

Women Empowerment

BEST PRACTICE 1



ANSAR WOMEN'S COLLEGE

PERUMPILAVU

KARIKKAD PO, THRISSUR DT, KERALA-680519

AFFILIATED TO UNIVERSITY OF CALICUT

ACCREDITED BY NAAC WITH A GARDE FIRST CYCLE

ISO 9001 – 2015 CERTIFIED

OBJECTIVE

The Women Empowerment aims to foster a holistic environment that empowers women within the institution. Its objectives include creating awareness and educating women about their rights, promoting skill development through targeted training programs, and establishing mentorship initiatives for guidance in both academic and professional spheres. The cell endeavors to provide career counseling and placement assistance, ensuring that women have the necessary tools and support to navigate their chosen paths. Additionally, it is committed to promoting the health and well-being of women through various awareness campaigns and initiatives. The Women Empowerment in institution plays a crucial role in gender sensitization, challenging stereotypes, and fostering a safe and secure campus environment by advocating for policies that prioritize women's safety. Engaging in community outreach, supporting entrepreneurship, celebrating achievements, and advocating for gender-inclusive policies are integral components of the cell's objectives. Ultimately, Women Empowerment strives to contribute to the overall empowerment and advancement of women within the institution and beyond.

Driving Classes for Students and Teachers.

Women Empowerment Cell in pursuit of gender equality and empowerment is providing driving classes for final year students and teachers as a pivotal step towards fostering independence and self-reliance. This venture is a continuation of the step begun by Student Empowerment Cell in the academic year 2022-23, outlining the various benefits and potential impact on individuals and society at large. The driving class initiative was organized as part of the best practice offered by Ansar Women's College. It was designed to cater to students' interests in obtaining a driver's license, fostering responsible driving habits, and enhancing overall road safety awareness among young adults. Globally, access to mobility and transportation is a fundamental aspect of modern life. However, in many societies, women face limitations in their ability to access transportation due to cultural, societal, or economic reasons. This lack of mobility can hinder their educational, professional, and personal growth. For instance, in several regions, cultural norms discourage women from driving, limiting their freedom of movement and independence. Empowering women with driving skills provides them with the autonomy to travel independently, eliminating dependence on others for transportation. This new found freedom can enable them to pursue education, employment opportunities, and social engagements without constraints.



The classes are provided by Captain Driving School, Perumpilavu. Access to driving education can significantly impact women's economic empowerment. With the ability to drive, women can access a broader range of job opportunities that might have been previously inaccessible due to commuting challenges. Equipping women with driving skills enhances their safety and security. In emergencies or situations requiring immediate action, the ability to drive allows for quick responses, potentially averting dangerous situations. Moreover, having control over transportation choices reduces the vulnerability that comes with relying on unfamiliar drivers or public transport.

Session on Women Equality: Its Psychological Barriers

Women Empowerment Cell conducted the session on Women Equality and its Psychological Barrier in connection with Women Equality day Observation. This session was handled by Kashmeela ET (Psychologist, Family Counselor) on 7th December 2023 in the Conference hall from 9.30 am. Around 75 students participated in this session. Women's equality is a fundamental aspect of any progressive society. However, achieving true equality requires addressing not only external



barriers but also psychological ones that hinder women's advancement. The session delves into the psychological barriers faced by girls in their pursuit of equality, focusing on a session designed to raise awareness and empower female students. There discussed Societal Expectations from a young age, girls are often subjected to societal norms and expectations that limit their aspirations and potential. These expectations can lead to self-doubt and a lack of confidence in their abilities.

Women Safety Self Defence Training Program

Women Empowerment Cell in collaboration with Anti Sexual Harrasment Cell organized a self defence training session for the members of two cells on 20th December 2023 Wednesday at 10.30 am in the Prayer hall .The session was provided by Shiji PB ,Prathiba PK, Sheeja IA (Senior Civil Police Officers and Self Defence Master Trainers, Thrissur City Police) .Around 50 students participated in the session The training covered an awareness session and Practical training.It focused on how to defend ourself in endangered situation. It was really a new experience for the students .In recent years, there has been a growing recognition of the importance of providing defense training to

girls. This report aims to evaluate the significance, implementation, and potential outcomes of defense training classes provided to female students. The focus is on how such initiatives contribute to empowerment, safety, and skill development among girls. Defense training equips girls with essential skills to protect themselves in various situations, thereby fostering a sense of empowerment and confidence. In today's world, where safety

concerns are prevalent, defense training enhances girls' ability to navigate potentially risky situations and protect themselves from harm. Skill Development: These classes not only teach physical defense techniques but also instill valuable life skills such as situational awareness, assertiveness, and decision-making under pressure. Effective defense training programs tailor their curriculum to address the specific needs and vulnerabilities of girls, considering factors



such as age, physical ability, and societal context. The success of defense training classes largely depends on the expertise of instructors who should be well-trained in self-defense techniques and capable of creating a supportive learning environment.

Miss Femina 2024

Women Empowerment Cell in collaboration with PG Department of English ,as a part of Women's Day observation conducted Miss Femina 2024 in the conference hall on 18th March 2024 at 10.00 am .The programme was attended by the students of PG Department of English and Women Cell members.This programme was not held as a competition or debate ,this showed its



difference by giving a chance to share the personal experience of two empowered women who were considered as” Miss Femina” .The two guests of honours were Miss Greeshma Raveendran (Faculty ,Language Department) and Miss Bindu (Office Assistant). Ms Greeshma motivated the students by quoting the lines of famous Malayalam poets who have raised the voices for Women