

(A Government Recognised Aided College, Affiliated to the University of Calicut)

Re-Accredited by NAAC with 'A' Grade (4th Cycle)

Mala, Thrissur District, Kerala-680732 www.carmelcollegemala.ac.in, 0480-2890247

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CRITERION VII

INSTITUTIONAL VALUES AND BEST PRACTICES

7.1 - Institutional Values and Social Responsibilities

7.1.1 - Measures initiated by the Institution for the promotion of gender equity during the year

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL



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day

Seminar on

"Moving Forward Together: Solutions for Women's Equity and Inclusion"

Organized by

Women Development Cell,
Carmel College (Autonomous), Mala

in Collaboration with

District Women and Child Development Department,

Thrissur and

Department of Police, Govt. of Kerala

In Honour of



Our Retiring Principal Dr. Sr. Kochuthressia K. P.

on
7th March 2024
Venue: Auditorium

International Women's Day 2024
Invest in women: Accelerate Progress

International Women's Day 2024 Invest in women: Accelerate Progress

Moving Forward Together: Solutions for Women's Equity and Inclusion

Achieving true women's equity and inclusion is no longer a mere aspiration but a necessary step towards a more just and prosperous future. To ensure progress, we must come together as a society to implement tangible solutions that empower women and create a more inclusive world. We must invest in the education and training of women, creating opportunities for them to acquire knowledge and skills that will enhance their employability and career advancement.

Women Development Cell, Carmel College (Autonomous), Mala is organising a one-day seminar in honour of Dr. Sr. Kochuthressia K. P., the retiring Principal of the College on 'Moving Forward Together: Solutions for Women's Equity and Inclusion' on 7th March 2024. The aim of the Seminar is to raise awareness and challenge societal norms and stereotypes in promoting women's equity and inclusion. By implementing these solutions, we can pave the way for a more equitable and inclusive society where every woman has the opportunity to reach her full potential. Only by moving forward together, can we create lasting change for women and make our world a better place for all.

ALL ARE WELCOME

Ms. Reena T .K.
Co-ordinator, Women Development Cell
Carmel College(Autonomous), Mala

Ms. Ancilyn Ant K
Ms. Saranya M. P.
Joint Co-ordinators Ca
Women Development Cell
Carmel College(Autonomous), Mala

Dr. Sr. Kochuthressia K PPrincipal
Carmel College(Autonomous), Mala

Programme Schedule

07/03/2024(Thursday)

Registration : 9.00am - 9.30 am

Inaugural Session

Prayer

Welcome : Ms. Reena T K

Co-ordinator, Women Development Cell Carmel College(Autonomous), Mala

Presidential Address : Dr. Sr. Kochuthressia K. P.

Principal, Carmel College(Autonomous), Mala

Inauguration

Felicitation : Ms. Nithya P

Asst.Professor, Department of Physics Carmel College(Autonomous), Mala

Technical Session I

: 10 am to 11 am

'Women's Security: Issues and Challenges

Ms. Seema A R

(Civil Police Officer, Department of Police, Mala)

Technical session II

: 11.30 am to 12.30 am

"Gender Equality: Issues and Challenges"

Ms. Deepa Jose

(Gender specialist, District Hub for Empowerment of women, Women and child development department, Thrissur)

Lunch Break

1.30 pm to 2.30 pm : Cultural Programme

2.30pm to 3.30 pm : Training Programme on Self Defence

Department of Police, Govt. of Kerala.

Vote of Thanks : Ms. Ancilyn Antu K

(Asst. Professor, Department of Chemistry, Carmel College

(Autonomous), Mala)

International Women's Day 2024
Invest in women: Accelerate Progress

International Women's Day 2024 Invest in women: Accelerate Progress

Carmel College (Autonomous), Mala, a first grade college for women under the University of Calicut, stands nestled in an idyllic locale in a small town called Mala near the southern tip of Thrissur district, the cultural capital of Kerala. This college, which began in the year 1981, is run by the Sisters of the Congregation of Mother of Carmel who, guided by their founders Saint Kuriakose Elias Chavara and Rev. Fr. Leopold Boccaro, have taken up the apostolate of education.

The Management adopts a proactive approach providing infrastructural facilities and learning resources that are periodically enhanced and up-graded in order to ensure the smooth execution of the academic and administrative process. Consistent support and ample platforms are extended to students who aspire to excel in academics, sports and arts.





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DEPARTMENT OF HINDI

As part of MOU in collaboration with ST. MARY'S COLLEGE THRISSUR, KERALA WEBINAR 'ममता कालिया की रचनाओं मे नारी विमर्श'



Dr.May Flower K A **Assistant Professor & HoD Department of Hindi** St. Mary's College, Thrissur



20/3/24



10.30-12.00



Seminar Hall

Ms. Swetha C K Staff-Co- Ordinator HoD

Ms. Veenamol K.V Dr.Sr. Kochuthressia K.P. Principal



DEPARTMENT OF HINDI

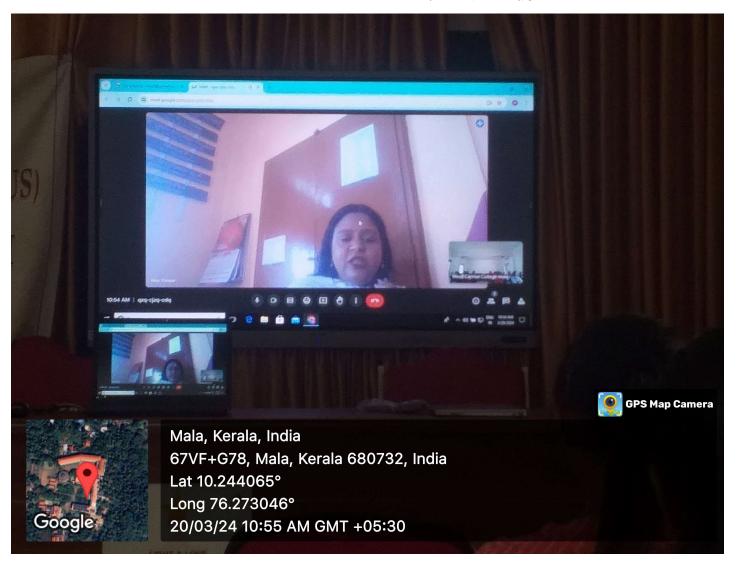
REPORT OF SEMINAR ON GENDER

Mamta Kalia, an Indian feminist writer, is best known for her contributions to Hindi literature. She has portrayed the lives of women with depth and sensitivity, shedding light on their struggles, aspirations, and the societal constructs that shape their existence. While Kalia's works encompass various themes, including social issues, relationships, and human emotions, feminism is a recurring motif in many of her writings. The Department of Hindi organized a seminar on "Feminism in Mamata Kaliya's Writings". Dr May Flower K A, Assistant Professor, Department of Hindi, St. Mary's College, Thrissur was the resource person.

OUTCOME

Mamta Kalia's works advocate for gender justice and social change, advocating for women's rights, equality, and empowerment. She raises awareness about issues such as domestic violence, gender-based discrimination, and the need for gender-sensitive policies and interventions. The seminar was so enlightment for students.

Head
Department of Hindi
Carmel College (Autonomous)
Mala-680732



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DEPARTMENT OF SOCIOLOGY

Association Inauguration

Seminar

Sociology of Women " Empowerment "



Ms. Beena C A
Assistant Professor
Department of Sociology
St. Joseph's College (Autonomous) Irinjalakuda



20 September 2023



2:00 PM



Seminar Hall

Sona S P

Sr. Jisha Chakkunny M

Dr. Sr. Kochuthressia K P

Association Secretary

Head of the Department

Principal



ASSOCIATION INAUGURATION AND SEMINAR ON 'SOCIOLOGY OF WOMEN EMPOWERMENT'

The Department of Sociology inaugurated the activities of Carmel Sociology Association (CSA) for the year 2023-2024 on 20th September 2023 at 2 pm in College auditorium. The programme was anchored by Fathima Saniya, student of IV MA Integrated Sociology. The event began with a prayer by Aneeta Shaju, student of III BA Sociology. Miss Aswathi A, the CSA Coordinator delivered a welcome address. Principal Dr. Sr. Seena was presided over the function and she delivered the presidential address. This was followed by the inauguration of the association. The inauguration was initiated with lighting the lamp by the dignitaries. The chief guest was Miss

Beena C A, Assistant Professor and HOD, Department of Sociology, St. Joseph's College, Irinjalakuda gave the inaugural address. Sr. Jyothi, HOD of Department of Sociology delivered felicitation. It was followed by the seminar on the topic 'Sociology of Women Empowerment'. Miss Beena C A highlighted women's ability to achieve greater control over their lives, resources and opportunities and women empowerment is a multifaceted process that involves economic, political and social dimensions. The lecture was an enlighten one. After the seminar, Sona S P, the Association Secretary proposed the vote of thanks. The programme was concluded by 3.30 pm.

Outcome

- 1. Extension activities and activities for experiential learning.
- 2. Active participation of students.
- 3. Planned to more seminars on socially relevant topics.













Programme: Association Inauguration and Seminar

Date : 80-09-8093

Time : 2 pm

Venue : College Auditorium

Resource Peason: Ms Beena CA, Assistant Professor and Hop,

St. Joseph's College, Isingalakuda

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BRAIN SOCIETY IN COLLABORATION WITH

DEPARTMENT OF SOCIOLOGY

ORGANISES A SEMINAR ON THE TOPIC

Orange the World Campaign - DV Act 2005



Date: 29/11/2023 Time: 2:30 pm

Venue: Ruby Jubilee block

PROGRAMME LIST

Prayer : Aneeta Shaju

Welcome Speech : Sri. A. V. Thomas, Director

Brain Society

Presidential Address : Dr. Sr. Kochuthressia K P, Principal

Seminar : Adv. K. R. Retnakumari

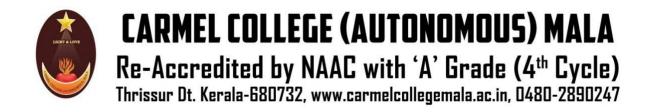
Legal Councillor

MS.SALIN THOMAS
CO-ORDINATOR

DR.SR.KOCHUTHRESSIA .K.P PRINCIPAL

SR.JISHA CHAKKUNNY M HEAD OF THE DEPARTMENT





SEMINAR REPORT

DEPARTMENT OF SOCIOLOGY

ORANGE THE WORLD CAMPAIGN SEMINAR (2023-2024)

November 29, 2023, at 2:30 PM Carmel College Autonomous, Department of Sociology conducted in collaboration with the Brain Society and the Department of Sociology, aimed to raise awareness and engage students in discussions related to the "Orange the World" campaign. Welcome and Opening Greeting by the faculty representative. Objectives of the seminar is Keynote Speech Distinguished speaker from the Brain Society discussing the significance of the "Orange the World" campaign. It provides insights into global efforts addressing gender-based violence. She also talk about the protection of women from domestic violence act 2005 is an act of the parliament of India enacted to protect women from domestic violence The seminar successfully provided a platform for meaningful discussions, enhanced understanding of the "Orange the World" campaign, and fostered collaboration between the Brain Society and the Department of Sociology in addressing societal issues.

Outcome

- 1. Awareness enhancement.
- 2. Networking opportunities
- 3. Students get knowledge about the gender based violence



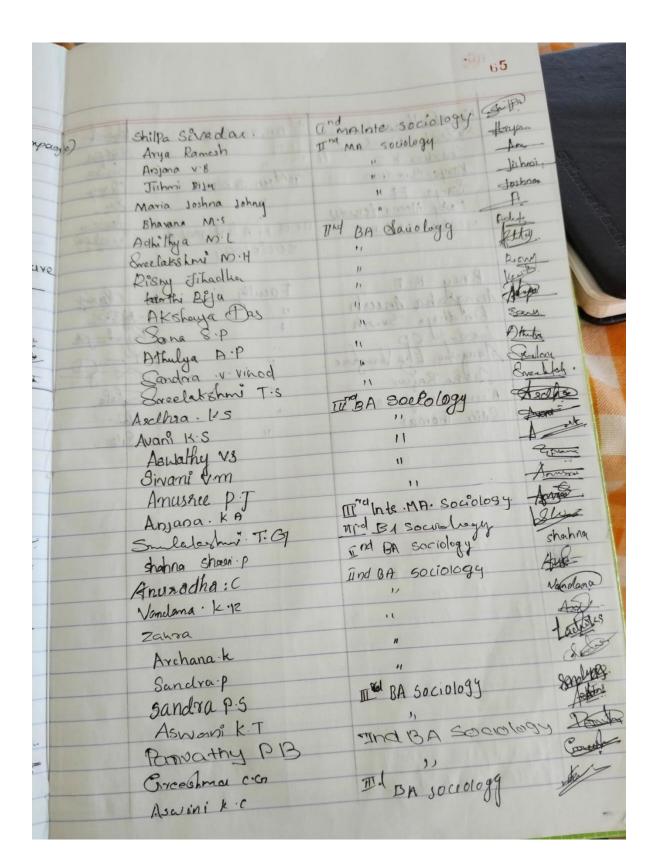








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Department of BFSI

Organising

Debate Competition Gender Equality

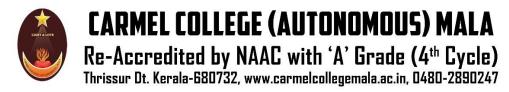


Balanced participation in Decision Making

Venue: Seminar Hall II Date: 05/02/2024 Time: 2.45 P.M.

Program Co-ordinator Ms. Divya Chandran

Principal
Dr. Sr. Kochuthressia K.P.



DEPARTMENT OF BVOC BANKING FINANCE SERVICES AND INSURANCE

Activity Report on Debate Competition

The debate competition on "Gender Equality: Balanced Participation in Decision Making" was organized on February 5, 2024, by the Department of BFSI. The event aimed to address the crucial issue of gender equality and the need for women's active involvement in decision-making processes across various sectors of society. The competition witnessed enthusiastic participation from students, emphasizing the significance of promoting gender equality and women's empowerment. Participants engaged in insightful debates, presenting diverse perspectives and proposing strategies to ensure equitable representation and participation of women in decision-making roles. Structured into multiple rounds, including preliminary debates and a final round, the competition provided a platform for participants to articulate their arguments, substantiate their claims with evidence, and engage in constructive dialogue with their peers. Participants demonstrated a deep understanding of the subject matter, backed by empirical research and real-world examples.

Outcome: the debate competition on "Gender Equality: Balanced Participation in Decision Making" served as a catalyst for raising awareness, fostering dialogue, and mobilizing collective action towards achieving gender equality. The event underscored the importance of collaborative efforts in addressing systemic barriers and creating opportunities for women to contribute meaningfully to decision-making processes in all sectors of society.









14 CARMEL COLLEGE (AUTONOMOUS) MAGE DEPARTMENT DE BESI

Name of the event: Debati Competition Date: 05/02/2024 Venue: Germans Hall 4 SI. No. Name of Student Depti Fascala ex Broc AT Line Fascala ex Broc AT Rimaisa Parvers Broc AT Sanjanakushna p.R. 1840c AT Chapita k. Broc AT Chapita k. Broc Agai And A Chapita k. Broc Agai And Nama M. R. Broc Agai And Nama M. S. Broc Best Male Goran Dengment of Berling Francisco Service & Insurance Male Goran Borne & Insurance Dengment of Berling Francisco Service & Insurance Male Goran Borne & Insurance Dengment of Berling Francisco Service & Insurance Male Goran Borne & Insurance Dengment of Berling Francisco Service & Insurance Male Goran Borne &				1 L Wall	and tition	
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Suffrage Spar

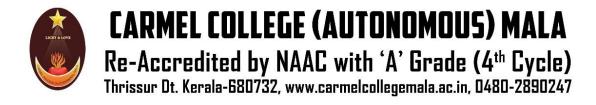
Debate competition in connection with Women's Day

ON TY MARCH

Venue: BFSI Lab

Ms.Christeena Wilson K HoD Dr.Sr.Kochuthressia K.P. Principal

Ms.Anju P D
Staff Co-ordinator
Made with PosterMyWall.com



DEPARTMENT OF ACCOUNTING AND TAXATION (B.VOC)

Report on "Suffrage spar"

In honor of International Women's Day, on March 11, 2024, the Department of Accounting and Taxation organized the "Suffrage Spar" debate competition at BFSI Lab. This event aimed to commemorate the achievements of women's rights movements and foster meaningful discussions on gender equality. A total of 17 students participated in the competition, showcasing their debating skills and advocating for gender equality. The Suffrage Spar debate competition, organized by the Department of Accounting and Taxation in connection with International Women's Day, was a resounding success. The event provided students with an opportunity to engage in meaningful dialogue, advocate for gender equality, and celebrate the achievements of women's rights movements.

Outcome:

- The Suffrage Spar debate competition served as a platform for raising awareness about women's rights issues and empowering students to become advocates for gender equality.
- A panel of judges comprised of faculty members and experts in gender studies evaluated the
 debates based on criteria such as clarity of arguments, persuasiveness, relevance of evidence, and
 overall presentation.
- Participants delivered compelling arguments and presentations, showcasing their research skills and understanding of the issues at hand.

Conclusion

The Suffrage Spar debate competition, organized by the Department of Accounting and Taxation in connection with International Women's Day, was a resounding success. The event provided students with an opportunity to engage in meaningful dialogue, advocate for gender equality, and celebrate the achievements of women's rights movements. Through their participation, the students demonstrated their

commitment to advancing the cause of gender equality and fostering a more inclusive society. The Department looks forward to organizing similar initiatives in the future to continue promoting awareness and dialogue on women's rights issues.



Head
Department of Accounting & Taxation
Carmel College (Autonomous)
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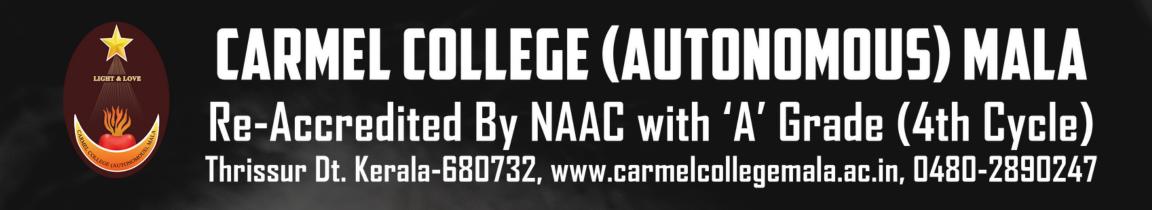
DEPARTMENT OF ACCOUNTING & TAXATION

Name of the Event: Suffrage Spor (Homens Day)

Date: 11.06.2024

Venue: BFSI Lab.

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DEPARTMENT OF
SOFTWARE DEVELOPMENT

SLOGAN WRITNG COMPETITION

International Day for the Elimination of Violence against Women

25 NOV 2023

CLICK HERE:

HTTPS://FORMS.GLE/HTVVMR

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DEPARTMENT OF SOFTWARE DEVELOPMENT CARMEL COLLEGE(AUTONOMOUS), MALA

SLOGAN WRITING COMPETITION

The department organized a slogan writing competition in connection with International Day for Elimination of Violence against Women on 25 Nov 2023. Students from various departments participated in the competition.

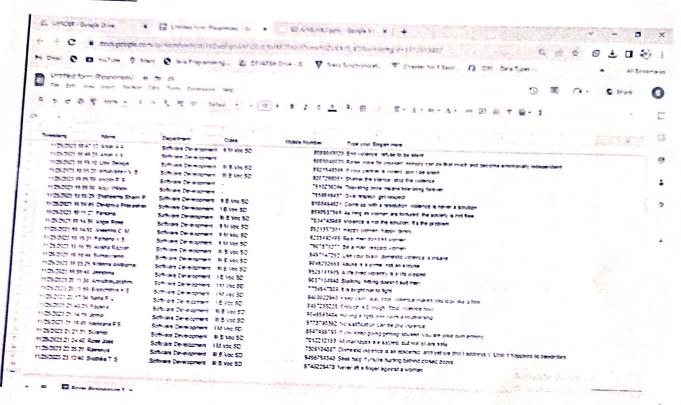
Outcome

- Helped the students to get an awareness on rights of women
- The programme aimed to create awareness of the fact that violence againstwomen is a human rights violation

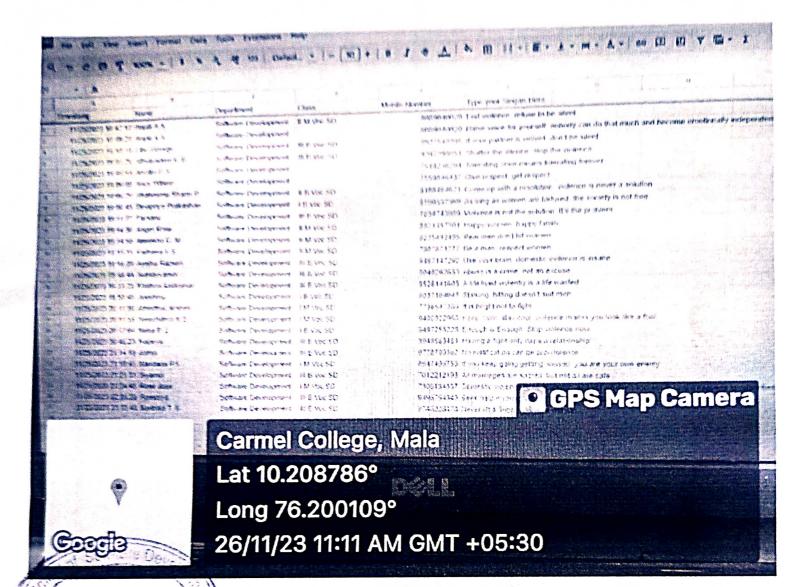
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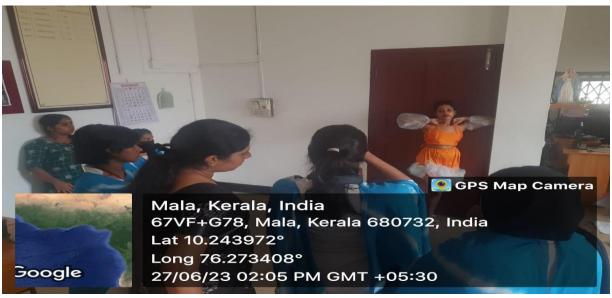
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Gender

Portfolio shoot

The Department of Multimedia conducted a portfolio shoot focused on showcasing the gender diversity of Fashion Technology students. The objective of this shoot was to create an inclusive and representative visual portfolio that highlights the creative and professional talents of students across all genders within the field of fashion technology. A gender-related photo or video shoot can focus on various themes to explore and challenge societal norms, highlight gender diversity, or celebrate gender identities.



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Head
Department of Multimedia
Carmel College (Autonomous)
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Outcome

- To represent the diversity of gender identities within the Fashion Technology student body.
- To provide students with a professional-quality portfolio piece that they can use for career advancement.
- To promote the inclusive nature of the Fashion Technology program and the broader fashion industry.

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Department of Multimedia
Carmel College (Autonomous)
Mala-680732

Participation List

- 1. Adhithya M
- 2. Amrita K A
- 3. Amritha Viju
- 4. Amarthyanjana P S
- 5. Anamika K S
- 6. Anjaly K A
- 7. Anu K Bhasi
- 8. Aparna Rani
- 9. Fidha Faizal P M
- 10. Hridhya Mohan
- 11. Lakshmi K S
- 12. Misha M.S
- 13. Shifana Parvin
- 14. Sona Prakash
- 15. Sreelakshmi C S
- 16. Subeena P S
- 17. Vismaya N V
- 18. Agnus Mary Joshy
- 19. Nadhiya Usman T
- 20. Krishnapriya K P
- 21. Joshna John V
- 22. Sandra Shantoo





Head
Department of Multimedia
Carmel College (Autonomous)
Mala-680732



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DEPARTMENT OF BUSINESS

ADMINISTRATION Seminar on

"GENDER SENSITIVITY"



15-01-2024



AUDIO VISUAL



2:30PM -3:30PM

Resource Person



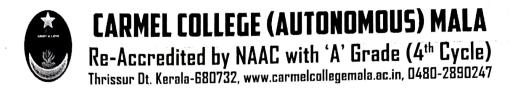
Athira Sugathan

Research Scholar St. Teresa's College Ernakulam

Ms. Gilu Mathew Staff Co-ordinator

Dr. Rema P. HOD

Dr. Sr. Kochuthressia K. P. Principal



DEPARTMENT OF BUSINESS ADMINISTRATION

"Gender Sensitivity"
SEMINAR REPORT

Department of Business Administration, Carmel College (Autonomous) Mala, Thrissur

organised a talk on "Gender Sensitivity"

The talk on Gender Sensitivity was held on 15th January 2024 @ 2.30 p.m. The session led by Ms. Athira Sugathan, Research Scholar, St.Teresa's College, Ernakulam. The seminar began at 2.30 p.m. in the presence of all the members from the department of Business Administration. Ms. Ardra Paul started the seminar with brief introduction of the chief guest Ms. Athira Sugathan and welcome the participants. The topic was explained by the resource person and it was very informative for the students on the different studies conducted on gender sensitivity. 16 Students attended the session and they participated in the interactive question/answer session at conclusion. Ms. Dilsha Parveen proposed Vote of Thanks.

Outcome: The programme helped to provide awareness among students about Gender Sensitivity.

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Head
Department of Business Administration
Carmel College (Autonomous)
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Department of Business Administration

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PG DEPARTMENT OF COMMERCE

INVITED LECTURE ON

"The journey to a women entrepreneur"

DATE 22/11/2023

VENUE Audio Visual Room

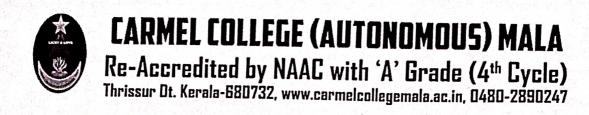
TIME 2.00 PM



Ms.NIMMY ANTLO Entrepreneur Alankaar Boutique Thrissur, Mala

Ms. SARANYA M.S. Staff Co-ordinator

Dr.STEGY V.J. HoD Dr.Sr.KOCHUTHRESSIA K.P.
Principal



PG DEPARTMENT OF COMMERCE

ON THE TOPIC THE LIFE OF A WOMEN ENTREPRENEUR

PG Department of Commerce conducted a seminar on the topic "The life of a Entrepreneur" on 22nd November 2023 @ 2.00 PM in Audio visual room. Here we the department of commerce decided to conduct a programme to inspire on students through a successful story of an entrepreneur. Our programme starte with prayer song delivered by Akshaya and varsha. Anchoring session was beautifully handled by our b.com first year student Athira Ajith. The welcoming address handled by our head of the department Dr.Stegy V.J. Afte that the session handled by our Chief Guest Ms. Nimmy Antlo (Alankaan Boutique, mala Thrissur). She had provided a fruitful motivational session about passion more than profession. There is no more force powerful than a women determined to rise. she proved it through her life story. Then after her lecture our beloved principal Dr.Sr.Kochuthressia K.P. CMC hand over our token of love on behalf of our department of commerce to our Chief Guest Ms. Nimmy Antlo. After that staff co-ordinator of the programme Ms. Saranya M.S delivered Vote of thanks.

Outcome: This programme inspired the students to think about their passion. Because our passion is entirely different from our profession. There is a failure story behind every successful story. Just like our chief guest story also notivated and inspired our students to think forward.

Head
Department of Commerce
Carmel College (Autonomous)
Mala - 680 732





	Geminar On the	Topici- "The lourney of an
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	Datel: 22/11/2023	**
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Head

Department of Commerce

Carmel College (Autonomous)

Mala - 680 732





CARMEL COLLEGE (AUTONOMOUS)

Mala ,Thrissur District, Kerala -680 732

Affiliated to the University of Calicut

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Department of Political Science

ASSOCIATION INAUGURATION & SEMINAR

On The Topic

Gender Sensitization



Dr.Satheesh Kumar P.K

(Assistant Professor)
Department of Political Science
P. M. Govt. College
Chalakudy

On 25 .07.2023 •@Audio-visual Room • @10 :30 AM

<u>Co-ordinator</u> Ms.Ushus Mol E.U <u>HoD</u> Ms.Mary Philip

<u>Principal</u> Dr.Sr.Kochuthressia K.P

Department of Political Science 2023-24

Report: Association inauguration and seminar on gender sensitization

On July 25, 2023, the Department of Political Science at Carmel College (Autonomous), Mala, held an association inauguration and seminar on gender sensitization in the Audio-Visual Room. The seminar was led by Dr. Satheesh Kumar P.K., Assistant Professor in the Department of Political Science at PMG College, Chalakudy, and was presided over by Dr. Sr. Kochuthresia K.P. The event was coordinated by Ms. Mary Philip, Head of the Department of Political Science, with collaborative efforts from Ushus Mol EU, Sujith K.S., and Amilsha A.A.

The seminar, which began at 10:30 AM, was attended by 73 students and provided an indepth exploration of gender issues, focusing on enhancing gender sensitivity. Dr. Satheesh Kumar's expert presentation and interactive discussions offered valuable insights into gender dynamics and the importance of fostering gender equality.

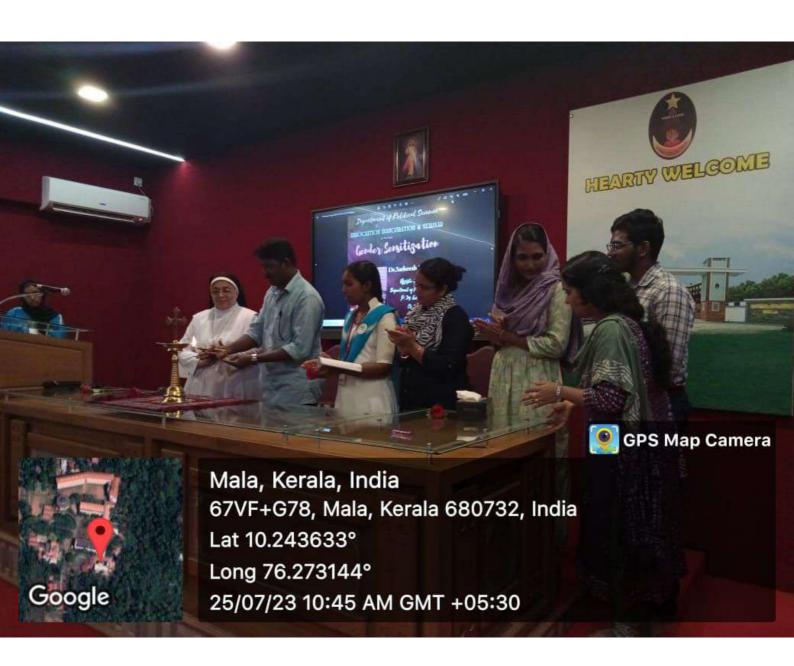
Outcome of the Program

The students gained a thorough understanding of gender issues and practical approaches to promoting gender equality. The engaging discussions and presentations facilitated a deeper awareness of the impact of gender sensitivity in various aspects of life. The successful organization of the event and the active participation of the students highlighted the department's dedication to addressing critical social issues and advancing educational initiatives on gender awareness.

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Department of Political Science Carmel College (Autonomous) Mala - 680 732





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Department of Political Science

NATIONAL LEGAL SERVICE DAY

"WOMEN AND GENDER DEMOCRAC

UGURATION OF FORUM FOR SOCIAL JUSTICE



Adv. K.G. Satheeshan 'Gramya' Kizhuthani ,Manapadi P.O Irinjalakuda

ON 9.11.23 @ 2:00PM

VENUE-AUDIO VISUAL ROOM

Principal Dr. Sr. Kochuthressia K.P.

CO-ORDINATERS

Ms. Amilsha A.A.

Ushus Mol E.U.

Sujith K.S.

HoD

Ms. Mary Philip



Department of Political Science 2023-24

Report: Women and Gender Democracy

On November 9, 2023, at 2:00 PM, the seminar on "Women and Gender Democracy" took place in the Audio Visual Room. The event commenced with a welcoming address from Ms. Mary Philip, Head of the Department of Political Science, who provided an overview of the theme and set the tone for the forthcoming discussions.

The keynote address was delivered by C.A. Francis, Programme Coordinator from the Legal Service Authority. His insightful speech provided a comprehensive overview of the intersections between women's rights and gender democracy, highlighting the challenges and progress in these areas. Francis emphasized the importance of legal frameworks and societal changes in promoting gender equality and democratic values.

Following the keynote address, K.G. Satheesan from the Irinjalakuda Sub Court conducted a detailed class on the topic "Women and Gender Democracy." Satheesan's presentation delved into legal perspectives on gender equality, exploring how laws and policies impact women's rights and contribute to democratic governance. The session included discussions on various legal instruments and their effectiveness in addressing gender disparities. The seminar was attended by 62 participants, who engaged actively with the content and discussions.

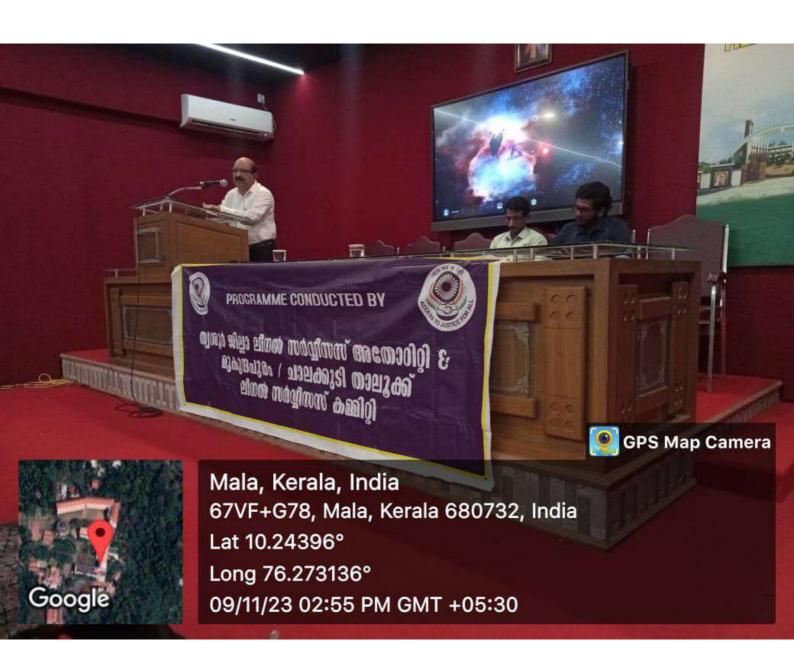
The seminar was meticulously coordinated by Ms. Mary Philip, with essential support from joint coordinators Ms. Ushus Mol E.U., Ms. Amilsha A.A., and Mr. Sujith K.S. Their efforts ensured the event was well-organized and engaging for all participants.

Outcome of the Program

The seminar achieved several significant outcomes. Participants developed a deeper understanding of how gender democracy intersects with women's rights and the effectiveness of legal frameworks in advancing these issues. The event also heightened awareness about the ongoing challenges and progress in the realm of gender equality. Attendees left feeling more empowered to engage in discussions and actions related to gender democracy. Additionally, the seminar provided valuable networking opportunities, connecting professionals, students, and activists committed to promoting gender equality and democratic principles. Overall, the seminar made a meaningful contribution to the discourse on women's rights and gender democracy, fostering a collaborative and informed community.

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9/11/23 2.00 pm at Audio Visual coom

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DEPARTMENT OF POLITICAL SCIENCE

IN ASSOCIATION WITH

BRAIN SOCIETY

AWARENESS SEMINAR ON

DOMESTIC VIOLENCE ACT 2005

Resource Person



Smt. Maya. S. Panickar
Women Protection Officer Thrissur



07/02/2024



10.30 AM



AUDIO VISUAL ROOM

Sree. A.V. Thomas Director, Brain Society

Ms. Mary Philip HOD Principal
Dr.Sr. Kochuthressia K. P.

Department of Political Science 2023-24

Report: Domestic Violence Act 2005

On February 7, 2024, a seminar on the Domestic Violence Act 2005 was held at 10:30 AM in the Audio Visual Room. The event was inaugurated by Ms. Maya S. Paniker, Women Protection Officer from Thrissur, who set the stage with her insightful remarks on the importance of addressing domestic violence through legal frameworks and community efforts. Following her, Mr. A.V. Thomas, Director of Brain Society, delivered the welcome address, emphasizing the significance of legal literacy in combating domestic violence.

Dr. Sr. Kochuthresia K.P. provided the presidential address, underscoring the need for robust legal measures and heightened societal awareness. Her speech reinforced the seminar's role in educating individuals about their rights and available legal resources.

The seminar, attended by 94 students, featured a comprehensive session led by Advocate K.R. Retnakumari, a respected legal counsellor. Advocate Retnakumari's presentation covered the scope and definitions under the Domestic Violence Act 2005, key legal provisions such as protection orders and residence orders, and practical insights into the Act's implementation. She also shared case studies to illustrate real-life applications of the law.

The event was coordinated by Ms. Mary Philip, Head of the Department of Political Science, with crucial support from joint coordinators Ms. Ushus Mol E.U., Ms. Amilsha A.A., and Mr. Sujith K.S. Their combined efforts ensured the seminar ran smoothly and effectively.

Outcome of the programme

The seminar achieved notable outcomes, including a deeper understanding of the Domestic Violence Act 2005 among participants, increased awareness about domestic violence and legal remedies, and greater empowerment for individuals to advocate for themselves and others. The event also provided valuable networking opportunities for professionals, students, and activists involved in domestic violence prevention and support. Overall, the seminar successfully contributed to the broader goal of combating domestic violence and promoting legal knowledge in the community.

Department of Political Science Carmel College (Autonomous)

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Department of Political Sciences

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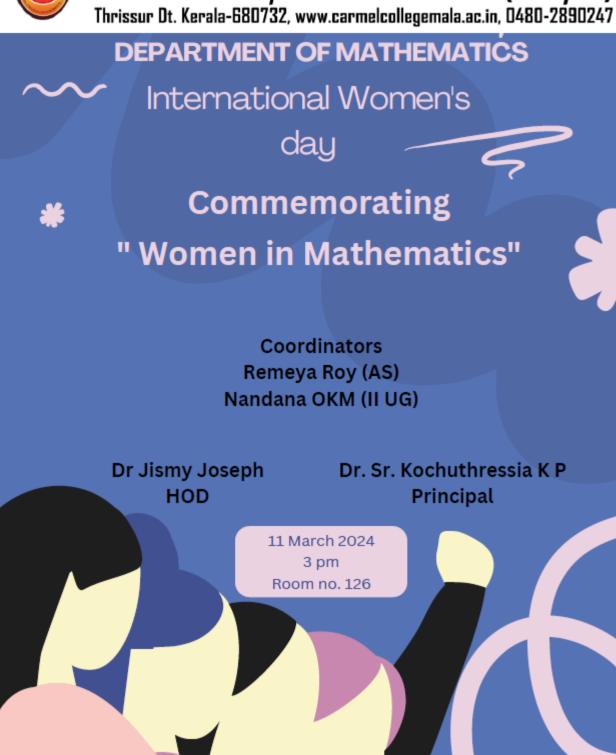
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DEPARTMENT OF MATHEMATICS

In connection with International Women' day, the department of Mathematics organized a PPT presentation and discussion on "Commemorating Women in Mathematics" on March 11, 2024 in Room no. 126 at 3.00 pm. It was led by Ms. Nandana O K M of II BSc Mathematics. Other students of the department actively participated in the same.



Outcome: Students got motivated and inspired by knowing about Women Mathematicians. Advanced learners got a chance to collect data and present a PPT on the topic.

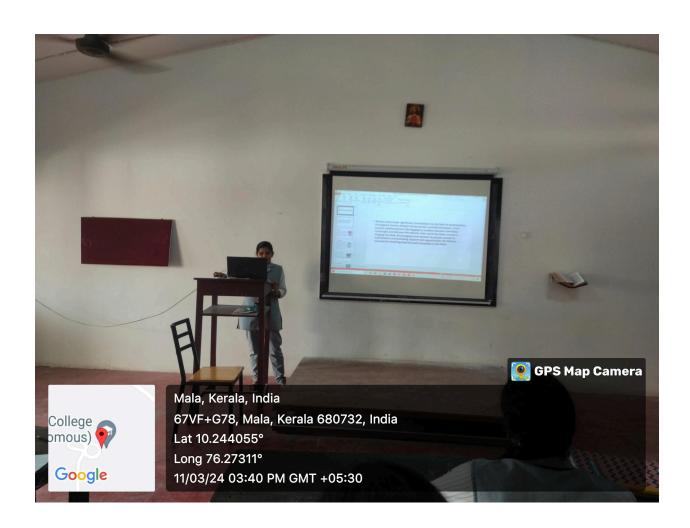


Head

Department of Mathematics

Carmel College (Autonomous)

Mala-680732



CARMEL COLLEGE (AUTONOMOUS), MALA DEPARTMENT OF MATHEMATICS 27

Name of the Paggamme: Commenosating Women in Mathematics

Date: 11-03-2024

venue: III'd BSC Mathematics class room (Rom No. 126)

Time: 3.00 pm

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Alumnae Association

Department of Mathematics

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Brilliance of Syccess

ALUMNI INTERACTION SESSION-5



2021 UG Batch

Rose UT Senior System Associate INFOSYS

> 11 December 2023 | 1.30 pm Seminar Hall

Ms. Riya Jose Ms. Meenu Jose Ms. Siji Michael Joint Coordinators

Dream it, Wish it, Do it

Ms. Meena Pious President, Carmel Alumnae Association

Dr. Jismy Joseph HOD & Coordinator Dr. Sr. Kochuthressia K.P. Principal



DEPARTMENT OF MATHEMATICS

Report On ECLAT -5 held on 11-12-2023

The Department of Mathematics organized the fifth Alumni interaction session of ECLAT on December 11, 2023 at 1.30 pm in Seminar Hall. Our alumni for this session was Ms. Rose U T, System Senior Associate, INFOSYS. She is our 2021 passout UG batch member. The session was so interesting and inspirational for students. UG students of the Mathematics Department participated in this session.



Outcome: The session motivated students to achieve their life goals and inspired them to be financially independent.







CARMEL COLLEGE (AUTONOMOUS) MALA DEPARTMENT OF MATMEMATICS

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DEPARTMENT OF ZOOLOGY

Organizing

Webinar

On

GENDER AND EDUCATION

DATE: 07/02/2024

7:00 - 8:00 PM

AKHIL. A. R

Ph.D Research Scholar, Centre for Historical Studies, Jawaharlal Nehru University, Delhi.



Joint Co-ordinators : Ayrin Jose Haritha P Nair

HOD & Co-ordinator Dr.Sr. Rini Raphael

Principal Dr. Sr. Kochuthressia K P



DEPARTMENT OF ZOOLOGY

REPORT - WEBINAR ON GENDER AND EDUCATION

Date & Time: 07/02/2024, 7-8 PM

Venue : Google Meet

Topic : Gender and Education

Department of Zoology Carmel College (Autonomous), Mala conducted a webinar on Gender and Education on Online Platform. The major objective of the programme was to explore and discuss the intersection of gender and education, addressing pertinent issues and disparities. The programme conducted on 7th February 2024 on Google Meet with the blessing of Dr.Sr.Kochuthressia, Principal and Dr. Sr. Rini Raphael vice principal, HOD, of zoology department. Then Ms.Haritha P Nair, faculty of our department were introduce the resource person Mr. Akhil A R (Ph.D Research Scholar, Centre for Historical Studies, Jawaharlal Nehru University, Delhi. Akhil A R provided an overview of the importance of understanding the link between gender and education. He presented a historical perspective on gender and education, outlining key milestones and challenges faced over the years. The session included examples of successful initiatives and interventions that have positively impacted gender inclusivity in education. The class was very informative. It starts at 7.00 PM and end in 8.00 PM. 21 students participated in the programme. The Department of Zoology expressed gratitude to Akhil Sir for his valuable contribution to the understanding of gender and education. Students were very well cooperated with the resource person.

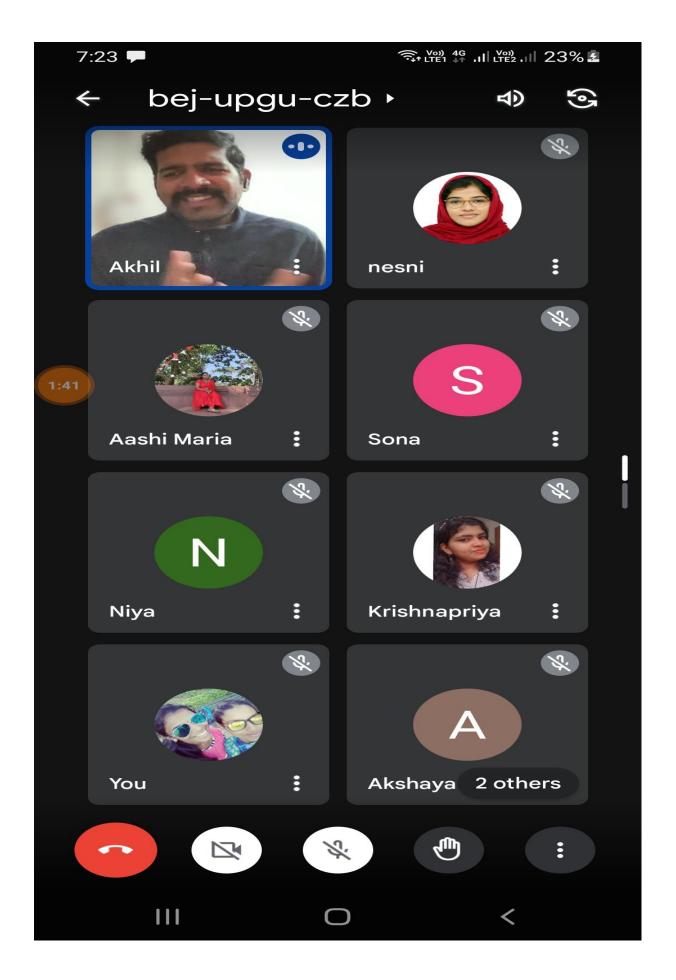
OUTCOMES

- The programme helps to aware about gender.
- Get an idea about historical perspective on gender and education,
- Outlining key milestones and challenges faced over the years
- Discuss about the current affairs related to Gender

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Head
Department of Zoology
Carmel College (Autonomous)
Maia-680732



CARMEL COLLEGE (AUTONOMOUS) MALA DEPARTMENT OF ZOOLOGY 31

Webinar On GENDER AND EDUCATION

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PARTICIPATION LIST

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CARMEL COLLEGE (AUTONOMOUS)

MALA, THRISSUR-680732
RE-ACCREDITED BY NAAC WITH 'A' GRADE (FOURTH CYCLE)

Department of Botany

Organizing
A talk on the topic:

INCLUSIVE INSIGHTS: EXPLORING GENDER DYNAMICS

Resource person:

Ms. Sneha E.S.

(2nd MSc. Botany Student)

Date: 23/02/2024

Time: 2.30 pm

Venue: 1st MSc Classroom

Dr. Sinjumol Thomas (Coordinator)

Dr. Bindhu KB (HOD) Dr. Sr. Kochuthressia KP (Principal)



CARMEL COLLEGE (AUTONOMOUS) MALA

Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

Research & PG Department of Botany

Organizing

Talk on Gender Sensitization

23.02.2024

The Department of Botany organized a Gender Sensitization Session on February 23, 2024, at the I MSc Classroom. The primary objective of the session was to create awareness and foster understanding about gender-related issues. The event aimed to contribute to a more inclusive and respectful environment within the academic community. The session took place at 2:30 PM and was conducted in the I MSc Classroom. The topic of discussion was "Gender Sensitization," and the resource person for the session was Sneha E S, a distinguished II MSc student. Dr. Sinjumol Thomas served as the coordinator for the program. Anagha V S, Student from MSc Botany welcomed the gathering. Sneha E S, with her insightful knowledge and understanding, led the session on Gender Sensitization. The content covered a broad spectrum, including the importance of understanding gender, challenging stereotypes, and promoting inclusivity. The resource person facilitated discussions on the significance of creating a gendersensitive environment and the role each individual plays in contributing to a more equitable society. The session saw active participation from 29 enthusiastic participants, including students and faculty members. The interactive nature of the discussion allowed for open conversations and the sharing of perspectives on gender-related issues. The engagement of both students and faculty members highlighted the relevance and importance of such discussions in an academic setting. The department remains committed to organizing more events that contribute to creating an inclusive and respectful atmosphere within the campus.

<u>Outcome</u>: The Gender Sensitization Session achieved its intended outcome by creating awareness and fostering a deeper understanding of gender-related issues among the participants. The discussions helped challenge stereotypes and promoted a more inclusive mindset within the

academic community. Participants gained insights into the importance of sensitivity towards gender-related concerns and the role they can play in creating a supportive and respectful environment.

Talk on Gender Sensitization - 23.02.2024









Head
Department of Botany
Carmel College (Autonomous)
Mala-680732

DEPARTMENT OF BOTANY organizing a talk on GENDER SENSITIZATION

Resource person: Ms. Sneha E.S Student, II Msc. Botany Carmel College (Autonomous), Mala

Date: 23/02/2024

Venue : I PG Classroom

Time: 2.30 pm

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Department of Botany
Carmel College (Autonomous)

Mala-680732

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Gender Sensitization Action Plan 2023-2024

Sl.	Focal Area	Action Plan
No. 1	Gender Sensitization Gender Rights and Equality	 Organize regular seminars, webinars, and panel discussions focusing on gender equality and rights., addressing stereotypes and biases and Laws protecting against gender discrimination and harassment. Celebrate national and international days that honour gender diversity by organizing special events and activities. Inspire faculty and students to engage in research, present scholarly papers, and publish work on gender-related topics to contribute to academic discourse and advocacy.
2	Women Empowerment	 To promote women empowerment in colleges, institutions can implement a multifaceted action plan aimed at fostering inclusivity, equality, and opportunities for students and staff. Integrate awareness programs on gender equality, women's rights, and safety measures into the academic calendar. Provide mentorship programs connecting female students with accomplished women professionals for guidance and encouragement. Establish support systems, such as counselling services and women-focused committees, to address challenges related to mental health, harassment, or discrimination. Celebrate national and international days dedicated to women through events like debates, panel discussions, and cultural activities to highlight their achievements and issues. Forge partnerships to offer financial assistance and organize resourceful sessions that support young women in achieving their academic goals. Provide hands-on training in tailoring, embroidery, handicrafts, ornament making, bookbinding, and similar skills through the Carmel Extension Centre for Women, enabling participants to achieve self-sufficiency and express their creativity. Encourage students to actively participate in resourceful events, competitions, and collaborative projects that help develop their talents, organizational skills, and teamwork abilities in an inclusive environment.

		Support aspiring sportswomen by offering comprehensive training, coaching, and guidance to enhance their athletic potential and foster a competitive spirit.
3	Women Health and Hygiene	 Conduct awareness sessions on healthy lifestyles, balanced nutrition, and mental well-being to empower women with the knowledge to make informed choices and prioritize their overall wellness. Offer professional counselling and mentoring services, providing personalized support to help individuals overcome challenges, set meaningful goals, and achieve both personal and academic success. Enhance the fitness centre by introducing a broader range of services and programs that cater to the diverse needs and preferences of the college community. Organize anti-drug campaigns and awareness programs to educate students and staff about the risks of substance abuse, encourage healthy lifestyle choices, and provide resources and support for those affected by addiction.
4	Safety and Security	 Organize regular workshops and awareness campaigns about anti-harassment, gender-based violence, and personal boundaries. Provide confidential counselling services for students to discuss issues related to anxiety, stress, or safety concerns. Organize mental health awareness campaigns to reduce the stigma around seeking help. Encourage peer support groups for students to discuss safety and personal well-being in a trusted environment. Ensure the active involvement of the Internal Complaints Committee (ICC) in promptly addressing and handling any reported cases of sexual misconduct.



- Develop partnerships with industries and organizations to provide internship and job opportunities for students.
- Organize career fairs, recruitment drives, and networking events, where students can meet potential employers, learn about job opportunities, and gain insights into industry trends.
- Provide skill development certificate courses and workshops aimed at enhancing both soft skills (communication, leadership, teamwork) and industry-specific competencies (technical, management, etc.).
- Offer expert coaching services for competitive exams such as UGC NET/JRF, banking, Civil Services, and PSC to help students achieve success in their chosen career paths.
- Co-ordinate campus recruitment drives, connecting students with leading employers, and offering valuable opportunities for internships, jobs, and career advancement in their respective fields.



PRINCIPAL - IN CHARGE Carmel College (Autonomous)

5. Appoint JEEVANI Consullor

6 Appoint Staff representative de FCC

Co-ondination

Consultation

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COUNSELLING CENTRE





SAFETY AND SECURITY

Residential Facility





Security Room



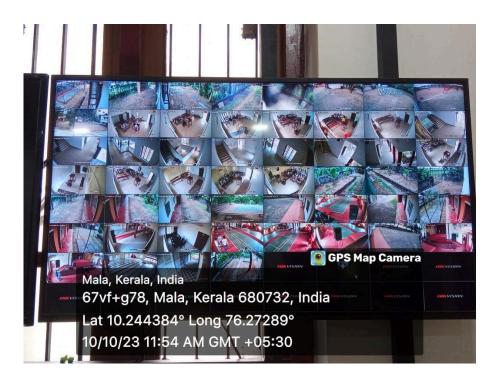
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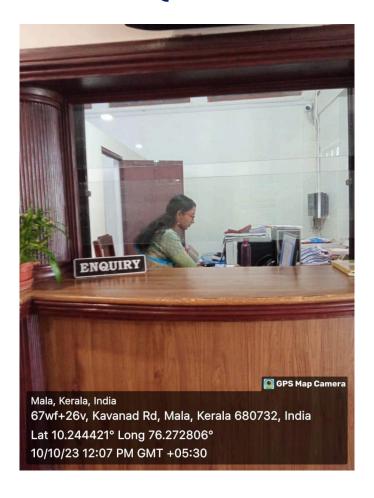
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ENQUIRY



Specific Facilities Provided for Women

Sl. No.	Focal Area	Facilities Provided
1	Safety and Security	 The campus provides controlled access through gated entrances or security personnel, ensuring only authorized individuals can enter. Adequate lighting across the campus, especially in high-traffic areas, enhances safety, particularly during evening hours. Security guards patrol the campus, especially during late hours, offering an added layer of protection and reassurance. Strategically placed surveillance cameras serve as a deterrent to criminal activity and provide valuable evidence in case of incidents. Safe transportation options, such as college buses, are available to ensure secure travel for women, particularly during late hours. Additionally, workshops, seminars, and training sessions on safety awareness, self- defense and bystander intervention are organized to equip students with the necessary skills and knowledge to protect themselves and others.
2	Counselling	 and knowledge to protect themselves and others. The college offers support services such as counselling centres and helplines to assist students dealing with safety concerns or emotional distress. Female counsellors are available on staff, trained to address a range of issues that particularly affect women, including gender-based violence, reproductive health, career planning, and gender identity. The college also organizes support groups and therapy sessions for women, providing a space to discuss common challenges, foster peer support, and build a sense of community. Workshops, seminars, and discussion groups focusing on women's mental health and well-being are held, covering topics like stress management, self-esteem, assertiveness training, and healthy relationships. Confidentiality and privacy are strictly maintained to protect sensitive information shared during counselling sessions. Counselling services are designed to be culturally sensitive and inclusive, respecting the diverse backgrounds and experiences of women. Additionally, these services are made accessible to all women, including those with disabilities or specific needs.



3	Common Rooms	 The college offers dedicated common rooms for women, creating a comfortable and secure environment that caters to their specific needs. Comfortable seating arrangements are provided in these spaces, allowing for relaxation and informal gatherings. Common restrooms, department rooms, and staff rooms are available for female faculty members, ensuring they have access to well-equipped, private spaces for work and relaxation.
4	Day-care Centre	 The college offers on-campus hostel facilities for women, providing a safe and convenient living arrangement. Nutritious meals and snacks are served throughout the day, with attention given to any dietary restrictions or allergies. The college strives to keep hostel fees affordable for students and may offer discounts or subsidies to those in financial need. Health and wellness resources are provided, including access to healthcare professionals and support for parenting-related issues. Educational support services, such as tutoring or early intervention programs, are available or can be referred to for students who require additional assistance.
5	Any other relevant information	 The college offers scholarships or grants specifically for women students, providing financial assistance to support their academic pursuits and ease any financial burdens. Leadership development programs, workshops, and networking opportunities are organized to empower women students and help them excel in both their academic and professional careers. Various support cells, such as the Grievance Redressal Cell, Anti-Ragging Cell, and Women's Cell, are actively engaged in addressing issues related to women and ensuring a safe and supportive environment. Mentorship opportunities are facilitated, allowing women students to connect with faculty, alumni, or professionals in their field for valuable guidance and support.



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