

WOMEN CELL ACTIVITIES 2021-2022

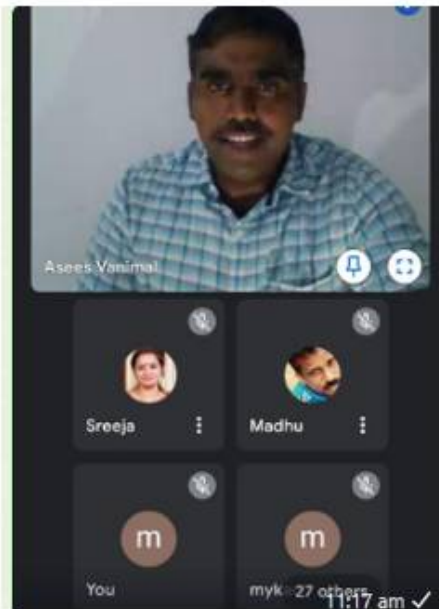
1. Webinar on WELLNESS IN WOMEN'S LIFE

Women cell of NAM College conducted a webinar on the topic 'Wellness in women's life' on 13.10.2021 via Google meet. The programme started with the welcome address by Smt. Shabina K K, Co-coordinator, Women cell and inaugurated by Dr. K K Muhammed Kutty, Principal, NAM College. Dr. Deepthi V Nair (Special medical officer, Ayush gramam, Kuthuparamba) was the resource person. She gave awareness on women's health and wellness for the wellbeing of society. The participants cleared their doubts regarding menstruation, and other issues related to women's health.



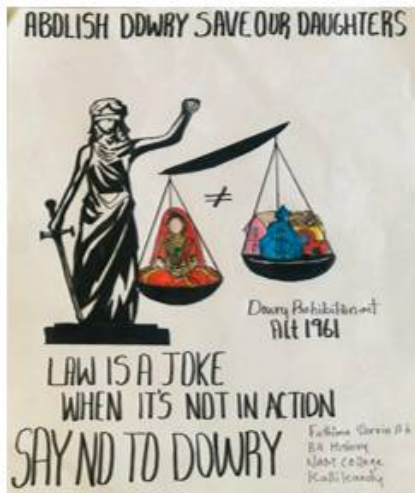
2. Webinar on Cyber world- SURF SMART, STAY SAFE

A webinar on the topic 'surf smart, stay safe' was conducted on 16.10.2021 via Google meet. Dr. K K Muhammed Kutty, Principal of NAM College inaugurated the programme. Mr. Anees V (HSST computer science, GVHSS, kuttichira, Faculty, CG & AC Govt. of Kerala). He gave idea about the online platforms and the various facilities available related to our routine life. He also explained the negative impacts hidden while browsing such social platforms. This webinar was very helpful for both students and teachers because it was conducted during Covid pandemic period. During that period all the teaching- learning processes had been switched into online mode. He gave a clear picture about how we can use the online platforms in a healthy way for educational and other day-to-day life purposes.



3. Poster making competition

Women cell conducted poster-making competition on the topic ‘Say No to Dowry’ on 03.12.2021 in connection with suicide attempts and domestic violence recently happened in Kerala related to dowry. Prizes were awarded to the winners.



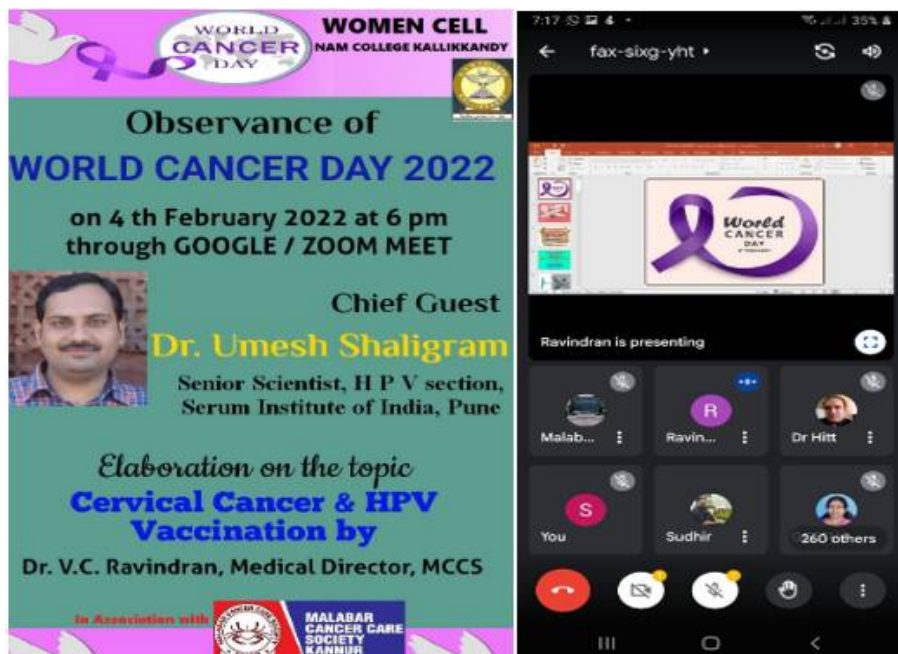
4. Pledge taking

A pledge-taking programme was conducted on 07.12.2022 atrocities against women that are common nowadays. Students of all the classes took pledge that they will keep away from all the physical and mental attack towards women and they will protect the girls and women around them from such activities.



5. Webinar on Cervical cancer and HPV vaccination

In connection with World cancer day women cell conducted webinar on the topic 'Cervical cancer and HPV vaccination' on 04.02.2022 via Google meet. Dr. Umesh Shaligram (Senior scientist, HPV section, Serum institute of India, Pune) inaugurated the programme and the topic was elaborated by Dr. V C Ravindran (Medical Director, Malabar cancer care society, Kannur).The programme was aimed to give awareness on various types of cancers especially affect women. They mainly focused on cervical cancer and HPV vaccination and other methods available now for the early detection and treatment of cancer.



6. Seminar on ‘SOFT SKILL DEVELOPMENT FOR WOMEN EMPOWERMENT’

In association with Department of Polymer Chemistry and Computer Science, Women cell conducted seminar on the topic ‘Soft skills for Women Empowerment’ on 10.03.2022 at the seminar hall. Dr. K K Muhammed Kutty, Principal, NAM College, inaugurated the programme. Rahina P and Swaliha Backer (Consultant psychologists, Annex psychology and research center, Kallachi) were the resource persons. They gave idea about the need of skill acquisition for women empowerment. They motivated the students to achieve their goals in life.



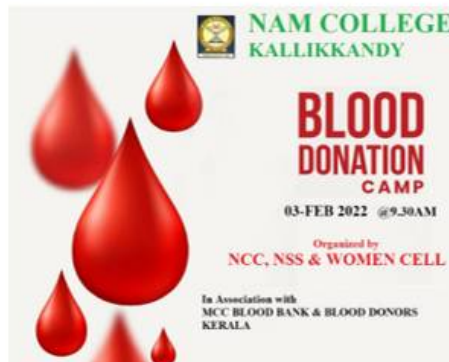
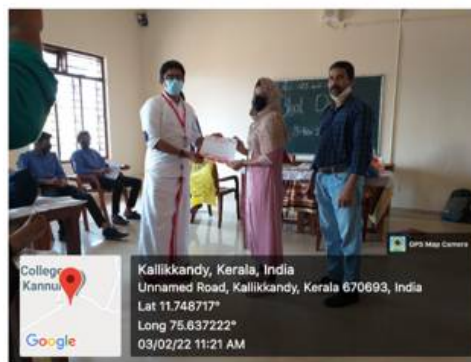
7. Webinar on ‘ GENDER RELATIONSHIP AND GENDER LAWS’

In association with Mahila Shakthi Kendra, Kannur and Women & Child welfare department, Govt of Kerala, women cell conducted a webinar on the topic ‘Gender relationship and gender laws’ on 26.02.2022 via google meet. Dr. K K Muhammed Kutty, Principal, NAM College, inaugurated the programme. Mr. Jestine K Joseph (Project consultant, NSS technical cell, Kerala) was the resource person. The programme started with the welcome address by Seniya Jerin (Women welfare officer, Mahila Shakthi Kendra, Kannur). He gave idea about the importance of gender equity in the present social scenario. He explained the discrimination that still exists in the society for girls and women by quoting various incidents and facts. He also gave awareness about various laws and schemes that are ensured by the Government for the protection of girls and women.



8. Blood donation camp

Women cell conducted blood donation camp on 03.02.2022 in association with NCC & NSS units of NAM College, Malabar Cancer Center Thalassery and Angel wing & Blood donors Kerala, Thalassery in connection with World Cancer day. Ms. Reena Varghese (Coastal guard sub inspector, Mahe) inaugurated the programme. This programme was mainly aimed to promote girls to donate blood. 60 girls and 20 boys donated blood to Blood bank of Malabar Cancer center.



9. Women's day celebration

Women cell conducted one-week celebration in connection with international women's day on 08.03.2022. Various programmes were planned and conducted as listed and detailed below.

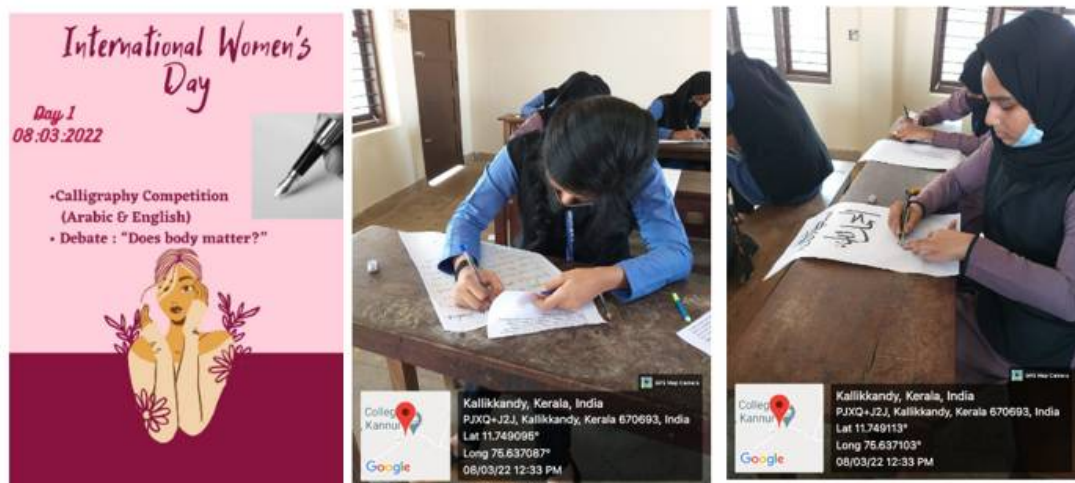
a) Slogan writing

To give a message on international women's day, women cell conducted slogan-writing competition on 07.03.2022. The best slogan was declared as 'NAM slogan for women's day 2022'. Anugrah of first MA English won the prize in this competition.



b) Calligraphy competition

Calligraphy competition in both English and Arabic languages was conducted on 08.03.2022. Students from all the departments participated in this programme. Fathimath Nesila P P of second year B Com won the first prize in Arabic calligraphy and Sana Sameer of first year Polymer chemistry won the first prize in English calligraphy. Prizes distributed for the winners.



c) Open Debate

Women cell conducted an open debate on the topic ‘Does Body Matters’ on 08.03.2022. Ms. Sheetal N (Assistant professor, PG Department of English) was the mediator of the programme. Students from all the departments participated in the programme. Prizes distributed for the winners.



d) Flash mob

In connection with women’s day celebration the students of first year UG, second year UG and PG classes performed a flash mob on 09.03.2022. They displayed various slogans and messages to the students related to women’s day during their performance.



e) Meet the women Entrepreneurs of NAM

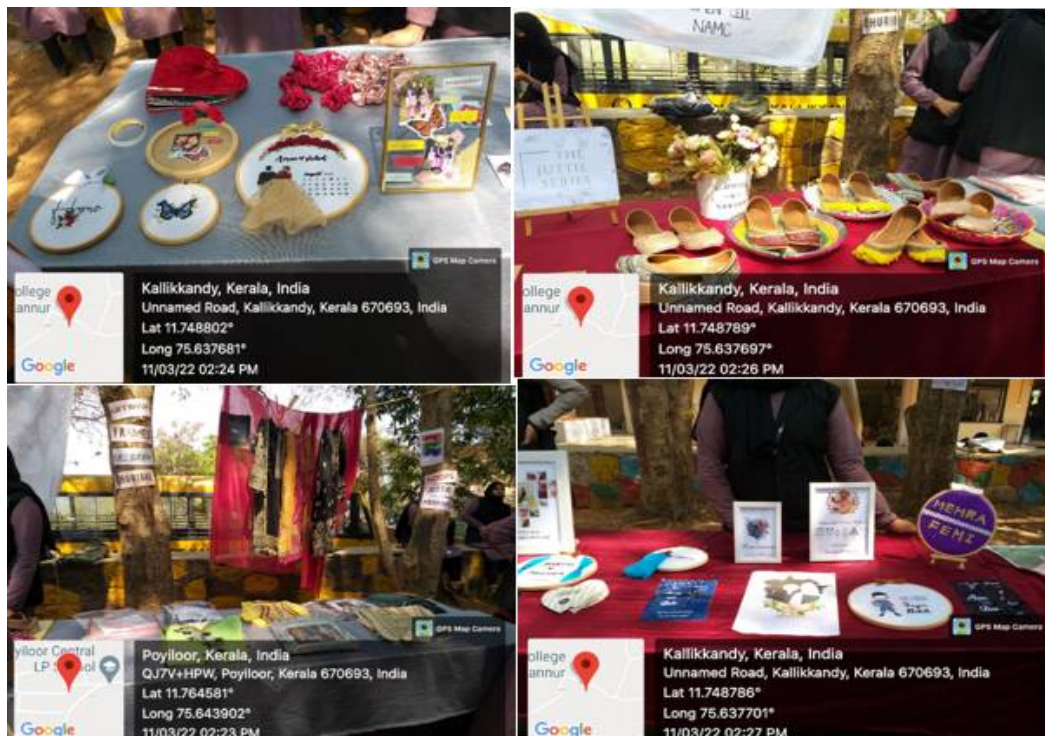
Women cell conducted the programme ‘Meet the women Entrepreneurs of NAM’ on 11.03.2022 at seminar hall. The students who play the role as entrepreneurs were honored in the programme by the principal. They shared their experience and happiness as entrepreneurs with the students. It was a proud moment that many students of our college are leading their life with a principle of ‘earning while learning’. We introduced them as roll model for all the students because they earn themselves for their educational and other personal purposes without depending on

parents or others. In addition, they offer financial support to their parents from their earning



f) Craft exhibition

Women cell arranged a craft exhibition on 11.03.2022 afternoon in front of the college. In this programme, the students who were honored as entrepreneurs exhibited their work for the students and faculties of the college. Dr. K K Muhammed Kutty, Principal, NAM College, inaugurated this programme.



10. Fitness training

In association with Department of Physical education, women cell conducted fitness-training programme for girls on 09.03.2022 at gymnasium of NAM College. Dr. M K Madhusoodanan, (Associate professor, Department of Physical education) inaugurated the programme. He explained the importance of fitness for our wellbeing. He detailed how to properly handle the instruments and the benefits of practicing each instrument.



11. Hair donation camp

To help cancer patients who lost their hair during the treatment, women cell conducted hair donation camp on 31.03.2022. Dr. K K Muhammed Kutty, Principal, NAM college inaugurated the programme. Ms. Reena Varghese (Coastal guard SI, Mahe, Member of Angel wing, Thalassery) received the hair donated by the students. Seven students from different departments participated in the programme. This programme aimed to create humanity and mercy towards society.

