

ALPHONSA COLLEGE THIRUVAMBADY

Report of Activities of Women Development Cell for the year 2021-2022

I Name of the Institution : Alphonsa College Thiruvambady

II. Name of Principal : Dr. Chacko K V

III. Name of Lecturer in Charge : Ms. Feji Manual

IV. Name of President : Sandra Mariya Sebastian

Students Representative

Department of English

Treasurer : Adithya T K

Student Representative

Department of English

V. Total Number of Activities conducted under the auspices of WDC: 11

ACTIVITIES 2021-2022

(From 1st March 2021 to 28th February 2022)

S.N	Date	Name of Activity	Resource Person (If Any)	No of Participants
1	08.03.2021	International Women's Day Celebration	Dr.Dhanya KP Asst.Professor Dept.of Second language and History	140
2	08.03.2021	Self Defence Training Programme	Renshi Jayesh 5 th Dan Black Belt	140
3	24.03.2021	Seminar on Women and Law	Adv.Beena Joseph Vice Chairperson Manjeri Municipal Office	120
4	28.05.2021	World Menstrual Hygiene Day	Ms.Feji Manual Asst.Professor Department of Commerce Alphonsa College Thiruvambady	100
5	02.07.2021	Seminar on Cancer Awareness and Healthy Life Style	Ms.Sumuki Begum Programme Coordinator Sanjeevini Life Beyond cancer	85
6	27.07.2021	Seminar on Gender And legislature In association with The Women and Child Development Department,Kozhikode	Adv.Abija.P.A Member, Calicut Bar Association	75
7	11.10.2021	Round Table on "Digital Generation and Our Generation"		15
8	28.10.2021	2 Days Workshop on "Menstrual Health, Hygiene and Management"	Dr.Rose Margaratt Chacko Volunteer, Humjoli Foundation, Pune	65
	29.10.2021	"Menstrual Health, Hygiene and Management"	Dr.Rose Margaratt Chacko Volunteer, Humjoli Foundation, Pune	70

9	22.11.2021	Essay Writing Competition On “Film as a Tool for Women Empowerment”		20
10	16.12.2021	Awareness Programme on Gender Equality	Ms.Annmariya Joseph Asst.Professor Dept.of Commerce Alphonsa College Thiruvambady	30
11	16.12.2021	A Discussion On Gender Neutrality	Ms.Deepa Domnic Asst.Professor Dept.of English Alphonsa College Thiruvambady	20

VII. List of the Resource persons invited and the topics handled by them:

1. Renshi Jayesh
5th Dan Black Belt
Koodaranji, Kozhikode
Event: Self Defense Training Program
2. Adv.Beena Joseph
Vice Chairperson
Manjeri Municipal Office
Topic: Women and Law
3. Adv.Abija PA
Member,
Calicut Bar Association
Topic: Gender and Legislature
4. Dr.Rose Margaratt Chacko
Volunteer, Humjoli Foundation,
Pune.
Topic: Menstrual Health, Hygiene and Management
5. Ms Sumki Begum
Volunteer,
Sanjeevini Life Beyond Cancer

Topic: Cancer Awareness and Healthy life Style

VIII. Remarks of Lecturer in charge about the functioning of the WDC

The year 2021 -22 is a challenging year for the mankind. We are aware that this pandemic affected the entire areas of human life. Being the members of WDC in Alphonsa College we could conduct various programs for the women community, in and around us, this year.

Since it was difficult to conduct physical meetings for the smooth functioning of the Cell, we have created a What's App group for the members. We, the coordinators really surprised to see the active and sincere participation of the members for all the programs. So we are including some programs also where the girls participated with great enthusiasm. We would like to mention that through the active participation in the debate club of the college, the 'women' of ACT expressed their views and concerns about the present scenario.

We (the students and teachers of ACT) are proud enough to say that we are really an inspiration to our local women community. We could organize various programs for their entire well-being in spite of the threat of the Covid 19.

IX. Other observations:

ACT organizes numerous workshops and awareness programs pertaining to WDC. The main intention of this program are to sensitize women welfare and various issues faced by women.

These programs have been proved to be useful not only to the students of our institution but also the mothers and the housewives in the locality. It nurtures a mindset among the ladies and women an entrepreneurial skill and provides ample scope for equipping themselves for the ever changing modern world and develop 21st century life skill.

The activities of WDC and the leaders who spearhead this club leave a deep rooted influence among the Alphonsians as well as the mothers in the vicinity.


Dr.Chacko K V

Principal

DR. CHACKO K.V.
PRINCIPAL
ALPHONSA COLLEGE THIRUVAMBADY
THIRUVAMBADY P.O., KOZHIKODE-673603




Ms.Feji Manual

Lecturer in Charge

ALPHONSA COLLEGE AND WDC



Alphonsa college
T H I R U V A M B A D Y



ALPHONSA COLLEGE

WOMEN DEVELOPMENT CELL
[W D C]

www.alphonsacollegechiruvambady.com

Alphonsa College Thiruvambady (ACT) was established in 2014 by the Diocese of Thamarassery as an educational hub affiliated to the University of Calicut. Ever since its inception the college has been trying to provide value based high quality education to its students by inculcating in them strength of character and love and service of fellow human beings on the one hand and by helping them achieve excellence in their respective areas of study and other activities, on the other. Over the past years, it has grown up gradually and steadily, initiating undergraduate programmes. The College keeps itself in the forefront of higher education in the district by maintaining a calm and peaceful atmosphere indispensable for academic work.

ACT upholds an egalitarian gender consciousness and compels all its stakeholders to adhere to the same. It strongly believes that no one is born inferior or weaker because of their birth in a particular gender. Real education, ACT holds, must enable everyone to respect the other gender and amaze at the beauty of diversity in talents and worldviews, be it a male, female or a transgender. ACT has various projects to boost up self-confidence in one's gender status, to confront the challenges of every walk of life and also to track nefarious behavior devaluing other gender identities.

The women's cell of Alphonsa College Thiruvambady, since its establishment in 2015, functions with the objective of promoting the all-round development of the students of Alphonsa College, particularly in their capacity as young women of today by making aware of their responsibility in building the society, cultivating in them a deeper interest in the cultural heritage of our country and bringing out the best in them. Towards this end, the women's Cell organizes various programs, including talks, seminars, workshops, training programmes debates etc. The Cell endeavors to alleviate the negative forces that confront women, both on the campus and in the city. The Women's Cell handles issues related to women's welfare. Some of the themes which have been the focus of discussion have been with regard to women's empowerment, women's rights, legal awareness etc. Every year Women's Day is celebrated with an important issue or theme in mind, to be highlighted during the programmes. Women Cell organized various training Programmes, Seminars, workshops, community intervention programs etc.

Members of WDC

Ex-officio Members		
01	Dr. Chacko K.V.	Principal, ACT
02	Rev. Fr. Shenish Augustine	Vice Principal, ACT
03	Rev. Fr. Geo Mathew	Coordinator, IQAC
04	Ms. Feji Manual	Convenor
Members		
05	Dr.Dhanya K.P	Member Faculty
06	Ms.Shiji Francis	Member Faculty
07	Ms. Ajeena Joseph	Member Faculty
08	Ms.AnnMaria Joseph	Member Faculty
09	Ms.Sandra Mariya Sebastian	President
10	Ms. Athitya T K)	Treasurer

ACTIVITY REPORTS From March 1st 2021 to 28th February 2022

1. INTERNATIONAL WOMEN'S DAY CELEBRATIONS 2021

Women are strong, powerful and invincible. With thousands of mantras encouraging women's existence every day, a special day is indeed a necessity to celebrate women's achievements in all aspects of life. Whether she's a teacher, homemaker, economist, engineer or pioneer, women have been making the world a better place with their infinite strength, determination and belief. With power enough to shatter the shackles of patriarchy, women are rising above societal hurdles every single day.

Alphonsa College celebrated “International Women’s day 2021” in a grand manner on 8th March at the Auditorium. On this special occasion, Dr. K.V. Chacko, Principal, honored and commemorated Women's Achievements and specially acknowledged Dr. Dhanya K.P. (Assistant Professor, Department of Second Language) for publishing her books on women empowerment.

BOOK RELEASE



Alphonsa College Thiruvambady

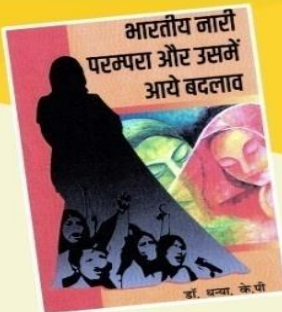
Run by Educational Trust of Diocese of Thamarassery
Affiliated to The University of Calicut

ON INTERNATIONAL WOMEN'S DAY

BOOK RELEASE

COME & JOIN US

BOOKS WRITTEN BY
Dr. DHANNYA K. P.
FACULTY, ALPHONSA COLLEGE
THIRUVAMBADY



MONDAY

MARCH 08

11 AM - AT THE COLLEGE
AUDITORIUM

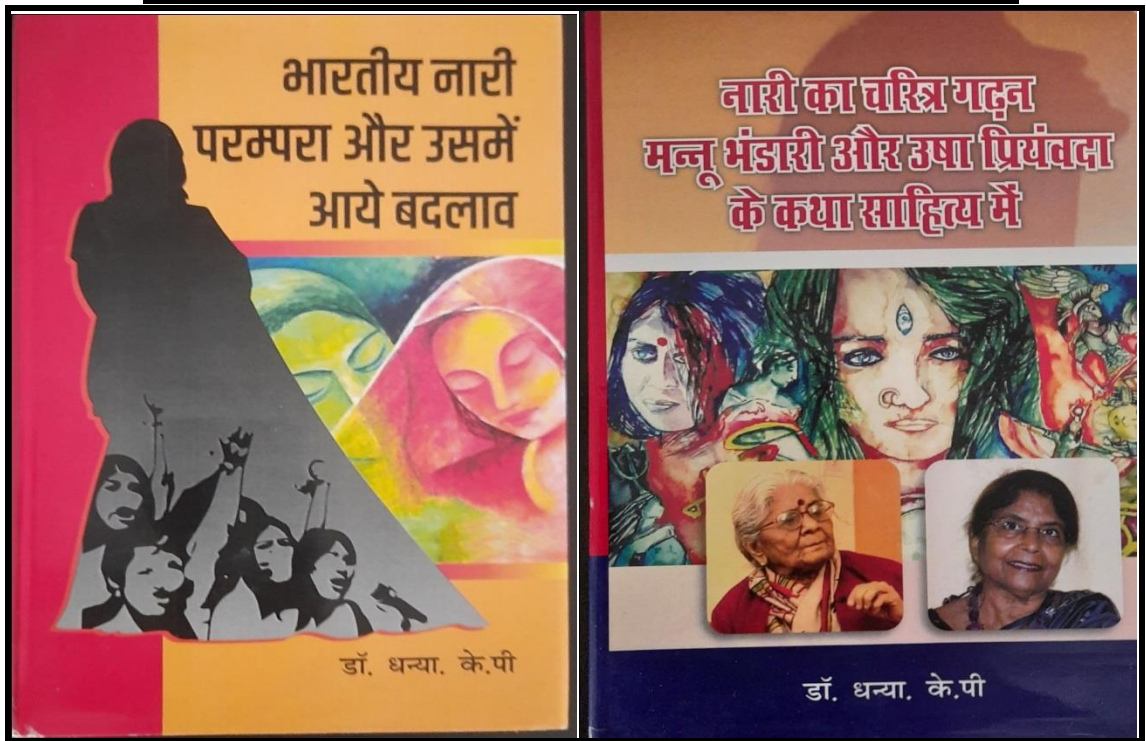


Dr. DHANNYA K. P.
FACULTY, ALPHONSA COLLEGE
THIRUVAMBADY

**Book Review, Reading
& Signing Events**



www.alphonsacollege-thiruvambady.com



The books are written by Dr. Dhanya .K. P. (Asst.Professor, Department of Psychology) was released on the occasion of International women's day .

The first book narrates how the women were treated from Vedic India till Post modern India especially regarding the progress they have made in financial, educational and professional fields. Also it gives glimpses to the empower schemes

of the 20th century stressing on the modern period, as how British colonization of India had effected the changes of perceptions towards women, and how the Five Year Plans of post-independent India had materialized different women empowerment strategies. It also narrates how postmodern women's life embraced features like openness to divorce or living together and so on. The book also portrays sample success stories as how some women were foregrounded to the limelight of fame and glory.

The second book narrates how the fictional women characters of authors Manu Bandari and Usha Priyamvada are characterized. The former hails the traditional Indian womanhood while the latter, being a Full Bright Scholar living in USA, portrays the identity crisis of every diasporic women - left to torn apart between an Indian mind and western cultural ambience. Her characters cannot but endure this crisis.

2. SELF DEFENSE TRAINING PROGRAM

The need of the hour for the girls and women in the society is to safeguard them against violence committed against them. Student welfare can strengthen the girl students' self-defense ability and women empowerment through a self-defense workshop in collaboration with Japan Shotokan Karate Renmei. After the inaugural session and felicitation ceremony, a demonstration of the self-defense technique followed under the instruction of Renshi Jayesh.

The workshop started with an inaugural speech by Dr. Chacko.K.V.(Principal). He highlighted the key points why such kinds of workshops are required to sensitize our girl child/students to self-protect themselves in public places as well as at home. He also pointed out that this is the demand of the hour as we can relate ourselves to the news items of domestic violence, eve-teasing cases and other severe forms of violence against women and children which is pouring in on a day to day basis.

The students learned different self-protection tips on how to avoid /defend by attacking a potential attacker when subjected to physical abuse, violence, crime etc. They have the chance to see the live demo of the self defense techniques as demonstrated by the trainer and the team.



Alphonsa College Thiruvambady

Run by Educational Trust of Diocese of Thamarassery
Affiliated to The University of Calicut

Workshop on Self Defence for the students on 8 March 2021
(International Women's Day) Organized by Women Development Cell

SELF DEFENCE Training



11.00 AM | 08 MARCH 2021

By Japan Shotokan Karate Renmei



Sensei
Thankachan K P
4th Dan Black Belt



Renshi Jayesh
5th Dan Black Belt



Benois
Thankachan
2nd Dan Black
Belt



Benjamin
Thankachan
2nd Dan Black
Belt

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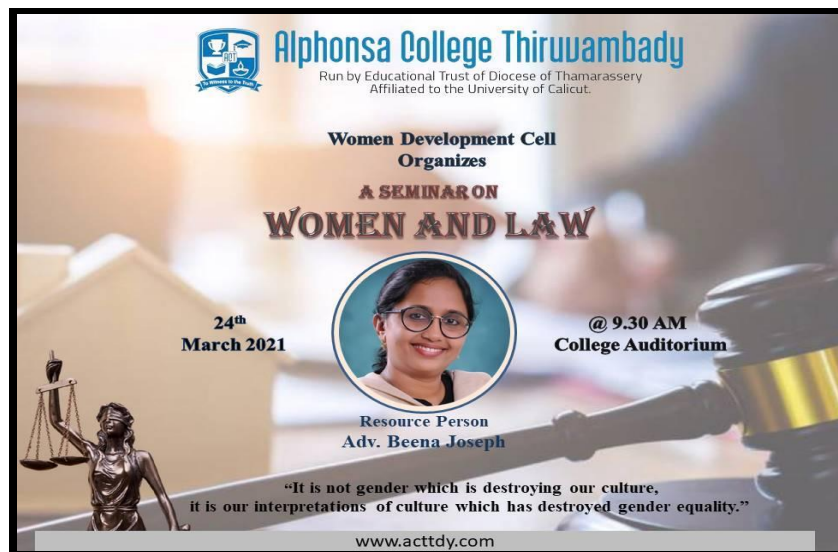


3. A Seminar on Women and Law

Gender equality is not only a fundamental human right but also an essential component for sustainable development. Gender equality exists where men and women have equal access to opportunities and services, equal control over resources, and an equal say in decision making at all levels. Though women account for half of the human resource, in reality, they remain largely marginalized and socially excluded. Women face many injustices and inequalities globally, both in terms of socio-economic factors and human rights. They are subjected to multisided oppression – social, economic and political.

WDC organized a seminar on ‘Women and Laws ‘on 24 th March at the college auditorium. The resource person was the renowned lawyer Adv. Beena Joseph .Sessions highlighted gender issues and women rights.

Legal awareness is essential to safeguard rights of women, she added and stressed that education is important for girls because it gives them a chance to lead dignified lives.





4. WORLD MENSTRUAL HYGIENE DAY

Periods! Chums! Menstruation! And what not? Ironically, period talk is treated as the most hush-hush topic in society but needs to be addressed with the highest regard. The perspective is certainly changing now. In most countries, girls still avoid going to school when they are on their period. Women in rural areas or in poverty-ridden nations still use paper and other harmful materials such as dried leaves and plastic as a substitute for sanitary pads.

To do away with this, every year on 28 May, World Menstrual Hygiene Day (MHD) is marked globally to address societal stigma and to create awareness about maintaining menstrual hygiene. Ms. Feji Manual (Asst. Professor, Dept. of Commerce) shared an awareness message to the students. She explained the reason to mark this day, 28 May (28/5) was chosen as the date, to highlight the average menstrual cycle, as most women start menstruating after every 28 days and the period lasts for 5 days on average. She added that the day holds a lot of significance as it aims at shattering taboos surrounding menstruation, breaking the silence and changing the negative social norms. The theme for this year's World Menstrual Hygiene Day is 'Action and Investment in Menstrual Hygiene and Health'. It is also meant to create a safe space, where no woman or girl is limited by something as natural and normal as her period.



5. Seminar on Cancer Awareness and Healthy Life Style

In association with Sanjeevini –Life Beyond Cancer (a pioneering non-profit organization, based on Mumbai, WDC of Alphonsa College conducted a cancer awareness program on 02-07-2021, for our students to create cancer awareness and remove the stigma and fear attached. The resource person Ms.Sumuki Begum discussed about the current scientific evidence that supports the role of diet and physical activity in the prevention of cancer.

6. A Seminar on Gender and Legislature

Dept of Women and Child Development starts a campaign with the help of Mahila Shakti Kendra to sensitise society, starting with educational institutions. The drive, started following a series of dowry-related deaths of young wives, will keep auditing the gender barriers that marginalise women. Kanak, the state-level campaign, began in mid-July and all colleges in the state are participating in it. To spread awareness among students, two modules — ‘Gender and Relationship’ and ‘Gender and Legislature’ — will be covered during interactive sessions of two hours each.

To spread awareness among students of Alphonsa College On 27 July Adv.Abija.P.A .Member, Calicut Bar Association held an interactive session on Gender and Legislature.The session focused on various gender issues existing in our society and the past and current understanding of gender roles. The objective of the seminar was to understand gender issues, analyse the existing laws and prepare legal professionals to contribute for the future. This session aims at understanding the problems of sexual harassment at work place, the need for promoting anti-harassment policies, critical analysis of the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 and other laws protecting sexual harassment.



Department of Women and Child Development

CAMPAIGN -14

Gender Awareness Programme
Alphonsa College
Thiruvambady

Inauguration


Dr.Chacko K V
Principal
Alphonsa College Thiruvambady

Resource Person


Adv. Abija

27th July 2021
2.00 PM

Join Us On
 Google Meet


 District Women and Child Development Office
Mahila Shakti Kendra
Kozhikode



7. Awareness Program on Menstrual Health, Hygiene and Management


Menstrual Hygiene Management is a subject of ‘silence ‘ and discussion of the topic among women or even between mother and daughter is very limited. Menstruation is a very important natural body process among women which cannot be avoided. It is a distinct step into womanhood for the adolescent girls. Therefore it is imperative for every one of them to have awareness about menstrual hygiene.



Humjoli Foundation is a Pune-based NGO primarily working towards creating awareness about menstrual health and hygiene. With a tag line which screams aloud, “Periods – Sharm Nahi, Shamta Hai”, Humjoli is all about spreading precise information and education, eradicating ‘period poverty’ and breaking taboos and myths associated with menstruation.

**Alphonsa College Thiruvambady**
Run by Educational Trust of Diocese of Thamarassery
Affiliated to the University of Calicut

WOMAN DEVELOPMENT CELL

Awareness Programme
**MENSTRUAL
HEALTH**
HYGIENE AND MANAGEMENT
28 & 29 October 2021
COLLEGE AUDITORIUM


Dr. ROSE MARGARATT CHACKO
VOLUNTEER, HUMJOLI FOUNDATION
PUNE, MAHARASHTRA.

alphonsacollege Thiruvambady  

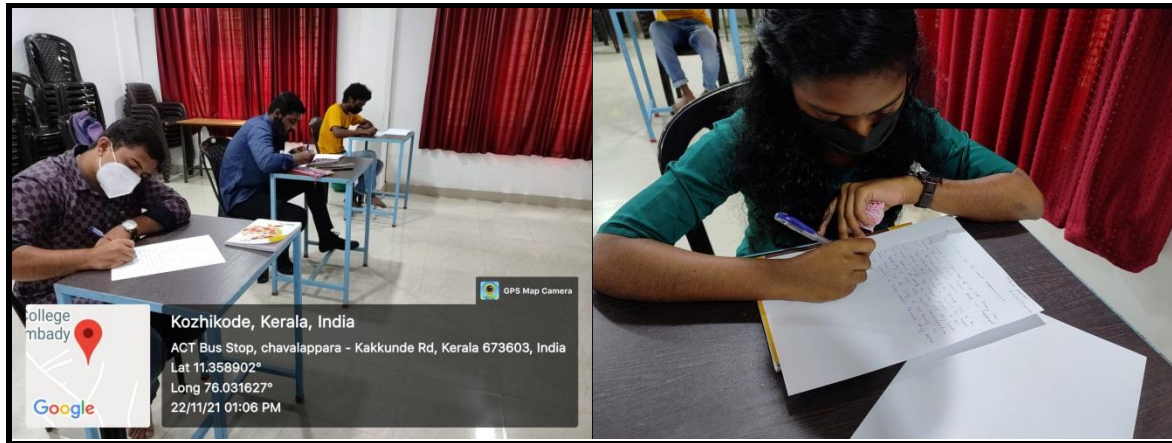






8. Essay Writing Competition

On November 22 2021, as part of National Integration Day, An Essay Writing Competition was conducted by the Department of Journalism and Mass Communication in association with WDC, Alphonsa College Thiruvambady on the topic **“Film as a Tool for Women Empowerment”**. Alex Robert of 1st year B.Com Finance won the first prize.



9. Round Table on Digital Generation our Generation

Girls do not have enough access to information and communication technology (ICT), limiting their access to a rich source of knowledge, professional and educational opportunities, and a forum of self-expression and creativity. COVID-19 pandemic has drastically accelerated the use of digital platforms for learning, earning and connecting people, many children are still suffering from that digital gap.

On the occasion of the International Day of the Girl Child, Women Development Cell of Alphonsa College conducted a discussion on “Digital Generation our Generation”. 15 students from various departments actively participated in the programme. They discussed that Girls know their digital realities and the solutions they need to excel on their diverse pathways as technologists for freedom of expression, joy, and boundless potential. Let’s amplify the diversity of these tech trailblazers while simultaneously widening the pathways so that every girl, this

generation of girls – regardless of race, gender, language, ability, economic status and geographic origin – lives their full potential.



10. A Discussion on Gender Equality Begins at Home

Home is where the heart is. But it's also the first place where children are socialized into gender norms, values and stereotypes. From the moment babies are born, their assigned sex (male or female) immediately begins to shape how they should be treated, what opportunities they should receive or how they should behave according to dominant gender stereotypes in their society. The most significant influence on gender role development occurs within the family setting, with parents modeling and passing on to their children their own beliefs about gender.

The Value Education Cell organized a “Discussion on Gender Equality Begins at Home “.The session moderated by Ms.Annmariya Joseph (Asst.Professor, Dept.Of Commerce). Students shared their opinions freely.Parents aren't entirely responsible for how their children perceive gender – much of the external world including peers, teachers, caretakers and the media have an impact on how children

(and even parents themselves) think they should behave based on their assigned sex. The discussion mainly focused on Household chores would be a good starting point. When mothers, establish some ground rules that there are no girl-chores or boy-chores and both genders must be equally responsible and sensitive to their immediate surroundings and tasks around, we would have achieved some progress. Accountability is a must and so is involving the children in the decision making process. The session ended with the suggestion that while we strive to raise gender-sensitive children, let us also foster a gentleman and a lady.





11. A DISCUSSION ON GENDER NEUTRALITY

A panel discussion on gender neutrality was organized by the Department of Journalism and Mass Communications and Department of Psychology in association with WDC of Alphonsa College Thiruvambady on Nirbhaya Day 16 November 2021. India has undertaken a slew of progressive reforms in the recent past, all aimed at ensuring gender justice for women and girls. A significant step towards this end came when the Justice J S Verma Committee was set up, following the Nirbhaya case.

The students discussed that however, systemic gaps and challenges continue to remain unaddressed, especially when it comes to sexual assault and intimate partner violence. The suggestions and recommendations of the Justice Verma Committee offer effective solutions that can potentially help us create a robust and safe system for women. They shared various incidents that gender inequality has affected several dimensions of women's lives from job growth and advancement in mental health problems.



