

SAMANWAYA- TOWARDS GENDER TRANSPARENCY



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Gender and gender roles are expanding through an ever progressive state of inclusiveness and imbibing. The coordinated existences in the social spectrum qualitatively demands a deeper understanding, identification and awareness in the society regarding the need to upgrade the gender tendencies and to ensure respect for all people irrespective of gender preferences, and to develop a sense of common belonging as a species with diversified electives, all contributing towards the creation of the system of social stability within the gender fluid grounds. The institution triumphantly organizes and accommodates various programmes, starting from awareness campaigns and classes to gender transparency activities.

2017-18

WOMEN'S DAY CELEBRATION - PANEL DISCUSSION AND OPEN FORUM

On the occasion of international women's day, the institution conducted a panel discussion and open forum to promote women empowerment and to create awareness about the importance of facilitating women empowerment and social space. Mrs. Anju Mohan (District Probation Officer, Grade I, Mrs. K. Ajitha (ANWESHI), Mrs. V.P.Suhara (NISA), Mrs. Deepa Namboodiri (WINGS Kerala), Mrs. Anupama Mili (Journalist, Deccan Chronicle), Mrs.C.K.Zeenath (Advocate) were the eminent personalities who participated in the programme.



AWARENESS CLASS ON MONSOON DISEASES

21st JUNE 2017

The institution conducted awareness classes on monsoon diseases and the hygiene to be assured in Santhinagar colony, for the residents. The class discussed preventive measures and first aids required in case of such occurrences. The programme aimed at informing the women of the household, the practice of monsoon hygiene and its importance in the scenario of expected, upcoming diseases.



**DOMESTIC VIOLENCE ACT AWARENESS CLASS AND SURVEY
CONDUCTED AT NAVAJYOTHI RENEWAL CENTER, ERANHIPALAM.**

An awareness class on domestic violence Act awareness, followed by a survey, was conducted at Navajyothi Renewal center, Eranjipalam. As a part of Women's day celebration the Department of Women and Child development conducted an awareness class on the topics 'Domestic Violence Act' and the 'POCSO Act'. The volunteers of the Women Development Cell in Holy Cross College, participated in the programme and associated with the survey conducted thereafter.



AN EXHIBITION: CRACK THROUGH CRICKET

An exhibition: Crack through Cricket, was organized at the institution to bring out the inspirational personalities and moments from women's cricket, so as to motivate and bring a better level of confidence in the students. The programme paved the way for the students to know the equal share of effort and the concurrent success earned by the female cricketers and the platform served as a space of identification for the students and helped trigger a spirit towards polishing one's talents.



BREAST CANCER AWARENESS CAMPAIGN

6th OCTOBER 2017

The institution organized a breast cancer awareness campaign at the main auditorium, to initiate a knowledge based prevention method to ensure a risk free life for women in a cancer prone era. The event helped to develop a sense of alertness in the students regarding cancer and its causes, along with the preventive measures necessary to lead a healthy life.



2018-19

INTERNATIONAL WOMEN'S DAY - POSTER EXHIBITION

8TH MARCH 2019

A poster exhibition was conducted in connection with the event of observance of the women's day to inform and inspire the female students. The exhibition displayed a series of posters presenting various women empowerment programmes, ensuring the students to imbibe the opportunities and rights they can get in the process of their growth as individuals and as a gender.



TRANSGENDER SENSITIZATION PROGRAMME

12TH JANUARY 2019

A transgender sensitization programme was conducted at the college mini auditorium to make the students understand the problems and struggle involved in the evolution of a transgender identity. Discussions on the survival, challenges, insecurity, social absence, negative feedbacks and attacks on transgender people were involved in the programme as an attempt to sensitize the space, role, hurdles and social positioning of the transgender people.



SEMINAR ON GENDER EQUALITY: SHORT FILM SHOW

& GROUP DISCUSSION

A short film show and discussion was conducted to give awareness about the psychological disorders of various kinds including Necrophilia and to affirm the importance of mental health among the youth. The complex mental state of human beings and their reactions to their immediate social conditions. The need of proper monitoring, control and medical attention was conveyed during the session and a healthy discussion followed the show to initiate a notion of mental health and sober mind in the students.



SELF DEFENSE (KARATE) SENSITISATION & CLASSES FOR GIRL STUDENTS

Girl students of the institution were given a karate sensitization programme to equip them with the basics of physical well being and self defense methods. The effort aimed at creating a self confident female crowd who can stand on their own to physically and mentally charge against the discrimination in the social circle.



VANITHA COVER GIRL- MODEL HUNT

12TH DECEMBER 2018

Vanitha Cover girl competition was held at the college mini auditorium for selecting girls with attractive personality and intellectual capacity. This helped the students in building confidence and getting exposure. The winners were to become the cover page face of the famous magazine Vanitha, circulated inside and outside kerala.



2019-2020

**FOCUS GROUP DISCUSSION ON “SAFETY OF WOMEN IN PUBLIC
TRANSPORT”**

The institution held a group discussion on the topic, safety of women in public transport in the context of emerging threats, demanding a note of awareness and alert. The discussion catered to the increasing need of attending the cases and called for an action plan, to inform and instruct the students of the institution on the importance and gravity of the issue, along with the tips to ensure the safety.



RALLY ON WOMEN AGAINST VIOLENCE

Students went in procession as a rally, to make a move against the violence against women in domestic, public and psychological realms as part of the combined venture in association with YWCA . The awareness and consciousness needed in this part emerges as a response to the pseudo naturalization of the existence of women in possession of performing suppressive gender roles. The call for a change and the need for a revision in this regard was highlighted by the members of the rally. The rally started from the institution and covered the major parts of the city.



TWO DAY PREMARITAL COUNSELING PROGRAMME

A two day premarital counseling class was organized by CCMY Kozhikode and by Dept. of Minority Development and Women Development Cell for the students above 18 years of age, associating the institution in its facilitating side. The programme focused on informing the students about the legal and psychological aspects of marriage. It attempted to brief the goals and positive understanding strategies involved in marital life.



OPEN FORUM ON RIGHTS OF WOMEN-HUMAN RIGHTS DAY

On Human Rights Day the students conducted an open forum discussion on the constitutional rights of women, the question of women's equality and empowerment in relation to their status. The forum helped in discharging the sense of rights in the constitution as against the socialized practices that conservatively bind the progress of women.



BREAST CANCER AWARENESS CAMPAIGN

A breast cancer awareness campaign was conducted at the college for the students to spread awareness about the condition of cancer patients and the various preventive measures to overcome the situation.



2020-2021

**ELOCUTION COMPETITION ON HIGHER EDUCATION
AND GIRL CHILD**

An elocution competition was conducted at the college mini auditorium as part of creating a positive awareness regarding the empowerment of women on the International Women's day 2021. The elocution focused on the role of women in the emerging era, a review of the past and the reflection on the present female concerns and experience. The competition was useful in sensitizing the students on the ground realities and the evolutionary stages of female identities.



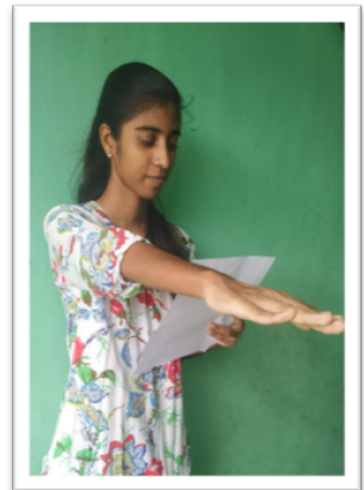
PREMARITAL COUNSELING PROGRAMME

Students were provided with premarital classes to ensure their future as a married person responsible, safe and to know the pros and cons of marriage as an institution. The class discussed the rights of women and the role of husbands and wives in a social, familial, cultural spectrum. Students were motivated to join the discussions actively and to ask and eradicate their doubts and anxieties, if any, regarding marriage, family life and its necessary elements of priority. Ms Beena Phiip, Dr Sr Shiny george(Principal), and other eminent personalities joined the class and discussions.



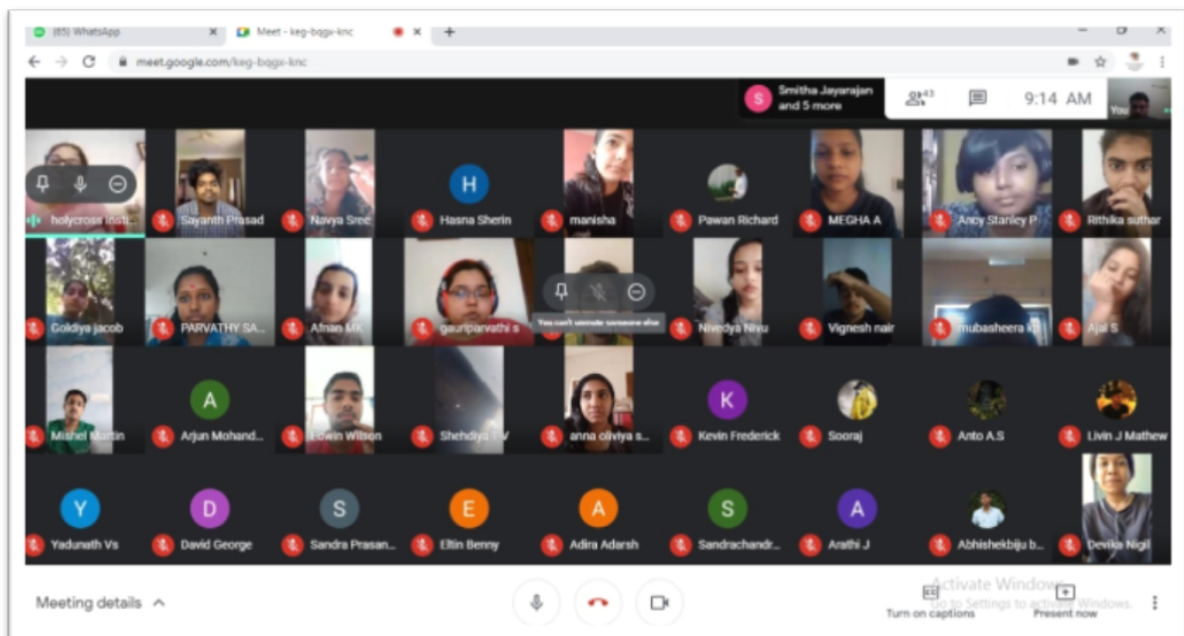
COVID 19 PLEDGES

Students took pledge to fight and withstand the pandemic, Covid 19 as per decided by the institution, to provide mental support to the students who couldn't attend their regular classes and were in emotional trauma and confusion with regard to the unexpected shocks of the pandemic. Students pledged to share the care and to keep responsible distances wherever necessary, by being still connected through all possible media and communication methods. It asserted that the time demanded a timely act of togetherness and courage to eliminate the fatal blow of the disease from the planet.



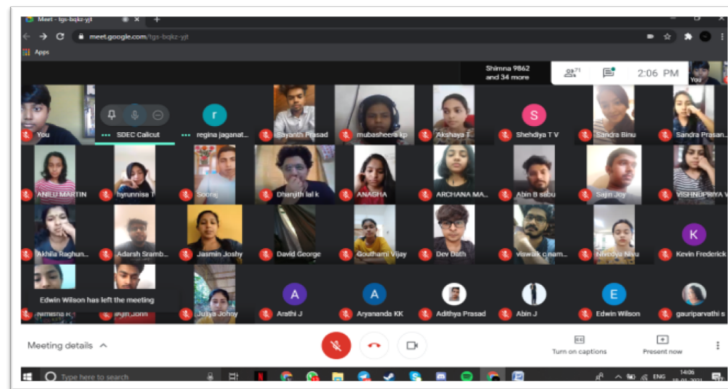
NATIONAL WEBINAR ON COVID 19 COPING WITH ONLINE LEARNING HEALTH AND PSYCHOLOGICAL ISSUES

An online programme on learning during the pandemic period was conducted to help the students who had health issues, psychological strain, and other related anxieties and struggles. Students were given useful tips to cope with anxiety and depression. Dr Roshan provided a daily routine template to follow and stated that the key to managing mental health during the pandemic is to develop new routines and to create a sense of stability. He also mentioned that learning new skills and adopting new hobbies can help with. Audiences were encouraged to limit their time on social media to get a better grip on society. Students could identify and draw a parallel with other's experience and know that they aren't the only ones isolated in this context.



WEBINAR ON CLOTHING AND PERSONALITY

A webinar on personality and clothing was conducted online during the pandemic days. It contextualized the importance of dressing in maintaining personalities and making one confident and vibrant. The pandemic days had a thrusted stagnancy of dressing and looking good as a result of the lock down. The need to revive a healthy dressing culture even at home, was recommended by the experts to make a patterned life possible. The webinar exerted and catered the knowledge of dressing and its role in bringing out a positive outlook towards life



AWARENESS CAMPAIGN, “CANCER PREVENTION: STRATEGIES FOR THE YOUNGER GENERATION”

The Women Development Cell and the Department of Social Work of Holy Cross College in collaboration with JCI conducted a Breast Cancer prevention awareness campaign, “Cancer Prevention: Strategies for the Younger Generation” for our girl students.



GENDER EQUALITY IN INNOVATION AND ENTREPRENEURSHIP POLICIES AND PROGRAMMES: ROLES OF GOVERNMENT AND RELATED INSTITUTIONS

Department of Women and Child Development, Govt of Kerala conducted a three days Webinar from 11 to 13 February 2021 on “Gender Equality in Innovation and Entrepreneurship Policies and Programmes: Roles of Government and Related Institutions” WDC members participated in the programme



WOMEN'S DAY CELEBRATION

08-03-2021

The Women's Day of the year 2021 was celebrated at the college by honoring the women faculty of the institution. The male faculty honored them with plants and conducted programmes for faculty.



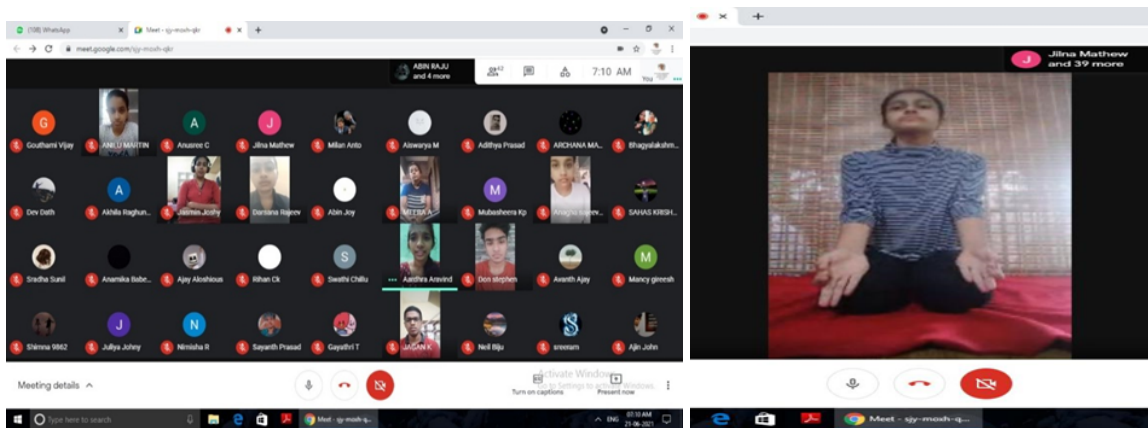
BASIC STITCHING CLASS AT HAPPY HILL, GENDER PARK , CALICUT

Basic stitching class was conducted by the institution for the inmates of the gender park. The classes were organized with the aim to empower the inmates to be independent and excel in their life.



LIVE YOGA SESSION FOR MINISTRY OF AYUSH

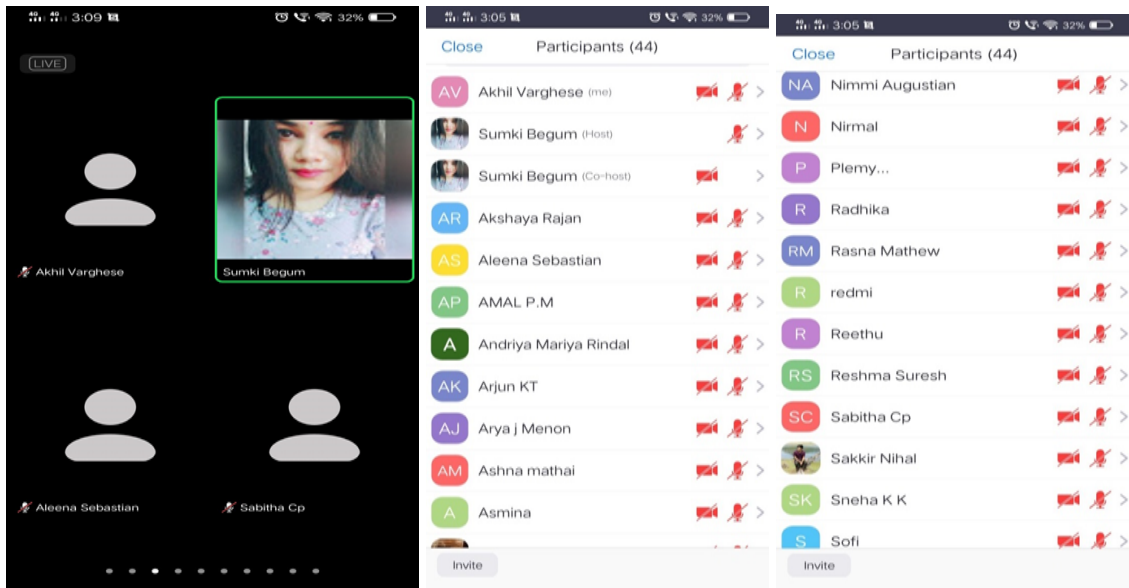
The Live Yoga Session was demonstrated by our senior WDC volunteer Ms Ardhra Aravind .She displayed various yoga postures as recommended by the Ministry of AYUSH in their common yoga protocol and emphasized on regularly performing yoga at home for enhancing their immunity and fight against Coronavirus Pandemic.



2021-2022

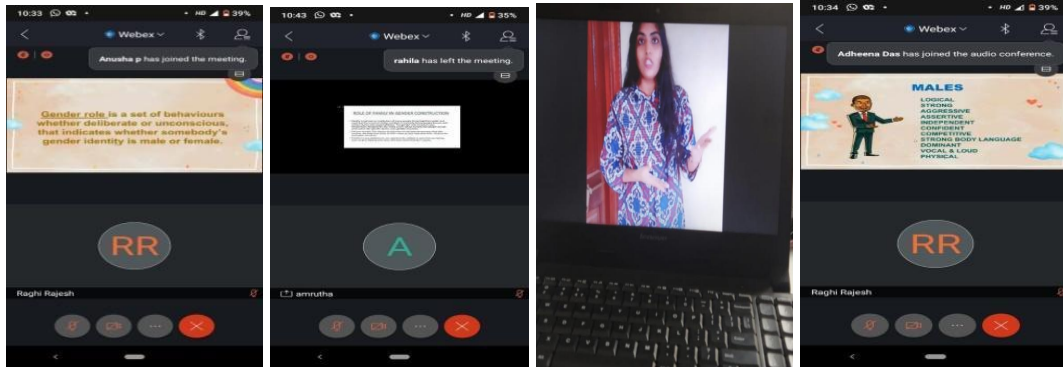
WEBINAR ON ‘CANCER PREVENTION AND HEALTHY LIFESTYLE FOR WOMEN’

Organized a webinar on the topic ‘Cancer Prevention and Healthy Lifestyle for Women’ on 19th July 2021. The programme was conducted virtually via zoom meet platform. Mrs. Sumki Begum (Program Coordinator, Outreach and Counselor, Sanjeevani Life beyond cancer), handled a session on the topic.



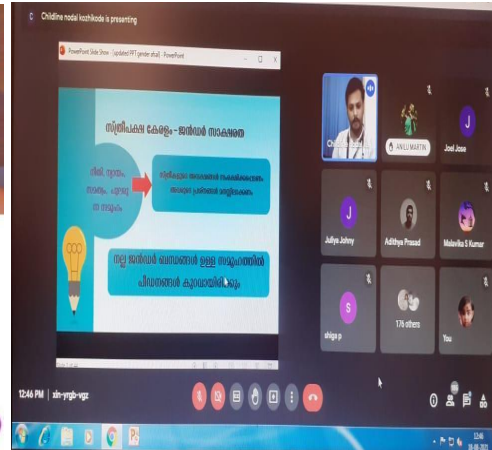
WEBINAR ON GENDER AND SOCIETY

The National Son's and Daughter's Day was observed by the Department of English by organizing a student webinar on August 11, 2021 to discuss the topic "Gender and Society"



GENDER AWARENESS PROGRAMME

To create awareness about the need for gender equality, a Gender awareness Webinar was conducted on Aug 18th 2021 in collaboration with Dept. of Women & Child Development Office, Mahilashakthi Kendra, Kozhikode. The resource person of the day was Mr Muhammed Afsal, District Coordinator, Child Line. A total of 200 students attended the session with full dedication and enthusiasm.



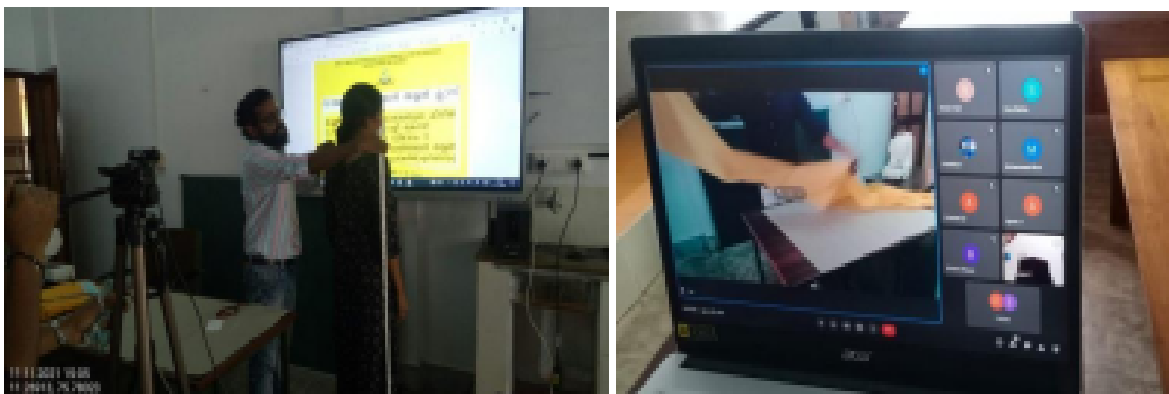
“PENNPANAM”-A TALK ON SAY NO TO DOWRY

A talk on say no to Dowry “Pennpanam” by advocate and Calicut University Law scholar, Mrs. Sruthi Bahuleyan was arranged. Advocate Sruthi introduced the students to various Laws and reforms of Government which are framed to eradicate the dowry system and also to uplift the status of the girl child by bringing in many schemes. She talked about various laws in the country for women and explained how to seek redressal in courts.



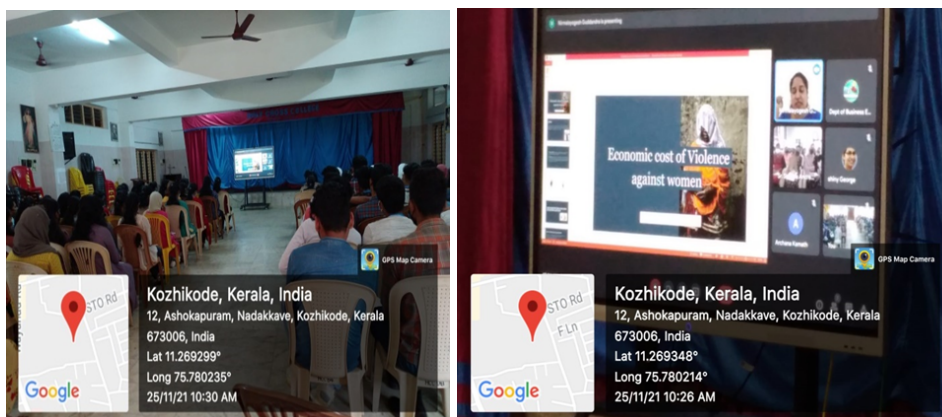
ONLINE GARMENT CONSTRUCTION WORKSHOP

The Department of Fashion organized an Online Garment Construction workshop for Kudumbashree unit members from 8th to 10th November 2021. The participants were provided with basic ideas regarding various aspects of garment construction and stitching.



WEBINAR ON ECONOMIC COST OF VIOLENCE AGAINST WOMEN

On the occasion of International Day of Elimination of Violence against Women the Department of Economics and the Women Development Cell organized a webinar seminar on “Economic Cost of Violence Against Women ” to impart awareness on the equivalent cost especially in economic terms to the issues of violence against women.



INTERDEPARTMENTAL QUIZ COMPETITION

On World Human Rights Day, the members of WDC conducted an Interdepartmental quiz competition about the importance and relevance of human rights. The competition aimed at spreading awareness on the basic human rights.



SEMINAR BY ANWESHI

ANWESHI, Kerala's largest and oldest NGO in association with PG Dept. of Social Work & Women Development Cell, Holy Cross IMT conducted a seminar in two sessions- Morning session's topic "Be The Best" and Afternoon session was on "Law With Women Perspective". The seminar was inaugurated by Mr. Abdul Bari





സ്ത്രീശക്തി അവബോധ സെമിനാർ നടത്തി

കോഴിക്കോട്: കേന്ദ്രമായി പ്രവർത്തിക്കുന്ന സ്ത്രീ ശാക്തീകരണ കൗൺസിലിംഗ് സംഘടനയായ 'അന്വേഷി'യുടെയും കോഴിക്കോട് നടക്കാവ് ഹോളിക്രോസ് ഇൻസ്റ്റിറ്റ്യൂട്ട് ഓഫ് മാനേജ്മെന്റ് ആൻഡ് ടെക്നോളജിയുടെയും സായുക്താഭിമുഖ്യത്തിൽ കോളജ് വിദ്യാർത്ഥികൾക്കായി ഒരു ദിവസത്തെ സ്ത്രീശക്തി അവബോധ സെമിനാർ കോളജ് ഓഡിറ്റോറിയത്തിൽ നടത്തി. കോളജ് പ്രിൻസിപ്പൽ ഡോ. സി. ഷൈനി ജോർജ് അധ്യക്ഷത വഹിച്ചു. മീറ്റിംഗിൽ കോഴിക്കോട് ജില്ലാ വനിതാ ശിശു വികസന ഓഫീസർ അബ്ദുൾ ബാരി സെമിനാർ ഉദ്ഘാടനം ചെയ്തു. അന്വേഷി പ്രസിഡന്റ് കെ. അജിത തന്റെ മുഖ്യപ്രഭാഷണം നടത്തി.

Tue, 28 December 2021
<https://epaper.deepika.com/c/65258545>

FLASH MOB TO CREATE AWARENESS ON GENDER EQUALITY AND INSPIRE CHANGE,

With due consideration to the COVID 19 & social distancing norms and to create awareness on Gender equality and inspire change, our WDC members organised a Flash Mob at the Basketball court in front of the College canteen where everyone can get an access to the performance. Our WDC members participated in the event with an attention grabbing assembly of foot tap dance inspiring us to work hard for the empowerment of women. The entire event was witnessed by around 550 members of Holy Cross family



SEMINAR ON GENDER SENSITIZATION “KNOWING WOMEN”

Women Development Cell organised a seminar on Gender Sensitization “Knowing Women” for the boys of our College. The main focus of the program is to familiarize our boys regarding the day to day problems women are facing in the society and thereby train them to create a better living environment for the women in the society. The session was handled by Ms Arsha Ravi, Asst. Professor, Dept. of Social Work. The speaker was able to make our students aware on the topics: Types of Violence against women, Gender inequality, "No means No", Dowry System, Periods, Menstruation cycle, Symptoms of menopause affecting women, Sustainable Development Goals ,benefit of Gender Equality, Girls are the assets of the family etc.



HOLISTIC DEVELOPMENT OF WOMEN

A program on Holistic Development of Women was organized on 8th March 2022 by Chrysalis as part of Women's Day celebration.



DEBATE COMPETITION ON CHANGING FACES OF WOMANHOOD

The journey of women from being primarily seen as caretakers of the family to being decision makers is reflected in the way they are being represented in the media today. A debate competition on changing faces of womanhood was organized by WDC on women's day (08.03.2022). Mr. Shailesh Mathews, Assistant Prof., Holy Cross College, was the moderator.



OBSERVATION OF TRANSGENDER DAY OF VISIBILITY

The observation of Transgender Day of Visibility was held on 31st March 2022 in Holy Cross IMT, Calicut. The event was presided over by the chief guest, Ms. Vygha Subramanyam, a renowned Transgender Rights activist.



AYURVEDIC CLASS FOR GIRLS

Ayurvedic class for girls was organized on 8th April 2022 by WDC in association with Vaidtaratnam Oushadhashala, resource person was Dr. Anusree , Physician. The session aimed at providing information about the effectiveness of various ayurvedic medicines in leading a healthy life.



ORIENTATION CLASS ON CHILD LABOUR

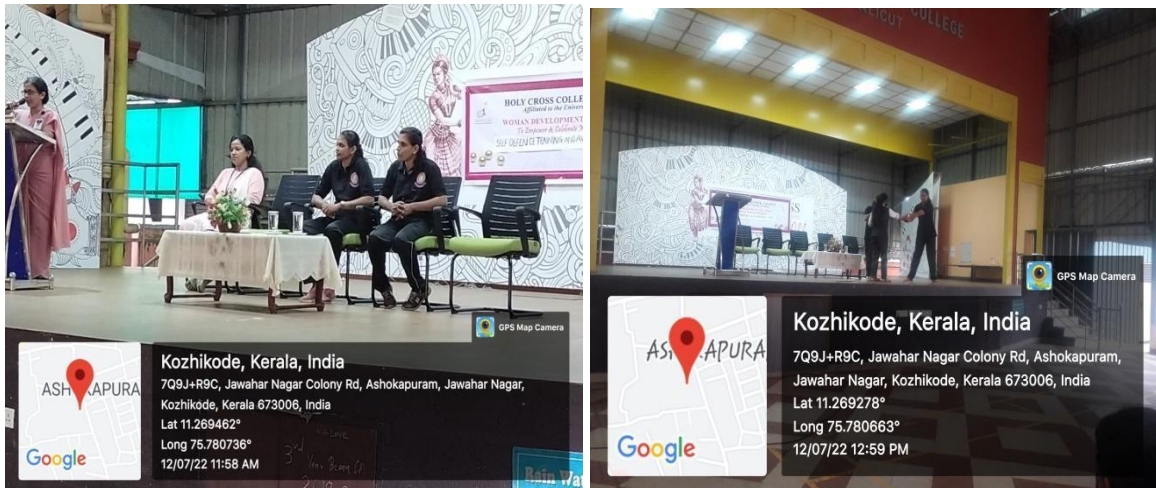
The members of Women Development Cell in association with NSS Unit of the college observed World Day against Child Labour on 17 June 2022 by organizing an Orientation class on Child Labour. The session was handled by Mr. Muhammed Afsal, District Coordinator of Childline.



SELF DEFENSE TRAINING PROGRAMME FOR THE STUDENTS

Women Development Cell of Holy Cross College in association with Kerala Police Self Defence team organized a Self Defense training programme for the students. The

class was held on 12/07/2022 at the college auditorium. Members of Kerala Police Self Defence team Ms. Sheena P.P. (Sr. Civil Police Officer) and Ms. Faseela (Civil Police Officer) were the trainers. The session included an awareness class along with some self defense techniques for both girls and Boys.

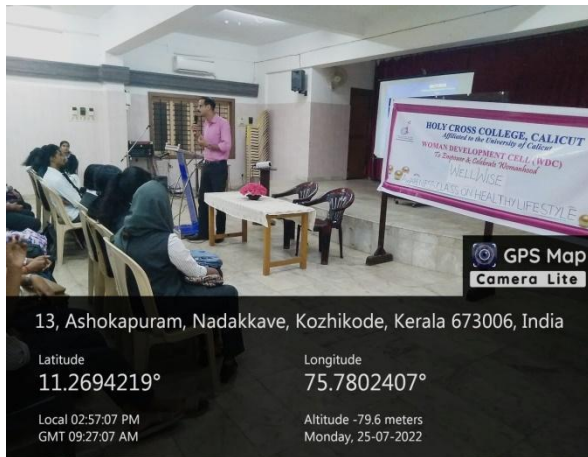


AWARENESS CLASS ON HEALTHY LIFESTYLE

As a part of the observance of International Self Care Day, Women Development Cell Organized an awareness class on healthy lifestyle for the students on 25th July 2022.

The class was taken by Mr. Sudheesh T., Faculty of Hotel Management Department.

This class helped the students to get awareness about the importance of being healthy.



AWARENESS CLASS ON “MENSTRUAL HEALTH AND HYGIENE”

The Department of Social Work conducted an awareness class on “Menstrual Health

and Hygiene” on 18th August, 2022 at Wayanad Muslim Orphanage, Muttill. The awareness session was targeted among the girl children of the orphanage about the importance of maintaining menstrual hygiene and its methods which were done successfully. The session was handled by Ms. Anusree and Ms. Sooryalakshmi (MSW students).

