



# INDIRA GANDHI COLLEGE OF ARTS AND SCIENCE

Principal: 907 2212200

Administrative Officer: 9072212201

828 1791 384

(Affiliated to Mahatma Gandhi University, Kottayam & Approved by Govt. of Kerala) Nellikuzhi P.O, Kothamangalam,  
Ernakulam Dist., Kerala, Pincode - 686691



## WOMEN CELL

“EMPOWERING WOMEN, IGNITING CHANGE

TOGETHER WE RISE BEYOND BOUNDARIES. ADVOCATING FOR EQUALITY, ONE  
VOICE AT A TIME”

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## INTRODUCTION

Women's Cell lies a passionate commitment to fostering gender equality and promoting the holistic development of every woman on campus. Through a myriad of engaging workshops, thought provoking discussions, and impactful initiatives, we strive to cultivate a culture of empowerment and solidarity. Whether it's addressing pertinent issues, providing resources for personal and professional growth, or simply fostering connections among peers, the Women's Cell is dedicated to nurturing an environment where every woman feels valued, supported, and empowered to thrive.

In 2005, the Women Cell was established under the capable leadership of Mrs. Savitha Poul Assistant Professor, Department of Hindi. Members of the club include both college staff and students, and its mission is to promote gender awareness both on campus and in the larger community. Through college students, it has been arranging a variety of academic, technological, medical, cultural, and social activities to support women and raise awareness of the true value of gender equality in society.

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## **VISION**

The vision of our Women's Cell is to cultivate an environment where every woman within the institution feels empowered, respected, and supported in her education and personal journey.

## **MISSION**

Women cell aims at empowering and orienting women to recognize their true potential and to help them attain their own stand in the society.

## **OBJECTIVES**

- Raising awareness of the importance of gender parity.
- To promote economic independence and self-reliance among the female students.
- To give female students a strong sense of confidence and self-worth.
- To enhance the general wellbeing of the female students in our college.
- To educate female students about cleanliness and health.
- To educate women about women's welfare legislation in order to raise their level of legal awareness.
- To create an environment that will help women to realize their full potential and give their best.

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**RISE TOGETHER**

## **REPORT OF WOMEN CELL (2018-2019)**

### **EX-OFFICIO MEMBERS**

<b>1</b>	Prof. .R Shoukkathali	Principal
<b>2</b>	Savitha Paul	Convener
<b>3</b>	Meera M Nair	Joint convener

### **MEMBERS**

1. Saumya T S (Department of Computer science)
2. Timiya Francis (Department of Chemistry)
3. Jyothy C Nair (Department of Bio science)
4. Elza Poulouse( Department of Bio science)

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## **PROGRAMME 1**

### **LEGAL AWARENESS AGAINST SEXUAL HARASSMENT**

**Date: 11/07/2018**

**Venue: Seminar Hall**

**Time: 10.30 AM**

**Resource Person: Adv. Meera M Nair**

#### **OBJECTIVES**

1. To educate faculty and students about their rights and legal provisions related to sexual harassment.
2. To increase awareness among participants about what constitutes sexual harassment and the seriousness of the issue.
3. To empower participants by providing them with information about avenues for redressal in cases of harassment, both within the institution and through legal channels.
4. To impart knowledge and insights on preventing incidents of sexual harassment within the college community.
5. To facilitate interactive dialogue and discussions where participants could ask questions, share experiences, and engage with the topic.

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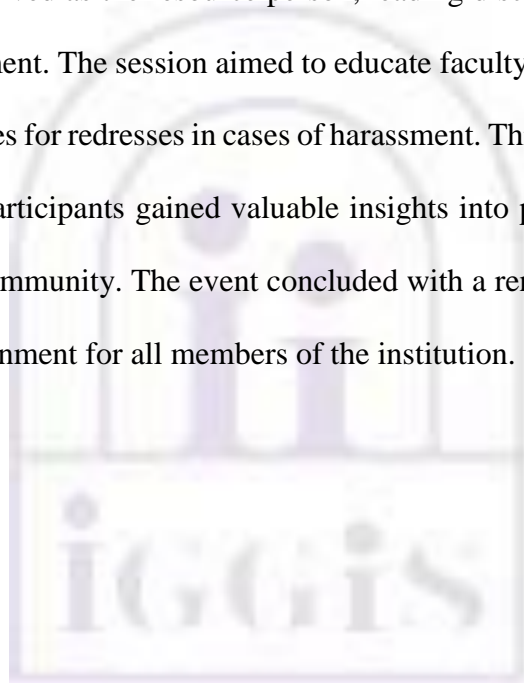
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### **ABOUT THE PROGRAMME**

On July 11th, 2018, at 10:30 AM, the Seminar Hall of Indira Gandhi College of Arts and Science hosted a vital session on legal awareness against sexual harassment. Meera M Nair, Asst. Professor of the BBA Department, served as the resource person, leading discussions on crucial legal aspects surrounding sexual harassment. The session aimed to educate faculty and students about their rights, legal provisions, and avenues for redresses in cases of harassment. Through informative presentations and interactive dialogue, participants gained valuable insights into preventing and addressing such issues within the college community. The event concluded with a renewed commitment to fostering a safe and respectful environment for all members of the institution.



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## **OUTCOME OF THE PROGRAMME**

1. Participants, including faculty and students, gained a deeper understanding of their rights and legal provisions related to sexual harassment.
2. Meera M Nair, as the resource person, facilitated discussions on crucial legal aspects surrounding sexual harassment, ensuring clarity on what constitutes harassment and how it can be addressed legally.
3. Insights were shared on preventing sexual harassment within the college community.  
This may have included proactive measures and best practices to create a safe environment.
4. The format of the session encouraged interactive dialogue, fostering engagement and allowing participants to ask questions and share perspectives.
5. The event concluded with a renewed commitment from all participants, including faculty and students, to uphold a safe and respectful environment within the institution.

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**SEMINAR SESSION**

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## **PROGRAMME 2**

### **SEMINAR ON “IMPORTANT INDIAN LEGISLATIONS FOR THE PROTECTION OF WOMEN”**

**Date of Event** : 8th March 2019

**No. of persons attended** : 100

**Venue** : Seminar Hall

#### **OBJECTIVES**

1. To educate students and participants about key Indian legislations aimed at protecting women's rights and promoting gender equality.
2. To increase awareness among attendees about the legal rights and protections available to women under Indian law.
3. To empower women by providing them with knowledge about their legal rights and avenues for seeking justice in case of violations.
4. To facilitate interaction between students and the resource person to discuss and clarify doubts about the legislation and its implications.

#### **ABOUT THE PROGRAMME**

On 8th March 2019, the Women Cell of Indira Gandhi College of Arts and Science organized a Seminar on “Important Indian Legislations for the protection of Women” in connection with International Women Day. The coordinators of the seminar were Mrs. Elza Paulose, Mrs.Savitha Paul and Mrs.Minu Aleyas. The meeting started at 02:00 PM by a silent prayer.

Mrs.Elza Paulose  
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welcomed all the dignitaries, Principal, Resource Person, teachers and students. After that Mrs. Soumya T S (HOD dept. of Computer Science) delivered the Inaugural address. Following this the resource person Mrs. Meera M Nair (Asst. Professor, Department of Management, (LLM, MBA), Indira Gandhi College of Arts and Science) started the session. The talk was about the legislation for Women. The students had an interaction with resource person and clarified all the doubts regarding the topic. At the end of the session Ms. Amrutha Rajesh (BSc. Microbiology) gave feedback about the seminar Prof. Savitha Paul delivered the vote of thanks. The Program successfully concluded at 3.30 pm.

### **OUTCOME OF THE PROGRAMME**

1. Participants gained a better understanding of important Indian legislations aimed at protecting women's rights. This knowledge likely included specifics about laws related to harassment, domestic violence, workplace discrimination, and other relevant areas.
2. The seminar facilitated interaction between students and the resource person, Mrs. Meera M Nair, allowing for discussions on the implications and application of these legislations in real-life scenarios. This engagement fostered a deeper understanding and application of legal concepts.
3. The feedback provided by Ms. Amrutha Rajesh allowed organizers to assess the effectiveness of the seminar. It provided insights into how well the information was received and understood by the participants, helping in future program planning and improvements.

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## SEMINAR SESSION



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## **PROGRAMME 3**

### **SEMINAR ON “GENDER SENSITISATION”**

**Date of Event** : 30th August 2018  
**No. of people attended** : 104  
**Venue** : Seminar Hall

#### **Objectives**

- To educate students and participants about gender sensitization, focusing on understanding the freedom and rights of females in society.
- To increase awareness among attendees, including students, teachers, and dignitaries, about gender issues, stereotypes, and biases that affect females.
- To empower participants, particularly students, by providing them with knowledge and tools to recognize and address gender-related problems they may face personally or witness in their surroundings.
- To facilitate interaction between students and the resource person, Dr. Viji K Ramakrishnan, allowing them to discuss and reflect on gender-related challenges and solutions. This interaction aimed to deepen understanding and empathy towards gender equality issues.

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## **ABOUT THE PROGRAMME**

On 30th August 2018, Women's cell of Indira Gandhi College of Arts and Science organized a seminar on “Gender Sensitization” in connection with Women's Equality Day. The coordinators of the seminar were Prof. Elza Paulose, Savitha Paul and Minu Aleyas. The meeting started at 2 PM by a silent prayer. Mrs. Elza Paulose welcomed all the dignitaries, Principal, Resource Person, teachers and students. After that Mrs. Soumya T S (HOD, dept. of Computer Science) delivered the Inaugural address. Following this the resource person Dr. Viji K Ramakrishnan (Psychologist, MA college, Kothamangalam) started the session. She explained about the freedom, rights of females, after that the students interacted with resource person and discussed the problems the students faced. At the end of the session Ms. Faseena Navas(MSc. Microbiology) gave feedback about the seminar. Prof. Savitha Paul delivered Vote of thanks. The Program successfully concluded at 3.30 pm.

## **OUTCOME OF THE PROGRAMME**

- Participants gained insights into gender equality issues, including rights and freedoms of females, through discussions led by Dr. Viji K Ramakrishnan.
- Students actively interacted with the resource person, discussing their challenges related to gender sensitization, fostering meaningful dialogue and understanding.

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## SEMINAR SESSION



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## REPORT OF WOMEN CELL (2019-2020)

### EX-OFFICIO MEMBERS

1	Prof .R Shoukkathali	Principal
2	Prof. Harikanth S	IQAC Coordinator
3	Meera M Nair	Convener
4	Savitha Paul	Joint convener

### Members

1. Jills Abraham (Department of English )
2. Simi B L (Department of Economics)
3. Minu Aleyas (Department of Computer science )
4. Elza Poullose (Department of Bioscience )
5. Divya T C (Department of Business Administration)

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## **PROGRAMME 1**

### **SEMINAR ON “WOMEN EMPOWERMENT”**

<b>Date</b>	<b>: 26/08/2019</b>
<b>Venue</b>	<b>: Seminar Hall</b>
<b>Time</b>	<b>: 10.30 -12.00 pm</b>
<b>Beneficiaries</b>	<b>: Girl students from various departments</b>

#### **OBJECTIVES**

- To educate and create awareness among students, teachers, and parents about the importance of women empowerment and gender equality.
- To inspire students, especially female students, through motivational speeches and sharing of experiences by the resource person, Dr. Sumi Joy Oliapuram.
- To encourage active participation and engagement from the students and attendees through interactive sessions and feedback sharing.
- To highlight the achievements of women and present role models who can inspire the students to strive for excellence in their respective fields.

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### **ABOUT THE PROGRAMME**

On 26.8.2019, the Women's cell of Indira Gandhi College of Arts and Science organized a seminar on "Women Empowerment". The coordinators of the Seminar were Mrs. Elza Paulose, Mrs. Savitha Paul and Mrs. Minu Aleyas. The meeting started at 10.30 am with a prayer song by Ms. Jiya Varghese (MA English), Mrs. Elza Paulose welcomed all the dignitaries, Principal, Resource person, teachers, parents and students. Mrs. Soumya T.S (HOD, Dept. of computer Science) inaugurated the event. After that the resource person Dr. Sumi Joy Oliapuram, Asst. professor, Dept. of Malayalam, Maharajas college, Ernakulam) started the session and empowered the students. At the end of the program Helma David (MSc Biotechnology) shared the feedback about the program. Vote of Thanks delivered by Mrs. Savitha Paul (Asst. Professor, Dept. of Hindi). The program ended at 12.30 PM.

### **OUTCOME OF THE PROGRAMME**

- The seminar successfully raised awareness about the importance of women empowerment among the students, teachers, and parents, leading to a better understanding of gender equality and women's rights.
- The session by Dr. Sumi Joy Oliapuram inspired and motivated the students, particularly female students, to pursue their goals with confidence and determination, fostering a sense of empowerment and self-belief.
- The feedback shared by Helma David indicated a positive reception and engagement from the

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participants, demonstrating that the seminar effectively resonated with the audience and met their expectations.

- The event brought together various stakeholders, including teachers, parents, and students, creating a supportive and cohesive community focused on promoting women empowerment and working collectively towards this common goal.



### SEMINAR SESSION

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## **PROGRAMME 2**

### **POSTER DESIGNING COMPETITION**

**Date** : 09/03/2020  
**Venue** : Seminar Hall  
**Time** : 2.00 pm -3.00 pm

#### **OBJECTIVES**

1. To increase awareness among students about the importance of gender equality in contemporary society.
2. Encourage discussions and conversations among students on issues related to gender equality and women's empowerment.
3. Motivate students to take concrete actions towards promoting gender equality both within the college campus and in broader society.
4. Provide a platform for students to research, create, and present posters that showcase their understanding of gender equality issues.
5. Empower students, particularly women, by giving them a voice and platform to express their perspectives on gender equality and empowerment.

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### **ABOUT THE PROGRAMME**

Women cell of Indira Gandhi College of Arts and Science in association with IQAC conducted a poster presentation on the theme “Gender Equality Today for a Sustainable Tomorrow”. The programme was very successful by the active participation of students, more than 50 posters were displayed related to the theme. This presentation ignited the thought and need of women empowerment. The posters displayed for a week.

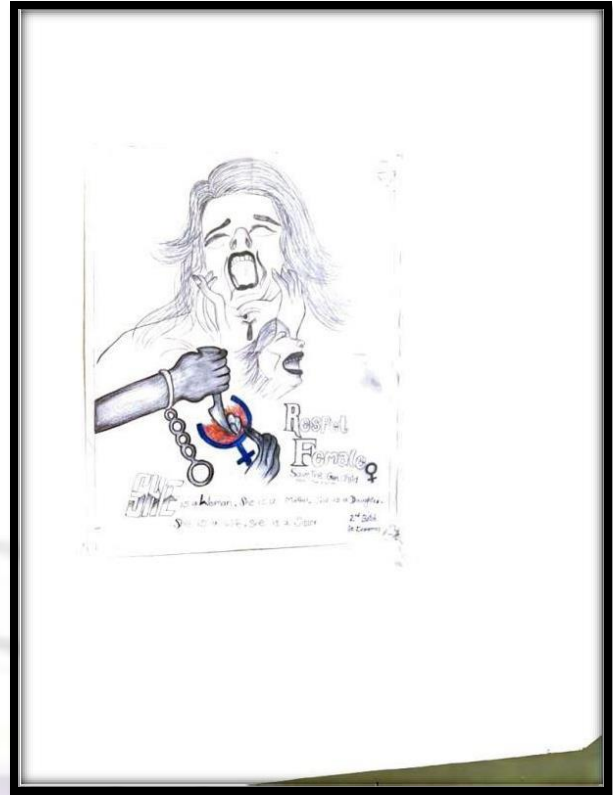
### **OUTCOME OF THE PROGRAMME**

- The program heightened awareness among students about gender equality issues and the importance of women empowerment.
- Participants gained a deeper understanding of sustainable practices and their connection to gender equality through the themes depicted in the posters.
- The event inspired students to actively participate in discussions and activities related to promoting gender equality and sustainable development.

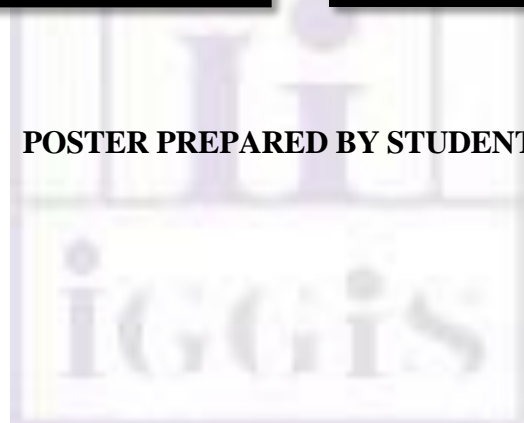
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**POSTER PREPARED BY STUDENTS**



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### **PROGRAMME 3**

## **WEBINAR ON “COVID 19 PANDEMIC AND MENTAL HEALTHS OF ADOLESCENTS”**

**Date** : 25/05/2020  
**Time** : 5.30 -7.00 pm  
**Platform** : Google Meet

### **OBJECTIVES**

- To increase awareness among adolescents, parents, teachers, and students about the mental health challenges exacerbated by the Covid-19 pandemic.
- To provide guidance and insights from a psychologist (Mr. Thomas Mathew) on how to cope with mental health issues during the pandemic, particularly focusing on adolescents.
- To engage various stakeholders including parents, teachers, and students in a discussion about the impact of Covid-19 on adolescent mental health and strategies to mitigate negative effects.
- To gather feedback from participants to understand the effectiveness of the session and further improve future initiatives.

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## **ABOUT THE PROGRAMME**

On 25.5.2020, the Women's cell of Indira Gandhi College of Arts and Science organized a webinar on "Covid- 19 Pandemic and Mental health of Adolescents" before the commencement of online class of 2020-2021 academic year . The coordinators of the webinar were Mrs. .Elza Paulose, Mrs. Savitha Paul, Mrs. Minu Aleyas.

The meeting started at 5.30 pm with a prayer song by Minu Aleyas (Asst. prof. Dept. of Computer science), Mrs. Elza Paulose welcomed all the dignitaries, Principal, Resource person, teachers, parents and students. Mrs. Soumya T.S (HOD, Dept. of Computer Science) inaugurated the event. After that the resource person Mr. Thomas Mathew ( Psychologist )started the session and discussed the queries of parents also . At the end of the session, Jessy Jacob (Parent) shared the feedback about the Programme. Vote of Thanks delivered by Mrs. Savitha Paul (Asst. Professor, Dept. of Hindi). The programme windup at 7:00 PM.

## **OUTCOME OF THE PROGRAMME**

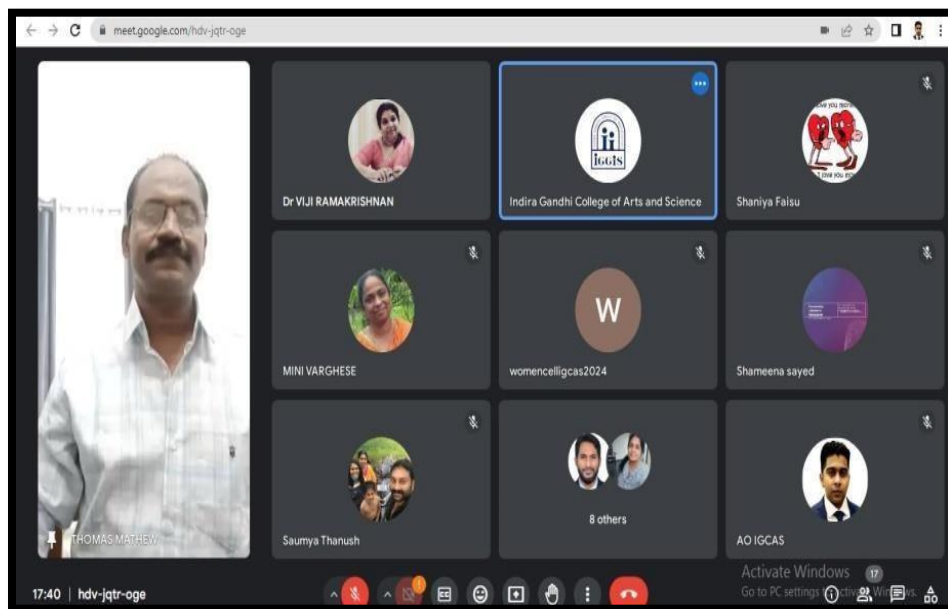
- Participants, including dignitaries, parents, teachers, and students, gained a deeper understanding of the mental health challenges faced by adolescents during the Covid-19 pandemic.
- Mr. Thomas Mathew, the resource person and psychologist from Mar Basil School, Kothamangalam, provided valuable insights and practical guidance on coping mechanisms and mental health strategies
- The session facilitated meaningful interactions and discussions, including addressing queries from

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parents, enhancing engagement among stakeholders, and fostering a supportive environment.

- Jessy Jacob, a parent, shared positive feedback about the program, indicating its relevance and effectiveness in addressing the concerns of parents and students alike.



## WEBINAR SESSION



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## **PROGRAMME 4**

### **WEBINAR ON “PANDEMICS AND APPROACHES TO STUDENTS”**

<b>Date</b>	<b>: 28/05/2020</b>
<b>Time</b>	<b>: 4.30 pm -6.00 pm</b>
<b>Platform</b>	<b>: Google Meet</b>
<b>Beneficiaries</b>	<b>: All teaching and nonteaching staff</b>

#### **OBJECTIVES**

1. To provide an orientation for teachers before the commencement of the online classes for the 2020-2021 academic year, ensuring they are well-prepared to handle the new mode of teaching.
2. To educate and inform teachers about the impact of pandemics on students, equipping them with strategies to effectively support and engage students during such challenging times.
3. To create a platform for teachers to interact with an expert resource person, Dr. Bindhu C, to gain insights and best practices for online teaching, ensuring a smooth transition to the new academic year.

#### **ABOUT THE PROGRAMME**

On 28.5.2020, the Women's cell of Indira Gandhi College of Arts and Science organized a webinar on “Pandemics and approaches to students”, an orientation class for teachers, before the commencement of the online class of 2020-2021 academic year. The coordinators of the webinar were Mrs .Elza Paulose , Mrs .Savitha Paul , Mrs .MinuAleyas

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The meeting started at 4.30 pm with a Prayer song by Minu Aleyas (Asst. prof. Dept. of computer science). Mrs. Elza Paulose (Dept. of Bioscience) welcomed all the dignitaries, Principal, Resource person, and teachers. Mrs. Soumya T.S (HOD, Dept. of computer Science) inaugurated the event. After that the resource person Dr. Bindhu C Principal, St. Mary's College for Teacher Education, Thiruvalla) started the session and interacted with the teachers. At the end of the session Mrs. Meera M Nair (Asst. professor, Department of Management) shared the feedback about the class. Vote of thanks were delivered by Mrs. Savitha Paul (Asst. Professor, Department of Hindi). The program wind up at 6:00 PM.

### **OUTCOME OF THE PROGRAMME**

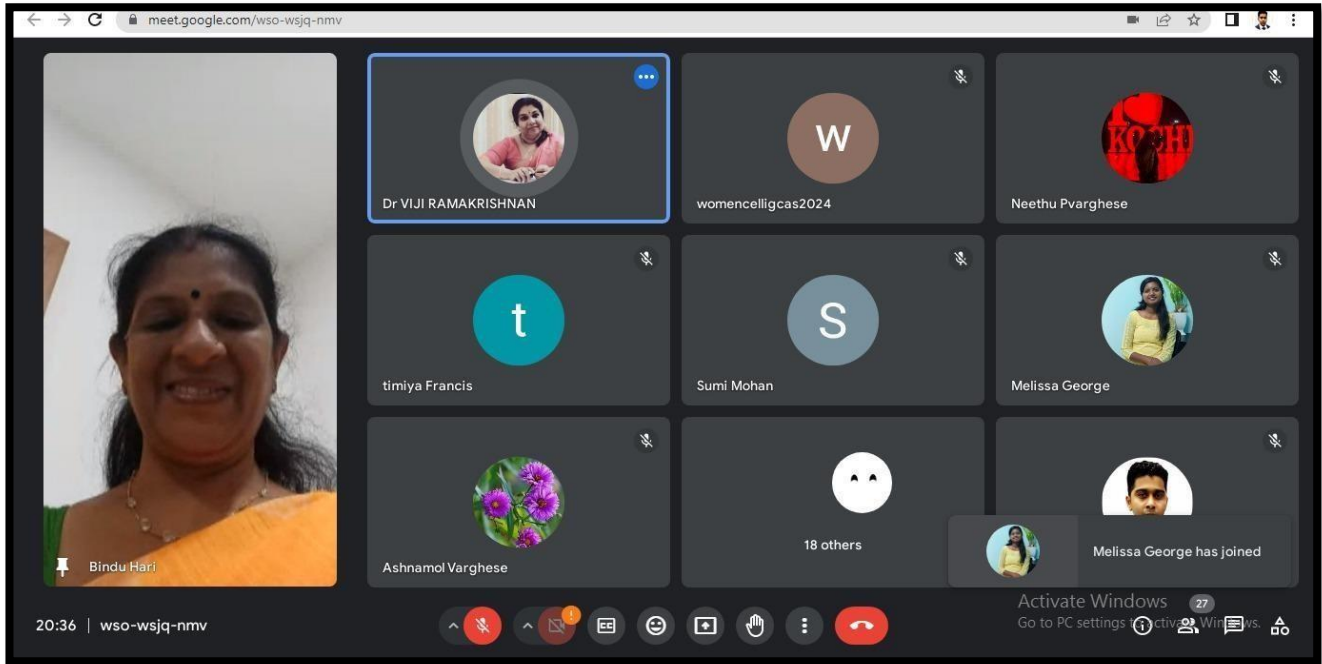
- The webinar successfully prepared teachers for the upcoming online classes by providing them with the necessary orientation and strategies to handle the challenges posed by the pandemic. This included insights from Dr. Bindhu C on effective teaching methods and student engagement during online classes, which would help teachers in adapting to the new academic environment.
- Teachers gained a deeper understanding of the impact of pandemics on students and learned various approaches to support their academic and emotional needs. The session encouraged interaction and feedback, which helped in addressing specific concerns and sharing best practices among the teaching community, fostering a supportive and collaborative atmosphere

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## **PROGRAMME 5**

### **SEMINAR ON “EDUCATIONAL EQUALITY AND FUTURE”**

<b>Date</b>	<b>: 10/03/2020</b>
<b>Venue</b>	<b>: Seminar Hall</b>
<b>Time</b>	<b>: 10.30 am -12.00 pm</b>
<b>Beneficiaries</b>	<b>: All girl students</b>

#### **OBJECTIVES**

- Highlight the importance of equal educational opportunities for women, emphasizing the need for gender equality in educational institutions.
- Inspire and encourage female students to pursue their studies diligently and strive for academic excellence.
- Stress the importance of securing a well-established job for women, illustrating how education can lead to better career opportunities and financial independence.
- Offer guidance and support to students through discussions and motivational talks by resource persons, enabling them to understand the value of education and career planning.
- Collect feedback from participants to understand their perspectives and improve future programs, ensuring that the objectives of promoting education equality and women's rights are effectively met.

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### **ABOUT THE PROGRAMME**

On 10.3.2020, Women's cell of Indira Gandhi College of Arts and Science organized a motivational Seminar on "Educational Equality and future". The coordinators of the seminar were Mrs. Elza Paulose, Mrs. Savitha Paul, Mrs. Minu Aleyas. The meeting started at 10.30 am with a prayer song by Ms. Jiya Varghese (MA English), Mrs. Elza Paulose welcomed all the dignitaries, Principal, Resource person, teachers, parents and students. Mrs. Jills Abraham (HOD, Dept. of English) inaugurated the event. After that the resource person Mrs. Anjaly R (MSW, Student counsellor) started the discussion about topic, importance of education of women Etc. She motivated the students to study well and aware the importance of well settled job. She also discussed the importance of the theme also (I am generation Equality, realizing Women rights). At end of the program Ms. Meenu Mathew (MSc Microbiology) shared the feedback about the program. Mrs Savitha Paul (Asst. Professor, Dept. of Hindi) delivered vote of thanks. The program ended at 12.00 noon.

### **OUTCOME OF THE PROGRAMME**

- Participants gained a deeper understanding of the importance of gender equality in education and the need to provide equal opportunities for women in academic settings.
- The seminar inspired and motivated female students to pursue their studies with greater dedication and ambition, understanding the long-term benefits of a well-settled career.

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- The feedback shared by Ms. Meenu Mathew highlighted the effectiveness of the seminar, indicating that participants found the discussions and presentations valuable and impactful.
- The seminar emphasized the importance of career planning and the role of education in achieving financial independence and professional success for women.



**SEMINAR SESSION**

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RISE TOGETHER

## REPORT OF WOMEN CELL (2020-2021)

### EX-OFFICIO MEMBERS

1	DR.C V Thomas	Principal
2	Prof.Sajid A M	IQAC Coordinator
3	Elza Poullose	Convener
4	Meera M Nair	Joint convener

### Members

1. Shameena K Muhammed (Department of Economics)
2. Archana Vijayan (Department of English)
3. Uma P S (Department of Malayalam)
4. Bridget Scariya (Department of Food Technology)
5. Bindu K A (Department of Statistics)

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## **PROGRAMME 1**

### **WEBINAR ON “GENDER EQUALITY AND SOCIAL EMPOWERMENT”**

**Date** : 26/08/2020  
**Platform** : Google Meet  
**Time** : 05:30 PM

#### **OBJECTIVES**

- Raise awareness about gender equality and social empowerment.
- Engage students and faculty in discussions about these critical issues.
- Provide a platform for interaction with an expert in the field.

#### **ABOUT THE PROGRAMME**

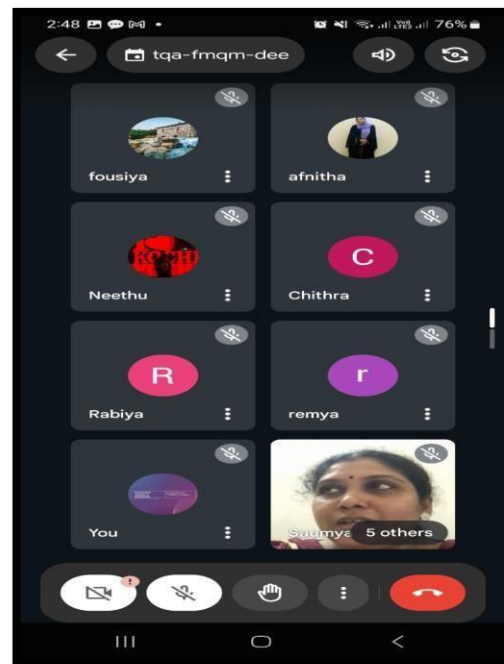
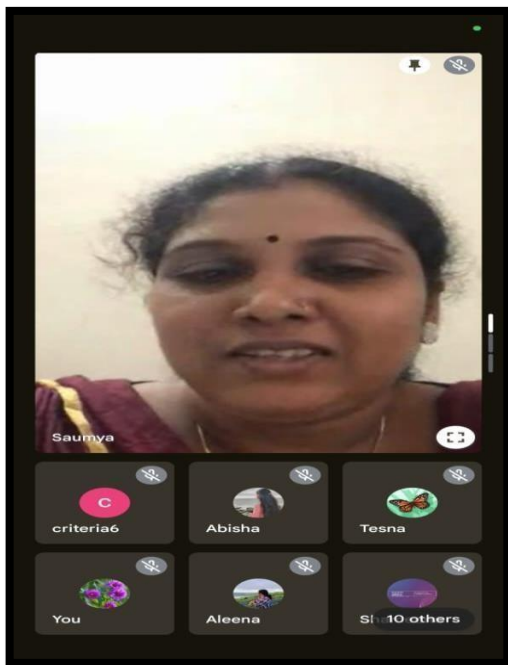
On August 26, 2020, Women's Cell of Indira Gandhi College of Arts and Science organized a webinar on "Gender Equality and Social Empowerment" in connection with Women's Equality Day 2020. The webinar was coordinated by Prof. Elza Paulose, Savitha Paul, Minu Aleyas, and Meera George. The meeting began at 5:30 PM with a silent prayer. Mrs. Elza Paulose welcomed all the dignitaries, including the Principal, the resource person, teachers, and students. Following the welcome, Mrs. Soumya T S, Head of the Department of Computer Science, delivered the inaugural address. The resource person, Dr. Soumaya Murukesh commenced the session at 5:30 pm and she explained topics related to gender equality and social empowerment. After his presentation, the students had an interactive session with him. The session concluded with feedback from Ms. Aswathy A Nair, 3rd-semester BCA student at 7.30 pm.

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## OUTCOME OF THE PROGRAMME

1. Participants gained a deeper understanding of gender equality and social empowerment, which are crucial issues in today's society.
2. The interactive session with Dr. Soumya Murukesh allowed students to engage with the topic, ask questions, and share their perspectives, fostering a lively and informative discussion.
3. The webinar inspired participants to think critically about gender issues and motivated them to contribute to social empowerment in their own communities.



## WEBINAR SESSION

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## **PROGRAMME 2**

### **WEBINAR ON “WOMEN’S RIGHT! ALL YOU NEED TO KNOW”**

**Date** : 08/03/2021  
**Platform** : Google Meet  
**Time** : 8:00 P M  
**Resource Person** : Adv. Shanimol P S

#### **OBJECTIVES**

- To emphasize the importance of women empowerment and recognize the significant contributions of women in society, as highlighted in Dr. C V Thomas's inaugural speech.
- To provide attendees with valuable information about women's rights through a dedicated session by Adv. Shanimol P S, aiming to increase awareness and understanding of legal protections and entitlements for women.
- To mark International Women's Day with a program that includes speeches and sessions that celebrate and honor the achievements of women, fostering a sense of pride and solidarity among attendees

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### **ABOUT THE PROGRAMME**

On 8.3.2021, Women cell of Indira Gandhi College of Arts and Science and English department in association with IQAC conducted a webinar on “Women’s right! All you need to know”. The coordinators were the Women cell and Department of English. The meeting started at 8:00 pm with a silent Prayer. The welcome speech delivered by Mrs. Jills Abraham (HOD , Department of English ), after the welcome speech , Mrs Meera M Nair (HOD, Department of Management ) inaugurated the program followed by the session taken by resource person Adv. Shanimol P.S ( BA ,LLB , High Court of Kerala ). The students and Teachers of various institutions attended the program. At the end of the session Julie Antony (Asst. Professor, Dept. of English) shared feedback. Mrs. Elza Paulose (Asst. Professor, Dept. of Bioscience, Co coordinator, Women cell) delivered the vote of thanks and the webinar wind up at 9:30 pm.

### **OUTCOME OF THE PROGRAMME**

1. The program effectively increased awareness among attendees about the importance of women empowerment and the value of women in society, as emphasized by Dr. C V Thomas.
2. The session on "Women’s Rights" by Adv. Shanimol P S educated participants on their legal rights and protections, empowering them with knowledge to advocate for themselves and others.

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# INDIRA GANDHI COLLEGE OF ARTS AND SCIENCE

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Administrative Officer: 9072212201,  
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**INDIRA GANDHI**  
**COLLEGE OF ARTS & SCIENCE**  
Nellikuzhi P.O., Kothamangalam - 686691

**MARCH - 08**  
International Women's Day

**DEPARTMENT OF ENGLISH**  
In association with  
**Women Cell**  
Proudly presents

Webinar  
**WOMEN'S RIGHTS!! ALL YOU NEED TO KNOW**

By: **Adv. Shanamol P S** (B.A. LL.B.)  
Changanassery

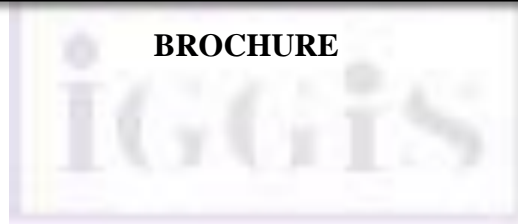
On **March 8, Monday at 8:00 PM**  
Platform: **Google Meet**

Come..... Join..... Let's all Choose to Challenge

**HAPPY**  
*Women's Day*

igcas.org

**BROCHURE**



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### **PROGRAMME 3**

## **A TALK ON “WOMEN IN LEADERSHIP: ACHIEVING AN EQUAL FUTURE IN THE COVID-19 WORLD”**

**Date** : 08/03/2021  
**Venue** : seminar hall  
**Time** : 10:00 AM

### **OBJECTIVES**

- To emphasize the theme "Women in leadership: Achieving an equal future in a COVID19 world," showcasing the critical role of women leaders in various sectors and their contributions during the pandemic.
- To raise awareness about gender equality and the importance of providing equal opportunities for women in leadership roles, aiming to inspire and motivate the audience to support and advocate for women's empowerment.

### **ABOUT THE PROGRAMME**

On 8.3.2021, Women cell of Indira Gandhi College of Arts and Science in association with IQAC conducted an awareness talk on the theme of the year “**Women in leadership: Achieving an equal future in a COVID-19 world**”. The talk handled by Mrs. Elza Paulose (Coordinator, Women Cell)

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### **OUTCOME OF THE PROGRAMME**

- The program inspired and motivated participants, especially women, to recognize their own potential and leadership qualities. By sharing examples of successful women leaders, the talk encouraged individuals to aspire to leadership roles and to actively pursue opportunities for growth and advancement.
- The event promoted gender equality by advocating for equal opportunities for women in leadership positions. It encouraged attendees to support initiatives that empower women and create an inclusive environment where women can thrive and contribute effectively in various fields.



**SEMINAR SESSION**

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## REPORT OF WOMEN CELL (2021-2022)

### EX-OFFICIO MEMBERS

1	Dr.C V Thomas	Principal
2	Prof.Sajid A M	IQAC Coordinator
3	Elza Poullose	Convener
4	Meera M Nair	Joint convener

### Members

1. Fousiya P (Department Of Commerce)
2. Neethu M T (Department Of Chemistry)
3. Princy Poullose (Department Of Bioscience )
4. Minu Aleyas (Department Of Computer science )
5. Aneesa A Rahman (Department Of Electronics)

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## **PROGRAMME 1**

### **INAUGURATION OF WOMEN'S CELL**

**Date** : 10/12/2021  
**Venue** : Auditorium  
**Time** : 10.15 AM

#### **OBJECTIVES**

- Advocate for equal opportunities and rights for women within the campus.
- Identify and address issues and challenges faced by women students and staff.
- Foster an environment that supports the personal and professional growth of women.
- Conduct programs and workshops to raise awareness about gender issues and educate the campus community on gender equality and women's rights.

#### **ABOUT THE PROGRAMME**

On December 10th, 2021, 10:15 am, at the Auditorium of Indira Gandhi College of Arts and Science hosted a pivotal meeting to inaugurate the Women's Cell. Attended by college administrators, faculty, and community stakeholders, the session outlined objectives, structure, and collaborative efforts to empower women within the campus, fostering inclusivity and gender equality. The agenda centered on introducing the Women's Cell,

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a milestone initiative aimed at promoting gender equality and addressing female-centric concerns within the campus. Led by the principal and administrator, discussions unfolded on the objectives, structural framework, and planned activities of women's cell. The meeting concluded with unanimous support, signaling a collective commitment to fostering an inclusive and supportive environment for women's growth and development.

### **OUTCOME OF THE PROGRAMME**

- The session successfully outlined the objectives of the Women's Cell, emphasizing the promotion of gender equality and addressing female-centric concerns within the campus.
- A clear structural framework for the Women's Cell was established, detailing how the cell would operate and integrate within the existing campus structure.
- Specific activities and initiatives were planned to support the empowerment and development of women on campus.
- The discussions and outcomes of the meeting raised awareness about gender equality and the importance of addressing women's issues on campus.

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# INDIRA GANDHI COLLEGE OF ARTS AND SCIENCE

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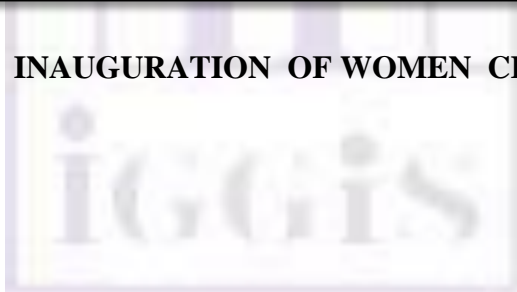
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## INAUGURATION OF WOMEN CELL



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## PROGRAMME 2

### WEBINAR ON “FEMININE SPACE AND GENDER IDENTITY IN EVERYDAY LIVES”

**Date** : 08/03/2022  
**Time** : 07:30 PM  
**Platform** : Google Meet  
**Resource Person** : Dr. Priyalekha N S

#### OBJECTIVES

- Increase awareness about feminine spaces and gender identity in everyday life.
- Provide educational insights into issues of women and achievements.
- Encourage thoughtful discussions on gender identity and roles of women in the society.

#### ABOUT THE PROGRAMME

On 8th march 2022, the women cell of Indira Gandhi College of Arts and Science conducted a webinar on “Feminine space and gender identity in everyday lives”. Dr. Priyalekha N.S., Assistant Professor in the Department of Russian and Comparative Literature at the University of Calicut, Kerala, conducted this enlightening technical session.

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## OUTCOME OF THE PROGRAMME

- Participants gained a deeper understanding of feminine spaces and gender identity issues in everyday life.
- The session stimulated thoughtful and informed discussions among participants on women's issues and achievements.
- Dr. Priyalekha N.S.'s expertise provided valuable perspectives, enriching the knowledge of the attendees.
- The webinar encouraged active engagement and participation from attendees, fostering a supportive community



## BANNER OF THE PROGRAMME

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**GENDER EQUALITY TODAY  
FOR A SUSTAINABLE TOMORROW**

**WEBINAR ON  
FEMININE SPACE AND GENDER  
IDENTITY IN EVERYDAY LIVES**

 Date: 8<sup>th</sup> March, 2022  
Time: 07:30 PM

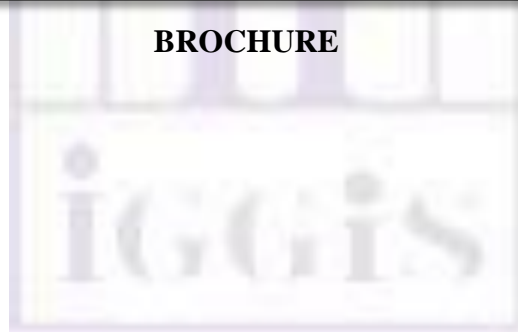
Coordinators  
Elza Paulose, Savitha Paul,  
Minu Aleyas, Meera George  
Organised by Women's Cell, IGCAS

  
**Resource Person:  
Dr. Priyalekha N. S.**  
Assistant Professor, Department of  
Russian and Comparative Literature  
University of Calicut, Kerala

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### PROGRAMME 3

#### WOMEN'S DAY FLASHMOB

**Date** : 08/03/2022  
**Venue** : College Ground  
**Time** : 1.30 pm

As part of International Women's Day celebration, flash mob was performed by our students. The aim is to provide awareness of womanhood and freedom. It was so interesting and enjoyable.



#### FLASHMOB PERFORMED BY STUDENTS

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## **PROGRAMME 4**

### **WOMEN'S DAY CELEBRATION**

**Date : 09/03/2022**

**Platform : Google Meet**

**Time : 8:00 pm**

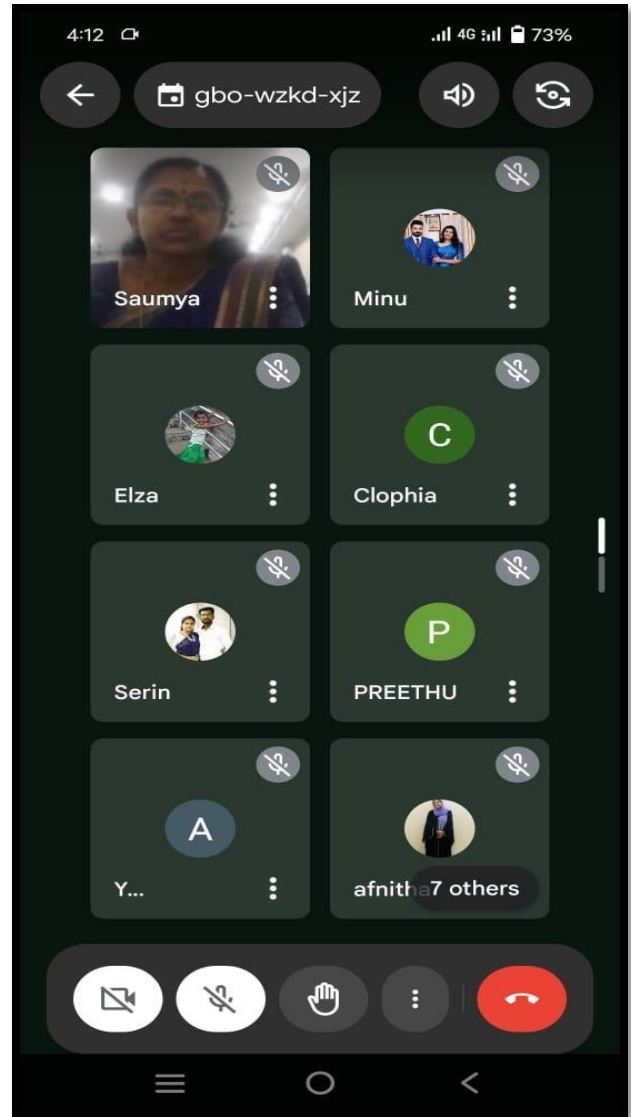
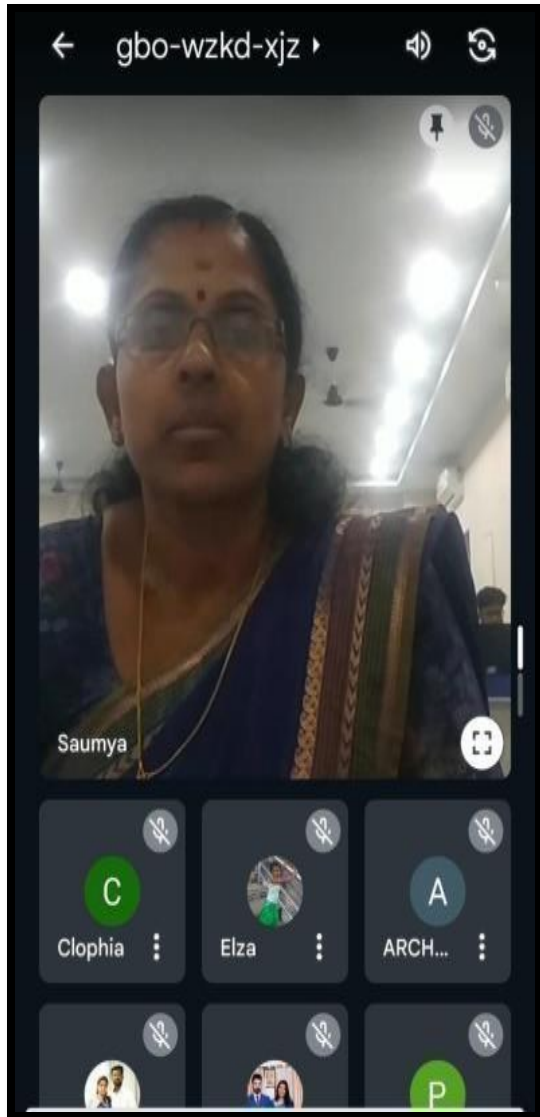
On the occasion of international women's day celebration, the women cell of Indira Gandhi College of Arts and Science organized a webinar on 9/3/2022 at 8.00pm. The Programme commenced with a solemn prayer led by Jiya Varghese, setting a reflective tone for the proceedings. Ms. Elza Paulose, from the Department of Bioscience, extended a warm welcome to all attendees, highlighting the significance of the occasion. The inauguration ceremony was graced by Ms. Saumya T.S., Head of the Department of Computer Science, whose inspiring words emphasized the importance of empowering women and inputting gender equality in today's society. The event concluded with vote of thanks delivered by Ms. Savitha Paul, expressing gratitude to all participants for their contributions and attendance.

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**WEBINAR SESSION**

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## REPORT OF WOMEN CELL (2022-2023)

### EX-OFFICIO MEMBERS

1	DR.C V Thomas	Principal
2	Prof.Sajid A M	IQAC Coordinator
3	Minu Alias	convener
4	Elsa Poulose	Joint convener

### Members

1. Souparnika PN (Department of Bioscience)
2. Swathy K M (Department of English)
3. Shaniya Khader (Department of chemistry)
4. Chitra V (Department of Economics)
5. Rabiya N M(Department of Zoology)

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## **PROGRAMME 1**

### **HYGIENE AND PERSONALITY DEVELOPMENT PROGRAMME**

**Date** : 15/11/2022  
**Venue** : Seminar Hall  
**Time** : 9.00 am  
**Resource Person** : Ms. Anjuman Bhanu

#### **OBJECTIVES**

- Raise awareness about the importance of personal hygiene among students.
- Foster the overall personality development of students, equipping them with skills and confidence.
- Offer practical tips and advice that students can apply in real-life scenarios, particularly in professional settings.
- Empower students with the knowledge and skills to confidently present themselves in interviews and other formal situations.

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### **ABOUT THE PROGRAMME**

Women cell of Indira Gandhi college of Arts and Science in association with Hindustan Unilever limited organized Hygiene and Personality development programme. The event started at 9:00 am with a silent prayer, and Welcome speech delivered by Elza Paulose (Assistant Professor, Department of Bioscience), which was followed by the orientation class conducted by Ms. Anjuman Bhanu (Hindustan Unilever limited, Rexona confidence Academy). This class was focused on providing a general awareness for our students, how to attend an interview, interview grooming and body language, and about personal hygiene. The session wind up at 10:15 am. Around 200 students attended the session.

### **OUTCOME OF THE PROGRAMME**

- Students gained a better understanding of personal hygiene practices and their importance in daily life.
- Participants learned valuable tips on how to attend an interview, including grooming and appropriate body language.
- Students received practical advice that they can apply in real-life interview scenarios and other formal settings.
- The session likely received positive feedback from students, encouraging the organization of similar events in the future.

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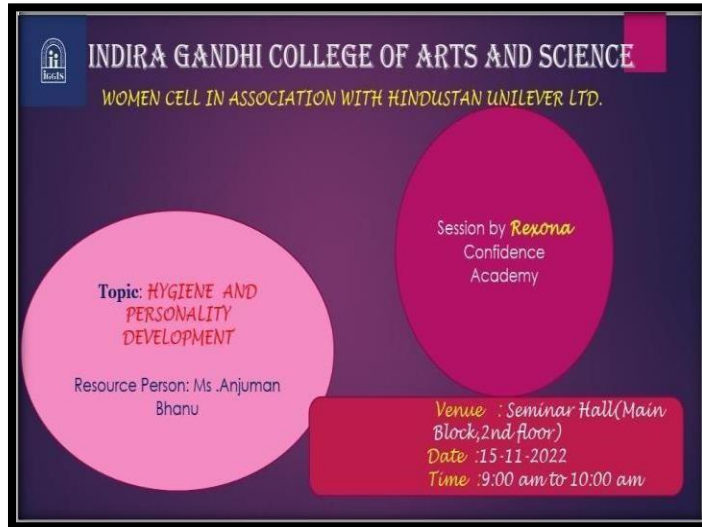
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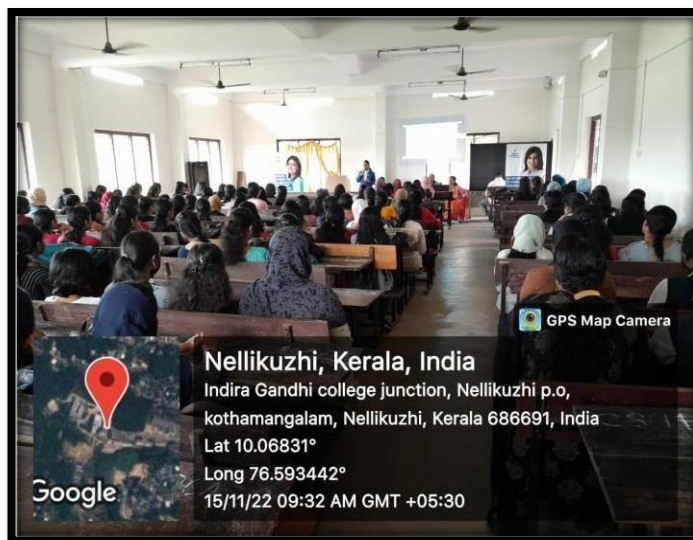
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## BROCHURE



## SEMINAR SESSION

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## **PROGRAMME 2**

### **SELF DEFENSE TRAINING PROGRAMME**

**Date : 26/08/2022**  
**Venue : Seminar Hall**  
**Time : 11.30 am**

#### **OBJECTIVES**

- Equip students with self-defense techniques to enhance their personal safety and security.
- Boost students' confidence in their ability to protect themselves in potentially dangerous situations.
- Raise awareness about the importance of self-defense and personal safety among students.
- Provide practical, hands-on training in self-defense practices.
- Foster collaboration with local law enforcement (Janamythri police, Aluva) to provide expert training and build trust between students and police.

#### **ABOUT THE PROGRAMME**

Our women cell conducted a self-defense training session on 26th August 2022. Around 50 students attended the session, the session was handled by Janamythri police, Aluva. The programme ended at 1:30 pm with the vote of thanks by Hasna Siyas (BSc Psychology). The programme was a great success and we were privileged to share a few self-defense techniques, practices, messages, and information for our students.

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## **OUTCOME OF THE PROGRAMME**

1. Students felt more confident in their ability to protect themselves in potentially dangerous situations.
2. Participants learned valuable self-defense techniques and practices that they can use in real-life scenarios.
3. The session raised awareness about personal safety and the importance of being prepared to defend oneself.
4. The programme was deemed a great success, indicating positive reception and feedback from the participants.



## **SELF DEFENSE TRAINING PROGRAMME**

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### **PROGRAMME 3**

#### **AWARENESS CLASS FOR GYNAECOLOGICAL DISORDERS**

**Date** : 14/03/2023  
**Venue** : Seminar Hall  
**Time** : 2.30 P M  
**Resource Person** : Dr. Manju Joseph, Dr. Revathy. K.

#### **OBJECTIVES**

- To educate female students about common gynaecological disorders affecting various age groups.
- To highlight the importance of early diagnosis and treatment of gynaecological issues.
- To provide detailed information on maintaining gynaecological health through proper diet and lifestyle choices.
- To discuss specific healthy dietary practices for adult women to prevent and manage gynaecological disorders.
- To inform participants about the role of ayurveda in managing and treating gynaecological disorders.

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Ernakulam Dist., Kerala, Pincode - 686691

### **ABOUT THE PROGRAMME**

Women's cell of Indira Gandhi college of Arts and Science in association with the Gynecology Department of Nangelil Ayurveda Medical College organized a class on "Gynaecological disorders. The program started at 2.30 pm with a silent prayer. The welcome speech was delivered by Ruth Mariyam Johnson (First year BSc Psychology), followed by the awareness class. The classes handled by Dr. Manju Joseph (Associate professor, Department of Prasuti tantra and Sthree Roga, Nangelil Ayurveda Medical college, Kothamangalam ) and Dr. Revathy. K. (Associate professor, Department of Prasuti tantra and Sthree Roga, Nangelil Ayurveda Medical College, Kothamangalam).The class was focused on the Gynaecological disorders of different age groups, and also discussed the healthy diets of adult women. It was a very informative session. The session ended at 4.00 pm.

### **OUTCOME OF THE PROGRAMME**

1. Participants learned about various gynaecological disorders affecting different age groups.
2. Attendees gained insights into maintaining gynaecological health through diet and lifestyle, with an emphasis on Ayurveda.
3. The importance of preventive care and regular check-ups was highlighted.

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4. Valuable information was shared by Dr. Manju Joseph and Dr. Revathy K., enriching participants' understanding.



### SESSION TAKEN ON GYNAECOLOGICAL DISORDERS

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## **PROGRAMME 4 SPORTS MEET FOR GIRLS**

**Date : 23/02/2023**

**Venue : College Ground**

**Time : 9.00 am**

The annual Girls' Sports Meet was successfully conducted by the Women Cell in collaboration with the Physical Education Department. The event aimed to encourage physical fitness and sportsmanship among female students. Participants were divided into four houses: Diamond, Emerald, Ruby, and Sapphire enthusiastically participated in the events and made this new venture a great success. Aldreena Mariya (BSc cyber forensic) became the best player of the match. Diamond House clinched the first position with exceptional performances across both athletic events and games.



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## SPORTS MEET FOR GIRLS



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