

Activity Report of Women Cell 2021-22

Women Cell 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 most of the programmes were conducted online due to Covid 19 pandemic. The details of the programmes conducted are listed below.

SAY NO AND STOP SEXUAL HARASSMENT

On 28th July of 2021, Women cell of MES College, Marampally organised a webinar on **'SAY NO AND STOP SEXUAL HARASSMENT'**. It was a one-hour webinar scheduled from 3.00 pm. The main objective of the webinar was to make students aware about women safety and thereby empowering women. The chief guest of the event was Dr. M. Beena IAS Chairman, Cochin Port Trust and former district collector of Thrissur and Ernakulam and the speaker of the event was Ms. Sreekala Shivji, a motivational and relationship coach. The webinar was conducted over Google Meet. There were about 94 students who participated in the event.

Dr. Mini. K. Paul, women cell coordinator of MES College, Marampally formally welcomed the gathering and Principal, Dr. Manzur. Ali. P. P. delivered the presidential address. Afterwards, the chief guest, Dr. M. Beena IAS, formally inaugurated the event. The inaugural speech was really helpful and motivating as she explained about a lot of societal, marital and other issues faced by women nowadays. Later, Ms. Nizamol Abdul Kader, women cell coordinator of MES College, Marampally delivered the vote of thanks and with that the inaugural ceremony was officially over by 3.20 pm.

Afterwards, there was the technical session. It started with a welcome address by Ms. Merin Varghese, student coordinator of women cell, MES College, Marampally. Later, the expert speaker, Ms. Sreekala shivji began her session. Her whole class was extremely informative and supportive as she discussed not just about the problems faced but also the remedial measures to be taken in different situations. The session came to an end by 4.15 pm. Later, Ms. Nasna Nasser, student coordinator of women cell, MES College, Marampally delivered the vote of thanks.

**MES COLLEGE
MARAMPALLY
ALUVA, ERNAKULAM**

Inauguration



Dr. M. Beena IAS
Chairman, Cochin Port Trust
Former District Collector of
Trissur and Ernakulam
First ever Knowledge
Ambassador in Asia

Expert speaker



Mrs. Sreekala Shivji
Motivational and
Relationship Coach
Entrepreneur, Author

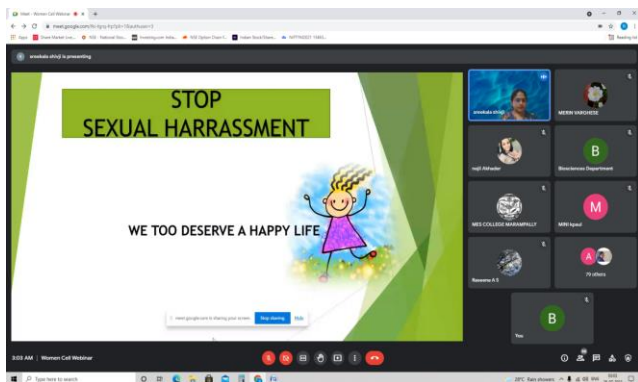
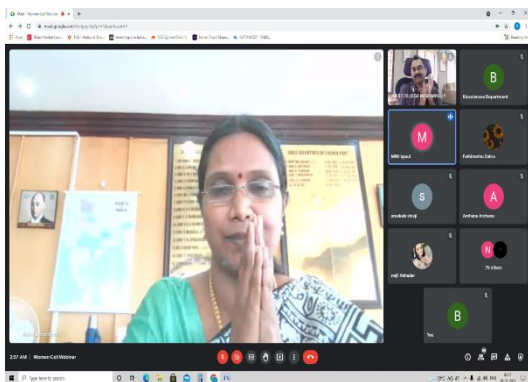
**SAY NO
AND
STOP
SEXUAL
HARRASSMENT**

Organised by
WOMEN'S CELL

28 | JULY | 2021
@ 3.00 PM

meet.google.com/fki-fgrq-frp <https://youtu.be/t5q-n2y6lWY>

Coordinator: Ms. Nizamole Abdul Kader Mob: 9747081999
Convener: Dr. Mini K. Paul | Principal: Dr. Manzur Ali P.P.



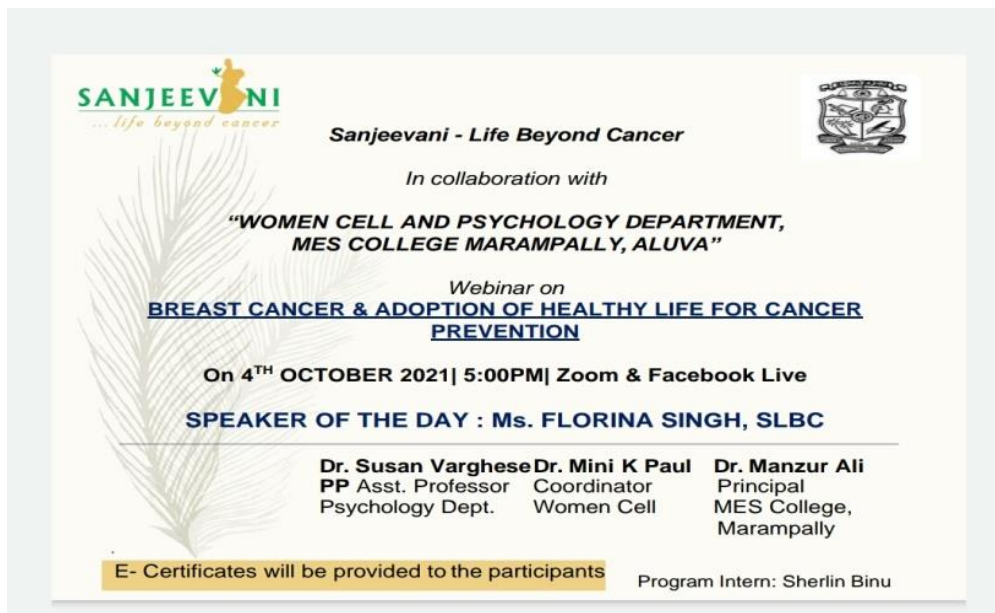
Yoga Class

Women cell in association with Department of Commerce, MES College, Marampally has organized a Therapeutic Online yoga class for stress management “Fight Stress and Find Serenity” for the members of Women cell through the online platform googlemet on 10th September 2021. Resource person of the programme was Mrs. Resmi K, Yoga Therapist, Guru Kripa Institutions. The session was about two hours duration. She practiced almost all the yoga activities for managing stress in a very interesting and

effective way. Feedback received from the participants were very nice. Ms. Shabana Basheer, Co-ordinator of the programme welcome the gathering and Ms. Beevi Safana, Final year B.Sc Mathematics student delivered vote of thanks.

Breast Cancer Awareness Campaign

Department of psychology in collaboration with women cell conducted an awareness program on ***Breast Cancer & Adoption of a Healthy Life for Cancer Prevention*** on 4th October 2021 at 5 pm. The program started with a silent prayer . Ms Sherlin Binu welcomed the gathering and introduced SLBC (Sanjeevi Life Beyond Cancer) to the participants. Dr. Rashmi P, Head of the department , Psychology delivered the presidential address. Ms. Florina Singh, Senior program executive, SLBC, was the resource person. The session was made interactive and she covered major topics related to Breast cancer and the methods to prevent it. Awareness surrounding breast cancer is incredibly important as early detection, often through screening, can catch the disease when it is most treatable. She also talked about the various treatment methods used in breast cancer.



The poster features the Sanjeevani logo on the left, which includes a stylized human figure and the text 'SANJEEVANI ... life beyond cancer'. On the right is the crest of MES College Marampally. The central text reads: 'Sanjeevani - Life Beyond Cancer', 'In collaboration with', 'WOMEN CELL AND PSYCHOLOGY DEPARTMENT, MES COLLEGE MARAMPALLY, ALUVA', 'Webinar on BREAST CANCER & ADOPTION OF HEALTHY LIFE FOR CANCER PREVENTION', 'On 4TH OCTOBER 2021 | 5:00PM | Zoom & Facebook Live', and 'SPEAKER OF THE DAY : Ms. FLORINA SINGH, SLBC'. At the bottom, it lists three speakers: Dr. Susan Varghese (PP Asst. Professor, Psychology Dept.), Dr. Mini K Paul (Coordinator, Women Cell), and Dr. Manzur Ali (Principal, MES College, Marampally). A yellow box at the bottom left states 'E- Certificates will be provided to the participants' and 'Program Intern: Sherlin Binu' is noted at the bottom right.

The session was for two hours. A total of 60 students and five teachers participated for the awareness programme. After question-and-answer session, the programme concluded by 7.00pm with vote of thanks by Ms Jishna T Hassan, member of women cell.

Workshop- on LIQUID EMBROIDERY

In association with Women cell, Department of Fashion Design & Management, MES College Marampally organized a one day Workshop- on **LIQUID EMBROIDERY**. Workshop was conducted on 03/03/2022 at room number 909. The program was started at 10:00 am. Ms. .Geethu Merin Antony, HOD of Fashion Design and Management welcomed the gathering. On behalf of women cell Ms Jishna Hassan, Joint coordinator of women cell and Assistant professor of logistic management visited during the workshop. Resource person was Ms.Rekha Anil Kumar, Fecicryl specialist trainer. She detailed about liquid embroidery techniques, tips and tricks while doing embroidery.



MES COLLEGE MARAMPALLY
DEPARTMENT OF VOCATIONAL STUDIES
Affiliated To Mahatma Gandhi University | NAAC Reaccredited With A+(3.38)

Vocational Studies
MES College Marampally

LIQUID EMBROIDERY WORKSHOP

ORGANIZED BY,
DEPARTMENT OF FASHION
DESIGN
AND MANAGEMENT
IN ASSOCIATION WITH
WOMEN CELL
MES COLLEGE MARAMPALLY

Resource Person:
REKHA ANIL KUMAR
FEVICRYL TRAINER

Date: 03-03-2022
Time: 9:30 AM - 3:30 PM
For more details contact: **9847760010**

JUvariya
DEPARTMENT
COORDINATOR

DR. MINI K PAUL
WOMEN CELL
COORDINATOR

GEETHU MERIN ANTONY
HOD, FDM

AJIMSHA MAIDEEN
COORDINATOR

Dr. UMESH B T
NODAL OFFICER

Dr. JASMIN PM
PRINCIPAL

MES/BVOC P115/COM P25/05-05-22





Talk on How to keep your heels head and standards high

In our patriarchal society, women are expected to mould themselves according to the wishes of the man who “feed them.” They are not allowed to have an individual opinion or an independent identity. A woman must be entitled to pursue what she loves and develop into a fully functioning human. Her individuality must be nurtured and acknowledged. Women empowerment has lead millions of women across the globe to pursue their dreams. They are steadily moving forward in life with strong determination, respect, and faith. In order to strengthen such movements, on 24th and 25th February of 2022, Women cell of MES College, Marampally organised a class on **‘How to keep your heels head and standards high’** for all second year degree girls students. It was three two-hour sessions scheduled from 10.30 to 3.30 pm. There were about 430 students who participated in the event. Aparna VV, Research scholar, Calicut university and Dr. Neelima Ranjith, Assistant Professor, Psychology Department of UC college, Aluva were the resource persons.





Coordinator:

Dr. Mini K Paul, Assistant Professor, Department of Biosciences

Jt. Coordinators

1. Ms. Nizamol Abdul Kadher
2. Ms. Jishna T Hassan