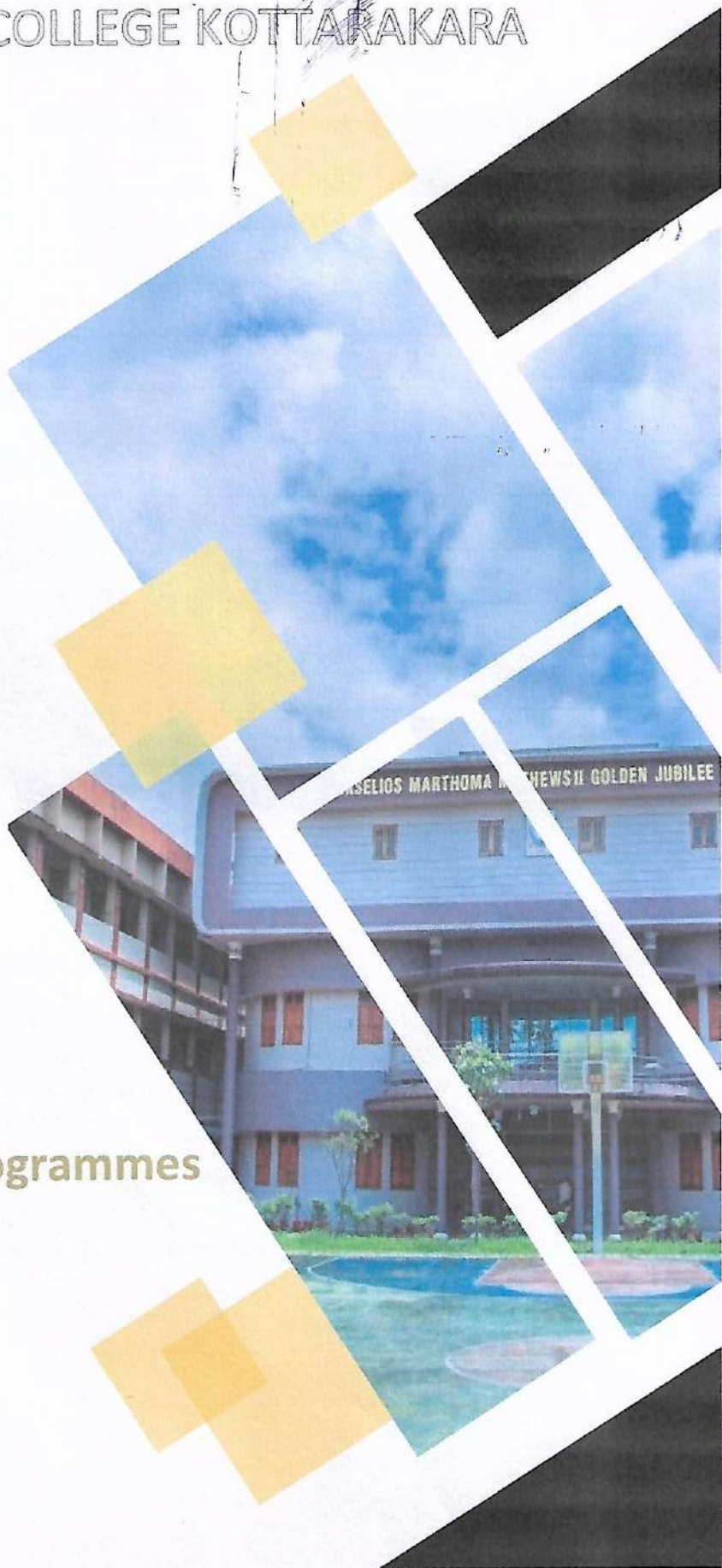




ST. GREGORIOS COLLEGE KOTTARAKARA



7.1.1 Gender Equity Programmes

7.1.1. Institutional Measures for Gender Equity

WOMEN AND CHILD EMPOWERMENT AND GENDER SENSITIZATION

1. International Day for the Elimination of Violence against Women.

The date of November 25 was chosen to commemorate the lives of the Mirabal sisters from the Dominican Republic who were violently assassinated in 1960. The NSS unit of St. Gregorios College Kottarakkara was conducted a programme on international day for the Elimination of Violence against Women. The theme for this year is 'UNITE' Activism to end violence against women and girls.



Formation of Manushya Changala by NSS Volunteers

2. Prevention of Abuse Against Women

The day is observed to prevent and eliminate violence against women and girls around the world. The day is celebrated by raising awareness, promoting advocacy, and creating better opportunities for women. The main aim of it is to mobilize society to create activists for the prevention of violations against women.

On the occasion of international day for the elimination of violence against women, orange campaign the world program was organized by NSS unit of St. Gregorios College Kottarakkara & Women and child development department, ICDS Kottarakkara.




Dr. SUMI ALEX
PRINCIPAL IN CHARGE
ST. GREGORIOS COLLEGE
KOTTARAKKARA



Debate competition conducted by ICDS

3. Menstrual Hygiene Is Empowerment

Kerala State Youth Welfare Board, Kollam District Youth Centre together with Our NSS unit conducted a Seminar on the topic "Menstrual Hygiene is Empowerment".



Awareness class given by Kottarakara Municipality Health Inspector Kiran

'ആർത്ഥവ ശുചിത്വം' സെമിനാർ സംഘടിപ്പിച്ചു



കൊട്ടാരക്കര എസ്.ടി. കോളേജിൽ നടന്ന സെമിനാറിൽ ഗവൺമെന്റോടുമിച്ച് ഡോ. ഡി. സുമി അലക്സാണ്ടർ നയിച്ചു.

കൊട്ടാരക്കര

കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളേജ് എസ്.എസ്.എസ് യൂണിറ്റും കേരള സംസ്ഥാന യുവജന കേരള ബോർഡ് ജില്ലാ യുവജന കേന്ദ്രവും സംയുക്തമായി 'ആർത്ഥവ ശുചിത്വം' വിഷയത്തിൽ സെമിനാർ സംഘടിപ്പിച്ചു. നഗരസഭ ഹെൽത്ത് ചെയർപേഴ്സൺ വന്ദന രാജിവിളംബരം ചെയ്തു. പ്രിൻസിപ്പൽ സുതി അലക്സാണ്ടർ നയിച്ചു. കൊട്ടാരക്കര താലൂക്കോശുപരിഷ്കരണ കമ്മിറ്റിയുടെ

വ്യവസ്ഥ നയിച്ചു. യുവജന കേരള ബോർഡ് ജില്ലാ യൂത്ത് പ്രോഗ്രാം ഓഫീസർ വി. എസ്. ബിന്ദു, കൊട്ടാരക്കര മുനിസിപ്പാലിറ്റി ഹെൽത്ത് ഇൻസ്പെക്ടർ കിരൺ, എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർ രാജ ജി ആഴ്വര, വി. മനു, വള്ളൂർ തോടയം ലീയ അന്ന യോഗനാഥ്, നന്ദന, അലൻ സാബു പട്ടാമി, സുനിൽ, ആര്യനാഥ്, അരുണിൻ, സജു, രഞ്ജിത്ത്, അലൻ സാബു, യതിൻ, അഭിഷേക്, എബി, ശരത് എന്നിവർ നേതൃത്വം നൽകി.

DR. SUMI ALEX
PRINCIPAL IN CHARGE
ST. GREGORIOS COLLEGE
KOTTARAKARA



The academic year 2022-23 was a particularly fruitful one for the Women's Study Unit of St. Gregorios College. The club was at the forefront of organizing a number of events that were enthusiastically received by the entire campus. The WSU kicked off its activities for this year by co-ordinating the Onam celebrations on campus.

As the college commemorated the Onam festival on September 1, 2022, the WSU organized competitions such as Malayali Manga and Onappattu, as well as non competitive traditional events such as the Athapoo display and the Samooha Thiruvathira. In the highly anticipated Malayali Manga contest, participants were tested on their personality, cultural knowledge and critical thinking abilities. The following are the prize winners for the event:

- 1) Malayali Manga: Kripa Krishnan (Dept. of Zoology)
- 2) 1st Runner Up: Akhila S Nair (Dept. of Mathematics)
- 3) 2nd Runner Up: Ardra S Ajith (Dept. of Physics)

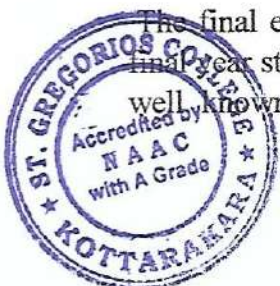
The prizes for the interdepartmental Onappattu contest are as follows:

- 1) First Prize: Dept. of Mathematics
- 2) Second Prize: Dept. of Chemistry
- 3) Third Prize: Dept. of English

The Women's Study Unit had its official club inauguration on 25-11-2022. Ms. Beena G. P. (Principal in charge) presided over the event, while Ms Jiji Peter (former Principal of SG College) was the chief guest. During the function, the audience was introduced to two of the WSU's flagship initiatives, ie, the Sparsam and Swasthya schemes. The Sparsam scheme endeavours to extend financial assistance to deserving students. Meanwhile, Swasthya is a dance and aerobics club which aims to promote health and wellness through the medium of dancing.

On 13-12-2022, the Women's Study Unit in collaboration with the college IQAC and the Haritha Keralam Mission organized a hands-on training session on making eco-friendly paper pens. The resource persons for the event were Mrs. Vishwalekha and Ms. Kavya from Haritha Keralam Mission. Aside from learning how to make attractive paper pens using just colour paper, refills and glue, the participants were also made aware of the objectives of the Haritha Keralam Mission and the necessity of minimizing plastic consumption in everyday life. As part of Christmas celebrations, the WSU arranged an interdepartmental Christmas Tree and crib decoration competition. The overall winner for this event was the Department of Physics and the Runner Up was the Department of Mathematics. In collaboration with the Centre for Women's Studies, University of Kerala, and the college IQAC, the WSU also organised an awareness class on the theme: "Women Empowerment: Achievements and Challenges." The resource persons were Jisha Thyagarajan (Director, Kanal NGO) and Dr Bushra Beegom RK Director, Centre for Women's Studies, University of Kerala).

The final event helmed by the WSU this year was a Valedictory Session and farewell for final year students which was held on 31-03-2023. The chief guest of the programme was the well known vlogger Ms. Jinsa Basheer, who delivered a captivating talk on the topic



Dr. SUMALEX
PRINCIPAL IN CHARGE
ST. GREGORIOS COLLEGE
KOTTARAKARA

COUNSELLING AND CAREER GUIDANCE CELL

REPORT ON THE ACTIVITIES 2022-2023

Counselling programmes aims at making youngsters mentally strong. With this thought, counselling programmes for the year 2022-2023 started, with a group counselling session, led by Anil K Sam Psychological Counsellor, on 21st November 2022. It was a fruitful session. More than sixty participants were benefitted. The session started by 10 am and concluded by 1.30 pm. Then the feedback from the participants was collected. All in all it was a satisfactory session for the whole group.

In joining hands with Civil Service Academy, Thiruvananthapuram, On 21st December 2022, the cell conducted a career awareness and an introduction to Civil Service Preparation programme titled, 'Civil Service Preparation & Opportunities'. Number resource persons handled the sessions. More than seventy students participated. It was a very valuable programme for the whole audience.



Sumi Alex
Dr. SUMI ALEX,
PRINCIPAL IN CHARGE
ST. GREGORIOS COLLEGE,
KOTTARAKARA

Joining hands with 'Patheyam' on 9th of December 2022 the cell conducted a counselling session led by Anil K Sam, students' counsellor. The session was very useful. More than fifty students participated.



A motivation class was conducted by the cell on 13th January 2023 on the theme personality development led by Anil K Sam. The programme highly benefited the students of different departments.



In addition to the above group counselling sessions, the cell has offered a number of individual counselling sessions to students who needed guidance and counselling from time to time.




DR. SUMI ALEX
PRINCIPAL IN CHARGE
ST. GREGORIOS COLLEGE
KOTTARAKARA