

# MES COLLEGE MARAMPALLY

## MINORITY CELL : REPORT 2022-23

MES College Marampally's Minority Cell in association with Coaching Centre for Minority Youth, Aluva organised "Pathway- Social Life Wellness Programme" on 18, 19, and 20 January 2023 funded by the Department of Minority Welfare, Government of Kerala. The three-day programme is 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 3.1. 2023.

The registration started at 9:00 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 introduced the course and its significance to the gathering. Dr. Ajims P. Mohammed, Principal, MES College Marampally inaugurated the program and addressed the gathering. Felicitations were made by Dr. Jasmine P.M., Vice Principal, MES College Marampally and Dr. Shemi P.M., Staff Secretary, MES College Marampally. Dr. Neethu P.M., Assistant Professor, Department of Chemistry, MES College Marampally delivered the vote of thanks, with which the session came to a close at around 10:00 A. M.





The first session commenced at 10:00A.M. on 18<sup>th</sup> January 2023 by Adv. T. K. Kunjumon on **Introduction – Marriage for Wellness**. From tracing the historical evolution of the institution of marriage, to arriving at the contemporary status of the same, Adv. T. K. Kunjumon provided a brief and precise overview of the subject in discussion. Further, he explained the various aspects of marriage including the Physiological, the Psychological and the Social, utilizing Maslow’s Hierarchy of Needs.



The gathering dispersed for a short **tea break** of 15 minutes from 11:00 A.M to 11:15 A.M. Upon resuming the session, Adv. Kunjumon thoroughly discussed and delineated various types of marriages existent in the present society and the changing expectations of the partners in each of such cases with the help of interactive activities. **The session came to a close at 01:15 P.M.**, with Adv. Kunjumon establishing healthy marriages as the route to social wellness. Lunch was provided thereafter.

Psychologist and writer **Saheera Thangal** took over the second session for the day on "**Effective Communication Skills for Couples and Healthy Online Communication**". The session began at 2:00 P.M. Ms. Thangal helped guide the students to differentiate between assertive and aggressive communication. Further, Ms. Thangal dealt with serious issues such as barriers emerging in communication between individuals in a marital relationship. She also gave insights to resolving communicational conflicts. The session came to a close at 5:15 P.M.



The session on **Effective Management of In law Relationship and Conflict Management**, by Ms. Sifa Thangal began at **10:00 A.M.** on 19th January, 2023. Ms. Thangal helped generate an awareness about the necessity of managing healthy family relationships in the contemporary society, where familial ties and bonds are gradually weakening. By throwing light on the significance of the role played by families in a happy and healthy marital relationship, Ms. Thangal briefed upon the issues arising on these complex relationships and recommended effective suggestions to resolve them. This session that was cleverly curated to involve effective participation from students, proved to be an effective one. The session came to a close at **01:15 P.M.**



Dr Bindu Philip engaged the fourth session on the topic **Infant and Adolescents', Parenting skills, Sex education and Pregnancy**. She interacted with the participants at length on parenting skills, health, childcare and the anatomy of the mind and body. Gender construction in society elicited interesting observations and gender roles in the family was keenly discussed. 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.



**Adv. Shajan Joseph** led the session on **Legal and Religious aspects of marriage** from 9.15 am to 12.30 noon on the third day. He discussed at length the personal laws in India for the different communities, the rules of the Special Marriage Act, the Domestic Violence Act and all the essential legal requirements for a valid marriage contract. The discussion also covered the role and significance of one's personal faith / religion and how crucial a role it can play in the establishment of a stable and happy marital life. The tea break was from 10.30 am to 10.45 am .



The final session of the 3 day programme on social wellness was from 1.45pm to 5pm by Dr C S Ambika Devion **Budgetting**. The session was conducted in an interactive manner and the participants were made to visualize and plan budgeting in a normal family. The session was an eyeopener to many participants and helped them understand the importance of planning and spending money to run a family. Dr Ambika also stressed the importance of becoming self-reliant and the need of developing skill sets to help generate income.



The valedictory function was arranged from 5pm 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. Ms Shahin Moopan of CCMY, Aluva was also present on the occasion. Four students representing the student participants gave their feedback of the 3 day programme. 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. Sukanya Raj, faculty, Department of English.

#### Coordinators

- Dr. Bindhu Jamal, Head, Department of English (Chairperson)
- Dr. Sheeba K H, Assistant Professor in Business Administration (Convenor)
- Ms. Lina Anil, Assistant Professor in Biosciences (Member)
- Dr. Fousiamol M M, Assistant Professor in Chemistry (Member)