

Providence Women's College, Calicut-673009



AQAR 2021-'22

CRITERION 7.1.1

CONTENTS

1. Women's Health

2. Women & Culture

3. Women & Technology

4. Women & Media

5. Women & Law

6. Women & Society

7. Gender Diversities: An Inclusive Approach

1. Women's Health

1.1 My Period, My Pride!

The Department of Commerce arranged a session on the topic “Menstrual Hygiene & Sustainable Menstruation” on 28th September 2021. The aim behind the session is to create awareness about menstruation, provide safe and hygienic practices to girls. The resource person also gave ideas about adapting eco-friendly methods during menstruation. There was also a discussion on the effect of menstrual waste on the environment. The session was useful and the majority of students participated.

1.2. Green the Red Screening for Cervical Cancer

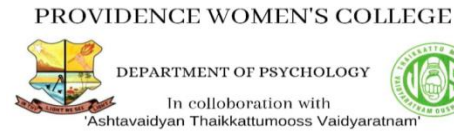
The Department of Commerce arranged a session as part of International Women's Day in association with Rotary club, Kozhikode on the topic “Green the red screening for cervical cancer” on 8th March 2022. The resource person discussed

various issues faced by Women and the session created an awareness of Cervical cancer prevention, and focused on screening of vaccinations which may lead to improved survival and a better quality of life.



1.3. Health Awareness

As part of international women's day, the Department of Psychology, conducted a Health



"HEALTH AWARENESS SEMINAR"

Chief guest



K.P. SUDHEERA

Resource person

Dr. K.S VIMAL KUMAR

Senior physician & in-charge
Vaidhyaratnam Oushadhasala Pvt. Ltd.
Treatment centre-calicut

TIME: 2 to 3 PM
8 MARCH 2022
At MV Hall



Kozhikode, Kerala, India
Malaparamba, Kannadikkal, Kozhikode, Kerala 673009, India
Lat 11.296892°
Long 75.805416°
08/03/22 03:32 PM



awareness seminar In association with Ashtavaidyan

Thaikkattu Moos

Vaidyaratnam. We got lot

of information about

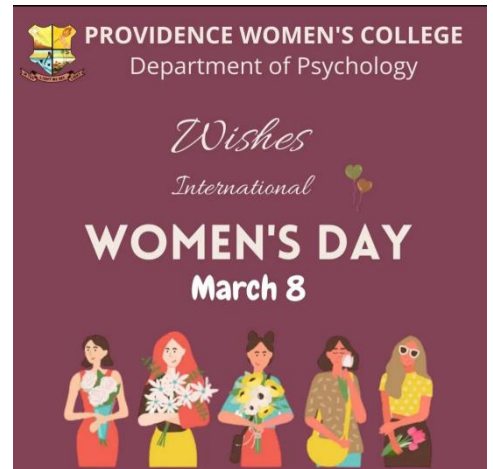
Menstrual Hygiene from

this seminar. It's a vital

to the empowerment and

well-being of women and

girls worldwide. It is



about more than just

access to sanitary pads

and appropriate toilets

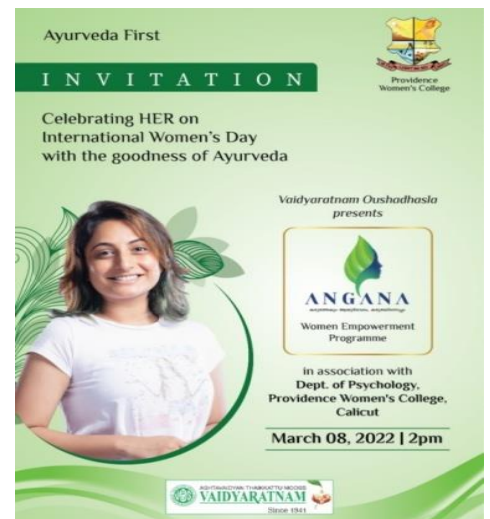
though those are

important. It is also

about ensuring womens

and girls live in an

environment that values



and supports their ability to manage their menstruation with

dignity. We were blessed with the valuable guidance of our

chief guest K. P Sudheera maa'm, Renowed malayalam

writer adorning an impeccable place in Malayalam Literature

with great acclaim and acceptance among large chunk of

favorite readers & our Resource person Dr. K. S Vimal

kumar sir, Senior Physician & In-charge Vaidyaratnam

Oushadhasala Pvt. Ltd.

1.4. Menstrual Problems in Adolescents and Menstrual Hygiene

Providence Women's College
NSS unit no:15&16

Organises

Awareness Class about Menstrual Problems in Adolescents and Menstrual Hygiene

By
Dr.Reem
Medical Officer
Govt.Homeo dispensary Malaparambu

Yoga for Menstrual Health

By
Mrs.Bhavyalakshmi.M
Msc Health and Yoga Therapy

Date : 7 July 2022
Time : 10:30-11:30 AM

University Of Calicut

An awareness class about Menstrual problems in adolescents and menstrual hygiene was conducted in the college

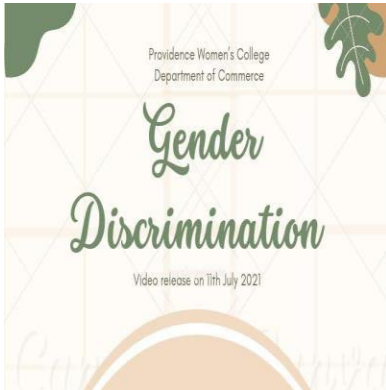


auditorium on 7 July 2022 from 10.30 am to 11.30 am. The

Resource person was Dr. Reem, Medical Officer, Govt. Homeo Dispensary and Mrs. Bhavyalakshmi, Yoga therapist. The talk was attended by 577 students of the second year batch

2. Women and Culture

2.1 Gender Discrimination

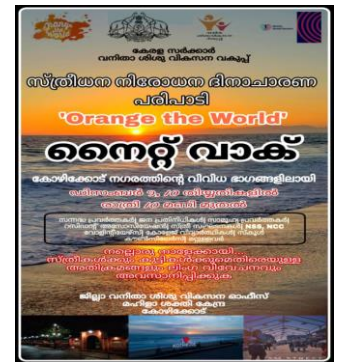


On 11th July 2021 the Department of Commerce released a video on the topic “Gender discrimination” in the official YouTube channel 'calypso'. The topic was relevant which needs a discussion. The students released two short videos. The purpose of the video is to create an awareness against the discrimination girl child have to face from society and family.

2.2 Night Walk

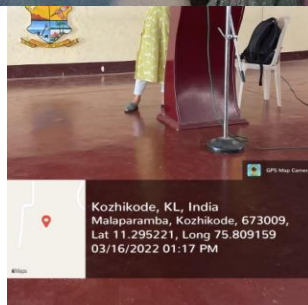


Night walk for Women was organised by the Women and Child Welfare Department, Ministry of Kerala on December 10,2021. The aim of the programme was to provide safety and confidence to women by enabling them mobility during night.



The programme started at 10:PM at the Calicut city Beach. Officer of NSS Dr. K T Vidya and three students, Jaskalekha, Janis and Abani participated in the programme

2.3 Pre –Marital Guidance



On 16 March 2022, the college union conducted seminar on pre-marital guidance for the final year students. 324 students were participated. The final year students are always being prepared for the social world in aspects of career opputunities but these lesser talked about topics were also important to be tapped upon. The speaker Ms.Aparna, research scholar,

department of psychology, Calicut university, enlightened the students about the right age for marriage and various aspects related with it. The students were also briefed about sexual interaction and its terminologies. It was a really interactive session which engaged students.

3. Women & Technology



3.1 Vending Machine Inauguration

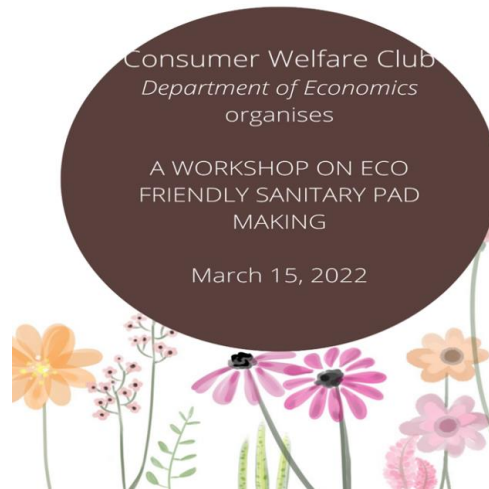
Low cost vending machine built by assembling the parts was gifted on International Women's day by the Department of Economics on March 8th, 2022. The vending machine was inaugurated by Dr. Sr. Ashmitha, Principal. The programme was attended



by all the students and three faculty members of the Department.

3.2 Workshop on Sanitary Pad Making

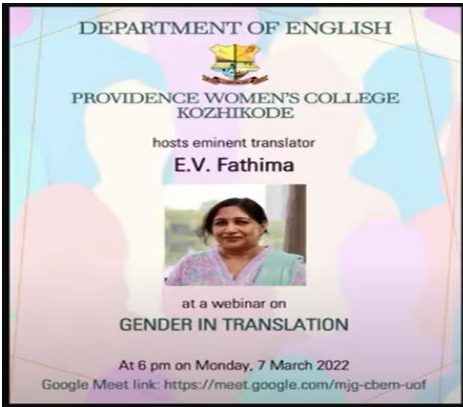
Consumer Welfare Club of Economics organized a workshop on March 15, 2022. The workshop was held at the centre of the college under the supervision of Smt Latha, the vocational workshop and successfully. The workshop was attended by a group of members of the club. The pads were made from decomposing materials and distributed among the club members as an attempt to promote green consumer.



functioning under the Department of Economics. The workshop on sanitary pad making was held at the stitching centre under the supervision and guidance of the trainer. 10 students attended the workshop and made 35 sanitary pads. The pads were eco friendly and made out of cotton. The pads were distributed among the club members as an attempt to promote green consumer.

4. Women and Media

4.1 Gender in Translation



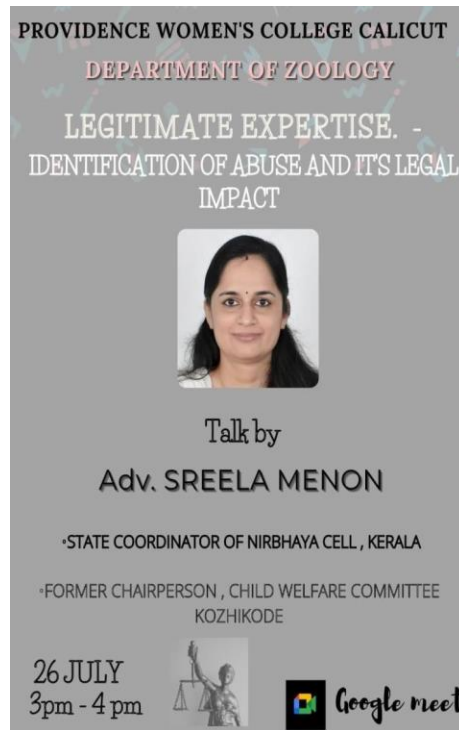
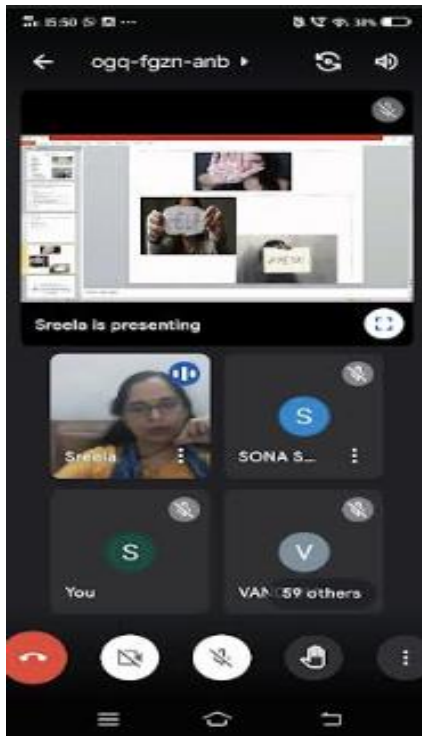
Translation studies, one of the emerging branches of literature, has underlined the importance of gender in translation. On 7 March 2022 a webinar on the topic **Gender in Translation** was organised by the department of **English**. Ms.EV.Fathima, eminent

translator, was the resource person. The webinar analysed the various aspects of gender related issues in translation theory and practice. The lively and interactive session provided an insight for the students to contribute more in the field of translation studies. The link of the webinar:

<https://youtu.be/koNt8saeqTcThe>

5. Women and Law

5.1 Identification of Abuse and its Legal Impact



On 26 July 2021 the Department of Zoology arranged a session by Advocate Sreela Menon, State Co-ordinator Of Nirbhaya Cell, Kerala And Former Chairperson, Child Welfare Committee, Kozhikode on the topic “Identification of abuse and its legal impact” . The talk was us information on various abuses on children and women, and the legal procedures for child abuse and how to face it.

5.2 The Applicability of Anti – Dowry Laws



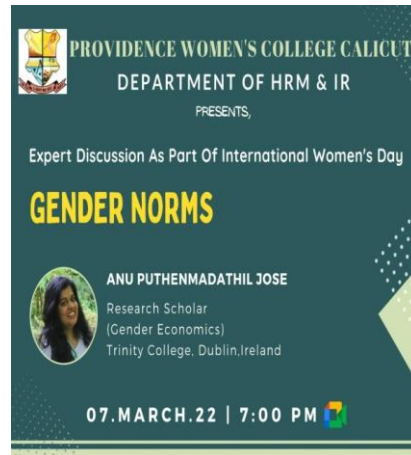
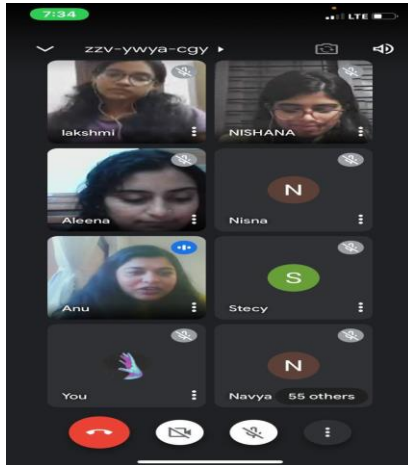
Ashima Rasheed and Revathi Nambiar participated in the college level and district level debate competition. The competition was on February 28,2022 . The topic of the competition was “The applicability of anti – dowry laws”



.The programme was organised by women and child development centre , Thiruvananthapuram . The event was held at Children’s home, Vellimadukunnu..Revathi Nambiar got 2nd prize for debate conducted at CWRDM , Kozhikode the competition on 23rd February , 2022

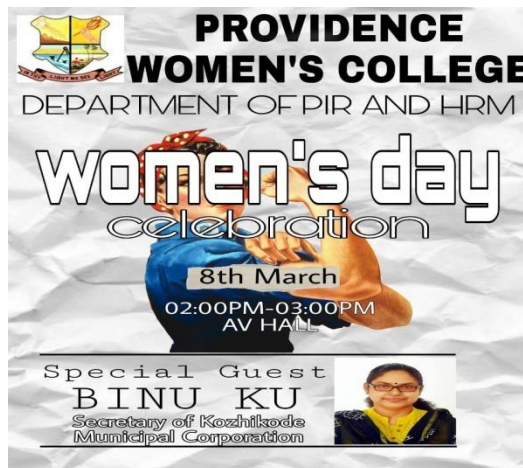
6. Women and Society

6.1 Gender Norms

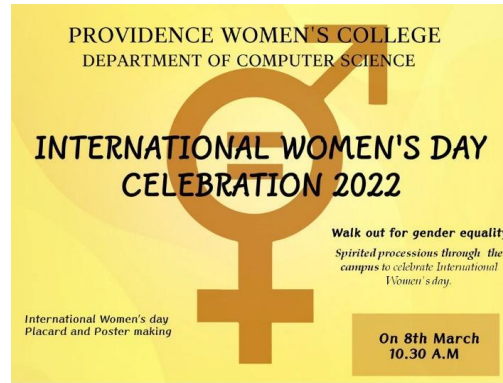


As part of International Women's Day, Department organized a webinar on "Gender Norms" The session was handled by Ms. Anu Puthenmadathil Jose, Research Scholar, Gender Economics, Trinity College, Dublin, Ireland. It was held on 7 March-2022. students got an insight about the

importance of gender norms in the present society in a different angle. On 8th March 2022, Mrs Binu K.U, Secretary of Kozhikode municipal corporation took a session on importance of career, financial freedom for women and other general matters related to women. Both events was conducted along with the Department of politics and IR.



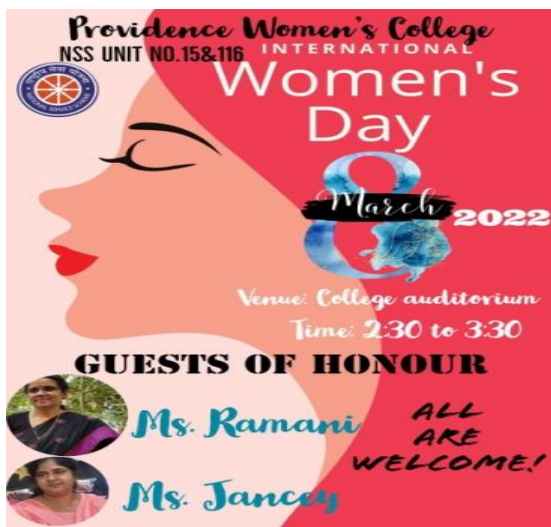
6.2 A Walkout for Gender Equality



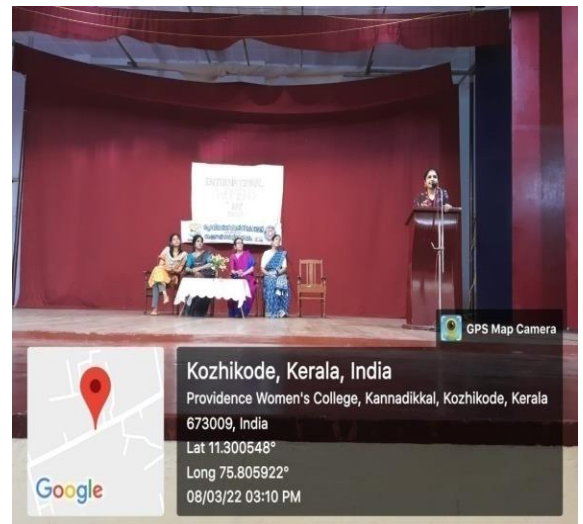
On behalf of International Women's Day, a Walkout for Gender Equality – Spirited processions through the campus was conducted on March 8th by the Department of Computer

Science at 10.30 AM. Around 60 students and 7 teachers with the principal participated in the procession.

6.3 Celebrate Being a Woman



International Women's Day was celebrated by the NSS Volunteers on campus. On 8 March 2022, the NSS units conducted



cultural programmes with Ms. Jancy Chacko and Ms. Ramani C.E., retiring teachers of PWC as the chief guests. Also, Ms. Amaya N, NSS volunteer who won the State award for the best volunteer was felicitated and presented a memento to recognise her efforts and achievements.

7. Gender Diversities: Inclusive Approach

7.1 Transgender Community: Social and Inclusive Approach

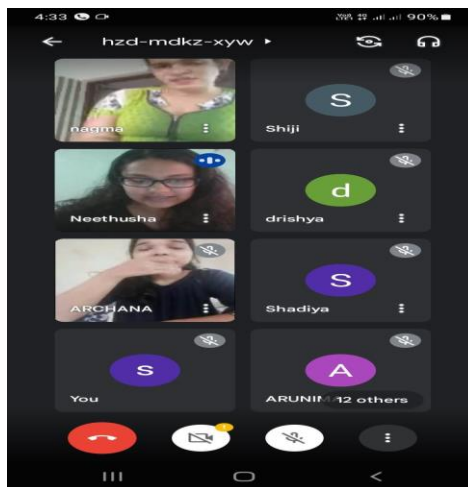


On July 5, 2021 a talk on *Gender Sensitization* was organized by the Department of Zoology. Riya Isha, the first transgender Lok Adalat member, actor and model gave us a first hand information of the life of a transgender and the we had the best session and realised many things faced by her in the society that session was

really an eye opener to all students.

7.2 Being a Trans isn't a Choice

a



The Department of Commerce organized a session on the topic “Being Trans isn't a choice” on 9th October 2021 through an online platform. A transgender Ms. Nagma Susmi was the resource person who discussed the

problems faced during her entire life. She explained the surgeries undergone, harassments faced and the psychological distress during transformation. It gave the students a proper guidelines to behave and respect a transgender person. The session created a powerful impact on each student and made them aware that being trans isn't a choice.

7.3 Pride Month Celebrations: “Pride, Not Prejudice!”



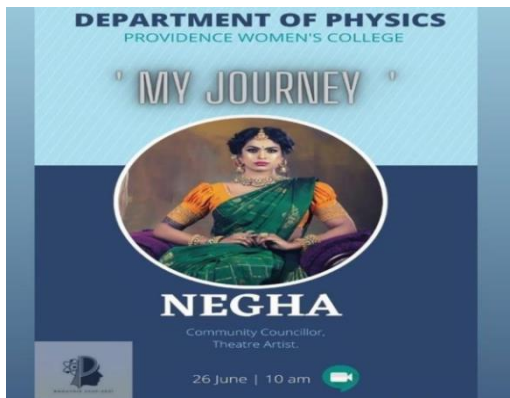
To observe Pride Month, various programmes like face painting competitions, open mic forum and other competitions were organised by the Department of English .Pride March on 24 June, 2022 took place as the grand finale of Pride Month celebrations conducted Dept of



English



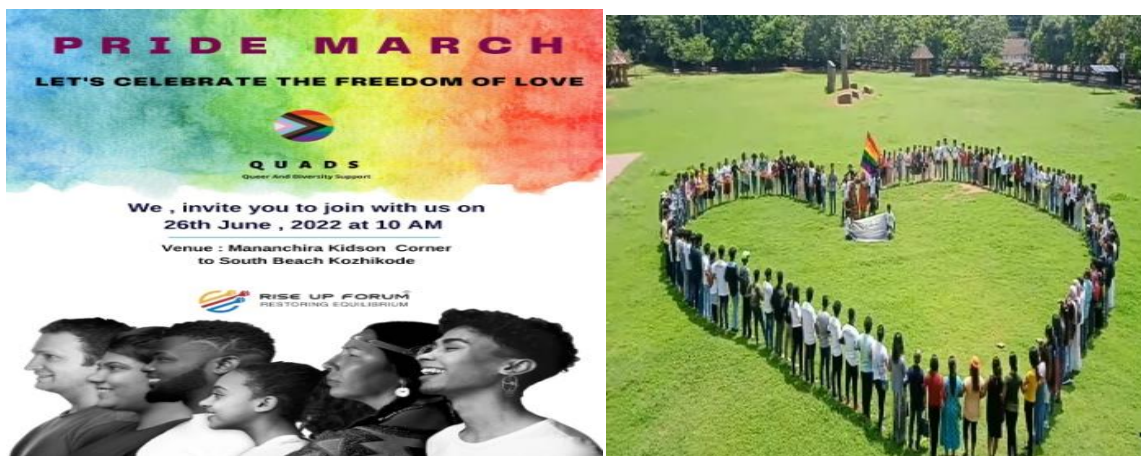
7.4 Pride Month Celebrations: “My Journey”



As part of the LGBT Pride Month Department of Physics, Providence Women’s College Kozhikode organized a Talk with Ms.Negha , Community Counsellor and Theatre Artist, an exponent for the cause on 26 th June 2021 via Google Meet. She share her experiences and the journey through which she had passed and through. The session was informative and led lights to an unseen world.

7.5 Pride Month Celebrations: “The Freedom of Love”

The NSS volunteers participated in the Pride March organized by Rise Up Forum, an NGO on the occasion of Pride Month, to drive home the idea of the LGBTQ Rights and the freedom of love. The march was conducted in Calicut City on 26 June 2022 from 10 am- 12 pm



7.6 Pride Month Celebrations: “Photo Capture”



importance of being self loved and leading a confident life by remaining as oneself in this competitive and critic world.

On 29th June 2022, Department of Botany organized a 'Photo capture' programme as a part of Pride Month celebration. A handmade selfie board was employed in the event and students from all the departments attended the same. The aim of the programme was to impart awareness on the

