

## WOMEN'S CELL

Bishop Moore College, Mavelikara

### Annual Report 2022-23

The Women's Cell of Bishop Moore College is a community of women students and staff of the college under the Women Empowerment Committee. The college has a 75% women population and the women's cell has been active in conducting various women empowerment programmes, skill development programmes, and entrepreneurship classes for all genders. This year we were supported by Kerala State Women's Development Cooperation (KSWDC), Thiruvananthapuram which gave us a boost in conducting programmes by inviting resource persons with high caliber.

Convenor: Ms. Anjli Susan Ninan, Assistant Professor, Department of Mathematics

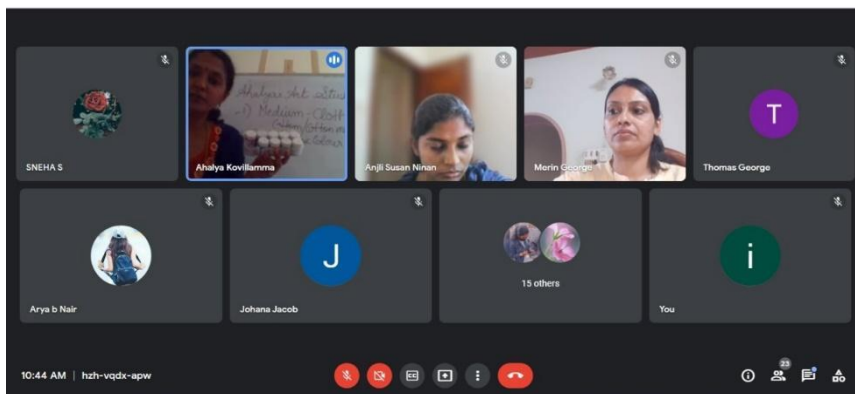
Co-Convenor: Ms. Neethu K Daniel, Assistant Professor, Department of Commerce

#### Objectives:

- To empower women students to greater participation
- Develop responsible women leaders and entrepreneurs
- Enhancing skill sets of women for the development of the individual, the college and the community
- Develop confidence and self reliance making them self-sustainable in society.

#### Online Skill Training on Fabric Painting

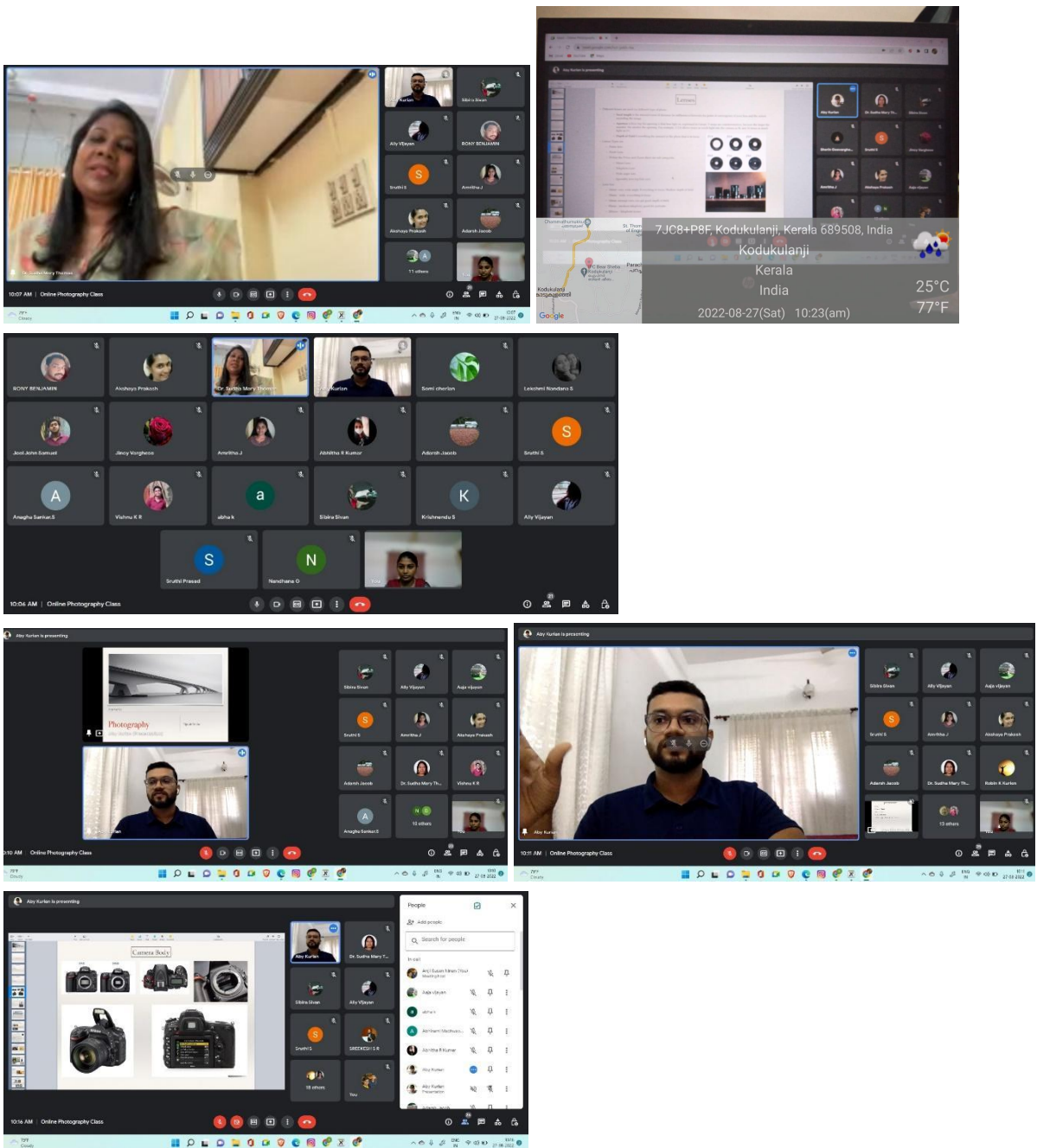
A Fabric Painting Class was conducted in online mode on 20<sup>th</sup> August 2022, 10:30 am by. Dr. Ahalya Kovilamma, Assistant Professor of Physics, Zamorin's Guruvayoorappan College, Kozhikode. She is also Artist and Curator of Ahalya's Art Studio. The class was very dynamic with 25 enthusiastic participants from students and staff.



#### Online Photography Class

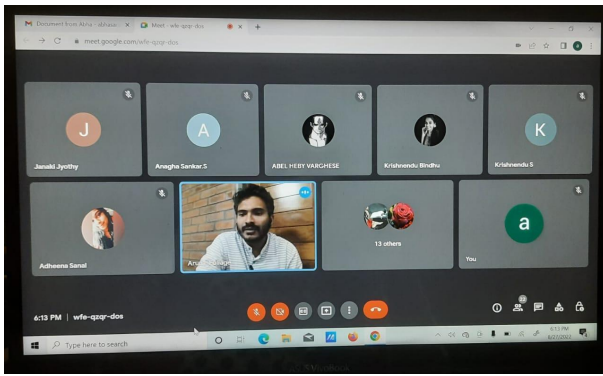
A very detailed class on Photography was conducted on 27<sup>th</sup> August at 10 am by Aby Kurian, Manager, Cognizant Technology Solutions. He is also a freelance photographer. The class was

very informative. He explained the technical aspects and aesthetic aspects of photography. 25 students attended the programme.



### Online Interior Designing Class

An Interior Designing Class was conducted on 27<sup>th</sup> August 2022 at 06 pm By Arun Vidyasagar, B.Arch., A.I.I.A., Principal Architect, Foliage. It was an interactive session where the 20 or more participants engaged in active dialogue with the resource person.



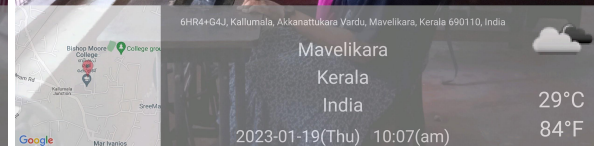
## Baking Class

A class on Basic Essentials for Baking and How to make a classic tea cake was taken on August 30<sup>th</sup>, 2022 at 1:30 pm by Nikitha Sara Biji, Teacher at Bishop Moore College, Mavelikara and a Homebaker who handles a Cake business "Spell a Cake".



## Tailoring class

A tailoring class was arranged by the women's cell unit of Bishop Moore College for all the women staff and students on every Monday and Thursday. The inauguration of the Tailoring class was held on 17th January, 2023 at 12:50 pm at the Women's Center by the Principal Dr. Jacob Chandy. Two tailoring units were repaired for this purpose. The main objective of this tailoring training program is to enhance the quality of life of women students through enhancement of their skills and knowledge. This vocational skill can help them to earn more income and become economically self-sufficient and independent. The classes are taken by Mrs. Lalitha Senarethna. 14 students registered for the Tailoring class.



## Awareness talk on Personal hygiene and Self confidence

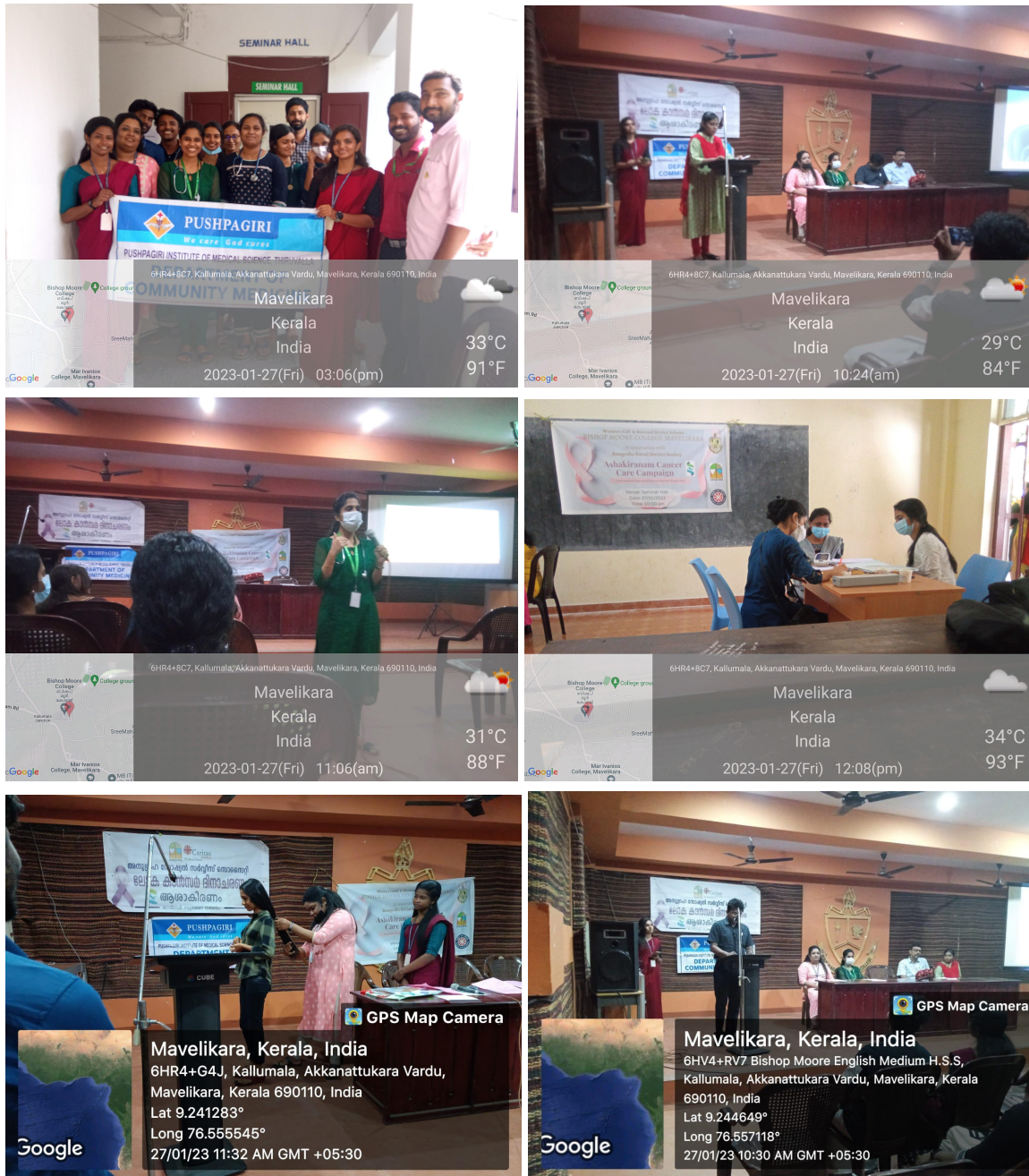
On 17 January 2023 an awareness talk on personal hygiene and self confidence class was organized by the Women's cell in association with Hindustan Unilever Limited and Rexona Confidence Academy. The aim of the class was to educate female students on the importance of personal hygiene and how it relates to self-confidence. The attendees were given tips on do's and don'ts in job interviews and also the benefits of regular exercise and a balanced diet. The class emphasized the role of personal hygiene in building self-confidence, and how good personal hygiene habits can positively impact a woman's overall well-being. The class was taken by Ms. Anjuman Bhanu, a well known Personality Development Trainer, Master of Ceremony and Make-up Artist. Free Rexona roll ons were provided to all women on campus. Ms. Anne Angeline Abraham presided over the meeting. 70 women students participated in the programme.



## Ashakiranam Cancer Care Campaign

A Cancer Awareness Class, Cancer Detection and Hair donation camp was conducted in association with Anugraha Social Service Society on 21st January 2023. The Cancer Awareness class was handled by Dr. Besty A., Senior Resident, Department of Community Medicine, Pushpagiri Medical College, Thiruvalla. As the majority of students who attended the session were women, the importance of early breast cancer detection and ways by which one can self evaluate the onset of breast cancer was also discussed in detail. The day's event was focused on creating awareness about cancer in women and early cancer detections. A team of doctors from Department of Community Medicine, Pushpagiri Medical

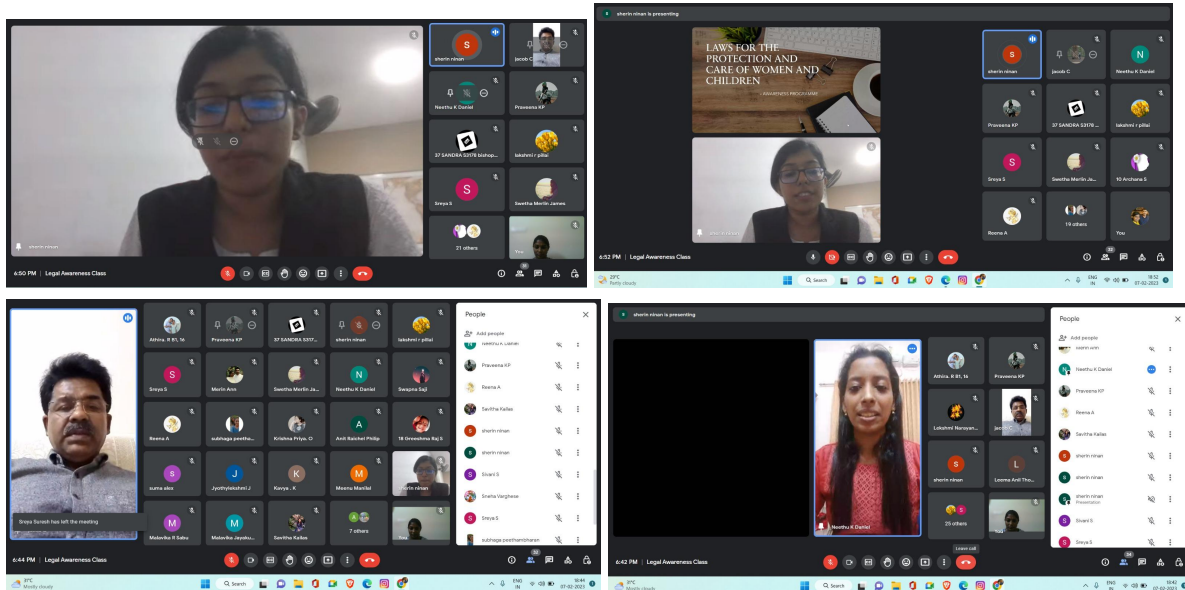
College, Thiruvalla did a cancer detection camp for 50 women; both students and staff. It included Breast Cancer Detection, Oral Cancer Detection and Thyroid Cancer Detection. There was also a Hair donation camp conducted on the same day. Six students from our college volunteered to donate for the cause. The programme was an overall success.



### Talk on Legal Awareness for the Protection of Women and Children

A legal awareness class was arranged on 7th February 2023 for the protection of women and children. The purpose of the class was to educate and create awareness among women and children about their legal rights and the available legal remedies for protection against abuse, violence, and exploitation. The topics covered included domestic violence, sexual harassment, child abuse, child labor, and trafficking. The participants gained a better understanding of the laws and their rights and felt more empowered to seek legal help in

case of any violation. The class was taken by Adv. Sherin Achu Ninan, Advocate at Ernakulam High Court. Around 30 students participated.



### **PATHFINDER: Two day workshop on Personal and Professional Excellence**

On 22 and 23 February 2023 a Two day workshop towards Personal and Professional Excellence class was organized by the women's cell in association with Synergy HR solutions. The workshop was conducted by a team of experts who covered various topics related to personal and professional development. The topics covered included time management, communication skills, goal setting, leadership skills, and personal branding. The workshop was successful in creating awareness among girl students about the importance of personal and professional development. Four trainers from Synergy HR solutions handled various sessions. 50 students attended the training.



## Women's Day Celebration and Self Defense training program

A self-defense program was organized for girl students on Women's day (08th March, 2023) by Janamaithri Police, Mavelikara to help them learn essential self-defense techniques and to empower them to protect themselves from potential threats. The experts provided hands-on training to the participants and covered various self-defense techniques like punches, kicks, and escapes from grabs. The program was designed to teach the participants how to defend themselves in real-life situations and to increase their confidence and self-esteem.





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Kerala



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