



VIDYA ACADEMY OF SCIENCE & TECHNOLOGY

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

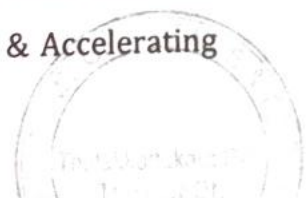
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WOMEN EMPOWERMENT CELL

Annual Activity Report – 2024–25

The Women Empowerment Cell of Vidya Academy of Science & Technology, Thalakkottukara, organized two impactful programmes during the academic year 2024–25, each preceded by a planning meeting of the cell members to ensure effective coordination and implementation. The first programme was an Awareness Session on “Adolescence and Issues Commonly Experienced by Girl Students,” held on 17 August 2024 from 2.30 PM to 4.00 PM in the Main Seminar Hall. The session was attended by 168 girl students from various semesters and was coordinated by Nirmala Krishnan, Coordinator, Women Empowerment Cell. The resource person was Mrs. Asha T V, Student Counsellor, whose extensive experience in counselling adolescents and young adults created a safe and supportive environment for candid discussion. Mrs. Asha T V covered a wide range of topics including physical and hormonal changes during adolescence, emotional fluctuations and mood changes, academic stress and performance anxiety, peer pressure and social expectations, body image concerns and self-acceptance, and strategies for building self-confidence and emotional strength. The highly interactive session encouraged students to share their experiences and seek clarifications, with practical strategies for stress management, emotional regulation, and positive self-talk being discussed through real-life examples. Students were also informed about the importance of approaching counsellors, teachers, or trusted adults during times of distress. Participant feedback was overwhelmingly positive, with students describing the session as informative, relatable, and empowering, and expressing a strong demand for more such awareness programmes.

The second programme of the year was organized to celebrate International Women’s Day, following a planning meeting of the Women Empowerment Cell members held on 3 March 2025 from 1.00 PM to 1.30 PM at the EE Lab, attended by Nirmala Krishnan (AP, CED), Surabhi MS (Asst. Librarian), Reeba (Lab Instructor, Physics), Anju Vincent (AP, ECE), Akhila (AP, EEE), Linsa (AP, AIML), and Salkala (Associate Prof, MCA). During the meeting, members deliberated on the significance of the day and resolved to organize an event in collaboration with the Institution of Engineers (India) – IE(I), under the theme “Empowering Voices & Accelerating



Action." The programme took the form of an Extempore Competition titled 'HOPE' (Holding Outstanding Powerful Empowerment), with the topic "The Paradox of Representation: Equality in Words, Inequality in Action – The Ongoing Struggle for Equal Representation in Decision-Making Roles." The competition aimed to encourage students to articulate informed perspectives on women's empowerment, create awareness on gender equality and social responsibility, and develop critical thinking and communication skills. Responsibilities were clearly assigned among cell members for coordination with IE(I), student participation and publicity, event organization and evaluation, and documentation. The programme provided a strong platform for student engagement with contemporary issues of women's representation and leadership, meaningfully contributing to the cell's ongoing mission of promoting gender equity and women's empowerment.

