NIRMALA ARTS & SCIENCE COLLEGE MULANTHURUTHY



JWAALA - WOMEN CELL

ANNUAL REPORT 2022 - 2023



(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.	Bullying at workplace	Seminar	20/03/2023	Dr. Devi Soumyaja	150
2.	First Aid	Seminar	23/01/2023	Ahalya G, Dona K John, Mariya Biju, Josini Jose	70
3.	Feminine hygiene	Seminar	16/12/2022	Juliet Jaison, Nabeela Abdul Kareem	100



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JWAALA - WOMEN CELL

SEMINAR- BULLYING AT WORKPLACE

Date	: 20/03/2023
Mode	: seminar
Resource person	: Dr. Devi Soumyaja
Number of participants	: 150
Person in charge	: Sona T M

<u>BRIEF REPORT</u>

The women cell in association with the Internal Complaint Committee of Nirmala Arts and science College organized a session on 20th March, 2023 from 1.00 pm - 2.30 pm.

The session commenced with the opening prayer by Ms. Mahima of first year psychology followed by the welcome speech of Ms. Reshma Prasad, Asst. professor of Commerce Department. After the Presidential Address by Dr. Geetha C A, Principal, the session was started by Dr. Devi Soumyaja, the chief guest. She started her session with a brief introduction on Bullying at workplace. Also, there was a special mention to body shaming and its impact on the mindset of the employees at workplace. Many other topics such as gender equality, sexual harassment was mentioned. The session was very interactive. The program ended by the vote of thanks given by Ms. Annmaria Thankachan, 2nd year BSc student.



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JWAALA - WOMEN CELL



List of participants



NIRMALA ARTS & SCIENCE COLLEGE MULANTHURUTHY

(Affiliated to Mahatma Gondhi University: Kotusyam) INTERNAL COMPLAINT COMMITTEE AND WOMEN'S CELL

SEMINAR – BULLYING AT WORKPLACE

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(Affiliated to Mahatma Gandhi University, Kottayam)

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JWAALA - WOMEN CELL

SEMINAR ON FIRST AID

Date	: 23-01-2023
Venue	: College Auditorium
Resource person Josini Jose	: Ms. Ahalya G, Ms. Dona K John, Ms. Angel Mariya Biju, Ms.
Number of participants	: 70
Person in charge	: Mrs. Agnus Joy, Mrs. Anjitha mary C.J, Mrs. Sona . T. M

The women cell of Nirmala Arts & Science college, Mulanthuruthy, has organized a seminar on 'First Aid' on 23rd January 2023 at the college auditorium. The welcome address was given by Mrs. Sona T M, the coordinator of the Women cell. Dr. Geetha CA, Principal of the college, Prof. Daisy N O, Dean of the college were present for the session. The resource persons for the program were Ms. Ahalya G, Ms. Dona K John, Ms. Angel Maria Biju, Ms. Josini Jose, who gave a detailed picture of the importance of 'first Aid' focusing mainly on its practical sides. They made sure to portray on how to do it practically by making the participants to try the various methods. The team also created an awareness among the young minds on how to act or behave on emergency situations. And how important it is to learn regarding the basic methods that could be used at emergencies. The whole session put forwarded an idea that 'First Aid is better than the last'. The session was really effective as the participants could learn certain methods of providing 'First aid'.



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(Affiliated to Mahatma Gandhi University, Kottayam)

Name	Signature
Advaitha Padmendhu	
Amilah Afreen	
Anju Sunil	
Asisha C Rajan	
Gopika S Remanan	
Indulekha P S	
Josna Jossy	
Merlin P Thomas	
Navya V Nair	
Pooja P K	
Samna George	
Sethulakshmi Thampi	
Sheethal Raj M R	
Shraddha K Raj	
Sreekutty K A	
Vismaya S	
Aneena Mary Savi	
Sajina M S	
Lavanya Karthikeyan	
	Advaitha PadmendhuAmilah AfreenAnju SunilAsisha C RajanGopika S RemananIndulekha P SJosna JossyMerlin P ThomasNavya V NairPooja P KSamna GeorgeSethulakshmi ThampiSheethal Raj M RShraddha K RajSreekutty K AVismaya SAneena Mary SaviSajina M S



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	Sonia A S
	Shaharbaan V A
	Anna Simon
	Ashina Beegum A
	Abhirami K A
	Aiswarya E R
1.	Gopika Murukan
2.	Hrithika Biju
3.	Jyothika S
4.	Malavika M B
5.	Niranjana A S
6.	Nithya P S
7.	Rachel Deepak Jacob Thapa
8.	Sona Antony
9.	Surya P S
10.	Anumol K S
11.	Anusha P S
12.	Archana Shaji
13.	M B Malavika
14.	Mariam Erica John
15.	Rimna T Riyas
16.	Rinju Rinson



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17.	Riya Francis
1.	Riya Thampi
2.	Sandra Theresa
3.	Sivakami K
4.	Sumithra Ps
5.	Sreelakshmi E P
6.	Vismaya S
7.	Amritha Rajeev



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JWAALA - WOMEN CELL

Feminine Hygiene

Date	:	16-12-2022
Venue	:	College Auditorium
Resource person	:	Ms. Juliet Jaison & Ms. Nabeela Abdul Kareem
Number of participants	:	100
Person in charge	:	Mrs. Sona T. M

The women cell of Nirmala Arts & Science college, Mulanthuruthy, has organized a seminar on 'Feminine Hygiene' on 16th December 2022 at college auditorium. The welcome address was given by Mrs. Sona TM, the coordinator of the Women cell. Dr. Geetha CA, Principal of the college, Prof. Daisy N O, Dean of the college were present for the session. The resource persons of the program were Ms Juliet Jaison and Ms Nabeela Abdul Kareema, who spoke on 'Feminine Hygiene' focusing on the topics menstrual cycle, sanitary napkins, irregular periods and menstrual cup. The benefits of using menstrual cup were mentioned by them. About the safety it provides, regarding the economic benefit it has and so on. The session was really a fruitful one, as it helped students to attain great knowledge regarding the feminine hygiene.



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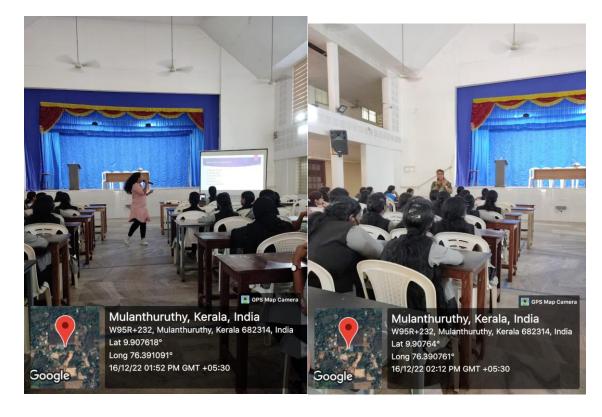




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JWAALA - WOMEN CELL



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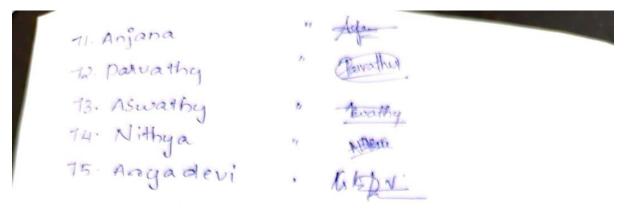
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