



The Kerala State Women's  
Development Corporation Ltd.



# 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

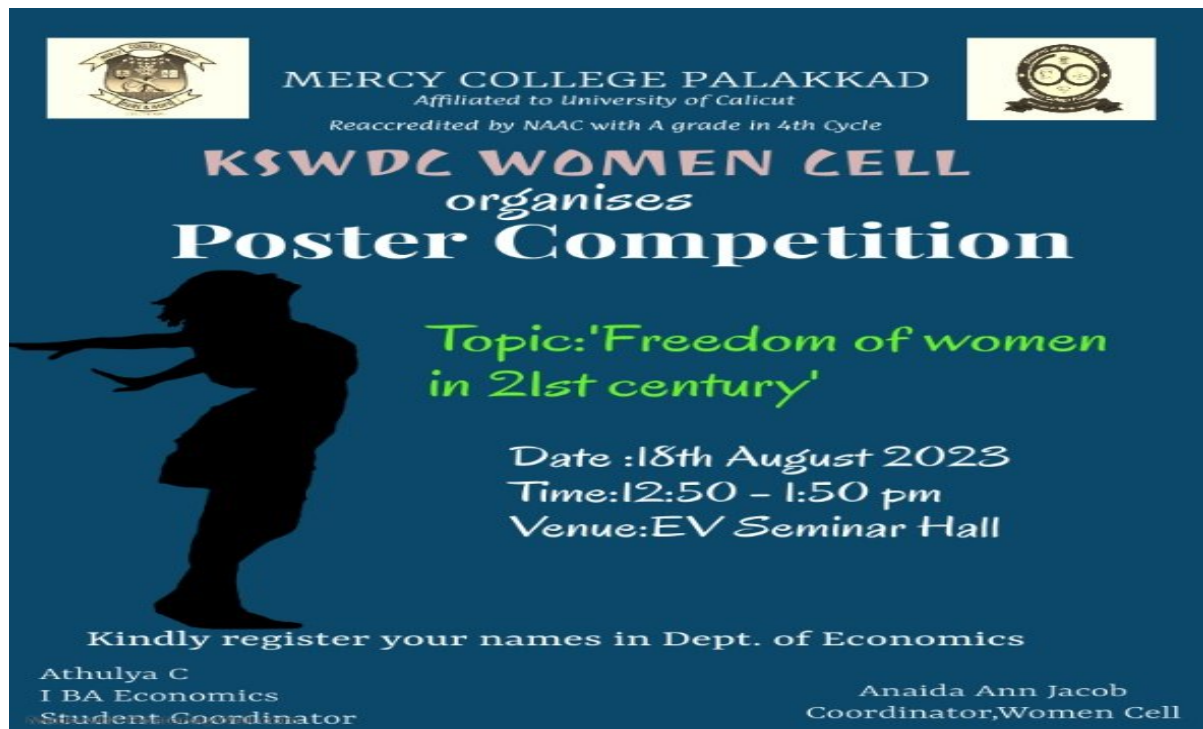


One of the noteworthy events organized by the Women Cell was the letter writing competition titled 'Bhoomikkoru Kathu' on June 5th. This competition played a pivotal role in enhancing environmental empathy among the students. Participants were encouraged to express their thoughts on environmental issues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



## 2) Poster Making Competition - "Freedom in the 21st Century" - August 18th

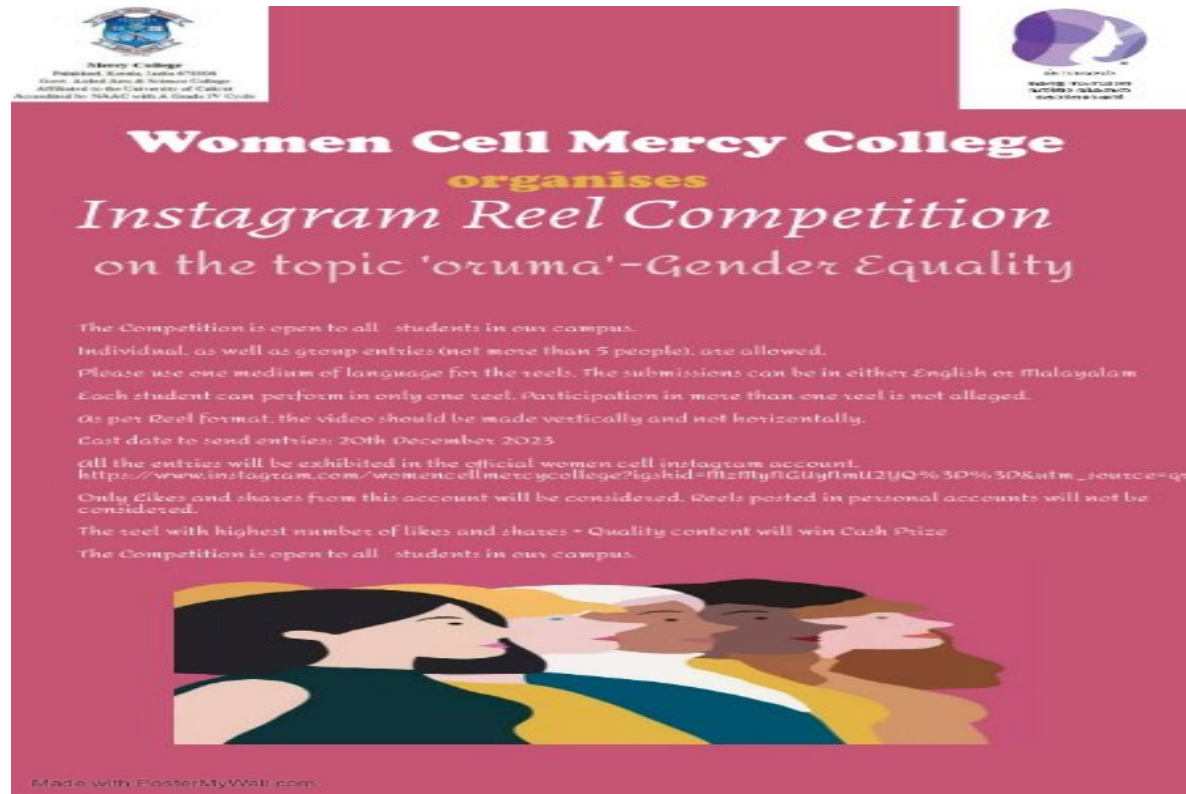
On August 18, 2023, Mercy College organized a poster-making competition for students, centered around the theme "Freedom in the 21st Century." The event aimed to encourage creative expression and critical reflection on the concept of freedom in the contemporary era.





### 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 25<sup>th</sup>

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 27<sup>th</sup> 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.

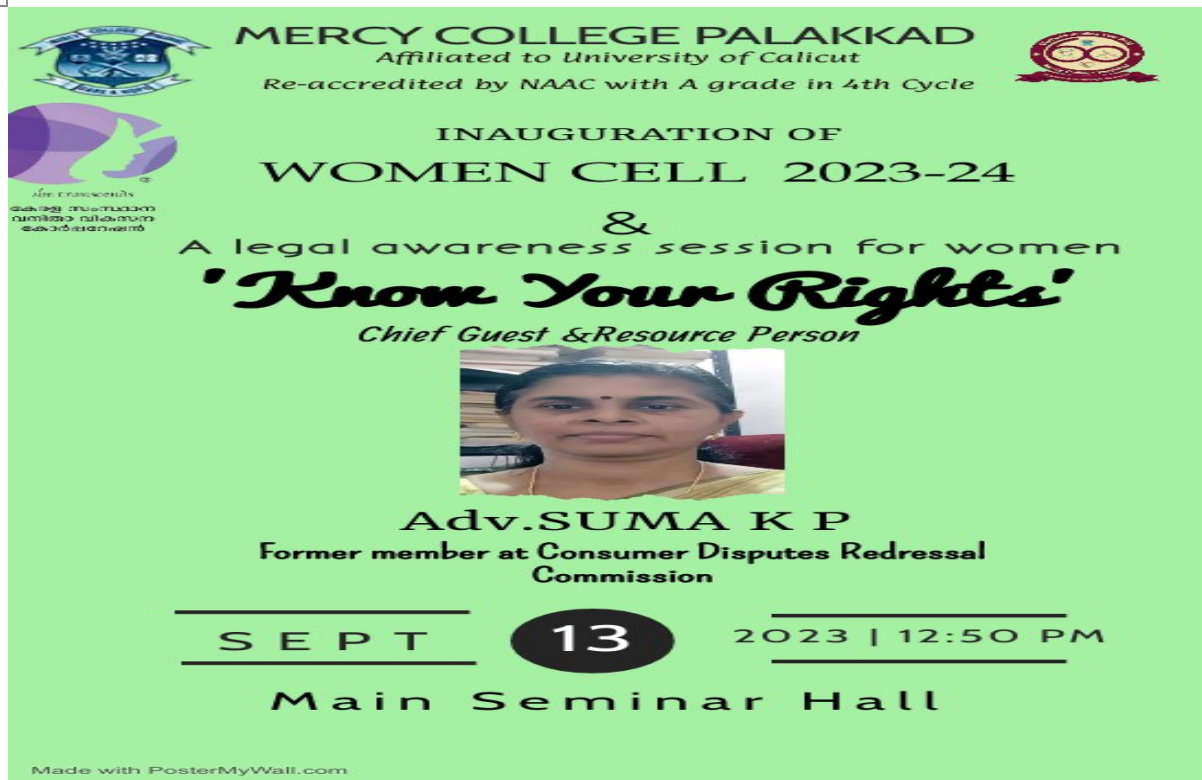




## TRAINING WING PROGRAMMES

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

The formal inauguration of the Women Cell took place on September 13<sup>th</sup> 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.





Palakkad, Kerala, India  
CAREER GUIDANCE AND GOAL SETTING  
Lat 10.761475°  
Long 76.610113°  
13/11/23 01:00 PM GMT +05:30

**MERCY COLLEGE PALAKKAD**  
*Affiliated to University of Calicut*

**Women Development Cell**  
Organizes a session on  
**CAREER GUIDANCE & GOAL SETTING**  
Resource Person



**Dr. Daison Panengaden,**  
Asst. Professor,  
Department of Physics,  
St. Thomas College, Thrissur

**13 November 2023**  
**Time: 12:50 pm**  
**venue: Seminar hall**

*CAPS-An IQAC Initiative*

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

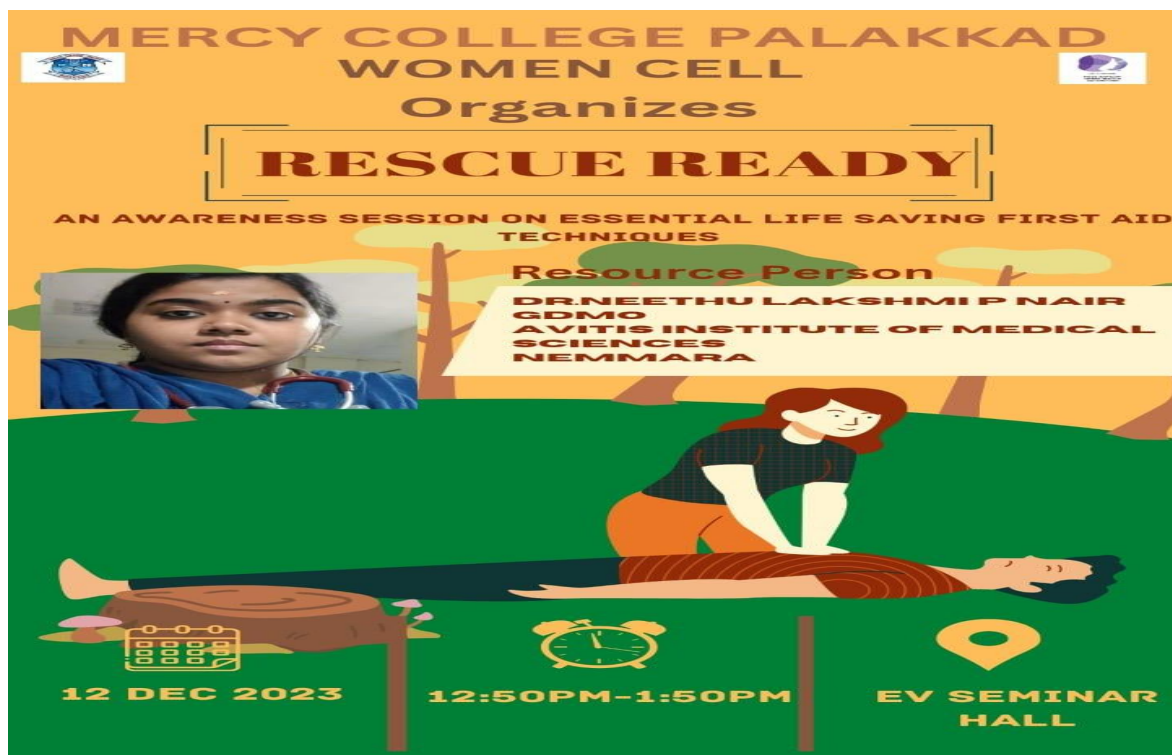
A critical aspect of personal development is the ability to handle emergencies effectively. On December 12th, the Women Cell conducted a session on first aid and fire rescue activities, titled 'Rescue Ready.' Dr. Neethu Lakshmi P Nair, GDMO, Avitis Institute of Medical Sciences Nemmara served as the 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 – 15<sup>th</sup> 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

The poster is for a session organized by the Women Cell at Mercy College, Palakkad. It features a yellow and teal color scheme. At the top, it says 'MERCY COLLEGE, PALAKKAD' with logos on either side. Below this, a yellow banner reads 'WOMEN CELL'. Underneath, it says 'Organizes A session on'. A large teal banner in the center reads 'ESSENTIAL LIFESKILLS FOR SUCCESS'. To the left of this banner, a yellow box contains the date '15 February 2024', the time '12:50 to 1:50 pm', and the location 'Seminar Hall', each preceded by a small icon. Below the teal banner, a yellow box lists the resource person: 'RESOURCE PERSON Smt. Sumati Nair', followed by her titles: 'COUNSELOR, PSYCHOLOGIST, RESOURCE PERSON FOR GOVERNMENT OF KERALA, GENDER AWARENESS'. To the right of this text is a circular portrait of Smt. Sumati Nair, a woman with glasses and a bindi, resting her chin on her hand.

**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**

d professional success.



#### 10) Session on Sustainable Menstruation -7<sup>th</sup> 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.







## 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





