

Activities held by Women Cell (2011-2016)

2011-12

- An “Employability Skill Workshop “was held by the Women Cell & Placement Cell of the college .The workshop provided an opportunity for the PG students of the College to recognize their skills in various areas .The workshop was held for 15 days and 30 students were benefited from this workshop. This workshop was held by CITCON-Durg dist.The resource person was Mr.Thomas.

2012-13 –

A Health Awareness Program on the Topic-“ Adolescence and the Stress Management” was held by the Women Cell. This program was specially for theUG first year students . The lecture was delivered by Dr Debjani Mukherjee, Head, Dept. of Psychology .She addressed the girl students on how to cope up with hormonal changes and other stress related factors.

- A workshop on “Employability Skills” was organized for the students to make informed choices about various areas like. This workshop held by the Women Cell helped the students to recognize , develop and articulate their employability skills. This workshop was held by CITCON-Durg dist..The resource person was Mr.Thomas. 40 students were benefited from this workshop.

2013-14-

- An Expert talk in the domain of health was organized by the Women Cell for the girl students. This program was held to spread awareness among girls regarding breast cancer. Dr Jaltere ,Gynecologist , B.S.P Sector-9 , was invited as the guest speaker.
- The Women Cell organized a workshop on “Candle Making” for the B.Ed students . Through this workshop the girl students were motivated for self-employment .The resource person was Mr. K.T Paulouse.
- A program commemorating the death anniversary of Nirbhaya was held by the women cell. The program focused on the need to sensitize women about their safety and rights. The girl students actively participated in the programs and shared their views regarding this issue. All the UG and PG students were part of this awareness program.

- **2014-15**



- With a view to spread awareness among the students about the 'Usage' of Social Network and mobile phones, the Women Cell of the college in collaboration with the Guidance and Counseling Cell held a very informative seminar for all the UG and PG students. The main focus of the seminar was "Do's & Don'ts" of social network and mobiles phones. The seminar was conducted by Dr Suja Varghese , Head , Dept. of Computer Science.
- A program on "Health and Hygiene" was organized by the women cell for the students staying in college hostels. The program highlighted on the various cleanliness measures to be taken by the students to avoid any infectious disease. More than 200 students were benefited
- In collaboration with BJMC, the Women Cell organized a street play on "Importance of Education for Women". 20 students took part in the street play which was highly applauded by the spectators.



- The Women Cell & The Guidance and Counseling cell visited the Govt. Higher Secondary School ,Ruabandha and interacted with the students. The convener of The Guidance and Counseling cell delivered a lecture on the topic “Ways to Overcome Examination Fear”. The lecture was beneficial for all the Higher Secondary students as it gave them valuable tips to study and write their exam in a systematic manner.
- **2015-16**



- A workshop on “Self-Defense for Women” was organized by the Women Cell of the college. This workshop was held with a novel idea to protect women from eve teasing and crime against them. Resource person was Mr. Dinkar from C.G Police Academy , Durg..
- The Cultural Cell and the Women Cell of the college organized a Skit on “Women Empowerment” .The Skit was performed by the PG students of the college. The skit emphasized on women and their role in the society . The skit also stressed on the need to make women realize their equal responsibility in building a society
- An interactive session with the inmates of the girls hostel was organized by the Women Cell. Dr Vinita Thomas, Head (Dept. of Botany) was invited to deliver a lecture on the ‘Nutritional Value of Food.’ Students were informed about the amount of vitamins, calories and other nutritional ingredients present in the food .

2016-17



- Women cell organized an awareness programme C.G Police Help Line number for. Madam Navi Monika Pandey ,Inspector ,Sec-6, Bhilai Thana was the Chief Guest on the occasion. Inspector Madam Navi Monika Pandey also had an interaction Session with the students and demonstrated various self defensive techniques.

2016-17



- A workshop on proper techniques of using Fire Extinguisher was held by the Women Cell of the college for the inmates of St. Mary's Girls Hostel. Mr. Sanjay Sharma demonstrated the various techniques.

2016-17



- The women cell of the college celebrated international women's day. Invited speaker was Mrs. Shaanu Mohanan, a social activist and recipient of many accolades from C.G. Government.