

TESORO-2

St. Mary's College, Sulthan Bathery

Affiliated to Calicut University



Presents
the
Annual Report
Women Development Cell, 2019-20



WDC coordinator: Mrs. Misha.T.Elias

Joint coordinators: Mrs. Jai Thomas

and Mrs. Dhanya

“An empowered woman is powerful beyond measure and beautiful beyond description”

Inauguration

The programmes for the academic year ‘2019-20’ under Women development cell, St. Mary’s college, S. Bathery has been inaugurated on 06-08-2019 (AN) with the lighting of lamp by the chief guest, **Dr. Krishnapriya. M** (DCH). All the dignitaries were given a warm welcome by Mrs. Misha.T.Elias (WDC-Coordinator), chaired by Dr. Santhi George (Principal), felicitated by Mr. John Mathai (Bursar) and Dr P. A. Mathai (Staff Advisor). The programmes to be tentatively carried out for the upcoming academic year were also presented by the Coordinator. As a token of love the chief guest was presented a gift by Mr. John Mathai (Bursar). Joint Coordinator Smt. Jai Thomas delivered the vote of thanks.

Every year, August 1-7 is considered as breast feeding week. An awareness class on the topic *“Breast feeding”* was delivered by **Dr. Krishnapriya M**. The main theme of the programme was to protect, promote and support breast feeding among parents. The students from various departments participated. It created awareness among students regarding the importance of breast feeding and how it affects the emotional bond between mother and child both mentally and physically. Among the students, pregnant ladies and mothers were also present.





2. Mind strengthening training programme

A one day training programme was coordinated by WDC, St. Mary's college on 27-11-2019 at mini seminar hall. The session was inaugurated by the principal Dr.Santhi George and welcome speech by Mrs. Misha.T.Elias. The mind strengthening training programme was presented by the faculty Mr. Shibu Kurumbemadam, an international trainer. Students and faculties from various departments participated and it was really a life changing event for the students. The programme helped the students to build their inner strength. The session concluded with feedback from students. Vote of thanks was delivered by Dr. Jipson V .Paul (Staff secretary), Dept. of political science.





3. Legal Awareness Programme

In recent years crimes against children and women are at a hike. The culture of ignorance, silence and lack of sensitivity are a few reasons behind such atrocities. Thus WDC coordinated an awareness class on 'Posco, cyber law and legal services'. WDC coordinator welcomed the chief guest Adv. Sumesh Joseph. The lecture was delivered on 18-10-2019. Students and faculties from various departments participated. The lecture was so informative to all and the resource person explained in detail about cyber crimes, especially prevention methods, and how one can get free legal aid.

He also advised the students to be aware of POSCO Act which is all about protection of children from sexual assault. He also told the students about various harassments faced by the children, depicting various real life situations and the importance of reporting the crime to the respective authorities. He also recommended the students to use internet facilities and phones wisely.





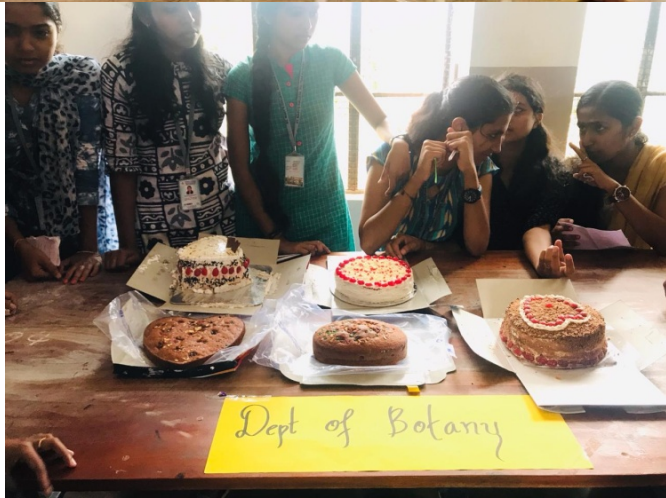
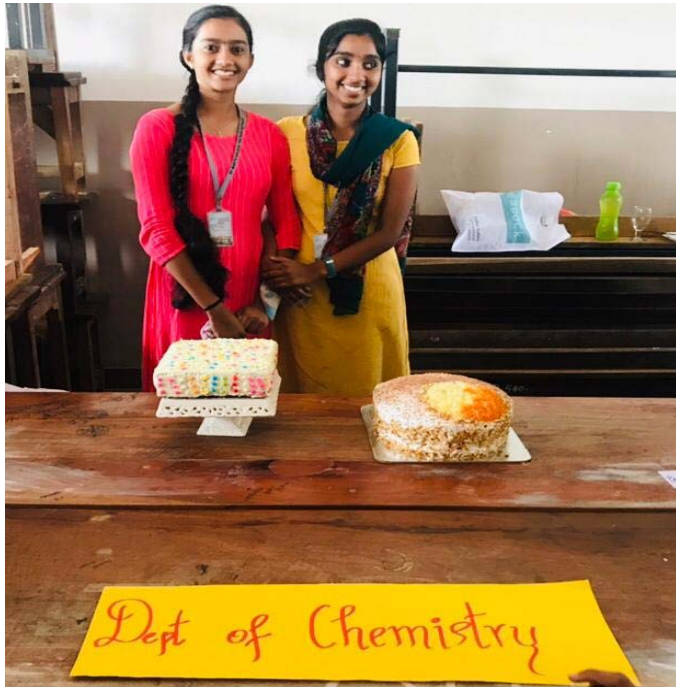
4. Cake fest

An inter-department **Cake Fest** competition has been conducted by WDC, St. Mary's college on **3rd December 2019** at 10:30am. The programme was an extension activity of '**she marketing**' which is being conducted every year by WDC. The programme was a initiative taken by WDC to develop the entrepreneurial skills among girls of this college.

The students brought self made cakes with the recipes and 8 departments participated in the fest. Among the Judges, 2 were invited from nearby school and one each from the department of BCA and Chemistry. After the judgment the students sold out the cake pieces at a reasonable rate. The prizes were announced based on various criteria like consistency, use of healthy and natural ingredients, presentation skill, appearance etc. The session ended up with vote of thanks by Mrs .Misha.T.Elias.



The variety cakes prepared by SMC students





5. Old age home visit

A visit to old age home was coordinated by WDC team on 20-12-2019. The old age home named “Trippadam” with around 40 inhabitants is working under the Roman Catholic diocese. The inhabitants were solely ladies and mainly included aged ladies and also mentally disabled ones. Around 60 students along with WDC coordinators visited the place. It was a week of celebrations as Christmas was on the way. The students reached the place by singing carol songs along with Santa. They welcomed us so happily. The students made the event joyfull by singing songs. There was dance performance also. The inmates also sang songs. Tea and Cakes were distributed as a sign of love. At last the students and inmates went on for conversation where the inmates shared their happiness, their miserable events in life etc. The students tried their best to make the event a memorable one to all.







6. Fabric painting

WDC, organized a training programme on the fabric painting on **09-01-2020**.The resource person was **Mrs.Sheeba**,craft teacher in Floreal International School and FEVICRIL North Kerala Expert. The class provided access to different skill enhancing educational programmes so that they may earn income along with their education. It also helped the students to understand the techniques used in traditional Indian dress items as well as trends of modern knitted garments.



7. Ausus Ludis

Women development cell, St. Mary's college, S. Bathery conducted a athletics/games programme exclusively for girls which was inaugurated by **Mr. Harish** (Physical education instructor) **on 24-01-2020**. The session was welcomed by Mrs. Misha.T.Elias followed by felicitation by Staff advisor and IQAC coordinator **Dr.P A Mathai** and Fine Arts secretary, **Gokul Nagavally**. The event was named "**AUSUS LUDIS**" and it involved mainly 6 events namely **reverse walk, queen of circle, three basket challenge, stump throw, stork stand and zig zag run**. The students participated really well. The event helped the students to increase their level of confidence and self esteem to a great extent. It also was a great stress relief to the students. The prize distribution for the winners was done by the hands of Dr.Santhi George, the Principal followed by Mr.Harish and Mr.Wilson, Dept. of commerce.





Prize distribution for the winners

8. MURIPPADU

A skit has been arranged under WDC, the topic was based on a real life situation which happened in a nearby school. A student named Shahala studying in a nearby school faced death due to snake bite from class room. The teachers were so tortured by public as if they didn't deal the situation well. But the students with due respect to teachers prepared a script with the title "MURIPPADU" and presented the situation in the form of a skit in an open stage at St. Mary's College on 05th December 2019.



9. Short Film “MIZHIVU”

A short film was also made based on the above theme which was named “MIZHIVU” with a screen time of 8 minutes. The short film reached a completion due to combined effort of WDC members along with D1 chemistry students of SMC. The director was Mr.Aromal of D1Chemistry.



മിഴിവ് ഷോർട്ട് ഫിലിം റിലീസ് ചെയ്തു

***ബത്തേരി:** സർവ്വജന സ്കൂളിൽ പാണ്ഡുകുടിയേറ്റ് മരിച്ച വിദ്യാർത്ഥിനിയുടെ പശ്ചാത്തലത്തിൽ ബത്തേരി സെന്റ് മേരീസ് കോളേജ് വിദ്യാർത്ഥികൾ തയ്യാറാക്കിയ ഷോർട്ട് ഫിലിം ‘മിഴിവ്’ റിലീസ് ചെയ്തു. വയനാടിന്റെ ആരോഗ്യ രംഗത്ത് മെഡിക്കൽ കോളേജിന്റെ അപര്യാപ്തത വീവരിച്ചുകാണിക്കുന്നതാണ് എട്ടു മിനുട്ട് ദൈർഘ്യമുള്ള ചിത്രം. വിദഗ്ദ്ധ ചികിത്സയ്ക്കായി ചുരമിറങ്ങി കിലോമീറ്ററോളം സഞ്ചരിക്കേണ്ടി വരുന്ന ജില്ലയിലെ സാധാരണക്കാരുടെ ദുരിതമാണ് പ്രദേശംകേരള വുമൺ ഡെവലപ്മെന്റ് സെല്ലിന്റെ സഹായത്തോടെയാണ് ചിത്രം നിർമ്മിച്ചിരിക്കുന്നത്. കോളേജ് പ്രിൻസിപ്പാൾ ഡോ. ശാന്തിജോർജ്ജ് ആണ് ചിത്രം യൂട്യൂബിൽ റിലീസ് ചെയ്തത്. ഒരു ദിവസം കൊണ്ട് മൂവായിരത്തോളം ആളുകളാണ് ചിത്രം യൂട്യൂബിൽ കണ്ടത്.

ലിങ്ക്: <https://youtu.be/TMri1C9rT4>

10. Moral, Social and Cultural Values in Family

A lecture on “**Moral, Social and Cultural Values in Family**” has been conducted on 07- Feb-2020. The session was welcomed by Mrs. Misha, WDC coordinator and the lecture was delivered by **Adv. C.K Mercy**, Counselor and neuro linguistic practitioner. Nearly 50 students participated from various departments. The session was very interactive, thought provoking and the students shared their experience within the family, society and the peer group. She emphasized the need for generating values and ethics in ones life. The faculty shared a few case studies which approached during her carrier. The class was a real eye opening event for the students.



11. SELF DEFENCE WORKSHOP FOR GIRLS

Women and Children have to be safe at all times and at all places. To ensure their safety, a training programme regarding '**self defense**' has been arranged on **20-02-2019**. There were 4 specially trained, expert lady officers working in Kerala Police Department, as part of women cell programme, extended their help to take such a wonderful class. They demonstrated many self defense techniques explaining each situations, which helped the students to learn how to avoid and escape from certain vulnerable situations, how to defend a stranger from various types of attacks including acid throw. They trained the students how to respond physically and psychologically under unexpected dangerous situations. The students were made aware of their vulnerabilities and the need to improve shouting skills.

The class helped the participants in developing self confidence, strengthening body emotions, to foresee vulnerable circumstances and in enhancing inner strength among the students. The workshop was very student friendly. Learning self defense skills really made the students much confident and it helped to sharpen their reflexes.







Closing ceremony

Closing ceremony is planning to conduct on **March 6th, 2020**. In the same occasion we also plan to celebrate Women's day. Here we wish to invite ladies who are in the forefront and have proved themselves as a successful individual in the society. An exhibition of products and skills of students and staff as part of '**She Marketing**' is also on the way.

On behalf of WDC, We wish to give opportunity to all girl students in our college in getting driving license (both 2 wheeler and 4 wheeler) in collaboration with driving schools at moderate fees. (Discussion ongoing and invited fee quotation)

We also wish to present the short film '**MIZHIVU**' directed by our students on the same day.

Acknowledgement:

We wish to acknowledge Women Development Cell, St.Mary's College, S. Bathery and KSWDC for financial assistance

Thank you