



ST. THOMAS COLLEGE (AUTONOMOUS)
THRISSUR, KERALA - 680 001



NAAC 4th Cycle Accreditation

College with Potential for Excellence
NIRF Ranking 2021: 64th

www.stthomas.ac.in
iqac@stthomas.ac.in

GENDER CHAMPION PROGRAMME COMMITTEE REPORT

ACADEMIC YEAR 2018-2019

ACADEMIC YEAR 2019-2020

ACADEMIC YEAR 2020-2021





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ACADEMIC YEAR 2018-2019

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College with Potential Excellence

Thrissur Kerala

1. INAGURATION TALK--- GENDER CHAMPION PROGRAMME

THEME : SELF AWARENESS

Participants all students from vth semester

Both boys and girls

Date 25/09/2018

Time :2.30pm-3.30pm

Presidential Address Dr. Ignatious Antony
Principal St Thomas 'College (Autonomous) Thrissur

Chief Guest :-Dr Mallika A Nair
Assistant Professor
Vimala College (Autonomous)Thrissur





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Gender Champion Programme St Thomas 'College (Autonomous) organised a Programme on Self Awareness on 25th September 2018 at Medlycott Hall,

St Thomas 'College (Autonomous at 2 .30 p.m. for the VthSemester students. The programme was Presided by Dr Ignatius Antony, Principal, St Thomas 'College (Autonomous. The chief guest Dr Mallika A Nair addressed the audience

She emphasised the following points:-

1. Define self-awareness-----Self-awareness involves being aware of different aspects of the self-including traits, behaviours, and feelings. Essentially, it is a psychological state in which oneself becomes the focus of attention. Self-awareness is one of the first components of the self-concept to emerge.





2. Self-awareness and why it is important---Self-awareness is important because when we have a better understanding of ourselves, we are able to experience ourselves as unique and separate individuals. We are then empowered to make changes and to build on our areas of strength as well as identify areas where we would like to make improvements.

3. Three kinds of self-awareness---When it comes to your career, there are three aspects of self-awareness that are particularly important.

- Self-Awareness of your triggers and your reactions to them. ...
- Self-Awareness of how you're landing with others. ...
- Self-Awareness of how your routine behaviour impacts your future opportunities.

4. Self-awareness lead to success---Self-awareness can help improve your career because it makes it easier to understand how others see you. This is key for success. It's essential to be aware of the perceptions of higher-ups, of course, but it's also important to know how you come off when you're working in a leadership capacity.

All students interacted very actively. A 30 minutes discussion session was also done the co-coordinator Dr Vimala K John proposed the vote of thanks.





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The Gender Champion Programme St Thomas 'College (Autonomous) organised a Programme an experience writing competition regarding your own mother for students ,faculties and non-teaching staff. The name of the programme was "HRIDAYAPOORVAM AMMAYKKU".Dr Vimala K John was the convener of that programme. The entries were collected from 15th December 2018 -15th January 2019.There were 578 total entries

358- students., Faculty- 69 & Non-teaching staff -51

The winners were awarded by cash prize and certificate which was sponsored by management.

Student winner – Mr Febin Shaji

BA Economics, Roll No: 55

Admission No 79178

Faculty Winner: Prof Aji C V

Assistant Professor in Chemistry

St Thomas 'College (Autonomous) Thrissur.

Non-Teaching staff: Mr Denny Dominic,


Clerk,

St Thomas 'College (Autonomous)





Brochure HRIDAYAPOORVAM AMMAYKKU



**“ഹൃദയപൂർവ്വം
ഭരമേൽക്കൂ”**

നിങ്ങൾക്കും പതുചേരാം

Organized by:

**Gender Champion Programme and Women Cell
St. Thomas' College (Autonomous), Thrissur.**

നിബന്ധനകൾ:

1. സ്വന്തം അമ്മമാരെ കുറിച്ചുള്ള അനുഭവങ്ങൾ വേണം എഴുതേണ്ടത്.
2. 500 വാക്കിൽ കവിയരുത്.
3. ഇംഗ്ലീഷ് / മലയാളം എന്നീ ഭാഷകൾ ഉപയോഗിക്കാം.
4. സ്വന്തം കൈയ്യക്ഷരത്തിൽ വേണം രചനകൾ എഴുതേണ്ടത്.
5. എ! സൈസ് ഷീറ്റിൽ എഴുതുക.
6. തെരഞ്ഞെടുക്കപ്പെട്ട അലക്കെട്ടിനും രചനകൾക്കും സമ്മാനങ്ങൾ നൽകുന്നതാണ്.

☉ എല്ലാ വിദ്യാർത്ഥികൾക്കും അധ്യാപകർക്കും അതധ്യാപകർക്കും മത്സരത്തിൽ പങ്കെടുക്കാം.





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3/11/2018. Started Kung –Fu Training programme

The Gender Champion Programme St Thomas 'College (Autonomous) Thrissur started Kung –Fu Training programme for girls students .The classes were sponsored by JCI Thrissur ,under the guidance of Mr Thomas George

Girl students from first and second year degree were joined the classes the annual programme were performed on the occasion of women's day 2019 (22/01/2019)

The attendance were attached herewith.

2018 batch performance on the occasion of women's day 2019 (22/01/2019)





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AN INVITED TALK TALK--- GENDER CHAMPION PROGRAMME

THEME : WOMEN LADERSHIP

Participants all students from ivth semester
girls students

Date 16/01/2019

Time :2.30pm-3.30pm

Presidential Address Dr. Ignatious Antony
Principal St Thomas 'College (Autonomous) Thrissur

Chief Guest :-Dr Mary Regina Associate Professor
Kerala Agriculture university Vellanikkara Thrissur





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Gender Champion Programme St Thomas 'College (Autonomous) organised a Programme on Self Awareness on 16/01/2021 at Menachery Hall, St Thomas 'College (Autonomous) at 2.30 p.m. for the Vth Semester students. The programme was Presided by Dr Ignatius Antony, Principal, St Thomas 'College (Autonomous). The chief guest Dr Mary Regina addressed the audience

The major points of the talk were: - The research and evidence is clear: inclusive leaders and inclusive organizations outperform those that are not, yet women remain underrepresented in all levels of management. This program is designed to help elevate the impact of women leaders – enabling them to navigate the academic landscape, develop and leverage their talents, and step into roles of greater influence. Despite the compelling case for equality of gender representation at all levels of an organization, even with the best of intentions, unconscious bias can distort critical decisions influencing who moves ahead within an organization. During Women in Leadership: Expanding Influence and Leading Change, participants will learn time-tested techniques and practical ideas which women can apply immediately to their career and that can help combat these performance-limiting biases. Get ready to be inspired, network with likeminded colleagues, and learn applicable skills for an immediate impact on your career and your organization.





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AN INVITED TALK YOUTH EMPOWERMENT –CATALYST

THEME : YOUTH EMPOWERMENT

Participants all students from VIth semester
girls students

Date 17/01/2019

Time :2.30pm-3.30pm

Presidential Address Dr. Thomas Paul Kattookaran
Vice Principal St Thomas 'College (Autonomous) Thrissur

Chief Guest :-Ms Nima Rahul
Psychologist and Motivation trainer





Gender Champion Programme St Thomas 'College (Autonomous) organised a Programme on Self Awareness on 17/01/2028 at Medlycott Hall, St Thomas 'College (Autonomous) at 2 .30 p.m. for the Vth Semester students. The programme was presided by Dr Thomas Paul Kattukaran, Vice Principal, St Thomas 'College (Autonomous). The chief guest Ms Nima Rahul addressed the audience Empowerment is the degree of autonomy and self-determination in people and in communities. This enables them to represent their interests in a responsible and self-determined way, acting on their own authority.

o **Empowering youth means to:**

- Include **youth** in decision-making processes.
- Honour the **youth** voice.
- Understand and implement their honest opinions and ideas.
- Be willing to share your adult power and privilege in order to make the community a better place for both young people and adults alike.
 - Female empowerment could be defined in five separate categories: social, educational, economic, political, and psychological.
 - The empowerment skills?
 - The Empowerment Skills can be said to be of five kinds, namely: Life Coping Skills, Manipulative Skills, Intellectual Skills, Communicative Skills and Artistic Skills. These are natural skills which every organism including man, acquires from birth to adapt fittingly in his or its environment.





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- The aim of empowerment:-Empowerment is the degree of autonomy and self-determination in people and in communities. This enables them to represent their interests in a responsible and self-determined way, acting on their own authority.

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AN INVITED TALK –WOMEN REPRODUCTIVE HEALTH

THEME : WOMEN REPRODUCTIVE HEALTH

Participants all students from VIth semester UG , 11nd & 1Vth PG
girls students

Date 18/01/2019

Time :2.30pm-3.30pm

Presidential Address Dr. Ignatious Antony
Principal St Thomas 'College (Autonomous) Thrissur

Chief Guest Dr Geetha A P
Gynaecologist
Mother Hospital Thrissur





Gender Champion Programme St Thomas 'College (Autonomous) organised a Programme on Women Reproductive health on 18/01/2018 at Menachery Hall, St Thomas 'College (Autonomous at 2.30 p.m. for the VIth, U G IInd & IVth PG Semester students. The programme was presided by Dr Ignatious Antony Principal, St Thomas 'College (Autonomous. The chief guest Dr Geetha A P addressed the audience Reproductive health implies that people are able to have a responsible, satisfying, healthy reproductive system and safer sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so.

Major points were

Tips for a Healthy Female Reproductive System

1. Quit smoking. A single stick of cigarette contains countless toxic compositions that lead to addiction, cancer and coronary issues. ...
2. Go for regular screenings. With aging, getting a trusted gynaecologist may be a great idea. ...
3. Practice safe sex. ...





4. Have regular orgasms. ...
5. Increase consumption of calcium and magnesium. ...
6. Final note.

Why women's reproductive health is important?

Good sexual and **reproductive health is important** for women's general **health** and wellbeing. It is central to their ability to make choices and decisions about their lives, including when, or whether, to consider having children.

Common Reproductive Health Concerns for Women

- **Endometriosis.**
- **Uterine Fibroids.**
- **Gynaecologic Cancer.**
- **HIV/AIDS.**
- **Interstitial Cystitis.**
- **Polycystic Ovary Syndrome (PCOS)**
- **Sexually Transmitted Diseases (STDs)**

. Among the conditions that present most frequently in women, the following eight illnesses pose considerable health risks.

- Heart Disease. ...
- Breast **Cancer.** ...
- Ovarian and **Cervical Cancer.** ...
- Gynaecological Health. ...
- Pregnancy Issues. ...
- Autoimmune Diseases. ...
- Depression and Anxiety. ...
- Health Technology for Women.

Good sexual and reproductive health is important for women's general health and wellbeing. It is central to their ability to make choices and decisions about their lives, including when, or whether, to consider having children.

Sexual and reproductive health is not only about physical wellbeing – it includes the right to healthy and respectful relationships, health services that are inclusive, safe and appropriate, access to accurate information, effective and affordable methods of contraception and access to timely support and services in relation to unplanned pregnancy.





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Different life stages are associated with specific women's sexual and reproductive health issues, including menstruation, fertility, cervical screening, contraception, pregnancy, sexually transmissible infections, chronic health problems (such as endometriosis and polycystic ovary syndrome) and menopause.

Youth Leadership Training Programme

THEME : YOUTH EMPOWERMENT –PERSONALITY DEVELOPMENT

Participants all students from VIth semester UG , 11nd &1Vth PG

Date 20/02/2019

Time :2.30pm-4.30pm

Presidential Address Dr. Ignatious Antony
Principal St Thomas 'College (Autonomous) Thrissur

Chief Guest Dr Mary Antony ,
Convener,
Young Women's Leadership Conclave
Professional Trainers Club Thrissur.

Gender Champion Programme St Thomas 'College (Autonomous) organised a Women Leadership Training Programme 20/02/2019 at **Professional Trainers Club** Hall, Thrissur at 2 .30 p.m. for the VIth, U G IInd &IVth PG Semester students. The programme was presided by Dr Ignatious Antony Principal, St Thomas 'College (Autonomous. The chief guest Dr Mary Antony, Convener, Young Women's Leadership Conclave Major Points were Professional Trainers Club Thrissur.

Our programme aims develop leaders who can cross boundaries – be the boundaries of sector, specialism, generations, geographies, backgrounds or beliefs – we develop leaders who can thrive in all situations.

Revolutionizing careers. Transforming the corporate landscape.





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His four-part, strategically paced program, emphasizes practical learning and focuses on talent development. High-potential women executives will be equipped with the knowledge and tools needed to elevate themselves to the C-suite and beyond.

In a supportive and highly collaborative atmosphere, an impressive roster of top Kellogg faculty and corporate experts guide you through a rigorous program of intensive classroom instruction, individual career appraisals, personal coaching, case studies and simulations. Every element of the program is focused on strengthening and broadening your leadership talents and delivering positive results for your organization.

Four Sessions, One Goal: Revolutionize Your Career

The program's structure — four three-day sessions spread over 12 months — allows you the time and opportunity to learn and test new ideas collaboratively, receive real-time constructive feedback from faculty and peers and build relationships that will last a lifetime. During the program, you will:

- Gain the insights and skills you need to move purposefully toward the highest levels of corporate leadership.
- Expand your understanding of leadership with research-based insights from world-renowned Kellogg faculty.
- Prepare to take on the challenges that every senior leader must face with practical guidance from seasoned corporate leaders.





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www.professionaltrainersclub.com

Phone : 8547226677



PROFESSIONAL TRAINERS' CLUB, THRISSUR

(A society registered under the Travancore - Cochin Literary, Scientific and Charitable Societies Registration Act (1955-R-639/16))

Inspiring Professional and Organisational Excellence and Creativity

As a prelude to the Conclave, PTC is conducting a study among the young women students of Colleges to analyse the achievement climate of Colleges and achievement motivation of women students. The findings of the study will be presented in the Conclave and shared with the College authorities to devise strategies to improve the conditions.

We have identified your esteemed institution as one of the units for the study. Hence, we humbly request your eminence to grant permission to the PTC Study Team to address a batch of students (UG Final year or PG students) to brief them about the Conclave and to get the survey schedule filled in by them. We are glad to inform you that your institution can nominate 25 students to participate in the Conclave at a nominal registration fee of Rs.100 per student.

We expect your wholehearted support to make this endeavor a grand success.

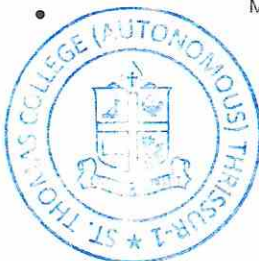
With warm regards,

Yours sincerely,

Dr. Mary Anthony
Convener
Young Women's Leadership Conclave

info.professionaltrainersclub@gmail.com

Marottipuzha House, Rajiv Gandhi Nagar, Mannuthy Post, Thrissur- 680 651, Kerala





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12/11/2019. Started Kung –Fu Training programme

The Gender Champion Programme St Thomas 'College (Autonomous) Thrissur started Kung –Fu Training programme for girls students .The classes were sponsored by JCI Thrissur ,under the guidance of Mr Thomas George

Girl students from first and second year degree were joined the classes the annual programme were performed on the occasion of women's day 2019 (12/02/2020)

The attendance were attached herewith.





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A Training Programme

THEME : WOMEN LEADERSHIP

Participants all students from 6th sem, 4th sem Girl students

Date 08/02/2020

Time : 10.30pm-3.30pm

Presidential Address Dr. Joy K L
Principal St Thomas 'College (Autonomous) Thrissur

Chief Guest Ms Anjana Bhanu
Personality development Trainer
Unilever Company Ltd All India

Gender Champion Programme St Thomas 'College (Autonomous) organised a Women Leadership Training Programme on 08/02/2020 at Medlycott Hall, St Thomas 'College (Autonomous) at 2.30 p.m. for the VIth, U G II nd & IV th PG Semester students. The programme was presided by Dr Joy K L Principal, St Thomas 'College (Autonomous). The chief guest Ms Anjana Bhanu Personality development Trainer Hindustan Unilever Company Ltd, All India.





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An Awareness Talk on Cancer and Society

THEME : WOMEN CANCER ITS CAUSES AND CONSEQUENCES

Participants all students from 6thsem&2nd sem 4 PG Girl students

Date 26 /02//2020

Time :9.30pm-12.30pm

Presidential Address Dr. Joy K L

Principal St Thomas 'College (Autonomous) Thrissur

Chief Guest Dr Ruby John Anto,
Scientist E,
RGC B Thiruvananthapuram





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ACADEMIC YEAR 2020-2021

An Awareness Talk

THEME : Women Daily Health Issues

Participants all students from VIth semester UG , 11nd & 1Vth PG
girls students

Date 20/06//2020

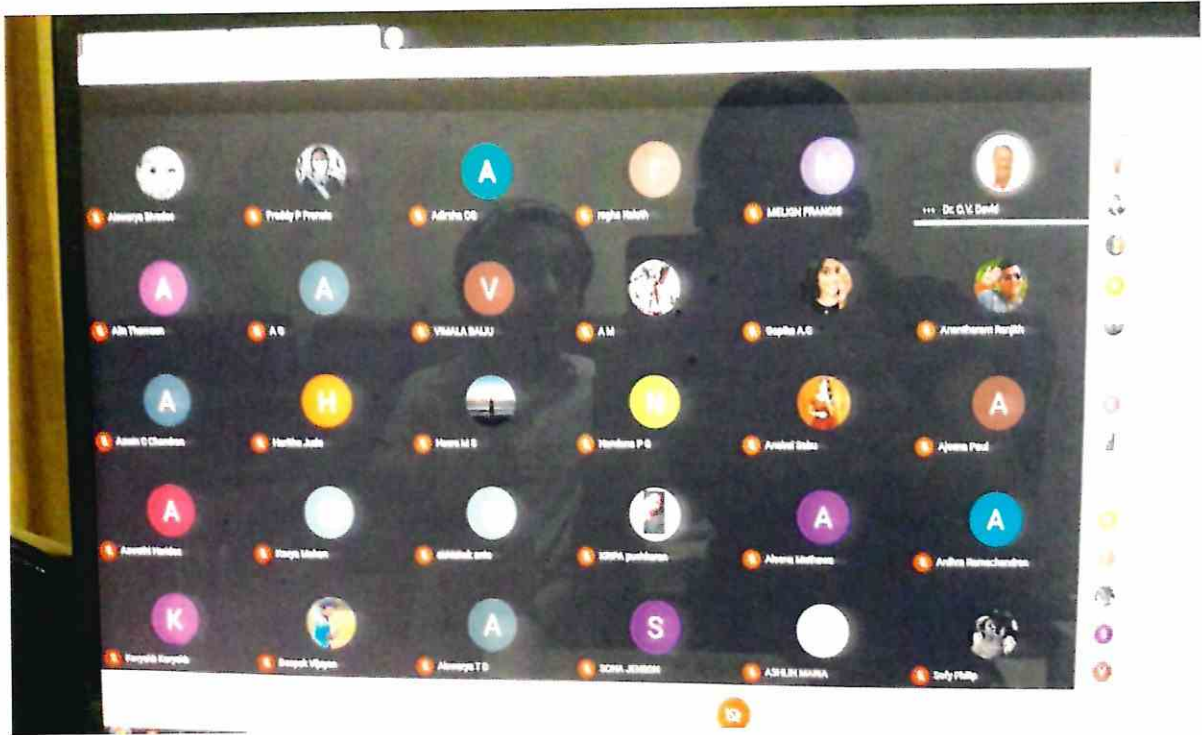
Time :2.30pm-4.30pm

Presidential Address Dr. Joy K L
Principal St Thomas 'College (Autonomous) Thrissur

RESOURCE PERSON:-Dr Joyce Jose

Assistant Professor
DEPT. OF ZOOLOGY





Gender Champion Programme St Thomas 'College (Autonomous) organised a Programme on Women Reproductive health on 20/06//2019 via online

U G IInd & IVth PG Semester zoology (core) students. The programme was presided by Dr Joy K L Principal, St Thomas 'College (Autonomous. The resource person Dr Joyce Jose addressed the audience.

Major points were

1 Women's health concern is influenced by interrelated biological, social, and cultural factors. It is generally expected that women can live longer than men it does not necessarily ensure a better quality of life. Profound studies reported that women are more sickly and disabled than men throughout the life cycle. It has been suggested that women are particularly vulnerable, where basic maternity care is unavailable.





2 Due to the involvement of biological factors, women are more prone to sexual exposure of contracting sexually transmitted infections (STIs), including the human immunodeficiency virus (HIV) than do men.

3 Moreover an early marriage and childbirth could be responsible for the prevailing wide variation in the socioeconomic status. Profound studies pointed out the voluntary involvement of the community, paramedical workers, NGO, policy makers and teachers in various developmental programs for the removal of poverty and improve the literacy rate among females.

4 Nutrition and health education should be strengthened via department of health to improve the nutritional status of mother and child, which are intimately linked.

5 A strong and sustained government commitment is therefore needed to improve women's, health concern

6 Good health is a key criterion, which contributes to human wellbeing and economic growth. Adequate nutrition for women would help them to serve as productive members of the society to develop the consequent health generations. The government should take necessary and compulsory policies to improve the literacy rate and quality education as well as to provide adequate employment opportunities for women, which might explore positive impact on the women's health concerns. The government can also improve the health status of women by strengthening and expanding essential health services as well as by frequent counselling on safe sex, awareness on educational and nutritional needs and gender based violence.





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An Awareness Talk

THEME : WONDERFUL WOMEN PARENTING

Participants BBA /B COM FINAL YEAR GIRLS

Date 20 /06//2020

Time :09.30am-11.30am

Presidential Address Dr. Joy K L
Principal St Thomas 'College (Autonomous) Thrissur

Chief Guest Dr Jesna
Clinical Psychologist
Prathyasa Institute Thrissur

Meeting link was :[https://meet google.com/ekb-smev-view](https://meet.google.com/ekb-smev-view)





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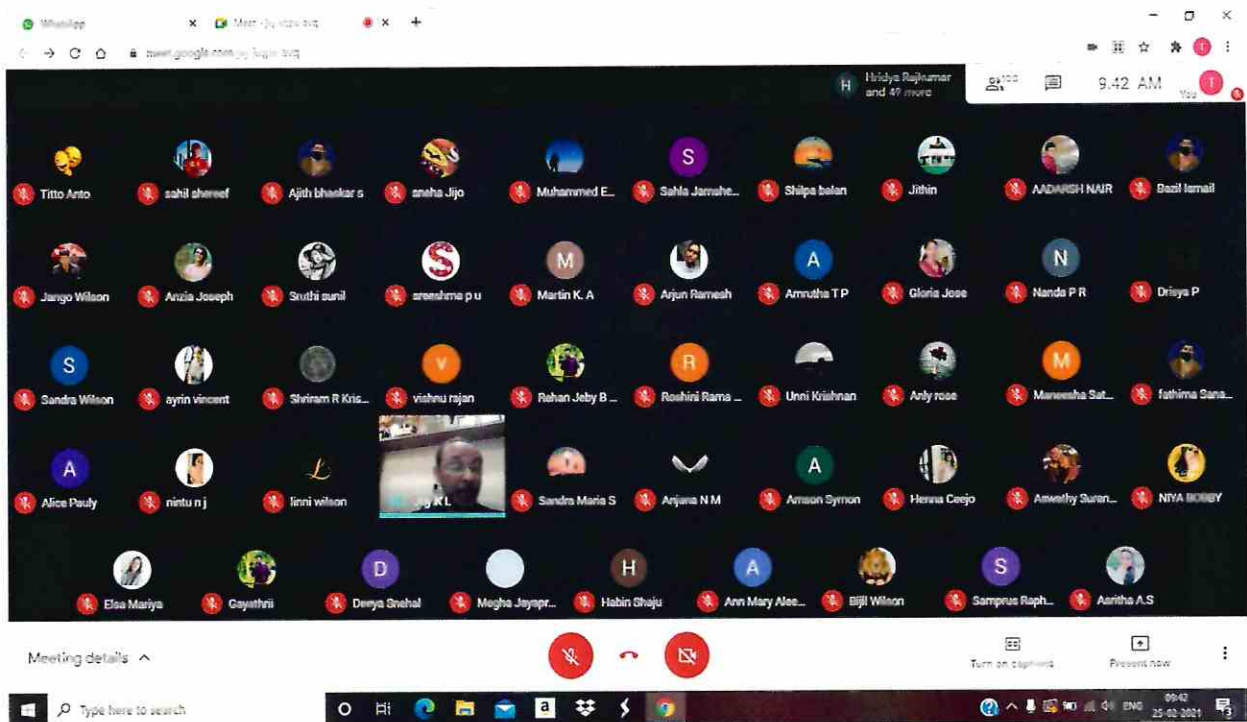
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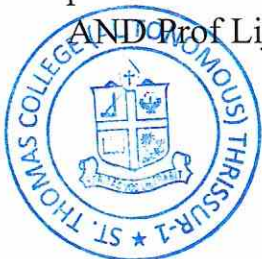
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Chief Guest Dr Jesna K Personality development Trainer Prathyasa Institute Thrissur was the resource person. Smt. Alice Pauly HOD of the department presided the webinar, Dr Vimala K John Gender programme coordinator and assistant professor in zoology welcomed the gathering, 39 students participated in the webinar AND Prof Lijo Jose proposed vote of thanks.





Five reasons why mothers play a crucial role in parenting

- **The First Teacher** – Scientific evidence shows that kids learn a lot of things way before they are born. Right from music, to smell, to sounds, they get their first sense of the outside world from the mother. This apart, mothers tend to spend a lot more time with the baby, even if it is just for nursing. Compared to the hours spent by dad, which makes them the first teacher.
- **Values Imbiber** – Kids learn through what they see, rather than from what they hear. This makes the mother's role crucial in imbibing core values, habits, and behavioural traits from a very young age. The child picks the way a mother speaks,

interacts, and engages with everyone around. This is how a kid learns and model this behaviour as they grow up. Similarly, the way the mother is treated also tends to have a strong psychological effect on the child. So, make sure that you treat the lady of the house right

- **The Counsellor** – Mothers, are the go-to person for every child. In fact, we never outgrow her love and affection in our lifetime, as she's there every time we need her. Be it a sibling conflict, a bruised leg, or a broken heart, she is the most comforting person to counsel us in the right direction. Mothers, in other words, are capable of healing the broken spirits and raising a happy child.
- **The Reader of Non-Verbal Cues** – Multiple researches have shown that mothers are better at reading nonverbal cues than fathers. This makes them better nurtures and bond with kids instantly, while being capable of bringing in any emotional, physical, or behavioural changes in the child without much difficulty.
- **The Emotional Backbone** – Mothers are the first friends and confidants we make at a very young age, and the bond grows strong. Moms serve as the emotional backbone and contribute immensely to positive child development. Researchers also proved that a child's development, character, and attitudes, depend a lot on the mother. This indicates a clear correlation to the nurture and emotional support that a mother provides to her child.





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Mothers are one of the first indications of the sovereignty of God in **our lives**. **Mothers** teach us to have confidence and belief in ourselves. **Mothers** knew from experience how **important** for people to believe in themselves in order for children to be whole, strong and grow with a healthy estimation of oneself.

A **mother's role** is to love her children with all her heart. It is also the **role** of every **mom** to understand her children. When a child feels this, he or she learns to trust the **parent(s)** better. ... When a **mother** nurtures her children well, love and goodness are awakened in the children's hearts.

Therefore, an **ideal mother** is one who inculcates the best of family values in her children, she has tons of patience to put up with the childish tantrums and makes the child feel satisfied and happy without being over indulgent. She is the child's best friend and is there for the child through thick and thin.





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An Awareness Talk

THEME : SIGNIFICANCE OF GENDER EQUITY

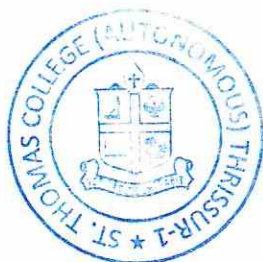
Participants :-students from 4 th UG BBA students

Date 12 /08//2020

Time :11.30pm-12.30pm

Presidential Address Dr. Joy K L
Principal St Thomas 'College (Autonomous) Thrissur

Chief Guest Dr Sreelatha A Nair
Personality development Trainer
Prathyasa Institute Thrissur





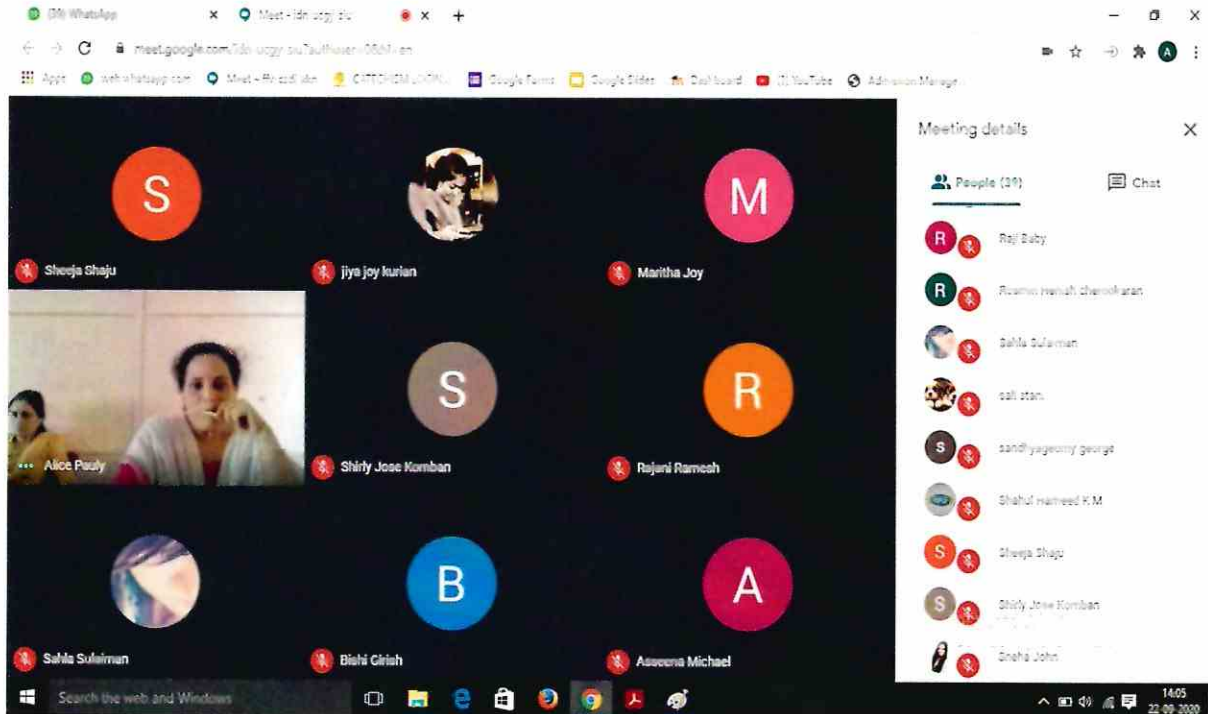
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Chief Guest Dr Sreelatha A Nair Personality development Trainer Prathyasa Institute Thrissur was the resource person. .Smt. Alice Pauly HOD of the department presided the webinar, Dr Vimala K John Gender programme coordinator and assistant professor in zoology welcomed the gathering, 39 students participated in the webinar AND Prof Lijo Jose proposed vote thanks.





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Gender equality prevents violence against women and girls. It's essential for economic prosperity. Societies that value women and men as equal are safer and healthier. **Gender equality** is a human right.

Equality is about ensuring that every individual has an equal opportunity to make the most of their lives and talents. It is also the belief that no one should have poorer life chances because of the way they were born, where they come from, what they believe, or whether they have a disability.

In order to create an open classroom environment, it is essential to avoid stereotyping. Schools generally affect gender differentiation via 2 primary sources: teachers and peers. Teachers and peers directly influence gender differentiation by providing boys and girls with different learning opportunities and feedback.

Productivity – people who are treated fairly and have equal opportunity are better able to contribute socially and economically to the community, and to enhance growth and prosperity. Confidence – an equal and fair society is likely to be safer by reducing entrenched social and economic disadvantage.

Gender awareness raising plays an important role in informing women and men about gender equality, the benefits of a more gender-equal society and the consequences of gender inequality. ... Gender awareness raising intends to change attitudes, behaviours and beliefs that reinforce inequalities between women and men.





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An Awareness Talk

THEME : WOMER RIGHTS

Participants all students from 2ndthsem& 4 th UG students

Date 19 /11/2020

Time : 11.30pm-12.30pm

Presidential Address Dr. Joy K L

Principal St Thomas 'College (Autonomous) Thrissur

Chief Guest :

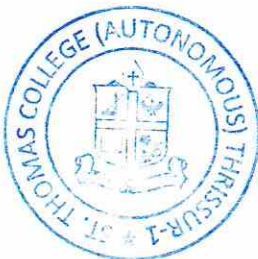
ADV.: HARIHARAN NAIR P

ADVOCATE & FAMILY COUNCELLOR

DISTRICT FAMILY COURT PATHANAMTHITTA

VIA ONLINE

MEETING URL: [https://meet google .com/ign-egbx-bkn](https://meet.google.com/ign-egbx-bkn)





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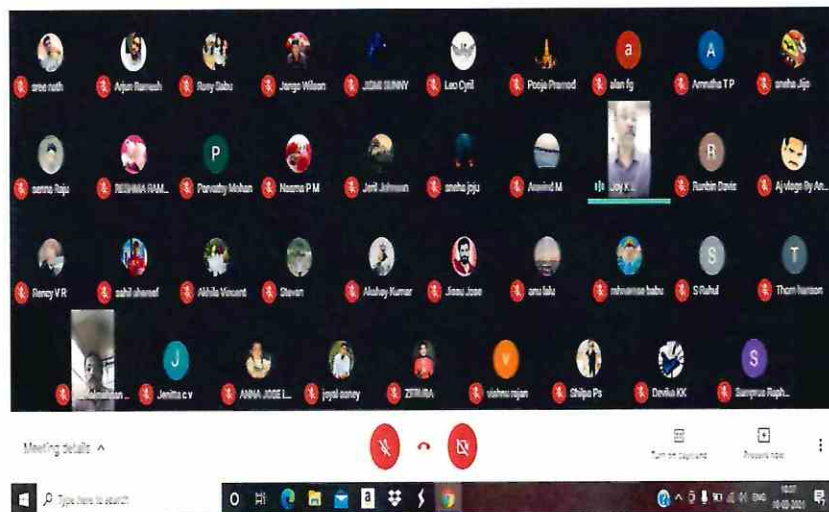
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A webinar on “women rights” was organised by the Gender Champion Programme and Department of zoology via online on 19 November 2020. Adv. Hariharan Nair P, District Family Court Pathanamthitta was the resource person. .Dr C V David HOD of the department presided the webinar, Dr Vimala K John Gender programme coordinator and assistant professor in zoology welcomed the gathering, Dr Britto Joseph K Facilitate the gathering .110 students participated in the webinar AND Prof Shaun Paul Adanbukulam proposed vote thanks.





The major points discussed were:-

13 Rights Every Woman Should Bravely Defend For Herself

- Her body no matter how it looks. ...
- Her appearance. ...
- Her judgment and concern over topics. ...
- Her relationship status. ...
- Her choice of a partner. ...
- Her want of a relationship. ...
- Her denial of a relationship. ...
- Her desire for children.

On the grounds of gender equality, here are 11 rights an Indian woman holds in India

1. Women have the right to equal pay
2. Women have the right to dignity and defence
3. Women have the right against workplace harassment
4. Women have a right against domestic violence
5. Female sexual assault victims have the right to keep their identity anonymous
6. Women have the right to get free legal aid
7. Women have right not to be arrested at night
8. Women have the right to register virtual complaints
9. Women have the right against indecent representation
10. Women have the right against being stalked
11. Women have a right to Zero FIR. Students actively participated in the discussion.





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An Awareness Talk

THEME : Significance of women education

Participants all students from VIth semester UG , 11nd & 1Vth PG
girls students

Date 18/12//2020

Time :2.30pm-4.30pm

Presidential Address Dr. Joy K L
Principal St Thomas 'College (Autonomous) Thrissur

RESOURCE PERSON:-Dr Joyce Jose

Assistant Professor
DEPT. OF ZOOLOGY





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Gender Champion Programme St Thomas 'College (Autonomous) organised a Programme on Women Reproductive health on 18/12/2020 at Seminar Hall, zoology department St Thomas 'College (Autonomous) at 2.30 p.m. for the VIth, U G Semester students. The programme was presided by Dr Joy K L Principal, St Thomas 'College (Autonomous). The resource person Ms Sheeba Raphael addressed the audience

Major points were

Girls have the right same right to **education** as boys. **Educated girls** can make informed choices - and from a far better range of options. Educating **girls** saves lives and builds stronger families, communities and economies. An **educated female** population increases a country's productivity and fuels economic growth.

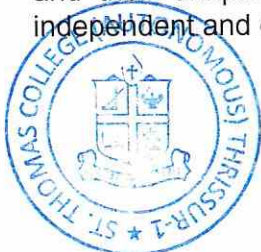
the importance of female education?

That women might have the chance of a healthier and happier life should be reason enough for promoting girls' education. However, there are also important benefits for society as a whole. An educated woman has the skills, information and **self-confidence** that she needs to be a better parent, worker and citizen.

Women play very **important** role in the progress of a family, society, and country. In order to make democracy successful in the country **women education** is necessary together with the men. ... Trained and **educated** mothers may nourish many lives in their life term and give rise to the developed nation. 26-Mar-2

“By acquiring **literacy**, **women** become more economically self-reliant and more actively engaged in their country's social, political and cultural **life**. All evidence shows that investment in **literacy** for **women** yields high development dividends.”

It is absolutely true that education makes a person independent. Education provides us with the skills to make ourselves capable of offering services to others and earning a livelihood. If women become educated and earn for themselves then they don't have to depend on their family for anything. This builds their confidence and makes them take their decision on their own. They realise their worth and their uniqueness. Therefore, education for women is really important in making women independent and confident.





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An Awareness Talk

THEME : SIGNIFICANCE OF GENDER EQUITY

Participants all students from VIth Semester

Date 18 /01//2021

Time : 11.30pm-12.30pm

Presidential Address Dr. Joy K L
Principal St Thomas 'College (Autonomous) Thrissur

Chief Guest Dr Mallika A Nair
Assistant Professor in English
Vimala College (Autonomous) Thrissur





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ST. THOMAS COLLEGE (AUTONOMOUS), THRISSUR
Affiliated to University of Calicut
NAAC (3rd Cycle): A Grade & College with Potential for Excellence

WEBINAR
Gender Equality and Safety
Dr. Mallika Nair
Assistant Professor in English
Vimala College (Autonomous) Thrissur

You Tube **JANUARY 18, 2021**
11.30am to 12.30pm

Organized by Gender Champion Programme and
IQAC, St. Thomas College (Autonomous) Thrissur

Principal: Dr. Jay K. L. Coordinator: Dr. Vimala K. John

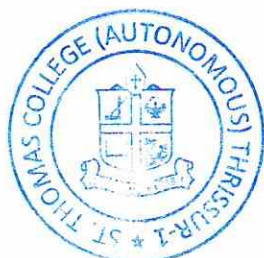
WEBINAR - GENDER EQUALITY AND SAFETY

Organized by Gender Champion Programme and IQAC, St. Thomas' College
(Autonomous), Thrissur

11.30 AM to 12.30 PM

18 January, 2021

YouTube Link: <https://youtu.be/1Bsj2CzNTpA>





A webinar on “Gender Equality and Safety” was organised by the Gender Champion Programme and IQAC of our College via You tube live on 18 December 2021. Dr. Mallika Nair, Assistant Professor, Vimala College (Autonomous) Thrissur, was the resource person. Dr Joy K L presided the webinar, Gender programme coordinator Dr Vimala K John welcomed the gathering, Rev Dr Anil George Konkoth Facilitate the gathering .110 students participated in the webinar.

The major points discussed were:-

Gender safety?

Gender safety is built on an acknowledgment of **gender** as a set of ideologies which are produced reproduced and sustained within (and beyond) school classrooms and hallways.
10 ways to promote gender equality in daily life

1. Share household chores and childcare equally. ...
2. Watch for signs of domestic violence. ...
3. Support mothers and parents. ...
4. Reject chauvinist and racist attitudes. ...
5. Help women gain power. ...
6. Listen and reflect. ...
7. Hire diversity. ...
8. Pay (and demand) the same salary for equal work.

Gender equality is when people of all genders **have** equal rights, responsibilities and opportunities. ... **Gender equality** prevents violence against women and girls. It's essential for economic prosperity. Societies that value women and men as equal are safer and healthier.





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gender equity provide---The concept of **gender equity** refers to “**fairness** of treatment for women and men, according to their respective needs. This may include equal treatment or treatment that is different but which is considered equivalent in terms of rights, benefits, obligations and opportunities”

Is gender equality a concept----**Gender equality** implies that the interests, needs and priorities of both women and men and girls and boys are taken into consideration, recognizing the diversity of different groups and that all human beings are free to develop their personal abilities and make choices without the limitations set by stereotypes.

An Invited Talk on Parenting

THEME : PARENTING

Participants : (Kudumbasree unit 9th)

Division Cheeror Thrissur

Date 20 /03//2021

Time : 11.30pm-12.30pm

Presidential Address Dr Sr Alphonsa Mathew

, Vice Principal

St Thomas 'College (Autonomous) Thrissur

Chief Guest:- Ms: Smitha Satheesh
Juvenile Justice Board Member, KELSA Panal





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ST. THOMAS COLLEGE (AUTONOMOUS), THRISSUR

Department of Social Work
PRESENTS

Awareness Session on **"PARENTING"**

*Organised By Gender Champion Programme in
association with Department of Social Work, IQAC
and
9th Division Cheroor, Thrissur Corporation.*

Date: 20/3/2021

Time: 10:30 AM

**VENUE- KASTHURBA LIBRARY HALL,
CHEROOR**



Student Coordinators:

Amrutha Raj T.R
Christeena Varghese
Surabhi Suresh

Smt. Smitha Sathish
Former Juvenile Justice
Board Member &
Psychologist / Motivational
Speaker





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Gender Champion Program committee in association with MSW Department conducted a webinar on the topic 'Parenting' on 20.03.2021. It was inaugurated by Adv. Villi Jjo, Corporation Councillor Thrissur. The awareness class lead by Smt. Smitha Sathish.

The major points were:--

Parenting has always been tough, but home schooling, working from home, and all the financial uncertainty surrounding COVID-19 has made it even tougher. These parenting tips can help you cope.

The unique stresses facing parents during COVID-19 Helping your kids with online classes and schoolwork

Join forces with other parents. Connect with your child's teacher. Create a learning routine. Set goals—and celebrate their completion. Get creative with lessons.

Dealing with your child's fears and stress Talk at an age-appropriate level. Answer questions simply and honestly. Be understanding Arrange virtual playdates. Give extra love and affection. . Designate special one-on-one time. Find things to be grateful about.

Keeping healthy routines Establish healthy new routines. Follow safety advice. Reinforce the importance of hygiene and hand washing Practice what you preach.

Managing behaviour problems Redirect your child. Take a breath. Give your child a creative consequence. Reward good behaviours, Never yell at or spank your child sometimes, it may be best to do nothing.



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St. Thomas College (Autonomous)
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