

ST. CYRIL'S COLLEGE
ADOOR
ESTD. 1981



ST.CYRIL'S COLLEGE, ADOOR

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**MEASURES INITIATED BY THE
INSTITUTION FOR THE PROMOTION OF GENDER
EQUITY DURING THE YEAR – REPORT**

Awareness class on Child and Women Protection Laws

The inauguration of the women cell activities during the year 2023-24 of St. Cyril's College, Adoor in association with KSWDC was held on 12-01-2024 (Friday) at the college auditorium. The programme was started with a silent prayer. Dr. Alen S, Co-ordinator, Women's Cell delivered the welcome note. Principal, Asso. Prof. Mini Mathew gave the presidential address. Adv. Smitha John, Special Public Prosecutor, Pocso Court inaugurated the Women Cell activities of 2023-24 and she delivered an excellent talk based on her experiences. The seminar was aiming at highlighting different issues underlining children and women. She spoke about child protection laws also. There were 162 participants. They attended the session very enthusiastically. The programme was concluded with the vote of thanks proposed by Dr. Shiny Kochummen, Assistant Professor, Department of Commerce.





Social Skills Training Program

A Social skill training programme on “Cake Baking and Designing” was organized by the Women Cell of St. Cyril’s College on 29/01/2024. The objective of the program was to gain ideas, information, and techniques from an expert from the field of cake baking and designing. This session was handled by Mr. Merbin L. John and Ms. Grace T. Jones. The session was interactive and useful to the students. Sixty-Eight students participated in the program. The session was concluded with the vote of thanks proposed by Dr. Alen S, Women Cell coordinator.





Talk on Status and Role of Women

A talk on “Role and Status of Women” was organized on 20-02-2024 (Tuesday) at the Seminar Hall. The programme was started with the prayer. Dr. Alen S, Co-ordinator, Women’s Cell delivered the welcome note. Principal, Asso. Prof. Mini Mathew gave the presidential address. Dr. Seema Jerome, Professor & Head, Department of Malayalam, University of Kerala was the resource person. She has emphasized the role and status of women in our society. Also, she has discussed the challenges face by the women. A total of 66 participants attended the program, and it was a very informative and interactive session. The programme was concluded with the vote of thanks proposed by Ms. Shamna Shamshudeen, Counsellor, Jeevani Cell.





Class on Positive Mental Attitude

The celebration of International Women’s Day was organized by the Women’s Cell, and it was started at 10:30 am at the auditorium on 07-03-2024. Ms. Elizabeth George, Assistant Professor, Department of Economics welcomed the gathering. Asso. Prof. Mini Mathew gave the presidential address. She gave her blessings and shared her views on importance of women in the society. Dr. Tissy Mariam Thomas, Assistant Professor, Department of Psychology, University of Kerala was the chief guest, and she delivered a talk on “Positive Mental Attitude”. Also, she has given the message based on the theme “Investing in women: Accelerate progress”. In the second session she explained about the gender sensitization also. A manuscript named “Women Verden” prepared by the members of the Women’s Cell was released in this occasion. The program ended with a vote of thanks by Ms. Ampal, Women Cell student representative.





Self Defence Training Program

Women Cell of St. Cyril's College in association with KSWDC organized a self-defence training programme on 12-03-2024 (Tuesday) at the College Auditorium. The programme was started with the welcome address delivered by the Women's Cell Co-ordinator Dr. Alen S. Principal, Asso. Prof. Mini Mathew gave the introductory remarks. Fr. Dr. Kyoshi Jacob John, National Chief, Japan Shoto Suzaku Karate Association of India was the trainer. The objectives of the programme were 1) To educate the girl students about the different types of violence against them 2) To provide knowledge about the different tips of self-protection to keep in mind in different situations and 3) To show case and give demo on different self-defence techniques. The trainer highlighted the key points why such kinds of training sessions are required to sensitize our girl child/students to self-protect themselves in public places as well as at home. A total of 61 participants attended the program.

The learning outcomes from the workshop on Self Defence Programme are:

- 1) The students learnt about the different kinds of violence that may be faced by girls or by women in any place including at home.
- 2) The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc.



Flash Mob

Women Cell of St. Cyril's College in association with KSWDC presented a cultural event flash mob on 21-03-2024 (Thursday) at the Bus Stand Corner, Adoor. The programme was started with the welcome address delivered by the Women's Cell Co-ordinator Dr. Alen S. Ms. Divya Reji Muhammed, Municipal Chairperson, Adoor inaugurated the programme. The program commenced at 03:00 PM in the KSRTC Bus Stand, 8 graduate students from first year performed a flash mob related to women empowerment. Many students and people from the college and around the bus stand were onlookers.

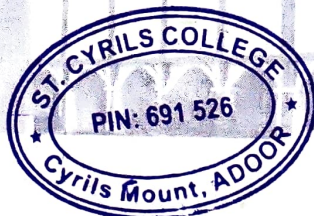


Session on Child Development Topic in a School

As part of the child development programme, Women Cell and Jeevani of St. Cyril's College in association with KSWDC organized a class (01/02/2024) on the topic "F.E.A.R.- Face Everything and Rise" at Rev. Dr. CTEM St. Thomas VHSS, Pannivizha. Ms. Jessy Chacko, Headmistress of the school welcomed all. The class was handled by Mr. Shan Ramesh Gopan, Executive Director, DISHA, Pathanamthitta. He explained how to overcome the fear among children and how to achieve their goals. The class was very interactive, and the students participated with great interest.



A total of 71 students from class 8 & 9 participated in the class. The students expressed satisfaction with the class. Ms. Shamna Shamsudeen, Jeevani Counsellor expressed felicitation. Dr. Alen S, Women Cell Coordinator, proposed vote of thanks. The program started at 11.00 am and ended at 1.00 pm.



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