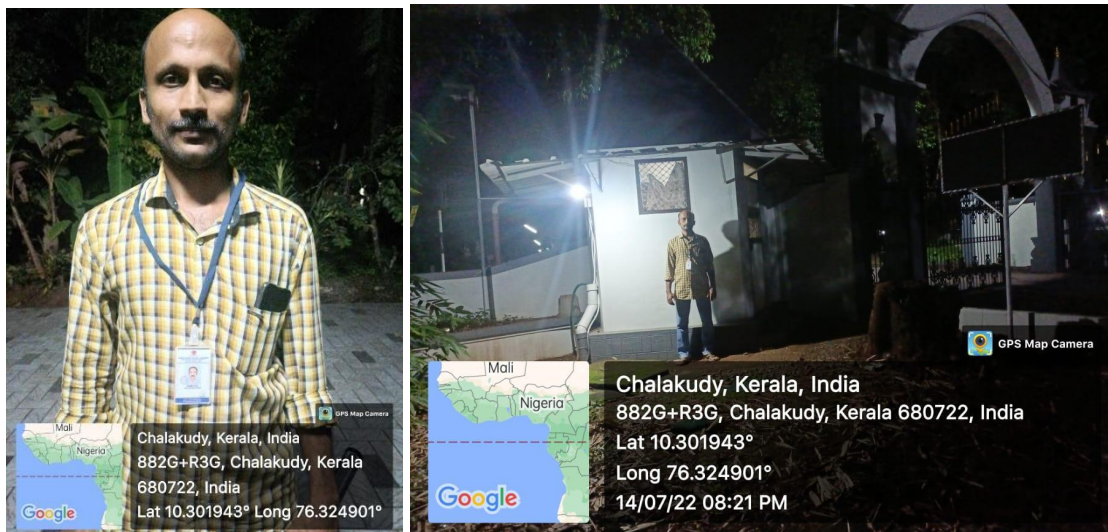


GENDER SENSITIZATION

Sacred Heart College for Women is an institution providing a secure environment for the students to strive towards excellence. The facilities of the college help in building a sensitive personality of the students. Various programs are organized by the Women Cell of the college which helps in bringing a definite orientation in thinking, practices and approach of the students concerning gender. The college has taken measure in considering gender sensitization as an important action point.

Safety and Security

There are security cameras in each floor which will ensure that the students are always monitored so that they won't have to face any issues. A full-time security guard is available to make the college premises secure.



Security Guard



CCTV cameras installed in each floor

Common rooms

There is a Guest room in the college which serves as a space for the faculties to acquaint and recline.



Guest Room

The Amenity center provides an atmosphere for the students to relax and interact.



Amenity center

Counselling

An expert counsellor is present in the college to help students with any emotional problems that they face in the college or even at home.



College counsellor: Ms. Juliet George



Counselling Room

Sick Room

The sick room in the college facilitates the students to take rest during any medical emergencies.



Sick room facility at the college

Hostel facility

The college has two hostels, UG hostel and PG hostel, exclusively for the students of the college. The hostels are situated within the college campus. This facility is very convenient for those students who hail from nearby districts.



Hostel facility available in the institution

2021-22

Gender Sensitization Plan 2021-22

<u>Gender sensitisation plans</u>	<u>Targeted audience</u>	<u>Activities planned</u>
Developing entrepreneurial skills	Students	Conducting webinars/workshops etc.
Confidence building among the women community	Students and staff	Organising cultural event on the topic "Violence against women"
Employment enhancement	Students	Career counselling seminars
Self-reliability	Students	Organisation of camps by NSS and other clubs.
Financial independency of women	Students and staff	Hands-on-Training for Sanitisers and other products.

The following events were organized in the institute as part of gender sensitization activities

Women Cell and NSS of Sacred Heart College, Chalakudy in association with Department of Women and Child welfare development, Kerala organized a One day “ Gender awareness program “ on 27-07-2021. Around 500 students participated in the program. Dr. D. Sheela, Principal(Rtd) Ayurveda College, Ollur and Ms. Kajol Parksh, LLB, Counsellor were the resource persons

Gender Awareness programme

22/07/ 2021 | 10.00 AM - 12.30 PM
2.00 PM - 3.30 PM

On Zoom



Link will be provided

Do Join

Organized by :

**NSS, WOMEN CELL OF SACRED HEART
COLLEGE CHALAKUDY
IN ASSOCIATION WITH
DEPARTMENT OF WOMEN AND CHILD
DEVELOPMENT**

Resource Persons



**Dr D. Sheela,
Principal (Rtd)Ayurveda
College, Ollur.**



**Kajol Parksh,
B. com LLB, Counselor**

MIME- ELIMINATION OF VIOLENCE AGAINST WOMEN

ORGANISED BY NSS ON 10 DECEMBER 2021

In association with Sakhi one stop centre, Thrissur, NSS volunteers performed a mime at S.H. College and Chalakudy railway station to spread the message of elimination of all kinds of violence against women on 10th December To achieve lasting change, it is important to enact and enforce legislation and develop and implement policies that promote gender equality; allocate resources to prevention and response; and invest in women's rights organizations..



Translation: Kerala Government Women And Children Development, Women Cell Thrissur

Brochure of MIME- Elimination of violence against women

WOMEN EMPOWERMENT

ORGANISED BY NSS ON 27TH OF DECEMBER 2021

Empowering women is essential to the health and social development of families, communities and countries. When women are living safe, fulfilled and productive lives, they can reach their full potential, contributing their skills to the workforce and can raise happier and healthier children. Empowerment aims to move persons from oppressed powerlessness to positions of power.

NSS units arranged a session on women empowerment led by

Sreelakshmi Ranjith, Psycho-social school counsellor Government

Vocational Higher Secondary School, Chalakudy on 27/12/21.



WOMEN EMPOWERMENT AND WOMEN SAFETY

ORGANISED BY NSS ON 24 TH OF DECEMBER 2021

The fact that women in this country are unsafe is not a fact that needs more proof than the everyday reports on news channels, newspapers and internet outlets. In this context, Women Empowerment and Women Safety are very significant.



Talk on women empowerment by K.N.Chinju on 24/12/2021

WEBINAR ON GENDER BASED VIOLATION AGAINST WOMEN IN KERALA

ORGANISED BY NSS ON 15 AUGUST 2021

NSS units of Sacred Heart College Chalakudy in association with Taluk Legal Services Committee, Mukundapuram conducted a webinar on 'Women Empowerment'. The phrase 'Women Empowerment' is made up of the words 'women' and 'empowerment.' Empowerment stands for giving authority and power to women. Women empowerment refers to making women powerful to make them capable of deciding for themselves. Women must be given equal opportunities in every field, irrespective of gender. Advocate Gayathri P.S led the class. The webinar gave awareness among the students and faculties about the laws meant for the safety and empowerment of women furthermore stating that Individual people, and the government must work together. The interactive, motivational and resourceful webinar started at 11 A.M . College principal Dr. .Sr. Irene delivered the presidential address.



**SACRED HEART COLLEGE
CHALAKUDY**
NSS UNITS 76 & 84

Webinar on :Women Empowerment
Chief guest : Advocate Gayathri PS
platform :google meet 
date : 15.8.2021
time :11.00 am
organized by:
Taluk Legal Services
Committee, Mukundapuram
&
NSS Units of Sacred Heart
College Chalakudy

2020-21

Gender Sensitization Plan 2020-21

<u>Gender sensitisation plans</u>	<u>Targeted audience</u>	<u>Activities planned</u>
To create entrepreneurial skills	Students	Conducting webinars/workshops etc.
Build confidence among the women community	Students and staff	Panel discussion on challenges faced during pandemic, webinar on cyber security
Improving the employability of women students	Students	Interview coaching, career counselling
Bringing Self-reliance	Students	Organisation of camps by NSS and other clubs.
Physical health and lifestyle	Students	Webinar on cancer prevention
Administrative skill set buildings	Students	Organising programmes like Best Manager Contest
Financial independency of women	Students and staff	Hands-on-Training for making LED bulbs, Sanitisers and other products.

The following programmes were conducted by the college as per the action plan formulated

In Connection with International Day of Women and Girls in Science, on 10 February 2021, women cell and IQAC of Sacred Heart College for Women, Chalakudy organized a webinar. Dr. E. Sandya, Rtd. Associate Professor, Prajyothinikethan College, Puthukad was the resource person. She is a recipient of young scientist award as well as many literary awards. There were around 180 registered participants who took part via google meet and you tube streaming. The link for YouTube recording is given below.

<https://youtu.be/QmamcD4dtbc>

INTERNATIONAL DAY OF WOMEN & GIRLS IN SCIENCE

Celebrating the International Day of Women and Girls in Science
10 February 2021
Time: 2:30 pm

About the Resource Person

Dr. Sandhya E, retired Associate Professor of Statistics at Prajyoti Niketan College in Puthukad in Thrissur district of Kerala, is a renowned writer, academican and is very passionate about Mohiniyattam dance form. She is the recipient of President's Guide Award in 1979, Young Scientist Award conferred by Indian Science Congress Association in 1990, Prof. M M Ghani Award for the best college teacher under the University of Calicut in 2011, Prof Sivaprasad Foundation Award for Best College Teacher in Kerala in 2016, Fr. Dr. Jose Thekkan Best College Teacher award in March 2020, the Malayattoor prize for outstanding writers for her collection of poems named *Anmayullathinai* and the Edasseri Award for her work *Anantharam Charulatha* in 2019, Guinness World Records for performing in a Mohiniyattam dance in which the most number of people performed at the Jawaharlal Nehru Stadium in Cochin on 28 November 2006 and many more. Altogether, she is an extraordinary academican with incredible flavours in art and literature.

Registration: <https://forms.gle/PmwwqE8TBVdEDe7>
Who can apply? Graduate, post-graduate students, researchers and teachers from any stream.
Platform: GoToMeeting
All the participants will be provided with e-certificates.

Organised by
Women Cell and IQAC
Sacred Heart College for Women, Chalakudy
<http://www.sacredheartcollege.ac.in/>

In Connection with International Women's day on March 8, 2021, Women Cell, Sacred Heart College, Chalakudy organized a panel discussion on "Challenges faced by Women in Covid-19 pandemic situation". 9 Women from various phases of life and different career paths shared their experiences. There were academicians, students, a politician, a police officer, a staff nurse, an entrepreneur, retired hands, and homemakers who contributed to the fruitful discussion. Around 100 students from college also joined the program.

The **link** is given below

<https://youtu.be/J4IKFkn9xYU>

The Resource persons were:

- Dr. Jayasree Paul, Associate professor, Dept. of Economics, Maharajas College, Ernakulam,
- Dr. Sr. Irene, Principal, Sacred Heart College, Chalakudy.
- Ms. Bindhu Sasikumar, Ward Counselor, ITI ward, Chalakudy.
- Ms. Smitha K, Senior Civil police officer, Thrissur Town east police station.
- Ms. Sithara Sunny, Staff Nurse, Grade II, Govt. hospital, Kodungallor.
- Ms. Mary Thomas, Retd. Head Mistress, Betheny Balikamadam, Harippad.
- Adv. Sabeena Ashraf, HR and legal director, Almaeedah Ethnic Foods, Thrissur.
- Ms. Darly Francis, Housewife, Moothedath House, Aluva.
- Ms. Leona Merlin Antony, BA English Literature student, Mar Ivanios College, Thiruvananthapuram.

Sacred Heart College for Women, Chalakudy



Dr. Jayasree Paul
Associate Professor
Dept. of Economics
Maharaja's College,
Ernakulam



Dr. Sr. Irene
Principal
Sacred Heart College for
Women, Chalakudy



Ms. Bindu Sasikumar
Ward Councilor,
ITI Ward,
Chalakudy



Ms. Smitha K
Senior Civil Police Officer,
Thrissur Town East Police Station
(Janamythri Beat Officer)



Ms. Sithara Sunny
Staff Nurse, Grade II
Govt. Hospital,
Kodungalloor



Ms. Mary Thomas
Rtd. Headmistress
Bethany Balikamadom,
Nangiarukulangara, Harippad



Adv. Sabeena Asharaf
HR and Legal Director
Almaaedah Ethnic Foods,
Thrissur



Ms. Daryl Francis
Housewife
Moothedath House,
Aluva



Ms. Leona Merlin Antony
BA English Literature Student
Mar Ivanios College,
Thiruvananthapuram

Date: 8 March 2021 Time: 2 pm Online Platform: Co-ordinator: Ms. Smitha Davis Moderator: Ms. Linet Roslin Antony

Report on Webinar on Cancer prevention, Covid – 19 and Healthy lifestyle

Organised by Women Cell on 12/06/2020

In collaboration with the NGO Sanjeevani life beyond Cancer, Mumbai, Maharashtra Women Cell and IQAC of Sacred Heart College, Chalakudy organized a webinar on the Topic Cancer prevention, Covid – 19 and Healthy lifestyle. The resource person was Ms. Sumki Begum, Coordinator, Outreach and counsellor, Sanjeevani life beyond Cancer. There were around 40 registered participants and more than eighty participants on the Zoom platform on the webinar dated 12th June 2020. The link for the recorded program is given below.

<https://youtu.be/3qfSWpeA4u0>

WEBINAR ON
**CANCER PREVENTION,
COVID 19 &
HEALTHY LIFESTYLE**

**SACRED HEART COLLEGE
FOR WOMEN,
CHALAKUDY**

Women Cell & IQAC
in association with
Sanjeevani Life Beyond Cancer,
Mumbai, Maharashtra

Speaker: Ms. Sumki Begum, Program
Coordinator,
Outreach and Counselor,
Sanjeevani Life Beyond Cancer

SANJEEVANI

Registration Link:
<https://forms.gle/ZbUJ0v7G8svniKex8>

Date: 12th June 2021
Time: 2:00 pm – 3:30 pm

Meeting ID: 882 6691 4159
Passcode: 542053

Near Railway Station Road,
Chalakudy
Pin. 680307

<http://www.sacredheartcollege.ac.in/>

NATIONAL CANCER SURVIVORS DAY 2021

In connection with National Women's Equality Day, Women Cell of Sacred Heart College, Chalakudy organized a Webinar on Security of Women in Cyberspace on 26/08/2020. The resource person for the day was Ms. Sreekala M, Assistant Professor, Department of Computer Science, Vimala College(Autonomous), Thrissur. The program was conducted via Google meet platform and YouTube streaming about 60 students participated in a live session. The YouTube link for the session is given below.

<https://youtu.be/GnnaHg2HQbM>

National Women's Equality Day:
Celebrated to mark the 19th amendment which was passed by the United States Congress in 1920 that ensured voting rights irrespective of gender.

Date: 26/08/2020
Time: 2:00 pm
Online Platform:

SECURITY OF WOMEN IN CYBERSPACE

Organized by
Women Cell,
Sacred Heart College,
Chalakudy

Resource Person:
Ms. Sreekala M
Assistant Professor
Department of Computer Science
Vimala College (Autonomous), Thrissur

Google Meet

“ Digital Awareness Programme for Senior Citizens and Women On Mobile Wallet” 2021
Organised by the Department of Commerce as on 06/02/2021

The students of the PG department of Commerce , Sacred Heart College - Chalakudy provided an awareness class on the topic **“Usage of Mobile Wallet”** dated 06/02/2021 to the digitally illiterate senior citizens and women nearby their locality. The Covid-19 pandemic has led to an inevitable surge in the use of digital technologies due to the social distancing norms and nationwide lockdowns. In this situation Students actively participated in the programme and gave individual awareness classes to the beneficiaries.



**Stay Safe
Go Digital**

A STEP TOWARDS
CASHLESS ECONOMY
THROUGH DIGITAL
PAYMENTS

BE SAFE PAY SAFE

Digital Awareness Programme for Senior Citizens/Women on 'Use of Mobile Wallets for Digital Payment'

*Organised by PG Department of Commerce
Sacred Heart College, Chalakudy*

*Students provide awareness class to senior citizens and women on installing mobile UPI payment app and making digital payments
Making them aware about the precautions and security features for safeguarding digital payments*



2019-20

Gender Sensitization Plan 2019-20

<u>Gender sensitisation plans</u>	<u>Targeted audience</u>	<u>Activities planned</u>
Developing entrepreneurial skills	Students	Conducting webinars/workshops etc.
Personal health and hygiene	Students	Organising seminars on menstrual health and hygiene.
Improving the employability of women students	Students	Interview training seminar
Bringing Self-reliance	Students	Organisation of camps by NSS and other clubs.
Financial independency of women	Students and staff	Hands-on-Training for making sanitisers and liquid soaps.

The following event was organized by the college as part of the action plan

Women Cell of Sacred Heart College conducted a workshop on Women Empowerment on 07-11-2019. The famous Cine artist and business consultant Ms. Rekha Menon was the resource person. The club activities of the academic year 2019-20 was also inaugurated during the program. Entire students of the college attended the program.



2018-19

Gender Sensitization Plan 2018-19

<u>Gender sensitisation plans</u>	<u>Targeted audience</u>	<u>Activities planned</u>
Build confidence among the women community	Students and staff	Organising invited lectures on the topic 'Opportunities for women'
Earning physical strength	Students	Training on defence mechanisms like karate.
Improving the employability of women students	Students	Career counselling
Bringing Self-reliance	Students	Organisation of camps by NSS and other clubs.
Financial independency of women	Students and staff	Hands-on-Training for making household products.

The following events were conducted in the institute according to the plan which was formulated

On 05-02-2019, Women cell of Sacred Heart College, Chalakudy conducted a Hand on training on “Self defence theory and practice” in association with Women Cell, Thrissur. Entire students of the college attended the program and it was really beneficial for them.



As part of women’s Day celebrations, on 08-03-2019 an enlightening talk by Ms. Maya Venugopal, Asst. Prof. Dept. of English, NSS College, Cherthala was conducted on the topic “opportunities for women after higher education”. The talk was really inspiring and all students of the college attended the session.



2017-18

The flood that hit Kerala affected Chalakudy immensely. The ground floor of the college was completely immersed under water. It took months of effort by the students, faculty, non-teaching staff and all possible and available human resources to revive the college back to its true form. All the activities of the college came to a standstill during this period. It is due to great hard work that we could restore the college to a working condition.

2016-17

As an initiative to empower the students, the Women cell of the college took efforts to help them understand their local neighborhood by conducting surveys and mini projects. This inculcated a deeper insight in the students about the environment in which they are residing.

It also provided a platform for the students of our college to spread gender awareness among the local community.

