# SACRED HEART COLLEGE, CHALAKUDY

(AFFILIATED TO UNIVERSITY OF CALICUT)

THRISSUR, KERALA - 680307

# NAAC SSR 2022-23

# CRITERIA – VII

**7.1.1- Measures initiated by the Institution for the promotion of gender equity during the year 2022 – 23.**




***Submitted to***

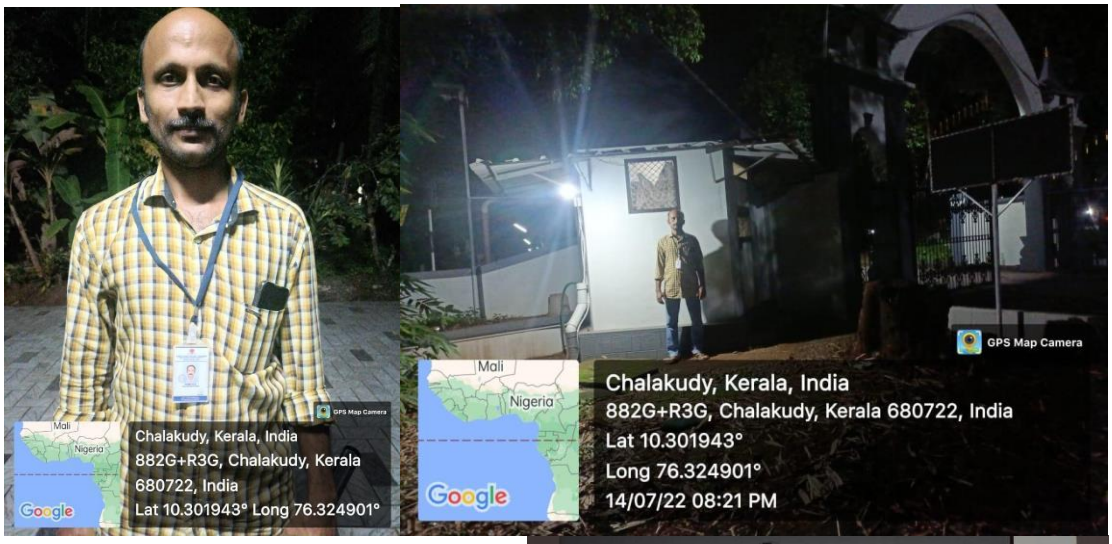
**National Assessment and Accreditation Council**

## 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. There is a compound wall all around the campus that ensures no entry for outsides or menace from outside the campus.




**24/7 Security Guard and room**




**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**

## Amenity Centre and sick room

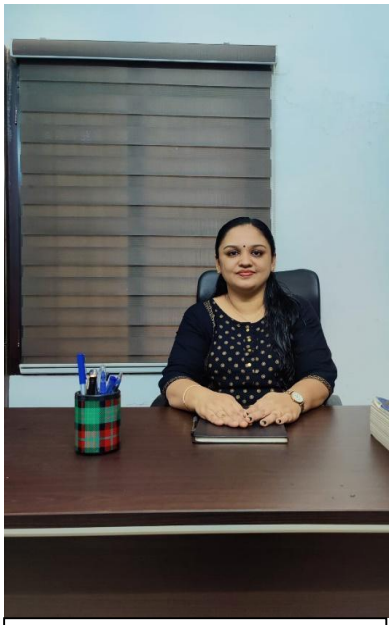
The Wi-Fi enabled Amenity centre provides an excellent atmosphere for the students to relax, interact, acquire and share knowledge. A sick room near the amenity centre is providing care for those who are sick in the campus. The sick room in the college facilitates the students to take rest during any medical emergencies.



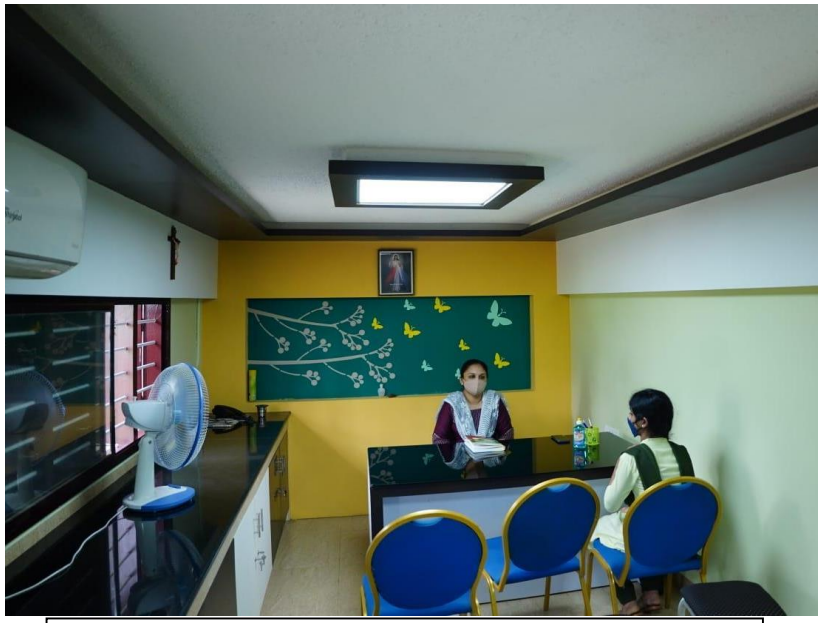

**Amenity Centre and sick room facility**

## Counselling Centre

A clinical psychologist is available 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**
**(Clinical Psychologist)**



**Counselling Room: Counselling session in progress**

## 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 of the College**

# 2022-23

## Gender Sensitization Plan 2022-23

| Gender sensitisation plans | Targeted audience | Activities planned |
|---|---|---|
| Developing entrepreneurial skills | Students | Conducting webinars/workshops/Industrial visits, etc. |
| Confidence building among the women community | Students and staff | Organised cultural event on the topic "Violence against women" |
| Women protection and empowerment programmes | Students | Seminars and classes |
| Employment enhancement | Students | Career counselling seminars and training |
| Self-reliability | Students | Organisation of camps by NSS and other clubs. |
| Awareness of drug abuse | Students | Seminars, flash mobs and quiz programmes |
| Financial independency of women | Students, staff and women communities | Hands-on-Training on hygiene products |
| Encourage agriculture | Students | Awareness talks and planting the saplings |

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

**Drug abuse – Public awareness rally**

The NSS units were organised an awareness rally to Railway Station, Chalakudy on 27. The rally was officially flagged off by Dr. Sr. Irene, Principal of the College. She, in her brief address, sensitized the NSS volunteers against the harmful effects of drug usage. An oath taking ceremony followed wherein all the gathered unanimously said an emphatic no to drugs. Thereafter, all the NSS volunteers enthusiastically participated in the awareness rally holding placards that contained messages against the debilitating effects of drug addiction. More than 50 NSS volunteers took the e-pledge entitled "SAY YES TO LIFE, NO TO DRUGS" and received certificate from NCB, Govt. of India.



## Back to Agriculture organized by NSS units

An orientation class on the necessary steps to be taken in association with “Back to Agriculture,” a flagship programme of the NSS. Mr. Suresh Kumarappilly led the class by standing on the area allotted for the initiation of the farming process. He tested the fertility of the soil and mentioned that vegetables like tomato, lady’s finger, beans and brinjal and a creeper like pumpkins can also be ideally grown in this area. An option to grow underground roots and tubers like tapioca was also brought to serious consideration as a part of the green initiative. The listeners were also reminded of the urgent need to return to the soil so as to ensure a healthy and safe life on earth. The relevance of harvesting poison free vegetables for ourselves and also for the sake of posterity was also a main focus of the programme.











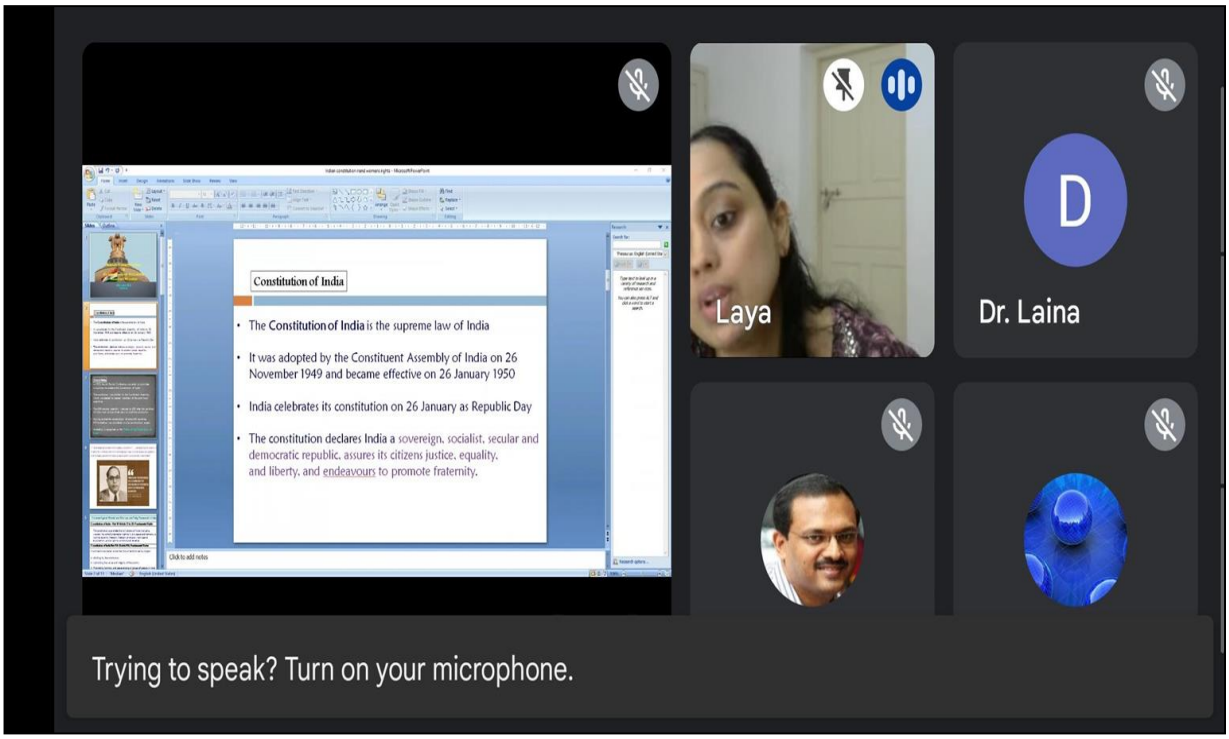
## Elimination of violence against women

NSS units organised a programme on Elimination of Violence against Women on 25 Nov, in association with Chalakudy Central Rotary Club and Indian Dental Association (IDA), Chalakudy. A self defense class was organized. Rtn. Thampy Varghese, President, Chalakudy Central Rotary Club was the President of the event. The Secretary of Kerala State Board, IDA Women's Dental Council, Dr. Shajeena Shinil, inaugurated the function. The self defense classes were jointly held by Ms. Shajamol and Ms. Jiji Thomas, Officers of Irinjalakuda and Thrissur Police Stations respectively. The resource persons who effectively held the classes administered various strategies by which all the assembled including the NSS volunteers may encounter the unexpected assaults.






On November 26, 2022, the Department of Chemistry organized an online seminar on "Elimination of Violence Against Women and Constitution of India". Adv. Laya M. A. from the Chalakudy Bar Association serving as the resource person. The seminar commenced with an insightful presentation by Adv. Laya M. A., who provided an in-depth analysis of the constitutional provisions related to women's rights and the legal framework for addressing violence against women in India.



The Department of Chemistry and Physical Education jointly organized a martial arts training class for students on 25th November, 2022. The event aimed to raise awareness about gender-based violence and empower students, particularly women, with self-defense skills. This hands-on approach allowed participants to develop confidence in their abilities and improve their physical fitness.Throughout the event, emphasis was placed on fostering empathy and solidarity with survivors of violence. Students were encouraged to reflect on the societal factors that contribute to gender-based violence and to stand in support of efforts to end it.





## Women empowerment program

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. Women empowerment classes were conducted on 24th December, 2022 in the NSS camp at Panambilly memorial Government College, Chalakudy.



A MoU has signed between department of Commerce and Matha driving school, chalakudy on 13/09/2022 to empower students to drive motor vehicles (two wheeler and four wheeler)






കേരളം केरल KERALA DL 861282

## കരാർ

13.09.2022 രണ്ടായിരത്തി ഇരുപത്തിരണ്ട് സെപ്തംബർ മാസം പതിമൂന്നാം തിയ്യതി തൃശൂർ ജില്ല, ചാലക്കുടി താലൂക്ക്, കിഴക്കെ ചാലക്കുടി വില്ലേജ്, ടി ദേശത്ത് സ്ഥാപിതമായി പ്രവർത്തിച്ചു വരുന്ന എസ്.എച്ച്. കോളേജിനുവേണ്ടി പ്രിൻസിപ്പാൾ ഒന്നാം പാർട്ടിയായും തൃശൂർ ജില്ല, ചാലക്കുടി താലൂക്ക്, പടിഞ്ഞാറെ ചാലക്കുടി വില്ലേജ്, കല്ലുംപുറത്ത് ജോസഫ് മകൻ ബിനു ജോസഫിനു വേണ്ടി ടിയിൽ ടിയാന്റെ പിതാവ് ജോസഫ് എന്നവർ രണ്ടാം പാർട്ടിയായും എഴുതിയ കരാർ.

**ഒന്നാം പാർട്ടി : പ്രിൻസിപ്പാൾ**

**രണ്ടാം പാർട്ടി : ബിനു ജോസഫിനു വേണ്ടി ജോസഫ്**

Dr.Sr. Reena Ittyachan
Principal
SACRED HEART COLLEGE
CHALAKUDY

SACRED HEART COLLEGE
Accredited by NAAC with A+ Grade (3-550GPA)
CHALAKUDY

SUB TREASURY CHALAKUDY
12 SEP

M. K. JOJO
VENDOR No: 20
CHALAKUDY

No 13242/13.09.2022 B100

## Self Employment Programme

Department of Chemistry conducted a training programme on hygiene products preparation to school students at Government Model Higher Secondary School, Chalakudy on 9 January 2023. The training programme on hygiene products preparation, aimed to equip students with practical skills in creating essential hygiene products. The initiative sought to promote hygiene awareness and empower students to actively contribute to personal and community well-being through the production of hygiene essentials. Beyond skill acquisition, the training programme fostered a sense of community engagement among students.






## Carrier orientation

The Career and Placement Cell, SH College, has organised a training programme for the students to orient them towards a job in the corporate sector. The programme was conducted on 25/08/2022 in association with the NEXT LEVEL FINISHING SCHOOL, a Thrissur-based Career guidance group. The orientation regarding the required communication skills was given to the students along with inputs to pursue their career on a global level. The main faculty member was Mr. Praveen Chirayath, the famous social media influencer and career orientation trainer.



A career and entrepreneurship orientation was given to Post-graduate students of the college on 24th August 2022 by Mr. Shijo John, CEO, Cryptors Software solutions and the start-up founder, Kerala Start-up Mission.



The T.I.M.E Group is a reputed career guidance and coaching Centre for many competitive examinations including CAT, CUCET, IELTS, GATE, JAM, NEET etc. They are very professional in dealing with students and preparing them for various exams. The Career and Placement Cell has organised this programme for an orientation to the students to help them choose the best career.

