



GENDER SENSITIZATION ACTIVITIES/ACTIVITIES PROMOTE GENDER EQUITY

Contents

INTRODUCTION.....	5
ZEBRA LINE DRAWING AT MIDNIGHT.....	4.
ZUMBA TRAINING FOR PHYSICAL FITNESS.....	5
SEMINAR ON BREAST CANCER AWARENESS	6
BREAST CANCER AWARENESS–“PINKATHON” RALLY.....	7
DRIVING CLASS FOR WOMEN.....	8
SOAP MAKING.....	9
WOMEN EMPOWERMENT THROUGH WOMEN ENTREPRENEURSHIP-EXPERIENCE SHARING BY LIZBETH RENJITH AND DINU SUNOJ.....	10
UGC SPONSORED NATIONAL SEMINAR ON WOMEN EMPOWERMENT.....	11
SEMINAR ON WOMEN ENTREPRENEURIAL SKILLS- PROF. RESHMA RACHEL KURUVILLA.....	12
PAPER BAG MAKING.....	14
A WORKSHOP ON SELF-EMPOWERMENT-MRS. LAKSHMI M. MENON.....	16
TALK BY MRS. REBECCA GEORGE.....	17
SURVEY ON CHILD NUTRITION.....	18
SELF-DEFENSIVE TRAINING.....	19
CHAT AND TALK SESSION WITH DAYA BHAI.....	20
CLASS ON RIGHTS OF WOMAN AT WORKPLACE.....	23
STREET PLAY ON WOMEN SAFETY	24

INTRODUCTION

Bishop Chulaparambil Memorial College has always stood for gender equality and Women's rights. The College always wants the students to be aware of their rights, to voice for themselves and be independent in their lives. As a college for women, it has always been careful in conducting programmes and awareness classes for the students. Various seminars and awareness classes for women motivating them to overcome the barriers and problems faced by them and to be successful in their lives are also organised by the institution. Also, art forms like street play upholding the theme of equality, expressing the problems of women are encouraged in the campus. Moreover, competitions like debate and preparing a poster are also held at the College. For attaining the aim of the College, the College has always encouraged the students to do projects on gender issues. Moreover the College ensures that the students in the campus know their rights, government policies and laws related to gender issues.

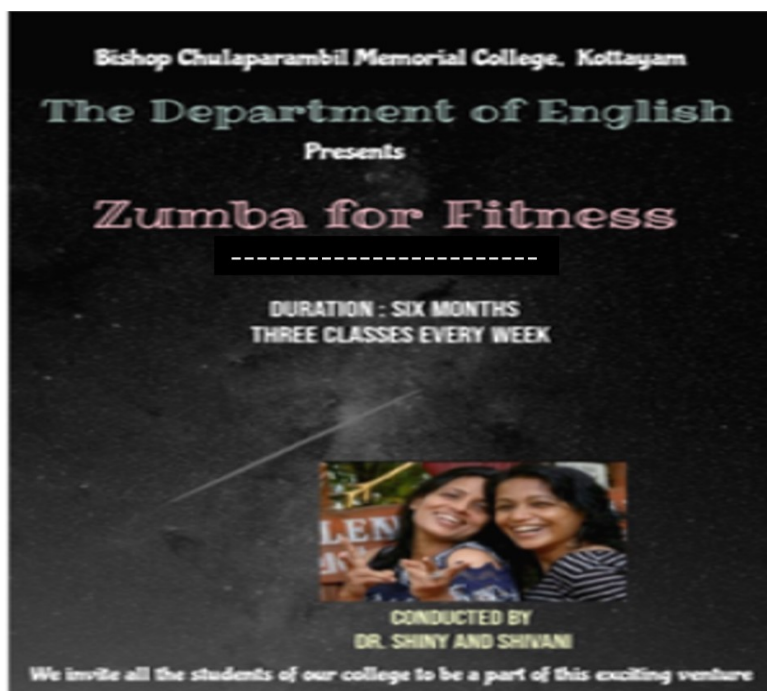
ZEBRA LINE DRAWING AT MIDNIGHT



Fr. Alex Aakaparambil, Manager of the College inaugurating zebra line drawing

During the Traffic week programmes, Zebra lines were drawn by student volunteers of Bishop Chulaparambil Memorial College under the guidance of programme officers during midnight on 29th June 2016 after taking all the necessary permissions from the road authorities. Everyone knows the importance of zebra crossing especially in the roads in front of schools, colleges and hospitals to provide a passage for pedestrians to cross. Zebra crossings are particularly beneficial because pedestrians may find it difficult to judge the speed of traffic when crossing on their own without crossing facilities. We had drawn zebra lines in three places which were, in front of the college, in front of District Hospital Kottayam, and in the Market junction, Kottayam.

ZUMBA TRAINING FOR PHYSICAL FITNESS



Brochure

Department of English organized a Zumba training course in the academic year 2016-17, for students & teachers to improve their lifestyle and it started on 30-06-2016. 62 students enrolled for this course. Dr. Shiny and Shivani were the trainers.



Zumba practice

SEMINAR ON BREAST CANCER AWARENESS



NSS Programme Officer Dr. George Mathew welcoming the Dignitaries for the Seminar on Breast Cancer Awareness

There are millions of women diagnosed with breast cancer making it the world's most prevalent cancer and worldwide, female breast cancer is the fifth leading cause of death. And a seminar on the cause and precautions to be taken is the need of the hour. A seminar was conducted for the students of Bishop Chulaparambil Memorial College at college auditorium by the famous Oncologist Dr Jojo V Joseph of Caritas Hospital. A demonstration of different ways to diagnose the Breast Cancer was conducted at auditorium on 10th July 2016 by the famous Oncologist of Caritas Hospital. A demonstration of different ways to diagnose the Breast Cancer at an early stage by self-examination, followed by advises to perform the tests about proper intervals was offered by the oncologist.

BREAST CANCER AWARENESS – “PINKATHON” RALLY

BISHOP CHULAPARAMBIL MEMORIAL COLLEGE
KOTTAYAM



NSS UNIT
Presents

Breast Cancer awareness
„PINKATHON” Rally..



DATE: 17/7/2016
TIME: 10.30 AM
VENUE: In front of college



In order to spread awareness about the necessity of diagnosing Breast Cancer at an early stage, Women cell of Bishop Chulaparambil Memorial College took part in a rally organized by the Caritas Hospital with Pink coloured hydrogen balloons in hand. Rally was named as “PINKATHON”. Students and Doctors from various hospitals were also part of the Rally. Rally came to an end with the release of Pink Hydrogen balloons into the air which symbolised the release from the causes of breast cancer. The “Pinkathon” Rally ended with a seminar for all the participants including the volunteers of women cell, Bishop Chulaparambil Memorial College Kottayam, by the famous Oncologist of Caritas Hospital.

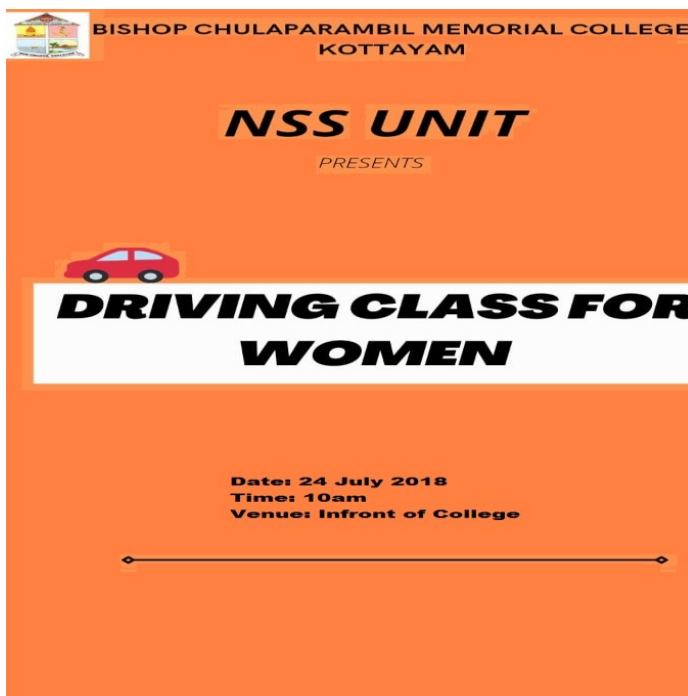
DRIVING CLASS FOR WOMEN

DRIVING CLASSES

Everyone enjoys driving and the convenience and freedom it brings. Driving a vehicle is necessary for some and a fun activity for others. Driving not only makes you independent. But it boosts your confidence level when you get behind the wheel of your car you need to be sure that you are a safe driver. By understanding all these facts and importance of learning driving and to empower the ladies by all means,

DRIVING CLASS 2016-2017

NSS Unit of Bishop Chulaparambil Memorial College arranged facilities for students to learn driving at subsidized rate from July to November 2016. This was done in Association with Popular Driving School. Fifty students joined and paid fees to learn driving from Popular under the guidance of NSS Unit of Bishop Chulaparambil Memorial College. This was with the intention of supporting them with an additional livelihood option. Subsidized rate for the driving classes enable more students, rich and poor to be equipped with skills of driving, focus of practical section, frequent checks and evaluation proper guidance on tricky driving manoeuvres. A structure way of learning how to drive, are the peculiarities of this programme



Students who learned Driving in Bishop Chulaparambil Memorial College



Students on wheels

SOAP MAKING

**BISHOP CHULAPARAMBIL
MEMORIAL COLLEGE KOTTAYAM**

NSS UNIT
ASSOCIATION WITH
DEPARTMENT OF COMMERCE

SOAP MAKING

Time : 3:00 PM
July 24, 2016
Venue : Sahrudaya Kottayam



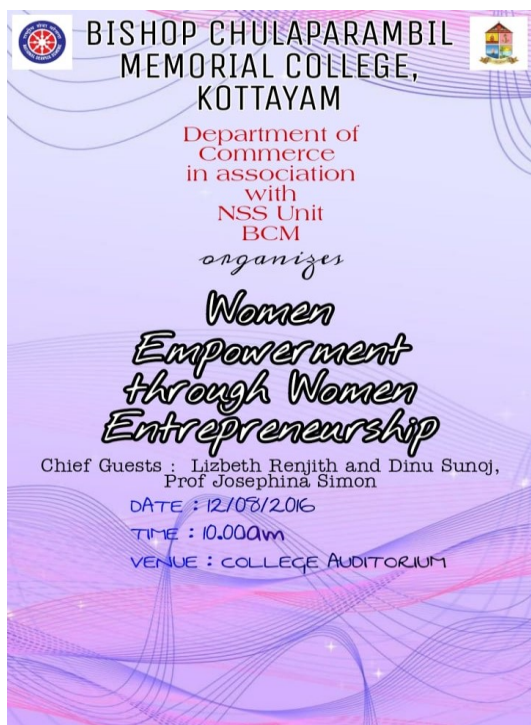
NSS Volunteers Learning Soap Making from The SHG's they visited

During the campus community interaction programme, Students also got

opportunity to learn the manufacturing process involved in soap making, lotion making on 24th July 2016. Many of the students commented that this had helped them in finding an alternative livelihood. This activity was done in association with the Commerce Association of the college.

***WOMEN EMPOWERMENT THROUGH WOMEN ENTREPRENEURSHIP-
EXPERIENCE SHARING BY LIZBETH RENJITH AND DINU SUNOJ***

The stalwarts of the Commerce department organised a seminar on the topic “Women Empowerment through Women Entrepreneurship” in association with the NSS Unit of Bishop Chulaparambil Memorial College on 12th August 2016, Friday at 10am in the college auditorium. As a mark of triumph over darkness, the chief guests Lizbeth Renjith and Dinu Sunoj, Prof Josephina Simon, Head of the Department and Association Secretaries Kumari Aleena Anil and Kumari Anju P Tom lightened the lamp. The day was a memorable one as for the first time the Commerce association introduced 4 new clubs namely, Entrepreneurs Club, Quiz Club, Capital Market Club and Film Critics Club. The chief guests shared their views, experiences and ideas to the vast audience present in the campus.



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Session by Entrepreneur Lisbeth Ranjith

UGC SPONSORED NATIONAL SEMINAR ON WOMEN EMPOWERMENT

UGC sponsored National Seminar was conducted by the History department on the topic 'destabilizing the Power structures: Musings on 'Other' in Indo American Narratives'. The seminar was inaugurated by Dr. Ann Thomas (Assistant prof. MCC College, Chennai) with a keynote address on "Mastering the mystery: Unveiling the aura of Other". Prof. Josy Joseph (Asso. Professor, SB College, Changanasserry) and Dr. K.M Krishnan (Asso. Professor, School of Letters, M.G university) delivered keynote address on "Othering Lives: Ethnic, Politics and the marginal subject" and "Passages to India, passage to America" respectively. The programme was very interesting and inspired students to be proud of being a woman.





Inaugural function of UGC national seminar

SEMINAR ON WOMEN ENTREPRENEURIAL SKILLS- PROF RESHMA RACHEL KURUVILLA

A seminar was organised by the devoted and dedicated students of Entrepreneurs club under the Commerce department on the topic ‘Entrepreneurship Skills’ on 2nd September 2016 in association with NSS unit of the college . Prof Reshma Rachel Kuruvilla, programme officer of the NSS unit took the seminar at 2pm in the class ‘223’ for all the members of Entrepreneurship Club and interested NSS volunteers . Miss introduced various terms like entrepreneur, entrepreneurship and entrepreneurial skills to the young business women. Miss talked about what makes someone a successful entrepreneur? “It certainly helps to have strong technology skills or expertise in a key area, but these are not defining characteristics of entrepreneurship. Instead, the key qualities are traits such as creativity, the ability to keep

going in the face of hardship, and the social skills needed to build great teams. If you want to start a business, it's essential to learn the specific skills that underpin these qualities. It's also important to develop entrepreneurial skills if you're in a job role where you're expected to develop a business, or "take things forward" more generally". The seminar focused on the question of how youth, women and persons can access government procurement and entrepreneurial opportunities.

Prof Reshma Rachel Kuruvilla gave an overview of the economic development in India and the place of social justice and protection. This helped to shed light on the various existing constitutional, legal, and policy frameworks as well as fiscal schemes targeting the inclusion of youth, women and persons with disability. The seminar was conducted in a very interactive manner where students were given the opportunity to ask questions. Students were also taken through the processes involved in registering a company, a business name and a partnership including the process of obtaining government certification and submitting tax returns. Also Prof Reshma tackled the issue of business project writing and appraisals and it involved the students being taken through the concept of business planning and profiling and its contribution towards harnessing success.





Programme Officer Reshma Rachel Kuruvila handing a session on entrepreneurship

PAPER BAG MAKING

The use of paper bags will save the environment from pollution as it is biodegradable and recyclable. They are environmentally friendly and help reduce plastic that takes a thousand years to decompose. This will make the planet healthier. Hence NSS Volunteers were taught to make paper bags. This class was organized with the aim of reducing plastic usage among the society and to show students a means of earning a living by selling manufactured paper bags. The program was flourishingly organized on 9th September 2016.



BISHOP CHULAPARAMBIL MEMORIAL COLLEGE,
KOTTAYAM

NATIONAL SERVICE SCHEME

Presents

MAKING PAPER BAG

Date: 9/09/2016

Time: 12pm

Venue: Room No 307



Paper bag making training for students

A WORKSHOP ON SELF-EMPOWERMENT



BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM

DEPARTMENT OF FAMILY & COMMUNITY SCIENCE

A Workshop on Self-empowerment

Mrs. Lakshmi. N Menon (former student
of FACS Dept)

on

Date: 31/10/2016 at 3 pm

Venue: College Auditorium



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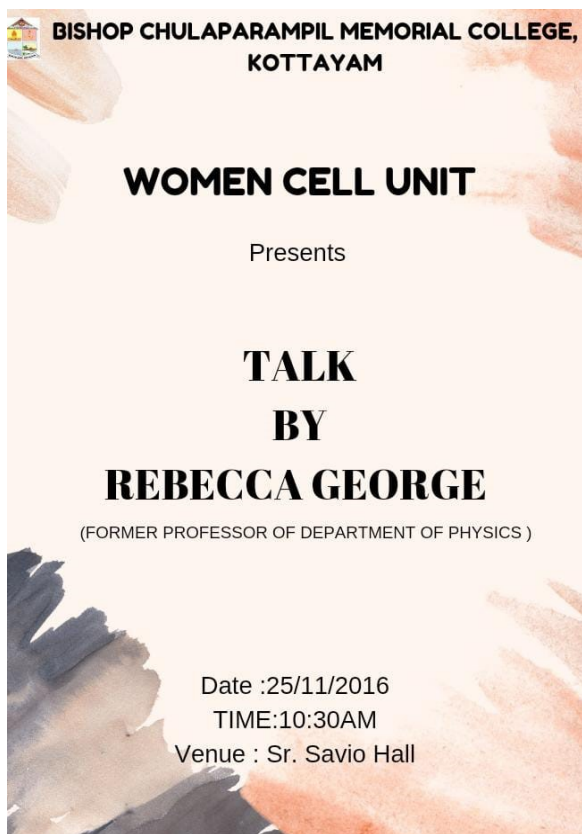
•As part of innovative classes by eminent personalities, the Department of Family & Community Science had arranged a Workshop by Mrs. Lakshmi. N Menon (former student of FACS Dept) on 31st October 2016 at the college auditorium. Mrs. Lakshmi N Menon explained her major activities ‘**Ammoommathri, Paper pens, Water bulbs, Event management etc.**’ She pointed out inexpensive and profitable projects focused on women empowerment. She received ‘JWALA award 2015’ by the television channel Kairali for ‘Ammoommathiri’. She also received Best women entrepreneur 2015(Christ college, Bangalore). She explained the success stories behind her hardwork. The session was really inspiring for students and staff of the college.





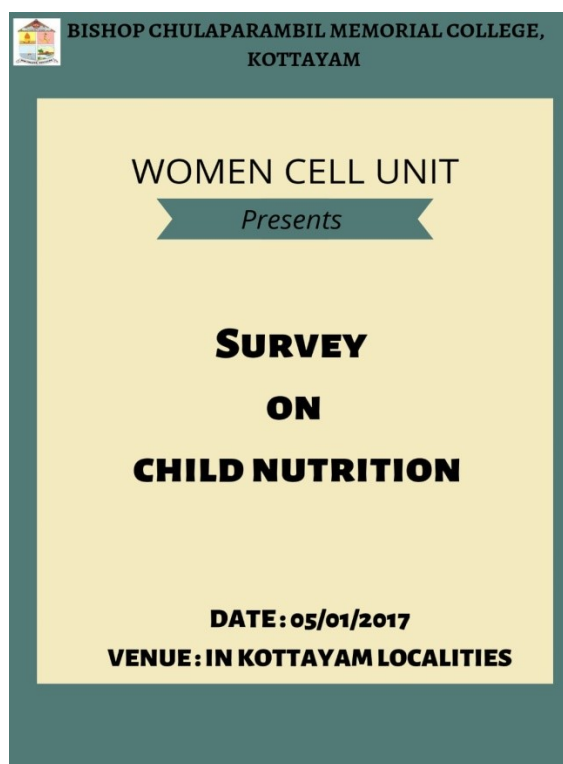
Session on self employment

TALK BY MRS. REBECCA GEORGE



A personality development talk was given by Mrs. Rebecca (former professor of Physics department) on 25th November 2016. Being a former faculty in our college, she exactly knows the pulse and interest students. The talk was given for the Women Cell members of Bishop Chulaparambil Memorial College Kottayam and students got really inspired by her words. Mrs Rebecca also appreciated the effort taken by the Women Cell to empower the women. The classes are very interesting and adapted to the level of each of us. Everyone who attended the class were really motivated by her talk and vision. Personality development class taken by her helped everyone to develop an impressive personality and makes you stand apart from the rest.

SURVEY ON CHILD NUTRITION



Nutrition for kids is based on the same principles as nutrition for adults. Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein and fat. Children, however, need different amounts of specific nutrients at different ages. Nutrition composes of everything that children eats and drinks. Their body uses nutrients from the food to function properly

and stay healthy. Poor nutrition can cause health problems, overweight, and obesity. Some of the health problems associated with poor nutrition can be very serious, especially as the child grows into an adult. By developing healthy eating habits, parents can help them by preventing these health problems. It's much easier to maintain a healthy weight than it is to lose weight. Children who maintain a healthy weight are more likely to stay at a healthy weight as adults. In order to know whether kids are being provided with a healthy diet as per their age requirements, a survey was conducted by the Women Cell on 5th January 2017 volunteers belonging to the various department in their localities. Based on the survey, parents of the kids were given guidance on healthy diet.

SELF-DEFENSIVE TRAINING

Self-defense training 2016-2017



Brochure

Self-defence is the technique or a way to defend oneself from any physical attack or any harm without causing much violence against any physical attack happening. Learning Self-defence and applying it

while in danger is very much important for everyone be it a girl or a boy or a child or an adult because there can be circumstances where one is all alone and no one is around to help. With the excessive rise in crime rates, the need of learning how to defend yourself is also growing. Viewing this growing need of self-defence Department of Sociology conducted a Self Defence class on February 14,2017. The class was taken by Devika Ajith, Girl Cadet Instructor (5 Kerala Battalion Changanaserry). Total 42 Students Participated in this programme.



Self Defense Class by Devika Ajith

CHAT AND TALK SESSION WITH DAYA BHAI



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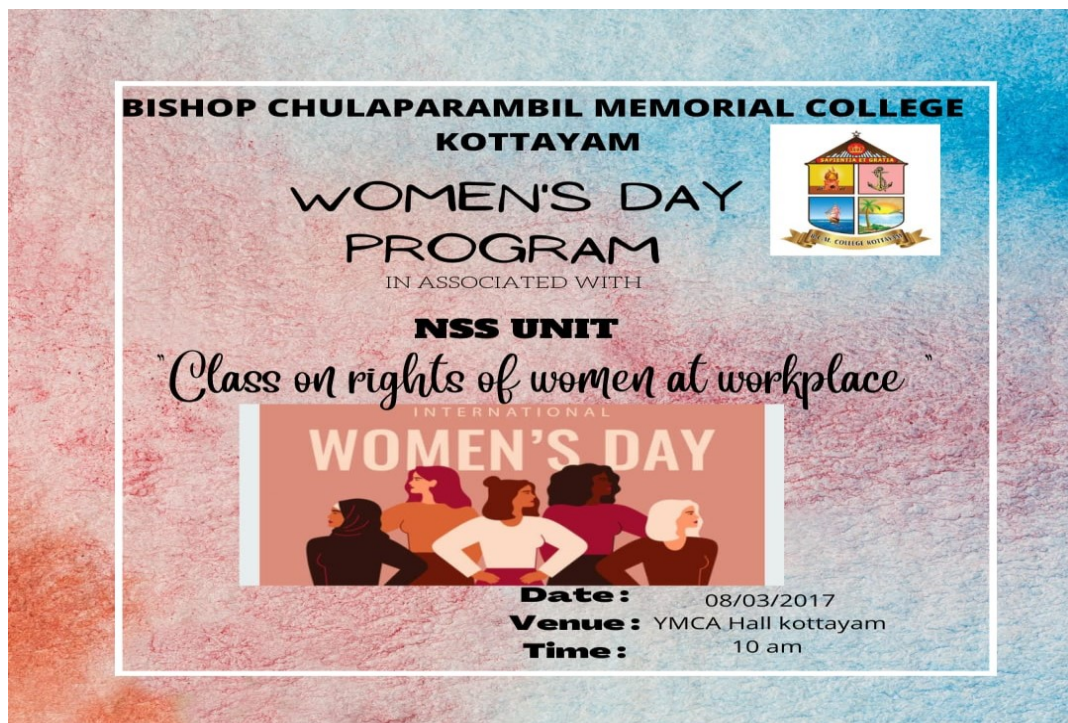
As part of student empowerment programme and women empowerment programme, with the spirit to evoke us the Department of Sociology conducted an interactive session with **Daya Bhai (Tribal Activist, Lady Social Worker)**, a Malayali social worker from Pala, who work among tribal people in Madhya Pradesh. She is someone who became one among them by adopting their dressing and life style of tribals. She won Vanitha Best Woman of year Award. She shared her experience and struggles with the students. We feel blessed to have an interactive live session with such a saintly figure of this century. About 55 students from our department had participated for the programme, which was held on 17th February 2017.



Students interaction with Daya Bhai.

CLASS ON THE RIGHTS OF WOMEN AT WORKPLACE

As a woman, it is certainly necessary to be self-aware about the rights that we deserve at anywhere in public, especially in workplaces. A more aware mind gives out a more powerful shout. Keeping this in mind, the NSS Unit of bishop chulaparambil Memorial College made arrangements for an insightful class on the rights of women at workplaces. The session was constructed on 8th March 2017. NSS unit of Bishop Chulaparambil Memorial College joined hands with social justice department of the Government of Kerala and various Kudumbasree units for a woman empowerment class on March 8th, International woman's day at YMCA Hall, Kottayam. The programme was intended to educate the woman about their rights in their respective workplaces, wherever or whatever job they are pursuing.



Brochure



Talk on rights of woman at workplace

STREET PLAY ON WOMEN SAFETY

A street play on woman Safety was performed by certain school students, who were also members of Aksharanagari Sauhridhakootayma. They tried to shed some light into the thoughts of the society through their strong words and powerful theatre roles. NSS volunteers of Bishop Chulaparambil Memorial College were also part of the Aksharanagari Sauhridhakootayma. The programme was held on 23rd March 2017.



**BISHOP CHULAPARAMBIL
MEMORIAL COLLEGE KOTTAYAM**

**NATIONAL SERVICE SCHEME
presents**

STREET PLAY ON WOMEN SAFTEY

**Date: 23/03/2017
Time: 11am
Venue: Thirunakkara Maidanam**

Brochure



Students participating in street play

