

Women cell 2016-2017

1. Women laws and Indian constitution

The activities of Women Development Cell (2016-2017) was inaugurated by Dr. Mercy Thekkekkara, former Principal of Government Law College, Thrissur on 9th August 2016. Smt.Dolly Augustine, Coordinator, Women Development Cell delivered welcome speech. The chief guest of the day Dr. Mercy Thekkekkara gave an inspiring and informative talk on women laws and Indian constitution and the students got themselves engaged in a deep discussion.



2. A Talk on Women Entrepreneurship

Women Cell in collaboration with Department of Social Work conducted a class on Women Entrepreneurship by Jacob Samuel (Research and Development Director ESAF) on 20.9.2016. Female entrepreneurship has been recognized as an important source of economic growth. Female entrepreneurs create new jobs for themselves and others and also provide society with different solutions to management, organization, and business problems. The class was very informative. The students got strengthened with the ideas of self-empowerment and opportunities in the field of entrepreneurship.



3. A talk on Influence of Media among Teenagers

A talk on Influence of Media among teenagers was held on 15.10.16. The session was handled by Sri Manoj Kamath (Programme Coordinator, CLUB F.M 104.8). The resource person has pointed out that youth of all ages are highly influenced by various media platforms. And it is the need of hour to protect youth and students from the negative aspect of Medias. The session was very impressive and useful to students.



4. An Awareness Class on Pink Policing

Women Cell in collaboration with Department of social work organized an awareness class on pink policing on 25.1.2017. Ms. Subhavathy (Resource person, Police Department) gave awareness to the students about pink policing and security of women. The monitoring services provided by pink police to women have been explained in the class by the resource person.



5. Adolescent Girls -Health and Hygiene

A talk on “*Adolescent Girls - Health and Hygiene*” was conducted on 27th of January 2017 by Women Development Cell of St. Mary’s College. Dr. Sr. Ruby (Gynecologist, AIMS), resource person of the day detailed the topic with a video presentation. The students got exact information on adolescent health, structure and anatomy of human sexual organs, menstruation cycle and related health problems among adolescent girls and women. The resource person also explained the various preventive measures regarding concerned issues.



6. Women Empowerment through Martial Arts

Women Cell in collaboration with police department has conducted a training session on martial arts to the students of St.Mary's College. The training session with demonstration was conducted on 15th February 2017. Smt. Shiji Sidharthan (Police constable, Thrissur West) and her team trained students. Martial arts training develop flexibility, strength, speed and power of both mind and body.



7. How to enjoy writing exams : - Tips

Women cell has organized a session on How to Enjoy Writing Exam on 8th February 2017. The session was handled by Ms.Stephy Francis (Faculty, Department of social work).The focus of the session was to make students more confident in facing examinations and various memory techniques.

