

ANANYA

REPORT ON INTERNATIONAL
WOMEN'S DAY

Date : 06/03/2020

Venue : Nivedika



Fr. Dr. PAULACHAN K.J.
Principal

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY (NIMIT)

(Affiliated to the University of Calicut, Accredited by NAAC with B++, ISO 9001-2015 Certified)



INTERNATIONAL WOMEN'S DAY Celebrations

Date : 06-03-2020
Time : 11 am
Venue : Main block seminar hall (Nivedika)

Talk on

**“Role of Ayurveda
in Women's Health”**

Inauguration



Dr. Kochurani Joseph
(Economist, Orator, Academician,
Writer & Columnist)



By
Dr. Rejitha K
(Chief Physician at
Oyasis Ayurveda Eye Hospital, Thrissur &
Ayurveda Medical Association of India
Thrissur Area Secretary)

International Women's Day Theme 2020:

I'M GENERATION EQUALITY : REALISING WOMEN'S RIGHTS

**Naipunnnya Institute of Management and Information
Technology, Pongam
International Women's Day Celebrations**

Date: 6th March, 2020

Venue: Nivedika

Time: 11.00 am to 12.45 pm

PROGRAMME SCHEDULE

- Prayer** : **College Choir**
- Welcome Address** : **Ms Meenu K R**
Student representative, Ananya
- Principal's Message** : **Rev.Fr. Dr. Paulachan K J**
Exe. Director/Principal
- Inauguration** : **Dr Kochurani Joseph**
Economist, Orator, academician and
writer
- Felicitation** : **Ms Emily Ittiachan**
Vice Principal
- Honouring** : **Ms Simitha Lenish**
Nisarga Puraskaram
- Vote of Thanks** : **Kesiya Johnson**
Student representative, Ananya
- National Anthem** : **College Choir**
- Interactive session** : **Dr Rejitha K**
Ayurveda Medical Association, Thrissur
area secretary



ANANYA

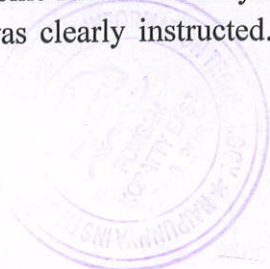
INTERNATIONAL WOMEN'S DAY CELEBRATIONS

As part of International Women's Day, Ananya the women's club in the college conducted a half day programme for the women community in the campus. Female faculties from various departments, non-teaching staff, and around 100 students from different degree and PG classes were the audience for the programme. The main theme for women's day 2020 was, 'I am generation equality: realizing women's rights'. The programme started at 11 am in Nivedika (Main block seminar hall) with a prayer song followed by welcome speech by Ms Meenu K R, student representative. We had prof. Dr. Kochurani Joseph as our chief guest who inaugurated the programme. She is a well-known writer, academician and orator. A beautiful inaugural speech was given by the guest, which was really inspiring to the students. She spoke about the importance of gender equality and the need for women to be strong in this society. It was followed by the presidential address by our dear Principal Rev. Fr. Dr. Paulachan Kaithottungal. Father focused on being contributory in a family to maintain healthy relationships in the families. Our vice principal Ms Emily Ittiachan felicitated the gathering with her inspiring words. Ms Keziya Johnson, student representative proposed vote of thanks. The official inauguration function was concluded at 11.45 am with national anthem.

During the official function, one of our faculty Ms Simitha Linesh from language department was awarded with Nisarga puraskaram, for her achievements in literature. A panel of three members, Ms Emily Ittiachan, Ms Teresa Parackal and Ms Bini Rani Jose who were elected in the 25th council meeting selected Ms Simitha Linesh as the women in the campus to be honoured and awarded in International women's day.

Ananya conducted a competition on the theme 'I am generation equality: realizing women's rights' for students. Students were asked to bring posters, art works, or any creative things based on the theme for the competition. We got lot of art work from students, and the same was displayed in the campus on the day. Ms Toncy Tomy from II B.Com F A was the winner of the competition. She was awarded during the inaugural session by our chief guest Prof. Dr. Kochurani Joseph.

Soon after the inaugural session, we had a session on Role of Ayurveda in women's health and need for avoiding plastic in our daily life by Dr Rejitha K, chief physician at Oyasis Eye hospital Thrissur. She is a well-known doctor, Yoga instructor and the secretary of Ayurveda medical association Thrissur area. The one hour session was really inspiring and fruitful to the audience. Doctor spoke about the importance of healthy diet and exercise for women. She mentioned some home remedies in Ayurveda for diseases. The importance of hygiene and cleanliness for women was clearly instructed. The need for avoiding plastic in our daily life to avoid health issues,



pollution and well-being of the society was also briefed in the session. Students asked about their doubts regarding the topics discussed and gave a very good feedback on the session.

The entire programme was really fruitful and inspiring to the women community in the campus. The programmes were concluded at 1 pm.

Prepared by,

Ms Litty Vincent



Faculty coordinator

Ananya

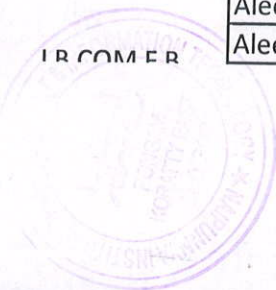


INTERNATIONAL WOMEN'S DAY CELEBRATIONS

LIST OF STUDENTS

SL NO	CLASS	NAME OF STUDENTS	SIGNATURE
1	II B.COM F A	Anagha O B	
2		Angel George	
3		Anju Polachan	
4		Christymol	
5		Shivani Murali	
6	II B.COM F B	Aigi Agnes	
7		Aleena Rose	
8		Diya Mariya <i>Theres</i>	
9		Aleena D	
10		Gifty Martin	
11	II B.COM CO	Ijil	
12		Gitty	
13		Christy	
14		Meenu	
15		Maria	
16		Hanna	
17	II B.COM CA	Grace	
18		Sreelakshmi	
19		Sandra N S	
20		Sandra Biju	
21		Anilamoi	
22	Rinju <i>Angel mariya c-I</i>		
23	Carolin		
24	II BBA	Malavika P Sunil	
25		Sandra Martin	
26		Aswitha A S	
27		Anaswara	
28		Athira S	
29	Amrithasree		
30	I BBA	Meenu K R	
31		Vani Murali	
32		Elma Varghese	
33		Nimisha James	
34	I B.COM F A	Ann Baby	
35		Anjana	
36		Suparna	
37		Aneesha	
38		Sneha	
39		Sethuparvathy	
40	I B.COM F A	Aleena	
41		Ann mariya K Jomon	
42		Aleena Shibu	
43		Aleesha Shiju	


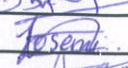
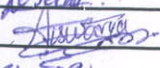
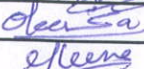

IR COMER




Lety
Ms. Lety Vincent

44		Alveena Jaison	Alveena
45		Reenu	Reenu
46		Dilna	Dilna
47	I B.COM CA	Ann Margret	Ann Margret
48		Gopika <i>Rosemel C.T</i>	Gopika
49		Libiya	Libiya
50		Reshama K S	Reshama
51		Sethulakshmi <i>Swapna</i>	Sethulakshmi
52		Rosna	Rosna
53	I B.COM CO	Ashitha	Ashitha
54		Molwin	Molwin
55		Kavya	Kavya
56		Malavika	Malavika
57		Jesni	Jesni
58	I HM	Almaaz <i>S</i>	Almaaz
59		Ayana	Ayana
60	II HM	Jenifer	Jenifer
61		Nandhitha	Nandhitha
62		Aiswarya	Aiswarya
63		El Mariya	El Mariya
64		Jisny	Jisny
65	II BCA <i>CS</i>	Ann mariya Shajan	Ann mariya Shajan
66		Ann mariya Vincent	Ann mariya Vincent
67		Anna Babu	Anna Babu
68		Mariya Xavier	Mariya Xavier
69		Kesiya	Kesiya
70	I BA	Smrithi Mohan	Smrithi Mohan
71		Adhila Firoz	Adhila Firoz
72		Athira K U	Athira K U
73		Zeba hanneen	Zeba hanneen
74		Medha G Nair	Medha G Nair
75	II BCA	Dhanya Chacko	Dhanya Chacko
76		Jennet Jenson	Jennet Jenson
77		Ros Mariya Biju	Ros Mariya Biju
78		Amr Mariya Babu	Amr Mariya Babu
79		Renu George	Renu George
80	II BA	Aleena P S	Aleena P S
81		Aksah <i>Deleena</i>	Aksah
82		Anju Polachan <i>Anloy</i>	Anju Polachan
83		Anju Polachan <i>Koushrof Nya</i>	Anju Polachan
84		Siya	Siya
85	I BCA	Akhila	Akhila
86		Anagha	Anagha
87		Anuja	Anuja
88		Ashna	Ashna
89		Sherin	Sherin
90		Sona	Sona

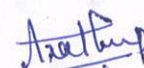
Ms. Letty Vincent

91		Anna	
92	I BSC CS	Sonia Josmy Jose	
93		Aiswarya	
94		Oleevia	
95		Aleena	

96 1st M.com Reemi John 

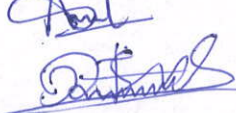
97 " R. G. 

98 " Atbira Parameswaran 


99 " Anathy P. Naie 


100 " Veenaparnathy K M 



101 " Anete Antony



102 " Rosmin Davis 

103 " Jisna Anas 


104 " Archana K M 

105 " Dency Baby 

II B Com F(A) { 106 Anju Joseph 
107 Tancy Tommy 

II B Com F(B) { 108 Dency Denny 
109 Swarna Jolly 




Ms. Letty Vercent

Effectiveness of the Training: Evaluation by Trainer

Name of the Programme: International women's Day

Date: 06/03/2020 Duration: 20 minutes

Trainer: Prof. Dr. Kochurani Joseph

Assessment of the Participants:

Method of Assessment:

Very good response.
Thought provoking
Cheerful

Description of Assessment:

Very good

Kem

Prof. Dr. Kochurani Joseph

Name and dated signature of the trainer



Effectiveness of the Training: Evaluation by Trainer

Name of the Programme: Role of Ayurveda in woman's health.

Date: 6/3/2020 : Duration: 1 hr.

Trainer: Dr. Rajitha. K

Assessment of the Participants:

Method of Assessment:

Took ayurveda related class

Description of Assessment:

Done breathing exercise

Dr. Rajitha. K
[Signature]

Name and dated signature of the trainer

[Signature]
Ms Letty Vincent







