

## **Report of the Activities of Women Cell During 2023-24**

The Women Cell, an integral part of our institution, serves as a dedicated platform aimed at addressing the various needs and concerns of women within our community. Established with the objective of promoting gender equality and ensuring a safe and supportive environment for all, the Women Cell endeavors to create awareness about women's rights, provide assistance in cases of harassment or discrimination, and facilitate opportunities for personal and professional development. Through workshops, seminars, and counseling services, the Women Cell strives to empower women to assert their rights and thrive in all spheres of life, fostering a culture of inclusivity and respect among students and staff of the college.

### **1. An invited talk on healthcare -Satrangi**

Women Cell unit of St Michael's College, Cherthala in association with RotaryClub , Cherthala Town organized a health programme on gynecological issues of girl students on 19.08.2023. Dr Prabha G Nair ,chief consultant gynecologist , KVM Hospital ,Cherthala delivered a detailed talk followed by a discussion and doubt clearing session.The session was very informative and effective.





## 2. Poster exhibition on Women and Child Rights

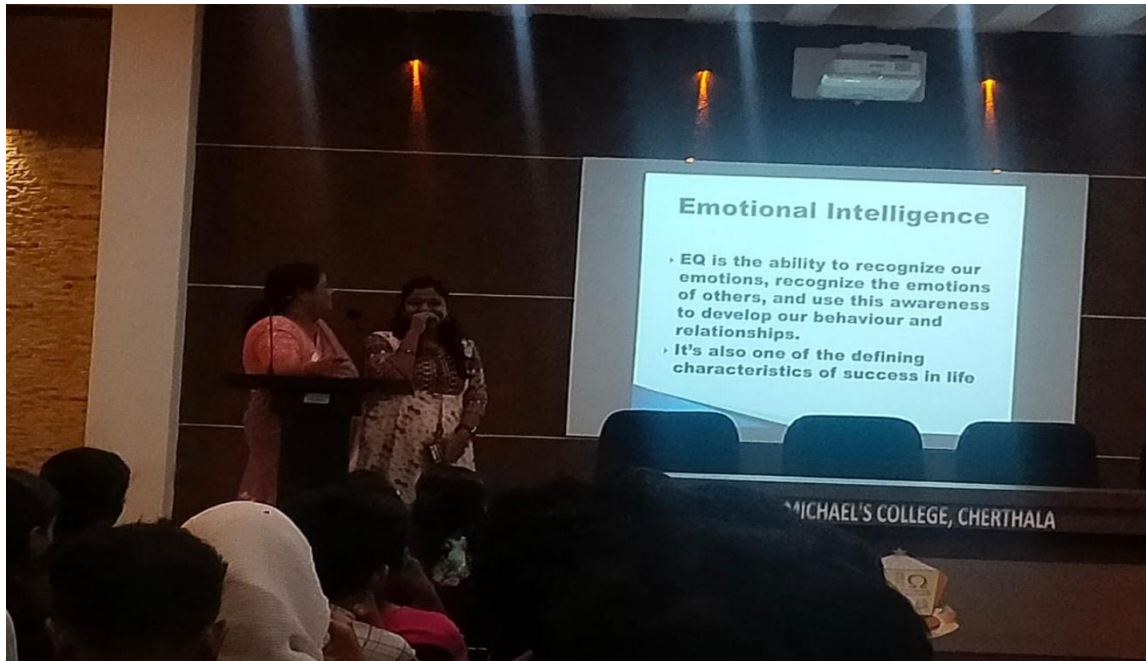
Women Cell unit of St Michael's College conducted a poster exhibition on Manipur issue to protest against the atrocities against women and children in Manipur. Students expressed their strong objections on this brutality through their artistic skills. Through this poster exhibition we could be able to convey the message of timely protection against such brutal activities is the need of the hour to the student community and the society.





### 3. Programme to Enhance Academic Performance – ‘Emotional Intelligence’

Women Cell Unit of St Michael's College in association with KSWDC organised an academic performance programme 'Emotional Intelligence' on 23/1/2024 at Digital Seminar Hall of the College. The session was handled by Dr Kochurani Joseph, Retired Professor, Bharath Matha College Thrikkara, who is an eminent motivational speaker and also trainer in this field. She has conducted a variety of training programmes and workshops in relation to Emotional Intelligence and associated topics. The resource person well defined the concept of emotional intelligence with exemplary examples and advised the students to achieve their life goals giving due importance to both their intellectual as well as emotional aspects. She convinced the students that scoring high marks alone is not enough for a successful career but should be aware of the circumstances they live, the society they mingle and also the capability to understand and manage one's own emotions and relationships. The students clarified their perceptions about the topic and expressed their views about expectations in life by practicing the core aspects of emotional intelligence. The session was really an eye opener to all the participants.



#### **4.Social Engagement Programme ‘Relationship Violence’**

Women Cell, St Michael's College, Cherthala in association with KSWDC conducted a social engagement programme 'Relationship Violence' on 18/12/2023 at 2 pm in Digital Seminar Hall of the College. Dr Mary Mettilda, Retired Principal, Maharajas College ,Ernakulam handled this training session. The resource person a motivational speaker and a well known trainer in various fields made the students aware of the dangerous situations now existing in the society when relationships becomes intolerable in some situations, where each one has to be cautious not to turn to violence. She also tried to convince the students how to maintain a healthy relationship among their friends of their same age group. The students raised their concerns about the violent happenings that occur in College campuses .The resource person made the students to place their suggestions to make the relationships more smooth. The students opined that campuses should be free of drug addictions political conflicts in order to avoid violent situations and also maintain peaceful atmosphere.



**5. Gender Awareness Programme 'Women and Health'**

Women Cell Unit of St Michael's College in association with KSWDC organised a health awareness programme for girl students on the topic 'Sustainable Menstruation' at the Digital Seminar Hall of the College on 21/2/2024. The session was handled by Ms. Fathimathul Bisriya.V Research Associate, Cochin University of Science and Technology. The resource person has conducted various classes and training programmes in this field statewide. The students were made aware of using menstrual cups as a part of sustainable menstruation which is the need of the hour. She explained well about the pros and cons of using sanitary pads and other methods that traditionally women were used to. She advised the students to adapt to menstrual cups as it will be more hygienic and less expensive and as in future environment issues related to disposing of used pads also will be minimised. The students were well convinced of the need for a sustainable menstruation method. The students also raised their concerns regarding their menstrual problems they face. The resource person in detail discussed with the students how to deal and cope up with difficult situations of painful menstruation



## **6. Self-Defence Programme 'Guard Yourself'**

Women Cell Unit of St Michael's College Cherthala in association with KSWDC conducted the self defence programme in the College auditorium by participating 80 girl students on 14/2/2024. The training session was conducted by PG student of our College Kumari Ann Sajeev, Second Dan Black Belt who is also running FTS Martial School. Before starting the session, the trainer made aware the girl students why each and every girl should get equipped with some self- defence techniques in the present day situations. As girls are now a days have to travel alone long distances for study and other purposes it is more safe for them to know various self defence-techniques. She started with a warm up session practicing the students a deep breathing effectively. Then she demonstrated different self defence methods by dividing the students into group of attackers and defenders. The session was a wonderful one as every one studied as well as enjoyed the session very much. Many more sessions also were conducted in the following days as a continued practice for students. The trainer encouraged the students to join in martial art practice as part of their safety and body building. She also opined that practicing regularly some martial arts could make sound mind in a sound body.





### ***7. Cultural Programme ‘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 19th Feb, 2024, at 1.30 pm. in the Fenicio Digital Seminar Hall. The film screened was ‘Kathal – the Core’ , Malayalam movie directed by Jio Baby. It is a movie which directly initiated the discussions of gender innateness of individuals. Though the LGBTQIA+ serves as themes for seminars and discussions, the malayalee community still holds a taboo to it. Hence, those individuals going through the phase of uncertainties and those who are sure about their gender identity with a difference are unable to voice it or establish it before the society. Mamooty the icon Malayalam Superstar (indicates the social relevance of the theme) has taken up the role of a ‘Gay’ who was initiated into a conventional marriage. He is forced to feign a different individuality. At the same time the injustice, resultant of this marriage, thrust upon his wife, is highly damaging. Dr. Patricia Robin introduced the movie to the students before screening. Since the movie is still in the theaters, only an edited version of 45 minutes was screened. Post screening she initiated a discussion. The students actively participated, voicing their interpretations of the film. Several of them spoke highlighting the gender

issues, and their opinions regarding the same. A few of them came out with excellent reviews about the making of the movie. The programme concluded with the students providing their feedback. 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 3.45pm.



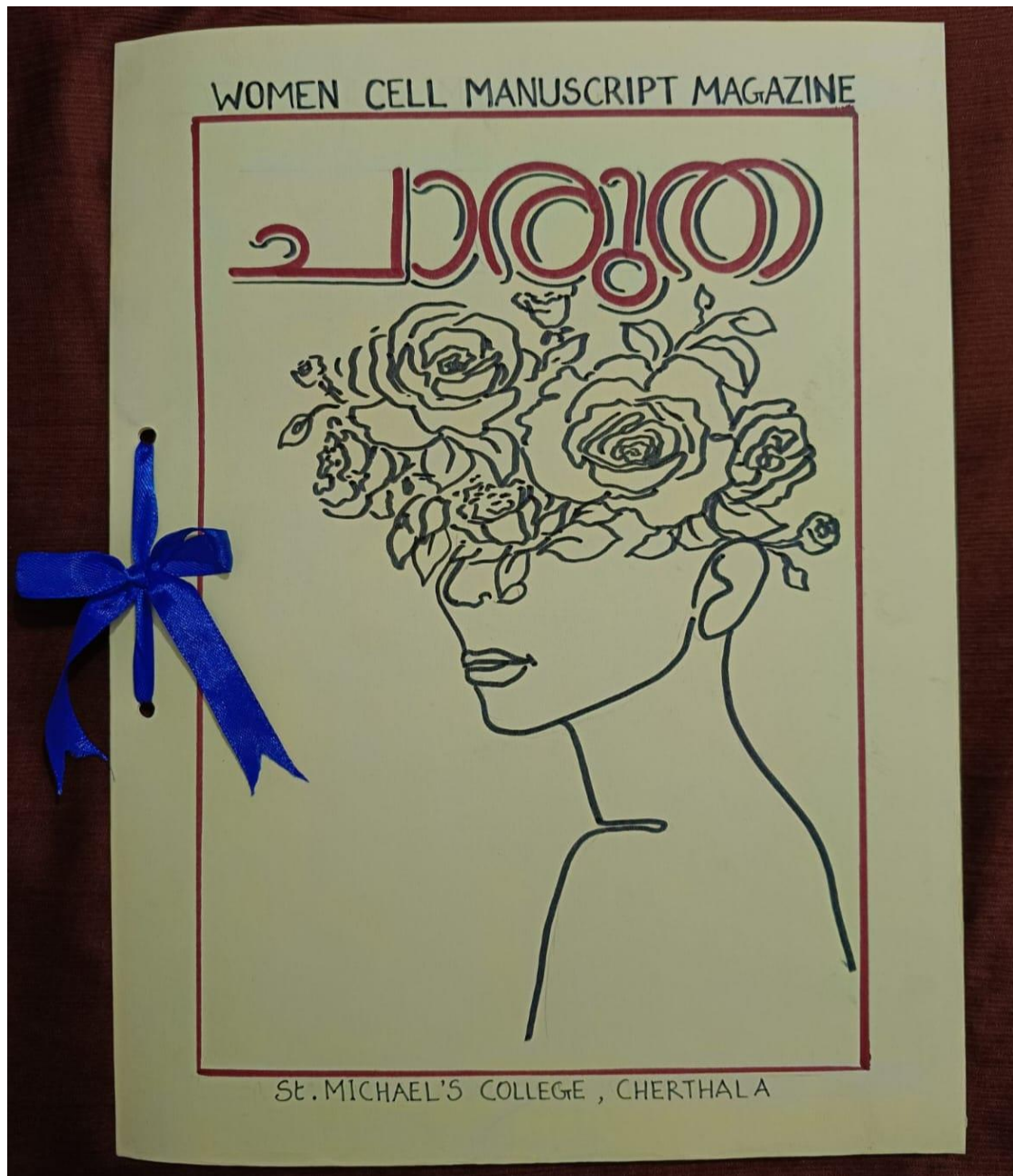
## **8. Signature Campaign to assure Equal Opportunity**

A group of women activists who work in association with Gandhi Smarakom working in Kanjikuzhy in association with Women Cell Unit of St Michael's College conducted a signature campaign to assure women an equal opportunity in Parliament and State Legislature. 150 girl students and 100 male students participated in this campaign. The students were made aware of the importance of the issue. The campaign was conducted on 13/2/2024. The assurance of 33 percent seats in Lok Sabha and Niyamasabha elections was the main motive behind this campaign.



## **9. Manuscript Magazine “CHARUTHA”**

A handwritten magazine, Charutha, 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.



#### **10. Community Intervention Programme 'Session on Child Development topic in School'**

Women Cell Unit of St. Michael's College in association with KSWDC conducted a training session on 'Development of Relationship Skills Among School Children' at Little Flower UP School Mathilakom on 27/2/2024. Sr Beena Francis ASMI Counselor, S H Hospital, Green Gardens Mathilokom gave the children of the class 7 of the school a thorough training on how to build up relationship with their parents, siblings, classmates and friends. As these

student groups are leaving the school for their high school studies, the knowledge sharing was very helpful for them. The students were divided into 8 groups and were given group activities and topics to be discussed. The group leaders of each team were asked to present the nutshell of what they have discussed. The students were very enthusiastic in all the activities and the team leader who presented best was given a prize. All the students were also gifted with pen, booklets and sweets. The programme was well appreciated by the school management teachers and Headmistress of the school



### **11.Talent Hunt Programme for girl students**

This year Women Cell organised a novel programme 'Talent Hunt' to motivate girl students in the college. We have arranged competitions in different fields to assess the best talent. Competitions started with a self introduction session .The other comopetitions was for writing skills, drawing skills, quiz competition for general knowledgeassessment, dancing and singing skills.23 contestants participated with very high competitive spirit .From them

5 top performers were selected and in the final round one student selected as “Michaelian Princess 2024”. The four runner-ups were also selected. All the participants other than the winners were received consolation prizes.

**WOMEN CELL**  
**St. Michael's College, Cherthala**

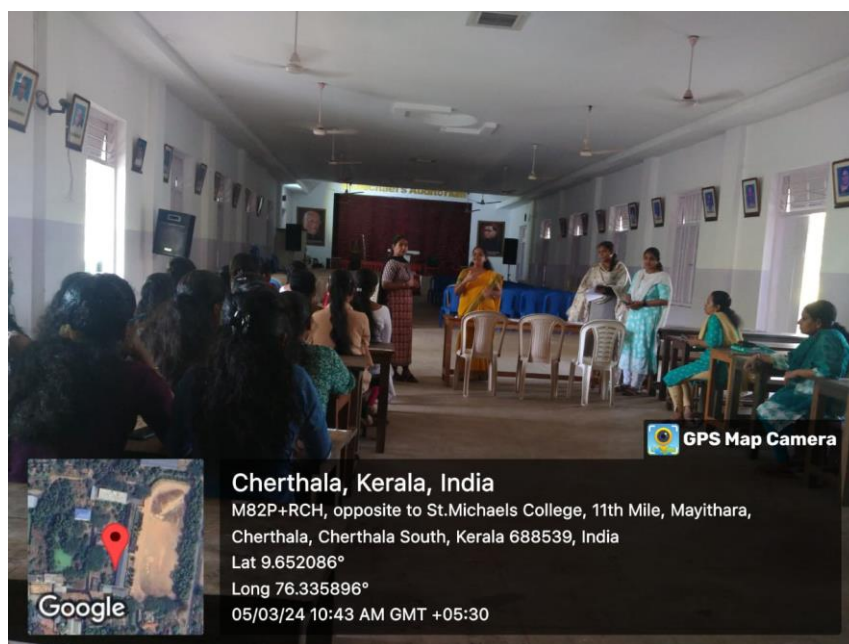
*Celebrating International Women's Day*  
*'Invest in Women: Accelerate Progress!'*

**TALENT HUNT..**  
Here is a golden opportunity to prove your mettle...

**Are you good at speaking, creative writing, dancing, singing, drawing and GK**

**If you can score highest in the events mentioned above you are crowned as**  
**Michaelian Princess 2024**

**Date : 05/03/2024 • Venue : College Auditorium • Time : 10 am**





## 12. International Women's Day Celebration

Women Cell unit of the college celebrated International Women's day on 13.03.2024 at 10.00 am .The chief guest of the day was Dr.Bichu X Malayil. Professor, Sanskrit University, Kalady .She inaugurated the Women's day celebrations and delivered a thought provoking message .She emphasized the importance of Women empowerment and the inclusiveness of marginalised sectors in the society.A variety of cultural programmes were also staged in the programme.The prizes for the winners in the Tlent Hunt programme were also distributed in the function.







### **13. Get together of Lady staff as part of International Women's Day Celebrations**

As part of the celebrations, Women Cell also arranged an outing for all the lady staff of the college to a near by resort. An interaction along with indoor games were arranged for the staff. A sumptuous meal was also arranged. The programme was much appreciated by all and helped to increase the intimacy among the staff.



The Women Cell stands as a beacon of support and empowerment, championing the rights and well-being of women within our institution. By fostering a culture of awareness, advocacy, and action, it plays a pivotal role in promoting gender equality and fostering a safe and inclusive environment for all members of our college. As we move forward, let us continue to strengthen the efforts of the Women Cell and uphold its mission to create a more equitable and just society for generations to come.

Smt. Minnu Mathew  
Deputy Co-ordinator

Dr. Florence M A  
Co-ordinator