

# **WOMEN DEVELOPMENT CELL**

**PZHASSIRAJA COLLEGE, PULPALLY**

**PROGRAMME REPORT - 2021-22**

## WOMEN DEVELOPMENT CELL

University Grants Commission (UGC) recommends the measures for ensuring the safety of women and programs for gender sensitization on campuses. According to the task force appointed by UGC, the recommendations include the requirement for setting up Women's Development Cell and Anti-Sexual Harassment Cell at colleges and universities. "Women's studies centers in universities and women's development cells in colleges must be strengthened and provided the means to function autonomously. At the same time, they should be enabled to work together with gender sensitization cells and committees on campuses on educational and preventive work."

( page.7, [http://www.ugc.ac.in/pdfnews/5873997\\_SAKSHAM-BOOK.pdf](http://www.ugc.ac.in/pdfnews/5873997_SAKSHAM-BOOK.pdf) )

The Women Development Cell (WDC) in our College is constituted to maintain a harmonious environment at the Institute, to foster women to pursue their work with dignity and respect. The Cell has been working to generate awareness on gender equality issues. Its goal is the overall development in all spheres of their life. The targeted group includes all UG, PG students, teaching and Non-teaching staff, women from nearby communities, and primary and secondary level students of nearby schools. This academic year (2021-22) activities of the Women Development Cell are conducted in association with Kerala State Women Development Council (KSWDC).

Women Development Cell at Pazhassiraja College Pulpally is a body of five lady teachers, presided by the Principal.

### **Convenor:**

Dr. Merin S Thadathil, Assistant Professor, Department of Economics

### **Faculty Members:**

Dr. Rani S Pillai (Dept of History),

Thara Philip (Self-Finance Course Director),

Lintu Jose (Dept of Mathematics),

Josena K Joseph (Dept of English)

### **Student Representatives:**

Ms. Megha Mukunthan (Dept of Economics)

Ms. Amalenthu P. S (Dept of History)

## **WOMEN DEVELOPMENT CELL ACTIVITIES'**

Women Development Cell (WDC) is executed in the college for the welfare of the women students, faculty members, and non-teaching women staff in the college. WDC in the campus was extremely dynamic in the academic year 2021-2022. A summary of activities in this period is given below.

- **Webinar on Women Safety & Law**
- **Gender Sensitization Campaign**
- **Webinar on Gender Bias in Indian Advertisements**
- **Orientation programme on “Mithra 181” Women Helpline**
- **KSWDC Scholarship - Financial Assistance to 1 Student**
- **Webinar on Women' S Rights**
- **Workshop on Health & Happiness (An Introduction to YOGA)**
- **Complaint Box Installation**
- **Women's Day Celebrations**
- **Seminar on Women & Health**
- **Seminar on Positive Mental Attitude**
- **Invited Talk on Healthy Relationships**
- **“Pennezhuth” - Women Development Cell Manuscript**
- **Community Intervention Programme – A session on Child Development in a School**

## **WOMEN SAFETY AND LAW**

### **Introduction to the Programme**

The Women Development Cell (WDC), Pazhassiraja College, Pulpally conducted the inauguration programme of Women Development Cell activities on 17<sup>th</sup> July 2021, Saturday at 05.00 PM. Adv. Mercy Anil, Family Counsellor & Resource Person, DLSA Wayanad inaugurated the function and delivered the Keynote speech on the topic “Women Safety and Law”. This was the first programme of the Women Development cell. The session was on Google meet, and more than 50 Women Development Cell members of Pazhassiraja College actively attended the session.

### **Objectives of the session**

The session had the following objectives

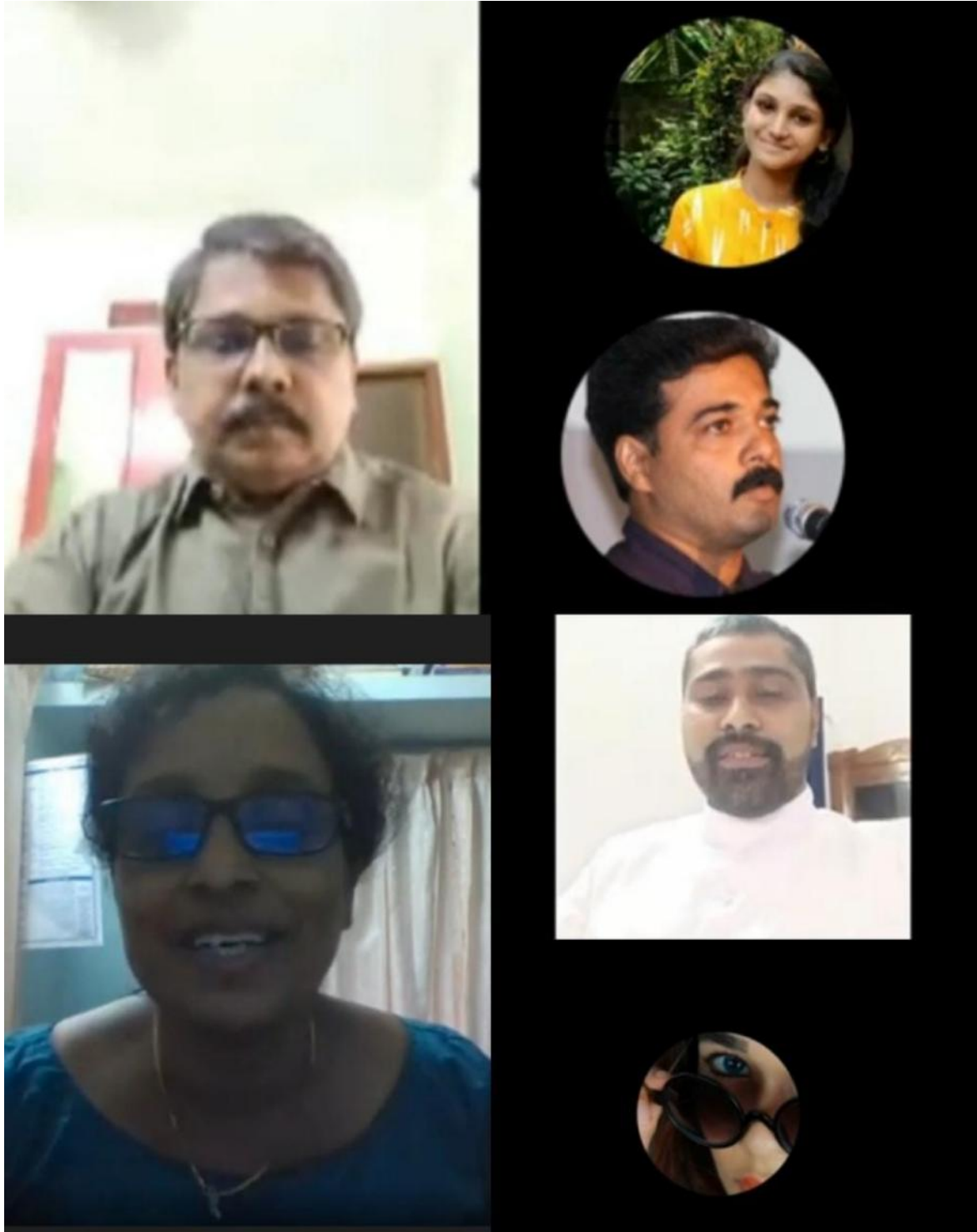
1. To aware the students about the dignity and respect of women
2. To give an orientation to the students about women and child protection laws

### **Description**

The session started with an invocation by Sneha Murali. The introductory remarks and welcome address were delivered by Dr. Merin S Thadathil, Women Development Cell Coordinator and Faculty, Department of Economics, Pazhassiraja College. The session was presided over by Dr. Anilkumar K, Principal, Pazhassiraja College. He spoke about the safety and security of women and children in the country. Dr. Dileep M. R, Vice Principal & IQAC Coordinator, Mr. Abdul Bari K K, Staff Secretary & NAAC Coordinator Convener, Rev. Fr. Varghese Kollammavudy, CEO, Pazhassiraja College Pulpally felicitated the event by giving a thoughtful speech. Adv. Mercy Anil, the speaker of the webinar, highlighted different issues underlining women and children. She spoke about child protection laws, women empowerment and domestic violence. The session was highly interactive. More than 50 students and faculties from various Departments attended the session. Many students raised their concerns regarding the topic of discussion and the speaker was able to clarify their doubts by citing relevant instances. The session was highly interactive and informative. Megha Mukunthan, a member of the Women Cell proposed the vote of thanks and MS. Sandra Sunil hosted the event.

### **The Output of the session**


1. Students got informed about the women and child protection laws
2. Students' confidence in the protection of law increased





**PAZHASSIRAJA COLLEGE, PULPALLY**  
Wayanad (Dt), Kerala, 673579

**We cordially invite you for the inauguration of**  
**WOMEN CELL 2021-22**

 Google Meet

**17th July 2021, Saturday**  
**5.00 pm**

Presidential Address

**Dr. Anil Kumar K**

Principal

Pazhassiraja College, Pulpally



Inauguration &  
Keynote Address

on

**WOMEN SAFETY AND LAW**

**Adv. C K Mercy**

Family Counsellor & Resource Person

DLSA Wayanad

**Convener:**

**Dr. Merin S Thadathil**

**Committee Members:**

**Mrs. Tara Philip , Dr. Rani S Pillai, Mrs. Lintu Jose & Mrs. Josena K Joseph**

## **List of Participants**

<b>Name of the Student</b>	<b>Department</b>
Angel Mariya Benny	Economics
Neelima K P	Economics
Jumana P	B.Voc Food Science
Ayishathul Anseera	History
Binsi K V	History
Vismaya M	English
Drishya P E	Mass Communication
Maya Madhu	Economics
Sahaja Thesni	History
Adithya Vijay	English
Jasna V M	Economics
Naja K C	B.Voc Agriculture
Nandana M	B. Voc Agriculture
Chandana A J	B. Voc Agriculture
Amrutha E	B. Voc Agriculture
Rithisha P	B. Voc Agriculture
Sneha V P	B. Voc Agriculture
Sivatha S Prakash	B. Voc Agriculture
Sandhra V C	BTTM
Shilpa P B	Economics
Parvathi P S	Economics
Nivedya T	B.Voc Agriculture
Navya Mathew	Economics
Sulfiya Jan	B. Voc Agriculture
Maya Rajan	Economics
Aleena Thomas	Economics
Midhuna Raj K R	B. Voc Agriculture
Seethalakshmi Suresh	B. Voc Agriculture
Vishnupriya M S	Economics
Angel Mariya	BTTM
Bavyasree C	B. Voc Agriculture
Surabhi P R	BTTM
Krishna Priya	BBA
Nanditha P M	Mass Communication
Nehila Febin	BTTM
Sreelakshmi S	English
Anjali Lakshmanan	Economics
Fidha E	BTTM
Amaya K P	BTTM
Navya N R	BTTM
Athira M	B. Voc Agriculture
Fathima Sherin	Economics
Praveena	Economics
Shijanya KV	Economics
Fasna K P	Economics

Anusha T K	B. Voc Food Science
Vinaya K K	BBA
Bhavana T D	BBA
Rinsha Sherin T K	History
Haripriya P H	B. Voc Agriculture
Aleena Saji	BBA
Linu Sebastian	B. Voc Agriculture
Ishaanee	B. Voc Agriculture
Rasna V B	BTTM
Anugraha A V	BTTM
Lakshmipriya M	B. Voc Agriculture
Krishna P S	Economics
Neenumol C K	Economics
Sneha Murali	Economics
Megha Mukundan	Economics
Sharika E S	Economics
Mrs. Lintu Jose	Mathematics
Mrs. Josena K Jose	English
Dr. Rani S Pillai	History
Mrs. Christeena K A	Economics



## **GENDER SENSITIZATION CAMPAIGN**

### **Introduction to the Programme**

The Women Cell, Pazhassiraja College, Pulpally organized the "**Gender Sensitization Campaign**" in association with the Women and Child Development office, Wayanad and Mahila Shakthi Kendra Wayanad. The session was conducted through Google meet on various days in department wise and more than 300 students participated in this session.

### **Objectives of the Session**

1. To Understand Gender and Gender Relationship
2. To make the adolescent boys and girls gender sensitive and create positive values that support the girls and their rights

### **Description**

The Women Cell organized the "**Gender Sensitization Campaign**" in the college departmental-wise on various days through Google meet. The inauguration and first session were conducted on 05/08/2021 at 10.00 AM. The session started with the introductory remarks and welcome address by Mrs. Shiny, CDPO, Panamaram, the session was presided by Dr. Anil Kumar K, Principal, Pazhassiraja College, Pulpally. Gender Sensitization campaign inaugurated by Mrs. Nissa A, Women Protection Officer. Dr. Dileep M R, Vice-Principal & IQAC Co-ordinator, Pazhassiraja College, was felicitated this session. Dr. Merin S Thadathil, Coordinator of this program and Women Cell Convenor delivered the vote of Thanks. And it is ended by 12:30 pm. In the first session, the topic was extracted by Mrs. Kamala T. P. The students of Economics, English, and Mass communication participated in the first session.




The second session was conducted on 06/08/2021. The topic was extracted by Adv. Babitha G, Legal Counselor Arshabharat Sevana dhadhav. The students of Travel and Tourism, Microbiology, and BBA participated in the Second session. And the third session was handled by C K Dinesan, Project Director, Childline Wayanad on 16/08/2021. The students of History, Biochemistry, and B. Voc Food and Agriculture participated in the third session. All the sessions were very interactive and they enabled students to clear their doubts about legal rights and gender equality. More than 300 students from various

departments participated in this campaign. Ms. Asha Sunny, a Women Development cell member delivered the vote of thanks.

<b>Gender Sensitization Campaign</b>		
<b>Date</b>	<b>Department</b>	<b>Resource Person</b>
05/08/2021	Economics, English, and Mass communication	Mrs. Kamala T P
06/08/2021	Travel & Tourism, Microbiology, PG Economics and BBA	Adv. Babitha G
16/08/2021	History, Biochemistry, and B. Voc Food and Agriculture	Mr. C K Dinesan


### **The Output of the Session**

1. Students understood equality in law, social system, and democratic activities.
2. Students got aware of Gender dignity and Gender Relationship.








**Women and Child Development  
Office, Wayanad**

In association with  
**Women Cell  
Pazhassi Raja College, Pulpally**

**GENDER SENSITIZATION  
CAMPAIGN** 

**05/08/2021 10.00 AM**

	<b>Welcome Speech</b> Shiny Cdp Panamaram Additional
	<b>Presidential Address</b> Dr Anil Kumar K Principal Pazhassi Raja College, Pulpally
	<b>Felicitation</b> Dr Dileep M R Vice-principal & Iqac Coordinator Pazhassi Raja College, Pulpally
	<b>Inauguration</b> Nissa A Women Protection Officer
	<b>Topic Extraction</b> Kamala T P

**MAHILA SHAKTHI KENDRA WAYANAD**  
mskwayanad03@gmail.com



# Women and Child Development Office, Wayanad

In association with  
Women Cell

Pazhassiraja College, Pulpally

## GENDER SENSITIZATION CAMPAIGN

06/08/2021  
10.00 AM

TOPIC EXTRACTION



Google meet

COORDINATOR  
DR MERIN S THADATHIL  
CONVENOR  
WOMEN CELL  
PAZHASSI RAJA COLLEGE, PULPALLY

Adv. BABITHA G



Mahila Shakthi Kendra Wayanad



# Women and Child Development Office, Wayanad

In association with

**Women Cell  
Pazhassiaja College, Pulpally**

Webinar On

## **GENDER SENSITIZATION**



Google Meet

## **CAMPAIGN**

**16/08/2021**

**10.30 AM**



## **Topic Extraction C K Dinesan**



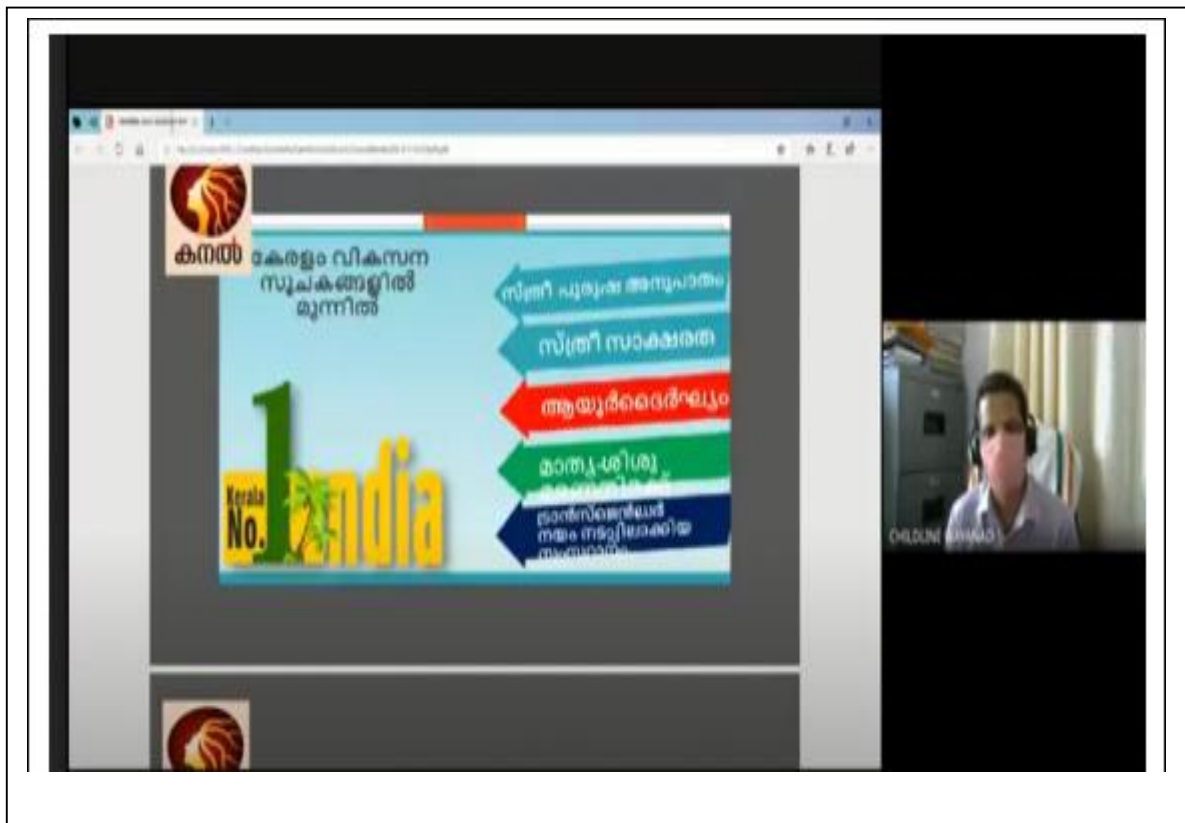
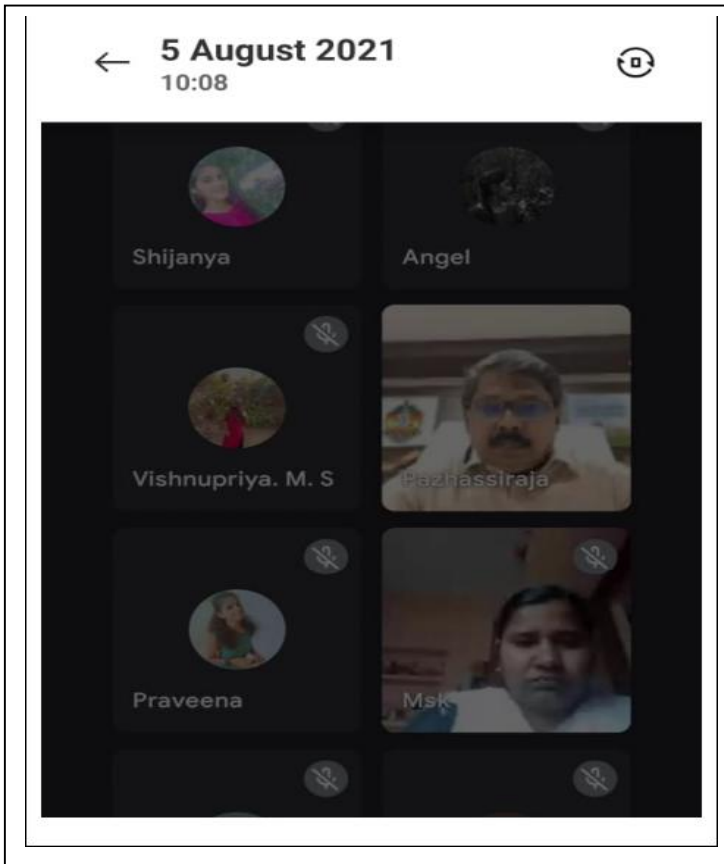
COORDINATOR  
DR MERIN S THADATHIL  
CONVENOR  
WOMEN CELL  
PAZHASSI RAJA COLLEGE, PULPALLY

**MAHILA SHAKTHI KENDRA WAYANAD**

[mskwayanad03@gmail.com](mailto:mskwayanad03@gmail.com)



# SCREENSHOTS



## List of Participants

<b>Date</b>	<b>Name ofParticipants</b>	<b>Department</b>
<b>05/08/2021</b>	Arunima V	Economics
	Jeswin	English
	Anandu C Saji	Economics
	Shinto Shibu	Economics
	Navya Mathew	Economics
	Sneha Mathew	Economics
	Pranava prabakaran	Economics
	Anjali Lakshmanan	Economics
	Sandhya C M	Economics
	Aruni K S	Economics
	Niveditha Sunny	Economics
	Sunainath O K	Economics
	Fasna K P	Economics
	Rithuparnna E S	English
	Amrutha Vinod	Economics
	Praveena V P	Economics
	Vrindha Benny	English
	Siya Shibu	English
	Nithya V M	English
	Vishnupriya M S	Economics
	Anmary Paul Issac	English
	Melvin Mathew Jacob	English
	Athira Krishna	English
	Sandra Sijo	English
	Sandhya K K	Economics
	Gopika K G	Economics
	Ashly George	English
	Anjana Kuriakose	English
	Anjaly Rose	English
	Jibin Roy	Economics
	Muhammed Ijas	Economics
	Abhay Roy	Economics
	Adithya K B	English
	Aleena Thomas	Economics
	Sneha K R	Economics
	Anju Shibu	Economics
	Adithya Vijay	English
	Akhil Alosious	English
	Amal Tomy	English
	Parvathi PS	Economics
Sreelakshmi S	English	
Akshai kumar	Mass Communication	
Richard M Reji	Mass Communication	
Sriya Sreenivasan	English	
Anto	English	
Radhika M B	Mass Communication	

Ann mary John	English
Nihad	Economics
Unnimaya A U	English
Mubeena A	Economics
Amalu Sharly	Mass Communication
Drishya P E	Mass Communication
Rohit Vinod	Economics
Praveena Shivanandan	English
Anuja G Kumar	Mass Communication
Nanditha P M	Mass Communication
Rajath V	Mass Communication
Shana Nasrin K S	Mass Communication
Aparna S N	English
Avishna C K	English
Aruni K S	Economics
Ann Mariya	English
Leanardo Saji	English
Sandra O M	Mass Communication
Fathima Sana	Economics
Agin Rosh Saji	English
Parvathi P J	English
Akshai Binu	English
Saranya C V	Mass Communication
Manasa K Mohanan	English
Dilshana K S	Mass Communication
Shahana Jasmine	English
Stephy P D	English
Aswathi T S	Economics
Abhijith M S	Economics
Atheena K S	Economics
Afra K	Economics
Faseela T	Mass Communication
Midhun A M	Mass Communication
Ann Mariya Kurian	Economics
Fasna K P	Economics
Jijisha P J	Mass Communication
Anuja J Nair	Mass Communication
Priya G S	Economics
Jithin K	Mass Communication
Harsha G	Mass Communication
Sinta Jayaraj	Economics
Adithya S kumar	Mass Communication
Sandra sunil	Mass Communication
Basil Paul Mathew	English
Arjun S	English
Neenu chacko	English
Amritha george	Mass Communication
Alona KV	English



	Sathchind P K	Mass Communication
	Nandhana Narendran	English
	Vismaya M	English
	Gautham Krishna	Mass Communication
	Meghna Madhu P	Mass Communication
	Nayana Narayanan	English
	Athira R	Mass Communication
	Sona Chacko	English
	Krishna M	Mass Communication
	Bazil	Mass Communication
	Akhil C	Economics
	Arya P	Mass Communication
	Hridya Johnson	English
	Vismaya M R	Economics
	Jasna V M	Economics
	Sisira P B	English
	Fathima Sherin	Economics
	Akshay Dhan Joshy	Mass Communication
	Mathews A C	English
<b>06/08/2022</b>	Hancy Rojas	BTTM
	Charutha Das C	BTTM
	Surabhi P R	BTTM
	Shamna K K	BTTM
	Midhun Narayanan	BTTM
	Nehila febin	BTTM
	Shimna Jayan	BTTM
	Angel Mariya	BTTM
	Sandra V C	BTTM
	Navya N R	BTTM
	Abhay Jose	BTTM
	Adarsh P	BTTM
	Rafshan M	BTTM
	Amaya K P	BTTM
	Rasna V B	BTTM
	Fidha E	BTTM
	Anugraha A V	BTTM
	Ashna Varkey	BTTM
	Justin P C	BTTM
	Hajira B N	Microbiology
	Jomol K J	Microbiology
	Ajmal T	BTTM
	Aleena Joseph	Microbiology
	Aleena Sunil	Microbiology
	Dhiyana T	Microbiology
	Keerthana Prasad	Microbiology
	Hiba P K	Microbiology
	Nithya C	Microbiology
	Arunima P K	Microbiology

Abhinav S	Microbiology
Nandana K R	Microbiology
Nevin K Baby	Microbiology
Sneha M	Economics
Bijisha Biju	Microbiology
Manisha Girish	Economics
Sanika Joseph	Microbiology
Anjali m	Microbiology
Nishahina M K	Microbiology
Abhirami K A	Microbiology
Niveditha Raj	Microbiology
Adila M T	Economics
Saranya P K	Economics
Aiswarya K S	Economics
Anakha S	Microbiology
Chelsy Chacko	Economics
Athulya Krishnan	BBA
Theertha P S	BBA
Vishnumaya N V	BBA
Abhirami K A	Microbiology
Anakha S	Microbiology
Harsha Eldo	BBA
Nishahina M K	Microbiology
Midhuna K P	BBA
Nandana M C	BBA
T M Sarang Mohan	BBA
Risvana Vk	Microbiology
Ajay Das	Microbiology
Ayda Aspin Abraham	Microbiology
Sandra K J	BBA
Sosamma Zachariah	BBA
Veena Vijayan	BBA
Albin Joby	BBA
Esbin Jose	BBA
Basil P M	Microbiology
Junais K R	BBA
Gayathri E S	Microbiology
Pravitha T M	Microbiology
Nithul Krishna P S	BBA
Hari N V	BBA
Jishnu K	BBA
Krishnendu N H	Microbiology
Aswin Raj P S	BBA
Dennis George	BBA
Rinsha Sherin P R	BBA
Amrutha K S	BBA
Sumayya	Microbiology
Gokul	Microbiology

	Athulya V R	Microbiology
	Amitha Sunny	Microbiology
	Sarun T B	Microbiology
	Adarsh Sivam	Microbiology
	Anjali M	Microbiology
	Amal Varghese	BTTM
	Muhammed Ali Jadeer V	BTTM
	Vyshnav K Ajay	BTTM
	Akshaya E	BTTM
	Aswani K K	BTTM
	Delna Joseph	BTTM
	Jithya P Raj	BTTM
	Kavya K K	BTTM
	Maneeta John	BTTM
	Rameesa T R	BTTM
	Shehana Serin A	BTTM
	Abdulla Sinan P T	BTTM
	Adarsh K S	BTTM
	Albin Mathew	BTTM
	Arjun P Pavithran	BTTM
	Henty Thomas	BTTM
	Stephin Saji	BTTM
16/08/2022	Ajith Vinod	History
	Angel Thomas	History
	Asha Sunny	History
	Nishana Thasneem E	History
	Theertha Manoj	B.Voc Agriculture
	Abhikrishnan O P	B.Voc Agriculture
	Aneesh K	History
	Manu M	History
	Sanjay O	History
	Anagha K	B.Voc Food Science
	Amalendhu P S	History
	Megha Mukundan C M	B.Voc Food Science
	Navvya Mohanan	B.Voc Food Science
	Abin Baiju	History
	Aswathi P S	History
	Munavir Fairoos K	B.Voc Food Science
	Amal Thejas M S	History
	Milina Mariya Pious	B.Voc Food Science
	Jahana	Biochemistry
	Amrutha E	B.Voc Agriculture
	Nivedya T	B.Voc Agriculture
	Sivanand K	B.Voc Agriculture
	Muhammed Rashid C	B.Voc Agriculture
	Amal Alexander	History
	Favaz	B.Voc Agriculture
	Edwin Sunny	B.Voc Agriculture

B Syamaprasad	B.Voc Agriculture
Anees A P	B.Voc Agriculture
Amal C R	B.Voc Agriculture
Anu Joy	B.Voc Food Science
Vishnu P R	History
Akshay A M	B.Voc Agriculture
Subin Soman	History
Akshai T B	B.Voc Agriculture
Ujwalraj T V	B.Voc Food Science
Nousheena K A	History
Reshma velayudhan	History
Saleeq O	History
Sruthi Sudhakaran	History
Sneha V P	B.Voc Agriculture
Sheena M S	History
Arya S S	History
Rithisha P	B.Voc Agriculture
Abhinav P B	B.Voc Food Science
Anjana P R	B.Voc Food Science
Shalumol K S	History
Theertha Santhosh	History
Aneeta John	B.Voc Agriculture
Anupriya T P	B.Voc Agriculture
Seethalakshmi Suresh	B.Voc Agriculture
Sivatha S Prakash	B.Voc Agriculture
Mehatha K M	B.Voc Agriculture
Naja K C	B.Voc Agriculture
Chandana A J	B.Voc Agriculture
Dilsha Benny	B.Voc Agriculture
Dithi A R	B.Voc Agriculture
Mariya Tomy	Biochemistry
Dhanya k K	Biochemistry
Meghna Raj	B.Voc Agriculture
Shilpa Raj	Biochemistry
Kavya Omanakuttan	History
Midhun C V	History
Arya S Nair	B.Voc Agriculture
Drishya M V	History
Aparna T S	History
Firose A S	History
Vismaya V V	History
Athira M	B.Voc Agriculture
Ansida P. C	History
AdithyaSatheesan	History
Basil Jose	History

## **WEBINAR: GENDER BIAS IN INDIAN ADVERTISEMENTS**

### **Introduction to the Programme**

The Department of Mass Communication and Journalism, Pazhassiraja College organised a session on "Gender bias in Indian advertisements, in association with the Women Development Cell. Ms. Sruthi CR, Doctoral Scholar, Department of Journalism and Mass Communication, Kannur University was invited to speak in the webinar on the topic, Gender Bias in Indian advertisements. The session was on Google meet, and more than 50 students from both the post graduate and undergraduate wings of the Mass Communication department actively attended the session.

### **Objectives of the session**

The session had the following objectives

1. To initiate the media students towards the gender disparity that is prevalent in the Indian advertising scenario.
2. To orient media students to develop independent thinking beyond gender concerns.
3. To iron out gender bias while developing content for advertising.

**Description** The session started with the introductory remarks and welcome address by Dr. Jobin Joy, Faculty, Department of Mass Communication and Journalism, Pazhassiraja College. The session was presided over by Dr. Anilkumar K, Principal, Pazhassiraja College. He gave a detailed picture of the present market scenario by drawing relevant examples from the industry. He also cited inferences from the recent research studies conducted in this field. Dr. Merin S Thadathil, Convener, women cell, felicitated the event by giving a thoughtful speech.

Ms Sruthy, the speaker of the webinar, oriented our students on the gender disparities that are visible in Indian Advertisements which are often ignored or unnoticed. She cited relevant examples from prominent television advertisements. She spoke on the gender stereotyping scenario where women are portrayed for certain jobs, like giving baths to kids, washing plates, cleaning toilets, cooking etc. She also pointed out there are certain exceptions to this situation where all genders are treated equally. The session was highly interactive. More than 50 students from the Department of Mass Communication and

Journalism attended the session. Many students raised their concerns regarding the topic of discussion and the speaker was able to clarify their doubts by citing relevant instances. The session was highly interactive and informative.

Students praised the expertise of the speaker. The speaker also shared her experience in handling similar research for her master's level dissertation. Our faculty member and organising secretary of the webinar, Mr. Shobin Mathew coordinated the entire event. Our students from second semester MAJMC, Anuja G Kumar, introduced the guest to the event, Faseela T, proposed the vote of thanks and Saranya KS hosted the event.

### **The Output of the session**

1. Students were informed about the gender disparities that are prevalent in Indian Advertising.
2. The session was highly interactive where the exchange of ideas and thoughts on gender bias were conveyed in a promising manner.
3. The latest trends in Indian advertising were discussed



**Pazhassiraja College**  
Pulpally, Wayanad

**Department of Mass Communication and Journalism**  
**In association with the Women Cell**

*Welcome you all to a webinar on*



**GENDER  
BIAS  
IN INDIAN  
ADVERTISEMENTS**

Speaker

**SRUTHY C R**  
*Research Scholar  
Kannur University*

Presidential Address

**Dr. Anilkumar K (Principal)**

Felicitation

**Dr. Merin S Thadathil (Convener, Women Cell)**

**Google meet**

[meet.google.com/bfc-ybrb-cqd](https://meet.google.com/bfc-ybrb-cqd)

**13 August, 2021 Friday 10.00 am**

meet.google.com/bfc-ybrb-cqd?pli=1&auth.user=1

You're presenting to everyone Stop presenting

10:10 | bfc-ybrb-cqd

meet.google.com is sharing a window. Stop sharing Hide

meet.google.com/bfc-ybrb-cqd?pli=1&auth.user=1

You're presenting to everyone Stop presenting

Merin Thadathil

10:15 | bfc-ybrb-cqd

meet.google.com is sharing a window. Stop sharing Hide



## **ORIENTATION PROGRAMME ON “MITHRA 181” WOMEN HELPLINE**

### **Introduction to the Programme**

The Women Development Cell, Pazhassiraja College in association with Kerala State Women's Development Corporation Ltd organised an orientation programme on 'MITHRA 181' Women Helpline on 11<sup>th</sup> December 2021. Mrs. Divya Manager, Mithra 181 Women Helpline was invited to converse in the orientation programme. The session was conducted through Google meet, and more than 60 students from both UG and PG departments of Pazhassiraja College dynamically attended the programme.

### **Objectives of the session**

The session had the following objectives

- To provide information about the Mithra 181 Women Helpline
- To motivate the women who are in distress and who require urgent mental and emotional help to call 181 Helpline

### **Description**

The programme started with introductory remarks and a welcome address delivered by Dr. Merin S Thadathil, Women Development Cell Coordinator and Faculty, Department of Economics, Pazhassiraja College. The session was presided over by Dr. Anilkumar K, Principal, Pazhassiraja College. He informed the women to be aware of women's rights to safeguard themselves and those who are in distress and who require urgent mental and emotional help to call 181 Helpline. Mrs. Divya Manager, Mithra 181 Women Helpline the speaker of the orientation programme, provides information about the Mithra 181 Women Helpline. She spoke about the objectives of Mithra 181 Helpline. More than 60 students from various Departments attended the session. Some students raised their concerns regarding the topic of discussion and the speaker was able to clarify their doubts by citing relevant instances. The session was very much useful and well-informative. Ms. Pavithra, a Member of Women Development Cell delivered the vote of thanks.

### **The Output of the session**

1. Students got aware of Mithra 181 Women Helpline.
2. All the students became confident that they would get the aid of "Mithra 181" in a crisis



# Women Cell

Pazhassiraja College, Pulpally  
in association with



**Kerala State Women's Development Corporation**  
Organizes  
Orientation Programme

## "Mithra 181 Women Helpline"

**Resource Person**



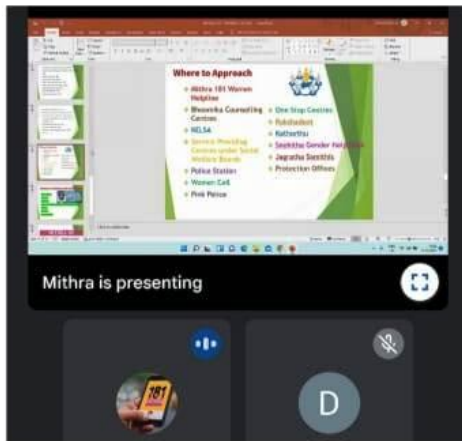
**Mrs. Divya**  
Manager  
Mithra 181 Women Helpline

**Date: 11<sup>th</sup> December 2021**

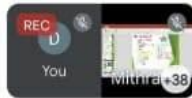
**Time: 10.00 AM**

**Platform: Google Meet**

**Convenor**  
Dr. Merin S Thadathil

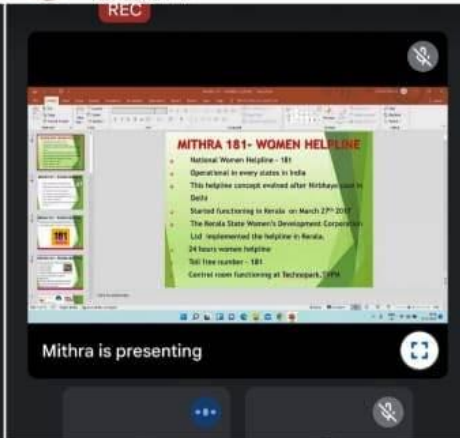
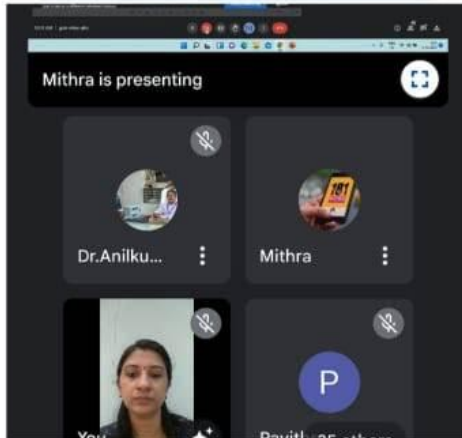


- Shaniba Gafoor 18 min  
Fathimath shaniba.m  
1st year  
BA econometrics and data management
- Adithya KB 18 min  
Adithya KB  
BA English  
3rd year
- Nandana Devadas 17 min  
Nandana P K  
BVOC Food Science  
1st year
- Amrutha Now  
Amrutha.Nk  
Bvoc.Agriculture  
year



BA ECONOMICS

- Vismaya Varghese 20 min  
Vismaya Varghese  
BA ECONOMICS  
1st year
- Vyshnavi Bhaskar 20 min  
Vyshnavi  
First year  
BTTM
- Angel Mariya Benny 20 min  
Angel mariya  
BA economics  
2nd year
- Theertha manoj 19 min  
Theertha Manoj  
3rd year  
B\_Voc. Agriculture  
BA Economics  
1st Year
- Akhila Manoj 18 min  
Akhila T manoj  
BA history  
2nd year
- Shaniba Gafoor 18 min  
Fathimath shaniba.m  
1st year  
BA econometrics and data management
- Adithya KB 18 min  
Adithya KB  
BA English  
3rd year
- Nandana Devadas 17 min  
Nandana P K



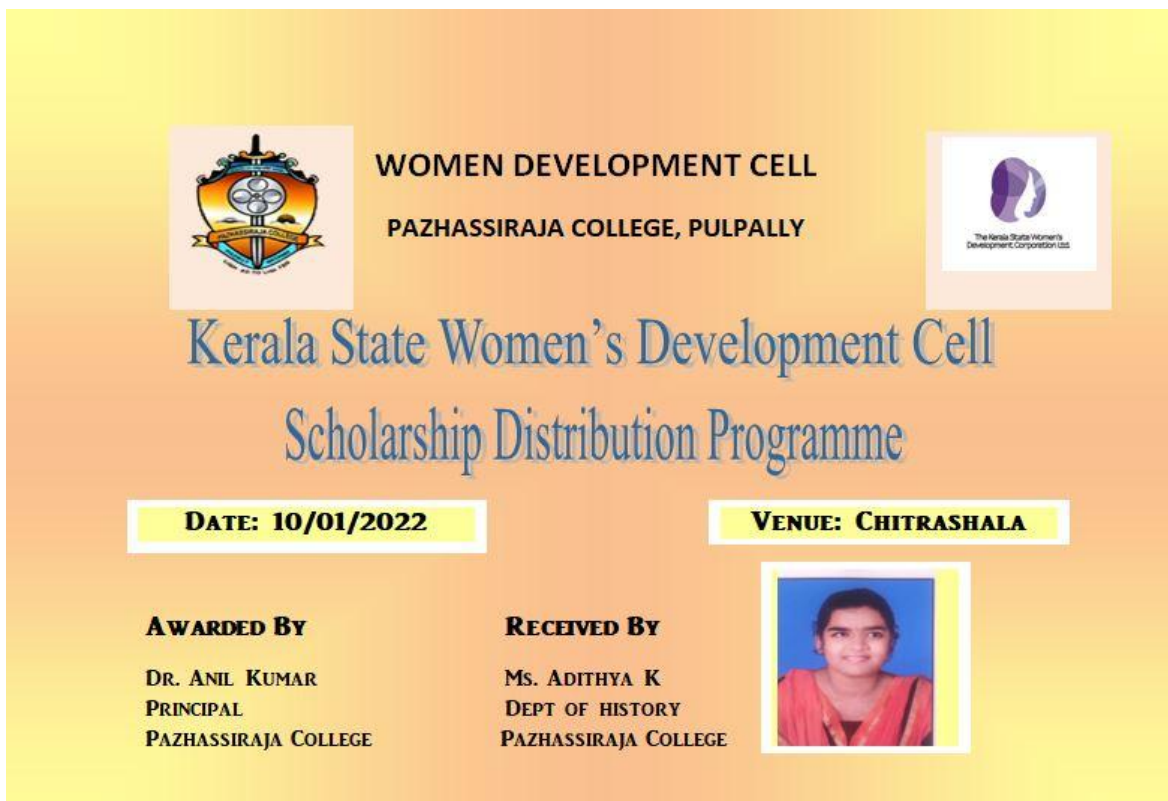
## **List of Participants**

<b>Name of the Student</b>	<b>Department</b>
Shijanya K V	Economics
Mayookha	B.Voc Food Science
Lamiya P T	B.Voc Food Science
Yuktha P	B.Voc Agriculture
Amrutha C M	Economics
Vismaya Varghese	Economics
Vyshnavi	BTTM
Angel Mariya	Economics
Theertha Manoj	B.voc Agriculture
Mufeeda C R	Economics
Ridhi K P	Economics
Nandana M	B.Voc Agriculture
Aswini M A	Economics
Akhila T manoj	History
Fathimath Shaniba	Econometrics
Adithya K B	BA English
Nandana P K	B.Voc Food Science
Amrutha N K	B.Voc Agriculture
Sneha V P	B. Voc Agriculture
Sivatha S Prakash	B. Voc Agriculture
Sreeshma A S	Economics
Anju Shibu	Economics
Drishya Babu	Econometrics
Anshida P A	Economics
Niveditha Sunny	Economics
Aleena Baby	Economics
Aswathi T S	Economics
Afra K	Economics
Sruthisha P	Econometrics
Ansina P C	History
Mubeena K	Econometrics
Hridya T	B.voc Agriculture
Anjana M D	B. Voc Agriculture
Meghna Krishna	Economics
Vismaya P	Mass Communication
Nandhana K V	Econometrics
Aiswarya P	Mass Communication
Vishnumaya K P	BTTM
Sreesikha P	B. Voc Agriculture
Gopika K. S	Economics
Thasfeela M k	BTTM
Nidha Fathima	Economics
Bibina T B	English
Gayathri R L	B. Voc Agriculture
Kavya Prabhu	Economics

Anagha K	B.voc Food Science
Megha Mukundan P M	Economics
Athira Subhash	BTTM
Krishnendu M H	Microbiology
Vismaya M R	Economics
Mubeena A	Economics
Priya G S	Economics
Jyothika Dinesh	BBA
Alfiya E	BTTM
Drishya Sreedhar	Mass Communication
Amrutha Vinod	Economics
Roshitha ES	Economics
Jithya P Raj	BTTM
Fathima Fazna	B.Voc Food Science
Vyshnavi	BTTM
Surya M S	Econometrics
Adithya K B	English
Sreeshma A R	B.voc Agriculture
Bhavana Prakash	Economics
Akhila P S	English
Athulya V R	Microbiology
Jahana	Biochemistry
Devapriya	Econometrics
Lakshmipriya m	B. Voc Agriculture

## KSWDC SCHOLARSHIP - FINANCIAL ASSISTANCE TO 1 STUDENT

Women Development Cell, Pazhassiraja College, Pulpally organised Kerala State Women's Development Corporation Ltd. scholarship (Financial Assistance to 1 Student- Rs.5000/-) distribution at Chitrashala on 10<sup>th</sup> January 2022. Dr. Anil Kumar, Principal, Pazhassiraja College in presence of members of the Women Development Cell handed over the 'KSWDC SCHOLARSHIP' Cheque to Ms. Adithya K, Department of History, Pazhassiraja College, Pulpally.



The poster features a yellow-to-orange gradient background. At the top left is the emblem of Pazhassiraja College. To its right, the text reads "WOMEN DEVELOPMENT CELL PAZHASSIRAJA COLLEGE, PULPALLY". On the top right is the logo of the Kerala State Women's Development Corporation Ltd. The central text, in a blue serif font, reads "Kerala State Women's Development Cell Scholarship Distribution Programme". Below this, two yellow boxes contain the date "DATE: 10/01/2022" and the venue "VENUE: CHITRASHALA". At the bottom, two columns list the awarding and receiving parties, with a portrait of Ms. Adithya K on the right.

**WOMEN DEVELOPMENT CELL  
PAZHASSIRAJA COLLEGE, PULPALLY**

**The Kerala State Women's  
Development Corporation Ltd.**


**Kerala State Women's Development Cell  
Scholarship Distribution Programme**

**DATE: 10/01/2022**

**VENUE: CHITRASHALA**

**AWARDED BY**  
DR. ANIL KUMAR  
PRINCIPAL  
PAZHASSIRAJA COLLEGE

**RECEIVED BY**  
MS. ADITHYA K  
DEPT OF HISTORY  
PAZHASSIRAJA COLLEGE



The cheque is enclosed in a black border. It features the KSWDC logo and the number "181" in a yellow box. The payee's name "Adithya K" and the amount "₹.5, 000/-" are clearly visible. The issuing entity is "Kerala State Women's Development Corporation Ltd" and the date is "10 01 2022". The recipient's address is "Women Development Cell, Pazhassiraja College, Pulpally".

 **181**  
The Kerala State Women's Development Corporation

**Kerala State Women's Development Corporation Ltd**

10 01 2022

**KSWDC SCHOLARSHIP 2021-22**

Pay: **Adithya K**

Rupees: **Five Thousand Only**

**₹.5, 000/-**

 Women Development Cell, Pazhassiraja College, Pulpally

## **WEBINAR ON WOMEN RIGHTS**

### **Introduction to the Programme**

The Women Development Cell (WDC), Pazhassiraja College, Pulpally conducted the Webinar on Women's Rights in association with Kerala State Women's Development Corporation Ltd on 11<sup>th</sup> January 2022, at 07.00 PM. Adv. Niza Fazil, Legal Practitioner, High Court, Kerala delivered the Keynote speech on the theme "Women Right's. The session was on Google meet, and more than 50 Women Development Cell members of Pazhassiraja College dynamically attended the session.

### **Objectives of the session**

The session had the following objectives

1. To emphasizes that equality between women and men
2. To ensure women can own property, vote, get paid fair wages, and live free from violence

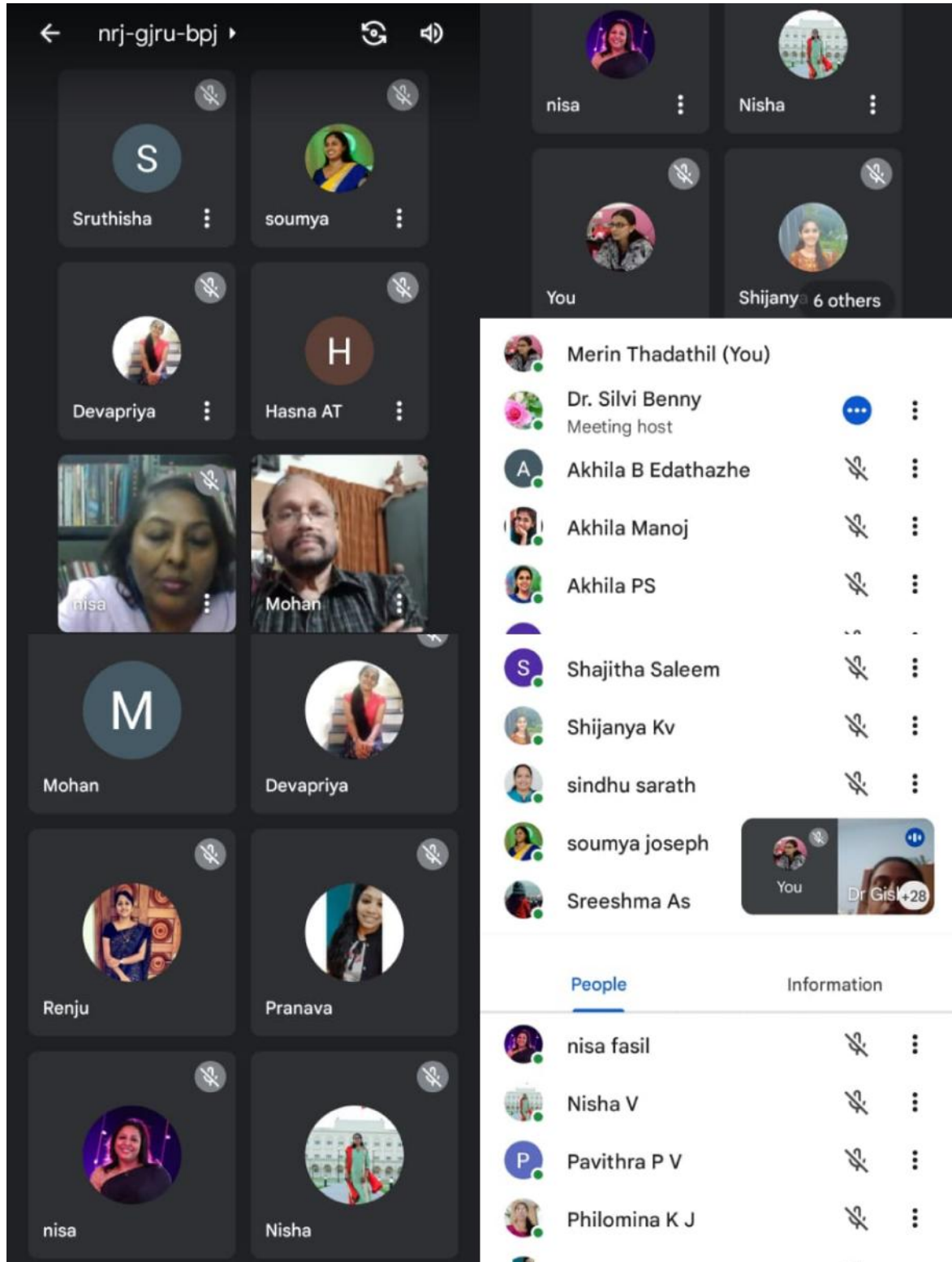
### **Description**

The webinar started with a welcome address delivered by Dr. Merin S Thadathil, Women Development Cell Coordinator, Pazhassiraja College. The session was presided over by Dr. Silvi T. S, Staff Secretary, Pazhassiraja College. Mr.Mohan Babu, Former Principal, of Pazhassiraja College delivered his inaugural speech. Dr. Dileep M. R, Vice Principal & IQAC Coordinator, Pazhassiraja College Pulpally felicitated the event. Adv. Niza Fazil, the speaker of the webinar, create awareness among students on the issues relating to gender inequality, sexual harassment etc and suggested ways to empower girls. In her talk, she pointed out that violence against women can be effectively prevented only by addressing the root causes of gender inequality and discrimination. More than 50 students and faculties from various Departments attended the session. Many students raised their concerns regarding the topic of discussion and the speaker was able to clarify their doubts by citing relevant instances. The session was highly interactive and informative. Aswathi T S, Member of Women Cell proposed the vote of thanks.



## The Output of the session

1. Students got aware of the women and child protection laws
2. The session was highly motive the students about the dignity and respect of women





# WOMEN CELL



PAZHASSIRAJA COLLEGE,  
PULPALLY

In association with

KERALA STATE WOMEN'S  
DEVELOPMENT CORPORATION LTD



Organises

## WEBINAR ON "WOMEN'S RIGHTS"

RESOURCE PERSON:

**ADV. NIZA FAZIL**

Legal Practitioner,  
High Court, Kerala

Date: 11/01/2022

Time: 07 PM

Platform: Google Meet

Convenor: **Dr. Merin S Thadathil**  
Women Cell Coordinator



## **List of Participants**

<b>Name of the Participants</b>	
Aswathy P R	Jisha T E
Devapriya M	Lisha Antony
Dr. Gisha P Mathai	Pravithra P V
Midhuna Raj	Philomina K J
Nisha V	Shajitha Saleem
Pranava Prabakaran	Sindhu Sarath
Renju Thomas	Soumya Joseph
Shijanaya K. V	Sreeshma A S
Akhila B Edathazhe	Sruthisha P S
Akhila Manoj	Tancy V S
Akhila P S	Vinny Ponnath
Anjana Baiju	Hasna A T
Arunima Ashok	Nandana Devadas
Aswathi K B	Amalendhu P S
Sandhra V C	Angel Thomas
Mubeena A	Theertha Manoj
Angel Mariya	Navya N R
Midhuna	Afra K
Ann Mariya Kurian	Vismaya M R
Parvathi P J	Navya Mohanan
Akshai Binu	Stephy P D
Krishnendu M H	Saranya C V
Sandra V C	Aswathi T S
Faseela T	Atheena K S
Priya G S	Manasa K Mohanan
Fasna K P	Shilpa P B
Nivedya T	Navya Mathew
Shahana Jasmine	Dilshana K S
Parvathi P S	Athira Subhash
Asha Sunny	Megha Mukundan C M

## **WORKSHOP ON HEALTH & HAPPINESS**

### **Introduction to the Programme**

The Women Development Cell (WDC), Pazhassiraja College, Pulpally in association with Kerala State Women Development Cooperation Ltd. (KSWDC) organised a workshop on Health and Happiness (An introduction to Yoga) through Online Platform on 15<sup>th</sup> February 2022, Tuesday at 06.00 PM. Ms. Helan Zekharias, Yoga Trainer, Insight Marital Academy & Yoga Study Centre, Thiruvambady gave training to 30 members of the Women Development Cell.

### **Objectives of the session**

The session had the following objectives

1. To enable the student to have good health.
2. To foster harmony in the body and mind

### **Description**

The workshop started with introductory remarks and welcome address delivered by Dr. Merin S Thadathil, Convenor of the programme and Women Development Cell Coordinator, Pazhassiraja College. Dr. Anilkumar K, Principal, Pazhassiraja College delivered the presidential address. He shared his experience in Yoga practicing and also explained the benefits deliver through Yoga practice. Ms. Helan Zekharias, Yoga Trainer, explain the importance of yoga in the current society and in the practical session, she introduced several basic yoga poses (yoga asanas) to the participants. The workshop was very fruitful. Devapriya, a Member of the Women Cell rendered the vote of thanks.

### **The Output of the session**

1. Students got to practice staying balanced even in stressful situations
2. It helped the students to improve good health and flexibility



**Women Cell**  
**PAZHASSIRAJA COLLEGE**  
**PULPALLY, WAYANAD (Dt.)**

*In association with*  
**KERALA STATE WOMEN'S DEVELOPMENT CORPORATION LTD.**

*Organises*



**Health and Happiness Workshop**

*(An Introduction to YOGA)*

*RESOURCE PERSON:*

**Ms. Helan Zekharis**

*Yoga Trainer, Insight Marital Academy &  
Yoga Study Centre, Thiruvambady*



*CONVENOR:*

**Dr. Merin S. Thadathil**

*Women Cell Coordinator,  
Pazhassiraja College, Pulpally*

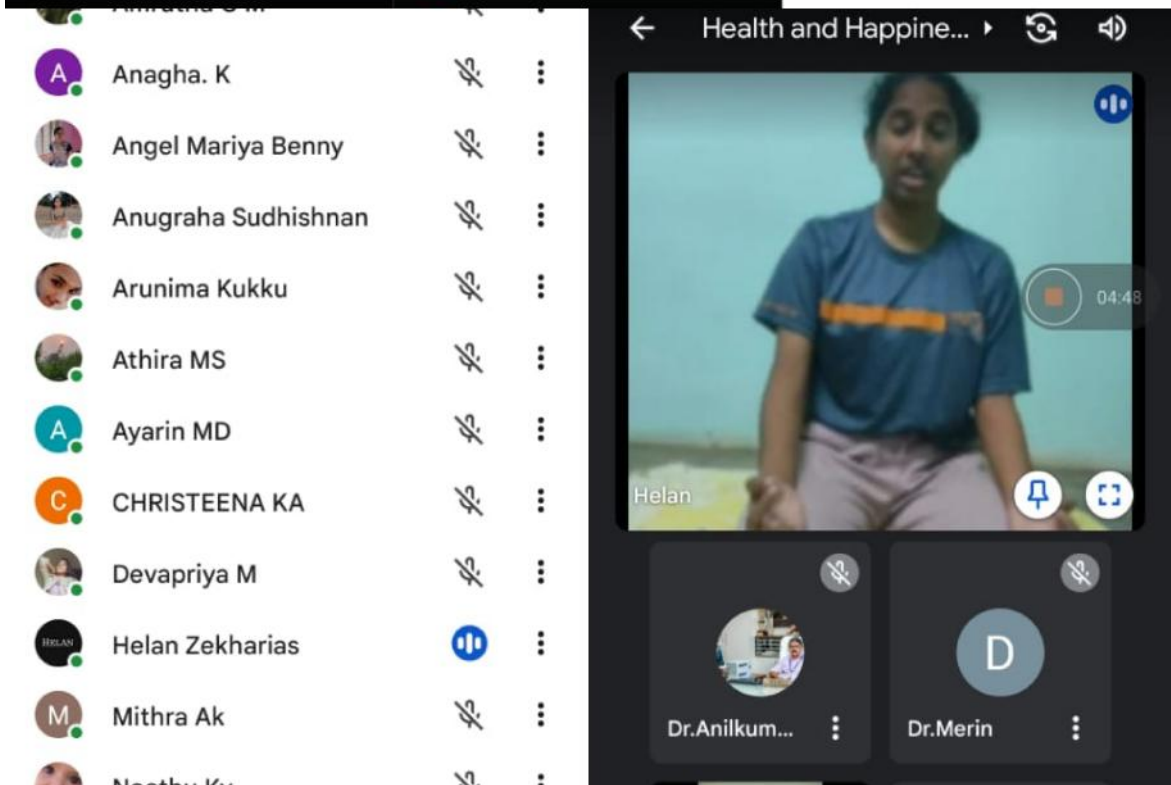


Viva PBA 2615530

**Date: 15/02/2022**

**Time : 6 PM**

**Platform: Google Meet** 



### **List of Participants**

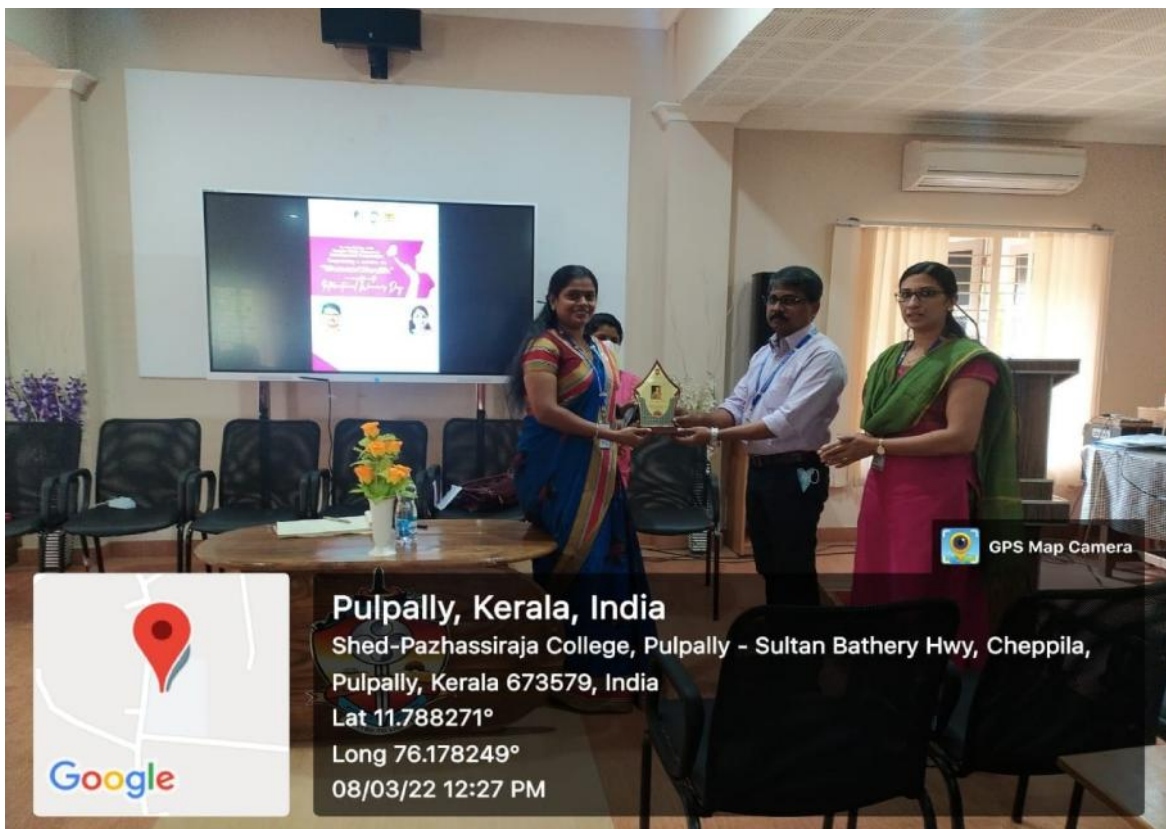
<b>Name of the Student</b>	
Ayarin M D	Amrutha C M
Chelsy Chacko	Anagha K
Christeena K A	Angel Mariya Benny
Devapriya M	Anugraha Sudhishnan
Krishna K V	Arunima
Mithra A K	Athira M S
Nandana P K	Neethu K V
Shaniba Gafoor	Veena
Silfamol	Pavithra
Sivanandana N	Mubeena
Sneha Mathew	Surya M S
Nandhana	Sreeshma A S
Vismaya Krishna	Amrutha C M
Arathi K K	Anna Mariya
Anishma P K	Aan Christy



## WOMEN'S DAY CELEBRATIONS

A Woman has a vital role in molding society. The purpose of celebrating Women's day is to uphold women's achievements, recognize challenges, and focus greater attention on women's rights and gender equality. This year, students of Pazhassiraja College celebrated International Women's in association with Kerala State's Women Development Cooperation from 8<sup>th</sup> March 2022 to 14<sup>th</sup> March 2022. International Women's celebration Week included invited lectures on various topics, Meritorious Award Distribution, Complaint Box installation and release of Manuscript of Women Development Cell.

The International Women's celebrations began with prayer. The Welcome address was delivered by Women's Development Cell Coordinator Dr. Merin S Thadathil. Dr. Anil Kumar, Principal of Pazhassiraja College presided over the meeting and delivered the inaugural Speech. Women Development Cell honored Lt. Dr. Rani S Pillai, NCC Officer & Assistant Professor of the Department of History for her meritorious and dynamic activities in the institution. Dr. Anil Kumar, Principal, Pazhassiraja College Awarded the Meritorious Award 2022 to Lt. Dr. Rani S Pillai on 8<sup>th</sup> March 2022. Lt. Dr. Rani S Pillai shared her experience in the Training Camp of the Army and felicitated this session. Mubeena delivered the vote of Thanks.





**PAZHASSIRAJA COLLEGE, PULPALLY  
Women Development Cell  
& KSWDC**

**Break the Bias:  
"Gender Equality Today  
for a Sustainable Tomorrow"**

*International  
Women's Day Celebrations*

**08<sup>th</sup> March - 14<sup>th</sup> March, 2022**

**PROGRAMMES :**

- » Invited Lectures on
  - » Women & Health
  - » Positive Mental Attitude
  - » Healthy Relationship
- » Meritorious Award Distribution
- » Complaint Box Installation
- » Release of Manuscript



## SEMINAR ON WOMEN & HEALTH

### **Introduction to the Programme**

The Women Development Cell (WDC), Pazhassiraja College, Pulpally in association with Kerala State Women Development Cooperation Ltd. (KSWDC) organised a one day seminar on Women & Health in connection with the International Women's Day celebration on 08<sup>th</sup> March 2022, Tuesday, at Noon. Dr. Suvisri Anoop, Chief Physician, Kottakkal Ayurvedic Pharmacy, Vythri delivered the Keynote speech on the topic "Women & Health. This was the opening programme of the International Women's Day celebration. More than 50 Women Development Cell members of Pazhassiraja College actively attended the session.

### **Objectives of the session**

The session had the following objectives

1. To alert the students about Menstrual Hygiene and Health
2. To instruct the students to use menstrual cups

### **Description**

The session started with an invocation by Amalendu. The introductory remarks and welcome address were delivered by Dr. Merin S Thadathil, Women Development Cell Coordinator and Faculty, Department of Economics, Pazhassiraja College. The session was presided over by Dr. Anilkumar K, Principal, Pazhassiraja College. Dr. Suvisri Anoop, Chief Physician the speaker of the seminar, point out different issues faced by women and adolescents at the time of menstruation and taught them everything about menstrual hygiene and health. She spoke about diet, and nutrition and the need to develop healthy habits for a healthy mind and body. She explained the simple natural ways to improve our health and wellness. More than 50 students and faculties from various Departments took part in the programme. In the interactive session, students openly discussed their problems. The session was highly interactive and informative. Ridhi K P, Member of Women Cell proposed the vote of thanks.

### **The Output of the session**

1. Students had learned the use of the Menstrual Cup
2. Students got knowledge about Ayurvedic remedies for Menstrual Pain



## Women Development Cell PAZHASSIRAJA COLLEGE, PULPALLY

in association with  
Kerala State Women's  
Development Corporation  
Organizing a session on

### **“Women & Health”**

*in connection with  
International Women's Day*



Presidential address  
**Dr. Anil Kumar K**  
Principal  
Pazhassiraja College

Resource Person  
**Dr. Suvisri Anoop**  
Chief Physician  
Kottakkal Ayurvedic  
Pharmacy, Vythiri



**8<sup>th</sup> March 2022, 12.00PM**  
**Venue : Chithrasala**

Convenor  
**Dr. Merin S Thadathil**  
Women Development Cell Co-ordinator  
& Assistant Professor of Economics



**Women Development Cell  
PAZHASSIRAJA COLLEGE, PULPALLY**

in association with  
Kerala State Women's  
Development Corporation  
Organizing a session on  
**"Women & Health"**  
in connection with  
*International Women's Day*



Presidential address  
**Dr. Anil Kumar K**  
Principal  
Pazhassiraja College



Resource Person  
**Dr. Suvisri Anoop**  
Chief Physician  
Kottakkal Ayurvedic  
Pharmacy, Vythiri

**8<sup>th</sup> March 2022, 12.00PM**  
Venue : Chithrasala

Convenor  
**Dr. Merin S Thadathil**  
Women Development Cell Co-ordinator  
& Assistant Professor of Economics



Pulpally, Kerala, India  
Shed-Pazhassiraja College, Pulpally - Sultan Bathery Hwy, Cheppila,  
Pulpally, Kerala 673579, India  
Lat 11.788271°  
Long 76.178264°  
08/03/22 12:07 PM



Pulpally, Kerala, India  
Shed-Pazhassiraja College, Pulpally - Sultan Bathery Hwy, Cheppila,  
Pulpally, Kerala 673579, India  
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Long 76.178264°  
08/03/22 12:07 PM



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Pulpally, Kerala 673579, India  
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Long 76.178264°  
08/03/22 12:29 PM



Pulpally, Kerala, India  
Shed-Pazhassiraja College, Pulpally - Sultan Bathery Hwy, Cheppila,  
Pulpally, Kerala 673579, India  
Lat 11.788271°



Pulpally, Kerala, India  
Shed-Pazhassiraja College, Pulpally - Sultan Bathery Hwy, Cheppila,  
Pulpally, Kerala 673579, India  
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Long 76.178264°  
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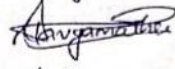
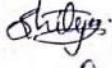


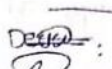

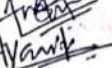

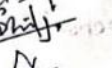

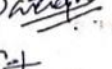
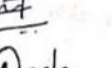
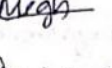
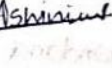
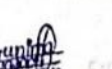
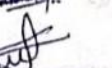
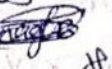
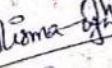
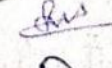




Pulpally, Kerala, India  
Shed-Pazhassiraja College, Pulpally - Sultan Bathery Hwy, Cheppila,  
Pulpally, Kerala 673579, India  
Lat 11.788271°  
Long 76.178264°  
08/03/22 12:37 PM



Pulpally, Kerala, India  
Shed-Pazhassiraja College, Pulpally - Sultan Bathery Hwy, Cheppila,  
Pulpally, Kerala 673579, India  
Lat 11.788271°  
Long 76.178264°  
08/03/22 12:37 PM



WOMEN DEVELOPMENT CELL & KSWDC  
 "Women & Health" - 08<sup>th</sup> March 2022

Name of the participants	Signature
1. Navya Mathew	
2. Shilpa P.B	
3. Anjali Lakshmanan	
4. Harshali M.S	
5. Devapriya M.	
6. Helen Zekharas	
7. Krishnendu K.P	
8. Anishma P.K	
9. Ayarin M.D	
10. Anugraha Sudhishman	
11. Shilpa S	
12. Hasna A.T	
13. Savitri K	
14. Shivananjini R	
15. Meghna Krishna	
16. Aswini M.A	
17. Arubima V	
18. Anjana Joseph	
19. Anagha Manoj	
20. Vishnu Varghese	
21. Sneha Muralik	
22. Megha Muralik P.M	
23. Krishna P.S	

24	Anmeiya kulan	<del>Anmeiya</del>
25	Babitha	<del>Babitha</del>
26	Sinta Jayaraj	<del>Sinta</del>
27	Vismaya kishna	<del>Vismaya</del>
28	Sunya M S	<del>Sunya M S</del>
29	Soonya C.G	<del>Soonya</del>
30	Vismaya Shajan	<del>Vismaya</del>
31	Silpa mol Jesus	<del>Silpa</del>
32	Aleena Thomey	<del>Aleena</del>
33	Sharika E.S	<del>Sharika</del>
34	Asathik	<del>Asathik</del>
35	Fathimath Shariba.	<del>Fathimath</del>
36	Sona Gasmin	<del>Sona</del>
37	Sivamandana K.S	<del>Sivamandana</del>
38	Anagha C.S	<del>Anagha</del>
39	Mubeena K	<del>Mubeena</del>
40	Nandhara K.V	<del>Nandhara</del>
41	Dhanya K	<del>Dhanya</del>
42	Fathimath Fialha	<del>Fathimath</del>
43	Afra K	<del>Afra</del>
44	Aswathi T.S	<del>Aswathi</del>
45	Aleena Baby.	<del>Aleena</del>



- 46) Anjana Baiju Anjana
- 47) Aswathi. KB Aswathi
- 48) Akshayadas.k Akshaya
- 49) Annamariga PB Anna
- 50) Mafeeda C.R Mafeeda
- 51) Anjana Krishna Anjana
- 52) Anantha CM Anantha
- 53) Vishnu priya NB Vishnu
- 54) Gopika K S Gopika
- 55) Aswarya.m.p Aswarya
- 56) Bhavana prakash Bhavana
- 57)  Ridhi K.P Ridhi

## SEMINAR ON POSITIVE MENTAL ATTITUDE

The Women Development Cell (WDC), Pazhassiraja College, Pulpally conducted a seminar on Positive Mental Attitude in association with KSWDC on 09<sup>th</sup> March 2022, Wednesday at 01.30 PM. Mr. Kailas Baby, Consultant Psychologist, Assumption Hospital, Sulthan Bathery delivered the Keynote address on the theme “Positive Mental Attitude”. The session was conducted in our college Auditorium Chithrasala, and more than 50 students from various departments of Pazhassiraja College enthusiastically attended the session.

### **Objectives of the session**

The session had the following objectives

1. To create better psychological and physical well-being.
2. To build up a positive response to every situation

### **Description**

The seminar started with a welcome address delivered by Ms. Megha Mukunthan, Women Development Cell Student Representative, Pazhassiraja College. The session was presided over by Dr. Merin S Thadathil, Coordinator, Women Development Cell, Pazhassiraja College. She gave insights to manage mental health issues. Rev. Fr. Varghese Kollammavudy, CEO, Pazhassiraja College Pulpally felicitated the event by giving a thoughtful speech. Mr. Kailas Baby, Consultant Psychologist, the presenter of the seminar, taught the best ways to drastically improve your life. The session was highly interactive. More than 50 students and faculties from various Departments attended the session. Arathi K, a member of the Women Cell proposed the vote of thanks.

### **The Output of the session**

This seminar helped the students to apply their existing problem -solving skills more effectively and develop their mental health.



**WOMEN DEVELOPMENT CELL  
PAZHASSIRAJA COLLEGE, PULPALLY**



in association with  
**KSWDC**



**Organize a Seminar on**

**“Positive  
Mental Attitude”**



**Kailas Baby**

Consultant Psychologist  
Assumption Hospital, Sulthan Bathery

**Date: 09-03-2022**

**Time : 01.30PM**

**Venue : Chithrasala**

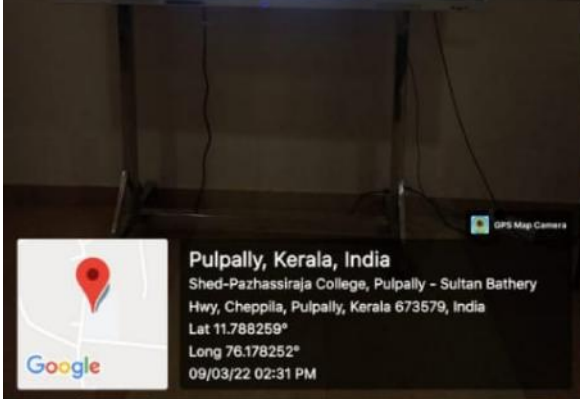
**Dr. Merin S Thadathil**

Women Development Cell Coordinator

**Dr. Anil Kumar**

Principal





Women Development Cell of KSWDC  
 Seminar on "Positive Mental Attitude" - 09-03-22

1	Harshamal M.S	= BA Econometrics	
2.	Pavithra .P.V	"	
3.	Devapriya M	"	
4.	HELAN ZEKHARIAS	"	
5	SANA YASMIN.	"	
6	Anagha .CS	"	
7	Mabeena .k	"	
8	Surya M.S	"	
9.	Sivanandana N.	"	
10.	Vismaya Krishna	"	
11	Soorya C.G	"	
12	Vismaya shajan	"	
13.	Silda mol Jesus	"	
14.	Aleena Baby	= BA Economics	
15.	Afaa K	"	
16.	Aswathi T.S	"	
17.	Babitha A.S	"	
18.	Anasuya Kurlian	"	
19.	Sinta Jayaraj	"	
20.	Jesbin Cj	"	
21.	Shinto	"	
22.	Aranda	"	
23	Abi Anvickose	"	
24	Krushner p.S	"	
25	Sneha Murali K	"	
26	Megha Mukhuttam	"	



27	Maharaj M.T	BA Economics	Maharaj
28	Vijay Anand	" 45	Vijay
29	Sushresh Narayanan	"	Sushresh
30	Vismaya M.R	History	Vismaya
31	Aarna Thomas	"	Aarna
32	Amal Biju	"	Amal
33	Adithi K.S	Economics	Adithi
34	Sarkis C.V	"	Sarkis
<del>35</del>	<del>Nikhil PB</del>	<del>BA Economics</del>	<del>Nikhil</del>
35	Nikhil PB	BA Economics	Nikhil
36	Abhijith M.S	B.A. Economics	Abhijith
37	Analytho Vijayaraj	BA Economics	Analytho
38	Nanya Mathew	"	Nanya
39	Shulpa P.B	"	Shulpa
40	Shanika E.S	"	Shanika
41	Vishnu Prasad M.S	"	Vishnu
42	Neesu Mol C.K	"	Neesu
43	parvathi P.S	"	Parvathi
44	Pragna C.S	"	Pragna
45	Kavya Prabhu	"	Kavya
46	Redhi K.P.	BA Economics	Redhi
47	Meghna Krishna	"	Meghna
48	Aswini M.A	"	Aswini
49	Vimaya Varghese	"	Vimaya
50	Bhavana Prakash	"	Bhavana

	Monammed T. J. Uip	B.A Economics II <sup>nd</sup> yr	<u>Lajo</u>
52	Arnul Varghese	B.TTM	<u>Arnul</u>
53.	Kavya K.K	"	<u>Kavya</u>
54.	Angel Thomas	History	<u>Angel</u>
55	Sivananda K	B.Voc Agri	<u>Sivananda</u>

## **INVITED TALK ON HEALTHY RELATIONSHIPS**

### **Introduction to the Programme**

Department of Economics, Pazhassiraja College, Pulpally in association with Women Development Cell (WDC), Pazhassiraja College, and Kerala State Women's Development Cell (KSWDC) organised an invited talk on Healthy Relationships in connection with International Women's Day Celebrations on 10<sup>th</sup> March 2022, Thursday at 02.00 PM. The topic "Healthy Relationships" was presented by Gracy Jacob, Principal, Kerala Academy of Engineering, Sulthan Bathery. More than 60 students and faculties of the Department of Economics actively attended the session.

### **Objectives of the session**

The session had the following objectives

1. To understand the significance of the Relationship
2. To understand the importance of staying a healthy relationship

### **Description**

The session started with an invocation by Sneha Murali. Dr. Merin S Thadathil, Women Development Cell Coordinator and Assistant Professor, Department of Economics, Pazhassiraja College delivered the Welcome address. Dr. Silvi T S, Head, Department of Economics delivered the presidential address. The Keynote address was delivered by Dr. Anilkumar K, Principal, Pazhassiraja College. He spoke about healthy relationships among students. Mr. Amal Marcus, Assistant Professor, Department of Economics, Pazhassiraja College Pulpally and Mrs. Christeena K A, PG Coordinator felicitated the occasion by giving a thoughtful speech. Gracy Jacob, Principal, Kerala Academy of Engineering, Sulthan Bathery, delivered an amazing session about healthy relationships. She explained the problems in relationships and how to make good relationships. The session was highly interactive and motivating. More than 60 students and faculties from the Department of Economics attended the session. Many students raised their concerns regarding the subject of discussion and the speaker was able to clarify their doubts by citing related instances. Aswathi T S, the student and member of the Women Development Cell proposed the vote of thanks and MS. Helen hosted the event.



## The Output of the session

All the students who participated in this class became aware of the importance of relationships and the problems of non-healthy relationships.





**DEPARTMENT OF ECONOMICS**  
**PAZHASSIRAJA COLLEGE, PULPALLY**

in association with  
**Women Development Cell & KSWDC**

Organize An Invited Talk on

**Healthy Relationships**

By



**Gracy Jacob**

Principal, Kerala Academy of Engineering

**Date: 10-03-2022** **Time: 02.00PM** **Venue: Chithrasala**

**Welcome Address : Dr. Merin S Thadathil**

Asst. Professor  
Dept. of Economics

**Presidential Address : Dr. Silvi T.S**

Head, Dept. of Economics

**Keynote Address : Dr. Anil Kumar K**

Principal  
Pazhassiraja College

**Feliciations : Mr. Amal Marcus**

Asst. Professor  
Dept. of Economics

**: Mrs. Christeena K.A**

Co-ordinator  
P.G, Dept. of Economics

**Vote of Thanks : Aswathi T.S**

III<sup>rd</sup> year BA Economics

*All are invited*



Convenor

**Dr. Merin S Thadathil**

Coordinator  
Women Development Cell

Women Development Cell & KSWDC ✓  
 Invited talk on Healthy Relationships - 10/3/22

1. Megha Makarda P.M 3<sup>rd</sup> Economics Megha
- 2) Sneha Mudrik. 3<sup>rd</sup> economics Sneha
- 3 Krishna PS " Krishna
- 4 Babitha " Babitha
- 5) Sinta Jagarej " Sinta
- 6 Anmasiya kumar " Anmasiya
7. Aswathi T.S " Aswathi
8. Apara k " Apara
9. Aleena Baby. " Aleena
10. Suresh Naveen " Suresh
- 11 Nikhil RB 3<sup>rd</sup> Economics Nikhil
12. Musheerul M.P " Musheerul
- 13 Abijith Ms " Abijith
14. Jesbin y " Jesbin
- 15 Anil jith " Anil
- 16 Atamal biju " Atamal
- 17 Mohammed Ivan-cip " Mohammed
18. Anchaisty 1<sup>st</sup> Economics Anchaisty
- 19 Sureshma A.S 1<sup>st</sup> BA Economics Sureshma
- 20 shibo shibu 3<sup>rd</sup> BA Economics shibo
21. Arunima y 1<sup>st</sup> yr Economics Arunima
- 22 Anjana Krishna 1<sup>st</sup> year BA Economics Anjana
- 23 Amrutha CM 1<sup>st</sup> year B.A Economics Amrutha



1. Sivanandana K.S	Econometrics	Sis
2. Sana Yasmin	"	Sanf
3. Devapriya M	"	Devi
4. Pavithra P.V	"	Pavithra
5. Anagha C.S	"	Anagha
6. Mabeena K	"	Mabeena
7. Fathimathul Fidha	"	Fidha 10/03/22
8. Nandhana K.V	"	Nandhana
9. Mateeda C.R	1 <sup>st</sup> year BA Economics	Mateeda
10. Aswatho K.B	1 <sup>st</sup> year BA Economics	Aswatho
11. Anishma P.K	"	Anishma
12. Ayazim M.D	"	Ayazim
13. Krishnendo K.P	"	Krishnendo
14. Alakanandha	"	Alakanandha
15. HASNA A.S	"	Hasna
16. Vishnu priya N.B	"	Vishnu
17. Redhi K.P.	"	Redhi
18. Bhavana Prakash	"	Bhavana
19. Aiswarya M.P	"	Aiswarya
20. Aswini M.A	"	Aswini
21. Meghna Krishna	"	Meghna
22. Akshayadas K	BA Economics	Akshay
23. Athira M.S	"	Athira
24. Sivasejini R	"	Sivasejini
25. ALEON ZEKHRIDS	BA Economics	Aleon
26. SNEHA P.P	"	Sneha
27. Sivanandana N	BA Economics	Sivanandana
28. Veena Balakrishnan	BA	Veena

## COMPLAINT BOX INSTALLATION

The Women Development Cell (WDC), Pazhassiraja College, Pulpally installed a complaint box in front of the Ladies Waiting Room in the Presence of Dr. Anil Kumar, Principal, Pazhassiraja College, Pulpally, Dr. Merin S Thadathil, Coordinator, Women Development Cell, Pazhassiraja College and Members of Women Development Cell on 10<sup>th</sup> March 2022.





## **WOMEN DEVELOPMENT CELL**

**PAZHASSIRAJA COLLEGE, PULPALLY**

### **COMPLAINT BOX INSTALLATION**



**ON 10<sup>TH</sup> MARCH 2022**

**VENUE: LADIES WAITING ROOM**

## ‘PENNEZHUTH’ - WOMEN DEVELOPMENT CELL MANUSCRIPT

The Manuscript “**PENNEZHUTH**” is a publication of the Women Development Cell, Pazhassiraja College, Pulpally. The Manuscript “PENNEZHUTH” of WDC, Pazhassiraja College, Pulpally based on the theme of WOMEN was released on 14<sup>th</sup> March 2022. On this occasion Principal, Dr. Anil Kumar K congratulated the members of the Women Development Cell for the successful editing and release of the magazine.



The magazine committee invites writings from the students and teachers. It is written and edited by college students and teachers. The WDC Manuscript has English and a Malayalam section. The students and the teachers get an opportunity to show their creative power through it. The magazine contains poems, articles, short stories and an elaborate photo gallery providing glimpses of the activities of the Women Development Cell, Pazhassiraja College, Pulpally. The magazine also contains messages by the principal and Women Development Cell Coordinator.





**Women Development Cell**  
**Pazhassiraja College, Pulpally**

In association with

**KERALA STATE WOMEN'S DEVELOPMENT CORPORATION LTD (KSWDC)**



**HAND WRITTEN MAGAZINE**



We gladly invite your creative contributions related to **"WOMEN"**

**Articles||Poems||Short Stories|| Experience Writing|| Drawings|| ||Other Works**

Please submit your contributions before **08<sup>th</sup> March 2022**

Rush your entries to **Dr. Merin S Thadathil**, Department of Economics



**\*Entries are to be written in A4 size paper with 2cm margins**

**\*Language- English | | Malayalam | | Hindi**

Contact: 7034008228



# MANUSCRIPT LAUNCH



WOMEN DEVELOPMENT CELL  
PAZHASSIRAJA COLLEGE, PULPALLY



**Monday**

**14<sup>th</sup> March 2021**

**10.30 AM**

**Chrithrasala**

**COMMUNITY INTERVENTION PROGRAMME –**  
**A SESSION ON CHILD DEVELOPMENT IN A SCHOOL**

**Introduction to the Programme**

The Women Development Cell (WDC), Pazhassiraja College, Pulpally conducted the COMMUNITY INTERVENTION PROGRAMME on 22<sup>nd</sup> March 2022, Tuesday at 02.00 PM in association with Kerala State Women's Development Cell (KSWDC) at Government High School, Irulam, Wayanad. Mr. Rajeesh V R, counseling Psychologist & Assistant Professor, Pazhassiraja College, Pulpally delivered the Keynote speech on Child Development. 60 students from Government High School, Irulam, Wayanad actively attended the session.

**Objectives of the session**

The session had the following objectives

1. To improve the nutritional and health status of children
2. To lay the foundation for proper psychological, physical and social development of the child

**Description**

The session started with an invocation by Archana K S. The introductory remarks and welcome address were delivered by Mr. Manoj T G. Head, Government High School, Irulam, Wayanad. The session was presided over by Merin S Thadathil, Coordinator of this program and Women Development Cell Coordinator, Pazhassiraja College pulpally. Mr. Rajeesh V R, counseling Psychologist the speaker of the Programme, highlighted the overall development of the child. 60 students and faculties actively participated in the session. The session was highly interactive and informative. Sreejith P G delivered the vote of thanks.

**The Output of the session**

1. Students understood the process of child development
2. Students were aware of the psychological, physical and social development of the child



## WOMEN DEVELOPMENT CELL

PAZHASSIRAJA COLLEGE, PULPALLY



*In association with*

**KSWDC**



## COMMUNITY INTERVENTION

*A session on CHILD DEVELOPMENT for the students of*

*Government High School, Irulam, Wayanad*



RESOURCE PERSON

**RAJESH V R**

Counselling Psychologist &  
Assistant Professor,  
Pazhassiraja College, Pulpally

AT 2.00 PM

22 MARCH 2022

**Dr. Merin S Thadathil**  
Coordinator  
Women Development Cell

**Dr. Anil Kumar K**  
Principal  
Pazhassiraja College





Women Development Cell  
Community Intervention.

Child Development - 22/3/2022

Sl.No	Admission no	Full name	Gender	Signature
1	8209	ABHISHEK KUMAR S	M	[Signature]
2	8212	ADARSH VINOD	M	[Signature]
3	8538	ADITHYA A S	F	[Signature]
4	8909	ADWAITH K U	M	[Signature]
5	8191	AKSHARA RAVIKUMAR	F	[Signature]
6	8208	ALAKANANDA M R	F	[Signature]
7	8163	ALEENA	F	[Signature]
8	8214	AMMU	F	[Signature]
9	8679	ANANDHU KRISHNA N S	M	[Signature]
10	8215	ANEESH V S	M	[Signature]
11	9446	ANOOJA VISMAYA	F	[Signature]
12	8190	ANSIL S	M	[Signature]
13	8152	ARCHANA K S	F	[Signature]
14	8651	DEVIKA K P	F	[Signature]
15	8188	DILSHANA FATHIMA	F	[Signature]
16	8210	FASNA SHERIN	F	[Signature]
17	8148	HUSNA SHERIN E A	F	[Signature]
18	9355	IRSHAD A I	M	[Signature]
19	8192	JOMOL I	F	[Signature]
20	8245	MEHABIN V N	M	[Signature]
21	8211	MIDHUN TOMY	M	[Signature]
22	8182	MUHAMMED NIJAZ C N	M	[Signature]
23	8184	MUHAMMED SHANID V S	M	[Signature]
24	8183	MUHAMMED SINAN M J	M	[Signature]
25	8147	MUHAMMED SINAN P S	M	[Signature]
26	8706	NOOPURA RAJAN E R	F	[Signature]
27	8216	RAHUL V R	M	[Signature]
28	8179	SALIHA M	F	[Signature]
29	8932	SALU	F	[Signature]
30	8513	SREEJITH P G	M	[Signature]
31	8151	SREERAG V C	M	[Signature]
32	8331	SWETHA MENON	F	[Signature]
33	8231	VIJITHA	F	[Signature]
34	8608	VISHNU V M	M	[Signature]



# Eventful Year! - 2021-2022


**PAZHASSIRAJA COLLEGE, PULPALLY**  
Wayanad (Dt), Kerala, 673575

We cordially invite you for the inauguration of  
**WOMEN CELL 2021-22**

Google Meet

17th July 2021, Saturday  
5.00 pm


Presidential Address  
Dr. Anil Kumar K  
Principal  
Pazhassiraja College, Pulpally



Inauguration &  
Keynote Address  
on  
**WOMEN SAFETY AND LAW**

Adv. C K Mercy  
Family Counsellor & Resource Person  
DLSA Wayanad


**Women Cell**  
Pazhassiraja College, Pulpally  
in association with



Kerala State Women's Development Corporation  
Organizes  
Orientation Programme

**"Mithra 181 Women Helpline"**

Resource Person



Mrs. Divya  
Manager  
Mithra 181 Women Helpline

Convener  
Dr. Merin S Thadathil

Date: 11<sup>th</sup> December 2021  
Time: 10.00 AM  
Platform: Google Meet

**Women and Child Development  
Office, Wayanad**

In association with  
Women Cell  
Pazhassiraja College, Pulpally

**GENDER SENSITIZATION  
CAMPAIGN**

07/08/2021  
10.00 AM

TOPIC EXTRACTION



Adv. BABITHA G

COORDINATOR  
DR. MERIN S THADATHIL  
CONVENOR  
WOMEN CELL  
PAZHASSIRAJA COLLEGE, PULPALLY

Mahila Shakthi Kendra Wayanad

**WOMEN DEVELOPMENT CELL**  
PAZHASSIRAJA COLLEGE, PULPALLY


Kerala State Women's Development  
Scholarship Distribution Programme

DATE: 10/01/2022

VENUE: CHI

RECEIVED BY  
NIL KUMAR  
PRINCIPAL  
PAZHASSIRAJA COLLEGE

RECEIVED BY  
MS. ADITHYA K  
DEPT OF HISTORY  
PAZHASSIRAJA COLLEGE



**WOMEN CELL**

PAZHASSIRAJA COLLEGE,  
PULPALLY

In association with

KERALA STATE WOMEN'S  
DEVELOPMENT CORPORATION LTD

Organises

**WEBINAR ON "WOMEN'S RIGHTS"**

RESOURCE PERSON:

**ADV. NIZA FAZIL**  
Legal Practitioner,  
High Court, Kerala

Date: 11/01/2022  
Time: 07 PM  
Platform: Google Meet

Convenor: **Dr. Merin S Thadathil**  
Women Cell Coordinator




*In association with*


**KERALA STATE WOMEN'S DEVELOPMENT CORPORATION LTD.**

Organises

**Health and Happiness Workshop**  
(An Introduction to YOGA)


Resource Person:

**Ms. Helan Zekharis**  
Yoga Trainer, Insight Marital Academy &  
Yoga Study Centre, Thiruvambady



Convenor:

**Dr. Merin S. Thadathil**  
Women Cell Coordinator,  
Pazhassiraja College, Pulpally



Date: 15/02/2022  
Time : 6 PM  
Platform: Google Meet

**WOMEN DEVELOPMENT CELL**  
PAZHASSIRAJA COLLEGE, PULPALLY

**COMPLAINT BOX INSTALLATION**



**ON 10<sup>TH</sup> MARCH 2022**

VENUE: LADIES WAITING

**PAZHASSIRAJA COLLEGE, PULPALLY**  
Women Development Cell  
& KSWDC

Break the Bias:  
"Gender Equality Today  
for a Sustainable Tomorrow"

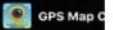
*International*  
**Women's Day Celebrations**  
08<sup>th</sup> March - 14<sup>th</sup> March, 2022

PROGRAMMES :

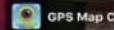
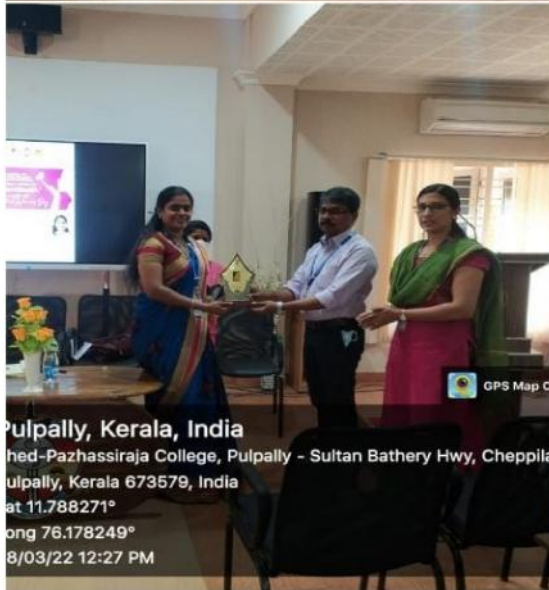
- » Invited Lectures on
  - » Women & Health
  - » Positive Mental Attitude
  - » Healthy Relationship
- » Meritorious Award Distribution
- » Complaint Box Installation
- » Release of Manuscript



**Pulpally, Kerala, India**  
Shed-Pazhassiraja College, Pulpally  
Pulpally, Kerala 673579, India  
Lat 11.788268°  
Long 76.178248°  
08/03/22 12:35 PM



**Pulpally, Kerala, India**  
Shed-Pazhassiraja College, Pulpally - Sultan Bathery Hwy, Cheppila  
Pulpally, Kerala 673579, India  
Lat 11.788262°  
Long 76.178262°  
09/03/22 01:42 PM




**Pulpally, Kerala, India**  
Shed-Pazhassiraja College, Pulpally - Sultan Bathery Hwy, Cheppila  
Pulpally, Kerala 673579, India  
Lat 11.788271°  
Long 76.178249°  
08/03/22 12:27 PM




**Pulpally, Kerala, India**  
Shed-Pazhassiraja College, Pulpally - Sultan Bathery Hwy, Cheppila  
Pulpally, Kerala 673579, India  
Lat 11.788281°  
Long 76.178245°  
10/03/22 02:35 PM






# MANUSCRIPT LAUNCH



## WOMEN DEVELOPMENT CELL PAZHASSIRAJA COLLEGE, PULPALLY



**Monday**  
**14<sup>th</sup> March 2021**  
**10.30 AM**  
**Chrithrasala**

*Kalyanika*  
WOMEN DEVELOPMENT CELL  
PAZHASSIRAJA COLLEGE, PULPALLY  
MARCH 2021

