



SREE NARAYANA COLLEGE, NATTIKA

(ESTD:1967; Affiliated to University of Calicut)

NAAC Re-accredited (III Cycle) with Grade B+ (CGPA: 2.68)

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INTERNAL QUALITY ASSURANCE CELL

Dr. Jaya P S
(Principal)

Dr. Sankaran K K
(IQAC Coordinator)

GENDER SENSITIZATION - ACTION PLAN



Gender sensitization is the process of defining and re-defining the socially constructed gender roles. It aims at giving awareness regarding gender equality and modifying the views that one holds about oneself and others. Social norms, behaviours and roles associated with a woman, man, or transgender as well as relationships with each other create conflicts and so, are to be viewed from a humanistic perspective too.

Need for Gender Sensitization

Gender sensitization is very crucial in ensuring an equitable, inclusive and just culture at home, workplace and in society. Our Constitution contains provisions that aim to create gender justice and equality. The important Articles that ensure equality and dignity to all individuals irrespective of religion, race, caste, sex or place of birth are:

- ✚ **Article 14:** The State shall not deny to any person equality before the law or the equal protection of the laws within the territory of India.
- ✚ **Article 15:** Prohibition of discrimination on grounds of religion, race, caste, sex or place of birth.
- ✚ **Article 19:** To practice any profession or to carry out any occupation, trade or business.

- ✚ **Article 21:** No person shall be deprived of his/her life or personal liberty except according to procedure established by law.
- ✚ **Article 42:** The State shall make provision for securing just and humane conditions of work and for maternity relief.
- ✚ **Article 51:** It shall be the duty of every citizen of India to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women.

It is the responsibility of every Educational Institution to safeguard the rights and responsibilities that our Constitution upholds.

ACTION PLAN

- ✚ Short-term Course in Gender related topics
- ✚ Awareness Class to all new entrants
- ✚ Provide counselling for students and faculty members
- ✚ Regular meetings of anti-ragging cell
- ✚ A dynamic ICC
- ✚ Grievances redress committees
- ✚ Day care centre
- ✚ Promote women entrepreneurs
- ✚ Use of gender neutral language for positions/ in institutional documents
- ✚ Posters and hoardings on Gender awareness at all important places
- ✚ Promoting activities related to health, hygiene and nutrition
- ✚ Practice in self-defence among the female students.
- ✚ Empower against all sorts of gender related crimes
- ✚ Guidance on investment for students and staff for financial security.

REPORT OF THE ACTIVITIES:

S. No	Name of the programme to be conducted	Tentative date
1	Class on menstrual hygiene management	24-7-23
2	Awareness programme on the importance of mental health	15-09-23
3	Awareness Programme On Gender Budget And A Debate On Benevolent Sexism	16-10-23
4	Constitutional and Social Guarantee Through Equal Opportunity	15-3-24
5	Women's Day Celebration	26-3-24

1. AWARENESS CLASS ON MENSTRUAL HYGIENE MANAGEMENT AND CAMP ON PCOS SCREENING

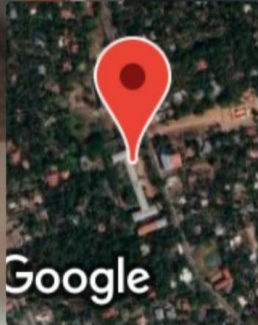
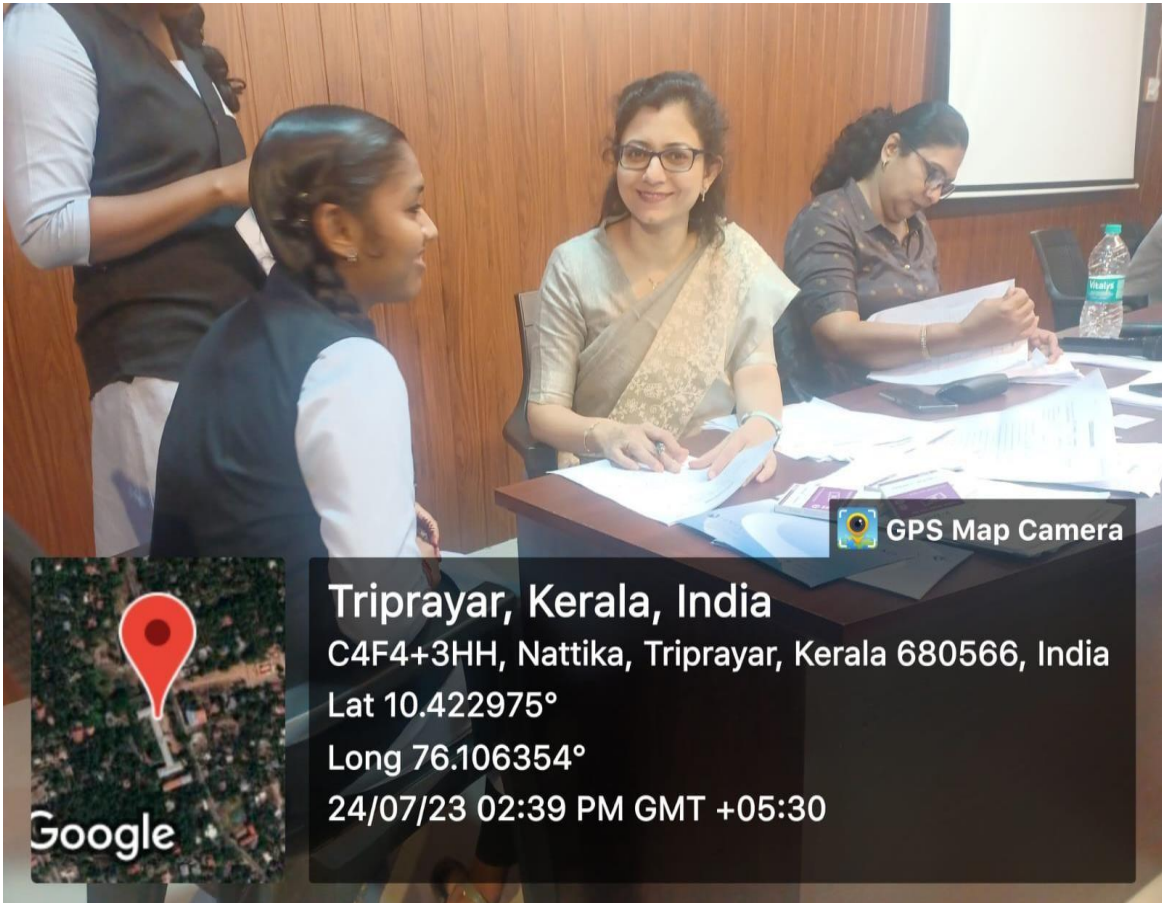
An awareness class on Menstrual Hygiene Management & Camp on PCOS Screening was conducted on 24/07/2022 at seminar hall of the college. The programme was organised by Women Cell & Health Club of Sree Narayana College, Nattika in association with Centre for Hygiene Research and Development & Advanced Menstrual Care Centre, Thrissur. The presidential address was given by our college principal, Dr.P.S.Jaya. Dr.Vijaya Lanje (Director,AMCC) inaugurated the programme. The other dignitaries on the dais include Mr.Promod B Nair (President,CHRD) and Smt. Smisha Jinoj (Director,Wager Group).142 girl students of our college were the beneficiaries of the programme. Resource persons for the awareness class on MHM were Mr.Jinoj K (Vice President CHRD, Founder & Director of AMCC) and Dr. Anjali (Menstrual care specialist). The students asked the queries related to menstrual irregularities,PCOD causes, side effects of menstrual cup etc. After the awareness class, a camp on PCOS Screening were done for the demanded students.





Tripayar, Kerala, India
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Long 76.106366°
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Tripayar, Kerala, India
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2. AWARENESS PROGRAMME ON THE IMPORTANCE OF MENTAL HEALTH

Jeevani is an initiative by department of Kerala collegiate education to provide mental health services for students in Government and Aided colleges in Kerala. The purpose of Jeevani student counselling services is to provide a confidential professional counselling, support and empower students to develop their potential, improve mental health and wellness. They conducted a session for the students of SN College Nattika on 15th September 2023 about the topic “Importance of mental health” by Jeevani Counsellor SINI A D.



3. AWARENESS PROGRAMME ON GENDER BUDGET AND A DEBATE ON BENEVOLENT SEXISM

An awareness programme on Gender budget and a debate on Benevolent sexism was organized in association with the Women and Child Development Centre, Government of Kerala and Women Cell of Sree Narayana College, Nattika. The talk was initiated by Smt Jayasree M G, Kerala Sahithya Parishath. Principal Dr Subin M P presided over the function. The talk conveyed Gender budgeting is an important tool for promoting gender equality and addressing gender disparities. It ensures that government resources are used effectively to promote gender equity and support the empowerment of women and girls. Key aspects of a gender budget was also discussed

1. Gender analysis: Analyzing how budget policies and programs affect women and men differently.
2. Gender mainstreaming: Incorporating gender perspectives into all aspects of budgeting.
3. Gender-specific programs: Allocating resources for programs that address specific gender needs.
4. Gender-sensitive resource allocation: Ensuring resources are allocated to address gender disparities.

A debate on Benevolent Sexism also threw insight to the students. The key points which was highlighted in the session were - Benevolent sexism perpetuates gender stereotypes, reinforcing harmful ideas about women's capabilities and roles. It creates a power imbalance, where men are seen as protectors and women as dependents. This perpetuates patriarchy, limiting women's agency and autonomy. Benevolent sexism can lead to gender-based discrimination, unequal opportunities, and reduced social mobility. Benevolent sexism shows respect and care for women, promoting a positive and protective attitude. It encourages men to take responsibility for women's well-being and safety. This fosters a sense of community and social cohesion, promoting harmonious relationships. Benevolent sexism is a natural expression of human kindness and chivalry. A self defence training was also initiated by the Police department after the debate





GPS Map Camera



Google

Triprayar, Kerala, India
C4F4+3HH, Nattika, Triprayar, Kerala 680566, India
Lat 10.42203°
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4. CONSTITUTIONAL AND SOCIAL GUARANTEE THROUGH EQUAL OPPORTUNITY

The equal opportunity cell in association with Department of Economics has organized one day seminar on” Constitutional and social guarantee through equal opportunity” on March 15 2024, at seminar hall, Sreenarayana College, Nattika. The resource person was Adv.Sheeja K.R, Legal Counselor, Women and Development, Department; Govt. of Kerala. The Program began with welcome address by Smt. Sreelatha.C, HOD of Department of Economics, and then followed by a presidential address of Principal in charge Dr.Jaya. P.S. Ms.Archana, UG student (Botany) officially thanked participants and guests. The resource person has addressed theme with an example how equality has ensured at home and how boys and girls were treated at differently at home and the societal response to this question. She made it very clear the equality has ensured in our constitution via art. 14 and 15 deals with no discrimination on the basis of caste, creed, color, sex or religion. In this context she recalled theme of this year women’s day was titled on Invest in women: Accelerate progress”. She concluded discussion with a note that equality should be ensured at home as well as educational institution.



5. INTERNATIONAL WOMENS DAY CELEBRATION – A TALK ON WOMEN SAFETY AND LAW AND SIGNING OF AN MOU WITH STREECHETHANA, KOZHIKODE

Sree Narayana College and Sthreechethana, Kozhikode , an NGO committed toempowering women, grooming children and upliftment of society at large – decided to unite to carryout programs for promoting education.skill development ,mental and physical health, and addressing various issues for women. A MOU was signed in the programme. Key note address was initiated by Adv Jisha Pallikkara . The talk was on Laws related to women and safety. The talk highlighted Women's safety is a critical concern in India, with rising incidents of gender-based violence. An overview of the legal framework protecting women's rights in India was highlighted and discussed the challenges and solutions to ensuring women's safety. And also discussed Indian Penal Code (IPC): Sections 354 (assault or criminal force against a woman), 376 (rape), and 498A (husband or relative of husband of a woman subjecting her to cruelty),Protection of Women from Domestic Violence Act (2005) which Provides legal recourse for victims of domestic violence,Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act (2013) which addresses workplace harassment. MOU was signed by the Principal Dr Subin M P and Smt Supriya, President , SthreeChethana

INTERNATIONAL WOMEN'S DAY 2024
WOMEN CELL
SREE NARAYANA COLLEGE, NATTIKA
In Collaboration with
STRECHETANA
Organise
"SHeroes"
On 26-03-2024
(Tuesday)

Programme Schedule

Prayer
 Welcome Speech - Deepa V(Co-ordinator, Women Cell)
 Presidential Address - Prof(Dr) Subin MP(Principal,
 SN College, Nattika)

Signing of MOU

Chief Guest - Smt Supriya A R(President,
 Stree Chetana)
 Keynote Address - Adv. Jisha Pallikkara
 Felicitation - Dr P S Jaya, IQAC (Membe
 Vote of Thanks - Dr Beesa P Bhaskar, Assist
 Professor, Department of Malayalam



