

# MES College Marampally

## Activities of Women Cell 2019-20

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.

On 15/07/2019, the Women Cell coordinators and student representatives gave an introduction to women cell and its activities to first year UG and PG students, and the new members, three from each class were selected. Ms. Raihanath T.S. of II BSc Electronics and Ms. Muhsina Majeed of II MCom were elected as student representatives of the year.

### **Ayurveda Awareness Programme - *Female Health Disorders***

On 23 September 2019, the Cell organized an Ayurveda awareness programme. The session on '*Female Health Disorders*' was handled by the team from Kottakkal Aryavaidyasala, Kottakkal, Malappuram. The three hour session started at 10:30 am with the introductory speech by Ms. Ameena Azeez, Women's Cell student representative from S5 BSc Maths followed by the continuous interactive session by Dr. Kavitha S. of the Kottakkal Aryavaidyasala. They discussed the multitude of health problems faced by women which includes reproductive and maternal health issues, breast and cervical cancers, depression, non-communicable diseases, heart diseases, autoimmune diseases etc. As the subject was about the health issues or disorders faced by the females, it was equally useful and informative for both the students as well as the teachers. 72 women cell members along with a few faculty members attended the programme. The programme came to an end by 1:30 pm with vote of thanks by student representative, Ms. Muhsina Majeed (S3 MCom).



### Pranaam 2019 – Khadi Fest

In connection with Gandhismrithi - 150<sup>th</sup> birth anniversary celebrations of Mahatma Gandhi, the women cell of the college organized a two-day Khadi Fest – '**Pranaam 2019**' at college on 18 and 19 December 2019. The exhibition cum sale, which aimed to promote khadi products among the public, was set up by the Khadi Gramodyog Bhavan, Ernakulam. Dr. A Biju, principal of the college inaugurated the fest and made the first sale. Products such as khadi cloth, khadi readymade garments, silk sarees, khadi churidars, khadi silk shirts, bedsheets, pillow cases and wide range of herbal products including cosmetics were available at the fest. The fest offered 30 percent discount on khadi products as well as credit sales to employees. People from nearby places and schools also visited the stall and showed keen interest in the products on display. The two-day fest witnessed a sale of 1.2 lakhs, of which 60% was credit sales given to employees.



### **Dream Catcher Workshop**

On 23 January 2020, the women cell organized a workshop on craft making for its members. Workshop was conducted by Dream Zone Fashion Designing Centre, Aluva at about 2 pm. About 25 women cell members from various departments participated in the workshop. The main attraction of the workshop was 'Dream Catcher' making. The students made them in various colors and shapes and they are now capable of making these craft items of their own and could earn for their daily needs. The programme came to an end by 4.30 pm.



### **Student participation in Dyuthi 2020 organized by Department of Electronics**

About 25 women cell members from various departments participated in the One day technological skill development workshop on 'Energy conservation' organized by Department of Electronics in association with EECC, sponsored by Energy Management Centre, Thiruvananthapuram on International day of Women and Girls in Science – 11/02/2020. They attended various sessions on Energy Conservation like KSEB initiatives, Tips to save energy, Maintenance of electrical and electronic household equipment and how to improve their life etc. by prominent resource persons.



### **Women's Day Programme**

A proposal to conduct an awareness programme on '*Women Safety*' by Sri Raghu P S, Civil Police Officer, Fort Kochi was submitted to Kochi Commissioner of Police in connection with Women's Day celebrations, but the programme could not be conducted owing to college shut down due to Covid 19 pandemic.

### **Coordinator**

Shemi PM, Assistant Professor, MES College Marampally

### **Members**

Dhanya Sasikumar, Assistant Professor, MES College Marampally

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

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