

## **NSS COLLEGE, CHERTHALA**

### **ANNUAL GENDER SENSITIZATION ACTION PLAN 2020-21**

SI No	STRATEGIC GOALS/ OBJECTIVES	TARGET PARTICIPANTS	ACTION PLAN
1	Health & Hygiene	Lady Students	<ul style="list-style-type: none"><li>● Under the aegis of Women's Study Unit to conduct invited talks by professionals including doctors.</li><li>● Under the aegis of Yoga Club to conduct classes on Menstrual Health &amp; Hygiene including important yoga postures, mudras etc in collaboration with Project Pavitra of The Art of Living</li></ul>
2	Women's Safety	Lady Students	<ul style="list-style-type: none"><li>● Awareness regarding atrocities against women through guest lectures</li><li>● Awareness about law regarding women through expert talks</li></ul>
3	Women in Media	Lady Students	Awareness regarding representation of women in performing arts through invited talks
4	Gender Equality & Women Empowerment	All Students and staff	<ul style="list-style-type: none"><li>● Offering Value Added Course- departments</li><li>● Awareness regarding need for equal representation of women in different spheres- through Tutorial System, invited talks, cultural programmes</li><li>● Faculty as Resource Persons in other institutions.</li></ul>

**Gender Equity and Sensitization in Curricular and cocurricular activities**

Title of the Programme	Period (from -to)	Participants	
		Males	Females
Gender Equity-Legal perspective	17th February 2021	20	40
Personal Health and Hygiene (Women's Cell)	30th March 2021		
International Women's Day -Invited Talk (Women's Cell)	8th March 2021		
Linga Padaviyum Samoothamanasum (Women's Cell)	5th December 2020		
Project Pavithra [Pavithra- Menstrual Hygiene & Holistic Health for Girls]	5,6,7 October 2020		
Gender Equity- Legal Perspectives	17th February 2021		

**Faculty as resource Person**

Name and Designation of Faculty	Programme	Date
Anjali Devi M, Assistant Professor, Department of Political Science, NSS College Cherthala	Resource Person on International Women's Day programme organized by NSS, Unit No: 155, GHSS, Irikkur	8/03/2021
Dr. N. Renuka, Asst. Professor, Dept of Malayalam, NSS College Cherthala	Resource Person on 'Women Empowerment: A decade of insights' organized by Women's Cell, St. Michaels College, Cherthala	18/09/2020

## **REPORT ON PAVITRA- ORGANISED BY THE YOGA CLUB** **NSS COLLEGE, CHERTHALA**

YOGA CLUB, NSS College, Cherthala in association with Art of Living Foundation and IAHV organized a training workshop on **Menstrual Hygiene and Holistic Health For Girls** as part of the foundation's **Pavitra Project** , which has already touched the lives of nearly 60,000 adolescent girls.

The classes are conducted by trained experts from the Art of Living, led by Ms. Deepa Devan.

**The workshop was scheduled on 5, 6 7 Oct 2020 for one and a half hour session daily from 3pm to 4.30pm, via Zoom.**

Some of the important components of the class were

1. Awareness on female physiology
2. Specialised asanas, mudras & pranayamas for girls
3. Addressing the issues of balanced diet
4. Menstrual hygiene.

70 girl students attended the program and found it hugely beneficial.

It has been decided to make this an annual event for all the girls of the college in the coming years.



SUDHA RAJASEKHAR  
CONVENOR, YOGA CLUB  
NSS COLLEGE, CHERTHALA



Dr.B Gopakumar  
Principal, NSS College, Cherthala

## CELL TO COMBAT SEXUAL HARASSMENT NSS COLLEGE ,CHERTHALA

### ANNUAL REPORT 2020-2021

Convenor- Ms.Deepa divakaran.N

Members- Dr Umadevi G, Dr Dhanya B Nair, Dr, Geetha G Nair

The Members of the *Cell to Combat Sexual Harassment* conducted a meeting at the beginning of the academic year to discuss various plans to provide awareness among students regarding the cell's activities and importance of combating sexual Harassment. The members of the cell in discussion with the Principal decided to display the name of the cell on the main notice Board of the college.

In the college Notice Board, the name of the cell, Convener along with phone number is displayed so that anyone with any query or complaint can approach the cell easily. The members of the cell also decided to include Post Graduate Students of the college as members of the cell. This student participation made it easier among students for making an awareness about the purpose of cell and also make them aware that sexual harassment is a criminal offence and has been banned by the supreme court. It was made aware and also provided assurance that our campus is free from such cases.

On 15<sup>th</sup> feb 2021, the members of the cell had held a meeting and decided to conduct an invited talk with the consent of the principal and members of the club in consultation and association with the IQAC of the college

Topic : Protection against Sexual Harassment and its Legal measures

Date :25-02-2021

#### Aim of the Talk:

The aim of the talk is mainly to make awareness among students regarding how we can protect from sexual harassment and also which are the legal measures against the same

#### Chief Guest:

Adv Bindu.S

Qualification: MA, LLM

Practicing at various courts in Cherthala, Alappuzha, Ernakulam for the past 20 years

Specialization in Civil Law

#### Targeted Group:

The invited talk was mainly focused for both male and female students of our college .We invited both male and female representatives of each class and after the talk they were instructed to deliver the message they gained from the talk to their respective classes through the tutorial sessions held every month.

#### Students Benefited:

The entire students of the college.

The session was very useful to the students as it has thrown light on legal measures against sexual harassment and its legal implications. As far our campus is concerned no single case of harassment has been reported.

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## ANNUAL REPORT OF WOMEN'S CELL 2020-21

### NSS COLLEGE, CHERTHALA

- The first online meeting of the Women's Cell, NSS College, Cherthala was conducted online November 24<sup>th</sup> at 7 PM. The committee members Dr. Geetha G Nair, Dr. Remya Krishnan, Sindhuja M. and Maya Venugopal (Convenor) were present in the meeting. The meeting discussed various programmes to be conducted in the academic year 2020-21. The committee also decided to organize the official inaugural ceremony of the Cell on December 5, 2020, on the online platform.
- The endeavors of Women's Cell 2020-21 were officially inaugurated on December 5 2020. The online gathering was presided over by Dr. B. Gopakumar, NSS College, Cherthala. Dr. Tissy Mariam Thomas, Asst. Professor, Dept of Psychology, University of Kerala delivered the Inaugural Address on the topic '*Lingapadaviyum Samooohanassum*'.
- A meeting of the committee members was organized on March 2, 2021, to discuss the programmes to be organized as part of the International Women's Day.
- As per the decisions taken in the meeting, the Cell decided to conduct a Poster Making Competition for the college students based on the theme 'Woman in Public Space'. The second place was shared by Ardra V Krishna, 1<sup>st</sup> BA History and Aleena Lal, 3<sup>rd</sup> BSC Botany. The first prize was given to Aswathy Giri, 1<sup>st</sup> BSC Botany. The Principal Dr. B Gopakumar announced the names of the prize winners.
- As part of the International Women's Day, the Cell organized an invited talk by Najumul Shahi, Asst Professor, School of Drama on March 8, 2021. The keynote address was on the topic '*Nadakathile Sthree*'.
- To spread messages of personal and menstrual hygiene among the female students at the college, the Cell decided to conduct a webinar exclusively for the female students at the college. Dr. Gayathri L., Asst. Professor, GTDMC, Alappuzha delivered the keynote address on 'Personal Health and Hygiene' on 20<sup>th</sup> March 2021.

**TOWARDS GENDER EQUITY IN THE CAMPUS**

**ORGANISED BY NSS COLLEGE  
CHERTHALA  
2020-21**

**YOGA CLUB**  
**NSS COLLEGE, CHERTHALA**

*In Association With*  
**THE ART OF LIVING FOUNDATION**  
**& IAHV**  
*Organizes*

*Project Pavitra*  
SPREADING MENSTRUAL EDUCATION



#NoMoreShame



**PAVITRA-Menstrual Hygiene & Holistic  
Health For Girls**

**5,6,7 OCTOBER 2020**  
**3PM TO 4.30PM**



# NSS COLLEGE, CHERTHALA

## WOMEN CELL

ഉദ്ഘാടനം

2020 ഡിസംബർ 5 ശനിയാഴ്ച

രാവിലെ 11 മണി

മുഖ്യ പ്രഭാഷണം



ലിംഗ പദവിയും  
സമൂഹ മനസ്സും

ഡോ ടിസ്സി മറിയം തോമസ്  
(സെക്കോജി വിഭാഗം  
കേരള സർവകലാശാല )

In association with IQAC







**NSS COLLEGE , CHERTHALA**  
**(Re-accredited by NAAC with B++ grade**  
**Department of Commerce**

**Programme Schedule**

Date-17-2-2021

Venue –Room no-66

Department of Commerce

Welcome- Anupama- (III Bcom)

*Invited talk by*  
*Adv Bindu s (notary) MA ,LLM*

*on*  
*the topic*  
*Gender Equity- Legal Perspectives*

Vote of thanks- Niranjana(III B.com)



# NSS COLLEGE, CHERTHALA

Re accredited with B++ Grade by NAAC

## WOMEN CELL

### INTERNATIONAL WOMEN'S DAY

8<sup>th</sup> March 2021

Invited Talk

**Najumul Shahi**

*Assistant Professor, School of Drama & Fine Arts*



7.00 PM



To join the meeting click the link <https://meet.google.com/qkf-nhqp-fwo>

In Association with IQAC



# NSS COLLEGE, CHERTHALA

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## WOMEN CELL INVITED LECTURE

*Personal Health & Hygiene*

20<sup>th</sup> March 2021



5.00 PM

**Dr. GAYATHRI L K**

*Assistant Professor, Community Medicine  
GTDMC, Alappuzha*



**In Association with IQAC**



## PAVITRA- AN OVERVIEW



# INAUGURATION- WOMEN CELL 2020-22



## **CLASS ORGANISED BY SEXUAL HARASSEMENT CELL**





# CURRICULUM ENRICHMENT: GENDER EQUITY

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## Semester I

Foundation Course 1- EN 1121 (B A/ B. Sc) and CG 1121.3 [Career Related 2 (a) Programme]

Course Title: WRITINGS ON CONTEMPORARY ISSUES

Credits: 2

Hours: 4/week (72 hrs)

### Learning Objectives:

1. To sensitize students to the major issues in the society and the world.
2. To provide students with a variety of perspectives on contemporary issues.
3. To encourage them to read literary pieces critically.

### Learning Outcomes:

On completion of the course, the students should be able to

1. Have an overall understanding of some of the major issues in the contemporary world
2. Respond empathetically to the issues of the society
3. Read literary texts critically

### Course Description

1. Living in the Planet of the Apps by Khyrunnisa A.
2. Ageing in India: Some Social Challenges to Elderly India by Abhay B. Mane
3. India's Women: The Mixed Truth by Amartya Sen
4. Drug Abuse: Causes and Solutions by Samudranil Mukherjee
5. Artificial Intelligence by Gareth Southwell
6. Universal Declaration of Human Rights by Leah Levin
7. What Secularism is and is not by Romila Thapar
8. The Globalisation of Inequality by P. Sainath

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### Textbook Prescribed:

#### Thoughts of Our Times

Edited by Dr. C.A. Lal, Associate Professor of English, School of Distance Education, University of Kerala and Vishnu Narayanan, Assistant Professor, Institute of English, University of Kerala

## FIRST DEGREE PROGRAMME (CBCS System)

Common for ENGLISH LANGUAGE AND LITERATURE - Core Course XIV: EN 1644

&amp;

CAREER-RELATED FIRST DEGREE PROGRAMME (CBCS) - Group 2 (a) IN ENGLISH &amp; COMMUNICATIVE ENGLISH - Core Course XI - CG 1642

## WOMEN'S WRITING

No. of Instructional hours : 4 per week (Total: 72 hrs) – for EN 1644

5 per week (Total: 90 hrs) - for CG 1642

No. of Credits : 3 [EN 1644 &amp; CG 1642]

## Aims:

1. To introduce students to the development of women's writing in various countries.
2. To familiarize them with the diverse concerns addressed by feminism.
3. To motivate them to critically analyse literary works from a feminist perspective.

**Objectives:** On completion of the course, the students should be able to

1. The students will have an awareness of class, race and gender as social constructs and about how they influence women's lives.
2. The students will have acquired the skill to understand feminism as a social movement and a critical tool.
3. They will be able to explore the plurality of female experiences.
4. They will be equipped with analytical, critical and creative skills to interrogate the biases in the construction of gender and patriarchal norms.

## COURSE OUTLINE

**Module 1:** Essays**Module 2:** Poetry**Module 3:** Short Fiction**Module 4:** Drama

## COURSE MATERIAL

**Module 1: Essays [Detailed study]**

1. Virginia Woolf: "Shakespeare and his Sister" (Excerpt from *A Room of One's Own*)
2. Alice Walker: "In Search of our Mothers' Gardens" (From *In Search of Our Mother's Gardens*)
3. Jasbir Jain: Indian Feminisms: The Nature of Questioning and the Search for Space in Indian Women's writing. (From *Writing Women Across Cultures*)

**Module 2: Poetry [Detailed study]**

1. Elizabeth Barrett Browning : "A Musical Instrument"

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2. Marianne Moore : "Poetry"
3. Adrienne Rich : "Aunt Jennifer's Tigers"
4. Sylvia Plath : "Lady Lazarus"
5. Margaret Atwood : "Spelling"
6. Kishwar Naheed : "I am not That Woman"
7. Suriti Namjoshi : "The Grass Blade"
8. Nikki Giovanni : "Woman"

**Module 3: Short Fiction [Non-detailed study]**

1. Katherine Mansfield : "The Fly"
2. Shashi Deshpande : "A Wall is Safer"
3. Sara Joseph : "Inside Every Woman Writer"
4. Amy Tan : "Rules of the Game"

**Module 4: Drama [Non-detailed study]**

1. Sheila Walsh : "Molly and James"
2. Mamta G Sagar : "The Swing of Desire"

## Core text:

**Modules 1 – 4:** Dr Sobhana Kurien, ed. *Breaking the Silence: An Anthology of Women's Literature*. ANE Books.

## Books for reference:

Beauvoir, Simone de. *The Second Sex*. UK: Hammond Worth, 1972. Davis, Angela. *Women, Race and Class*. New York: Random, 1981. Devi, Mahasweta. *Breast Stories*. Calcutta: Seagull, 1998.Gilbert, Sandra and Susan Gubar. *The Mad Woman in the Attic: The Woman Writer*. Yale UP, 1978. Goodman, Lisbeth ed. *Literature and Gender*. New York: Routledge, 1996.Green, Gayle and Copelia Kahn. *Making a Difference: Feminist Literary Criticism*. New York: Routledge. Humm, Maggie ed. *Feminisms: A Reader*. New York: Wheat Sheaf, 1992.



**VALUE ADDED COURSE**  
**DEPARTMENT OF HISTORY**  
**NSS COLLEGE, CHERTHALA**

**Course Title: EMPOWERMENT OF WOMEN WITH SPECIAL  
REFERENCE TO INDIA**

**Semester: 5 & 6**

**Course Duration: 30 hours**

**AIMS OF THE COURSE**

- **This Value Added Course aims to sensitize students to issues of gender and attempts to inculcate norms of gender equality & gender justice in them.**
- **The course is envisions to create an enlightened & progressive society that is free from gender biases and discriminations.**

**OBJECTIVES OF THE COURSE**

- **To understand the background of challenges of gender issues experienced in contemporary times.**
- **To create an awareness about the contributions of women to the Indian Freedom movement.**
- **To draw inspiration from the life and achievements of women leaders of the past.**
- **To foster a sense of gender equality among students in the light of socio-economic and political movements of India's past.**

**COURSE OUTLINE**

**Module -1**

**Introduction**

**Empowerment of Women- Concept and Relevance-Understanding Gender Studies-Indian context**

## **Module-2**

### **Status of Women**

Changes in the status of women in India- a historical perspective.

Reformers-Impact of socio-religious reform movements.

Freedom struggle and political empowerment of women.

## **Module-3**

### **Inspiring women of India**

Modern India- (Colonial period)-Rani Laxmibai, Ahalyabai Holkar, Bhikaji Kama, Sarojini Naidu, Aruna Asaf Ali, Capt.Lakshmi Swaminathan

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# St. Michael's College, Cherthala

*Affiliated to the University of Kerala & Re-accredited by NAAC with A grade.*

## CERTIFICATE

*This is to certify that **Dr.Renuka N., Assistant Professor in Malayalam, NSS College, Cherthala** has served as **resource person** in the webinar “Women Empowerment-A decade of insights” organized by Women Cell of St.Michael's College, Cherthala on 18.09.2020.*

**Minnu Mathew**  
Convenor

**Dr. Mathew V.**  
Principal


# ***Certificate of Appreciation***

This certificate is presented to

**Mrs. Anjali Devi M**  
**Assistant Professor, Department of Political Science**  
**NSS College Cherthala**

for sharing his/her valuable knowledge as a Guest Speaker during **Women's Day Webinar** on 08/03/2021 at 07.pm. organized by NSS unit , GHSS Irikkur, Kannur.

NSS Programme Officer

  
08/03/2021  
PRINCIPAL  
G.H.S.S. IRIKKUR  
P.O. IRIKKUR - 670593

Principal



## **Ladies' Waiting Room in the Campus**

