

WOMEN EMPOWERMENT CELL

2018-2019

S. No	Office Bearer's
1	Ms. Madhumathi.T.K
2	Ms. Ranjitha
3	Ms. Madhu Druvakumar
4	Dr. Rema.M.K
5	Dr. Vinodha Devi.K
6	Ms. Anupama George
7	Dr. Jemimah Naine
8	Ms. Sneha John

S. No	Student Coordiantors
1	Ms. Kavitha Shree
2	Ms. Minu Varghese

GUEST LECTURE

BREAST CANCER AWARENESS

Date: 12th July 2018

Name and details of Resource person: Ms. Victoria, Operation Head, My Clinic, Health Organization for women, Outreach Company.

Objective: To create an awareness about breast cancer and how to deal with it.

The Women Empowerment Cell of Kristu Jayanti College organized an awareness programme on Breast Cancer, for the women faculty members of the College. The speaker for the event was Ms. Victoria who counsels women about breast cancer. She encouraged all women to examine the early stages of breast cancer and explained about the procedures for the identification of the symptoms of breast cancer. The awareness programme helped the participants to understand that breast cancer can be detected earlier if we pay proper attention. The session ended with a very inspiring survival life story of Ms. Anusha Don, who narrated her struggles and difficulties in overcoming breast cancer and Ms. Victoria clarified all the doubts of the audience.



Photo: Dr. Rema, Faculty Co-ordinator, Women Empowerment Cell, presenting a bouquet to the Chief Guest Ms Victoria.

GUEST LECTURE

PERSONAL HEALTH AND WELL BEING - TAKE A POSITIVE STEP

Date: 06th August 2018

Name and Details of Resource Person: Dr. Annamma Thomas, MBBS, Head, Family Welfare and Fertility Studies and Professor of Obstetrics and Gynaecology, St. Johns Hospital, Bangalore.

Objective: To create awareness about the problems faced by young women.

The Women Empowerment Cell of Kristu Jayanti College organised a Guest Lecture on “Personal Health and well-being - Take a Positive Step” for I year UG students. The speaker for the event was Dr. Annamma Thomas. She started the session by introducing the relationship between personal health and wellbeing. Some of the problems which was discussed in the session were irregular periods, the usage of birth control pills without guidance, polycystic ovary syndrome, underactive thyroid etc. She also briefed about the preventive vaccines like Gardasil HPV vaccine. The session ended up with the discussion on the laws that are implemented to save women and later on with questioning session which she answered patiently and clarified the doubts.



Photo: Dr. Annamma Thomas addressing the students.

GUEST LECTURE

SUBSTANCE ABUSE AND MENTAL HEALTH

Date: 06th August 2018

Name and Details of Resource Person: Dr. Yesudas, Counsellor & Psycho-Therapist, Chairman of Jyothi Foundation, Bangalore.

Objective: To create awareness about the importance of mental health.

The Women Empowerment Cell of Kristu Jayanti College in association with the Department of Social Work organised a Social Awareness Programme on “Substance Abuse and Mental Health” for I year UG students. The speaker for the event was Dr. Yesudas, Counsellor and Psycho-Therapist, Chairman of Jyothi Foundation, Bengaluru. He focused on problems such as substance abuse and mental health issues such as depression, bipolar disorder, anxiety etc. He also suggested the various methods of treatments and steps one can take on the road to recovery. The lecture ended with an interactive session with the students.



Photo: Dr. Yesudas addressing the students.

GUEST LECTURE

SUBSTANCE ABUSE AND MENTAL HEALTH

Date: 06th August 2018

Name and Details of Resource Person: Mr. Reny George, Executive Director at Prison Fellowship, Bengaluru.

Objective: To create awareness about the importance of mental health.

The Women Empowerment Cell of Kristu Jayanti College in association with Department of Social work organised a Social Awareness Programme on Substance Abuse and Mental Health for I year UG students. The speaker for the event was Mr. Reny George, Executive Director at Prison Fellowship, Bengaluru. He highlighted the ill-effects of alcohol and drug abuse which has become a significant public health problem, resulting in injuries, assaults, sexual abuse and deaths. He emphasized that parents and educational institutions should guide college students in identifying and addressing the mental health issues and help them overcome it. The lecture ended with an interactive session with the students.



Photo: Mr. Reny George addressing the students.

ART EXHIBITION

SRUJANA – ART AND CRAFT EXHIBITION

Date: 26th September 2018

Objective: To create a platform for the women entrepreneurs of the college to portray their talents and skills.

The Women Empowerment Cell of Kristu Jayanti College organised an Art and Craft Exhibition for women entrepreneurs on September 26th 2018 in Mini Audi-I. It was inaugurated by Fr. Lijo P Thomas who appreciated the efforts of the students. He also motivated the students to pursue their passion with the aim of deriving satisfaction out of it. Students visited the stalls throughout the day and encouraged the participants by buying the products. The exhibition ended at 4.00 pm.



Photo: Handmade crafts displayed by the women entrepreneurs

GUEST LECTURE

TEENAGE HEALTH AND PERSONAL HYGIENE

Date: 17th January 2019

Name and details of Resource person: Dr. Karthigayeni, Milan Hospital, Bangalore

Objective: To create awareness about breast cancer and how to deal with it.

The Women Empowerment Cell Kristu Jayanti College organized a guest lecture on “Teenage health and Personal Hygiene”. The speaker for the event was Dr. Karthigayeni, she eluded the importance of regular exercise, proper diet and stress-free environment for proper productive health and she emphasized on the necessity of being aware of personal growth and health issues. She also mentioned the importance of practicing Yoga which improves social and personal wellbeing. Dr. Rema M.K, Faculty coordinator of the Women Empowerment Cell presented the Chief Guest with a memento.



Photo: Dr. Karthigayeni addressing the students on Teenage health and Personal hygiene.

GUEST LECTURE

CAREER GUIDANCE

Date: 8th March 2019

Name and details of Resource person: Ms. Preethi Mohanrao, Senior Manager, People Advisory Service, Ernst and Young.

Objective: To enhance the students with the knowledge of various career opportunities available

An Expert Career Guidance session was organized by the Women Empowerment Cell of Kristu Jayanti College on 8th March 2019 exclusively for the final year girl students on the occasion of International Women's Day. The Speaker for this session was Ms. Preethi Mohanrao, who shared her own journey of ups and downs with the students, starting off as an Analyst and ending up at the Senior Manager position at EY. The resource person stressed the point of taking initiative for the development of one's career. She concluded the session by stating the importance of communication skills in the corporate world. The lecture ended with an interactive session with the students.



Photo: Ms. Preethi Mohanrao, addressing the gathering



Kristu Jayanti College

AUTONOMOUS

Bengaluru

Reaccredited 'A' Grade by NAAC | Affiliated to Bengaluru North University

Women Empowerment Cell

The Women Empowerment Cell of Kristu Jayanti College engages, sensitizes and empowers the students of the institution towards the cause of gender equality. With the motto of “Educate and Empower”, the cell organizes annual conferences, guest lectures, workshops and awareness programs on various women related issues to equip them with wide range of skills and knowledge for the betterment of self and society. The cell also focuses on empowering and strengthening their confidence to be the future women leaders, technocrats, entrepreneurs and scientists. Regular sessions are organized on various capacities to instill self-confidence and ethical values and make them realize their potential.

Objectives

1. To empower girl students and build confidence in them
2. To create awareness on Gender equality
3. To provide skill training to women and girl students
4. To educate girl students on women specific health issues and measures to be taken.
5. To create social awareness about the problems of women, gender equity and prevention of sexual harassment.
6. To enhance research interest in faculty and Students in gender related issues and Promote Publication

Roles and responsibilities

1. Creating awareness about gender equality
2. Encourage women to undertake activities that strengthens their self-confidence.
3. Empower female faculty, staff and students about general economic and social issues.

Gender Sensitization Action Plan

Kristu Jayanti College (Autonomous) believes in equality, inclusiveness, respect for human dignity, fairness and justice for all which is reflected in an unbiased recognition and representation of women and men in all areas to thrive. The College also strives to acknowledge diversity in talents and constantly endeavors to be committed role models in teaching future generations. Women Empowerment Cell (WEC) of the College with its motto “Educate and

Empower” actively involves in implementing gender equality policies and the development of its stakeholders. It also endeavors to bring positive change in the society as well as within the campus through various measures for diversity and by counteracting any existing inequalities. With these objectives in mind, Gender Sensitization Action Plan for every Academic Year has been formulated with a strategic goal and action plan.

Targets of the Year & Tentative action Plan

- Create awareness on Gender equality
- Skill training to girls and female faculty
- Organizing workshops, conferences and research publications in relation to women issues
- Conducting surveys and researches based on funded projects