

7.1.1 ANNUAL REPORT OF GENDER EQUITY PROMOTION PROGRAMMES ORGANISED BY THE COLLEGE 2022-2023

1. Spectrum 2022

Name of the Programme	Spectrum 2022
Organised By	RCSS
Date of the Programme	14th June 2022

On June 14th 2022, the 3rd year BSW students organized “Spectrum 22,”: a programme to raise aware-ness of LGBTQIA+ community issues among the students. Mr. Anand Ampeethara, a training pro-fessional from Queerala, was the resource person for the event.



2. Counselling Session by Kudumbashree Mission and SNEHITHA

Name of the Programme	Counselling Session by Kudumbashree Mission and SNEHITHA
Organised By	RCSD
Date of the Programme	16th June 2022

A counselling session about women’s mental health and career success was held at Chavara hall on 16 June 2022. The session was delivered by Ms. Ambili Das, Service Provider SNEHITHA Gender Help desk. Students of Retail Sales Associate (batch 3,4) and Housekeeping (batch 3) of Yuvakeralam project attended the session. On the same day, Ms.Preethi, District Mission Coordinator visited the centre and interacted with the students.



3. Yoga Day Observation at Mellor

Name of the Programme	Yoga Day Observation at Mellor
Organised By	Rajagiri outREACH
Date of the Programme	22nd June 2022

As a part of Yoga Day observation, Rajagiri outREACH organized a Yoga training to the Women beneficiaries of K P Paul Foundation Project at Mellor by Ms Jaya, one of the beneficiaries. She is a yoga teacher at Don Bosco School, Irinjalakuda, and a trainer of swimming also. She took a session on the importance of yoga. Yoga helps in reducing chronic pain, headaches, arthritis, and lower back pain. Yoga is also helpful in lowering blood pressure.



4. Film Screening and Open Discussion on Reading Gender between Film and Literature

Name of the Programme	Film Screening and Open Discussion on Reading Gender between Film and Literature
Organised By	RCSS
Date of the Programme	28th June 2022

As part of the 'Pride Month' celebrations, the Department of Languages under the banner "VisualLit-Centre for Research and Learning Initiatives in Literature and Arts" organized an open discussion and film screening on the theme "Reading Gender between Film and Literature" on 28 June 2022 at 2.30 pm in Carmel Hall, for the II year BBA and B. Sc. Psychology students of Rajagiri College of Social Sciences. Around 60 students attended the program. The program began with a prayer song by the students of II Year B.Sc. Psychology. Rehen Ajith, III Year B.Sc. Psychology welcomed the gathering. After this, a short film titled 'Juice' was screened, followed by an invited talk and discussion led by Dr. Rosa Juju Abraham, an Indian-English poet. She lectured on "Evolving Importance of Gender Studies in Literature". The second part of the session began with a screening of a short film titled 'Purl'. Dr. Jessy Fenn, Department of Psychology, Rajagiri College of Social Sciences, addressed the audience.



The resource persons were presented tokens of appreciation by the HoD, of the Department of Languages. The program came to an end by 4.30 with the vote of thanks proposed by Taniya Saji, II Year B.Sc. Psychology.

5. Training at Krishi Vigyan Kendra

Name of the Programme	Training at Krishi Vigyan Kendra
Organised By	Rajagiri outREACH
Date of the Programme	15th July 2022

Rajagiri outREACH had arranged a one-day training at Krishi Vigyan Kendra at Mannuthy on 15th July 2022. K.P. Paul Foundation Women beneficiaries from Annamanada participated in the training. The first session was taken by Dr. Aneena E R, on how to make value added products from jack fruit, mango, pineapple, etc., and another session was taken by Dr. Deepa James on Mushroom cultivation. Dr. Mary Regina, Department Head, addressed the beneficiaries. She also told the women to start the value added products' unit. The women beneficiaries were able to visit the production units also. Some of the farmers demonstrated the process of budding jackfruit tree and mango tree and also gave explanation on how to make manure. It gave an eye sight to our beneficiaries. The women beneficiaries visited the Agricultural Technology Information Center Mannuthy and purchased many plants from the center. Tea and lunch were arranged at KVK (Krishi Vigyan Kendra).



6. An orientation Seminar on Gender Justice and laws

Name of the Programme	An orientation Seminar on Gender Justice and laws
Organised By	RCSS
Date of the Programme	30th August 2022

An orientation Seminar on Gender Justice and Law was conducted on 30th of August 2022 (Tuesday) by the IQAC, Rajagiri College of Social Sciences in association with Kerala women's commission (KWC) with around 60 participants including students from different departments.



7. “Cup of Life 2022”

Name of the Programme	“Cup of Life 2022”
Organised By	RCSS and IMA Kochi
Date of the Programme	30th August 2022

An Initiative of the honorable MP Shri Hibi Eden, in association with IMA Cochin & The local district administration to distribute one lakh Menstrual Cups in a single day within the Ernakulam parliament constituency through 118 venues on the 31st of August. Dr. Joseph M K, Head, Department of Social work inaugurated the campaign by distributing the menstrual cups to students.

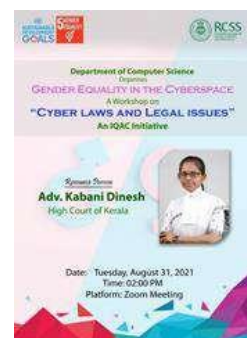
Training sessions for all the students, faculty and administrative staff members were conducted on 31st August at various venues in the college. A talk show on "Break the Taboo" and a LIVE BAND PERFORMANCE were also organised on the 30th August in the Courtyard of Hill Campus



8. Gender Equality in the Cyber Space: A workshop on Cyber Laws and Legal Issues

Name of the Programme	Gender Equality in the CyberSpace: A workshop on “Cyber Laws and Legal Issues”
Organised By	RCSS
Date of the Programme	31st August 2022

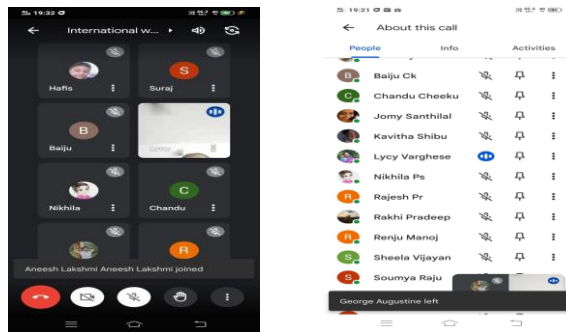
The workshop on “Gender Equality in the Cyber Space: A workshop on “Cyber Laws and Legal Issues” was conducted on 31st August, 2021 at 2:00 PM on the Zoom Online platform. Dr Ann Baby, Workshop co-ordinator welcomed the gathering. Dr. Bindiya M Varghese, Dean, Computer Science Department gave the students an orientation on the Sustainability Development Goals put forward by the United Nations. She also stressed on the Departments commitment towards the society and the importance of UNSDG – 5 (Gender Equality). The need for student awareness on Cyber Laws and Legal Issues was detailed.



9. Awareness Session for Mothers on Women’s Day

Name of the Programme	Awareness Session for Mothers on Women’s Day
Organised By	Rajagiri outREACH
Date of the Programme	8th March 2023

International Women’s Day is celebrated on 08th March 2023. As a part of celebrating this, the Geojit Financial Services along with Rajagiri outREACH conducted an awareness session for the mothers of the beneficiaries of the Alangad and Karumalloor Panchayaths on 08th March 2023. The session was handled by Mrs. Lycy M P, Coordinator Welfare Services Ernakulam. During the session she motivated the mothers and also encouraged them to do something that is productive and to their liking. The mothers seemed to be very happy and they actively participated in the games.



10. Onam Celebration for Women Entrepreneurs

Name of the Programme	Onam Celebration for Women Entrepreneurs
Organised By	Rajagiri outREACH
Date of the Programme	14th September 2022

Onam celebration for Women Entrepreneurs was conducted on 14th September 2022 at Annamanada and Ms Divya, Coordinator Women Entrepreneurship Program welcomed the gathering. Ms. Ligi, Project Coordinator of Women Entrepreneurship Program gave the onam message . Ice-breaker sessions were organized to bring the participants to a zone of comfort. Different types of games were conducted like lemon and spoon race, chair race, candle race and tongue twister, etc. The Women beneficiaries actively participated in the celebration and it was a one-hour programme in all our centers. At the end of the programme payasam was distributed to all participants.



11. Training on Organic Manure Preparation

Name of the Programme	Training on Organic Manure Preparation
Organised By	Rajagiri outREACH
Date of the Programme	25th November 2022

A training on “Organic Manure Preparation” for the Women Beneficiaries at Annamanada Panchayat was conducted on 25th November 2022 at 11.00 am. The programme began with a formal meeting. Social Welfare Standing Committee Chairperson Mrs. Sindhu presided over the programme and Panchayat President Mr. P. V. Vinod inaugurated the program. There were also many dignitaries like ward members community councillor, CDs members etc., who participated. After the official meeting the session on preparation of manure was taken by the Pest Scout of Krishibhavan of Annamanada panchayat, Mrs. Vineetha. She described about the preparation of different organic manures and pesticides like Trichoderma, Pseudomonas, Neem- garlic Emulsion, fish amino acid etc. She also cleared the doubts of the participants. 40 women participated in the program.



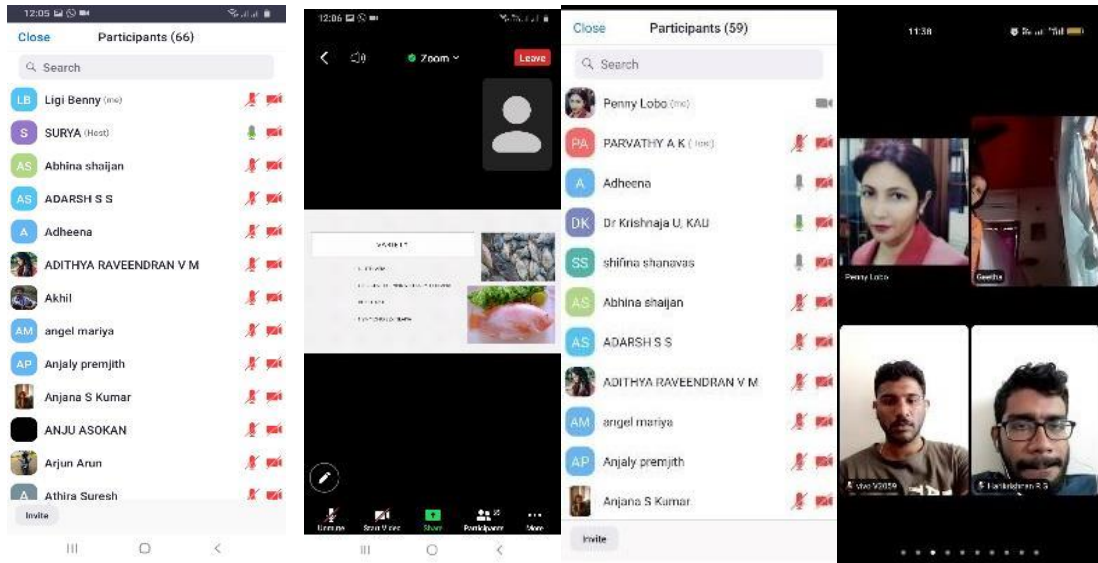
12. Online Session for Women Entrepreneurs

Name of the Programme	Training on Organic Manure Preparation
Rajagiri outREACH	Rajagiri outREACH
Date of the Programme	23rd November 2022

An online session was hosted by 48 BSc. (Hons.) Agriculture students from College of Agriculture, Vellayani, Thiruvananthapuram on 23.09.2022. The students took sessions for the women beneficiaries of K P Paul foundation project. The first session was about BUSH PEPPER. They explained about the various cultivation aspects, advantages and uses of bush pepper plants. The student also explained about the pests and diseases of Pepper plant and their management.

A session on the "Importance of coconut farming and different value added products from coconut" was also held. One of the important product from coconut, that is copra and its of two types viz., Milling copra and edible copra. Coconut oil is obtained from milling copra. Coconut oil can be used not only for the production of food products but also for the production of soap and for industrial purposes. They also explained about the production processes of virgin coconut oil, coconut chips, coconut water, Nata de coco, Neera, Snowball tender nut, coconut jam,

coconut jaggery, coconut flower syrup, coconut cheese and also about the importance of value added non-food products like coir pith, coconut wood, coir, charcoal, etc., were explained. STINGLESS BEE -The last topic was MELIPONICULTURE. It was an informative session. They told about the differences between normal honey bee and stingless bee.



13. Session on Professionalism in Entrepreneurship

Name of the Programme	Session on Professionalism in Entrepreneurship
Organised By	Rajagiri outREACH
Date of the Programme	17th October 2022

A session on “Professionalism in Entrepreneurship” by Adv. K R Sumesh, a well-known trainer, was held on 17th October 2022 at Meloor Grama Panchayath Hall. He told them that they should keep Professionalism in all their activities, especially in their Entrepreneurship activities. If they become professional they will get enough time in their daily routine and also make maximum output. He also informed the beneficiaries that time management is very important in our entire life and it makes our life more fruitful.



14. One day Picinic for Women Beneficiaries

Name of the Programme	One day Picinic for Women Beneficiaries
Organised By	Rajagiri outREACH
Date of the Programme	2nd December 2022

On 2nd December 2022 Rajagiri outREACH arranged a one day picnic to Marine World, Chavakkad for the Women Entrepreneurs of Nadathara panchayat . The first visit was at Shoba mall at Puzhakkal, then to Marine World at Edakkazhiyur and Panchavadi Beach. There were around 42 participants. The tour began at 9:30 am and ended at 8:00 pm. It was a very good experience for the beneficiaries and increased the unity among the beneficiaries. The beneficiaries were really happy.



15. Women's Day Observation Programme

Name of the Programme	Women's Day Observation Programme
Organised By	Rajagiri outREACH
Date of the Programme	3rd March 2023

Women's Day Observation programme was conducted at Kadukutty Grama Panchayat on 3rd March 2023 at Panchayat Hall. The programme started at 10 am with a prayer song, followed by an ice breaking session. Ms. Moly Thomas, Ward Member Kadukutty Panchayat took class on Women's Safety and how a woman can defend herself. She is a Resource Person from KILA. She discussed on the roles and responsibilities of women. After the session, different types of games were organized. The participants were served refreshments.



16. One Day Training Programme on Mushroom Cultivation

Name of the Programme	One Day Training Programme on Mushroom Cultivation
Organised By	Rajagiri outREACH ,Department of Biosciences RCSS
Date of the Programme	15th March 2023

As part of Women Empowerment Programme supported by Sud-Chemie, Rajagiri outREACH organized their first 'One-day mushroom cultivation training' on March 15th 2023 at Rajagiri College of Social Sciences, Kalamassery in collaboration with the Department of Biosciences, RCSS. A total number of 18 participants from Edayar and Muppathadam of Kandungalloor Gram Panchayat attended the training programme. The training programme began with an official inaugural ceremony. The programme started by 10.30 am at Alex Hall, Rajagiri College of Social Sciences (Autonomous) (RCSS), Kalamassery. After the silent prayer, Ms Ranjith Udayabhanu, Senior Development Officer, Rajagiri outREACH, delivered the welcome address, and he officially welcomed all the dignitaries to the programme. The inauguration was done by Dr. Fr. Shinto Joseph CMI, Asst. Director, Rajagiri College of Social Sciences. He addressed the participants and explained the significance of mushroom training in the current context. Then the felicitation was given by Dr. S. Antony Caesar, HoD, Department of Biosciences. The programme concluded with a Vote of thanks given by Mr. Varghese K O, Office Assistant, Rajagiri outREACH.



17. Tailoring Classes on Embroidery

Name of the Programme	Tailoring Classes on Embroidery
Organised By	Rajagiri outREACH
Date of the Programme	13th February 2023

Rajagiri outREACH and CUMI Kalamassery jointly organized tailoring classes on embroidery work for selected women from Kalamassery Municipality. The Inauguration of the tailoring classes was held at Kothad on 13th February 2023. The programme was inaugurated by Shri Suresh Kumar, AGM, Senior HR Manager, CUMI and presided by Mrs. Meena Kuruvilla, Project Director, Rajagiri outREACH. Smt.Sosha, Embroidery Teacher shared her experience in this field.

Mr. Ranjith K.U, Rajagiri outREACH gave an introduction about the programme. Mr. Donny Benny coordinated the programme.



18.Livelihood Project for Women

Name of the Programme	Livelihood Project for Women
Organised By	Rajagiri outREACH, Rotary Club
Date of the Programme	9th February 2023

Rajagiri outREACH and Rotary Club Kalamassery jointly conducted the Evaluation Meeting of Livelihood project of the women of flood affected victims conducted at Rotary Club Paravoor on 9th February 2023. A total of six Women Entrepreneurs attended the programme. They shared their experience in stitching and marketing issues. Shri Narayanan from Rotary club and Mrs.Meena Kuruvilla and Ranjith .K.U., Rajagiri outREACH, attended the programme.



19.Session on Women Safety for Elderly

Name of the Programme	Session on Women Safety for Elderly
Organised By	Rajagiri outREACH
Date of the Programme	11th October 2022

On 11th of October 2022, the regular gathering and a session on Women Safety was conducted under the sponsorship of Sud-Cheime, jointly organized by Janamythri Police and Rajagiri outREACH, for Pakalveedu members at Ghanshyam Community Hall, Binanipuram. The program started at 10.30 am with a Prayer song by Ms Savitri, Animator of Pakalveedu.

There were around 50 elderly members present. Ms. Nikhitha Johny, Rajagiri outREACH Social Worker welcomed Shri. Hari, ASI, Janamythri Police Station, Binanipuram to conduct the session on women safety for the elderly.

The session began at 11.30 AM. The main aim of this session was to create an awareness among elderly regarding the laws and regulations that ensure women’s safety and to protect the rights of women. Mr Hari also spoke about the Maintenance and Welfare of Parents and Senior Citizens Act – 2007. Further on, he spoke about the redressal mechanisms to seek help and added that the elderly can visit Janamythri Police Station anytime for queries or concerns. the importance of being happy during elderly years of life has also been significantly mentioned. After the session, excellent feedback was given by the elderly stating that they really enjoyed the session and could understand it properly as he used an interactive mode of communication. The session ended by 12.30 pm with a group song, sung as a thank you note to Shri Hari. Shri. Shaji, Binanipuram Social Development Program Committee Member delivered the vote of thanks. At 1 pm lunch was served for everyone in the meeting. Later on, all present at the event sang the National Anthem together and left for their respective homes.



20. Motivational Class for Widows and Divorced

Name of the Programme	Motivational Class for Widows and Divorced
Organised By	RFCC
Date of the Programme	7th January 2023

Rajagiri family counselling center in collaboration with Mahila Mandiram, Chambakkara organized a session on “motivational class for the inmates who are divorced, widows and destitute.

The session was planned by the family counsellor of FCC, Mrs. Venus Varghese along with interns of women protection office and Amrita collage, Coimbatore Ms. Meenakshi, Ms. Mariya and Mr. Albin. Ms. Mariya intern of FCC delivered the welcome speech and the session was held by Ms. Venus Varghese, Family counselor of RFCC.

The class started at 02:30 PM and in beginning of the sessions, interns took ice breaking sessions to inmates. The session wind up with a vote of thanks from the caretaker of Mahila Mandiram, Mrs. Salija. Inmates gave a god feedback about the session after an open discussion with all.



21. International Women's Day Celebration

Name of the Programme	International Women's Day Celebration
Organised By	RFCC
Date of the Programme	8th March 2023

Rajagiri Family Counselling Center in collaboration with One Stop Sakhi Center, WCD Dept, conducted a women's day programme at Rajagiri College, in which we aimed to inspire the students with the eminent personality's life lessons. Welcome speech to the programme were given by Dr.Nycil Romis(President, Rajagiri StaffWelfare Association).Programme were inaugurated by Dr.Premna



Manoj Sankar(Dist. Women & Child Welfare Officer) and the Presidential Address were given by Smt.Thahira Beevi(Dist. Women Protection Officer).Family Counsellor Ms.Rose Mariya Devassy gave the felicitation.Family Counsellor Venus TV was the Coordinator of the programme.

Stage presence and experience were shared by Ms.Annie SP (Sub-Inspector, Ernakulam Central Police Station) and Ms. Tanoora Swetha Menon (Enterprenuer).Vote of thanks were given by Sandhya VK, Psycho-Social Counsellor, and OSC).

22.Seminar on ‘Women and their Custodial Rights’

Name of the Programme	Seminar on ‘Women and their Custodial Rights’
Organised By	RFCC
Date of the Programme	13th March 2023

Rajagiri Family Counselling Centre and Rajagiri Service Providing Centre together conducted Women’s Day celebration on 13th march 2023, in association with Govt. Mahilamandiram. The seminar was conducted on the topic, “Women and their Custodial Rights.” The audience of the programme were the inmates of Mahilamandiram, the supporting staff and the interns of RFCC and RSPC. The programme started with a prayer by an inmate, Surya. The gathering was welcomed by Mrs. Venus T. V., The family counsellor of RFCC. The main session was led by Adv. Ehlas Haleema, on the topic “Women and their Custodial Rights”. Discussed about the various Constitutional Rights of the Women in Custody, the problems faced by shelter homes. After the session, Mrs. Shyja, Matron of Mahilamandiram delivered the vote of thanks. The session had a good outcome and feedback.



The session had a good outcome and feedback.

23.Session on Family and Social Issues and Family and its Dynamics

Name of the Programme	Session on ‘Family and Social Issues and Family and its Dynamics
Organised By	RFCC
Date of the Programme	13th March 2023

The interns, Sreeram S S and Krishna K K of Rajagiri Family Counselling Centre conducted FLE with the women of the fisherman community of Edavanakkad. The session was conducted on the topic, “Family and social issues and Family and its dynamics”. The audience of the programme were the mothers and women of the fisherman community who were there for the daily wages work. The session started with the interns invited and introduced by Mrs. Dhanya, one of the coordinators, then the interns conducted the sessions asking them about their family dynamics and discussing about the social issues of drug usage, suicide and other behavioral issues in children that are affecting the families. There were 21 participants. The session ended with a feedback from Janaki Amma and Shobha on the session.



24. Family Life Education to Women

Name of the Programme	Family Life Education to Women
Organised By	RFCC
Date of the Programme	27th May 2023

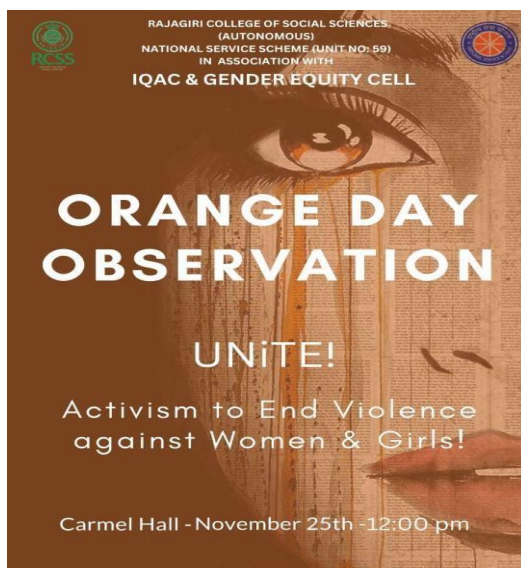
The intern Sana Semeer conducted family life education to women and child of Koonamthai in the Anganwadi under the guidance of field coordinator Mrs. Venus Varghese (Counsellor, Rajagiri Family Counselling Centre) on 27th of May from 3 PM to 5 PM . The participants included 13 women and 5 children residing in Koonamthai. The session started with welcome address which was given by the Asha worker and the field supervisor. The session started with conducting a focused group discussion on topics which includes sex education, learning disability and domestic violence were the participants share their reflections and opinions. The next topics was conducted in the lecturing format on the topics learning disabilities, good touch and bad touch and also regarding sex education. Vote of thanks was proposed by one of the participants and they also shared their reflections and evaluations regarding the session conducted.



25. Orange Day Observation

Name of the Programme	Orange Day Observation
Organised By	RCSS
Date of the Programme	25th November 2022

On 25th November 2022, along with the IQAC and Gender Equity cell of Rajagiri College of Social Sciences Kalamassery, the NSS of RCSS observed the International Day for the Elimination of Violence against Women at 12:00 at Carmel Hall. We had Adv. Aparna Somarajan, who is the legal counsellor at Rajagiri service providing centre, Meena Kuruvila ma'am from Rajagiri OutReach, Dean of students affairs Ann Baby ma'am, NSS programme officers Vineeth sir and Gigi ma'am. All the volunteers from B.Com, BBA and Psychology departments were present. The welcome speech was given by Gigi Ma'am. The vote of thanks was given by Vineeth sir. The observance was inaugurated by pinning an orange badge to each other and taking a pledge on the same which was read out by the NSS secretary Devanarayanan. The programme was concluded by clicking a photo together with orange colour balloons.



26. Pink Suraksha Campaign

Name of the Programme	Pink Suraksha Campaign
Organised By	RCSS, Rajagiri Hospital
Date of the Programme	22nd October 2022

Internal Quality Assurance Cell of RCSS and Rajagiri Hospital, Aluva jointly organised the “Pink Suraksha Campaign”, a Breast Cancer Awareness and Screening Campaign on October 22nd 2022 at Rajagiri Hill Campus. Dr. Sanju Cyriac, Senior Consultant - Medical Oncology & Hemato Oncology, Dr. Teena Sreeba, Senior Consultant – Radiology and Dr. Sunny P Orathel, Medical Superintendent of Rajagiri Hospital led the discussions and responded to questions put forward by the participants. Ms. Durga Krishna, Cine Artist graced the occasion with her presence.

The programme was attended by 113 female staff members from the Rajagiri Hill and Valley campuses.



27. Sustainable Livelihood Development Class for Women

Name of the Programme	Sustainable Livelihood Development Class for Women
Organised By	Rajagiri outREACH
Date of the Programme	10th November 2022

Sustainable Livelihood development class for women conducted on 10th November 2022, the class was taken by the resource person who came from Thuruthikkara village Mr.Suresh. The class was mainly for the kudumbashree women and he took a session and briefed about how to produce variety of things from scraps and how to start a small business for women with the available resources. He also brought some samples like small pouch from scrap clothes.



28. Menstrual Cup Distribution and Awareness Class

Name of the Programme	Menstrual Cup Distribution and Awareness Class
Organised By	RCSS
Date of the Programme	12th October 2022

An awareness class was organized by the trainees and conducted a session about the use of menstrual cup and its importance, eco – friendly alternative to tampons on 12th October 2022 at St Joseph's.

The awareness session was taken by the doctor from Lourdes Hospital. The Menstrual cups were distributed to the girls in the school which was sponsored from Hibi Eden, MP's fund.



29. Visit to Vatsalya Bhavan

Name of the Programme	Visit to Vatsalya Bhavan
Organised By	Rajagiri outREACH
Date of the Programme	10th October 2022

The trainees conducted an interactive session on the importance of Mental Health with more than 20 girl children in Vatsalya Bhavan on World Mental Health Day, 10th October 2022. Vatsalya Bhavan is a home for children in distress, a home which provides shelter to girls in distress of age 10-18



30. Roof Top & Family Farming (Terracotta Pot, Grow Bag, Plants)

Name of the Programme	Roof Top & Family Farming (Terracotta Pot, Grow Bag, Plants)
Organised By	Rajagiri outREACH
Date of the Programme	28th February 2023

A plan of action for roof top and family farming has been taken on by the Sud Chemie CSR project programme activities under the Women Empowerment Programme.



Around 50 families from Wards 16 and 18 of Kandungalloor Grama Panchayat were chosen to be a part of the programme. The 50 selected families received 500 grow bags with 500 vegetable seedlings. The programme took place on 28th of February 2023. Since the markets were flooded with pesticide and fertilizer treated vegetables, families are left with no choice but to depend on small-scale organic farming to supplement themselves with essential nutrients. In fact, this project aims to support families' access to healthy food and to improve their means of livelihood. These initiatives that promotes livelihood could encourage interest in agriculture among everyone and would be beneficial for rural residents to undertake income-generating activities. Also, this might lead to agricultural employment possibilities. The initiative's chosen women beneficiaries showed interest in farming, which could aid into the expansion of farmlands and the practice of farming.

31. Observation of Women's Day and Preparation of Millet Payasam Mela

Name of the Programme	Observation of Women's Day and Preparation of Millet Payasam Mela
Organised By	Rajagiri outREACH
Date of the Programme	8th March 2023

In connection with Women's Day on March 8th 2023, a Millet Payasam Mela was organized at Kothad Elderly Day Care Centre. Sri. Ranjith K.U., elaborated about the Qualities and Nutritional value of Millets. Smt. Mary Vincent and Lucy Augustine shared their experience about the women empowerment. The team prepared red Payasam with Chama Millet.




32. Azadi Ka Amrit Mahotsav – Stitching of Flags

Name of the Programme	Azadi Ka Amrit Mahotsav – Stitching of Flags
Organised By	Rajagiri outREACH
Date of the Programme	July 2022

As a part of Azadi Ka Amrit Mahotsav the Women Beneficiaries of K P Paul Foundation were engaged in stitching Flags for the panchayat according to the order. It was a nice experience for the women entrepreneurs and it brought about a feeling of patriotism.




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