



Kristu Jayanti College

AUTONOMOUS

Bengaluru

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Women Empowerment Cell 2017-2018

Guest Lecture On How to Deal With Your Teenage Life

Date: 3rd July 2017

No. of Beneficiaries: 228 students

Name and details of Resource person: Ms. Antonia Ratnakala, Director Tasalli shelter home for women Bangalore

Objective : To create an awareness about teenage issue and how to deal with them

Brief write-up about the programme:

The Women Empowerment Cell of our college organized a guest lecture on "How to deal with your teenage life." For First year B. Com students. The speaker for the event was Ms. Antonia Ratnakal who is a social worker with over 20 years of experience in development work. Ms. Antonio heads institute for family wellbeing, an organisation focused on creating awareness about violence, trafficking, child sexual abuse, child marriage, and rape through their shelter.

During the one hour session she talked about traits of a Healthy relationship where good communication, respect, trust, honesty and equality plays an important role. She also mentioned the traits of an Unhealthy and Abusive relationship which lacks good communication, honesty, trust, respect and which includes physical and emotional abuse. She continued with the cycle of abuse which starts with Tension building which includes fights and verbal abuse which is then followed by second stage of the cycle, Physical abuse. Certain external influences leads to Reconciliation which is the third stage of the cycle. This is followed by the temporary Honeymoon period which is the fourth stage of the cycle and it includes giving gifts to each other. This stage does not last long and reverts back to the first stage and the cycle continues. She further talks about how love is not just a mere emotion but a commitment towards the future.

Ms. Akansha shared who was rescued by the institution of Tasalli home shared her experiences with the students where she talked about her married life and the difficulties she went through. Ms. Antonia made the students aware and gave them certain warning signs of abuse where physical hurting, possessiveness, isolating someone were some of the elements. The session

ended with a video which showcased the impact of the Bollywood culture on Indian men. An example of this is the incident that took place in Australia where a case was filed on an Indian guy who was arrested for harassing two Australian women who justified himself by claiming that he learned it from a Bollywood movie.

"Take precaution and you will have a Healthy life". By quoting this Ms. Antonia ended the seminar.



Ms. Antonia Ratnakala addressing students on 3rd July 2017



Ms. Akansha victim sharing her real life experience with students



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Women Empowerment Cell 2017-18

Guest Lecture

On

Health and Hygiene

Date: 14th August 2017

Resource person: Dr. Annamma Thomas, Head department of Gynaecology, St. Johns hospital Bengaluru

No. of beneficiaries: 658 students

Objective: Major focus on the health of adolescents

Write up about the session: Dr. Annamma focused her session on areas:

- The importance of sex education and its effect on the youth.
- An insight about the importance of coping up with emotions in the changing environment. Dr. Annamma explained the students about preventing themselves from being misled by the change in lifestyle.
- An overview of the menstrual cycle undergone by adolescents and how to tackle various issues related to it.
- Shared her knowledge about various vacancies which prevent adolescents from being subject to transmitted diseases.
- Dr. Annamma ended her session by giving health tips about the benefits of eating healthy food and the importance of indulging into regular exercise.
- She also emphasized on how spirituality could help oneself stay healthy and fit.
- The students actively participated in the guest lecturer.



Dr. Annamma Thomas addressing students on 14th August 2017



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WOMEN EMPOWERMENT CELL 2017-18

SRUJANA –ART AND CRAFT EXHIBITION

DATE: 24th August 2017

Number of Participants: 74 Students

Chief Guest: Rev. Fr. Sebastian Elangickal, Provincial, St. Joseph province, CMI

Objective: Srujana 2017 was organized to create a platform for the women of the college to portray their talents and entrepreneurial skills.

Brief Write- Up: The art and craft exhibition was inaugurated on 24th August 2017 in mini Audi 1 by the chief guest Rev. Fr. Sebastian Elangickal. The chief guest was accompanied by the principal and vice principal. The chief guest mentioned in his speech that it was a good sign to see students have the passion for art and craft. He commended the efforts put up by all the students who were gathered. He motivated the students to pursue their passion with the aim of deriving satisfaction out of it. He visited each stall and conversed with the students about the stalls they had put up.

There were around 29 stalls put by the girls of the college. It was a one day exhibition cum sale which was open for all students and faculty members. Srujana 2017 turned out to be a success with the participation of 74 students. The exhibits ranged from a variety of products like handmade jewellery, kundan flowers, photo frames, tiaras etc. Students visited the stalls throughout the day and encouraged the participants by buying the products. The exhibition was encouraged and supported by all. The staff coordinators were the driving force behind the participation of every student. Winners of this exhibition were declared on the basis of creativity, talent and the amount earned by them. The exhibition ended at 4.30 pm.



Fr. Sebastian Elangickal, Provincial, St. Joseph province visiting the stalls





Fr. Sebastian Elangickal, Provincial, St. Joseph province addressing the students



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WOMEN EMPOWERMENT CELL 2017-2018

5TH NATIONAL CONFERENCE

ON

“Transmuting Women through Values and Well-Being”

Date: 12th October 2017

Venue: Mini Auditorium II

No. of participants : 208 participants

The Women Empowerment Cell (WEC) of Kristu Jayanti College successfully organized its 4th one-day National Conference on 12th October 2017 titled “Transmuting Women through values and well-being”. Altogether 13 delegates and 20 invites from all over nation took part in the conference which constituted of students, teachers and professors from different institutions; along with them 175 students of our college also took part in the conference.

Inauguration

Time: 9:30-10:30

Chief Guest - Shazia Ilmi , Additional Director Engineers India Ltd

Guest of honour: Ms. Lilla Gourley , Manager in Audit service Grant Thornton, Bengaluru

Ms. Shazia Ilmi, Additional Director Engineers India Ltd, graced the inaugural function by sharing her valuable thoughts and insights of the conference theme. She highlighted the necessity to believe in you and exploring the world, keeping in mind that there are no boundaries for women. She highlighted that we women should never compromise on their dreams we should always work towards our dreams and reach the same by overcoming all the hurdles . A Breast Cancer Awareness Campaign was also promoted during the inaugural session.

In the Keynote address, Ms. Lilla Gourley, Manager in Audit service, Grant Thornton, Bangalore, she started addressing the gathering by sharing her own experience of life she shared that she started her career as a sheriff then moved into a university for perusing masters and joined Grant Thornton Ms.Lilla emphasized on the aspects of following your heart and adapting to changes in this dynamic world.

First Technical Session: “Role of Women in corporate life facilitating transformation through value”

Time: 10:45 – 11:45

Resource Person: Ms. Kalpana Kumaran , Regional Manager Human Resource (Talent acquisition) Grant Thornton, Bengaluru

Ms. Kalpana stated that over the past few years, she has been watching the role of women increase at the global level. Corporate initiatives such as that of Cisco, Nike, and The Cola Cola Company have embraced the position of women not only within the corporation, but also within the communities they operate. Micro-lending is done predominantly to women with the knowledge that bringing women into the world economy is the predominant ingredient in developing a community, if not a nation. Muhammad Yunus, founder of Grameen Bank, said in 2016 –“soon we saw that money going to women brought much more benefit to the family than money going to the men. So we changed our policy and gave a high priority to women. As a result, now 96% of our four million borrowers in Grameen Bank are women.” Corporations such as Whole Foods Market have followed this model with the mission of the Whole Planet Foundation which provides micro-loans to women in global communities where they source products for their stores.

She stated that a leader should be tactical, strategic and transformational. A woman in top management positions in companies can give a real competitive edge by spreading these leadership practices within the organizations. Through this technical session, **Ms. Kalpana Kumaran** conveyed her view on transformation by enduring to the values.

Technical Session II : “Women’s well-being self-care and Security”

Time :11:45am-12:45pm

Resource Person : Dr. Ashlesha Bagadia , Psychiatrist and Psychotherapist Maternal mental health and counselling therapy, Bengaluru

Dr. Ashlesha Bagadia, stated that despite many challenges and barriers, women human rights defenders and practitioners are finding innovative and holistic ways to sustain their well-being and security. Dialogue participants stressed that the concept of [“self-care”](#) is fundamental to sustaining the well-being of women human rights defenders. Often times, however, a [general lack of personal conviction](#) among defenders, regarding their own well-being as well as the patriarchal conception of women as care-givers of the world, leaves them worn-out. In order to combat this reality, human rights practitioners are taking the initiative to organize workshops aimed at creating a sense of conviction which values self-care ideals and activities with a feminist perspective among women human rights defenders. Finding ways to “decompress” is also important; participants discussed the benefits and risks of [de-briefing](#) to release anxiety and stress following a traumatic incident.

Technical Session III : “Role of Women in Social transformation ”

Time: 01:30pm-02:30pm

Resource Person: Dr. Jayalakshmi, Faculty CMR Law School, Bengaluru

Dr. Jayalakshmi stated that modern women in the present age occupy top rank and attain immense success in all the fields such as sports, politics, performing arts, police, administration, medicine and etc. Mother Teresa, P T Usha, M S Subbulakshmi, [Kiran Bedi](#), Dr Padmavathi, Sushma Swaraj, the great environmentalist and social activist Medha Patkar and Promilla Kalhan have become great names in different fields of their work. Now with the encouragement of co-education, women have cast off the age old inferiority complex and are marching side by side with men in every walk of life. Women are actually proving to be academically better and socially more active. When we come across the results of competitive examinations in all India civil services and Indian universities we are happily surprised to note that women capture most of the merit seats. They are also aware of the fast changing social milieu and they are making sustained efforts to scale the leaders of social progress by dint of their zeal and dynamism. They are contributing extensively towards the social transformation and building of the nation.

Paper presentation

Time : 3:00-4:30 p.m.

Totally 8 papers were presented by delegates from other institution, which was related to women development, women obligation's, women empowerment and various software technology helping women.

Valedictory

Time: 4:30 – 5:00p.m

**Chief Guest - Dr. Cynthia Menezes Prabhu, Professor & Coordinator MBA Programme
Jnana Bharathi Campus, Bengaluru**

Chief guest for the Valedictory session on 5th National conference was Dr. Cynthia Menezes Prabhu, Professor & Coordinator MBA Programme Jnana Bharathi Campus, Bengaluru. She graced the inaugural function at 4:30 pm. The Chief Guest emphasized upon urge for the women empowerment. Having reached the pinnacle in traditionally male-dominated bastions of business in India, these women are making waves with their achievements. With their inherent talent and access to robust financial resources, they are powerful enough to impact their organisations and the economy in a big way. The significant power they wield derives from a combination of influence and authority, success in delivering outcomes and real personal responsibility.



Ms. Shazia Ilmi addressing the gathering



Ms. Lilla Gourley addressing the gathering



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Women Empowerment Cell 2017-18 Swachh Bharat Swachh Vidyalaya

Date: 26th July 2017 to 29th July 2017 and 3rd August 2017

No. of Beneficiaries: 345 students

Name and details of Resource person: Dr. Molly Joy Head department of Psychology Kristu Jayanti College

Dr. Rema Faculty department of Psychology Kristu Jayanti college

Prof. Madhumalathi Faculty department of Commerce Kristu Jayanti college

Objective : To create an awareness about hygiene and cleanliness in the campus and to support Swachh Bharat Swachh Vidyalaya Campaign.

Write up about the programme :

Women Empowerment Cell of Kristu Jayanti College Organised Awareness Programme on Hygiene for PG Girls Students to encourage hygiene and cleanliness in the campus and to support Swachh Bharat Swachh Vidyalaya Campaign. The Programme highlighted on personal hygiene, menstrual hygiene and toilet usage and sessions were taken as per the availability of particular departments in different schedule by three faculties.

During this programme the students gave the following suggestions ,

- Covered dustbins in all the toilets and near washbasin.
- Clean Buckets and mugs
- Gun Facility in western toilets
- Liquid Soap near wash basin
- Paid Sanitary Napkin facility
- Door Mat near the toilets
- Tissues and newspapers to be kept



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WOMEN EMPOWERMENT CELL

Guest Lecture
On
Teenage Health and Personal Hygiene

Date – 1st March 2018

No. of Beneficiaries: 128 Students

Resource Person – Dr.Veena Patil MBBS, MD(Skin) – Dermato-Cosmetologist Medi-Derma Hospital

The session included the coverage of the following topics on the following aspects such as:

- The importance of knowledge regarding to women's personal hygiene and how to deal with the day to day changes in one's body.
- The necessity of taking proper care of the hair and skin, included the number of times hair and skin must be washed.
- Eating habits among the present generation and how it has a direct impact on the skin and hair.
- Focused on the fact that doctors examination is of utmost importance rather than self-treatment, which would prevent from severe skin or hair diseases.
- Importance of taking good care of private parts by washing and cleaning them on regular basis.
- Drugs and supplements and how it has an adverse effect on women's health.



Dr. Veena Patil addressing the students on personal hygiene



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WOMEN EMPOWERMENT CELL

Workshop On Self- Defence

Date-1st Feb 2018

No. of beneficiaries: 72 participants

Resource Person – Master Lee Former Karnataka Coach of police training

The session conducted by Master Lee and his team was a practical session where the students were demonstrated with defence techniques.

- The session gave an insight how to tackle danger or treat from another person by using ones hand and leg.
- Focus was given on various aspects such as the importance of confidence, preparation and the planning.
- Simple techniques of kicking and punching were portrayed and taught to students.
- Importance of teaching self-defense for the betterment and safety of women.



Mr.Arun college Capitan of Taekwondo addressing the students



Master Lee practically training the students