



INSTITUTIONAL DISTINCTIVENESS

2017-2022



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Title: WE-AIM (Women Empowerment- Activities for Integral Maturation)

Fulfilling its vision and mission, St. Xavier's College for Women, Aluva ensures the formation and development of its students into responsible women who can contribute to the creation of a better society by initiating a change in the world they live in. As majority of the student population hail from remote areas and from backward communities, they are denied many of the facilities which the communities of mainstream enjoy. There are first generation learners too who come to the college with the dream of emancipating not only their life pattern but also the ideologies of their communities.

All the activities planned and carried out in the institution are centred on inclusive women empowerment through educational, social and cultural enhancement rooted in altruistic values and professional outlook. Affirming gender equality and inclusion, all the programmes and activities help the students to grow into responsible women in varied roles like successful professionals, promising entrepreneurs and excellent home makers. To achieve the goal, programmes and club activities that exhort leadership, promote career advancement, instil eco-sensitivity, infuse constitutional awareness, and self- efficiency are regularly conducted to help them excel in life, thus making their distinctive contribution to the betterment of the world.

The Practice:

Aiming at the holistic development of the students, the college has devised a mechanism to promote the innate talents of the students through myriad initiatives so as to instill in them a scientific temperament through theoretical and practical exposition. The institution has charted various facets of women empowerment that needs to be addressed for a rounded-out development and to ensure integral maturation which are realized through various clubs, cells, organizations and associations which function on a regular basis. Each club / cell / association is assigned with 2 faculty coordinators who select one / two student secretaries to initiate varied activities ensuring maximum participation of students. Under the student leadership, varied programmes are carried out inside and outside the campus contouring the myriad critical concerns of women empowerment. The activities of each club are diverse in nature integrating the UNAI principles and SDGs to ensure a holistic and value added development.

The areas focussed are:

Empowerment through Human Rights and Legal Knowledge: With the view to impart awareness of individual rights and social positions that they are entitled to constitutionally and to inculcate self-confidence among students to articulate and assert the power of independent decision making, the college has institutionalised certain clubs and cells, the events of which are proof of the positive impact of the ventures:

Clubs	Notable Events
Justice & Legal Awareness club	<ul style="list-style-type: none"> • Wall of Democracy • Model Parliament • Observance of Constitution Day • Awareness Campaigns
Human rights forum	<ul style="list-style-type: none"> • Seminar on “Social and Cultural rights of women in India • Human Rights Mapping Competition and Report presentation • Comment board for expressing student’s views on human rights. • Study Report -Application of Human Rights among students
Anti Ragging Cell	<ul style="list-style-type: none"> • Awareness Talks
Anti Narcotic Cell	<ul style="list-style-type: none"> • Poster competition on “Say no to drugs” • Online Quiz Competition against substance abuse. • Awareness class on anti –narcotics • International Anti- Drugs observation • Awareness video about drug abuses and its implications
SC / ST Cell	<ul style="list-style-type: none"> • Ensuring the SC/ST students welfare
Minority Cell	<ul style="list-style-type: none"> • Cater to the needs of minority students
OBC Cell	<ul style="list-style-type: none"> • Track the welfare of the students from backward communities

Social Empowerment of Women: The most critical aspect of social empowerment of women is the promotion of gender equality. To ascertain the perceptions of gender equality and equity the following clubs and cells are functional in the college:

Clubs	Notable Events
Anti-Sexual Harrassment Cell	<ul style="list-style-type: none"> • Monitors the safety and security of students
Gender Justice Forum	<ul style="list-style-type: none"> • Ascertaines the legal rights of the students

Internal Complaint Committee	<ul style="list-style-type: none"> • Surveys and supervises students complaints of any regard
Counselling Cell & Mentoring	<ul style="list-style-type: none"> • 'Personality Based Motivation' Sessions • Session on 'Transactional effects' • Personal Counseling & Group Counselling. • Virtual Sessions on Stress Management
Equal Opportunity cell	<ul style="list-style-type: none"> • Ensures equitable welfare for all
Gender Equality cell	<ul style="list-style-type: none"> • Flash Mob on 'Gender equality and Women empowerment. • State level workshop on Women Empowerment • Awareness training class on Gender Equality • Women Safety and Legal Awareness Class • Women's day Debate: "Women are better entrepreneurs than Men" • Study- The Impact of Kudumbasree Mission on Women • Sakhi: Gender Sensitization Programme
Women Cell	<ul style="list-style-type: none"> • Gender Awareness and Self Job Training • Inter- Collegiate workshop on Art and Designing. • Street Plays • Community Intervention Programmes • Seminar and webinars • 'Creative workshop on "Liquid Embroidery" • Manuscript Magazine • Motivational Talks and Counselling classes • Self Defence training • Wellness training • Cancer Awareness class • Women Entrepreneur day • Mithra helpline number awareness class • Sparsham- Awareness class on Good touch and Bad Touch • Awareness campaign on "Happy periods" and "Menstrual Hygiene"

Cultural Development and Artistic Expansion of Women: Focussing to enable women to grab the knowledge, skills, and self-confidence necessary to participate fully in the development process, the college has its manifold cells and clubs to cater to the cultural and artistic development of its primary stakeholders. They include:

Clubs	Notable Events
The Students' Council	<ul style="list-style-type: none"> ● Parliamentary mode of election to elect college council with the help of College Election Committee ● Celebrations <ul style="list-style-type: none"> ○ Onam ○ Christmas ○ Teacher's day ○ Kerala Piravi ○ Xaverian Day ● Fresher's day ● College Arts Fest ● Naatya- Semi-classical group dance competition <p>Iftar Fest</p>
Debate Club	<ul style="list-style-type: none"> ● Debate competition on Gender Neutral Uniform ● Panel Discussion on Ukraine- Russia War and its Implications ● Speak for India - Kerala Edition 2019 <p>National Science Day Debate "Path Breaking Innovations and Scientific Achievements-Boon or Curse"</p>
Literary Club	<ul style="list-style-type: none"> ● National Webinars <ul style="list-style-type: none"> ○ Literature after Pandemic: Conjectures and Considerations ○ Understanding Cinema: Intersections in Indian Horror Films ● Online Poets Meet - Campus Kavitha Unlocked <p>Literary Meets</p>

<p>Music Club</p>	<ul style="list-style-type: none"> ● 'Ente Keralam' Music competition ● IIC Song ● IIC Jingles in English & Hindi ● Musical Concert ● Xav Voice Title competition ● Video and Promo Song released as part of National Science Day on 'Women in science'
<p>Dance Club</p>	<ul style="list-style-type: none"> ● Yoga dance ● Xav Dancer Competition ● Dance Challenge to promote blood donation ● Flash Mob against Dowry and on water conservation
<p>Theatre Club</p>	<ul style="list-style-type: none"> ● Virtual workshop on theatre skills ● Best Actress competition ● Chain Acting Challenge ● Street play on Gender issues. ● Commemoration of Munshi Premchand - dramatizing 'Idgaah' ● Street play "Meira Paibi, Women torch bearers" to commemorate late Mahasweta Devi ● International Seminar "The Dynamics of Histrionics: Themes, Motifs and Emerging Trends in Contemporary Theatre" ● Dubsmash, Mono Act, Mimicry and Kathaprasangam competitions
<p>Photography & Painting Club</p>	<ul style="list-style-type: none"> ● Poster making competitions ● Covid - Poster Making Activity ● Painting & Photography competitions ● Hauntography (Halloween competition) ● L' ÉTALAGE - Poster Making Competition ● LA PARITA – Comic strip Competition
<p>Quiz club</p>	<ul style="list-style-type: none"> ● Inter-departmental quiz competition 'The Best Quizzer Contest'. ● Mathrubhumi Campus Literary Quiz Contest 2020 ● Preliminary quiz on Energy Conservation and Management by ENCON Club ● Online Quiz competition as part of Ozone day celebrations

Media Club	<ul style="list-style-type: none"> • The Media Quiz • Seminar - Madhyamangalum Sthreeyum
Cookery Club	<ul style="list-style-type: none"> • Online competition <ul style="list-style-type: none"> ◦ Fruit carving ◦ <i>Onam payasam</i> and dishes • Mommy and Me Cooking Competition • Food Art Competition • Kerala Cuisine Cooking Competition • Winter Holidays Food Styling Competition
Health Club	<ul style="list-style-type: none"> • Fitness Training to staff and students • Yoga day
Peace club	<ul style="list-style-type: none"> • Food Distribution to the needy • Peace Solidarity Programmes • Peace Pledge and Prayer sessions
Film Club	<ul style="list-style-type: none"> • Movie Screening • Inter departmental tik-tok competition • Film Review competition
Fine Arts Club	<ul style="list-style-type: none"> • Face mask designing competition • Toys for toycathon competition • Moon day observation • Origami making challenge • Best out of waste • Theme based decorations • Interdepartmental exhibition competition • Rangoli competition
Soch Vichar Club	<ul style="list-style-type: none"> • Munshi Premchand Ki Yaad Meim • Hindi Day- Aaj Hindi Mein • Prashnottari Pratiyogita

Folklore Club	<ul style="list-style-type: none"> • Folklore webinar • Nandanpattu Peruma- to reinforce folk songs.
Tourism Club	<ul style="list-style-type: none"> • Padam Onnu: Oru Kai Sahayam • Maiden Metro Journey • Organic Vegetable fest • Logo designing competition on Kerala Culture • Ethnic Day Celebration

Economic and Occupational Freedom: Imparting the notion of financial independence among students and enabling them to become a significant part of the human resource, the following clubs and bodies are centered on developing entrepreneurial skills and business ideas of the students:

Clubs	Notable Events
SPACE - Incubation Centre	Ideation and Incubation of innovative ideas
Entrepreneurship Development Club	<ul style="list-style-type: none"> • Industrial visits, business awareness classes, practical sessions on skill development training, and interaction with entrepreneurs. • Annual Sell-Sale platform • Paper pen making initiative, ECOTIPS • Blooming Pink- Business Idea Competition • Craft from waste Training on eco-friendly paper bags and files
Institutional Innovation Council	<ul style="list-style-type: none"> • Introduction to Copyright • Design thinking, Critical thinking and Innovative design. • My Story - Motivational Session by Successful Entrepreneur • Entrepreneurship Development Workshops • IPR orientation • Innovation Ambassadors led Orientation sessions Pitching workshop & linkage of innovators with Innovation Ambassadors

OSAX	<ul style="list-style-type: none"> ● UTSAV- Annual OSAX Fest ● Alumni Lecture Series ● Intercollegiate Essay Writing Competition ● Endowment Prizes ● Snehasparsham- Financial Support to the needy ● OSAX Meet
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Political Empowerment of Women: In line with the nationalistic spirit that encourages the participation of women in the political decision-making process and in governance, the following clubs and committee make the students fully aware about the political system and conduct parliamentary mode of election so as to give a first hand knowledge of the election process:

Clubs	Notable Events
Electoral literacy Club	<ul style="list-style-type: none"> ● Wall of Democracy (Monthly wall magazine) ● Seminar on Gandhian Principle ● Seminar on “Fundamental Duties of an Indian Citizen in the Constitutional Perspective” ● Paper presentation on ‘Gandhism and Toleration’ ● Skit on ‘Fundamental Rights and Duties’

Environmental Awareness: Trailing the concept of ecofeminism, the college encourages the students to devise constructive and sustainable mechanisms to intervene in environment related issues. The following clubs motivate students to explore environment related issues and to engage in wise ways of preserving it:

Clubs	Notable Events
Energy & Environment	<ul style="list-style-type: none"> ● Online awareness class and Poster designing competition on energy management and conservation. ● Power quiz competition among college students across the state. ● Oath Taking and Rally on National Energy Conservation Day. ● Solar Study Lamp Assembling and Student Solar Ambassador Programme in association with Bhoomitra Sena club. <p style="text-align: center;">Open Quiz Contest- Energy Conservation</p>

Bhoomitra Sena club	<ul style="list-style-type: none"> ● Six intercollegiate competitions on World Environment Day. ● Sustainable Lifestyle practices - Cartoon Making Competition ● Photography contest on Campus Biodiversity ● Cleaning Drive of Butterfly Garden ● Nature study at Mathrubhumi Arboretum ● Awareness talk on Energy management and conservation ● “Every Sunday as Dry Day”. ● Paper bags distribution to the vendors of Aluva Manappuram and nearby localities ● Paristhithikam - cleaning, maintenance and planting ● Cloth bag/Paper bag making and distribution ● Ozone day workshop ● “Swachata Hi Seva” campaign. ● National Science Day paper presentations ● Nature Camp and Photography Competition on Nature was held at Suvarna Udyan, Athani Biological Park under Social Forestry dept. ● Visited Rice Research station, Vytilla. ● Awareness class on Dengue to the farmers ● Plastic bag free Day
Bio Diversity Club & Urja Kiran	<ul style="list-style-type: none"> ● Organized sessions to create awareness among the general public and equip them for efficient management.
Lotus Club	<ul style="list-style-type: none"> ● Essay competition - “Threats to biodiversity”. ● Webinars on <ul style="list-style-type: none"> ○ “Plant Fibre Extraction” ○ “Fundamental Rights And Right to A Healthy and Sustainable Environment: Constitutional Recognition” ○ “Entrepreneurship in Nursery Management” ○ Organic Farming ○ “Innovative methods in Terrarium making”

Other Bodies:-

	Focus Areas
NSS and NCC	<ul style="list-style-type: none"> ● Gender Awareness ● Environmental sensitisation ● Societal Health and hygiene ● Community Extension and outreach activities ● Entrepreneurship ● Day observances
UBA	<ul style="list-style-type: none"> ● Rural Development Initiatives ● Environmental activities ● Stress Management Drives ● Entrepreneurship

Evidence of Success:-

Year	Awards/Recognitions
2021-22	<ul style="list-style-type: none"> ● Mahatma Gandhi University Awards for Literary and Cultural Events ● IMA Excellence Award for the NSS unit
2020-21	<ul style="list-style-type: none"> ● The rank of Partner Institution in the Student Solar Ambassador Project ● 4 Star rating in the IIC Annual Performance Report of the Ministry of Education, Government of India ● MGU Best NSS Volunteer Award ● MGU Best Programme Officer Award
2019-20	<ul style="list-style-type: none"> ● Mahatma Gandhi University Awards for Literary and Cultural Events ● First position in the State Level Hackathon ED Conclave, Enlight 2020 ● 5 Star rating in the IIC Annual Performance Report of Ministry of Education, Government of India ● Best Performing College in the Ernakulam District in the JAIVAM Organic Farming Literacy Programme ● Certificate of Appreciation for the NCC Unit for the project “Mini Krishi Farm”

2018-19	<ul style="list-style-type: none">● Mahatma Gandhi University Awards for Literary and Cultural Events● All Kerala Open Youth Festival Awards● State Award for the Best NSS Volunteer● MGU Best NSS Volunteer Award
2017-18	<ul style="list-style-type: none">● Mahatma Gandhi University Awards for Literary and Cultural Events

Inference:-

Resolute in fulfilling the vision and mission of the institution, the activities aimed at the emotional, spiritual, mental, artistic, cultural and constitutional evolution and expansion of the students. Professing varied roles, the activities contributed positively in the integral maturation of students, thereby promoting women empowerment.