

MES College Marampally

Activities of Women Cell 2020-21

Women Cell of MES College Marampally conducts various activities for the female students which are relevant in the present scenario. Cell conducts regular meetings in which the problems, issues and challenges faced by the girls were discussed and remedial measures were taken time to time. This year, programmes were conducted online due to Covid 19 pandemic. The details of the programmes conducted are listed below.

WOMEN EMPOWERMENT: SHATTER THE MOULD

The Women Cell of MES College Marampally had conducted a webinar on Women Empowerment on 7 October 2020 on Google meet. The resource person was Ms. Bincy Basheer, Project Coordinator, Alpha Palliative Care. The program was inaugurated by our Principal Dr. Ajims P Mohammed. Dr. Shemi P M, the women cell coordinator felicitated the gathering. The talk was on the topic 'Shatter the Mould: asserting the power of women'.

Ms. Bincy shared the harmful aspects of dowry which include dowry- related violence and abuse, bride burning, wife murder, female infanticide etc. These cause some of the most highly detrimental ills perpetrated against Indian women. The talk was followed by a panel discussion led by Dr. Sopna V Muhammed, Head of the Department of Business Administration and Dr. Ally C Antony, NSS Programme Coordinator of MES College Marampally. Many students and teachers shared their experiences and suggestions. The Coursera Asian record holders were honored during

the occasion. The vote of thanks was proposed by the student coordinator Ms. Raihanath T S of III B.Sc. Electronics.

WOMEN CELL
MES College Marampally
Marampally P.O. Aluva - 683105
Reaccredited with NAAC A+ Grade (CGPA 3.38)

presents a webinar on
SHATTER THE MOULD:
asserting the power of women

Resource Person

Ms. Bincy Basheer
Project Coordinator
Alpha Palliative Care

"one who dared to challenge the shackling conventions"

<http://meet.google.com/gpg-mdbg-vuw>

7 October 2020 @ 10.30 am

- Panel Discussion
- Honouring the Coursera record holders

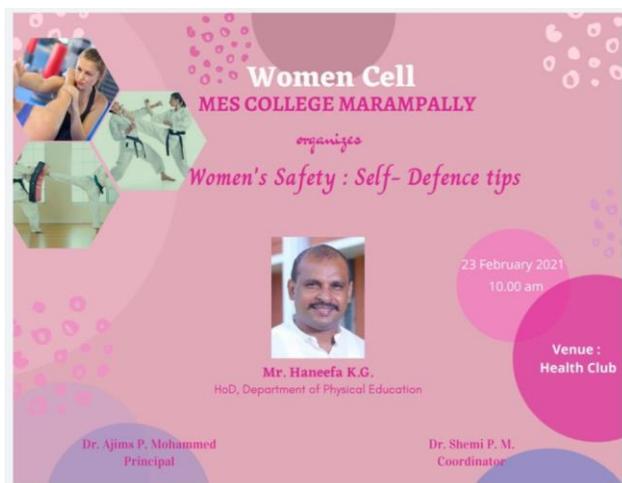
Dr. Shemi P M
Staff Coordinator

Ms. Raihanath T S
Student Coordinator

Dr. Ajims P Mohammed
Principal
MES College Marampally

WOMEN'S SAFETY: SELF DEFENCE TIPS

The women cell of MES College Marampally had organized Women's Safety: Self Defence Tips; a class on self defence for the first year UG students (girls) on 23 February 2021 from 10 a.m. to 1 p.m. at the Health Club of our college. The resource person for the session was Mr. Haneefa KG, Head of the Department of Physical Education, MES College Marampally. Ms. Arya, faculty of Physical Education department assisted him in conducting the workshop.



The aim of the program was to enable our students to defend against any type of physical assault and also to build self-confidence so that they can contribute meaningfully to their own development, shape their own destiny and capacity enhancement. Dr. Shemi P M, the Women Cell Coordinator introduced the resource person and addressed the gathering. More than 40 students from various departments participated in the self-defence training, which was conducted in two batches. The student coordinator Ms. Safana Mepurathu Shaji of I B.Sc. Microbiology proposed vote of thanks.



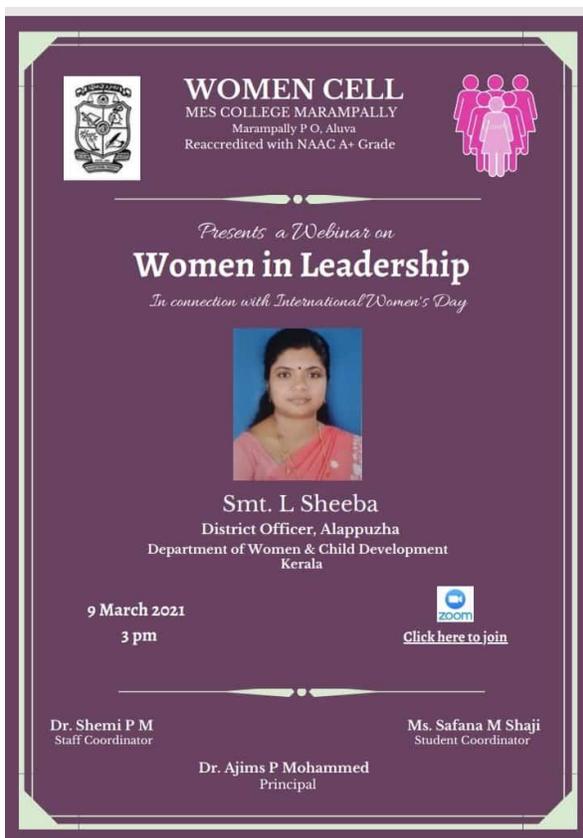


INTERNATIONAL WOMEN'S DAY CELEBRATION

In association with International Women's Day, the women cell of MES College Marampally had organized an awareness program through virtual platform for the students on 9 March 2021 from 3.00 p.m. to 5.00 p.m. The program was inaugurated by our Principal Dr. Ajims P Mohammed. Dr. Shemi PM, the Women Cell Coordinator

welcomed the gathering. The resource person was Smt. L. Sheeba, Alappuzha District officer, Department of Women and Child Development, Kerala.

The aim of the webinar was to create awareness about the rights to facilitate institutional and legislative support for enabling women to realize their human rights and develop to their full potential. She spoke about **POSH Act** - The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 and how this act provides a safe, secure and enabling environment, free from sexual harassment to every woman. She also discussed about the constitution and working of the **Internal Complaints Committee** ('ICC') of the institution.



WOMEN CELL
MES COLLEGE MARAMPALLY
Marampally P.O, Aluva
Reaccredited with NAAC A+ Grade

Presents a Webinar on
Women in Leadership
In connection with International Women's Day



Smt. L. Sheeba
District Officer, Alappuzha
Department of Women & Child Development
Kerala

9 March 2021
3 pm

 [Click here to join](#)

Dr. Shemi P M
Staff Coordinator

Ms. Safana M Shaji
Student Coordinator

Dr. Ajims P Mohammed
Principal



MES COLLEGE MARAMPALLY
Women Cell
International Women's Day
video making competition

#SheInspiresUs
Celebrating the spirit of Women

topic: Women Rights & Women Empowerment

RULES

- >> should be submitted on 7th march @10:00am
- >> video should not exceed 5 mins
- >> video should not be copy pasted from other internet sources
- >> your name, photo and department should be given
- >> All students can participate

Winner will be announced on 8th March

Organized by,
Women Cell
MES College Marampally

Send videos to classroom
 code : **u4vhkfl**

About 55 students and teachers of various departments participated in the webinar. At the end there was an interactive session. The vote of thanks was delivered by the student coordinator Ms. Safana Mepurathu Shaji of I B.Sc. Microbiology.

In connection with International Women's Day, the Women Cell organized a Video making competition on 'Women Rights & Women Empowerment' for the students of our college. The video prepared by Mr. Joel P George and Mr. Naveen Jolly both from the Department of Biosciences won first and second prizes respectively.

The department of Women and Child Development, Government of Kerala had given 25 copies of the booklet about **POSH Act** - The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 for distribution to all the departments of our college.

Coordinator, Women Cell

Dr. Shemi PM, Assistant Professor, Department of Electronics, MES College Marampally

Members

Sajeena T A, Assistant Professor, Department of Biosciences, MES College Marampally

Rahmath M K, Assistant Professor, Department of Commerce, MES College Marampally

Dhanya Sasikumar, Assistant Professor, MES College Marampally