

MEASURES FOR THE PROMOTION OF GENDER EQUITY



MES ASMABI COLLEGE P.VEMBALLUR

Govt.Aided, UGC Recognised & Affiliated to University of Calicut
P.Vemballur, PO. Kodungallur, Thrissur Dt, Kerala 680 671

SPECIFIC FACILITIES PROVIDED FOR WOMEN IN THE CAMPUS

The imperative to safeguard and enhance the safety and security of women on our college campus is intricately woven into the fabric of our institution's overarching security policies. Guided by a commitment to fostering an environment that promotes holistic well-being, inclusivity, and educational excellence, our college's security policies are designed to be robust and comprehensive. By aligning with the principles of our security policies, our commitment to women's safety extends beyond rhetoric, manifesting as a tangible and proactive stance that seeks to create a campus atmosphere where women can confidently pursue their academic endeavors, engage in extracurricular activities, and thrive in all aspects of their college experience.



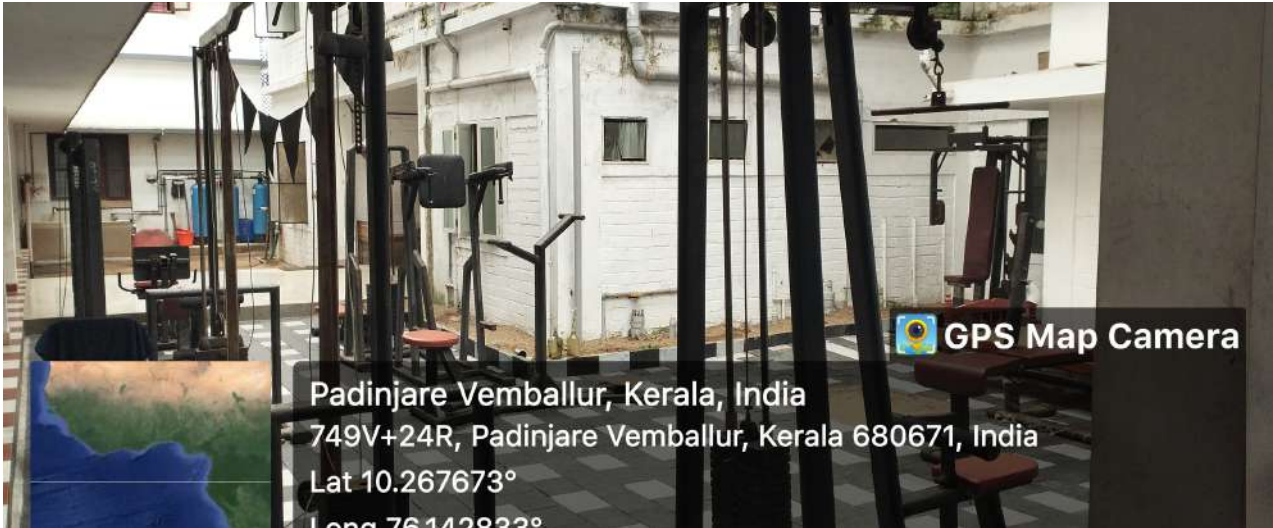
HOSTEL



A well-appointed residence operates within our college premises, dedicated to ensuring the safety and security of our students. An entry/exit registry is meticulously maintained within the college residence to oversee student mobility. The institution further fortifies security through the deployment of security personnel, the issuance of identification cards, uniforms, and the implementation of closed-circuit television surveillance. Accommodations in the residence are provided for students hailing from Lakshadweep and international locales. The feedback received from these students serves as a testament to the institutional measures aimed at upholding gender equity. Over the years, there has been a notable increase in the occupancy rate of our student residence.



SEPERATE
GYM AT THE
LADIES
HOSTEL



By offering an exclusive gym space, colleges aim to cultivate a culture of fitness and health. The provision of a hostel gym underscores the institution's commitment to nurturing individuals who are not only intellectually adept but also equipped with the vitality to face the challenges of academia and beyond.

RETIRING ROOM



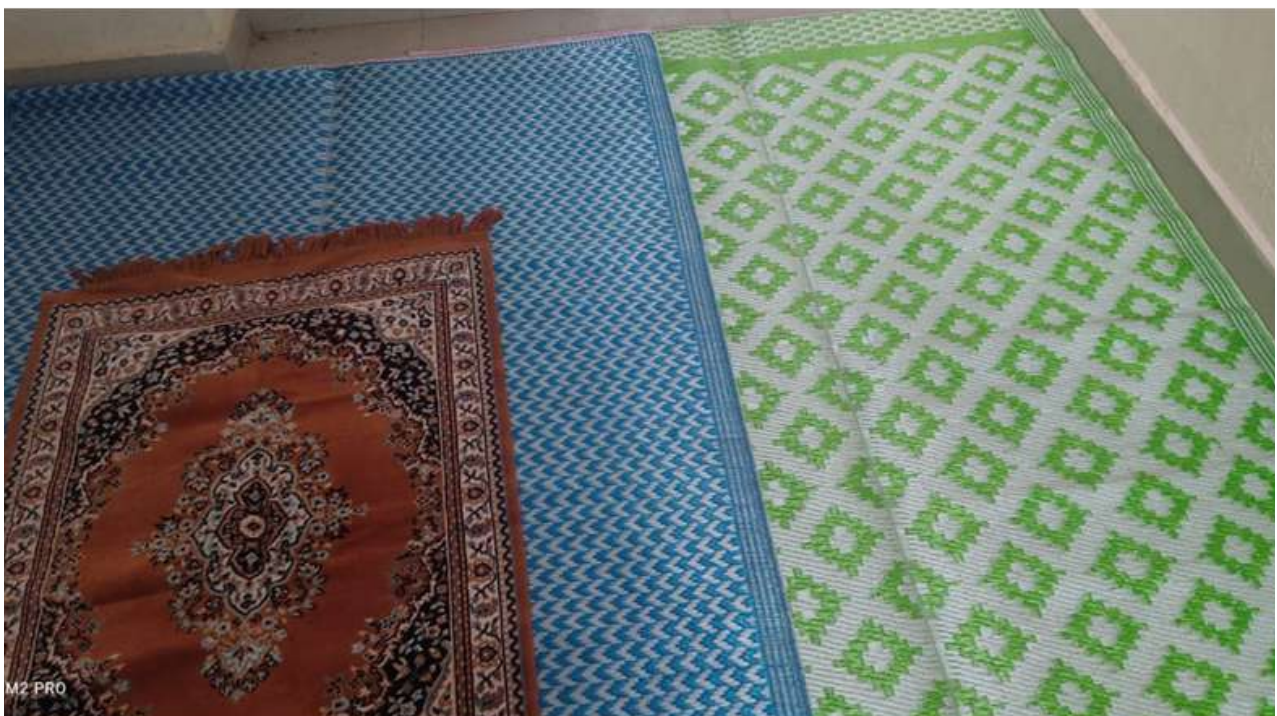
A communal space is designated for young women to seek solace and rejuvenation in times of physical or emotional strain. The institution offers well-appointed restroom facilities exclusively for female students, complete with amenities such as a pad vending machine and an incinerator, all available on campus.



PRAYER HALL



Within our institution, there exists a sanctuary dedicated to prayer, accessible to both students and faculty. This space serves as a refuge for mental well-being and allows students to observe the specific rituals of their faith



DAY CARE CENTER



The childcare facility within the college diligently cares for the children of female educators during the college's operational hours

HEALTH CLUB



Our wellness society routinely organizes health check-ups, fitness sessions, yoga classes, and badminton tournaments, all aimed at promoting physical and mental well-being. The college also conducts workshops on life skills, achieving work-life balance, and cultivating entrepreneurial skills, all in the pursuit of empowering women.

NCC WING FOR LADIES



The NCC (National Cadet Corps) wing for ladies in college serves the purpose of instilling discipline, leadership, and patriotism among female students. It offers training in various aspects of military and community service, fostering qualities that contribute to their personal development and prepare them for future civic responsibilities with a sense of duty and pride.





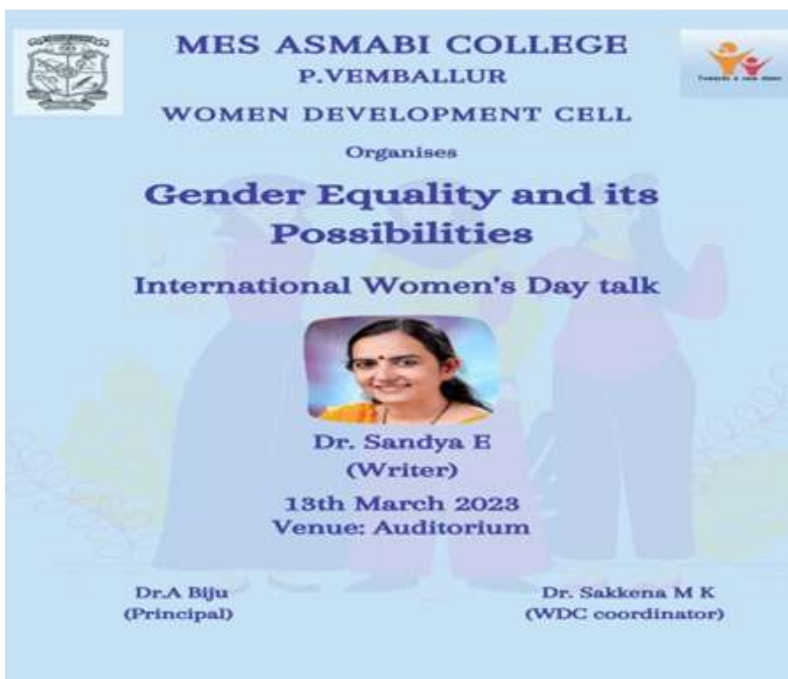
GENDER EQUITY PROMOTION PROGRAMS ORGANISED BY THE INSTITUTION

DAY OBSERVATIONS

Embarking on a diverse journey of enlightenment, our college orchestrates a symphony of celebration, weaving the threads of awareness on days like Human Rights Day, Women's Day, Science Day, and Mental Health Day, Yoga Day and Kerala Day as we stand united in our commitment to fostering inclusivity, empowerment, curiosity, and well-being within our vibrant academic community. Women's Development Cell in our college joyously marks Women's Day and Yoga Day.



The resource person talked at length on how inequality creeps into the spheres of women.



GENDER EQUITY PROMOTION PROGRAMS ORGANISED BY THE INSTITUTION

WOMEN DEVELOPMENT CELL

WELLNESS PROGRAMS & YOGA

Women Development Cell organised regular wellness sessions, including yoga, to support the holistic development of students and faculty members.

MES ASMABI COLLEGE ,P.Vemballur
International Yoga day Observation
jointly organized by
Women Development Cell & Physical Education Department

Yoga class by



Dhanya. K.M
Yoga Trainer
National Ayush Mission



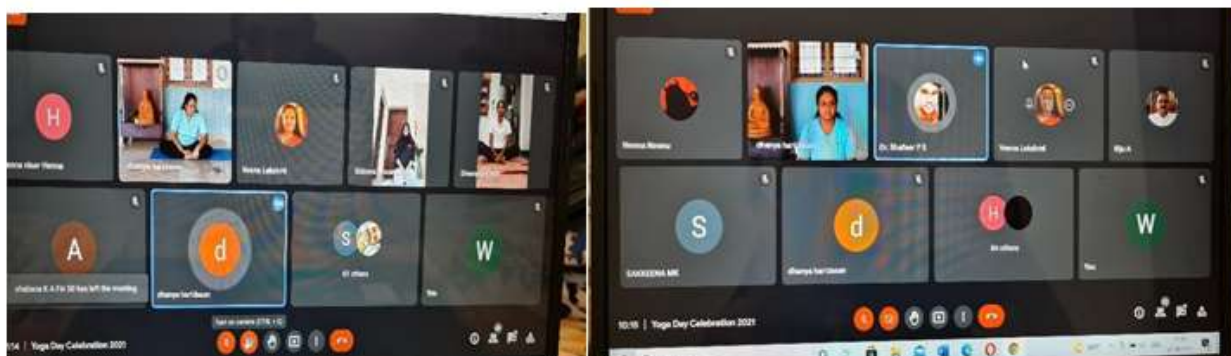
International day of yoga
21st June
Yoga for Harmony & Peace



on 21st June 2021,
Monday @ 10.am

Coordinator: Dhanya.K Principal: Dr.A.Biju Joint Coordinators
Sakeena.M.K
Veenalakshmi.U.R, Bindhil.B

 Google Meet



GENDER EQUITY PROMOTION PROGRAMS ORGANISED BY THE INSTITUTION

WOMEN
DEVELOPMENT
CELL

TALK ON MENSTRURATION
MYTH & REALITY



 **MES ASMABI COLLEGE
P.VEMBALLUR**

As a part of International Women's Day,
Women Development Cell of the college
is organising a talk on

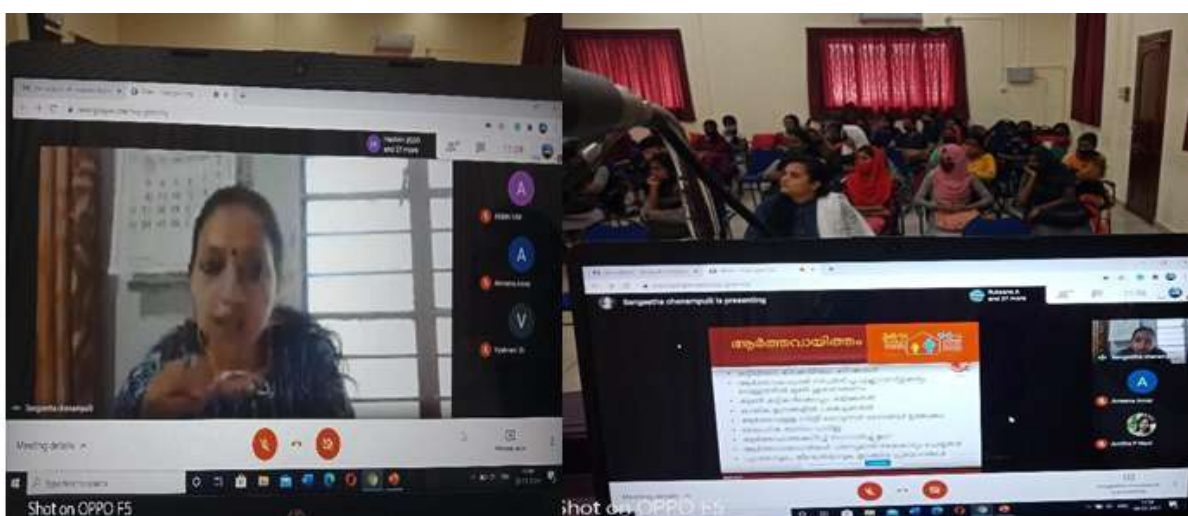
Menstruation: Myth and Reality

 By
Dr. Sangeetha Chenampulli
Dept. of Chemistry
Government Arts & Science
College Meenchandha, Kozhikode

**On 08-03-2021 Monday
at 11am**

 On Google Meet

Dr Sangeetha Chenampally had reiterated the exclusion of taboo related to the menstrual period in the society and community.



'CAMERA JUSTICA'-DOCUMENTARY
FILM FESTIVAL



Four days documentary festival organised by Department of political Science & Department of Digital film production as part of human rights day 2021. The program was inaugurated by Vijayaraja Mallika, transgender activist on 10th december 2021



"SNAP O GRAPHY"

In connection with World Photography Day, Department of Mass communication organized an intercollegiate photography competition "SNAP O GRAPHY" on 20th August, 2020. The theme provided for the contest was "BODY AND AGEING".



WEBINAR ON MALAYALAM AND WOMEN



കേരളപ്പിറവി ദിനാഘോഷം
 01 നവംബർ 2021,
 തിങ്കൾ രാവിലെ 11.30 ന്
 സ്വാഗതം - സോ.ജെയ്സി സേവീസ്
 (വകുപ്പുവ്യക്ത, മലയാള വിഭാഗം)
 അവ്യക്തൻ - സോ.എ. ബിജു
 (പ്രിൻസിപ്പാൾ)
 ഉദ്ഘാടനം - ശ്രീ.സലീം അനയ്ക്കൽ
 (കോളജ് മാനേജിങ് കമ്മിറ്റി സെക്രട്ടറി & കൗൺസിലറസ്)
 മുഖ്യ പ്രഭാഷണം -
 ശ്രീ എം.എൻ.കാരശ്ശേരി
 (പ്രമുഖ എഴുത്തുകാരൻ, അദ്ധ്യാപകൻ)
 ആശംസ - സോ.കെ.പി സുരേഷൻ
 (സെൽഫിനാൻസിങ് ഡയറക്ടർ)
 - സോ.സനന്ദ് സദാനന്ദകുമാർ
 (സ്റ്റാഫ് സെക്രട്ടറി)
 കൃതജ്ഞത - സാലീഹ പി ഐ
 (ലൈബ്രേറിയൻ)

As part of 'Keralapiravi' Day, The folklore club and College library jointly organised a webinar on 'Women and Malayalam' on 1-11-2021. Famous writer and Orator Prof. N.N.Karasery inaugurated the programme.

WORLD MENTAL HEALTH DAY OBSERVATIONS

DEPARTMENT OF PSYCHOLOGY
 M.E.S ASMABI COLLEGE
 P. VEMBALLUR

WORLD MENTAL HEALTH DAY

MENTAL HEALTH DAY -OBSERVATION 2021
 "MENTAL HEALTH IN AN UNEQUAL WORLD"

A TALK ON:
 FINDING WAYS TO EQUALITY : LGBTQIA+ PERSPECTIVE

ANAND AMPEETHARA
 BOARD MEMBER OF QUEERALA AND
 FOUNDER MEMBER OF GAMA (DAY
 MALAYALEE ASSOCIATION).

11 OCT 2021
 10.00 AM

VENUE: COLLEGE AUDITORIUM, M.E.S ASMABI COLLEGE
 (ONLINE STREAMING ON GOOGLE MEET)

PARTICIPANTS:
 STUDENTS AND FACULTY MEMBERS,
 MES ASMABI COLLEGE, KODUNGALLUR

DEPARTMENT OF PSYCHOLOGY
 M.E.S ASMABI COLLEGE
 P. VEMBALLUR

WORLD MENTAL HEALTH DAY

WORLD MENTAL HEALTH DAY
 "MENTAL HEALTH IN AN UNEQUAL WORLD"

MR. LATHIF PENATH,
 HOD, DEPARTMENT OF PSYCHOLOGY,
 MES ASMABI COLLEGE, KODUNGALLUR
 CONSULTANT PSYCHOLOGIST & STUDENT
 COUNSELLOR, MES ASMABI COLLEGE

10 OCT 2021
 07 TO 09 PM

ON GOOGLE MEET

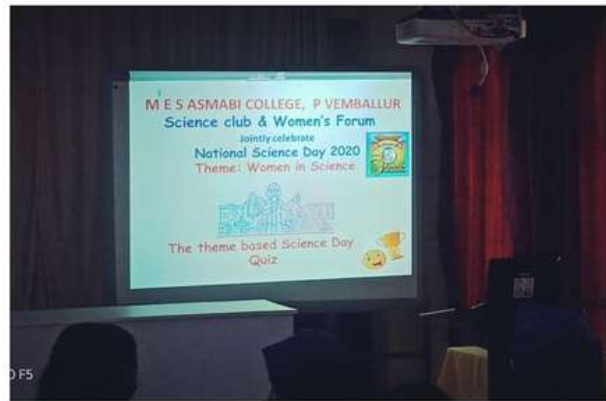
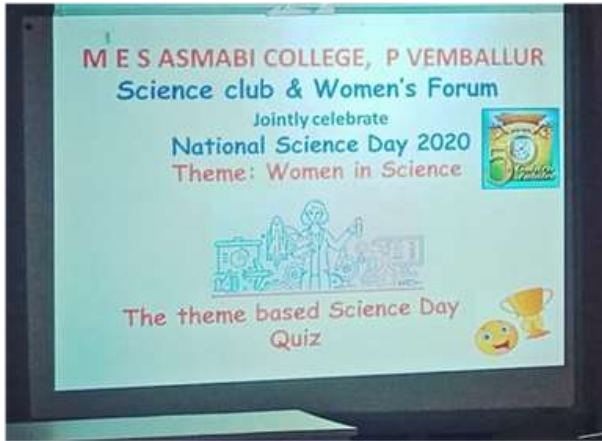
PARTICIPANTS:
 STUDENTS AND FACULTY MEMBERS,
 MES ASMABI COLLEGE, KODUNGALLUR

On World Mental Health Day to create awareness, reduce stigma, provide support, encourage open conversations and foster a healthy campus Department of Psychology organised various programmes on 10th and 11th October 2021

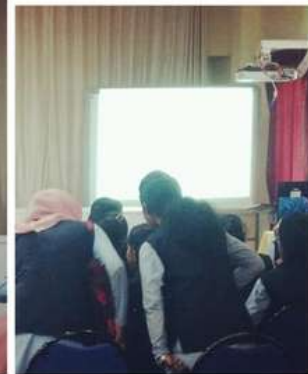
Science Club
and Women's
forum

GENDER EQUITY PROMOTION PROGRAMS
ORGANISED BY THE INSTITUTION

SCIENCE IN WOMEN



On National Science Day 2020 Science Club and Women's forum jointly celebrate National Science Day 2020 with the theme 'Science in Women'. Various activities are organised as part of the celebration



WOMEN
DEVELOPMENT
CELL

WOMENS DAY OBSERVATION



Womens Development cell conducted a talk on 8-3-22. Famous malayam Writer Sri. T. D. Ramakrishnan was the Chief guest .

GENDER EQUITY PROMOTION PROGRAMS ORGANISED BY THE INSTITUTION

NSS and
Womens Cell

SWAP SHOP



Swapshop means collection and distribution of used materials like Dresses, Bags, Chapels, fancy ornaments, electrical items etc to the poor people



Dept of
Commerce

PRIDE MONTH OBSERVATIONS



Department of commerce conducted Pride month celebration. Seethal Sayam, Transgender activist inaugurated the program

GENDER EQUITY PROMOTION PROGRAMS ORGANISED BY THE INSTITUTION

NSS & IEDC

QUIZ PROGRAM



In association with Integrated Child Development Scheme, Quiz competition on "Transgenders and Society" was conducted for the students of the college



'MAHITHA' MAGAZINE RELEASING

Adv. Noorjahan (Munsif court, Kodungallur) released the manuscript magazine, prepared Woman development cell



GENDER EQUITY PROMOTION PROGRAMS ORGANISED BY THE INSTITUTION

Department of
Digital Film
Production

WEBINAR SERIES

The poster is for a webinar titled "OVER THE SHOULDER" on the "Story of my journey into the screen". It is organized by M.E.S. ASAFALI COLLEGE, an initiative of the Department of Vocational Studies. The speaker is FARA SHIBLA, an actress. The webinar is scheduled for 04-08-2020 at 11:00 AM. The poster includes a bio of Fara Shibla, highlighting her physical transformation for a role and her career as a TV anchor. It also lists her notable works: "Kakshi Amminipilla", "Ennu ninte matheen", and "Love 24*7". The poster features a circular portrait of Fara Shibla and a "JOIN US ON" button with a Zoom icon.

AN INITIATIVE BY DEPARTMENT OF VOCATIONAL STUDIES

OVER THE SHOULDER

WEBINAR ON
Story of my journey into the screen
04-08-2020 @ 11:00 AM

SPEAKER
FARA SHIBLA
Actress

A massive physical transformation for a role is a rare accomplishment in the film industry, which she achieved through her role in "Kakshi Amminipilla". She is a beautiful blend of talent and determination, strengthened by a decade long career as a TV anchor. Story of her journey into limelight of the film industry is both inspiring and insightful.

Her notable works are : *Kakshi Amminipilla, Ennu ninte matheen, Love 24*7, Cinema company etc*

JOIN US ON

OVER THE SHOULDER WEBINAR ON STORY OF MY JOURNEY INTO THE SCREEN

A webinar series all about film. Story of an actor FARA SHIBLA on 04th August 2020 through online platform Google meet



Deep Focus –webinar series on Film making and Film appreciation was conducted as 3 series.

The entire series was conducted in the online platform Google meet were held from 4 p.m. to 6 p.m. except the inaugural ceremony which was at 11 a.m.

AWARENESS PROGRAMMES

NSS and
Womens Cell

BREAST CANCER AWARENESS SURVEY



Compassionate collaboration between the Premarital Counseling Cells and the Women's Development Cell (WDC), our college undertakes a crucial initiative to provide premarital counseling and awareness programs for our female students. This initiative not only imparts significant knowledge but also cultivates a nurturing atmosphere, guaranteeing that our young women possess the understanding and abilities to make informed decisions, embracing their futures with confidence and resilience.

Breast cancer survey on 25-12-2022

Date:25.12.22
Venue:SN puram panchayath area.
No of participants (Volunteers & Public)
Beneficiaries:Out sidars



GENDER BASED VIOLENCE AND LEGAL AWARENESS

Legal literacy
forum

GENERAL AWARENESS ABOUT LAWS OF
SAFTY OF WOMWEN



In a harmonious blend of compassion and education, our college takes proactive initiative to engage and empower students, fostering a culture of awareness and resilience against gender-based violence while imparting crucial legal knowledge, crafting a campus that stands united against injustice and advocates for a safer, more equitable future.



To make the students and faculty aware of the functioning of the committee and to make them conscious about their safety committee organised a talk which was delivered by Adv.Rani Asok.

GENDER BASED VIOLENCE AND LEGAL AWARENESS

Counselling Cell and Mental health Club

THERAPEUTIC WORKSHOP ON TACKLING GENDER BASED VIOLENCE



Counselling Cell and Mental Health club organised a therapeutic workshop on 'Tackling gender based violence on 23rd January 2023. Sri. Lathif Peneth was the resource person

Women Development Cell

COMPETITIONS BASED ON LAWS RELATED TO WOMEN



The Women Development Cell organized a competition and distributed prizes to the winners as part of a nationwide competition for laws related to women, sponsored by the National Commission for Women.

GENDER BASED VIOLENCE AND LEGAL AWARENESS

NSS

WEBINAR ON DOWRY: THE PRICE OF SOUL



NSS Organised a Webinar against Dowry System on 10th July 2021. Adv. Farida TK Assistant Public Prosecutor was the resource person.

Women
Development
Cell

LEGAL AWARENESS CLASS



.LEGAL AWARENESS CLASS in connection with international women's day Smt.Prasanna Amburath (circle Inspector of Police, women cell Thrissur rural) inaugurated the programme Adv.Noorjahan (Munsif court, Kodungallur) was the resource person

GENDER BASED VIOLENCE AND LEGAL AWARENESS

Mental health
Club

PRIDE MONTH RALLY

In a resounding celebration of diversity and inclusion, our college passionately takes the initiative to engage students in meaningful conversations during Pride Month. Through vibrant Pride Month rallies, we come together as a community, fostering awareness, acceptance, and unity, ensuring that every voice is heard and celebrated with pride. Empowering our students as catalysts for positive change, our college spearheads initiatives that transcend the campus walls. Through impactful public campaigns like cloth bag making and SWAP shops, where items find new purpose in the hands of those in need, we instill a sense of altruism and environmental consciousness, fostering a community that extends its embrace to uplift both people and planet



Pride month rally - efforts contribute to creating a campus culture that values diversity and embraces the richness of different identities and experiences

GENDER BASED VIOLENCE AND LEGAL AWARENESS

Womens Cell

ONE DAY WORKSHOP ON 'WOMEN CIVILIZATION'



Womens' cell of the college organised a one day workshop on 'Women Civilization' as part of the golden jubilee celebrations of the college

Dept. Of Psychology

'MERA KI'



7.1.6.1

An invited talk on Gender equality- current perspective in India by Rajamallika on 16-01-20

Department of Psychology association inauguration is named as 'MERA KI' with the meaning to do something with soul, creativity, love. The chief guest of the day was Mrs. Vijaya Rajamallika (First transgender poet in Malayalam, 2019; Vayalar Ramavarma poet award winner).

ENTREPRENEURSHIP ENHANCEMENT

ED Club

CLOTH BAG MARKETING

Marketing of cloth Bags



Expertise to empower women



Students of BVoc Fish Processing Technology, under the Gramika initiative, extend their expertise to empower the women of Sreenarayanapuram Panchayath through specialized training sessions on value-added fish products.

ENTREPRENEURSHIP ENHANCEMENT

ED Club

CAKE MAKING



Workshop on Cake making and decoration by Fathima Amana (Ekm district level best cake-making winner and ED Club member).

MEET THE ENTREPRENEUR

IEDCC INSTITUTIONS INNOVATION COUNCIL

P G DEPARTMENT OF
COMMERCE AND MANAGEMENT STUDIES
M.E.S ASMABI COLLEGE
AFFILIATED TO UNIVERSITY OF CALICUT
MAAC NO-ACCREDITED WITH B++(ICIPA 3.00)

MEET THE ENTREPRENEUR

20th January
Time : 11:30 AM
Venue: College Auditorium

Principal : Dr A Biju
Director : Dr KP Sumedhan
Coordinators : Shahija V A
Reshma A R

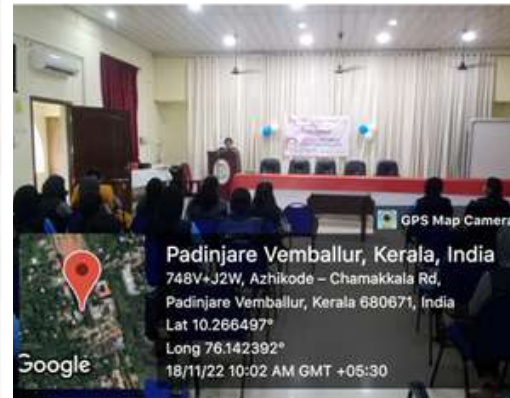
ELAYARASI P. JAYAKANTH
FOUNDER AND CED
OF ASWATHI HOT CHIPS

The poster is for a seminar titled 'MEET THE ENTREPRENEUR' held on 20th January at 11:30 AM in the College Auditorium. It features a portrait of Dr. Elayarasi P. Jayakanth, the founder and CED of Aswathi Hot Chips. The event is organized by the PG Department of Commerce and Management Studies at M.E.S. Asmabi College, which is affiliated to the University of Calicut. The poster also lists the principal, director, and coordinators of the department.

PG department of Commerce and Management Studied conducted a seminar on meet the Entrepreneur. Dr IlavarasiJayakanth handle the session.



IEDC in association with research department of commerce organised a talk on women empowerment.



Workshop on Personal Entrepreneurial Characteristics



Four Day Residential Workshop on Personal Entrepreneurial Characteristics at KIED campus, Kalamassery

In a harmonious convergence of empowerment and education, the Women Development Cell and Entrepreneurship Development Cell of our college collaborate to illuminate minds and uplift spirits. Through a series of enlightening workshops, seminars, and webinars on topics ranging from women and federal system ,women and covid, personal hygiene ,women civilization and cake making workshops. As a manifestation of our commitment to community upliftment.



WEBINAR SERIES ON WOMEN & COVID



WEBINAR SERIES ON WOMEN AND COVID
ORGANISED BY DEPARTMENT OF POLITICAL SCIENCE & IQAC
MES ASMABI COLLEGE, P.VEMBALLUR, KODUNGALLUR, KERALA

DATE: 18th NOVEMBER 2020, WEDNESDAY, 10 AM
Topic: Women and Media
Sreeja Shyam
Chief Sub Editor, Mathrubhumi News

DATE: 19th NOVEMBER 2020, THURSDAY, 10 AM
Topic: Scope and challenges of a technological solution to prevent Manual Scavenging in India
Dr. Prathibha Ganesan
Visiting Faculty, TISS, Mumbai

DATE: 20th NOVEMBER 2020, FRIDAY, 10 AM
Topic: Covid 19 and Women Migrant Workers: Addressing the Less Addressed
Dr. Divya Balan
Assistant Professor, FLAME University, Pune

To join the webinar scan the QR Code or enter this link in Google Meet
meet.google.com/jje-htbd-qgg

Dr. A. Biju Principal Sanand C Sadanandan HoD, Political Science Dr. Shafeer P.S IQAC Co-ordinator



WEBINAR SERIES ON WOMEN AND COVID
ORGANISED BY DEPARTMENT OF POLITICAL SCIENCE & IQAC
MES ASMABI COLLEGE, P.VEMBALLUR, KODUNGALLUR, KERALA

COVID-19 - Get the latest information from the CDC about...

Topic: and Women Migrant Workers: ing the Less Addressed
Dr. Divya Balan
Assistant Professor, FLAME University, Pune

DATE: 20th NOVEMBER 2020, FRIDAY

Watch on  YouTube

[LINK TO THE SESSION](#)



WEBINAR SERIES ON WOMEN AND COVID
ORGANISED BY DEPARTMENT OF POLITICAL SCIENCE & IQAC
MES ASMABI COLLEGE, P.VEMBALLUR, KODUNGALLUR, KERALA

COVID-19 - Get the latest information from the CDC about...

Topic: ion workers in the frontline he Pandemic
Dr. Prathibha Ganesan
Visiting Faculty, TISS, Mumbai

DATE: 19th NOVEMBER 2020, THURSDAY

Watch on  YouTube

[LINK TO THE SESSION](#)



Webinar Series on Women and COVID
ORGANISED BY DEPARTMENT OF POLITICAL SCIENCE & IQAC
MES ASMABI COLLEGE, P.VEMBALLUR, KODUNGALLUR, KERALA

COVID-19 - Get the latest information from the CDC about...

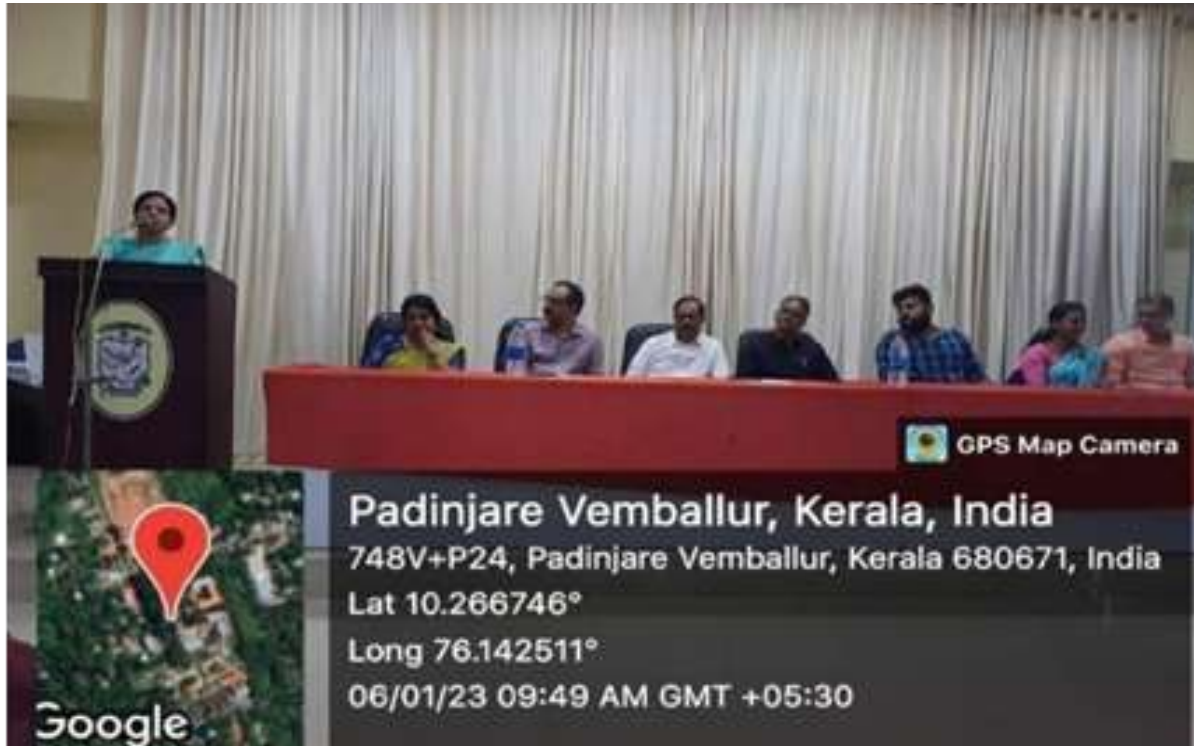
Topic: Women and Media
Sreeja Shyam
Chief Sub Editor, Mathrubhumi News

DATE: 18th NOVEMBER 2020, WEDNESDAY, 10 AM

Watch on  YouTube

[LINK TO THE SESSION](#)

NATIONAL SEMINAR "GENDER STUDIES
BEYOND FEMINISM"



The PG & Research Department of English in association with Women's Study Department, Bharathiar University, Coimbatore organized a one day national seminar "**Gender Studies Beyond Feminism**". Dr ZenettaRosaline, Professor & Director, Department of Women Studies, Bharathiar University and Dr AswathyBalachandran, Head of the department of English, Mar Athanasius college, Kothamangalam handled the technical sessions.



47 papers were presented by research scholars, faculty members, and post graduate students.

TRAININGS, SEMINARS, WORKSHOPS ETC.

WOMEN
DEVELOPMENT
CELL

WORK SHOP ON "WOMEN YESTERDAY,
TODAY, TOMORROW"



Child Development
Project Officer
,Mathilakam ,SmtSubha
Narayanan , Salomy KR,
Hema and Lalitha (ICDS
Supervisors) lead the
programme .

SEMINAR ON MENSTRUAL HYGIENE

A SEMINAR ON
MENSTRUAL HYGIENE
WAS conducted by NSS
ON 27th August 2022 in
Association with
district Suchitha
Mission. Dr. Bindu
Balakrishnan,
Consultant
Gynaecologist, Taluk
Head quarters hospital,
Kodungallur was the
resource .person

NATIONAL SERVICE SCHEME
UNITS E3 & 95
MES ASMABI COLLEGE, PVEBALLUR
Affiliated to University of Calicut

**SEMINAR ON
MENSTRUAL
HYGIENE**
27 AUGUST 2022

10-11 AM
27 August 2022

Seminar Hall
MES Asmabi College

Dr. Bindu Balakrishnan
Consultant Gynecologist
Taluk Headquarters Hospital
Kodungallur

in association with
District Suchitwa Mission
Thrissur

Ms. Nihala Yasmin
Program Coordinator

**SUCHITWA
MISSION**

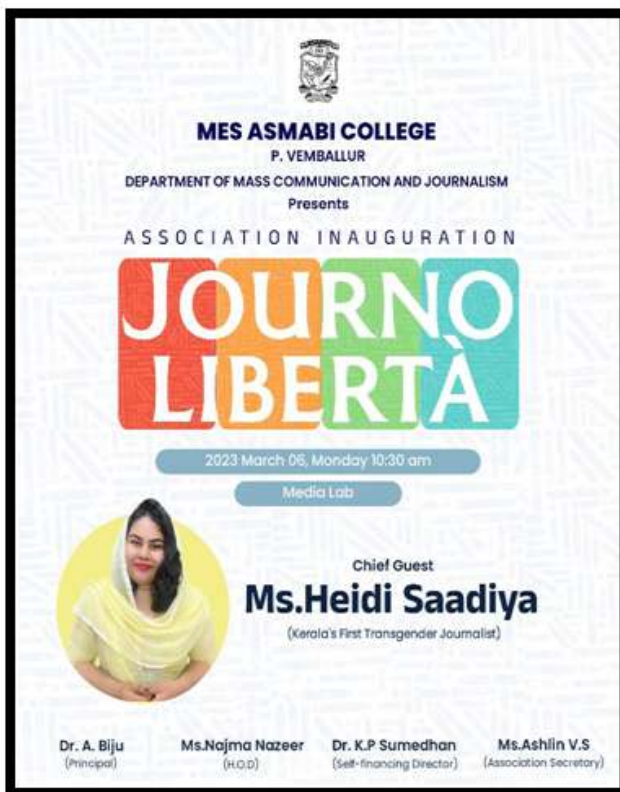
Dr. Ansar E.B
Dr. Princy Francis
Program Officers

MEET THE EXPERTS

WOMEN
DEVELOPMENT
CELL

JOURNO LIBERTA

Women Development Cell in our college takes the proactive initiative to inspire and uplift students through engaging and interactive talks with experts. Interactive sessions featuring successful entrepreneurs and esteemed dignitaries, creating a dynamic platform to inspire and motivate students. These motivational sessions not only provide valuable insights but also cultivate a culture of empowerment, resilience, and personal growth, nurturing the seeds of inspiration within the hearts and minds of our students.



Department of Mass Communication celebrated broadcast journalist Ms. Heidi Saadiya was the Chief Guest of the event, titled 'Journo Liberta

MEET THE EXPERTS

WOMEN
DEVELOPMENT
CELL

WEBINAR ON 'IS GENIUS BORN OR MOULDED?'

MES ASMABI COLLEGE
P.Vemballur, Kodungallur

Inauguration: Dr. P.A Fasal Gafoor
President, MES

Lead talk: Dr. Divya S Iyer IAS
Mission Director, MNRGES &
State Mission Director National Ayush Mission

Is genius born or moulded?
28th June@ 4.30 pm

ORGANISED BY
WOMEN DEVELOPMENT CELL

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Dr. Divya S Iyer shared anecdotes from her own journey, highlighting the importance of hard work and adaptability in overcoming challenges.

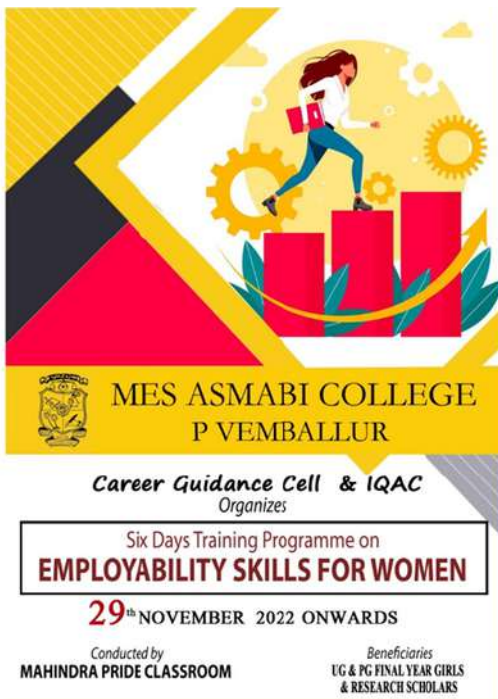


SKILLS DEVELOPMENT PROGRAMMES

CAREER DEVELOPMENT CELL

SIX DAY TRAINING ON SKILL FOR WOMEN SUPPORTED BY MAHINDRA PRIDE CLASSROOM

Collaboration with IQAC, our Career Guidance Cell organises an empowering initiative by conducting specialized employability skill sessions tailored for our female students. This endeavor not only equips them with the essential tools for professional success but also strives to bridge the gender gap, fostering a future where our young women confidently navigate and contribute to diverse career landscapes. Women's Development Cell (WDC) organized a spirited badminton tournament for our female students, creating an exhilarating platform to not just showcase their athletic prowess but also to empower and enhance their skills.



The poster features a central illustration of a woman in a white shirt and blue pants running up a red staircase, carrying a red bag. The background is yellow with gears and a sun. Below the illustration, the text reads: MES ASMABI COLLEGE P VEMBALLUR, Career Guidance Cell & IQAC Organizes, Six Days Training Programme on EMPLOYABILITY SKILLS FOR WOMEN, 29th NOVEMBER 2022 ONWARDS, Conducted by MAHINDRA PRIDE CLASSROOM, Beneficiaries UG & PG FINAL YEAR GIRLS & RESEARCH SCHOLARS.



The poster lists the training modules for each day: DAY - 1: Life Skill - I am Unique, Soft Skill - Body Language & professional Grooming, Communication skill- Importance of English; DAY - 2: Life Skill - Good Health for Good Life, Soft Skill - Goal Setting & Time Management, Interview Skill- Job Opportunity; DAY - 3: Communication Skill- Professional Communication, Life Skill - Digital Identity, Interview Skill- Presenting a Project; DAY - 4: Soft Skill- Professional Ethics, Life Skill - Critical Thinking, Interview Skill- Acting a Group Discussion; DAY - 5: Interview Skill- Interview Readiness I, Presentation Skill - Group Presentation (Out Session), Presentation Skill - Group Presentation (Out Session); DAY - 6: Life Skill - Problem Solving, Interview Skill- Interview Readiness I, Recap & Closing. It also lists the Principal (Dr. A. Bijju), Coordinator (Mona V M), and Joint Coordinators (Dr. Jisha K.C., Dr. Sefiya.K.M.).



HAIR DONATION CAMPS

NSS

Hair donation camp on 30-11-2022

Date:-30.11.22
Venue:-College Auditorium
Coordinator:-Athira
Team Leader:-Aslam
No. of participants (Volunteers & Public)



SELF DEFENSE TRAINING PROGRAMMES

WOMEN
DEVELOPMENT
CELL

Embracing the spirit of empowerment, the Women Development Cell in our college proactively takes the initiative to ensure the safety and confidence of our girl students. Regularly conducted self-defense training sessions, facilitated by dedicated police personnel, not only instill vital skills but also cultivate a resilient and empowered spirit within each participant, fostering a campus environment where strength and confidence flourish.



Smt Elsy TI, Inspector of Police, Women Cell Thrissur inaugurated the training programme.



Smt Shaja mol, Smt Sindu, Senior Civil Police Officers led the Self Defence training programme.

SELF DEFENSE TRAINING PROGRAMMES

WOMEN
DEVELOPMENT
CELL



Mrs. Anna, as a Sub-Inspector of Police, brought a wealth of knowledge and practical expertise to the self-defense training program. Her guidance and commitment to empowering women were evident throughout the workshop

SELF DEFENSE TRAINING PROGRAMMES

WOMEN
DEVELOPMENT
CELL

Mrs. Anna, Sub Inspector of Police, Thrissur Vanita Police spoke to the students about the need of protecting themselves in specific situations.



Two trainers from the department of Police have also trained the students in the program.

SELF DEFENSE TRAINING PROGRAMMES

WOMEN
DEVELOPMENT
CELL

'NIRBHAYA'

Organized by the Women Cell, this self-defense training program equipped female participants with essential skills for personal safety, promoting a sense of empowerment and security.



In collaboration with Agra College Union, WDC conducted another programme on 9 March 2020. A workshop on 'Self Protection Techniques in Karatte' gave primefocus to selfdefense.

OTHER ACTIVITIES

WOMEN DEVELOPMENT CELL

BADMINTON TOURNAMENT FOR GIRLS

College conducted Special Badminton Tournament for girl students



POSTER MAKING COMPETITION



OTHER ACTIVITIES

WOMEN DEVELOPMENT CELL

WORKSHOP ON DRAMA

To inculcate aesthetic skills of students, the cell conducted a one day workshop on Drama, in which Prof. Najmul Shahi, Assistant Professor of School of Drama, being the guest talked to students about how to read and act.



OTHER ACTIVITIES

WOMEN
DEVELOPMENT
CELL

PREMARITAL COUNSELLING



Smt.Hajira (Pre-marital counsellor) lead a session on “Husband and Wife Relationship” students actively participated in the session.



Sri.Hamza (Pre-marital counsellor) lead a session on “why marriage?”

Adv.M K Hack lead a session on “FamilyBudget “



OTHER ACTIVITIES

WOMEN
DEVELOPMENT
CELL

PREMARITAL COUNSELLING



Adv. Kunchumon lead a session on "In-law relationship"



Smt. Aparna, (M.Sc. Psychology and pre-marital counsellor) presented her paper on "sexology" in the seminar hall. Students could clear their doubts regarding about sex and the resource person lead the session very effectively.