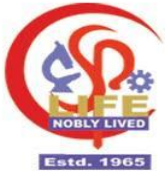


Report of Women
Empowerment Cell activities
2022-23





St. Paul's College, Kalamassery

Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in

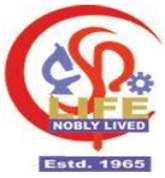
CUP OF LIFE

Name of the Head of the institution	: Dr. Savitha K S
Name of the Nodal Officer	: Dr. Poornima N
Name of student trainers	: 1. Mary Sheldreena Rodrigues- 2. Hamna Hassan 3. Varsha Antony P A 4. Akshaya S 5. Aardra V Sibi 6. Julian Lobo

Our College too was one of the centres for the Cup of Life project which was a joint initiative by Mr. Hibi Eden M.P., Indian Medical Association (IMA) and the District Administration, Ernakulam. The nodal officer and student trainers underwent several training sessions at IMA House, Kaloor. After receiving training several training sessions were organized for students and staff at the College and the final event of training and distribution was done on 2nd September, 2022 at 10 a.m., when the final training and distribution of menstrual cups were done to available teachers and students.

Benefits in terms of learning/skill/knowledge obtained:

The inhibitions/fear regarding usage of such a sanitary product could be removed at least in some beneficiaries.



St. Paul's College, Kalamassery Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in

Brochure/Poster/Banner:

A CSR initiative of **Muthoot Finance**

IMA Cochin
Indian Medical Association

District Administration
Ernakulam

GUINNESS
WORLD RECORDS

OFFICIAL
ATTEMPT

St. Paul's College
Archdiocese of Verapoly

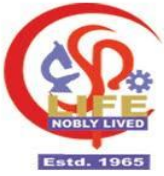
St. Paul's College
Archdiocese of Verapoly

world's Largest
**Menstrual
Cup** Distribution
in
KOCHI

Muthoot Finance
PRESENTS
**CUP
of
LIFE**
An initiative of
HIBI EDEN MP

cupoflife_net

www.cupoflife.net



St. Paul's College, Kalamassery

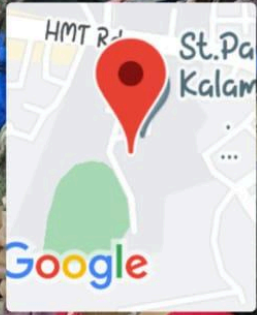
Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in



Ernakulam, Kerala, India

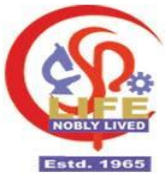
382H+XF5, HMT Colony, P.O, Kalamassery, Ernakulam, Kerala

683503, India

Lat 10.052194°

Long 76.328565°

02/09/22 10:10 AM GMT +05:30



St. Paul's College, Kalamassery

Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in





St. Paul's College, Kalamassery

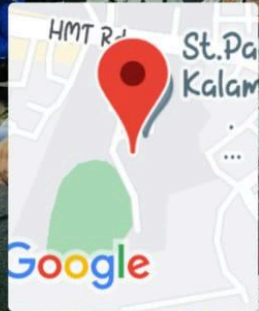
Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

☎ 0484 2555572

✉ mail@stpauls.ac.in



Ernakulam, Kerala, India

382H+XF5, HMT Colony, P.O, Kalamassery, Ernakulam, Kerala

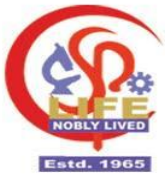
683503, India

Lat 10.052183°

Long 76.328538°

02/09/22 10:11 AM GMT +05:30

GPS Map Camera



St. Paul's College, Kalamassery

Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

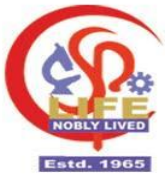
mail@stpauls.ac.in



GPS Map Camera



Ernakulam, Kerala, India
382H+XF5, HMT Colony, P.O, Kalamassery, Ernakulam,
Kerala 683503, India
Lat 10.05218°
Long 76.328536°
02/09/22 10:12 AM GMT +05:30



St. Paul's College, Kalamassery

Archdiocese of Verapoly

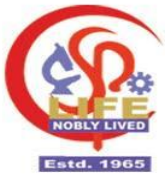
Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in





St. Paul's College, Kalamassery

Archdiocese of Verapoly

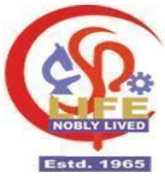
Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in





St. Paul's College, Kalamassery

Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in

NIRBHAYA-No Longer Silent

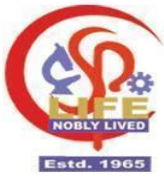
Venue / Platform	: BACCINELLI HALL
Date (s)	: 09-03-2023
Time	: 10.15 AM
Resource Person	: SENSAI.SUMA A S National Referee,6th Dan black Belt(Karate)
Name of Collaborating Agency (if any)	: Women's Cell,St.Paul's College
Level	: College
No: of teacher participants	: 5
No: of student participants	: 77

About the Programme:

Women cell in association with the department of Physics organized a self defense session on 9th of March 2023.The programme was conducted in the Baccinelli hall at 10.15 AM .Welcome speech was delivered by Asst. Professor Jixy Joseph. The session was taken by Renshi Suma A.S ,National Referee ,National Fighting Champion, 6th Dan Black Belt (Karate), 1st Dan Black belt (Taekwondo) along with Mr. Koshy Anil Kumar 10th Black Belt(Karate) .The programme was attended by nearly 77 participants .The session was about how to defend ourselves in dangerous situations. The session helped to familiarize ourselves with some basic self-defense moves, like groin kick, rotate wrists to free our hands, straight punch to attack, hit with your head if we are grabbed from behind etc .Vote of thanks was delivered by Dr.Poornima N.. The programme coordinators were, Dr Poornima N, Mrs.Jixy Joseph and Anupama K.U (Student coordinator).The session ended by 12.30 PM

Benefits in terms of learning/skill/knowledge obtained:

The session was quite interesting and helpful for the students.They learnt about many basic defence techniques that can be used in their life for safety,for sharpening their reflexes, for reducing stress etc.



St. Paul's College, Kalamassery

Archdiocese of Verapoly


Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in

Brochure/Poster :



ST. PAUL'S COLLEGE, KALAMASSERY
H.M.T., Kalamassery, Kochi-683503
Affiliated to Mahatma Gandhi University, Kottayam


NIRBHAYA

"no longer silent"

AS A PART OF INTERNATIONAL WOMEN'S DAY CELEBRATIONS
**WOMEN CELL IN ASSOCIATION WITH
THE DEPARTMENT OF PHYSICS
ORGANIZES**

SESSION BY
RENSHI SUMA A S

NATIONAL REFEREE
NATIONAL FIGHTING CHAMPION
6TH DAN BLACK BELT (KARATE)
1ST DAN BLACKBELT
(TAEKWONDO)

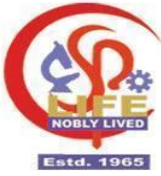


DATE : 09-03-2023
TIME : 10.15 A.M
VENUE : BACCINELLI HALL

Coordinators :

- Dr. Poornima N
- Ms. Jixy Joseph
- Anupama K U (student coordinator)

physics@stpauls.ac.in
9946351443, 8891342331



St. Paul's College, Kalamassery

Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in

Attendance Sheet (teachers) :



St. Paul's College, Kalamassery

Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in

Name of the Programme: Nirbhaya-No Longer Silent

Session by : Renshi Suma A S, National Referee(Karate)

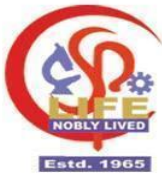
Date : 9-3-2023

Time : 10.15 a.m. - 11.30 a.m.

Venue: Baccinelli Hall

Sl. No	Name	Department	Signature
1	ANUPAMA K U	BSC PHYSICS II	[Signature]
2	KARTHIKA D	"	[Signature]
3	SARA JOHNSON	"	[Signature]
4	BIWILA K NANDAN	B.COM TAX II	[Signature]
5	NEERA V. R	"	[Signature]
6	ANILDA MARIYA P T	"	[Signature]
7	Anna Maria Job	Bsc - Computer Science	[Signature]
8	Mania Vismaya	"	[Signature]
9	Aparna Ginish	B.com CA (Aided)	[Signature]
10	Thara Elizabeth	"	[Signature]
11	Sreha Subash	"	[Signature]
12	Aparna P. R	B.com Information	[Signature]
13	Mary Kevin L.A.	"	[Signature]
14	Akhila Kully V.M	"	[Signature]
15	Nandana Nain	"	[Signature]
16	Gopika Babu	M.Sc Physics I	[Signature]
17	Anathy Suresh	"	[Signature]
18	Naziyu Saleel	"	[Signature]
19	Achala Biju	"	[Signature]
20	Maya	"	[Signature]

Department of (name)Page 1



St. Paul's College, Kalamassery

Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in



St. Paul's College, Kalamassery

Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

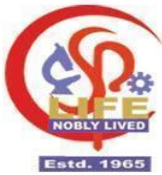
www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in

Sl. No	Name	Department	Signature
21	Catharin	M.Sc Physics I.	
22	Anjali	"	
23	Cindrella	"	
24	Anakgha Aji	B.VOC Banking	
25	Thressia Riya	B.VOC "	
26	Jona Jomon	"	
27	Anupriya	"	
28	Anasooja	"	
29	Aneeta Bindu	B.com CA coded	
30	Milca philomina	"	
31	Amy aranda	B.VOC Hospitality	
32	chinmay i	"	
33	Kajishma	"	
34	Amy	"	
35	Sedira k.o	Bsc Mathematics	
36	Agana Jude	Bsc Mathematics	
37	Radhika Pradeep	"	
38	Fathima Fairoos P.H	B.A English model II	
39	Nihala Faruq N	B.A English model II	
40	Adeeba Nazam	"	
41	Serena Maria	"	
42	Safna M.S	B.com CA SF	
43	Avishra Pavithra	B.com CA SF	
44	Donna Kallarakal	Bvoc Hospitality	
45	Niya Rajesh	"	

Department of (name)Page 2



St. Paul's College, Kalamassery

Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in



St. Paul's College, Kalamassery

Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

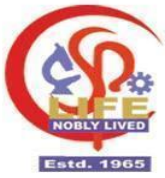
www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in

Sl. No	Name	Department	Signature
46	Mary Ashna	logistics mgmt	
47	Jesna Maria Ma	Bvar. Logistics mgmt	
48	Fathima PN	BBA.	
49	Hadiya Fathima	BA English model I	
50	Ann Mariya Raphael	BA English M-I	
51	Renta Rose Xavi	BA English Model I	
52	Nivithamad V.V	B.voc Broadcasting	
53	Ansila PP	B.VOC B & J	
54	AKshaya S	BBA	
55	Shrooja Maria Sabu	BBA	
56	Fabiya - k.m	BBA	
57	Dhiya Renfin	BBA	
58	Sava Sameer	BBA	
59	Anya Vinod	B.A Eng M-II	
60	Swathy. K.S	BSc. Chemistry	
61	Senna Jolly	"	
62	Dhaya Antony	"	
63	Nasira. M.J	"	
64	Athira V.Thilakan	"	
65	Sedana Sebastian	BA Eng M-II	
66	Maria Shajin	BBA	
67	Josiya Joseph	BA English (SF)	
68	Rosna M.J	"	
69	Nandana Manoj	Bsc Mathematics	
70	Sandra V	"	

Department of (name)Page 3



St. Paul's College, Kalamassery

Archdiocese of Verapoly

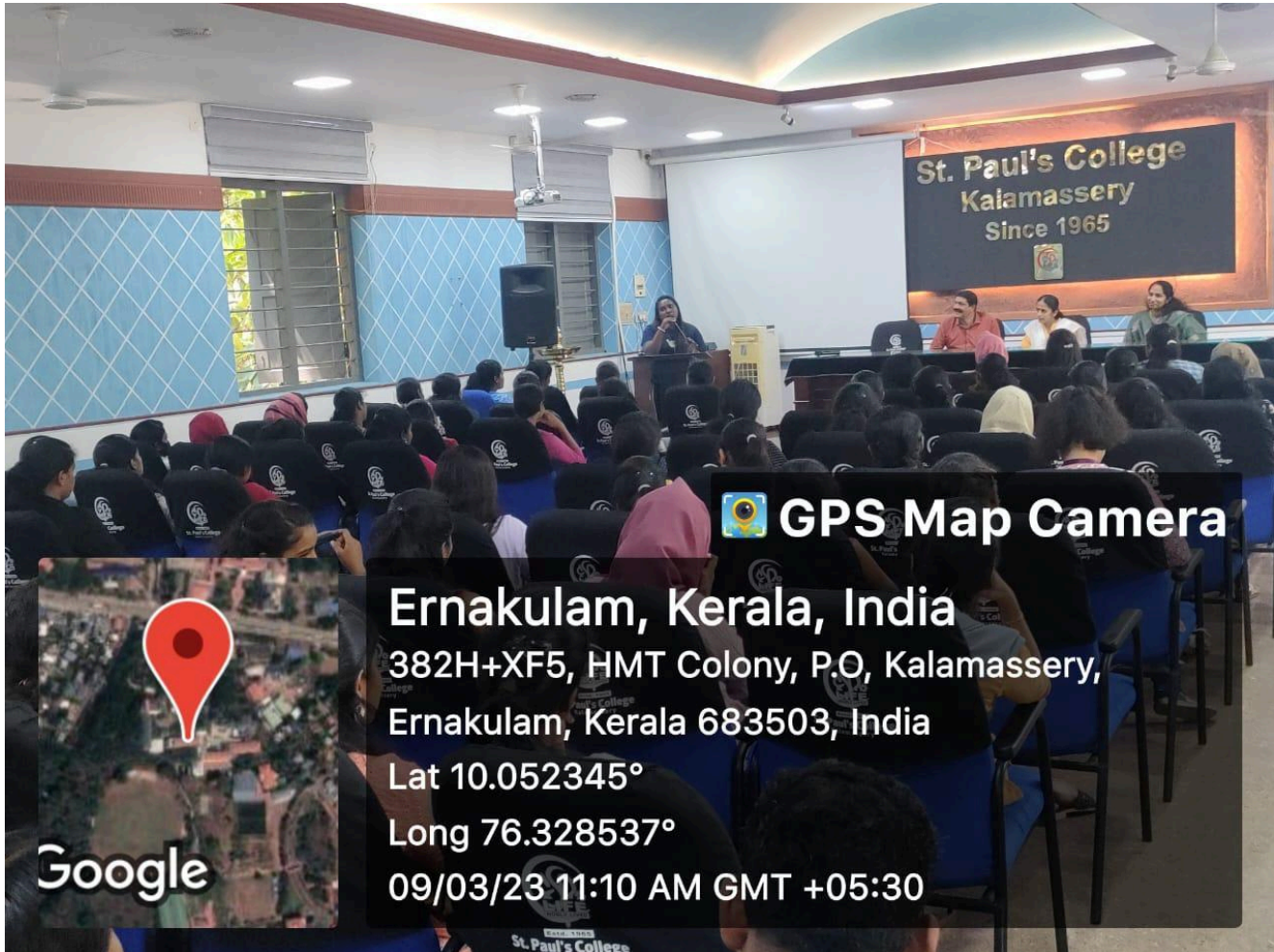
Affiliated to the Mahatma Gandhi University, Kottayam

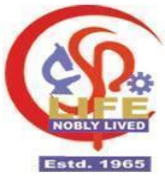
www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in

Photos:





St. Paul's College, Kalamassery

Archdiocese of Verapoly

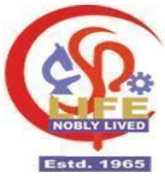
Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in





St. Paul's College, Kalamassery

Archdiocese of Verapoly

Affiliated to the Mahatma Gandhi University, Kottayam

www.stpauls.ac.in

0484 2555572

mail@stpauls.ac.in



Weblink of programme, if any: nil

Signatures of Convenor/Head/Principal (as necessary):

Name and phone number of the faculty who prepared the document: Dr. Poornima N. 9946351443