



**NAVAJYOTHI**  
**COLLEGE CHERUPUZHA**  
AFFILIATED TO KANNUR UNIVERSITY



**LAKSHYA WOMEN CELL**  
**ANNUAL REPORT 2022 - 23**



## REPORT

### LAKSYA WOMEN CELL

#### WORKSHOP ON STRESS MANAGEMENT THROUGH MEDITATION

“LAKSHYA” women cell in association with KSWDC Organized a workshop on stress management through meditation for I<sup>st</sup> year UG students on 03/11/2022 at seminar hall, Which was taken by Mr. Sangeeth U (IGNO academic counsellor, MLISC, MSC, APH, YVPHF Calicut). He explained that how they can identify their level of stress and its effects on their health. Along with that he also shared with students how they can avoid their stress. This workshop helps the students to identifying personal difficulties that reflected upon their stress management and relaxation strategies for reducing stress. The meditation being done by students was relaxing for them.



Mr Sangeeth handling the session

## REPORT

### KSWDC LAKSHYA WOMEN CEL

### ORIENTATIONPROGRAM TO GIRLS

Lakshya women cell of Navajyothi College conducted an orientation programme to girls on 14/07/2022 at 2 Pm in the seminar hall to final year U G students . Women cell chairperson Mrs Smrithi TV handled the session. She had given orientation on the facilities available to girls students in our college and leads the girl students to apply in Theresian scholarship provided by the college. Women cell chairperson ensure that the welfare and facilities of girl students through various activities like awareness programme, women's week celebration, training programmes etc.



Mrs Smrithi T V addressing the female students

## REPORT

### KSWDC LAKSHYA WOMEN CELL

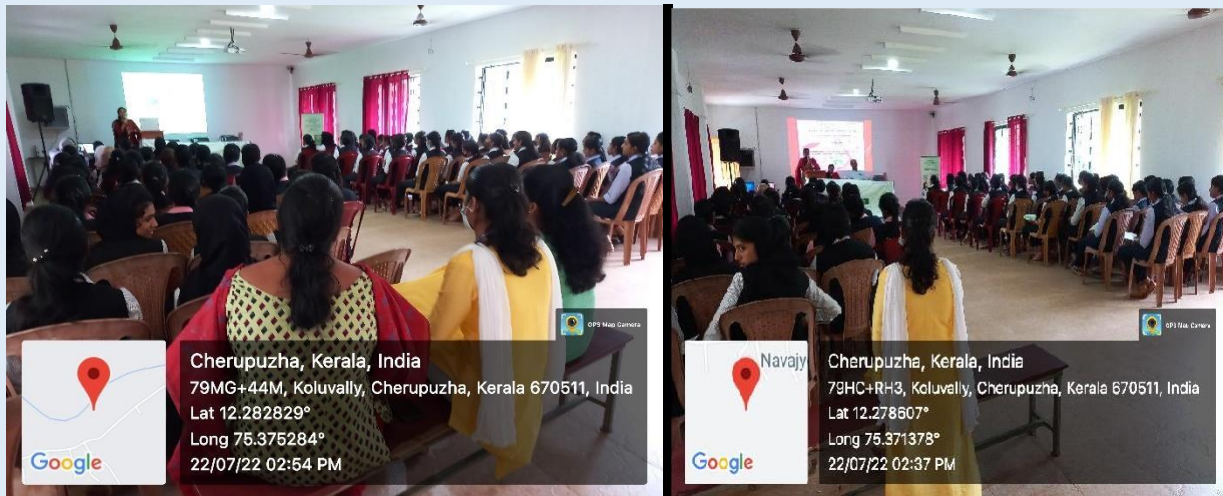
#### AWARENESS CLASS ON WOMEN'S HEALTH THROUGH AYURVEDA

**SWASTHA** , a session on Women's Health Through Ayurveda was held with integration of Vyaidyarathnam Kannur Branch on 22<sup>nd</sup> July 2022 at seminar hall by Dr Amrutha K P (BAMS) consultant Vaidyarathnam Kannur Branch. She explained about the topic “ women's health “ in an interesting and informative manner. She exclusively referred the importance of health care through Ayureveda. There were 70 participants attended the programme.

The programme started at 2.30 Pm in the seminar hall with prayer song. Ms Arya Sreenivasan, women cell member delivered the welcome note, Mrs Simna Saimon , IQAC co-ordinator inaugurated the session. Programme was presided over by college principal Dr Aravindan M.

Ms Sanoora Muhammed proposed vote of thanks. Participants actively

attended the session , and asked queries and doubts to the doctor regarding the various health issues and remedies during the session.



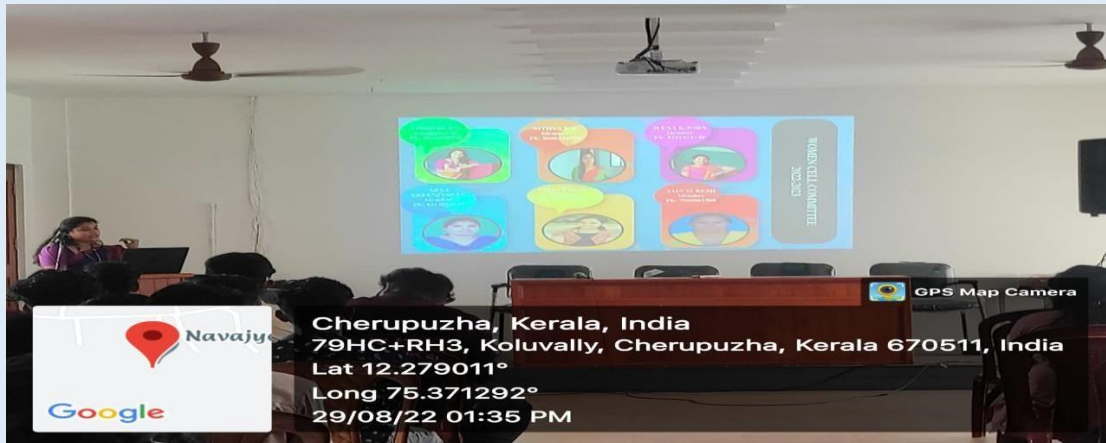
Dr Amrutha K P handling the session

## REPORT

### KSWDC LAKSHYA WOMEN CELL

#### ORIENTATION PROGRAMME TO FIRST YEAR GIRLS

Lakshya women cell of Navajyothi College conducted an orientation programme to girls on 29/08/2022 at 1.30 Pm in the seminar hall to first year U G students . Women cell chairperson Mrs Smrithi TV handled the session. She had given orientation on the facilities available to girls students in our college and leads the girl students to apply in Theresian scholarship provided by the college. Women cell chairperson ensure that the welfare and facilities of girl students through various activities like awareness programme, women's week celebration, training programmes etc.



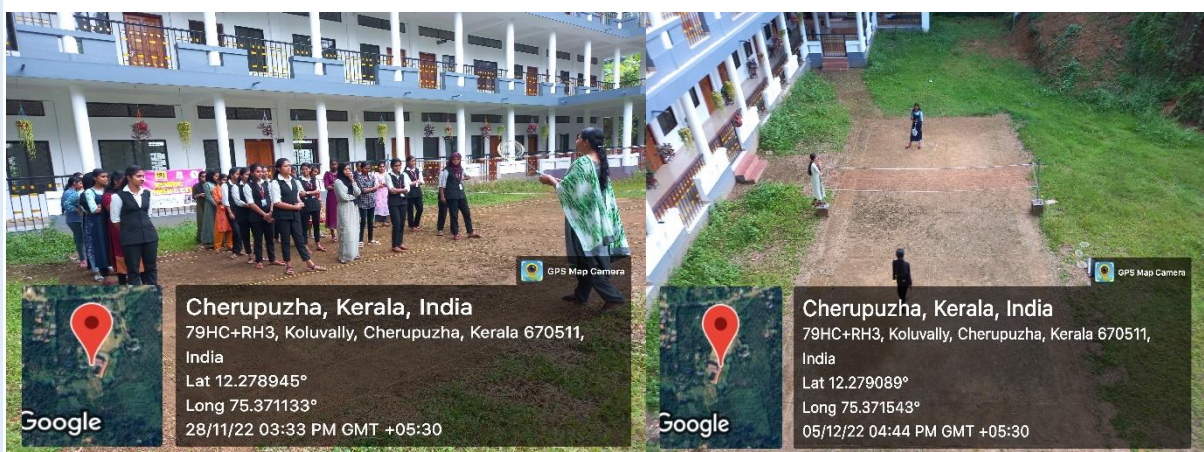
Mrs Smrithi T V addressing the first year students

## REPORT

### KSWDC LAKSHYA WOMEN CELL

### BADMINTON TRAINING

KSWDC LAKSHYA women cell organized a one-week badminton training for first and second year students from 28/11/2022 to 2/12/2022. The purpose of the training programme was to provide the basics of the game. Programme started at 3.15 Pm at Badminton court. Mrs Smrithi T V, women cell coordinator warmly welcomed the participants, thanked them for sparing time to attend these sessions and invited Mrs Minimal Sebastian, Physical education teacher, St Elizabeth Convent School Vellarikundu. The training conducted by the coach helped young shuttlers in techniques, coordination as well as increasing strength and speed during the play. After the sessions, the students were ecstatic to grasp tactics, which were critical to the sport.

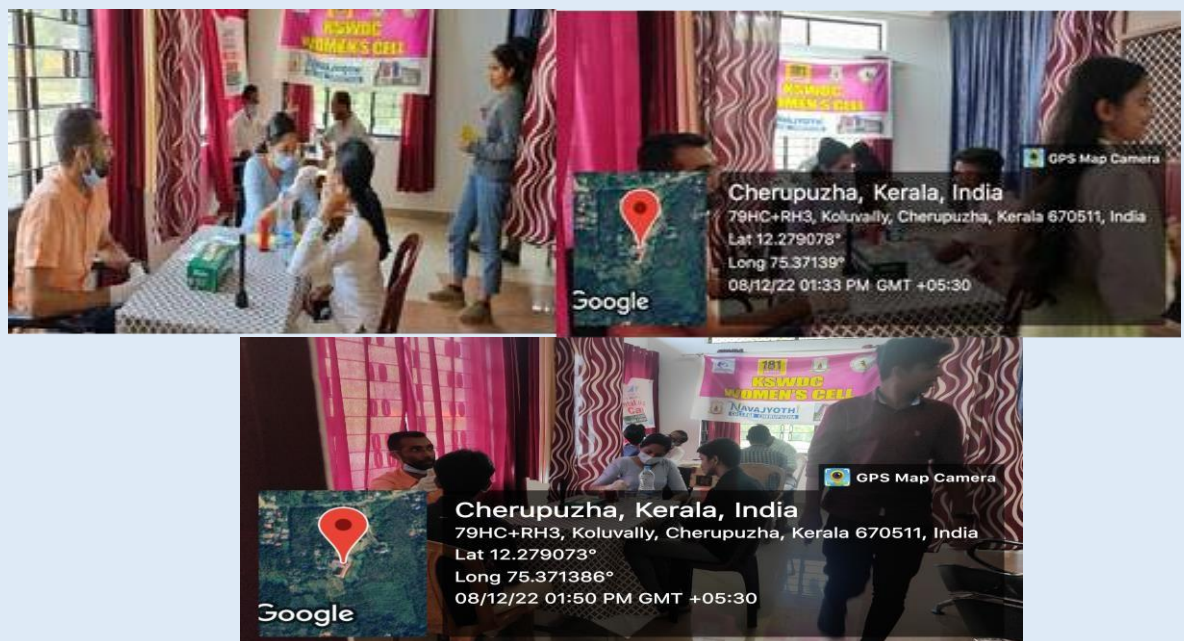


## REPORT

### KSWDC LAKSHYA WOMEN CELL

#### DENTAL MEDICAL CAMP

KSWDC Lakshya Women Cell in association with Sini Memorial Dental Specialty clinic organized a Dental Medical Camp for the benefit of students on 8/12/2022 at Navajyothi College. The session was handled by Dr. Sijo Sebastian (BDS) and Dr. Sajan Joseph (BDS). The dental checkup was carried out at 12.45 pm in the ground floor. Doctors diagnosed the dental problems of students and gave tips on dental health and hygiene. Around 80 students attended the medical camp. Members of women cell played vital role in making this camp success with their dedication in serving people, they directed the people in all needy way. The camp was very timely and it benefitted everyone in a big way.

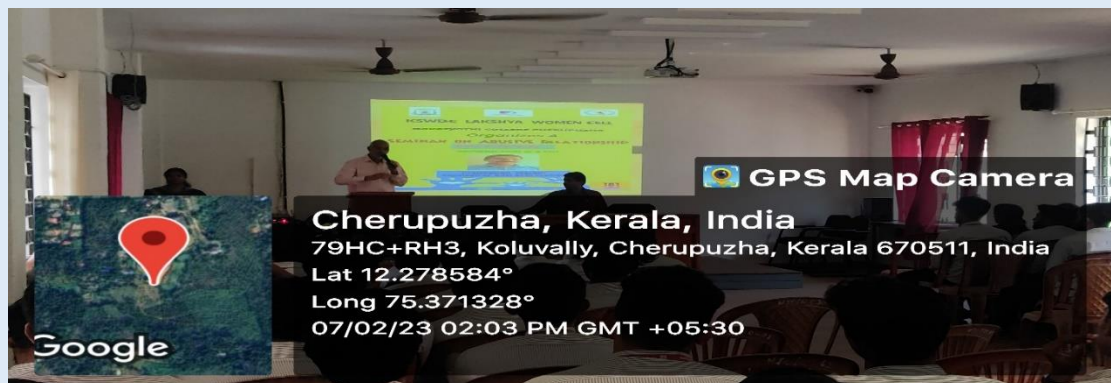
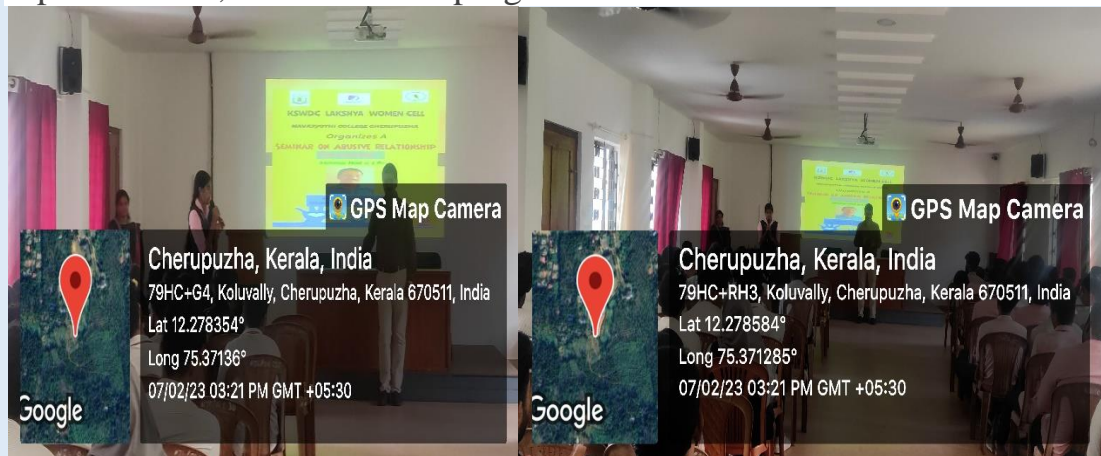


## REPORT

### KSWDC LAKSHYA WOMEN CELL

#### SEMINAR ON ABUSIVE RELATIONSHIP

In order to have an insight in the issues arising out of abusive relations at domestic level, violence faced in the domestic relations, a seminar on abusive relationship is organised by KSWDC Lakshya women cell on 07<sup>th</sup> February 2023 at seminar hall. The meeting was started at 2 Pm with welcome speech by Mrs Smrithi T V , Women cell co-ordinator. Fr Jhon Kochupurakkal addressed the students and introduce the resource person Mr Pradeepan Maloth. It was a very interactive session, the audience got a chance to ask questions and clear up doubts they had. Ms. Sruthi Mol P B student representative, concluded the programme with vote of thanks.



## REPORT

### LAKSYA WOMEN CELL

## SOCIAL SKILL TRAINING PROGRAMME

“LAKSHYA” women cell in association with KSWDC Organized a Social Skill training programme to members of the women cell on 06/01/2023 at Audio vision room, programme started at 2.00 PM, which was handled by Mrs Smrithi T V women cell co-ordinator. The main aim of the programme was to provide training for interventions and instructional methods that help an individual to improve and understand social behaviour. Various activities were conducted to find out and evaluate the behavioural problems of the students. The students were actively participated in the session, they enthusiastically involved in the interactive session.



**Mrs Smrithi T V handling the session**

**REPORT**

**KSWDC LAKSHYA WOMEN CELL**

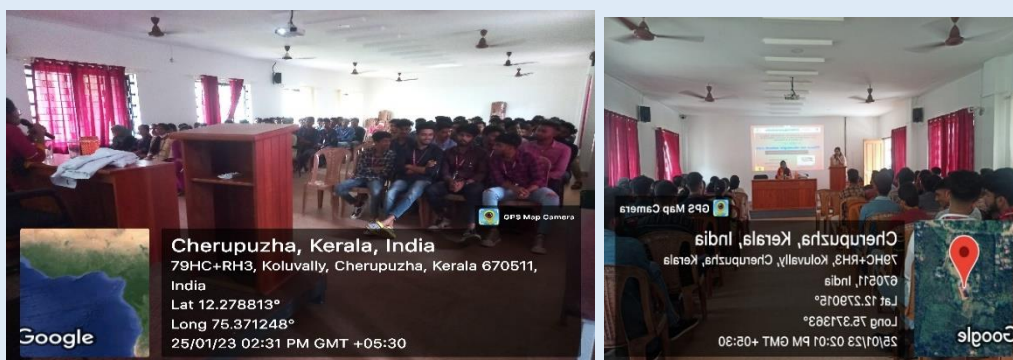
**OLD AGE HOME VISIT HOLY GRACE SANTHIBHAVAN,  
KADUMENI**

Lakshya Women cell in association with KSWDC, the Students of Navajyothi College visited an old age home (Holy grace santhibhavan, kadumeni) near their college campus on 16th December 2022. There are nearly 20 members are there. The purpose behind this visit was to help the senior citizens in all the possible ways to students could. Nearly 11 Students and a teachers took part in this Programme. The students reached the old age home with an hour from the college. All the Students greeted the residents and took utmost care of them. We distributed Some Sweets and snacks among them we had an amazing time by singing songs and narrating Jokes, narratives and stories from real lives.



**REPORT**  
**KSWDC LAKSHYA WOMEN CELL**  
**A TALK ON “TIME TO CHANGE MIND SET”**

KSWDC Lakshya Women Cell in association with Gender Justice Forum organized a Talk on “Time to change mind set” for the benefit of students on 25/01/2023 at Navajyothi college seminar hall which was handled by Dr. Sasirega (MBBS & OBGY). A detailed class about Mental health, Hormonal changes and Menstruation were given to the students during the session. The main purpose of this programme was to create awareness among the both gender regarding hormonal changes and changing their perception towards menstruation. Around 85 and above students attended the session and got benefitted. There was a totally useful interactive session for students about the Mental health, Hormonal changes and Menstruation. It was a good session and good chance for the students to ask the queries and doubt regarding the topic.



Dr Sasirega handling the session

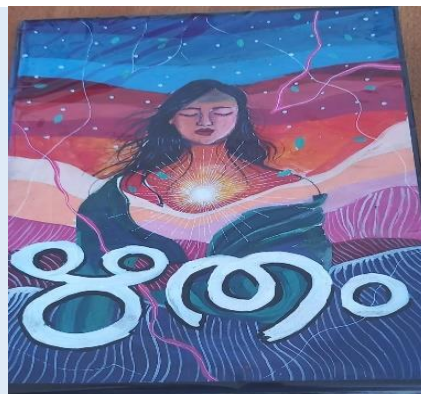
**REPORT**  
**KSWDC LAKSHYA WOMEN CELL**  
**WOMENS DAY CELEBRATION**

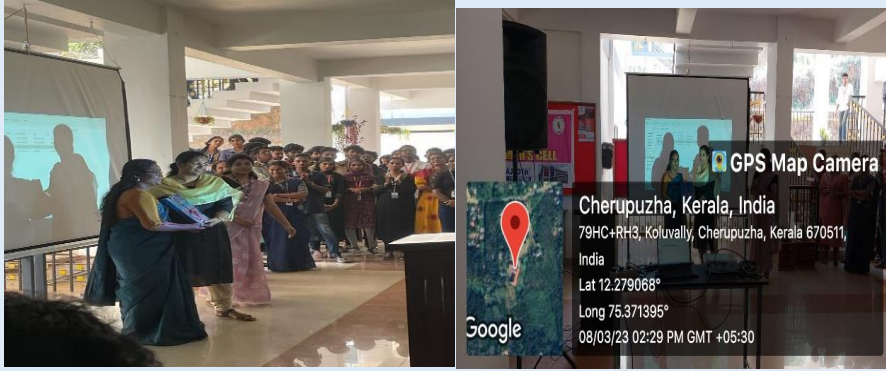
Lakshya women cell of Navajyothi College celebrated the International women's Day on 8 th March 2023, the purpose of celebrating women's Day is to raise awareness about the status and dignity of women among the students. The programme started on 2 pm at college portico. Mrs Smrithi TV, Convenor of women cell delivered the welcome address. The programme was inaugurated by college Manager Fr.John Kochupurakkal. Mrs.Simna Simon (IQAC Co.ordinator) delivered womens day's message. On behalf of women's day celebration various events are to be conducted

- Magazine Release
- Documentary Trailer Release
- Theme Dance

#### **Magazine Release**

As part of international women's day women cell members has collected literacy articles, paintings from the students and prepared a manuscript magazine named "RYTHAM". It consist of more than 100 articles in Malayalam Hindi and English The release was held in the college portico at 2.15 pm. The first magazine received by Mrs.Anny Suphamma (HoD of Computer Studies) from Mrs.Manjusha KB (HoD of Hindi) and Mrs. Sreeja Puthiyapurayil (HoD of Economics).





Mrs. Anny Suphalamma receiving magazine from Mrs. Sreeja Puthiyapurayil

### **Documentary Trailer Release**

The Lakshya Women Cell released a documentary named “JWALA”. The trailer was released by Mrs. Rajitha K (HoD of Malayalam) on 2.30 pm. The whole effort behind the creation and releasing of the documentary are the students themselves. The theme enclosed violence against women.



### **Theme Dance**

The women cell organised a theme dance of the college open stage at 3 pm. The choreography of the dance was women empowerment. The performers were energetic and performed their dance move with poise. The rhythm synchronization and presentation all the students was exemplary. Lakshya women cell created a platform for all the students to hone their dancing skills and display their talents.



The programme were concluded by the message of Fr. Sijoy Paul CST (Director of Navajyothi College Cherupuzha) at 3.30 pm.

## **REPORT**

### **KSWDC LAKSHYA WOMEN CELL**

#### **A TALK ON GENDER SENSITIZATION ON BEHALF OF SEXUAL HARASSMENT AT WORKPLACE**

KSWDC Lakshya Women cell in association with PG Department of Commerce and Gender Justice Forum Navajyothi College, Cherupuzha conducted a talk on gender Sensitization on behalf of sexual harassment at workplace on March, 24, 2023 at 2 PM in the seminar hall. The key note speaker of the programme was Adv. P Sunil Kumar, DLSA panel lawyer. The welcome speech was given by Mrs. Shruthi U S, chairperson of gender justice forum.

The guest speaker address the programme and also give awareness to the students that what are the rights of women in their respective work premises, under which every women is entitled to report a complaint against any abuse whether it is

verbal or any kind of wrong gestures or by cyber offence. Several students and faculty members participated in the session. After concluding the session by the speaker, there was a wonderful interactive session where the audience got a chance to ask questions and clear up any doubts they had. The whole programme was conducted by Mrs Smrithi TV, convener of women cell and the vote thanks was proposed by Mr Muhammed Shamil, the student representative.



Adv. P Sunil Kumar handling the session

## REPORT

### KSWDC LAKSHYA WOMEN CELL

### SWIMMING TRAINING

Lakshya Women cell in association with KSWDC, organized a swimming training at St John's swimming pool palavayal from 28/03/2023 to 1/04/2023. The main intension of this programme was to nurture certain life skill among students. Mrs Smrithi T V women cell convenor and Mrs Bindu Sebastain Sports in charge accompanied the team of 7 students. Mr Biju Sebastian trained all participated students . After the training all the students became expertise in swimming.



Mr Biju Sebastain givinf an orientation

## REPORT

### KSWDC LAKSHYA WOMEN CELL INSTALLATION OF COMPLAINT BOX

Lakshya Women cell in association with KSWDC installed a complaint box for women on 31<sup>st</sup> March 2023 near the library. Mrs Simna Saimon (IQAC co-ordinator Navajyothi College) installed the complaint box for girls.

