



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC With 'A' Grade An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by C.S.I East Kerala Diocese
Affiliated to Mahatma Gandhi University, Kottayam

Criterion-7

INSTITUTIONAL VALUES AND BEST PRACTICES

7.2- Best Practices

Any Relevant Information

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

7.2 Best Practices: Any Other Information

Best Practice 1: Initiatives for Psychosomatic Wellbeing

1. WEBINAR ON COVID 19 in association with Lakeshore Hospital, Kochi

Henry Baker College has been conducting webinars on topics related to Covid 19 with a focus on people who may be at the risk of exposure to COVID 19. As per predictions made, the third wave of covid-19 is expected to hit India between the months of August and October 2021 and will hugely impact children. This has triggered enormous panic across the country. So a Live Webinar in association with VPS LAKESHORE HOSPITAL, KOCHI was conducted on 5th June 2021 through Zoom Application.

The first session was based on the topic 'Covid and Gastro Problems' by Dr. Roy J Mukkada MD (General Medicine), DNI, Gastro, MNAMS, FASGE, FRCP (UK) Director of GI Endoscopy, Sr. Consultant and Head of Medical Gastroenterology, VPS Lakeshore Kochi. He clarified the doubts of students and teachers related to covid. The second session was based on 'COVID Stress Relieving Workouts' taken by Dr. Biny Elizabeth, (PT) BPT MIAP Physiotherapist), Lakeshore Hospital Kochi. She gave an idea regarding the physical activities and relaxation techniques that help to remain calm and continue to protect health during covid time. Almost 180 students participated in the programme.



LIVE
WEBINAR



HENRY BAKER COLLEGE, MELUKAVU
in association with
VPS LAKESHORE HOSPITAL, KOCHI
cordially invites you to a **LIVE Webinar**



05th June 2021
(Saturday)
2.00 pm

TOPIC 1

COVID AND GASTRO PROBLEMS



Dr. Roy J Mukkada

MD(Gen. Med), DNB(Gastro), MNAMS,
FASGE, FRCP(UK)
Director of GI Endoscopy, Sr. Consultant and
Head of Medical Gastroenterology,
VPS Lakeshore, Kochi

TOPIC 2

COVID-STRESS RELIEVING WORKOUTS

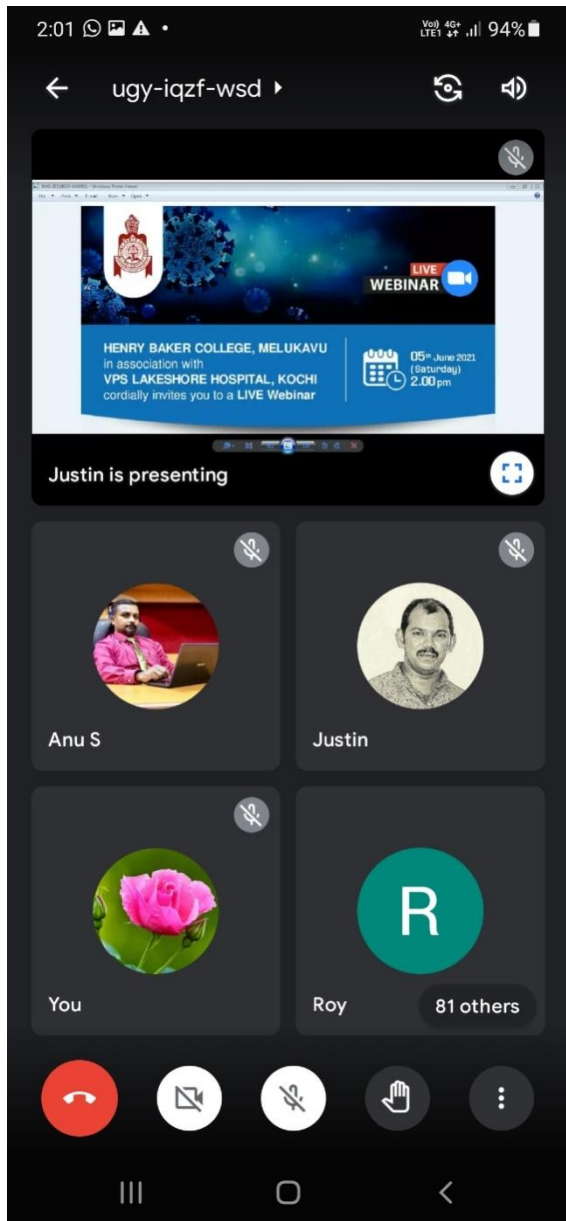


Dr. Biny Elizabeth

(PT) BPT MIAP
Physiotherapist
VPS Lakeshore, Kochi

TOLL FREE 1800 313 8775

vps | lakeshore
Global Lifecare



Screenshot of Webinar

**NSS Seven Day Camp: Talk on “Impact of Covid 19 on People’s Health”
27-12-2021**



Sri. Sasi M K, Health Inspector, Community Health Centre delivered a talk on “Impact of Covid 19 on People’s Health” from 11am to 12.00 pm. He enlightened the students that the post Covid conditions which include a wide range of health problems can last for weeks, months and years after infection. So proper health care is necessary. He suggested regular health checkups to identify early signs of health issues. He elaborated on the necessity of a healthy life style which keeps us fit and energetic.

Vaccination Drive – 07.01.2022

On 7th January 2022, a vaccination drive was organised by the NSS unit of Henry Baker college, Melukavu. The aim of the programme was to identify those students of our college, below the age of 18 who has not yet vaccinated against Covid 19 and to vaccinate such students. As per the guidance of the Medical Officers of Community Health Centre Edamaruku, the NSS volunteers collected the data of the students and informed the officials. Nineteen students got vaccinated.



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Vaccination Drive

NATIONAL SERVICE SCHEME

UNIT NO. 054 

in association with

COMMUNITY HEALTH CENTRE, EDAMARUKU

VENUE:
HRDT CENTRE, MELUKAVUMATTOM

Date :07/01/2022

3

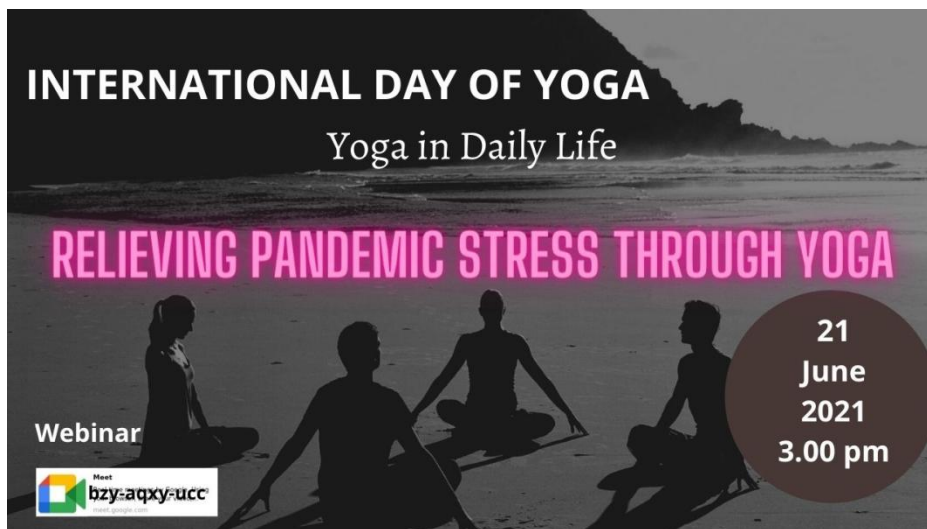
Programme: International Day of Yoga: Webinar on “Yoga in Daily Life”

Date: 21- 06 - 2021

Organized by: NSS Unit, Henry Baker College

Objective: To make students aware of physical and mental diseases and its solutions through practicing yoga.

National Service Scheme (Unit No. 54) of our college commemorated the International Day of Yoga by organizing a webinar on “Yoga in Daily Life” on 21.6.2021. IQAC Coordinator, Dr. Santo Jose welcomed the gathering. The programme was inaugurated by the Principal of our college Dr. Gireesh Kumar G S. Yoga instructor Ms. Sreeja Sree was the resource person. She pointed out the importance of practicing Yoga in our daily life as it caters a healthy mind in a healthy body. It obliterates the worries and anxieties of our mind. She highlighted that Yoga purifies our body, mind, thoughts, breath and emotions and takes us to an elevated state of living. It rejuvenates us and enables us to live harmoniously with others and our own selves. She also stressed on the value of meditation which provides calmness to our body, mind and spirit. Her lecture was followed by a dynamic discussion. Some of the students clarified their doubts regarding different Yoga Asana. On behalf of our college, NSS Programme Officer Sri. Justin Jose expressed gratitude to the resource person and participants. Ninety-eight students attended the programme.






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INTERNATIONAL DAY OF YOGA

Yoga for Harmony & Peace

Webinar "Yoga in Daily Life"

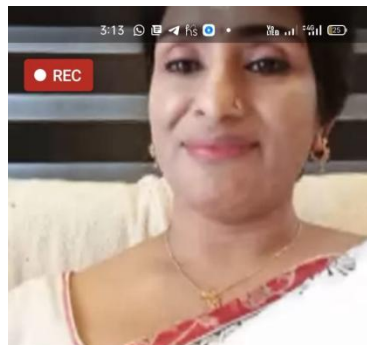
Inauguration  **Resource Person**

 **at 3.00 PM on Monday, 21 June 2021** 

Dr. Gireesh Kumar G.S.
Principal

Ms. Sreeja Sree
Yoga Instructor

Organized by,
Internal Quality Assurance Cell (IQAC)
 in association with
National Service Scheme (NSS)
HENRY BAKER COLLEGE, MELUKAVU



(71)

- Sudhish S NAIR
- SUMAN FARSANA K I
- THARA BABU 2020
- Vijitha Sukumaran
- Yadukrishnan M

(71)

- Ansa Andrews (You)
- Principal henry baker colle...
- Sreeja VM
- National Service Scheme ...
- Others in the meeting (67)

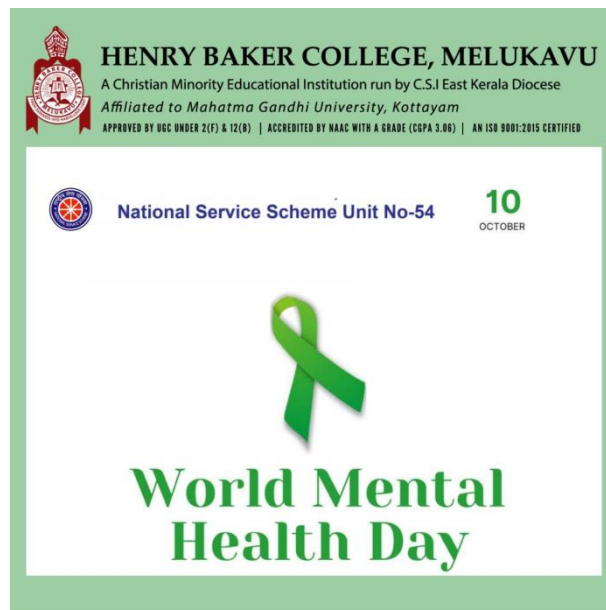
Programme: World Mental Health Day

Date: 10-10-2021

Organized by: NSS Unit, Henry Baker College

Objective: To disseminate awareness and reduce the stigma associated with mental health problems.

NSS Unit of Henry Baker College observed World Mental Health Day on 10.10.2021, by providing awareness message through posters to the students regarding the importance of mental health education. The World Federation for Mental Health (WFMH) has declared this year's theme to be 'Mental Health in an Unequal World.' The theme brings to light the increasing inequalities prevailing in the society. The prime aim of the programme was to spread awareness and reduce the stigma associated with mental illness.





NATIONAL SERVICE SCHEME
Unit No-54



It's World Mental Health Day!

**BE KIND TO
YOUR MIND**

A global campaign to promote mental
health awareness

10 October 2021



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Programme: International Day against Drug Abuse and Illicit Trafficking

Date: 26-06-2021

Organized by: NSS Unit, Henry Baker College

Objective: To raise awareness to fight against the substance abuse as well as the unlawful trade of drugs.

The NSS Unit of Henry Baker College observed International Day against Drug Abuse and Illicit Trafficking on Friday, 26 June 2021, by circulating posters against the Drug Abuse in WhatsApp groups. **The theme for 2021 International Drug Day was ‘Share Facts on Drugs, Save Lives.’** The main objective of the programme was to raise awareness to fight against the

substance abuse as well as the unlawful trade of drugs. It also helped to strengthen action and cooperation to achieve the goal of a society free of drug abuse.



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Programme: World AIDS Day

Date: 01-12-2021

Organized by: NSS Unit, Henry Baker College

Objective:

1. To unite in the fight against HIV/AIDS
2. To extend our support for HIV positive patients

The NSS unit of Henry Baker College, Melukavu took initiative to commemorate World AIDS day on 1st December 2021. The NSS volunteers made badges with red ribbon, the universally recognized symbol of HIV awareness and distributed it among the students and teachers. The entire staff and students of the college pinned red ribbon, to extend their support to the people living with HIV all over the world. The theme of World AIDS Day 2021 is “End inequalities. End AIDS.

Outcome: It helped to increase HIV awareness.



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NATIONAL SERVICE SCHEME

Unit No -054



End Inequalities. End AIDS

1 DECEMBER 2021

Honouring Olympic Prize winners 08.08.2021

Objective: To celebrate the victory of our country.

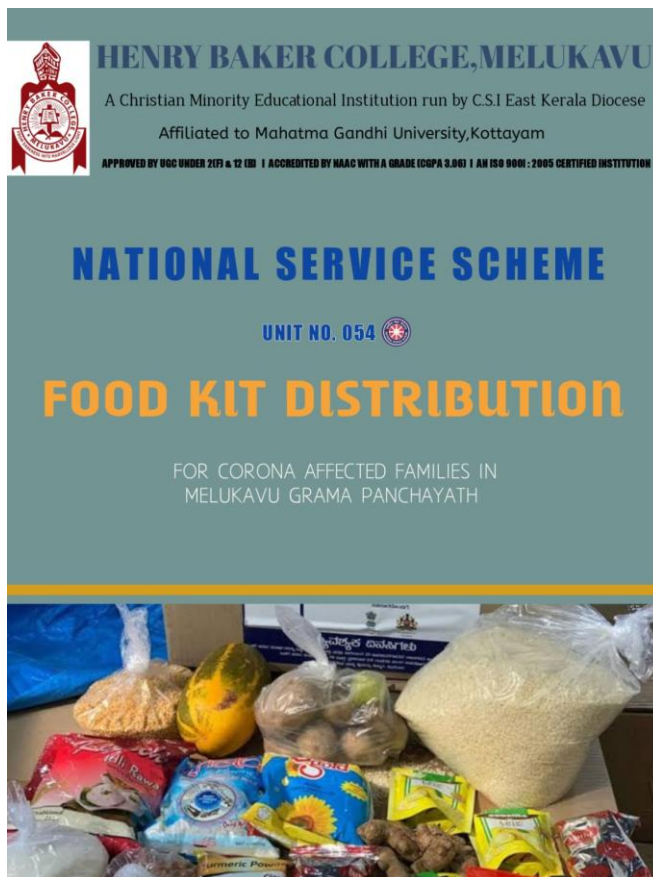
NSS Unit of Henry Baker College honoured the India's Medal winners at Tokyo Olympic 2021 by circulating posters of their victory on 8th August 2021. The prime objective of the programme was to celebrate the victory of our country on its highest ranking in over four decades. India capped off the Olympics by bagging seven medals, including one gold, two silver and four bronze. India opened its medal account with Mirabai Chanu's silver in the women's 49 kg category in weightlifting. It was followed by P. V. Sindhu's Bronze in Women's Singles Badminton, Lovlina Borgohain's Bronze in Women's Boxing (69 kg), Indian hockey team's Bronze in Men's Field Hockey, Ravi Kumar Dahiya's Silver in Men's Wrestling (57 kg), Bajrang Punia's Bronze in Men's Wrestling (65kg) and Neeraj Chopra's gold in Men's Javelin Throw. As it is a pride moment for all the Indians to see our country in the 48th place for Medal tally in the Tokyo Olympics, our college rejoiced the success.

Outcome: Strengthened the unity and solidarity of our country.



Corona Relief Ration kits to Corona Patients- 07.04.2022

The NSS Unit of Henry Baker College, Melukavu extended its Corona relief activities by distributing ration kits to twenty eight corona affected families in Melukavu Grama Panchayath. The NSS volunteers raised Rs. 14000/- from the teaching and non teaching staff for the provisional kits worth Rs. 500/- per kit. Principal Dr. G S Gireesh Kumar handed over the kits to the Ward member of Ward no. 12 Smt. Dency Biju on 07.04. 2022.





Filaria Elimination Survey- 04.03.2022 & 05.03.2022

On the 4th and 5th of March 2022, a Two Day Filaria Elimination Survey was conducted under the initiation of Community Health Centre, Edamaruku and the NSS volunteers of Henry Baker College Melukavumattom. The programme started with a brief awareness class by the Medical officer of Community Health Centre, Edamaruku. After the class, the volunteers split up into many groups and visited different areas of Melukavu Panchayath. Each group was accompanied by health workers. Volunteers made a survey and insisted the local communities to empty the vessels that could be a breeding place for thousands of infective mosquitoes. Importance of personal hygiene and safe disposal of all types of household wastes were stressed by the volunteers. They encouraged the children in the families to have an extra eye on matters like these and gave them charge of clearing water holding vessels, wastes etc. The Filaria Elimination programme and survey was a new experience to our NSS volunteers and also to the local community.



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FILARIA ELIMINATION SURVEY



NATIONAL SERVICE SCHEME UNIT NO. 054

&

COMMUNITY HEALTH CENTRE, EDAMARUKU



VENUE:
MELUKAVU
GRAMA
PANCHAYATH

DATES:
04/03/2022
05/03/2022





Best Practice 2: Women Empowerment through Enhancing Gender Equity Awareness of Laws and Rights

1.

Programme: Webinar on POCSO Act and Gender Equality

Date: 19-06-2021

Organized by: NSS Unit, Henry Baker College & The Ministry of Youth Affairs and Sports

National Service Scheme of Henry Baker College in association with the Ministry of Youth Affairs and Sports conducted a Webinar on POCSO Act and Gender Equality on June 19, 2021 at 3.00pm. The key objective of the webinar is to raise awareness about the POCSO Act. Dr. Athidi Kishore, Head, South India Rakshin Project, Sakshi NGO was the guest speaker. He delivered a lecture on legal implications of POCSO Act. He highlighted the importance of knowing the child Rights and laws for preventing child sexual abuse. He stated that gender equality is strongly tied to women's rights. Ninety nine students participated in the programme.

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Government of India
Ministry of Youth Affairs and Sports

NATIONAL SERVICE SCHEME
Unit No-054

POCSO ACT, 2012
&
GENDER EQUALITY

Sakshi
EQUALITY IS INCLUSIVENESS

Resource Person:
Dr. Aditi Kishore
Head, South India Rakshin Project
Sakshi NGO, Delhi

JUNE 19, 2021
TIME :3.00PM
PLATFORM-ZOOM

nss@henrybakercollege.edu.in

College Webinar

zoom.us/jc/9645237338/join?track_id=&bjmf_code=&meeting_result=&tk=&cap=undefined&refTK=&m=&po=1&epk=DX4575x-bmiRW8H43ceyPMQJHlgPdIqGrQ...

REC

Justin Jose

Aditi

Mubeena M.M

Fathima Nadha P

Anjali Shiju

View

HOSTS OF THE WEBINAR:

Sakshi

EQUALITY IS INCLUSIVENESS

Sakshi, a capacity building organization working for Gender Equality since 1992. It is a pioneer in working against Sexual Harassment at work place and Child Sexual Abuse in India.

THE RAKSHIN PROJECT

Unmute

Start Video

Participants 209

Share Screen

Chat

More

Leave

Show all

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3:31 PM 6/19/2022

College Webinar

(65) WhatsApp

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REC

Justin Jose

Aditi

FSLU RHMN

Radhika Haridas

Dilsha vv

View

THE RAKSHIN PROJECT

#StopChildSexualAbuse

40000 COLLEGES

400000 STUDENTS

2 YEAR PROGRAMME

ONLINE / OFFLINE SESSIONS

RAKSHIN FELLOWSHIPS - 5 LEVELS

FACEBOOK LEARNING COMMUNITY

SUSTAINED ENGAGEMENT

RESOLUTION MECHANISMS

RAKSHIN- PREVENTOR OF CHILD SEXUAL ABUSE

Unmute

Start Video

Participants 224

Share Screen

Chat

More

Leave

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Redmi Internet access

3:35 PM 6/19/2022

2.

Programme: Webinar on Domestic Violence & Dowry Prohibition Act

Date: 24-07-2021

Organized by: NSS Unit, Henry Baker College & Meenachil Taluk Legal Services Committee and Lion's Club International, District 318B

Objective: To make aware of the laws against dowry system and domestic violence.

National Service Scheme of Henry Baker College, Melukavu in association with Meenachil Thaluk Legal Services Committee and Lion's Club International, District 318B, organized a webinar on Domestic Violence and Dowry Prohibition Act on 24 July 2021 at 2.00 pm. Secretary of Legal Service Committee Smt. Soniya Joseph extended a warm welcome to the gathering. Dr. G. S. Gireesh Kumar, the Principal of the college rendered the presidential address. He motivated the students to stand against the deep-rooted social evils of dowry system which plays a key role in making the women victims of domestic violence. Sri. E. Ayyokbkhan, Chairman of the Meenachil Thaluk Service Society and Family Judge inaugurated the programme. In his address, he briefly explained the laws against domestic violence and dowry. He stated that domestic violence has crippled the lives of several vulnerable women. Many of them are suffering atrocities including mental, physical and sexual abuse from the husband and from the family members of the husband in a domestic setting. He stressed that time is ripe to eco our voice against the dowry system and domestic violence. The resource person Adv. Gigi Thomas, in his subject presentation enlightened the participants that any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats, coercion or arbitrary deprivation of liberty, whether occurring in public or domestic sphere will be treated as violence against women. He further stated that domestic violence figures at the top in violence against women. He reminded that it is the responsibility of the young generation to eradicate the dowry system. The subject presentation was followed by an active interactive session. Ln. Siby Mathew Plathottan, Secretary of Lions Club Aruvithura and Dr. Ansa Andrews, NSS Programme Officer

congratulated the organizing committee for making the programme a grand success. Sri. Justin Jose, NSS Programme officer expressed words of gratitude to the dignitaries and participants. Ninety nine students participated in the programme.

NATIONAL SERVICE SCHEME
HENRY BAKER COLLEGE, MELUKAVU
UNIT NO. 054

In Association with
MEENACHIL TALUK LEGAL SERVICES COMMITTEE
&
Lions Club -318-B
Organises a Webinar on
DOMESTIC VIOLENCE ACT & DOWRY PROHIBITION ACT

24 July 2021 2.00 pm

INAUGURATION

Sri. E. Ayyobkhan
Chairman, MTLSC, Pala / Family Judge Pala

Presidential Address
Dr. Gireesh Kumar G.S.
Principal

Welcome Speech
Smt. Sonia Joseph
Secretary, TLSC, Pala

Subject Presentation
Adv. Gigi Thomas

Felicitations
Ln. Siby Mathew Plathottam
District Coordinator

Felicitations
Dr. Ansa Andrews
NSS Programme Officer

Vote of thanks
Sri. Justin Jose
NSS Programme Officer

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Meet - sog-yybr-vmv

meet.google.com/sog-yybr-vmv?pli=1&authuser=1

Ayyob Khan

People

In call

- Justin Jose (You)
- A.JAYKUMAR P.A.JI
- AKHILA AJEESH 2020
- AKHILA C. BABU 2020
- ALFIYA ELLIYAS
- ALPHY JACOB 2020
- AMAL ROY 2020
- Amal Sebastian

Deventhu Mohan has left the meeting

Joseph Kp TLSC Meenachil... Gireesh Kumar Gigi Thomas 66 others You

2:27 PM | sog-yybr-vmv

2:27 PM 7/24/2021

6.

Programme: International Girl Child Day: Seminar on Child Right Laws and Prohibition of Selection Act

Date: 11-10-2021

Organized by: NSS Unit, Henry Baker College, Meenachil Taluk Legal Services Committee and Lion's Club International, District 318B

Objective: To celebrate the importance, power, and potential of girls around the world.

A series of events were organized by the NSS Unit of HBC in pursuance with Azadi ka Amrit Mahotsav to commemorate the 75th anniversary of India's Independence. HBC NSS in association with Meenachil Thaluk Legal Services Committee and Lion's Club International, District 318B organized a seminar on International Girl Child Day on "Child Right Laws and Prohibition of Selection Act" on 11 October 2021. The programme was started by 10.30 am with a silent prayer. Smt. Soniya Joseph, Secretary of Legal Services Society extended warm welcome to all. Principal of our college, Dr. Gireesh Kumar G S delivered the presidential address. He encouraged the girl students to celebrate the power of girls. Honourable M P, Sri. Thomas Chazhikadan inaugurated the seminar. He pointed out that the girls in India are still not given equal opportunities. It is the social responsibility of all citizen of India to protect girls from abuse, violence and exploitation. He urged all to join our hands for the empowerment of girls and fulfillment of their human rights. He congratulated our student, Ms. Treesa Rose V. J., who secured the first rank (B. Com) in the University Examination for her success and gave away the certificate. The chief guest of our programme was PMJF Ln. Prince Scaria, District Governor of Lions Club interacted with the students. He elaborated on the services and activities of Lions Club. The resource person of the seminar Adv. Johnson Mathew enlightened the participants on "Child Right Laws and Prohibition of Selection Act." He sensitized the students on certain special rights and legal entitlements of children. As children are socially and physically weakest

elements of our society, the constitution of India guaranteed several rights regarding their livelihood, education, liberty along with prohibition of child labour. The seminar was followed by an active discussion. Ln. Siby Mathew, District Secretary proposed the vote of Thanks. Eighty five students participated in the seminar.

Outcome: The seminar helped the students to increase their awareness of gender inequality faced by the girls. It also sensitized the students on the Child Rights guaranteed by the Constitution of India.





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NATIONAL SERVICE SCHEME

In Association with

Meenachil Taluk Legal Services Committee

&

Lions Club International, District 318 B

International Girl Child Day

11 October 2021, 10.30 am



Inauguration

**Seminar on
 Child Right Laws &
 Prohibition of Selection Act**

**Resource Person
 Adv. Biju Elamthuruthy**



Adv. Thomas Chazhikadan
 Member of Parliament, Kottayam





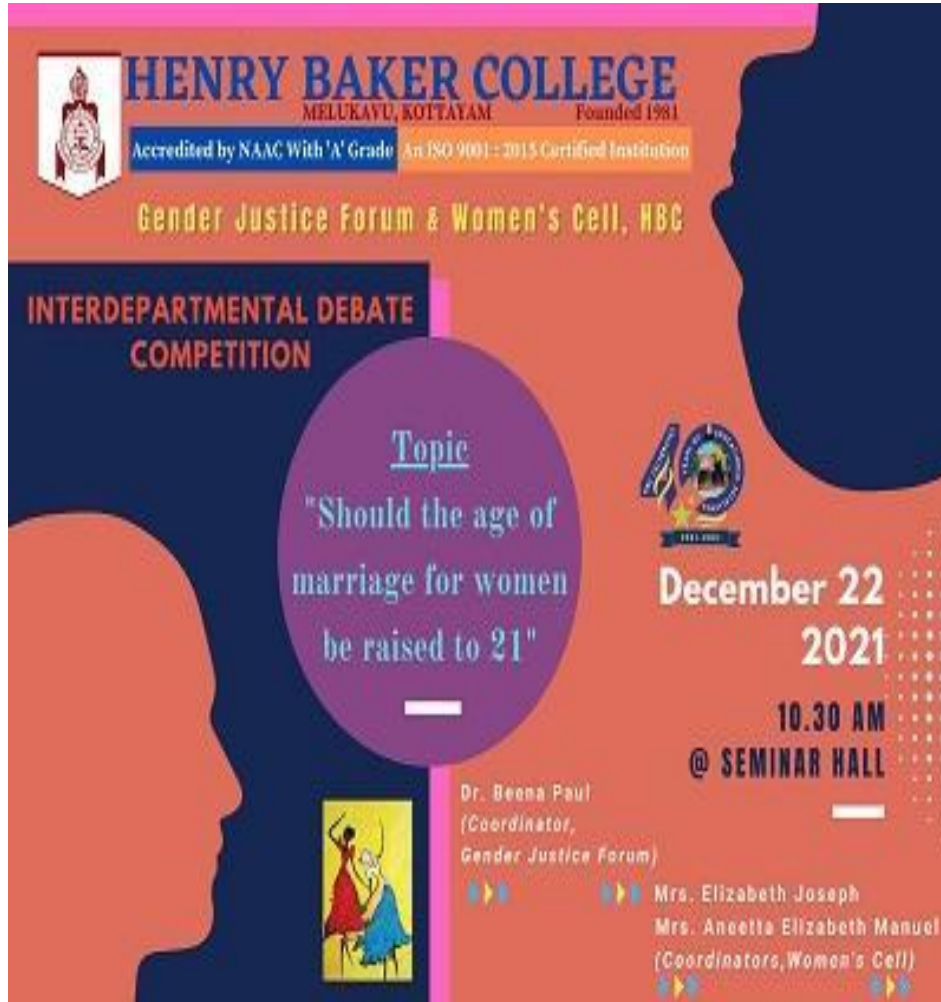
Programme: Debate: Should the Age of Marriage for Women be Raised to 21

Date: 22-12-2021

Organized by: Women's Cell & Gender Justice Forum, Henry Baker College

Gender Justice Forum and Women's Cell jointly conducted an Interdepartmental Debate Competition on 22/12/2021 on the topic "Should the age of marriage for women be raised to 21". The debate was designed to hone the skills of students to be out-spoken individuals and to express themselves on bigger platforms. The programme instilled a thinking mind among the students who were aware of the socio economically relevant matters. The event began around 10.30am where students from various departments and faculty members gathered as audience to cheer up the participants. Principal Dr. Greesh Kumar G.S inaugurated the event. Dr Beena Paul, Convenor, Gender Justice Forum welcomed the gathering. There was a total of 8 participants, 2 from each department. The participants were already given their motion as for or against the topic. It was a hot discussion. Smt. Sabitha Krishnan of History Department acted as the moderator. It was a highly stimulating talk with different views and opinions on their respective motions. The speakers were full of energy and enthusiasm which kept the audience enthralled till the end. Smt.Elizabeth Joseph thanked the gathering for their tireless support. The event aimed at exposing students to debating skills. Amina Kabeer & Laya Mariya Lal, III BA English bagged

the first prize. Karthika Das & Josna Sebastian, II M.A History won the second prize. Laya Mariya Lal was selected as the best speaker. Consolation Prizes were given to all contestants. It was a wonderfully coordinated event.





Resisting Gender Stereotypes

4.

Programme: Webinar on ‘The Role of Youth in Combating Gender Stereotypes’

Date: 31-08-2021

Organized by: Women’s Cell, Henry Baker College

Women’s Cell, *Avnika* organised a webinar on the topic **The Role of Youth in Combating Gender Stereotypes** on August 31st,2021 at 2.00pm with an objective of creating an awareness on gender equality. The Webinar was inaugurated by our Principal Dr. Gireesh Kumar G.S followed by the Welcome address from Mrs. Elizabeth Joseph, Coordinator, Women’s Cell. Principal, in his inaugural address described the significance of gender equity. He focused on the need to take women out of their nests, make them more equipped in every sense to open up their wings in their career and emerge as successful future academic leaders of the nation. Mrs. Issa M George, Asst. Professor, Dept.of Social Work, Little Flower Institute of Social Sciences and Health was the invited speaker. Based on the premise that everyone is equal the resource person highlighted the need to switch from the stereotypical notions of womanhood. In her presentation, she focused on various aspects of inequality faced by women. She also shared her own personal experiences in the sphere of life and work. She pointed out the necessity of creating an inclusive world through the removal of gender bias and inequality. She concluded her session by handing over the baton to all the young minds who are destined to make gender equality a reality. After the talk there was a vibrant interactive session which was moderated by Ms. Amina Kabeer), Student Coordinator, (III B.A Eng.) Women’s Cell. The session concluded with the discussion on solutions for the betterment of women’s condition in the current scenario. In the end Ms. Ashly Mathew (III B.A Eng.), explicably thanked the speaker for her enlightened lecture based on facts and all the participants for making the webinar a grand success. The webinar was attended by more than 90 participants and was recorded and uploaded in the YouTube for wider circulation.

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**WOMEN CELL
 AVNIKA**

WEBINAR

**THE ROLE OF YOUTH IN COMBATING
 GENDER STEREOTYPES**

**31 August 2021
 2.00 PM**

Smt. Cissa M George
 Asst. Professor, Dept. of Social Work, LISSAH
 College, Kaithapoyil

Coordinators
 Smt. Elizabeth Joseph
 Smt. Aneeta Elizabeth Manuel

Link Webinar - elizab.88@gmail.com x Meet - hvh-pjkr-cfx

meet.google.com/hvh-pjkr-cfx

REC PROGRAMMES HBC is presenting

HENRY BAKER COLLEGE, MELUKAVU
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**WOMEN CELL
 AVNIKA**

WEBINAR

**THE ROLE OF YOUTH IN COMBATING
 GENDER STEREOTYPES**

**31 August 2021
 2.00 PM**

Smt. Cissa M George
 Asst. Professor, Dept. of Social Work, LISSAH
 College, Kaithapoyil

Coordinators
 Smt. Elizabeth Joseph
 Smt. Aneeta Elizabeth Manuel

AISHA IBRAHIM Justin Jose LINCY GEORGE

AMINA KABEER ANAND JOHNE... beena paul

Aswatha Binur... Priyanka J... Cissa M George

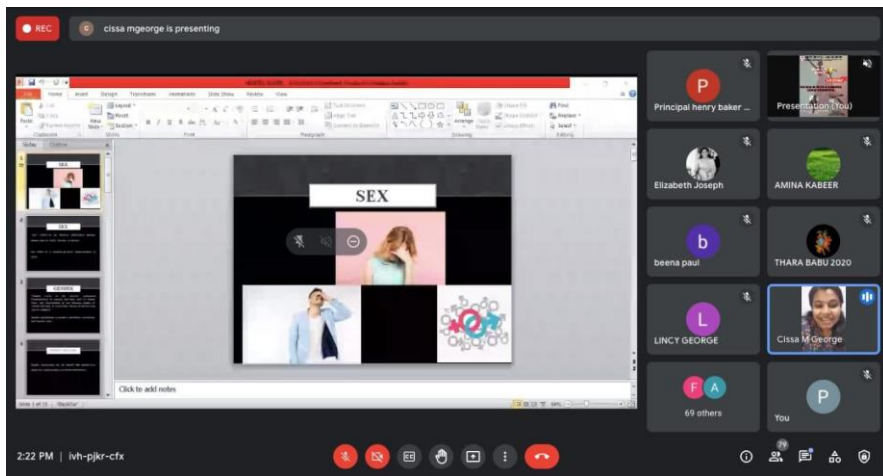
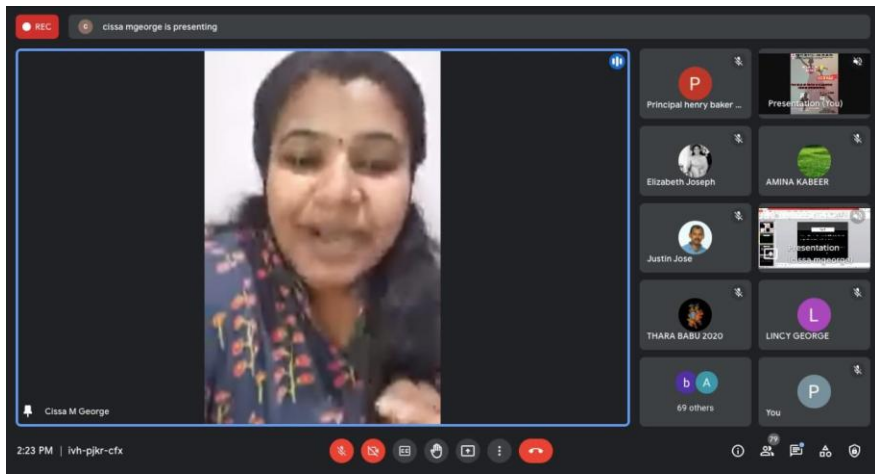
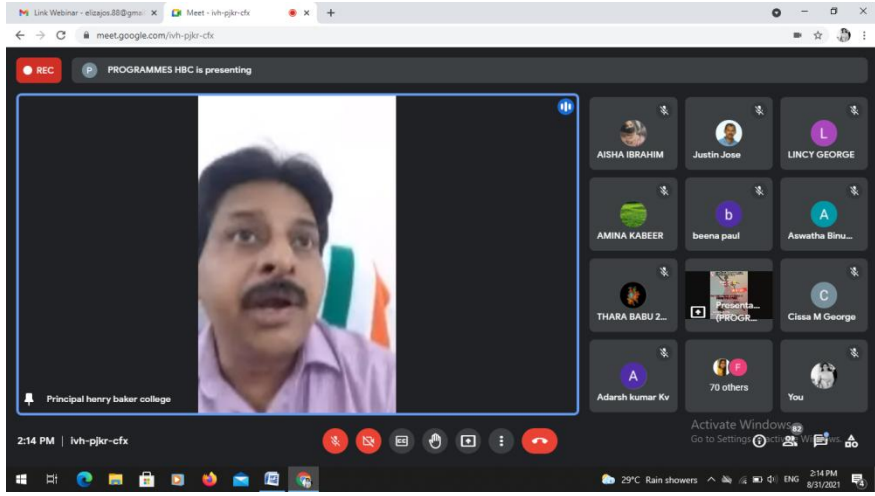
Adarsh kumar Kv 66 others

Turn off camera (ctrl + e)

2:10 PM | hvh-pjkr-cfx

Activate Windows
 Go to Settings

29°C Rain showers 2:10 PM 8/31/2021



Link Webinar - elizaps.88@gmail.com x Meet - lvh-pjkr-cfx x

meet.google.com/lvh-pjkr-cfx

REC cissa mgeorge is presenting

The screenshot shows a Google Meet interface. The main window displays a presentation slide with the following text: "Who who control aggressive and/or abusive behaviour in a relationship?" and "Aggressive women are estimated". The slide also features two small images: one of a man with a mustache and another of a man in a blue shirt. To the right of the main window is a grid of participant avatars. The participants listed are: AISHA IBRAHIM, AMINA KABEER, Laya mariya Lal, Fathima Rashe..., FEBAMOL PHIL..., Cissa, M Geor..., Justin Jose, THARA BABU 2..., JOSNA JAMES, and 48 others. The bottom of the screen shows a Windows taskbar with the time 2:42 PM, the meeting ID lvh-pjkr-cfx, and system icons for temperature (29°C), AQI (62), and date (9/3/2021).

2:42 PM | lvh-pjkr-cfx

29°C AQI 62 ENG 9/3/2021

INCULCATING THE VALUE OF GENDER EQUITY

2.

Programme: World Population Day: Webinar on Gender Equality

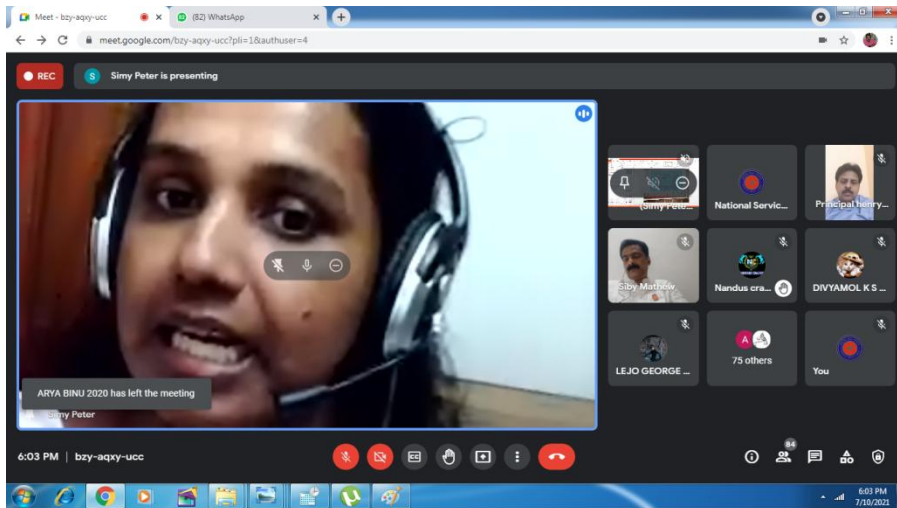
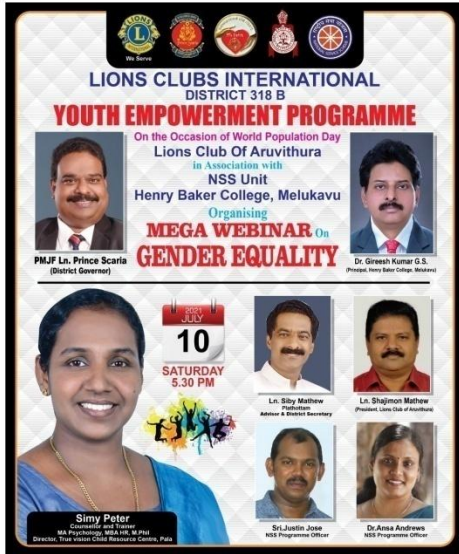
Date: 10-07-2021

Organized by: NSS Unit, Henry Baker College & Lions Club International, Aruvithura

As part of commemorating the World Population Day, the NSS unit of Henry Baker College, in association of with Lions Club International, Aruvithura organised a Webinar on “Gender Equality” on July 10 2021 at 5.30 pm. The welcome note was proposed by NSS programme officer Sri. Justin Jose. Principal Dr. Gireesh Kumar G S presided over the meeting. In his address, he stated that the young generation, especially young women should imbibe the leadership qualities along with the economic empowerment. Lions District Secretary Ln. Siby Mathew enlightened the gathering on the Youth Empowerment Programmes conducted by the Lions Club. The guest speaker, Smt. Simi Peter, Director of True Vision Child Resource Centre, Pala, elaborated on the importance of building a culture of gender fairness in our families as well as societies. Across the world, women are facing gender discrimination, marginalization, and other atrocities. It includes unequal access to education, employment and other opportunities. She stressed that taking actions on ending violence against young women and girls must be promoted worldwide. This will definitely bestow a democratic and equitable society for women all over the world. The talk was followed by an active discussion on gender based discriminations in contemporary India. The webinar concluded by the vote of thanks proposed by Ln. Shamon Mathew, President Lions Club of Aruvithura. Ninety Five students participated in the programme.

Outcome:

1. Students got an opportunity to identify the challenges of gender based issues.
2. The programme sensitized the participants on the existing legal provisions on gender equality in India.



Programme: *Kanal*-An Online Gender Awareness Programme

Date: 12-10-2021

Organized by: Women's Cell & Gender Justice Forum, Henry Baker College, District Women and Child Development Office and Mahila Shakti Kendra

Women's Cell and Gender Justice Forum in association with the District Women and Child Development Office and Mahila Shakti Kendra organised a gender awareness programme titled *Kanal* on 12th October 2021 at 11.30 am via Google Meet. Smt. Heleena Rajan Philip, Women Welfare Officer, Mahila Shakti Kendra extended a warm welcome to those who were virtually connected in the webinar. In the commencement of the session, she introduced the resource person and assured for an enlightening experience through the upcoming talk. Principal Dr.Gireesh Kumar G.S delivered the inaugural address. He urged the need for eradicating the gender disparities and setting up an inclusive world without any discriminations. He pointed out the availability of various options and opportunities for the calibrated progress of women. **Smt.Benee Wilson**, Gender Trainer was the resource person. In the initial stage she talked on the fundamental concepts in gender studies. She illustrated her points through slide presentation. The speaker outlined the importance of women empowerment. She spoke poignantly about the gender discriminations and persisting challenges faced by women in our society. Unseen, Unheard violence and abuses against women must be stopped. She emphasized the need to protest against all sorts of abuses against women. She concluded the session by making an exhortation that once a woman chooses to challenge, half the battle is won. After the session there was an open discussion and the resource person responded to the queries raised by the participants. Ms. Amina Kabeer (III B.A Eng.) Student Coordinator, Women Cell moderated the whole session. Dr. Beena Paul, Coordinator Gender Justice Forum proposed the Vote of thanks. She expressed her deep sense of gratitude to the District Women and Child Development Office and Mahila Shakti Kendra for taking initiative in organizing this gender awareness programme. She thanked each and everyone who provided relentless support for the successful completion of the webinar. There was cent percent participation in the webinar. The webinar was attended by more than 100 participants and it was live streamed in the YouTube for wider circulation.

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**ജില്ലാ വനിതാ ശിശു വികസന ഓഫീസ്
 6 മഹിളാ ശക്തി കേന്ദ്ര
 കോട്ടയം**
 നോ: നില, സിവിൽ സർവ്വേക്കൽ, കോട്ടയം, പിൻ: 686002
 ഫോൺ: 9496235103/9446938500

**കനൽ - ജെൻഡർ അവബോധ
 പരിശീലന പരിപാടി**

മുഖ്യസംഘാടകർ - ജെൻഡർ ജസ്റ്റീസ് ഫോറം & വിമൻസ് സെൽ,
 ഹെൻറി ബേക്കർ കോളേജ് മേലുകാവ്.

ഉദ്ഘാടനം **ക്ലാസ് നയിക്കുന്നത്**

തീയതി-12/10/2021
 ചൊവ്വ.
 സമയം-11.30 am

ഡോ.ഗിരിഷ് കുമാർ.ജി.എസ്
 പ്രിൻസിപ്പൽ

ശ്രീമതി. ബെന്നി വിൽസൺ,
 ജെൻഡർ പരിശീലക.

Platform **Google Meet** **Live on YouTube**
ഏവർക്കും സ്വാഗതം.

Link - elzajos.8@gmail.com - C x Meet - mxe-qogu-gka

meet.google.com/mxe-qogu-gka

11:45 AM | mxe-qogu-gka


Activate Windows
 Go to Settings to activate Windows.

26°C Rain 11:45 AM 10/12/2021

Link - elizajos.88@gmail.com - x Meet - mxe-qogu-gka

meet.google.com/mxe-qogu-gka

BENE WILSON is presenting



12:20 PM | mxe-qogu-gka

24°C Rain

10/12/2021


Participants: BENE WILSON (Presentat...), Anjana Stanly, Yugin Richard, Ajay Kumar, Syam Mohanan, Maria Susan M..., Aravind Shaji, Ashlin AR, Arathy KB, Dr. Beena Paul, 77 others, You.

Link - elizajos.88@gmail.com - x Meet - mxe-qogu-gka

meet.google.com/mxe-qogu-gka

BENE WILSON is presenting

ജൻറർ ബന്ധങ്ങൾ



11:58 AM | mxe-qogu-gka

24°C Rain

10/12/2021

Participants: Fathima Fathili, BENE WILSON, Aneetta Elizab..., Ajay Kumar, Manjima manu..., Anjana Stanly, Yugin Richard, Jomith Joy, Gireesh Kumar, AMINA KABEER, 88 others, You.

Link - elizajos.88@gmail.com - x Meet - mxe-qogu-gka

meet.google.com/mxe-qogu-gka

BENE WILSON is presenting

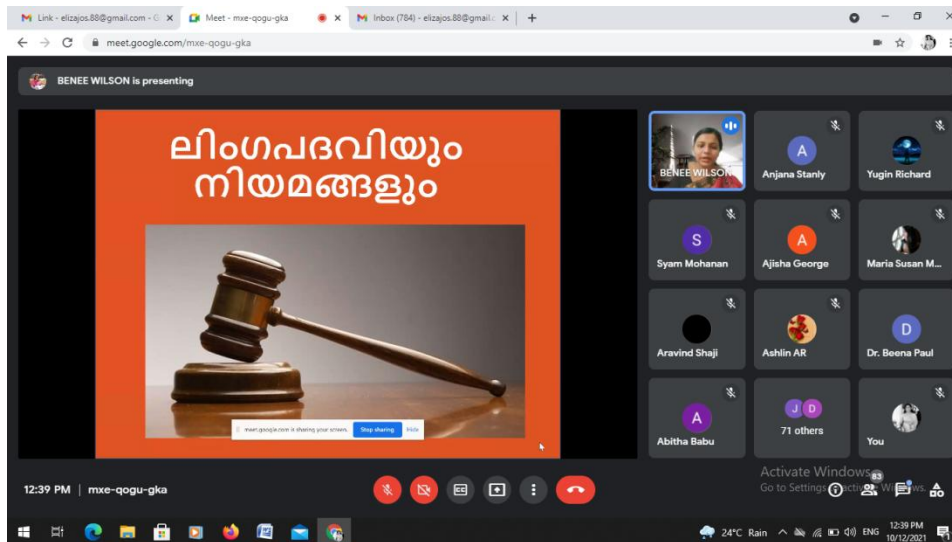
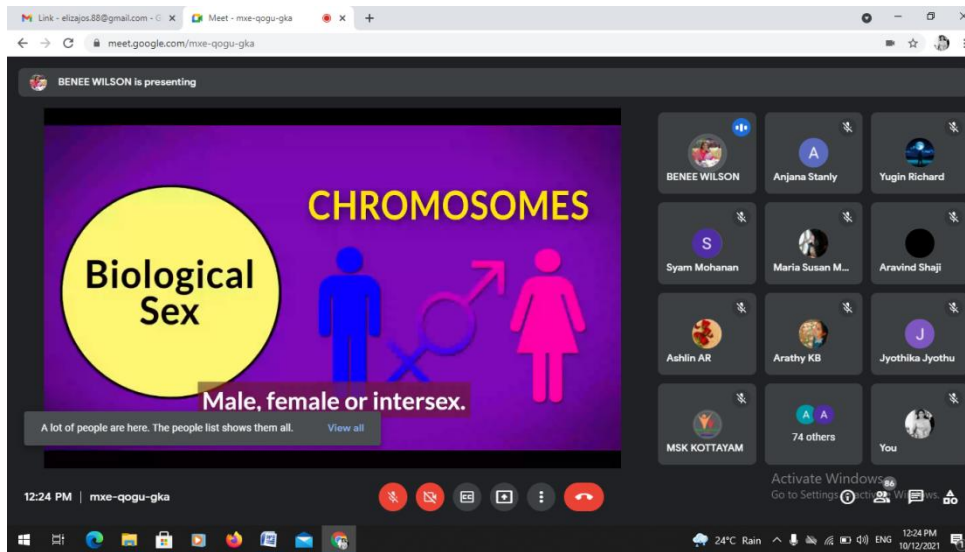
S No	Year	Number of women MPs	% of Women MPs
10	1957	22	4.45%
11	1971	28	5.4
12	1991	39	7.3
13	2004	45	8.27%
14	2009	59	10.87
15	2014	66	12.15
16	2019	78	14%

12:05 PM | mxe-qogu-gka

24°C Rain

10/12/2021

Participants: Fathima Fathili, BENE WILSON, Aneetta Elizab..., manu valisakh, NEHA WILSON ..., Nancy K. Mich..., Abhijith V Anil, Sneha Michael, Anjana Stanly, AMINA KABEER, Vivek P biju, Vivek p biju, 1st sem B.com cooperation.



Reasserting Solidarity to Women's Cause

10.

Programme: Oath Taking Ceremony: Stop Atrocities against Women

Date: 01-11-2021

Organized by: Women's Cell, Henry Baker College

The Kerala High Court Legal Services Committee has launched a new project-Victim Rights Centre for vulnerable groups in society which include women, children, transgender and sexual minorities, ethnic minorities, SC/ST, women prisoners and the children living with them. 16 day activism period was declared by United nations to fight gender based violence against women

and girls. As part of the official launch of this project a pledge was circulated among colleges all over Kerala. From 9th December onwards we held the Oath taking ceremony with great enthusiasm. The students pledged their solidarity to end violence against women and girls. It emphasized the need for action to liberate women from factors that hinder their progress, dignity and empowerment.

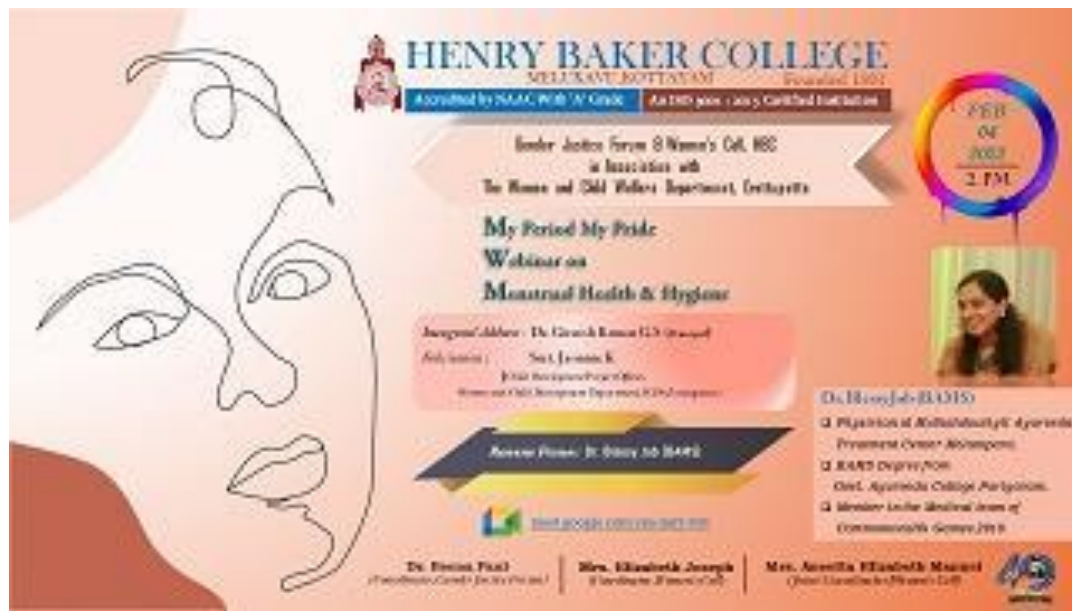


13.

Programme: Webinar on Menstrual Health and Hygiene-My Period, My Pride

Date: 04-22-2022

Organized by: Women's Cell & Gender Justice Forum, Henry Baker College



Gender Justice Forum & Women's Cell in association with The Women and Child Welfare Department, Erattupetta organised a webinar on Menstrual Health and Hygiene-My Period, My Pride on 4/2/2022. The programme aimed at providing menstrual literacy by helping girls to access their future with confidence and body-positive attitude. Dr.Blessy Job BAMS was the resource person. Dr.Blessy put a spotlight on the necessity of menstrual health and hygiene. The session was quite informative as the resource person shared some useful resources based on the topic. Her talk highlighted the crucial things women need to keep in mind while on a period. She also talked about the myths and taboos on menstruation and the need to overcome those restrictions through menstrual literacy. She presented a short guide on menstrual products, which one to use and which ones are recommended by the Health departments. The programme started with a silent prayer. Smt.Aneetta Elizabeth Manuel, Joint Coordinator, Women's Cell delivered the welcome speech. Principal Dr.Gireesh Kumar G.S inaugurated the programme. In the inaugural address the principal pointed out the importance of educating youngsters so as to remove the shame associated with menstruation. Smt. Jasmine K, CDPO, Women and Child

Welfare Department offered felicitations. She said that both men and women should engage in the discussion about puberty and menstrual cycle. She also highlighted the significance of menstrual hygiene in our daily life. Ms. Ashly Mathew of III B.A English proposed the vote of thanks. The webinar lasted for approximately 1-1.5 hours-The session was lively and fruitful. The participants had lots of queries and the resource person provided ample explanations and suggestions that cleared their doubts.



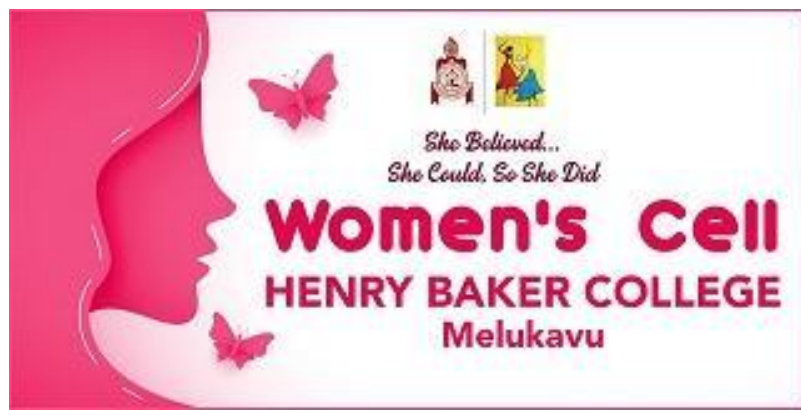


14.

Programme: International Women's Day Celebrations

Date: 08-03-2022

Organized by: Women's Cell & Gender Justice Forum, Henry Baker College



International Women's Day was celebrated with much pomp and vigour on 8th March 2022. The programme aimed at raising an awareness about the status and dignity of women in various fields. The programme started with seeking the blessings of God. Dr. Beena Paul extended a cordial welcome to the gathering. Principal Dr.G.S Gireesh Kumar addressed the gathering and encouraged all women to keep excelling consistently. He shared his opinion that achieving gender equality and empowering all women and girls is very significant as it ensures an inclusive and quality education for all.



After the inaugural session we honoured the senior most woman of our institution, Smt. Rajamma Chechi, our menial staff. We saluted her relentless efforts in making our campus litter-free. Following this a lucky draw was arranged for all the lady staff of the institution. Smt. Silbimol M, Office staff was the winner. The event was fun filled and awe inspiring.





A short film titled *Vaiga* was displayed in the auditorium. It conveyed an inspiring message to the women of this generation to be women of courage, compassion and care and at the same time not forgetting to be a self-reliant and an independent woman.



The programme grew more exhilarating with the personality contest *Beauty & Grace*. Our contestants received thunders of applause from the audience in each round. Each contestant excelled in their own way. Kumari Anju Manoharan III B. Sc Physics adorned the title Princess

of the Day. Laya Mariya Lal, II BA English was the first runner up. Priya R, II MA History was the second runner up. The event evaluated various dimensions of the personality of the contestants. The event aimed at providing a platform where our girls can come forward and speak fearlessly.





There was a fusion dance *Jump & Jive* following this event. Our dancers performed merrily on stage. It was a scintillating performance that mesmerized the spectators.



The programme ended with an awareness rally-*Break the Bias*. The objective behind the rally was to sensitise the public about the significance of women empowerment and gender equality. The rally was flagged off by Principal Dr.Gireesh Kumar G.S. The students and staff actively

participated in the rally holding banners and placards with slogans written on them. The student volunteers were enthusiastically shouting slogans which highlighted the significance of gender equality. The rally was colourful and thoughtful. It boosted up the self confidence of our girls.







The programme ended successfully. It instilled a hope and faith for a gender-neutral future for all women.

15.

Programme: International Women's Day Celebrations

Date: 08-03-2022

Organized by: NSS Unit, Henry Baker College

Objective: To raise awareness on women's equality

Marked annually, March 8th, International Women's Day (IWD) is one of the most important days of the year to celebrate women's achievements and raise awareness on women's equality. The NSS unit of Henry Baker College Melukavu celebrated Women's Day in a very special way. After the outbreak of Covid 19 pandemic, this was the first opportunity for our students and teachers to come together and commemorate such a special day. "Gender equality for a sustainable tomorrow" was the theme of International Women's Day. Outdoor games such as tug of war and arm wrestling (for staff and students) were organized. The flash mob of our volunteers was greatly appreciated by the whole college. It was an extremely memorable day for all of us especially the girl volunteers of our NSS unit as all the games were exclusively for them. The following are the winners:

Tug of War

- I Prize- Department of Commerce
- II Prize- Department of English

Arm Wrestling (for students)

- I Prize- Aksamol K B, I B A English
- II Prize- Vijitha Sukumaran, II M Com

Arm Wrestling (for staff)

- I Prize- Smt. Elizabeth Joseph, Department of English
- II Prize- Dr. Disha V J, Department of Chemistry

Solo Performance

- I Prize- Lekshmi Priya S, III B Sc Physics & Sneha Lobaji, III BA English



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NATIONAL SERVICE SCHEME



International Women's Day
"Gender Equality Today for a Sustainable Tomorrow"
ON 07 MARCH 2022, 2.15 PM



വസവതി
(ആസ്വാദന രാഷ്ട്രീയം ഉൾക്കൊള്ളിക്കുന്നു)



പഞ്ചഗുസ്തി
(സോണിയയുമായി പിടിക്കാം)



സോളോ പെർഫോമൻസ്
(പട്ടണി കലാണി)

For more details
Contact
NSS Programme Officers
Dr. Ansa Andrews
Justin Jose





