

MES PONNANI COLLEGE

(AIDED BY GOVERNMENT OF KERALA & AFFILIATED TO UNIVERSITY OF CALICUT)



BEST PRACTICE | WELLNESS

WELLNESS ENSURED BY LIFE LONG NEEDED STRENGTH SUPPORT




BEST PRACTICE I

CONTEXT

Social, cultural and economic empowerment of women is a decisive factor in realizing gender equality. Empowerment encompasses the process of increasing a woman's sense of dignity, her decision-making capability, her access to opportunities and resources and her ability to effect change. The institution rightly assesses the advantages and disadvantages of the locality and comprehends the role it can play to enlighten the community about gender equality and to enrich the opportunities for the women in and around the institution. A gnawing issue discernible in the locality is the hindrances encountered by the girls to pursue their higher education dreams. Economic, social and cultural factors play a regressive role in impeding their journey. The institution therefore focuses on the all-comprehensive uplift of women in the locality, which will in turn make positive outcomes in the lives of the girls too. All institutional stakeholders partake in this drive and envision programs accordingly.

Active contribution of women is a crucial factor in the higher education sector. Women empowerment in different facets should be complemented by educational empowerment too. Then again, economic empowerment of women will result in the academic empowerment of their girls. So, the institution finds it necessary to work for the all-inclusive development of women. The institution's strive towards gender equality is two-pronged, gender sensitization and empowerment initiatives for the students of the institution as well as nearby schools and supportive endeavors to uplift the women in surrounds. The betterment of the lives of the women in the area, especially in the coastal belt, brings far-fetched outcome, especially in the form of the support extended to their girl children to pursue higher studies.

OBJECTIVES



Empower girls and women to accomplish equality and equal opportunities in all walks of life

Enlighten the community about gender equality and the prerequisite of equivalent exposure to resources in all realms.

Ensure the economic and social development of marginalized women, especially fisher folk women

Enrich the higher educational opportunities for girls thus empowering them to lead vigorous and productive lives.

Enable women to exert agency in public and private spheres

Enrich the higher educational opportunities for girls thus empowering them to lead vigorous and productive lives.

Envisage a developing a framework including economic and social initiatives for the support of women

Encourage and coordinate women supporting programs with local administrative units and other interested organizations.

SWASRAYA

'Swasraya', skill development workshop for selected women, organized in association with Ponnani City Welfare Forum, focuses on training the unskilled women in Ponnani Municipality and aims to support these women to find livelihood. Almost 350 women and 300 students were successfully trained so far in fashion designing, food processing, handicraft making, jewellery making and beautician course.

They were taught to make handicrafts and flowers with coconut shells and areca nut shells. The products made in the workshop were sold, thus opening up to them possibilities of marketing and selling of products.

SKILL DEVELOPMENT PROGRAMME FASHION DESIGNING

Ministry of Skill Development and Entrepreneurship (MSDE) have been implementing several initiatives to achieve women empowerment through skill development. To increase the women participation in workforce, Skill India Mission aims to empower women with 10 initiatives in skill development and entrepreneurship. P.G department of Economics organised 3day entrepreneurial skill development programme on 10/10/2015 to 12/10/2015.

Following initiatives are launched to facilitate skill development among women and spur entrepreneurship. Since then many of women and girls learnt and started their establishments in fashion designing. They get orders from neighbourhoods, does stitching the different type of petty coats, blouses, zari work on sarees, school children uniforms stitching. With this microenterprise they earn an income as additional income for their family needs.

Due to these extraordinary vocational skills, women are able to send their children to schools regularly and providing educational support in time. The dropout from schools has reduced. We have been donating 3day skills training in fashion designing courses for the 25 women in fishermen community in Ponnani Municipality through teaching classes, providing raw material like threads, needles, clothes, scissors, etc. In every batch, course completion certificate and conducting orientation course on marketing skills, escort services to avail the loans from the financial institutions, banks. It strives to promote increased participation of women in the workforce through appropriate skilling and gender mainstreaming of skills.



HANDICRAFTS- SKILL DEVELOPMENT PROGRAMME FOR WOMEN IN PONNANI MUNICIPALITY

P.G department of Economics convened Programme, Swasraya - Handicrafts- skill development programme for Women in Ponnani Municipality on 03/12/2016. 35 ladies from various wards in Ponnani Municipality are participated in the skill development classes. Classes are handled by the Mr. Kunju Mohammed, trainer. Coconut shell products are the attractive item in the class and flowers from arecanut shell also beautiful one. Ladies are excelled in these types of handicrafts items.



FOOD PROCESSING PROGRAMME

P.G Department of Economics organised Swasraya (skill development programme) on food processing for women in Ponnani Municipality. The project is focused towards vulnerable and marginalized groups and coastal population. Swasraya has designed Entrepreneurship Development Programs for the coastal women with the objective to inculcate entrepreneurial values, attitude and motivation among the coastal women to take up challenges to set up an enterprise/Group Enterprises. 67 women are participated in the programme. Programme inaugurated by Smt.Smitha, Industrial Office, Ponnani Taluk. 105 ladies are participated in the programme. Participants suggested to conduct food exhibition by the department.



SKILL DEVELOPMENT PROGRAMME FOOD PROCESSING

P.G Department of economics conducted Swasraya, a two day skill development workshop for selected women from Ponnani municipality in co-ordination with Ponnani City Welfare Forum(PCWF) on 25/09/2014 at M.S.K Hall, M.E.S Ponnani College. This programme was organized on behalf of the golden jubilee celebration of M.E.S institution. The programme (2 day skill development workshop) was focused on the unskilled women in coastal area of Ponnani Municipality by transforming them from "Job seekers to job providers". Thus, making them capable of job oriented one and thereby increasing their income.

The course offered by the Swasraya programme was fashion designing, food processing ,handicraft,beautician course. This programme was co-ordinated by Bushara M.V, inaugurated by professor A.M.Rasheed, principal M.E.S Ponnani College, Mr.C.V.Mohammed Navas,secretary PCWF.



After the inauguration ceremony from 11.30 am to 12.30 p.m a seminar was conducted on the subject "WOMEN ENTREPRENEURSHIP-SCOPE AND CHALLENGES" by MRs.Rasiya Mohammed kutty, Principal Mother's Institute Edappal. From 1.30 pm to 4.00 pm the workshop was held. This Swasrya two -day skill development workshop successfully trained 105 women from coastal area of Ponnani Municipality and 20 students from M.E.S Ponnani College. P.G department of economics conducted an awareness class for fishermen community in Ponnani Municipality on 03/012/2015 at MSK Hall. Programme welcomed by Prof.C.T Aboobacker, Inaugurated by Prof. Kadavanad Mohammed and vote of thanks by Prof.Asha Neendur. Key note address presented by Dr.Babu Ibrahim, former Syndicate member, University of Calicut. He explained the importance of Ponnani As a coastal belt and the role of Blue Economy in economic development of Kerala.



50 students from different department and interesting teachers are attended in programme. 100 fishermen and fisher women are participated as invited people in the programme.

KAITHANGU

ENTREPRENEURIAL PROGRAM FOR FISHER FOLK

P.G Department of Economics Conducted Kaithangu, Women Entrepreneurial Program fisher folk on 12/09/2019, 102 participants are engaged in the program. It is done under the “Kaithangu” which is the entrepreneurial development programme for the fisher women in Ponnani Municipality. Few of them were started some types of entrepreneurial ventures like food production, fashion designing, sewing etc. Total 102 participants are joined in the programme. Ms. Smitha, Taluk industrial Office, Ponnani and Mr. Sulaiman, Principal Vocational Higher Secondary School, Tanur were handled the various sessions in the programme. Training for fashion designing also conducted in the programme.



WORKSHOP ON WOMEN ENTREPRENEURSHIP AND FOOD EXHIBITION



P.G Department of Economics organised Two-day workshop on women entrepreneurship and food exhibition for fisher folk in Ponnani Municipality on 13/03/2019 and 14/03/2019. Programme inaugurated by Mr. Abdul Rasheed, Management Secretary, MES College, Ponnani. Seminar on entrepreneurial possibility of women in Ponnani Municipality presented by Smt. Smitha P, Taluk Industrial Officer, Ponnani. Food exhibition and competition is organised on second day of the programme. More than 100 ladies are participated in the programme. First prize in food competition won by Mrs. Safeena Ponnani. Gift is handover by famous chef, Mrs. Muneera Thalassery.



OPPAM

AWARENESS CLASS

FISHER WOMEN FOLK ON PARENTING

P.G Department of Economics conducted a parenting session to women in fishermen colony. Programme inaugurated by Prof. Kadavanad Mohammed, felicitated by Dr.Sina, Dr.Brijesh and Ms.Aseeja. Session handled by famous Psychologist Mr.Latheef CIGI. He stressed on the point of Parenting or child rearing is the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. Parenting refers to the intricacies of raising a child and not exclusively for a biological relationship.

The most common caretaker in parenting is the father or mother, or both, biological parent(s) of the child in question, although a surrogate may be an older sibling, a step-parent, a grandparent, a legal guardian, aunt, uncle or other family member, or a family friend. Governments and society may also have a role in child-rearing. In many cases, orphaned or abandoned children receive parental care from non-parent or non-blood relations. Others may be adopted, raised in foster care, or placed in an orphanage. Good parenting involves a great deal of consistency and routine, which gives children a sense of control. According to him opined that the good parenting focuses on developing independence in children, so redundancy becomes the aim for parents. Good parenting aims at socializing kids. Parents provide children and young people with social scripts to enable them to negotiate their expanding social horizons. This social scripting helps them negotiate their online and offline worlds.



AWARENESS ON ENVIRONMENTAL POLLUTION FOR FISHER FOLK IN PONNANI

P.G Department of Economics organized an awareness programme on Importance of Environmental Pollution in Ponnani on 04/02/2018 at M.S.K Hall. Session handled by Dr.Brijesh. Environmental pollution is one of the most serious problems facing humanity and other life forms on our planet today. Environmental pollution is defined as “the contamination of the physical and biological components of the earth/atmosphere system to such an extent that normal environmental processes are adversely affected.” Pollutants can be naturally occurring substances or energies, but they are considered contaminants when in excess of natural levels. Any use of natural resources at a rate higher than nature’s capacity to restore itself can result in pollution of air, water, and land. The marine environment becomes polluted and contaminated through various sources and forms. Major sources of marine pollution are the inflow of chemicals, solid waste, discharge of radioactive elements, industrial and agricultural effluents, man-made sedimentation, oil spills, and many such factors.

Plastic pollution is the accumulation of plastic objects and particles (e.g. plastic bottles, bags and microbeads) in the Earth's environment that adversely affects wildlife, wildlife habitat, and humans. Plastics that act as pollutants are categorized into micro-, meso-, or macro debris, based on size. Plastics are inexpensive and durable, and as a result levels of plastic production by humans are high. However, the chemical structure of most plastics renders them resistant to many natural processes of degradation and as a result they are slow to degrade. Together, these two factors have led to a high prominence of plastic pollution in the environment.



AWARENESS CLASS FOR ON FINANCIAL LITERACY FISHERWOMEN



P.G Department of Economics organised an awareness class on ‘Importance of Financial Literacy in Daily Life’ for women in coastal belt of Ponnani Municipality on 13/12/2017. Prof. Saidalavi handled the session. 52 women from all coastal wards in Ponnani Municipality are participated in the programme.

Prof. Saidalavi handled the session. Financial literacy is a combination of financial knowledge, skills, attitudes and behaviours necessary to make sound financial decisions, based on personal circumstances, to improve financial wellbeing". He described personal finance, the principles and methods that individuals use to acquire and manage income and assets. Financial literacy is the ability to use knowledge and skills to manage one's financial resources effectively for lifetime financial security. Financial literacy is not an absolute state;

it is a continuum of abilities that is subject to variables such as age, family, culture, and residence. Financial literacy refers to an evolving state of competency that enables each individual to respond effectively to ever-changing personal and economic circumstances. The combination of knowledge, skills, attitudes and ultimately behaviours that translate into sound financial decisions and appropriate use of financial services.

FINANCIAL LITERACY

FOR COASTAL FOLK

P.G Department of Economics organised awareness class on financial literacy for fishermen community on 09/02/2019. Program inaugurated by principal Prof.M.N Mohammed Koya. Class handled by Mrs.Bushara M.V, she explained about the Financial Literacy, that is the ability to understand and effectively apply various financial skills, including personal financial management, budgeting, and investing. She aware them that financial literacy helps individuals become self-sufficient so that they can achieve financial stability. Financial illiteracy affects all ages and all socioeconomic levels and Financial illiteracy causes many people to become victims of predatory spending, fraud, and high-interest rates, potentially resulting in bad credit, bankruptcy, or foreclosure.

Class concluded with some important points of the financial literacy for the fisher-folk

- Financial literacy is the ability to understand and properly apply financial management skills.
- Effective financial planning, properly managing debt, accurately calculating interest, and understanding the time value of money are characteristics of being financially literate.
- The primary principles of financial literacy include learning how to budget, track spending, effectively pay off debt, and properly plan for retirement.
- Financial illiteracy contributes to people making poor financial decisions and becoming victims of abusive financial practices.

SURVEY IN THE COASTAL AREA

The survey opened eyes on understanding the pulse of community living very next to us. The frequent dropouts of our girl students from classes because of early marriage and child bearing lead us them so. A paradigm shift is needed to transform the society to look from new pair of classes to the plight of girls. The department also has taken initiatives to give them awareness especially to the parents and society on this grave issue.



Survey among the girls in coastal area regarding higher education conducted on 02/03/20 and 03/03/2020 respectively.

DENGUE AWARENESS CAMPAIGN

Dengue Awareness fieldwork was organised by the NSS units of Ponnani MES College along with Ponnani Taluk Hospital on 11th Nov. '17 Fisherman's Colony. Around 20 volunteers from the NSS Unit and Asha workers jointly involved in Dengue awareness fieldwork to provide healthy and friendly environment. The intention of the fieldwork was to ensure clean and stagnant free drainage. The residents of the locale were distributed with awareness pamphlets and they were given counselling to observe cleanliness to enjoy disease free life.

DENGUE KNOW THE FACTS AND ACT NOW

1 Understand
dengue is transmitted through the bite of an infected Aedes mosquito. Dengue mosquitoes bite throughout the day, especially between 6 - 8 am and 4 - 6 pm.

2 Find
mosquito breeding sites. Dengue mosquitoes breed in water, including any water containers - such as storage tanks, cisterns, coconut shells, flower pots, discarded cups and bottles.

3 Destroy
dengue mosquito breeding sites by safely disposing of items such as tyres, coconut shells, discarded cups and bottles that can collect water.

4 Prevent
mosquitoes from breeding by covering existing water containers including water tanks and buckets. These should be scrubbed clean at least every 7 days.

AWARENESS PROGRAMME FOR THE COASTAL WOMEN



One day awareness programme for the coastal women of Ponnani area for effective utilization of trash fish was conducted by the Department of Aquaculture and fishery microbiology, MES Ponnani College, on 6th Dec 2017 at MSK hall, MES College, Ponnani. A total of 91 women and 11 men participated in this programme.

The programme was mainly aimed to impart awareness among the locals regarding the various uses of trash fish (low-cost fishes). The programme was split into three sessions comprising an inaugural session and two technical sessions.

Session I: INAUGURAL SESSION

10: 00 am: The programme was inaugurated by Prof. Kadavanad Mohammed (Vice president, MES state committee)

He gave a short speech on the effectiveness of such programmes to create awareness among the common man, and he suggested that such programmes should be conducted more often since it will be beneficial to society. He spoke on how the fishing sector has changed over the past years and the various job opportunities created in this sector.



Session II: Technical session I by Dr A.A. Zynudheen

Topic: Nutritional status of low-value fish

He delivered a talk focusing that the nutritionally low-value fishes are equally crucial as high-value fish. These fishes are underutilized and since they are being landed in a considerable quantity, they can be effectively used and can play a vital role in the nutritional security of the people. He spoke about the importance of fish in a balanced diet



Session III: Technical session I by Dr George Ninan

Topic: Trash fish and value-added products

He spoke about the various ways in which trash fish can be utilised as value-added products. Low value/trash fish" once caught are either retained or discarded. Of those retained, they are either used for (i) human food (in a range of product forms and markets), (ii) livestock/fish food (either fed directly to livestock/fish or used indirectly through processing into fish meal/oil that is used to make pellets or (iii) other uses (such as fertilizers).

He further suggested that the best method of utilization of trash fishes is the preparation of diversified value-added products. He spoke about the various products that can be made using these fishes, and the financial aspects related to it. He also informed regarding the financial assistance provided by the government and banks for starting small scale business. The programme ended with the question-answer session between the participants and invited dignitaries.



ORIENTATION

FOR HOUSE WIVES ON FOOD ADULTERATION

The extension activities mainly focused the enrichment of girls and women in the near by locality. These are the programmes conducted by the department of chemistry for the upliftment of women community. Department of chemistry have organized an orientation program for house wives on Food adulteration during the academic year 2017-18. House wives from nearby locality mainly coastal areas of ponnani participated in this programme.



HOUSEHOLD ENERGY CONSERVATION

The session was held exclusively for the housewives who are the life members of Ponnani City Welfare Forum and the parents. This program was organized in collaboration with KSEB Ponnani. Resource person of the session was E. V. Mohamed Basheer, Asst. Executive Engineer, KSEB Ponnani.



Energy efficient usage of various domestic electrical appliances was demonstrated with suitable examples. The class was highly successful in developing an awareness among housewives about the minute ways of household energy wastage and tackling mechanisms.

SOAP MAKING

A training program for soap and balm making was conducted for house wives. 25 kudumbasree members attended for the programme.



MEDICAL CAMP

Medical camp giving awareness on sex education for boys and girls organised by the department of English on 07/03/2020. The medical camp conducted in collaboration with MES medical College , Perinthalmanna. 150 students were participated in the programme.



A health camp for kudumbasree women organized on 08/03/2020. It was organized as part of women's day observation with the community. 25 kudumbasree workers participated in the event.

WORKSHOP

ELECTRICAL EQUIPMENT MAINTENANCE

Department organized a National workshop on "Electrical Equipment Maintenance" in association with Zaksis- Calicut, Teknia –Coimbatore and Social Research Society, Cochin on 16th January 2019 for UG students of all departments. Secretary of the College Sri. O. C. Salahudheen inaugurated the function. Principal Sri. M. N. Mohammed Koya presided the function. Prof. V. S. Jeeja, HOD dept. of Physics made the opening remarks and Smt. Sabna. M, Coordinator delivered vote of thanks. 80 students from various departments of the college, and nearby colleges and plus two students attended the hands on training session, Smt. V. S. Jeeja HoD, presented the certificates to the participants. Students obtained hands on training from expert groups on trouble shooting, maintenance and repairing of house-hold electrical equipments. Students collected electrical equipments from the rural coastal belts of Ponnani and carried out the repair and maintenance with the technical aid of Teknia team. 5 technical staff from the Teknia team gave the instruction and guided the students.



DISTRIBUTION OF RAMAZAN RELIEF KIT

Department of Zoology provided Ramazan Kits Relief for 5 households near to Ponnani College on 1st July 2016. Second year Zoology students made the initiative and they distributed the kits. Kits contain basic food items of 25 Kg weight.



BEACH CLEANING CAMPAIGN BY NSS VOLUNTEERS

CLEAN OUR BLUE OCEAN AND BEACHES

Department of Zoology, MES Ponnani College conducted a beach clean programme-‘Desheeya Kadalora Shucheekarana Yanjnam- clean our blue ocean and beaches’ in association with Friends Of Nature, Malappuram chapter on 15th November 2019 at Ponnani. It is a project under ‘Swatch Nirmal Tat Abhiyaan’ by Ministry of Environment, Forest and Climate Change, Government of India.

The programme was inaugurated by Sri. Chandran, State committee member of Friends and Nature and he delivered a talk on importance of plastic control. The programme was started at 8.00am and concluded at 12.00pm on Friday. Sixty students of Zoology department were participated in this programme. They collected plastic waste from beach and transfer to plastic recycling unit of Ponnani Municipality. The event was very successful and it gave awareness to the students about the problems regarding plastic waste in coastal area.



GIRLS WITH GOALS

—STUDENTS ADOPTION PROGRAMME

Financially weak students have high possibility to dropout. Poor attendance was major reason of students' dropout without completion. Researcher also found that those students also dropout whose parents do not interested in their study. Researcher studied that students dropouts when they depressed by their poor academic performance. Study explores the relationship of students' dropouts with social, institutional, economic and personal aspects. P.G Department of economics, MES Ponnani College find out a solution as financial, mental and intellectual support to the gifted students from the low economic background. Department adopted 20 girls students from various L.P Schools in Ponnani Municipality. This project aims at adopting educationally forward and economically backward girl children of the coastal area who are at their primary levels. Through this project it also opens a savings bank accounts for them for five years. In addition to these all the project organizes a full day class for the children once in a month and awareness classes for the parents once in two months. An overall progress of these children in all means is the primary objective of this project.



.PG DEPARTMENT OF ECONOMICS ADOPTED 20 GIRLS FROM THREE SCHOOLS IN PONNANI MUNICIPALITY (AMLPS PONNANI, ALPS PALLAPRAM, GLPS PONNANI TOWN) ON 15/07/2015. PROGRAMME WAS INAUGURATED BY HON.MUNICIPAL CHAIRMAN MOHAMMED KUNJI, CHIEF GUEST ADV.K.P MARIYUMMA, PRESIDENTIAL ADDRESS BY PRINCIPAL DR.T.P ABBAS, WELCOME BY BUSHARA.M.V, HOD OF ECONOMICS, VOTE OF THANKS BY V.P SAIDALAVI, HISTORY DPT

AWARENESS CLASS

FOR PARENTS OF ADOPTED GIRLS
—GIRLS WITH GOALS

P.G Department of Economics organised a parenting session for adopted girl students of Girls with Goals Programme on 03/10/2018. Parents of the all students are participated in the programme. Session was held by prof. Saidalavi, presided by Principal Prof.M.N Mohammed Koya. Parents are shared their tensions and worries about their children.



DAYS WITH BUDS

Department of organized a program Days with Buds. This program mainly focuses to attract girl childs towards science. For this enthusiastic chemistry experiments were exhibited to the girl students in 4th, 5th and 6th standards from nearby schools.



KADALOLAM

EXTENSION AND OUTREACH PROGRAMMES CONDUCTED TO COASTAL COMMUNITY

The National Service Scheme special camp of the academic year 2019-20 commenced on 21 December 2019 at GLP SCHOOL Velliri .The camp was inaugurated by Ponnani Municipality President Mr. Muhammad Kunjhi in the presence of the college Principal Capt. Mohamed Koya and the counselors of the Municipality , Coastal Police, Port Engineers, Head Master, PTA members, and Managing Committee of the School. The project of the special camp has been named as "KADALOLAM", to understand and recognize the coastal plastic use especially that of the fishing boat into the sea .The main theme of the project is clean sea drive. To make the people aware of waste segregation and waste



disposal particularly of Plastic. It is actually a curtain raiser of the mega project of Ponnani Municipality. Of the seven days in the camp the volunteers have been gained a lot of enlightening, influential and entertaining sessions. The classes were taken by skilled personalities on the topics like Leadership in action, group dynamics, Health and youth, Personality Development, Agriculture and Youth, Clean drive urges, plastic free awareness classes etc. Our proposed project was at the



Ponnani harbor and Ward no 50 of Ponnani Municipality .We end up in recreating the school in much more Beauty than witnessed before and in the and installed a vegetable garden .The mission to give awareness to the fisherman community on the threat of plastic was successfully completed and the news being telecasted by the local news channel. The camp ended on 27 December, with a grand valedictory function. The valedictory ceremony presided by all the camp organizing committee.

Inauguration ceremony started at 10.am, the camp was inaugurated by Ponnani Municipality President Mr. Mohammad kunji in the presence of the college Principal Capt. Mohamed Koya and the counselors of the Municipality , Coastal Police, Port Engineers, Head Master, PTA members, and Managing Committee of the School.. The first work the volunteers took in action was cleaning and ensuring the sanitary facilities and toilets in the school and the classrooms in the school. After the lunch break, an ice break session was handled by Farisha, V.M. to get know each other and to start the social living. In the evening, an informative cum entertaining session being handled by P Minshiya, Assistant Professor of Chemistry and former NSS Program officer MES College Walanchery on the topic “ Kaliyum Karyavum”.

DAY 1

(22-12-2019) SATURDAY



The Second day started with morning yoga practices to the students. The Morning assembly as per schedule started 6.00 AM, hoisted the NSS Flag, and released the camp news paper by the assigned group of volunteers .At 6.30 the volunteers started off to the harbor to recognize

DAY 2

(22-12-2018) SUNDAY

the plastic use of the fishing boat. To integrate the volunteers' working together in team enhancement, a team building and leadership session was arranged and the session was handled by Sri. Rifa Shalees, Trainer, Olive Ridley. In the evening the camp was rejuvenated with programmes like debates and cultural programmes. The second day ended with camp review of the day.



DAY 3

(23-12-2018) MONDAY

The Third day started with morning yoga practices to the students. The Morning assembly as per schedule started 6.00 AM, hoisted the NSS Flag, and released the camp newspaper by the assigned group of volunteers. The volunteers in the camp by dividing into group surveyed the Ponnani harbor and the workers of the fishing boat asking how healthy is their routine to deal with the plastic usage. It has been reported earlier by many NGO ' study report that people who go to the sea dump plastic waste to the sea most.



To build social commitment and awareness towards the nature and society, an en route session arranged, that was leaded by the wanderlust twin Ms Hafeeda and Hafeela to the outer nature to feel the rich heritage of the historical place. In the evening the camp was stimulated with various programmes like discussions and cultural programmes. The Third day ended with camp review of the day.



The Forth day started with morning yoga practices to the students. The Morning assembly as per schedule started 7.00 AM, hoisted the NSS Flag, and released the camp newspaper by the assigned group of volunteers. The main activity of the day is a survey in the ward no 50 mainly the plastic waste and a survey given by university on electric usage in Google e forms. To build social commitment and awareness towards the community. The volunteer also distributed pamphlets announcing the threat of plastic and organized an exhibition in the Ponnani harbor noting all

DAY 4

(24-12-2019) TUESDAY



the threats to the fishes and the wealth of the sea because of the accumulation of plastic in the sea and selected volunteers gave awareness class to the public. In the afternoon session of day arranged a session by Riyas Pazhanji, Ward member Veliyancode Panchayath and associate Professor in Physics , he enunciated the role of Youth in Building Nation . As the routine call the camp rejuvenated with the cultural activities of the volunteers and after a satisfactory meal turned off the lights and bid goodnight.

The Forth day started with morning yoga practices to the students. The Morning assembly as per schedule started 7.00 AM, hoisted the NSS Flag, and released the camp newspaper by the assigned group of volunteers. The main activity of the day is a survey in the ward no 50 mainly the plastic waste and a survey given by university on electric usage in Google e forms. To build social commitment and awareness towards the community and in the camp invited children with special abilities and celebrated X'mas day with them.

DAY 5

(25-12-2018) WEDNESDAY

informative session arranged, that was guided by Dr. V.K. Brijesh. Assistant professor, of geology on the topic “Man and environment”. In the evening the camp was stimulated with various programmes like discussions and cultural programmes. The Forth day ended with camp review of the day.



The day started with walkathon to Ponnani Harbor to feel the fragrance of Morning breeze of the cold morning to the students. The Morning assembly as per schedule started 7.00 AM, hoisted the NSS Flag, and released the camp news paper by the assigned group of volunteers. On this day volunteers go out to clean the rivulet proposed by Ponnani Municipality . Very zealously volunteers participated in the clean drive . In the afternoon session on Plasic: Truth & Solution, handled by Ms Sangeetha Pradeep (Assi Director, Pesticide Action Network India) “In the evening the camp was filled with various programmes like discussions and cultural programmes. The Fifth day ended with camp review of the day.

DAY 7

(26-12-2018) THURSDAY



DAY 8

(27-12-2018) FRIDAY



ceremony presided by the Abdul Nafih, Programme Officer National service Scheme and the president of Ponnani Municipality inaugurated the function and the counselors and officials of the Ponnani Municipality came to the valedictory function to bid us off.

The day started with morning yoga practices to the students. The Morning assembly as per schedule started 7.00 AM, hoisted the NSS Flag, and released the camp newspaper by the assigned group of volunteers. On the concluding day of the special camp volunteers cleaned the school surroundings, the class rooms and, and they packed their luggage to leave from the camp. In the feedback session they shared their experiences and articulated their view on being in the camp. valedictory



AWARENESS FOR FISHERMEN COMMUNITY

ON ECONOMIC IMPACT OF BLUE ECONOMY



Small-scale fisheries play a major role in employment globally, they provide one-half to two-thirds of the global fish-food catch but engage 80-90% of fish workers worldwide, half of whom are women. But problems persist. As industrialization grows it becomes harder for small-scale fishermen to maintain fishing rights, especially as areas become overfished. Using personal stories from fishermen around the world, Bailey comments on the global fishing industry and the relationship between small-scale fisheries and the environment.

ADUKKALATHOTTAM

Organic vegetable Garden , Ponnani Municipality

The unit in association with Ponnani Municipality installed a vegetable garden in the On Keralappiravi day. The unit started the rest of the organic farming activities. The nutrified soil prepared by the students under the guidance from Ponnani Krishibhavan was filled in the grow bags for making them ready for planting. The filled bags were arranged over the terrace area of the main block building. The organic farming activities of the unit was widely appreciated by the college authorities. The saplings of ladies' finger, pea, brinjal and chilly supplied by Krishi Bhavan were planted in the various grow bags arranged over the terrace. Volunteers enjoyed the joy of planting and cultivating their own food. "Adukkalaththottam" In order to aware the common people about organic farming and importance of poison less vegetables the unit introduced "Adukkalathottam" in 20 houses near the college with 5 growbags each under the "Go green" project of the unit



VILLAGE ADOPTION AND COMMUNITY ORIENTATION

Adoption of a village and area is a very meaningful programme in NSS. It is far better to concentrate attention on one village and take up the task for development perspective, than to fritter away energy in many locations involving too many activities which may not be completed at all or where the follow up action may not be possible.

From this point of view, village adoption programme should ensure continuity of work vis-a-vis sustained action, evaluation and follow up work. Before drawing up the plan of action, it is absolutely necessary to conduct a comprehensive

survey of few villages situated at a short distance from the college. The assistance from the teachers and students of zoology, economics, commerce, geology, statistics, etc. have to be sought for the purpose. Conducting socio-economic survey can be an interesting field activity which has direct bearing on the curriculum of economics, commerce, statistics, psychology, health education etc. The report of such a survey will provide up-to-date information about the problems and potentials of the village and help in programme planning for village development. The applied field work will help the students to increase their analytical ability and deepen their thinking. Further, this will help them to identify the problems which have been left unnoticed.

The colony selected as adopted village is very side-lined area in the matter of financial stability and its economic level. The fisherman colony and pallapram village area are selected as the adopted village. Students can help the local communities' in launching a number of programmes like setting up a free milk distribution centre, sanitation drive, recreation, adult lad primary education, health projects like immunization. first aid centre, child care, nutrition classes, and free legal aid centres etc. They can also help in forming youth clubs, children's groups, shree shakthi etc.

TRAINING PROGRAMME

Skill Enhancement and Capacity Development of Fisher Youth

Dr. Rajool Shanis given a talk as Resource Person in a A capacity building training programme – Skill Enhancement and Capacity Development of Fisher Youth organized by Central Marine Fisheries Research Institute in association with SAF during 11th November 2018 , Kochi.

ANGANAVADI VISIT

30 students from computer science department along with 2 teachers visited nearby coastal area Anganavadi belongs to fisherman community on 27/08/2015. Students spent half day along with children. They conducted a study of socio economic background of the children enrolled in that Anganavadi. Students entertained and refreshed them with their talents such as songs, poetries, mimicry etc. and they enjoyed spending time with our students.

TOWARDS EQUALITY

Title of the programme	Date and Duration (from-to)	Number of participants
Talk on Women and Media by Sr Jasmi	16-06-2015	150
Digital Literacy Campaign for Women - Nusrath K	02-07-2015	32
Empowering Women through Self-Employment- Jewellery making workshop	23-07-2015	30
Crime against Women - Ameera V U	31-07-2015	45
One Woman can Make a Difference - Nilamboor Ayisha	04-08-2015	120
Gender Equity in Politics - Limseer Ali P A	12-08-2015	40
Cyber Crime Awareness Programme - Paulose	26-08-2015	50
Awareness Programme in Sexual Harassment at Workplace – Saidalavi	02-09-2015	25
Hand scripted Magazine Titled "Penma, Nakshathrangalude Kaiyaksharangal"	15-09-2015	30
Save the Girl Child- Students Campaign	06-10-2015	25
Nutrition for Women – Dr Vahidha	15-10-2015	20
Women in Science – Sabna M	21-10-2015	25
Gender Inclusion – Jayashree KM	30-10-2015	25

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Women in Science – Sabna M	21-10-2015	25
Gender Inclusion – Jayashree KM	30-10-2015	25

2015-16

Title of the programme	Date and Duration (from-to)	Number of participants
Talk on Dalit Women - Dr Rekha Raj	15-06-2016	130
Women and Law - Chandrashekhar	23-06-2016	30
Exercise and fitness for women - Akbar	04-08-2016	25
Gender mainstreaming - Abdul Ali	10-08-2016	30
Rights of Women - Soumya	19-08-2016	30
Awareness on gender related violence - Ameera V U	18-09-2016	40
Health Awareness campaign - Dr Vahida	15-10-2016	30
Conditions of Transgender community in Kerala - Faizal	22-10-2016	50
Prevalence of crime and concerns of society - Thoufeeq	26-10-2016	25
Screening of Film and Discussion - Mitr my Friend	04-11-2016	20
Debate on Women Rights and Religion	11-11-2016	30
Myth and realities of gender - Sheeba K M	20-11-2016	25
Workshop on reproductive health - Dr Fazal Gafoor	30-11-2016	50
Women in Malayalam Literature - Safaras Ali	02-12-2016	30
Status of Women in Science and Technology- Jumaila	13-12-2016	20
Heard and Unheard voices - Review of books focusing on gender equality	15-12-2016	20

2016-17

Title of the programme	Date and Duration (from-to)	Number of participants
Poster Exhibition	16-12-2016	15
Tribal Women taking the Lead- Narayan	06-01-2017	120
Fight for the Space- Kalki Subramaniam	17-01-2017	130
Claiming the Spaces: On the rights of Transgenders- Sunil Mohan R	21-01-2017	125
Phoenix from the Ashes - Swheta Khatti	28-01-2017	200
Tribal women in North India - Daya Bai	28-01-2017	150
Subaltern Women in Contemporary India - Ram Puniyani	11-02-2017	150
Women in Political sphere: P. Sreeramakrishnan	22-02-2017	60
Democratising the Indian Parliament: The Reservation for women: VT Balram	03-03-2017	50
Uniform Civil Code myth and reality - Ameera V U	14-03-2017	50
Talaq Talaq Talaq - Ameera V U	19-03-2017	50
Film Screening and Discussion: Safaras Ali, Jayasree, Riyas	25-03-2017	35

Title of the programme	Date and Duration (from-to)	Number of participants
Seminar on Safety of Women in Public Transport	17-06-2017	35
Child Marriage in Kerala - Aryadan Shoukath	21-06-2017	65
Lesbian Marriage in Indian Context - Dinu K	19-07-2017	25
Women Fights Facism- Interaction with Teesta Setalvad	23-07-2017	25
A Street play "Otta" on the plight of Transgenders	29-07-2017	25
Open debate on sexual workers	31-07-2017	75
GIRLS WITH GOALS-ADOPTION OF GIRLS	03-08-2017	25
Debate Competition on Reservation and Dalit Women	14-08-2017	35
Women in Slum - Talk by Sarah Joseph	21-08-2017	75
Women pushed to the fringes - Murugan Theruvoram	26-08-2017	75
Dalit Women in Malayalam Literature - Sunny M Kapikkad	31-09-2017	75
Dalit Women doubly Victimised: A contemporary Indian Perspective MB Manoj	13-09-2017	25
Karate Workshop	29-10-2017	25

Title of the programme	Date and Duration (from-to)	Number of participants
Empowering Women through Self-Employment- Making Cloth Bags	31-10-2017	25
Girls' Night out - Breaking Gender Barriers	13-11-2017	35
Seminar on Women Identity - Farisha V M	17-11-2017	45
Crushing the Walls between - Interaction with Transgenders	21-11-2017	35
Women's Rights are also Human Rights Talk by Mini Sukumar	28-11-2017	75
Discussion on the Marriageable age of Girls and their Education	04-12-2017	55
Anti-Rape Campaign	11-12-2017	35
Health Awareness Campaign	18-12-2017	25
Debate on the topic Safety of Women in Cyber World	07-01-2018	25
Awareness campaign on Sexual abuse for the students of Nearby school	11-01-2018	25
Conducted a Vayanamuri "Sahithya Lokathe Sthree"	29-01-2018	25
Women in Malayala Cinema - Prof I Shanmughadas	10-02-2018	75
Body Shaming in Media and Advertisement by T Y Aravindakshan	11-02-2018	55

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2017-18

Title of the programme	Date and Duration (from-to)	Number of participants
Talk and Interaction with Medha Padkar - Environment and Women's Movement	28-06-2018	200
Talk on Women in Islam - Khadheeya Mumthaz	05-07-2018	90
Talk on Six Decades of Malayalee Women- Sebastian Paul and Sunitha T V	11-07-2018	80
Red Cycle - Awareness Class on Menstruation - Arjun Unnikrishnan	25-07-2018	50
Cyber Crime awareness class - Aneeshya K	08-08-2018	20
Film Screening - Womenses and Discussion Unnikrishnan Avala	23-08-2018	25
Quiz Competition on the Topic Women Laws as per instruction of Women Commission of India	07-09-2018	24
Boys' Canvas - A exclusive creative space for boys to write down their views on women	14-09-2018	14
Let's Sing-Soubin Mazhaveedu	27-09-2018	35
Elocution Competition on women defending Fascism on Birthday of Gouri Lankesh	10-10-2018	12
Cheeni Marathanalil- Weekly Gathering of Teachers and Students to discuss about Women Issues	24-10-2018	25
Know the Periods - Survey on Menstruation Awareness	22-11-2018	25

2018-19

Title of the programme	Date and Duration (from-to)	Number of participants
Kathwa Case- Justice for Asifa	06-12-2018	20
Documentary on Women lead social movement	04-01-2019	22
Interaction with Kusum Joseph - Women and Green politics	17-01-2019	25
Mahashwetha Devi Anusaranam	08-02-2019	50
Screening of play by students on the subaltern characters of Mahashwetha Devi	15-02-2019	70
Street Play on Sexual workers' plight	28-02-2019	20
Debate - Women's entry into Worship places	08-03-2019	50
Film Screening and discussion – Offside	19-03-2019	30

Title of the programme	Date and Duration (from-to)	Number of participants
Women and Path of Resistance (Inaugural talk of Women Cell) - Nilambur Ayisha	08-11-2019	90
Dalit Women Identity and Cultural Discourse- Sunny M Kapicadu	21-11-19	75
Gender Justice: Women and Society – Adv Cuckoo Devaki	22-11-19	80
Women in Theatre- Dr. M.S Surabhi, Bibin Das Parappanangadi, Vineeth (Cine Artist)	24-11-19	25
Women Resistance in Fascist Era- KEN	05-12-19	100
Thirichu Pidicha Thirasseela: Malayala Cinemayile Sthree –Hari Narayanan	12-01-20	50
Purushan Kayyadakkaya Bhaasha: Prof. Viju Nayarangaadi	22-01-20	40
'Snehadaram for Sthree Shakthi' award for Vijayaraja Mallika and Rekha Karthikeyan	02-03-20	60
Poster making on women power	03-03-20	10
Troll down patriarchy- troll making competition to expose patriarchal agencies	03-03-20	18
Haiku Poem competition on celebration of womanhood	04-03-20	20
Kulasthree out- Live shooting among male students to get their concept on would be and to reorient them	04-03-20	20
Quiz on women	05-03-20	30

Title of the programme	Date and Duration (from-to)	Number of participants
'aan dialogukale thiruthi pennungal' writing counter dialogue to patriarchal dialogues on women in media and movies	06-03-20	35
Flash mob competition and giving awareness on rape victims in that gathering	07-03-20	60
Release of Manuscript Magazine on Women 'Orumbettol' rejoicing womanhood.	08-03-20	80
A survey in the coastal area of Ponnani on the menstrual hygiene awareness	22-02-20-28-02-20	15
conducted medical camp for women in coastal area and distributed 300 pkts of sanitary pad for them.	02-03-20	300
survey among the girls in the coastal area to find out their reasons for drop out	25-02-20- 28-02-20	15
Conducted a career orientation program for the girls in coastal area	03-03-20	30
Legal awareness class	04-03-20	50
Cybercrime awareness class	05-03-20	60
Medical camp giving awareness on sex education for boys and girls (in collaboration with MES medical college)	07-03-20	120
Four Day Premarital Counselling in cooperation with Premarital Counselling Cell supported by Directorate of Minority Welfare Board.	02-03-20–05-03-20	30

Title of the programme	Date and Duration (from-to)	Number of participants
Career Guidance for girls in College	08-03-20	30
Film festival, documentary fest and discussion	11-03-20-13-03-20	35
Debate series	16-03-20-18-03-20	85
Discussion forum on women issue 'cheenimarathanalil'	19-03-20	20
'Room of one's own' Discussion of women writing	20-03-20	25
Self Defence Training given for selected group	09-03-20	25
Special Training for Disaster Management	10-03-20	15
Sports Competition for girls like tug of war, kabaddi etc.	11-03-20- 13-03-20	42

2019-20

TALK ON WOMEN AND MEDIA

'Nirbhaya' women development cell conducted a talk on "Women and Media" on 16.06.2015. Dr. Sister. Jesme, renowned author and social activist shared her deliberations on the space enjoyed by women in media. She explained how our world is shaped by media, but women as powerful agents of change, failed to claim visibility.



She demanded that the number of women in the media must rise, including in decision-making and adorning key posts. She also added that much more should be done to present women as leaders and role models, and to abandon stereotypes. She also added that government should accept more steps to encourage women's training, and should take steps to reduce discriminations. She also interacted with students and answered their queries regarding the challenges faced by women in media.

EMPOWERING WOMEN THROUGH SELF EMPLOYMENT-

JEWELLERY MAKING WORKSHOP



The present social order is moving towards development only when it accepts the women participation, grants responsibility and utilizes her ability. By the end of twentieth century, India has witnessed a positive transformation in women's employment and economic development. Today it has been accepted by all that the role of the women goes much beyond the home

and the bringing up of children. Women are now adopting the careers of their own and sharing equally with men the responsibilities for the development of society in all aspects. Women have been taking increasing interest in recent years in income generating activities, self-employment and entrepreneurship. Jewellery making workshop conducted under the supervision of women cell on 23-07-2015. The main aspect of this workshop is to give a sense of internal strength to them – to control their lives. The confident smile on the faces of women is the measurement of their empowerment.

TALK ON

CRIME AGAINST WOMEN

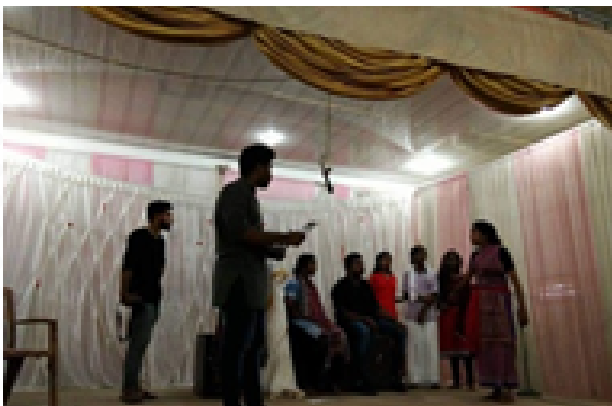
Women cell conducted a one-day seminar on Crime against Women to raise awareness on the issue of gender-violence and analyse the causes and factors of violence. Speaker at the seminar stressed on the economic empowerment and education to enhance the status and dignity of women in the society and also stressed on the role of education in promoting moral values to reduce crime rate. This Programme was conducted on 31-07-2015 and Smt. Ameera V U (Assistant professor, department of English) was the Resource Person.



TALK ON

GENDER EQUITY IN POLITICS

College organized a Gender equity promotional programme on 12-08-2015. Seminar focused on equal participation of women and men in politics is an important condition for effective democracy and good governance. Apart from strengthening and enhancing the democratic system, the participation of more women in political decision making has many positive effects



on society that can help improve the lives of women and men. Benefits include more equitable societies and inclusive governance, higher standards of living, positive development in education, health and infrastructure, and a decrease in political corruption. Limsheer P K was the resource person.

CYBER CRIME AWARENESS PROGRAMME

PITFALLS IN THE VIRTUAL WORLD

Mr. Poulouse, Senior Civil Police Officer, Manjeri, had taken an awareness class on mobile misuse at MES Ponnani College on 26.08.2015. Students and teachers from nearby schools attended the class and students found it extremely useful. He explained some of the preventive measures that can be taken to avoid getting victimized for a cyber-crime. He answered the queries of students regarding the safety measures to be taken while entering this virtual world.



AWARENESS PROGRAMME

SEXUAL HARASSMENT AT WORKPLACE

On September 2nd 2015, an awareness programme on sexual harassment on Women at work place was conducted. Ms. Saidalavi V P was the Resource person. The talk aimed at creating awareness among the students regarding various types of sexual harassments, how to make complaints and laws related to the same.

Discussion about various laws in context to sexual harassment namely, Indian Penal Code, Criminal Procedures Code and Information Technology Act also took place. The session concluded with details of how any organization can take preventive measures against sexual harassment.



As part of the Gender promotional programme of Women cell, a programme was conducted on Nutrition for women on 15th October 2015. Speaking on the occasion Vahitha, Resource person of this programme, gave emphasis on importance of the role of women in the society stating that women's health is an essential factor for happy living as healthy women builds a healthy family. Further adding he stated that women's health has far been neglected but in the recent times this sector is getting the attention that is needed due to the various studies highlighting the important role played by women in society. This workshop is a small step in educating women of their own health and brining the change. Smt. Vahitha was the resource person. This programme was initiated to make awareness on the issue of women in nutrition.

NUTRITION FOR WOMEN

AWARENESS CAMPAIGN

SAVE THE CHILD

Save girl child is an awareness campaign to save the girl child by ensuring their safety as well as to stop the crime against girl child especially female foeticide and gender inequality. Save Girl Child campaign conducted by Women cell on 6-10-2015



GENDER INCLUSION

The college organized a Gender equity promotional programme on 30-10-2015. Women's cell conducted this programme for helping the students to transform their outlook and attitudes towards life in terms of being Women. To encourage greater participation and to develop responsibility and value oriented leadership in Female students. To build a society with social and economic gender equality as envisaged in the Indian Constitution through social service. Smt. Dr Jayashree was the resource person.



E GOVERNANCE TO PROMOTE WOMEN IN DIGITAL ECONOMY

TRAINING WORKSHOP

Gender-responsive e-government interventions lead to many positive outcomes for gender equality. A one-day workshop on E-Governance was conducted by the department of economics on 17 December 2015. Workshop aimed to enhance women's self-esteem, enable women to challenge traditional norms and build peer connections, boost their confidence to participate in the job market, bring them vital information on entitlements, and give them access to mechanisms of redress. They also transform public institutions, making them technically and politically more capable of delivering gender inclusive services

WOMEN SAFETY IN TOURISM INDUSTRY

Travel and tourism is one of the largest service industry in India. It not only provides entertainment to tourists but also heritage, cultural and intermixing of nationals and foreign tourists. Tourism club in association with women cell conducted a one-day seminar on the topic Women safety in tourism industry on 12 December 2016. Faculty member from Commerce department, Jafar led the talk. Women's safety, poor infrastructure and sanitation are the top concerns of this seminar.

WOMEN AND LAW

Women cell organized a seminar which pointed out the ways in which law treats women both universally and in Indian context on 21-06-2015. Advocate Chandrashkhar was the chief guest of this programme. He discussed the laws regarding sexual or psychological rape and domestic violence were pointed out. The provision for recognition of equality marriage and how this can acknowledge each individual's unique journey was discussed.

GENDER NEUTRAL TOYS

Women cell in association with Department of English conducted a one-day seminar on the topic Gender Neutral Toys on 18 Feb 2016. Ameera V U, Assistant Professor Department of English, was the resource person on this seminar. She exposed gendered nature of toys during the seminar. According to the speaker Children are socialized to conform to traditional gender role stereotypes, a developmental process affected by elements of popular culture that associate femininity with passivity, nurturance, and emotional expressivity; and masculinity with power, agency, and aggression. Toys, as one element of popular culture, often reflect these stereotypes through manipulations of design features that signify the gender appropriateness of toy play.

HEALTH AWARENESS CAMPAIGN

Women Development Cell in connection with health club conducted a health awareness campaign on 15-10-2016 for the girl students on menstruation, need for hygiene during the period etc. Dr. Vaheeda engaged the class and explained to the students the need to maintain personal cleanliness and hygiene. She also cleared doubts of students regarding the health issues including reproductive concerns.

GENDER MAINSTREAMING

A talk on gender mainstreaming as a strategy towards realising gender equality was conducted on 10 August 2016. Abdul Ali, Head of Department of English led the talk. It analysed the existing situation, with the purpose of identifying inequalities, and developing policies which aim to undo the inequalities and the mechanisms that caused them.

WORKSHO

REPRODUCTIVE HEALTH

Women Development Cell in association with health club conducted a workshop on reproductive health. Dr. Fazal Ghafoor and his medical team took classes for students on 30-11-2016. He answered their doubts on reproductive and hygienic issues. They also conducted a counselling session too for the girls who are about to be married

RIGHTS OF WOMEN

Seminar focused at drawing attention on protection of the human rights of women under international law was conducted on 19-08-2016. The provisions of Universal Declaration of Human Rights and its attempt at even making its laws gender-neutral were discussed. Advancing equity and eliminating all kinds of violence against women, ensuring women's ability to control their own fertility, which are cornerstones of population and development-related programmes. Soumya K was the resource person.

REDEFINING GENDER EQUALITY

Women Development Cell in association with the Department of English organised a talk on gender equality. Sheethal Shyam, known transgender activist was the key note speaker. She expressed her anguish on the brutalities inflicted on the transgender community in the society. She also shared with students her experiences which made up her identity and she also explained the role of autobiographies of transgender community in creating a positive attitude towards transgender issues.

OPEN DEBATE ON SEXUAL WORKERS

An open debate was conducted on 13-09-2017 at MES Ponnani College, which brought together activists and donors to better understand approaches to protect the human rights of people engaged in sex work. Debates rage over what legal and policy environments would best promote the human rights and health of those engaged in selling sexual services. What is often lost in this debate is what happens to the lives of people engaged in sex work as a result of the laws, policies, and programs that are intended to protect them.

SEMINAR ON SAFETY OF

WOMEN IN PUBLIC TRANSPORT

Women cell in association with Department of Economics conducted a seminar on 06-07-2017. The seminar aims to identify and address the unidentified needs and problems of women commuters of public transport. The concerns of women are incorporated into policy-making, planning, operations and contracting of Public transport. Gender Mainstreaming has been followed as the approach in this seminar. The seminar involved understanding the current public transport scenario in Bhopal and in particular, the experience of women commuters. The project highlighted that the issues faced by women commuters of public transport are multi- dimensional. These problems hence cannot be solved using a single solution. Smt. Bushara led the seminar.

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Women Development Cell in connection with health club conducted a health awareness campaign for the girl students on menstruation, need for hygiene during the period etc on 15-09-2018. Dr.Vaheeda engaged the class and explained to the students the need to maintain personal cleanliness and hygiene. She also cleared doubts of students regarding the health issues including reproductive concerns.

WORKSHOP

KARATE

MES Ponnani College conducted a workshop to teach basic self-defense on 08-12-2017. The workshop provided an introduction to basic techniques for self-defense and awareness. This is in keeping with the larger policy of the college which aims to impart holistic education comprehensively preparing students for the world ahead

AWARENESS CLASS ON MENSES

RED CYCLE

In order to remove the inhibitions and shyness on menstruation, Women Development Cell of MES Ponnani College conducted an awareness program on menstruation on 25 August 2019. And the program was led by a boy Arjun Unnikrishnan who interacted with students on menstrual hygiene and discussed the taboos existing in society connected with menstruation. Girls eloquently deliberated on their experiences and revealed how they hesitated to discuss such things even with their friends and family.

CRUSHING THE UNSEEN WALLS

Women Development Cell conducted an interactive session on 18-02-2018 with transgenders of the locality to get to know their living condition and to the extent to which they were accepted in and rejected by the society who take them as outcasts and abominable community. As part of all-inclusiveness, students tried to interact with them, tried to make them feel that they are not loathed lot and tried to give them hopes. They narrated to the students how they were facing ostracization in the community, and often forced to leave the home and hearth to escape the humiliation from the society.

AWARENESS CAMPAIGN

SEXUAL ABUSE FOR THE STUDENTS OF NEARBY SCHOOL

An awareness programme on sexual abuse was organized by the college for the students of nearby school were held on 05-10-2018. A team from the college visited the school and delivered a lecture among the students about the sexual abuse. Through the lecture the team had done their best to make the students well aware about the misconceptions they had regarding sex and sexual abuse. After the lecture the students had took part in an interactive session in which they clarified their doubts and thoughts regarding the topic.

AWARENESS CLASS

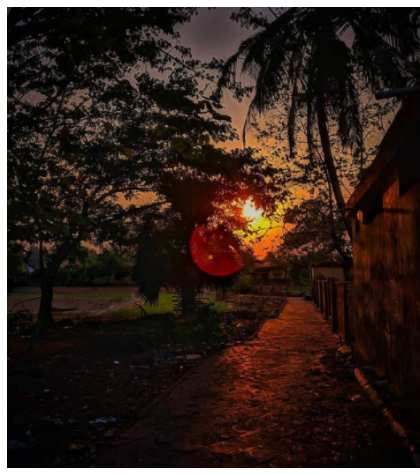
CYBER CRIME

In the background of alarming increase in cyber crimes, Women cell in association with Department of Computer Science has organized a cyber crime awareness class for the students on 08-08-2019. Smt. Aneeshya k of Computer Science department delivered the lecture for the students. Most of people have no sense of the visual media and thus lead to many issues. The awareness program aims to change this situation. Cyber crimes, cyber security, Protection of Child Rights Act, Cyber stalking, cell phone stalking, the activities of Cyber Cell Kerala, the common crimes reported, theft, cyber code, cyber terrorism, hacking of websites and bank accounts, pornography, social media abuse, cyber offense through smart phone, etc., were the main topics discussed in the class. The report from the students confirmed that the session helped them understand how to make use of social media safely and responsibly and how to keep personal data safe. They also were educated on how to make use of the Cyber Cell whenever they are in need. The class was concluded with a discussion session in which the students cleared their doubts regarding the topic.

SURVEY ON MENSTRUATION AWARENESS

KNOW YOUR PERIODS

Students of Women Development Cell conducted a survey among the students of nearby schools to know the awareness among students regarding menstruation period on 22 November 2019. The students prepared a questionnaire containing questions on hygiene, the facilities they have at their school including enough number of washrooms, water supply, electricity, availability of sanitary napkin, facilities of sanitary napkin disposal etc. Students consolidated the answers and reported the pathetic condition of nearby schools.



MES PONNANI COLLEGE

(AIDED BY GOVERNMENT OF KERALA & AFFILIATED TO UNIVERSITY OF CALICUT)



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