

SREE NARAYANA COLLEGE, CHATHANNUR

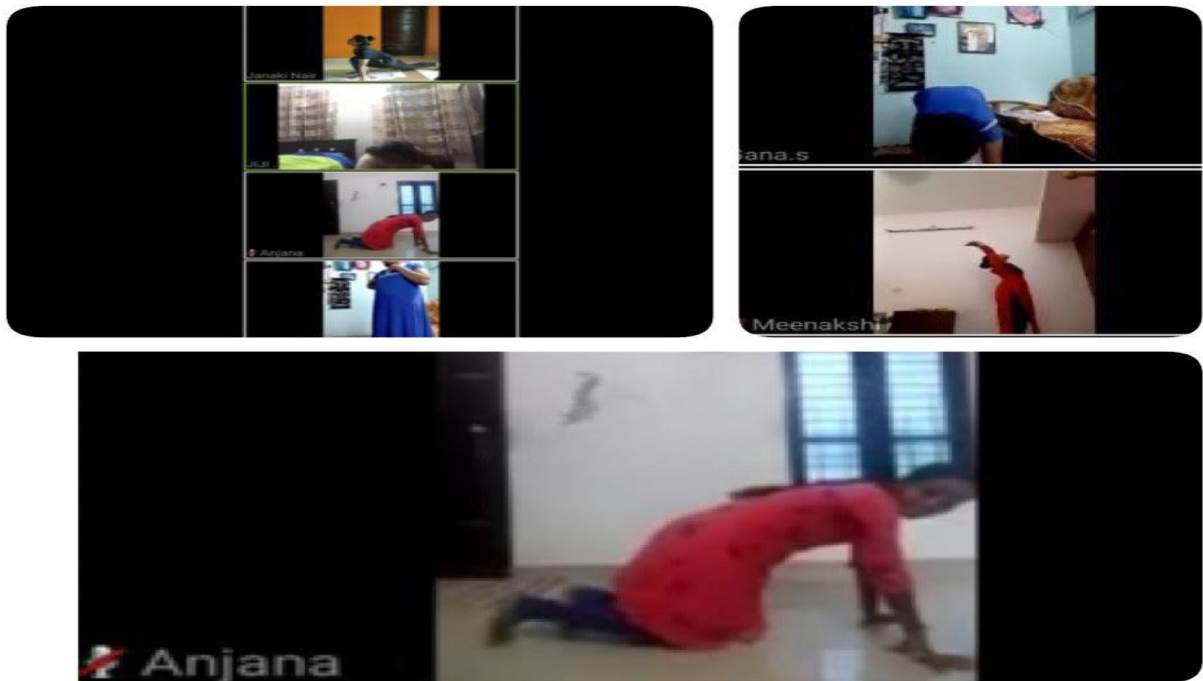
WOMEN STUDY UNIT

ANNUAL REPORT

2020-21

PROGRAMME 1

On 21st June 2020 ,Women’s Study Unit of Sree Narayana College in association with Internal Quality Assurance Cell has observed International Yoga Day by organising an online yoga session for students through Zoom platform. The main aim of the program was to raise awareness and ignite a passion for fitness and yoga among the students and teachers. The virtual session started with a welcome speech by Smt.Jiji.P,Women’s Study Unit coordinator. The session was handled by Ms.Janaki.M.Nair (Idea Star Singer finalist),a well trained yoga disciple of Sri.Rajesh,Sai Foundation,Kollam.The session started with a warm up exercise followed by a brief introduction of Surya Namaskar and its significance of daily practice in our body (from head to toe). The twelve yoga postures of Surya Namaskar were demonstrated with simultaneous breathing instructions that should be followed in each posture. The participants have performed various other asanas that young girls must incorporate into their daily routine that enables them to be positive, happy and healthy. She encouraged the participants to practice yoga regularly to control emotions and improve concentration and remain fit . This virtual session enabled our students to implement successfully this year's yoga hashtag of 'YOGA AT HOME'.

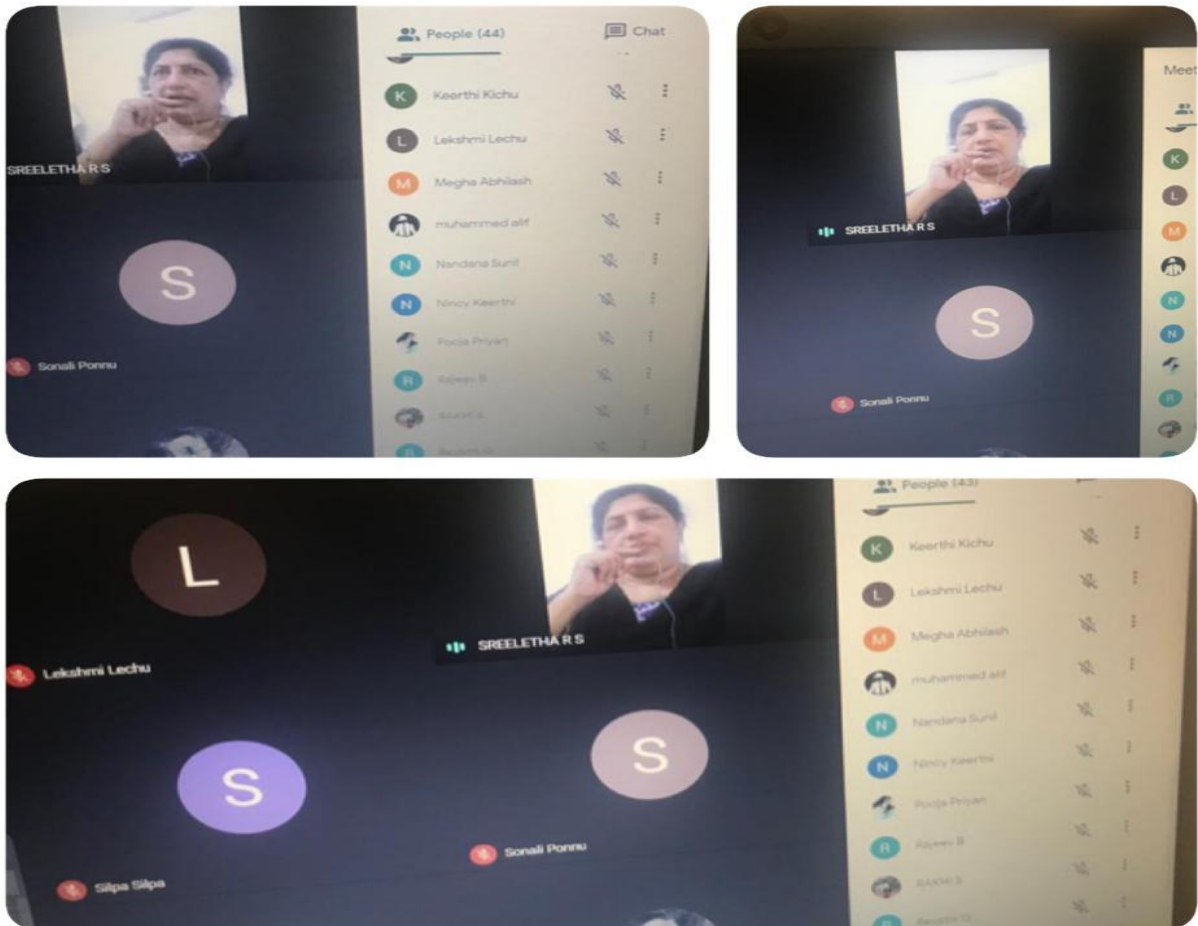


Practising Surya Namaskar

PROGRAMME 2

WEBINAR: GENDER EQUALITY

Women's Study Unit of Sree Narayana College, Chathannur in association with Women Protection Office and SAKHI-One Stop Centre, Kollam organised a webinar in the topic Gender Equality on 12.12.2020 at 11 PM via Google Meet. The programme was led by Smt.Sreeletha, Women Protection Officer, Kollam. The webinar emphasise the need of treating all human being equal irrespective of their gender, significance of gender equality and discussed the ill-effects of gender inequality and explained how it adversely affect the global development. Nearly 45 students participated in the webinar. Students got an opportunity to share their gender discrimination experiences and they even raised many questions regarding gender disparities and the resource persons clarified their doubts without any hesitation.



Smt.Sreelatha handling the webinar "Gender Equality"

PROGRAMME 3

WEBINAR: LAWS RELATED TO CYBER SECURITY AND IMPORTANCE OF PSYCHO SOCIAL COUNCELLING

Women's Study Unit of Sree Narayana College in association with SAKHI, One Stop Centre, Kollam conducted its first webinar titled "Laws related to Cyber Security and importance of Psycho Social Counselling" on the occasion of International Women's Day on 8 March 2021 in online mode via Google Meet platform at 12 PM. The main objective of this webinar was to alert the attendees about the possible cyber-attacks and crimes that are prevalent during these days. The webinar witnessed participation from students of all courses and faculty members. The resource persons for the programme were Adv. Neethu Mohan (Caseworker) & Smt. Vishu Mol M (Psycho Social Counsellor) of SAKHI, One Stop Centre, Kollam. In the first part, Adv. Neethu discussed the types of social media crimes like profile hacking, photo morphing, shopping scams, dating scams, information theft and cyber bullying. And also spoke about the Statistics of Cyber crimes in our country and also explained the pathetic situation faced by the victims that they even don't know where to lodge complaints on cyber crimes. The second part of the webinar helps the participants in getting an awareness of the significance of Psycho social counselling. They provide the contact number of the officials and offices for registering their complaints if they face such situation. They advised students to exercise caution while interacting over the web and asked students to enjoy the pleasures of freedom responsibly.



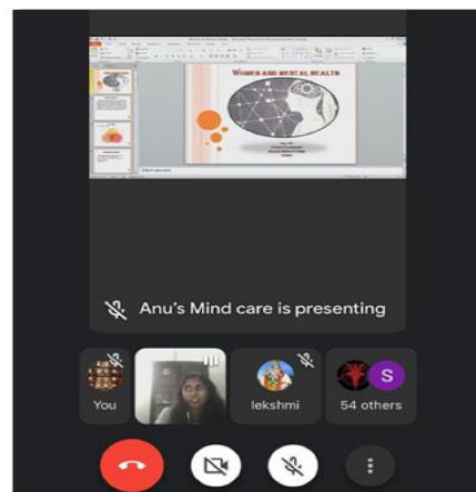
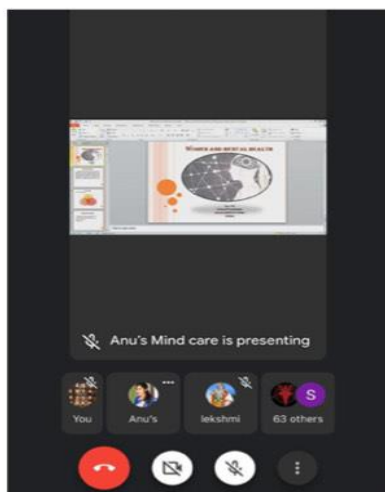
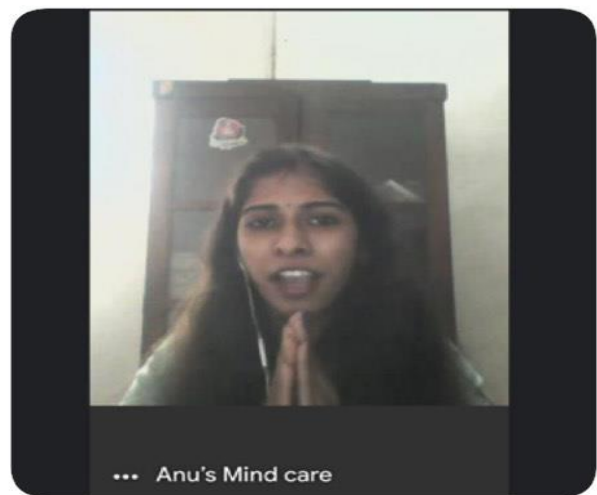
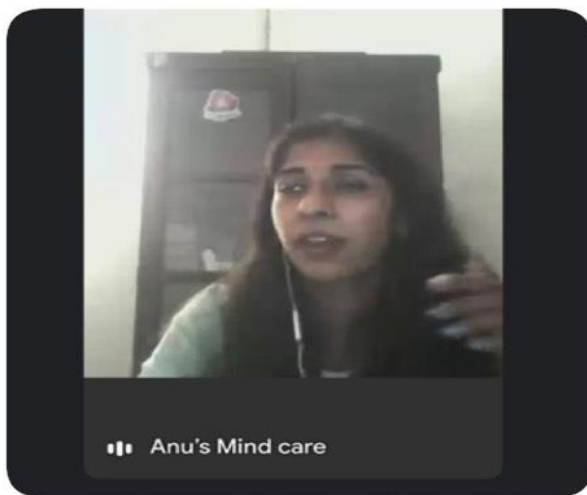
Smt Vishumol and Adv. Neethu Mohan handling the webinar titled

“Laws related to Cyber Security and importance of Psycho Social Counselling”

PROGRAMME 4

WEBINAR: WOMEN AND MENTAL HEALTH

Women's Study Unit of Sree Narayana College, Chathannur and SAKHI: One Stop Centre Kollam organised its second Webinar on ***“Women and Mental Health”***. The webinar was held on 16th March 2021, 12.00 PM – 01.00 PM in Google Meet. ***Smt.Anu.U V, Clinical Psychologist, Azeezia Medical College, Kollam*** was the Resource Person. Nearly 61 participants (Faculty & students) joined the webinar virtually. The webinar started with an introduction to mental health of human and explained how the mental health affects how we think, feel, and act. She also suggests some tips to students for relieving their stress as per the request from students side. It was a very informative session which helped everyone imbibe knowledge of acquiring good mental health.



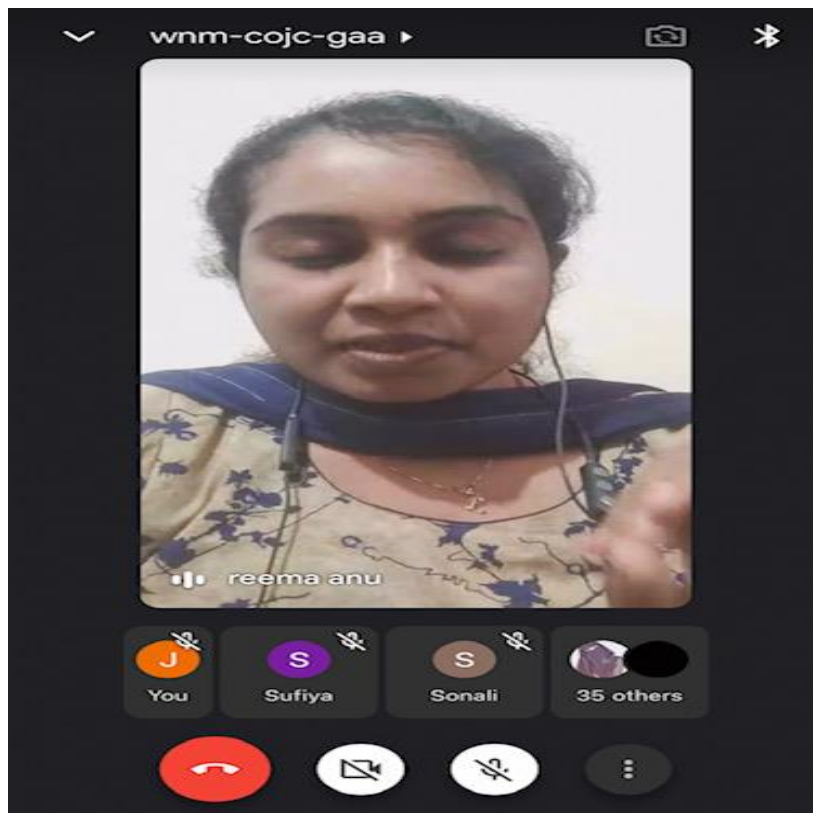
Smt.Anu U V, Clinical Psychologist handling the webinar titled

‘Women and Mental Health’

PROGRAMME 5

WEBINAR: PERSONALITY DEVELOPMENT

Women's Study Unit of Sree Narayana College, Chathannur and SAKHI: One Stop Centre Kollam has jointly organised its third Webinar on the topic "Personality development" The webinar was held on 17th March 2021, 11.00 AM – 12.00 PM in Google Meet platform. Smt.Reema.B.S, Rehabilitation Psychologist, Akkara Foundation Centre for Child Development, Kasargod was the resource person. The resource person discussed in detail how an outgoing and impressive personality will enhance the quality of learning of students and explained in detail the need of improving certain traits and how it contribute to overall personality. She also explained in detail how personality determines future professional success and the overall attitude towards one's life. She also discussed how Personality development of students instills them to face the world confidently. After the presentations, the resource person responded to all questions from the participants.



Smt.Reema.B.S,Rehabilitation Psychologist handling the webinar titled

'Personality Development'

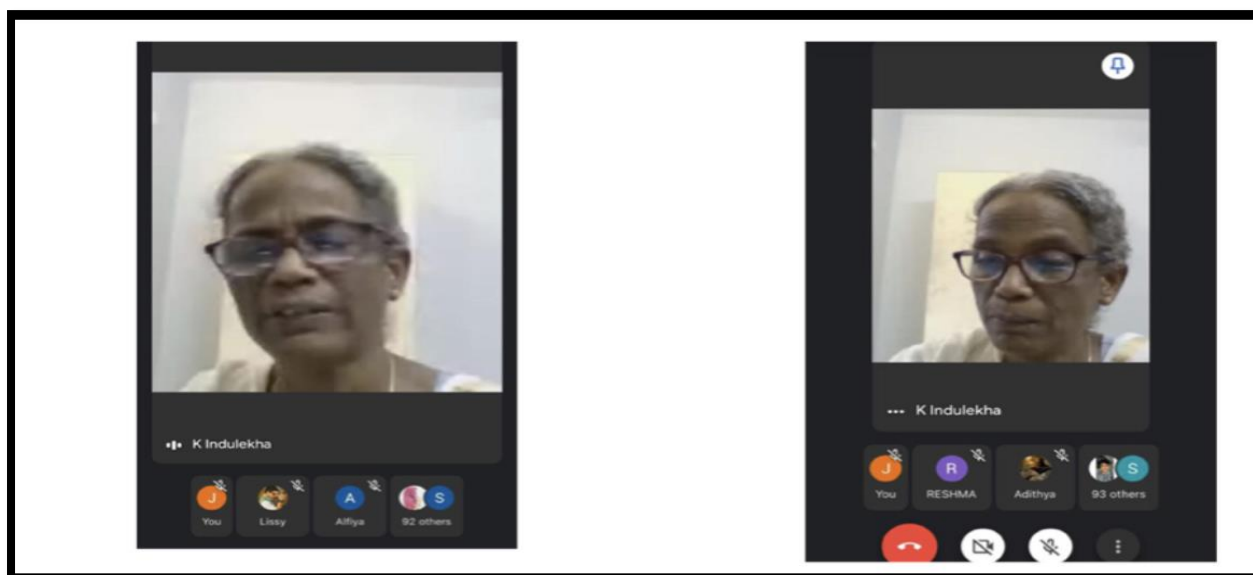
WEBINAR SERIES ‘GENDER EQUALITY-WOMEN LOOKS AHEAD (MARCH 7-24)

The Women’s Study Unit in collaboration with the Internal Quality Assurance Cell of Sree Narayana College Chathannor has organised a webinar series on Gender Equity titled “**WOMAN LOOKS AHEAD**”, which was formally inaugurated by the Principal, Dr.M.S Latha via Google meet on 7 March 2021 at 6.00 PM. The aim of the program is to empower the young women force of our institution by giving them opportunities to interact and to listen the talks of eminent personalities in India and abroad.

PROGRAMME 6

WEBINAR: WOMEN AND HIGHER EDUCATION

The first programme of the series started after the inaugural ceremony by a talk on “**Women and Higher Education**” .All the members of Women’s Study Unit and all faculties had attended the programme. The webinar was handled by **Dr.K.Indulekha** ,Professor School of Pure & Applied Physics , M G University,Kottayam.She started the programme by giving a brief introduction on women and her importance on the society. This programme created awareness among the participants about how higher education promote women in her life.Also elucidated the current status of the participation of women in higher education (students & faculty) in our State and explained in detail how girls can tackle the major issue of unemployability evenafter acquiring high degrees.Nearly 91 students participated the webinar . After the presentations, the resource person responded to all questions from the participants. In the end, Dr.Vidhya,Assistant Professor of Chemistry offered a vote of thanks to the invited guest and all the participants for gracing the occasion by their solemn presence

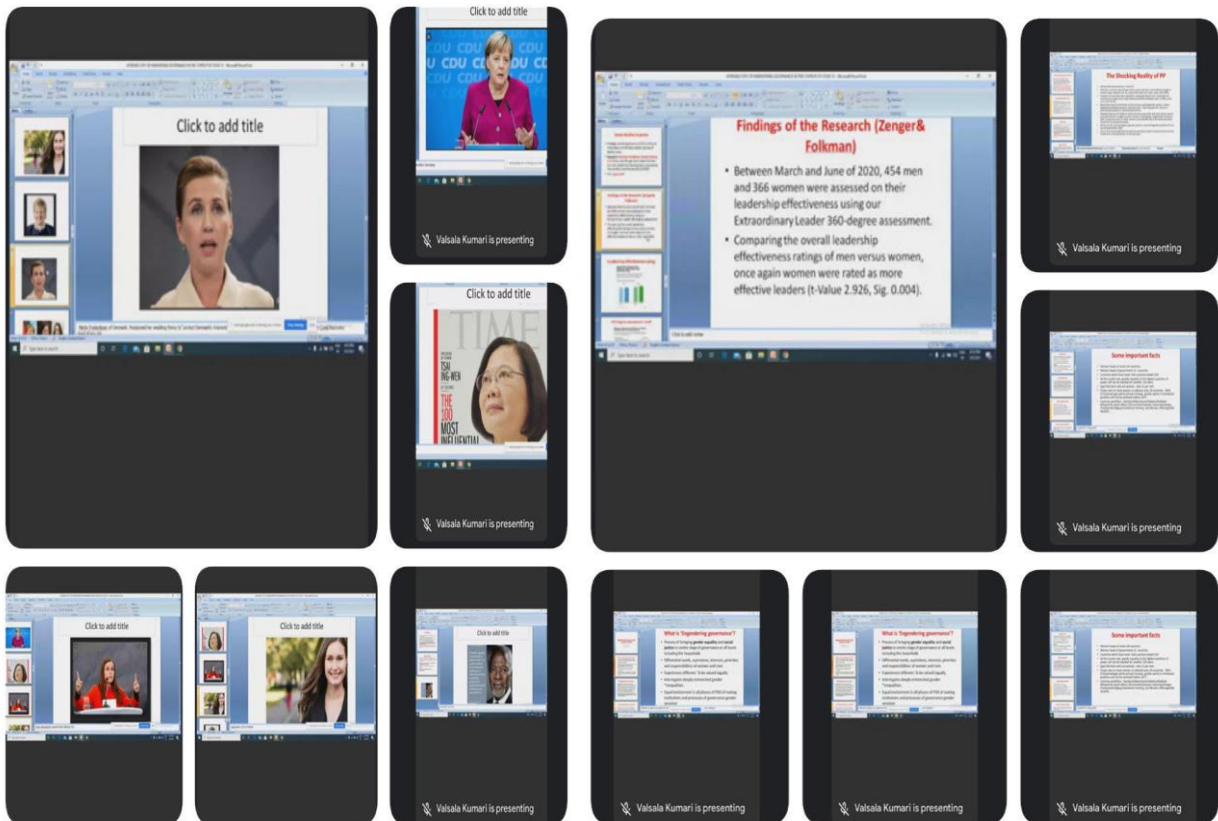


Dr.Indulekha handling the first webinar “Women and Higher Education”

PROGRAMME 6

WEBINAR: ENGENDERING GOVERNANCE IN THE CONTEXT OF COVID 19

Women's Study Unit of Sree Narayana College conducted its second online webinar as part of webinar series in the topic entitled "**ENGENDERING GOVERNANCE IN THE CONTEXT OF COVID-19**" on 8 th March 2021 at 6 PM .The session was handled by K.B.Valsala.Kumari ,Former IAS Officer Pathanamthitta. This programme created awareness among the participants about how governance can promote a women's life in the society.She talked about the great women leaders from various parts of the world and also told about the great women warriors who efficiently handled this COVID -19 pandemic scenario.

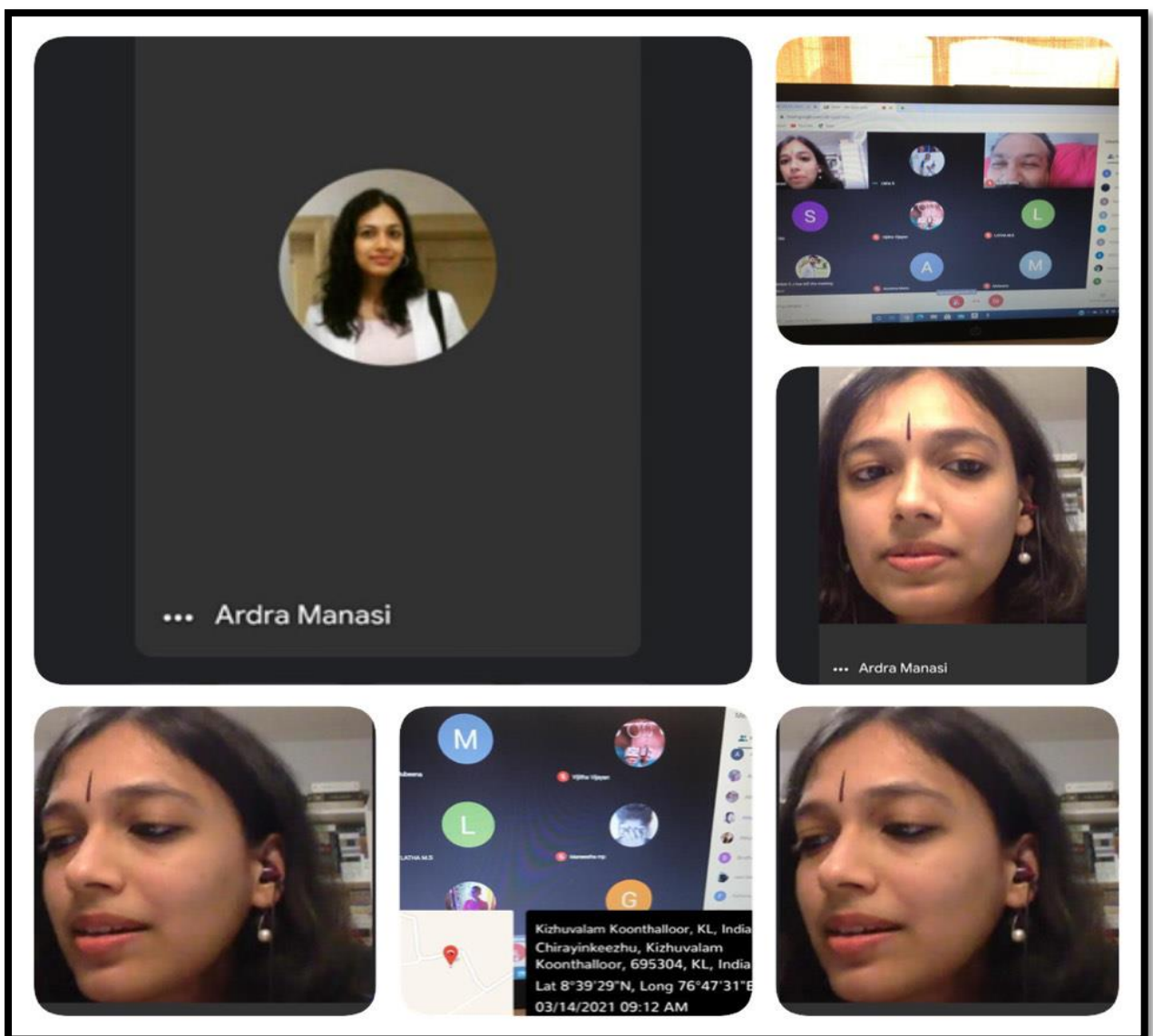


Smt.Valsala Kumari sharing screen during the webinar “Engendering Governance In The Context Of Covid-19”

PROGRAMME 7

WEBINAR: THE IMPACT OF COVID-19 ON WOMEN'S LIVES

Women's Study Unit of Sree Narayana College organised its third webinar as part of webinar series in the topic "***THE IMPACT OF COVID-19 ON WOMEN'S LIVES***" on 14th March 2021 at 9.00 AM via Google Meet platform. The webinar was handled by Smt .Ardra Manasi ,Development Practitioner and Writer in New York. This programme created awareness among the participants about the life of women during COVID-19. She talked about both the positive and negative impact of COVID-19 in the life of a woman. The programme was an interactive one which provided a platform for the participants to share their experience and views on this topic as well .

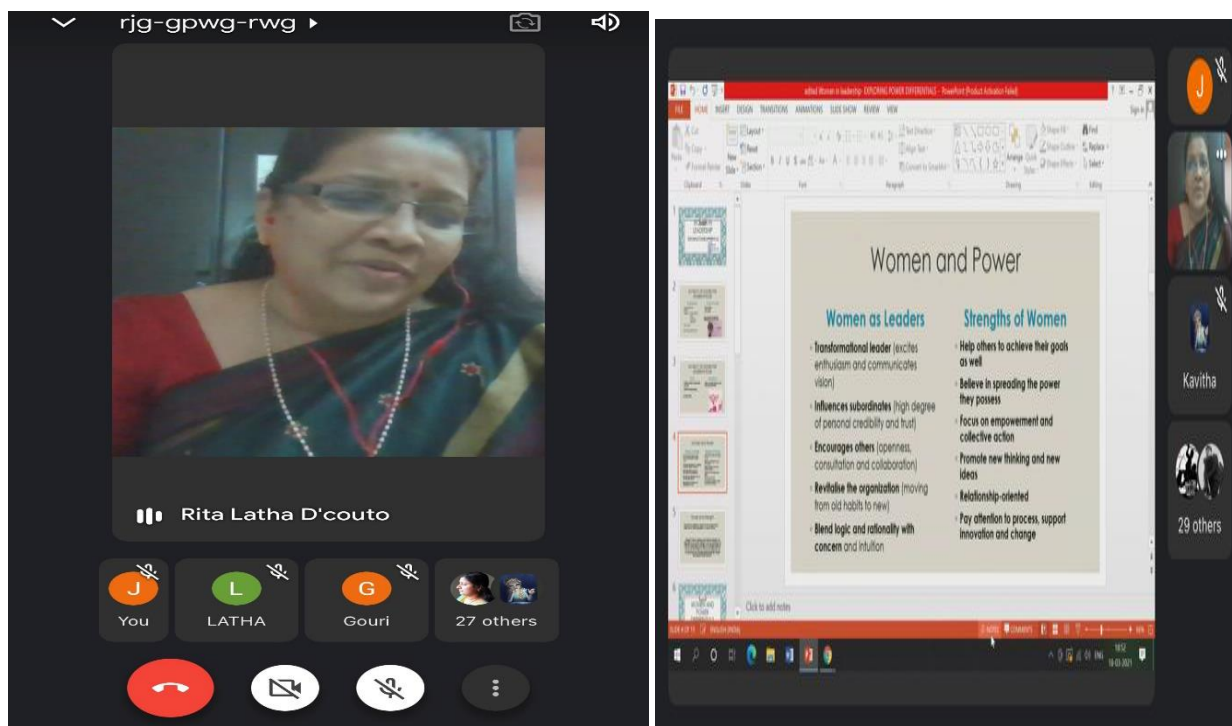


Smt.Ardra Manasi handling the webinar titled "The Impact Of Covid-19 on Women's Lives"

PROGRAMME 7

WEBINAR: WOMEN AND LEADERSHIP:EXPLORING POWER DIFFERENTIALS

Women's Study Unit conducted its fourth webinar as part of webinar series on the topic entitled '*Women and Leadership: Exploring Power Differentials*' . The Webinar was held on 17 th March 2021, 6.30PM -7.30 PM in Google Meet platform. Dr.Rita Latha D' Couto,Principal,St Joseph's College for Women,Kollam was the resource person. The webinar helps to inform the participants that Women as leaders and decision-makers at all levels are critical to advancing gender justice and gender equality—and to furthering economic, social, and political progress for all. She also spoke on the suitability of women for leadership role and also explained the power differentials .And also explained that if women are meaningfully represented and engaged in leadership bodies then the laws, rulings, and decisions are more likely to be inclusive, representative, and take diverse views into account. And also elucidate that countries with a greater proportion of women as top decision- legislatures have lower levels of income inequality.This session definitely motivates and encouraged all the participants to hold more executive leadership positions in their future life. After the presentations, the resource person responded to all questions from the participants.

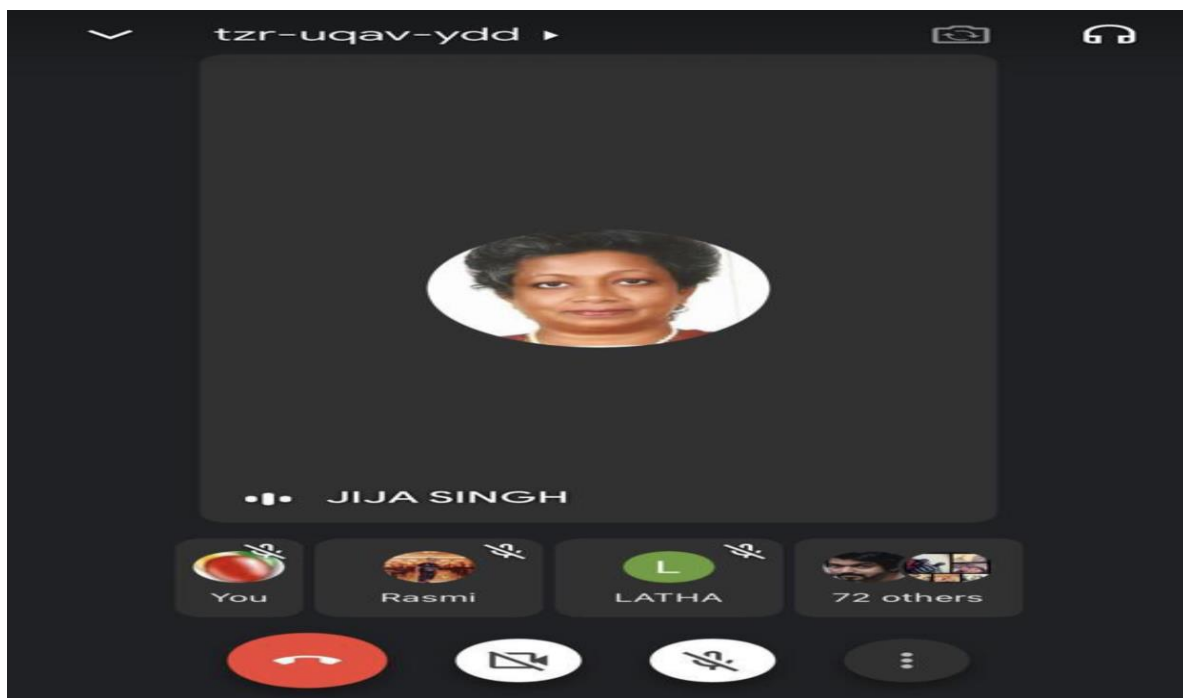


Dr.Rita Latha D' Couto sharing screen during the webinar “Women and Leadership: Exploring Power Differentials”

PROGRAMME 8

WEBINAR: ENTREPRENEURSHIP AND ETHICS: REPUTATION AS A DIFFERENTIATOR

Women's Study Unit conducted its last webinar as part of webinar series on the topic entitled '**ENTREPRENEURSHIP AND ETHICS: REPUTATION AS A DIFFERENTIATOR**' by **Smt.Jija Mahadevan Harisingh** (Former Director General of Police Bangalore Urban, Karnataka India) on 24th March 2021 at 6PM via Google Meet. Almost 100 students participated in the open discussion. Smt.JIJA MAHADEVAN discussed about some leading eminent women personalities and their vast presence as women entrepreneurs which has led to the change in the demographic characteristics of business and economic growth of the country. The webinar was very informative and well organised. It motivated the students much more rather than usual conversation.



Smt.Jija Mahadevan Singh handling the webinar entitled “ENTREPRENEURSHIP AND ETHICS: REPUTATION AS A DIFFERENTIATOR “

Women's study unit plays an active role in the institution by empowering the girls, fostering cordial relations among the student community and thus creating an ambiance of amity and cordiality in the campus. WSU provides motivation, instills confidence, creates awareness regarding legal and gender rights and empowers them to take the right decisions in life and career, thereby moulding them into resilient individuals and responsible citizens.