

DEVA MATHA COLLEGE KURAVILANGAD

Affiliated to Mahatma Gandhi University, Kottayam



WOMEN'S FORUM REPORT 2023-2024

SUKRUTHAM 2023
ONE DAY WORKSHOP FOR MOTHERS

Academic year	:	2023-2024
Date(s) on which program conducted	:	12/08/2023
Collaborating agency inside or outside the institute	:	South Indian Bank, Kuravilangad Branch
Beneficiaries	:	Mothers of the Students of Deva Matha College and nearby institutions
Name of coordinator	:	Mrs. Vidya Jose
Name of convenors	:	Dr.Sr.Fancy Paul Dr.Arunima Sebastian Mrs.Anju B
Number of students participated in the program	:	467

A brief report on program

The Womens Forum of Deva Matha College organized Sukrutham 2023- a one day workshop for the mothers of the students of Deva Matha College and nearby institutions on 12-08-2023. Rev. Fr. Dinoy Mathew Kavalamakal, Bursar and Vice Principal of the college inaugurated the function Dr. Sunil C Mathew, Principal presided the function. The workshop comprises of three sessions. Dr. Anju Rose George, Consultant Physician, Taluk Headquarters Hospital Pampady handled the first session on the topic “*Women’s Wellnes: Embracing Health, Conquering Lifestyle Diseases*”. The second session was led by the renowned positive psychologist, Sri. Santhosh Sisupal on the topic “*Happy Women”: A Psychological approach to Happiness and Parenting*. In the afternoon session, Sri. Deepesh A.S delivered a talk on the topic “*Empowering Motherhood: Path to Prevent Addiction in Youth*”. The workshop was a great success, as the mothers actively participated and cleared their doubts on various problems. 467 mothers participated in the programme.

SUKRUTHAM 2023

ONE DAY WORKSHOP FOR MOTHERS

Brochure of SUKRUTHAM 2023

DEVA MATHA COLLEGE KURAVILANGAD
THE WOMEN'S FORUM
As part of the Diamond Jubilee Celebrations

SUKRUTHAM 2023
One Day Workshop for Mothers

SANTHOSH SHISHUPAL
Positive Psychologist & Health Journalist
Topic :
"Happy Women": A Psychological approach to Happiness and Parenting

DR. ANJU ROSE GEORGE
MBBS, MD (General Medicine), DNB, MRCP(UK)
Topic :
Women's Wellness: Embracing Health, Conquering Lifestyle Diseases

DEEPESH A. S
Civil Excise Officer
Vimukthi Mission Vakkam Range
Topic :
Empowering Motherhood : Path to Prevent Addiction in Youth

Date
12 August, 2023

Time
09:30 AM - 03:00 PM

VENUE : COLLEGE AUDITORIUM

DEVA MATHA COLLEGE KURAVILANGAD
THE WOMEN'S FORUM

SUKRUTHAM 2023
One Day Workshop for Mothers

12 August, 2023

Best Compliments From
South Indian Bank

SOUTH INDIAN Bank
Empowering Your Financial Future

SUKRUTHAM 2023
ONE DAY WORKSHOP FOR MOTHERS



Sri. DEEPESH A.S



Dr. ANJU ROSE GEORGE



SRI. SANTHOSH SHISHUPAL





MEDICAL CAMP

Date: December 12, 2023

Venue: Devamatha College, Kuravilangad

Organized by: Women's Forum of Devamatha College

Specialists from: Mitera Hospital, Thellakam

As part of the Diamond Jubilee celebrations, Devamatha College, Kuravilangad, hosted a comprehensive medical camp on December 12, 2023. Organized by the Women's Forum of the college, the camp was a significant event aimed at promoting health awareness and providing essential medical services to undergraduate and postgraduate students, as well as staff members. The event began with an inspiring address by Dr. Anita Eapen in the college auditorium. Dr. Eapen, a renowned gynecologist, delivered an enlightening talk on breast cancer, emphasizing early detection, risk factors, and preventive measures. Her session was followed by Dr. Anu Joseph, who spoke about cervical cancer, highlighting the importance of regular screenings and HPV vaccinations. Following the informative talks, the participants had the opportunity to consult with specialists from Mitera Hospital. The consultation services were meticulously organized to ensure privacy and convenience. Dr. Anita Eapen and Dr. Meenu B, both experts in gynecology, along with Dr. Anu N. Joseph, an oncologist, provided consultations in the ladies' rest room. They offered personalized advice and addressed various concerns related to women's health. Simultaneously, Dr. Neeraja S. Kartha, a dermatologist, conducted consultations in the multimedia room. She provided insights into skin health, treatments for common dermatological conditions, and preventive care tips.

The camp saw enthusiastic participation, with over 300 students and 50 staff members benefiting from the medical services. The Women's Forum, along with student volunteers, played a crucial role in ensuring the smooth operation of the event. This event highlighted the college's dedication to fostering a culture of health awareness and preventive care. Given its success, the Women's Forum plans to make the medical camp an annual event, further enhancing the well-being of the college community.

FACE TO FACE PROGRAM

Date on which program conducted : 07/02/2024

Collaborating agency inside or outside the institute :

Beneficiarie : Students and Faculties of Deva Matha College Kuravilangad

Name of coordinator : Mrs. Vidya Jose

Name of convenors : Dr.Sr.Fancy Paul

Dr. Arunima Sebastian

Mrs.Anju B

Number of students participated in the program : 110

Deva Matha College, Kuravilangad, organized a vibrant and engaging event titled "Face to Face" on February 7, 2024, at 1:30 PM in the college auditorium. The program, conducted under the joint auspices of the Women's Forum and Kerala Vanitha Commission, focused on addressing gender-related issues and fostering dialogue for empowerment and inclusion.

The event was inaugurated by Sumitha S.N., sub inspector of police, Kuravilangad. In her inaugural address, she underscored the importance of breaking barriers in communication and promoting understanding between genders. Her speech was both inspiring and thought-provoking, resonating with the theme of Women's Day. The keynote address was delivered by K.G. Sarikala, a distinguished District Women Protection Officer from Kollam. Her talk emphasized the pressing need for proactive measures to ensure the safety, dignity, and well-being of women. Drawing from her professional experience, Sarikala highlighted strategies for fostering a supportive community that prioritizes equality and respect.

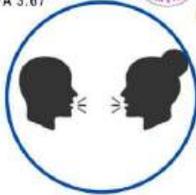
The program also included interactive sessions that facilitated open discussions on critical social issues affecting women. These dialogues encouraged participants to share their experiences, creating a platform for mutual learning and growth. The active participation of students, faculty members, and invited guests enriched the discourse and added depth to the conversations.

A special segment was dedicated to addressing challenges in communication and how it impacts relationships and societal dynamics. This theme tied into the event's visual motif, which depicted two silhouettes engaged in dialogue, symbolizing the essence of connection and understanding.

The program concluded with a vote of thanks, acknowledging the efforts of the organizers, speakers, and participants who contributed to the success of the event. The audience left with renewed motivation to take actionable steps towards gender equality and inclusivity. Overall, the "Face to Face" program was a meaningful initiative that celebrated the spirit of Women's Day by fostering dialogue, spreading awareness, and emphasizing the need for collective action in addressing women's issues. The collaboration with the Kerala Vanitha Commission further added credibility and focus to the event's objectives.



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 വിമൻസ് ഫോറവും
 കേരള വനിതാ കമ്മീഷനും
 സംയുക്തമായി നടത്തുന്ന



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ആരോഗ്യകരമായ ബന്ധങ്ങൾ
 സമഗ്രസ്വസ്തിക്കും സാമൂഹികനന്മയ്ക്കും

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സബ് ഇൻസ്പെക്ടർ ഓഫ് പോലീസ്, കുറവിലങ്ങാട്

വിഷയാവതരണം : കെ.ജി. ശശികല
 റിസോഴ്സ് പേഴ്സൺ, കിഴ

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 വേദി : കോളേജ് ഓഡിറ്റോറിയം



International Conference 2024:

The Millennial Woman and the Question of Inclusion

Academic year : 2023-2024

Date(s) on which program conducted : 6/3/ 2024 to /8/2024

Collaborating agency inside or outside

the institute : Thunchath Ezhuthachan Malayalam University, Thirur

Beneficiarie :

Students and Faculties and Research Scholar sinside and outside the
Institute

Name of coordinator : Mrs. Vidya Jose

Name of convenors : Dr.Sr.Fancy Paul

Dr. Arunima Sebastian

Mrs.Anju B

Number of students participated in the program : 150

As part of the Women's Day celebrations, the Women's Forum of Deva Matha College, Kuravilangad, hosted an International Conference titled "The Millennial Woman and the Question of Inclusion (From Margins to the Mainstream)." The conference, held in hybrid mode from March 6–8, 2024, featured a rich array of discussions and presentations, focusing on various aspects of women's roles, representation, and challenges.

The event began on March 6 with an inaugural address by Prof. Dr. L. Sushama, Vice Chancellor of Thunchath Ezhuthachan Malayalam University. She emphasized the importance of empowering women and ensuring inclusivity in society. The first session, led by Adv. A Jayasankar, a political analyst and social critic, delved into the theme "Women in Political Representation," highlighting systemic challenges and opportunities for women in leadership. This was followed by paper presentations, providing a platform for researchers to share their insights. The second session featured Prof. Dr. Jissa Jose, Principal of Government Arts & Science College, Kunnamangalam. Her talk on "Texts and

Women” explored how literary narratives shape and reflect gender dynamics. The day concluded with another round of insightful presentations.

March 7 began with a session by Dr. Ganga Kailas, a consultant psychologist, who discussed “Unveiling Womanhood: A Psychological Perspective on Family and Community Dynamics.” This was followed by Tom Kuriakose, Associate Editor at News18 Kerala, who examined the condition of marginalized women, both within and beyond the domestic sphere. These sessions underscored the need for societal reform and psychological support systems to promote inclusivity. In the afternoon, M. S. Banesh, a poet, novelist, and documentary director, captivated the audience with his reflections on “The Unflinching Woman in Contemporary Social Life,” celebrating the resilience and strength of women in modern society.

The final day, March 8, featured Prof. Emmanuel Kojo Ennin Antwi from Kwame Nkrumah University of Science and Technology, Ghana. His presentation, “The Place of ‘Woman’ in Judeo-Christian Thought: Impacts, Challenges, and Hermeneutical Attempts,” offered a unique perspective on the intersection of religion and gender. The conference concluded with presentations and discussions that reinforced the need for ongoing dialogue on women’s issues. The event successfully fostered a multidisciplinary exchange of ideas, reaffirming the significance of women’s empowerment and inclusivity in all aspects of life.



DEVA MATHA COLLEGE KURAVILANGAD

Re-Accredited by NAAC with Grade A++ and CGPA 3.67
Affiliated to Mahatma Gandhi University, Kottayam, Kerala
Kuravilangad P.O, Kottayam District, Kerala, India Pin -686633



WOMEN'S FORUM
organizes

INTERNATIONAL CONFERENCE
on

**The Millennial Woman and The
Question of Inclusion**

(From Margins to the Mainstream)

6, 7, 8 March 2024
(Hybrid Mode)

Venue: E- Learning Centre



DAY 1 | MARCH 6, WEDNESDAY

9:30 am-10:45 am | Inauguration **PROF. DR. L. SUSHAMA**
Hon'ble Vice-Chancellor,
Thiruvethur Educational Institutions, Mahatma Gandhi University



11:00 am-12:15 pm | Session I **ADV. A JAYASANKAR**
Political Analyst and Social Critic
"Women in Political Representation"



12:15 pm -12:45 pm | Presentations

1:30 pm-2:45 pm | Session II **PROF.DR. JISSA JOSE**
Principal Govt. Arts & Science College,
Ramanamangalam
"Texts and Women"



2:45 pm-4:00 pm | Presentations

DAY 2 | MARCH 7, THURSDAY

9:30 am-10:45 am | Session III **DR.GANGA KAILAS**
Consultant Psychologist
*"Unveiling Womanhood: A Psychological Perspective on Family
and Community Dynamics"*



11:00 am -12:15 pm | Session IV **TOM KURIAKOSE**
Associate editor, News18 Kerala
"Marginalized Women Within and Outside the Home"



12:15 pm -12:45 pm | Presentations

1:30 pm-2:45 pm | Session V **M. S. BANESH**
Past, National & Documentary Director
"The Unflinching Woman in the Contemporary Social life"



2:45 pm-4:00 pm | Presentations

DAY 3 | MARCH 8, FRIDAY

9:30 am-10:45 am | Session VI **(PROF.) EMMANUEL KOJO
ENNIN ANTWI**
Researcher, Maramba University of Science &
Technology, Boman, Ghana
*"The Place of "Woman" in Judeo-Christian Thought: Impacts,
Challenges and Hermeneutical Attempt"*



10.45 am- Presentations

COLOURS OF CREATIVITY
CERTIFICATE COURSE ON DRAWING AND PAINTING

Academic year	:	2023-2024
Date(s) on which program conducted	:	1/8/ 2023 to 4/8/2023
Collaborating agency inside or outside the institute	:	Nil
Beneficiaries	:	Students and Faculties of Deva Matha College
Name of coordinator	:	Mrs. Vidya Jose
Name of convenors	:	Dr.Sr.Fancy Paul Dr. Arunima Sebastian Mrs.Anju B
Number of students participated in the program	:	15

A brief report on program

A painting and drawing workshop was conducted on 1/8/ 2023 to 4/8/2023 at Deva Matha College Kuravilangadu. The workshop aimed to provide participants with a creative platform to explore and enhance their artistic skills in both painting and drawing. The event was organized by women's Forum Deva Matha College, Kuravilangad and led by Sreeja P.K, a renowned artist, designer, teacher and experienced art educator. The workshop had a total of 15 participants, ranging from beginners to experienced artists. Participants were of diverse ages and backgrounds, making it a vibrant and inclusive artistic gathering. The workshop began with an introductory theoretical session on the fundamentals of painting and drawing. Ms.Sreeja P.K covered topics such as color theory, composition, and different drawing techniques. This session provided a strong foundation for the practical sessions. Drawing: Participants were guided through various drawing exercises, including still life, figure drawing, and perspective drawing. They had the opportunity to use different drawing materials such as pencils, charcoal, and ink. The painting segment of the workshop allowed participants to experiment with watercolours, acrylics, and oils. They were encouraged to create their own pieces and received personalized feedback from the instructor. Sreeja PK conducted a live painting and drawing demonstration, showcasing their techniques and

artistic process. This allowed participants to gain valuable insights into the creative process. At the end of the workshop, there was a group critique session where participants could showcase their work and receive constructive feedback from both the instructor and their peers. This encouraged a positive and collaborative learning environment. Participants had the opportunity to interact with each other, share their experiences, and collaborate on art projects. This aspect of the workshop encouraged creative exchange and camaraderie. The painting and drawing workshop was a resounding success, providing participants with an enriching experience. It not only fostered artistic growth but also facilitated the exchange of ideas and inspired collaboration among artists of various skill levels. Feedback from participants was overwhelmingly positive, with many expressing their desire for more such workshops in the future. The event not only enhanced their technical skills but also ignited their passion for the arts.



