

Minority cell Activities Report 2018-19

Premarital Counseling for Minority Youth conducted on 04-01-2019, 05-01-2019, 07-01-2019 and 10-01-2019

The inauguration program of premarital counselling organized by minority cell started with a silent prayer. Then Lt. IBRAHIM SALIM gave a welcome address and Principal Dr A. BIJU presided over the function. our chief guest of the day was Dr. JAMEELA T.P, Principal of minority center, ALUVA who inaugurated the program and presented the importance of premarital class for youth .Then the gathering was addressed by our college chairman Jb. M. A. MUHAMMED and felicitations done by IQAC coordinator Dr. MANZOOR ALI .P. P. The vote of thanks is done by our the convener of minority cell, Mrs. SHEREENA .V.B. Also the resource persons Dr. LISSY SHAJAHAN and SAPNA K S gave felicitations in the inauguration program and the students are divided into two batches.

The session for 4th January 2019 was 'Introduction to marriage' and 'Interpersonal relationship". Indeed the topics are important and the method of conveying idea made us to easily grab the concepts. The class helped to gain some kind of positive vibes and inner confidence expecting that I can be part of other sessions.

The sessions for 5th January 2019 were 'parenting' and 'Legal aspects' of marriage. During the first session, Mr. AIBIL MATHAI discussed about parenting, the different styles parenting such as helicopter parenting, democratic parenting, free style parenting and authoritative parenting and which of these parenting style should used in real life. The session started at 9:30 am and he started the session by conveying a message 'Empathy is more important than sympathy' in married life. He discussed about the importance of parenting, how we could became a good parent, the communication between parents and children in different stages, how a good parent behave, what all things as a parent as you can do the help in the better development of your child, what all things influence the mental development of your child, what all things influence development of children, what all are the disabilities seen in children, how we can rectify it and so on. He had

conducted it so well and these help us to lighten our minds about the responsibilities of parenting.

The session about the 'Legal aspects of Marriage' was taken by Adv .Mr. KUNJUMON. He has conducted the class almost touching all the legal aspects of marriage in different religions like Hindu marriage act, Muslim marriage act and Christian marriage act. What all are the rules for a valid marriage. He also shared the information about special marriage act and how to register a marriage, and also he talked about the divorce, the formalities in divorcing a person and the losses by divorce to individuals and society. The class was very informative regarding the issues if marriage.

The sessions for 7th January were 'Conflict Management' and 'Sexual Health'. During first session, Dr. RAZEENA PADMAM who was the Professor and Director of School of Behavioural science in Mahatma Gandhi University KOTTAYAM, discussed about the topic 'Conflict Management'. The session gave detailed description about how could we lead a life after marriage without conflict. The resource person discussed several properties of intelligence such as presence, confidence, sense and time .She started the session by conveying her aim and how she attain the goal. Later she discussed about the various types of skills that's we want to overcome the conflict in the life after marriage such as decision making skill, problem solving skill, time management skill and money management skill. She also revealed that the aim of conflict management is to enhance learning and group outcomes including effectiveness or performance in an organizational setting. She had conducted it well and these will help to activate our mind and life after marriage.

The afternoon session was about the topic 'sexual health' conducted by ANUB. P. THOMAS. He is working as a senior family counsellor at HOLY CROSS hospital KANJIRAPALLY. The session covered various aspects of sexual health. He started his session with the sexual hygiene and described the supported points. Then by sex, sexuality and gender in which the sex defined as the identity, gender defined as who you are by means of sex and sexuality defined as the mechanism of the attracted the opposite sex. We got the idea about homosexual, heterosexual and bisexual. Finally he discussed sexually transmitted disease (STD) such as syphilis,

inflammatory diseases and AIDs. The class was very informative regarding that sexual health is an important factor of marriage life.

The session for 10th January 2019 was 'Budget' and 'Happy life'. These two topics are obligatory in the life after marriage. During the first session Mr. SANJU KURIAN, who is a counsellor and worked as a faculty in Kerala minority center. He discussed about the topic 'Budget'. This topic is most common in different sectors. He started his session by introducing himself and also he questioned that when they will get married. Most of the students gave different answers. Then he spoke about the budget for that marriage. Budget is the important part for a family because the budget makes the person to meet the end of their daily life.

After a break he made to calculate the overall budget in a month then he tried to understand everyone about the budget by calculating the price of things that we ate in a month. By doing this he gave an image to the budget for the life before marriage and after marriage by describing about the budget in two ways he tried to make out an idea for the budget. Finally he discussed about the family planning as well as family budget. He had conducted it so well and these help as to lighten our mind about the responsibilities of the family by considering the budget.

The afternoon session was about the topic 'Happy family', which is conducted by Ms. HAJEESHA HUSSAIN. The session was started at 1:30 pm. She has conducted the class almost touching all the properties for a happy family. She interacted with the students by taking different activities. She started her session by making the students in three groups. Then she gives different situations for each group as a task that took place in a family and she also said that how can we manage those situations. Then she discussed about the qualities for a happy family such as peace, honesty and unity etc.

PreMarital Counseling Centre Inauguration on 15-01-2019

- ▶ **Ms. Shahida Kamal, Member, Vanitha Commission Inaugurated the Premarital Counseling Centre at MES college Marampally on 15th January 2019.**
- ▶ **Certificate Distribution of PreMarital Counseling session was done by Ms. Shahida Kamal**

Strategic Career Planning For 21st Century Organized By Minority Cell in Association With Entry Into Service Cell On 12-02-2019

Minority cell of MES college Marampally in association with entry into service cell organized a career planning program on 12th February 2019 Tuesday entitled “Strategic Career Planning for 21st century”. About 75 students from Minority cell and Entry into Service cell attended the session. The program started at 10 am and we begin with a silent prayer and gave a short introduction about career planning. Then the entire team is welcomed by Ms. Shereena V B, Convenor, Minority cell. The program was inaugurated by Mr. SUHYLU REHMAN M, Assistant Administrative officer, School of Pure and Applied Physics, MG university. He hold positions such as District Coordinator, Center for Information and Guidance India (C.I.G.I), Alappuzha chapter, State Executive Member of C.I.G.I, Kozhikode, Project Head of Career Development Project, C.I.G.I, Kozhikode for a period of 2 years since 2012. He is a trainer in youth development of various government and non-government agencies.

After inauguration, our chief guest made a talk on career planning. There are a lot of opportunities for each and every streams such as Bionics, Artificial Intelligence, imaging etc. One important point that highlighted in the program, “first of all we have to make plan then, work hard to achieve that goal” also “career that select which we like not to go with the opinion of others”. It was a great interaction with that prominent personality who talked in a very simple and interesting language. The session came to an end with discussions on the topic and vote of thanks by Fathima Sahiyath, Student coordinator, Minority cell.

Motivational Talk Organized By Equal Opportunity Centre, OBC Cell and Minority Cell On 20-02-2019

On 20-02-2019, a motivation class was organized by Equal Opportunity Centre in association with Minority Cell and O B C Cell, to students of SC/ST ,OBC and physically challenged students.

The topic of the class was “SUNDARA JEEVITHATHINTE SOOTHRAVAKKYANGAL”. The resource person was Mr. Satheesh Potty, Assistant Professor, DB College, Keezhoor. About 75 students from all the departments were participated in the programme. He said that all the human beings must possess certain valuable qualities such as self-respect, self-reliance, patience, communication, managing finance etc. to live a happy life. Likewise a student must respect their parents and teachers, then only his life become beautiful and successful

The class includes certain games which will be very interesting to students. The session was very interesting and motivating to students. After the session there were, interacting session with the students and many students interacted with the resource person.

Shereena VB

Minority cell convenor