

# **Report of the Activities of Women's Study Unit (WSU)**

**2022, 2023 & 2024**

*women's study unit  
official logo*



**Convener: Dr. Seetha Vijayakumar**

**Coordinators: Dr. Ambili V.S & Dr. Archana Harikumar**

**Treasurer: Dr. Reshma G**

Convener

IQAC Coordinator

Principal

## **The Women's Study Unit at N.S.S. College Pandalam**

The Women's Study Unit at N.S.S. College Pandalam plays a crucial role in fostering gender awareness and empowerment within the academic community. Established with the objective of addressing gender-related issues, the unit serves as a platform for discussions on women's rights, gender equality, and social justice. This unit organizes seminars, workshops, and awareness programs that help students and faculty understand and confront gender biases and discrimination. The unit also engages in research and advocacy on issues affecting women locally and globally, contributing to informed policy-making and social change. Furthermore, the Women's Study Unit provides support and resources for female students, helping them to overcome challenges and achieve their academic and personal goals. Through its initiatives, the unit not only educates but also empowers women, preparing them to take on leadership roles and become agents of change in their communities. In essence, the Women's Study Unit at N.S.S. College Pandalam is integral to promoting gender equity and enhancing the educational experience for all students.

## **Mission & Vision**

- Women's Study Unit of N.S.S College Pandalam is an institutional body, which comprises of teaching and non - teaching staff along with the students formed in pursuit of learning with a direct concern for women's equality and empowerment.
- The unit in contemporary practise has enlarged its scope to promote gender sensitization of men women and communities through the organisation of various programmes.
- The unit's activities are organised by a group of selected faculty members of different departments along with student coordinators every year.

## **Aims & Objectives**

- To promote and instil in our students a better and balanced understanding of our society
- To assist students in recognising and giving due importance to the roles actually played by them as both men and women
- To empower students in their struggle for equality and for an effective presence in all areas of society
- To expand the knowledge(unlearn) of students in their social concerns against injustice, marginalisation and oppression of women
- To raise the student fraternity as " Men And Women For Others"

### List of Programmes

<b>Sl.No:</b>	<b>Title</b>	<b>Nature/Type of Programme</b>	<b>Date</b>
<b>1</b>	<b>WSU-Inauguration of the Activities for the year 22_23</b>	<b>Meeting and Cultural Programmes by Students</b>	<b>23-11-22</b>
<b>2</b>	<b>Seethalayam: Gender Based Homeopathy Project, Government of Kerala</b>	<b>Invited Talk(s)</b>	<b>23-01-23</b>
<b>3</b>	<b>Sustainable Menstruation</b>	<b>Orientation Class</b>	<b>23-02-023</b>
<b>4</b>	<b>Celebration of International Women's Day</b>	<b>Various Competitions for Students</b>	<b>08-03-23</b>
<b>5</b>	<b>Celebration of International Women's Day</b>	<b>Webinar-Invited Talk</b>	<b>23-03-023</b>
<b>6</b>	<b>Think Positive, Act Positive</b>	<b>Motivation Class for Students</b>	<b>24-03-23</b>
<b>7</b>	<b>Retirement Function</b>	<b>Retirement</b>	<b>29-03-2023</b>
<b>8</b>	<b>Yoga for Everyday Life</b>	<b>Yoga day Celebration and Class</b>	<b>21-06-23</b>
<b>9</b>	<b>Celebration of International Women's Day</b>	<b>Webinar-Invited Talk</b>	<b>18-03-24</b>

## **Major Activities of WSU-2022-23**

### **Inauguration Programme**

The activities of Women's Study Unit for the academic year 2022\_23 were inaugurated on 23-11-23 by Dr. J. Anjana, the Principal in charge of the college. The formal function was initiated by lighting the lamp, seeking the blessings of Almighty. The Principal emphasized to the female students in her lecture the importance of multitasking and holistic development in order to prepare them for the modern day. It was followed by various competitions such as 'Ethnic Day' and 'Malayali Manka'. 'Ethnic Day' and the 'Malayali Manka' competitions were celebrated by male and female students with great enthusiasm, showcasing the rich cultural diversity and traditions of various communities. Students and staff dressed in traditional attire, adding vibrancy to the event. The 'Malayali Manka' competition, highlighting Kerala's cultural heritage, saw participants grace the stage in elegant Kerala saris, adorned with traditional jewellery. They were judged on their poise, attire, and cultural knowledge. The event fostered unity in diversity, allowing participants to connect with their roots while also appreciating other cultures. The day was a grand success, filled with cultural pride and joyful celebration. The inauguration day programme came to an end with National Anthem.



**വിമൻസ് സ്റ്റഡി യൂണിറ്റ്**  
**എൻ എസ് എസ്**  
**കോളേജ് പന്തളം**  
**ഉദ്ഘാടനം-2022**  
**23-11-2011**

**കോളേജ് ഓഡിറ്റോറിയം**  
**@ 1.30pm**

**മലയാളി മങ്ക മത്സരം**  
**എത്തിനിക്ക്**  
**വേഷവിധാനം മത്സരം**

*Please Contact:*

**Dr. Seetha Vijayakumar**  
**Ph no.8606599688**

**Dr. C. Pradeepkumar**  
**Ph no. 9495379902**

**Dr Ambili VS**  
**Ph no. 94964 99962**



**വിമൻസ് സ്റ്റഡി യൂണിറ്റ്**  
**ഉദ്ഘാടനവും**  
**അനുബന്ധ**  
**പരിപാടികളും**  
**-2022**

**ഉദ്ഘാടനം: Dr J Anjana**  
**( Principal in Charge)**

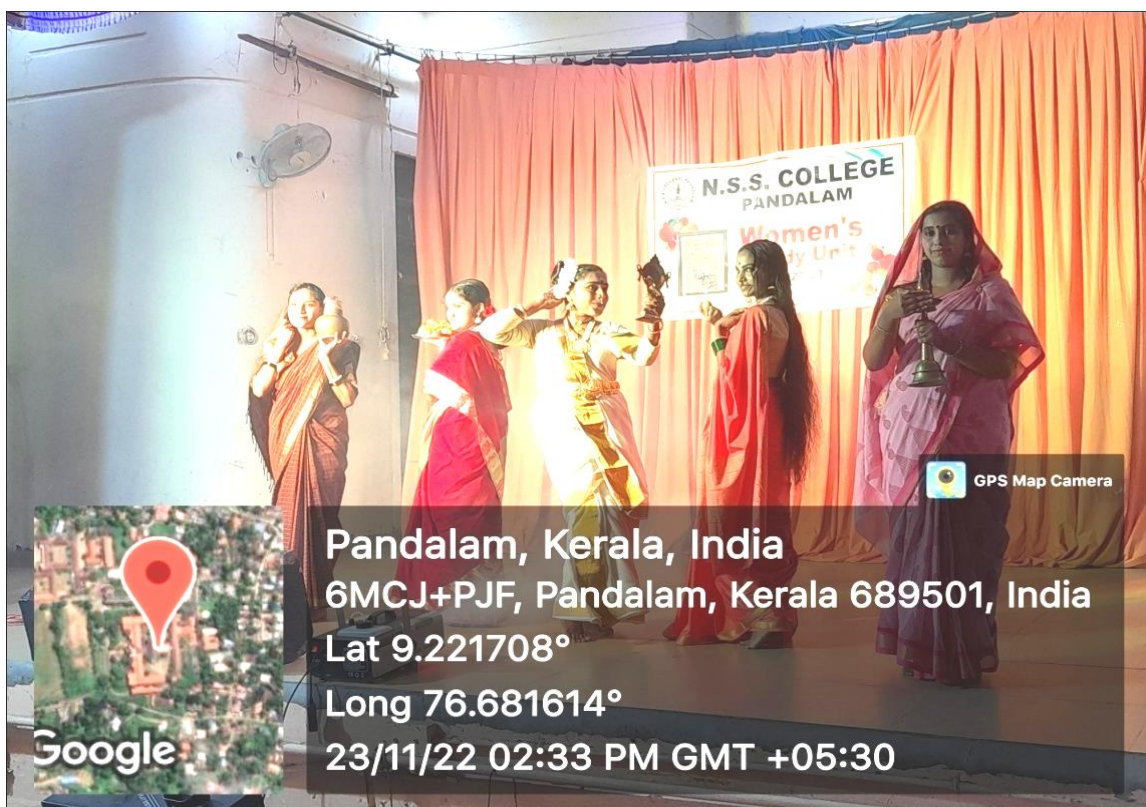
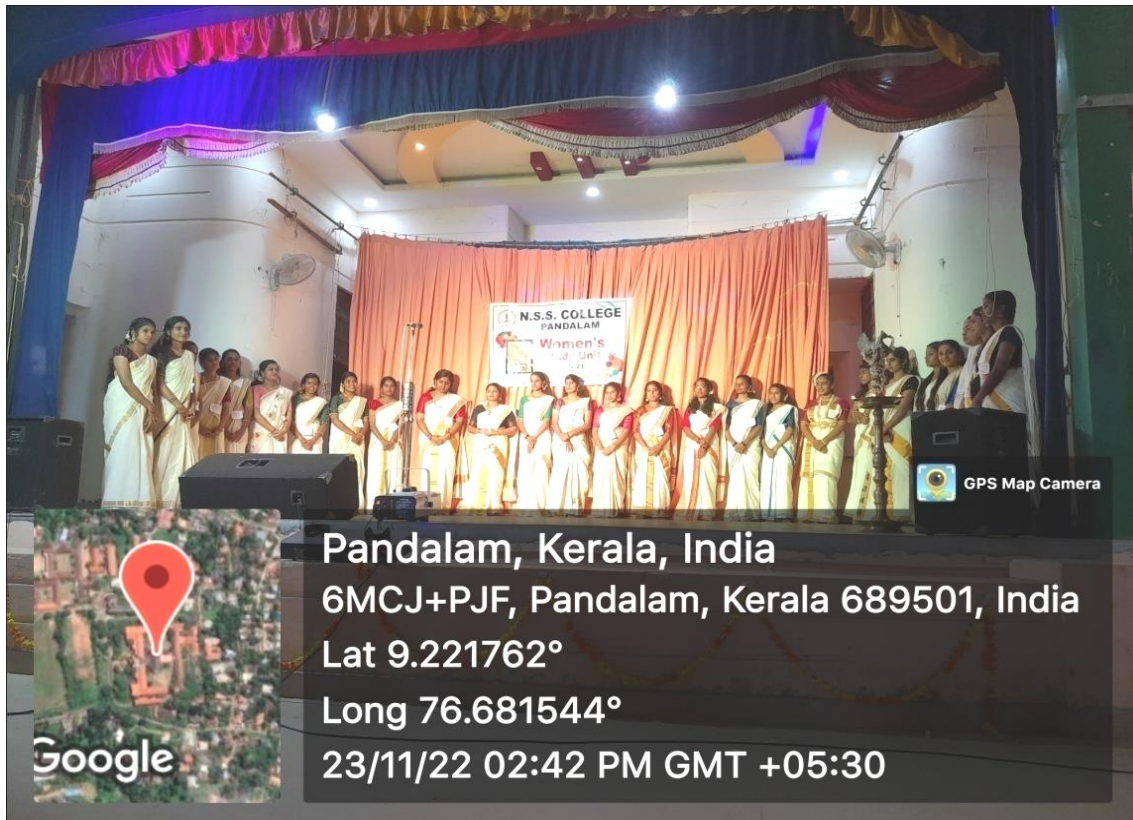
**വിമൻസ് സ്റ്റഡി യൂണിറ്റ്**  
**കൾച്ചറൽ ക്ലബ്**  
**ഐ ക്യു എ സി എന്നിവയുടെ**  
**സംയുക്ത ആഭിമുഖ്യത്തിൽ**  
**മലയാളി മങ്ക, എത്തിനിക്ക്**  
**വേഷവിധാനം(എത്തിക്ക്**  
**എൻസെംൾ) എന്നീ മത്സരങ്ങൾ**  
**നടത്തുന്നു.**

**Date: 23-11\_2022**

**Venue: College Auditorium**

**Time: 1.30pm onwards**











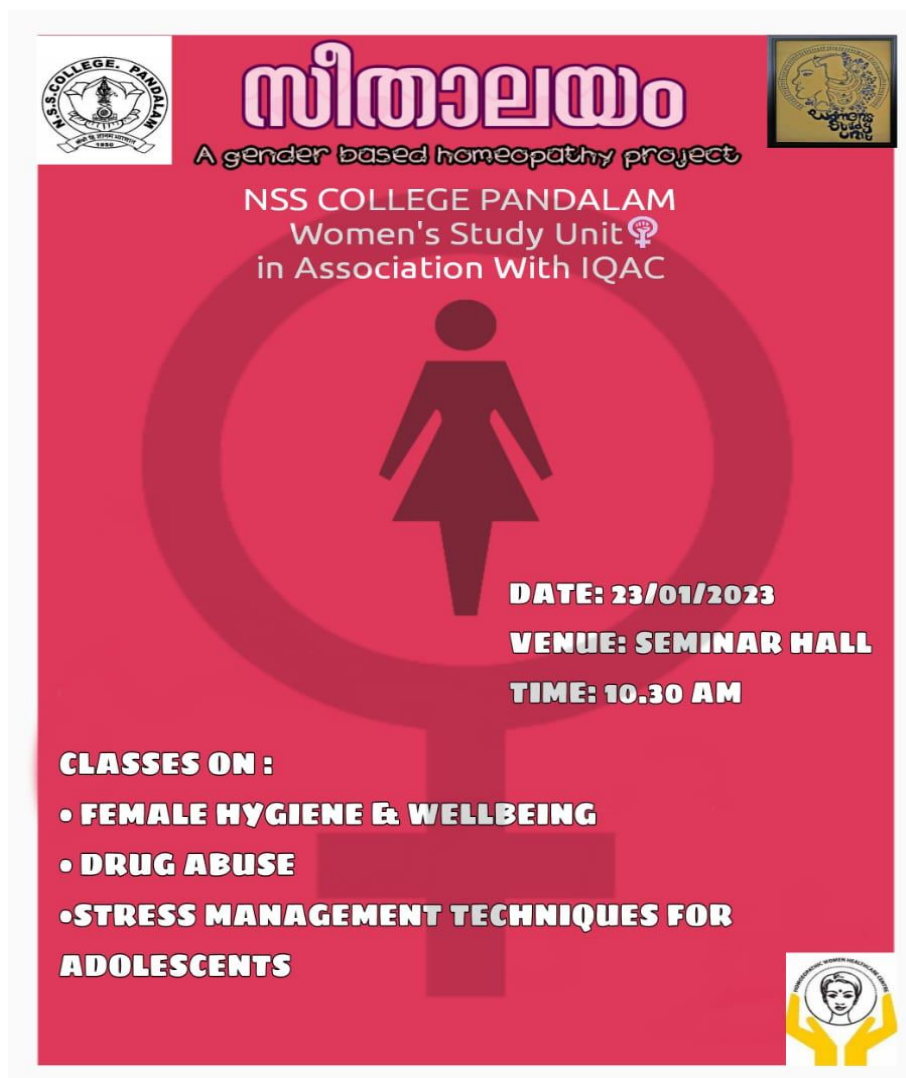


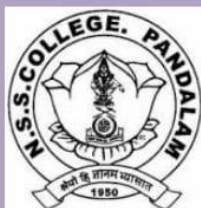


## Programme-2

### Gender Sensitization Programme

In collaboration with 'Seethalayam: Gender Based Homeopathy Project, Government of Kerala' Women's Study Unit conducted a series of gender sensitization classes for the girl students of the college. Dr.Seetha Vijayakumar, Convener, WSU welcomed everybody for the programme. Dr. J.Anjana, the Principal in charge of the college delivered the presidential address. Dr. Seethal Sugathan spoke about the topic "Health and Hygiene in Adolescents". Dr. Sangeetha V.C's class was on the topic "Addiction in Adolescent Girls". Smt. Sindhu Krishnan delivered a class on the topic "Stress Management Techniques for Adolescents". The sessions were followed by Q/A with the students. Dr.Ambili V.S, Coordinator, WSU proposed the vote of thanks for the programme.





## **N.S.S. College Pandalam**

**Women's Study Unit in Association with IQAC**

Organises

**Awareness Classes for Girl Students**



**SEETHALAYAM**

(A GENDER BASED HOMOEOPATHY PROJECT, PANDALAM  
GOVERNMENT OF KERALA)

**23/1/2023, 10.30 am**

**@Seminar Hall**

### **PROGRAMME SCHEDULE**

- ✦ Prayer, Acharyanusmaranam
- ✦ Welcome: Dr.Seetha Vijayakumar, (Convener, WSU)
- ✦ Presidential Address: Dr.J.Anjana, (Principal-in-Charge)

### **Awareness Classes**

- ✦ DR.SEETHAL SUGATHAN *on the Topic* "Menstrual Hygiene and Health in Adolescents"
- ✦ DR. SANGEETHA V C *on the Topic* "Addiction in Adolescent Girls"
- ✦ SMT.SINDHU KRISHNAN *on the Topic* "Stress Management Techniques for Adolescents"
- ✦ Vote of Thanks: DR. AMBILY V.S,(Coordinator, WSU)
- ✦ National Anthem





### **Programme-3**

#### **Orientation and Awareness Class on Menstrual Hygiene**

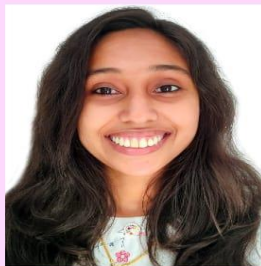
In collaboration with 'CUSAT', Cochin University of Science and Technology Women's Study Unit conducted an orientation class for the girl students of the college. Dr. Seetha Vijayakumar, Convener, WSU welcomed everybody for the programme. Dr. J.Anjana, the Principal in charge of the college delivered the presidential address. Smt. Fathimathul Bisriya, Research Associate from CUSAT delivered a class on the topic of "Sustainable Menstruation". Sustainable menstruation involves being aware of the harmful consequences disposable sanitary items have on the environment. She emphasised the importance of ensuring that all menstruating women have access to sustainable menstrual products like menstrual cups. Bisriya did a demonstration of the nature and usage of menstrual cups. The session was followed by a discussion with the students. Dr. Reshma G, Treasurer, WSU proposed the vote of thanks for the programme.



**N.S.S. COLLEGE PANDALAM**  
**Women's Study Unit**  
in Association with IQAC



## ***Orientation Class on*** **Sustainable Menstruation**

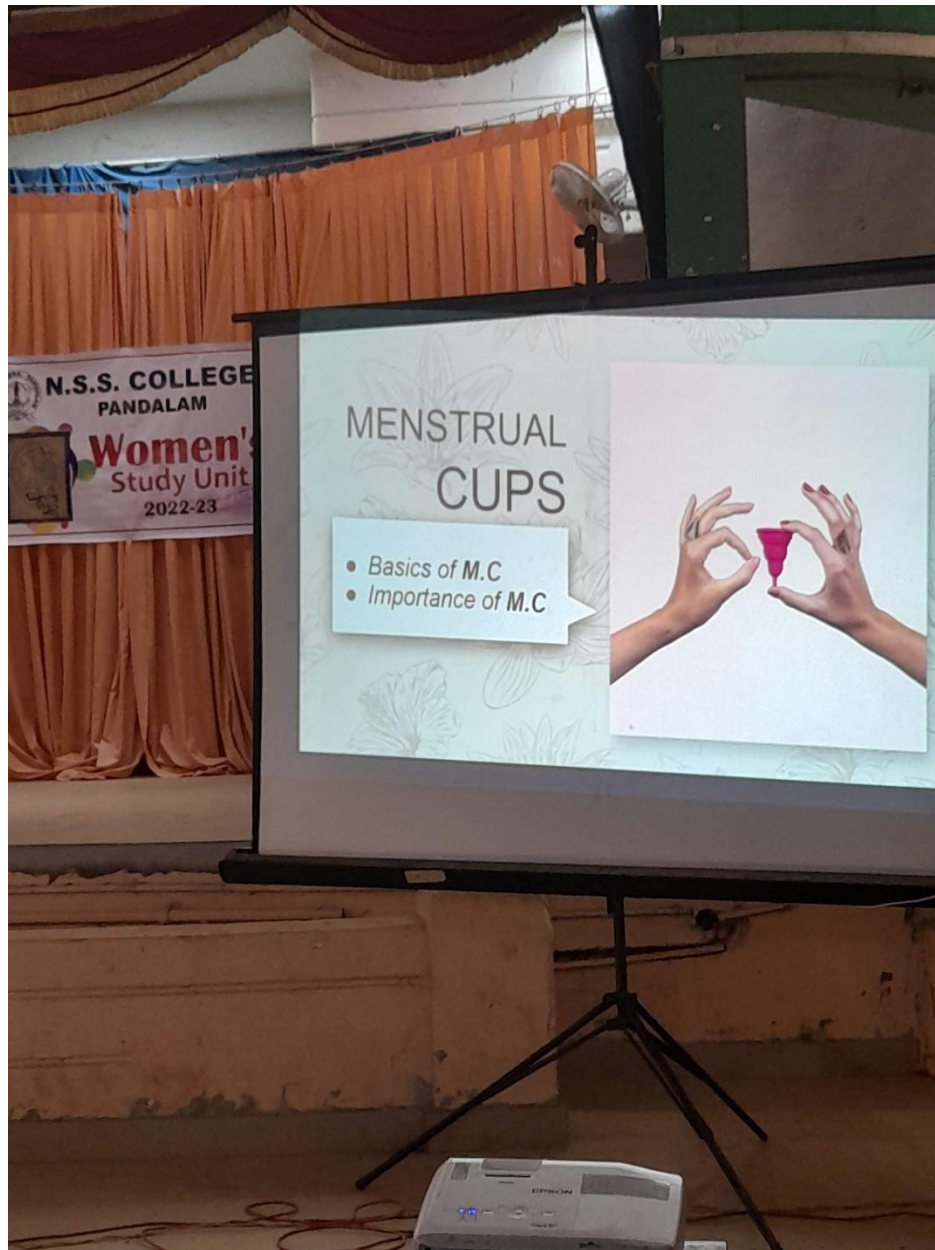


Resource Person

Fathimathul Bisriya  
Research Associate  
(CUSAT)

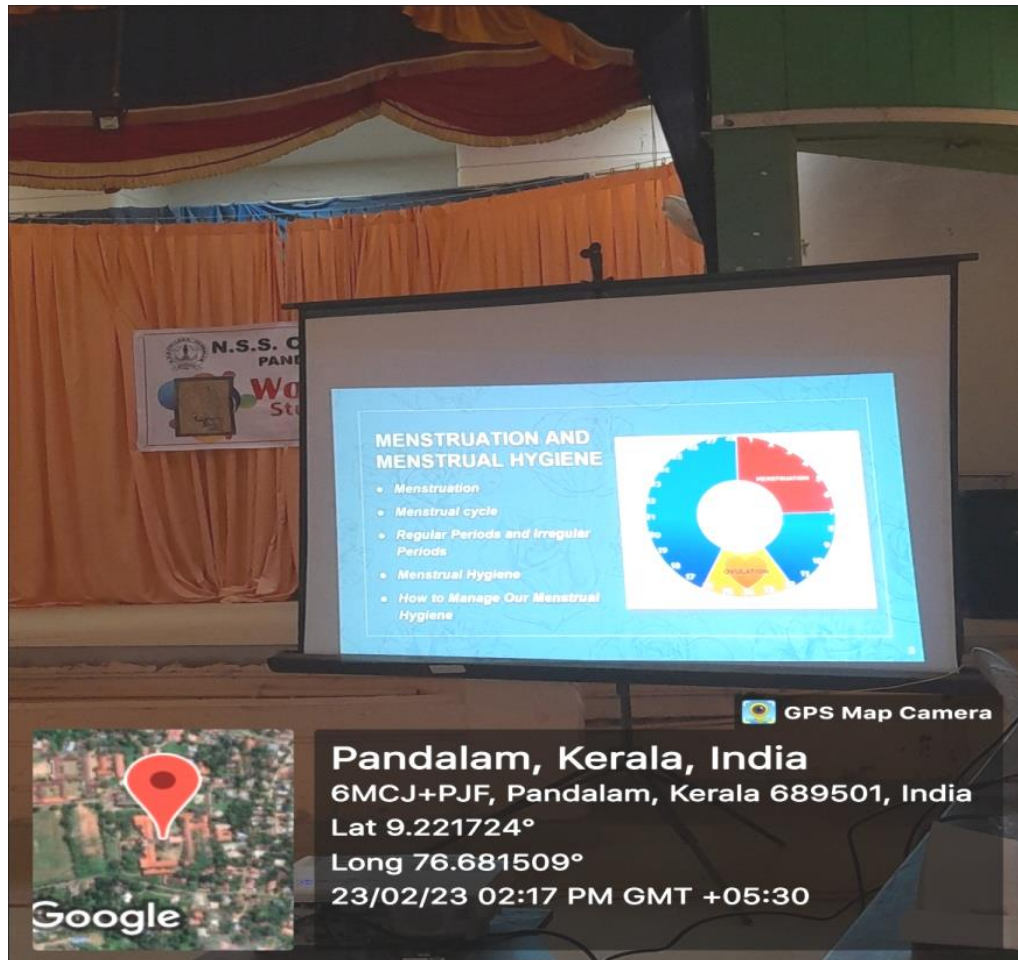
Venue : College Auditorium  
Time : 1.30 pm  
Date : 23/02/2023















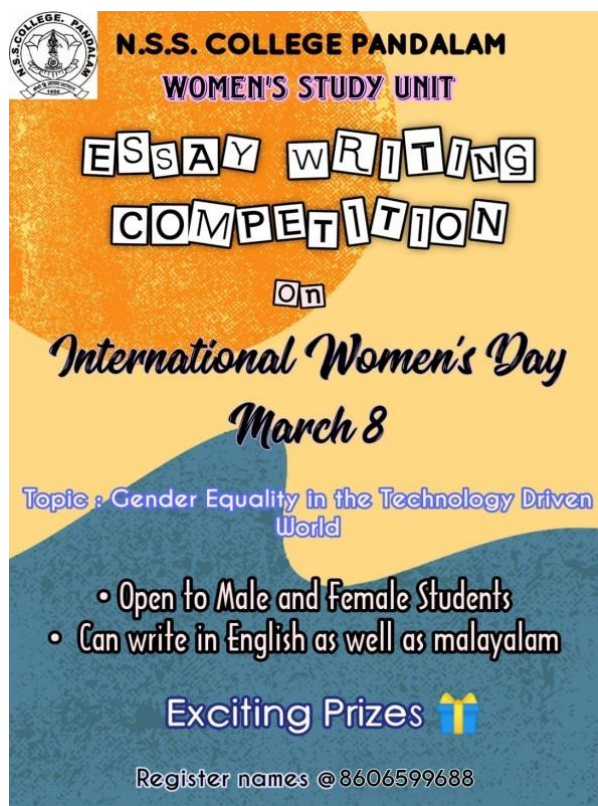




## Programme-4

### Celebration of International Women's Day Celebrations- March 8

On the occasion of International Women's Day, Women's Study Unit conducted a series of competitions for students of the college. They include 'Poster Making Competition', 'Essay Writing Competition' and 'Mobile Photography' competition on the theme 'Gender Friendly Campus'.





N.S.S. COLLEGE PANDALAM

Women's Study Unit

*International Women's Day*  
*March 8*

## MOBILE PHOTOGRAPHY COMPETITION



Theme : Gender Friendly Campus

Get Exciting Prizes 

Free  
Registration

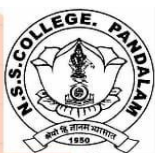
Email your entries  
@  
[ambiliv2012@gmail.com](mailto:ambiliv2012@gmail.com)  
[seetha.august6@gmail.com](mailto:seetha.august6@gmail.com)

For All  
Students

## **Programme-5**

### **International Women's Day Celebrations -23/03/2023**

Women's Study Unit organized a webinar 'Rendezvous with Rekha Menon', a prominent media personality. Rekha Menon, a prominent media personality, shared her insights on women's empowerment and the role of media in shaping public perceptions. The event highlighted her journey, challenges, and the importance of breaking stereotypes, inspiring participants to pursue their goals with determination. Abhirami S of 3rd year English did anchoring for the programme. Dr. Archana Harikumar, Coordinator, WSU welcomed everybody for the programme. Prof. K.G. Padmakumaran Nair, Principal in Charge delivered the presidential address. Rekha Menon shared her fabulous journey of becoming a media persona and her incredible field experiences. The session had a productive interactive discussion on topics ranging from how to build a successful career in media to the challenges of contemporary media. She also advised students about the prospects of selecting a career path in media. Dr. Ambili V.S proposed the vote of thanks for the programme. [Rendezvous with Rekha Menon - WSU, NSS College, Pandalam \(youtube.com\)](https://www.youtube.com/watch?v=...)



**N.S.S. COLLEGE PANDALAM**

**WOMEN'S STUDY UNIT**

in association with IQAC

*Celebrating  
International Women's Day*



**Rendezvous  
with  
Rekha Menon**

(Anchor, Speaker, Communication Professional)

**Webinar**

On  
**23/03/2023**

Time : 6pm





## Programme-6

### Motivational Class for Students

On 24 March 2023 the Women's Study Unit organized a motivational class by Dr. Anil Kumar A.G, Senior Psychologist, N.S.S Medical Mission Hospital, Pandalam for the students. Dr.Seetha Vijayakumar, Convener, WSU, welcomed everybody for the programme. Prof. K.G. Padmakumaran Nair, Principal in Charge delivered the presidential address. Dr. Anil with his tremendous experiences in the field of field of adult psychology and wellbeing, led the session in a fruitful manner. The class was followed by Q/A session. Dr. Ambili V.S, Coordinator, WSU proposed the vote of thanks for the programme.



**N.S.S. College, Pandalam**

**Women's Study Unit  
In Association with IQAC**

### **MOTIVATION CLASS FOR STUDENTS**



**Resource Person:**

**Dr. Anilkumar A. G.**

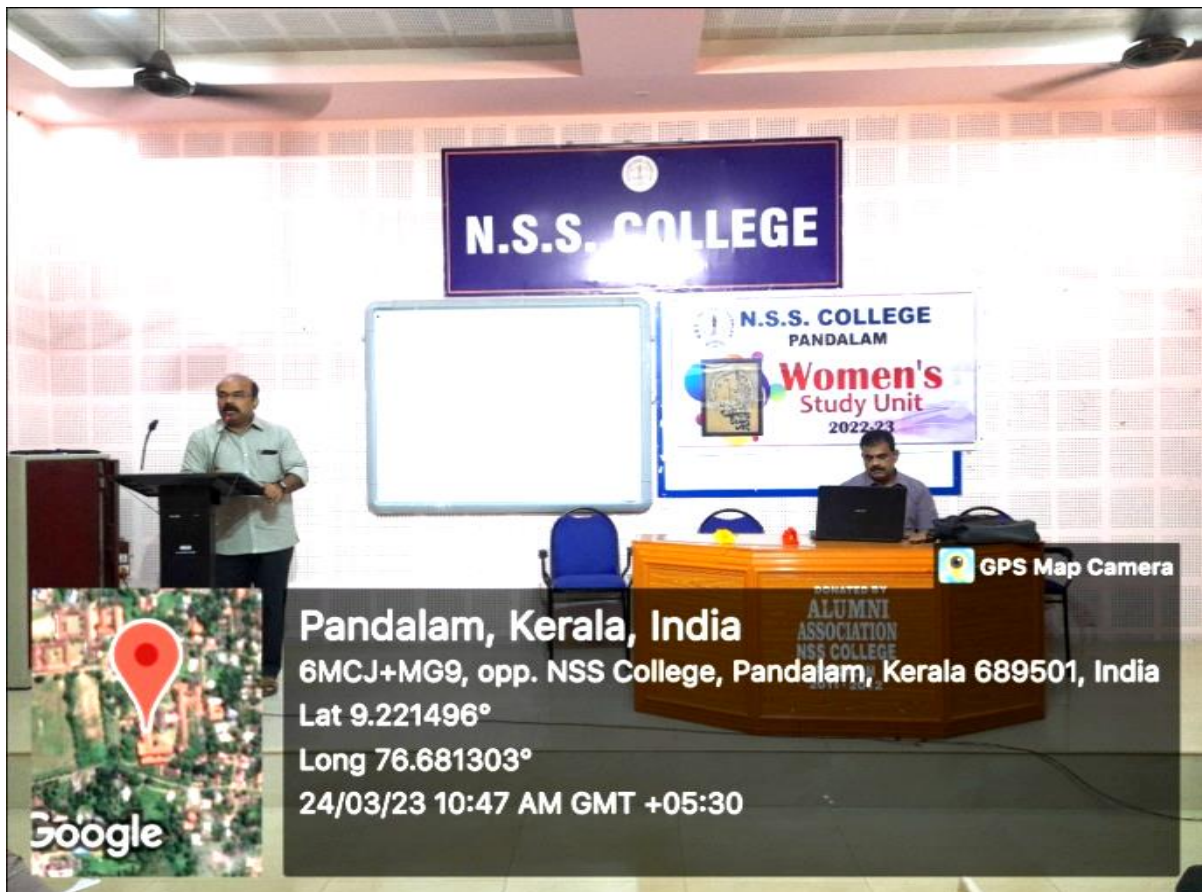
**Psychologist**

**(N.S.S. Medical Mission Hospital, Pandalam)**

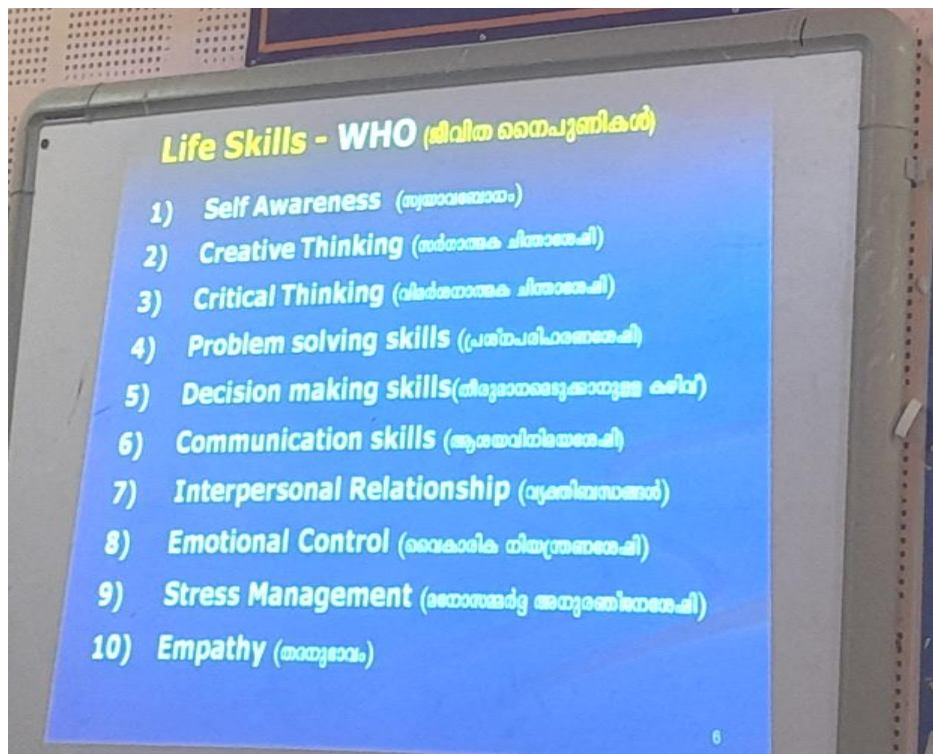
**March 24, 2023**

**10:30 AM**

**@Seminar Hall**









## Programme-7

### Retirement Function

A retirement celebration was held on March 29, 2023, in the college's Seminar hall by the Women's Study Unit. A memorable send-off was given to Dr. Asadevi, Head of the Department of Sanskrit (absent), Indira Murali, Vjayan Pillai, and Raji P, Non-Teaching Staffs, and many faculty members seized the opportunity to thank them for their contributions to the institution's efficient operation.









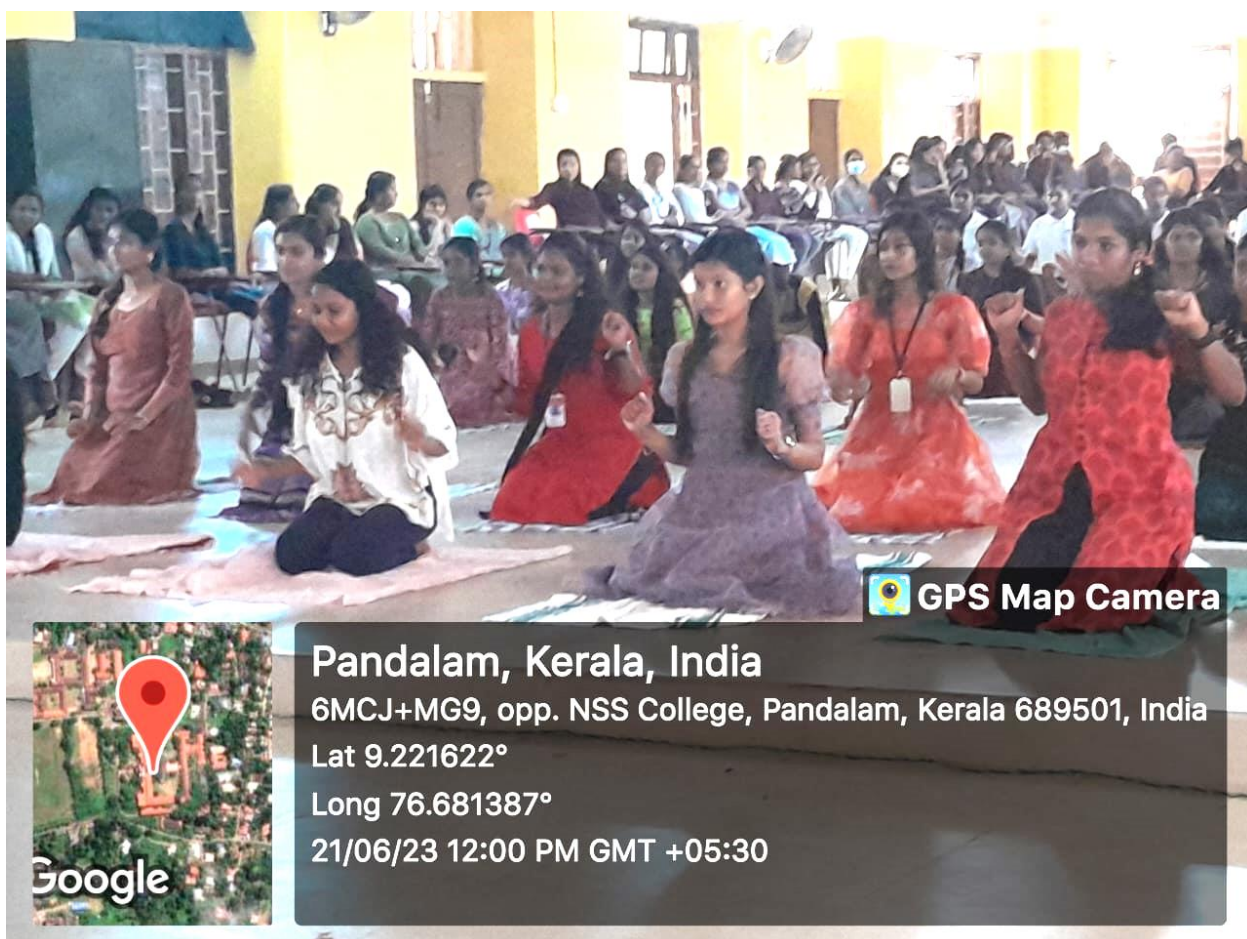
## Programme-8

### International Yoga Day Celebrations

Women's Study Unit celebrated the International yoga day in a wonderful way. Smt. K. Sreekumari, a yoga instructor and Art of Living teacher, was the main guest for the event. The program's coordinator, Dr. Ambili V.S., welcomed everyone. The presidential address was given by Principal in Charge Prof. K.G. Padmakumaran Nair. Live exercises were given to female pupils to increase their stamina, flexibility, and strength. She stated that maintaining a position can increase strength, warm up the muscles with movement and steady, deep breathing, and promote blood flow. Additionally, Smt. Sreekumari taught the students other breathing exercises they could use every day. The program's vote of gratitude was proposed by Dr. Ambili V.S., programme coordinator at WSU.

**N.S.S. COLLEGE PANDALAM**  
**Women's Study Unit**  
  
**International yoga day**  
Yoga for Everyday life  
  
**Class By : Smt.K.Sreekumari**  
(Yoga Trainer & The Art of Living Teacher)  
Date: 21st June 2023  
Venue: College Auditorium  
Time : 10.30 am  


**Program Schedule**  
**Prayer**  
**Acharya Anusmaranam**  
**Welcome:** Dr.Ambili V S,( Assistant Professor,  
Department of Hindi)  
**Presidential Address:** Prof.Dr.K.G Padmakumaran  
Nair( Principal in Charge)  
**Class on Yoga by:Smt.K.Sreekumari**  
**Vote Of thanks:** Dr.Archana Harikumar(Assistant  
Professor Department of  
Malayalam)  
**National Anthem**



## **Programme-9**

### **International Women's Day Celebrations- 18/03/2024**

Women's Study Unit (WSU) organized a webinar titled 'A Holistic approach to Women's Health: Myths and Facts', by Dr. Vijayalakshmi G Pillai, renowned Gynecologist. Dr. Vijayalakshmi G. Pillai, a renowned gynecologist, delivered an inspiring speech on International Women's Day, emphasizing the importance of women's health and empowerment. She highlighted the need for regular health check-ups and advocated for greater awareness of reproductive health issues. Dr. Pillai also called for equal access to healthcare services for women, urging society to support and uplift women in all aspects of life. Abhirami S of 3rd year English did the anchoring for the programme. Dr. Archana Harikumar, Coordinator, of WSU welcomed everybody to the programme. The session had a productive Q&A which cleared doubts of both faculty and students related to women's health and well-being. Dr. Ambili V.S Coordinator, of WSU proposed the vote of thanks for the programme.

[Celebrating International Women's Day - Women's Study Unit, NSS College, Pandalam \(youtube.com\)](#)



**WOMEN'S STUDY UNIT  
N. S. S. COLLEGE PANDALAM**

In Association With IQAC



**Celebrating  
International  
Women's Day**

Resource Person

**Dr. VIJAYALAKSHMI G PILLAI**

MBBS DGO MCOB FRCOG (London)  
HOD & Senior Consultant  
Gynecologist, Obstetrician & Infertologist

**"A Holistic  
Approach to  
Women's Health :  
Myths and Facts"**

**18 March 2024  
7-8pm**



**Google Meet**



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