

## WOMEN'S CELL



# CHRIST COLLEGE

## PULIYANAMALA, KATTAPPANA

Approved by UGC and Affiliated to MG University, Kottayam (3521/1/14/Ac A VII)  
A Minority Institution Managed By CMI Fathers

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Report No: 1

Date: 31/10/2014

## Inauguration of Women Cell

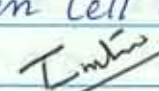
Inauguration of the women cell of Christ College, Puliyannala, was held on 31<sup>st</sup> October 2014 at 1:30 pm. The chief guest of the day was Mrs. Anithamol C.S., Assistant Professor, department of languages, Christ college. The event was presided over by Rev. Dr. Jose Nedumpara CMI, Principal, Christ College.


Mrs. Anupama Jacob, student coordinator, Women cell, formally welcomed the gathering. Pursuantly, chief guest officially inaugurated the women cell and addressed the gathering. In her inaugural address, she admonished women to strive persistently to achieve their dreams without compromise. The president of the event, Rev. Dr. Jose Nedumpara CMI, commented on the extraordinary ability of girls in Christ college to excel in all spheres of life especially in academics in his speech. The inaugural ceremony ended with a vote of thanks proposed by Women cell coordinator Ms. Tintu.

Principal

Rev. Dr. Jose Nedumpara CMI

Women Cell Coordinators

  
 Ms. Tintu George

  
 Ms. Tintu Joy




Action plan  
2014-2015

In order to empower women community in Christ college, the following activities are planned for the academic year 2014-15.

- 1) To conduct various awareness programs for female students and staff.
- 2) To organize self defence workshop for girls.





Report No: 2

Date: 22/6/15

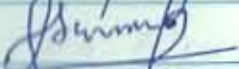
Gender Sensitization Workshop.

The women cell of Christ college organized a gender sensitization workshop for the students and teachers of college on 22<sup>nd</sup> June 2015. The guest speaker of the day was Ms. Teena Jose, Counsellor, Navadharsanagram IRCA, Puleyanmala. The program commenced with a welcome address delivered by Ms. Anju Jain, student coordinator, Women cell.


Afterwards, Ms. Teena Jose took over the session and provided an overview on various laws in Indian Penal code related to crimes against women and also discussed on other special laws for women. She also highlighted the various ways in which women and girls are being harassed and emphasized the need of gender sensitization especially for young women.

Ms. Teena suggested number of ways to promote gender sensitivity in the college environment. She also had an interactive session with students, which enabled students to clear their doubts regarding the topic. The session was really fruitful for the students and received good reviews from the participants. The session ended with a vote of thanks rendered by Ms. Sharon K. Chacko, student coordinator, Women cell.

Principal

  
 Rev. Fr. Jose Nedumpara CMI

Women cell Coordinators

  
 Ms. Tintu George




Action plan  
2015-2016

To enhance self esteem and self confidence among students and staff members in christ college, women cell planned following activities for the academic year 2015-2016.

- 1) To create a platform for the women of the college to exhibit their talents.
- 2) To celebrate women's day.





Report No: 3

Date: 10/8/2016

## Art and Craft Exhibition

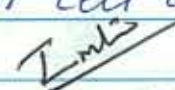
The women cell of christ college organized an art and craft exhibition on 10th August 2016 at 1:30 pm. Honorable chief guest Rev. Fr. Santhosh chempakathumkal, Head, department of management, inaugurated the program. In his speech Father emphasized the role of art and craft in maintaining our creativity alive. He motivated the students to pursue their passion with the aim of deriving satisfaction out of it.

The program was an involvement of all the girls in the college by displaying their exhibits through glass painting, spray painting, water painting, collage, embroidery and best out of waste. Honorable chief guest along with women cell coordinators visited each stall and encouraged the students. Along with this he also distributed prizes to those students who had exhibited admirable articles. The exhibition received good response and reviews from spectators and it ended by 4:00 pm.

  
Principal

Rev. Fr. Alex Louis CMI

Women Cell Coordinators

  
Ms. Tintu George







Date: 10/2/2016

Report No: 3

### Action plan

2016-2017

To educate women on social issues faced by women and to generate awareness on healthy lifestyle women cell planned following activities for the academic year 2016-17

- 1) To conduct an awareness class on menstrual health and hygiene
- 2) To celebrate women's day.



*[Signature]*  
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Women Cell Idukki

MT. Teresa

Ms. B. A. A. A. A.

Report No: 4

Date: 4/1/2017

### Awareness class on Menstrual Health and Hygiene

The women cell of christ college of the christ college organized an awareness class on Menstrual Health and Hygiene for the girl students on 4<sup>th</sup> January 2017 at 2pm. The program commenced with a welcome address delivered by Ms. Rony Maria, student coordinator, Women cell.

The guest speaker of the program was Ms. Teena Jose, counsellor, Navadarsanagram IRCA, puliyannala. Ms. Teena gave an overview on menstruation and various means to tackle issues related to it. she also initiated a discussion to point out traditional myths and misconceptions in rural areas related to menstruation. Ms. Teena concluded her session by recapitulating the main points discussed and by giving some tips to maintain menstrual health and hygiene. She also emphasized the importance of healthy diet and regular exercise. The session ended up with a vote of thanks proposed by Ms. Tintu Joy, student co-ordinator, Women cell.

Principal

Rev Fr. Alex Louis CMI

Women Cell Coordinators

Ms. Tintu George

Ms. Tintu Joy





Date: 4/1/2018

Report No. 11

## Action plan 2017-2018

To highlight the importance of learning self defense techniques and healthy relationship building women cell of christ college planned following activities for the academic year 2017-18.

- 1) To conduct workshop on self-defence
- 2) To organize awareness programs
- 3) To celebrate international women's day.



  
 ER. DR. ALEX LOUIS CMI  
 PRINCIPAL  
 CHRIST COLLEGE  
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Mr. Alex Louis CMI

Mr. Alex Louis CMI



Report No: 5

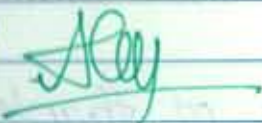
Date: 5/10/2018

Workshop on Self defence

With the aim of empowering women through comprehensive awareness and practical training women cell of christ college, puliyannala conducted a self defence workshop for students and teachers on 5<sup>th</sup> October 2018. After the inaugural session and felicitation ceremony presided over by women cell coordinator, demonstration of self defence techniques followed under the command of Ms. Krishnendu, Professional: Self-defence trainer. After the demo session she pointed out why it is necessary to attend and train oneself with this kind of workshop and training programs. She added that having knowledge about self defence techniques not only help defend but also it builds confidence in oneself.

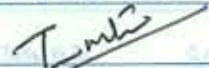
By the end of the session students mastered simple techniques like kicking and punching through Ms. Kaishnendu's instructions. The session wended up with the vote of thanks proposed by Ms. Tintu George, Faculty Coordinator, Women cell.

Principal

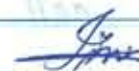


Rev. Dr. Alex Louis CMI

Women cell Coordinators



Ms. Tintu George



Ms. Tintu Joy





Report No: 6

Date: 6/8/2018

## Awareness Programme On Building And Maintaining Healthy Relationships In Adolescence.

Interventions to promote healthy relationships and strong personality traits are more effective when started early. With this aim women cell of christ college organized an awareness programme for female students of the college on 6th August 2018.

The guest speaker of the event was Ms. Annie Thomas, professional social worker. She had an interactive session with students on hazards in adolescence and early adulthood. Later, Ms. Annie made students to navigate through impacts of unhealthy relationships, in youth. She specifically focused on means to build and maintain healthy relationships in the college life. The session received good response and reviews from the students.

The session ended with a vote of thanks rendered by Ms. Jinu Joy, student coordinator women cell.

Principal



Women cell coordinator

Rev. Dr. Alex Locus CMI

Ms. Tintu George


Jinu



Action plan  
2018-19

In order to empower women community in Christ college, the following activities are planned for the academic year 2018-19.

- 1) To arrange mentoring sessions for female students.
- 2) To conduct self defence programme for female students and staff.

  
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Report No: 7

Date: 02/03/2019

## Workshop on self defence.

The need of the hour for the girls and women in the society is to safeguard themselves from violence committed against them. With the concern, the women cell of christ college organized a workshop on self defence on 2nd March 2019.

Demonstration of the self defence techniques followed under the command of police women from Janamathra police station, kattapana.

By the end of the session students got an overall picture of how to escape from attackers using simple body movements and appropriate reactions.

After training session, head trainer from the police unit, spoke largely on the kind of violence, that is committed against women. She narrated some instances related to violence against women that comes to the police for assistance. She pointed out why it is necessary to attend and train oneself with this kind of workshop and training programmes.

The programme received good response and reviews from participants. The session winded up with a vote of thanks rendered by Ms. Rima Mary James women cell co-ordinator.

Principal




Women cell co-ordinators.



Ms. Juby Jose



Action plan  
2019-20

To make women realize their role in building up of a healthy society, women cell of christ college planned following activities for the academic year 2019-20

- (1) To conduct poster making competition
- (2) To organize awareness class on feminine hygiene.
- (3) To celebrate women's day.

  
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