



# 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*

## **1. Preface**

## **2. Gender Policy**

## **3. Gender Sensitization Action Plan 2023-2024**

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# Gender Sensitization Action Plan

## 1. Preface

The Gender Sensitization Action Plan devised every academic year aims at promoting and sustaining equity among male and female students and staff. It assures that all who are part of the institution enjoy the same rights, opportunities, security and resources.

Gender equity is ensured through the following steps every year:

1. In the opening meeting of the Teaching and Administrative staff every academic year the need to be sensitive to gender issues in all academic and administrative functions and the primal significance of gender equity are reiterated
2. During the Orientation Session at the beginning of every academic year the policy of gender equity is explained to the students
3. The institution regards the students and staff on an equal par irrespective of gender
4. The institution envisions to inculcate the notion that sexual minorities including the transgenders share the rights of all human beings
5. The institution wants the staff and students to regard alternate sexualities as normal behaviour
6. The college urges all the stakeholders to regard the LGBTQ community as an essential part of humanity with equal rights as all human beings and spreads this all-inclusive message through various programmes

## **2. Gender Policy**

- No opportunities, privileges, or rewards to a person (or a group) shall be denied because of gender
- There shall be equal opportunity for women and men. There shall not be any kind of discrimination based on gender
- The institution shall abide by the Article 19 of the Universal Declaration of Human Rights, adopted in 1948, which states that “Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.”
- HBC’s Grievance Redressal Cell shall not have any kind of discrimination based on the gender of HBC community
- All measures will be taken to guarantee women equal access to and full participation in HBC’s decision-making bodies at every level, including the academic, executive, management, university affiliated bodies, as also, Committees, Boards, Trusts etc.

### 3. Gender Sensitization Action Plan 2023-24

Sl No	Aim	Plan of Action	Organizing Body	Outcome
1	To inspire girl students by inviting attention to eminent women	Decided to conduct a programme focusing on the achievement of a lady celebrity	Women's Cell	Women's Cell commemorated Helen Keller Day on 30/6/2023, the birthday of Helen Keller, renowned American author, political activist and the first deaf-blind person to earn a B.A degree.
				Women's Cell commemorated Malala Day, the birthday of Malala Yousafzai, renowned Pakistani female education activist and 2014 Nobel Peace Prize Laureate on 13/7/2023
2	To promote the artistic talent talents of girl students	Decided to conduct a competition that brings out the talents of girl students	Women's Cell	As part of the Independence day celebrations, Women's Cell organised a patriotic song competition on 14/08/2023
				Conducted quote reading competition during reading week celebrations
				As part of the international women's day, Women's Cell conducted an intercollegiate photography competition for girls 8/3/2024. The theme of the competition was 'Women'.

			Department of English	Conducted creative writing competitions on gender issues on 6/3/2024
3	To make students aware of the problems women face in society and finding solutions to them	Decided to screen the short film produced by the students depicting some of the problems faced by women in society.	Women's Cell	Women Cell screened the short film <i>Ahamkari</i> as part of the inauguration of Women Cell on 10/08/2023
4	To provide students with skill enhancement trainings that can be further developed into entrepreneurship/career.	Decided to conduct training programmes for vocational skill development	Women's Cell	Conducted NAIPUNYA, a training for paper bag making on 14/12/2023 for girl students.
				Conducted a cake baking training for girl students on 12/1/2024
5	To make girl students conscious of being healthy individuals	Decided to conduct a health check up programme, expert lectures and to install sanitary napkin vending machine.	Women Cell in association with KSWDC and Community Health Centre, Edamaruku	Henry Baker College in association with KSWDC and CHC Edamaruku organised Health Check-Up & A Talk On "Adolescent Health And Well-Being" on 20/3/2024 , Mrs Laly C. G., Junior Nurse ,CHC Edamaruk gave a talk on Adolescence health.
			Women Cell	Installed Sanitary Napkin Vending Machine at college on 21/9/2023
			Women Cell	Women and Health Dr.Deepa Rose K Sam, Govt. Medical College, Idukki on 9/2/2024
6	To sensitise students about the development and use of IT and AI in learning and related soft skills.	Decided to organize programs on designing , AI and soft skill development	Women Cell	Organised the programme Designing with Canva on 9/2/2024
				Organised the programme Recent Trends in Technology- AI Tools on 14/12/2023
				A Session on Interview Skills and Group Discussion Mr. Jino M Scaria, Soft Skill Trainer JCI India on 9/2/2024

7	To sensitise the students about women's contribution to our lives and society	Decided to celebrate International Women's Day	Women's Cell and KSWDC	International Women's Day was celebrated 7-3-2024 in association with KSWDC. An interdepartmental quiz competition was conducted.
		Decided to commemorate the International Girl child day	Women Cell	Commemorate the Girl child Day on 11/10/2023
8	To enhance the creative skills of students	Decided to publish a manuscript magazine focusing on femininity	Women's Cell	Women's Cell publish a manuscript magazine on 27-3-2024, titled Srishti Volume 2 was entitled as Penma. The magazine included drawings, paintings, essays, quotes, short stories and poems related to the topic Women.
9	To sensitise girl students about human rights violations against women	Decided to organize a programme on "Orange the World Campaign"	NSS in association with Melukavu Grama Panchayath	Conducted a public awareness programme on violence against women under "Orange the World" campaign on 7/12/24
10	To nurture leadership qualities among girl students	Decided to instill the confidence to lead by example among girl students	NSS Unit	Hiba Fathima(II B. A English) participated in the National Adventure camp at Dharmasala from 25/1/24 to 3/2/24

## 4. Report of the Programmes

### 1. Quotes Reading Contest

**Date: 26/06/2023**

**Avnika and Noopuradwani organised**

**Objective-**To promote reading and culture a habit of reading books

Avnika and Noopuradwani organised Quotes Reading Contest as part of the Reading week on 23/6/2023..Quotes by well-known writers were read by the students.They were enthusiastic about the competition.Asiya Yoosuf of III B.A English performed excellently and won the first prize.Liya Johnson of III B.A English bagged the second prize.The competition was a different experience for the students.

**Outcome-** The students were inspired to read and reflect more on those quotes.





## 2. Helen Keller Day Observance

**Date: 30/6/2023**

**Organised by Women's Cell**

**Objective-**To honour Helen Keller her achievements and contributions to society

Avnika commemorated Helen Keller Day, the birthday of Helen Keller, renowned American author, political activist and the first deafblind person to earn a B.A degree. The programme was conducted on 30/6/2023. A documentary on the life, struggles and achievements of Helen Keller was screened in the seminar hall. The students of various departments participated with great fascination.

**Outcome-**The documentary encouraged students to believe in their own potential and strive for greatness, regardless of the obstacles they encounter.

**Helen Keller Day**  
**Observance**



"The only thing worse than being blind is having sight but no vision" ..

Venue - Seminar Hall

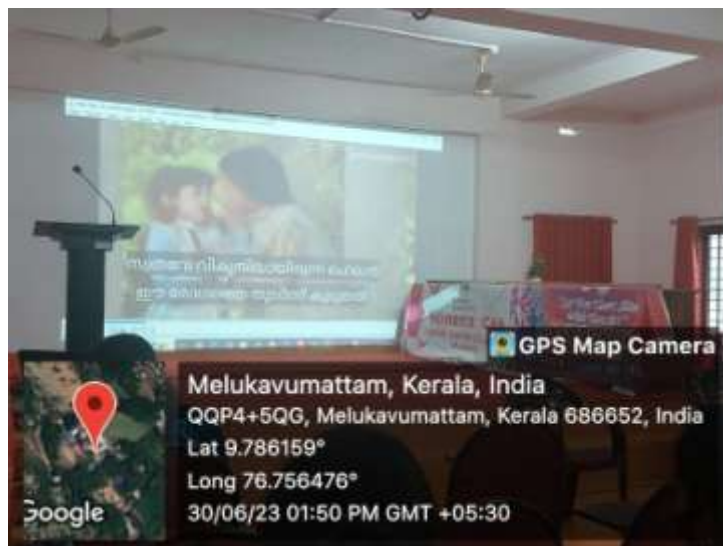
**HENRY BAKER COLLEGE**  
MELUKAVU, KOTTAYAM Founded 1961  
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Affiliated to Mahatma Gandhi University, Kottayam

**Avnika & Noopuradwani**

**Documentary Screening**

30/6/2023  
@ 1.25 pm

COORDINATORS  
MR. SOUMYA PAUL &  
MRS. ELIZABETH JOSEPH  
ASST. COORDINATORS  
DR. JAYAKANAL &  
MS. SURESHY MATHEW  
MS. AMEEL SUSAN MATHEW  
MS. ROSAMIA P. JOHNA

### 3. Malala Day Observance

**Date:** 12/7/2023

**Organised by** Women's Cell

**Objective-**To honour the young Nobel laureate Malala Yousafzai and her contributions that promoted women and girl education

Avnika commemorated Malala Day, the birthday of Malala Yousafzai, renowned Pakistani female education activist and 2014 Nobel Peace Prize Laureate on 12/7/2022. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Dr. G. S Gireesh Kumar delivered the inaugural address. He focused on the fact that women should be well aware and conscious of their rights and duties and clearly understand the threats and issues surrounding them. An elocution competition was conducted in the

seminar hall on the topic “The Importance of Women Education in India”. Ms. Hiba Fathima,II B.A English won the first prize. Krithika Devi T.A of III B.A English and Rahul Rajeev of II B.A History bagged the second and third prizes respectively.

**Outcome**-Students, especially girls were aware of the importance of being educated





#### **4. Inauguration of Women's Cell –Avnika&**

**Date: 10/08/2023**

**Organized by Women's Cell**

#### **The Premiere Screening of the Short Film “AHAMKARI”**

**Objective-**To create an awareness on gender equality, women empowerment

The activities of the Women's Cell Avnika for the academic year 2023-24 was inaugurated on 10th August 2023, followed by the premiere screening of the short film "AHAMKARI." The event was graced by the presence of Mrs. Sijitha Anil, a distinguished novelist, poet, and Governing Board Member of the Kerala State Institute of Children's Literature. The inaugural function was invoked with a silent prayer. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Presidential Address was delivered by the Principal, Dr. Gireesh Kumar G.S. Mr. Elikulam Jayakumar, Faculty, Dept. of Malayalam (Self-Financing) introduced the guest of honour. Following the inauguration, the chief guest, Mrs. Sijitha Anil delivered the keynote address and she insisted on the need of honouring women and appreciating their skills

Mr. Sharafudheen P.U, Alumnus, B.A English (Screenplay & Direction of the short film Ahamkari) introduced the plot and the theme of the shortfilm. Dr. Beena Paul and Dr. Jibin Mathew offered felicitations. Mementos were distributed to honour the crew behind the making of the shortfilm. Dr. Soumya Paul, Coordinator, Cultural club proposed the vote of thanks.

The short film "AHAMKARI" was then premiered, focusing on themes of women empowerment, self-confidence, gender equality and breaking of the stereotypes. Our alumna Kumari Safna A.S from B.A English contributed the story. Students were actively involved in different phases of the film making, i.e. Story, Screen Play, Direction Acting and so on. A panel discussion followed the screening, where the audience had the opportunity to interact with the filmmakers and discuss the themes and

messages portrayed in the film. The film, which focused on the themes of women empowerment and self-confidence, was well-received by the audience. The event not only entertained but also inspired the audience.

**Outcome-** The programme served as a platform for discussing the important issues related to women and encouraged a remarkable and positive change in the society.

**HENRY BAKER COLLEGE**  
Approved by Govt. Tech. College  
A Group Activity Educational Institution for the U.S. Government Service  
Atchappully, Kottayam - 706 012, Kerala

**INAUGURATION**  
CULTURAL CLUB  
NOOPURADHWAN  
WOMEN'S CELL  
AVNKA

**THE PREMIERE SCREENING OF AHAMKAKI**  
A short Film Presented by  
AVNKA - Women's Cell

**GUEST OF HONOUR**  
  
**Mrs. Sujitha Anil**  
Assistant Body Monitor,  
Executive Board Member of The Green Gardens,  
Thiruvalla, P.O., Thiruvananthapuram District & Officer

**10**  
AUGUST  
2023  
Thursday @ 7.30 pm  
AUDITORIUM  
HENRY BAKER COLLEGE KOTTAYAM

**Short Film Premiere**  
Release function of

**അഹങ്കാരി**  
AHAMKAKI  
A SHORT FILM  
PRESENTED BY  
AVNKA - WOMEN'S CELL

WRITTEN BY: ANNA KUNJUMMA, DIRECTED BY: ANNA KUNJUMMA  
CAST: ANNA KUNJUMMA, ANNA KUNJUMMA, ANNA KUNJUMMA, ANNA KUNJUMMA  
10 AUGUST 2023  
HENRY BAKER COLLEGE KOTTAYAM  
KOTTAYAM, KERALA, INDIA

**WOMEN'S CELL & GENDER STUDIES FORUM  
HENRY BAKER COLLEGE KOTTAYAM**

**അഹങ്കാരി**  
AHAMKAKI  
A SHORT FILM  
PRESENTED BY  
AVNKA - WOMEN'S CELL

WRITTEN BY: ANNA KUNJUMMA, DIRECTED BY: ANNA KUNJUMMA  
CAST: ANNA KUNJUMMA, ANNA KUNJUMMA, ANNA KUNJUMMA, ANNA KUNJUMMA  
10 AUGUST 2023  
HENRY BAKER COLLEGE KOTTAYAM  
KOTTAYAM, KERALA, INDIA



## 5. Independence Day Celebrations

**Date: 14/08/2023**

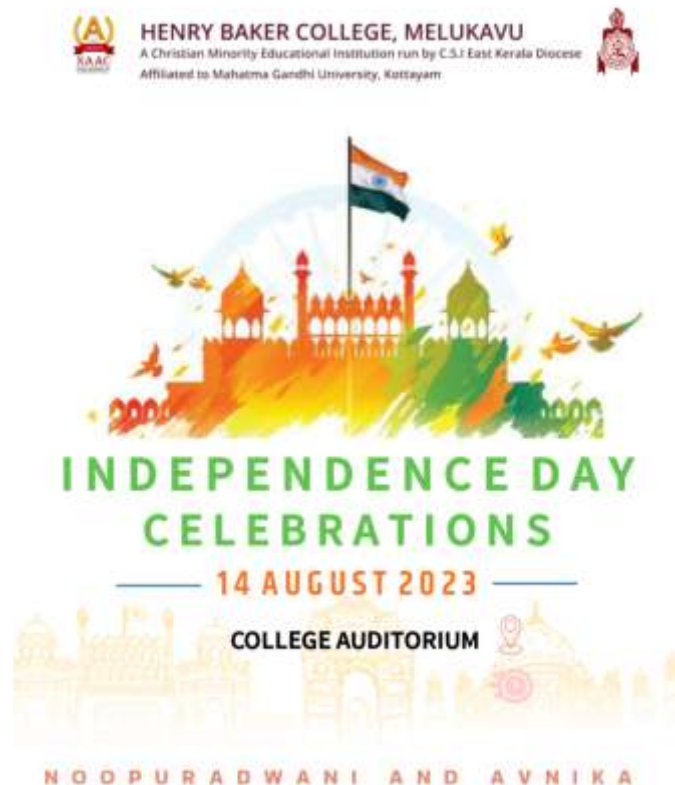
**Organised by Women's Cell**

**Objective-**To commemorate the sacrifices of our freedom fighters and remember the importance of our independence

Independence Day Celebrations and Competitions were held on 14<sup>th</sup> August 2023. Avnika in association with Cultural Club-Noopuradwani coordinated Interdepartmental Patriotic Song competition. Students participated with great vigour and enthusiasm. Ms. Rosna P John, Asst. Coordinator Cultural Club welcomed the gathering. Dr. Beena Paul HoD, History delivered the keynote address. There was a cultural fiesta by the students with variety entertainments including elocution, solo and fusion dance. Our dancers and singers performed merrily on stage. Kumari. Hiba Fathima of II B.A English proposed the vote of thanks.

Results

Patriotic Song-I Prize-II B.Com Self, II Prize- B.A English, III Prize- B.Com Co-operation.





## 6. Installation of Sanitary Napkin Vending Machine

**Date: 21/09/2023**

### Objective

- To provide easy access to sanitary napkins.
- To promote the menstrual health of women and girl students

In order to ensure the availability of quality sanitary pads for the needy a vending machine was installed inside the girls toilet on 21/9/2023. This is a self-service vending machine used for dispensing napkins at the acceptance of 5 rupee coin. The College Principal Dr. G.S Gireesh Kumar spoke about the necessity of this machine in the campus. Dr. Beena Paul, Convenor, Gender Justice Forum, Mrs. Elizabeth Joseph, Coordinator Women's Cell were present.

**Outcome:**

- Provided easy access to sanitary napkins
- Generated awareness about menstrual health and hygiene



**7. International Girl Child Day Celebrations**

**Date: 11/10/2023**

**Organized by: Women’s Cell & KSWDC**

**Objectives**

- To increase the observational skills .
- To create awareness about the rights of girls

As part of the International Girl Child Day Celebrations women's cell displayed a chart on 10 legal rights of girl child in India on October 11, 2023. Asiya Yoosuf,III B.A English prepared the chart and an audio explaining the details. The students of III B.A English took initiative in affixing the charts on the notice board.The audio was played after the morning prayer in order to create awareness among students about the legal rights of a girl child.

**Outcome-**The students became aware of the legal rights of a girl child in India.





## 8. “Orange the World” Campaign –

**Date: 07/12/2023**

**Organized By NSS**

On December 7, 2023, the National Service Scheme (NSS) in association with Melukavu Grama Panchayath organized the "Orange the World" campaign, an initiative dedicated to opposing violence against women. The event featured a public rally and a meeting aimed at raising awareness and fostering a community-wide dialogue on this critical issue.

The day began with a public rally that saw active participation from community members, students, and local officials. The rally aimed to draw attention to the pervasive issue of violence

against women and to mobilize the community to take a stand against it. Participants carried banners and placards with powerful messages advocating for women's safety and rights.

Following the rally, a public meeting was held where various speakers addressed the gathered audience. The meeting served as a platform for discussing the challenges faced by women and the measures needed to combat violence against them.

Shri. Biju Soman, President of Melukavu Grama Panchayat, delivered an impactful speech highlighting the Panchayat's commitment to ensuring the safety and well-being of women in the community. He emphasized the need for collective action and the role of local governance in addressing these issues.

Panchayat Members also shared their perspectives, discussing the ongoing and future initiatives aimed at supporting women and preventing violence. Their insights provided a comprehensive overview of the local efforts and the importance of community involvement.

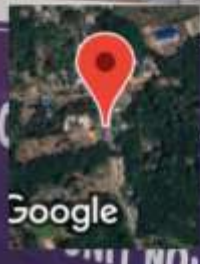
Dr. Jibin Mathew spoke about the psychological and social impacts of violence against women. His address focused on the importance of education and awareness in changing societal attitudes and promoting gender equality.

Smt. Ashly Mereena Mathew shared personal stories and experiences, making a heartfelt appeal for solidarity and action. Her speech resonated deeply with the audience, inspiring many to take a more active role in supporting women's rights.

The "Orange the World" campaign at Melukavu was a significant event that successfully raised awareness about violence against women and mobilized the community towards action. The combination of a public rally and insightful speeches created a powerful platform for dialogue and change. The active involvement of local leaders and community members highlighted the collective resolve to create a safer and more equitable society for women.



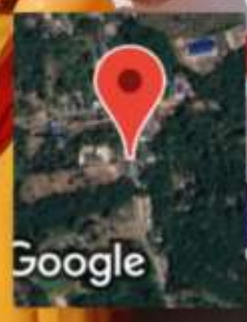
GPS Map Camera



**Melukavumattam, Kerala, India**  
QQJ7+Q8H, Erattupetta Muttom Rd, Melukavumattam,  
Kerala 686652, India  
Lat 9.781876°  
Long 76.763312°  
07/12/23 10:23 AM GMT +05:30



GPS Map Camera



**Melukavumattam, Kerala, India**  
QQJ7+Q8H, Erattupetta Muttom Rd, Melukavumattam,  
Kerala 686652, India  
Lat 9.781878°  
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07/12/23 10:23 AM GMT +05:30



## **9. NAIPUNYA: Hands-on Training on Paper Bag Making**

**Date: 14/12/2023**

**Organized by Women's Cell**

### **Objectives:**

- The programme aimed to empower female students with practical skills in paper bag making by promoting eco-friendly alternatives to plastic bags.
- To make the students aware about the threat posed by plastic bags to the environment.

The Women's Cell- Avnika, in collaboration with the Kerala State Women's Development Corporation (KSWDC), organised a hands-on training on paper bag making-NAIPUNYA on 14/12/2023 for the final year girl students. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Mrs. Presanna Mohan, a successful women entrepreneur from Thejus Paper Carry Bag Printers, Mundakkayam was the resource person. The resource person shared her expertise and experiences in the field of paper bag making, inspiring the students with her entrepreneurial journey. She demonstrated various techniques and methods involved in making paper bags, providing valuable insights into the process. The programme was a successful initiative

that not only imparted practical skills but also instilled a sense of environmental responsibility among the participants. Asiya Yoosuf, III B.A English proposed the vote of thanks.

### Outcome:

- The programme provided practical skills that can be utilized for entrepreneurial ventures or as a means of self-employment.
- Participants gained awareness about environmental issues and the importance of sustainable practices such as using paper bags instead of plastic.
- The programme helped in creating a platform for skill development and women empowerment.





### **10. Seminar on Recent Trends in Technology-AI Tools**

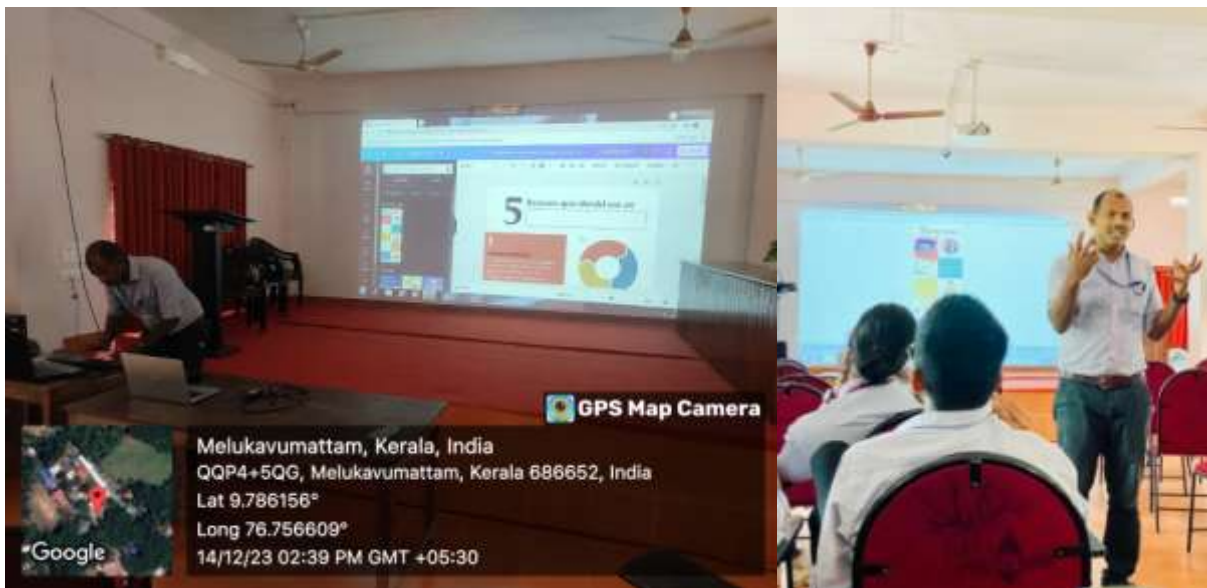
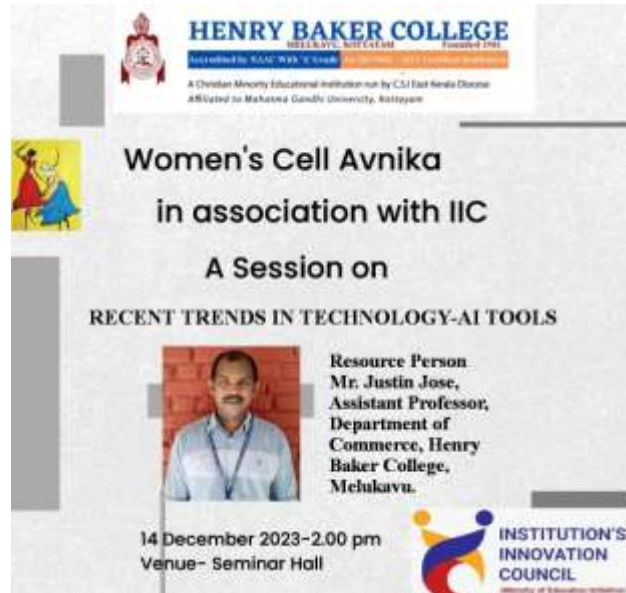
**Date: 14/12/2023**

**Organized by: Women's Cell & IIC**

**Objective-**To familiarise the students with various AI Tools

Avnikain association with Instituton Innovation Council organised a seminar on Recent Trends in Technology-AI Tools on 14/12/2023 for the III year boys students. Mr.Justin Jose, Asst.Professor, Dept.of Commerce was the resource person. Innovations in information technology and other essentials of Digital era were discussed in detail.

**Outcome-**The Students became advanced by knowing the recent trends in technology.



## 11. BITE INTO BLISS- Workshop on Cake Baking and Designing

**Date: 16/01/2024**

**Organized by Women's Cell & KSWDC**

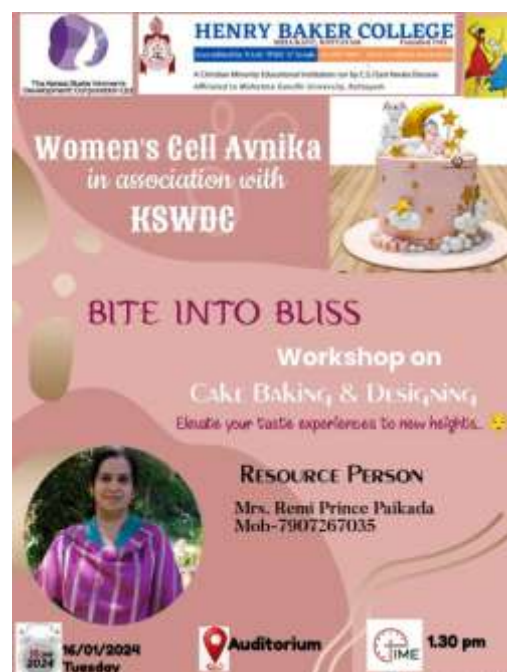
### **Objectives**

- The workshop aimed to provide participants with practical skills in cake baking and designing, suitable for both personal and professional purposes.
- . To empower women through self employment that fosters their personal and professional growth.

Avnikain association with the Kerala State Women's Development Corporation (KSWDC), organised a workshop on cake baking and designing-"BITE INTO BLISS on 16/1/2024.The Principal , Dr. Gireesh Kumar G.S delivered the introductory remarks. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. The workshop aimed at imparting practical skills to the participants. Mrs. Remi Prince Paikada, an experienced professional in cake baking and designing, was the resource person. She shared her expertise and demonstrated various techniques and methods involved in baking and decorating cakes. She conducted live demonstrations, showcasing different cake baking techniques, frosting methods, and decoration styles. Participants had the opportunity to interact with the resource person, asking questions and seeking advice on cake baking and designing. Ashlin A.R III B.Com Co-operation proposed the vote of thanks. The workshop was a successful event that not only provided practical skills but also inspired creativity among the participants.

### Outcome

- Participants gained valuable insights into the art of cake baking and designing, learning new skills that can be applied in various settings.
- The workshop encouraged creativity and innovation among the participants, inspiring them to explore the field of baking as a potential career option.
- The workshop provided a platform for skill development and empowerment of women.





## **12. NSS Volunteer Hiba Fathima Explores New Heights at National Adventure Camp- 25/01/2024 - 03/02/2024**

Hiba Fathima, the dynamic and committed NSS Volunteer Secretary at Henry Baker College, Melukavu, is known and appreciated for her leadership and community services. Known for her proactive attitude and leadership skills, Hiba actively organizes and participates in various community service initiatives, inspiring her peers with her energy and commitment. She attended a Ten day national-level adventure camp in Dharamshala, Himachal Pradesh, from 25/01/2024 -03/02/2024, where she honed her leadership, teamwork, and resilience through challenging activities like trekking and rock climbing. Hiba's passion for service, dynamic personality, and active involvement make her a standout leader and an inspiration to her college community.


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**NATIONAL SERVICE SCHEME - UNIT NO. 54**

**PROUD MOMENT**

**CONGRATULATIONS**



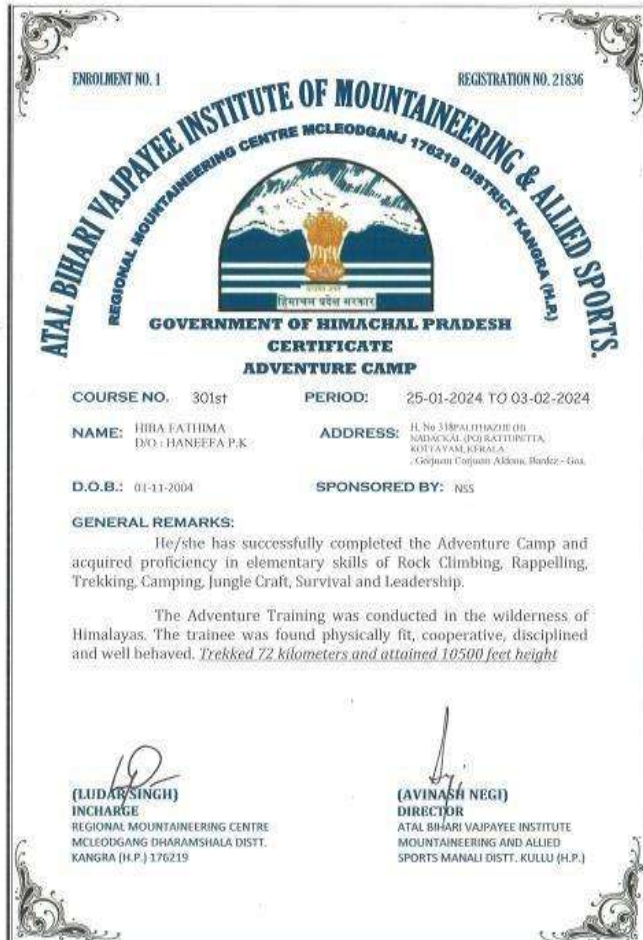
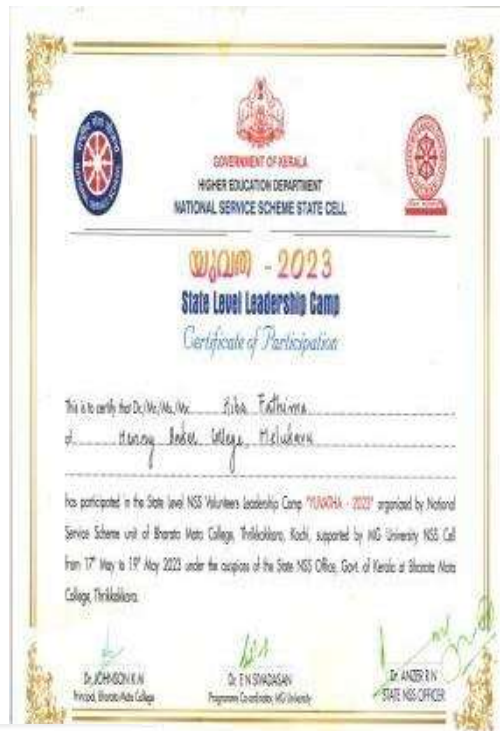
**HIBA FATHIMA**  
 Volunteer Secretary, HBC NSS  
 II B A English

**SELECTED FOR NSS ADVENTURE CAMP AT DARMASHALA  
 HIMACHAL PRADESH  
 25/01/2024 - 03/02/2024**

**NSS PROGRAMME OFFICERS**  
 Dr. Jibin Mathew | Ashly Mereena Mathew

*0188491 408821@gmail.com  
 NSS*







### **13. A Talk on "WOMEN AND HEALTH"**

**Date: 09/02/2024**

**Organized by: Women's Cell & KSWDC**

#### **Objectives**

- The talk focused on raising awareness about common health issues faced by women, including reproductive health, mental health, and lifestyle diseases.
- To create an awareness among students that health and hygiene is very crucial for empowering women and for a successful life they should take control of their health and lead healthier lives.

Avnikain association with KSWDC arranged a talk on "Women And Health." on 9/2/2024. Dr. Deepa Rose K Sam, Assistant Professor in General Medicine at Government Medical College Idukki, was the resource person. The Principal, Dr. Gireesh Kumar G.S delivered the

introductory remarks. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Dr. Deepa shared her expertise and knowledge on various health issues specific to women. The talk aimed to educate and raise awareness among the participants about various health issues that affect women. Dr. Deepa emphasized the importance of regular health check-ups, healthy lifestyle choices, and seeking medical help when needed. She focused on menstrual health and hygiene and the use of menstrual cup and its advantages. Participants had the opportunity to ask questions and clarify doubts regarding women's health issues. The session was valuable and informative for the participants. It highlighted the importance of prioritizing women's health and well-being. Sneha Justin, II B.A English proposed the vote of thanks.

### **Outcome:**

- The talk helped participants gain a better understanding of their health and well-being, empowering them to make informed and take decisions regarding their health.
- Participants learned about the preventive measures and early detection of health issues, which can significantly impact their quality of life.





#### **14. A Session on “INTERVIEW SKILLS AND GROUP DISCUSSION”**

**Date: 08/02/2024**

**Organized by: Women’s Cell & KSWDC**

##### **Objectives**

- The session aimed to equip participants with the necessary skills and confidence to excel in job interviews and group discussions.
- To make the participants learn the key concepts such as effective communication, body language, and problem-solving skills, crucial for interview success.

Avnikain association with the Kerala State Women's Development Corporation (KSWDC), organised a session on "Interview Skills and Group Discussion." on 8/2/2024. Introductory remarks were made by the Principal, Dr. Gireesh Kumar G.S. Mrs. Elizabeth Joseph, Coordinator, Women’s Cell welcomed the gathering. Mr. Jino M Scaria, a renowned Soft Skill trainer associated with JCI India, conducted the session. The session aimed to enhance the participants' skills in these areas, preparing them for future job interviews and professional interactions. The session was highly beneficial for the participants, helping them develop essential skills for their professional journey. Nancy K Michael, III B.Com Co-operation proposed the vote of thanks.

##### **Outcome:**

- Participants gained a better understanding of the interview process and group discussion dynamics, enhancing their ability to perform well in such situations.
- The session boosted participants' confidence and improved their communication skills, essential for professional interactions.

**HENRY BAKER COLLEGE**  
1862 & 1957  
Established by Rev. Fr. J. B. de Souza  
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**WOMEN'S CELL AVNIKA**  
*in association with*  
**KSWDC**

**A Session on**  
**INTERVIEW SKILLS AND GROUP DISCUSSION**

Resource Person  
 Mr. Jino M Scaria,  
 Soft Skill Trainer,  
 JCI India.

 2.00 pm **8 February 2024**  Auditorium





## 15. Workshop on Designing with Canva

**Date: 09/02/2024**

**Organized by: Women's Cell & KSWDC**

**Objective-**To familiarise students various features of Canva.

Avnikain association with Instituton Innovation Council organised a workshop on *Designing with CANVA* on 9/2/2024 for the II year boys students. Mr.Justin Jose, Asst. Professor, Dept. of Commerce was the resource person. Students were given a training on how to prepare powerpoint presentations using Canva app.The features of Canva were discussed in detail.

**Outcome-**Students became advanced by knowing thefeatures of Canva .

**HENRY BAKER COLLEGE**  
MELUKAVU  
KANNUR DISTRICT  
A Christan-Minority Educational Institution run by C.S.I.Kath Kerala Diocese  
#Winged to Mahatma Gandhi University, Kottayam

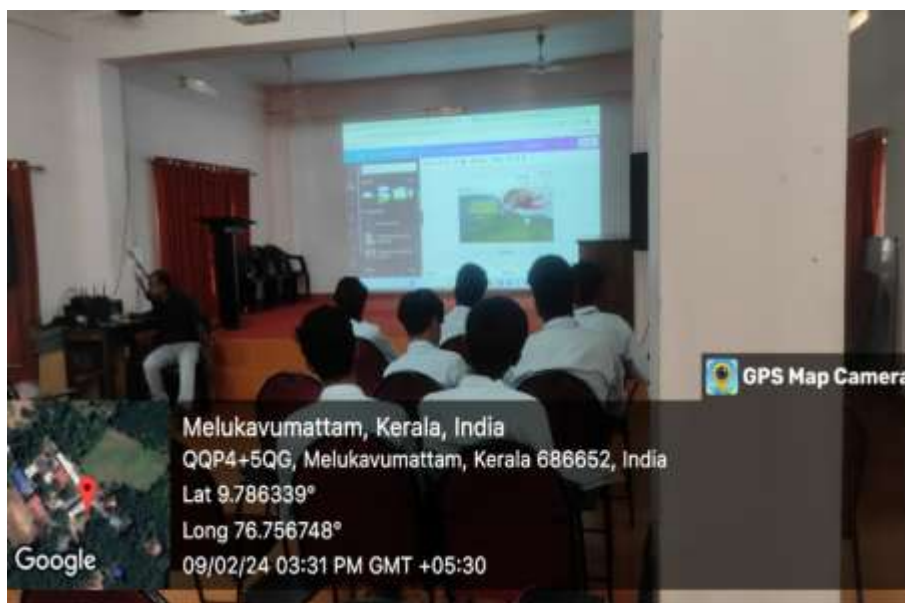
The Kerala State Women's Development Corporation Ltd.

**Women's Cell Avnika**  
in association with KSWDC

Workshop on  
**DESIGNING WITH CANVA**

**Resource Person**  
Mr. Justin Jose  
Asst. Professor,  
Dept. of Commerce,  
Henry Baker College,  
Melukavu

@ 3.00pm      9/2/2024      Seminar Hall



## 16. International Women's Day Celebrations-Interdepartmental Quiz

**Date: 07/03/2024**

**Organised by Women's Cell**

### **Objectives**

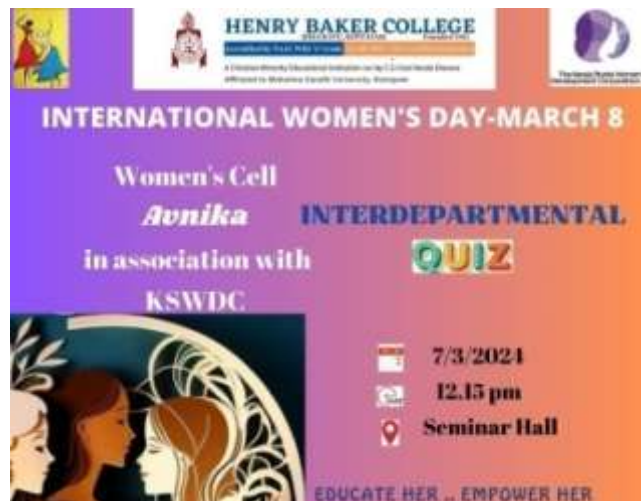
- To uphold women's achievements and to promote gender equality
- -To nurture the inquisitive mind of students.
- To improve the knowledge level of students

International Women's Day was celebrated with much pomp and vigour on 7<sup>th</sup> March 2024. An Interdepartmental quiz competition was organised by Avnika for recognising and honouring the significance, status and dignity of women in various fields. The programme started with seeking the blessings of God. Mrs.Elizabeth Joseph,Coordinator,Women's Cell welcomed the gathering and provided directions on the different levels of the programme.The quiz featured three rounds-Written, Audio Visual and Rapid Fire rounds with each round testing the participant's knowledge,quick thinking and team work..After the preliminary session of

written test four teams were shortlisted .They were teams Ganga, Yamuna,Krishna and Kaveri.Each team comprised of two members.Team Ganga-HaksaNihana M.V and Sreelakshmi C.M,I M.A History won the first prize.Team Yamuna-Sneha Justin &HibaFathima,II B.A English bagged the second prize and Team Kaveri –Darsana Sanoj & Sumayya P.N secured the third place.Principal, Dr.G.SGireesh Kumar congratulated the winners andgave away the prizes.It was a very informative and knowledge enriching session for the participants along with the audience.

**Outcome**

- Provided knowledge and information on various women related aspects.






### **17. Creative Writing Competitions**


**Date: 06/03/2024**

**Organised by the Department of English**

The Department of English conducted an inter-departmental creative writing competitions on 06/03/2024. Essay Writing and Short Story Writing were on environment related topics. Poetry Writing was on gender. The topic for essay writing competition was *Climatic Change* , short story writing was ‘and then she saw a silver lining among the dark dense clouds...’ and the topic for poetry writing was *She speaks a girl from South Kerala*. A total of 29 students participated , 17 in essay writing, 6 in short story writing and 8 for poetry writing. Vysakh B. Nair of I M.Com won the first prize in essay writing, Yugin Richard Edmond bagged the second prize and Aleetta Antu of II B.A English won the third place. In short story writing, Gouri Nandakumar bagged the first prize, Nihal Saji of III B.A. English got the second prize and Gouri Krishna of II B.A. English won the third place. In poetry writing, Yugin Richard Edmond of III B.A English grabbed the first prize, Nihal Saji of III B.A. English bagged the second prize while Jeeno John of II B.Com Computer Application got the third prize.

**HENRY BAKER COLLEGE**  
Established by St. John's Mission, Bangalore  
1954  
All Courses Offered by the Department are Approved by UGC and State Councils  
Approved by the National Council for Educational Research and Training

**DEPARTMENT OF ENGLISH**  
Creative Writing Competitions



**Essay Writing on Environment**  
**Short Story Writing on Environment**  
**Poetry Writing on Gender**

1.30 p.m  
06/03/2024  
Seminar Hall

Dona Sebastian    Dr. Jeevan Kumar K    Dr. Gireesh Kumar G.S  
Coordinator    Head of the Department    Principal





## **18. International Women's Day Celebrations -Intercollegiate Mobile Photography**

### **Contest**

**Date: 08/03/2024**

**Organized by Women's Cell**

### **Objectives**

- To express gratitude towards women's contribution to our lives and society and honour them through photography.
- To appreciate and recognise the struggles and achievements of women.

On 8/3/2024 a video was created by the students in which the girl students of III B.A English enthusiastically performed a fusion dance.. It was circulated through students' Whatsapp groups. As part of the celebrations an Intercollegiate mobile photography contest was also conducted on the theme *Women*. Fayiz Ahmed, I B. Sc Statistics, Farook College, Calicut bagged the first prize. Swathy C.P, I M.A Journalism & Mass Communication won the second place. Sneha Justin of II B.A English, Henry Baker College was awarded a consolation prize. .

### **Outcome:**

- -Celebrated the day by paying homage to all women who are incredible.



**HENRY BAKER COLLEGE**  
MELUKAVU, KITTAYAM

Approved by W.A.U. Women's Group

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



**Avnika in association with  
KSWDC**

**International  
Women's Day-  
March 8**

Mobile  
Photography  
Contest  
THEME:WOMEN



8/3/2024



10.00am-5.00pm



Send your entries via WhatsApp



9496352375  
7025859152



First Prize-FayizAhmed,IB.Sc Statistics Farook College, Calicut



**Second Prize- Swathy C.P I M.A Journalism, Farook College , Calicut**



## 19. HEALTH CHECK-UP & A Talk on “ADOLESCENT HEALTH AND WELL-BEING”

**Date:** 20/03/2024

**Organized by:** Women's Cell

### Objectives

- To create awareness on adolescent health and hygiene.
- To check out the HB level and provide special health service to the needy.
- To provide awareness to girl students on various health issues related to Anemia.
- To promote the health and well-being of young girls and empowering them to lead healthy lives.

The Women's Cell Avnikka in collaboration with the Kerala State Women's Development Corporation (KSWDC) and the Community Health Centre Edamaruku, conducted a health

check-up and an awareness class on the topic“ Adolescent Health and Well-being.” for the inmates of girls at Snehabhavan Girls Hostel, MDCMSHS, Chalamattom on 20/3/2024. Mrs. Elizabeth Joseph, Coordinator, Women’s Cell welcomed the gathering. Mrs. Shiby Joseph, Health Inspector, CHC Edamaruku and Mrs. Minimol Daniel, HM, MDCMSHS, Chalamattom offered felicitations. Mrs. Laly C.G, Junior Public Nurse, Community Health Centre Edamaruku, was the resource person. She spoke on various aspects of adolescent health and wellbeing such as nutrition, anemia, hygiene, reproductive health, and mental health.. Her talk emphasized the need for blood check up and maintaining a healthy life. She also provided valuable insights on how to maintain normal HB level. Participants had the opportunity to ask questions and clarify doubts regarding health issues. The session was valuable and informative for the participants. The health check-up focused on the basic health parameters such as height, weight, Haemoglobin check-up and general health assessment. The participants were asked to queue up for the check up. The nursing staff under the leadership of the Health Inspector examined the HB level of the girls and explained whether they are healthy or not. Students identified as having low HB level were advised to take certain food items that increase the HB level. They were given sachets of ORS. They were also referred to the health centre or other medical centres for further consultation. Thus an effective follow up was done for the anemic persons. Mrs. Aneetta Elizabeth Manuel proposed the vote of thanks. The free HB check-up camp was a huge success.

**Outcome:**

- The training session helped raise awareness among the adolescent girls about the importance of maintaining good health and adopting healthy lifestyle practices.
- Participants gained valuable knowledge about various aspects of adolescent health and well-being.
- All the inmates of Snehabhavan were aware of their HB level.
- Awareness was created on healthy life style and self care.
- Girls with low HB level were referred to the Health centre where they can avail free medicines and tonics to increase HB.


**HENRY BAKER COLLEGE**  
Autonomous Women's Education Institute and PG Centre for Health Studies  
 Affiliated to Mahatma Gandhi University, Kottayam

**WOMEN'S CELL AVNIKA & KSWOC**  
 In association with  
**COMMUNITY HEALTH CENTRE,  
 EDAMARUKU**


**Community Intervention Programme -  
 Visiting Snehabhavan-Girls Hostel,  
 MOCMS School, Chalamattom**

**HEALTH CHECK-UP &  
 A TALK ON ADOLESCENT HEALTH & WELL-BEING**

**Resource Person**  
**Mrs. Lily C.G.,**  
**Junior Public Health Nurse,**  
**Community Health Centre,**  
**Edamaruku**



**20/3/2024**  
**2.00 pm**  
**MOCMS School,**  
**Chalamattom**






## 20. Manuscript Magazine Launch

**Date:** 27/3/2024

**Organised by** Women Cell

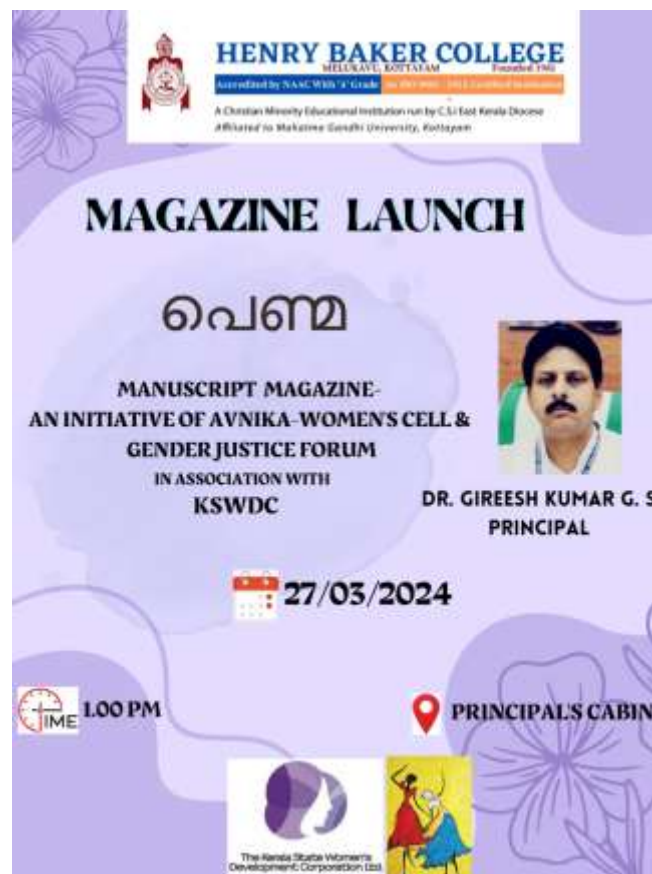
### **Objectives**

- To provide opportunity to the students for self expression in written form.
- To develop and cultivate a literary taste and creativity in students.

Women's Cell and Gender Justice Forum jointly took initiative in publishing a manuscript magazine titled Srishti. Volume 2 was entitled as Penma. The magazine reflected the artistic flair and creativity of the students. It included drawings, paintings, essays, quotes, short stories and poems related to the topic Women. Students wholeheartedly took efforts in publishing the magazine. The second edition of magazine was released on 27/3/2024 by Principal Dr. G. S. Greesh Kumar. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Dr. Beena Paul, Convenor Gender Justice Forum and Mrs. Aneetta Elizabeth Manuel, Joint Coordinator, Women's Cell were present in the meeting. The Principal released the magazine by handing over it to Mubeena M of II M.A History. The Principal praised and congratulated the magazine committee for the efforts taken in bringing out the magazine.

### Outcome-

- Inspired the budding and talented writers to write creatively.
- Developed the power of thinking and strengthened their imagination.





*gm*  
PRINCIPAL  
HENRY BAKER COLLEGE  
MELUKAVU