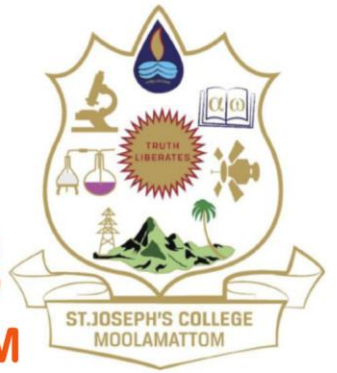


**ST. JOSEPH'S
COLLEGE, MOOLAMATTOM
ARAKULAM P.O- 685591, IDUKKI, KERALA**



**1.3.1 Institution integrates crosscutting issues relevant to
Professional Ethics, Gender, Human Values, Environment and
Sustainability in transacting the Curriculum**

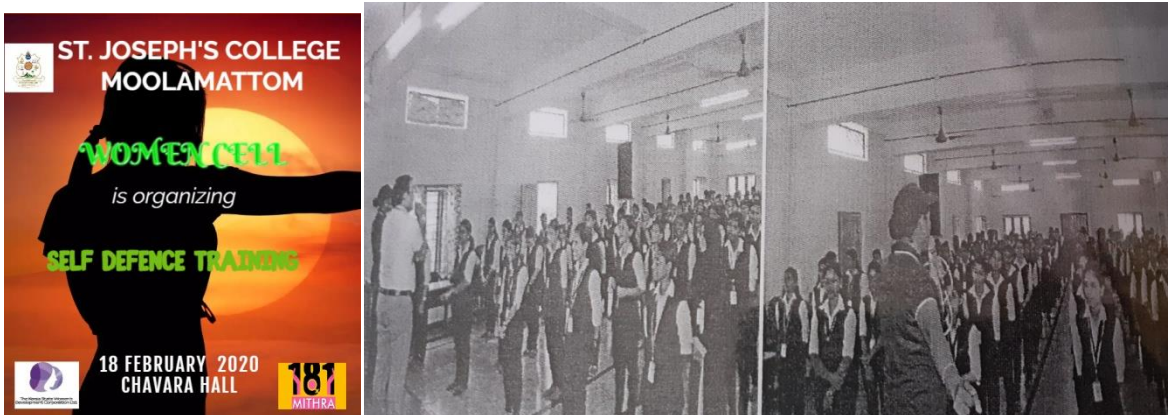
**CROSSCUTTING ISSUE ADDRESSED:
GENDER**





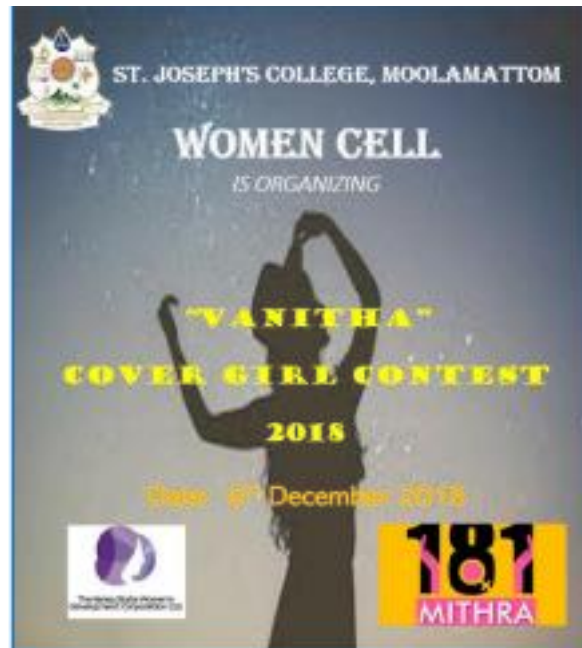
Self Defense Programme

A self-defense session was conducted by the Women's Cell on February 18, 2020, with Ms. Arya Bose from VOSARD guiding 150 participants at St. Joseph's College. The training was aimed at empowering women with the skills to ensure their personal safety. The program tackled gender sensitivity by enabling women to protect themselves, fostering a sense of independence and resilience.



VANITHA Cover Girl Contest - 2018

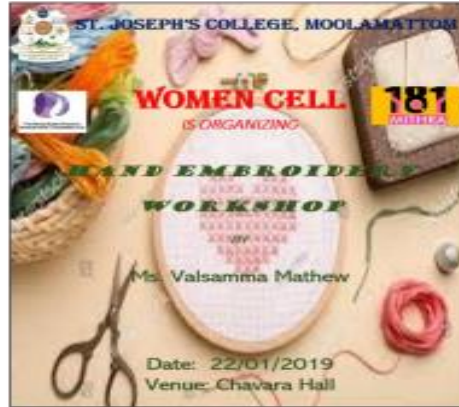
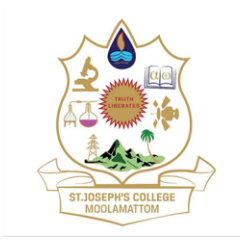
Organized by the Women Cell, St. Joseph's College Moolamattom on 06th December 2018, this event celebrated beauty and talent with 10 participants, highlighting individuality and inner strength. Certificates recognized the winners. The contest promoted diversity, self-expression, and women's empowerment, fostering gender sensitivity.



VANITHA Cover Girl Contest - 2018

Hand Embroidery Workshop

The Women Cell held a hand embroidery workshop on 22nd January 2019, led by Ms. Valsamma Mathew, with 22 participants at Chavara Hall, aimed at skill development. It successfully promoted teamwork, creativity, and practical skills, contributing to gender empowerment.



Hand Embroidery Workshop

Exhibition-Cum-Sale of Handicraft Items and Home Made Delicacies

On 13th February 2019, the Women Cell and Entrepreneurship Development Club (ED Club) presented an exhibition with 20 participants, featuring handicrafts and delicacies. Cash prizes were awarded for the best work. This encouraged entrepreneurship and skill development, bolstering gender equity.



Exhibition-cum-sale of handicraft items and home-made delicacies

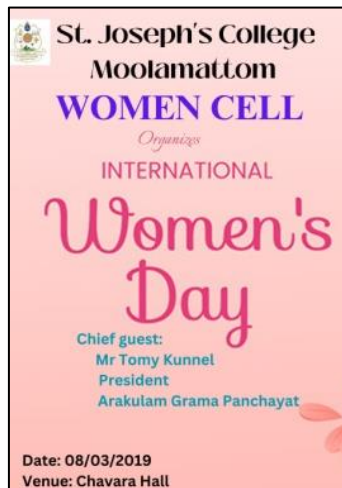
Mehndi Design Competition

Hosted by the Women Cell on 20th February 2019, this competition attracted participants from over ten colleges. Winners were recognized for their artistic skills. The event encouraged cultural appreciation and creativity, supporting gender sensitivity through the celebration of traditional art.



International Women's Day Celebration and Self Defense Training

Celebrated on 08th March 2019 by the Women Cell with Mr. Tomy Kunnel presiding, this event included an elocution contest, recognition of societal contributions, and self-defense training for 150 participants. It aimed at creating awareness about gender equality and empowering women.



Self Defense Training Programme



Manuscript Magazine Release

On 19th March 2019, the Women Cell released "**KILIMOZHI 2018**", a manuscript magazine, with social activist Daya Bai as chief guest. This initiative highlighted the creative and intellectual talents of female students and underlined the college's commitment to gender sensitivity and creative expression.

Welfare Programmes for Women & Youth

The Women Cell organized a seminar on 14 January 2020, on "**Welfare Programmes for Women & Youth**," with Mr. Abhilash Joseph from IPCAI leading the seminar at Chavara hall, St. Joseph's College Moolamattom. The event aimed at informing female students about various welfare initiatives available for their empowerment. The program promoted gender sensitivity by equipping women with knowledge about their rights and available growth opportunities, thereby fostering their personal and professional development.



Manuscript Magazine

In the 2019-20 academic year, the WOMEN CELL of St. Joseph's College launched "**MINERVA**", a manuscript magazine that provided a creative outlet for female students.

Webinar on "Gender Equality and Women's Rights"

The Women Cell organized a webinar on "**Gender Equality and Women's Rights**" on August 26, 2020. The Resource person for the session was Dr. Shibi P. Varghese, Medical officer of Homeopathy and the state president of Kerala Chapter of National Forum for People's Rights.



ST. JOSEPH'S COLLEGE

MOOLAMATTOM

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WOMEN CELL
ST. JOSEPH'S COLLEGE MOOLAMATTOM
Re-accredited by NAAC with A grade
ORGANIZES WEBINAR ON
Gender Equality and Women's Rights

26 AUGUST 2020
Resource Person
2:00 PM - 3:00 PM

No registration fee

PRINCIPAL
Dr. Ebey P. Koshy











Dr. Shibi P. Varghese
Medical officer, Homeopathy dept, kannur
President, QUETZAL Society for Training
and Education

Coordinators
Dr. Sobhiha Sebastian
9446713299
Ms. Sunita Mathew
9447716195

“Meet Your Sisters” Program

As Part of the International Women’s Day, Women Cell organized a webinar, “**Meet Your Sisters**” on March 12, 2021 to acknowledge the empowered Alumnae of the college and to introduce them to the students to motivate them. Cine Artist Ms. Sruthi Jayan inaugurated the programme.

St. Joseph's College, Moolamattom Women Cell
Meet Your Sisters 2021
An integrated platform to appreciate the dignified alumnae of St. Joseph's College, Moolamattom

 Dr. Sindhu Mathai Assistant Professor of Chemistry, Cochin University of Science and Technology	 Dr. Cincila T. Joy Assistant Professor of Physics, Alphonsa College, Pala
 Dr. Bindhu Thomas Lecturer of Botany, Walter Sisulu University Mthatha, South Africa	 Dr. Sheeja Johnson Station Master for Indian Railways, Mulanthuruthi
 Dr. Shrmy Isaac District Child Development Project Officer, Kottayam	 Dr. Bitty Joseph Assistant Professor of Physics, St. George's College, Aruvithura
 Dr. Deepa Thankappan Junior Telecom Officer, Pothanikkadu Exchange	 Dr. Sona Mathew Chief Officer, Mid Corporate Credit Processing Centre of South Indian Bank Kalamassery
 Dr. Divya P. Mannakunnel Assistant State Tax Officer, Thodupuzha	 Dr. Dhiva Arun Mathew National Administration Secretary, YWCA of India

Webinar on ‘Adolescent Health and Hygiene’

To address the need and demand for healthcare of girl students, the Cell organized a Webinar on ‘**Adolescent Health and Hygiene**’ on March 31, 2021. Rev. Dr. Sr. Sijo Francis, HOD, Department of Chemistry, was the resource person.



Poster Designing Competition

As part of the International Day for the Elimination of Violence against Women, a **poster designing competition** was held on **25th November, 2021**. Miss. Krishnapriya T.P. of II BA English was the winner.

Wall Painting Competition to Raise Awareness on Domestic Violence

On 4th December 2021, students from our college participated in the **Wall Painting competition** conducted at Muttom as part of the awareness programme on **domestic violence organized** by the District Women and Child Development Office Idukki. Ms. Sethulakshmi MA of II BBA and Miss. Aleena Baby of III B. A. Economics secured the second and third position respectively.



‘Orange the World – Stop Violence Against Women Campaign

On December 9, 2021, Women Cell, NCC, and NSS Units organized a campaign ‘Orange the World – Stop Violence Against Women’ in the campus. Along with the hand print and signature campaign, a stunning flash mob was performed by the members of Women Cell.



Students with the hand print and, a stunning flash mob

Debate Competition: ‘Sthridhana Sambradhayam Kalaharanapedum’

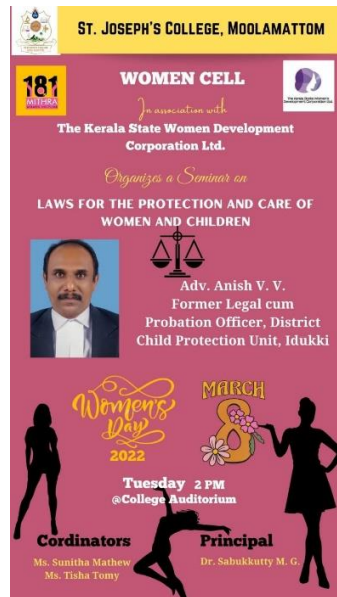


Program Inauguration: *Sthridhana Sambradhayam Kalaharanapedum* - Debate

In association with the District Women and Child Development Office Idukki, Women Cell organized a **debate competition** on the topic: '*Sthridhana Sambradhayam Kalaharanapedum*' (The Dowry System will be Outdated) on March 2, 2022 wherein a student from each department was allowed to participate.

Seminar – Laws on the Protection of Women Rights

The Women Cell of the College arranged a seminar on **Laws on the Protection of Women Rights** on 8th March 2022. The Resource Person was Adv. Anish V. V., Former Legal Officer, District Child Protection Unit, Idukki. The entire students of the College participated in the programme.



Seminar on Laws on the Protection of Women Rights

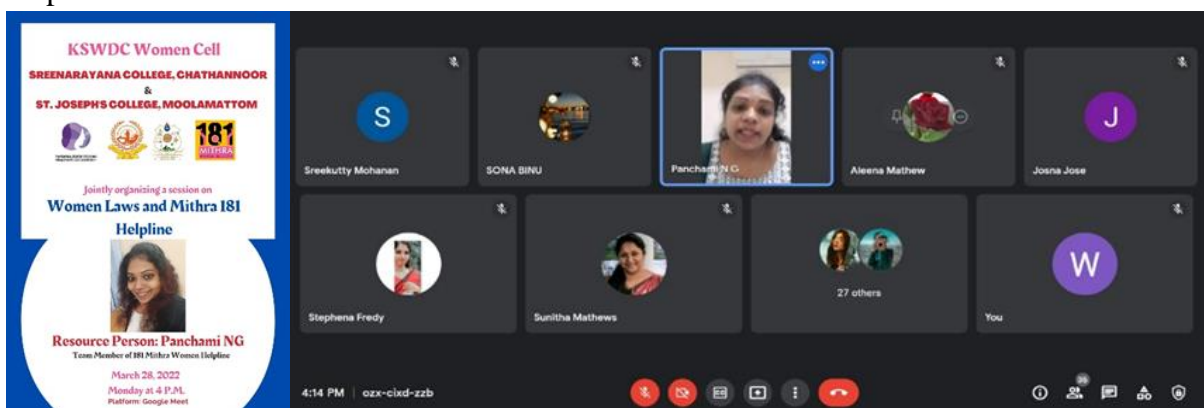
Self Defence Training Programme

Women Cell organized a **Self Defence Training Programme** on **21st March 2022**. The Master trainers of Self Defence from Women Cell, Idukki lead the session. Around hundred students were benefitted out of the programme.



Inauguration and Students Training on Self Defense

A webinar on Women Laws and Mithra 181 Helpline organized on 28 March 2022 at 4 pm was very enlightening. The resource person was Panchami N. G., member of 181 women helpline team.



Webinar on Women Laws and Mithra 181 Helpline

Session on Basics of Gym Workout

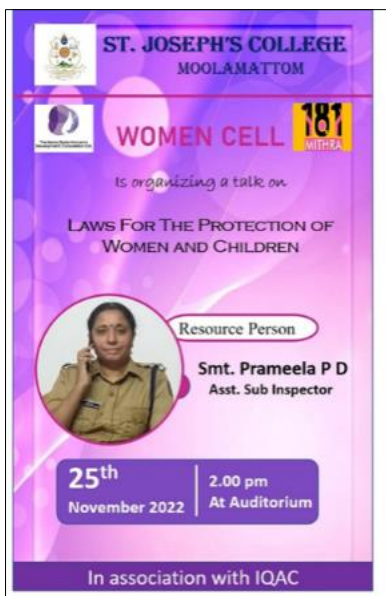
In order to emphasize the need for daily exercise among girls, a **physical training session** was arranged on 31 March 2022 at St. Joseph Gymnasium. Trainer Mr. Jissmon V.J demonstrated various exercises and body building techniques to the students.



Students undergoing training session on Basics of Gym Workout

Talk on “Laws for the Protection of Women and Children

The women cell of St. Joseph’s College, Moolamattom organized a invited talk on the topic “Laws for the protection of women and children”. Smt. Prameela P D, ASI, Thodupuzha Police Station served as the resource person. It was conducted on 25th November 2022 at 2.00 pm at the college auditorium.



Poster Making Competition - Say No to Dowry

Women Cell in connection with Anti-Dowry Day observed on 26th November 2022, organized a poster making competition on the topic “Say No to Dowry”. The winners of the competition were awarded cash prizes.



A Talk on Gender Sensitization-Legal Awareness on Gender Equality

The women cell in association with Gender Sensitization cell of St. Joseph's College, Moolamattom organized an invited talk on the topic “**Legal Awareness On Gender Equality**”. Adv. K Ravikumar, Ex. Additional Government Pleader & Additional Public Prosecutor, Pala, was the resource person. It was conducted on 19th January 2023 at 11.00 am at the college auditorium.

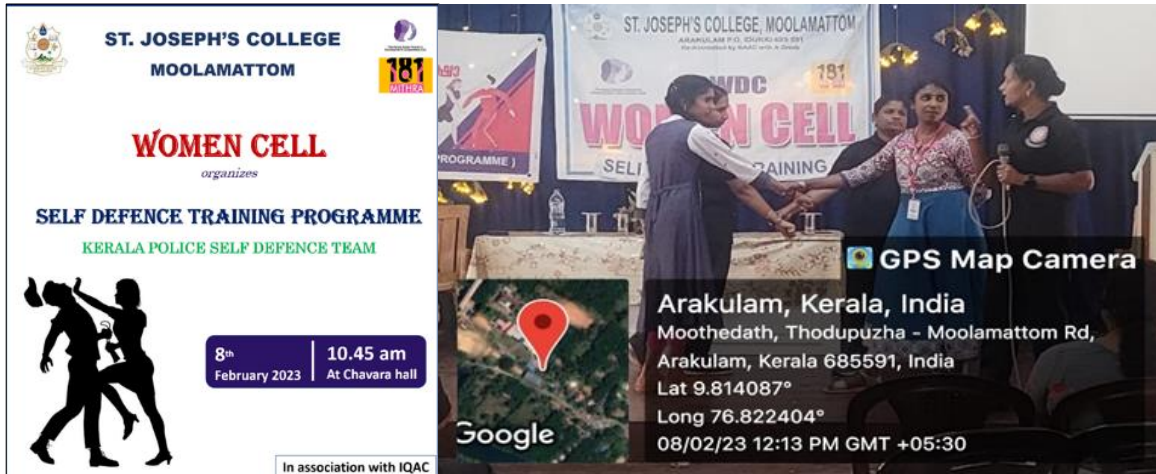


Program Inauguration: Legal Awareness on Gender Equality

Self Defense Training



The Women Cell of St. Joseph's College, organized a **Self Defence Training Programme** on 8th February 2023. The Master trainers of Self Defence from Women Cell, Idukki lead the session.



Students with Self Defense training

Awareness Class For Kudumbashree Members – Arogya

The awareness class titled "AROGYA" was conducted as a part of UNARVU – 2022, under the IPCAI Grace Community program by MSW students of St. Joseph's College, Moolamattom. This event took place in the library hall at Pampady, where the Kudumbashree members gathered on the 22nd of August, 2022. The focus of the session was on health-related issues commonly faced by women and the preventative measures for such conditions. Ms. Abiya Kurian, Ms. Gayatri N. Nair, and Ms. Sruthi Mohan, MSW students, led the class. A total of 12 Kudumbashree members participated in this informative programme.



session on health-related issues commonly faced by women and the preventative measures

Women's Day Celebration

The Department of Social Work in association with Chazhikattu Hospital, Thodupuzha organised women's day celebration on 08/03/2023. As part of the programme a free medical camp was organised at the hospital to address **gynaecological issues among women**. In the afternoon a medical seminar on '**Dermatology**' was organised at Chavara Hall. The seminar was presided over by Dr. Anne George (Dermatologist & Cosmetologist) and Dr. Asiya A L (General Practitioner) from Chazhikattu Hospital, Thodupuzha.



National Girl Child Day

The Social Work Department celebrated **National Girl Child** day by making and circulating a short film on the very concept "**Protecting a Girl Child is Protecting a Generation**" on 24/01/2021



Woman's Day Celebration - "The Great Indian Support"

The woman's day celebration was conducted by Social Work Department on the theme - "**The Great Indian Support**". The specialty of the programme was that the entire activities were conducted by boys. As part of the programme two lucky women from the College were selected through lottery and gifted. The students (boys) of the Social Work Department visited each and



every class and conveyed the message of the day and screened a short film created by the Department itself.



Woman's Day Celebration – Prizes given to two lucky women selected through lots

International Women's Day Observation and Medical Camp

International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women. Therefore, the Department of Social Work and NSS unit of St. Joseph's College celebrated women's day on 8th March 2023. For this, a medical seminar was organized in association with Chazhikattu Hospital, Thodupuzha. This medical seminar was inaugurated by Hon'ble College Principal Dr. Sabukutty MG. Understanding **Skincare and Cancer in Women – Early Detection and Prevention** were selected as the main topics.





Seminar on Skincare and Cancer in Women – Early Detection and Prevention

The first topic was dealt with by Dr. Annie George, MBBS, MD (Dermatologist and Cosmetologist) and the second topic was dealt with by Dr. Asiya A. L, MBBS (General practitioner, Chazhikattu Hospital Cancer Centre). Dr. Mathew Joseph Kanamala, the HOD of the Social Work Department, and Ms. Christy Joseph, the NSS Program Officer, provided guidance for the seminar. Furthermore, the IQAC coordinator, Mr. Roby Mathew, extended his felicitations and commended the team for their outstanding organizational efforts.