

MES COLLEGE MARAMPALLY

EQUAL OPPORTUNITY CELL REPORT 2021-22

MES College Marampally's Minority Cell and Equal Opportunity Cell organized a "Premarital Counseling Course" on 9, 10, 11 and 12 November 2021 funded by the Department of Minority Welfare, Government of Kerala. The participants of the program were selected from the various Post Graduate Departments by circulating a notice to the Heads of the Department on 06-11-2021. During the inaugural ceremony, the welcome address was delivered by MsShereena V. B, Coordinator of Minority Cell, followed by the presidential address of Dr.K.K. Sulekha, Principal of CCMY, Aluva. Dr.K.K. Sulekha presented the theme and necessity of the course to the students. Dr Manzur Ali P.P., Principal of MES College, Marampally inaugurated the program and presented the importance of premarital classes for youth. Felicitations were made by Adv. Kunjumon and SaheeraThangal, the resource persons of the day. MsRejeena K.A, Coordinator of the Equal Opportunity Cell, delivered vote of thanks.



Inaugural Session

The whole program was conducted in 4 days with 2 sessions each day.

Day 1: 09-11-2021

The first session took place on 9th November 2021 by Adv. Kunjumon on the topic "Introduction to Marriage". He explained the different aspects of marriage including Physiological, Psychological and Social. Students were asked whether a marriage was necessary. They answered both "yes" and "no" and he proceeded to ask them their reasons. He made it clear to everyone that different people define marriage in different ways. During his session, he explained that marriage is a social, political, economic, and spiritual bond between two people based on principles of love, trust, and companionship, and he went over the various purposes of marriage. The session was quite entertaining and informative. The session started at 8AM and concluded at 11 AM.

Psychologist and writer SaheeraThangal took over the second session for the day on "Husband and Wife Relationship". Both the couple should have care, respect, mutual understanding, commitment and, most importantly, love between them. Since lack of communication is seen as a common problem in many marriages, she presented the importance of being a good listener in communication between partners. Towards the end of the section, the students were divided into groups and were given topics for a role-play. Both groups took the task in stride and made the theme effective. The session started at 11.15 AM and concluded at 2.15 PM.

Day 2: 10-11-2021

The first session on 10th November 2021 was about the topic "In-law Relationships and Conflict Management". MsSifaThangal, who is working as a counsellor took the session where she explained all the matters that affect the marriage life if there is a conflict involving the in-laws. In addition to her lecture, she conducted various activities and interactive sessions to make the class more engaging. She pointed out the precautions we can practice and ways to overcome these situations. The session started at 8 AM and concluded at 11AM.

The 2nd session of 10thNovember 2021 "Marriage and Sexual Relationships" was taken by Dr. Bindu Philip. The session covered various aspects of sexual health. She started her session with the importance of sexual hygiene and described the supporting points. Then by sex, sexuality and gender where sex is defined as the identity, gender is defined as who you are employing sex and sexuality is defined as the mechanism of the attracted to the opposite sex. We got the idea about homosexuality, heterosexuality and bisexuality. Then she discussed pregnancy and the importance of each day in the menstrual cycle. Finally, she discussed sexually transmitted diseases (STD s) such as syphilis, inflammatory diseases and Aids. The class was very informative regarding that sexual health is an important factor in marriage life. The session started at 11.15 AM and concluded at 2.15 PM.

Day 3: 11-11-2021

During the first session of 11thNovember 2021, Adv Shaijan Joseph handled the topic of "Law Relating To Marriage And Family". He took a detailed section on the legal side of marriages and related to it. He went through all the legal aspects of marriage in different religions, the rights of women and men in marriage, scientific temper, marriage law, the special marriage act and abortion laws and more. He pointed out all the rules for a valid marriage and shared information about the formalities in divorcing a person and the losses caused by divorce to the individuals and the society. The session started at 8 AM and concluded at 11 AM.

The second session of 11thNovember 2021 was taken by a psychologist, MsHajeesha Husain and the topic was "Financial Management and Budget". She explained skill development, TMR management, economic activities at home, pointing out to prioritize needs rather than wants. She

starts the class by asking students their names and adding any extra adjectives to their names thus making the session more interesting. She divided the students into groups and asked them to take points on the expenses that a family has in their daily life. She gave each of the teams' sheets including a couple of cases that may cause stress and told us to check on those that apply to us. The session started at 11.15 AM and concluded at 2.15 PM.

Day 4: 12-11-2021

Adv. Charlie took the first session on 12th November 2021 on the topic “Caring for Children and Parenting”. He pointed out that being optimistic rather than discouraging children improves their cognitive, social and problem-solving skills and helps children exhibit optimistic and confident social behaviors. He started the session with an exercise to refresh our bodies and minds. He talked about the importance of having a foreplan for the children after marriage and the things women should consider while pregnant. It was a very entertaining and helpful class. The session started at 8 AM and concluded at 11 AM.

Ms Ambika handled the second section of 12th November 2021 covering the topic “Group Counselling”. The students were asked to attempt a role-play on the topic "Family conflict and how to solve it" based on all the sessions they have received so far. There were 4 groups with different stories for role-play that they acted on within minutes. After each play, the resource person explained the problems they presented more clearly and how to overcome the said problems and shared her own experiences and made the session more impacting. The session started at 11.15AM, had a break at 12.45 PM and rejoined at 1.30 PM. This session was concluded at 3PM.

Certificates for the course were distributed on 12th November 2021 after the sessions. Adv A A Abul Hassan, Secretary of College Management Committee, Dr. Manzur Ali P P, Principal of MES College Marampally, Dr. Jasmin P M, IQAC Co-coordinator and HOD, Department of Electronics and Adv Charlie and Ms Ambika, resource persons of the day, gave the certificates to students. A total of 58 students attended the course.



Valedictory Session

Rejeena.K.A
(Coordinator)