



MES COLLEGE ERUMELY

AFFILIATED TO MAHATMA GANDHI UNIVERSITY | AN ISO 9001:2008 CERTIFIED COLLEGE

A MINORITY INSTITUTION CERTIFIED BY NATIONAL COMMISSION FOR MINORITY EDUCATIONAL INSTITUTIONS

MES COLLEGE PO, ERUMELY, KOTTAYAM KERALA, SOUTH INDIA

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HEALTH CLUB

ANNUAL REPORT

2020-21

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

HEALTH CLUB

ANNUAL REPORT 2020-2021

The Health Club of MES College Erumely has been functioning to develop sensitivity among students regarding health, nutrition, awareness and maintenance of a healthy lifestyle. During the academic year 2020-2021, the health club decided to conduct various programmes like orientation, webinars and various competitions for students and faculties.

We organized COVID Vaccine registration Help Desk on 1 May 2021 for students, faculties and other people in the nearby community. It was conducted in association with the Department of Marketing & OM., MES College Erumely.

A poster making competition was held on 14th June 2021 for reminding the importance of blood donation in association with the department of office management and CDC. Students were given the topic “Give Blood and Save Life”.

The club organized an intra-collegiate essay writing competition in English in association with CDC on 1st July 2021 for reminding the greater contribution of doctors without caring about their lives. Students were given the topic “The Presence of the Doctor is the beginning of the cure”. The club conducted a national webinar on topic the ‘Role of Ayurveda in covid 19 Treatment’ for faculties and students of different disciplines on 10th July 2021 in association with Unnath Bharath Abhiyan.

COVID Vaccine Registration Help Desk

The club organized COVID Vaccine registration Help Desk in association with the Department of Marketing & OM on 1st May 2021 for students, faculties and people from different areas. The programme aimed to avoid difficulties and offer a smooth, tension free covid vaccine registration process for all, including literate and illiterate.

Helpdesk Student Coordinators

- Sreejamol Kunjumon(S5 BBA)
- Albin Sojan(S3 B.COM)
- Muhammed Sabith (S5 BBA)
- Noufal K N (S3 B.COM)
- Alan George(S3 B.COM)

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"നേരിടാം ഒറ്റക്കെട്ടായ്..."

കോവിഡ് 19 രണ്ടാംഘട്ടം രൂക്ഷമായ സാഹചര്യത്തിൽ
വാക്സിനേഷൻ രജിസ്ട്രേഷനായി
ഹെൽത്ത് ക്ലബ്ബ് ആൻഡ് ഡിപ്പാർട്ട്മെന്റ് ഓഫ് കോമേഴ്സ്
(മാർക്കറ്റിംഗ് ആൻഡ് ഐം)

ഓൺലൈനിൽ രജിസ്റ്റർ ചെയ്യാൻ ബുദ്ധിമുട്ടുണ്ടോ...
ഞങ്ങൾ സഹായിക്കാം...

HELP DESK

SREEJAMOL KUNJUMON
9656961322

MUHAMMAD SABITH
9544102427

ALBIN SOJAN
9846500052

NOUFAL K N
99478 60351

ALAN GEORGE
8137832758

ശ്രീ രജിസ്ട്രേഷൻ

Break the chain

HEALTH CLUB AND DEPARTMENT OF COMMERCE
BR. MARKETING AND OM

List of Participants

1. Kunjumon A J , Attickal House ,31st mile Mundakayam
2. Bindhu Kunjumon,Attickal House ,31st mile Mundakayam
3. Sreejith Kunjumon ,Attickal House ,31st mile Mundakayam
4. Joy AJ ,Attickal house ,31st mile Mundakayam
5. Selin joy, Attukal house,31st mile Mundakayam.
6. Reejamol Kunjumon,Attickal House ,31 st mile Mundakayam
7. Vijayamma, Kocheriyil (H) Kannimala
8. Pushpa shaji, Vayalumkal (H) Erumely
9. Chinnamma Joy, Kanjamala (H) Erumponnikkara
10. Shaji V, Vayalumkal (H) ,Erumely
11. Sini sreejith, Puthenpurackal (H),kannimala
12. Alan Sojan Alackal Erumeli
13. Sujith John Mylapra Mundakayam
14. Faiz Rahumath Thazhathu Vaippu
15. Ajith M J Mylapra Mundakayam
16. Albin Joseph karikkunnel Erumely
17. Victoria James Varvila Erumely
18. Rince V Sunny Vadakkedathu Erumely
19. Aswini M Jaya Kollamparambil Mundakayam
20. Kabeer T Shanavas Thannikkalpurayidam Erumely
21. Aniya Ajith Mylapra Mundakayam
22. Abdul Hakkim T M, Thekke Puthen veedu R PC ,Varikkanni Mundakayam
23. Sabitha Abdul Hakkim,Thekkeputhen Veedu R P C P. O,Varikkanni Mundakayam

Poster Making Competition : ``Donate Blood and Save Life

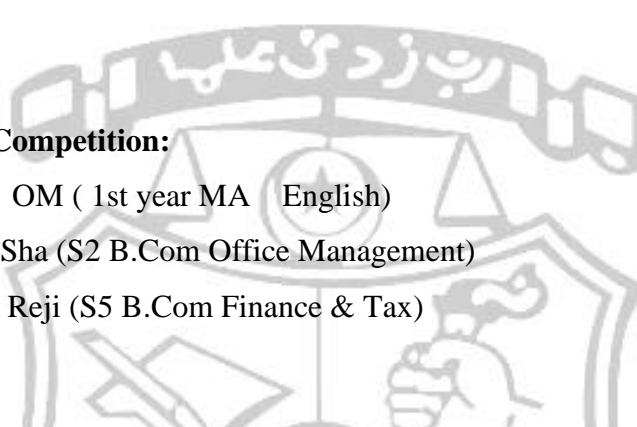
World blood donors day is held on 14 June of every year to raise global awareness about the need for blood donation and to thank blood donors for their voluntary activity. The Department of Office Management And Marketing and Health Club in association with CDC organized a poster making competition on 14th June 2021 for remembering the importance of blood donation. Students were given the topic "Donate Blood and Save Life". Ten students participated in the competition. Miss.Athira R Nair (Assistant Professor, Department of Office Management) judged the competition.

The Winners of the Competition:

First Prize. : Jomsy OM (1st year MA English)

Second prize: Ameen Sha (S2 B.Com Office Management)

Third prize. : Aleena Reji (S5 B.Com Finance & Tax)



M E S COLLEGE ERUMELY
(AFFILIATED TO MAHATMA GANDHI UNIVERSITY)
DEPARTMENT OF MARKETING & OFFICE MANAGEMENT & HEALTH CLUB IN ASSOCIATION WITH CDC

JUNE 14 | WORLD BLOOD DONORS DAY
JOINTLY ORGANISING
ONLINE POSTER MAKING COMPETITION
THEME : "DONATE BLOOD SAVE LIFE"

Rules..
*Format . JPG
*Include Quotes & Images
*One submission per student
*Send the poster on or before June 15,10 am
*It is open to all students of MES College, Erumely
Name, class & department of participant must be clearly mentioned in the mail
*Kindly send posters to : sancymeserumely@gmail.com (email address)

Winners will be presented with E-Certificates

Asha K.M
HOD Marketing & office Management

Sancy Rose Antony
Health Club Coordinator

Kavitha P .D
CDC Director

Maheen M.N
Principal

List of Participants

1. Jomsy OM (1st year MA English)
2. Ameen Sha (S2 B.Com Office Management)
3. Aleena Reji(S5 B.Com Finance & Tax)
4. Devika Biju (B.Com C A additional)
5. Ejas Shajahan (B.Com C A additional)
6. Hussain Salim (B.Com C A additional)
7. Jeevan Cherian(B.Com C A additional)
8. Jerin Johnson (B.Com C A additional)
9. Jubiya Mathew (B.Com OM)
10. Kshema P Raju(B.Com OM)

Essay Writing Competition: The Presence of the Doctor is the Beginning of the Cure

National Doctors Day was celebrated on July 1, in order to pay utmost respect and recognize the contribution of the doctors to our lives. National doctors day is celebrated on the birth anniversary of Dr.B C Roy, the great doctor and statesman of the country. Health Club in association with CDC organized an essay writing competition in English on July1, 2021 for remembering the contribution of doctors without caring about their lives. Students were given the topic “ The Presence Of the Doctor is the beginning of the cure” . Five students participated in the competition. The judge of the competition was Miss. Tintu Sebastian Assistant Professor from the Department Of English.

The Winner of the Competition is

Harikrishnan B (M.Com Management & IT)

MES COLLEGE ERUMELY
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HEALTH CLUB IN ASSOCIATION WITH CDC
JULY 1 National Doctor's day
ONLINE ESSAY WRITING COMPETITION



Happy
Doctors' Day

Topic: " THE PRESENCE OF THE DOCTOR IS THE BEGINNING OF THE CURE"

Rules:

- 1) Your essay should be in between 800-1000 words.
- 2) The essay is to be written in perfect English language.
- 3) Format accepted in doc. form
- 4) Your essay should be 100% Plagiarism free.
- 5) Essay send to mail id : sancymeseerumely@gmail.com before 2/7/2021, 4pm.

SANCY ROSE ANTONY
(HEALTH CLUB COORDINATOR)
+917559014054

KAVITHA .P.D
(CDC DIRECTOR)

DARLY A.G
(DEPARTMENT OF PLANNING & IMPLEMENTATION)

List of Participants

1. Harikrishnan B(S4 M.Com)
2. Basid Sali (S1 BCA)
3. Thobiya Elizabeth Thomas (S2 M A English)
4. Aditya S (S1 BCA)
5. Sruthi Mol B (S1 B.Com Marketing)

A Webinar on: The Role of Ayurveda on Covid 19 Treatment

The webinar was organized by Unnath Bharat Abhiyan & Health Club with CDC of MES College Erumely, through CISCO Webex and Youtube live on 10th July 2021 from 3 pm to 4 pm. The resource person of the programme was Dr. Joice K George (District President Ayurveda Medical Association of India ,Ernakulam).

The programme commenced with recorded college prayer which was followed by a welcome address by Ms. Sancy Rose Antony (Coordinator, Health Club). Introductory speech was delivered by Mrs. Anitha Mathew (Director, Webinar) about the role of Ayurveda in Covid-19 treatment. Mr. Jithesh K. S (Director Academics and IQAC Coordinator) delivered the presidential address. Mrs. Darly A.G (Director Planning & Development) delivered the inaugural address. Total 49 students and faculties participated in this programme through webex and 88 viewers through youtube. The technical section on “The Role of Ayurveda in Covid 19 Treatment” was delivered by Dr. Joice K George (District President Ayurveda Medical Association of India, Ernakulam). In his talk he specially gave the importance and scope of ayurveda in Covid 19 treatment and he also explained how to treat post Covid symptoms in ayurveda.

The participants directly asked their questions to Dr. Joice K George. Keynote address was delivered by Mrs. Kavitha P.D (Director CDC). Finally vote of thanks was delivered by Ms. Sreekutty K.S, Student Coordinator of health club MES College, Erumely. The programme ended with the National anthem.





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Unnath Bharat Abhiyan & Health Club In association with CDC

Proudly Presents
A Webinar on

THE ROLE OF AYURVEDA IN COVID 19 TREATMENT

Resource Person



Dr Joice K George

District President
Ayurveda Medical Association Of India
Ernakulam

DATE: 10 JULY 2021

TIME : 3:00 PM

Contact

+91 75590 14054



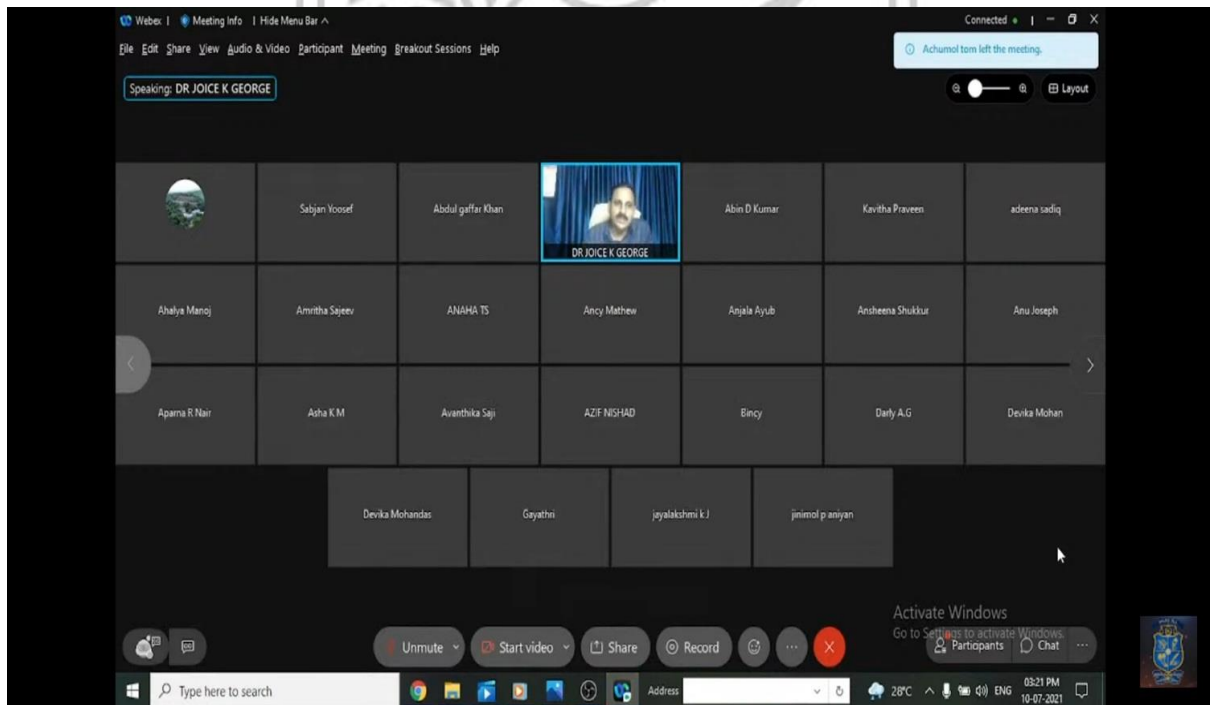
Ms.Saney Rose Antony
Health Club Coordinator

Ms Anitha Mathew
Webinar Director

Ms.Kavitha P D
Director CDC

Ms.Darly A G
Department of
Planning & Development

Mr. Jithesh K S
Coordinator IQAC



List of Participants

SL NO	Name	SL NO	Name
1	Ardra P	26	Thasni Sajeev
2	Sandra Saji	27	Sneha Elsa Sunny
3	Vinaya P	28	Rosmy Varghese
4	Bismi P	29	Darly A G
5	Alfiya Nejmi	30	Sneha Varghese
6	Amisha Saji	31	Maria Manoj
7	Alfina K Jessin	32	Sulthana V M
8	Keksa C B	33	Aparna Salam
9	Gopika Prasad	34	Anjala Ayoob
10	Abhirami S Kumar	35	Sruthi S Nair
11	Devika A S	36	Vidhya Vijayan
12	Anaha T S	37	Sangeetha P S
13	Vidhya Vijayan	38	Sanju Sara
14	Rahmh Usman	39	Malu M
15	Josna Joseph	40	Malavika N.G
16	Thobiya Elizabeth Thomas	41	Athira R Nair
17	Aneesha Haneefa.	42	Jesna Salam
18	Jomsy O.M	43	Juby P
19	Athira Anish	44	Jumana K
20	Milu Maria Jose	45	Rithu P
21	Rintu Varghese	46	Aswathi M
22	Athira A .B	47	Ambika Raj
23	Sona Promod.	48	Asha K M
24	Thasni Haneefa	49	Duniya P S
25	Ajmi Usman		

