

Report of Various Communal Harmony Programmes

Contents

Sl. No	Topic	Page No.
1	Oppam – Transgender Awareness Programme	1
2	International Women’s Day – A Week Prolonged Programmes	3
3	Stand With Her – International Women’s Day	17
4	International Yoga Day - 2019	25
5	My Life My Yoga	26
6	Yoga Day	27
7	International Yoga Day	28
8	Poster Making – Fit India	29
9	NCC National Youth Festival	30
10	National Youth Festival Celebration and Yoga Day	31
11	National Unity Run	32
12	Women Cell Activities	33
13	Transgender Awareness Class	34
14	Speak out and Stand with Her	35
15	NIRBHAYAM App Campaign	36
16	Gender Sensitization	37
17	Self Defence Programme for Women	38
18	Women’s Day Celebration - 2022	39
19	Women’s Day Celebration - 2023	40

1. OPPAM: TRANSGENDER AWARENESS PROGRAMME

DATE: 25 OCTOBER 2019

This ignorance and lack of understanding about transgender people in Indian society need to be changed as soon as possible, and it can only be done by spreading awareness among people. Transgender awareness programme as part of “Oppam” in collaboration with Social Justice Department was held on 25th October 2019 at St. John's College Auditorium. Mr. Sudheer Kumar, Director, Social Justice Department inaugurated the programme. Ms. Maya, LAS Resource person delivered an awareness on transgender issues. Transgenders, Vismaya and Ardra shared their experiences. Students realized that it's their duty to support transgenders and make awareness among the community regarding this. The 100 volunteers engaged in this program to promote understanding and inclusion. This awareness programme helps our volunteers to increase understanding about transgender people and the issues members of the community face. NSS Programme officer Mr. Shijo V Varghese welcomed the guests and Ms. Anu Varghese proposed vote of thanks.





2. INTERNATIONAL WOMEN'S DAY- A WEEK OF PROLONGED PROGRAMS

DATE: 1-8 MARCH 2020

DAY1: 1 MARCH 2021

In the context of International Women's Day, a week prolonged programs (01/03/2021-08/03/2001) were planned to organize. Being the first day, it was decided to conduct a caption making contest among boys regarding the one week programme. A complete participation by the boys was witnessed by the contest. The caption "Her Life Guaranteed is a Promise for The Future", Proposed by one of our NSS Volunteer, Arif Kamarudheen was selected as the Women's Day Program caption, which was then made to a poster and turned out as the common WhatsApp DP of the unit members for the whole week. On the same day all the boys were assembled at the college for a camping for girls. The campaign started by 12.30 pm and came to an end by 2.30pm.



St. John's College, Anchal



NSS Unit 14 A&B





TIME TO FIGHT FOR YOUR RIGHTS

STAND WITH HER

- March 1- Caption Contest
- March 2 - Women right awareness
- March 3 - Awareness regarding menstruation
- March 4- Miss Smart contest
- March 5- Interactive Session
- March 6- Women Harrassment Survey
- March 7- Campaign by Boys for girls
- March 8- Public awareness



Celebrate Each Day as Women's Day

St. John's College Anchal
NSS Unit 14A&B

DAY2: 2 MARCH 2020

Being the 2nd day of the Women's Day celebration, as per scheduled earlier our program officer, Anu Varghese, took an awareness class based on Women's Right. This session was scheduled at 10 am and all the volunteers ensured their participation in the same.

ST JOHNS COLLEGE, ANCHAL
NSS UNIT 14 A&B



DAY3: 3MARCH 2020

The 3rd day of women's day celebrations, was marked by an awareness class led by team "Red Cycle". Our program officer Ms. Anu Varghese presided over the session. The NSS Volunteer leader Devika welcomed everyone to the program. The session was led by the resource person Mr. Arjun, about the topic 'Menstruation'. It was a very interactive session.

ST JOHN'S COLLEGE, ANCHAL
NATIONAL SERVICE SCHEME
UNIT NO 14 A&B

**ആർത്തവത്തിന്റെ
വർത്തമാനം**

RESOURCE PERSON: ARJUN
MARCH 3 , WEDNESDAY ,6 PM

@theredcycle x @menstruation.kerala

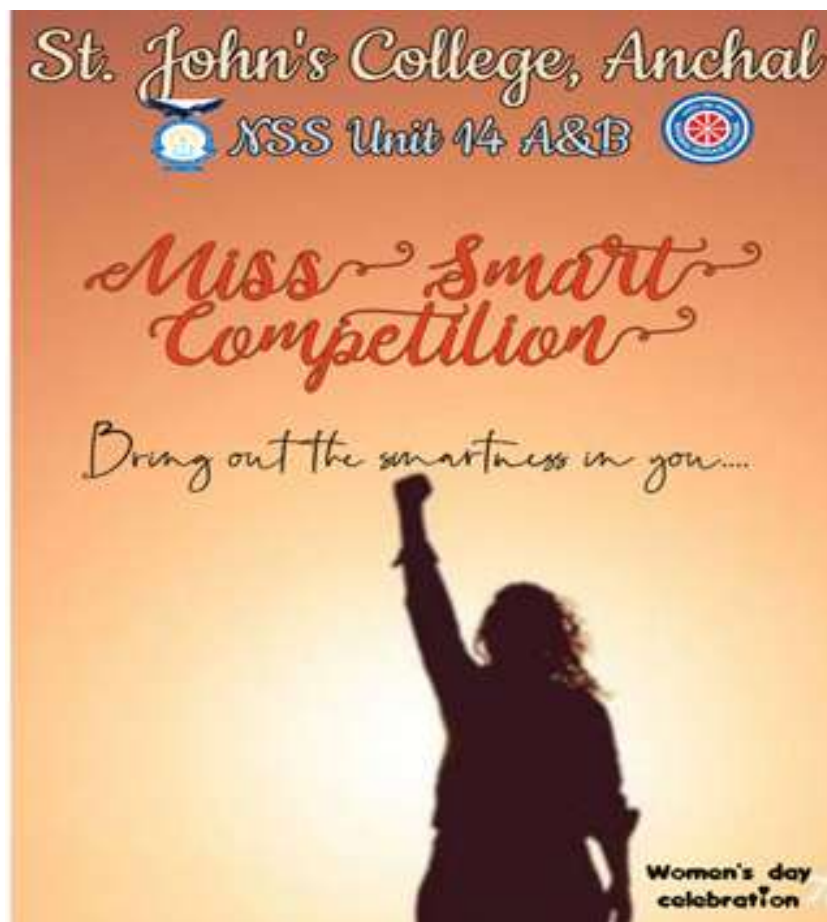
DAY 4: 4 MARCH 2021

Being the 4th day of Women's Day celebration, we had two sessions. The first session was led by a renowned Journalist Smt. Alakanadha, which was scheduled to be at 3:00pm. The second session was arranged to publish our magazine named "Mashi", prepared as a part of our seven-day virtual camp. Mashi was published by our college principal. NSS Programme officers along 10 magazine committee participated in that function. Later this digital magazine was made accessible for all our unit members.



DAY5: 5 MARCH 2021

On the 5th of March 2021, the momentum of Women's Day celebrations at St. John's College reached its zenith with the announcement of the winners of the Miss Smart Competition. The competition, designed with the noble aim of empowering young women to navigate life's challenges with intelligence and grace, unfolded through various stages, transcending the boundaries of NSS volunteers to encompass the diverse student body of the college. A total of 20 students exhibited their prowess by registering for the competition, marking the initiation of a journey that aimed to showcase not just outer beauty but also inner strength and smart decision-making. The first round witnessed spirited participation, with 10 outstanding individuals progressing to the subsequent rounds. These finalists showcased their wit, intelligence, and composure, embodying the essence of the competition. Ultimately, all 10 participants emerged as winners, each receiving titles that reflected their unique qualities. Ajina and Alfiya claimed the coveted titles of Miss Smart, embodying the essence of intelligence and grace. Parvathy, Aleena, and Najuma were recognized as Miss Sharp Voice.



St. John's College, Anchal

NSS Unit 14 A&B

Hearty Congratulations from NSS team for participating in Miss Smart Competition

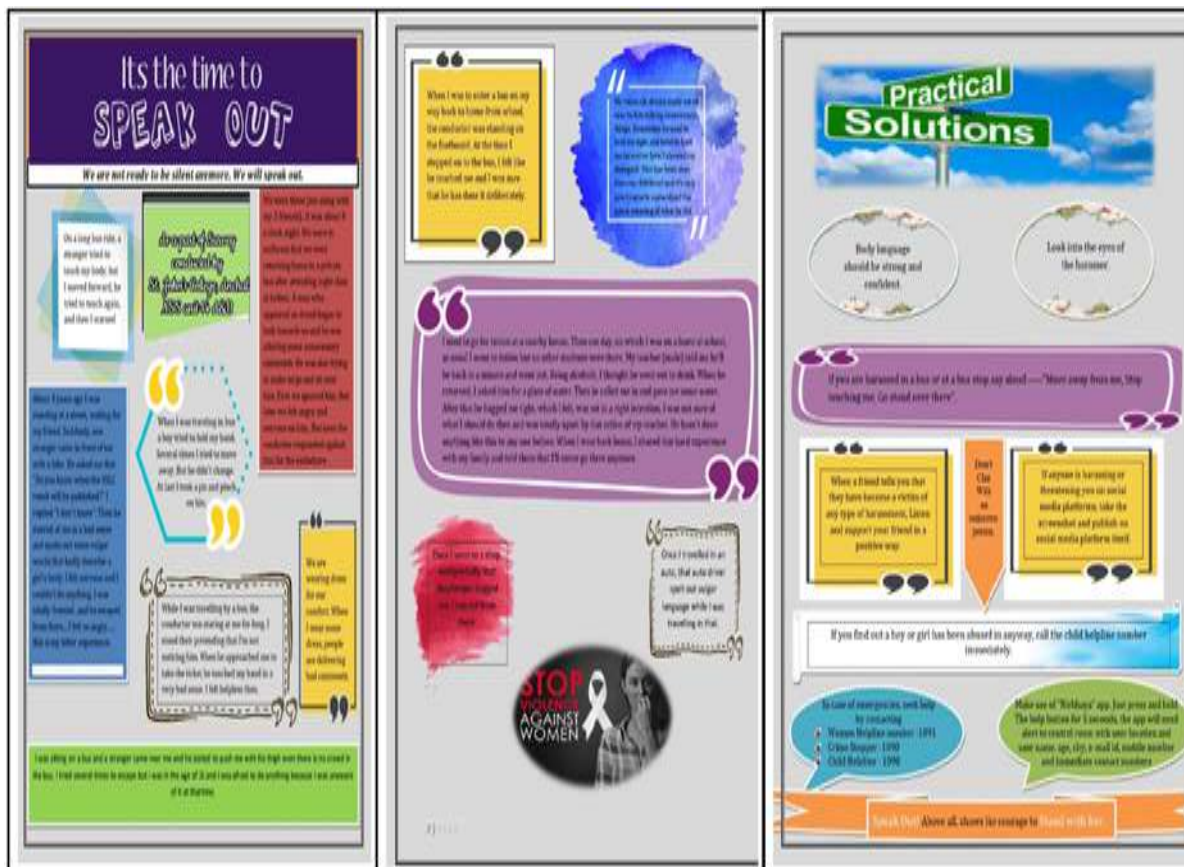


Miss Smart Competition



DAY6: 6 MARCH 2021

On the 6th of March 2021, a pivotal event unfolded at St. John's College, as part of the Women's Day program organized by the NSS. The day's agenda was dedicated to the presentation of a survey report, a critical initiative aimed at addressing and understanding the prevalent issue of sexual harassment. This platform provided a voice for numerous girls, both within and outside the college, to courageously speak out against the injustices they may have faced. The Speak Out survey, conducted under the auspices of NSS, saw the active participation of approximately 500 girls. It became a poignant testament to the collective strength and resilience of women, who seized the opportunity to share their personal experiences and propose practical solutions to combat the pervasive issue of harassment. The survey findings were compiled into a brochure, serving as a tangible outcome and a collective narrative of the challenges faced by women. Volunteer secretaries played a crucial role in presenting the comprehensive reports, shedding light on the diverse range of experiences expressed during the survey. Following the report presentation, the atmosphere transitioned into a crucial and thought-provoking group discussion on harassment against women.



DAY7:7 MARCH 2021

The 7th day was scheduled to release the Campaign Video (Campaign by boys for girls) that had been covered on 01/03/2021. To make it a mass campaign, it was published under several social media platforms. Many positive responses were received in the name of this campaign and it was able to capture the public attention.



St. John's College, Anchal
NSS Unit 14A&B

**SPEAK OUT & STAND WITH HER
CAMPAIGN**

Phase 2

PRESS & HOLD
Nirbhayam App (An initiative of Kerala Police)



**All girls must have downloaded this app.
BE FEARLESS.....**



DAY 8: 8 MARCH 2021

On the 8th of March 2021, the culmination of a week-long Women's Day program at St. John's College unfolded with the inauguration of a mass campaign titled "Speak Out and Stand with Her." The inauguration ceremony took place at the audio-visual lab, with the esteemed presence of Principal Fr. Johnson G, who presided over the event. Anchoring the inauguration, Circle Inspector Saiju Nath, a respected figure in the Anchal community, officially kicked off the campaign by handing over helpline posters to the dedicated volunteer secretaries. This symbolic gesture marked the initiation of a collective effort to amplify the voices of women and provide support to those in need. A notable highlight of the ceremony was the honouring of Smt. Shyamala, the sole lady auto driver.



**ST. JOHNS COLLEGE
ANCHAL**

NSS Unit 14 A & B

സ്ത്രീ സുരക്ഷ

WOMEN HELPLINE NUMBER- 1091
CRIME STOPPER- 1090
CHILD HELPLINE- 1098

Nirbhayam App Press & Hold

St. Johns College, Anchal

NSS Unit 14 A&B

"SPEAK OUT & STAND WITH HER"
CAMPAIGN

Please join with our campaign with



3. STAND WITH HER- INTERNATIONAL WOMENS DAY

DATE: 3-8 MARCH 2022

SELF DEFENCE PROGRAMME FOR WOMEN (03/03 2022)

Self Defence Programme for Women (03/03 2022): As part of International Women's Day celebrations, the NSS unit conducted a self defence programme for women on 3rd March, 2022. Volunteer Christina of II Malayalam led the programme by teaching the students martial arts, she is a black belt holder in karate. It was a very useful programme for the students, as they learnt the basic techniques to defend any threats coming against them. Programme officers Mr. Shijo V Varghese and Ms. Anu Varghese spoke about the importance of learning martial arts. The programme started at 10.00 am and came to an end at 12.00 pm.





ST. JOHN'S COLLEGE, ANCHAL

NSS UNIT 14 A & B



WOMEN EMPOWERMENT RALLY (04/03/2022)

As part of 'Women's Week Celebration' our NSS unit conducted a women empowerment rally on 4th march 2022. All the volunteers held up placards with women empowerment thoughts. Everyone raised the slogan 'Break the Bias'. Volunteer secretary Akshaya delivered a message about women's day. The programme helped volunteers to share the message to the society for breaking all the barriers and inequalities that women face today.





St. John's College, Anchal

affiliated to the University of Kerala and managed by Malankara Catholic Church
Anchal, Kullam, Kerala, India 691304.

NATIONAL SERVICE SCHEME
UNIC 14 A8B



Women's day Celebration



Women Empowerment Rally



04/03/2022



FLASHMOB (05/03/2022)

Our NSS unit conducted a flashmob on 5th march as part of women's week celebration. NSS volunteers assembled in public places and presented flashmob. NSS programme officers Mr.Shijo V Varghese and Ms.Anu Varghese spoke about how events like flashmob help women show their protest against them abuses happening against them and how dancing body act as the advocate demanding rights.



PAMPHLET DISTRIBUTION OF WOMEN HELPLINE NUMBERS (07/03/2022)

On 7th March NSS volunteers of St. John's College, Anchal distributed pamphlets printed with women helpline numbers in shops, bus stands, auto stand etc.



WOMEN'S WALL (08/03/2022)

On International Women's Day, 8th March 2022 NSS unit created a women's wall. It was a very creative programme. St. John's College principal Rev. Fr. Johnson G. inaugurated the programme by pasting a note on the Women's Wall. All those who pasted the notes on the women's wall wrote the names of the most influential women in their life and women empowerment quotes.



4. INTERNATIONAL YOGA DAY - 2019

DATE: 21 JUNE 2019

Yoga can support the healing process and help the person experience symptoms with more centeredness and less distress. NCC unit of St. John's College, Anchal conducted a live yoga session on observing the international yoga day. Every cadet participated in the yoga class conducted by NCC in our college. The function was addressed by the Respected Principal and respected ANO and provided the motto. The motto was declared by the ANO. Refreshments were provided after the function. This programme whole aim is to inculcate a spirit of adventure, explorative inquisitiveness, develop stamina, endurance, discipline, courage, determination, comradeship, leadership leading to development of self-confidence. 58 cadets participated in yoga practice.



5. MY LIFE MY YOGA

DATE: 19 JUNE 2020

It's a yoga blogging contest organized by the Ministry of Ayush and the Indian council for cultural relations. Cadets take part in the contest and be a part of it. The world is gearing up to observe the sixth International Day of Yoga (IDY) on 21st June 2020. On this occasion, the ministry of Ayush and the Indian council for cultural relations (ICCR) come together to announce the My Life – My yoga video blogging contest. 46 cadets participated in this programme.



6. YOGA DAY

DATE: 21 JUNE 2020

Yoga can support the healing process and help the person experience symptoms with more centeredness and less distress. NCC Unit, St. John's College, Anchal observed international yoga day 2021. Many activities and competitions conducted among cadets. The cadets participated in Jingle composition and Online IDY quiz showed greater spirit and took pledge on the importance of yoga. All cadets jointly did yoga and posted updates on an online platform. 42 cadets actively participated in this programme.



7. INTERNATIONAL YOGA DAY - 2022

Date: 21 June 2022

On International Yoga Day, a yoga session was jointly organized by the NSS Unit, NCC Wing and Physical Education Department of the College. The yoga session was led by a trained Yoga Professional who emphasised the importance of practicing Yoga as a life-style choice. Yoga is not just about physical exercise or callisthenic but rather it is a confluence of the body, mind and soul. Practicing yoga has immense benefits physically, mentally and spiritually. Yoga has gained immense popularity around the world with more followers imbibing the philosophy and essence of Yoga. Around 100 students from the college and nearby schools participated in the Yoga session. The session ended with a pledge by all the participants to practice Yoga daily in their lives and to preach the relevance of Yoga to others.



8. POSTER MAKING - FIT INDIA

DATE: 26 AUGUST 2020

Fit India Movement was launched on 29th August, 2019 by the Honourable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events. In connection with fit India poster making were conducted and cadets participated in it. 42 cadets participated in this programme.



9. NCC NATIONAL YOUTH FESTIVAL

DATE: 12 JANUARY 2022

As a part of celebrating NCC National Youth Festival NCC unit of our college conducted different programmes under the guidance of our Principal. The cadets done a Morning walk from college which followed by Yoga. By doing these activities we are able to aware many others to do these and make these as a part of their life too. 40 Cadets participated in the programme.



10. NATIONAL YOUTH FESTIVAL CELEBRATION AND YOGA DAY

DATE: 21 JUNE 2022

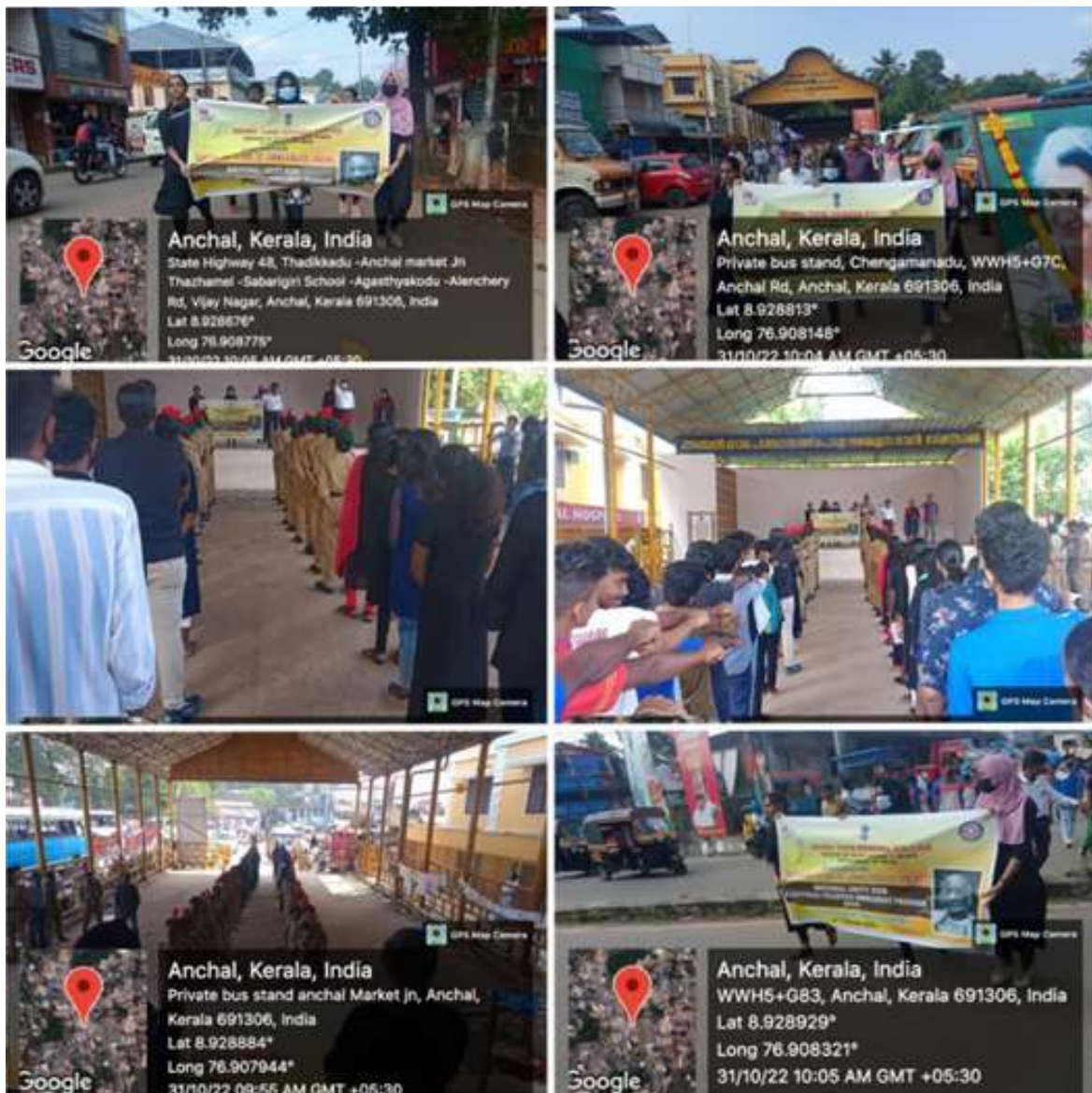
As a part of celebrating NCC National Youth Festival NCC unit of St. John's College, Anchal conducted different programmes under the guidance of college principal Dr. Cherian John. The cadets done a morning walk from college which followed by Yoga. By doing these activities we are able to aware many others to do these and make these as a part of their life too. 35 cadets participated in this programme.



11. NATIONAL UNITY RUN

Date: 31 October 2022

On 31st October 2022 the NCC unit along with the cooperation of NSS, anti-narcotic cell and sports club conducted a 'National Unity Run' under the guidance of college principal Dr Cherian John and he flagged off the program. The main aim of this programme was to spread the message 'say no to drugs'. Drug abuse is a serious issue affecting all sections of the society, irrespective whether they are young/old, poor/rich and educated/illiterate. Teenage drug addiction is one of the most serious substance abuse problems. In order to spread the negative impacts of drugs on human life our unit conducted an anti-drug campaign. On that day Rastriya Ekta Divas pledge was taken. 48 cadets participated in this programme.



12. Women Cell Activities

The Women's Day celebrations was held on March 23rd, 2019. The function was inaugurated by Dr. M.S. Sunil an Indian Academician, Humanist and Philanthropist known for housing the homeless. She founded Dr. M.S. Sunil Foundation in December, 2016 in Pathanamthitta. She gave a short speech about her activities for the society and motivated the young girls to be compassionate and considerate for the needy. The inaugural function was followed by various cultural programs organised by the students. This was followed by a food fest organised by the students.



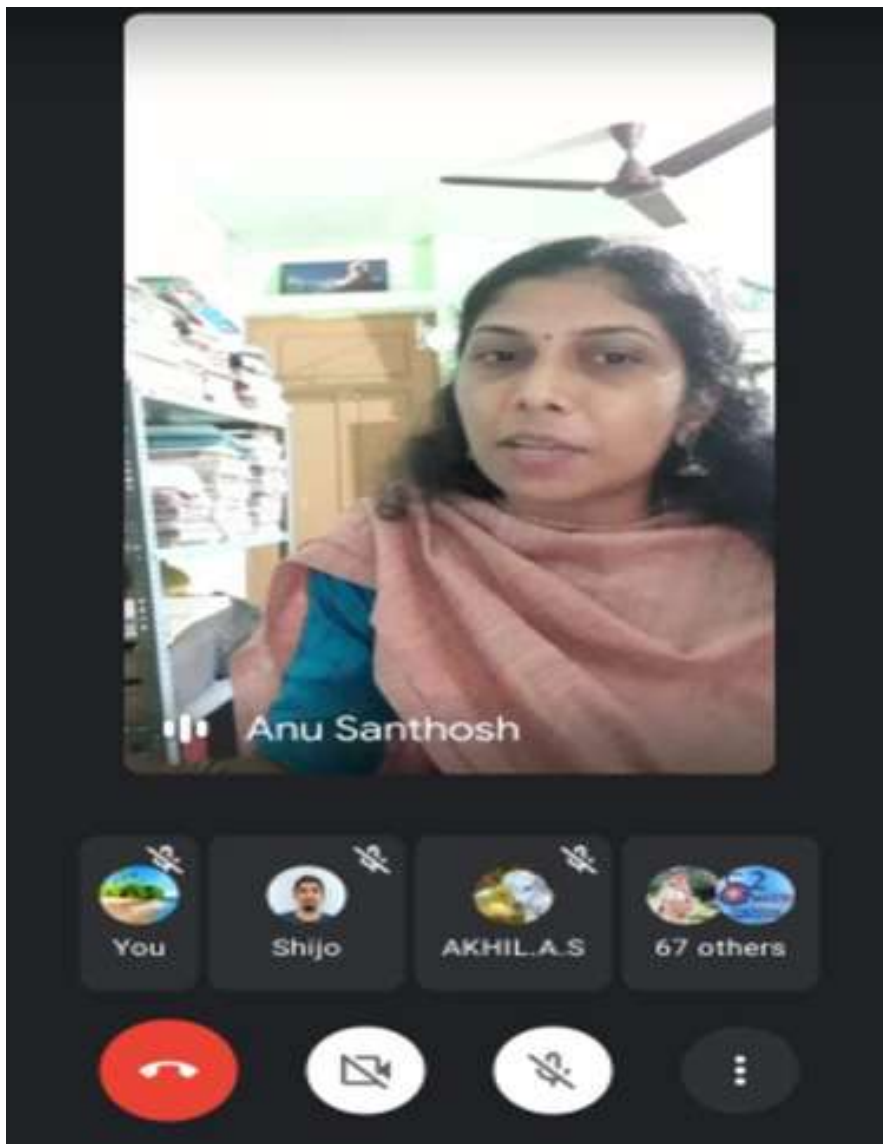
13. TRANSGENDER AWARENESS CLASS

The ignorance and lack of understanding about transgender people in Indian society need to be changed as soon as possible, and it can only be done by spreading awareness among people. Transgender awareness class in collaboration with Social Justice Department was held on October 25, 2019, A.N by 2pm at College Auditorium. Sudheer Kumar, Director, Social Justice Department inaugurated the programme. Maya, LAS Resource person delivered an awareness talk. Transgenders, Vismaya and Ardra shared their experiences. Students realized that, it's their duty to support transgenders and make awareness among Community regarding this.



14. SPEAK OUT AND STAND WITH HER

One-week long Women's day celebration programme from 01/03/2021 to 08/03/2021 was organized in collaboration with NSS unit of our college.



15. NIRBHAYAM APP Campaign

With the joint effort of Kerala Police, NSS Unit 14 A&B and women's cell of St. John's College, Anchal. Volunteer secretary collected the complete list of students, who have downloaded Nirbhayam App, and made it compulsory that all the girls in the college should mandatorily download the same.



16. Gender Sensitization

A meet on "**Gender Sensitization**" was conducted in association with the Dept of Women & Child Development. Problems due to gender inequality, dowry related issues, Backwardness of women in society were some of the topics discussed. Program officers also shared their opinions and views about the topic. The meet were conducted on Zoom platform.

Gender Sensitization Training Programme
(Gender Relation, Gender & Law)
for students of
St Johns College, Anchal
Saturday July 17, 2021 @ 3 PM

  
Government of Kerala,
Women & Child Development Department
Mahila Shakti Kendra | St. John's College, Anchal


Introduction
Sri. P. Ananthakrishnan
Women Welfare Officer,
DLCW - Kollam


Welcome
Prof. Anu Varghese
Assistant Professor(Commerce)
St Johns College, Anchal


Inauguration
Smt. Geetha Kumari. S
District Women & Child
Development Officer, Kollam


Resource Person
Smt. Rekha Lekshmi
Supervisor,
ICDS Sasthamcotta


Vote of Thanks
Prof. Shijo V Varghese
Assistant Professor(Malayalam)
St Johns College, Anchal

Women & Child Development Department, Kollam | District Level Centre for Women, Kollam

17. SELF DEFENCE PROGRAMME FOR WOMEN

As part of International Women's Day celebrations, a self defence training programme for women on 3rd March, 2022. Christina of 2nd Malayalam led the programme by teaching the students martial arts, she is a black belt holder in karate. It was a very useful programme for the students, as they learnt the basic techniques to defend any threats coming against them.



18. Women's Day celebrations- 2022

International Women's Day celebrations was held under the auspicious of women's study unit and college union on March 9th, 2022. Famous playback singer and state award winner Smt. Rajalekshmi was the chief guest of the function. Dr. Anila George, Convenor of the Women's study cell welcomed the guest and the gathering. The chief guest Smt. Rajalekshmi Spoke to the girls of the college regarding her struggle as a woman to find the place she held today and motivated the young girls to dream big and chase their dreams. The meeting was followed by various cultural activities organised by the girl students of the college.



Women Cell Activities (2022-2023)

19. Women's Day celebrations- 2023

The women's day celebration was held at the college auditorium. The chief guest also a former student of the college gave a motivational speech to the students, this was followed by various entertainment organised by the girl students of the college.

