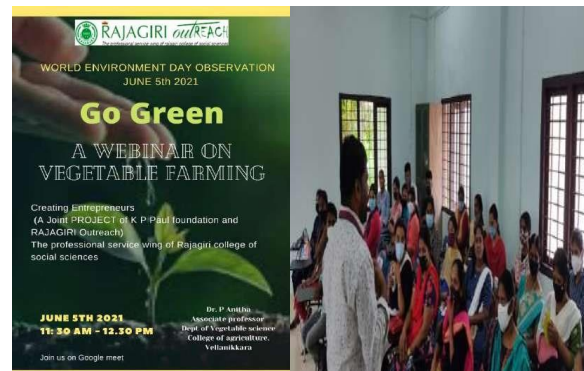


7.1.1 ANNUAL REPORT OF GENDER EQUITY PROMOTION PROGRAMMES ORGANISED BY THE COLLEGE

1. Online Seminar on Vegetable Farming “Go Green” for the Women Beneficiaries of K.P. Paul Foundation on 05.06.2021

Name of the Programme	Online Seminar on Vegetable Farming “Go Green” for the Women Beneficiaries of K.P. Paul Foundation on 05.06.2021
Organised By	Rajagiri outREACH
Date of the Programme	05th June 2021

Rajagiri outREACH Staff Mrs. Ligi V.E. and Mrs. Divya Rajesh had organized the seminar on vegetable farming named “Go Green” taken on 5th June 2021 at 11.00 am through Google meet. The session was taken by Dr. P Anitha (Associate Professor, Dept. of Vegetable Science, College of Agriculture, Vellanikkara). The session had started with the official welcome of the program done by Ms. Ligi (Project Coordinator of Women

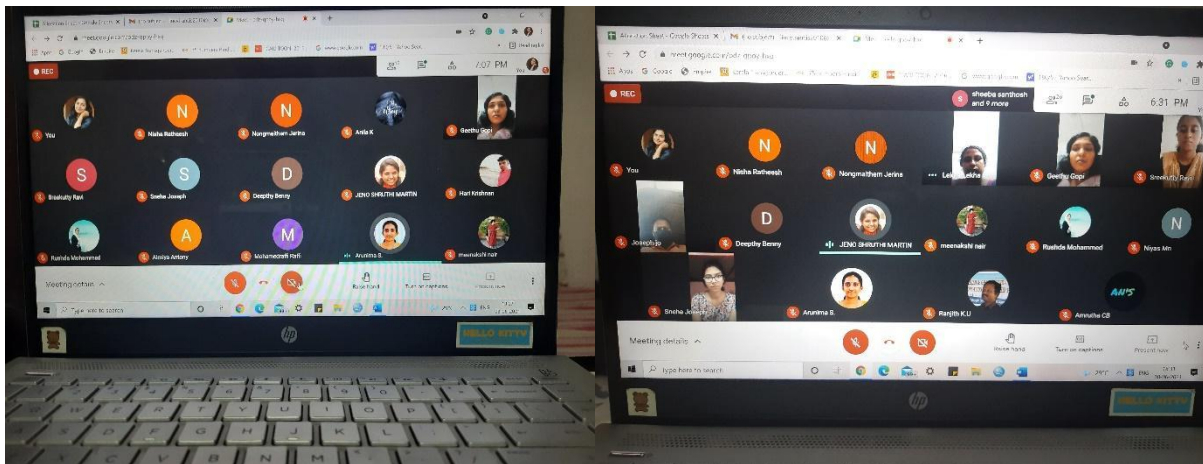


Entrepreneurship Programme). Ms. Meena Kuruvilla (Project Director of Rajagiri outREACH) gave an introduction to the program. 100 participants attended the program. The enlightening session taken by Dr. P Anitha, was focused on various vegetables. The best part of the session was that she had an organized presentation so everyone could understand it easily. She explained by dividing vegetables into the various category and explained each category separately. In explaining each category, she explained how to plant those vegetables, what are diseases they can get, and it's ways to take care of them. The session was so enlightening and informative many of the participants had asked questions and their way of managing plants from diseases. It was a new learning for everyone and it was enthusiastic to learn from others new information to protect plants from seasonal diseases and bacteria. The class lasted until 1:15 pm after that a small question-answer round was there where the participants clarified their doubts. The session ended at 1:30 pm with a vote thanks.

2. A session on ‘Managing stress, Domestic Violence and other issues in COVID-19 pandemic period’

Name of the Programme	A session on ‘Managing stress, Domestic Violence and other issues in COVID-19 pandemic period’
Organised By	Rajagiri Family Counseling Centre And outREACH
Date of the Programme	8th June 2021

Rajagiri Family Counselling Centre in collaboration with Rajagiri Outreach organised a session on ‘Managing stress, Domestic Violence and other issues in COVID-19 pandemic period’. The sessions were led by Adv Rushdha, Legal Counsellor, Ms Lincy Francis and Ms Jenö Shruthi Martin, Counsellors. The session was focused on stress management, domestic violence and information regarding COVID 19 pandemic. Awareness program was held for women of SHG on 08.06.2021 at 6:00 pm. The session was organised by MSW trainees and the inaugural address was given by Mr Renjith, Project Co-ordinator, Rajagiri Outreach. Women were given enough information about legal support systems for Domestic Violence. The counsellors provided awareness on self-care and lifestyle changes during COVID 19 pandemic. Also details and contact numbers for tele-counselling services for COVID patients



were given during the sessions. Ms Jenö focused on stress management and positive mental health. After the session the participants were given opportunities for raising questions and clarifications.

3. Women Empowerment Programme- “Creating an Entrepreneur”

Name of the Programme	Women Empowerment Programme- “Creating an Entrepreneur”
Organised By	Rajagiri outREACH
Date of the Programme	18th June 2021

K. P. Paul Foundation, Sud-Chemie (I) Pvt. Ltd., and Carborundum Universal Ltd. (CUMI), are few of the major corporate entities that have been associated with outREACH to devise and implement entrepreneurship development programmes for women in various locations across Kerala. Corporate Social Responsibility (CSR) funds from these Corporates / Foundations have been a key element in driving the actualization of these programmes. Terre Des Home, a Denmark based organization had entrusted Rajagiri outREACH to implement and monitor two of their Entrepreneurship Support Programmes for Women Self Help Groups at Arattupuzha in Alappuzha district and Edavanakkad in Ernakulam district, two of the Tsunami affected villages in Kerala.

Below is a brief glimpse into Women Entrepreneurship:

- Skill training on tailoring
- Manufacturing of handicrafts
- Catering service
- Book binding
- The creation of jewelry
- The art of making candles

CSR PROGRAMME OF K.P. PAUL FOUNDATION – “Creating an Entrepreneur”

“Creating Entrepreneurs Project” is a project initiated by K.P Paul Foundation and Rajagiri outREACH Kalamassery. “Creating Entrepreneurs Project” aims to help out the deserving women entrepreneurs to start up and expand their small scale business ventures. Rajagiri outREACH Staff had facilitated the mask making of the women beneficiaries through an online process.



4. BOROOAH

Name of the Programme	BOROOAH
Organised By	RCSS and ROTARACT Club
Date of the Programme	11th July 2021

BOROOAH was an awareness program organized against dowry. Dowry is a social evil in the society that has caused unimaginable tortures and crimes towards women. So, Rotaract Club of Rajagiri College of Social Sciences, along with the Gender Equity Cell, made an awareness video campaign against the dowry system on 11th July. The board members of RacRajagiri made creative videos against dowry which were later compiled



and shared on social media platforms. The Dowry system in India has gone out of control. What has been declared illegal is still considered normal in Indian society and as the future of this country, it is our duty to stand together against it.

5. A Session on Veterinary Related Issues

Name of the Programme	A Session on Veterinary Related Issues
Organised By	Rajagiri outREACH
Date of the Programme	20th September 2021

Rajagiri outREACH had organized the online session on "Veterinary Related Issues" on 20.09.2021 for the Women Beneficiaries of K.P. Paul Foundation. The session was conducted by Dr. Giggin KAU. The doctor addressed various reasons for the change in the cow being fed. Since the bygone days the nature of the cow has not changed and hence he values the importance of feeding them



nutritious meals at the right time. If otherwise, the cows will be susceptible to various diseases. The farmers have the decision power to decide the market price. The farmers were told about various methods to increase the milk production and make the farming a successful one. He educated the participants about various illnesses that can affect cows and other domestic animals. The doctor provided an informative session which was simplistically presented in layman's language. After the event, a Q&A session was organized to bring clarity among the participants. The participants were very active during the webinar. The participants benefitted from the session and acquired relevant knowledge about the topic.

6. GENDER SENSITISATION PROGRAMME-KANAL

Name of the Programme	GENDER SENSITISATION PROGRAMME-KANAL
Organised By	RCSS Gender Equity Cell and women and children development Department
Date of the Programme	22nd October 2021

webinar was conducted on 22nd October 2021 at 02:30 pm through the Zoom platform. The session was organized collectively by the Women and Child Development Department along with Mahila Sakthi Kendra Ernakulam and NSS, Gender Justice Forum, IQAC, Gender Equity Cell of Rajagiri College of Social Sciences under the name 'KANAL'. The resource person for this session was Adv. Ferha Azeez, High Court of Kerala. The webinar commenced with 412 students of RCSS. The programme was anchored by Lakshmi P., BSW first year student. The session began with a prayer song by Krishnanjali K., BSW first year student followed by the welcome speech by Dr. Sr. Lissy P.J, Coordinator

of IQAC Rajagiri. The session was continued with the most eminent and experienced resource person Adv. Ferha Azeez, High Court of Kerala about Gender Legislation. The webinar was mainly based on the Women and Child protection acts and the cyber world. Through this session the students touched many issues related to gender equality, like education of girls and boys, equal voting rights, honoring the space of both the genders to be sensitive towards the problem faced by them. The main focus of this session was to provide awareness about the existing laws and rules for the women in the society and to make girls be aware of their position in the society and boys should be taught to honor the position of girls in the society they live. It also dealt with various provisions put forward by the Government to uphold the duties and responsibilities of all the widows, underprivileged and uneducated women towards the upper nodes of society. It pinpointed on the lack of delays in dealing with certain cases and their responses. It also highlighted on various cyber cells and cyber domes working in the district which help people during their adverse situations. This was followed by a query session where many students actively participated. They raised their doubts and clarifications which were properly dealt by the resource person. The students were given an insight about the differed laws and provisions laid out in the constitution for the protection of women and child. It was truly an enthusiastic and fruitful session for all the students. This may be a small step taken by the college, towards the sensitive issue of gender sensitisation but a beginning, howsoever small, has to be brought about somewhere, somehow. This was indeed an eye-opening experience for all. The uniqueness of this programme was that it dealt with such a highly complicated issue in a simple and in the language of the common people. The meaningful and highly informative webinar came to an end with the vote of thanks proposed by Dr. Giji George, Gender Justice Forum Chairperson, Gender Equity Cell Convener of Rajagiri College of Social Sciences. This session was winded up by 4:50 pm. It was a fruitful session and a thoughtful initiative by the coordinators.



October 25th

A Webinar on the topic “GENDER RELATIONS” was organized by the Women and Child Development department along with Mahila Shakti Kendra Ernakulam and NSS, Gender Justice Forum , IQAC, Gender Equity Cell of Rajagiri College of Social Sciences, Kalamssery on 25th October 2021 at 2:30pm on Zoom platform. This session was a continuation of the session that was held on 22/10/2021. 210 students from various departments participated in the programme. The MC for the programme was Lakshmi P., a First year BSW student. The formal session started with a prayer song by Krishnanjali K., a First year BSW student and the welcome speech was given by Dr. Bindiya M. Varghese Dean of Computer Science, and Additional Coordinator of IQAC. Then the session was taken over by the key speaker of the event Dr. Shamshad Hussain K. T. a Professor at the Dept of Malayalam, Sree Sankaracharya University of Sanskrit. The session’s main focus was

about all gender relations, LGBTQ community and Gender equity. At the beginning of the session one question was asked to all female students present in the session. The question was ‘How many girls present in the group have gone for a movie alone?’ very few students responded with a yes. This highlights the issue of our society which considers women to be unsafe when alone. Similarly when a boy is crying the society does not accept him to cry like a girl. This mindset should be changed. Change starts from home, so the coming generation should promote gender equality rather than promoting patriarchy or male dominance. Later the session’s main focus was about the difference between gender and sex. Sex refers to “the different biological and physiological characteristics of males and females such as reproductive organs, chromosomes, hormones, etc. whereas Gender refers to "the socially constructed characteristics of women and men – such as norms, roles and relationships of and between groups of women and men. Speaker mentioned about a book Gender Trouble written by Judith Butler which he argues that gender is a kind of improvised performance meaning gender is performative, because gender identity is established through behavior, there is a possibility to construct different genders. Towards the end speaker discussed about LGBTIQ community which is initialism that stands for Lesbian, Gay, Bisexual, Transgender, Intersex, Queer. Queer is a word that describes sexual and gender identities other than straight and cisgender. Lesbian, gay, bisexual, and transgender people may all identify with the word queer. At the end students actively participated in the question and answer session. They raised many doubts and clarifications regarding the topic. This session indeed was a eye opener for every student present at the meeting and it dealt with many gender equality concerns. It was truly an Informative and fruitful session for all students. Akhila Immatty first year BSW student, gave a feedback regarding the session. The meaningful and highly informative webinar came to an end with the vote of thanks proposed by Dr. Giji George, Gender Justice Forum Chairperson, Gender Equity Cell Convener of Rajagiri College of Social Sciences. This session was winded up by 4:00 pm. It was a fruitful session and a thoughtful initiative by the coordinators.

7. Women Entrepreneurship

Name of the Programme	Women Entrepreneurship
Organised By	Gender Equity Cell, RCSS
Date of the Programme	5th November 2021

To celebrate Women Entrepreneurship Rajagiri College of Social Sciences and Rajagiri College of Social Sciences in association with Gender Equity Cell organized Women Entrepreneurship Fair from November 05th to 06th, 2021. Mrs. Gracy Thomas, CEO, Mahila Apparels Private Ltd and Mrs. Joice Mary Anthony Entrepreneur & Municipal Councillor, Muvattupuzha were the resource persons.



8. Seminar on “How to Achieve Sustainable Development”

Name of the Programme	Seminar on “How to Achieve Sustainable Development”
Organised By	Rajagiri outREACH
Date of the Programme	24th November 2021

A seminar was conducted for the Women Entrepreneurs about “How to Achieve Sustainable development” at Nadathara on 24th November 2021. The session was conducted by Dr. Xavier Vinayaraj, Assistant Prof. De Paul Institute of Science and Technology, Angamaly. The session was very interactive, each woman shared their experiences especially during COVID -19. The Women Entrepreneurs had their own views regarding the sustainability of their project.



9. Widow Entrepreneurship Training Programme

Name of the Programme	Widow Entrepreneurship Training Programme
Organised By	RCSS and RBS
Date of the Programme	24th November 2021

Rajagiri College of Social Sciences and Rajagiri Business School organized a four-day training programme for Widows from November 24-27, 2021. They were provided with basic life skill training, Personality development and motivation classes. Faculty in charge was Dr. Susan Mathew. Dr. Susan Mathew explained about how became a good entrepreneur under very constrained circumstances. And also explained the importance of self-sustainability in society. She also discussed about the challenges of widows when they are entering in to the front line of society. She also shared many motivational stories of same community. The training was very useful for the participants. After the session the participants shared their feedbacks.



10. National Webinar on “Unequal Pay: Gender Discrimination at Workplace” supported by National Commission for Women, Government of India

Name of the Programme	National Webinar on “Unequal Pay: Gender Discrimination at Workplace” supported by National Commission for Women, Government of India
Organised By	Rajagiri outreach and National Commission for Womens
Date of the Programme	25th November 2021

Rajagiri outREACH had organized the National Webinar on “Unequal Pay: Gender Discrimination at Workplace” with the Support of National Commission for Women, Government of India, which was conducted on November 25, 2021. 96 + participants had registered for the national Webinar. Welcome address was conveyed by Rev. Fr. Shinto Joseph CMI MPhil, Assistant Director, Rajagiri College of Social Sciences (Autonomous) & Live Lab Coordinator of Rajagiri outREACH. The Presidential Address was addressed by Dr. Binoy Joseph, Chief Executive Officer of Rajagiri outREACH and Principal of Rajagiri College of Social Sciences (Autonomous). The Inaugural Address was addressed by Shri. P.M. Feroz, District Labour Officer, Enforcement, Ernakulam. Mrs. Meena Kuruvilla, Project Director of Rajagiri outREACH had conveyed the vote of thanks. Mrs. Ligi V.E., Senior Development Officer & Mrs. Elizabeth Penelope Lobo, Senior Coordinator Administration, Rajagiri outREACH, had coordinated the Webinar. The final report was printed and submitted to NCW on 16.12.2021.



Details of the Resource Persons selected for the National Webinar supported by NCW:

Sl. No.	Name of the Resource Person	Designation
1.	Rev. Fr. Dr. Saju M.D. CMI	Associate Director and Vice Principal Rajagiri College of Social Sciences (Autonomous), Kalamassery, Kerala
2.	Prof. Neena Joseph	Former Faculty Member & Faculty XLRI/LIPI, Institute of Management in Government, Kerala

3.	Adv. Parvathy Menon	Advocate & Standing Counsel, High Court of Kerala, Ernakulam, Kerala & Kerala State Women's Commission
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Session 1 by Rev. Dr. Fr. Saju M.D. CMI, Associate Director and Vice Principal, Rajagiri College of Social Sciences, Kalamassery, Kerala



Session 2 by Prof. Neena Joseph, Former Faculty Member, Institute of Management in Government & Faculty XLRI/LIPI & Session 3 by Adv. Parvathi Menon, Advocate – High Court of Kerala, Ernakulam, Kerala & Standing Counsel – Kerala State Women's Commission



11. Enabling and Sustaining Women's Movement, Social Rights and Equality.

Name of the Programme	Enabling and Sustaining Women's Movement, Social Rights and Equality.
Organised By	The Research Institute RCSS
Date of the Programme	08th December 2021

The Research Institute conducted an evaluation of the micro financing projects referred to as Community Action Groups implemented by the Archana Women's Centre, Kottayam during the time period of 2017 – 2021. The study covered a sample of 40 Community Action Groups spread over 15 Gram Panchayaths in Kottayam District. The project titled "Enabling and Sustaining Women's Movement, Social Rights and Equality is funded by 'Fondation Partage Luxembourg'. The objective of the evaluation was to examine the appropriateness, relevance, efficiency, cost effectiveness, and sustainability of the project. The impact of the project with respect to social and economic empowerment of women, promotion of women rights were also assessed. The findings of the study revealed, the support provided by Archana Centre has enabled many women to become fiercely independent financially as well as socially and become more aware and pronounced about their rights. The projects uniqueness and success is attributed to the right based approach mainstreamed into the project's design, process and implementation. The Director of Research Institute, Dr. Sr. Sunirose I P presented the evaluation report before the expert committee of Archana Women's Centre on 08th December 2021.



12. Women Empowerment Programme: Workshop for Women Entrepreneurs on Energy Efficiency and Energy Conservation by URJAKIRAN

Name of the Programme	Women Empowerment Programme: Workshop for Women Entrepreneurs on Energy Efficiency and Energy Conservation- Urjakiran 2021-2022 (Energy conservation Campaign).
Organised By	Rajagiri outREACH
Date of the Programme	10th January 2022

Energy Management Centre (EMC) and Centre for Environment and Development (CED), Thiruvananthapuram, had sanctioned a Webinar/Workshop for Women Empowerment Programme as part of Urjakiran 2021-2022 (Energy conservation Campaign). This year's Theme is "Go Electric". In this context, Rajagiri outREACH and Rajagiri College of Social Sciences (Autonomous), Kalamassery had conducted the Workshop / Webinar on 10.01.2022 from 10.00 a.m. to 1.30 p.m. at Carmel Hall, RCSS. Totally 80 participants had attended the Seminar and Webinar. The programme commenced with prayer song by Mariadas, Rajagiri outREACH Internship Student. Shri. Ranjith K.U., conveyed the welcome address. Shri. A.D. Sujil, Chairman, Eloor Municipality, conveyed the inaugural address. Rev. Fr. Shinto Joseph CMI, Assistant Director, Rajagiri College of Social Sciences and Live Lab Coordinator of Rajagiri outREACH, conveyed his message on Energy Conservation. Smt. Meena Kuruvilla, Project Director, Rajagiri outREACH, conveyed her message on Women Empowerment. Shri. Varghese C.M., CEO, Ever Green Technologies, conducted the 1st session, Shri. Ramesh Babu, Assistant Executive Engineer, KSEBL. Ltd., (Retd.), conducted the 2nd session. Mr. Ranjith K.U., EMC Resource Person, conducted the 3rd session. Smt. Ligi V.E., Coordinator, Women Entrepreneurship Programme, Rajagiri outREACH, had proposed the vote of thanks. Rajagiri outREACH Staff had participated in the Seminar/Webinar.



13. "Training on Mushroom Cultivation for Women held on 14/01/22, 26/02/22"

Name of the Programme	Training on Mushroom Cultivation for Women
Organised By	Rajagiri outREACH
Date of the Programme	14th and 26th January 2022

Carborundum Universal Ltd. & Rajagiri outREACH, Rajagiri College of Social Sciences, Kalamassery, along with Wards 38,39,40,41 in Kalamassery Municipality, started the first

batch Mushroom Training Program for Women. Around 20 women attended the programme, held on 14-01-2022 from 9.30 am to 4.30 pm. Smt. Meena Kuruvilla (Project Director, Rajagiri outREACH) welcomed all present to the mushroom cultivation training session. Presidential address was conveyed by Rev.Fr. Shinto Joseph.CMI (Asst. Director Rajagiri College of Social Sciences (Autonomous), Kalamassery & Live



Lab Coordinator). The training programme was inaugurated by Mr. Suresh Kumar (Asst. General Manager – Senior HR, Carborundum Universal Ltd. Kalamassery) Felicitations were conveyed by Mr. Siyad K.U. [40th Ward Councilor], Mr. Salim Puthuvana (41st Ward Councilor), Dr. Antony Caesar [Scientist, Bioscience], Mushroom Cultivation Instructors and practical & theory sessions were conducted by Mr. Krishna Kumar [Scientist, Bio - Science], Mrs. JincyDevasi [Technician, Bio-Tech - Lab], Message on the Importance of Energy Conservation by Mr Rajnith K.U. [Senior Development Officer - Natural Resource Management, Rajagiri outREACH] Vote of thanks was by Mr.Gigin P.S.[Social Worker, Rajagiri outREACH, Kalamassery]. The second training batch was conducted on 26/02/2022 from 9.30.am to 4.30.pm. 15 women attended the training session. These mushroom training programmes were mainly focused on women's empowerment.

14. 2nd Phase Urjakiran - Women Empowerment Programme on 14th January 2022

Name of the Programme	2nd Phase Urjakiran - Women Empowerment Programme on 14th January 2022
Organised By	Rajagiri outREACH
Date of the Programme	14th January 2022

An additional seminar on Women Empowerment Workshop on Energy Conservation, was organized on January 14th.2022 with the support of Ministry of Energy, Bureau of Energy Efficiency, Energy Management Centre Kerala, Centre for Environment and Development, Thiruvananthapuram in connection with Azadi ka Amrit Maholsav. Dr. Binoy Joseph, Principal of Rajagiri College of Social Sciences (Autonomous), Kalamassery, had presided the programme. Smt. Meena Kuruvilla, Project Director, Rajagiri outREACH, conveyed the introductory speech, Rev. Fr. Shinto Joseph CMI, Asst.



Director, RCSS had conveyed the Message on Energy Conservation. Sri. Siyad K.U (Division -40) and Sri. Salim Puthumana(divison-41) of Kalamassery Municipality felicitated. Sri.A.S Sureshkumar,sr.HR Manager, CUMI inaugurated the Women Empowerment Workshop. Sri. Ranjith K.U., Coordinator Urjakiran 2021-2022 delivered welcome speech and Smt. Gijin.P.S, proposed the vote of thanks. CDS Chairperson of Kalamassery Municipalities and Entrepreneurs from Kudumbashree also attended the workshop.

15. Women Entrepreneurship Webinar for Working Women

Name of the Programme	Women Entrepreneurship Webinar for Working Women
Organised By	Rajagiri outreach and Dept. of Computer Science
Date of the Programme	03rd February 2022

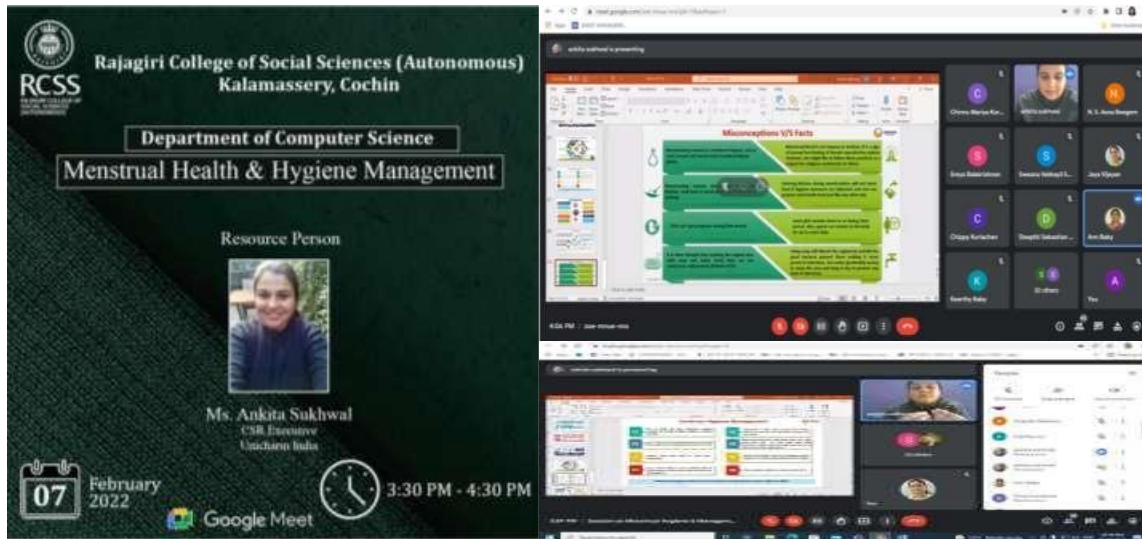
The Students of Computer Science department of Rajagiri College of Social Sciences with the help of the members of Rajagiri OutReach conducted a webinar on Women Entrepreneurship. The session was conducted by the students through Google Meet. There were 35 participants who attended the webinar. The Students conducted various activities for them to increase their self-confidence and engaged with the students. The students were grouped into a team for organizing the webinar. At the end of the webinar, the team were able to engage with those women and understand their life and their struggles in bringing up different Entrepreneurships. The women of Annamanada panchayat, Aloor panchayat and Nadathara panchayat actively participated in the webinar. The program began with the introductory speech and a prayer song. Then as an inspiration for all the women, one of our student representatives spoke about her online business and its success. To create an interaction between the students and the women, an interactive session was conducted. By the end of the webinar there were video presentations on the Emerging Women Entrepreneurs. The session ended with the vote thanks. By the end of the webinar, students were able to understand the problems and difficulties those women face in upbringing their families and their small businesses. Team believes that this session would help many women develop their self-confidence and start their new endeavors without any fear.



16. Webinar on "Menstrual Health & Hygiene Management

Name of the Programme	Webinar on "Menstrual Health & Hygiene Management
Organised By	RCSS
Date of the Programme	07th February 2022

The Department of Computer Science, Rajagiri college of Social sciences has organised a webinar on “Menstrual Health & Hygiene Management” on February 7th 2022 from 3.30 PM to 4.30 PM virtually. All the girl students of the first year MCA & MSc attended the programme. Ms. Ankita Sukhwai, (CSR Executive, Unicharm India) took part in the session. The session was very useful for the resource person explained the importance of menstrual health and Hygiene.



17. National Seminar on “Identification of Abusive Relationships and Prevention of Domestic Violence” supported by National Commission for Women

Name of the Programme	National Seminar on “Identification of Abusive Relationships and Prevention of Domestic Violence” supported by National Commission for Women
Organised By	Rajagiri outREACH and Dept. of Social Work
Date of the Programme	5th March 2022

Rajagiri outREACH in association with the Department of Social Work, Rajagiri College of Social Sciences (Autonomous), Kalamassery, had organized a Seminar on the topic “Identification of Abusive Relationships and Prevention of Domestic Violence” on 5th March 2022 with the support of National Commission for Women (NCW), Govt. of India. Dr. Premna Manoj Sankar, the District Women and Child Development Officer, Ernakulam inaugurated the seminar wherein Dr. Binoy Joseph, Principal, RCSS delivered the Presidential Address. Dr. Fr. Joseph M K.CMI, HOD, Dept. of Social Work, welcomed the



gathering and Mrs. Meena Kuruvilla, Project Director, Rajagiri outREACH, proposed the vote of thanks. In addition to a message on 'Women's Rights' by Fr. Shinto Joseph CMIMPhil, Assistant Director, RCSS, Six eminent Resource Persons viz. Adv. Teena Cherian and Adv. Rushda V. M., High Court of Kerala, Ms. Renitta Manual, Gender Sensitization Resource Person, Ms. Sandhya V.K. Psycho-social Counselor, Ms. Deepa S., Women Protection Officer, Ernakulam, and Dr. Rajeev S.P., Assistant Professor, Department of Social Work RCSS, handled the various sessions on Domestic Violence. More than 200 participants including Students of Dept. of Social Work/ Dept. of Library Science, Head of Department and Faculty of Dept. of Library Science, RCSS, Mahila Association Members of Kanjoor, CDS Members and Rajagiri outREACH Staff had participated in the seminar. Tea, Snacks and Lunch was provided to all the participants. Sr. Sunirose I.P., Assistant Professor, Dept. of Social Work, RCSS and Mr. Vinayan V.S., & Mr. Varghese K.O., of Rajagiri outREACH had coordinated the Seminar.

18. MENSTRUAL HYGIENE AWARENESS CLASS & MENSTRUAL CUP DISTRIBUTION

Name of the Programme	MENSTRUAL HYGIENE AWARENESS CLASS & MENSTRUAL CUP DISTRIBUTION
Organised By	RCSS
Date of the Programme	08th March 2022

On 8th March 2022, at 3:00 pm Aster Medcity and Rajagiri College of Social Sciences conducted an awareness programme on Menstrual Hygiene Awareness & Menstrual Cup Distribution at Carmel Hall. Anagha Chandran of First year MSW was the Master of Ceremony. She introduced the



Resource persons namely Dr. Swati Francis and Dr. Sruthy from Department of Gynecology and Obstetrics of Aster Medicity. There were more than 60 female participants attending the session from Department of Social Work RCSS. The resource persons explained things by citing the experiences, examples and scientific base of using the menstrual cups. The class became more interesting when participants using menstrual cups got a chance to share their experiences of inserting them for the first time the comfort that they enjoy and so on. Almost ten participants came forward for the same. All participants got a menstrual cup for free of cost. Participants made the session highly interactive by asking their practical doubts and concerns. Official vote of thanks was proposed at the end of the session by MSW first year student Alfya Biju.

19. "Gender Equality-Issues and Prospects"

Name of the Programme	Gender Equality-Issues and Prospects
Organised By	IQAC and Dept. of Computer Sciences
Date of the Programme	09th March 2022

As part of Women's Day, a session on "Gender equality-issues and prospects" was conducted by the Department of Computer Science in association with IQAC on March 9 2022 at Rajagiri College of Social Sciences. The Chief Guest of the program was Renju Renjimar who is well known as a Celebrity Make-up Artist, Actor and Social Activist. The resource person shared experiences from life. The session was very interesting and useful for the participants. Dr. Binoy Joseph noted the importance of Gender Equity in the society in welcome address and gave a good message on the occasion of Women's day.



20. SEMINAR ON Domestic Violence ACT & Central Government Schemes.

Name of the Programme	SEMINAR ON Domestic Violence ACT & Central Government Schemes.
Organised By	RCSS
Date of the Programme	14th March 2022

The Social work trainees of Rajagiri College of social sciences as part of field work conducted a programme by collaborating with Rajagiri Family counselling centre and Rajagiri service providing Centre. The dignitaries were CDS chairperson Kavitha , Adv. Rushda and Ms. Rosemariya Devassy. The session was taken by Adv. Rushda legal counselor RSPC and MS . Rosemariya Devassy On 14 th March 2022 at Karumallor grampanchayat hall. The session was on ending up domestic violence and related topics. The welcome speech was said by Ms. Aleesha sam (social work trainee of Rajagiri college of social science). The session taken by Adv. Rushda ma'am included different legal services provided by the government, different types of abuses and the major areas were a women can complaint there problems. The second session was taken by Ms. Rosemariya councillor of FCC. The session was about how the women's should approach to the issues related to domestic violence. And also provided important contacts were women's can

approach to it. It was totally an interactive session in which many doubts and follow ups were held during the session. Every one interacted as usual. It was not merely a class but also an awareness session. Then the programme had concluded by the vote of thanks which was said by Joel Benny (social work trainee of Rajagiri college of social sciences). The session was a grand success and enlightened the minds of Kudumbashree women's.



21. Session on Sustainable Development

Name of the Programme	Session on Sustainable Development
Organised By	Rajagiri outREACH
Date of the Programme	23rd March 2022

A session on “Sustainable Development” was conducted for the Women Beneficiaries at Meloor Panchayat, by Mr. Varghese Paul, a trainer in Thrissur District on 23rd May 2022. It was a two-hour session and was very informative. This session really boosted their performance by improving the quality of work in which they were involved. It helped the women to widen their self-confidence & esteem. Different types of training and skill development programmes helped to improve Communication skills, Personality Development, Leadership skills, Management skills, Entrepreneurship skills and Basic accounting skills, etc.



22. K.P. PAUL FOUNDATION - “CREATING AN ENTREPRENEUR” – 15th PHASE – OFFICIAL LAUNCH AND FUND DISTRIBUTION.

Name of the Programme	K.P. PAUL FOUNDATION - “CREATING AN ENTREPRENEUR” – 15th PHASE –OFFICIAL LAUNCH AND FUND DISTRIBUTION
Organised By	Rajagiri outREACH
Date of the Programme	24th March 2022

The official launch of the 15th Phase of CSR initiatives for Women Entrepreneurship Programme "Creating an Entrepreneur" under K. P. Paul Foundation was initiated during this reporting period by Rajagiri outREACH. The Project had expanded to 755 Beneficiaries. A total of Rs. 5,025,000.00 (Rupees Fifty Lakhs Twenty Five Thousand only) were distributed to 141 beneficiaries on 24th March 2022 during the reporting period, by K.P. Paul Foundation, to start entrepreneurship namely cake making, Flour mill, Agriculture expansion, cow and agriculture, purchasing of material, cow and goat rearing, expansion for goat rearing & cake sale, goat farming, tailoring machine and material, tailoring unit, banana cultivation, chicken shed maintenance, cow purchase, poultry farming, decoration work, baking, vegetable farming, poultry farming, tailoring unit expansion, rabbit rearing, cattle breeding, chips unit, cotton waste unit, chicken unit, chicken eggs hatching machine, driving school, food and safety (Pickle and Snacks), clothing trade, purchase of oven and beater, organic farming, snacks and pickle making unit, digital jana seva kendram, plastic bottle making unit, expansion for nursery



(Garden), jathikka business, grocery shop, tailoring unit renovation, food products unit, pickle business, tuition centre, soap and soap powder making, cattle shed

with cattle, hotel expansion, online readymade business, duck rearing, digital centre, expansion for provisional shop, koodu nirmanam, cloth business, purchase motor, plant nursery, buffalo rearing, home shop expansion, palappam unit, dog rearing, auto, goat shed, mushroom cultivation, thattukada, dance class, laundry shop renovation, medical shop, etc.

23. Karate Class

Name of the Programme	Karate Class
Organised By	RCSS
Date of the Programme	21st May 2022

Rajagiri College of Social Sciences Organized a karate class on 21st May 2022 for the adolescent group of girls in the locality to improve the self defense mechanism as a safety for the girls out there and the Karate class was led by Christeena and Bindya. Tips and tricks were taught to improve self defense for the girl children in the community and it also strengthens the mind, a clearer thought process, deeper insight into one's mental capabilities, and more self confidence.



24. Royal Stars Club for adolescent girls

Name of the Programme	Royal Stars Club for adolescent girls
Organised By	RCSS
Date of the Programme	26th May 2022

As a part of the Anganwadi Field Work, BSW student trainees went to Vattekkunnam Anganwadi. The Trainees started a group/club called “Royal Stars” for adolescent girls. The trainees organized an awareness class about Mobile phone usage for the girls on 26th May 2022. School counselor Mahitha Madam led the session. And later, trainees showed a film named "Home" and it talks about the phone usage. After the same there was discussion about the film. Trainees also conducted sports day were more than 30 adolescent girls participated.



25. Visit to Swanthanam Amma Veedu

Name of the Programme	Visit to Swanthanam Amma Veedu
Organised By	RCSS
Date of the Programme	27th May 2022

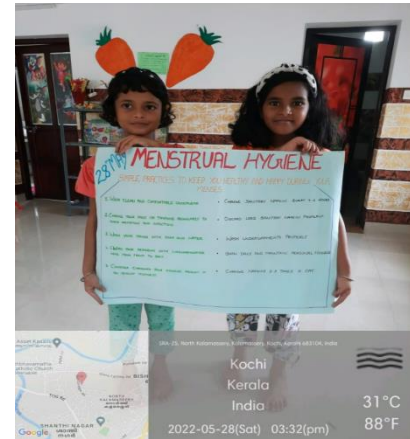
Trainees visited Swanthanam AMMA VEEDU, where the old women stay, a shelter home for mothers on 27th May 2022. The old women out there suffer from severe health issues and old age issues. There are about 13 women staying in the amma veedu and the trainees looked into the physical and mental health of mother's and made them interact more so that they forget all their pain and sufferings. The trainees also thought about providing them with basic necessities through sponsorships and donations.



26. Awareness on Menstrual Hygiene

Name of the Programme	Awareness on Menstrual Hygiene
Organised By	RCSS
Date of the Programme	28th May 2022

The social work trainees conducted an awareness session on 28th May 2022 for adolescent girls in AWC No: 4. the session taken by Lekshmi J.Narayanan, student trainee on 28th May 2022 as part of World Menstrual Hygiene Day. More than 10 adolescent girls were present for the awareness session. The session explained on what is Menarche? Then discussed about its hygiene and the simple practices to keep girls healthy and happy during menses. Also, made charts by mentioning these highlighted points.



27. Vayosangamam

Name of the Programme	Vayosangamam
Organised By	RCSS
Date of the Programme	29th May 2022

Vayosangamam was an entertainment program that trainees conducted for the elderly women in the locality on 29th May 2022. The main reason for conducting this program was to give a fun and relaxing time for elderly women who are facing a busy, tiring and isolated or lonely life. Not only elderly people, there were adolescent girls present for the program. Promoted women's sense of self-worth, their ability to determine their own choices and more.



28. Spectrum 2022

Name of the Programme	Spectrum 2022
Organised By	RCSS
Date of the Programme	14th June 2022

On June 14th 2022, the 3rd year BSW students organized “Spectrum 22,”: a programme to raise aware-ness of LGBTQIA+ community issues among the students. Mr. Anand Ampeethara, a training pro-fessional from Queerala, was the resource person for the event



29. Counselling Session by Kudumbashree Mission and SNEHITHA

Name of the Programme	Counselling Session by Kudumbashree Mission and SNEHITHA
Organised By	RCSD
Date of the Programme	16th June 2022

A counselling session about women’s mental health and career success was held at Chavara hall on 16 June 2022. The session was delivered by Ms. Ambili Das, Service Provider SNEHITHA Gender Help desk. Students of Retail Sales Associate (batch 3,4) and Housekeeping (batch 3) of Yuvakeralam project attended the session. On the same day, Ms.Preethi, District Mission Coordinator visited the centre and interacted with the students.



30. Yoga Day Observation at Mellor

Name of the Programme	Yoga Day Observation at Mellor
Organised By	Rajagiri outREACH
Date of the Programme	22nd June 2022

As a part of Yoga Day observation, Rajagiri outREACH organized a Yoga training to the Women beneficiaries of K P Paul Foundation Project at Mellor by Ms Jaya, one of the beneficiaries. She is a yoga teacher at Don Bosco School, Irinjalakuda, and a trainer of swimming also. She took a session on the importance of yoga. Yoga helps in reducing chronic pain, headaches, arthritis, and lower back pain. Yoga is also helpful in lowering blood pressure.



Yoga is beneficial for people suffering from lifestyle diseases and fitness disorders. Some of the other physical benefits of yoga are:

- Protection from injury
- Better flexibility
- Increased muscle strength and tone
- Maintains weight
- Better athletic performance
- Balances metabolism

31. Film Screening and Open Discussion on Reading Gender between Film and Literature

Name of the Programme	Film Screening and Open Discussion on Reading Gender between Film and Literature
Organised By	RCSS
Date of the Programme	28th June 2022

As part of the 'Pride Month' celebrations, the Department of Languages under the banner "VisualLit-Centre for Research and Learning Initiatives in Literature and Arts" organized an open discussion and film screening on the theme "Reading Gender between Film and Literature" on 28 June 2022 at 2.30 pm in Carmel Hall, for the II year BBA and B. Sc. Psychology students of Rajagiri College of Social Sciences. Around 60 students attended the program. The program began with a prayer song by the students of II Year B.Sc. Psychology. Rehen Ajith, III Year B.Sc. Psychology welcomed the gathering. After this, a short film titled ''juice' was screened, followed by an invited talk and discussion led by Dr. Rosa Juju Abraham, an Indian-English poet. She lectured on "Evolving Importance of Gender Studies in Literature". The second part of the session began with a screening of a short film titled 'Purl'. Dr. Jessy Fenn, Department of Psychology, Rajagiri College of Social Sciences, addressed the audience. She spoke on the "Interface between Gender and Film''. Students actively participated in the open discussion after the talk. Another short film titled "Aanma ", directed by Anjalos Reena James, an alumna of RCSS, was screened. The resource



persons were presented tokens of appreciation by the HoD, of the Department of Languages. The program came to an end by 4.30 with the vote of thanks proposed by Taniya Saji, II Year B.Sc. Psychology.

32. Training at Krishi Vigyan Kendra

Name of the Programme	Training at Krishi Vigyan Kendra
Organised By	Rajagiri outREACH
Date of the Programme	15th July 2022

Rajagiri outREACH had arranged a one-day training at Krishi Vigyan Kendra at Mannuthy on 15th July 2022. K.P. Paul Foundation Women beneficiaries from Annamanada participated in the training. The first session was taken by Dr. Aneena E R, on how to make value added products from jack fruit, mango, pineapple, etc., and another session was taken by Dr. Deepa James on Mushroom cultivation. Dr. Mary Regina, Department Head, addressed the beneficiaries. She also told the women to start the value added products' unit. The women beneficiaries were able to visit the production units also. Some of the farmers demonstrated the process of budding jackfruit tree and mango tree and also gave explanation on how to make manure. It gave an eye sight to our beneficiaries. The women beneficiaries visited the Agricultural Technology Information Center Mannuthy and purchased many plants from the center. Tea and lunch were arranged at KVK (Krishi Vigyan Kendra).



33. An orientation Seminar on Gender Justice and laws

Name of the Programme	An orientation Seminar on Gender Justice and laws
Organised By	RCSS
Date of the Programme	30th August 2022

An orientation Seminar on Gender Justice and Law was conducted on 30th of August 2022 (Tuesday) by the IQAC, Rajagiri College of Social Sciences in association with Kerala women's commission (KWC) with around 60 participants including students from different departments.



34. “Cup of Life 2022”

Name of the Programme	“Cup of Life 2022”
Organised By	RCSS and IMA Kochi
Date of the Programme	30th August 2022

An Initiative of the honorable MP Shri Hibi Eden, in association with IMA Cochin & The local district administration to distribute one lakh Menstrual Cups in a single day within the Ernakulam parliament constituency through 118 venues on the 31st of August. Dr. Joseph M K, Head, Department of Social work inaugurated the campaign by distributing the menstrual cups to students.

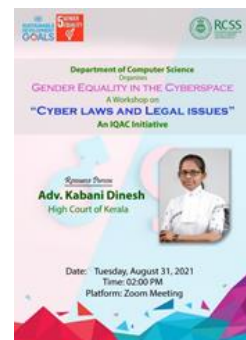



Training sessions for all the students, faculty and administrative staff members were conducted on 31st August at various venues in the college. A talk show on "Break the Taboo" and a LIVE BAND PERFORMANCE were also organised on the 30th August in the Courtyard of Hill Campus

35. “Gender Equality in the CyberSpace: A workshop on “Cyber Laws and Legal Issues”

Name of the Programme	Gender Equality in the CyberSpace: A workshop on “Cyber Laws and Legal Issues”
Organised By	RCSS
Date of the Programme	31st August 2022

The workshop on “Gender Equality in the Cyber Space: A workshop on “Cyber Laws and Legal Issues” was conducted on 31st August, 2021 at 2:00 PM on the Zoom Online platform. Dr Ann Baby, Workshop co-ordinator welcomed the gathering. Dr. Bindiya M Varghese, Dean, Computer Science Department gave the students an orientation on the Sustainability Development Goals put forward by the United Nations. She also stressed on the Departments commitment towards the society and the importance of UNSDG – 5 (Gender Equality) . The need for student awareness on Cyber Laws and Legal Issues was detailed.




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