

# SPECIFIC FACILITIES PROVIDED FOR WOMEN IN TERMS OF;

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# I. PROGRAMMES CONDUCTED BY THE WOMEN'S DEVELOPMENT CELL

## **a) Know When Your Relationship is in Trouble**

On 16 th December 2023, Women's Development Cell conducted a talk on 'Know When Your Relationship is in Trouble' at St. Chavara Seminar Hall. Dr. Sreevidhya. V, Coordinator of the Women's Development cell welcomed the resource person. The resource person, MS. Vandana Sivaraman, Case Worker Sakhi, One Stop, Irinjalakuda, gave a vivid talk on the topic and discussed the present scenario of the strained relationship and put forth the different types of precautionary measures to be taken when the signs of trouble would reflect in relationship. Students and faculties from various departments of the colleges actively took part in the sessions.



**CHRIST**  
COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA



**Women's Development Cell**  
*Organises*

**Talk on**  
*Know When your Relationship is in Trouble*

Speaker  
**Ms. Vandhana Sivaraman**  
Caseworker,  
Sakhi One Stop Centre, Irinjalakuda



On December 16<sup>th</sup> @ 10 AM  
Venue:  
Saint Chavara Seminar Hall

Convenor  
Dr. Sreevidhya V

Principal  
Rev. Fr. Dr. Jolly Andrews CMI



# b) Protective Discrimination and Affirmative Action in Gender Justice

On January 31st 2024 Women’s Development Cell conducted a talk on “Protective Discrimination and Affirmative Action in Gender Justice” Ms. Sajitha, convenor of the Women’s Development cell welcomed the resource person. The resource person, Advocate P.M. Athira, Calicut, delivered a talk on the topic ‘Protective Discrimination and Affirmative Action in Gender Justice’. In this session she talked over the long history of gender discrimination and also discussed how rules and regulations helping us to protect Gender Justice.



 **CHRIST**  
COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA

**WOMEN'S DEVELOPMENT CELL CHRIST COLLEGE IRINJALAKUDA**  
organises

TALK ON  
**PROTECTIVE DISCRIMINATION AND  
AFFIRMATIVE ACTION IN GENDER JUSTICE**

  
**Adv. P. M. Athira**



**31.01.2024 @ 2.00 PM**  
Venue :  
Saint Chavara Block  
Room.No.21

Aluva, Kerala, India  
48GM+GGP, Aluva, Kerala 683102, India  
Lat 10.126129°  
Long 76.333808°  
31/01/24 02:44 PM GMT +05:30

Aluva, Kerala, India  
48GM+GGP, Aluva, Kerala 683102, India  
Lat 10.126129°  
Long 76.333808°  
31/01/24 02:52 PM GMT +05:30

## c. Women's Self-defense Training Programme'

On 13th February 2024, Women's Development Cell in association with Jeevani Students Well-being Centre, Christ College and Kerala Police conducted 'Women's Self-defense Training Programme'. The training programme was welcomed by Principal, Fr. Dr. Jolly Andrews, CMI. Ms. Aleena Johnson Counsellor from Jeevani Students Wellbeing and Ms. Sheeba Varghese vice-principal felicitated the gathering. ASI, Sindu.T. K from the Thrissur circle delivered a talk on the relevance of women's self-defense and explained how the self-defense training increased the confidence of girls and protected them from atrocities. After the talk Senior Police officials Jiji.V. V and Shajamol conducted an interesting practical session in which all the students actively participated.



**CHRIST**  
COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA

# Kerala Police Women Self defence Training Programme



*In association with*  
**Women's Development Cell &  
Jeevani  
Students Well Being Centre  
Christ College**



13/02/2024



10.00 AM to  
1.00 PM



Chavara Seminar Hall





## d. Gender Diversity & Inclusion

On 6th March 2024, Women's Development Cell conducted Women's Day talk on 'Gender Diversity & Inclusion'- Dr. Sreevidhya. V, Coordinator of the Women's Development cell welcomed the resource person. The resource person, Dr. Amrutha K.P. N, Director, KILA, Thrissur, traced the gender diversities and the different categories of gender in her speech. She stressed the necessity of inclusion of all categories of gender in the society. Students and faculties from various departments of the colleges had actively taken part in the sessions

**CHRIST**  
COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA

**WOMEN'S DEVELOPMENT CELL**  
CHRIST COLLEGE IRINJALAKUDA  
organises

**INTERNATIONAL WOMEN'S DAY**  
TALK ON  
**GENDER DIVERSITY & INCLUSION**

**MARCH 06 2024**  
10 am to 12 noon

VENUE :  
SAINT CHAVARA HALL

**RESOURCE PERSON**  
**Dr. AMRUTHA K.P.N.**  
ASST. DIRECTOR,  
KILA & COORDINATOR,  
GENDER SCHOOL, KILA





## e. Self Defense Training Programme

In the afternoon session of the 6th March 2024, Women's Development Cell had conducted a Self Defense Training Programme. Dr. Seena Varghese welcomed the resource person and the resource person, Sensei Gejo Johny, delivered a talk on Self Defense. Anagha. U.T, the member of the cell conveyed the vote of thanks and after the session practical class was conducted in which the students actively participated.

**CHRIST**  
COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA

**WOMEN'S DEVELOPMENT CELL**  
Christ College Irinjalakuda

**WOMEN'S DEVELOPMENT CELL**  
CHRIST COLLEGE IRINJALAKUDA  
organises

**SELF DEFENCE TRAINING PROGRAMME**

**SENSEI GEJO JOHNY**  
BLACK BELT SHODAN

**06 MAR 24**  
2 pm to 4 pm

Venue:  
Saint Chavara Seminar Hall



# II. PROGRAMMES CONDUCTED BY NATIONAL SERVICE SCHEME

## a. Kanal Fest

In Association with the National Service Scheme of Christ College Irinjalakuda, the Government of Kerala Women's Child Development Centre in Thrissur has organized the 2nd phase of the Kanal Fest 2024 on Monday from 1:00 pm to 3:30 pm. As a part of the programme self-defense training programme was conducted.



## b. International Women's Day Programme



CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA  
NATIONAL SERVICE SCHEME UNITS 20 & 49  
UNIVERSITY OF CALICUT

PRESENTS

# BELLATRIX

MARCH 6,7,8

INTERNATIONAL WOMEN'S  
DAY 2024



CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA  
NATIONAL SERVICE SCHEME UNITS 20 & 49  
UNIVERSITY OF CALICUT

# Bellatrix

INTERNATIONAL WOMEN'S DAY CELEBRATION

Talk by Assoc. Prof. Smt. Sheeba Varghese  
Vice principal and head, Dept of Hindi



6 MARCH 2024  
02:00 PM



CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA  
 NATIONAL SERVICE SCHEME UNITS 20 & 49  
 UNIVERSITY OF CALICUT



# BELLATRIX

IN CONNECTION WITH

INTERNATIONAL WOMEN'S DAY

## MIDNIGHT WALKATHON

ON 6TH MARCH MIDNIGHT



VENUE: CHRIST  
 COLLEGE

INSPIRE  
 INCLUSION





CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA  
NATIONAL SERVICE SCHEME UNITS 20 & 49  
UNIVERSITY OF CALICUT

# BELLATRIX

In connection with  
**INTERNATIONAL WOMEN'S DAY 2024**

## DRAWING competition

In collaboration with  
**Art Cafe, Drawing and Painting Club**

6 MARCH 2024  
3:00pm to 4:00pm

Venue : Student's Study Center

**For Enquiries :**  
**ARYA : 8086687170**  
**ARAVIND : 7025053804**



**കോളേജ് വിദ്യാർത്ഥിനികൾക്ക് കോളേജ് നാഷണൽ സർവീസ് സ്കീം മിഡ് നൈറ്റ് വാക്യത്തോൺ സംഘടിപ്പിച്ചു**

**1001 വേന പദ്ധതി**

കോളേജ് വിദ്യാർത്ഥിനികൾക്ക് കോളേജ് നാഷണൽ സർവീസ് സ്കീം മിഡ് നൈറ്റ് വാക്യത്തോൺ സംഘടിപ്പിച്ചു. കോളേജ് വിദ്യാർത്ഥിനികൾക്ക് കോളേജ് നാഷണൽ സർവീസ് സ്കീം മിഡ് നൈറ്റ് വാക്യത്തോൺ സംഘടിപ്പിച്ചു. കോളേജ് വിദ്യാർത്ഥിനികൾക്ക് കോളേജ് നാഷണൽ സർവീസ് സ്കീം മിഡ് നൈറ്റ് വാക്യത്തോൺ സംഘടിപ്പിച്ചു.

# III. PROGRAMMES CONDUCTED BY THE TAVANISH; THE SOCIAL AND CHARITABLE ORGANIZATION OF CHRIST COLLEGE

## c. Transgender Art Festival

The Social and Charitable Organization of Christ College (Autonomous) Irinjalakuda, Thavanish, participated in the Transgender Arts Festival – Pride March organized by the Government of Kerala at Tekkinkad Maidanam Thrissur on 17-2-2024. The event featured cultural performances such as Pulikkali and Chendamelam, followed by a Pride March involving diverse participants from transgender organizations, colleges, and NGOs. The match began at 3pm and culminated after 7 pm.



**CHRIST**  
COLLEGE (AUTONOMOUS)  
TRIPUNJAPURAM, KERALA

# Transgender Arts Festival


- PRIDE MARCH -



**ORGANIZED BY KERALA GOVERNMENT  
AT THEKKINKAAD MAIDANAM, THRISSUR**



Thiruvananthapuram, KL, India  
Round South Road, Anjichuvilakk, Thiruvananthapuram,  
680001, KL, India  
Lat 10.522988, Long 76.213659  
02/17/2024 05:00 PM GMT+05:30  
Note : Captured by GPS Map Camera



# IV.KARATE TRAINING PROGRAMME CONDUCTED BY MALAYALAM & HINDI DEPARTMENT IN ASSOCIATION WITH WOMEN'S DEVELOPMENT CELL

The Malayalam & Hindi Department in association with Women's development cell Christ college has started Karate Training programme and as a part of that programme Malayalam department has also started Karate certificate course.





CHRIST COLLEGE (AUTONOMOUS)  
IRINJALAKUDA

WOMEN DEVELOPMENT CELL,  
DEPTS' OF MALAYALAM & HINDI

Organize

# ORIENTATION ON SELF DEFENCE & INAUGURATION OF KARATE TRAINING COURSE

Association With School Of Martial Arts

*Inauguration*

*Resource Person*



Rev. Fr. Dr. Jolly Andrews CMI  
Principal



Shihan Dino Davis  
7th Dan Black Belt  
Founder & Director SMA



25 July 2023  
1.45- 3.30 p.m



St. Chavara Seminar  
Hall

Student Coordinator  
Aishwarya Shaju (M.com)

Programme coordinators

Dr. Sreevidhya V (WDC Convenor)  
Fr. Teji K. Thomas  
Dr. Shivakumar

Course Fee: ₹750  
Classes On Monday  
3.00 -4.30 p.m

The inaugural ceremony for the Karate Training Course and orientation on Self-defense was held on 25-07-2023 at St.Chavara seminar hall. The event was organized by the Women Development cell, the departments of Malayalam & Hind aiming to promote physical fitness, self-discipline, and self-defense skills among women participants of all ages. The event was inaugurated by the principal Rev. Dr Jolly Andrews and they shared their insights on the significance of karate in promoting a healthy lifestyle and building character. A special demonstration was presented by senior karate instructor Mr Shihan dino Davis (7th dan black belt) showcasing various techniques and forms. The demonstration was met with great enthusiasm and served as an inspiration for the new trainees. The ceremony was graced by the presence of esteemed persons including Fr. Joy P T CMI manager of Christ College, Ms Sheeba Varghese Vice Principal and Hod of Hindi Dept, Fr Teji k Thomas Hod Dept of Malayalam, Dr Ambily M.V Assistant Professor Dept of Malayalam. The yellow belt awarding ceremony was held on 26-02-24 at St.Chavara Seminar Hall.Fr, Dr. Jolly Andrews CMI principal of Christ College, and Fr. Joy P T CMI manager of Christ College, distributed the yellow belt to the students. A special performance was presented by the students. The ceremony was graced by the presence of esteemed persons including Ms. Sheeba

Varghese, vice principal and HOD, the dept of Hindi, Fr. Teji K Thomas, HOD the dept. Of Malayalam, Dr. Pallikkattil MaryPathrose, HOD of the Dept. of English, Dr. Sreevidhya V, coordinator of Women Development Cell, Dr. Ambili KM, Assistant Professor, Dept of Malayalam, Dr, Shivkumar Assistant Professor dept of Hindi.

 **CHRIST COLLEGE (AUTONOMOUS)  
IRINJALAKUDA**

**WOMEN DEVELOPMENT CELL,  
DEPT'S OF MALAYALAM & HINDI**  
ORGANIZING:

**KARATE - COLOUR  
BELT AWARDING**

IN ASSOCIATION WITH:  
*School Of Martial Arts*

 **26 FEBRUARY 2024**  
**9:00 AM - 12:00 PM**  
**ST. CHAVARA SEMINAR HALL**

**Earn While you learn  
programme**

**CHIEF EXAMINER:**  
**KYOSHI DINO DAVIS**  
**7TH DAN BLACKBELT**

**PRINCIPAL**  
**REV. FR. DR. JOLLY ANDREWS (CMI)**

**PROGRAMME COORDINATORS**  
**DR. SREEVIDHYA V (WDC CONVENOR)**  
**FR. TEJI K THOMAS**  
**DR. SHIVAKUMAR**

**STUDENT COORDINATOR**  
**AISHWARYA SHAJU (M.COM)**





CHRIST  
COLLEGE OF HUMANITIES  
IRINJALAKUDA, KERALA

Affiliated to University of Calicut and Recognized by NAAC with 'A+' & SAAC 'A+'  
[www.christcollegeir.in](http://www.christcollegeir.in)

# CERTIFICATE

This is to certify that

Date: 26.02.2024

Ms. Advaita A

has fulfilled all requirements of the Value Added Certificate Course Marital Arts  
conducted by Department of Hindi, Malayalam, IQAC and  
Women Development Cell

He/She secured A Grade. (Kyu)

  
 Dr. JOLLY ANDREWS CM  
Principal

  
 Fr. T.J.A. THOMAS  
H.O., Dept of Malayalam

  
 Dr. SHINTO K.G  
IQAC Coordinator

  
 Dr. SREEDHAYA V  
W.D.C. Convenor

  
 Dr. SHYAMASREE  
Course Coordinator

