



# Kristu Jayanti College

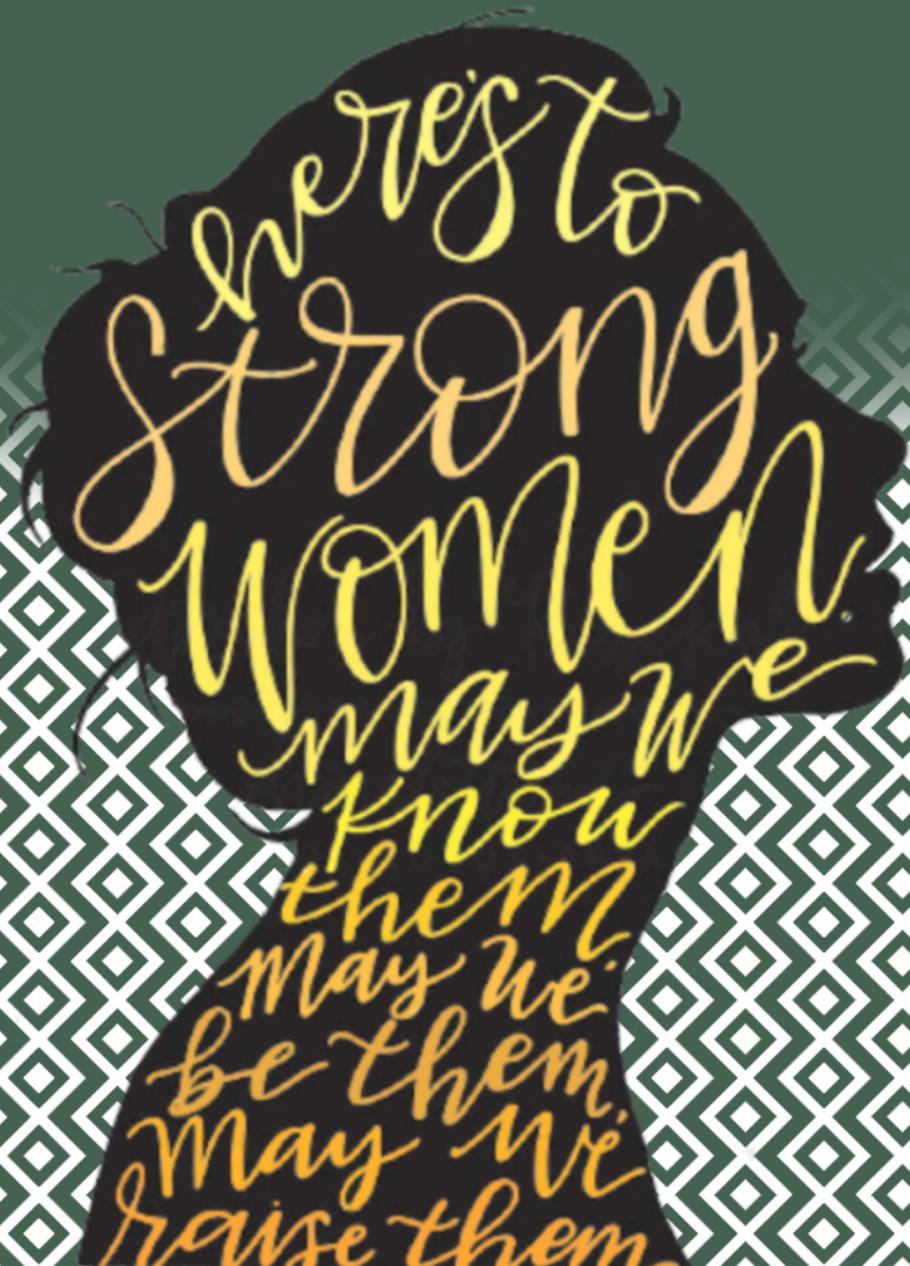
Bengaluru

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*Skillful. Talented. Resourceful. Inspiring*

*Women Empowerment Cell*



## WOMEN EMPOWERMENT CELL

Women Empowerment Cell of Kristu Jayanti College is established to enable and to empower the women fraternity of the institution, to make them understand and react positively to women-centric issues. The Cell aims to provide a platform for women to voice their opinions and feelings and to share their experiences. It also aims at providing personal guidance, legal awareness on specific issues concerning women.

This cell in addition to discussing their issues and concerns also creates awareness of rights and responsibilities. The cell functions diligently to enhance their status and thereby empowers them intellectually by organizing Guest Lectures, Webinars, Workshops, and various awareness programs under its canopy.

The objective of the cell is to help and promote women, understand their power and potential, educate girl students on women-specific health issues and create social awareness about the problems of women, gender equity, and prevention of sexual harassment. It provides a global platform for women students and staff to interact with inspiring personalities by organizing conferences. It also imparts training to promote a culture of respect and equality for the female gender and provides opportunities to enhance their personal and entrepreneurial skills.

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## PRINCIPAL'S MESSAGE



I am immensely happy to note that the Women Empowerment Cell of Kristu Jayanti College is bringing out its annual magazine for the academic year 2020-21. The Women Empowerment Cell of Kristu Jayanti College is focused on empowering the Women fraternity of the Institution and to sensitize them with issues related to women. The Cell has been actively involved in conducting many activities over the years in creating a sense of responsibility and opportunities that lies ahead of women. Year 2020-21 has been a challenging year globally due to the pandemic. Amidst this, the cell has conducted many guest lectures, webinars, conference and workshops. The time and effort in organizing various events by the faculty members of the cell is deeply appreciated. I wish the entire team of Women Empowerment Cell all success.

Rev. Dr. Augustine George  
Principal

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## HEALTH AND HYGIENE GUEST LECTURE

The Women Empowerment cell of Kristu Jayanti College Bangalore organized a webinar on “Health and Hygiene” exclusively for first-year undergraduate female students of Commerce, Management and Computer Science on 29th September 2020.

The session was presided over by Dr. Annama Thomas, Obstetrician, and Gynecologist, St. John’s Hospital, Bangalore. An articulate speech was delivered on the gender-specific awareness of ‘Teenage Health and Personal Hygiene’ and early detection of breast and cervical cancers and their importance. In her seminar, she mentioned that regular exercise, proper diet, and a stress-free environment for proper reproductive health was significant.

Additionally, the students were educated on the importance of the proper disposal of napkins. "An unhealthy lifestyle during menstruation tends to cause genital tract infections and STD that further leads to complications in pregnancy in a later stage", said Dr. Annama Thomas. She also stated that even poor menstrual hygiene can lead to cervical cancer. Towards the end, the students were enlightened about self-examination tactics and early detection methods for breast and cervical cancers which was followed by a feedback session. More than 700 students attended the session with great zest and their queries were also resolved by the resource person.



***Resource person: Dr. Annama Thomas  
Obstetrician and Gynecologist,  
St. John’s Hospital, Bangalore.***

## OPPORTUNITIES AND CHALLENGES FACED BY YOUNG WOMEN ENTREPRENEURS GUEST LECTURE

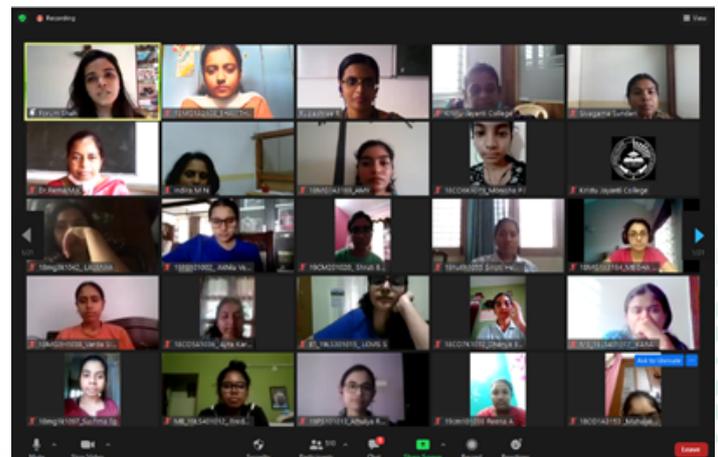
A guest lecture on “Opportunities and Challenges faced by Young Women Entrepreneurs” was organized on 21st October 2020 for final year female students of B. Com, BBA, BA JPEng, BA JPSEng, M.Sc. (Life science and Psychology), M. Com, and MA Economics.

The speaker for this event was Ms. Forrum Shah, Director of Gold Star Group and Co-founder of Gembox. The main aim of this guest lecture was to create an awareness among the students of opportunities and challenges faced by Young Women Entrepreneurs.

Ms. Forrum Shah, a successful woman entrepreneur shared her valuable experience with the students. She intimated to the crowd how important it is to celebrate the milestones of achievement, drafting ideas, the necessity of financial management, and the relevance of work-life balance. Students learned various strategies to be adopted as an entrepreneur. Students were able to get beneficial insights on how to tackle the difficult situations as a women entrepreneur and most importantly, the session helped to boost the young minds of KristuJayanti College towards a bright future.



*Resource person: Ms. Forrum Shah*



*Resource Person with Students*

## STAND UP FOR HUMAN RIGHTS GUEST LECTURE

"Stand Up for Human Rights"- a webinar was organized on 12th December 2020 for the first semester UG students. The guest speaker of the event was Mr. Saji Thomas, Advocate, High Court of Kerala. India is the largest democratic nation in the world with a multi-linguistic, multi-cultural and multi-religious pluralistic society. The speaker enlightened the audience on various unconstitutional activities around us. Certain sections of people are deprived of their rights and unable to raise their voices against the injustice done to them. Human rights are inherent to all human beings, regardless of race, sex, nationality,

ethnicity, language, religion, or any other status. Human rights include the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education, and many more. This webinar raised awareness on the issues of human rights violations and helped the students to identify educational and social strategies to discuss the issues about human rights and to collect, share and develop innovative responses and best practices for elimination and prevention of violation of human rights.



*Resource person: Mr.Saji Thomas*



*Resource person with students*

## OUR SPACE OUR RIGHT COMPETITION

A series of competition-themed "OUR SPACE OUR RIGHT" starting from 11th January 2021 to 22nd January 2021 was conducted by the Women Empowerment Cell of Kristu Jayanti College to commemorate National Girl Child Day

The National Girl Child Day is celebrated in India every year on January 24th. It was started by the Ministry of Women and Child Development and the Government of India in 2008, with the purpose to spread awareness among people about all the inequalities girls face in Indian society.

The program was open to all Jayantian students

irrespective of course and gender to promote equality among students. The competition was organized by the cell to promote awareness about the rights of a girl child and to increase awareness on the importance of female education, health, and nutrition. The competitions conducted were Photo Essay writing and Collage making based on the theme. The students took part in the event by registering through Google forms and uploading their work in the same. The best of the collage and photo essay was selected and the best three winners of each event were awarded certificates.



CAPTION:

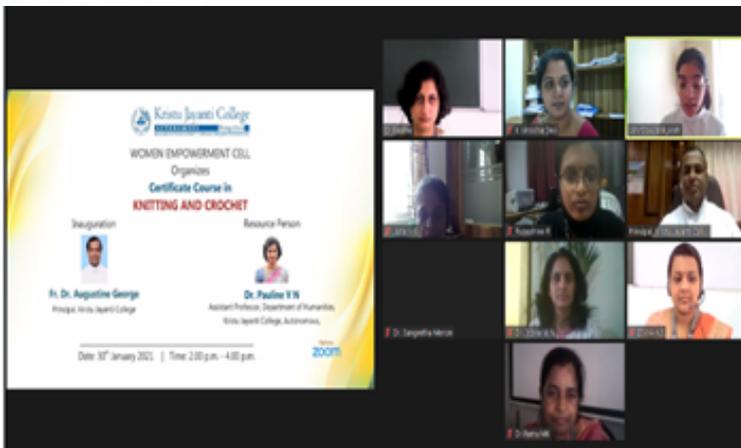
"Being a girl is NOT easy but being one she doesn't complain and makes best of her life in everything every time."  
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*Posters Done By Students*

## KNITTING AND CROCHET CERTIFICATION COURSE

From the history of knitting to bobbles, from single crochet to crochet flowers.

Dr. Pauline, Assistant Professor, Department of Humanities, Kristu Jayanti College conducted the knitting and crochet certificate course, organized by the Women Empowerment Cell of Kristu Jayanti College for both KJC members and non-KJC members which commenced on 30th December 2020. The course duration was 30 hours, 30 lessons. A simple method was opted that taught the participants the basic crochet techniques including the slip knot and chain stitch, single crochet, double crochet, half-double crochet, and triple crochet. It helped them to enhance their creativity in knitting with wool fabrics and yarns.



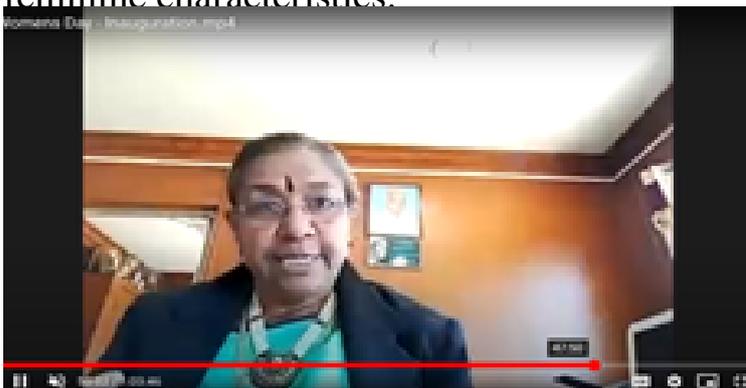
*Online Knitting and Crochet Class*

## NATIONAL CONFERENCE ON WOMEN IN LEADERSHIP

In accord with the United Nations theme for Women's Day 2021, "WOMEN IN LEADERSHIP", the Women Empowerment Cell of Kristu Jayanti College convened a conference on 8th March 2021. Considering the main topic of the conference various sub-topics were decided such as women in business, women in politics, women in health-care, women in education, women in sports, women in entrepreneurship, women in society, women in media, women in technology, women in science, women in law & justice and women in start-ups.

Dr. Vaidehi Vijayakumar, Vice-chancellor of Mother Teresa University, Kodaikanal, Tamil Nadu inaugurated the session along with Rev. Dr. Augustine George, Principal, Kristu Jayanti College.

Dr. Fabienne Jacquet, Founder & CEO of Innoveve was the resource person for the first keynote session on Women Empowerment through Innovation. She mentioned that in India only 7% of women are CEOs and only 14% of women are working in STEM roles. According to her, innovation is something new that creates values and that empathy, nurturing, and collaborations are the key feminine characteristics.



***Inauguration: Keynote speaker:  
Dr. Vaidehi Vijayakumar***



***Session 1: Keynote speaker:  
Dr. Fabienne Jacquet***

The second keynote session on 'Women Leaders: The Perfect Blend of Head and Heart' was addressed by Dr. Sr. Pearl, Principal, Sophia Girls College, Ajmer. She elucidated the paramount importance of women's leadership using many famous quotes. As stated by her, the countries having women leadership managed to flatten the curves of the Corona pandemic due to their proactive decision-making. She emphasized the feminine traits like creative, delicate, intuitive, nurturing, receptive, tender, surrendering, synthesizing, integrating, soft, and feeling that is rooted deep into the hearts of women.

Dr. Rajshree Trivedi, Principal, Maniben Nanavati Women's College, SNDT Women's University, Mumbai addressed the third key note session. She gave an influential talk on Emotional Intelligence and highlighted on how one needs to balance our emotions at the work front and at home. She highlighted the importance of maintaining interpersonal skills, social skills, empathy and anger in efficient leadership. She gave a wonderful talk with anecdotes from our daily life.

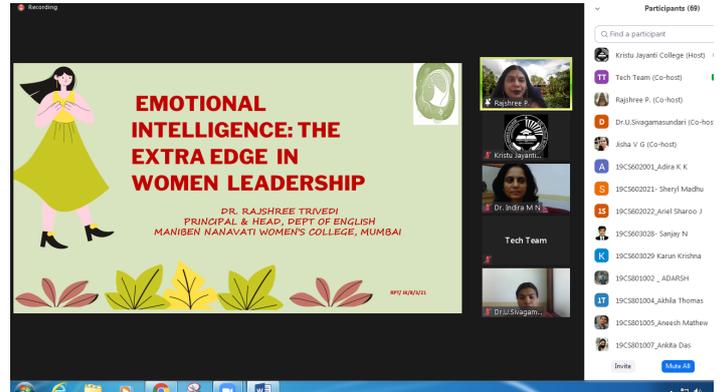
# NATIONAL CONFERENCE ON WOMEN IN LEADERSHIP

Around 65 proficient individuals presented their papers at the conference.

Dr. Sheela Ramachandran, Pro Chancellor, Atmiya University, Rajkot, Gujarat was the chief guest of the Valedictory ceremony. Madam with her rich academic experience put across the role of women across the globe. Dr. Sheela stressed that women are constantly evolving and reaching new milestones across a wide spectrum of human activities in modern times. She said from leading nations, to standing up for human rights, to running the world's most important organizations, women continue to shape the world through their leadership.



*Session 2: Keynote speaker –  
Dr. Sr. Pearl*



*Session 3: Keynote speaker -  
Dr. Rajshree Trivedi*

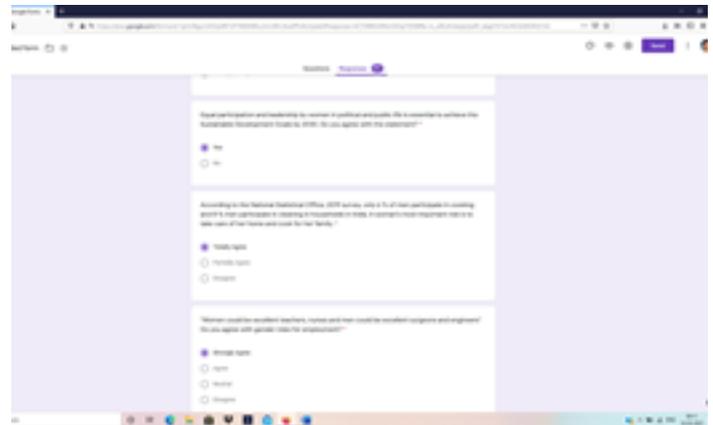
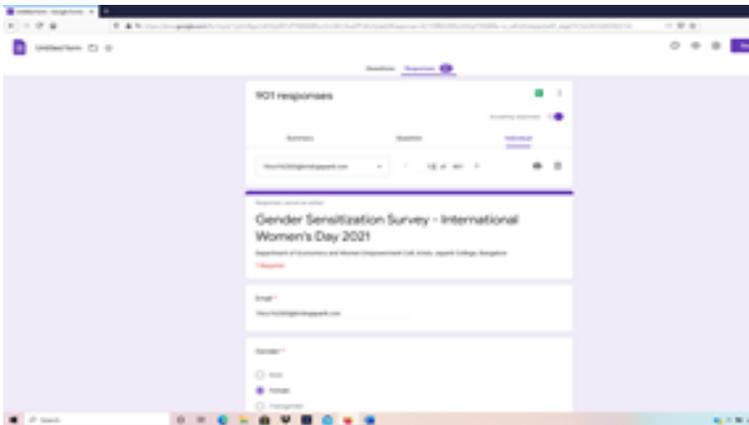


*Valedictory session : Dr. Sheela Ramachandran*

## SURVEY ON GENDER SENSITISATION

Women Empowerment Cell of Kristu Jayanti College conducted a gender sensitization survey in collaboration with the Department of Economics on the occasion of International Women's Day on March 8th, 2021. A structured questionnaire with 9 questions was framed and circulated through google forms to the college students and staff members. Gender Sensitization survey questions present a compilation of gender roles, gender stereotypes, gender division of labor, gender discrimination, masculinity, patriarchy, gender equality, women leadership, property rights for women, and so on. Both students and staff members have actively participated in the survey. The major goal of the

gender sensitization survey was to identify and address unconscious biases and beliefs that creep into the young and educated community. The survey brought into light the current status and biases existing in the name of gender among the participants. Through the gender sensitization survey conducted by the Women Empowerment cell, the participants got an idea on the gender-related issues existing in the society and what is their stand on it. The survey revealed that there are unconscious biases even among the educated community related to gender issues which have to be addressed through different awareness programs.



*Survey questionnaire*