

WOMEN CELL

2018-2019

25-06-18

A proposal was submitted to women scientist division, KSCSTE for women development on the topic “Technological advances in transforming women’s life”.

02-07-18

Workshop on health practices

“Get relief from all pains through yoga and exercises” organized by the head of Physical Education, Mr Haneefa K G. He gave a brief description about the need of exercises in our daily life. He gave demonstrations on various positions that can reduce the back pain through yoga and exercises.

The students from the sports team also supported us to get knowledge on various exercises using the equipments of the health club. The time for doing exercises was decided to be from 3.30 to 4.30 pm and other free time.



04-02-19

Workshop on poster making

In connection with International women’s day celebrations, women and child care development of Kerala conducted the poster making workshop in our college. The theme was “Kerala sthree,innale,innu,nale”. More than 45 students participated in the workshop.



08-02-19

Workshop on self defence

The resource person of the programme was Mr.Raghu K.S, Civil Police Officer, Fort Kochi. He spoke about the various accidents he had faced in his life, being a police officer. He talked about the usage of mobile phones and its various health hazards and about cyber crimes. He also gave various examples for how to be brave in the life of women. Ms. Bhavya Menon, Programme officer felicitated the programme.





14-02-19

Workshop on dream catcher

On 14th February 2019, women's cell conducted a workshop on craft making with the initiative of IEDC of our college. Workshop was conducted by Dream Zone, Aluva. 28 students from various departments participated in the workshop. IEDC programme officer Ms.Rafeekamol C.A offered felicitation. The main attraction was 'Dream Catcher' students made them in various colours and shapes.

The craft items made by the students are to be kept in the exhibition which will be conducting on science day in our college. The students are now capable for making these craft items and could earn for their daily needs.





28-02-19

Cookery show

Women Cell of MES College Marampally, conducted an interesting session on 28/02/2019 Thursday, at 2.00pm at New Block , under the guidance of Mrs. Dhanya Sasi Kumar , Joint Coordinator. This session aimed to inculcate special skills in children and Mrs Dhanya Sasikumar presented excellent cooking recipes in a funny way by involving students.They introduced the recipes of Kinnathappam, kalathappam ,Chappathi and pure ghee.34 UG Students were participated in this programme. The dishes made were given out to students to taste and they showered great feedbacks about the food and the session. Farzana V A from Arabic department delivered the vote of thanks.



05-03-2019

The students of women's cell along with the support of teachers stitched kids wear garments for the play school of our college and distributed them.



Programme officer

Bhavya Kamal K Menon