

Report of Activities of Women Development Cell for the Academic year 2024-2025

1. Name of the Event : **Session on ‘Research Skills for Women’**

Date : **05.06.2024**

Venue : **Lissieux Hall**

Organized by : PG and Research Department of Economics

Collaboration: Women Development Cell

No. of participants : **25**

Report of the Session ‘Research Skills for Women’

A Session on the topic ‘Research Skills for Women’ was organized by, Post graduate and research department of Economics, in collaboration with the Women Development Cell of Vimala College (Autonomous), Thrissur, for the students of Third Semester M.A Economics on **05.06.2024** from 2:00 PM onwards. It was intended to provide insights to the students about research methodology and the processes involved in conducting research in social sciences and the gender aspects associated to it. The session was coordinated by Miss Miya Mary Babu under the guidance of Dr.Sitara V Attokaran, Head of the Department.

The session was conducted by Dr. Deepa VD, an eminent scholar, who is currently pursuing her Post-Doctoral Fellowship under the chief minister’s Nava Kerala programme from Dr John Matthai Centre, Thrissur. She gave a clear cut idea on research methodology and the various steps involved in conducting a research.

Research is a scientific and systematic search for pertinent information on a specific topic. It is mainly done to gain familiarity with a phenomenon or to achieve new insights to it. From formulating a research problem to preparing the final project report, Deepa ma’am also explained in detail, the various steps involved in conducting a research study and also the gender related aspects associated to it. She also listed out several sources for collecting secondary data and some tools that can be used by the students while preparing the report.

Students raised their queries to which answers were provided by ma’am. .Miss Niranjana, student representative, proposed the vote of thanks.



RESOURCE PERSON
DR. DEEPA V D
POST DOCTORAL RESEARCH FELLOW,
DEPT OF ECONOMICS,
DR. JOHN MATTHAI CENTRE, CALICUT UNIVERSITY.

TIME – 2.00 PM
WEDNESDAY
5 JUNE 2024
VENUE – LISSIEUX HALL

VIMALA COLLEGE (AUTONOMOUS), THRISSUR.
PG & RESEARCH DEPARTMENT OF ECONOMICS IN COLLABORATION WITH WOMEN DEVELOPMENT CELL
Organises a seminar on,
RESEARCH SKILLS FOR WOMEN

PRINCIPAL - DR.SR. BEENA JOSE
HOD - DR. SITARA V ATOKKARAN
STUDENT COORDINATOR-MIYA MARY BABU

2. Name of the Event : Seminar on ‘Ayurveda and rejuvenation for adolescent girls’
Date : 29-07-2024
Venue : Lissieux Hall
Organized by : PG and Research Department of Economics

Collaboration : Women development cell

No. of participants : 113

Report of the Seminar ‘Ayurveda and rejuvenation for adolescent girls’

PG and Research Department of Economics in collaboration with the women development cell organized a seminar on the topic ‘**Ayurveda and rejuvenation for adolescent girls**’, on **29.07.2024** from 01:30 PM onwards. It was intended to provide awareness to students regarding counseling and health services for adolescents to overcome anxiety, sadness and other adolescent issues at community level.

The resource person Dr. Gopika K , a senior physician at vaidyaratnam kottapuram . She gave a clear cut idea on physical, intellectual, psychological and social challenges, as well as development of their own moral compass.

Adolescent health encompasses changing transitions within multiple domains, including the physical, social, emotional, cognitive, and intellectual. The fast-paced development of these different domains can lead to phenomenal growth during this period. Dr.Gopika also explained in detail, the various steps involved in the importance of ayurvedic and adolescent health, and also the gender related aspects. She also provided knowledge regarding the transitional phase of growth and development between childhood and adulthood.

Faculty coordinator: Dr. Sneha Gopeekrishna

Student coordinator: Ms.Krishna E .V



Thrissur, Kerala, India
H62G+XQR, Adiyara, Mannumkad,
Ramavarmapuram, Thrissur, Kerala 680631,
India
Lat 10.5523559° | Long 76.2270572°
680631
29/07/24 01:48 pm IST



VIMALA COLLEGE (AUTONOMOUS) THRISSUR.

**PG & RESEARCH DEPARTMENT OF ECONOMICS
IN COLLABORATION WITH
WOMEN DEVELOPMENT CELL**

**Organises a seminar on
"AYURVEDA AND REJUVENATION
FOR ADOLESCENT GIRLS"**

**Resource person:-
Dr. Gopika. K, BAMS, MHA,
PGDMA
Senior physician
Vaidyaratnam Kottapuram
Clinic**



**Date :- 29 July 2024
Time :- 1:30 pm**

**Faculty coordinator
Dr. Sneha Gopeekrishna**

**H. O. D
Dr. Sitara V Attokkaran**

**Student coordinator
Krishna E V**

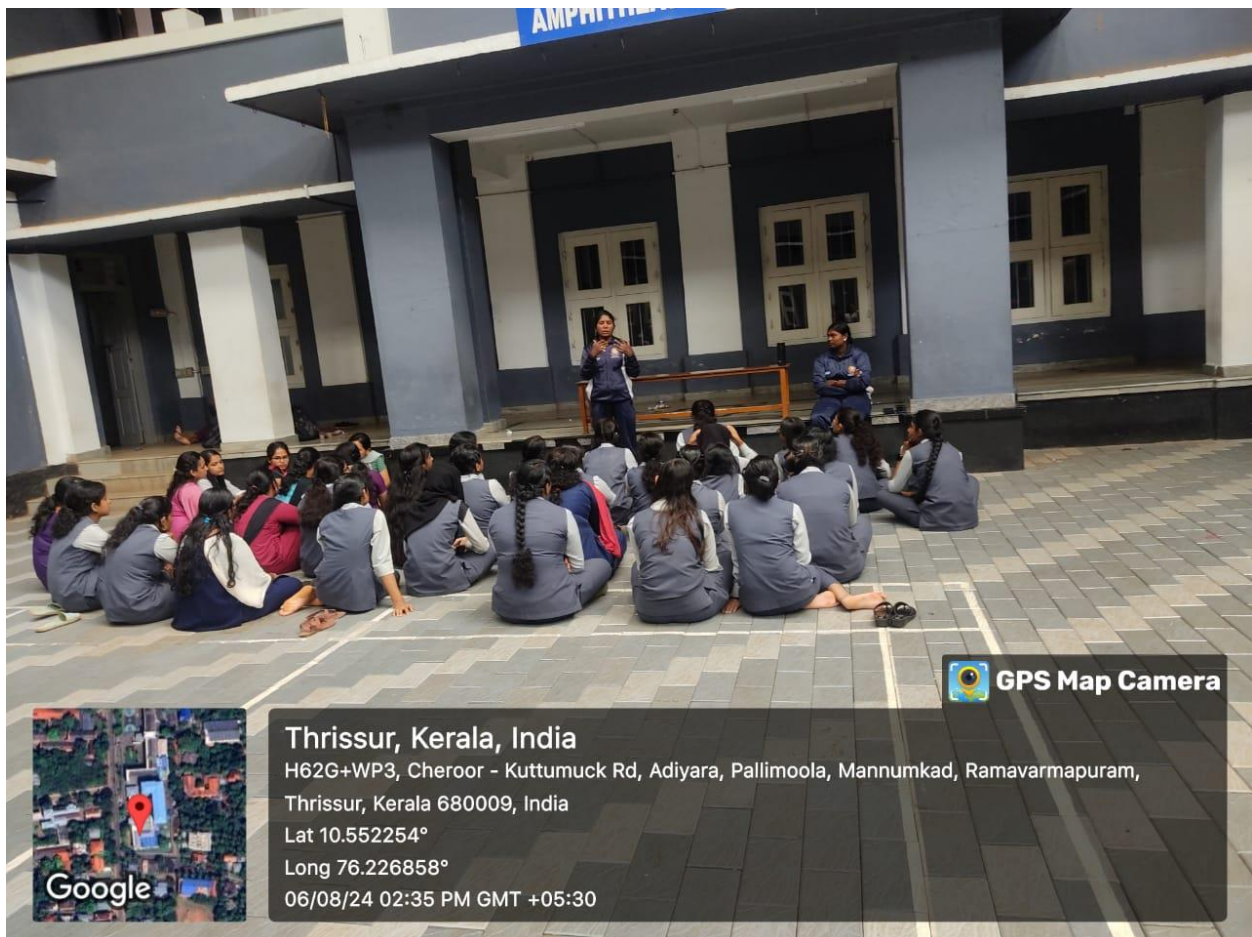
3. Workshop on “Women's Personal Safety Skills ”- Report

The Women Development Cell successfully organized a four-day workshop titled "Women's Personal Safety Skills" on 06/08/2024, 07/08/2024, 19/08/2024 & 21/08/2024. From 2pm to 3pm at the Amphi Theatre, The workshop aimed to empower women by providing them with essential personal safety skills. The Resource Persons were **Ms. Keerthi (CPO)**, **Ms. Sheeja AI (SCPO)** and **Ms. Shiji PJ (GASI) of City Police Thrissur**. The sessions covered topics such as situational awareness, setting boundaries, basic self-defense techniques, and emotional resilience. Participants engaged in interactive exercises, including role-playing and hands-on practice, enhancing their ability to assess and respond to potential threats. The workshop also provided valuable insights into legal rights and local support resources. The initiative significantly boosted participants' confidence and awareness, contributing to a safer environment for women. 42 students participated in the programme

Day 1 - Resource Person- Ms. Keerthi (CPO)

1. Introduction to Personal Safety:

- Understanding personal safety and its importance
- Common safety concerns for women



Day 2- Resource Person- Ms. Sheeja AI (SCPO)

2. Situational Awareness:

- Developing the ability to recognize and assess potential threats
- Techniques for staying alert and aware in various environments

3. Setting Boundaries:

- Importance of setting physical and emotional boundaries
- Strategies for assertive communication and conflict resolution



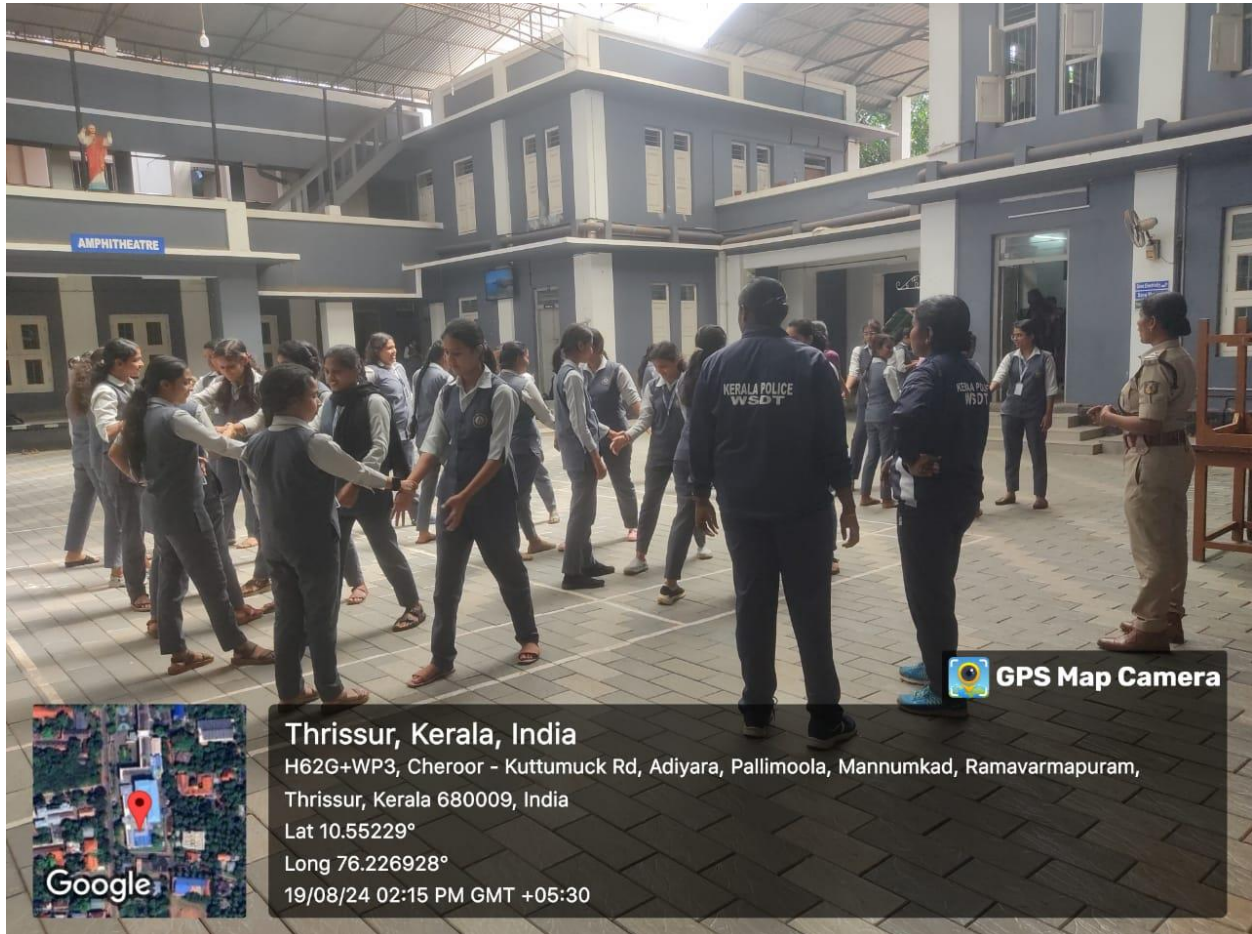
Day 3- Resource Person- Ms. Sheeja AI (SCPO)

4. Self-Defense Techniques:

- Basic self-defense moves and techniques
- Practicing skills in a safe and controlled environment

5. Emotional Resilience:

- Coping strategies for managing fear and anxiety
- Building confidence and self-assurance



Day 4- Resource Persons-

Ms. Keerthi (CPO), Ms. Sheeja AI (SCPO) and Ms. Shiji PJ (GASI) of City Police Thrissur

6. Legal and Support Resources:

- Understanding legal rights related to personal safety
- Identifying and accessing local support services and resources



4.Name of the Event : One Day Seminar on **Contributions of Women in the Field of Statistics** in collaboration with WDC

Date : **27-08-2024**

Venue : Silver Jubilee Hall

Organized by :Department of statistics

Collaboration : **Women development cell**

No of Participants : **64**

Department of Statistics conducted One Day Seminar on “Contributions of Women in Statistics” at 10.00 am on 27th August 2024 in the Silver Jubilee Hall. The seminar started with prayer and Dr. Jismi Mathew, Head of the department, Department of statistics, welcomed the dias. Dr. Satheesh S, retired BSNL officer & Visiting Faculty in School of Mathematics & Statistics &

School of Data Science, M.G University, Kottayam was the resource person. He shared the various contributions of women in the field of Statistics for UG and PG students. He also discussed about different career opportunities in government & private sector. He also talked about the different internship programs provided by government and private institutions for MSc students. The interaction section was very useful for students to clarify their doubts. The seminar was concluded with vote of thanks by Dr. Jerin Paul, Assistant Professor, Department of Statistics.

POST GRADUATE DEPARTMENT OF STATISTICS
VIMALA COLLEGE (AUTONOMOUS). THRISSUR

**In Association with
Women Development Cell**

4 QUALITY EDUCATION

ONE DAY SEMINAR

Talk on:
"contribution of Women in
Statistics"

Dr. Satheesh .S
Visiting Faculty,
School of Mathematics and Statistics & School of Data Analytics,
MG University, Kottayam

**AUGUST 27, 2024
10:00 AM**

VENUE : SJ HALL

Organizing Committee

Dr. Jismi Mathew
HoD

Dr. Jerin Paul
Coordinator

Dr. Sr. Beena Jose
Principal

Hiba Fathima & Sandra M S
Student Coordinators

**Dr. Divya P R Dr. Anamiya Baby Ms. Anwatha T C Ms. Ankitha Lukose Ms. Rajitha V R
Ms. Preethu Preman Ms. Ankitha C S**

5.Name of the Event : Seminar on "Investing vs trading vs Gambling: A Quick guide to Women" in collaboration with WDC

Date : 11-09-2024

Venue : Lissieux Hall

Organized by:PG and Research Department of Economics

Collaboration : Women development cell

No. of participants:

PG and Research Department of Economics in collaboration with the women development cell organized a seminar on the topic ‘ “Investing vs trading vs Gambling: A Quick guide to Women”’, on **11-09-2024** from 011:00 AM onwards. It was intended to provide awareness to students regarding.

Investing and trading in capital market. Dr Sony T L , Associate Professor , Achuthamenon Memorial college, Kuttanellur was the resource person.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

PG & RESEARCH DEPARTMENT OF ECONOMICS

In Collaboration With Women Development Cell

Organises

A Seminar On

Investing vs. Trading vs. Gambling: A Quick Guide To Women

Resource person



Dr. Soni T L

ASSOCIATE PROFESSOR
DEPARTMENT OF ECONOMICS
SRI.C.ACHUTHA MENON
GOVT.COLLEGE, THRISSUR



**11 SEPTEMBER
2024**



11:00 AM



MARIAN HALL

HOD
DR. SITARA V ATTOKKARAN
STUDENT COORDINATOR
AYANA V A

PRINCIPAL
DR. SR. BEENA JOSE
FACULTY COORDINATOR
DR. LIJI MALIAKKEL