



**KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE  
INTERNAL QUALITY ASSURANCE CELL**

**WOMEN DEVELOPMENT CELL  
ANNUAL REPORT 2020-21**

## Report of Women Development Cell (WDC) and Gender sensitization initiatives 2020-2021

The Women Development Cell (WDC) at Kottakkal Farook Arts and Science College aims to create a gender-sensitive and inclusive environment. The cell is working as a forum for guidance, counselling, training and welfare programs for women. Its motto is "Empowered Women: Nations Strength". Its objective is to promote awareness and active response among women to bring out their full potential as resource for their own development and that of nation. The cell aim at enlightening and uplifting girls through various programs like training in emotional stability, career growth and entrepreneurial forums, skills and craft exhibitions etc. The cell helps the girl students to replace their grievances at the right place at the right time. KFASC Women Development Cell, in collaboration with other committees including Internal Complaints Committee , Grievance Redressal Committee, National Service Scheme, and other committees and departments work towards gender equality,gender awareness, and empowerment.

This report provides a comprehensive analysis of gender representation and participation at our college in the academic year 2020-2021 conducted by the Women's Development Cell (WDC). The gender audit aims to identify the strengths and areas for improvement regarding gender equality within the institution. The data was meticulously collected and analyzed across various categories, including students, teachers, Heads of Departments (HODs), non-teaching staff, and National Service Scheme (NSS) volunteers. Additionally, the report highlights the gender sensitization programs implemented each year, detailing their objectives, activities, and outcomes to foster an inclusive and supportive environment for all genders.

**Formation of Gender Audit Team:** The WDC established a dedicated Team comprising faculty members, administrative staff, and student representatives to conduct a gender audit.

Chairman	Vice Chairman	WDC coordinator	Internal committee members	Student representative s
Prof. M Abdul Azeez Principal	Mohammed Labeeb., Vice Principal	Ranjini V, Asst. Professor Malayalam	Raihanath Kakkottil, Asst. Professor of commerce  Sampreeth TM, HOD Of Political Science	Fathima Remeesha, II year BA Political Science  Afeefa T, II year BA Economics



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**Data Collection and Analysis:** collected the details from students and staff to gather data on gender representation, participation, and perceptions of gender equality. The data was meticulously analyzed to identify strengths and areas for improvement.

**Gender wise details of students, teachers, HODs, nonteaching staff, and NSS volunteers in the college**

Category	Total	Male	Female	%M	%F	Dominancy
Students	1224	323	901	26.4	73.6	Female
Teachers	48	16	32	33.3	66.7	Female
HODs	8	6	2	75	25	Male
Non-teaching staff	19	6	13	31.6	68.4	Female
NSS volunteers	109	34	75	31.2	68.8	Female

**Gender Sensitization and Women Development Initiative Programs**

**Orientation Programs:** Inclusion of gender sensitization sessions in orientation programs for new students and staff. These sessions aimed to create awareness about gender issues and the college's commitment to equality.

**Training Workshops:** Regular training workshops for faculty and administrative staff on gender sensitivity and inclusive practices. These workshops focused on creating a supportive environment for all genders.

**Seminars:** conducted seminars on gender-based violence such as domestic violence, sexual harassment, etc.

**Talk series:** Conducted talk series on women rights and empowerment through education, economic opportunities and women development.

Sl. No.	Title of the program	Date & time	Brief description	Inaugurator/chiefguest
1	Health and Hygiene during Pandemic	12/11/2020	webinar	Dr.Jaseena.T, BAMS, Dr Alikkutty's Modern Hospital
2	Integrating Ayurvedic Principles in to personal health	08/01/2021	webinar	Dr.Aparna S Unni, BAMS,MD, Punarnava Ayurveda Hospital ,Coimbatore



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## Conclusion

In conclusion, the gender audit conducted over the past five years reveals a significant female majority among students, teachers, non-teaching staff, and NSS volunteers. However, a notable exception is found in the leadership roles of Heads of Departments, where males are more prevalent. The series of gender sensitization programs organized each year have played a crucial role in raising awareness, promoting gender equality, and empowering women within the college community. Moving forward, it is essential to continue these efforts, address the areas of improvement identified in the audit, and strive towards creating a more balanced and equitable environment for all members of the institution.



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## Webinar Report on 'Health and Hygiene During Pandemic'

**Event Date:** 12th November 2020

**Time:** 11:00 AM

**Venue:** Kottakkal Farook Arts and Science College (Online Platform)

Chief Guest:

- **Dr. Jaseena T**
  - BAMS, Dr. Alikkutty's Modern Hospital

Introduction:

Kottakkal Farook Arts and Science College organized a webinar to address 'Health and Hygiene During Pandemic,' focusing on best practices and preventive measures to maintain health and hygiene amidst the COVID-19 pandemic. The session was led by Dr. Jaseena T, a reputed BAMS practitioner from Dr. Alikkutty's Modern Hospital.

Overview of the Event:

The event began with a welcome address from the moderator, who introduced the chief guest, Dr. Jaseena T, and highlighted the relevance of the topic given the ongoing global health crisis. The aim was to equip participants with knowledge and practical tips to stay safe and healthy during the pandemic.

Keynote Session:

**Dr. Jaseena T:** Dr. Jaseena T delivered an informative and engaging presentation that covered various aspects of health and hygiene critical during the pandemic. Key points from her presentation included:

### 1. Understanding COVID-19:

- **Virus Transmission:** Explanation of how the virus spreads, emphasizing the importance of preventive measures.
- **Symptoms and Risks:** Overview of common symptoms and high-risk groups, underlining the importance of early detection and isolation.

### 2. Hygiene Practices:



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- **Hand Hygiene:** Demonstration of proper handwashing techniques and the use of hand sanitizers.
- **Respiratory Hygiene:** Guidance on wearing masks correctly, using tissues, and maintaining respiratory hygiene.
- **Surface Cleaning:** Importance of regular cleaning and disinfecting frequently touched surfaces to reduce the risk of infection.

### 3. Health Maintenance:

- **Balanced Diet:** Recommendations for a nutritious diet to boost the immune system, including essential vitamins and minerals.
- **Physical Activity:** Importance of regular exercise to maintain physical and mental health.
- **Mental Health:** Strategies to manage stress and anxiety during the pandemic, including mindfulness practices and seeking support when needed.

### 4. Preventive Measures:

- **Social Distancing:** Explanation of the importance of maintaining physical distance to prevent virus transmission.
- **Quarantine and Isolation:** Guidelines on when and how to quarantine or isolate, and the difference between the two.
- **Vaccination:** Discussion on the importance of getting vaccinated and staying updated with credible information about vaccines.

### Interactive Session:

The webinar included an interactive Q&A session where participants asked Dr. Jaseena T various questions related to COVID-19, personal health, and hygiene practices. Dr. Jaseena provided detailed answers and practical advice, addressing concerns and clearing misconceptions about the virus and preventive measures.

### Conclusion:

The event concluded with a vote of thanks to Dr. Jaseena T for her insightful presentation and to the participants for their active engagement. The moderator emphasized the importance of implementing the practices discussed to safeguard health during the pandemic.




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**Summary:**

The 'Health and Hygiene During Pandemic' webinar effectively addressed critical aspects of staying safe and healthy during the COVID-19 crisis. Dr. Jaseena T's expertise and practical guidance were highly valued, making the session informative and impactful for all participants.

This report encapsulates the key highlights and outcomes of the webinar, ensuring that the knowledge shared reaches a broader audience and continues to promote health and hygiene during the pandemic.



**KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE**


**WEBINAR**  
On  
**HEALTH AND HYGIENE DURING PANDEMIC**

**Dr. Jaseena T, BAMS**

**Date :-12th November 2021**  
**Time :- 11.00am**

**WOMEN DEVELOPMENT CELL**



  
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# Webinar Report on 'Integrating Ayurvedic Principles into Personal Health'

**Event Date:** 8th January 2021

**Time:** 11:00 AM

**Venue:** Kottakkal Farook Arts and Science College (Online Platform)

**Chief Guest:**

- **Dr. Aparna S Unni**
  - BAMS, MD, Punarnava Ayurveda Hospital, Coimbatore

**Introduction:**

Kottakkal Farook Arts and Science College organized a webinar titled 'Integrating Ayurvedic Principles into Personal Health' to educate participants on the benefits and practices of Ayurveda for enhancing personal health and well-being. The session was conducted by Dr. Aparna S Unni, an esteemed Ayurveda practitioner from Punarnava Ayurveda Hospital, Coimbatore.

**Overview of the Event:**

The event started with a welcome address from the moderator, who introduced the chief guest, Dr. Aparna S Unni. The moderator emphasized the relevance of Ayurvedic practices in today's fast-paced world and the importance of integrating these ancient principles into modern lifestyles.

**Keynote Session:**

**Dr. Aparna S Unni:** Dr. Aparna S Unni delivered an insightful presentation that covered various aspects of Ayurveda and its integration into daily life. Key points from her presentation included:

## **I. Introduction to Ayurveda:**

- **Fundamentals of Ayurveda:** Explanation of the basic principles of Ayurveda, including the concepts of Doshas (Vata, Pitta, Kapha) and their influence on health and personality.
- **Holistic Approach:** Emphasis on Ayurveda's holistic approach to health, which includes physical, mental, and spiritual well-being.



*Aparna*  
**Prof. M. ABDUL AZEEZ**  
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## 2. Ayurvedic Lifestyle Practices:

- **Dinacharya (Daily Routine):** Importance of establishing a daily routine that aligns with natural rhythms, including practices like early rising, regular meals, and sufficient rest.
- **Ritucharya (Seasonal Regimen):** Adaptation of lifestyle and dietary practices according to seasonal changes to maintain balance and prevent illness.

## 3. Diet and Nutrition:

- **Ayurvedic Diet Principles:** Guidelines on choosing foods that balance individual Doshas, emphasizing fresh, seasonal, and locally sourced foods.
- **Digestive Health:** Tips for maintaining digestive health through mindful eating, proper food combinations, and the use of digestive spices and herbs.

## 4. Ayurvedic Remedies and Practices:

- **Herbal Remedies:** Overview of common Ayurvedic herbs and their health benefits, including how to incorporate them into daily life.
- **Detoxification:** Explanation of Ayurvedic detoxification practices like Panchakarma and simple home detox methods.
- **Yoga and Meditation:** Role of Yoga and meditation in maintaining physical and mental balance, with practical tips for incorporating these practices into daily routines.

## 5. Case Studies and Success Stories:

- **Real-Life Examples:** Sharing of case studies and success stories where Ayurvedic principles significantly improved health outcomes for individuals.

## Interactive Session:

The webinar included an interactive Q&A session, allowing participants to ask Dr. Aparna S Unni questions about Ayurveda and its application in personal health. Dr. Aparna provided detailed answers, offering personalized advice and practical tips for integrating Ayurvedic practices into daily life.



  
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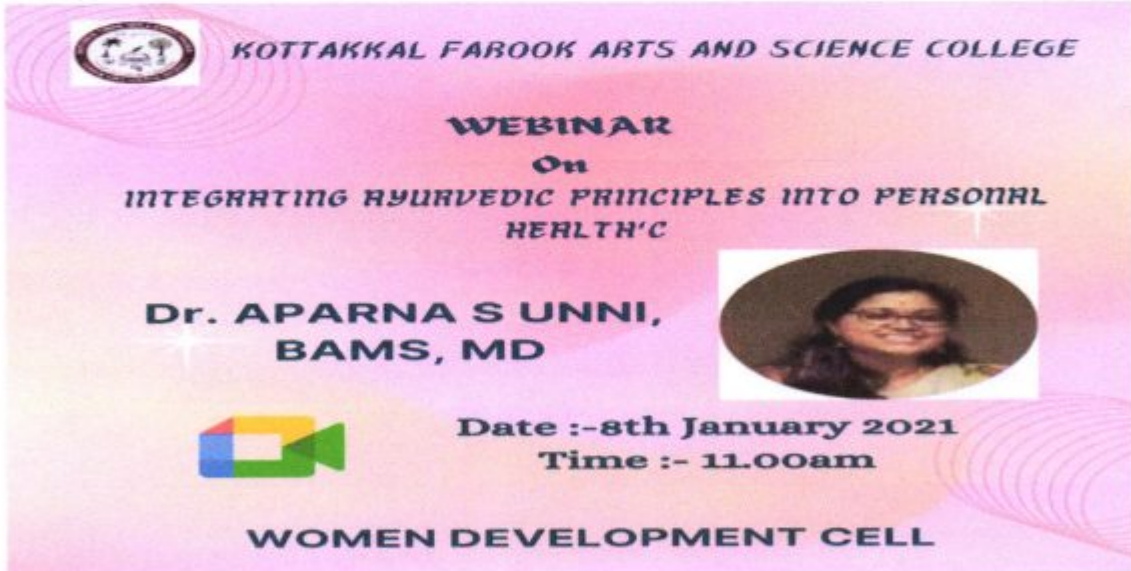
## Conclusion:


The event concluded with a vote of thanks to Dr. Aparna S Unni for her enlightening presentation and to the participants for their active involvement. The moderator reiterated the importance of Ayurveda in promoting a balanced and healthy lifestyle.

## Summary:

The 'Integrating Ayurvedic Principles into Personal Health' webinar successfully introduced participants to the foundational concepts of Ayurveda and provided practical advice on incorporating these principles into daily life. Dr. Aparna S Unni's expertise and engaging presentation were highly valued, making the session informative and inspiring for all attendees.


This report encapsulates the key highlights and outcomes of the webinar, ensuring that the knowledge shared continues to promote the integration of Ayurvedic principles into personal health and well-being.




 **KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE**


**WEBINAR**  
On  
**INTEGRATING AYURVEDIC PRINCIPLES INTO PERSONAL HEALTH'C**

**Dr. APARNA S UNNI,**  
**BAMS, MD**



 **Date :-8th January 2021**  
**Time :- 11.00am**

**WOMEN DEVELOPMENT CELL**



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