

ST. XAVIER'S COLLEGE FOR WOMEN, ALUVA
REACCREDITED BY NAAC WITH A GRADE (CGPA 3.33)

**WOMEN CELL
ANNUAL REPORT
2019-2020**

WOMEN CELL 2019-20 OFFICE BEARERS

ST.XAVIER'S COLLEGE FOR WOMEN,ALUVA

Sl No	Name	Class
TRAINING WING		
1	Sangeetha Lekshmi P	II Economics
2	M K Sreeja	II B Sc Zoology Vocational
CULTURAL WING		
1	Adithya Ratheesh	II B Sc Chemistry
2	Gopika Bose K	I BSc Zoology vocational
COMMUNITY INTERVENTION WING		
1	Grace Mariya Jose	II Bcom Tax (SF)
2	Jannath Kunjumon	I BA Economics

181 WHL VOLUNTEERS

1	Femimol Judan	II BA Economics
2	Anakha K R	II B Com Computer Application(SF)
3	Swathi J	II B Sc Zoology
4	Safa Habeeb	II B A English Literature
5	Fiya Ashraf	II BA Malayalam
1	Thammanna M S	II B A CommunicativeEnglish
2	Devika B Nair	II BA Economics
3	Anshrika Biju	I BA Economics

Teacher Coordinators:

Ms.Sheneya Festus : 9495502911

Dr.Lekha K : 9847928647

Ms.Soumya Eapen : 9497368382

Report of Women Cell Activities 2019-20

Women Cell Inauguration

Women Cell Inaugurated By Dr Lissy Shajahan(Psychologist,Life Coach and KSWDC Faculty) on 24/8/19 at Mother Teresa seminar hall.Women Cell representatives of 2019-20 academic year took an oath to pledge their commitment in the women cell activities. Released the manuscript Magazine of 2018-19.Distributed Certificates for previous members as a token of appreciation to them. A general quiz on Women freedom fighters was conducted by women cell member Ms Alna k and cultural programmes were also organised.



2Motivational Talk on 'Design your Destiny'

Motivational talk on 'Design your Destiny' by Ms Lissy Shajahan was organised on 24/8/2019 at Mother Teresa Seminar Hall. How to design the destiny and what all factors that must be taken care of, how should we make our thinking positive in order to get a positive destiny, all these ideas were discussed. Students got interested and interacted with resource person and asked their doubts. That was indeed a good motivational speech and session on positive thinking which in fact was very helpful for the student



Installation of Complaint box

Complaint box is installed near the prayer hall and inauguration is done by Dr Lissy Shajahan on 24/8/2019. Students were asked to write their complaints and put it in the complaint box if any.





Training Programs

Counselling class

A Counselling class was arranged for our students on “How to make healthy relationships and build a career” By Fr.Rajeev Micheal(Clinical psychologist,St Josephs hospital,Manjummel) and his team of 15 counsellors on 28th november 2019.They give a group counselling session and a personal counselling sessions for the students.The session was very effective and it helped the students to get rid of the stigma they have for such counselling sessions.



Gender Awareness programme

Voice your concerns and empowerment of youth

Absamjauthanahi campaign in association with Josh Talks and Vivel an awareness class on rights of women and gender equality was organised “Voice your concerns and empowerment of youth” on July 11 2019 at Mother Teresa Seminar hall from 10am to 12 pm. Ms Anmol Kohli, Josh talk speaker handled the session. She discussed the fundamental rights of a citizen and gender equality. Students interacted with her and asked their doubts. The session was really effective and informative for the students. After the session they became aware of the rights and privileges they have in this society given by law.



Self Defence training programme

Self Defence training

Women cell of our College has organised a Training Programme on Self Defence with the cooperation of Vanitha Cell police Officials for our students on 3 rd March 2020 at Sports view seminar hall. It helped the students to learn Self defence techniques in an emergency situation. The program helped them to gain courage and handle the situations without losing presence of mind. They trained the students to use their body as a tool against the trespasser in case of an attack. They taught the students the defence tricks through a practical session. The session was quite interesting and useful for the students.



Wellness training programme

Cancer Awareness class “Fight Back -We Can”

In connection with the world cancer day a Cancer Awareness class”Fight Back -We Can” was organised on 4th february 2020 by Dr. Wesley M Jose(Cancer Specialist,Amrutha Institute of medical Science).Through the class the Doctor described the possibilities of different cancers in human beings.He also described the need of healthy habits to keep oneself fit and healthy.He also mentioned the importance of understanding our own body and monitoring the changes in it.The session was very informative and the students asked their doubts and interacted very well.



Women Entrepreneur day programs

Women entrepreneur day was celebrated by conducting workshops on chocolate making, paper bag making, notepad making and star making on 19th november 2019. Chocolate making and cake making classes were conducted for our students by Ms Susan, Cake specialist. Jeans Bag ,Cloth Bag and paper bag making, notepad making classes were conducted by Ms Deepa ,Our Alumini and notepad distributor. Star making classes were conducted by Ms Jaletta James, Chekkutty pava district coordinator. Students got benefited from the workshops and they acquired the skills to make the items their own.





181 Mithra helpline number awareness class

Along with the volunteers women cell members and Ms Sheneya Festus(Women Cell Coordinator) took an awareness class about the 181 Mithra Helpline number. The students were acquainted with the helpline number 181 through the official youtube video on Mithra 181. Ms Sheneya Festus interacted with them and cleared their doubts about the helpline number. This Class filled the students with a confidence to seek help in a problematic situation.



Cultural programmes

Street play

World girl child is celebrated by performing a street play on ‘Girl child -a Priceless Gift’ at Govt girls higher secondary school Aluva. The Women cell members have performed the play in the midst of students at Government Girls Higher Secondary School. It was fairly motivating and thought provoking for the students and teachers of the school. Through the play the members depicted the life of a girl child and the inequalities she faces in the society



Flash mob

In connection with World food day a Flash mob was organised at Aluva Railway station on October 16th to spread the idea to reduce the wastage of food. The passengers enjoyed the flash mob and appreciated the idea.



Street play on Cancer Awareness

In connection with the world cancer day a Cancer Awareness street play "Fight Back -We Can" was organised on 4th February 2020 by the women cell members. Through the play they tried to convey a message to the youngsters to follow healthy life habits to prevent cancer .



Poster Designing competitions

In connection with women equality day celebration poster designing competition was held on the topic 'women equality in society' on 26th August 2019. A good number of students participated and the prize winners were

Ist Prize : Adithya Ratheesh (II Dc Chemistry)

IInd Prize: Akshaya Babu (II Ba English Literature)

IIIrd Prize: Prassanna Anand (II B Com Self)



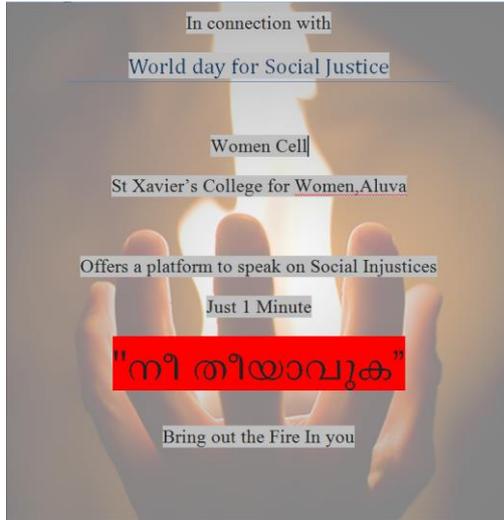
Whistling competition

On World Girl Child day a whistling competition was conducted for the girls of St Xavier's College. That was really a funny competition. Only few participants came to participate in the competition. They whistled a song and that was a very good platform to show off their multi-disciplinary talents which scarcely get a platform to perform.



Neey Theyavuka

In connection with world day for Social Justice, women cell has organised the platform for the students to talk about social injustice prevailing in our society 20th feb 2020 at chemistry classroom. This helped the students to think about the social problems and their possible remedies. There was an active participation for the program and students came up with many social problems and the possible remedies.



Community Intervention Programmes

Share a meal program

As a part of “share a meal program” students collected the food packets from the women cell members and distributed food packets to the needy people in and around aluva railway station and bus stand. Food packets were also distributed to the inmates of Government hospital Aluva. Through this program they got a chance to share their meals with the needy peoples.



Social awareness campaigns

Sparsham Awareness class on Good touch and Bad Touch

Women cell has organised an awareness class “Sparsham” on good touch and bad touch on world girl child day for LP students of St Francis School By Dr.Linda Louis on 20th november 2019.Dr Linda interacted with the students effectively and described the importance of understanding the difference between a good touch and bad touch.In a very simple language she mentioned the important things to do if they got any ill treatment from others.The session was highly appreciated by the school management and requested to conduct similar sessions in the future.



Poster on Hotel Walls -not to waste food.

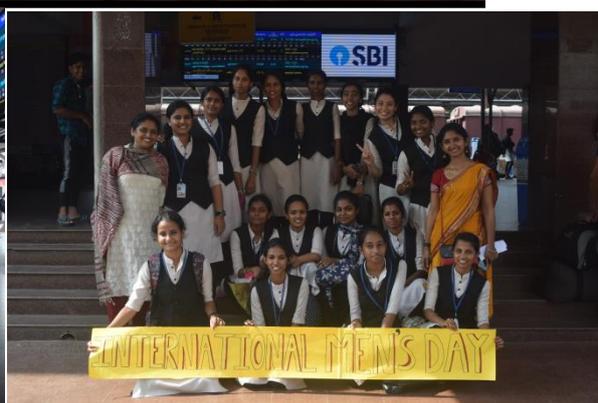
A poster was designed and stuck on the walls of hotels in Aluva locality to spread an awareness not to waste food. The hotel owners welcomed the idea and they stuck it on the walls.



Mens day Celebration

International Men's day was celebrated on 19th November 2019 by conducting a street play at Aluva Railway station. Through the play they conveyed the idea of spreading equality and respect they have to men who were there in her life playing different roles as father, brother, friend, husband etc. The crowd liked the idea and the play got displayed in manorama news channel and got good appreciation

[.https://www.youtube.com/watch?v=58-DMnZhGIU&feature=youtu.be](https://www.youtube.com/watch?v=58-DMnZhGIU&feature=youtu.be)



20 Seconds a Short film

In connection with “Break the Chain Campaign” of the Government of Kerala and the health ministry against the spreading of Covid 19, women cell members of our college have made a short film to create awareness among the public about the personal hygiene that we must have as a preventive step against spreading of Covid 19. “20 Seconds” is a Short film of 2 minutes on the importance of washing our hands with soap and water. This helped to spread the idea that covid 19 can be prevented through personal hygiene. It helped the students to understand the steps of a perfect hygienic hand wash with soap and water.

<https://www.youtube.com/watch?v=zBEhzeG49OU>



Community services

Sanitary items to flood relief camps

The Women Cell of our college has collected soaps and sanitary items to donate to the flood relief camps along with NSS and NCC of our college



Other Activities

A food stall

A food stall has been set up to raise money for community service. The members bought homemade cup cakes and edibles to sell in the stall. They also arranged a mehandi designing section along with it to raise funds.



Teachers day Celebrations

Women Cell members celebrated teachers day by preparing teachers day cards on September 5th 2019. They prepared handmade cards for their teachers as a token of gratitude for the services rendered.



Manuscript Magazine

The Students have compiled their creative works ,articles, poems, cartoons, paintings etc and made a manuscript magazine.



PRINCIPAL