



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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