



## 1. National Webinar on Gender Sensitization and Women Empowerment

Date : 18/08/2020 - 20/08/2020

Number of participants : 250

### ***Brief Report of the Programme***

Gender inequality is a long-term problem in our society and female are discriminated in many ways in the social context of India, although legally women have equal right. Thus, there is a great need to sensitize the society on gender issues so that there would be no discrimination on the basis of gender. Women empowerment through gender sensitization is one of the key criteria to unlock the potential of women. This webinar builds on the experiences we faced and explains the importance of gender sensitization in educational institutions to deal with various gender related issues. It also describes strategies to be adopted in schools to promote gender sensitization. With a view to ensure effective awareness on Protection of Women under Law, Women's health and wellness, Women safety and Mental Health and coping in the Background of Covid-20- challenges that will transform and inspire overall development and empowerment of women, a four day national Webinar on empowerment of women on theme – “Women's Empowerment and Gender Sensitization” was organized by Deva Matha College Women's cell in collaboration with the internal quality Assurance Cell on 18th to 21st September 2020.

### ***RESOURCES PERSONS***

#### **1. Dr. Sisy Jose**

Associate Professor, Govt. College of Nursing Kottayam

Topic : (Women's health and Wellness)

Date : 18/8/2020 (Time : 2:30 PM )

#### **2. Fr. Dr. Davis Panadan CMI**

Principal, Christ Academy institute For Law, Bangalore-83

Topic : Protection of women under law

Date : 20/8/2020 (Time : 2.30 PM )





### 3. U. Sreejith

CI of Police, Pampady

Topic : Women's Safety

Date : 20/8/2020 (Time : 2.30 PM)

### 4. Sr. Amal Jyothi SH (Selmi Jose)

Clinical Psychologist, Bishop Vayalil Medical Centre, Moolamattom

Topic : Mental Health and Coping in the Background of COVID - 20

Date : 21/8/2020 (Time : 2.30 PM)

**DEVA MATHA COLLEGE KURAVILANGAD**  
Re-accredited 'A' grade with CGPA 3.23 by NAAC

National webinar series on  
**GENDER SENSITIZATION AND WOMEN EMPOWERMENT**  
(Women's cell in collaboration with the Internal Quality Assurance Cell)

**Dr. Sisy Jose**  
Associate Professor  
Govt. College of Nursing Kottayam  
**TOPIC**  
WOMEN'S HEALTH & WELLNESS  
Date : 18/08/2020, Time : 2:30.PM

**Fr. Dr. Davis Panadan CMI**  
Principal (Christ Academy Institute For Law, Bangalore)  
**TOPIC**  
PROTECTION OF WOMEN UNDER LAW  
Date: 19/08/2020, Time: 2:30.PM

**Sri. U. Sreejith**  
CI of Police  
Pampady  
**TOPIC**  
WOMEN'S SAFETY  
Date : 20/08/2020, Time: 3:00.PM

**Sr. Amal Jyothi SH (Selmi Jose)**  
Clinical Psychologist  
Bishop Vayalil Medical Centre, Moolamattom  
**TOPIC** MENTAL HEALTH & COPING IN THE BACKGROUND OF COVID - 19  
Date: 21/08/2020, Time: 2:30.PM

VIA google meet and  
<https://www.youtube.com/dmckvldofficial>  
registration link : <https://forms.gle/aAKQaCbcfwjjUojUA>





## *Objectives*

To promote a holistic development, empowerment and gender sensitization through inspiring initiatives impacting women.

### *DAY 1 (18th September 2020)*

#### *Welcome and Introductory Address by Principal Dr Jojo K Joseph.*

The principal very warmly welcomed all the participants for being a part of the four day webinar on women's empowerment and gender sensitization. He addressed the various issues faced by women in all walks of life and provided idea of Women Empowerment is empowering the women to take their own decisions for their personal development as well as social development. Empowering women is to make them independent in all aspects from the mind, thoughts, rights, decisions and social or family limitations. The real meaning of the women empowerment is to make them well educated and leave them free so that they can become capable to take their own decisions in any field.

### *Day 1 (18th September 2020)*

#### *Dr. Sisy Jose - Women's health and Wellness*

Dr. Sisy Jose has been working in the field of medical and health field for the past 25 years and at present working at Govt. College of Nursing Kottayam. She started her session through a wonderful ppt presentation which was very informative in which she touched various issues related to problem faced by women throughout their lives. She emphasized that women should be happy and satisfied, which is a basic requirement of every human being. Girls' and women's health is in transition and, although some aspects of it have improved substantially in the past few decades, there are still important unmet needs. She spoke about the high stress levels of women due to their dual role of care-takers and career managers. Simultaneously, worldwide priorities in women's health have themselves been changing from a narrow focus on maternal and child health to the broader framework of sexual and reproductive health and to the encompassing concept of women's health, which is founded on a life-course approach. She emphasised on the expanded vision incorporates health challenges that affect women beyond their reproductive years and those that they share with men, but with manifestations and results that affect women disproportionately owing to biological, gender, and other social determinants.





### **Day 2 : 20 September 2020**

#### **Fr. Dr. Davis Panadan CMI : Protection of women under law.**

Fr. Dr. Davis Panadan CMI spoke about the Protection of women under law and Important constitutional and legal provisions for women in India The principle of gender equality is enshrined in the Indian Constitution in its Preamble, Fundamental Rights, Fundamental Duties and Directive Principles. The Constitution not only grants equality to women, but also empowers the State to adopt measures of positive discrimination in favour of women. Within the framework of a democratic polity, our laws, development policies, Plans and programmes have aimed at women's advancement in different spheres. India has also ratified various international conventions and human rights instruments committing to secure equal rights of women. He emphasis on constitutional provisions The Constitution of India not only grants equality to women but also empowers the State to adopt measures of positive discrimination in favour of women for neutralizing the cumulative socio economic, education and political disadvantages faced by them. Fundamental Rights, among others, ensure equality before the law and equal protection of law; prohibits discrimination against any citizen on grounds of religion, race, caste, sex or place of birth, and guarantee equality of opportunity to all citizens in matters relating to employment.

### **Day : 3 September 2020 (2.30 PM )**

#### **U. Sreejith (CI of Police) : Women's Safety**

U. Sreejith spoke about the sexual harassment faced by women in work place, home and college. He gave a talk on sexual harassment faced by women in workplace and college which was very informative. It contained various scenarios of kinds of harassment, the types of harassment and the laws related to them. He also informed the participants that if they face any such situations they should inform it to the Internal Complaints Committee, which addresses such issues and anonymity will be maintained. He demonstrates that women and girls face different forms of harassment – from staring and leering to stalking and sexual assault. Staring and other forms of visual harassment are most common, followed by passing comments, flashing and stalking. Women's safety means a safer, healthier community for everyone. He focused on changing community norms, patterns of social interaction, values, customs and institutions in ways that will significantly improve the quality of life in a community for all of its members.

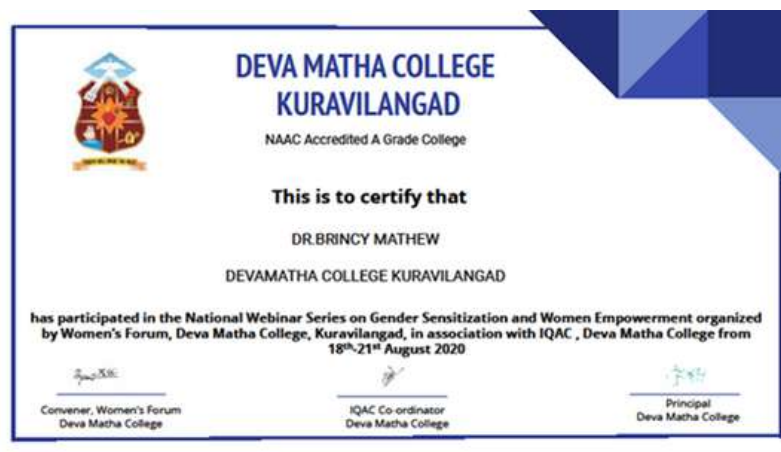




### Day 4 : 21 September 2020 (2.30 PM)

#### **Sr. Amal Jyothi SH : Mental Health and Coping in the Background of COVID - 20**

Sr. Amal Jyothi addressed the various issues faced by women in mental health. Fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-20 pandemic. She emphasised to the fear of contracting the virus in a pandemic such as COVID-20 are the significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical, health. She provided guidance and advice during the COVID-20 pandemic for students, to help us look after our mental health. She suggested some tips and multiple ways we can support your families and friends cope with stress, and stay mentally healthy or manage our mental health conditions at work. This is especially important during the COVID-20 pandemic. Not only is supporting our families beneficial to the collective performance and relationships at work, but can also promote your own well-being and life satisfaction.





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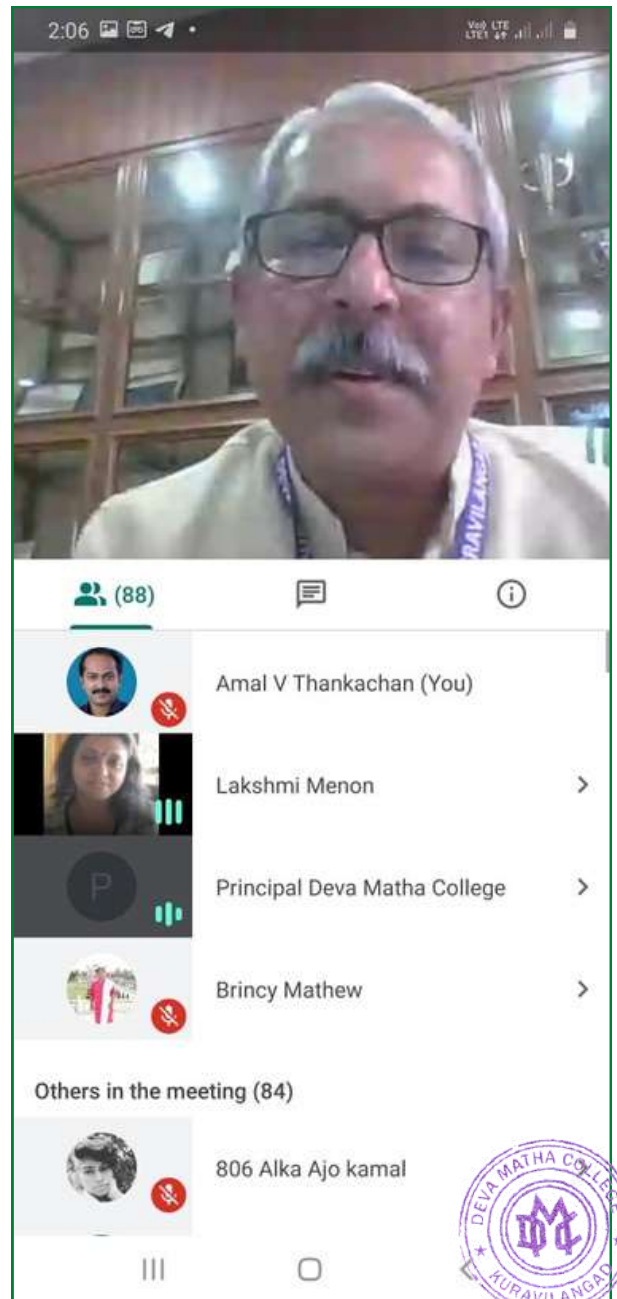
## 2. Entrepreneurship Webinar on Relevance of Design Thinking in Entrepreneurship

Date : 20/11/2020

Number of participants : 91

Women's Forum of Deva Matha College in association with ED club organized a webinar on 'Relevance of design thinking in Entrepreneurship'. Smt. Lakshmi Menon, a well known entrepreneur was the chief guest.







List Of Participants

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11/19/2020 15:02:35	sreejark777@gmail.com	Dr. Sreeja Radhakrishnan	Ast.Prof, Chinmaya College of Arts, Commerce and Science
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11/19/2020 15:04:41	vidyavnair21@gmail.com	Vidya V Nair	Student of Devamatha college kuravilangad
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11/19/2020 15:08:06	sreelakshmi@carmelcollegemala.ac.in	SREELAKSHMI K	Assistant Professor on contract
11/19/2020 15:08:15	aryamolviju01@gmail.com	AryamolViju	Student, DEVA MATHA COLLEGE.
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11/19/2020 15:09:59	minuraju0349@gmail.com	Minu Raju	B A malayalam
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11/19/2020 23:34:49	sachujoseph98@gmail.com	SACHU JOSEPH	M.com student ST.ALBERT'S COLLEGE AUTONOMOUS ERNAKULAM
11/20/2020 7:04:51	chithra.ukn@gmail.com	Chithra S Nair	Lecturer
11/20/2020 8:09:15	thomasvazhakuzhy@gmail.com	Thomas VJ	Financial Literacy Councilor, Financial Literacy Centre, Madappally
11/20/2020 8:50:39	minuraju0349@gmail.com	Minu Raju	B A Malayalam, Devamatha college kuravilangad
11/20/2020 10:29:43	robinchittamvelil@gmail.com	Robin Thomas	Attender, Deva Matha College Employees Co-Operative Society Ltd.K384. Kuravilangad.
11/20/2020 10:31:59	sivanrajineeru@gmail.com	Sivaji Menon	FLC, SBI, Kottayam Town Br.
11/20/2020 11:39:12	siddaling@bldeaspcc.ac.in	Dr. Siddaling Talikoti	Assistant Professor, BLDEA's ASP College of Commerce.
11/20/2020 12:43:41	joshwinjohnson10@gmail.com	JOSHWIN JOHNSON	Devamatha college , kuravilangad





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11/20/2020 13:37:00	aswathybiju006@gmail.com	Aswathy Biju	Student
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11/20/2020 14:34:19	amal.thankachan@devamatha.ac.in	Amal V Thankachan	Assistant Professor, Devamatha College, Kuravilangad
11/20/2020 14:36:05	josephd959@gmail.com	Joseph T D	Financial Literacy Counsellor, state bank of India, Peermade branch
11/20/2020 15:15:21	granyfoods@gmail.com	Beenamma peter	Business
11/20/2020 15:36:50	sandrageorgedmc@gmail.com	Sandra George	Assistant Professor, Deva Matha College
11/20/2020 16:18:20	adonijaantony@gmail.com	Adonijapj	Student St Joseph's College for women Alappuzha

### 3. Webinar on Mental Health of students in Covid Scenario

Date : 08/03//2021

Number of participants : 100

**RECOURSE PERSON : Dr. Angel Thomas**

Women's Forum of Deva Matha College organized a webinar on Mental Health of Students in Covid Scenario.

DEVA MATHA COLLEGE KURAVILANGAD  
International Women's Day Celebration 2021

WOMEN'S FORUM PRESENTS  
WEBINAR ON

വിദ്യാർത്ഥികളും  
മാനസിക ആരോഗ്യവും -  
കോവിഡ് പശ്ചാത്തലത്തിൽ

08 March 2021,  
3 pm

**Dr. Angel Thomas**  
Asst. Prof and Head  
Post Graduate Department of Psychology  
Kristu Jyoti College of Management and Technology,  
Chethipuzha, Changanacherry

<https://meet.google.com/xfm-tyjz-ctm>

LIVE  
www.devamatha.ac.in /dmckvidofficial





*List Of Participants*

Sl.No.	Name of the Student	Class	Department	Class No.
1.	ABHISHEK ANIL	II D.C	Zoology	422
2	ABIN JOSE	II D.C	Zoology	423
3	AKSHAY RAJEEV	II D.C	Zoology	424
4	ALEENA ANTONY	II D.C	Zoology	432
5	AMISHA ANNA CHACKO	II D.C	Zoology	433
6	ANAINA JOY	II D.C	Zoology	434
7	ANAVADHYA MOL P S	II D.C	Zoology	435
8	ANEETA SHIBU	II D.C	Zoology	436
9	ANJANA S	II D.C	Zoology	437
10	ANJU PANKAJAKSHAN	II D.C	Zoology	438
11	ANSHANA BEEGAM	II D.C	Zoology	431
12	ARCHANA SUBRAHMIONIAN	II D.C	Zoology	440
13	DEVIKA.V.S	II D.C	Zoology	443
14	FATHIMA C.S	II D.C	Zoology	444
15	HARITHA ASHOKAN	II D.C	Zoology	446
16	PARVATHY BABU	II D.C	Zoology	450
17	PARVEENA BANU T K	II D.C	Zoology	451
18	SALOMI P GEORGE	II D.C	Zoology	453
19	SARATHKUMAR T S	II D.C	Zoology	430
20	SEETHAL MARIA JOE	II D.C	Zoology	454
21	SIDHARTH MANGATTU SAJU	II D.C	Zoology	421
22	SONA SUNNY	II D.C	Zoology	456
23	VISMAYA SAJEEV	II D.C	Zoology	458
24	AIWIN JOSE	II D.C	Zoology	401
25	AKSHARA AJITHKUMAR K	II D.C	Zoology	404
26	ALAN M GEORGE	II D.C	Zoology	425
27	ANJANA M REGHU	II D.C	Zoology	406
28	ANJANA RAJU	II D.C	Zoology	407
29	ARJUN MADHU	II D.C	Zoology	403
30	DEVIKA M.AJI	II D.C	Zoology	409
31	ALKISH ALEX	II D.C	Physics	120
32	ANITTA AUGUSTINE	II D.C	Physics	129
33	CRISTO OUSEPH	II D.C	Physics	121
34	DEVIKA S	II D.C	Physics	130
35	DONA ANN XAVIER	II D.C	Physics	131
36	J.NANDAGOPAL	II D.C	Physics	122
37	JOSEMON BENNY	II D.C	Physics	123
38	JOYAL JOSE	II D.C	Physics	124
39	KANIVE MATHEW	II D.C	Physics	125
40	MEGHA M	II D.C	Physics	134
41	MIJO JOSEPH	II D.C	Physics	126







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42	ABIN KURIAN	II D.C	Chemistry	<b>208</b>
43	AKSHAY K A	II D.C	Chemistry	209
44	JOEL EMMANUEL	II D.C	Chemistry	210
45	KRISHNAPRASAD T K	II D.C	Chemistry	211
46	MANU ROY	II D.C	Chemistry	212
47	SHIJO JOY	II D.C	Chemistry	213
48	ALINA BINESH	II D.C	Chemistry	214
49	ALPHIA S	II D.C	Chemistry	215
50	APARNA SURAN	II D.C	Chemistry	<b>216</b>
51	ARYA SURESH	II D.C	Chemistry	217
52	JUDIT CYRIAC	II D.C	Chemistry	219
53	KRISHNAPRIYA H	II D.C	Chemistry	220
54	P BHUVANESWARI	II D.C	Chemistry	<b>222</b>
55	TREESA ALPHONSE PETER	II D.C	Chemistry	<b>223</b>
56	VANDANA S	II D.C	Chemistry	224
57	VARSHA VINOD	II D.C	Chemistry	226
58	ABY JOSE	II D.C	Chemistry	<b>227</b>
59	ACHUTH JAI	II D.C	Chemistry	<b>228</b>
60	JJO FRANCIS	II D.C	Chemistry	<b>208</b>
61	KIRAN RAJ	II D.C	Chemistry	209
62	LIBIN LIJU	II D.C	Chemistry	210
63	PRAVEEN VINAY	II D.C	Chemistry	211
64	AKHILA K A	II D.C	Chemistry	212
65	AMMAL CLARA JOHN	II D.C	Chemistry	213
66	SANDRA GEORGE		Chemistry	
67	DR. BRINCY MATHEW		Malayalam	
68	DR. SMITHA SEBASTIAN		Botany	
69	DR.SR. FANCY PAUL		English	
70	SOUMYA SEBASTIAN		Commerce	
71	APARNA P			
72	KARTHIK JAYAPRAKASH			
73	AMAL BINU	II D.C.	Botany	301
74	HENSCHER MATHEW	II D.C.	Botany	303
75	JITHINDAS	II D.C.	Botany	304
76	SYAM LAL. S	II D.C.	Botany	305
77	ABIYA JOSEPH	II D.C.	Botany	306
78	ALEENA BENNY	II D.C.	Botany	307
79	ALEENA MICHAEL	II D.C.	Botany	308
80	ANJANA MOHANAN	II D.C.	Botany	310
81	APARNA PRABHULAN	II D.C.	Botany	311
82	APARNA SANTHOSH	II D.C.	Botany	312
83	ARSHA VINOD	II D.C.	Botany	313





84	BHAGYALAKSHMI S	II D.C.	Botany	314
85	BINITHA K B	II D.C.	Botany	315
86	NIMISHA ANIL	II D.C.	Botany	316
87	RITHY V K	II D.C.	Botany	318
88	AMBADI KANNAN MANOJ	II D.C.	Botany	319
89	ROHITH AJIKUMAR	II D.C.	Botany	320
90	AMRUTHA BAIJU	II D.C.	Botany	321
91	ANJITHA PRASAD	II D.C.	Botany	322
92	ANUMOL SANTHOSH	II D.C.	Botany	323
93	APARNA BIJU	II D.C.	Botany	324
94	ATHIRA AYYAPPAN.	II D.C.	Botany	326
95	ATHULYA THILAK	II D.C.	Botany	327
96	DEVIKA VINAY	II D.C.	Botany	329
97	KALPANA MANI	II D.C.	Botany	330
98	PARVATHY SOMARAJ	II D.C.	Botany	331
99	RIYA SABU	II D.C.	Botany	332
100	SILGY SIMON	II D.C.	Botany	334
101	SRISHA SHABU	II D.C.	Botany	335
102	SRUTHYMOL N A	II D.C.	Botany	336
103	SWATHI KRISHNA	II D.C.	Botany	337
104	VINAYA SANTHOSHKUMAR	II D.C.	Botany	338





*Anand Mathew*

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