



# WOMEN'S CELL

MORNING STAR HOME SCIENCE COLLEGE

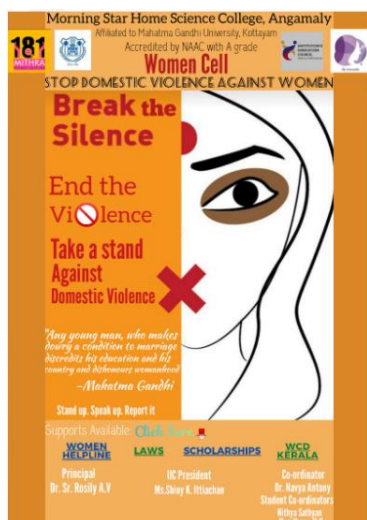
Angamaly South P.O., 683573

(Affiliated to Mahatma Gandhi University, Kottayam and Reaccredited by NAAC with A grade)

## ANNUAL REPORT 2021-2022

### 1) Awareness programme against domestic violence

Women cell conducted an awareness programme '**Break the Silence End the violence Take a stand against Domestic Violence**' on 25<sup>th</sup> June-2021, with the theme "*Stop domestic violence against women*". The programme aims to promote a culture of respect and nonviolence with women. Information regarding various government scholarships, laws, and different helpline numbers for supporting women was also shared with students in detail. The programme gave awareness about the scholarships introduced by Women & Child Development Department, Kerala which functions for ensuring the holistic, physical, psychological, cognitive and emotional developments of women and children. Links about information of various initiatives and programme of Women & Child Development Department (Kerala) for child development (ICDS), child protection (ICPS), women protection and women empowerment were included in this programme.





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## 2) Participation in online pledge for anti-dowry

As a part of creating awareness among young girls women cell encouraged them to participate in online pledge for anti-dowry conducted by National commission for women. On 24<sup>th</sup> June-2021, students of Morning Star Home science college individually took an oath that, in any situation each of them will stand strong against dowry system. Through this online pledge, students of Morning star home science college declared their willingness to join with National commission for women in their movement against dowry system.

**Pledge for Anti-Dowry**  
24.06.2021

Students of Morning Star Home Science College, Angamaly

**my GOV**  
मेरी सरकार

NATIONAL COMMISSION FOR WOMEN  
*Certificate*  
**PLEDGE FOR ANTI-DOWRY**

I, Rigna Joy  
have solemnly pledged to shun any act in favor of dowry. I will wholeheartedly work towards liberating the Institution of marriage from any commercial interests and stand strong against anyone who will encourage dowry

2457692588  
June, 24 2021

National Commission for Women, Plot No- 21, Jasola Institutional Area, New Delhi - 110025  
Website - www.ncw.nic.in

## 3) Webinar on 'Health care during pandemic'

In context of COVID-19 pandemic to ensure proper health care awareness Women cell organized a webinar on health care during pandemic. The webinar was conducted on 28<sup>th</sup> June-



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2021 with the theme “lets conquer covid-19 together”. Dr. Elizabeth Mathew, Women committee chairperson, AMAI-Perumbavoor was the resource person. The webinar focused on best practices that we have to follow for a maintaining good physical and mental health during Covid-19 pandemic. Health care covered not merely medical care but also all aspects of preventive measures need to be taken before and after COVID times. The importance of having nutritious diet and healthy habits during pandemic was discussed in detail. The interactive section at the end of the webinar was taken as an opportunity for clearing the doubts of students related to health care during pandemic.

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MITRA**

**WOMEN CELL**  
Inviting you to the webinar on

**HEALTH CARE DURING  
PANDEMIC**

**RESOURCE PERSON**  
Dr.Elizabeth Mathew  
Women Committee Chairperson  
AMAI Perumbavoor

" LET'S CONQUER COVID-19 TOGETHER "

28 JUNE 2021 02.00 PM Google meet

**PRINCIPAL**      **IIG PRESIDENT**      **CO-ORDINATOR**  
Dr. Sr. Rosily A.V.   Ms. Shiny K. Ittiachan   Dr. Navya Antony



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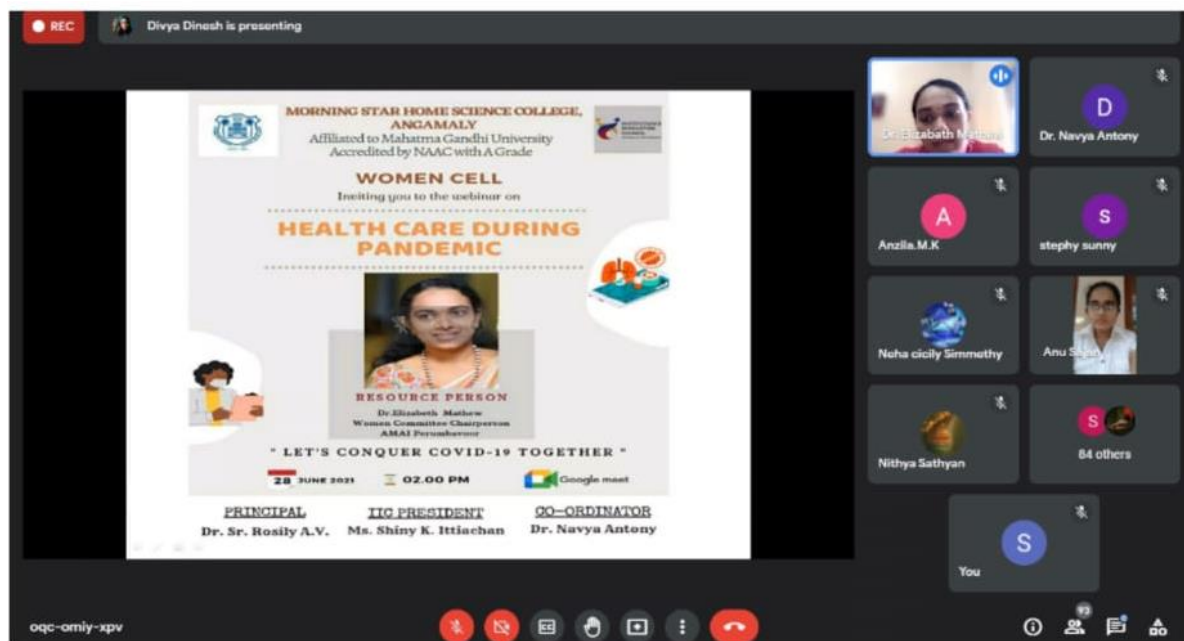
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Date-28 June, 2021 Time-2:00pm

1. Compering-Anzila M.K, 2nd Bsc. Zoology
2. Prayer Song- Nithya Sathyan, 2nd Bcom
3. Welcome Speech- Neha Cicily, 2nd Bsc. Chemistry
4. Talk by Resource Person-Dr. Elizabeth Mathew
5. Vote of Thanks- Gopika A.J, 2nd Bcom

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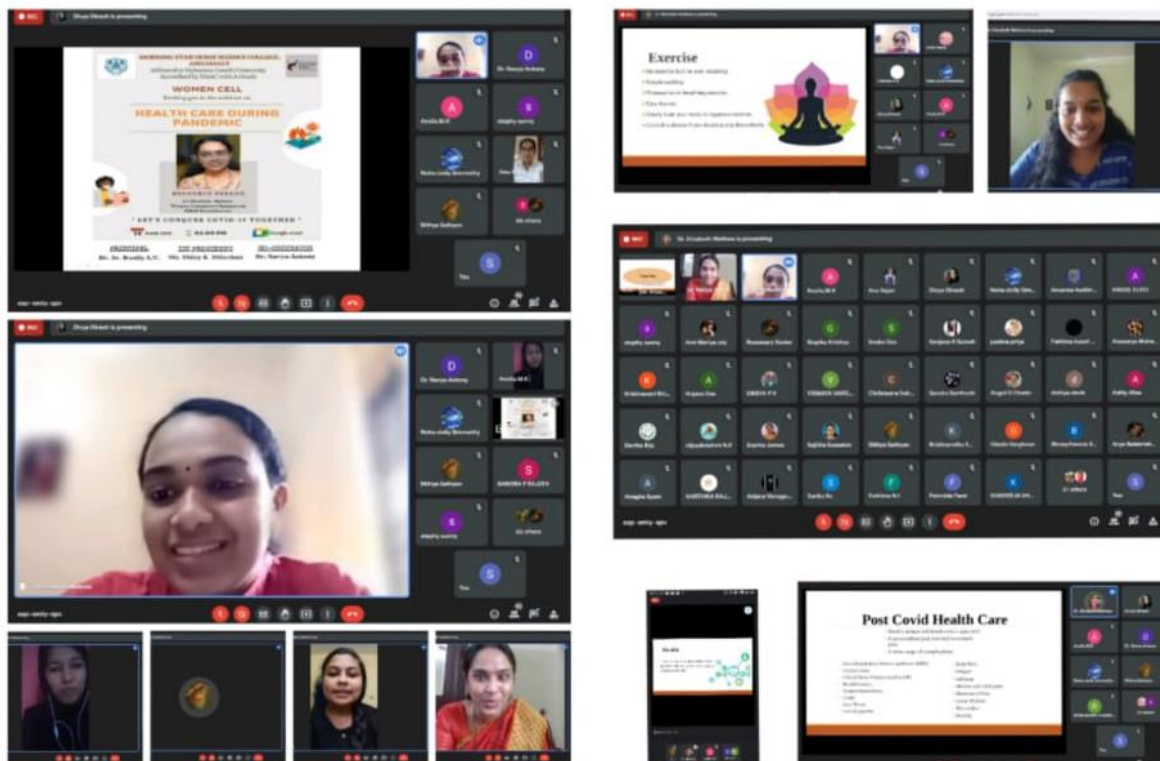


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## International widow's day observation

International widow's day observation was conducted on 23<sup>rd</sup> June- 2021. Women cell conveyed the message "no women should lose her status, livelihood or property when her husband dies" to students. Women cell conducted an awareness programme about various government schemes for the welfare of widows. The awareness programme was based on the theme "***Invisible Women, Invisible Problems***". Links for Central government's 'widow pension scheme', state government's scheme such as 'Mangalya', 'Padavukal', 'Abhayakiranam' etc. was shared along





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with students to make the needy ones aware about them and make use of the support. The programme was very informative and it helped for the transferring information of these schemes to society.

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**WOMEN CELL**  
Observing  
**International Widow's Day**  
23 JUNE 2021

Theme: "Invisible Women, Invisible Problems"

**Principal**  
DR. SR. ROSILY A.V.

**IIC President**  
MS. SHINY K. ITTIACHAN

**Co-ordinator**  
DR. NAVYA ANTONY  
**Student Co-ordinators**  
REKSHITHA K.P.  
RITHYKA SATHYAN

**MORNING STAR HOME SCIENCE COLLEGE, ANGAMALY**  
AFFILIATED TO MAHATMA GANDHI UNIVERSITY  
ACCREDITED BY NAAC WITH A GRADE

**WOMEN CELL**  
Observing  
**International Widow's Day**  
23 June 2021

" No women should lose her status, livelihood or property when her husband dies "

- Schemes provided by Central Government  
[WIDOW PENSION](#)
- Schemes provided by State Government  
[MANGALYA](#)  
[PADAVUKAL](#)  
[ABHAYAKIRANAM](#)

## JULY

### International workshop series (WINGS-2021)

As a part of Women cell Initiative in Nurturing and Growing Skills an international workshop series was organized. The session was inaugurated on 27<sup>th</sup> July-2021 by Ms. Revathy Ratnamoorthy, Therapeutic yoga instructor and public speaker, Kaya clinic, Sri Lanka. In the first session, she explained the importance of therapeutic yoga for physical and mental health. Second session was handled by Dr. Sajeev Jos, HOD and Assistant Professor in Physical education, St. Albert's college, Ernakulam. He is also renowned as an artist and multiple



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intelligence skill trainer. In the second section he presented different mind exercises for developing multiple intelligence. The programme helped to convey the message of practicing

yoga and mind exercise for having better healthy living. The workshop series can be watched with the following link <https://youtu.be/9bMc9rGPmUs>.

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**181 MITHRA**

**WOMEN CELL**  
Inviting you to the  
**International Workshop Series**  
**WINGS-2021**  
Women cell Initiative in Nurturing and Growing Skills

**Skill Enhancement Programme - "Enrich Your Skills"**

**PRESIDED BY**

**SESSION : 1 SPEAKER**  
INAUGURATION BY

**DR. SR. ROSILY A.V.**  
Principal

**SESSION : 2 SPEAKER**

**DR. SAJEEV JOS**  
HOD and Asst. Professor in Physical Education, St. Albert's College, Ernakulam. Multiple Intelligence Skill Trainer, Artist

**Topic : Therapeutic Yoga for Physical and Mental Health**

**Topic: Mind exercise for developing Multiple Intelligence**

**27 JULY 2021** **02.30 PM**

<https://meet.google.com/ryz-nuej-akh>

<https://youtu.be/9bMc9rGPmUs>

**PRINCIPAL**  
Dr. Sr. Rosily A.V.

**CO-ORDINATOR**  
Dr. Navya Antony

**STUDENT CO-ORDINATORS**  
Nandhana N.K.  
Nithya Sathyan

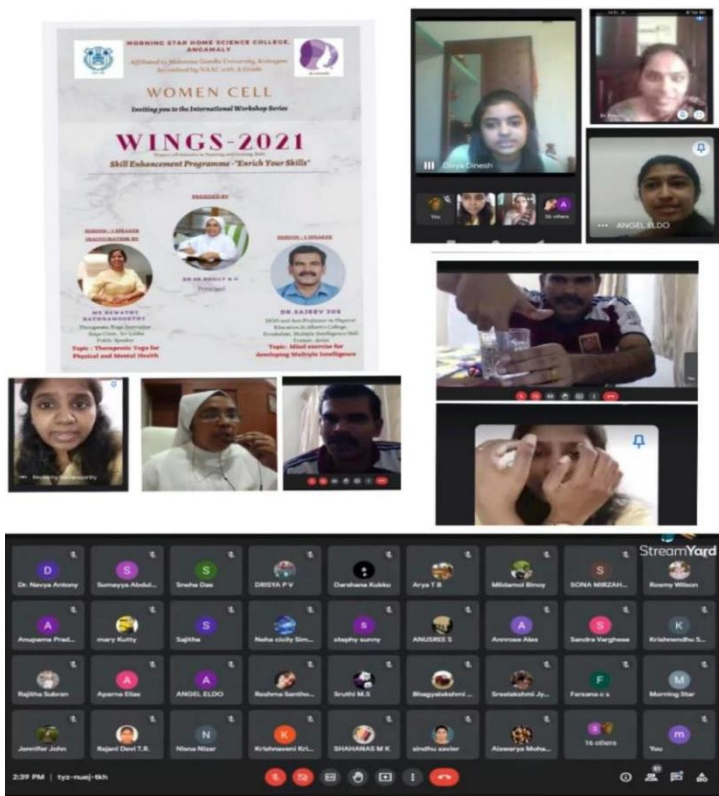


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## AUGUST

### **International workshop series (WINGS-2021)**

In association with observing World Entrepreneurs' Day on August 21 the second session of International Workshop series was conducted on 11<sup>th</sup> August-2021 based on the topic '**Route to Entrepreneurship**'. The resource person of the skill enhancement programme was Mrs. Nisha Menon, Diector of Nikasu foods, UK and founder of Jack and Chill. In the workshop she explained the pre requisites needed to be a good entrepreneur. The workshop can be watched with the following link <https://youtu.be/tbNeq1gVCAC>. Different steps for starting a new business and the importance of women entrepreneurship and challenges ahead on the path in society were discussed in detail. The programme motivated students to start a small scale





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business and conveyed the message about the necessity to be equipped with certain skills to become self reliant in society.

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Women cell  
Inviting you to the  
*International Workshop Series*

**WINGS-2021**  
Women cell initiative in Nurturing and Growing Skills

Skill Enrichment Programme - "Enrich Your Skills"  
**ROUTE TO ENTREPRENEURSHIP**

**PRESIDED BY**  
  
**Dr. Sr. Rosily A.V.**  
Principal

**SESSION SPEAKER**  
  
**Mrs. Nisha Menon**  
Director of Nikasu Foods UK &  
Founder of Jack & Chill

11 TH AUGUST 2021 01.30 PM

<https://meet.google.com/nax-brvu-yul> <https://youtu.be/0bNe0t9VCc>

**PRINCIPAL** **IIC President** **CO-ORDINATOR** **STUDENT CO-ORDINATORS**  
Dr. Sr. Rosily A.V. Shiny K Ittiachan Dr. Navya Antony Nandhana N.K. Nithya Sathyan



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## International women's equality day observation

Women cell Observed the International women's equality day on 26<sup>th</sup> August 2021. As a part of observation women cell published an online flipbook. The flip book enclosed the history behind the International women's equality day, present challenges faced by women, need for women equality etc. Measures put forward by the government for the upliftment of women in all sectors

were elaborated in detail. Various government schemes for girl child and women empowerment were also included as a special section in this flip book. The online flipbook can be watched with the following link <https://online.flippingbook.com/view/999149968/18/>. Poster making competition was also conducted with the topic "No to dowry". All these programmes helped to raise awareness of women's equality and the success they have achieved in various sectors.



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WOMEN CELL  
Observing

International  
**WOMEN'S  
EQUALITY DAY**  
26th August 2021




"I Raise up my voice - not so that I can shout, But so that those without a voice can be heard...We cannot all succeed when half of us are held back"  
- Malala Yousafzai

Click here [▶ TALE OF THE DAY](#)

**PRINCIPAL**  
Dr. Sr. Rosily A.V.

**CO-ORDINATORS**  
Dr. Navya Antony  
Dr. Anjali Jacob R.

**STUDENT CO-ORDINATORS**  
Nithya Sathyan  
Nandhana N.K.



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WOMEN CELL  
Conducting

**POSTER MAKING COMPETITION**  
"No to Dowry"

1. Drawing Sheet must contain Full Name, Email ID and WhatsApp Number.
2. Entries may be drawn, painted or sketched in any material using pens, pencils, crayons or charcoal, or using oil, acrylic or watercolor paint, as well as mixed media.
3. Digitally created artwork and photographs are Not allowed.
4. All artwork must be original and should not include photographic images of the Contestant or other personal information.
5. Drawings can be submitted from 26th August 2021 - 1st September 2021
6. Files should be in the form of PDF/JPEG / PNG

Last date of Submission  
01 Sep 2021

**For More Details Contact :**  
Navya Antony  
+91 99613 03567  
E-mail: [womencellmshs@gmail.com](mailto:womencellmshs@gmail.com)

Click here to [Submit](#)

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