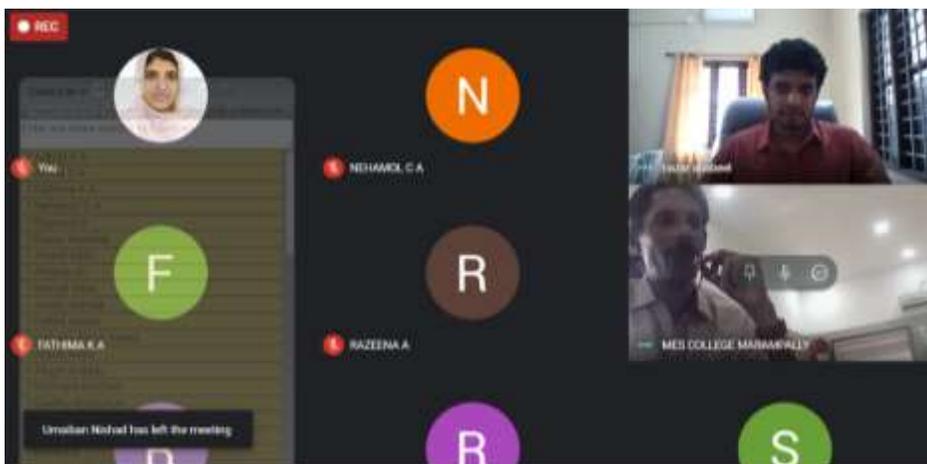


MES COLLEGE MARAMPALLY

REPORT ON MINORITY CELL ACTIVITIES CONDUCTED DURING 2020-2021

- 1. Name of Event (Webinar): Journey towards a successful entrepreneurship**
Date of Event: 28-10-2020
Platform: Google meet
Resource person: Mr. Razal Nazar Director of Ababeel group
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The webinar took place on wednesday 28-10-2020 at 10.30 AM on Google meet. Almost a hundred attended the webinar and it began with a prayer song sung by Kavya P M second year student of BCA. After that Mrs. Shereena VB coordinator of minority cell gave everyone a welcome speech and later Dr. Ajims P. Muhammed, Principal of MES college Marampally done his presidential address. Later, Dr. Abul Hassan, secretary of college managing committee conveyed a few words about the webinar. Next was none other than our honourable resource person, Mr. Razal Nazar, Director of Ababeel group, the company which specializes in retail sector of construction materials mainly tiles, granites, construction chemicals and provide the customer with service processes and procedures as much as possible. He is the one who had conducted a business plan and strategy, developed business model and participated in all facets of the business development.



He achieved his life's goal through his immense hardwork and dedication. Not only his hardwork but also his powerful mindset towards the problems and the courageous way he had

solved all of those. Now he had become a successful entrepreneur by being the director of Ababeel group at this tender age. It was really a great privilege to all of us to have his presence in this webinar. He was also a student advisor who have been providing various counselling programs to other students. So this webinar was another platform for him to depict his journey towards a successful entrepreneurship. So he started sharing his point of views as an entrepreneur and tried to influence each one of us. He conveyed a lot of things and shared the hardships he had faced during his business journey. He talked about the basic things that one has to acquire in order to being an entrepreneur. He added, An entrepreneur must invest his valuable time in those key activities that will lead him to his success. Also, he tried to make everyone understood about how to make relationship with money and to build up a nexus. The entire session was really encouraging and motivating. He also conveyed the pros and cons of today's educational system and how he achieved his goal. After his most valuable words, An interactive session had conducted. Students were offered a chance for asking their questions and other concerns about entrepreneurship. Students asked their questions and Mr. Razal Nazar was very much eager to answer all of those. He rectified everyone's doubts and after his session Mrs. Ramla Beevi, Joint coordinator of equal opportunity centre gave her vote of thanks. The entire goal of this webinar was to encourage those upcoming college graduates by enlightening them about the various ways that they can achieve their life's success. Entrepreneurship was one of the best way that can be suggested. So that the webinar was a great success and participation was the main thing that led the webinar to it.

2. Name of Event: PREMARITAL COUNSELLING 2021
Date of Event: (8, 9, 10, 11 February 2021)

The Minority Cell of MES College, Marampally along with the Department of Minority Welfare, Government of Kerala organized a 4-day PreMarital Counselling Course from 8th February to 11th February 2021. The program was formally inaugurated by Dr. A.B Moideenkutty (Director, Directorate of Minority Welfare, Govt of Kerala) via online Google Meet. Dr. Ajims P Mohammed, Principal of MES College Marampally, presided over the inaugural session. The session was also blessed by the online presence of Dr. K K Sulekha, Principal, Coaching Centre

for Minority Youth, Aluva. The welcome address was given by Ms. Shereena V.B (Coordinator of Minority Cell, MES College Marampally) and the Vote of Thanks was delivered by Ms. Rejeena K A (Coordinator of Equal Opportunity Cell, MES College Marampally). Also, the resource persons Advocate Kunjumon and Sifa Thangal gave felicitations in the inauguration and the students were divided into two batches. The whole program was conducted in 4 days with 2 sessions each day. Timings of the session were

Session 1: 9:00 am-12:00 pm

Session II: 12:30pm-3:30 pm



Online Inauguration by Dr. A.B Moideenkutty

Batch -I

Day 1: 8th February 2021.

Resource person of the Session I was Ms Sifa Thangal who explained the importance of the marriage for oneself as well as the society. Students were divided into groups and active group discussions were made related to family, marital life-its issues and challenges etc. The session was very interactive and active discussions were made by the students on the subject.

Resource person of the Session II was Advocate Kunjumon who talked on the various aspects related to marriage - social commitment, family commitment etc. and their legal aspects. The session was very informative; The students could clearly follow the various legal and social aspects of marriage. He emphasized on the importance of raising marriageable age, its social and legal implications etc.



Session by Ms. Sifa Thangal

Day 2: 9th February 2021.

The Resource person of Session I, Mr. Anoob V Thomas explained about ‘Sexual Health’ and its importance in marital life. He explained about the difference between sex, sexuality and

gender. He also explained about health, hygiene and sexual hygiene. The session was very informative and valuable for the students.

Session II

The Resource person of Session II, Ms Akhilu Thomas explained Healthy Family Relation. The session dealt with various misconceptions that that young generation have of familial relations gathered from various medias like TV serials, cinemas etc. She also discussed some of the major reasons that have lead to divorce and how to solve these problems in the family itself. She also pointed out how solvable problems kept hidden and unattended may lead to unsolvable huge ones and explained on what precautions have to be taken to prevent it. The session was very informative and valuable to the students as it dealt with practical problems of marital life.

Day 3: 10th February 2021.

The Resource person of Session I, Advocate Abdul Hakk, explained the legal and social aspects of marriage as an institution. It was an informative session. He explained the legal side of accepting and giving dowry, marriage age- its importance and implications and the pros and cons of the new legal developments in this area. He also gave insight about the things to be considered right from the time when a proposal comes to the time of divorce, various protections offered for women suffering in their marriage etc.

The Resource person of Session II, Saheera Thangal, explained the different practical aspects and situations in the family setup and how to manage conflicts in the family environment and emphasized on the family responsibilities- its importance, prioritization in the time of decision making in families, group decision making etc... with the help of role plays and examples. She stressed on the fact that at least 6 months should be given to two people to understand each other before marriage.



Session by Ms. Saheera Thangal

Day 4: 11th February 2021

The Resource person of Session I, Dr. Raseena Padmam, explained the benefits of group counseling, which is a kind of counseling where people who suffer from same types of problems are brought together and given an opportunity to let out what's inside their mind and reach a solution. The students were made to enact role plays of practical situations like alcoholism and its impact on family and society. She demonstrated the effectiveness of two types of group counseling- group discussion model and psycho drama model, in collectively solving a problem.

The Resource person of Session II, Dr. Ambika Devi, discussed the topic of family budgeting and its importance. The whole of the student body present was divided into groups and told to prepare an imaginary family's monthly budget to induce an understanding on how money is spent in a family and how it can be done carefully in a planned manner.



Session by Dr. Ambika Devi



Session by Dr. Raseena Padmam

Batch-II

Day 1: 8th February 2021.

The Session I for 8th February 2021 was "Introduction to marriage" and "Interpersonal relationship". The first session 'Introduction to marriage' started at 9 am by Adv. Mr.KUNJUMON. He made it clear to everyone that different people define marriage in different ways and he also explained various purposes of marriage.

The second session 'Interpersonal relationship' was taken by SIFA THANGAL at 12.30 pm, who is a counsellor. Indeed the topics were important and the method of conveying ideas made us able to easily grab the concepts. The class helped to gain some kind of positive vibes and inner confidence expecting that I can be part of other sessions.



Session by Adv. Kunjumon

Day 2: 9th February 2021.

The session for 9th February 2021 was "Healthy relationship" and "Sexual health & pregnancy". The first session 'Healthy relationship' was taken by Mrs. AKHILU. The session started at 9:00am which gave a description about a healthy relationship. She conveyed that 'Relationships' may be defined in different ways depending on who's involved, but healthy relationships all depend on a few key elements: healthy communication, healthy boundaries, mutual respect, and support for one another. She said some of the incidents as examples which helped in conveying the idea much more easily. Later she discussed in-law relationships. She said that in-law relationships are important to societies, both past and present. She made it clear to everyone about how to treat in-laws properly and how to maintain a healthy relationship.

The afternoon session was about the topic 'Sexual health and pregnancy' conducted by ANUB. P. THOMAS. He is working as a senior family counsellor. The session started at 12:30 pm. The session covered various aspects of sexual health. He started his session with sexual hygiene and described the supported points. Then by sex, sexuality and gender in which the sex defined as the identity, gender defined as who you are by means of sex and sexuality defined as

the mechanism of the attracted the opposite sex. We got the idea about homosexual, heterosexual and bisexual. Then he discussed pregnancy and the importance of each day in the menstrual cycle. Finally he discussed sexually transmitted disease (STD) such as syphilis, inflammatory diseases and AIDs. The class was very informative regarding that sexual health is an important factor of marriage life.



Session by Mr. Anub P. Thomas

Day 3: 10th February 2021.

The session for 10th February 2021 was "Family relationships and conflicts" and "Legal aspects of marriage". The first session started at 9:00am. The first session 'Family relationships and conflicts' was taken by SAHEERA THANGAL. The session gave a detailed description about how we could lead a life after marriage without conflict. She said that conflict can happen when family members have different views or beliefs that clash. The resource person discussed several properties of intelligence such as presence, confidence, sense and time. She conveyed the topic through a roleplay by selecting 7 students. Through the roleplay she cleared that communicating in a positive way can help reduce conflict so that family members can reach a peaceful resolution. Later she discussed the various types of skills that we want to overcome in life after marriage such as decision-making skills, problem solving skills, time management skills and money management skills. She also revealed that the aim of conflict management is to enhance learning and group outcomes including effectiveness or performance in an organizational setting. She has conducted it well and these will help to activate our mind and life after marriage.

The second session about the 'Legal aspects of Marriage' was taken by Adv. HAKK started at 12: 30. He has conducted the class almost touching all the legal aspects of marriage in different religions like Hindu marriage act, Muslim marriage act and Christian marriage act. What are all the rules for a valid marriage? He also shared the information about special marriage act and how to register a marriage, and also he talked about the divorce, the formalities in divorcing a person and the losses by divorce to individuals and society. The class was very informative regarding the issues of marriage.



Session by Adv. Hakk

Day 4: 11th February 2021

The Session I for 11th February 2021 was "Budgeting" and "Group counselling ". The first session about 'Budgeting' was taken by Dr. AMBIKA DEVI. The session started at 9:00am. This topic is most common in different sectors. She started the session by introducing herself. Then she said that budget is the important part for a family because the budget makes the person meet the end of their daily life. She divided us into 4 groups and said to imagine each group as a family and then to calculate the overall budget in a month. By doing this she conveyed to us about how and how much money to spend for each need and discussed the importance of having an extra income through one's skill. She discussed family planning as well as family budget. She had conducted it so well and these helped to lighten our mind about the responsibilities of the family by considering the budget. The session helped us to know how to set a family budget properly.

The afternoon session about 'Group counseling' was taken by Dr. RAZEENA PADMAM, who was the Professor and Director of School of Behavioural science in Mahatma Gandhi University KOTTAYAM. She started the session by telling us to write some of the socially relevant problems that we can see around us. Then she took a topic from it which was 'Love'. To make the session interactive two types of group counselling is conducted. A counselling roleplay and a discussion regarding the selected topic. She asked 6 students to come forward to enact the roleplay. Then she made us into two groups and gave topics to each group for discussion. The topics were 'The good aspects of love' and 'The tragedies in love'. She concluded the session by making us understand the manners to be kept while group counselling.

Ms Shereena V B
(Minority Cell Co-ordinator)