



ST. CYRIL'S COLLEGE, ADOOR

Criteria 7

7.1.1
**MEASURES INITIATED BY THE
INSTITUTION FOR THE PROMOTION OF
GENDER EQUITY DURING THE YEAR –
REPORT**

St. Cyril's College, Adoor

Section-1

GENERAL INFORMATION

1. Name of the College: St. Cyril's College, Adoor
2. Name of Women's Cell Co-ordinator : Dr.Shiny Kochummen
3. Date of appointment of Women's Cell Co-ordinator: June 2022-May 2022
4. Details of women cell members 100

As per the proposal submitted to Kerala State Women's Development Corporation Ltd (KSWDC), Women's Cell of St.Cyril's College, Adoor , commenced its activities based on the upliftment of women groups, and scheduled various programmes in the College.

The formal inauguration of Women Cell of 2022-23, was held on 23rd January, 2023.Dr.Shiny Kochummen Assistant Professor of Commerce, Women's Cell Co-ordinator welcomed the gathering. Smt.Dhanya K S,Sub Inspector Of Police, Adoor PS formally inaugurated the women's cell. The officer gave a bird's eye view on the legal frameworks available for womens protection.She also emphasised that women should have broader outlook of life. Smt.Mariamamma Tharakan, Panchath Member,Ward VI,Erath Grama Panchayth Standing Committee Chairman felicitated the occasion. She reinforced the need for women security. Mrs.Mini Mathew (Associate Professor) HOD, Department of History, Mr.Sajin Philip (Assist.Prof.)HOD, Department Of Economics And Staff Secretary, Kumari Thejassi Anil Kumar, B.A Economics, Chairperson felicitated on the occasion.

The Women's Cell of the College in association with KSWDC organized training sessions,gender sensitization programmes, community intervention and cultural programmes thereby empowering the women and equipping students for the maximum betterment of the society.

Section-2 ACTIVITIES

Sl. No	Date/dates of the Activity	Programme	Resource Person
1	January 23, 2023	Training Session on Team Building	Master Trainer and Facilitator Mr.Shijin Mathew
2	January 24, 2023	Training Session on Personality Development	Ms.Anjuman Banu, Personality Trainer, Rexona Confidence Academy
3	February 22,2023	Self Defence	Fr.Dr.Jacob John
4	February 23,2023	Gender Sensitization Session 1	Sakiya S Priyamvada
5	March 8,2023	Gender Awareness	Advocate Dr.Ajitha K S
6	March 17,2023	Gender Sensitization Session 2	Mrs.Merlyn Susan Varghese,Psychological Counsellor
7.	March 17,2023	Community Programme	Mrs.Merlyn Susan Varghese,Psychological Counsellor
8	March 30,2023	Cultural programme	Say No to Drugs:Theme Dance
9	March 31,2023	Manuscript	Senora20 22-2023
10	March 31,2023	Installation of Suggestion Box	

➤ **Training Session on Team Building**

Team building is an essential part of management and team work teaches essentials of communication and social skills such as active listening and effective speaking. When working as a team, students learn how to listen to their leaders in order to perform their individual roles. Teamwork teaches students how to respectfully and confidently express their ideas and opinions effectively in a group setting. Bearing this in mind a training session was held for the benefit of First Semester women cell members focusing on “Team Building” on January 23, 2023 in the Seminar Hall. The session was handled by Master Trainer Mr. Shijin Mathew. All the students of first semester and women cell members assembled in seminar hall and the activities started with a welcome address by Dr. Shiny Kochummen, Women’s Cell Co-ordinator. The students started the session with playing few games in the beginning which was fun for them and entertaining. He talked on the ways how team work can be done. They were divided into teams and engaged in writing story based on time. The talk was given to all the girl students of the college. Nearly 100 students attended the programme. The workshop was conducted by the trainer on an activity based mode in addition to lectures and video clippings. Group discussions were also held to make students learn to think collaboratively and also work under competition. All the students participated actively in all the activities. The feedback obtained from the students revealed that the program was excellent.





ST. CYRIL'S COLLEGE, ADOOR

KSWDC - WOMEN'S CELL

Organises a talk on

"Team Building"

Resource Person : **Mr. Shijin Sreekumar**
Cochin Institute of Accounts



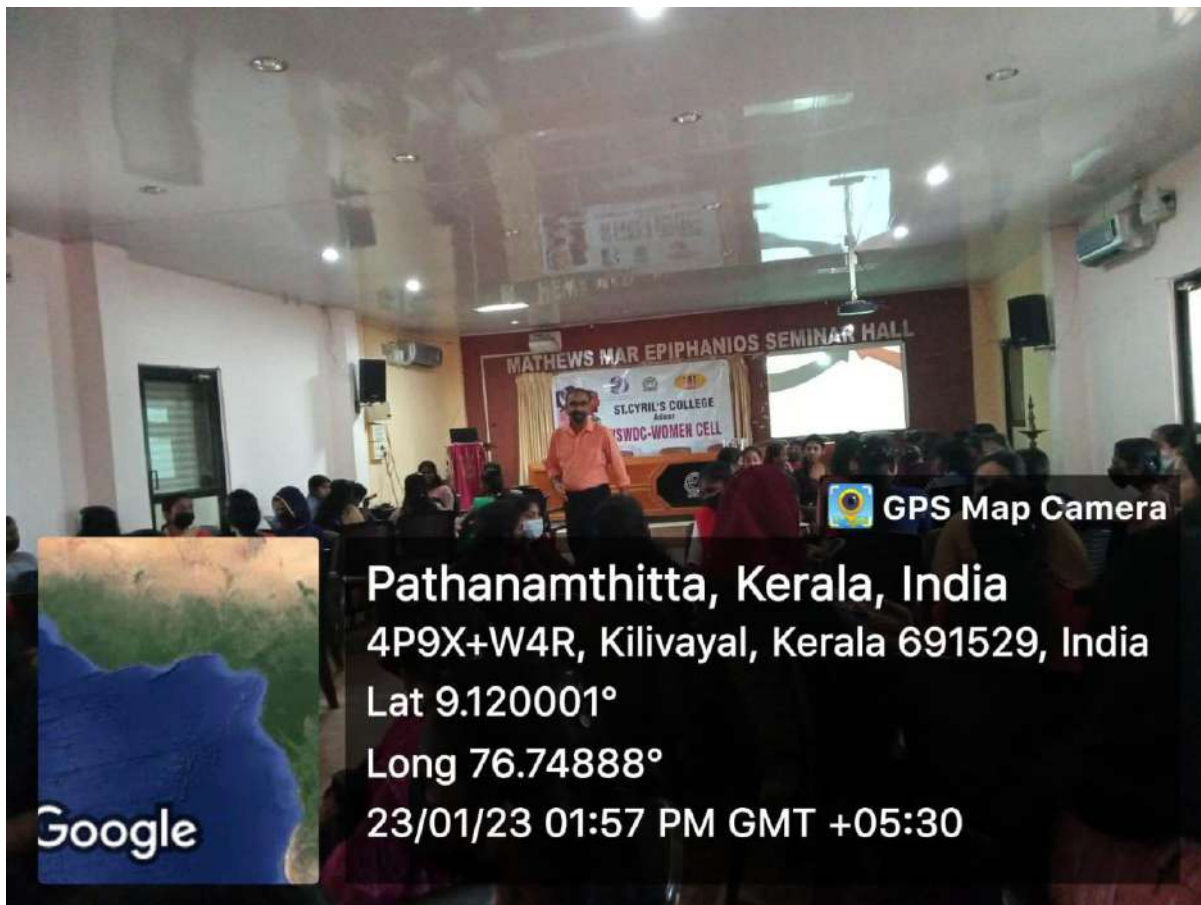
TEAM BUILDING

Venue : Seminar Hall Date : 23/01/2023 Time : 1:30 PM

Dr. Susan Alexander
Principal

Dr. Shiny Kochummen
Women's Cell Co-ordinator

Training Session 1



➤ **Training Session on Personality Development**

The economic imperatives for Indian Higher Education System are: Developing a skilled, job ready and productive workforce by imparting technical and soft skills training; imparting education/skills that enable students to become entrepreneurs; and enabling Higher Education graduates with global skills, who can be employed by workforce deficient countries. Bearing this in mind a training session was held for the benefit of First Semester and women cell members focusing on “Personality Development” was conducted for the students in association with Hindustan Unilever Ltd On January 24, 2023 in the Seminar Hall. Ms. Anjuman Banu, Personality Trainer, Rexona Confidence Academy delivered the talk. The talk was given to all the girl students of the college. Nearly 100 students attended the programme. The workshop was conducted by the trainer on an activity based mode in addition to lectures and video clippings. Group discussions were also held to make students learn to think collaboratively and also work under competition. All the students participated actively in all the activities. The feedback obtained from the students revealed that it was useful to them in enhancing their communication and leadership skills.

WOMEN'S CELL
ST. CYRIL'S COLLEGE, ADOOR
In Association with
HINDUSTAN UNILEVER LIMITED

Awareness Talk on
PERSONALITY DEVELOPMENT

Resource Person : MS Anjuman Banu
 Personality Trainer
 Rexona Confidence Academy

Venue : Seminar Hall Date : 24/01/2023 Time : 2:30 PM

There will be a small gift for all the students of St.Cyril's College from Rexona Confidence Academy

Dr. Susan Alexander
Principal

Dr. Shiny Kochummen
Women's Cell Co-ordinator

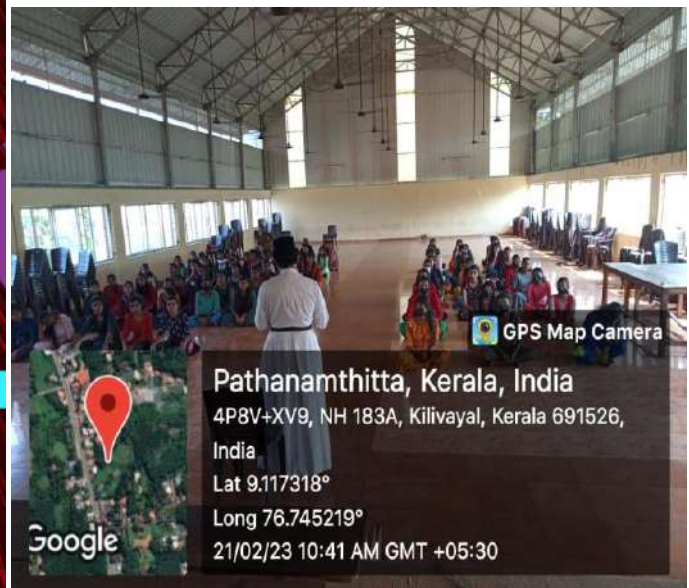
Training Session 2



➤ **Self Defence Training Programme**

Self defence plays a big role in a student's life and prepares them for the dangers that may befall them. It is therefore quite crucial to the overall holistic development of the student. A session on self defence was held on February 22, 2023 at 10.00 am Dr Shiny Kochumen , Coordinator of women cell welcomed the session. Dr Susan Alexander, Principal of the College delivered the key note address in that program. followed by a revitalizing session on self defence. First Year women's cell representative Malavika Malu gave vote of thanks.

The poster features logos for St. Cyril's College, the Kerala State Women's Development Corporation Ltd, and 181 MITHRA. The text reads: **Women's Cell**, **ST. CYRIL'S COLLEGE, ADOOR**, **In Association With KSWDC**. It includes a silhouette of a person performing a martial arts move. The **Talk on-** section is titled **Self Defense Training Program** with **Resource Person: Fr. Dr. Jacob John**, Yoga Acharya, Director, Chaithanya Healing and Training Centre, Tvm. The **Date: 22/02/2023** and **Time: 10:30 To 12:30 PM** are listed. The **Venue: College Auditorium** is also specified. At the bottom, the **Principal Dr. Susan Alexander** and **Women's cell Co-ordinator Dr. Shiny Kochumen** are named.



➤ Gender Sensitization Session 1

Gender Sensitization is the process of making people aware of gender equality thereby eliminating gender discrimination issues by creating a modification in the behavior and views of the people. A class on Gender sensitization was held for the students of the College on February 23 at 10am. Dr Shiny Kochumen , Coordinator of women cell welcomed the session. Dr Susan Alexander, Principal of the College delivered the key note address in that program. followed by a brilliant and simple class about gender sensitization led by a sogesic trainer Shakhiya S Priyamavada. Union chairperson Thejasi Anil Kumar gave the felicitation .Mrs Elizabeth George, member of women cell gave the vote of thanks.



➤ Gender Awareness

The evolution of technology has impacted every aspect of our lives from banking to the way that we communicate with each other. In fact, technology has become an integral part of sustaining society, and its infusion with education is therefore inevitable. More girls are in school today than ever before, but they do not always have the same opportunities as boys to complete and benefit from an education of their choice. Too many girls and women are held back by biases, social norms and expectations influencing the quality of the education they receive and the subjects they study. They are particularly under-represented in science, technology, engineering and mathematics (STEM) education, and consequently, in STEM careers. This gender disparity is alarming, especially as STEM careers are often referred to as the jobs of the future, driving innovation, social wellbeing, inclusive growth and sustainable development. UNESCO is giving special attention to this issue through research, policy and capacity-building work and as part of its efforts to promote the empowerment of girls and women through education. With the theme **Digital: Innovation and Technology for Gender Equality** a training session was held for the benefit of Second Year and women cell members focusing on “**Women and Education through Technology**” on March 8, 2023 in the Seminar Hall. This day recognises and celebrates the women and girls who are championing the advancement of transformative technology and digital education. The observance also aims to explore the impact of the digital gender gap on widening economic and social inequalities, and it will spotlight the importance of protecting the rights of women and girls in digital spaces and addressing online and ICT-facilitated gender-based violence. Dr.K Ajitha, Advocate, delivered the talk. All the students of second year and women cell members assembled in seminar hall and the activities started with a small welcome address by Dr.Shiny Kochummen, Women Cell Co-ordinator. She emphasized on importance of education to women, the challenges that come before women, role of technology and its impact on their lives and how to solve the problems that come before them.

Women's Cell
ST. CYRIL'S COLLEGE, ADOOR
In Association with KSWDC
INTERNATIONAL WOMEN'S DAY
CELEBRATIONS ON MARCH 8

THEME 2023 'DIGITALL': INNOVATION AND TECHNOLOGY FOR GENDER EQUALITY

Resource Person : **Mrs.K Ajitha MSW,Ph.D,LLB**
Advocate
Kottayam

Date : **08/03/2023** **Time :** **10:30 To 12:30 PM**

Venue : **College Auditorium**

Principal **Women's Cell Co-ordinator**
Dr. Susan Alexander **Dr. Shiny Kochummen**

Gender Awareness



Dr. K Ajitha speaking on Gender and Education in the Technological Era

➤ **Gender Sensitization Session 2**

Women's Cell of St.Cyrils College, Adoor in association with KSWDC organized a talk on Gender Sensitization, '*A spectrum of free minds*' at Seminar hall on 17/03/2023. The programme started at 1.30 pm. The Programme began with a prayer by college choir. After the prayers Dr. Shiny Kochummen, Women Cell Coordinator welcomed the gathering.

The Principal of the College, Dr. Susan Alexander delivered the presidential address. The resource person Smt. Merlyn Susan Varghese, Psychological Counselor gave an informative talk on the topic Gender sensitization. Gender sensitization is the process of making people aware of gender equality and the need to eliminate the gender discrimination. The speech was very effective to the students. After the speech Mrs. Mini Mathew, Associate Professor HOD, Department of History delivered the felicitation. At the end Dr. Mini Samuel, IQAC Co-ordinator gave the vote of thanks. The programme ended at 3.00 pm.





Women's Cell

ST. CYRIL'S COLLEGE, ADOOR

In Association with KSWDC

Talk on Gender Sensitization

A Spectrum of Free Minds

Resource Person :



Smt. Merlyn Susan Varghese
Psychological Counselor

Date : 17/03/2023 **Time : 1:30 To 3:00 PM**

Venue : Seminar Hall

Principal **Women's Cell Co-ordinator**
Dr. Susan Alexander **Dr. Shiny Kochummen**

Gender Sensitization



➤ Cultural Programme

SAVE THE TEENS

The Women's Cell of St Cyrils College, Adoor in association with KSWDC organized a theme dance entitled 'Save the Teens' on the theme 'Say no to Drugs' at college auditorium on 30/03/2023. Through this program the members were able to bring the negative aspects of drug addiction to the college students. The audience understood what intoxication is and what consequences will happen in life if the drugs are used.



➤ Community Programme

Women's cell of St. Cyril's College, Adoor In Association with KSWDC organized a community intervention programme at St Mary's MMUPS, Adoor on 17/03/2023 .The programme began at 10:30 am. The programme started with a prayer by Women Cell members .After the prayer Dr. Shiny Kochummen, Assistant Professor, Women's Cell Coordinator welcomed the gathering. Smt. Binu K Mathew, Senior Assistant delivered the Presidential address .Smt. Sushila Daniel, Senior Assistant inaugurated the programme. The resource person Smt. Merlyn Susan Varghese, Psychological Counselor on the topic 'Becoming A Productive Teenager'. It was a very effective session for the students. After the speech Sri. Sajjan KS, Staff Secretary gave the felicitation..At the end the vote of thanks was given by Kumari Shahina Shabeer, women's cell representative. The programme ended at 11.30 am.



Women's Cell
ST. CYRIL'S COLLEGE, ADOOR
In Association with KSWDC
Community Intervention in
St. Mary's MMUPS, Adoor
Becoming a Productive Teenager

Resource Person :-

 **Smt. Merlyn Susan Varghese**
Psychological Counselor

Date : 17/03/2023 **Time : 10:30 To 11:30 AM**

Venue : St. Mary's MMUPS, Adoor

Principal
Dr. Susan Alexander

Women's Cell Co-ordinator
Dr. Shiny Kochummen



➤ **Manuscript**

Manuscript entitled SENORA 2022-23 was released on March 31st 2023 by the Principal Dr.Susan Alexander.Dr.Mini Samuel IQAC Co-ordinator and Mrs.Mini Mathew,ssociate Professor ,Department of History gave the felicitations.Kumari Kathu B S women cell memmber and student editor proposed the voteof thanks.

➤ **Installation of Suggestion Box**

Suggestion boxes can be useful. They are a valuable way to collect ideas and feedback and get them to the people that can make change happen.. Some of the best benefits of having a place to share ideas:

Boost morale: When there's meaningful follow-through on a suggestion, it can make them know their voices are heard — improving morale.

Promote inclusivity in anonymity: Whether you have soft-spoken colleagues or new team members, anonymity can encourage them to share their thoughts and constructive feedback in a secure environment. This might even help them be more engaged in other places, like meetings or brainstorming sessions, as they gain confidence at work.

Improve problem-solving: If the team knows that feedback is taken seriously, they are more likely to continuously hunt for and highlight opportunities to improve systems and processes.

Encourage innovation: Capturing ideas means you can innovate faster. A suggestion box gives everyone a place to contribute exciting ideas and share opportunities, whether they're on the project team or not.

Promote a culture of feedback: A culture of feedback often starts with the smallest of acts. Introducing a suggestion or ideas box reinforces the idea that feedback matters, is valued, and is acted on.

Suggestion boxes: the cons

Here are some of the potential pitfalls of introducing a suggestion box:

Increased negativity: If students are deeply unsatisfied or disengaged, they might use this as an opportunity to vent rather than offer meaningful solutions.

Deteriorated trust: Your actions need to match your words. If you don't have the time to review and action suggestions, people will lose hope and stop engaging with the concept.



Dr.Susan Alexander

Principal

Dr. Shiny Kochummen

Women's Cell Co-ordinator

ST CYRIL'S COLLEGE, ADOOR
ANNUAL GENDER SENSITIZATION REPORT

October 11, 2022 Gender Awareness Campaign

A Gender Awareness Campaign was conducted for the students of the college on October 11, 2022 in association with Women and Child Department and ICDS Parakkode to create awareness among the students regarding dowry system, heavy expenses for conducting weddings and child marriage. The campaign was carried out with the help of the NSS Unit of the college. In the meeting where Prof Mini Mathew, Principal of the college was the President, Dr Mini Samuel welcomed the gathering. Prof Anitha Thomas, Former Principal of the college inaugurated the campaign and Dr Susan Alexander, Staff Secretary felicitated the occasion. A detailed and interesting awareness class was led by Adv Muhammad Ansari, District Court Pathanamthitta. He grabbed the attention of the students by sharing his experience as a lawyer and also narrated a few incidents he had witnessed related to dowry problems. It was an interactive session where students also raised doubts on legal points and laws to be remembered. Dr Nisha Mathew, NSS Programme Officer proposed the vote of thanks.



8 March 2023

March 8, celebrated as International Women's Day was unique for the NSS volunteers of Cyril's. It was the day of the launch of a product that they had made – Hibiscus Squash. It is extremely healthy and good for various issues faced by women. The squash was made from the hibiscus planted in the campus. They also collected hibiscus from the locality. Hygienically prepared squash was bottled and the first sale was by Dr Susan Alexander, the Principal of the college. One bottle was gifted to the Ashaworker of the ward Ms Mini Johnson so that she could give it publicity. A bottle was given to the ANganawadi teachers who made fresh glasses for the little ones. The others were purchased by the teachers of the college. The amount collected will be used for charity.



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691526, India
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Local: 11:56:15 AM Altitude: 43.09 meters
GMT: 06:26:15 AM Wednesday, 01/28/2023



4P9K1W4R, Kilivayal, Kerala 691529, India
Latitude: 9.1200567° Longitude: 76.7489116°
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PRINCIPAL
ST. CYRILS COLLEGE
ADOOOR