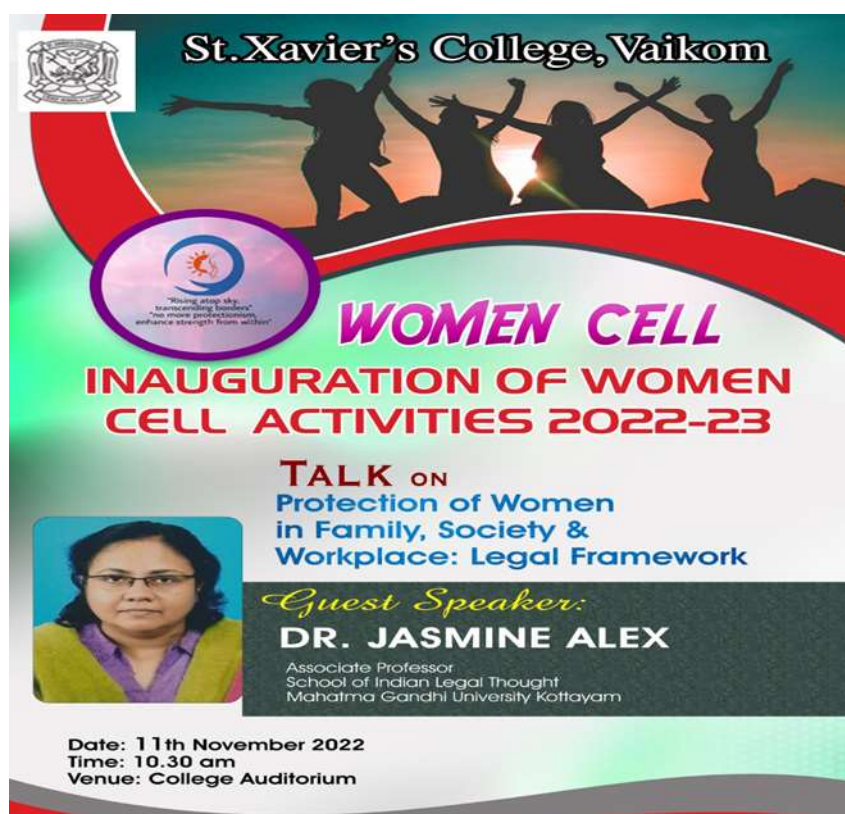


7.1.1 Safety and Security

The inaugural seminar of the Women's Cell, sponsored by The Kerala State Women's Development Corporation Ltd, took place on November 11, 2022. Dr. Jasmine Alex inaugurated the activities of the Women's Cell for the year 2022-2023. The focus of the seminar was on the theme of '**Protection of Women in Family, Society, and Workplace; Legal Framework.**' Dr. Jasmine Alex addressed the audience, shedding light on various issues affecting women and children. She emphasized the importance of legal frameworks such as the Domestic Violence Act of 2009 and the Dowry Prohibition Act of 2006, aiming to empower women to assert their rights and face challenges in life. Smt. Litty Thomas, the coordinator of the Women's Cell, delivered the welcome speech, and the meeting was presided over by Dr. Gimson D Parambil. Felicitations were given by Rev. Fr. Reju Kannampuzha, the College Manager and Dr. Tomy Joseph, the IQAC coordinator. Kumari Lakshmi Kamal, the lady representative proposed the vote of thanks. The seminar proved to be very informative, attracting the participation of 350 students. This event served as a platform to raise awareness about women's issues and the legal mechanisms available to ensure their protection and rights in various aspects of life.





Self Defense Training Program

(Sponsored by The Kerala State Women's Development Corporation Ltd)

The Women Cell organized a comprehensive workshop on self-defence for girls on the 23rd of February 2023, at the College Auditorium. The event was coordinated by Smt. Litty Thomas and Dr. Sarika T, the Women Cell Coordinators. The workshop commenced with an insightful inaugural session, where the students were addressed by Police Officer Neethu R, representing the Safety Wing Kerala Police. She highlighted the numerous complex challenges that girls often face in society. She stressed the importance of remaining vigilant and maintaining physical fitness as crucial components of personal safety. The officer encouraged the students to adopt healthy practices, consume nutritious food, and incorporate a regular physical exercise regimen into their lifestyles. The participants were then treated to a demonstration of self-defence techniques under the expert guidance of the officials of representing the Safety Wing Kerala Police. The demonstration provided hands-on experience, empowering the students with practical skills to navigate various challenging situations confidently.



St.Xavier's College Vaikom

WOMEN CELL



**SELF DEFENSE TRAINING
BY
SAFETY WING, KERALA POLICE**

**Sponsored by
The Kerala State Women's Development
Corporation Ltd (KSWDC)**

**Date : 23rd
February 2023**



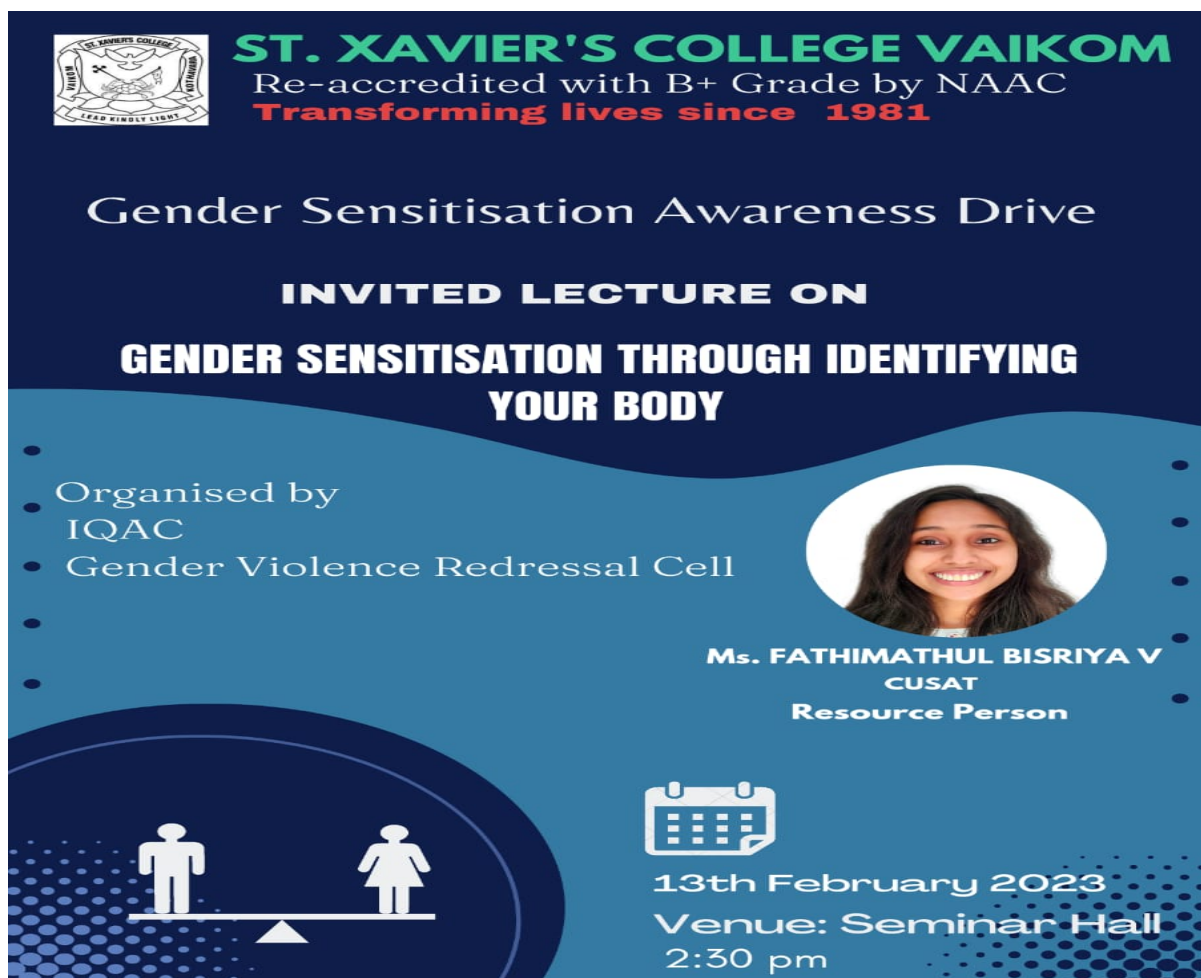
**TIME: 1.30 PM
VENUE: COLLEGE AUDITORIUM**



7.1.1 Gender equity, Sensitization and Empowerment

1. Gender Sensitization Awareness Drive

As part of the Gender Sensitization Awareness Drive, the Gender Violence Redressal Cell and IQAC at St. Xavier's College, Vaikom, organised an insightful lecture on **"Gender Sensitization through Understanding Your Body"** on February 13th, 2023. The session was led by Ms. FathimathulBisriya, Research Assistant, CUSAT. A total of 103 participants, comprising both students and faculty members of the college, actively participated in this enlightening program. The lecture aimed to foster a deeper understanding of gender issues by emphasizing the importance of recognizing and understanding one's body in the context of gender sensitivity. The initiative was a step forward in promoting awareness, inclusivity, and a respectful understanding of diverse gender perspectives within the college community.



The poster is for a Gender Sensitisation Awareness Drive at St. Xavier's College Vaikom. It features the college's logo and name at the top, followed by its NAAC accreditation. The main title of the event is 'GENDER SENSITISATION THROUGH IDENTIFYING YOUR BODY'. The organizers are the IQAC and the Gender Violence Redressal Cell. The resource person is Ms. Fathimathul Bisriya V from CUSAT. The event is scheduled for 13th February 2023 at 2:30 pm in the Seminar Hall. A graphic of a balance scale with male and female figures is at the bottom left.


ST. XAVIER'S COLLEGE VAIKOM
Re-accredited with B+ Grade by NAAC
Transforming lives since 1981

Gender Sensitisation Awareness Drive


INVITED LECTURE ON


GENDER SENSITISATION THROUGH IDENTIFYING YOUR BODY

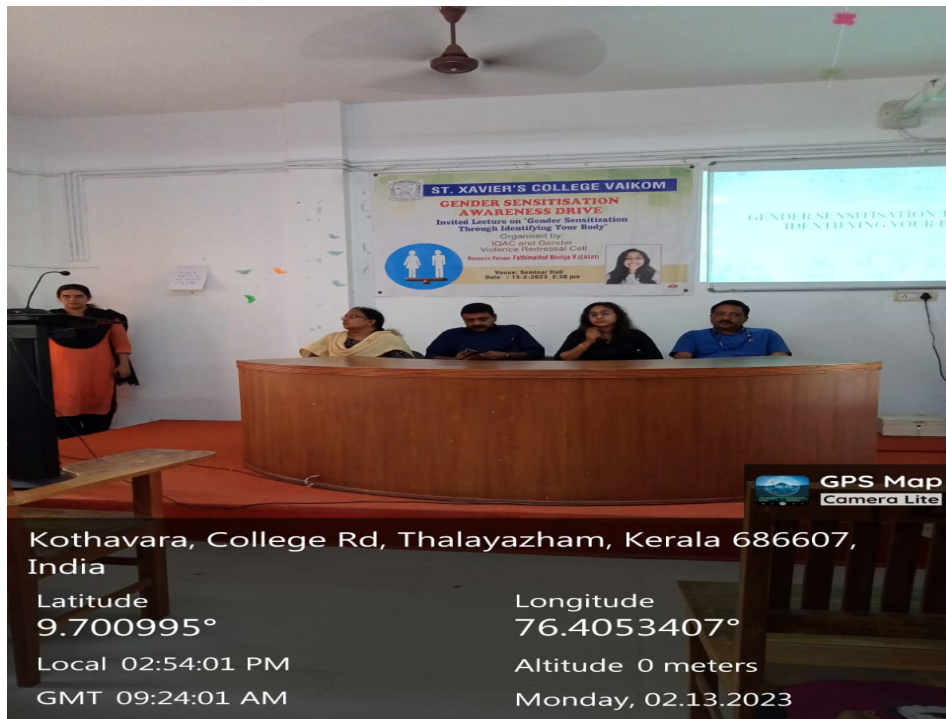
- Organised by
- IQAC
- Gender Violence Redressal Cell



Ms. FATHIMATHUL BISRIYA V
CUSAT
Resource Person


13th February 2023
Venue: Seminar Hall
2:30 pm





Kothavara, College Rd, Thalayazham, Kerala 686607, India

Latitude 9.700995°

Longitude 76.4053407°

Local 02:54:01 PM

Altitude 0 meters

GMT 09:24:01 AM

Monday, 02.13.2023



Kothavara, College Rd, Thalayazham, Kerala 686607, India

Latitude 9.700993°

Longitude 76.4053437°

Local 03:55:08 PM

Altitude 0 meters

GMT 10:25:08 AM

Monday, 02.13.2023

2. Seminar On “Gender Equality and Sustainable Development”

A seminar on "Gender Equality and Sustainable Development," sponsored by The Kerala State Women's Development Corporation Ltd, was conducted by the Women's Cell on March 11, 2023, in the college auditorium from 9:30 AM to 1:00 PM. The Women's Cell coordinator extended a warm welcome, and Dr. Sarika T, the organizing secretary, provided introductory remarks. Prof. P C Ravi Shankar, the Vice Principal, inaugurated the seminar with a lamp lighting ceremony. Adv. Resmi Nandanam delivered the keynote address, emphasizing the pivotal role of education in achieving gender equality. She highlighted the challenges faced by girl children in accessing education and employment, urging the government to establish educational institutions in every village. Dr. Gimson D Parambil, the college principal, delivered the presidential address, and the inaugural ceremony concluded with a vote of thanks by Ms. Aleena Rajan, the women representative.



3. Workshop on Water Hyacinth: A Socio-Economic Resource for Livelihood"

In collaboration with The National Institute of Advanced Studies, Bangalore, the Centre for Earth Research and Environment Management, Kochi, the Department of Zoology, St. Xavier's College, Vaikom organized a specialized workshop titled "Water Hyacinth: A Socio-Economic Resource for Livelihood" on June 22nd, 2022. This workshop was specifically tailored for the members of Kudumbashree, the women's self-help groups from the college's neighbouring community. Mr. Anuroop Gopalakrishna Bhakthan, a dynamic entrepreneur and brand ambassador of "Payal Jwala," shared his extensive insights into the utilization of water hyacinth and its potential to create value-added products. His engaging session highlighted the myriad prospects of utilizing water hyacinth, inspiring women participants with ideas for innovative applications. The interactive segment that ensued allowed the Kudumbashree members to actively engage, exchange ideas, and explore practical avenues for leveraging water hyacinth. This initiative sought not only to impart knowledge but also to foster a collaborative environment where local communities can harness this resource for women empowerment and sustainable livelihoods.



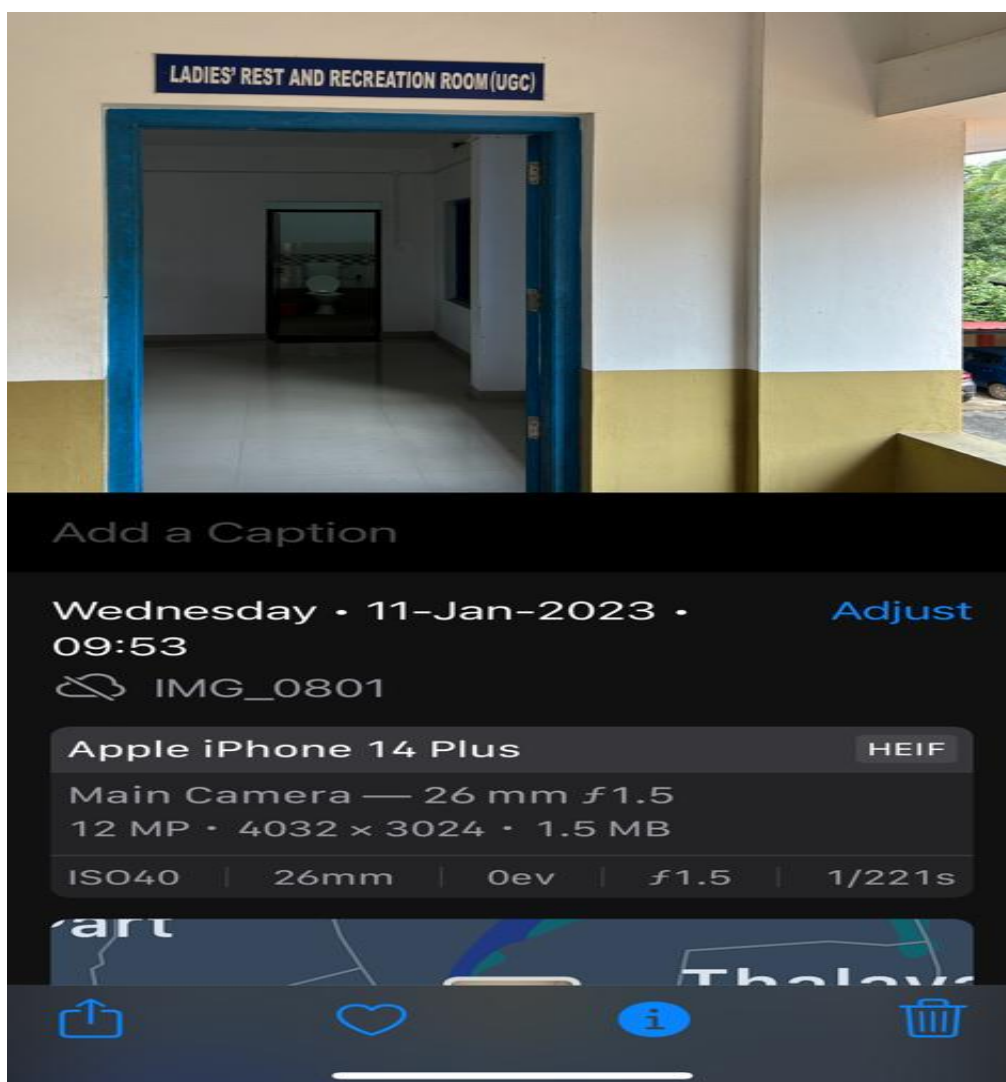
4. Two-day training session for women on Value Added Products from Clam meat

As part of the Silver Jubilee Celebrations, the Department of Zoology organized a two-day training session on creating Value Added Products from Clam meat in collaboration with NIFPHATT, Kochi on August 2nd and 3rd, 2022. The primary focus was to empower and educate fifteen women from local self-help groups, aiming to extend knowledge beyond traditional classroom settings to benefit the wider community. The training sessions, held within the college premises, concentrated on various techniques for preparing value-added products from clam meat. The participants were taught methods to craft an array of delectable dishes such as pickles, cutlets, samosas, vadas, and wafers, all infused with clam meat and designed to have an extended shelf life. At the conclusion of the workshop, the prepared delicacies were creatively showcased, presenting an appealing display that highlighted the diverse culinary possibilities using clam meat. This initiative aimed not only to impart culinary skills but also to encourage entrepreneurship and the creation of high-quality, locally-produced goods.



7.1.1. SPECIFIC FACILITIES

WOMEN RETIRING ROOM





Add a Caption

Thursday • 12-Jan-2023 • 09:51 [Adjust](#)

🔒 IMG_0799

Apple iPhone 14 Plus

HEIF

Main Camera — 26 mm $f1.5$

12 MP • 4032 × 3024 • 2.2 MB

ISO100

26mm

0ev

$f1.5$

1/100s

art

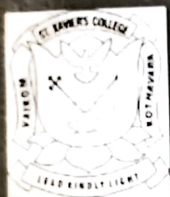
Thalaya



SECURITY ROOM







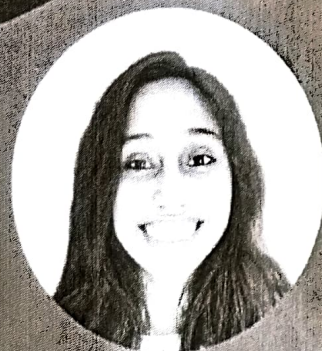
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Gender Sensitisation Awareness Drive

INVITED LECTURE ON GENDER SENSITISATION THROUGH IDENTIFYING YOUR BODY

Organised by
IQAC

Gender Violence Redressal Cell



Ms. FATHIMATHUL BISRIYA V

CUSAT

Resource Person



13th February 2023

Venue: Seminar Hall

2:30 pm

IBAC

GENDER SENSITISATION AWARENESS DRIVE

GENDER VIOLENCE
REDRESSAL CELL

INVITED LECTURE ON


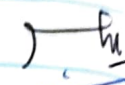
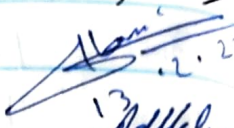
GENDER SENSITISATION THROUGH IDENTIFYING
YOUR BODY

3

Sl. No.	NAME	CLASS/DEPARTMENT	SIGNATURE
1.	Neethurajol.R	BA politics	<u>Neethurajol.R</u>
2.	Abhisha. B	"	<u>Abhisha</u>
3.	Aswathy Suresh	"	<u>Aswathy</u>
4.	Abhisami P.S.	Bsc Food Science	<u>Abhisami P.S.</u>
5.	Meenukeishna K.H	"	<u>Meenukeishna K.H</u>
6.	Keerthana Karthikeyan	"	<u>Keerthana Karthikeyan</u>
7.	Merin Varughese	"	<u>Merin Varughese</u>
8.	Diljeena T.S	"	<u>Diljeena T.S</u>
9.	Pouthy. P.A	"	<u>Pouthy. P.A</u>
10.	Nimisha Helen. M.S	BA Politics	<u>Nimisha Helen. M.S</u>
11.	Ann Marijn Thomas	Bsc. physics	<u>Ann Marijn Thomas</u>
12.	Merin Chacko	"	<u>Merin Chacko</u>
13.	Afria Sinajudheen	BSc Food Science	<u>Afria Sinajudheen</u>
14.	Angali Thirumeni	Bsc. Food Science	<u>Angali Thirumeni</u>
15.	Suehithra.S	Bsc. Zoology	<u>Suehithra.S</u>
16.	Aswathi. M	Bsc. zoology	<u>Aswathi. M</u>
17.	NANDANA. V.H	Bsc. Zoology	<u>NANDANA. V.H</u>
18.	Bhagya. N.R	BSC Zoology	<u>Bhagya. N.R</u>
19.	Arathi	B. Com	<u>Arathi</u>
20.	Sandhya Mary George	"	<u>Sandhya Mary George</u>
21.	Ankitha Lal	"	<u>Ankitha Lal</u>
22.	Aagi Joseph	"	<u>Aagi Joseph</u>
23.	Nandana. Raju	B. Com	<u>Nandana. Raju</u>
24.	Keerthana.V	B. Com	<u>Keerthana.V</u>
25.	Anaswara Umesh	B. Com	<u>Anaswara Umesh</u>
26.	Ahana Biju	"	<u>Ahana Biju</u>
27.	preetha Prakashan	"	<u>preetha Prakashan</u>
28.	Madhula Jose	B. Com	<u>Madhula Jose</u>
29.	Athina. C.B	"	<u>Athina. C.B</u>
30.	Daniya Pradeep	B. Com	<u>Daniya Pradeep</u>
31.	chrasteena Baby	"	<u>chrasteena Baby</u>
32.	chandra. S.K	B.A. Economics	<u>chandra. S.K</u>
33.	Sneha maniyon	"	<u>Sneha maniyon</u>

Sl No	NAME	Class/Department	Signature
34	Swathy Velayan	BA Economics	Swathy
35	Akhila Chandran	BA Economics	Akhila
36	Adithyan Dasan	"	Aditya
37	Nija Theresa P Rooley	"	Nithya
38	Lavani Shaji	"	Lavani
39	Devichandana p.v	"	Devichandana
40	Lakshmi S	"	Lakshmi
41	Prasanna	"	Prasanna
42	Nandana Chandran	"	Nandana
43	Jaimeon Monichan	"	Jaimeon
44	Aswini L	"	Aswini
45	Arunal N S	"	Arunal
46	Sanju C S	"	Sanju
47	ATHUL Konthikeyan	"	ATHUL
48	Thejus K. Ramesh	"	Thejus
49	Kariga Shaji	BSC Zoology	Kariga
50	K.R. Karthika	BSC Zoology	Karthika
51	Giri k.m	"	Girish
52	Pranav. k.p.	"	Pranav
53	B Josna George	"	B Josna
54	Poojima Reji	"	Poojima
55	Adithya Umesh	B.com.	Adithya
56	Anurag K. Sunil	"	Anurag
57	Allya Misri S	BA Politics	Allya
58	Aojana Remashan	BA Politics	Aojana
59	ABIN K SIBI	B.Sc Zoology	ABIN
60	Bina Soman	B.A. Politics	Bina
61	SARANGI.K.V	B.Sc. Physics	SARANGI
62	Jinto Jose	BA Politics	Jinto
63	Francis Xavier Issac	B.A Politics	Francis
64	Shinto Jose	B.A Politics	Shinto
65	Harikrishnan.M	B.A Economics	Harikrishnan
66	Rahul	BA Economics	Rahul

67	Athul Shekhar	BA Economics	Athul
68	Sanesh . E.S	"	Sanesh
69	Adithyan.S	B.Com	Adithyan
70	E.Melbin parulose	B.Com.	E.Melbin
71	Akhil Jolly	B.Com	Akhil
72	Athul Joseph	B.Com	Athul
73	Vijaykrishnan v.v	BA Economics	Vijaykrishnan
74	Rajun Anilkumar	"	Rajun
75	Athul K.T	"	Athul
76	Dr. Aparna. U.Nair	Faculty - Hindi	Aparna
77	Indrajith Sajeev	B. Com	Indrajith
78,	Georaj T.S	B. com.	Georaj
79.	Mervin John	Faculty - English	Mervin
80	Rekha. A.G	Faculty - Malayalam	Rekha
81	M.Ananthapadmanabhan	B. com	M.Ananthapadmanabhan
82.	Athul Jose	B. com.	Athul
83.	Alan Jacob.	B. com.	Alan
84.	Rohith Prasad.	B. com	Rohith
85	Sanooj AJ	BA Economics	Sanooj
86	Anandhu PT	BA Economics	Anandhu
87	Aromal manoj	BA Economics	Aromal
88)	praveen	B.A Politics.	Praveen
89)	Anurooj K.R	B.A Politics	Anurooj
90)	Sindhesh Sankosh	B-A Politics	Sindhesh
91)	ADWAITH PAM	"	Adwaith
92).	Kasinathan S	"	Kasinathan
93).	Vishnu prakashan	"	Vishnu
94)	Amal jith K.B	"	Amal
95)	Adhaar MS	Food Science	Adhaar
96)	Nidhis Mohan	Food Science	Nidhis
97)	Dr. Saira Ramachandran	Department of Zoology	Saira
98)	Dr. Terry Joseph	Dept. of Physics	Terry
19)	Ram Sankar.	Dept. of English	Ram

Sl No	Name	class/Dept	Signature
100.	Anila Santhosh	1 st year BA politics	
101	Pavathi Chandran	Dept of Journalism	
102	Akash Krishna	1 st year BA politics	
103.	Anny. Dars. V	Dept. of Political Science	