



# MES COLLEGE ERUMELY

## EFFORTS FOR INCLUSIVE ENVIRONMENT AND COMMUNAL HARMONY

### ERUMELY SANGAMAM



#### ഒരുമയുടെ സന്ദേശവുമായി എംഇഎസിന്റെ മതനിരപേക്ഷ റാലി

എറുമേലിൽ • ഒരുമയുടെ സന്ദേശവുമായി എംഇഎസിന്റെ മതനിരപേക്ഷ റാലി. റാലിയിൽ പങ്കെടുത്തവർക്ക് മതം കേൾക്കാൻ സൗകര്യം നൽകി. എറുമേൽ സർക്കാർ കോളേജിന് മുന്നിൽ നടന്ന റാലിയിൽ പങ്കെടുത്തവർക്ക് മതം കേൾക്കാൻ സൗകര്യം നൽകി. എറുമേൽ സർക്കാർ കോളേജിന് മുന്നിൽ നടന്ന റാലിയിൽ പങ്കെടുത്തവർക്ക് മതം കേൾക്കാൻ സൗകര്യം നൽകി.

#### എരുമേലി മതനിരപേക്ഷതയുടെ ഭൂമിക: പ്രയാർ ഗോപാലകൃഷ്ണൻ

എറുമേലിൽ • എരുമേലി മതനിരപേക്ഷതയുടെ ഭൂമിക: പ്രയാർ ഗോപാലകൃഷ്ണൻ. എരുമേലി മതനിരപേക്ഷതയുടെ ഭൂമിക: പ്രയാർ ഗോപാലകൃഷ്ണൻ. എരുമേലി മതനിരപേക്ഷതയുടെ ഭൂമിക: പ്രയാർ ഗോപാലകൃഷ്ണൻ. എരുമേലി മതനിരപേക്ഷതയുടെ ഭൂമിക: പ്രയാർ ഗോപാലകൃഷ്ണൻ.



Prof. (Dr.) ANIL KUMAR PRINCIPAL MES COLLEGE ERUMELY

## **National Service Scheme (NSS) Mega Camp to Promote Communal harmony**

The National Service Scheme Unit of MES College Erumely in association with Citizens India Foundation (CIF) and Erumely Grama Panchayath with the support of various organisations from Erumely organised 3 days Erumely Sangamam on January at the College Auditorium, MES College Erumely every year. National Service Scheme Volunteers were the participants of the camp. The Clean Erumely Campaign which is named as "Erumely Sangamam" was a platform for various organisations to be a part of actively participating in cleaning. The Sangamam also aims at creating discussions on various issues related with the waste management issues and pollution at Erumely.

### **Inaugural Ceremony**

The Erumely Suchitwa Sangamam was inaugurated by Sri. PC George, MLA, Poonjar. Sri. TKANair, Managing Trustee, CIF gave an excellent chief address regarding the camp and its overall aim. Sri. Abdul Salam (Representative, Muslim Jama Ath). Smt. Anitha Santhosh (President, Erumely Grama Panchayath). Adv. PA Salim (Member, District Panchayat, Kottayam), Sri. Krishnakumar B (Member, Block Panchayath, Kanjiarappally), Sri. TP Thommi (Member, Erumely Grama Panchayath), Sri. V G Harishkumar (Programme Officer, NSS Unit, MES College, Erumely), Ms. Rosiya Noble (NSS Programme Officer, MES College, Erumely) gave speeches in the inaugural meeting.

### **Public Discussion**

There was a public discussion at MES College Auditorium regarding "Constraints and Opportunities in Waste management at Erumely". 60 invited representatives from various organisations participated in the meeting. Public presented their own views regarding the cleaning campaign. They agreed to support the initiatives of the CIF and National Service Scheme at Erumely.

### **Important points**

- Need for scientific and expert study at Erumely that ensures maximum participation of Local peoples.
- Need for Master plan that ensures cooperation from various Govt. and Pvt. Institutions. Need for collective action at Erumely.
- Need for developing solutions to river cleaning etc. The discussions were concluded by moderator and NSS Programme Officers and invited all the organisations to be part of the cleaning Campaign.

### **Cleaning Impact**

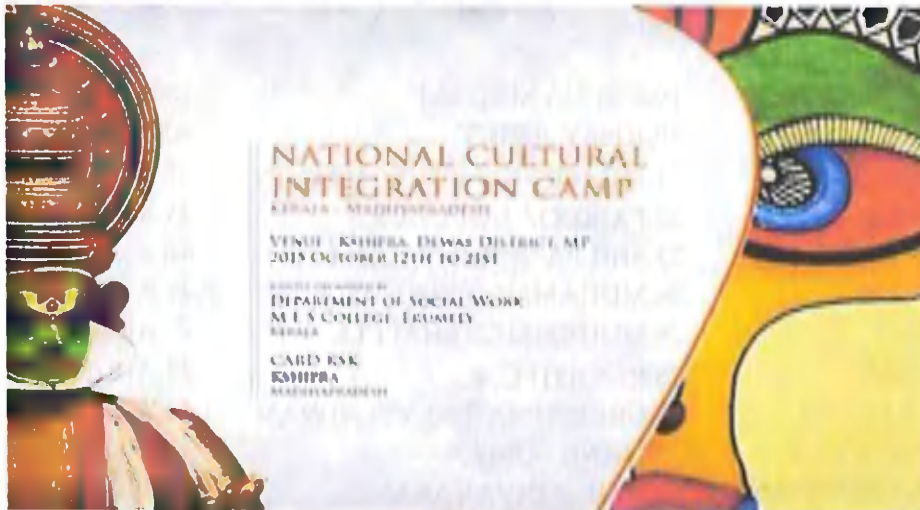
Cleaning programme at the Erumely was a successful one. The cleaning also generated a mass awareness regarding the citizens responsibility and right in solving social issues. Leaders from various groups and organisations participated actively in leading the cleaning programmes at the various sites.



## Participants List

- |                       |                               |                       |
|-----------------------|-------------------------------|-----------------------|
| 1. SALIH REHMAN P.A.K | 19.JOBINA MOL M.J             | 37 ANJALY             |
| 2. AAN MARIYA THOMAS  | 20.JOSSY JOHNY                | ANILKUMAR             |
| 3. AREEJ AL NAZAR     | 21.MILU UNNI MARRY MARTIN     | 38.MANU C. M          |
| 4. ASHNA KARIM        | 22.FAIROOZ JAHANA S           | 39.MUHAMMED UNAIZ     |
| 5. AMAL P. S          | 23.SHILPA SURESH              | 40.ANANTHAKRISHNA     |
| 6. ABY TOM            | 24.MUHAMMED NOUFAL            | 41.ATHUL MOHAN        |
| 7. LINCE MON J        | 25.MUHAMMED SHAFEEK           | 42.ANWAR HASSAN       |
| 8. ASWATHY SAJI       | 26.RENJITH C. R               | 43.ABHIJITH M S       |
| 9. ASWATHY S PILLAI   | 27.GREESHMA T REVEENDRAN      | 44.AJASMON AJI        |
| 10.ASWANY SATHYAN     | 28.MANU SOMAN                 | 45.AKHIILA KS         |
| 11.PRAVEENA KRISHNAN  | 29.ANIL P DIVAKARAN           | 46.AKHINA THOMAS      |
| 12.UTHARA P           | 30.SARATH CHANDRAN            | 47.AKKU SURESH        |
| 13.AKSHAI CHANDRA     | 31.TOM SUNNY                  | 48.ALTHAF AMAL RAJ    |
| 14.GOKUL J            | 32.SHYJU SHAJI                | 49.AMEER SOHAIL SHIBU |
| 15.SIJIN T MATHEW     | 33.DILU DINESH                | 50.ANANDHU THILAK     |
| 16.VISHNU SURESH      | 34.AMAL AUGUSTINE             | 51.ANSANA ISMAIL      |
| 17.ANANDHU S NAIR     | 35.VISHNU RAJ K. R            | 52.ANSIYA MOL         |
| 18.SEBIN ABRAHAM      | 36.ASHBIN ELIZABETH ULAHANNAN | 53.ANUMOL K MADHU     |
|                       |                               | 54.ANWAR HUSSAIN      |





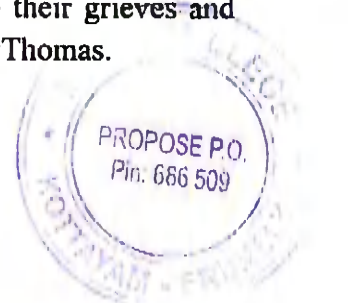
## **OLD AGE HOME VISITING**

### **Objective**

In every academic year, we are conducting visits to old age homes in order to inculcate moral values like kindness and respect in students other than academics. The plight of living in an old age home where you are forced to adjust and reside with unknown people is quite challenging. However, with the passage of time, every member of old age homes lives happily and peacefully with a sense of unity among themselves. The aim of this visit is to engage inmates with activities and to have interaction and fun.

### **Visit to Devamatha Centre Manjappally, Kappadu.**

It was an old age home for orphaned old age peoples. Students interacted with the inmates and learned lots of life experiences from them. They had got some valuable moments to learn life lessons from elders. Students were shattered and saddened after listening to their grieves and demises. We gave Onam kit to the old age home. Message was given by Benny Thomas.






It was an orphanage for men. All the Students greeted the residents and took utmost care of them. They helped everyone in doing daily tasks. The day was fun filled with lots of entertainment, performances by students and inmates. Played games with them. Shared happiness by cake cutting. There after had lunch with inmates. Message was given by Mr. Benny Thomas.



### Visit to Vimala Bhavan ,Mukkoottuthara

MIS COLLEGE THIRUVARUR  
DEPARTMENT OF BBA  
CELEBRATING CHRISTMAS (2017) WITH  
VIMALA BHAVAN, MUKKOOTUTHARA

VISIT TO VIMALA BHAVAN,  
MUKKOOTUTHARA



"If you can't feed  
a hundred people,  
feed just one."  
**MOTHER TERESA**

2017-18 | 2019 | Vimala Bhavan



The department organised a visit to the Vimala Bhavan, an orphanage for women to celebrate Christmas with the inmates. It was a joyful memorable experience for students, faculty and inmates. The students had organised different games and activities for the inmates. They played 'passing the parcel' along with students. Both the students and residents of the home were greatly overwhelmed as they shared stories and experiences from their lives to each other. Message was given by Rev.Sr.Theresa. The celebrations ended with cake cutting. Hopefully it would be the best Christmas celebration for inmates and students. 56 students and 4 teachers participated in the programme



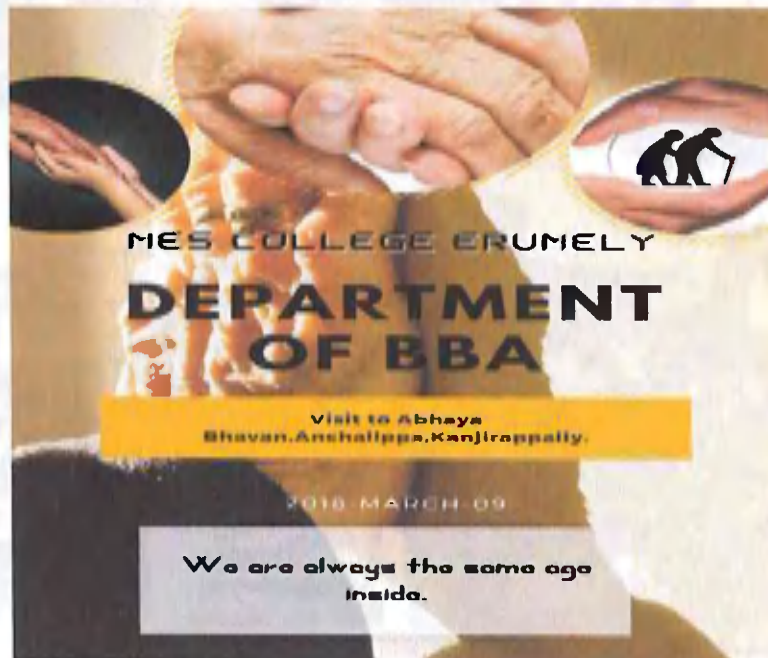
The Department of BBA conducted an extension activity on Visit to Vimala Bhavan ,Mukkoottuthara on December 22. It was an orphanage for women. This visit was to celebrate Christmas with the inmates. Mr.Jithesh K.S was the Christmas father. It was a joyful memorable experience for students, faculty and inmates. The celebrations ended with cake cutting. After that students had organised games for the inmates. They played 'passing the parcel' along with students. Both the students and residents of the home were greatly overwhelmed as they shared stories and experiences from their lives to each other. Message was given by Rev.Sr.Theresa. Hopefully it would be the best Christmas celebration for inmates and students.



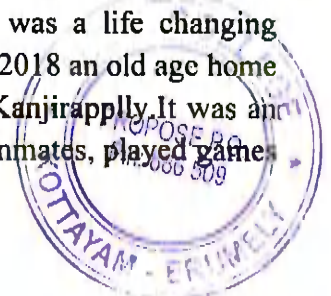
## Participants List

1. Abeer Azeed
2. Ajmal M N
3. Akshay Sali
4. Althaf Abdul Jabbar K
5. Ameerkhan Subair
6. Anaina Varghese
7. Ananthu Thilak
8. Anju C S
9. Ansiyamol V A
10. Anvar Razak
11. Anzana M Ismail
12. Arshad Irshad
13. Ashik Asharaf
14. Ashik Vinod
15. Ashna H
16. Ashna Ayoob
17. Aswin A.P
18. Azharmon
19. Bibin Babu Thomas
20. Binumon P.J
21. Fidha Kamal S
22. Fiyas Sadath
23. Hashim Thaha
24. Jerin J Joseph
25. Jinchu Mol C P
26. Jishakumary P
27. Josmine Augustine
28. Juma Basheer
29. Justin Joseph
30. Kessiya James
31. Lijin K Joseph
32. Manaf P.M
33. Meby George
34. Midhun Nair
35. Namitha S Nair
36. Nidhi Chinnu Babu
37. Prince K Joseph
38. Rahana Haresh
39. Rameez Nizar
40. Ranju Prasanth
41. Reakesh Mohan
42. Reshma Vijayan
43. Richu T Kuruvila
44. Robin Mathew
45. Shabir Shaji
46. Shamsudheen P S
47. Shifa Iqbal
48. Sincy Mathew
49. Suraj S Kumar
50. Tiji Mathew
51. Tijo Devasia
52. Vimal Jayachandran
53. Vishnu Anil
54. Vishnu Dev K.B
55. Vyshakh P S
56. Al Ameen Aneesh

## Visit to Abhaya Bhavan, Anchalippa, Kanjirappally



It was an old age home for both men and women. Students interacted a lot with the inmates, played games with them. Some of them gave gifts to the inmates. Inmates were so happy to talk and share thoughts, memories with them. The breakfast as well as the lunch were served by students. The old residents expressed their gratitude towards students. It was a life-changing experience for students, filled with emotions and sentiments. On 9th March 2018 an old age home visit was conducted by BBA Department to Abhaya Bhavan Anchilippa Kanjirappally. It was an old age home for both men and women. Students interacted a lot with the inmates, played games



with them. Some of them gave gifts to the inmates. Inmates were so happy to talk and share thoughts ,memories with them.The breakfast as well as the lunch were served by students.The old residents expressed their gratitude towards students.It was a life changing experience for students, filled with emotions and sentiments.45 students were experienced with the inmates.



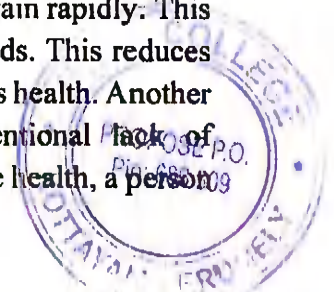


## PARTICIPANTS LIST

- |                        |                         |                       |
|------------------------|-------------------------|-----------------------|
| 1. Abin K Issac        | 16.Hanna Fathima        | 31.Nahariya Beevi P.K |
| 2. Ajumiya Mol P.I     | 17.Hilmi C Kamal        | 32.Nikhil V Mathew    |
| 3. Akhil K.S           | 18.Jobinamol M.J        | 33.Pranav Prakash     |
| 4. Alphiya M.A         | 19.Johnson Shaji        | 34.Praveen Joseph     |
| 5. Althaf Ismail       | 20.Jomon T George       | 35.Rakhimol Rajendran |
| 6. Amcena Unus         | 21.Jossy Johny          | 36.Ramees Rasheed     |
| 7. Ameer Lathief       | 22.Krupa Joy            | 37.Renjith C.R        |
| 8. Ananthu V.T         | 23.Lijo Joy             | 38.Rishad Jalcel      |
| 9. Anjana Mohan        | 24.Mariya Thomas        | 39.Shafi Y.M          |
| 10.Ashfak Muhammed M.M | 25.Merin Raju Thomas    | 40.Shahanas Shaji     |
| 11.Athira Santhosh     | 26.Milu Unnimary Martin | 41.Shamla Shams       |
| 12. Aysha Nizar        | 27.Muhammed Noufal N    | 42.Shanla Ann Shibu   |
| 13.Dhanya K.S          | 28.Muhammed Rasal C.A   | 43.Silpa Suresh       |
| 14.Faicz Najeeb        | 29.Muhammed Shafeek     | 44.Thaslim Siyad      |
| 15.Fairooz Jahan S     | 30.Muhammed Sherif K.B  | 45.Tibin Joseph       |

## ILL EFFECTS OF FAST FOOD CONSUMPTION.

The student social workers of MES College Erumely conducted an awareness class at kudumbasree pookkaattukonam, Kayamkulam about the ill effects of fast food consumption on 7th October 2017. The term fast food generally refers to food that people intend to consume quickly, either on or offsite. There is plenty of well researched evidence demonstrating the various negative health effects of eating and overeating fast food, in both the short and long term. Many fast food establishments now list the number of calories each of their items contains. However, this is only part of the consideration of whether it is healthy or not. Fast food is typically very poor in terms of nutrition. According to a study paper in the journal Health Promotion Perspectives, fast food tends to contain various substances that are generally unhealthful. It is high in sugar, salt, and saturated or trans fats, as well as many processed preservatives and ingredients. It is also low in beneficial nutrients. Not all fast food is bad, and a person can make informed choices by doing research to find out the nutritional content of particular fast food items. These are available on the website of most major restaurants however, even the more healthful fast food items are generally high in sugar, salt, saturated fats and trans fats . The Office of Disease Prevention and Health Promotion notes that the typical person in the United States consumes too much of these. Eating foods with more sugar as the first meal of the day could make a person feel hungrier at their next meal than if they ate a low sugar. Doctors, dietitians and other health experts believe that this is because sugary foods are worse at providing satiety., or a sense of fullness. Also, high carbohydrate foods increase the body's demand for insulin which also promotes more hunger within a shorter amount of time after the meal. Fast food is also often very low in fresh fruit and vegetables, which makes it hard for people to reach their recommended daily intake of at least five servings. It may also be hard for them to reach their ideal fibre intake, which is at least 25 grams per day. Fast food is highly palatable, meaning that it is very quickly broken down in the mouth, does not require much chewing, and activates the reward centres in the brain rapidly. This combination trains the palate to prefer highly processed, highly stimulating foods. This reduces someone's desire for all fresh foods. Regularly eating fast food can harm a person's health. Another consequence of younger people regularly eating fast food is their unintentional lack of understanding of basic meal preparation, cooking and healthy eating. To preserve health, a person



should try to identify fast food items that contain less salt, fat, sugar and total carbohydrates and generally try to restrict the amount of fast food they consume. The class ended with a thankyou note.

## **DISTRICT LEVEL AWARENESS CAMPAIGN ON CHILD PROTECTION COLLABORATING WITH DISTRICT CHILD PROTECTION UNIT KOTTAYAM (2017)**

District Level Mass Awareness Programme related to Child Rights Week Observations 2017 which was organised by the District Child Protection Unit, Kottayam in association with Kerala State Commission Department of social work in MES College Erumely has participated in the organisation of Protection of Child Rights. It was held on 14th to 20th November 2017 in Kottayam district with the certification of Integrated Child Protection Scheme under the Social Justice Department, Government Of Kerala.

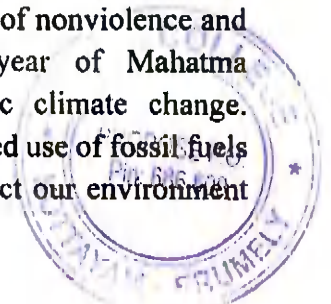
As social work professionals and trainees it was a great opportunity to participate in the programme and developed an empathetic approach to work with the children. This Programme includes the awareness regarding the rights of the children, challenges and problems of the children, laws to protect children, activities of childline and interventions for the betterment of the children. The programme created an idea about the reason for considering the children as a weaker section. The department effectively used art as a medium of communication to the public to enhance the awareness of child rights. The student social workers from the department performed flash mobs across the district with various themes related to child protection. It was aimed at creating a safe space for children in the world to fight against the socio-cultural economic and political vulnerabilities of children.

There are many problems still existing in our society which will affect the growth and development of the children. Child marriage, child labour, sexual and physical abuse, violence against children, gender discrimination, poor education, forced begging etc. We also have laws, rules and regulations to stop these types of crimes against children. These crimes affect the physical, mental, social, and cultural development of the children. The children were the weaker section and the need and responsibility to protect them lies on each and every human being.

## **GANDHI GLOBAL SOLAR YATRA**

Gandhi Global Solar Yathra is planned by IIT Bombay to promote self- sufficiency in energy for sustainability. This yathra mainly aims to spread the message of non-violence towards the environment and bring awareness on the severity of climate change and lack of energy access to billions.

Mahatma Gandhi believed that “nature can satisfy each one’s need but not greed”. It is clear that only science and technology development will not be sufficient for sustainable existence on earth. In this context we pay gratitude and adopt the Gandhian ideologies of nonviolence and respect towards all, while celebrating the 150th birth anniversary year of Mahatma Gandhi. Increasing demand and usage of energy is causing catastrophic climate change. Atmospheric CO<sub>2</sub> concentration has increased substantially due to the increased use of fossil fuels owing to energy demand pressures, which causes global warming. To protect our environment



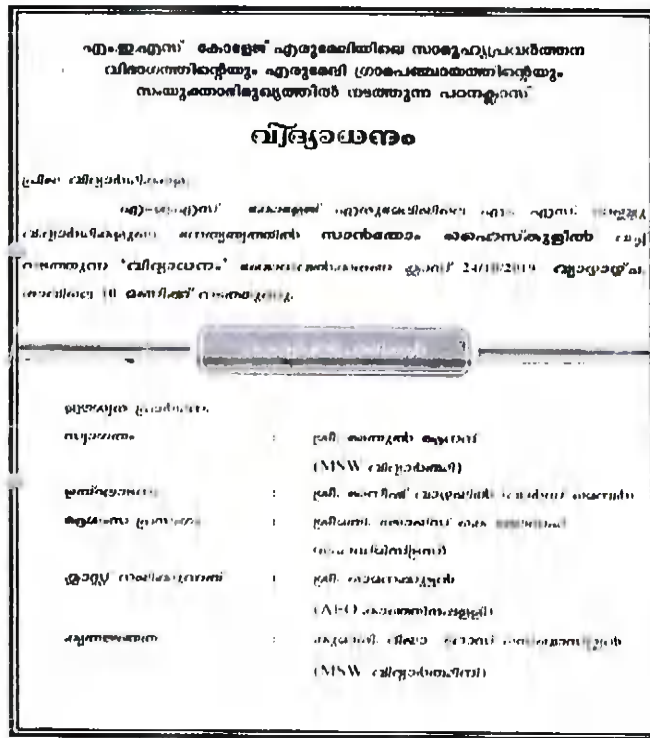
there is a need to adopt 100% renewable energy. Solar energy is the best solution. With the vision to promote the use of solar energy, IIT Bombay in association with the **Unnath Bharath Abhiyan** has organised a workshop to train students and sensitise them towards solar energy on October 2<sup>nd</sup> 2018, commemorating the 150<sup>th</sup> birth anniversary of Mahatma Gandhi, who epitomises the cause of nonviolence. This year around 1 million students participated in hands-on training on solar study lamp assembly, around the globe to mark the occasion.

This year MES College Erumely was a partner of **Gandhi Global Solar Yathra**. As part of this yathra, IIT Bombay gave online training for the staff members of the Electronics Department. The grand ceremony of training session for the students was inaugurated by Adv. Sebastian Kulathumkal, District Panchayat President, Kottayam and was presided over by Jb. P. H. Najeeb, Chairman, MES College, Erumely on October 19<sup>th</sup> 2019. Our principal Mr. Maheen M. N. delivered a brief description about U.B.A. project. The felicitations were given by Ms. Magy Joseph (Member, District Panchayat, Kottayam), K. P. Abdul Kareem (Member, Grama Panchayath, Erumely), Ms. Jisha C. K. (H.O.D., Department of Electronics) and Mr. Jais John. 125 student solar ambassadors assembled their solar study lamps with the help of these staff trainers in this event. The program concluded with a pledge of non-violence towards the environment. According to the student participants, the workshop was a great and wonderful experience.

### **Vidya Dhanam: Awareness Class on Importance of Education**

Department of Social Work MES College Erumely in association with Erumely Grama Panchayath conducted an awareness for students at Santhome Higher School Erumely on 24<sup>th</sup> October 2019. The theme of the session was Importance of education. The program was well organised by student social workers which started at 10 AM with prayer. Mr. Athul Anand, (MSW 2019-21 Batch) from the Department of Social Work delivered the welcome speech. Mr. Anish Vazhayil, Ward Member inaugurated the function. Mrs. Joise K Joseph, Headmistress Santhom school, Erumely delivered the felicitation. Then student social workers started the session at 10.45 AM. Mr. Omanakuttan AEO Kanjirappally sub district was the resource person for the session. As a well known expert in the field of education he shared lots of ideas and experiences with the students to achieve their goals. Education helps a person to acquire knowledge and improve their emotional well being all through their life. It plays a great role in career growth as well as in personal growth. It has no limitation. People of any age group can educate at any time. It helps us to determine good and bad things. The class was very helpful for every student for their future and higher studies. He gave an overview of career guidance and how to achieve their dreams. Students were very active and cooperative with the programme.



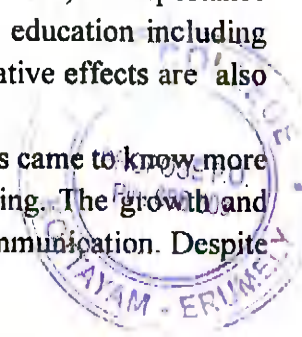


## Awareness Cass on Impact of Social Media on Students

Globally the use of social media has significantly increased and it certainly has a far reaching impact on the academic and allied activities of the students. Social media is now a very popular and powerful new form of social communication among the present generation. It is an open platform for free and unrestricted conversation between millions of people worldwide without any borders. Use of Social media has been swiftly increasing during the last few years. It is not only being used by the working people but also there is a heavy rise in the use of social media by the students or we can say in education society. As the time passes by social media has started creating a negative impact by permeating today's society with millions of us engrossed, unhealthy addiction, in the latest happenings via apps such as Whatsapp, Facebook and Twitter. They create longer term friendships by being in touch online even when friends are no longer physically meeting.

Department of social work MES college crumilly, and erumely grama panchayat conduct an awareness class for students at Chirakkadavu .Social work trainees reached government higher secondary school chirakkadavu on 24 October 2019 at 2 :pm .The social work trainees along with the facilities coordinated the entire programme.The session started at 2:30 pm . The inaugural address was given by HOD department of social work.The session was conducted by V K Vijayaragavan(inspector of SHO, ponkunnam PS) based on the topic Impact of Social Media on students. The session was all about how social media influences a student's life,the importance and drawbacks of social media.Social media has many positive effects on education including better communication, socialising online, learning etc at the same time negative effects are also there such as social isolation, cyber bullying etc.

Overall the session was very interesting and informative.Social work trainees came to know more about the topic as social media is playing an important role in today's living. The growth and popularity of social media has created a new world of collaboration and communication. Despite





**Association Meeting Of  
Department of commerce (Br Finance & Taxation)**

**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

Department of Commerce (Br. B.Com Finance & Taxation)  
in association with IQAC  
Welcomes you to the

**Inauguration of  
B.Com  
with  
Finance & Taxation Association**

**Chief Guest**  
Ms. Latheesha Ansari  
(Alumni of Department of Finance & Taxation)

**Inauguration**  
Mr. Maheen M.N  
(Principal, MES College Erumely)

Date: 11 November 2020 | Time: 2:00 PM – 3:30 PM

**Co-Ordinator:**  
Ms. Rema Devi A (Vice-principal & Co-Ordinator, IQAC)  
Ms. Mayamol J (HOD Finance & Taxation)  
Ms. Jaseela Haneefa (Staff Co-Ordinator)

The association meeting of the department of commerce Br. Finance & Taxation was conducted on 11-11-2020 on virtual platform, google meet in association with IQAC MES College Erumely

**Chief Guest : Miss Latheesha Ansari (Alumni B.Com Finance and Taxation Department)**

**Date & Time: 11-11-2020 2.00 PM to 3.30 PM**

The programme commenced with a prayer by Arya Prasad, a second year student, followed by a welcome from Mrs. Jaseela Haneefa (Coordinator of IPR Cell and Assistant Professor Department of Commerce). In the presidential address, Mrs. Maya Mol P highlighted the undisputed value of department association in shaping the future of departments. Further the inaugural address was given by Mr. Maheen M N (Principal, MES College Erumely). The keynote address was given by Mrs Rema Devi, (Vice Principal & coordinator of IQAC). Further the name logo presentation (**TaxEmes**) and special address was administered by Mr. Jithesh KS (Vice Principal & Academic Training). Preceding this Mrs Rubeena Khadil (Assistant Professor) gave introduction to the chief guest. Our Chief guest Miss Latheesha Ansari an alumni of MES College Erumely.

“Disability is nothing if we have well-power, a good aim and a strong heart” She went on a motivational speech where she told the students to never lose heart when faced with problems. She also said “ We should travel in life with a good and sound mind”. She ended her speech with a



The meeting of Awareness programme was presided by Mrs Mariamma Thomas , Ward member 14 Ward , Erumely Panchayat she delivered the importance of March 15, world consumer day and its awareness in such a community . Welcome Speech by Mrs Soumya S HOD , PG Commerce, Special Addressing by Mr. Jithesh K S , Director Academics , Coordinator IQAC , M E S College Erumely he express the importance of such an awareness programme in such a community and and the days importance and the communication of the information to the succeeding generation , he appreciate the Department and students for their effort to consider a weaker community development activity . Mr. Gopi , The tribal head Malavedar colony , Eruthuvapuzha inaugurates the programme and he delivers his inaugural speech and he conveys his and his communities thanks to M E S College Erumely for arranging such a programme to his people. Finally the words of thanks are delivered by Ms. Shincy Chacko , First year M.com Finance and Tax student



Classes are arranged in two sessions , first session were handled by Athira Anish , First year M.Com Finance and Tax she express about consumer rights that is **Right to Safety, Right to be Informed, Right to Choose, Right to be Heard , Right to Seek redressal , Right to Consumer Education.** The second session 2 handled by Slipa Santhosh , first year M.Com Marketing students lead the class about **Right to Seek redressal**, Consumers must make complaint for their genuine grievances. Many a times their complaint may be of small value but its impact on the society as a whole may be very large. They can also take the help of consumer organisations in seeking redressal of their grievances. In Addition to these there is a cultural activity session by the tribal old age man he is at 99 years and a malayalam T V Show fame named as Kesavan Mooppan known as Eli Mooppan he is a rat hunter, good folk singer , he sang a folk song at the end of the programme .





## Participants

Mr. Gopi Mooppan ( Tribal Head)

Mrs Mariamma Thomas (Ward member 14 Ward,Erumely Panchayat )

Mrs. Saradha

Mrs. Santha,

Mr. Kesavan Mooppan

Ammu M Reji

Binto S Panthalani

Devaprasad P S

Devi Lakshmi

- |                       |                           |                               |
|-----------------------|---------------------------|-------------------------------|
| 1. Ammu M Reji        | 13. Abhijith Madhu        | 25. Anandu P A                |
| 2. Binto S Panthalani | 14. Akhina Thomas         | 26. Ashwiny A Nair            |
| 3. Devaprasad P S     | 15. Anumol K Madhu        | 27. Athira Anish              |
| 4. Devi Lakshmi       | 16. Sona Pramod           | 28. Athira T S                |
| 5. Jesna Basheer      | 17. Sooraj V S            | 29. Aysha Sulaiman            |
| 6. Jishamol James     | 18. Sreelakshmi Sasikumar | 30. Donna P Sabu              |
| 7. P S Nilana         | 19. Stency Susan Varghese | 31. Jacob Cherian             |
| 8. Shilpa Bal         | 20. Thasni Haneefa        | 32. Jasmi K I                 |
| 9. Shilpa Santhosh    | 21. Ajit V A              | 33. Linchu Maria Abraham      |
| 10. Tina Anns Samuel  | 22. Ajmi Usman            | 34. Milu Maria Jose           |
| 11. Salin P A         | 23. Sneha Elsa Sunny      | 35. Thasni Sajeev             |
| 12. Shincy Chacko     | 24. Sonia M Abraham       | 36. Vishnu Priya Balakrishnan |

## Adopt village visit and programmes

During two years so many programmes were conducted in the adopted place of Edakadathy. In Anti Drug day an awareness programme conducted in Edakadathy And also conducted programmes about the harmful effect of plastic and how to manage plastic from households, how to reduce the use of chemical fertilisers and increase the use of natural fertiliser for agriculture. The NSS unit also conducts a census programme of Edakadathi and an opportunity to honour a farmer in Edakadathy.





### **CHRISTMAS CELEBRATION AT 'AKASHAPARAVAKAL'**

Christmas is one of the most celebrated festivals, it is a season of love, joy, nostalgia, generosity and so on. Department of Social Work, MES College Erumely decided to celebrate Christmas with Akashaparavakal, an Old Age Home at Mundakayam, Kottayam district. It was on 20th November 2019. Both first years and second years along with faculties visited Akashaparavakal to share our joy with them. According to Shakespeare, "old age is the age where the person behaves like a child". After visiting Akashaparavakal we could see that he was not wrong. They felt happy like anything. They made us feel like we belong to their family through their gestures, interaction and affection. Carols, cakes, caps and Santa altogether made the day very special for us even for them too. Initially students created a rapport with inmates and they comfortably interacted with us. As it was a special day we had arranged lunch for them. It was all about sharing, caring and pampering. Afternoon was dedicated to cultural activities. Students performed various art forms during this time. It was started by a prayer song and later students marked their excellence through elegant cultural performances. The presence of Santa made an additional smile and joy to each and every face of the inmates. Cake cutting was also there at the end of the celebration. The inmates of Akashaparavakal were very compatible and friendly. They treated us well with their happy faces. The whole day turned out to be a fruitful day. It was helpful for the student community to learn a lot about professional and personal skills engaging with elderly.

### **SOLAR LIGHT DISTRIBUTION AT VELLARADA GRAMA PANCHAYAT**

Social Work Department of MES College Erumely Conducted a rural camp named Chalanam 2021 at Vellarada Grama Panchayat in Thiruvananthapuram District. The camp was planned for 7 days . As part of the camp the students took a survey in 500 houses in vellarada Panchayat and interacted with them. The living conditions of the people in Vellarada Grama Panchayat were challenging . Many of them were uneducated, poor answers struggling to meet their minimal needs.. Some of them did not own a house at the least, the house they live in is almost broken or rented. Some of them were living alone due to being abandoned by their offspring. The social work students from MES College Erumely identified their difficulties by analysing the condition of the people living in Vellarada Grama Panchayat, and gave proper guidance and awareness to the common people about their rights and entitlements from the government.



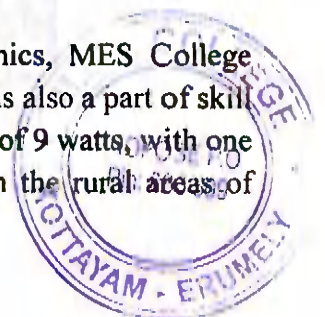
Vellarada is a Gram Panchayat of mixed economic condition. The issue was identified through survey and other community social work methods and students identified the electricity issue as one of the key challenging factors. There were more than 15 households that struggled as they didn't have Electricity power connection. Department decided to organise an event for distributing solar lights. Inauguration was in a Gram Sabha, Principal Mr.Maheen MN sir, Faculties and Students from MES College attended the session. The presence of ward Members and VEO was also there representing the community. For accessing solar lamps the Department of Social Work collaborated with the Department of Electronics .They prepared solar lamps with the guidance of IIT Bombay and we had issued it for around fifteen families. It was an effective extension activity for the department as it had a sense of deep community engagement, planning and implementation of the identified needs.



### LED Bulb Assembling



In accordance with extension activities 2021, the department of Electronics, MES College Erumely has arranged an activity named “LED assembling and training “. It is also a part of skill development training for our students. Our students prepared 100 LED bulbs of 9 watts, with one year warranty and planned to hand them over to the poor people living in the rural areas of Mukkada grama panchayath, Erumely.







**DIGITAL LEARNING : Banking and learning apps**

**MES COLLEGE ERUMELY**  
**Classes Near to You**  
 Taken By students of Business Administration

**DIGITAL LEARNING**  
 BANKING AND PRODUCTIVITY APPS  
 9/07/2021 to 16/07/2021

  
**G-Classroom**  
**G-Mail**  
 Google docs  
 Google Slides  
(Also registration, Google+)

  
**Google Pay**  
**Paytm**  
**Phone Pay**  
**Axe**  
App installation, PDF documents etc.

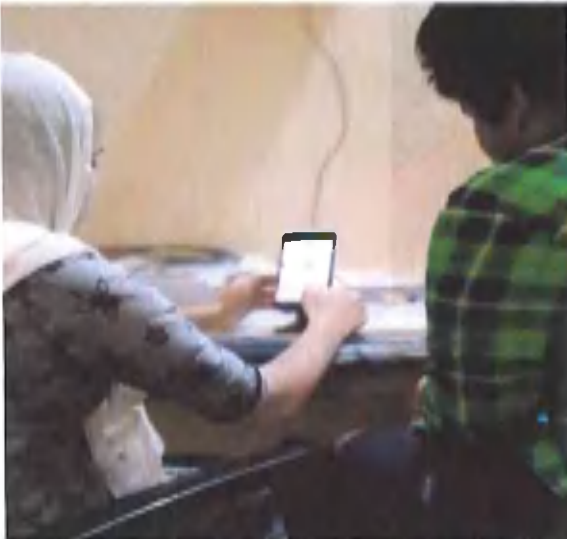
**Get better with Apps for Students and Parents**

Student Coordinator: Mrs. S. Anjali  
Head of Department: Assistant Professor  
Faculty Coordinator: Assistant Professor



**Activity 1:-Aim of this program is educating students about Google meet, Google slide, G-mail& Google doc**

Classes has been attended by Hanna Fathima Salim - 11th standard student from Parathodu, Harifa Salim 8th standard students from Parathod, Tinu Reji George 8th standard student from Hawally kuwait, Sreejith 2nd standard student from Chirakkadavu, Deon Peter 2nd standard student from Mahimala, Aparna 11th standard student from Mundakyam, Akhila 8th standard student from Mundakyam, Alan Sabu 12th standard student from Ponnkunnam, Amitha Ashok 11th standard student from Chirakkadavu, Adithya 11th standard student from Ranni, Muhammad Athi 2nd standard student from Erumely, Shivan Shihas 3rd standard student from Edakkunnam



**Activity 2:-Aim of the program is educating parents and students about Google pay,**



## **Paytm, Phone pay and various banking applications.**

Participants: Class Attended by Ramla Shanavas -Age 44- Pathanamthitta. Rafeeka Shaji - Age- 51- Edakkunnam. Seenath Ismail - 46 - Edakkunnam Sainaba - 80 - Edakkunnam, Nisar - 48 - Edakkunnam, Shereena Nisar-40- Edakkunnam. Kamal- 50- Edakkunnam. Shemeer- 28 - Ranni Kunjumol- 45- Parathode.

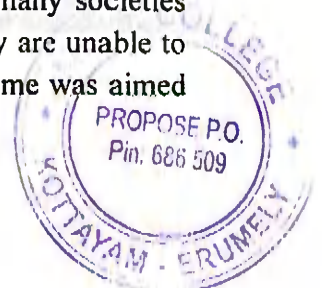


Classes has been attended by Hanna Fathima Salim - 11th standard student from Parathodu, Harifa Salim 8th standard students from Parathod, Tinu Reji George 8th standard student from Hawally Kuwait, Sreejith 2nd standard student from Chirakkadavu, Deon Peter 2nd standard student from Mahimala, Aparna 11th standard student from Mundakayam, Akhila 8th standard student from Mundakayam, Alan Sabu 12th standard students from Ponkunnam, Amitha Ashok 11th standard student from Chirakkadavu, Aditya 11th standard student from Ranni, Muhamma Athi 2nd standard student from Erumely, Shivan Shihas 3rd standard student from Edakkunnam.

## **ONLINE LEXICAL LEARNING PROGRAMME**

PG Department of English, MES College Erumely, has conducted an Online Lexical Learning programme in five different localities in Pathanamthitta and Kottayam district on 28 August 2021. Ability to read, write and comprehend a written document, these are the necessary needs of every individual. As part of modernization and development, the language of communication has also encountered tremendous transformations in recent times. Today we are living in a society where the English language has gotten much more attention and usage than our mother tongues. Thus, the ability to comprehend documents written in English language is a necessity of the time. But still there are many people who lack the efficiency to read and write in English.

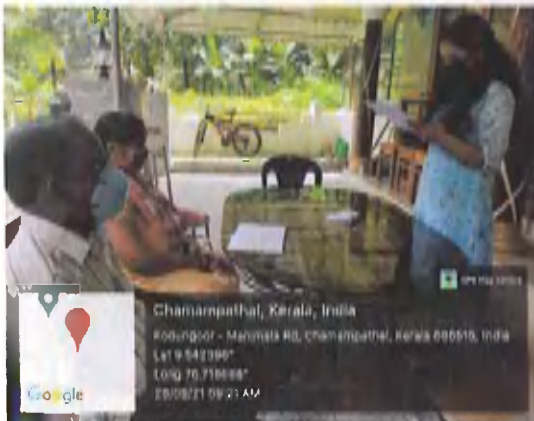
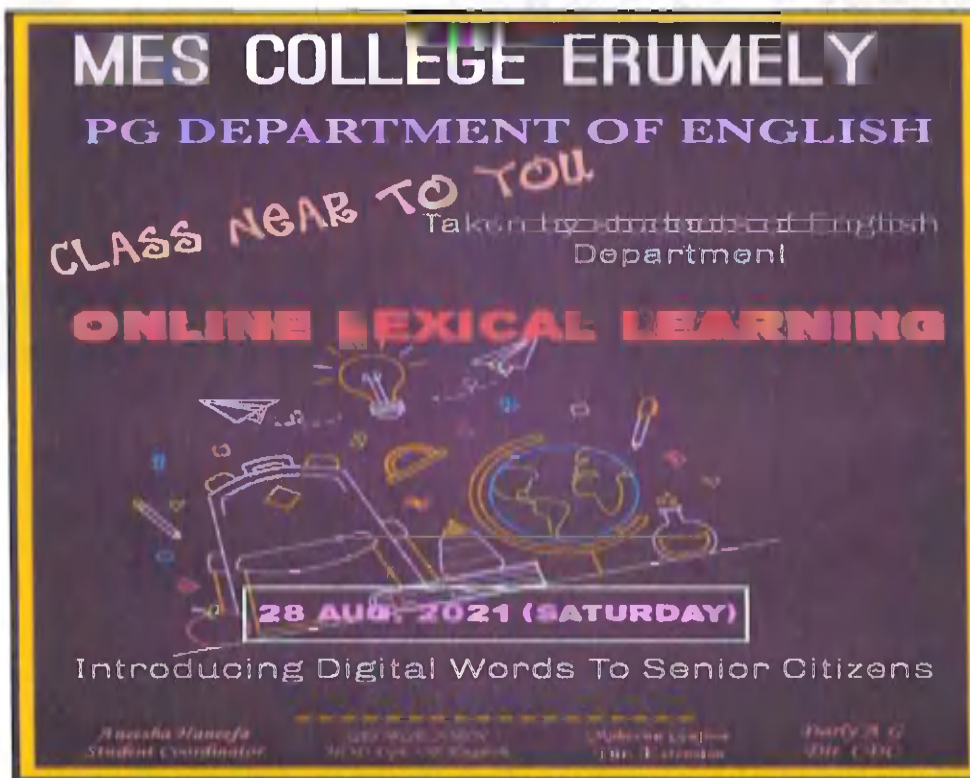
Class Near You is an Online Lexical learning programme proposed as a guidance for those who lack proper English education. Because of the introduction of English as a medium of education the young generation are efficient in using English language. In many societies people above 40 years old who lack proper English education, as a result they are unable to understand basic English words used in normal communication. The programme was aimed



at people above 40 years. Students of the English department have conducted the train at their nearby places.

### OBJECTIVES

- The programme aimed at teaching them the basic English words of daily life.
- Reading and filling of English application forms in English.
- Comprehending messages related to their bank statement, for example, meaning of the words debit and credit.
- Understanding notices from official authorities including officially used words.
- To enable the participants, learn and understand the usage of English words in daily life.





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 M-1110, Mundakayam, Kerala 686513, India  
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Kannampally, Kerala, India  
 100A, 100, Kannampally, Kerala 686711, India  
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 Long E 76° 0' 0.0000"  
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Dathanambitta, Kerala, India  
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Kattarigal, Kerala, India  
 Kattarigal - Chinnampuzha Rd, Kattarigal, Kerala 686644,  
 India  
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### A Visit to Bathlahem Orphanage Vandampathal

**MES COLLEGE ERUMELY**  
**DEPARTMENT OF ECONOMICS**  
**IN ASSOCIATION WITH IQAC**

**A VISIT TO BETHLAHEM ORPHANAGE**  
**VANDAMPATHAL**

**VALUES & BEST PRACTICE**

**DATE : 29.03.2021    TIME : 2pm to 4pm**



Mundakayam, Kerala, India  
 Mycology Rd, Varikkani, Mundakayam, Kerala 686513, India  
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The programme of values and best practices organised through a visit to Bethlehem Orphanage Vandampathal. The inaugural session started with prayer. The welcome speech by Amala job faculty, Department of Economics, presidential Address by Mrs. Mubeena Gafoor, HOD of Department of Economics, MES college Erumely. Rev. Sister Alice SH, mother superior, inaugurated the session and she conveyed her gratitude towards our visit. Finally the words of thanks are delivered by Medina Mathew, 1st year PG student.

The technical Session started an interesting talk by students relating to sharing. Engage the kids in group games such as ball passing, relay, cat and mouse etc. It helps the kids to team spirit, taking things sportively and learning to trust their peers, learning together and learning from each other, sharing their emotions without fear and hesitation etc. We conduct a drawing competition group wise on "duty of nature". It's an opportunity to express their skills in drawing. Students also help them to draw the picture in the most attractive. our values are important because they help us to grow and develop. The decisions we make are a reflection of our values and benefits and they are always directed towards a specific purpose. That purpose is the satisfaction of our identical or collective needs. The next session was based on the "express their talents". Childrens are comes with pleasure and express their talents with curiosity. This session was most interesting and mind blowing. Our students give class on flower making by using papers and colours. The Economics Department donated various things to them. Students sharing sweets to the winners. The concluding session was based on an awareness class about health and hygiene. Medina Mathew from 1st year Economics teaches a detailed class on "Being hygiene" and also about God's love .It's a mind blowing experience to each and every one who participated in this activity. The programme was ended on 4pm



*Anil Kumar S.*  
 PROF. (S) ANIL KUMAR S.  
 PRINCIPAL  
 MES COLLEGE ERUMELY

