

ACTIVITY REPORT OF
WOMEN EMPOWERMENT CELL (WEC) – SAKTHI
(2014-2020)



MES KEVEEYAM COLLEGE VALANCHERY
MALAPPURAM
KERALA
PIN 676552
phone: 04942644380
www.meskvmcollege.org



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Introduction

The core values of equality, inclusiveness, skill development, selfless service to society and empowerment are given their due importance by the college. We believe that access to information is the root solution in enabling women and men to make informed decisions, participate in dialogue, stand up for their rights, influence policy and social norms and hold governments to account. Information poverty and inequality, where citizens have limited or no access to high quality, local information or platforms for communication limits freedom of expression and reduces informed choice in many parts of the world and many of the contexts in which we work.

Vision

The vision of Women Empowerment Cell (WEC) is to empower and equip the girl students through education, awareness and skill development to face the contemporary challenges faced by them in the new milieu.

Objectives

The objectives of WEC are :-

- To empower students through awareness, skill development and interaction
- To sensitize on gender equity, justice and social equality
- To provide necessary counselling, guidance and peer support to those who are in need of it
- To focus on development of leadership qualities and decision making
- To promote skill development that helps the students sustain themselves in a competitive world
- To develop communication and soft skills
- To give a helping hand to the poor and needy and unemployed women in the neighbouring area and to encourage social commitment among students

Various programmes focussed on gender equity are conducted by WEC in the college across the academic year.

Activities

- Workshops and seminars: To create awareness about issues pertaining to the society, such as cybercrimes, legal rights of women, sexual harassment, gender equality, self defence etc., as well as yoga and meditation sessions. Women's self defence programmes are regularly conducted in our college under the aegis of Kerala Police.
- Competitions: The college organises organizes various competitions, sports events, cultural activities, particularly for the holistic development of female students. Representation of female students is always ensured in all clubs and committees functioning in the college.
- Sports and games: The college considers sports activities crucial in a student's growth and development. The female students who were given training in Judo and won prizes at university level.
- Celebrations: Women's Day is celebrated annually with meaningful discussions and cultural programmes as part of the same. Femme Fez is a unique programme exclusively for female students that celebrate womanhood.

Organizational Structure

Chairperson : Dr. Rajesh C., Principal

Coordinator : Dr. Soumini C., Assistant Professor, department of Chemistry

Asst. Coordinator : Mrs. Dhanya Balachandran, Assistant Professor, Department of
Physics

Members : All Girl Students

WOMEN EMPOWERMENT CELL REPORT: 2014-15

Debate on ‘Job or Family: Which One Do You Choose?’

A debate on the topic ‘Job or Family: Which One Do You Choose?’ was organized under the chairmanship of Lt. (Dr.) P. Mohamedali, our Principal in the college auditorium on 07th August 2014. About 200 students participated. The students especially girls actively participated in the discussion. While there were many takers for a settled family life, those who advocated for financial independence and social security through a stable job had the majority. The heated debate showed the changing trends amongst the student community. The lively debate concluded with Sreelakshmi giving the vote of thanks. Smt. Manjula Raman was the moderator.



Debate in progress

Elocution and Quiz Competition in connection with Women's Equality Day

The students of the Department of English in association with WEC celebrated Women's Equality Day under the auspices of *Vagartha* on 22nd August 2014. Elocution and Quiz Competition were conducted as a part of the programme. Principal Lt. (Dr.) P. Mohamedali gave away the prizes to the winners.



Counselling and Talk on 'Body Image'

A special counselling session was organized under the aegis of Mr. N. M. Varghese on 30th August 2014 to address the problems related to early marriage and premarital issues for 250 students. He also covered the aspects of balanced diet and misplaced concept of body image prevalent in young girls before and after marriage. The students found the session interesting as most of them took keen interest in clarifying their doubts; probably they were subjected to such lectures for the first time. Lt. (Dr.) P. Mohamedali presided over the meeting and Smt. Manjula Raman felicitated the students. Dr. Preethy Alex welcomed and Smt. K. M. Rukkiya gave vote of thanks.



Counselling Session by Mr. N. M. Varghese

Training on 'Jewellery and Ornament Making, Decorating Pots and Flower Vases'

About 50 girls were given exposure to jewellery and ornament making, decorating pots and flower vases on 01st September 2014 under the aegis of IRTC and demonstrated to Kudumbasree. The participants benefitted from the excellent lecture and demonstration on creative art.





Ornament making Class

Vocational Training for Girls on ‘Soap making, Balm & Cream Preparation’

A workshop on soap making, balm & cream preparation was conducted on 16th September 2014 on preparation of organic soaps, house hold balms and creams was organized for the benefit of girls. Dr. Jisha V. S. demonstrated methodology and 37 students participated. All the enthusiasts noted the ingredients of all possible items.



Soap Making Class

A Talk on ‘Kudumba Suraksha Samooha Suraksha’

A class on ‘Kudumba Suraksha Samooha Suraksha’ was conducted on 07th December 2014 by Adv: Sujatha S. Varma, 170 students attended the class. It was well received by students and staff. Dr. Preethy Alex welcomed the gathering. Lt. (Dr.) P. Mohamedali

presided over the class and Smt. Manjula Raman felicitated the students. Miss Sreelaksmi, Student Coordinator gave vote of thanks.



Class on Kudumba Suraksha Samootha Suraksha

Conclusion

The Women Empowerment Cell through its initiatives has been able to bring about positive and dynamic changes in the life of several students. The cell looks forward to pursue more meaningful activities in the future.

WOMEN EMPOWERMENT CELL REPORT: 2015-16

This Women Empowerment Cell of MES Keveeyam College saw a series of activities during the year 2015-16. The main focus of the programme was to empower the girl students through education and greater awareness. The activities included seminars, lectures, self-defence training and Health and Hygiene awareness and training.

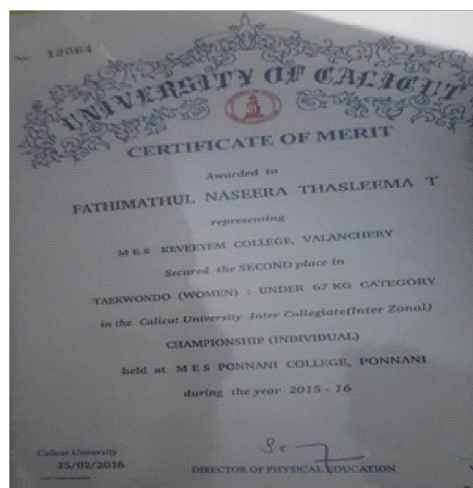
District Level Self Defence Programme

A self-defence training programme was held at District Headquarters at Malappuram from 14-18th September 2015 at MSP Camp location. Four students, Subhishra M. P. (B. Com), Aswathy P. K (B. Sc Zoology), F. Naseera and Tasleema T. attended the said camp. They were awarded certificates from the camp.



Taekwondo Training

WEC in association with Department of Physical Education have introduced Taekwondo training in the college under coach Mr. MoideenKutty for students from 21st November 2015 to 20th December 2015. 20 students attended the training. Ms. Thasleema (2nd BA English) secured silver medal and Ms. Sreeshma (4th sem B. Com) and Ms. Arathi P. (4th sem B. Com) secured Bronze medal in Women Category and Mr. Shabeeb (6th sem B. A) won the bronze medal in men category.



Collage competition in connection with ‘International Day of Elimination of Violence against Women’

The International Day of Atrocities against Women was observed on 26th November 2015 and a Collage making competition was held to create awareness among students. In the said competition, Arjun Hari of II BA Functional English got the first prize. The event was organized by WEC, attended by 25 students. Lt. (Dr.) Mohamedali gave away the prizes to the winners.



Regional Seminar on Gender and Women Empowerment-‘Tarang’

A regional seminar named ‘Tarang’ was conducted in the College on 22nd February 2016. Around 300 girl students attended the seminar. Principal Lt. (Dr.) Mohemadali presided over the Seminar. Ms. Afsana Parveen, I.A.S, Assistant Collector, Malappuram

inaugurated the Seminar. She motivated the students to work hard with focus to achieve what they wanted to become in life.



Mrs. Afsana Parveen, IAS

This session was followed by keynote address by Dr. Molly Kuruvilla, Director, Centre for Women's Studies University of Calicut.



In the afternoon, a class on sex, gender and empowerment was conducted by Dr. Mary Matilda, former Principal, Maharajas College, Ernakulam and member of faculty team India Canada HRD training Programme.



It was a well organized seminar which highlighted the role, rights and responsibilities of women in the society.

Women’s Self Defence Programme-‘Nirbhaya’

With the help of Valanchery Police, a self-defence class was conducted from 18-24th March 2016. Forty five students attended and benefitted from the programme.





Self Defence Class

Conclusion

The year saw gigantic steps taken by the WEC. The students have been given not only given exposure and education but also given practical training in self-defence and health and hygiene. We look forward to conduct more such programmes by the cell in the coming months.

WOMEN EMPOWERMENT CELL REPORT: 2016-17

The Women Empowerment Cell of MES Keveeyam College witnessed a series of activities during the year 2016-17. The main focus of the programme was to empower the girl students through education and greater awareness. The activities included seminars, lectures and Health and Hygiene awareness training.

‘Chilanka- Rythm of Life’ -District Level Gathering of Transgenders

A district level gathering of Transgenders was organised in the college in association with district level coordinators on 21st August 2016. Around 100 people who identified themselves as transgenders gathered. The event was attended by 26 NSS volunteers from the College. Assistant Professor Nisab welcomed all delegates on behalf of the college. The delegates shared their experiences and did cultural performances.





Chilanka 2016

Special Session on ‘Yoga and Meditation for Girls’

A special session on Yoga and Meditation was conducted on 20th September 2016 to educate the students to cope with everyday stress and promote healthy living. About 70 students attended. The class was conducted by Prof. Manjula Raman and was very well received by the students. The class also covered exam related stress which some students found very useful.



Prof. Manjula Raman addressing students

Premarital Counselling

Renowned counsellor Mr. N. M. Varghese handled a premarital counselling session on 26th September 2016 in the College Auditorium, for 220 students. The session was intended to give an exposure to the students in preparation to tie the nuptial knot and also to improve intra personal and interpersonal communication. The session was appreciated by all the participants. The session was presided over by Principal Lt. (Dr.) P Mohamedali, welcomed by Smt. K. M. Rukkiya and vote of thanks was delivered by Dr. Preethy Alex.



Premarital counselling by Mr. N. M. Varghese in progress

Seminar on 'Women Empowerment'

A seminar was conducted in the College on 06th December 2016 for 130 girl students. The main session was taken Adv. Sujatha S. Varma, an expert in the field of legal matters and family courts. She educated the students on various issues and enthralled the audience with anecdotes and her experience in handling various women related cases. She also motivated the students to lead happy, healthy and an empowered lives. Her experience in various family related issues turned out to be an eye opener to many. The class was well appreciated by all. Dr. Preethy Alex welcomed all delegates, Principal Lt. (Dr.) P. Mohamedali presided over the class. Dr. C. Rajesh, IQAC Coordinator and Prof. Dinil S. felicitated the audience. Student coordinator Ms. Sreelakshmi gave the vote of thanks.



Adv. Sujatha S.Varma in a Women Empowerment class

Motivational Talk on ‘Women in Politics’

The vibrant lady representative of the College at University level, Miss Sajitha E. M. was felicitated in the College Campus on 07th February 2017. She delivered a talk on ‘Women in Politics’. Lt. (Dr.) P. Mohamedali, Principal, presided over the function. Mr. Abdul Khader, MLA joined the Staff and students to felicitate her in the presence of 266 students of the college. Prof. A. M. P. Hamza, Prof. Dinil and Prof. Nisab also felicitated the youth leader.



Felicitation of University Union Lady Vice Chairperson, Sajitha E. M.

An Open Forum on ‘Women Empowerment-A Reality Check’

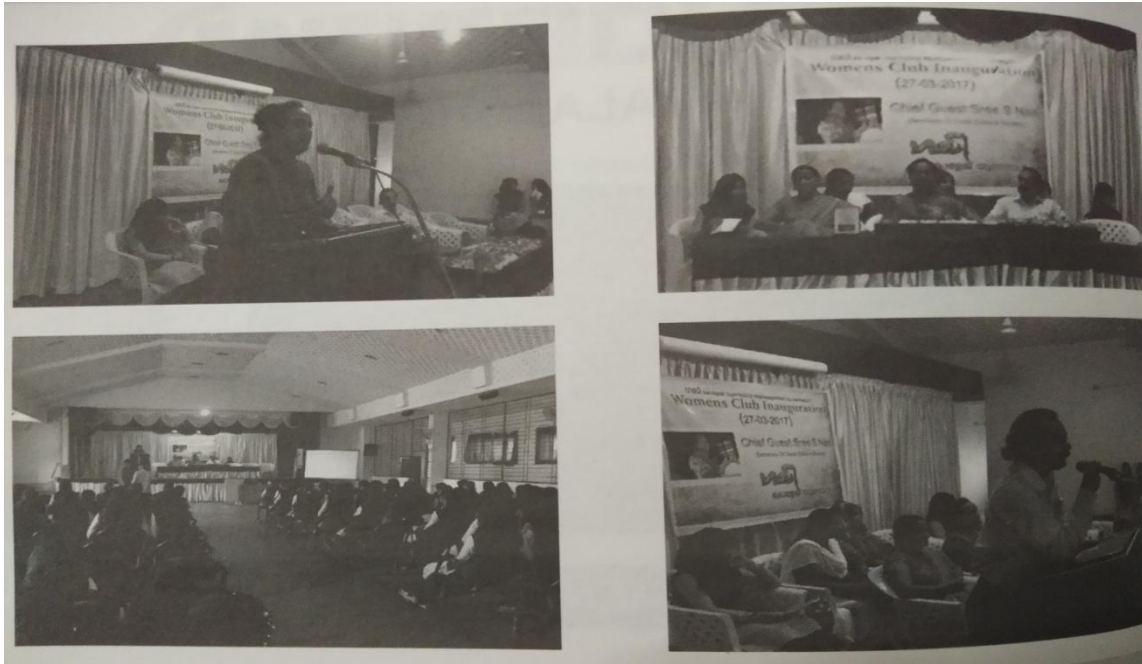
An open forum to chalk out the course of action regarding initiatives for empowerment of women in the college was conducted by Dr. Preethy Alex on Women’s Day 21st March 2017. It was attended by 56 students. The students gave out their views on contemporary issues and suggested awareness is the key to enabling the under privileged. They were appreciative of the activities of the WEC of the college.



Establishment of Women's Club

College Women's Club was inaugurated under the aegis of College Union on 27th March 2017 in the Auditorium in the presence of 120 students. Dr. Preethy Alex welcomed the Chief Guest, Principal and students. Principal Lt. (Dr.) P. Mohamedali presided over the meeting. Chief Guest Sree S. Nair, Secretary of Oasis Cultural Society gave an inspiring speech on the role of women in shaping the society.





Inauguration of Women's Club

Mime on 'Female Foeticide'

Department of English in association with WEC conducted a mime under Lit Café, the literary and cultural forum of the Department on the theme of female foeticide on 11th June 2017. More than 70 students attended the programme.



Yoga class in connection with International Yoga Day

International Yoga Day was observed on 21st June 2017 by the Women's Club and WEC. Dr. AmalJaleesa, Bachelor of Naturopathy and Yoga Science was the chief guest. About 100 students attended the programme. Training in some basic yoga positions was given.



Conclusion

The year saw various activities by the WEC. The students have been given not only exposure but also but also awareness on promoting a happy healthy and positive living.

WOMEN EMPOWERMENT CELL REPORT: 2017-18

The Women Empowerment Cell of MES Keveeyam College witnessed a series of activities during the year 2017-18. The main focus of the programme was to educate and empower the girl students through education and greater awareness. The activities included seminars, lectures skill development classes and Health and Hygiene awareness training.

Women's Self Defence Training Programme 'Nirbhaya'

On 01st and 02nd August 2017, under the Nirbhaya Self Defence Programme, 70 girl students were trained in self defence under the aegis of Kerala Police. Dr. Preethy Alex welcomed the dignitaries and the students. Principal Capt. (Dr.) Abdul Hameed C. presided over the inaugural session and was inaugurated by Mr. Basheer Chirakkal, Sub Inspector, Valanchery. Police constables Devayani and Sreeja trained the students through demonstration and practice. All the participants were appreciative of the newly acquired skill. Prof. Sreeja Lakshmi thanked the police team.



Class on ‘Health and Hygiene’

The activities in the year started with a class by Dr. Anitha Vishwambharan of Kottakal Arya Vaidya Sala on health and hygiene related subjects on 04th October 2017. About 180 students attended and benefitted from the class.



Martial Arts Training: Taekondo

A one month long Taekondo class for girls was inaugurated on 07th December 2017 at the college auditorium. Dr. Preethy Alex welcomed the gathering. Prof. Dinil S. presided over the function. Mr. Moideenkutty was the chief guest and trainer. About 70 students benefitted from the training programme.



Training on ‘Cake Making’

In order to foster creativity and improve baking skills, we organized a cake making class on 05th February 2018 in the College. Nearly 50 volunteers were trained in making

black forest cake and white forest cake under the supervision of Prof. SreejaLaksmi. The Principal was kind enough to appreciate the efforts of the students. It was a wonderful experience for all those attended.



Postmarital Counselling

A postmarital counselling was conducted by Mr. N. M Varghese on 05th March 2018. Approximately 60 students benefitted from the class. The class highlighted the need for effective interpersonal communication and good practices in a healthy married life. Principal Capt. (Dr.) Abdul Hameed C. presided over the function and Dr. C. Rajesh, IQAC Coordinator felicitated the gathering. Smt. K. M. Rukkiya welcomed the class and Dr. Preethy Alex concluded the event with an apt summing up of the class.



'FEMME FEZ'

A new concept - a special day for girls was organized by WEC in collaboration with the College Union on 08th and 09th of March 2018. Around 250 girl students participated. On day 1, an awareness class on **Reproductive Health for Girls** was held. The session was conducted by Dr. Uma, an expert in Ayurvedic Medicine to create awareness among girls about reproductive health. Dr. Preethy Alex welcomed the guest and the students and Miss Hasina, of students Union gave vote of thanks. Day 2 was dedicated to **cultural activities and performances** bring out the hidden talents of the girls and in the end, to let their hair down on the floor during the free dance hour. All girls enjoyed the event immensely.



FEMME FEZ

08.03.2018 : യൂണിയന്റെ കീഴിൽ വനിതാദിനത്തോടനുബന്ധിച്ച് FEMME FEZ എന്ന പേരിൽ ആദ്യമായി യൂണിയൻ പ്രോഗ്രാം നടത്തി എന്ന നിലയിൽ പെൺകുട്ടികൾ നമ്മുടെ കോളേജ് ചരിത്രത്തിൽ ഇടം നേടി. തുടക്കം മുതൽ ഒടുക്കം വരെ നിറഞ്ഞിരുന്ന സദസ്സും പെൺശബ്ദങ്ങൾ കൊണ്ട് മാത്രം ആരവങ്ങൾ തീർത്തപ്പോൾ അതൊരു പുത്തൻ അനുഭവമായി മാറി.

Conclusion

The year saw various activities by the WEC. The students have been exposed to skill development but also but also on awareness on promoting a happy healthy and positive living.

WOMEN EMPOWERMENT CELL REPORT: 2018-19

The Women Empowerment Cell of MES Keveeyam College witnessed a number of activities during the year 2018-19. The main focus of the programme was to empower the girl students through education and greater awareness. The activities included seminars, lectures and Health and Hygiene awareness training.

Peer Talk on ‘Stress Management’

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 12th 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.



Peer talk by Shajima

Motivational Talk on ‘Role of Women in Society’

The motivational talk by our Principal Capt. (Dr.) Abdul Hameed C. an accomplished academician and expert was held on 26th 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.



Symposium on ‘Stress Management’

A special session on exam related stress was conducted on 20th 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.



Premarital Counselling

A premarital counselling was organized by Mr. N. M. Varghese, College Counsellor in the I BSc Polymer Chemistry classroom on 27th 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.

Seminar on ‘Women Empowerment- Legal Rights of Women’

A seminar was conducted in the College on 13th 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.



Adv. Kavitha Shankar addressing students

The class was well appreciated by all. Principal Dr. (Capt.) 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.

Judo Class for Girl Students

A Judo class for students was conducted from 2nd November 2018 to 15th 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.



Talk on Gender Equity ‘Transgender-Myth and Reality’

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



Poster Making Competition ‘Child Yesterday, Today and Tomorrow’

A poster making competition was organized in collaboration with District Child Welfare and Development Office on 21st 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.



Seminar on ‘Women’s Safety’

A seminar on women’s safety was the highlight of International Women's Day in the College on 05th 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.



കേരള കാമുദി സ്മൃതി സുരക്ഷ സെമിനാർ

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

കാര്യാലിപി

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| പ്രാർത്ഥന | : | |
| സ്വാഗതം | : | ഡോ. പ്രീതി അലക്സ് , കോ-ഓർഡിനേറ്റർ WEC |
| ആമുഖ പ്രഭാഷണം | : | കെ. എൻ. സുരേഷ് കുമാർ (യൂണിറ്റ് ചീഫ്, കേരളകുമാരി മലപ്പുറം) |
| അദ്ധ്യക്ഷൻ | : | Capt: Dr. അബ്ദുൾ ഹമീദ്. സി. (പ്രിൻസിപ്പാൽ 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. പ്രോഫസർ. ശ്രീജ ലക്ഷ്മി,
(അസി. കോ-ഓർഡിനേറ്റർ WEC |



Talk on 'Menstrual Irregularities and Sexual Hygiene'

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



Class by Dr. Farseena of Nizar Hospital

Cultural Meet for Girls ‘Femme Fez-II’

‘Femme Fez-II’ was a programme organized under the aegis of College Union and WEC exclusively for girls on 12th 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.



FEMME FEZ-II

Conclusion

The year saw various activities by the WEC. The students have been given not only exposure but also awareness on promoting a happy healthy and positive living.

WOMEN EMPOWERMENT CELL REPORT: 2019-20

The Women Empowerment Cell of MES Keveeyam College witnessed a number of activities during the year 2019-20. The main focus of the programme was to empower the girl students through education and greater awareness. The activities included seminars, lectures and Health and Hygiene awareness training.

Self Defence Training Programme for Women

A self defence training programme was conducted under the aegis of Kerala Police, for introducing self defence classes for girls on 04 Nov 2019 in the College auditorium. The class was attended by 300 students. The session commenced with an inaugural function presided by our Principal Dr. Abdul Hameed C. and inaugurated by Sri. N. V. Abdul Khader, DYSP, Crime Branch, Malappuram Dist. Dr. Preethy Alex welcomed the Team from Kerala Police and stressed on the need for self defence awareness among girl students. Mr. K. Abdul rasheed, Mr. T. T. Abdul Jabbar and Dr. C. Rajesh felicitated the students and the Training Team comprising of Smt. K. Valsala, K. C. Sini, V. J. Sonia, and P. Geetha. The student coordinator Miss Sumi gave the vote of thanks.



Inauguration of Jeevanam Programme (Learning By Earning)

A new initiative, 'JEEVANAM-Learning by Earning' has been introduced by WEC on 20th December 2019 for the benefit of girl students towards skill development as well as financial assistance which will enhance their pocket money. The activities under this scheme include Snacks making, DTP work, Ornament making, Soap making, Environment friendly carry bag preparation, etc. About 60 students have volunteered to participate in the programme.



Installation of Vending Machine in the Girl's Room

As part of the improvements of women related amenities in the College, a sanitary vending machine has been installed in the Girls Room since 04th January 2020. Vending machine dispenses on acceptance of a five rupee coin. This is in addition to the incinerator for environmentally disposal of napkins.



Honouring Young Motherhood on International Women’s Day

International Women’s Day was celebrated on 09th March 2020 in a different way. All the student mothers were honoured by the students and faculty of the college. Mrs. Manjula Raman, Former HoD of the Department of Chemistry was the Chief Guest for the function. The Principal Dr. Abdul Hameed C. presided over the function. Prof. Rukkiya welcomed the young mothers and the tiny tots, Dr. Rajesh C. and Dr. Soumini C. spoke on the occasion and Dr. Preethy Alex gave vote of thanks.





Sale cum Exhibition of Hand Made Products

As part of Jeevanam programme, sale cum exhibition of hand made products of girl students was inaugurated by Principal Dr. Abdul Hameed C. in the open auditorium on 09th March 2020 in the afternoon. About 25 students participated in setting up and running of the stalls and 100 students and staff visited the stalls. The stalls essentially consisted of snacks corner, cloth bags, craft works, soap, balm and paper pens. The profit went to the students who set up the stalls.





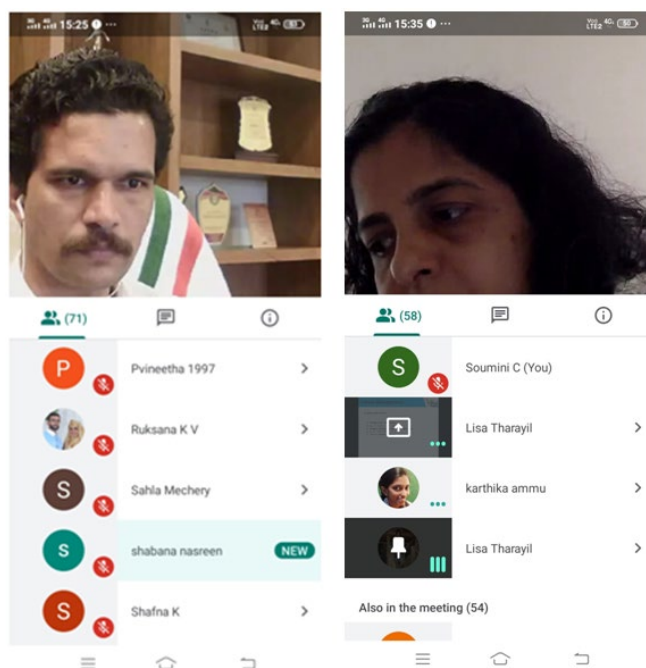
Conclusion

The year saw various activities by the WEC. The students have been given not only exposure but also awareness on promoting a happy healthy and positive living.

WOMEN EMPOWERMENT CELL REPORT: 2020-21

Webinar on the topic ‘Women and Carrier Management’

In association with IQAC, a webinar on the topic “Women and Carrier Management” was conducted on 25th September 2020 from 3 pm-4.00 pm through google meet. The resource person was Ms. Lisa Tharayil, Former Chief Technology Officer, Fresher World, Bangalore. Welcome speech was given by Dr. C. Soumini, WEC coordinator. The programme was inaugurated by Principal Dr. C. Rajesh. Felicitation was given by Dr. Najila T. Y., IQAC coordinator. The programme was moderated by Ms. Dhanya Balachandran (Assistant Professor, Department of Physics). About 80 of the students and many of the teachers from our college participated and interacted with the resource person. Vote of thanks was given by Ms. Karthika, Student coordinator from M. Sc. physics.



Panel discussion on ‘Women and Mental Health’

In association with Department of Psychology, a panel discussion on the topic “Women and Mental Health” was organized on the International Day Observation of Girl Child (11.10.2020) from 11.00 am to 12.30 pm.

The keynote speakers were

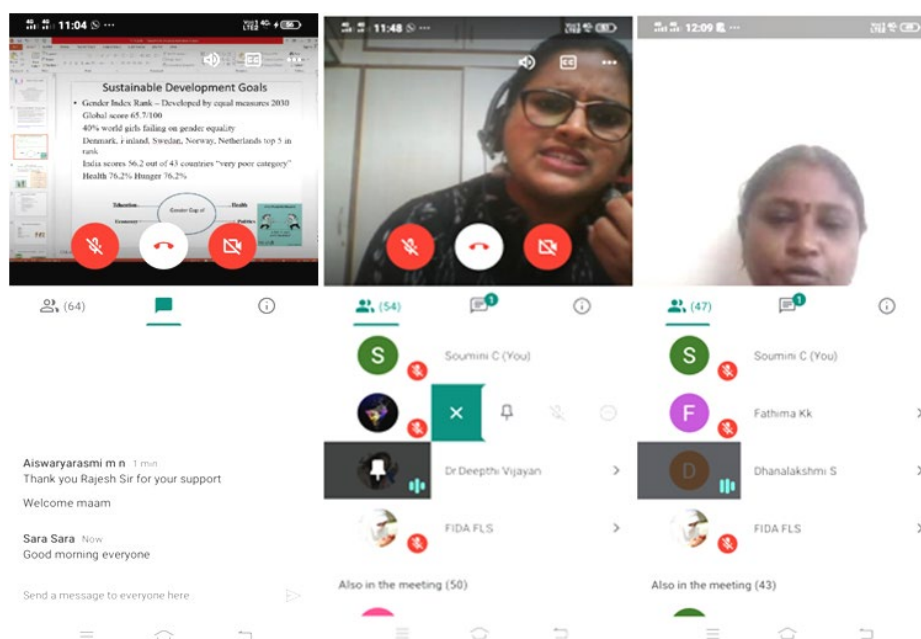
- Dr. K. Mangayarkarasi, Assistant Professor, Dept. of Women's Studies, Bharathiar University, Coimbatore, Tamil Nadu.
- Dr. Deepthi Vijayan, Assistant Professor, Kristu Jayanti college, Bengaluru.
- Dr. Dhanalakshmi V. S., Research Associate, Dept. of Women's Studies, Periyar University, Salem

Welcome speech was given by Dr. C. Soumini, WEC coordinator. Programme was inaugurated by Dr. C. Rajesh, Principal. Felicitations were given by Dr. Habeebu Rahman (Self Financing Coordinator) and Dr. Najla T.Y. (IQAC Coordinator). Vote of thanks was given by Dr. Aiswarya Lakshmi, Assistant Professor, Department of Psychology. The programme was moderated by Ms. Fida Lulu Sharqi, student coordinator from Department of Chemistry. The students as well as teachers participated well in the discussion. About 75 students participated in the programme.

YouTube link: <https://youtu.be/9JBnPh7VijQ>

Poster making competition 'My Voice, Our Equal Future'

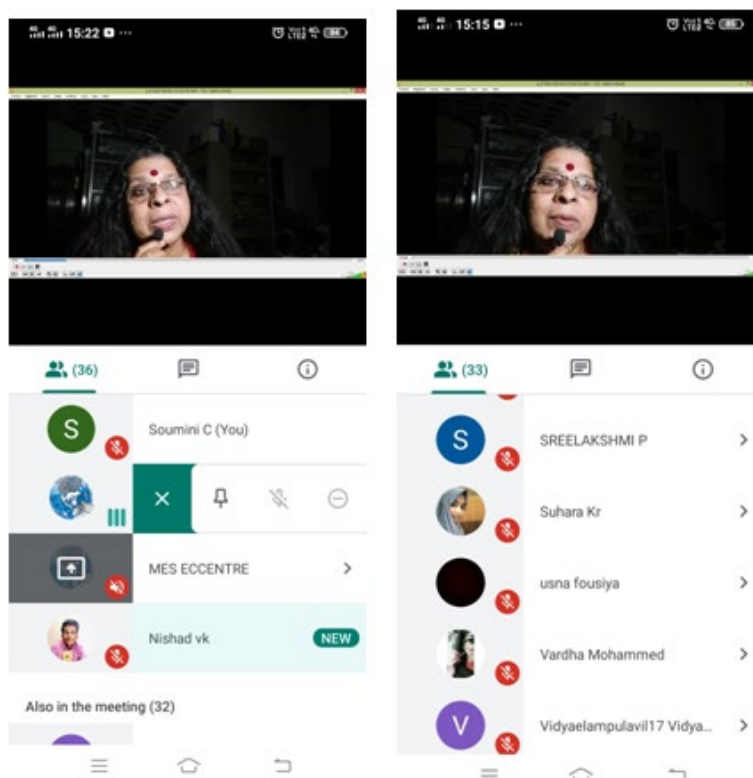
In connection with the International Day of the Girl Child, a poster making competition for students was organized on 11th October 2020 in association with IQAC. The theme for the poster making competition was "My Voice, Our Equal Future".



Webinar on ‘Women and Cyber Attack’

In connection with International Day of Elimination of Violence against Women, WEC and IQAC of our college jointly organized a webinar on the topic "Women and Cyber Attack" at 3.00 - 4.00 pm on 25th November 2020 through google meet. The talk was delivered by Dr. P. Geetha, Women activist and writer (Retired Malayalam Professor, S.N.G.S College, Pattambi). Welcome speech was given by Dr. C. Soumini, WEC coordinator. The programme was inaugurated by Principal, Dr. C. Rajesh. Around 40 students participated in the programme. Student were actively participated in the discussion session as the webinar topic is very relevant in the current scenario.

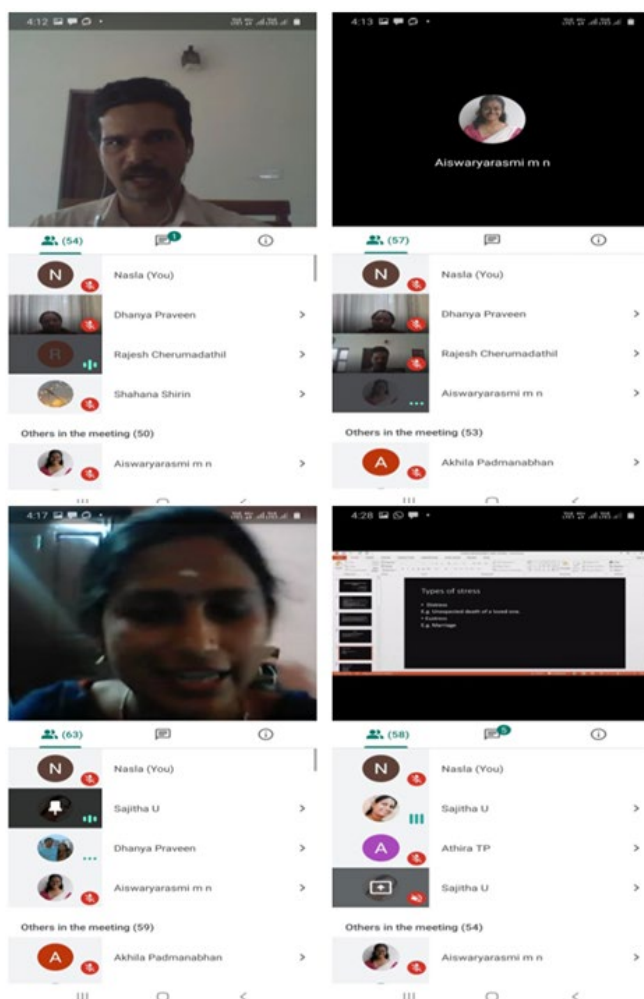
YouTube link: <https://youtu.be/PSGBtlFzro0>



Talk on ‘Stress Management’

In association with IQAC, a talk on "Stress Management and Coping Strategies for Girls" was organized on National Girl Child Day (24th January 2021) at 4.00 pm through google meet. The resource person was Ms. Sajitha U., Counselor & Research Scholar, Periyar University, Salem. Around 65 girls' students and WEC members participated in the

programme. The WEC member Ms. Nasla delivered the welcome speech. The programme was inaugurated by college Principal Dr. C. Rajesh. He spoke about the importance of education with special reference to the student mother. Dr. Aiswaryalakshmi introduced the resource person. Ms. Sajitha enlightened the students by sharing their counseling experience regarding girls' issues. The students were very attentive and asked multiple questions on the topic. Prof. Dhanya delivered vote of thanks.



Essay Writing Competition -‘Journey of A Girl : Student Status to Marital Status’

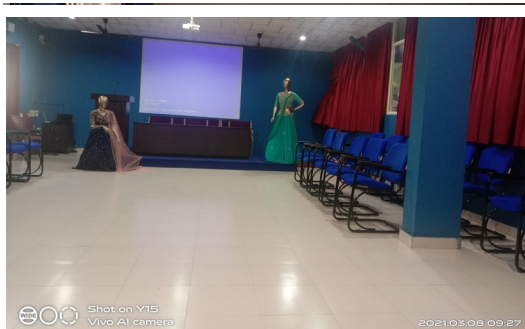
As part of the National Girls Child Day, an essay writing competition was conducted on the topic of ‘Journey of a girl: student status to marital status’ in association with IQAC. Around 14 students participated in the competition. Ms. Harichandana T. K., I year B. Sc. polymer chemistry bagged the first prize, Ayisha Nida got second prize and Nihala jebin from I M. Sc. Physics got third prize.

One-Day Offline Workshop ‘La Mode: Design Your Dream’

The One-Day workshop ‘La Mode: Design Your Dream’ conducted by Women Empowerment Cell and Internal Quality Assurance Cell, MES Keveeyam College was held on 8th March 2021. The program started at sharp 9:30 a.m. Dr. Soumini C., Coordinator, WEC welcomed the resource person. Dr. C. Rajesh, Principal, MES Keveeyam College inaugurated the session. The programme was mainly focused on girls’ students of MES Keveeyam College. Around forty students participated the workshop.

Sri. Noushad, Creative Director and Founder of Ladies Planet was invited as the resource person. The event was held at AV hall, MES Keveeyam College. The event was coordinated by Ms. Shahla Basheer. Sri. Noushad talked about the significance of fashion in business and how to develop entrepreneurial skills. Students were made to work on cloths by their own creativity and it was a huge success. Resource person interacted with our students and they cleared their queries regarding entrepreneurship.

The students participated enthusiastic. Practical embroidery sessions were also arranged. Students participated well in these sessions. They wore the dresses designed by them which make them happy. Students asked to conduct more sessions like this. The session went upto 3:30 pm. Vote of thanks was delivered by Ms. Shahla Basheer.





Conclusion

The Women Empowerment Cell through its initiatives has been able to bring about positive and dynamic changes in the life of several students. The cell looks forward to pursue more meaningful activities in the future.