

**SC/ST CELL - ANNUAL REPORT (2020-21)**  
**SC/ST CELL - MES ASMABI COLLEGE, P VEMBALLUR**

**"Push Yourself, Because No One Else Is Going to Do It for You"**

The SC/ST Cell of MES Asmabi College convened a motivational class on November 16, 2020, via Google Meet, titled "Push Yourself, Because No One Else Is Going to Do It for You" with the aim of inspiring and empowering SC/ST students in the face of the COVID-19 pandemic's challenges.

Smt. Deepa KA, Assistant Professor of Dept. of Commerce commenced the session by extending a warm welcome to all attendees. She emphasized the significance of self-motivation and resilience, especially during challenging times, and highlighted the importance of releasing mental stress and strain for the holistic well-being of students.

Dr. A Biju, the Principal of MES Asmabi College, presided over the program, ensuring its smooth execution. His presence underscored the institution's commitment to supporting its students in times of adversity, fostering a culture of determination and resilience.

Latheef Penath, Head of the Department of Psychology, delivered an insightful presentation on self-motivation, shedding light on the pandemic's impact on mental health.

The interactive session that ensued, led by college counselors and faculty members, provided a platform for students to voice their concerns and seek guidance on coping mechanisms. Dr. Sanjeev Kumar extended felicitations to Penath for his valuable contribution to the session, further affirming the college's dedication to student well-being.

Assistant Professor Ramisha K C from the Department of Commerce and Management Studies expressed heartfelt gratitude in the vote of thanks, emphasizing the importance of self-care and resilience. Her remarks reinforced the session's message of empowerment and encouraged students to prioritize their mental well-being.

In conclusion, the motivational class served as a source of inspiration for SC/ST students, equipping them with the necessary tools and support to overcome challenges. Through the collaborative efforts of faculty members and counselors, the session instilled a sense of determination and resilience among students, guiding them towards success despite the adversities posed by the pandemic.

