



NATIONAL WEBINAR SERIES

JAGRATHA

A Community Extension Programme for
the Empowerment of Rural Women

REPORT
2024

A joint initiative of

*ARCHANA WOMEN'S CENTRE, ETTUMANOOR
&*

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

OFFICE BEARERS OF JAGRATHA

Conveners



Prof. Dr. (Sr.) Beenamma Mathew
Principal
St. Thomas College of Teacher
Education, Pala



Prof. Dr. T. C. Thankachan
Vice Principal
St. Thomas College of Teacher
Education, Pala



Ms. Thresiamma Mathew
Director, Archana Women's
Centre, Ettumanoor

Coordinators



Dr. Alex George
Assistant Professor &
Teacher in charge
Community Extension Programme
STCE, Pala



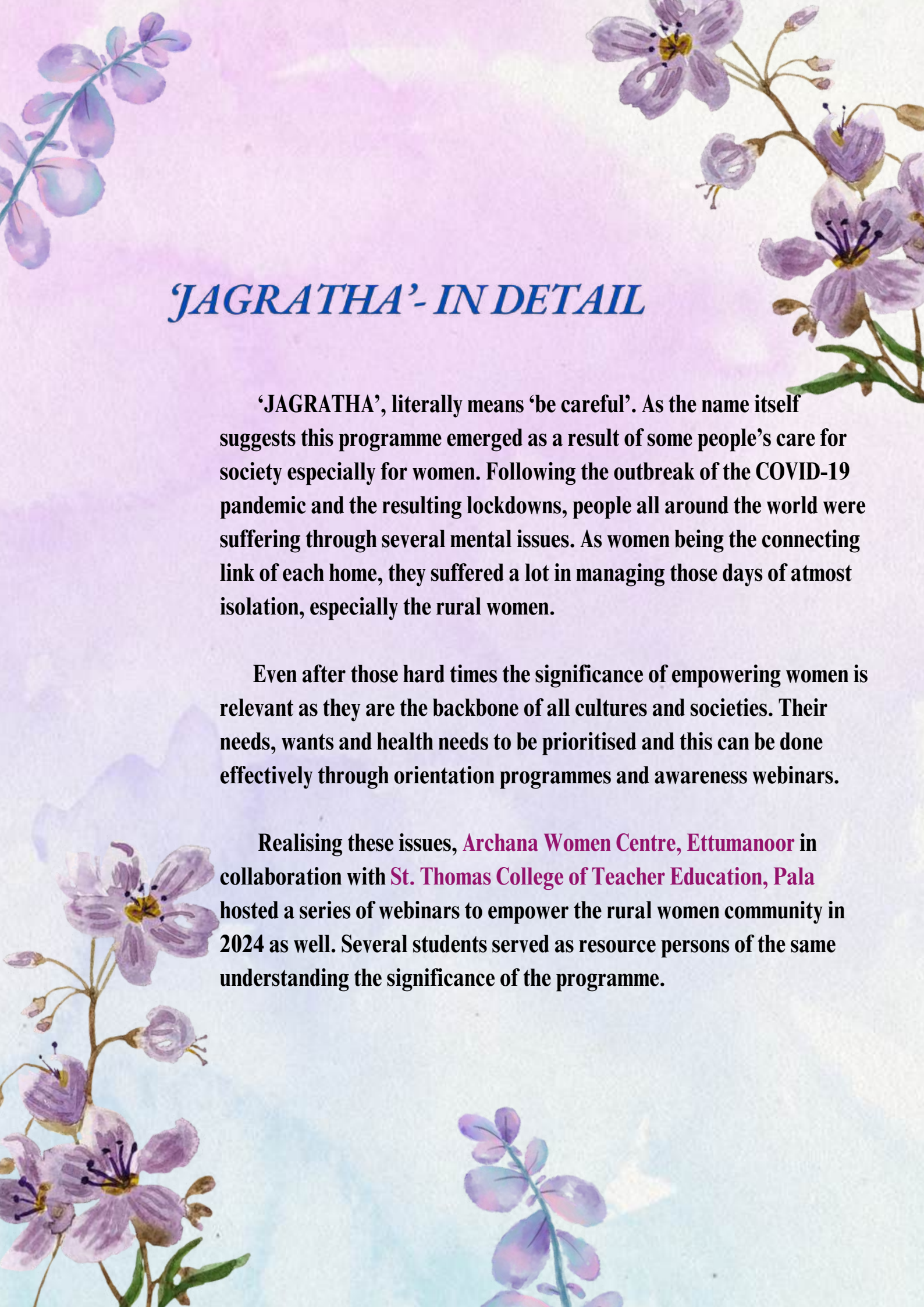
Sri. Paulson K. F.
Project Manager
AWC



Ms. Aileen Mariya Kuriakose
Student Coordinator
STCE, Pala

Objectives

- **To safeguard women's rights for a healthy physical and mental condition.**
- **To empower the marginalized and under privileged women in the society.**
- **To equip the rural women to fight for their rights.**
- **To boost up women's strength by encouraging them to start- up a new venture.**
- **To conscientise the teacher trainees about the needs of the society and the nation and to act accordingly.**
- **To develop intellectually competent, morally upright, psychologically integrated and socially committed teachers for service in the emerging world.**



JAGRATHA'- IN DETAIL

‘JAGRATHA’, literally means ‘be careful’. As the name itself suggests this programme emerged as a result of some people’s care for society especially for women. Following the outbreak of the COVID-19 pandemic and the resulting lockdowns, people all around the world were suffering through several mental issues. As women being the connecting link of each home, they suffered a lot in managing those days of atmost isolation, especially the rural women.

Even after those hard times the significance of empowering women is relevant as they are the backbone of all cultures and societies. Their needs, wants and health needs to be prioritised and this can be done effectively through orientation programmes and awareness webinars.



Realising these issues, *Archana Women Centre, Ettumanoor* in collaboration with *St. Thomas College of Teacher Education, Pala* hosted a series of webinars to empower the rural women community in 2024 as well. Several students served as resource persons of the same understanding the significance of the programme.



ABOUT ARCHANA WOMEN'S CENTRE

Archana Women's Centre is the Kerala wing of Jyothi Jeevapoorna Trust (JJPT) registered under the Indian Trust Act 1882 (Reg.No.50/94). The trust is run by the Secular Institute - The Oblate Missionaries of Mary Immaculate. Ms. Thresiamma Mathew OMMI is the founder-director of the centre. Ms. Thresiamma Mathew with her unique vision strongly believed that it was not only economic empowerment that a woman needed but change in their role was also the need of the day.

Archana Women's Centre (AWC) propelled by its mission “fullness of life for all” is dedicated to empowering women through a conscious effort through its interventions. The mission of the organization is to work towards women's empowerment, leading to socio economic equality and harmony in occupational vicissitudes.





ABOUT ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

St. Thomas College of Teacher Education Pala (STCTE), established in 1957, has to accredit almost seven decades of esteemed ceremony and saga in the field of Teacher Education, promulgating many aspiring teachers to enlighten the young minds. The college is situated in the semi-urban area at Pala in Kerala, catering to the needs of teacher trainees from diverse parts of the State. The college is owned by the Catholic Diocese of Palai. It is managed by St. Thomas College of Teacher Education Pala Education Trust and is affiliated to Mahatma Gandhi University Kottayam. Our college provides students with immense opportunities which enable them to strengthen their ethics, values and personality. This attribute is analogous with ‘fearlessness and truthfulness’, the qualities of St. Thomas, our Patron Saint.

The college was accredited at 4-star level by NAAC in 2000. It is the first Teacher Education Institution to be reaccredited in the State of Kerala with A+ grade by NAAC (second Cycle – 2007) with an institutional score of 92. The college was reaccredited with A grade (third cycle – 2014 with a score of 3.32) by NAAC.

Session 1

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Google Meet

Day-1
06/01/2024
11.00am to 12.00pm


Mr. Deepu Ashokan
Yoga Therapist, Sky Yoga Prof., Msc
Yoga, District Ayurvedha Hospital (annexe)
Paremavu..

"Stress Management"

Conveners

Miss. Thresiamma Mathew
Director, AWC

Dr. Sr. Beenamma Mathew
Principal, St. Thomas College of Teacher
Education

Organizing Committee
Dr. Alex George (Co-ordinator, Extension Activities St. Thomas College of Teacher Edu.)
Sri. Paulson K F (Project Manager, AWC)
Smt. Sruthymol V S (Office Secretary, AWC)
Ms. Aleena Elizabeth Alex (Student coordinator)

The first session of 2024 is taken by Mr. Deepu Ashokan Yoga Therapist, Ayurvedha Hospital (annexe) Paremav on the topic "Stress Management" on 6/1/2024 from 11 pm to 12 pm.



Session 2

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Google Meet

Day-2
16/03/2024
11.00am to 12.00pm


"സ്ത്രീയും നേതൃത്വവും"
Adv.Sr.Regy Augustine
Gender & Human Rights
Coordinator, AWC

Conveners

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Director, AWC

Dr. Sr. Beenamma Mathew
Principal, St. Thomas College of Teacher
Education

Organizing Committee
Dr. Alex George (Co-ordinator, Extention Activities St.Thomas College of Teacher Edu.)
Sri.Paulson K F(Project Manager, AWC)
Smt. Sruthymol V S(Office Secretary,AWC)
Ms.Aleena Elizabeth Alex (Student coordinator)

Adv. Sr. Regy Augustine(Gender and Human Rights Coordinator) took a session on Women and Leadership on 16/04/2024 from 11 am to 12 pm. The session was so enlightening for the people as it gave them confidence in the self and increased their esteem.





Session 3

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Webinar-3

**"Who am I?, Self Identification
and Mental Health "**

Jithin Kalachira
Life Coach, Psychiatric Counsellor
Chairman @Motivation Monk

Saturday
4th May, 2024
11:00am-12.00 pm

link:
<https://meet.google.com/bjj-sqxp-zjy>



Jithin Kalachira : Life Coach, Psychiatric Counsellor and Chairman @ Motivation Monk took a session on "Who am I? Self Identification and Mental Health" on 4/5/2024 from 11 am to 12 pm.

Session 4

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Sri.Subramanian S

Assistant Agricultural Officer - Retired
National Service Director,
Kisan Service Society

Day-4

27/07/2024

11.00am to 12.00pm



Google Meet

"use and benefits of millets "

Conveners

Miss.Thresiamma Mathew
Director, AWC

Dr. Sr. Beenamma Mathew
Principal, St. Thomas College of Teacher
Education

Organizing Committee

Dr. Alex George (Co-ordinator, Extention Activities St.Thomas College of Teacher Edu.)
Sri.Paulson K F(Project Manager, AWC)
Smt. Sruthymol V S(Office Secretary,AWC)
Ms.Aleena Elizabeth Alex (Student coordinator)

Sri. Subramanian S : Assistant Agricultural Officer (Rtd), National Service Director Kisan Service Society, took a session on "Use and Benefits of Millets" on 27/7/2024 from 11 am to 12 pm. People took benefit from the session as it is closely related to health and diet.

STUDENTS AS RESOURCE PERSON

Session 5

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Topic

Rural Women
Backbone of Sustainable Livelihood

DAY-5
17-08-2024
11 am to 12 pm

Mrs Rini Joseph

B.Ed Commerce Education

Conveners



Miss. Thresiamma Mathew

(Director, AWC)

Dr. Sr. Beenamma Mathew

(Principal, St Thomas college of Teacher Education)

ORGANIZING COMMITTEE

Dr Alex George (Co ordinator, Extension Activities)

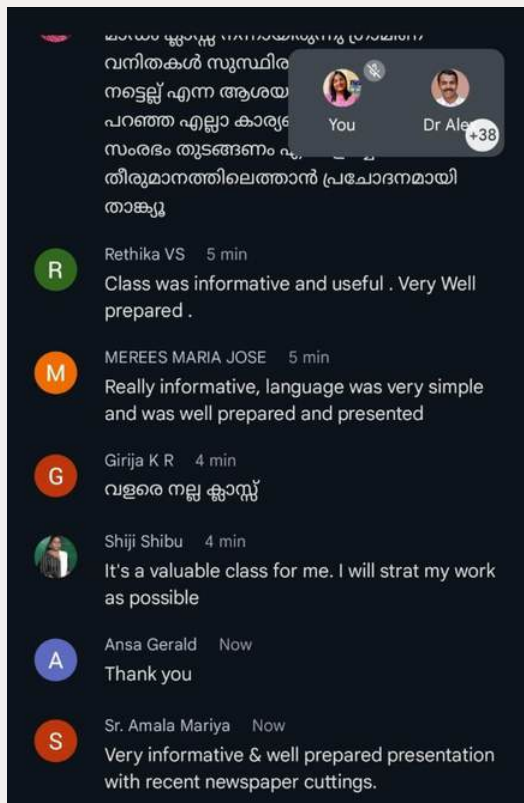
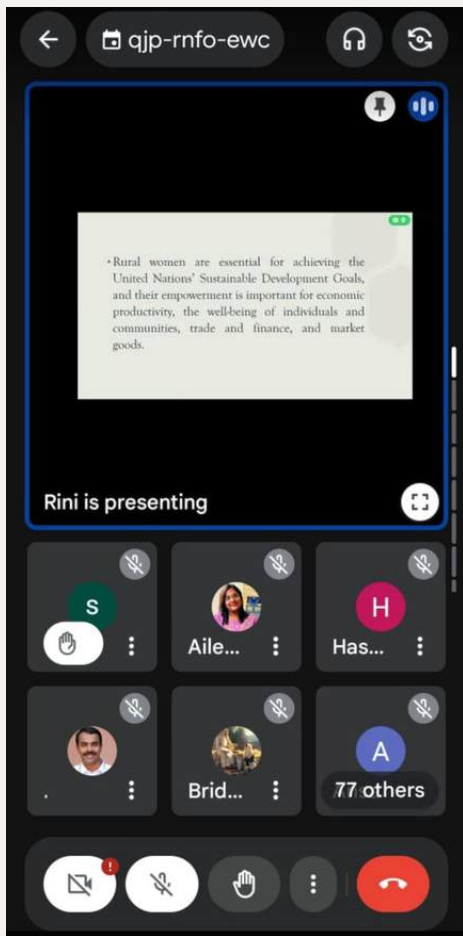
Ms Aileen Mariya Kuriakose (Student Coordinator)

Mr Paulson Kollarathil (Project Manager, AWC)

Mrs Sruthymol V S (Office Secretary, AWC)



Rini Joseph , II nd Year B.Ed. Student, Commerce Education of St. Thomas College of Teacher Education Pala served as the resource person for National Webinar Series, Jagratha-2024, Community Awareness Programme for Rural Women Empowerment, a joint initiative of Archana Women Centre Ettumanoor and St. Thomas College of Teacher Education Pala. She took a session on “Rural Women as the Backbone of Sustainable Livelihood” on 17/08/2024, 11 am to 12 pm.



Session 6

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Aileen Mariya Kuriakose



Google Meet
meet.google.com/njd-woac-zeh

Day-6

21/09/2024

11.00am to 12.00pm

"സ്വയം പരിചരണവും സമഗ്ര സുസ്ഥിതിയും"
(Self Care and Holistic Well-being)

Conveners

Miss. Thresiamma Mathew
Director, AWC

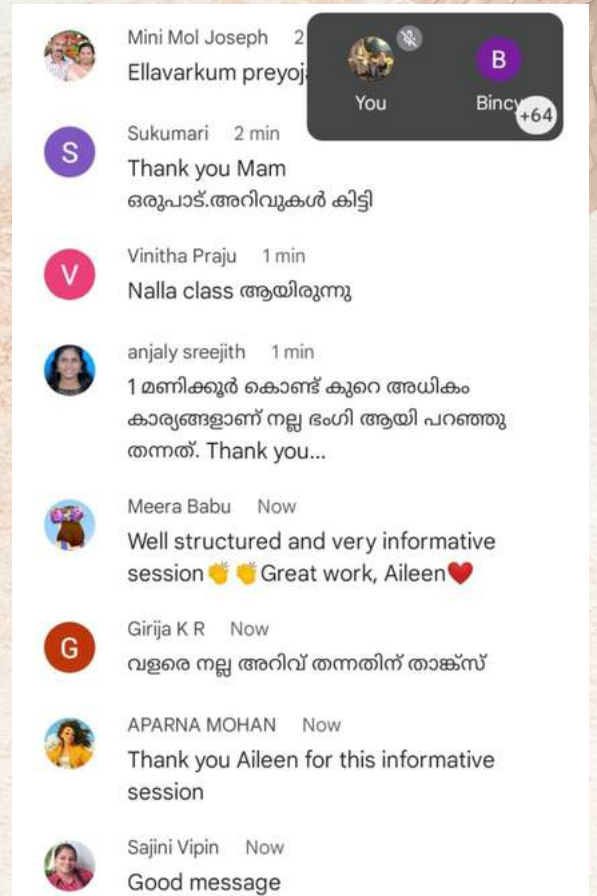
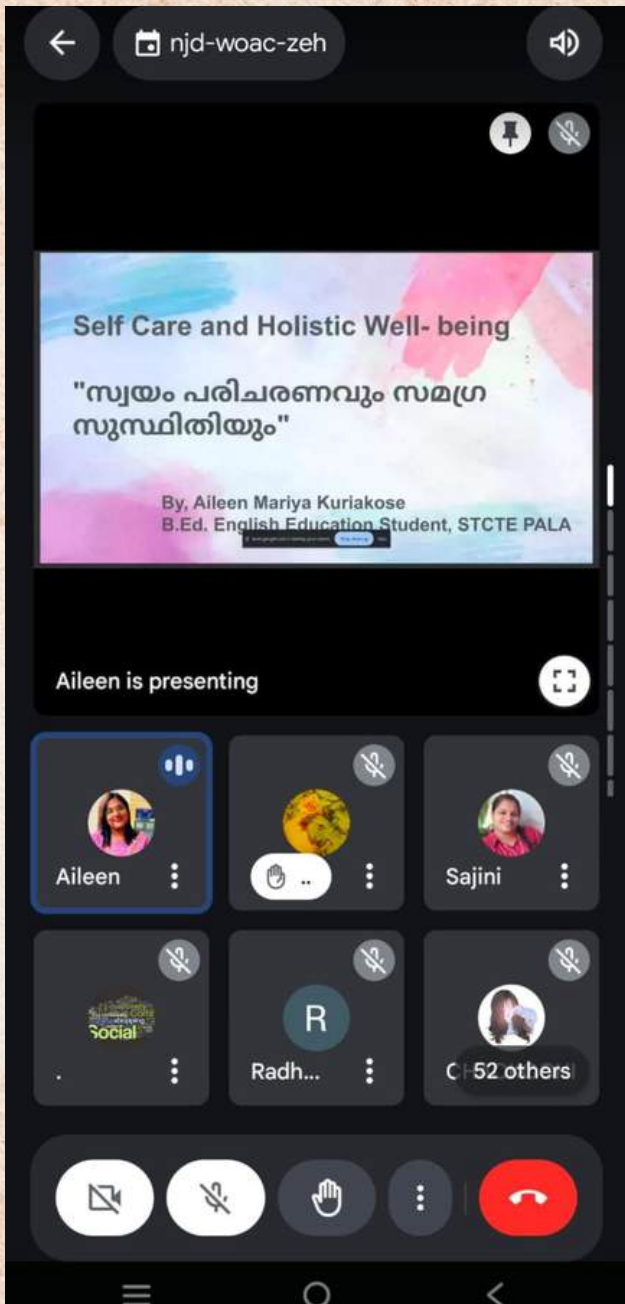
Dr. Sr. Beenamma Mathew
Principal, St. Thomas College of Teacher
Education

Programme Co-coordinators

Dr. Alex George (Co-ordinator, Extension Activities St. Thomas College of Teacher Edu.)
Sri. Paulson K F (Project Manager, AWC)
Smt. Sruthymol V S (Office Secretary, AWC)
Ms. Aileen Mariya Kuriakose (Student coordinator)



Aileen Mariya Kuriakose, II nd Year B.Ed. Student, English Education of St. Thomas College of Teacher Education Pala served as the resource person for National Webinar Series, Jagratha-2024, Community Awareness Programme for Rural Women Empowerment, a joint initiative of Archana Women Centre Ettumanoor and St. Thomas College of Teacher Education Pala. She took a session on "Self Care and Holistic Well- being" on 21/09/2024, 11 am to 12 pm.



Session 7

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Pooja Therese Sebastian



Google Meet

<https://meet.google.com/oby-izbn-yju>

Day-7

05/10/2024

11.00am to 12.00pm

**"സ്മൃതി ശാക്തീകരണം ലക്ഷ്യംവെച്ചുള്ള
സർക്കാർ പദ്ധതികൾ"**

Conveners

**Miss.Thresiamma Mathew
Director, AWC**

**Dr. Sr. Beenamma Mathew
Principal, St. Thomas College of Teacher
Education**

Programme Co-coordinators

Dr. Alex George (Co-ordinator, Extention Activities St.Thomas College of Teacher Edu.)

Sri.Paulson K F(Project Manager, AWC)

Smt. Sruthymol V S(Office Secretary,AWC)

Ms.Aileen Mariya Kuriakose (Student coordinator)



Pooja Therese Sebastian , II nd Year B.Ed. Studenut, English Education of St. Thomas College of Teacher Education Pala served as the resource person for National Webinar Series, Jagratha-2024, Community Awareness Programme for Rural Women Empowerment, a joint initiative of Archana Women Centre Ettumanoor and St. Thomas College of Teacher Education Pala. She took a session on “Government Schemes for Women Empowerment ” on 05/10/2024, 11 am to 12 pm.

