

**WOMEN DEVELOPMENT CELL
VIMALA COLLEGE, THRISSUR**

Objective

To promote awareness and active response among women to bring out their full potential as resources for their own development and that of the nation

Faculty Coordinator



Dr Patricia Joseph

Student Coordinator



Mahiendu PV

Motto

“Empowered Women: Nation’s Strength”

Focus Areas

- Personality and Career Development
- Development of Self and Self Esteem
- Women and Health
- Women and Law
- Cyber Space and Cyber Crime
- Women Empowerment and Leadership

- Self Defense Training
- Women and Environment
- Women and Media
- Gender and Research
- Women and Economy
- Sexual Exploitation and harassment
- Symposium, debate and Interactive Sessions on general issues

LIST OF ACTIVITIES:

WEBINAR ON WOMEN IN SCIENCE

The Post Graduate Department of Chemistry, Vimala College Autonomous, in association with **Women Development Cell**, conducted a webinar on the topic 'Women in Science' on March 6th. This webinar was arranged in the context of International Women's Day which is celebrated on 8th March every year.

VIMALA COLLEGE (AUTONOMOUS) THRISSUR

Webinar
on
Women in Science
organized by
**Women Development Cell &
Post Graduate Department of Chemistry**

06 March 2021
1.30 pm

Join us 
<https://meet.google.com/jpn-gfrc-dpi>
All are cordially invited!

Dr. T Geetha
Asst. Professor
Department of Chemistry
St. Mary's College Thrissur

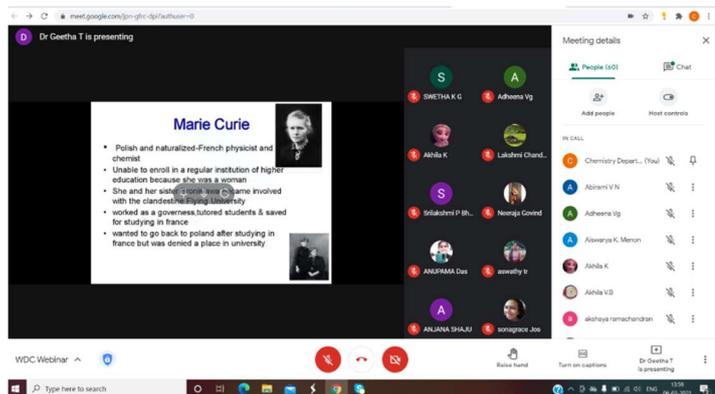
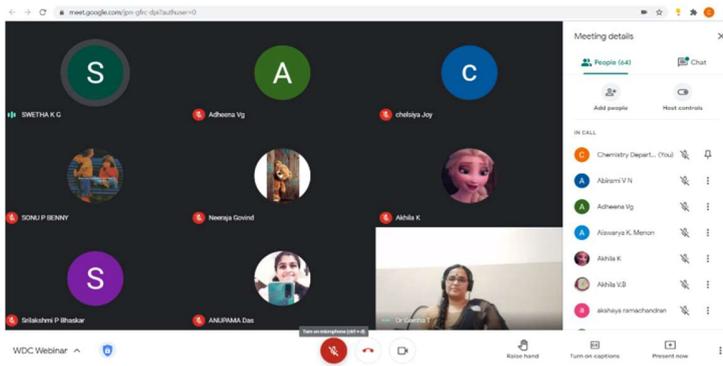
Principal : Dr. Sr. Beena Jose **HOD:** Dr. Theresa CJ

Staff Coordinator
Dr. Nimmy Kuriakose

Student Coordinators
Ms. Anna George P
Ann Rose Paul

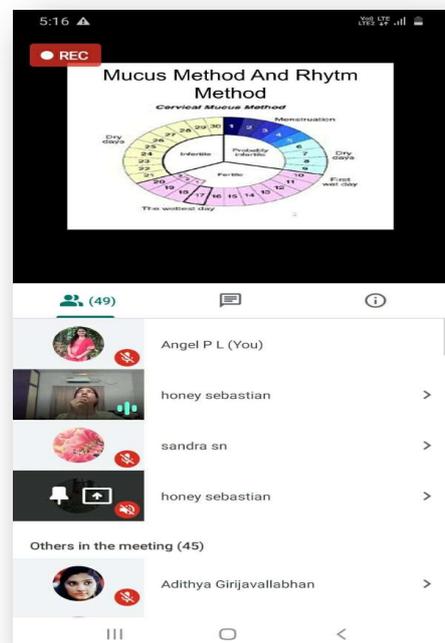
Organizing committee
Dr. Nancy Mathew, Dr. Jiji Abraham, Dr. Bijoy P Mathew,
Dr. Sriakshmi P Bhaskar

Dr. T Geetha gave valuable information about the contributions of women in science and the significance of women representation in science fields. She also made the students familiar with a number of women who had made their significant contributions in the field of science and medicine in the past decades. She also gave a motivational speech for the emerging science enthusiasts among the students.



WEBINAR ON “RESPONSIBLE PARENTHOOD: WITH EMPHASIS ON REPRODUCTIVE HEALTH

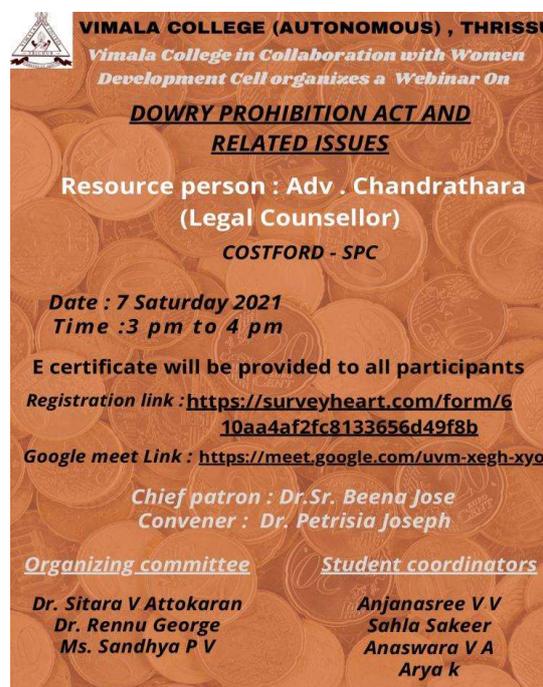
A webinar on “Responsible parenthood: with emphasis on reproductive health” was organized by the Women development cell, Vimala College (Autonomous) Thrissur on 08.03.2021 as a part of International Women’s Day. The resource person covered various areas such as menstrual cycle in women, reproduction, sex determination, social problems faced by women and the importance of personal hygiene. It was an explanatory and informative session, where students interacted, asked questions and cleared their doubts. The certificate for participation was provided to all the participants, through E-mail after the webinar.



“DOWRY PROHIBITION ACT AND RELATED ISSUES” On 7th August 2021

A webinar was organized by Vimala College (Autonomous), Thrissur in collaboration with Women Development Cell on the topic “DOWRY PROHIBITION ACT AND RELATED ISSUES” on 7th August 2021 from 3 pm to 4 pm in online mode. Main purpose of this event was to create an awareness on students about the social evil “dowry”.

Adv Dr Chandrathara was our resource person, working as a Legal counsellor in various SPC’ S from 2008 onwards and presently working with “Center of Science and Technology for Rural Development” COSTFORD SPC. She shared her valuable ideas about the topic and how to fight against this social evil. She also shared experiences of various victims of Dowry and the way to eradicate it. A feedback form was also provided for knowing the opinion of the students about the webinar.

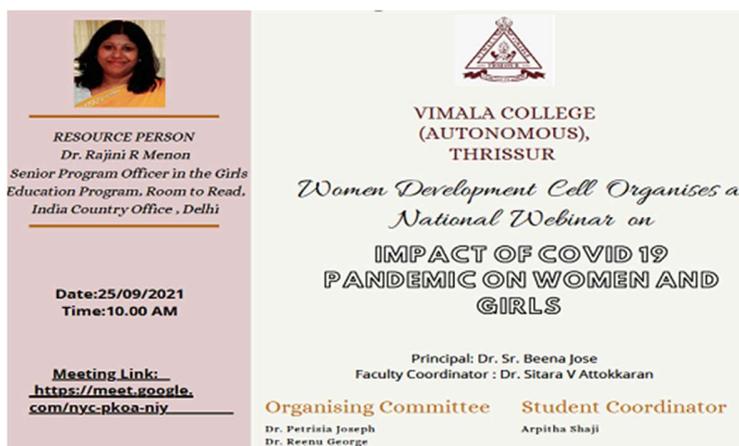


VIMALA COLLEGE (AUTONOMOUS), THRISSUR
Vimala College in Collaboration with Women Development Cell organizes a Webinar On
DOWRY PROHIBITION ACT AND RELATED ISSUES
Resource person : Adv . Chandrathara
(Legal Counsellor)
COSTFORD - SPC
Date : 7 Saturday 2021
Time : 3 pm to 4 pm
E certificate will be provided to all participants
Registration link : <https://surveyheart.com/form/610aa4af2fc8133656d49f8b>
Google meet Link : <https://meet.google.com/uvm-xegh-xyo>
Chief patron : Dr.Sr. Beena Jose
Convener : Dr. Petrisia Joseph
Organizing committee Student coordinators
Dr. Sitara V Attokaran Anjanasree V V
Dr. Rennu George Sahla Sakeer
Ms. Sandhya P V Anaswara V A
Arya k

Name of the Event: National Webinar
“Impact of Covid 19 Pandemic on Women and Girls”

Organized by: Women Development Cell

No. of participants: 64



VIMALA COLLEGE (AUTONOMOUS), THRISSUR
Women Development Cell Organises a National Webinar on
IMPACT OF COVID 19 PANDEMIC ON WOMEN AND GIRLS
Principal: Dr. Sr. Beena Jose
Faculty Coordinator : Dr. Sitara V Attokaran
Organising Committee **Student Coordinator**
Dr. Petrisia Joseph Arpitha Shaji
Dr. Reenu George

Women Development Cell of Vimala College (Autonomous) Thrissur organised a national webinar “ **Impact of Covid 19 Pandemic on Women and Girls**” on 25 -09-2021 at 10 AM. Dr Rajini R Menon, Senior Program Officer in the Girls’ Education Program of Room to Read, India Country Office, Delhi was the resource person. The webinar aimed to create an awareness among students about the Impact of Covid 19 Pandemic on Women and emphasize the importance of gender equity and thus ensuring well-being of women’s lives. The COVID-19 pandemic deepens economic and social stress coupled with restricted movement and social isolation measures, gender-based violence is increasing exponentially. Many women are being forced to ‘lockdown’ at home with their abusers at the same time that services to support survivors are being disrupted or made inaccessible. Household responsibilities and care work burden of women increased due to Covid. Domestic violence against women increased during Covid 19 period. Resource person explained immediate recovery plans for the prevention of violence against women and girls.

Video Link

<https://drive.google.com/file/d/1NWD9IcmckWc5xjM81a9psAVeGCO5s9q9/view>

Webinar on ‘Mantras to Wellness’ Date : 25 September 2021

Online Webinar on topic ‘**Mantras to Wellness**’ was conducted by Department of Home Science in collaboration with Women Development Cell as part of Umang 2021. The webinar was presented by Ms. Sindhu S registered dietician and founder secretary of AEDAN. The programme was to raise awareness about various aspects of health and wellness in terms of physical, mental, spiritual, emotional, and by environmental means.

After the session, participants raise some doubts and were cleared by the resource person. It was good opportunity for the participants to explain and explore these concepts in a better way. This

DEPARTMENT OF HOME SCIENCE
IN COLLABORATION WITH
WOMEN DEVELOPMENT CELL (WDC)
PRESENTS A WEBINAR ON

**MANTRAS TO
WELLNESS**


Ms. Sindhu. S
Registered Dietitian
Consultant Clinical Nutritionist,
Nuyoga and Diabetic Care India, Kochi
Founder Secretary of AEDAN

- Date : 25th Sepetember 2021
- Time : 4:30pm - 5:30pm via 

Click here to Register
<https://forms.gle/Nu8gYySnoTsdVCEm7>

" Health is a State of Body "
" Wellness is a State of Being "

VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR

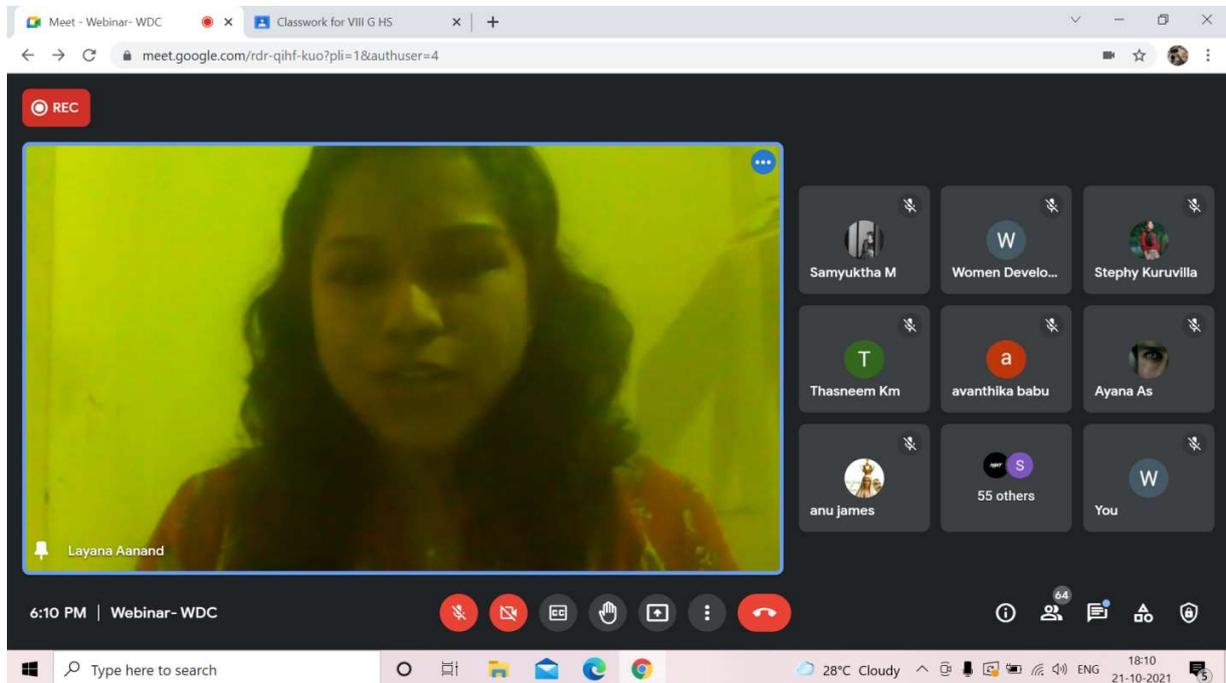
NAAC Re-accredited (3rd cycle) A grade,
CGPA 2.5 on a 4 point scale,
COLLEGE WITH POTENTIAL FOR EXCELLENCE

UMANG 2K21

Principal
Dr. Sr. Beena Jose
WDC Coordinator
Dr. Patricia Joseph
Teacher Coordinators
Dr. Thomas Ruby Mariamma
(Head of Home Science Department)
Dr. Shaly C M
Student Coordinator
Anu Mariya

interactive session ended at 5.40

Webinar on "Contemporary Discourse on Gender in Kerala" organized on 21st October 2021



Women Development Cell organized a webinar on “**Contemporary Discourse on Gender in Kerala**” on 21st October 2021 at 6 pm. Due to the current scenario, this session was conducted via Google meet. The resource person, Ms. Layana Aanand enlightened the participants about the existing gender stereotypes that suppress women and the importance of mental health, sex education and gender parity. After the discussion, an open Q& A session was conducted where the

The poster is divided into three vertical sections. The left section features a circular portrait of Layana Aanand, an Assistant Professor and Head of Department of Women's Studies at the University of Calicut. It lists the date as 21 OCT, 2021, at 6 PM, and provides meeting and registration links. The middle section features the logo of Vimala College (Autonomous) Thrissur and the title 'Webinar Contemporary discourse on Gender in Kerala'. The right section lists the organizing body as the Women Development Cell, with Principal Dr. Sr. Beena Jose and Faculty Coordinator Dr. Reenu George. It also lists the Organising Committee (Dr. Petrisia Joseph, Dr. Sitara V Attokkaran) and the Student Coordinator (Samyuktha M, Shreya Ramesh, Cherub Rose Sajan).

Layana Aanand
Assistant Professor,
Head of Department of Women's
Studies,
University of Calicut

21 OCT, 2021
6 PM
MEETING LINK:
<https://meet.google.com/rdr-qjhf-kuo>
REGISTRATION LINK:
<https://forms.gle/vKwXbWfkuDjRt48PZt>

VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR

Webinar
Contemporary
discourse on
Gender in
Kerala

Organized by
Women Development Cell
Principal: Dr. Sr. Beena
Jose
Faculty Coordinator :
Dr Reenu George

Organising Committee
Dr Petrisia Joseph
Dr Sitara V Attokkaran

Student Coordinator
Samyuktha M
Shreya Ramesh
Cherub Rose Sajan

participants put forward their queries to the speaker. Finally, the link for the feedback form was given to the participants.

"Mental Health of Young Women" with the objective to create an awareness about the importance of mental health in young women.

The Department of Statistics in association with **Women Development Cell**, organized a webinar on the topic "Mental Health of Young Women" with the objective to create an awareness about the importance of mental health in young women.

The resource person for the webinar was NESY T. R, Consultant Psychologist, General Hospital, Ernakulam. Based on the premise that health is a combination of both physical and mental health, NESY T. R, in her presentation highlighted the five problems related with mental health, such as:(i) Psychological disorders (ii)Sleep (iii)Appetite and food habit (iv)Exercise (v)Live with covid. She gave an awareness about how to overcome our mental problems with effective remedies such as :(1) Open communication (2) supporting approach (3) avoid toxic relationships (4) finding interesting areas (5) avoid blaming self and others (6) avoid social stigma (7)seeking professional help. The webinar was attended by around 75 participants.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Webinar on "MENTAL HEALTH OF YOUNG WOMEN"

Organized by
Department of Statistics
In Association with
Women Development Cell
Vimala College (Autonomous), Thrissur

On
01-10-2021
@
3:00pm

Resource Person

NESY T.R
Consultant Psychologist,
General Hospital,
Ernakulam

To Register
[Click here](#)

Platform
Click 

- For UG & PG Students
- E - Certificates will be provided
- No Registration Fee

Organising Committee

Principal : Dr. Sr. Beena Jose
Faculty Coordinator : Dr. Anamiya Baby (+91 9400247054)
Head of the Department : Dr. Divya P.R
Committee Members : Dr. Jerin Paul, Dr. Preethi John, Ms. Mariya Jeeja P.V, Ms. Silviya P.O, Ms. Deepthi K.V, Ms. Vijitha K.V, Ms. Jini Lorance
Student Coordinators : Binusha S Musthafa & Catherin Pullan

For further details Contact : statistics@vimalacollege.edu.in

Seminars organized by women development cell

VIMALA COLLEGE (AUTONOMOUS) THRISSUR
 College with Potential for Excellence (CPE)
 Nationally Re-accredited with 'A' Grade (Third Cycle)
 CGPA of 3.5 on a 4 point scale

**UGC Centre for Women Studies
 Inauguration & International Webinar**

Topic
 Change in Gender Roles During Pandemic

**11 June 2021
 9.30 am**

Presidential Address **Resource Person**


Dr Sr Beena Jose
 Principal
 Vimala College (Autonomous)
 Thrissur


Dr. Geethu Anne Mathew
 Chair, Research and Innovation Office
 BSVYAP College
 Muscat

[google meet link](#) [CLICK HERE](#)

**UGC Centre for Women's Studies
 Vimala College (Autonomous), Thrissur**

Centre for Women's studies (CWS) sponsored by the University Grants Commission is established under XI Five Year Plan (2009) and has been operational since 8 March 2010. We are delighted to state that Vimala College is the only college in the entire state of Kerala to receive such a special recognition from UGC.

Centre for Women's Studies employs an interdisciplinary approach in its function. Reflection, a Peer Reviewed Multi-Disciplinary Bi Annual Research Journal for Women inspires young women to engage in original research on topics relating to women and gender with a view to highlight women's contribution to culture and history. Sakha, the newsletter, ensures correspondence with the internal and external stakeholders. The Centre seeks to enhance the general visibility of women and ponder on gender issues within the academic and local communities through Extension Works, Campus Film Festival on Women and by initiating numerous programmes that delve on the issues faced by women to expedite awareness building, Gender Sensitization Programmes and Awareness Sessions for students, teachers, parents and community are the primary goals of the Centre so as to create a platform for sensitizing the public. The seminars and workshops completed under the aegis of this Centre serve to focus on creating a self-autonomy among women and girls.

Notable Activities of the Centre:

- Certificate Course in Gender Sensitization: Provides a basic understanding to the students about the concept of gender, feminist theories, women and law, leadership and communication skills, self defense moves, and reproductive health and healthy living practices with a special focus on India.
- Workshops on capacity building of elected women representatives in Kerala with special focus on Thrissur district in collaboration with KWA.
- Workshops on Personality and Career Development for Women in collaboration with National Child Development Council.
- Free Tailoring Course for women between 18 and 40 years
- Gender Film Festival

Dr Sr Beena Jose
 Principal
 Vimala College (Autonomous)
 Thrissur

Dr Sr Tency Varghese P
 Director
 UGC Centre for Women's Studies
 Vimala College (Autonomous)
 Thrissur

Joint coordinators
 Dr. Geethu, Principal
 Dr. Shilpa, ADO
 Dr. Varsha V S
 Dr. Abhi Baskaran

VIMALA COLLEGE (AUTONOMOUS)
 Thrissur-09
 College with Potential for Excellence (CPE)
 NAAC Reaccredited (3rd cycle): A
 Grade-CGPA 3.5

**DISTRICT LEVEL SESSION ON
 LEGAL AWARENESS**
 25th September 2021, 10 AM to 12 PM

Organised by
 Department of Sociology & UGC- Centre for Women's Studies,
 Vimala College (Autonomous)
 In association with
 Kerala Women's Commission

PRESIDENTIAL ADDRESS

Dr. Malini KA
 Vice Principal

INAUGURAL ADDRESS

Adv. Shiji Sivaji
 Member
 Kerala women's commission

KEYNOTE ADDRESS

Adv. K R Sumesh
 Chairman
 Development Standing
 Committee
 Koratty Grama panchayath,
 Thrissur

Targeted audience
 55 UG and 53 PG
 Students

Student Coordinators
 Anupama C M
 (55 BA Sociology)
 Trisha Rose
 (55 BA English)

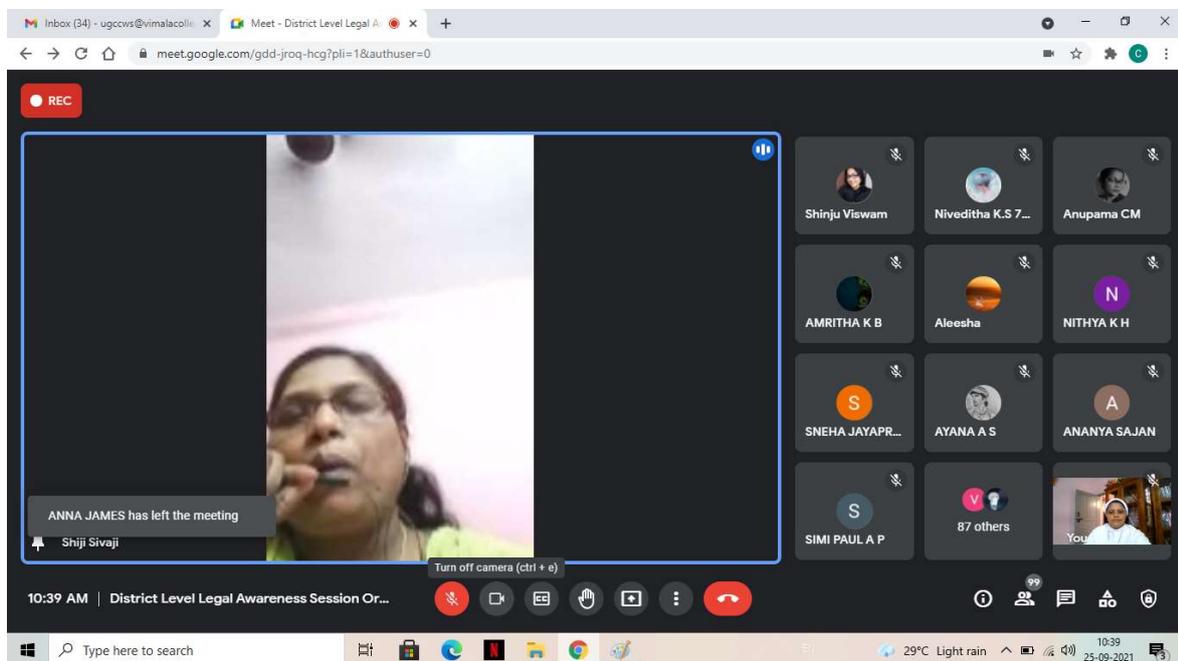
Staff Coordinators
 Dr V Shinju, Head, Sociology
 Dr Sr Tency Varghese
 Director, UGC- CWS

Principal
 Dr Sr Beena Jose CMC

Links

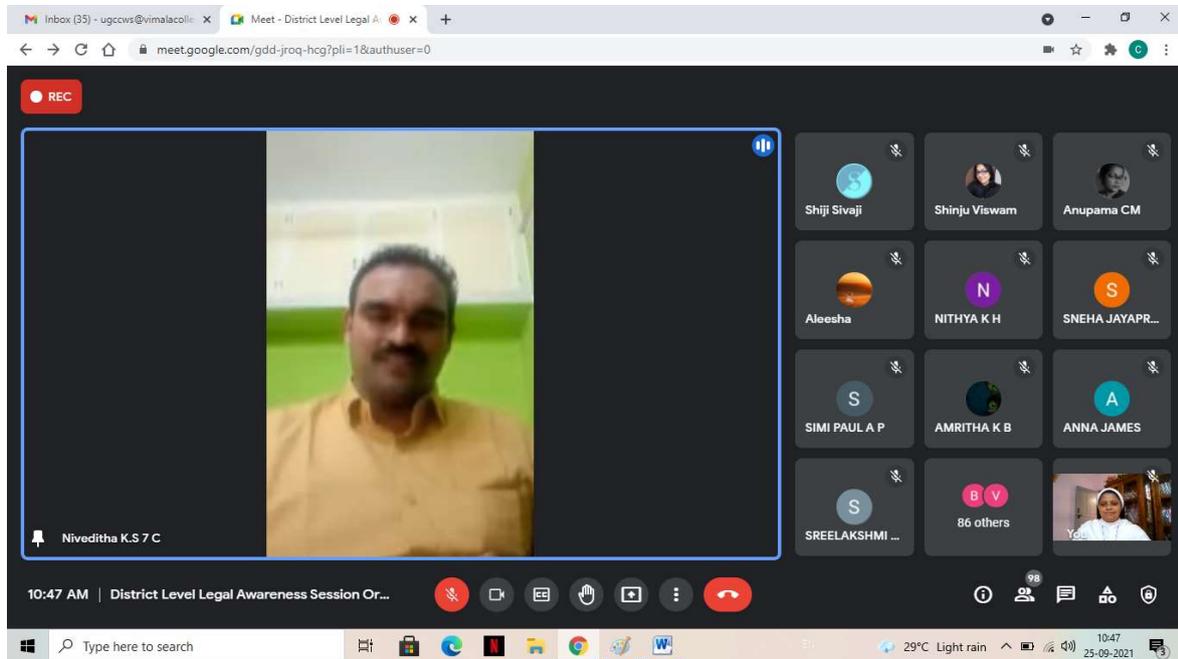
Youtube : https://www.youtube.com/watch?v=UJuLw_e9DO0

The webinar was organised by Department of Sociology, UGC Centre for Women Studies, and Women development cell Vimala College (Autonomous) Thrissur in association with Kerala Womens Commission targeted for the outgoing PG and UG students on 25th September 2021.



Adv Shiji Shivaji made us to understand the importance of womanhood and also referred that women always consider themselves as the second sex. She added that instead of accepting the

subordination we as women have to question it and also try to overcome the gender gap. Next student coordinator Anupama welcomed Adv KR Sumesh for the keynote address.



Adv K R Sumesh started the session by quoting that “losers always think the problems and winners always think the solution”. He also addressed the current issues of the womanhood also gave us legal awareness about dowry prohibition act, IPC Section 495 304B,509 etc. the session was very effective and informative, which helped us to be aware of our rights.

At the end, there was an interactive session in which all our queries and doubts were cleared by Sir K R Sumesh as well as Adv Maala.