

# FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

(Reaccredited with 'A' Grade by NAAC)

Affiliated to University of Kerala



**7.1.1 Women's cell Report  
2015-2016**

**IQAC** INTERNAL QUALITY  
ASSURANCE CELL

## **REPORT ON GENDER EQUITY PROGRAMMES-2015-2016**

### **WOMEN STUDY UNIT INAUGURATION**

The inaugural function of the Women Study Unit was conducted on 12-09-2015. Ms. Alice Dominic, Assistant Professor, Department of Malayalam, presented a lecture on the history and relevance of feminism.

#### **Abstract of the lecture**

**Feminism** is a range of movements and ideologies that share a common goal: to define, establish, and achieve equal political, economic, cultural, personal, and social rights for women. This includes seeking to establish equal opportunities for women in education and employment.

The **history of feminism** is the chronological narrative of the movements and ideologies aimed at equal rights for women. While feminists around the world have differed in causes, goals, and intentions depending on time, culture, and country, most Western feminist historians assert that all movements that work to obtain women's rights should be considered feminist movements. Other historians limit the term to the modern feminist movement and instead use the label "protofeminist" to describe earlier movements.

Modern Western feminist history is split into three time periods, or "waves", each with slightly different aims based on prior progress. First-wave feminism of the 19th and early 20th centuries focused on overturning legal inequalities. Second-wave feminism (1960s–1980s) broadened debate to include cultural inequalities, gender norms, and the role of women in society. Third-wave feminism (1990s–2000s) refers to diverse strains of feminist activity, seen as both a continuation of the second wave and a response to its perceived failures.

**Feminism in India** is a set of movements aimed at defining, establishing, and defending equal political, economic, and social rights and equal opportunities for Indian women. It is the pursuit of women's rights within the society of India. Like their feminist counterparts all over the world, feminists in India seek gender equality: the right to work for equal wages, the right to equal access to health and education, and equal political rights. Indian feminists also have fought against culture-specific issues within India's patriarchal society, such as inheritance laws and the practice of widow immolation known as Sati.

The history of feminism in India can be divided into three phases: the first phase, beginning in the mid-nineteenth century, initiated when male European colonists began to speak out against the social evils of Sati; the second phase, from 1915 to Indian independence, when Gandhi

incorporated women's movements into the Quit India movement and independent women's organisations began to emerge; and finally, the third phase, post-independence, which has focused on fair treatment of women at home after marriage, in the work force and right to political parity.

Despite the progress made by Indian feminist movements, women living in modern India still face many issues of discrimination. India's patriarchal culture has made the process of gaining land-ownership rights and access to education challenging. In the past two decades, there has also emerged a disturbing trend of sex-selective abortion. To Indian feminists, these are seen as injustices worth struggling against. There has been some criticism of feminist movements in India. They have especially been criticised for focusing too much on women already privileged, and neglecting the needs and representation of poorer or lower caste women. This has led to the creation of caste-specific feminist organisations and movements.

Modern influences are affecting the younger generations in parts of India, where girls are beginning to forgo the more traditional ways of Indian life and break gender stereotypes. In more flourishing parts of the country, the idea of "dating" has come into play, and the terms "girlfriend" and "boyfriend" are being used. Some women have landed highly respectable careers. However, this is not the norm throughout the country; such modernisations and the women behind them face serious resistance from anti-liberalists. The country is still severely male-dominant and unwelcoming to such movements that go against sex and gender traditions in India.





### **Workshop on Obesity Management**

Women Study Unit conducted a workshop on awareness of obesity and its health effects for the lady staff and students of the college on 3-10-2015. Dr. Noel T. Mathew, a physiotherapist from Hamstrings, a leading obesity clinic in Kerala handled the sessions. The sessions included a brief lecture on obesity, its evaluation, ill effects of obesity and management.

Evaluation of obesity was done by Body Composition Analysis. Body Mass Index of the participants was evaluated at the workshop. Diet counselling, physical activity and physiotherapy counselling were also given to the staff members.

### **Abstract of the lecture**

**Obesity** is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health, leading to reduced life expectancy and/or increased health problems. In Western countries, people are considered obese when their body mass index (BMI), a measurement obtained by dividing a person's weight by the square of the person's height, exceeds  $30 \text{ kg/m}^2$ , with the range  $25\text{-}30 \text{ kg/m}^2$  defined as overweight.

Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnoea, certain types of cancer, and osteoarthritis. Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications, or psychiatric illness.

Dieting and exercising are the main treatments for obesity. Diet quality can be improved by reducing the consumption of energy-dense foods, such as those high in fat and sugars, and by increasing the intake of dietary fiber. With a suitable diet, anti-obesity drugs may be taken to reduce appetite or decrease fat absorption. If diet, exercise, and medication are not effective, a gastric balloon may assist with weight loss, or surgery may be performed to reduce stomach volume and/or bowel length, leading to feeling full earlier and a reduced ability to absorb nutrients from food.

Contrary to the saying “fat and happy,” obesity is generally not a state of happiness at all, and is very often associated with major psychological burden and depression. Depression is an important condition that is far more commonly found in obese, especially those with severe obesity and complications such as diabetes and sleep disturbance.

Psychological stress leads to hormone and chemical patterns that generate a higher risk of diabetes, heart disease, sleep disturbance and cancer; conditions which in turn aggravate tiredness, lethargy and depression.

It is not all about weight loss; improved quality of life, psychological wellbeing, physical function, and adequately treating complications of obesity including depression are keys to improving health outcomes and the lives of those suffering from the complex disease “obesity.”



## **WORKSHOP ON PROTECTION OF WOMEN FROM DOMESTIC VIOLENCE, ACT-2005 & DOWRY PROHIBITION, ACT – 1961**

The students of the Women Study Unit participated in the workshop conducted by the Social Justice Department on 26-11-2015 at the Quilon Social Service Society Hall, as part of the observance of Women Protection Day. Eminent persons from the judiciary handled the classes. The students were made aware of the various Women Protection Acts of the government. Special classes were conducted on '**PROTECTION OF WOMEN FROM DOMESTIC VIOLENCE, ACT-2005 & DOWRY PROHIBITION, ACT – 1961**' by the lawyers.

### Abstract of the workshop

The Protection of Women from Domestic Violence Act (PWDVA) 2005, brought out by the Ministry of Women and Child is a law of universal application to all religion, caste and class. For the first time, domestic violence was addressed as a civil wrong. A major breakthrough in the law was to define violence in the broadest possible terms to include physical, emotional, psychological, verbal and sexual violence.

The dowry system is thought to put great financial burden on the bride's family. In some cases, the dowry system leads to crime against women, ranging from emotional abuse and injury to even deaths. The payment of dowry has been prohibited under specific Indian laws including, the Dowry Prohibition Act, 1961 and subsequently by Sections 304B and 498A of the Indian Penal Code. The Dowry Prohibition Act, 1961 provides for a penalty if any person gives, takes or abets giving or receiving of dowry.

## **TALK ON INTERPERSONAL RELATIONSHIP : 12.12.2015**

A talk on interpersonal relationship was delivered by Dr. Grata Idalphase, Associate Professor, Department of Mathematics, F.M.N. College.

### Abstract of the lecture

The students were encouraged to observe good values in their interpersonal relationships. They were motivated to be good enough to appreciate and encourage the achievements of their fellow beings. The lecture also focussed on how our faith influences our thoughts, how the thoughts transform into actions and how the actions mould our culture. The influence of spirituality on our objectives and responsibilities were thoroughly explained during the session. The session ended with an advice to the students to be the responsible citizens of the nation, society and family.



### **VISIT TO A LEADING HEALTH CLINIC- HAMSTRINGS**

The students of the women's study unit visited Hamstrings, a leading weight loss service clinic at Asramam, kollam on 23.01.16

The students were given an awareness class on obesity and related physical and mental ailments. Those who handled the classes suggested certain suitable physical exercises to prevent and control obesity in future. The students were also given an insight into the unfavourable junk food habits of the present generation and how such habits lead to lifestyle diseases. They strongly warned the students eating too much fat, sugar and complex carbohydrates. The resource person also explained the dangers of unscientific meal skipping, fasting and restrictive dieting. They emphasized the importance of drinking 3-4 L of water per day. They wined up the classes with a famous quote "A healthy mind stays only in a healthy body."



### **GROUP DISCUSSION ON**

**“WILL RESERVATION HELP WOMEN COME FORWARD?”**

Date : 06.02.16

The students of the women’s cell were involved in a group discussion on the importance of women reservation in our society.

The arguments arose in the discussion:

- Reservation doesn’t mean women are a weaker section. It is the first step the government can logically take to make women come forward and unleash their creative power. Once women use their power, the society and generations are empowered.
- If women’s empowerment is the underlying idea of reservation, then it is important to focus on providing basic education for all women. The focus is on giving a life of dignity for women through education, which can help design their lives.
- Women don’t deserve any quota if it is meant to make them only equals with men. The truth is that women have certain qualities which can eclipse men’s grandeur.
- Men monopolise all spheres of work. And the essential feminine power is tied to household works. The feminine power remains unutilised.



- Many women, who had apparently appeared to be weak, have shown the world how they could bring about a change in the systems they are in.
- The more the society taps women`s power, the more it will benefit from it. But at the same time, men who enjoy more say in the present situation, don`t want this to happen. It is in this context that the need for reservation for women arises.
- The reservation will definitely give the society a chance to feel the difference women can make.
- So reservation is only a means to break general mindset. Once they realise why women matter, they will let women play the better roles in the society.





### **WOMEN'S DAY CELEBRATIONS**

The Women's Day Celebrations of the college was held on 10<sup>th</sup> March 2016.

The official meeting was presided over by Ms. AncyMascreen, the Vice-Chairperson of the college. Ms. Bhagyalekshmi S., the Art's Club Secretary of the college made a welcome speech in the function.

Ms. Surya S., mini-screen fame inaugurated the function and Dr. Bindu Mary Francis, senior gynaecologist of ESI hospital, Kollam delivered a lecture on the topic "From a Girl to a Woman" on the occasion.

The students also honoured the senior retiring lady teachers of the college during the function.

In the afternoon, cultural performances of the female students were arranged in the college auditorium.

The programme came to an end at 3.30 p.m.

