



# NIRMALAGIRI COLLEGE

AFFILIATED TO KANNUR UNIVERSITY, RE-ACCREDITED BY NAAC WITH 'A' GRADE

NIRMALAGIRI, KUTHUPARAMBA, KANNUR, KERALA, INDIA, 670701

[www.nirmalagiricollege.ac.in](http://www.nirmalagiricollege.ac.in)

## BEST PRACTICE - 2 WE (WOMEN EMPOWERMENT)





## Table of Contents

The context.....	3
Objectives of the practice.....	3
Nirmal Sparsh .....	5
Nari Udaan .....	6
Soft Skill Training for Girls .....	8
Dheera: Self-Defence Training for the Female Students .....	9
Orientation for Life Skills and Successful Family Life .....	13
Evidence of success .....	29
Problems Encountered and Resources Required .....	29



## Detailed Report of the Programmes under WE 2017-2022

*'We are together and together we build'*

### The context

The mainstream society still considers women and girl children as the other and constantly attempts to dominate them in all spheres of social life. The unwarranted notion of female subjugation has become part of the cultural consciousness of Kerala. Only through constant efforts aimed at women empowerment that the issues faced by women can be addressed. The girls who are socially marginalized and are lagging behind need constant guidance and support. In Nirmalagiri, majority of students (around 70%) belong to backward castes and minority communities. Of the enrolled 70 percent are girls, who deserve special intervention for upward mobility and building up social capital. As HEIs are centres of social transformation, Nirmalagiri takes up the pleasant task of empowering women for a better future. The challenge is to impart in them a clear idea regarding the social roles they can take up in different walks of life.

### Objectives of the practice

- To empower the girls and women of different strata of society and to integrate them with the social, economic and political mainstream.
- To increase the capacities of women to resist oppression and discrimination in ensuring women empowerment.
- To incorporate necessary skills in female students to help them find better job opportunities.
- To inspire women and girls to stand up for their rights through awareness programs.
- To facilitate overall health and wellbeing of female students through a holistic approach
- To develop the capacity of women to raise their status and role in socio-economic and political realms



<b>Table 1</b> <b>The Structure of the Executive Body and its Functioning</b>		
1	Chairman	Principal
2	Teacher Co-ordinator	One Female staff
3	Student Coordinator	One girl from elected College Union
4	Ex-Officio (2)	Lady ANO and NSS PO (W)
5	Members	Six girls from different classes - nominated – as representatives
<p>This body drafts the annual plan every year and works out the details. Teacher and student in charge of each programme is appointed early in advance and the committee meets every three months for evaluation and assessment.</p>		

<b>Table 2.</b> <b>The strategies and practices fall under four categories</b>			
	Focus	Programme/strategies	Achievements /Remarks
1	Education for Empowerment	<ul style="list-style-type: none"> <li>● Career goal setting and focused attention on upward mobility</li> <li>● Empowering through self-reliance</li> <li>● Soft skill training for girls</li> <li>● Orientation for life skills and successful family life</li> <li>● Certificate course on soft skills</li> <li>● Special programmes for girls from marginalised societies</li> </ul>	<ul style="list-style-type: none"> <li>● Achievements of girls in fine arts, sports, campus placement</li> </ul>
2	Confidence building for taking up social roles	<ul style="list-style-type: none"> <li>● <i>Nirmal Sparsh</i></li> <li>● Dheera- Self-defence training for the female students</li> </ul>	<ul style="list-style-type: none"> <li>● Improved performance in campus placements</li> </ul>
3	Job seeker to job provider	<ul style="list-style-type: none"> <li>● <i>Nari Udaan</i></li> <li>● Social extension</li> <li>● honouring exemplary talents</li> <li>● Follow up through PSC coaching, WWS, SSP</li> </ul>	<ul style="list-style-type: none"> <li>● Start-ups by Nirmalagiri female students</li> <li>● Friday canteen</li> </ul>
4	Nation Building, Democratic process and Socio-Political leadership	<ul style="list-style-type: none"> <li>● NCC sub unit under 9 (K) girls Bn for Girls</li> <li>● Participation in ELC</li> <li>● Active involvement in College Union Election</li> <li>● International Women Day (March 8)</li> </ul>	<ul style="list-style-type: none"> <li>● Elected representatives in college Union and local self-governments</li> <li>● Assisting <i>Kudumbasree</i> initiatives</li> <li>● NSS Best Volunteer Award</li> </ul>



## Multi-Dimensional Programmes under WE

A socio-economic survey of the newly enrolled is conducted annually. It provides a clear picture of the potential, hurdles and background of the female students enrolled. Confidence is built up in students, particularly among women of weaker social backgrounds, through monitoring, counselling, PTAs and PSTAs.

## Nirmal Sparsh

In association with *Hridayaram*, a prominent counselling centre, female students were provided with separate psychological counselling that addresses various psycho-social issues faced by women in our contemporary society. There are many students who struggle to focus on studies due to various issues such as dysfunctional families, financial difficulties, learning disabilities and personal issues. Through continuous efforts of both professionals and teachers, these issues were adequately addressed and remedial measures were sought.





## Nari Udaan

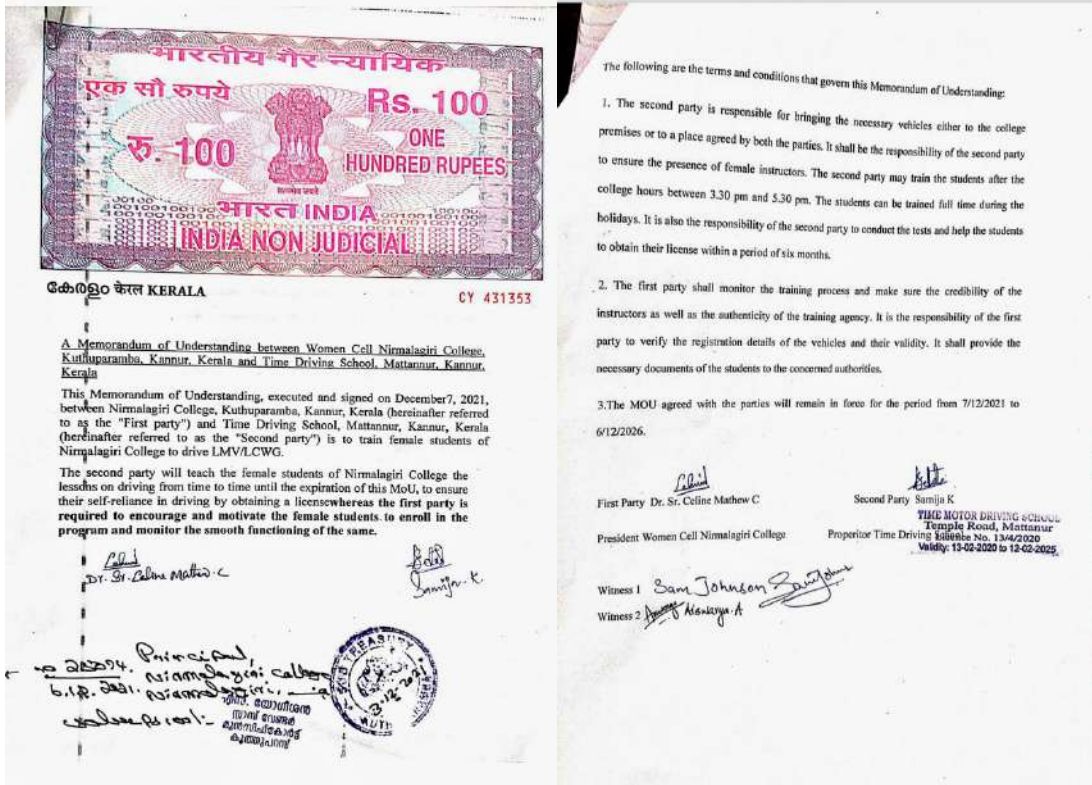
The female students of the institution were given **driving lessons** to improve their self-reliance and independence. Many of them are the sole drivers in their homes.

**Empowering through self-reliance:** free classes on fashion designing, beautician course, stitching, embroidery, ornaments making and glass painting are provided with this aim. These job-oriented training programmes improve the employability of female students. Many students of the Home Science department were able to build their careers by learning these skills.



Driving lessons for female students





MoU between Women Cell and Time Driving School, Mattannur



Free tailoring lessons for female students



## Soft Skill Training for Girls

In collaboration with Mahindra-Nandi Foundation the female students of third-year degree are given soft skill training for improving their communication skills and interview skills. They have been equipped with the necessary knowledge to find a suitable job after successful completion of the course.







## Dheera: Self-Defence Training for the Female Students

Female students of the institution were given intensive training in self-defence techniques by police officers to ensure their safety in an increasingly violent world. Some of the students were trained in martial arts such as Karate. The institution ensures the health of female students by providing facility for fitness training. They are also provided with training in Yoga and Zumba.





In collaboration with Kerala Police the college organised a self-defence programme for girls named 'Dheera' on November 10, 2021.



Fitness training and Zumba

NSS and NCC units of the institution provide First-aid and fire and safety training. We have two NCC sub-units, one for girls under 9 (K) girls Bn Calicut and the other for boys under 31 (K) Bn Kannur.





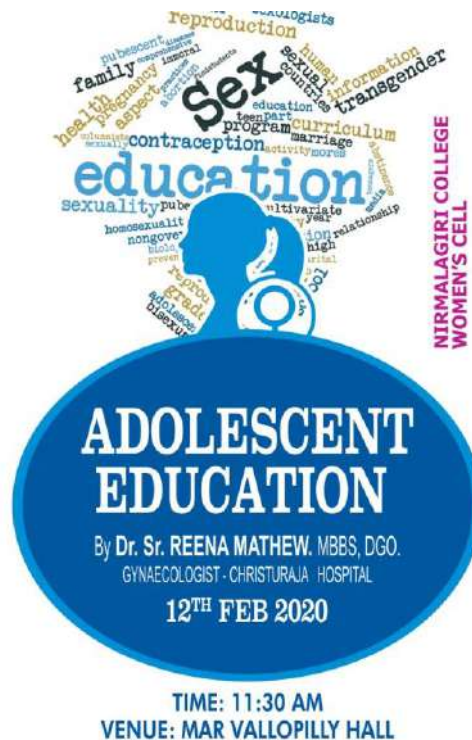
## NCC Girls Battalion of Nirmalagiri College





## Orientation for Life Skills and Successful Family Life

To prepare female students to face the realities of their future family life, the college organises life guidance course each year for outgoing students. Legal awareness programs are also conducted to impart knowledge on legal issues that they may encounter. It also provides necessary legal aid to the needy through legal professionals including those in the alumni.





NIRMALAGIRI COLLEGE KUTHUPARAMBA  
NSS UNITS 255/26



ORIENTATION PROGRAMME:33

# TOPIC: MENSTRUAL HYGIENE



PRESIDENTIAL ADDRESS:

RESOURCE PERSON:

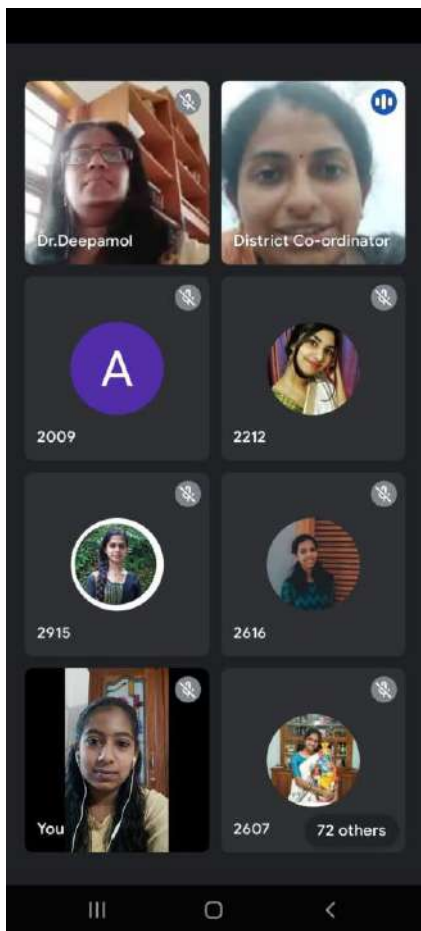


DR. DEEPA MOL MATHEW  
(NSS PROGRAMME OFFICER)



DR. SHABANA BEEGUM  
(MEDICAL OFFICER, SEETHALAYAM  
KANNUR DISTRICT HOMOEOPATHY  
DEPARTMENT)

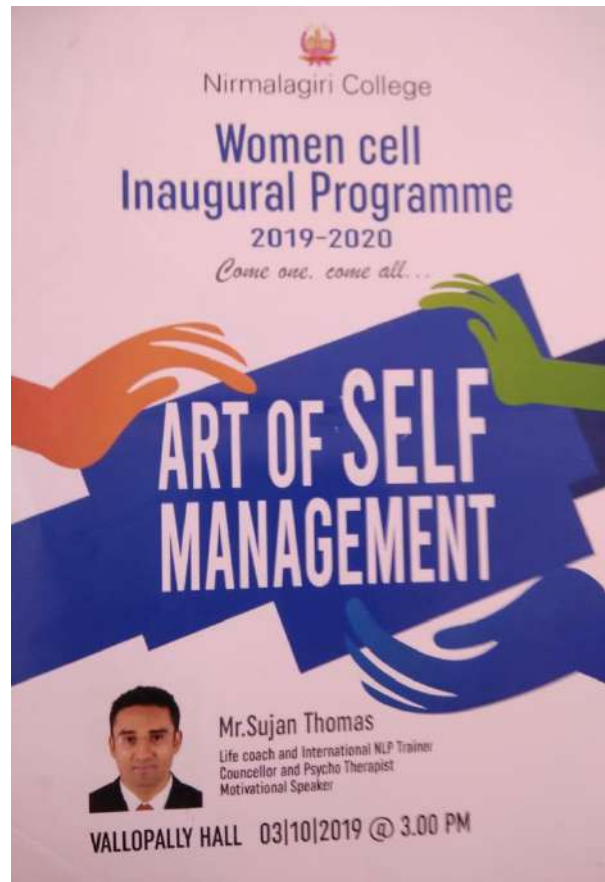
11/08/2021, 4 PM.  
JOIN US



## ഓറിയന്റേഷൻ ക്ലാസ് നടത്തി

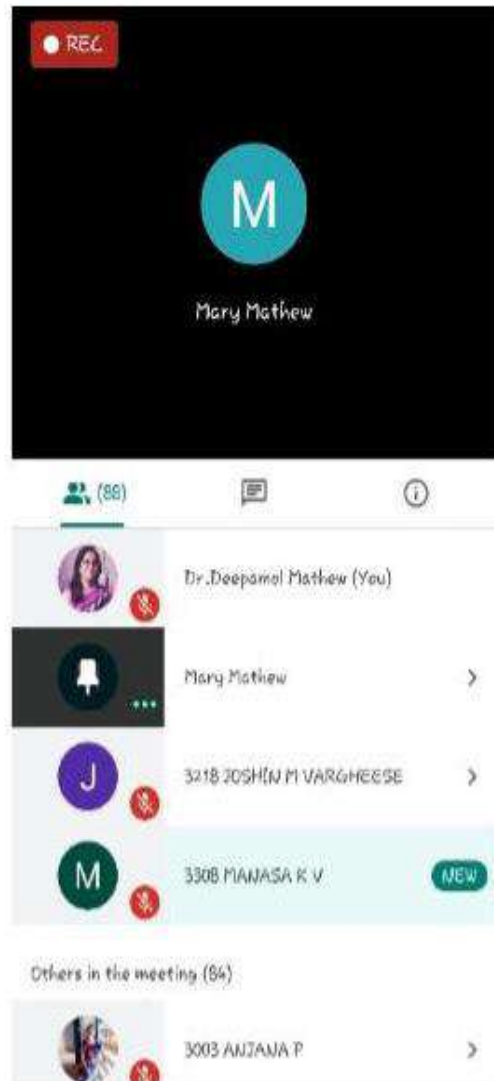
കുത്തുപറമ്പ്: നിർമലഗിരി കോളേജ് എൻഎസ്എസ് യൂണിറ്റ്, മഹിളാ ശക്തി കേന്ദ്രം എന്നിവയുടെ ആഭിമുഖ്യത്തിൽ കണ്ണൂർ ജില്ല വുമൺ വെൽഫെയർ കമ്മിറ്റിയുമായി ചേർന്ന് ആർത്തവ കാല ശുചിത്വം എന്ന വിഷയത്തിൽ ഓറിയന്റേഷൻ ക്ലാസ് സംഘടിപ്പിച്ചു. സീതാലയം കണ്ണൂർ ജില്ലാ മെഡിക്കൽ ഓഫീസർ ഡോ. ഷബാന ബീഗം ക്ലാസെടുത്തു. എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർ ഡോ. ദീപമോൾ മാത്യു അധ്യക്ഷത വഹിച്ചു. മഹിളാശക്തി കേന്ദ്ര വുമൺ വെൽഫെയർ ഓഫീസർ എം.സി. സീനിയമോൾ, വോളണ്ടിയർമാരായ സ്വാതി ബാലകൃഷ്ണൻ, ബി.ശ്രേയ, ടി.സി. ഗോപിക എന്നിവർ പ്രസംഗിച്ചു.







National Service Scheme (NSS) units 25 & 26 together with Women cell conducted a webinar



on 'Legal Aspects of Sexual Abuse' on 25<sup>th</sup> October 2021.





To create awareness against women, the College organised a webinar on the topic of “**Dowry Prohibition Act and Domestic Violence Act.**”

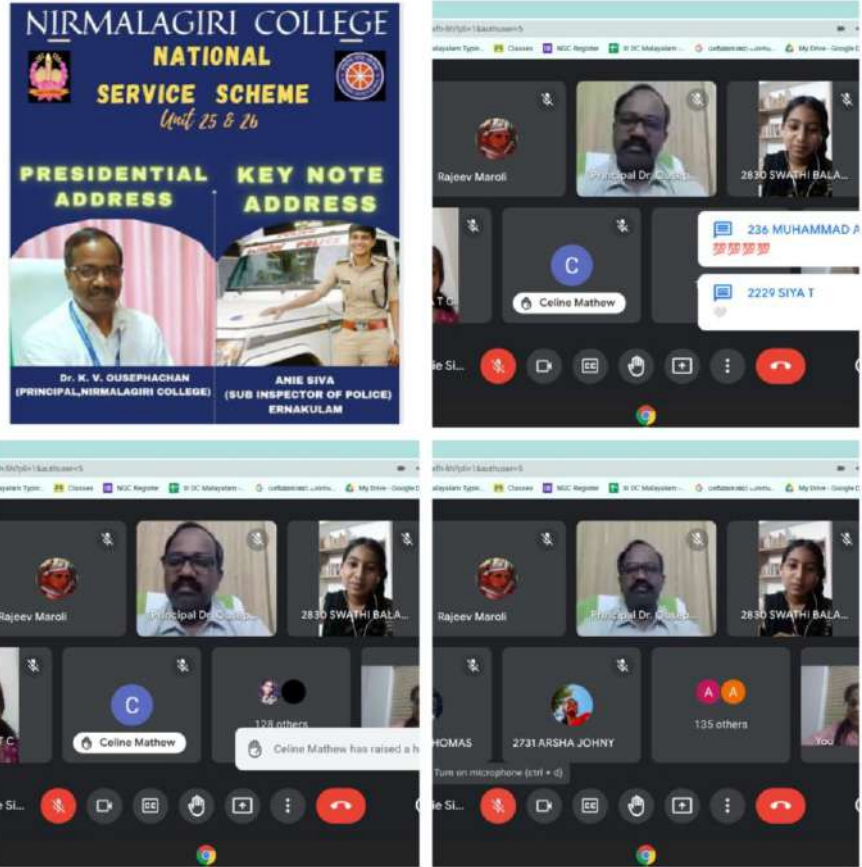


As part of ‘Beti Bachao Beti Padhao’ campaign the college conducted a class on Gender-Based Violence and Employment Opportunities. The session was handled by trained faculties of ‘Snehitha’ trainers, a Kudumbashree Initiative.





The college conducted various **orientation and awareness programmes** aimed at women empowerment.



Annie Siva, Sub Inspector of Police, Eranakulam was the chief guest of the programme **“Still I Rise: Crossing the so called Gender Limits”** on 17 August 2021.

### ആരുടെ മുഖിലും തോൽക്കരുത്: എസ്ഐ ആനി ശിവ

കുത്തുപറമ്പ്: നമ്മൾ തോൽക്കണമെന്നു വിചാരിച്ചാലല്ലാതെ ആർക്കും നമ്മെ തോൽപ്പിക്കാനാവില്ലെന്നും ആരുടെയും മുഖിൽ തോറ്റുകൊടുക്കരുതെന്നും സാഹചര്യങ്ങളെ വെല്ലുവിളിച്ച് നിശ്ചയദാർഢ്യവും കഠിനാധ്വാനവും കൊണ്ട് സബ് ഇൻസ്പെക്ടർ പദവിയിലെത്തിയ ആനി ശിവ. നിർമ്മലഗിരി കോളജ് എൻഎ

സ്എസ് സംഘടിപ്പിച്ച സ്റ്റിൽ റൈസ് എന്ന വെബിനാറിൽ സംസാരിക്കുകയായിരുന്നു അവർ. ജീവിതത്തിൽ സന്തോഷമാണ് പ്രധാനം. അതിന് ജീവിത വിജയമാണ് ആവശ്യം. മാർക്കിനെ മാത്രം അടിസ്ഥാനമാക്കിയുള്ള തല്പനമൂടെ ജീവിത വിജയം അതൊന്നുമല്ല വിജയം നിശ്ചയിക്കുന്നത് നമ്മുടെ വിൽ പവറാണ്. നാം വിചാരിച്ചാൽ നേടാൻ പറ്റാ

ത്തതായി ഒന്നുമില്ല. അതിന് നാം മാരാണെന്ന് തിരിച്ചറിയുകയും കണ്ടെത്തുകയും വേണമെന്നും അവർ പറഞ്ഞു. പ്രിൻസിപ്പൽ ഡോ. കെ.വി. ഔസേപ്പച്ചൻ അധ്യക്ഷത വഹിച്ചു. ഡോ. ദീപാ മോൾ മാത്യു, ടി. സി ഗോപിക, സ്വാതി ബാലകൃഷ്ണൻ സജ്ജയ്, ആർഷജോണി, സെസി തോമസ് എന്നിവർ പ്രസംഗിച്ചു.



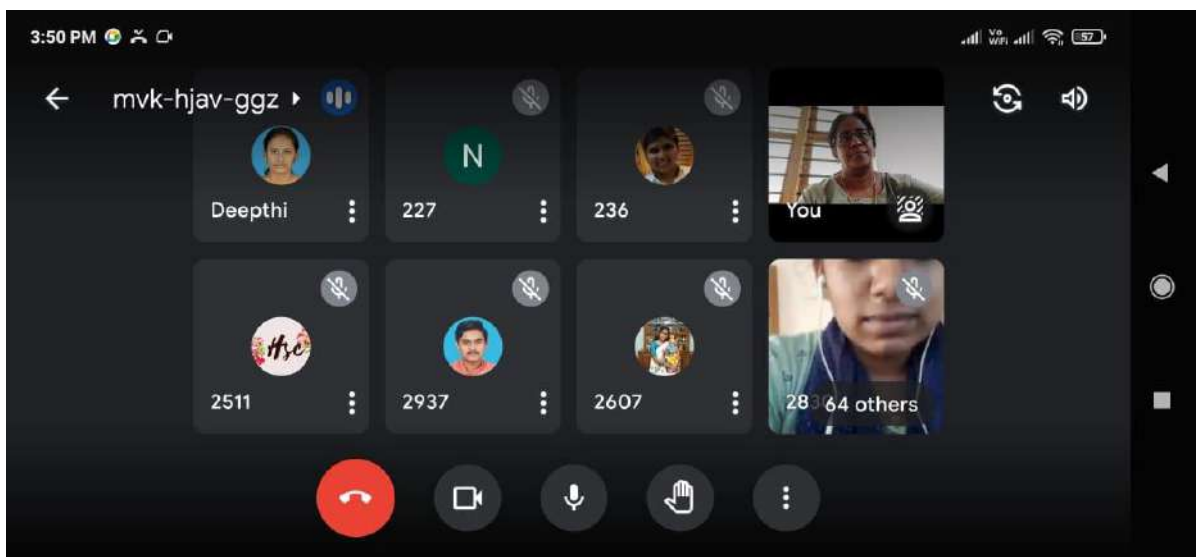
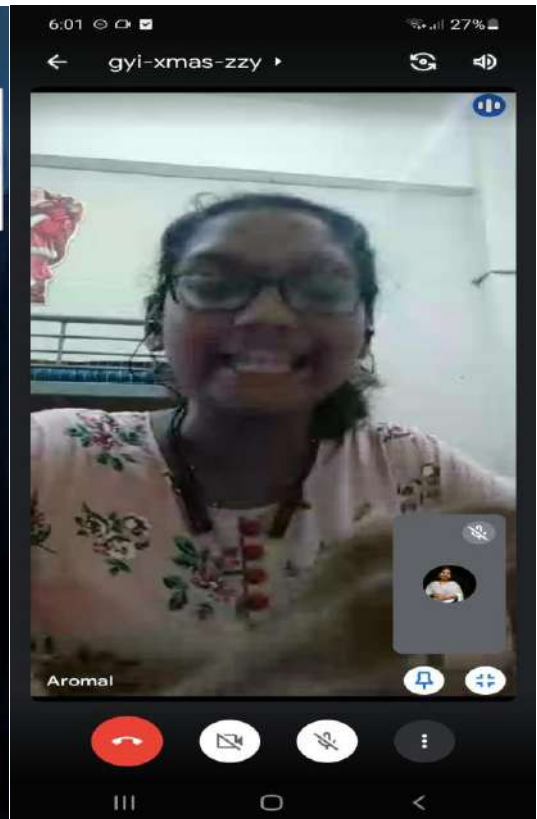
On Malala Day, Dr. Aromal Sunanda, a cancer survivor and leading feminist activist conducted a truly inspirational session to all NSS volunteers. She spoke at length about her life and experiences and implored the female students to break their shackles of exclusions and various other issues faced by them in a patriarchal society.

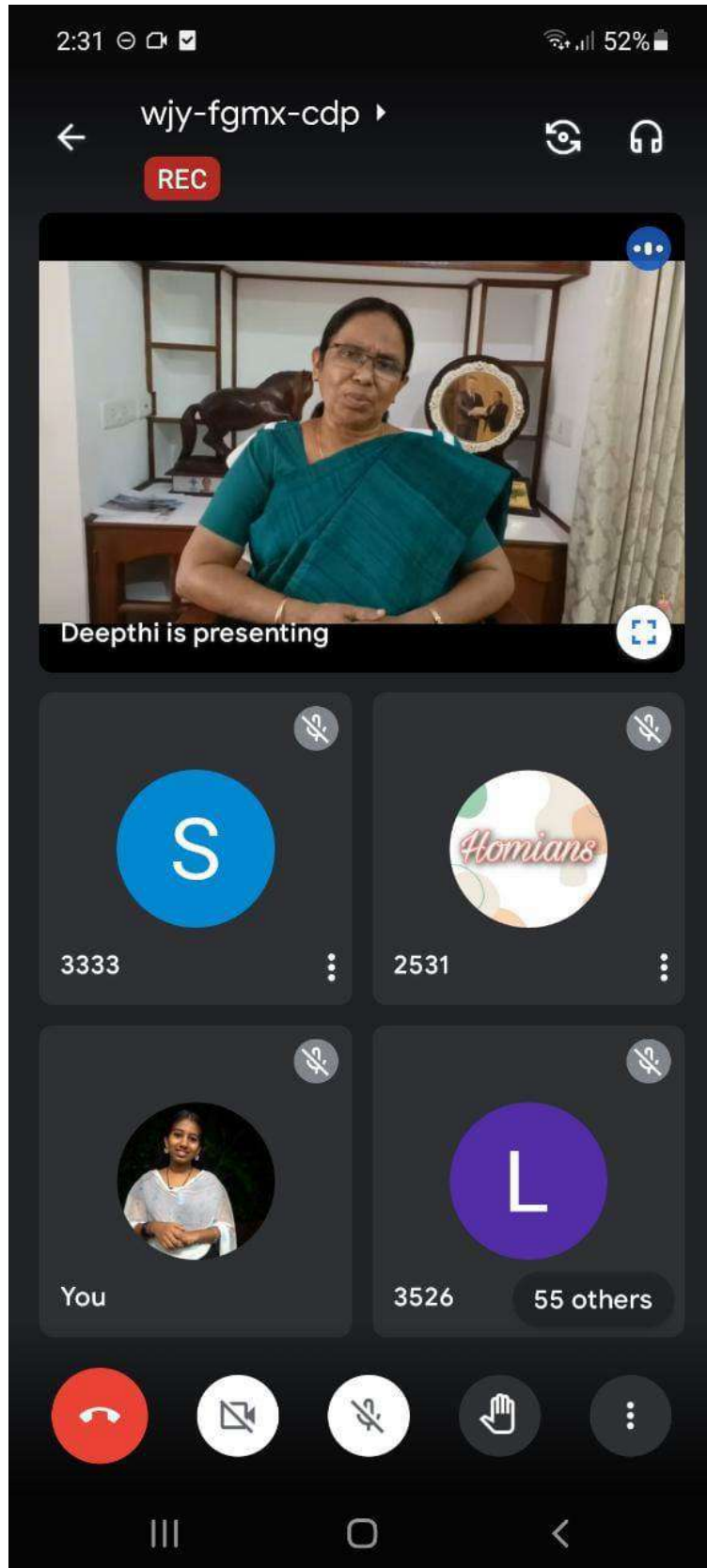
**NIRMALAGIRI COLLEGE**  
**NATIONAL SERVICE SCHEME**  
25 & 26  
**MALALA DAY JULY 12**

**RESOURCE PERSON :**  
  
**Dr. Aromal Sunanda**  
**Vijayarajan, MBBS**

**ORIENTATION PROGRAM : 25**  
**Topic :**  
*"Yes, Possible"*

July 12  
5:00 PM  
Join us





*Health Minister K. K. Shailaja Teacher interacting with female students during the pandemic.*



Staff and students of the college participated in a **virtual walkathon** organised by the Department for Women and Children on 4 December 2020.





The college actively participated in the **Cycle Rally** organised by the Department of Women and Child Development, Govt. of Kerala to create awareness about all kinds of violence against women on November 26, 2021.



A **poster making competition** was organised by the college on the topic of “No to Dowry” in October 2021.





Women cell and NSS units of the college conducted a **flash mob** to create awareness against domestic violence, rape etc as part of the women empowerment initiatives.



സ്ത്രീ ശാക്തീകരണ സന്ദേശവുമായി നിർമ്മലഗിരി കോളേജ് എൻഎസ്എസ് യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ കുത്തുപറമ്പ് ബസ് സ്റ്റാന്റഡ് പരിസരത്ത് സംഘടിപ്പിച്ച ഫ്ലാഷ് മോബ്.

### സ്ത്രീ ശാക്തീകരണ യജ്ഞം: ഫ്ലാഷ് മോബ് നടത്തി

കുത്തുപറമ്പ് • സ്ത്രീ ശാക്തീകരണ യജ്ഞത്തിന്റെ ഭാഗമായി എൻഎസ്എസ് നിർമ്മലഗിരി കോളേജ് യൂണിറ്റ് എൻഎസ്എസ് സ.സംഗാന കോവിഡ് വാതിയേഴ്സ് ഘടകവുമായി ചേർന്ന് ബസ് സ്റ്റാന്റഡ് പരിസരത്ത് ഫ്ലാഷ് മോബ് സംഘടിപ്പിച്ചു. പെൺകുട്ടികളെ ചതിക്കുഴിയിൽപെടുത്തുന്നതു, ഗാർഹിക പീഡനവും ഉൾപ്പെടെയുള്ള വിഷയങ്ങൾ ചേർത്താണ് ഫ്ലാഷ് മോബ് ഒരുക്കിയതെന്ന് സബ് കമാൻഡിങ് ഓഫീസർ സിപ

മോൾ മാത്യുവും ജില്ലാ സ്റ്റുഡന്റ്സ് കോ - ഓർഡിനേറ്റർ സരതി ബാലകൃഷ്ണനും പറഞ്ഞു. അതിൽ വർഗീസി, മിലൻ ഷാ മാലുരും കേന്ദ്ര കഥാപാത്രങ്ങളായുള്ള ദൃശ്യവിഷ്കാരത്തിന് ആവണി സുരേഷ്, മരിയ, സേതുലക്ഷ്മി, അൽഫിൻ, ജയ്റ്റ, അനൂരാഗ് എന്നിവർ നേതൃത്വം നൽകി. ഫ്ലാഷ് മോബ് നിർമ്മലഗിരി കോളേജിലും അവതരിപ്പിച്ചിരുന്നു. കോളേജ് ടൗണിലും പരിപാടി നടത്തും.






The college celebrates **International Women's Day** every year on March 8. The day celebrates the achievements of women all over the world and attempts to create awareness about various levels of oppression suffered by women and remind us about the need to uphold their rights. The college also celebrates **National Girl Child Day** on January 24, **International Girl Child Day** on October 11 and **International Day of Women and Girls in Science** on February 11.



**NIRMALAGIRI COLLEGE**  
NSS & WOMEN CELL

**INTERNATIONAL WOMEN'S DAY CELEBRATION 2022**

**PRESIDENTIAL ADDRESS**  
**Dr. Ousepachan K V**  
Principal, Nirmalagiri College

**CHIEF GUEST**  
**Adv. Preethi Parambath**  
Govt. Pleader & Public Prosecutor, Thalassery

**RESOURCE PERSON**  
**Dr. Sr. Reena Mathew** MBBS, DGO  
Dynaeccologist, Christuraja Hospital

2022 TUESDAY 8 MARCH | TIME : 1:30 PM  
VENUE : MAR VALLOPPILLY HALL







International  
**Women's day  
 Celebration**  
 2020  
 05 MARCH  
 MINI AUDITORIUM



INAUGURATION  
**NAVEENA SUBHASH**  
 REGIONAL CO-ORDINATOR  
 KERALA CHALACHITHRA ACADEMY, CALICUT

NIRMALAGIRI COLLEGE  
 NSS UNITS 25 & 26  
 presents  
 vow writing competition  
**A VOW TO WOMENHOOD**  
 MARCH 08  
**International  
 Women's Day**  
 send your vows to 964 59 6194 5  
 before 7pm (07/03/2021)  
 only for NSS students



NIRMALAGIRI COLLEGE  
 NATIONAL SERVICE  
 SCHEME  
 UNIT NO. 25 & 26

**INT'L  
 WOMENS  
 DAY**

"BODY, IDENTITY & GENDER ROLES"  
**ANJANA GEORGE**  
 Senior Correspondent, The Times Of India

- Former Programme Producer at Sreeang Community Radio
- Former Journalist at Dharma Chronicle
- Former Lecturer in Journalism at St. Aloysius College, Mangalore

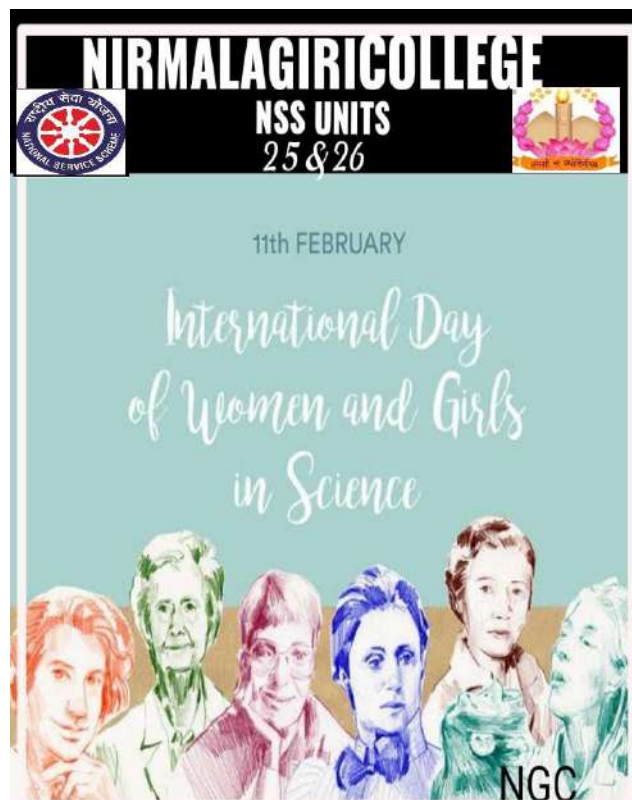
MARCH 08 05:30 PM

Join Us!! #CHOOSE TO CHALLENGE





Ms. Naveena Unni, Regional coordinator of Kerala Film Academy, Kozhikode interacting with female students of Nirmalagiri as part of Women's day celebration on 8<sup>th</sup> March 2018.





**Table 3.**  
**The Comprehensive approach and stages of working of WE**

<i>Semesters</i>	<i>Objective of Involvement</i>	<i>Nature of Involvement</i>	<i>Level / Stage</i>	
<i>Semester I</i>	Understand the Student	Socio-Economic Survey	<b>Preparatory Stage</b>	
		Identifying the talents and potential – Talent pool (Questionnaire)		
		Identifying the struggles and hurdles		
<i>Semester II</i>	Corrective intervention and Confidence Building	Counselling, mentoring and guidance		
<i>Semesters III, IV &amp; V</i>	Capacity Building	Soft skills trainings		<b>Take-off</b>
		Technical trainings		
		Certificate courses		
<i>Semester VI</i>	How to Face Reality?	Interaction with alumni and successful leaders in socio-political arena.		
<i>After Graduation</i>	Companionship and support by alumni	Support of alumni association in securing jobs and legal help during times of crisis	<b>On their own wings</b>	



## Evidence of success

- In the last five years more than 250 female students of the college got driving licences under the aegis of *Naari Udaan*.
- 93 female students got stitching training.
- More than 350 female students received self-defense and fitness training
- The increase in the number of girls appointed in various companies, banks and other organizations through campus placement. Out of 29 students who got campus placement 22 are women.
- Clothes are distributed to 21 students through dress bank.
- Improvement in psychological and emotional stability of the female students
- Active participation in cultural activities and sports and inclusion in state-level and national-level teams

## Problems Encountered and Resources Required

- Breaking the culturally constructed inhibitions and preconceived notions of the youngsters proved to be difficult
- Discouraging attitude of orthodox society and family towards women entrepreneurs for taking up challenging financial initiatives
- Tight work schedules and online classes during the pandemic limited the space for interaction with a large number of students and affected resource mobilization programmes.