

**MES KEVEEYAM  
COLLEGE  
VALANCHERY**

**GENDER EQUITY  
PROGRAMMES 2018-19**



MES KEVEEYAM COLLEGE  
VALANCHERY-676552, Malappuram Dt.,  
Kerala (Affiliated to the University of Calicut)  
Phone: 04942644380, 2641347 (Fax)  
[www.meskvmcollege.org](http://www.meskvmcollege.org)  
Email: principal@meskvmcollege.org

Peer Talk on  
"Stress Management"



Venue : College Conference Hall  
on 12<sup>th</sup> July 2018  
Time: 1.30 pm

By Shajima  
(II year B. Sc Psychology Student)

Organized by  
Women Empowerment Cell (SAKTHI)



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## Report 2018-19

### Peer Talk on 'Stress Management'

Date: 12-07-2018

As a new concept, we introduced peer level talk to students. The sessions are to be handled by senior students of the college rather than an external expert, which would facilitate easier interaction. The session was handled by Shajima, II year B. Sc Psychology Student to all freshers on 12<sup>th</sup> July 2018. The experiences of a peer student and senior worked well for the freshers to settle down. Dr. Rajesh C., IQAC Coordinator moderated the session. Dr. Preethy Alex complimented the student speaker for an educative talk.



*Preethy Alex*  
Coordinator

*[Signature]*  
Principal

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Motivational talk on

## "Role of Women in Society"

Venue : College Auditorium

On 26<sup>th</sup> July 2018

Time: 1.30 p.m.

By

**Dr. Abdul Hameed C.**

Principal,

MES Keveeyam College, Valanchery



*Organized by*

*Women Empowerment Cell (SAKTHI)*



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## Report 2018-19

### Motivational Talk on 'Role of Women in Society'

Date: 26-07-2018

The motivational talk by our Principal Capt. (Dr.) Abdul Hameed C. an accomplished academician and expert was held on 26<sup>th</sup> July 2018 for 90 students of Department of Chemistry. The Principal motivated the students through practical tips and exposed them to the avenues that they were otherwise unaware of. Smt. K. M. Rukkiya welcomed the gathering and Dr. Preethy Alex thanked the speaker.



*Preethy Alex*  
Coordinator

*(Signature)*  
Principal

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Symposium on  
**"Stress Management"**

Venue : College auditorium  
on 20<sup>th</sup> September 2018  
Time: 1.30 pm

By N. M. Varghese  
(College Counsellor)

Organized by  
Women Empowerment Cell (SAKTHI) &  
College Counseling cell



  
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## Report 2018-19

### Symposium on 'Stress Management'

Date: 20-09-2018

A special session on exam related stress was conducted on 20<sup>th</sup> September 2018 to educate the students to cope with everyday stress and exam related stress to promote healthy living and better academic performance. The class was conducted by Mr. N. M. Varghese and was very well received by the students. About 70 students benefitted from the class.



*Preethy Alen*  
Coordinator

  
Principal

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## **Sports Counselling to Female Athletes**

**Venue : College Auditorium**  
**on 26<sup>th</sup> September 2018**  
**Time: 1.30 p.m.**

**By N. M. Varghese**  
**(College Counsellor)**

**Organized by**  
**College Counselling cell**



  
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## Report 2018-19

### Sports Counselling to Female Athletes

Date: 26-09-2018

A special counselling for sportswomen to help excel in their sports events was organised on 26<sup>th</sup> September 2018 by Mr. N. M. Varghese. It was assisted by Dinil S. (Assistant Professor in Physical Education) and 36 students were benefitted.



*Pleethy Alen*

Coordinator



*[Signature]*  
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## "Premarital Counselling"

on 27<sup>th</sup> September 2018

Time: 10.00 a.m.

**By N. M. Varghese**  
(College Counsellor)

Organized by  
*Women Empowerment Cell (SAKTHI)*



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## Report 2018-19

### Premarital Counselling

Date: 27-09-2018

A premarital counselling was organized by Mr. N. M. Varghese, College Counsellor in the I B. Sc Polymer Chemistry classroom on 27<sup>th</sup> September 2018 for 48 students. The aim of the class was to educate young girls and boys on various aspects of matrimony and married life. The students especially girls benefitted from the discussion. The programme concluded with Dr. Preethy Alex giving the vote of thanks.



*Preethy Alex*  
Coordinator



  
Principal  
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# MES KEVEEYAM COLLEGE VALANCHERY

## Inauguration of "Premarital Counselling Centre"


(Under Directorate of Minority Welfare  
Government of Kerala)

By

**Ms. Rufeena,**  
**Chairperson, Valanchery Panchayath**

**Venue : College Conference Hall**  
**on 29<sup>th</sup> September 2018**  
**Time: 10.30 a.m.**  
**All are invited**



  
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## Report 2018-19

### Establishment of Premarital Counselling Centre

Date: 29-09-2018

Directorate of Minority Welfare under Government of Kerala selected MES Keveeyam College, Valanchery as a Premarital Counselling Centre in the year 2018-19. It was inaugurated on 29<sup>th</sup> September 2018 by Ms. Rufeena, Chairperson, Valanchery Panchayath. Premarital counselling is specialised type of therapy, aimed at girls above 18 years of age. It is usually provided by a marriage and family therapist, and is believed to benefit all who are considering a long term commitment such as marriage. It can be helpful to persons of any gender, race or religion to identify and address potential areas of conflict in the relationship.



The classes are organised on Saturdays and Sundays so as to benefit more women. Six batches, each consisting of minimum 30 women are given classes according to the allotment from Directorate. Each batch is handled by eight resource persons.

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ഭരണഭാഷാ-മാതൃഭാഷ

നം. 555/പി2/18/സ്വ.ഭക്ഷ.ഡ

സ്വതന്ത്രപക്ഷപാതയിൽ ഡയറക്ടറേറ്റ്,  
നാലാം നില, വീകാസ് ഭവൻ  
തിരുവനന്തപുരം, തീരുത്ത്: 15.09.2018  
ടെലിഫോൺ: 0471-230500, 24, 230500  
ഇമെയിൽ: Director@kpi.gov.in

ഡയറക്ടർ

പ്രിൻസിപ്പൽ  
എം.ഇ.വോ.യം.കോളേജ്  
കോട്ടയം ജില്ല

സർ,

വിഷയം- സ്വതന്ത്രപക്ഷപാത ഡയറക്ടറേറ്റ് - സ്വതന്ത്രപക്ഷ സ്കൂൾ യൂണിറ്റ് -  
യൂണിറ്റുകൾ പ്രീമാരിൽ കൗൺസിലിംഗ് സെന്റർ - സംബന്ധിച്ച്.

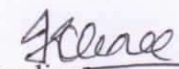
സ്വയം- 1. 05.04.2018 - കെ.ഡി.ഒ.(R.)No.2373/2018/GAD നൽകിയ നിർദ്ദേശം  
2. 15.09.2018 - കെ.ഡി.ഒ.(R.)No.4911/2018/GAD നൽകിയ നിർദ്ദേശം

മേൽ ഉത്തരവുകൾ പ്രകാരം പ്രീമാരിൽ കൗൺസിലിംഗ് കോഴ്സ് നടത്തുന്ന  
തിന് താൽപ്പര്യമുള്ള സ്വതന്ത്രപക്ഷ പക്ഷ വകുപ്പിന് കീഴിലുള്ള പ്രീമാരിൽ  
കൗൺസിലിംഗ് സെന്ററായി 2018-19 സാമ്പത്തിക വർഷത്തോടെ അംഗീകരിച്ചിരിക്കുന്നു.

വിശദീകരണങ്ങൾ

1. A

അഡ്മിനിസ്ട്രേറ്റീവ് ഓഫീസർ  
ഡയറക്ടറേറ്റ്

  
Coordinator

  
Principal

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## Report 2018-19

### Classes on Premarital Counselling

Dates: 29-09-2018 to 30-09-2018, 06-10.2018 to 07-10.2018

Classes for first batch were held on 29<sup>th</sup> and 30<sup>th</sup> of September, and 6<sup>th</sup> and 7<sup>th</sup> of October 2018 with the participation of 30 girl students.

Premarital Counselling : Details of Sessions for the First batch			
Sl. No.	Name of the Resource Person	Session	Topic
1.	Mr. Fathah. P	29.09.2018 F.N.	Marriage and Functions
2.	Mrs. Saifunnisa	29.09.2018 A.N.	Husband and Wife Relationship
3.	Mr. Arshad. E.K	30.09.2018 F.N.	Marriage and other Relationship
4.	Mr. Anshad	30.09.2018 A.N.	Budgeting
5.	Adv. HamzaKutty	06.10.2018 F.N.	Legal aspects of marriage
6.	Mrs. Suharabi	06.10.2018 A.N.	Sexual relationship and parenting
7.	Dr.Zayana	07.10.2018 F.N.	Family counselling
8.	Mrs. Jumana	07.10.2018 A.N.	Individual counselling



  
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*Kanace*  
Coordinator



*[Signature]*  
Principal

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Seminar on  
**'Legal Rights of Women'**



Venue : College Conference Hall  
on 13<sup>th</sup> October 2018

Time: 10.00 am

**By Adv. Kavitha Shankar**  
Member, Child welfare committee  
Malappuram

Organized by  
**Women Empowerment Cell (SAKTHI)**



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## Report 2018-19

### Seminar on 'Women Empowerment- Legal Rights of Women'

Date: 13-10-2018

A seminar was conducted in the College on 13<sup>th</sup> October 2018 for 80 girl students of the College in the AV Hall. The main session was taken by Adv. Kavitha Shankar who is an expert in the legal field. She educated the students on various issues and enthralled the audience with anecdotes and her experience in handling various women related cases. Her experience in various family related issues turned out to be an eye opener to many students. The class was well appreciated by all. Principal Capt. (Dr.) Abdul Hameed C. presided over the session. Dr. Preethy Alex welcomed the audience, Dr. Rajesh C., IQAC Coordinator felicitated and Prof. Sreeja Lakshmi gave vote of thanks.



*Preethy Alex*  
Coordinator

*[Signature]*  
Principal



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## Report 2018-19

### Classes on Premarital Counselling

Date: 20-10-2018 to 21-10-2018, 27-10.2018 to 28-10.2018

Premarital counselling classes were held on 20<sup>th</sup>, 21<sup>st</sup>, 27<sup>th</sup> and 28<sup>th</sup> of October 2018 with 32 girl students participating. Distribution of certificates was done after the last session of each batch. Feedback was collected from the attendees for further improvement of the programme.

Premarital Counselling : Details of Sessions for the Second Batch			
Sl. No.	Name of the Resource Person	Session	Topic
1.	Mr. Fathah. P	20.10.2018 F.N.	Marriage and functions
2.	Mrs. Jumana	20.10.2018 A.N.	Husband and wife relationship
3.	Mrs. Suharabi	21.10.2018 F.N.	Marriage and other Relationship
4.	Mr. Shamsudheen	21.10.2018 A.N.	Budgeting
5.	Mr. Arshad E.K.	27.10.2018 F.N.	Individual counselling
6.	Adv. HamzaKutty	27.10.2018 A.N.	Legal aspects of marriage
7.	Dr. Zayana	28.10.2018 F.N.	Sexual relationship and parenting
8.	Mr. Asharaf C.P	28.10.2018 A.N.	Family counselling



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*George*  
Coordinator



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Lecture on

**'Personal Hygiene and Healthy Diet'**

by

**Capt. (Dr.) Abdul Hameed C.**

Principal, MES Keveeyam College, Valanchery

At College Auditorium

On 26<sup>th</sup> October 2018

Organized by SAKTHI (Women Empowerment Cell)



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## Report 2018-19

### Lecture on 'Personal Hygiene and Healthy Diet'

Date: 26-10-2018

A lecture on personal hygiene and healthy diet was conducted on 26<sup>th</sup> October 2018 by Capt. (Dr.) Abdul Hameed C., our Principal. He impressed upon all students on the importance of having a good personal hygiene and a healthy daily routine and stressed on a balanced diet to maintain good physical and mental health. Dr. Preethy Alex thanked the Principal and the attendees.



*Preethy Alex*  
Coordinator



Principal

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## Report 2018-19

### Judo Class for Girl Students

Date: 02-11-2018 to 15-12-2018

A Judo class for students was conducted from 2<sup>nd</sup> November 2018 to 15<sup>th</sup> December 2018 under the aegis of Department of Physical Education and WEC. Eight girls benefited from the class. Four students got selected to represent Calicut University and Sreelakshmi won a bronze medal in the University level competitions.



*Preethy Alon*  
Coordinator



*[Signature]*  
Principal

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## Report 2018-19

### Classes on Premarital Counselling

Dates: 03-11-2018 to 04-11-2018, 10-11-.2018 to 11-11-2018

Premarital counselling classes were given to students on 3<sup>rd</sup>, 4<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> of November 2018. 34 girl students participated this time. Distribution of certificates was done after the last session of each batch. Feedback was collected from the attendees for further improvement of the programme.

Premarital Counselling : Details of Sessions for the Third Batch			
Sl. No.	Name of the Resource Person	Session	Topic
1.	Mrs. Shaima	03.11..2018 F.N.	Marriage and functions
2.	Mrs. Saifunnisa	03.11.2018 A.N.	Husband and wife relationship
3.	Mr. Arshad. E.K	04.11.2018 F.N.	Marriage and other Relationship
4.	Adv. HamzaKutty	04.11.2018 A.N.	Legal aspects of marriage
5.	Mr. MuhammedFasil	10.11.2018 F.N.	Individual counselling
6.	Mr. Abdul Mahfir. E.K.	10.11.02018 A.N.	Budgeting
7.	Mrs. Jumana	11.11.2018 F.N.	Sexual relationship and parenting
8.	Mrs. Jumana	11.11.2018 A.N.	Family counselling



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*[Signature]*  
Coordinator ,



*[Signature]*  
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## Report 2018-19

### Talk on Gender Equity 'Transgender-Myth and Reality'

Date: 09-11-2018

An interactive session was organized with transgender activist Miss Riya Isha by WEC in collaboration with PG Department of English on 09<sup>th</sup> November 2018. The speaker talked on Transgender- Myth and Reality. The session was attended by 120 students.



*Breathy Alen*  
Coordinator



  
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## Report 2018-19


### Classes on Premarital Counselling

Dates: 15-12-2018 to 16-12-2018, 22-12-2018 to 23-12-2018

On 15<sup>th</sup>, 16<sup>th</sup>, 22<sup>nd</sup>, and 23<sup>rd</sup> of December 2018, sessions for the 4<sup>th</sup> batch consisting of 32 girl students were held. Distribution of certificates was done after the last session of each batch. Feedback was collected from the attendees for further improvement of the programme.

Premarital Counselling : Details of Sessions for the Fourth Batch			
Sl. No.	Name of the Resource Person	Session	Topic
1.	Mr.Fathah	15.12..2018 F.N.	Marriage and functions
2.	Mrs.Ajmala Ashraf	15.12.2018 A.N.	Husband and wife relationship
3.	Arshad. E.K	16.12.2018 F.N.	Marriage and other relationship
4.	Mr. Abdul Mahfir. E.K.	16.12.2018 A.N.	Individual counselling
5.	Adv. HamzaKutty	22.12.2018 F.N.	Legal aspects of marriage
6.	Mrs.Suharabi	22.12.02018 A.N.	Budgeting
7.	Mr.MuhammedFasil	23.12.2018 F.N.	Family counselling
8.	Dr.Zayana	23.12.2018 A.N.	Sexual relationship and parenting



  
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## Report 2018-19

### Classes on Premarital Counselling

Dates: 05-01-2019 to 06-01-2019, 12-01-2019 to 13-01-2019

Parallel classes were given to fifth and sixth batches on 5<sup>th</sup>, 6<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> January 2019, with around 34 attendees on premarital counselling. Distribution of certificates was done after the last session of each batch. Feedback was collected from the attendees for further improvement of the programme.

Premarital Counselling : Details of Sessions for the Fifth Batch			
Sl. No.	Name of the Resource Person	Session	Topic
1.	Mr. Niyas Muhammed P.	05.01.2019 F.N.	Marriage and functions
2.	Mrs. Shaima	05.01.2019 A.N.	Husband and wife relationship
3.	Mr. Anshad	06.01.2019 F.N.	Marriage and other relationship
4.	Mrs. Sabira	06.01.2019 A.N.	Individual counselling
5.	Mr. MuhammedFasil	12.01.2019 F.N.	Family counselling
6.	Dr. Zayana	12.01.2019 A.N.	Sexual relationship and parenting
7.	Adv. ShameemFayiz	13.01.2019 F.N.	Legal aspects of marriage
8.	Mrs. Suharabi	13.01.2019 A.N.	Budgeting






**Premarital Counselling : Details of Sessions for the Sixth Batch**

Sl. No.	Name of the Resource Person	Session	Topic
1.	Mr. Shamsudheen	05.01.2019 F.N.	Husband and wife relationship
2.	Mr. Niyas Muhammed P.	05.01.2019 A.N.	Marriage and functions
3.	Mrs. Sabira	06.01.2019 F.N.	Individual counselling
4.	Mr. Anshad	06.01.2019 A.N.	Marriage and other relationship
5.	Dr. Zayana	12.01.2019 F.N.	Sexual relationship and parenting
6.	Mr. Muhammed Fasil	12.01.2019 A.N.	Family counselling
7.	Mrs. Suharabi	13.01.2019 F.N.	Budgeting
8.	Adv. Shameem Fayiz	13.01.2019 A.N.	Legal aspects of marriage



  
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Coordinator  
Coordinator



Principal  
Principal

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14.01.2019

#### **NOTICE**

In collaboration with District Child Welfare and Development Office, the Women Empowerment Cell (SAKTHI) of our college organizes a Poster Making Competition on 21<sup>st</sup> January 2019, 1.30 p.m. Two students from each class can participate in the same. Interested candidates can give their names on or before 17.01.2019 near Dr. Preethy Alex, WEC coordinator.



Principal

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## Report 2018-19

### Poster Making Competition 'Child Yesterday, Today and Tomorrow'

Date: 21-01-2019

A poster making competition was organized in collaboration with District Child Welfare and Development Office on 21<sup>st</sup> January 2019 on the theme 'Child Yesterday, Today and Tomorrow'. A total of 20 students keenly participated in the competition and winners were given prizes. Hiba, I B. Sc Physics got the first prize. Snija and Suhaila of I M. Sc Polymer Chemistry got the second and third prizes respectively.



*Preethy Alen*  
Coordinator



Principal  
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VALANCHERY, PIN- 676 552  
MALAPPURAM



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Seminar on  
**"Women's Safety"**  
Venue : College Auditorium  
on 05<sup>th</sup> March 2019  
Time: 01.30 p.m.

By Kerala Kaumudi in association with  
Women Empowerment Cell (SAKTHI)



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## Report 2018-19

### Seminar on 'Women's Safety'

Date: 05-03-2019

A seminar on women's safety was the highlight of International Women's Day in the College on 05<sup>th</sup> March 2019. The seminar was organized under the aegis of Kerala Kaumudi Daily in collaboration with WEC of the College. Dy. Comdt. Kurikesh Mathew, MSP, Kerala Police was the Chief Guest. Opening address was given by Mr. K. N. Suresh Kumar, Chief of Buerau, KeralaKaumudiMalappuram. Capt. (Dr.) Abdul Hameed C., Principal presided over the function. M. S. Shamsiya, Boomika Coordinator, took a class on women's safety in the afternoon session. Approximately 300 girls attended the programme and benefitted from the safety tips by the specialists.



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# കേരള കൗമുദി

## സ്ട്രീ സുരക്ഷ സെമിനാർ

സ്ഥലം: എം.ഇ.എസ് കെ.വി.എം കോളേജ് വാളാഞ്ചേരി

### കാരുപരിപാടി

പ്രാർത്ഥന	:
സ്വാഗതം	: ഡോ. പ്രീതി അലക്സ്, കോ-ഓർഡിനേറ്റർ WEC
ആമുഖ പ്രദർശനം	: കെ.എൻ. സുരേഷ് കുമാർ (യൂണിറ്റ് ചീഫ്, കേരളകൗമുദി മലപ്പുറം)
അദ്ധ്യക്ഷൻ	: Capt: Dr. അബ്ദുൾ ഹമീദ്. സി. (പ്രിൻസിപ്പാൾ എം.ഇ.എസ് കോളേജ്)
ഉദ്ഘാടനം	: കുരികേശ് മാത്യു. (ഡെ കമാന്റിന്റ് എം.എസ്.പി മലപ്പുറം)
ഉപഹാര സമർപ്പണം	: 1. ഡോ. ഉമ്മർ മലയിൽ 2. അബ്ദുറഹിമാൻ 3. ഹാജി. എ. കെ കുട്ടി
ക്ലാസ്	: ഷംസിയ. എം. എസ് (കോ-ഓർഡിനേറ്റർ ഭൂമിക)
ആശംസകൾ	: ഡോ. സി. രാജേഷ്, IQAC കോ-ഓർഡിനേറ്റർ
നന്ദി	: ഡോ. പ്രൊഫസർ. ശ്രീജ ലക്ഷ്മി, (അസി. കോ-ഓർഡിനേറ്റർ WEC)




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*Preethy Men*  
Coordinator




  
Principal  
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RITHI COLLEGE UNION  
*Presents*


RI - FeZz 2K19  
Megacarnival

**FEMME FEZ**  
Season 2

*Celebration of Womanhood*

- 
- ✧ Health Awareness class
  - ✧ Cultural Events

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## Report 2018-19

### Talk on 'Menstrual Irregularities and Sexual Hygiene'

Date: 12-06-2019

WEC in association with College Union conducted an educational session on 12<sup>th</sup> June 2019 from 10.30 a.m.-12.30 p.m. The session was handled by Dr. Farseeena of Nizar Hospital, Valanchery, Malappuram. She took a class on 'Menstrual Irregularities and Sexual Hygiene'. The session was attended by about 300 students.



*Priethy Men*  
Coordinator



*[Signature]*  
Principal  
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## Report 2018-19

### Cultural Meet for Girls 'Femme Fez-II'

Date: 12-06-2019

'Femme Fez-II' was a programme organized under the aegis of College Union and WEC exclusively for girls on 12<sup>th</sup> June 2019 from 1.30-4.30 p.m. the programme was attended by around 300 girl students. In this session, girls in several departments presented a cultural programme followed by a free dance session for all attendees.



*Preethy Ken*  
Coordinator



Principal  
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