

International Women's Day Celebration 2025

SHEVOLUTION, 2025

Date: 7th March 2025

Time: 1:30 PM

Venue: College Auditorium

As part of the observance of International Women's Day, Women.s Cell of Avila College of Education organized a celebration on 7th March 2025 in the college auditorium at 1:30 PM. The event aimed to honor the achievements of women and inspire young minds toward the cause of gender equity and empowerment.

Programme Highlights

The programme commenced with a prayer song, invoking blessings for the day's events. Ms. Swathy Muraly, Chairperson, delivered the welcome speech, warmly greeting the guests, faculty, and students. She emphasized the significance of celebrating women's contributions to society and acknowledged the strength and resilience of women across different walks of life.

The audience was then addressed by Rev. Dr. Marian Arackal, Manager, Avila College of Education. In his message, he spoke about the spiritual and social responsibility of empowering women and encouraged everyone to foster respect, dignity, and equal opportunities.

The Principal of Avila College of Education, Dr. Benny Varghese, delivered the presidential address. In his inspiring speech, he highlighted how women's economic independence and education are key to building a stronger and more inclusive society. He also appreciated the efforts of the organizers and the participation of students in making the event impactful.

Women's Day Message: The Women's Day Message was delivered by Ms. Sobhidha Nandini D. S., Public Health Inspector, Cochin Corporation. As a frontline officer and a role model for aspiring young women, she shared her journey, challenges, and the importance of self-belief and determination. Her words were a source of motivation to all present, especially the student teachers.

Awareness Class: As part of the Women's Day celebration, an awareness class was conducted on various aspects of breast cancer. The session was led by Mrs. Bindukumary T., Public Health Nurse, Taluk Headquarters Hospital, Fort Kochi. She used a well-structured PowerPoint presentation to explain the causes, symptoms, early detection methods, treatment options, and preventive measures related to breast cancer. The class was both informative and engaging, raising critical awareness and encouraging open dialogue on women's health issues.

Cultural Programmes: The cultural segment of the celebration featured a variety of performances by the students of Avila College of Education. The programmes celebrated the spirit of womanhood and highlighted themes of empowerment, equality, and respect:

Song Performance: Solo performance by Ms. Sneha Miju of Social Science optional and Ms. Anna Susan Roy of Natural Science Optional set a powerful tone for the event.

Fashion Show: A themed fashion show titled "Powerful Female Characters in Indian Cinema" captivated the audience. Each participant portrayed an iconic woman from Indian films, bringing the essence of each character to life. Scenes from the respective movies were presented in the background to enhance the impact. The characters and participants are:

Pallavi Raveendran: Portrayed by Ms. Lakshmipriya P U (English Optional)

Bulbul: Portrayed by Ms. Anjana Lakshmi K S (English Optional)

Gangubai: Portrayed by Ms. Anna Susan Roy (Natural Science Optional)

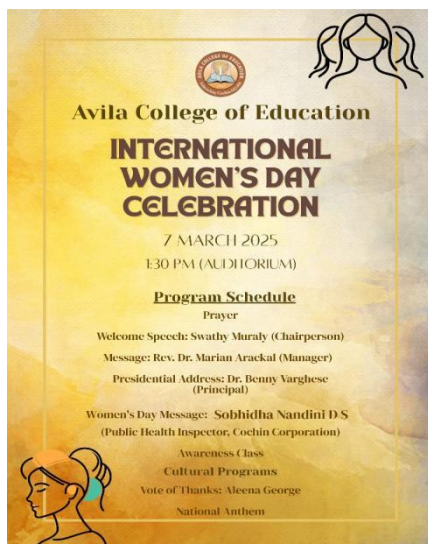
Neerja: Portrayed by Ms. Cizeya Antony (English Optional)

Padmavati – Portrayed by Ms. Elena VS (English Optional)

These performances beautifully blended creativity with social awareness, making the celebration both meaningful and memorable.

The programme concluded with a vote of thanks by Ms. Aleena George of Physical Science Optional, who expressed gratitude to the dignitaries, guests, faculty, and students for their support and active participation. The event concluded with the National Anthem, fostering a sense of unity and patriotism among the audience.

The International Women's Day Celebration 2025 at Avila College of Education was a grand success. It was not only a tribute to women but also a platform to reinforce the importance of empowering women through education, awareness, and action. The event left a lasting impression on all attendees, inspiring them to contribute positively to the cause of gender equality.





International Women's Day Celebration, 2024

Debate Competition

Topic: Economic Independence is the True Freedom for Women

Date: 7th March, 2024

Venue: College Auditorium

Organized by: Women's Cell

As part of the International Women's Day 2024 celebrations, a Debate Competition was organized by Women's Cell on the topic "Economic Independence is the True Freedom for Women" on 7th March, 2024 at college auditorium. The event aimed to foster critical thinking among students and emphasize the importance of women's economic empowerment in achieving gender equality.

Objectives

- To encourage students to express their views on women's empowerment.
- To highlight the role of economic independence in achieving true freedom for women.
- To develop skills of argumentation, public speaking, and logical reasoning.

A total of six students from various optional subjects participated in the competition. Participants were divided into two groups: For the Topic and Against the Topic.

Participants include 'For the topic' - Elizabeth Sheen Sandra (Malayalam Optional), Bineesha B Suresh (Hindi Optional), Aazia Mohsin (Mathematics Optional) and 'Against the topic' - Adithi S (English Optional) Aparna Vinod (Natural Science Optional, Mansa Merine Tom (Commerce Optional).

The programme began with a prayer song, invoking blessings. Following the prayer, the competition was inaugurated by Principal, Dr. Benny Varghese. In his address, Principal emphasized the importance of economic independence in shaping a woman's identity and role in society. He encouraged the students to think deeply about real freedom and to support equality and empowerment in their lives and careers. Following the inauguration, Ms. Agna Johnson, Women's Cell Student Coordinator who highlighted the significance of the topic in the context of this year's theme, "Invest in Women: Accelerate Progress." and welcomed the moderator, participants,, judges and audience. The session was moderated by Ms. Agna Johnson of Malayalam optional. Dr. Benny Varghese, Principal inaugurated the session.

Each participant was given 5 minutes to present their arguments and 3 minutes to present counter arguments. The speakers supporting the topic emphasized that financial independence empowers women to make choices, voice opinions, and lead dignified lives. They cited examples of women entrepreneurs, leaders, and professionals who transformed societies.

Those speaking against the topic argued that while economic independence is important, true freedom also includes emotional, social, cultural, and political liberation as well. They stressed the importance of holistic empowerment beyond financial factors. The debate was lively and exciting, with students sharing strong opinions, listening to each other, and responding with respect.

The competition was judged by a faculty panel consisting of Mrs. Theresa Jose, Mr. Shibu Scaria & Mrs. Vijaya Sangeetha, who assessed the participants based on, Content and relevance, Clarity of

thought, Confidence and presentation, Logical reasoning and counter arguments. After evaluation, the following winners were announced:

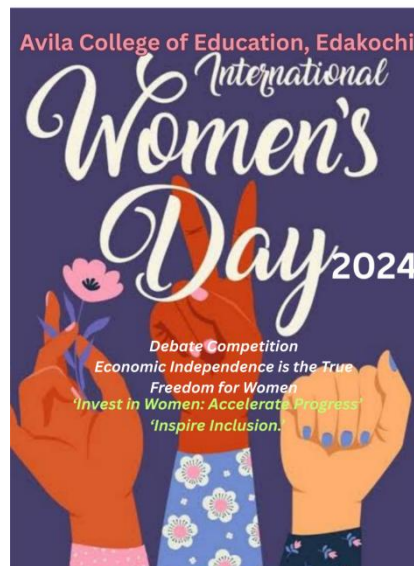
Best Speaker (For the Topic): Ms.Elizabeth Sheen Sandra (Malayalam Optional).

Best Speaker (Against the Topic): Ms. Mansa Merine Tom (Commerce Optional).

Best Team:Team- 'For the Topic'

Prizes were distributed to the winners and all participants by Dr. Benny Varghese, Principal, Avila College of Education.

The debate competition successfully stimulated insightful discussions on the importance of women's economic independence. It highlighted that while financial freedom plays a crucial role, true empowerment must also address social, emotional, and cultural dimensions. The event ended with a vote of thanks delivered by Ms. Sonat K Simon (Social Science Optional) and National Anthem.



International Women's Day Celebration 2023

Achievements of Indian Women

Date: 16 th March 2023

Time: 2:30 PM

Venue: College Auditorium

Organized by: Women Cell

To celebrate Women's Day 2023, the Women Cell of Avila College of Education organized a PowerPoint presentation session on 16th March 2023. The event focused on the theme "Achievements of Indian Women", and was held in line with the international theme for the year — "DigitALL: Innovation and Technology for Gender Equality".

The programme began with a welcome speech by Ms. Kalya Krishna of Physical Science Optional and Student Coordinator of the Women Cell. This was followed by a thoughtful theme presentation by Ms. Dona Fermin, a student teacher from the Social Science optional class. She explained how innovation and technology can help bridge the gap between men and women, especially in education, leadership, and digital access.

Dr. Benny Varghese, Principal, shared an inspiring message. He appreciated the efforts of the Women Cell and the students and encouraged everyone to use technology to bring positive changes in society. He also highlighted the importance of recognising women's contributions in all fields of life.

The highlight of the day was a series of PowerPoint presentations by Social Science optional students, especially Ms. Parvathy Krishnakumar and Ms. Lakshmidhevi V. They presented on the lives and work of great Indian women who have made a difference in areas like education, science, politics, arts, literature, and sports.

Some of the key personalities featured included:

Savitribai Phule – the first female teacher in India and a pioneer of women's education, Dr. Anandakur Sarada Menon – the first woman psychiatrist in India, known for her work in mental health education, Dr. Tessy Thomas – the "Missile Woman of India", Dr. Indira Hinduja – helped deliver India's first test tube baby. The stories of Kalpana Chawla, Kiran Bedi, Mary Kom, Lata Mangeshkar, Sudha Murthy, and Indra Nooyi also added inspiration and energy to the session.

The presentations were engaging, filled with visuals and videos. They encouraged discussions on how women continue to shape the future of India, and how important it is to give them equal access to education, technology, and leadership roles.

The event ended with a vote of thanks by Ms. Anila KT of Social Science, who appreciated the efforts of the students and staff. Women's Day 2023 at Avila College was a step towards building a more inclusive, equal, and tech-friendly future for all.