



# **NOBLE WOMEN'S COLLEGE, MANJERI**

Affiliated to University of Calicut & Recognized by Govt. of Kerala

ISO 9001:2015 Certified Institution & Included in the 2(f) list of UGC

Vettekode, Pullancheri P.O, Manjeri- 676122 | 0483 2766364



## **CRITERION-5**

### **5.1.2 Capacity Development & Skill Enhancement**

## **Life Skill**

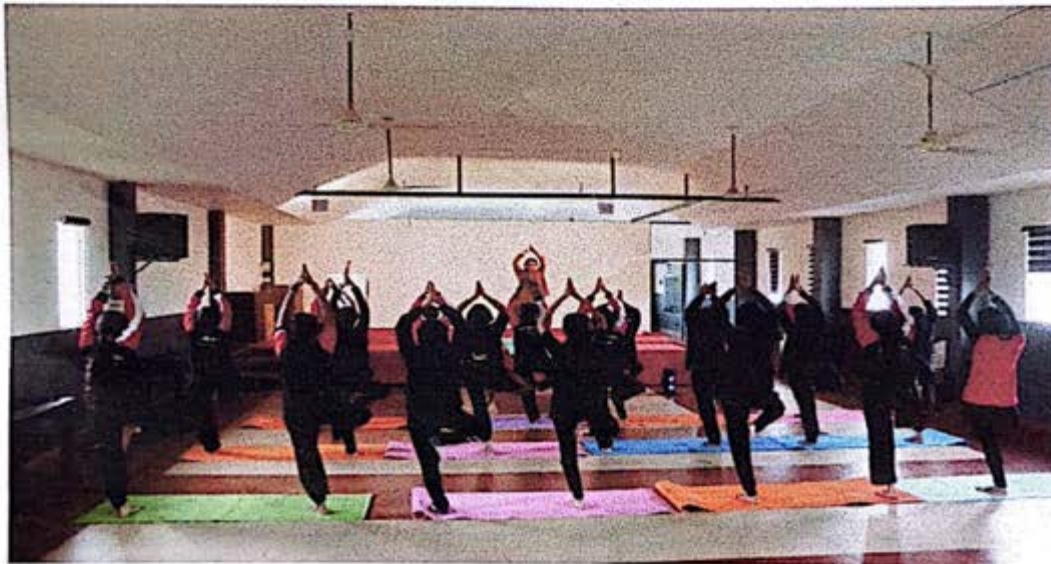


# LIFE SKILLS 2022-2023

## 1.NSS

### INTERNATIONAL YOGA DAY

On June 21st, 2022, the NSS unit of the college organized a program on International Yoga Day in association with of Physical education Department. The objective of the program was to promote physical and mental health among the students. The program included various yoga sessions, which were conducted by Ms Arsha, Physical education trainer. The outcome of the program was the development of yoga skills and the promotion of a healthy lifestyle among students.



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PRINCIPAL  
NOBLE WOMEN'S COLLEGE, MANJERI  
PULLANCHERI PO , PIN: 676 122

# LECTURE SERIES

In connection with NSS Day team NSS organized lecture series "EMPOWER" related to various topics. Volunteers handled the session through offline and online. First and second year NSS Volunteers participated in the session. The programme was inaugurated by college principal Dr Saidalvi and the welcome speech was done by NSS Programme Officer Dr Anupama SR. Second year NSS Volunteers actively handled the sessions through virtual platform meet.

**NOBLE WOMEN'S COLLEGE, MANJERI**


NSS UNIT NO. 170




# EMPOWER

Student Lecture Series  
Sep 6th- 24th


Talks on  
Objectives of NSS  
Environment  
Protection



shana.p  
Nss volunteer

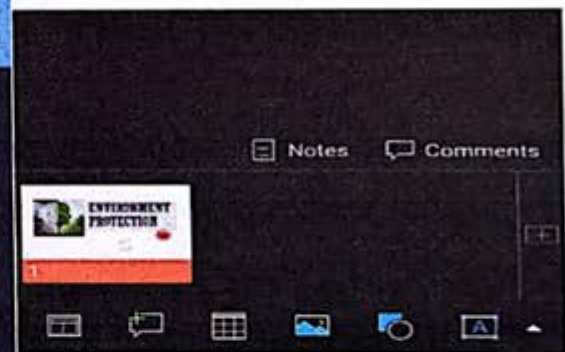


shamna sherin pk  
Nss volunteer



Inauguration  
**Dr. U. SAIDALVI**  
College Principal

3.00 P.M to 4 P. M  
@Gmeet on  
6/9/2022



**Dr. U SAIDALVI**  
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**EMPOWER**  
 GROW THROUGH WHAT YOU GO THROUGH

**TOPICS**

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Disaster management<br/>[ Dilsha, Shadhiya ]</li> <li>2. Social responsibility of a NSS volunteer<br/>[ Dilna, Ashifa ]</li> <li>3. What is the duty of a volunteer<br/>[ Basila parvin, Anjana ]</li> <li>4. How to develop our village (adopted)<br/>[ Shahna, Shifana ]</li> <li>5. Renewable energy source &amp; recycling<br/>[ Kadeeja binsha, Abhina ]</li> </ol> | <ol style="list-style-type: none"> <li>6. Positive youth development<br/>[ Najah, Shamna ]</li> <li>7. Crises management<br/>[ Uja thasni, Abithya ]</li> <li>8. Social service<br/>[ Ushana, Sayana ]</li> <li>9. Pain and palliative<br/>[ Shifna, Shifa ]</li> </ol> |
|--|---|

September 12, 2022

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 +91 483 2766364 | +91 8943147389 | mail@nawomanjeri.org  
 www.nawomanjeri.org

NSS UNIT  
 170



september 24 nss day

*Lecturing series*

06/09/2022 - 24/09/2022



NOBLE WOMEN'S COLLEGE, MANJERI

NSS UNIT NO. 170



**EMPOWER**

GROW THROUGH WHAT YOU GO THROUGH

LECTURE SERIES

Day II



Sangeetha P. I

Topic: Life style diseases:

07/09/2022

11 A.M@GMEET



Sana Jasmin

Topic: Management of Life style diseases:



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## ORIENTATION TRAINING PROGRAMME – INIZIO

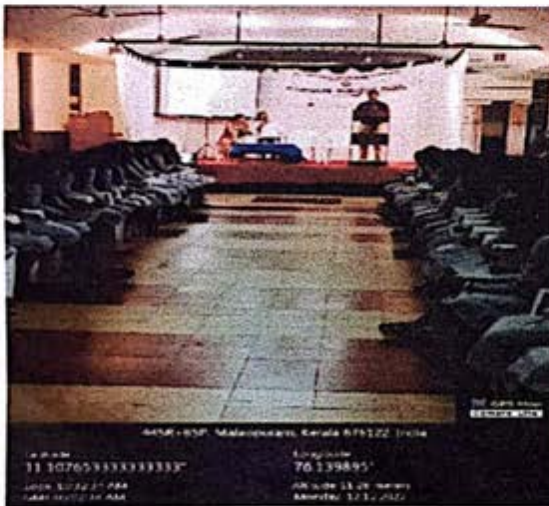
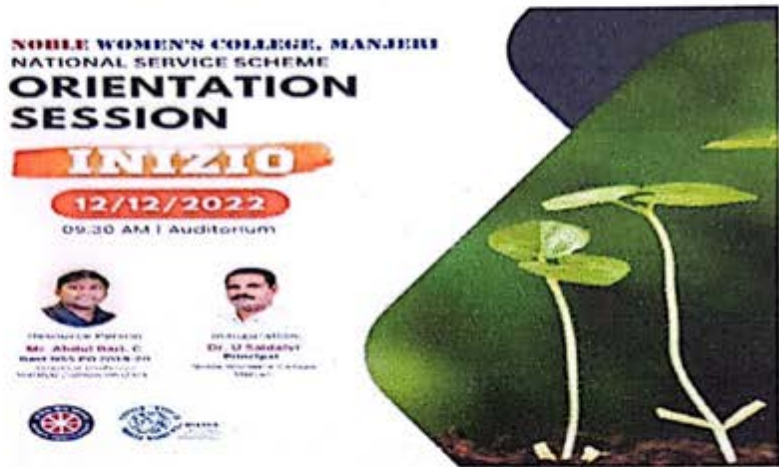
The NSS Orientation Training Programme, "INIZIO" conducted at Noble Women's College auditorium on 12.12.2022 played a crucial role in equipping the first-year enrolled NSS volunteers with the necessary skills, motivation, and orientation towards NSS work. The training, handled by Mr. Abdul Bari (Former NSS PO, Malabar college, Vengara), focused on leadership development, motivation, group training sessions, and NSS work orientation. The training program aimed to equip the volunteers with essential skills, knowledge, and orientation towards NSS work. The programme was inaugurated by Dr. U. Saidalvi, the college principal where he emphasized the significance of NSS volunteering in promoting social welfare and personal growth. Welcome Speech was given by NSS Programme Officer Dr. Anupama SR and vote of thanks was given by Nishba K ,first year NSS Volunteer.

Mr. Abdul Bari, an experienced trainer, conducted interactive sessions on leadership development, motivation, and teamwork. These sessions included group discussions, case studies, role plays, and practical exercises to enhance the volunteers' skills and abilities. The training program also included sessions dedicated to providing an in-depth understanding of NSS work, its objectives, and the various projects and initiatives undertaken by the organization. Volunteers were familiarized with the NSS guidelines, reporting procedures, and community engagement strategies. Various group activities, such as team-building exercises, problem-solving tasks, and group presentations, were conducted to foster teamwork, enhance communication skills, and promote a sense of belonging among the volunteers. The training program successfully developed leadership qualities among the volunteers, empowering them to take initiatives and lead community service projects effectively. The volunteers' motivation levels were significantly boosted through the training sessions, inspiring them to actively participate in NSS activities and make a positive difference in society. The group training sessions and activities promoted a collaborative environment, fostering teamwork, effective communication, and mutual support among the volunteers. The orientation sessions provided the volunteers with a clear understanding of the NSS framework, goals, and the significance of their role in community development. The volunteers expressed high satisfaction with the training program, highlighting its effectiveness in equipping them with essential skills and



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knowledge to contribute effectively as NSS volunteers. 55 Volunteers participated in the training programme.



## FIRST AID TRAINING PROGRAMME

### BE FIRST-TO AID AND SAVE LIVES

The NSS unit in association with Aster MIMS and Kites India organized the “first aid training programme” on 17/01/2023 at Noble College Auditorium. The College Principal Dr. U.Saidalvi presided and inaugurated the programme. Welcome speech was done by NSS PO Dr.Anupama SR and the session was handled by Emergency medical service doctors Dr. Shahif, Dr.Adeeba and emergency medical service coordinator Mr.MohammedNizar. The practical oriented session helps to promote a culture of safety and responsibility towards the community. Vote of thanks was given by Union Vice chairperson FathimaShahana



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KP. A total number of 122 students (UG final years, PG first years) were participated in the training programme. The programme successfully ended with the positive feedback from the students.



**INTERNATIONAL WOMEN'S DAY 8.03.22**



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## **SELF DEFENSE TRAINING PROGRAMME 10 -12<sup>TH</sup> MARCH**

The “**Jwala Self-Defense**” Training Program was conducted at Noble Campus from March 10th to 12th, in connection with International Women's Day. The program was organized by the National Service Scheme (NSS) Unit and Women's Development Cell (WDC). The event was inaugurated by Sri R.P Sujith, Sub Inspector of Police, and presided over by Dr. U. Saidalvi, Principal of Noble Women's College, Manjeri. The keynote address by Sri Shaiju K, Sub Inspector, Narcotic Cell & ADNO Janamaitri Suraksha Project, emphasized the importance of self-defense and the need for such programs. The welcome speech by Dr. Anupama SR, NSS Programme Officer, NWC, set the tone for the event and underscored its significance. The program was felicitated by Er. Ismail P, Secretary NWC, and Ms. Hasanath Sadiya KP, Women Cell Coordinator NWC. They commended the efforts of the organizers in conducting such an important event and recognized the significance of equipping women with self-defense skills.

The training programme was led by Smt. Valsala, Assistant Inspector, and Master Trainer, who provided comprehensive training to the participant focusing on various self-defense techniques, strategies, and awareness about personal safety. Her expertise and experience in the field ensured that the participants received valuable knowledge and guidance. The sessions were also handled by Smt. V.J Soniya Mebil and Smt. KC Sini Mol, who provided expert guidance and practical training to the students. Both trainers offered expert guidance and practical training, enabling the students to learn and practice self-defense techniques effectively. Their sessions were interactive and engaging, ensuring active participation from all attendees.

The program, organized by the NSS Unit and WDC, aimed to empower women by equipping them with self-defense skills and promoting personal safety awareness. More than 350 students participated in the program, as this reflects their keen interest in learning how to protect themselves in challenging situations. The vote of thanks was proposed by K. Nishba, Joint Secretary Of NSS , highlighted the success of the program and expressed gratitude to all the participants, trainers and organizers for their contribution.



A handwritten signature in green ink, appearing to be "U. Saidalvi".

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Kerala Police Department  
District Police Malappuram  
Women Safety Team  
In association with  
NSS Unit & WDC, NWC  
PULLANCHERI

# ജാല

## WOMEN'S SELF DEFENSE

3-DAY WORKSHOP | MARCH 10, 11 & 12

**NOBLE WOMEN'S COLLEGE, MANJERI**

Inauguration	Presidential Address			
				
Inspector of Police	Principal, NWCC	NWC In-charge, Pullancheri	Senior DPO, Women's Training & Help Centre, Pullancheri	Teacher

**മാധ്യമം**



മഞ്ചേരി തോബയിൽ വന്നിരുന്ന കോളേജിൽ തുടങ്ങിയ സ്ത്രീസുരക്ഷ സൗകര്യമുള്ള പരിശീലന പരിപാടി ജാല 2023 എന്ന് പേരു നൽകി സൃഷ്ടിച്ച് ഉദ്ഘാടനം ചെയ്യുന്നു

**സ്വയംപ്രതിരോധ പരിശീലനം തുടങ്ങി**

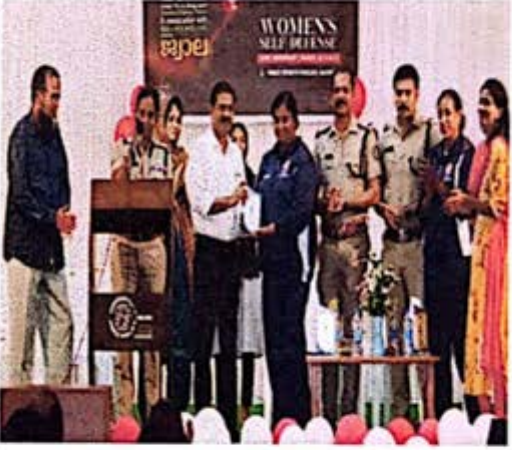
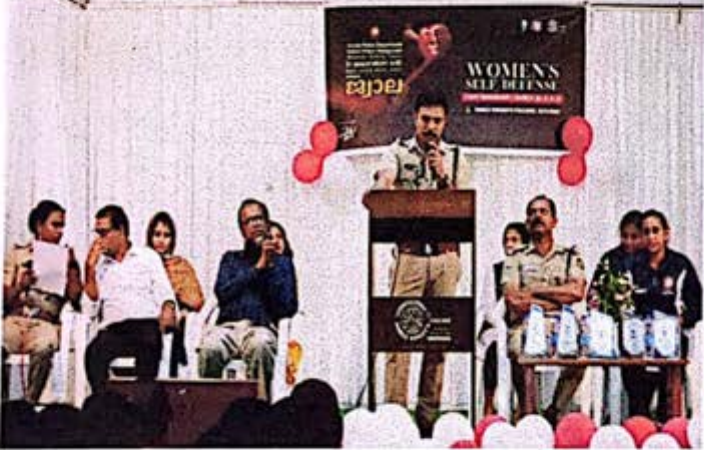
മഞ്ചേരി: പൊലീസ് സംസ്ഥാന ന്യൂനപക്ഷമായി നിയമിക്കപ്പെടുന്ന സ്ത്രീ സുരക്ഷ സൗകര്യമുള്ള പരിശീലന പരിപാടി ജാല 2023ന് തോബയിൽ വന്നിരുന്ന കോളേജിൽ തുടങ്ങിയ പരിപാടി എൻ എസ് യൂണിറ്റ് ഓഫീസർ വന്നിരുന്നതായും അധികൃതർ എൻ എസ് യൂണിറ്റ് സൗകര്യമുള്ള എൻ എസ് യൂണിറ്റ് സൃഷ്ടിച്ച് ഉദ്ഘാടനം ചെയ്തു.

പരിശീലനത്തിൽ പങ്കെടുക്കുന്ന സ്ത്രീകൾക്ക് സൗകര്യമുള്ള പരിപാടി എൻ എസ് യൂണിറ്റ് സൗകര്യമുള്ള പരിപാടി എൻ എസ് യൂണിറ്റ് സൃഷ്ടിച്ച് ഉദ്ഘാടനം ചെയ്തു സുരക്ഷ പദ്ധതി

എൻ എസ് യൂണിറ്റ് സൗകര്യമുള്ള പരിപാടി എൻ എസ് യൂണിറ്റ് സൃഷ്ടിച്ച് ഉദ്ഘാടനം ചെയ്തു സുരക്ഷ പദ്ധതി

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11/03/2023 MALAPPURAM Pg 18



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## 2.PG DEPARTMENT OF PSYCHOLOGY

### INTERPERSONAL SKILL DEVELOPMENT PROGRAMME

The PG Department of Psychology, Noble Women's College, Manjeri conducted a Life Skill Training Programme on 31st March 2023. It was planned with great care to improve interpersonal skills of students. The session was handled by Ms. Maneesha KP, about the topic Communication skills. 2nd year students of psychology departments were participated in the training. Through the training, students were learning more about communication skills and it helped them to overcome the common blocks of effective communication. It provides skills such as building rapport, communicating with power and understanding non-verbal communication. When students have a strong grasp of communication, they can better have a better understanding of others, and also can be more thoughtful and calmer during interactions, have more confidence even in challenging conversations and can present their ideas in a better way. A total of 41 Students participated in the programme.



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### 3.WOMEN DEVELOPMENT SKILL

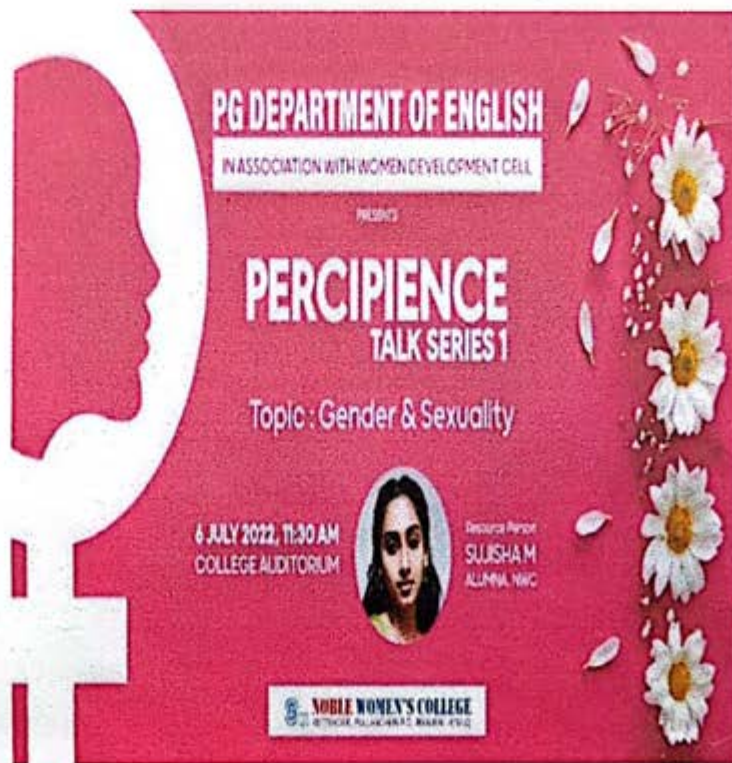
#### **PERCIPIENCE TALK SERIES: GENDER AND SEXUALITY**

The PG Department of English in collaboration with Women Development Cell conducted the first talk of the talk series Percipience. The programme began at 11.30 with the welcome speech by Ms Hanna Kalathingal. Our respected Principal Dr.U Saidalavi inaugurated the function and in his inaugural address he talked about the misconception regarding gender and sexuality, and the need to accept all types genders and sexualities. Ms. Hasanath Sadiya, Head of the department of English and coordinator if WDC chaired the function. The resource person of the day was Ms. Sujisha M, an alumna of the department (BA English 2019-22). The



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students had an opportunity to explore more about gender, sexuality and identity through her talk. Ms. Nihma Afin of 3rd Sem BA English delivered the vote of thanks.



PG DEPARTMENT OF ENGLISH  
IN ASSOCIATION WITH WOMEN DEVELOPMENT CELL  
PRESENTS  
**PERCIPIENCE**  
TALK SERIES 1  
Topic: Gender & Sexuality  
6 JULY 2022, 11:30 AM  
COLLEGE AUDITORIUM  
Special Artist  
SULISHA M  
ALLANA, NWC  
NOBLE WOMEN'S COLLEGE  
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## ANGANA: AN AWARENESS PROGRAMME ON WOMEN'S MENTAL AND PHYSICAL HEALTH

Women Development Cell of Noble Women's College in association with Vaidya Ratnam Oushadashala, Manjeri, conducted a session, Angana: An Awareness Session on Women's Mental and Physical Health on 29 July 2022 at 2.p.m at the college auditorium. Dr. Noushida A (Physician, Vaidyaratnam, Manjeri) was the resource person. Ms.Hasanath Sadiya KP (Coordinator, WDC) welcomed the gathering. The programme was presided over by Dr.U Saidalvi(Principal, NWC)

Er.Ismail ( Secretary, NWC) inaugurated the session. Final curtain veiled with the vote of thanks of Ms. Pragna ( Student Coordinator, WDC) Almost 80 students



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participated in the programme. The students had an opportunity to interact with the resource person and cleared their doubts related to women issues.




## REPORT OF BAKE LIKE A PRO: A CAKE DECORATING WORKSHOP

Women Development Cell in association with ED Club conducted a Cake Decorating Workshop Bake Like a Pro today (28/09/2022) at 10.am at the auditorium. We share our happiness in its great success. The young entrepreneurs of the college, Haifa K ( II M.Com), Fahmida M ( I BA English), Safna M( III




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B.Com) and Henna (I BA English) were handled the session. The success of the event was more than our expectation with 50 students participated in the workshop. Principal Dr. U Saidalvi Sir handed over the mementos and appreciated the students. The students shared their experience as entrepreneurs. The programme coordinator, (ED Club) and Ms. Hasanath Sadiya

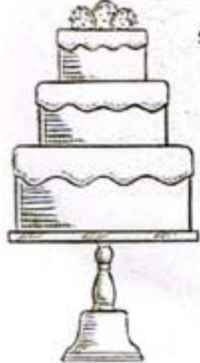


Women Development Cell  
In Association With  
Entrepreneurship Development Club  
Presents





## Bake Like a Pro

*Workshop on  
Cake Decoration*



September 28, 2022 / 10 AM  
College Auditorium



NOBLE WOMEN'S COLLEGE  
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676 122



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speech was given by NSS PO Ms Anupama SR. District Coordinator Ms Sameera, programme officers and volunteers from various units participated in the session.



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## ***TRAINING SESSIONS IN THE MONTH OF DECEMBER BY NSS***

### **COFFEE PAINTING**

The session was conducted at Noble campus on 27.12.2021 and the session was led by Mrs Sabira and team.43 NSS volunteers participated in the session. NSS Volunteer Ms Aparna delivered welcome speech and the programme was inaugurated by College Principal Dr Abdul Rabbi Nistar. Vote of thanks was delivered by Ms Shahana.



### **LED BULB MAKING WORKSHOP**

The LED bulb making was organized at Noble campus on 29.12.2021 and the session was led by Dr Sabir.42 NSS volunteers participated in the session.



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## ***TRAINING PROGRAMME FOR FIRST YEAR NSS VOLUNTEERS BY NSS***

On 15<sup>th</sup> January NSS unit organized training sessions for first year NSS volunteers. 55 Volunteers participated in the session. The resource persons were NSS programme officer Mr Ismail (HM COLLEGE) who trained the volunteers by giving various tasks. The second session related to the life skill development was handled by NSS PO Ms Anupama SR.



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***TRAINING ON CONFIDENCE BUILDING IN CONNECTION WITH WOMENS DAY 8.03.2021***

NSS unit organized a programme “BREAK THE BIAS” in connection with women’s day. The session was handled by NSS Volunteer Aparna, Taekwondo practitioner. 84 volunteers participated in the session. NSS Secretary Lana Barja delivered welcome speech and vote of thanks was delivered by Ummu Kulsu.




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NOBLE WOMEN'S COLLEGE, MANJERI  
NSS UNIT NO. 170  
UNIVERSITY OF CALICUT

INTERNATIONAL WOMEN'S DAY  
**BREAK THE BIAS**

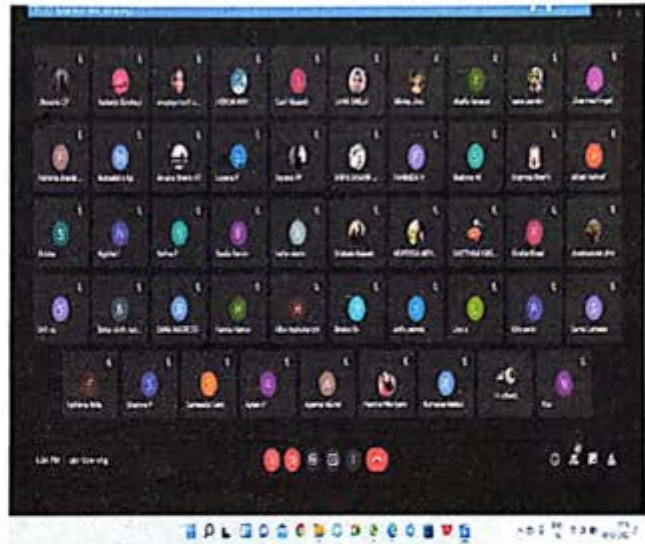
Resource Person



**APARNA M**  
Noble Women's College, Manjeri  
Taekwondo Practitioner

MARCH 8  
6.30 PM - 7.30 PM  
GOOGLE MEET

Dr. (Lt. Cdr.)  
Kadeega Binitha P (Volunteer Coordinator)  
Anupama S R (Program Officer)  
Dr. Abdul Rabbi Nistar (Principal)



### 3. WOMEN DEVELOPMENT CELL

#### *COVID AND MONSOON DISEASES*

The team WDC of NWC glad to bring out a session of contemporaneity before the students today (02.07.2021) afternoon at 2.30 pm. The programme we held today with the utmost concerned subject **Covid and Monsoon Diseases** was held so successfully. Student representative Anjana's (III BA) invocation marked the start. The welcome speech by Ms. Hasanath Shadiya ( WDC Coordinator) gave an official look take off to the event. The inaugural talk by our Principal Dr. (Lt.Cdr) CK Abdu Rabbi Nistar sir gave the relevance of a topic as we chose. Our guest honor Shri. Sabareesan ( Rtd. Health Inspector, Nilambur) handled the session. The humbleness in his talk reminded us of the greatness one acquires with wisdom. He focused on Covid, its courses in medical scenario, monsoon and the possible outcomes on health system. The interactive session was also done with a good participation from students. The flawless yet attractive compering by Ms. Hiba Sherin from 3 BA English contributed much for the smooth flow of the programme. it hosted by Ms. Shadiya K ( Assistant Coordinator, WDC)The programme came to an end with the official thanks giving talk by Ms. Sujisha. ( Student Coordinator, WDC).



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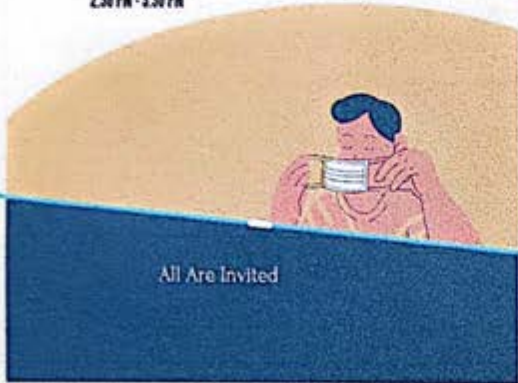
Women Development Cell  
In Association with IQAC  
presents

കോവിഡും  
മഴക്കാല  
രോഗങ്ങളും



Invited person: Dr. Prasanth Sasivarnan (Dr. Health Inspector)

ON 2/7/21 (FRIDAY)  
2:30 PM - 3:30 PM



## MENTEL HEALTH PROGRAMME

The PG Department of Psychology in association with Women Development Cell and IQAC successfully organized an online “**Awareness program on Mental Health**” on 19th January 22 via Google Meet. The session was handled by Dr. Prasanth Sasivarnan, Consultant Psychiatrist, Govt. Medical College Manjeri. I would like to share my sincere gratitude to our college Principal Dr. ( Lt. Cdr) C. K. Abdul Rabbi Nistar sir for suggesting such an eminent personality for handling the session. Thanks to everyone for the support. Special thanks to Safwan Sir, Dept. Of Computer Science for the technical support.



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PG DEPARTMENT OF PSYCHOLOGY  
WOMEN DEVELOPMENT CELL

&  
IQAC

JOINTLY ORGANIZES

AN AWARENESS SESSION ON



DR PRASHANTH SASVARNAN  
CONSULTANT PSYCHIATRIST  
GOVT MEDICAL COLLEGE MANJERI

Inauguration

Dr ( Lt. Cdr) C. K. Abdul Rabbi Nistar  
(College Principal)

January 19th  
Wednesday

@ College Auditorium

6 PM today

@Gmeet



## INTERNATIONAL WOMEN'S DAY CELEBRATION

Women Development Cell of NWC and IQAC, in connection with International Women's Day (8th March 2022) conducted a full day workshop on **"Hoop Embroidery Design "** at college auditorium. The initial curtain hailed at 9:30 am with the welcome address by Ms. Hasanath Sadiya KP (Coordinator, Women Development Cell, NWC). Our beloved Principal Dr. (Lt.Cdr.) CK Abdul Rabbi Nistar sir inaugurated the the programme. The occasion became a colorful moment for the whole campus, for both teachers and students. Our Guest of honor from Dream Zone Fashion Designing and Technology, Areekode for our grand event were Ms. Lubaina KK (Principal of Dream Zone Fashion Designing and Technology, Areekode) Dhanya K and Basila Beegum (Instructors at Dream Zone, Areekode). Felicitation speech was done by Ms. Jayapriya CK (Staff secretary) Obviously the beauty of the programme was visible with the healthy participation from our students side, 24 students from various departments were participated in the workshop. The glory of the celebration enhanced with the association of Malabar Gold and Diamonds and they honored Ten achievers of the year who showcased their talents in different competition. The programme was indeed an outstanding one before young teenage girls. The final curtain veiled by the vote of thanks by Student Co-Ordinator of WDC Ms. Sujisha from 3 BA English. The





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flawless compering by Ms.Anshidha K of I BSc Psychology and the extreme support from Mr. Abhijith , Mr. Jasim, Office staffs and Bappuakka too paved for the grant success of the event. We are very grateful to our Management for supporting us. The coordination from all colleagues, faculties and students made it a successful platform.



**NOBLE WOMEN'S COLLEGE**  
WOMEN'S EMPOWERMENT & GROWTH



International Women's Day Celebration  
**Women Development Cell & IQAC**  
In Association with  
**Dream zone School Of Fashion Design & Technology,**  
**Areekode**  
Presents  
**A DAY WORKSHOP**  
On  
**HOOP EMBROIDRY DESIGNING**  
8th March 2022  9:30 am - 3:30 pm

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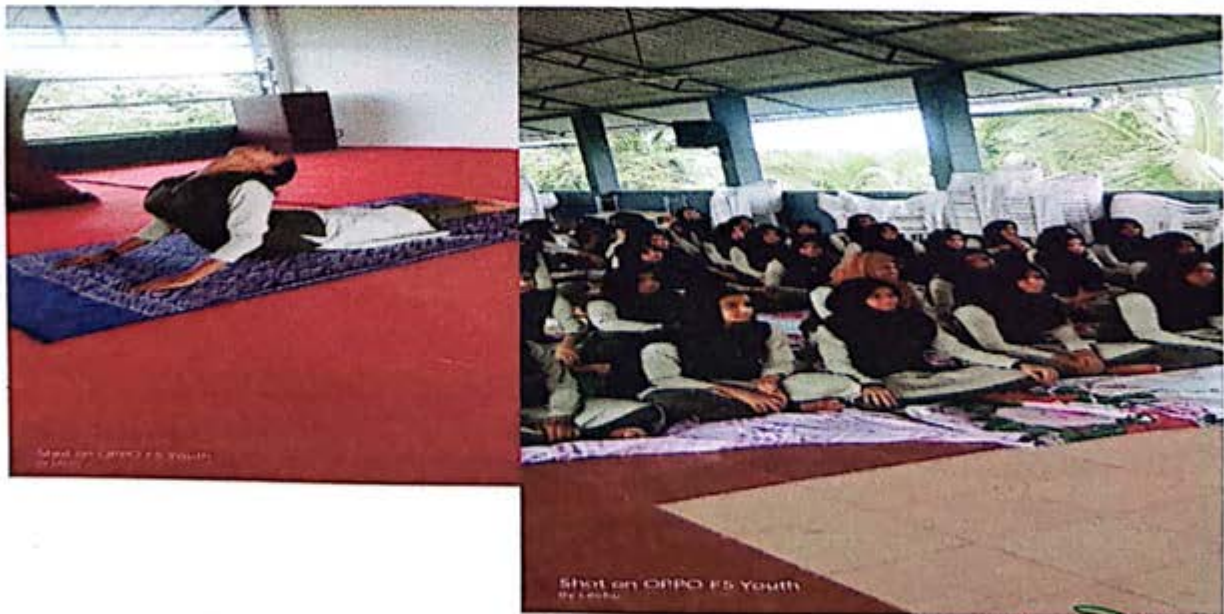


# LIFE SKILLS 2018-2019

## 1.NSS

### YOGA (21.06.2018)

In connection with International Yoga day NSS Programme Officer introduced yoga Asanas and handled a session related to importance of yoga and theme "YOGA FOR HEART". The programme was inaugurated by College Principal Dr Abdulsalam and the welcome speech was delivered by NSS PO Anupama SR. Saritha K, faculty of English department felicitated the function and NSS Secretary Thanusha gave vote of thanks. The practical session of yoga was led by Head of the department of physical education Mr Balachandran.



*[Handwritten signature]*



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## PERSONALITY DEVELOPMENT SESSION

NSS unit organized a training session on 12<sup>th</sup> October to develop the personality of the volunteers. The session was inaugurated by College Principal Dr Abdulssalam and the resource person was National Award Winner Mr Firoz (NSS PO, EMEA Kondotty). 50 Volunteers attended the training programme and actively participated in various tasks assigned by the trainer.



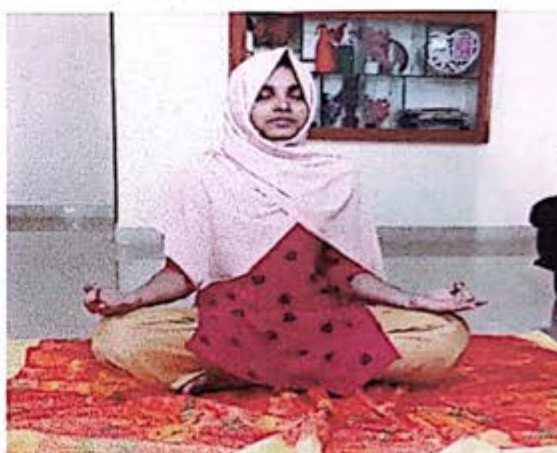
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# LIFE SKILLS 2020-2021

## 1.NSS

### INTERNATIONAL YOGA DAY

In connection with international yoga day NSS Programme Officer Ms. Anupama SR lead a virtual training session on basic yoga skills on 21<sup>st</sup> June 2020.45 Volunteers were participated in the session and practiced yoga according to the instructions given by NSS PO.



### NSS DAY PROGRAM SERIES 2020- 2021

NSS Unit of Noble Women's College observed NSS day on Sep 24<sup>th</sup> and the unit conducted different programs and lecturing series as a part of NSS day. The programme series aims to create awareness on different topics related to NSS and various life skill training session lead by the volunteers under the guidance of NSS PO.48 Volunteers virtually participated in the session.

Date	Topic	Volunteer name
10.9.20	Suicide Prevention	Hiba Sheri PE



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11.09.20	Importance of NSS	Lubna A
16.09.20	Confidence building	Thammana O
23.09.20	Environment and its protection	Shibila K
02.10.20	Gandhian thoughts and history	Hiba and Najiya
05.10.20	Personality development	Daisy Varghese
07.10.20	Goal of NSS	Nadiya
9.10.20	Health and Hygiene	Sharika

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<https://drive.google.com/file/d/13DH2Uc7Uo8zJgn-SZI5WG0clAN4Y6hPD/view?usp=sharing>  
<https://drive.google.com/file/d/18edCcSzntRqbio9rIm2fJSNCiObhF9sv/view?usp=sharing>

## VOLUNTEERING

On 22.12.2020 Mr Salman lead a session on topic “Volunteering” to develop the life skill of the volunteers. The session was conducted through virtual platform g meet in which 45 volunteers were participated. NSS PO Ms Anupama SR welcome the trainer and NSS Secretary Hiba Sherin PE delivered vote of thanks.



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**NSS FIRST YEAR VOLUNTEERS ORIENTATION TRAINING SESSION (23.02.2021)**

After the enrollment of First year NSS Volunteers an orientation training session was given by NSS Programme Officer Ms Anupama SR. 50 Volunteers participated in the programme. The programme was inaugurated by the College Principal Dr Abdul Rabbi Nistar. Followed by that an orientation session regarding the importance and goals of NSS and training sessions related to leadership, motivation was handled by NSS Programme Officer.



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## **2. WOMENS DEVELOPMENT CELL**

### **SELF DEFENCE SHOW**

The team WDC, successfully conducted an exceptionally excellent exposure of experience before our Noble family as part of **International Women's Day Celebration (10.03.2021)** .The grandeur of event was the dynamic and ardent




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organization by our chief guests from the Women's Defence Safety Team, Dept of Police, Kerala. Our guests of honor from the Dept of Kerala Police, for our grant event were Miss K.Valsala , (Senior Civil police officer and Team leader of Women Self Defense Training ), miss KC Sinimol ( Senior Civil Police Officer and master trainer) , miss VJ Soniya Mebile ( Senior Civil Police Officer and master trainer) and miss P.Geetha ( Senior Civil Police Officer and master trainer). Obviously the beauty of the programme was visible with the healthy participation from our students side. Our celebration program started sharp at 2 pm with the official welcome note by Ms. Shadiya.K ( Assistant Coordinator WDC) . The official inauguration was done by the keynote speech by our beloved principal Dr. Lt. Cdr.CK Abdu Rabbi Nisthar sir, who could lead our vision to the intended mission before us. The presentation by the team leader K. Valsala ma'm launched the programme with an expertise of a senior official but with an amiable efficacy. The presentation of Self Defense Techniques and Training by other master trainers were also a newer model before our eyes. It was like an confidence booster and energy backer for the audience. The practical session was indeed awesome than our anticipation. The counter of a violence became a fake faded thought in our minds when we could understand how easy and adaptable its to face an encounter. The programme was indeed an outstanding guaranty before young teenage girls. The final curtain veiled by the vote of thanks by student Co-Ordinator of WDC Ms. Sujisha from 2 BA English. The flawless compering by Ms.Hiba Sherin of 2 BA English and the extreme support from Abhijith sir , Anees sir and Ms.Hanna too paved for the grant success of the event.



A handwritten signature in green ink, appearing to be "U. Saidalvi".


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**NOBLE WOMEN'S COLLEGE, MANJERI**  
**WOMEN DEVELOPMENT CELL AND IQAC**  
 ORGANIZES  
**INTERNATIONAL WOMENS DAY CELEBRATION - DARE TO BE BRAVE**


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**DISTRICT POLICE MALAPPURAM WOMEN SAFETY TEAM**  
 PRESENTS  
**WOMEN SELF DEFENCE SHOW &  
 TRAINING HONOURING OF EMINENT TRAINERS**

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**K VALSALA**


  
**KC SINI MOL**

  
**P GEETHA**

  
**V J SONIYA MABIL**

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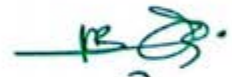
**DATE : 10/3/2021 ( WEDNESDAY)**  
**TIME : 1.30 PM - 3.30 PM**



## ED CLUB AND WOMEN DEVELOPMENT CELL

**ED club and Women Development Cell** of NWC jointly conducted **Salt Crafty** (11/2/2021). We share our happiness in its great success. The initial curtain hailed at 10.30 am by the formal inauguration by our beloved \*Secretary of NWC, Engineer Ismail Sir with the esteemed presence of Principal Dr. Lt.Cdr. CK Abdul Rabbi Nisthar. The occasion became a colorful moment for the whole campus, for both teachers and students. The success of the event was more than our expectation with more than 40 participants and more than 100 culinary items, in addition of half a dozen craft experts. For our surprise the sale exceeded above Rs.10000

We extend our sincere thanks to our beloved Principal sir and management for supporting us to get everything in order without any flaw. We are so thankful to Dr. Chitrakala coordinator of ED Club, Ms. Hasanath Sadiya, Coordinator of WDC and all the department coordinators, faculties and all students for extending your hands together.

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NOBLE WOMEN'S COLLEGE, MANJERI  
ED CLUB AND WDC IN ASSOCIATION WITH IGAC

*Salty Crafty*  
*Food Fest and Craft Expo*



**Date :11/02/2021**



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