



# KMCT AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences.

## TO WHOM SO EVER IT MAY CONCERN

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge



*Handwritten signature in green ink*  
PRINCIPAL  
K.M.C.T. AYURVEDA  
MEDICAL COLLEGE





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## GENDER SENSITIZATION PROGRAM REPORTS

ACADEMIC YEAR 2023-2024

*Dr. Anshu*  
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## GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2023-2024

### TALK ON "IMPORTANCE OF SELF DEFENCE LEARNING ACTIVITY REPORT

Venue: College Auditorium  
Speaker: Dr RekhaBinu

Date: 05/12/2023  
Time 3-4 pm

In this era, crimes against women are increasing at alarm rate and it is very important to be self-reliant enough to be their own warrior, Learning self-defence is the need of the hour as it gives them the confidence to face dangerous situations It gives the tools and skills needed to confidently assess a dangerous situation and it also improves the focus or concentration, DrRekhaBinu delivered a talk on this topic and it was a wonderful session, The students were empowered on this topic and they understood the importance of learning self- defence to live confidently in this society. A total of 57 students had participated in the interactive session.



*Rekha Binu*

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### MEMBERS ATTENDED

SL NO	NAME OF THE STUDENT	SIGNATURE
1	AbhinanthKumar	<i>Abhinanth</i>
2	AbhinavPK	<i>Abhinav</i>
3	AbhiramChackolangara	<i>Abhiram</i>
4	AbishAR	<i>Abish</i>
5	AdithyaRaj	<i>Adithya</i>
6	AdithyaS	<i>Adithya</i>
7	AdithyaSRajeev	<i>Adithya</i>
8	AjunaT	<i>Ajuna</i>
9	AleenaBrijiSoby	<i>Aleena</i>
10	AnaghaP	<i>Anagha</i>
11	AnamikaDNair	<i>Anamika</i>
12	AnamikaPS	<i>Anamika</i>
13	AnarghaMDinu	<i>Anargha</i>
14	AneetaDasM	<i>Aneeta</i>
15	AnjithaSS	<i>Anjitha</i>
16	AnjithaGS	<i>Anjitha</i>
17	AnsaAnil	<i>Ansa</i>
18	AnsariAsfiyaAnjumGhulamHassan	<i>Ansari</i>
19	ArchanaAP	<i>Archana</i>
20	ArdraN	<i>Ardra</i>
21	AryaChandran	<i>Arya</i>
22	AryaN	<i>Arya</i>
23	AswathiK	<i>Aswathi</i>
24	AswathyT	<i>Aswathy</i>
25	AthiraPM	<i>Athira</i>
26	AyshathShumaima	<i>Ayshath</i>
27	BettyBiju	<i>Betty</i>
28	BhagwanSharminRafik	<i>Bhagwan</i>
29	BhagwanTauseefShaikhAsif	<i>Bhagwan</i>
30	FathimaSanaKallidumbil	<i>Fathima</i>
31	GouthamKC	<i>Goutham</i>
32	HannaC	<i>Hanna</i>
33	HarivismayaC	<i>Harivismaya</i>
34	JustaJerald	<i>Justa</i>
35	Kajalcleopatra	<i>Kajal</i>
36	KarthikB	<i>Karthik</i>
37	KarthikaAS	<i>Karthika</i>
38	KhatikAaftaf	<i>Khatik</i>
39	LakshmiGayathriR	<i>Lakshmi</i>
40	LekshmiSShaj	<i>Lekshmi</i>
41	ManuM	<i>Manu</i>
42	MehboobbaKA	<i>Mehboobba</i>







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43	NandanaK	
44	NijammuddinYasinMemon	
45	NithyaRajP	
46	PadminiS	
47	RahulKrishna	
48	RaveenaRaveendran	
49	RihanaSherin	
50	SayantharaS	
51	ShaikhShahbazShaikhAinuddin	
52	ShalimaShaji	
53	ShivaniLakshmi	
54	SivaniKS	
55	TahaRashid	
56	TassurRajaAbdulVahidMansuri	
57	ThasniN	



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## GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2023-2024

### TALK ON ANTI-SEXUAL HARRASSMENT

#### ACTIVITY REPORT

VENUE: College auditorium

TIME 10 - 11 am

DATE: 05/01/2024

SPEAKER: DrSubhasree G H, Principal KMCT Ayurveda Medical College

DrSubhasree G.H, conducted seminar on Anti-sexual harassments as a part of gender sensitization programme. During the program DrSubhasree G H Principal, KMCT Ayurveda Medical College said regarding the importance of prevention of sexual harassments towards all gender. She said that Sexual violence is a widespread problem. It happens in every community and affects people of all genders and ages. Nearly one in five women and one in 71 men are victims of rape. Sexual violence is defined as any sexual activity where consent is not freely given. Even for those of us who don't directly experience it, we are all impacted by sexual -violence because of how it affects communities and society especially survivors and their loved ones. The program lasted for one hour. Additionally, it's important to listen and communicate without judgment. If they seek medical attention or make plans to report the assault, offer to be there for them and provide a supportive presence. Encourage the victim to get support from resources such as hotlines and sexual violence awareness/prevention organizations ,49 students attended.



*Subhasree*  
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# ANTI SEXUAL HARASSMENT

UNDERSTANDING SEXUAL ABUSES  
AND LEARNING HARASSMENTS SEXUALLY TOWARDS FEMALES



5<sup>TH</sup> JAN 2024, 10-11AM  
VENUE: COLLEGE AUDITORIUM

*Speaker*

**Dr. SUBHASREE G. H.**  
PRINCIPAL, KMCT AYURVEDA MEDICAL COLLEGE

[www.kmct.org](http://www.kmct.org)

KMCT Medical College Campus, Mukkam, Kozhikode - 673602 [www.kmctayurvedacollege.org](http://www.kmctayurvedacollege.org)



*Principal*  
K.M.C.T. AYURVEDA  
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### MEMBERS ATTENDED

SL NO	NAME OF THE STUDENT	SIGNATURE
1	AbhinavSundarC	
2	AdheenaKB	AdheenaKB
3	AdhithyaP Parames	AdhithyaP
4	AjanyaTK	AjanyaTK
5	AkhilaChandran	Akhila
6	AleenaTA	Aleena
7	AleeshaRoshni	Aleesha
8	AmayaSreedharanA S	Amaya
9	Amina ShibillaK	Amina
10	AmrithaBalu	Amritha
11	AnchuAji L	Anchu
12	AnjanabhaiTA	Anjanabhai
14	AswinT	Aswin
15	AthulyaVV	Athulya
16	EezaSAramangalam	Eeza
17	FidaVaramkode	Fida
18	GeethuAnilkumar	Geethu
19	GopikamohanP	Gopika
20	IrfanaFathima	Irfana
21	IrfanaNazarinKA	Irfana
22	JessyVT	Jessy
23	Jiji LS	Jiji
24	KeerthanaTM	Keerthana
25	LinshaRoselC K	Linsha
26	ManjimaKrishnan	Manjima
27	MidhunSivan	MidhunSivan
28	MuhammedFarisNK	MuhammedFaris
29	NadeeraK	Nadeera
30	NandanaN	Nandana
31	NandanaPrمود	Nandana
32	NarthanaS	Narthana
33	NehlaA	Nehla
34	NithyaMariaVariath	Nithya
35	RobinaR	Robina
36	SangeethSanthoshK	Sangeeth
37	SayanaC	Sayana
38	SayoojaBaijuB	Sayooja
39	ShabnaSNazeer	Shabna
40	ShafnaAB	Shafna





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41	ShahanaSherinT	<i>Shahana</i>
42	ShanimaS	<i>ShanimaS</i>
43	SheikhaNazar	
44	SilpaKK	<i>SilpaKK</i>
45	SoofiyaBeegumJ	<i>SoofiyaBeegumJ</i>
46	Sreeshap	
47	SreevaishnaviSaseendran	<i>SreevaishnaviSaseendran</i>
48	TejaDas	<i>TejaDas</i>
49	VarnaDas	<i>VarnaDas</i>



*Amshin*  
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## ACADEMIC YEAR 2023-24

### Quality improvement program

#### **ACTIVITY REPORT: "An awareness class on CA Cervix"**

**Venue:** Auditorium

**Date:** 5/03/2024

**Speaker:** Dr Salumol N

**Summary:** An awareness class on CA Cervix was taken by Dr Salumol N, to upgrade the knowledge about cervical cancer. The session aimed to increase knowledge and understanding of the disease, its risk factors, prevention methods, and available treatment options

Brochure Attached



*Ambr*  
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## An Awareness Class on Ca Cervix

5<sup>TH</sup> MAR 2024 2PM - 4PM  
VENUE: CLASS ROOM - THIRD YEAR



*Arshina*

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## An awareness class on Ca Cervix

Date: 05/03/2024

SL.NO	TEACHERS NAME	Sign.
1	Dr. Subhasree G H	
2	Dr. Sarun Mohan	
3	Dr. Vineetha N	
4	Dr. Arathi V	
5	Dr. Najeeb T K	
6	Dr. Aparna T	
7	Dr. Mridula J	
8	Dr. Priyanka P S	
9	Dr. Binju K V	
10	Dr. Nidhin V	
11	Dr. Basil P Jacob	
12	Dr. Anjana mohan	
13	Dr Anishma A S	
14	Dr. Sijna V P	
15	Dr. Aiswarya	
16	Dr Meenu	
17	Dr Sharon P Vals	
18	Dr Rismiya	
19	Dr Dinesh Kumar	



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## GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2023-2024

### AWARENESS PROGRAMME ON RIGHTS OF WOMEN AND CHILDREN. "EQUAL RIGHTS, EQUAL VOICE: ADVOCATING FOR WOMEN AND CHILDREN"

#### ACTIVITY REPORT

DATE: 17/04/2024

TIME: 2PM TO 3PM

VENUE: KMCT AYURVEDA COLLEGE AUDITORIUM

SPEAKER: Dr Subhasree G H, principal KMCT Ayurveda College

KMCT Ayurveda College conducted an awareness session on rights " of women and children- "Equal rights, equal voices: Advocating for women and Children's Dr Subhasree G H, principal KMCT Ayurveda college delivered a speech involving Advocacy of women's rights based on the equality of the sexes is a long-standing and important goal, Women's rights advocates believe that women should have equal rights to men in all areas of private and public life, including education, employment, and political participation The programme extended from 2pm to 3pm The program ended with the vote of thanks from Dr Sarun Mohan on behalf of KMCT Ayurveda College.



*Subhasree G H*  
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## GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2023-2024

### SEMINAR ON, "BALANCE FOR BETTER: MAINTAINING GENDER BALANCE FOR BETTER WORLD"

#### ACTIVITY REPORT

DATE: 14/05/2024 at 11am to 12 pm

VENUE: KMCT College of Nursing Auditorium

SPEAKER, Dr Subhasree G.H, Principal of KMCT Ayurveda College.

KMCT Ayurveda College conducted a seminar on Gender Balance- "Balance for Better. Maintaining Gender Balance for Better world" The programme was started at 11 am with an excellent speech of Dr subhasree G.H, Principal of KMCT Ayurveda College., She spoke regarding equal ease of access to resources and opportunities regardless of gender, including economic participation and decision-making, and the state of valuing different behaviors, aspirations and needs equally, regardless of gender, She highlighted that Gender equality is more than just equal representation. it is strongly tied to women's rights and often requires policy changes. On a global scale achieving gender equality also requires eliminating harmful practices against women and girl. The programme lasted for one hour.



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# SEMINAR ON. BALANCE FOR BETTER: MAINTAINING GENDER BALANCE FOR BETTERWORLD

state of valuing different behaviors, aspirations and needs equally, regardless of gender

14/05/2024 at 11am to 12 pm

*Resource person*  
**Dr. Subhasree G. H.**  
Principal  
KMCT Ayurveda college



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*Subhasree*



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**GENDER SENSITIZATION PROGRAM  
REPORTS  
ACADEMIC YEAR 2022-2023**

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## GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2022-2023

### TALK ON THE TOPIC "WOMEN AND THYROID"

#### ACTIVITY REPORT

Venue: college Auditorium  
Speaker: DrAswathi Sara Varghese

Date 14/03/22  
Time 10-11 am

Women are more prone to have thyroid diseases compared to men. Thyroid hormonal issues lead to irregular menstrual period and generalized weakness which affects women mentally and physically. According to statistics, one in eight women develops thyroid issues during her life time. Hence awareness about early detection of thyroid diseases are mandatory. A talk on this topic was delivered by Dr Pradeep P V, Senior Consultant, Baby memorial hospital, Calicut. He explained about the Thyroid gland physiology and hormonal issues faced by women. The talk was very informative and interactive. A total of 60 students had attended the talk



*Aswathi*

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# WOMEN AND THYROID

THYROID IS THE MAJOR GLAND WITH VARIOUS  
FUNCTIONS WHICH HELPS THE WOMEN MORE FEMININE  
AND STAY RICH IN HER PHYSICAL AND MENTAL WELLBEING

**14<sup>TH</sup> MAR 2022, 10-11AM**  
VENUE: COLLEGE AUDITORIUM

*Speaker*

**Dr. ASWATHI SARA VARGHESE**  
ASSISTANT PROFESSOR  
DEPT. OF PRASOOTHI TANTRA AND STREE ROGA

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*Dr. Anil*  
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## GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2022-2023

### TALK ON THE TOPIC. "EMPOWER WOMEN AND EMBRACE EQUITY

#### ACTIVITY REPORT

VENUE: College auditorium  
SPEAKER: DrApilaNath

DATE: 08/03/2023  
TIME 11 -12 pm

KMCT College of Nursing conducted online webinar on Women's Equality- "Empower women and Embrace Equity " as a part of international women's day. While inaugurating the program, Dr. Subhasree G.H enlightened that Women's empowerment is a critical aspect of achieving gender equality. It includes increasing a woman's sense of self-worth, per decision-making power, her access to opportunities and resources, her power and control over her own life inside and outside the hore, and ber ability to effect change. DrApilaNath, Assistant Professor ,Dept of prasoothitnatra and streeroga emphasized that should foster a meritocratic environment where anyone, regardless of gender, can succeed and amplifies the ability of people to thrive, collaborate to the full, and be resilient. The program lasted for one hour.



*Dr. Subhasree G.H*  
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# EMPOWER WOMEN AND EMBRACE EQUITY

EMPOWERED WOMEN CAN EMPOWER ANY WOMEN  
AND LEADS TO EQUITY IN EVERY ASPECTS OF  
SOCIETY. EMBRACING HER POWER CAN ENHANCE  
THE ENRICHMENT OF SOCIAL WELLNESS

**8<sup>TH</sup> MAR 2023, 11-12PM**

VENUE: COLLEGE AUDITORIUM

*Speaker*

**Dr. APILA NATH**

ASSISTANT PROFESSOR  
DEPT OF PRASOOTHI TANTRA AND STREE ROGA.

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*Ambra*  
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## GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2022-2023

### ROLE PLAY ON ELDERLY WOMEN AND GERIATRIC CONSIDERATION

#### ACTIVITY REPORT

Venue- KMCT Ayurveda college auditorium

Date -08.03.2023

Role Play was conducted on elderly women and geriatric considerations by final year BAMS students (18th batch) of KMCT Ayurveda College. The program started at 2 pm at college auditorium. The programme commenced with a prayer song by final year BAMS students. The key points on the programme was "As the global population ages, healthcare providers must prioritize geriatric care. Elderly women face unique challenges requiring comprehensive and compassionate care." The programme came to an end at 3 pm



*Arshini*  
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# ROLE PLAY ON ELDERLY WOMEN AND GERIATRIC CONSIDERATION

Elderly Women Face Unique  
Challenges Requiring Comprehensive  
and Compassionate Care

8TH MARCH 2023  
2-3PM

Final year batch  
(2018)



*Orshim*

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## MEMBERS ATTENDED

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1	Abun V S	
2	Adithya Raj	
3	Afra S	
4	AiswaryaBhaskaran	
5	AjanyaAravind	
6	AkhilaRemesh	
7	AksharaGopan S	
8	Akshaya K P	
9	AnuYohanan	
10	Anuvinda K P	
11	Aparna C Das	
12	Aparna U	
13	Ardra T P	
14	Arunima K	
15	Arya Lakshmi Wilson	
16	Ashin V S	
17	Ashley Shaji	
18	Aswathi V Satheesh	
19	Aswathy K	
20	AyshaShafna K	
21	Bhavya A S	
22	Chaithra T	
23	Chinmay K	
24	Chippy Joseph	
25	Devapriya M P	
26	Faseela Usman	
27	FathimaFarhana C	
28	Fathima Shana K	
29	FathimaShareef	
30	Gopika G	
31	Hafna	
32	Hereena Maria Morris	
33	Harsha V G	
34	Hiba Razak	
35	HidaParveen K C	
36	Irfana C	
37	MidhilaSajeev A	
38	Mohammed Fayis K K	
39	NahalaNalakath	
40	NahilaFathima	
41	Nazrin T	







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42	NidaRazak	
43	Nithya B S	
44	Rakendu A	
45	Reshma A R	
46	Revathy S	
47	Roshana Abdul Salam	
48	Sabira Rasheed	
49	SahlaShahanas C	
50	Sandra C G	
51	Sandra P	
52	Sarah Yousaffali	
53	Sneha K P	
54	SreeLekshmi P	
55	SreelakshmiSujan	
56	SreyaUnni C	
57	Syama S Nath	
58	Theertha K V	
59	UmekhaUnnikrishnan	
60	Vismaya P	



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**GENDER SENSITIZATION PROGRAM  
REPORTS  
ACADEMIC YEAR 2021-2022**



*Chithra*  
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## GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2021-2022

### DISCUSSION ON HORMONAL AND BEHAVIORAL CHANGES IN ADOLESCENCE

#### ACTIVITY REPORT

VENUE: KMCT Ayurveda College Auditorium

SPEAKER: Dr. Aswathi Sara Varghese

DATE: 5/10/2021

Time 10-11 am

KMCT Ayurveda medical college conducted a discussion on Hormonal and Behavioral changes in adolescence as a part of gender equality sensitization program. The program was inaugurated by DrSubhasree G.H, Principal of KMCT Ayurveda College. Dr. Aswathi Sara Varghese has delivered an amazing speech on the topic. She emphasized regarding the hormonal and behavioral changes in the period of adolescence. Peer pressure, low self-esteem, and raging hormones can lead teens to take chances and engage in risky behaviors that could have a negative effect on their future. Therefore, as children enter their teenage years, it's important for them to have support system they rely on. Their parents, siblings, can therapists, teachers, and coaches can provide wisdom and guidance as teens navigate this challenging, exciting time in their lives. The programme lasted for two hours. 60 students were participated.



*Aswathi*  
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INDIA



# HORMONAL AND BEHAVIOURAL CHANGES IN ADOLESCENCE

5<sup>TH</sup> OCT 2021, 10-11AM  
VENUE: COLLEGE AUDITORIUM

HORMONES ARE VITAL BEHAVIOURAL MARKERS AND INDICATORS OF SEVERAL EMOTIONS. SETTING UP A GOOD BEHAVIOURAL PATTERNS IS NECESSARY IN ADOLESCENCE WERE THE CHANGES ARE MORE EVIDENT PHYSICALLY AND EMOTIONALLY.

• **Speaker**

**Dr. ASWATHI SARA VARGHESE**  
ASSISTANT PROFESSOR, DEPT OF PRASOOTHA  
TANTRIK AND STRIBHOGA

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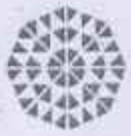
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## MEMBERS ATTENDED

SL NO	NAME OF THE STUDENT	SIGNATURE
1	Abun V S	<i>Abun</i>
2	Adithya Raj	<i>Adithya</i>
3	Afra S	<i>Afra</i>
4	AiswaryaBhaskaran	<i>Aiswarya</i>
5	AjanyaAravind	<i>Ajanya</i>
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## GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2021-2022

### WOMEN'S REPRODUCTIVE HEALTH AND WELLNESS

#### ACTIVITY REPORT

VENUE: College auditorium

SPEAKER: Dr. Shalumol

PG Scholar, Dept of Gynaecology  
SAT Medical College TVM

Date: 01/03/2022

Time 11-12 pm

KMCT Ayurveda college conducted an online Seminar on Women's reproductive health and wellness as a part of gender sensitization program. The program was inaugurated by Dr Subhasree G.H., Dr. Shalumol, PG Scholar, Dept of Gynaecology, SAT Medical College TVM was the speaker of the program. She enlightened the topic with amazing explanations. She emphasized that A woman's reproductive system is a delicate and complex system in the 'body. It is important to take steps to protect it from infections and injury, and prevent problems including some long- term health problems. She enlisted the importance of reproductive health which includes prevention of STDs, contribution to family planning, early detection of reproductive cancers. sexual education. and the positive impact on the economy through informed decisions about workplace participation by women, the program lasted for 1 hour and total 60 members attended.



*Shalumol*  
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# WOMEN REPRODUCTIVE HEALTH AND WELLNESS

REPRODUCTIVE AGE OF WOMEN IS THE  
CRUCIAL CUM PRODUCTIVE AGE WITH  
OF DIFFERENT HORMONES

1<sup>ST</sup> MAR 2022, 11:00 AM  
VENUE: COLLEGE AUDITORIUM



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Dr. SHARAD

PG SCHOLAR, DEPT. OF GYNECOLOGY  
SAT MEDICAL COLLEGE

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36	Irfana C	<i>Irfana</i>
37	MidhilaSajeev A	<i>Midhila</i>
38	Mohammed Fayis K K	<i>Mohammed</i>
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55	SreelakshmiSujan	
56	SreyaUnni C	<i>Sreya</i>
57	Syama S Nath	<i>Syama</i>
58	Theertha K V	<i>Theertha</i>
59	UmekhaUnnikrishnan	<i>Umekha</i>
60	Vismaya P	<i>Vismaya</i>



*[Signature]*  
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## **GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2021-2022**

### **AWARENESS SESSION ON "DIGITAL INNOVATION AND TECHNOLOGY FOR GENDER EQUALITY IN HEALTH CARE SYSTEM"**

#### **ACTIVITY REPORT**

DATE: 14/03/2022 AT 10 AM TO 11 AM

VENUE: KMCT Ayurveda College Auditorium

SPEAKER: Dr Sara Varghese Assistant professor Dept of Prasuti Tantra and Streeroga,

KMCT Ayurveda College was conducted an awareness session on "Digital: Innovation and Technology for Gender Equality in Health Care System". The programme was inaugurated by DrSubhasree G H, principal of KMCT Ayurveda College. Dr Sara Varghese Assistant professor Dept of Prasuti Tantra and Streeroga, delivered speech on gender quality in the health care system. She emphasized that besides economic benefits, enhancing women's safe and equal access to digital technologies offers immense opportunities to address development and humanitarian challenges and spark innovative and creative solutions that meet women's needs and promote their empowerment. She pointed out the digital technology has enabled women to break down barriers and access educational opportunities, start businesses, and participate in the global economy stories and experiences and also given them platform to share their advocacy The programme lasted for one hour . 60 members were participated.



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# DIGITAL INNOVATION AND TECHNOLOGY FOR GENDER EQUALITY IN HEALTH CARE SYSTEM

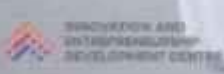
Economic benefits, enhancing women's safe and equal access to digital technologies offers immense opportunities to address development and humanitarian challenges

14<sup>th</sup> Mar 2022 at 10 AM to 11 AM

*Resource Person*

**Dr Sara Varghese**

Assistant professor  
Dept of Prasuti Tantra and Streeeroga



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*Sara Varghese*

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INNOVATION AND  
ENTREPRENEURSHIP  
DEVELOPMENT CENTRE

90P



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## 7.1.1

### GENDER SENSITIZATION PROGRAM REPORTS ACADEMIC YEAR 2020-2021



*6/10/2021*  
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### GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2020-2021

#### WEBINAR ON "PREMARITAL COUNSELLING- MENTAL HEALTH"

#### ACTIVITY REPORT

Venue: Online platform Date: 24/08/2020

Speaker - Dr Aswathi Sara Varghese

Time 11-12 pm

It is quite obvious that, a number of divorce cases are increasing nowadays and the majority cases are because of misunderstanding and lack of communication resulting in inability to resolve issues. Mental health reflects on a person's behaviour which can affect their marital lives. Premarital counselling is a type of counselling or therapy that is given to the couples prior to marriage. So that it helps them get prepared for the marriage. Counseling helps them to build a healthy and strong relationship between each other and provides foundation for a healthy relationship. So, it is always better to spread awareness strong about Premarital counselling. A webinar was conducted on this topic and Dr. Subhasree G.H inaugurated the webinar. Dr Aswathi Sara Varghese, Associate Professor, Dept of Prasoothitantra and Sthreerogawas the guest speaker and elaborated the need of Premarital counselling and relationship with mental health. He also talked about the increasing number of Divorce cases among youngsters and the possible causes of It. The session enlightened the students and altogether it was a great online session.



*Aswathi*  
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# PREMARITAL COUNCELLING

ANXIETY AND DEPRESSION ARE EMERGING DRASTICALLY AMONG THE AGE OF ADOLASCENCE IN FEAR OF MARRIAGE INSTITUTIONS AND IMPOSED RESPONSIBILITIES OF BEING A LIFE PARTNER.

24<sup>TH</sup> AUG 2020, 11-12PM

WEBINAR

Speaker

**Dr. ASWATHI SARA VARGHESE**

ASSISTANT PROFESSOR, DEPT OF PRASOOTHII  
TANTRA AND STREE ROGA

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## GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2020-2021

### TALK ON THE TOPIC "WOMEN'S HEALTH AWARENESS AND MENSTRUAL HYGIENE"

#### ACTIVITY REPORT

Venue: Online platform

Speaker: Dr Aswathi Sara Varghese

Date: 09/10/2020

Time: 10 -11 am

Menstruation is a monthly physiological event happening in females who reaches puberty and continues till menopause. Women experience many physical challenges in her life and menstruation is one among them. Cleanliness is a basic requirement for any individual, to maintain their health. Despite being an important issue concerning women, menstruation and menstruation hygiene is often overlooked. Poor menstrual hygiene is due to lack of awareness, persisting taboos and stigma, limited access to hygienic menstrual products. An informative session was handled by Dr Aswathi Sara Varghese. The importance of cleanliness during menstruation was very well explained and the students became well aware of all the facts related to it. A total 48 students attended the programme and made it a grand success.



*Lehrerin*  
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# WOMENS HEALTH **AWARENESS AND MENSTRUAL HYGIENE**

**DETAILED UNDERSTANDING AND LEARNING OF WOMEN  
REPRODUCTIVE AGE AND MENSTRUAL HYGIENE**

**9<sup>TH</sup> OCT 2020, 10-11AM**

WEBINAR

Speaker

**Dr. ASWATHI SARA VARGHESE**

ASSISTANT PROFESSOR  
DEPT OF PRASOOTHI TANTRA



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**GENDER EQUALITY SENSITIZATION PROGRAM FOR ACADEMIC  
YEAR 2020-2021**

**YOGA IN CHANGING WORLD**

**ACTIVITY REPORT**

Venue: KMCT Auditorium  
Speaker- Dr.Nayana .T.M

Date-21.02.2021  
Time 2-3 pm

KMCT Ayurveda Medical College as a part of programme on Yoga demonstration was conducted at KMCT auditorium by second year Ayurveda students. DrSubhasree G H , principal KMCT Ayurveda Medical College inaugurated the function and delivered a Yoga message for students regarding Yoga in a changing world. Dr.Harikrishnan. Vice principal, Kmct Ayurveda Medical College felicitated the programme. Yoga demonstration was done by Dr.Nayana T.M Yoga instructor, KMCT ayurveda college). The class started with a warm-up section, which include a theory aa well practical section and explain different asanas, it includes trikonasana, vajrasana, pavanamukthasana, shashankasana, pathmasana, padahasthasana, bhujangasana Surya namaskar, Sarvangasana, matsymsana, chakrasana She also taught about the pranayama, which includes sectional breathing. anuloma. kapalabhati, bhramaripranayamna, and savasanameditation.She also made the students understand the importance of practicing yoga in their daily life by promoting women's health and reducing the incidence of diseases like PCOD. Students were very enthusiastic throughout the talk. 53 students participated in session.



*Amritha*  
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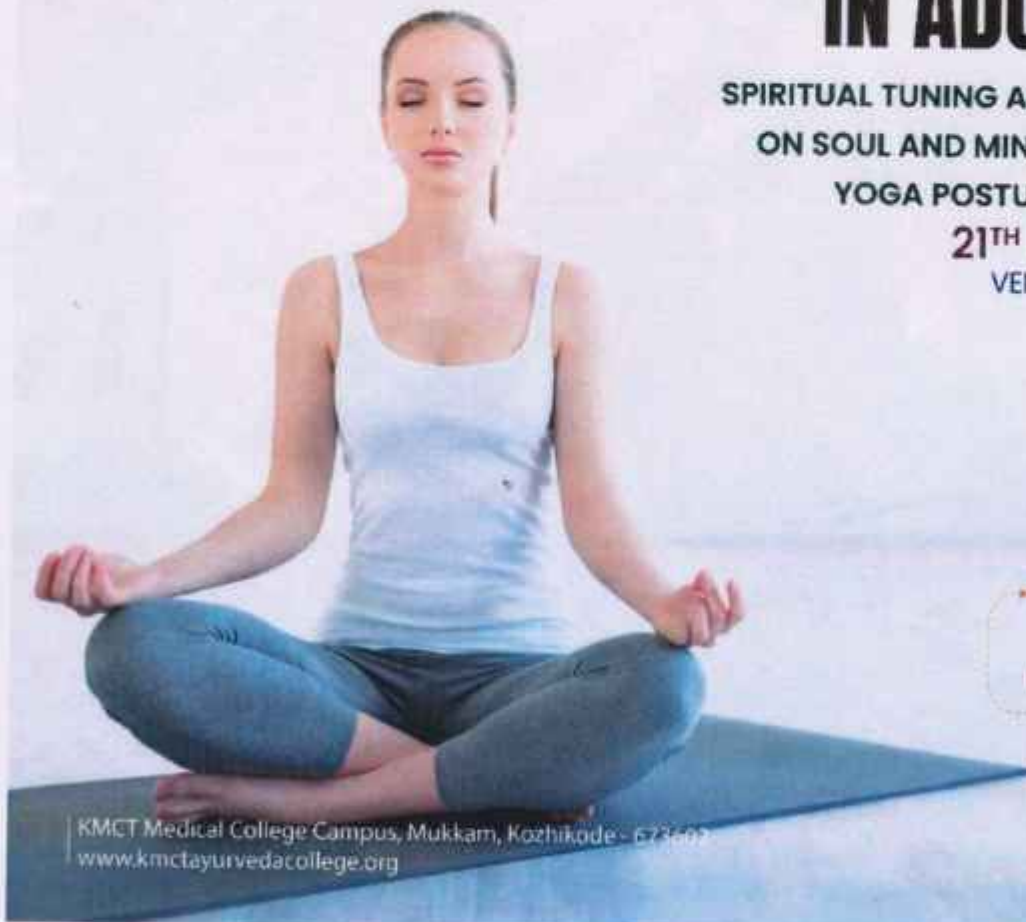
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# YOGA IN CHANGING WORLD IN ADOLESCENCE

SPIRITUAL TUNING AND GAINING OF POWER  
ON SOUL AND MIND THROUGH DIFFERENT  
YOGA POSTURES AND MEDITATIONS

21<sup>TH</sup> FEB 2021, 02-3PM  
VENUE: COLLEGE AUDITORIUM



• **Speaker**

**Dr. NAYANA T.M.**

BNYS, YOGA INSTRUCTOR  
KMCT AYURVEDA MEDICAL COLLEGE

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### MEMBERS PRESENT

SL NO	NAME OF THE STUDENT	SIGNATURE
1	ABAjmin	
2	AhilaNoushad	
3	AiswaryaA	
4	AlanSuryaA	
5	AlbinaJohnson	
6	AlishaJimmy	
7	AneenaJoy	
8	AneettaJacob	
9	AnishmaSPrasad	
10	AnjuVP	
11	AnujaMolJ	
12	AnupamaT	
13	AnushaK	
14	AnusreeP	
15	ArdraBharath	
16	ArdraK	
17	AyswaryaP C	
18	ChaithanyaVA	
19	DevikaV	
20	DhanasreeU S	
21	DiyaDasK	
22	EliteTessLonappan	
23	FathimaJumanaJebinK	
24	FathimaSafaN	
25	FebinaShereen	
26	GayathriPrasanth	
27	GayathriVP	
28	GokulKrishnaVR	
29	HarshaMuhammedMR	
30	Hilda	
31	HridyaE	
32	IndhuR	
33	JenikaCG	
34	JyothikaBC	
35	KGANupamaKrishnan	
36	KavyaMadhavan	
37	KavyaV	
38	Lakshmi L	
39	MeghaMohan	
40	NadiyaSainu	
41	NivedithaKM	







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42	ParvathyMDev	
43	RadhikaKR	
44	Sajeena	
45	Sayanal.al	
46	ShehinaFadusha	
47	SimrinP	
48	SonaPJ	
49	SooryaA	
50	SreekuttyR	
51	SreevaniES	
52	Vidyasreek	
53	VismayaViswanath	



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### GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2020-2021

#### AWARENESS SESSION ON ELIMINATION OF VIOLENCE AGAINST WOMEN-"ACTIVISM TO END VIOLENCE AGAINST WOMEN AND GIRLS"

##### ACTIVITY REPORT

VENUE: Online platform

DATE:10/2/2021

Time 2-3 am

SPEAKER – Dr. Vineetha N, Associate professor, Department of Kayachikitsa.

The class conducted awareness session on elimination of violence against women- "UNITE! Activism to end violence against women and girls. The gender sensitization program was organized the program international day for the elimination of violence against women; the program was inaugurated by Dr. Subhasree G.H, Principal of KMCT Ayurveda College. The Dr. Vineetha N, Associate professor, Department of Kayachikitsa spoke regarding prevention of violence against women and girls. She pointed out that Respect, protect and fulfill all human rights and fundamental freedoms of women and girls and ensure that women know their rights and are empowered to demand and enforce them; Educating boys and girls about women's human rights and their responsibility to respect the rights of others, Additionally, gender-based violence can affect any individual, irrespective of their gender, age, or ethnicity, certain groups of women and girls are Particularly vulnerable. 60 Students were students attended.



*Lambini*  
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MEDICAL COLLEGE

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# ELIMINATION OF VIOLENCE AGAINST WOMEN

AGGRESSION, VERBAL AND PHYSICAL HUMILIATION WILL  
GROSSLY AFFECT WOMEN'S PHYSICAL AND MENTAL HEALTH,  
WILL END UP IN DISTORTED SOCIAL HARMONY AND WELFARE

10<sup>TH</sup> FEB 2021, 2-3PM

## Webinar

• **Speaker**

**Dr. VINEETHA N.**

ASSOCIATE PROFESSOR,  
DEPT OF KAYACHIKITSA

KMCT Medical College Campus, Mukkam, Kozhikode - 673602  
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# KMCT

## AYURVEDA MEDICAL COLLEGE

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### MEMBERS ATTENDED

SL NO	NAME OF THE STUDENT	SIGNATURE
1	Abun V S	Abun
2	Adithya Raj	Adithya Raj
3	Afra S	Afra
4	AiswaryaBhaskaran	Aiswarya
5	AjanyaAravind	Ajanya
6	AkhilaRemesh	Akhila
7	AksharaGopan S	Akshara
8	Akshaya K P	Akshaya
9	AnuYohanan	Anu
10	Anuvinda K P	Anuvinda
11	Aparna C Das	Aparna
12	Aparna U	Aparna
13	Ardra T P	Ardra
14	Arunima K	Arunima
15	Arya Lakshmi Wilson	Arya
16	Ashin V S	Ashin
17	Ashley Shaji	Ashley
18	Aswathi V Satheesh	Aswathi
19	Aswathy K	Aswathy
20	AyshaShafna K	Aysha
21	Bhavya A S	Bhavya
22	Chaithra T	Chaithra
23	Chinmay K	Chinmay
24	Chippy Joseph	Chippy
25	Devapriya M P	Devapriya
26	Faseela Usman	Faseela
27	FathimaFarhana C	Fathima
28	Fathima Shana K	Fathima
29	FathimaShareef	Fathima
30	Gopika G	Gopika
31	Hafna	Hafna
32	Hereena Maria Morris	Hereena
33	Harsha V G	Harsha
34	Hiba Razak	Hiba
35	HidaParveen K C	Hida
36	Irfana C	Irfana
37	MidhilaSajeev A	Midhila
38	Mohammed Fayis K K	Mohammed
39	NahalaNalakath	Nahala
40	NahilaFathima	Nahila
41	Nazrin T	Nazrin
42	NidaRazak	Nida





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43	Nithya B S	
44	Rakendu A	
45	Reshma A R	<i>Reshma</i>
46	Revathy S	<i>Revathy</i>
47	Roshana Abdul Salam	<i>Roshana</i>
48	Sabira Rasheed	<i>Sabira</i>
49	SahlaShahanas C	<i>Sahla</i>
50	Sandra C G	<i>Sandra</i>
51	Sandra P	<i>Sandra</i>
52	Sarah Yousaffali	<i>Sarah</i>
53	Sneha K P	<i>Sneha</i>
54	SreeLekshmi P	<i>SreeLekshmi</i>
55	SreelakshmiSujan	<i>Sreelakshmi</i>
56	SreyaUnni C	<i>Sreya</i>
57	Syama S Nath	<i>Syama</i>
58	Theertha K V	<i>Theertha</i>
59	UmekhaUnnikrishnan	<i>Umekha</i>
60	Vismaya P	<i>Vismaya</i>



*Principals*  
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## 7.1.1

### GENDER SENSITIZATION PROGRAM REPORTS ACADEMIC YEAR 2019-2020



*Aradhana*  
Principal  
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## **GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2019-2020**

**AWARENESS PROGRAMME ON MENSTRUAL HYGIENE- "LET'S TALK PERIODS:  
MENSTRUAL HYGIENE MATTERS".**

### **ACTIVITY REPORT**

DATE: 17/07/2019 at 3pm to 4 pm

VENUE: KMCT Ayurveda College Auditorium

Speaker: Dr Aswathy Sara Varghese, assistant professor, Dept of Prasoothi Tantra & Streeroga

KMCT Ayurveda College conducted an awareness programme on Menstrual Hygiene-"Lets Talk Menstrual Hygiene: Hygiene Matters", The programme was conducted and it's lasted for one hour The highlight of the programme was speech by Dr Aswathy Sara Varghese She spoke about Good menstrual health and hygiene which practices can prevent infections, reduce odors, and help you stay comfortable during period, Additionally, she emphasized regarding the importance of accessing menstrual products such is many types of menstrual products to absorbor collect blood during your period. including sanitary pads, tampons, menstrual ups, menstrual discs, and period underwear Positive responses from the audience w ere huge throughout the programme. 60 students participated.



*Dr. Aswathy*  
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AWARENESS PROGRAMME ON MENSTRUAL HYGEINE-

# "LETS TALK PERIODS: MENSTRUAL HYGEINE MATTERS"

spotlight the transformative potential  
inherent in fostering leadership roles for  
women and girls in scientific pursuits

17/07/2019 at 3PM to 4PM

*Resource person*

**Dr. Aswathy Sara Varghese**

assistant professor

Dept of Prasoothi Tantra & Streeroga



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*Aswathy*

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## MEMBERS ATTENDED

SL NO	NAME OF THE STUDENT	SIGNATURE
1	Abun V S	Abun
2	Adithya Raj	Adithya Raj
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5	Ajanya Aravind	Ajanya
6	Akhila Remesh	Akhila
7	Akshara Gopan S	Akshara
8	Akshaya K P	Akshaya
9	Anu Yohanan	Anu
10	Anuvinda K P	Anuvinda
11	Aparna C Das	Aparna
12	Aparna U	Aparna
13	Ardra T P	Ardra
14	Arunima K	Arunima
15	Arya Lakshmi Wilson	Arya
16	Ashin V S	Ashin
17	Ashley Shaji	Ashley
18	Aswathi V Satheesh	Aswathi
19	Aswathy K	Aswathy
20	Aysha Shafna K	Aysha
21	Bhavya A S	Bhavya
22	Chaithra T	Chaithra
23	Chinmay K	Chinmay
24	Chippy Joseph	Chippy
25	Devapriya M P	Devapriya
26	Faseela Usman	Faseela
27	Fathima Farhana C	Fathima
28	Fathima Shana K	Fathima
29	Fathima Shareef	Fathima
30	Gopika G	Gopika
31	Hafna	Hafna
32	Hereena Maria Morris	Hereena
33	Harsha V G	Harsha
34	Hiba Razak	Hiba
35	Hida Parveen K C	Hida
36	Irfana C	Irfana
37	Midhila Sajeev A	Midhila
38	Mohammed Fayis K K	Mohammed
39	Nahala Nalakath	Nahala
40	Nahila Fathima	Nahila
41	Nazrin T	Nazrin
42	Nida Razak	Nida



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58	Theertha K V	<i>Theertha</i>
59	Umekha Unnikrishnan	<i>Umekha</i>
60	Vismaya P	<i>Vismaya</i>



*[Signature]*  
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## GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2019-2020

### TALK ON "POST-PARTUM DEPRESSION"

#### ACTIVITY REPORT

Venue: KMCT Ayurveda College Auditorium  
Speaker: Dr. Shalu Mol  
PG Scholar, Dept of Gynaecology  
SAT Medical College TVM

Date: 17/07/2019

Time 2-3pm

The birth of a baby can trigger a number of powerful emotions, which varies from excitement to fear and anxiety. But at times this can result in simple mood swings to more intense and long lasting depressive effects that may interfere with day to day activities. These Symptoms usually develops as early as first few weeks after delivery or may eventually manifest later. It is very crucial and important to find out the affected women so as to counsel and motivate them to have a healthy life. It is nowadays visible that the baby becomes the responsibility of only the mother. Here is the importance of gender equality, where the spouse and family members also has to take the responsibilities of the child, so as to reduce the stress of women after delivery, and giving emotional support to women during this period will benefit to avoid depression during this period. A talk was given on this topic by Dr. Shalu mol, PG Scholar, Dept of Gynaecology, SAT Medical College TVM. The session was informative and all the students became well aware of this state of mind which a woman faces after delivery. Altogether the session was very delightful, a total of 48 students had attended the program



*Shalu Mol*  
PRINCIPAL  
SAT MEDICAL COLLEGE  
K.M.C.T. AYURVEDA MEDICAL COLLEGE







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# POST PARTUM DEPRESSION

**AWARENESS CLASS FOR STUDENTS TO UNDERSTANT  
CURRENT ARISING MEDICAL SITUATION IN THE  
POST PARTUM PERIOD**

**17 JULY 2019, 2-3PM**

**VENUE: COLLEGE AUDITORIUM**



*Speaker*

**Dr. SHALU MOL**

PG-SCHOLAR, DEPT OF GYNEAODOLOGY,  
SAT MEDICAL COLLEGE, TVM

KMCT Medical College Campus, Mukkam, Kozhikode - 673602 [www.kmctayurvedacollege.org](http://www.kmctayurvedacollege.org)



*Shobha*  
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MUKKAM, KOZHIKODE





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## MEMBERS ATTENDED

SL NO	NAME OF THE STUDENT	SIGNATURE
1	Abhirami Radhakrishnan	<i>Abirami</i>
2	Abin Johny	<i>Abin</i>
3	Ahalya Suresh A	<i>Ahalya</i>
4	Akhila Remanan	<i>Akhila</i>
5	Akshara E	<i>Akshara</i>
6	Akshay K	<i>Akshay</i>
7	Alfia Arshad	<i>Alfia</i>
8	Anavadhya J Prakash	<i>Anavadya</i>
9	Anitha C U	<i>Anitha</i>
10	Anitta Jetto	<i>Anitta</i>
11	Anju Rahna K	<i>Anju</i>
12	Arya Kirshnan	<i>Arya</i>
13	Athira K	<i>Athira</i>
14	Ayisha C	<i>Ayisha</i>
15	Aysha Shahna	<i>Aysha</i>
16	Bavana Gopinath	<i>Bavana</i>
17	Bushina	<i>Bushina</i>
18	Famine Zackariya	<i>Famine</i>
19	Fasina Bindiya RM	<i>Fasina</i>
20	Gopika T Panicker	<i>Gopika</i>
21	Hanan Hamza	<i>Hanan</i>
22	Harshida	<i>Harshida</i>
23	Hridhya Thilakan	<i>Hridhya</i>
24	Megha Pillai	<i>Megha</i>
25	Mehnas Ahammed	<i>Mehnas</i>
26	Mehnaz Noushad	<i>Mehnaz</i>
27	Nasny Kurshid	<i>Nasny</i>
28	Nayana M	<i>Nayana</i>
29	Nikhila N K	<i>Nikhila</i>
30	Nimisha P	<i>Nimisha</i>
31	Niranjana K	<i>Niranjana</i>
32	Panchami Rajeev	<i>Panchami</i>
33	Rasha Zehara Abdul Gafoor	<i>Rasha</i>
34	Ruksana P K	<i>Ruksana</i>
35	Sachin A M	<i>Sachin</i>
36	Sahla P C	<i>Sahla</i>
37	Sai Nandana M C	<i>Sai</i>
38	Sajidha Baby	<i>Sajidha</i>
39	Saniya Said	<i>Saniya</i>



*Arbittor*  
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40	Sayand A S	<i>Sayand</i>
41	Shahma N	<i>SHAMA</i>
42	Sourav N Mohan	<i>Sourav</i>
43	Sreeparvathi K S	<i>Sree</i>
44	Sumayya Nazar	<i>Sumayya</i>
45	Suneesh V S	<i>Suneesh</i>
46	Thasneem	<i>Thasneem</i>
47	V Rezvana Razak	<i>Rezvana</i>
48	Yasmin K C	<i>Yasmin</i>



*Ambr*

MEMBER  
AYURVEDA  
MEDICAL COLLEGE







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## **GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2019-2020**

**TALK ON WOMEN IN SCIENCE LEADERSHIP: A NEW ERA FOR  
SUSTAINABILITY"**

**ACTIVITY REPORT**

DATE: 17/06/2019 at 3pm to 4pm

VENUE: KMCT Ayurveda College Auditorium

SPEAKER: Dr Subhasree G H, Principal .KMCT Ayurveda College

KMCT Ayurveda College conducted a talk on Women in science leadership: a new era for sustainability, organized by gender sensitization programme. The programme acknowledged the pivotal role of women and girls as catalysts for change the realm of science as leaders in this era of sustainability. Additionally, the programme aims to spotlight the transformative potential inherent in fostering leadership roles for women and girls in scientific pursuits Dr Subhasree G H , principal delivered a speech outlining that women and girls are indispensable contributors to science and technology communities, emphasizing the need to fortify and amplify their participation, Amidst the celebration, the day stands as an advocate for bolstering the involvement of women and girls in the scientific domain, underscoring their critical role in shaping the future. 48 members attended.



*Subhasree*  
PRINCIPAL  
K.M.C.T. AYURVEDA  
MEDICAL COLLEGE

Manassery PO, Mulkam, 673602, Kozhikode, Kerala

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# WOMEN IN SCIENCE LEADERSHIP: A NEW ERA FOR SUSTAINABILITY

Leadership qualities of women in  
social wellbeing and empowerment

17 June 2019 | 3pm to 4pm

**Dr Subhasree G H**

Principal, KMCT Ayurveda College



*Subhasree*

PRINCIPAL  
K.M.C.T. AYURVEDA  
MEDICAL COLLEGE



# KMCT

## AYURVEDA MEDICAL COLLEGE

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### MEMBERS ATTENDED

SL NO	NAME OF THE STUDENT	SIGNATURE
1	Abhirami Radhakrishnan	
2	Abin Johny	
3	Ahalya Suresh A	
4	Akhila Remanan	
5	Akshara E	
6	Akshay K	
7	Alfia Arshad	
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24	Megha Pillai	
25	Mehnas Ahammed	
26	Mehnaz Noushad	
27	Nasny Kurshid	
28	Nayana M	
29	Nikhila N K	
30	Nimisha P	
31	Niranjana K	
32	Panchami Rajeev	
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35	Sachin A M	
36	Sahla P C	
37	Sai Nandana M C	
38	Sajidha Baby	
39	Saniya Said	







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40	Sayand A S	
41	Shahma N	<u>Sahmad</u>
42	Sourav N Mohan	<u>SHAHMA</u>
43	Sreeparvathi K S	
44	Sumayya Nazar	<u>free</u>
45	Suneesh V S	<u>Sumayya</u>
46	Thasneem	<u>Suneesh</u>
47	V Rezvana Razak	<u>Thasneem</u>
48	Yasmin K C	<u>Reza</u>
		<u>Yasmin</u>



Arbim  
KMCT AYURVEDA MEDICAL COLLEGE  
MANASSERY P.O. MUKKAM  
KOZHIKODE

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# KMCT AYURVEDA MEDICAL COLLEGE

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## GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2019-2020

### SEMINAR ON " CONSTITUTIONAL RIGHTS"

#### ACTIVITY REPORT

Venue: KMCT College Auditorium

Date: 19/07/2019

Speaker: Adv Nijisha Nirmal

Time 12-1 pm

As an individual living in this society, we all must be aware of the constitutional rights, such as equality before the law. The Constitution describes all the constitutional rights of an individual. If we are unaware of the constitutional rights, we may get cheated by the society in many ways. So, it is our duty- to understand the constitutional laws. The college has conducted one day seminar and discussed on this topic. The webinar was inaugurated by Dr.Subhasree G.H, Principal KMCT Ayurveda medical college. Adv. Nijisha nirmal, who is a lawyer in private firm, was the guest speaker. He enlightened the students about the Constitution and Constitutional rights. 46 Students were very enthusiastic throughout the talk. In total it was an outstanding session.



*Adv Nijisha Nirmal*  
MANASSERY AYURVEDA  
MEDICAL COLLEGE



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# CONSTITUTIONAL RIGHTS

LEARNING AND UNDERSTANDING THE  
RIGHTS OF EACH CITIZENS IN INDIA

19<sup>TH</sup> JULY 2019, 12-1PM  
VENUE: COLLEGE AUDITORIUM

Speaker

**Adv. NIJISHA NIRMAL**



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*Handwritten notes and signatures in blue ink, including the name 'Anil Kumar' and 'KMCT'.*





# KMCT

## AYURVEDA MEDICAL COLLEGE

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### MEMBERS ATTENDED

SL NO	NAME OF THE STUDENT	SIGNATURE
1	Afeefa K A	
2	Afsa Rafni K P	
3	Akshara Nair	
4	Alishia Maria Raju	
5	Arathi Omanakuttan	
6	Arjun raj A T	
7	Aryadas K K	
8	Ashitha A P	
9	Ashna Rahman	
10	Aswathy Catherine P T	
11	Athira Biju	
12	Athira D	
13	Ayisha Femina T K	
14	Binsha M F	
15	Devapriya T V	
16	Dhana Ashraf	
17	Fami Rasma B	
18	Fathima Rahana P T	
19	Fathima Rinsha	
20	Febina Gafoor	
21	Fidha Fathima S Y	
22	Gopika E P	
23	Greena G S	
24	Harikrishnan S	
25	Irshana P	
26	Jasir Ahmed R J	
27	Jessy Raj S	
28	Jijy P	
29	Jithin Das K R	
30	K Shreelaxmi Sankarankutty	
31	Mahima S S	
32	Megha Krishnan	
33	Mina Basheer K C	
34	Mizreen Fathima	
35	Muhsina M T	
36	Murshida C P	
37	Murshida Irfana K	
38	Nada	
39	Nashmiya Haseena Hussain	
40	Nida Majeed	
41	Rameesa Thaikattu	
42	Rasha T	
43	Revathy T M	
44	Riya K M	
45	Ruvida Abdul Nasar	
46	Sahla Shameer T P	







# KMCT AYURVEDA MEDICAL COLLEGE

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## GENDER EQUALITY SENSITIZATION PROGRAMME FOR ACADEMIC YEAR 2019-2020

### TALK ON IMPORTANCE OF NUTRITION IN GIRLCHILD

#### ACTIVITY REPORT

Venue: Webinar  
Speaker ; Dr Sijina. V.P

Date: 21/03/2020  
Time 2-3 pm

KMCT Ayurveda Medical College has organized a talk on importance of nutrition in girl children was conducted by first year BAMS students. The event was coordinated by Dr. Sijina. V.P Assistant professor, Dept of Swasthavrtha, KMCT Ayurveda College. The students were actively participated in-the program.



  
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# IMPORTANCE OF NUTRITION IN GIRL CHILD

Discussion and Unwinding the Importance of Nutritional Needs of a Girl Child as Girl Child is the Mother of Healthy Society

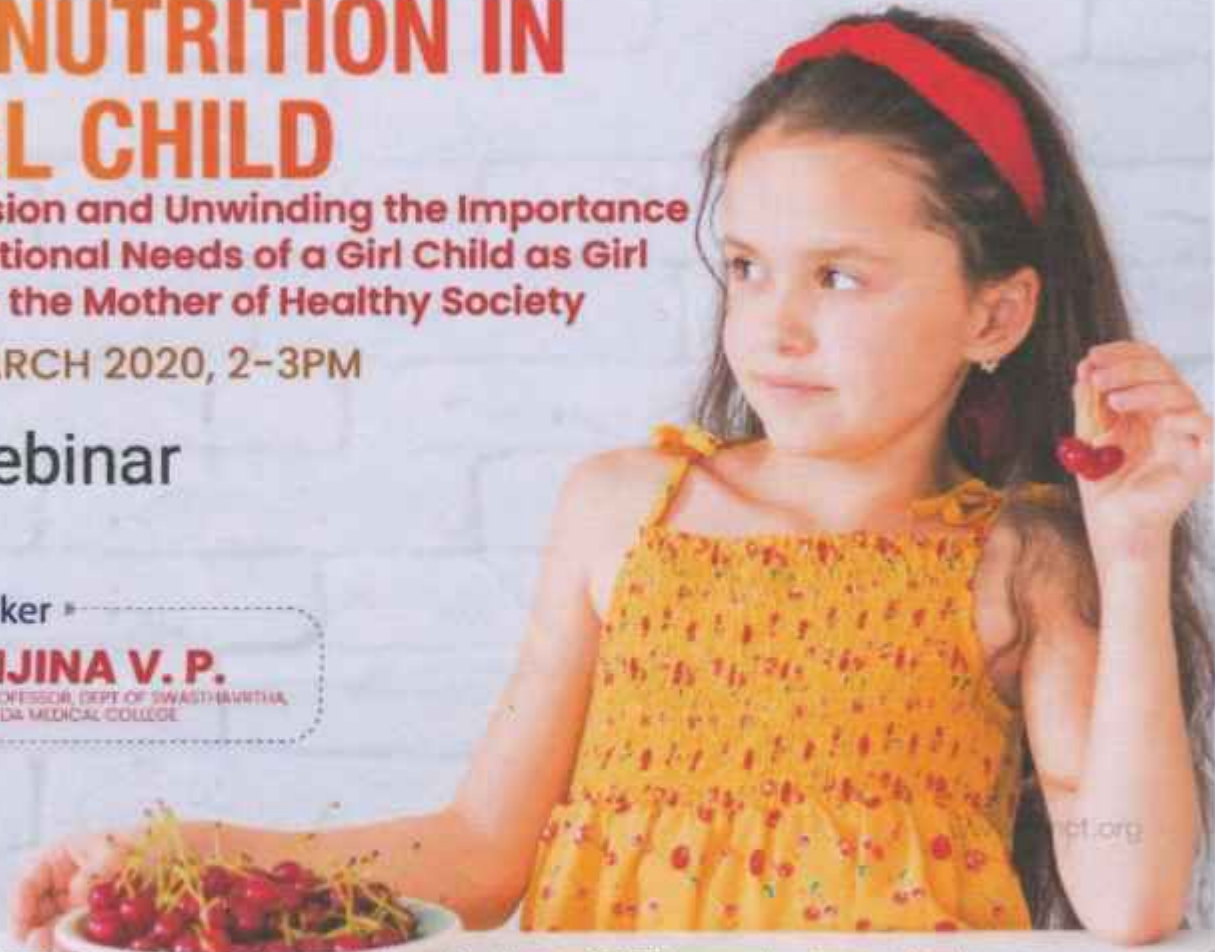
21<sup>TH</sup> MARCH 2020, 2-3PM

webinar

Speaker

**Dr. SIJINA V. P.**

ASSISTANT PROFESSOR, DEPT OF SWASTHARTHA, KMCT AYURVEDA MEDICAL COLLEGE



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