



WOMEN CELL ACTIVITIES MERCY COLLEGE PALAKKAD REPORT

2023-2024



WOMEN CELL ACTIVITIES 2023-24

Mercy College's Women Cell has been actively involved in organizing diverse programs aimed at enhancing women's participation and empowerment. The initiatives undertaken have covered a spectrum of themes, including environmental awareness, legal education, career guidance, and community engagement.

CULTURAL WING PROGRAMS


1) Letter Writing Competition 'Bhoomikkoru Kathu' – June 5th

One of the noteworthy events organized by the Women Cell was the letter writing competition titled 'Bhoomikkoru Kathu' on June 5th. This competition played a pivotal role in enhancing environmental empathy among the students. Participants were encouraged to express their thoughts on environmental issues through the art of letter writing.



2) Poster Making Competition - “Freedom in the 21st Century” - August 18th

On August 18, 2023, Mercy College organized a poster-making competition for students, centered around the theme “Freedom in the 21st Century.” The event aimed to encourage creative expression and critical reflection on the concept of freedom in the contemporary era.



MERCY COLLEGE PALAKKAD
Affiliated to University of Calicut
Reaccredited by NAAC with A grade in 4th Cycle

KSWDC WOMEN CELL
organises
Poster Competition

Topic: 'Freedom of women
in 21st century'

Date :18th August 2023
Time:12:50 - 1:50 pm
Venue:EV Seminar Hall

Kindly register your names in Dept. of Economics

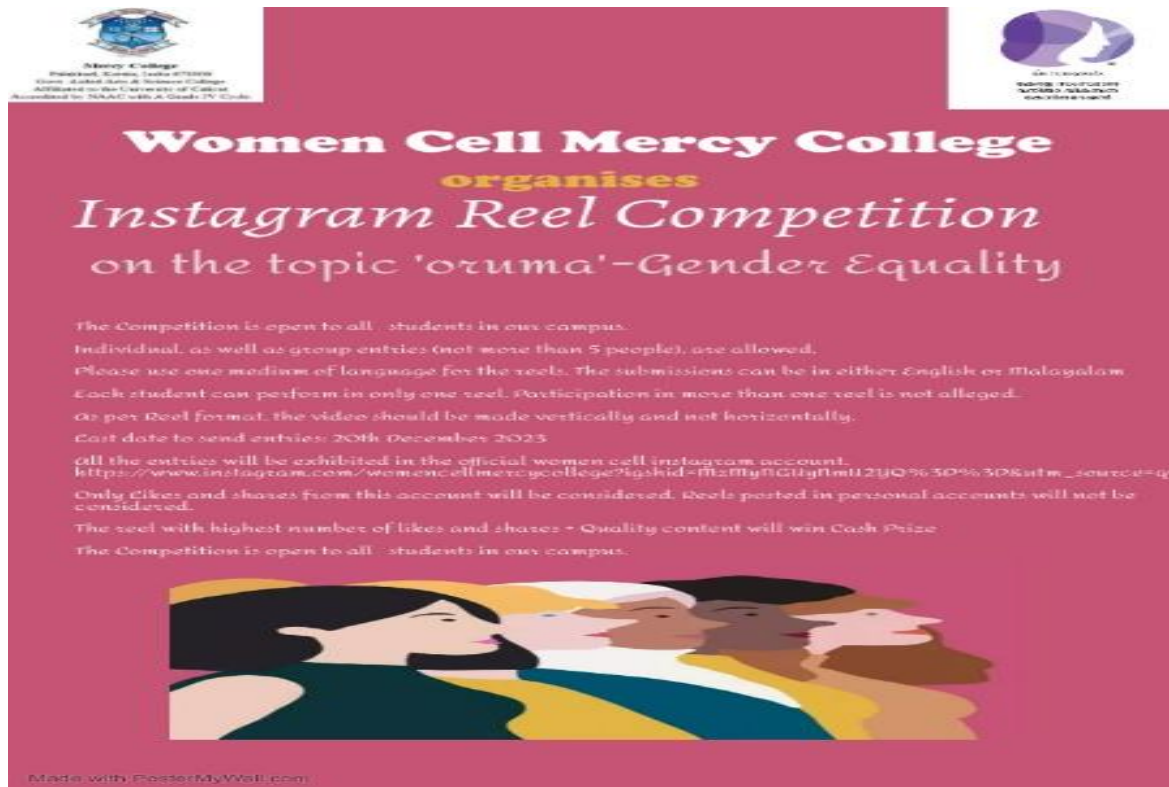
Athulya C
I BA Economics
Student Coordinator

Anaida Ann Jacob
Coordinator, Women Cell



3) Reel competition 'Oruma'

An online reel competition centered around the theme of 'Oruma' - equality was organized in the month of December, urging students to exhibit their acting skills within a concise one-minute reel. The competition received entries from participating students, aiming to effectively convey the essence of the given topic.



4) Movie Screening – September 25th

On September 25, 2023, a film screening showcased "Freedom Fight," followed by insightful discussions. The event provided an opportunity for audience engagement and exploration of the movie's themes. The discussions enhanced the overall experience, fostering a deeper understanding of barriers faced by women in their workplaces.





5) Manuscript -Dwani

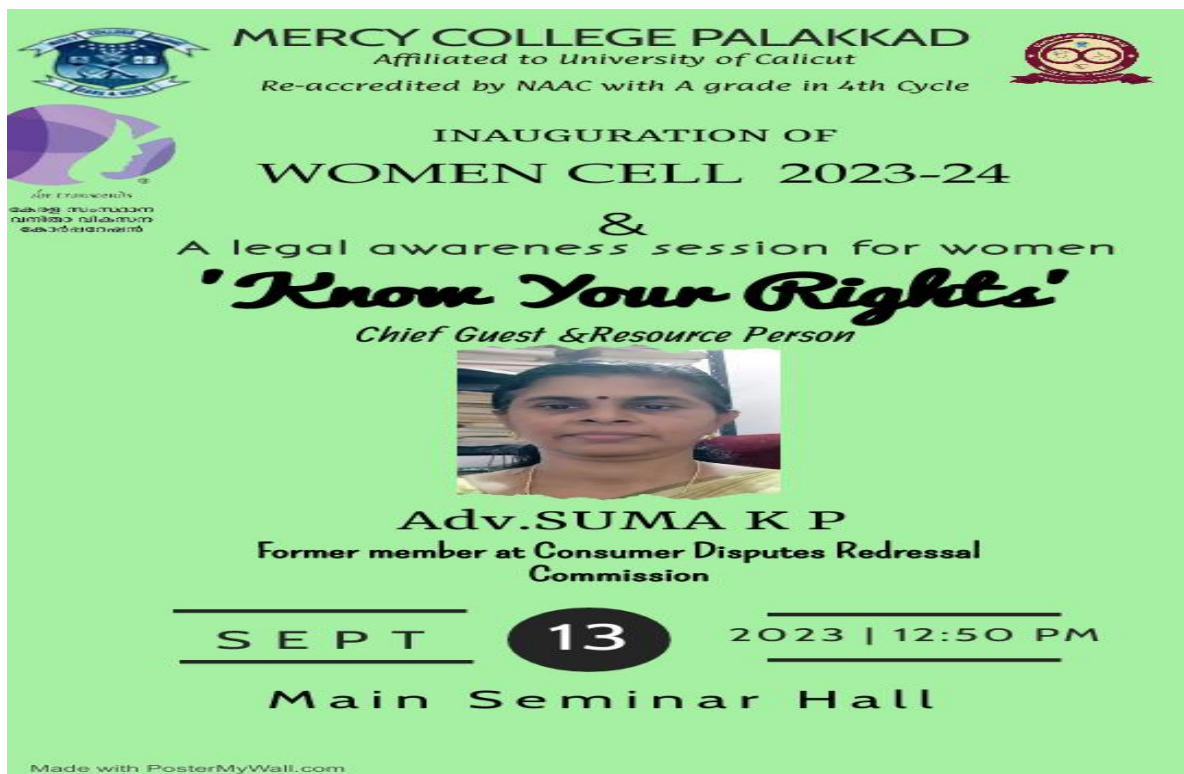
The Women's Cell handwritten magazine 'Dwani' – Voice of Women, a manuscript that aims to showcase the creativity of our students. It was published on 27th March and features various works highlighting women's perspectives and talents. 'Dwani' is an important project that celebrates and amplifies the voices of women through artistic expression. It's a significant effort to promote gender equality and empower women in our college. It was released by Dr. Jorry T F, Principal Mercy College.



TRAINING WING PROGRAMMES

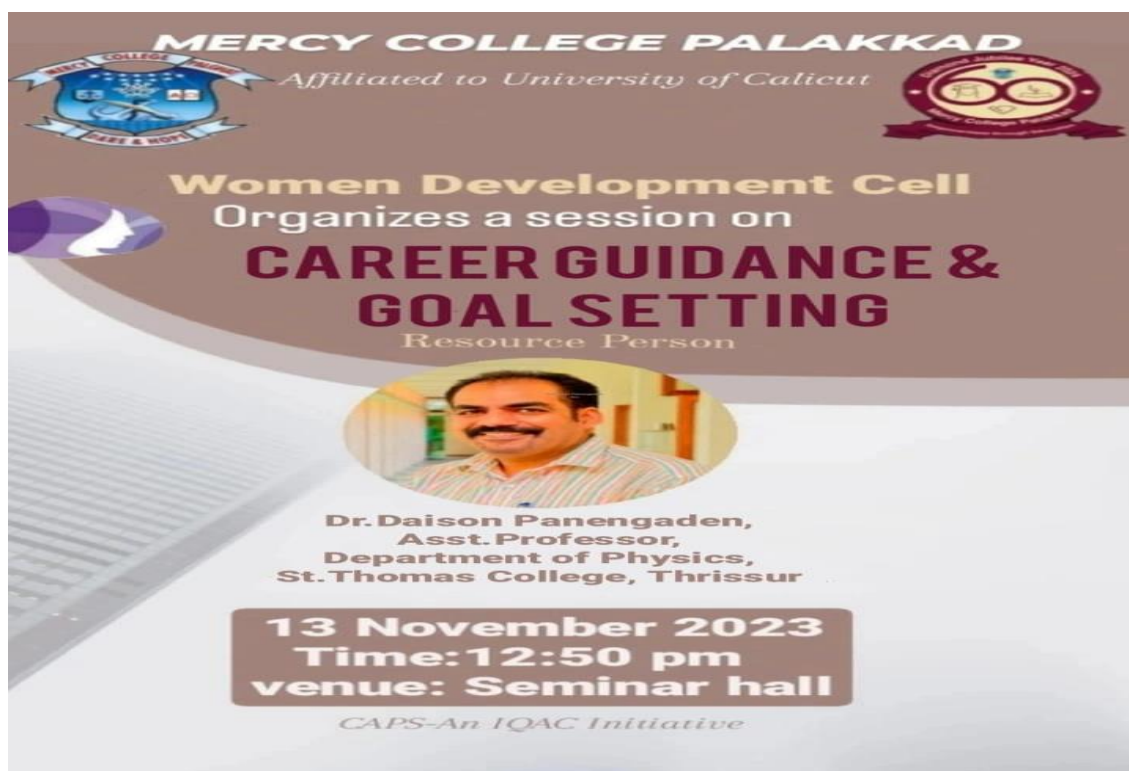
6) Know Your Rights – Legal awareness session – September 13th

The formal inauguration of the Women Cell took place on September 13th Know Your Rights, with a session focusing on legal awareness for women. The event was graced by the esteemed presence of Adv. K P Suma, a former member of the Consumer Disputes Redressal Commission. The session provided valuable insights into legal rights and issues concerning women. It marked the beginning of a series of initiatives aimed at empowering women through knowledge and awareness.



7) Career Guidance and Goal Setting Session – November 13th

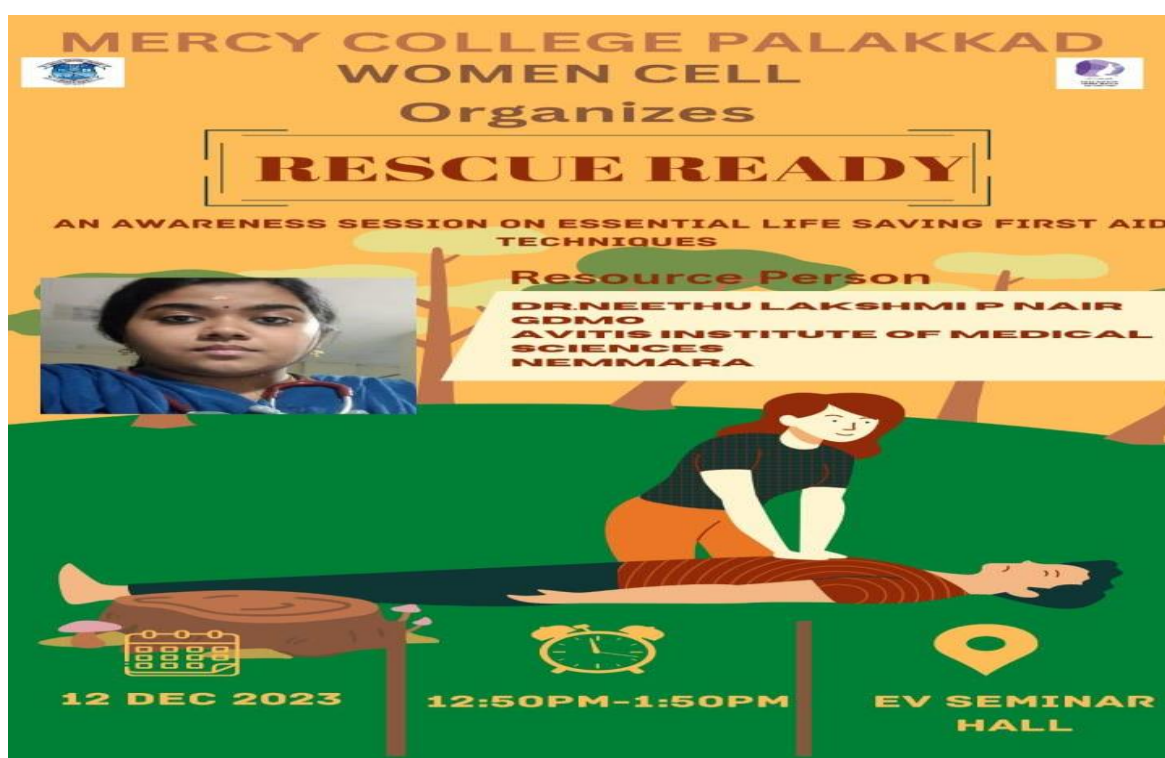
On November 13th, the Women Cell organized a session on career guidance and goal setting, featuring Dr. Daison Panengadan, Assistant Professor, Department of Physics, St Thomas College Thrissur as the chief guest. This event aimed to assist students in making informed decisions about their future careers. Dr. Panengadan's expertise added significant value, offering valuable advice and insights to help students chart their professional paths.



8) First Aid and Fire Rescue Session 'Rescue Ready' – December 12th

A critical aspect of personal development is the ability to handle emergencies effectively. On December 12th, the Women Cell conducted a session on first aid and fire rescue activities, titled 'Rescue Ready.' Dr. Neethu Lakshmi P Nair, GDMO, Avitis Institute of Medical Sciences Nemmara served as the resource person. This practical session equipped students with essential

skills and knowledge to manage emergencies. The hands-on experience offered during the session contributed to building a sense of responsibility and preparedness among the students.



9) Essential life skills for success – 15th February 2024

The session on "Essential Life Skills for Success" led by Smt. Sumati Nair, attended by approximately 100 students, was highly engaging and informative. Nair's expertise in counseling, psychology, and gender awareness provided valuable insights into effective communication, emotional intelligence, and stress management. Students actively participated

in discussions and activities, gaining practical tools for problem-solving, decision-making, and time management. Nair's emphasis on gender equality and inclusive environments resonated strongly, fostering a deeper understanding among attendees. The session concluded with students feeling empowered and equipped with essential life skills crucial for their personal and professional success.



The poster is for a session organized by the Women Cell at Mercy College, Palakkad. It features a yellow and green color scheme. At the top, the college name is displayed. Below it, the Women Cell is mentioned. The main title of the session is 'ESSENTIAL LIFESKILLS FOR SUCCESS'. The date and time are 15 February 2024, from 12:50 to 1:50 pm, in the Seminar Hall. The resource person is Smt. Sumati Nair, who is also a Counselor, Psychologist, and Resource Person for the Government of Kerala, Gender Awareness. A circular portrait of Smt. Sumati Nair is included on the right side of the poster.

MERCY COLLEGE , PALAKKAD

WOMEN CELL

Organizes
A session on

**ESSENTIAL LIFESKILLS FOR
SUCCESS**

15 February 2024
12:50 to 1:50 pm
Seminar Hall

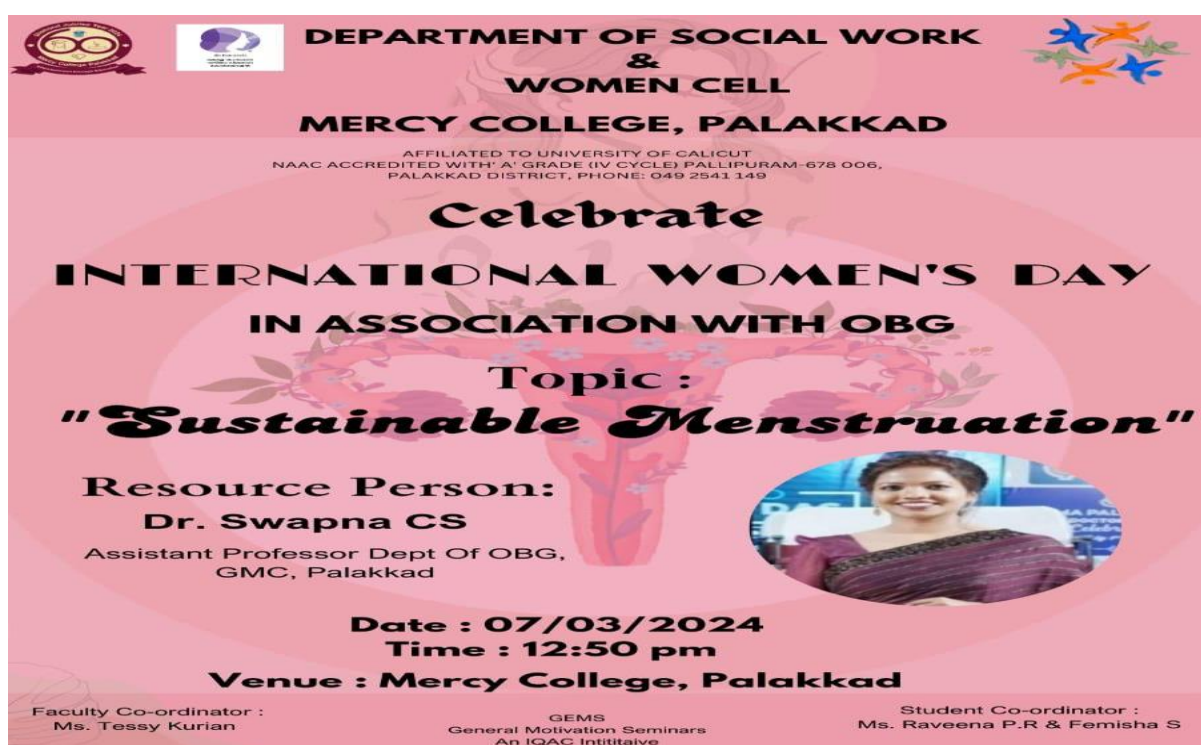
RESOURCE PERSON
Smt. Sumati Nair

**COUNSELOR,
PSYCHOLOGIST,
RESOURCE PERSON FOR
GOVERNMENT OF
KERALA, GENDER
AWARENESS**



10) Session on Sustainable Menstruation -7th March

On March 7th, 2024, a menstrual hygiene session was conducted at GMC Palakkad, featuring Dr. Swapna C S, Assistant Professor from the Department of Obstetrics and Gynecology, as the resource person. The session emphasized the significance of menstrual hygiene, imparting fundamental knowledge on menstrual cup usage. Attendees gained insights into maintaining proper menstrual hygiene practices for their well-being. Dr. Swapna C S's expertise effectively conveyed the importance of adopting sustainable and hygienic menstrual products like menstrual cups. Overall, the session provided valuable information and guidance for promoting menstrual health among participants.



**DEPARTMENT OF SOCIAL WORK
&
WOMEN CELL**

MERCY COLLEGE, PALAKKAD

AFFILIATED TO UNIVERSITY OF CALICUT
NAAC ACCREDITED WITH 'A' GRADE (IV CYCLE) PALLIPURAM - 678 006,
PALAKKAD DISTRICT, PHONE: 049 2541 149

Celebrate

INTERNATIONAL WOMEN'S DAY

IN ASSOCIATION WITH OBG


Topic :

"Sustainable Menstruation"

Resource Person:

Dr. Swapna CS

Assistant Professor Dept Of OBG,
GMC, Palakkad



Date : 07/03/2024

Time : 12:50 pm

Venue : Mercy College, Palakkad

Faculty Co-ordinator :
Ms. Tessy Kurian

GEMS
General Motivation Seminars
An IQAC Initiative

Student Co-ordinator :
Ms. Raveena P.R & Femisha S





COMMUNITY INTERVENTION WING PROGRAMMES

11) Community Intervention: ‘Wisdom Meet’ – Old Age Home Visit: December 21st

As part of its commitment to community engagement, the Women Cell organized an old age home visit titled ‘Wisdom Meet’ during the Christmas season. Approximately 100 students participated in this heartwarming event, celebrating Christmas with the residents of Mercy Home. This initiative not only fostered a sense of social responsibility among the students but also created a bridge between generations, fostering empathy and understanding.



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12) Entrepreneurship Opportunities for Women – Session for Neighbourhood women- March 13th

In association with Janani NGO, Women cell organised 2 sessions on **13th March 2024** for women in the neighbourhood. **Ms. Priya Ramakrishnan**, Central government Youth Awardee served as the resource person for the session on Women Empowerment Through Micro Enterprises in the forenoon and **Smt. Gissa Jomon** conducted a session on Economic Development through Women Empowerment in the afternoon. Around 25 women from the neighborhood participated in the orientation session



