



# SREE NARAYANA COLLEGE FOR WOMEN KOLLAM



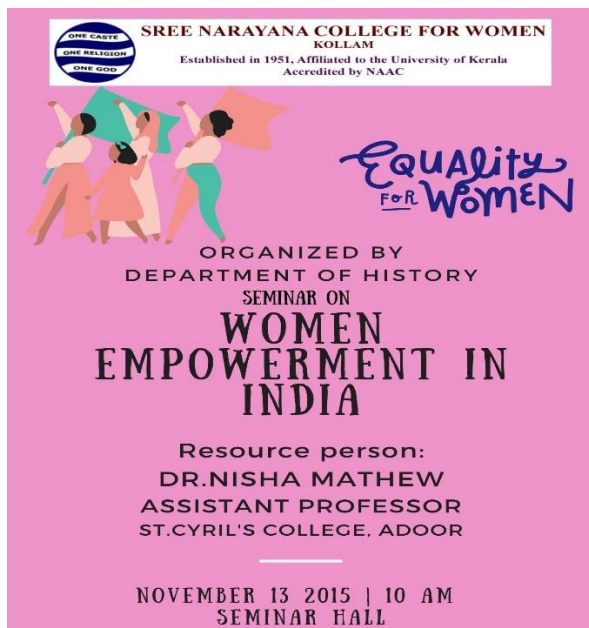
## 7.1.1 GENDER EQUITY PROMOTION PROGRAMMES

## GENDER EQUITY PROMOTION PROGRAMMES

2015-16

### SEMINAR ON WOMEN EMPOWERMENT IN INDIA

The principle of gender equality is enshrined in the Indian Constitution which not only grants equality to women but also empowers the state to adopt measures against the discrimination of women. The department of History organized a seminar on 13/11/2015 in this regard to make an awareness among the students regarding the hurdles in front of us to achieve women empowerment in its true essence. An exhaustive and informative talk by the resource person Dr. Nisha Mathew threw light on the progress achieved towards the women empowerment in India in particular and gender equality in general. She highlighted the major challenges in the road ahead and suggested the remedial measures to overcome those. The head of the department Ms Lalini M.S welcomed the gathering and an interactive session between the students and the resource person followed. The vote of thanks was proposed by Ms. Manikutty. With the National Anthem the seminar came to a close.



ONE CASTE  
ONE RELIGION  
ONE GOD

**SREE NARAYANA COLLEGE FOR WOMEN**  
KOLLAM  
Established in 1951, Affiliated to the University of Kerala  
Accredited by NAAC

*Equality  
FOR WOMEN*

ORGANIZED BY  
DEPARTMENT OF HISTORY  
SEMINAR ON  
**WOMEN  
EMPOWERMENT IN  
INDIA**

Resource person:  
**DR.NISHA MATHEW**  
ASSISTANT PROFESSOR  
ST.CYRIL'S COLLEGE, ADOOR

NOVEMBER 13 2015 | 10 AM  
SEMINAR HALL



## ESSAY WRITING COMPETITION ON 'GENDER INEQUALITY'

In connection with the observance of National Girl Child Day, an essay writing competition on 'Gender Inequality' was organized by the Women's Study Unit on 25/01/2016. The objective of the programme was to promote awareness about the rights of the girl child and to increase awareness on the importance of girl education and equal opportunities for them in all sectors. It aims at creating an understanding among students about the gender-based discrimination that girls face in our society and bring about a change in the attitude towards girls. Around 50 students participated in the competition.

## COUNSELLING CLASS

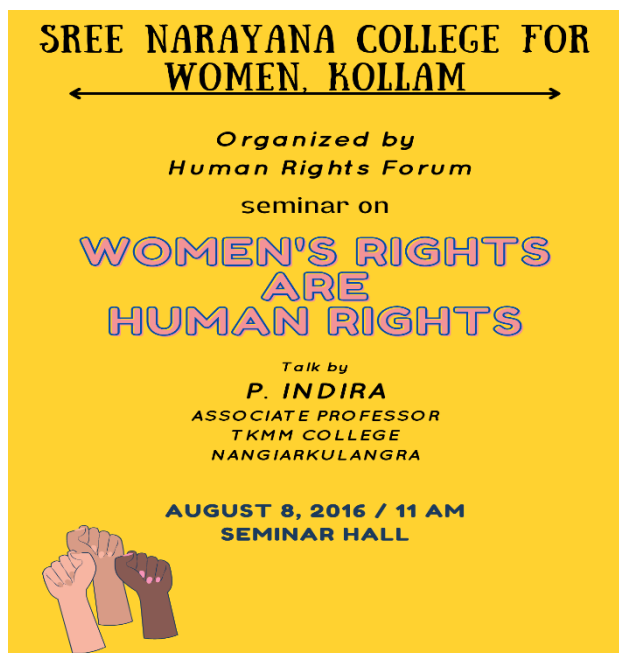
Our college regularly provides counselling classes to students to enable them to tackle the everyday problems in their lives. It aims at making the students capable of participating in the entire development process in a creative and constructive way. The department of Home Science conducts counselling classes which lends a helping hand to all students regarding their concerns of stereotyping, health issues, academic matters and the traumatic experiences they face in their life. A bunch of dedicated teachers are always rendering moral and emotional support to students including their career concerns in an effective way.



2016-17

### SEMINAR ON 'WOMEN'S RIGHTS ARE HUMAN RIGHTS'

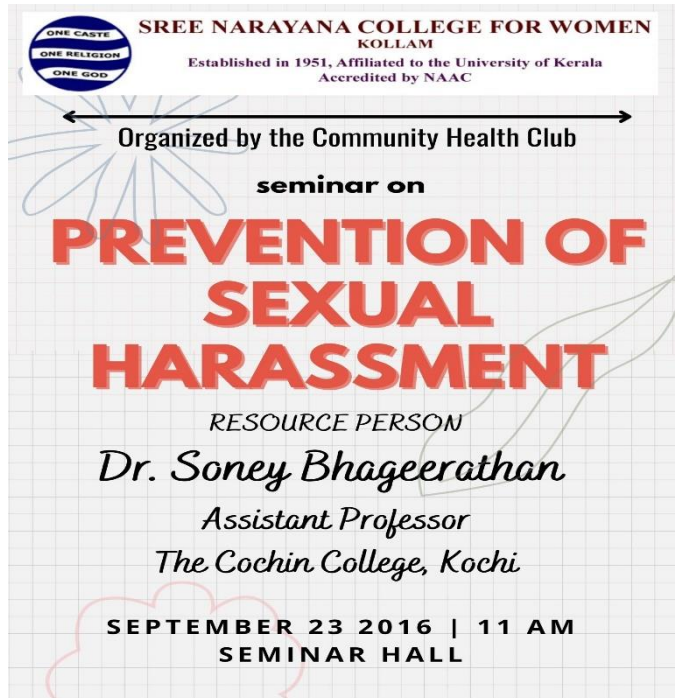
A seminar on 'Women's Rights are Human Rights' was organized by the Human Rights Forum on 08/08/2016. The Co-ordinator of the forum Ms. Lalini M.S delivered the welcome speech. The eminent academician Ms P. Indira was the resource person who immensely enlightened the students with her inspiring words. She delivered an insightful speech on the importance of attaining equality between men and women, eliminating all forms of discrimination against women. She exhorted the students to understand their role in decision making and their right to practice any job of their choice. The interactive session followed in which the students stressed the importance of having economic and social freedom. The seminar ended with vote of thanks proposed by Ms. Aparna Das. The programme came to an end with the National Anthem.



### SEMINAR ON THE 'PREVENTION OF SEXUAL HARASSMENT'

As far the present scenario is concerned, we can notice an alarming rise in the number of sexual harassment cases. If the problem is not addressed, the harassment cases will worsen even more. In these disturbing times it becomes the responsibility of educational institutions to provide girls with sufficient preventive measures and make them capable

of responding to such situations with a great presence of mind. Our college conducts awareness programmes in this regard by including talks from eminent personalities. A seminar was organized by the Community Health Club on the prevention of sexual harassment 23/09/2016. The resource person of the seminar was Dr.Soney Bhageerathan who gave an extensive talk on the ways in which various types of harassment can be prevented. The students also got an opportunity to clarify their doubts regarding the laws against sexual violence with the resource person. The Co-ordinator of the club Dr.Usha S welcomed the gathering and the vote of thanks was delivered by Dr. Rekha V.V.



### INTERNATIONAL WOMEN'S DAY CELEBRATIONS

Women's Day is a day celebrating the social, economic, political and cultural achievements of women. It also reminds us to stand for ourselves against all the gender discrimination faced in the society. Our college in association with the Women's Study Unit conducted various programmes on 06/03/2017 to celebrate women's achievements and also use this opportunity to raise awareness about women's equality. The theme for International Women's Day was 'Planet 50-50 by 2030: Step it up for Gender Equality'. As part of the celebrations a poster making competition on 'Against Gender Violence' was organized for the students. To inspire the students, power point presentation was presented with the biographies of eminent women in history. An

overwhelming response from the students made the day a memorable one. The celebrations ended with a prize distribution for the winners.



**Sree Narayana College for Women,  
Kollam**

**International  
Women's  
Day**

*Interdepartmental competition in the eve of*

**Women's Day**

Poster Making  
**Against Gender Violence**

MARCH 6 2017 | SEMINAR HALL

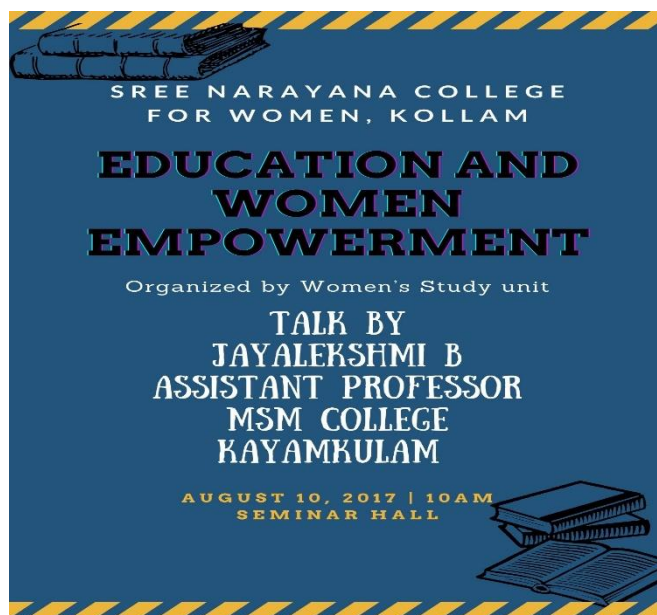
### COUNSELLING CLASS

Amongst the increasing rate of mental health issues in girls, our college took an initiative to establish a counselling centre. We regularly conduct counselling classes which caters to the personal and academic issues of students. The students often seek the help of the counselling cell for their career choices, academic stress, family concerns, anxiety about future opportunities etc. The department of Home Science in association with the Women and Child Welfare Department organized a counselling session on 29/03/2017. An exhaustive talk was delivered by our resource person Ms. Archana M.S, Counsellor, Women and Health Department covering all the areas from their concerns of gender stereotyping, health issues, academic matters, traumatic experiences to personal issues. She imparted proper guidance on how to deal with psychological problems which can badly impact their studies. Through this session, the students were able to develop some problem-solving skills which to an extent will help them deal with particular issues surrounding their lives.

**2017-18**

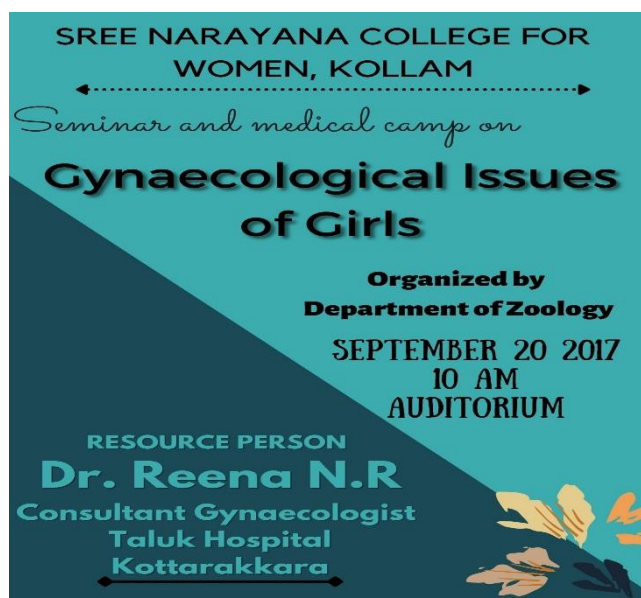
### **SEMINAR ON EDUCATION AND WOMEN EMPOWERMENT**

Education of women is the most important component for women's empowerment. Education helps them to be the master of their own lives and makers of their own destinies. In compliance with the above theme, a seminar on Education and Women Empowerment was organized by the Women's Study Unit on 10/08/2017 to make the students aware of the importance of education. The welcome address was made by the co-ordinator of the club Ms. Vidya D.R. The resource person Ms. Jayalekshmi B delivered an informative speech on how education will provide women necessary analytical skills to understand the fast-changing realities of life and to build their confidence and in turn empower them. The vote of thanks was proposed by Ms Hima S.S. The programme came to a close with the National Anthem.



### **SEMINAR AND MEDICAL CAMP ON GYNAECOLOGICAL ISSUES OF GIRLS**

The Department of Zoology, Community Health Club and NSS Unit jointly organized a seminar and medical camp on the 'Gynaecological Issues of girls on 20/09/2017. Dr. Reena N.R, Consultant Gynaecologist, Taluk Hospital, Kottarakkara during her talk explained the impact of sexual abuse on female development. She mentioned the psychological distress, post-traumatic stress disorder and inappropriate sexual behaviour which can be the cause of a long-term behavioural problems. The head of the department of Zoology Dr Sreeja J welcomed the gathering. The programme concluded with the vote of thanks by Dr. S.Usha, Co-ordinator of Community Health Club. A medical camp followed in which the students and teachers were examined and was given proper guidance regarding the gynae related health disorders.



### KARATE AND SELF-DEFENCE TRAINING FOR GIRLS

The Department of Physical Education in association with the Sports club took an initiative for organizing self-defence and karate training programme in our college. These opportunities are especially for those students who are interested in self-defence training and also to participate in various competitions. Our College Principal Dr. Sherly P Anand extended her immense support for the smooth conduct of the programme and managed to get financial support for the training programme from our college PTA. Karate Master Revathi B. imparted adequate training for students and few of them participated in district, State level karate competition and secured medals. Self-defence programme was provided for 650 students and 30 students were selected to continue advance karate training.





## INTERCOLLEGIATE SHORT FILM COMPETITION ON WOMEN EMPOWERMENT

An intercollegiate short film competition was organized by the Department of English in association with the IQAC on 04/02/2018. The theme of the competition was 'Women Empowerment'. The goal of the competition was to shed light on the different aspects of girls' opportunities and challenges in a structurally unequal world. To make them aware that there are still more to achieve in this society and still more battles to fight. The competition saw an array of short films from different colleges which showcased the students' attitude towards the theme of Women Empowerment. Majority of the entries were true to the theme. Our college bagged the third prize in the competition with an incredible performance by our second year BA English students. The short film named 'Dhvani' was lauded by the judges, students and the teachers.



2018-19

## SEMINAR ON GENETICS, LIFE STYLE DISEASES AND YOGA

Our college in collaboration with the Indian Science Congress Association, Cochin chapter organized a seminar on 'Genetics, Lifestyle diseases and Yoga' on November 23, 2018. The principal in charge Ms. Mini B welcomed the gathering. The presidential address was delivered by the convenor of ISCA, Cochin chapter Dr. K.V. Jayachandran. The resource person Prof. Dr. Rima Dada gave an informative talk on the benefits of yoga to treat lifestyle disorders like diabetes, mental stress, hypertension and obesity. Even a short lifestyle modification and stress management education programme based on yoga reduces risk factors for heart diseases and diabetes. Yoga is an activity to correlate body with a mind that makes human life happy and tension free. An interactive session followed in which the students were able to clarify their doubts regarding the connection of lifestyle diseases and yoga. Dr. Ashabhanu A.V, expressed the vote of thanks.

**SREE NARAYANA  
COLLEGE FOR WOMEN, KOLLAM**

**INVITED NATIONAL TALK ON  
GENETICS, LIFE STYLE DISEASES AND YOGA**

Organized by SNCW in collaboration with  
**(INDIAN SCIENCE CONGRESS ASSOCIATION,  
COCHIN CHAPTER)**

November 23, 2018 | Venue : Seminar hall, 9.30 am

**PROGRAMME**

Prayer : **III DC students**  
Welcome Speech : **Dr. Mini. B**  
(Principal In Charge)  
Presidential Address : **Dr. K.V. Jayachandran**  
(Convenor, ISCA Cochin Chapter)  
Inaugural Address : **Prof .Dr. Rima Dada**  
(Head, Department of Anatomy, All India  
Institute of Medical Sciences, New Delhi)  
Topic : **"Genetics, Life style diseases  
and Yoga"**  
Vote of thanks : **Dr. Asha Bhanu A. V**  
(Coordinator , Asst Professor in Chemistry)

Coordinator  
**Dr.Asha Bhanu A.V**

Principal in Charge  
**Dr.Mini B**

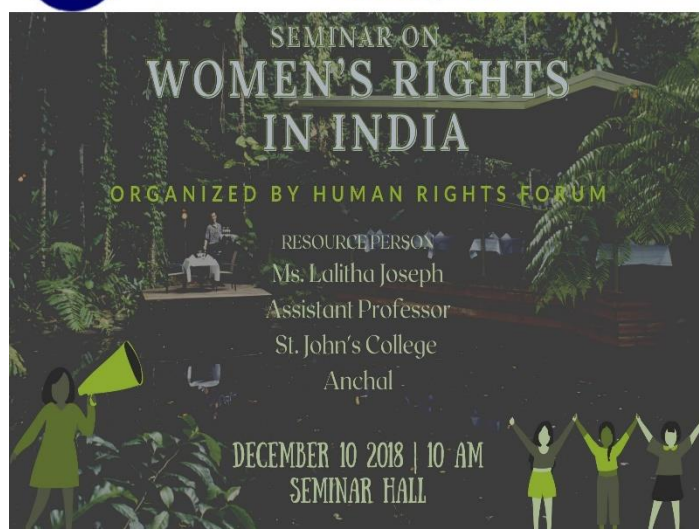
## SEMINAR ON 'WOMEN'S RIGHTS IN INDIA'

In spite of the fact that women's contribution to the country's development is equal to that of their male counterpart, they still experience a number of limitations that restrain them from comprehending their potential for expansion. Women Empowerment is something which is far from being realized in a country like India. Often Women in India are deprived of their rights to have an equal status with men. Human Rights Forum organized a seminar on 'Women's Rights in India' on 10/12/2018 which explored the questions of women's rights in India that is fundamentally patriarchal in nature. The resource person stressed the need for equality in decision making, equal access to education and the empowerment of women in a true sense. The co-ordinator of the forum Ms. Lalini M.S welcomed the gathering and the vote of thanks was proposed by Mr. Pradeep S



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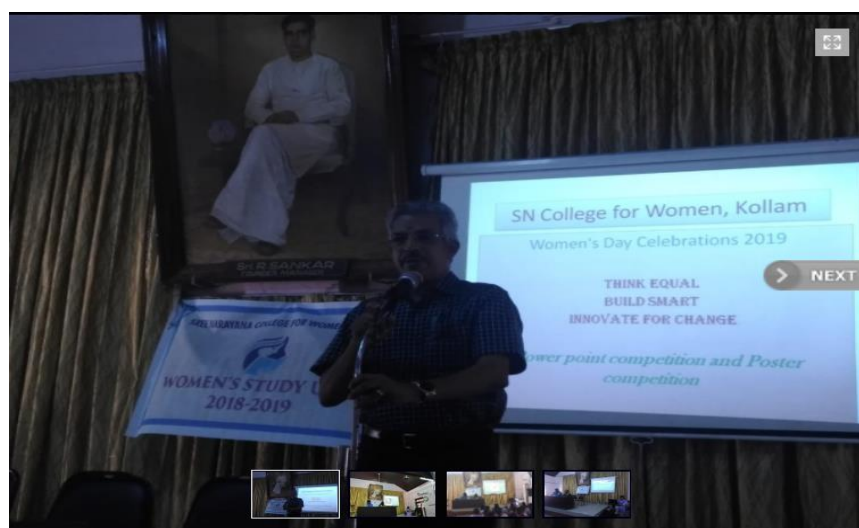
## SEMINAR ON THE TRANSGENDER ISSUES

Transgender people always face harassment and inequality from the society as the public fail to have a proper understanding of them. These issues are pervasive for many trans people, who often experience stigma and discrimination, hostility, and pressure to manage their identities in social settings to suit the expectations of others. Such experiences can create psychological responses that have devastating consequences for trans individuals' emotional well-being. The IQAC in association with the Community Health Club organized an awareness class regarding the issues of transgenders. An extensive talk by Dr. K Girijakumari shed light on the various facets of the problem. She also pointed out the ways that transgender people are being talked about in popular culture, academia and science are constantly changing, particularly as individuals'

awareness, knowledge and openness about transgender people and their experiences grow.

### POWERPOINT COMPETITION ON “THINK EQUAL, BUILD SMART, INNOVATE FOR CHANGE”.

We celebrate Women’ Day to honour the achievements of women around the world and to devise ways in which we can remove the barriers and accelerate progress for gender equality. The theme for international Women’s Day 2019 was “Think equal, build smart, innovate for change”. The Women’s Study Unit of our college organized a power point presentation competition and poster competition on 08/03/2019 in compliance with the same theme which focused on the innovative ways in which women can achieve gender equality and empowerment. The objective of the programme was also to make the students aware of the prevalent gender digital divide in the field of technology. The students participated in the competition and created presentations which highlighted the need for having equal power and equal opportunities for financial independence, career and education.



## KARATE TRAINING FOR GIRLS

The Department of Physical Education organizes women self-defence and karate training programme since 2016 in our college. Many stories of violence against women and girls have been dominating the news feed these days and it makes one fear for the security and safety of women in our country. We have always been proactive in arming the girls with the necessary skills to defend themselves. The trained students also get an opportunity to participate in various competitions in district and state level karate competitions. Trained by the Karate Master Revathi B., the students undergo rigorous training which enable them to defend themselves and also grab prizes for competitions.



**2019-20**

## SEMINAR ON VIGILANT YOUTH- TOMORROW'S WEALTH

A seminar on 'Vigilant Youth- Tomorrow's Wealth' was conducted on 27 August 2019 in association with the State Women's Commission and District Legal Service Authority. The welcome address was given by Dr. Shahida Kamal, Member, State Women's Commission. She opined that in a world of rapid change, young people need the right mix of skills to thrive. The people who can scrupulously handle the information

including the media can only succeed in this dynamic world. Sree S.H Panchapakesan, District Sessions Judge delivered the keynote address in which he explained that although academic skills remain important, they are not sufficient to foster thoughtful, productive, and engaged citizens. Young people everywhere need to develop a greater breadth of skills to evaluate and apply knowledge in ways that meet the new demands of our changing social and economic landscape.

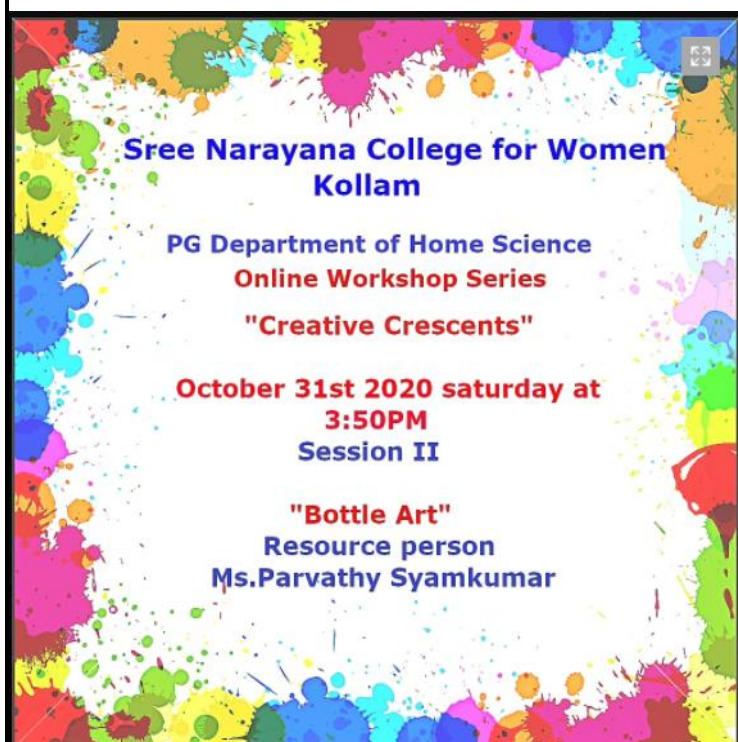




### CAPACITY BUILDING IN IT FOR GIRLS

Capacity Building in IT is a training and mentoring programme that aims to improve digital and analytical skills of young students and thereby strengthens the employability of girls. The changing scenario demands more and more technology related skills for girls to have equal access to career opportunities. As we envisage a world devoid of any inequality for women, we impart digital skills education to the students. The growing need for digital skills and the gender gaps which accompanies it, even in developed countries, demonstrates a need for digital empowerment. We provide computer classes for students on a regular basis to help them become more competent and confident users of ICT

## CREATIVE CRESCENT ONLINE WORKSHOP SERIES



**Sree Narayana College for Women  
Kollam**

**PG Department of Home Science  
Online Workshop Series  
"Creative Crescents"**

**October 31st 2020 saturday at  
3:50PM  
Session II**

**"Bottle Art"  
Resource person  
Ms.Parvathy Syamkumar**



**Sree Narayana College for Women  
Kollam  
Post Graduate Department of  
Home Science**

**Online Workshop Series  
"Creative Crescent"**

**November 7th 2020 Saturday at  
3:50 PM  
Session III  
"Cake Making and Icing"  
Resource person: Ms. Anakha S.  
(FSSAI certificate Holder,  
Owner of Manna Dew, Paravoor,Kollam)**



 **Sree Narayana College for Women  
Kollam, Kerala**  
(Affiliated to the University of Kerala and Accredited by NAAC with Grade B)

**ONLINE WORKSHOP SERIES "CREATIVE CRESCENTS"**

With great joy, the PG Department of Home Science announces the commencement of an online workshop series scheduled on Saturdays, starting 17th of October 2020.

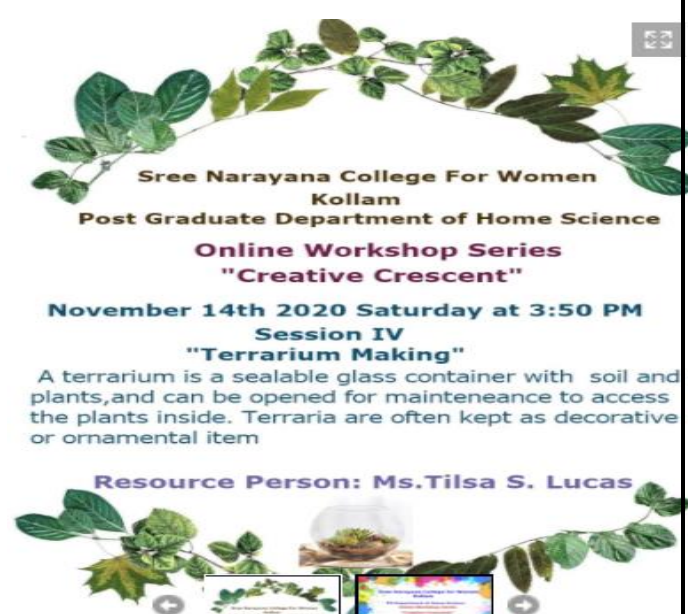
An ideal platform for students to master the skills of creativity across various domains including fancies, fabric and food craft.

Come, indulge...and make this pandemic times an enriching one....

**Active participants will be provided with E - certificates !!!**

**Organised by**  
Post Graduate Department of Home Science  
Sree Narayana College for Women, Kollam

Dr. Nisha.J.Tharayil Principal  
Dr. Aswathy Sugunan Head  
Dept. of Home Science  
Ms.Seema Gopinathan  
Convenor



**Sree Narayana College For Women  
Kollam  
Post Graduate Department of Home Science**

**Online Workshop Series  
"Creative Crescent"**

**November 14th 2020 Saturday at 3:50 PM  
Session IV  
"Terrarium Making"**

A terrarium is a sealable glass container with soil and plants, and can be opened for maintenance to access the plants inside. Terraria are often kept as decorative or ornamental item

**Resource Person: Ms.Tilsa S. Lucas**

The department of Home Science drummed up a new method of providing a platform which opens all sort of possibilities for creative expression for our students named 'Creative Crescents Online Workshop Series'. The Workshop regularly organizes



online classes on fabric painting, bottle art, terrarium making, Maouri art, Parchinkari work and food crafts. The classes help the students to exercise and master the elements of design and create objects out of it. It helps them to embrace and enhance their creativity. This creative online session explores creativity of the students and provide opportunities for them to have hands on training to increase employability.

### **SEMINAR ON 'YOGA FOR WELLNESS AND HEALTH'**

Yoga practice creates mental clarity and calmness, relieves stress, relaxes the mind, increases attention and sharpens concentration. The Physical Education department of our college regularly conducts Yoga classes to boost and balance the health of the mind and body. In compliance with the benefits of Yoga, a session on 'Yoga for wellness and health' was organized by the department of Physical Education. The session was handled by Mr.Kannan P.H., Yoga Instructor, Malappuram on 07/02/2020 as part of the Panlore 2020 seminar series. He demonstrated various asanas which improves strength, balance and flexibility. The instructor vehemently opined that regular yoga practice creates mental clarity and calmness.





## SEMINAR ON WOMEN EMPOWERMENT

The Former Students Association of this college was established in the year 2000 with a view to establish contact with the alumni and build up social and political order based on love, peace and harmony. The association imparts quality education to the youth to make them responsible citizens to build a prosperous nation in collaboration with the college by organising various programmes. The FSA is very much involved in the curricular and extracurricular activities of the institution. As part of the International Women's Day celebrations, a one-day seminar on Women Empowerment was conducted by the FSA in association with the Women's Study Unit on 06/03/2020. Women's empowerment is the most crucial point for the overall development of a country. Women are empowered when they are able to access opportunities in a variety of fields such as in education, profession, lifestyle, etc., without any limitations and restrictions. It includes raising their status through education, awareness, literacy and training. The famous social entrepreneur Lakshmi Menon was the keynote speaker of the seminar. She is a designer by profession who has been empowering the underprivileged through an organization 'Pure Living'. The students were highly motivated by her inspiring speech in which she exhorted the students to always use their talent and passion for the upliftment of the disadvantaged groups. Dr Seetha Thankappan, Secretary of FSA welcomed the gathering and the presidential address

was delivered by Dr. K. Anirudhan. The programme concluded with the vote of thanks proposed by Ms. Jayalekshmi S



### DENTAL HEALTH AWARENESS LECTURE, ORAL SCREENING AND DENTAL KIT DISTRIBUTION

Women have unique oral health concerns. Changing hormone levels during the menstrual cycle, pregnancy, and menopause can raise the risk of problems in mouth, teeth, or gums. In apropos of the problems related to women's dental health, the Women's Dental Council in association with the Women's Study Unit of Sree Narayana College for Women organized a dental health awareness lecture and a dental camp. Dr Shanima Nizam explained the formation of cavities in the mouth as a result of the excessive use of sugar producing an acid which weakens tooth enamel. The programme was conducted as part of the international women's day celebrations on 09/03/2020. After the dental awareness session a dental camp followed. The programme concluded with the distribution of dental kits to students.

**INDIAN DENTAL ASSOCIATION**  
**QUILON BRANCH**  
**WOMENS DENTAL COUNCIL**  
 In Association With  
**COUNCIL OF DENTAL HEALTH**

*Celebrates*  
**INTERNATIONAL WOMEN'S DAY**  
 In Association With  
**WOMEN'S STUDY UNIT OF SNCW**  
 Kollam

Venue: Sree Narayana Womens College Seminar Hall, Kollam  
 9<sup>th</sup> March Monday 2020 1.00 PM to 3.00 PM

**DENTAL HEALTH AWARENESS LECTURE**  
**ORAL SREENING & DENTAL KIT DISTRIBUTION**

*Talk by*  
**Dr. SHANIMA NIZAM**  
*"Say No To Added Sugar"*

WDC Representative  
**Dr. SHANIMA NIZAM**  
 President  
**Dr. CIJU P. CHERIAN**

WDC Representative  
**Dr. SHERLY ABRAHAM**  
 Secretary  
**Dr. DEEPU MOHANDAS**

CDH Convener  
**Dr. NIYAZ ABDUL HAQ**



**SEMINAR ON 'CULTURAL RIGHTS AS HUMAN RIGHTS: REFLECTIONS ON THE CULTURAL SYMBIOSIS OF MODERN KERALA'**

The department of History in association with the Human Rights Forum organized a webinar on the topic 'Cultural Rights as Human Rights: Reflections on the Cultural

Symbiosis of Modern Kerala' on 10/12/2020. An extensive and enlightening talk was delivered on the subject by the resource person Dr. U.V shakkeela, Assistant Professor, University College. The speaker observed that cultural rights should protect the development and expression of individual and ensure her the conditions of equality, human dignity and non- discrimination. She shared with the students the point that the cultural rights still belong to the category of neglected human rights and an immense change should be brought about in this regard. The co-ordinator of the Forum Ms. Lalini M.S welcomed the gathering and the vote of thanks was expressed by Ms. Jayalekshmi S.


**SREE NARAYANA COLLEGE FOR WOMEN, KOLLAM**

Human Rights Forum  
Webinar on

**CULTURAL RIGHTS AS HUMAN RIGHTS: REFLECTIONS  
ON THE CULTURAL SYMBIOSIS OF MODERN  
KERALA**

**EVERY  
HAS  
RIGHTS**

*Resource Person*



**Dr. U.V. Shakkeela**  
Assistant Professor  
Department of History  
University College  
Thiruvananthapuram

*10/12/2020*  
*10 am.*

Platform:  
Google meet