

WOMEN CELL REPORT 2020-21

Women empowerment in all spheres of all life enabling them to become agents of social and economic change and inculcating ethical values for the betterment of self, family and society. Our vision is the assurance of justice and equity in society to women by extending academic, financial, emotional and moral support. Our mission is to train students to achieve a wide range of skills and knowledge and also to develop and increase their social, economic and intellectual capacities.

Women Cell, YIMS started with the aim of empowering and orienting women to recognize their true potential and to help them attain their own stand in competing world. It seeks to empower young women to attain emotional, physical and mental freedom to with stand the changing phases throughout their life. Other important objectives include giving career guidance, functioning of counseling centre, conducting health awareness and community living classes, pre-marital counseling, giving hands on training on farming and social work.

We function as a single cell, having faculty incharges and student coordinators in every department. We formed separate whatsapp group exclusively for the female students and staff of each department to help and guide them.

The principal constituted a woman cell comprising the following members for women de cell activities at YIMS for the academic year 2020-21

1. Ms.Sreeja T S (**Convenor**),Assistant Professor,Dept of Mathematics
2. Ms Reshma U, Assistant Professor, Dept of Commerce
3. Ms B Deepthi, Assistant Professor, Dept of Hotel Management
4. Ms V Grace Agnice, Assistant Professor,Dept of English
5. Ms Sukrutha Sundar, II BA English, Student Coordinator

ACTIVICTIES OF THE TEAR 2020-21

Women cell YIMS initiated to conduct various programmes in association with IQAC,YIMS

- Webinar on Feminine Health a Priority on 19th August 2020.
- Webinar on Divergence of mental and physical health experience of girl students during covid 19 pandemic on 24th August 2020.
- Webinar on your narrative creates your personality on 26th August 2020
- Webinar on mind, emotions and breath was conducted on 27th August 2020

- Webinar on gender equality was conducted on 15th October 2020.
- Webinar on Adolescence health and stress was conducted on 30th November 2020
- Webinar on Legal empowerment of women was conducted on 16th February 2021
- International Womens Day Celebrations March 2021
- Webinar on **sensitizing the students on Gender issues** was conducted on 26th February 2021. Competitions like online poster making competition, A musical drama related to women abuse was performed by PG and UG Students of the department

INTERNATIONAL WOMEN'S DAY CELEBRATIONS MARCH 2021



DEPARTMENT OF MANAGEMENT

Webinar on 'Feminine Health a Priority on 19-8-2020

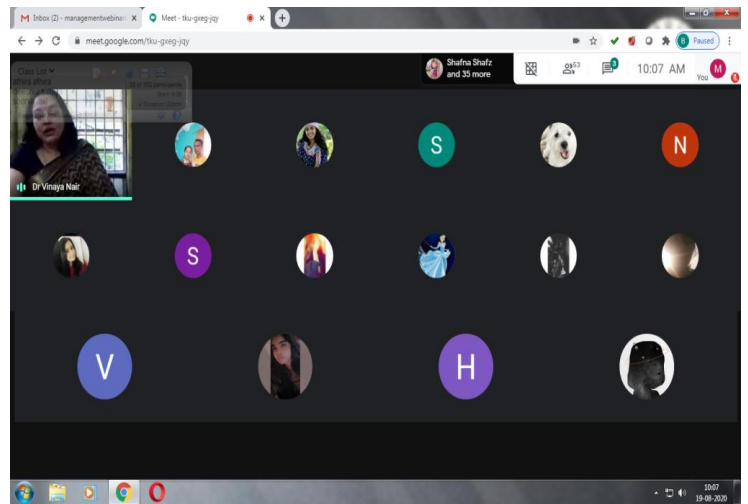
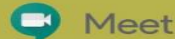
in association with Women Cell

A session on
Feminine health a priority



Dr. Vinaya Nair
Bachelor of Naturopathy &
Sciences, Music Therapy
Director of Niraamaya
Wellness Centre
Hyderabad

19th August 2020
Wednesday
10:00 - 11:00 am



PG DEPARTMENT OF COMMERCE

WOMEN EMPOWERMENT PROGRAMME

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Institute of Management Studies (YIMS)
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WOMEN EMPOWERMENT PROGRAMME

**LIVE INTERNATIONAL WEBINAR FOR COMMERCE GIRL STUDENTS
ORGANISED BY PG DEPARTMENT OF COMMERCE**

 Ms. Lakshmi Menon Auxiliary Police Officer Yoga Trainer Toronto, Canada	Day 1 26th August 2020 2 pm to 3 pm Topic : "Your Narrative Creates Your Personality"
 Ms. Deepa Menon Meditation Trainer Banker Toronto, Canada	Day 2 27th August 2020 2 pm to 3 pm Topic : "Mind, Emotions and Breath"

ORGANISING COMMITTEE
Rev. Dr. Mathew George Vazhayil
Director, YIMS
Dr. Tomy Antony
Principal, YIMS
Rev. Dr. Lalu Olikkal
Vice Principal, YIMS
Dr. Matilda Danny
Head, Department of Commerce
YIMS

PROGRAMME CO-ORDINATORS
Ms. Sreeja T. S
Women Cell Coordinator,
Asst. Professor,
Dept. of Mathematics, YIMS
Ms. Keerthi M. S
Assistant Professor,
Dept. of Commerce, YIMS
Ms. Reshma U
Women Cell Coordinator,
Assistant Professor,
Dept. of Commerce, YIMS

PG DEPARTMENT OF COMMERCE-SECTION B.COM CA:

Two Day Gender Equality Awareness Programme organised by Section B.Com CA with Women cell & IQAC, YIMS on 7/OCT/2021 & 8/OCT/2021 on the topics (i) Mental health and wellbeing

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2 Day Gender Equality Awareness Programme
For B. Com CA students YIMS
Organised by Section B. Com CA with Women Cell & IQAC, YIMS

7.10.2021
Time: 2pm - 3:30pm

8.10.2021
Time: 2 pm to 3.30 pm

Ms. Greeshma Nataraj
Psychotherapist, counselling psychologist & tarotist
Topic: "Mental Health and Well being"
For Bcom Ca Girls
ORGANISING COMMITTEE

Dr. Mathew George vazhayil
Director, YIMS
Dr. Tomy Antony
Principal, YIMS
Dr. Joseph Olikalkoonal
Vice principal, YIMS
Ms. Keerthi M.S
Section Head, BCOM C A, YIMS

Adv. Ramesh Pathari
Senior Partner
M/S Lakshmi Narayanan Associates
High Court Ernakulam
Topic: "Gender Equality & Law"
For Bcom Ca students
PROGRAMME COORDINATORS

Ms. Sreeja T.S
Asst Professor Department of mathematics,
Women's cell coordinator
YIMS
Ms. Rajitha Rajendran
Asst Professor Section B.Com CA
YIMS
Ms. Haritha Ravi
Asst Professor section B.Com CA
YIMS

and (ii) Gender equality law





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**"I raise my voice not so that I can shout,
but so that those without a voice can be heard..."**
Malala Yousafzai



WOMEN EMPOWERMENT PROGRAMME

LIVE WEBINAR

24th August 2020 1.30 pm to 2.30 pm

Topic: Divergence of Mental and Physical Health Experience of Girl Students During Covid-19 Pandemic.

Organised by the PG Department of English
In Association with the Women Cell



Dr. Vinaya Nair
Bachelor of Naturopathy &
Yogic sciences, Music therapy,
Director of Niraamaya Wellness Centre
Hyderabad.

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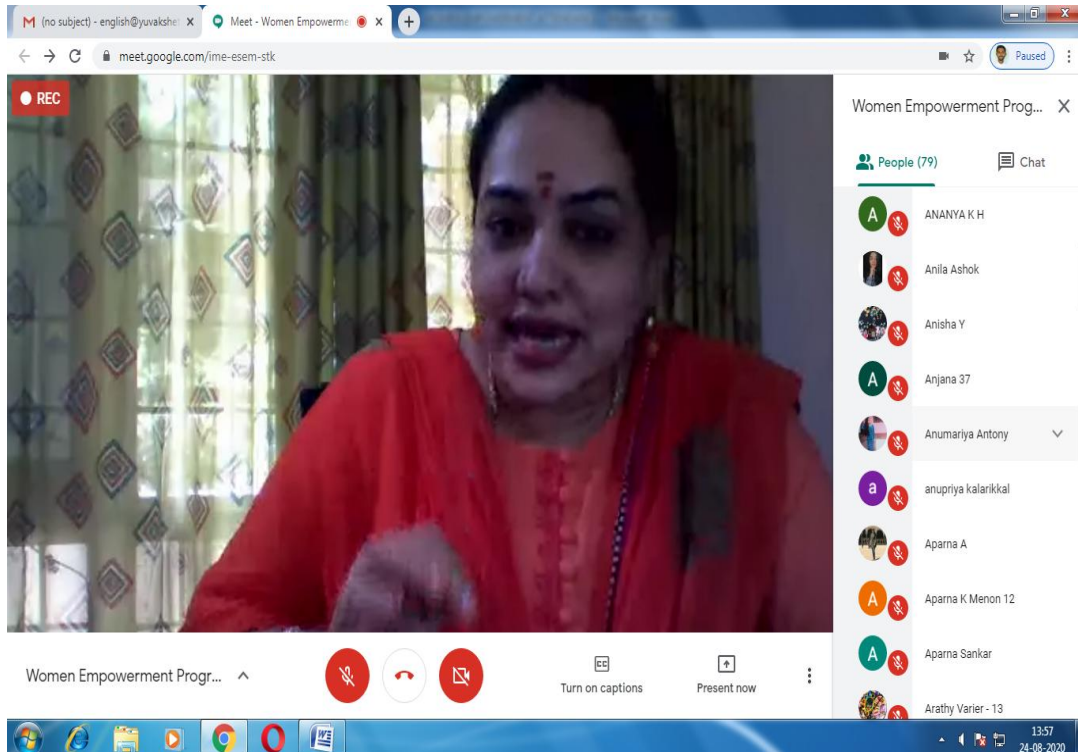
Mr. Jibin Jose P
Head, Department of English
YIMS

PROGRAMME COORDINATOR

Ms. Ashima Bharathan P. K
Asst. Professor,
Dept. of English, YIMS

WOMEN CELL COORDINATOR

Ms. Sreeja T. S
Women Cell Coordinator,
Asst. Professor,
Dept. of Mathematics, YIMS



DEPARTMENT OF MATHEMATICS

Women empowerment programme

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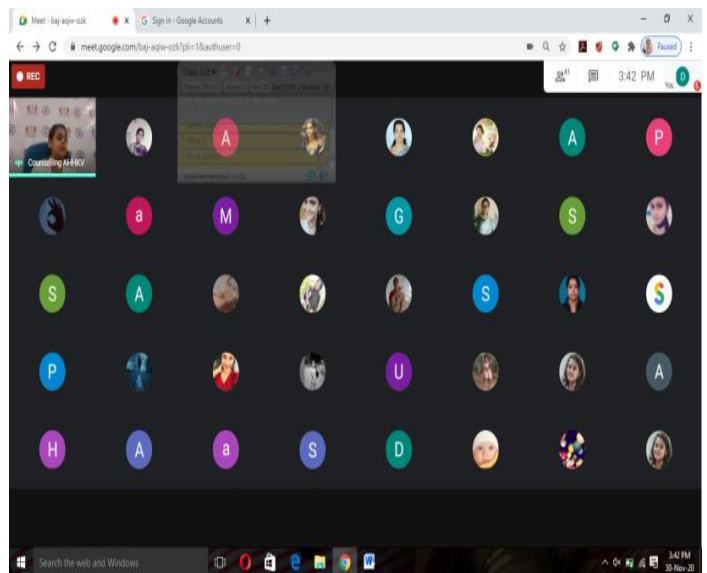
In Association with **INTERNAL QUALITY ASSURANCE CELL (IQAC)**

Women Cell,
Department of Mathematics

ONE DAY WEBINAR ON "ADOLESCENCE HEALTH AND STRESS"

November 30th, 2020
2.30 p.m. - 4 p.m.

RESOURCE PERSON :
Dr. Sumina Pambottil (BAMS, MSc Psychology)
Psychologist and Medical Officer
Ahalia Hospital, Palakkad



DEPARTMENT OF HOTEL MANAGEMENT

LEGAL AWARENESS PROGRAMME



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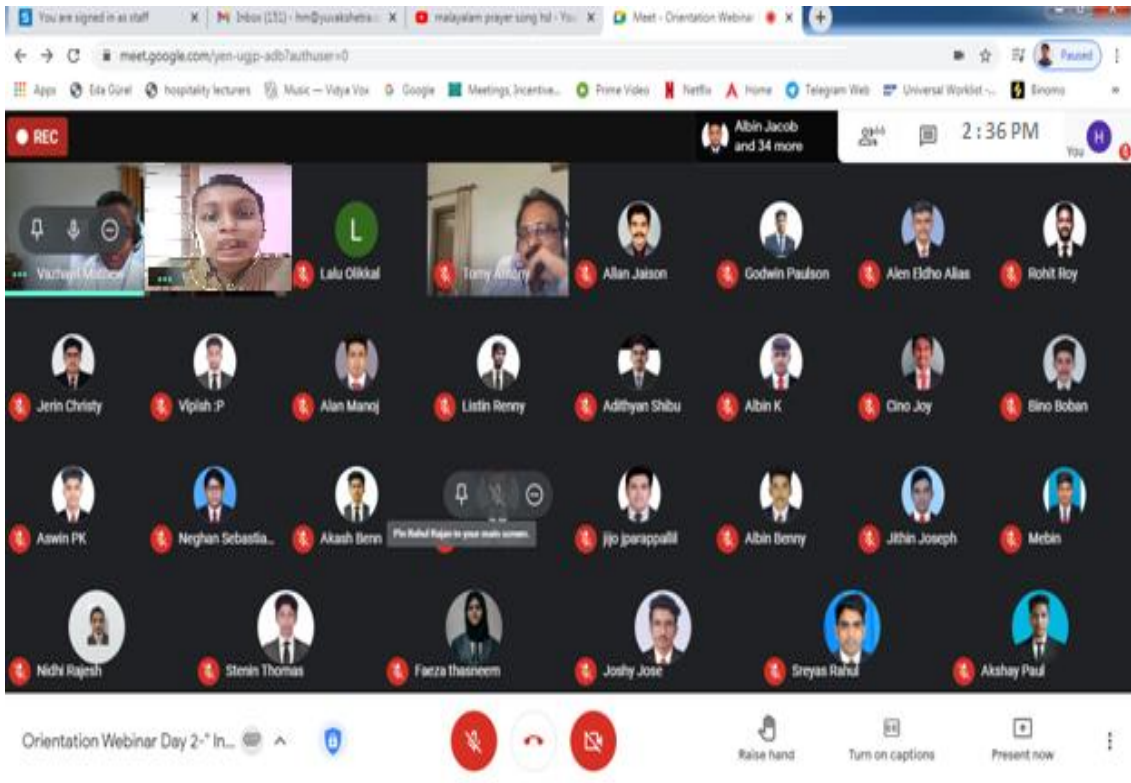




Platform Google meet
Topic 'Legal Empowerment of women'
Time 2 P.M - 3 P.M
On 16-02-2021
Department Of Hotel Management.

ORGANISING COMMITTEE
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Director, YIMS
Dr. Tomy Antony
Principal, YIMS
Rev. Dr. Joseph Olikkal
Vice Principal, YIMS
PROGRAMME COORDINATOR
Ms. Dheepthi B
Associate Professor, YIMS
ASSISTANT COORDINATORS
Mr. Vinod Raghavan, Asst. Professor
Mr. Aneesh C U, Asst. Professor
Mr. Gliston Vincent Asst. Professor
Mr. Dileep K, Asst. Professor
Mr. Livin Thomas, Asst. Professor



Resource Person
Krishna Prasad MR
Sub Inspector of Police
Kongad.






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A Webinar On
***Sensitizing
the Students
on Gender Issues***

On 26th February 2021
2.00 pm to 3.00 pm

Resource Person

Ajitha T.G
Assistant Professor
Sakthyan Thampuran College
Thrissur, Kerala



ORGANIZING COMMITTEE

REV. Dr. MATHEW GEORGE VAZHAYIL
DIRECTOR, YIMS

Dr. TOMY ANTONY
PRINCIPAL, YIMS

REV. Dr. LALU OLIKKAL
VICE PRINCIPAL, YIMS

Ms. MEENA JOSE KOMBAN
HoD CS, YIMS

COORDINATOR

Ms. Raji. N
Asst. Professor CS, YIMS

Organized By Women Cell Department of Computer Science



DEPARTMENT OF PSYCHOLOGY



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Department of Psychology In Collaboration With Women's Cell YIMS

Live Webinar on

WOMEN IN LEADERSHIP

ACHIEVING AN EQUAL FUTURE IN A COVID-19 WORLD

08th March 2021 11 A.M



RESOURCE PERSON
Dr. Sherin Lee Thomas.
Assistant Professor,
Department of Psychology,
Indian Institute of Psychology and Research (IIPR),
Bangalore

Organising Committee

Rev. Dr. Mathew George Vazhayil
Director, YIMS

Dr. Tomy Antony
Principal, YIMS

Rev. Dr. Lalu Olikkal
Vice Principal, YIMS

Mr. Jith George
Head, Dept. of Psychology, YIMS

Rev. Dr. Jimmy Akkattu
Academic Coordinator

Programme Convener

Ms. Dr. Jisha P. R
Asst. Professor, YIMS

Student Co-ordinator

Ms. Jeslin Babu Joseph
1 Year M.Sc. Psychology

DEPARTMENT OF GEOGRAPHY



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Organised by the PG Department of Geography



RESOURCE PERSON
Ms. MEGHA S. RAO
Consultant Trainer
NUDGE Foundation
NGO Bangalore

Organising Committee

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Director, YIMS

Dr. Tomy Antony
Principal, YIMS

Rev. Dr. Laju Olikkal
Vice Principal, YIMS

Dr. M. Ramachandran
Head, Dept. of Geography, YIMS

Ms. Sreeja T. S
Co-ordinator-Women Cell, YIMS,
Asst. Professor-Dept. of Mathematics

Programme Co-ordinator

Dr. Indu T.K
Assistant Professor, Dept. of Geography

Assistant Co-ordinator

Dr. Brilla Balsam
Assistant Professor, Dept. of Geography

Student Co-ordinators

Anjana Jayakumar
I M.Sc. Geography

Dithya K.M
II B.Sc. Geography

Effects of stress

Physical	Behaviour
<ul style="list-style-type: none">FatigueSweatFace becomes redSleep problemsChest painNauseaHeadacheFrequent coldHigh BPHair loss	<ul style="list-style-type: none">Eating too much or too littleCryingSmokingAlcohol consumptionDrug abuseAvoiding the situationEscaping situation (suicide)

Women and present day challenges Webinar



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Live Webinar

WOMEN AND PRESENT DAY CHALLENGES



Organised by Department of Chemistry & Physics
In association with Women cell, YIMS

6th MARCH 2021

10 AM to 12 PM



RESOURCE PERSON

Dr. Parvathy Warriar

Retd. H.o.D of English,
Mercy College, Palakkad
Advisory Member, Vanitha Cell
Vice President, OISCA International,
South India

Organising Committee

Rev. Dr. Mathew George Vazhayil
Director, YIMS

Dr. Tomy Antony
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Programme Co-ordinators

Prof. Mercy Leena Paul
H.o.D, Chemistry

Ms. Sreeja T S
Asst. Professor,
Department of Mathematics,
Co-ordinator, Women Cell

