

REPORT OF WOMEN CELL 2023-2024

Women Cell 2023-2024 of MES College Marampally conducted various activities for the female and male students which are relevant in the present scenario. The activities of the Cell were categorized into three groups viz. training wing, cultural wing and community intervention wing. Cell conducted regular meetings in which the problems, issues, and challenges faced by the girls were discussed, and remedial measures were taken from time to time.

Women cell representatives from each class were selected in the first week of July 2023. A meeting of these selected members was conducted on 12th July 2023. Ms. Final Rosna Subair of I MSc Electronics was elected as the student coordinator and Ms. Farsana Shameer of II BSc Psychology was selected as the joint coordinator. Ms. Ashna Abbas of II MSc Electronics and Ms. Sweatha of II BSc Psychology were the coordinators of the programmes under the training wing. Ms. Abhirami of II BSc Biotechnology and Ms. Mayoogha of II MSc Computer Science were in charge of cultural activities. Fathima Nazrin of II BSc Electronics and Supreetha of I BSc Microbiology coordinated the community intervention programmes.

A proposal was submitted to Kerala State Women Development Corporation (KSWDC) in July by the staff coordinator Ms. Sheeba Varghese and KSWDC approved the same. An amount of Rs.25000/- was sanctioned by KSWDC for the activities of the Women Cell during the academic year 2023-2024. A detailed activity report is given below.

**LIST OF PROGRAMMES CONDUCTED BY WOMEN CELL DURING THE
ACADEMIC YEAR 2023-2024**

SL. NO.	PROGRAMME	DATE	RESOURCE PERSON
1.	Protest Against Manipur Violence	26.07.2023	-
2.	Workshop on Hoop Art Embroidery	29.11.2023	Ms. Ameena K A, Ms. Meghna Joseph, Ms. Elizabeth Navya B.Voc FDM
3.	Talk on Menstrual Cups: A Sustainable Alternative	30.11.2023	Dr. Rabia Siddique, Immediate Past convenor, Medical Students Network.
4.	Talk on 'A Legal Perspective of Domestic Violence Against Women'	30.11.2023	Adv. Mohanraj T P, Advocate Kerala High Court
5.	Talk on Laws on Protection of Women	06.12.2023	Adv. Mohanraj T P, Advocate Kerala High Court
6.	Seminar on Empowerment Through Education: Tackling Sexual Abuse	12.12.2023	Ms. Soumya Elizabeth Titto, Member of the Child Welfare Committee (Juvenile Justice), Palakkad
7.	Training on Yoga: Elevate Your Mind and Strengthen Your Body With Yoga	19.01.2024	Ms. Arya, Assistant Professor, MSFT, MES College Marampally
8.	Talk on Voices of Change: Advocating Against Dowry System	09.02.2024	Adv. T K Kunjumon, Empaneled Career Guidance Faculty and Pre-Marital Trainer, Minority Welfare Department, Govt. of Kerala.
9.	Training on CPR	12.02.2024	Fire and Rescue Team, Aluva
10.	Talk on Unlocking Potential: Cultivating Character	28.02.2024	Mr. Muhammad P Hashim, the Founder and Chief Coach of NUR Skills
11.	International Women's Day Observance: Competitions for Short Story, Poetry and Painting	07.03.2024	
12.	Old Age Home Visit	14.03.2024	
13.	Voice Unite: Standing Together to End Violence Against Women	18.03.2024	
14.	Release of the manuscript "PUNARJANI."	26.03.2024	
15.	Her Impact: Invest in Women, Ignite Change	26.03.2024	Prof. Monamma Kokkad, Former Member of the Kerala State Women's Commission
16.	Theme Dance, Theme Song, and Distribution of Prizes for Competitions Conducted in Connection with Women's Day Celebration.	26.03.2024	

ACTIVITY REPORT OF WOMEN CELL 2023-24

1. PROTEST AGAINST MANIPUR VIOLENCE

On July 26th Wednesday 2023, the Women Cell of the college conducted a meeting to protest against the Manipur violence. The meeting was held at 12.30 pm in front of the college. Representatives of female students from each class participated in this protest. The primary motivation behind the protests was the desire for peace and stability in Manipur. They demanded justice for the victims of violence, including those who had been killed, injured, or displaced as a result of the conflict. Ms. Afeefa, the student coordinator delivered the welcome speech. Principal Dr. Ajims P Mohammed explained the situation and demanded the end of violence. Dr. Jasmine P M, Vice-principal addressed the students. Ms. Jasmine S, Assistant Professor gave a brief narration about the primary motivation behind the protest.





2. WORKSHOP ON HOOP ART EMBROIDERY

Women Cell in association with Kerala State Women's Development Corporation (KSWDC) and Dept. of Fashion Design & management, ED club, IEDC & IIC conducted a workshop on Hoop Art Embroidery for the girl students of MES College Marampally. The workshop was on 29.11.2023 from 1.30 pm to 4.30 pm. Twenty-three female students from different departments participated in this training programme. Ms. Geethu Merin Antony delivered an introductory speech about the hoop art embroidery. Ms. Naslin M A was the student coordinator. Ms. Ameena K A, Ms. Meghna Joseph, Ms. Elizabeth Navya Manayil final year students of B.Voc Fashion Design and Management Students were the instructors. They gave training to the participants in doing the basic embroidery stitches and how to set and finish the hoop.



3. TALK ON MENSTRUAL CUPS: A SUSTAINABLE ALTERNATIVE

For the first year UG and PG female students of the college, Women Cell in association with Kerala State Women's Development Corporation (KSWDC) organized a talk on the topic ' MENSTRUAL CUPS: A SUSTAINABLE ALTERNATIVE' on 30.11.2023 at 11.00 am at Silver Jubilee Conference Hall. All the first-year female students (about 240) from all disciplines attended the class. Ms. Jasmine S, Joint Coordinator of Women Cell delivered the welcome speech. Dr. Rabia Siddique, Immediate Past convenor, Medical Students Network led the session. With passion and expertise, she elucidated the importance of menstrual cups, highlighting their advantages and their significant role in fostering sustainability. Dr. Rabia Siddique meticulously walked the class through the usage of menstrual cups, ensuring clarity and understanding among the students. Throughout the session, she warmly welcomed questions and concerns from the students, adeptly addressing each one. 240 students attended the programme and the feedback on the programme was given by two students. Ms. Ashna Abbas, a student of MSc Electronics delivered the vote of thanks. The talk was highly beneficial to the students who attended.

The poster features the MES College Marampally logo at the top left, which includes a crest with a book and a lamp. To the right of the logo, the text reads: 'MES COLLEGE MARAMPALLY', 'Affiliated to Mahatma Gandhi University | NAAC Reaccredited with A+ (3.38) |', and 'An ISO 9001:2015 Certified Institution'. On the top right, there is a circular logo for the Kerala State Women's Development Corporation (KSWDC) with the text 'KSWDC' and 'Kerala State Women's Development Corporation'. Below these logos, the text 'WOMEN CELL' is centered, followed by 'in association with' and 'KERALA STATE WOMEN'S DEVELOPMENT CORPORATION (KSWDC)'. The main title 'Talk on MENSTRUAL CUPS: A SUSTAINABLE ALTERNATIVE' is written in a mix of orange and black fonts, with 'Talk on' in a script font. Below the title, it says 'for first year girl students'. The date and time are listed as 'THURSDAY 30 NOVEMBER 2023 11:00 AM - 12:30 PM' and the location as 'SILVER JUBILEE HALL'. A 'SPEAKER' box contains the name 'Dr. RABIA SIDDIQUE' and her credentials: 'IMMEDIATE PAST CONVENOR, MEDICAL STUDENTS NETWORK, INDIAN MEDICAL ASSOCIATION (MSN-IMA)'. A circular portrait of Dr. Rabia Siddique, wearing a pink hijab and a white lab coat, is positioned on the right side of the poster. At the bottom, four names and titles are listed: 'Ms. Final Rosana Subair Student Coordinator', 'Ms. Jasmin S, Ms. Geetha Merin Antony Program Coordinators', 'Ms. Sheetha Varghese Women Cell Coordinator', and 'Dr. Ajims P Mohammed Principal'.

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WOMEN CELL
in association with
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION (KSWDC)

Talk on
**MENSTRUAL CUPS:
A SUSTAINABLE ALTERNATIVE**
for first year girl students

THURSDAY
30 NOVEMBER 2023
11:00 AM - 12:30 PM
SILVER JUBILEE HALL

SPEAKER

Dr. RABIA SIDDIQUE
IMMEDIATE PAST CONVENOR,
MEDICAL STUDENTS NETWORK,
INDIAN MEDICAL ASSOCIATION
(MSN-IMA)

Ms. Final Rosana Subair
Student Coordinator

Ms. Jasmin S, Ms. Geetha Merin Antony
Program Coordinators

Ms. Sheetha Varghese
Women Cell Coordinator

Dr. Ajims P Mohammed
Principal



4. TALK ON 'A LEGAL PERSPECTIVE OF DOMESTIC VIOLENCE AGAINST WOMEN'

The Women Cell of MES College Marampally in association with Kerala State Women's Development Corporation (KSWDC) orchestrated an insightful seminar on the crucial topic of 'A Legal Perspective of Domestic Violence Against Women' on November 30th, 2023 at the main block conference hall from 11.00 am to 12.30 pm for the male students of the college. Ms. Rejeena K.A. welcomed the gathering. Principal Dr. Ajims P Mohammed delivered the keynote address. Resource person Adv. Mohanraj T P, an esteemed Lawyer practicing at the Kerala High Court and concurrently serving as an Assistant Professor in the Department of Law led the session. Mr. Muhammed Suhail, student representative gave the formal vote of thanks. 114 first year UG and PG male students attended the programme.

This pivotal session aimed to enlighten and engage the first-year male students of our esteemed college. Adv. Mohanraj T P, Adv. Mohanraj T P meticulously navigated through the intricacies surrounding the prevalence and nature of domestic violence against women in India. He meticulously delineated the harrowing definition and various types of domestic violence, delving into the distressing spectrum encompassing psychological, emotional, physical, and economic abuse prevalent within the country. Moreover, he adeptly illustrated these forms of abuse through recent case studies, painting a vivid picture of their real-life implications. Additionally, the resource person ingeniously intertwined the session with anecdotes and success stories, shedding light on instances where legal interventions have ushered positive change in combating domestic violence against women. The seminar, through Adv. Mohanraj T P's expertise and comprehensive discourse succeeded in imparting valuable insights into the multifaceted aspects of this pressing societal issue, thereby fostering awareness and understanding among the attendees. The programme was coordinated by Ms. Neelima T K and Ms. Roshni Alex.



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WOMEN CELL

in association with

KERALA STATE WOMEN'S DEVELOPMENT CORPORATION (KSWDC)

and

DEPARTMENT OF ELECTRONICS

Talk on A LEGAL PERSPECTIVE OF DOMESTIC VIOLENCE AGAINST WOMEN



Speaker



Adv. Mohanraj T P

Advocate Kerala High Court

30.11.2023

11:00 am

Main Block
Conference Hall

Ms. Roshni Alex, Ms. Neelima T K
Programme Coordinators

Ms. Rejeena K A
HOD Electronics

Ms. Sheeba Varghese
Women Cell Coordinator

Dr Ajima P Mohammed
Principal



GPS Map Camera

Marampally, Kerala, India
4C46+9RX, Marampally, Kerala 683105, India
Lat 10.106618°
Long 76.411426°
08/11/23 11:29 AM GMT +05:30

Google



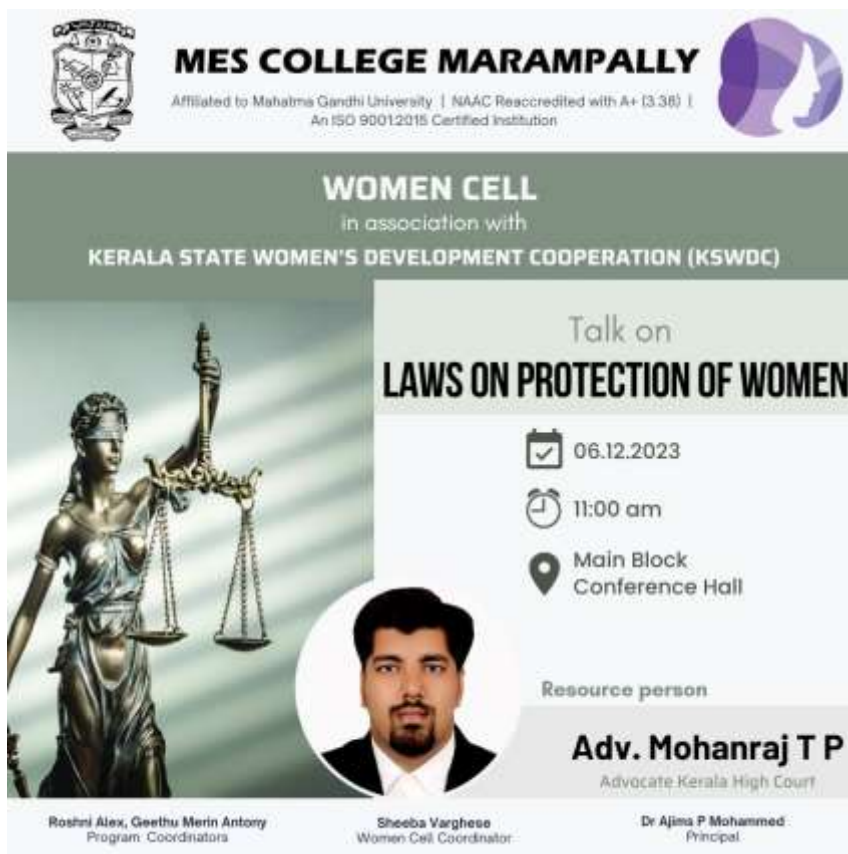
5. TALK ON LAWS ON PROTECTION OF WOMEN

The Women Cell of MES College Marampally in association with Kerala State Women's Development Corporation (KSWDC) organized a seminar centered around the theme 'Laws on Protection of Women,' a vital discourse held on 06.12.2023 at the main block conference hall at 11.00 am. This crucial session congregated the dedicated women cell coordinators from each class within our institution. At the helm of this insightful discussion was Adv. Mohanraj T P, Advocate, Kerala High Court. Ms. Geethu Merin Antony delivered the welcome speech. Sixty seven students attended the seminar. Ms. Ashna Abbas, MSc Electronics student graciously extended the vote of thanks.

Adv. Mohanraj T P embarked on a comprehensive overview, intricately dissecting the prevalence and nuanced nature of domestic violence against women entrenched within the fabric of Indian society. The session meticulously delineated the distressing definitions and various types of domestic violence, spanning the spectrum from psychological and emotional trauma to physical and economic forms of abuse that

continue to pervade the country. Furthermore, the resource person astutely navigated the myriad challenges encumbering the implementation of the legal framework aimed at safeguarding women's rights. He expounded on the formidable obstacles posed by sociocultural influences, which often impede reporting and prosecution, highlighted the crucial need to enhance accessibility and awareness of legal remedies among victims and shed light on the daunting judicial delays and enforcement challenges that hamper justice. Integrating recent case studies and success stories into the discourse, Adv. Mohanraj T P elucidated instances where legal interventions have precipitated positive transformations, underscoring the crucial impact of legal measures in alleviating the plight of victims of domestic violence against women.

Through this comprehensive and insightful seminar, facilitated by Adv. Mohanraj T P's erudition and expertise, the women cell coordinators were equipped with invaluable knowledge and a deeper understanding of the multifaceted complexities surrounding the legal frameworks for women's protection in India. The programme was coordinated by Ms. Geethu Merin Antony and Ms. Roshni Alex, Women Cell Staff Members.



The poster features the MES College Marampally logo at the top left, which includes a crest and the text 'MES COLLEGE MARAMPALLY'. Below the logo, it states 'Affiliated to Mahatma Gandhi University | NAAC Reaccredited with A+ (3.38) | An ISO 9001:2015 Certified Institution'. To the right is a purple circular logo with a white silhouette of a woman's head. The main title 'WOMEN CELL' is in white on a dark green background, with 'in association with' and 'KERALA STATE WOMEN'S DEVELOPMENT COOPERATION (KSWDC)' below it. The central text reads 'Talk on LAWS ON PROTECTION OF WOMEN'. The date '06.12.2023' is shown with a calendar icon, the time '11:00 am' with a clock icon, and the location 'Main Block Conference Hall' with a location pin icon. A circular portrait of Adv. Mohanraj T P is shown, with the text 'Resource person' above it and 'Adv. Mohanraj T P Advocate Kerala High Court' below it. At the bottom, three names are listed: 'Roshni Alex, Geethu Merin Antony Program Coordinators', 'Sheeba Varghese Women Cell Coordinator', and 'Dr Ajima P Mohammed Principal'. A background image of the Statue of Liberty is visible on the left side of the poster.

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WOMEN CELL
in association with
KERALA STATE WOMEN'S DEVELOPMENT COOPERATION (KSWDC)

Talk on
LAWS ON PROTECTION OF WOMEN

06.12.2023
11:00 am
Main Block
Conference Hall

Resource person
Adv. Mohanraj T P
Advocate Kerala High Court

Roshni Alex, Geethu Merin Antony
Program Coordinators

Sheeba Varghese
Women Cell Coordinator

Dr Ajima P Mohammed
Principal



8. SEMINAR ON EMPOWERMENT THROUGH EDUCATION: TACKLING SEXUAL ABUSE

On 12.12.2023 Women Cell of MES College Marampally in association with Kerala State Women's Development Corporation (KSWDC) conducted a seminar on Empowerment through Education: Tackling Sexual Abuse at 10.30 am at main block conference hall. The programme commenced with a Silent Prayer. Ms. Aksa Mariya Joshy, the Program Coordinator, warmly welcomed participants, underscoring the gravity of discussing sexual abuse. Dr. Jasmine P M, Vice Principal of MES College, delivered an inspiring Inaugural Address, emphasizing the imperative role of such awareness initiatives. Ms. Soumya Elizabeth Titto, and Member of the Child Welfare Committee (Juvenile Justice), Palakkad and Family & Adolescent Counsellor at Mind Care, Palakkad, a seasoned expert in the field, shared profound insights. Ms. Fathima Shifana, the Student Coordinator, delivered a heartfelt Vote of Thanks, expressing gratitude to all participants and organizers. 142 female students from various disciplines attended the seminar.

Ms. Soumya Elizabeth's background as the Former District Coordinator for Childline in Palakkad and Former Head of the Department of Social Work at Mercy College, Palakkad, made her an ideal speaker for this crucial discussion. She shared real-life cases and experiences which provided a clear illustration of the challenges faced by victims of sexual abuse and the crucial role of timely intervention. She also delved into the support systems available for victims. She discussed the challenges faced by survivors and highlighted the importance of a compassionate and responsive approach. The legal aspects were also discussed. By weaving her experiences into the discussion, Ms. Soumya Titto provided a unique and authentic perspective, making the topic of sexual abuse more relatable and actionable for the audience. Her stories and practical examples likely resonated with the attendees, emphasizing the importance of empathy and concrete action in addressing this critical issue. The event concluded with a collective commitment to building a safer and more informed community,

exemplifying the MES College Women Cell's dedication to fostering awareness about sexual abuse.

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WOMEN CELL
In association with
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION (KSWDC)

**EMPOWERMENT THROUGH EDUCATION:
TACKLING SEXUAL ABUSE**

10.30 am
12 December 2023
Main Block Conference Hall

Resource Person
Ms. Soumya Elizabeth Titto
Member, Child Welfare Committee (Juvenile Justice), Palakkad Family & Adolescent Counsellor, Mind Care, Palakkad

Ms. Aksha Mariya Joshy
Programme Coordinator

Ms. Sheeba Varghese
Women Cell Coordinator

Dr Ajims P Mohammed
Principal





6. TRAINING ON YOGA: ELEVATE YOUR MIND AND STRENGTHEN YOUR BODY WITH YOGA

A comprehensive Yoga Training Program was organized by Women Cell, MES College Marampally in association with Kerala State Women's Development Corporation (KSWDC) on 11.01.2024 from 9.30 am to 11.00 am. Ms. Arya, Assistant Professor, Multi Sports and Fitness Training, MES College Marampally handled the session at the fitness arena, south block. The program commenced with a silent prayer. Ms. Swetha Viji, the student coordinator from Dept of Psychology welcome the participants and the trainer. Ms. Arya provided an overview of the program's objectives and emphasized the importance of yoga in achieving overall well-being. Faculty members Ms. Neelima & Ms. Dhanya Sasikumar coordinated the programme. Fifty-six students attended the training.

The program aimed to promote physical and mental well-being among participants, with a special focus on women's health and empowerment. The primary objective of the training program was to introduce participants to the holistic benefits of yoga, encompassing physical fitness, mental wellness, and stress management. Additionally, the program sought to empower women by providing them with tools to enhance their overall health and promote a balanced lifestyle. The core of the training program included a series of yoga sessions led by Ms. Arya. These sessions covered a range of yoga techniques, including Asanas (postures), Pranayama (breath control), and Meditation. Participants were guided through each practice, ensuring that they could grasp the fundamentals of yoga, regardless of their previous experience. Also, Ms. Arya conducted an interactive session addressing the specific needs and concerns of women. Topics such as women's health, stress management, and work-life balance were discussed, fostering an open dialogue among participants. Participants not only gained practical insights into yoga but also learned how to integrate these practices into their daily lives. The collaborative effort between academia and women-centric organizations proved to be a powerful combination in promoting overall well-being and empowerment among participants. Participants provided positive feedback on the program, commending Ms. Arya's expertise and engaging teaching style. They appreciated the program's comprehensive content, well-structured sessions, and the opportunity to practice yoga in a supportive and encouraging environment. It was recommended to organize similar yoga training programs in the future, potentially catering to different experience levels. Ms. Farzana of Psychology Department delivered the vote of thanks.



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WOMEN CELL

in association with

**KERALA STATE WOMEN'S DEVELOPMENT
CORPORATION (KSWDC)**

*"Elevate Your Mind,
Strengthen Your Body with Yoga"*

TRAINING ON YOGA

05-01-2024

11 - 12:30 pm

Fitness Arena, South Block

Trainer

ARYA S KUMAR

Assistant Professor
Department of Multi Sports & Fitness Training



Neelima T.K.
Program Coordinator

Sheeba Varghese
Women Cell Coordinator

Dr. Ajims P Mohammed
Principal



7. TALK ON VOICES OF CHANGE: ADVOCATING AGAINST DOWRY SYSTEM

Women Cell, MES College Marampally in association with Kerala State Women's Development Corporation (KSWDC) organized a Talk on the topic _ "Voices of Change: Advocating against Dowry Practices" on 9th February 2024 at Silver Jubilee Hall from 10: 30 am to 12: 30 pm exclusively for the boy students of our college. The Resource person was Adv. T K Kunjumon, Empaneled Career Guidance Faculty and Pre-Marital Trainer, Minority Welfare Department, Govt. of Kerala. Almost 185 students attended the programme. The welcome address was given by Ms. Jasmin, Joint co-ordinator, Women Cell and the Presidential address was given by Dr. Ajims P Mohammed, Principal, MES College Marampally. Women Cell co-ordinator Ms. Sheeba Varghese and joint co-ordinator Ms. Aksa were present during the occasion. The session dealt with the anti-dowry laws in India, emphasizing the crucial need for adopting anti-dowry practices in our society. The Resource person's detailed explanation not only educated, but inspired the audience sparking a wave of change. The session was very informative and beneficial to the students. Feedback on the programme was given by two students. The formal Vote of Thanks was given by Mr Arifkhan, MA(HRM) first-year student. Overall, the Talk was highly beneficial to all the students and faculty present.



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WOMEN CELL

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Voices of Change: Advocating Against Dowry Practices



Adu.T.K.KUNJUMON

Empowered Career Guidance
Faculty & Premarital Trainer,
Minority Welfare
Department, Govt of Kerala

Silver Jubilee Hall

10:30am
09 Feb, 2024

Ms. Jasmin S
Ms. Geethu Merin Antony
Program Coordinators

Ms. Sheeba Varghese
Women Cell Coordinator

Dr Ajims P Mohammed
Principal



Marampally, Kerala, India
4C46+9RX, Marampally, Kerala 683105, India
Lat 10.105718°
Long 76.412071°
09/02/24 11:06 AM GMT +05:30

GPS Map Camera

Google



8. TRAINING ON CPR

Women Cell, MES College Marampally in association with Kerala State Women's Development Corporation (KSWDC) and Scout Guide Fellowship (SGF) organized a Training Programme on CPR on 12th February 2024 at the main block conference hall from 10 am to 12: 30 pm for the students in women cell and SGF of our college. The demonstration was done by the Fire and Rescue Team, Aluva. Almost 120 students attended the programme. The welcome address was given by Ms. Final Rosna Subair, women's cell student coordinator and the Presidential address was given by Dr Ajims P Mohammed, Principal, MES College Marampally. Women Cell coordinators and SGF coordinators were present during the programme. The Resource person detailed the need for CPR training, how to apply and when to apply. The session was very informative and beneficial to the students. Feedback on the programme was given by two students. The formal Vote of Thanks was given by Ms. Sweatha Viji, II BSc Psychology student. The training was highly beneficial to all the students and faculty present.



The poster features the MES College Marampally logo on the left, which includes a crest with a book and a lamp. To the right of the logo is the text: "MES COLLEGE MARAMPALLY", "Affiliated to Mahatma Gandhi University | NAAC Reaccredited with A+ (3.38) | An ISO 9001:2015 Certified Institution". Below this is the "SCOUT GUIDE FELLOWSHIP & WOMEN CELL" logo, and further down, "In association with KERALA STATE WOMEN'S DEVELOPMENT CORPORATION (KSWDC)". On the right side, there are logos for "Kerala SGF" and "KSWDC". The main title "Workshop on CPR" is centered in a large, bold, blue font. Below the title is an illustration of a person performing CPR on another person lying on the ground, with a red heart and a white ambulance in the background. At the bottom, there is a yellow banner with the text "Demonstration By: Fire and Rescue Station, Aluva". Below the banner are three icons: a clock for "10:00 am", a calendar for "12/02/2024", and a location pin for "Main Block Conference Hall". At the very bottom, there are three names: "Ms. Bhavya Kamal K Menon SGF Coordinator", "Ms. Sheeba Varghese Women Cell Coordinator", and "Dr Ajims P Mohammed Principal".

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**SCOUT GUIDE FELLOWSHIP
&
WOMEN CELL**
In association with
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION (KSWDC)

**Workshop on
CPR**

Demonstration By:
Fire and Rescue Station,
Aluva

10:00 am | 12/02/2024 | Main Block Conference Hall

Ms. Bhavya Kamal K Menon
SGF Coordinator

Ms. Sheeba Varghese
Women Cell Coordinator

Dr Ajims P Mohammed
Principal





9. TALK ON UNLOCKING POTENTIAL: CULTIVATING CHARACTER

The Women's Cell of MES College Marampally, in collaboration with the Kerala State Women's Development Corporation (KSWDC), organized a talk on "Unlocking Potential: Cultivating Character" on February 28, 2024, at 1:30 PM at main block conference hall. Ms. Jisana Navas, a student pursuing BSc Electronics, warmly welcomed the attendees. The session was conducted by Mr. Muhammad P Hashim, the Founder and Chief Coach of NUR Skills. Mr. Hashim delved into the essence of fostering personal growth and development, which signifies a journey of empowerment and self-discovery, where individuals are encouraged to explore their

strengths, overcome challenges, and realize their full potential. Cultivating character involves nurturing essential qualities such as integrity, resilience, empathy, and adaptability, which are fundamental for success in all aspects of life. By emphasizing character development, we not only enhance individual capabilities but also contribute to building a more compassionate and inclusive society. It is through this intentional cultivation of character that we unlock the limitless possibilities within ourselves and inspire positive change in the world around us. About 120 students attended the programme and four students gave feedback. The talk was very beneficial to the students. Ms. Fathima Nazrin, of BSc Electronics conveyed gratitude through the vote of thanks.

The poster features the MES College Marampally logo on the top left, which includes a crest with a book and a lamp. To the right of the logo, the text reads: "MES COLLEGE MARAMPALLY", "Affiliated to Mahatma Gandhi University | NAAC Reaccredited with A+(3.38) | An ISO 9001:2015 Certified Institution". On the top right, there is a circular logo for "KSWDC" with the text "Kerala State Women's Development Corporation". Below this, it says "WOMEN CELL in association with KERALA STATE WOMEN'S DEVELOPMENT CORPORATION (KSWDC)". The main title "UNLOCKING POTENTIAL: CULTIVATING CHARACTER" is in large, bold, blue letters. Below the title, the date and time are listed: "28 FEB, 2024" and "01.30 PM", and the location is "Main Block Conference Hall". A central hexagonal image shows a portrait of Muhamed P Hashim, a man with a beard wearing a blue shirt. Below the portrait, his name "MUHAMED P HASHIM" is written in bold, followed by "FOUNDER & CHIEF COACH, MÜR SKILLS". At the bottom of the poster, three names are listed: "Ms. Roshni Alex, Programme Coordinator", "Ms. Sheeba Varghese, Women Cell Coordinator", and "Dr Ajims P Mohammed, Principal".

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KERALA STATE WOMEN'S DEVELOPMENT CORPORATION (KSWDC)

**UNLOCKING
POTENTIAL:
CULTIVATING
CHARACTER**

28 FEB, 2024 **01.30 PM**
Main Block Conference Hall

MUHAMED P HASHIM
FOUNDER & CHIEF COACH
MÜR SKILLS

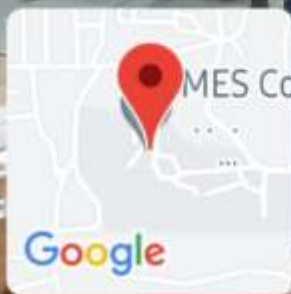
Ms. Roshni Alex
Programme Coordinator

Ms. Sheeba Varghese
Women Cell Coordinator

Dr Ajims P Mohammed
Principal



Marampally, Kerala, India
4C46+9RX, Marampally, Kerala 683105, India
Lat 10.106634° Long 76.411485°
28/02/24 02:02 PM



Marampally, Kerala, India
4C46+9RX, Marampally, Kerala 683105, India
Lat 10.106703° Long 76.411512°
28/02/24 02:01 PM

10.INTERNATIONAL WOMEN’S DAY OBSERVANCE: COMPETITIONS FOR SHORT STORY, POETRY AND PAINTING

As the part of International Women’s Day Observance, Women Cell of MES College Marampally in association with Kerala State Women’s Development Corporation (KSWDC), conducted Inter-Departmental Competitions for short story writing, poetry writing and painting on 07.03.2024 at Room No.207 and Room No. 225. The themes for the competitions are based on the theme of Women’s Day 2024 – ‘Invest in Women: Accelerate Progress.’ Fourteen students from various departments competed in short story writing. There were twelve contestants in poetry writing and fifteen contestants in painting. Ms. Mayoogha Ashok, II MSc Computer Science and Ms. Salama Ali, III BA English bagged first and second prizes for short story writing. Ms. Salama Ali, III BA English and Ms. Fathima V A, II MA HRM got first and second positions in poetry writing respectively. In the painting competition Ms. Aysha, II BVoc FDM came in first position and Ms. Anzalna E A, II BA Psychology got the second position. These competitions provided a platform for young women to express themselves creatively, helping them build confidence and self-esteem. It encouraged them to share their perspectives, experiences, and emotions through their chosen medium. These competitions offered a practical platform for students to hone these skills in a supportive environment.


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WOMEN CELL
 in association with
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION (KSWDC)

INTERNATIONAL WOMEN'S DAY
observance



PARTICIPATE TO
 WIN PRIZES

COMPETITIONS

- SHORT STORY WRITING
- POETRY WRITING
- PAINTING

TIME : 10:30 AM - 11:30 AM
DATE : 07.03.2024
VENUE : ELECTRONICS LAB

Competition open for girl students only

Ms. Sheeba Varghese
 Women Cell Coordinator

Dr. Ajith P. Muhammed
 Principal



11. OLD AGE HOME VISIT

To foster understanding and compassion among students towards elderly people and to encourage the students to actively participate in community service and volunteer activities, thereby instilling a sense of social responsibility, Women Cell of MES College Marampally, in association with Kerala State Women's Development Corporation (KSWDC) organized an old age home visit to St. Joseph's old home Chunangaveli on 14th March 2024. Twenty five students and three teachers visited the old age home.

There are 45 inmates and 10 of them are bedridden. Students arranged lunch for them that day and donated groceries worth Rs. 7000/-. Students interacted with the elderly people. They also performed different cultural activities like group songs, dance, oppana etc. The visit provided an opportunity for students to engage in meaningful conversations, activities, and companionship with the residents, promoting social inclusion and emotional support.



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OLD AGE HOME VISIT

ST. JOSEPH OLD AGE HOME, CHUNANGAVELI

14 MARCH 2024

MS. SHEEBA VARGHESE
Women Cell Coordinator

DR AJIMS P MOHAMMED
Principal



Aluva, Edathala, 683561, KL, India

Latitude
10.084512
Local 11:35:11 AM
GMT 06:05:11 AM

Longitude
76.377612
Altitude: 35.1 meters
Thursday, 03/14/2024



Aluva, Edathala, 683561, KL, India

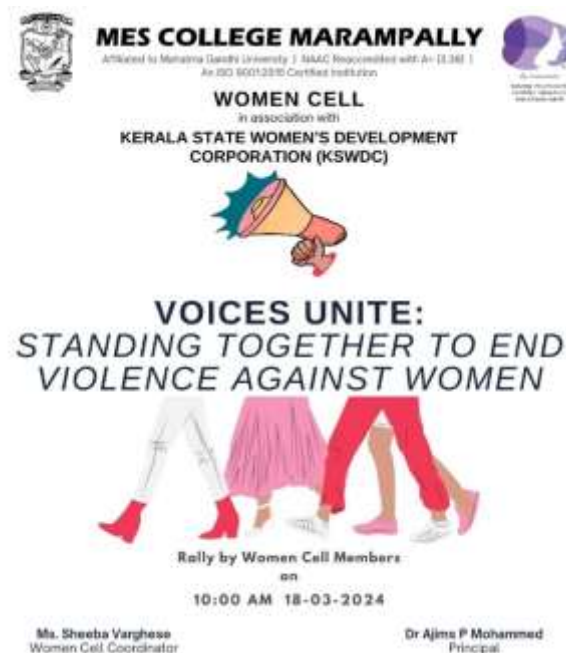
Latitude
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Local 11:59:05 AM
GMT 06:29:05 AM

Longitude
76.377485
Altitude: 36.5 meters
Thursday, 03/14/2024

12.VOICE UNITE: STANDING TOGETHER TO END VIOLENCE AGAINST WOMEN

(RALLY)

As part of social intervention, the Women Cell of MES College Marampally, in association with Kerala State Women's Development Corporation (KSWDC) organized a significant rally under the theme "Voice Unite: Standing Together to End Violence Against Women." It was conducted on 18.03.2024 at 10.00 am. The rally aimed to raise awareness, promote solidarity, and advocate for the eradication of violence against women. With a resounding call for unity, fifty students from various departments participated in this rally. The rally commenced with a speech by the Principal Dr. Ajims P Mohammed emphasizing the importance of collective action in combating violence against women. Participants carried placards adorned with empowering messages and slogans denouncing violence. The rally succeeded in amplifying voices and generating public discourse on the issue of violence against women. Participants felt empowered and motivated to take action in their communities.





13.RELEASE OF MANUSCRIPT “PUNARJANI.”

Women Cell of MES College Marampally released the manuscript “PUNARJANI” on 26.03.2024 at 11.00 am. In this manuscript, the students showcased their academic capabilities, dedication, and creativity. This fosters gender equality and empowering women within the college community and it resonates with women cell and a group of people passionate about gender equality. It consists of short stories, poems, film reviews, essays, and paintings. Ms. Jasmin S is the staff editor and Ms. Jumana K A is the student editor. It was released by renowned activist Prof. Monamma Kokkad, Former Member of Kerala State Women's Commission and Former Director of Minority Commission. She appreciated the effort made by the Women Cell of MES College Marampally and the students to make such a wonderful magazine.

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PUNARJANI
Manuscript Release

Guest of Honour

PROF. MONAMMA KOKKAD
Former Member,
Kerala State Women's Commission

11:00 am
26 March 2024
South Block Seminar Hall

Ms. Sheeba Varghese
Women Cell Coordinator

Dr. Ajims P Mohammed
Principal



14. HER IMPACT: INVEST IN WOMEN, IGNITE CHANGE

On March 26th 2024, Women Cell of MES College Marampally in association with Kerala State Women's Development Corporation (KSWDC) organized a talk on "Invest in

Women, Ignite Change” at 10.30 am in the Silver Jubilee Hall. Prof. Monamma Kokkad, Former Member of the Kerala State Women’s Commission and Founder of the Never Me Movement for Girls was the resource person. The programme started with prayer and Ms. Geethu Merin Antony, Programme Coordinator, delivered the welcome speech. Principal Dr. Ajims P Mohammed, gave the presidential address and Dr. Jasmine P M, Vice Principal, addressed the gathering. Prof. Monamma Kokkad explained the different aspects of investment in women and how women can change the world. She also explained the need for employment of women. The talk gave insight and inspiration for self-esteem for the students. Ms. Sheeba Varghese, Women Cell Coordinator delivered the vote of thanks.

The poster features the MES College Marampally logo on the left and a circular logo on the right. The central text reads: "HER IMPACT: INVEST IN WOMEN, IGNITE CHANGE" in large, bold letters. Below this, the date and time are listed: "10:30 am" and "26 March 2024" in a black box. The location is "South Block Seminar Hall". To the right of the text is an illustration of a woman climbing a ladder, with another woman standing below her, and various icons like a hand, a star, and a briefcase. At the bottom, there is a yellow banner with a portrait of Prof. Monamma Kokkad and the names of the organizers: Ms. Jasmin S. and Ms. Geethu Merin Antony (Programme Coordinators), Ms. Sheeba Varghese (Women Cell Coordinator), and Dr. Ajims P Mohammed (Principal).

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WOMEN CELL
in association with
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION (KSWDC)

**"HER IMPACT:
INVEST IN WOMEN,
IGNITE CHANGE"**

10:30 am
26 March 2024
South Block Seminar Hall

Guest of Honour
PROF. MONAMMA KOKKAD
Former Member Kerala State
Women's Commission

Ms. Jasmin S.
Ms. Geethu Merin Antony
Programme Coordinators

Ms. Sheeba Varghese
Women Cell Coordinator

Dr. Ajims P Mohammed
Principal



16. THEME DANCE, THEME SONG, AND DISTRIBUTION OF PRIZES FOR COMPETITIONS CONDUCTED IN CONNECTION WITH WOMEN'S DAY CELEBRATION.

As part of cultural activities that aim to address various aspects of women's empowerment, rights, and advocacy, the Women Cell of MES College Marampally in association with Kerala State Women's Development Corporation (KSWDC) organized a theme dance and a theme song on 26.03.2024 at the Silver Jubilee Hall at 11.20 am. The dance piece showcases the elation of a mother who experiences witnessing the birth and growth of her daughter. She has never felt a love like the one she feels for her daughter. As a mother to a beautiful girl, a woman looks forward to passing on her wisdom and teaching her daughter how to be strong, and courageous and to never stop dreaming. The theme song aims to empower women by celebrating their strength, resilience, and achievements. It can showcase stories of inspiring women who have overcome challenges and succeeded in various fields. The prizes for the winners of short story writing, poetry writing and painting competitions conducted in connection with the International Women's Day Observance were distributed.



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WOMEN CELL
In association with
KERALA STATE WOMEN'S DEVELOPMENT CORPORATION (KSWDC)

26 MAR 2024
11:30 am

- Theme Song Performance
- Theme Dance Performance
- Prize Distribution

South Block Seminar Hall

Ms. Sheeba Varghese
Women Cell Coordinator

Dr. Ajins P Mohammed
Principal



Women Cell Coordinator : Ms. Sheeba Varghese

Jt. Coordinators : Ms: Jasmin S, Ms: Neelima T K, Ms. Roshni Alex
Ms. Geethu Merin Antony, Ms. Aksa Maria Joshy
Ms. Dhanya Sasikumar