



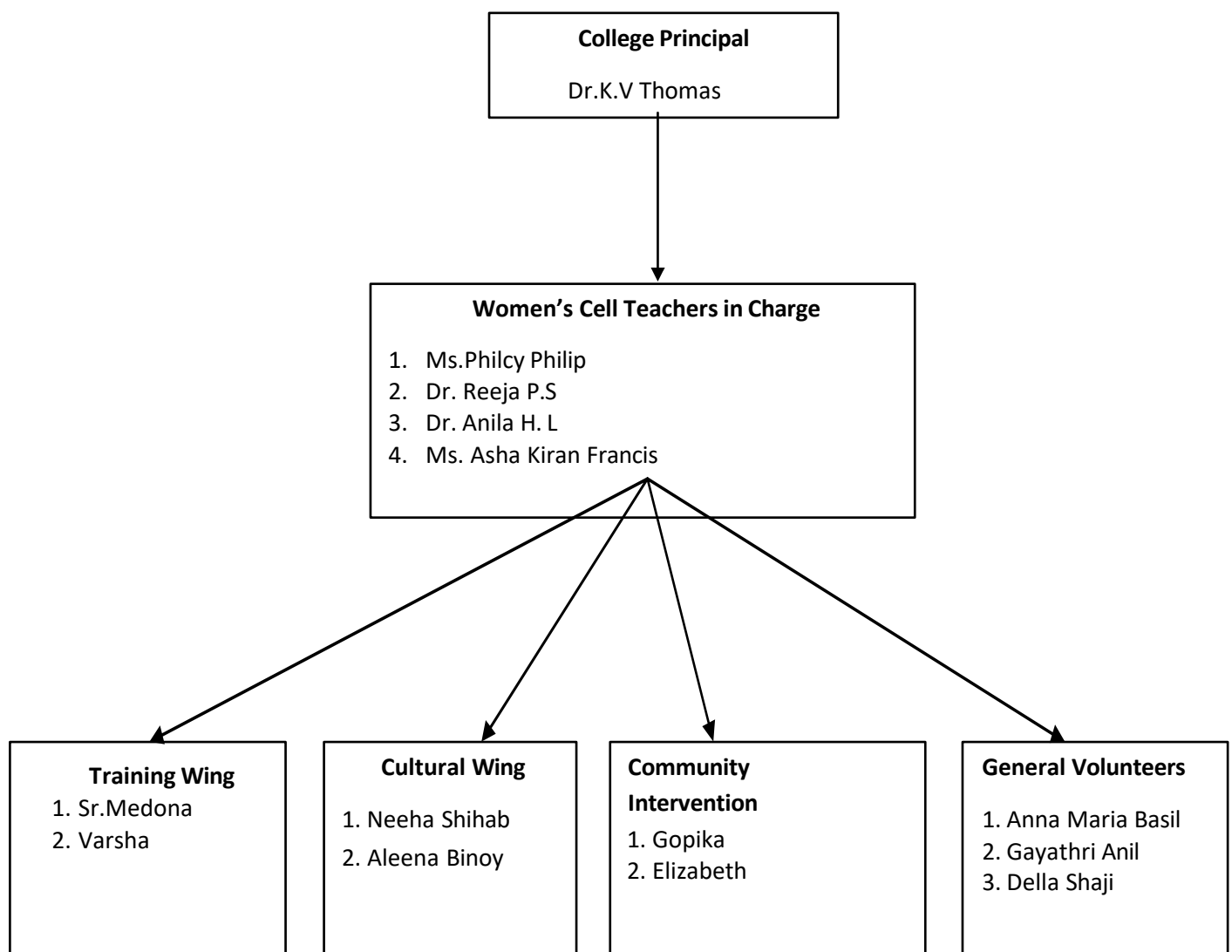
NAAC ACCREDITED WITH A⁺(CGPA-3.46)

BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM

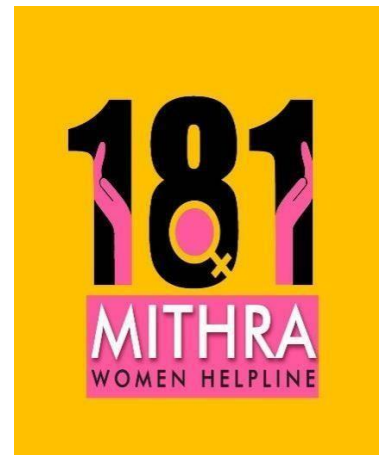
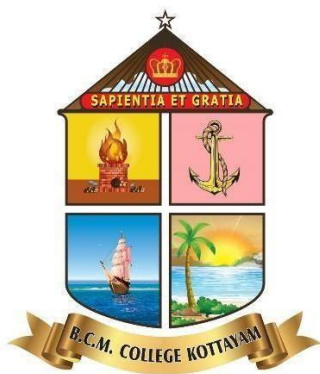
CENTRE FOR WOMEN EMPOWERMENT

2024-2025 REPORT

Structure of Women's Cell in our College



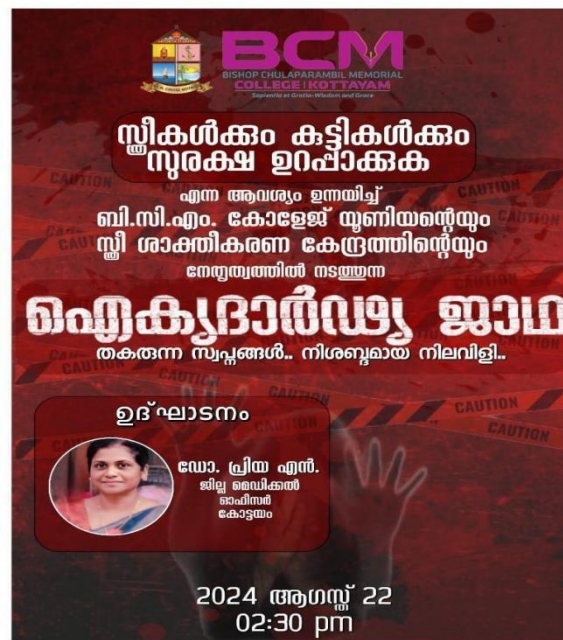
Programmes of Women's Cell, BCMCollege in association with KSWDC:



Protest against Violence against Women

Organized by : College Union and CWE in response to the rise in violence against women and children.

Flagged off by : Dr. Priya N, District Medical Officer, Kottayam.



In response to the rising incidents of violence against women and children in the country, Bishop Chulaparambil Memorial College organized a protest rally on 22nd August 2024, Thursday, at 3:15 PM in Kottayam. The rally was a joint initiative by the College Union and the Centre for Women Empowerment (CWE) to raise awareness and demand stronger actions against gender-based violence. The rally was flagged off by Dr. Priya N, District Medical Officer, Kottayam, in the presence of a large gathering of students and faculty members. Before the commencement of the rally, Dr. Priya N and Dr. Stephy Thomas, the Principal of the College, addressed the gathering in front of the College. Dr. Priya N emphasized the urgent need for collective action to combat violence against women and children, highlighting the role of educational institutions in bringing about social change. Dr. Stephy Thomas

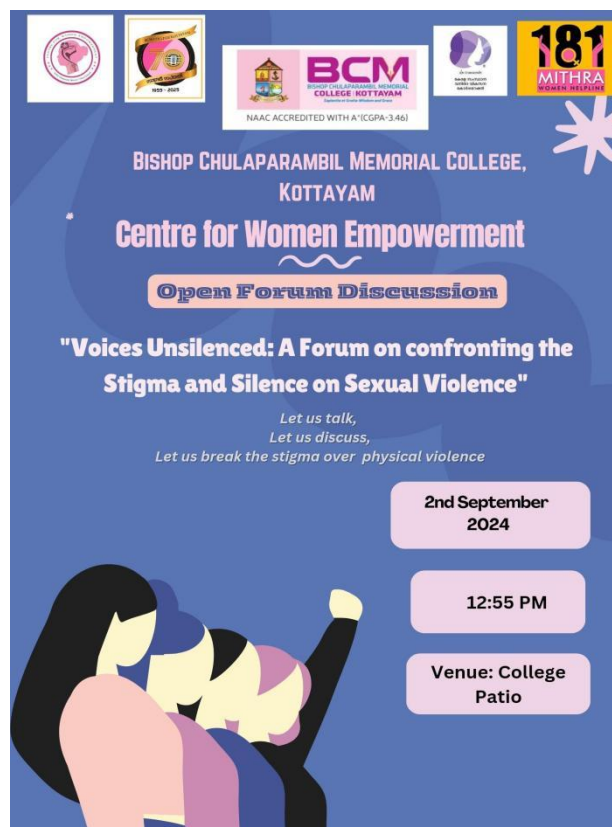
reiterated the College's commitment to empowering women and advocating for their rights, encouraging students to stand against all forms of injustice.

The rally was led by Dr. Stephy Thomas (Principal), Dr. Neethu Varghese (Union Advisor), and Dr. Reeja P.S (CWE committee member and IQAC Coordinator). Students walked in pairs, holding placards with powerful messages condemning violence against women and children. Some students painted their faces with words like "Save Women", while others covered their mouths to symbolize the silenced voices of women in society. These visuals made a strong impact on onlookers, conveying a poignant message about the struggles and injustices faced by women and children. The rally started from the College and concluded at Thirunakkara Gandhi Square, drawing significant public attention. Throughout the route, students chanted slogans advocating for women's rights, justice, and safety, urging society to stand together against oppression and violence. The overwhelming participation of students reflected their deep concern for the cause and their determination to bring about a positive change.

The protest rally successfully raised awareness about the increasing violence against women and children, sending a strong message to the public and authorities about the need for immediate action and policy enforcement. The event demonstrated the unwavering commitment of BCM College towards women's empowerment and social justice, encouraging students to become agents of change in building a safer and more equitable society. The program concluded with a vote of thanks from the organizers, acknowledging the active participation of students, faculty members, and the public in making the rally impactful. The protest served as a reminder that every individual has a role to play in fighting against violence and ensuring justice for victims.



OPEN FORUM DISCUSSION – "VIOLENCE UNSILENCED: A FORUM ON CONFRONTING THE STIGMA AND SEXUAL SILENCE"



The Centre for Women Empowerment (CWE) of Bishop Chulaparambil Memorial College organized an Open Forum Discussion titled "Violence Unsilenced: A Forum on Confronting the Stigma and Sexual Silence" on 2nd September 2024, at 12:55 PM in the College Patio. The forum aimed to create a safe space for dialogue on sexual violence, societal stigma, and the barriers preventing women from speaking up about oppression. The event commenced with a warm welcome by Ms. Rintu Maria, one of the student coordinators of the forum. She set the tone for the discussion, emphasizing the importance of open conversations in breaking the silence surrounding sexual violence. The discussion was graced by Dr. Phiona Elizabeth Joshey, a faculty member from the English Department, who served as the guest for the forum. The session was moderated by Ms. Vyshnavi, a faculty member from the Sociology Department, ensuring a structured and insightful discussion.

The forum witnessed the participation of over thirty students, all of whom actively engaged in the discussion. Participants candidly expressed their thoughts on the various issues related to sexual violence, including the cultural and social factors that prevent survivors from speaking out. The discussion delved into victim-blaming, legal protections, the role of media in shaping narratives, and the need for stronger support systems for survivors. Thought-provoking questions were raised, encouraging a deep and meaningful exchange of perspectives.

The discussion highlighted the urgent need to challenge societal norms that perpetuate silence around sexual violence and reinforced the importance of education, awareness, and collective action in fostering change. The participants shared personal reflections, experiences, and possible solutions to create a more supportive and inclusive society. The session concluded with a thoughtful speech by Sr. Medona, one of the committee members of CWE, who emphasized the role of such discussions in empowering individuals and breaking the cycle of silence. She encouraged students to be vocal advocates for justice and to support those who have been affected by sexual violence. The Open Forum Discussion successfully provided a platform for open dialogue, awareness, and collective reflection, reinforcing the commitment of BCM College to gender equality and social justice. The event served as a powerful reminder that every voice matters in the fight against sexual violence and societal stigma.



PARTICIPANTS LIST

Open Forum Voices Silenced: A forum on the stigma and silences over sexual violence 02/09/2024 1 PM			
S.No.	Name	Department Class	Signature
1.	Rintu Mariya	III DC Economics	
2.	St. Medona	I DC Eng. C.S.	
3.	Vaishnavi	II DC Sociology	
4.	Anjitha	II DC Sociology	
5.	Chandu Mar's vijay	I DC Eng. C.S.	
6.	Selma Rasheed	II DC English M1	
7.	Poonima V.K	2nd DC MSc CD	
8.	Adithya Pmanor	2nd DC Socio	
9.	Vyshnavi P	2nd DC MSc CD	
10.	Adithya Balabishnan	2nd DC MSc CD	
11.	Anithya A.L	2nd MSc CD	
12.	Christy Raji	2nd MSc CD	
13.	Sona Raji	1st MSc Stat	
14.	Asopriya V.B.	1st MSc Stat	
15.	Abhinami M	1st MSc Stat	
16.	Arshana A.N	1st MSc Stat	
17.	Priyanka Venu	1st BA English	
18.	Riya Rajan	1st DC English	
19.	Krishnaja PA	1st DC English	
20.	Harsha Susan Benoy	1st DC English	
21.	MEIYA K.S	1st DC ENGLISH	
22.	Anja Chellan	1st DC ENGLISH	
23.	Malavika Vinod	1st MSc Stat	
24.	Sujithi Divyansu Mohi	1st MSc Stat	
25.	Sona J.S	2nd DC English	
26.	Vasista Bright	2nd DC English	
27.	Catherine Xavier	2nd DC History	
28.	Sivalakshmi Paakash	"	
29.	Annet J Sappan	3rd DC Eng M1	
30.	Gayathri R Nair	"	

REPORT ON LEGAL AWARENESS SESSION



The Centre for Women Empowerment (CWE) and the Department of Sociology, in collaboration with the Women and Child Development Office, Kottayam, organized a Legal Awareness Session for undergraduate students at Bishop Chulaparambil Memorial College. The session aimed to educate students on legal rights, laws protecting women, and the major issues women face in India. It was held on 26th September 2024 at 1:30 PM in Sr. Savio Hall. The resource person for the session was Adv. Manju Manohar, a practicing advocate at the District Court, Kottayam. She delivered an enlightening talk on the major legal challenges faced by women in India, highlighting the Indian Penal Code (IPC) and the Bharathiya Nyaya Samhitha sections that address issues such as domestic violence, harassment, workplace discrimination, and gender-based crimes. Her session provided a comprehensive understanding of women's legal rights and the legal provisions available for protection and justice.

Advocate Manju Manohar was accompanied by two officers from the Women and Child Development Office, Kottayam—Ms. Sanatha and Ms. Sreeja—who also shared valuable insights on government policies and initiatives aimed at women's welfare and protection. Their contributions added depth to the discussion, offering students practical knowledge on how to seek legal help in times of need.

The program began with a welcome speech by Ms. Harsha, a volunteer of the Women's Cell, who highlighted the importance of legal awareness in empowering young women. The session was formally inaugurated by Dr. Reeja P.S, the IQAC Coordinator of the College and a CWE Committee member. Ms. Sanitha A.S delivered the Presidential Address, emphasizing the need for students to be aware of their rights and to stand against any form of injustice.

The session was highly interactive, with students engaging in discussions and raising queries on various legal issues affecting women. The resource person patiently answered their doubts, clarifying common misconceptions about the legal system and guiding them on legal procedures. The session saw an active participation of around 85 students, reflecting their keen interest in understanding legal matters. The event concluded with a vote of thanks by Ms. Diya, who expressed gratitude to the resource person, guests, and organizers for making the session informative and engaging. To ensure the participants' comfort, refreshments were provided by the organizers.

The Legal Awareness Session was a significant step in empowering students with legal knowledge, equipping them with the confidence to advocate for their rights and take action against injustice. It reinforced the commitment of BCM College to fostering an environment where students are informed, aware, and ready to challenge gender-based inequalities.



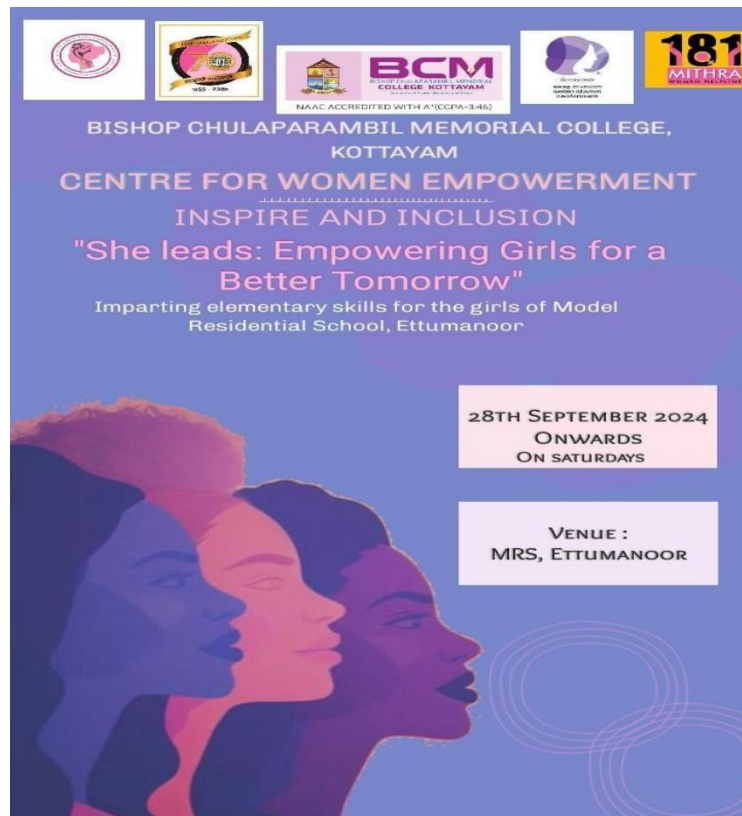
PARTICIPANTS LIST

Exam by :- Adu. Magin Marban
 Seminar on Legal Education
 25 September 2024 1:30 pm

S.No	Name of the Student	Department & class	Signature
1	Dr. Madana J	I DC, English Cultural Studies	
2	Selva Rasheed	II DC English M1	
3	Alaitha Eusan	I DE English Media Studies	
4	Alpa Sagar	I DE English Media Studies	
5	Alpa Lakshmi	I DE English Cultural Studies	
6	Shruti	I DC Sociology	
7	Devi Vinodini	II DC English M1	
8	Malavika Sasidharan	II DC English M1	
9	Evelyn T Mathew	I DC English Media Studies	
10	Aditya K S	I DC English Media Studies	
11	Purnavathy R	I DC English Media Studies	
12	Kishaniga PA	I DC English Cultural Studies	
13	Atsawanya Venu	"	
14	Riya Rajan	"	
15	Anjuchan	I DC English Media Studies	
16	Kesavananya	"	
17	Anjupriya K	"	
18	Randy M	"	
19	Abhinav S Arun	"	
20	Akashya M	"	
21	Abhipriya Suresh	I DC BA Economics	
22	Deiba	"	
23	Rajalashmi	"	
24	Anisha Sagar A	"	
25	Malavika Jeyaraj	"	
26	Devika Subash	"	
27	Arjun Senthil	"	
28	Anurha NS	"	
29	Sr. Maseena John	"	
30	Akshaya P S	"	

S.No	Name of the Student	Department & class	Signature
31	Ananya Prasada	Economics	
32	Ragendu M	History	
33	Sreelakshmi S S	History	
34	Ambily Vijayan	I DC History	
35	Nandhana Krishnakumar	I DC History	
36	Aranya Bose	I DC Sociology	
37	Nandana Sambash	I DC Sociology	
38	Nandana Narayanan	I DC Sociology	
39	Aliza Vaid	I DC Sociology	
40	Prayazakash	I DC Sociology	
41	Bhavya Roy	I DC Sociology	
42	Aleena Sebastian	"	
43	Gowdi R	"	
44	Kishnerthulks	"	
45	Ashna Ashu Sahik	"	
46	Ashna Shabul Hanseel	"	
47	Vismaya Suresh	"	
48	Asya nri Rishad	"	
49	Anjasa PB	"	
50	Angela Theresa Roy	I DC HISTORY	
51	KAVYA V	I DC English	
52	HANA FATHIM	I DC History	
53	Vismaya PK	I DC Sociology	
54	Sanika D	I DC Sociology	
55	Devika Lakshmi VH	I DC Sociology	
56	Jenna Sam Jose	III DC Sociology	
57	Anusna Asikumar	"	
58	Sivasandhana T Shiju	"	
59	Aranya Suresh	I DC History	
60	Nanya Rose RJU	"	
61	Angika PM	"	
62	Sreelakshmi CB	"	
63	Thamara	I DC Sociology	

REPORT ON "INSPIRE AND INCLUSION" – TRAINING PROGRAMME FOR GIRLS AT GOVT. MRS, ETTUMANOOR



Under the initiative "Inspire and Inclusion", the Centre for Women Empowerment (CWE) of Bishop Chulaparambil Memorial College took the significant step of adopting Govt. Model Residential School, Ettumanoor, with the objective of empowering high school girl students through skill-based training. CWE designed a structured 60-hour training programme covering Mathematical Skills, Communicative English, Health and Hygiene, and Social Skills. The sessions were planned to be conducted on Saturdays, for three hours each, spanning 15-20 days. A unique aspect of this initiative was that the classes would be led by student volunteers from the college, fostering a peer-learning approach.

The programme commenced on 28th September 2024, with student volunteers, under the leadership of Ms. Philcy Philip, Dr. Reeja P.S, and Ms. Asha Kiran Francis, reaching the school at 9:45 AM. Upon arrival, the team was warmly welcomed and introduced to the school staff and campus by Ms. Bindhu, a teacher at the school. She arranged a high-tech classroom to accommodate students from 7th, 8th, and 9th standards, ensuring a conducive environment for learning.



On the first day, the focus was on understanding the students' learning levels through a need assessment test and interactive activities. This assessment aimed to gauge their current proficiency in Mathematics, English, Health Awareness, and Social Interaction, helping the volunteers tailor the future sessions according to their needs. The activities included simple problem-solving exercises, language comprehension tasks, and discussions on basic hygiene and social behavior. The students enthusiastically participated, expressing eagerness to learn and engage with the volunteers.

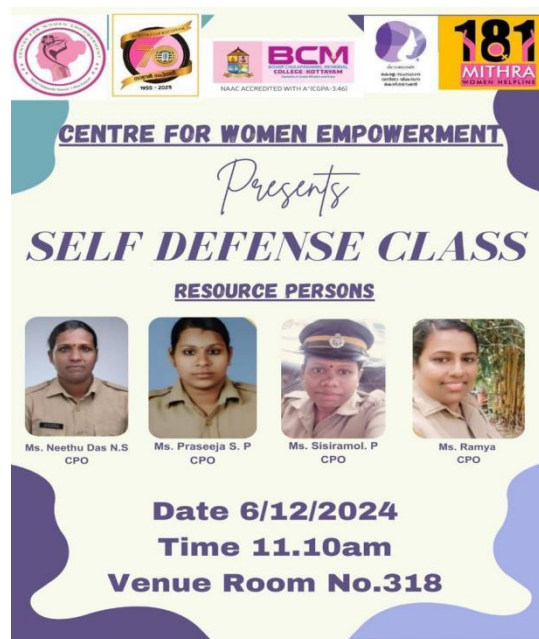
The first session marked a promising start to the "Inspire and Inclusion" programme, setting the foundation for an enriching learning experience. The collaboration between CWE, student volunteers, and the school faculty showcased the collective effort towards empowering young girls with essential life skills. The warm reception and active participation from the students reinforced the importance of such initiatives in bridging educational gaps and fostering holistic development. The CWE team left the school with valuable insights from the assessment, which would guide the structuring of future sessions. The initiative stands as a testament to BCM College's commitment to community outreach and women's empowerment, ensuring that young girls receive the skills and confidence needed for their academic and personal growth.

PARTICIPANTS LIST

14	MRS SCHOOL "INSPIRE AND INCLUSION" EMPOWERING		
	28 th Sept 2024		
Sl.No	Name of the Student	Department & class CLASS / DIVISION	Signature
1.	Akhila Mol.V.R	VII A	Akhila
2.	Akshaya K.B	VII A	Akshaya
3.	Alaishnendhu Vinod	VII A	Alaish
4.	Sivani Santhosh	VII A	Sivani
5.	Annika .m	VII A	Annika
6.	Kanya .k	VII A	Kanya
7.	Nikunjana.T.S	VII A	Nikunjana
8.	Devanartha Saneesh	VII A	Devanartha
9.	Ajitha Gijo	VII A	Ajitha
10.	Saathi .k	VII A	Saathi
11.	Vishnu Praya .k	VII A	Vishnu Praya
12.	Siva Sankarzi	VII A	Siva
13.	Enya .E	VII A	Enya
14.	Aneha Sinesh	VII A	Aneha
15.	Anamika prasad	VII A	Anamika
16.	Vaika Suneesh	VII A	Vaika
17.	Anupama .MS	VII A	Anupama
18.	Narita p.m	VII A	Narita
19.	Ananya mol.R	VII A	Ananya
20.	Nayana Reji	VII A	Nayana
21.	Kaishna Priya K.M	VII A	Kaishna Priya
22.	Sathya .m	VII A	Sathya
23.	Divya .k	VIII A	Divya
24.	Thangabakshmi .k	VIII A	Thangabakshmi
25.	Kowsalya .S	VIII A	Kowsalya
26.	Scathi .f	VIII A	Scathi
27.	Jishna Radheesh	VIII A	Jishna
28.	Mahalakshmi .R	VIII A	Mahalakshmi
29.	Rajitha Rajan	VIII A	Rajitha
30.	Jyothika	VII A	Jyothika
31.	Mahika Manoj Kumar	VIII A	Mahika

S.No	Name of the Student	Department & class	Signature
32	Angara V.S	VIII A	
33	Gidarsi Devi Santhosh	VIII A	
34	Mridula Musukan	VIII A	
35	Ziya Anesh	VIII A	
36	Akshaya AK	VIII A	
37	Dalavandha S	VIII A	
38	Anami K Anil	VIII A	
39	Sreelekshmi Santhosh	VIII A	
40	Navya Reji	VIII A	
41	Sathya Rejini C	VIII A	
42	Sivapriya S	VIII A	
43	Akshaya Sree C	VII A	
44	Sajitha S	VII A	
45	Theerthana P	VII A	
46	Aschana R	VII A	
47	Aleena Arby	VII A	
48	Bibha babu	VII A	
49	Ardra Mol Biju	VII A	
50	Alvami Santhosh	VII A	
51	Archiya Joseph	VII A	
52	Nandhana	VII A	
53	Sreelekshmi M.D	VII A	
54	Naya A	VII A	
55	Anasubara	VII A	
56	Sivapriya M.Vinod	VII A	
57	Aparnima D	VII A	
58	Abhirami A.T	VII A	
59	Arya P	"	
60	Siborina	"	
61	Dhanalakshmi M.U	"	
62	Devi Harishna T.R	"	

SELF-DEFENCE TRAINING PROGRAMME



The Centre for Women Empowerment (CWE) of Bishop Chulaparambil Memorial College organized a Self-Defence Training Programme for the undergraduate students on 6th December 2024. The initiative aimed to equip students with basic self-defence techniques, enhancing their confidence and ability to protect themselves in difficult situations. The training was conducted with the support of the Civil Police Officers of the State, who shared their expertise in self-defence strategies.

The session began at 10:30 AM with the arrival of four Civil Police Officers at the college. The officers were Ms. Neethu Das N.S, Ms. Praseeja P.S, Ms. Sisiramol P, and Ms. Remya, all of whom were experienced in self-defence training and crime prevention. Interested students from the Second DC were asked to assemble in Room No. 318, where the student volunteers of CWE, led by Sona Chacko (II DC English), warmly welcomed the officers. The training commenced with an introductory session by Ms. Neethu Das N.S, who spoke about the importance of self-defence, the increasing need for women's safety, and how basic self-defence techniques can help in crisis situations. She also highlighted real-life scenarios where self-defence skills could be life-saving and encouraged students to develop both physical and mental preparedness.

Following the introductory session, the students were taken to the open space near Sr. Savio Hall, where the officers conducted live demonstrations of various self-defence techniques. They taught basic moves to counter physical attacks, ways to break free from an assailant's grip, and methods to use everyday objects as protective tools. Students were given the opportunity to practice these techniques under the guidance of the officers, ensuring hands-on learning and practical application. The participants enthusiastically engaged in the training, showing great interest and determination in learning the self-defence moves. The officers encouraged them to be alert, confident, and fearless, reinforcing that self-defence is not just about physical strength but also about presence of mind and quick reflexes.

The Self-Defence Training Programme proved to be a highly beneficial and empowering session for the students. The active participation and enthusiasm demonstrated their willingness to learn and implement these skills in real-life situations. The CWE members expressed their gratitude to the Civil Police Officers for their time and effort in conducting this valuable session. Through this training, the CWE successfully took another step towards empowering young women, helping them gain confidence, awareness, and the ability to safeguard themselves in challenging situations. The students left the session feeling more empowered and prepared to face the world with strength and resilience.

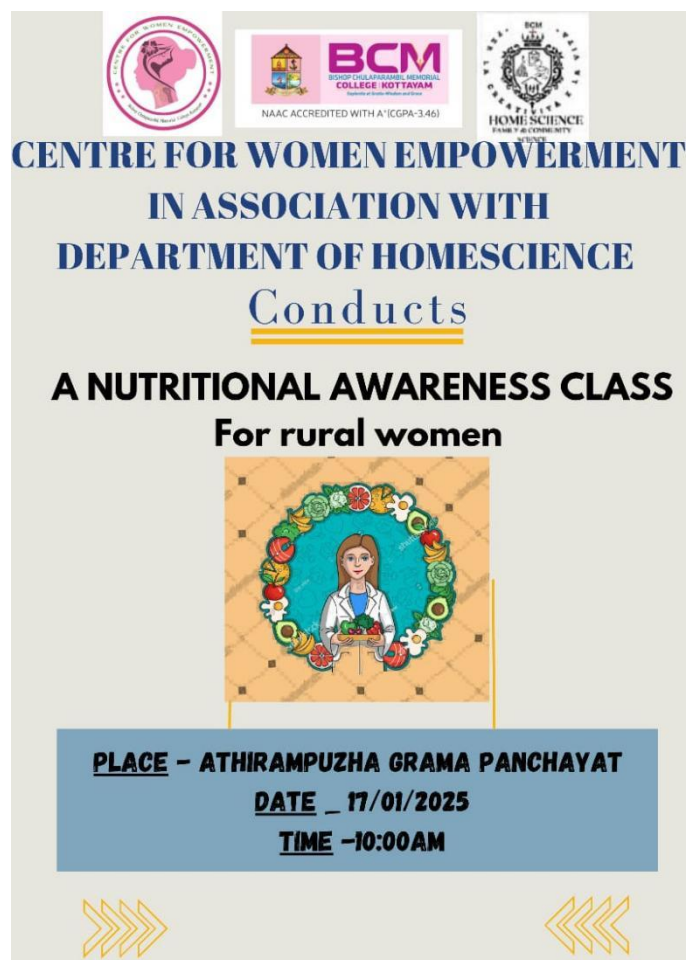




PARTICIPANTS LIST

BISHOP CHULAPARAMBIL MEMORIAL COLLEGE KOTTAYAM			
CENTRE FOR WOMEN EMPOWERMENT			
SELF DEFENSE CLASS			
06/December 2024		11.15 AM	
S.No	NAME	CLASS	SIGNATURE
1.	ANAMIKA R M	B.S.C. Chemistry Module - I	Anamika
2.	ANDRUSHA N. R	"	Andrusha
3.	Dhivyashree Dipakumar	"	Dhivyashree
4.	Abhinav K. K	"	Abhinav
5.	Aswathy Lekshmi R	"	Aswathy
6.	Elizabeth Binu Joseph	BA English Module I & II DC	Elizabeth
7.	Sona Chacko	"	Sona
8.	Ananya Shibu	"	Ananya
9.	Sona J. S	BA English Module I & II DC	Sona
10.	Varsha Bright	"	Varsha
11.	Sneha P. O	B.Sc Botany II DC	Sneha
12.	Rini N	B. A English, DC M1	Rini
13.	Chintana C. Raju	II DC Eng M1	Chintana
14.	Himadri Anand	II DC English M1	Himadri
15.	Aparna Reghu	"	Aparna
16.	Josne Josekutty	"	Josne
17.	Jasmin A	II DC Economics	Jasmin
18.	Ruthi Richard	II DC Economics	Ruthi
19.	Darshana S	II DC Economics	Darshana
20.	Tindin Thomas	II DC BA economics	Tindin

Nutritional Awareness Class for Rural Women



The Centre for Women Empowerment in association with Department of Home Science, BCM College, successfully conducted a Nutritional Awareness Class for Rural Women on 17th January at 10:00 AM at Athirampuzha Grama Panchayat, Kottayam. The session aimed to educate and empower rural women with essential knowledge about balanced diets, healthy eating habits, and the importance of nutrition in maintaining overall well-being.

The program began with a welcome address by a representative of the Panchayat, who highlighted the significance of nutrition in improving the quality of life, especially for women and children. Faculty members from the Department of Home Science led the session, providing valuable insights into nutritional deficiencies, locally available nutritious foods, meal planning, and budget-friendly diet options. The class focused on practical ways to improve dietary habits using easily accessible ingredients, with an emphasis on traditional and sustainable food choices.

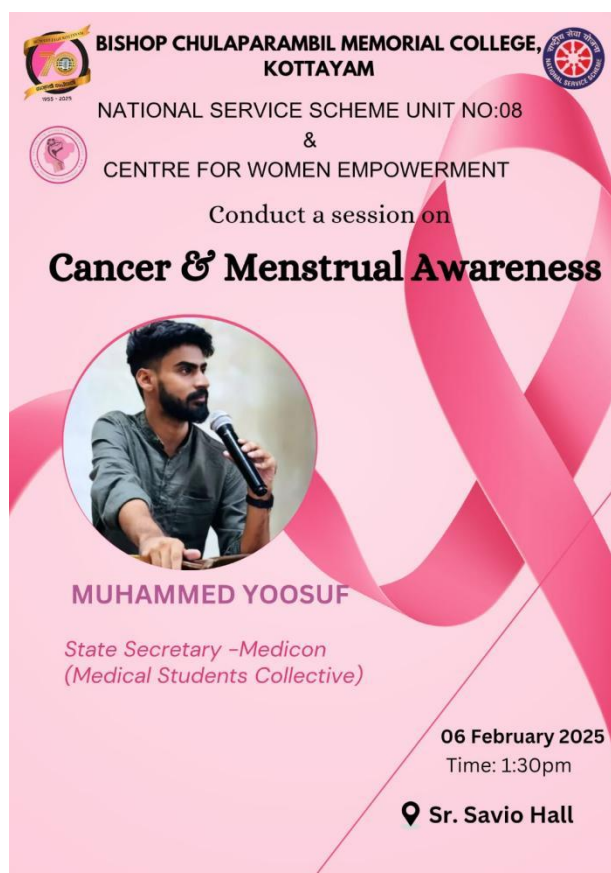
The session also included an interactive segment where participants shared their daily food habits and challenges related to nutrition. The resource persons addressed their concerns and provided simple, actionable solutions to enhance their dietary intake. Special attention was given to maternal and child nutrition, anemia prevention, and the importance of consuming a variety of food groups to ensure a balanced diet. Demonstrations on healthy meal preparation and snack alternatives were also part of the session, making the learning experience engaging and practical.

The program received an enthusiastic response from the participants, who expressed their appreciation for the valuable information shared. Many women showed keen interest in adopting the recommended dietary practices to improve their family's health. The session concluded with a vote of thanks by a faculty member, expressing gratitude to Athirampuzha Grama Panchayat for their support and to all the participants for their active involvement. The event successfully fulfilled its objective of raising awareness and promoting better nutritional practices among rural women, making a meaningful impact on their health and well-being.





REPORT ON CANCER AND MENSTRUAL AWARENESS SESSION



The NSS Unit and the Centre for Women Empowerment at BCM College organized an insightful and informative session on Cancer and Menstrual Awareness on 6th February 2025 at 1:30 PM at Sr.Savio Hall. The session was conducted by Muhammed Yoosaf, State Secretary of Medicon (Medical Students Collective), and aimed to educate students on crucial health topics, particularly cancer prevention and menstrual hygiene. The event commenced with a formal welcome address by the NSS Program Officer, who highlighted the importance of health awareness and the role of such sessions in empowering young women with knowledge. The speaker, Muhammed Yoosaf, provided an in-depth understanding of various types of cancers affecting women, with a particular focus on breast and cervical cancer. He explained

the importance of early detection, self-examination techniques, and the significance of regular medical check-ups. The session also covered risk factors, symptoms, preventive measures, and the latest advancements in cancer treatment.

In addition to cancer awareness, the session also addressed menstrual health and hygiene, an often-overlooked yet vital topic. Muhammed Yoosaf emphasized the need for breaking societal taboos and fostering open discussions about menstruation. He elaborated on safe menstrual practices, the importance of maintaining hygiene, and the impact of menstrual disorders on women's health. The interactive session allowed students to raise their concerns and clarify doubts related to menstrual health, myths, and misconceptions. The event witnessed an enthusiastic response from students and faculty members. The engaging and well-structured session encouraged participants to take proactive steps towards personal and community health. The speaker's expertise and approachable demeanor made complex medical information accessible and easy to understand.

The session concluded with a vote of thanks, appreciating Muhammed Yoosaf for his valuable time and insights. The NSS Unit and Centre for Women Empowerment reaffirmed their commitment to organizing more such awareness programs to equip students with essential health knowledge and promote overall well-being. This initiative was a significant step in spreading awareness and fostering a supportive environment where young women can make informed health choices.



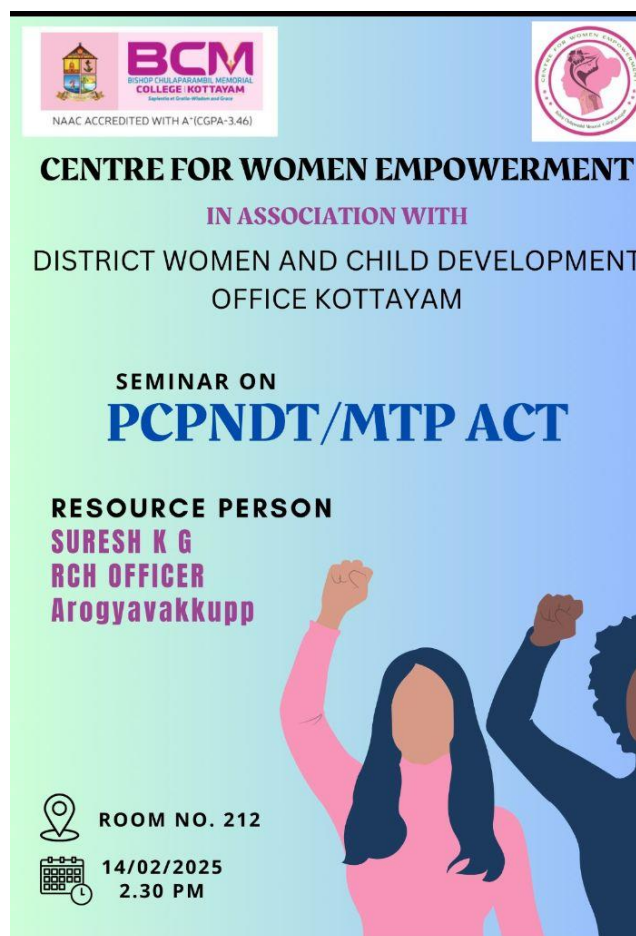


Sl.No	Name of the student	Department & class	Signature
64	Sreelakshmi S	English, Cultural Studies	<i>[Signature]</i>
65	Anjali Jyothi	Sociology I st DC	<i>[Signature]</i>
66	Elizabeth Biny Joseph	English II nd DC	<i>[Signature]</i>
67	Sana Chacko	English II nd DC	<i>[Signature]</i>
68	Athira Rajesh	III DC sociology	<i>[Signature]</i>
69	Ahalya JR	III DC sociology	<i>[Signature]</i>
70	Surya Sibi	III DC sociology	<i>[Signature]</i>
71	Ann Maria Sunny	III DC Sociology	<i>[Signature]</i>
72	Sethulakshmi A.N	III DC Sociology	<i>[Signature]</i>
73	Sneha C. Suresh	III DC sociology	<i>[Signature]</i>
74	Ananya Shibu	English II nd DC	<i>[Signature]</i>
75	Sr. Binu Lagoon	I DC sociology	<i>[Signature]</i>
76	Hema Krishnan	III DC sociology	<i>[Signature]</i>
77	Hanna Mol scaria	III DC sociology	<i>[Signature]</i>
78	ANJALI PM	III DC sociology	<i>[Signature]</i>
79	Midhila Madhavi	I DC Sociology	<i>[Signature]</i>
80	Azathy Vinod	I DC sociology	<i>[Signature]</i>
81	malavika gopilal	I DC sociology	<i>[Signature]</i>
82	Poonima P.N.	I DC sociology	<i>[Signature]</i>
83	LAYA JIJ	I DC SOCIOLOGY	<i>[Signature]</i>
84	Susan Jacob	II DC English	<i>[Signature]</i>
85	Priscilla P. William	"	<i>[Signature]</i>

BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM			
CENTRE FOR WOMEN EMPOWERMENT			
AWARENESS SESSION ON "CANCER AND MENSTRUAL AWARENESS"			
06 February 2024			
1.30 PM			
SL No:	NAME	CLASS	Signature
1-	Anna Mary Mathew	II nd PG Statistics	<i>[Signature]</i>
2	Harsha M S	II nd PG Statistics	<i>[Signature]</i>
3	Arunima Ajith	II nd PG Statistics	<i>[Signature]</i>
4	Dona Maria Jose	II nd PG Statistics	<i>[Signature]</i>
5	Thayyiba Thaha	II nd PG Statistics	<i>[Signature]</i>
6	Noufya Nourshad	II nd PG Statistics	<i>[Signature]</i>
7.	Amiya Fathima	II nd PG Statistics	<i>[Signature]</i>
8	Meera Madhu	II nd PG Statistics	<i>[Signature]</i>
9.	Arunima S	II nd PG Mathematics	<i>[Signature]</i>
10	Anamol Togi	"	<i>[Signature]</i>
11	Vaggeswari S	"	<i>[Signature]</i>
12.	Atthira P	"	<i>[Signature]</i>
13.	Navya P	"	<i>[Signature]</i>
14.	Hridya KC	"	<i>[Signature]</i>
15.	Nedha Saleem	"	<i>[Signature]</i>
16	Aisha Gunesb	I st B.com (51)	<i>[Signature]</i>
17.	Ann Mary Boby	"	<i>[Signature]</i>
18.	Ardra Manu	"	<i>[Signature]</i>
19.	Anuha K.S	"	<i>[Signature]</i>
20	Anshifa Alsai	"	<i>[Signature]</i>
21.	Sania Treasa Robert	"	<i>[Signature]</i>
22.	Ninshina Navab	"	<i>[Signature]</i>
23	Srulakshmi Vfnod	"	<i>[Signature]</i>
24	Nima CS	"	<i>[Signature]</i>
25.	Sanusha Saiji	"	<i>[Signature]</i>
26.	Adhitya. udayakumar	I st Economics	<i>[Signature]</i>
27	Akshara P S	"	<i>[Signature]</i>

PARTICIPATION LIST

REPORT ON SEMINAR ON PCPNDT/MTP ACT



The Centre for Women Empowerment, BCM College, in association with the District Women and Child Development Office, Kottayam, organized an informative seminar on the PCPNDT (Pre-Conception and Pre-Natal Diagnostic Techniques) Act and MTP (Medical Termination of Pregnancy) Act on 14th February 2025 at 2:30 PM in Room No. 212. The session was led by Suresh K G, RCH Officer, Arogyavakkupp, who provided valuable insights into the legal and ethical aspects of these important legislations.

The seminar began with a warm welcome by the coordinator of the Centre for Women Empowerment, who emphasized the significance of raising awareness about gender-based issues, reproductive rights, and legal safeguards related to prenatal diagnostics and abortion. The resource person, Suresh K G, gave a comprehensive presentation on the PCPNDT Act, which was enacted to prevent the misuse of

prenatal diagnostic techniques for sex determination, thereby addressing the issue of female foeticide and promoting gender equality. He elaborated on the provisions of the Act, the legal implications of violations, and the role of healthcare professionals in ensuring compliance.

Following this, the session moved on to the MTP Act, which governs the conditions under which medical termination of pregnancy is permitted in India. Suresh K G explained the legal framework surrounding abortion, the rights of women in reproductive decision-making, and the importance of safe and legal medical procedures. He also discussed recent amendments in the law that extend the gestational limits for abortion in special cases, ensuring better reproductive healthcare access for women.

The seminar provided a platform for an interactive discussion, allowing participants to clarify doubts and discuss the social, ethical, and medical aspects of the laws. Students, faculty, and other attendees actively engaged in the discussion, reflecting a keen interest in understanding reproductive rights and the role of legal mechanisms in safeguarding them. The session concluded with a vote of thanks, acknowledging the efforts of the District Women and Child Development Office, Kottayam, and the Centre for Women Empowerment, BCM College, for organizing such an enlightening program. Special appreciation was extended to Suresh K G for his expert insights and clear explanations. This seminar was a significant step in educating young women about their rights, legal protections, and the ethical responsibilities surrounding reproductive health, reinforcing the commitment of BCM College to women's empowerment and social awareness.





26	Sneha C Suresh	BA SOCIOLOGY	Sneha
27	Arustree Ajikumar	"	Arustree
28	Sivanandhana T Shiju	"	Sivanandhana
29	Vimanya P/K	"	Vimanya
30	Snika O	"	Snika
31	MIDHILA MADHU	"	MIDHILA
32	Alhura virod	"	Alhura
33	Gopika S	BA Sociology	Gopika
34	Dona Roy	"	Dona
35	Aina Thasneem	"	Aina
36	K.V. Praveena	"	K.V. Praveena
37	Lekshmi Suresh	"	Lekshmi
38	Shalya J.R	"	Shalya
39	Sanya Sibi	"	Sanya
40	Alhina Rajesh	"	Alhina
41	Aswathy Krishnas	"	Aswathy
42	Josna Jo	"	Josna
43	Alhina Lakshmi	"	Alhina
44	Ansa Mathose	BA History	Ansa
45	Sreelakshmi Prakash	BA history 1100	Sreelakshmi
46	Gopika Gopi	BA History	Gopika
47	Aswini Sudhakaran	B.A. History	Aswini
48	Sawathy Harish	B.A History	Sawathy
49	Aditya P. Manoj	BA Sociology	Aditya
50	Catherine Xavier	BA History	Catherine
51	Megha Binai	"	Megha
52	Vishnu Praga Raja	B.A Sociology	Vishnu
53	Irene Sara Binu	"	Irene
54	Dona James	"	Dona
55	Jewel	"	Jewel
56	Aleena Antony	"	Aleena
57	Sanya Biju	"	Sanya
58	Vaishnavi Gireeshkumar	"	Vaishnavi

BISHOP CHULAPARAMBIL MEMORIAL COLLEGE KOTAYAM
 Centre for Women Empowerment in association with
 DISTRICT WOMEN AND CHILD DEVELOPMENT OFFICE, KOTAYAM
 Seminar ON : " PCPNDT /HTP ACT "

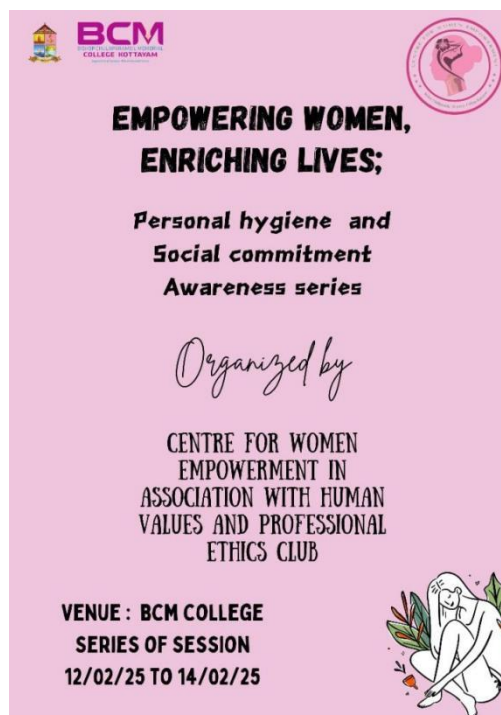
Date : 14/02/2025

Time : 2.30 PM

Sl No.	Name	Class	Sign
1	Nandana Narayanan	B.A Sociology	
2	Anjali Jyothi	"	
3	Nandana Santhosh	"	
4	Devika Lakshmi V.H	"	
5	Charly George George	"	
6	Thereseamol Thomas	"	
7	Althy Joseph	"	
8	Akshmi Shaji	"	
9	sruthakshmi S.S	B.A History	
10	Ambily Vijayan	"	
11	Ragendu M	"	
12	Aparna Bose	BA Sociology	
13	Neena Rajeev	BA Sociology	
14	Meenakshi	BA Sociology	MLAV
15	ANJALY PM	BA Sociology	
16	Henna mol scaria	"	
17	sruthika Lugen	"	
18	Henna Krishnan	"	
19	Aashika K.S	BA History	Aashika
20	Sujitha K.J	"	
21	Sruthakshmi CB	"	
22	LAYA JIJU	BA Sociology	LAYA
23	Aashika P.N	"	Aashika
24	Ann Maria Sunny	BA Sociology	
25	Sruthakshmi A.N	"	

PARTICIPATION LIST

AWARENESS SERIES ON PERSONAL HYGIENE AND SOCIAL COMMITMENT



The Centre for Women Empowerment, in association with the Human Values and Professional Ethics Club, BCM College, organized an Awareness Series on Personal Hygiene and Social Commitment from 12th February to 14th February 2025 at BCM College. The initiative aimed to educate students on the importance of personal hygiene, instill social responsibility, and promote ethical values in daily life. The awareness series was inaugurated on 12th February 2025 with a brief inaugural session where faculty members and coordinators highlighted the need for maintaining personal hygiene as a fundamental aspect of well-being and how it connects to one's responsibility towards society. The event saw enthusiastic participation from students across various departments.

Day 1: Importance of Personal Hygiene

The first session focused on the significance of personal hygiene in maintaining good health and preventing diseases. Experts from the health and wellness sector provided insights into basic hygiene practices, menstrual hygiene

management, oral health, and skin care. Special attention was given to the impact of hygiene on overall well-being, emphasizing that cleanliness is not just a personal habit but a social responsibility.

Day 2: Social Commitment and Ethical Responsibilities

On 13th February, the session revolved around social commitment and the ethical responsibilities of individuals. The discussions covered topics such as sustainable hygiene practices, responsible waste management, and the role of young individuals in promoting a cleaner and healthier society. Activities like group discussions, poster presentations, and role-plays encouraged participants to reflect on their role in building a socially responsible community.

Day 3: Interactive Activities and Awareness Drive

The final day, 14th February, featured an interactive awareness drive where students actively engaged in community-based initiatives. They conducted cleanliness drives within the campus, participated in pledges for maintaining hygiene, and distributed awareness materials highlighting the link between hygiene, health, and social well-being. The event also included a Q&A session, where students clarified their doubts regarding hygiene, health, and ethical living.

The awareness series successfully sensitized students to the importance of personal hygiene and the role of every individual in maintaining a clean and healthy environment. The collaborative efforts of the Centre for Women Empowerment and the Human Values and Professional Ethics Club made this event a meaningful and impactful initiative. The program concluded with a vote of thanks by the event coordinators, expressing gratitude to the resource persons, faculty members, and participants for their active involvement. The series served as a stepping stone towards nurturing responsible individuals who are not only mindful of their personal hygiene but also committed to creating a better society. This initiative reflects BCM College's dedication to promoting health, ethics, and social well-being among its students, encouraging them to be active contributors to a cleaner and more responsible world.



An Awareness Class on Reproductive Health

Organized by: Department of Home Science in association with Centre for Women Empowerment

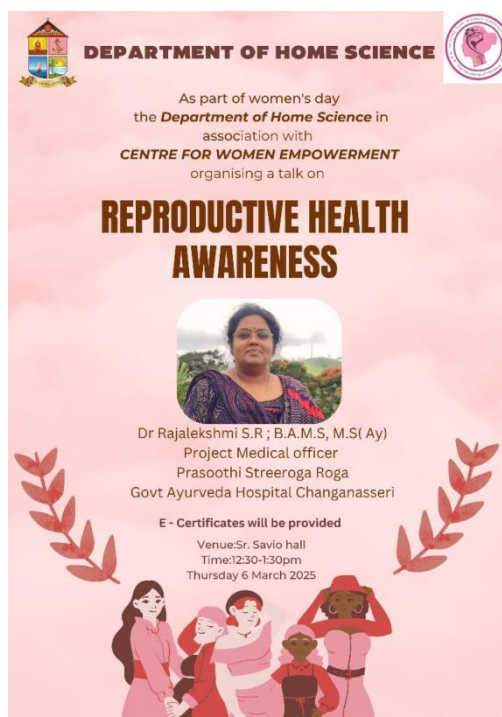
Occasion: Women's Day Celebration 2025

Date: Thursday, 6th March 2025

Time: 12:30 PM to 1:30 PM

Venue: Sr. Savio Hall, BCM College, Kottayam

Resource Person: Dr. Rajalekshmi S.R, BAMS, MS (Ayurveda), Project Medical Officer, Prasoothi Streeroga Roga, Govt. Ayurveda Hospital, Changanassery



As part of the Women's Day celebration, the Department of Home Science, in association with the Centre for Women Empowerment, organized an awareness class on Reproductive Health. The session was conducted on Thursday, 6th March 2025, from 12.30 PM to 1.30 PM at Sr. Savio Hall, BCM College, Kottayam. The program aimed to create awareness among young women about the importance of reproductive health, addressing various aspects of women's physical and mental well-being. The resource person for the session was Dr. Rajalekshmi S.R, BAMS, MS Ayurveda, who is currently serving as the Project Medical Officer at the Prasoothi Streeroga Roga

Department, Government Ayurveda Hospital, Changanasseri. Dr. Rajalekshmi, with her profound knowledge and expertise in Ayurveda, provided valuable insights on reproductive health, emphasizing the need for women to prioritize their physical and emotional well-being. The session commenced with a warm welcome address delivered by Dr. Reeja.P.S CWE Coordinator who highlighted the significance of organizing such informative sessions, especially in connection with International Women's Day. Following the welcome address, Dr. Rajalekshmi began her session by emphasizing the importance of maintaining a balanced lifestyle to ensure good reproductive health. She elaborated on the role of nutrition, personal hygiene, regular exercise, and stress management in promoting overall well-being.

Dr. Rajalekshmi also discussed common reproductive health issues faced by women, including polycystic ovarian syndrome (PCOS), menstrual irregularities, hormonal imbalances, infertility, and other gynecological disorders. She emphasized the importance of early diagnosis, regular health check-ups, and adopting natural remedies for managing such conditions. Additionally, she highlighted how Ayurveda promotes holistic healing by focusing on lifestyle modifications and the use of natural herbs for treating various reproductive health issues. A key part of the session was dedicated to addressing myths and misconceptions related to reproductive health. Dr. Rajalekshmi provided scientific explanations to debunk popular myths and encouraged the participants to seek accurate information from reliable sources. She also stressed the significance of mental health and emotional well-being, especially in young women, and urged them to adopt self-care practices for a healthy and fulfilling life.

The session was highly interactive, allowing students and participants to raise their doubts and queries regarding reproductive health. Dr. Rajalekshmi patiently answered each question, clarifying misconceptions and providing practical solutions for maintaining reproductive health. The participants expressed their gratitude for the insightful session, as it addressed several concerns that many young women often hesitate to discuss openly.

The event concluded with a formal vote of thanks delivered by Ms. Arunima, expressing sincere gratitude to Dr. Rajalekshmi S.R for her valuable time and enlightening session. The Department of Home Science and the Centre for Women

Empowerment also expressed their appreciation to the college management for their support in organizing the event. The awareness class proved to be highly informative and impactful, empowering the participants with practical knowledge about reproductive health. It reinforced the need for continuous education on women's health and well-being, aligning perfectly with the spirit of International Women's Day. The event successfully concluded at 1.30 PM, leaving the participants inspired and well-informed about the importance of prioritizing their reproductive health.





An Awareness Class on Reproductive Health

An Awareness Session on Nutrition and Life Style Management

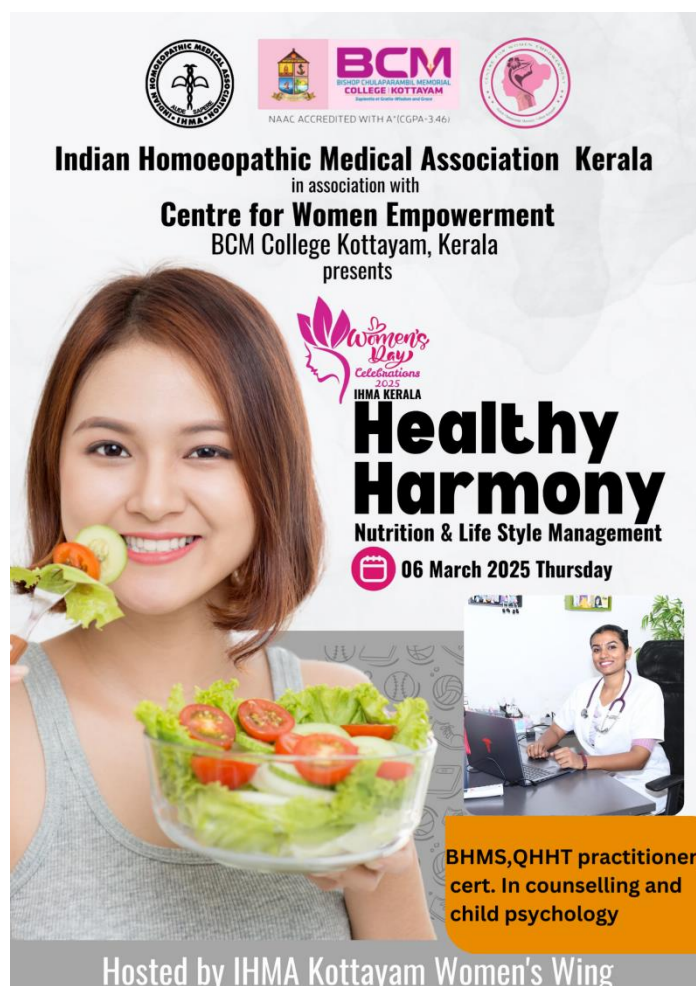
Organized by: Centre for Women Empowerment in association with Department of Home Science

Date: Thursday, 6th March 2025

Time: 2:30 PM – 3:30 PM

Venue: Sr. Savio Hall, BCM College, Kottayam

Resource Person: Dr. Surabhi Lenin, BHMS, QHHT Practitioner, Certified in Counselling and Child Psychology, Vice President of IHMA Kottayam District



As part of the International Women's Day celebrations, the Centre for Women Empowerment, in association with the Department of Home Science, BCM College,

organized an insightful awareness session on *Nutrition and Lifestyle Management*. The session was held on Thursday, 6th March 2025, from 2:30 PM to 3:30 PM at Sr. Savio Hall. The primary objective of the session was to create awareness among women regarding the importance of maintaining a healthy lifestyle through proper nutrition and wellness practices.

The resource person for the session was Dr. Surabhi Lenin, BHMS, QHHT Practitioner, Certified Counsellor in Child Psychology, and Vice President of IHMA, Kottayam District. Dr. Surabhi Lenin, with her vast experience and expertise in the field of health and wellness, provided valuable insights on the importance of a balanced diet, the role of mental health in overall well-being, and practical strategies for managing a healthy lifestyle. The program commenced with a formal welcome by a faculty member Dr. Anila.H.L CWE Coordinator, The Department of Home Science. The resource person, Dr. Surabhi Lenin, then took over the session, emphasizing the significance of consuming a nutritious and balanced diet to maintain physical and mental health. She highlighted the importance of including locally available fruits and vegetables, traditional food items, and a balanced combination of carbohydrates, proteins, and fats in daily meals. Dr. Surabhi also stressed the need for regular physical activity, quality sleep, and stress management techniques to lead a healthy and fulfilling life.

A major focus of the session was on *lifestyle-related disorders* such as obesity, diabetes, hypertension, and hormonal imbalances, which are becoming increasingly prevalent among women due to unhealthy eating habits, lack of physical activity, and high stress levels. Dr. Surabhi provided practical tips and easy-to-adopt changes to improve lifestyle and dietary patterns. She also encouraged the participants to avoid processed and junk foods, increase water intake, and practice mindful eating. The session also touched upon the mental health aspect of lifestyle management. Dr. Surabhi explained how mental health plays a crucial role in overall well-being and suggested simple techniques like deep breathing, meditation, and engaging in hobbies to reduce stress and improve mental health. She also discussed the importance of work-life balance, especially for women who often juggle multiple roles in their personal and professional lives.

The participants actively engaged in the session by asking questions and sharing their concerns related to diet, health, and lifestyle. Dr. Surabhi patiently addressed each question and provided practical solutions and advice. The interactive nature of the session made it highly informative and beneficial for everyone present.

The event concluded with a vote of thanks delivered by a student representative from the Department of Home Science. She expressed gratitude to Dr. Surabhi Lenin for her valuable time and for sharing her knowledge and experience. Appreciation was also extended to the Centre for Women Empowerment and the Department of Home Science for organizing the session as part of the Women's Day celebration. The awareness session proved to be highly informative and inspiring, leaving the participants motivated to make conscious changes in their daily routines to improve their overall health and well-being. The initiative successfully aligned with the objective of empowering women to take charge of their health through informed nutrition and lifestyle choices.





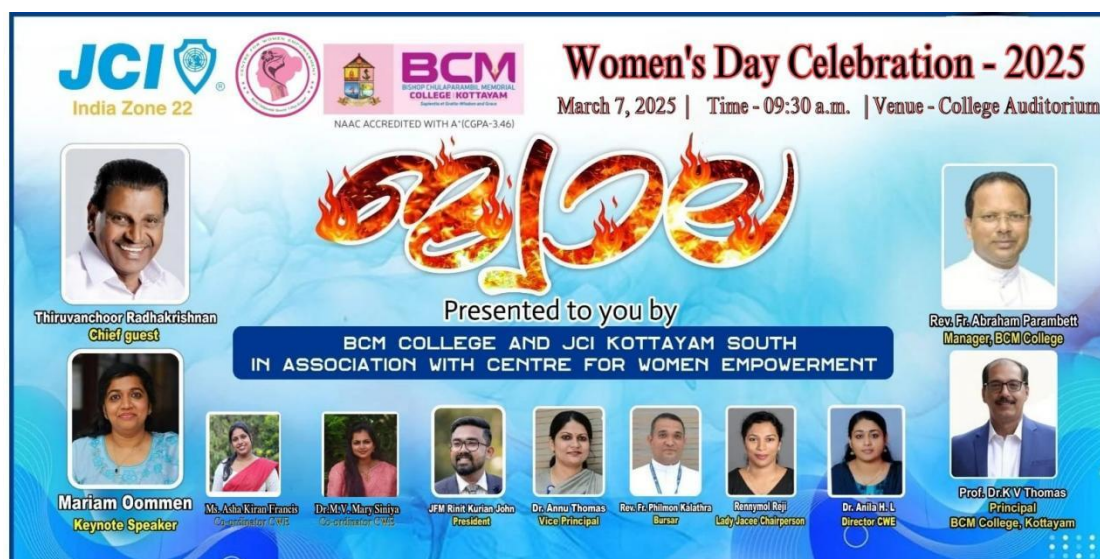


47	Lamiya Susan George	Computer Science	
48	Fathima K A	"	Pabina
49	Emilia Cheria	"	Waste
50	Anitha Elit Sam	"	File
51	Aswathy Sabikumar	"	Vs
52	Adithya A S	"	College
53	Adithya Binu	"	Adithya
54	Aranya Anthosh	"	Aranya
55	Thamara T S	"	Thamara
56	Anjana M	Home science	I st DC
57	Kavya V	BA English	I st DC
58	Roshni Ramuh	Home science	I st DC
59	Jyothika M	Home science	I st DC
60	AKsharavinoth	"	AK
61	Aswathy Anil	"	Anasthy
62	esha.shine	"	esha
63	Anousha R	Commerce	Adithya
64	Asathy R Nair	"	Asathy
65	Karthika Vipin	"	Karthika
66	Devi Prasannan	"	Devi
67	Manga Angel Soji	PG English II yr	Angel
68	Ess Maria Jobi	"	Ess
69	Arayasree S	"	Arayasree
70	Ashly Sunny	"	Ashly
71	Vinaya Balasubrahmanian	"	Vinaya
72	Malavika girikal	I st DC Sociology	✓
73	Midhila Medhu	"	Midhila
74	Sneezeshmi VS	"	Sneezeshmi
75	Athira Vinod	"	Athira

Lamiya Susan George	Computer Science		
Fathima K A	"	"	<u>Pabna</u>
Emilia Cherian	"	"	<u>Nadia</u>
Amitha Elia Sam	"	"	<u>Pel</u>
Aswathy Salikumar	"	"	<u>As</u>
Ajithya A/S	"	"	<u>officer</u>
Athalya Binu	"	"	<u>officer</u>
Aanya Santhosh	"	"	<u>As</u>
Thamara T.S	"	"	<u>Thamara</u>
Anjana M	Home science	I st DC	<u>As</u>
Kanya V	BA English	I st DC	<u>As</u>
Rohini Ramesh	Home science	I st DC	<u>Rohini</u>
Jyothika M	Home science	I st DC	<u>Jyothika</u>
AKshanaavinod	"	"	<u>As</u>
Aswathy Anil	"	"	<u>Aswathy</u>
esha.shine	"	"	<u>esha</u>
Anousha R	Commerce		<u>As</u>
Asathy R Nair	"		<u>As</u>
Karthika Vipin	"		<u>Karthika</u>
Devi Prasannan	"		<u>Devi</u>
Mariga Angel Soji	PG English II yr		<u>Angel</u>
Es Maria Johi	"		<u>Es</u>
Aryasree S	"		<u>Aryasree</u>
Ashly Sunny	"		<u>Ashly</u>
Vinaya Balasubrahmanian	"		<u>Vinaya</u>
Malavik gottal	I st DC sociology		<u>Malavik</u>
Midhila Madhu	"		<u>Midhila</u>
Sneeshmi NS	"		<u>Sneeshmi</u>
Athina Vinod	"		<u>Athina</u>

PARTICIPATION LIST

Report on Women's Day Celebration – JWALA at BCM College, Kottayam 2025



The Centre for Women Empowerment (CWE), BCM College, Kottayam, in association with JCI, Kottayam, organized a grand celebration on the occasion of International Women’s Day on March 7, 2025, at 9:30 AM in the college auditorium. The celebration, titled “JWALA”, symbolized the inner strength, resilience, and potential of women, aiming to inspire and empower women to break barriers and achieve greater heights in society.

The event commenced at 9:30 AM with a warm welcome by Dr. Mary Siniya., Coordinator of the Centre for Women Empowerment (CWE), who expressed her gratitude to all the dignitaries, faculty, students, and guests for their presence and support in making the event successful. The celebration was formally inaugurated by the Chief Guest, Shri. Thiruvanchur Radhakrishnan, Honorable Member of Legislative Assembly (MLA) and former Minister of Kerala. In his inaugural address, Shri. Thiruvanchur Radhakrishnan emphasized the importance of empowering women in all spheres of life, promoting gender equality, and creating an inclusive and supportive environment for women to excel. He appreciated the efforts of BCM College and CWE in organizing such impactful and inspiring events.

The Keynote Address was delivered by the renowned social activist and philanthropist, Dr. Mariam Oommen, who inspired the audience with her powerful words on the strength, resilience, and potential of women. She highlighted the

significant contributions made by women in various fields and urged young women to chase their dreams fearlessly, break stereotypes, and become agents of change in society. Her words left a profound impact on the audience, especially the young students, motivating them to strive for excellence and social responsibility. The formal session continued with the felicitation of the dignitaries present on the stage, which included Rev. Fr. Abraham Parambett, Manager of BCM College, Prof. Dr. K.V. Thomas, Principal of BCM College, Dr. Annu Thomas, Vice Principal of BCM College, and Rev. Fr. Philmon Kalathra, College Bursar. The dignitaries collectively appreciated the Centre for Women Empowerment and JCI, Kottayam for organizing the event and reaffirmed their commitment to supporting initiatives that promote women's empowerment and social equity.

The event also witnessed active participation from JCI members, who expressed their enthusiasm in collaborating with BCM College to promote community service and social upliftment, especially for women and young girls. Their active participation added vibrancy to the event and strengthened the spirit of community involvement in the cause of women's empowerment. The panel discussion was followed by a brief address by the CWE Coordinators, including Dr. Reeja P. S., Dr. Anila H. L., Ms. Asha Kiran, and Ms. Mary Siniya, who collectively expressed their gratitude to all the dignitaries, participants, and students for their involvement in the celebration. They highlighted the continuous efforts made by the Centre for Women Empowerment in organizing workshops, awareness programmes, and outreach activities aimed at promoting gender equality and enhancing women's socio-economic status.

The event concluded with a heartfelt vote of thanks delivered by Ms. Asha Kiran, CWE Coordinator, who expressed sincere gratitude to Shri. Thiruvanchur Radhakrishnan, Ms. Mariam Oommen, and all the dignitaries for their valuable time and inspiring words. She also extended her appreciation to the JCI members, the college management, faculty, and students for their enthusiastic participation and support in making the event successful. The celebration, JWALA, was a grand success, leaving an indelible mark on the audience, especially the young women present. The event served as a reminder of the importance of women's empowerment, the power of collective action, and the need to break barriers for a more inclusive and equitable

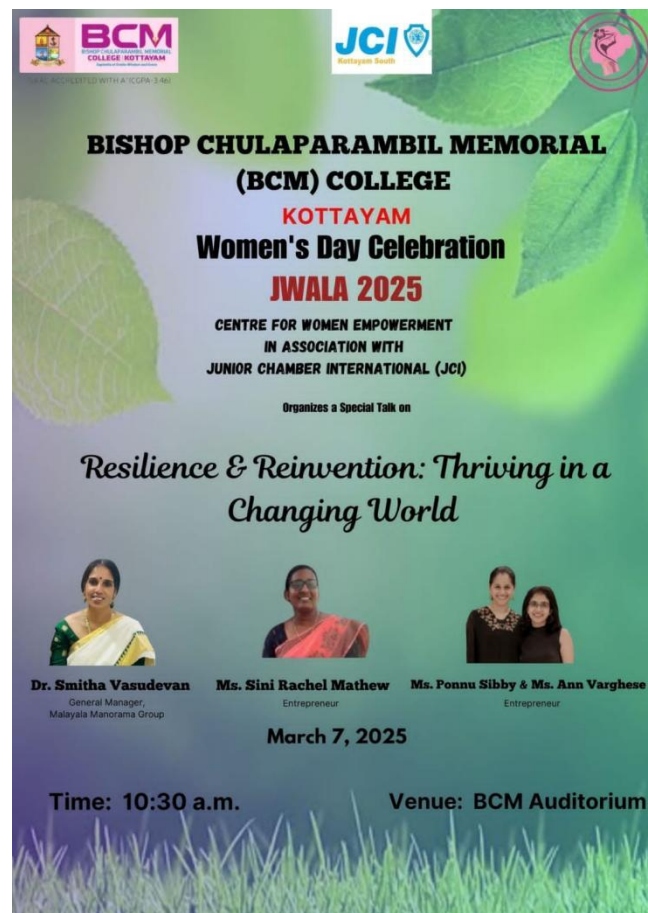
society. The Centre for Women Empowerment (CWE), along with JCI, Kottayam, pledged to continue their efforts in promoting women's rights, education, and social inclusion through various future initiatives. The event truly reflected the spirit of International Women's Day, encouraging everyone to continue working towards a future where women can lead, inspire, and achieve without limits.





Women's Day Celebration – JWALA at BCM College, Kottayam

Special Talk on “Resilience and Reinvention: Thriving in a Changing World”



As part of the International Women’s Day 2025 celebrations, the Centre for Women Empowerment (CWE), BCM College, Kottayam, organized a Special Talk on the theme “*Resilience and Reinvention: Thriving in a Changing World*” on March 7, 2025, at 10:30 AM in the College Auditorium. The event aimed to inspire and empower women by highlighting the importance of adaptability, resilience, and reinvention in navigating challenges and seizing opportunities in a rapidly changing world. The session brought together four eminent women achievers from diverse professional backgrounds, including Dr. Smitha Vasudevan, General Manager, Malayala Manorama Group, Ms. Sini Rachel Mathew, Entrepreneur (Food Industry), Ms. Ponnu Sibby, Entrepreneur (Fashion Industry), and Ms. Ann Varghese, Entrepreneur (Fashion Industry). Their presence and insights enriched the audience with real-life experiences, success stories, and practical advice on overcoming challenges and excelling in various fields.

The event commenced at 10:30 AM with a formal welcome address delivered by Dr. Reeja P. S., Coordinator, Centre for Women Empowerment (CWE). She extended her warm greetings to the resource persons, faculty members, students, and guests present for the event. In her opening remarks, Dr. Reeja highlighted the importance of organizing such interactive and inspiring sessions, especially on Women's Day, to motivate young women to face challenges with strength and determination.

The first session of the Special Talk was led by Dr. Smitha Vasudevan, General Manager, Malayala Manorama Group. In her inspiring talk, Dr. Smitha focused on the concept of *resilience*, emphasizing the importance of mental strength, adaptability, and continuous learning to navigate a fast-paced and ever-changing world. She shared her personal experiences from the media industry, highlighting how women professionals need to balance their personal and professional lives while striving for career growth. Her session motivated the students to step out of their comfort zones, embrace challenges, and transform failures into opportunities.

Following Dr. Smitha's session, Ms. Sini Rachel Mathew, an established entrepreneur in the food industry, took the stage. She shared her journey of becoming a successful entrepreneur, emphasizing the importance of *passion, dedication, and innovation* in building a business. Ms. Sini narrated the challenges she faced while setting up her food venture and how her ability to *reinvent herself* and stay adaptable helped her achieve success. She encouraged young women to take bold steps, pursue their dreams, and contribute to the economy through entrepreneurship.

The third segment of the talk was led by Ms. Ponnu Sibby and Ms. Ann Varghese, entrepreneurs in the fashion industry. Their joint session provided the audience with insights into *reinvention* in the business sector, especially in the highly competitive fashion industry. Ms. Ponnu and Ms. Ann shared their inspiring journey of building their fashion brand from scratch, the importance of staying updated with market trends, and how resilience helped them sustain and grow their business. They also emphasized the importance of *empowering other women* through job creation and mentorship, highlighting the role women entrepreneurs play in boosting the economy and society.

The interactive session that followed was highly engaging, as students and faculty members actively participated by asking questions and seeking advice from the resource persons. The panelists responded enthusiastically, sharing practical tips on career building, self-development, and coping with life's challenges. The session fostered an atmosphere of inspiration, where young women were motivated to dream big, take risks, and remain determined in the face of adversity. The event concluded with a vote of thanks delivered by Dr. Anila.H.L, CWE Coordinator, who expressed her sincere gratitude to the esteemed resource persons for their valuable time, insightful talks, and inspiring stories. She also thanked the College Management, faculty members, and students for their active participation and support in making the event a grand success. Special appreciation was extended to the Centre for Women Empowerment for organizing the special talk as part of the Women's Day Celebration 2025.

The Special Talk on Resilience and Reinvention: Thriving in a Changing World successfully fulfilled its objective of empowering and inspiring young women to embrace challenges, reinvent themselves, and strive for excellence in their personal and professional lives. The session left a lasting impact on the audience, encouraging them to become future leaders, entrepreneurs, and changemakers in society.





Training Session on Women Empowerment as part of Women's Day Celebration 2025



As part of the International Women's Day Celebration 2025, the Centre for Women Empowerment (CWE), BCM College, Kottayam, organized an inspiring and impactful Training Session on Women Empowerment on March 7, 2025, at 11:30 AM at the College Auditorium. The session was conducted with the objective of instilling confidence, leadership skills, and self-empowerment among women and young girls by addressing key issues related to personal growth, social responsibility, and leadership development. The event was graced by the presence of two eminent resource persons, JFP Jerry Joshy and JC Annu John, who are well-known for their exceptional contribution to leadership training, personality development, and women empowerment initiatives.

The training session commenced at 11:30 AM with a formal welcome address delivered by Dr. Reeja P. S., Coordinator, Centre for Women Empowerment (CWE). In her welcome speech, she emphasized the significance of empowering women, especially in today's dynamic world, where women's roles are rapidly evolving in society, workplaces, and leadership platforms. She expressed her gratitude to the college management, faculty members, and the resource persons for their valuable contribution in making this event possible.

The first segment of the training session was led by JFP Jerry Joshy, a renowned motivational speaker, leadership trainer, and advocate for women empowerment. His session focused on the importance of self-confidence, resilience, and personal empowerment for women in overcoming societal and personal challenges. Jerry Joshy began his session with an interactive approach, engaging the audience with thought-provoking questions and real-life examples related to women's leadership and personal development. He emphasized the need for women to believe in their potential, break societal stereotypes, and stand firm in achieving their goals.

In his address, JFP Jerry Joshy also shed light on how women can become powerful changemakers in their communities by actively participating in leadership roles, decision-making processes, and social development initiatives. He inspired the students to challenge limitations, dream big, and consistently work towards their goals, reinforcing that *empowered women lead to empowered communities*. His session also highlighted strategies for self-empowerment, including self-awareness, self-motivation, goal-setting, and overcoming fears. His energetic and insightful presentation captivated the audience and motivated them to become confident and self-reliant individuals.

The second segment of the training session was conducted by JC Annu John, a prominent youth leader, social activist, and expert in women empowerment training. In her powerful and motivating session, JC Annu John focused on the theme "*Women as Leaders and Change-makers in Society*". She began her session by addressing the gender-based challenges that women commonly face in workplaces, families, and communities and provided practical strategies for overcoming these challenges through empowerment, education, and leadership development.

Annu John also emphasized the importance of breaking cultural stereotypes that often hinder women's personal and professional growth. She encouraged the students to use their voice, talent, and capabilities to bring positive social change. Through inspiring real-life stories, she demonstrated how ordinary women from different backgrounds have achieved extraordinary success in various fields, proving that determination, passion, and continuous self-development are key to empowerment. Her words of motivation inspired the audience to step out of their comfort zones, take bold decisions, and lead with confidence and compassion.

The training session also included an interactive segment, where students actively participated by sharing their thoughts, experiences, and queries related to women empowerment, career building, and leadership development. Both JFP Jerry Joshy and JC Annu John patiently addressed all the questions raised by the participants, offering them valuable guidance and practical solutions to overcome their challenges and pursue their dreams fearlessly. The interaction also focused on promoting mental well-being, work-life balance, and creating a positive social impact through empowerment-driven actions.

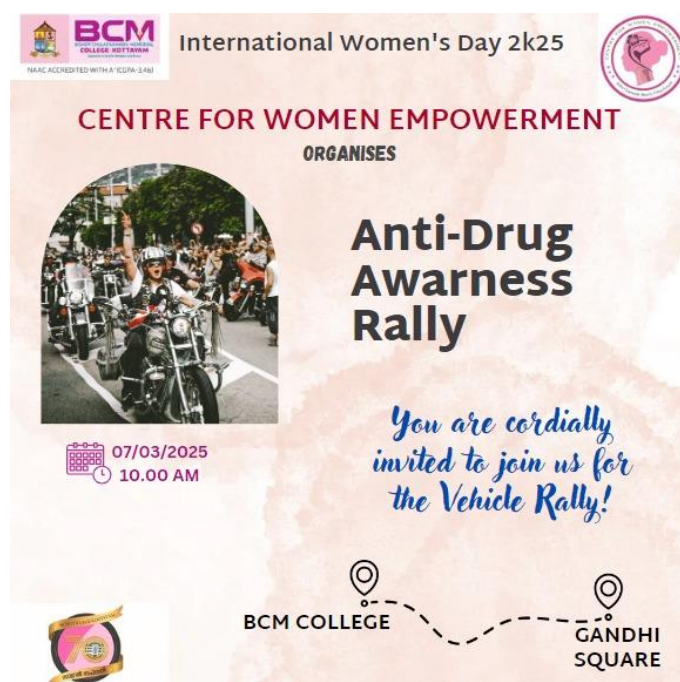
The event concluded with a Vote of Thanks delivered by Ms. Asha Kiran, CWE Coordinator, who extended her heartfelt gratitude to JFP Jerry Joshy and JC Annu John for their inspiring and impactful sessions. She also expressed her appreciation to Rev. Fr. Abraham Parambett, Manager of BCM College, Dr. K. V. Thomas, Principal, BCM College, faculty members, students, and volunteers for their active participation and support in making the training session a grand success. Special acknowledgment was also given to the Centre for Women Empowerment (CWE) for organizing such an impactful and transformative event as part of the Women's Day Celebration 2025. The Training Session on Women Empowerment successfully fulfilled its purpose of motivating, inspiring, and educating young women to realize their potential, embrace leadership, and contribute meaningfully to society.





Training Session on Women Empowerment

Anti-Drug Awareness Vehicle Rally as part of Women's Day Celebration 2025



As part of the International Women's Day Celebration 2025, the Centre for Women Empowerment (CWE), BCM College, Kottayam, organized a remarkable Anti-Drug Awareness Vehicle Rally on March 7, 2025, at 10:00 AM. The rally, which aimed to spread awareness about the adverse effects of drug abuse and promote a drug-free society, witnessed enthusiastic participation from students, faculty members, and the general public. The event was designed to emphasize the role of women and youth in preventing drug abuse and to inspire collective action towards creating a healthy and drug-free community.

The flag-off ceremony was held at 10:00 AM in front of BCM College, Kottayam, and the rally was formally flagged off by Rev. Fr. Abraham Parambett, Manager of BCM College. In his inaugural address, Rev. Fr. Abraham Parambett appreciated the efforts of the Centre for Women Empowerment in organizing such a meaningful event, especially as part of Women's Day Celebration. He highlighted the importance of spreading awareness against drug abuse, stating that women, as primary caregivers in families, can play a vital role in shaping a drug-free future. He urged the participants to become ambassadors of change by spreading the message of a healthy and drug-free lifestyle.

The rally, which comprised a diverse group of participants, included students, faculty members, NSS volunteers, and representatives from various departments of BCM College. The uniqueness of the rally was reflected in the inclusion of different types of vehicles, such as two-wheelers, four-wheelers, and bicycles, which symbolized the collective effort of individuals from different age groups and backgrounds to fight against drug abuse. Participants were seen carrying banners, placards, and posters with powerful slogans promoting anti-drug messages like “*Say No to Drugs*,” “*Your Life is Precious, Don’t Waste it on Drugs*,” “*Be Smart, Don’t Start*,” and “*Break the Chain of Addiction*.” The entire rally demonstrated the unified voice of women and youth in advocating for a drug-free society.

The rally route spanned from BCM College campus to Gandhi Square, Kottayam, covering prominent areas in the city to maximize public reach and visibility. Throughout the journey, participants actively engaged with the public by distributing anti-drug awareness leaflets and raising slogans to emphasize the devastating effects of drug abuse on individuals, families, and society. The use of bicycles and two-wheelers promoted an eco-friendly approach while also symbolizing the energy and determination of the participants in combating drug addiction.

Upon reaching Gandhi Square, the rally concluded with a brief awareness session led by student representatives from BCM College, who shared compelling messages about the importance of living a drug-free life and the role of families, especially women, in safeguarding society from the clutches of drug addiction. The public response to the rally was overwhelmingly positive, with many passersby and onlookers appreciating the initiative and expressing their support for the cause.

The event also received significant media attention, as local media channels and print media covered the Anti-Drug Awareness Rally, further amplifying the message to a larger audience. The participation of women in large numbers demonstrated the strong commitment of BCM College in promoting social responsibility and community engagement. The rally truly reflected the spirit of Women’s Day, empowering women and students to lead impactful social change.

The Centre for Women Empowerment Coordinators, including Dr. Reeja P.S., Dr. Anila H.L., Ms. Asha Kiran, and Ms. Mary Siniya, expressed their heartfelt

gratitude to Rev. Fr. Abraham Parambett, the college management, faculty, students, and participants for their active involvement in making the Anti-Drug Awareness Vehicle Rally a grand success. They emphasized that such initiatives would continue to inspire young minds to be advocates of a drug-free and healthier society.

The Anti-Drug Awareness Vehicle Rally organized by Centre for Women Empowerment (CWE), BCM College, Kottayam, as part of Women's Day Celebration 2025, successfully achieved its mission of spreading awareness about the dangers of drug abuse while encouraging collective social responsibility. The event also reinforced the role of women as influential change-makers in society, emphasizing that a drug-free generation can only be achieved through strong family and community involvement.







Anti-Drug Awareness Vehicle Rally as part of Women's Day Celebration 2025

Flash Mob and Mime Performance on Anti-Drug Awareness



As part of the International Women's Day Celebrations, the Centre for Women Empowerment in association with the Department of Home Science, BCM College, organized a Flash Mob and Mime Performance on the theme Anti-Drug Awareness on March 7, 2025, at 11:00 AM at Gandhi Square, Kottayam. The event aimed to raise awareness among the public, especially the youth, about the harmful effects of drug abuse and the importance of building a drug-free society. The initiative was undertaken as part of Women's Day to highlight the role of women in influencing families and communities to combat drug abuse and promote a healthier, safer society. The venue, Gandhi Square, was chosen to ensure maximum public engagement and awareness impact. The event attracted a large audience, including students, faculty, and the general public, who gathered to witness the powerful and thought-provoking performances.

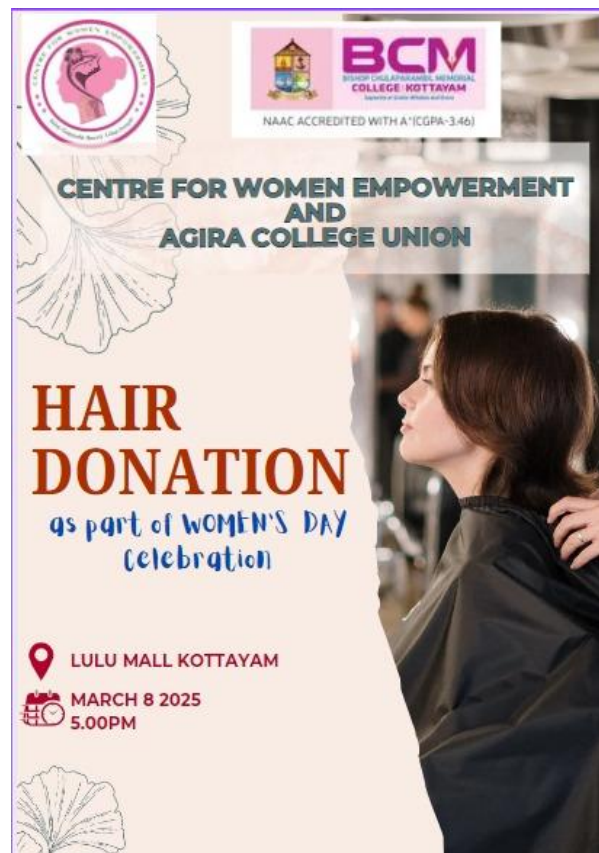
The programme commenced at 11:00 AM with a brief introduction by a student representative from the Department of Home Science, who highlighted the objective of the event and the significance of spreading awareness about the harmful effects of drug abuse. Following the introduction, the Flash Mob performance began with a group of energetic students from BCM College performing a vibrant and captivating dance routine. The performance was centered around themes of freedom from addiction, choosing a healthy lifestyle, and promoting positive mental and physical well-being. The energy and enthusiasm of the performers instantly captured the attention of the crowd, creating a lively and engaging atmosphere.

Immediately after the Flash Mob, the audience was drawn into a thought-provoking Mime Performance that powerfully depicted the harsh realities and consequences of drug abuse. The silent yet impactful performance portrayed how individuals, especially the youth, fall victim to substance abuse, leading to severe social, physical, and mental consequences. The mime also highlighted the pain and struggles faced by families and loved ones due to drug addiction and the need for strong community support to combat this social evil. The realistic portrayal by the performers left the audience emotionally moved, effectively driving home the message of the campaign.





Hair Donation as part of Womens Day Celebration 2025



As part of the International Women's Day celebrations, the Centre for Women Empowerment, in association with AGIRA College Union and Sargakshetra 89.6 FM, organized a Mega Hair Donation Programme for Cancer Patients on March 8, 2025, at 5:00 PM at Lulu Mall, Kottayam. The noble initiative aimed to support and empower cancer patients by providing them with natural hair wigs, boosting their confidence and self-esteem during their challenging health journey. The programme was organized with the core objective of spreading awareness about the significance of hair donation and encouraging individuals, especially women, to come forward and donate their hair as a gesture of compassion and kindness towards cancer patients. The event was also intended to celebrate the strength and resilience of women, aligning perfectly with the theme of International Women's Day.

The event commenced at 5:00 PM with a warm welcome by a representative from Sargakshetra 89.6 FM, who expressed their pride in being part of such a

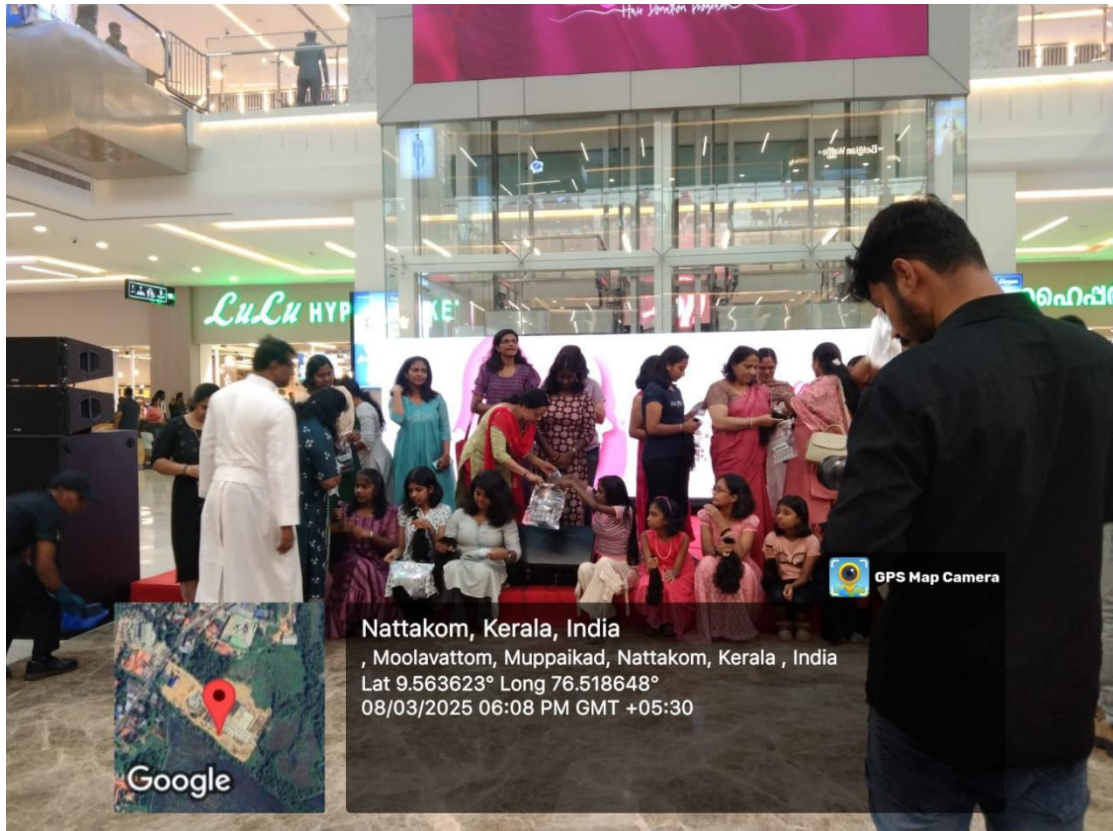
heartwarming and meaningful initiative. The venue, Lulu Mall, Kottayam, was filled with participants, supporters, and visitors who were eager to witness and be part of this noble cause.

The highlight of the event was the hair donation process, where several women, including students, staff, and general public, came forward to donate their hair for the cause. Professional hairdressers were arranged at the venue to cut and collect hair from the donors. The donated hair will later be processed and transformed into natural hair wigs to be distributed to cancer patients who have lost their hair due to chemotherapy treatments. The emotional and inspiring moments of the event deeply touched everyone present. Several donors expressed their heartfelt joy and satisfaction in being able to contribute to the well-being of cancer patients. Many donors mentioned that their donation was a small yet meaningful gesture towards spreading love and compassion. The overwhelming response from the public was a testament to the spirit of humanity and kindness.

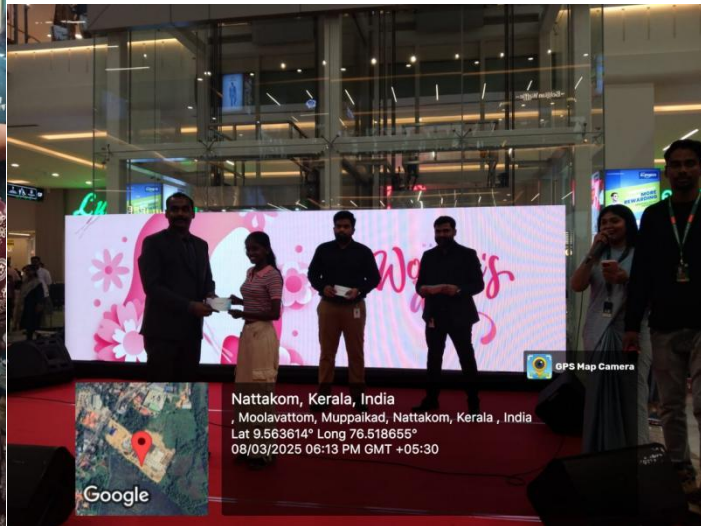
Adding to the vibrancy of the event, Sargakshetra 89.6 FM conducted live coverage and interviews with the donors, participants, and organizers, spreading the message of hair donation to a wider audience. The radio station also conducted a brief interactive session where cancer survivors shared their stories of strength and hope, inspiring everyone to be a part of the change. The event concluded with a formal vote of thanks delivered by a representative from AGIRA College Union, who expressed deep gratitude to Lulu Mall Kottayam for providing the venue, the Centre for Women Empowerment for initiating the noble cause, Sargakshetra 89.6 FM for their immense support in promoting the event, and most importantly, to all the generous hair donors who made the programme a huge success.

The Mega Hair Donation Programme was undoubtedly a remarkable and heart-touching event, reflecting the true spirit of Women's Day – empathy, kindness, and empowerment. The initiative succeeded in encouraging more individuals to come forward and contribute towards the well-being of cancer patients. The collaboration between Centre for Women Empowerment, AGIRA College Union, and Sargakshetra 89.6 FM proved to be impactful in making a positive difference in the lives of cancer survivors.









PARTICIPATION LIST

1	Lakshmi Suresh	Biology	<u>Lakshmi</u>
2	SURVA SBI	"	<u>Surya</u>
3	Athira Rajesh	"	<u>Athira</u>
4	Analya JE	"	<u>Analya</u>
5	Soumyamoi-B		
6	Sree Lakshmi P	Commerce	<u>Sree</u>
7	Anala Sahu	I DC Commerce (aided)	<u>Anala</u>
8	Anakha Mohandas	I DC Commerce (aided)	<u>Anakha</u>
9	Devananda NK	I DC Bsc zoology	<u>Devananda</u>
10	Ajanyce Anil	"	<u>Ajanyce</u>
11	Gayathri T	"	<u>Gayathri</u>
12	Sneha P.S	"	<u>Sneha</u>
13	Aparna Suresh	I DC B.A History	<u>Aparna</u>
14	Riya Shibu	II DC FSQC	<u>Riya</u>
15	Aniltha Chundhan	II DC Physics	<u>Aniltha</u>
16	Jesna B. Parulcep	II DC physics	<u>Jesna</u>
17	Devipriya H.B	II DC Chemistry	<u>Devipriya</u>
18	Navya Rose BSC	I DC History	<u>Navya</u>
19	Devi Kanchana	"	<u>Devi</u>
20	Ambily Vijayan	"	<u>Ambily</u>
21	Ragendu M	"	<u>Ragendu</u>
22	Snehalakshmi-S.S	"	<u>Snehalakshmi</u>
23	Ch. Monica M	I DC Zoology	<u>Ch. Monica</u>
24	Anitha Mani Jose	I DC FSC	<u>Anitha</u>
25	Mejisha Anna Seeril	1 st D.C Botany	<u>Mejisha</u>
26	Gayathri D	II DC Botany	<u>Gayathri</u>
27	Dani Benay	I DC Botany	<u>Dani</u>

47	Lamiya Susan George	Computer Science	
48	Fathima K A	"	<u>Pabina</u>
49	Emilia cherian	"	<u>Waste</u>
50	Anantha Elit Sam	"	<u>File</u>
51	Aswathy Sabikumar	"	<u>Vs</u>
52	Adithya A/S	"	<u>College</u>
53	Atthalya Binu	"	<u>Atthalya</u>
54	Aanya asanthosh	"	<u>As</u>
55	Thamara T.S	"	<u>Thamara</u>
56	Anjana M	Home science	<u>Ist DC</u>
57	Kavya V	BA English	<u>Ist DC</u>
58	Roshni Ramuh	Home science	<u>Ist DC</u>
59	Jyothika M	Home science	<u>Ist DC</u>
60	AKshana Vinod	"	<u>AK</u>
61	Aswathy Anil	"	<u>Anasthy</u>
62	esha.shine	"	<u>esha</u>
63	Anousha R	Commerce	<u>Adha</u>
64	Asathy R Nair	"	<u>Asath</u>
65	Karthika Vipin	"	<u>Karthika</u>
66	Devi Prasannan	"	<u>Devi</u>
67	Manga Angel Soji	PG English II yr	<u>Angel</u>
68	Ess Maria Jobi	"	<u>Ess</u>
69	Arayasree S	"	<u>Arayasree</u>
70	Ashly Sunny	"	<u>Ashly</u>
71	Vinaya Balasubrahmanian	"	<u>Vinaya</u>
72	Malavika girikal	Ist DC Sociology	<u>Malavika</u>
73	Midhila Medhu	"	<u>Midhila</u>
74	Sneezeshmi VS	"	<u>Sneezeshmi</u>
75	Athira Vinod	"	<u>Athira</u>

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Vishnuupriya Raju	"	V.C.
Treene Saeen Buri	"	Thane
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Revathy S	"	Revathy
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Archel Babu George	" " "	Archel
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Athulya Reji	I st MA English	Athulya
Aleena hake	"	Aleena
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Arupama Anil	"	Arupama
Suzya P S	"	Suzya
Jana Reji	"	Jana

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(3)	Aswathi N.V	"	<u>Aswathi</u>
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7)	Ashtamidas	"	<u>Ashtamidas</u>
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10)	Ashika A	B Com (SP)	<u>Ashika</u>
11)	Anshula Afsal	"	<u>Anshula Afsal</u>
12)	Sandra E	"	<u>Sandra</u>
13)	Kamakshi M	"	<u>Kamakshi M</u>
14)	Vinitha K Wilson	History	<u>Vinitha</u>
15)	Alanka CJ	FSGC	<u>Alanka</u>
16)	Diadna Elsa Raju	"	<u>Diadna</u>
17)	Diya Thomas	"	<u>Diya</u>
18)	Narselana Vinod	"	<u>Narselana</u>
19)	Bhargava Vinod	"	<u>Bhargava</u>
20)	Alhina Anil	"	<u>Alhina</u>
21)	Nimisha Mathan	"	<u>Nimisha</u>

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