



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	Programme	International Yoga Day
	Date	21/06/2023
	Organiser	NSS

On June 21, 2023, the NSS unit of Henry Baker College, Melukavu, in collaboration with the Physical Education Department, observed **International Yoga Day** with enthusiasm. The event, held in the College Seminar Hall, began with an inaugural ceremony led by Principal **Dr. G. S. Gireesh Kumar**, who highlighted the importance of yoga for physical and mental well-being.

Following the address, renowned yoga instructor **Krishnadas Chinappan** guided participants through a series of invigorating asanas. Under his expert instruction, attendees engaged in yoga poses designed to enhance flexibility, strength, and inner peace. The session was well-attended by students, faculty, and staff, all eager to embrace the ancient discipline of yoga.

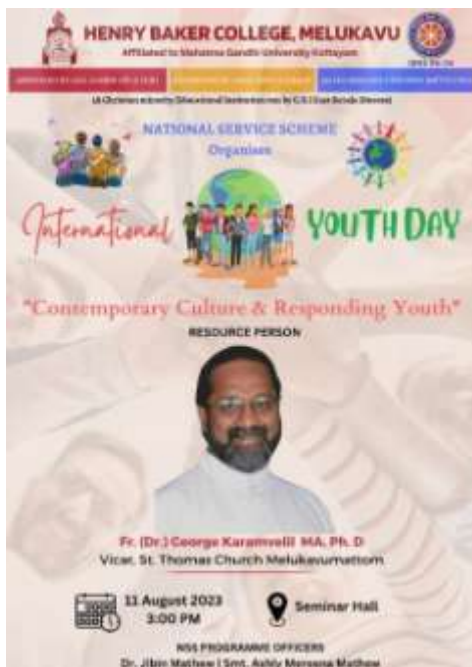
The International Yoga Day celebrations at Henry Baker College, Melukavu, were a success, deepening the college community's appreciation for the holistic benefits of yoga.





2	Programme	International Youth Day
	Date	11/08/2023
	Organiser	NSS

The NSS Unit of Henry Baker College, Melukavu, celebrated International Youth Day on August 11, 2023, in the college seminar hall. The event was honored by the presence of **Fr. Dr. George Karamvelil**, who served as the resource person for the day. The theme was "**Contemporary Culture and Responding Youth.**" The event began with a warm welcome address by NSS Program Officer **Dr. Jibin Mathew**, who emphasized the significance of International Youth Day and the role of youth in shaping contemporary culture. The principal in charge of the college, **Dr. Beena Paul** then addressed the gathering, emphasizing the



significance of youth engagement in societal development and cultural preservation.

Fr. Dr. George Karamvelil delivered a keynote address on "Contemporary Culture and Responding Youth," focusing on the following key points:

- a. He analyzed contemporary culture, noting its diverse and rapidly changing nature, and discussed the impact of technology, globalization, and media on modern cultural practices.
- b. He addressed the challenges faced by today's youth, including cultural disintegration, identity crises, and the pressures of social media, emphasizing the need for resilience and critical thinking.
- c. Fr. Karamvelil highlighted the crucial role of youth in preserving and promoting cultural heritage, encouraging students to engage in cultural activities and take pride in their cultural identities.
- d. He offered practical suggestions for addressing contemporary cultural issues, such as staying informed, engaging in constructive dialogue, and participating in community service.

Following the keynote, an interactive session allowed students to ask questions and share their views. Fr. Karamvelil provided thoughtful responses and encouraged critical thinking about their roles in contemporary society.



The event concluded with a vote of thanks by NSS Secretary Hiba Fathima, who expressed gratitude to Fr. Karamvelil for his insightful address and to all participants for their active engagement. The celebration was a success, leaving students inspired and motivated to positively contribute to contemporary culture. Over 65 students, faculty members, and NSS volunteers participated, making it a memorable and impactful event.

3	Programme	Anti-drug pledge taking
	Date	26.06.2023
	Organiser	Anti-narcotic Cell

As part of the NSS' and ASSAD SENA's anti-drug awareness campaign, a pledge against drug abuse was taken on June 26, 2023, College Principal Dr. G. S. Gireesh Kumar administered the oath, which was recited by students, faculty, and non-teaching staff. All of them vowed not to use, sell, or encourage others to use intoxicants and to fulfil their responsibility to the country and the people by participating in anti-drug activities.



4	Programme	Anti-drug awareness Quiz
	Date	26.06.2023
	Organiser	Anti-narcotic Cell

With the goals of eradicating the use of drugs and increasing student understanding about the dangers of abusing alcohol, drugs, and other types of intoxicants an anti-drug awareness quiz competition was hosted by ASSAD SENA, the NSS Unit of Henry Baker College, on June 26, 2023 at 1:30 p.m. in the Seminar Hall and the Department of History. This event was organised as part of the campaign and in accordance with instructions from the State NSS and the M G University NSS units. The first, second, and third places were taken by Ashmita Issac (II M Com), Krishna Sali (II M Com), and Fasna K Nasar (III B A History), respectively. They were given a subscription to the journal Mathrubhumi GK and Current Affairs for a whole year.


HENRY BAKER COLLEGE, MELUKAVU
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A Christian minority Educational Institution run by C.B.I East Kerala Diocese

ANTI-NARCOTIC CELL
 &
NATIONAL SERVICE SCHEME
 Organizes
**INTERNATIONAL DAY AGAINST
 DRUG ABUSE AND ILLICIT TRAFFICKING**
ANTI-DRUG CAMPAIGN 2023


QUIZ COMPETITION


**THE TOP 3 WINNERS WILL GET
 MATHRUBHUMI GK & CURRENT AFFAIRS
 1 YEAR SUBSCRIPTION**


NO


26 JUNE 2023
01:30 PM - 02:00 PM


SEMINAR HALL



GPS Map Camera



Kottayam, Kerala, India
 QQQ3+FP2, Kerala 686652, India
 Lat 9.786102°
 Long 76.756487°
 26/06/23 01:44 PM GMT +05:30

Google



5	Programme	Anti-drug awareness posters
	Date	
	Organiser	Anti-narcotic Cell

As per the government order, antidrug posters were published in the notice boards of all the departments and verandas.



6	Programme	Formation of Jana Jagratha Samithi in College
	Date	
	Organiser	Anti-narcotic Cell

A committee in the name of 'Pradeshika Jana Jagratha Samithi' was constituted at the institutional level in response to the Government Order (G3/22824/2023/DCE), dated 19-09-2023. Its main aim was to create awareness and take measures to prevent and control the use of drugs among students. The committee comprised 20 members with Sri. Sunny Mathew (PTA Vice-president) as the Convenor. The Samithi held its first meeting on 08-12-2023 at 3 PM under the chairmanship of the Principal Dr. Gireesh kumar G. S.

7	Programme	Yellow Line Marking - Ensure drug free zone
	Date	5/12/2023
	Organiser	Anti-narcotic Cell

Similar to yellow-line campaign in schools, the Coordinators and members of anti-narcotic cell of Henry Baker College marked yellow line in the 100 metre perimeter of College. The aim of this initiative was to prevent the consumption and usage of tobacco products and other narcotic drugs in and around College premises.





8	Programme	International Aids Day
	Date	1/12/2023
	Organiser	NSS

On December 1, 2023, Henry Baker College, Melukavu, observed World AIDS Day with a series of meaningful activities organized by the National Service Scheme (NSS). The day aimed to raise awareness about HIV/AIDS and to show support for those living with the condition. The event featured a poster-making competition and the distribution of red ribbons, the universal symbol of HIV awareness and support.

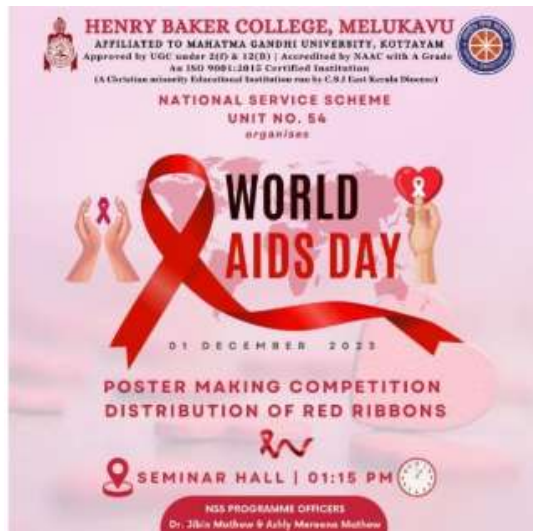
The highlight of the day was a poster-making competition that saw enthusiastic participation from students across various disciplines. The competition encouraged

students to express their creativity and knowledge about HIV/AIDS through art. The posters were judged based on creativity, relevance to the theme, and overall impact.

- ❖ First Place: Ms. Hiba Fathima, II M.Com
- ❖ Second Place: Ms. Ashmita Issac, II M.Com

The winning posters effectively conveyed strong messages about the importance of HIV/AIDS awareness, prevention, and the need to combat stigma associated with the disease. The winners were congratulated and their posters were displayed prominently on campus to educate and inspire other students.

In addition to the poster-making competition, NSS volunteers distributed red ribbons to students, faculty, and staff. This symbolic gesture aimed to foster a sense of solidarity and support for those affected by HIV/AIDS. The red ribbons served as a reminder of the ongoing fight against the epidemic and the importance of community support and compassion.



9	Programme	Mega Blood Donation Camp
	Date	05/01/2024
	Organiser	NSS



On January 5, 2024, the National Service Scheme unit of Henry Baker College, in association with the Lions Club Kuttanad Overseas, organized a Mega Blood Donation Camp. The event aimed to address the community's healthcare needs by collecting blood donations from volunteers. The camp was held at the college's seminar hall and saw significant participation from students and staff.

The camp was inaugurated by Shri. Mani C. Kappan, MLA of the Pala Legislative Assembly. In his inaugural speech, he emphasized the importance of blood donation and praised the collaborative efforts of the NSS and Lions Club. He highlighted the life-saving potential of such initiatives and encouraged more people to participate in future blood donation drives.

Dr. G. S. Gireesh Kumar, the College Principal, delivered an inspiring presidential address, emphasizing the critical role of blood donation in saving lives. He highlighted the importance of organizing regular donation camps to maintain a consistent blood supply for medical emergencies. Dr. Gireesh Kumar also praised the NSS volunteers for their unwavering commitment to social causes and their readiness to donate blood, setting a commendable example for the community.

Shri. Siby Plathattom, Secretary of the Lions Club, spoke about the club's ongoing commitment to community service and the importance of partnering with educational institutions like Henry Baker College to reach a broader audience. Shri. Siby Plathattom expressed gratitude to the college administration and NSS volunteers for their enthusiastic participation and support.

During the camp, 30 units of blood were donated by NSS volunteers under strict medical supervision, ensuring the safety and comfort of all donors. The participants were provided with refreshments and received certificates of appreciation for their contributions.

The Mega Blood Donation Camp at Henry Baker College was a resounding success, thanks to the joint efforts of the NSS unit and the Lions Club Kuttand Overseas. The event not only facilitated the collection of 30 units of blood but also raised awareness about the critical need for blood donations. The active participation of students, staff, and community members exemplified the spirit of service and solidarity that defines the institution.

10	Programme	Installation of Sanitary Napkin Vending Machine
	Date	21/9/2023
	Organiser	Women Cell

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.SGireesh 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





11	Programme	Health Check up and a Talk on Adolescence Health at MDCMS HS, Erumapramattom
	Date	20/3/2024
	Organiser	Women 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 Avnikain 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 Edamarukuand 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.

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




Community Intervention Programme:-
Visiting Sashabhojan-Girls Hostel,
MDCMS School, Chalamattom

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

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



20/3/2024
2.00 pm
MDCMS School,
Chalamattom





12	Programme	A Talk on Women and Health
	Date	9/2/2024
	Organiser	Women Cell

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.

HENRY BAKER COLLEGE
100 Years of Education Excellence

Women's Cell Avnika
in association with
KSWDC

TALK ON
WOMEN & HEALTH

Resource Person
Dr. Deepa Rose K Sam
 Asst. Professor,
 General Medicine,
 Govt. Medical College, Idukki.

9/2/2024
 @3.00pm
 Auditorium









gm
PRINCIPAL
HENRY BAKER COLLEGE
MELUKAVU



BEST PRACTICE 2: WOMEN EMPOWERMENT THROUGH ENHANCING GENDER EQUITY

1	Programme	Helen Keller Day Observance
	Date	30/6/2023
	Organiser	Women 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

HENRY BAKER COLLEGE
H. B. COLLEGE, WITTHAYAN
President (2023)
Accredited by NAAC with 'A' Grade
A Christian Minority Educational Institution under the CII East Kerala Division
Affiliated to Babineo Gandhi University, Kollam

Avnika & Noopuradwani

Documentary Screening

30/6/2023 @ 1.25 pm

Venue - Seminar Hall

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

Co-organised & Organized by:
HELEN KELLER DAY OBSERVANCE
AND ORGANIZATIONS
BY GANESH C
RESEARCH SOCIETY
AND ST. JOSEPH'S COLLEGE
WITTHAYAN



2	Programme	Malala Day Observance
	Date	13/7/2023
	Organiser	Women 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 13/7/2023. 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

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WELLESLEY, MASSACHUSETTS 02158
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A Christ the King Educational Institution run by C.S.I. East India House
Affiliated to Mahatma Gandhi University, Kottayam

Avnika & Noopuradwani

Malala Day Observance

Elocution Competition

JULY 12
**INTERNATIONAL
 MALALA DAY**

Seminar Hall
 12/7/2023
 @1.20 pm

*"Let us pick up our books and pencils ..
 They are our most powerful weapons.."*

Coordinators

- Dr. Seanya Paul, Mrs. Elizabeth Joseph
- Dr. Vincent J. Ms. Swathy Mathu, Ms. Maria Susan Mathew & Ms. Ranya P. Jeka



3	Programme	The Premiere Screening of the Short Film "AHAMKARI"
	Date	10/8/2023
	Organiser	Women Cell

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, ie 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.



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INAUGURATION

CULTURAL CLUB
NOOFURADHWAN
WOMEN'S CELL
AVNIKA



THE PREMIERE SCREENING OF AHAMKARI

A short Film Presented by
AVNIKA - Women's Cell

CREED OF HONOUR



Mrs. Sijitha Anil

Inauguration by Mrs. Sijitha Anil,
Executive State Teacher of Children's Literature,
Muvattupuzha, Kerala Sahitya Akademi (2019)

10
AUGUST
2023

Thursday 07.30 pm
AUDITORIUM
HENRY BAKER COLLEGE KOLLAM



Short Film Premiere

Release function of







4	Programme	International Girl Child Day Celebrations
	Date	11/10/2023
	Organiser	Women Cell

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.



5	Programme	NAIPUNYA: Hands-on Training on Paper Bag Making
	Date	14/12/2023
	Organiser	Women 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 ThejusPaper 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. AsiyaYoosuf, 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.

HENRY BAKER COLLEGE
WOMEN'S CELL AVNIKA
Established in 1984

Approved by UGC/ WU/ A Grade Autonomous

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Affiliated to Mahatma Gandhi University, Kottayam

WOMEN'S CELL AVNIKA IN ASSOCIATION WITH KSWDC

NAIPUNYA

HANDS-ON TRAINING ON PAPER BAG MAKING

Resource Person- Mrs. Presanna Mohan,
 Woman Entrepreneur, Thejus Paper Carry Bag Printers, Mundakkayam.

Venue- Auditorium

For Final Year Girl Students
 14 December 2023 - 2.00pm



6	Programme	BITE INTO BLISS- Workshop on Cake Baking and Designing
	Date	16/1/2024
	Organiser	Women Cell

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.Theworkshop 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.



HENRY BAKER COLLEGE
WOMEN'S EMPOWERMENT
 A Central Women's Education Institute for All India Women Students
 Affiliated to Mahatma Gandhi University, Kottayam

Women's Cell Avnika
in association with
KSWDC



BITE INTO BLISS
 Workshop on
CAKE BAKING & DESIGNING
 Elevate your taste experiences to new heights. 🍰



RESOURCE PERSON
 Mrs. Remi Prince Paikada
 Mob-7907267035

16/01/2024
 Tuesday

Auditorium

1:30 pm





7	Programme	A Session on "INTERVIEW SKILLS AND GROUP DISCUSSION"
	Date	8/2/2024
	Organiser	Women Cell

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 on 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.





8	Programme	International Women's Day Celebrations-Interdepartmental Quiz
	Date	7/3/2024
	Organiser	Women 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 7th March 2023. 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- Haksa Nihana M.V and Sreelakshmi C.M, I M.A History won the first prize. Team Yamuna- Sneha Justin & Hiba Fathima, II B.A English bagged the second prize and Team Kaveri - Darsana Sanoj & Sumayya P.N secured the third place. Principal, Dr. G. S. Gireesh Kumar congratulated the winners and gave 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.





HENRY BAKER COLLEGE
WOMEN'S EMPOWERMENT
 A Women's Empowerment Initiative of the Uthiramerla Branch
 affiliated to Mahatma Gandhi University, Kottayam



INTERNATIONAL WOMEN'S DAY-MARCH 8

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



7/3/2024
 12.15 pm
 Seminar Hall

EDUCATE HER .. EMPOWER HER



02P4-H2Q6, Melukavummettam, Kerala 686652, India

Type	Degree	DMS	Clouds 37.9 °C 100.3 °F
Latitude	9.7860455	9°47'10" N	
Longitude	76.7565456	76°45'24" E	

07 Mar 2024, 13:03 pm



9	Programme	International Women's Day Celebrations -Intercollegiate Mobile Photography Contest
	Date	8/3/2024
	Organiser	Women Cell

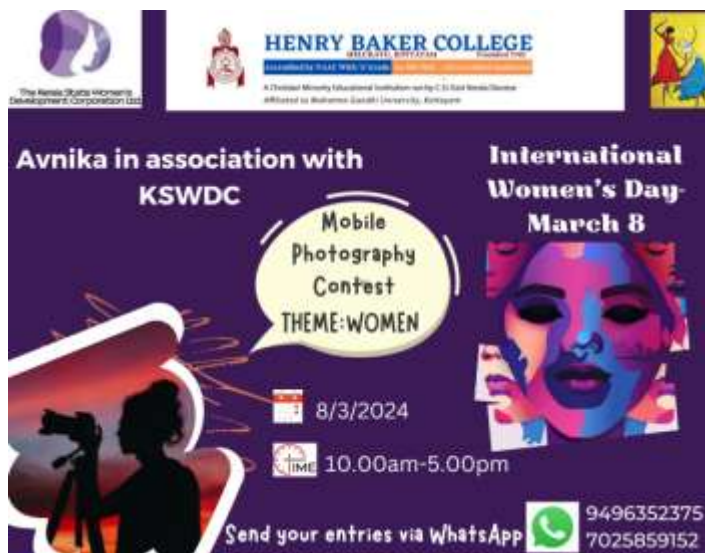
Objectives

- 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*.FayizAhmed,IB.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.





First Prize-FayizAhmed,IB.Sc Statistics FarookCollege,Calicut



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



10	Programme	Manuscript Magazine: Penma
	Date	27/3/2024
	Organiser	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.





11	Programme	Orange the World Campaign
	Date	7/12/2023
	Organiser	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.


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