



**MES ASMABI
COLLEGE**

P.VEMBALUR



**AWARENESS
PROGRAMMES**



GENERAL AWARENESS ABOUT LAWS ON SAFETY OF WOMEN



Conducted by the Internal Complaints Committee (ICC) on 26 May 2023, this event raised awareness about legal frameworks for women's safety. It empowered students with essential knowledge of their rights, contributing to a safer campus.

TALK ON SEXUAL HARASSMENT, HOW TO IDENTIFY AND HOW TO REPORT

Conducted by the Internal Complaints Committee (ICC) on 1st December 2021, this talk educated students on recognizing and reporting sexual harassment incidents, fostering a safe campus environment.

These Programs aim to create a culture of awareness, compliance, and respect, fostering a safer and more inclusive learning environment for all.

on "Sexual Harrassment- How to Identify and How to Respond"

Adv.Aruna A

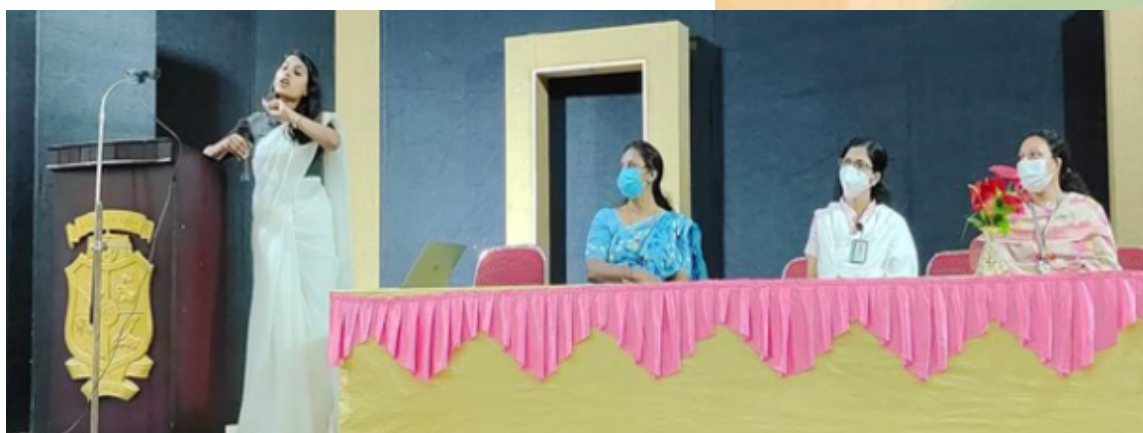
h court of Kerala & Supreme court of In



College Auditorium
1st December 2021 at 2.30 pm

Dr A Biju
Principal

Smt Reena Mohamed P
Convenor



NATIONWIDE COMPETITION FOR STUDENTS ON LAW RELATED TO WOMEN



This nationwide competition, organized by the Women's Development Cell (WDC) on 7th December 2018, tested students' knowledge of laws related to women, promoting legal literacy and awareness.



LEGAL AWARENESS RELATED WITH WOMEN

Adv MK Hack lead a session on “ legal awareness related with women “ on 11th October 2018 in the Seminar hall.

ORIENTATION PROGRAMME : “KAALIKAMATTANGALIL KALIDARATHE”

Dr. Jouhar Munavir, Assistant Professor at Farook Training College, led a gender awareness program engaging 200 students. The session focused on empowering women amid contemporary societal changes, fostering awareness to navigate and thrive in evolving dynamics.



SELF-DEFENCE TRAINING PROGRAMMES



Conducted by the Women Cell on 12 October 2022, this program enhanced self-confidence and physical empowerment among female students. It provided practical skills for personal safety and instilled a sense of security.

'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.



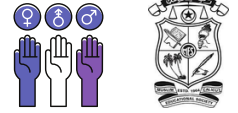
SELF-CONFIDENCE AND PHYSICAL PREPAREDNESS



Organized by the Women Cell on 17 December 2021, this program focused on building self-confidence and physical preparedness among female students.

Besides teaching the courses which promote gender consciousness and gender equality, the college conducts self-defence programmes for girl students and to empower them with practical skills, fostering confidence, and promoting a sense of equality. These programs not only address physical safety but also emphasise the importance of respecting boundaries and challenging traditional gender stereotypes. By incorporating such initiatives, the college contributes to a more inclusive and supportive environment for all students.

INDUCTION PROGRAMME



MES ASMABI COLLEGE, P.VEMBALLUR KODUNGALLUR

INDUCTION PROGRAMME FOR FIRST YEAR UG STUDENTS 2020-21

INAUGURAL ADDRESS
Sri. P.H. Mohammed
Corporate Manager,
MES Central College Committee

DATE: 2nd November 2020, Monday
Meeting Platform
YouTube
Time : 10.00 am

Programme Schedule

Welcoming Address : Sri. Sanand C. Sadanandan, Nodal Officer, Admission
Residential Address : Sri. Aspin Ashraf, Chairman, College Management Committee
Inaugural Address : Sri. P.H. Mohammed, Corporate Manager, MES Central College Committee
Principal's Address : Dr. A. Biju, Principal
Synote Address : Sri. Salim Arakkal, Secretary, College Management Committee
Invitations : Dr. K.P. Sumeedhan, Director, Self Financing Courses
Vote of Thanks : Dr. Asma V.M., Vice Principal
Sri. Musthale Moideen, Treasurer, College Management Committee
Smt. Reena Mohammed, Staff Secretary

Youtube Channel Link: <https://qrco-page.link/eyKux> (Scan QR Code)

On November 2, 2020, at 10:00 AM, MES Asmabi College, P. Vemballur, held an induction program for first-year undergraduate students via YouTube. During this session, the principal provided students with information regarding the rules and regulations of the Anti-Ragging Committee, including its functions and the consequences of involvement in any ragging incidents.

‘OVER THE SHOULDER ‘

"Over the Shoulder," organized by the Digital Film Production Department on August 4, 2020, shed light on the transformation of actress Farah Shibla for the movie "Kakshi: Amminippilla," emphasizing body image awareness and combating body shaming. This event facilitated a platform for developing consciousness towards gender equality by showcasing real-life narratives within the filmmaking industry.

M.E.S. ASMABI COLLEGE
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
FARAH 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 Amminippilla". 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 Amminippilla, Ennu ninte moitheen, Love 24*7, Cinema company etc

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ORIENTATION PROGRAMME



On August 7, 2023, at 09.30 AM, MES Asmabi College in P. Vemballur hosted an orientation program for first-year postgraduate students at seminar hall. The principal took the opportunity to educate students about the rules and operations of the Anti-Ragging Committee, emphasizing the serious repercussions of engaging in any ragging activities.

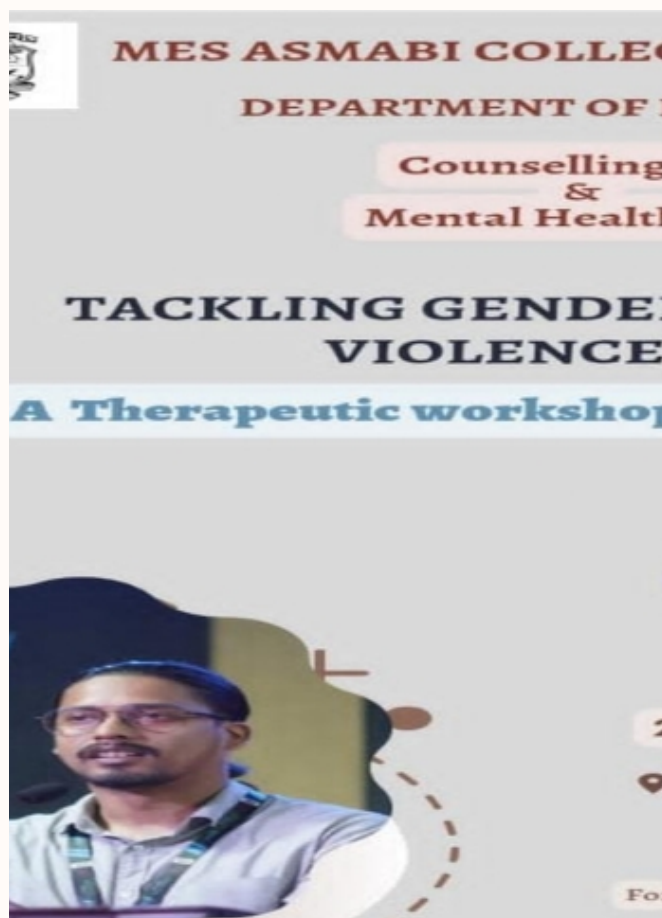


TACKLING GENDER BASED VIOLENCE; THERAPEUTIC WORKSHOP FOR STUDENTS

A recent workshop focusing on addressing gender-based violence (GBV) for students was conducted to raise awareness and equip them with the necessary knowledge and skills to prevent and respond to such incidents. Organized by the Department of Psychology in collaboration with the Counselling Cell for College Students, the program took place on February 23, 2023, at the seminar hall. Led by Lathif Penath, Assistant Professor and Head of the Department of Psychology, the workshop aimed to shed light on the issue of gender-based violence, its implications on individuals and society, and strategies for its prevention.

The workshop commenced with an overview of gender-based violence, with facilitators elaborating on its various forms, including physical, sexual, emotional, and psychological abuse. Discussions highlighted the global and local prevalence of GBV, stressing that anyone, irrespective of gender or sexual orientation, can be affected. Moreover, preventive measures were discussed in detail.

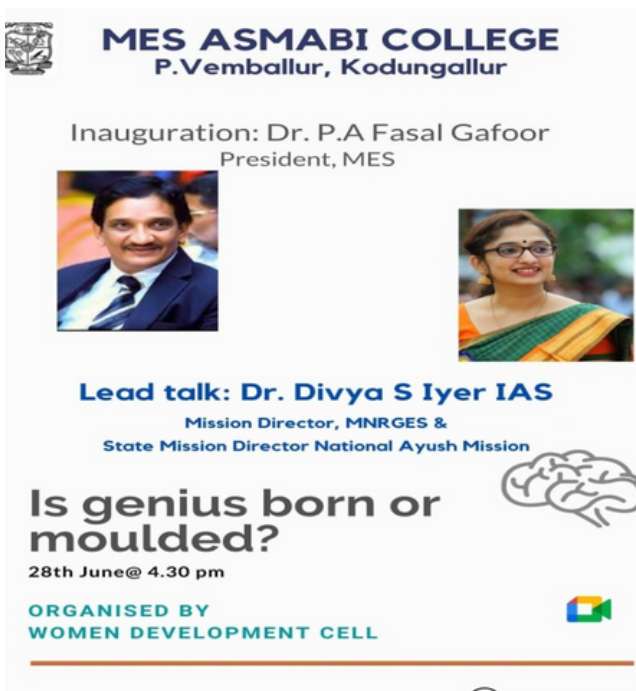
The session concluded with Mr. Mohammed Areej, Assistant Professor and Head of the Department of Biochemistry, extending a vote of thanks.



THE BIG TALK - COMPREHENSIVE SEXUALITY HEALTH EDUCATION



In commemoration of World Sexual Health Day, the Department of Psychology at MES Asmabi College, P. Vemballur, organized a significant Sexual Health Education Program titled "THE BIG TALK" on September 13, 2023. Led by Priyanka Gibin, an esteemed Psychologist and licensed special educator renowned for her expertise in sexual health education, the program aimed to foster awareness of sexual health, destigmatize discussions around sex, and delve into various aspects of sexuality. Its overarching goal was to equip individuals with the knowledge and skills necessary to make informed decisions regarding their sexual well-being.



GENDER SENSITIZATION ORIENTATION PROGRAMME

The Women Development Cell of MES Asmabi College organised a thought-provoking talk titled "Is Genius Born or Moulded" on June 28, 2021. The aim was to foster women's self-worth, empower them to make autonomous decisions, and advocate for their right to effect societal transformations for themselves and others. The speech was eloquently delivered by Dr. Divya S Iyer IAS, the Mission Director of MNRGES & National Ayush Mission, inspiring the audience with insights on the subject.