

SREE NARAYANA COLLEGE CHATHANNUR
ANNUAL GENDER SENSITIZATION ACTION PLAN 2023-24

Sl.no	Proposed Programme	Tentative Date	Actual Date
1.	Training on soft skills	2/2/2024	19/2/2024
2.	Seminar on “Equality, Diversity and Social inclusion”	11/2/2024	20/2/2024
3.	Seminar on “Presentation Skills”	2/3/2024	14/3/2024
4.	Seminar on “Interview skills and group discussion”	10/3/2024	19/3/2024
5.	Seminar on “Healthy Relationships”	14/3/2024	19/3/2024
6.	Seminar on “Wellness of Youth through Yoga”	27/2/2024	20/3/2024
7.	Community Visit	18/3/2024	21/3/2024
8.	Seminar on “Gender Equality in India”	18/3/2024	22/3/2024
9.	Theme Dance on Anti-dowry	21/3/2024	22/3/2024
10.	Price distribution ceremony for girls	27/3/2024	27/3/2024

REPORT OF PROGRAMMES ORGANIZED:

PROGRAMME 1-TRAINING ON SOFT SKILLS

The Women Cell organized a training program on '*Soft Skills*' at the Seminar Hall on February 19, 2024, at 9:45 am. The session was handled by Mr Akhil S Raj, certified life skill and soft skill trainer, who brought extensive expertise to the program. The event aimed to enhance participants' soft skills to improve their personal and professional development. Ms. Jiji P, the Women Cell Coordinator, commenced the event with a welcoming speech and emphasized the significance of soft skills in today's competitive world, underlining their role in fostering effective communication and interpersonal relationships. The training program consisted of interactive sessions covering various aspects of soft skills, including communication, emotional intelligence, and teamwork. Practical exercises and role-plays were incorporated to enhance learning and skill application. The training program provided valuable insights into effective leadership, teamwork, and conflict resolution strategies. Participants expressed high levels of satisfaction with the training program, citing its relevance and practical applicability. Aparna, a First year B Com student, delivered a heartfelt vote of thanks, expressing gratitude to the organizers and facilitators for their efforts in organizing such a beneficial event. The training program on soft skills organized by the Women Cell was a resounding success, empowering participants with valuable insights and practical tools for self-improvement. It underscored the importance of continuous learning and development in today's competitive landscape.



PROGRAMME 2-SEMINAR ON 'EQUALITY, DIVERSITY & SOCIAL INCLUSION'

The Women Cell organized a seminar on "*Equality, Diversity & Social Inclusion*" in the Seminar Hall, aiming to promote awareness and dialogue on crucial societal issues. Ms.Jiji P, the Women Cell Coordinator, delivered a compelling welcome speech, emphasizing the significance of embracing equality, diversity, and social inclusion in creating a harmonious society. Mr. Abi R, Senator from Chathannur Panchayat, served as the resource person, providing valuable insights and perspectives on the topics of equality, diversity, and social inclusion. The seminar covered a range of topics, including gender equality, gender issues, and the importance of inclusivity in various aspects of life. Attendees actively participated in interactive sessions, engaging in discussions, sharing experiences, and exploring practical approaches to promoting gender equality and inclusion. Students and faculty members demonstrated enthusiastic engagement throughout the seminar, reflecting their interest in understanding and addressing societal challenges related to equality and diversity. The seminar served as a platform for meaningful dialogue and reflection on pressing societal issues.



PROGRAMME 3-SEMINAR ON 'PRESENTATION SKILLS'

On March 14, 2024, the Women Cell organized a seminar on "*Presentation Skills*" in the Seminar Hall, aiming to equip participants with effective techniques for delivering impactful presentations. Smt. Jiji P, the Women Cell Coordinator, delivered a warm welcome speech, emphasizing the importance of honing presentation skills in academic and professional settings. Dr. Anu R Kumar, Assistant Professor in English at S N College for Women, Kollam, served as the resource person, sharing her expertise and insights on effective presentation techniques. The seminar covered various aspects of presentation skills, including structuring presentations, engaging the audience, and delivering confident and persuasive speeches. Students and faculty members demonstrated enthusiastic engagement throughout the seminar, eager to enhance their presentation abilities and overcome public speaking apprehensions. Feedback from participants was overwhelmingly positive, with many expressing appreciation for the practical tips and strategies shared by Dr. Anu R Kumar, indicating high satisfaction with the seminar. The seminar provided participants with valuable tools and techniques to enhance their presentation abilities.



PROGRAMME 4-SEMINAR ON 'INTERVIEW SKILLS AND GROUP DISCUSSION'

The Women Cell organized a seminar on '*Interview Skills and Group Discussion*' on March 19, 2024, at 10:00 am in the Seminar Hall. The session aimed to equip participants with essential skills necessary for success in job interviews and group discussions. Mr. Jijo Jayachandran, a Talent Curation Executive from Kerala Knowledge Mission, led the session, drawing from his expertise in recruitment and talent management. Key topics covered during the seminar included interview preparation, effective communication techniques, and strategies for excelling in group discussions. Participants engaged in interactive sessions, which involved mock interviews and group discussions, allowing them to receive constructive feedback and improve their skills. The seminar witnessed active participation from students and faculty members, reflecting their keen interest in mastering interview skills and group discussion strategies. Feedback from attendees was overwhelmingly positive, with many expressing gratitude for the practical insights provided by Mr. Jijo Jayachandran. Overall, the seminar proved to be a valuable learning experience, leaving participants better prepared to navigate the recruitment process and succeed in their professional endeavours.



PROGRAMME 5-SEMINAR ON 'HEALTHY RELATIONSHIPS'

The Women Studies Unit, in collaboration with the Women Cell, hosted a seminar on '*Healthy Relationships*' on March 19, 2024, at 12:00 PM in the Seminar Hall. The session aimed to educate attendees on fostering positive and supportive relationships. Ms. Bushra S, a Community Counsellor specializing in gender dynamics from Chathannur Panchayat, expertly led the session. Throughout the seminar, participants engaged in interactive discussions and activities centered around effective communication, setting boundaries, and resolving conflicts amicably within relationships. Ms. Bushra S provided invaluable insights and guidance, drawing from her extensive experience in counselling and gender studies. Attendees actively participated, sharing personal anecdotes and seeking advice on cultivating healthier relationships. The event served as a valuable platform for fostering understanding and promoting healthier interpersonal connections among individuals.



PROGRAMME 6- 'WELLNESS OF YOUTH THROUGH YOGA'

The Women's Cell of Sree Narayana College organised a program focused on promoting '*Wellness of Youth through Yoga*'. Dr. Rani KV, a distinguished certified yoga trainer and Assistant Professor in General Education at Sree Narayana Training College, Nedumganda, served as the esteemed resource person for the event. Held in the serene environment of the college's yoga hall, the program aimed to introduce the holistic benefits of yoga. Dr. Rani's expertise in yoga instruction and academia provided a solid foundation for the sessions. Through detailed explanations and practical demonstrations, attendees were guided through various yoga asanas, breathing exercises, and meditation techniques tailored to suit the needs of youth. The program underscored the importance of yoga in fostering physical, mental, and emotional well-being, particularly in the context of today's hectic lifestyles. Participants actively engaged in the sessions, displaying enthusiasm and receptiveness to the teachings imparted by Dr. Rani. The event culminated in a reflective session where attendees shared their experiences and insights gained from the program. Gratitude was extended to Dr. Rani for her invaluable contributions to promoting wellness through yoga. Overall, the program was a resounding success, leaving a lasting impact on the participants and reinforcing the significance of incorporating yoga into the lives of today's youth for a balanced and healthy lifestyle.



Students attending Yoga class

PROGRAMME 7-COMMUNITY VISIT

On March 21, 2024, a group of students, accompanied by the Women Cell Coordinator and teachers from SN College, Chathannur, embarked on a '*Community Visit to Anandatheeram Charitable Trust*'. The primary objective of the visit was to extend support to the residents by providing essential items such as soap, toothpaste, detergent powder, lotion, powder, Horlicks, biscuits, and more. Arriving at the trust at 10:30 AM, the group was warmly welcomed by the staff and residents. Following a brief introductory session, where the importance of community service was emphasized, the distribution of essential items commenced. The students, along with the teachers and Women Cell Coordinator, actively participated in this endeavour, ensuring that each resident received the necessary items. Throughout the visit, interactions with the residents provided valuable insights into their lives and experiences, fostering empathy and understanding among the students. As the visit concluded, the participants left with a sense of fulfilment, knowing that they had made a positive impact on the lives of those in need



Community Visit at Anandatheeram Charitable Society

PROGRAMME 8-SEMINAR ON 'GENDER EQUALITY IN INDIA'

The Women's Cell of Sree Narayana College organised a thought-provoking program focused on '*Gender Equality in India*', featuring Dr. Reetha Ravi as the esteemed resource person on 22/03/2024 at 10 pm. Dr. Reetha Ravi, an Associate Professor in General Education at Sree Narayana Training College, Nedunganda, delivered an insightful seminar in the college's seminar hall. The program commenced with an introduction highlighting her expertise and dedication to the topic of gender equality. Employing pedagogical tools such as PowerPoint presentations and video presentations, she elucidated the multifaceted dimensions of gender inequality prevalent in Indian society, addressing key issues and challenges faced by women and marginalized genders. Attendees were engaged in interactive discussions, reflecting on societal norms and stereotypes that perpetuate gender inequality. She emphasized the importance of education, advocacy, and policy reforms in promoting gender equality and empowering marginalized communities. The program sparked critical thinking and raised awareness among participants about the need for collective action to achieve gender parity. In conclusion, the seminar served as a catalyst for meaningful dialogue and action towards a more inclusive and equitable society.



PROGRAMME 9- THEME DANCE

On March 22, 2024, at 12 PM, students performed a compelling theme dance focusing on the themes of "*Anti-Dowry*" and the imperative need for education in achieving financial independence. The event unfolded in the institution's auditorium and attracted a diverse audience comprising students, faculty, and members of the local community. The dance performance was thoughtfully choreographed to shed light on the detrimental impacts of the dowry system and the pivotal role of education in empowering individuals to attain financial autonomy. Each segment of the performance intricately portrayed the societal pressures and injustices associated with the dowry system, while also celebrating the empowerment and liberation that education brings.. The performance culminated in thunderous applause and heartfelt appreciation from the audience, who were deeply moved by the poignant portrayal of the theme. Overall, the theme dance served as a poignant reminder of the importance of eradicating harmful practices like dowry and promoting education as a means to foster independence, dignity, and equality in society.



Theme Dance

PROGRAMME 10&11-MANUSCRIPT RELEASE & PRIZE DISTRIBUTION

On March 27, 2024, at 12:30 PM, the Principal Chamber hosted the unveiling ceremony of the manuscript magazine *"Ithal"*. The event celebrated the literary talents of students, showcasing a diverse range of creative expressions including poetry, short stories, articles, and artwork. Attendees eagerly awaited the unveiling moment and applauded the vibrant cover design and captivating content presented in "Ithal."



Unveiling the Manuscript Magazine 'Ithal' of Women Cell

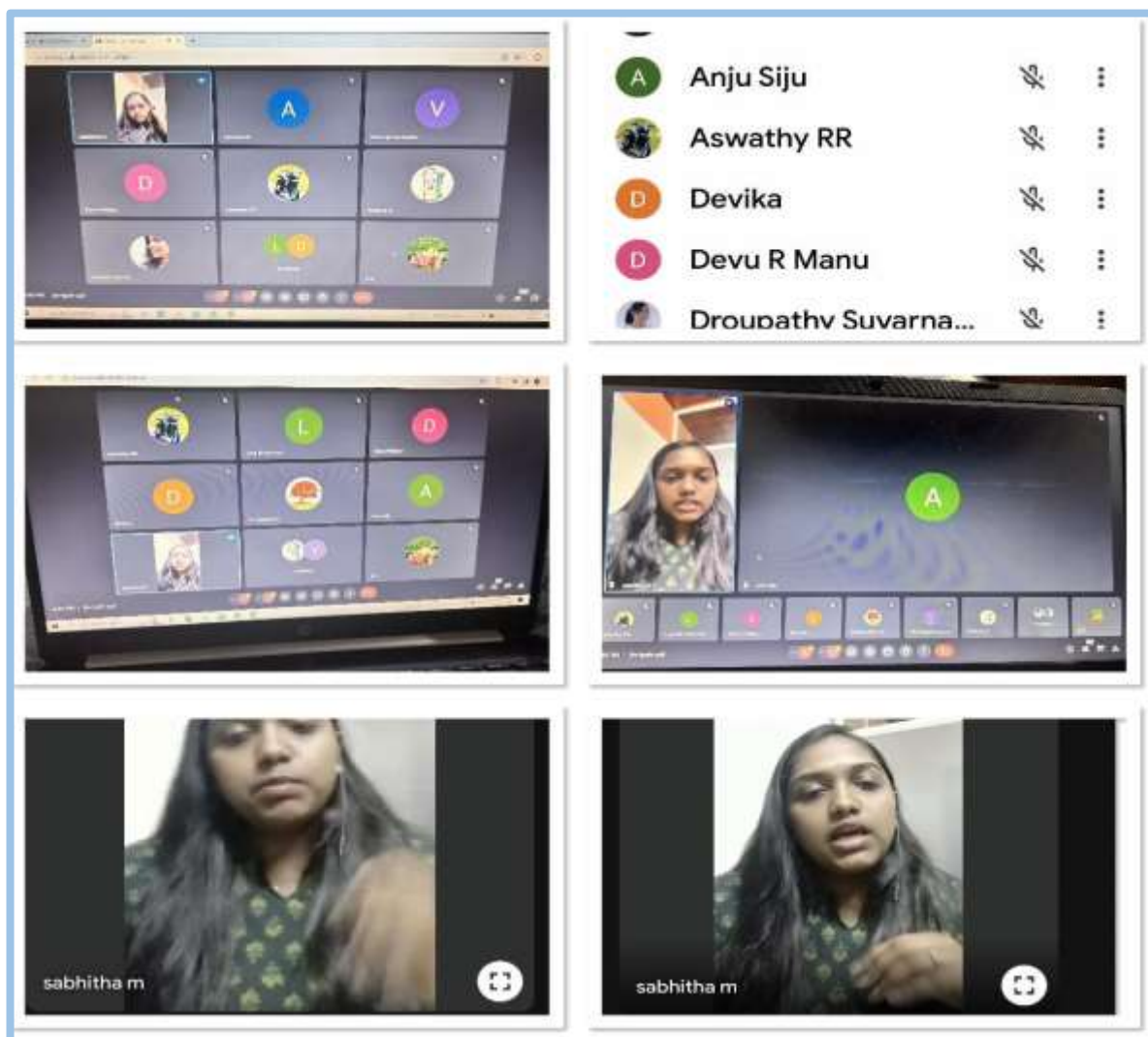
On March 27, 2024, at 12:40 PM, the College Seminar Hall hosted a *'Prize Distribution Ceremony'* organized by the Women's Cell to honor students for their exceptional achievements in theme dance, artistic endeavours, and literary works. The ceremony served as a platform to inspire and encourage excellence among students, fostering a culture of innovation and creativity within the college community.



Prize distribution ceremony of Women Cell

PROGRAMME 12-WEBINAR ON 'MITHRA 181 WOMEN HELPLINE'

On March 31, 2024, at 6:00 PM, the Women's Cell organized an insightful webinar titled *'Mithra 181 Women Helpline'* on the online platform Google Meet. The event aimed to raise awareness about the services provided by the Mithra 181 Women Helpline in supporting women in distress. Led by Adv. Sabitha M, a distinguished team member of Mithra 181 Women Helpline, the webinar provided valuable insights into the helpline's operations, services offered, and the importance of seeking timely assistance for issues such as domestic violence, harassment, and discrimination. Participants engaged in an interactive session, seeking clarifications and discussing ways to promote the helpline's services within their communities. The webinar concluded with a renewed commitment to supporting and empowering women, emphasizing the crucial role of initiatives like Mithra 181 Women Helpline in safeguarding women's rights and well-being



Webinar on '*Mithra 181 Women Helpline*'