



KUMBALATHU SANKUPILLAI MEMORIAL DEVASWOM BOARD COLLEGE

**(Re-accredited with 'A' Grade by NAAC)
SASTHAMCOTTA, KOLLAM District, KERALA**

CRITERION 7

**7.1.1 MEASURES INITIATED BY THE INSTITUTION
FOR THE PROMOTION OF GENDER EQUITY DURING
LAST FIVE YEARS**





Gender Sensitization Activities Report 2016-2017

Action Plan	Action Taken
Self Defense	International Women's Day 2017 was inaugurated under the auspices of the Women's Study Cell. "Be Bold for Change" was the campaign theme in the year 2017. The theme emphasises embracing change, anticipating change and exploiting change as an opportunity. The main emphasis was on how to defend oneself and thus bring about a change in our life. Kerala State Youth Commission Chairperson Miss Chintha Jerome inaugurated the function. The programme emphasised gender equality as the women themselves are capable of defending themselves. The participation of male students in the programme was commendable.
Women Empowerment	The Women's Cell of the College conducted Food Fest from 1 March 2017 to 3 March 2017. The fest was organised for initiating entrepreneurship for female students. College Principal Dr K. Mohankumar inaugurated the fest. The students actively participated in the fest, bringing home made food items, cooked and half-cooked. Different kinds of fruit juices were also the highlight of the fest. The staff members and students encouraged the entrepreneurs by their active participation.
Safety and Security	The Women's Studies Cell of the College conducted a seminar on "Women's Safety in the New Media Age", in connection with the International Women's Day Celebrations on 23rd January 2017. This Seminar was aimed at raising awareness among women to throw light on their safety.
Guidance and Counselling	The Centre for Women's Studies of our college conducts counselling sessions every academic year. The students coming from different sections of the society face many physical, psychological, identity and relationship changes on their journey to adulthood. Such programmes help them to move through this developmental stage peacefully. A counselling session was organised on 2 nd February 2017. The counselling sessions helped the students to be safe, feel good about themselves and engage in respectful relationships.
Health and Wellness	Drug abuse is a very serious problem in many campuses. The exposure to a variety of people in college, stress of adjusting to new environments, participating in fraternity and many other aspects of student life increase the risk of college drug use disorders. In order to make the students aware of such facts, The Women's Study Cell of the College, jointly with NCC conducted a seminar and Quiz Competition on Drug Abuse on November 21, 2016. The programme "Laharivirudha Kavi Sammelanam" was conducted by



	<p>Excise Range Office, Sasthamcotta with NSS units DB College related to 'Gandhi JayanthiVarakhosham' on 5th October 2016. A convention of Malayalam poets was organised as a campaign against drugs and alcohol.</p> <p>NSS conducted a food fest on 9th November 2016 against the fast food culture of new generation students. The faculty, non-teaching staff and the students from the college participated in the programme. The fest gave a message to the new generation about a good food habit and a healthy life.</p>
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Gender Sensitisation Activities Report – 2017-2018

Action Plan	Action Taken
Self Defense	Self-defence Training for girl students was conducted by the Centre for Women's Studies (Women's Cell) on 14,15 and 16 February 2018 in association with Kerala Police, Sasthamcotta station
Women Empowerment	International Women's Day is celebrated on March 8 th , 2018 by organising a seminar on "Press for Progress" which emphasised the need for emancipation of women.
Safety and Security	The Centre for Women's Studies of our college conducted Orientation Programme for students on 9 th November 2017. The sessions helped the students to be safe, feel good about themselves and to engage in respectful relationships.
Guidance and Counselling	Counselling sessions were imparted on January 3 rd 2018 by a qualified and trained counsellor.
Health and Wellness	Seminar on drug abuse and health issues was conducted by the Centre for Women's Studies in association with the Excise Department and short film presentation on 20 th March 2018 to make the students aware of the problems the drug addicts have to face in the society. The NSS unit of the college conducted Health Education classes for students on "Women and Cancer" on 8 th March 2018



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Gender Sensitisation Activities Report – 2018-2019

Action Plan	Action Taken
Self Defense	Self-defence Training for girl students was conducted by the Centre for Women's Studies on 6 th February 2019.
Women Empowerment	<p>In connection with International Women's Day Celebration and Bodhi Seminar, the Centre for Women's Studies conducted a seminar titled "Women Empowerment: Emerging Trends and Challenges" on 15th February 2019.</p> <p>On 8th March 2019, as part of the Women's Day celebrations, meritorious lady teachers and students were honoured.</p> <p>Elocution Competition on "Empowering Women" was also held as part of the Women's Day Celebrations in Association with the Social Welfare Department and Sasthamcotta Grama Panchayat. Soorya, the transgender woman was also honoured on the occasion.</p> <p>The Department of English conducted a seminar on Feminism on 5th February 2019, encouraging the participants to bring out female narratives as part of their empowerment.</p> <p>The Community Based Activities of the college has conducted a workshop on "Wealth from Waste" on 22 March 2019, which was aimed at teaching skills which will enable them to lead an independent life.</p>
Safety and Security	The Women's Studies Cell of the College conducted a seminar on "Women's Safety" on 12 th February 2019. This Seminar was aimed at raising awareness among women on how to lead a safe life and avoid dangers.
Guidance and Counselling	The Centre for Women's Studies (Women's Cell) organised a counselling session on 3 rd January 2019. The counselling sessions instilled confidence in women who are struggling with many problems in their lives.
Health and Wellness	<p>Seminar on drug abuse and health issues was conducted by the Centre for Women's Studies on 4th February 2019 in association with the Excise Department.</p> <p>A short film presentation on 20th March 2019 to make the students aware of the problems the drug addicts have to face in the society.</p> <p>An AIDS awareness class was conducted by the Health Education Club of the college. Dr. Rakhi S.Anand, Junior Consultant in Gynaecology in</p>



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	<p>Taluk Hospital, Sasthamcotta engaged the session on 7th December 2018.</p> <p>A seminar on “Influence of Yoga on Diabetes and Stress” was held on 16th November 2018 by the Health Education Club.</p>
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Gender Sensitisation Activities Report – 2019-2020

Action Plan	Action Taken
Self Defense	A class on self-defence was conducted by the Centre for Women's Studies (Women's Cell) on 6 th February 2020.
Women Empowerment	Centre for Women's Studies (Women's Cell) organised a seminar on "Equality for Women and Society" as part of the International Day celebration 9 th March 2020.
Safety and Security	The Women's Studies Cell of the College conducted a seminar on "Women's Safety" on 12 th February 2020. This Seminar was aimed at raising awareness among women on how to lead a safe life and avoid dangers.
Guidance and Counselling	Red Ribbon Club conducted a counselling clinic for male and female students on August 31, 2019 arranged by Kerala State Aids Control society (youth affairs). Problems discussed were behavioural problems, stress, learning difficulty, adjustment problems etc. Counselling session was arranged by a trained counsellor on 12 September 2019.
Health and Wellness	A cancer awareness programme by Dr. V.P. Gangadharan, eminent oncologist was conducted by the Health Education club of the college on 11 th December 2019. NSS conducted Anti Drug Awareness Rally and Vimukthi Awareness Programme on 9 th December 2019 to initiate people to take action against drug addiction. AIDS Awareness Class was conducted on 12 th December 2019 by the NSS to create an awareness among youth on the disease. An awareness and education programme on palliative and geriatric care was conducted on 7 th December 2019 to initiate sympathy and compassion and willingness to care for the elderly and other patients among the youth.




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Gender Sensitisation Activities Report – 2020-2021

Action Plan	Action Taken
Self Defense	An awareness on Self-defence for girl students was conducted online by the Centre for Women's Studies (Women's Cell) on 9 th December 2020.
Women Empowerment	<p>Centre for Women's Studies organised an online training and demonstration "Cash out of Trash: An Eco-friendly Art" on 15th June 2020. The training session helped the participants, mostly women, to develop the essential skills needed for an independent living.</p> <p>The Women's Studies Cell of the College conducted a talk on "Strength of Survival" on 8th March 2021. The problems encountered by the students on the covid situation were discussed and the session instilled courage in the students to face the adverse situation.</p>
Safety and Security	<p>Webinar on Social Justice and Marginalised Children was organised by NSS on 26th July 2020. The session focused on violation of human rights on how children could be saved from marginalisation.</p> <p>International day against Human Trafficking was observed by NSS on 30th July 2020. The students were made aware of the various dangers that exist in our society and are informed on how to lead a safe and secure life.</p>
Guidance and Counselling	Counselling sessions were arranged by a trained counsellor on 14 December 2020.
Health and Wellness	<p>Yoga Day was celebrated online on 21st June 2020 gives an awareness to students on the benefits of practising Yoga daily. The webinar also conveyed the message that Yoga is highly useful in the pandemic situation as it keeps a person healthy and also it helps in reducing tension.</p> <p>The Department of Sanskrit conducted a National Webinar on 21st June 2021 in connection with International Yoga Day Celebration. Sri. Dhanesh P.V., Teacher in Yoga, Central Sanskrit University , Guruvayoor Campus, Trichur delivered the keynote address. on the topic "Yoga: A Breath of Hope During Covid-19".</p>



	<p>Webinar on “Covid and Palliative Care” was conducted on 10th October 2020. There was a discussion on how effective care can be given to patients during the Covid pandemic.</p> <p>Webinar on “Blood Donation in Covid Pandemic: Issues and Challenges” conducted on 14th October 2020 discussed the risk factors of blood donation during the Covid pandemic situation.</p> <p>Webinar on “Palliative Care” conducted on 26th February 2021 discussed on how to care patients sympathetically and effectively.</p> <p>Kerala State Literacy Mission Club of the college conducted a webinar on 12 June 2021. This Covid awareness webinar was entitled “The Menace of the Times”. The participants gained useful information on the disease and also the precautionary mission to be taken.</p>
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