



DEPARTMENT OF SOCIAL WORK

WOMEN EMPOWERMENT PROGRAMME

Department of Social Work and Center for Social Action (CSA), Christ University with Times Foundation (a unit of Times of India Group), Bangalore organized the Women Empowerment Program (3 batches) across three weeks (6 Days for every week) for the Housekeeping Staff of Christ University and women employees from Parivarthana Unit of CSA, Christ University to build their capacities on soft skills, self-defense, health care, legal aspects and financial management. The programme was organized during the period August 10th – August 31st.

The Inauguration of the programme was held on August 10th at 10 AM in Christ University. It commenced with the lightening of the lamp by the dignitaries which was followed by a speech



by Ms. Kala Devi, South Regional Head, Times Foundation. Following this the audience was addressed by Dr. Mallika Krishnaswamy, Dean, Humanities and Social Sciences, Christ University; Ms. Shakuntala, Head of Chetana Mahila Resource Centre, Hoskote. The vote of thanks was rendered by Dr. Sheeja Karalam, Associate professor, Department of Social Work, Christ University. The audience was also addressed by Fr. Varghese KJ, CMI. Dr. Victor Paul, Head Department of social work and Mr. Murugan, Programme Manager CSA was also present during the inaugural function.

Session on Self Defense: Mr and Mrs. Ganesh from the Nirbhaya School of Self Defense were the moderators. Mrs. Ganesh began by explaining the Nirbhaya rape case and the importance of self-defense for one's safety. It was followed by a practical session by Mr. Ganesh where eight techniques of self-defense were taught. The women showed active participation and enthusiasm. The session also focused on how meditation and breathing can help a person to concentrate and have the presence of mind.



Session on Soft Skills and Communication: Ms. Nirmala Thomas, a well experienced trainer in the field of communication and soft skills training made efforts to make the women understand that



educating a woman is like educating a whole nation and thus empowering women is the only way a country can progress. She emphasized, that though women lack physical strength, they still have what is called ‘Mana Shakthi’ which makes them stronger and bold from within. She also focused on the role of women in today’s world. Women excel in every field they enter and make use of the opportunities wisely. This makes them grow personally as well as professionally. The session concluded with a note that ‘Every woman is EMPOWERED’

Session on Grooming: The session was moderated by Ms. Nirmala Thomas. Under the why aspect of Grooming, she stated that Hygiene can be inculcated in the individuals only with the knowledge of Grooming. As far as the how aspect of Grooming was concerned, she beautifully drew the line between the Indian culture and the professional culture which at times, gets interlinked for the beneficiaries. She made the beneficiaries understand the need to cut their nails, comb their hair, to be neatly dressed, to wear washed clothes



and to not chew tobacco while presenting oneself in the workplace.



Session on Legal Knowledge-Acts and Rights of Women:

The session was moderated by Ms. Jayanthi Bai, Professor, School of Law, Christ University. She initiated the session by talking about why it is necessary to have knowledge about the legal rights of Women. She threw light on the various acts like Hindu Marriage Act and the Dowry Prohibition Act. Issues like judicial separation, women

harassment, marital rape and restitution of conjugal rights were touched upon. She also made an effort to make the women understand that there are many acts passed for their betterment. The message conveyed got stronger when a video in Kannada was showed.

Session on Livelihood Opportunities: The session was moderated by Mrs. Manick Patwardhan Ms. Usha Ms. Gopa, and Ms. Suneetha from Swakruta Charitable Trust. These successful women entrepreneur provided an insight about the livelihood opportunities that these beneficiaries can avail. Livelihood opportunities in the field of candle making and jute bag designing were touched upon. The women had an interactive session with the speakers where they were given a platform to express their ideas and views on women entrepreneurship.



Session on income generation activity: This session was taken by Ms. Kalpitha who is currently employed in ChotuPainter, an event management company. She works as an Activity Designer where she develops and conducts various creative workshops for children, ladies and corporate. As a part of this self-employment session, the women were taught an art called 'Quilling' where every woman was given a quilling kit for a practical purpose. This was seen as a perfect platform to showcase their creativity and innovativeness. The beneficiaries showed much enthusiasm and helped each other to complete the work.

Session on Financial Literacy: This session was taken up by Ms. Srivathsala who heads the business unit of FinServe, a subsidiary of the Spearhead Group. The speaker pointed out the importance of the goals that individuals need to have. The resource person focused on the importance of applying for emergence fund and how to avoid visiting the pawn brokers during the time of need. Government schemes like Jeevan Suraksha and Jeevan Jothi were also discussed and the participants showed much enthusiasm in applying for these schemes. The speaker also threw light on



topics like importance in investment, pension plan and schemes for retirement.

Health Camp: A general check up for the trainees was organized in collaboration with Fortis Hospital. It was held on August 29th, 2015. The camp started at 10:30 am at room no 614 and 615 of Central block, which came to an end with the registration and feedback. A total of 102 individuals attended this health camp. The turnout of the beneficiaries was much more than expected.



Valedictory programme: The felicitation took place on August 31st, 2015 in Christ University. The event commenced at 10am with a prayer song sung by the beneficiaries. It was presided by Dr. Anil Joseph Pinto (Registrar, Christ University); Prof. Johny Joseph (Controller of Examinations, Director of CSA – Christ University); Dr. Mallika Krishnaswamy (Dean, Humanities and Social Sciences – Christ University) and Ms. Kala Devi (South Regional Head, Times Foundation). Guest of honor for this event was Ms. Sudha Murthy (Chairperson, Infosys Foundation).



Distinguished guests from Times Foundation, faculties from Social Work Department, faculties and students from Sociology Department, attended this programme. Sudha Murthy's presence made this event more special where she enlightened us about roles and duties about a woman in today's world. There was a cultural programme organised by the beneficiaries and thereafter certificates were distributed to all participants.