



ST. JOHN'S
COLLEGE, ANCHAL

LET YOUR LIGHT SHINE BEFORE MEN



CRITERION 1

1.4: FEEDBACK SYSTEM

Metric 1.4.1



ST. JOHN'S
COLLEGE, ANCHAL

Affiliated to the University of Kerala
Re-accredited with A Grade by NAAC
Recognised for STAR College by DBT, Govt. of India

LET
LIC
SHIN

SHE- GHP

Scaffold Her Empowerment - Gross

Happiness Project



2024-2025

Conducted by the

Womens' Cell in coordination with the IQAC

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Introduction

The concept of a happiness index has gained significance in recent times, especially in the workplace which has become an area of stress, both emotional and physical. The happiness and satisfaction of stakeholders in an institution is the ultimate index of the overall well-being of an individual, for professional growth and progress.

Women play a crucial role in the development of a community and eventually in the larger good of humankind. However, there are several challenges in the representation and fulfillment of women's needs and perspectives.

St John's College has a vast majority of girl students and a good number of female faculty. The Women's Cell of the institution has designed a programme **SHE** which stands for **Scaffold Her Empowerment**. The Cell aims to act as a catalyst in helping female employees and girl students understand themselves better. As part of SHE, the Women's Cell in coordination with the Internal Quality Assurance Cell (IQAC) has come up with the unique concept of Gross Happiness Project (GHP) to analyse and validate the factors behind Gross Happiness in the institution. As the first phase of the project, two surveys were conducted in September 2024.

The samples for the survey were: (1). Female Faculty; and (2). Girl students of St John's College.

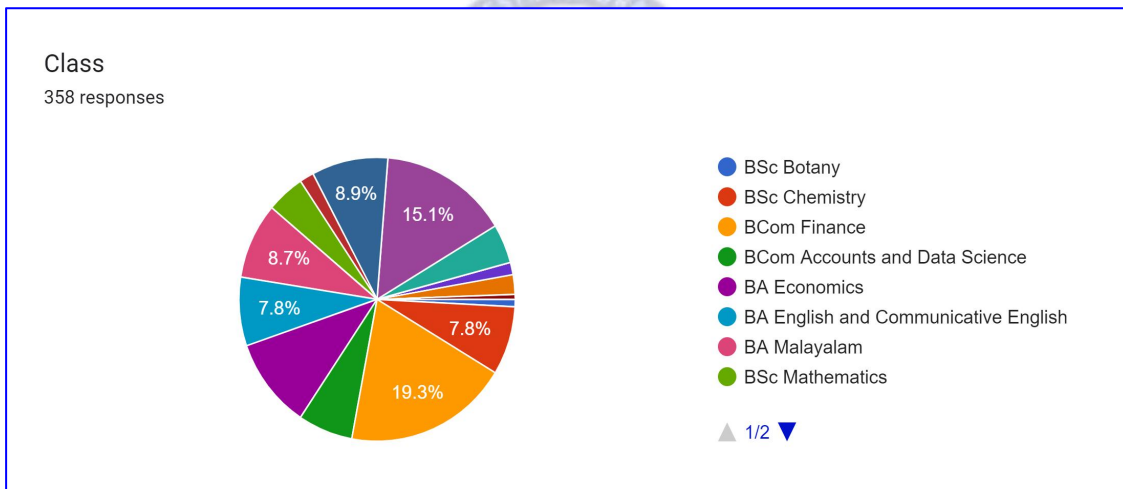
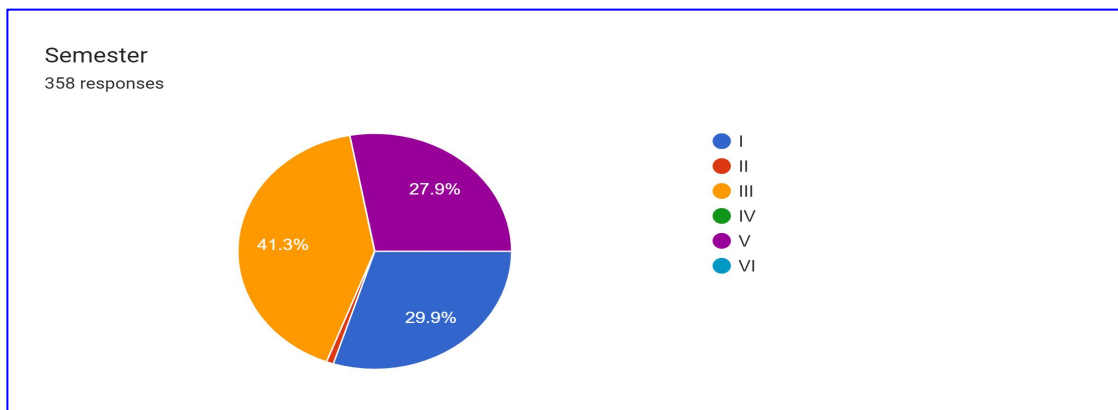
This report validates the feedback received and will also provide suggestions based on the consolidated feedback given by the samples.

Happiness Survey among Girl Students of St John's College, Anchal

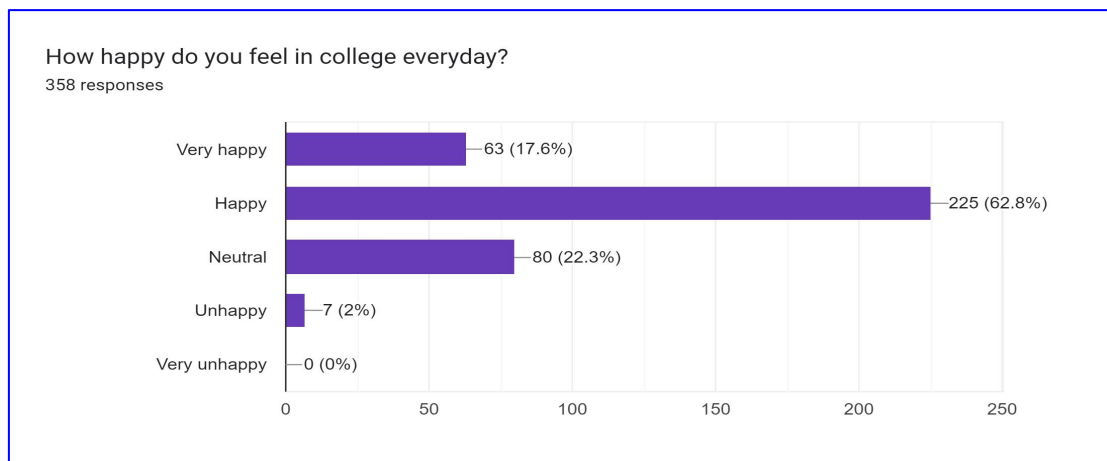
<https://docs.google.com/forms/d/1taFEa3-Tf3n-5WIn5h27A-neBDjdMU83nDjXERzTxNo/edit>

358 girl students of St John's College have participated in the Gross Happiness Project Survey, 2024. The questionnaire included fifteen questions. The illustration of the Feedback is given below:

1. Percentage of participation across semesters and classes:

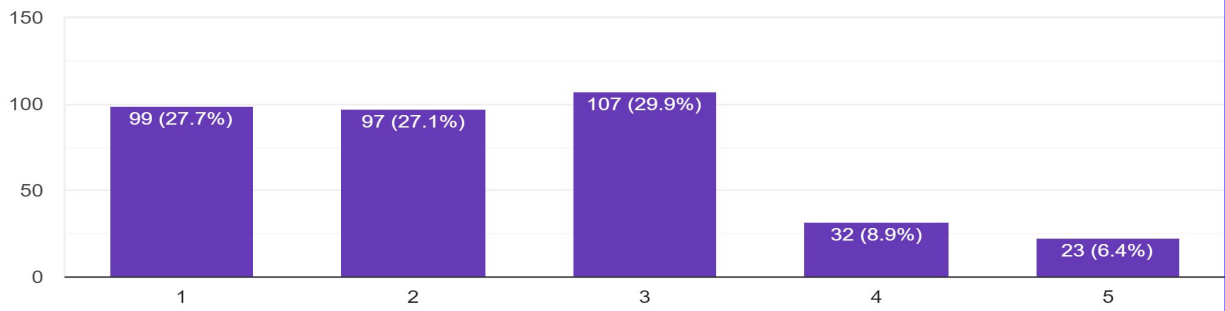


2. Feedback Questionnaire



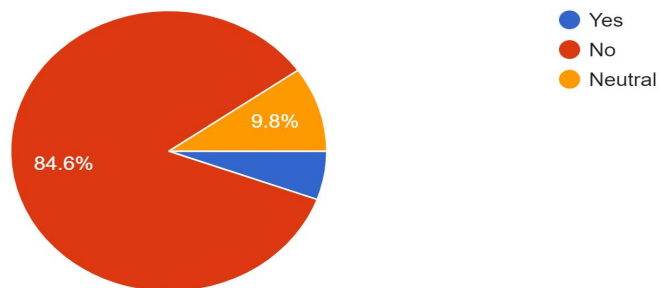
How satisfied are you with the facilities provided by the institution and the management for your curricular and extra-curricular activities?

358 responses



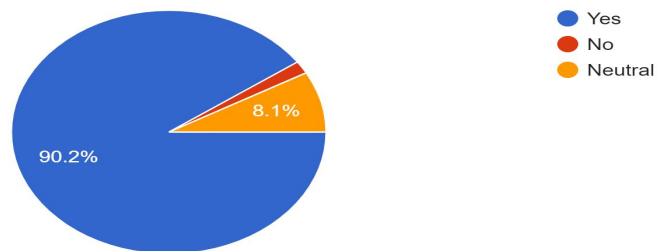
Do you feel that there is an institutional gender discrimination when it comes to assigning academic/non-academic responsibilities?

358 responses



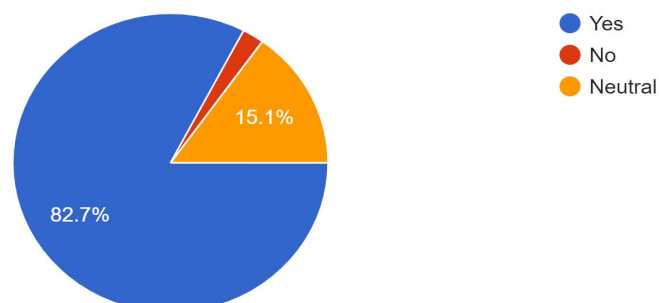
Do you have a good relationship with your friends?

358 responses



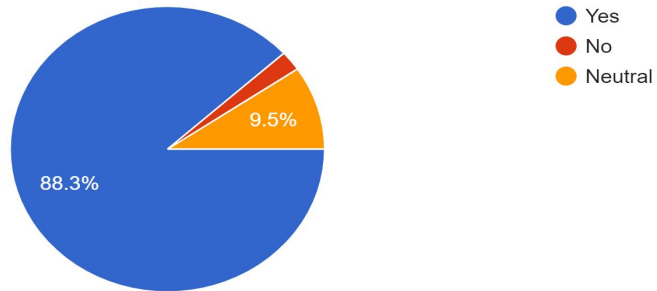
You get sufficient freedom to express your creative ideas.

358 responses



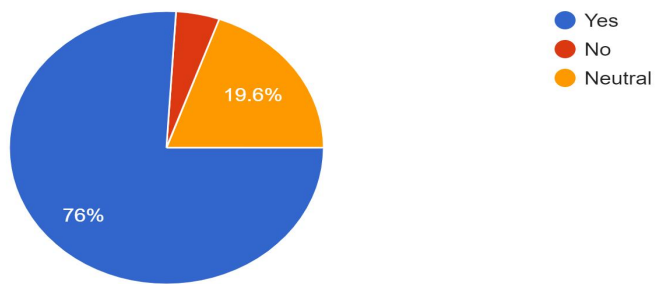
Do you have the freedom to share your opinions openly in the classroom?

358 responses



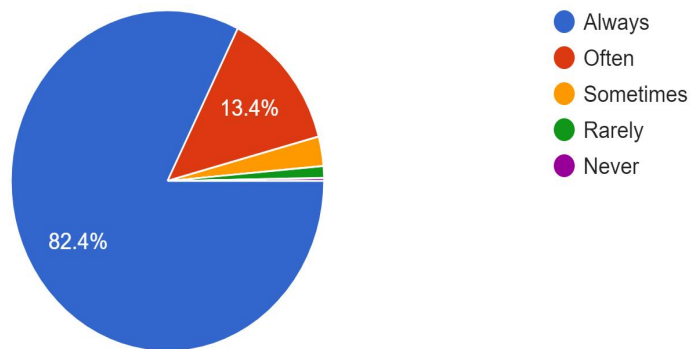
Does the institution provide enough support to manage stress in the form of counselling, mentorship etc.?

358 responses



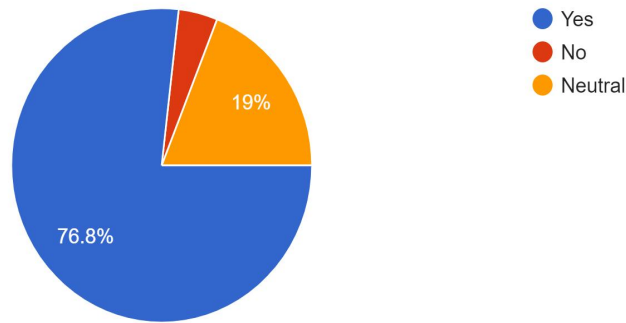
Do you feel safe in your college environment?

358 responses



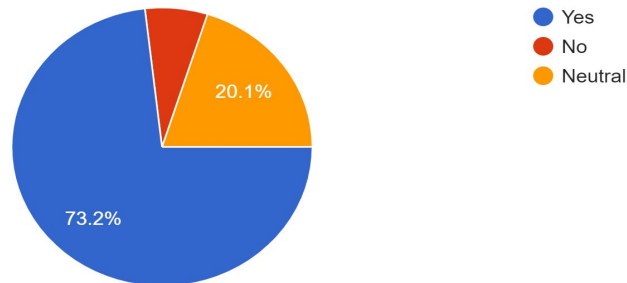
Do you feel that your college environment helps you to develop confidence and leadership qualities?

358 responses



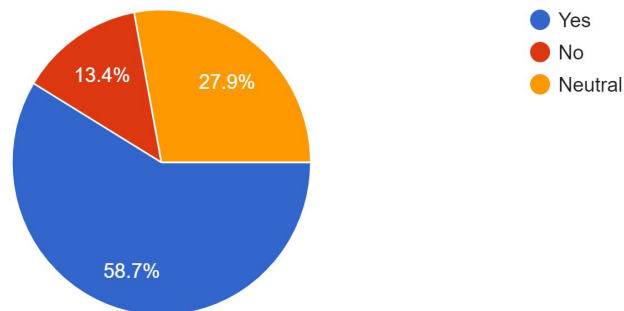
Are you able to handle personal challenges without help from friends or teachers?

358 responses



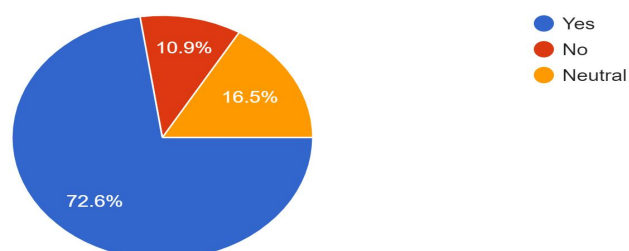
Does the institution provide you the skills to prepare you for meeting the challenges of a job market?

358 responses



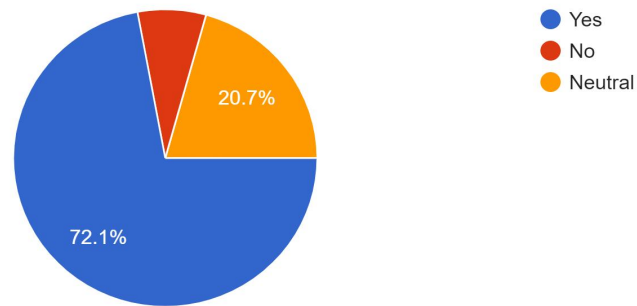
Do you feel that the institution should conduct workshops to help the girl students in becoming financially independent?

358 responses



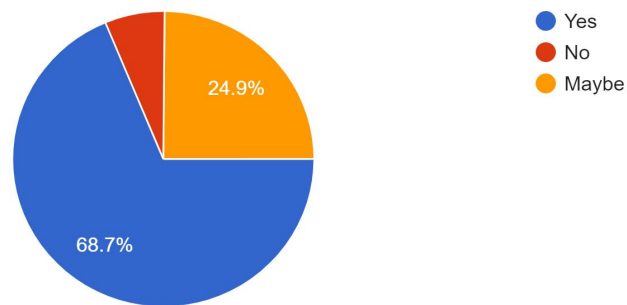
Is the Women's Development Cell working efficiently in your institution?

358 responses



Do you think the institution should provide fitness programmes for the mental and physical well-being of girl students?

358 responses



Suggestions for Improvement:

The suggestions for improvement have been comprehensively presented as follows:

1. Uniform should be made mandatory as all are not from the same socio- economic backgrounds. During, menstrual cycles, uniform is more comfortable.
2. The college is like second home to me, but more motivational and job-oriented classes may be conducted.
3. Exposure and awareness related to career opportunities maybe given.
4. Teachers and non teaching staff should maintain a friendly interaction with students.
5. College should ensure the hygiene of toilet facilities.Because it is crucial for students health and well-being.And also,college must provide classrooms with adequate ventilation to safeguard students physical and mental health (especially some of the PG classes).
6. Our college management should give more space to creative ideas from students along with academic purposes,ask students for express their ideas,so we can set up a box for that students can write their ideas for the development of stress-free environment .In my opinion, college should increase the interactive time with students,make sure that there is a proper utilisation of open stage or other interactive space, decrease the political influences inside the campus,arts and sports section must be active, celebrate small small achievements without compromising the study time.
7. Internships and workshops exclusively for girl students should be organised.
8. The non teaching staff are rude towards the students.Their attitude must be changed.They have to interact more freely and respectfully.
9. People often say that women are too emotional or overly passionate, but these emotions can be powerful strengths when channeled wisely. At the same time, it's important to remember that being overly attached to certain things—whether it's relationships, expectations, or small details—can lead to unnecessary stress. If it's natural for men to forget anniversaries or birthdays, then girls, too, can allow themselves to let go of the pressure to remember every detail or be perfect all the time.
10. Life is about balance, not perfection. Learning to release the need for constant control or attachment brings more happiness and peace. By focusing on what truly matters—personal growth, relationships, and inner joy—girls can find fulfillment in

the present. Letting go of unrealistic expectations allows for a lighter, more joyful journey through life, filled with calm, confidence, and true contentment.

