



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.

Linkages for Gender Sensitisation

Submitted to



National Assessment and Accreditation Council



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Preface

The Cochin College has actively engaged in various collaborative efforts to enhance gender sensitization, health awareness, and student well-being through partnerships with prestigious institutions and government bodies. The collaboration with Dhakshina Bharata Kalari (DBK) has led to empowering women through self-defense classes, yoga, and Kalari training, contributing to cultural preservation and promoting gender sensitivity. The association with Indian Oil Corporation Ltd. and HLL Lifecare Ltd. under the "Swasthya" project focused on addressing anemia among women, significantly raising health awareness among students. Additionally, The Cochin College's partnership with the Directorate of Minority Welfare and the Coaching Centre for Minority Youth (CCMY) has provided critical support to minority students through pre-marital counseling, social wellness programs, and free coaching initiatives, enhancing their skills and confidence. The college's collaboration with Hibi Eden MP and IMA Cochin through the "Cup of Life" initiative emphasized menstrual health and sustainability by promoting the use of menstrual cups. The partnership with the Kerala Police for the Nirbhayam App initiative has strengthened female students' safety, while the Jeevani initiative, in collaboration with the Department of Collegiate Education, Government of Kerala, has significantly improved mental health support for students. These collaborations have not only empowered students and enhanced their well-being but have also reinforced The Cochin College's commitment to creating a safe, inclusive, and supportive educational environment.





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1 Dhakshina Bharata Kalari (DBK)

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.

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 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.





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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.

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.

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.

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.



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

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 minor-





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ity 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.

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, Mat-tanchery, 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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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





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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

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.

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 (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





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distribution of menstrual cups to all students.

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 Association with Kerala Police for Women Safety

Nature of Collaboration

The Cochin College has always been committed to creating a safe and inclusive environment for its students. In line with this commitment, the college has collaborated with the Kerala Police to enhance the safety and security of its female students. A key initiative of this collaboration is the introduction and promotion of the **Nirbhayam App**, a safety application designed by Senior IPS Officer Vijay S Sakhare to provide a protective shield for women across the state. This partnership highlights the college's proactive approach to gender sensitization and the protection of its students.

Objectives

The collaboration between The Cochin College and Kerala Police aimed to achieve the following objectives:

1. **To enhance the safety and security of female students** by providing them with practical tools and resources.
2. **To promote gender sensitization among students and staff**, with a focus on preventing sexual abuse and gender-based violence.
3. **To establish a strong partnership with law enforcement agencies** to ensure continuous support for student safety initiatives.
4. **To empower female students with knowledge and tools** that enable them to respond effectively in situations of potential danger.

Activities

As part of this collaboration, the following activities were undertaken:

1. **Orientation Sessions:** Kerala Police officers, including C.I. and lady police officers, conducted orientation sessions at The Cochin College. These sessions focused on educating students about the importance of gender sensitization and the various forms of gender-based violence.
2. **Consultations with College Authorities:** Kerala Police engaged in discussions with the Principal and teachers in charge of student affairs. These consultations addressed strategies for safeguarding female students and how the college could collaborate effectively with the police to enhance student safety.





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3. **"Vanitha Jagratha": Introduction of the Nirbhayam App:** The Nirbhayam App, designed to act as a virtual protective shield for women, was introduced to the students by the Kerala Police. Officers explained the features of the app and its importance in ensuring the safety of women.
4. **App Installation and Training:** Students were guided through the installation process of the Nirbhayam App on their smartphones. Kerala Police officers provided instructions on how to use the app effectively, ensuring that all students could access its features and seek help in case of emergencies.





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Outcome

The collaboration between The Cochin College and Kerala Police has led to several positive outcomes:

1. **Increased Awareness and Sensitization:** The orientation sessions and consultations raised awareness among students and staff about gender-based violence and the significance of gender sensitization, fostering a safer and more inclusive campus environment.
2. **Improved Safety Measures:** The widespread adoption of the Nirbhayam App among female students has significantly improved their safety by providing them with a reliable tool to seek immediate assistance in emergencies.
3. **Strengthened Collaboration:** The partnership with Kerala Police has strengthened the relationship between the college and law enforcement, ensuring ongoing support for gender sensitization and student safety initiatives.
4. **Empowerment of Female Students:** By equipping female students with the Nirbhayam App and knowledge of its use, the college has empowered them to take control of their safety, promoting a sense of confidence and security.

The Cochin College's collaboration with Kerala Police through the Nirbhayam App initiative represents a significant step towards promoting gender sensitization and ensuring the safety of female students. This partnership not only enhances the security of students but also reinforces the college's commitment to providing a safe and supportive educational environment. The college will continue to explore and strengthen such collaborations to further its mission of gender equality and student welfare.





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6 Association with the Department of Collegiate Education, Government of Kerala: "Jeevani" (Centre for Student's Wellbeing) Initiative

Nature of Collaboration

The Cochin College has formed a vital partnership with the Department of Collegiate Education, Government of Kerala, under the Jeevani (Centre for Student's Wellbeing) initiative. Jeevani is a project designed in technical collaboration with the National Institute of Mental Health Neurosciences (NIMHANS), Bengaluru, to focus on the mental well-being of students in Government Arts and Science colleges across Kerala. The primary aim of this collaboration is to promote mental health awareness among students, identify psychological issues early on, and provide the necessary interventions and support to ensure their well-being.

Activities

The Cochin College has undertaken several key activities as part of the Jeevani initiative, with the active participation of students and faculty:

- **Mental Health Awareness Programs:** The college organized mental health awareness classes for students, covering crucial topics such as depression, anxiety, stress management, suicidal ideations, and toxic relationships. These sessions aimed to equip students with the knowledge and skills to recognize and address mental health issues in themselves and others.
- **Psycho-Educational Sessions:** As part of the Jeevani program, psycho-educational classes were conducted to further educate students on mental health. These sessions provided detailed information on various psychological conditions, coping mechanisms, and strategies for maintaining mental wellness.
- **Individual Counseling Sessions:** The college facilitated individual counseling sessions for students in need. These sessions were conducted by the appointed psychologist, Ms. Anu Bejoy, who joined the initiative on November 6, 2023. Students were able to schedule one-on-one sessions where they could receive personalized support and guidance for their psychological concerns.
- **Communication and Accessibility:** The Jeevani Counseling Cell ensured that all students were informed about the available resources. Contact details, including email and mobile numbers, were shared with students, allowing them to seek help whenever needed. This service was made accessible to both aided and self-financing students at The Cochin College.





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Outcomes

The collaboration between The Cochin College and the Department of Collegiate Education under the Jeevani initiative has led to several positive outcomes in the area of student mental well-being:

- **Increased Mental Health Awareness:** The awareness programs significantly increased students' understanding of mental health issues, enabling them to recognize symptoms in themselves and their peers. This increased awareness has helped in reducing stigma associated with mental health problems.
- **Early Identification and Intervention:** By providing regular psycho-educational sessions and individual counseling, the college has been able to identify psychological issues early, allowing for timely intervention. This proactive approach has been instrumental in preventing the escalation of mental health problems among students.
- **Enhanced Student Support System:** The establishment of the Jeevani Counseling Cell, under the guidance of Dr. Manju V. Subramanian, has strengthened the support system available to students. The presence of a dedicated psychologist on campus has provided students with a reliable resource for their mental health needs.
- **Fostering a Safe and Supportive Environment:** The initiative has contributed to creating a safe and supportive environment at The Cochin College, where students feel comfortable seeking help for their mental health issues. The accessibility of counseling services has empowered students to take charge of their mental well-being.





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JEEVANI- A CENTER FOR STUDENTS WELL-BEING
COLLEGE MENTAL HEALTH AWARENESS SERVICE
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