

Women Cell

50th International Women's Day Celebration

Naipunnya[®]
To reach the unreachable

Date of event: 07/03/2025 & 11/03/2025

Faculty In-charge: Dr. Veena Vijaya & Dr. Fairouz Ashareff

REPORT

50th International Women's Day Celebration

To celebrate the 50th International Women's Day, the Women Cell – Ananaya at Naipunnya College organized a series of impactful activities to inspire and empower its female students. The event included two key programs: a Biopic Making Competition and a Self-Defense Training session. The Biopic Making Competition encouraged students to explore the lives of influential women, using storytelling to highlight their resilience, struggles and achievements. In contrast, the Self-Defense Training, in collaboration with the Kerala Police, provided practical techniques to help students protect themselves in real-life situations while building their mental and physical confidence. Together, these activities celebrated the contributions and strength of women, underscoring the college's commitment to gender equality and personal safety. By combining creativity with practical skills, the college aimed to create a well-rounded approach to women's empowerment that would resonate deeply with the student body, fostering pride and solidarity.

The Biopic Making Competition titled "Her Story: Journey of Empowerment" aimed to honor the inspiring women in the students' lives by showcasing their resilience, challenges, and accomplishments. The event provided a platform for students to collaborate and create biopics that celebrated women's achievements and raised awareness about the importance of women's empowerment. Each team created a two-minute biopic focusing on the journey of a woman from their immediate surroundings. The biopics were evaluated by a panel of judges, and the winning team from I M. Com was awarded on College Day (7th March, 2025) at Navrang auditorium, NIMIT, with their biopic being highlighted as an example of genuine storytelling. The featured woman, Mrs. Lincy Joshy, was honoured with the 'Above and Beyond Award' by Dr. Raju Narayanaswamy IAS for her contributions to her community. The event not only deepened students' appreciation for the strength of women but also fostered collaboration and creativity, leaving a lasting impact on both the students and the women featured. "Her Story: Journey of Empowerment" proved to be a resounding success, empowering future generations to continue uplifting and celebrating women in their communities.

The Self-Defense Training Program (Jwala 3.0) in association with the Kerala Police was conducted on 11th March, 2025, at MBA Seminar Hall, NIMIT, with an aim to equip women with essential self-defense techniques while boosting their confidence and raising awareness about personal safety. The program's objectives were to teach basic self-defense skills, promote self-reliance, and increase awareness about precautionary measures. Mr. Joy K.A., Sub Inspector of Police, Koratty Police Station, inaugurated the session, stressing the importance of women's safety. Mr. Sreelal C. N., ADNO of the Janamaithri Suraksha Project, Thrissur Rural, delivered a felicitation speech for the program, offering valuable insights on both the physical and emotional aspects of female safety. Three female police officers conducted the hands-on training, teaching participants various techniques such as basic strikes, escaping from holds and understanding legal rights related to self-defence. The session, which saw enthusiastic participation from around 100 undergraduate female students, was interactive and received positive feedback from attendees.

Many students expressed interest in having similar sessions regularly to keep up their skills. The event concluded with a note of thanks expressing gratitude to the Kerala Police and all involved. The training successfully empowered the participants, instilling a sense of confidence and self-reliance.

Women's Day celebrations for 2025 at Naipunnya College with the above activities went beyond mere celebration, as they actively engaged students in critical conversations about women's empowerment and the importance of supporting and uplifting those around them. The blend of creative activities and practical learning encouraged the students to view empowerment not as a passive concept but as an active practice that involves responsibility, action and advocacy. By participating in these events, students not only developed a deeper appreciation for the strength and resilience of women but were also motivated to play an active role in promoting gender equality and supporting their peers and women in their communities. This holistic approach ensured that the celebration of women's day transcended a single event, leaving a lasting impact on the college's culture and reinforcing the idea that empowering women is a collective and ongoing responsibility.

Prepared by:

Verified by:

Approved by:



Dr. Veena Vijaya

(Women Cell Coordinator)



Dr. Joy Joseph Puthussery

(IQAC Coordinator/ Dean of Studies)



Rev. Fr. Dr. Paulachan K. J.

(Principal)



BROCHURE



HER STORY

A Journey of Empowerment Video Making Competition

First and second-year students are invited to create a biopic of an inspiring woman from their community. Teams of four students, with at least two girls per team, will showcase her journey, challenges, resilience, and achievements. A panel will evaluate the videos, and the winning video will be awarded on College Day. The woman featured will receive the Above and Beyond Award. Let's come together to honor and celebrate the women who inspire and empower us!

-Women Cell - Ananya



SEND YOUR VIDEOS TO
ananya@naipunnya.ac.in

LAST DATE OF SUBMISSION
04 TH MARCH, 2025

Evaluation criteria:

- * Content should be original & relevant to the theme
- * Overall impact in presentation style
- * Video can be in MP4 or MOV format
- * Duration: 2 minutes
- * Plagiarized content may result in disqualification



Registration Link



SELF - DEFENSE TRAINING JWALA 3.0

In Association with Kerala Police
for
All II Year UG and PG Girl Students



Smt. Soumya E.U.
(Women Cell)
Sub Inspector of police
Thrissur Rural

Sri Sreelal C.N.
ADNO, Janamaithri
Suraksha Project,
Thrissur Rural

Inauguration by :
Sri Amruth Rangan
SHO,
Koratty Police Station

Venue : MBA Seminar Hall
Time : 11 : 00 a.m. to 12 :00 p.m.
Date : 11 / 03 / 2025



**Women's Fight For A
Better Future**



PROGRAM SCHEDULE

SELF- DEFENSE TRAINING FOR GIRL STUDENTS (Jwala 3.0)

Date:11/03/25

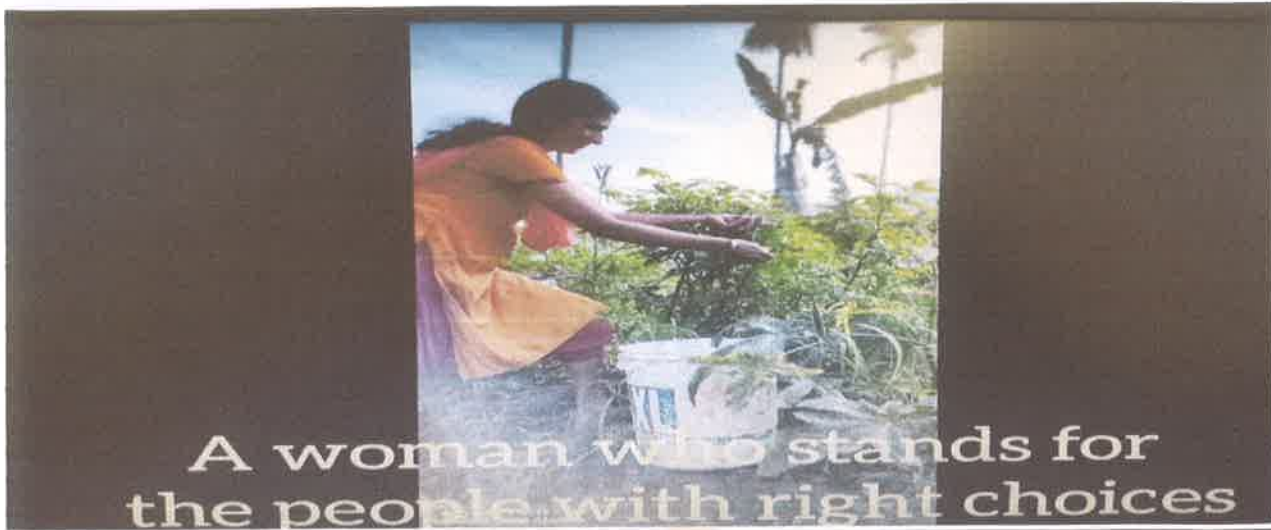
Time: 11.00 a.m.

MC Note	: Nayana Gigi (II Year B. Com C)
Prayer Song	: Ms Delmimol M. B. (II Year B. Com F(B)
Welcome Speech	: Samah Sanofer III BBA)
Presidential Address	: Rev. Fr. Dr. Paulachan K. J. (Principal, NIMIT)
Inauguration and Lamp Lighting	: Sri Amruth Rangan (SHO, Koratty Police Station)
Talk by	: Smt. Soumya E.U. (Sub Inspector of police)
Talk by:	: Sri Sreelal C. N. (ADNO, Janamaitri Suraksha)
<i>Presenting the Memento</i>	
Vote of Thanks:	: Irine Manadakan (II BCA B)



PHOTOGRAPHS /SCREENSHOTS

"Her Story: Journey of Empowerment"

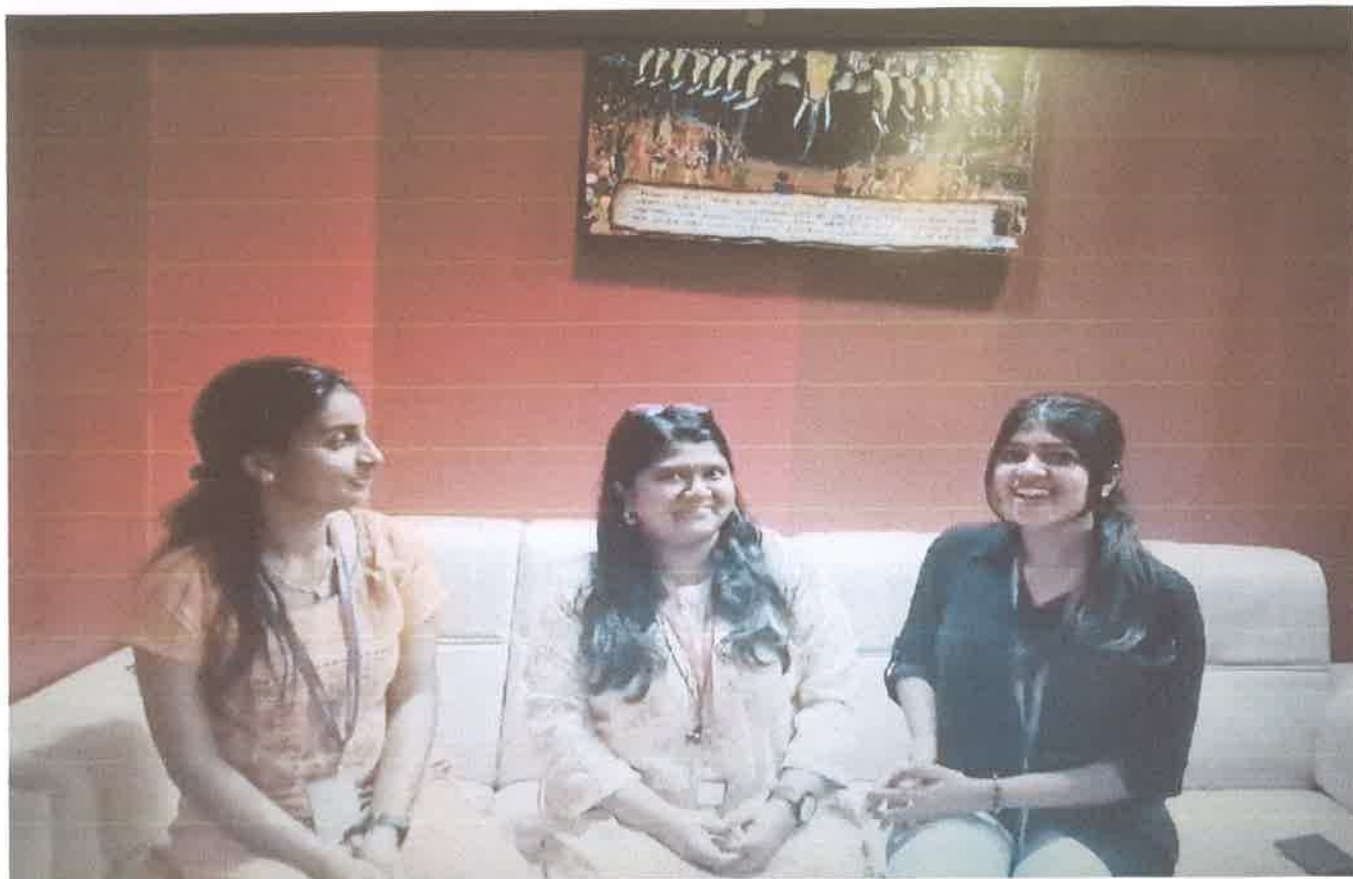




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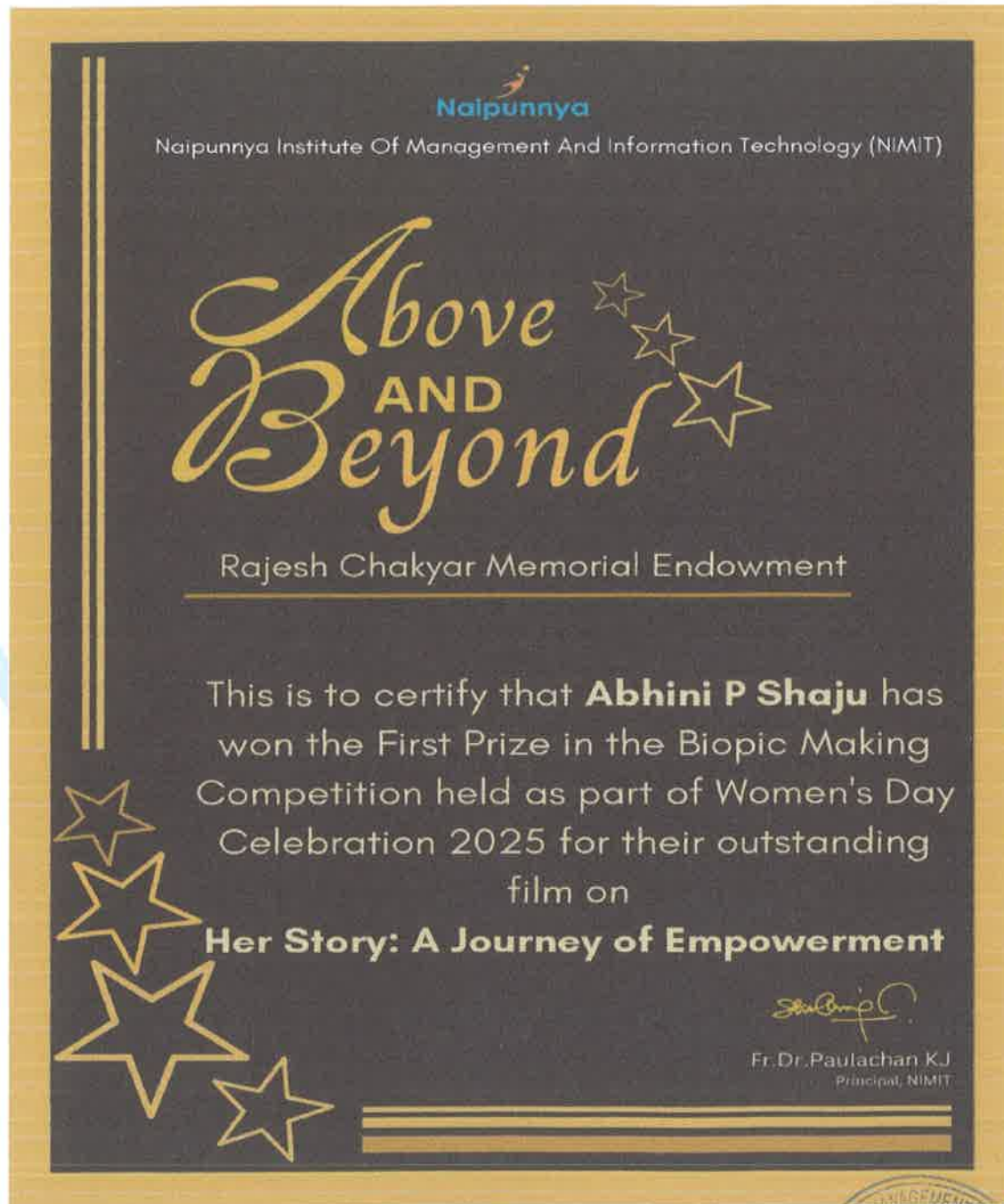




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Naipunnya

Naipunnya Institute Of Management And Information Technology (NIMIT)

Above AND Beyond

Rajesh Chakyar Memorial Endowment

This is to certify that **Liya Poulase** has
won the First Prize in the Biopic Making
Competition held as part of Women's Day
Celebration 2025 for their outstanding
film on

Her Story: A Journey of Empowerment



Fr. Dr. Paulachan KJ
Principal, NIMIT





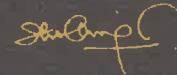
Naipunnya Institute Of Management And Information Technology (NIMIT)

Above AND Beyond

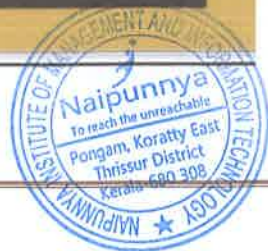
Rajesh Chakyar Memorial Endowment

This is to certify that **Sreyas Nair** has won
the First Prize in the Biopic Making
Competition held as part of Women's Day
Celebration 2025 for their outstanding
film on

Her Story: A Journey of Empowerment



Fr. Dr. Paulachan KJ
Principal, NIMIT



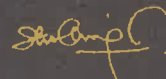


Naipunnnya Institute Of Management And Information Technology (NIMIT)

*Above
AND
Beyond* 

Certificate of Appreciation

The Above and Beyond Award 2025 is presented to
Mrs Lincy Joshy in recognition of her remarkable
journey, unwavering resilience and outstanding
achievements, which have inspired countless
individuals in our community. Her determination and
perseverance in the face of challenges serve as a
beacon of hope and empowerment for women
everywhere.



Fr. Dr. Paulachan KJ
Principal, NIMIT



Photographs

Self-Defense Training (Jwala 3.0)





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PARTICIPANT'S LIST

Name of the event: "HER STORY: Journey of Empowerment"

Date: 07/03/2025

Class: First & Second Year UG&PG

Sl. No.	Name	Signature
1.	Abhini P Shaju	Abhini
2.	Liya Poulose	Liya
3.	Sreyas Nair	Sreyas
4.	Sreedevi K	Sreedevi
5.	Arthana Binoy	Arthana
6.	Jinto Joy	Jinto
7.	Daya Suresh	Daya
8.	Aysha Aziz	Aysha
9.	Abhimanyu KB	Abhi
10.	Sreejish C	Sreejish
11.	Anna Maria	Anna
12.	Sandra Shaju	Sandra
13.	Rohith P Suresh	Rohith
14.	Alfred Binu	Alfred
15.	Simbu C	Simbu
16.	Saranya N S	Saranya
17.	Anupama M M	Anupama

Event Coordinator: Dr Veena Vijaya



PARTICIPANT'S LIST

Name of the event: **Self Defense Training**

Date: **11/03/25**

Class: **All girls students (IInd year and PG students)**

Sl. No.	Name	Signature
1.	Anna Benny	Anna Benny
2.	Nithya Eyob	Nithya Eyob
3.	Isene Elsa John	Isene Elsa John
4.	Mama Gugo	Mama Gugo
5.	Abhinav Shafu	Abhinav Shafu
6.	LIYA POULOSE	LIYA POULOSE
7.	RIA LAZAR	RIA LAZAR
8.	Pooja Vinod	Pooja Vinod
9.	Sreelakshmi K A	Sreelakshmi K A
10.	Aganutha B Raj	Aganutha B Raj
11.	Sneha Cleatus	Sneha Cleatus
12.	Amaltha NLS	Amaltha NLS
13.	Mheena Taren	Mheena Taren
14.	Mehakshy TJ	Mehakshy TJ
15.	Anshika Mibin	Anshika Mibin
16.	Anna Rose	Anna Rose
17.	Aarthana Binay	Aarthana Binay
18.	Nanda Divya	Nanda Divya
19.	Mecnu Suchheesh	Mecnu Suchheesh
20.	Sofa Davi	Sofa Davi
21.	Theritha Suresh	Theritha Suresh
22.	Aishwarya Tom Byradyth	Aishwarya Tom Byradyth
23.	Arko Jijo	Arko Jijo
24.	Aswini P	Aswini P
25.	ATHITA R	ATHITA R
26.	AVANI SHARAN	AVANI SHARAN
27.	Merin Rose Babu	Merin Rose Babu
28.	Aleena Anjo	Aleena Anjo
29.	Mohamed Ulas	Mohamed Ulas



30.	Priyada M	PdD
31.	Angel Rose Dawy	Angel
32.	Anitta Johny	Anita
33.	Anjana K.S	Anjana
34.	Ann Salome Jose	Ann Salome
35.	Rasna Byju	Rasna
36.	Lakshmi K Raju	Lakshmi
37.	Vaishnavi A P	Vaish
38.	Anetta E P	Anetta
39.	Thayba T.A	Thayba
40.	Anmilla K S	Anmilla
41.	Daya C.S	Daya
42.	Pavithra T V	Pavithra
43.	Helna Thomas	Helna
44.	Saranya N.S	Saranya
45.	Anna thaju	Anna
46.	Aleena Jlu	Aleena
47.	Aksha Biju	Aksha
48.	Gireeshma Hazi	Gireeshma
49.	Jayama M M	Jayama
50.	Arpika Ks	Arpika
51.	Akshaya Shann	Akshaya
52.	Anna maria	Anna
53.	Sandra Sandra K.S	Sandra
54.	Nadhana ms	Nadhana
55.	Athulya Johny	Athulya
56.	Diya K	Diya
57.	Anmika H	Anmika
58.	Afrin Zara	Afrin
59.	Ramul Ka	Ramul
60.	Maniya Manoj	Maniya
61.	Sindya Jose	Sindya
62.	Sulbha K.A	Sulbha
63.	Aleena KJ	Aleena
64.	Anna Mariya Benny	Anna
65.	Lalithipriya C J	Lalithipriya
66.	Pooja Joshy	Pooja
67.	Nanda Surendran	Nanda
68.	Anagha C.S	Anagha
69.	Jophiya Joby	Jophiya
70.	Belmi Mol M B	Belmi
71.	Uopika Ramech	Uopika

72.	Devaranand E. S	
73.	Aleena Thomas	
74.	Anjana M. Dev	
75.	Akhila P. M	
76.	Parvathy	
77.	Angelica Joy	
78.	Anna Rayu	
79.	Devika Shibu	
80.	Angelica Sajeev	
81.	Angelina Sajeev	
82.	Meenakshy K S	
83.	Laya Therese Prince	
84.	parvathy s. menon	
85.	Maneesha K. M	
86.	Krishnapriya Vijay	
87.	Esther John	
88.	Asiya	
89.	JOSHNA C. J	
90.	Samah Sanofur	
91.		
92.		

Event Coordinator: Dr. Fairouz Ashareff

