

**WOMEN'S FORUM REPORT**  
**2022- 2023**

## My Period My Pride

Women's Forum, in association with National Service Scheme and Red Ribbon Club of Baselius College organised an online session, "My Period My Pride" for the students of the college to create awareness about menstrual hygiene. The Resource persons were Ms. Pranathi Arpita Prasad and Ms. Ann Mary Biju.

**Ms. Pranathi Arpita Prasad** represents EcoFemme where she works as the Ambassador Programme nurturing a dynamic community of menstrual health activists and educators all around the world. Eco Femme is a global empowerment initiative based in Auroville, Pondicherry promoting and revitalising menstrual practices that are healthy, dignified, affordable and eco-positive. She loves knowing that each time she connects with a new ambassador, they are going to help many others to make informed menstrual hygiene management decisions sooner than she was able to make herself. **Ms. Ann Mary Biju** is a young development professional currently working with VentureVillage Learning Solutions Pvt. Ltd as Program Manager. She is a postgraduate in Development Studies from Azim Premji University, Bangalore. She is also a National Gender fellow under the research fellowship by IT for Change, Bangalore. Her chief interest areas are gender, livelihoods, labour rights and culture studies.

**NATIONAL SERVICE SCHEME**  
BASELIUS COLLEGE, KOTTAYAM, UNIT NO.5

**RED RIBBON CLUB**  
IN ASSOCIATION WITH  
**WOMEN'S FORUM**

**MY PERIOD MY PRIDE** **SUSTAINABLE MENSTRUAL CARE INITIATIVE**

**MS PRANATHI ARPITA PRASAD**  
AMBASSADOR COORDINATOR,  
ECOFEMME.

**ANN MARY BIJU**  
PROGRAMME MANAGER  
VENTURE VILLAGE LEARNING SOLUTIONS

WEBINAR  
**MENSTRUAL HYGIENE**

LIVE ON  
GOOGLE MEET


JUNE 7  
7.00 PM

JOIN US FOR THE SESSION

## Mental Health Day

Women's Forum, Men's Forum, and Staff Club of Baselius College jointly organized a seminar on "Mental Health & Well-being among Youth" in association with Indian Psychiatric society and Central Travancore Psychiatric Society for Teaching and Non - teaching Staff on 27 October 2022 at A P Mani Media Centre from 3.00pm to 5pm. Dr. Varghese Punnoose, Vice- Principal of Government Medical College Kottayam was the chief Resource Person. Dr. Joice Geo, Associate Prof. Dept. of Psychiatry, Pushpagiri Medical college & Gen. Secretary, Indian Psychiatric society, Kerala Branch, Dr. Anoop G, Consultant Psychiatrist, Taluk headquarters Hospital Cherthala, Dr. Jayasankar G, Consultant Psychiatrist, General Hospital, Pathanamthitta, Dr. Bobby Thomas Kokkatt, President, Central Travancore Psychiatric Society and Dr. Cyriac, President, Indian Psychiatric society, Kerala Branch led the interactive session. Dr. Punnoose emphasised the need to understand the evolutionary changes that is manifested in youngsters who are exposed to digital and multimedia possibilities from their childhood onwards. Interactive session served to bring more clarity on effective ways to tackle mental health issues among students. Seventy staff members actively participated in the programme.

Dr. Thomas Kuruville, Teacher in Charge of Men's Forum offered words of welcome. Dr. P Jyothimol, Vice- Principal of the college presided over the session. Dr. Jyothi Susan Abraham, Teacher in Charge of Women's Forum and Jithin John, President Staff Club offered words of felicitation. Anju John, Faculty, Department of English compered the session. Dr. Bobby Thomas Kokkatt proposed the vote of thanks



**Baselius College Kottayam**  
(NAAC Re-Accredited with A++ Grade - 3.51 CGPA)

**Celebrating Mental Health Day**

**Topic : "Mental Health & Well-being among Youth"**  
Date : 27 October 2022, 3 pm  
Venue : Dr. A.P. Mani Media Centre

**Programme**

Welcome	: Dr. Thomas Kuruville (Teacher in charge, Men's Forum, Baselius College)
Presidential Address	: Dr. Bijju Thomas (Principal, Baselius College)
Keynote Address	: Dr. Varghese Punnoose (Vice-Principal, Govt. Medical College, Kottayam)
Felicitation	: Dr. Jyothi Susan Abraham (Teacher in charge, Women's Forum ) : Prof. Jithin John (President, Staff Club)
Expert Analysis	: Dr. Anoop G. (Psychiatrist, Taluk Headquarters Hospital, Cherthala) : Dr. Jayasankar G. (General Hospital, Pathanamthitta)
Vote of Thanks	: Dr. Bobby Thomas Kokkatt (President, Central Travancore Psychiatric Society)

**Jointly organized by**

Central Travancore Psychiatric Society	Indian Psychiatric Society	Men's Forum Baselius College	Women's Forum Baselius College	Staff Club Baselius College
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**AN IQAC INITIATIVE**



# Baselius College, Kottayam

## Mental Health & Well-being among Youth

Date - 27 October 2022, 3pm

Venue - Dr. A.P. Mani Media Centre

Organized by - Central Travancore Psychiatric Society  
Indian Psychiatric Society  
Men's Forum, Women's Forum  
Staff Club, Baselius College

1. Uma Surendran
2. Anitha D
3. Dr. Aparna Thankappan
4. Dr. Selvy Xavier
5. Sany Mary Benjamin
6. Dr. Geetha Lakshmi K
7. Dr. Arabhi P
8. Dr. Remya V
9. Suna Narayan
10. Susanne Thomas
11. Dr. Kavitha Gopalekoshnan
12. Elsa C. Maria Sebastian
13. Dr. Vidy. Merlin Varghese
14. Dr. Mariyatha V. Parickel
15. Dr. Priyanka S
16. Dr. Lijia Ann Jacob
17. Shetal Elizabeth Thomas
18. Christina Marion Mathew
19. Dr. Sheela Kurumakan

20. Jene Mathew
21. Dr. Seema Bino Thomas
22. Dr. Jemthe Thomas
23. Ashly Susan Jijy
24. Dr. Anju Linda Varghese
25. Dr. Sherin Joy
26. Dr. Annie Chennan
27. Jany's Sarah Jacob
28. Jinka Tom
29. Tessymol Abraham
30. Dr. Shreela Joseph
31. Athira Sajeev
32. Ross Cyntia
33. Alph Mathew
34. Sony Biju
35. Akhila M.M
36. Mareeta Joseph
37. Maria Grace Francis
38. Anju Suresh
39. Jeejamol P.M
40. Dr. Thara Thomas
41. Dr. Remya Mohan
42. Andriya Mary Bonali
43. Soja Soia
44. Tissy Emmanuel
45. Deekha Raj

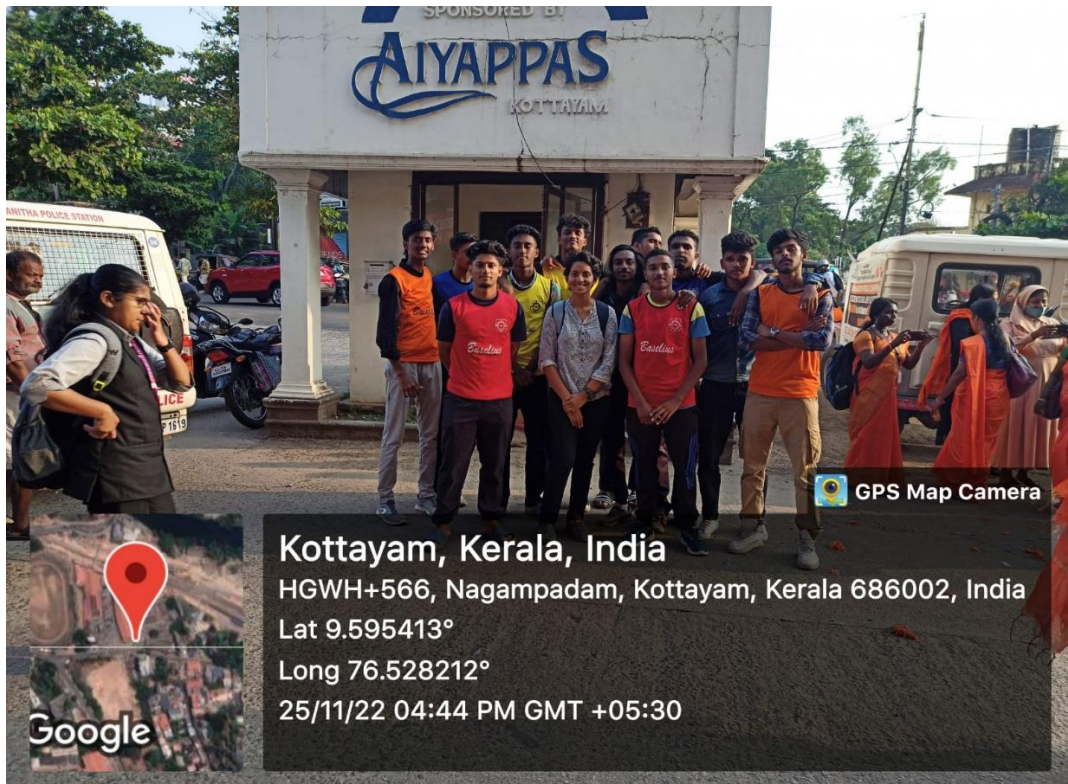
46. Pooja S
47. Vishwamithra M
48. Dr. John M. Babu
49. Thomas P. Mathew
50. ALEN VARGHESE
51. Shibu M. George
52. Jagan M. Sankaran
53. Dr. Krishnaraj M.V
54. Dr. Sajish P.K
55. Nibu C Thomas
56. Dr. Shaju M.I
57. Lijo Sebastian
58. NIDHIN JOHN
59. Akash M.A
60. Dr. Nibul M.M
61. Dr. Nibu A. George
62. Dr. Sarathi P. Nall
63. Anju John
64. Sheria Mathew
65. Dr. Jyothirmol P
66. Shimi John
67. Dr. Jyothi Susan Abraham
68. Dr. Thomas Kuttuvilla
69. Dr. Anil K. Thomas
70. Biju Kurian

## International Day for the Elimination of all kinds of Violence against Women

Women's Forum of Baselius College associated with Kerala State Women and Child Development Department to celebrate The International Day for the Elimination of all kinds of Violence against Women. Students of Baselius college participated in the marathon on 25 November 2022. The marathon was flagged off from the collectorate and ended at Ngampadom Kottayam. It was aimed at preventing all kinds of violence against women. 15 students participated in the programme.



The banner features the 'Orange the World' logo on the left. The central text in Malayalam reads: 'കേരള സർക്കാർ വനിതാ ശിശുവികസന വകുപ്പ് ജില്ലാ വനിതാ ശിശുവികസന ഓഫീസ്, കോട്ടയം'. To the right are logos for the Kerala State Police, Sakhi One Stop Centre, and the slogan 'Towards a new dawn'. The main title in English is 'ORANGE THE WORLD CAMPAIGN INTERNATIONAL DAY FOR THE Elimination of all kinds of Violence against WOMEN'. Below this, the date 'റാലി, തെരുവ് നാടകം, മാർത്തോൺ 2022 നവംബർ 25' is written in red and white. At the bottom, the location is given as 'സഹകരണം: ബന്ധുലിയസ് കോളേജ്, കോട്ടയം, ബി.സി.എം.കോളേജ്, കോട്ടയം'.





## Awareness Programme

Women's Forum and Men's Forum of Baselius College in association with Sakhi One Stop Centre, Kottayam, Kerala State Women and Child Development Department organized an awareness an awareness programme for the students on the topic "**Laws for Women's Safety and the Services of Kerala State Women and Child Development Department.**" Ms. Rincy Elizabeth Jacob, social Worker, was the resource person. Students actively participated in the interactive session and asked several questions related to legal services. 60 students participated in the programme.



**കേരള സർക്കാർ  
വനിതാ ശിശു വികസന വകുപ്പ്**  
Sakhi One Stop Centre, Kottayam  
In Association with Women's Forum and Men's Forum  
Baselius College Kottayam  
\*An IQAC initiative\*

**Awareness Programme**  
Topic: സ്ത്രീ സുരക്ഷ നിയമങ്ങളും വകുപ്പിന്റെ  
സേവനങ്ങളും

**Resource Person:**  
Rincy Elizabeth Jacob  
Social Worker

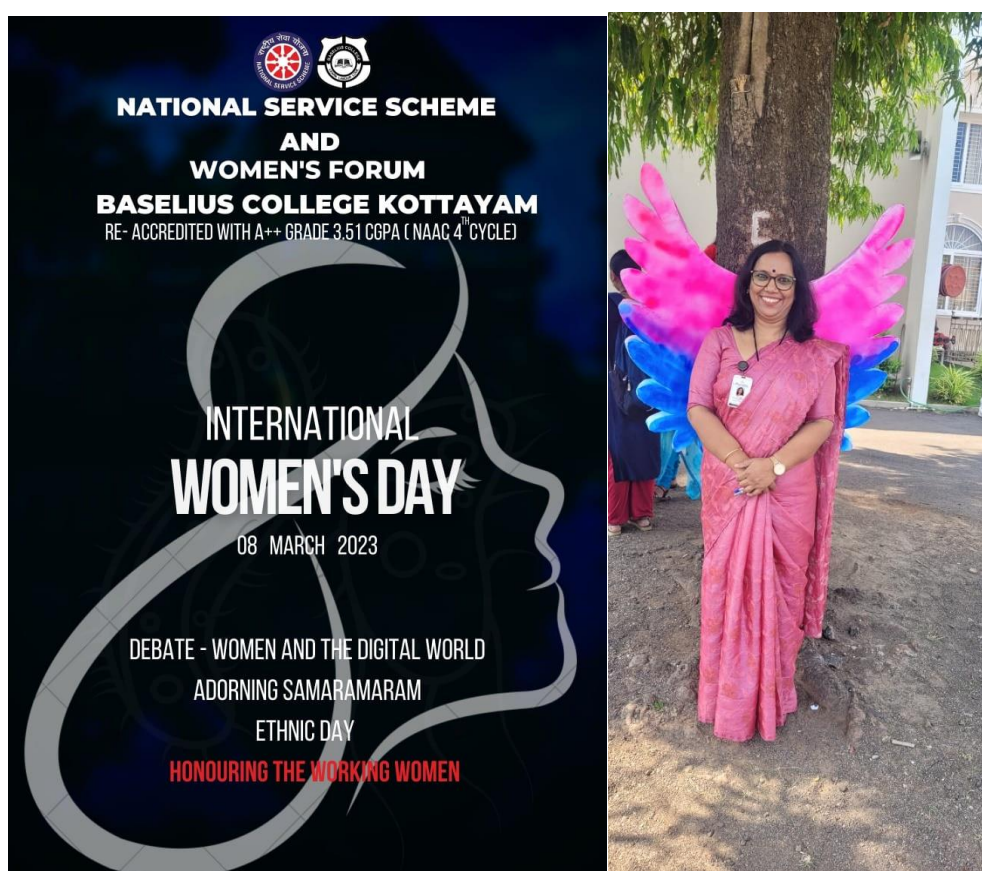
Date: 09-12-2022  
Time: 3 pm to 4 pm  
Venue : Dr. A P Mani Media Centre





## Women's Day

International Women's Day was celebrated in the campus on 8 March 2023. Students prepared a symbolic wing to represent the wings of freedom and the wide world awaiting every woman. Cleaning staff of the college were honoured on the occasion as a gratitude to their service. A debate on Women and the Digital World was conducted at Mrs. Mammen Mapillai Hall. Dr. Jyothimol. P Vice Principal of the college inaugurated the programmes. Almost all the female students and staff of the college participated in the programmes.





## **Anaemia Free India**

An awareness programme on Anaemic issues was organised jointly by Women's Forum and National Service Scheme in the college on 17/03 2023 as part of the Govt initiative to reduce health issues among women. Free anaemia screening test was organized in association with District Hospital, Kottayam. An Ottamthull performance narrating the need

to have a healthy lifestyle to sustain proper HB level in the blood. The interactive performance was very entertaining and informative.



BASELIUS COLLEGE KOTTAYAM  
NATIONAL SERVICE SCHEME UNIT NO:5  
AND  
WOMEN'S FORUM  
VIVA FOLK AND ANEMIA SCREENING  
IN ASSOCIATION WITH  
DISTRICT HOSPITAL KOTTAYAM  
**OTTAMTHULLAL AND FREE  
ANEMIA SCREENING TEST  
ON  
17/03/2023  
3PM  
@ BASELIUS COLLEGE AUDITORIUM**  
ALL THE GIRLS IN THE COLLEGE  
HAVE THE OPPORTUNITY TO  
PARTICIPATE IN THIS  
PROGRAMME.



*Heal yourself from Anemia*

