

WOMEN EMPOWERMENT CELL

2019-2020

S. No	Office Bearers
1	Dr. Ranjitha M
2	Prof. Madhu Druvakumar
3	Dr. Rema.M.K
4	Prof. Aasha
5	Dr. Sangeetha Menon
6	Prof. Opika

S. No	Student coordinators
1	Ms. Megha Scaria
2	Ms. Ayshwarya Nair

GUEST LECTURE GENDER SENSITIVITY

Date: 19th July 2019

Name and details of the Resource Person: Mrs. Antonia Ratnakala, Founder & Director, Institution for Family Wellbeing, Bangalore

Objective: To educate and empower girl students on gender sensitivity and abusive relationships

The Women Empowerment Cell of Kristu Jayanti College organized a guest lecture for girl students on Gender Sensitivity titled “Educate and Empower” on 19th July 2019. Mrs. Antonia Ratnakala, Founder and Director, Institution for Family Wellbeing, Bengaluru addressed the students. 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 happy with the session and found the talk to be informative, new, inspirational and enlightening.



Photo: Resource team with students

GUEST LECTURE

TEENAGE HEALTH AND PERSONAL HYGIENE-

Date: 01st August 2019

Name and details of the Resource Person: Dr. Nagaveni, R., M.B.B.S., D.G.O. Obstetrician and Gynecologist, Ovum Hospitals, Bengaluru

Objective: To educate and empower girl students on teenage health and personal hygiene

The 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 who 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 avoiding unhealthy junk food. Students were positive about the session and found the talk to be informative, useful and relevant. The lecture ended with an interactive session with positive feedbacks from students on how they were guided in the right direction through the talk.



Photo: Resource Person Dr. Nagaveni R, addressing the students

WORKSHOP

ART AND CRAFT TRAINING PROGRAMME

Date: 13th August 2019

Name and details of the Resource Person: Ms. Sidhi Agarwal, III Semester BCA (D), Kristu Jayanti College (Autonomous), Bengaluru

Objective: To train the students on art and craft-making by using biodegradable products.

The 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 Semester 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 actively participated in the session and gave positive feedbacks. Students learnt to make something creative from waste papers. Students were positive about the session and found the workshop to be a stress buster, creative, new and exciting.



Rev.Fr. Principal Josekutty P D with the participants

EXHIBITION CUM SALE

SRUJANA 2019 - ART AND CRAFT EXHIBITION CUM SALE

Date: 23rd August 2019

Name and details of the Resource Person: Women Empowerment Cell, Kristu Jayanti College, Bangalore

Objective: To exhibit the creativity of students with an aim to empower them in entrepreneurship

The 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; he visited all the stalls with great excitement, and interest. There were more than 20 stalls setup 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

GUEST LECTURE HEALTH CARE OF YOUNG ADULTS

Date: 26th August 2019

Name and details of the Resource Person: Dr. Nagaveni, R., M.B.B.S., D.G.O., Obstetrician and Gynecologist, Ovum Hospitals, Bengaluru

Objective: To educate and empower girl students on health care and hygienic practices

A guest lecture on 26th August 2019 was conducted by the 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. Dr. Nagaveni gave information and awareness on hygienic practices helpful 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 avoiding unhealthy junk food. Students were positive about the session and found the talk to be informative, new, useful and relevant. The lecture ended with an interactive session with positive feedbacks from students on how they were guided in the right direction through the talk.



Photo: Active participants of the Guest Lecture

SELF DEFENSE WORKSHOP BASIC TRAINING ON MARTIAL ARTS

Date: 13th September 2019

Name and details of the Resource Person: Miss. Sheryl Riya Thomas B.A, Kristu Jayanti College, Bangalore

Objective: To teach students on basics of self- defense and empower them to defend them from harm in dangerous situations.

The 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 the basics of martial arts was conducted by Miss. Sheryl Riya Thomas. She 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 unsafe situations. She also taught how to tackle risks by defending oneself and protecting the health and well-being of an individual 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 feedback.



Trainer with Participants

GUEST LECTURE

LIVE YOUR DREAMS, BE A WOMAN ENTREPRENEUR

Date: 17th September 2019

Name and details of the Resource Person: AR. Bindu Subramani, Founder, Wedzin

Objective: To educate and empower girl students on entrepreneurship possibilities and opportunities

The Women Empowerment Cell of Kristu Jayanti College conducted a Guest Lecture on “Live your dreams, be a Woman Entrepreneur” on 17th September 2019. AR. Bindu Subramani, the Founder of Wedzin was the resource person. Ms. 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. Ms. 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 DEFENSE WORKSHOP BASIC TRAINING ON MARTIAL ARTS

Date: 19th September 2019

Name and details of the Resource Person: Miss. Sheryl Riya Thomas, V Semester B.A (HEP), Kristu Jayanti College, Bangalore

Objective: To teach students on the basics of self- defense and empower them to defend them from harm in dangerous situations.

The Women Empowerment Cell of Kristu Jayanti College conducted a 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. 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

GUEST LECTURE CERVICAL CANCER AWARENESS

Date: 26-09-2019; 30-09-2019

Name and details of the Resource Person: Dr. Chaya Nair, M.B.B.S, M.D, Pediatrics Specialist, Falcon Health Care, Bengaluru

Objective: To create an awareness to girl students on cervical cancer and personal hygiene

The Women Empowerment Cell of Kristu Jayanti College conducted a guest lecture on “Cervical Cancer Awareness” to educate and empower girl students 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., Pediatrics Specialist, Falcon Healthcare, Bengaluru. She 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.



Doctor Addressing the Participants

GUEST LECTURE

PERSONAL HYGIENE FOR A HEALTHY LIFE

Date: 02nd December 2019

Name and details of the Resource Person: Dr. Annamma Thomas, M.B.B.S, M.S, Obstetrics & Gynecology, St. John's Medical College, Bengaluru

Objective: To educate and empower girl students on personal hygiene and its importance for a healthy life.

A guest lecture on 02nd December 2019 was conducted by the Women Empowerment Cell of Kristu Jayanti College on "Personal Hygiene for a Healthy Life" to educate and empower girl students. The awareness talk was delivered by Dr. Annamma Thomas, M.B.B.S, M.S, Obstetrician and Gynecologist, St. John's Medical College, Bengaluru. She 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, useful and relevant. The interactive session was interesting and the students actively participated and had their doubts cleared.



Resource Person: Dr. Annamma Thomas

GUEST LECTURE BREAKING EVERY ADDICTION TOUCH

Date: 02nd December 2019

Name and details of the Resource Person: Mr. Shaji Kurien, Prison Fellowship, Bengaluru

Objective: To educate and empower boy students on staying away from all forms of addictions and on self-control.

The Women Empowerment Cell of Kristu Jayanti College conducted a guest lecture on “Breaking Every Addiction Touch” to educate and empower boy students on 02nd December 2019. The awareness talk on this topic was delivered by Mr. Shaji Kurien, Prison Fellowship, Bengaluru. Mr. Shaji Kurien spoke about his experiences as a youth who was 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 also gave insights into each type of addiction, its mechanism and effects on personal and professional life of an individual and physical and mental state of person. The interactive session was interesting and the students actively participated in the discussion and had their doubts cleared.



Resource Person: Mr. Shaji Kurien

AWARENESS PROGRAMME NATIONAL GIRL CHILD DAY

Date: 24th January 2020

Name and details of the Chief Guest: Mr. Mukhyamantri Chandru, Noted Kannada actor and politician

Objective: To create awareness about National Girl Child Day and elaborate on the importance of equality for girl child.

An awareness programme on National Girl Child Day was organized by the Women Empowerment Cell of Kristu Jayanti College along with Department of Psychology, 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

6th NATIONAL CONFERENCE ON WOMEN IN SCIENCE, TECHNOLOGY AND MANAGEMENT-ENABLERS OF CHANGE

Date: 25th February 2020

Name and details of the Chief Guest: Ms. Annapurna, Founder and CEO, Emotionalytics & Co, Bangalore, India

A National Conference was organized by the Women Empowerment Cell of Kristu Jayanti College on 25th February 2020. It 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. 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 were published in **Journal of International Women's Studies** (ISSN:1539-8706) (**SCOPUS Indexed**) as special issue and **UGC Indexed Journal**.



Photo: Delegates with Ms. Priya Prasad, Valedictory Chief Guest

WORKSHOP

“EMPOWERING GIRLS FOR A BETTER TOMORROW: WORKSHOP ON WOMEN IN DATA SCIENCE”

Date: 07th March 2020

Name and details of the Resource Person: Ms. Binu Midhun IBM Developer Advocate and WIDS Member and Mr. Mritunjay Vishwakarma Community Leader -Developer Ecosystem, IBM

Objective: To empower PG girl students to secure a bright future with a workshop in data science.

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. 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’. The session ended with an activity which emphasized on the importance of thinking differently. Students were positive about the session and found the workshop to be informative and useful in creating better career prospects for them.



Photo: Participants with the resource person

TRAINING PROGRAMME

TRAINING SESSION ON WOMAN ENTREPRENEURSHIP IN WASTE MANAGEMENT TECHNOLOGY

Date: 07th March 2020

Name and details of the Resource Person: Mr. Anand Raj, Owner, "Eat Raja-Amma Madiddu" - A zero waste Juice cafe, Malleshwaram, Bengaluru

Objective: To empower girl students to become entrepreneur and get trained in waste management technology for a sustainable development.

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. The 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. Students were positive about the session and found the workshop to be informative and useful in creating better career prospects for them.



Resource Person with Participants



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