



SREE SANKARA COLLEGE, KALADY

Established in 1953

Affiliated to Mahatma Gandhi University, Kottayam

Re-accredited by NAAC in the 3rd cycle with grade B⁺⁺

Sakhi – Women’s Cell



Activity Report

2019-20

Sankar Nagar, Mattoor, Kalady P. O., Ernakulam Dist,

Kerala, PIN: 683574, Ph:0484-2462341

www.ssc.edu.in, info@ssc.edu.in, iqac@ssc.edu.in



SAKHI – Activity Report (2019-20)

- Health and hygiene classes were conducted for undergraduate girl students of all disciplines by Rema Madam (Former PTA Member and Government Nurse by Profession) during Friday afternoon session during 12.7.2019 to 20.8.2019.



- An interactive session on “Stress Management” was taken by Jaison Arackkal, JCI Club Member, Angamaly for undergraduate girl students on 21st October 2019. The programme was split into orientation program, session on skill development and finally tips on stress management. JCI India is an organization that conducts various courses with an aim to attain its sustainable development goals to transform the world.
- “CAKE-IT-BAKE-IT” session was held as a new year programme on 0.01.2020 where practical session on cake making was handled by Mrs. Megha Thampy, Assistant Professor, Morning Star Home Science College, Angamaly. Girl students and teachers actively participated in this programme.







- As part of a socially relevant project funded by National Commission for Women and coordinated by IIT Madras, "Beyond College: Personalised Life Skills Intervention Programme" was conducted at various colleges from Nov 2019 to Feb 2020. Our college was one of the five selected colleges in Kerala and we hosted this programme between 31.01.2020 to 26.02.2020 which included the following sessions. The programme was a great success and the project Coordinator Dr. Vijayalakshmi, Dept of Management Studies, IIT Madras appreciated the enthusiastic and energetic participation of Sankara girls.

The programme was scheduled as charted below.

SL. No.	Date and Time	Name of the Resource Person	Name of the Topic Handled
1.	31.01.2020 (8:00 – 9:30 am)	Dr. Vijayalakshmi V, Project Coordinator, Department of Management Studies, IIT-Madras	Development of Skills and the concept of “ikigai”
2.	1.02.2020 (8:00 – 9:30 am)	Dr. Gopal Krishnan, Infosys	Creativity
3.	14.02.2020 (8:00 – 9:30 am)	Sooraj Abraham, Entrepreneur	Communication Skills
4.	15.02.2020 (8:00 – 9:30 am)	Rahul Laxman, Assistant Professor, XIME	Interpersonal Skills
5.	25.02.2020 (1:45 - 3:45 pm)	Rofia Ramesh, Ph. D Scholar, IIT Madras	Mindfulness
6.	26.02.2020(1:45 – 3:45pm)	Sukanya Pal, Research Associate, IIT Madras	Contemplative Intelligence













Participation certificates were presented by Sukanya Pal (Research Associate, IIT Madras) in the valedictory function on 26.02.2020 to 58 girl students who participated in this programme.

- In connection with Women's Day celebrations, more than 30 students got an opportunity to attend a class on "Self Defence" conducted by Apollo Hospital, Karukutty on 07.03.2020.



