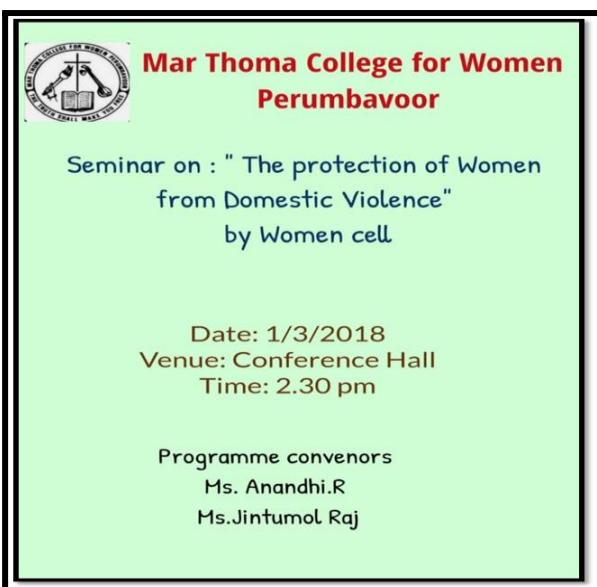


CURRICULUM ENRICHMENT ACTIVITIES ON GENDER



Seminar on "Protection of Women from Domestic Violence"

Title of the Activity	Seminar on the protection of Women from Domestic Violence
Organizing agency/Department	Women's Cell
Date	01/03/2018
No. of students participated	75 students
Resource person	Dr.Kochurani,Dept.of Economics,Bharat Matha College
Outcome	To create awareness about the Domestic Violence Act and the profound effects it has on victims and society as a whole



A Seminar on "Protection of Women from Domestic Violence" was conducted by the Women's Cell of Marthoma College For Women, Perumbavoor on 01/03/2018. The session featured a talk delivered by Dr. Kochurani from the Department of Economics at Bharat Matha College, Thrikkakara. A total of approximately 75 students from various departments actively participated in the seminar. The event was organized under the guidance of Mrs. R. Anandhi and Mrs. Jintumol Raj P. The main objective of the seminar was to raise awareness about the laws

pertaining to domestic violence and to empower women by enhancing their self-esteem and self-confidence. Furthermore, the seminar aimed to emphasize the importance of eliminating discrimination and all forms of violence against women and girl children.



Talk on the Topic : “ Nava Keralathil Sthree”

Title of the Activity	Talk show on the topic,”Nava Keralathil Sthree”
Organizing agency/Department	National Service Scheme
Date	22/06/2017
No. of students participated	50 students from various Departments
Resource person	Dr.Rosan Abraham,Dept.of History
Outcome	To recognise the famous women writers and their contributions.



On June 22, in celebration of Reading Week, the National Service Scheme of Marthoma College For Women, Perumbavoor organized a talk show titled "Nava Keralathil Sthree" (Women in New Kerala). The event aimed to highlight the achievements and contributions of renowned women writers. The inauguration was graced by Jayasree M.J, faculty, Department of Hindi. The talk show witnessed enthusiastic participation from students representing various departments.

They presented on influential women writers, shedding light on their remarkable contributions to literature.



Class on Enhancing Communication Skills

Title of the Activity	Class on Enhancing Communication Skills
Organizing agency/Department	Department of English
Date	14/07/2017
No. of students participated	50 students
Resource person	Students and Faculties of the Department
Outcome	To effectively communicate one's ideas and thoughts in English

During the summer vacation, the English Association of Mar Thoma College For Women, Perumbavoor organized a series of programs aimed at enhancing communication skills. The students and faculty members of the English Department actively participated in conducting these classes, specifically focused on English communication skills for children and women in the local community. The objective of these programs was to emphasize the importance of effective communication, as it plays a crucial role in both personal and professional relationships. By improving communication skills, individuals can foster deeper connections and understanding with others. It also enables them to avoid conflicts, find compromises, and make better decisions. The classes provided valuable training and guidance to the children and women of the neighborhood, equipping them with the necessary tools to enhance their communication abilities. Through these initiatives, the English Association aimed to empower individuals by imparting valuable skills that can positively impact their lives.



Flash Mob on “Famous Women Personalities”

Title of the Activity	Flash Mob -on remembering all the women carved a space for themselves
Organizing agency/Department	Department of English
Date	08/03/2018
No. of students participated	50 students
Resource person	Students of the Department of English
Outcome	To recognise the achievements of women & promote Gender Equality

On March 8, 2018, as part of International Women's Day, students organized a Flash Mob to honor and remember all the women who have made significant contributions and carved a space for themselves. The event aimed to commemorate International Women's Day, raising



awareness about the ongoing need

for activism and advocacy on behalf of women. It also served as a platform to recognize the achievements of women and promote gender equality. The Flash Mob celebrated the empowerment of women, emphasizing the

importance of creating an inclusive, equitable, and safe world for all. By coming together in this lively and energetic display, the participants aimed to inspire and encourage others to join the movement towards gender equality. The event served as a powerful reminder of the progress made and the work still to be done in ensuring women's rights and opportunities are upheld.



Seminar on “Gender Sensitization : Expectations & Reality”

Title of the Activity	Seminar on “Gender Sensitization; Expectations and Reality”
Organising agency/Department	Women Cell funded by the Kerala State Women's Development Corporation Ltd.
Date	18 March 2019
No. of students participated	30
Resource person	Dr R Anitha , Principal DB College, Thalayolaparambu
Outcome	To promote understanding & address the diverse challenges faced by women in our society



In association with the Kerala State Women's Development Corporation Ltd., the Women's Cell of Mar Thoma College for Women, Perumbavoor, organized a seminar titled "Gender Sensitization: Expectations and Reality" on March 18, 2019.

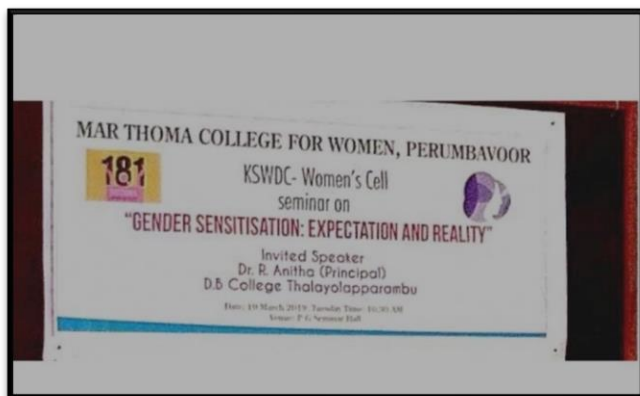
The seminar took place in the PG Seminar Hall, featuring Dr. R Anitha, Principal of DB College, Thalayolaparambu, as the resource person.

Dr. Lisy Cherian, Principal of Mar Thoma College for Women, delivered a talk addressing the serious issues

faced by women in our society. The seminar focused on gender sensitization, which involves



teaching gender sensitivity and promoting behavior modification by raising awareness of gender



equality concerns. Dr. Anitha's talk

specifically centered on the disparity between expectations and reality regarding gender sensitization in our society.

She also emphasized the importance of women's legal rights and their proper utilization to combat exploitation. The seminar proved to be an eye-opening

experience for the students providing them with valuable insights into their rights and fostering an understanding of the significance of gender equality. The event served as a platform for empowering students and promoting a more inclusive and equitable society.



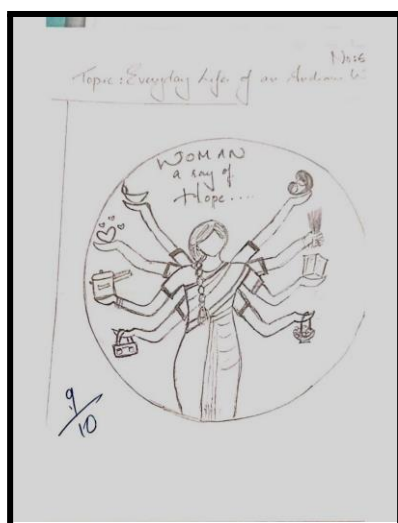
Logo Design Competition on the theme " The Everyday Life of an Indian Women"

Title of the Activity	Logo Design Competition : Centered on the theme " The Everyday Life of an Indian Women"
Organising agency/Department	Women Cell
No. of students participated	22
Resource Person	Nil
Outcome	To enhance students' soft skills while promoting awareness about the vital role of women in society

The Women Cell of Mar Thoma College for Women organized a logo designing competition on the theme "The Everyday Life of an India Woman. "With the participation of 22 students from various Departments the competition aimed to showcase their creativity and design skills. During the competition, which lasted for one hour, the students demonstrated their artistic talents and created

impressive logos. After careful evaluation, the winners were announced. Vismaya P.R. secured the first position, followed by Nazrin

V.M. in second place, and Kalyani Surendran in third place. Dr. Lisy Cherian, the Principal of Mar Thoma College for Women, presented the winners with well-deserved prizes. This event served a dual purpose: to raise awareness about the significance of women in society and to



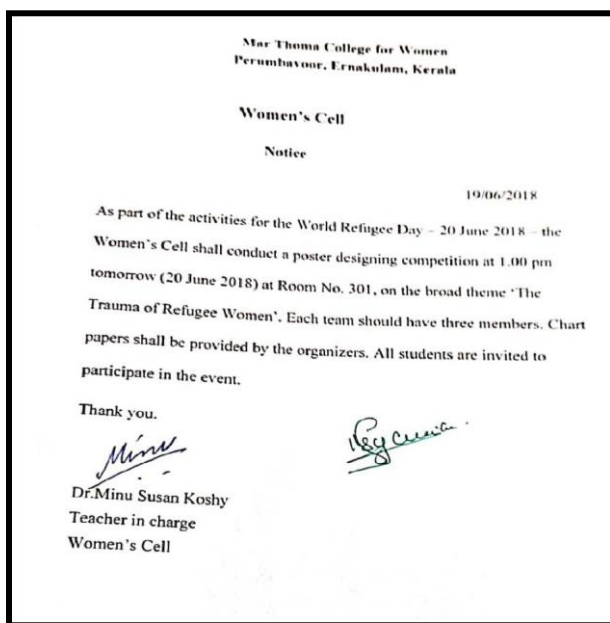
enhance the students' soft skills. The active participation and enthusiasm displayed by the students contributed to the success of the program. By channelling their creativity, the students gained a deeper understanding of the everyday experiences and contributions of Indian women. The competition provided a platform to empower students and celebrate the important roles women play in our society.



Poster Designing Competition on the theme "The Trauma of Refugee Women"

Title of the Activity	Poster Designing Competition on the theme "The Trauma of Refugee Women "
Organising agency/Department	Women's Cell
Date	20 June 2018
No. of students participated	21
Outcome	To develop soft skills among students while fostering awareness about the challenges confronted by refugee women

The Women's Cell of Mar Thoma College for Women organized a poster designing competition on the theme "The Trauma of Refugee Women" in Room No: 301 at 1:00 pm as part of World Refugee Day. The competition comprised teams of three members each. Seven teams from



various departments of the college participated in the program. The organizers provided chart papers for the competition, and the duration was one hour.

The winners of the competition are as follows: First prize - Anjana Ajith, Niya Merin Mathew (II B.Sc. Physics) Second prize - Fathima Usman, Haritha B. Kumar, and Farzin Fussel (II B.Com) Third prize - Keerthy T.S., Nazrin V.M., and Aswathy N.A. Also, Parvathy V.G., Linny Benny, and Achitha

Kareem were recognized. The program aimed to raise awareness about the



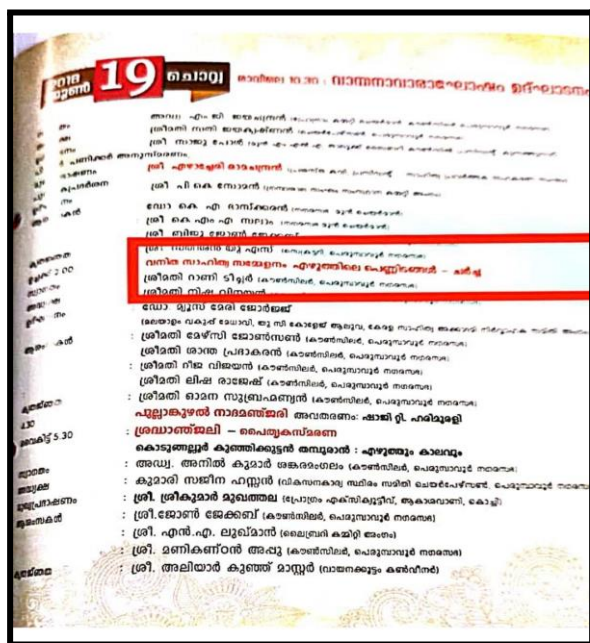
social, economic, and mental issues faced by refugee women in their host countries. Additionally, it sought to enhance the soft skills of students, which was successfully achieved through active student participation.



Participation in Women Literature Conference: Ezhuthile Pennidangal

Title of the Activity	Participation in Women Literature Conference: Ezhuthile Pennidangal
Organising agency/Department	Municipality, Perumbavoor
Date	19 June 2018
Resource Person	Dr. Muse Mary George, HOD, Department of Malayalam, Union Christian College, Aluva
No. of students participated	25
Outcome	To gain insight into the challenges encountered by women in the realm of literature

As a part of reading week celebrations, Perumbavoor Municipality organized a Women Literature Conference named “Ezhuthile Pennidangal” on 19 June 2018 at 2.45 pm at Municipal Library, Perumbavoor. 25 members of the Women’s Cell participated in the event. The program was inaugurated by Dr. Muse Mary George, HOD, Department of Malayalam, Union Christian College, Aluva. Following that, Dr. Muse Mary George delivered a talk on the suppression faced by women writers and the importance of finding a place in literature. Writers like Ranjitha Haridas, Fousiya Mansil and Thasmi also shared their views about women literature. The participation in the



event helped the students to get aware of the importance of women in literature and also to know the difficulties faced by women writers in freedom of expression.

women in the field of literature when women writers work openly

Dr. Muse Mary George talked about newspaper as a symbol of intelligence and the patriarchal portrayal of women as irrational and not at all intelligent. Before 1600 B.C. a writer Sappho wrote many books but it was burnt by the secularists and till now her death is a myth. The major themes of women's writings were family life, love failure etc.

Dr. Muse Mary George concluded by her speech by saying that the writing was considered as a critical phase of a person and women writings were considered as a great sin.

At 3:20pm the writer Rajitha Haridas took the role. She pointed out one of the reasons that why women started writing. They used writing as a medium to express their feelings and also to communicate. When they begin writing they were able to express their opinions freely. She concluded by saying

Scrubble Pennedraught : A Report on the Vanitha
Sabitthya Sammelanam 2018

Alisha Penny
Roll no: 185
III B.A English
Mar Thoma College for Women.

Women's Literature Conference was held on 19-6-2018 at Municipal office Perumbavoor. The program was co-ordinated by the Assistant Professor Dr. Vinu Susan Koshi, department of English, Mar Thoma College for Women Perumbavoor. The program was at 2:45pm or many writers like Dr. Muse Mary George, Fousiya Kar, Rajitha Haridas and Thasmi along with many other councilors of Perumbavoor Municipality has participated in it.

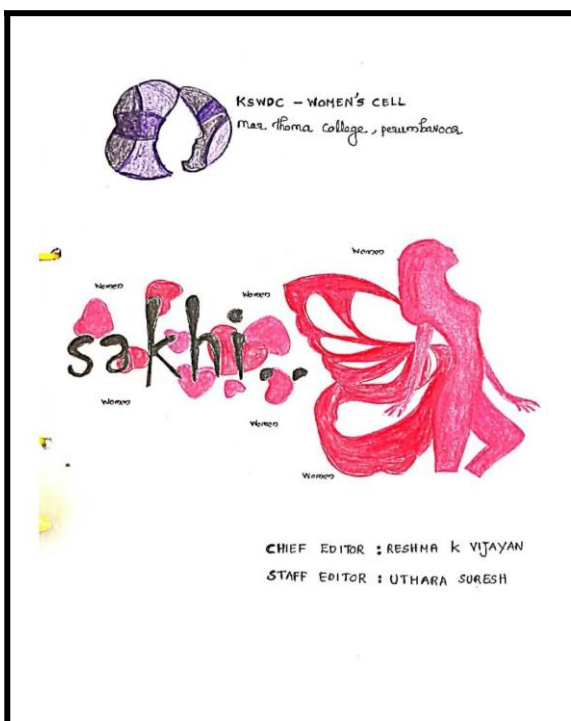
The introduction of the seminar was given by the writer Dr. Muse Mary George. She had started with the suppression faced by women. She also described that place of women in literature is



Release of Manuscript Magazine: Sakhi

Title of the Activity	Release of manuscript magazine: Sakhi
Organising agency/Department	Women's Cell
Date	30 March 2019
Participants	Students from various departments of the college.
Outcome	To enhance students' writing & artistic skills

On 30th March 2019, the Women's Cell of Mar Thoma College for Women published a manuscript magazine titled "Sakhi." The magazine's theme revolved around "The Role of Women in Society." Dr. Minu Susan served as the Women's Cell Coordinator, while Ms. Uthara Suresh held the position of staff



EDITORIAL TEAM

- | | |
|---|---|
| 1. Patron | Dr. Lissy Cherian
Principal |
| 2. Faculty-In-charge
of women's cell | Dr. Minu Susan Koshy |
| 3. Staff Editor | Ms. Uthara Suresh |
| 4. Chief Editor | Reshma K. Vijayan |
| 5. Editorial
Team | Ms. Anilla Benny
Ms. Midhuna Ann Mathews
Anjana Sajikumar
Anu Tohny
Vismaya P.K |

editor. Reshma K. Vijayan took on the role of chief editor.



Collection of writings, poems, stories, and drawings contributed by students from various departments are included. The magazine provided an avenue for students to express their creativity, develop their soft skills, foster innovative thinking, and gain awareness about the significant role of women in society.



Seminar on “Adolescent Health Issues and Care”

Title of the activity	Seminar on “Adolescent Health Issues and Care”
Organising Agency/Department	Youth Red Cross
Date & Time	27 August 2019, 10 AM
Resource Person	Mrs.Aishwarya(RBSK) Nurse Taluk Hospital Perumbavoor Mr.Dileep Kumar, Junior Health Inspector (JHI), Taluk Hospital Perumbavoor
Outcome	-To comprehend the different stages of adolescence -To gain awareness about different communicable diseases

On 27th August 2019, the Youth Red Cross organized a seminar at our college focused on adolescent health issues and care. The seminar witnessed the active participation of all college students. Adolescence encompasses various transitions across physical, social, emotional, and intellectual domains, making adolescent health a crucial concern. The seminar consisted of two sessions, the first being conducted by Mrs. Aishwarya, a nurse from Taluk Hospital Perumbavoor (RBSK). Her session was highly informative and enlightening for our students. The second session was led by Mr. Dileep Kumar, Junior Health Inspector (JHI), also from Taluk Hospital Perumbavoor, and focused on communicable diseases. The primary objective of the seminar was to promote health education among teenagers and raise awareness about infectious diseases. This seminar played a significant role in emphasizing the importance of adolescent health and related issues.





Logo Design Competition on “Gender Equality”

Title of the activity	Logo Design Competition
Organising Agency/Department	Women Cell
Date & Time	19 June 2019
Number of students participated	30
Outcome	To foster creativity skills & cultivate an understanding of the importance of Gender Equality

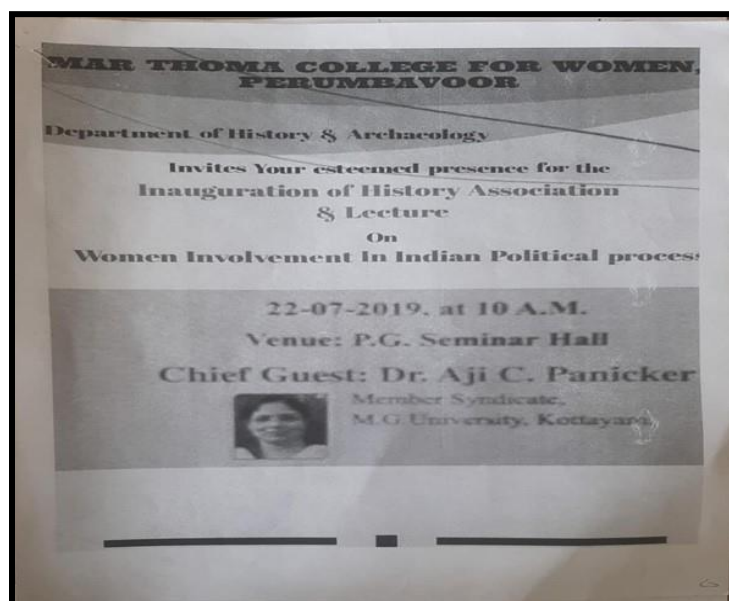
Gender equality refers to the equal rights, responsibilities, and opportunities for people of all genders. It emphasizes the consideration of the interests, needs, and priorities of both women and men, while recognizing the diverse groups within each gender. On 19th June 2019, the Women Cell of our college organized a logo design competition on the theme of "Gender Equality." The competition was held under the guidance of Dr. Minu Susan Koshy, Assistant Professor in the Department of English. A total of 30 students participated in this event. Following the logo design competition, a slogan-making competition took place.



Women Involvement in Indian Political Process

Title of the Activity	Women involvement in Indian Political Process
Organising Agency/ Department	Department of History
Date & Time	22/07/2019
Number of students participated	98
Resource Person	Dr. Aji C Panicker
Outcome	To understand the importance of women in the Indian Political Process

As part of the inauguration of the History association, the Department of History and Archaeology organized a lecture on the involvement of women in the Indian political process. The program took place on July 22, 2019, at the PG seminar hall. Dr. Aji C. Panicker, a member of the MG University syndicate in Kottayam, delivered the lecture, which was attended by 98 students from the Department of History.



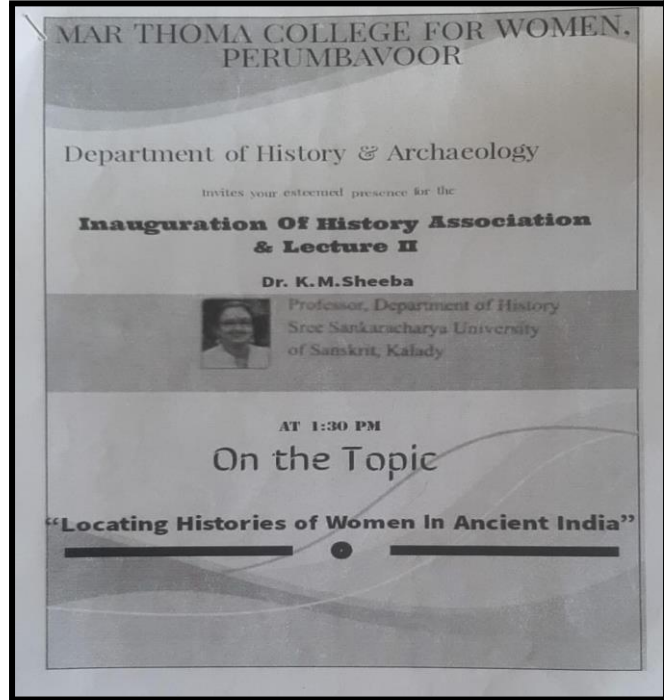
Locating Histories of Women In Ancient India

Title of the Activity	Locating Histories of Women in Ancient India
Organising Agency/ Department	Department of History & Archaeology
Date & Time	22/07/2019
Number of students participated	101
Resource Person	Dr. K M Sheeba
Outcome	To explore the lesser known & overlooked histories of women in India



On July 22, 2019, at 1:30 PM, the Department of History and Archaeology organized a lecture titled "Locating Histories of Women in Ancient India" to inaugurate the History Association. The lecture took place in the PG seminar hall.

Dr. KM Sheeba, Professor in the Department of History at Sree Sankaracharya University of Sanskrit, Kalady, led the lecture. A total of 101 students from the Department of History actively participated in this program.



Webinar on Women's Protection Laws

Title of the Activity	Webinar on Women's Protection Laws
Organising agency/Department	Women Cell
Date	25 November 2020
No. of students participated	
Resource person	Jayanthi Surendran
Outcome	To understand women rights and familiarize with the women protection laws.

സീതാലയം
സ്ത്രീ സൗഹൃദ പദ്ധതി
കേരള സർക്കാർ പോലീസോടൊത്ത്, എറണാകുളം ജില്ല

Online
Poster Making Competition
In connection with
International Day For The
Elimination Of Violence
Against Women
Nov. 25

Say NO To Violence Against Women.

Result

- Gayathri V. Karthikeyan**
(Mar Athanasius College Of Engg., Kothamangalam)
- a) Abhima Subhash**
(Mar Thoma College for Women, Perumbavoor)
b) Ebin Siby
(RLV College Of Music & Fine Arts, Tripunithura)
- Arya P.R.**
(RLV College Of Music & Fine Arts, Tripunithura)
- Lakshmi Sankar**
(Mar Thoma College for Women, Perumbavoor)

സ്ത്രീ സൗഹൃദ പോലീസോടൊത്ത്, എറണാകുളം ജില്ല
0485 - 2836566

സീതാലയം
സ്ത്രീ സൗഹൃദ പദ്ധതി
കേരള സർക്കാർ പോലീസോടൊത്ത്, എറണാകുളം ജില്ല
In association with
Women's Cell, Mar Thoma College For Women, Perumbavoor

Nov. 25
Time - 10.30 am - 11.30 am

Faculty
Adv. Jayanthi Surendran
റീഷയം

International Day for the
elimination of violence
against women

സ്ത്രീ സംരക്ഷണ നിയമങ്ങൾ
ഉദ്ഘാടനം :- ഡോ. ഷീമ ആനി ജോണസ്, (ആലുപുഴി സ്കൂൾ)
ആരംഭകൾ:- ഡോ. ജിബി ജോർജ്ജ് (പ്രീമിയർ ഹോമിയോപ്പതി മെഡിസിൻ കോളേജ്)
സ്ത്രീ സൗഹൃദ പോലീസോടൊത്ത്, എറണാകുളം ജില്ല
0485 - 2836566

In observance of the International Day for the Elimination of Violence against Women, a webinar was conducted by the Seethalayam Project, Ernakulam district, in collaboration with the Women Cell of Mar Thoma College for Women, Perumbavoor. The webinar took place on 25th November 2020 at Muvattupuzha Taluk Homoeopathy, Government of Kerala.



Advocate Jayanthi Surendran delivered a session on the topic "Women Protection Laws." The primary objective of this program was to enhance students' awareness regarding the current status of women and explore avenues for improvement.




Webinar on Physical Activity & Bone - Persuading Women to Exercise

Title of the Activity	Physical Activity & Bone-Persuading Women to Exercise
Organising Agency/ Department	Department of Physical Education
Date	9 January 2021
Resource Person	Mr. Sudeesh C.S
Outcome	To get an insight about the importance of exercise

The Department of Physical Education arranged a webinar on 9th January 2021, titled "Physical Activity & Bone: Encouraging Women to Exercise." Mr. Sudheesh C. S., Assistant Professor at Lakshmibai National College of Physical Education, Thiruvananthapuram, served as the resource person for the webinar. The main purpose of this program was to emphasize the importance of maintaining physical fitness in order to prevent and manage noncommunicable diseases like heart disease, stroke, diabetes, and more. By advocating for regular exercise, especially among women, the webinar aimed to raise awareness about the impact of physical activity on bone health and overall well-being. During the session, participants gained valuable insights into the benefits of exercise and were encouraged to prioritize physical activity in their daily lives. The webinar served as a platform to educate attendees about the correlation between physical fitness and the prevention of various health conditions, empowering them to lead healthier lifestyles.






MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR

Department of Physical Education

Presents


WEBINAR SERIES 2

**Physical Activity and Bone ~ Persuading
Women to Exercise**



Mr. Sudheesh C.S.
Assistant Professor
Lakshmibai National College
of Physical Education
Thiruvananthapuram

9
JANUARY
2021



Google Meet
TIME: 4 P.M.

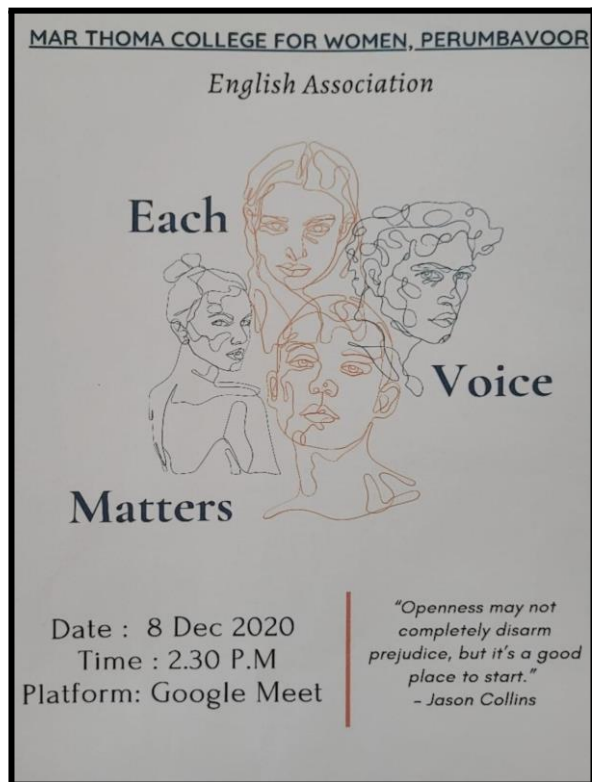
Convenor
Dr. VINEEDKUMAR K.
9447892891



Each Voice Matters: Focussing on Gender Awareness & Rights of Gender Minorities

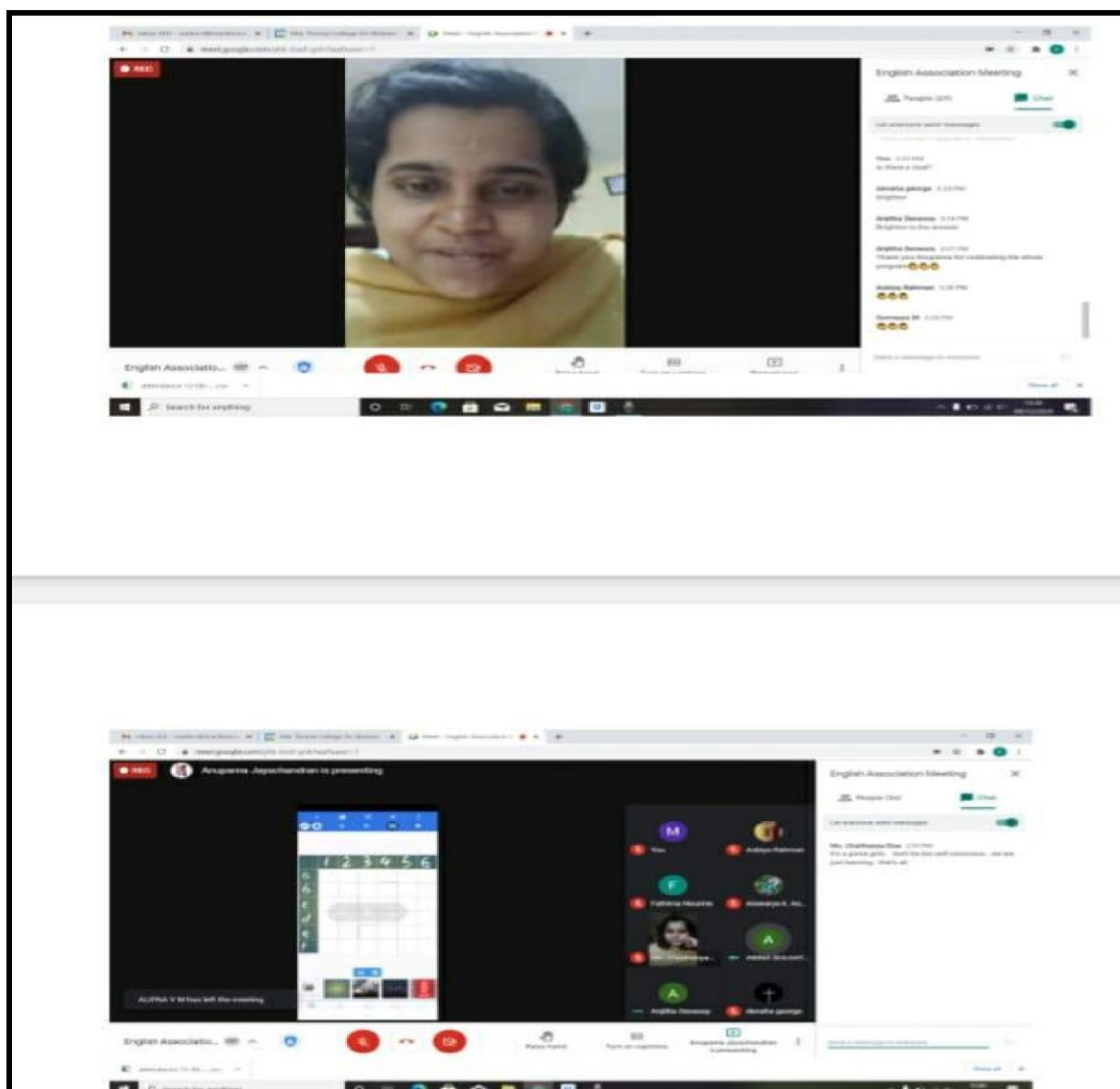
Title of the Activity	Each Voice Matters
Organising Agency/ Department	Department of English
Date	8 December 2020
No. of Students Participated	75
Outcome	To understand the various rights of gender minorities





A webinar titled "Each Voice Matters" was conducted on 8th December 2020 at 2.30 pm via Google Meet, focusing on gender awareness and the rights of gender minorities. The session witnessed the participation of 75 students. The primary objective of this program was to promote gender equality and women's empowerment. It aimed to provide girls with decision-making and life skills that would contribute to their development into womanhood. By raising awareness about gender issues and the rights of gender minorities, the webinar aimed to create a more inclusive and equitable society. The session served as a platform to engage students in discussions and activities related to gender awareness. It emphasized the significance of each individual's voice in shaping a more just and equal world for all genders.





International Day of Girlhood: Slogan Writing Competition & Miss Cosmo Competition

Title of the Activity	La Femme
Organising Agency/ Department	Department of Zoology
Date	11 October 2020
No. of Students Participated	25
Outcome	To improve creative thinking & writing skills

In commemoration of the International Day of the Girl Child, we organized an event called "La Femme." The event featured an intercollegiate slogan writing contest and a Miss Cosmo contest exclusively for Mar Thoma College for Women (MTCW) students. Miss Lekshmi S. Nair, HR Lead at Vysheshika Pvt Ltd, and Ms. Supriya Susan Kurian, the college librarian, served as the judges. The slogan writing contest saw the participation of 25 contestants, with Shabna Yousaf from Sree Sankara, Kalady securing the first position, followed by Anju Anilkumar from MTCW in second place, and Aswathymol from Morning Star, Angamali, in third place. The Miss Cosmo contest attracted 11 participants, and Vrinda, an MSc. Zoology student, claimed the title of Miss Cosmo. Deva Renjini, a second-year B.Com Taxation student, emerged as the first runner-up, while Fathima Nazrin, also a second-year B.Com Taxation student, secured the second runner-up position.



"A girl child brings joy,
she is no less than a boy"

IN ASSOCIATION WITH,
'INTERNATIONAL DAY OF GIRL CHILDHOOD'
DEPARTMENT OF ZOOLOGY OCTOBER 11-10-2020
MARTHOMA COLLEGE FOR WOMEN, PERUMBAYOOR ORGANIZE

LA FEMME

Events:

***MISS COSMO**

This contest open to MTCW

Platform-google meet DATE: 10TH OCTOBER
TIME 10AM

***SLOGAN CONTEST**


Through e-mail
zoologydeptmctw@gmail.com
DATE : ON OR BEFORE 9TH OCTOBER 2020

FOR MORE INFORMATION
CONTACT 9543007384
9446242332
9946521158



Mathoma College for Women
Perumbavoor
Department of zoology

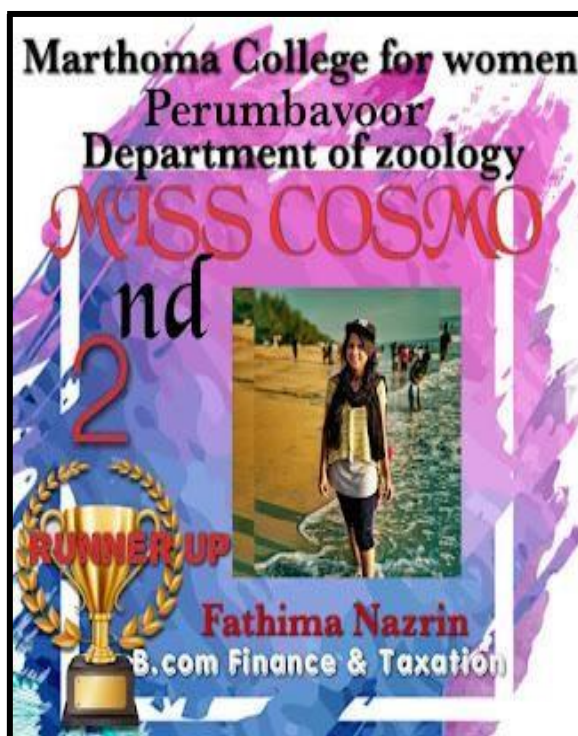
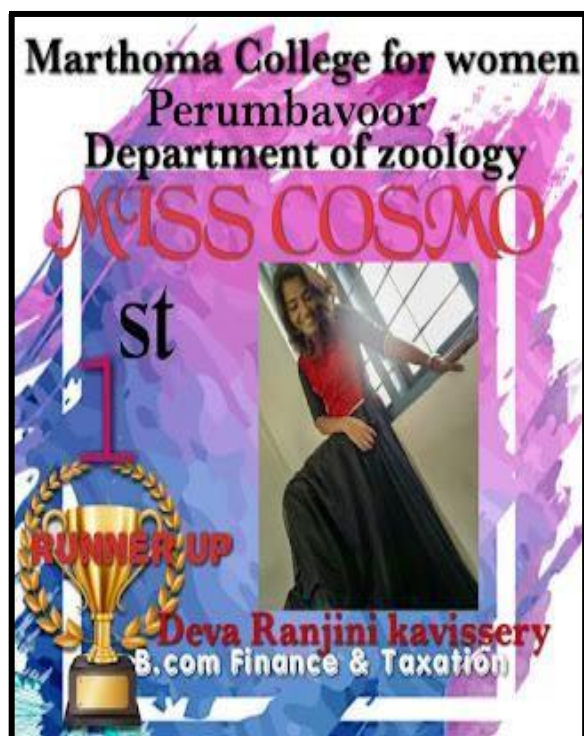
MISS COSMO



winner

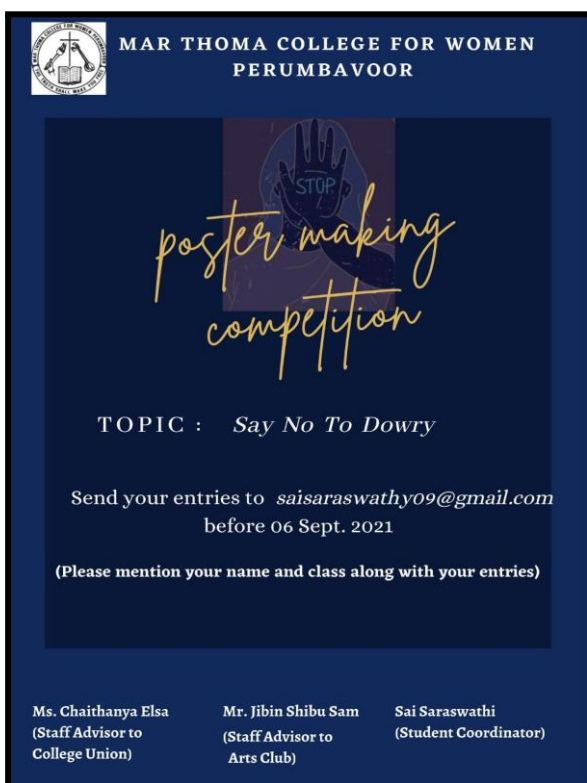
Vrinidha Valsan
Msc Zoology





Poster Designing Competition on the theme " Say no to dowry "

Title of the Activity	Poster Designing Competition on the theme "Say no to dowry "
Organising agency/Department	College Union
Date	6 September 2021
No. of students participated	21
Outcome	To raise awareness about the challenges faced by women as a result of dowry



**MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR**

*poster making
competition*

TOPIC : Say No To Dowry

Send your entries to saisaraswathy09@gmail.com
before 06 Sept. 2021

(Please mention your name and class along with your entries)

Ms. Chaithanya Elsa
(Staff Advisor to
College Union)

Mr. Jibin Shibu Sam
(Staff Advisor to
Arts Club)

Sai Saraswathi
(Student Coordinator)

The College Union of Mar Thoma College for Women organized a poster designing competition on the theme "Say no to dowry" in the PG Seminar Hall at 1.00 pm . Each team of the competition included three members. teams from various departments of the college participated in the program. Chart papers were provided by the organizers. Duration of the competition was 1 hour. Winners are as follows:

First prize - Ameena E A

Second prize- Aleena Kochumon

Third prize- Aneeta Anil

Dowry Prohibition Act was enacted on May 01 1961 in India ,intended to prevent giving or receiving of dowry. Even then, many women in this

**MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR**
Arts club and College Union

POSTER MAKING COMPETITION RESULTS

TOPIC : *Say No To Dowry*

WINNERS:

I prize-Ameena E. A
II B.Sc Chemistry

II Prize - Aleena Kochumon
II B.Com(F&T)

III Prize - Aneta Anil
II B.Com(F&T)

CONGRATULATIONS TO THE WINNERS

[illegible]

Quiz Competition on the theme “Women in the Word”

Title of the Activity	Bible Quiz Competition on the theme “ Women in the Word”
Organising agency/Department	Student’s Christian Movement (SCM)
Date	10 March 2021
Outcome	To understand the significance of women in the Bible

The Student’s Christian Movement of Mar Thoma College for Women organized a quiz competition as a part of International Women’s Day in the college Chapel at 1.00 pm on 10 March 2022. The theme of the competition was “Women in the word”. Throughout the bible women have played a key role in fulfilling God’s plan. They have also held positions of leadership and responsibilities in spreading the Gospel. Students participated in the competition. This program was under the guidance of Preethi Sara Joseph (SCM Staff in Charge). The student coordinators were Rinnah Mary Thomas and Dilna Arackal. The competition provides an opportunity for students to know the importance of women in the Bible.





Mar Thoma College for Women, Perumbavoor
STUDENTS' CHRISTIAN MOVEMENT (SCM)

Remembering Women in the Bible

SCM celebrates International Women's Day
with Women in the WORD.

All students of the College are invited to take part in
the Bible Quiz
in the College Chapel
on Thursday, 10 March, 2022
at 1:00 p.m.

Faculty Convenor: Preethi Sara Joseph, Dept. of English

Student Convenors: Rinnah Mary Thomas & Dilna Arackal



Inter-collegiate Dance Fest on the theme "Issues Faced by Women"

Title of the Activity	Inter-collegiate Dance Fest on the theme " Issues Faced by Women "
Organising agency/Department	Women's Cell
Date	14 March 2022
Outcome	Enhancement of creativity and artistic skills along with the awareness about issues faced by women in this society.

The Women's Cell of Mar Thoma College for Women organized an inter collegiate dance fest on the theme "Issues faced by women " in the College Auditorium at 2.00 pm on 14 March 2022 as a part of International Women's Day. Students from various nearby colleges participated in the event. Students participated in teams. All the performances were focussed on various levels of issues faced by women in this society. The level of creativity of the students were evident from their performances.





Winners are as follows:

First prize - St. Peter's College, Kolenchery

Second prize- Mar Thoma College for Women.

The event was helpful for the students to enhance their creativity and artistic skills along with the awareness about issues faced by women in this society.



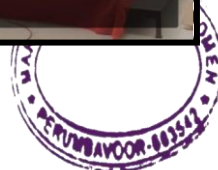
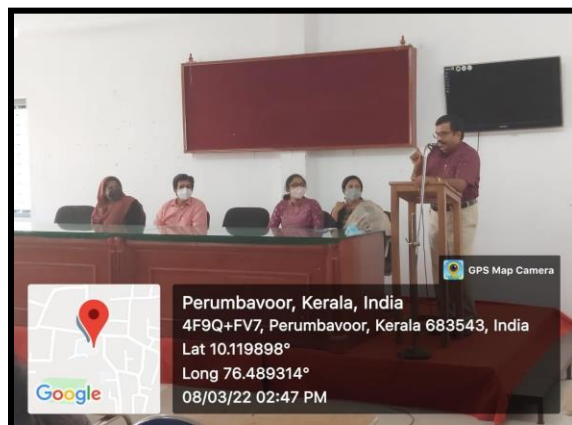
Seminar on International Women's Day

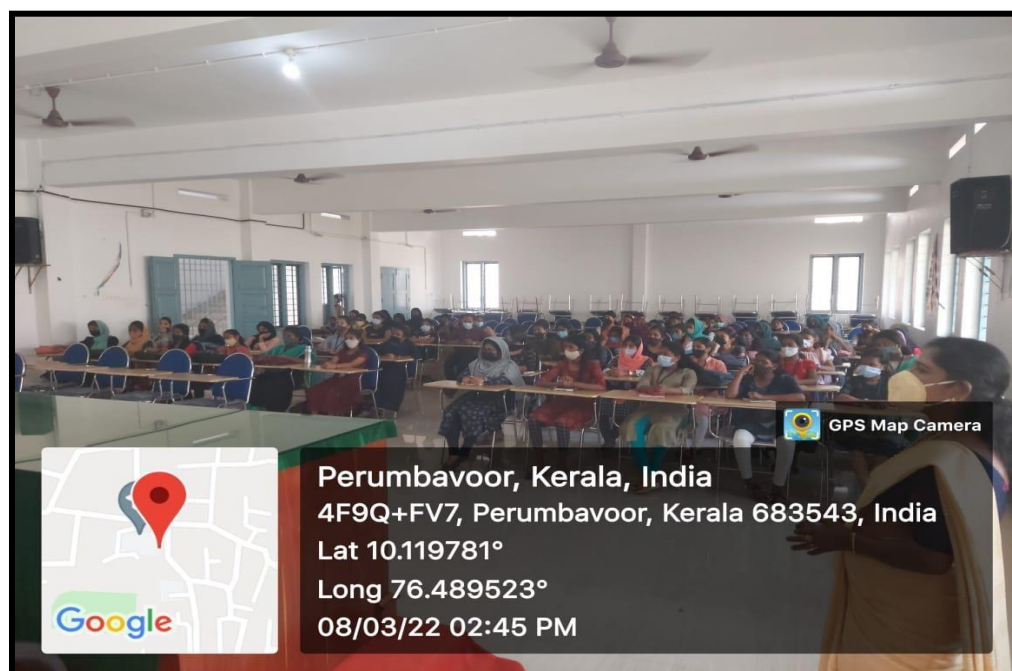
Title of the Activity	Seminar on international women's day
Organising agency/Department	Women's Cell in association with Department of History & Archaeology
Date	8 March 2022
Outcome	To create awareness about issues faced by women in this society.

In honor of International Women's Day, the Women's Cell of Mar Thoma College for Women in Perumbavoor, in collaboration with the Department of History & Archaeology, held a seminar on

March 8, 2022. The seminar was graced by

Advocate Shenly Sebastian as the resource person, and Ms. Sheeba Baby, Vice Chairperson of Perumbavoor Municipality, delivered an enlightening talk. The primary aim of the seminar was to foster a broader understanding of gender equality and to instill awareness among the students regarding the status and dignity of women.



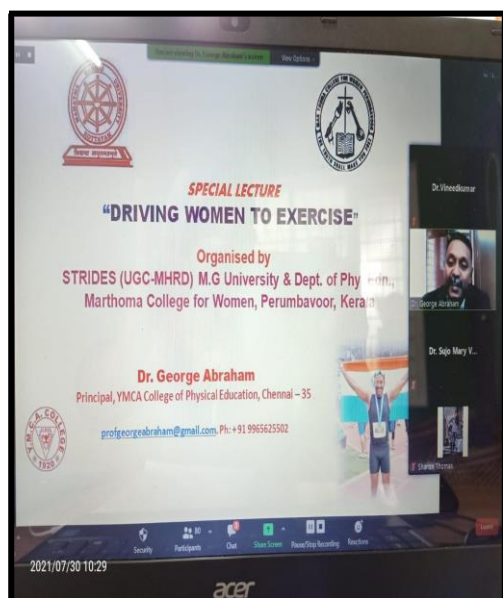


Special Lecture on Driving Women to Exercise

Title of the Activity	Lecture on Driving women to exercise
Organising agency/Department	Department of Physical Education
Date	30 July 2021
Outcome	Create a general awareness on relation between exercise and health of women

On July 30, 2021, STRIDES M.G University and the Department of Physical Education at Mar Thoma College for Women in Perumbavoor jointly organized a lecture titled "Driving Women

to Exercise." The esteemed resource person for the event was Dr. George Abraham, Principal of YMCA College of Physical Education in Chennai. The purpose of this talk was to inspire and educate our students about the importance of exercise in our daily lives. During the lecture, Dr. George Abraham discussed the main principles of exercise, including specificity, progression, adaptation, and reversibility. By regularly practicing exercise based on these principles, we can improve our overall health and well-being. The talk aimed to create awareness among students about the significant relationship between exercise and women's health. This lecture not only encouraged our students but also provided them with valuable



knowledge regarding the benefits of exercise in our daily lives. It prompted thoughtful consideration about the connection between exercise and the health of women, empowering students to prioritize their physical well-being.



Talk - Women Empowerment and Women Health

Title of the Activity	Women empowerment and women health
Organising agency/Department	NSS & Vaidyaratnam Oushadhasala
Date	8 March 2022
Outcome	Create a general awareness on health of women and the need of women empowerment

On March 8, 2022, in commemoration of International Women's Day, the National Service

Scheme (NSS) of Mar Thoma College for Women in Perumbavoor, in collaboration with Vaidyaratnam Oushadhasala, organized a talk and interactive session on the theme "Women Empowerment And Women Health." The program was inaugurated by Adv. Eldhose Kunnappilly, honorable MLA of Perumbavoor. Dr. G Vishnu, Senior Physician at Vaidyaratnam, served as the chief guest and resource person. The guidance and support for the program were provided by Dr. Melvi Chandy, the NSS Staff in Charge.



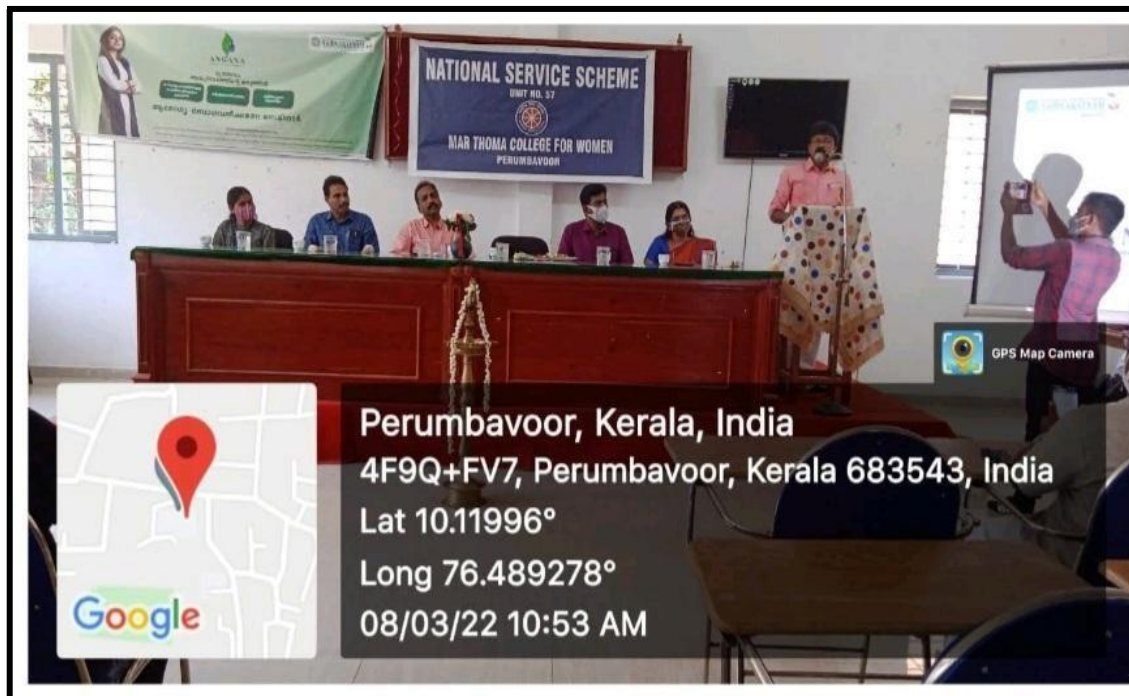
the students' doubts and concerns regarding gender equality, women's health, and the significance of women's empowerment. It provided a platform for open discussions and valuable insights. The talk shed light

This interactive session aimed to address



on these important topics, fostering a better understanding among the participants. By organizing such an event, the NSS and Vaidyaratnam Oushadhasala contributed to promoting women's empowerment and highlighting the significance of women's health. The program served as an opportunity for students to gain knowledge, engage in discussions, and broaden their perspectives on these crucial matters.





Gender Sensitisation Campaign

Title of the Activity	Gender sensitisation campaign
Organising agency/Department	NSS & IQAC
Date	1 September 2021 to 3 September 2021
No. of students participated	81
Outcome	Create an awareness on gender equality

In collaboration with Mahila Sakthi Kendra Ernakulam, the National Service Scheme (NSS) of Mar Thoma College for Women in Perumbavoor organized a gender sensitization camp titled "Kanal." This campaign, aimed at creating awareness on gender equality and the need to eliminate gender discrimination, took place from September 1 to September 3, 2021, in an online format. The camp featured esteemed resource persons, Dr. Shamshad from Sree Sankaracharya University of Sanskrit and Adv. Farha Azeez from the High Court of Kerala, who provided valuable insights on the topic. Dr. Sujo Mary Varghese,

Principal of Mar Thoma College for Women, delivered her remarks, emphasizing the importance of the program. Under the guidance of Dr. Melvi Chandy, the NSS Staff in Charge,



the camp aimed to foster gender sensitization and promote a more equitable and just society, free from gender-based discrimination. It provided an opportunity for participants to enhance their understanding of gender-related issues and work towards creating a society that values equality and respect for all individuals.

