

## **Women Empowerment Cell 2015-16**

### **YOGA – a practice for the mind and body**

The women Empowerment Cell organized a Yoga class for the students on 22/06/2015 in association with the international Yoga Day Celebration. The Yoga Guru Mr. Varghese Vazhoor, St. Paul's International School, Kalamassery described the advantages of Yoga and explained some simple yogasanas that can be practiced daily. More than 50 students attended the session and it was a good one.



## **Two Day Training Programme for the Kudumbasree Ladies**

The Women Empowerment Cell organized a 'Two Day Training Programme' for the 'Kudumbasree' Ladies during July 8-9, 2015 in association with the Department of English and Department of Economics. Ms. Bini John; Department of English, Mr. Shiju C R; Department of Commerce and Mr. Joseph, Computer Analyst handled different sessions and they were really useful to the participants. Kudumbasree is one of the largest women empowering projects in the country and this programme addressed the basic needs of less privileged women.



## **Liquid Embroidery Class**

A liquid Embroidery class was organized to the students and local community in association with Fevikryl Company 07/10/15 on. It was an amazing class to the participants and they commented that the liquid embroidery gives them immense pleasure like any other hobby and it may help them to get some pocket money.



## Cancer Awareness Talk

The Women Empower Cell organized a 'Cancer Awareness Talk' in association with Cancure Foundation on 8<sup>th</sup> March 2016. The objective of the class was to spread a message among young Girls and ladies about Cancer. The talk was attended by over 100 students and faculty of the college. Dr. Manju K. Menon, welcomed the gathering and also thanked the Cancure Foundation for the support they rendered. Dr. Edwin Xavier, Principal in his presidential address stated that a class of this nature is appropriate since there is confusion in the minds of the people on this dreaded decease. He also expressed his happiness in having a good delegation of Cancure at their campus. Mr. Vinu Varghese, President of Cancure Foundation in his address expressed his pleasure to be in the beautiful campus of this college. While briefing on the activities of the Foundation he urged the students to be volunteers and thereby be a part of this movement. Mr. R. Muthuvel DGM, SBI in his Women's day message informed that their bank has initiated many steps already in promoting gender equality in their bank.

Dr Mohanan Nair Medical Advisor Cancure then proceeded to give the talk on cancer. The presentation was in two parts 1) Risk factors and 2)Prevention of cancer. He spoke at length about the factors that causes Cancer and the need to detect cancer early even before symptoms appear. Doctor gave a list of tests that can be done at different stages for male and female.



## Women's Day Celebrations

The cell organized a Women's Day celebrations on 8<sup>th</sup> March in connection with the International Women's Day. The Cell has taken initiatives to select the best female student of our college. We collected a list of top ten students from each department and the final ten were selected by conducting a written test and an interview. The by step by step elimination, Ms. Fathima Bayan, III B Com was selected as the best female student. Ms. Shilpa K B, I BSc Physics and Ms. Rumaiz Ibrahim, II MSc Mathematics were the runners up. The College Union supported the conduct of Womens day in an appreciable manner. Several cultural activities were also there on that day.

