

Annual Report of Saheli 2023-2024

Saheli Club of Naipunnya School of Management, is a vibrant and empowering women's club dedicated to fostering skill development, awareness, and personal growth among female students. The club, in association with the Internal Quality Assurance Cell (IQAC), organized various programs during the academic year 2023-2024, focusing on skill enhancement, health awareness, social issues, and self-defense training.

The first event of the academic year was a skill development workshop on embroidery design, conducted on November 20, 2023. The resource person for the workshop was Ms. Sujitha N. S., Managing Director of NICS. She provided hands-on training in embroidery techniques, helping students acquire valuable skills in textile decoration. Around 25 students actively participated, enhancing their creativity and craftsmanship.

On November 24, 2023, Saheli organized an orientation program on health and hygiene titled *Swasthya*. The session was led by Dr. Sreeja, Medical Officer at Kuttanad Floating Dispensary. The program aimed to educate female students on personal hygiene, menstrual health, and overall well-being. Around 50 students attended the session, gaining essential knowledge on maintaining a healthy lifestyle.

To promote culinary skills, Saheli conducted a bakery workshop named *Boulanerie* on January 30, 2024, at the NIHM Lab. The session was facilitated by Mr. Gopakumar, Assistant Professor, Department of Hotel Management, NSM. Female students from various departments participated and learned the art of baking, exploring techniques for making different types of bread and pastries.

Continuing its awareness programs, Saheli conducted another street play titled *Samya* on April 23, 2024, near Holy Family Higher Secondary School, Cherthala. The play addressed gender equality and the need for a balanced and inclusive society. The event received a positive response from the audience, sparking discussions on gender sensitivity.

Saheli Club also focused on social awareness initiatives. On April 24, 2024, a street play on *Child Abuse* was staged near the railway station in Cherthala. This impactful performance aimed to shed light on the issue of child abuse, educating the public about its prevention and the importance of child safety.

The final program of the academic year was *SheShield*, a self-defense training workshop held on April 29, 2024. The session was led by Mr. Aneesh Karthikeyan and was specifically designed for second-semester degree female students. The training focused on equipping students with basic self-defense techniques, boosting their confidence and ability to protect themselves in challenging situations.

The Saheli Club, through its various initiatives, has played a significant role in empowering female students by providing them with skill development opportunities, health education, and social awareness. These programs, conducted in association with IQAC, have contributed to the personal and professional growth of students, preparing them to face real-world challenges with confidence. Saheli looks forward to continuing its mission of empowerment and awareness in the upcoming academic year.



Embroidery design workshop inauguration



Embroidery design workshop



Health and hygiene workshop



Bakery workshop



Bakery workshop



Street play



Street play