



## ST. STEPHEN'S COLLEGE

(Affiliated to the University of Kerala)

MALOOR COLLEGE P.O, PATHANAPURAM,  
KOLLAM DISTRICT. KERALA. PIN- 689 695

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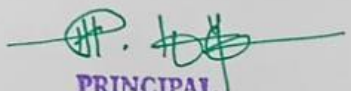
Tele: 0475 2352885/2354385

### CERTIFICATE

I hereby certify that the photographs of the Gender Sensitization Programmes of the College in the attached document are true to the best of my knowledge.

Pathanapuram



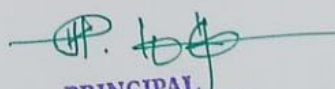
  
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## GENDER SENSITIZATION PROGRAMMES

2020-2021

Sl No	Date	Programme
1	26.08.2020	Webinar on Gender equality
2	19.02.2021	Webinar on Gender equality
3	08.03.2021	International women's day celebration
4	28.05.2021	World Menstrual Hygiene Day Celebration
5	17.06.2021	Poster competition on International Justice Day
6	25.06.2021	Webinar on Dowry prohibition Act and Domestic violence Act-
7	07.08.2021	Anti-dowry online campaign
8	14.08.2021	Gender Sensitization Programme
9	24.08.2021	Observation of Women's Equality Day
10	01.09.2021 – 07.09.2021	Poshan Abhiyan—1-7 September 2021



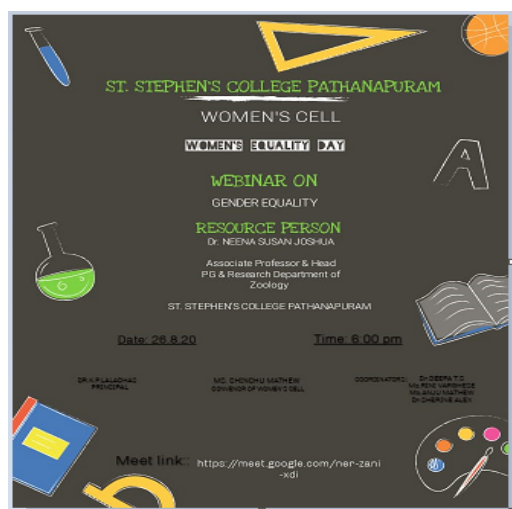
  
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## Gender Sensitization Programme Report 2020-2021

The college is providing a co education system by creating a safe academic environment without having any gender issues. The Women cell and NSS unit have conducted various Gender Sensitization Programmes for attaining the objectives of Gender Sensitization.

### **1. Webinar on Gender equality: 26 August 2020**

Women's Cell unit of the college has conducted a webinar on Gender Equality on 26.08.2020



### **2. Webinar on Gender equality: 19 February 2021**

Webinar on Gender Equality in association with Kerala State Women's Development Corporation on 19.02.2021



#### Report of the Webinar on Gender Equality

Women Cell and IQAC in collaboration with Kerala State Women's Development Corporation, Thiruvananthapuram organised a webinar on Gender Equality through Google meet on 19<sup>th</sup> February, 2021

The meeting started with prayer song. The Women Cell Co ordinator Ms. Chinchu Mathew welcomed the Chief Guest, teachers and participants. Fr. Dr. N.J. Koshy ( Governing Body Member, Asst. Professor, Department of Mathematics) delivered the inaugural speech. Capt. Dr. Koshy P. M. (IQAC Co ordinator, Asso. Professor, Department of Zoology) gave the felicitations and appreciated for co ordinating the programme.

The resource person was Dr. Anishia Jayadev (Asst. Professor, Institute of Management in Government, State Nodal Officer in Gender). She shared her experiences about the inequalities faced by the women in the society and how to overcome them. An open discussion was also arranged at the end of the session and the participants actively involved in the discussion. About 100 students participated in the programme and it was a grand success

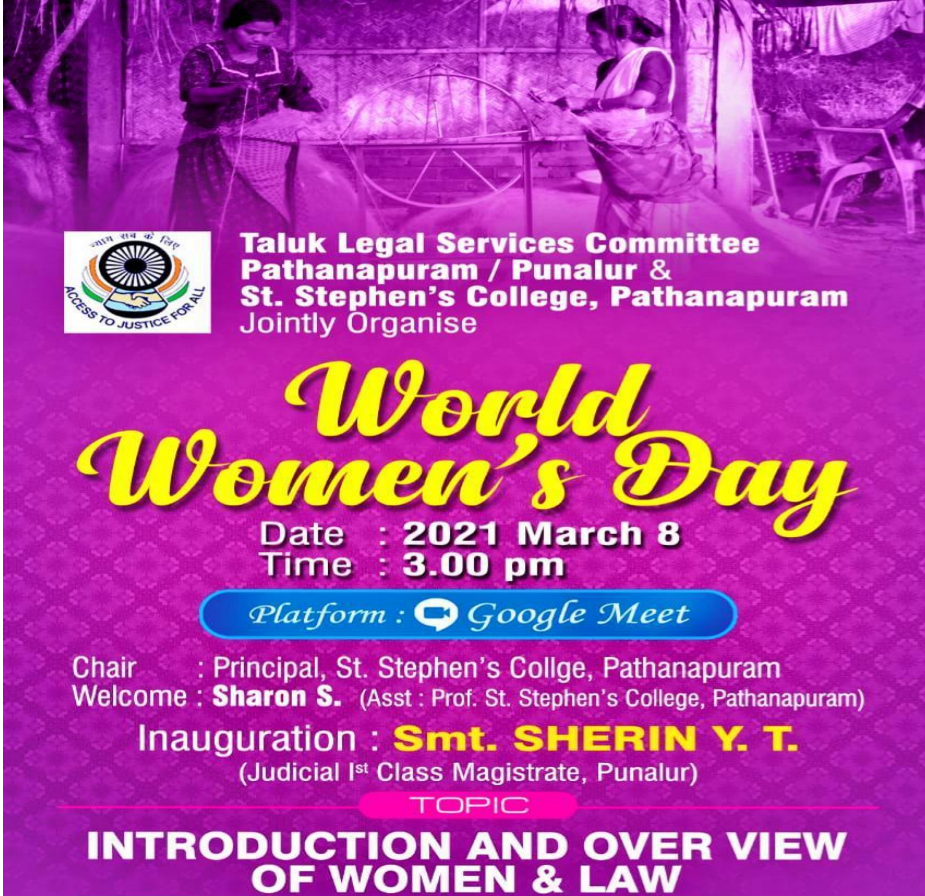
*Ms. Chinchu Mathew*  
Women Cell Co ordinator


*Dr. Anishia Jayadev*  
Principal  
ST. STEPHEN'S COLLEGE  
PATHANAPURAM, KOLLAM DIST.



### 3. International Women's day celebration: 08 March 2021


The International Women's Day was also celebrated by the NSS unit by conducting an awareness programme on "Introduction and Overview of Women and Law" on 08.03.2021

A purple poster for World Women's Day. At the top, there is a photograph of two women in traditional Indian attire working on a large, circular, hand-operated spinning wheel. Below the photo is the logo of the NSS (National Service Scheme) with the text "WITH HER IS THE" and "TO ACCESS TO JUSTICE FOR ALL". To the right of the logo, the text reads: "Taluk Legal Services Committee Pathanapuram / Punalur & St. Stephen's College, Pathanapuram Jointly Organise". The main title "World Women's Day" is written in a large, stylized, yellow font. Below the title, the date and time are given: "Date : 2021 March 8" and "Time : 3.00 pm". A blue button with a speech bubble icon contains the text "Platform : Google Meet". Below this, the chair and welcome are listed: "Chair : Principal, St. Stephen's Collge, Pathanapuram" and "Welcome : Sharon S. (Asst : Prof. St. Stephen's College, Pathanapuram)". The inauguration is by "Smt. SHERIN Y. T. (Judicial 1st Class Magistrate, Punalur)". A pink banner with the word "TOPIC" in white is followed by the main topic in bold white letters: "INTRODUCTION AND OVER VIEW OF WOMEN & LAW".

 Taluk Legal Services Committee  
Pathanapuram / Punalur &  
St. Stephen's College, Pathanapuram  
Jointly Organise

# World Women's Day

Date : 2021 March 8  
Time : 3.00 pm

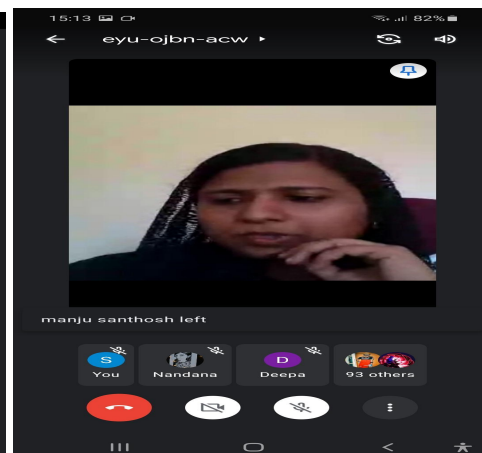
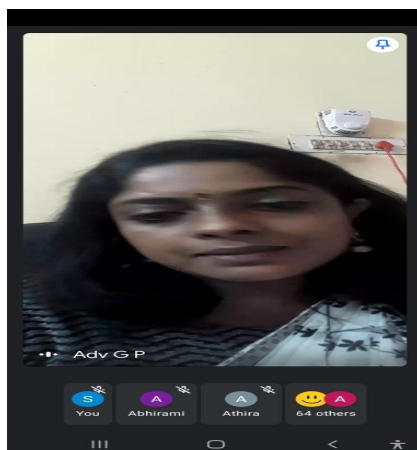
Platform :  Google Meet

Chair : Principal, St. Stephen's Collge, Pathanapuram  
Welcome : **Sharon S.** (Asst : Prof. St. Stephen's College, Pathanapuram)

Inauguration : **Smt. SHERIN Y. T.**  
(Judicial 1st Class Magistrate, Punalur)

TOPIC

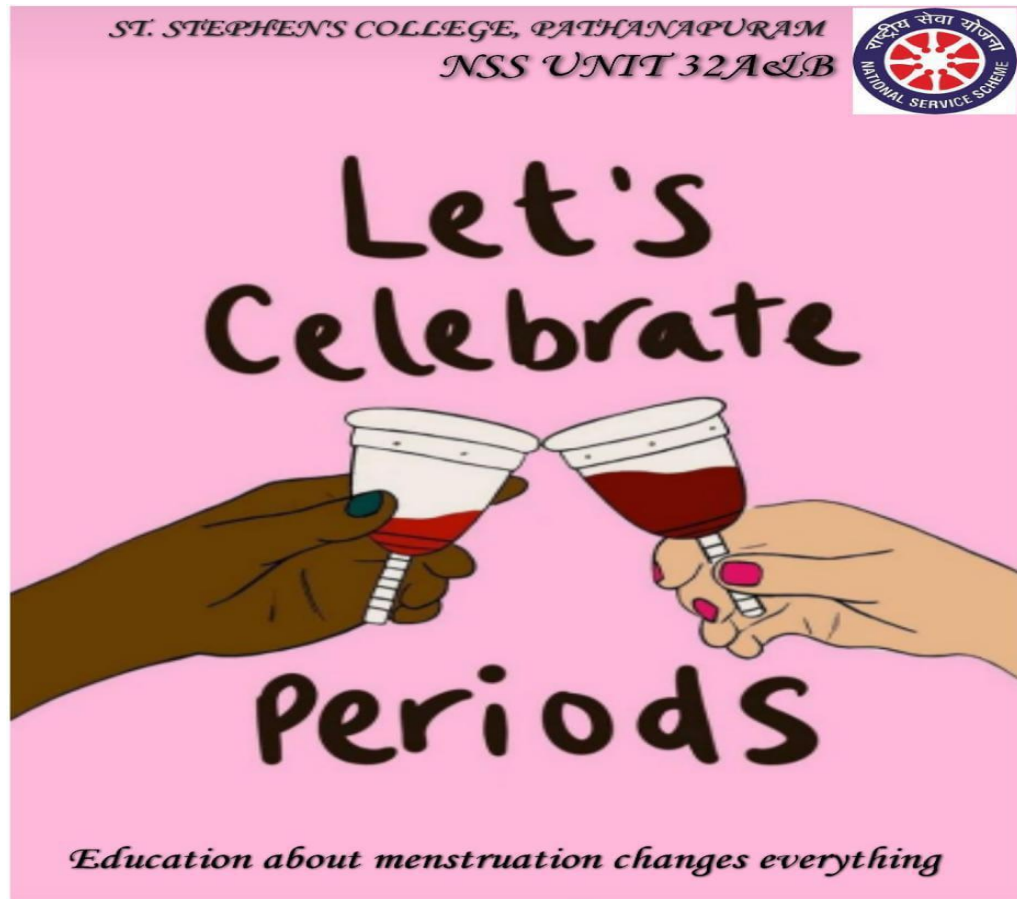
## INTRODUCTION AND OVER VIEW OF WOMEN & LAW





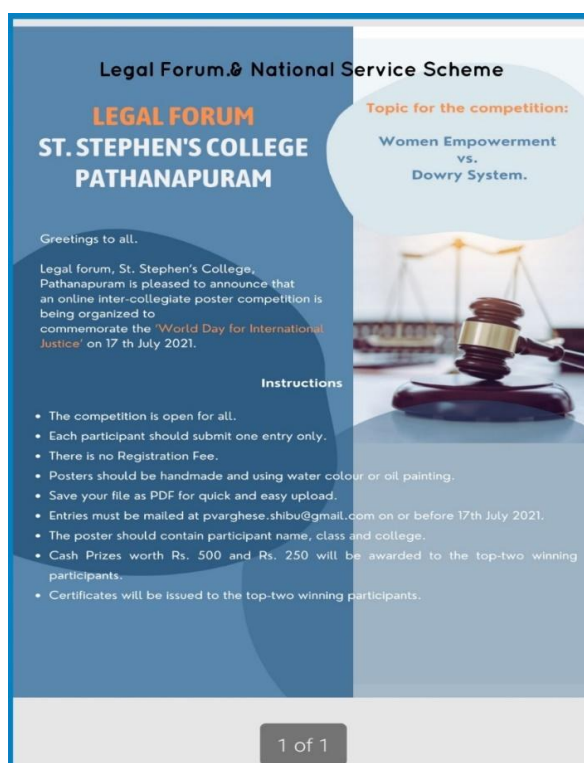
#### 4. World Menstrual Hygiene Day Celebration: 28 May 2021

The theme for the year 2021 World Menstrual Hygiene Day is 'Action and Investment in Menstrual Hygiene and Health'. The main idea behind marking this day is to change the social stigma associated with menstruation. An online debate was conducted as part of this programme.



#### 5. Poster competition on International Justice Day -17 June 2021

A poster competition was organized to commemorate International Justice Day. The theme of the competition was women empowerment vs dowry system.



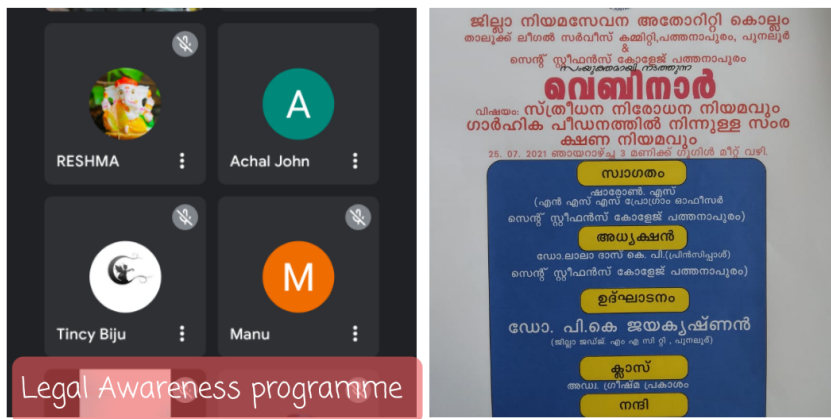
## 6. Webinar on Dowry Prohibition Act And Domestic Violence Act-25 June 2021

A webinar was organized by Taluk Legal Service Authority, Pathanapuram in association with National Service Scheme, St. Stephen's College, Pathanapuram. The objectives of the webinar are:

- To provide awareness among various laws relating to women protection.
- To enhance knowledge on various grievance redressal mechanisms available to women on matters related to dowry and domestic violence.
- To empower volunteers through legal information.

The details are shared in the link given

below: <https://docs.google.com/document/d/14BVYhfOVIEK2Do05q4qchAwdvcOh452i/edit?usp=sharing&oid=112212388940986785432&rtpof=true&sd=true>



## 7. Anti Dowry online campaign- 07 August 2021

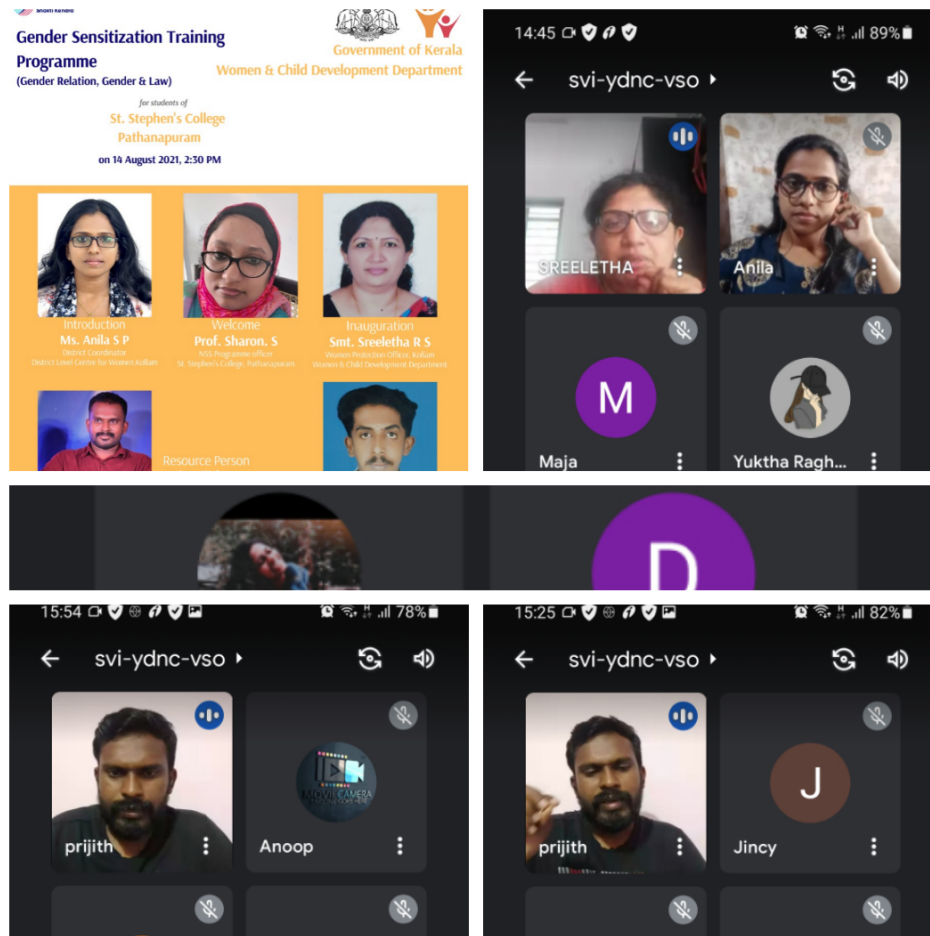
An online campaign against anti dowry was conducted as part of the outcome programme of the webinar on Dowry Prohibition Act.



## 8. Gender Sensitization Programme -14 August 2021

The Gender Sensitization Programme has been conducted online in association with the women and child Development Department ,Government of Kerala . The topic of the webinar is gender relation, gender and law.

[https://drive.google.com/file/d/1VfcK4tb5HgVS\\_VLallDeYNy5FBCrGgXT/view?usp=sharing](https://drive.google.com/file/d/1VfcK4tb5HgVS_VLallDeYNy5FBCrGgXT/view?usp=sharing)



## 9. Observation of Women's Equality Day -24 August 2021

Women's Equality day was observed through posters and campaigns. Most of the theme was related to dowry. It helped to create an awareness among students regarding recent gender related atrocities in Kerala.





## 10. Poshan Abhiyan - 1-7 September 2021

The Prime Minister's Overarching Scheme for Holistic Nutrition or as popularly known as POSHAN Abhiyaan, or National Nutrition Mission is the Government's flagship programme to improve nutritional outcomes for children, pregnant women and lactating mothers. As mandated by the Government of India, our NSS Unit also observed the week through awareness campaigns.

St. Stephen's college, Pathanapuram

National service Scheme

Unit No.32 A&B

## NUTRITION ALPHABET

**A** **Antioxidants:** Antioxidants are substances that may prevent or delay damage to your cells caused by free radicals. Free radicals are unstable molecules that can harm your DNA and other important molecules in your cells.

**B** **BMI:** BMI is a measure of body fat based on height and weight that is used to classify underweight, overweight and obesity.

**C** **Carbohydrates:** Carbohydrates are the body's main source of energy. They are found in many foods, including grains, fruits, vegetables, and dairy products.

**D** **Dietary Fiber:** Dietary fiber is a type of carbohydrate that your body can't digest. It's found in plant-based foods like fruits, vegetables, and whole grains.

**E** **Energy Balance:** Energy balance is the relationship between the energy you consume from food and the energy you burn through physical activity and metabolism.

**F** **Fat:** Fat is a nutrient that your body needs for energy and to protect your organs. It's found in many foods, including oils, butter, and fatty meats.

**G** **Glycemic Index:** The glycemic index is a scale that ranks carbohydrates based on how they affect your blood sugar levels. Foods with a high glycemic index cause a rapid rise in blood sugar.

**H** **HDL Cholesterol:** HDL cholesterol is often called "good" cholesterol because it helps remove other forms of cholesterol from your bloodstream.

**I** **Iron:** Iron is a mineral that is essential for your body to produce hemoglobin, a protein that carries oxygen to your cells.

**J** **Juice:** Juice is a liquid made from fruits or vegetables. It can be a healthy way to get nutrients, but it's important to choose 100% fruit or vegetable juice without added sugar.

**K** **Vitamin K:** Vitamin K is a fat-soluble vitamin that is essential for blood clotting and bone health. It's found in green leafy vegetables and some fruits.

**L** **Lactose:** Lactose is a sugar found in milk and dairy products. It's made from glucose and galactose.

**M** **Minerals:** Minerals are inorganic substances that your body needs for various functions, including building bones and regulating metabolism.

**N** **Nutrients:** Nutrients are substances that your body needs to grow, develop, and maintain itself. They include vitamins, minerals, and macromolecules like proteins, fats, and carbohydrates.

**O** **Organic Foods:** Organic foods are grown without the use of synthetic pesticides, herbicides, or fertilizers. They are often considered healthier and more environmentally friendly.

**P** **Protein:** Protein is a macromolecule that your body needs for growth, repair, and metabolism. It's found in many foods, including meat, dairy, and legumes.

**Q** **Quality of Life:** Quality of life is a measure of a person's well-being, including their physical, mental, and social health.

**R** **Recommended Daily Allowance:** The Recommended Daily Allowance (RDA) is the amount of a nutrient that is considered sufficient to meet the needs of most healthy people.

**S** **Solid Fat:** Solid fat is a type of fat that is solid at room temperature. It's often found in animal products like butter and lard.

**T** **Trans Fat:** Trans fat is a type of unsaturated fat that is solid at room temperature. It's often found in partially hydrogenated oils and some processed foods.

**U** **Unsaturated Fat:** Unsaturated fat is a type of fat that is liquid at room temperature. It's often found in plant-based oils like olive oil and canola oil.

**V** **Vitamins:** Vitamins are organic compounds that your body needs for various functions, including energy production and immune system support.

**W** **Whole Grains:** Whole grains are grains that contain all three parts of the grain: the bran, germ, and endosperm. They are often considered healthier than refined grains.

**X** **Exercise:** Exercise is any physical activity that increases your heart rate and energy expenditure. It's important for maintaining good health and preventing disease.

**Y** **Yogurt:** Yogurt is a dairy product made from milk that has been fermented with live bacteria. It's often considered a healthy source of protein and calcium.

**Z** **Zinc:** Zinc is a mineral that your body needs for various functions, including immune system support and wound healing.

National Nutrition Week  
1-7 September

St. Stephen's College, Pathanapuram

National Service Scheme

Unit No. 32 A&B

## National Nutrition Week

100 grams of Food	Calories	Fat	Protein	Carbs	Fiber
Pecans	691	72g	9g	14g	10g
Walnuts	654	65g	15g	14g	7g
Hazelnuts	628	61g	15g	17g	10g
Sunflower Seeds	584	51g	21g	20g	9g
Almonds	575	49g	21g	22g	12g
Sesame Seeds	573	50g	18g	23g	12g
Pumpkin Seeds	541	46g	25g	18g	4g
Soybeans	446	20g	36g	30g	9g
Quinoa	368	6g	14g	64g	7g
Beans, Pinto	347	1g	21g	63g	15g
Black Beans	341	1g	22g	62g	15g
Beans, Kidney	337	1g	23g	61g	15g
Beans, Navy	337	1g	22g	61g	24g
Cranberry Beans	335	1g	23g	60g	25g
Mushrooms, Shiitake	296	1g	10g	75g	11g
Avacado	160	15g	2g	9g	7g
Garlic	149	0g	6g	33g	2g
Yams	118	0g	2g	28g	4g
Bananas	89	0g	1g	23g	3g
Corn	86	1g	3g	19g	2g

## GENDER SENSITIZATION PROGRAMMES

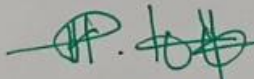
2019-2020

For imparting Gender Sensitization and to foster Gender Equality among the stakeholders, the institution organizes various programmes. Such initiatives help in raising awareness on Gender Equality concerns and to make our community safer and healthier.

For imparting Gender Sensitivity and to foster Gender Equity among the students the following activities are organised for the academic year 2019-20

Sl No	Date	Programme
1	21/10/2019	Seminar on "Strength of Women"
2	07/02/2020	Legal awareness programme on women empowerment
3	27/02/2020	"Mathritham- Sanskarathilum Sahithyathilum"



  
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### 1. Seminar on “Strength of Women”- 21 October 2019



### 2. Legal awareness programme on women empowerment- 07 February 2020

A legal awareness programme regarding women protection and women empowerment for second year degree students was held on 7/2/2020 at 1.30 p.m in the college. Adv. Pinkle Sasi had taken a class on women protection and other related matters. Ms. Sheeba A., the paralegal volunteer of Taluk legal Service Authority also coordinated and attended the programme.

### 3. “Mathritham- Sanskarathilum Sahithyathilum”- 27 February 2020







## GENDER SENSITIZATION PROGRAMMES

2018-2019

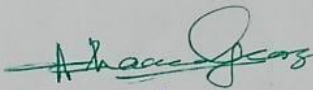
For imparting Gender Sensitization and to foster Gender Equality among the stakeholders, the institution organizes various programmes. Such initiatives help in raising awareness on Gender Equality concerns and to make our community safer and healthier.

For imparting Gender Sensitivity and to foster Gender Equity among the students the following activities are organised for the academic year 2018-19

2018-19

Sl No	Date	Programme
1	29/09/2018	Gender Kaleidoscope
2	16/10/2018	Seminar on "The myth of the neutral man"
3	10/01/2019	Poster competition on "Kerala women- yesterday, today and tomorrow"
4	05/02/2019	Short film fest, "I am the celebration"
5	05/02/2019	Seminar -"Gender and the canvas of Malayalam Cinema"



  
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## 1. Gender Kaleidoscope - 29/09/2018

The Gender Champions Club is constituted as per the instructions of the Ministry of Women and Child Development, Government of India. The Club aims to ensure a healthy awareness on Gender among college students and to create a gender friendly campus. Selected students from each class were trained to be Gender Champions so that they could spread word on gender justice and equity among their peers.

The Club organized a Poster Competition, The Gender Kaleidoscope on 29/09/2018.



*Members of Gender Champion Club with Winners of Poster making competition.*

**2. Seminar on “The myth of the neutral man” - 16/10/2018**

The official inauguration of the Gender Champions Club was held on 16/10/2018. The theme song “Be You” was released during the meeting. Dr. Vinitha Mohan, Assistant Professor, Department of Philosophy, H.H.M.S.P.B. N.S.S. College for Women, Neeramankara, Thiruvananthapuram was the guest of honour. The seminar, “The Myth of the Neutral Man” was also held in this regard.

**St. Stephen's College, Pathanapuram**  
**GENDER CHAMPIONS' CLUB**  
**(2018 - 2019)**

**INAUGURATION**

**Dr. Vinitha Mohan**  
Assistant Professor  
Department of Philosophy  
H.H.M.S.P.B. N.S.S. College for Women,  
Neeramankara  
Thiruvananthapuram

**Seminar**  
**The Myth of the Neutral Man**

**16 October 2018**  
**10.00 am**  
**Seminar Hall**

**Dear Sir/Madam,**  
You are cordially invited to the  
Inauguration of **Gender Champions' Club**  
(2018–2019) & Seminar, *The Myth of the*  
*Neutral Man*, on 16 October 2018,  
Tuesday, at 10.00am, in the College  
Seminar Hall.

Thanking you  
Coordinators  
**Maja K. Koshy & Jolly Malayam**

**PROGRAMME**

*Prayer*  
*Welcome Speech :*  
Mr. David C.A.  
(Student Coordinator)

*Presidential Address :*  
Dr. Achamma George  
(Principal)

**INAUGURATION & SEMINAR**  
*(The Myth of the Neutral Man)*  
**Dr. Vinitha Mohan**  
(Assistant Professor  
Department of Philosophy  
H.H.M.S.P.B. N.S.S. College,  
Neeramankara  
Thiruvananthapuram)

*Felicitations :*  
Rev. Fr. N.J. Koshy  
(Manager's Representative  
& Assistant Professor,  
Department of Mathematics)  
Dr. R. Sreejai  
(Assistant Professor  
Department of Zoology)

*Vote of Thanks :*  
Ms. Kavya Biju  
Student Coordinator





***Presenting Gift to Resource person***

***3. Poster competition on “Kerala women- yesterday, today and tomorrow” - 10/01/2019***

Women study unit conducted a poster drawing competition on 10<sup>th</sup> January 2019 for undergraduate Students on the topic "Kerala women - yesterday, today and tomorrow". Winners were given Prizes.



***Students attending poster making Competition***

#### 4. Short film fest, “I am the celebration” and seminar on “Gender and the canvas of Malayalam Cinema”- 05/02/2019

The Gender Champions Club conducted a Short Film Fest, *I Am the Celebration*, on 5/02/2019. Mr. Jithesh J. Nair, Assistant Professor, Department of English, N.S.S. College, Pandalam was the guest of honour. Sixteen short films exploring various aspects of gender including LGBT issues, gender violence and social concerns were exhibited. The seminar, “Gender & the Canvas of Malayalam Cinema” was conducted in this regard.





*Short Film Fest Inauguration ceremony*

## GENDER SENSITIZATION PROGRAMMES

2017-2018


For imparting Gender Sensitization and to foster Gender Equality among the stakeholders, the institution organizes various programmes. Such initiatives help in raising awareness on Gender Equality concerns and to make our community safer and healthier.

For imparting Gender Sensitivity and to foster Gender Equity among the students the following activities are organised for the academic year 2017-18

2017-2018

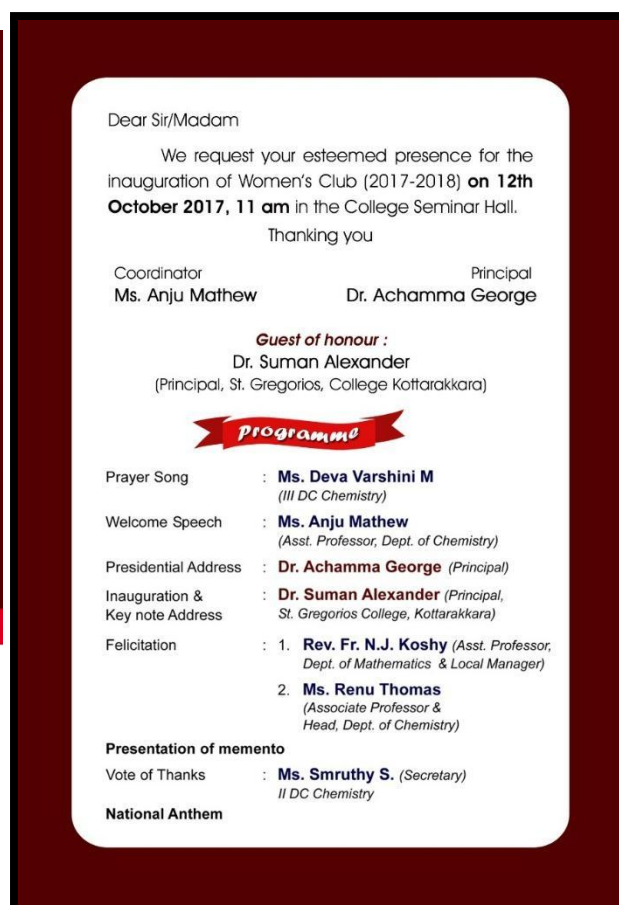
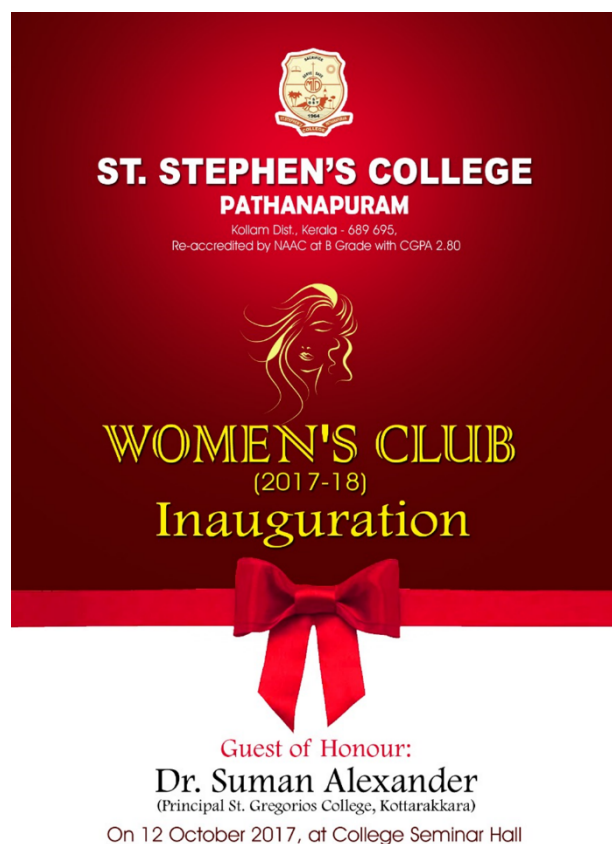
Sl No	Date	Programme
1	12/10/2017	Being the woman of 21st Century
2	28/03/2018	International women's day celebration- seminar on "Womanhood"



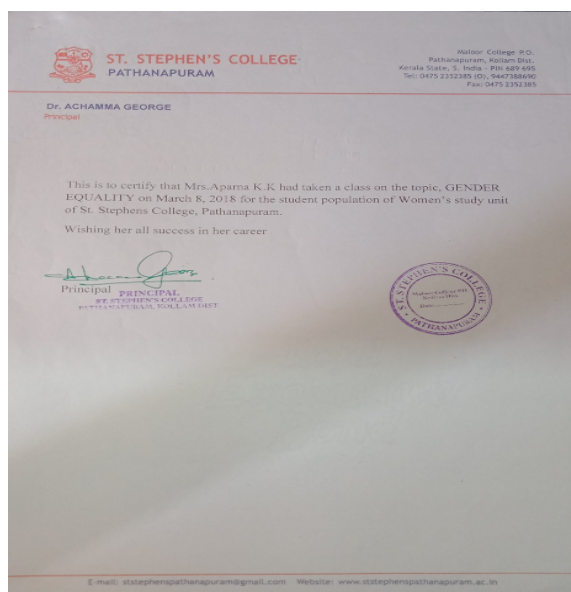
  
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## Being the woman of 21st Century - 12/10/2017



## International women's day celebration- seminar on "Womanhood"- 28/03/2018



## GENDER SENSITIZATION PROGRAMMES

2016-2017

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For imparting Gender Sensitivity and to foster Gender Equity among the students the following activities are organised for the academic year 2016-17

2016-17

Sl No	Date	Programme
1	24/06/2016	Seminar on "Women Empowerment"
2	08/03/2017	Debate on "Technology-Boon or Bane" for women security



  
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## Seminar on “Women Empowerment” - 24/06/2016

A one-day training programme for women appearing for various competitive examinations was organized on 24 June 2016 as a UGC Sponsored Extension Activity for Women Empowerment. The programme was led by Mr. Anish George, Development Officer, Life Insurance Corporation of India.





*Inauguration of Seminar on Women Empowerment*



*Rev.Fr. Roy John, Head, Department of Mathematics presenting gift to Resource person*