Activities

Talk by Ms Roshan Thomas, Judicial First Class Magistrate, Kanjirappally

Awarding Prizes and certificates to Prize Winners

Tie-up with KSWDC (Keral Women Development Corporation)

Class by Marian girls at Elappara for the Women of Block 1, Kozhikkanam, Elappara

Competitions: Elocution (English, Malayalam), Movie Review, Street Play

Jewellery-making Workshop conducted by Ms Jyotsna Kasturirangan, Entrepreneur, Bangalore

National Seminar – Defining Today's Women: 'Towards A New Paradigm'

Talks: Dr. Prameela Devi, Member of Keral Women's Commission

Ms. Toshma Biju, Entrepreneur, Managing Editor, Mangalam

Visit to Bethlehem, Orphanage, Mundakkayam

Participating in Ms Elan Competition conducted by St Thomas College of Teacher Education, Palai

(Sruthi Sathyanath I MCMS wins the First Runner-Up Award

GENDER AUDIT 8-9 Feb 2017

Another milestone in Marian's journey of excellence, the Gender Audit organized by the Women Cell and the IQAC on the 8th and 9th of February 2017, proved profoundly productive.

The members of the auditing team were Dr Rosakutty Abraham, Secretary IDWC, Prof.Kochuthresia Thomas (Retd Prof. Newman College Thodupuzha) and Adv. Mary Syriac, Vice President IDWC, who were assisted by Ms.Aishwarya K. G, Counsellor and Ms.Shwetha Ann Thomas of II BACE.

The team had interactive sessions with the Manager Rev.Fr James Kozhimala, the Principal Rev. Dr Roy Abraham, members of the MCSC and female members of staff and students.

The team was much pleased with the spirit of gender equity prevailing on the campus and lauded that as outstanding feature of Marian.

Inauguration of the activities for the year 2017- 2018

Judicial First Class Magistrate Ms. Roshan Thomas Kanjirappally, inaugurated the activities of the Women Cell for the year 2017-2018. In her talk, she reminded the female students that they are very special in today's society and exhorted them to develop inner strength to face any crisis that they may encounter in their lives.

Rev. Fr James Kozhimala, Manager Marian College Kuttikkanam, commended on the extraordinary ability of our girls to excel in all spheres of life, especially in academics.

'UNNATHI' WOMEN CELL @ ELAPPARA 21 January 2018

Lakshmi Reghunath of III BA Communicative English taking class for the women in 1st Block Kozhikkanam on 'Women and Child Rights'.

Litty Thomas of III BCom enlightening women on the dangers of contradictory foods

Social awareness classes were conducted by UNNATHI for the women on the plantations in Kozhikkanam, Elappara on Sunday 21 January 2018. The classes were taken by Ms LittyThomas of III BCom and Ms Lakshmi Reghunath of III BA Communicative English.

The topics were: (1) Women and Child Rights (2) Contradictory Foods and Their Impact on Health

Sixty women attended the classes. There were games after the classes and prizes were distributed to the winners.

The experience was much appreciated by the women.

Street play competition (Gender Issues)

Movie Review Competition 04 December 2017

Elocution Competition 2017

Both girls and boys bag prizes in the various competitions conducted by the Women Cell

Inauguration of the activities for the year 2017-2018. Talk by Judicial First Class Magistrate Ms Roshan Thomas. Distribution of Prizes

National Seminar by Women's Cell.

Dr. Prameela Devi, member, Kerala Women's Commission and Ms. Thoshma Biju, Managing Director, Kanyaka magazine inaugurate the National Seminar on 'Defining Today's Women: Towards a New Paradigm' organized by Unnathi, Women Cell at Marian College.

Unnathi also celebrated International Women's Day on the occasion.

Ms Toshma Biju gives a talk on 'Women Entrepreneurship'

Dr Prameela Devi and Mrs Toshma Biju inaugurate the National Seminar – 'Defining Today's Woman: Towards a New Paradigm'

23 Feb 2018

Jewellery – making workshop led by Ms Jyotsna Kasthoorirangan, entrepreneur, Preamble Jewellery, Bangalore 2018

Marian boys going through the jewellery made by the girls

Women Cell Team visits Bethlehem Orphanage, Mundakayam



**Inauguration of the
activities for the year 2017-2018**



*Awareness classes for
the women at
Kozhikkanam, Elappara*





Jewellery - Making Workshop



Movie Review Competition





Street Play Competition



Elocution Competition



Miss Sruthi Sathyanath - Miss Elan First Runner- Up

NATIONAL SEMINAR



Dr. Prameela Devi, member, Kerala Women's Commission and Ms. Thoshma Biju, Managing Director, Kanyaka magazine inaugurate the National Seminar on 'Defining Today's Women: Towards a New Paradigm'



Marian College.Unnathi also celebrated International Women's Day on the occasion.



ORPHANAGE VISIT



The Women's Cell of Marian College celebrated International Women's Day by visiting Bethlehem orphanage , Mundakkayam.