



THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle
NAAC Accreditation 2024

Criterion 1 Curricular Aspects

1.3 - Curriculum Enrichment

Metric No. 1.3.1

Institution integrates crosscutting issues relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability in transacting the Curriculum.

Linkage with outside agency Addressing Gender

Submitted to



National Assessment and Accreditation Council



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Gender Sensitization Initiatives at The Cochin College

The Cochin College has actively engaged with various external agencies and organizations to implement a range of initiatives aimed at fostering gender equality, empowerment, and awareness. These collaborations highlight the college's unwavering commitment to creating an inclusive and supportive environment for all students, particularly in addressing gender-related challenges.

The partnerships documented in this report span a diverse array of activities and programs, each designed to address specific aspects of gender sensitization. From self-defense training in collaboration with Dhakshina Bharata Kalari to health-focused initiatives like the "Swasthya" project with Indian Oil Corporation Ltd and HLL Lifecare Ltd, the college has taken proactive steps to empower women and promote gender equity.

Notable collaborations include the college's engagement with the Coaching Centre for Minority Youth (CCMY) and the Directorate of Minority Welfare, Government of Kerala, to provide pre-marital counseling and social wellness programs tailored to the needs of minority communities. Additionally, the "Cup of Life" initiative, organized in partnership with Hibi Eden MP and IMA Cochin, underscores the college's dedication to menstrual health and environmental sustainability.

Through these linkages, The Cochin College not only addresses immediate gender-related issues but also contributes to the broader goal of societal transformation by promoting awareness, education, and empowerment. The outcomes of these initiatives, as detailed in the following sections, reflect the college's strategic approach to fostering a culture of gender sensitivity and equality within and beyond its campus.

This document serves as a comprehensive account of the college's efforts to build a more equitable and just society. It is a testament to the power of collaboration in achieving meaningful and lasting change in the realm of gender sensitization and empowerment.





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Linkages of the institution for Gender sensitization

The Cochin College has undertaken several significant initiatives aimed at promoting gender sensitization, in collaboration with various external agencies. These activities underscore the college's commitment to fostering a supportive and inclusive environment.

1 Dhakshina Bharata Kalari (DBK)

1.1 Institutional Collaboration

The Cochin College has formed a meaningful partnership with Dhakshina Bharata Kalari (DBK), the oldest Kalari in Fort Kochi, which was established in 1942 by the late K. Paramu Gurukkal of Kadathanad. DBK is renowned for being one of the few Kalaries where both the Northern and Southern styles of Kalari are traditionally taught and practiced. This collaboration is further enriched by the involvement of Mareena Gurukkal, an esteemed alumna of The Cochin College, who currently leads DBK.

1.2 Activities

As part of this collaboration, several key activities have been organized to promote gender sensitization and empower women:

- **Self-Defense Classes and Workshops:** DBK has been conducting self-defense classes and workshops for women and children of all age groups at various schools and other institutions. These initiatives aim to equip participants with the necessary skills and confidence to protect themselves and handle daily challenges effectively.
- **Yoga and Wellness Training:** Bhadra Yoga, a sister concern of DBK, complements these efforts by offering specialized yoga and wellness training classes exclusively for women. These sessions are designed to foster both physical and mental well-being, contributing to the holistic empowerment of women.
- **Kalari Training for Women:** Under the supervision of Smt. Mereena Aswani, DBK has initiated a dedicated batch for Kalari training exclusively for women of all age groups. This initiative not only preserves the rich heritage of Kalari but also empowers women by teaching them this ancient martial art form, enhancing their physical strength and mental resilience.
- **Introductory Class for NSS Volunteers:** The Cochin College organized an introductory class on Kalaripayattu for its NSS volunteers at the Social camp held in Dec.2023. This session provided students with a glimpse





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into the discipline and tradition of this martial art, encouraging them to engage in activities that promote self-defense and cultural heritage.

- **Participation in "Veerangana 2024":** A few female students from The Cochin College and an office staff, who have been actively practicing Kalari at DBK, participated in the "Veerangana 2024" demonstration. This event, organized in connection with International Women's Day, served as a platform to showcase the skills and confidence gained through their training.

1.3 Outcomes

The collaboration between The Cochin College and DBK has yielded significant outcomes in the field of gender sensitization:

- **Empowerment of Women:** The self-defense classes, yoga training, and Kalari sessions have empowered women by providing them with essential skills for self-protection and mental wellness. These activities have instilled confidence and resilience, enabling them to navigate societal challenges more effectively.
- **Promotion of Gender Sensitization:** Through these initiatives, The Cochin College has successfully promoted gender sensitization among its students and the wider community. The participation of female students in events like "Veerangana 2024" highlights the college's proactive approach to engaging students in meaningful, empowering activities.
- **Cultural Preservation and Awareness:** By collaborating with DBK, The Cochin College has contributed to the preservation of traditional martial arts and cultural heritage. The introduction of Kalaripayattu to students not only raises awareness about this ancient practice but also encourages a deeper appreciation of cultural traditions.





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2 Indian Oil Corporation Ltd and HLL Lifecare Ltd -the "Swasthya" Project

With the aim of addressing the critical health issues among women, The Cochin College has joined hands with with Indian Oil Corporation Limited (IOCL) and HLL Lifecare Limited (HLL) under their innovative Corporate Social Responsibility (CSR) initiative, the "Swasthya" project. This project is implemented through HLL Management Academy (HMA), an educational and social development wing of HLL, a Miniratna Central Public Sector Undertaking (CPSU) under the Ministry of Health and Family Welfare, Government of India.

2.1 Project Overview

The "Swasthya" project is a pioneering initiative aimed at combating anaemia among women, particularly those of reproductive age. It focuses on raising awareness about anaemia, its causes, and the importance of proper nutrition. The project is designed to benefit approximately 10,000 individuals in the Ernakulam district alone and has already reached more than 1,000 beneficiaries through various interventions.

2.2 Institutional Collaboration

Recognizing the critical importance of this initiative, The Cochin College, through its Women's Guidance Cell (WGC) and the National Service Scheme (NSS) unit, has actively associated with IOCL and HLL Lifecare Ltd. to bring the "Swasthya" project to its campus. This collaboration highlights the college's commitment to promoting gender equity and addressing health issues that disproportionately affect women.

2.3 Activities and Outcome

As part of this partnership, The Cochin College organized the "Swasthya" Anaemia Detection Camp on campus, on 16th August 2023 in collaboration with IOCL and HLL Lifecare Ltd. This camp provided an opportunity for female students and staff to undergo quick and convenient anaemia screening, allowing for early detection and timely intervention. The camp was a significant success, raising awareness about anaemia among the college community and emphasizing the importance of proper nutrition and health management. The medical team at the camp tested 418 individuals, including students, faculty, and staff.

The "Swasthya" project not only addresses a critical health issue but also serves as an important tool for gender sensitization by highlighting the unique health challenges faced by women. Through this initiative, The Cochin College is contributing to the broader societal goal of empowering women by ensuring they have access to essential health services and information.





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The collaboration between The Cochin College, IOCL, and HLL Lifecare Ltd. under the "Swasthya" project is a testament to the college's ongoing commitment to gender sensitization and women's empowerment. By leveraging institutional linkages and engaging in meaningful partnerships, The Cochin College continues to play a pivotal role in addressing gender-specific health issues and promoting a more equitable society.





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3 Coaching Centre for Minority Youth (CCMY), Directorate of Minority Welfare, Government of Kerala

3.1 Nature of Collaboration

The Cochin College has established a collaborative relationship with the Directorate of Minority Welfare, Government of Kerala, and the Coaching Centre for Minority Youth (CCMY) to promote gender sensitization and empower minority students. These collaborations are facilitated through various internal bodies of the college, including the Minority Cell, Women's Guidance Cell, Student Counselling Centre, and Internal Quality Assurance Cell (IQAC).

The primary focus of these collaborations is to enhance the well-being and empowerment of minority students by providing them with the necessary skills, confidence, and knowledge to navigate marital and social situations effectively.

The partnership with external agencies like the Directorate of Minority Welfare and CCMY enables the college to offer targeted programs that address the specific needs of minority communities, particularly in the realm of gender sensitization.

3.2 Activities

Several key activities have been organized as part of these collaborations:

- **Pre-Marital Counselling Course (2021-22):** In collaboration with the Directorate of Minority Welfare, The Cochin College Minority Cell, Women's Guidance Cell, Student Counselling Centre, and IQAC organized a four-day Pre-Marital Counselling Course. The course was held on December 17, 18, 21, 2021, and January 7, 2022. The program aimed to prepare minority students for a healthy and happy married life by enhancing their skills and confidence in handling marital situations. The course was conducted in collaboration with CCMY, Matanchery, and provided certificates to the participating students.
- **Social Wellness Program "Pathway" (2022-23):** In the academic year 2022-23, a social wellness program named "Pathway" was conducted from February 1st to 3rd, 2023. The program focused on empowering minority students by promoting healthy social behaviors and preparing them for future life challenges, including marriage. This initiative was also organized in collaboration with the Directorate of Minority Welfare and CCMY.
- **Free Coaching and Allied Schemes:** The Coaching Centre for Minority Youth (CCMY) is committed to providing free coaching and allied schemes for candidates belonging to minority communities. This initiative aims to empower minority communities, which are relatively disadvantaged sections of society, by enhancing their educational and professional prospects.





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3.3 Outcomes

The collaboration between The Cochin College and external agencies like the Directorate of Minority Welfare and CCMY has led to several significant outcomes in the field of gender sensitization:

- **Enhanced Skills and Confidence:** Through the Pre-Marital Counselling Course and the "Pathway" social wellness program, minority students at The Cochin College have developed essential skills and confidence to handle marital and social situations effectively. These programs have equipped students with the knowledge and tools needed to build healthy relationships and lead fulfilling lives.
- **Empowerment of Minority Communities:** The collaboration with CCMY has ensured that students from minority communities have access to free coaching and allied schemes, thereby empowering them to pursue higher education and professional opportunities. This initiative has contributed to the overall empowerment of minority communities, addressing the educational and social disadvantages they face.
- **Promotion of Gender Sensitization:** The programs organized through these collaborations have played a crucial role in promoting gender sensitization among minority students. By addressing topics related to marriage, social wellness, and personal development, these initiatives have fostered a greater understanding of gender equality and the importance of healthy relationships.

4 Hibi Eden MP of Ernakulam Lok Sabha Constituency and IMA Cochin

4.1 Nature of Collaboration

The Cochin College formed a significant partnership with Hibi Eden, MP of Ernakulam Lok Sabha Constituency, and the Indian Medical Association (IMA) Cochin to participate in the "Cup of Life" initiative. This initiative aimed to promote the use of menstrual cups as a sustainable and healthy alternative for menstrual hygiene management. The collaboration was a part of a larger campaign to distribute one lakh menstrual cups within 24 hours across the Ernakulam parliament constituency on August 31, 2022.

4.2 Activities

As part of this collaboration, The Cochin College undertook several key activities to ensure the success of the initiative:

- **Awareness Programs:** The college organized awareness programs to educate students about the benefits of using menstrual cups. These programs were coordinated by Dr. Manju V Subramanian, Women's Guidance Cell





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(WGC) Convener Smt. Srividya K S, and the NSS volunteers. The sessions aimed to dispel myths, provide practical information on the use of menstrual cups, and emphasize the environmental and health benefits of this alternative.

- **Distribution of Menstrual Cups:** On the day of the initiative, The Cochin College played a vital role in the distribution of menstrual cups. The college ensured that menstrual cups were distributed to all female students, making a substantial contribution to the overall goal of distributing one lakh menstrual cups across the constituency.
- **Student Engagement:** The NSS volunteers from The Cochin College were actively involved in the logistics and execution of the program. They assisted in organizing the events, spreading awareness, and ensuring the effective distribution of menstrual cups to all students.

4.3 Outcomes

The collaboration between The Cochin College, Hibi Eden MP, and IMA Cochin led to significant outcomes in the realm of gender sensitization and menstrual health awareness:

- **Increased Awareness and Acceptance:** The awareness programs successfully educated students about the advantages of using menstrual cups, leading to increased acceptance and adoption of this sustainable menstrual hygiene product. The initiative helped break down barriers and misconceptions surrounding menstrual health.
- **Empowerment Through Knowledge:** By providing students with accurate information and resources, The Cochin College empowered its female students to make informed decisions about their menstrual health. This empowerment contributes to the broader goal of gender equality and women's health.
- **Contribution to Environmental Sustainability:** The widespread distribution and adoption of menstrual cups as an alternative to disposable sanitary products significantly reduce waste, contributing to environmental sustainability. The Cochin College's involvement in the "Cup of Life" initiative highlights its commitment to promoting eco-friendly practices among its students.
- **Strengthened Community Engagement:** The collaboration strengthened the relationship between The Cochin College and external agencies like the office of Hibi Eden MP and IMA Cochin. This partnership exemplifies how educational institutions can work alongside government and medical organizations to achieve common goals in public health and gender sensitization.





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5 Department of Collegiate Education, Government of Kerala in collaboration with NIMHANS - Jeevani (Centre for Student's Wellbeing) (2023)

Jeevani is a project aimed at promoting the mental well-being of students in Government Arts and Science colleges in Kerala. The Cochin College participated in this initiative, which focuses on identifying psychological issues among students and providing necessary interventions. As part of this project, the college conducted mental health awareness classes covering topics such as depression, anxiety, stress, suicidal ideations, and toxic relationships. The program also included individual counseling sessions for students in need, facilitated by the appointed psychologist, Anu Bejoy.





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6 Kochi Municipal Corporation, GIZ, C-HED, and St. Teresa's College - You Kan Heal (2023):

On July 3, 2023, the Bhoomithrasena Club of The Cochin College organized the first regional workshop of "You Kan Heal" in association with Kochi Municipal Corporation, GIZ, C-HED, and St. Teresa's College. This initiative is part of the LiFE project of the Government of India and focuses on reducing single-use plastics and promoting sustainable practices. The workshop aimed to address the environmental crisis posed by plastic waste, particularly in marine waters, and encouraged the proactive involvement of youth in environmental conservation efforts.





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7 Taluk Legal Services Committee - Webinar on Menace of Dowry and Women Empowerment (2021)

The Women's Guidance Cell of The Cochin College, in collaboration with the NSS Unit and Taluk Legal Services Committee Kochi, organized a webinar on August 6, 2021, focusing on the menace of dowry and women empowerment. The program was inaugurated by Sri. Rajesh R, Sub Judge and Chairman of the Taluk Legal Services Committee. The session aimed at raising awareness about the legal implications of dowry and promoting women's rights and empowerment.



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



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Taluk Legal Services Committee, Kochi
 NSS unit No. 51
 in association with
NSS & Women's Guidance Cell,
The Cochin College, Kochi-2

MENACE OF DOWRY & WOMEN EMPOWERMENT

webinar on 06/08/2021 at 4 pm
 webinar

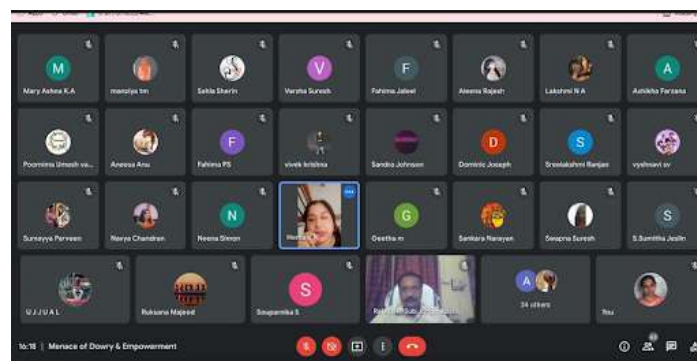
Introduction & Inauguration

Sri. Rajesh. R
 Suli Judge &
 Chairman TLSC Kochi

Awareness class

Smt. V. K. Hema
 Advocate High Court of Kerala

google meet link: -kir-ufbw-xxr



8 Josh Talks and VIVEL ITC - Gender Sensitization Programme (2020):

The Department of Commerce organized this program for final-year students, focusing on gender equality. The session was expertly handled by Ms. Anvit Kaur from Josh Talks, New Delhi.



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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

