

REPORT ON PROGRAMMES ORGANIZED

By Women Cell, NAMC

The Women Cell strives to empower and guide students in recognizing their inherent potential, enabling them to establish their unique presence in a competitive world.

1. PATRIOTIC SINGING COMPETITION:



In connection with the Independence Day, Women Cell in association with IQAC NAM College conducted a Patriotic Song Competition on 14th august, 2023 at the Seminar Hall to celebrate the spirit of India and sacrifices made by Our Freedom Fighters. The competition started at 1:30pm and ended at 3:30pm. The judges seated were Dr. Sunita and Shasni N. Among the 5-team contested, Department of Commerce won the First prize and Department of Management Studies the Second.





<u>1st Prize</u> - Department of Commerce



<u>2nd Prize</u> - Department of Management Studies

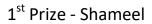


2. PHOTOGRAPHY CONTEST:



In connection with the world Photography Day, to gain a better understanding of strengths and weaknesses as a photographer, a Photography Contest was conducted on 23rd August, 2023 between 10am to 5pm on the theme HIDDEN GEMS, lesser-known spots on campus that hold hidden beauty, charm or historical significance. First prize was bagged by Shameel from II MSc Computer Science and Second prize by Fathima C K from III BSc Computer science.







2nd Prize - Fathima C K

3. Crochet Workshop:



In association with IQAC NAM college, a Crochet workshop was conducted on 10th November,2023. Ms.Shasni N, Assistant Professor NAMC being the resource person demonstrated a beginner level crochet tutorials to students. Welcome speech was delivered by Dr.Sunita P V, Presidential Address by Shabina K K, Department of Polymer Chemistry and Inaugral address by Dr.Majeesh T, Principal NAMC. The session took place in seminar hall at 1:50pm. This workshop made students to build self-esteem by being productive and also to 'stich away stress'. A vote of thanks was extended by Ashifa P.



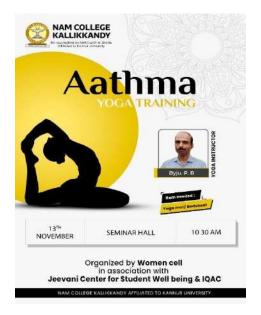




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4. Yoga Training:



In association with Jeevani Center for Student Well Being and IQAC, as a part of capacity building and softskill training 'AATHMA' Yoga training session was organized on 13th November,2023. Welcome speech delivered by Ms.Nafla, Counsellor, Jeevani Center for Student Well Being, shared the importance of yoga in our daily life. Mr.Byju P.B, The Yoga Instructor, brought development in both physical and mental health among the students. Presidential Address was made by Dr.Minimol V K and Inaugration by Dr.Rajesh, Principal in charge. Vote of thanks was offered by Ms.Shasni N.





List of students attended the training session:

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5. Cancer Awareness Programme:



A Cancer Awareness Programme was organized by the Women Cell of NAM College in collaboration with the National Service Scheme (NSS) and Internal Quality Assurance Cell (IQAC) on 8th November,2023.

The programme began with a warm welcome speech by Ms Shasni N (Coordinator of Women Cell) followed by an enlightening presidential address by Dr. Muhammad Ismail, Co-ordinator, IQAC. Dr. Majeesh T, Principal, NAM College, inaugurated the Cancer Awareness Programme. His words emphasized the need for concerted efforts to combat cancer and praised the collaborative initiative of the Women Cell, NSS, and IQAC in organizing the event. Dr Deepthi T R, a renowned expert in the field, (Specialist in Early Cancer Detection and Prevention Oncure Bio Solutions, Kannur) took the stage to raise awareness about various types of cancers. Her informative session covered different cancer types, risk factors, early detection methods, and the importance of regular screenings. Her presentation captivated the audience and left them more informed and motivated.

As a symbol of unity and commitment to the cause, all participants joined together to form a human chain. This powerful display of unity represented their collective determination to fight cancer and raise awareness. The programme concluded with a heartfelt vote of thanks by Dr Sunitha P. V. She expressed

gratitude to the attendees, resource person, and everyone who contributed to the success of the event. The event took place in the seminar hall of NAM College from 1:30 to 3:30 and around 80 students attended the session.







HUMAN CHAIN

List of students joined:

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6. Children's Day:



Women's Cell, in association with the Department of English and IQAC, celebrated Children's Day with Maithri Special School at Kallikkandy Turf on November 14, 2023. Ms. Arathi, Head Teacher of Maithri School, warmly welcomed the gathering. The day was officially inaugurated by Mr. Ali, Member of the Block Panchayat, spreading the message that these students are not alone. Felicitation was offered by Ms. Shasni N. The day was well spent embracing the differently-abled and entertaining them with singing and dancing, along with organizing various programs for their enjoyment. A variety of games were played, and chocolates were distributed. At the end of the day, the famous motto "Always remember that you are enough, just the way you are" was conveyed.









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