



NAVAJYOTHI
COLLEGE CHERUPUZHA
AFFILIATED TO KANNUR UNIVERSITY



WOMEN CELL POLICIES AND REGULATIONS

LAKSHYA WOMEN CELL NAVAJYOTHI COLLEGE

Navajyothi College

WOMEN CELL POLICIES AND REGULATIONS

INTRODUCTION

Navajyothi College has women cell aims at making women aware of their rights and duties. It also provides a platform for women to share their experiences/views about gender inequalities and social status and suggest ways to empower themselves. The objective of the Women Cell is to enrich and uplift women students intellectually. At the same time, this cell also promotes events supporting women empowerment. The policies and programme structure of the women cell at Navajyothi College are prepared in reference with the Kerala State Women Development Cooperation Ltd., under the government of Kerala.

Purpose of Women Cell

The women cell functioning in the college has the following purposes to meet. Empowerment would be achieved only when advancement in the conditions of women is accompanied by their ability to influence the direction of social change gained through equal opportunities in Economic, social and political spheres of life. They are designed within the framework of UGC guidelines;

- Empower women in the college through awareness on the various initiatives for capacity building of women, like women-centric fellowships and scholarships, training for women in entrepreneurship, empower them through soft-skill and complex skill training.
- To create safe spaces in college for women by providing this platform for lodging complaints related to violence and harassment against women.
- Elimination of all forms of violence against women through the strengthening of policies, Legislations, programmes, institutions and community engagement.
- Development and empowerment of women belonging to the vulnerable and marginalised groups.

- Building and strengthening stakeholder participation and partnerships for women Empowerment.
- Strengthen monitoring, evaluation, audit and data systems to bridge gender gaps.
- Transforming discriminatory societal attitudes mindsets with community involvement and engagement of men and boys.
- Equal participation in the social, political and economic spheres, including the institutions of governance and decision making.

Structure of Women Cell



Objectives of Women Cell

- To encourage greater participation and to develop responsible and value oriented leadership in women students.
- To enhance the self-esteem and self-confidence among women students, faculty and staff in the college.
- To provide training for women so that they become empowered in their young Age, thereby making them self-sustainable in society.

- To promote intellectual and cultural activities for the overall personality development students.
- To equip the students to the maximum for the betterment of society.

Programmes and Activities of Women Cell

Navajytohi College women Cell shall organise the following programmes during an academic year to benefit the women students and staff on the campus. However, they shall not limit to the below-mentioned programmes.

Proposed Programmes under Training Wing

1. Academic/Performance Success Program Topics

- Time/Stress Management
- Interview Techniques and Group Discussion
- Personality Development
- Motivation
- Presentation Skills
- Career Guidance and Career Counselling
- Emotional Intelligence
- Effective Communication
- Positive Mental Attitude

2. Social Belonging or Social Engagement Program Topics

- Healthy Relationships
- Relationship Violence
- Social Commitment
- Team Building
- Assertiveness
- Social Skills Training

- Moral, Cultural and Social Values in Family

3. Gender Awareness

- Welfare Programmes For Women, Children, Youth
- Laws for The Protection and Care of Women and Children
- 181 Women Helpline
- Status and Role of Women/Changing Role and Status of Women in Kerala
 - ❖ Women and Family
 - ❖ Women and Religion
 - ❖ Women and Education
 - ❖ Women and Economy
 - ❖ Women and Media
 - ❖ Women and Environment
 - ❖ Women and Health

4. Athletics/ Self Defence/Other Wellness Training Programmes

Participation in physical activity can assist in the social development of young people by providing opportunities for self-expression, building self-confidence, social interaction and integration. It is also suggested to include self-defence training, fire and safety training, and first aid training for young women.

CULTURAL WING

Cultural Wing under Women Cell should always include a social theme. A Chinese proverb very aptly states, “Teach me, and I will forget. Show me, and I might remember. Involve me, and I will never forget.” Through cultural performances, different social themes to be conveyed are explored, shaped and symbolically represented.

Following are the **programmes the Cultural Wing of Women Cell** is expected to organise.

1. Theme Dance
2. Theme shows
3. Street play

4. Mime show
5. Flash Mob
6. Film/Documentary Screening
7. Exhibitions/ Fundraising programmes for community intervention/ Charity Donations

Publishing Manuscript

Women Cell members can publish their creative writings. The manuscript should include the following:

- Title
- Principal's message
- WC Teacher Co-ordinator's Message
- Editorial
- Articles and art

COMMUNITY INTERVENTION WING

One of the significant focuses of women cells is to conduct community intervention programs. Currently, the youth volunteering scenario thrives as independent volunteering within the community where the different needs are aplenty, but involvement still needs to be worked on. An initiative to help others will mould young minds as responsible individuals. As community volunteering is a grounding experience, especially for young women, it helps shape them as mature and responsible individuals.

Following are the **proposed activities**.

1. Visit Old age homes/orphanages/ correctional setting
2. Conducting Camps- Blood donation/ Diabetes/ Eye check-up
3. Social good campaigns/ Rallies
4. A session on child-development topics in a School.

Conclusion

The college's women cell is recommended to contribute to the cause of social and gender equality actively. The institute expects that the women cell shall uphold the vision and mission of the institute and promote the goodwill of the college wherever and whenever they engage in the activities.

Principal