

**WOMEN STUDY UNIT**  
**WOMEN STUDY UNIT 2018-2019**

Chairman	: Dr. L Thulaseedharan Principal
Co-ordinator department	: Ms. Jubilie S V Assistant Professor and Head of the of Commerce
Member Co-ordinators	: Ms. Biji, Assistant Professor of History, Ms. Saritha, Assistant Professor of Chemistry, Ms. Usha R B, Assistant professor of Malayalam
Student Co-ordinators	: Ms Sruthy Department of Commerce Ms. Sivakami Department of Malayalam

**STUDENT MEMBERS**

Sl No	Name of the Student	Department
1	ADITHYA SAJAN	COMMERCE
2	ARDRA. J	COMMERCE
3	GAYATHRI M	COMMERCE
4	GOPIKA	COMMERCE
5	JAYASHMA J	COMMERCE
6	MEGHA M S	COMMERCE
7	NAYANA BABUJI	COMMERCE
8	RESHMA J S	COMMERCE
9	SAKIYA S	COMMERCE
10	SEENA S	COMMERCE
11	SHAMNA MOL H A	COMMERCE
12	SREEJA M	COMMERCE
13	SRUTHY P S	COMMERCE
14	SUMAYYA NIZAM	COMMERCE
15	THANIMA D R	COMMERCE
16	VARSHA B	COMMERCE
17	ABHINAYA G	COMMERCE

18	GOWRI B L	COMMERCE
19	JYOTHY P S	COMMERCE
20	KAVYA J S	COMMERCE
21	NEERAJA SURESH	COMMERCE
22	ANJANA M S	CHEMISTRY
23	INDHU C D	PHYSICS
24	APARNA A K	PHYSICS
25	FATHIMA NAHAS	PHYSICS
26	JAYALEKSHMI M S	PHYSICS
27	JEENA NAJEEB	PHYSICS
28	LEKSHMI SURENDRAN	PHYSICS
29	APARNA S	BOTANY
30	GOPIKA G R	BOTANY
31	NADIYA NAZEER	BOTANY
32	ADITHYA A R	MALAYALAM
33	AISWARYA R B	MALAYALAM
34	ALFIYA N	MALAYALAM
35	FARHANA FATHIMA	MALAYALAM
36	FATHIMA R	MALAYALAM
37	KAVYA S	MALAYALAM
38	LEKSHMI R	MALAYALAM
39	SIVAKAMI J B	MALAYALAM
40	SREELEKSHMI T L	MALAYALAM
41	THEERTHA THULASI	MALAYALAM
42	SILPA S L	ECONOMICS
43	ARSHAMOL D P	ECONOMICS
44	ARYA A	ECONOMICS
45	ARYA A S	ECONOMICS
46	RESHMA REJU	ECONOMICS
47	RESHMI R S	ECONOMICS
48	KRISHNAPRIYA.B	HISTORY
49	VIJI V R	HISTORY
50	APARNA R	HISTORY
51	GOPIKA N	HISTORY
52	SANDRA S	HISTORY
53	SREELEKSHMI S	HISTORY
54	SREELEKSHMI D P	HISTORY

## REPORT OF WOMEN STUDY UNIT 2018-19

The Women Study Unit of S N College, Varkala was started with the aim of empowering and orienting women to recognize their true potential and to help them attain their own stand in a competing world. Its goal is the overall development of girl students in the college in all spheres of their life. It also helps in creating awareness about important issues related to women and provides a forum for discussion and deliberation on a range of issues from empowerment to environment. Women Study Unit seeks to mould the young women force in the campus to achieve thriving milestones of success in their life. It also seeks to empower young women to attain emotional, physical, and mental freedom to withstand the changing phases throughout their life. Women Study Unit functions with the added aim to enhance self esteem of young women and empower them taking pertinent decisions. Other important objectives include giving career guidance, functioning of a counseling center, conducting health awareness classes, arranging classes about self defense and giving them a hands-on training on skill development and entrepreneurship.

### Formation of Women Study Unit 2018-19

During the academic year, Women Study Unit was formed on October, 2018. Ms. Jubilee S V, Assistant Professor and Head was selected as the co-ordinator of the Women Study Unit and Ms. Biji, Assistant Professor of History, Ms. Saritha, Assistant Professor of Chemistry, Ms. Usha R B, Assistant professor of Malayalam were elected as joint co-ordinators of the Women Study Unit. 54 Students were selected as the members of the Women Study Unit 2018-19.

### PLAN OF ACTION

Women Study Unit of 2018-19 decided to organize the following activities during the year and the proposal was presented to principal and club co-ordinator for the perusal. It was planned to organize the following programmes:-

- Sessions on women's health

- Sessions on women's safety
- Session on women awareness
- Session on legal awareness
- Skill development sessions
- Entrepreneurship development session
- Competitions like mehendi laying and hair styling
- Cyber security awareness programme
- Women empowerment programmes
- International women's day celebrations
- Counseling sessions

### INAUGURATION OF WOMEN STUDY UNIT 2018-19

A common inauguration for all mandatory clubs in the college was done on October 30, 2018 at conference hall. The programme was inaugurated by Dr. George Onakoor, famous Malayalam novelist and critic. During the inaugural talk, he had mentioned the importance of club activities in the overall development of the students. A warm welcome speech was extended by Dr. J P Prajith, clubs co-ordinator. Dr. L Thulaseedharan, Principal, S N College, Sivagiri presided over the function. During his presidential address, he had mentioned about the performance history of various clubs and wished all success for the coming year. Also he had extended his whole hearted support to all the clubs. Felicitation addresses were given by Sri Aji SRM, S N Trusts Executive Member, Dr. Beena Karunakaran, Head of the Department of Malayalam, Mr. Anand S.B, College Union Chairman. Vote of thanks was extended by Ms. Jubilie S V, Co-ordinator, Women Study Unit.



Dr.George Onakoor, Inaugurating the clubs

Presidential address by the principal



Inaugural speech by chief guest



Audience during inauguration



Felicitation address by Sri AJI SRM



Felicitation address by Mr. S B Anand, Chairman

Vote of thanks by Ms. Jubilie S.V

## ACTIVITIES DURING THE YEAR 2018-19

### 1. Cyber Security Awareness Programme (Area – Women Safety and Security)

A cyber security awareness programme was organized for the members of Women study unit on 31/10/2018 conference hall. Mr. Anand J S, Cyber Security Awareness Campaigner handled the session. Ms. Jubilie S V, Cordinator of the club extended a warm welcome to the gathering. Vote of thanks was extended by Ms. Sivakami, Member of the club. This programme was the need for the hour as cyber crimes against women and children are on the raise and they have been drastically victimized in the cyber space. Some illegal persons try to defame women and children by sending obscene e mails, stalking women and children by using chat rooms websites etc, developing pornographic videos where women and children are depicted in compromising positions mostly created without their consent, spoofing e-mails, morphing of images for pornographic content etc. As this is the present situation, a massive awareness needs to be created among women and children regarding the safe use of mobile phones, computer and internet. The present programme helped our members to create awareness on various cyber security issues which will help them to be safeguarded from the various cyber crimes.



## Cyber Security Awareness Programme



Welcome Address by Ms. Jubilee S V



Felicitation by Vice Chairperson



Session by Mr. Anand . J S, Cyber Security Awareness Campaigner



Session Continues.....





Question Answer session....

Vote of Thanks by Ms. Chandana

## 2. Awareness Programme on Self Employment (Area – Women Entrepreneurship)

An awareness programme on self employment was organized for the members of Women Study Unit on 24/11/2018 at conference hall. The session was handled by Ms. Jayanthi. V, Entrepreneurship Development Officer, Chirayinkil Block. Ms. Jubilee S V, Co-ordinator of the club welcomed the guests and vote of thanks was extended by Ms. Reshma, member of Women Study Unit. As it is impossible to get government jobs to each and every student, it is very important to get awareness on the prospects of self employment. This programme highlighted the importance of self employment, the procedure for starting a business unit, sources of funds to be raised and various options for doing businesses etc. It will definitely help our students to become an entrepreneur in future.



Welcome

address by Ms. Jubilie .S V



Session lead by Ms. Jayanthi.V



Session continues.....



Question answer session.....



Vote of Thanks by Ms Sivakami

Women study unit members attending the session

### **3. Lotion Preparation Workshop ( Area – Skill Development)**

As part of the skill development initiative for the girl students, Women Study Unit organized a workshop on Lotion Preparation on 24/11/2018. Co-ordinator Ms. Jubilie

S V, lead the session. Students produced 21 bottles of cleaning lotion and labeled it. Students took initiative to sell the product and decided to produce more products from its sales proceeds.



Ms. Jubilee S V handling the session

Lotion preparation by students.....



Lotion preparation by students.....



Lotion preparation by students.....



Women Study Unit team with the product

#### **4. Seminar on personal hygiene and grooming (Area – Women’s Health)**

As good personal hygiene is the first step to good health, the Women Study Unit of Sree Narayana College, Sivagiri, Varkala organized a one day seminar on Personal Hygiene and grooming on 7/12/2018 at first year HM class. The session was handled by famous designer cum beautician Ms. Naina, Director, Naina’s Creations, Varkala. Ms. Jubilee S V, Co-ordinator of the Women Study Unit welcomed all those gathered for the programme. Dr. L Thulaseedharan, Principal inaugurated the seminar. During his inaugural speech, he had mentioned about the importance of hygiene and health in our life. Ms. Sivakami, member of the unit extended vote of thanks. The session was very informative which will help to protect our students from poor health and illness. It will also help the students to lead a healthy life as we all know that “Health is Wealth”.



Welcome address by Ms. Jubilie .S V



Presidential address by Dr. L Thulaseedharan,  
Principal



Vote of Thanks by Ms. Sivakami  
Session lead by Ms Naina





Session lead by Ms Naina



Session lead by Ms Naina



Participants with the guest.....

**SREE NARAYANA COLLEGE, SIVAGIRI VARKALA**



**WOMEN'S HEALTH - PERSONAL  
HYGIENE & GROOMING**

**Organised by  
WOMEN STUDY UNIT 2018-19**

*session handling by*

**Ms. Naina Roy**  
**Beauty consultant and dress designer**  
**Naina's creations, varkala**

**Date : 7/12/2018**                      **venue : conference  
Hall**

#### **5. Mehandi Competition and Hair Styling Competition (Area – Entertainment)**

Women Study Unit in association with College Union organized a Mehandi competition and Hair Styling competition for the girl students of entire college. Women Study Unit hosted the event on 10/12/2018. 21 teams participated in Mehandi competition and 9 teams participated in Hair Styling competition. All the participants were participated enthusiastically. The first three winners were given prizes of Rs. 1000, Rs. 500 and Rs. 300 each. Gifts were sponsored by Naina's Creations, Varkala.





Competition venue.....



Registration desk.....



Mehandi competition.....



Judgment.....



Hair styling Competition.....



Principal addressing the gathering

Ramp Walking by the participants.....



Ms. Naina announcing the results.....



First prize- Hair Styling competition



Second prize - Hair Styling competition



First prize – Mehandi competition



Second prize - Mehandi competition



Participants with guests.....

## 6. Lotion Preparation Workshop ( Area – Skill Development)

As part of the skill development initiative for the girl students, Women Study Unit organized a workshop on Lotion Preparation on 13/01/2019. All the process was done by the students from beginning to the end. Students produced 21 bottles of cleaning lotion and labeled it. Students took initiative to sell the product and decided to produce more products from its sales proceeds.



Lotion preparation by students.....



Lotion preparation by students.....



Lotion preparation by students.....

Lotion preparation by students.....



Lotion preparation by students.....

Lotion preparation by students.....

Women Study Unit team with the product

## **7. International women's day celebrations (Area – Women Empowerment, Women Awareness, Women's Health, Observing a Day of National Importance)**

International women's day is observed on 8<sup>th</sup> March every year. The women study unit of Sree Narayana College, Sivagiri also observed the day by organizing a number of programmes on women awareness, empowerment and health care. The women's day celebrations were inaugurated by Ms Aswathy Jwala, Social Worker and Founder of Jwala Foundations, a charitable organization at Trivandrum. Dr. L Thulaseedharan, Principal, S N College, Sivagiri presided over the function. During his presidential address, he had mentioned about the importance of celebrating women's day. He had explained some instances where women are facing problems. Felicitation addresses were given by Sri Aji SRM, S N Trusts Executive Member, Dr. Beena Karunakaran, Head of the Department of Malayalam, Sri. Sivakumar G, Mr. Anand S.B, College Union Chairman. As a token of our gratitude a small contribution was handed over to the Jwala Foundations by Sri. Aji SRM. Vote of thanks was extended by Ms. Sivakami, student co-ordinator , Women Study Unit.

After the inauguration session, a seminar on the topic Social Reformation through Women was organized. Ms. Aswathy Jwala took the session. In her presentation, she described the path through which she had come forward and various situations she had to face in her life as a social worker. She had explained what a woman can do for bringing social reformation in society. According to her, a woman can do a lot for the betterment of the society. She also motivated the members of women study unit to work hard for bringing social reformation in the society.

After the inaugural session, a student session was organized which is named as "Student's Corner". This session included three programmes like theme song on women empowerment poem on women empowerment and awareness programme on famous women in India. Chief Guest of the programme was Dr Rani, principal, S N Training College, Nedunganda. Women's study unit members presented the theme song and Ms. Sivakami recited the poem. After that, members of women study unit presented a programme named

“Vanitharathnangal”. In this programme, 10 famous women were introduced to the whole college. Descriptions about their contributions to the society were also given. These programmes were conducted at college portico. The aim of these programmes was to create awareness among students about the importance of women empowerment.

After the student’s corner session, another seminar on women’s health was organized. Naturopathy in women’s health was the topic. Dr. Athulya, Medical Officer, Govt. Yoga and Naturopathy Hospital, Varkala took the session. During the session, she had explained the importance of naturopathy in women’s health. According to her, naturopathy can do well rather than alopahy. She had explained various techniques used in naturopathy for healing different human deceases and problems. The session was very informative. After the presentation, students cleared their doubts. A day with the doctor was very effective for the members.

## PHOTO GALLERY OF WOMEN’S DAY CELEBRATIONS

### INAUGURAL SESSION





# **SREE NARAYANA COLLEGE**

**SIVAGIRI, VARKALA**

*Celebrating*

## **INTERNATIONAL WOMEN'S DAY**

(MARCH 8)

*by*

**WOMEN STUDY UNIT 2018-2019**

**On 8<sup>th</sup> March 2019**

*Seminar on*

**"SOCIAL REFORMATION THROUGH WOMEN"**

*by*

**Ms ASWATHY JWALA**

Venue : Conference Hall

Time : 10.00 am

*Students Corner*

THEME SONG  
POEM  
VANITHA RATHNANGAL

Venue

**College Portico**

Time

**12.30 - 1.15 pm**

*A Day with A Doctor*

Topic

**NATUROPATHY IN  
WOMEN'S HEALTH**

**Dr. ATHULYA C.G.**

Medical Officer Govt. Yoga  
& Naturopathy Hospital, Varkala

Venue

**Conference Hall**

Time : 2.00 pm

*All are Welcome*

## Programme Schedule



- 10.00 am  
Prayer  
Lamp Lighting  
Welcome Speech : **Ms. Jubile S.V**  
Co-ordinator, Womens Study Unit
- Presidential Address : **Dr. L. Thulaseedharan**  
(Principal)
- Inaugural Speech : **Ms. Aswathy Jwala**  
(Social Worker and founder of Jwala Foundation, Tvm.)
- Felicitations : **Sri. Aji SRM** (S.N.Trust Executive Member)  
: **Dr. Babitha G.S** (IQAC Co-ordinator)  
: **Dr. J.P. Prajith** (Clubs Co-ordinator)  
: **Sri. G.Sivakumar** (PTA Vice President)  
: **Sri. Anand S.B.** (Chairman)
- Vote of Thanks : **Ms. Sakhiya** (Student Member, Womens Study Unit)
- Invited Talk : 10.45 am  
Topic : **SOCIAL REFORMATION THROUGH WOMEN**  
**Aswathy Jwala**  
Social Worker, Founder Jwala Foundation
- Students Corner : 12.30 - 1.15  
**Theme Song, Poem**  
**Introduction of Vanitha Ratnangal**
- A Day with A Doctor : 12.30 - 1.15  
Topic : **NATUROPATHY IN WOMEN'S HEALTH**  
**Dr. Athulya C.G**  
Medical Officer  
Govt. Yoga & Naturopathy Hospital, Varkala



Comparing by Ms. Lekshmi



Prayer by college prayer team



Inauguration by Ms. Aswathy Jwala



Lamp lighting by Dr. L Thulaseedharan



Welcome Speech by Ms. Jubilie S.V



Presidential Address by Principal

Inaugural speech by Ms. Aswathy Jwala

Felicitation address by Sri. Aji SRM



Felicitation address by Sri. G Sivakumar



Vote of thanks by Ms. Farhana

### SEMINAR ON SOCIAL REFORMATION THROUGH WOMEN



Atoken of appreciation to the organization



Session lead by Ms. Aswathy Jwala

## STUDENT'S CORNER SESSIO



Dr. Rani opening the session



Theme song by WSU members



Poem by Ms. Sivakami



Vanitha rathnam Programme by members

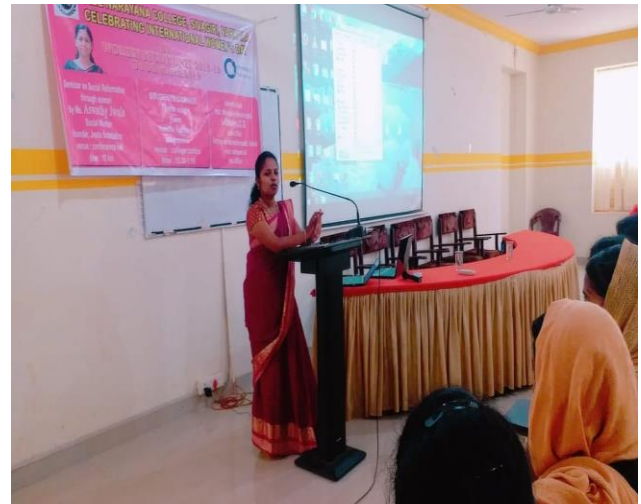
SEMINAR ON NATUROPATHY IN WOMEN'S HEALTH



Coordinator introducing programme



Session handling by Ms. Athulya



Welcome speech

Ms. Athulya leading the session



Powerpoint presentation during the session



Audience clearing doubts....



Audience of the programme .....

### ANNUAL ASSESSMENT/ GENERAL FEEDBACK OF ACTIVITIES

Women's Study Unit is one of the important clubs functioning in our college. The aim of the club is to empower the girl students in our college through different activities. The activities of the club started immediately after the common inauguration of all the clubs. Action plan for the club was prepared first and started the programmes immediately. 54 students were enrolled in the club during the academic year 2018-19. Seven programmes were conducted during the year. All the members were actively participated in all programmes. Programmes on women empowerment, women



awareness, women safety, self employment, skill development, women's health, entertainment etc were organized during the year for the benefit of the students. All the programmes were very successful. Certain programmes which are scheduled for the year cannot organized due to certain reasons were decided to organize in the next academic year.