



MAR IVANIOS COLLEGE

Autonomous | Committed to Excellence in Higher Education since 1949

Re-accredited (Fourth Cycle) with A+ Grade by NAAC | DST-FIST College | NIRF 2023 - 45th Rank

UGC College with Potential for Excellence | UGC PARAMARSH Mentor College

(Affiliated to the University of Kerala)

REPORT ON GENDER EQUITY PROMOTION PROGRAMMES DURING THE PERIOD 2018-23

In consonance with the policy ideals of ensuring equality of gender and honour the ethos of Millennium development Goal No: 5 of the United Nations to which India is a party to, Mar Ivanios College initiated various measures.

Mar Ivanios College believes that Gender Equality is a continuous engagement entailing timely and phased interventions and it is our commitment to hold the ideals of equality as highest policy priority in all our development objectives.

The following are the measures that are enunciated as a part of achieving gender parity at both infrastructural and policy levels.

For the first time in the history of the college, a woman Principal has assumed office and under her leadership, the institution is striving towards attaining greater goals in academic excellence and comprehensive progress of the student community.

Gender sensitivity is imparted in all key areas of administration by appointing a woman Controller of Examinations, Librarian, and Office Superintendent and their contributions are of immense significance in highlighting the role of women in an institutions growth and evolution.



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Most of the Heads of Departments who are responsible for the day-to-day administration of respective departments and academic as well as student related matters are women, and their leadership is an inspiration for the students.

The non-teaching staff, especially, the housekeeping staff that form the core of administrative mechanism of the college are also women.

The faculty members who are the backbone of the institution are predominantly female, and, in order to ensure employment parity and to ensure safety and security of women, a female security staff is also appointed.

The students' union, the primary organization that is led by students, features a prominent number of women office bearers and the Chairperson for the year 2021-22 was a woman and most of the Executive Committee are composed of women.

Apart from varied activities that are inclusive in outlook and practice, the college has further made infrastructural arrangements to reflect the approach.

The restroom complex for women in the college is built with sufficient facilities and is well illuminated and perimeter fencing is provided to enhance safety.



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The college is also committed towards ensuring the rights of Divyang students, and a Divyang friendly restroom is also provided in the campus with ramp access, and railings.

With a vision to make access to menstrual products and to further idea of menstrual hygiene, which contributes to overall health and well-being of women, a sanitary napkin vending machine is provided in the campus.

A holistic approach towards augmenting the skills of women is reflected in the commitment of the college by functioning a Women's Cell that redefines leadership roles, volunteering initiatives and equipping them with

Apart from these measures Mar Ivanios college is committed to the emotional, physical and intellectual progress of women and we believe in the dictum of "*yatra naryastu pujiyante ramante tatra devata,*" which implies that honour and divinity of a woman will flourish, wherever a woman is worshipped there is divinity.

It shall be our endeavour to inculcate a feeling of gender parity and sense of equality in the community across the stakeholders.

Women's cell- Activities and initiatives with a woman centric approach



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During the last several years, the women's cell of Mr Ivanios College has functioned with a multipronged approach towards addressing the systemic gaps that discouraged women students from realizing and achieving their fullest potential in activities and skill development.

Towards meeting this objective, the women's cell has augmented the talents and skills of women students through various programs, exhibitions, demonstrations that showcased their skills and instilled a confidence in them.

The position of Women's Cell is based on the premise that a societies growth is co-dependent on the development of women, through education, access to opportunities and promotion of women centric leadership and activities through which the girl students are empowered.

The regular arrangement of programs and interactions where resource persons, who are mostly women celebrities who challenged the stereotypes and became leaders in their own rights are featured.

From civil service officers of the Indian Police Service Cadre to academic leaders including vice chancellors, Post Mistress General, to poets have interacted with girl students and boosted their morale and confidence.



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Awareness programs such as nature of cyber crimes against women and children are discussed in detail.

In short, the activities of the Women's Cell are designed to impart a multi-pronged approach to empowerment, enabling the woman-self and to create awareness of various issues that are faced by women.

Inauguration of Women's Cell for the year 2017-18

The Women's Cell 2017-18 was inaugurated by Ms. Shobha Koshy, Chairperson of the Kerala State Commission for Protection of Child Rights and former Chief Post Master General on 6th October 2017 at the college auditorium. The logo of the Women's Cell was released by the chief guest. The Keynote speaker, Ms. Arya Gopan IES, former student of our college addressed the women students of our college.



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Inauguration of Women's Cell for the year 2019-20

The official inauguration of the women's cell of Mar Ivanios College was conducted on 22/07/2019 at college auditorium by Dr.Sharmila Mary Joseph IAS (Principal secretary AYUSH). Krishna who was titled as university kalathilakom for the year 2018-19 and R.Sreekala, member Indian basketball team were honoured by giving cash award.



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Skill augmentation activities

Stitching Class

Women's cell 2019-20 of Mar Ivanios college organised a stitching training class for girls. Its inauguration was held on August 1, 2019, at Mar Ivanios College tailoring centre. 20 students have been started stitching training.





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Fabric Painting Class

Women's cell Mar Ivanios College organised one day workshop on Liquid Design on Fabric in association with Fevicryl private Ltd on 21/08/2019. 40 students of the college got trained and started designing their dresses.





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CANCER AWARENESS PROGRAMME

Cancer care Research Foundation, Mar Ivanios College Women's cell and Regional Cancer Center Trivandrum jointly organised a cancer awareness seminar on 14-8-2019 at Mar Ivanios College Auditorium. Dr.Divya S Iyer IAS inaugurated the Seminar. Dr.M.C. Kalavathy (Asst.Prof.RCC, TVM) led the awareness programme. All women teachers and women students have participated in the programme.

CCRF | MAR IVANIOS COLLEGE WOMEN'S CELL |
REGIONAL CANCER CENTRE TVM
JOINTLY ORGANIZE

**Cancer
Awareness
Seminar**

INAUGURATION
DR. DIVYA S IYER , IAS
CLASS BY
DR. M.C. KALAVATHY, ASST. PROF. RCC, TVM
VENUE :
MAR IVANIOS COLEGE AUDITORIUM

14th August 2019
@ 11 AM





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Self Defence Awareness Class

Mar Ivanios college women's cell arranged a self defence class and demo for girls on 27-8-2019.

Gerikhai Karate School and Marshal Arts director Adv Josh Rajan and team have taken a awareness class for 1.5 hrs and 350 girls participated.



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Self-defence Training

Under the guidance of Mar Ivanios College women's cell a- 30 hr self defence programme has been started for girls . 7 girls started Self Defence Training with classes held on Tuesday and Thursday.



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Saving Schemes Talk

Women's cell of Mar Ivanios College organised a talk on saving schemes for lady faculty members on 11/10/2019 at 2.30 p.m. Various schemes like SIP, mutual fund, investment plans, tax exemption savings etc was discussed in the 1.5 hrs session. Mr Sanjeev Kumar Gopalakrishnan (Principal financial planner, Prognofinancial consultancy Private LTD) has led the session



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WOMEN'S CELL
MAR IVANIOS COLLEGE
ORGANISES

TALK ON SAVING SCHEMES



BY

Sanjeev Kumar Gopalakrishnan CFP,
Managing Director & Principal
Financial Planner, Progno Financial
Planning Systems Pvt LTD

**ON 11/10/19 FRIDAY @ 2:30PM
VENUE: MAR GREGORIOS HALL**



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Talk on Health and Hygiene

Women's cell Mar of Ivanios College organised a talk and interactive session on Health and Hygiene with Dr Santhamma Mathew, MBBS, MD, DGO, Credence Hospital, Trivandrum on 14-02-2020. More than 350 girl students from the college have benefited from this programme.



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**Women's Cell Mar Ivanios College
Organises**

a Talk on Health 'n' Hygiene

BY



**Dr. Santhamma Mathew
MBBS, MD, DGO
Credence Hospital, TVM**

**Date: 14/02/2020, Friday
Time: 1.30 p.m
Venue: College Auditorium**





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Self Defence Training Valedictory

7 girls of Mar Ivanios College, have completed 30 hrs self-defence training programme successfully. The programme was started by Women's cell in association with Gerikai Karate School of Martial Arts 3 months ago. Gerikhai Karate School director Adv. Josh Rajan and Trainer Devi felicitated the function.



International Women's day celebrations – a specific day is a reminder of what you ought to be for the rest of all days...

The importance of International Women's Day as a signpost against sufferings and discriminations suffered by women and holding our resolve against these atrocities are reflected in numerous programs conducted in on this day.

International Women's day –Walkathon



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Women's cell and women's study unit of Mar Ivanios College organised a walkathon in regarding International women's day on 5/3/2020 at 10.30 a.m. After the Principal's message, eminent Malayalam poet and essayist Ms RoseMary flagged off the walkathon. 300 girls and women's cell members have participated in the walkathon. Girls have covered 2km long main road and returned at the college. After refreshment Ms Rose Mary delivered a motivational speech at college auditorium.

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Ms. WALK

Paths Are Made By Walking...

WOMEN'S CELL MAR IVANIOS COLLEGE

organises 'Walkathon' in
connection with
International Women's Day.

Flag Off And Talk
by



ROSE MARY

(Malayalam Essayist and Poet)

Date: 5/3/2020

Time : 10.30 a.m





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Medicine Kit distribution

Women cell (2019-20) Mar Ivanios College, bought medicines of Rs-6000/- for 12 departments. A kit containing sanitizers, dolo / paracetamol tablets, band-aid adhesive dressing, betadine solution and vicks



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vaporub jars were placed in the first aid box in various departments.

Activities of Women's Cell for the year 2022-23

Despite the Covid pandemic disrupting the regular activities, for the year 2021-22, the womens cell continued its activities in the year 2022-23

ONAM 2022 (31/08/2022)

The Women's cell unit of Mar Ivanios College organized Onam celebrations in the campus on 31/08/2022 with a Payasam mela where delicious variants of Payasam were displayed and kept for sale. The proceeds of the sale were used for charity purposes.

Along with the Pasayam Mela, Malayali Manka Competition was arranged for girl students of the college. All the contestants participated actively and the winners were given prizes.





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CURTAIN RAISER EVENT (11/10/2022)

On 11th of October 2022, at the basketball court, the Ivano Women's Cell 2022-23 came up with its curtain raiser event indicating upcoming activities of the year.

The students got an idea of the unit and its proposed activities and many students came up with various ideas and performances for the upcoming events. The event was truly a curtain raiser that revealed what is on the stage and how the team will unfold itself.



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The event happened to be the first program for the first year students which gave them a stage to exhibit their talents and team spirit.

A flea market was also organised where various participants could sell their crafts and food.



KERALA PIRAVI DAY CELEBRATION (01/11/2022)



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On 1st November 2022, Ivano Women's Cell organized cultural events and games at the basketball court. The event is to celebrate the formation of the state of Kerala and its significance.





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ORIGAMI WORKSHOP (14/11/2022)

On 14th November 2022, an origami workshop was organised and headed by Dr. Bindu Alex (Women Cell convenor). Various crafts had been taught to the girls which was welcomed by them with their active participation. Materials were provided by the college.





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DECOPOUGE WORKSHOP (16/11/2022)

On 16th November 2022, a *Decopouge* workshop was organised by Ivano Women cell led by Ms. Geetha Karthika, a very talented entrepreneur who is an accomplished person in her field of art.



ARTS AND CRAFT EXHIBITION (26/11/2022)

On 25 th November 2022, "Arteria" an art and craft exhibition was organised by Ivano Women Cell. The event had been a huge success where girls brought in their paintings and crafts which was mind blowing. All



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the coordinators of the event were actively involved and participated well for the success of the event. The teachers and students had the opportunity to view the exhibition which was inspiring for many. Art and



craftworks had been sold as well





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INAUGURAL CEREMONY OF WOMEN'S CELL (30/11/2022)

The inauguration of Ivano Women's Cell for the year 2022-2023 was held on 30th November, 2022. Dr Aswathy Srinivas IAS , sub collector of Thiruvananthapuram was the guest of honour. She voiced her reflections pertaining to the occasion and was indeed motivating for everyone present. It was followed by Dr Bindu Alex , the Women's Cell convenor , discussing all the excellent activities the group did in the past year. The beam of light representing the responsibilities of the cell was handed over to the newly selected Women's Cell student coordinators . An amount of Rs 10,000 collected as part of the fests conducted by the Women's Cell was handed over to Dr. Shirley Stewart as contributions by the students to charity. Women's Cell also released its first women's magazine named "Aval" on



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the same day indeed a proud moment for the Ivano Women's Cell and the team.



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Ivano Women Cell
Magazine 2021-22

അവാൾ


നങ്ങളി മുതൽ അതിജീവിതവരെ


MAR IVANIOS COLLEGE (AUTONOMOUS)

IVANO WOMEN CELL 2022-'23 INAUGURAL CEREMONY

GUEST OF HONOUR
Dr. Aswathy Srinivas IAS
Sub collector, Thiruvananthapuram



30th November, 2022
College Auditorium
10:00 am






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HEALTH TALK SESSION (27/01/2023)

A health talk session on “*Awareness of healthcare in adolescent and young girls*” was conducted by Ivano Women Cell for the girl students of the college on 27th January, 2023. The talk was led by Dr Sreekumari R, Head, Obstetrics and Gynaecologist, Credence Hospital, Trivandrum. The talk was very informative and interesting.

**Mar Ivanios College (Autonomous)
Ivano Women Cell**

*Health talk session on
"Awareness of Healthcare in adolescent
and young girls"*

**27/01/2023
1.30 PM
MAR GREGORIOS HALL**

Class lead by
Dr .Sreekumari R
MBBS,MD(OBG)DGO
Head ,Obstetrics and Gynaecologist
Credence Hospital



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WOMEN'S DAY (08/03/2023)

As a part of the International Women's Day, the programs were conducted on two days. On March 8th2023, a self-defence workshop was organised by the Ju-Jitsu and Sambo association of Trivandrum where the girls actively participated. The mentors called in girls to the stage to make the actions clearer, informative and entertaining.



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MAR IVANIOS COLLEGE (AUTONOMOUS)
IVANO WOMEN'S CELL 2022-'23
PRESENTS
SELF DEFENSE
WORKSHOP
FOR GIRLS ON
INTERNATIONAL
WOMEN'S DAY
by
Ju-Jitsu & Sambo
Association of Trivandrum
MARCH 8 2023 | 9:30 -10:30| Room no:401



Turn fear into power





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On March 10th 2023, a department wise food fest and cultural events were organized at the basket ball court and the students performed a theme based mime performance which was thought provoking, the crowd enjoyed as well.



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Summary

The activities of women's cell over the years of assessment period have only increased in its scope, significance and relevance. The women's cell has also transitioned its objectives in need of the stated policy of the concept of Harnessing the power of the feminine, whose potential when encouraged and channelized would pave way for not the just the prosperity of individuals but the nation as a whole.