

CRITERION 7

INSTITUTION VALUES AND BEST PRACTICES

7.1.1 Number of gender equity promotion Programmes organized by the institution during the last five years

Brochures and Photos of the events

- 1) 2014-15
- 2) 2015-16
- 3) 2016-17
- 4) 2017-18
- 5) 2018-19

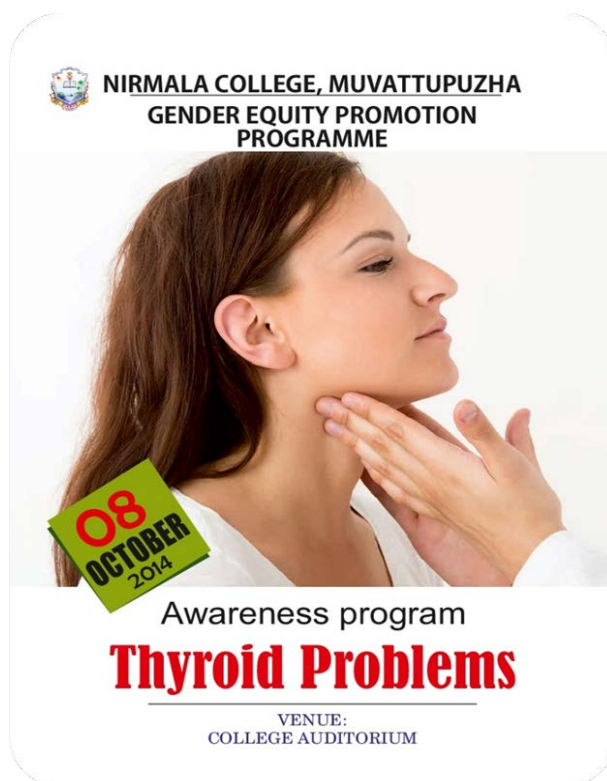


2014-2015

Date : 08.10.2014

Programme - Awareness programme on thyroid related problems

An awareness programme on Thyroid related problems was organized for all students and teachers in association with Thyrocare Diagnostic Centre ,Muvattupuzha on 08.10.2014. Various problems related to Thyroid were discussed during the camp and the students and staff especially lady teachers and students were given awareness about the various problems and how they can be prevented. A medical camp was also arranged as a part of the awareness programme. Dr.P.S.Suresh Kumar, Head of the Surgery Department , Nirmala Medical Centre , Muvattupuzha. About 200 students of the college attended the programme and medical check up. Those who needed medical assistance were given and a few cases were referred to hospitals.



Date : 12.01.2015

Programme : Seminar on Women Empowerment by Nisanthini IPS

A one day seminar on Women Empowerment was organized by the Women Cell of Nirmala College on January 12, 2015. The main resource person of the programme was Nisanthini IPS, Deputy Commissioner of Police, Kochi. Being a person from the law and order spectrum she enriched the students about how female students are empowered by law in India. The programme was rich in participation, about 750 students participated in the seminar.



Date : 12.01.2015

Programme : A seminar on Gender Sensitization by Dr. Lissy Jose

A talk on Gender Sensitization was organized by the college and Dr. Lissy Jose, Member of Kerala State Women Commission was the chief resource person. Being a member of the State Women Commission she explained to the students about the policies and operations of State Women Commission and how the students can approach the commission in case of any issues. The programme was organized on January 12 2015 and about 620 students attended the seminar.



Date 30.01.2015

Programme: One day seminar on "Concept of Feminism in Post Independent Hindi Literature" by Dr. Kumud Sharma

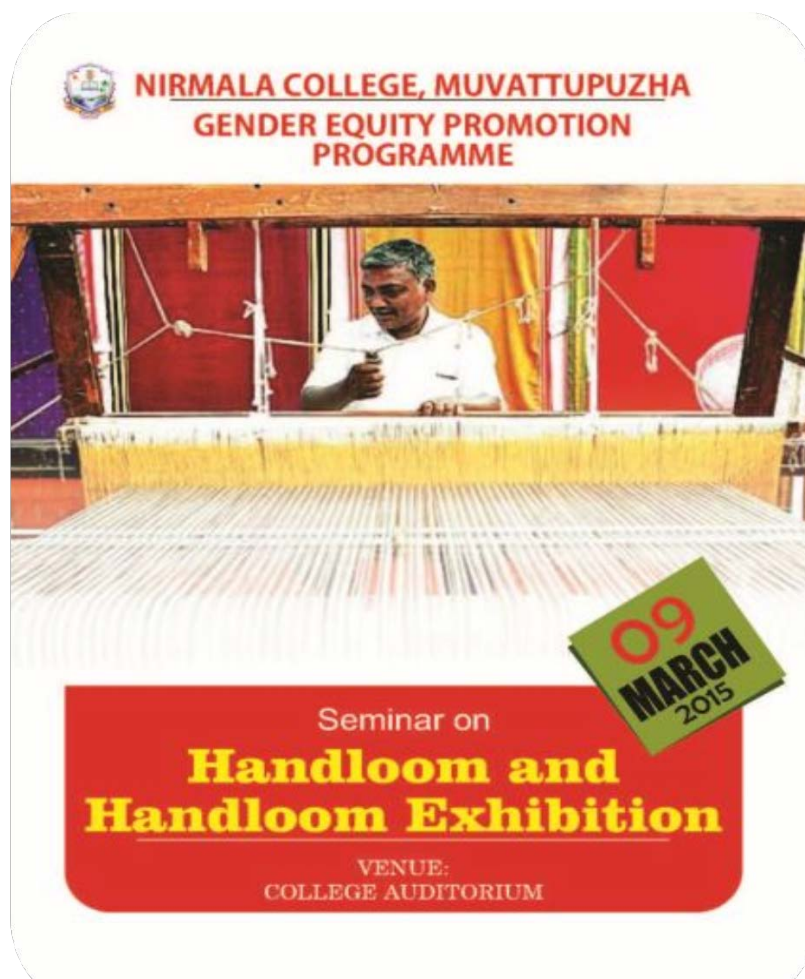
Department of Hindi organized an invited talk on "Concept of Feminism in Post Independent Hindi Literature". Dr Kumud Sharma, Associate Professor at Delhi University was the key resource person. Being a scholar on Feminist literature in Modern Hindi, she enlightened the students on the various works in Feminism in post independent Hindi Literature. The programme was organized on January 30 2015 and about 120 students attended the session.



Date 09.03.2015

Programme : Exhibition and Seminar on Handloom

In association with the Handloom and Textiles Directorate, Thiruvananthapuram and Nirmala College a seminar on Handloom and Handloom Exhibition was organized in the college. Students especially female students of the college enthusiastically attended the programme in which, various topics on Trendy Handloom apparels were covered by Smt. Revathi Namboothiri from National Institute of Fashion Designing (NIFT, Mumbai). The talk was followed by an exhibition on Handloom apparels.



Date :09.03.2015

Programme: Seminar on "Hereditary Rights of Women" by Adv. Micheal Thekkel

Women cell organized a one day seminar on "Hereditary Rights of Women" on 09 March 2015. The resource person of the day was Adv. Micheal Thekkel Govt Pleader HighCourt, Kerala. This awareness programme was conducted for women in the adopted village, Avoly Panchayath. The seminar focused to elevate the general knowledge of women in the society about their hereditary rights. Women's right to property has been recognized as an important development issue. Property rights for women can have an impact on decision making, income pooling, acquisition, and women's overall role and position in the community. By acquiring the knowledge on the hereditary rights for women, their lifestyle can be changed and thus moving a step towards gender equality





2015-2016

Date : 04.07.2015

Programme: Workshop on Soap Making

As a part of the entrepreneurship development programme for women a soap making practice was given to the female students on 4 July 2015. Resource persons from the nearby soap making local enterprise taught the students basic processes of soap making. The workshop was on soap making by natural methods without any chemicals or synthetic materials, so that the students can make soaps in their houses using the organic materials available to them.



Date: 09.12.2015

Programme: Workshop on Jewellery Making

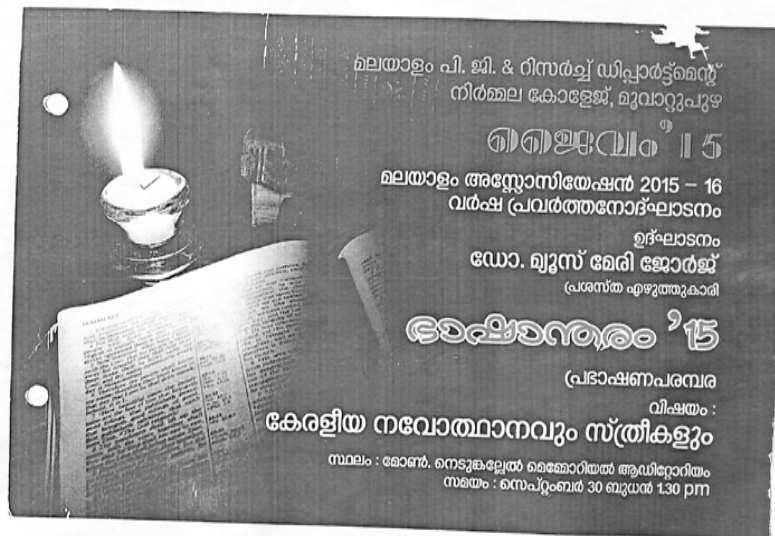
Female students were given a one day training on Jewellery Making on 9 December 2015 . Resource person from nearby village gave training to the students on making small ornaments and jewelry for girls. Students and teachers participated in the workshop eagerly and made various items using beads and other materials. The workshop was so useful that students started to wear the ornaments made by them rather than spending money to buy it. 65 students participated in the workshop.



Date: 09.12.2015

Programme: One day seminar on " Keraleeya Navodhanavum Sthreekalum"

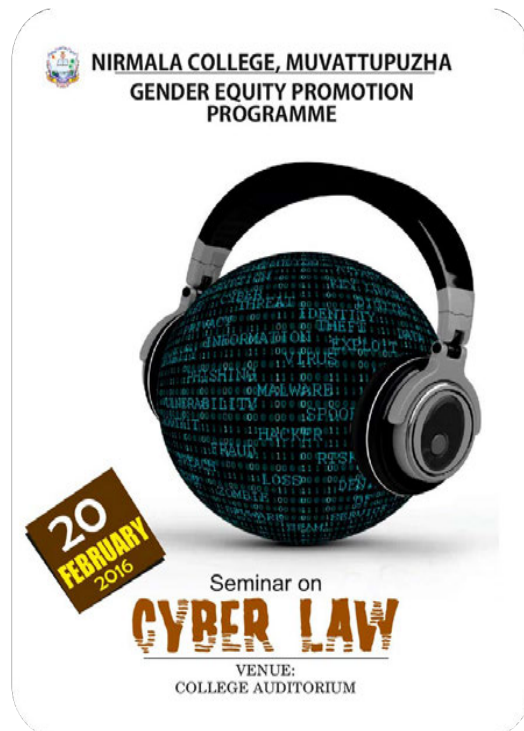
A one day seminar was organised by the Department of Malayalam on the topic " Women and Development in Kerala ". The chief resource person was Dr. Muse Mary George , famous writer.



Date: 20.02.2016

Programme: One day seminar on "Cyber Law" by Mr. Bobby Kuriakose

A Reports on cybercrimes are increasing day by day. The lack of knowledge and awareness about cyber laws results in youngsters getting trapped to cyber frauds. With an aim to educate the users especially women to understand the risks associated with transactions in cyber space, women cell of Nirmala College conducted a seminar in association with Cyber Cell, Aluva on Cyber Law on 20th February 2016. In this program, Mr. Bobby Kuriakose, Police Officer, Cyber cell, Kerala State delivered a talk on Cyber Law in which he discussed about cybercrime consequences. The talk was an eye-opener for the students who are living in this tech-savvy world.



Date:29.01.2016 to 31.01.2016

Programme:Intercollegiate camp on womens security and practical measures

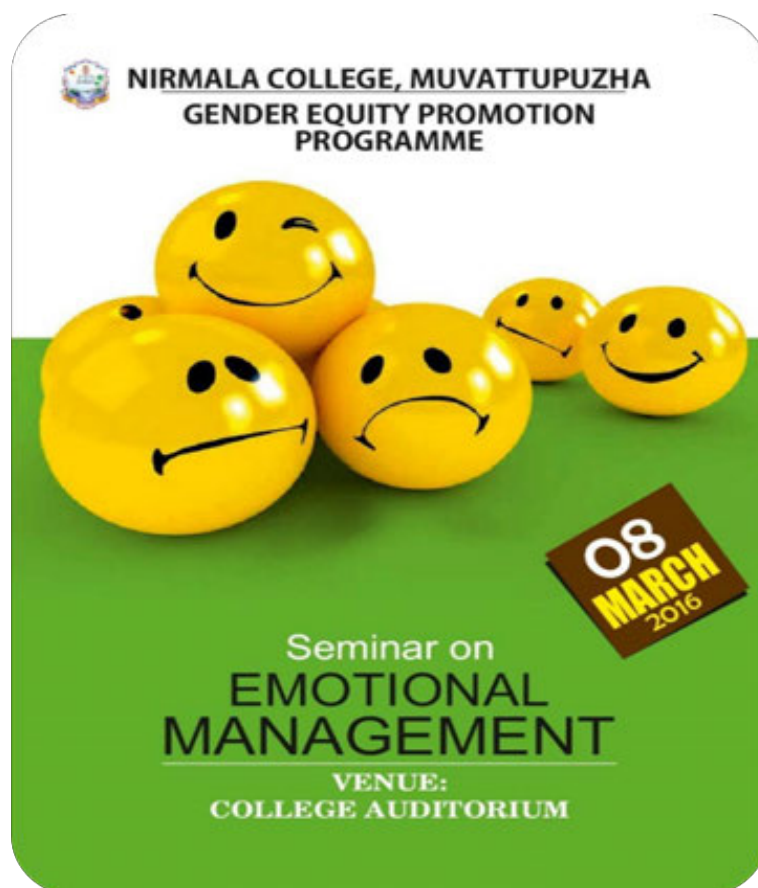
As part of gender sensitisation programme self-defence classes were arranged to the entire female students of the college in collaboration with Ernakulam Rural District Police on 29- 31st January 2016. The programme was inaugurated by Mrs: Mary Baby, President, Avoly Grama Panchayat. The programme involved class on women security, practical sessions and also a session on the role of men in women security. The class was extremely useful to the participants as it helped to build confidence, self-discipline, a warrior's spirit and fighters reflex among them.



Date:08.03.2016

Programme:Seminar on Emotional Management by Dr. Sr. Shalu

Emotional Intelligence the mind's ability to perceive, manage, and express emotions effectively in real life, which has become quite challenging for the younger generations. On 8th March 2016, a seminar on Emotional Management was organised by the women empowerment cell of Nirmala college. Dr.Sr. Shalu, Counsellor was the resource person and the programme was presided over by the principal Rev.Fr.Vincent Nedungattu. The seminar was especially useful to the youngsters as it provided them techniques to manage emotions preventing from reactive outbursts



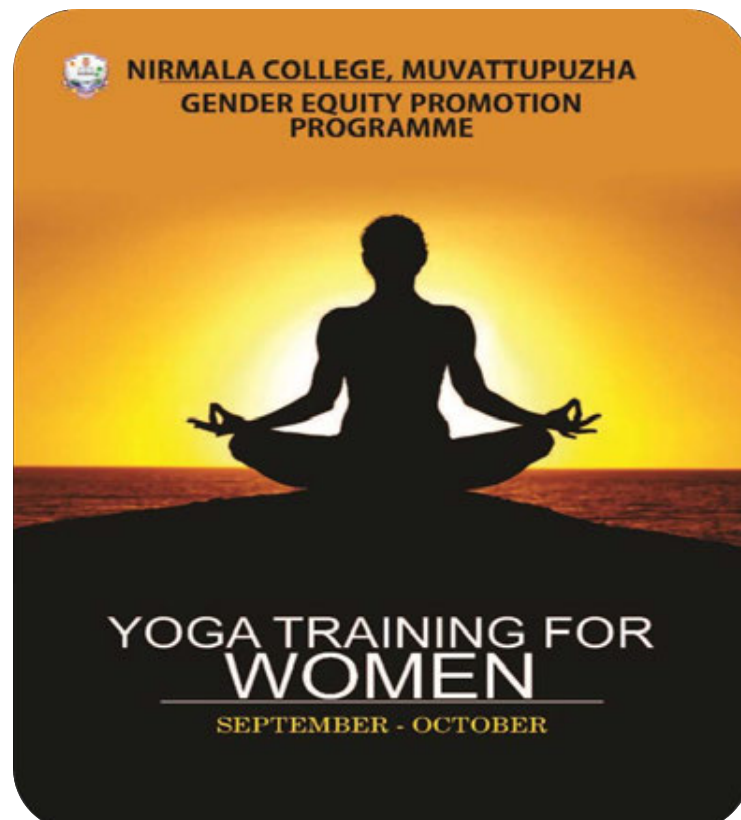


2016-2017

Date: 20.09.2016 to 15.10.2016

Programme: Yoga training for women- by Yogacharya Sri Paul Madathikandathil

Yoga is a holistic way of life. Even the students are having a stressful life now a days. In order to relieve their physical and mental strain a yoga class was arranged in the college. Yoga class was arranged after the regular college time every day. About 75 students were enrolled for the course.



Date: 3.11.2015 to 13.02.2016

Programme: Driving class for women

Empowerment for women in India requires a crosscutting approach and one which addresses the diversity of social structures that govern women's lives. Empowerment approaches for women is not only about providing services, but also about recognizing their lived realities of multiple layers of discrimination that hinder their access to services. Conducting driving classes for women empowers them to become independent and confident individuals in charge of their lives. In addition, it helps women from poor background to become professional drivers to enable them to gain remunerative 'livelihoods with dignity'. The programme also enhances their awareness on rights and enables them to become independent and confident individuals in charge of their lives. Nineteen students benefited from the programme during 2015-16.

 **NIRMALA COLLEGE, MUVATTUPUZZHA**
GENDER EQUITY PROMOTION PROGRAMME



DRIVING CLASS
NOVEMBER TO FEBRUARY

2015-16	
Name	class
1. Mrs. Johna M.A. (Wife)	2
2. Sandra Sunny	2
3. Anjali	2
4. Anu Manja Egi	2
5. Anusha E. S.	2
6. Prashna K.	2
7. Anusha Anandhan	2
8. Nisha Sanketh Egi	2
9. Kirti Suresh Vignesh	2
10. Nishu S.	2
11. Danya S.	2
12. Nisha S.	2
13. Chithra A.	2
14. Lipika Egi	2
15. Anu Vignesh	2
16. Anu S.	2
17. Anu S.	2
18. Anu S.	2
19. Anu S.	2
20. Anu S.	2

Document	Cost
1) S.S.C. Book	
2) Address card / Ration card / Id. Identity card	
3) passport size photo - 6	
4) Blood group	
5) Eye Medical form (Class Driving school)	
For license:	
only 2 + 4 learning + license	5000/-
only 2	3000/-
only 4	4000/-
No learning only license:	
2 + 4	2500/-
2	1250/-

Name	class	2015	2016	2017	2018	2019	2020	2021	2022
1. Mrs. Johna M.A. (Wife)	2	2015	2016	2017	2018	2019	2020	2021	2022
2. Sandra Sunny	2	2015	2016	2017	2018	2019	2020	2021	2022
3. Anjali	2	2015	2016	2017	2018	2019	2020	2021	2022
4. Anu Manja Egi	2	2015	2016	2017	2018	2019	2020	2021	2022
5. Anusha E. S.	2	2015	2016	2017	2018	2019	2020	2021	2022
6. Prashna K.	2	2015	2016	2017	2018	2019	2020	2021	2022
7. Anusha Anandhan	2	2015	2016	2017	2018	2019	2020	2021	2022
8. Nisha Sanketh Egi	2	2015	2016	2017	2018	2019	2020	2021	2022
9. Kirti Suresh Vignesh	2	2015	2016	2017	2018	2019	2020	2021	2022
10. Nishu S.	2	2015	2016	2017	2018	2019	2020	2021	2022
11. Danya S.	2	2015	2016	2017	2018	2019	2020	2021	2022
12. Nisha S.	2	2015	2016	2017	2018	2019	2020	2021	2022
13. Chithra A.	2	2015	2016	2017	2018	2019	2020	2021	2022
14. Lipika Egi	2	2015	2016	2017	2018	2019	2020	2021	2022
15. Anu Vignesh	2	2015	2016	2017	2018	2019	2020	2021	2022
16. Anu S.	2	2015	2016	2017	2018	2019	2020	2021	2022
17. Anu S.	2	2015	2016	2017	2018	2019	2020	2021	2022
18. Anu S.	2	2015	2016	2017	2018	2019	2020	2021	2022
19. Anu S.	2	2015	2016	2017	2018	2019	2020	2021	2022
20. Anu S.	2	2015	2016	2017	2018	2019	2020	2021	2022

2015-16

Timings - 7:30 - 9:00 AM
- 3:45 - 6:00 PM

Documents

- 1) S.S.C Book
- 2) Adhar Card / Ration Card / E.I. Identity Card
- 3) Passport size photo - 6
- 4) Blood group
- 5) Eye Medical form (from Dr. Pravin's)

Fee structure

Bus 2+4 ^{only} Learning + Library - 5000/-
 only 2 " " - 3000/-
 only 4 " " - 4000/-

No Learning ^{only} Library -
 2+4 → 3000/-
 2 → 1250/-

Name	class	2+4	5000/-	3000/-	4000/-	Library	Other
1. Max Joshua M.A. (from)	IT	2+4	5000/-				
2. Sander Sunny	IT	2+4	5000/-				
3. Arghyadev	IT	2+4	5000/-				
4. Anu Manoj Raji	IT	2+4	5000/-				
5. Anandhi Sathya	IT	2+4	5000/-				
6. Praveen Sani	IT	2+4	5000/-				
7. Anandhi Anandhi	IT	2+4	5000/-				
8. Divya Elizabeth Raji	IT	2+4	5000/-				
9. Rishi Nisha Vijayak	IT	2+4	5000/-				
10. Nishant	IT	2+4	5000/-				
11. Divya Anand	IT	2+4	5000/-				
12. Sathya Sathya	IT	2+4	5000/-				
13. Chitra Anand	IT	2+4	5000/-				
14. Divya Raji	IT	2+4	5000/-				

Received Rs 2000/- paid for 12 students to
 Exam (2+4) as Garments etc. to Rs 2000/-
 and 1200/- purchase of books for
 Received Rs 2000/- on 18/2/16
 Ajayalamm

15. Stomy Vignesh	IT	2+4	5000/-				
16. Aradhya Jase	IT	2+4	5000/-				
17. Anandhi Sathya	IT	2+4	5000/-				
18. Anu George Tharayil	IT	2+4	5000/-				
19. Christy Raji	IT	2+4	5000/-				

Received Rs 10000/-

3

20. Kukkumal Thomas MCA 2+4 5000/- 3.45 2nd yr

21. Krishna Shivapriya IR 2+4 5000/- 3.45 2nd yr

Received Rs 4000/- of 2 students on
 18/2/16. Ajayalamm 18/2/16

22. Akhila Thomas MCA 2+4 5000/-

23. Sathya Sathya IT KM 2+4 5000/-

24. Nithya R IT KM 2+4 5000/-
 paid Rs 5000/- Ajayalamm 18/2/16

25. Mariyath T.H IT 2+4 5000/-
 17th March Received Rs 4000/- 18/2/16

26. Given Rs 39000/-

27. Anjana Raji 2500/- 2+4 (community) 2nd yr

28. Anu K. Thomas 1250 2 (community) 2nd yr

Received Rs 28000/-

AJAYALAM

Date: 11.11.2016

Programme: Flower arrangement training for women

The empowerment and autonomy of women and the improvement of their political, social, economic and health status is highly important for the progress of a society. For promoting entrepreneurship among the female students of the college a training programme was arranged on flower arrangement on 11th november 2016 under the Centre for Women Empowerment in which more representation was given to women. The course provided training on different types of flower arrangements like elliptical, vertical, triangular, crescent, S-shaped, oval shaped and cascade flower arrangement. The participants were also given awareness about the basic principles and styles of flower arrangement.



Date: 24.09.2016

Programme: Workshop on cloth carry bag making

Nirmala College conducted a workshop on cloth carry bag making with the help of experts from Kudumbasree on 24 September 2016. The programme aimed at making cloth carry bags and distribute the same to students and staff for the purpose of avoiding the use of plastic carry bags in the college campus. Cloth bags have become a popular alternative to plastic and paper shopping bags because cloth bags do not cause the environmental harm like plastic bags. Kudumbasree members from nearby municipal wards participated in the programme. After successful making of cloth carry bags, the same was exhibited and sold to teachers and students in the college. This was a new initiative from students to make campus plastic free.



Date :03.11.2016

Programme:One day seminar on" Bitter truth in womens' life " by Ms. Prameela Devi

Empowerment of women is the process of upliftment of economic, social and political status of women in the society. It is the process of guarding them against all forms of violence. On 3rd November 2016, a seminar on women empowerment was conducted by Centre for women empowerment, nirmala college in association with Kerala State Women Commission. Dr. J. Prameela Devi, member, Kerala State Women commission discussed about different issues and challenges for empowering women. She discussed about different ways to improve women's lives with the help of self-help groups and providing education





2017-2018

Date:08.11.2016

Programme:A talk by Mrs. M.C. Josephine ,Chairperson , Kerala State women commission.

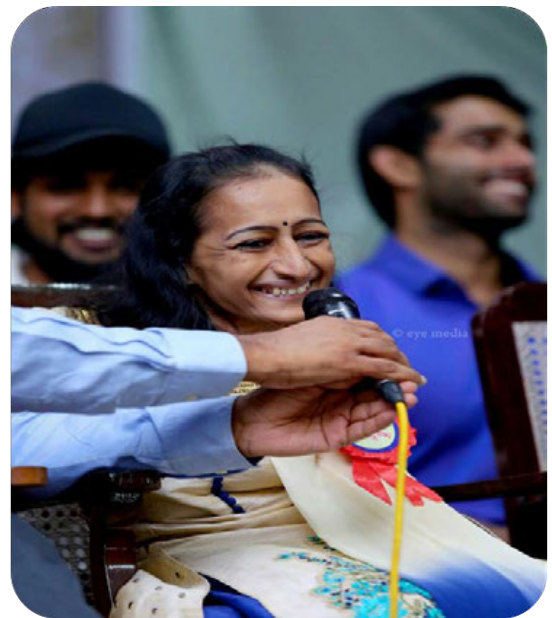
The chairperson of Kerala State Women Commission on her talk enlightened the students about how the Commission works and what are the means and ways by which the students can get the help from the commission.



Date 03.11.2016

Programme:A talk by Ms.Swapna Augustine -" we are differentially abled not disabled"

Artist Swapna Augustine enlightened the girls' community through her extra ordinary paintings using toes and showed how a differently abled girl can bring changes in the society. The programme lifted the spirit of students and empowered the girls. Her presence and speech was an eye opener for girls coming from different social sectors.



Date : 14.11.2017 to 16.12.2017

Programme: Karate training for women students

We are living in a dangerous world now. the atrocities against women are increasing day by day. we need to equip our students especially o-ur girl students with some basic steps to protect themselves as well as others in such situation. As an initiative towards it college organized a karate training programme for women . 32 students enrolled for the class.



Date: 3.11.2015 to 13.02.2016

Programme: Driving class for women

Conducting driving classes for women empowers them to become independent and confident individuals in charge of their lives. In addition, it helps women from poor background to become professional drivers to enable them to gain remunerative 'livelihoods with dignity'. The programme also enhances their awareness on rights and enables them to become independent and confident individuals in charge of their lives. The women empowerment cell of the college has arranged driving classes to the females in the academic year 2017-18. Seventeen students benefitted from the programme during 2017-18.

Driving classes 2017-18

2017-18	Name + Ph.No.	class	R+L	Rs.	destination	present
1.	Sanma Basheer	IK	✓			
2.	Anjali Peter	IK	✓			
3.	Mohana Mohd Basheer	IC	✓			
4.	Chinou v	IC				
5.	Jafna Jeji	IC				
6.	Hridya George 9748264668	IM	4+2	7500/-		
7.	Manya George 9848106615	IM	4	5000/-		suburban
8.	Emy Eldhese 9157972943	IM	4+2	7500/-		
9.	Navya Suvil 860620119	IM	4+2	7500/-	Doringon	Elavay
10.	Elizabeth Jaison 9497793381	IM	4+2	7500/-		
11.	Ardra Cirgi	IM	✓			
12.	Delphy Joy	IB	4+2	7500/-		
13.	Amalendu S	IB				
14.	Bhawana Thankachan 9846478843	IZ	4	5000/-	Widano	Nans
15.	Deepthi S	IZ	4+2	7500/-	Nellimela	Nans
16.	Sangmal Jose 9843547338	IZ	4+2	7500/-	Adupat	Nans
17.	Ajimala Thankappa	IZ	4+2	7500/-		

Date: 13.09.2017 to 12.10.2017

Programme: Yoga training for women

To create an awareness about Yoga and its implications on our physical and mental well being, a Yoga training was given to the girl students.



Date: 05.01.2018

Programme: Training on Mushroom cultivation for women

With an aim to develop entrepreneurial skills among the students and to make them self-reliant, a workshop on mushroom cultivation was offered by the Department of Botany for girl students. About 93 students participated in the training session and later on the students started producing Mushroom in their houses. The Head of The Department of Botany Sr. Dr Tessy Joseph gave hands on training to the students.



Date: 01.02.2018

Programme: Terrarium Training

Nirmala college organized a terrarium training for women. The resource person of the training was Ms. Aswathy G who is an expert in terrarium making. The students were given hands on training on terrarium training by which they can beautify their surrounding using the terrarium. Students can also follow this path as a career choice.



2018-2019



Date :30.11.2018

Programme: FoodFest

The college organizes food fest annually to develop entrepreneurship skills among the students. The students are given a chance to prepare various dishes of their choice and to sell them to their friends. This venture not only increases their cooking abilities but also improves the entrepreneurship among the students.



Date : 18-19.07.2018

Programme: Organic Farming in College

The girls students which comprises 75% of college participates actively in organic farming in the premises of the college. Drumstick, Bitter Gourd, Brinjal, Tomato etc. are produced in the campus using organic manure using traditional methods and modern technology.



Date : 21-25.12.2018

Programme : Activities associated with Flood Relief

The relief camp for the flood affected was opened and managed by the girl students of the college. They took special care to accommodate and rehabilitate the old and sick. The students arranged separate accommodation and facilities for women affected by the flood. They collected materials for food and clothing from benefactors. The camp continued for two weeks and the efforts taken by the girls from the college were appreciated by the public. along with that they chlorinated all the wells in Avoly Grama Panchayat .







Date : 27.07.2018

Programme : Awareness programme by Syama S Prabha

To create awareness about transgender community among the students Syama s Prabha , a transgender activist expounded the harsh reality faced by transgender community in Kerala. She explained and advocated the student community to stand for transgenders and their rights.



Monthly Lecture Series by Shyama S. Prabha: 27 July 2018



Date : 25.10.2018

Programme : Self Defense programme for women

The college organized self defense programme for girl students in 2018. The master trained and gave practical knowledge for students to meet any danger that may come up to their life. The female students gain the ability or skill to protect themselves and prevent others from bringing harm. It also helps to develop self esteem, overcoming of fear, awareness/ alertness, and respect of self.



Date: 07.12.2018

Programme: Medical camp for women

The women cell of Nirmala College organized a special medical camp on 07 December 2018. The programme was intended to create health consciousness among the female community and to generate awareness about the health problems and remedies. Many students and office staff attended the programme. Various health issues were diagnosed and some of them were referred to the nearby hospitals.



Medical diagnosis Camp on 7th Dec 2018

→ TSH

→ Plabugar

→ Pat monitoring

→ Consult with dietitian

	Name	Age/class/Dept	MobNo	Sign
1.	D. M. Joseph	Rec-ppl	954785158	T
2.	Lissa George	Comm.	9746182245	T
3.	Jisha George	Duttony	9544910250	T
4.	Ann Susan George	English	8287865091	T
5.	D. Geetha Mathan	English	9800295067	T
6.	Chitra Paul	Mathematics	9567312216	T
7.	Anshu V.R	Commerce	9847903920	ch
8.	Susaly Chithra K.S	Commale	9400010766	S
9.	Elexy Peter	in office	9947922265	SP
10.	Bhelli DV	office	9800682393	SP
11.	Alphonsa Jose	Commerce	9747184175	SP
12.	Becky Cyrene	English	9527632774	SP
13.	Lakshmi K Babu	English	997561038	SP
14.	Anny Mathan	40 office	994467920	SP
15.	Siby Joseph	46 office	9529490259	SP
16.	Dilma Vox	55 Zoology	9444587264	SP
17.	Syamela Emmanuel	45 N.T.S	8606045420	SP
18.	M.A. Dandora	60	9961683230	SP
19.	Ana M.S	24 Zoology	9746609498	SP
20.	Binzel Wilson	41 guest	9747918259	SP
21.	Alize John	48 office	9526690751	SP
22.	Mani John	53 office	9539401496	M
23.	Shiji George	36 "	9761793848	shiji
24.	Chintha Augustine	30 "	9504961845	shiji
25.	Alphonsa A.S	32 Commerce	9447224655	SP
26.	Raj George	37 Commerce	9846407774	SP
27.	Binny Rita Babu	24 Zoology	9605105911	SP
28.	Danya Mathan	25 Commerce	945101410	SP
29.	Zoya Xavior	40 chemistry	954260882	SP

Date: 09.11.2018 to 28.02.2018

Programme: Driving class for women

As a part of the initiative to empower women, driving classes were given to the women community of the college. Students as well as teachers and office administrators also attended the classes. The college conducts regular driving classes for women. The female community in the college are given training in driving by specially trained lady instructors.

2018-19		31 11
Driving class 2018-19		
1.	Gopika PM - IIE - 9656137391 - 2+4 - 7500	1-
2.	Chinnu V - IIC - 9605734736 - 2+4 - 7500	
3.	Sreelekshmi P.S - IIC - 8129459791 - 2+4 - 7500	
4.	Lina Penny - IM - 8943142464 - A - 5000	
5.	Geetha Darun - IIC - 8156893933 - 2+4 - 7500	
6.	Halimabi Hz - 9495427262 - 2+4 - 7500	
7.	Alphonsa Baby IZ - 8078340751 - 2+4 - 7500	
8.	Dayana Vaughn IZ - 8547460467 - 2+4 - 7500	
9.	Teenu Shaji IZ - 8113821205 - 2+4 - 7500	

Date : 25.01.2019

Programme: Apiculture training for women

The college provides hands on experience in Apiculture and introduce new methods for better production which create entrepreneurship skills among girls. After the training the girls are able to produce honey in their homes which financially and socially empower them.

