

Women Empowerment Cell 2017-18

Sl. No	Office Bearer's List
1	Ms. Madhumathi VK
2	Ms. Ranjitha
3	Dr. V Chitra
4	Ms. Madhumalathi R

Sl. No	Student coordinators
1	Ms. Sowmya Mahendra
2	Ms. Ansy Abraham

Guest Lecture

How to Deal With Your Teenage Life

Date: 3rd July 2017

Name and details of Resource person: Ms. Antonia Ratnakala, Head, Institute for Family Well-being, Bangalore

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

The Women Empowerment Cell of Kristu Jayanti 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 Ratnakala who is a social worker with over 20 years of experience and heads the 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. The session ended with a video which showcased the impact of the Bollywood culture on Indian men.



Ms. Antonia Ratnakala addressing students on 3rd July 2017

GUEST LECTURE WOMEN AND HYGIENE

Date: 17/07/2017

Resource person: Dr. Eilen Solomon, CMC Vellore and Founder of NGO - Kshema

Objective: To create an awareness among girls students about the importance of leading a hygienic life

The Women Empowerment Cell of Kristu Jayanti College organized a guest lecture on "Women and Hygiene". The guest speaker for the occasion was Dr. Eilen Solomon from CMC Vellore who has also started a NGO called Kshema. She enlightened the girl students on personal hygiene and gave some valuable tips to maintain personal hygiene .



Dr. Eilen Solomon addressing the students

AWARENESS PROGRAMME

SWACHH BHARAT VIDYALAYA

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

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.

The Women Empowerment Cell of Kristu Jayanti College organised an Awareness Programme on Hygiene for postgraduate girl 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.

HEALTH AND HYGIENE

Date: 14th August 2017

Resource person: Dr. Annamma Thomas, Head - Department of Gynaecology, St. Johns Hospital Bengaluru

Objective: To create an awareness on the health of adolescents

The Women Empowerment Cell of Kristu Jayanti College organised an Awareness Programme on “Health and Hygiene”. Dr. Annamma Thomas, Head - Department of Gynaecology, St. Johns Hospital, Bengaluru was the guest speaker for the occasion. She focussed on areas such as the importance of sex education and its effect on the youth. She gave an insight about the importance of coping up with emotions in the changing environment. The students actively participated in the guest lecture.



Dr. Annamma Thomas addressing students

ART EXHIBITION

SRUJANA –ART AND CRAFT EXHIBITION

DATE: 24th August 2017

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.

The Women Empowerment Cell of Kristu Jayanti College organised an art and craft exhibition, which was inaugurated by the chief guest Rev.Fr Sebastian Elangickal. Father commended on 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.



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

5TH NATIONAL CONFERENCE ON

Transmuting Women through Values and Well-Being

Date: 12th October 2017

Chief Guest - Shazia Ilmi , Additional Director, Engineers India Ltd

The Women Empowerment Cell of Kristu Jayanti College successfully organized a National Conference on 12th October 2017 titled “Transmuting Women through values and well-being ”. Ms. Shazia Ilmi, Additional Director, Engineers India Ltd, was the Chief Guest for the occasion. Ms. Lilla Gourley, Manager in Audit service, Grant Thornton, Bangalore was the Guest of Honour. Altogether 13 delegates and 20 invitees from all over the nation took part in the conference which constituted of students, teachers and professors from different institutions. Ms. Shazia Ilmi, graced the inaugural function by sharing her valuable thoughts and insights on the conference theme. She highlighted the necessity to believe in oneself and exploring the world, keeping in mind that there are no boundaries for women. Following which there were three technical sessions addressed by eminent speakers. Papers were presented by members from Kristu Jayanti College as well as delegates from other colleges.



Ms. Shazia Ilmi addressing the gathering

Workshop

Self- Defence

Date-1st Feb 2018

Resource Person – Master Lee, Former Karnataka Coach, Police Training

Objective - To create an awareness about self-defence and to enable the students to learn few self-defence techniques

The Women Empowerment Cell of Kristu Jayanti College organized a workshop on Self Defence. The session was conducted by Master Lee and his team. There was a practical session where the students were demonstrated with the self-defence techniques. It gave an insight on how to tackle danger and defend oneself from predators. It enabled the girl students to know the importance of self-defence for the betterment and safety of women.



Mr. Arun, College Capitan of Taekwondo addressing the students

GUEST LECTURE

TEENAGE HEALTH AND PERSONAL HYGIENE

Date – 1st March 2018

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

Objective: To create an awareness on teenage health and personal hygiene.

The Women Empowerment Cell of Kristu Jayanti College organized a guest lecture on “Teenage Health and Personal Hygiene”. The session included topics on aspects such as, the importance of knowledge with regard 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, and the unhealthy eating habits among the present generation and how it has a direct impact on the skin and hair. She focused on the fact that doctors examination is of utmost importance rather than self-treatment, which would prevent from severe skin or hair diseases. She also insisted on the importance of taking good care of private parts by washing and cleaning them on regular basis.



Dr. Veena Patil addressing the students on personal hygiene



Kristu Jayanti College

AUTONOMOUS

Bengaluru

Reaccredited 'A' Grade by NAAC | Affiliated to Bengaluru North University

Women Empowerment Cell

The Women Empowerment Cell of Kristu Jayanti College engages, sensitizes and empowers the students of the institution towards the cause of gender equality. With the motto of “Educate and Empower”, the cell organizes annual conferences, guest lectures, workshops and awareness programs on various women related issues to equip them with wide range of skills and knowledge for the betterment of self and society. The cell also focuses on empowering and strengthening their confidence to be the future women leaders, technocrats, entrepreneurs and scientists. Regular sessions are organized on various capacities to instill self-confidence and ethical values and make them realize their potential.

Objectives

1. To empower girl students and build confidence in them
2. To create awareness on Gender equality
3. To provide skill training to women and girl students
4. To educate girl students on women specific health issues and measures to be taken.
5. To create social awareness about the problems of women, gender equity and prevention of sexual harassment.
6. To enhance research interest in faculty and Students in gender related issues and Promote Publication

Roles and responsibilities

1. Creating awareness about gender equality
2. Encourage women to undertake activities that strengthens their self-confidence.
3. Empower female faculty, staff and students about general economic and social issues.

Gender Sensitization Action Plan

Kristu Jayanti College (Autonomous) believes in equality, inclusiveness, respect for human dignity, fairness and justice for all which is reflected in an unbiased recognition and representation of women and men in all areas to thrive. The College also strives to acknowledge diversity in talents and constantly endeavours to be committed role models in teaching future generations. Women Empowerment Cell (WEC) of the College with its motto “Educate and Empower” actively involves in implementing gender equality policies and the development of its stakeholders. It also endeavours to bring positive change in the society as well as within the

campus through various measures for diversity and by counteracting any existing inequalities. With these objectives in mind, Gender Sensitization Action Plan for every Academic Year has been formulated with a strategic goal and action plan.

Targets of the Year & Tentative action Plan

- Create awareness on Gender Equality
- Skill training to girls and female faculty
- Organizing workshops, conferences and research publications in relation to women issues
- Conducting surveys and researches based on funded projects