

Annual Gender Sensitization Action Plan 2023-24

Objective

To promote gender equality, empower women, and create an inclusive and supportive environment at St. Dominic's College, Kanjirapally, through education, awareness programs, and actionable initiatives.

Expected Outcomes

- Improved awareness of gender equality and mental health issues.
- Empowered students with knowledge of sustainable living and equitable relationships.
- A more inclusive and supportive campus community.

Month wise Plan

Month	Program	Brief description
August	Mental Health Awareness Program	Conduct a workshop focusing on mental health challenges unique to women and marginalized genders.
	Social Life Wellness Week	Organize interactive sessions promoting inclusivity and gender sensitivity.
September	Cultural Heritage and Gender Equality Day	Promote the importance of cultural inclusivity while emphasizing gender equality through activities like exhibitions and debates.
November	Gender Sensitization Cultural Fest	Encourage equal participation of all genders
February	Pre-Marital Counseling Program	Educate students on equitable relationships, shared responsibilities, and emotional well-being in marriages.
	Sustainable Development Drive	Workshop: "Fashion Meets Sustainability" to teach upcycling and redesigning clothing while addressing environmental conservation and gender empowerment.

March	Women's Day Celebration	<ul style="list-style-type: none"> - Honor achievements of women within and outside the institution. - Award scholarships and recognize female achievers. - Invite a leading female figure as the keynote speaker to inspire the community.
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Continuous Initiatives

1. Sex Education and Health Awareness

- Monthly classes led by health professionals focusing on comprehensive sexual health, consent, and body autonomy.

2. Gender Equality Clubs

- Form student-led clubs to discuss issues like workplace equity, LGBTQ+ rights, and personal development.

3. Thrift Store for Sustainable Development

- Ongoing project to support environmental and social causes while encouraging gender-sensitive leadership.

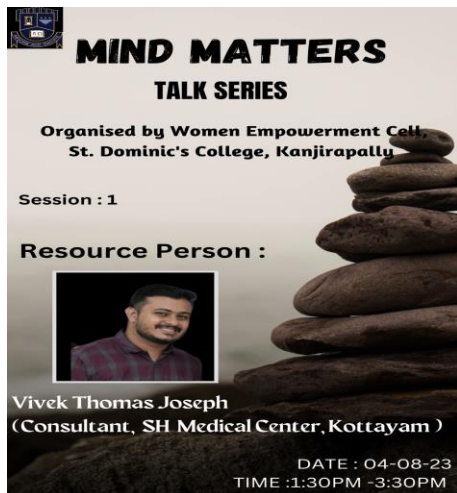
4. Sensitization Training for Staff

- Organize gender awareness training for faculty and administrative staff to foster a supportive environment.

Report on Women Empowerment Cell Programmes (2023-2024)

The Women Empowerment Cell at St. Dominic's College, Kanjirapally, has been instrumental in organizing a series of impactful events throughout the academic year 2023-2024. These initiatives aimed to foster holistic development, promote gender equality, and empower women in various spheres of life.

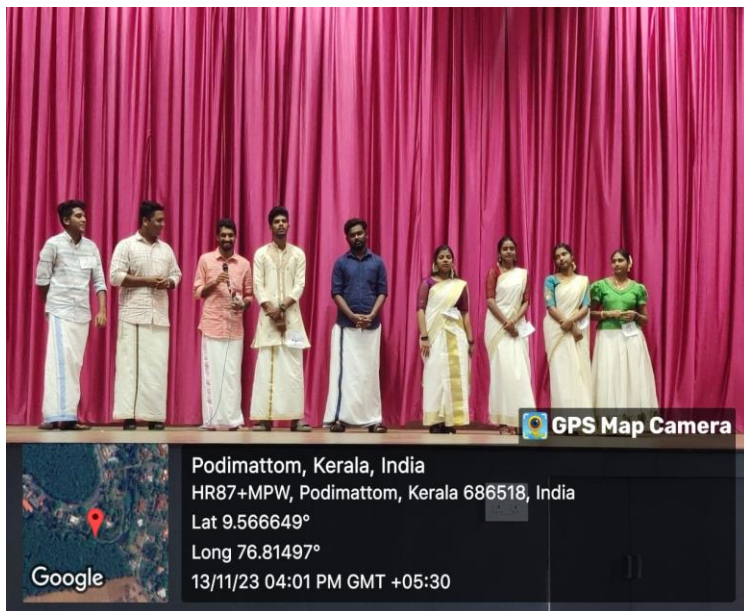
1. Mental Health Talk (4 August 2023): Dr. Vivek Thomas Joseph, a distinguished Consultant from SH Medical Center, Kottayam, led a comprehensive discussion on mental health awareness. The session provided valuable insights into addressing mental health challenges and promoting well-being among women.



2. PATHWAY - Social Life Wellness Programme (8-10 August 2023): In collaboration with the Minority Welfare Association, the Women Empowerment Cell organized PATHWAY, a three-day programme focused on enhancing social life wellness. Over two hundred students participated in the programme and engaged in interactive sessions and workshops aimed at fostering inclusivity and social cohesion.



3. Malayali Manka- Kerala Sreeman Competition (13 November 2023): As part of 'Kerala Piravi' celebrations, the Women Empowerment Cell in association with the College Union organized the Malayali Manka- Kerala Sreeman Competition. This event provided a platform for the students to showcase their talents and celebrate the rich cultural heritage of Kerala. Sebin Louis of III B.A English and Gawri Hari of I B.Sc.Physics were chosen as Kerala Sreeman and Malayali Manka.



4. Premarital Counseling Programme (6 February 2024): The Kerala Vanitha Commission conducted a pre-marital counseling programme, addressing important aspects of marital life and

relationships. This initiative aimed to empower women and men with knowledge and awareness to make informed decisions about their future.



5. Sex Education Class (27 February 2024): Recognizing the importance of comprehensive sex education, the Women Empowerment Cell organized a class to provide students with accurate information and promote healthy attitudes towards sexuality and relationships. The class was led by Dr. Mathew Thomas, Orthopedic surgeon, Govt. hospital Peruvanthanam, followed by a Q&A session where students interacted with the doctor and cleared their doubts pertaining to the area.



Podimattom, Kerala, India
HR99+F46, Kollam - Theni Hwy, Podimattom, Kerala 686512, India
Lat 9.568573°
Long 76.818006°
27/02/24 10:07 AM GMT +05:30

GPS Map Camera

6. Women's Day Celebration (14 March 2024): The Women Empowerment Cell celebrated International Women's Day by honoring senior ladies within the college community, recognizing prize winners at the University Youth Festival, and distributing scholarships to deserving female students. This event highlighted the achievements and contributions of women across various fields. Smt. Mathu Saji, leading journalist at Mathrubhumi News, was the guest of honor on the occasion.

These initiatives undertaken by the Women Empowerment Cell underscore the institution's commitment to promoting gender equality, empowering women, and fostering a supportive and inclusive environment for all members of the academic community. Through education, awareness, and advocacy, the Cell continues to play a pivotal role in driving positive change and creating opportunities for women to thrive.

