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HENRY BAKER COLLEGE MELUKAVU

WOMEN'S CELL
ACADEMIC
YEAR

2023-24

FROM DARKNESS INTO MARVELLOUS LIGHT

Henry Baker College, Melukavu, a Christian, Minority, Co-Educational, Government-aided Arts and Science College Established In 1981, affiliated to Mahatma Gandhi University, Kottayam, Kerala, Accredited by NAAC with 'A' Grade and An ISO 9001:2015 certified Institution.

WOMEN'S CELL (AVNIKA)
HENRY BAKER COLLEGE MELUKAVU
Annual Report 2023-2024

“There is no limit to what we, as women can accomplish”-Michelle Obama

The Women Cell (Avnika) of Henry Baker College Melukavu acts as a forum for providing conducive environment for self empowerment of girl students. The Cell enables the girl students to recognize their true potential by conducting an array of programmes. It also provides opportunities for discussion and deliberation on a range of issues concerning women. The programmes are organised with a motive to spread awareness about gender discriminations and the importance of gender equity.

Motto

Educate, Respect, Empower and Honour women to bring in a developmental revolution for an enlightened future.

Vision

The Cell visualizes a world where women are clothed in strength, dignity, equality and self confidence so that they could lead a life without fear of future.

Mission

- The Cell celebrates elegance of womanhood by enhancing self esteem and self confidence of girl students, women faculty and staff in the college..
- Promotes women empowerment in all spheres of life through awareness programmes .
- Strives to create a better and just society by empowering women.
- Ensures the safety of womanhood and supports them to explore their potential to the fullest.

ACTIVITIES 2023-24

1. Quotes Reading Contest

Objective-To promote reading and culture a habit of reading books

Avnika and Noopuradwani organised Quotes Reading Contest as part of the Reading week on 23/6/2023..Quotes by well-known writers were read by the students. They were enthusiastic about the competition.Asiya Yoosuf of III B.A English performed excellently and won the first prize.Liya Johnson of III B.A English bagged the second prize.The competition was a different experience for the students.

Outcome- The students were inspired to read and reflect more on those quotes.

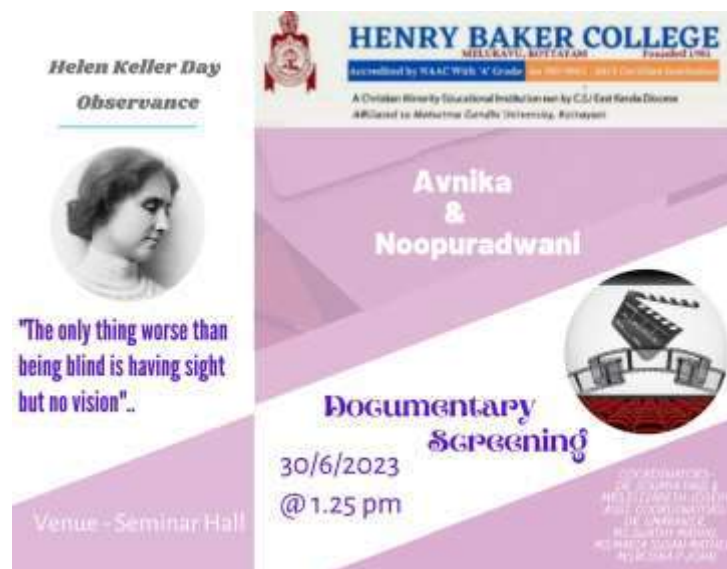


2. Helen Keller Day Observance

Objective-To honour Helen Keller her achievements and contributions to society

Avnika commemorated Helen Keller Day, the birthday of Helen Keller, renowned American author, political activist and the first deaf blind person to earn a B.A degree. The programme was conducted on 30/6/2023. A documentary on the life, struggles and achievements of Helen Keller was screened in the seminar hall. The students of various departments participated with great fascination.

Outcome-The documentary encouraged students to believe in their own potential and strive for greatness, regardless of the obstacles they encounter.



Helen Keller Day Observance

Avnika & Noopuradwani

Documentary Screening

30/6/2023 @ 1.25 pm

Venue - Seminar Hall

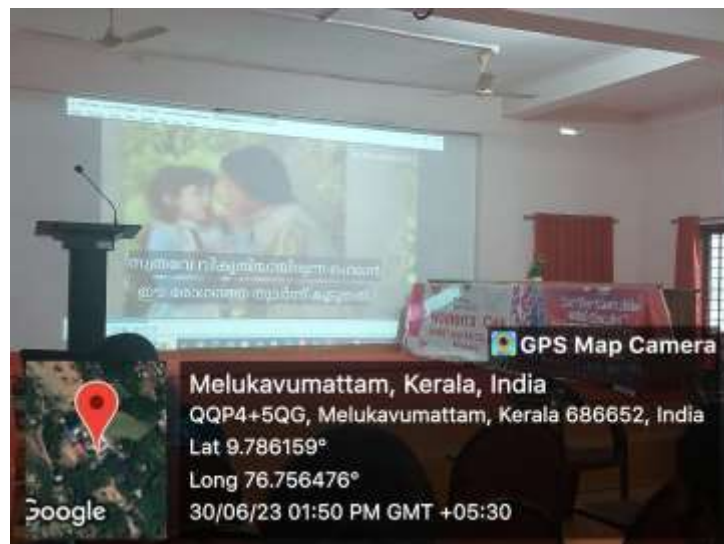
"The only thing worse than being blind is having sight but no vision"..

HENRY BAKER COLLEGE MELUKAVU, MOTTAYAM

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Approved by Melukavu Catholic University, Kottayam



GPS Map Camera

Melukavumattam, Kerala, India
QQP4+5QG, Melukavumattam, Kerala 686652, India
Lat 9.786159°
Long 76.756476°
30/06/23 01:50 PM GMT +05:30

Google

3. Malala Day Observance

Objective-To honour the young Nobel laureate Malala Yousafzai and her contributions that promoted women and girl education.

Avnika commemorated Malala Day, the birthday of Malala Yousafzai, renowned Pakistani female education activist and 2014 Nobel Peace Prize Laureate on 13/7/2022. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Dr. G. S Gireesh Kumar delivered the inaugural address. He focused on the fact that women should be well aware and conscious of their rights and duties and clearly understand the threats and issues surrounding them. An elocution competition was conducted in the seminar hall on the topic "The Importance of Women Education in India". Ms. Hiba Fathima, II B.A English won the first prize. Krithika Devi T.A of III B.A English and Rahul Rajeev of II B.A History bagged the second and third prizes respectively.

Outcome-Students, especially girls were aware of the importance of being educated





4. Inauguration of Women’s Cell –Avnika & The Premiere Screening of the Short Film “AHAMKARI”

Objective-To create an awareness on gender equality, women empowerment

The activities of the Women's Cell Avnika for the academic year 2023-24 was inaugurated on 10th August 2023, followed by the premiere screening of the short film "AHAMKARI." The event was graced by the presence of Mrs. Sijitha Anil, a distinguished novelist, poet, and Governing Board Member of the Kerala State Institute of Children's Literature. The inaugural function was invoked with a silent prayer. Mrs. Elizabeth Joseph, Coordinator, Women’s Cell welcomed the gathering. Presidential Address was delivered by the Principal, Dr. Gireesh Kumar G.S .Mr.Elikulam Jayakumar, Faculty, Dept. of Malayalam (Self-Financing) introduced the guest of honour. Following the inauguration, the chief guest, Mrs. Sijitha Anil delivered the keynote address and she insisted on the need of honouring women and appreciating their skills

Mr. Sharafudheen P.U, Alumnus, B.A English (Screenplay & Direction of the short film Ahamkari) introduced the plot and the theme of the shortfilm. Dr. Beena Paul and Dr. Jibin Mathew offered felicitations. Mementos were distributed to honour the crew behind the making of the short film. Dr. Soumya Paul, Coordinator, Cultural club proposed the vote of thanks.

The short film "AHAMKARI" was then premiered, focusing on themes of women empowerment, self-confidence, gender equality and breaking of the stereotypes. Our alumna Kumari Safna A.S from B.A English contributed the story. Students were actively involved in different phases of the film making, i.e. Story, Screen Play, Direction Acting and so on. A panel discussion followed the screening, where the audience had the opportunity to interact with the filmmakers and discuss the themes and messages portrayed in the film. The film, which focused on the themes of women empowerment and self-confidence, was well-received by the audience. The event not only entertained but also inspired the audience.

Outcome- The programme served as a platform for discussing the important issues related to women and encouraged a remarkable and positive change in the society.







5. Independence Day Celebrations

Objective-To commemorate the sacrifices of our freedom fighters and remember the importance of our independence

Independence Day Celebrations and Competitions were held on 14th august 2023 . Avnika in association with Cultural club-Noopuradwani coordinated Interdepartmental Patriotic Song competition. Students participated with great vigour and enthusiasm. Ms .Rosna P John, Asst. Coordinator Cultural Club welcomed the gathering. Dr. Beena Paul HoD, History delivered the keynote address. There was a cultural fiesta by the students with variety entertainments including elocution, solo and fusion dance. Our dancers and singers performed merrily on stage. Kumari. Hiba Fathima of II B.A English proposed the vote of thanks.

Results

Patriotic Song-I Prize-II B.Com Self, II Prize- B.A English, III Prize- B.Com Co-operation.



HENRY BAKER COLLEGE, MELUKAVU
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Affiliated to Mahatma Gandhi University, Kottayam



INDEPENDENCE DAY CELEBRATIONS

14 AUGUST 2023

COLLEGE AUDITORIUM

NOOPURADWANI AND AVNIKA





6. Onam Celebrations-Tharangam 2K23

As part of the Onam celebrations, women's cell and cultural club organised Tharangam 2K23 on 24/8/ 2023. The main attractions of the programme were Athappookkalam, Mavelimannan, Onappattu Thiruvathira and Uriyadi,. Students and teachers were dressed in their traditional best and added colours to the festivity. Students of the Department of History and English bagged the First and Second prizes in Athappokkalam. Department of Commerce (Self) won the Third Prize. In the Onappattu Competitions Department of Commerce Self and History bagged the First and Second prizes respectively. Department of English won the Third Prize. In the Uriyadi Contest, Hiba Fathima of II B.A English won the prize. Jacob Mani, III B.Com Co-operation and Amal Joy, III B.A English won the first and the second prizes in the Mavelimannan competition. Syam Mohanan, III B.Com Self won the third Prize. There was a Thiruvathira performance by the teaching and non teaching staff that added beauty and grace to the festivity.





7. Installation of Sanitary Napkin Vending Machine

Objective

- To provide easy access to sanitary napkins.
- To promote the menstrual health of women and girl students

In order to ensure the availability of quality sanitary pads for the needy a vending machine was installed inside the girls toilet on 21/9/2023. This is a self-service vending machine used for dispensing napkins at the acceptance of 5 rupee coin. The College Principal Dr.G.S Gireesh Kumar spoke about the necessity of this machine in the campus. Dr.Beena Paul, Convenor, Gender Justice Forum, Mrs. Elizabeth Joseph, Coordinator Women's Cell were present.

Outcome:

- Provided easy access to sanitary napkins
- Generated awareness about menstrual health and hygiene



8. International Girl Child Day Celebrations

Objectives

- To increase the observational skills .
- To create awareness about the rights of girls

As part of the International Girl Child Day Celebrations women's cell displayed a chart on 10 legal rights of girl child in India on October 11, 2023. Asiya Yoosuf, III B.A English prepared the chart and an audio explaining the details. The students of III B.A English took initiative in affixing the charts on the notice board. The audio was played after the morning prayer in order to create awareness among students about the legal rights of a girl child.

Outcome-The students became aware of the legal rights of a girl child in India.





9. Keralappiravi Celebrations –Keli 2023

Objectives

- To raise awareness about Kerala's history, tradition and culture.
- To celebrate the linguistic heritage of Kerala.

Avnika, Noopuradwani and Malayalamajam jointly organised Keralapiravi celebrations on November 1, 2023 with great zeal and enthusiasm. The programme was presided over by the Principal, Dr.G.S Gireesh Kumar. Dr.Nisha Joseph, IQAC Coordinator, Dr.Umarani R and Ms.Maria Susan Mathew ,(Joint Coordinators -Cultural Club & Women's Cell) talked on the importance of language and culture of Kerala. As part of the celebrations, we conducted Malayali Manka, Kerala Sreeman and Uthama Malayali competitions in order to nurture and preserve the language, art and culture of Kerala. Students took part in these with vigour and interest. Celebrating the festivity, majority of the Staff and students wore traditional attire.

Ms.Hiba Fathima,II B.A English was selected as Malayali Manka and Ms. Atmaja ,II B.Com Co-operation was the first runner up. Mr. Gopikrishnan B, III B.A History won the title Kerala Sreeman and Mr.Naseem Muhammed, III B.Com Co-operation was the first runner up. Ms.Hiba Fathima,II B.A English and Ms.Gouri Nandakumar, I B.A English bagged the first and second prizes in the Uthama Malayali Competition. Prizes were distributed by the Principal.

Outcome-The programme paved way to remember and honour our mother tongue and mother land.



10. NAIPUNYA: Hands-on Training on Paper Bag Making

Objectives:

- The programme aimed to empower female students with practical skills in paper bag making by promoting eco-friendly alternatives to plastic bags.
- To make the students aware about the threat posed by plastic bags to the environment.

The Women's Cell- Avnika, in collaboration with the Kerala State Women's Development Corporation (KSWDC), organised a hands-on training on paper bag making-NAIPUNYA on 14/12/2023 for the final year girl students. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Mrs. Presanna Mohan, a successful women entrepreneur from Thejus

Paper Carry Bag Printers, Mundakkayam was the resource person. The resource person shared her expertise and experiences in the field of paper bag making, inspiring the students with her entrepreneurial journey. She demonstrated various techniques and methods involved in making paper bags, providing valuable insights into the process. The programme was a successful initiative that not only imparted practical skills but also instilled a sense of environmental responsibility among the participants. Asiya Yoosuf, III B.A English proposed the vote of thanks.

Outcome:

- The programme provided practical skills that can be utilized for entrepreneurial ventures or as a means of self-employment.
- Participants gained awareness about environmental issues and the importance of sustainable practices such as using paper bags instead of plastic.
- The programme helped in creating a platform for skill development and women empowerment.

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WOMEN'S CELL AVNIKA IN ASSOCIATION WITH KSWOC

NAIPUNYA

HANDS-ON TRAINING ON PAPER BAG MAKING

Resource Person- Mrs. Prasanna Mohan,
Woman Entrepreneur, Thejus Paper
Carry Bag Printers, Mundakkayam.

Venue- Auditorium

For Final Year Girl Students
14 December 2023 - 2.00pm

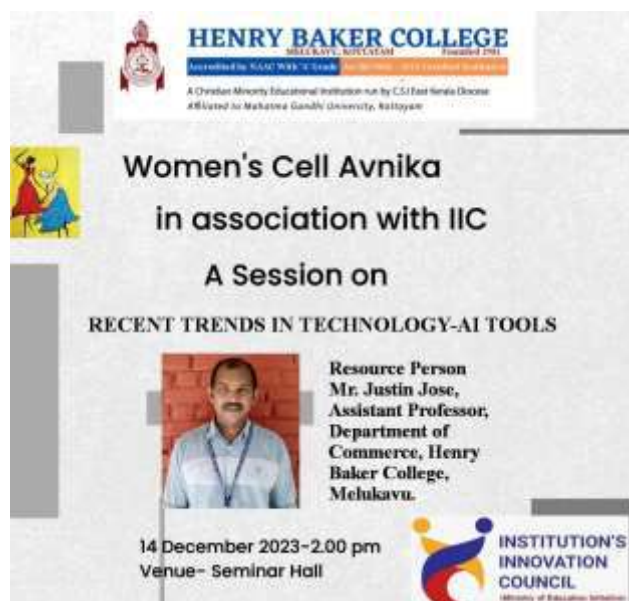


11. Seminar on Recent Trends in Technology-AI Tools

Objective-To familiarise the students various AI Tools

Avnika in association with Instituton Innovation Council organised a seminar on Recent Trends in Technology-AI Tools on 14/12/2023 for the III year boys students. Mr.Justin Jose, Asst.Professor, Dept.of Commerce was the resource person. Innovations in information technology and other essentials of Digital era were discussed in detail.

Outcome-The Students became advanced by knowing the recent trends in technology.



12. BITE INTO BLISS- Workshop on Cake Baking and Designing

Objectives

- The workshop aimed to provide participants with practical skills in cake baking and designing, suitable for both personal and professional purposes.
- . To empower women through self employment that fosters their personal and professional growth.

Avnika in association with the Kerala State Women's Development Corporation (KSWDC), organised a workshop on cake baking and designing-"BITE INTO BLISS on 16/1/2024. The

Principal , Dr. Gireesh Kumar G.S delivered the introductory remarks. Mrs.Elizabeth Joseph, Coordinator, Women’s Cell welcomed the gathering. The workshop aimed at imparting practical skills to the participants. Mrs. Remi Prince Paikada, an experienced professional in cake baking and designing, was the resource person. She shared her expertise and demonstrated various techniques and methods involved in baking and decorating cakes. She conducted live demonstrations, showcasing different cake baking techniques, frosting methods, and decoration styles .Participants had the opportunity to interact with the resource person, asking questions and seeking advice on cake baking and designing. Ashlin A.R,III B.Com Co-operation proposed the vote of thanks. The workshop was a successful event that not only provided practical skills but also inspired creativity among the participants.

Outcome

- Participants gained valuable insights into the art of cake baking and designing, learning new skills that can be applied in various settings.
- The workshop encouraged creativity and innovation among the participants, inspiring them to explore the field of baking as a potential career option.
- The workshop provided a platform for skill development and empowerment of women.





13. A Session on “INTERVIEW SKILLS AND GROUP DISCUSSION”

Objectives

- The session aimed to equip participants with the necessary skills and confidence to excel in job interviews and group discussions.
- To make the participants learn the key concepts such as effective communication, body language, and problem-solving skills, crucial for interview success.

Avnika in association with the Kerala State Women's Development Corporation (KSWDC), organised a session on "Interview Skills and Group Discussion." on 8/2/2024. Introductory remarks were made by the Principal, Dr. Gireesh Kumar G.S. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Mr. Jino M Scaria, a renowned Soft Skill trainer associated with JCI India, conducted the session. The session aimed to enhance the participants' skills in these areas, preparing them for future job interviews and professional

interactions. The session on was highly beneficial for the participants, helping them develop essential skills for their professional journey. Nancy K Michael, III B.Com Co-operation proposed the vote of thanks.

Outcome:

- Participants gained a better understanding of the interview process and group discussion dynamics, enhancing their ability to perform well in such situations.
- The session boosted participants' confidence and improved their communication skills, essential for professional interactions.





14. A Talk on "WOMEN AND HEALTH"

Objectives

- The talk focused on raising awareness about common health issues faced by women, including reproductive health, mental health, and lifestyle diseases.
- To create an awareness among students that health and hygiene is very crucial for empowering women and for a successful life they should take control of their health and lead healthier lives.

Avnika in association with KSWDC arranged a talk on "Women And Health." on 9/2/2024. Dr. Deepa Rose K Sam, Assistant Professor in General Medicine at Government Medical College Idukki, was the resource person. The Principal , Dr. Gireesh Kumar G.S delivered the introductory remarks. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Dr. Deepa shared her expertise and knowledge on various health issues specific to women. The talk aimed to educate and raise awareness among the participants about various health issues that affect women. Dr. Deepa emphasized the importance of regular health check-ups, healthy lifestyle choices, and seeking medical help when needed. She focused on menstrual health and hygiene and the use of menstrual cup and its advantages. Participants had the opportunity to ask questions and clarify doubts regarding women's health issues. The session was valuable and informative for the participants. It highlighted the importance of prioritizing women's health and well-being. Sneha Justin, II B.A English proposed the vote of thanks.

Outcome:

- The talk helped participants gain a better understanding of their health and well-being, empowering them to make informed and take decisions regarding their health.
- Participants learned about the preventive measures and early detection of health issues, which can significantly impact their quality of life.



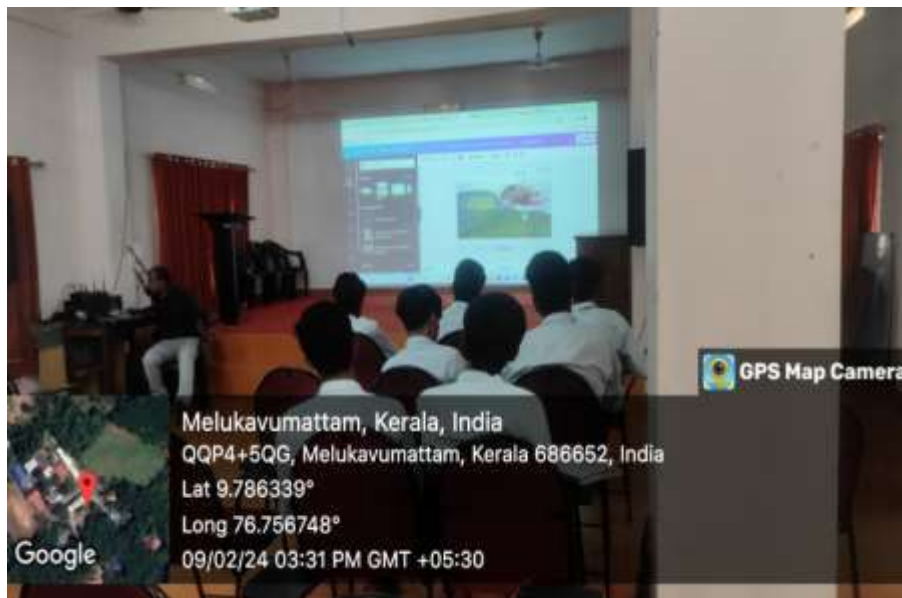
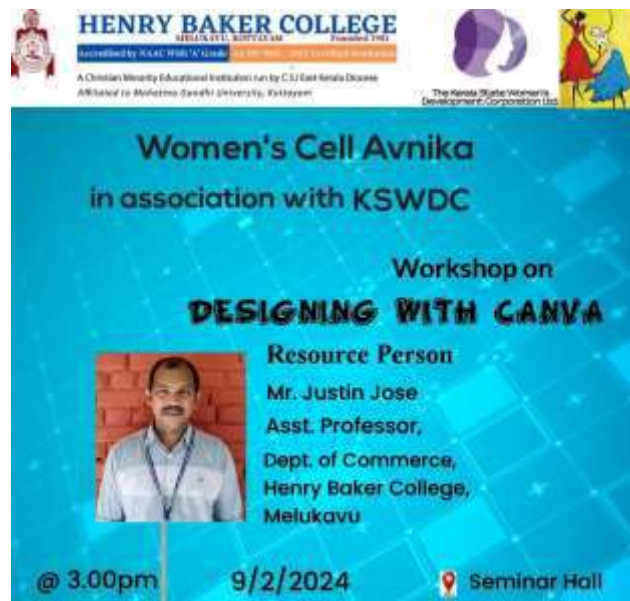


15. Workshop on Designing with Canva

Objective-To familiarise students various features of Canva.

Avnika in association with Instituton Innovation Council organised a workshop on Designing with Canva on 9/2/2024 for the II year boys students. Mr. Justin Jose, Asst. Professor, Dept. of Commerce was the resource person. Students were given a training on how to prepare power point presentations using Canva app. The features of Canva were discussed in detail.

Outcome-Students became advanced by knowing the features of Canva .



16. Training on “FIRE-FIGHTING AND EMERGENCY EVACUATION”

Objectives

- The training session aimed at educating participants about fire safety measures, including the use of fire extinguishers and emergency evacuation plans.
- To create an awareness among students that these initiatives are crucial for ensuring the safety and well-being of individuals in the event of a fire incident.

The Women's Cell in collaboration with the Kerala State Women's Development Corporation (KSWDC) and the Fire and Rescue Station Erattupetta, organised a training session on "Fire-fighting and Emergency Evacuation." on 19/2/2024. Dr. Beena Paul, HoD Department of History chaired the meeting. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Mr. Binu Sebastian, Assistant Station Officer, Fire and Rescue Station Erattupetta, Mr. Jobin Mathew, and Mr. Vishnu M.I Fire and Rescue Officers, were the resource persons for the training. The session aimed to educate the participants various fire safety measures and emergency evacuation procedures. The resource persons demonstrated various firefighting techniques and emergency evacuation procedures, showing participants how to use fire extinguishers effectively and safely evacuate a building during a fire emergency. Participants had the opportunity to practice using fire extinguishers and participate in mock evacuation drills under the guidance of the resource persons. Sneha Justin, II B.A English proposed the vote of thanks. The training was a practical and informative session that equipped participants with the necessary skills to respond to fire emergencies effectively.

Outcome:

- The training session helped participants gain valuable knowledge and skills related to fire safety and emergency preparedness.
- Participants learned how to identify fire hazards, prevent fires, and respond effectively in case of a fire emergency.

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Approved by Directorate of Technical Education, Government of Kerala

Women's Cell Avnika
 in association with
KSWDC

Training on
Firefighting & Emergency Evacuation

Blazing a trail to safety

Resource Persons

Mr. Binu Sebastian
 Asst. Station Officer
 Fire & Rescue Station,
 Erattupetta

Mr. Jobin Mathew
 Fire & Rescue Officer
 Fire & Rescue Station,
 Erattupetta

19/2/2024
 Monday

@3.00 pm

Auditorium



17. International Women's Day Celebrations-Interdepartmental Quiz

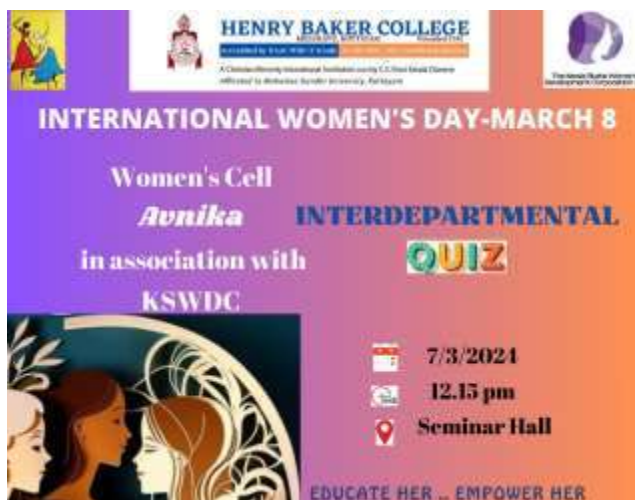
Objectives

- To uphold women's achievements and to promote gender equality
- -To nurture the inquisitive mind of students.
- To improve the knowledge level of students

International Women's Day was celebrated with much pomp and vigour on 7th March 2023. An Interdepartmental quiz competition was organised by Avnika for recognising and honouring the significance, status and dignity of women in various fields. The programme started with seeking the blessings of God. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering and provided directions on the different levels of the programme. The quiz featured three rounds-Written, Audio Visual and Rapid Fire rounds with each round testing the participant's knowledge, quick thinking and team work.. After the preliminary session of written test four teams were shortlisted .They were teams Ganga, Yamuna, Krishna and Kaveri .Each team comprised of two members. Team Ganga-Haksa Nihana M.V and Sreelakshmi C.M,I M.A History won the first prize. Team Yamuna-Sneha Justin & Hiba Fathima, II B.A English bagged the second prize and Team Kaveri –Darsana Sanoj & Sumayya P.N secured the third place. Principal, Dr.G.S Gireesh Kumar congratulated the winners and gave away the prizes. It was a very informative and knowledge enriching session for the participants along with the audience.

Outcome

- Provided knowledge and information on various women related aspects.





18. International Women's Day Celebrations -Intercollegiate Mobile Photography Contest

Objectives

- To express gratitude towards women's contribution to our lives and society and honour them through photography.
- To appreciate and recognise the struggles and achievements of women.

On 8/3/2024 a video was created by the students in which the girl students of III B.A English enthusiastically performed a fusion dance.. It was circulated through students' whatsapp groups. As part of the celebrations an Intercollegiate mobile photography contest was also conducted on the theme *Women*. Fayiz Ahmed,I B.Sc Statistics, Farook College, Calicut bagged the first prize.

Swathy C.P, I M.A Journalism & Mass Communication won the second place. Sneha Justin of II B.A English ,Henry Baker college was awarded a consolation prize. .

Outcome:

- -Celebrated the day by paying homage to all women who are incredible.



First Prize-Fayiz Ahmed,I B.Sc Statistics Farook College,Calicut



Second Prize-Swathy C.P I M.A Journalism,Farook College ,Calicut



19. HEALTH CHECK-UP & A Talk on “ADOLESCENT HEALTH AND WELL-BEING”

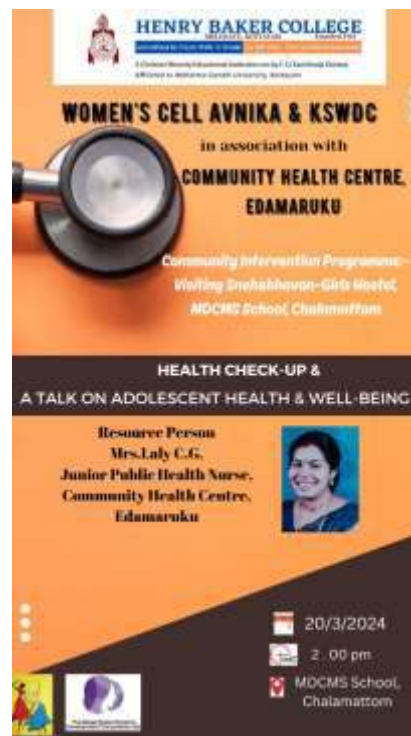
Objectives

- To create awareness on adolescent health and hygiene.
- To check out the HB level and provide special health service to the needy.
- To provide awareness to girl students on various health issues related to Anemia.
- To promote the health and well-being of young girls and empowering them to lead healthy lives.

The Women's Cell Avnika in collaboration with the Kerala State Women's Development Corporation (KSWDC) and the Community Health Centre Edamaruku, conducted a health check-up and an awareness class on the topic “Adolescent Health and Well-being.” for the inmates of girls at Snehabhavan Girls Hostel, MDCMSHS, Chalamattom on 20/3/2024. Mrs. Elizabeth Joseph, Coordinator, Women’s Cell welcomed the gathering. Mrs. Shiby Joseph Health Inspector, CHC Edamaruku and Mrs. Minimol Daniel, HM, MDCMSHS, Chalamattom offered felicitations. Mrs. Laly C.G, Junior Public Nurse, Community Health Centre Edamaruku, was the resource person. She spoke on various aspects of adolescent health and wellbeing such as nutrition, anemia, hygiene, reproductive health, and mental health. . Her talk emphasized the need for blood check up and maintaining a healthy life. She also provided valuable insights on how to maintain normal HB level. Participants had the opportunity to ask questions and clarify doubts regarding health issues. The session was valuable and informative for the participants. The health check-up focused on the basic health parameters such as height, weight, Haemoglobin check-up and general health assessment. The participants were asked to queue up for the check up. The nursing staff under the leadership of the Health Inspector examined the HB level of the girls and explained whether they are healthy or not. Students identified as having low HB level were advised to take certain food items that increase the HB level. They were given sachets of ORS. They were also referred to the health centre or other medical centres for further consultation. Thus an effective follow up was done for the anemic persons. Mrs. Aneetta Elizabeth Manuel proposed the vote of thanks. The free HB check-up camp was a huge success.

Outcome:

- The training session helped raise awareness among the adolescent girls about the importance of maintaining good health and adopting healthy lifestyle practices.
- Participants gained valuable knowledge about various aspects of adolescent health and well-being.
- All the inmates of Snehabhavan were aware of their HB level.
- Awareness was created on healthy life style and self care.
- Girls with low HB level were referred to the Health centre where they can avail free medicines and tonics to increase HB.





poems related to the topic Women. Students wholeheartedly took efforts in publishing the magazine. The second edition of magazine was released on 27/3/2024 by Principal Dr.G.S Greesh Kumar. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Dr. Beena Paul, Convenor Gender Justice Forum and Mrs. Aneetta Elizabeth Manuel, Joint Coordinator, Women's Cell were present in the meeting. The Principal released the magazine by handing over it to Mubeena M of II M.A History. The Principal praised and congratulated the magazine committee for the efforts taken in bringing out the magazine.

Outcome-

- Inspired the budding and talented writers to write creatively.
- Developed the power of thinking and strengthened their imagination.

