

EQUAL OPPORTUNITY CELL REPORT 2025-2026

AWARENESS CLASS ON EMPOWERING A DRUG FREE FUTURE

Programme Title: Awareness Class – *Empowering a Drug-Free Future*

Organized by: SC/ST CELL/OBC CELL/MINORITY CELL/EQUAL OPPORTUNITY CELL/
GENDER EQUITY, BCM College, Kottayam

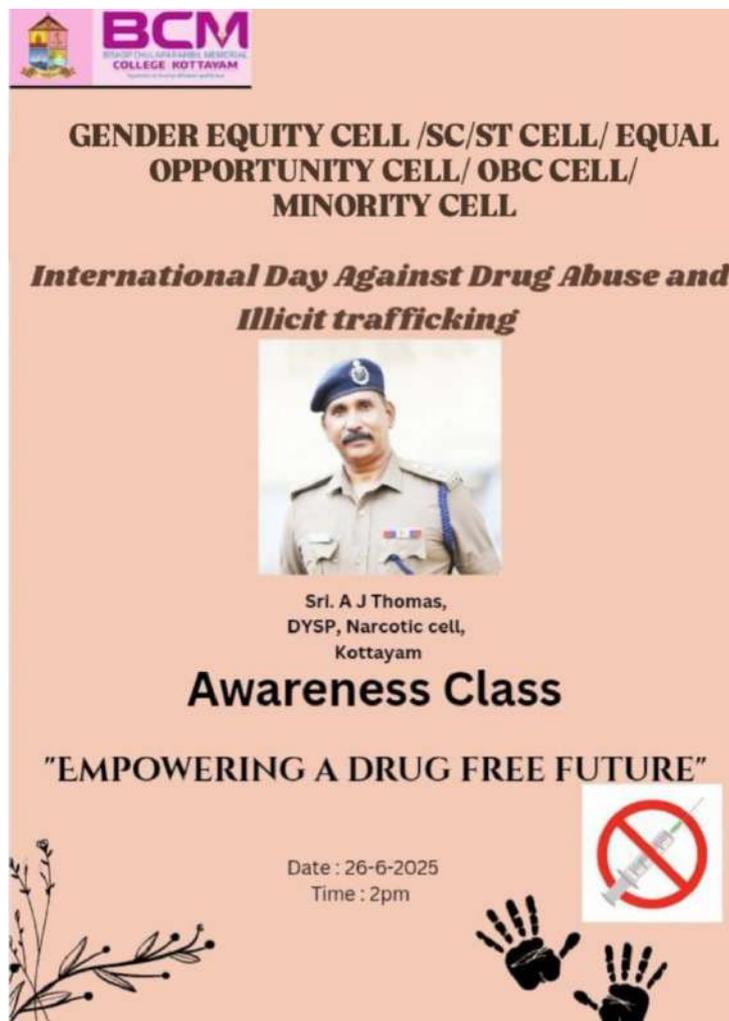
Occasion: International Day Against Drug Abuse and Illicit Trafficking

Date: 26 June 2025

Time: 02:00 PM

Venue: College Auditorium, BCM College, Kottayam

Resource Person: Sri A. J. Thomas, DYSP, Narcotic Cell, Kottayam



The poster features the BCM College Kottayam logo at the top left. The main text is centered and reads: "GENDER EQUITY CELL /SC/ST CELL/ EQUAL OPPORTUNITY CELL/ OBC CELL/ MINORITY CELL". Below this is the title "International Day Against Drug Abuse and Illicit trafficking" in a bold, italicized font. A central photograph shows Sri A. J. Thomas, a police officer in uniform. Underneath the photo, his name and title "Sri. A J Thomas, DYSP, Narcotic cell, Kottayam" are listed. The event is titled "Awareness Class" in a large, bold font, followed by the theme "EMPOWERING A DRUG FREE FUTURE" in quotes. At the bottom, the date "Date : 26-6-2025" and time "Time : 2pm" are provided. The poster also includes a "no drug" symbol (a syringe with a red prohibition sign) and two handprints (one black, one white) at the bottom right, and a decorative branch illustration at the bottom left.

As part of the observance of the *International Day Against Drug Abuse and Illicit Trafficking*, the Gender Equity Cell in association with SC/ST/OBC CELL/Equal opportunity Cell, BCM College, Kottayam organized an Awareness Class on the theme “Empowering a Drug-Free Future” on 26 June 2025 at 2:00 PM in the college auditorium. The programme aimed to educate students about the harmful effects of drug abuse and to promote responsible behaviour and healthy lifestyle choices among youth.

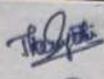
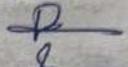
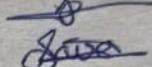
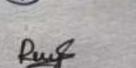
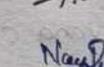
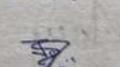
The session was handled by Sri A. J. Thomas, Deputy Superintendent of Police (DYSP), Narcotic Cell, Kottayam. He delivered an informative talk highlighting the increasing prevalence of drug abuse among adolescents and young adults and explained how peer pressure, curiosity, stress, and social influences often lead students towards substance use. He elaborated on commonly abused substances, their physical, psychological, and social consequences, and the long-term damage caused to the brain, liver, and overall health.

The resource person also explained the legal implications of drug possession, consumption, and trafficking under the Narcotic Drugs and Psychotropic Substances (NDPS) Act. He emphasized that even minor involvement with drugs can have serious legal consequences affecting education, career prospects, and family life. The speaker urged students to remain vigilant, avoid negative peer influence, and report suspicious activities to authorities. The session included an interactive discussion in which students actively participated and asked questions regarding addiction, rehabilitation, and ways to help friends who may be affected. The resource person provided guidance on recognizing early warning signs of substance abuse and stressed the importance of family support, counselling, and timely intervention. The programme created strong awareness among students about the dangers of drug abuse and motivated them to adopt a disciplined and healthy lifestyle. Students pledged to stay away from drugs and to act as ambassadors in promoting a drug-free campus and society. The programme concluded with a vote of thanks expressing gratitude to the resource person for his valuable and impactful session.



Inaguration by Shri A J Thomas, DYSP, NARCOTIC CELL KOTTAYM

PARTICIPATION LIST

4. Jyothi Theerese	BSc. Zoology	
5. Hiba Febin	"	
6. Adhithya Binu	"	
Vishnupsriya P	"	
Joanna Susan Jossi	"	
Apitha Chandran	BSc. Physics	
Meenakshi C.J	BSc. FSQC	
Rameeza Jasmine CA	BSc CS	
Sarmika P	BSc CS	
Saira N Sadhiq	"	
Riya Shibu	BSc FSQC	
Salma Shayan	BSc FSQC	
Devika .A. Pillai	BSc FSQC	
Vismaya. A.V	BSc FSQC	
Nayana T.R	BSc. FSQC	
Sandeep H S	" "	
Jyothika.S.Nair	BSc. FSQC	
Ashika Farhath	BSc FSQC	
Sora Sabu	BSc FSQC	
H.Devika Nair	BSc. FSQC	
Ivyendu Dipukumar	BSc. Chemistry	
Sathy A S	BSc Chemistry	
Sharna Fathima	BSc Chemistry	
Arzana Basheer	BSc Botany	
Susan Joy	BSc. Botany	
Thoorra Santhosh	B.Sc. Botany	

FLASHMOB - WORLD ANTI DRUGS DAY

Programme Title: Flash Mob – *World Anti-Drugs Day: Say No to Drugs*

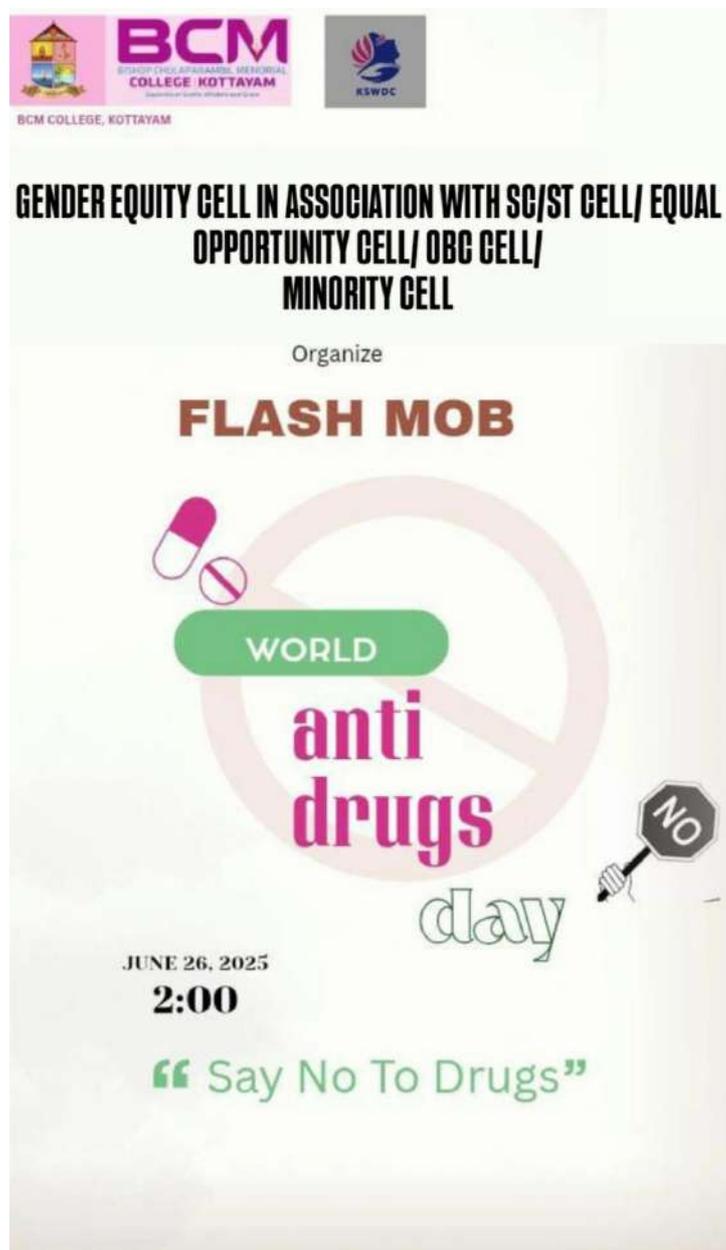
Organized by: SC/ST CELL/OBC CELL/MINORITY CELL/EQUAL OPPORTUNITY CELL/ GENDER EQUITY, BCM College, Kottayam

Occasion: World Anti-Drugs Day / International Day Against Drug Abuse and Illicit Trafficking

Date: 26 June 2025

Time: 02:00 PM

Venue: BCM College Campus, Kottayam



The Gender Equity Cell in association with SC/ST/OBC CELL/Equal opportunity Cell, BCM College, Kottayam organized a Flash Mob programme on 26 June 2025 at 2:00 PM in connection with the observance of *World Anti-Drugs Day*. The programme was conducted with the aim of creating awareness among students and the public about the harmful effects of drug abuse and promoting a healthy, drug-free lifestyle. Students actively participated in the flash mob performance carrying the message “**Say No to Drugs.**” Through music, coordinated movements, and placards, the participants depicted the dangers of substance abuse and its negative impact on physical health, mental well-being, family relationships, and society. The creative performance attracted the attention of students, staff, and visitors on the campus and effectively conveyed the importance of resisting peer pressure and making responsible life choices. The flash mob also emphasized the social responsibility of youth in preventing drug addiction and supporting individuals affected by substance abuse. The programme encouraged students to become ambassadors of awareness and to spread the message of a drug-free campus and community. The initiative successfully created awareness and generated positive responses among the audience. The programme concluded with a collective pledge by students to stay away from drugs and to promote healthy habits and safe behaviours in their daily lives.



FLASHMOB

SELF-DEFENSE TRAINING PROGRAMME

Programme Title: Self Defense Class

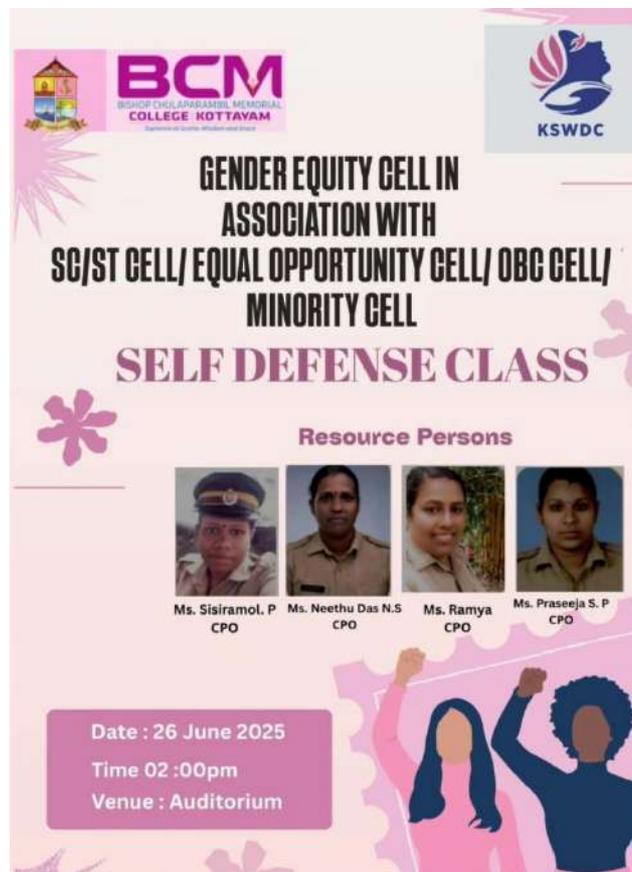
Organized by: SC/ST Cell/ Equal Opportunity Cell/OBC Cell/Minority Cell, BCM College, Kottayam

Date: 26 June 2025

Time: 02:00 PM

Venue: College Auditorium, BCM College, Kottayam

Resource Persons: Ms. Sisiramol P (CPO), Ms. Neethu Das N.S (CPO), Ms. Ramya (CPO), and Ms. Praseeja S. P (CPO)



The Gender Equity Cell in association with SC/ST/OBC CELL/Equal opportunity Cell, BCM College, Kottayam organized a **Self Defense Training Class** on 26 June 2025 at 2:00 PM in the college auditorium with the objective of empowering girl students with basic self-protection skills and enhancing their confidence in handling unsafe situations. The programme aimed to create awareness

about personal safety, situational alertness, and the importance of self-reliance among young women. The training session was conducted by a team of Civil Police Officers (CPOs) — Ms. Sisiramol P, Ms. Neethu Das N.S, Ms. Ramya, and Ms. Praseeja S. P. The trainers introduced students to the concept of personal safety and explained the types of risks and threats that women may encounter in public places, while travelling, or in isolated environments. They emphasized the importance of mental preparedness, awareness of surroundings, and quick decision-making during emergencies. The practical session included demonstrations of basic self-defense techniques such as escape methods from hand grips, defensive body postures, blocking techniques, and ways to protect oneself during physical assault attempts. Students were also taught how to use simple, everyday items such as bags, keys, and scarves as protective tools in emergency situations. The trainers encouraged students to use their voice effectively to attract attention and seek help.

Students actively participated in the training and practiced the techniques under the guidance of the instructors. The session helped them understand that self-defense is not about fighting but about protecting oneself, escaping from danger, and ensuring personal safety. The programme significantly improved students' confidence, awareness, and preparedness in dealing with threatening situations. The programme concluded with an interactive discussion and feedback session, where students shared their experiences and expressed appreciation for the informative and practical training. The organizers expressed sincere gratitude to the resource persons for their valuable guidance and for empowering students with essential life skills for safety and self-protection.





STUDENTS ATTENDING SELF DEFENCE CLASS

PARTICIPATION LIST

S.No	NAME	CLASS	SIGNATURE
1.	ANAMIKA R.M	B.Sc chemistry mode-1 IIC	<i>Anamika</i>
2.	ANDRUSHA N.R	"	<i>Andrusha</i>
3.	Divyendu Dipakumar	"	<i>Divyendu</i>
4.	Abalysa kateshwar	"	<i>Abalysa</i>
5.	Aishwarya lekshmi R	"	<i>Aishwarya</i>
6.	Elizabeth Binu Joseph	BA English mode 1 IIC	<i>Elizabeth</i>
7.	sona chacko)	<i>Sona</i>
8.	Ananya Shibu)	<i>Ananya</i>
9.	Sona J.S	BA English mode IIC	<i>Sona</i>
10.	Varsha Bright	"	<i>Varsha</i>
11.	Sreeranda P.O	BSc Botany IIC	<i>Sreeranda</i>
12.	Renu N	B.A English, IIC M1	<i>Renu</i>
13.	Chintan C. Raja	IIC Eng M1	<i>Chintan</i>
14.	Hrudaya Anandaj	IIC English M1	<i>Hrudaya</i>
15.	aparna Reghu)	<i>Aparna</i>
16.	Jasme Josekutty	"	<i>Jasme</i>
17.	Tasmin A	IIC English Economics	<i>Tasmin</i>

MIME ON DOMESTIC VIOLENCE

Programme Title: Mime on Domestic Violence – “*Silence the Violence*”

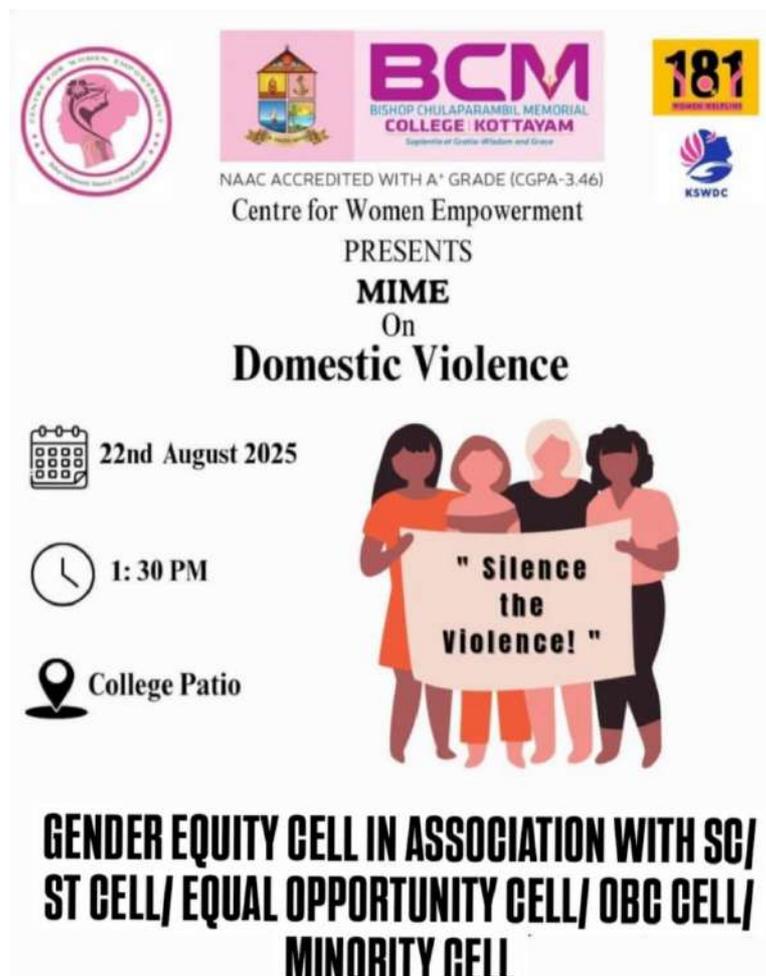
Organized by: SC/ST/OBC/MINORITY/EQUAL OPPORTUNITY/GENDER EQUITY, BCM College, Kottayam

In collaboration with: Kerala State Women’s Development Corporation (KSWDC) – Statewide Campaign Against Domestic Violence

Date: 22 August 2025

Time: 1:30 PM

Venue: College Patio, BCM College, Kottayam



The poster features several logos at the top: a circular logo on the left, the BCM logo (Bishop Chulaparambil Memorial College Kottayam) in the center, and the 181 Women Helpline logo on the right. Below the logos, it states 'NAAC ACCREDITED WITH A+ GRADE (CGPA-3.46) Centre for Women Empowerment PRESENTS MIME On Domestic Violence'. The event details are listed on the left: '22nd August 2025', '1: 30 PM', and 'College Patio'. In the center, an illustration shows four women holding a banner that reads '" Silence the Violence! "'. At the bottom, the text reads 'GENDER EQUITY CELL IN ASSOCIATION WITH SC/ ST CELL/ EQUAL OPPORTUNITY CELL/ OBC CELL/ MINORITY CELL'.

The Gender Equity Cell in association with SC/ST/OBC CELL/Equal opportunity Cell, BCM College, Kottayam organized a mime performance on Domestic Violence on 22 August 2025 at 1:30 PM in the college patio as part of the statewide campaign against domestic violence conducted by the Kerala State

Women's Development Corporation (KSWDC). The programme aimed to sensitize students and the campus community about the seriousness of domestic violence and to promote respect, equality, and safety for women.

Students presented a mime titled "*Silence the Violence*", creatively portraying various forms of domestic abuse including physical, emotional, verbal, and psychological violence faced by women in families and society. Without the use of dialogue, the performers effectively communicated the pain, fear, helplessness, and mental trauma experienced by victims, as well as the importance of support, awareness, and timely intervention. The performance highlighted the need to break the silence surrounding domestic violence and encouraged individuals to speak out against abuse. It also informed the audience about the importance of legal protection, social support systems, and helpline services available for women facing violence. The programme conveyed the message that domestic violence is not merely a personal issue but a serious social problem that requires collective action and community responsibility.

The mime attracted the attention of students and staff and generated strong emotional response and awareness among the audience. The programme successfully motivated students to stand against violence, support victims, and promote gender equality and safe relationships within society. The event concluded with a pledge by participants to raise awareness and contribute towards creating a safe and respectful environment for women both within the campus and in the wider community.



MIME ON DOMESTIC VIOLENCE

International Day of Persons with Disabilities Disability Awareness Programme & Celebration

Organised by: Equal Opportunity Cell B.C.M College, Kottayam in collaboration with: BRC Kottayam West & Samagra Shiksha Kerala

Venue: College Auditorium

Total Participants: 77 Participants

Chief Guest: Prof. Dr. P T Baburaj, State Disability Commissioner

Programme Coordinator: Adithya R S, Asst. Professor of Economics

As part of observing the International Day of Persons with Disabilities, Equal Opportunity Cell of B.C.M College, Kottayam organised a Disability Awareness Programme and Celebration on December 3, 2025. The programme aimed at promoting inclusivity, sensitivity, and equal opportunities for persons with disabilities, in alignment with the global theme “Fostering Disability-Inclusive Society for Advancing Social Progress. “The event served as a platform to create awareness among students and the academic community about disability rights, dignity, and social participation.

The programme was inaugurated by P. T. Babu Raj, Disability Commissioner, Kerala. In his inaugural address, he highlighted the importance of building an inclusive society where persons with disabilities are empowered through equal access to education, employment, and social participation. He emphasised that disability inclusion is essential for sustainable social progress.



Dignitaries Present

- Prof. Dr. Thomas K. V. N., Principal
- Annu Thomas, Vice Principal
- Coordinators from Samagra Shiksha Kerala
- Faculty Members and Students

Objectives of the Programme

- To create awareness about disability rights and inclusive practices.
- To promote empathy and social responsibility among students.
- To encourage active participation of differently-abled children in mainstream social and educational platforms.
- To align institutional activities with national and global disability inclusion initiatives.

Programme Highlights

1. Flame Ceremony – “Deepashika”

The programme commenced with a symbolic Deepshika (Flame Ceremony). The College Principal received the flame from the coordinators of Samagra Shiksha Kerala in front of the college. This act symbolised hope, empowerment, and commitment towards building an inclusive society.

The dignitaries, faculty members, differently-abled children, and participants then proceeded to the auditorium for the formal session.

2. Awareness Initiative

A slogan and caption-writing board was arranged in front of the auditorium. Students and participants actively wrote messages promoting inclusion, equality, and respect for persons with disabilities. This interactive activity enhanced awareness and reflection on the theme of the day.

3. Cultural Programmes by Differently-Abled Children

Differently-abled children presented various cultural programmes showcasing their talents and abilities. Their performances reflected confidence, creativity, and determination, receiving appreciation from the audience.

The active participation of the college units of NSS and NCC added discipline, volunteer support, and organisational coordination to the event.

Student Participation

A total of 77 participants attended the programme, including differently-abled children, NSS and NCC volunteers, faculty members, and students from various departments. The audience actively engaged in the awareness activities and cultural sessions.

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Outcomes of the Programme

- Increased awareness about disability inclusion and rights among students.
- Strengthened collaboration between the college and government educational bodies.
- Enhanced confidence and social participation of differently-abled children.
- Promoted values of equality, empathy, and social justice within the campus.

Feedback and Reflections

Participants expressed that the programme was meaningful and inspiring. The presence of the Disability Commissioner and the performances by differently-abled children created a strong impact on the student community. The collaborative effort with BRC Kottayam West and Samagra Shiksha Kerala was appreciated by all stakeholders.

Conclusion

The observance of the International Day of Persons with Disabilities at B.C.M College, Kottayam was highly successful in fulfilling its objectives. The structured programme, symbolic flame ceremony, awareness initiatives, and cultural performances collectively reinforced the message of building a disability-inclusive society.





An Awareness Session on Nutrition and Life Style Management

Programme Title: Awareness Session on Nutrition and Lifestyle Management

Organized by: Gender Equity Cell in association with SC/ST/OBC CELL/Equal opportunity Cell, BCM College, Kottayam

Venue: Sr. Savio Hall, BCM College, Kottayam

Time: 2:00 PM – 3:00 PM

Resource Person: Dr. Preerhy Korah, Gynaecologist, Director, Vimala Health Care

NAAC ACCREDITED WITH A GRADE (CGPA-3.46)

**GENDER EQUITY CELL IN ASSOCIATION
WITH SC/ST CELL/ EQUAL OPPORTUNITY
CELL/ OBC CELL/
MINORITY CELL**

PRESENTS

**AN AWARENESS SECTION ON
NUTRITION AND LIFE STYLE
MANAGEMENT**

BY

Date : 13/02/2026
Time: 2.00 -3.00pm
Venue: Sr Savio Hall

Dr Preerhy Korah
Gynaecologist
Director of Vimala health care

The Gender Equity Cell in association with SC/ST/OBC CELL/Equal opportunity Cell, BCM College, Kottayam organized an Awareness Session on Nutrition and Lifestyle Management at Sr. Savio Hall from 2:00 PM to 3:00 PM with the objective of educating students about the importance of balanced nutrition and

healthy lifestyle practices for disease prevention and overall well-being. The session was handled by Dr. Preerhy Korah, Gynaecologist and Director of Vimala Health Care. She delivered an informative talk on the role of proper nutrition in maintaining physical and mental health, particularly among adolescent girls and young women. The speaker emphasized the need for a balanced diet including adequate intake of proteins, vitamins, minerals, iron, calcium, and fibre. She highlighted the importance of consuming fruits, vegetables, whole grains, and sufficient water while avoiding excessive intake of junk foods, sugary beverages, and processed foods.

The resource person also discussed common health issues faced by young women such as anaemia, hormonal imbalance, obesity, polycystic ovarian syndrome (PCOS), and lifestyle-related disorders. She explained how irregular eating habits, lack of physical activity, inadequate sleep, and stress contribute to these conditions. The session stressed the importance of regular exercise, proper sleep patterns, mental health care, and stress management techniques such as relaxation and yoga. Students actively participated in the interactive session and clarified their doubts regarding diet planning, weight management, menstrual health, and daily nutrient requirements. The talk helped students understand the connection between food habits and long-term health outcomes and encouraged them to adopt healthier dietary practices and active lifestyles. The programme successfully created awareness regarding preventive health care and motivated students to make positive lifestyle changes. The session concluded with a vote of thanks expressing gratitude to the resource person for her valuable guidance and to the participants for their active involvement.



PARTICIPATION LIST

Anamika . R . M	BSc chemistry	<i>Anamika</i>
Kesia Elizabeth Babu	B.A History	<i>Kesia</i>
Vaishnavi Gireesh Kumar	BA Sociology	<i>Vaishnavi</i>
Mohitha Rajesh	Bsc Physics	<i>Mohitha</i>
Selma Selvam	"	<i>Selma</i>
Manya Thomas	B.A sociology	<i>Manya</i>
Ayamel Shaji	"	<i>Ayamel</i>
Gopika Partheesh	BA Sociology	<i>Gopika</i>
Shreya Suresh	BA Sociology	<i>Shreya</i>
Devikaishna . D	"	<i>Devika</i>
Aleena Antony	"	<i>Aleena</i>
Irene Sara Binu	"	<i>Irene</i>
Dhanya . A . K	"	<i>Dhanya</i>
Aashia Johny	BA History	<i>Aashia</i>
Jaiyu James	BA History	<i>Jaiyu</i>
Arijitha Saji	BA Sociology	<i>Arijitha</i>
Dona James	BA Sociology	<i>Dona</i>
Adithya P. Manoj	BA Sociology	<i>Adithya</i>
Uthiya Lakshmi . A	BA Sociology	<i>Uthiya</i>
Neelini C . J	BA Sociology	<i>Neelini</i>
Arna . J	BA Sociology	<i>Arna</i>
Uthya Bhasi	B A sociology	<i>Uthya</i>
	B.A Sociology	<i>Uthya</i>