Sree Narayana College, Sivagiri, Varkala Women's Studies Unit

2019-20

Co-Ordinator : Smt.NayanaKonath

Member :Dr.Ambily Chandran

Smt. Induja

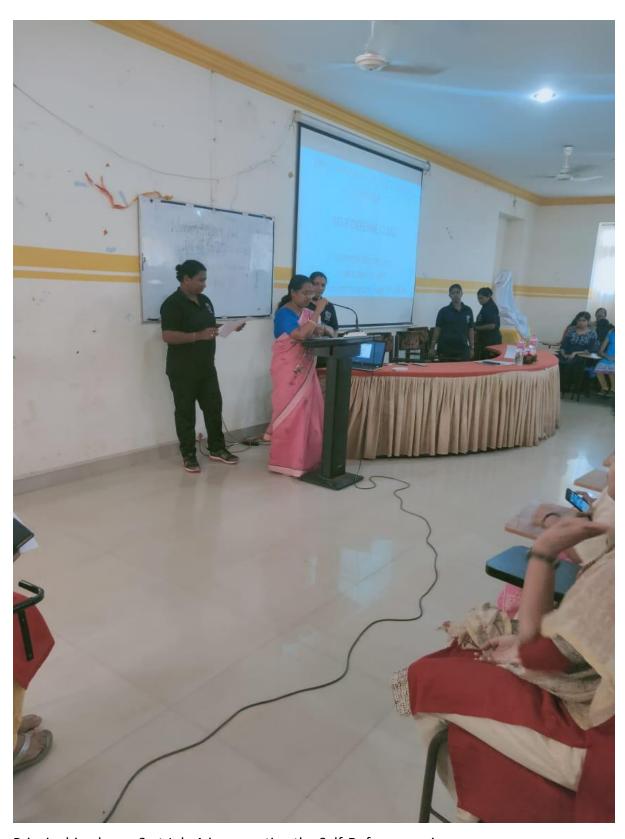
Objectives

The club's main objective is to translate the competence of girl students and bring out their potential through various activities, workshops, seminar sessions and skill production. The unit helps the students to enhance their skills, check their potential, get concrete guidance from professional experts of different backgrounds and to above all to have and enforce the idea of gender equality.

As part of the International Women's Day the following programs were conducted in the campus for the students and faculty members.

Programme I

The first session was conducted on 3 March 2020. The function began with the Presidential address by Dr K.C Preetha, Principal, SN College, Varkala. The Interactive Session was Self- Defense Class for the girl students of our college. The session was in collaboration with the Thiruvananthapuram Rural SP Office. 4 women police officials gave an orientation session and a demo of techniques of combat on specific situations. The students at the end of the session had to perform in front of the class and they dida brilliant job at it.



Principal-in-charge Smt Joly A inaugurating the Self-Defense session

SREE NARAYANA COLLEGE, SIVAGIRI, VARKALA

WOMEN'S STUDIES UNIT #EachforEqual

In association with Thiruvananthapuram Rural SP

3 March 2020 at 10 am Venue: Conference Hall

Programme Schedule

Prayer

Welcome Address Ms. NayanaKonath (Co-Ordinator, Women's Studies Unit)

Presidential Address Smt.Joly A (Principal-in-charge)

Felicitation Sri. Aji SRM (Executive Member, S N Trusts)

DrBabitha G S (IQAC Coordinator)

Dr. Prajith J P(Club Co-Ordinator)

Sri.Siva Kumar (PTA Vice President)

Interactive Session Women Self-defense Training Program

Kerala Police Department has formulated and implemented a project to provide Self Defense Training to women and young girls in all Districts. This project aims at empowering women through comprehensive awareness and practical training program.

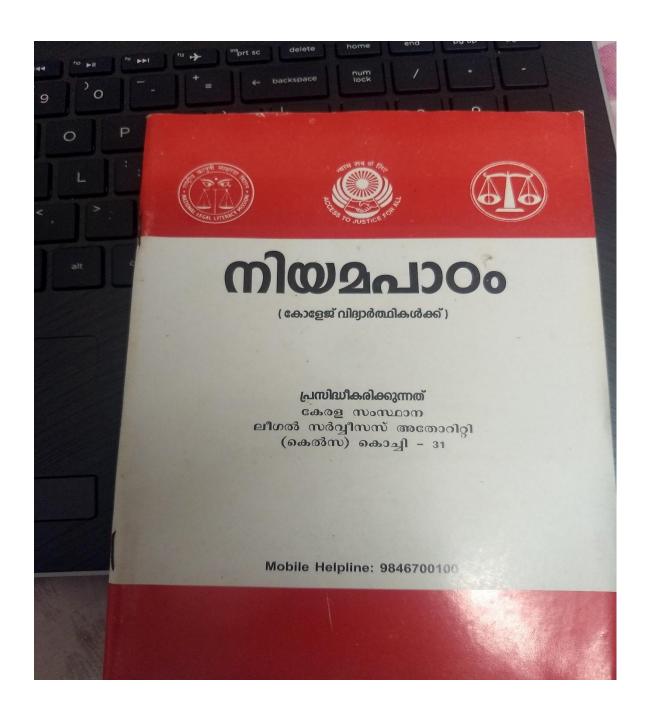
Empowering women through comprehensive awareness and practical training program that includes -

- Confidence building tips to transform from a victim nature to smart nature.
- Awareness on Legal aspects of crime against women.
- Awareness on Police facilities for ensuring the safety of women.
- Simple defense techniques to combat various threat situations like bag snatching, chain snatching, Sexual attacks, eve teasing, bus/ metro threats, lift attack, ATM attack, domestic violence etc.
- Nature of attacks and attackers and how to confront a dangerous situation.
- Awareness on Aspects of women empowerment.

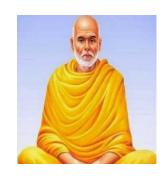
Vote of Thanks Aswathy M.S (Student Coordinator, Dept of Zoology)

Programme 2

The second session was held on 5 March 2020, a legal awareness class on the rights of women in various platforms. Issues commonly associated with notions of women's rights including the right to bodily integrity and autonomy; to be free from sexual violence, to enter into legal contracts; to have equal rights in family law; to work; to fair wages or equal pay; to have reproductive rights; to combat eve-teasing, were discussed in great detail by the Keynote speaker Adv. Renju Raj, of the Varkala Bar Association and Adv Jayachandran, Legal Awareness Expert, Thiruvananthapurm. In addition to that a booklet 'Niyamapadam', Acts and Rules, was distributed to the students and it was decided to have a conduct of legal quiz in the coming week for the degree students of the college. Students came forward with lots of queries and concerns.



Booklet distributed among the students



SREE NARAYANA COLLEGE SIVAGIRI, VARKALA WOMEN'S STUDIES UNIT



#SheInspiresUs

05 March, 2020 at 10.45 am

Venue : College Auditorium

Programme Schedule

Prayer

Welcome Address Ms. NayanaKonath (Co-ordinator, Women's Studies Unit)

Presidential Address Dr K.S. Preetha (Principal, SN College, Varkala)

Felicitation Sri. Aji SRM (Executive Member, S N Trusts)

Dr. Babitha G S (IQAC Coordinator)

Sri.Siva Kumar (PTA Vice President)

Keynote Address AdvRenju Raj(Varkala Bar Association)

Performance by Students Anju Anil (M.Sc Physics)

Gangothri C.J (B.Sc Physics)

Vote of Thanks Dr. Ambily Chandran (Member, Women's Studies Unit)



Adv Jayachandran detailing the legal formalities to students



Adv Renju Raj answering the queries of the students



Principal Dr.K.CPreetha addressing the gathering