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**MES ASMABI COLLEGE -**

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**WOMEN DEVELOPMENT CELL REPORT 2019-20**



## **MES Asmabi College - Women Development Cell Report 2019-20**

Women Development Cell of MES Asmabi College conducted various programmes giving prime focus to the physical and mental well-being of women students and teachers. With the realization that women emancipation will be fruitful, only when the male counterpart acknowledges her talents and viceversa, male participation was entertained in all the activities conducted by the cell. At the beginning of the academic year itself, a meeting of WDC student and teacher members, were organized. The student members of WDC along with coordinator and Joint Coordinators selected two student coordinators of WDC. The meeting sought opinions from its volunteers about the nature of programmes that they wish to have in order to elevate their talents in their personal as well as academic realms.

### **Self Defense Programme- 1**

As self Defense is the need of the hour, WDC of the college conducted two self-defense programmes.

- (1) In the Self-defense programme conducted in collaboration with Vanitha Police Cell of Thrissur (Nirbhaya Self Defense Training Programme) on 25/11/2019. 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. In the interactive session followed, students raised their apprehensions on various issues that are faced by women.



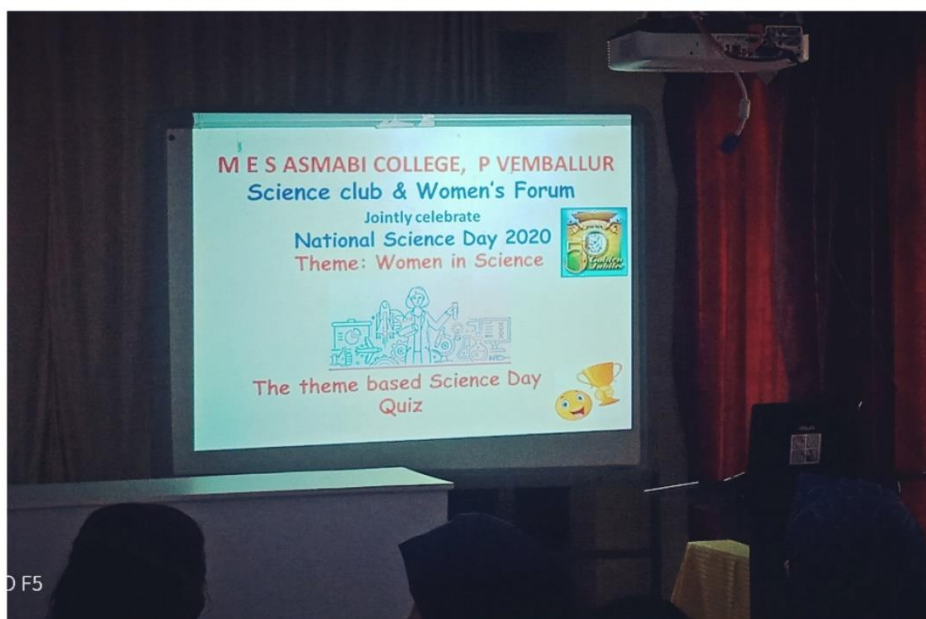
## Self Defense Programme- 2

(1) In collaboration with Agra College Union, WDC conducted another programme on 9 March 2020. A workshop on 'Self Protection Techniques in Karatte' gave prime focus to selfdefense. Mr. Pradeep have taken the classes. Almost 60 students participated in both the self Defense Programmes.



## Quiz Competition

As the motto of World science Day was “Women in Science” WDC decided to conduct a programme on that day to make women students of the college aware about the importance of science in daily life. As part of observing World Science Day, a Quiz competition in collaboration with the Department of Physics was organized by WDC on 2<sup>nd</sup> March 2020, in which students became participants. The winners of the programme were given with prizes.



## **Badminton Competition**

As part of observing International Women's Day, the cell conducted Badminton competition in which students and teachers became participants. Principal of the college Dr.Ajims P Muhammed inaugurated the programme being a part of the competition and he talked about the importance of games and recreation in the busy schedule of a woman. Physical Education Director Bindil also became a part of the programme encouraging students and teachers and gave direction to students about the game. Almost 20 teachers and 50 students participated in it. Winners were the following



## 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, on January 22, 2020. She made all the students who were present there (nearly 60) to act by giving them a situation. It enabled the students to get over their inhibitions to speak and act in front a large audience and boosted their self confidence



## **Confidence booster program**

A program to built up the confidence and preparing the students for the interviews etc was conducted in association with the Rexona – Hindustan Unilever Pvt. LTD on 6<sup>th</sup> March 2020. Miss. Anjuman Banu from Tamil Nadu handled the class. Co-odirnator of WDC Mrs. Dhanya welcomed the gathering. Vice-Principal Dr. Asma VM inaugurated the function. Sri Shahida felicitated the program.

