



NIRMALAGIRI COLLEGE

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Affiliated to Kannur University

Nirmalagiri, Kannur, Kerala, India 670701 | www.nirmalagiricollege.ac.in

BEST PRACTICE

2. WE-V2 (Women Empowerment Version-2)





2. WE-V2: Women Empowerment

The Women Empowerment Program (WE-V2) at Nirmalagiri College is a dedicated initiative aimed at supporting socially marginalized girls who often face challenges in accessing education and opportunities. This program is crucial in providing the necessary guidance and support to help these students build confidence, set career goals, and achieve upward mobility.

Objectives of the Program

1. Building Confidence:

The program focuses on instilling confidence in students, particularly among those from weaker social backgrounds. This is achieved through various methods, including:

- **Monitoring:** Regular assessments to track progress.
- **Counseling:** Personalized support to address individual challenges.
- **Parent-Teacher Associations (PTAs):** Engaging families in the educational journey to foster a supportive environment.
- **Peer Support Teams (PSTs):** Encouraging collaboration and mutual assistance among students.



2. Career Goal Setting:

The program emphasizes the importance of setting clear career goals. Students receive focused attention to help them identify their aspirations and the steps needed to achieve them. This includes:

- Workshops on career planning.
- Guidance on educational pathways that align with their goals.

3. Focused Attention on Upward Mobility:

- WE-V2 aims to provide targeted support that enables students to rise above their circumstances. This includes:
- Skill development sessions that enhance employability.
- Networking opportunities with professionals and mentors who can guide them in their career journeys.

Implementation Strategies

Counseling Services: Regular counseling sessions are conducted to provide emotional and psychological support, helping students navigate their educational and personal challenges.

Workshops and Seminars: The program organizes various workshops that focus on life skills, self-defense, and leadership training, empowering girls to take charge of their futures.

Collaboration with External Organizations: Partnerships with NGOs and community organizations enhance the resources available to students, providing additional support systems.



Programmes Conducted as part of WE-V.2

1.Manishada- Protest Procession

Date: 11/08/2023

On August 11, 2023, 12.20pm, Nirmalagiri College's courtyard hosted a significant protest program, "Manishada," orchestrated jointly by the Women's Cell and College Union. College students, adorned with black masks, participated fervently. The event featured a thought-provoking flash mob, shedding light on India's pressing women-related societal concerns. Christeen George, the Women Cell's representative, delivered an impactful speech, while Vice Principal Dr. Fr. Jobi Jacob shared insights during his talk. The event showcased solidarity and a collective commitment to addressing critical issues.





2. Safe Besties

Date: 06/10/2023

Number of participants: 150

On October 6, 2023, Nirmalagiri College's Women Cell, in collaboration with the Ministry of Women and Child Development, organized a remarkable event titled "Safe Besties" aimed at empowering and safeguarding women from socio-economic and sexual encroachments. The event, held at 11:30 AM, was conducted by the distinguished Harsha PP, the administrator of Sakhi One Stop Centre. Dr. Sebastine T K, the college's Principal and President of the initiative, graced the occasion.

The event commenced with a warm welcome by Sr. Sujamol Joseph, the Women Cell Convenor. It served as a platform for dialogue and learning, fostering a sense of community among women. Saniya V, a student representative, eloquently delivered the vote of thanks. 150 students actively participated in this class. This inspiring initiative exemplifies a commitment to women's safety and empowerment.



3. Induction Programme- *Unveiled Secrets of Success*

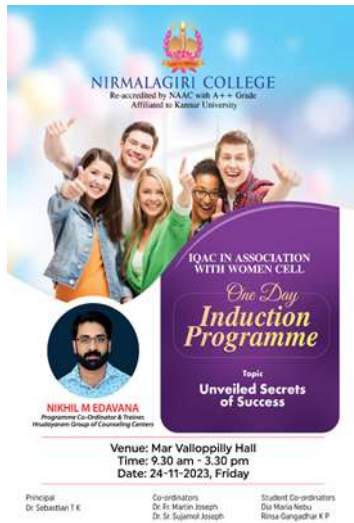
Date: 24/11/2023

Number of participants: 356

On November 24, 2023, Nirmalagiri College's IQAC and Women Cell collaboratively organized an Induction Programme, "Unveiled Secrets of Success," at Valloppilly Hall. 356 first-year students actively participated in this enlightening orientation. Nikhil M Edavana, a seasoned trainer from Hrudayaram Community College Kannur, led the session, imparting valuable insights for a successful life. Dr. Sebastine TK, the college principal, delivered the presidential address, while Dr. Fr. Martin Joseph, IQAC Coordinator, extended a warm welcome. Dr. Sr. Sujamol Joseph, Women Cell Convenor, offered felicitations. Dia Maria Nebu, Student Representative of IQAC, expressed gratitude in the vote of thanks. The event concluded with



students openly sharing their feedback and comments, reflecting the impactful and motivational nature of the program.



4. International Women's Day

Date: 01/03/2024

Number of participants: 226

Nirmalagiri College commemorated International Women's Day with fervor and enthusiasm, orchestrated by the Women's Cell on 1/03/2024 at 11:30 am in the Valloppilly Auditorium. The event was graced by esteemed personalities including Chief Guest Dr. Philomina Abraham, whose address shed light on the pivotal role of women in society. Principal Dr. Sebastian TK delivered a poignant presidential



address, followed by felicitations by Dr. Jobi Jacob (Vice Principal), Dr. Martin Joseph (IQAC Coordinator), and Fathimath Safna C H (Student Representative). Dr. Sr. Sujamol Joseph, President of the Women's Cell, extended a warm welcome, while Dr. Rency Kurian, Secretary of the Women's Cell, delivered the vote of thanks. The occasion witnessed the participation of 226 students. Notably, the Women's Cell honored students and teachers for their outstanding achievements in academics, arts, and sports during the academic year 2023-24, amplifying the spirit of empowerment and recognition within the institution.





5. Arts and Crafts Training & Exhibition

Date: 01/03/2024

Number of participants: 350

Nirmalagiri College hosted a captivating exhibition showcasing arts and crafts, under the stewardship of the Women's Cell, on 1/02/2024, from 9:30 am to 4:30 pm at the Valloppilly Auditorium. The event was graced by Chief Guest Rugmini S Nair, an Instructor associated with Pidilite Industries Ltd. Principal Dr. Sebastian TK delivered an inspiring presidential address, while Dr. Jobi Jacob (Vice Principal), Dr. Martin Joseph (IQAC Coordinator), and Fathimath Safna C H (Student Representative) extended felicitations. Dr. Sr. Sujamol Joseph, President of the Women's Cell, extended a warm welcome, and Dr. Rency Kurian, Secretary of the Women's Cell, conveyed the vote of thanks.

The highlight of the exhibition was the display of products crafted by students who completed the certificate course in Magic Crafts conducted by Pidilite Industries Ltd over the past six months. The occasion also saw the distribution of certificates to these accomplished individuals. Visitors, including Nirmalagiri College and Arts and Science College Academy, marveled at the creativity and craftsmanship showcased, making it a truly delightful experience for all.



6. Certificate Course in Crafts' Magic

Duration: 6 months

Number of participants: 36

The Women's Cell at Nirmalagiri College proudly organized a certificate course in Crafts' Magic in collaboration with Pidilite Industries Ltd. The course, instructed by Ms. Rugmini S Nair, commenced on September 22, 2023, and concluded on March 1, 2024. Thirty-six students enthusiastically joined the course, out of which thirty-four successfully completed it.

As part of the curriculum, the students were exposed to various techniques including Fabric painting, mural painting, kalamkari, madhubani, warli art, liquid embroidery, clay molding, tie & dye, 3D wall hanging, bottle art, and more. The course spanned over 30 hours of engaging class time, allowing students to delve deeply into each aspect of crafts.



Highlighting the culmination of their efforts, an exhibition of the students' works was organized, showcasing their creativity and dedication. The students exhibited immense enthusiasm and interest throughout the duration of the course, actively participating in each session and honing their craft skills.

Pidilite Industries Ltd. provided certificates to the successful participants, acknowledging their completion of the course and recognizing their newfound expertise in the diverse realms of craftwork. This initiative not only empowered the students with valuable skills but also fostered a sense of creativity and innovation within the community.



7. One Day Career Guidance Workshop

Date: 04/03/2024

Number of Participants: 114

Under the auspices of the central scheme "**Beti Bachao, Beti Padhao,**" the Women's Cell of Nirmalagiri College organized a comprehensive one-day career guidance workshop in collaboration with the district administration, the Women and Child Development Office, and ASAP Kerala. Held on March 4th, 2024, from 9:30 am to



3:30 pm, the event saw the active participation of students and faculty alike.

Dr. Sebastine TK, the esteemed Principal of Nirmalagiri College, graced the occasion as he inaugurated the session. Dr. Sr. Sujamol Joseph, President of the Women's Cell at Nirmalagiri College, extended a warm welcome to all attendees. Mr. Subin Mohan delivered felicitations, setting the tone for an enriching day ahead. Conducting the classes were Mr. Gopakumar and Mr. Akhilesh, whose expertise and guidance proved immensely beneficial.

The workshop catered primarily to first-year students of History, Economics, and Malayalam. Participants found the sessions both informative and engaging, gaining valuable insights into various career paths and opportunities. The event not only empowered students with knowledge but also fostered a sense of enthusiasm and confidence regarding their future endeavors. Overall, the workshop served as a significant stepping stone in guiding the academic and professional trajectories of the attending students.





8. Other activities

1. Stitching Course

Nirmalagiri College's Women Cell has been steadfastly empowering young women with valuable skills through its stitching and driving training programs. Led by Dr. Siji Mathew, the stitching course has been a consistent offering, culminating in certification upon completion. This year sees a continuation of this empowering tradition, with 13 students already certified and 22 currently engaged in learning. These programs serve as catalysts for self-sufficiency, as young women hone skills that can lead to job opportunities. Through these initiatives, Nirmalagiri College Women Cell is not just imparting skills but also fostering independence and economic empowerment among its students.



Stitching Certificate issuing ceremony

2. Driving License

Nirmalagiri College's Women Cell, led by Dr. Rency Kurian, has been unwavering in its mission to empower young women through driving training programs. Dr. Rency Kurian facilitated students' access to the nearest driving school, resulting in 20 students obtaining licenses last year. Despite juggling their regular studies, students embraced this



opportunity with enthusiasm, recognizing its potential to enhance their independence and opportunities. This initiative not only equips them with practical skills but also instills confidence and self-reliance. Through such efforts, Nirmalagiri College's Women Cell continues to play a pivotal role in shaping the future of young women by providing them with valuable avenues for skill development and personal growth.



Driving license issuing ceremony

3.Honouring the Faculty and Students for their achievements.

The Women Cell members of Nirmalagiri College came together to celebrate the remarkable academic achievements of **Ashly Kurian**, who earned her Ph.D. from Calicut University, and **Sr. Sujamol Joseph**, who achieved hers from MG University, Kottayam. Additionally, they congratulated **Dr. Capt. Sujamariamamma Joshwa** on her promotion to Captain, following a rigorous 30-day intensive training at OTA Gwalior. These accomplishments reflect the dedication and excellence exemplified by the members of the Women Cell.

