

MES COLLEGE MARAMPALLY

WOMEN CELL ANNUAL REPORT: 2022-23

1. Cup of Life 2022

Cup of Life 2022, A gender equity programme was an initiative of Shri. Hibi Eden MP in association with Indian Medical Association, Cochin and District Administration Ernakulam.

Nodal officer of the event was Ms. Bhavya Menon. Ten teachers from the college attended the training on 25 August 2022 at IMA Hall, Ernakulam.

Women Cell of MES College Marampally together with MES Youth Wing organized the campaign on 29 and 30 August 2022 and distribution of menstrual cups on 1 September 2022. 685 registrations were conducted from the college including students, teaching and non-teaching staffs. The programme was organized in association with IQAC, Nature Club, NSS, NCC, IIC, IEDC and YRC.


The programme began at 10.30 am with a silent prayer. Mr. Muhamed Nizar B.H., MES Youth wing secretary welcomed the gathering. Dr. Ajims P. Mohammed, Principal of the college presided over the function. The programme mainly emphasised "Empowering women and girls through good and healthy menstruation hygiene."

Cup of Life 2022 was inaugurated by Mr. Jabbar Jalal, MES Youth Wing State President. He distributed the menstruation cups to the registered students.

Adv. A.A. Abul Hassan, Secretary and correspondent of College Management Committee, Dr. Jasmine P.M., Vice Principal and IQAC Coordinator, Dr. Shemi P. M., Staff Association Secretary, Lt. Ibrahim Salim, NCC Programme Officer and Mr Shafeek C.A. State Executive Member, MES Youth Wing felicitated in the programme.

Ms. Bhavya Menon, Nodal Officer of Cup of Life 2022 proposed the vote of thanks. The programme came to an end by 11:30 am by National Anthem.






INDIAN MEDICAL ASSOCIATION COCHIN BRANCH
 IMA HOUSE, JLN INTERNATIONAL STADIUM LINK ROAD,
 PALARIVATTOM, KOCHI-682025

Date: 25/08/2022

Duty Certificate

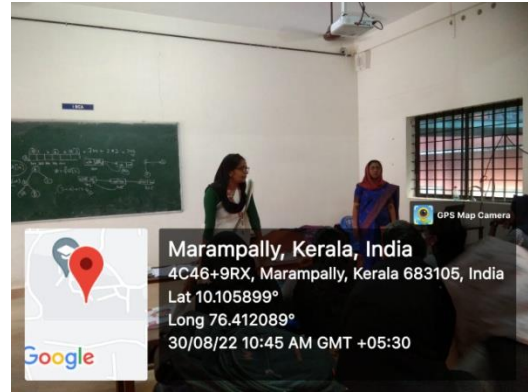
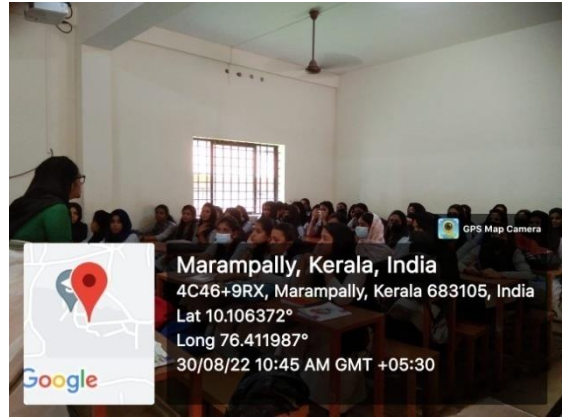
This is to certify that Mr./Ms. the following teachers from MES College Marampally, Aluva
 has attended the training of Cup Of Life at IMA House, Kaloor on 25th August 2022 from 10.00 am.


 Dr Akhil Manuel
 Coordinator
 Cup Of Life



1. Bhargya Kamal K. Menon
2. Sufara Shamsudeen
3. Dr. Rubena
4. Amalitha Dinesh
5. Akhila .P
6. Dhanya Sasikumara
7. Smittha Salim
8. Phansy M. J
9. Lakshmi N.S
10. Resiya Kazim





Muthoot Finance
CUP of LIFE
 An initiative of
HIBI EDEN MP
 A subsidiary of
Muthoot Finance
IN ASSOCIATION WITH
 HINDIA PRACTICAL FOUNDATION
 DISTRICT ADMINISTRATION
 ERNAKULAM

**MES COLLEGE
 MARAMPALLY**
 Aluva, Ernakulam

**IQAC &
 MES YOUTH WING**
Organizes

"CUP OF LIFE 2022"
 GENDER EQUITY PROGRAMME

Empowering Women and
 Girls Through Good and Healthy
 Menstruation Hygiene

In association with
 Women cell, Nature Club, NCC, NSS,
 Youth Red Cross, IEDC, IIC

1 SEPTEMBER 2022 @ 10 AM
 Venue: Seminar Hall, South Block

<p>Dr. Ajims P. Muhammed Principal</p>	<p>Mr. Mohammed Nisar P.H. MES Youth Wing District secretary</p>	<p>Dr. Jasmine P.M. IQAC Co-ordinator</p>
<p>Ms. Bhavya Menon Nodal Officer</p>	<p>Ms. Amina Nazzer SS B.Sc. Biotechnology, Student Co-ordinator</p>	





2. TITLE: Saluting Indian Women Freedom Fighters for their Contributions “Patang” in connection with Independence Day Jubilee Celebrations

Date and Time: 15th August 2022, 9:30 am to 12:30pm

Venue: South Block Seminar Hall

In connection with India's 75 years of Independence Day Jubilee Celebration Women Cell of MES College Marampally organised "Patang", Saluting Indian Women Freedom Fighters for their Contributions at South Block Seminar Hall on 15th August 2022. Women Cell also organised several programmes for students like nail art, face painting, juice counters etc. The inaugural function began with the cake cutting ceremony by Principal Dr. Ajims P. Muhammed. The theme of the cake was National Flag. The cake was baked by one of the student members of Women Cell. The photos of women freedom fighters like Rani Lakshmi Bhai, Sarojini Naidu and many other Women Freedom Fighters along with their contributions portrayed in charts were displayed on the wall. The exhibition went on well with student participation. The students were provided opportunities to showcase their talent in nail art, face painting and juice counters. Around 75 students participated in the events. It was a great platform to showcase the talent and creativity of students along with spreading the message of women empowerment. Faculties also participated in nail art and tasted 'MOJITO' made by students.





3. Awareness Talk about Hygiene and Personality

Development

It was an amazing event which is conducted by woman cell in association with Hindustan Uniliver Limited. The awareness talk was about hygiene and personality development. It was held in main block conference hall at 11:00 am on 22.11.2022. The program started with the prayer song conducted by college choir group. After that the program was welcomed by Ms Rejeena K A (Woman Cell coordinator & HOD ,Dept of Electronics)The program was presided over by Dr. Ajims P Mohammed , the principal of M E S college Marampally. Felicitation by Dr Jasmine P M, Vice principal of M E S College Marampally and after that the awareness talk session was started. We invited Miss Anjuman Bhanu to

deliver lecture on hygiene and personality development. Almost 250 students participated in this oral intellectual session. This interactive session was end at 12.30 pm. It was an amazing class. All female students and female college staffs who are present there got a lot of confidence and knowledge. The vote of thanks was conducted by Ms Fousiya K M (Assistant Professor, Department of Bioscience). At last the Rexona Academy distribute small gift hamper as a token of love to every female students of M E S College Marampally.





4. AWARENESS PROGRAMME ON “സൈബർ ലോകത്തെ കാണാകുരുക്കുകൾ”

Women Cell of MES College Marampally in association with Women & Child Development Department Ernakulam organized an awareness programme on “സൈബർ ലോകത്തെ കാണാകുരുക്കുകൾ” on 06.12.2022.

The programme began at 2 pm with a silent prayer. Ms. Rejeena K A , Women Cell Coordinator MES College Marampally welcomed the gathering. Dr. Ajims P. Mohammed, Principal of the college presided over the function. Dr. Jasmine P.M., Vice Principal and IQAC Coordinator, Dr. Shemi P.M., Staff Association Secretary, felicitated in the programme. The Resource Person Mr. Thalhath P M, Senior Civil Police Officer, Cyber Crime Police Station took the session on “സൈബർ ലോകത്തെ കാണാകുരുക്കുകൾ”

Mr Tiby Boban, Case Worker, Sakhi One Stop Centre Ernakulam proposed the vote of thanks. The programme came to an end by 4 pm by National Anthem.



Sakhi One Stop Centre, Ernakulam
in collaboration with
Women and Child Development Department, Ernakulam & MES College, Marampally

Awareness Programme for Students

സൈബർ ലോകത്തെ കാണാകുരുക്കുകൾ & വനിത ശിശു വികസന വകുപ്പിന്റെ വിവിധ സേവനങ്ങൾ

Date : 06.12.2022

Venue :MES College, Matampally



