



**MAR ATHANASIOS COLLEGE FOR ADVANCED
STUDIES TIRUVALLA**

Accredited by NAAC with 'A' Grade and Recognized by DSIR, Govt. of
India

MACFAST WOMEN CELL



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2. Women Cell Committee Members
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MACFAST WOMEN CELL

The women cell of MACFAST was established in May 2014. The Women Cell in our College was started with the view of creating awareness about important issues related to women and provides a forum for discussion and deliberation on a range of issues such as one's body, sexuality and gender. It helps girl students to develop emotional maturity to deal with their day to day problems. It also encourages staff members to extend their support, guidance to girl students in need.

Objectives

1. To spread awareness among girl students about maintaining healthy relationships with others.
2. To encourage girl students to discuss their problems with teachers without any hesitation
3. Helping girl students to develop assertiveness, optimism and emotional maturity to deal with their day to day problems
4. To encourage staff members to extend their support, counsel and guidance to the girl students in need
5. To invite eminent personalities to give talks on various issues related to women
6. Empowering girl students to face future challenges.
7. To facilitate a gender-sensitive and congenial working environment for women employees and women students of MACFAST.



Proceedings of the Principal, Mar Athanasios College For Advanced Studies Tiruvalla

Sub: Reconstitution of Women's Cell- Orders Issued

Dated: 12th January 2016

President:

Ms. Phijo J Cherickal, Assistant Professor, Department of Computer Applications

Secretary:

Ms. Mahita Dileep, Assistant Librarian

Members:

1. Ms. Tintumol Joseph
Assistant Professor, Department of Management Studies
2. Ms. Beena Cherian
Dean, School of Biosciences
3. Student Representatives from three departments

The reconstituted committee will have to start functioning with immediate effect. The period of Membership will be for two years.



Fr. Pradeep Vazhatharamalayil
Principal, MACFAST





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the trendsetter in education

**MAR ATHANASIOS COLLEGE FOR
ADVANCED STUDIES TIRUVALLA**
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RECOGNIZED BY DSIR, GOVT. OF INDIA

Proceedings of the Principal, Mar Athanasios College For Advanced Studies Tiruvalla

Sub: Reconstitution of Women's Cell- Orders Issued

Order No: 265/2018/M1

Dated: 4th June 2018

President:

Ms. Phijo J Cherickal, Assistant Professor, Department of Computer Applications

Secretary:

Ms. Mahita Dileep, Assistant Librarian

Members:

1. Ms. Tintumol Joseph, Assistant Professor, Department of Management Studies
2. Ms. Beena Cherian, Dean, School of Biosciences
3. Ms. Ranjini Mariam Philipose, Assistant Professor, Department of Computer Applications
4. Ms. Preetha G Panicker, Assistant Professor, Department of Management Studies
5. Student Representatives from three departments

The reconstituted committee will have to start functioning with immediate effect. The period of Membership will be for two years.

Fr. Dr. Cherian J Kottayil
Principal, MACFAST



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Catholic Archdiocese of Tiruvalla

Courses @
Main Campus
MBA & MCA

Courses @ Bio campus
M.Sc Biochemistry, M.Sc Biotechnology
M.Sc Bioinformatics, M.Sc Plant Biotechnology
M.Sc Food Technology & Quality Assurance
M.Sc Phytomedical Science & Technology

E-mail
principal@macfast.org
macfast@macfast.org

Website
www.macfast.org
www.macfast.in



MACFASTTM

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Proceedings of the Principal, Mar Athanasios College for Advanced Studies, Tiruvalla

Fr. Dr. Cherian J. Kottayil, Principal

Sub: Reconstitution of Women's Cell- Orders Issued

Order No: 858 /2021/M1

Dated: 12th November 2021

President:

Dr. Smitha Vijayan, Associate Professor, School of Biosciences

Secretary:

Ms. Tintumol Joseph, Assistant Professor, Department of Management Studies

Members:

1. Ms. Ranjini Mariam Philipose,
Assistant Professor, Department of Computer Applications
2. Ms. Phijo J Cherickal
Assistant Professor, Department of Computer Applications
3. Ms. Preetha G Panicker
Assistant Professor, Department of Management Studies
4. Dr. Teena Merlin
Assistant Professor, School of Biosciences
5. Ms. Kripa Thankachan
Assistant Software Engineer, IT
6. Ms. Annu Joseph
RJ & Program Producer, Radio MACFAST 90.4



Mar Athanasios College for Advanced Studies Tiruvalla

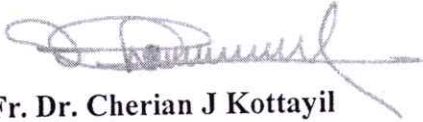
Affiliated to MG University and Approved by AICTE
A Minority Institution of the Corporate Educational Agency of the Catholic Archdiocese of Tiruvalla

Courses at
Main Campus
MBA & MCA

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GRADE
DSIR Recognized
NIRF 2020 RANK
BAND 151-200
ISO 9001:2015

7. Ms. Gayathri E. P
Student representative, School of Biosciences
8. Ms. Liya Mary Raju
Student representative, Department of Computer Applications
9. Ms. Amala John
Student representative, Department of Management Studies

The reconstituted committee will have to start function with immediate effect. The period of Membership will be for two years.


Fr. Dr. Cherian J Kottayil
Principal, MACFAST



31/01

LIST OF ACTIVITIES

1. MAFAST Women Cell organized a special lecture on the topic "**Gender Awareness and Equality**" on 30-03-2016, from 10 am to 12 pm in the College Auditorium. The session handled by Mr. A Nazim, DYSP Pathanmthitta.
2. Organized a **Self Defence Training Programme** in Association with JANAMYTHRI STHREE SURAKSHA PADHATHI on 14th - 18th November 2016.
3. MACFAST Women Cell organized a Medical Camp on 11/08/2016 in association with DDRC Tiruvalla. The camp offers facility for testing both Thyroid and Blood Sugar level. As part of this initiative, a talk was arranged on the topic "**Thyriod and Non-Communicable Diseases (NCD)**" by Dr. Ajith Mohan Joseph, Asst.Surgeon, Community Health Centre, Vakathanam.
4. Organized a One day Women's camp in association with M.G University union on 27th February 2018 in MACFAST.
5. A home for a widow was built and handed over, in association with Women Cell, NSS & Rays of Love in 2018.
6. MACFAST Women Cell organized a webinar on "**Gender Bias and Stereotyping, Gender Equality and Womenn's Right**" on 12/08/2020. The resource person was Adv. C.R Sindhumol, Former Govt Pleader.
7. MACFAST Women cell in association with school of biosciences organized a talk on 10th March 2021 as part of international womens day celebrations. The resource person was Mrs. Smitha Suraksha, MD Suraksha group of companies.





**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES THIRUVALLA
(MACFAST)**

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GENDER AWARENESS & EQUALITY

Programme Schedule

Date: 30th March 2016
Venue: College Auditorium

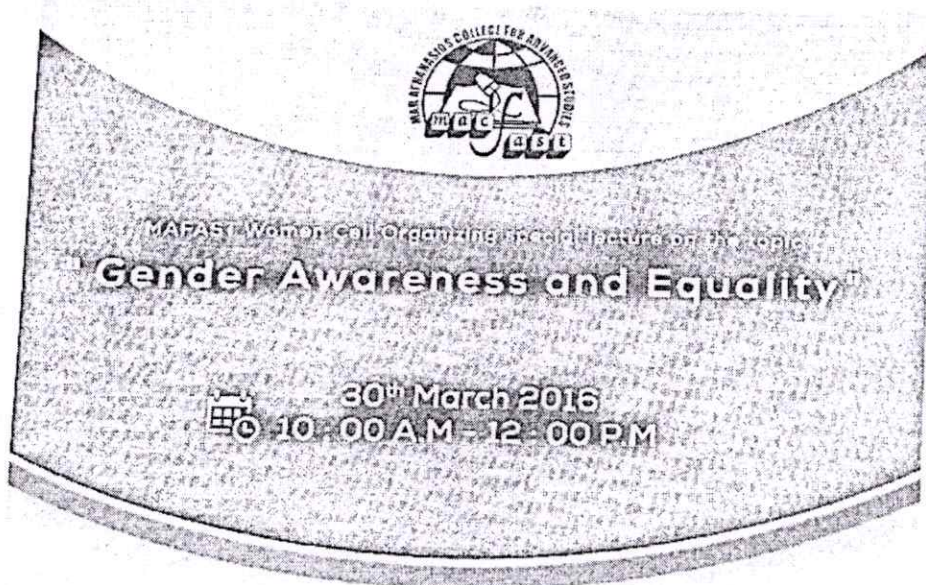
Time: 10.00am

Prayer Song	Ms. Feba Paul
Welcome Speech	Ms. Beena Cherian MACFAST Women Cell Member
Presidential Address	Fr. Pradeep Vazhatharamalayil Principal, MACFAST
Inaugural Address	Mr. Nazim DYSP, Pathanamthitta
Felicitation	Mr. Christy Bastian Administrator, MACFAST
Vote of Thanks	Mrs. Mahita Dileep Women's Cell Coordinator, MACFAST

REPORT



Resource Person- Mr. A Nazim, DYSP Pathanmthitta
Topic - Gender Awareness and Equality
Date- 30-03-2016
Time- 10am to 12 pm
Venue- MACFAST Auditorium

MAFAST Women Cell organized a special lecture on the topic "Gender Awareness and Equality" on 30-03-2016, from 10 am to 12 pm in the College Auditorium as part of womens day celebrations. The session was handled by Mr. A Nazim, DYSP Pathanmthitta. In his talk he mentioned the fact that gender inequality still exists in India within the households, workplaces. As per 2011 data, effective literacy rates (age 7 and above) were 82.14% for men and 65.46% for women. Female child is treated inferior to male child and this is deeply engraved in the mind of the female child. This is more predominant in India as well as other lesser developed countries. All staff and students attended the programme.



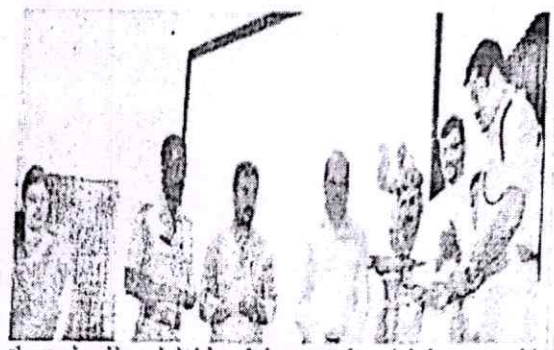
Resource Person

Mr. A Nazim
DYSP Pathanmthitta

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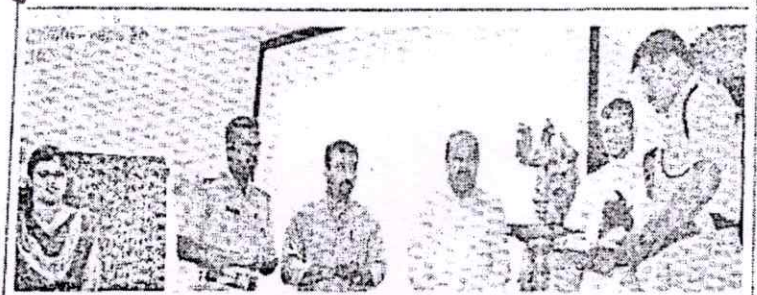
സെമിനാർ നടത്തി

തൊഴിലില്ലായ്മ വകുപ്പിന്റെ കോളേജ് റൂട്ടിൽ നടത്തിയ സെമിനാർ സമാഹരണത്തിൽ പങ്കെടുത്തവർക്ക് അറിവ് നൽകുന്നതിനായി സെമിനാർ സംഘടിപ്പിച്ചു. അതിൽ പങ്കെടുത്തവർക്ക് അറിവ് നൽകുന്നതിനായി സെമിനാർ സംഘടിപ്പിച്ചു. അതിൽ പങ്കെടുത്തവർക്ക് അറിവ് നൽകുന്നതിനായി സെമിനാർ സംഘടിപ്പിച്ചു.



തൊഴിലില്ലായ്മ വകുപ്പിന്റെ കോളേജ് റൂട്ടിൽ നടത്തിയ സെമിനാർ സമാഹരണത്തിൽ പങ്കെടുത്തവർക്ക് അറിവ് നൽകുന്നതിനായി സെമിനാർ സംഘടിപ്പിച്ചു.

News Regarding the Seminar on 'Gender Awareness and Equality'.



തൊഴിലില്ലായ്മ വകുപ്പിന്റെ കോളേജ് റൂട്ടിൽ നടത്തിയ സെമിനാർ സമാഹരണത്തിൽ പങ്കെടുത്തവർക്ക് അറിവ് നൽകുന്നതിനായി സെമിനാർ സംഘടിപ്പിച്ചു.

News Regarding the inauguration of the seminar "Gender Awareness and Equality" organized by Women's Cell.

Phyo. J. Cherickel

Dr. CHERIAN J KOTTAYI PRINCIPAL Mar Athanasios College For Advanced Studies Tiruvalla- 689101, Kerala



**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES THIRUVALLA
(MACFAST)**

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A Talk on "Thyroid and Non-Communicable Diseases (NCD)

Programme Schedule

Date: 11.08.2016

Time: 10.00 am

Venue: College Auditorium

Prayer Song	Ms. Feba Paul
Welcome Speech	Mrs Phijo J Cherickal MACFAST Women Cell Member
Presidential Address	Fr. Pradeep Vazhatharamalayil Principal, MACFAST
Key Note Address	Mr. Ajith Mohan Joseph Asst. Surgeon, Community Health Center, Vakathanam
Felicitation	Prof. Sanesh P Varghese Deputy Director, MACFAST
Vote of Thanks	Mrs. Tintumol Joseph MACFAST Women Cell Member

After the session , a medical camp is organized for the students and staffs in the College to test both Thyroid and Blood Sugar level in the Conference Hall ,MACFAST.

REPORT

Resource Person- Dr. Ajith Mohan Joseph, Asst. Surgeon, Community Health Centre, Vakathanam

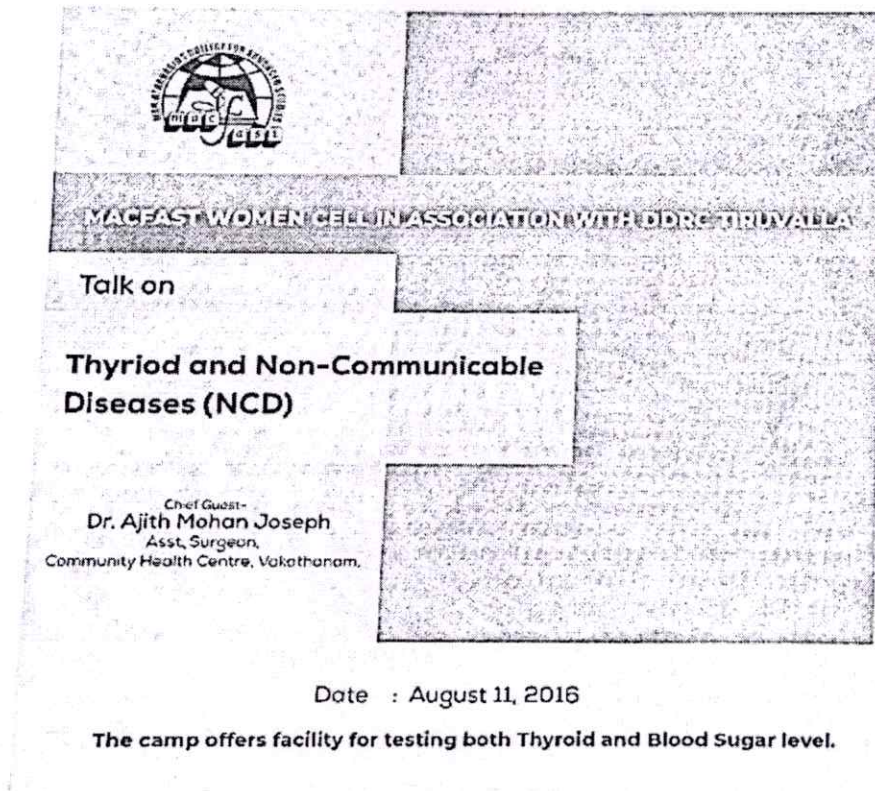
Topic - Thyroid and Non-Communicable Diseases (NCD) & Medical Camp

Date- 11-08-2016

Venue- MACFAST Auditorium & Conference Hall

MACFAST Women Cell organized a Medical Camp on 11/08/2016 in association with DDRC Tiruvalla. The camp offers facility for testing both Thyroid and Blood Sugar level. As part of this initiative, a talk was arranged on the topic "Thyroid and Non-Communicable Diseases(NCD)" by Dr. Ajith Mohan Joseph ,Asst. Surgeon, Community Health Centre, Vakathanam. In his talk he mentioned that non communicable diseases (NCDs) kill 41 million people each year, equivalent to 71% of all deaths globally. Each year, more than 15 million people die from a NCD between the ages of 30 and 69 years; 85% of these "premature" deaths occur in low- and middle-income countries.

The medical camp comprises of check up for lifestyle disease such as thyroid and blood sugar. The camp started in the conference hall from 11am to 1pm. Fees for the test was Rs.50/- per head. All staff members and students availed this facility.



Date : August 11, 2016






The camp offers facility for testing both Thyroid and Blood Sugar level.



**MACFAST WOMEN CELL
IN ASSOCIATION WITH
JANAMYTHRI STREE SURAKSHA PADHATHI**

**SELF DEFENCE TRAINING
PROGRAMME**

ജൂൺ 2021 നവംബർ 2021

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Phijo
Phijo J. Cherickal

REPORT

Self Defense Training Programme
Date- 14/11/2016 to 18/11/2016
Venue- MACFAST Conference Hall

According to the Crime in India 2016 report by National Crime Records Bureau (NCRB), around 39 crimes against women are reported every hour in the country. Sadly, we have no data about the ones that go unreported. The National Family Health Survey (NFHS-4) report highlights that every third woman in India, since the age of 15, has faced some form of domestic violence bringing forth the harsh truth. India was also named the most dangerous country in the world in the safety of women. Women make up about 48% of the 1.2 billion populations in India, yet they have faced the risk of sexual assault for decades.

MACFAST Women Cell organized a self defense training programme in Association with Janamythri Sthree Suraksha Padhathi on 14th to 18th November 2016 to make our girl students competent enough to face any self situations in their life.

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Phyo. J. Cherickal


Fr. Dr. CHERIAN J KOTAY
PRINCIPAL
Mar Athanasios College For Advanced Studies
Tiruvalla- 689101, Kerala



REPORT

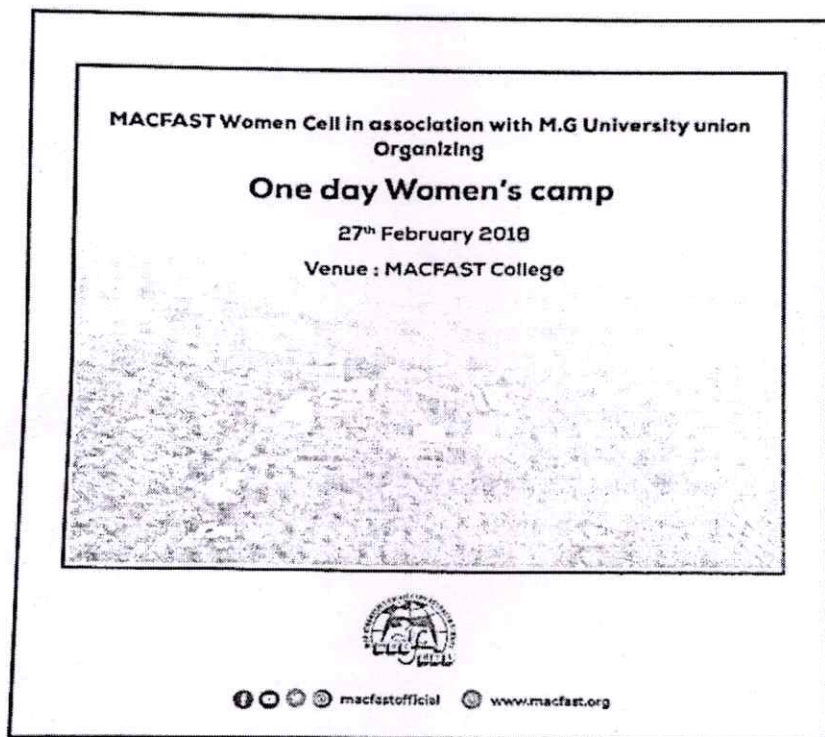
Resource Person- Dr. Priya, Faculty, Pampa College

Topic- Women Empowerment

Date- 27-02-2018

Venue- MACFAST Auditorium

One day Women's camp is organized in MACFAST in association with M.G University union on 27th February 2018. The programme was inaugurated by Tiruvalla DYSP R. Chandrashekara Pillai. Selected 150 participants from varoius colleges under MG university participated in this programme. During the programme a talk was done on the topic 'Women Empowerment'.



News Regarding the One day Women's Camp organized in association with M.G University



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Gender Bias & Stereotyping Gender Equality & Women's Right

Programme Schedule

Date: 12.08.2020

Time: 2.00 pm

Prayer Song

Ms. Diya Elza Thomas

Welcome Speech

**Prof. Varghese Abraham
Administrator, MACFAST**

Presidential Address

**Fr. Dr. Cherian J Kottayil
Principal, MACFAST**

Keynote Address

**Adv. C R Sindhumol
Former Govt. Pleader**

Question & Answer Session

Vote of Thanks

**Mrs. Phijo J Cherickal
Women's Cell Coordinator, MACFAST**

REPORT

Resource Person- Adv. C.R Sindhumol, Former Govt Pleader

Topic- Gender Bias, Stereotyping, Gender Equality & Women's Right

Date: 12-08-2020

Time: 2.30 pm to 3.45pm

ZOOM Platform

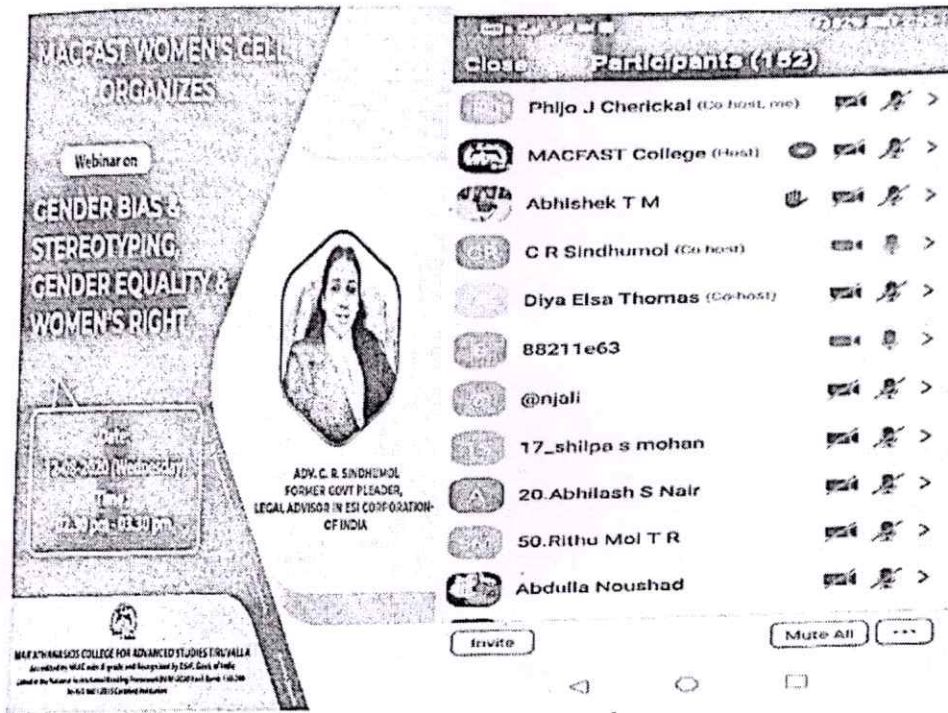
The women cell of Mar Athanasios College for Advanced Studies Tiruvalla conducted a webinar on 12th August 2020 with an aim to bring awareness among students on "Gender Bias, Stereotyping, Gender Equality and Women's Rights".

The key speaker of the program was Adv. C.R Sindhumol, who is one of the leading advocate in Kottayam. She was a former government pleader and presently act as the legal advisor to ESI Corporation of India and many other companies.. She shared her valuable insight on this given topic and explained about the persistent gender discrimination experiencing by a women in her home, workplace and in the society. Based on her experience as a lawyer she threw light on some contemporary issues related to gender bias. She also gave awareness on fundamental rights pertaining to gender equality and explained how the violation of article 14 & 15 happen and the way it could be tackled legally.

The session was really interactive. The students, and faculty members showed active participation in terms of interaction. Some of the participants shared their personal experience on gender inequality.

The webinar was organized through online video conference platform zoom and total 152 participants attended the webinar. The session was about one and half hour. The faculty member

Phijo J. Cherickal extended welcome to the participants and one of the students Diya Elsa Thomas delivered vote of thanks.



phijo

Phijo. J. Cherickal



[Handwritten Signature]

Dr. CHERIAN J KOTTAYIL
PRINCIPAL
Mar Athanasios College For Advanced Studies
Tiruvalla- 689101, Kerala



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International Women's Day Celebrations 2021

10th March 2021

Time : 11:00 AM

Venue : College Auditorium

- Prayer : Asha S and team
- Welcome Address : Prof. Varghese Abraham
Administrator, MACFAST
- Presidential Address : Fr. Dr. Cherian J.Kottayil,
Principal, MACFAST
- Keynote Address : Smitha Suraksha
MD, Suraksha Group of Companies.

Interaction with Students

- Presentation of Memento : Fr. Dr. Cherian J.Kottayil,
Principal, MACFAST
- Vote of Thanks : Dr. Jenny Jacob
Head, School of Biosciences

REPORT

Resource Person- Mrs. Smitha Suraksha, CEO of Suraksha Group of Companies and Founder of Dyuti


Topic- Choose to Challenge

Date: 10-08-2021

Time: 11.00 am

Mar Athanasios College For Advanced Studies Thiruvalla in association with Women's Cell commemorated the International Women's Day on March 10, 2021 in the college auditorium at 11 am. Mrs. Smitha Suraksha, CEO of Suraksha Group of Companies and Founder of Dyuti was the chief guest for the day. She is a woman entrepreneur whose relentless efforts made Suraksha Services, the largest domestic and commercial stove suppliers and services in Kerala. Mrs. Smitha being a woman entrepreneur herself instilled in the students especially women, the spirit of self-motivation. She asked the students to not let any boundaries limit their dreams and to step out of their comfort zones. Students interacted with the chief guest and cleared their queries regarding the importance of start-up ventures and skills required for an entrepreneur. Prof. Varghese Abraham, Administrator of MACFAST presided over the program and he implored that women need to be respected and considered equal to men. Prof. Beena Cherian, Dean and Dr. Jenny Jacob, Head, School of Biosciences also addressed the gathering of around 200 students.

phj
Phjo. J. Cherian



Fr. D. CHERIAN J KOTTAYIL
PRINCIPAL
Mar Athanasios College For Advanced Studies
Thiruvalla- 689101, Kerala



MACFAST WOMEN CELL IN ASSOCIATION WITH DDRC TIRUVALLA

Talk on

Thyroid and Non-Communicable Diseases (NCD)

Chief Guest -
Dr. Ajith Mohan Joseph
Asst. Surgeon,
Community Health Centre, Vakathanam.

Date : August 11, 2016

The camp offers facility for testing both Thyroid and Blood Sugar level.



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MACFAST WOMEN'S CELL ORGANIZES

Webinar on

GENDER BIAS & STEREOTYPING, GENDER EQUALITY & WOMEN'S RIGHT

Date:

12-08-2020 (Wednesday)

Time :

02.30 pm - 03.30 pm



ADV. C. R. SINDHUMOL
FORMER GOVT PLEADER,
LEGAL ADVISOR IN ESI CORPORATION-
OF INDIA



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

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Listed in the National Institutional Ranking Framework(NIRF)2020 Rank Band: 150-200

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MACFAST Women's Cell organizes

Poster Design Competition

- » Poster size must not exceed 50cm x 90cm (Width x Height).
- » Maximum file size is 5MB.
- » All information (text, data, photos, figures etc.) must be designed to appear within one single window.
- » The theme "**Fight Against Dowry**" should be the main focus of the poster.
- » You can use any editing programs (word processor, publishing programs, photo editing programs etc.) to make posters.
- » E-Poster will be judged based on creativity, presentation and relevance to the theme.
- » Any participant found violating the rules and regulations will be disqualified from the competition.
- » Entries must be submitted on or before 20th December 2021, 5pm.
- » The competition is open only to MACFAST students.
- » Decision of the jury will be final

Send your entries to womencell@macfast.org



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International
Women's Day



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Chief Guest :
Smitha Suraksha
MD, Suraksha Group of Companies

International Women's Day Celebrations 2021

Organized by School of Biosciences
In association with Women's Cell

Theme for IWDC 2021: Choose To Challenge

March 10, 2021 | 11.00 AM | College Auditorium



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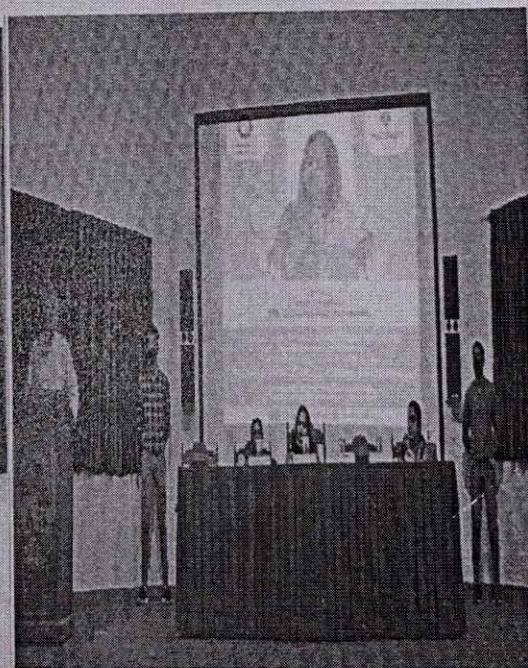


Chief Guest :
Smitha Suraksha
MD, Suraksha Group of Companies

International Women's Day Celebrations 2021
Organized by School of Biosciences
in association with Women's Cell
Theme for IWDC 2021: Choose To Challenge

March 10, 2021 | 11.00 AM | College Auditorium

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In Commemoration of International Day for Violence Against Women

MACFAST Women's Cell in collaboration with
Internal Quality Assurance Cell MACFAST
Organizes

**A talk on "Sexual Harassment
of Women at Workplace"**
(Prevention, Prohibition and Redressal)



30th November 2021 | 02:00 PM | College Auditorium



Resource Person:

Dr. Rekha Raj, Assistant Professor,
School of Gandhian Thought and Development Studies,
Mahatma Gandhi University, Kottayam



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MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALA
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Thiruvalla - 689101

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MACFAST WOMEN'S CELL

In commemoration of International Day for Violence Against Women (November 25), MACFAST Women's Cell and the Internal Quality Assurance Cell of MACFAST is jointly organizing, A talk on "Sexual Harassment of Women at Workplace (Prevention, prohibition, and redressal) on 30th November 2021 at 2 pm in the MACFAST college auditorium. Dr. Rekha Raj, Assistant Professor, School of Gandhian Thought and Development Studies, Mahatma Gandhi University, Kottayam will be the resource person for the event.

Brochure

In Commemoration of International Day for Violence Against Women

MACFAST Women's Cell in collaboration with
Internal Quality Assurance Cell MACFAST
Organizes

**A talk on "Sexual Harassment
of Women at Workplace"**
(Prevention, Prohibition and Redressal)

30th November 2021 | 02:00 PM | College Auditorium

Resource Person:
Dr. Rekha Raj, Assistant Professor,
School of Gandhian Thought and Development Studies,
Mahatma Gandhi University, Kottayam

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Speaker Profile

Dr Rekha is a gender scholar, writer, and social activist. She has worked with several research and development agencies. She has a PhD in philosophy entitled "Politics of Gender and Dalit Identity: Representation of Dalit Women in Contemporary Dalit Speeches in Kerala". Prior to joining School of Gandhian Thoughts and Development Studies, she was the Women's Rights Project Manager at Amnesty International India. She has been an intellectual and public scholar for over 10 years and has lectured at prestigious institutions in India such as Christ University, HCU, TISS, etc. She gave more than 50 public talks on issues of development, gender, human rights and Dalit. She has worked as a consultant to a number of development and human rights organizations.

She wrote a book entitled 'Dalit SthreeIdapedalukal' in 2015 and it is translated to Tamil in 2017. She edited a special issue of the magazine 'Dalit Women' in 2013. She has written many articles in academic and vernacular journals. She also writes stories and scripts. Her academic interests extend to gender, sexuality development studies, cultural studies, Dalit studies Ambedkarite, and subaltern studies.

Dr Rekha has extensive experience in grassroots organization, women's empowerment programs, gender training and policy development. She has organized seminars and workshops on a range of human rights issues.

Her current areas of expertise include Intersectional feminist praxis, Campaigning on Labor rights, Campaigning on Human rights-related issues, Healing workshops for survivors of sexual violence, Project development, and

proposal writing Monitoring and evaluation of programs and projects, Training on research methodology, Gender planning, budgeting and auditing, Community development training, Trainor in gender and development Organization development, Rural management, Sexuality training, Organizational networking Community crisis management.

Programme Schedule

Date: 30th November 2021

Venue: Auditorium



❖ 2:00 pm - Prayer song

- ❖ 2.05 pm - Welcome Address
- ❖ 2:10 pm - Speaker Introduction
- ❖ 2:15 pm - **Talk on 'Sexual Harassment of Women at Workplace'**
(Prevention, Prohibition and Redressal)

Resource person: Dr. Rekha Raj

Assistant Professor

School of Gandhian Thought and Development Studies

Mahatma Gandhi University, Kottayam

- ❖ 3:30pm - Interactive Session
- ❖ 4:00pm - Vote of Thanks
- ❖ 4:05pm - National Anthem

Report

Dr. Rekha addressed the following matters in her talk. Nearly 1 in 3 women have been abused in their lifetime. Preventing and responding to violence against women is a human rights, gender equality and public health priority. In every country and culture, more action is needed to ensure women in all their diversity live a life free of violence and coercion.. A new report from UN Women, based on data from 13 countries since the pandemic, shows that 2 in 3 women reported that they or a woman they know experienced some form of violence and are more likely to face food insecurity. Only 1 in 10 women said that victims would go to the police for help. To raise awareness, this year's theme is "Orange the World: End Violence against Women Now!". Orange is our color to represent a brighter future free of violence against women and girls. Be part of the orange movement!

Photos



**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALA
(MACFAST)**

Thiruvalla - 689101

MACFAST

Igniting wisdom since 2001



Thiruvalla, Kerala, India
9HFM+JG, Thiruvalla, Kerala 689101, India
Lat 9.372968°
Long 76.5847°
30/11/21 03:46 PM



Thiruvalla, Kerala, India
9HFM+JG, Thiruvalla, Kerala 689101, India
Lat 9.373026°
Long 76.584658°
30/11/21 03:47 PM



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALA
(MACFAST)
Thiruvalla - 689101

MACFAST
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Phyo

Phyo. J. Cherikal

INTERNATIONAL DAY FOR VIOLENCE AGAINST WOMEN

Program Schedule

- ❖ 2:00 pm - Prayer song
- ❖ 2.05 pm - Welcome Address
- ❖ 2:10 pm - Speaker Introduction
- ❖ 2:15 pm - **Talk on 'Sexual Harassment of Women at Workplace'**
(Prevention, Prohibition and Redressal)
Resource person: Dr. Rekha Raj
Assistant Professor
School of Gandhian Thought and Development Studies
Mahatma Gandhi University, Kottayam
- ❖ 3:30pm - Interactive Session
- ❖ 4:00pm - Vote of Thanks
- ❖ 4:05pm - National Anthem

A talk on Sexual Harassment of Women at Workplace (Prevention, prohibition and redressal) (30/11/2021)

Dr Rekha is a gender scholar, writer, and social activist. She has worked with several research and development agencies. She has a PhD in philosophy entitled "Politics of Gender and Dalit Identity: Representation of Dalit Women in Contemporary Dalit Speeches in Kerala". Prior to joining School of Gandhian Thoughts and Development Studies, she was the Women's Rights Project Manager at Amnesty International India. She has been an intellectual and public scholar for over 10 years and has lectured at prestigious institutions in India such as Christ University, HCU, TISS, etc. She gave more than 50 public talks on issues of development, gender, human rights and Dalit. She has worked as a consultant to a number of development and human rights organizations. She wrote a book entitled 'Dalit Sthreedapadalukal' in 2015 and it is translated to Tamil in 2017. She edited a special issue of the magazine 'Dalit Women' in 2013. She has written many articles in academic and vernacular journals. She also writes stories and scripts. Her academic interests extend to gender, sexuality development studies, cultural studies, Dalit studies Ambedkarite, and subaltern studies.

Dr Rekha has extensive experience in grassroots organization, women's empowerment programs, gender training and policy development. She has organized seminars and workshops on a range of human rights issues.

Her current areas of expertise include Intersectional feminist praxis, Campaigning on Labor rights, Campaigning on Human rights-related issues, Healing workshops for survivors of sexual violence, Project development, and proposal writing Monitoring and evaluation of programs and projects, Training on research methodology, Gender planning, budgeting and auditing, Community development training, Trainor in gender and development Organization development, Rural management, Sexuality training, Organizational networking Community crisis management.



MACAFST WOMEN'S CELL

SESSION ON "SEXUAL HARASSMENT OF WOMEN AT WORKPLACE"

Date: 30th November 2021

Time : 2.00pm to 4.00pm

Participants List

Sl No	Name of the Student	Signature
1	Vana Victor	
2	AKHILLA S	
3	Lakshmi Priya	
4	Sreethu JS	
5	Konchitha Daisy Renjan	
6	Sayana P. Abraham	
7	Swati Nair	
8	Krishnuni C.P	
9	Gayathri Prasobhi	
10	Aparna Rajan	
11	Aradhy R. Nair	
12	Swapna T.K	
13	Shwetha MA	
14	Karthika C	
15	Lija V. Chandran	
16	Kalana Shajahan	
17	Anchu K	
18	Swabhaya somen	
19	Parvathy	
20	Sreedekshmi R. Nair	
21	Dona	
22	Drisya Sothoib	
23	Salma	
24	Vindhya J	
25	Neha	
26	Rhoda Nony S	
27	Savitimol S	
28	Shesin Stanley	
29	Ansa Alphonsa Shaji	
30	Jain George	
31	Ansa P.A	
32	Aalya Baban	
33	Lakshmi priya P	
34	Angali Santhosh	
35	Vrampama M.S.	



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MACAFST WOMEN'S CELL

SESSION ON "SEXUAL HARASSMENT OF WOMEN AT WORKPLACE"

Date: 30th November 2021

Time : 2.00pm to 4.00pm

Participants List

Sl No	Name of the Student	Signature
36	Suresh Mary Thomas	
37	Amalendu R	
38	Namitha Hasmim Motty	
39	Abhirami R Kumar J	
40	Si Pa Nasayanan Kuthy	
41	Seekunthya C	
42	Abi. V	
43	ATHIRD A K	
44	RAKHI REGHUNATH	
45	GOPIKA ARUN	
46	Haritha B	
47	Sreedekshmy V R	
48	Anjal Selvakumar	
49	Adarsh Anri	
50	Akshay Mohan	
51	AMAL SALEEM	
52	NIKHIL C PILLAI	
53	JIBIN JOY	
54	K-AMARNATH VARMA	
55	Athul Vaskey Eaper	
56	Stalin T.S	
57	SARINI P.V	
58	Jany Ahamma Jan	
59	Stephy M. John	
60	Utkalini Prakash	
61	Abirathy D	
62	Amrutha V Nair	
63	Alvin sunny Varghese	
64	Geeethi Dilip	
65	Sweetha Ramesh	
66	Rini Sajee	
67	Rini C R	
68	Blessy Benny	
69	Nivyaja Vinod	
70	Anusree Rajendran	



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MACAFST WOMEN'S CELL

SESSION ON "SEXUAL HARASSMENT OF WOMEN AT WORKPLACE"

Date: 30th November 2021

Time : 2.00pm to 4.00pm

Participants List

Sl No	Name of the Student	Signature
71	Shan Elsa James	Shan
72	Akhila Afeyan	Akhila
73	Aleena Varghese	Aleena
74	Sreelekshmi A	Sreelekshmi
75	Arya S	Arya
76	Ashley Shaji	Ashley
77	Achamma N. Thangalathi	Achamma
78	Melvir Thomas Roy	Melvir
79	Krishnapriya R Pillai	Krishnapriya
80	Ajuna S	Ajuna
81	Christina Shaji	Christina
82	Lijo K Jose	Lijo
83	Rustin Jog Mathew	Rustin
84	Achana	Achana
85	Jishy Sebastian	Jishy
86	Gopu Pradeep	Gopu
87	Jerin M John	Jerin
88	Muhammed Siran	Muhammed
89	Ananda K	Ananda
90	Justin K Jose	Justin
91	Sagar Sathesh	Sagar
92	Leon Varghese Abida	Leon
93	Akhil Gopakumar	Akhil
94	Robin Samuel Roy	Robin
95	Elbin Joseph	Elbin
96	George Abasham	George
97	Nandhu Rajeev	Nandhu
98	Visak S	Visak
99	Jeffrey Joy	Jeffrey
100	Marteena Joseph	Marteena
101	Liji Lalachen	Liji
102	Blessy Susan T	Blessy
103	Ann Maria Joy	Ann
104	Abhijeet Seraphin Pereira	Abhijeet
105	Smrithi Chandrasekharan	Smrithi



MACAFST WOMEN'S CELL

SESSION ON "SEXUAL HARASSMENT OF WOMEN AT WORKPLACE"

Date: 30th November 2021

Time : 2.00pm to 4.00pm

Participants List

Sl No	Name of the Student	Signature
106	Merrayo Ann Samuel	Merrayo
107	Ardile Easow John	Ardile
108	Sanu Pathyan	Sanu
109	TINSMON THOMAS	Tinsmon
110	ALAN ANTONY	Alan
111	Jebin Jacob	Jebin
112	Nithin Mathew	Nithin
113	Neelhu T. Thankalban	Neelhu
110 114	Megha. S	Megha
115	Nisa Niran	Nisa
116	Sneha Suresh	Sneha
117	Rehms.B	Rehms
118	Soni Joseph	Soni
119	Aswathy Jagannath	Aswathy
120	Dana. S	Dana
121	Rema Ann George	Rema
122	Sreelhi Sreedhar	Sreelhi
123	Joni Johnson	Joni
124	Adithya Banker	Adithya
125	Saumya S Varughese	Saumya
126	Godly Elizabeth George	Godly
127	Alma Anil	Alma
128	NIKHIL A NAIR	Nikhil
129	RISHANA KIBAL	Rishana
130	SONY SEBASTIAN	Soni
131	GEETHU S	Geethu
132	Sreeja Sajj	Sreeja
133	Medhini P J	Medhini
134	Ashli. P. Hanna	Ashli
135	Shikha nwl	Shikha
136	Annas Maria Thomas	Annas
137	Amrutha Sunil	Amrutha
138	Rehna Reshu	Rehna
139	Africa Rachel Vayhura	Africa
140	Aleena babu	Aleena



MACAFST WOMEN'S CELL

SESSION ON "SEXUAL HARASSMENT OF WOMEN AT WORKPLACE"

Date: 30th November 2021

Time : 2.00pm to 4.00pm

Participants List

SI No	Name of the Student	Signature
141	Siju S	
142	Elvia Eldho	
143	Abhishek T.M	
144	Shyamji K	
145	Mohammed Bilal	
146	Alben T Mathew	
147	Amal Mathew	
148	Justin Abraham Raji	
149	Bindhya B	
150	Josy Jose	
151	Fathima hulu	
152	Subahana Hussain	
153	Saranya Dev.O	
154	Sonal Elsa Josep	
155	Rini Bijo	
156	Pooja S. Dev	
157	Annamma George	
158	Adhithya P. shaji	
159	Maneesha Mohanan	
160	Lakshmi P.R	
161	Arathykrishnan.R	
162	Lexy sara Liju	
163	Hazel Nazia sani	
164	Elna Mary Yesudas	
165	Angel Justin	
166	Abha R	
167	Granga Manoj	
168	Attulya Manikulan	
169	Keshvi Ketheesh	
170	Shubina Shukroo	
171	Aysha Riyana	
172	Immanuel Jacob	
173	Lakshmiyaya A. Nithi	
174	Anupama T.T	
175	Crayathri E.P	

Minutes of the MACEAST Women cell, meeting dated
25th February, 2016

Time: 10:00 am

Venue: - Principal office

Members Present

1. Fr. Pradeep Vazhakkalamelgil
2. Mrs. Physo J. Cherukul
3. Mrs. Mahila Deep
4. Ms. Beena Chavan
5. Ms. Fatimat Joseph
6. Ms. Nazal
7. Ms. Anjale Freese
8. Ms. Anu Rani
9. Ms. Aleekha Varghese
10. Ms. Anishe Mathew
11. Ms. Ronak Sebastian
12. Mr. Rincy Gohanan
13. Ms. Athira - P.A

[Handwritten signatures and initials on the right side of the page, including names like Anjale, Anishe, Ronak, and Athira.]

The meeting commenced with silent prayer at 10am. Principal addressed the meeting & secretary presented the minutes of the previous meeting.

Agenda

women's day celebration of the year 2016.

Discussions & Decisions

- 1) The meeting discussed in detail about the scope of conducting a talk on "gender equality" as part of the women's day celebration at the college.
- 2) Assigned Mrs. Physo J. Cherukul, to schedule the program

need to be conducted.

The meeting came to close at 11:00 pm.

7

Minutes of the meeting MACEASS women cell meeting
dated 11th March, 2016.

Time: 2pm

venue: Principal office

Members Present

1. Fr. Pradeep Vazle Kareemolegi
2. Mrs. Phyo J. chuckal
3. Mrs. Mahila Deep
4. Mrs. Deena chian
5. Mrs. Katurmol Joseph
6. Ms. Gajal
7. Ms. Anjika Tudek
8. Ms. Ann Rani
9. Ms. Aletha Sughen
10. Ms. Anishe Mathew
11. Ms. Ronak Sebastian
12. Ms. Rincy Tokeran
13. Ms. Akhee P.A

Handwritten notes:
Chy
7773177777
↓
D. S.
Gajal
Anishe
Anishe
Neetha
Sita
Rincy
Rincy
Akhee

The meeting commenced with silent prayer at 2:00pm. Principal addressed the meeting & secretary presented the minutes of the previous meeting.

Agenda

- 1) Women's day celebration of the year 2016.

Discussions & Decisions

- 1) The meeting discussed in detail about the action plan taken to celebrate the women's day.
- 2) Mrs. Phyo J. chuckal mentioned about the following programmes planned.

9

• Mr. A. Nazam, DCP, Patheenthala, agreed as the chief guest for the programme

• Mr. Nazam ready to take a session on the topic "Gender awareness & equality" for the participants.

The meeting came to close at 3:30 pm.

Minutes of the meeting dated 27th sep 2016

Time: 2:30pm

Venue: Principal office

Members Present

1. Fr. Pradeep vezla tharamelagil
2. Mrs. Phyo - J. chuckal
3. Mrs. Mahesh Debes
4. Mrs. Beena chorian
5. Mrs. Tintured Joseph
6. Ms. Grazal
7. Ms. Anjalee Tresa
8. Mrs. Anne Lea
9. Ms. Shetha Jaylene
10. Ms. Anisha Mathew
11. Ms. Ronak Sebastian
12. Ms. Rincy Toheran
13. Ms. Athira P.A.

~~Pradeep~~
~~Phyo~~
~~Mahesh~~
~~Beena~~
~~Tintured~~
~~Grazal~~
~~Anjalee~~
~~Anne~~
~~Shetha~~
~~Anisha~~
~~Ronak~~
~~Rincy~~
~~Athira~~

The meeting commenced with silent prayer at 2:30pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda

1. Self defence training programme

Discussions & Decisions

1. Principal suggested the need of organizing a self defence training programme for the girl students.
2. The women members discussed about the various possibilities to conduct a defence training program in association with police dept.
The meeting came to an end at 3:30pm.

Minutes of the women cell meeting dated 2nd Nov. 2016

Time: 3:30pm

venue: - Principal's office

Members Present

1. Fr. Pradeep Sazle Kerevelayil
2. Mrs. Pappu S. Chackal
3. Mrs. Mahtha Deep
4. Mrs. Beena Chelian
5. Mrs. Tentamol Joseph
6. Ms. Grazal
7. Ms. Anjitha These
8. Ms. Anu Rami
9. Ms. Heethu Sarghun
10. Ms. Anushe Mathew
11. Ms. Rosek Sebastian
12. Ms. Kincy Hohenan
13. Ms. Athira P.A

~~Fr. Pradeep~~
~~Chp~~
~~2222222222~~
~~DD~~
 Grazal
 Anjitha
 Anushe
 Heethu
 Anushe
 Rosek
 Kincy
 Athira

The meeting commenced with a short prayer at 2:30pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda

1. Conduct of self defence training programme

Discussions & Decisions

1. Ms. Tentamol Joseph informed the committee members that a four days self defence training programme is scheduled in association with Samangthai Sthree Swaksha Padhakam.
2. The programme is scheduled to conduct on 14th to 18th of November 2016.
 The meeting came to close at 4:30pm.

Minutes of the MACFAST women cell meeting dated
24th November 2016.

Time: 3:30pm

venue: - Principal office

Members present

1. Fr. Pradeep Sazhatharamelagil
2. Mrs. Phys. S. Chackal
3. Mrs. Mahtha Deep
4. Mrs. Beena Cheran
5. Mrs. Tentamol Joseph
6. Ms. Hazel
7. Ms. Anjitha Tresa
8. Ms. Anne Reni
9. Ms. Neethu Sarghen
10. Ms. Anisha Mathew
11. Ms. Ronak Sebastian
12. Ms. Rincy Toheran
13. Ms. Athira P.A

[Handwritten signatures and initials on the right side of the page, including names like Anisha, Neethu, and Rincy.]

The meeting commenced with silent prayer at 4pm. Principal, ~~regg~~ addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda

1. Self defence training programme

Discussions & Decisions

1. Principal congratulated the committee members for the successful conduct of the self defence training programme and mentioned the importance of conducting such programmes in future.

The meeting came to a close at 4:30pm.

Minutes of the MACFAST Women Cell meeting dated
2nd August, 2016

Time : 02:30pm

Venue : Principal Office

Members Present

1. Fr. Pradeep Vazhathasamalayil
2. Mrs. Phijo J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintunol Joseph
6. Ms. Anjitha Treesa
7. Ms. Anu Rani
8. Ms. Neethu Vasghese
9. Ms. Ann Susan Alexander
10. Ms. Anuja Elizabeth
11. Ms. Athira V.M

[Handwritten signatures and initials]
 Fr. Pradeep
 Phijo
 Mahitha
 Beena
 Tintunol
 Anjitha
 Anu Rani
 Neethu
 Ann
 Anuja
 Athira

The meeting commenced with silent prayer at 4:00 pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda :

1. Medical Camp

Discussions & Decisions :

1. Committee members proposed to organize a medical camp for testing thyroid and blood sugar.
2. Committee members suggested to conduct this medical camp at a moderate fees in association with medical laboratories in Tiruvalla.
3. Principal appointed Ms. Mahitha Dileep to check the possibility of the medical camp.

The meeting came to a close at 4:30 pm.

Minutes of the MACFAST Women cell meeting dated
5th August, 2016

Time : 11:30am

Venue : Principal Office

Members Present

1. Fr. Pradeep Vazhathazamsalayi
2. Mrs. Phijo J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintumol Joseph
6. Ms. Anjitha Treasa
7. Ms. Anu Rani
8. Ms. Neethu Varghese
9. Ms. Ann Susan Alexander
10. Ms. Anuja Elizabeth
11. Ms. Athira V.M.

Fr. Pradeep
Phijo
Mahitha
Beena
Tintumol
Anjitha
Anu
Neethu
Ann
Anuja
Athira

The meeting commenced with silent prayer at 4:00pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Medical camp

Discussions & Decisions:

1. Women cell secretary Mrs. Mahitha confirmed the medical camp can conduct on 11th of this month in association with DDRC, Tiruvalla.
2. Test fee per head is fixed at Rs. 50/-
3. Secretary also informed that a talk is also arranged as part of this medical camp by Dr. Ajith Joseph, Asst Surgeon, community health

centre Vakathanam

The meeting came to a close at 4.30 pm.

Minutes of the MACFAST Women cell meeting dated
29th September, 2016

Time : 11.30 am

Venue: Principal Office

Members Present

1. Fr Pradeep Vazhathasaramalayil
2. Mrs. Phijo J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintumol Joseph
6. Ms. Anjitha Treesa
7. Ms. Anu Rani
8. Ms. Neethu Varghese
9. Ms. Ann Susan Alexander
10. Ms. Anuja Elizebath
11. Ms. Athira V. M

~~Fr Pradeep~~
Mrs. Phijo
2025-7172717
↓
Anjitha
Anudab.
Neethu
Ann
Anuja
Athira

The meeting commenced with silent prayer at 11.30 am. Principal addressed the meeting and secretary, presented the minutes of the previous meeting.

Agenda

1. To evaluate the medical camp

Discussions & Decisions:

1. Women cell secretary Mrs. Mahitha presented a report about the medical camp conducted last month
2. As per the report almost all macfastians make use the facility of medical camp.
3. Principal congratulated each and everyone who

were behind the successful conduct of the medical camp.

The meeting came to a close at 12:30 pm

Minutes of the MACEAST Women Cell meeting dated 12th January, 2017

Time : 11:30 am

Venue : Principal Office

Members Present

1. Fr. Pradeep Vazhatharasamalayil
2. Mrs. Phijo J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Lintumol Joseph
6. Ms. Anjitha Treesa
7. Ms. Anu Rani
8. Ms. Neethu Varghese
9. Ms. Ann Susan Alexander
10. ~~A~~ Ms. Anuja Elizabeth
11. Ms. Athira V. M

~~Fr. Pradeep~~
 HLP
 2259117919

~~DO~~

~~Anjitha~~
 Anishat

~~Neethu~~

~~Anu~~

~~Anuja~~

~~Athira~~

The meeting commenced with silent prayer at 11:30 am. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Regarding dress code of girl students in college.

Discussions & Decisions

1. Principal urged committee members to ensure decent dress code in college campus especially on Wednesday.
 2. Committee members suggested this matter can be addressed by informing the HoD's of each department who can further communicate to the faculty members regarding this.
- The meeting came to a close at 12:30 pm.

Minutes of the MACFAST Women Cell Meeting dated 1st March, 2017

Time : 11:30 pm

Venue : Principal Office

Members Present

1. Fr. Pradeep Vayatharasamalayil
2. Mrs. Phijo J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintumol Joseph
6. Ms. Anjitha Treesa
7. Ms. Anu Rani
8. Ms. Neethu Varghese
9. Ms. Ann Susan Alexander
10. Ms. Anuja Elizabeth
11. Ms. Athira V.M.

[Handwritten signatures and initials]
 Mrs. Phijo J. Cherickal
 Mrs. Mahitha Dileep
 Mrs. Beena Cherian
 Mrs. Tintumol Joseph
 Ms. Anjitha Treesa
 Ms. Anu Rani
 Ms. Neethu Varghese
 Ms. Ann Susan Alexander
 Ms. Anuja Elizabeth
 Ms. Athira V.M.

The meeting commenced with silent prayer at 11:30 am. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Women's day celebration

Discussions & Decisions:

1. To commemorate this year's international women's day on March 8th, the committee decided to conduct a theme based programme.
2. The proposed theme is "Gender Equality".
3. Each department can present programs based on this theme.

The meeting came to a close at 12:30 pm.

Minutes of the MACFAST Women Cell Meeting dated 11th July, 2017

Time: 02:30pm

Venue: Principal Office

Members Present

1. Fr. Pradeep Vazhatharasamalayil
2. Mrs. Phijo J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintumol Joseph
6. Ms. Gazal
7. Ms. Anjitha Treesa
8. Ms. Anu Rani
9. Ms. Neethu Varghese
10. Ms. Ann Susan Alexander
11. Ms. Anuja Elizabeth
12. Ms. Athira V.M

~~Fr. Pradeep~~
~~Mrs. Phijo~~
~~Mrs. Mahitha~~
~~Mrs. Beena~~
~~Mrs. Tintumol~~
~~Ms. Gazal~~
~~Ms. Anjitha~~
~~Ms. Anu Rani~~
~~Ms. Neethu~~
~~Ms. Ann Susan~~
~~Ms. Anuja~~
~~Ms. Athira~~

The meeting commenced with silent prayer at 02:30pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda

1. Address issues regarding waste proposal

Discussions & Decisions:

1. The meeting discussed in detail about the sanitary napkin disposal issues by the girl students.
2. Principal insisted all women's cell committee

members to inform the girl students to dispose the napkins in the proper place allotted.

The meeting came to a close at 03.30 pm.

Minutes of the MACFAST Women Cell meeting dated 9th February, 2018

Time: 02:30 pm

Venue: Principal Office

Members Present

1. Mrs. Phijo J. Cherickal
2. Mrs. Mahitha Dileep
3. Mrs. Beena Cherian
4. Mrs. Tintumol Joseph
5. Ms. Grazal
6. Ms. Abi A
7. Ms. Thushara S
8. Ms. Neethu Varghese
9. Ms. Ann Susan Alexander
10. Ms. Sheeba Kuriakose
11. Ms. Athira P

The meeting commenced with silent prayer at 2:30pm. President addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Women's Camp

Discussions & Decisions:

1. Mrs. Phijo J. Cherickal informed that MG university union members approached to conduct a one day women's camp by associating our women cell.
2. The committee agreed this proposal and assigned Mrs. Phijo J. Cherickal as the coordinator of this programme.

The meeting came to a close at 3:30pm.

Minutes of the MACFAST Women cell meeting
dated 21st February, 2018

Time: 02:30pm

Venue: Principal Office

Members Present

1. Mrs. Phijo J. Cherickal
2. Mrs. Mahitha Dileep
3. Mrs. Beena Cherian
4. Mrs. Tintumol Joseph
5. Ms. Gazel
6. Ms. Abi A
7. Ms. Thushara S
8. Ms. Neethu Varghese
9. Ms. Ann Susan Alexander
10. Ms. Sheeba Kuriakose
11. Ms. Athira P.

Phijo
Phijo J. Cherickal
Beena
Beena Cherian
Thushara
Thushara S
Neethu
Neethu Varghese
Ann
Ann Susan Alexander
Sheeba
Sheeba Kuriakose
Athira
Athira P.

The meeting commenced with silent prayer at 2:30pm. President addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Women's Camp

Discussions & Decisions:

1. The programme coordinator informed the committee about the final schedule of the programme.
2. The date of the programme is fixed on 27th February 2018.
3. The chief guest of the programme is Tiruvalla DYS P. R. Chandrashekara Pillai.
4. Several discussion sessions by various resource persons

on the topic "Women Empowerment" is also conducting.
The meeting came to a close at 03:30 pm.

Minutes of the MACFAST Women cell meeting dated
23rd March, 2018

Time : 02:30pm

Venue : Principal Office

Members Present

1. Mr. Suresh P Varghese
2. Mrs. Phijo J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintumol Joseph
6. Ms. Grazal
7. Ms. Abi A
8. Ms. Thushara S
9. Ms. Neetha Varghese
10. Ms. Ann Susan Alexander
11. Ms. Sheeba Kuriakose
12. Ms. Athira P.

Pr
Phijo
Mahitha
Beena
Tintumol
Grazal
Abi
Thushara
Neetha
Ann
Sheeba
Athira

The meeting commenced with silent prayer at 2:30 pm. Deputy Director addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Evaluation of Women's Camp

Discussions & Decisions :

1. The programme coordinator informed the committee about the success of the one day women's camp programme.
2. Around 150 participants from various colleges under M.G. University participated in the programme.
3. The programme coordinator thanked everyone for the support.

The meeting came to a close at 3:30 pm.

Minutes of the MACFAST Women cell meeting dated 23rd June, 2018

Time : 2:30pm

Venue : Principal Office

Members Present

1. Mrs. Phijo J Cherickal
2. Mrs. Mabitha Dileep
3. Mrs. Beena Cherian
4. Mrs. Tintumol Joseph
5. Ms. Gazal
6. Ms. Abi A
7. Ms. Thushara S
8. Ms. Neethu Varghese
9. Ms. Ann Susan Alexander
10. Ms. Sheeba Kuziakose
11. Ms. Athira P

Mrs. Phijo J Cherickal
 ↓
Mrs. Mabitha Dileep
 ↓
Mrs. Beena Cherian
 ↓
Mrs. Tintumol Joseph
 ↓
Ms. Gazal
 ↓
Ms. Abi A
 ↓
Ms. Thushara S
 ↓
Ms. Neethu Varghese
 ↓
Ms. Ann Susan Alexander
 ↓
Ms. Sheeba Kuziakose
 ↓
Ms. Athira P

The meeting commenced with silent prayers at 2:30pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Discussion on building a house for MACFAST staff member.

Discussions & Decisions:

1. The committee decided to construct a house for our staff member who is a widow and financially backward.
2. Members suggested raising money from different sources especially from the staff and students.
3. Committee suggested involving MACFAST NSS and Rays of Love members into this project.

The meeting came to a close at 3:30 pm.

Minutes of the MACFAST Women cell meeting dated
23rd July, 2018

Time : 3:00pm

Venue : Principal Office

Members Present

1. Fr. Dr. Cherian J Kottayil
2. Mrs. Phijo J. Cherickal
3. Mrs. Mabitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintumol Joseph
6. Mrs. Ranjini Mariam Philipose
7. Mrs. Preetha G. Paricker
8. Ms. Gazal
9. Ms. Abi A
10. Ms. Thushara S
11. Ms. Jaice Monachen
12. Ms. Siji Sebastian
13. Ms. Sheeba Kuriakose
14. Ms. Athira P.A

Principal
23/7/18
Mabitha
Beena
Tintumol
Ranjini
Preetha
Gazal
Abi
Thushara
Jaice
Siji
Sheeba
Athira

The meeting commenced with silent prayer at 3:00pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Discussion on building a house for MACFAST staff members.

Discussions & Decisions:

1. The committee decided to construct a house for our staff member who is a widow and financially backward.

2. Members suggested raising money from different sources especially from the staff and students.
3. Committee suggested involving MACFAST NSS and Rays of Love members into this project.

The meeting came to a close at 3.30 pm.

2. Committee decided to address the girl students immediately and convince them about the consequences of this.
3. Committee suggested conducting awareness programs in this regard.

The meeting came to a close at 3:30 pm.

Minutes of the MACEAST Women cell meeting dated
30th January, 2019

Time : 02:30pm

Venue : Principal Office

Members Present

1. Fr. Dr. Cherian J. Kottayil
2. Mrs. Phijo J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintumal Joseph
6. Mrs. Ranjini Mariam Philipose
7. Mrs. Preetha G. Paricker
8. Ms. Sreechithra
9. Ms. Abi A
10. Ms. Thushara S
11. Ms. Ashna Rajan
12. Ms. Anaina Varghese
13. Ms. Athira P.A

~~Principal~~
21/1
20/01/2019
[Signatures]
Athi
Thushara
Ashna
Anaina
Athira

The meeting commenced with silent prayer at 2:30pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Address issues regarding sanitary napkins disposal.

Discussions & Decisions:

1. Principal informed the issue on block in drainage due to napkin disposal in toilets.
2. The meeting discussed in detail about the sanitary napkin disposal issues by the girl students.

3. Principal insisted all women's cell committee members to inform the girl students to dispose the napkins in the proper place allotted.

The meeting came to a close at 3.30 pm.

Minutes of the MACFAST Women cell meeting
dated 23rd May, 2019

Time: 02:30pm

Venue: Principal Office

Members Present

1. Fr. Dr. Cherian J Kottayil
2. Mrs. Phijo. J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintumol Joseph
6. Mrs. Ranjini Mariam Philipose
7. Mrs. Preetha. G. Panicker
8. Ms. Sreechithra
9. Ms. Abi A
10. Ms. Thushara S
11. Ms. Ashna Rajan
12. Ms. Anaina Varghese
13. Ms. Athira P.A

~~Signature~~
 23/05/2019
 ↓
 P.A.
 Ranjini
 Preetha
 Sreechithra
 Abi
 Thushara
 Ashna R
 Anaina
 Athira

The meeting commenced with silent prayer at 2:30pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Awareness programme

Discussions & Decisions:

1. The meeting discussed in detail about the possibility of conducting a seminar session on laws for women in India.
2. Mrs. Tintumol Joseph is appointed as the convener of the programme.

The meeting came to a close at 3:30 pm.

Minutes of the MACFAST Women Cell meeting dated
19th November, 2019

Time: 03.30 pm

Venue: Principal Office

Members Present

1. Fr. Dr. Cherian J Kottayil
2. Mrs. Phijo J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintumol Joseph
6. Mrs. Ranjini Mariam Philipose
7. Mrs. Preetha G. Paricker
8. Ms. Sreechithra
9. Ms. Abi A
10. Ms. Thushara S
11. Ms. Ashna Rajan
12. Ms. Anaina Varghese
13. Ms. Athira P.A

Principal
Mrs. Phijo J. Cherickal
Mrs. Mahitha Dileep
Mrs. Beena Cherian
Mrs. Tintumol Joseph
Mrs. Ranjini Mariam Philipose
Mrs. Preetha G. Paricker
Ms. Sreechithra
Ms. Abi A
Ms. Thushara S
Ms. Ashna Rajan
Ms. Anaina Varghese
Ms. Athira P.A

The meeting commenced with silent prayer at 2:30 pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Address issues after the flood.

Discussions & Decisions:

1. The meeting discussed in detail about the issues of the students after the flood.
2. The committee decided to address each classes to enquire about the difficulties faced by them during

the flood.

3. Each department is requested to implement this through the faculty and the class teacher can consolidate the report.

The meeting came to a close at 4.30 pm.

Minutes of the MACEAST Women Cell meeting
dated 14th February, 2020

Time: 02:30 pm

Venue: Principal Office

Members Present

1. Fr. Dr. Cherian J. Kottayil
2. Mrs. Phijo J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintumol Joseph
6. Mrs. Ranjini Mariam Philipose
7. Mrs. Preetha G. Panicker
8. Ms. Sreechithra
9. Ms. Abi A
10. Ms. Thushara S
11. Ms. Ashna Rajan
12. Ms. Anaina Varghese
13. Ms. Athira P.A

[Handwritten signatures and initials corresponding to the list of members present]

The meeting commenced with silent prayer at 2:30 pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. International Women's Day Celebration

Discussions & Decisions

1. The meeting discussed in detail about the programmes need to be ~~calculate~~ conducted as part of this year's women's day celebration.

2. The programme is scheduled on 9th March 2020 (Monday)
3. The committee appointed Mrs. Phijo J. Cherickal & Mrs. Mahitha Dileep as the conveners.

The meeting came to a close at 3.30 pm.

Minutes of the MACFAST Women Cell meeting
dated 2nd March, 2020

Time: 2:30 pm

Venue: Principal Office

Members Present

1. Fr. Dr. Cherian J Kottayil
2. Mrs. Phijo J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintumol Joseph
6. Mrs. Ranjini Mariam Philipose
7. Mrs. Preetha G. Panicker
8. Ms. Sreechithra
9. Ms. Abi A
10. Ms. Thushara S
11. Ms. Ashna Rajan
12. Ms. Anaina Varghese
13. Ms. Athira P.A

~~Signature~~
 Mrs. Phijo J. Cherickal
 Mrs. Mahitha Dileep
 Mrs. Beena Cherian
 Mrs. Tintumol Joseph
 Mrs. Ranjini Mariam Philipose
 Mrs. Preetha G. Panicker
 Ms. Sreechithra
 Ms. Abi A
 Ms. Thushara S
 Ms. Ashna Rajan
 Ms. Anaina Varghese
 Ms. Athira P.A

The meeting commenced with silent prayer at 2:30 pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. International Women's Day Celebration

Discussions & Decisions:

1. The conveners presented the schedule of programmes arranged as part of International Women's Day celebration on 9th March 2020.

2. Dr. Aji C Paricker, Syndicate member, MG University will be the resource person and she is ready to handle a two hour session for the students.
3. Dr. Aji C. Paricker is agreed to arrive by 11 am and can start the session by 11.30 am.

The meeting came to a close at 3.30 pm.

Minutes of the MACEAST Women cell meeting
dated 7th March, 2020

Time : 2.30pm

Zoom Platform

Members Present

1. Fr. Dr. Cherian J. Kottayil
2. Mrs. Phijo J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintunol Joseph
6. Mrs. Ranjini Mariam Philipose
7. Mrs. Preetha G. Parickes
8. Ms. Sreechithra
9. Ms. Abi A
10. Ms. Thushara S
11. Ms. Ashna Rajan
12. Ms. Anaina Varghese

~~Signature~~
 Mrs. Mahitha Dileep
 Mrs. Beena Cherian
 Mrs. Tintunol Joseph
 Mrs. Ranjini Mariam Philipose
 Mrs. Preetha G. Parickes
 Ms. Sreechithra
 Ms. Abi A
 Ms. Thushara S
 Ms. Ashna Rajan
 Ms. Anaina Varghese

The meeting commenced with silent prayer at 2.30 pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Postponement of International Women's Day Celebration

Discussions & Decisions

1. It is decided to postpone the programme scheduled on March 9th due to closing of college as insisted by the govt. under COVID-19 pandemic.

2. The same should be informed to students by the concerned department.

The meeting came to a close at 3:30 pm.

Minutes of the MACFAST Women cell meeting dated 3rd August, 2020

Time: 2:30pm

Zoom Platform

Members Present

1. Fr. Dr. Cherian J. Kottayil
2. Mrs. Phijo J. Cherickal
3. Mrs. Mahitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintumol Joseph
6. Mrs. Ranjini Mariam Philipose
7. Mrs. Preetha G. Panicker
8. Ms. Sreechithra
9. Ms. Abi A
10. Ms. Thushara S
11. Ms. Ashna Rajas
12. Ms. Anaina Varghese
13. Ms. Riswana Iqbal
14. Ms. Christeena Shaji

~~XXXXXXXXXX~~
 [Handwritten signatures and initials, including a date 22/8/2020]

The meeting commenced with silent prayer at 2:30 pm. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Gender Bias & Stereotyping Gender Equality & Women's Right - Talk

Discussions & Decisions:

1. The meeting discussed in detail about the instructions from MG University to conduct an online session on the topic "Gender Bias & Stereotyping Gender Equality & Women's Right - Talk".

Women's Right"

2. The committee appointed Mrs. Phijo J Cherickal & Mrs. Mahitha Dileep as the conveners.

The meeting came to a close at 03.30pm

Minutes of the MACFAST Women Cell meeting dated 8th August, 2020

Time: 10:30 am

Zoom Platform

Members Present

1. Fr. Dr. Cherian J Kottayil
2. Mrs. Phijo J. Cherickal
3. Mrs. Mabitha Dileep
4. Mrs. Beena Cherian
5. Mrs. Tintumol Joseph
6. Mrs. Ranjini Mariam Philipose
7. Mrs. Preetha G. Paricker
8. Ms. Abi. A
9. Ms. Thushara S
10. Ms. Ashna Rajan
11. Ms. Anaina Varghese
12. Ms. Riswana Iqbal
13. Ms. Christeena Shaji

~~Principal~~
 Phijo
 Mabitha
 Beena
 Tintumol
 Ranjini
 Preetha
 Abi
 Thushara
 Ashna
 Anaina
 Riswana
 Christeena

The meeting commenced with silent prayer at 10:30 am. Principal addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. Gender Bias & Stereotyping Gender Equality & Women's Right - Talk

Discussions & Decisions:

1. The conveners informed the committee that Adv. C.R. Sindhumol Former Govt. Pleader will be the resource person to conduct an online session on the

topic "Gender Bias & Stereotyping Gender Equality & Women's Right"

2. The scheduled date of the programme is on 12th August 2020 at 2pm onwards.
3. Ms. Ranjini is entrusted by the committee to prepare the brochure and programme sheet of the programme.
4. Committee appointed Mrs. Phijo. J. Cherickal to prepare the report and submit to the college office in due time.

The meeting came to a close at 11.30 am

Minutes of the MACFAST Women cell meeting dated
17th February, 2021

Time: 10.30 am

Venue: Dept. of BioSciences

Members Present

1. Dr. Jenny Jacob
2. Mrs. Phijo J. Cherickal
3. Dr. Smitha
4. Mrs. Mahitha Dileep
5. Mrs. Beena Cherian
6. Mrs. Tinturnol Joseph
7. Mrs. Ranjini Mariam Philipose
8. Mrs. Preetha. G. Panicker
9. Ms. Abi A
10. Ms. Thushara S
11. Ms. Gloxy S. Raju
12. Ms. Athira P.A
13. Ms. Ann Susan Alexander
14. Ms. Riswana Iqbal
15. Ms. Christeena Shaji


 The block contains handwritten signatures for each of the 15 members listed on the left. The signatures are written in black ink and are somewhat stylized. Some are underlined, and some have additional marks or initials. The names are: Jenny Jacob, Phijo J. Cherickal, Smitha, Mahitha Dileep, Beena Cherian, Tinturnol Joseph, Ranjini Mariam Philipose, Preetha. G. Panicker, Abi A, Thushara S, Gloxy S. Raju, Athira P.A, Ann Susan Alexander, Riswana Iqbal, and Christeena Shaji.

The meeting commenced with silent prayer at 10.30 am. Dr. Jenny Jacob addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. International Women's day celebration

Discussions & Decisions:

1. The meeting discussed in detail about the programmes need to be ~~calculated~~ conducted as part of this

year's Women's day celebration.

2. Decided to associate with department of biosciences for the programme.

The meeting came to a close at 11.30 am.

Minutes of the MACEAST Women cell meeting dated 2nd March, 2021

Time: 11:30 am

Venue: Dept. of BioSciences

Members Present

1. Dr. Jenny Jacob
2. Mrs. Phijo J. Chesickal
3. Dr. Smitha
4. Mrs. Mahitha Dileep
5. Mrs. Beena Cherian
6. Mrs. Tintumol Joseph
7. Mrs. Ranjini Mariam Philipose
8. Mrs. Preetha G. Panicker
9. Ms. Abi A
10. Ms. Thushara S
11. Ms. Glory S. Raja
12. Ms. Athira P.A
13. Ms. Ann Susan Alexander
14. Ms. Riswana Iqbal
15. Ms. Christeena Shaji



The meeting commenced with silent prayer at 11:30 am. Dr. Jenny Jacob addressed the meeting and secretary presented the minutes of the previous meeting.

Agenda:

1. International Women's day celebration 2021

Discussions & Decisions:

1. The meeting discussed in detail about the programmes scheduled as part of this year's women's day celebration.

2. The scheduled date of the programme is on 10th March 2021 at 11 am in the college auditorium.
3. Ms. Smitha Suraksha, MD, Suraksha Group of Companies is invited as the chief guest of the programme.
4. Dr. Jenny Jacob & Dr. Smitha is appointed as the convener of the programme.

The meeting came to a close at 12.30 pm.