

**NIRMALA**  
**ARTS & SCIENCE COLLEGE**  
**MULANTHURUTHY**



**JWAALA - WOMEN CELL**

**ANNUAL REPORT 2021 -2022**



# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)

## JWAALA - WOMEN CELL

### BRIEF SUMMARY OF ACTIVITIES

Sl. No	Event	Nature of event	Date	Resource Person	Number Of Participants
1.	Versification – Poetry Writing Contest	Competition	24/06/2021	-	-
2.	Premarital Awareness Programme	Webinar	02/10/2021	<b>Adv. Shiji Sivaji</b> , (Kerala women's Commission member), <b>Dr. Unnimol K.K.</b> , (Psychologist at Snehitha Kottayam) <b>Mrs. Darlin Donald</b> , (Child Welfare committee member and family counsellor)	-
3.	Slogan Writing Competition	Competition	24/01/2022	-	-
4.	Self Defence Training	Training	03/03/2022	<b>Sensei. Spark David V</b> Karate instructor, 6 <sup>th</sup> Degree black belt Okinawa, Japan Faculty in Rajagiri Public School, Kalamassery	100
5.	International Women's Day Celebrations	Competition	08/03/2022	-	32
6.	Talk on 'Gender equality today for a sustainable tomorrow'	Expert Talk	09/03/2022	<b>Ms. Baby Vargheese</b> (Additional superintendent of police, Metro Police station, Ernakulam)	-
7.	Awareness talk – Legal Ramifications of workplace sexual harassment	Awareness Talk	17/03/2022	<b>Adv. Sandhya Raju</b> Founder and Managing Director, Centre for Constitutional Rights Research and Advocacy	-



# **NIRMALA ARTS AND SCIENCE COLLEGE**

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## **JWAALA - WOMEN CELL**

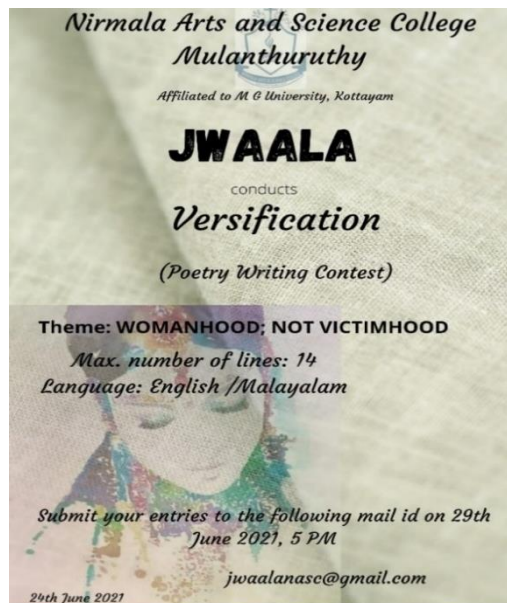
### **VERSIFICATION – POETRY WRITING CONTEST**

Date : 24<sup>th</sup> June 2021  
Mode : Online (E-mail)  
Resource Person : -  
Number of Participants : 08  
Person in Charge : Sona T M

#### **Brief Report**

Womanhood is not victim hood. A society should honour womanhood. If a culture respects women it can be considered sublime. Jwaala, the Women's Cell of Nirmala Arts & Science College Mulanthuruthy focuses in strengthening the willpower of our girl students and helping them realize their true potential. The cell conducts many activities every year. Considering the present situation in Kerala which considers a woman as someone to suffer, the Cell conducted a versification competition. The selected topic was "Womanhood: Not Victimhood". The brochure and instructions for the competition were circulated on 24<sup>th</sup> June 2021. Five days were given for writing the poem. The students were instructed to submit their entries to the official mail id of Jwaala on 29<sup>th</sup> June 2021 before 5 p.m. Priya Raj from 1st B.Com Tax got the first prize.

#### ***Programme Brochure & Images***





# **NIRMALA ARTS AND SCIENCE COLLEGE**

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## **JWAALA - WOMEN CELL**

### **PREMARITAL AWARENESS PROGRAM**

Date	: 02 <sup>nd</sup> October 2021
Mode	: Online (Google Meet)
Resource Person	: <i>Adv. Shiji Sivaji, (Kerala women's Commission member), Dr. Unnimol K.K, (Psychologist at Snehitha Kottayam) Mrs. Darlin Donald, (Child Welfare committee member and family counsellor)</i>
Number of Participants	: -
Person in Charge	: Sona T M

### **Brief Report**

The Women's cell of Nirmala Arts & Science College, Mulanthuruthy in association with Women's commission, Kerala conducted a premarital awareness program on 2<sup>nd</sup> October 2021 at 11 AM via Google Meet. Adv. Shiji Sivaji, Kerala women's Commission member, Mrs. Darlin Donald, Child Welfare committee member and family counsellor and Dr Unnimol K.K, Psychologist at Snehitha Kottayam were the resource persons. Mrs Agnus Joy Convenor of college Women's Cell welcomed the gathering. Adv. Shiji sivaji delivered the inaugural address. The first session on family was offered by Mrs Darlin Donald. The second session was premarital counselling which was given by Dr Unnimol KK. The programs was open to all and around 85 students participated. There was an active interactive session.

### ***Programme Brochure & Images***

**NIRMALA ARTS AND SCIENCE COLLEGE, MULANTHURUTHY**  
Affiliated to MG University, Kottayam

**JWAALA**  
The Women's Cell  
In association with  
**KERALA WOMEN'S COMMISSION**  
Organises  
**PREMARITAL AWARENESS PROGRAMME**

2nd October 2021. 11AM- 12.30PM. GMeet

  
Adv. Shiji Sivaji  
Kerala Women's Commission  
Member

  
Mrs. Darlin Donald  
Child Welfare Committee Member,  
Ernakulam & Family Counselor

  
Dr. Unnimol K K  
Psychologist  
Snehitha, Kottayam



# NIRMALA ARTS AND SCIENCE COLLEGE

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## JWAALA - WOMEN CELL

NIRMALA ARTS AND SCIENCE COLLEGE  
MULANTHURUTHY

### Women's cell JWAALA

In association with  
Kerala Women's Commission

### Premarital Awareness Programme

2nd October 2021 11 a.m. to 12:30 p.m. Google meet

### Programme chart

Welcome Speech: Mrs. Agnus Joy, Convener, Jwaala

Inaugural address: Adv. Shiji Sivaji  
Kerala Women's Commission Member

Session 1: Mrs. Darlin Donald  
Child Welfare Committee Member, Ernakulam & Family  
Counselor

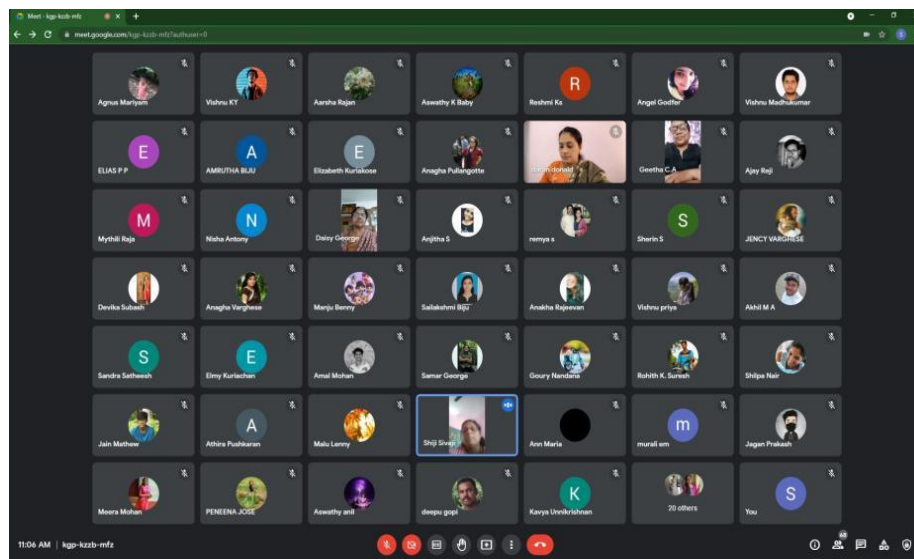
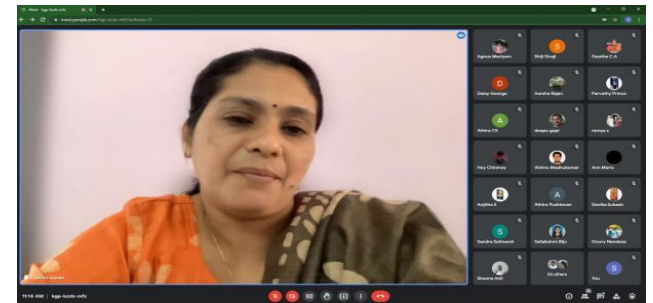
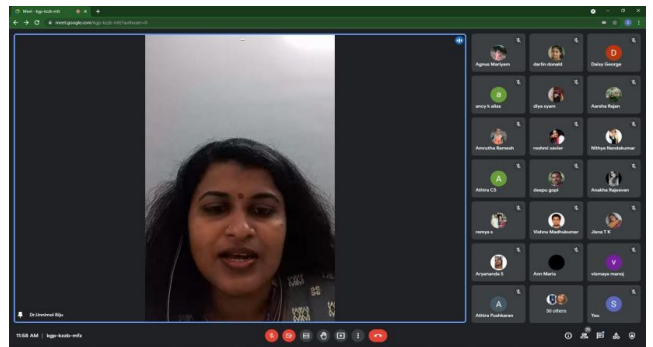
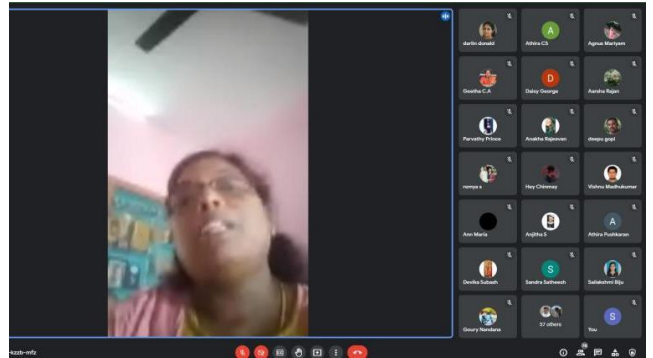
Topic: Family

Session 2: Dr. Unnimol K K  
Psychologist, Snehitha, Kottayam

Topic: Premarital Counseling

Interactive Session

Vote of Thanks:







# **NIRMALA ARTS AND SCIENCE COLLEGE**

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## **JWAALA - WOMEN CELL**

### **SLOGAN WRITING COMPETITION – NATIONAL GIRL CHILD DAY**

Date : 24<sup>th</sup> January 2022

Venue : Online (E-mail)

Resource Person : -

Number of Participants : 7

Person in Charge : Sona T M

### **Brief Report**

As a part of the National girl child day celebrations, the Women cell conducted a slogan writing competition on 24<sup>th</sup> January 2022. From the entries received from the students, the first prize was won by the slogan, “Let me live - Let me bloom - Let me shine like beautiful moon” written by Sreelakshmi N. J, M.com First year. The second prize was won by the slogan, “A world without girl is as impossible as a world without water” written by Anakha Vinod , BCA First Year. There was also a online video presentation about the importance of the girl child in our society. The students from various department contributed for the video.

### ***Programme Brochure & Images***





# ***NIRMALA ARTS AND SCIENCE COLLEGE***

*(Affiliated to Mahatma Gandhi University, Kottayam)*

## **JWAALA - WOMEN CELL**

### ***Screenshots of Video Presentation***





# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)

## JWAALA - WOMEN CELL


### SELF DEFENCE TRAINING

Date	: 03 <sup>rd</sup> March 2022
Venue	: Auditorium
Resource Person	: <b>Sensei. Spark David V</b> Karate instructor, 6 <sup>th</sup> Degree black belt Okinawa, Japan Faculty in Rajagiri Public School, Kalamassery
Number of Participants	: 100
Person in Charge	: Sona T M

### Brief Report

The Women's cell of Nirmala Arts & Science College, Mulanthuruthy conducted a self-defence training session on 03<sup>rd</sup> March 2022. The session was handled by Sensei. Spark David V. He is a karate instructor who got his 6<sup>th</sup> degree black belt from Okinawa, Japan and is currently working as a faculty member at Rajagiri Public School. He came along with four of his students who helped us to learn each and every move better. They showed us four basic moves and taught us how to implement them in a situation. The class was really interesting and productive for over 100 students who attended the session. In the current society it is important for a person to learn self-defence as help won't be available at all times, and in a crucial situation, one needs to defend themselves.

### *Programme Brochure & Images*



**Nirmala Arts and Science College**  
Mulanthuruthy  
Affiliated to MG University, Kottayam  
Nirmala hills, Mulanthuruthy P.O, Ernakulam, Kerala

**JWAALA**

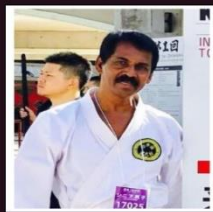

Women's cell of our College is  
Conducting a session on  
**'SELF DEFENCE'**

Date - 3<sup>rd</sup> March, 2022 (Thursday)  
Time - 12.30 pm  
Venue - College Auditorium

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**Self Defence  
IS NOT AN  
OFFENSE!!!**

- Lexi Mars



Keynote speaker:  
**Sensei. SPARK DAVID V.**  
(Karate Instructor)  
6<sup>th</sup> Degree Black Belt (Okinawa, Japan)  
Faculty, Rajagiri Public School





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## **JWAALA - WOMEN CELL**





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## **JWAALA - WOMEN CELL**

### **INTERNATIONAL WOMEN'S DAY CELEBRATION**

Date : 08<sup>th</sup> March 2022

Venue : Auditorium

Resource Person : -

Number of Participants : 20

Person in Charge : Sona T M

#### **Brief Report**

The Women's cell of Nirmala Arts & Science College Mulanthuruthy celebrated International women's day organizing various competitions on 8<sup>th</sup> March 2022. On the occasion, a Greeting card making competition and English and Malayalam extempore competition was conducted.

There were 20 participants competed for the extempore competition in both languages. In Malayalam extempore Athul Varghese of 3rd BA English came first. Sandra Zacharia of 3rd bsc psychology came second. Third prize was shared by Ruth pm of 1st Bcom CA and Devika santhosh of 2nd BBA.

For English extempore, Jyothika of 2nd BA English came first. Sandra AS of 3rd B.sc psychology came second. And Kevin of 2nd BA English came third.

The last competition was a greeting card-making competition. Twelve students participated for the competition. Abiya Jose of 2nd b.com tax came first. Rugma Sudarshan of 1st B.com tax came second. The third prize was bagged by Abhirami M R of 1st bcom tax.



# NIRMALA ARTS AND SCIENCE COLLEGE

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## JWAALA - WOMEN CELL

### Programme Brochure & Images


**NIRMALA ARTS AND SCIENCE COLLEGE**  
MULANTHURUTHY  
Affiliated to Mahatma Gandhi University, Kottayam

**JWAALA, WOMEN'S CELL**


Celebrating International Women's Day on 8<sup>th</sup> March 2022

**Competitions :**

- 1. Greetings card making (Hand made)**  
Date of submission, 8<sup>th</sup> March (Tuesday)

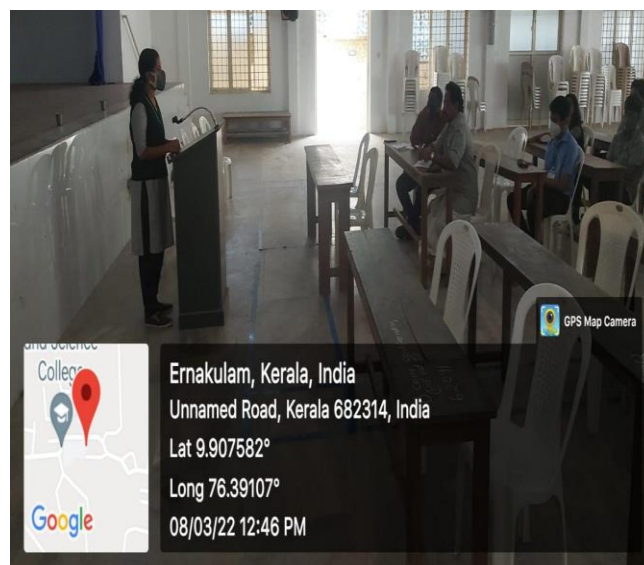


- 2. Extempore**  
DATE - 8<sup>th</sup> march, 2022(Tuesday)  
Time - 12.30pm  
Venue- College Auditorium



**RULES**

- 1. Hand made card making**
  - Cards should be submitted to Mrs. Sona .T.M on 8<sup>th</sup> march, Tuesday by 2 pm
  - Theme: International Women's Day
- 2. Extempore**
  - Theme will be given on spot
  - Each student will get minimum of 5 minutes and the maximum of 10 minutes
  - The final decision will be made by the judges







# **NIRMALA ARTS AND SCIENCE COLLEGE**

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## **JWAALA - WOMEN CELL**

### **INTERNATIONAL WOMEN'S DAY CELEBRATION**

Date	: 09 <sup>th</sup> March 2022
Venue	: Auditorium
Resource Person	: <b>Ms. Baby Vargheese</b> (Additional superintendent of police, Metro Police station, Ernakulam)
Number of Participants	: -
Person in Charge	: Sona T M

### **Brief Report**

The women's cell of Nirmala Arts and Science College organised a talk on 'Gender equality today for a sustainable tomorrow' session celebration on 9<sup>th</sup> March, 2022 from 10 AM. The session commenced with the opening prayer by Adithya of second year psychology followed by the interactive session of the chief guest ASI Baby Varghese. She began the session by giving a brief idea of police life. The crisis faced by today's women, gender discrimination and man's approach towards women was discussed. She gave ideas for uplifting women and for their better futures. Dowry, which is a main problem faced by today's women was discussed. We were reminded of taking immediate action from our side in case of inappropriate behaviour from anyone. Help from the side of police in case of any violence towards women was assured. Cleared off doubts and prejudices we had about the police and gender equality. After doubt clearance, Principal Dr Geetha C A spoke a few words about her life experience as a woman and the struggle each woman faces today. She concluded her words by wishing for a gender-equal tomorrow. The program ended with a vote of thanks given by Ann Maria Thankachan of first year Psychology.




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### Programme Brochure & Images




## Nirmala Arts and Science College

Mulanthuruthy  
Affiliated to MG University, Kottayam


Women's Cell Celebrates

# INTERNATIONAL WOMEN'S DAY



**Theme: Gender Equality Today For a Sustainable Tomorrow**

Date - 9<sup>th</sup> March, 2022 (Wednesday)  
Time - 10am to 11 am  
Venue - College Auditorium



Every woman's success should be an inspiration to another.  
We're **Strongest** when we cheer each other on.

- Serena Williams

Guest speaker:  
ASI. Baby Vargheese  
Metro police station  
Ernakulam







### **AWARENESS TALK – LEGAL RAMIFICATIONS OF WORKPLACE SEXUAL HARASSMENT**

Date	: 17 <sup>th</sup> March 2022
Venue	: Auditorium
Resource Person	: <b>Adv. Sandhya Raju</b> (Founder and Managing Director, Centre for Constitutional Rights Research and Advocacy)
Number of Participants	: 78
Person in Charge	: Sona T M

#### **Brief Report**

The women cell in association with the Internal Complaint Committee of Nirmala Arts and science College organised a session about “Legal Ramifications of Workplace Sexual Harassment” on 17<sup>th</sup> March, 2022 at 12 pm. The session commenced with the opening prayer by Ms. Adithya of second year psychology followed by the welcome speech of Ms Sreelaksmi, Asst professor of English Department. After the Presidential Address by Prof. Daisy N.O, Dean of studies and Video Presentation, the session was started by the chief guest, Adv. Sandhya Raju, Founder and Managing Director, Centre for Constitutional Rights Research and Advocacy. She began the session by giving a brief idea about sexual harassment. Crisis faced by women in both housework and Workplace. She gave ideas for uplifting women and for their better future. Dowry, which is a main problem faced by today's women was discussed. We were reminded of taking immediate action from our side in case of inappropriate behaviour from anyone. She emphasised each and every point in the phase of law with the help of a video presentation. She clearly tracked each law point and its utmost importance. Many examples were also illustrated completely throughout her session. After doubt clearance, Principal Dr Geetha C A spoke a few words about her life experience as a woman and the struggle each women face today. She also gave her a memento as a token of gratitude our institution. The program ended by the vote of thanks given by Ms Reshmi Xavier, Asst Professor of English Department .



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### Programme Brochure & Images

**NIRMALA ARTS AND SCIENCE COLLEGE**  
Mulanthuruthy  
Affiliated to MG University

**Internal Complaint Committee**  
in association with  
**Women's Cell**  
is Organizing a conference on,

**"The Legal Ramifications of Workplace Sexual Harassment"**

Date : 17<sup>th</sup> March 2022 (Thursday)  
Time : 12 pm  
Venue : College Auditorium

"We need a world where women don't get sexually harassed. Full stop. Period"  
- Sherly Sandberg

Resource Person:  
**Sandhya Raju**  
Founder and Managing Director  
Centre for Constitutional Rights Research and Advocacy

