



NAVAJYOTHI
COLLEGE CHERUPUZHA
AFFILIATED TO KANNUR UNIVERSITY



LAKSHYA WOMEN CELL

Annual Report 2023-24





KSWDC

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2	Gym Training	12-09-2023	
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7	Women's Day Celebration		
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The LAKSHYA Women Cell in Navajyothi College plays a vital role in promoting various aspects of women's empowerment, well-being, and community engagement. Through its Training Wing, the Women Cell organizes workshops and programs focused on academic success, positive psychology, social engagement, gender awareness, athletics, self-defense, and wellness training. These initiatives aim to enhance students' personal and professional development, build confidence, and create a sense of social belonging. The Cultural Wing of the Women Cell contributes to the celebration of festivals and special events, promoting cultural awareness and inclusivity. Additionally, the Community Intervention Wing organizes medical camps, raising health awareness and providing access to healthcare services. Overall, the Women Cell is dedicated to creating a supportive and empowering environment where female students can thrive academically, socially, culturally, and physically.

WOMEN CELL COMMITTEE MEMBERS

1.Mrs Smrithi T .V (Chairperson)

2.Nithya K K

3.Neethu Thankachan

4.Jain Suresh

KSWDC LAKSHYA WOMEN CELL MEMBERS LIST 2023-2022

Sl.No	Name of the Student	Department
1	SUVAIBATHUL HASNA M.K	I B.com co-operation
2	KRISHNENDHU KS	I BCom cooperation
3	RINCHU VIJAY	I BCom finance
4	FARZANA VH	I BCom Finance
5	FATHIMA SHIFA. M	I BBA
6	DEBORAH JOY	I BBA
7	ARYA KV	I BBA
8	SOORYA SANKAR C.N	I BBA
9	SAYANA JOHN	I BBA
10	ATHULYA ASHOK	I B.com finance
11	JINU SHAJI	I BBA
12	ANJALI K. R	I BCom Co- Operation.
13	AN MARIYA	I B.COM CA
14		I B.COM CA
15	ANAGHA BAIJU	IB.com finance
16	Anet Maria C	I BCA
17	DELNA MARIYA JOSEPH	I BCA
18	RIHANA.A	I B.com Finance
19	Rosna E G S	I BBA
20	KARTHIKA MANOJ	I BCom cooperation
21	LIYA BENNY	I BCom Finance
22	BIJIL JIMMY	I BCA
23	ANN MARIA ABRAHAM	I B com finance,
24	ANASWARA T	I BCom co-operation
25	RINCHU VIJAY	I BCom finance
26	NAJMUNNISA. M. S	I BCA
27	FATHIMATH SAFREENA M	I B com finance
28	AKSHARA RAGHU	I BBA
29	HISANA MP	I BCA
30	SHAHANA. MP	I BCom CA
31	NANDANA MOHAN NP	I BCA
32	AKSHAYA MOL	I BCA
33	NANDANA K.N	I BCA
34	ALEENA BABY	I BCA
35	FATHIMATH NAFIYA	I BCom finance
36	FARHANA. M	I BBA
37	ANEETTA MATHEW	II BCA
38	NISARGA VINOD	II BCA
39	SHAHANAS M A	II BCA
40	AMRITHA K	II BA ECO
41	ANGEL SUNNY	II BA ECO
42	ANJU A S	II BA ECO
43	ATHIRA SUKUMARAN	II BA ECO

44	AVANI K	II BA ECO
45	AYSHA PARVEEN	II BA ECO
46	SUBHAGA SUBHASH	II BA ENG
47	ANILA JOSE	III BCOM
48	ANIMOL P. A	III BCOM
49	FATHIMATH SANA	III BCOM
50	SONA ELIZABETH SUNNY	III BCOM
51	NAVYA BABU	III BCOM
52	NUSRATH. K	III BCOM
53	SANIYA JOSEPH	II BCA
54	ADITHYA SUNIL	
55	ANUSREE VASUDEVAN	II BCOM
56	ARUNIMA SAJEEV	II BCOM
57	MUFEEDA A	II BBA
58	JUMANA FARHA	II BBA
59	LAYA P P	I BBA
60	KRISHNAPRIYA T	II BCOM



KSWDC LAKSHYA WOMEN CELL

ACTION PLAN 2023-2024

SL .NO	TOPIC	DATE
A .. TRAINING WING		
1 Academic/Performance Success Program Topics		
1.1	Workshop- Be Positive	14/11/2023
2 Social Belonging Or SocialEngagement Program		
2.1	Cleaning Programme	5/07/2023
2.2	Menstrual Cup -Awareness Programme	4/01/2024
3. Gender Awareness		
3.1	Fashion show -Gender Equality	5/12/2023
4. Athletics/ Self Defence/Other Wellness Training Programmes		
4.1	Gym Training	13/09/2023
4.2	Karate Training	4/10/2023
B CULTURAL WING		
1	Onam Celebration-Thiruvathira	24/08/2023
2	Womens Day Celebration	7/03/2024
C COMMUNITY INTERVENTION WING		
1.	Medical Camp	10/01/2024



KSWDC LAKSHYA WOMEN CELL

PROGRAMME SUMMARY 2023-2024

The KSWDC Lakshya Women Cell successfully conducted a series of events and programs aimed at empowering women and promoting their well-being. Through cultural performances, fitness training, self-defense programs, workshops, and medical camps, the Women Cell contributed to the holistic development and empowerment of women in the college community.

Thiruvathira and Kaikottikali Dance Performance

As part of the college union Onam Celebration, the Women Cell organized a Thiruvathira and Kaikottikali dance performance. This traditional group dance was performed by 40 female students, showcasing the cultural richness of Kerala.

Gym Training

In collaboration with JCI Cherupuzha, the Women Cell conducted a six-month gym training program to empower women and help them achieve their fitness goals. Around 30 female students participated in the training, which aimed to promote independence and physical well-being.

Karate Training

The Women Cell, in association with Lotery Cherupuzha, organized a two-week karate training program. The training sessions were conducted by an experienced trainer, focusing on self-defense skills and promoting strength, stamina, and confidence among girls. A total of 36 students actively participated in the program.

Workshop – Be Positive

A workshop titled "Be Positive" was organized by the Women Cell to explore fundamental aspects of positive psychology and enhance the well-being of students. The workshop, facilitated by Mr. Pradeepan Maloth, emphasized creating a positive mindset, managing stress, and fostering personal growth. The interactive session witnessed the participation of 115 students.

Medical Camp

In collaboration with PHC Pullingome, the Women Cell organized a medical camp to provide healthcare services and raise awareness about medical issues. The camp included comprehensive medical check-ups, individual consultations, and educational sessions on hygiene practices and lifestyle modifications. The event received support from healthcare professionals and the college administration.

Self-Defense Training Program – JWALA

The Women Cell, in collaboration with Rotary Cherupuzha, organized a self-defense training program named JWALA. The program aimed to promote self-defense skills and empower participants. The event featured demonstrations by trained students and renowned martial arts experts, including Hanshi Katsuo from Japan



REPORT

KSWDC LAKSHYA WOMEN CELL

ONAM CELEBRATION 2023-2024- THIRUVATHIRA & KAIKOTTIKALI

As the part of college union Onam Celebration Kodiyettam, KSWDC LAKSHYA WOMEN CELL organized a Thiruvathira and kaikottikali dance permeance on 25.08.2023 at college ground. Thiruvathira and kaikottikali is a traditional group dance performed by women in Kerala. 40 girls students performed thiruvathira by wearning tradional dress of Kerala. Colorfulness of onam celebration increased by mega thiruvathira.





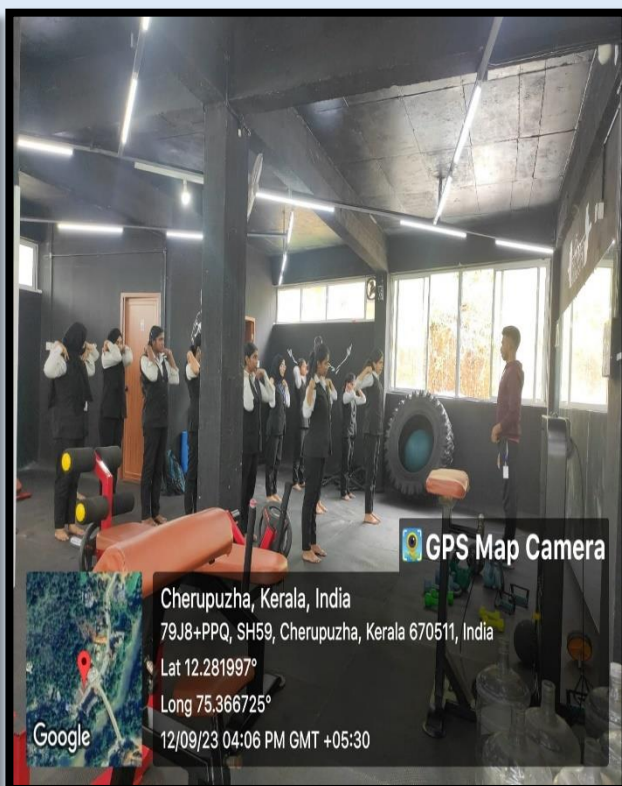
REPORT

KSWDC LAKSHYA WOMEN CELL

GIMNASIO- FITNESS THROUGH GYM

In collaboration with JCI Cherupuzha, the KSWDC Lakshya Women Cell conducted a six-month gym training at Centre Cherupuzha. Training started on September 12, 2023, at 3.15 p.m. The main objective of the programme was to empower women and help them become more independent. A lot of women these days struggle to meet their fitness goals.

The first meeting took place on September 13, 2023. The president of JCI, Mr. Jinto, greeted each and every participant. The programme was opened by Navajyothi College's director, Fr. Sijoy Paul. The programme was facilitated by women's cell coordinator Mrs. Smrithi T. V. Vaishhak, the gym trainer, oversaw the training on September 12 and provided a note covering the fundamentals of the gym. The participants received specific directions from the trainer. Around 30 students benefited by training



Inaugural session

Training in progress



KSWDC LAKSHYA WOMEN CELL

REPORT

KARATE TRAINING

KSWDC Lakshya women cell, in association with Lotery Cherupuzha, conducted a two-week karate training on October 10, 2023, in the seminar hall at 2.30 pm. The programme began with a welcome note by Smrithi V., women cell co-ordinator. Fr. Sijoy Paul College Director inaugurated the programme, and he introduced the trainer, Mr. Thomas Sebastain, 7th Dan Black Belt. He started the session with an introduction on the importance of karate as self-defence among girls. Karate is a sport that builds strength, speed, stamina, and endurance in girls, keeping them physically fit, establishing a positive personal image, and further promoting confidence in life in general.

36 students joined the training session. All the participants actively participated in the programme, which made the programme successful one. The session ends with a vote of thanks by Saina.



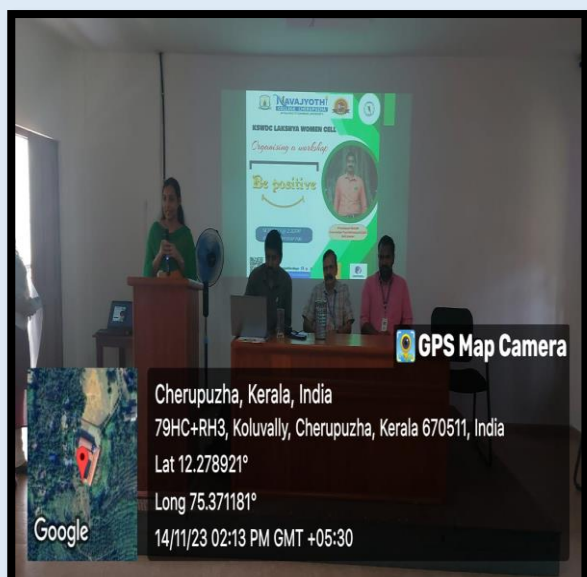


REPORT

KSWDC LAKSHYA WOMEN CELL

WORKSHOP - BE POSITIVE

KSWDC Lakshya women cell organised a workshop, Be Positive, on November 14, 2023, at 2 p.m. in the seminar hall. The main aim of the programme was to explore fundamental aspects of positive psychology, including strengths, values, and self-compassion, and to give you the tools to enhance the wellbeing of students. The inauguration session started at 2 p.m. with a welcome note by Mrs. Aiswarya. S. Dr. K.K. Somasekharan, College Principal, addressed the students, and Fr.Sijoy Paul, College Director, inaugurated the programme. He noted that the positivity workshop improves outcomes and life satisfaction. Mr. Pradeepan Maloth handled the workshop session. He pays a great deal of attention to creating a positive attitude among students' minds by creating a positive environment, positive visualisations, eliminating negative talk, managing stress, and creating a vision board. He answered all the questions raised by the students. 115 students participated, and it was an interactive session.

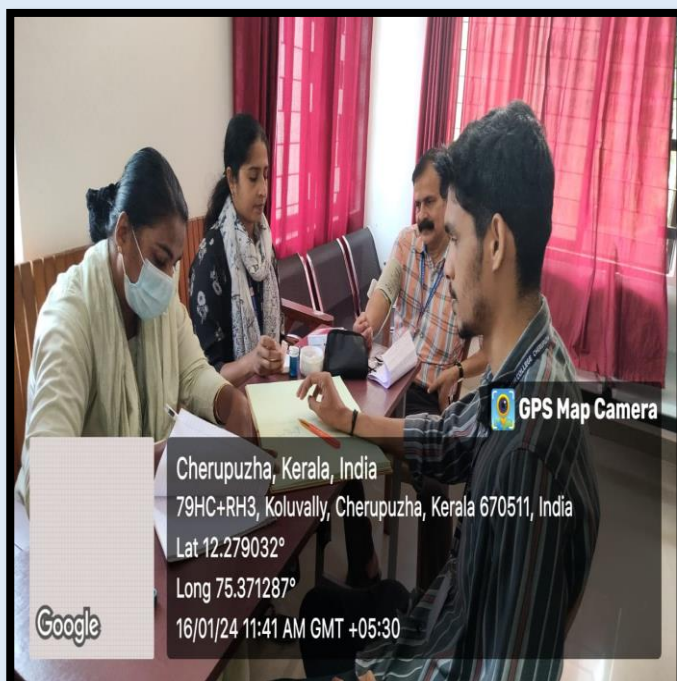


REPORT

KSWDC LAKSHYA WOMEN CELL

MEDICAL CAMP

On 6th January, KSWDC Women Cell, in association with PHC Pullingome, organized a medical camp near the reception area. The camp commenced at 11 AM with an inaugural ceremony led by Dr. K.K. Somasekharan, the Principal of the college. The main objective of the camp was to provide healthcare services and raise awareness about various medical issues among the participants. Throughout the day, a team of healthcare professionals from PHC Pullingome conducted comprehensive medical check-ups. This included measuring vital parameters such as blood pressure and blood sugar levels to assess overall health, as well as providing individual consultations. In addition, sessions were conducted to educate participants about hygiene practices, preventive measures, and lifestyle modifications. The success of the camp can be attributed to the collaborative efforts of the organizing agencies and the support of the college administration



Medical camp in progress



KSWDC WOMEN CELL

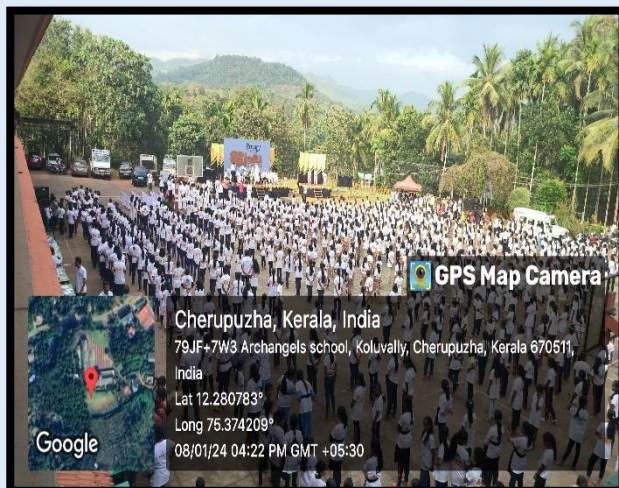
JWALA-SELF DEFENCE TRAINING PROGRAMME AT ARCHANGELS SCHOOL KANNIKKALUM

On January 8, 2024, Self Defence Training Programme named JWALA took place at Archangels School in Kannikalum at 3.15 Pm. The event was organized by Rotary Cherupuzha, and it marked the closing ceremony of a self-defense training program. The program was inaugurated by Rted Sandhya IPS. The esteemed Chief Guest, Hanshi Katsuo, a Red Belt from Japan, graced the event. This marked a significant milestone in promoting self-defense and empowering the participants. The presence of Rted DGP, Sandhya IPS, added prestige to the occasion.

The event commenced at 3:15 PM with an enthusiastic audience, including students, teachers, parents, and members of the local community. The venue was adorned with colorful decorations, creating an atmosphere of excitement and anticipation.

The Navajyothi students, who had undergone comprehensive karate training, showcased their skills and techniques to the audience.

The participants exhibited their proficiency in various karate forms, including punches, kicks, blocks, and self-defense maneuvers.



Karate Demonstration

