

**NIRMALA
ARTS & SCIENCE COLLEGE
MULANTHURUTHY**



**JWAALA - WOMEN CELL
ANNUAL REPORT 2022 -2023**



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.	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



NIRMALA ARTS AND SCIENCE COLLEGE

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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

BRIEF REPORT

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.



NIRMALA ARTS AND SCIENCE COLLEGE

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JWAALA - WOMEN CELL



Nirmala Arts & Science College
Mulanthuruthy
Affiliated to Mahatma Gandhi University, Kottayam

Internal Complaint Committee

in association with

WOMEN'S CELL

is organizing a session on

BULLYING AT WORKPLACE

Dr. Devi Soumyaja
Assistant Professor, CUSAT



Date : 20 March 2023
Time : 1.00 PM
Venue: College Auditorium





NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)

JWAALA - WOMEN CELL



List of participants



NIRMALA ARTS & SCIENCE COLLEGE MULANTHURUTHY

(Affiliated to Mahatma Gandhi University, Kottayam)

INTERNAL COMPLAINT COMMITTEE AND WOMEN'S CELL

SEMINAR - BULLYING AT WORKPLACE

SEMINAR			
Date	20/03/2023		
Venue	COLLEGE AUDITORIUM		
Time	1:00 PM		
Sl. No.	Name of the participants	Department	Signature
1.	Parvathy C.G	B.COM TAX	Parvathy
2.	Aryadevi K.S	B.COM TAX	Aryadevi
3.	Devika M.S	B.COM TAX	Devika
4.	Ajayanandha S	B.COM TAX	Ajayanandha
5.	Angel K.R	B.COM TAX	Angel
6.	Angel Suranna	B.COM TAX	Angel
7.	Alaina P.S	B.COM TAX	Alaina
8.	Aliswarya S	B.COM TAX	Aliswarya
9.	Naveena Unnikutthan	"	Naveena
10.	Seena T	"	Seena
11.	Amaly Smith	B.COM CA	Amaly
12.	Alashta Kabees	"	Alashta
13.	Sananya Sam	"	Sananya
14.	Amalashree Shaji	BA English	Amalashree
15.	Georgy Nandana P.A	"	Georgy
16.	Maniya Aifa Johnson	"	Maniya
17.	Priya Mary NJ	"	Priya
18.	Nandana Umeron	B.COM TAX	Nandana
19.	Geetha Sree G	"	Geetha
20.	Prasanna Adil	"	Prasanna
21.	Tina Jishne	BA English	Tina
22.	Yadhu Krishna M.U	"	Yadhu
23.	Ajith Raji	"	Ajith
24.	Veera V	"	Veera
25.	Parvathy R	"	Parvathy
26.	Geetha Raj	B.COM CA	Geetha
27.	Ruth P.M	B.COM C.A	Ruth
28.	Anuja Manojkumar	BBA	Anuja
29.	Nandana S	BBA	Nandana
30.	Rani Johny	BBA	Rani
31.	Rishna K.V Sasi	BBA	Rishna
32.	Kiran Salil	BBA	Kiran
33.	Akshay Uthaman	BBA	Akshay
34.			



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35	Akhya Kattumaran	B.A	Akhya
36	Anika Achak	B.A	Anika
37	Anuradha K.J	B.A	Anuradha
38	Samina Chacko	B.A	Samina
39	Albina Abraham	B.A	Albina
40	Alvina K. Vitha	B.A	Alvina
41	Albina Sankar	B.A	Albina
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130	Alvina K. Vitha	B.Com CA	Alvina



NIRMALA ARTS AND SCIENCE COLLEGE

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JWAALA - WOMEN CELL

SEMINAR ON FIRST AID

Date : 23-01-2023

Venue : College Auditorium

Resource person : Ms. Ahalya G, Ms. Dona K John, Ms. Angel Mariya Biju, Ms. Josini Jose

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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JWAALA - WOMEN CELL



Nirmala Arts & Science College
Mulanthuruthy
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JWAALA

The Women's Cell organises a seminar on

FIRST AID

Resource Persons:



Ahalya G



Dona K John



Angel Mariya Biju



Josini Jose

FIRST AID IS
BETTER THAN
LAST!

Date: 23rd January 2023
Time: 10.00 am
Venue: College Auditorium



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Sl.no	Name	Signature
1.	Advaitha Padmendu	
2.	Amilah Afreen	
3.	Anju Sunil	
4.	Asisha C Rajan	
5.	Gopika S Remanan	
6.	Indulekha P S	
7.	Josna Jossy	
8.	Merlin P Thomas	
9.	Navya V Nair	
10.	Pooja P K	
11.	Samna George	
12.	Sethulakshmi Thampi	
13.	Sheethal Raj M R	
14.	Shraddha K Raj	
15.	Sreekutty K A	
16.	Vismaya S	
17.	Aneena Mary Savi	
18.	Sajina M S	
19.	Lavanya Karthikeyan	



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20.	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	



NIRMALA ARTS AND SCIENCE COLLEGE

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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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JWAALA - WOMEN CELL



Nirmala Arts & Science College
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JWAALA

The Women's Cell of our college is organizing a seminar on

'FEMININE HYGIENE'

- Menstrual Cycle
- Irregular periods
- Sanitary Napkins
- Menstrual Cup

Resource Persons



Ms Juliet Jaison



Ms Nabeela Abdul Kareem

Date: 16th December 2022
Time: 1.30 pm
Venue: College Auditorium

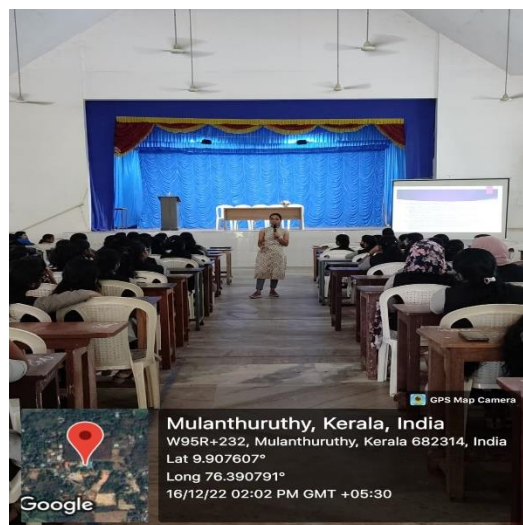




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FEMININE HYGIENE PARTICIPANTS LIST

SL. NO	NAME	CLASS	SIGNATURE
1	Meghna Sunil kp	Msc. Psychology	Meghna
2	Noushaya Mahanan	Msc. Psychology	Noushaya
3	Adithya Suresh	BCA	Adithya
4	RIYA ROJEEY	B.C.A	RIYA
5	Akshaya Suresh	B.C.A	Akshaya
6	Devika Divresh	B.C.A	Devika
7	NANDANA V.R	B.C.A	NANDANA
8	Elaina Cheshire	B.C.A	Elaina
9	Bhadra	BCA	Bhadra
10	Nikitha Vinodh	BCA	Nikitha
11	Sandra Sabu	BCA	Sandra
12	Jasmin Majeed	BCA	Jasmin
13	Sreya Soji	BCA	Sreya
14	Anagha Sameesh	B.com Tax	Anagha
15	Aneena Raphael	B.com CA	Aneena
16	Elna Mary	B.com CA	Elna
17	Annette George	B.com CA	Annette
18.	Beshmi T.B	B.A English	Beshmi
19.	Aleena Varghese	BA English	Aleena
20.	Liya Nidai	B.A English	Liya
21.	Jisra Tik	B.com Tax	Jisra
22.	Nandana M. Baija	B.com Tax	Nandana
23.	Ann Elizabeth P.T	B.com Tax	Ann
24.	Nimr Benny	BBA	Nimr
25.	Aswathig. E. A	BBA	Aswathig
26	Gopika Babu	BBA	Gopika
27	Anupriya K.M	BBA	Anupriya
28.	Divya K.S	B.com Tax	Divya
29	Devika Sathyan. G	B.com Tax	Devika
30	Kavya P.K	B.com Tax	Kavya
31	Krishna Minon	B.com Tax	Krishna
32	Amarutha Ramesh	BBA	Amarutha
33	Kidha Ciroesh	BBA	Kidha
34	Naladana S	BBA	Naladana
35	Anuja Manojkumar	B.	Anuja
36	Aneena May	B.com TAX	Aneena
37	ABHIRAMI MR	B.com Tax	ABHIRAMI
38	Aishwarya Sunil Das	"	Aishwarya
39	Naveena Unnikutthan	"	Naveena



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41	Gangasree G	II B.COM TAX	
42	Nandana	"	
43	Annamay Shaje	II B.A English	
44	Reya M. A. S.	"	
45	Gangasree P. A	"	
46	Devika M. S.	II B.COM TAX	
47	Ananya P. S	"	
48	Aishwarya S	"	
49	Harshika	II B.COM TAX	
50	Akshata P. A	"	
51	Anakha Vinod	II B.COM TAX	
52	Sarika	II B.COM TAX	
53	Anna Pushkaran	II B.COM TAX	
54	Reshma K	II B.COM TAX	
55	Anaswara Sasi	II B.COM TAX	
56	Anusha Mohanan	II B.COM TAX	
57	R	II B.COM TAX	
58	Ambily	II B.COM TAX	
59	Nasra	II B.COM TAX	
60	Sreelakshmi C. J	II B.COM TAX	
61	Annamay	II B.COM TAX	
62	Lakshmi Kaipa	II B.COM TAX	
63	Kaishna Priya	II B.COM TAX	
64	Amrutha	II B.COM TAX	
65	Nandana Arun Kumar	BCA - 1st	
66	Shivani Baiju	"	
67	Sumithra	II B.COM TAX	
68	Saniya	"	
69	Angel Mary	"	
70			



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11. Anjana	" <u>Anjana</u>
12. Parvathy	" <u>Parvathy</u>
13. Aswathy	" <u>Aswathy</u>
14. Nithya	" <u>Nithya</u>
15. Anagadevi	" <u>Anagadevi</u>



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