

7.1.1 Promotion of Gender Equality:

The Women's Cell of our college was started with an objective of promoting gender equality and creating a safe and supportive environment for female students and staff. It also empowers women through skill development and awareness programs, encourage female participation in leadership roles, and foster collaboration with external organizations working for women's rights and empowerment.

1. Self Defense Workshop

A Self-Defense Workshop was organized for empowering students with essential self-defense skills. The workshop aimed to enhance participants' confidence, awareness, and ability to protect themselves in challenging situations. It helps to Increase the confidence among participants and create an awareness about personal safety and self-protection strategies. The program was inaugurated by our Principal, Prof (Dr) P Nazeer, and organized in collaboration with the Kerala Police Self-Defense Team.

2. Know Yourself and Excel

A One-day seminar on "Know Yourself and Excel" was arranged for promoting self-awareness and personal development among female students in our college. The program focused on empowering participants to understand their strengths, set goals, and overcome obstacles. Hazeena shereef, Counselling Psychologist, Hypnotherapist and JCI Trainer served as the resource person for the program. By fostering self-awareness, goal-setting, and skill development, the program contributed to personal growth and empowerment within the college community.

3. Swayam Snehikkunna Penlokam – Ethirum Cherth Nirthalum

Swayam Snehikkunna Penlokam – Ethirum Cherth Nirthalum" is an empowerment program aimed at providing a platform for students to enhance their skills, gain confidence, and foster community support. The program focuses on various aspects of personal development, including education, career advancement, and mental well-being. Sheethal Shyam a transgender also actress at various movies was the resource person... The program was inaugurated with great enthusiasm by our respected Principal, Prof (Dr) P Nazeer. His presence exemplified the institution's commitment to women's empowerment and provided a motivating start to the proceedings. During the program, the resource person had shared her

own personal journey, encompassing both her triumphs and struggles. Her narrative served as a powerful witness to the challenges many women face in their pursuit of empowerment and success

4. Women's Day Celebration

A Motivational session was arranged in association with International Women's Day. ADV Jyothi Radhika Vijayakumar (Trainer of Kerala State Civil Service Academy) was the keynote speaker of the session. This is an Interactive session on topics such as career advancement, financial literacy, and personal well-being. These sessions provided valuable insights and practical guidance to participants.

5. Dynamics Of Mental Health Within Relationship

The programme "Dynamics of Mental Health Within Relationships," aiming to shed light on the intersection of mental health and relationships among students and in their daily life. Dr Haseena MM a renowned expert in psychology and relationships, delivered an insightful speech on the dynamics of mental health within relationships. She encouraged participants to prioritize self-care, set boundaries, and communicate effectively to address mental health concerns within their relationships

6. Craft Your Happiness

Paper Pen And Paper Flower Making Workshop were arranged to equip students with the skills necessary to produce and sell paper flowers and pens on a larger scale. The resource person was our M Com First Year Students shabana S Y and Mehna. They conducted a comprehensive demonstration on paper pen and flower making along with explanations about effective marketing strategies.

IQAC (Internal Quality Assurance cell) In Association with Mission Shakthi Hub for Empowerment of Women, **Women and Child Department (WCD)** Thiruvananthapuram Organized "**KANAL FEST 2024** On 19 th February 2024. Mission Shakthi' is a scheme in mission mode aimed at strengthening interventions for women safety, security and empowerment. It seeks to realise the Government's commitment for women-led development" by addressing issues affecting women on a life-cycle continuum basis and by making them equal partners in nation- building through convergence and citizen-ownership. Kanal Fest Coordinator Dr Sini Mol V N (Assistant Professor, Department of Commerce)

delivered the welcome speech. The College Principal Prof. (Dr.) P Nazeer (Former Minority Director) had inaugurated the Programme. Neethu S Sainu District Coordinator Mission Shakthi Hub for Empowerment of Women gives an overall introduction about the programme.

There are mainly three sessions in the programme. **Gender Relationship** was the first session. The main aim of this session was to explore and examine the women and gender equality related issues and concerns. IMG Faculties Rajathi Johnson and Jayalakshmi conducted the class on the topic “Gender Relationship”. Gender Dimensions, patterns and challenges are discussed in the session. Second session of the programme was handled by Sangeeth Sebastin (Sexuality trainer). **Sexuality Education** gives young people accurate, age-appropriate information about sexuality and their sexual and reproductive health, which is critical for their health and survival.

The self-defense training to students is given by **Kerala police self-defense team** was the third session. The main objective of self-defense training is to prepare Girl Students for dealing with any impending danger of physical assault and crime by unsocial elements out of some ulterior motive or nefarious plan. After these programme Girl students will be confident to deal with any impending danger. The programme will also pave ways to increase interest towards martial art form and other fitness activities

Safety and Security

To ensure the safety of women and girls, surveillance cameras are strategically installed across the campus, including in classrooms, fostering a secure environment. The college has an active Anti-ragging Committee that monitors student activities and enforces strict anti-ragging policies, with a particular focus on the safety of female students and staff. A separate Grievance Cell and the Women’s Study Unit address concerns specific to female students. Helpline numbers for issues such as ragging and sexual harassment are prominently displayed on notice boards, ensuring easy access to support. ID cards are mandatory for both staff and students, and a complaint box is placed in the library hall for students to voice their concerns.

An Anti-Sexual Harassment Committee, chaired by a senior female faculty member, addresses grievances from students, staff, and parents. Additionally, an internal committee handles complaints related to sexual harassment. To enhance safety further, the college has arranged police patrols near the bus waiting area during morning and evening hours. Security personnel are stationed at the main entrance to regulate access and prevent

unauthorized entry. Student attendance is recorded hourly and updated on the online attendance portal, enabling real-time tracking of latecomers and absences, which are promptly communicated to parents. Furthermore, classes on gender equality, women's rights, and empowerment are conducted by departmental associations, the NSS, and the Women's Cell.

Counseling

The college has a dedicated counseling center, affiliated with the Psychology Department, that provides timely support to enhance students' overall well-being, with a special focus on female students. A Tutorial-cum-Mentoring system is implemented, where each teacher is assigned a group of 20-22 students to meet personally, discuss concerns, and offer necessary guidance and counseling. A full-time counsellor, Dr. Dilshad Bin Ashraf, an Assistant Professor in the Psychology Department, is available for consultations, providing continuous support and assistance. Furthermore, an additional counsellor is available three days a week, ensuring extended access to professional help for students in need.

The Women's Study Unit (WSU), established two decades ago, functions as a gender forum to address and resolve issues affecting female students. Additionally, the "Walk with a Scholar (WWS)" program, part of the "New Initiatives in Higher Education" by the Department of Higher Education, Government of Kerala, offers students a platform to share their challenges and seek solutions.

Common Room

Common room for girl students is located on the ground floor, offering a space for healthy recreation and fostering mutual interaction. The room is equipped with first aid supplies, rest/sick rooms, and napkin vending machines for the convenience of female students. It remains open until 3:45 PM, ensuring accessibility throughout the day. Newspapers, magazines, and journals are provided to enhance students' knowledge and awareness. Additionally, a corner of the room is furnished with a table, chair, and a bed with a pillow, allowing students to rest comfortably if they feel tired or unwell.

Drug-Free Campus

Our college is committed to maintaining a drug-free environment where all forms of illegal substances and activities are strictly prohibited. Regular surveillance and stringent measures ensure compliance with this policy, fostering a safe and healthy campus. The commitment to a

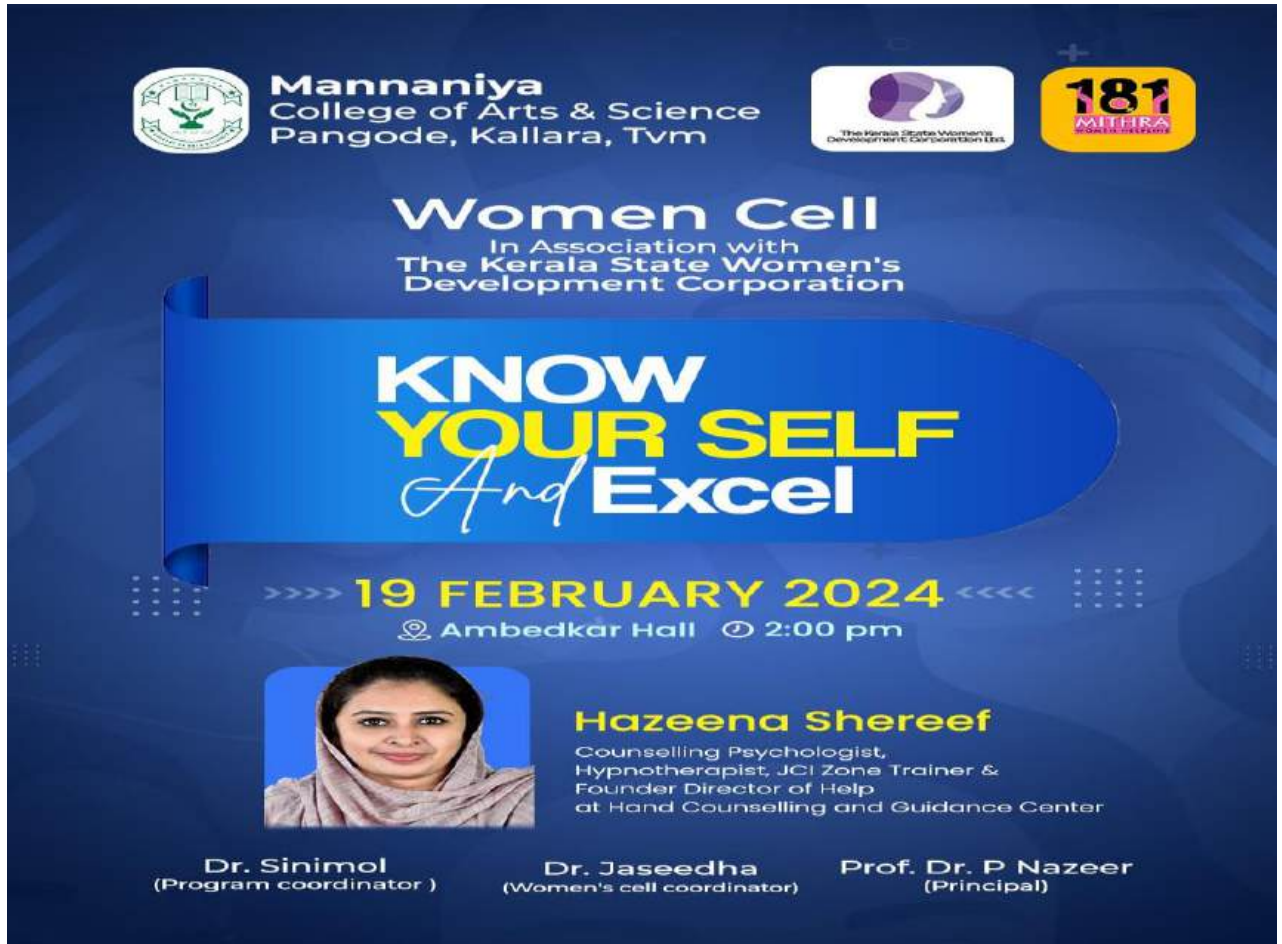
drug-free campus is upheld among all students and reinforced through consistent monitoring and awareness initiatives.


7.1.1 Promotion of Gender Equality



SELF DEFENCE WORKSHOP



KNOW YOURSELF AND EXCEL (19-02-2024)




 **Mannaniya**
College of Arts & Science
Pangode, Kallara, Tvm

Women Cell
In Association with
The Kerala State Women's
Development Corporation

**KNOW
YOURSELF
And Excel**

>>>> 19 FEBRUARY 2024 <<<<
📍 Ambedkar Hall ⌚ 2:00 pm


Hazeena Shereef
Counselling Psychologist,
Hypnotherapist, JCI Zone Trainer &
Founder Director of Help
at Hand Counselling and Guidance Center

Dr. Sinimol
(Program coordinator)

Dr. Jaseedha
(Women's cell coordinator)

Prof. Dr. P Nazeer
(Principal)



SWAYAM SNEHIKUNNA PENLOKAM – ETHIRUM CHERTH NIRTHALUM



Mannaniya
College of Arts & Science,
Pangode, kallara, Tvm



Women Cell

In Association with
The Kerala State Women's
Development Corporation

സ്വയം സഹായിക്കുന്ന പെൺ ലോകം എതിരും ചേർത്തുനിർത്തലും

Resource Person



Sheethal Shyam

Dr.Sinimol
(Program coordinator)

Dr.Jaseedha
(Women's cell coordinator)


Prof. Dr.P Nazeer
(Principal, Former Director Department
of Minority Welfare Govt of Kerala)

📍 Ambedkar Hall | 2:00pm






WOMENS DAY CELEBRATION




College Union Jointly organises with Women & Gender Development Forum(WSU), Mannaniya College & Kerala State Women's Development Corporation (KSWDC)

WOMENS DAY

MANNANIYA COLLEGE
07.03.2024 THURSDAY



CHIEF GUEST
ADV. JYOTHI RADHIKA VIJAYAKUMAR
TRAINER OF KERALA STATE
CIVIL SERVICE ACADEMY

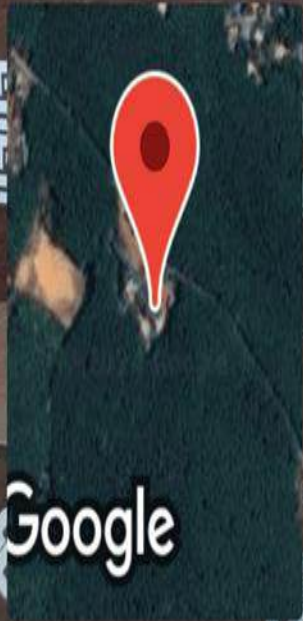


MANNANIYA

COLLEGE OF ARTS & SCIENCE. PANGODE. TVM



 **GPS Map Camera**



Pangodu, Kerala, India

QX79+C54, Pangodu, Kerala 695609, India

Lat 8.763491°

Long 76.967927°

07/03/24 10:43 AM GMT +05:30

DYNAMICS OF MENTAL HEALTH WITHIN RELATIONSHIP



Mannaniya
College of Arts & Science,
Pangode, kallara, Tvm



Women Cell

In Association with
The Kerala State Women's
Development Corporation

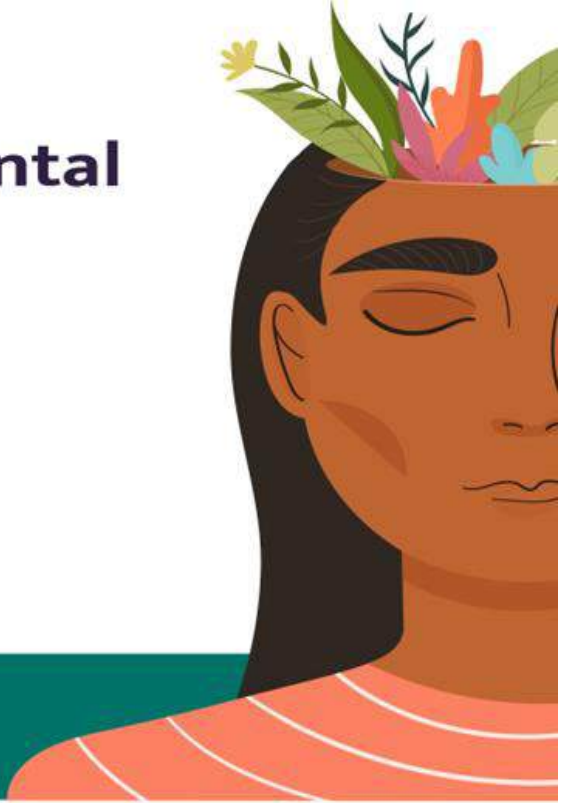
Dynamics of Mental Health within Relationships

Resource Person



Dr.Haseena MM

from Dr.Haseenas Care, Psychologist,
Family Therapist Specialised in
Stress Management



Dr.Sinimol
(Program coordinator)


Dr.Jaseedha
(Women's cell coordinator)

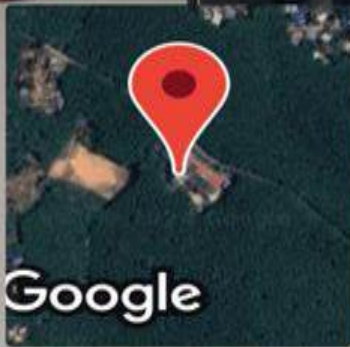
Prof. Dr.P Nazeer
(Principal, Former Director Department
of Minority Welfare Govt of Kerala)

07 - MAR - 2024

📍 Ambedkar Hall | 2:00pm



 **GPS Map Camera**



Pangode, Kerala, India

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Long 76.967599°

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CRAFT YOUR HAPPINESS



Mannaniya
College of Arts & Science,
pangode, kallara, Tvm



Women Cell

In Association with
The kerala State Women's
Development Corporation

Craft your Happiness Workshop On

• Paper Pen Making • Paper Earrings • Paper Flowers

Resource Persons



Shabana S.Y
(1st Moom)



Mehna. S
(1st Moom)

Dr.Sinimol
(Program coordinator)

Dr.Jaseedha
(Women's cell coordinator)

Prof. Dr.P Nazeer
(Principal)

📍 Ambedkar Hall | 2:00pm



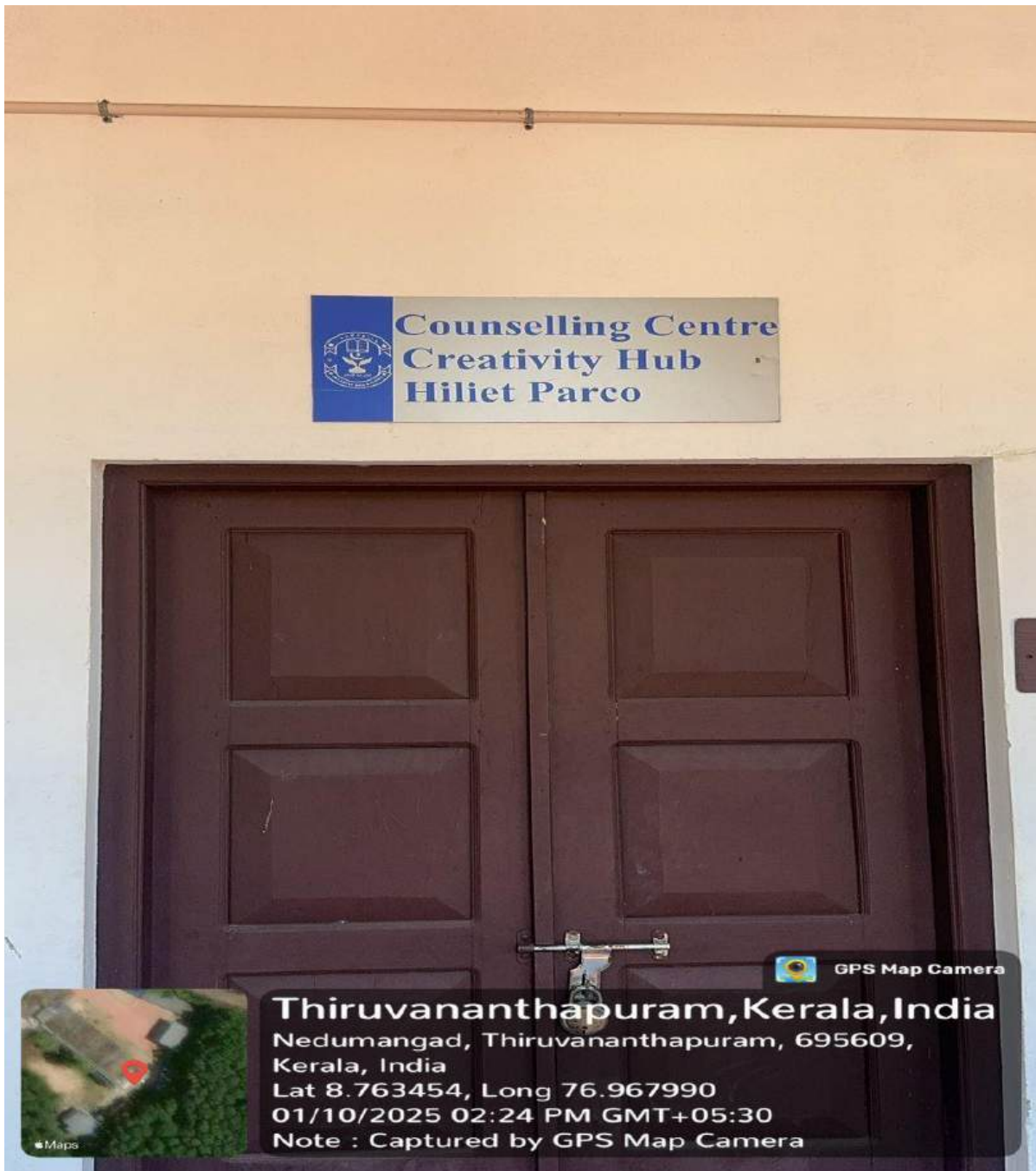




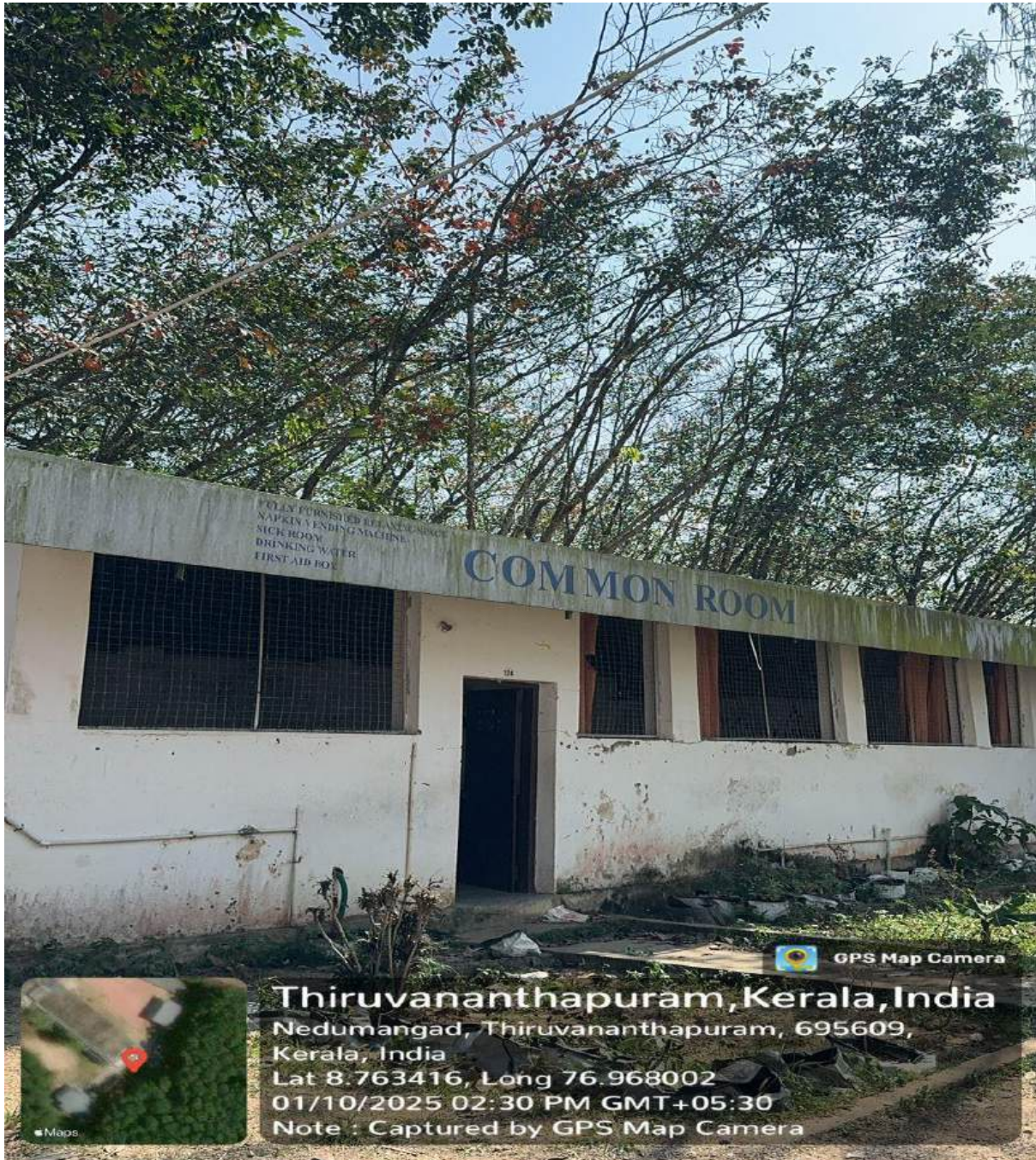
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COUNSELLING ROOM



COMMON ROOM FOR GIRLS





 GPS Map Camera



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Nedumangad, Thiruvananthapuram, 695609,
Kerala, India

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Note : Captured by GPS Map Camera



DEPARTMENT OF PHYSICAL
EDUCATION
GYMNASIUM Cum
RECREATION CENTRE

104

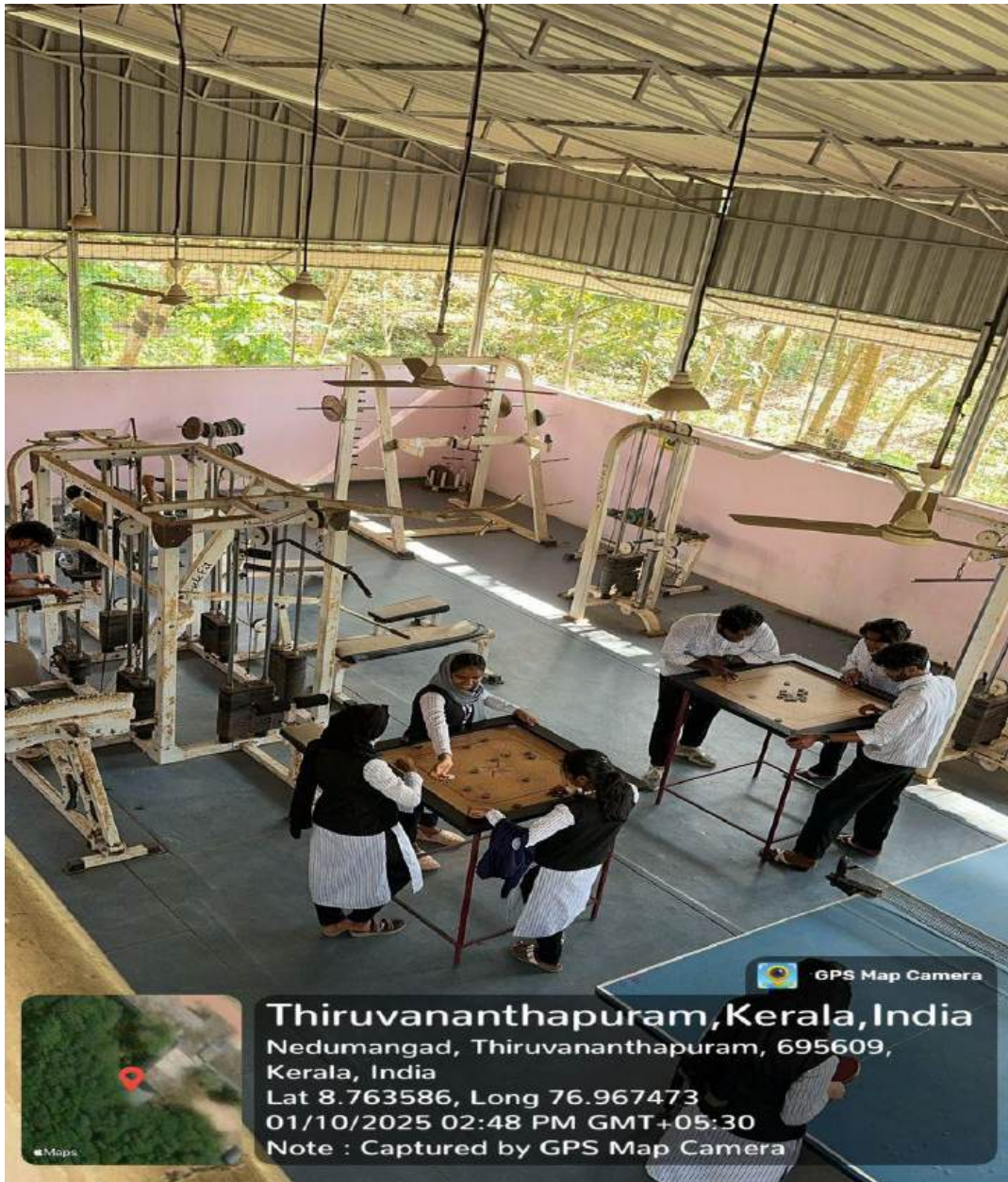
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GPS Map Camera



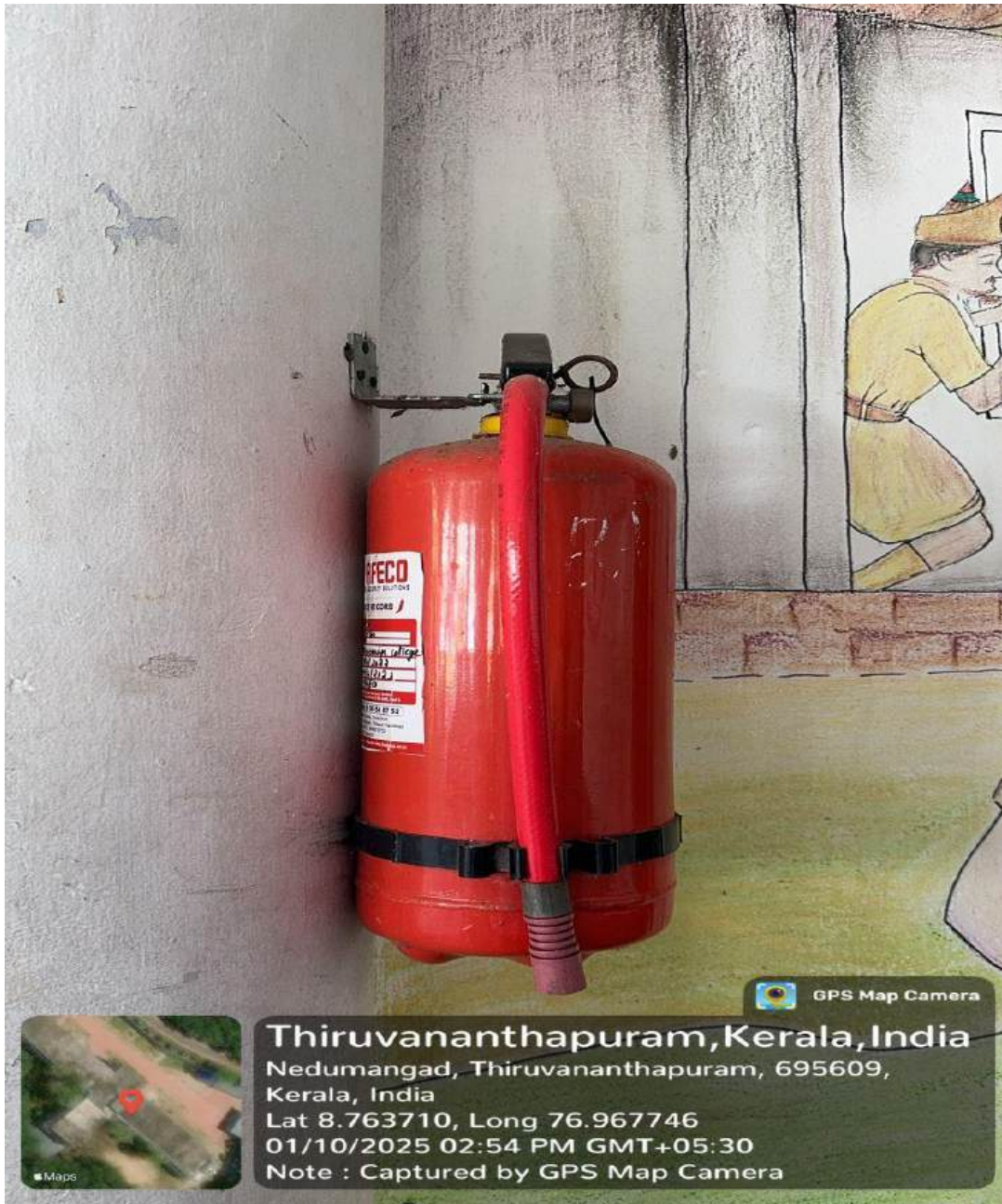
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GEMNASIUM FOR BOTH GIRLS AND BOYS



GPS Map Camera
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FIRE EXTINGUISHER



GPS Map Camera

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SURVEILLANCE CAMERA



GPS Map Camera

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GPS Map Camera



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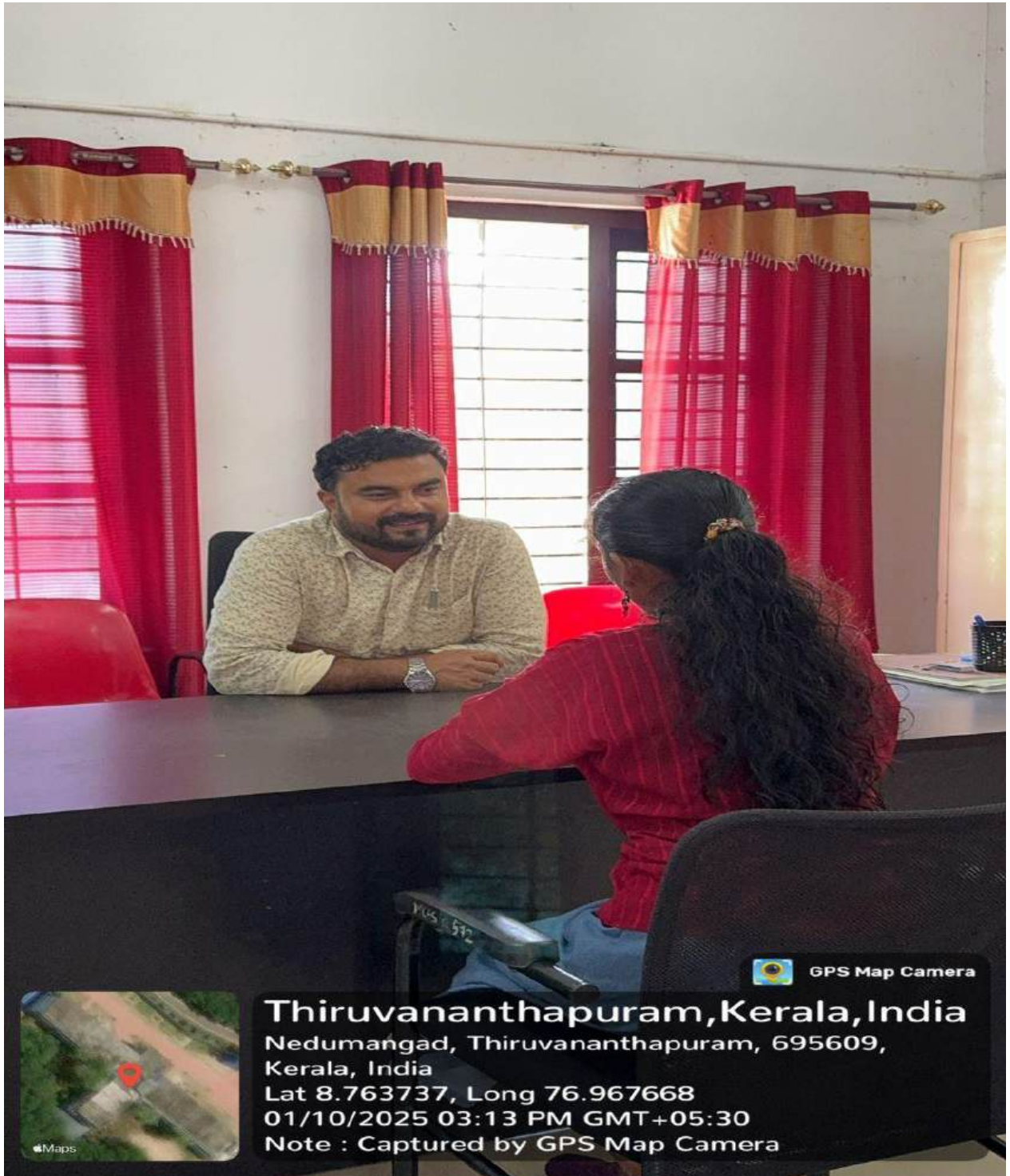
INCINERATOR



NAPKIN VENDING MACHINE



COUNSELING SESSION



COMPLAINT BOX

