



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

E33-18/19

Name of Activity	Activities on Gender Sensitization by Women Development Cell
Date	One Year Activities Conducted during the Academic Year 2018-19
Organized by	Women Development Cell, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	Whole Campus

- **Educational Scholarship And Opportunities Abroad**

Women Development Cell of Vimala College organized an interactive session on Educational Scholarship And Opportunities Abroad on 13/Sept 2018. The Resource person of the day was Ms. Gauri Pillai, Rhodes scholarship winner 2017. Rhodes scholarship is one of the most prestigious scholarships in the world. It offers fully-funded postgraduate study in the University of Oxford. Every year, five students are selected from India. Gauri Pillai of National University of Juridical Sciences (NUJS), Kolkata is from Thrissur. She gave an inspiring talk to the students by advising them to dream big and not to be diffident about being from a small place. She told them about various educational opportunities abroad and how to start preparing and applying for them. She shared her own life experiences about the cultural adjustments which she had to make.



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Women in Local Governance



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Women Development Cell of Vimala College organized a class on Women in Local Governance on 4/12/2018. The Resource person of the day was Dr. Amrutha.K.P.N, Research Associate, KILA , Mulankathavu Thrissur.



- **Challenges to Indian Democracy-Measures to Overcome Them**

Women Development Cell of Vimala College organized a class for the students on the topic Challenges to Indian Democracy-Measures to Overcome Them, on **1/02/2019**. The Resource person of the day was Mr. Arun .K.V, Assistant Professor, Department of Political Science ,Sree Kerala Varma College,Thrissur and Senate Member Calicut University. The class started at 8.30 am and ended at 11.30 am



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- **Importance of Pre Marriage Counseling**

Women Development Cell of Vimala College organized a life guidance class for the Final Year UG and Final Year PG Students. In the first session the resource person was She covered an wide range of topics- Importance of Pre Marriage Counseling, Importance of Family Life, The need to respect our parents ,How to develop Self Esteem. It was an interesting class and led to a certain level of self introspection among the students.

Date: 6/02/2019

Venue : Auditorium



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- **Women and Health**

Women Development Cell of Vimala College organized a life guidance class for the Final Year UG and Final Year PG Students .Under this a session was given on Women and Health .The afternoon session was handled by Dr.Jyothi , Gynecologist ,Metropolitan Hospital, Thrissur. She discussed about the usual gynoecia problems faced by young women ,and measures to prevent them .She discussed topics related to menstrual problems, PCOD ,Obesity and so on .It was followed by an interactive session where the students could clear their apprehensions and doubts .

Date: 6/02/2019

Venue : Auditorium

Time 12.30-3.00pm



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PRINCIPAL IN-CHARGE
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