



THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle
NAAC Accreditation 2024

Criterion 7 Institutional Values and Best Practices

7.1 - Institutional Values and Social Responsibilities

Metric No. 7.1.1

Institution has initiated the Gender Audit and measures for the promotion of gender equity during the last five years.

Activities for the Promotion of Gender Equity and Sensitisation

Submitted to



National Assessment and Accreditation Council



THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: www.thecochincollege.edu.in

email: email@thecochincollege.edu.in

Preface

This document provides a detailed account of the various gender sensitization initiatives and events organized by **The Cochin College** over the academic years from 2019 to 2024. These activities reflect the college's steadfast commitment to promoting gender equality, empowering women, and raising awareness about important gender-related issues among its students, faculty, and the wider community.

Throughout these years, the college has undertaken numerous programs aimed at fostering a more inclusive and supportive environment. These initiatives have ranged from celebratory events like *International Women's Day* to educational workshops and health awareness campaigns. Each event has been thoughtfully designed to address specific aspects of gender sensitization, whether through cultural expression, skill development, or health and wellness promotion.

The events highlighted in this document include the empowering *FemmeFury Women's Day Celebration*, the engaging *Ethnic Fashion Show*, and the impactful *SWASTHYA Health Awareness Camp*, among others. Additionally, initiatives like the *Cup of Life* menstrual health campaign and various webinars on gender equality and human rights have played a crucial role in educating and sensitizing the college community on these vital topics.

This compilation not only showcases the diverse efforts made by The Cochin College but also underscores the importance of continuous engagement in gender sensitization. By documenting these activities, the college reaffirms its dedication to building a campus culture that values equality, respects diversity, and supports the empowerment of all individuals, regardless of gender.

We hope this document serves as an inspiration and a guide for future endeavors in promoting gender sensitization, both within the college and beyond. Through these collective efforts, The Cochin College continues to contribute to a more equitable and just society.





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1 Academic Year : 2023-2024

1.1 FemmeFury - Women's Day Celebration

The Cochin College celebrated International Women's Day with great fervor and enthusiasm through a collaborative effort of the Women's Guidance Cell, NSS, and IQAC. The event, named & FemmeFury" - aimed to honor and empower women through various activities and discussions. The highlight of the celebration was the felicitation of students who participated in a remarkable demonstration of Yoga and Kalari- "Veerangana 2024", organized under the banner of Dakshina Bharatha Vanitha Kalari. These students showcased exceptional skill and dedication, reflecting the spirit of empowerment and resilience. It is noteworthy that the training for these demonstrations was provided by Ms. Philomena Mareena, an esteemed alumna of Cochin College, who has continued to inspire and mentor students with her expertise. Following the felicitation ceremony, the audience was treated to captivating demonstrations by the students, further showcasing their proficiency in Yoga and Kalari. The energy and enthusiasm displayed by the participants were truly commendable, highlighting their dedication to the art forms.

Women's Guidance Cell
THE COCHIN COLLEGE KOCHI
 In Association with
 NSS & IQAC

Women's Day Celebration

FemmeFury: A Demonstration of Kalari
 By
Smt. Philomena Mereena & Team

@ : Room No. 41
 On: 12/03/2024
 10:00 AM

Smt. Srividya.K.S.
 Convenor, WGC
 Smt. Navya Chandran
 Program Co-ordinator

Mr.Renjith.S. PO, NSS
 Dr. Soney Bhageeradhan, PO NSS





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1.2 Ethnic Fashion Show (Malayali Manka and Kerala Sreeman)

On November 1, 2023, The Cochin College transformed into a vibrant celebration of Malayali culture with its enchanting Ethnic Fashion Show. Held on the outdoor stage, the event was a delightful showcase of traditional elegance and local talent, featuring the much-anticipated Malayali Manka and Kerala Sreeman competition. The festivities unfolded in three engaging rounds. First, participants introduced themselves with a brief, two-minute presentation, setting the stage with grace and charisma. Next came the talent round, where each contestant had five minutes to captivate the audience with their unique skills and creativity. The event culminated in a final round, where the contestants had three minutes to leave their lasting impression. After a series of memorable acts, Devanunni Sasi from III B.Com Marketing emerged as the Kerala Sreeman, while Gayathri from III B.Com Computer claimed the title of Malayali Manka. The judges for the event, Smt. Neena Simon from the English Department and Dr. Liance Mathew from the Commerce Department, had the challenging task of selecting the winners amidst a sea of talent and enthusiasm.





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1.3 SWASTHYA - Health Awareness Camp

The Women’s Guidance Cell and the Department of Zoology conducted a Anaemia detection Camp in collaboration with IOC as part of their CSR initiative on the 16 th of August, 2024 in the College. The Camp was intended to create an awareness among Women to identify, understand and to control anaemia ,which is most common among Women in our society. Anaemia detection Test was conducted on nearly 418 members including faculty members, office staff besides students of the college by a Four member team from HLL Lifecare Limited.



Mendula Menon
Mrudula Menon V.
Principal-in-Charge
The Cochin College



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11/8
21/8
28/8

SWASTHYA BENEFICIARY DATA SHEET

DATE: 16/8/22 PLACE: Cochin College NAME OF THE TRAINER: Sanna, Anil, Anji, Rao
NAME & PIN NO. OF LOCAL PERSON OF CONTACT: M. Manju

SL. NO.	NAME	AGE	NAME OF THE PARTICIPATING VILLAGE/ MUNICIPALITY CORPORATION	EST./BBL	OCCUPATION / FARM	ID CARD NO.	PA. NO.	MO. NO.
1	Jha	19			Subsidist		7570815759	8-B
2	Dejasa	17			14		9845829851	10-d
3	Sreedathani	17			11		8721188914	9-2
4	Naomi	18			14		985350868	9-2
5	Vijayaraj	17			14		8848425148	9-9
6	Suga	18			11		9238458480	9
7	Rajivraj	18			14		8594001871	9-8
8	Ashwin	18			11		9244101151	10-7
9	Ashalya	20			11		9847248436	8-B
10	Ashwin	19			11		7978064425	10

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2 Academic Year : 2022-2023

2.1 CUP OF LIFE

“Cup of Life” is a new Initiative of Hibi Eden MP in association with IMA Cochin , District Administration & Green Cochin Mission and the event is sponsored by Muthoot Finance. Through this initiative one lakh Menstrual Cups was distributed in one day (24 hours) on 31st August 2022 within Ernakulam parliament constituency through more than 100 venues. Colleges in Ernakulam Parliament Constituency participated in “Cup of life World record event”; which created history and hit the national headlines. The Cochin College is one among the stakeholders of this event. And we extend our services to society too in giving awareness about M- cups. Various programmes were done to popularise M Cups in college. All activities were co-ordinated by Nodal officer and NSS PO - Dr Manju V Subramanian, WGC Convener - Smt Srividya K S , NSS- PO Mr Renjith S and NSS volunteers.

THE COCHIN COLLEGE
NATIONAL SERVICE SCHEME UNIT-51
&
WOMEN'S GUIDANCE CELL

CUP OF LIFE
Muthoot Finance

"LET'S MAKE THE REVOLUTION TOGETHER"

INAUGURATION

Dr Nergis. S
Consultant gynaecologist.
W & C Mattancheri
Women And Children
Hospital, Mattancherry

Time: 10am
Date: 31.08.2022
Venue: Seminar Hall, The Cochin College

PLASTIC-FREE PERIOD
ZERO WASTE





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3 Academic Year : 2021-2022

3.1 Webinar on “Menstrual Health and Hygiene”

A webinar on “Menstrual Health and Hygiene” was organized in association with Unicharm India, New Delhi on 10 August, 2021 @3.30pm. Ms. Roshnee Bhowmick, CSR executive, Uni charm India, spoke on the importance of Health and Hygiene in general with special focus on Menstrual Cycle and related health issues.



WOMEN'S GUIDANCE CELL
THE COCHIN COLLEGE
KOCHI-02



in collaboration with

Unicharm India

brings to you

“MENSTRUAL HEALTH & HYGIENE SESSION”

on

10th August 2021 (Tuesday) | 3:30 pm to 4:30 pm

Join Zoom meeting

<https://zoom.us/j/98300970035?pwd=Lld2YmJRV3RjU3J2aVhWQTN4TnBYZz09>

Meeting ID: 983 0097 0035
Passcode: 299940



Resource Person



Ms. Roshnee Bhowmick
CSR Executive



Dr. M Geetha
Principal

Smt. Srividya K.S.
WGC Convener

Ms. Jann.V.Kumar
Coordinator

Ms. Navya Chandran
Joint -Coordinator





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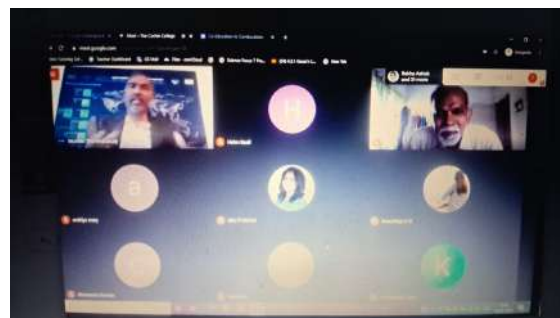
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3.2 Web Conference on Co-Education to Coviducation

The Science and Quiz Club organized its first international web conference on the topic, Co-Education to Coviducation on 19-09-2020, in which eminent speakers, Dr. Muralee Thummarukudy, Operations Manager, UN Environment programme, Geneva and Ms. Helen Basil, V.S.S.C Thiruvananthapuram presented their studies.



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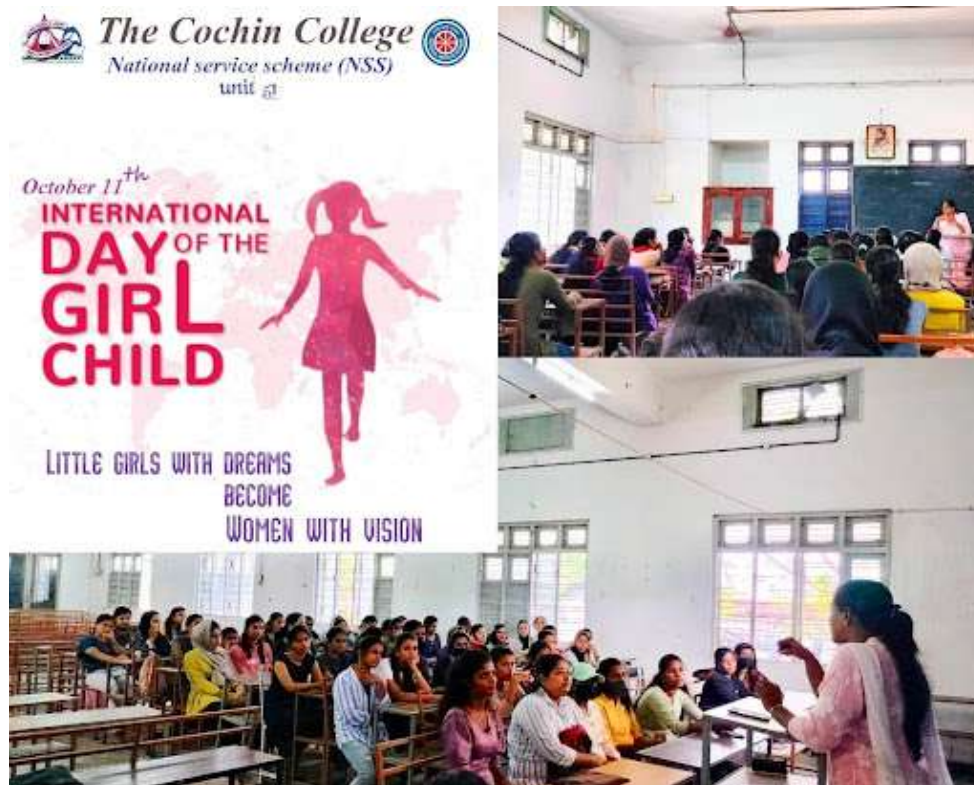
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3.3 Girl Child Day

On 11th October 2022, The Cochin College observed Girl Child Day in association with the College Union. The event aimed to raise awareness about the rights and importance of girl children in society, promoting gender equality and empowerment. Various activities and programs were organised to highlight the achievements and challenges faced by girls. Students and faculty members actively participated in discussions, workshops, and presentations focused on the significance of education, health, and safety for girl children. This observance underscored the college's commitment to fostering a supportive and inclusive environment for girls, encouraging the broader community to champion the cause of gender equality.





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4 Academic Year : 2020-2021

4.1 Webinar on "Gender Equality and Human Rights"

Webinar on "Gender Equality and Human Rights" was conducted by Women's Guidance Cell of The Cochin College in association with IQAC, March 12, 2020 from 3 pm to 4 pm. The Organizing Committee included the Manager, the Principal, WGC Convenor, IQAC Co-ordinator and all members of WGC. The key speaker of the Webinar was Dr. Aneesh V. Pillai, Faculty of Law, School of Legal Studies, Cochin University of Science and Technology, Kerala. There were a total of 118 participants including students and faculty. The resource person spoke at length about Gender Equality as safe guarded by the Constitution of India, its barriers, discrimination, female infanticide, domestic violence, criminal law, indecent representation of women, and sexual harassment at workplaces.

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Organized by
WOMEN'S GUIDANCE CELL & IQAC

You're Invited!

**A WEBINAR ON
GENDER
EQUALITY &
HUMAN
RIGHTS**

12 AUGUST 2020 | 3-4 PM
RESOURCE PERSON: Dr Aneesh V Pillai
Faculty of Law
School of Legal Studies
Cochin University of Science and
Technology, Kerala

Registration Link:
<https://forms.gle/ScKwbbi9FR14a8UB6>
E- Certificates will be issued for participants.

ORGANIZING COMMITTEE: online platform

Sri. Thomas J. Vayalat (Manager)
Smt. Mrudula Menon V. (Principal in Charge)
Smt. Srividya K.S. (Convenor, WGC & Head of the Dept. of Hindi)
Dr. Geetha M. (IQAC- Co ordinator & Head of the Dept. of Commerce)
Smt. Rekha P.G. (Programme Co-ordinator)





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5 Academic Year : 2019-2020

5.1 Gender Sensitization Programme

A programme on the lines of Gender Sensitization for all final year students of the entire college was conducted by the Department of commerce in collaboration with Josh Talks and VIVEL ITC. The major area of thrust was gender equality. The session was very expertly handled by Ms. Anvit Kaur from Josh Talks, New Delhi.

Post Graduate & Research Department of Commerce
The Cochin College, Kochi 682002
In Collaboration with IQAC
organizes

National Webinar on
Gender Sensitization- A Need for Social Justice

Date: January 22, 2021 Time : 10.30am to 11.30am

Online Platform: Google Meet
Resource Person : Dr. Minati Sahoo
HoD i/c & Asst. Professor,
Dept of Economics ,
Central University of Odisha







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5.2 Rain or Shade

As a part of International Women's Day Celebration, the Chemistry department organized 'Rain OR Shade,' a workshop on umbrella making for the female students of The Cochin College.





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5.3 International Women's Day Celebration

The Department of English vibrantly celebrated International Women's Day on March 8th, 2019, taking Women's Day pledge to uphold the dignity and liberty of women. The department observed the color code of dressing in purple and enthusiastically shared the joy of solidarity. A quiz competition, Identify the Legend, was held with wholehearted participation from all departments. An acrylic and craft exhibition was held by students. Cultural programs, including a classical dance performance, were held.

