



VIDYA ACADEMY OF SCIENCE & TECHNOLOGY

Thalakkottukara, Thrissur – 680 501
(Affiliated to APJ Abdul Kalam Technological University)

Date : 2/6/23

WOMEN EMPOWERMENT CELL

Annual Activity Report – 2022-23

The Women Empowerment Cell of Vidya Academy of Science & Technology, Thalakkottukara, actively pursued its mission of promoting gender awareness, health education, and women's empowerment throughout the academic year 2022-23. As in previous years, the cell members convened planning meetings prior to each programme to ensure systematic preparation and effective execution of all activities. The highlight of the year was the celebration of International Women's Day on 8 March 2023, which took the form of a comprehensive gender sensitization programme aimed at honouring the spirit of womanhood and encouraging positive change through health awareness and empowerment. The event was coordinated by Ms. Salkala K S, Assistant Professor, CA Department, under the guidance of Dr. Sudha Balagopalan, Dean – Academics, who delivered the welcome address and set an inspiring tone for the celebration.

The main session featured an insightful talk by Dr. Shobhana, Consultant Gynaecologist and Laparoscopic Surgeon from the Medical Centre, Thrissur, who spoke on the importance of women's health, menstrual hygiene, and sustainable health management, and also addressed participant queries in an interactive session. Additional perspectives were shared by Dr. Delma, further enriching the programme. The event integrated key aspects of gender sensitization including health awareness, empowerment and inclusivity, interactive learning, and community building through games and celebratory activities. Women staff members marked the occasion with a cake-cutting ceremony and convivial activities that reinforced a spirit of solidarity and teamwork. The vote of thanks was delivered by Ms. Salkala K S, who expressed appreciation to all participants and contributors. Overall, the 2022-23 programme provided a meaningful platform that reinforced the importance of collective progress, individual well-being, and the amplification of women's voices across all walks of life.

