

WOMEN S T R I

Skillful. Talented. Resourceful. Inspiring.

March 2019
Volume 2 Issue II

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Women Empowerment Cell of our college is established to empower our women students and staff, to make them understand and react proactively to the issues pertaining to women. This cell creates a feel in them that our college campus is a haven and second home to them. In addition to discussing their issues and concerns, the cell creates awareness of rights and responsibilities. The cell helps them in finding various solutions to everyday problems. The cell functions arduously to enhance their status and thereby empower them intellectually. Guest Lectures, Seminars, Workshops, and various awareness programmes are arranged under the supervision of this cell to empower women students. This cell renders its support to our women - staff also.

The objective of the cell is to help women students understand their strength and potential, to sensitize the college community on the need for respect and equal opportunity for women and to convene various sensitization programmes. The cell organizes seminar on health related issues by doctors for the general wellbeing of the students. It conducts an annual out exhibition Srujana an art exhibition where students exhibit their hobbies, talent, and passion through handicrafts, which inculcate entrepreneurial attitude among young girls. The cell organizes national level conference to impart knowledge of opportunities and tools available and train the women. The cell organizes Workshop on self - defence to understand situational awareness and have a good understanding of the physical strengths, weakness, and limitations of both themselves and their opponent.

Principal's Message

Rev. Fr. Josekutty P.D



Kristu Jayanti College strives to fulfil its mission to provide educational opportunities to all aspiring youth to excel in life by developing academic excellence, fostering values, creating civic responsibility and building global competencies in a dynamic environment. Kristu Jayanti College envisages creating self-reliant women geared to cope with the challenges of the world. "STRI" – The maiden News Letters of the Women Empowerment Cell brings to limelight, the various activities of the Cell and exhibits the accomplishments of women faculties and students in the field of teaching and research. I take this opportunity to appreciate the resolute endeavors of the young vibrant, innovative minds to carve a niche in the society.

Vice Principal's Message

Rev. Fr. Augustine George



Women Empowerment Cell of Kristu Jayanti College engages, sensitizes and empowers the students of the institution with the motto of educate and empower. The cell organises annual conference, guest lectures, workshops and awareness programmes on various women related issues to equip them with wide range of skills and knowledge for the betterment of the society. This scenario has been made conceivable in light of the fact that women have been able to understand their natural potential and the importance of education. Jawaharlal Nehru our first Prime Minister rightly stated that if you educate a boy you educate one person but if you educate a girl, you educate the entire family. I acknowledge the endeavors taken by the Women Empowerment Cell and wish them accomplishment for their future undertakings.

ACADEMIC YEAR

2019-2020

ACTIVITIES

SL.NO	DATE	ACTIVITY
1	19 th JULY 2019	GUEST LECTURE ON GENDER SENSITIVITY
2	01 st AUGUST 2019	GUEST LECTURE ON TEENAGE HEALTH AND PERSONAL HYGIENE
3	13 th AUGUST 2019	ART AND CRAFT WORKSHOP
4	23 rd AUGUST 2019	SRUJANA 2019: ART AND CRAFT EXHIBITION CUM SALE
5	26 th AUGUST 2020	GUEST LECTURE ON HEALTH CARE OF YOUNG ADULTS
6	13 th SEPTEMBER 2019	SELF DEFENCE WORKSHOP: BASIC TRAINING ON MARTIAL ARTS
7	17 th SEPTEMBER 2019	WOMAN ENTREPRENEUR:LIVE YOUR DREAMS
8	19 th SEPTEMBER 2019	SELF DEFENCE WORKSHOP: BASIC TRAINING ON MARTIAL ARTS
9	26 th SEPTEMBER 2019; 30 th SEPTEMBER 2019	GUEST LECTURE ON CERVICAL CANCER AWARENESS
10	02 nd DECEMBER 2019	GUEST LECTURE ON PERSONAL HYGIENE FOR A HEALTHY LIFE
11	02 nd DECEMBER 2019	GUEST LECTURE ON BREAKING EVERY ADDICTION TOUCH
12	24 th JANUARY 2020	AWARENESS PROGRAMME ON NATIONAL GIRL CHILD DAY
13	25 th FEBRUARY 2020	6 th NATIONAL CONFERENCE ON WOMEN IN SCIENCE, TECHNOLOGY AND MANAGEMENT -ENABLERS OF CHANGE
14	07 th MARCH 2020	WORKSHOP ON WOMEN IN DATA SCIENCE
15	07 th MARCH 2020	TRAINING ON WOMAN ENTREPRENEURSHIP IN WASTE MANAGEMENT TECHNOLOGY

With the motto “Educate and Empower”, a guest lecture was conducted by Women Empowerment Cell of Kristu Jayanti College on “Gender Sensitivity” on 19th July 2019. The talk for I Sem B.Com girl students (Sections A-F and Tourism) was delivered by Mrs. Antonia Ratnakala, Founder and Director, Institution for Family Wellbeing, Bengaluru. Two young girls shared their story of physical, economical and emotional abuse by their respective life partners. The resource person reflected on their stories and stressed on how to identify abusive and violent relationships. She also listed out warning signs and the red flag zones which should be keenly observed to steer us away from the dangers and be cautious about dating relationships. Students were positive about the session and found the talk to be informative, new, inspirational and enlightening.



**Resource Person:
Mrs. Antonia Ratnakala**



Young Girl sharing her story



Resource team with students

TEENAGE HEALTH AND PERSONAL HYGIENE

GUEST LECTURE

Women Empowerment Cell of Kristu Jayanti College conducted a guest lecture on “Teenage Health and Personal Hygiene” to educate and empower girl students of all streams of B.A course on 01st August 2019. The awareness talk on this topic was delivered by Dr. Nagaveni R., M.B.B.S, D.G.O., Obsetrician and Gyanecologist, Ovum Hospitals, Bengaluru. Miss. Aishwarya Nair welcomed the gathering and the resource person. Dr. Ranjitha welcomed Mrs. Antonia with a bouquet. Dr. Nagaveni gave information and awareness on teenage health and personal hygiene pertaining to PCOS and other disorders. She highlighted the importance of active and healthy lifestyle and avoidance of stress and junk food life style. Students were positive about the session and found the talk to be informative, new, informative and relevant. The discussion session was interesting and the students actively participated in the question session and had their doubts cleared with the resource person. Miss. Sneha delivered the Vote of Thanks. The session ended with positive feedbacks from students on how they were guided in the right direction with the talk.



**Resource Person:
Dr. Nagaveni, R.**



Q/A Session



Women Empowerment Cell of Kristu Jayanti College conducted an art and crafts workshop for all UG students on 13th August 2019. This workshop was conducted by Ms. Sidhi Agarwal of III Sem BCA. Ms. Sidhi along with her team demonstrated the participants on how to make rose petals and leaves, stems from colored papers and newspapers and also taught them to make a small bouquet of flowers from tissue papers. Students were excited about the workshop and quickly learned the tricks in making flower Bouquets. They were actively involved in the workshop and the workshop was also graced by the presence of Rev. Fr. Principal Jose Kutty P.D. Students actively participated in the session and gave positive feedbacks on how they learnt something new and creative and use waste papers to create something useful.

Students were positive about the session and found the workshop to be stress buster, creative, new and exciting.



Rev.Fr. Principal Jose Kutty P D with the participants

SRUJANA

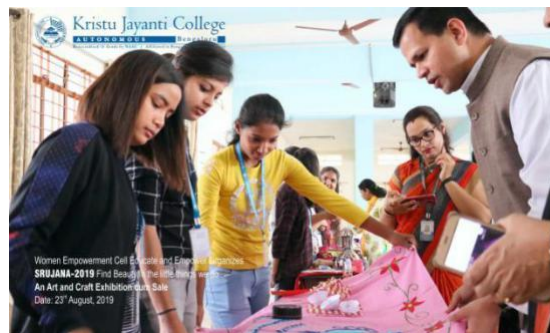
ART AND CRAFT EXHIBITION

Women Empowerment Cell of Kristu Jayanti College conducted Srujana 2019- an Art and Craft Exhibition cum Sale by all UG students on 23rd August 2019. Rev.Fr. Emmanuel P.J, Director, Kristu Jayanti College of Law and Jayantian Extension Services inaugurated the exhibition. Rev.Fr. Emmanuel visited every stall with great excitement, interest, curiosity and expressed his astonishment and happiness with the skills and talents of the students who had put an exhibition cum sale of their creativity. There were more than 20 stalls setups by students displaying their creativity and skills put to the best use. Exhibition was visited by faculty and students of the college and there was a brisk sale of the products displayed. Visitors appreciated the stalls and creativity of the student.

Students found the exhibition cum sale as a booster for their self-confidence thereby honing their entrepreneurial and marketing skills. It also motivated the students to be self- dependent.



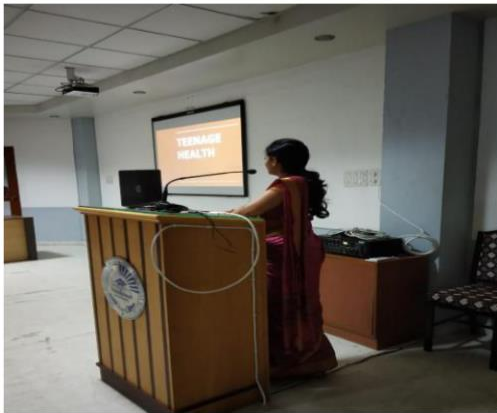
Rev.Fr. Emmanuel P.J with the participants



HEALTH CARE OF YOUNG ADULTS

GUEST LECTURE

A guest lecture on 26th August 2019 was conducted by Women Empowerment Cell of Kristu Jayanti College on “Health care of young adults” to educate and empower girl students of PG courses of Economics, Commerce, English and Social work. The awareness talk was delivered by Dr. Nagaveni R., M.B.B.S, D.G.O., Obstetrician and Gynecologist, Ovum Hospitals Bengaluru. Miss. Aishwarya Nair welcomed the gathering and the resource person. Dr. Nagaveni gave information and awareness on hygienic practices instrumental in maintaining proper health of young adults pertaining to menstrual hygiene, PCOS and other disorders. She highlighted the importance of active and healthy lifestyle and avoidance of stress and junk food life style. Students were positive about the session and found the talk to be informative, new, informative and relevant. The discussion session was interesting and the students actively participated in the question session and had their doubts were cleared with the resource person.



Resource Person: Dr. Nagaveni, R



SELF DEFENCE

BASIC TRAINING ON MARTIAL ARTS

WORKSHOP

Women Empowerment Cell of Kristu Jayanti College conducted a basic training on martial arts for all UG students on 13th September 2019. The self-defense training on basics of martial arts was conducted by Miss. Sheryl Riya Thomas. Miss. Aishwarya Nair welcomed the gathering and the resource person Ms. Sheryl taught the participants on how to be self-aware of dangers lurking around us. She taught the basics of martial training for self-defense in dangerous situations. She also taught on how to tackle unfriendly people, defend the health and well-being of oneself from harm. Students were excited about the workshop and quickly learned the tricks of self-defense. They were actively involved in the training and gave positive feedbacks on how they found the workshop useful to keep themselves safeguarded and also to help others.



Trainer with Participants

With the motto in mind “Educate and Empower”, an entrepreneurial guest lecture was conducted by Women Empowerment Cell of Kristu Jayanti College on “Live your dreams, be a woman entrepreneur” on 17th September 2019. The talk for post graduate girl students was delivered by Ar. Bindu Subramani, the Founder of Wedzin. Ar. Bindu founded Wedzin in 2001 which helped people to connect to the space in which they live, work and visit by providing an exemplary personalized architectural service. She spoke about the importance of women entrepreneurs and how they are different from men, stating that while men are only daring, women are daring as well as caring. She shared her wonderful journey of entrepreneurship and she motivated the crowd with her few principles to be successful women entrepreneurs: Responsibility, Sincerity, Perspective, perfection, creativity, innovativeness and most importantly the attitude to take up challenges and roles and contribute something better to the society. She emphasized that one should believe in themselves and be dedicated and passionate towards their dreams and not to limit oneself by any boundaries. She pointed out three things to be accomplished in life: Vidya (learning), Sadhana (achievement) and Seva (service). Ar. Bindu Subramani concluded her talk with the struggles and challenges she faced before and during her startup in terms of gender inequality which she took up as challenge and proved herself to be successful and treated all those challenges as stepping stones for success. Students were positive about the session and found the talk to be informative, motivating, encouraging, inspirational and enlightening.



Resource Person Addressing the Participants

SELF DEFENCE

ADVANCED TRAINING ON MARTIAL ARTS

WORKSHOP

Women Empowerment Cell of Kristu Jayanti College conducted training on martial arts for all UG students on 19th September 2019. The self-defense training on basics of martial arts was conducted by Miss. Sheryl Riya Thomas. Ms. Sheryl taught the participants on how to be self-aware of dangers lurking around us. She taught the basics of martial training for self-defense in dangerous situations. She taught the students the tricks to weaken the opponent and basic exercises to be flexible. She also taught on how to tackle unfriendly people, defend the health and well-being of oneself from harm. She also stressed on how to be calm in dangerous situations. Students were excited about the workshop and quickly learned the tricks of self-defense. They were actively involved in the training and gave positive feedbacks on how they found the workshop useful to keep them flexible, alert and safe.



Trainer Demonstrating the techniques



CERVICAL CANCER AWARENESS

GUEST LECTURE

Women Empowerment Cell of Kristu Jayanti College conducted a guest lecture on “Cervical cancer Awareness” to educate and empower girl students of all streams of BBA course on 26th September 2019 and 30th September 2019. The awareness talk on this topic was delivered by Dr. Chaya Nair, M.B.B.S, M.D., Paediatrics Specialist, Falcon Healthcare, Bengaluru. Dr. Chaya gave information and awareness on teenage health and personal hygiene. She highlighted the importance of vaccination against cervical cancer and also highlighted the importance of active and healthy lifestyle. Students were positive about the session and found the talk to be new, informative and relevant. The discussion session was interesting and the students actively participated in the question session and had their doubts cleared with the resource person.



Doctor Addressing the Participants



PERSONAL HYGIENE FOR A HEALTHY LIFE

GUEST LECTURE

A guest lecture on 02nd December 2019 was conducted by Women Empowerment Cell of Kristu Jayanti College on “Personal Hygiene for a healthy life” to educate and empower girl students of II semester UG courses of Deanery of Science. The awareness talk was delivered by Dr. Annamma Thomas, M.B.B.S, M.S, Obstetrician and Gynecologist, St. John’s Medical College, Bengaluru. Dr. Annamma spoke on current adolescent issues and awareness on hygienic practices instrumental in maintaining proper health of young adults pertaining to menstrual hygiene, PCOS and other disorders. She highlighted the importance of active and healthy lifestyle and avoidance of stress and junk food life style. Students were positive about the session and found the talk to be informative, new, informative and relevant. The discussion session was interesting and the students actively participated in the question session and had their doubts cleared with the resource person



Resource Person: Dr. Annamma Thomas.



BREAKING EVERY ADDICTION TOUCH

G I F S T | F C T I I R F



Resource Person: Mr. Shaji Kurien



Women Empowerment Cell of Kristu Jayanti College conducted a guest lecture on “Breaking Every Addiction Touch” to educate and empower boy students of II semester UG courses of Deanery of Science on 02nd December 2019. The awareness talk on this topic was delivered by Mr. Shaji Kurien, Prison Fellowship, Bengaluru. Mr. Shaji Kurien is an NRI now settled in Bengaluru and working with prison Fellowship to reform prisoners and is actively working in the field of mental health of youth. Mr. Shaji Kurien spoke about his experiences as youth involved in drugs and alcohol and how it affected him mentally and physically. He shared his efforts in overcoming the addictions in life and how one should stay free of them. He highlighted on the importance of self-control and self-awareness of addictions in every form. He also gave insights into each type addiction, its mechanism and effects on personal and professional life of an individual and physical and mental state of person. He spoke on the dangers and signs luring youth to addictions and advised students to speak about any threatening situations to their family and teachers. The discussion session was interesting and the students actively participated in the question session and had their doubts cleared with the resource person.

An awareness programme on National Girl Child Day was organized by the Women Empowerment Cell of Kristu Jayanti College along with Department of Psychology, Kristu Jayanti College on 24th January, 2020. The 10-minute-long program portrayed the problems faced by girls and how they are empowered to face the various situations happening in the society. An awareness was created through a skit and dance drama that symbolized the stereotypes faced by girls and women in the society.



Felicitation of the Chief Guest



Organizers and Participants

WOMEN IN SCIENCE, TECHNOLOGY AND MANAGEMENT- ENABLERS OF CHANGE

6TH NATIONAL CONFERENCE

6th National level conference organized by the Women Empowerment Cell of Kristu Jayanti College on 25th February 2020 was a one day professional enhancement forum which inspired and empowered women of all ages and abilities. It served as a platform to incorporate the diverse expression of women's voices, concerns and expertise. It also gave opportunity to discuss the key approaches of research, and challenges faced by women in nurturing a career. The conference was inaugurated by Ms. Annapurna, Founder and CEO, Emotionalytics & Co. She emphasized on the generation equality, youth contribution towards achieving sustainable development. One key note session on "Women in Genetics" was delivered by Savithri Bhat, Convener, Indian Women Scientist Association, Bangalore, where she briefed on the challenges faced by women in science. The session also pointed at many notable women scientists who went beyond their way with their contributions and achievements in science. Another key note session was given by Ms. Jennifer Rajan, Founder & CEO, Leanonme Counseling Services Private Limited, Bangalore. In her session –Women and Leadership, three aspects were emphasized viz., Believe in yourself, Make your partner a real partner and Don't Leave before you leave. The chief guest for the valedictory function was Ms. Priya B Prasad, Director, PwC India(Advisory). She highlighted on the fact that women need not be empowered by others. It's her inner strength which pushes her beyond her capabilities. They have to be focused and work towards their goal. The national Conference was attended by more than 150 participants (within and outside state) and there were around 30 paper presentations which happened in two different venues. All accepted and presented papers will be published in **Journal of International Women's Studies** (ISSN:1539-8706) (**SCOPUS Indexed**) as special issue and **UGC Indexed Journal**.



In commemoration of International Women's Day, a workshop was conducted by Women Empowerment Cell in association with Department of Computer Science [PG] of Kristu Jayanti College on "**Women in Data Science**" for PG girl students on 07th March 2020 to empower them for a better future. The workshop was conducted by Ms. Binu Midhun, IBM Developer Advocate and Mr. Mritunjay Vishwakarma, Community Leader-Developer Ecosystem, IBM. The event began by welcoming the resource persons. Ms. Binu started the session by sharing her experience and her passion to encourage women in IT. She also urged everyone to prepare for 'Call for Code'. A hands-on session with IBM cloud was conducted. Instructions were given on how to create an IBM cloud account and students were introduced to IBM Watson. Sample data sets were used to try different services on IBM Watson. A demo on implementation of Code Patterns was also shown. The session ended with an activity which emphasized on the importance of thinking different. Students were positive about the session and found the workshop to be informative and useful in creating better career prospects for them. The discussion session was interesting and the students actively participated in the question session and had their doubts cleared with the resource persons.



Resource Person



Practical Implementation

WOMAN ENTREPRENEURSHIP IN WASTE MANAGEMENT TECHNOLOGY

TRAINING SESSION

In commemoration of International Women's Day, Women Empowerment Cell in association with International Institute of Waste Management (IIWM), Bangalore Chapter and Environment Club of Kristu Jayanti College conducted a capacity building programme on **Woman Entrepreneurship In Waste Management Technology** for the girl students of Kristu Jayanti College, Bengaluru on 7th March 2020. The session was conducted under the framework AICTE-IIWM WAVE (Waste Management Accelerators for Aspiring Woman Entrepreneurs). The students were trained in skills and management to start a zero waste juice centre within the campus and further take it up as an incubation centre for training and employing few rural women for the same. Chief Guest for the day, Mr. Anand Raj, owner "Eat Raja - Amma Madiddu"- A zero waste juice cafe situated in Malleshwaram, Bengaluru, gave hands-on training to the students and inspired the students to manage waste and contribute to sustainable development. Fr. Josekutty PD, Principal, Kristu Jayanti College gave all support to the students to go ahead with the environment friendly venture and Ms. P Bineesha, E D of IIWM assured that IIWM will be doing the handholding of this incubation centre and facilitate in creating linkages like technology support for mechanisation, franchise model development digital interface etc. Followed by the training session, interested students registered their names to initiate the on-campus venture. The students of Kristu Jayanti College look forward to set an archetype for having the first zero waste juice cafe on campus. Students were positive about the session and found the workshop to be informative and useful in creating better career prospects for them. The discussion session was interesting and the students actively participated in the question session and had their doubts cleared with the resource persons.

