



ST. GREGORIOS COLLEGE KOTTARAKARA

7.1.1 Gender Equity Programmes





ST. GREGORIOS COLLEGE, KOTTARAKARA

NATIONAL SERVICE SCHEME



Unit no: 30 (A&B)

Seven Day Annual Special Camp of the National Service Scheme of St. Gregorios College, Kottarakara named **Jeevanam 2023 # The Experience of Being Alive: the Course of Human Events and Activities**. The main motto of the camp was **Malinya Mukhtha Nalekayi Yuva Keralam**. The camp was residential at Baselios Marthoma Mathews II Teachers Training College, Kottarakara from 21-12-2023 to 27-12-2023.

DAY 6 (26-12-2023)

ASSEMBLY

On the sixth day of camp, the volunteers woke up at 5:30 a.m. The assembly started with the Manavageetham at 6:30 a.m. They were followed by a flag hoist by NSS Programme Officers Dr. Manu. V. and Asha.G. along with the second-year and third-year volunteer leaders and an exercise session by the volunteers.



(Assembly and flag hoist)

SELF-DEFENCE TECHNIQUE



After the Assembly, a Karate session was taken by NSS Volunteer Abhima Anil, and Nandana S Biju at 6:40 a.m. Afterward, at 7 a.m., The organized Group presented the camp paper. At 8 a.m. the volunteers had their breakfast and did their assigned duty.



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PRINCIPAL IN CHARGE
ST. GREGORIOS COLLEGE
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GENDER SENSITIZATION



(Beena R taking the session)

At 2 p.m., Gender Sensitization by Beena R (DPM Gender District Mission Kollam) was conducted. The session was about gender neutrality, gender equity, and gender discrimination. The session was very effective. The session ended at 4 p.m. followed by the feedback session.




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International Yoga Day 2023

Theme of the International Yoga Day 2023 was 'Yoga for Vasudhaiva Kutumbakam' indicating Yoga for the welfare of all in the form of 'One World-One Family'. It emphasizes the spirit of Yoga, which unites and takes everyone along. As a part of international yoga day on 21st June 2023, NCC cadets of St. Gregorios College Kottarakkara which is under 9(K) Bn NCC celebrated Yoga day by practicing yoga and 57 cadets were participated. Source: <https://youtu.be/I9JfZZzD3sY?si=8HGttxj8OYIgTluj>



Anti-Drug Awareness Class

Under Nasha Mukta Bharat Abhiyan-2024

An impactful anti-drug awareness class was conducted on 3rd February 2024 at Town UPSchool, Kottarakkara, under the banner of the Nasha Mukta Bharat Abhiyan. The event aimed to educate and inspire young minds about the dangers of drug abuse and the importance of leading a healthy, addiction-free life. The session witnessed enthusiastic participation from 20 NCC cadets of St.Gregorios College, Kottarakkar. The attendees were a mix of disciplined young leaders and socially responsible volunteers, creating a vibrant and engaged audience.

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The resource persons used practical examples, statistical data, and emotional narratives to highlight the consequences of substance abuse. They also shed light on the government's initiatives under the Nasha Mukta Bharat Abhiyan and encouraged the participants to actively contribute to the cause by spreading awareness in their communities. The event concluded with a pledge-taking ceremony, where all participants vowed to remain free from drugs and work towards creating a drug-free society.




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