

2018-19

PENPULARI

We celebrated the International Women's Day by organising a programme named as 'Penpulari' an awareness class on laws for women delivered by the HOD Law Dept, Kariavattom Campus. In addition, there was an interactive session between teaching staffs and students about recent trends and problems of girls. Later Maadhrgam Committee conducted a wall painting event named as 'Kaiyethuthu', where lots of girls put a hand-print on wall and a pencil drawing and quiz competition were also conducted.





Kaiyazhuthu by students

SELF-DEFENSE TRAINING PROGRAMME

There are numerous incidents where women face sexual violence or attacks by strangers. The world is evolving and becoming more unpredictable. Given the rising crime rates against women, self-defense training has become crucial. It not only enhances self-confidence but also promotes a healthy and fit lifestyle. Additionally, it equips individuals to handle dangerous and emergency situations. In this context, a Self-Defense Training Program was organized in collaboration with Mathrukam for girls on September 25th in the College Seminar Hall. Seventy-five volunteers participated and received training through the program.





Self-defence training session

