



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

2020-21

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SAKHI ACTIVITIES -2021-22

In association with Kerala State Women Development Corporation Ltd. (KSWDC), Govt of Kerala

SAKHI in association with Kerala State Women's Development Corporation Limited.

(KSWDC) organised various programmes under

- Training wing
- Cultural Wing
- Community Intervention Wing

during the academic year 2021-22.

TRAINING WING

An Online workshop was conducted by SAKHI and IQAC, Sree Sankara College, Kalady in association with Kerala State Women's Development Corporation Ltd. (KSWDC) on November 29 to 30 ,2021, on the topic "Learn to Live".

Dr. Rosamma Philip, Principal, Mount Tabor Engineering College, Pathanapuram was the Speaker of the workshop. Dr. Rosamma Philip is an eminent teacher, able administrator and above all a successful mentor and motivator. Sri. K Anand, Managing Director inaugurated the Personality Development workshop. Dr. A Suresh, Principal, Sree Sankara College presided the function and Sri. C.P. Jaishankar, Chief Operations Officer, Adi Shankara Group of Institutions delivered the keynote address. Adv. Divya M A, Mithra 181 Women Helpline, KSWDC felicitated the programme and elaborated the various Women centric and beneficiary schemes/projects of KSWDC in general and Mithra 181 Women Helpline in particular.



SAKHI & IQAC
SREE SANKARA COLLEGE, KALADY



in association with

**Kerala State Women's Development
Corporation Ltd.(KSWDC)**

Jointly Organizes a Workshop
On

Learn To Live

SPEAKER



Dr. Rosamma Philip
Principal

Mount Tabor Training College
Pathanapuram



Adv. Divya M. A
Manager
Mithra 181 Women Helpline
KSWDC



29-30 November, 2021



Microsoft Teams

Programme Schedule

Day 1
29.11.2021

Inaugural Session

9AM-10AM

Welcome Speech

Nimmi Narayanan

Teacher- in - charge, KSWDC-Women cell.

Presidential Address :

Dr. A SURESH , Principal, Sree Sankara College, Kalady.

Inaugural Address :

Sri. K. ANAND, Managing Director

Key Note Address :

Sri. C.P.JAISANKAR, Chief Operations Officer, Adi Shankara Group of Institutions, Kalady.

Introductory Speech : DR.ROSAMMA PHILIP , Resource Person.

Felicitation :

Adv. DIVYA M A, Manager, 181 Mithra WHL, KSWDC

Vote of Thanks :

Dr. Sreeja S, Coordinator, SAKHI, Sree Sankara College, Kalady.

Session 1:(10 AM – 11:30 AM)

Topic :

Define the self – Overcome the barriers

Session 2:(2 PM – 4 PM)

Topic :

"I can" – The self motivated person

[CLICK HERE TO JOIN](#)

Day 2

30.11.2021

Session 3: (9:30 AM – 11:30 AM)

Topic :

My Behaviour – Measure of my Intelligence

Session 4 : (1:30 PM – 3:30 PM)

Topic:

Moulding the mind – Meaningful life

Valedictory Function (3:30 PM – 4 PM)

Valedictory Speech:

Dr. Preeethi Nair, IQAC Coordinator, Sree Sankara College, Kalady.

Contact Us:

TEACHER COORDINATORS

NIMMI NARAYANAN

ABHISHA J

STUDENTS COORDINATORS

NAYANTHARA V. S

DC III ECONOMICS

9497725942

GOPIKA VENU

DC III MATHS

7594834173

Dr. Rosamma Philip Rosamma discussed about the essential personality or behavioural traits required to lead a happy, successful or flourishing life in an effective and interesting manner, by quoting real life examples. The workshop sessions were broadly classified as:

- 1) Define the self – Overcome the barriers.
- 2) "I can" – The self motivated person.
- 3) My behaviour – Measure of my intelligence
- 4) Moulding the mind – Meaningful Life

Around 200 students actively participated and interacted in the workshop which was conducted on Microsoft Teams online platform. As part of the workshop two tasks were assigned to participants. First task was to write a love letter to oneself. Second task was to send an audio clip based on the topic -"**Why should we build our happiness on the opinion of others, when we can find it in our hearts**".

TASK 1 - Winners

Letter to Yourself

1. Krishna P Suresh, Final Year BA English Student.
2. Lathika M, Final Year BA English Student.
3. Junima John, Second Year B.Sc Physics Student.

TASK 2 Winners

1. Hadiya M, Final Year B. Sc Chemistry Student.
2. Gopika Unnikrishnan, Final Year B. Sc Physics Student.
3. Nayanthara V S, Final Year BA English Student.

TASK FOR SUBMISSION

“ Why should we build our happiness on the opinion of others, when we can find it in our hearts”

മറ്റുള്ളവരുടെ അഭിപ്രായങ്ങളുടെ അടിസ്ഥാനത്തിൽ നാം സന്തോഷം കണ്ടെത്തുന്നതെന്തിന്? സന്തോഷം നമ്മുടെ തന്നെ ഹൃദയത്തിലുണ്ടല്ലോ

Prepare an audio ; Max time : 3 minutes
English/Malayalam

Last date and Time: Dec 2 Thursday 8pm

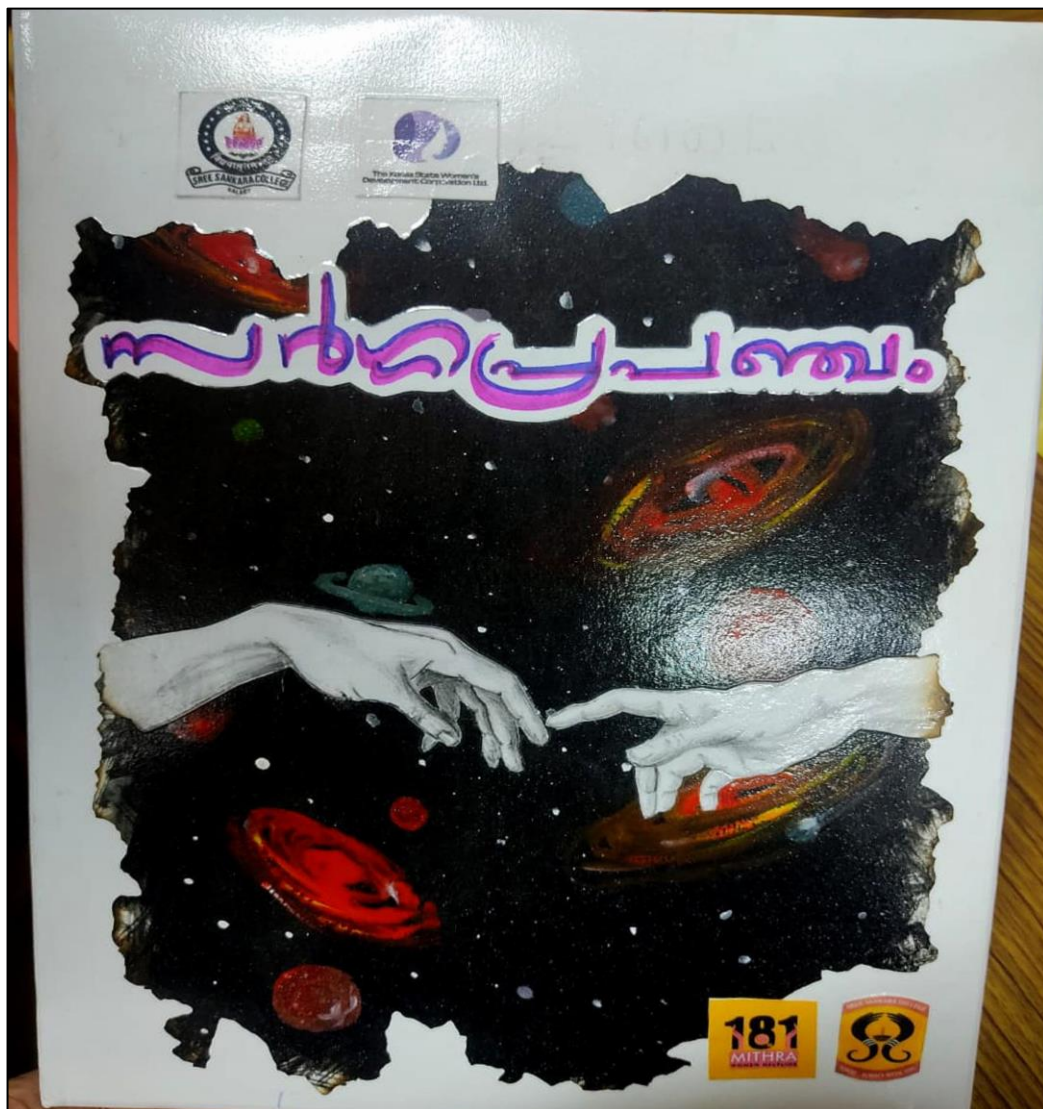
R O S
DR ROSAMMA PHILIP (Guest)

About 50 students participated in Task 1 and 20 students submitted audio as part of Task 2. The task winners were awarded with a cash prize of Rs 500/- by Dr. Rosamma Philip, Resource Person of Two Day Online Workshop.

CULTURAL WING

Release of Manuscript – Sargaprapancham, prepared by Students

In connection with International Women’s Day Celebration 2022 on March 8, a manuscript titled “Sargaprapancham” was released by Smt. Sreedevi Kesavan, Entrepreneur and Chairman of Prohub Process Management Pvt Ltd. The manuscript was a joint venture of SAKHI and KSWDC in which creative writings in the form of stories, poems, essays, film reviews, pencil drawings and paintings of students from various departments of the college were compiled.





Smt. Sreedevi Kesavan releasing the Manuscript "Sargaprapancham" to Principal

Staff Editors



Lakshmipriya M R
Asst.prof
Malayalam department



Nimmi Narayanan
Asst. Prof
Physics department



Shreeja Narayanan
Asst. Prof
English department



Dr. Manju T
Asst.Prof physics dept



Dr.Rejani V A asst
Prof Hindi dept



Revathy Babu
Asst.prof zoology dept

Student Editors



Namyalakshmi.R
DC 3 Sanskrit
Coordinator



Drusya C S
DC 3 sanskrit
sub coordinator



Christo Shajan
DC 3 Physics
Cover page and Design

As part of International Women's Day celebration, Various competitions were held for girl students.

Hand writing competition

Hand writing competition was conducted to figure out the best handwriting to be included in the manuscript. The first three winners were awarded with a cash prize.

1. 1st prize (500₹) - Amrita.V.S (DC 1 B.com Finance & Taxation)
2. 2nd prize (300₹) - Junima John (DC 2 Physics)
3. 3rd prize (200₹) - Devika Reji (DC 3 History)

Script Writing Competition

A script writing competition was conducted in order to get an excellent script for a street play based on the theme - "Awareness among youth against domestic violence against women". The street play was performed by students in the college premises as part of International Women's Day Celebration on March 8, 2021.

1. 1st prize (1000₹): Alen Martin, First Year B.sc Maths Student.
2. 2nd prize (500₹): Team B.Sc Microbiology (First Year) - Sandra Sabu, Sravana A S, Sulfath O S, Gopika K, Nijisha M Ganesh.
3. 3rd prize (250₹): Team BA Hindi (First and Second Year) - Jishnu K S, Renjini Mohandas, Anagha Lakshmi, Naina Joseph, Sreelakshmi K M.

International Women's Day Celebration 2022



SAKHI in association with KSWDC organised various programmes in connection with International Women's Day Celebration 2022 on March 8. Smt. Sreedevi Kesavan, Entrepreneur and Chairman of Prohub Process Management Pvt Ltd. inaugurated the function and delivered a talk on "Women Empowerment in the true sense".

Certificates and Cash Prizes were distributed to the winners as well as Teacher and Student Coordinators of various programmes organised by SAKHI.

Flash Mob

A group of 30 girls and boys participated in the flash mob which was organised as a precursor to other highlights of the day.



Street Play

Street Play “Hallabol” with a strong message to Women to rise up and come out of gender suppression was played within the college premises by students selected through audition. It was based on the script “Medusa” selected from the script writing competition.





Dance presentation by Teachers

A dance programme of teachers was organised as a tribute to the retiring Teacher and SAKHI Coordinator, Dr. Sreeja S for her wonderful contribution to Women Cell activities for the past few years. A memento was also presented to her by SAKHI members during this occasion.



Community Intervention Wing

Visit to Sukarma Vikas Kendra, Parakkadavu (Home of Autistic Students)



As part of Community Intervention wing activities of KSWDC- Women Cell, teacher and student representatives of SAKHI (Women Cell) visited Sukarma Vikas Kendra, Parakkadavu (Home of Autistic Students) on 25.03.2022. Through this visit our students realised that Autism is a state, more than a disease. There were about 12 autistic men above 18 years who were well taken care by a mother and a team of about 10 caretakers. Teachers and students through a collective contribution donated Rs 12,000/-. Homely fruits and vegetables were distributed along with sweets. There was an official meeting which was presided by Sri. Kunhiraman Puthussery, Vice President of Sukarma Vikas Kendra. Sri. C. R. Sudahakaran, General Secretary and Smt. Nimmi Narayanan, Teacher-in-charge, (KSWDC-Women Cell) addressed the gathering. Teachers and Students entertained Sukarma inmates with various cultural activities where Sukarma students also actively participated. After having a great time for half a day and a tasty lunch, the group returned at around 1 PM.



[Youtube Links of training wing and cultural wing activities](#)

[Online workshop](#)

[Street Play](#)

[Flash mob](#)

[Manuscript](#)

Other Activities

- Aadra E S, Second Year B.Sc Physics who secured the financial assistance of Rs. 5000/- from KSWDC on account of her extraordinary academic and extracurricular record in spite of financial constraints at home receiving special appreciation certificate from Dr. A. Suresh, Principal, Sree Sankara College, Kalady.



- Namyalakshmi R, Final Year Sanskrit Student, receiving certificate of appreciation for her dedication and exemplary contribution in training wing, cultural wing and community intervention activities of KSWDC - Women Cell (KSWDC) 2021-22.



- Sangeeth C, PG II Biochemistry Student participated in the Stand-Up comedy competition conducted by Kerala State Women's Development Corporation Limited. (KSWDC) on the topic – Break the bias for a sustainable tomorrow.



International Menstrual Hygiene Day 2022

Ref : KSWDC/P5/ Women cell/ TVM – EKM dated 25/05/2022.

International Menstrual Hygiene Day 2022 Celebrations of Kerala State Women's Development Corporation Ltd. (KSWDC) was conducted at Sree Sankara College, Kalady on 28.05.2022. Sri. (Adv.) K Anand, Managing Director, Sree Sankara College, Kalady was the Chief Guest of the programme. Smt. Bindu V C, Managing Director, KSWDC presented report as well as mentioned about various Women Beneficiary schemes of KSWDC. Dr. Sreeja S, SAKHI Coordinator presided over the function and Smt. Nimmi Narayanan, Teacher-in-charge, KSWDC- Women Cell, Sree Sankara College, Kalady welcomed the gathering.



There were enlightening sessions on Beneficiary Schemes of KSWDC and Menstrual Hygiene Management in particular. Menstrual Hygiene Management sessions were handled by Dr. Krishna S H, Deputy Project Manager and Public Health Specialist, HLL Management Academy and Smt. Soji Daniel, Project Manager, Venture Village Learning Solutions Pvt. Ltd. About 40 students and teachers participated in this programme. Thinkal menstrual cups were distributed to the participants by the HLL Management Academy.

PROGRAM SCHEDULE

INAUGURAL SESSION - 9.30am to 10.30am

Welcome Address	Dr. A Suresh Principal, Sree Sankara College, Kalady
Presidential Address	Smt. K C Rosakutty (Chairperson-KSWDC)
Chief Guest	Sri. (Adv.) K Anand Managing Trustee Sree Sankara College, Kalady
Report Presentation	Smt. Bindu V C (MD-KSWDC)
Felicitations	Smt. Anitha Thampi VP & Head (CRDC) & CEO(HMA) Corporate R&D Centre, HLL Life Care Ltd
	Dr. Sreeja S , SAKHI Coordinator, Sree Sankara College, Kalady
Vote of thanks	Dr. Preethi Nair IQAC Coordinator, SAKHI Member Sree Sankara College, Kalady

TEA BREAK - 10.30am to 10.40am

Menstrual Hygiene Management Talk

First Session 10.40am to 12.30pm	Dr. Krishna S H Deputy Project Manager, Public Health Specialist, HLL Management Academy
Second Session 12.30 to 1.30pm	Smt. Soji Daniel Program Manager Sustainable Menstrual Care Venture Village Learning Solutions Pvt Ltd



**The Kerala State Women's
Development Corporation Ltd.(KSWDC)**
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Attakulangara, Thiruvananthapuram, Kerala 695023



