WOMEN'S CELL REPORT

OBSERVATION OF THE INTERNATIONAL WOMEN'S DAY 2023
CICS COLLEGE OF TEACHER EDUCATION
MATHARA
KOZHIKODE



Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women- MAYA ANGELOU

Introduction:
On March 8, 2023, the WOMENS CELL of CICS COLLEGE OF TEACHER EDUCATION under the coordination of Dr. Shimna Suresh along with the Principal, Management, faculty, students and non teaching staff celebrated the International Women's Day with great enthusiasm and fervour under the banner WOMEN IN FOCUS. The event aimed to highlight menstrual health and education, normalise period education, introduce period products, work on strategies to ensure menstrual health and ultimately promote gender equality and women empowerment.

The coordinator had conducted a survey prior to the event to acknowledge the type of period products used by students,the support received from the environment in THOSE days and the associated issues they faced physically and emotionally, to address the issue. The data so collected were added to the power point presentation followed by a discussion in the afternoon session.



Snippets of arrangement of hall prior to commencing programme- ensuring equal participation

Event Details:

The event was held at the college auditorium, where all the students and faculty members were invited to participate. The session was inaugurated by a student selected through public poll. The day's events began with a welcome address by Anagha NM followed by a speech by Sherin Shehanas, highlighting the significance of the day and the importance of GENDER EQUALITY. The compèrers of the programme Minnah and Indu kept the flow of the events smooth and organised. The technical assistance was ensured by Yadukrishna and Anfas, who with their Jugaad ideas tweaked innovatively in times of technical glitch.

Few pics from the day







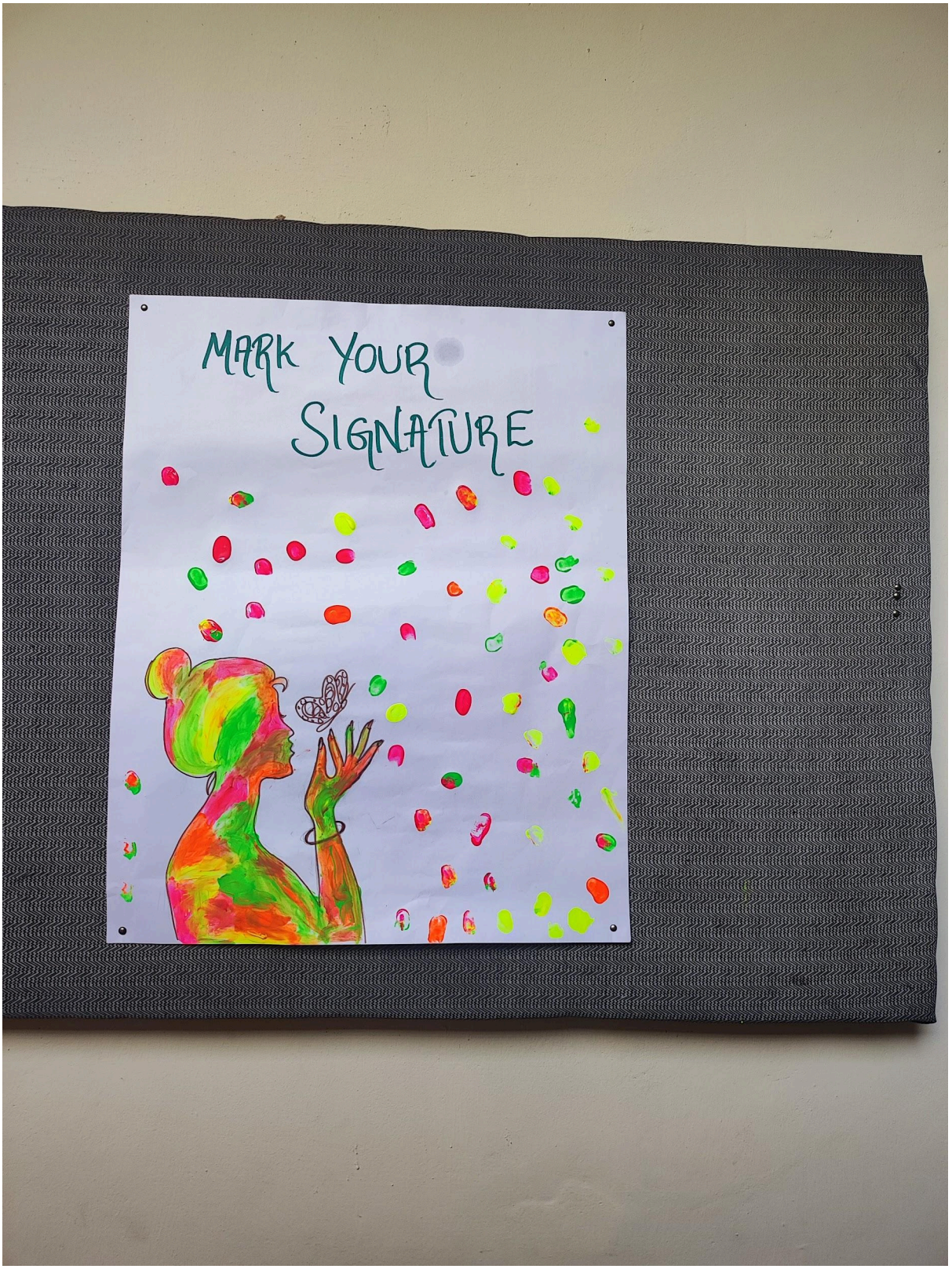
Following the lecture, included cultural performances by the students, including a theme based dance performance on gender inequality. Special mention Divya Chandran, Anjima, Ashwathi.



The highlight of the event was a JAM session carried forward by students from each optional subject reflecting on various themes and topics based on gender inequality featuring taboos and stereotypes existing in the patriarchal society. Special mention- Nourin and Liyana.
The event was followed by cultural activities including songs by faculty and students.

Additionally, the event featured a poster-on the theme "GENDER FLUIDITY," where students created signatures using vivid colours symbolising inclusion and empowerment.

Special mention Ayana.



Our little guest of the day little Maria (student Minnah's sister) entertained the students of CICS CTE with her showstopper performance of the dance from the movie Patan. Respected Principal Dr.Indira congratulated the little talent and gave away a small token of love.

In the afternoon, a relatively light session was arranged in the college computer lab, aimed at assessing the awareness among the boys about menstrual products and products related to women to sensitise the “OTHER” and generate awareness among the gents folk in particular about their female counterparts. The event included a fun quiz. Students of the ENGLISH department developed and executed the event well. Special mention - Athulya and team.



The event was followed by a PPT presentation on menstrual hygiene and menstrual products like menstrual cups. The presentation by Fathima Hanna aimed to provide knowledge and awareness about menstrual hygiene and products to the audience.



Presentation Details:

The presentation started with an introduction to menstrual hygiene and the importance of maintaining proper hygiene during menstruation. The presenter discussed the different menstrual products available in the market and their pros and cons.
The presentation focused on menstrual cups, which are becoming increasingly popular due to their eco-friendly nature and convenience. The presenter explained what menstrual cups are, how they work, and how to use them. The audience was also informed about the various benefits of menstrual cups, such as their cost-effectiveness, reduced environmental impact, and longer wear time compared to other menstrual products.



The presenter also addressed some common misconceptions about menstrual cups, such as the belief that they are uncomfortable or difficult to use. The audience was shown how to insert and remove a menstrual cup, and the presenter emphasised the importance of proper cleaning and maintenance.

In addition to menstrual cups, the presenter also discussed other menstrual products, such as tampons and sanitary pads. The audience was informed about the pros and cons of these products and how to choose the right product for their needs.

The presentation concluded with a Q&A session, where the audience could ask questions and clarify any doubts they had. The presenter and moderator of the program Dr. Shimna Suresh answered all questions, providing the audience with a clear understanding of menstrual hygiene and products.

The PPT presentation on menstrual hygiene and menstrual products like menstrual cups was a success, and it provided valuable information to the audience. The presentation helped to raise awareness about menstrual hygiene and products and encourage the use of eco-friendly menstrual products like menstrual cups. More such presentations will continue to be organised in the future, promoting menstrual hygiene and empowering women to make informed choices about their menstrual health.

Conclusion:
The International Women's Day celebration in our B.Ed college was a huge success, and it provided an excellent platform to recognize and celebrate the contributions of women in education and society and create an awareness on menstrual health and well being. The event

helped to promote gender equality and women's empowerment and fostered a sense of community among the students and faculty members. The event also served as a reminder of the importance of women's health education and the need to support women in ensuring social equity.

Overall, the event was informative, engaging, and enjoyable, and it successfully highlighted the significance of women in education and society. More events will continue to be organised in the future, encouraging more students to take up careers in education and work towards a more equal and empowered society.