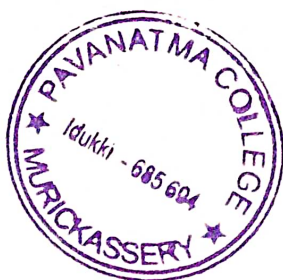


# KSWDC Women Cell, Pavanatma College, Murickassery

## Statement of Receipts and Payments - 2018-19

Sl No	Programme Date	Particulars	Bill/Voucher Number	Receipts	Payments
		Amount received from KSWDC		10000	
1	9/28/2018	TRAINING WING- 2(A) Training on "Stress Management"			
		Resource person	WC/201819/RP 1		1500
		Tea and snacks	Bill# 99		1235
		Miscellaneous (booklet, pen etc.)	Bill # 310		3478
2	10/10/2018	Half - Day Seminar on 'Personal Hygiene'			
		Transportation arrangements to Resource Persons	WC/201819/RP2		2500
		High tea expenses	Bill # 113		1946
3	10/16/2018	Seminar on "How to rebuild our community" for the flood affected society members.			
		Resource person	WC/201819/RP3		2000
		Tea and snacks	Bill #125		3575
4	1/17/2019	Documentary Screening on Social Issues			
		Tea Expenses	Bill # 137		1250
5	3/8/2019	a. Her Day Celebration			
		Chief Guest	WC/201819/RP4		1500
		Trophies	Bill # 1867		2700
		Dress and make ups	Bill #423		1348
6	3/15/2019	Creative Workshop on "Beauty Tips"			
		Resource Person	WC/201819/RP 5		1500
		Cosmetics,	Bill # 458		2250
		Tea and snacks	Bill # 153		1150
		Advance from Management		17932	
				10000	27932

Coordinator(s)



Principal

Dr. JOHNSON V  
PRINCIPAL  
PAVANATMA COLLEGE  
MURICKASSERY, IDUKKI DIST

# Women Cell

## Pavanatma College, Murickassery

Report to The Kerala State Women's Development Corporation Ltd

2018-19

Pavanatma College is one of the leading higher education institutions in the Mahatma Gandhi University, Kerala. There are a number of Cells, Clubs and Forums functioning in the College for the overall development of Students. Women Cell is one of the eagerly functioning Cells in the institution aiming the welfare of entire women community of the College. Following are the activities held during the academic year in association with KSWDC.

Entire activities were categorized under three categories: Administrative Wing, Training Wing and Cultural Wing.

Following were the administrative members for the academic year 2018-19.

Chairman : Principal

Coordinators : 1. Dr.B. Sindhu, (sindhupdv@gmail.com)  
2. Ms. Josmy Varghese, (josmyve@gmail.com)

Student Leaders : Jincy Gigi  
: Athira Mukundhan

Treasurer : Aneetta George

Student Wing Representatives :

Training Wing : Anu mol Francis

Cultural Wing : Vishnumaya Murali

Community Service Wing

: Sreelakhshmi Ratheesh

Total women Cell Members : 75

## **2.TRAINING WING**

### **2(A) Training on “Stress Management”**

To make the students relieved from the stress and strain due to natural calamities that happened in the month of August, a training programme on ‘How to manage stress’ was conducted on 28/09/2018 from 1.30 pm to 3.30 pm at Pavanatma College Seminar Hall, by Mr. Jins Parackal, HR Trainer, Idukki. Women Cell members of Pavanatma College were participated in the concerned training programme.

### **2(B) Half – Day Seminar on ‘Personal Hygiene’**

For making realize the girls about ‘Personal Hygiene’ and to give awareness on Gynecological care to be taken, a seminar was conducted by Dr Ambily G, District Medical Office, Idukki on 10/10/2018 from 10 am to 1 pm at Pavanatma College Auditorium. Students and teachers of Pavanatma College and nearby College were participated in the seminar.

### **2(C) Half – Day Seminar on ‘Mental Health of Youth’**

It is aimed to aware the youth about how to maintain the good mental health . Each and every youth should aware how to keep mental health.I is conducted by Albin Tom , Project Coordinator, DMO, Idukki.

### **2 (D) Creative Workshops on “Beauty Tips”**



To make the girl students aware on various beauty tips, and to familiarize them the cost effective beauty products and services, a workshop was conducted on 15/03/2019 by Mrs.Elsamma Thomas, Amala beauty Parlour Murickassery, from 1 pm to 4 pm at Pavanatma College Auditorium. Women cell members of Pavanatma College were the audience. All students were enjoyed with the workshop sessions.

### **3 CULTURAL WING**

#### **3 (A) Cultural Programmes**

##### **a. Her Day Celebration**

With the objectives of providing a day to girls students to celebrate on their day by channelizing the skills of them and to build a socially committed youth which will cater for the holistic development of the Nation by adding meaningful programs like dramas, skits songs , dances etc. 'Her Day' Celebration was conducted at its top spirit. Smt Rosakutty Abraham (Secretary, Women Cell, Idukki) was inaugurated the same on 08/03/2019 from 1.00 pm to 3.30 pm at Pavanatma College Auditorium. Students and teachers of Pavanatma College were the audience. Students enjoyed a lot for the time being.

##### **3 ( B) Documentary Screening on Social Issues**

To exhibit a social issue based documentary and to make them aware of various social issues, a documentary screening was done on 17/01/2019 from 1.30 pm to 3.30 pm at Pavanatma College Auditorium Women Cell Coordinators ,Dr B Sindhu and Ms. Josmy Varghese were the instructors. Women cell members of Pavanatma College were participated in the same.

#### 4) COMMUNITY SERVICE WING

##### **Community Intervention programmes**

**4(b) Seminar on “How to rebuild our community” for the flood affected society members.**

Idukki district was one of the most flood affected districts of Kerala because of land sliding. ‘How to rebuild our properties’ is one of the devastating problems of the community. At that time a seminar was conducted on ‘**How to rebuild our community**’ on 16/10/2018 from 1.30 pm to 3.30 pm. Resource Person was Mr Visakh Vijayan, Motivational speaker, st.Thomas College, Pala at Pavanatma College Auditorium. Audience was the Flood affected community members of Vathickudy Panchayath.

#### **Additional Programmes conducted during the Year**

1. College level Elocution Competition- on Women’s Day – March 8, 2019.  
Topic: ‘Nam Munnot’
2. Inter collegiate Participation - Elocution Competition conducted by KSWDC Women Cell , St Josephs College Moolamattam- First prize - Ann Mariya , Dept of Malayalam.































