



**KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE  
INTERNAL QUALITY ASSURANCE CELL**

**WOMEN DEVELOPMENT CELL  
ANNUAL REPORT 2021-22**

## Report of Women Development Cell (WDC) and Gender Sensitization Initiatives 2021-2022

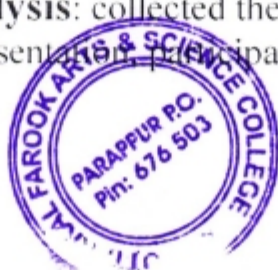
The Women Development Cell (WDC) at Kottakkal Farook Arts and Science College is dedicated to fostering a gender-sensitive and inclusive environment. With the motto "Empowered Women: Nation's Strength," the WDC aims to promote awareness and active engagement among women, helping them realize their full potential for personal and national development. The cell aim at enlightening and uplifting girls through various programs like training in emotional stability, career growth and entrepreneurial forums, skills and craft exhibitions etc. The cell helps the girl students to replace their grievances at the right place at the right time. KFASC Women Development Cell, in collaboration with other committees including Internal Complaints Committee , Grievance Redressal Committee, National Service Scheme, and other committees and departments work towards gender equality,gender awareness, and empowerment.

This report details the initiatives undertaken by the WDC during the academic year 2021-2022, including gender audit initiatives, curricular and co-curricular activities, facilities for women, and various gender sensitization programs. The WDC's efforts encompass training, counseling, and welfare programs designed to empower and support women in the college community.

**Formation of Gender Audit Team:** The WDC established a dedicated Team comprising faculty members, administrative staff, and student representatives to conduct a gender audit.

Chairman	Vice Chairman	WDC coordinator	Internal committee members	Student representatives
Prof. M Abdul Azeez Principal	Mohammed Labeeb., Vice Principal	Ranjini V, Asst. Professor of Malayalam	Jayasree P, Asst. Professor of Physics.  Sampreeth TM, HOD of Political Science	Bhavya Nadh P, II Year BA English  Muhsina CP, II year BCom Finance

**Data Collection and Analysis:** collected the details from students and staff to gather data on gender representation, participation, and perceptions of gender



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equality. The data was meticulously analyzed to identify strengths and areas for improvement.

**Gender wise details of students, teachers, HODs, nonteaching staff, and NSS volunteers in the college**

Category	Total	Male	Female	%M	%F	Dominancy
Students	1260	332	928	26.35	73.65	Female
Teachers	50	18	32	36	64	Female
HODs	8	6	2	75	25	Male
Non-teaching staff	20	5	15	25	75	Female
NSS volunteers	112	46	66	41.1	58.9	Female

**Gender Sensitization and Women Development Initiative Programs**

**Orientation Programs:** Inclusion of gender sensitization sessions in orientation programs for new students and staff. These sessions aimed to create awareness about gender issues and the college's commitment to equality.

**Training Workshops:** Regular training workshops for faculty and administrative staff on gender sensitivity and inclusive practices. These workshops focused on creating a supportive environment for all genders. Seminars: conducted seminars on gender-based violence such as domestic violence, sexual harassment, etc.

**Talk series:** Conducted talk series on women rights and empowerment through education, economic opportunities and women development.

Sl. No.	Title of the program	Date & time	Brief description	Inaugurator/chief guest
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*(Signature)*  
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1	Menstrual hygiene and PCOD	12/06/2021 11AM	webinar	Dr.Amal rose KR, Asst Prof, and Dr PrasannaV N, HOD,Ayurveda College , Ollur, Thrissur
2	Gender and Relations & Gender and Law	17/07/2021 11AM to 3.30PM	Gender awareness Campaign	Beena Sanny , KILA faculty
3	Sthreekalum Niyamangalum	21/12/2021 2PM	Seminar in association with Kerala Sarkar Vanitha Sishu Vikasana Vakuppu	Adv. Shehreena Thengilan
4	75 years of independence and women society	17/03/2022 11:30AM	Seminar in association with Kerala state youth welfare board	V. Saleenateacher Adv. Fathima Thahliya

### Conclusion

In conclusion, the Women Development Cell at Kottakkal Farook Arts and Science College has made significant strides in promoting gender equality and creating a supportive environment for women during the academic year 2021-2022. The various initiatives, from gender audits to sensitization programs and infrastructural improvements, reflect a strong commitment to empowering women and fostering inclusivity. Moving forward, the WDC will continue to build on these efforts, integrating gender studies more deeply into the curriculum, developing mentorship programs, and establishing partnerships with organizations focused on gender issues. Through these continued efforts, the college aims to create a more balanced, equitable, and empowering environment for all its members.



*M. Abdul Azeez*  
**Prof. M. ABDUL AZEEZ**  
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# Webinar Report on 'Menstrual Hygiene and PCOD'

**Event Date:** 12th June 2021

**Time:** 11:00 AM

**Venue:** Kottakkal Farook Arts and Science College (Online Platform)

## Chief Guests:

**Dr. Amal Rose KR**

1. Assistant Professor, Ayurveda College, Ollur, Thrissur District
2. **Dr. Prasanna V N**

1. Head of Department, Ayurveda College, Ollur

## Introduction:

The webinar on 'Menstrual Hygiene and PCOD' was organized by Kottakkal Farook Arts and Science College to raise awareness and educate participants about the importance of menstrual hygiene and managing Polycystic Ovarian Disease (PCOD). The session featured two distinguished speakers from Ayurveda College, Ollur - Dr. Amal Rose KR and Dr. Prasanna V N.

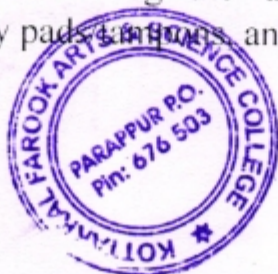
## Overview of the Event:

The event commenced with a brief introduction by the moderator, who welcomed the chief guests and the attendees. The significance of the topic was highlighted, noting the impact of menstrual hygiene and PCOD on women's health and well-being.

## Keynote Sessions:

**Dr. Amal Rose KR:** Dr. Amal Rose KR began her session by discussing the basics of menstrual hygiene. She emphasized the importance of maintaining proper hygiene practices during menstruation to prevent infections and other health issues. Key points from her presentation included:

- **Understanding Menstrual Hygiene:** Detailed explanation of proper hygiene practices, including the use of sanitary products, regular changing of sanitary pads, and proper disposal methods.



  
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- **Common Myths and Misconceptions:** Addressing common myths related to menstruation and providing scientific explanations to debunk these misconceptions.
- **Health Implications:** Discussing the potential health risks associated with poor menstrual hygiene, such as infections and reproductive tract diseases.

**Dr. Prasanna V N:** Dr. Prasanna V N focused on Polycystic Ovarian Disease (PCOD), providing an in-depth understanding of the condition, its symptoms, and management. Key points from his presentation included:

- **Introduction to PCOD:** Explaining what PCOD is, its symptoms, and how it affects women's health.
- **Ayurvedic Perspective:** Discussing the Ayurvedic approach to managing PCOD, including dietary recommendations, lifestyle changes, and herbal treatments.
- **Case Studies:** Sharing real-life case studies to illustrate the effectiveness of Ayurvedic treatments in managing PCOD symptoms.
- **Q&A Session:** Addressing questions from participants regarding PCOD management, including specific lifestyle and dietary changes that can help alleviate symptoms.

#### **Interactive Session:**

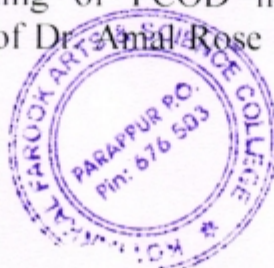
The webinar included an interactive Q&A session where participants had the opportunity to ask questions directly to the speakers. This session was highly engaging, with attendees seeking advice on personal health issues related to menstrual hygiene and PCOD. Both Dr. Amal Rose KR and Dr. Prasanna V N provided insightful answers and practical advice.

#### **Conclusion:**

The webinar concluded with a vote of thanks to the chief guests for their informative and enlightening presentations. The participants expressed their appreciation for the valuable knowledge shared during the session.

#### **Summary:**

The 'Menstrual Hygiene and PCOD' webinar successfully highlighted the importance of proper menstrual hygiene practices and provided a comprehensive understanding of PCOD management from an Ayurvedic perspective. The expertise of Dr. Amal Rose KR and Dr. Prasanna V N greatly



contributed to the success of the event, leaving a lasting impact on the participants.

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This report encapsulates the key highlights and outcomes of the webinar, ensuring that the knowledge shared reaches a broader audience and continues to promote awareness on menstrual hygiene and PCOD.



**Kottakkal Farook Arts & Science College**

**Webinar**

**Menstrual Hygiene and PCOD**

**Resource Person:**

**Dr. Amal Rose KR  
and**

**Dr. Prasanna V N  
Ayurveda College. Ollur**

**Date :-12th June 2021**

**Time :- 11.00am**

**Meeting Link :- <https://meet.google.com/dgw-rpzg-dqe>**



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# Gender Awareness Campaign Report on 'Gender and Relations' and 'Gender and Law'

**Event Date:** 12th June 2021

**Time:** 3:30 PM

**Venue:** Kottakkal Farook Arts and Science College (Online Platform)

## Chief Guest:

- **Beena Sanny**
  - Faculty Member, KILA

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## Introduction:

The Gender Awareness Campaign was organized to educate and raise awareness about gender issues, focusing on 'Gender and Relations' and 'Gender and Law'. The session aimed to foster understanding and promote equality through insightful discussions led by Beena Sanny, a respected faculty member at KILA.

## Overview of the Event:

The campaign began with a warm welcome from the moderator, who introduced the chief guest and outlined the importance of discussing gender issues in contemporary society. The agenda was divided into two main topics: 'Gender and Relations' and 'Gender and Law'.

## Keynote Session:

**Beena Sanny:** Beena Sanny led the session with her extensive knowledge and expertise in gender studies. Her presentation was divided into two parts, each addressing a crucial aspect of gender awareness.

## Part 1: Gender and Relations

- **Understanding Gender Dynamics:** An exploration of how gender roles are constructed and perpetuated in society, influencing relationships in both personal and professional spheres.
- **Impact on Personal Relationships:** Discussing how traditional gender roles affect personal relationships, including family dynamics, friendships, and romantic partnerships.



  
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- **Promoting Equality:** Strategies for fostering gender equality in relationships, emphasizing communication, respect, and shared responsibilities.

## Part 2: Gender and Law

- **Legal Framework:** An overview of laws related to gender equality, including key legislations aimed at protecting the rights of individuals regardless of gender.
- **Case Studies:** Examining landmark legal cases that have shaped the landscape of gender law, highlighting progress and ongoing challenges.
- **Rights and Responsibilities:** Educating participants about their legal rights and responsibilities concerning gender discrimination and harassment.
- **Advocacy and Support:** Information on resources and organizations that provide support for individuals facing gender-based legal issues, and how to advocate for legal reforms.

### Interactive Session:

Following the keynote session, an interactive Q&A segment allowed participants to engage directly with Beena Sanny Kila. Attendees posed questions about gender roles in various cultural contexts, the effectiveness of current laws in promoting gender equality, and ways to support gender inclusivity in their communities. Beena Sanny Kila provided detailed responses, offering practical advice and resources.

### Conclusion:

The campaign concluded with a vote of thanks to Beena Sanny Kila for her enlightening presentation and to the participants for their active engagement. The session underscored the need for continued dialogue and action to address gender inequalities and promote legal awareness.

### Summary:

The 'Gender and Relations' and 'Gender and Law' awareness campaign successfully addressed critical aspects of gender issues, providing participants with valuable insights and practical knowledge. Beena Sanny Kila's expertise significantly contributed to the event's success, fostering a deeper understanding and commitment to gender equality among attendees.



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This report summarizes the key highlights and outcomes of the gender awareness campaign, aiming to extend the impact of the discussions and promote ongoing efforts towards gender equality and legal awareness.



**KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE**

Online Campaign  
On  
**GENDER AND RELATIONS  
AND  
GENDER AND LAW**

Resource Person:  
**Beena Sanny. KILA**

Date :-17th July 2021  
Time :-11:00AM-3.30 PM



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## A Seminar on Streekalum Niyamangalum

*Organized by:* Woman Development Cell, Kottakkal Farook Arts and Science College *In Association with:* Vanitha Sisu Kshema Vakuppu, Kerala Sarkkar

**Date:** December 21, 2021 (Tuesday)

**Time:** 2:00 PM

**Venue:** College Auditorium

### Introduction:

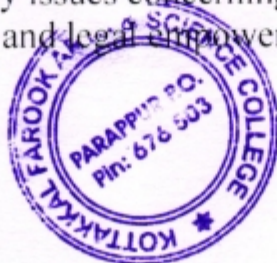
The seminar titled "Sthreekalum Niyamangalum" was organized by the Woman Development Cell of Kottakkal Farook Arts and Science College in association with Vanitha Sisu Kshema Vakuppu, Kerala Sarkkar. Held on December 21, 2021, at 2:00 PM in the college auditorium, the event aimed to shed light on the legal rights and regulations concerning women in society. Advocate Shehreena Thengilan, a distinguished legal expert, graced the occasion as the keynote speaker.

### Keynote Address:

Advocate Shehreena Thengilan delivered an insightful keynote address focusing on the legal frameworks and rights pertinent to women. Her speech elucidated various laws safeguarding women's interests, including those related to marriage, property, employment, and protection against domestic violence. Advocate Thengilan's expertise and eloquence captivated the audience, empowering them with knowledge about their legal entitlements.

### Panel Discussion:

Following the keynote address, a panel discussion enriched the seminar with diverse perspectives from eminent personalities in the field of law, women's rights advocacy, and social work. Participants engaged in thought-provoking discussions on contemporary issues concerning women's rights, exploring avenues for societal reform and legal empowerment.



  
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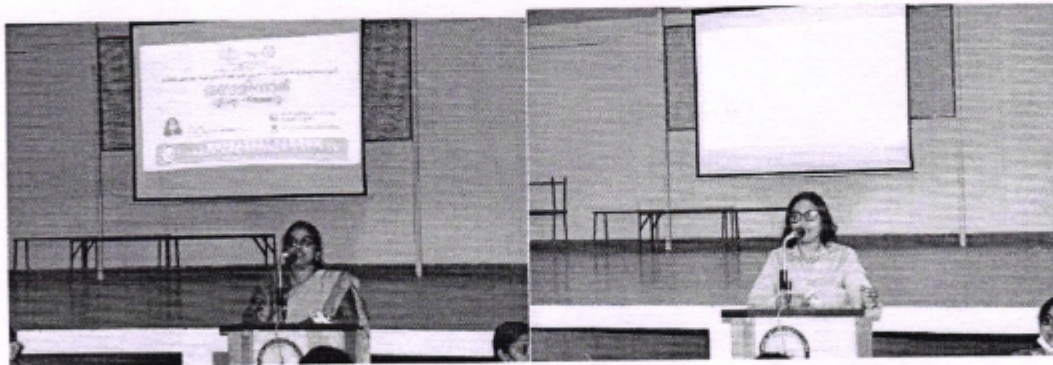



### Interactive Session:

An interactive session provided attendees with the opportunity to seek clarifications, share experiences, and voice concerns related to women's rights and legal challenges. The session fostered dialogue, encouraging participants to actively contribute to the discourse on gender equality and justice.

### Conclusion:

The seminar "Streekalum Niyamangalum" served as a platform for raising awareness, fostering dialogue, and promoting legal empowerment among women. Through insightful speeches, engaging discussions, and interactive sessions, the event underscored the importance of upholding women's rights and advancing towards a more equitable society. The collaborative efforts of the Woman Development Cell, Kottakkal Farook Arts and Science College, and Vanithav Sisu Kshema Vakuppu, Kerala Sarkkar, contributed to the success of this enriching endeavor.



  
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## 75 Years of Independence and Women in Society

Date and Time: March 17, 2022, 11:30 AM

Venue: Kottakkal Farook Arts and Science College

Organized by: Kottakkal Farook Arts and Science College

In Association with: Kerala State Youth Welfare Board, Vengara Legislative Constituency.

### Introduction

On March 17, 2022, Kottakkal Farook Arts and Science College, in collaboration with the Kerala State Youth Welfare Board of Vengara Legislative Constituency, hosted a seminar focused on the theme "75 Years of Independence and Women in Society." The seminar aimed to reflect on the role and progress of women in Indian society since independence, highlighting both achievements and ongoing challenges.

### Participants

The seminar saw a diverse group of attendees, including students, faculty members, and representatives from the Kerala State Youth Welfare Board.

### Inaugural Session

The event commenced at 11:30 AM with an inaugural address by the Principal of Kottakkal Farook Arts and Science College. The principal emphasized the significance of the seminar's theme in the context of India's 75<sup>th</sup> year of independence and underscored the importance of continuing to strive for gender equality.

### Keynote Address

The keynote address was delivered by Advocate Fathima Thahliya, a distinguished lawyer and women's rights advocate. Advocate Thahliya provided a



  
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comprehensive overview of the socio-economic and political advancements made by women in India over the past 75 years. She highlighted significant legislative changes, milestones in women's education and employment, and the increasing representation of women in various sectors.

The seminar included an interactive session where attendees had the opportunity to engage with the panelists. Students and faculty members posed thoughtful questions, leading to a lively and informative discussion.

### Conclusion

The seminar concluded with a vote of thanks delivered by Labeeb M, vice principal kottakkal farook arts and science college. He expressed gratitude to the college, the speakers, and all participants for their active involvement and contributions.

### Outcomes

The seminar successfully highlighted the progress and ongoing struggles of women in Indian society over the past 75 years. It provided a platform for meaningful dialogue and underscored the need for continued efforts towards achieving gender equality.

This seminar marked an important step in fostering awareness and dialogue on the critical issue of women's role in society, contributing to the larger goal of gender equality and empowerment in India.







**KERALA STATE YOUTH WELFARE BOARD**  
Vengara Legislative Constituency



## SEMINAR

**75 Years of Independence & Women Society**



2022 March 17 Thursday  
11.30 am

**Inauguration**

Smt. V. Saleema Teacher



Kottakkal Farook  
Arts & Science College

**Keynote Speech**

Adv. Fathima Thahliya



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