



WMO ARTS & SCIENCE COLLEGE

"education and some more"

Affiliated to University of Calicut

(Aided by Govt. of Kerala)

P.O. MUTTIL, WAYANAD, KERALA - 673122

Phone : 04936-203382 (Office)

04936-207532 (Principal)

e-mail : wmocollege@gmail.com

website: WWW.wmocollege.ac.in

WOMEN CELL ANNUAL REPORT 2019-20

The Women Cell plays a crucial role in promoting gender equality, creating a safe and supportive environment for women, and addressing issues related to gender discrimination and harassment. The Women Cell consists of members of the Teaching, Non-teaching, and student communities who are committed to the cause of women's welfare and empowerment.

I. WOMEN CELL COMPOSITION.

Sl no	Name	Designation	Remarks
1	Ms. Shaila KH	Assistant Professor of Arabic	Convenor
2	Dr. Viji Paul	Associate Professor of Mathematics	Member
3	Ms. Rubeena	Assistant Professor of Economics	Member
4	Ms. Anu Ann Varghese	Assistant Professor of Mass Communication and Journalism	Member
5	Anshifa	B. Com Cooperation	Member
6	Amal Fathima	BA Arabic	Member
7	Hasna	BA Economics	Member
8	Sandra Raveendran	B Sc Mathematics	Member

II. MEETINGS CONDUCTED.

Sl No	Term	Date	Remarks If any
1	I Term	11-6-2019	
2	II Term	1-10-2019	
3	II term	11-11-2019	
4	III term	2-1-2020	
5	III term	4-2-2020	
6	III term	28-2-2020	



WMO ARTS & SCIENCE COLLEGE

"education and some more"

Affiliated to University of Calicut

(Aided by Govt. of Kerala)

P.O. MUTTIL, WAYANAD, KERALA - 673122

Phone : 04936-203382 (Office)

04936-207532 (Principal)

e-mail : wmocollege@gmail.com

website: WWW.wmocollege.ac.in

III PROGRAMMES CONDUCTED

I. OBSERVATION OF INTERNATIONAL GIRL CHILD DAY

On October 11, 2019, a momentous event was held to celebrate International Girl Child Day and inaugurate the Women's Cell activities in the Seminar Hall. The occasion was graced by the presence of distinguished personalities who shared their insights and expertise on empowering women. Ms. Leela Santhosh, a renowned Film Director, had the honor of inaugurating the program. Her notable achievements in the film industry served as an inspiration to all attendees, particularly the young girls present, as she symbolized the success and potential of women in non-traditional fields.

During the event, Ms. Sruthi Krishna, a research scholar, delivered a captivating talk on women's empowerment. Her speech highlighted the importance of recognizing and nurturing the potential of women and girls in all spheres of life. Ms. Sruthi shared valuable knowledge on the challenges women face and the significant impact of empowering them. Her talk served as an eye-opening experience for everyone, shedding light on the need to create an environment where women can thrive and achieve their goals without any barriers or discrimination.

The inauguration of the Women's Cell activities marked a significant step towards creating a supportive space for women within the institution. The Women's Cell would play a pivotal role in addressing gender-related issues, promoting gender equality, and providing a platform for women to voice their concerns. The event's purpose was to foster a culture of empowerment and gender inclusivity, aiming to break down stereotypes and empower the girl child to pursue their dreams fearlessly. The celebration of International Girl Child Day and the inauguration of Women's Cell activities were not only a moment of reflection but also a call to action to create a more equal and inclusive society. The event left a lasting impact on the attendees, inspiring them to actively work towards empowering women and ensuring a brighter and more equitable future for every girl child.





WMO ARTS & SCIENCE COLLEGE

"education and some more"

Affiliated to University of Calicut

(Aided by Govt. of Kerala)

P.O. MUTTIL, WAYANAD, KERALA - 673122

Phone : 04936-203382 (Office)

04936-207532 (Principal)

e-mail : wmocollege@gmail.com

website: WWW.wmocollege.ac.in



I. GENDER AWARENESS PROGRAM

On 23rd November 2019, the Women Cell, in collaboration with the National Service Scheme (NSS), organized a gender awareness program titled "Celebrating the Womanhood." The event aimed to promote awareness about gender equality, empower women, and address issues faced by women in society. Three resource persons, Catherine Elisa John, Riya Esha, and Mansoor Ali, brought their expertise to the program, enriching the discussions and insights.

The program saw enthusiastic participation from 73 students of WMO Arts and Science College. Through interactive sessions, the participants engaged with the resource persons, gaining valuable knowledge about the challenges faced by women and the significance of fostering an inclusive environment. The event inspired the students to become advocates for gender equality, encouraging them to act in creating a more just and equitable society for all. "Celebrating the Womanhood" provided a platform for dialogue, learning, and reflection, leaving a lasting impact on the students' understanding of gender issues and empowering them to champion the cause of women's rights in their communities.



WMO ARTS & SCIENCE COLLEGE

"education and some more"

Affiliated to University of Calicut

(Aided by Govt. of Kerala)

P.O. MUTTIL, WAYANAD, KERALA - 673122

Phone : 04936-203382 (Office)

04936-207532 (Principal)

e-mail : wmo college@gmail.com

website: WWW.wmo college.ac.in





WMO ARTS & SCIENCE COLLEGE

"education and some more"

Affiliated to University of Calicut

(Aided by Govt. of Kerala)

P.O. MUTTIL, WAYANAD, KERALA - 673122

Phone : 04936-203382 (Office)

04936-207532 (Principal)

e-mail : wmocollege@gmail.com

website: WWW.wmocollege.ac.in

II. SEMINAR ON TIME AND STRESS MANAGEMENT

On 10th January 2020, the Women Cell, and Kerala State Women's Development Corporation (KSWDC) jointly organized a seminar on "Time and Stress Management." The objective of the seminar was to equip participants with valuable tools and techniques to effectively manage their time and handle stress in their personal and academic lives. The event saw the enthusiastic participation of 83 students, eager to learn and enhance their skills.

The seminar featured Mr. Albin John, a senior faculty member from RESET (Research, Education, Skill Enhancement Training), as the esteemed resource person. Mr. John's expertise in the field of time and stress management brought valuable insights into the event. Through his engaging presentations and interactive sessions, he shared practical strategies to prioritize tasks, manage time efficiently, and cope with stress effectively. The seminar proved to be highly beneficial for the students, empowering them with the necessary knowledge and tools to maintain a healthy work-life balance and excel in their academic pursuits. The collaboration between the Women Cell and KSWDC ensured a successful event that left a positive impact on the participants, inspiring them to adopt better time management practices and handle stress with confidence and resilience.





WMO ARTS & SCIENCE COLLEGE

"education and some more"

Affiliated to University of Calicut

(Aided by Govt. of Kerala)

P.O. MUTTIL, WAYANAD, KERALA - 673122

Phone : 04936-203382 (Office)

04936-207532 (Principal)

e-mail : wmo college@gmail.com

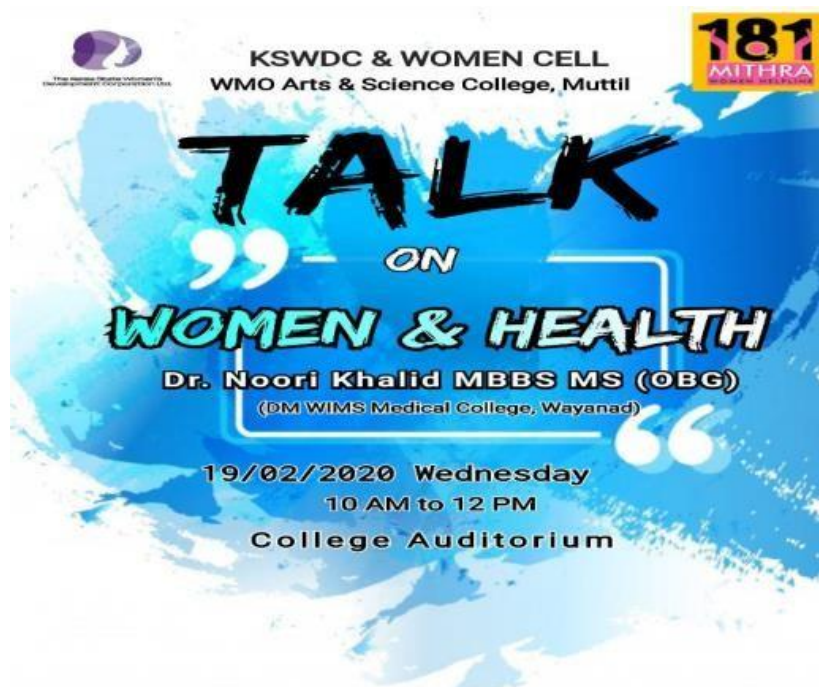
website: WWW.wmo college.ac.in



III SEMINAR ON WOMEN AND HEALTH

The Women Cell and Kerala State Women's Development Corporation (KSWDC) collaborated to organize a seminar on "Women and Health." On 19-2-2020. The seminar aimed to raise awareness about women's health issues and promote overall well-being among the participants. Dr. Noori Khalid, a highly qualified medical professional with an MBBS and MS in DBG (Diseases of the Breast and Gynecology), served as the esteemed resource person for the event.

The seminar witnessed the active participation of 120 students, all eager to learn about various aspects of women's health. Dr. Noori Khalid, with her expertise and experience,





WMO ARTS & SCIENCE COLLEGE

"education and some more"

Affiliated to University of Calicut

(Aided by Govt. of Kerala)

P.O. MUTTIL, WAYANAD, KERALA - 673122

Phone : 04936-203382 (Office)

04936-207532 (Principal)

e-mail : wmo college@gmail.com

website: WWW.wmo college.ac.in

addressed key topics related to women's health, including reproductive health, breast health, and gynecological concerns. Through informative presentations and interactive sessions, the resource person provided valuable insights into preventive measures, early detection of health issues, and maintaining a healthy lifestyle. The seminar proved to be an empowering and educational experience for the participants, equipping them with crucial knowledge to prioritize their health and well-being. The collaborative effort of the Women Cell and KSWDC ensured the success of the event, leaving a positive impact on the students and inspiring them to take charge of their health and lead healthier lives.





WMO ARTS & SCIENCE COLLEGE

"education and some more"

Affiliated to University of Calicut

(Aided by Govt. of Kerala)

P.O. MUTTIL, WAYANAD, KERALA - 673122

Phone : 04936-203382 (Office)

04936-207532 (Principal)

e-mail : wmocollege@gmail.com

website: WWW.wmocollege.ac.in

III. SELF-DEFENCE AWARENESS PROGRAM

On 27th February 2020, the Women Cell, and Kerala State Women's Development Corporation (KSWDC) joined hands to conduct a self-defence awareness program. The primary objective of the event was to equip participants with essential self-defence skills and knowledge to enhance their personal safety and confidence. The program was conducted in collaboration with the Police Women Cell, ensuring that the training was delivered by experienced professionals in the field of self-defence.

A total of 48 students actively participated in the program, eager to learn and empower themselves with self-defence techniques. Through practical demonstrations and hands-on training, the participants were taught how to respond to potential threats and protect themselves in challenging situations. The self-defence awareness program proved to be a highly valuable and empowering experience for the students, providing them with the necessary tools and confidence to navigate their lives with greater security and self-assurance. The joint efforts of the Women Cell, KSWDC, and the police women cell ensured the success of the event, leaving a positive impact on the participants and inspiring them to prioritize their safety and well-being in all aspects of life.





WMO ARTS & SCIENCE COLLEGE

"education and some more"

Affiliated to University of Calicut

(Aided by Govt. of Kerala)

P.O. MUTTIL, WAYANAD, KERALA - 673122

Phone : 04936-203382 (Office)

04936-207532 (Principal)

e-mail : wmocollege@gmail.com

website: WWW.wmocollege.ac.in



IV. SEMINAR ON HEALTHY RELATIONSHIP AND SOCIAL SKILL DEVELOPMENT

On 4th March 2020, the Women Cell and Kerala State Women's Development Corporation (KSWDC) organized a seminar focused on "Healthy Relationship and Social Skill Development." The primary aim of the seminar was to promote awareness about maintaining healthy relationships and developing essential social skills among the participants. Mr. Kuriyan Jose, a respected expert in the field, served as the resource person for the event.

The seminar garnered the active participation of 90 students, all eager to learn and enhance their interpersonal skills. Mr. Kuriyan Jose, with his expertise, shared valuable insights on building and nurturing healthy relationships with family, friends, and peers. Additionally, he provided guidance on effective communication, conflict resolution, and the importance of empathy and understanding in social interactions. The seminar proved to be an enlightening and empowering experience for the participants, equipping them with the tools to navigate their social lives with confidence and respect for others. The joint effort of the Women Cell and KSWDC ensured the success of the event, leaving a positive impact on the students and inspiring them to cultivate healthy relationships and develop essential social skills to thrive in their personal and professional lives.





WMO ARTS & SCIENCE COLLEGE

"education and some more"

Affiliated to University of Calicut

(Aided by Govt. of Kerala)

P.O. MUTTIL, WAYANAD, KERALA - 673122

Phone : 04936-203382 (Office)

04936-207532 (Principal)

e-mail : wmocollege@gmail.com

website: WWW.wmocollege.ac.in



V. CELEBRATED INTERNATIONAL WOMEN'S DAY

On 10th March 2023, the Women Cell organized a vibrant celebration of International Women's Day, honoring the achievements and contributions of women. The program commenced with the auspicious inauguration by Ms. Kumba, a notable figure in the field of journalism and the winner of the prestigious Mathrubhoomi She News Award. Her presence added a touch of inspiration and empowerment to the event, as she shared her journey and experiences as a successful woman in her profession.

The celebration saw the enthusiastic participation of 76 students, all eager to commemorate the significance of Women's Day. The event likely included engaging activities, thought-provoking discussions, and inspiring speeches that highlighted the importance of gender equality and women's rights. The Women Cell's efforts in organizing the celebration fostered a sense of unity and empowerment among the participants, motivating them to be agents of change in creating a more equitable and inclusive society. Overall, the International Women's Day celebration proved to be a memorable and impactful occasion, encouraging the students to embrace their potential and celebrate the accomplishments of women in all walks of life.



WMO ARTS & SCIENCE COLLEGE

"education and some more"

Affiliated to University of Calicut

(Aided by Govt. of Kerala)

P.O. MUTTIL, WAYANAD, KERALA - 673122

Phone : 04936-203382 (Office)

04936-207532 (Principal)

e-mail : wmocollege@gmail.com

website: WWW.wmocollege.ac.in

