

WOMEN CELL REPORT

WOMEN CELL 2018-19

1. Inauguration of Women Cell activities (2018-19)

Women Cell activities of the academic year 2018-2019 was inaugurated by Sri. Yathish Chandra IPS honorable Thrissur city police commissioner. He spoke about “The importance Self defence and women safety”. The whole staff and students of St.Mary’s College attended the function.



2. Zumba Fitness training to staff and students

Women cell of St. Mary's College organized regular Zumba Dance Training for teachers and students on weekly basis. The class has been conducted by Zumba international licensee ZIN Vinu S Menon. Zumba training has been conducted on Tuesday, Wednesday and Thursday after regular class time. The sessions are aimed for maintaining good health and physique for both staff and students.



3. “Refine your target”- Dr.Sarin IAAS- Deputy Accountant general, Karnataka

Women cell conducted an interaction session with Dr.Sarin IAAS- Deputy Accountant general, Karnataka. He spoke on the topic “Refine your Target”, defining various career option to women students and also elaborated gender issues in comparison of Kerala and Karnataka. All the final year students of St.Mary’s College attended the function. It was highly informative and productive session.



4. Health Awareness Lecture Series

Women cell in collaboration with Amala Institute of medical sciences, Thrissur conducted talks and awareness classes with demonstrations on various topics for staff and students separately. Doctors and MD students of Amala Medical College took classes on various health related topics.

Health Awareness Programme for Teaching and Non teaching Staff

Health awareness lecture series for staff by Gynecologist & obstetrician Dr. Sreeja k S & Dr. Meera K S were conducted on these different topics.

- Endometriosis.
- Uterine Fibroids.
- Gynecologic Cancer.
- HIV/AIDS.
- Interstitial Cystitis.
- Polycystic Ovary Syndrome (PCOS)
- Sexually Transmitted Diseases (STDs)





Health Awareness Programme for Students

Classes were scheduled on each of the following topics on 3rd and 4th Friday of every month. The health topics are more concerned with adolescent and young adults. Since the young adults would be the future generation, the awareness about the common health issues and their prevention and control in early adulthood would generate a healthy future. Dr. Sruthi Harish (Assistant Professor, Dept of Community Medicine, AIIMS), Dr. Saju C R (Head Dept. of Community Medicine AIIMS), Dr. Jerry (MD Preventive Medicine, AIMS) conducted classes on various days.

Health awareness Topics covered:

1. Reproductive health and Menstrual Hygiene
 - Puberty- Precocious puberty
 - Ovulation, Menstruation, Pregnancy
 - Menstrual problems and their management
 - Abnormal Menstrual Problems
 - Menstrual Hygiene
 - Common Customs and beliefs during Menstruation
2. Prevention and control of communicable disease outbreak after flood
 - Common communicable disease after flood
 - How to prevent
3. Importance of Nutrition among young adults
 - Nutrition – classification of nutrients, balanced diet
 - Problems of under nutrition , over nutrition
 - Vitamin deficiencies
 - Role of Iron in reproductive health

- Prevention of over nutrition and under nutrition
- 4. Family planning methods
 - Need of family planning methods
 - Different methods of family planning
 - How and when to use each contraceptive methods
- 5. Breast cancer
 - Breast cancer epidemiology and risk factors
 - Self- breast examination
 - Prevention of breast cancer
- 6. Prevention and control of Diabetes, Obesity and Hypertension
 - Epidemiology and risk factors
 - Prevention
- 7. Importance of breast feeding
 - Importance of colostrum
 - Exclusive breast feeding
 - Breast feeding – Advantages for baby and mother
 - Breast feeding - working mothers
- 8. HIV/ AIDS
 - HIV – risk factors
 - Prevention of HIV
 - Stigma related with HIV
- 9. Mental health
 - Common mental disorders faced by young adults
 - Stigma related to mental health
 - Prevention of mental illness





5. Motivational class- “How to inculcate leadership qualities among women”

Women cell has conducted a motivational lecture for the final year students by Dr. Gopakumar, Director of IAS Hotspot academy, Thrissur. The resource person elaborated various aspects of leadership qualities and how to instill in the minds of youth. The students raised various queries throughout the session and they are highly motivated.



6. Virtual Interface with Miss Earth 2017 Ms Shaan SuhasKumar, World Merit Global Council Member and Representative of United Nations.

Topic “Journey of women – From village school to Miss Earth”

Ms. Shaan Suhas Kumar made a virtual presentation about UN sustainable development goals to transform our world. Ms Shaan motivated the students with her own experience in academics and modelling career. She spoke to students about her journey as a student to a global personality. She spoke to students virtually from Bangkok.



7. Screening of National and International movies

In order to widen the horizon of student outlook and to understand the situation of women in different nations various national and international movies have been screened at college.



8. Intercollegiate quiz competition – QFIESTA 2K19, Feb 8, 2019

Topic- Influential women in various fields

Women cell conducted an intercollegiate quiz competition on the topic various influential women in the world. Around 80 candidates registered for the competition from different colleges and universities. After preliminary test 6 teams were selected for final on-stage competition. The competition was hosted by Prof. Dhanya Johnson, Assistant Professor, Dept of physics, Vimala College.

First prize grabbed by St.Mary's College team and second prize bagged by Sree Kerala Varma college, Thrissur team and third prize bagged by St. Joseph's College, Irinjakuda.



9. Talk on “Women and cyber security”

On 12th February 2019 Women Cell conducted a talk on the topic “Women and cyber security” for all students of St. Mary’s College. The talk was conducted in collaboration with Red Team Hackers Academy, Calicut. The talk focused on providing the best cyber security training in Kerala. The classes were handled by a team of two members under the leadership of Mr. Abdul Ali k (Senior Instructor, Red Team Hackers Academy) and Mr. Jithin Joseph (Security Analyst, Red Team Hackers Academy). By the end of the talk the students got knowledge& development experience using best practices in cyber security.





10. “Awareness about women secure practices in Social Medias”

Women cell conducted an awareness class for the staff and students about the various issues and hacks in using social media. Prof Neethu Narayanan, Assistant Professor, B voc Department of St. Mary’s College handled the session. The class was every informative and students and staff got a deep insight about various threats and hidden problems while using social media.



11. “Cyber lokhavum stree surakshayum”

Women cell of St. Mary’s College has made a documentary entitled “Cyber lokhavum stree surakshayum” for spreading the message of cyber security among women masses.



