



Estd. 1889

ST. THOMAS' COLLEGE

(Autonomous)

THRISSUR - 680 001, KERALA, INDIA

(Affiliated to the University of Calicut & Nationally Re-accredited with 'A' Grade)

Web:- <http://stthomas.ac.in>

Email:- stcthrissur@gmail.com

Phone: - +91 487 2420435

Fax:- +91 487 2421510

GENDER SENSITIZATION ACTION PLAN

Upholding our *vision* “**Transforming the Youth through Holistic Education towards an Enlightened Society**”, the college has initiated various events and programs to sensitize students towards gender equity and overall well-being of women through the relevant Clubs and Cells. **SAMPOORNA** a five-year Gender Sensitization Action Plan has been implemented in our college to create awareness and sensitivity among the students and stake-holders for transforming the youth into responsible citizens. The strategy has been implemented through a combined effort by various departments, cells and clubs; along with a partnership with Government and non-Government organizations in selected cases.

Objectives

- Provide Opportunity to promote gender equity.
- Irrespective of gender, use human resources to reach out to fellow students and the community at large.
- Holistic development of students, staff and community without gender bias.
- Sensitize the college and community regarding the problems faced by women and women empowerment.
- Protection of women and children against violence and crimes.

Action Plan

- Ensure equal opportunity for representation by male and female students and staff in all realms of college activities.
- Undertake dissertation studies and projects related to gender issues.
- Encourage students to promote gender equity in local community.
- Create awareness on anti-social activities irrespective of gender.
- Prevention of gender bias in college activities.
- Initiate Self Defence training programme.
- Ensure mental and physical well-being of youth and women in particular.

- Empower women through confidence building training and skill development programs.
- Organize awareness programs on sensitive issues such as sexual harassment and atrocities against women.
- Carry out dissertation studies and projects related to problems faced by women and women empowerment.
- Arrange workshops/ training programs pertaining to safety of women & employability.
- Commemorate important days such as International Women's Day, National Girl Child Day, Malala Day and World Breast Feeding Week.
- Promote women and promote child care.

Committees involved

- Gender Champions' cell
- Women's cell
- Equal opportunity cell
- Departments & Clubs
- Management

Outcome

- Build confidence in students
- Empowerment of youth
- Mental, physical and psychological health awareness
- Created understanding about rights and duties
- Outreach and extension activities
- Formed sensitivity towards other gender
- Eliminated gender bias



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ANNUAL PLAN OF ACTIVITIES FROM 2016-2017

S. No.	Activity 2016-17	Objective	Date
1	A Workshop on Gender Equity, Aptitude and Personality Development	Gender Equity	Jun 2016
2	Health awareness program	Gender Equity	Jun 2016
3	Participation of girls and boys NCC cadets in International Yoga Day	Gender Equity	Jun 2016
4	Workshop on upliftment of the Dalit women and children	Gender sensitization	Jun 2016
5	A day with Daya Bai	Women Empowerment	Jul 2016
6	Malala Day	Gender sensitization	Jul 2016
7	A workshop on Women in Society	Women Empowerment	Jul 2016
8	World Breast Feeding week observation	Women Empowerment	Aug 2016
9	Participation of girls and boys NCC cadets in Independence Day Celebrations	Gender Equity	Aug 2016
10	Women Empowerment-Gender Issues	Women Empowerment	Aug 2016
11	Woman's life including freedom and feminism	Women Empowerment	Sept 2016
12	Women Empowerment through Training	Women Empowerment	Sept 2016
13	Gender is not a Barrier	Gender Equity	Sept 2016
13	Participation of girls and boys NCC cadets in Cleaning drive	Gender Equity	Sept 2016
14	Participation of girls and boys in fines art festival, 2016	Gender Equity	Sept 2016
15	Awareness talk on Cyber crimes against women and adolescents	Women and child care	Oct 2016
16	Torrential Grace-A Seminar on Religion, Society and Women	Gender sensitization, Women empowerment	Oct 2016

17	Women Empowerment through Education	Women Empowerment	Nov 2016
18	Practicing Gender equity in laboratories and work spaces	Promote gender equity	Nov 2016
19	Combating sexual harassment at work-place	Sensitization on problems faced by women	Dec 2016
20	Together we can build and win	Women Empowerment	Dec 2016
21	Participation of girls and boys NCC cadets in Republic Day Celebrations	Gender Equity	Jan 2017
22	National Girl Child Day observation	Gender Sensitization, Women empowerment	Jan 2017
23	Impact of nutrition and food on Women's health	Gender Sensitization, Women empowerment	Feb 2017
24	Participation of girls and boys in Sports Day, 2017	Gender Equity	Feb 2017
25	Participation of girls and boys in College Day Celebrations, 2017	Gender Equity	Feb 2017
26	A program on Women in Science	Women Empowerment	Feb 2017
27	International Women's Day	Women Empowerment	Mar 2017
28	She Drives	Women Empowerment	Mar-Apr 2017



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ANNUAL PLAN OF ACTIVITIES FROM 2017-2018

S. No.	Activity 2017-18	Objective	Date
1	Participation of girls and boys NCC cadets in International Yoga Day	Gender Equity	Jun 2017
2	Child Sexual abuse and POCSO	Gender Sensitization	Jun 2017
3	Observation of International Day against Drug abuse and illicit trafficking	Gender Sensitization	Jun 2017
4	Program on "Gender Equality and Gender Sensitisation"	Promote gender equity	June 2017
5	Women empowerment programme	Women Empowerment	July 2017
6	A seminar on safety of Women in Campus	Gender Sensitization, Women empowerment	July 2017
7	World Breast Feeding week observation	Women Empowerment	Aug 2017
8	Participation of girls and boys NCC cadets in Independence Day Celebrations	Gender Equity	Aug 2017
9	Gender Equality in higher education	Promote gender equity	Sept 2017
10	Women film festival	Women Empowerment	Sept 2017
11	Participation of girls and boys in fines art festival, 2017	Gender Equity	Sept 2017
12	Observation of "International Girl Child Day Celebration"	Gender Sensitization	Oct 2017
13	A skit on Women's protection and Growth	Women Empowerment	Oct 2017
14	Seminar on women empowerment for national progress	Women Empowerment	Oct 2017
15	Health Awareness Programme	Gender Sensitization	Nov 2017
16	Cyber Security and Gender Sensitization	Promote gender equity	Nov 2017

17	Women empowerment programme	Women Empowerment	Dec 2017
18	Training programme on Rights of Women	Women Empowerment	Dec 2017
19	Personality Development	Promote gender equity	Jan 2018
20	Reproductive Biology and Sex-Education	Women Empowerment	Jan 2018
21	Meet the artist	Women Empowerment	Jan 2018
22	National Girl Child Day observation	Gender Sensitization	Jan 2018
23	Participation of girls and boys NCC cadets in Republic Day Celebrations	Gender Equity	Jan 2018
24	Panel discussion on "Empowering women in campus in all fields"	Women Empowerment	Feb 2018
25	Women and Design	Women Empowerment	Feb 2018
26	Participation of girls and boys NCC cadets in volunteering duty	Gender Equity	Mar 2018
27	Celebrating International Women's Day	Women Empowerment	Mar 2018



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S. No.	Activity 2018-19	Objective	Date
1	Participation of girls and boys NCC cadets in International Yoga Day	Gender Equity	Jun 2018
2	Breast feeding week	Women Empowerment	Aug 2018
3	Participation of girls and boys NCC cadets in Independence Day Celebrations	Gender Equity	Aug 2018
4	Talk on self-awareness	Gender Sensitization	Sept 2018
5	Women integration initiative PENKARUTH-2018 organized by THRISSUR CITY POLICE	Gender Sensitization, Women empowerment	Nov 2018
6	A seminar on Women empowerment for National Progress	Women Empowerment	Nov 2018
7	Women empowerment programme	Women Empowerment	Nov 2018
8	A Program on Woman and Child abuse	Gender Sensitization, Women empowerment	Nov 2018
9	Kung -Fu Training programme	Women Empowerment	Nov 2018
10	Participation of girls and boys in fines art festival, 2018	Gender Equity	Nov 2018
11	Youth Empowerment Programme	Promote Gender Equity	Nov 2018
12	SMART Mother Certificate Programme	Gender Sensitization	Dec 2018
13	KESHAPRAYAN 2018	Gender Sensitization	Dec 2018
14	Women empowerment programme	Women Empowerment	Dec 2018
15	"HRIDAYAPOORVAM AMMAYKKU" an experience writing competition on your own mother	Gender Sensitization	Dec 2018- Jan 2019

16	Programme on Legal Rights of Women	Gender Sensitization	Dec 2018
17	Seminar on Gender Equality in Higher Education	Promote gender equity	Jan 2019
18	Awareness Talk on “Women in Leadership”	Women Empowerment	Jan 2019
19	Motivational talk on YOUTH EMPOWERMENT	Gender Sensitization	Jan 2019
20	Awareness Talk on WOMEN REPRODUCTIVE HEALTH	Women Empowerment	Jan 2019
21	A talk on Women Empowerment	Women Empowerment	Jan 2019
22	Women Empowerment through Training	Women Empowerment	Jan 2019
23	Vidyarthi Suraksha Padhadhi	Gender Sensitization	Jan 2019
24	National Girl Child Day	Gender Sensitization	Jan 2019
25	Participation of girls and boys NCC cadets in Republic Day Celebrations	Gender Equity	Jan 2019
26	Initiative to promote gender equity	Promote gender equity	Feb 2019
27	Youth Leadership Training Programme	Gender Sensitization	Feb 2019
28	“Celebrating the Spirit of Women” International Women’s Day	Women Empowerment	Mar 2019
29	Naadan Nrithyotsav, 2019	Promote gender equity	Apr 2019



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S. No.	Activity 2019-20	Objective	Date
1	An awareness talk on Women empowerment	Women Empowerment	Jun 2019
2	Dance day	Women Empowerment	Jun 2019
3	Participation of girls and boys NCC cadets in International Yoga Day	Gender Equity	Jun 2019
4	Seminar on Gender Equality in Higher Education	Promote gender equity	July 2019
	Women Empowerment through Training	Women Empowerment	Aug 2019
5	Participation of girls and boys NCC cadets in Independence ceremonial parade	Gender Equity	Aug 2019
6	Keshaprayan 2019-20	Gender Sensitization	Aug 2019
	Gender equity program	Promote gender equity	Sept 2019
7	Participation of male and female NSS volunteers and NCC cadets in Vigilance Awareness Week	Gender Equity	Oct 2019
8	Promotion of Art, Aesthetics and Design among female staff	Gender Sensitization	Nov 2019
9	Kung-Fu self-defence training programme	Women Empowerment	Nov 2019
10	Women Empowerment Programme	Women Empowerment	Nov 2019
11	Participation of girls and boys in fines art festival, 2019	Gender Equity	Nov 2019
12	A seminar on Women empowerment for National Progress	Women Empowerment	Dec 2019
13	Fan the flames lecture 2019	Gender Sensitization, Women Empowerment	Dec 2019
14	Program to protect the children "Kunje Ninakkay"	Gender Sensitization	Dec 2019

15	National Girl Child Day	Gender Sensitization	Jan 2020
16	Participation of girls and boys NCC cadets in Republic Day Celebrations	Gender Equity	Jan 2020
17	Women Empowerment through energy conservation activities	Women Empowerment	Jan 2020
18	Women in Leadership	Women Empowerment	Feb 2020
19	Women's day and health week celebrations	Women Empowerment	Feb 2020
20	Women cancer its causes and consequences	Women Empowerment	Feb 2020
21	Women in cinema	Women Empowerment	Mar 2020
22	Debate on 'is women empowered?'	Women Empowerment	Mar 2020
23	Zero Discrimination day	Promote gender equity	Mar 2020
24	"Celebrating the Spirit of Women" International Women's Day	Women Empowerment	Mar 2020



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S. No.	Activity 2020-21	Objective	Date
1	An Awareness Talk on Wonderful Women Parenting	Gender Sensitization, Women Empowerment	June 2020
2	An Awareness Talk on Health Issues faced by Women in daily life	Gender Sensitization, Women Empowerment	June 2020
3	An Awareness Talk on Significance of Gender Equity	Promote gender equity	Aug 2020
4	Women and Health: Psychological Health During Covid 19	Gender Sensitization	Aug 2020
5	WEBCAST ON GENDER VARIANCE	Promote gender equity	Nov 2020
6	An Awareness Talk on Women Rights	Women Empowerment	Nov 2020
7	webinar on Gender Based Violence	Promote gender equity	Nov 2020
8	Women and Entrepreneurship	Women Empowerment	Nov 2020
9	SIGNIFICANCE OF WOMEN EDUCATION	Women Empowerment	Dec 2020
10	Participation of girls and boys in fines art festival, 2020 (online mode)	Gender Equity	Dec 2020
11	Webinar on Gender Equity and Safety	Promote gender equity	Jan 2021
12	Webinar: Anti-ragging	Gender Sensitization	Jan 2021
13	National Girl Child Day	Gender Sensitization	Jan 2021
14	Women and Health: International Webinar On Fitness & Healthy Eating During COVID-19	Gender Sensitization	Feb 2021
15	Sexual Harassment: Awareness and Prevention	Gender Sensitization	Feb 2021

16	International Women's Day	Women Empowerment	Mar 2021
17	Women Empowerment program-Disha	Women Empowerment	Mar 2021
18	Child and the Book - International Conference	Gender Sensitization	Mar 2021
19	Invited Talk on Parenting	Gender Sensitization	Mar 2021
20	Webinar - Managing Wellbeing Amidst the Pandemic	Gender Sensitization	Mar 2021
21	Gender Equity in Higher Education	Promote gender equity	Mar 2021
22	International Menstrual Hygiene Day	Gender Sensitization	May 2021
23	Awareness Classes on Women empowerment	Women Empowerment	Continuou s



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