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HENRY BAKER COLLEGE MELUKAVU

WOMEN CELL

ACADEMIC
YEAR

2022-23

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 2022-23

“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 a 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. Seminars on women related topics and interactions with eminent personalities are arranged periodically to instill self esteem and confidence in the female students so that they can make the right decisions in their lives. Inter-class debate competitions are organized with the motive to spread awareness about gender discrimination and the importance of gender equity. These platforms enable the students to express innovative and progressive ways to eliminate the stereotypical notions of gender bias. Awareness classes on law, legal and constitutional rights of women, Health and Hygiene, Self-defence programmes and skill development programmes are organized with the intention of making the students self-dependent and to prevent all sorts of exploitations.

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 can lead a life without fear of the future.

Mission

- The Cell celebrates the elegance of womanhood by enhancing self esteem and self confidence of girl students, women faculty and staff in the college.
- Proclaims intellectual and social upliftment of women students so that they can live and work in an environment free from violence and discrimination.

- 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 2022-23

1. Inauguration

Activities of the Women's Cell- Avnika and Cultural Club-Noopuradwani for the academic year 2022-23 were inaugurated by the Principal Dr.Gireesh Kumar G.S. on 22/8/2022. The inaugural function was invoked with a silent prayer. In the inaugural address, the Principal insisted on the need to honour women and appreciate their skills. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. There was a cultural fiesta by the students with a variety of entertainment including solo, fusion dance and folk songs. Our dancers and singers performed merrily on stage. It was a scintillating performance that mesmerized the spectators.

Azaadi ka Amrit Mahotsav-75th Independence Day Celebrations and Competitions were also held on the same day. Cultural club-Noopuradwani in association with Avnika coordinated inter-departmental competitions such as Mime, Patriotic Song and Tableau. Students participated with great vigour and enthusiasm. Kumari Karthika Das, Student Coordinator, Women's cell proposed the vote of thanks.

Patriotic Song

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

Mime

I Prize-III B.Com Co-operation, II Prize-I M.A History, III Prize-II B.A English

Tableau

I Prize-I M.Com, II Prize-B.Com Self&B.Sc Physics, III Prize-III B.A English.

Prizes were distributed by the Principal.



HENRY BAKER COLLEGE, MELUKAVU



Noopuradhwani - CULTURAL CLUB

in association with

Women's Cell - Avnika



Presents



आज़ादी का
अमृत महोत्सव

INDEPENDENCE DAY COMPETITIONS



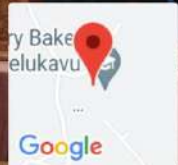
INAUGURATION OF CULTURAL CLUB & WOMEN'S CELL



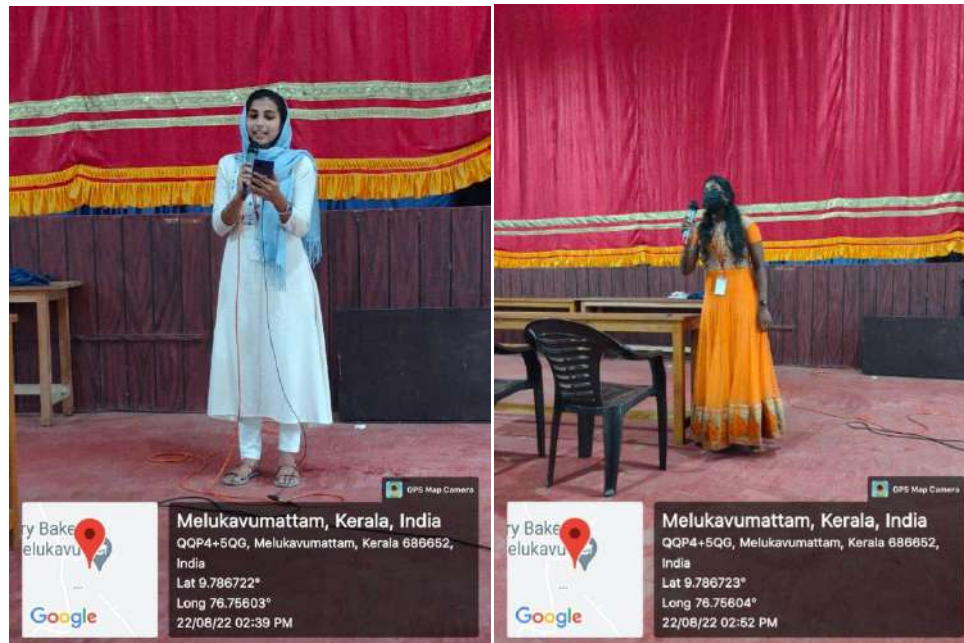
CHIEF GUEST : DR. GIREESH KUMAR G.S
PRINCIPAL

Coordinators: Smt. Dona Sebastian
Smt. Elizabeth Joseph
Smt. Aneetta Elizabeth Manuel

ON 22
AUG 2022



Melukavumattam, Kerala, India
QQP4+5QG, Melukavumattam, Kerala 686652, India
Lat 9.78676°
Long 76.756053°
22/08/22 02:08 PM





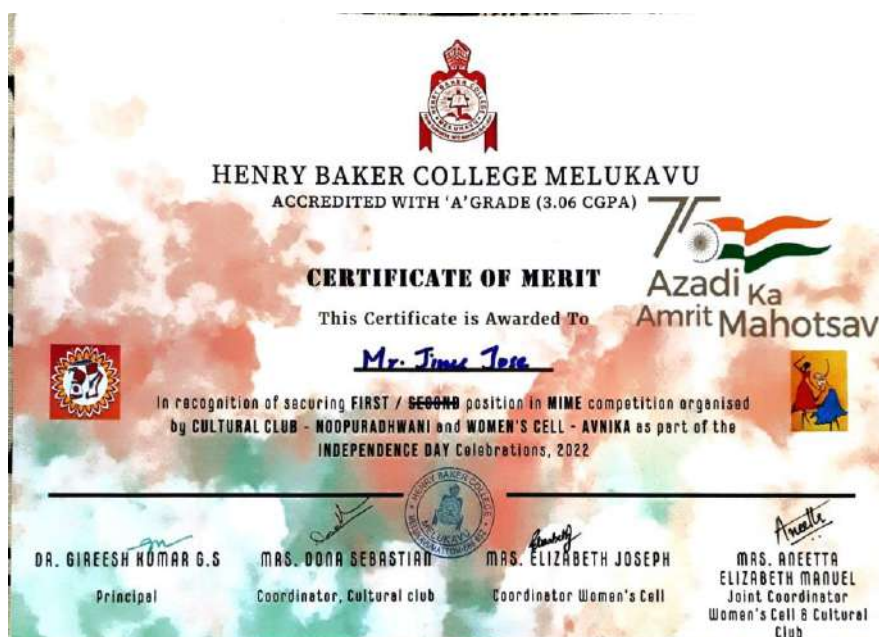
Patriotic Song



Mime



Tableau





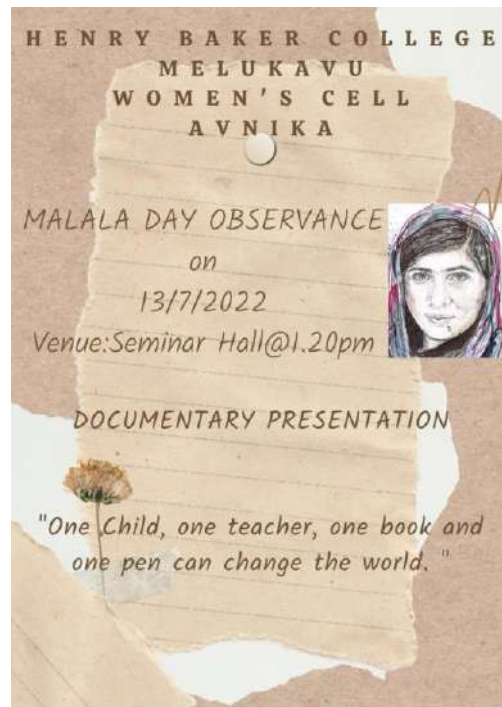
2. Malala Day Observance

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. A documentary presentation was arranged in order to honour the young activist. 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.

Outcome-Students, especially girls were aware of the importance of being educated. Students felt optimistic after hearing the inspirational speech of Malala Yousafzai.



Documentary presentation

3. Onam Celebrations

Objectives-

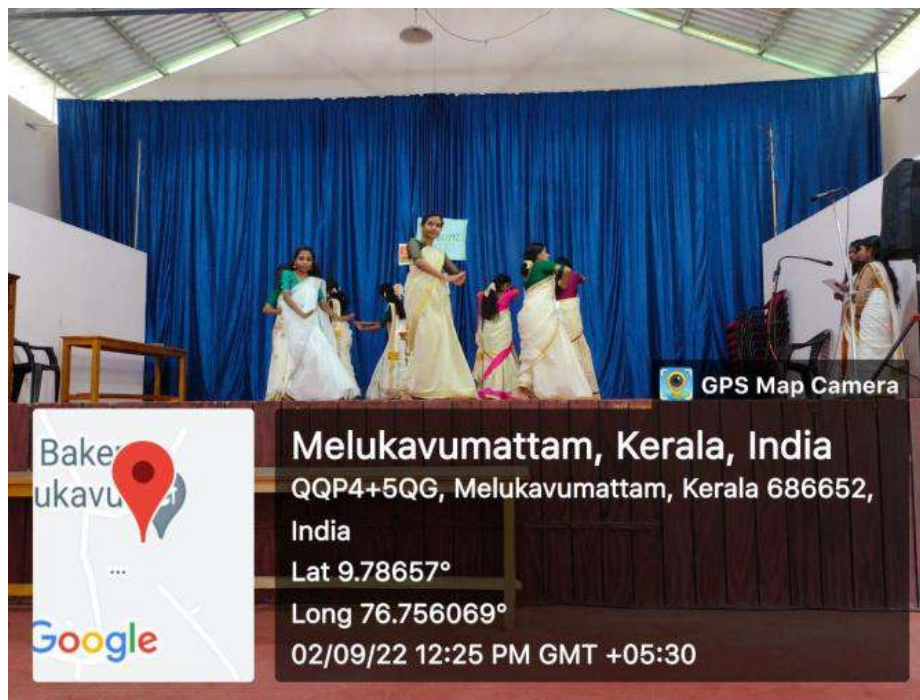
- To celebrate the rich heritage of Kerala and to make students familiar with the festival and culture.
- To celebrate the amity and social cohesion among students.

As part of the Onam celebrations, the women's cell and cultural club organised a wide variety of programmes on 02/09/ 2022. The main attractions of the programme were Thiruvathira, Selfie Contest, Uriyadi, Pookkalam, Onappattu and Mavelimannan. Students and teachers were dressed in their traditional best and added colours to the festivity.

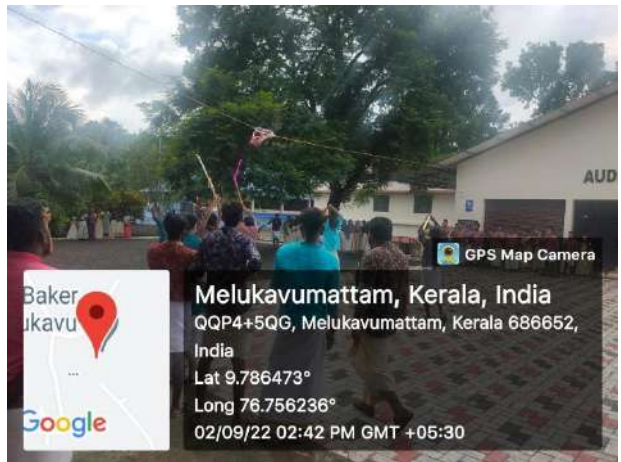
In the Selfie Contest, Naseem V.S, III B.Sc Physics, Rubin Robichan, III B. Voc and Anaswara Biju, III B.Com Co-operation won the first second and third prize respectively.

Sri. Jomon K Joseph, Office Superintendent and Abhijith O.A, III B.Com Co-operation won prizes in the Uriyadi competition conducted for the staff and students.

Students of the Department of History and English bagged the first and second prizes in the Thiruvathira competition. Prizes were distributed by the Principal.







4. International Girl Child Day Celebrations

Pencil Drawing Competition

Objectives- increase the observational skills, awareness and concern towards women-related issues.

To bring out the creative expression, artistic skills and also to gauge their awareness quotient.

Principal, Dr. G.S Gireesh Kumar delivered the inaugural address and handed over the drawing papers to the students. The programme started at around 1.30 pm. Principal Dr. Gireesh Kumar G.S inaugurated the function and Mrs. Elizabeth Joseph, Coordinator, women's Cell welcomed the gathering. The competition was held in order to develop the creative minds of the students. 10 students participated in the event. The themes given were Women Safety and Empowerment, Atrocities against Women etc. It was a successful event. The participants actively participated and wondrously showcased their creative talents.

Kumari Daliya Rajeshwaran (II BA English), Kumari Maneesha T.M (II BA History) and Sujith Kumar (I B.Com Co-operation) secured the first, second and third prize respectively.

Outcome-The event highlighted the artistic splendor of the students.





5. Imprints

Objectives-To create awareness among student community about the ill effects of any types of drugs and to ensure a drug-free campus.

On 14/10/2022, the cell organised Imprints-Hand imprint collection, an anti-drug awareness programme. Principal Dr. G. S. Gireesh Kumar inaugurated the function by fixing his hand imprint and signature on the cloth board. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Students and teachers enthusiastically participated in the event and pledged solidarity to the anti-narcotics drive by fixing their hand imprints on a huge cloth board. Hand imprints and signatures were collected to raise awareness against drug addiction and related issues. Dr. Jncy Devasa, Convenor, Anti-Narcotics Cell proposed the vote of thanks. The programme was colourful and thought-provoking as the motto was *Say No To Drugs*.

Outcome-The programme was effective in the sense that the students became aware of the evil impact of drugs in life.





6. Kerala Piravi Celebrations

Objectives-To raise awareness about Kerala's history, tradition and culture.

To celebrate the linguistic heritage of Kerala.

Avnika celebrated Keralapiravi on November 1, 2022 with great zeal and enthusiasm. The programme was inaugurated by Principal, Dr. G. S. Gireesh Kumar. Mrs. Elizabeth Joseph, Coordinator, Women's Cell delivered the welcome speech. As part of the celebrations, Avnika, Noopuradwani and Malayalasamajam organised 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. Pooja Venu, III B.Voc was selected as Malayali Manka and Ms. Anjana Ajith, I B.Com Co-operation was the first runner up. Mr. Jinu Jose, III B.Com Co-operation won the title Kerala Sreeman and Mr. Anand Johny, III B.Com Co-operation was the first runner up. Mr.Saju Binu, I M.com and Mr. Albert Joseph, I M.A History 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 motherland.





7. Talk Show-Atrocities against Women.. Solutions

Objectives- To hone the skills of students to be out-spoken individuals and to express themselves on bigger platforms.

Gender Justice Forum and Women's Cell in association with the Women and Child Welfare Department, Erattupetta organised a Talk show on the prevention of atrocities against women on 1/12/2022. The event began around 10.30am where students from various departments and faculty members gathered as audience. Principal Dr.Gireesh Kumar G.S inaugurated the event. Dr Beena Paul, Convenor, Gender Justice Forum welcomed the gathering.Mrs.Savitha Sasi, ICDS Supervisor delivered the Keynote address.

There were a total of 20 participants, from different departments. The participants were already given the topic. The students raised their voice in solidarity to end violence against women and girls. It emphasized the need for action to liberate women from factors that hinder their progress, dignity and empowerment. It was a hot discussion. Ms. Anjana Aby of History Department acted as the moderator. Based on the premise that everyone is equal, the moderator highlighted the need to switch from the stereotypical notions of womanhood. She focused on various aspects of inequality faced by women. The students shared their personal experiences and pointed out the necessity of creating an inclusive world through the removal of gender bias and inequality. They spoke poignantly about the gender discriminations and persisting challenges faced by women in our society. Unseen, Unheard violence and abuses against women must be stopped. The talk show was concluded sensitizing all the young minds who are destined to make gender equality a reality. It urged the need for eradicating the gender disparities and setting up an inclusive world without any discriminations. It was a highly stimulating talk with different views and opinions on their respective motions. The speakers were full of energy and enthusiasm which kept the audience enthralled till the end.

The show emphasized the need to protest against all sorts of abuses against women. The event aimed at exposing students to debating skills. It also aimed at providing a platform where our students can come forward and speak fearlessly. Participation Certificates were awarded to all. It was a wonderfully coordinated event. Mrs.Celina Joseph,Counsellor proposed the vote of thanks.

Hearty Welcome

Mrs. Savitha Sasi, ICDS
Supervisor

Mrs. Ayrene Mathew,
Mrs. Celin Joseph, School
Counsellors



Moderator- Ms. Anjana Aby,
Asst. Professor on Contract,
Dept. of History

On 1/12/2022, Thursday

@10.30 am

Venue-Seminar Hall



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A Christian Minority Educational Institution run by C.S.I East Kerala Diocese
Affiliated to Mahatma Gandhi University, Kottayam



Gender Justice Forum & Women's Cell
In association with
The Women and Child Welfare
Department, Erattupetta

Talk Show
Theme: Atrocities against women..
Solutions..



DISCUSSION IS ALWAYS BETTER THAN
ARGUMENT..

BECAUSE

ARGUMENT IS TO FIND OUT WHO IS
RIGHT!!

DISCUSSION IS TO FIND OUT WHAT IS
RIGHT!!

COORDINATORS:
DR. BEENA PAUL
MRS. ELIZABETH JOSEPH
MRS. ANEETTA ELIZABETH MANUEL





Outcome-The programme instilled a thinking mind among the students

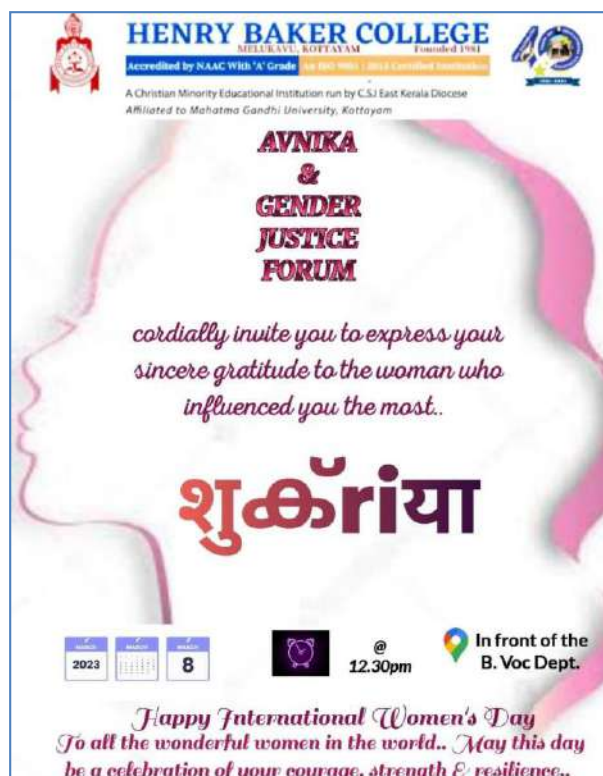
Students were aware of the gender disparities and atrocities against women.

8. International Women's Day Celebrations 2023

Objectives-

To express gratitude towards women's contribution to our lives and society and honour them.

To uphold women's achievements and to promote gender equality



International Women's Day was celebrated with much pomp and vigor on 8th March 2023. The programme titled Shukriya aimed at recognizing 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 extended a cordial welcome to the gathering. Principal, Dr.G.S Gireesh Kumar addressed the gathering and encouraged all women to keep excelling consistently. He shared his opinion that achieving gender equality and empowering all women and girls is very significant as it ensures an inclusive and quality education for all. Girl students and women staff wore purple coloured outfits which was the colour code selected for the year 2022. After the inaugural session we honoured all the women staff of our institution. We saluted their relentless efforts in all walks of life.

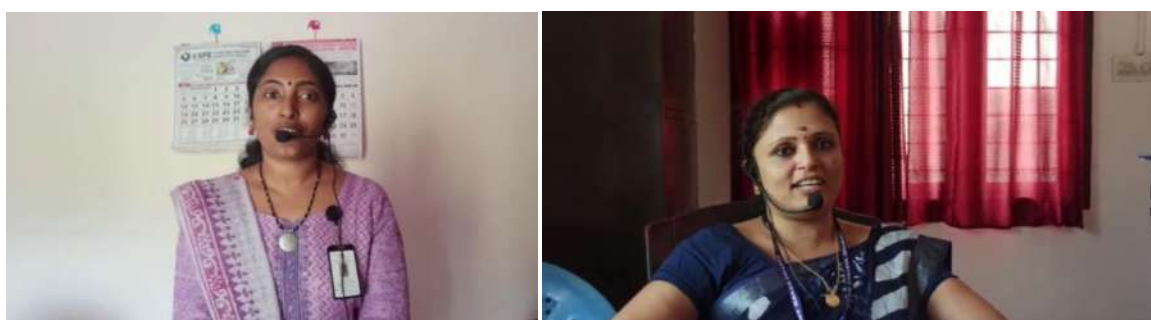




The students attached thank you notes to the women who influenced them the most. Sticky notes were affixed beautifully on a huge board on which an outline of a woman was drawn. The board was adorned with sticky notes of different hues and it contained words of gratitude to the women who inspired them. The programme was colourful and thoughtful.



The students, teaching and non-teaching staff paid their tribute to all the incredible women over the world .Hand holding placards were used to spread warm wishes on women's day. The placards carried inspirational quotes on womanhood. A video was created by the students in which the girl students, teaching and non-teaching staff participated enthusiastically. It was circulated through students' whatsapp groups. The event was thought provoking.



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

9. VIVA KERALAM-Free Haemoglobin Check-up for Girls

Objective-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 anaemia.

Women's Cell and Gender Justice Forum in association with CHC Edamaruk organised an awareness talk on health and hygiene on 20/3/2023. A free haemoglobin checkup was also arranged along with that. It was exclusively for the girl students and women faculty of the institution. The programme started at 10.15 am with the introductory remarks of the Principal. Dr.Beena Paul, Convenor, Gender Justice Forum welcomed the gathering. Dr.Sarala A.C, Medical Officer, CHC Edamaruk gave a talk on Anaemia and its after effects. Her talk emphasised the need for blood check up and maintaining a healthy life. She also provided valuable insights on how to maintain normal HB level. Mrs.Elizabeth Joseph, Coordinator, Women's Cell proposed the vote of thanks.

After the formal function there was a spot registration in which the names and addresses of girl students were registered. The students from various departments were asked to queue up for the checkup. The nursing staff under the leadership of Dr. Sarala examined the HB level of the girls and explained whether they are healthy or not. A total of 12 students were identified as having low HB level and they were advised to take certain food items that increase the HB level. They were also referred to the health centre or other medical centres for further need. Thus an effective follow up was done for the anaemic persons. The free HB check up camp was a great success.





Awareness class on Anaemia by Dr. Sarala A.C, Medical Officer, CHC Edamaruk





Hemoglobin checkup



Address by Principal Dr. Gireesh Kumar G S

Outcome-All the girl students were aware of their HB level.

Awareness was created on healthy life style and self care.

12 students with low HB level were referred to the Health centre where they can avail free medicines and tonics to increase HB.

As part of the VIVA Keralam project, in association with CHC Edamarukku ,169 girl students of Henry Baker College, Melukavu underwent Haemoglobin test. Haemoglobin level of 12 students were below 12. As per the directions from CHC Edamaruku, they were directed for further check up.

Following students with low HB were send for further consultation:

1. Siji Elizabeth Sunny- 5
2. Fathima Yakkob – 7.9
3. Bincy Binoy-9.4
4. Asmi Ismail-9.7
5. Anjana Ajith-9.8
6. Nancy K. Michael-9.2
7. Gayathri Premkumar -9.9
8. Josna Johnson-9.8
9. Sandra Shaji-9.3
10. Asna. K. Ajas-9.2
11. Neenu Johny- 8
12. Emil Theresa Joy- 7.1

10 Manuscript Magazine Launch

Objectives-To provide opportunity to the students for self expression in written form

To develop and cultivate a literary taste and creativity in students.

Women's Cell and Gender Justice Forum jointly took initiative on publishing a manuscript magazine titled Srishti. Volume 1 was entitled as Penma. The magazine reflected the artistic flair and creativity of the students. It included drawings, paintings, essays, quotes, short stories and

poems related to the topic Women. Students wholeheartedly took efforts in publishing the magazine. The first edition of magazine was released on 31/3/2023 by Principal Dr.G.S Greesh Kumar. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. The Principal released the magazine by handing over it to Karthika Das, Student Coordinator, Women's Cell. 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

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Magazine Launch

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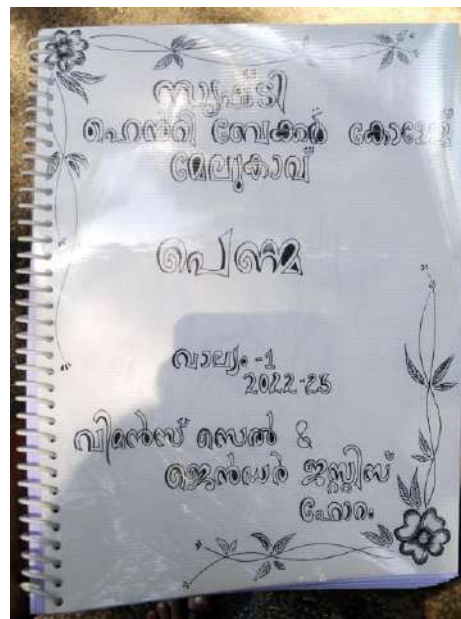
Manuscript Magazine.
An initiative of
Aurika-Women's Cell
& Gender Justice Forum


Dr. Gireesh Kumar G. S
Principal

 31/03/2023
@1.00pm

 In front of the B.Voc
Department

Hearty Welcome



Smt. Elizabeth Joseph,
Coordinator, Women's Cell.
Smt. Aneetta Elizabeth Manuel,
Joint Coordinator, Women's Cell