



## SANATANA DHARMA COLLEGE

Affiliated to University of Kerala  
Re Accredited by NAAC with A+ Grade (3<sup>rd</sup> Cycle)  
Sanatanapuram, Alappuzha-688003, Kerala

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7.1.1 : Specific facilities are provided for women in terms of

### a. Safety and Security

- Well-trained and vigilant security guards.
- Security checkpoints at all campus entrances and exits.
- Extensive surveillance cameras with 24x7 monitoring.
- Assigning duty to all faculty members for ensuring discipline and security during sensitive times (led by the discipline committee)
- Strict implementation of Anti-Ragging monitored by Anti-ragging cell in the Campus.
- Discipline Committee: College appoints a Discipline Committee to ensure smooth and uninterrupted conduction of various college programmes and activities.
- Newly constructed Women Friendly Rest Room, a CSR initiative of Kerala State Construction Corporation Limited.
- Well maintained hostel for women. Women's hostel has only female warden and matron. Duties of matron is arranged in such a manner that matron remain there continuously for 24x7hrs. Hostel warden also reside near hostel premises. Only female cook and helpers are there in girl hostel. No males are allowed in the hostel premises without due permission.
- It is mandatory for all the students to inform leave to the warden and matron. In some cases, wardens contact their parents before granting them permission. There are strict entry times of all girl's hostel.
- Female faculty members and students also play a very active role in the events and fests organized by various clubs of the college. Girl's students along with female faculty members are allowed to go on industrial visits, sports competition, university arts festival etc



Ladies Rest Room

Paravur, Kerala, India  
F89Q+JVJ, SD College Rd, Kalarcode,  
Thookkukulam, Paravur, Kerala 688003, India  
Lat 9.469172°  
Long 76.339787°  
23/06/23 05:22 PM GMT +05:30

Security Personnel at Entrance



Women Friendly Rest Room

Paravur, Kerala, India  
F89Q+JVJ, SD College Rd, Kalarcode,  
Thookkukulam, Paravur, Kerala 688003, India  
Lat 9.469172°  
Long 76.339787°  
23/06/23 05:22 PM GMT +05:30



Bus Sop, Opp SD College, Above Dream Bakers, Bypass Jn NH 66, Eravukad, Kalarcode,  
Thookkukulam, Alappuzha, Kerala 688003, India  
Latitude 9.468791° Longitude 76.338871°

LOCAL 17:33:30 GMT 12:03:30 MONDAY 06.26.2023 ALTITUDE -63 METER



Women's Hostel



Vadackal Rd, Kalarcode, Eravukadu, Alappuzha, Kerala 688003, India  
Latitude 9.466241° Longitude 76.337859°  
LOCAL 14:46:24 GMT 09:16:24 SATURDAY 09.25.2021 ALTITUDE 0 METER



  
A CSR INITIATIVE OF  
KERALA STATE CONSTRUCTION CORPORATION LTD.  
**WOMEN FRIENDLY REST ROOM**  
S.D. COLLEGE, ALAPPUZHA

  
കേരള സ്റ്റേറ്റ് കൺസ്ട്രക്ഷൻ  
കോർപ്പറേഷൻ ലിമിറ്റഡ്  
സി.എസ്.ആർ.സ്കൂൾ സൗഹൃദ വിശ്രമ കേന്ദ്രം  
എസ്.ഡി.കോളേജ്, ആലപ്പുഴ  
തീയതി : 2021 സെപ്റ്റംബർ 25  
ഉദ്ഘാടനം  
**ശ്രീ.പി.എ.മുഹമ്മദ് റിയാസ്**  
(ബഹു. പൊതുമരാമത്ത്-ടൂറിസം വകുപ്പ് മന്ത്രി)  
അദ്ധ്യക്ഷൻ  
**ശ്രീ. എച്ച്. സലാം**  
(ബഹു. എം.എൽ.എ., അമ്പലപ്പുഴ)  
മുഖ്യാതിഥി  
**ശ്രീമതി സൗമ്യ റാജ്**  
(ബഹു. മുനിസിപ്പൽ ഡെപ്യൂട്ടി സൗത്ത്, ആലപ്പുഴ)  
സാനിധ്യം  
**ശ്രീമതി സിന്ധു ടി.എസ്.**  
(മാനേജിംഗ് ഡയറക്ടർ, കെ.എസ്.സി.സി.ലിമിറ്റഡ്)  
**ശ്രീ.പി. കൃഷ്ണകുമാർ**  
(മാനേജർ, എസ്.ഡി.കോളേജ്, ആലപ്പുഴ)  
**ഡോ.പി.ആർ. ഉണ്ണികൃഷ്ണപിള്ള**  
(പ്രിൻസിപ്പാൾ, എസ്.ഡി.കോളേജ്, ആലപ്പുഴ)

## Women Friendly Rest Room

b. Counselling

Women Studies Cell of the college is mainly focusing on the issues related to female students. Webinars and counselling classes were organized by the women studies cell related to mental health and physical health of women by expert resource persons. Female faculty members are also a part of these activities.

c. Common Rooms

Library, reading room and gymnasium are common to all students.

Separate ladies waiting rooms are provided with facility of sanitary napkin vending machines.

Newly constructed women friendly rest room, a CSR initiative of Kerala State Construction Corporation Limited.

d. Day care center

Day Care Center for the wards of the college staff and students is established in the campus premise with dedicated staff and faculty supervisors.

e. Any other relevant information

- Open and transparent system of recruitment and promotion of faculty and staff which is purely based on merit. We currently have 70% of female faculty members in our institution. Female faculty members hold some of the higher administrative and academic positions in the institute.
- Regulation & Policy guidelines for admission, recruitment, administrative functioning & academic activities safeguard the interests of the students, faculty & staff without any differentiation to their gender.
- The Women Studies Cell plans activities and awareness-raising campaigns all year long. The year's events are spread out and well planned. Special occasions like Women's Day are honored in spirit. An action plan resulting from the harmonious collaboration of Women Studies Cell, NSS, NCC and various college Clubs and Departments converge their efforts towards attaining the objectives. College organised numerous programmes that constructively promotes gender equity.

## PROGRAMMES

- 28/06/2021 – Inaugurated by Dr Renuraj IAS, ‘gender awareness into action’  
by Dr. Tissy Marium Thomas
- 01/10/2021 – ‘Covid 19 and Safety’ by Dr.B Padmakumar
- 03/11/2021 – “Cyber law campaign ‘inaugurated by Smt. Jalajarani MT  
Sub-judge, talk by Adv. Nassar Pyngamadam
- 24/01/2022 – ‘National Girl child day’ talk by Adv Tharish Muhammad
- 26/01/2022 – ‘An overview of Marriage laws’ talk by Adv. P S Pradeep
- 08/03/2022 to 12/03/2022 – Six students from various departments attended  
Training Programme ‘Scheme for Holistic  
Empowerment’
- 08/01/2022- “Gender & Law’ talk by Adv K Rajasree
- 09/11/2022- ‘Legal Service Awareness and Cyber laws ‘talk by Sri .Jayaraj  
DYSP, Alappuzha.
- 26/08/2021 - 'Women equality day’ -Quiz competition



## S D COLLEGE

### ALAPPUZHA

Re-accredited by NAAC with A'Grade



### WOMEN'S STUDIES CELL 2021-'22

## INAUGURATION

28<sup>th</sup> June 2021 Monday 10 am

**ഈജക്ട്രിക്ട്രീം:** കുമാരി സാഗ്രാ റവീന്ദ്രൻ  
5<sup>th</sup> Sem. BA Hindi

**സ്വാഗതം:** ഡോ. ജ്യോതിശ്രീ ബാലകൃഷ്ണൻ  
WSC Co-ordinator

**അദ്ധ്യക്ഷൻ:** ഡോ. പി. ആർ. ഉണ്ണികൃഷ്ണപിള്ള  
Principal, S. D. College

**ഉദ്ദേശ്യം:** **ഡോ. രേണു രാജ് IAS**  
Director, Urban Affairs & Managing Director, AMBUT Projects, Kerala

**റബ്ബർ പ്രിൻസിപ്പൽ:** ശ്രീ. പി. കുമാരകുമാർ  
Manager, S D College

**ആവേശം:** ഡോ. എസ്. അനന്തകുമാർ  
Senate Member, Kerala University

**ഡോ. പി. എസ്. പാമരയ്യൻ**  
IQAC Co-ordinator

**ഡോ. ജി. നാരായണ പ്രസാദ്**  
Co-ordinator, Platinum Jubilee Celebrations

**കൃതജ്ഞ:** ശ്രീമതി. അശ്വതി എസ്.  
Assistant Professor, Dept. of Commerce

INAUGURATION  
Dr. RENU RAJ IAS



Second Session

GENDER AWARENESS INTO ACTION  
(ലിംഗസമത്വം നിത്യജീവിതത്തിൽ)

സ്വാഗതം: ശ്രീമതി. ഷബ്ലി റ്റി.  
Assistant Professor, Dept. of Physics


വിചാരണയം: ഡോ. ടിസ്സി റിതം കോമൻ  
Assistant Professor, Dept. of Psychology, University of Kerala

കൃതജ്ഞ: കുമാരി ലക്ഷ്മി അമ്മാൻ  
2<sup>nd</sup> Sem. MA English



Second Session


https://meet.google.com/ivp-mvzg-mqk



## S D COLLEGE


### ALAPPUZHA

Re-accredited by NAAC with A'Grade



### WOMEN'S STUDIES CELL 2021

#### PLATINUM JUBILEE WEBINAR SERIES



## കോരിസദ്ദ

### കലാലയ സുരക്ഷയ്ക്കും

ഡോ. ബി. പദ്മകുമാർ

**ഈജക്ട്രിക്ട്രീം:** കുമാരി സാഗ്രാ റവീന്ദ്രൻ

**സ്വാഗതം:** ഡോ. ബിനു നായർ  
Former Women's Cell Co-ordinator  
Associate Professor, Dept. of English

**അദ്ധ്യക്ഷ:** ഡോ. ജ്യോതിശ്രീ ബാലകൃഷ്ണൻ  
Women's Cell- Co-ordinator, S D College

**പ്രിൻസിപ്പൽ:** ഡോ. ബി. പദ്മകുമാർ  
പ്രിൻസിപ്പൽ, മേധാവി-  
റബ്ബിംഗൽ കോളേജ്, ആലപ്പുഴ

**ആവേശം:** ഡോ. പി. ആർ. ഉണ്ണികൃഷ്ണപിള്ള  
പ്രിൻസിപ്പൽ, എസ്. ഡി. കോളേജ്

ഡോ. കുമാരൻ നമ്പൂതിരി  
ഹെഡ് പ്രിൻസിപ്പൽ, എസ്. ഡി. കോളേജ്

**കൃതജ്ഞ:** ഡോ. ശ്രീരഞ്ജിനി എസ്.  
അസിസ്റ്റന്റ് പ്രൊഫസർ, ബോട്ടണി


On Friday

Oct 1, 2021


11: 30 am - 1.30 pm

IST


Scan here to join



Join with Google Meet  
https://meet.google.com/uwh-hwan-zwd



## AMBALAPUZHA TALUK LEGAL SERVICES COMMITTEE



IN ASSOCIATION WITH

S.D COLLEGE PLATINUM JUBILEE PROGRAM & WOMEN'S STUDIES CELL


## AZADI KA AMRIT MAHOTSAV

### CYBER LAW CAMPAIGN

**PROGRAMS:**


- PRAYER
- WELCOME SPEECH : Capt. Anupama.V  
Assistant Professor, Dept. Of Economics
- CHAIRPERSON : Dr. Jyothisree Balakrishnan  
Women's cell Co-ordinator
- KEYNOTE ADDRESS : Dr. P.R.Unnikrishna Pillai  
Principal, S.D College
- FELICITATION : Dr. Krishnan Namboothiri  
Vice-Principal, S.D College
- VOTE OF THANKS : Smt. Gopikrishna  
Assistant Professor, Dept. of History

Inauguration




Smt. Jalajarani M T  
Secretary, Sub Judge  
DLSA, Alappuzha

Resource Person



Adv. Nassar M Pyngamadam

Program Co-ordinator



B. Bindhu Bhai

DATE : 3RD NOVEMBER

TIME : 10:30 AM



## AMBALAPPUZHA TALUK LEGAL SERVICE COMMITTEE



In connection with

## NATIONAL GIRL CHILD DAY

24.01.2022

Awareness Program for

### SD COLLEGE WOMEN'S STUDIES CELL

**WELCOME SPEECH:** DR. JYOTHISREE BALAKRISHNAN  
Women's cell co-ordinator

**INAUGURAL ADDRESS:** SMT. JALAJA RANI M.T  
Sub-judge, DLSA Secretary  
Alappuzha

**RESOURCES PERSON:** ADV. THARISH MUHAMMAD

**VOTE OF THANKS:** SMT. B BINDHU



Time: 8.15 pm

Platform: Google meet

**ALAPPUZHA DISTRICT ADMINISTRATION**

Department of Women & Child Development | Support Team for Action & Readiness Alappuzha District Administration | St. Joseph's College For Women, Alappuzha

**SCHEME FOR HOLISTIC EMPOWERMENT**  
Five Days Training Programme from 8th to 12th March 2022

**INAUGURAL CEREMONY**  
08 March 2022 | 10:00am

Smt. Anupama T V IAS  
Director  
Women & Child Development

Sri. Suraj Shaji IAS  
Sub Collector, Alappuzha & S.T.A.R. Commander

Dr. Remu Raj IAS  
District Collector, Alappuzha & S.T.A.R. Chief Commander

Smt. Anju KS IAS  
District Development Commissioner, Alappuzha

Venue: Mother Fernanda Riva Auditorium, St Joseph's College for Women Alappuzha

**AMBALAPPUZHA TALUK LEGAL SERVICE COMMITTEE**

In Association with

**Women's Studies Cell**  
S.D.College, Alappuzha  
Awareness Programme

**AN OVER VIEW OF MARRIAGE LAWS**

*On Republic Day*

PROGRAMME  
PRAYER

WELCOME SPEECH: **Dr. SINDHU ANTHEJANAM**  
Asst. Women's Cell- Co-ordinator, S.D.College

INAUGURAL ADDRESS: **Sri. K. P. VINOD**  
Alappuzha North SHO

RESOURCE PERSON: **Adv. P. S. PRADEEP**

VOTE OF THANKS: **ARYA S.**  
Asst. Professor  
Women's Cell- Executive Member

**26th JANUARY 2022 @4pm**

Google meet Platform

**NATIONAL SERVICE SCHEME**  
UNIT NO:48 KERALA UNIVERSITY  
SANATANA DHARMA COLLEGE, ALAPPUZHA

**PLATINUM JUBILEE CELEBRATION OF SDC**  
IN ASSOCIATION WITH

JANUARY 8--2022

**'WE'**

**TOPIC : GENDER & LAW**

RESOURCE PERSON:  **ADV. A. K. RAJASREE**  
DISTRICT COURT  
ALAPPUZHA

INAUGURATION:  **MRS. SHEEBA I**  
DISTRICT WOMEN AND CHILD  
DEVELOPMENT OFFICER ALAPPUZHA

**TIME :7:00PM**  
**PLATFORM : GOOGLE MEET**

**AMBALAPPUZHA TALUK LEGAL SERVICES COMMITTEE**

**NATIONAL SERVICE SCHEME**  
KERALA UNIVERSITY UNIT NO:48  
**SANATANA DHARMA COLLEGE, ALAPPUZHA**  
PLATINUM JUBILEE CELEBRATION OF SANATANA  
DHARMA COLLEGE ALAPPUZHA

**AZADI KA AMRIT MAHOTSAV**

On November 9, National Legal Services Day

**KNOW YOUR RIGHTS** LEGAL SERVICE AWARENESS AND CYBER LAWS


**PROGRAMS**

- PRAYER
- WELCOME SPEECH
- INAUGURAL ADDRESS
- KEYNOTE ADDRESS
- FELICITATION
- VOTE OF THANKS

Inauguration

Resource person

Program co ordinator

 **Sri Jayaraj**  
Alappuzha DYSP

 **Adv. Jayan C Das**

 **Smt. B. Bindhu Bhai**

Nov 9 Tuesday Time-2:30pm Venue: Jubilee Hall


**NATIONAL SERVICE SCHEME**  
 UNIT NO : 40 KERALA UNIVERSITY  
 SANATANA DHARMA COLLEGE, ALAPPUZHA


**PLATINUM JUBILEE CELEBRATION OF SANATANA DHARMA COLLEGE ALAPPUZHA**



*On 26/08/2021, Women Equality Day*  
**"CELEBRATE WOMEN"**

**VIDEO RELATED ONLINE QUIZ COMPETITION**

Date: 26/08/2021  
 Time: until 5PM  
 Via: Google Form



NSS\_SDC


**NATIONAL SERVICE SCHEME**  
 UNIT NO : 40 KERALA UNIVERSITY  
 SANATANA DHARMA COLLEGE, ALAPPUZHA



**PLATINUM JUBILEE CELEBRATION OF SANATANA DHARMA COLLEGE, ALAPPUZHA**

**ON NATIONAL GIRL CHILD DAY, 24 JANUARY 2022**

**നിറവ്**

സനാതന എൻ. എസ്സ്. എസ്സ്. കുടുംബത്തിലെ പെൺകുട്ടികളുടെ വിവിധ തരത്തിലുള്ള കഴിവുകൾ കോർത്തിണക്കി കൊണ്ടുള്ള വീഡിയോ




 NSS\_SDC


**NATIONAL SERVICE SCHEME**  
 UNIT NO 40 KERALA UNIVERSITY  
 SANATANA DHARMA COLLEGE ALAPPUZHA  
 PLATINUM JUBILEE CELEBRATION OF SDC


**INTERNATIONAL WOMEN'S DAY**  
 March







# SANATANA DHARMA COLLEGE



## WSC SD COLLEGE

**Sanatana Dharma College** (SD College), Alappuzha is one of the oldest and largest educational institutions affiliated to the University of Kerala. The college was established in 1946 under the aegis of Sanatana Dharma College and has successfully completed 75 years of commendable service in the field of higher education. SD College occupies a prominent position in the educational landscape of Alappuzha, offering 13 undergraduate programmes, 9 postgraduate programs and 9 Ph.D. The college is recognized by the UGC under section 2(f) and 12(b). It has been re-accredited by the National Assessment and Accreditation Council (NAAC) with A+ grade and CGPA of 3.53 in the third cycle.

SD College is responsible for the educational, mental, physical and spiritual, practical and scientific as well as the task of taking the

ideas and ideas of its students to the highest and highest level of thinking through the major seminars, webinars and speeches conducted by its department. Completing Through which many students and research scholars and through them the family and the society are getting benefited and also exposing themselves.



**Women Empowerment** , today has become the most discussed topic around the world. In basic terms, it means to diminish the gender gap and providing equal opportunities and rights to men and women.

In India, women have always been subjected to acts of physical violence and mental tortures since centuries.

They are raped, physically assaulted, subjected to mental harassment, killed for dowry, experience workplace discrimination, paid less than men for the same job, not send to school, etc. This suppression of women in all the spheres of life is a major hindrance to the progress of the nation.

Most of the work done by women in India is unpaid and is in the unorganized sector. Women in India constitute 49% of the agriculture workforce though they hold even less than 2% of the land. Almost half of the women in rural India don't have a bank account in their own name and a few of them have a valuable asset in their name. Women's contribution to the Gross Domestic Product (GDP) in India is at 17%, much lower than the global average of 37%. Nearly 54% of criminal offenses in India involve women and it is also reported that at national capital Delhi, over 90% of women have experienced some kind of physical or sexual offense in public places.

The government of India is making progress by enacting new laws and implementing them, safeguarding the interests of women. The society, as well as other government and private organizations, must come forward to empower women.

Our **Sanatana Dharma College** conducted so many programs and seminars through Women's Cell to enlighten youth 's vision, critical thinking and thus kindle in them good behaviour and attitude Here are some examples:-

### Women's Cell Programs

Women Studies Cell of Sanatana Dharma College stands at the vanguard in making the college the

Kernel of Gender Sensitization and Women Empowerment. Spearheaded by Dr. Jyothisreee Balakrishnan, the Cell has organised slew of Programmes which includes academic, technical, medical and cultural events for moulding an Egalitarian Society and thereby enlightening the girl students in to balanced and better human beings.

The Activities of the Academic year 2021-2022 was inaugurated by Dr Renu Raj IAS 28<sup>th</sup> June, 2021. In the formal Inauguration via G meet, officials of the College including the Manager of SD College has graced the occasion with their virtual presence. The Chief Guest spoke on the prominence of Gender Equality in shaping the cultural and social construction of Gender. The inaugural session was followed by a Lecture on "Gender Awareness in to Action "by Dr Tissy Mariam Thomas, Dept of Psychology, University of Kerala. The talk highlighted on the pragmatic aspects of materializing the notions of Gender in Contemporary Society. The interactive session was useful to students as they gained many insights.

**S D COLLEGE**  
**ALAPPUZHA**  
Re-accredited by NAAC with A' Grade

**WOMEN'S STUDIES CELL 2021-'22**  
**INAUGURATION**  
28<sup>th</sup> June 2021 Monday 10 am

ഊദ്യോഗ്യപരിപാടി: കുമാരി സാഗ്രാ റവീന്ദ്രൻ  
5<sup>th</sup> Sem. BA Hindi

സ്വാഗതം: ഡോ. ജ്യോതിശ്രീ ബാലകൃഷ്ണൻ  
WSC Co-ordinator

അദ്ധ്യക്ഷൻ: ഡോ. പി. ആർ. ഉണ്ണികൃഷ്ണപിള്ള  
Principal, S. D. College

ഉദ്ഘാടനം: **ഡോ. രേണു രാജ് IAS**  
Director, Urban Affairs & Managing Director, AMRUT Projects, Kerala

മുഖ്യ പ്രഭാഷണം: ശ്രീ. പി. കുമാരകുമാർ  
Manager, S D College

ആദരസമർപ്പം: ഡോ. എസ്. അനന്തകുമാർ  
Senate Member, Kerala University

ഡോ. പി. എസ്. പരമേശ്വരൻ  
IQAC Co-ordinator

ഡോ. ജി. നാഗേശ്വര പ്രഭു  
Co-ordinator, Platinum Jubilee Celebrations

കൃതജ്ഞത: ശ്രീമതി. അശ്വതി എസ്.  
Assistant Professor, Dept. of Commerce

**Second Session**  
**GENDER AWARENESS INTO ACTION**  
(ലിംഗസമത്വം നിത്യജീവിതത്തിൽ)

സ്വാഗതം: ശ്രീമതി. മഞ്ജു വി.  
Assistant Professor, Dept. of Physics

വിഷയാവതരണം: ഡോ. ടിസ്സി മറിയം തോമസ്  
Assistant Professor, Dept. of Psychology, University of Kerala

കൃതജ്ഞത: കുമാരി ലക്ഷ്മി ജയരാഹൻ  
2<sup>nd</sup> Sem. MA English

<https://meet.google.com/ivp-mvzg-mqk>

### Covid Talk





delivered the keynote address and Dr B Bindu proposed the Vote of Thanks.

## An overview of Marriage Laws

Women Studies Cell and Ambalapuzha Taluk Legal Service Committee has jointly many programmes to benefit the girl students for creating awareness on various domains of law. On 26th January 2022, an awareness programme was organized on the topic” An overview of Marriage Laws”. The Resource person of the day was Adv P.S.Pradeep , who gave a birds eye view of Marriage laws. He focused on the point that Marriage should not been as mere social institution, but union of two individuals protected by rights. The unique system of Matrimonial Laws in India is another area of his talk. Many students interacted with the Resource Person. Dr Sindhu Antherjanam, Sri K P Vinod,Arya S,graced the occasion by sharing their thoughts and became a part of Official Part of the Programme.

**AMBALAPPUZHA TALUK LEGAL SERVICE COMMITTEE**  
*In Association with*  
**Women's Studies Cell S.D.College, Alappuzha**  
*Awareness Programme*

**AN OVER VIEW OF MARRIAGE LAWS**

*On Republic Day*

**PROGRAMME**  
PRAYER  
WELCOME SPEECH: **Dr. SINDHU ANTHERJANAM**  
Asst. Women's Cell- Co-ordinator, S.D.College  
INAUGURAL ADDRESS: **Sri. K. P. VINOD**  
Alappuzha North SHO  
RESOURCE PERSON: **Adv. P. S. PRADEEP**  
VOTE OF THANKS: **ARYA S.**  
Asst. Professor  
Women's Cell- Executive Member

**26th JANUARY 2022 @4pm**

Google meet Platform

## Holistic Empowerment

Adding to the golden feather to the cap of Women Cell of SD College, six students of various departments attended Five days Training Programme from 8<sup>th</sup> March 2022to 12 March 2022.The Programme was a joint venture of Department of Women and Child Development, Support Team for Action and Readiness Alappuzha District Administration and Alappuzha District Administration. The programme was rightly coined “Scheme for Holistic Empowerment”. The programme was beneficial for the overall

**ALAPPUZHA DISTRICT ADMINISTRATION**

Department of Women & Child Development | Support Team for Action & Readiness Alappuzha District Administration | St. Joseph's College For Women, Alappuzha

**SCHEME FOR HOLISTIC EMPOWERMENT**  
Five Days Training Programme from 8th to 12th March 2022

**INAUGURAL CEREMONY**  
08 March 2022 | 10:00am

**Smt. Anupama T V IAS**  
Director  
Women & Child Development

**Sri. Suraj Shaji IAS**  
Sub Collector, Alappuzha & S.T.A.R. Commander

**Dr. Renu Raj IAS**  
District Collector, Alappuzha & S.T.A.R. Chief Commander

**Smt. Anju KS IAS**  
District Development Commissioner, Alappuzha

Venue: Mother Fernanda Riva Auditorium, St Joseph's College for Women Alappuzha



had the privilege to bring an esteemed personality Ratnasree Iyer ,”Female Voice of Tabla”.She is the only woman tablaist in India. The Women Cell honored her and with a memento .Her tabla performace was followed by cultural and entertainment events by students of the College.On March 17,2022 ,a talk on Women Hygiene was conducted at AV Hall, where students got an opportunity to interact with the famous Obstetrician Prof Dr Lalithambika K. The session highlighted the prominence of health and well being in our daily lives.

### Awareness seminar on “Orange the World”

Women Cell of SD College,in alliance with Child and Women Development Department ,Govt of Kerala organized “Orange the World Campaign”-an International Campaign to foster the spirit of unity among Women on November 28,2022 .

**S.D. കോളേജ് വിമൻസ് സർട്ടഡി സെന്റർ**

**വനിതാ ശിശുവികസന വകുപ്പ്**

അന്താരാഷ്ട്ര തലത്തിൽ സംഘടിപ്പിക്കുന്ന  
ORANGE THE WORLD ക്യാമ്പയിന്റെ  
ഭാഗമായ “ഒന്നിച്ചു നിന്ന്”(UNITED) പരിപാടിയുടെ  
**ബോധവൽകരണ സെമിനാർ**  
വനിതാ ശിശുവികസന വകുപ്പും SD കോളേജ് വിമൻസ് സർട്ടഡി സെന്ററും  
സംയുക്തമായി സംഘടിപ്പിക്കുന്നു.

**2022 നവംബർ 28 തീയതി രാവിലെ 10 മണിക്ക്** S.D. കോളേജ് ഗോൾഡൻ ജൂബിലി ഓഡിറ്റോറിയത്തിൽ

**കാരുപരിപാടി**

**ഈരൂരപ്രാർത്ഥന**

**സ്വാഗതം :** ഡോ. ജ്യോതിശ്രീ ബാലകൃഷ്ണൻ (വിമൻസ് സെൽ കോ-ഓർഡിനേറ്റർ, എസ്.ഡി. കോളേജ് ആലപ്പുഴ)

**അധ്യക്ഷൻ :** ശ്രീ.എസ്. ഹരികൃഷ്ണൻ (വാർഡ് കൗൺസിലർ, കളർകോട്)

**ഉദ്ഘാടനം :** ശ്രീ. എച്ച്. സലാം **MLA** (അമ്പലപ്പുഴ)

**മുഖ്യപ്രഭാഷണം :** ശ്രീമതി. എൽ, ഷീബ (ഡിമ്പ്ലിക്ട് വിമൻ ട്രൈബ്യൂണൽ ഫെഡറേഷൻ ഓഫീസർ, ആലപ്പുഴ)

**ആശംസകൾ :** ഡോ. സരസ്വതി അനന്തജനനം (പ്രിൻസിപ്പൽ ഇൻ ചാർജ്, എസ്.ഡി.കോളേജ് ആലപ്പുഴ)  
ശ്രീമതി. സൗമ്യ എസ്. (വിമൻ പ്രൊട്ടക്ഷൻ ഓഫീസർ , ആലപ്പുഴ)  
ശ്രീമതി. രേണുക ആർ. (പോലീസ് ഫെസിലിറ്റേഷൻ ഓഫീസർ, സവി വൺ സർട്ടോപ്പ് സെന്റർ, ആലപ്പുഴ)

**ക്ലബ്ബ് നയിക്കുന്നത് :** അമ്പലപ്പുഴ എസ്. (ലിംഗ് കൗൺസിലർ, ഗാന്ധി സ്മാരക സേവാ സമിതി)

**ക്യാമ്പയിനം :** ശ്രീമതി. അഞ്ജന എം.നായർ (സൈക്കോ സോഷ്യൽ കൗൺസിലർ, സവി വൺ സർട്ടോപ്പ് സെന്റർ, ആലപ്പുഴ)

The venue of the Programme was Golden Jubilee Auditorium ,where dignitaries from various domains of Society expressed their solidarity to the venture.

The session was inaugurated by H Salam, MLA of Ambalapuzha. An engaging class by Adv Sreelekshmi S(Legal Councillor)kindled the right spirit among the students and the interactive session was more enlightening. Dr Jyothisree Balakrishnan, S HArikummar,L Sheeba,Dr Saraswathy Antherjanam, Soumya S, Renuka R, Anjana M Nair were actively involved in the official procedure of the Programme.

## Women Hygiene

On March 17,2022 ,a talk on Women Hygiene was conducted at AV Hall, where students got an opportunity to interact with the famous Obstetrician Prof Dr. Lalithambika K. Dr Dr Jyothisreee Balakrishnan sree Balakrishnan welcomed the gathering. At a time where periods and feminine hygiene is not openly talked about, this session was a blessing for the girl students.



**S D College Alappuzha**

**Women's Studies Cell**

**Subject: Importance of women's health and well being**

**Conducted by**



**Prof. Dr. Lalithambika K**  
Former Professor and Head  
Department of Obstetrics and Gynaecology  
T D Medical College Alappuzha

**Venue: Audio Visual Hall**  
**Time: 12:00pm**  
**Date: 17 March 2023**

Co-ordinator, Women's Cell

The session highlighted the prominence of health and well being in our daily lives.

Menstruation awareness can help erase stigmas around periods. Doctor introduced different feminine hygiene products .Ms. Poornima. Naick , third BA Hindi student proposed the vote of Thanks.

These all programs are just the beginning to enlighten, enlarge and encourage our future wealth to create and begin an intellectual way to create an well being society, which gives equal freedom, equal rights and in every focused and in every point, equality is a main and basic fundamental thing and through these kind of lectures, programs and seminars our young blood are getting knowledge and through this all they all are becoming the golden idol of our time. Which will surely make a difference in every sector, and also which will lead us to the greatest victory.