



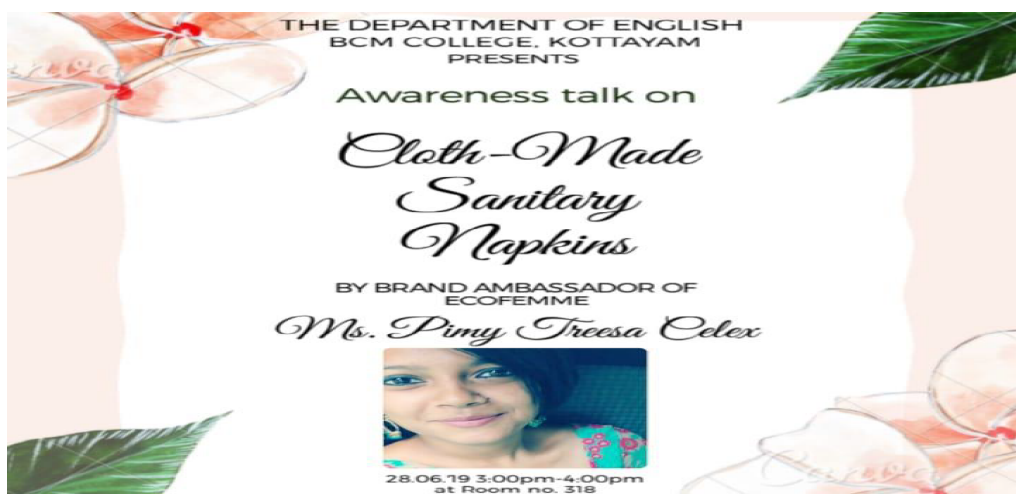
***GENDER SENSITIZATION ACTIVITIES/ACTIVITIES PROMOTE GENDER EQUITY***

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## FEMMES DE TALENT: AWARENESS TALK ON CLOTH-MADE SANITARY NAPKINS

With the aim of promoting a sustainable lifestyle among the students, an awareness talk on cloth-made sanitary napkins was led by the Brand Ambassador of Ecofemme, Ms. Pimy Treesa Celex, on June 28<sup>th</sup>, 2019. Around 200 students took part in the session, which helped in creating room for an open discussion about the benefits of using cloth-made sanitary pads and other such viable menstrual products.



Brochure



Ms. Pimy Treesa Celex taking class for students

## STITCHING OF CLOTH BAGS



Brochure

On various occasions BCM NSS gave training for volunteers for preparation of cloth bags and pouches. Prof. Remany Tharayil, former Principal of BCM College gave a special training to the volunteers on 3<sup>rd</sup> July 2019, utilizing the FACS Lab. Prof. Remany brought the cloths by herself. The cloth bags prepared on the day and on the days that followed were given to the senior volunteers as gifts during the valedictory function arranged in honor of them.



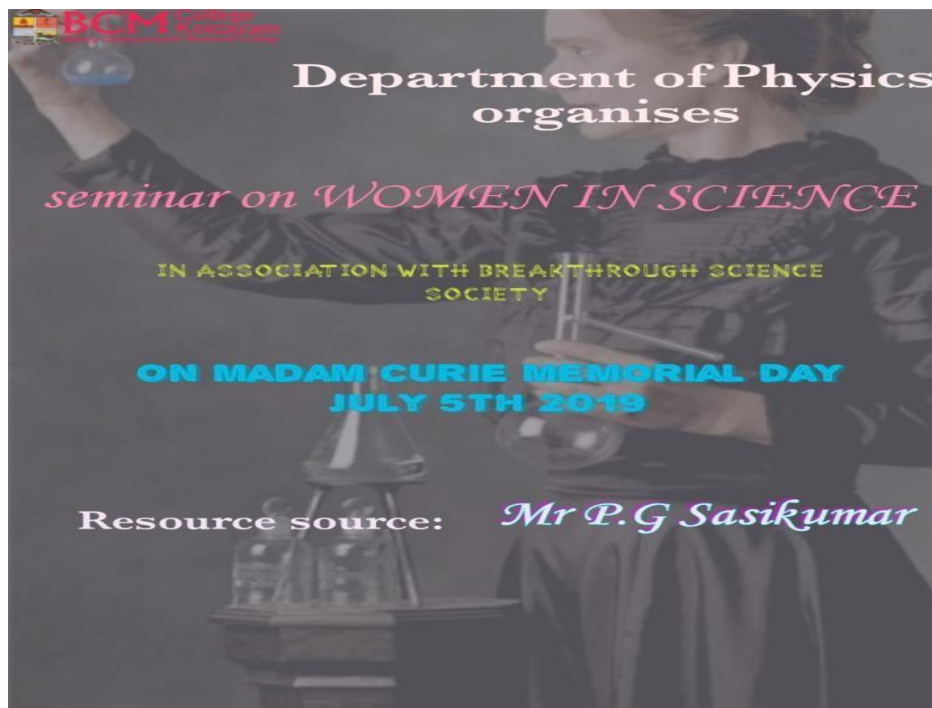






NSS volunteers participating in stitching

## SEMINAR ON WOMEN IN SCIENCE



conducted by Mr. P. G. Sasikumar, Retd  
Curie and the struggles she had to  
nised in association with  
gramme.

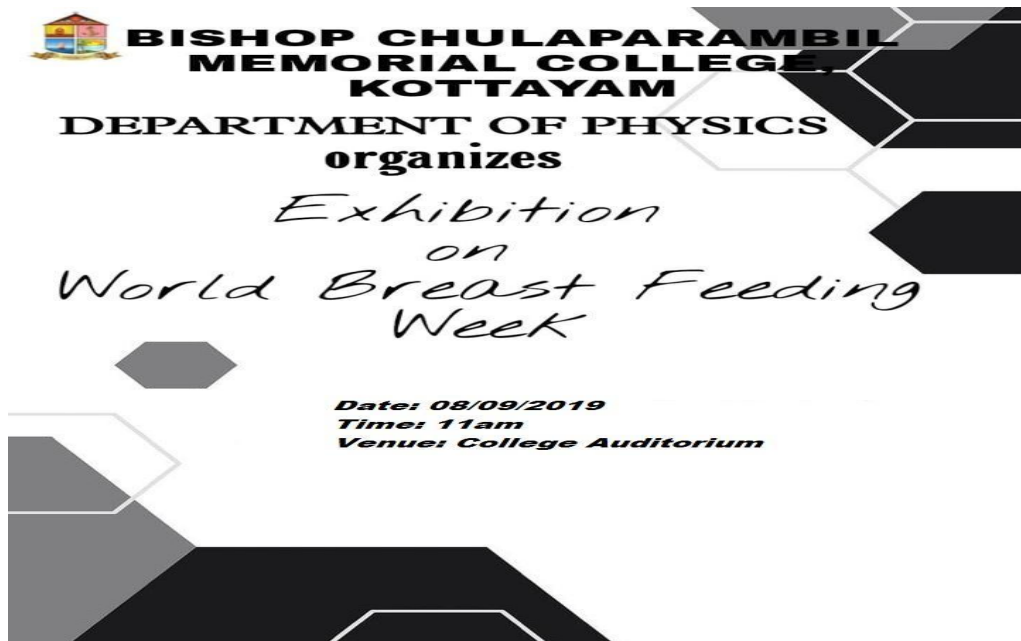


Students attending Seminar on Madam Curie Day

### **BREAST FEEDING WEEK CELEBRATION**

As part of Breast Feeding Week Celebration (1-7 August 2019), BCM NSS in association with Department of Family and Community Science organized an awareness programme on Breast Feeding on 8<sup>th</sup> August 2019. Mime, flash mob and chart exhibition in front of the auditorium were all part of the programme. More than three hundred students casted their thumb impressions on the thumb impression board placed in front of the auditorium. Different kinds of charts which reveals the importance, positions, techniques for better breast feeding, logo, breast milk formula, difference between breast milk and other formula milk were exhibited.





Brochure



*Chart exhibition as a part of Breast Feeding week*





**Breastfeeding**  
World's best food for babies  
Every Month Matters  
Each additional month of breastfeeding  
reduces a child's risk of dying from  
infectious diseases by 13% and of becoming  
obese by 4%.

**Essential for**  
GROWING INFANTS  
Plenty of breast milk is the best  
food for babies. It's the perfect mix of  
fat, sugar, and protein. It's also full of  
antibodies to help protect your baby  
from illness.

**FEEDING**  
The best way to feed your baby is with  
breast milk. If you can't breastfeed, use  
formula. But if you can, breastfeed for  
at least 6 months. Breastfeeding  
helps your baby's immune system and  
reduces the risk of infection. It also  
helps your baby's brain develop.

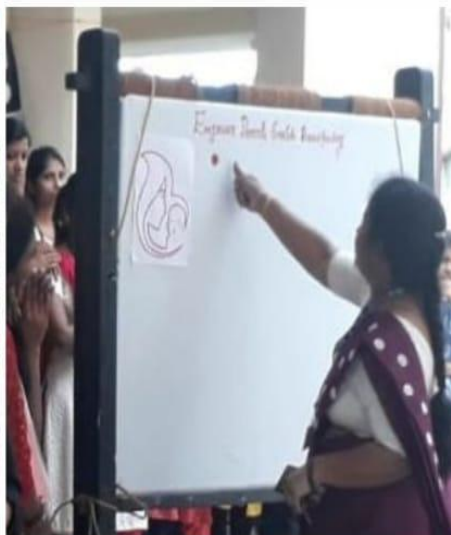
**World Breastfeeding**  
The World Health Organization (WHO) and  
UNICEF recommend exclusive  
breastfeeding for the first 6 months of  
life. After 6 months, introduce  
complementary feeding while  
continuing to breastfeed for at least  
1 year, or longer if possible.

**WORLD BREASTFEEDING DAY**

World Breastfeeding Week is celebrated  
every year from August 1st to 7th. It's a  
time to celebrate the benefits of  
breastfeeding and to support women  
who are breastfeeding. It's also a  
time to raise awareness of the  
importance of breastfeeding for  
the health of babies and mothers.

**Importance of Nutrition**  
During the first 6 months of life,  
a baby is fed only breast milk.  
Breastfeeding is the best way to  
provide your baby with the  
protein, nutrients, and vitamins  
that breast milk contains. Breast  
milk is the perfect food for babies  
and can help protect them from  
infection. It also helps your baby's  
brain develop. Breast milk is also  
the best way to bond with your  
baby. It's a time to be close to  
your baby and to provide them with  
the love and care they need to  
grow up healthy and happy.

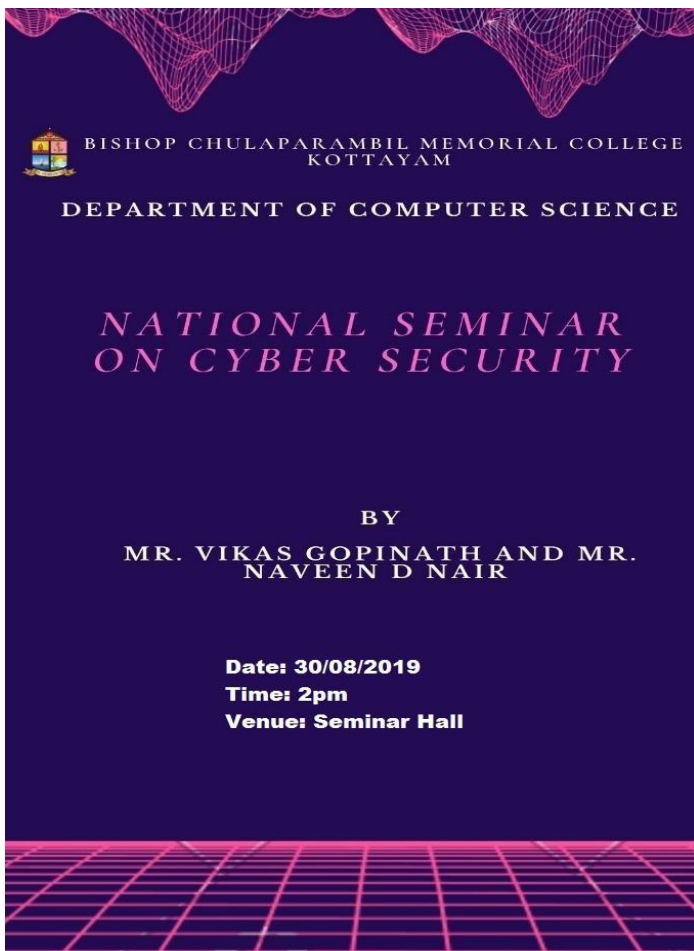




***BCM NSS & Department of Family & Community Science celebrating Breast Feeding Week***

## **NATIONAL SEMINAR ON CYBER SECURITY**

We conducted a one day National Seminar on 30<sup>th</sup> August 2019 about CYBER SECURITY by Mr. Vikas Gopinath, Director, Cyber Academy and Forensic Education and Mr. Naveen D. Nair, Operations Head, Logic Software Solutions, Kottayam. There were more than 120 participants from different colleges in India. Cyber-crimes are increasing day by day and the class was very effective that made students to be aware about all such crimes.



National Seminar on CYBER SECURITY by Mr.



Brochure and photos with Vikas Gopinath and Mr. Naveen D. Nair

### **BREAST CANCER - AWARENESS CLASS**

Dr. Boban Thomas, Oncologist at Caritas Hospital, gave an awareness class on 'Breast Cancer' on 1<sup>st</sup> October, 2019 at 7 pm in the college. He also mentioned the various hygienic practices to be observed by women, especially in the adolescent age. As the number of patients suffering from breast cancer is increasing day by day, a seminar that explains the reasons and practical measures that could be taken to prevent breast cancer is essential. Bishop Chulaparambil Memorial College being a women college, a seminar on this topic is mandatory. The class was very interactive and the student representative commented that it was really an effective session and she proposed vote of thanks to the speaker for presenting such an interesting session on the topic 'Breast Cancer'. In association with breast cancer awareness month, Women cell of Bishop Chulaparambil Memorial College Kottayam conducted a flash mob to increase awareness on breast cancer.



Brochure



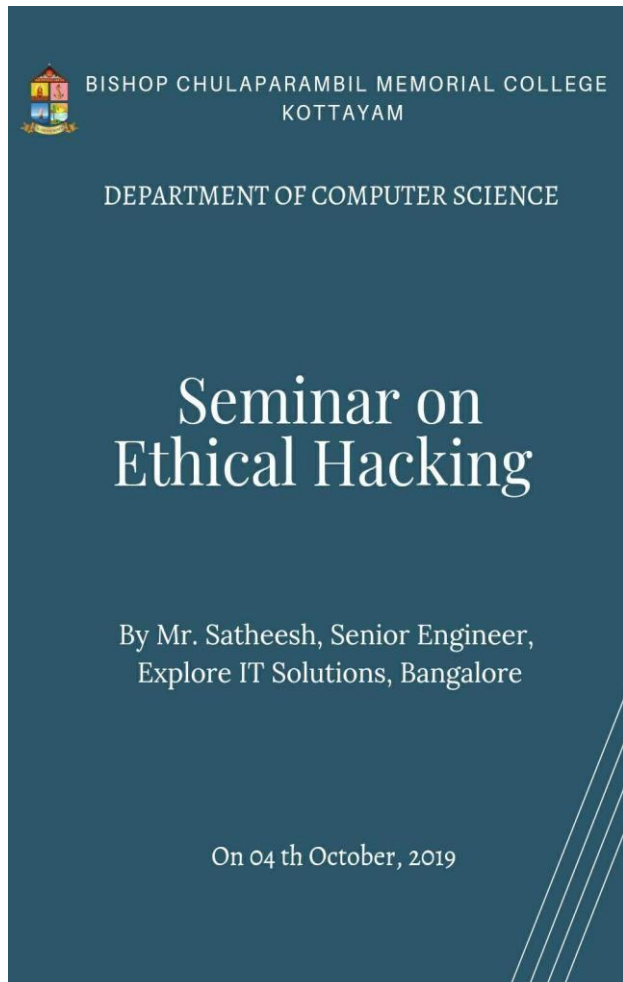
*Brochure and Talk on Breast Cancer by Dr Boban Thomas*



*Street play conducted as a part of Breast cancer awareness program*



## SEMINAR ON ETHICAL HACKING



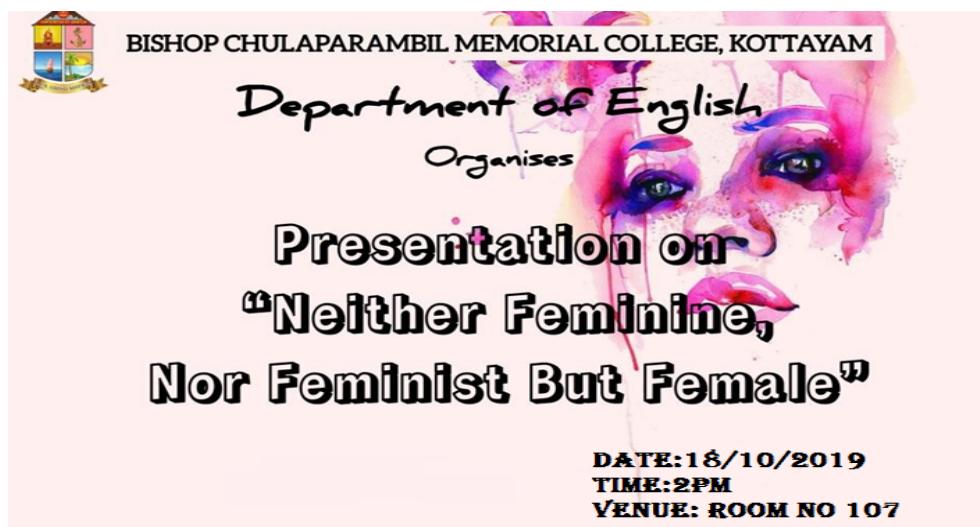
A Seminar on Ethical Hacking by Mr. Satheesh

Conducted a seminar on Ethical Hacking by Mr. Satheesh, Senior Engineer, Explore IT Solutions, Bangalore on Oct 4<sup>th</sup> 2019. He explained about how hackers unknowingly work on our system and how to aware of it. It was a very informative session for the all our students. 45 students participated in the programme.

**<https://youtu.be/7K3Ixyarmxs>**

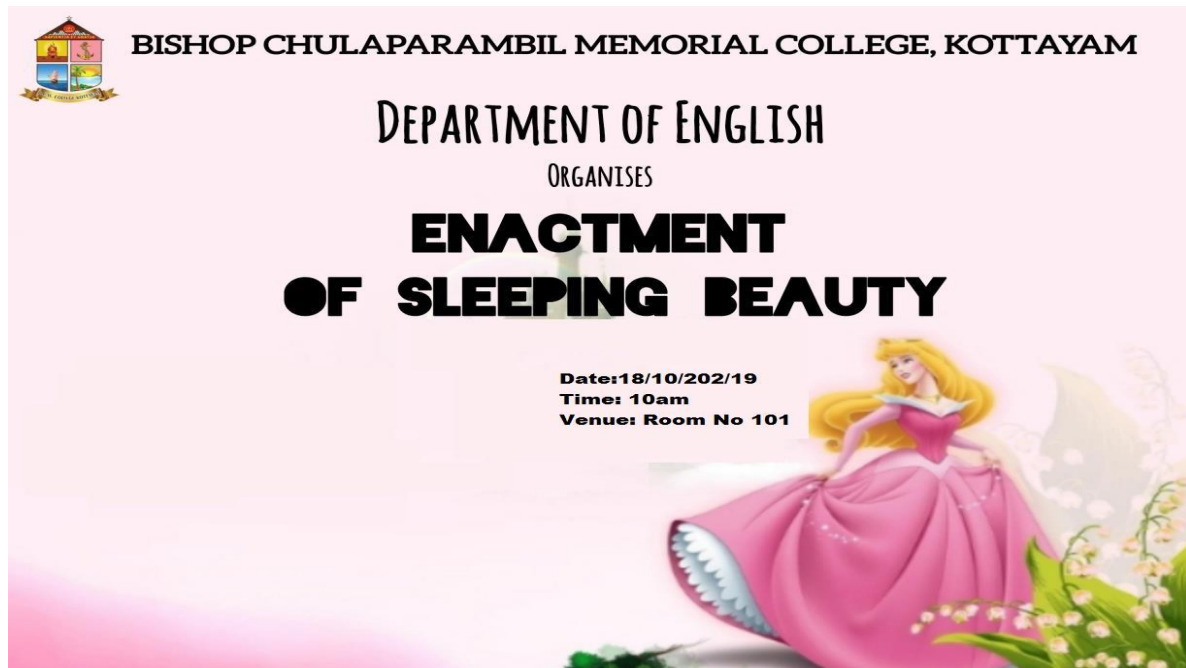
## **PRESENTATION ON “NEITHER FEMININE, NOR FEMINIST BUT FEMALE”**

Nija Elsa Jayan presented a paper on “Neither Feminine, Nor Feminist But Female” with reference to “ladies Coup`e by Anitha Nair on 18th of October 2019. It was followed by a group discussion on the same under the guidance of Dr. Nithya Mariam John. About 56 students attended the programme.



## ENACTMENT OF SLEEPING BEAUTY

A deconstructed version of “Sleeping Beauty” was enacted on 18<sup>th</sup> October by the first year students. It was presented in rather improvised from where the character maleficent wakes up Aurora and kingdom instead of the Prince. The play was portrayed as an attempt to bring forward the idea that a female doesn’t need the help of a male to arouse her.



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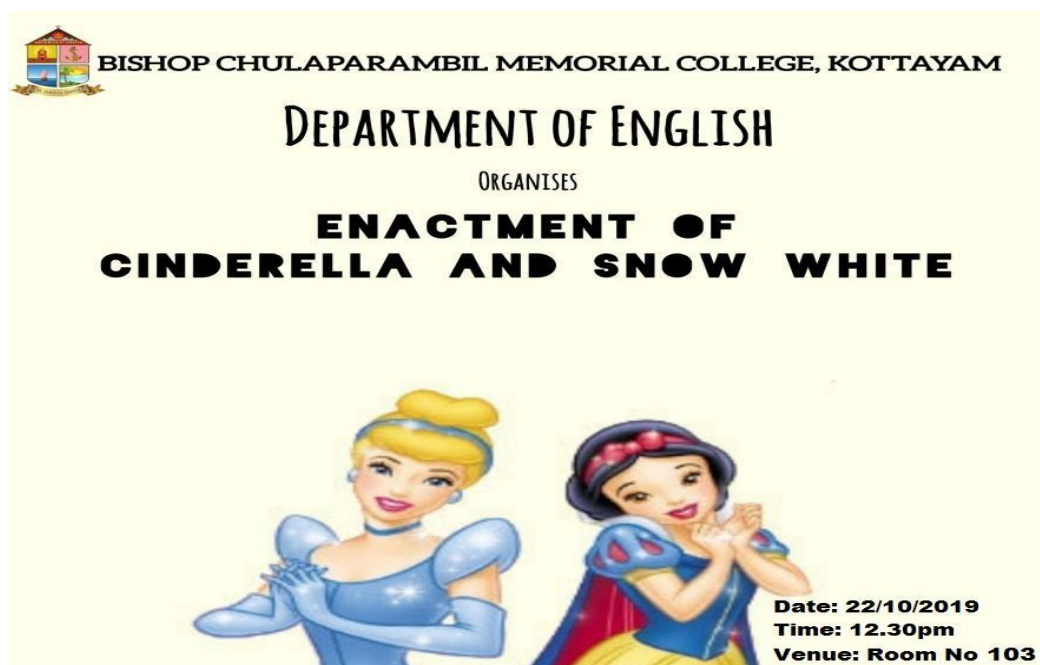
### 6. Enactment of Sleeping Beauty



## ENACTMENT OF CINDERELLA AND SNOW WHITE

On 22nd of October 2019, first years performed “Cinderella”, in the light of feministic deconstruction of the typical fairy tale by redefining beauty standards. Cinderella was portrayed bold and independent. Anastasia was portrayed as an understanding person as he persuades Cinderella to acquire all her dreams and aspirations.

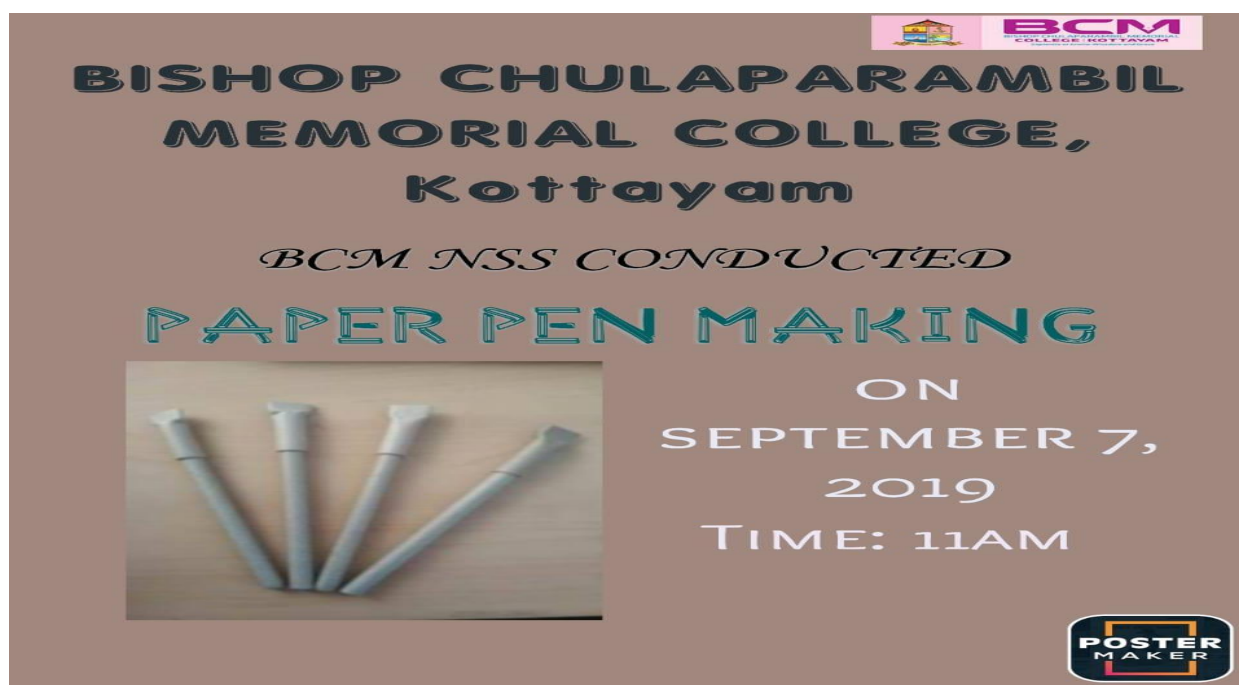
The students also enacted a deconstructed version of Snow White. The fairy tale was given a feminist turn in which Snow- White refuses to marry the prince as she thinks she has to reclaim the throne.





## PAPER PEN MAKING

As a major green initiative, BCM NSS prepared paper pens on September 7, 2019 to be given to as gifts to invited guests in various programme. The first year NSS volunteers were welcomed to BCM NSS by gifting a paper pen on the first day of their NSS activities. 500 pens distributed among delegates of missionary Sangamam, a meeting conducted by the Archeparchy of Kottayam at Chaithanya Pastoral Centre on 26<sup>th</sup> October 2019. Around 100 pens were distributed among NSS volunteers and to other students from St Mary's college Manarcaud, when they visited the college



Brochure





***Paper pen by NSS Volunteers***

## **SEMINAR ON HEALTHY MOTHERHOOD**

Department of Physics, in association with FACS department conducted a seminar session on the topic “Healthy Motherhood: a need for better tomorrow” by Dr. Kurien Thomas (Rtd. Pediatrician, Medical College, Kottayam) on 28<sup>th</sup> October 2019. Motherhood is a stage where women undergo changes-mental, physical and hormonal. Better understanding of changes that occur in a person when she becomes a mother is important. There are cases where depression occurs after delivery due to stress, lack of sleep. Class was very interesting and all the students listened carefully and had many doubts to ask Dr. Kurien Thomas.



Seminar on healthy motherhood by Dr Kurian Thomas

## RUN FOR SAFE CHILDHOOD

Today's children are tomorrow's better citizens. But nowadays, children are facing mental and physical harassment. They too have rights. In association with the International day of girl children, Bishop Chulaparambil Memorial College, Baselius College, KE College Mannanam, Madonna College and Kottayam district Police department together conducted a Marathon on the name Run for safe childhood On **November 18, 2019**. The Marathon started from Madonna College and its destination was Thirunakkara Ground. The flag off for the Marathon was done by P SUDHEER BABU, the honorable Collector of Kottayam.



Bishop Chulaparambil Memorial College NCC Unit also participated in the marathon under the leadership of Lt. Dr. REEJA P.S, ANO Bishop Chulaparambil Memorial College, Kottayam and SUO SNEHA MERIN SAJI. The Marathon was a great success. About 70 students participated in the marathon.



### **JOB ORIENTED SKILLS- TO MAKE AN ALTERNATIVE LIVELIHOOD .**

#### **WORKSHOP ON ECO- FRIENDLY BAG AND POUCH MAKING**

NSS Volunteers were taught on making 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. A workshop on eco- friendly bag and pouch making was organized by BCM NSS unit in order to promote production and use of eco-friendly products and to reduce plastic bags on 26<sup>th</sup> Devcenber at 02:30 pm. Mrs. Thasneem and Kumari Sivaprabha, Trainees of St. Theresa's College, Ernakulam led the workshop. Volunteers were trained to stitch bags with old cloths and jeans materials and cloth pouches. After the session it was decided to make bags in the college and to exhibit and distribute the same among the students.



**Bishop Chulaparambil Memorial College,  
Kottayam  
NSS Unit No. 8**

## **WORKSHOP ON ECO- FRIENDLY BAG AND POUCH MAKING**

**Resource Persons:** Mrs. Thasneem  
Kumari Sivaprabha  
Trainees, St. Theresa's College, Ernakulam

**Date:** 26<sup>th</sup> December, 2019

**Time:** 02:30 pm

**Venue:** Mariyabhavan English Medium School,  
Kumarakam



*Brochure*







*Workshop: Scenes from Paper bag making*



## FIT INDIA CYCLATHON

As part of Fit India Cyclathon movement initiated by the Ministry of Youth Affairs and Sports, BCM College in association with Nehru Yuva Kendra Kottayam (ministry of youth affairs and sports, government of India), Kottayam Cycling Club and Decathlon Kottayam has organized a cycle rally on 18<sup>th</sup> January 2020. It was flagged off at 6.30am by Sri Sudheer Babu IAS, District Collector. The rally ended up in BCM College by 8.30 am. 10 volunteers from BCM College participated in it and more than 50 riders from outside joined the venture.



**NEHRU YUVA KENDRA KOTTAYAM**  
GOVERNMENT OF INDIA  
MINISTRY OF YOUTH AFFAIRS & SPORTS

**DECATHLON**

**FIT INDIA CYCLE DAY**  
18th Jan 2020

**PEDAL YOUR WAY TO FITNESS**  
Route :  
Thellakom - Nagampadam  
- BCM College

Flag off Venue : Decathlon, Kottayam  
Reporting Time : 630 A.M

In Association with  
**District Administration - BCM College, Kottayam**  
**Kottayam Cycling Club - Decathlon, Kottayam**



*Images from FITINDIA Cyclathon*



## GENDER SENSITIZATION

As a part of Department Extension Activities, several programs are conducted and classes were taken by many eminent persons. A class on Gender Sensitization was taken by Ms. Jolly James.


The session was held in Sr. Savio Memorial Hall, Bishop Chulaparambil Memorial College. The session was inaugurated by Dr. Teena, chief guest, Mrs. Reeja, HOD of Department of Sociology, Bishop Chulaparambil Memorial College was also invited as our guest, third year students from the department of sociology and physics also join with the students of food science and quality control.


The class was based on the importance of gender education among the youth. It also emphasizes on the importance of empowerment of women. It was a full day session with the involvement of whole class. It was an interactive with a whole hearted participation from all the students gathered. Students get to know about the difference between gender equality and equity. The whole class was divided into 12 groups and was given various activities. The sum of all activities points out towards the empowerment of women in one way or the other. Students were excited to participate in those activities and the session were actually a fun along with the enhancement of knowledge.

The official E magazine of the department of the academic 2019-2020 was released by Mrs. Jolly James on the 21st of January 2020.

**DEPARTMENT OF FOOD SCIENCE AND  
QUALITY CONTROL**  
*PRESENTS*

**A WEBINAR ON**  
**GENDER  
SENSITIZATION**





**SPEAKER :**  
Dr . jolly james  
Asst Prof. Dept of social work  
SB College  
Changanacherry

**DATE :21/1/2020**

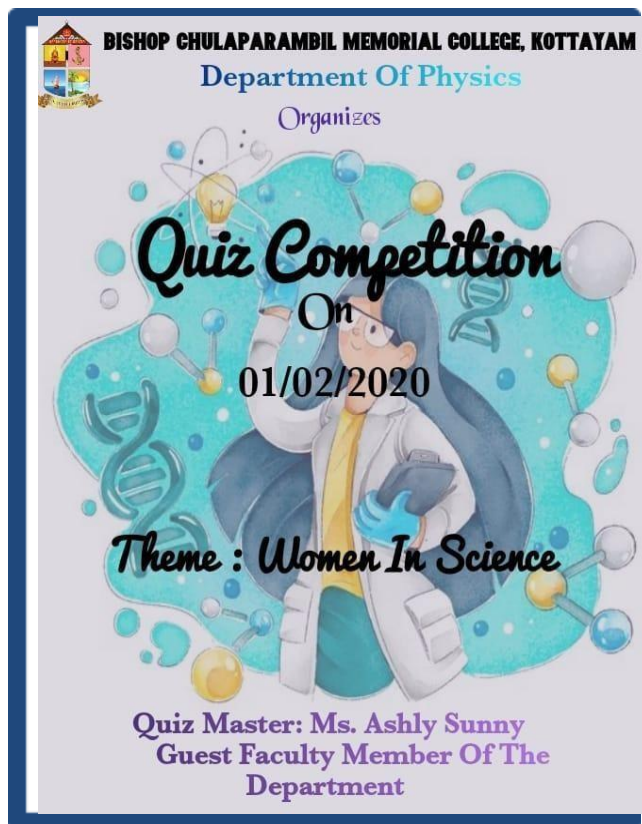




*A few glimpses of the seminar*

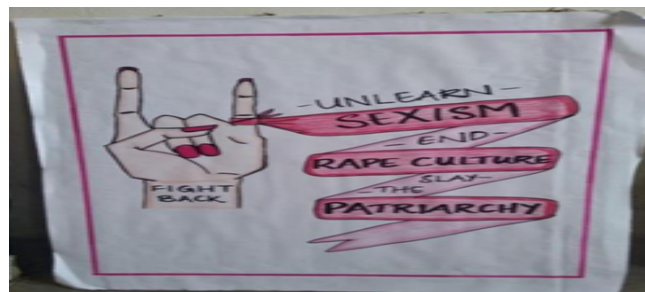
### **WOMEN IN SCIENCE QUIZ**

Quiz competition was held on February 1st as a part of the National Science Day 2020 celebrations in line with the 2020 theme “Women in Science”. Ms. Ashly Sunny, guest faculty member of the department, was the quiz master. About 86 students attended the program and made it grand success. Through this programme students could really understand the contributions made by the women scientist in the field of science and how they could overcome the difficulties they faced. Many students commented that the life story of many scientists were really inspiring and motivated them to try hard breaking the existing bias in the society.



## EXIHIBITION ON GENDER SENSITIVITY 05/02/2020

As part of Celebrazione 2020, the students conducted an exhibition of artworks by themselves, based on the topic Gender Sensitivity, thereby declaring that every citizen of the country deserves equality irrespective of their gender. About 56 students exhibit their art works.

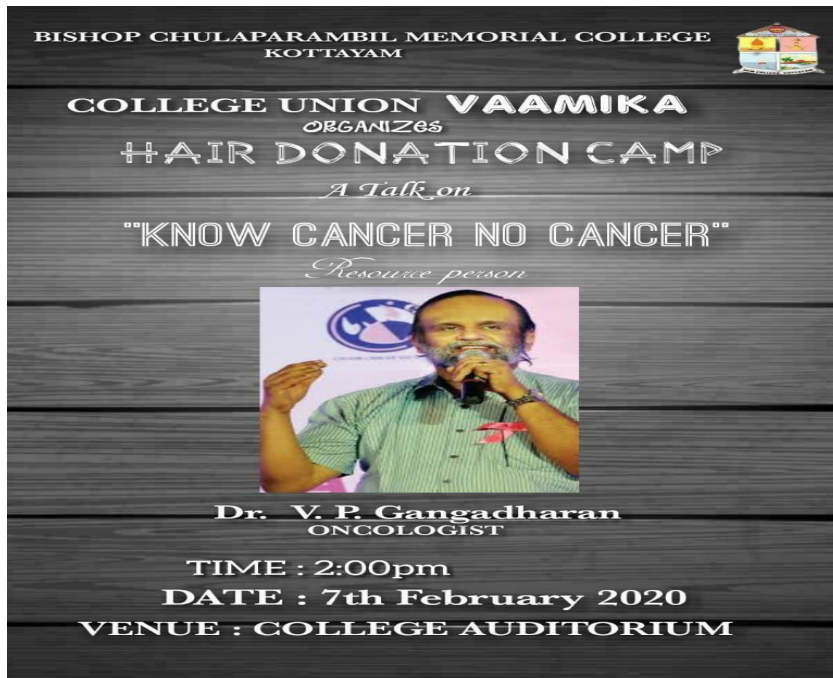




### **TALK ON 'KNOW CANCER –NO CANCER'**

On 7<sup>th</sup> February 2020, Vaamika organized a health awareness talk-Know Cancer- No Cancer by Dr. V. P Gangadharan, the leading Oncologist of Kerala. Cancer-winner Ms. Steffy Thomas shared her personal story of survival with students. A hair donation camp was held on the same day to provide students with an opportunity to express their concern and love for cancer survivors.





Dr. V. P Gangadharan taking class on the topic "Know Cancer No cancer"



*Hair donation at BCM*

## **CERTIFICATE OF APPRECIATION FOR HAIR DONATION**

The college received a certificate of appreciation for donating 43 students' hair to Amala Hair Bank, programme at Amala Hospital, Thrissur on 28th November 2020. This hair is used to make wigs for the cancer patients.





### Certificate of Appreciation



Hair donation camp news in media



## **COMMUNITY PROGRAMME**

### **LIFE SKILLS FOR WOMEN EMPOWERMENT**

Department of Social Work in association with social service society (KSSS) organized a community programme at St. Mary Parish auditorium Kallara New Resource persons Rev. Dr. Shaji Mukalel had taken a session on ‘ Amma Ariyan’ and Mr. Biju Parasseril faculty of Bishop Chulaparambil Memorial College had taken a session on ‘Life skills on women empowerment’ respectively. MSW students Nandini , Merin and Krishnakumari felicitated the audience. Around 240 members from different SHGs attended the program. The event was successfully conducted on 26<sup>th</sup> February 2020.

**Department Of Social Work**  
**BCM College, Kottayam, Kerala**

**Community programme**

**Life Skills for  
Women Empowerment**

**26/02/2020**

**St. Mary's Parish Hall, Kallara**

More Information  
9446448215  
bcmmsw@gmail.com





*People attending the seminar*

## **Part 1 of the Webinar**

### **GENDER HISTORY IN INDIA**

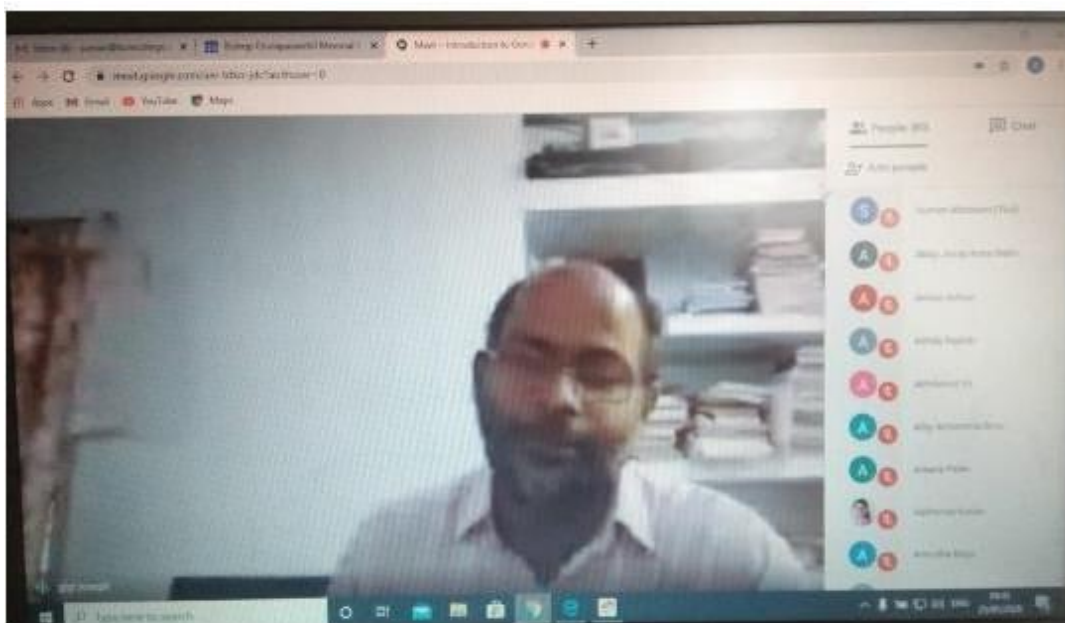
Webinar conducted on 'Gender history in India' on 25<sup>th</sup> May 2020. Prof Jiji Joseph, assistant professor, department of history, St Mary's college Manarcad was the resource person. About 65 students participated in the session.



## Part 2 of The Webinar



A second part of the webinar was conducted on 31<sup>st</sup> May 2020. The topic was 'Gender History in India'. Prof. Gigi Joseph, who is the assistant professor in the department of History, St Mary's College, Manarcad was the resource person. There were 81 participants in the webinar.



*Screenshot of the webinar conducted*