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HENRY BAKER COLLEGE MELUKAVU

WOMEN CELL

ACADEMIC
YEAR

2019-20

FROM DARKNESS INTO MARVELLOUS LIGHT

Henry Baker College, Melukavu Is a Christian, Minority, Co-Educational, Government-aided Arts and Science College Established In 1981, affiliated to Mahatma Gandhi University, Kottayam, Kerala.

Coordinators: 1. Ajitha V. R.
Associate Professor in Hindi
2. Dr. Disha V. J.
Associate Professor in Chemistry

Student coordinator: 1. Krishna K S
2. M A History

1. The Women Cell organized a speech competition on **‘Justice for Women – An Indispensable fact with regard to Cyberabad Encounter’** on 8th January 2020. 14 students participated in this event and the winners were
 1. Nithyamol Mathews, II B. Sc Physics
 2. Bibin Rajesh, I B.Com
2. To instil a sense of self-dependence in our girl students, a workshop on **‘Skill Development’** was arranged on 18th January 2020. The resource persons were Prof. Shyla Mathew, St. Joseph’s Institute of Hotel Management and Catering Technology, Choondacherry and Prof. Mathew, Department of Hospitality and Tourism Management, Marian College, Kuttikanam.



Good
Housekeeping



By this programme, fundamental ideas of table etiquettes and well-mannered housekeeping were imparted to students. A hands-on training method for cooking and vegetable carving were also conducted as part of the workshop.



Talk by Prof. Shyla Mathew on ‘Good Housekeeping’



Talk by Prof. Mathew John on 'Table Etiquettes'



Hands-on training on 'Vegetable Carving'



40 students participated in this workshop.



3. Legal Awareness Programme

A Legal Awareness Programme was arranged on 12th February 2020 in collaboration with District Legal Service Society, Kottayam. Sri. Ullas P Scaria, District Level Coordinator was the honourable guest and who led the class for students. The programme aims to impart the knowledge of rights and entitlements claimed for women and girls which are institutionalised and supported by law. He introduced and described various Laws and Acts of Indian Constitution which are framed to empower women for living their life with equal dignity and rights. Students were made benefited by creating an awareness of various legal procedures which they have to face in day to day life. Women Cell Coordinator Ajitha V. R. welcomed the gathering and Nithyamol Mathews of II B.Sc. proposed a vote of thanks. About 120 students participated in this programme.



Sri. Ullas P Scaria, District Level Coordinator, District Legal Service Society, Kottayam.



4. **A Three Day- Self Defence Programme** for girls was arranged from 12th February 2020 – 14th February 2020. The main objective of the programme was to enable them to defend against any kind of physical assault, to build self-confidence, to shape their destiny and to increase capacity enhancement. The programme was inaugurated by college Principal, Dr. Gireeshkumar G.S. Ann Maria Joseph, II B. A. English and Alfiya Ellias, I B. A. History (karate black belt students) were the instructors. Forty students participated in this event.





5. An awareness class on Health and hygiene

An Awareness class on Health and hygiene was conducted in association with the Community Health Centre, Edamaruku on 4th March 2020. The programme was held at college auditorium around 10.30 am. Dr. Sainudeen E. M., Medical Officer of Community Health Centre interacted with the students on health issues faced by the youth nowadays. Prime importance was given to topics which come under personal hygiene, drug abuse, moral ethics etc were brought up and students were enlightened on these issues. About 115 students participated in this programme.



Dr. Sainudeen E. M., medical officer, Community Health Centre, Edamaruku

6. Women's Day Celebration

As part of International Women's Day celebration, an invited talk was arranged on 6th March 2020. Dr. Mues Mary George, U C College, Aluva, delivered a lecture on the topic ***'Gender Justice- Various Dimensions and Reality'***. She made the students aware of the unconscious bias that exists in the society about women and her assigned duties that are too primitive to be accepted by modern society. Focusing on gender inclusion and empowering women, she quoted that "it is not about creating quotas, it is to create equal opportunities for women based on their free choice and capability". About 145 students participated in this programme. Women cell coordinator Ajitha V. R. welcomed the gathering and Archana P. of II M. A proposed the vote of thanks.



Talk by Dr. Mues Mary George on 'Gender Justice- Various Dimensions and Reality'.

