



GENDER SENSITIZATION ACTIVITIES/ACTIVITIES PROMOTE GENDER EQUITY

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BREAST CANCER AWARENESS AND HAIR DONATION CAMPAIGN



On 21st November 2018, College Union NIRJARA organized a special event for the students to donate their hair to cancer patients in association with protect your Mom International and Hair for Hope India. In the campaign more than 30 students donated their 30 cm of hair to cancer patients.

Megha Kuriakose, a breast cancer survivor who was one of the five ladies who walked the ramp for the Kerala Fashion league talked about the importance of self-exams in the early detection of breast cancer.

Vice-chairperson Madona Mathew talked about the self-examination methods and she was declared as the First Outstanding Protect Your Mom Brand Ambassador from India and BCM college has been selected as the winner of the PYM trophy for the year 2018.

'Hair for Hope,' 'Protect your mom' enlighten BCM college on cancer awareness



Nikita Joby

Published: November 22, 2018 03:19 PM IST



Protect Your Mom is a cancer awareness campaign that educates women towards regular screening and early detection to find and conquer cancer through kids. Photo: Shalu S Nair.



Kottayam: The BCM College in Kottayam was dipped in pink as part of the Breast Cancer Awareness program organised by the college union in collaboration with 'Protect Your Mom' and 'Hair for Hope' on 21 November. Thirty students donated thirty centimetres of hair each for the cancer patients.

Protect Your Mom is a cancer awareness campaign that educates women towards regular screening and early detection to find and conquer cancer through kids. Skits, speeches, dances, and songs are performed to promote awareness.

Hair donation and breast cancer awareness BCM news in media

DRIVING CLASS 2018-2019



**Bishop Chulaparambil Memorial
College, Kottayam**

NSS Unit No. 8
In association with
Popular Maruti Driving School

 **MARUTI
SUZUKI**

Driving License Coaching

Commencing from:
28th July 2018

Venue: **College Auditorium**



*Individual
attention
for all!!*

Brochure of driving coaching 2018

Bishop Chulaparambil Memorial NSS, in association with Popular Maruti Driving School, S.H. Mount, is organizing driving classes for students and staff of the college for the last four years as part of women empowerment. The classes enable them to attain driving licenses and safe driving skills. 51 persons has attained driving license the year 2018. Admission for the classes of next year has already begun and 16 students participate in it.

The use of plastic bags is increasing nowadays. We can replace plastic bags entirely with cloth bags and paper bags. Cloth bags are better than plastic bags for many reasons. If we care about our future, then there isn't any choice. Using cloth bags is the way to go. The Department of Zoology conducted a cloth bag-making class amid growing concerns about plastic pollution. Mrs Asha K S, Volunteer from Breakthrough Science Society, handled the session on 11-01-2019.

The resource person made the participants familiar with materials and tools that could be used for bag making. Then, she demonstrated each step of bag making like cloth folding, measuring, designing and stitching. As a result, participants were motivated to create and use their cloth bag designs. This move created a culture of lesser use of plastics to reduce plastic pollution.

The participants became aware of the advantages of cloth bags over plastic bags after the session. They understood that cloth bags avoid the pollution problems that come with plastic. Bags made from natural materials can eventually break down and return to the soil. Most importantly, they could be used over and over. So we need a few of them and only fewer resources to make them. We don't have ample storage and disposal problems. Cloth shopping bags tend to be stronger and quieter than plastic ones – no more crinkly noise. The design options for cloth bags are limitless. One can choose or make bags to suit her needs and wants – including who makes them and how she looks!



Demonstration of cloth bag making by Ms. Asha

CRAFTOMANIA



Brochure

As part of Wealth from Waste program, the Department of Sociology conducted a sale of products we crafted from waste/unwanted materials. The sale was super beneficial for the students and all the items were crafted by students and teachers of Sociology department. About 45 people had visited the exhibition which was organized on 15th January 2019. When different products were made from waste materials, it triggered the out of box thinking abilities of the students and enhanced their craft - making skills and creativity.

FEMMES DE TALENT: CAREER GUIDANCE WORKSHOP

A career guidance workshop for the third-year students was organized on January 16, 2019, led by Ms. Rinu Sunish Thomas, Marketing, Services and Solutions, Malayala Manorama. Around 150 students attended the workshop. Being a former student of BCM college, Ms. Rinu shared with the students the vast areas of opportunities awaiting them, and discussed the various jobs in IT sector, Marketing, and Advertising which could be secured with a Graduate degree.



Brochure

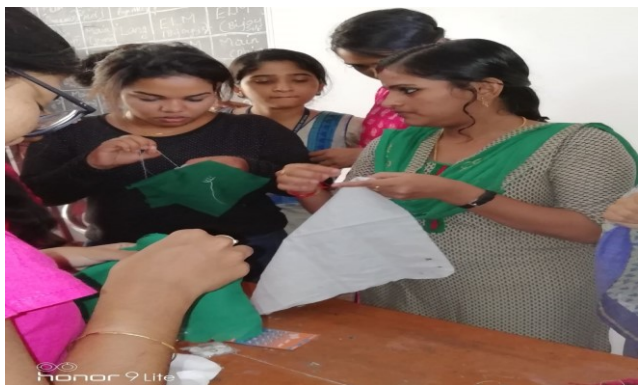


Students attending the workshop by Ms Rinu Sunish Thomas

FEMMES DE TALENT: ESSENTIAL SURVIVING SEWING SKILLS

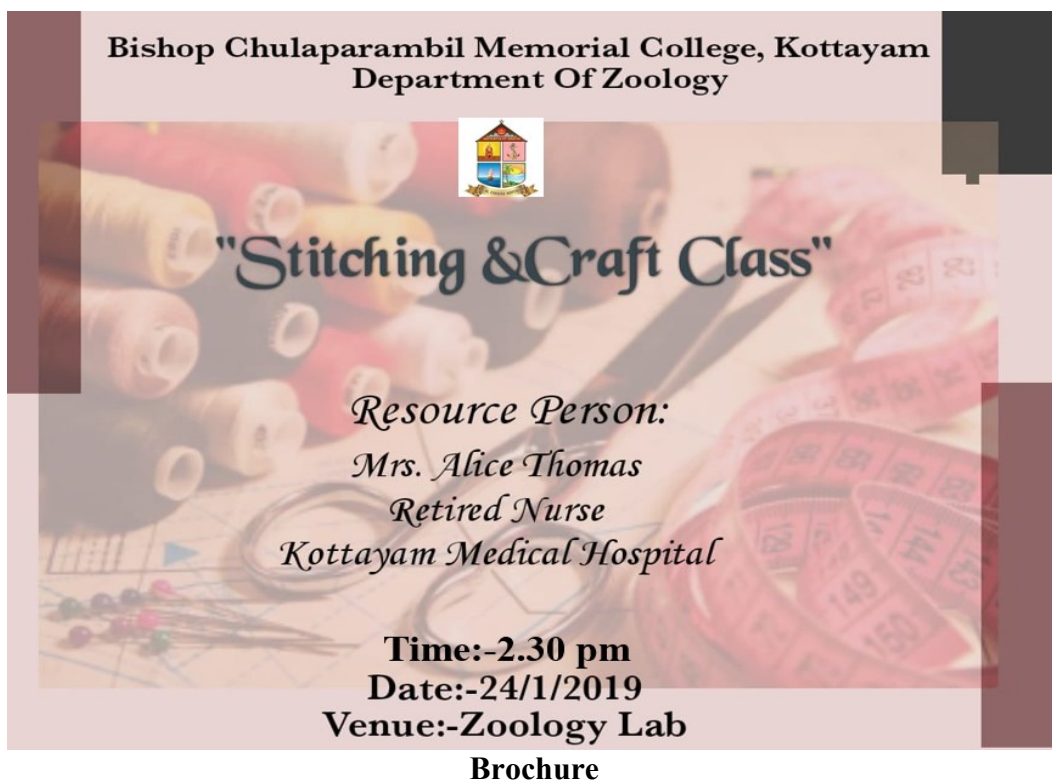


A life skill development class on stitching was organised for the students of the college on January 17, 2019. Ms. Praseetha P.S. and Ms. Meena John, the faculty of the FACS Department took to teaching students simple stitching techniques, such as stitching on a hook, button, and buttonhole. Students were also taught different types of stitching such as running stitch and hemming. Around 100 students took part in the class, and Ms. Praseetha and Ms. Meena were presented stitching articles as a token of gratitude.



Ms Praseetha teaching students simple stitching techniques

STITCHING & CRAFT CLASS



Stitching and embroidery make a fun and relaxing hobby that one can do from the comfort of home. Once considered an old-fashioned pastime, embroidery is now one of the trendiest crafts to take up. It is relaxing, fun and suitable for all ages, and it's also effortless to start. Ms Alice Thomas, Retired Nurse, Kottayam Medical Hospital, gave a training session on Preliminary stitching and embroidery work on 24th January 2019. The Department of Zoology organized the program.

Ms Alice taught them to begin making beautiful embroidery artwork using just one simple stitch. She added that as they gained confidence, they would be able to add more stitch styles. She introduced specific kits for beginners that can be purchased to simplify the process even further, which come with colour coding and patterns that ensure to end up with a beautifully finished piece. Finally, she trained them to make more stitches. She also took a session to teach the students to make different art & craft items.

In today's modern world, we're always on the go. Making time to sit down and do something crafty gives a person relaxation time. Just 45 minutes of an arty activity like embroidery combats the effects of stress. It works by lowering the amount of cortisol in one's body. Embroidery can turn even the duller item of clothing or soft furnishing into a work of art. One can use embroidery for breathing new life into old cushion covers or clothing. One can even create

personalized wall hangings as gifts for friends and family. So, if one is looking for a fun and useful hobby, she can't go wrong choosing embroidery. All the participants got motivated and equipped with this session to start a new hobby.

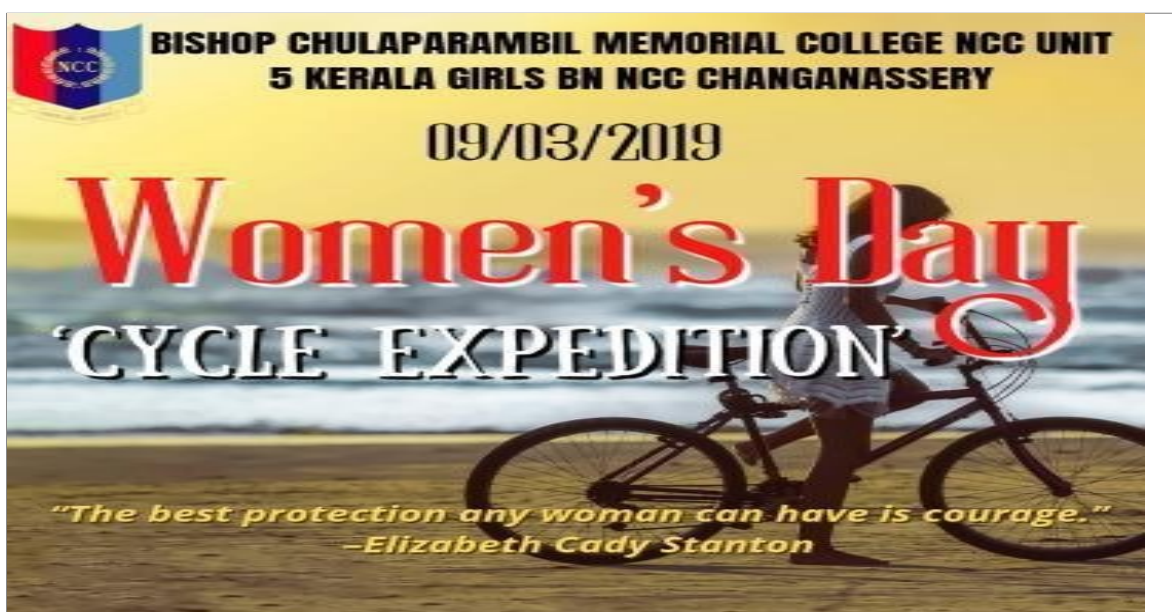


Craftwork demonstration and Craftworks made by the students



Students of Sociology Department exhibiting the craft items they made from waste/ unwanted materials.

WHEELOLAM PENMA



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This was a venture to attract the attention of the general public, especially the women folk of our college towards pedaling, which is very essential for health, environment and finance saving. 15 girls under the leadership of Fr Byju Mathew and Prof. Karthika Elizabeth made a bicycle trip from BCM College to Alappuzha at 6 am on 9th March 2019, covering more than 60 km which was a wonderful experience. Decathlon, Kottayam gave us the bicycles free of rent, Prof. Luke Leon Kurian and Pramod Madappalli gave technical assistance and the Alappuzha cycle riders group welcomed and accompanied us from Neelamperoor. There were 11 bicycles and the riders rotated in turn and the others accompanied in car. The return journey was in the KWTD boat up to Kodimatha.



Bicycle ride starting from college.



Bicycle riders at Alappuzha



Bicycle riders at Decathlon.

STREET PLAY ON THE OCCASION OF WOMEN'S DAY

On the 11th of March 2019, the cadets of the NCC unit staged a street play on the occasion of women's day, in front of the college Auditorium. 8 cadets participated in the said street play.

The street play was on the basis of an essay named 'Adukala' translating 'Kitchen' where the struggle of a woman as a wife and a mother was clearly shown. The audience consisted of the entire staff and student body of the college.



Brochure



Street play 'Adukala' conducted by the college students.

