



Kristu Jayanti College

AUTONOMOUS

Bengaluru

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



Stri



Skillful. Talented. Resourceful. Inspiring.

Women's Empowerment Cell

Volume 3, Issue 1



AICTE LILAVATI AWARD 2021-2022

AICTE LILAVATI AWARD 2021-2022

has been awarded to

Kristu Jayanti College, Autonomous, Bengaluru
On International Women's Day, 8th March, 2022.

Under the Theme: Women Empowerment
Sub Theme: Environment, Sanitation and Hygiene.



Kristu Jayanti College has been conferred with the prestigious AICTE Lilavati Award 2021-22 to recognize the efforts being made by the institution toward Women's Empowerment under the subtheme environment, sanitation and hygiene. Prof. Anil D. Sahasrabudhe, Chairman, AICTE and Dr Vinita Sahay, Director, Indian Institute of Management, Bodh Gaya presented the award on 8th March 2022, on the occasion of International Women's Day. Dr. Gita P C, Dr. Sheeja Krishnakumar, Dr. Priya Josson, Dr. Rema MK and Dr. Indira M N received the Lilavati Award from Krsitu Jayanti Team.

Editorial Board

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Rev. Dr. Augustine George
Principal

Faculty Editor

Dr. Indira M N

Student Editor

Ms. Mugdha Bhattacharyya
IV BSc. FS

About Women's Empowerment Cell

Women's Empowerment Cell of KristuJayanti College is established with the motto "Educate and Empower". The cell aims to empower the women fraternity of the institution, enhance their understanding and react positively to women centric issues. It also aims to make the college campus a safe place for girls and women and to voice their opinions and feelings. The cell also aims at providing personal guidance, legal awareness on specific issues concerning women. This cell in addition to discussing their issues and concerns also creates a sense of awareness of rights and responsibilities. The cell functions diligently to enhance their status and thereby empowers them intellectually by organizing conferences, guest lectures, webinars, workshops, and various awareness programs under its canopy.

The objectives of the cell is to help and promote women, understand their power and potential, educate girl students on women-specific health issues and create social awareness about the problems of women, gender equity, and prevention of sexual harassment. Regular sessions are organized on various capacities to instill self-confidence and ethical values and make them realize their potential and to promote a culture of respect and equality for the female gender.

Women's Empowerment Cell Committee Members

- Dr. Rema M K
- Dr. Pauline V N
- Ms. Aasha
- Dr. Sangeetha Menon
- Ms. Mini Gopalakrishnan
- Dr. Indira M N
- Dr. Leelavathi R

PRINCIPAL'S ADDRESS



I am extremely elated to know that the Women's Empowerment Cell of KristuJayanti College is bringing out its annual magazine for the academic year 2021-22. The cell aims to promote the wellbeing of female students, teaching and non-teaching women staff of the College and to provide and maintain a dignified, congenial working environment for

women and enable them to explore their imminent potential in all spheres. The Cell has been actively involved in conducting many activities since its inception in creating a sense of responsibility and opportunities that lies ahead of women. Year 2021-22 has been an extremely productive year as KristuJayanti College was reaccredited with A ++ grade by NACC with a high CGPA of 3.78. The cell has conducted several programmes pertaining to gender equity, health and hygiene and entrepreneur skills. The winning of the AICTE Lilavati Award on International Women's Day 2022 under the theme 'Women Empowerment' is an added mileage to the Cell. I commend the time and effort of the faculty members and wish the entire team of Women's Empowerment Cell all success.

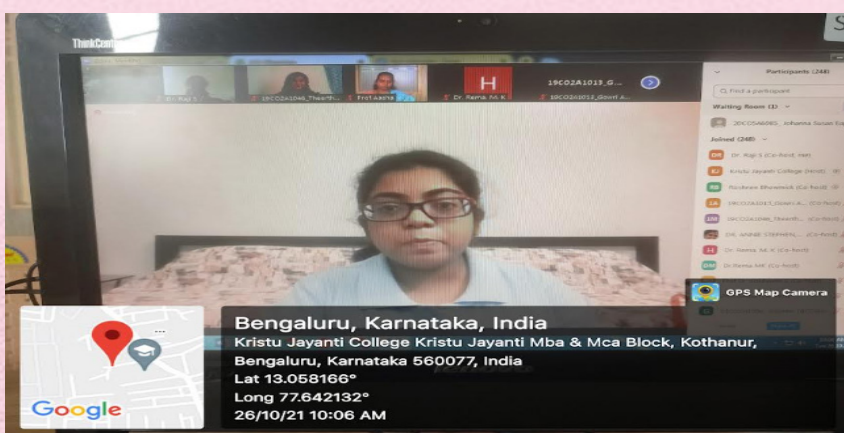
Rev. Dr. Augustine George
Principal

Table of Contents

Sl. No.	Events
1.	Expert Lecture on Menstrual Health and Hygiene
2.	Awareness Programme on "Menstrual Health and Hygiene"
3.	Adolescent Health and Hygiene
4.	Expert Lecture on "Health, Hygiene and Wellbeing Among Adolescents"
5.	International Men's Day 2021
6.	Expert Lecture on Gender Sensitization in College Campus
7.	Expert Lecture on Gender Sensitization in College Campus
8.	Motivational Talk on "Being Unstoppable "
9.	8th International Level Virtual Conference
10.	Srujana – Art Exhibition

Expert Lecture On Menstrual Health and Hygiene

To increase awareness among adolescent girls on Menstrual Hygiene, the Women's Empowerment Cell in collaboration with Department of Professional Accounting and Finance of Kristu Jayanti College (Autonomous) Bangalore, organized an awareness Programme on "Menstrual Health and Hygiene" exclusively for the first and Second year undergraduate girl students of Professional Accounting and Finance on 26th October 2021 at 10:00 am using Zoom Video Conferencing portal. Resource person, Ms. Roshnee Bhowmick, CSR Executive, Unicharm India spoke to the students about the importance of female reproductive system and gender specific awareness about 'Menstrual Health and Personal Hygiene'. In her talk, she mentioned the significance of regular exercise, proper diet and stress-free environment for proper reproductive health. She insisted the students to do regular exercises for their personal wellbeing and counselled the students on how to cope up with stress and mood-swings during the days of menstruation. This was followed by a feedback session. Around 300 Participants attended the session with great enthusiasm.



**Ms. Roshnee Bhowmick,
CSR Executive,
Unicharm India**

Awareness Programme On “Menstrual Health and Hygiene”

With the objective to bring about awareness and importance of 'Menstrual Health and Personal Hygiene', The Women's Empowerment Cell, organized an awareness programme on "Menstrual Health and Hygiene" exclusively for the first year BA. girls on 4th November 2021 via Zoom Video conferencing portal.

Dr. Annamma Thomas, Professor and Head of the Department of OBG, St. Johns Medical College and Hospital, Bengaluru, enlightened the students about the importance of personal hygiene and menstrual Health.

She mentioned the significance of regular exercise, proper diet and stress-free environment for proper reproductive health and highlighted on the inevitability of being aware of personal growth and changes and irregularities in the menstrual cycle that could be indicators of serious health issues. She also shared insights on the biological aspects of growth and changes in women. Around 200 participants attended the session with great enthusiasm.



Dr. Annamma Thomas
Professor and Head of the
Department of OBG
St. Johns Medical College
and Hospital, Bengaluru

Expert Lecture On “Adolescent Health and Hygiene”

An expert lecture on “Adolescent Health and Hygiene” was organized exclusively for the first year undergraduate girl students of B.Com programme on 19th November 2021 with the objective to create awareness on health and personal hygiene. Dr. Saritha, MBBS, MS (OBG), FMAS, Falcon Healthcare Multi-speciality Clinic and Diagnostic Centre, K Narayanapura enlightened the students about the importance of personal hygiene and Adolescent Health.

Dr. Saritha mentioned the significance of regular exercise, proper diet and stress-free environment for proper reproductive health and highlighted on the inevitability of being aware of personal growth and changes and irregularities in the menstrual cycle that could be indicators of serious health issues. She shared insights on the biological aspects of growth and changes in women and gave tips on how to improve on their personal hygiene. Around 200 participants attended the session with great enthusiasm. The session was interactive and several queries were raised by the students.

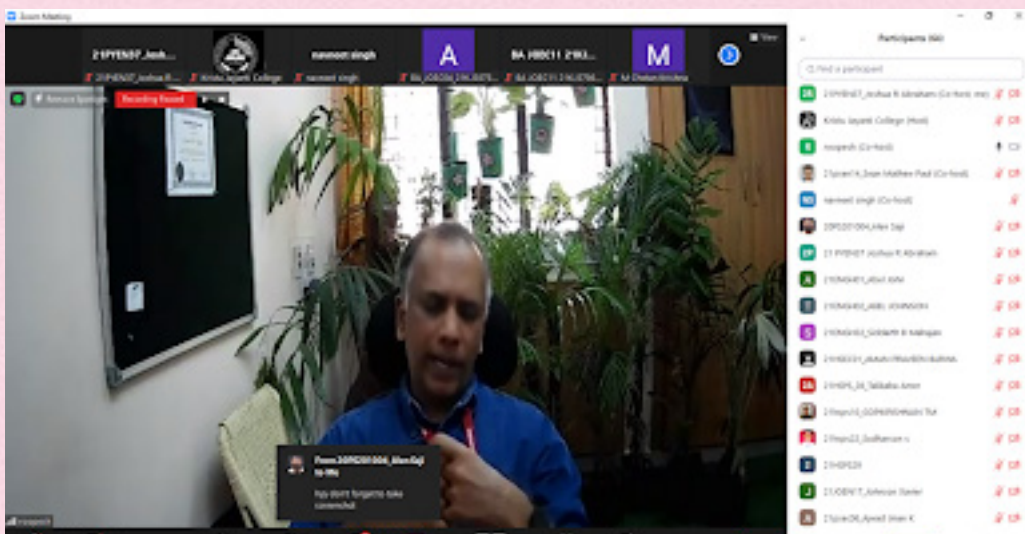


**Dr. Saritha, MBBS, MS (OBG),
FMAS, Falcon Healthcare
Multi-speciality Clinic and
Diagnostic Centre**

Expert Lecture On “Health, Hygiene and Well-Being Among Adolescents”

The Women’s Empowerment Cell of Kristu Jayanti College organized an Expert Lecture for the I Year BA students where Dr. Roopesh BN, Additional Professor of NIMHANS was the resource person.

The resource person started the session with a brainstorming introduction on ‘What is Health’. He explained the connection between health, hygiene and well-being with special emphasis to adolescence. He explained the importance of health and hygiene in the context of adolescence development. He explained the body changes of a human body during puberty. He emphasised the importance of sleep and exercise and how to deal with depression, anxiety, and worries. The session was interesting, with several case studies. The session ended with a question-answer session where the audience asked several questions.



Dr. Roopesh BN
Additional Professor,
NIMHANS

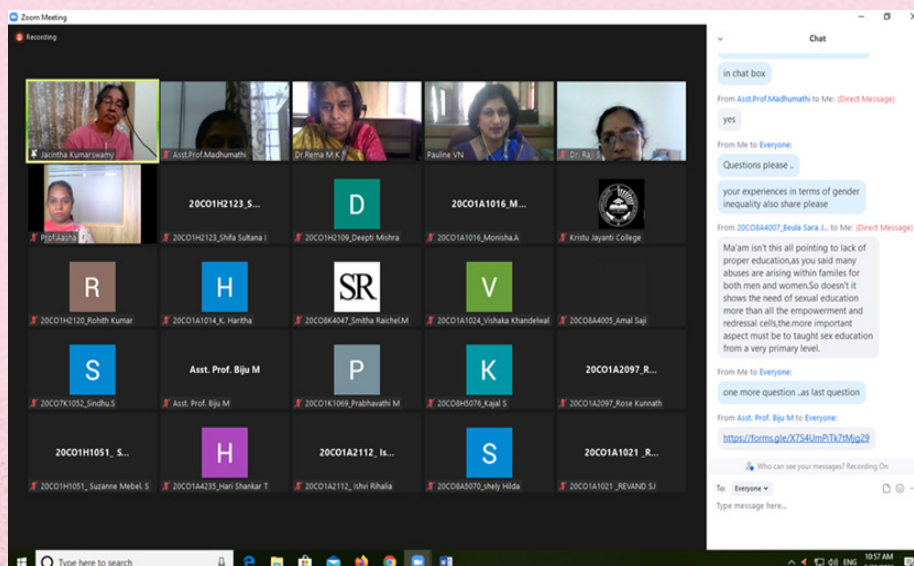
'International Men's Day' - 19th November 2021

International Men's Day observed on 19th November 2021, focuses on men's health, humanizing gender relations, highlighting male role models and promoting gender equality. The Women's Empowerment cell of Kristu Jayanti College observed International Men's Day based on the theme "Better Relations between men and women" by organizing a competition series for all UG and PG students.

The students actively participated in the Poem and Essay writing competition. There were 26 entries in both the categories from students across different programs of study. The students penned down beautiful poems portraying men and their equation with the opposite gender. The essays too were very intriguing. The competition provided a platform for students to express their talent and creativity.

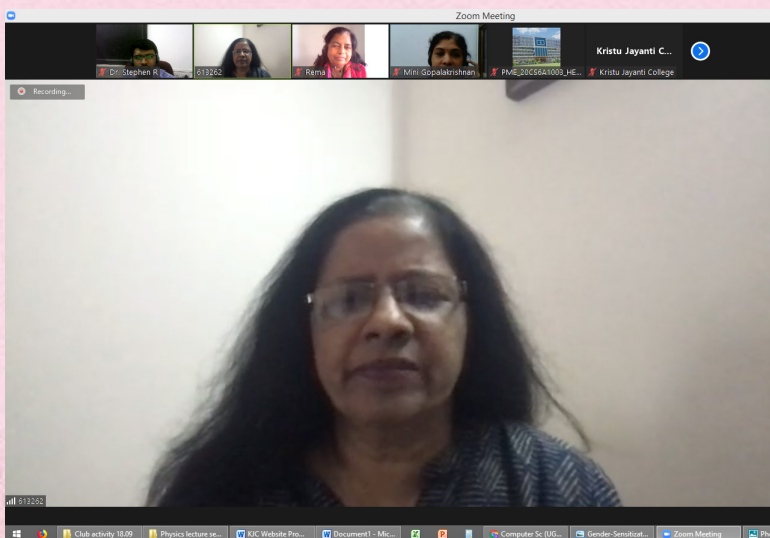
Expert Lecture On Gender Sensitization in College Campus

To provide an integrated and interdisciplinary approach to understand the social and cultural constructions of gender that shapes the experiences of women and men in society, an expert lecture on gender sensitization was organized for the B.Com. students on 30th September 2021. Ms. Jacintha S Kumaraswamy, the resource person enlightened the students on Gender Sensitization and created an awareness, bringing forward the distinction between sex and gender whilst defining other gender related problems faced by women. She insisted on the importance of education and how it could change the mindset of the people. She said that in order to have a better understanding of the concepts of equality and non-discrimination one should have knowledge on gender roles, gender stereotypes, gender discrimination, gender based violence, masculinity, patriarchy, gender equality and so on. Her motivational talk dealt with curbing the gender biases prevailing in the society and to empower girls and women to achieve their goals. She aimed at sensitizing adolescent girls and boys towards existing gender inequalities and strongly encouraged gender parity.



Expert Lecture On Gender Sensitization in College Campus

An Expert Lecture on 'Gender sensitization in college campus', was organized by the Computer Science Department and Women Empowerment Cell of KristuJayanti College on 18th September 2021. Prof. Anita Kurup (Head, Dept of Education, NIAS, Bengaluru), the resource person for the day, was invited to deliver the lecture. She started her lecture by defining what the correct meaning of sex and gender and their differences. She explained the process of child bearing, which includes pregnancy, birth and the early nursing period, along with child rearing which is often differently perceived in our society, and by women themselves. She instilled the students, the thought and idea of gender equality, and the responsibilities of men in raising children. The lecture ended with a discussion with the students.



Prof. Anitha Kurup
Head, Dept of Education,
NIAS, Bengaluru

Expert Lecture Report On "Being Unstoppable"

To equip students with corporate knowledge and entrepreneurial skills, and as the need of the hour, the expert lecture by Ms. Tanushree Nair, Energy Consciousness Coach, conveyed useful aspects about life and health (both mental and physical). This event was organized on 23rd Nov, 2021 by the Women's Empowerment Cell and the Life Sciences Department of Kristu Jayanti College for the I Year BSc Life Science students. About 270 students attended the session.

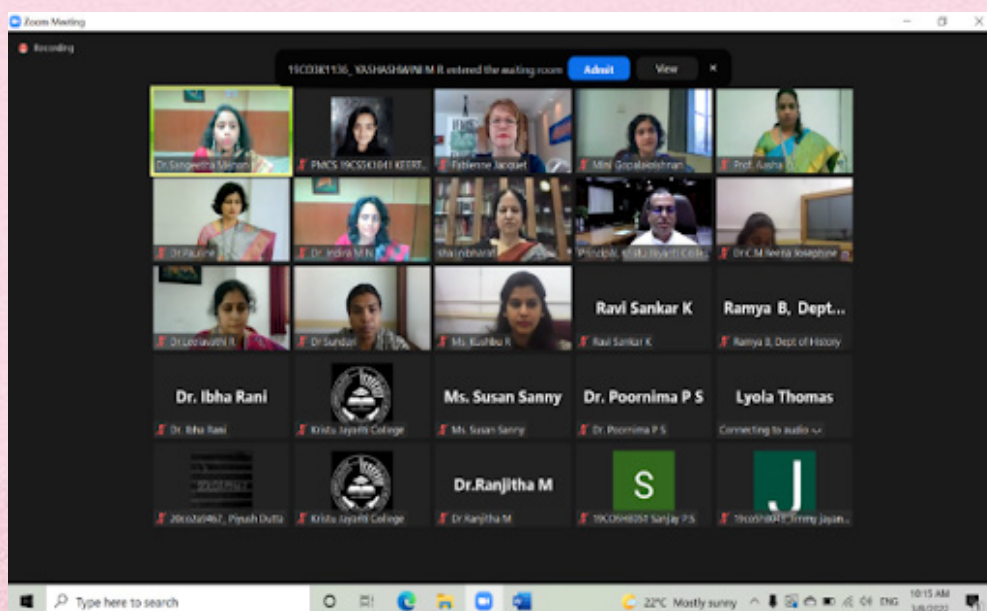
The lecture contained quality content on Entrepreneurship which would have been useful for the students to develop business skills. Figuring out our weaknesses and learning from our failures was the Centre stage and attracted most of the students. The final few minutes were refreshing as the students were taught how to meditate and breathe calmly to make things better at times when they are not so. The message on 'how to be unstoppable' was skillfully presented with expertise.



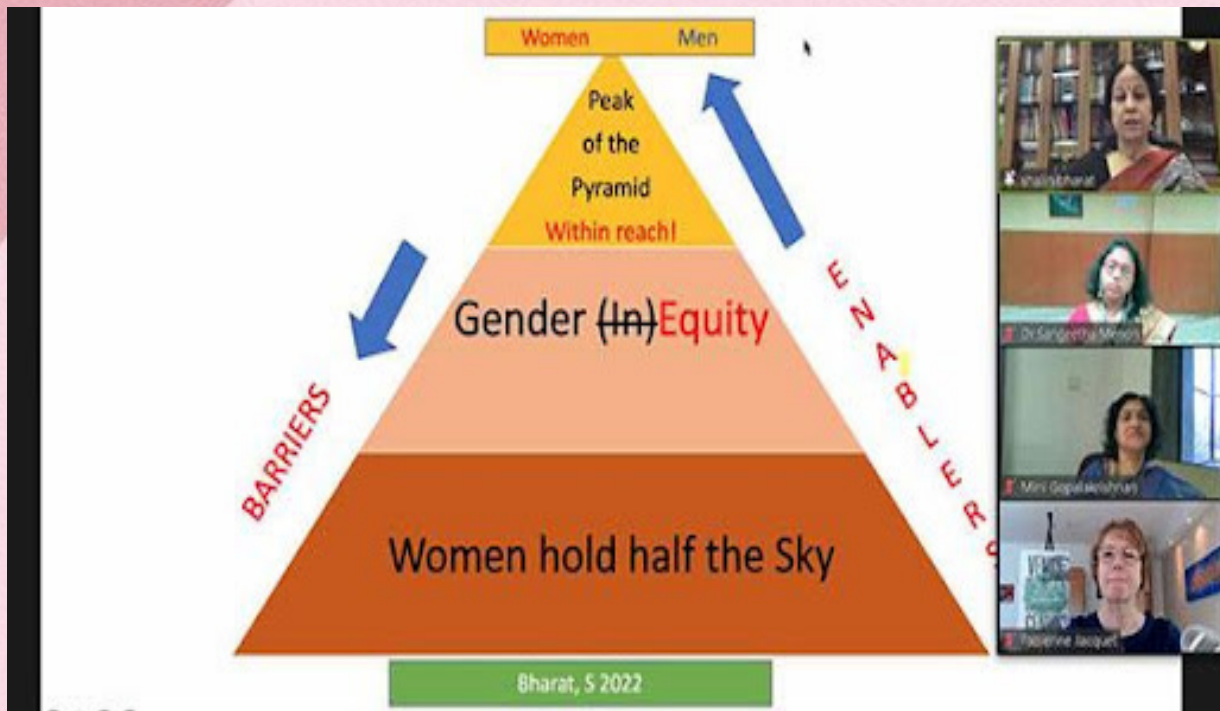
Ms. Tanushree Nair
Energy Consciousness Coach

Report On 8th International Virtual Conference- Gender Equity: Barriers, Inclusion and Enablers

The Women's Empowerment Cell of Kristu Jayanti College (Autonomous) Bangalore, organized 8th Virtual International Conference on Gender Equity: Barriers, Inclusion and Enablers on 8th March 2022 celebrating International Women's Day. More than 250 participants registered for the conference from academia, corporates and NGOs. The inaugural session was graced by the chief guest Prof. Shalini Bharat, Vice Chancellor, Tata Institute of Social Sciences, Mumbai. Dr. Pauline V N, Coordinator, Women's Empowerment Cell delivered a prelude to the conference. Presidential address was rendered by Rev. Dr. Augustine George, Principal, Kristu Jayanti College where Rev. Fr. Stressed on the role of Kristu Jayanti College and Women's Empowerment Cell to bridge the gender gap. He also mentioned the measures the cell and the college takes to encourage women faculty members as major decision makers and give equal opportunity to all.



The inaugural address by Prof. Shalini Bharat, Hon. Vice Chancellor, Tata Institute of Social Sciences, Mumbai enlightened the audience on gender inequality, gender gap and measures to balance the gender scale by bringing down the barriers and elevating the enablers.



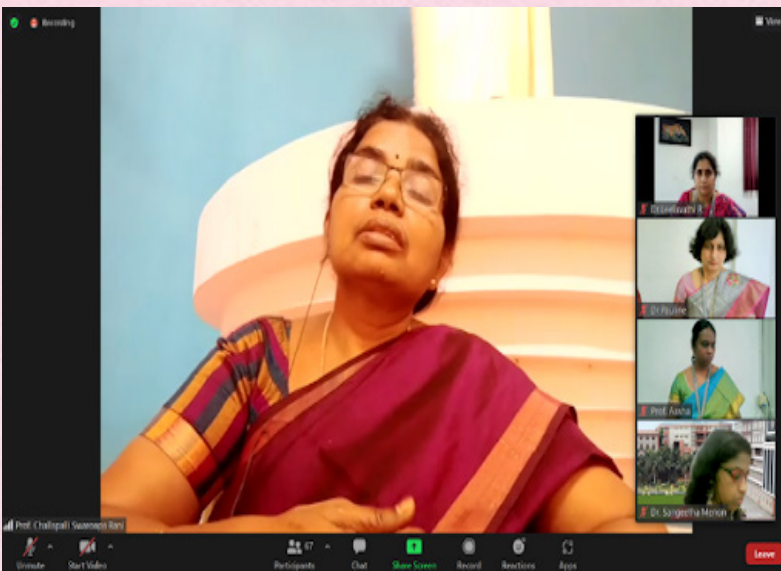
Inaugural Session of the 8th International Conference

First keynote session by Dr. Fabienne Jacquet, CEO Innoveve LLC, USA was an eye opener. Dr. Fabienne mentioned that women have fewer opportunities for economic participation than men, less access to basic and higher education, greater health and safety risks, and less political representation. Empowered women and girls contribute to the health and productivity of their families, communities, and countries, creating a ripple effect that benefits everyone. focusses on developing markets for innovations that advance gender equality; integrating gender issues within innovation; promoting women as innovators and entrepreneurs; and investing directly in technology-driven

innovative solutions that meet the needs of women and girls.



**Dr. Fabienne Jacquet,
CEO Innovene LLC, USA**



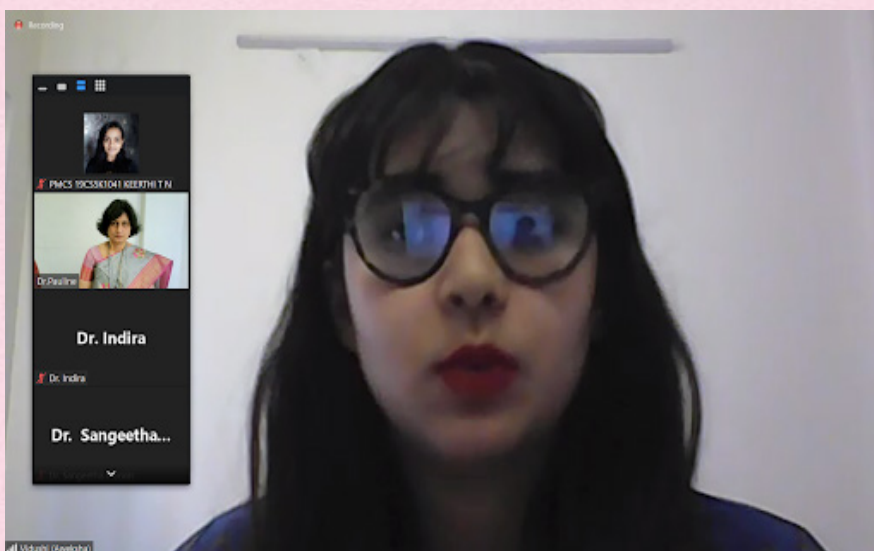
**Ms. Challapalli Swaroopa
Rani, Professor, Centre for
Mahayana Buddhist
Studies, Acharya
Nagarjuna University, Gun-
tur, Andhra Pradesh**

The second keynote session by Ms. Challapalli Swaroopa Rani, Professor, Centre for Mahayana Buddhist Studies, Acharya Nagarjuna University, Guntur, Andhra Pradesh spoke on barriers for growth of women, violence faced by women, honour killing and lack of basic amenities for women.

The speaker for third keynote Session was Ms. Vidushi from Aweksha who spoke on the recovery, and personal

journey with the goals of hope, empowerment and autonomy. She emphasized that for many people with mental health challenges, recovery is often possible and many factors contribute to recovery, including having a good support system of people that you like, respect and trust.

The fourth keynote session was a recorded session by Dr. Diana Fox, Professor and Chairperson of Anthropology, Bridgewater State University, Massachusetts which focused on role of Bridgewater State University in enacting decolonial feminisms through collaboration with United Maroon Peoples.



**Ms. Vidushi
from Aweksha**

The organizing committee received seventy two paper presentations which were grouped into six panels and the presentations were chaired by experienced academicians and conducted in parallel. The papers had research areas ranging from gender equity to gender gap and also effect of the pandemic on women population.



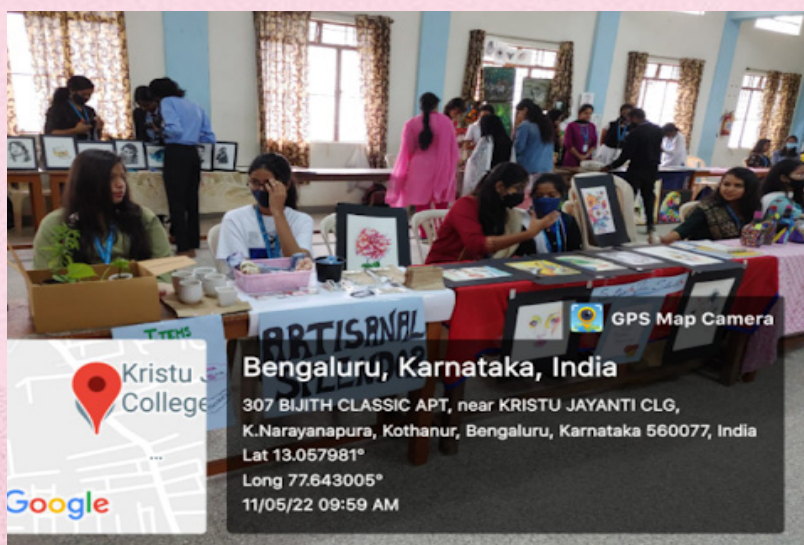
**Valedictory Note by Prof. Shakuntala Khatre,
Hon. Secretary (Academics), Mysore Education Society (MES)
Former Dean of Science and Registrar, Bangalore University**

The valedictory session was graced by Prof. Shakuntala Khatre, Hon. Secretary (Academics), Mysore Education Society (MES) and Former Dean of Science and Registrar, Bangalore University. Prof. Shakuntala Khatre spoke on gender equity and equality and the need to abolish the gender gap. The presidential address was given by Fr. Lijo P Thomas, Financial Administrator, Kristu Jayanti College. The conference report was presented by Dr. Sangeetha Menon, Member, Women's Empowerment Cell. All the sessions were well received by the participants and the conduct of the conference was appreciated by all.

SRUJANA 2022 – Everyone has a unique talent but few explore it

Report On Art and Craft Exhibition Cum Sale

Women's Empowerment Cell of Kristu Jayanti College conducted Srujana 2022- an Art and Craft Exhibition cum Sale by all UG and PG students on 11 May 2022. Mr. Sudhakar Pola, Executive Director. Audit Partnership Ltd and Fr. Joshy Mathew, Coordinator, Department of PG inaugurated the exhibition. The Chief Guest along with Fr. Joshy Mathew visited every stall with great excitement, interest, curiosity and expressed his appreciation and happiness with the skills and talents of the students who had put an exhibition cum sale of their creativity. There were 26 stalls setup by students displaying their creativity and skills put to the best use. The stalls were visited by faculty and students of the college and there was a quick 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 enhancing their entrepreneurial and marketing skills.



Participants displaying their products