

# **WOMEN'S STUDIES UNIT 2019-2020**

**Cordinator**  
**Nayana Konath**

## **REPORT ON INTERNATIONAL WOMEN'S WEEK CELEBRATIONS**

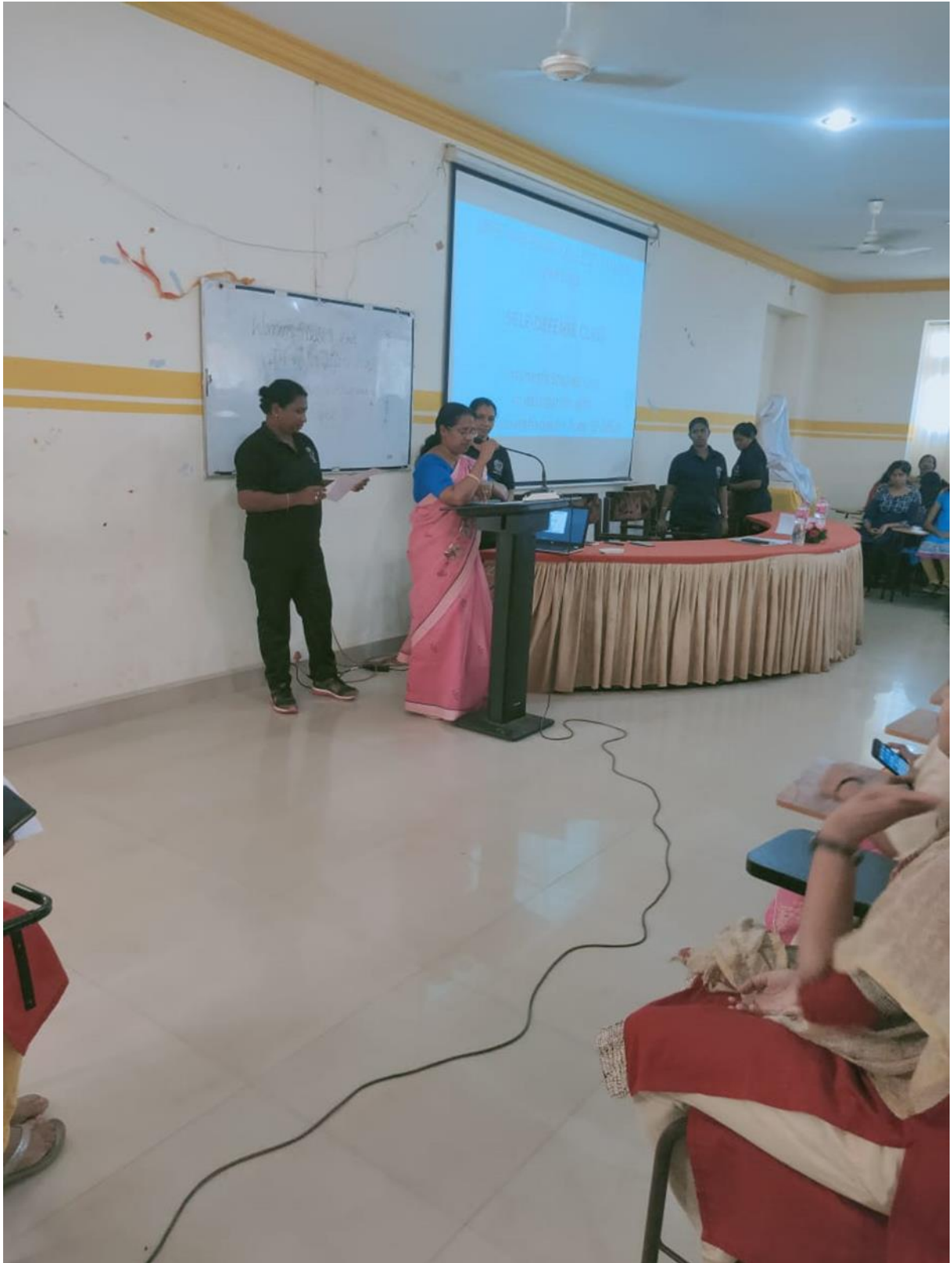
International Women's Day is observed and celebrated on 8<sup>th</sup> March across the world every year. The theme for this year is #SheInspiresUs. This year UGC made it mandatory to hold an International Women's week in all the universities, colleges and other academic institutions. Various activities were recommended by the same- Seminars, Walkathon, Marathon, Debates, Essay Writing Competitions to name a few. Our institution, under the Women's Studies Unit went to do 3 activities as part of the celebration. Women's Self-Defence Training Session, in association with Thiruvananthapuram Rural SP was organized on 3 March 2020, which was followed by a Legal Awareness Class on 5<sup>th</sup> March. A writing platform was also organized for the students of our college.

### **PROGRAMME 1**

The first session was conducted on 3 March 2020. The function began with the Presidential address by Smt Joly A, then Principal-in-charge SN College, Varkala. The Interactive Session was Self-Defence Class for the girl students of our college. The session was in collaboration with the Thiruvananthapuram Rural SP Office. In view of increasing cases of atrocities against women, Kerala police have come up with an innovative idea to equip them to deal with harassment. The self-defence training aims to equip women mentally and physically to deal with all kinds of atrocities. The salient features of the project are: Empowering women through comprehensive awareness and practical training program that includes -

- Confidence building tips to transform from a victim nature to smart nature.
- Awareness on Legal aspects of crime against women
- Awareness on Police facilities for ensuring the safety of women
- Simple defense techniques to combat various threat situations like bag snatching, chain snatching, Sexual attacks, eve teasing, bus/ metro threats, lift attack, ATM attack, domestic violence etc.
- Nature of attacks and attackers and how to confront a dangerous situation.
- Awareness on Aspects of women empowerment.

4 women police officers gave an orientation session and a demo of the various techniques of combat on specific situations. The students at the end of the session had to perform the same in front of the class and they did a brilliant job at it.



*Figure 1 Smt Joly A, Principal-in-charge presiding the Self-Defence Training Session*

# **SREE NARAYANA COLLEGE, SIVAGIRI, VARKALA**

## **WOMEN'S STUDIES UNIT #EachforEqual**

**In association with Thiruvananthapuram Rural SP**

**3 March 2020 at 10 am  
Venue: Conference Hall**

### **Programme Schedule**

Prayer

Welcome Address Ms. NayanaKonath (Co-Ordinator, Women's Studies Unit)

Presidential Address Smt.Joly A ( Principal-in-charge)

Felicitation Sri. Aji SRM (Executive Member, S N Trusts)  
DrBabitha G S (IQAC Coordinator)  
Dr.Prajith J P( Club Co-Ordinator)  
Sri.Siva Kumar (PTA Vice President)

Interactive Session Women Self-defense Training Program

Kerala Police Department has formulated and implemented a project to provide Self Defense Training to women and young girls in all Districts. This project aims at empowering women through comprehensive awareness and practical training program.

Empowering women through comprehensive awareness and practical training program that includes -

- Confidence building tips to transform from a victim nature to smart nature.
- Awareness on Legal aspects of crime against women.
- Awareness on Police facilities for ensuring the safety of women.
- Simple defense techniques to combat various threat situations like bag snatching, chain snatching, Sexual attacks, eve teasing, bus/ metro threats, lift attack, ATM attack, domestic violence etc.
- Nature of attacks and attackers and how to confront a dangerous situation.
- Awareness on Aspects of women empowerment.

Vote of Thanks Aswathy M.S (Student Coordinator, Dept of Zoology )

## PROGRAMME 2

The second session was held on 5 March 2020, a legal awareness class on the rights of women in various platforms. Recognizing the need to impart legal awareness to women and girls, regarding their rights, an awareness programme was implemented in association with Varkala Bar Association. It aimed to empower women faculty and girls of our college with the knowledge of their legal rights and duties, and to ultimately be able to share power equally. Issues commonly associated with notions of women's rights including the right to bodily integrity and autonomy; to be free from sexual violence, to enter into legal contracts; to have equal rights in family law; to work; to fair wages or equal pay; to have reproductive rights; to combat eve-teasing, were discussed in great detail by the Keynote speaker Adv. Renju Raj, of the Varkala Bar Association and Adv Jayachandran, Legal Awareness Expert, Thiruvananthapuram. In addition to that a booklet 'Niyamapadam', Acts and Rules, was distributed to the students and it was decided to have a conduct of legal quiz in the coming week for the degree students of the college. Students came forward with lots of relevant queries and concerns.



Figure 2 Booklet distributed among the students



Figure 3 Principal Dr.K.C.Preetha addressing the whole college on International Women's Day Celebration



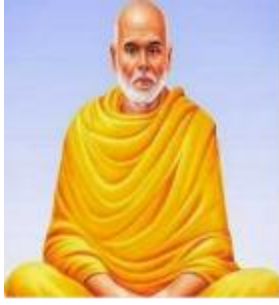
Figure 4 Adv Jayachandran detailing legal formalities to the students



*Figure 5 Keynote address by Adv.Renju. V*

### PROGRAMME 3

The coordinator of the club, who is also a faculty of the department of English discussed with members of the unit on the importance of conveying ones thoughts through writings and public speaking. A writing platform was opened for the members of the unit to express their perspectives on matters concerning Women's issues. Many of the students submitted poems, essays, articles of deep insight, a few copies of which are enclosed herewith.



NARAYANA COLLEGE SIVAGIRI, VARKALA

WOMEN'S STUDIES UNIT

*#SheInspiresUs*

05 March, 2020 at 10.45 am

Venue : College Auditorium



### Programme Schedule

Prayer

Welcome Address  
Studies Unit) Ms. NayanaKonath (Co-ordinator, Women's

Presidential Address Dr K.S. Preetha (Principal, SN College, Varkala)

Felicitation Sri. Aji SRM (Executive Member, S N Trusts)

Dr. Babitha G S (IQAC Coordinator)

Sri.Siva Kumar (PTA Vice President)

Keynote Address AdvRenju Raj( Varkala Bar Association)

Performance by Students Anju Anil ( M.Sc Physics)  
Gangothri C.J ( B.Sc Physics)

Vote of Thanks  
Studies Unit) Dr.AmbilyChandran (Member, Women's



## **REPORT OF SOFT SKILLS TRAINING AND ENERGY CONSERVATION THROUGH WOMEN**

The majority of the students that pass out now a days lack non- technical skills, that adversely affect how you work. They include how you interact with colleagues, how you solve problems, and how you manage your work etc. Soft skills include interpersonal (people) skills, communication skills, listening skills, time management, and empathy, among others. In order to harness the potential of our students and to enhance the abilities of the girls in our college a session was conducted on the same. An interesting by product of the event was the culmination of the topic with a new and more innovative women specific zone- Energy Conservation through Women. The resource person for the session was Sonu J S, Trainer/Public Speaker, Founder CEO of Startup – *Starting Trouble*. The Session Topics handled included Energy Management , leadership building, team building, motivation, Personality development, soft skill workshops, ice breakers. The session was vibrant with many interactive activities, games, speeches and gift distributions . the session extended to a whole 3 ½ hours ending with a few kind words by the participants.



Figure 6 Introducing the Guest



Figure 7 Confidence building session



Figure 8 Public speaking demo



Figure 9 Energy Conservation at home demo



Figure 10 Students' feedback



Figure 11 more activities



Figure 12 Final wrap up