

MINORITY CELL
MES COLLEGE MARAMPALLY, ALUVA
PATHWAY- SOCIAL LIFE WELLNESS PROGRAMME 2023-2024
(8, 9, 10 November 2023)

Inaugural Session



MES College Marampally Minority Cell in association with **Coaching Centre for Minority Youth, Aluva** organised "**Pathway- Social Life Wellness Programme 2023-24**" on **8, 9, and 10 November 2023** funded by the Department of Minority Welfare, Government of Kerala. The three day programme was planned in 6 sessions with two sessions of 3 hour duration per day. The participants of the program were selected from the various Graduate and Post Graduate Departments by circulating a notice to the Heads of the Department on 01.11. 2023.

The registration started at 9:15 A.M. and closed at 09:30 A.M. with a total of **30 students** registering. The inaugural function commenced at 09:30 A.M. where Dr. Bindu Jamal, Chairperson, Minority Cell, MES College Marampally, delivered the welcome address. Dr. K.K. Sulekha, Principal, CCMY Aluva, delivered the Presidential Address, wherein she spoke of the workings and opportunities provided by the minority cell and its significance. Dr. Ajims P. Mohammed, Principal, MES College Marampally inaugurated the program. Felicitation were by Dr Jasmine PM, Vice Principal, MES College Marampally, and Lt. Ibrahim Salim M., Staff Secretary, MES College Marampally. Dr. Fousiyamol M., HOD, Department of Chemistry delivered the Vote of thanks. The inaugural session came to an end around 10:00 A. M.

Day 1: 8-11-2023

Session 1:

Time: 10: A.M - 01.15 P.M.



The first session commenced at 10:00A.M on 8th November 2023 by **Dr. Akhilu Thomas, Cynical Psychologist**, on **Introduction, Marriage for Social Wellness**. From tracing the various 'sharings' needed to work out a marriage to exploring the concepts of love, understanding, trust etc, Dr. Akhilu Thomas provided a brief and precise overview of the subject in discussion. She also mentioned some of the cases that she had to deal with, making the session interesting. **The session came to a close at 01:15 P.M.**, with Dr. Akhilu Thomas reducing the gamophobia, which is the fear of marriage, to a minimum in the audience. Ms. Sandra David and Ms. Sudhinamol K.K from the audience provided feedback as well.

Lunch was provided thereafter. Tea break : 11 am to 11.15am

Session 2:

Time: 2pm to 5.15pm



Dr Bindu Philip engaged the second session on the topic **Infant and Adolescents', Parenting skills, Sex education and Pregnancy**. The session began at 2:00 P.M. She interacted with the participants at length on parenting skills, health, childcare and the anatomy of the mind and body, elaborating upon the theory of Eric Erikson. The class proceeded in a discussion mode wherein the students were divided into groups of five, forming six groups. Each group were asked to discuss and share their least favorite and best

memories of their childhood and teenage. The discussion brought to light interesting observations about gender construction in society and gender roles in the family. Understanding of sex and sexual relations was also introduced by the speaker. The session was highly useful and helped the participants form perspectives on some of the core issues connected with personal and social wellness. The session came to a close at 5:15 P.M.

Tea break was from **03:00-03:15 P.M**

Day 2: 9.11.23

Session 3:

Time: 10:00 A.M. - 01:15 P.M.



The session on **Effective Communication Skills for Couples and Healthy Online Communications** by Adv. T. K. Kunjumon began at **10 am** on 9th January, 2023. Adv. T. K. Kunjumon helped generate an awareness about the necessity of proper communication between a husband and a wife in a familial relationship. He emphasized on the point that the thinking faculty of both men and women are on different levels. A better understanding of this difference will enable smooth communication between them. He also highlighted the need for quality time between partners, as in the present scenario screen time has taken over spending quality time with friends and family. The topics discussed were filled with ample real life cases that he had to deal with in his profession. The session came to an end by about **01:15 P.M.**

Tea break: 11 A.M. – 11. 15 A.M.

Session 4

Time: 2pm to 5.15pm



Dr Habeeba Hussain engaged the fourth session on the topic **Effective Management of in-law relationships and conflict resolution techniques**. She at length discussed on the role of family in a society and how to deal with the in-laws in a family. She emphasized the role of cultural difference in destroying family relations and how the members should take an effort to understand the cultural differences. She also focused on the need to draw boundaries between partners, between partners and their family as well as with the in-laws and relatives. She dealt with these issues by illustrating the married couples to an uprooted plants and care must be taken for its growth. She then proceeded to divide the class into two sessions and conducted a debate wherein one group dealt with the topic of love marriage, while the other dealt with arranged marriage. The session came to a close with her pointing out the merits and demerits of both le marriage as well as arranged marriage.

Tea break: **03:00pm to 03:15 pm**

Day 3:

10.11.2023

Session 5

Time: 9.15 am to 12.30 pm



Adv. Shajan Joseph led the session on **Legal and Religious aspects of marriage** from 9.15 am to 12.30 noon. He discussed at length on different marriage acts like Hindu, Muslim, Christian and Special Marriage Act. The session also covered provisions for legalizing divorce and the conditions on which abortions are allowed, as per law. He also focused on the rights of a married woman. The session came to an end with him emphasizing on the importance of love, trust and absence of selfishness, provocation and the like to hold a family together.

The tea break was from **11 am to 11.15 am**.

Session 6

Time: Time: 1.45 am to 5:00 pm



The final session of the 3 day programme on social wellness was from **1.45pm to 5pm** by **Dr C S Ambika Devi** on **Family Budgeting**. The session covered topics on how to handle budget, while focusing on the change of times wherein the income is being earned by both partners in a family. The session proceeded through group discussions with the class

being divided into three groups. The participants were made to visualize and plan budgeting in a normal family. Adding commentary to the group activity, she emphasized on the possibility of having an extra income and the need to set aside a part of income for savings and for emergency medical funds. The session was an eye-opener to many participants and helped them understand the importance of planning and spending money to run a family. Ms. Fathima Jannath and Mr. Febin Joseph from the audience, also gave their feedbacks on the sessions. Tea break: 3pm to 3.15 pm

Valedictory Function



The valedictory function was arranged from 5 pm to 5.30 pm. Vice Principal, Dr Jasmine PM, gave away the certificate of participation. Dr Bindu Jamal, Chairperson of Minority Cell, MES Marampally College presided over the function. The student group of 30 expressed their happiness and satisfaction at the many useful insights they received by attending this programme on Social wellness. The Vote of Thanks was proposed by Ms. Rahamath Beevi M.M, faculty, Department of Arabic.