

1. Self Defense Training

In the context of continuous molestation and sexual harassment against women and girls throughout the nation, NAM College Kallikkandy Women Cell Planned several activities and training programs to strengthen the students physically, mentally and morally against any unusual circumstances.

Women Cell conducted a 10days Karate training programme from 8th March 2021 to 22nd March 2021. Dr. Muhammad Kutty , respected Principal of NAM College Kallikkandy inaugurated the session and gave valuable advice to Students regarding the importance of self defense in the society. Sri Sensei K K Vinod Kumar, chief Instructor of Shotokan Karate School , Paral has given the training and self defense techniques to the students.40 students participated in this training session. This session motivated the students and enhanced their confidence level. They got enough courage to face and react to any crucial situations of harassment and physical torturing. The best performers were congratulated by giving memento by the Principal.





2. Sewing Training

Women Cell of NAM College Kallikkandy conducted a sewing training as part of enhancing life skills on 03rd March 2021. Women Cell has always been proactive to make continual improvement in motivating girl students to be equipped for their success and achieve their goals.

Dr.Minimol V K of Department of Computer Science inaugurated the function. Many students participated and benefitted by this programme. Mrs .Bindu and Mrs Sreeja gave the basic training to students.



3. Webinar on Cancer Awareness

A Webinar on Cancer awareness was conducted on 21st November 2020 in association with IQAC NAM College Kallikkandy and Malabar Cancer care Society Kannur. Dr.Muhammad Kutty inaugurated the programme and felicitated by D K Pai(President, Kannur Cancer Control consortium) and Major P Govindan (Secretary Kannur Cancer Control Consortium). Dr.V C Ravindran and Dr.Harsha Gangadharan (Malabar Cancer Centre, Kannur) were the resource persons.

The Webinar was mainly aimed to give a general awareness on various types of cancers especially affecting women. They mainly focused on the breast cancer,

cervical cancer and ovarian cancer. Due to the increasing number of women cancer patients in our society this topic is considered as the most relevant.

They began the topic with the common reasons and life style that cause cancers and followed by preventive measures and concluded with various types of treatments available as of now.

During the interactive session that followed teachers, students and parents asked their doubts. The programme was very useful for all the participants.





4. Women's Day Celebration

In association with IQAC of NAM college, women cell celebrated international women's day on 08.03.2021 at seminar hall. Ms. Safeera M K , former president of Nadapuram Grama panjayath and an alumni of the college inaugurated the programme. Dr. Naseeha Ismayil was honoured for her selfless service in the field of palliative care in Panoor, where she also gave a speech on the importance of palliative care . She explained the students that palliative care is our social responsibility.

The programme was presided by Dr K K Muhammed kutty, Pricipal, NAM College. Dr. M K Madhusoodanan, Dr.Minimol V K and Sreeja K V felicitated the function. The session ended with vote of thanks by Shabina K K, Co-ordinator, Women cell.

A speech contest was conducted in association with PG department of English and a Flash mob was performed by First Year Degree students.



NAM COLLEGE KALLIKKANDY

(Affiliated to Kannur University, Accredited with NAAC 'B' Grade)

KALLIKKANDY P.O., KANNUR DT., KERALA, 670693

www.namcollege.ac.in, PH: 04902463067



Meet the Femmes Modernes



Dr. Naseeha Ismail



Ms. Safeera M K

Programmes

- Honouring Dr. Naseeha Ismail (selfless service in Palliative field)
- Self Defence Training
- Extempore Speech Contest

WOMEN'S DAY CELEBRATION

ON 08 MARCH 2021

11:00 AM

@ SEMINAR HALL

ORGANIZED BY
WOMEN CELL

"Keep Your Hopes Up.."



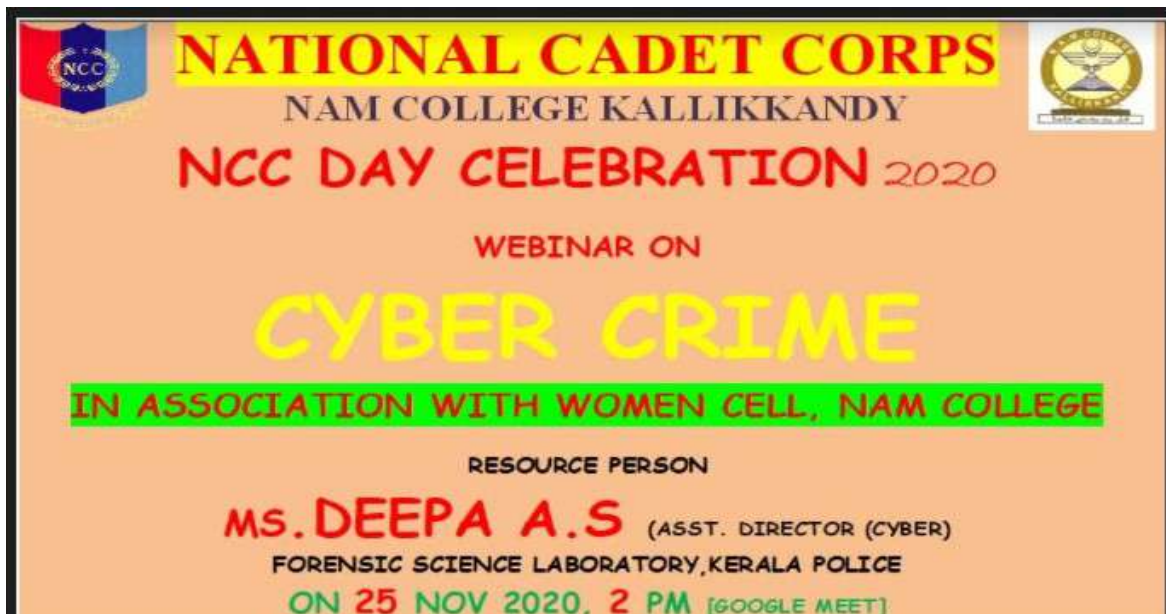


5. Webinar on CYBER CRIMES

In association with NCC and IQAC of NAM college, Women Cell conducted a webinar on Cyber crimes and related issues on 25th November 2020. Dr. K K Muhammed kutty inaugurated the function where Ms. Deepa A.S, Assistant Director(cyber), Forensic Science Laboratory, Kerala police, was the chief guest and key note speaker. The programme started by 2.00 pm via Google meet.

Nowadays cyber crimes and related issues are increasing. Taking into consideration that people are not aware of the dos and don'ts while using the social media, Women Cell decided to provide awareness on cyber related crimes and problems. Deepa A S gave a wonderful speech where she introduced what are the things that fall under the category of cyber crimes, and what are the things to be taken care of while using social media platforms. She also gave idea about the penal proceedings related to cyber crimes.

This programme was very informative and students actively participated in the interactive session.



NATIONAL CADET CORPS
NAM COLLEGE KALLIKKANDY

NCC DAY CELEBRATION 2020

WEBINAR ON
CYBER CRIME

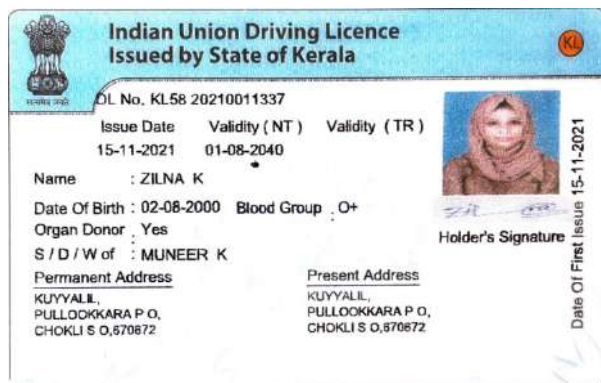
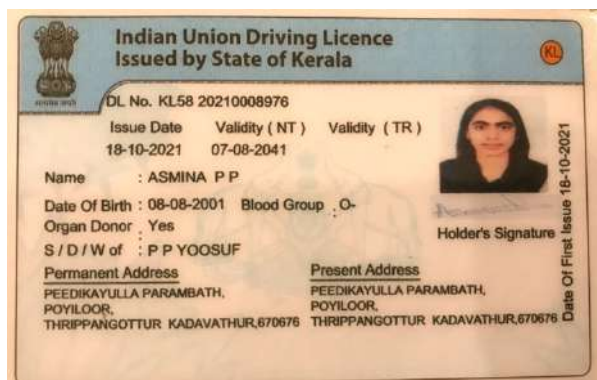
IN ASSOCIATION WITH WOMEN CELL, NAM COLLEGE

RESOURCE PERSON
Ms. DEEPA A.S (ASST. DIRECTOR (CYBER))
FORENSIC SCIENCE LABORATORY, KERALA POLICE

ON 25 NOV 2020, 2 PM [GOOGLE MEET]

6. Steer Your Dreams

In Association with Bright driving school, Chokli , Women Cell conducted a training programme on driving for the girl students of our college (both two wheels and four wheels). This programme was meant for empowering the girl students and in making them self reliant and efficient. 30 students took the training..



7. Open Discussion

Women cell conducted an open discussion on the topic CHALLENGES IN CHOOSING MARRIAGE AND PROFESSION on 12th March 2021 at NAM college .Dr. Minimal V K delivered the welcome speech and Dr. Madhusoodanan M K inaugurated the function. Students actively participated in the programme and they shared their opinion about challenges of choosing marriage and profession faced by the girls compared to boys. At the end of the session students gave the feedback that it was an interesting and informative session. The programme ended with a vote of thanks by Anusree K.



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Open Discussion on Gender Equity

TOPIC

**Challenges in
Choosing Marriage
and Profession**

ON 12 MARCH 2021

11 : 45 AM

@ College Library

**ORGANIZED BY
WOMEN CELL AND IQAC**



8. Women in Leadership: Life as an IAS Officer

A Webinar on 'Women in Leadership: Life as an IAS Officer', was organized by Women Cell in association with the PG Department of English and IQAC on 13 March 2021, at 5.30pm via Google Meet as part of the women's week celebration, 2021. The audience comprised of UG and PG students and Teachers from all Departments of our College.

Ms. Ira Singhal IAS, the current Joint Director of Department of Social Welfare, Delhi Government; the Brand Ambassador for Department of Disability, Ministry of Social Justice and Empowerment, Ministry of Women and Child Development, Government of India; Niti Ayog, National Panel for Accessible Elections, Election Commission of India, was the Chief Guest. Ms. Ira Singhal IAS is the first person with disability to top the prestigious civil service examination, 2014 with AIR - 1. She has been a speaker on wide ranging issues like education, disability, gender issues, skill development, career counselling, etc at more than 500 International and National conferences, Industry forums, universities, colleges and other top institutions of the country including IIM's and IIT's.

The programme started by 5.30 pm with a welcome speech by Ms. Sai Varenya. Dr. Madhusoodhanan, the Principal-in-charge delivered the presidential address. It was followed by the chief speaker Ms. Ira Singhal IAS's talk and she shared with the participants her experience as an SDM in Haryana, a place where the ratio of women are less. Everyone was impressed by her inspiring and energetic talk which was followed by an interactive session.. The session ended by 6.40 pm with a vote of thanks by Dr Minimol, Assistant Professor, Department of Computer Science, NAM College Kallikandy.

PG Department of English & Women's Cell,
NAM College, Kalikkandy
Programme Coordinator: Ms Sai Varenia

A WEBINAR WITH A SUPER WOMAN AS CHIEF GUEST.

Coming soon... Stay Tuned



An interactive session with Ira Singhal IAS, the current Joint Director, Department of Social Welfare, Delhi Government.



History Maker in UPSC Civil Service Examination.

Ira Singhal IAS



An Inspirational Speech

IAS Topper-2014
AIR-1



- (74) [Message] [Info]
- Sreeja Bhaskar (You)
 - Madhu soodanan >
 - NAMSHAD KP >
 - Ira Singhal >
- Others in the meeting (70)
- Abhinandh Pk >
REPLY