

**ANANYA**

**REPORT ON INTERNATIONAL**  
**WOMEN'S DAY**

**Date : 06/03/2020**

**Venue : Nivedika**



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**Fr. Dr. PAULACHAN K.J.**  
**Principal**

# AND INFORMATION TECHNOLOGY (NIMIT)

(Affiliated to the University of Calicut, Accredited by NAAC with B++, ISO 9001-2015 Certified)



## INTERNATIONAL WOMEN'S DAY Celebrations

Date : 06-03-2020

Time : 11 am

Venue : Main block seminar hall (Nivedika)

Talk on

**“Role of Ayurveda  
in Women's Health”**

**Inauguration**



**Dr. Kochurani Joseph**  
(Economist, Orator, Academician,  
Writer & Columnist)



By  
**Dr. Rejitha K**  
(Chief Physician at  
Oyasis Ayurveda Eye Hospital, Thrissur &  
Ayurveda Medical Association of India  
Thrissur Area Secretary)

International Women's Day Theme 2020:

**I'M GENERATION EQUALITY : REALISING WOMEN'S RIGHTS**



**Naipunnya Institute of Management and Information  
Technology, Pongam  
International Women's Day Celebrations**

**Date: 6<sup>th</sup> March, 2020**

**Venue: Nivedika**

**Time: 11.00 am to 12.45 pm**

**PROGRAMME SCHEDULE**

<b>Prayer</b>	<b>:</b>	<b>College Choir</b>
<b>Welcome Address</b>	<b>:</b>	<b>Ms Meenu K R</b> Student representative, Ananya
<b>Principal's Message</b>	<b>:</b>	<b>Rev.Fr. Dr. Paulachan K J</b> Exe. Director/Principal
<b>Inauguration</b>	<b>:</b>	<b>Dr Kochurani Joseph</b>  Economist, Orator, academician and writer
<b>Felicitation</b>	<b>:</b>	<b>Ms Emily Ittiachan</b> Vice Principal
<b>Honouring</b>	<b>:</b>	<b>Ms Simitha Lenish</b> Nisarga Puraskaram
<b>Vote of Thanks</b>	<b>:</b>	<b>Kesiya Johnson</b> Student representative, Ananya
<b>National Anthem</b>	<b>:</b>	<b>College Choir</b>
<b>Interactive session</b>	<b>:</b>	<b>Dr Rejitha K</b>  Ayurveda Medical Association, Thrissur area secretary



## ANANYA

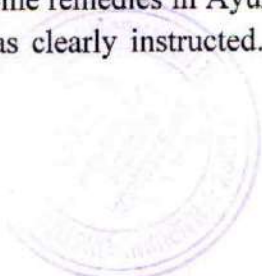
### INTERNATIONAL WOMEN'S DAY CELEBRATIONS

As part of International Women's Day, Ananya the women's club in the college conducted a half day programme for the women community in the campus. Female faculties from various departments, non-teaching staff, and around 100 students from different degree and PG classes were the audience for the programme. The main theme for women's day 2020 was, 'I am generation equality: realizing women's rights'. The programme started at 11 am in Nivedika (Main block seminar hall) with a prayer song followed by welcome speech by Ms Meenu K R, student representative. We had prof. Dr. Kochurani Joseph as our chief guest who inaugurated the programme. She is a well-known writer, academician and orator. A beautiful inaugural speech was given by the guest, which was really inspiring to the students. She spoke about the importance of gender equality and the need for women to be strong in this society. It was followed by the presidential address by our dear Principal Rev. Fr. Dr. Paulachan Kaithottungal. Father focused on being contributory in a family to maintain healthy relationships in the families. Our vice principal Ms Emily Ittiachan felicitated the gathering with her inspiring words. Ms Keziya Johnson, student representative proposed vote of thanks. The official inauguration function was concluded at 11.45 am with national anthem.

During the official function, one of our faculty Ms Simitha Linesh from language department was awarded with Nisarga puraskaram, for her achievements in literature. A panel of three members, Ms Emily Ittiachan, Ms Teresa Parackal and Ms Bini Rani Jose who were elected in the 25th council meeting selected Ms Simitha Linesh as the women in the campus to be honoured and awarded in International women's day.

Ananya conducted a competition on the theme 'I am generation equality: realizing women's rights' for students. Students were asked to bring posters, art works, or any creative things based on the theme for the competition. We got lot of art work from students, and the same was displayed in the campus on the day. Ms Toney Tomy from II B.Com F A was the winner of the competition. She was awarded during the inaugural session by our chief guest Prof. Dr. Kochurani Joseph.

Soon after the inaugural session, we had a session on Role of Ayurveda in women's health and need for avoiding plastic in our daily life by Dr Rejitha K, chief physician at Oyasis Eye hospital Thrissur. She is a well-known doctor, Yoga instructor and the secretary of Ayurveda medical association Thrissur area. The one hour session was really inspiring and fruitful to the audience. Doctor spoke about the importance of healthy diet and exercise for women. She mentioned some home remedies in Ayurveda for diseases. The importance of hygiene and cleanliness for women was clearly instructed. The need for avoiding plastic in our daily life to avoid health issues,





pollution and well-being of the society was also briefed in the session. Students asked about their doubts regarding the topics discussed and gave a very good feedback on the session.

The entire programme was really fruitful and inspiring to the women community in the campus. The programmes were concluded at 1 pm.

Prepared by,

Ms Litty Vincent

Faculty coordinator

Ananya



# INTERNATIONAL WOMEN'S DAY CELEBRATIONS

## LIST OF STUDENTS

SL NO	CLASS	NAME OF STUDENTS	SIGNATURE
1	II B.COM F A	Anagha O B	
2		Angel George	
3		Anju Polachan	
4		Christymol	
5		Shivani Murali	
6	II B.COM F B	Aigi Agnes	
7		Aleena Rose	
8		Diya Mariya <i>Theres</i>	
9		Aleena D	
10		Gifty Martin	
11	II B.COM CO	Ijil	
12		Gitty	
13		Christy	
14		Meenu	
15		Maria	
16	II B.COM CA	Hanna	
17		Grace	
18		Sreelakshmi	
19		Sandra N S	
20		Sandra Biju	
21	II B.COM CA	Anilamol	
22		Rinju Angel mariya e-J	
23		Carolyn	
24	II BBA	Malavika P Sunil	
25		Sandra Martin	
26		Aswitha A S	
27		Anaswara	
28		Athira S	
29	I BBA	Amrithasree	
30		Meenu K R	
31		Vani Murali	
32		Elma Varghese	
33		Nimisha James	
34	I B.COM F A	Ann Baby	
35		Anjana	
36		Suparna	
37		Aneesha	
38		Sneha	
39	I B.COM F A	Sethuparvathy	
40		Aleena	
41		Ann mariya K Jomon	
42		Aleena Shibu	
43		Aleesha Shiju	

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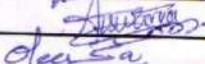
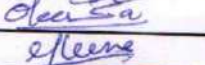
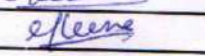
*Ms. Lety Vincent*




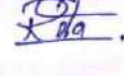
44		Alveena Jaison	<del>Alveena</del>
45		Reenu	<del>Reenu</del>
46		Dilna	<del>Dilna</del>
47	I B.COM CA	Ann Margret	<del>Ann Margret</del>
48		Gopika Rosemel C.T	<del>Gopika</del>
49		Libiya	<del>Libiya</del>
50		Reshama K S	<del>Reshama</del>
51		Sethulakshmi Swapna	<del>Sethulakshmi</del>
52		Rosna	<del>Rosna</del>
53	I B.COM CO	Ashitha	<del>Ashitha</del>
54		Molwin	<del>Molwin</del>
55		Kavya	<del>Kavya</del>
56		Malavika	<del>Malavika</del>
57	Jesni	<del>Jesni</del>	
58	I HM	Almaaz S	<del>Almaaz</del>
59		Ayana	<del>Ayana</del>
60	II HM	Jenifer	<del>Jenifer</del>
61		Nandhitha	<del>Nandhitha</del>
62		Aiswarya	<del>Aiswarya</del>
63		El Mariya	<del>El Mariya</del>
64		Jisny	<del>Jisny</del>
65	II BCACS	AnnMariya Shajan	<del>AnnMariya</del>
66		AnnMariya Vincent	<del>AnnMariya</del>
67		Anna Babu	<del>Anna Babu</del>
68		Mariya Xavier	<del>Mariya</del>
69		Kesiya	<del>Kesiya</del>
70	I BA	Smrithi Mohan	<del>Smrithi</del>
71		Adhila Firoz	<del>Adhila</del>
72		Athira K U	<del>Athira</del>
73		Zeba hanneen	<del>Zeba</del>
74		Medha G Nair	<del>Medha</del>
75	II BCA	Dhanya Chacko	<del>Dhanya</del>
76		Jennet Jenson	<del>Jennet</del>
77		Ros Mariya Biju	<del>Ros Mariya</del>
78		Ann Mariya Babu	<del>Ann Mariya</del>
79		Renu George	<del>Renu</del>
80	II BA	Aleena P S	<del>Aleena</del>
81		Aksah Deleena	<del>Aksah</del>
82		Anju Polachan Anloy	<del>Anju</del>
83		Anju Polachan Keshavapriya	<del>Anju</del>
84		Siya	<del>Siya</del>
85	I BCA	Akhila	<del>Akhila</del>
86		Anagha	<del>Anagha</del>
87		Anuja	<del>Anuja</del>
88		Ashna	<del>Ashna</del>
89		Sherin	<del>Sherin</del>
90			Sona

2019





91		Anna	
92		Sonia Josmy Jose	
93	I BSC CS	Aiswarya	
94		Oleevia	
95		Aleena	

96 1st  
M.com Rexmi John 

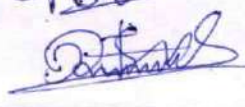
97. " Rishu G. 

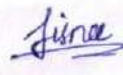
98. " Atbira Parameswaran 


99 " Anathy P Naie 


100 " Veerapamvathy K M 


101 " Aneke Antony 

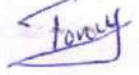
102 " Rosmin Davis 


103 " Jisna Anas 


104 " Abharna K M 

105 " Dency Baby 


II B Com F(A) { 106 Anju Joseph 

107 Tency Tomy 

II B Com F(B) { 108 Dency Denny 

109 Swarna Jolly 



  
Ms. Letty Vercent







