

DEVA MATHA (AUTONOMOUS) COLLEGEKURAVILANGAD

Affiliated to Mahatma Gandhi University, Kottayam



WOMEN'S FORUM

REPORT

2024-2025

The Women's Forum of Deva Matha College, Kuravilangad, actively works towards the empowerment, health, safety, and holistic development of women and students. Through awareness programmes, workshops, and community-oriented initiatives, the forum addresses social, psychological, and health-related issues while fostering confidence, responsibility, and social commitment.

Teachers in charge:

Convener : Dr. Arunima Sebastian

Joint Conveners : Sr. Dr. Fancy Paul

Ms. Anju B

Ms. Sherin Cyriac

1. “Hope & Healing” – Awareness Programme on Domestic Violence

“Hope & Healing: Navigating Life’s Challenges” addressed domestic violence and mental well-being among students. The programme provided psychological insights into trauma, coping strategies, and emotional resilience. Through expert guidance and interaction, participants were sensitised to social realities and empowered to seek support, promote mental wellness, and build healthier relationships.

DEVA MATHA COLLEGE, KURAVILANGAD
Reaccredited by NAAC with A++ Grade and CGPA 3.67
WOMEN'S FORUM
Organizes
**Hope & Healing : Navigating
Life's Challenges**
**Awareness Programme to Address Domestic
Violence and Encourage Healthy Living**

Sr.Dr. Dona Thomas, SCV
Clinical Psychologist
St. Vincent Hospital, Kuravilangad

14/06/2024, Friday
9:30 a.m. - 12:30 p.m.
E-Learning Centre

Organising Committee
Dr. Arunima Sebastian
Sr. Dr. Fancy Paul
Ms. Sherin Cyriac
Ms. Anju B.



2. Awareness Programme on Adolescent Health

The Women's Forum organised an Adolescent Health Awareness Programme in collaboration with the Government Ayurveda Dispensary, Kuravilangad. The session focused on physical, mental, and emotional challenges of adolescence, highlighting nutrition, hygiene, stress management, and Ayurvedic practices. The interactive session helped students understand preventive healthcare and adopt healthier lifestyles.



3. Self-Defence Workshop – “Stay Strong, Stay Safe”

The Women’s Forum conducted a comprehensive self-defence workshop in association with the Kottayam District Police Women’s Self Defence Team. The multi-session training equipped girl students with practical self-defence techniques, situational awareness, and confidence to handle emergencies. The initiative significantly enhanced students’ sense of safety, empowerment, and self-reliance.



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WOMEN'S FORUM

In Association with

KOTTAYAM DISTRICT POLICE WOMEN'S SELF DEFENCE TEAM

Organises

Self-Defence Workshop

Stay Strong, Stay Safe

Resource Persons:

Mrs. Sisiramol P. (Civil Police Officer)

Mrs. Neethudas N.S (Civil Police Officer)

Mrs. Praseeja S.P (Civil Police Officer)



Date : 22/08/2024 to 09/09/2024

Time : 1:30 p.m. to 3:30 p.m.

Venue: College Auditorium





കുറവിലങ്ങാട് ദേവമാതാ കോളജിൽ വിദ്യാർത്ഥിനികൾക്കായി നടത്തിയ സ്വയരക്ഷാ പ്രതിരോധപ്രവർത്തനം പ്രിൻസിപ്പൽ ഡോ. സുനിൽ സി. മാത്യു ഉദ്ഘാടനം ചെയ്യുന്നു.

വിദ്യാർത്ഥിനികൾക്ക് സ്വയരക്ഷാ പരിശീലനമൊരുക്കി ദേവമാതാ കോളജ്

കുറവിലങ്ങാട്: ദേവമാതാ കോളജ് വിമൻസ് ഫോറത്തിന്റെ നേതൃത്വത്തിൽ വിദ്യാർത്ഥിനികൾക്കായി സ്വയരക്ഷാ പരിശീലനം നടത്തി. ജില്ലാ പോലീസ് വിമൻസ് സെൽഫ് ഡിഫൻസ് ടീമാണ് പരിശീലനത്തിന് നേതൃത്വം നൽകിയത്.

പെൺകുട്ടികൾ, സമൂഹത്തിൽ നേരിടുന്ന ശാരീരികവും മാനസികവുമായ ചൂഷണങ്ങളെക്കുറിച്ചുള്ള ബോധവൽക്കരണവും അടിയന്തര സാഹചര്യങ്ങളിൽ സ്വീകരിക്കേണ്ട കായിക പ്രതിരോധ പരിശീലനവുമാണ് നൽകിയത്. കോളജിലെ മുഴുവൻ പെൺകുട്ടികൾക്കുമായി എട്ട് ദിവസങ്ങളിലായി 16 സെഷനുകളാണ് ക്രമീകരിച്ചിരിക്കുന്നത്.

പ്രിൻസിപ്പൽ ഡോ. സുനിൽ സി. മാത്യു ഉദ്ഘാടനം ചെയ്തു. സിവിൽ പോലീസ് ഓഫീസർമാരായ എൻ.എസ്. നീതുദാസ്, പി. ശിശിര, പി.എസ്. പ്രസീജ എന്നിവരാണ് പരിശീലനത്തിന് നേതൃത്വം നൽകിയത്.

വിമൻസ് ഫോറം കോ-ഓർഡിനേറ്റർസായ ഡോ. അരുണിമ സെബാസ്റ്റ്യൻ, ഡോ. സിസ്റ്റർ ഫാൻസി പോൾ, ഷെറിൻ സിറിയക്, ബി. അഞ്ജു എന്നിവരുടെ ചുമതലയിലാണ് പരിശീലന പരിപാടി.

4. Breast Cancer Awareness Programme

In collaboration with Mar Sleeva Medicity, Pala, the Women’s Forum organised a Breast Cancer Awareness Programme to educate students on early detection and prevention. The session covered risk factors, symptoms, self-examination methods, and modern treatments. The programme motivated participants to prioritise health awareness and advocate cancer prevention within society.

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WOMEN'S FORUM
 IN ASSOCIATION WITH
MAR SREEVA MEDICITY, PALA

Awareness Programme on
BREAST CANCER
ശ്ലേഷം
 EARLY DETECTION SAVES LIVES

RESOURCE PERSON
Dr. Jofin K Johny
 Consultant- Surgical Oncology

FRIDAY, 25 OCTOBER **AUDITORIUM** **2.00 P.M- 3.15 P.M.**



5. Sukrutham 2025 – Holistic Programme for Parents

Sukrutham 2025 was a holistic initiative jointly organised with the Parent-Teacher Association to empower mothers and parents. The programme included sessions on anti-narcotics awareness, positive parenting, and women's health, along with free medical check-ups. It strengthened family awareness, preventive healthcare, and community well-being through expert-led discussions.



Deva Matha College, Kuravilangad
 NAAC: A++ Grade with CGPA 3.67, NIRF: 101-150 Band, KIRF: Rank 32



Women's Forum
 Organizes in association with PTA

SUKRUTHAM 2025

(One-day Workshop for Parents)

Inauguration
 10.00 AM



Very Rev. Dr. Thomas Monechery
 Archpriest and Manager



Shri. A J Thomas (DySP)
 Narcotic Cell
 Kottayam
 Time: 10.30-11.30 AM

Resource Persons



Dr. Angel Thomas
 Senior Clinical Psychologist
 Mar Seena
 Madicity, Palai
 Time: 11.35-12.35 PM



DR. ANJANAKUMARI K.
 MBBS, DNB
 Gynaecology
 Mitera Hospital, Thellakom
 Time: 01.15-02.00 PM



DR. ANU N. JOSEPH
 MBBS, MCh, MCh
 Gynaecologic Oncology
 Mitera Hospital, Thellakom
 Time: 02.00-03.00 PM

Date:
 MARCH 22, 2025

Time:
 10:00 AM - 03:00 PM

VENUE: COLLEGE AUDITORIUM



Deva Matha College, Kuravilangad

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Women's Forum Organizes in
association with Mitera Hospital Thellakam

MEDICAL CAMP

For Staff and Parents



Date: 22 March 2025
Time: 02.00 PM

Specialists on Service



DR. ANJANAKUMARI K
MBBS, DNB
Gynaecology
Mitera Hospital, Thellakom



DR. ANU N JOSEPH
MBBS, MS, M.Ch
Gynaecologic Oncology
Mitera Hospital, Thellakom



DR. ANU SARAH PHILIP
MBBS, MD
Dermatology & Cosmetology
Mitera Hospital, Thellakom



DR. JIM OUNNY JOHN
MBBS, MD
General Medicine
Mitera Hospital, Thellakom



Venue:
College Auditorium
Multimedia Hall
Ladies Restroom



Release of a Sukrutham handbook for mothers



Session I: Anti-Narcotics Awareness by Sri. Ajeeb Ibrahim, Circle Inspector of Police, Kuravilangad.



Session II: Positive Parenting by Dr. Angel Thomas, Senior Clinical Psychologist at Mar Sleeva Medicity, Palai.





Session III: Medical Awareness and Free Check-ups

6. Mahitham 2025 – International Women’s Day Celebration

Mahitham 2025, organised in connection with International Women’s Day, celebrated women’s empowerment through competitions, cultural performances, self-defence demonstrations, and creative presentations. The programme encouraged student participation, creativity, and confidence while reinforcing the values of equality, resilience, and leadership. It created a vibrant platform to honour women’s achievements.

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Founded in 1964 RE-ACCREDITED BY NAAC WITH A++ GRADE (CGPA 3.67)
Kuravilangad P.O., Kottayam, Kerala, India - 686 633 | Affiliated to Mahatma Gandhi University, Kottayam
Ranked in the band 101-150 by NIRF in 2024. Ranked 32 in the KIRF rankings 2024

WOMEN'S FORUM
in association with
STUDENTS UNION
organises
മഹിതം '25
as part of
INTERNATIONAL WOMEN'S DAY
Celebrations

Celebrating the essence of Womanhood

CHIEF GUEST



Ms Anuja Rajesh
Senior News Editor
24 News

7/3/25, Friday
10.30am
College Auditorium

Organising Committee
Dr Arunima Sebastian, Sr Dr Fancy Paul, Ms Sherin Cyriac, Ms Anju B

