



WOMEN CELL REPORT 2024-25

MERCY COLLEGE PALAKKAD



WOMEN CELL ACTIVITIES 2024-2025

1.Report on Discussion on LGBTQ+ Lived Experiences – Organized by the Women's Cell – June 27, 2024

The Women's Cell of Mercy College Palakkad organized a discussion on LGBTQ+ lived experiences titled "Beyond the Binaries" on June 27, 2024. The session featured Ms. Aneera Kabeer, a teacher and trans activist, as the resource person. She shared powerful insights on gender diversity, challenges faced by the LGBTQ+ community, and the importance of inclusivity. The session encouraged students to embrace diversity, promote equality, and foster empathy. It was an enlightening and thought-provoking event, promoting awareness and acceptance.



2. Welcoming the four-year UG Freshers by Women Cell

The college organized a Welcome Card Distribution program on July 1, 2024, to greet the FYUGP freshers with warmth and enthusiasm. The event aimed to make the newcomers feel comfortable and valued as they embarked on their academic journey. Each fresher received a creatively designed card with a motivational message and best wishes for their future. The distribution process was carried out in an organized and cheerful manner, fostering a sense of belonging among the students. The event successfully created a positive and welcoming environment, helping the freshers feel comfortable and motivated as they began their college journey.



3. Report on Film Screening for Hiroshima Day – Organized by the Women's Cell – August 6, 2024

The Women's Cell of Mercy College Palakkad organized a Film Screening on August 6, 2024, to commemorate Hiroshima Day. The event aimed to raise awareness about the horrors of nuclear warfare and promote messages of peace and harmony. The film portrayed the devastating impact of the atomic bombing on Hiroshima, leaving a strong emotional impact on the viewers. The screening was followed by a brief discussion, encouraging participants to reflect on the importance of global peace. The program effectively fostered empathy and a sense of responsibility towards promoting non-violence.



4.Report on Awareness Session on Environment and Adolescent Health – Organized by the Women’s Cell – August 8, 2024

The Women’s Cell of Mercy College Palakkad, in association with PK DAS Institute of Medical Sciences, Vaniyamkulam, conducted an awareness session on environment and adolescent health on August 8, 2024. Dr. Aparna Padmanabhan, Assistant Professor from the Department of Community Medicine, PKDIMS, served as the resource person. The session covered environmental issues, sustainable practices, and challenges related to adolescent health, offering valuable insights. The interactive discussion encouraged participants to adopt eco-friendly habits and prioritize their physical and mental well-being. The program effectively enhanced awareness and promoted healthy lifestyle practices.

MERCY COLLEGE PALAKKAD
Women Cell
 In association with
PK DAS Institute of Medical Sciences, Vaniyankulam
organises
An awareness session on
Environment & Adolescent Health
Resource Person



Dr. Aparna Padmanabhan
 MD, DNB, MNAMS
 Assistant Professor
 Department of Community Medicine, PKDIMS

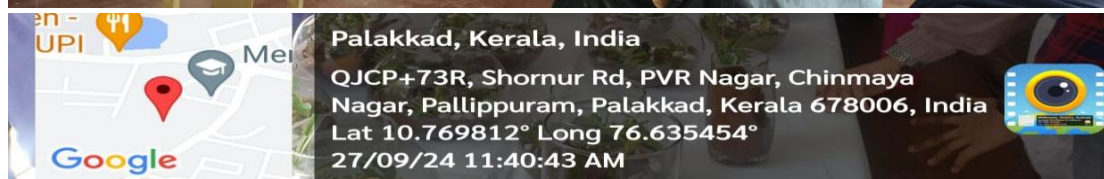
12:50 - 1:50 PM **08/08/2024** **@SEMINAR HALL**
Thursday



5. Report on Nutrition for All – Exhibition on Nutrition and Health – Organized by the Women's Cell – September 27, 2024

The Women's Cell of Mercy College Palakkad, in association with Avitis Institute of Medical Sciences, organized a Nutrition for All exhibition on September 27, 2024. The event featured free BMI checking and body fat composition analysis by experienced dietitians. The exhibition aimed to promote health awareness and the importance of balanced nutrition for overall well-

being. Students and staff actively participated, gaining valuable insights into healthy food choices and lifestyle habits. The program effectively encouraged health-conscious practices among the attendees.



6.Report on *Ammakkoru Kathu* – Writing Letters to Inmates of Old Age Homes – Organized by the Women’s Cell – October 15, 2024

The Women’s Cell of the college organized Ammakkoru Kathu on October 15, 2024, a touching initiative where students wrote personalized letters to the inmates of local old age homes. The program aimed to spread warmth, care, and emotional support to the elderly, many of whom experience loneliness. Students expressed their affection and compassion through heartfelt messages, sharing words of encouragement and love. The event fostered empathy and social responsibility among the participants, making them more aware of the emotional needs of the elderly. The initiative was greatly appreciated, bringing smiles and comfort to the old age home residents.

**MERCY COLLEGE
WOMEN CELL**
in association with
Department of Social Work
observes
World Mental Health Day
അമ്മയ്ക്ക് ഒരു കത്ത്

**Words of wellness: Expressing
Mental Health through Letters**
**Students can drop anonymous letters
in the box kept in front of college.
It will be send to the old aged mothers
in the Mercy Home**
15 th October 2024
Made with PosterMyWall.com




Palakkad, Kerala, India
Ammaykkoru Kathu, Mercy College Women Cell QJ9P+424, Thondikulam, Nuranji,
Palakkad, Kerala 678004, India
Lat 10.768304°
Long 76.634875°
15/10/24 11:17 AM GMT +05:30



7. Report on Breast Cancer Awareness Program – Organized by the Women’s Cell in Association with Rajagiri Hospital – October 24, 2024

The Women’s Cell of Mercy College Palakkad organized a Breast Cancer Awareness Program on October 24, 2024, in collaboration with Rajagiri Hospital, Ernakulam. The event featured awareness sessions led by Dr. Amrutha T S from the Department of Community Oncology and Dr. Susan John from the Department of Community Medicine. The program highlighted the importance of early detection, self-examination techniques, and preventive care, followed by an interactive Q&A session. The event successfully enhanced awareness and promoted proactive health practices among students and faculty.

RESOURCE PERSONS



DR. SUSAN JOHN
Rajagiri Hospital



DR. AMRUTHA T S
Rajagiri Hospital

Faculty Coordinators
Dr. Sr. Sigi M V
Anaida Ann Jacob
Student Coordinator
Sreedevi KD2 BCom CA

METS
Mercy Extension Activities
An IQAC Initiative

PROGRAMME CHART

PRAYER
WELCOME SPEECH - DR. SR. SIGI M V
Assistant Professor, Department of Languages

PRESIDENTIAL ADDRESS - DR. SR. JORRY T F
Principal, Mercy College Palakkad

INAUGURATION - SMT. PRAMILA SASIDHARAN
Chairperson, Palakkad Municipality

FELICITATION - ADV. BEENA P V
Legal Counsellor, Mercy College

AWARENESS SESSIONS LED BY
DR. AMRUTHA T S
Department of Community Oncology
Rajagiri Hospital

DR. SUSAN JOHN
Department of Community Medicine
Rajagiri Hospital

INTERACTIVE Q&A SESSION

VOTE OF THANKS - ANAIDA ANN JACOB
Assistant Professor in Economics
Women Cell Coordinator

Free Medical Screening by Expert Doctors @ College

24/10/24
THURSDAY
2-3:30 PM
@MAIN SEMINAR HALL

MERCY COLLEGE PALAKKAD
KSWDC WOMEN CELL
in association with

Rajagiri Hospital
The cause. The cure.

BREAST CANCER AWARENESS PROGRAM
Early Detection is the best protection

INAUGURATION **PRESIDENTIAL ADDRESS**




SMT. PRAMILA SASIDHARAN
CHAIRPERSON
PALAKKAD MUNICIPALITY


DR. SR. JORRY T F
PRINCIPAL
MERCY COLLEGE



Palakkad, Kerala, India
Breast Cancer Awareness session, Department of Languages & Women Cell
Mercy College Palakkad Q/9p+19v, Pallippuram, Palakkad, Kerala 678004, India
Lat 10.769309° Long 76.635653°
24/10/24 02:29 PM GMT +05:30



Palakkad, Kerala, India
Breast Cancer Awareness session, Department of Languages & Women Cell
Mercy College Palakkad Q/9p+19v, Pallippuram, Palakkad, Kerala 678004, India
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Palakkad, Kerala, India
Breast Cancer Awareness session, Department of Languages & Women Cell
Mercy College Palakkad Q/9p+19v, Pallippuram, Palakkad, Kerala 678004, India
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24/10/24 03:05 PM GMT +05:30

8. Report on "Orange the World" Campaign – Mercy College Women's Cell Date: December 5, 2024

The Women's Cell of Mercy College Palakkad organized the "Orange the World" campaign on December 5, 2024, to raise awareness about gender-based violence. As part of the event, the participants conducted a rally within the college premises, holding placards and banners with powerful messages advocating for women's safety and equality. Additionally, a hand impression activity was held, symbolizing solidarity and commitment to ending violence against women. Students and faculty actively participated, making the event impactful and visually striking. The campaign successfully promoted awareness, unity, and a call for action against gender-based violence.



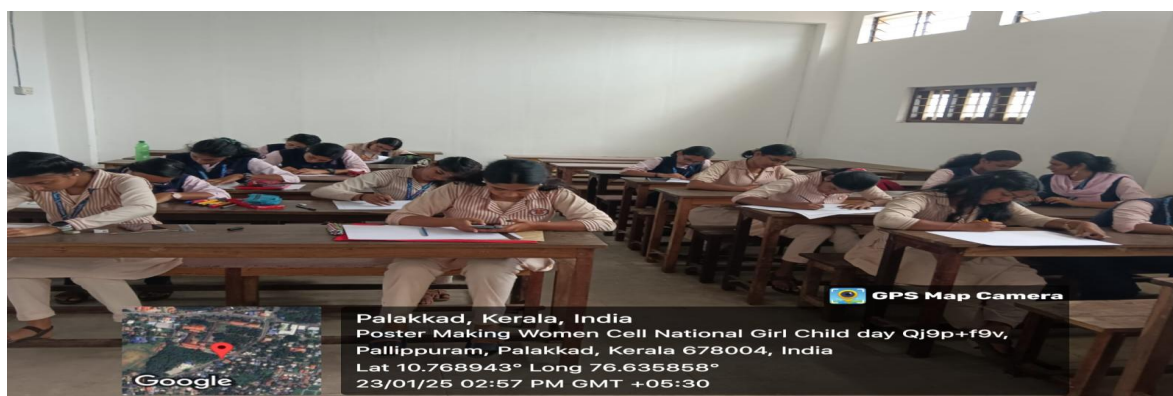
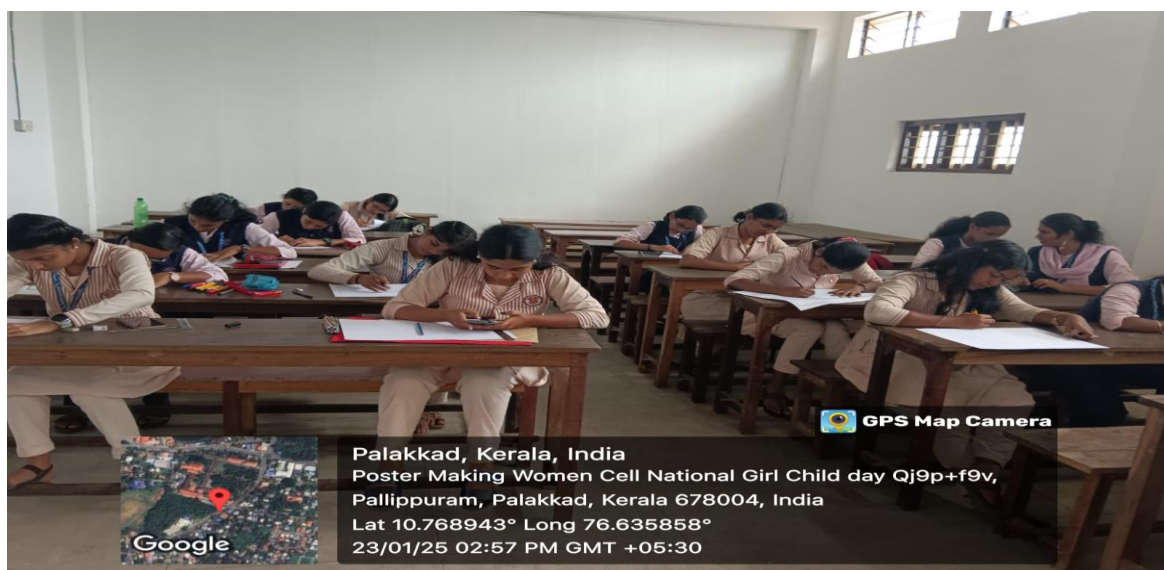
9. Poster Competition for National Girl Child Day – Organized by the Women's Cell – January 23, 2025

The Women's Cell of the college conducted a Poster Competition on January 23, 2025, in celebration of National Girl Child Day. The event aimed to raise awareness about gender equality, girl child rights, and empowerment through creative expression. Participants showcased their talent by designing thought-provoking and visually appealing posters highlighting themes like education, equality, and safety of girls. The competition witnessed active participation and innovative ideas, making it a platform for students to express their views on gender issues. The event successfully promoted awareness and advocacy for the rights and dignity of the girl child.

🥇 First - Sreya M, D1 English

🥈 Second - Monitha M D1 Maths

🥉 Third - Dharsana U V, D2 English & Varsha M , D1 Maths



10. Report on Flashmob – National Girl Child Day Observance on 27/01/2025

The Women's Cell of Mercy College Palakkad organized a flashmob on January 27, 2025, to mark the observance of National Girl Child Day. The performance took place on the college campus, attracting the attention of students and faculty. Through energetic dance moves and symbolic gestures, the flashmob conveyed a strong message on the importance of empowering and educating the girl child. The event effectively highlighted issues related to gender equality, female education, and the rights of girls. The impactful performance inspired awareness and promoted positive social change.



11. Report on Medhangana – Celebrating Womanhood – March 7, 2025

The Women's Cell of Mercy College Palakkad organized a live performance event titled "Medhangana – Celebrating Womanhood" on March 7, 2025, at the College Reception. The event, held at 12:30 PM, showcased vibrant performances symbolizing the strength, grace, and resilience of women. The colourful and energetic acts captivated the audience, promoting a spirit of empowerment and unity. The celebration effectively highlighted the essence of womanhood through artistic expression. It was a memorable and inspiring event, leaving a lasting impression on all attendees.



12.Report on "വനിതാ പഠന വേദി" – Mercy College Women's Cell

The Women's Cell of Mercy College Palakkad, in association with International Women's organized a "വനിതാ പഠന വേദി" (Vanitha Padhana Vedi) session on March 7, 2025, from 10:30 AM to 12 Noon. The event took place at Pallipuram Ward 37 and aimed to raise

awareness on women's health and legal rights through interactive classes. Smt. Mini Babu, Ward Councillor Pallipuram, Palakkad presided over the function. Dr Sindhu Shajan, Homeo Doctor, Ashams Clinic Palakkad was the speaker of the day. Raina Shirin (D2 History) and Sreelakshmy (D1 Maths) coordinated the program. The session effectively promoted women's empowerment and knowledge among the participants.



വനിതാ സെൽ
മേഴ്സി കോളേജ് പാലക്കാട്

കേരള സംസ്ഥാന വനിതാ വികസന
കോർപ്പറേഷൻ
ആഭിമുഖ്യത്തിൽ
അന്താരാഷ്ട്ര വനിതാ ദിനാഘോഷത്തോടനുബന്ധിച്ച്
നടത്തുന്ന

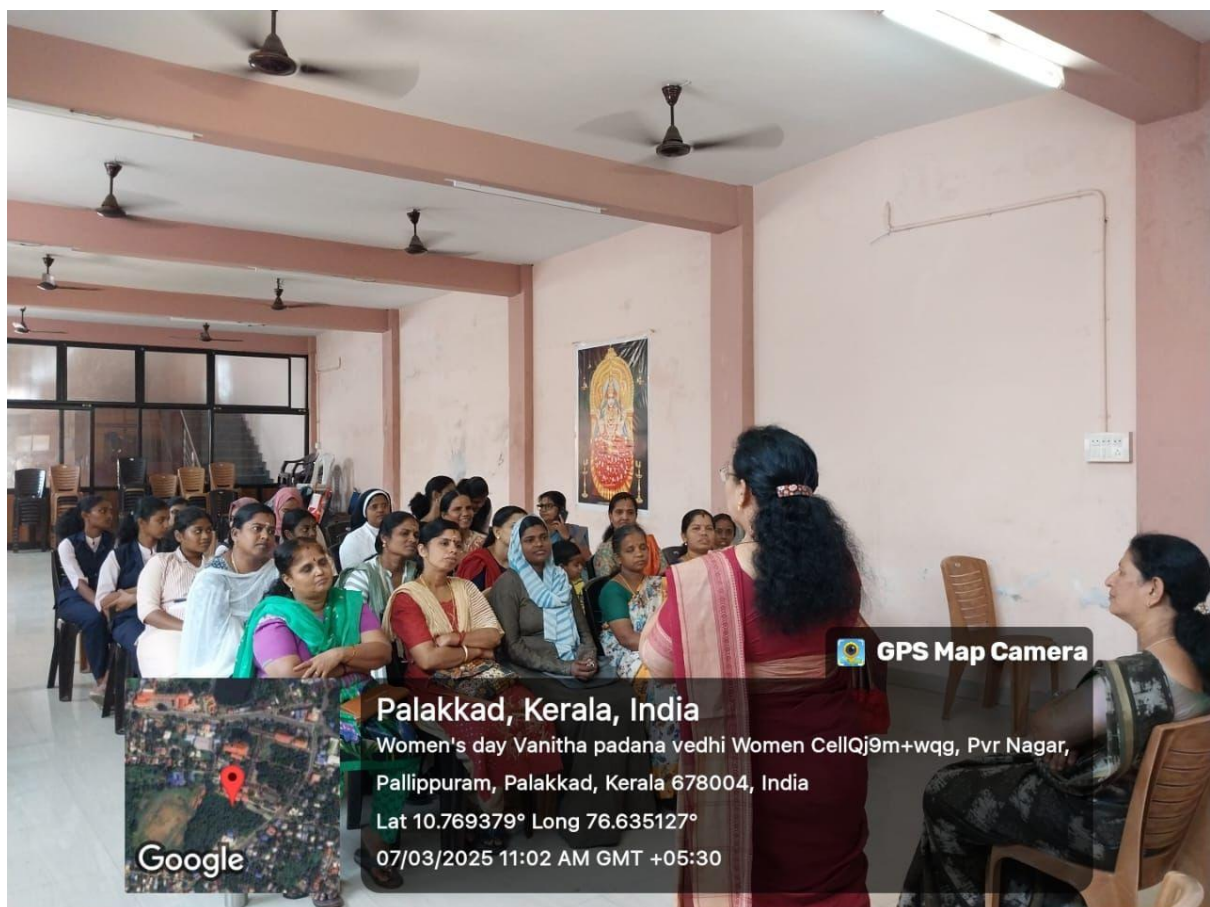
വനിതാ പഠന വേദി

സ്ത്രീകൾക്കായി ആരോഗ്യ -നിയമ
അവബോധ ക്ലാസുകൾ

MARCH 7, 2025
10:30 AM - 12 Noon

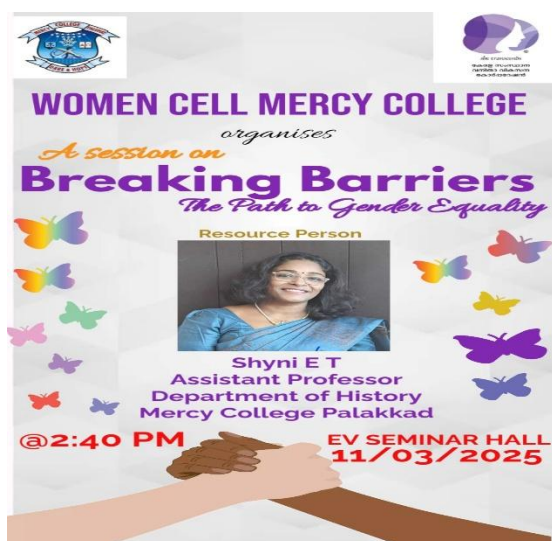
Location: PALLIPURAM WARD 37 Contact: RAINA SHIRIN -D2 HISTORY
SREELAKSHMY -D1 MATHS

Empowerment!



13. Report on "Breaking Barriers – The Path to Gender Equality" – Mercy College Women's Cell

The Women's Cell of Mercy College Palakkad organized a session titled "Breaking Barriers – The Path to Gender Equality" at the EV Seminar Hall on March 11, 2025, at 2:40 PM. The session featured Shyni E T, Assistant Professor from the Department of History, as the resource person. She delivered an insightful talk on gender equality, addressing the challenges and solutions in overcoming societal barriers. The session effectively promoted awareness and empowerment, encouraging participants to advocate for a more inclusive society. It was a thought-provoking and impactful event.




PARTICIPATION IN THE STATE LEVEL CAMP

ANAGHA T R & NITHYA V of III BA English of Mercy College participated in a 10-day residential training programme "Future Women Leaders Grooming Programme" conducted by KSWDC at Trivandrum from 27th December 2024 to 5th January 2025.




PRINCIPAL
MERCY COLLEGE
Palakkad - 678 006




ANAIDA ANN JACOB
Assistant Professor
Department of Economics
Mercy College, Palakkad - 06

WOMEN CELL

CO-ORDINATOR

MERCY COLLEGE

PALAKKAD - 06