



RCMAS
RAJAGIRI COLLEGE OF MANAGEMENT &
APPLIED SCIENCES

Criterion VII Institutional Values and Best Practices

RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES

RAJAGIRI VALLEY P.O, KAKKANAD, KERALA 682039

An ISO 9001 : 2015 Certified Institution

Affiliated to Mahatma Gandhi University, Kottayam and Approved by AICTE

7.1

Institutional Values and Social Responsibilities

7.1.1

Gender Action Plan

2019-2024

Submitted to





7.1.1 Gender Action Plan 2019-2024

Sl. No	Academic Year	Pg. No
1.	2023-24	3
2.	2022-23	6
3.	2021-22	8
4.	2020-21	10
5.	2019-20	12



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GENDER ACTION PLAN

2023-2024

The RCMAS Gender Equity Cell, *Ektha*, plays a vital role in advancing the institution's dedication to gender equity, equality and women empowerment. For the 2023-2024 academic year, these core principles remained at the forefront of *Ektha*'s initiatives.

Sl. No.	Action Plan	Objective
1.	Organise a session on the relevance of Gender Equity	Gender Empowerment and Gender Awareness
2.	Conduct a Self-Defense Class for girls	Women Empowerment and Safety
3.	Conduct a campaign on Transgender Awareness.	Gender Awareness
4.	Conduct a Symposium on Gender Equality and Social Inclusivity of Transgender People.	Gender Awareness and Inclusivity
5	Plan a Debate on Recognition of Third Gender.	Gender Awareness and Inclusivity
6	Conduct a Group Discussion on Political Representation of Transgenders.	Gender Awareness and Inclusivity
7	Organise a National Seminar on Civil Rights of Transgender Persons	Gender Awareness and Inclusivity
	Create a Video on Women Empowerment.	Women Empowerment and Awareness



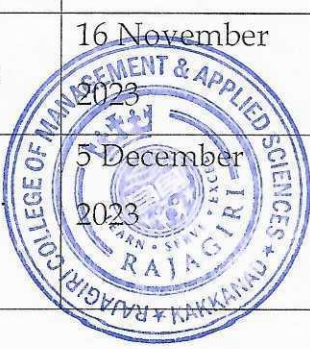
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Outcome

As per the Action Plan the following activities/ programmes were conducted during the year 2023-24.

Sl. No.	Date	Activity/Programme	Outcome
1.	31 July 2023	Session on Gender Equity Talk in collaboration with District Women & Child Development Department Ernakulam "Kanal Campaign 2023".	Gender Empowerment and Gender Awareness
2	31 July 2023	Self-Defense Class in collaboration with Kochi City Police.	Women Empowerment and Safety
3	13 November 2023	Flashmob on Transgender Awareness.	Gender Awareness
4	14 November 2023	Human Rights Symposium on Gender Equality and Social Inclusivity of Transgender Persons.	Gender Awareness and Inclusivity
5	15 November 2023	Group Discussion on Political Representation of Transgenders.	Gender Awareness and Inclusivity
6	16 November 2023	Debate on the Topic 'Recognition of Third Gender'.	Gender Awareness and Inclusivity
7	5 December 2023	National Seminar on Civil Rights Protection of Transgender Persons	Gender Awareness and Inclusivity



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8.	8 March 2024	Video on Women Empowerment.	Women Empowerment and Awareness
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GENDER ACTION PLAN

2022-23

In 2022-2023, the RCMAS Women's Cell focused on activities that highlighted the importance of women's versatility and resilience in achieving gender equality.

Sl. No.	Action Plan	Objective
1.	Conduct a workshop on the benefits of menstrual cups	Education about menstrual health issues and promote the use of menstrual cups
2.	Stand in solidarity with the efforts to eliminate violence against women.	Raising awareness about combating violence against women

Outcome

As per the action plan the following activities/ programmes were conducted

Sl. No.	Date	Activity/Programme	Outcome achieved
1.	13/09/2022	Workshop on Menstrual Cup usage as a part 'Cup of Life' campaign	Awareness about menstrual health issues and benefits of using menstrual cups
2	09/12/2022	Orange the World Campaign- A Pledge of Solidarity	Reminded everyone of the ongoing struggle for gender equality and



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			the elimination of violence against women
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GENDER ACTION PLAN

2021-2022

The RCMAS Women's Cell prioritized promoting the overall well-being and mental health of women during the 2021-2022 academic year.

SI. No	Action Plan	Objective
1.	Conduct a Workshop on the psychological wellbeing of girl students during Covid times	Cultivate a mindset of confidence and assertiveness among the students.
2.	Coordinate a pledge of solidarity to end violence against women	Encourage students to be advocates for change within their spheres of influence.
3	Organize an exhibition cum sale as part of International Women's Day	To promote entrepreneurial skills among women

Outcome

SI. No	Date	Name of the activity/programme	Outcome achieved
1.	26/07/21	'Better Living and Well-being During Challenging Times' - Workshop	Participants gained valuable insights into recognizing and managing stressors, fostering a greater sense of self-awareness.



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2.	10/12/21	'Victim Rights Center'- a pledge of solidarity was coordinated by the college to end violence against women	Effectively underscored the importance of creating a culture that rejects violence and promotes equality
3.	08/03/22	An exhibition cum sale titled 'ANYAH' as part of International Women's Day	Provided a platform for showcasing and supporting women entrepreneurs.



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GENDER ACTION PLAN

2020-2021

The RCMAS Women's Cell recognized the value of dance for fostering both artistic expression and self-defense skills, aiming to empower women through movement and safety awareness during the academic year 2020-2021.

Sl. No.	Action Plan	Objective
1	Organise a session on Movement therapy in connection with International Women's Day	To reinforce the commitment to holistic well-being and through art and movement.
3	Organise a self-defense class	To instil confidence, awareness, and practical techniques for self-protection.
2	Conduct a dance competition for girls in connection with International Women's Day	To promote empowerment, self-expression and solidarity

Outcome

As per the action plan the following activities/ programme was conducted

Sl. No.	Date	Name of the initiative	Outcome achieved
1	08/3/2021	The existence of a Woman" a session on Movement therapy in connection with International Women's Day	The staff expressed themselves freely through movement.



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3	09/3/2021	Online self-defense class 'SAKTHI'	Imbided invaluable skills crucial for their safety and well-being.
2	15/3/2021	A theme based virtual dance competition named 'ASTITVA' in connection with International Women's Day	Explored themes of empowerment, gender parity and the celebration of womanhood through the universal language of dance.



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GENDER ACTION PLAN

2019-2020

The RCMAS Women's Cell made empowering women to develop their versatility and resilience a central focus of its 2019-2020 activities.

Sl. No.	Action Plan	Objective
1.	Conduct a session on women's versatility.	Women empowerment and inclusiveness
2.	Conduct a self-defense class.	Women empowerment and safety
3.	Organise a culinary skill certificate course	Women empowerment and skill enhancement

Outcome

Sl. No.	Date	Activity/Programme	Outcome achieved
1.	27 August 2019	Session on 'Discover the Versatile Woman in You'	Women empowerment and assertiveness
2.	25 November 2019	'Krav Maga' self-defense class	Women empowerment and safety
	28 November 2019	Certificate course on culinary skills 'Food Craft'	Skill enhancement



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