



MES COLLEGE ERUMELY

GENDER EQUITY PROGRAMMES REPORTS

Gender Equity and related Programmes are the part of daily routine activities of the College and are implemented through different Gender Equity Promotion programmes. The institution has a **Gender Equity Policy** and **Gender Action Plan**. The College make awareness of our students the need to subvert the gender stereotypes and patriarchal system through different programmes and academic activities. **Women's Forum** has been functioning to foster the talents of students and empower them through education. Moreover **Equal Opportunity Cell** creates an atmosphere of Gender Equality.

ORIENTATION PROGRAMME

MES COLLEGE ERUMELY
(Affiliated to the Mahatma Gandhi University)
MES College P.O , Erumely , Kerala , South India

Women's Forum
Orientation Programme

14/09/2017
1.30 PM - 2.30 PM

Mrs. Asha Jaison
Coordinator-
Women's Forum

Mr. Maheen M N
Principal

A general body meeting will be conducted by the Women's Forum every year. , from which an executive body is formed, Monthly meetings are conducted, orientation class for all girl students in various domain, Special induction programmes will be given for first years.



INTERNATIONAL WOMEN'S DAY



On March 8th 2018, Women's forum in association with MSW Department conducted an exhibition on Women Eminence, also honoring the senior faculty by offering Ponnada. On the same day we planted a tree in-front of the old BCA department.

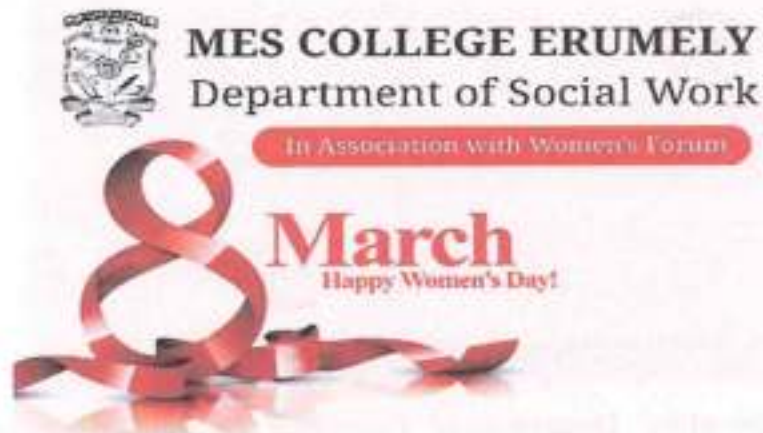


HONORING THE SENIOR FACULTY



EXHIBITION ON WOMEN EMINENCE

As part of international women's day, the students of 2017-19 batch of MES College Erumely organized an exhibition for generating awareness on the particular day. It was a great opportunity for the students. International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender partiality. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.



EXHIBITION

Topic : Women Eminence

Venue : MES Campus

8th March 2018



Exhibition for generating awareness on women's day

WEBINAR ON GENDER EQUALITY

The poster features the MES College Erumvely logo at the top left. The text reads: 'MES COLLEGE ERUMVELY', 'Department of Commerce', 'By Empowerment and Equality', 'CO-ORDINATORS: MRS. MAYAMOL P., MRS. DARLY A.G.', 'Organizes Webinar on', 'GENDER EQUALITY'. Below this is a photo of Mrs. Siby Peter, identified as 'Resource Person: Mrs. Siby Peter, COUNSELLOR AND TRAINER, MA PSYCHOLOGY - ABRA HR, M.PHIL, DIRECTOR, TRUE VISION CHILD RESOURCE CENTRE, PALA'. It also lists coordinators: Mrs. Mayamol P., Mrs. Darly A.G., and Mrs. Kavitha P.D. The event is titled 'GENDER EQUALITY' and is held on '22/04/2021' at '11:00 AM TO 12:00 PM'. It is a 'Zoom Webinar' and provides a link for registration: 'https://www.zoom.us/j/92022222222'. The poster has a pink and blue color scheme.

A Webinar was organised by, Department of Commerce Branch Finance and Taxation and IQAC in association with Lions Club On April 22, 2021 at 11 am to 12 pm. The programme began with College prayer. Mrs. Mayamol P., the HOD of commerce Br: Finance and taxation welcomed the virtual gathering . Mrs.Darly A.G (Director Planning And Development) delivered the presidential address . In her presidential address , she expressed the importance of gender equality in family life . Inaugural address was delivered by Mr Jithesh K.S (IQAC Coordinator) gave the felicitation and appreciated for coordinating the programme. Special address was delivered by Mr. Siby Mathew Plathottam (Lions Club District Coordinator)

The resource person was Ms. Simy Peter (Counsellor And Trainer , Director ,True Vision Child Resource Centre ,Pala). She shared her experiences about the inequalities faced by the women in the society and how to overcome them. An open discussion was arranged at the end of the session. Vote of thanks was delivered by Kavitha P.D (CDC Director). The event was attended by around 60 students.



PHYSICAL TRAINING PROGRAMME BY FIRE AND RESCUE SERVICES

SERVICES

Girls students from different departments participated in the civil defense class conducted by Fire and Rescue Services kanjirappally at Infant Jesus School Kanjirappally From 17 /03 /2021-20/03/2021.



GENDER AWARENESS PROGRAMME

College organized an online gender awareness class named "Kanal" in collaboration with the District Women Child Development Office and Women Strength. The invited lecturer was Mrs. D Sreedevi (Gender trainee).

കിളി വനിതാ ശിശു വികസന ഓഫീസ്
ഒ സഹിയാ അതി കേന്ദ്രം
കോട്ടയം

ബന്ധം നില, തിരിയിൽ നടപ്പുകൾ, കോട്ടയം, പിൻ: 686002
ഫോൺ: 9496235103/9444938500

മാതൃകാലയം അൻപതാം അമ്പതാം പതിമൂന്നാം
പരിപാടി

കനൽ

പ്രതിവർഷം പരിഷ്കരിച്ചു പി. കിളി വനിതാ ശിശു വികസന ഓഫീസിൽ
സംഘടിപ്പിച്ചു നടത്തുന്ന ഓഫീസിൽ
മാതൃകാലയം അൻപതാം അമ്പതാം പതിമൂന്നാം
അൻപതാം പതിമൂന്നാം

തീയതി 14/08/2021
സമയം 3:00 പി എം

സംഘാടകത്വം - MES കോട്ടയം, എരുമേലി

കാര്യപരിപാടികൾ

സ്വാഗതം: അധ്യക്ഷനായ മാതൃകാലയം, ഡിസ്ട്രിക്ട് കോർഡിനേറ്റർ-MSK

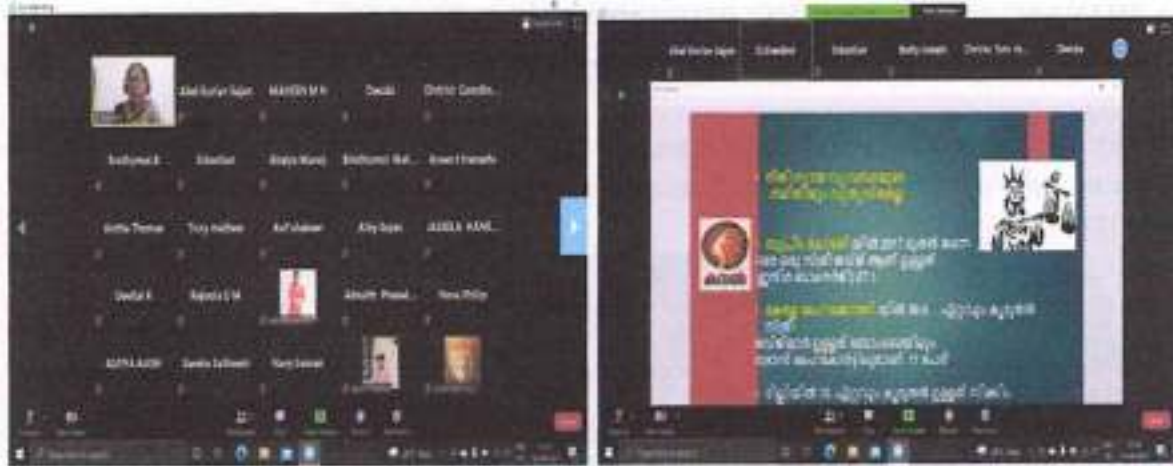
ഉദ്ഘാടനം: ശ്രീ. മാഹീൻ എം. എൻ. പ്രിൻസിപ്പാൾ MES കോട്ടയം, എരുമേലി

ആശംസ: ശ്രീ. സെബാസ്റ്റ്യൻ പി. അനാമി, NSS അദ്ധ്യക്ഷനായ മാതൃകാലയം

പ്രസംഗം: ശ്രീ. എരുമേലി കൃഷ്ണൻ മാതൃകാലയം, NSS കോട്ടയം

തീയതി: 14/08/2021
സമയം: 3:00 പി എം

Mes College Erumely NSS Unit in association with The Department of District Women and Child Development ,Government Of India organized a webinar titled "Kanal " for the students on 13 th August 2021 at 3.00P.M through Zoom Meeting... The event started with an inaugural address by the principal Mr. Maheen M.N. Mrs. Aksa Merlin Thomas, District Coordinator-MSK welcomed the virtual gathering. The resource person was Ms. D Sreedevi (Counsellor and Trainer, On gender equality), She shared her experiences about the inequalities faced by the women in the society and how to overcome them. The aim of this webinar is to reduce gender inequality. An open discussion was arranged at the end of the session. Vote of thanks was delivered by Mr. Abel Kurian Shajan (NSS Volunteer).



MAHANADI COMPETITION

Mahanadi Competition 2017-18 was conducted on 20/06/2017

14 teams (2 students per team) participated in the competition from various departments

The following students are the winners of Mahanadi Competition held on 20/06/2017

First Prize : Fathima Ashraf & Preethi Alex – II Year M. Com Finance

Second Prize : Sona Sunny ,Shabana Salim – III Year B.Com CA (Additional)



Women's Forum

Mehandi Competition

20/06/2017

10.30 am - 11.30 am

Seminar Hall

Mrs. Asha Jaision

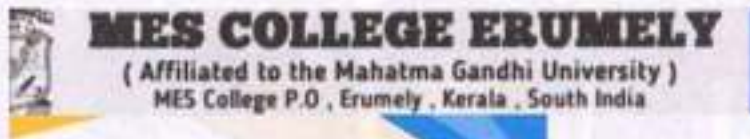
Coordinator-
Women's Forum

Mr. Maheen M N

Principal

SEMINAR AND SELF DEFENCE CLASS

A talk on Law for women was provided by DYSP Kanjirappally to the girls, and an interactive session with the Police Officer was also there.



Women's Forum

SEMINAR & SELF DEFENCE CLASS

By Department of Police
Kollam District

January 8 & 9
2020

Seminar Hall

Mrs. Asha Arison
Coordinator-
Women's Forum

Mr. Maheen M N
Principal



Interactive Session with Girl Students



Self Defense Class given to girls by the Department of Police Kottayam

WORLD AIDS DAY



World AIDS Day, observed each year on December 1, is an opportunity for people worldwide to unite in the fight against HIV, show their support for people with HIV, and remember those who have died from HIV-related issues. As part of world AIDS day students performed a flash mob in various places and created posters. This program helped in creating an awareness among the public. The Awareness Pledge was given by the class teacher, after that the social work trainees did awareness classes about HIV/AIDS, STI's and STD's. The day Social work-trainees displayed awareness messages and made placards with messages and slogans. World aids day was the first ever global health day.



STREET PLAY



MES COLLEGE ERUMELY
Department of Social Work

STREET PLAY



Theme : Child Welfare and Child Rights

Venue : MES Campus

18th May 2018

Shabdham Uyarthi Avakashagalkai '.

The students of Department of Social Work, MES College Erumely, batch of 2017-2019 organized a street play on 18th May 2018 at Wayanad. It was done in association with Don Bosco College, Sulthan Bathery; Holy Cross College, Calicut; Vimala College, Thrissur; St. Joseph's College, Iringanalakuda; Sacred Heart College, Tirupattur; and Gurudev Arts and Science College, Kannur. The street play was conducted on the topic "Shabdham Uyarthi Avakashagalkai ". The students could express their social concerns through street play. The street play included themes about Child-welfare society, Child line and Child Rights Committee. Through the play, the students could raise their voice about children's rights and needs. It also emphasised about child abuse, violence of children's rights and other social issues. It was a splendid event, as the students gained many experiences and improved their social skills.



STREET PLAY



MES COLLEGE ERUMELY
Department of Social Work

In Association with Women's Forum

STREET PLAY

Theme : Asifa Banue Rape

Venue : MES CAMPUS

12th February 2018

The brutal gang rape and murder of an eight-year-old girl in Indian-administered Kashmir has put the restive state on edge. The gory details of the rape and murder of eight-year-old Asifa Banu in Kathua's Rasana village near Jammu is enough to turn even the strongest stomachs. Illustrating the horrors enacted upon the young Muslim girl, who belongs to the Bakherwal nomadic community, the 15-page-long chargesheet revealed that the crime was committed by eight men from the same village. The incident has sparked unrest between the Hindu and Muslim residents of the village, spurred on by communal politicians who have clearly lost their moral compasses. MES College Erumely also initiated a social consciousness arousalment about the Asifa case to the community in association with the PG Department of Social Work. The students conveyed

and portrayed their way of protest and showed the reality to the world through street play on 12th February 2018.

The students conducted the street play on various spots which include the Erumely town, bus stand and in front of the college. The students express their worries and protest through street play in support of Asifa's family. Also express their anxieties regarding the communal violence. The students also provided awareness to the community. The students from second year MSW take part in this event. The students wholeheartedly take part in this play. Their effort should be acknowledged. The programme has a great reach.



RETIRING ROOM AND AMENITY SPACE FOR GIRLS

A retiring/ sick room is arranged for girl students along with an amenity room for girls of our college. The Sick room has 2 cots and pillows. The amenity room is provided with a big table along with needed chairs and also fans. The room was decorated with origami work and mind relaxing quotes are also exhibited. Inaugurated by Mrs. Shamlal Beegom N S.





WINGS

A General Orientation Program was given to all the girls students and various competitions were conducted and prizes were distributed.



MES COLLEGE ERUMELY
 (Affiliated to the Mahatma Gandhi University)
 MES College P.O , Erumely , Kerala , South India

Women's Forum
 Orientation Programme

07/08/2018
10.30 am - 11.30 am

Seminar Hall

Mrs .Asha Jaison
 Coordinator-
 Women's Forum

Mr .Maheen M N
 Pricipal



HANDS ON TRAINING

To find excellence of girls students in various activities, Women's Cell organized competitions like Best Out of Waste ,Jewellery Making,Fabric Painting,Glass Painting , Flower making. Hands on Training enhances the students , To become self - existence and empowering.

MES COLLEGE ERUMELY
(Affiliated to the Mahatma Gandhi University)
MES College P.O , Erumely , Kerala , South India

Women's Forum

*Best Out of Waste
Jewellery Making
Glass Painting
Fabric Painting
Glass Painting*

2019 December 19 to 22
10.30 am - 11.30 am

Mrs. Asha John **Mr. Mahesh M N**
Coordinator Principal
Women's Forum

1)Best Out of Waste

4 students participated in this competition

First Prize: **Jasmi K. I (III Yr.B.Com CA (Main))**

Second Prize : **Mumthas Beegum - III Yr BBA**

2)Jewellery Making

3 students participated in this competition

First Prize: **Jasmi K. I (IIIYr.B.Com CA (Main))**

3)Fabric Painting

4 students participated in this competition

First Prize: **Malu M (II Yr. B.Com CA (Main))**

Second Prize : **Mumthas Beegum - III Yr BBA**

4)Glass Painting

3 students participated in this competition.

First Prize: **Jasmi K. I (III Yr.B.Com CA (Main))**

5)Flower Making

4 students participated in this competition

First Prize: **Jasmi K. I (IIIYr. B.Com CA (Main))**

Second Prize : **Vijitha Gopal- (I Yr. MA Economics)**



SELF DEFENSE IN DIGITAL LIFE- BE AWARE AND GET EMPOWERED



MES COLLEGE ERUMELY
Affiliated to the Mahatma Gandhi University
MES College PEI, Kottayam (Dist) Kerala State - 686504
www.mescollege.ac.in / principal@meserumelycollege.ac.in



**WOMEN'S FORUM IN ASSOCIATION WITH IQAC
PROUDLY PRESENTS A NATIONAL WEBINAR
ON**

Self Defence in Digital World
- Be aware and get empowered -

Resource Persons

**Mrs. Anupama Suraj**
Co-founder & Mentor
Swaraksha (NGO against Child abuse)
Therapeutic Yoga Instructor
Certified Facial Arts therapy facilitator & dancer

**Dr. Vini Vijay**
Dentist, Professional Speaker
Writer & Motivator
Member of Swaraksha

**Date : 08-08-2020
Time : 3.00 pm**

For queries & details ,Please contact:
Mrs. Bernadeth A (Vice Principal & Coordinator IQAC)
Mrs. Asha Jahan (Coordinator, Women's Forum) /9447547422

Find us on:  

Register here: <https://www.google.com/adsense> #16,434,949
Join our WhatsApp Group: <https://t.me/whatsappgroupmeserumely> /9447547422
For updates regarding webinars

The national webinar on "Self Defense in Digital Life- Be aware and get Empowered" for Girl Students, Faculty members and students of different disciplines was conducted on 18-08-2020,3.00 PM-5.00PM by the Women's Forum in association with IQAC, MES College Erumely. The webinar commenced with an introduction about Women Empowerment by Mrs. Sheeba Michael, Dean of Students Welfare, and a warm welcome by Mrs. Asha Jaison (Coordinator of Women's Forum . Assistant Professor Department of Computer Science). In the Presidential address Mrs. Remadevi A, Co-ordinator of IQAC and Vice Principal, told the importance of Self Defence in Digital Life in the current situation .Mrs. Anitha Mathew (Asst Coordinator Women's Forum) ,introduced the resource persons to the participants. Mr. Jithesh K.S (Vice Principal Academic and Training) gave away the Vote of Thanks. A Total of 162 participants including Girl Students , faculty members and participants from different disciplines throughout the nation were in the programme.

The Technical Session on "Self Defence in Digital Life- Be aware and get Empowered" was delivered by Resource persons namely,1)Mrs. Anupama Suraj (Co-founder & Mentor - Swarksha (NGO against Child Abuse) Therapeutic Yoga Instructor and 2)Dr. Viny Vijay (Dentist, Professional Speaker ,Writer,Motivator &Mentor of Swaraksha).The webinar began with the statistics of crimes happening against women. Subsequently explaining the various online criminal terms like Cyber Bullying, Cyber Sexting etc. Ms. Anupama Suraj said that "Nothing ever goes away once it is posted online "So beware before posting something ,then she explained about Cyber Crime, Security and Laws. Discussed about various types of abuses like Physical abuse, Emotion abuse, sexual abuse. Explained about types of electronic dating violence, cyber threats like Phishing, Identifying Threat, cyber stalking, online predators etc

.Dr. Viny Vijay discussed various sections that comes under law, how to get out of these online sexting and sextortion, how to help victims etc. At the end she explained about the IT Act 2000, explained about various IPC Sections that support Women Security and also Cyber Security. Various Security measures that are to be taken while online are also discussed in detail. The participants asked their queries through chat box and Mrs. Sheeba Michael (The Dean of Students welfare, MES College, Erumely) discussed the question with resource person for the participants and the programme was ended with a vote of thanks by Mr. Jithesh K S (CDC Director, MES College Erumely).Feedback form where send to the participants and based on that E Certificates are issued to the participants.



LIST OF PARTICIPANTS

Full Name: (In Block Letters)	Designation / Status:	Department	College / University / Firm
MERENE JOSEPH	Faculty	ECE	Amal Jyothi college of engineering Kanjirapally
VIDHYA B. NAIR	Faculty	Computer Science	Ettumanoorappan College
MERIN JOB	Student	ECE	Amal Jyothi College of Engineering
KARISHMA THAMPI	Student	ECE	Amal Jyothi College of Engineering
ALPHA MARY ANN JOY	Student	ECE	Amal Jyothi College of Engineering
MANJU JOSEPH	Faculty	Computer Applications	M C Varghese College of Arts and Science Ettumanoor
RESHMA B PILLAI	Faculty	Department of commerce	MES College Erumely
SUHANA. E	Faculty	COMPUTER SCIENCE	MES COLLEGE ERUMELY
ATHULLYA K B	Student	Bcom Office Management and secretarial practice	MES college Erumely
GEENA GEORGE	Faculty	Computer Science	MES College Erumely
SHAHABA KABEER	Student	Bcom, finance and taxation	College
BISMI RASHEED	Student	B. Com finance and taxation	Mes college erumely
SUBUHANA P.B	Student	Commerce	MES COLLEGE, ERUMELY
Avanthika a	Student	Commerce	M e s college erumely, m g university
ALFINA LATHEEF	Student	Bcom	MES College Erumely
Rani mohanan	Student	BBA	Mes college erummely
ANAS YOOSUF	Student	B.COM MARKETING	M.E.S COLLAGE ERUMELI
Asifa Jameela	Student	Management	MES COLLEGE ERUMELY
ALEENA THOMAS	Student	BBA	MES COLLEGE ERUMELY
SOPHIYA SUNNY	Student	BBA	Mes College Erumely
PRIYA GEORGE	Student	MA Economics	MES college erumely
AJMIYA KM	Student	Business administration	MES COLLEGE ERUMELY
SREEJAMOL KUNJUMON	Student	Bba	MES COLLEGE ERUMELI
Mrs.MUBEENA GAFOOR	Faculty	Economics	College
AFSANA HAMEED	Student	B	B. Com finance and taxation
RAHUL T.A	Student	BBA	Collage
SWATHI BABU	Student	BCOM COMPUTER APPLICATION (additional)	MES COLLEGE ERUMELY
SHAFNA FATHIMA	Student	B. Com, Computer Application	Mes College Erumely
KSHEMA P. RAJU	Student	Commerce	MES college Erumely
MEGHA MATHEW	Student	Bcom CA	Mes College Erumely
SADHIYA BASHEER	Student	Commerce	Mes college erumely
Timothy A Jose	Student	Commerce	MES College Erumely
SONA MURALI	Student	Commerce	MES College Erumely
SAVITHA P S	Student	Bcom c a	M e s college Erumely
NEENU BENNY	Student	Commerce	Mes College Erumely
ARYA BAIJU	Student	Commerce	M. E. S College Erumeli
APARNA P	Student	B.com finance and taxation	Mes college erumeli
Dr. Mary Binoy	Faculty	IELTS tutor	Uniark Study Abroad Private Ltd.
ASHIN JOHNEY	Student	Electronics and Communication	Amal Jyothi College of Engineering
ARDRA ANIL	Student	COMPUTER APPLICATIONS	Marian College Kuttikanam

SILPA SASIDHARAN	Student	Commerce	MES College Erumely
SAIFA SHAJI	Student	BCom computer application	Mes college erumely
Amal Shaji Hassan	Student	BBA	Mes college erumely
BETTY JOSEPH	Faculty	Computer Science	MES College Erumely
G NISHA NAIR	Faculty	Department of computer science	Ettumanoorappan College, Ettumanoor
ANITHA MATHEW	Faculty	Computer Science	MES College, Erumely
SHARAFIYA TS	Student	Bachelor of computer application	Mes college erumely
ARCHANA N S	Student	Computer science	MES College Erumely
MERIN JOSEPH	Student	Computer science	M E S College Erumely
AFSANA KARIM	Student	BCA	MES college Erumely
SANGEETHA S	Student	BCA	MES COLLEGE Erumelly
ANNA JOSEPH	Faculty	Commerce Computer	MES COLLEGE ERUMELY
ANUPAMA S S	Student	Bca	Mes college erumely
SHIBINA SHIBU	Student	BCA	MES college erumely
SHEMEEMA SATHAR	Student	Computer science	Mes college erumely
SRUTHI JAYAPRAKASH	Student	BCA	MES college erumely
AISWARYA MOHANAN	Student	BCA	MES College Erumely
ANUSREE APPUKUTTAN	Career advisor	English	Bk college Amalagiri
FATHIMA NAJEEB	Student	Bcom ca	MES college erumely
BIJITHA. BIJU	Student	Computer science	Mes college erumeli
FATHIMI K AJI	Student	Computer Science	Mes college Erumely
SHAHANA BASHEER	Student	BCA	College
ALFIA YOOSUF	Student	BCA	College
GAYATHRI J.L	Student	English	BK college
JASNA MUHAMMED ALI	Student	Commerce	Mes college erumely
SWALIHA.P.A	Student	Computer science	M.E.S.College, Erumely
SRUTHI S.NAIR	Student	Computer science	Mes College Erumely
Aswani A	Student	Electronics	College
AISWARIA K DAS	Student	BSC Electronics	MES College Erumely
JASIYA KY	Student	Computer Science	M.E.S College,Erumely.
ATHULYA MANOJ	Student	Computer science	MES College Erumely/Mahatma Gandhi University
ALEENA ABRAHAM	Student	BCA	MES college erumely
SHAMNA P S	Student	Bcom. Finance and Taxation	MES College Erumeli
FATHIMATHU ALEESHA	Student	COMMERECE	MES COLLEGE ERUMELY
SOUMYA SEBASTIAN	Student	Commerce	MES College Erumely
Treesa Joseph	Student	Management Study	MES college erumeli
ASHNA S	Student	Bca	Mes college erumely/mg university
SUZANNE B. MATHEW	Student	English	Delhi University
MUMTHAS VM	Student	Finance &tax	M e s college
FEMITHA HABEEB	Student	B.COM Finance and Taxation	MES College Erumely
ASWATHY MS	Student	Office management	MES college Erumely
SHEHANA C H	Student	Commerce	College
AMAL SHAJI	Student	BBA	MG UNIVERSITY
RAKHI P.R	Student	B.com computer	MES COLLEGE

AISHA SHAJAHAN	Student	Finance & Taxation	MES Erumely
JIBINA R S	Student	Management	M.e.s collage erumely
TINCY MOL BABU	Student	BCA	MES College Erumely
HUSSAIN SUBAIR	Student	COMPUTER SCIENCE	Mes college erumely
ASHINA M H	Student	Commerce	MES COLLEGE ERUMELY
HASSAN SUBAIR	Student	BCA	MES COLLEGE
CINDHYA CHARLY	Student	ECE	Amal Jyothi College of Engineering
SINTA THOMAS	Student	B. Com finance and taxation.	MES college erumely /MG university
KSHEMA P. RAJU	Student	Commerce	MES college Erumely
SNEHA ANN MARIA	Student	Electronics	MES College , Erumely
TEENA THOMAS	Student	COMPUTER SCIENCE	MES COLLEGE
ANSHUMOL P BALAN	Student	B.com office management	College
FATHIMA NOUSHAD	Student	Msc computer science	College
JUBIYA MATHEW	Student	Bcom OM	MES COLLEGE ERUMELI
MAJESH K MADHU	Student	Commerce	Mes collage erumely
MARFIYA SALIM	Student	Computer science	Mes college erumely
GEETHU T M	Student	Commerce	Mes college erumely
Sherly Jacob	Faculty	Dept of commerce	M E S College, Erumely
MARIYA JOLLY	Student	B. Com OM	MES college Erumely
SIJI C ELIZABETH	Faculty	Education	St Josephs Public School Kunnumbhagam Kanjirappally
MINIDOMINIC	Teacher	Up school	School
VIDYA P T	Faculty	TEACHER	St.Joseph'S Public School Kunnumbhagam, Kanjirapally
SHABEENA BEEGOM K H	Faculty	Computer science	MES College Erumely
DR. RAJESWARI. R	Faculty	BCOM CA	MES COLLEGE, ERUMELY
SUMIN ANS JOSEPH	Faculty	Commerce	M E S COLLEGE
RESHMI VIJAYAN	Student	Commerce	MES College Erumely
LAKSHMI VIJAYAN	Student	Commerce	MES college Erumely
Seema K S	Faculty	Computer Science	Ettumanoorappan College Ettumanoor
REJOOLA O M	Faculty	Computer Applications	MES College Erumely
REVATHY NAMBIAR B N	Assistant Librarian	Library and information science	Ettumanoorappan college
DONA M THOMAS	Student	Computer application	Shermount college
SUNITHA K S	Faculty	English	Ettumanoorappan College
TRESA MINI GEORGE	Teacher & Counsellor	Science	St Joseph's School Kanjirappally
DONA N.K	Student	Computer science	Ettumanoorappan college choorakkulangara
ASHA K M	Faculty	Commerce	MES College, Erumely
ABY JOSEPH	Student	MSc Physics	K E college Mannanam
ANIMOL SAJU	Student	Computer Science	Ettumanoorappan College
SANDRA.S	Student	BCA	Ettumanoorappan college mg university
APARNA R NAIR	Faculty	Commerce	MES College Erumely
SHEELA SAMUEL	Teacher	BIOLOGY deptt.	School
PARVATHI K ANILKUMAR	Student	Commerce	Mes College Erumely
DEVIKA SANTHOSH	Student	B.com CA main	MES COLLEGE ERUMELY
Dona Jacob	Student	Commerce	Mg. University

JILMY JOHNSON	Student	B. Com Computer Application	MES COLLEGE ERUMELY /MG University
ATHIRA VISWANATHAN	Student	Commerce	College
SANDRA SANTHOSH	Student	BCA	Ettumanoorappan college
ANNU AVARACHEN	Student	Bcom CA	Mes College Erumely
FARHANA IRSHAD	Student	Commerce	MES college Erumely
ASHNA PS	Student	Mcom	Mes college erumely
KRISHNA HARI	Student	M. Com finance and tax	MES college Erumely
AFIYA ISMAIL	Student	BCA	MES College Erumely
Rinisha Mariam Thomas	Student	Commerce	Mes college erumely
AJA ASHARUF	Student	M.com Finance and Taxation	MES COLLEGE ERUMELY
MERINA JOHN	Student	10	Emmanuel's Higher Secondary School Kothanalloor
NIMISHA THOMAS	Student	Commerce(Mcom.Finance and Taxation)	Mes college Erumeli
AJEESHA VARGHESE	Student	Bcom Finance & taxation	Mes college erumely
BISMI BASHEER	Student	Commerce	MES College Erumely
RESHMA BENCY	Student	ECE	Amal Jyothi College of Engineering
SHARON SARA ALEX	Student	Electronics and communication	Amal Jyothi College of Engineering
AMI GEORGE	Student	ECE	AMALJYOTHI COLLEGE OF ENGINEERING
SANDRA XAVIER	Student	ELECTRONICS AND COMMUNICATION	AMAL JYOTHI COLLEGE OF ENGINEERING
ARCHANA K	Student	ECE	Amal jyothi college of engineering
ANJITHA MARIYA ANTONY	Student	Electronics and Communication Engineering	Amal Jyothi College of Engineering
ARUNIMA TRESSA GEORGE	Student	ECE	Amal jyothi college of engineering
SHERIN PRAJIMON	Student	Commerce	MES College Erumely
AYSHA KHATHOON JALEEL	Student	Computer science	MES COLLEGE ERUMELY
Nourin Nazar	Student	Bca	Mes college erumeli
Alfiya P.S	Student	Computer science	MES COLLEGE, ERUMELY
ALFIYA A KABEER	Student	Computer Science	MES College Erumely
RESHMA SURESH	Student	Computer science	Mes college erumeli
JERRY MOL PR	Student	BCA	College
FATHIMA ANAS	Student	Computer science	Mes college
MINNU ELSA BABY	Student	ECE	Amal Jyothi College of Engineering Kanjirappally
REMYA JOHNSON	Student	Bcom computer Application	MES College Erumeli
Nehamol R	Student	Electronics and communication	Amal Jyothy college of engineering
SUHANA JAN	Student	Computer Application	MES College Erumely
ASHNA BASHEER	Student	Commerce	MES College Erumely

EMERGING WOMANISM – RISING ABOVE GENDER CONSTRAINTS

The national webinar on “Emerging Womanism – Rising above Gender Constraints” for Girl Students, Faculty members and students of different disciplines was conducted on 04-12-2020, 2.00 pm–4.00 pm) by the Women’s Forum in association with IQAC, MES College Erumely. Resource Person: Dr. Molly Joseph (Poet, Writer, Author, International Jury, HOD Dept of English (Retd) St. Xavier’s College for Women).

The poster is for a webinar titled "EMERGING WOMANISM – RISING ABOVE GENDER CONSTRAINTS". It is organized by the Women's Forum in association with IQAC at MES College Erumely. The event is scheduled for December 4, 2020, from 2:00 pm to 4:00 pm. The resource person is Dr. Molly Joseph, a poet, writer, author, and international jury member from the Department of English (Retd.) at St. Xavier's College for Women, Alava. Her work includes writings on nature, gender exploitation, women's writing, travel literature, and children's writing. A quote from her states: "A Professor Poet, she believes in transforming words into acts through the 'Power of the Word'". The poster also lists contact information for Mrs. Remadevi A. (Vice Principal & Coordinator IQAC), Mrs. Kavitha P. D. (Director CDC), and Mrs. Asha Jaison (Coordinator Women's Forum).

The webinar commenced with an introduction about Women Empowerment by Mrs. Sheeba Michael, Dean of Students Welfare, a warm welcome by Mrs. Asha Jaison (Coordinator of Women’s Forum .Assistant Professor Department of Computer Science). In the Presidential address Mrs. Kavitha Praveen ,Director CDC told the importance of Gender Equity , the core of the topic and wish success of the webinar. Mrs. Remadevi A, Co-ordinator of IQAC and Vice Principal told the importance of Rising above Gender Constraints .Mrs. Anitha Mathew (Asst Coordinator Women’s Forum), introduced the resource persons to the participants. Mrs. Sheeba Michael, Dean of Students Welfare gave away the Vote of Thanks. Totally 89 participants including Girl Students , faculty members and participants from different disciplines throughout the nation were in the programme.

The webinar began with the statistics of Gender Equality in labor . Subsequently explaining the importance of Women’s Right in Labour , Equal Payment strategies etc. How can minimization of Labour Gap between Men and Women can be done. She added Women do possess greater sensibilities and enormous potential as propellers of action and care givers. Also added that Women account for 40% or more of the total labor force in any countries ,and In India its just 21.8% . She uncovered the statistics of Female -Male literacy rate in India, Fortunately we Keralites have the highest rate of 96.2 % , but UP and Bihar with the lowest, discussed regarding Social Taboos-female foeticide ,around 8% of rise of Crime against women in each year. Womanism to Feminism is like purple to lavender. The programme was ended with a vote of

thanks by Mrs. Sheeba Michael, Dean of Students Welfare, a Feedback form were send to the participants and based on that E-Certificates are issued to the participants.



LIST OF PARTICIPANTS

Full Name	Designation	Institution	State
Dhanya R	Student	PSG College of Arts and Science	Tamil Nadu
JASIYA K Y	Student	M E S COLLEGE ERUMELY	Kerala
Mariam John	Student	MES College, Erumely	Kerala
CHINNU T G	Faculty	Bhavans Vidya Mandir, Elamakkara	Kerala
Delta Mariam Naveen	Student	MES College Erumely	Kerala
VIDHYA B. NAIR	Faculty	Ettumanoorappan College	Kerala
Anitha Mathew	Faculty	MES College, Erumely	Kerala
Rosmy varghese	Student	Mes college erumely	Kerala
Sahin Famitha A	Student	PSG College of Arts and Science	Tamil Nadu
Shiyara Shahul	Student	MES Collage	Kerala
Ashwathy k s	Student	Mes college erumeli	Kerala
ANJALI MOHANAN	Student	MES COLLEGE ERUMELY	Kerala
Alvin Geo John	Student	Mes Erumely	Kerala
Aleena Reji	Student	MES COLLEGE ERUMELI	Kerala
Sandra Sathcesh	Student	MES College Erumelly	Kerala
Akhila Sabu	Student	Mes college Erumely	Kerala
CHRISTY SARA VARGUHESE	Student	MES COLLEGE ERUMELY	Kerala
Anitta Thomas	Student	MES COLLEGE ERUMELY	Kerala
AMEENA KAREEM	Student	Amal jyothi college of engineering kanjirapally	Kerala
Teena Susan George	Student	MES Collage	Kerala

Sandra Saji	Student	MES College Erumely	Kerala
SAJANA SALIM	Student	MES COLLEGE ERUMELY	Kerala
ALBY NOBLE	Student	MES College Erumely	Kerala
Dr.Shubha Dwivedi	Faculty	ARSD College	Delhi
AMISHA SHAJI	Student	MES COLLEGE ERUMELY	Kerala
Ganga shaji	Student	Mes college erumely	Kerala
Aparna R Nair	Faculty	MES College Erumely	Kerala
Athira Madhusudhanan	Student	MES college erumely	Kerala
Sneha varghese	Student	Mes	Andhra Pradesh
Ajmiya Noohudeen	Student	MES college erumely	Kerala
Sivajith T S	Student	MES College Erumely	Kerala
Anaha T S	Student	MES College Erumely	Kerala
Alfiya Najimi	Student	MES college Erumely	Kerala
Arya Rajendran	Student	MES College Erumely	Kerala
Archana Sabu	Student	MES College Erumely	Kerala
Athira P S	Student	MES COLLEGE ERUMELY	Kerala
SHAMNA P S	Student	MES College Erumeli	Kerala
Little Therese Mathew	Student	Amal jyothy college of engineering	Kerala
Advait Prasad Pillai	Student	MES ERUMELY	Kerala
Sangeetha S	Student	MES COLLEGE	Kerala
ADITHYA UNNI	Student	MES COLLEGE ERUMELY	Kerala
ASHNAMOL T.A	Student	MES COLLAGE ERUMELY	Kerala
RESHMI RAJESH	Student	MES COLLEGE ERUMELY	Kerala
Sruthymol.B	Student	Mes college erumely	Kerala
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Asiya Navas	Student	Mes College Erumelly	Kerala
SELIN K S	Student	MES COLLEGE ERUMELY	Kerala
Fathima salim	Student	MES College Erumely	Kerala
Jincy P Babu	Student	MES College Erumely	Kerala
Merin Mathew	Student	MES COLLEGE ERUMELY	Kerala
AISWARIA K DAS	Student	MES College Erumely	Kerala
Padmini Janardhanan	Educational consultant	Self employed	Tamil Nadu
SHAJEENA SHAJI	Student	MES COLLEGE ERUMELY	Kerala
Geethanjaly KS	Student	MES College Erumeli	Kerala
Alfiya Ajish	Student	MES COLLEGE ERUMELY	Kerala
Lincy Joseph	Faculty	St. Xavier's College for Women, Aluva	Kerala
Alfina K Jassin	Student	MES COLLEGE ERUMELY	Kerala
AVANTHIKA P SAJI	Student	MES COLLEGE ERUMELY	Kerala
Bahja Daleela	Student	MES College Erumely	Kerala
Aparna K Manoj	Student	Mes college erumely	Kerala
RISANA	Student	MES College, Erumely	Kerala
Ahalya Manoj	Student	MES College Erumeli	Kerala
YADHUKRISHNA	Student	AMALJYOTHI COLLEGE OF ENGINEERING	Kerala
Fasna Noushad	Student	MES College Erumely	Kerala
Fathima Anas	Student	Mes college	Kerala

NATIONAL GIRL CHILD DAY OBSERVATION

As part of National Girl Child Day Observation, Posters are designed and exhibited in various parts of college, keeping social distancing a small gathering of the offline students are conducted by distributing "CHEKKUTTY like Dolls" and distributed Basic Rights of Girls in printed format to all the gathering on January 22, 2021.

MES COLLEGE ERUMELY
(Affiliated to the Mahatma Gandhi University)
MES College P.O., Erumely, Kerala, South India

Women's Forum

Chekkutty Dolls Distribution & Exhibition of posters in connection with Girl Child Day

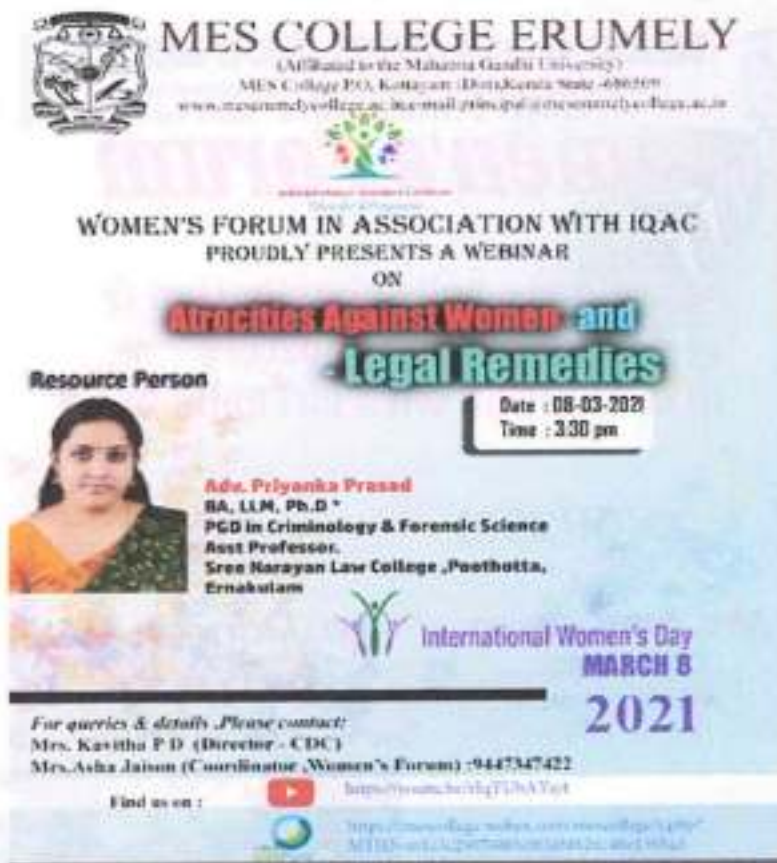
22/01/2021 **1.00 PM**

Mrs. Asha Jaison **Mr. Maheen M N**
Coordinator - Principal
Women's Forum



A WEBINAR ON “ATROCITIES AGAINST WOMEN- LEGAL REMEDIES

As part of International Women's day 2021, a webinar (Law for Women) was conducted for Girls , Boys and Faculties on the topic:“Atrocities against women- Legal Remedies” on 8- March 2021.



MES COLLEGE ERUMELY
 (Affiliated to the Mahatma Gandhi University)
 MES College PSA, Kottayam (Dornakota State -686769)
www.meserumelycollege.ac.in, [email:principal@meserumelycollege.ac.in](mailto:principal@meserumelycollege.ac.in)

**WOMEN'S FORUM IN ASSOCIATION WITH IQAC
 PROUDLY PRESENTS A WEBINAR
 ON**

**Atrocities Against Women and
 Legal Remedies**




Resource Person

Adu. Priyanka Prasad
 BA, LL.M, Ph.D *
 PGD in Criminology & Forensic Science
 Asst Professor,
 Sree Narayan Law College ,Poothitta,
 Ernakulam

**Date : 08-03-2021
 Time : 3.30 pm**

**International Women's Day
 MARCH 8
 2021**

For queries & details ,Please contact:
 Mrs. Kavitha P.D (Director - CDC)
 Mrs.Asha Jaison (Coordinator ,Women's Forum) :9447347422

Find us on :  <https://www.youtube.com/channel/UC3hA7YqT>
 <https://www.facebook.com/meserumelycollege>
 <https://www.instagram.com/meserumelycollege>

List Of Participants

Full Name	Designation	Institution
Dhanya R	Student	PSG College of Arts and Science
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Alvin Geo John	Student	Mes Erumely

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Anitta Thomas	Student	MES COLLEGE ERUMELY
AMEENA KAREEM	Student	Amal jyothi college of engineering kanjirapally
Teena Susan George	Student	MES Collage
Sandra Saji	Student	MES College Erumely
SAJANA SALIM	Student	MES COLLEGE ERUMELY
ALBY NOBLE	Student	MES College Erumely
Dr.Shubha Dwivedi	Faculty	ARSD College
AMISHA SHAJI	Student	MES COLLEGE ERUMELY
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Sneha varghese	Student	Mes
Ajmiya Noohudeen	Student	MES college erumely
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Arya Rajendran	Student	MES College Erumely
Archana Sabu	Student	MES College Erumely
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SHAMNA P S	Student	MES College Erumeli
Little Therese Mathew	Student	Amal jyothy college of engineering
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Aparna K Manoj	Student	Mes college erumely
RISANA	Student	MES College, Erumely
Ahalya Manoj	Student	MES College Erumeli
YADHUKRISHNA	Student	AMALJYOTHI COLLEGE OF ENGINEERING
Fasna Noushad	Student	MES College Erumely
Fathima Anas	Student	Mes college
Adithya vijayan	Student	MES COLLEGE ERUMELY
Elizit Mathew	Student	Mes college Erumely
R Sneha	Student	MES College Erumely
ARCHANA N S	Student	MES COLLEGE ERUMELY
LAKSHMI VIJAYAN	Student	MES college Erumely
RESHMI VIJAYAN	Student	MES College Erumely
Meenakshy vijayakumar	Student	Mes college erumely
Bijitha. Biju	Student	Mes college erumeli
Samual	Student	MES College Erumely
Dr. Anusha Mathew	Faculty	Christ College
AROMAL SUDHEESH	Student	MES College Erumeli
Minviya Rafi	Student	MES COLLEGE ERUMELY
Reshma suresh	Student	Mes College Erumeli
Steffy An P Aby	Student	Mes college erumely
GREESHMA L D	Student	MES COLLEGE ERUMELY
Arsha Sundaran	Student	MES College Erumeli
RAMSI HAJA	Student	MES COLLEGE, ERUMELY

TRAINERS ORIENTATION TRAINING (TOT)



TRAINERS ORIENTATION TRAINING (TOT)

THERAPEUTIC SKILLS IN COUNSELLING

Led by
Mr. Jithin T Mathew
School Counsellor, Social Specialist & Mentor
Jabriya Indian School, UAE

Date : 20th July 2016, 9.30 am to 3.30 pm
Venue : M E S College Erumely

who can participate?
Social Work Trainees, Professional Social Workers,
School Counsellors, Psychiatric Social Workers,
Geriatric Counsellors etc.


Admission restricted to 30 candidates
Registration Fee - Rs. 100/-
(Includes Training Fee, Lunch & Refreshments)

Contact
8086876673, 9495469794, 8137053132, 9656697264
E Mail : mesfos@gmail.com

organised by
Department of Social Work
M E S College Erumely
&
Kerala Association of Professional Social Workers(KAPS)
Kottayam Chapter



Department of social work of M. E.S College Erumely was conducted a Trainers oriented programme on 20th July 2016, 9.30 am to 3.30pm at Seminar Hall. It was organised by Department of social work and in association with Kerala Association of Professional Social Workers(KAPS)kottayam chapter. The session was held by Mr. Jithin T Mathew, School counsellor, Social specialist and Mentor, Jabriya Indian School, UAE. who talk about 'Therapeutic skills in Counselling'. The admission was restricted to 30 candidates, and the registration fee was Rupees 100 including training fees, lunch and refreshments. Participants were Social work trainees, Professional social workers, School counsellors, Psychiatric social workers, Geriatric counsellors. Thereafter certificates are issued for all the participants also.



Department of Social Work
M E S College Erumely



Kerala Association of Professional Social Workers(KAPS)
Kottayam Chapter


TRAINERS ORIENTATION TRAINING (TOT)

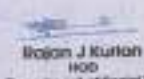
THERAPEUTIC SKILLS IN COUNSELLING

Certificate of Participation

This is to certify that Mr./Ms/Ms. Jithin Mathew Varghese has
participated in the Trainers Orientation Training on Therapeutic Skills in Counselling
held at M E S College Erumely on 20th July 2016.

Erumely
20-07-2016


M N Mathew
Principal
M E S College Erumely

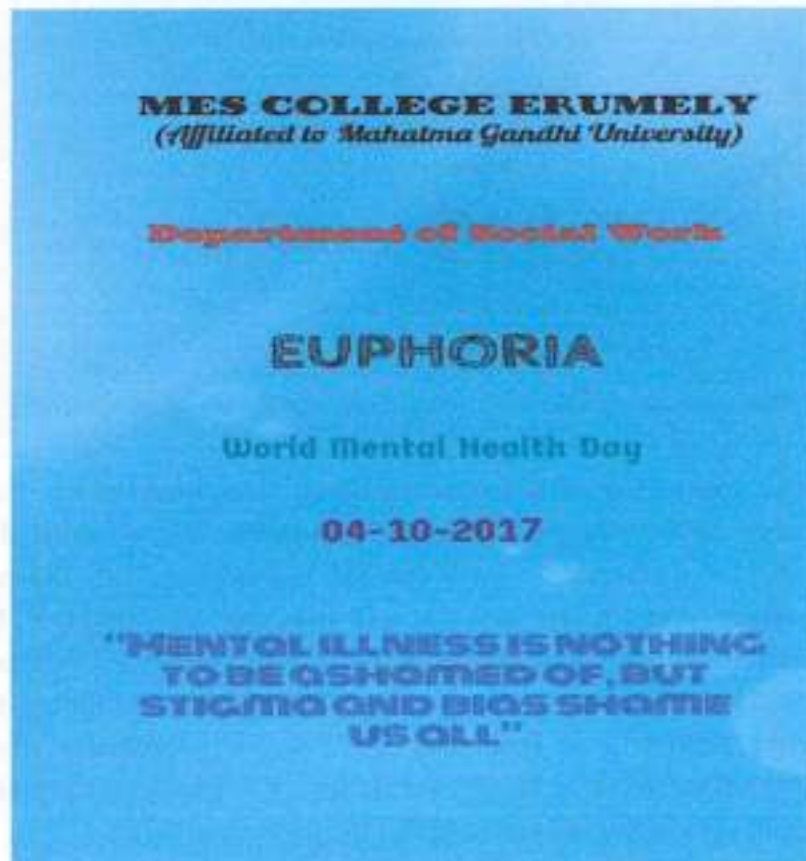

Rajan J Kurian
HOD
Department of Social Work

Participants from First year Msw students

Anija K Anil
Anumol Mathew
Aryamol P S
Jaseela AK
Jinu Cleetus
Manu Abraham
Merin Thomas

Rahna V Salim
Remya S R
Sethulekshmi P S
Sitharamol C T
Sulthana T Sulaiman
Suryamol Sabu
Tessymol T N


WORLD MENTAL HEALTH DAY CELEBRATION



The World Health Organisation (WHO) conceptualises mental health as a “state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. MES College Erumely social work Department got the opportunity to observe the world Mental health day. The day was celebrated on 04/10/2017. As part of the world mental health day an event was conducted named "EUPHORIA". Euphoria is an overwhelming feeling of happiness, joy, and well-being. People experiencing euphoria may feel carefree, safe, and free of stress. This emotion can be either a normal reaction to happy events or a symptom of substance abuse and certain mental health conditions. The programme was organised at S.H. Mental Health Centre, Painkulam, Thodupuzha in Idukki district. The students participated in a quiz competition conducted by the organisation and secured second prize.

Roll	Name of the student	Roll	Name of the
1	Aishwarya Vijayan	12	Sarath K
2	Akhil Mathew Shaji	13	Soju VS
3	Anisha A	14	Sulu Sabu
4	Anju James	15	Swetha Girish
5	Ashna Benny	16	Albin Jo Issac
6	Haritha Krishnan	17	Anusha VB
7	Hasan Salim KC	18	Athulya Reji
8	Jebin Joy	19	Josena John
9	Jobin C Valsan	20	Mitha Mathews
10	Muhammaed Shalikh N	21	Rona Mol Jose
11	Ratheesh B	22	Josmi M

COUNSELING SESSION IN CHILDRENS



MES COLLEGE ERUMELY
Department of Social Work

COUNSELLING

For Students in Children's Village
For Both Parents and Children's

9th October 2018

The student social workers of second year PG have conducted an extension activity at children's village Pampady on 9th October 2018. The students organized a counseling session for children there to know their needs and wants. Child counseling is a therapy to assess the mind of the child and find the problem. It is important for a child who is dealing with emotional or mental distress. The students are involved in child counseling through assessment of the child, parents, their school environment, their temperament, habits, likes-dislikes and psychometric tests. This helps in identifying the problem and thus providing the best possible solution. The sole aim of student social workers is to bring the child out of the state of stress or trauma with supreme ease. They try to treat every possible issue so that nothing is left untreated and the child gets back to his or her normal life with the help of licensed child counselors.

Children have a delicate mind that can get easily affected by one or the other reason. It is extremely important for parents to observe the changes in the child's behavior. Parents can

definitely try to talk to the child about the issues he/she is facing. But sometimes, kids fear to open up to their parents which is why child counseling is required. They have their own ways to connect with the child and find the weak points. Child therapists know the right way to diagnose the problem and resolve it.

The students first establish a rapport with the kids and they try to communicate with them. To get more close to them, the students organized small cultural events by also promoting the children. It helps to break the ice. The event was successful. It was conducted with the supervision of a child counselor.



AWARENESS CLASS ON KUDUMBASHREE:



MES COLLEGE ERUMELY
Department of Social Work

SEMINAR

At Kudumbasree Mission

30th August 2018 04:00 PM

Inauguration : OMANA RAJAN
(Panchayat Secretary)

Faculty : RANNI PATHANAMTHITTA

**Topic : Problems due to Communication
Gap in families**

MES college, Erumely conducted an extension activity focused on kudumbasree mission. Kudumbashree is the State Poverty Eradication Mission of Government of Kerala. Started in 1998, Kudumbashree envisaged local economic development, social development and women empowerment through its network of neighbourhood groups and the system of federations of ADS and CDS. By understanding the importance and relevance of the kudumbasree system social work trainee of 1st semester from MSW Department took an effective initiative to conduct this program. As a part of this extension activity students focused Ranni Taluk of Pathanamthitta District. Mrs Omana Rajan Secretary of the panchayat inaugurated the function. The main purpose of the extension program was to raise awareness about the "problems due to communication gap in families." The focused kudumbasree group was named Dhiya kudumbasree. The session begins at 4 pm on 30th August 2018. With an effective interaction the session came to a grand success. The resource person provide a well understanding about the current problems faced by the youths among family. Student social workers came to an end of the session by providing various remedies for the communication gap between families.



JAM: JUST A MINUTE

As part of International Women's Day, March 8th 2021, a JAM (Just A Minute) competition was conducted for MES girls with a prize money of ₹1000 as first prize and ₹500 as second prize. Results will be announced within one week of the conduct of the program. All the videos will be uploaded to the Instagram page of Women's Forum.

https://www.instagram.com/womenforummes'. A central graphic shows a microphone on a star with the text 'JAM THE STAGE is waiting for you'. Below that, it says 'TALENT SHOW' and 'Share your awesome talents to the whole student body! Just a Minute'. At the bottom, it lists 'FIRST PRIZE: ₹1000/-' and 'SECOND PRIZE: ₹500/-' and 'MES COLLEGE, ERUMELY'."/>

MES GIRLS... GRAB THIS OPPORTUNITY

JAM
just a minute

JAM RULES:

- Videos must not exceed more than 1 minute
- Videos Size (Max Exceeding 100 MB)
- 10 & 12 QM Students of our College can participate
- Don't change the topic - that's decisive
- Try not to speak too quickly
- Never say 'uh', 'um', 'ah', or similar
- Medium - English

Registration will be open till:
21/03/2021 00:00:00

Register here: <https://www.instagram.com/womenforummes>

TALENT SHOW

Share your awesome talents to the whole student body!
Just a Minute

FIRST PRIZE: ₹1000/-
SECOND PRIZE: ₹500/-

MES COLLEGE, ERUMELY

WEBINAR “WOMEN EMPOWERMENT”

WOMEN'S FORUM & CDC of MES College Erumely organized in association with Lions Club a webinar on the topic “WOMEN EMPOWERMENT” for girls students of our college through cisco webex on July 26th, 2021 at 4:00 P.M to 5:00 P.M. The programme began with recorded college prayer. Mrs.Sumin Ans Joseph , coordinator of the webinar, welcomed the virtual gathering. Mrs. Anitha Mathew , Webinar Director delivered the introductory address. Mrs.Kavitha P D (CDC DIRECTOR)delivered the presidential address. Mrs .Darly A.G , Director Planning And Development inaugurated the session. The Technical Session on topic “WOMEN EMPOWERMENT ” for Girls Students delivered by the resource person Advocate .Usha Menon.The Webinar Highlighted women empowerment , status of women, problems of women and its legal side. The participants asked their questions and cleared their doubts. Programme ended with a vote of thanks by Ms. Shafna Fathima (Students Coordinator) and played the recorded national anthem.. Around 45 students participated in this webinar.

MES COLLEGE ERUMELY
 (Affiliated to the Mahatma Gandhi University)
 MES College P.O., Erumely, Kerala, South India
 www.meserumelycollege.ac.in | E-mail: principal@meserumelycollege.ac.in

**Women's Forum
 In Association with CDC
 Presents
 Webinar On
**WOMEN
 EMPOWERMENT****



Ms. Sumin Ans Joseph | **Ms. Anitha Mathew**
 Women's Forum Coordinator | Webinar Director
 Ph: 9947662089

Ms. Kaulitha PD | **Ms. Darily AG**
 CDC Director | Director Planning & Development



LIST OF PARTICIPANTS

Sl.No	Name	Mail id	Course
1	TEENA SUSAN GEORGE	teenasusanbba2020@gmail.com	BBA
2	Anaha TS	tsanaha19@gmail.com	BCom CA
3	Adithya vijayan	adithyavijayan723@gmail.com	BCA
4	Ansheena Shukkur	ansheenashukkur@gmail.com	BCOM Office Management
5	Aiswarya Aji	aiswaryaaji2001@gmail.com	BSC Electronics
6	Aswathy sunilkumar	saswathy607@gmail.com	Bcom CA
7	Jinimol P Aniyan	jinimolpaniyan11@gmail.com	Bcom CA
8	Adhila Farhath	adhilafarhathadhilafarhath@gmail.com	Bcom CA
9	Akhila Sabu	akhilusabu865@gmail.com	BBA
10	Shahina Basbeer	shahinabasbeer786@gmail.com	MSW
11	Aysha Nazeer	4uaishanazeer@gmail.com	bcom ca

12	Devika as	devikaas890@gmail.com	BCOM CA
13	Alfiya Ansari	ansarialfiya299@gmail.com	BCOM CA
14	Manya S Nair	manyasnair33@gmail.com	BCOM CA
15	Lijina K.M	kmlijina57@gmail.com	BCOM CA
16	SAMITHA MOL SALIM	Samithasalim786@gmail.com	BCOM CA
17	suhana jan	suhanashanavas6@gmail.com	BCOM CA
18	Aileen Varghese	aileenvarghese17@gmail.com	BCOM CA
19	Aparna Sunil	aparna06sunil@gmail.com	B.com CA
20	Divya Dinesh	divyadinesh9876@gmail.com	BCOM CA
21	Pooja Mol P.T	poojamol357@gmail.com	BCOM CA

INTERNATIONAL DAY OF JUSTICE

As a part of International day of Justice MES College Erumely PG Department of Social Work in association with CDC organized Nirthya Dwani an inter college Thematic solo Dance Competition for students which was held from 10th July to 15th July It gave an opportunity to dance lovers to show their talent from the comfort of their homes. The event registration details were shared to the participants through various social media platforms. The theme of the solo dance competition was "Justice". Altogether, 26 students from various colleges registered in this competition and sent a link of the video of 3-5 minutes to the id vogary2021@gmail.com. After the preliminary round, Top 10 finalists were selected for the second round. In the second round, videos were uploaded to the department Facebook page. The social media response had been taken as a criterion for finding the popular choice candidate. The result of the competition was declared through the department's Facebook page. The first prize of Rs. 3000/- was bagged by Niha Ranjith from Christ College Thalassery and Athira S Manoj from Catholocate College Pathanamthitta was selected as a popular dancer awarded with certificate and memo.



Registration List

Name of the Participant	Name of the College & District
Arya Ajith	St Berchmans college, Changanassery, Kottayam
Diya Theerdha	Govt. College for Women, Thiruvananthapuram
Karthika Bose	Govt. College for Women, Thiruvananthapuram
Athira S Manoj	Catholicate College, Pathanamthitta
Anna Mariam Alex	St Teresas College Ernakulam
Haritha Vijayan	Dhanalakshmi Srinivasan Institute of Research and Technology , Permbalur
Gokul Reghunath	BCF COP, Kottayam
Thobi Anna Thomas	Catholicate College, Pathanamthitta
Meenakshi Murugan	Pavanatma college, Murickassery
POOJA P S	Naipunnya School Of Management, Cherihala
Diya Dileep	St George's College, Aruvithura & kottayam
Caroline P. J	Mangalam College Of Education, Ettumanoor
Rose Nileena Jose	College of applied science
Aparna Santhosh	CTE Thodupuzha, Idukki
Athira Gopi	Sree Sabareesa College, Murikkumvayal
Parvathy HB	Govt. Women's college, Vazhuthacaud
Sandra Sadanandan	Heera college of Engineering and Technology, Thiruvananthapuram
Sumi Janvi	Assumption College, Changanassery
Anjali Sabu	NSS college Cherthala, Alappuzha
Sethu Lakshmi G	Marian College Kuttikkanam, Idukki district
Adhvaith Krishna BS	Mar Gregorios College of Law, Thiruvananthapuram
Sreelekshmi. G	Sree Narayana Institute of Technology, Kollam
Niha Ranjith	Christ College Thalassery ,Kannur
Reenu Jose	Kristu jyoti College of Management and Technology Kottayam
Ganga Manoj	St. Gregorios College, Kottarakkara, Kollam

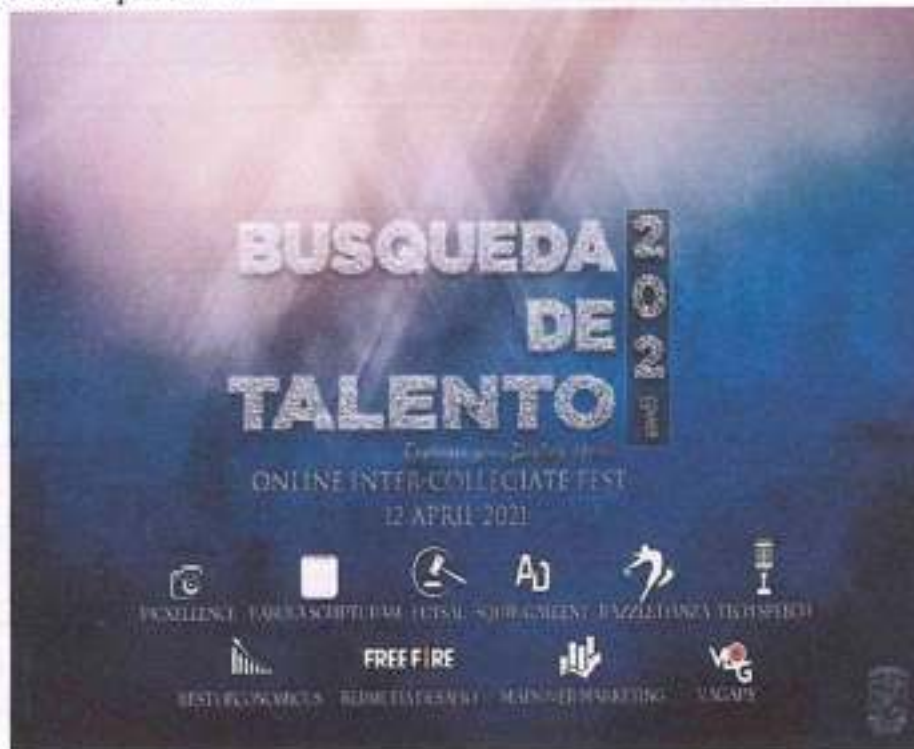
Finalists 6

Name	College
Ganga Manoj	St. Gregorios College, Kottarakkara, Kollam
Niha Ranjith	Christ College Thalassery ,Kannur
Reenu Jose	Kristu jyoti College of Management and Technology Kottayam
Aparna santhosh	CTE Thodupuzha, Idukki
Athira S Manoj	Catholicate College, Pathanamthitta
Arya Ajith	St Berchmans college, Changanassery, Kottayam
Thobi Anna Thomas	Catholicate College, Pathanamthitta
Sethu Lakshmi G	Marian College Kuttikkanam, Idukki district
Adhvaith Krishna BS	Mar Gregorios College of Law, Thiruvananthapuram
Parvathy HB	Govt. Women's college, Vazhuthacaud

BUSQUEDA DE TALENTO 2021 ONLINE INTER-COLLEGIATE FEST

MES College Erumely is the first unaided Arts and Science college established in 1995 under the Muslim Educational Society. It is affiliated to Mahatma Gandhi University. The key not objective of this institution is to impart job oriented degree courses to the students in the economically backward areas around Erumely so as to enable them to cope with scientific and technological advancement of contemporary society. The college organises intercollegiate fest every year as a part of extracurricular activity for its students in order to encourage students to participate and showcase their latest talents.

MES College Erumely has organised an online **inter-collegiate fest *Busqueda De Talento 2021*** on 12 April 2021. The central theme of the event was to **promote gender equality** among the students. Therefore ,the event ensures equal opportunity for both of them. The event was conducted from 9am to 2pm on the same day. All the nine departments of the institution organised different events. Students from various institutions all over India have participated in the fest. The whole event was conducted on different virtual platforms and the departments arranged all necessary facilities for that. The event was started by an official inauguration ceremony through Webex platform. Mrs. Kavitha P.D, CDC Director gave welcome to the gathering. Opening address was delivered by Mr. Maheen M.N, College principal. The presidential address was given by Jb.K.P.Nazaruddin, College Secretary and the event was inaugurated by Jb.P.H. Najeeb, Chairman of the College. The keynote address was given by Mr. Jithesh K.S, Director Academics and IQAC Coordinator. HODs from different departments felicitated for the event. The results of most of the events were published on the same day of the fest and some of the results were published later as per the rules. Certificates and prize money were given at the closing ceremony, conducted on 20th April 2021.



DETAILS OF PARTICIPATION

Name of Department	Event Name	No of Registered Participants	No of Participants participated for event	Winners
Dept of Electronics	Tech Speech	15	15	First Prize: Karishma Elizabeth ,Dept of English Marthoma College ,Thiruvalla Second Prize : Gopika Sunil ,Dept of Forensic Science Amity University Delhi
Dept of English	Fabula Scripturam	43	35	First Prize: Devi Chnadana ,St Michael's College,Chertala Second Prize : Aleena Luis MES College Marampally
Dept of Economics	Oeconomicus	8	7	Winner- Irene Eliza Sabu,Economics Department, St.Dominic's College Kanjirappally
Dept of Computer Science	Burmuda Desafio	9	9	First Prize: UKF College of Engineering and Technology, Kollam Second Prize- SN College, Cherthala
PG Dept of Commerce	Squib Tallent	9	9	First Prize- Fathimath Shamna & Team,M E S AIMAT Ernakulam Second Prize- Abbas Salim & Team,Al Azhar Law College, Thodupuzha
Dept of Commerce - Computer Application	Razzle Danza (Solo – Fusion Dance)	12	12	First Prize: Hannah Tom, CMS College Kottayam Second Prize : Alby Shaji, Kristu Jyoti College of Management and Technology,Changanassery
Dept of Social Work	Vagary 2021	28	17	First Prize: Sreelakshmi G ,Sree Narayana Institute of Technology Vadakkevila
Dept Of B.Com (Marketing And Office Management)	Picxellence (Photography Competition)	17	17	First Prize: Amal Jayadas, Department of Commerce, S V R N S S College Vazhoor Second Prize: Ajesh Raju,Department of English,Baselius College Kottayam
Department Of B.Com Finance And Taxation	FUTSAL	25	25	FIRST PRIZE : Anandhu P, Catholicate College SECOND PRIZE : Vishnu S and Arjun V Sreejith, SVHSS College Vazhoor

WORLD POPULATION DAY

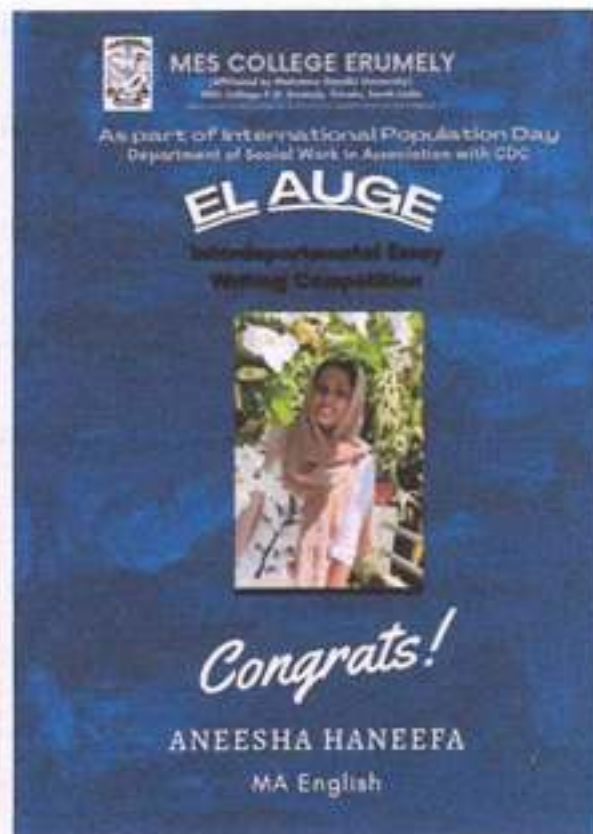
As part of World Population Day, the Department of Social Work of MES College Erumely organised an online essay writing competition El Auge in association with CDC. This event is an effort to celebrate and educate the students about world population as part of world population day. The core focus of this competition is to increase awareness on various population issues including their relations to the environment and development, to be aware about the need to find solutions related to growing population and to focus attention on the urgency and importance of population issues. The competition was initiated by 1st year MSW students. The motive behind this competition is to explore and widen the knowledge of students on various population issues such as the importance of family planning, gender equality, pandemic, poverty, maternal health and human rights.

This event incorporated participants from various departments of the college. The essay is written in both English and Malayalam language. The students submitted their essays before 3 pm of 11th July 2021. There were 11 participants who took part in this competition. The students were provided a participation certificate and the winner provided with the cash prize.

The competition was promoted in brochures through online media platforms. The winner of the competition will be announced through the official department Facebook page. The winner of the competition is Aneesha Haneefa of 1st year PG student English Department. The event was successful and it was a pleasant experience. This will be a good chance for students to enhance their thinking and writing skills.



The brochure features a yellow and black geometric design at the top. It includes the MES College Erumely logo and text: 'An part of International Population Day Department of Social Work in Association with CDC. Proudly present EL AUGE International Essay Writing Competition'. Below this, it specifies the topic: 'Population (July 2021) and its global issues'. A list of rules and regulations is provided, such as 'Maximum of language English/Malayalam' and 'Participants should submit their registration via the Google form'. At the bottom, it lists the student coordinators: 'Ms Ananya J', 'Ms Kavitha PD', and 'Ms Darly AG', along with their contact numbers: 'Ananya - +91950085171' and 'Nkavitha - +919021321027'. A yellow box on the right side says 'Prize for the Winner'.



The poster has a dark blue background. At the top, it says 'MES COLLEGE ERUMELY' and 'As part of International Population Day Department of Social Work in Association with CDC'. The title 'EL AUGE' is written in large, white, stylized letters, with 'International Essay Writing Competition' underneath. A photograph of Aneesha Haneefa is placed in the center. Below the photo, it says 'Congrats!' in a large, white, cursive font, followed by 'ANEESHA HANEEFA' and 'MA English' in white capital letters.

Registration List

Sl.No	Name of the Participant	UG/PG	Name of the	Semester
1	Ben lee george	UG	Computer Science	Sixth
2	Thobiya Elizabeth Thomas	PG	English	Second
3	Aneesha Haneefa	PG	English	Second
4	Arya. P. Sajeev	PG	English	First
5	Georgy jomy abraham	UG	Commerce CA	First
6	Parvathy Babu	UG	Business	Fifth
7	Abid Muhammed	UG	Commerce CA,	Fifth
8	Jesna Basheer	PG	Commerce	First
9	SOORAJ VS	PG	Commerce	Second
10	Shilpa Bal	PG	Commerce	Second
11	Taniya Christa Antoneetta	PG	Electronics	Second
12	Aiswaria K Das	UG	Electronics	Fifth

INTERNATIONAL DAY FOR GIRL CHILD

11/10/2021

“Senorita”



MES COLLEGE ERUMELY
(Affiliated to the Mahatma Gandhi University)
MES College P.O, Erumely, Korala, South India
www.meserumelycollege.ac.in
E-mail: principal@meserumelycollege.ac.in

PG DEPARTMENT OF COMMERCE
in Association with CDC
proudly presents

Senorita

Inter- Departmental Poster Designing Competition
As part of International Day for Girl Child

First Prize Rs.300
Second Prize Rs. 200

- Rules
1. Each participant can submit only 1 poster
 2. The poster must be uploaded on the given Google form
 3. The entries should be received before 3/10/2021 0.00 PM
 4. The poster can be digital or hand made

Registration Link : <https://forms.gle/otVvJhymVv053MfWA>
For Queries send mail to : erumelymescollege@gmail.com

Soumya S
HOD PG Department of Commerce

Darby A G
Director CDC



Poster Designing Competition

Page No. _____

As part of International Day of Girl Child PG Department of Commerce in association with CDC of MES College Erumely conducted an Online Inter Departmental poster Designing Competition "Senorita" on 11th October 2021. Students are provided with google form for registration and uploading the entries. The students are allowed to upload the entries till 11 October 8.00 PM. The theme of the competition was "Let Her Fly". 6 students participated in the program. Sivajith T S, 3rd Semester BBA got the first prize and Sreejamol Kunjumon , 5th Semester BBA got the second prize.

Participants List

Name	Department	Semester	Email ID	WhatsApp No.
Sivajith T S	Department of Business Administration	3rd Sem	tssivajith7@gmail.com	8078504751
Sreejamol kunjumon	Department of Business Administration	5 th semester	sreejamol12kunjumon@gmail.com	9633910070
Salih Sanaph	Department of Business Administration	5	salihsanaph1881@gmail.com	6282391594
Fathima Marjan	Department of Psychology	1st	fathimarjan05@gmail.com	9778756354
Lijina k.m	Department of Business Administration	1	lijinakmbcomsca@gmail.com	9778493473
Karthika s Kumar	Department of Business Administration	First	karthikaskumar2003@gmail.com	9495964517

Winners List

First Prize:- Sivajith T S, 3rd Semester , BBA

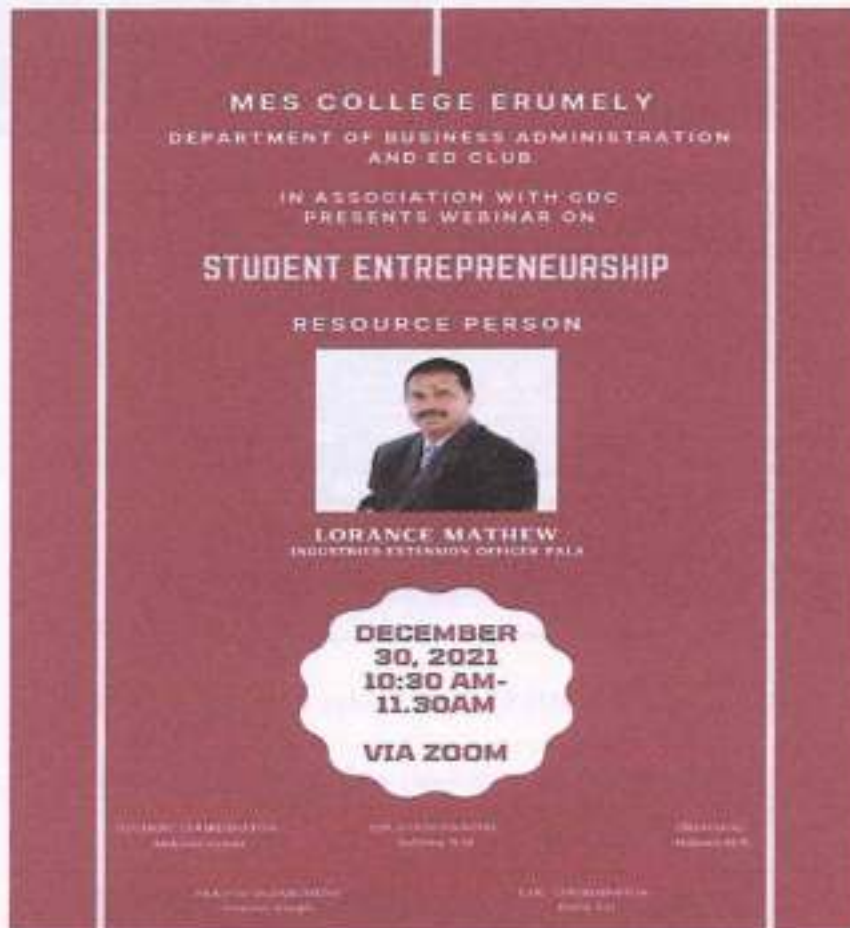
Second Prize:- Sreejamol Kunjumon, 5th Semester, BBA



WEBINAR

STUDENT'S ENTREPRENEURSHIP

Organised by ED club in association with Taluk Industries office Kanjirappally and Dept.Of Business Administration



Webinar on **Students Entrepreneurship** organised by Entrepreneurship Development Club in association with Taluk Industries Office Kanjirappally and Department of Business Administration on 30/12/2021 through Google Meet. The aim of the programme was to develop entrepreneurial skills of students. Programme started with a prayer. Mrs. Safeena K M (ED club coordinator) delivered welcome speech. Mrs. Anitha Mathew given introductory speech. Mrs. Anumol Joseph Head of dept. Business Administration addressed all to the event. Mrs. Darly A.G, C.D.C coordinator inaugurated the event.

Mr. Lorance Mathew (Industries Extension Officer-Pala) given an Awareness about '**How to become an Entrepreneurship**' To the students. He gave the idea to the students by visual presentation. He conveyed, Benefits and Scope of Entrepreneurship and skills needed for entrepreneur. Also the information about Govt facilities for Starting a Business etc. 63 students participated from various departments in the College. Program was ended after delivering a Vote of thanks by Mr. Alshibin (Student Coordinator).

PHOTOS



STHREE THANNE DHANAM: Poster making competition

The NSS organised a poster making competition about "sthree thanne dhanam" on 8.09.2021. Cash prizes and certificates were given to the winners.

MES College Erumely
NSS Unit



കേരളത്തിൽ സ്ത്രീധനത്തിന്റെ പേരിൽ ഗാർഹിക പിഡനങ്ങൾ വർദ്ധിക്കുന്ന സാഹചര്യത്തിൽ ബോധവൽക്കരണം അനിവാര്യമാകുന്നു. എം ഇ എസ്സ് കോളേജ് NSS യൂണിറ്റ് നമ്മുടെ കോളേജിലെ വിദ്യാർത്ഥികൾക്കായി 'സ്ത്രീ അന്ന ധനം' എന്ന വിഷയത്തിൽ പോസ്റ്റർ മത്സരം സംഘടിപ്പിച്ചു.

WINNERS

- FIRST** - SIVAJITH S3.BBA
- SECOND** - ANAN ASRUF S3.BCA
- THIRD** - AKASH S S3.B.COM OM



**'EGALITE: BALANCE FOR BETTER'
DAY OBSERVATION
AUGUST 26- WOMEN'S EQUALITY DAY**

The PG Department of Social Work observed Women's Equality Day at Shermount Public School, Erumely. On Women's Equality Day, we honour the movement for universal suffrage that led to the 19th Amendment, celebrate the progress of women over the years, and renew our commitment to advancing gender equity and protecting women's rights.

The Inauguration meeting began with silent prayer. Student coordinator, Anu. P Chacko provided the welcome speech. Mrs. Ansamma Thomas, (Principal Shermount Public School) inaugurated the meeting. The presidential address was given by Dr. Samseer R H (HOD, MSW). Ms. Chinchumol Chacko (Ass. Professor, MSW) and Ms. Alfana Asharaf (Ass. Professor, MSW) provided felicitation. The Session began with a theme dance on Women Empowerment by the Social Work trainees.

Then an Ice breaking session was provided to create a relaxed environment where students share ideas and participate more fully in the class. A role play session was provided to make them aware of the role of women in different sectors. After that a group discussion was held on " Issues faced by Women in current Society with the active participation of the students of Shermount Public School. This day helped in sowing the seed of Gender Equality in young minds. Vote of Thanks was provided by Aswin P Prathap (Student Coordinator).

List of students (Department of Social Work)

Amina M Falsy	Chinthumon Saseendran
Amrita S	Fathima N
Ancymol Chacko	Litta Susan Thomas
Anjaly P M	Milna Thomas
Anna Rose Mary Joseph	Muhammed Rafi C S
Anu Joy	Muhuzina Kabeer
Anu P Chacko	Nayana P Kumar
Anupama T S	Neethu P S
Aparna Pradeep	Richu Saji
Ashna K I	Shahina Basheer
Asseef P Hassan	Soniya Alice Joseph
Astha S Murali	Thazleema Shanavas Khan
Aswin P Prathap	

MES COLLEGE ERUMELY
DEPARTMENT OF SOCIAL WORK
 IN ASSOCIATION WITH IQAC

Women's
EQUALITY DAY
INTERNATIONAL DAY

"EGALITE"
 BALANCE FOR BETTER
 EXTENSION PROGRAMME

VENUE : SHERMOUNT PUBLIC SCHOOL
 ERUMELY
 TIME : 9:30 AM

ON 26 AUGUST 2022



WEBINAR ON MENSTRUAL HYGIENE



MES COLLEGE ERUMELY
(Affiliated to the Mahatma Gandhi University)
MES College P.O , Erumely , Kerala , South India

Women's Forum
In Association With IQAC
Conduct a webinar on
Menstrual Hygiene

Resource Person



Mrs. Sushma Menon
Professor / IQAC



05/09/2022,
4.30pm -5.30pm



Mrs. Sushma Menon
Coordinator - Women's forum

Mrs. Sushma Menon
IQAC Coordinator

Mrs. Sushma Menon
Principal



GPS Map	Camera Live	GPS Map	Camera Live
P3VC+92X, Palakada, Kanchiyar, Kerala 685511, India	P3VC+92X, Palakada, Kanchiyar, Kerala 685511, India	P3VC+92X, Palakada, Kanchiyar, Kerala 685511, India	P3VC+92X, Palakada, Kanchiyar, Kerala 685511, India
Latitude 9.7433703°	Longitude 77.0713765°	Latitude 9.7433703°	Longitude 77.0713765°
Local 04:45:01 PM GMT 11:15:01 AM	Altitude 0 meters Monday, 05 Sep 2022	Local 04:54:09 PM GMT 11:24:09 AM	Altitude 0 meters Monday, 05 Sep 2022

LALITHAM WOMEN'S DAY CELEBRATION



MES COLLEGE ERUMELY
(Affiliated to Mahatma Gandhi University)

WOMEN'S DAY CELEBRATION



Women's forum, Directorate of Cultural Affairs and
Equal Opportunity Cell in association with CDC
Proudly presents various programs

Flash mob
8 March 2022
2 PM

Signature campaign
8 March 2022

Mehandi Competition

9 March 2022
11 AM - 12 PM
At Seminar Hall

First Prize 750
Second Prize 500
Third Prize 250

Rules:
1. One team (two members) from a department
can participate.
2. Participants should bring the necessary materials
required for the competition.



**HAPPY
Women's
DAY**

MRS. SURESH K. J. JOSEPH
WOMEN'S FORUM
COORDINATOR

PROFESSOR SURESH
DIRECTORATE OF
CULTURAL AFFAIRS

MRS. JIBBY A. J.
CDC DIRECTOR

DR. JITHA LAKSHMI
EQUAL OPPORTUNITY
CELL

Celebrated on March 8 , International Women's Day is one of the most important days in connection with the women's forum.



Various programmes are conducted in connection with international women's day like mehandi competition, flash mob and signature campaign.

1. Flash Mob

On March 8 ,women's forum conduct flash mob named "**LALITHAM**". The reason behind this name was , K.P.S.C Lalitha was died on February 22 ,2022 she was an Indian film and stage actress who worked primarily in Malayalam.Lalitha won two national film awards .



2. Signature Campaign

In connection with international women's day women's forum conducted a signature campaign on March 8. Am of this programme is to create gender equality among students. Various quotes are written on chart paper and displayed on the main gate of the college. Every student reads these quotes and signs them on chart paper.



3. Mehandi Competition

Mehandi competition is conducted March 9 ,11 A .M to 12 P.M at seminar hall. 7 teams participated very enthusiastically. Mrs.Remadevi A &Mrs.Ancy Mathew (department of mathematics) are judges.Winners are

First Prize - M 101 - Jasmin C I & Linchu Maria Abraham (M.Com)

Second Prize - M 102 - Jibina R.S & Parvathy Babu (BBA)

M106 - Adeena Sadiq &Josna Joseph (MSW)

List Of Participants

M 101 - Jasmin C I & Linchu Maria Abraham (M.Com)

M 102 - Jibina R.S & Parvathy Babu (BBA)

M 103 - Ramzan beevi & Kshema P Raju (B.Com O M)

M 104 - Anan Aysha &Anjaly Jangid (BCA)

M105 - Shafna Fathima &Surumi K Yoosaf (B.Com C A)

M106 - Adeena Sadiq &Josna Joseph (MSW)

M107 - Grizel Disilva & Ayisha Yoonas (B.Sc Psychology)



TRI-COLOUR ORNAMENTS MAKING COMPETITION



MES College Erumely

Women's Forum & Equal opportunity cell in Association with IQAC Proudly presents,

Tri colour Cuisine (Cook With Out Fire) and Ornaments Making Competitions On 16/08/2022 11AM onwards at Amlinty Centre



INDEPENDENCE DAY

Rules

- 1) Participants must bring the raw materials required for the competitions.
- 2) Only tri colours (green, saffron & white) are allowed.
- 3) Cook without fire.
- 4) Quantity and quality are given equal consideration in both competitions.
- 5) The judges' decision is final.

Ms. Anitha
Member IQAC

Ms. Anitha, Mrs. Preethi & Mrs. Anitha Mathan
Co-Organiser, Women's Forum

Mrs. Geetha Lakshmi B
In-charge
Equal Opportunity Cell

Mrs. Shanthi & Mrs. Anitha
Event Organiser

Dr. Divya & Mrs. Shanthi
Event Sponsors

Womens Forum conducted tricolour ornaments making competition for girl students in connection with independence on 16/08/2022(Tuesday),11.30 AM -12.30 PM at amenity center 5 students participated very competitively. Judges panel has included the following faculties

1. Sebastian .P, Xavier -HOD (Department Of Malayalam)
2. Preethi Sankar -HOD (Department Of Hindi)
3. Mrs.Ancy Mathew - Associate Prof.Department Of Mathematics

List Of Participants

1. Aiswarya Aji - B.sc Electronics
2. Bismi - B.Com C A
3. Khadeeja Mustafa - B.Com C A
4. Ansiya Aziz - B.Com C A
5. Navya Soman - B.Com Marketing

List Of Winners

- First Prize - Aiswarya Aji - B.sc Electronics
Second Prize -Bismi - B.Com C A



INTERACTION SECTION FOR FIRST YEAR GIRLS STUDENTS



MES COLLEGE ERUMELY
Affiliated to Mahatma Gandhi University

Women's Forum & anti sexual harassment cell in association with IQAC Conduct

An interaction session

SEMINAR HALL
TIME : 1.00PM -1.45PM
Date :30/09/2022

Mrs: Sumin Ans Joseph
Women's Forum
Coordinator

Mrs: Anitha Mathew
Anti-Sexual harassment cell
Coordinator

Mrs: Remadevi.A
IQAC
Coordinator

Prof.Dr. Anil Kumar.A
principal

The programme began with silent prayer. Mrs.Sumin Ans Joseph , coordinator of the women's forum welcomed the virtual gathering and Mrs. Anitha Mathew (Anti-sexual harassment cell coordinator) and Mrs.Sumin Ans Joseph (women's forum coordinator) gave information regarding various facilities provided in the college only for girl students through power point presentation.Then selected 2 members from each class as class representatives .The participants shared various suggestions and their doubts. Programme ended with a vote of thanks by Mrs. Anitha Mathew (Anti-sexual harassment cell coordinator) and finally national anthem by students.





List of Participant

M E S COLLEGE ERUMELY
WOMEN'S FORUM 2022-2023
 Interaction Session with first year girl students
 30/09/2022
 Venue: Seminar Hall
 1:00 PM - 1:45 PM

Sl.No	Name of the student	Programme	Signature
1	Arunima P	B.Com CA	[Signature]
2	Shreya Sharma	B.Com CA	[Signature]
3	Alia P. A	B.Com CA	[Signature]
4	Alumina A	B.Com CA	[Signature]
5	Prasanna S	B.Com CA	[Signature]
6	Rachha Abhishek	B.Com CA	[Signature]
7	Manjula P M	B.Com CA	[Signature]
8	Arshita Ali	B.Com CA	[Signature]
9	Parvathy Susan	B.Com CA	[Signature]
10	Sumya P A	B.Com FET	[Signature]
11	Anshika Elizabeth Joseph	B.Com FET	[Signature]
12	Sanya K Joseph	B.Com FET	[Signature]
13	Anshika Joseph	B.Com FET	[Signature]
14	Anshika Sunil	B.Com FET	[Signature]
15	Arshika Anshika Sunil	B.Com FET	[Signature]
16	Sushma Anshika Sunil	B.Com FET	[Signature]
17	Arshika P	B.Com FET	[Signature]
18	Nandana Parvathy	B.Com FET	[Signature]
19	Arshika Anshika Sunil	B.Com FET	[Signature]
20	Fathima Nisha	B.Com FET	[Signature]
21	Alia Jay	B.Com FET	[Signature]
22	Arshika Anshika Sunil	B.Com FET	[Signature]
23	Arshika Anshika Sunil	B.Com FET	[Signature]
24	Arshika Anshika Sunil	B.Com FET	[Signature]
25	Arshika Anshika Sunil	B.Com FET	[Signature]
26	Fathima Nisha	B.Com FET	[Signature]
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30	Ruth Anshika Sunil	B.Com FET	[Signature]
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ANTI- DRUGS DAY



MES COLLEGE ERUMELY



National Service Scheme & Anti Narcotic Cell

ലഹരി വിരുദ്ധ
ദിനം
Poster Design Competition

- **Topic :** "ലഹരിയിൽ വീണ്ടുമുന്ന യുവത്വം"

(Participants should bring all materials required for the competition except chart paper)

- **Venue :** Amenity Hall

- **Time :** 10.00am

27
JUNE
2022



Mr. Sebastian P. Xavier.
(NSS Programme Officer)

Mrs. Jaseela Haneefa.
(NSS Programme Officer)

Mrs. Ameena Meeran.
(Anti Narcotic Cell Coordinator)

Mrs. Kavitha P.D.
(CDC Director)

Mrs. Remadevi A.
(Principal)





(Best Three Posters)

Anti-Narcotic cells and NSS observed International Anti Drug day on 27th June 2022. In relation to this, a poster design competition was conducted for all the students in the college. Among those who participated, 3 students were announced as prize winners. First prize - K B Niranjana Nair(BBA), Second prize - Jishitha M Nair (Bsc Psychology), Third Prize - Alvin Geo John (BBA). NSS and MES Youth Wing also celebrated International Anti Drug day and awareness class on 28th June 2022. In this event, prizes were given to the winners of the poster design competition.



The webinar on "MINDFULNESS" for all students and faculties of MES college erumely, was conducted on 31/10/2021 by Counseling center & UG department of Psychology in association with CDC, MES college, erumely. **Resource person:** Ms. Rakhi Krishnan, RCI approved Clinical Psychologist. The webinar commenced with a silent prayer followed by the welcome speech from Ms. Ayrin Peter (Counseling Center Coordinator). In the introductory speech, Ms.

Anitha Mathew (Webinar Coordinator), pointed out the relevance and importance of mindfulness practices among people. Inauguration of the webinar was done by Ms. Darly A G (CDC Director). Totally 50 Participants including Faculties and Students of MES College, Erumely participated in this Programme. The participants asked their questions and the programme ended with a vote of thanks by Mr. Muhammed Akram (Students Coordinator). Students actively participated throughout the webinar. The session was very informative and fruitful for the students. The technical session on “Mindfulness Webinar” was delivered by the resource person, Ms. Rakhi Krishnan, Clinical Psychologist, RCI. The Webinar is conducted in a Session. She also made the participant practice some of the mindfulness practices online. She explained the origin of mindfulness, and techniques & benefits of the same. Also she enlightened listeners' interest to have an in-depth awareness about mindfulness in daily living as well as application in psychiatric disorders. Students actively participated throughout the webinar. This session was very informative and useful for the students.

DE-ADDICTION COUNSELLING



The webinar on “DE-ADDICTION COUNSELLING” for all students and faculties of MES college Erumely, was conducted on 29/11/2021 by Counseling center & Department of Psychology in association with CDC, MES college, erumely. **Resource person:** Ms. Aswani (Counselling Psychologist) The webinar commenced with a silent prayer followed by the welcome speech from, Mohammed Akram (student coordinator, counselling centre). In the presidential address, Ms. Anitha Mathew (Webinar Coordinator), pointed out the relevance and importance of the need of deaddiction counselling at this time period. Inauguration of the webinar was done by Ms. Darly A G (CDC Director).

Totally 37 Participants including Faculties and Students of MES College, Erumely participated in this Programme. The participants asked their questions and the programme ended up with a vote of thanks by Anna M Azeez (Student, psychology dept). Students actively participated throughout the webinar. The session was very informative and fruitful for the students. The technical session on "De-addiction counseling" Webinar was delivered by the resource person, Ms. Aswani, Counseling Psychologist. The Webinar is conducted in a Session. She also made the participant aware about the de addiction counseling through a powerpoint presentation, prepared by her. She explained substance abuse and its effects on the brain and other body parts. Also she enlightened listeners' interest to have an in-depth awareness about treatment programmes to overcome it. Students actively participated throughout the webinar. This session was very informative and useful for the students.

CONTINUES...

Short-Term Effects Of Alcohol

LIVER

- The liver is the organ that processes the alcohol in the body and turns it back into water and carbon dioxide.
- While more alcohol is consumed, faster than the liver can handle, the alcohol continues to circulate the blood stream causing intoxication.


Short-Term Effects Of Alcohol

STOMACH

- Some of the alcohol consumed by a person will pass through the lining of their stomach to reach the bloodstream.
- Ingesting too much alcohol in a short amount of time may cause the stomach to reject the poison and vomiting may occur.


Alcohol seems to permanently destroy brain cells. T or F

- True - alcohol does destroy brain cells every time it is consumed. Over time and use it may cause a person to lose certain functions of the brain. The earlier one starts drinking and the more a person uses the faster the brain function is lost.



How Drugs Affect Your Brain

1. Impulse Control
2. Emotional Control
3. Memory/Acuity
4. Reward System
5. Flexible Thinking
6. Reflex Control
7. Mental Health



PARTICIPATION LIST

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32	Litta susan thomas	Littasusanthomas22282@gmail.com	Social work	Student
33	Athira Krishna. S	athirakrishnaponnu73@gmail.com	MA Economics	Student
34	Aparna sunil	Aparna06sunil@gmail.com	BCOM ca	Student

COVID-19 & MENTAL HEALTH

The poster features a light blue background with a faint world map. At the top, there are four logos: the Indian national emblem, the MES College logo, and two circular logos. Below the logos, the text reads 'MES COLLEGE ERUMELY' in large, bold letters. Underneath, it says 'Affiliated to Mahatma Gandhi University, MES College, P. O. Kozhik, South India' and 'www.mescollegeerumely.ac.in'. The main text of the poster is 'Talk on COVID-19 & MENTAL HEALTH'. A small portrait of Mr. Manu Abraham is shown next to his name and title: 'Resource person: Mr. Manu Abraham, Counsellor, Dept. of Mental Health, General Hospital, Kozhikode'. The date and time are 'On: 16-02-2022, TIME: 11:00 AM TO 12:00 PM, AT: SEMINAR HALL'. At the bottom, there are three names and titles: 'Ms. Ayin Roder, Counselling centre & Asst Prof. Dept of Psychology', 'Dr. Samseer R H, HoD, Mow', 'Ms. Daryl A.G, CDC Director', and 'Mr. Muhammed Akram, Student Coordinator, Counselling Centre'.

The talk on "Covid-19 & Mental Health" for all students and faculties of MES college Erumely, was conducted on 16/02/2022 by Counseling center & Department of Psychology in association with CDC, MES college, Erumely. The talk commenced with a silent prayer followed by the welcome speech from Milan Roy(student, Dept. of Psychology).In the presidential address, Ms. Daryl A. G (CDC Director), enlightened everyone the need and relevance of being educated regarding the mental health practices during the pandemic Covid-19. Social work HoD, Dr.Samseer R H , felicitated for a nice and fruitful session ahead.Totally 20 Participants including Faculties and Students of MES College, Erumely participated in this Programme. The participants asked their questions and the programme ended up with a vote of thanks by Muhammed Akram (Student coordinator, counseling center).Students exhibited a keen understanding and eagerness throughout the sessions . The session was very informative and fruitful for the students. The technical session on "Covid -19 & Mental Health" Talk was delivered by the resource person, Mr. Manu Abraham. The talk is conducted in a Session. He then gives us an idea regarding some of the unnoticed areas of mental health conditions during the pandemic . He explained various methods to overcome such scenarios. Also she enlightened listeners' interest to have an in-depth awareness about various scientific procedures regarding the same. Students actively participated throughout the webinar. This session was very informative and useful for the students.



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Long 76.866511°
16/02/22 11:11 AM



Venkuringal, Kerala, India
FV38+RXJ, Venkuringal, Kerala 686510, India
Lat 9.454569°
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16/02/22 11:13 AM

Venkuringal, Kerala, India
FV38+RXJ, Venkuringal, Kerala 686510, India
Lat 9.454569°
Long 76.867229°
16/02/22 11:13 AM

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