



MES ASMABI COLLEGE, P. VEMBALLUR

CRITERION VII

INSTITUTIONAL VALUES AND BEST PRACTICES

7.1 – Institutional Values and Social Responsibilities

7.1.1 – Measures initiated by the Institution for the promotion of gender equity during the year

MEASURES FOR THE PROMOTION OF GENDER EQUITY



MES ASMABI COLLEGE P.VEMBALLUR

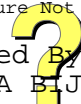
Govt.Aided, UGC Recognised & Affiliated to University of Calicut
P.Vemballur, PO. Kodungallur, Thrissur Dt, Kerala 680 671

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.

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HOSTEL



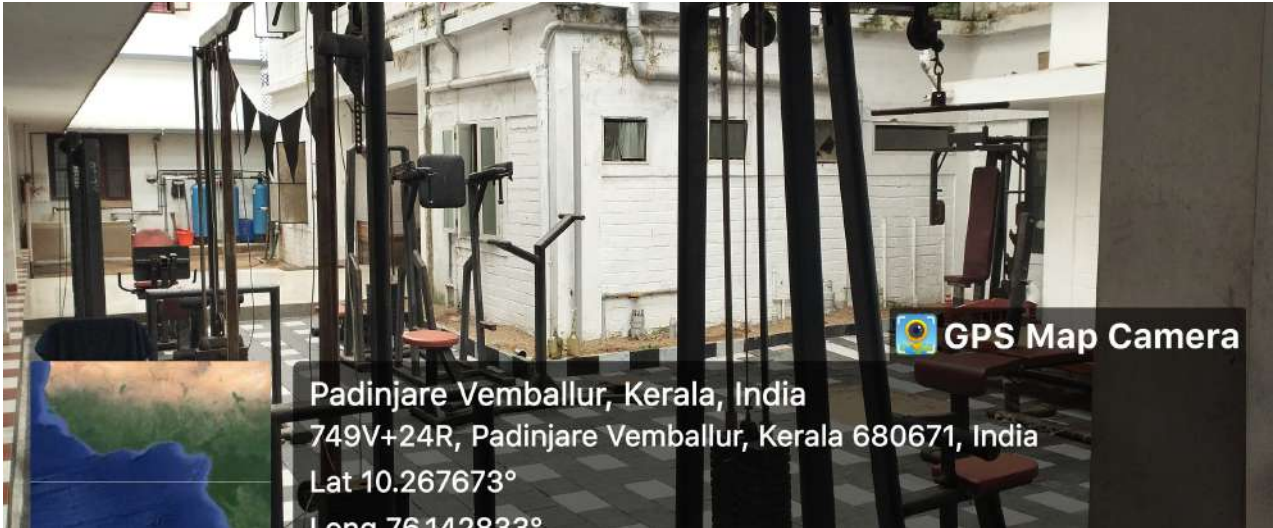
A well-appointed residence operates within our college premises, dedicated to ensuring the safety and security of our students. An entry/exit registry is meticulously maintained within the college residence to oversee student mobility. The institution further fortifies security through the deployment 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.



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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.

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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.



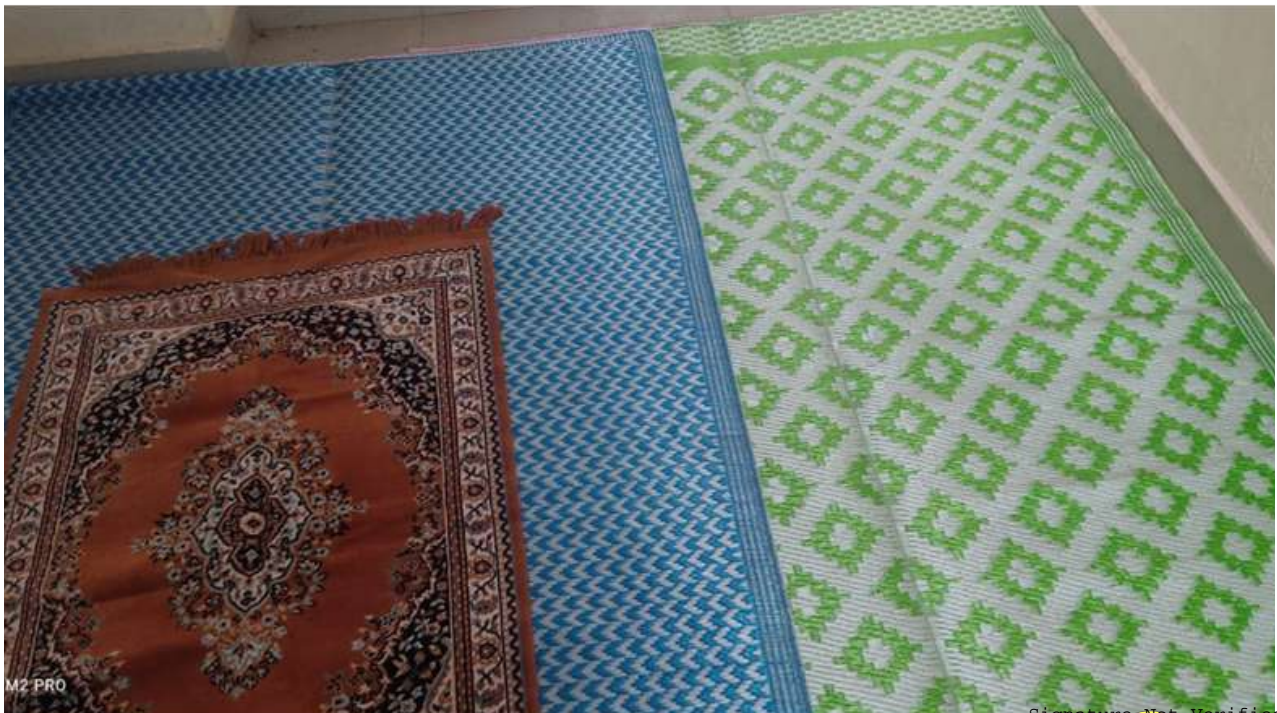
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PRAYER HALL



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



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DAY CARE CENTER



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

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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.

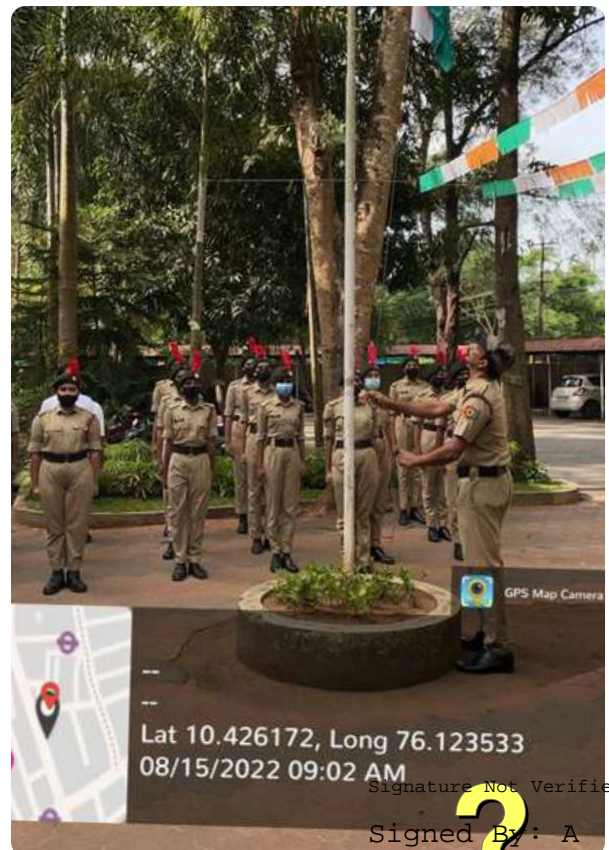
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NCC WING FOR LADIES



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.





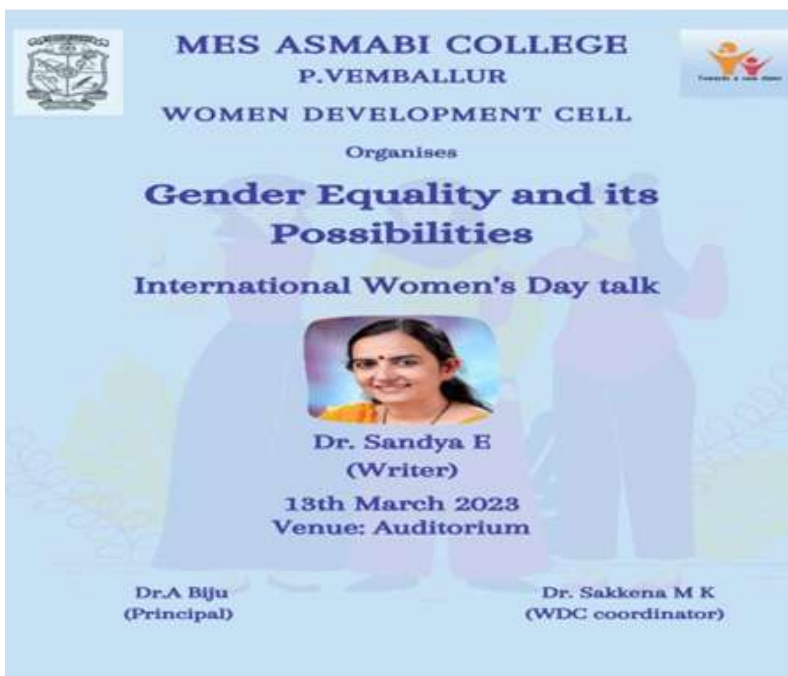
GENDER EQUITY PROMOTION PROGRAMS ORGANISED BY THE INSTITUTION

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.



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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



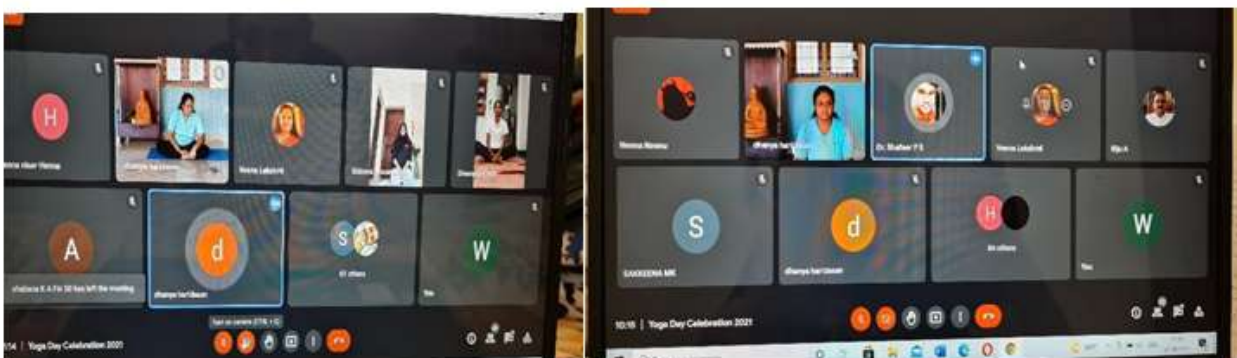
International day of yoga
21st June
Yoga for Harmony & Peace



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



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GENDER EQUITY PROMOTION PROGRAMS ORGANISED BY THE INSTITUTION

WOMEN
DEVELOPMENT
CELL

TALK ON MENSTRUATION
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.



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'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)
 ആദരസം - 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

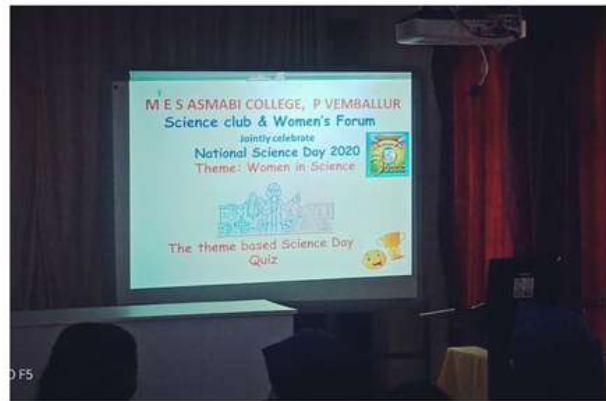
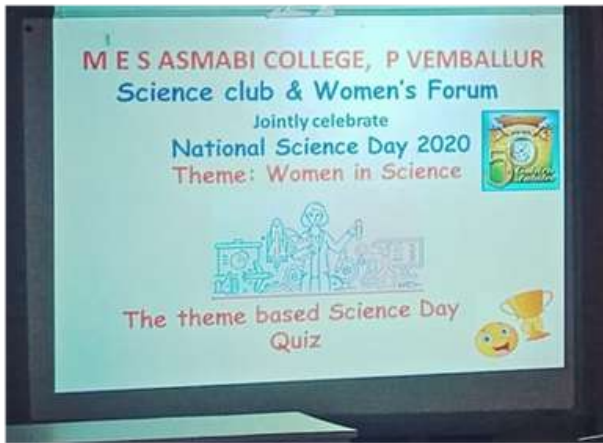
On World Mental Health Day to create awareness, reduce stigma, provide support, encourage open conversations and foster a healthy campus Department of Psychology organised various programmes on 10th and 11th October 2021.

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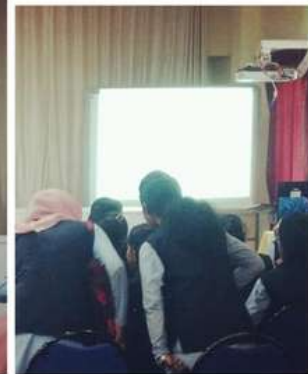
Science Club
and Women's
forum

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.
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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

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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



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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. ASAFI 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. A bio of Fara Shibla describes her physical transformation for a role and her career as a TV anchor. Her notable works include "Kakshi Amminipilla", "Ennu ninte matheen", and "Love 24*7". The poster includes a "JOIN US ON" button with a WhatsApp icon and social media icons for Facebook, Instagram, and YouTube.

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

WHATSAPP

Facebook Instagram YouTube

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

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DEEP FOCUS -WEBINAR SERIES

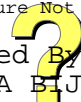


Deep Focus –webinar series on Film making and Film appreciation was conducted as 3 series.

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.

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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.



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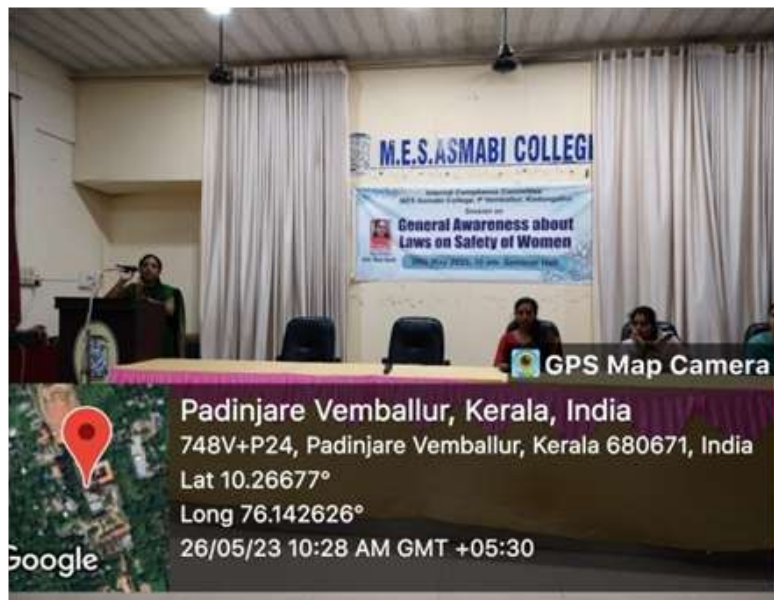
GENDER BASED VIOLENCE AND LEGAL AWARENESS

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.

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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.

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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

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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

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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'



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).

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ENTREPRENEURSHIP ENHANCEMENT

ED Club

CLOTH BAG MARKETING

Marketing of cloth Bags



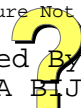
Expertise to empower women



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.

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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 INSTITUTE FOR INNOVATION COUNCIL

P G DEPARTMENT OF
COMMERCE AND MANAGEMENT STUDIES
M.E.S ASMABI COLLEGE
AFFILIATED TO UNIVERSITY OF CALICUT
MAAC RE-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 HST CHPS

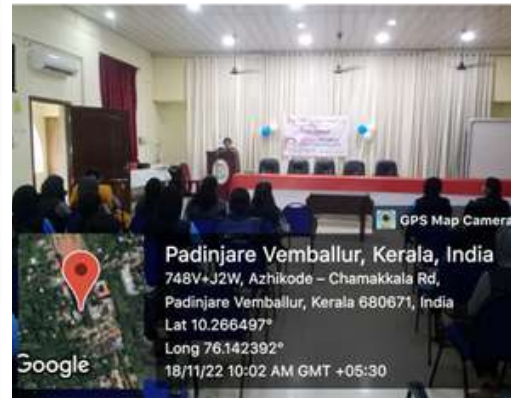
PG department of Commerce and Management Studied conducted a seminar on meet the Entrepreneur. Dr IlavarasiJayakanth handle the session.

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



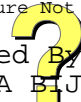
Workshop on Personal Entrepreneurial Characteristics



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

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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.



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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: Addressing 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: *Healthcare workers in the frontline during the Pandemic*
Dr. Prathibha Ganesan
Visiting Faculty, TISS, Mumbai

DATE: 19th NOVEMBER 2020, THURSDAY

Watch on YouTube

[LINK TO THE SESSION](#)

Webinar Series on Women & 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](#)

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TRAININGS, SEMINARS, WORKSHOPS ETC.

DEPARTMENT
OF ENGLISH

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

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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, PVEMBALLUR
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**

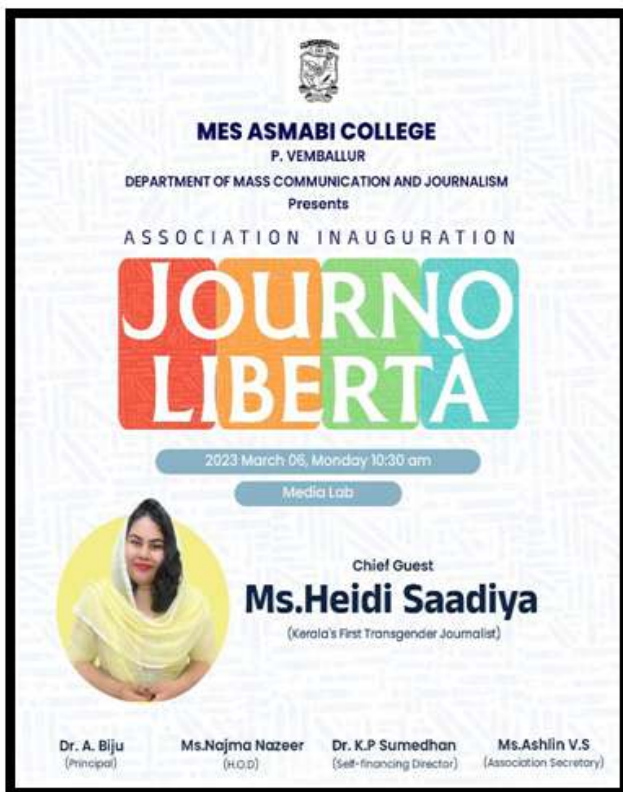
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BijuA BIJU

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

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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

9496129594

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



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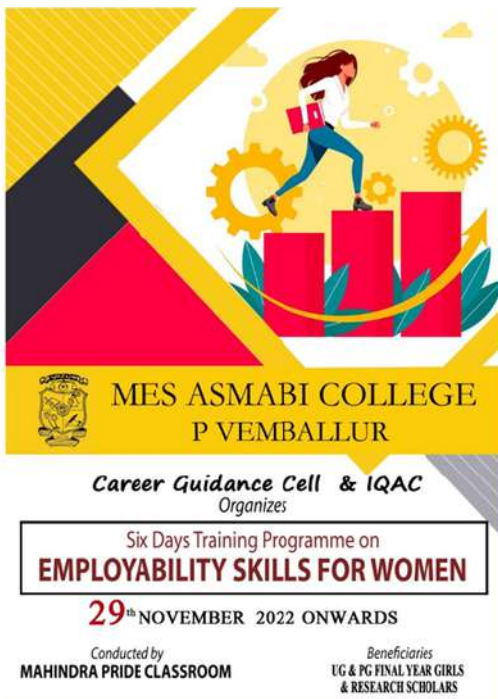
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SKILLS DEVELOPMENT PROGRAMMES

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.



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



Employability Skills - 36 hrs Offline Training Module

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- Acing a Group Discussion

DAY - 5

- Interview Skill- Interview Readiness I
- Presentation Skill - Group Presentation (Out Session)
- Presentation Skill - Group Presentation (In Session)

DAY - 6

- Life Skill - Problem Solving
- Interview Skill- Interview Readiness I
- Recap & Closing

Principal
Dr. A. Bijju

Coordinator
Mona V M
Career Guidance Cell

Joint Coordinators
Dr. Jisha K.C., Dr. Sefiya K.M
IQAC Members

9773636668 monamohan.v@gmail.com



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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)



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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 Ely 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.

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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

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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.

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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.

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OTHER ACTIVITIES

WOMEN DEVELOPMENT CELL

BADMINTON TOURNAMENT FOR GIRLS

College conducted Special Badminton Tournament for girl students



POSTER MAKING COMPETITION



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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.



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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 “



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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.

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GENDER EQUITY PROGRAMS CONDUCTED DURING THE YEAR 2022-2023

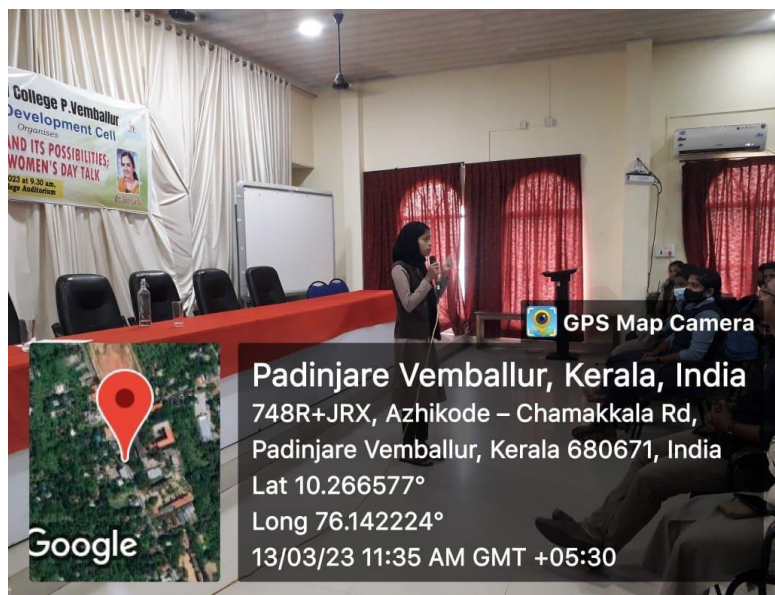
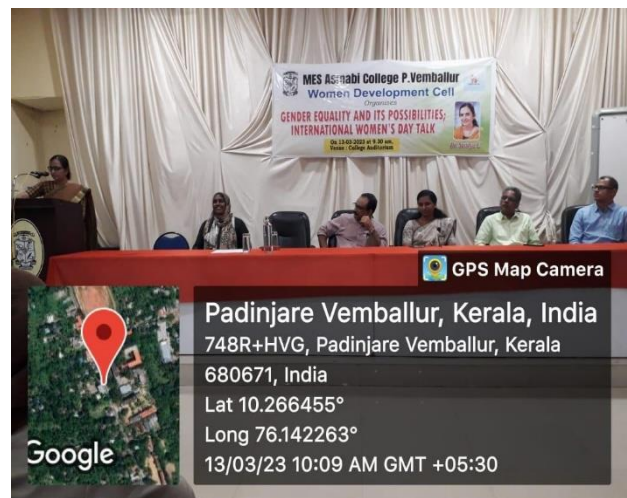
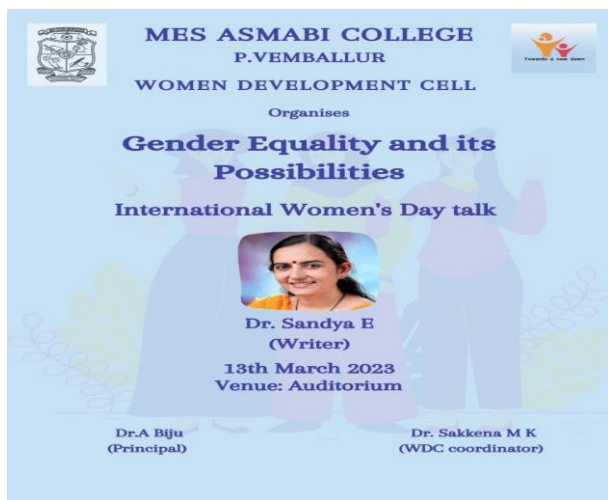
1. GENERAL AWARENESS ABOUT LAWS ON SAFETY OF WOMEN

In compliance with the instructions of National Commission for women and guidelines issued in implementation of the directives of Hon'ble Supreme Court Judgement dated 13th August, 1997 in the case of Visakha and others vs. State of Rajasthan and Others on the subject of sexual harassment of women in the workplace, MES Asmabi College had duly constituted a Complaint Committee for considering the safety of women. 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, on 26th May 2023 at 10.00 AM.



2.WOMENS DAY OBSERVATION

WDC Co-Ordinator in Charge Dr Sakkena Mk, welcomed the gathering. Principal Dr A.Biju, presided over the function. In her inaugural address, the resource person talked at length on how inequality creeps into the spheres of women. Dr K.P Sumedhan(Director Self Financing Courses), Vice Principal;Dr Reena Mohammed, IQAC Co-Ordinator ;Dr Shafeer PS, Staff Secretary; Dr SanandSadanand, NAAC Co-Ordinator; Dr K.H. AmithaBachan felicitated the function. WDC Member, SincySidhee, delivered vote of thanks. In the feedback session, students pointed that the lecture was indeed an eye opener as to how language and culture limits the subjectivity of women.



3.TACKLING GENDER BASED VIOLENCE ;THERAPEUTIC WORKSHOP FOR STUDENTS

A recent workshop on Tackling gender-based violence (GBV) for students was held to raise awareness about this pervasive issue and to provide students with the knowledge and tools to prevent and respond to GBV. The program was conducted by Department of Psychology in Association with Counselling Cell for the college Students on 23 February 2023 at seminar hall, the session was led by LathifPenath , Asst. Professor & Head of Department Psychology. The aim of the workshop was to raise awareness about the issue of gender-based violence, its impact on individuals and society, and ways to prevent it.The workshop began with an introduction to the topic of gender-based violence. The facilitator explained the different forms of gender-based violence, including physical, sexual, emotional, and psychological abuse. The facilitators discussed the prevalence of GBV globally and locally, emphasizing that anyone can be a survivor of GBV, regardless of their gender or sexual orientation and ways to prevent it. Mr Mohammed Areej Assistant Professor & Head Department of Bio chemistry proposed the vote of thanks.



 **MES ASMABI COLLEGE, P. VEMBALLUR**
DEPARTMENT OF PSYCHOLOGY
Counselling Cell
&
Mental Health Club

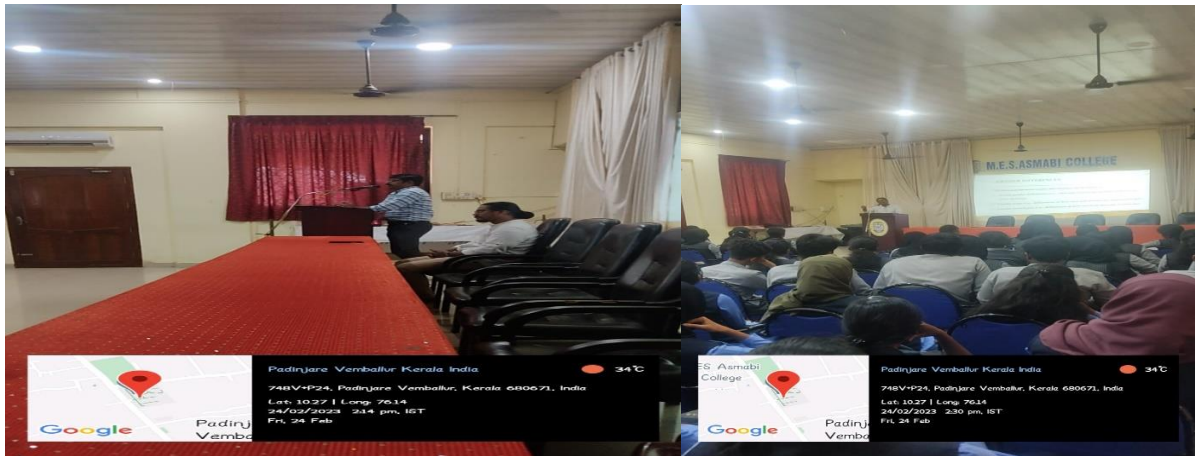
TACKLING GENDER BASED VIOLENCE
A Therapeutic workshop for students

LATHIF PENATH
Consultant Psychologist
&
Head of Department
Dept of Psychology,
MES Asmabi College
P. Vemballur

23 FEBRUARY 2023

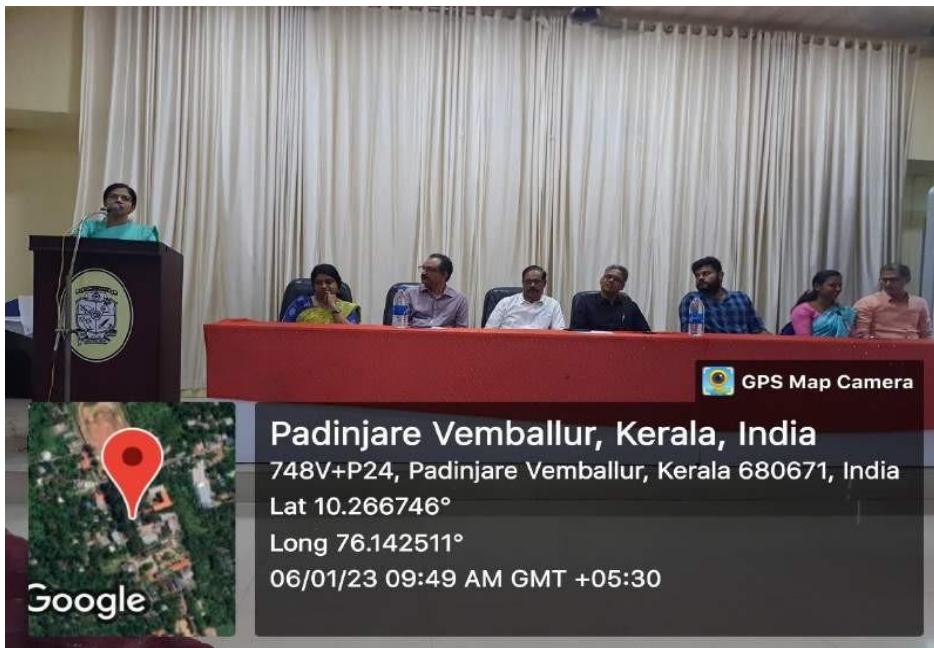
📍 **College Auditorium,**
MES Asmabi College,
P. Vemballur

For First Year UG students



4.GENDER STUDIES BEYOND FEMINISM

The PG & Research Department of English MES Asmabi College, P Vemballur, Kodungallur in association with Women's Study Department, Bharathiar University, Coimbatore organized a one day national seminar “Gender Studies Beyond Feminism” on Friday, 6th January 2023. 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. Papers were on Gender stereotypes in literature, Social construction of gender roles, Role of gender in interactions through social media, Impact of globalisation in gender, Gender in the 21st century, Gender neutral upbringing and Women's organisations.





5. MEET THE ENTREPRENEUR

PG department of Commerce and Management Studies conducted a seminar on meet the Entrepreneur. Dr Ilavarasi Jayakanth handle the session.

IEDC
M.E.S.A.C.

INSTITUTION'S INNOVATION COUNCIL
(University of Calicut Initiative)

P G DEPARTMENT OF COMMERCE AND MANAGEMENT STUDIES
M.E.S ASMABI COLLEGE
AFFILIATED TO UNIVERSITY OF CALICUT
NAAC RE-ACCREDITED WITH B++(CSPA 3.00)

MEET THE ENTREPRENEUR

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

ELAVARASI P. JAYAKANTH
FOUNDER AND CEO
OF ASWATHI HOT CHIPS

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

6.SELF DEFENCE TRAINING PROGRAMME

A Self Defence Training Programme was organized by the cell on 12 Oct 2022. The programme was arranged in association with Women Cell Thrissur. Women Cell Coordinator-in-Charge Dr Sakkena MK welcomed the gathering. Principal Dr A Biju presided over the Programme .SmtElsy TI, Inspector of Police, Women Cell Thrissur inaugurated the training programme. SmtShajamol,SmtSindu , Senior Civil Police Officers led the Self Defence training programme. 100 Girls Students participated in the programme. In the feedback students asserted the importance of mastering some defence techniques to cope up with different kinds of abuse they encounter in their day to day lives



7.WEBINAR ON GENDER STUDIES

,West Bengal Webinar organised by PG&Research department of English in connection with reading day. RP SK Sagir Ali, Asst.Professor, Midnapore College, West Bengal



MES Asmabi College, Kodungallur

PG & Research Department of English

Webinar

on

Contours of Religious Precarity and Feminist Tropes in Monica Ali's Brick Lane and Untold Story



Resource person

**Sk Sagir Ali
Assistant Professor of English
Midnapore College, West Bengal**

**19th June 2022
6 meet
7 pm**

**Dr Reena Mohamed
HoD**

**Dr A Biju
Principal**

**Ms Jameelathu K A
Co ordinator**


8.PRIDE MONTH RALLY





9.EMPLOYABILITY SKILLS FOR WOMEN

Placement training programme by Mahindra pride classroom. The programme was exclusively for final year girls. 33 girls from III BA English and 9 girls from II MA English attended 6 day employability skill training for women.



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

Employability Skills -36 hrs Offline Training Module

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 1
- Presentation Skill – Group Presentation (Out Session)
- Presentation Skill – Group Presentation (Out Session)

DAY - 6

- Life Skill – Problem Solving
- Interview Skill- Interview Readiness 1
- Recap & Closing

Principal
Dr. A. Biju

Coordinator
Mona V M
Career Guidance Cell

Joint Coordinators
Dr. Jisha K C., Dr. Sufiya K.M
IQAC Members

77364688 | monamohan.v@gmail.com



10.SEMINAR ON MENSTRUAL HYGIENE

Menstrual hygiene seminar on 27-08-2022

Date :-27-08-2022
 Venue:-College Auditorium
 Beneficiaries:-Students and teachers
 Outcome:-To aware the use of Menstrual cup and Sanitary pad

SEMINAR ON MENSTRUAL HYGIENE
27 AUGUST 2022

10-11 AM
27 August 2022
Seminar Hall
MES Asmabi College

Dr.Bindu Balakrishnan
 Consultant Gynecologist
 Toluk Headquarters Hospital
 Kodungallur

in association with
District Suchitwa Mission
 Thrissur

Ms.Nihala Yasmin
 Program Coordinator

SUCHITWA MISSION
FOR THE PEOPLE OF THE PEOPLE

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

11.BREAST CANCER AWARENESS PROGRAMME

Meeting in panchayat based on breast cancer survey on 22-12-2022

Date:22.12.22
 Venue:Sreenarayana puram panchau
 Team Leader:
 No of participants (Volunteers & Public) 15

Breast cancer awareness program on 22-12-2022

Date:22.12.22
 Venue:college seminar hall
 No of participants (Volunteers & Public) 100
 Beneficiaries:Volunteers

Breast cancer awareness program on 22-12-2022

Date:22.12.22
 Venue:college seminar hall
 No of participants (Volunteers & Public) 100
 Beneficiaries:Volunteers

13.JOURNO LIBERTA

Communication Association for the year 2022-23 on March 6, 2021. The celebrated broadcast journalist Ms. Heidi Saadiya was the Chief Guest of the event, titled ‘Journo Liberta’. Vice Principal Dr. Reena Mohammed delivered the Presidential address while Heidi Saadiya gave the Inaugural address. Dr. K.P Sumedhan delivered the felicitations and the session ended with cultural events by the students.

