

MALABAR COLLEGE OF ADVANCED STUDIES VENGARA

WOMEN DEVELOPMENT CELL

SIGNATURE PROGRAMS

- REVOLUTION 2K22-PEDDLE YOUR WAY AHEAD
- THOOVALSPARSHAM: UNVIELING OF HANDWRITTEN MAGAZINE
- VOICE OF THE PEOPLE: PUBLIC OPINION ON RAISING THE MARRIAGE AGE OF WOMEN TO 21
- VIRYA: AN INTERACTIVE SESSION WITH PADMA SHRI KV RABIYA
- AN INDUSTRIAL VISIT TO GOLD AND DIAMOND ORNAMENT MANUFACTURING UNIT, INKEL EDU-INDUSTRIAL PARK AND A SEMINAR ON GROWTH AND SCOPE OF GEM AND JEWELLERY INDUSTRY

- KOODE: COMMUNITY VISIT TO SHANTHI BHAVANAM, RANDATHANI
- BADALDO: A STREET PLAY ON SOCIAL ISSUES AND GENDER EQUALITY
- **SKILL CARNIVAL**

- MASQUE: FACE MASK SEWING WORKSHOP AND INAUGURATION OF MASK PRODUCTION AND SELLING UNIT
- KNOTS OF JOY: ONE DAY WORKSHOP ON HAND EMBROIDERY
- ONE DAY WORKSHOP ON ACRYLIC PAINTING
- LETZ BAKE: A ONE DAY CAKE MAKING CLASS

- **WEBINARS**

- MIND-FIELD 2K21: DARE TO BE DIFFERENT-KEYS FOR EFFECTIVE GOAL SETTING
- SKILL PATH: THE PATH TO A BETTER YOU-A WORKSHOP ON PUBLIC SPEAKING AND COMMUNICATION SKILLS.
- A DISCUSSION ON MENTAL HEALTH OF UNDERGRADUATE STUDENTS DURING COVID-19 PANDEMIC
- A WEBINAR ON WOMEN IN LEADERSHIP ROLES: WHAT TO EXPECT AND WHAT NOT
- STHREEDANA VIRUDHA BODHAVALKARANA WEBINAR
- SEPTEMBER 20-GENDER AWARENESS PROGRAM IN ASSOCIATION WITH DEPARTMENT OF WOMEN AND CHILD DEVELOPMENT, GOVERNMENT OF KERALA
- SEPTEMBER 24 A WEBINAR ON FINANCIAL AWARENESS AND CONSUMER TRAINING IN COLLABORATION WITH NATIONAL CENTRE FOR FINANCIAL EDUCATION
- SEPTEMBER 29 A WEBINAR ON GENDER BASED VIOLENCE PREVENTION AND RESPONSE
- OCTOBER 4 A WEBINAR ON CHANGING ROLE AND STATUS OF WOMEN
- OCTOBER 8 A WORKSHOP ON WOMENS SELF DEFENSE IN COLLABORATION WITH MALAPPURAM DISTRICT POLICE

- OCTOBER 12 WORLD MENTAL HEALTH DAY: A DISCUSSION ON IMPORTANCE OF EMOTIONS AND MENTAL HEALTH
- DECEMBER 9 MICROSOFT OFFICE WORKSHOP
- DECEMBER 20 A SESSION ON HOW TO USE MENSTRUAL CUP
- DECEMBER 22 A SEMINAR ON LAWS FOR THE PROTECTION AND RIGHT OF WOMEN AND CHILDREN
- JANUARY 6 FITNESS FIX:A SEMINAR ON WELLNESS AND FITNESS
- JANUARY 13 A CONFIDENCE BUILDING WORKSHOP: WHAT IF I FALL? WHAT ABOUT IF YOU CAN FLY?

- FEBRUARY 12 A WEBINAR ON MENSTRUAL HEALTH AND HYGIENE IN ASSOCIATION WITH GLOBAL HUNT FOUNDATION
- FEBRUARY 17 REIZEN THROUGH CAREER: A TALK ON TRAVEL AND TOURISM PATHWAY
- FEBRUARY 19 A WEBINAR ON PCOS: SIGNS, REASONS AND MANAGEMENT

REPORT OF VARIOUS ACTIVITIES CONDUCTED BY TEAM WDC DURING THE ACADEMIC YEAR 2021-22

❖ JUNE

1. FIRST OFFICIAL MEETING 04-06-2021

The activities of team WDC for the academic year 2021-22 was stimulated by conducting an official meeting online through google meet. Dr. U. Saidalvi (Principal, Malabar College of Advanced Studies, Vengara) addressed the gathering. Mrs. Nawal Mohammed (WDC Coordinator) welcomed the students to the first official meeting of WDC for the academic year 2021-22.

The students were given an idea about women development cell and about various activities that can be done for the benefit of students and to the society. Three wings were created to carry on the WDC activities smoothly and efficiently: Technical wing, Cultural wing and Community wing. Ms. Niha was elected as the WDC President and Ms. Sahana as WDC Secretary. Students from all Departments were elected to different wings and as executive members. Duties were assigned to each member and specific instructions were given for coordinating the activities.

Women Development Cell

Nawal Mohammed PK
WDC Teacher Co-ordinator

Niha Fathima
2nd year Bsc Psychology
WDC President

Sahana Ac
2nd year Bcom CA
WDC Secretary

Technical Wing

Shamna Sherin
2nd year BA Multimedia

Riswana fabi EV
2nd year BA Multimedia

Cultural Wing

Rimshana febi EV
2nd year BCA

Fathima Thasneem KP
2nd year Bcom TT

Community Wing

Fathima Shamna
2nd year Bsc Electronics

fathima jumana P
2nd year Bsc Electronics

Executive Members

Lubana Masni Bcom TT
Shoufa Bcom TT
Rushana Sherin Bcom TT
Fathima Shahana CP Bcom CA
Fathima Jasni Bsc Electronics

Ajisha Bsc Psychology
Shamiya Nesrin Bcom CA
Murshidha Safa BA English
Nawal Yasmeen BA Multimedia

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www.malabarcollegewengara.org, E-mail: info@malabarcollegewengara.org

2. PROUDA-OFFICIAL INAUGURATION OF WDC AND KSWDC RECOGNITION

The Women Development Cell of MCAS Vengara sent a proposal to KSWDC and it has approved the proposal. The WDC in our college is now titled as” KSWDC-Women CELL” and financial aid has been received as per that.

The official inauguration of WDC under KSWDC was conducted on 07-08-2021 at 11.30 am through Google Meet. Mrs. MK Rafeekha ((PRESIDENT, DISTRICT PANCHAYATH, MALAPPURAM) inaugurated the Women Development Cell Under KSWDC in the College. Mrs.MK Rafeekha was instrumental in winning many accolades for Pulamanthol grama panchayat between 2010 and 2015. In 2011, the panchayat won the State Swaraj Trophy, the Central Vayo Sreshta Samman, and Gaurav Grama Sabha award. In 2013, she won a Central award for panchayat empowerment. In 2014, Pulamanthol won Rajiv Gandhi Best Grama Panchayat award.

She Discussed with the students about the various social work they can commit to their respective panchayaths during the covid-19 pandemic situation. She motivated the students to come forward towards the field of politics and bring changes that matters to all.

Prouda
Inauguration of
Women Development Cell

Meet
7 Aug
2021
11:30 AM

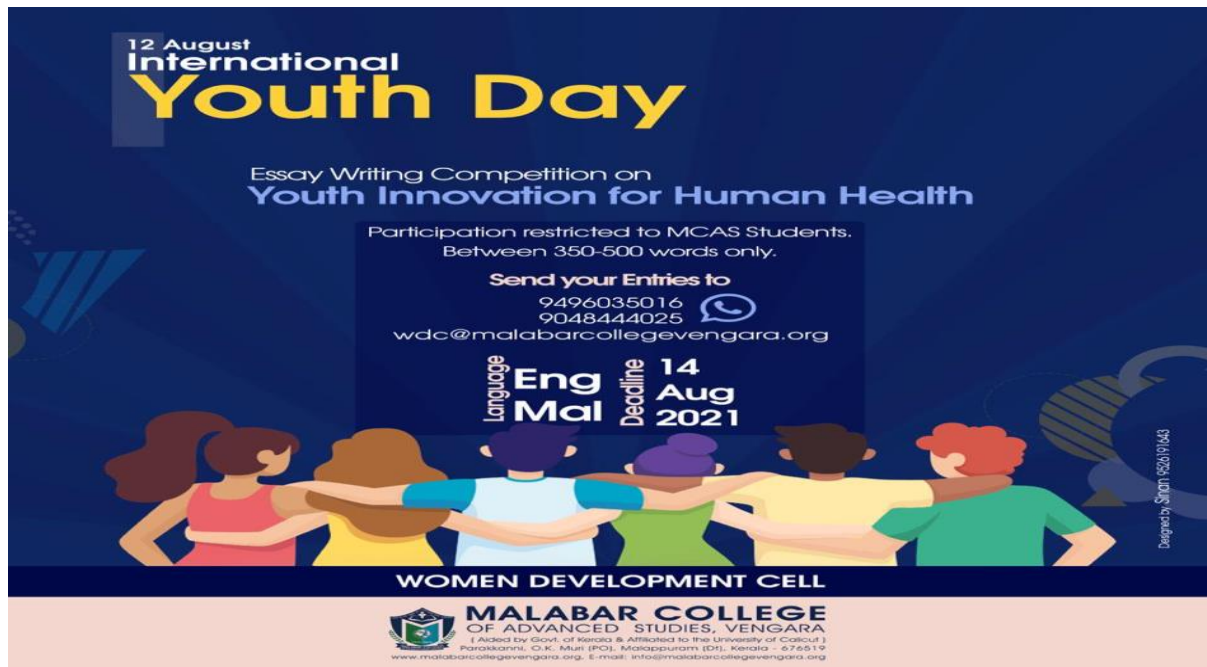
MK Rafeekha
President, District Panchayat, Malappuram

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3. INTERNATIONAL YOUTH DAY-12/08/2021

In connection with International Youth Day WDC in collaboration with KSWDC organized an essay writing competition on the theme “Youth Innovation for Human Health” for MCAS Students. A total of 32 entries were received. The following students are the winners of the Essay Writing Competition:

1. Ajmal Faris
2. Nawal Yasmeen
3. Jasni and Rinshana



12 August
International Youth Day

Essay Writing Competition on
Youth Innovation for Human Health

Participation restricted to MCAS Students.
Between 350-500 words only.

Send your Entries to
9496035016
9048444025
wdc@malabarcollegevengara.org

Language **Eng** Deadline **14 Aug 2021**
Mal

WOMEN DEVELOPMENT CELL

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Parakkanni, O.K. Mui (PO), Malappuram (DT), Kerala - 676519
www.malabarcollegevengara.org, E-mail: info@malabarcollegevengara.org

Designed by: Sajan 9820191943

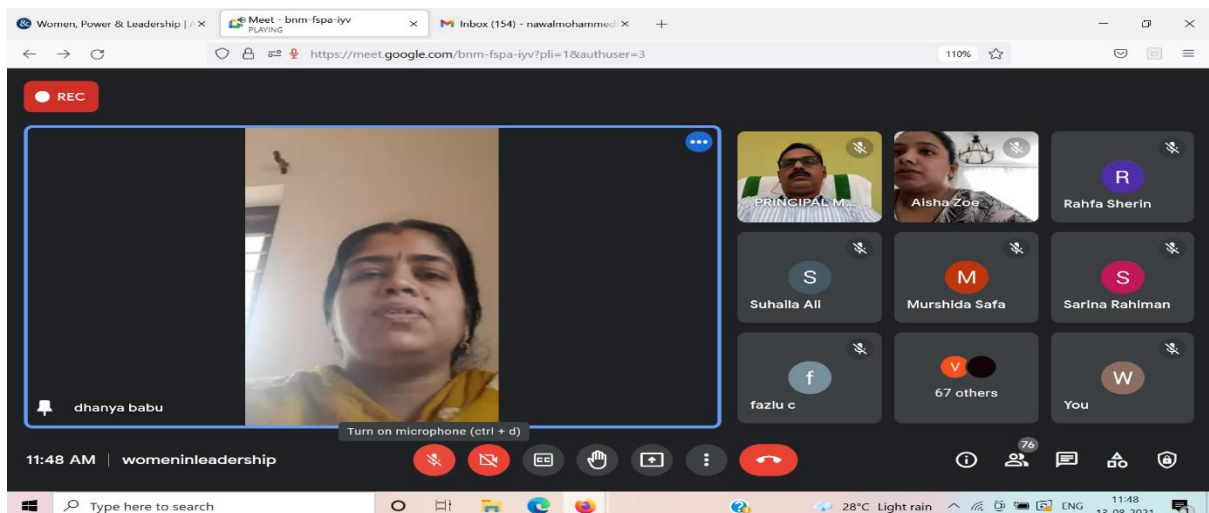
4. A WEBINAR ON WOMEN IN LEADERSHIP ROLES: WHAT TO EXPECT AND WHAT NOT

WDC in collaboration with KSWDC organized a webinar on the topic WOMEN IN LEADERSHIP ROLES: WHAT TO EXPECT AND WHAT NOT on 13/08/2021 through google meet. Mrs. Aasha Nachi, founder and director, Seven Dime Wellness Solutions Pvt. Ltd and Dream Squad Event was the resource person for the webinar.

Dr. U. Saidalvi (Principal, MCAS) presided over the function. Mrs. Nawal Mohammed (WDC Coordinator) welcomed the gathering. Mrs. Danya Babu (Former WDC Coordinator) felicitated the function. Ms. Niha (WDC Student Coordinator) delivered vote of thanks.

Mrs. Aasha Nachi is an entrepreneur now residing in Dubai. She is the brain and heart of the event management company named Dreams Squad. She interacted with the students and gave them the strength to move forward in life whatever the problem is. She also discussed about the problems faced while being a leader and how effectively one can solve it. She focused on building confidence of the students and gave life time experience of her on how to more independent and confident.

A total of 107 students participated in this webinar.



Women, Power & Leadership | x Meet - bnm-fspa-iyv PLAYING x Inbox (154) - nawalmohammed | x +

https://meet.google.com/bnm-fspa-iyv?pli=1&authuser=3 110%

REC

Aisha Zoe

Remove PRINCIPAL MALABAR COLLEGE from the call

Suhalla Ali Murshida Safa Sweet Candy

Sarina RahIman 68 others You

11:54 AM | womeninleadership

Type here to search 28°C Light rain ENG 11:54 13-08-2021

Women, Power & Leadership | x Meet - bnm-fspa-iyv PLAYING x Inbox (155) - nawalmohammed | x +

https://meet.google.com/bnm-fspa-iyv?pli=1&authuser=3 110%

REC

Niha nanz

Aisha Zoe

64 others

You

In-call messages

Let everyone send messages

Lubana Masni 12:40 PM
What are the new business that is having good scope that girls like us can do?

You 12:45 PM
https://docs.google.com/forms/d/e/1FAIpQLSdoxKtmO7HTR-2DXSMO6QmQuwAu8FyAGNOPnwwhKgGuY1fUw/viewform?usp=sf_link

Send a message to everyone

12:45 PM | womeninleadership

Type here to search 30°C Rain showers ENG 12:45 13-08-2021

5. AUGUST 15-INDEPENDENCE DAY-FINDING HER VOICE

As part of Independence Day Celebration, WDC in Collaboration with KSWDC conducted a Quotes Writing Competition On the Topic “**What is Freedom to you?**”. Participation was restricted to MCAS Students and a total of 25 entries were received.

The quotes received by the students were eye opening ones and it truly depicted how much freedom the girl students are denied of. The winners of the competition are:

1. Nawal Yasmeen
2. Fathima Shahana
3. Fathima Shahana CP

Finding Her Voice

On this Independence Day,
Lets Talk about Women Freedom
and Rights.

Quotes Writing Competition on
What is Freedom to you?

Participation restricted to
MCAS Students

Language **Eng** **Mal** **Mal**
Deadline **18** **Aug** **2021**
maximum **30** **words**

Send your Entries to
9072766434
7994599850
wdc@malabarcollegevengara.org

" I am no bird
And no net ensnares me:
I am a free human being
With an independent will. "
- Charlotte Bronte

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6. STHREEDANA VIRUDHA BODHAVALKARANA WEBINAR

WDC in collaboration with KSWDC organized a webinar on the much-needed topic “STHREEDANA VIRUDHA BODHAVALKARANA” on 18/08/2021 through Google Meet. The resource person for the webinar was Mrs. Ambili RP, Assistant professor, Dept. of Malayalam, Thunjan Memorial Govt. College, Tirur. Dr. U. Saidalvi (Principal, MCAS) presided over the function. Mrs. Nawal Mohammed (WDC Coordinator) welcomed the gathering.

The webinar discussed about how dowry system dehumanizes women by treating them as property. The webinar focused on how more than 8000 women in India is dying as a result of India’s dowry system each year. Webinar ended with an oath taking ceremony by the students on never supporting the dowry system. Both male and female students attended the webinar and there was a total of 106 participants.



മുഖ്യപ്രഭാഷണം
അമ്പിളി. ആർ പി
വകുപ്പുകൾ, മലയാള വിഭാഗം
തൃശ്ശൂർ മെമ്മോറിയൽ ഗവ. കോളേജ്, തിരുർ

ഉദ്ഘാടനം:
ഡോ. യു. സൈദലവി
പ്രിൻസിപ്പാൾ, MCAS, വേങ്ങര

അധ്യക്ഷ:
നവാൽ മുഹമ്മദ്
കോർഡിനേറ്റർ WDC

സ്ത്രീധന വിരുദ്ധ ബോധവൽക്കരണ വെബിനാർ


18-08-2021
11.30 AM
GOOGLE MEET

Women Development Cell

Meet - hdc-twdi-mtt PLAYING x Regarding the shifting of staff x Untitled form - Google Forms x +

https://meet.google.com/hdc-twdi-mtt?pli=1&authuser=3 110%

REC



Ambily Rp

12:10 PM | sthreedanavirudhawebinar

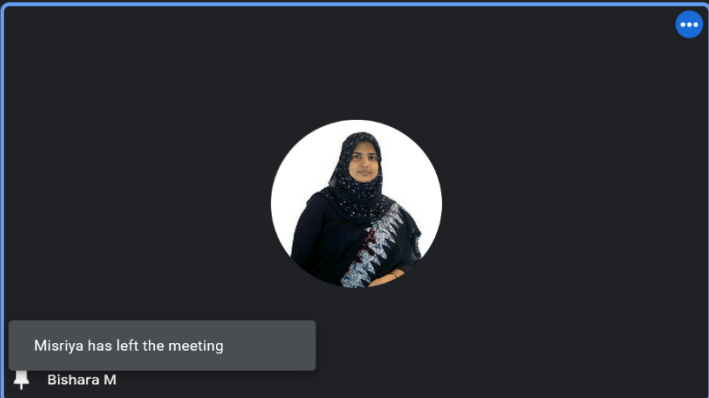
Anu's world, Mohammed M..., FAHMIDA P T, Shamiya Nasre..., Majidha Musliyar, Junaid_mohd, Sukanya C, 73 others, You

26°C AQI 45 12:10 18-08-2021

Meet - hdc-twdi-mtt PLAYING x Regarding the shifting of staff x Untitled form - Google Forms x Untitled form - Google Forms x +

https://meet.google.com/hdc-twdi-mtt?pli=1&authuser=3 110%

REC



Misriya has left the meeting

Bishara M

11:37 AM | sthreedanavirudhawebinar

PRINCIPAL MA..., Majidha Musliyar, Ambily Rp, Mohammednas..., Rimshana Febin, Sukanya C, FAHMIDA P T, 71 others, You

26°C AQI 41 11:37 18-08-2021

7. ONAM CELEBRATION 2K21

WDC in association with the NSS Unit of MCAS Vengara celebrated a virtual Onam through Google Meet on 20-08-2021. Various online competitions were organized virtually to celebrate Onam even during this Covid 19 situation. The Celebration were started by an online meet where all the students and teachers of the College joined in an online meet.

Onam 2021 activities were inaugurated by Dr.U.Saidalvi (Princial,MCAS). Mr.C.T.Muneer (Manager,MCAS) joined the meet and motivated the students to remain positive in this situation. He also shared how he have celebrated Onam during his childhood days.

Various competitions conducted as part of Onam Celebrations are:

1. Onampaattu competition
2. Malayali Manka and Purusha Kesari
3. Onapookkalam
4. Kadaparayal
5. Hasya video nirmanam
6. Inter Department Short Video Making Competition



Onam Celebration 2K21

Inauguration **keynote address**

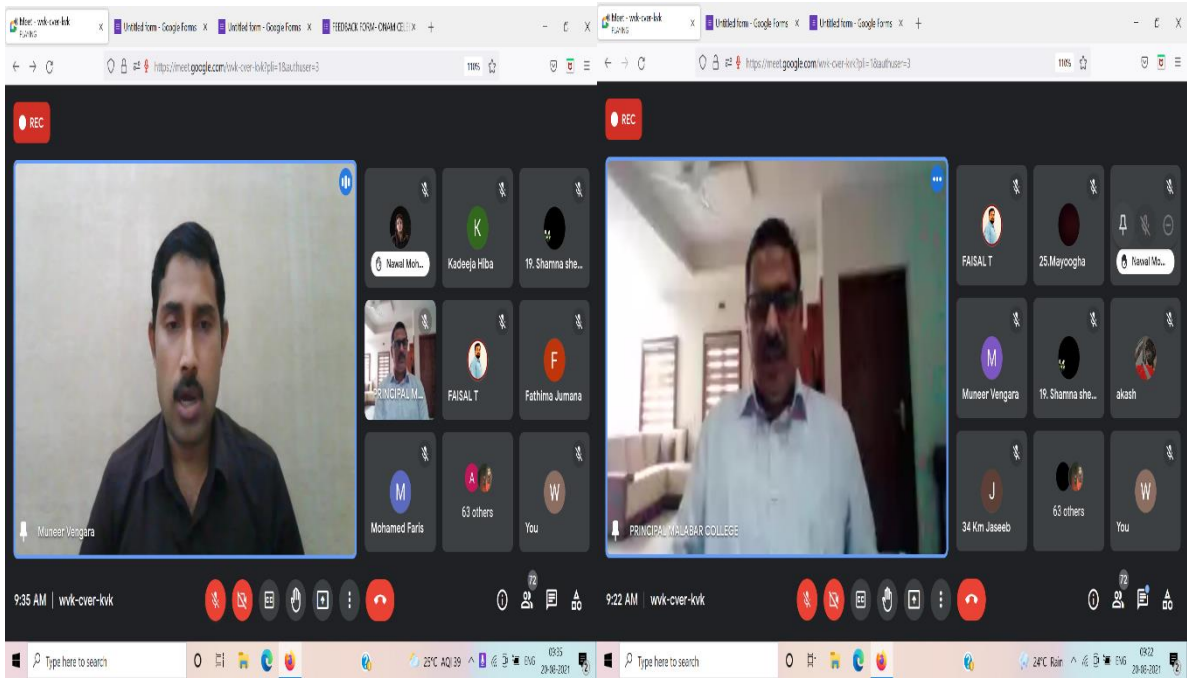
Dr. U Saidalvi **Mr. CT Muneer**
[Principal, MCAS Vengara] [Manager, MCAS Vengara]

20-08-2021 Friday 09:00 am
Google Meet

○ ഓണപ്പാട്ട് മത്സരം
○ മലയാളി മങ്ക & പുരുഷ കേശരി
○ ഓണപ്പൂക്കളം
○ കഥ പറയൽ
○ ശ്രദ്ധ വീഡിയോ നിർമ്മാണം

Organized by:
NSS UNIT AND WDC

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National Service Scheme Unit No:235 



Onam Celebration 2K21

ഒന്നാം സ്ഥാനം

<p>1st</p>  <p>Malavika 2nd BMCC</p>	<p>2nd</p>  <p>Rumailath V 2nd BCA</p>	<p>3rd</p>  <p>Rimshana 2nd BCA</p>
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രണ്ടാം സ്ഥാനം

<p>1st</p>  <p>Aswin CP 2nd EC</p>	<p>2nd</p>  <p>Akshay 2nd EC</p>	<p>3rd</p>  <p>Ajiishna 2nd Psy</p>
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Organised by:
NSS UNIT AND WDC

Onam Celebration 2K21

പുരുഷ കേസരി



Ishaque
2nd B.com TT

മലയാളി മല



Nandhana PP
2nd BMMC

കഥ പറയൽ

1st



Malavika
2nd BMMC

2nd



Sahla Sherin
2nd BA Eng

3rd



Rushna
2nd B.com TT

Organised by:
NSS UNIT AND WDC



MALABAR COLLEGE
OF ADVANCED STUDIES, VENGARA

NSS Unit number 235



Onam Celebration 2K21

INTER DEPARTMENT
SHORT VIDEO MAKING COMPETITION

2

B.Sc Electronics

1

B.com CA

3

B.com TT

Organised by:
NSS UNIT AND WDC



MALABAR COLLEGE
OF ADVANCED STUDIES, VENGARA

NSS Unit number 235



8. TAKAFUL: STAND WITH THE WOMEN OF AFGHANISTAN- DISCUSSION FORUM

WDC in collaboration with KSWDC arranged a discussion forum through Google Meet on 21-08-2021 to discuss about the present situation of violation of human rights for the women in Afghanistan. Ms. Sahana AC, WDC Student Secretary moderated the discussion.

The main thoughts and points were then created into a short video which were later uploaded in the official Instagram page of WDC and circulated among the students to make them aware of such situations.



Takaful

**Stand with the Women of Afghanistan
Discussion Forum**

 **21
08
2021
10.30 am**

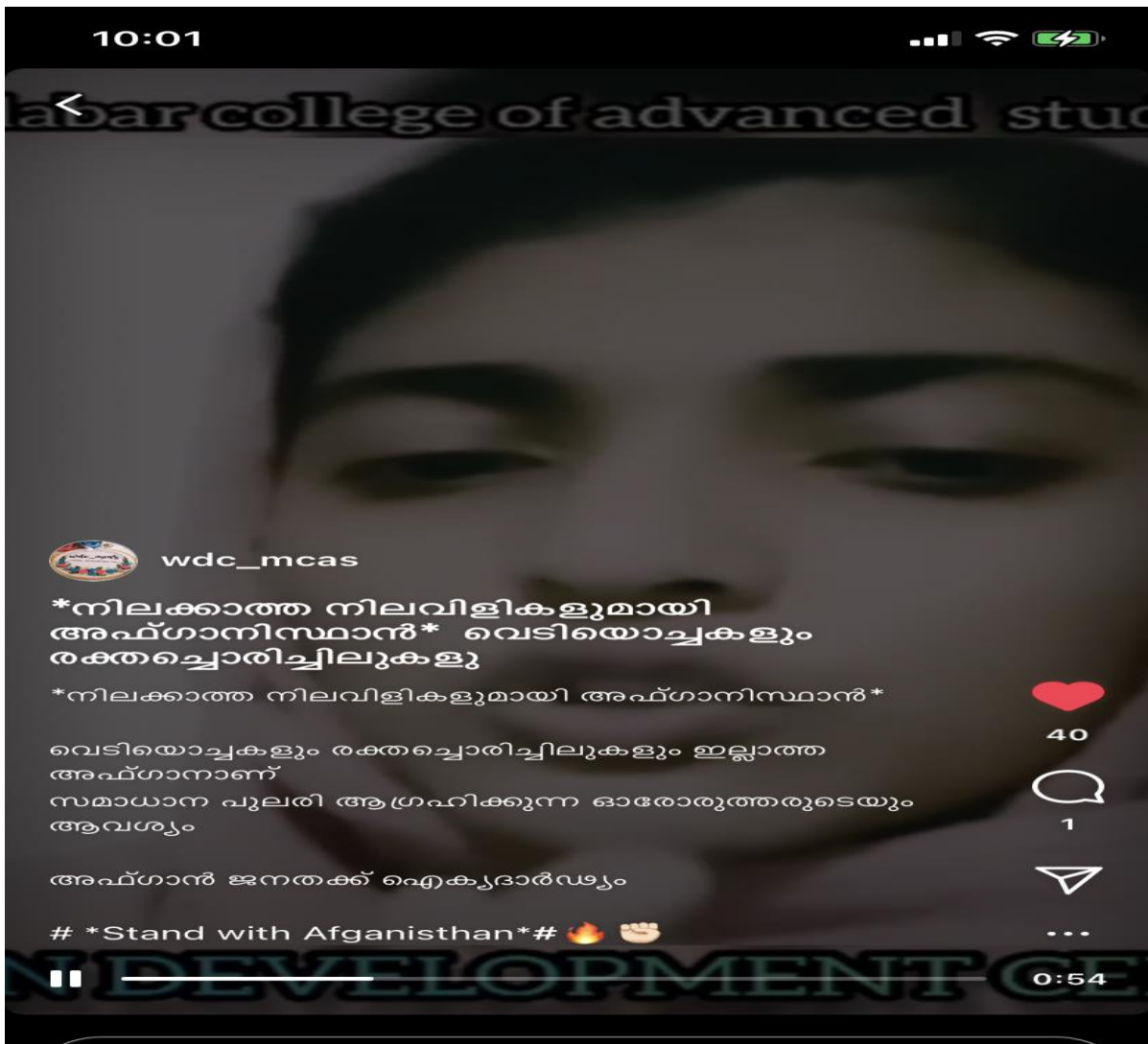
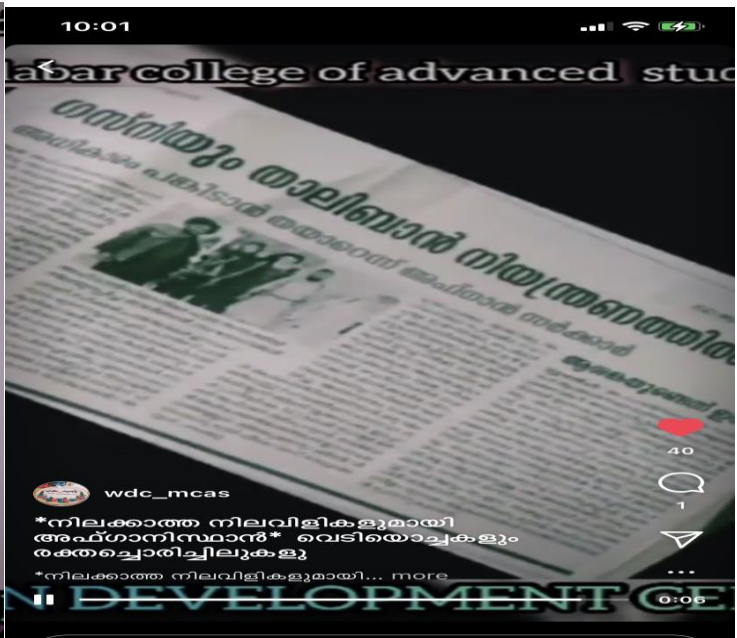

Google Meet

organised by
Women Development Cell in association with Kerala state Women's Development Corporation



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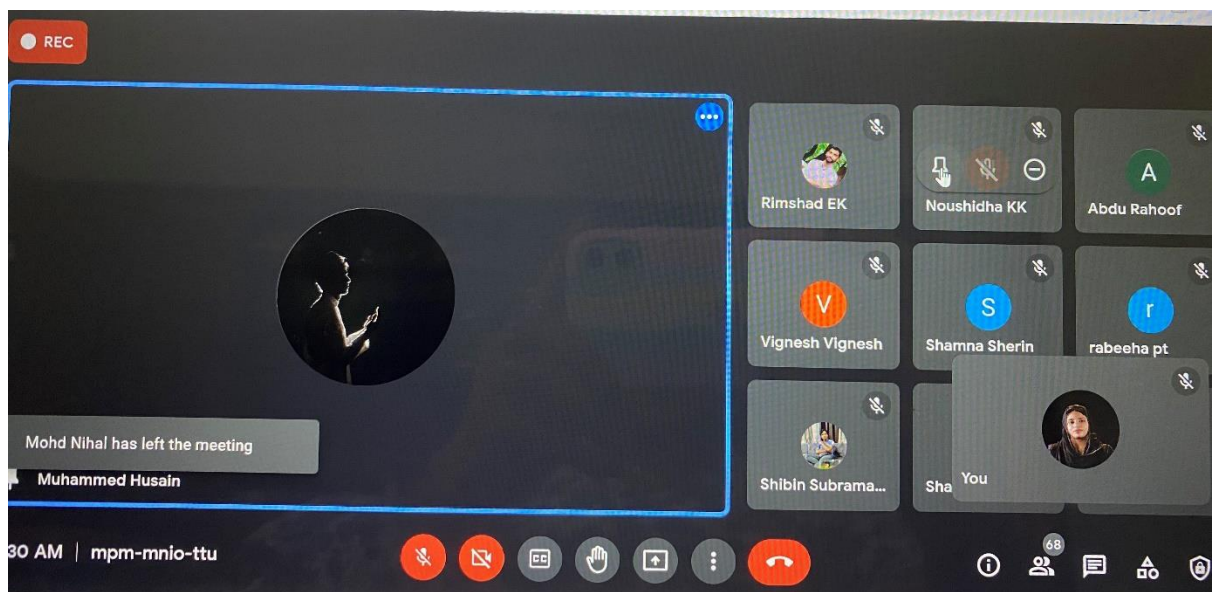
9. AUGUST-28 A DEBATE ON GENDER AS A SOCIAL CONSTRUCT

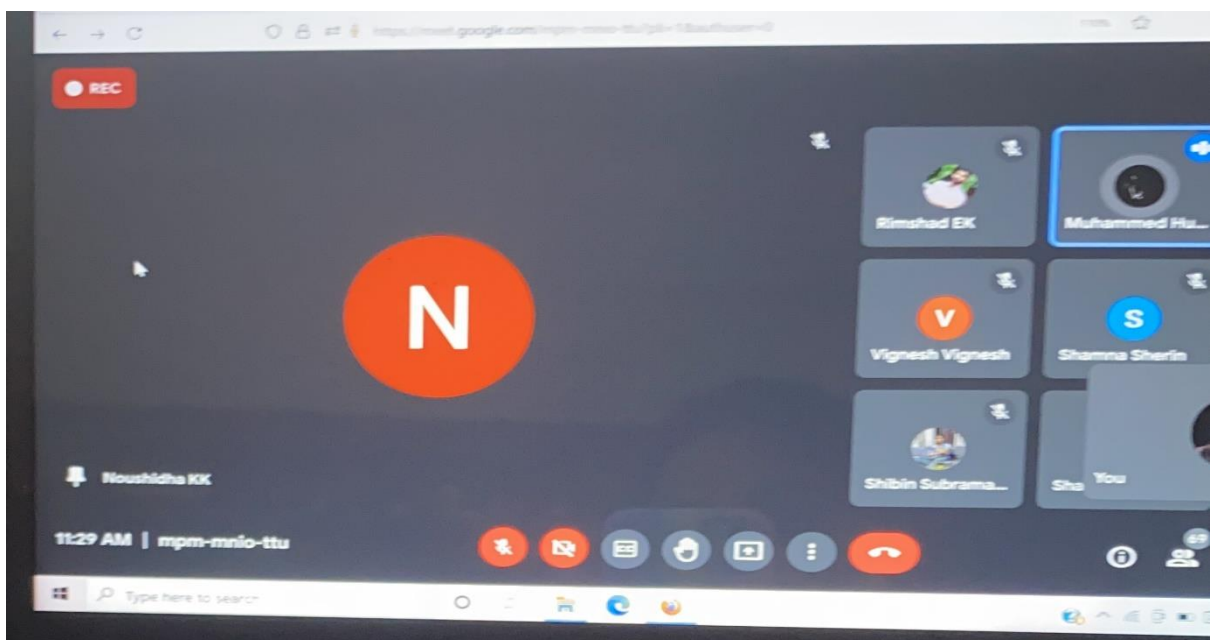
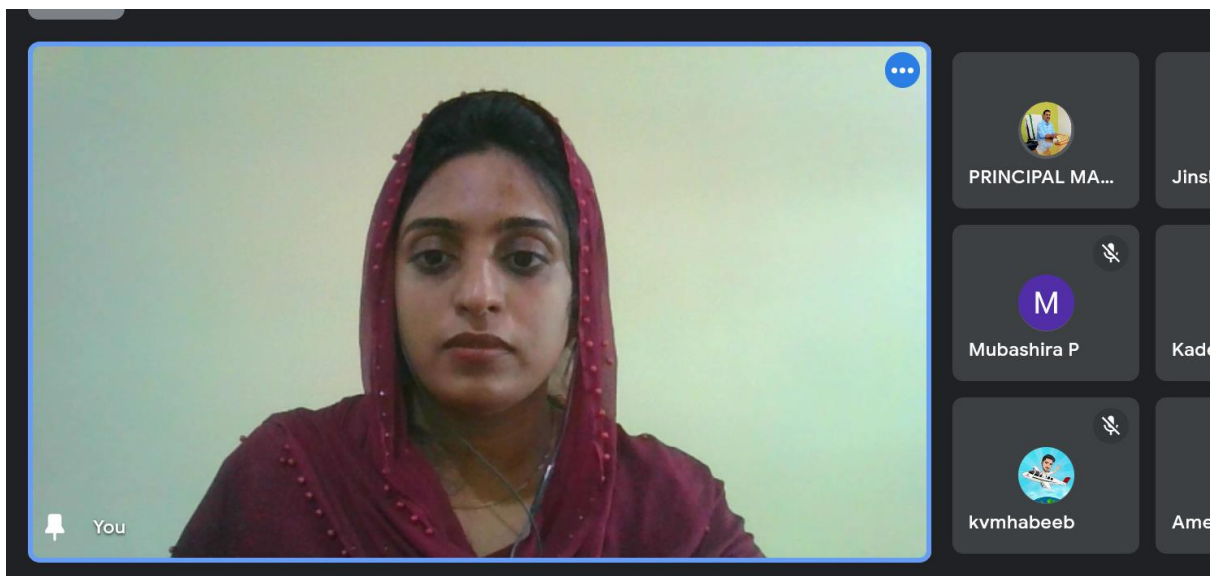
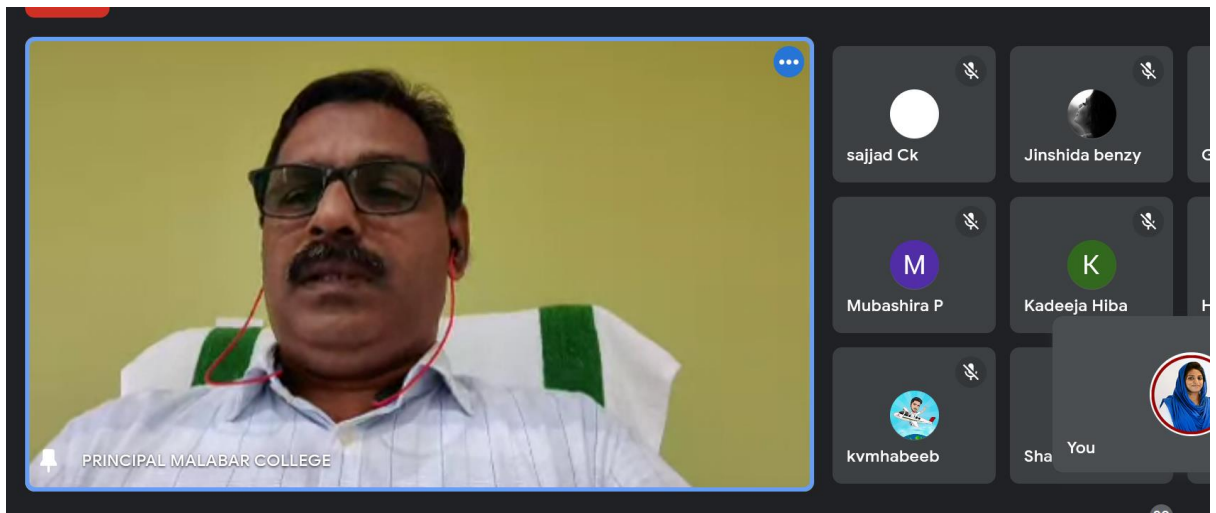
On August 28, WDC conducted an online debate on the topic “Gender as a Social Construct”. A total of 68 students participated in the debate. Dr. U. Saidalvi (Principal, MCAS) inaugurated the debate. Mrs. Nawal Mohammed (WDC Coordinator) welcomed the gathering. The debate was moderated by Ms. Noushida KK (WDC Member). It was a very health exchange of views by students. Students who wished to speak raised their hand in google meet.

The objective of this program was to make the students aware about the women rights and also making them take a step in breaking the stereotypes that is prevalent in the society.



Organised by
Women Development Cell in association with Kerala state Women's Development Corporation





❖ **SEPTEMBER**

10. WORLD COCONUT DAY: KERA KERALAM-THE COCONUT RECIPE COMPETITION

On World Coconut Day, WDC conducted a cooking competition for the students online by using coconut as their main ingredient on 02-09-2021. The students were directed to make a cooking video of a coconut recipe and send it to WDC official mail id. Total of 15 recipe video were received from both male and female students.

The winners of the competition was:

1. Rushna Sherin
2. Majida
3. Salmanul Faris and Farsana

WOMEN DEVELOPMENT CELL
Celebrates

WORLD COCONUT DAY
2nd September 2021

KERA KERALAM 
the coconut recipe competition

CONDITIONS

- The main ingredient of the recipe should be coconut ,tender coconut flesh, coconut milk.
- The recipe should be any dishes and any method of cooking can be used.
- Any kind of editing or effects are not allowed.
- Length of the video is minimum 3 minutes.
- The audio of the cooking video can be of your voice.
- Deadline on sep 7 @10:00 PM

Only Malabarianz can participate in this contest

Send to: 7025598949, 9567922583

 **WDC_MCAS**

WDC teacher coordinator
Nawal Muhammed
9847246151

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KERA KERAMAM

COCONUT RECIPE COMPETITION

1st



Rushna Sherin

B.Com TT
Second Year

2nd



Majida

B.Com CA
Second Year

3rd



Salmanul Faris

B. Com CA
Second Year



Farsana

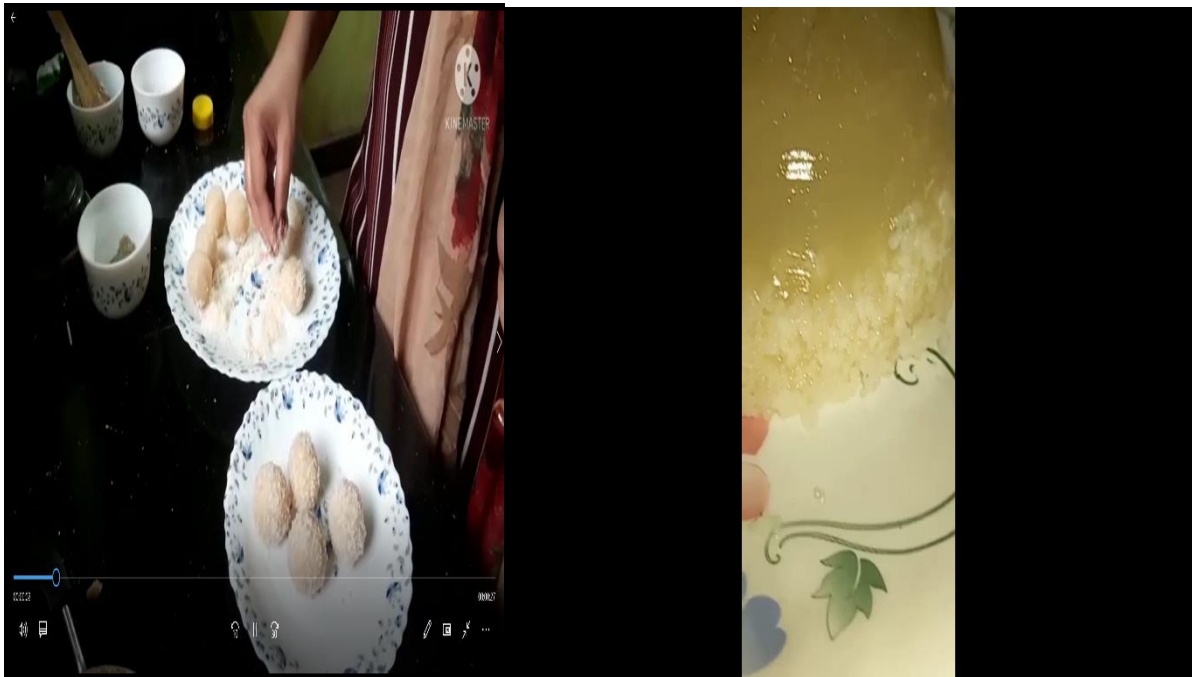
Ba.Economics
Second Year

Women Development Cell



MALABAR COLLEGE
OF ADVANCED STUDIES, VENGARA

WDC



11. TEACHERS DAY CELEBRATION-SEPTEMBER 5

In connection with Teachers Day Celebration, WDC of MCAS conducted two competitions online during these covid-19 situation, one for the teachers and the other for the students.

The students were asked to send a voice message of three minutes regarding their favourite teachers and what makes this teacher the best. More than 20 entries were received from the students and it was broadcasted among the college. The winners of this competition was:

1. Shamiya
2. Ruswana
3. Malavika and Rushna

The second competition conducted as part of teacher's day were a competition for the teachers of the College on the theme "Adyapakan Kada Parayunnu". The teachers were asked to narrate an incident about a student they can never forget by sending a voice clip of three minutes. The teachers shared both the favorable and unfavorable incident faced from the students. The winners of the competition were:

1. Mr. Sabu K Restham (Asst.Professor, Dept. of Commerce)
2. Mrs. Rashida Farsath (Asst.Professor, Dept. of Commerce)
3. Mr. Mohammed Roshif (Asst. Professor, Dept. of Management)

Women development Cell

Beloved Teacher In Student life

1st
Shamiya
Bcom.CA

2nd
Riswana
Bcom TT

3rd
Malavika
Bmmc

3rd
Rushna
BcomTT

Congrats!

WDC

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www.malabarcollegevengara.com | Email: info@malabarcollegevengara.com

women Development cell celebrates

Teachers Day

5 September 2021

Best teacher in your life

നിർദ്ദേശങ്ങൾ:-

- നിങ്ങളുടെ പ്രിയപ്പെട്ട അധ്യാപകനെ അല്ലെങ്കിൽ അധ്യാപികയെ കുറിച്ച് 3മിനുട്ടിൽ കവിയായ ഓൺ വോയ്സ് .
- മലബാർ കോളജിലെ എല്ലാ വിദ്യാർത്ഥികൾക്കും പങ്കെടുക്കാം.
- Sep 7 @10:00 ഉള്ളിൽ താഴെ കൊടുത്ത നമ്പറിൽ അയക്കുക.
9605159128
9747670062

WDC_MCAS



MALABAR COLLEGE
OF ADVANCED STUDIES, VENGARA
(Aided by Govt. of Kerala & Affiliated to the University of Calicut)
Parakkal, O.K. Mull (PO), Malappuram (Dist), Kerala - 676619

September 5
TEACHERS DAY

ഓർമ്മയിലെ ആ വിദ്യാർത്ഥി

അധ്യാപകർ കഥ പറയുന്നു...

നിർദ്ദേശങ്ങൾ:-

- നിങ്ങളുടെ അധ്യാപകർക്കിടയിൽനിന്നു വിദ്യാർത്ഥിക്കാൻ പുറത്തു ആ വിദ്യാർത്ഥിയെ കുറിച്ച് ഒരു അനുഭവം.
- 3 മിനുട്ടിൽ കവിയായ ഓൺ വോയ്സ് അല്ലെങ്കിൽ ഓൺ വോയ്സ്.
- മലബാർ കോളജിലെ എല്ലാ അധ്യാപകർക്കും പങ്കെടുക്കാം.
- Sep 7 @10:00 PM ഉള്ളിൽ താഴെ കൊടുത്ത നമ്പറിൽ അയക്കുക.

8157986315
Lubana

wdc_mcas

Wdc student coordinator
#WDC
#teachersday



Women Development Cell

Memorable student in teaching life

TEACHERS DAY COMPETITION

2nd

1st

3rd



Mrs. Rashida Farsath
(Asst. Professor, Dept. of Commerce (T.T), MCAS)



Mr. Sabu K. Restham
(Asst. Professor, Dept. of Commerce, MCAS)



Mr. Mohammed Roshif U
(Asst. Professor, Dept. of Management, MCAS)

Congratulations☆☆☆



MALABAR COLLEGE
OF ADVANCED STUDIES, VENGARA **WDC**

12. SEPTEMBER 20-GENDER AWARENESS PROGRAM IN ASSOCIATION WITH DEPARTMENT OF WOMEN AND CHILD DEVELOPMENT, GOVERNMENT OF KERALA

A Gender Awareness Program organized by DEPARTMENT OF WOMEN AND CHILD DEVELOPMENT, GOVERNMENT OF KERALA in association with WDC, Malabar College of Advanced Studies, Vengara, Safi Institute of Advanced Studies, Vazhayoor and Anwarul Islam Arabic College was conducted on 20-09-2021 through Google Meet.

The topics discussed under this webinar were:

- Gender and Relations
- Gender & Law

The resource person was Mr. Libin Thathappilly, Gender Activist and Journalist. Around 50 students attended the webinar.

Mr. Sharafudheen AA (District Women and Child Development Officer) presided over the function. Mrs. Basima T, Women Welfare Officer welcomed the gatherings.



The poster is a green and white graphic with the following text and elements:

- Government of Kerala** (top center)
- Department of Women and Child Development** (top center)
- SAFI** logo (top right)
- Gender Awareness Program** (center, in a green oval)
- in association with** (center)
- SAFI Institute of Advanced Study, Vazhayoor** (center)
- Anwarul Islam Arabic College - Kuniyil** (center)
- &** (center)
- Malabar College of Advanced Studies - vengara** (center)
- കനകം** logo (center, below the college names)
- 20-09-2021** (center, in a green arrow)
- 10:30 AM - 1:30 PM** (center, in a green arrow)
- 34** (center, in a blue circle)
- Topics** (center, in a green arrow)
- Gender & Relations** (center, in a green arrow)
- Gender & Law** (center, in a green arrow)
- Webinar ID : 95367695931** (bottom left)
- Passcode : 880000** (bottom left)
- Resource Person** (bottom right)
- Libin Thathappilly** (bottom right)
- Gender Activist, Journalist** (bottom right)
- District Women and Child Development Office - Malappuram** (bottom)
- Mahila Shakthi Kendra** (bottom)

കാര്യപരിപാടി

Gender Awareness Program-KANAL
in association with
SAFI Institute of Advanced Study, Vazhayoor
Anvarul Islam Arabic College - Kuniyil

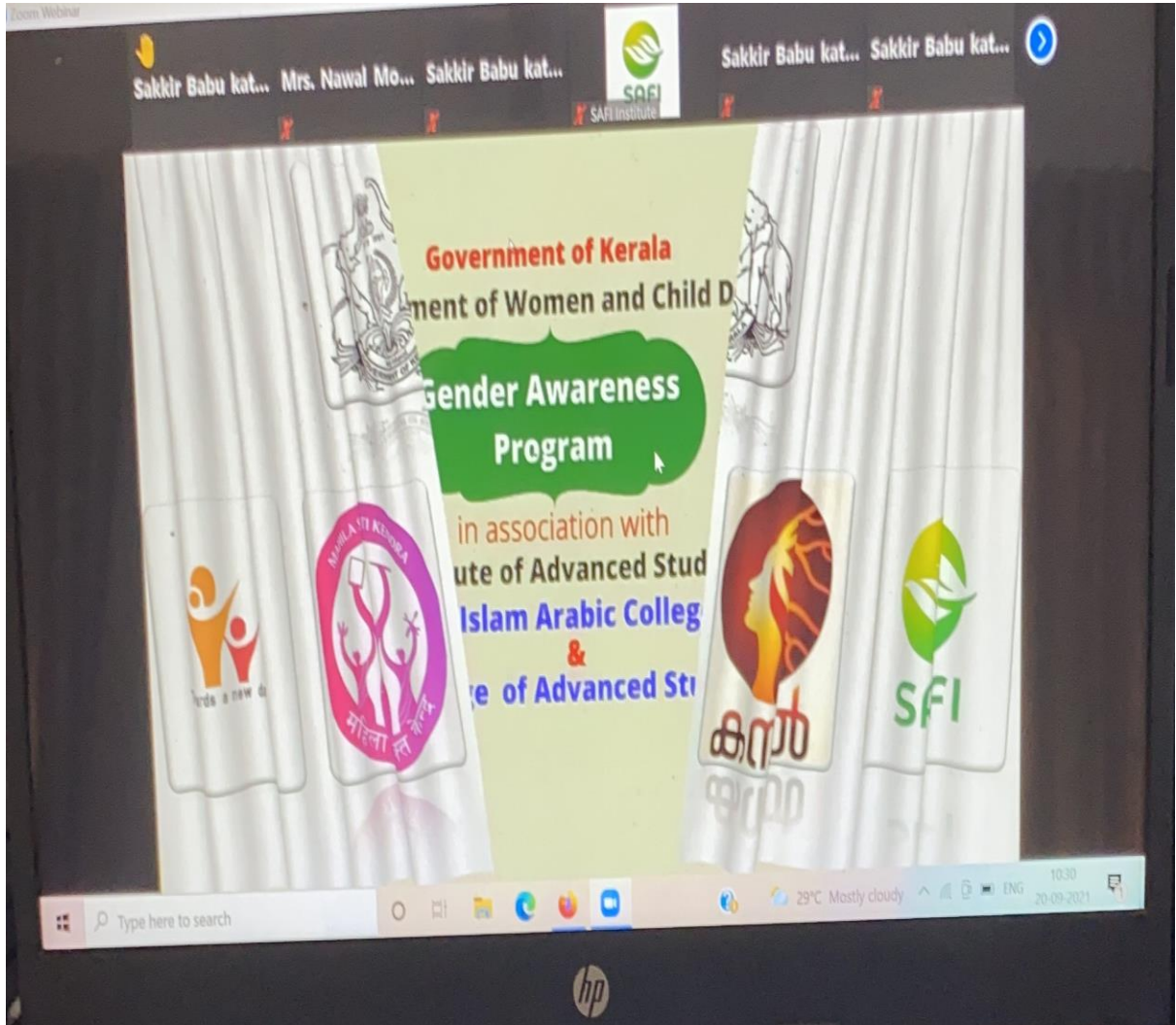
Malabar College of Advanced Studies - Vengara

സമയം : 10:30 AM - 01:30 PM

തീയതി : 20-09-2021

- സ്വാഗതം : ശ്രീമതി. ബാസിമ . കി
വുമൺ വെൽഫെയർ ഓഫീസർ - MSK
- അധ്യക്ഷൻ : ശ്രീ. ഷറഫുദ്ദീൻ . എ .എ
ജില്ലാ വനിത ശിശു വികസന ഓഫീസർ - മലപ്പുറം
- മുഖ്യാതിഥി : ശ്രീ . ഷാക്കീർ ബാബു കാട്ടിപ്പള്ളി
പ്രിൻസിപ്പാൾ
Anvarul Islam Arabic College - Kuniyil
- : Dr . യു . സൈതലവി
പ്രിൻസിപ്പാൾ
Malabar College of Advanced Studies - Vengara
- ആശംസ : Dr. ലബീബ. കെ
കോ-ഓർഡിനേറ്റർ വുമൺ ഡെവലപ്മെന്റ് സെൽ
Anvarul Islam Arabic College - Kuniyil
- : ശ്രീ . അഷ്റഫ് പെരുമ്പള്ളി
പ്രോഗ്രാം ഓഫീസർ , എൻ .എസ് .എസ്
Anvarul Islam Arabic College - Kuniyil
- : ശ്രീമതി . നവൽ മുഹമ്മദ് .പി . കെ
കോ-ഓർഡിനേറ്റർ വുമൺ ഡെവലപ്മെന്റ് സെൽ
Malabar College of Advanced Studies - Vengara
- : ശ്രീ . ഫൈസൽ .കി
പ്രോഗ്രാം ഓഫീസർ , എൻ .എസ് .എസ്
Malabar College of Advanced Studies - Vengara
- വിഷയാവതരണം : ലിബിൻ തത്ത്വജി
ജെൻഡർ ആക്റ്റിവിസ്റ്റ് , ജേണലിസ്റ്റ്
- സംശയ നിവാരണം
- നന്ദി : യമുന . സി
ജില്ലാ കോ-ഓർഡിനേറ്റർ - MSK

District Women & Child Development Office Malappuram
Mahila Shakthi Kendram



13. SEPTEMBER 23 LETZ BAKE: A ONE DAY CAKE MAKING CLASS

WDC in collaboration with ED Club started a Skill Carnival. Let's Bake was the first skill development class provided to the students of the College. The class was conducted on 23-09-2021 at Shining Chef Institute, Tirur. The class was handled by Mrs. Fathima Roobi, Entrepreneur and Baker, Founder of Shining Chef Institute and Okkashi Café Tirur. She is a well-known Baker and an entrepreneur and is a person who had created her own signature in the pastry business.

The students were taught on baking various cakes like black forest, red velvet and white forest. They also baked small muffins and cupcakes of different flavors.

Along with the baking, they were also given a class on material selection, measurement accuracies, baking technique, cream consistencies and pricing techniques. A total of 20 students attended the Cake Making Class.

SKILL CARNIVAL **181 MITERA** **de francoban**

Letz Bake

A One Day Cake Making Class
by
Fathima Roobi

- Material selection
- Measurement accuracies
- Baking technique
- Cream consistencies
- Piping designs
- Practical classes

- Black forest
- Redvelvet
- Choco cup cake
- Fancy cupcake
- Honey fig truffle cake

on
23 sept 2021
Shining Chef Institute, Tirur

WOMEN DEVELOPMENT CELL AND ED CLUB

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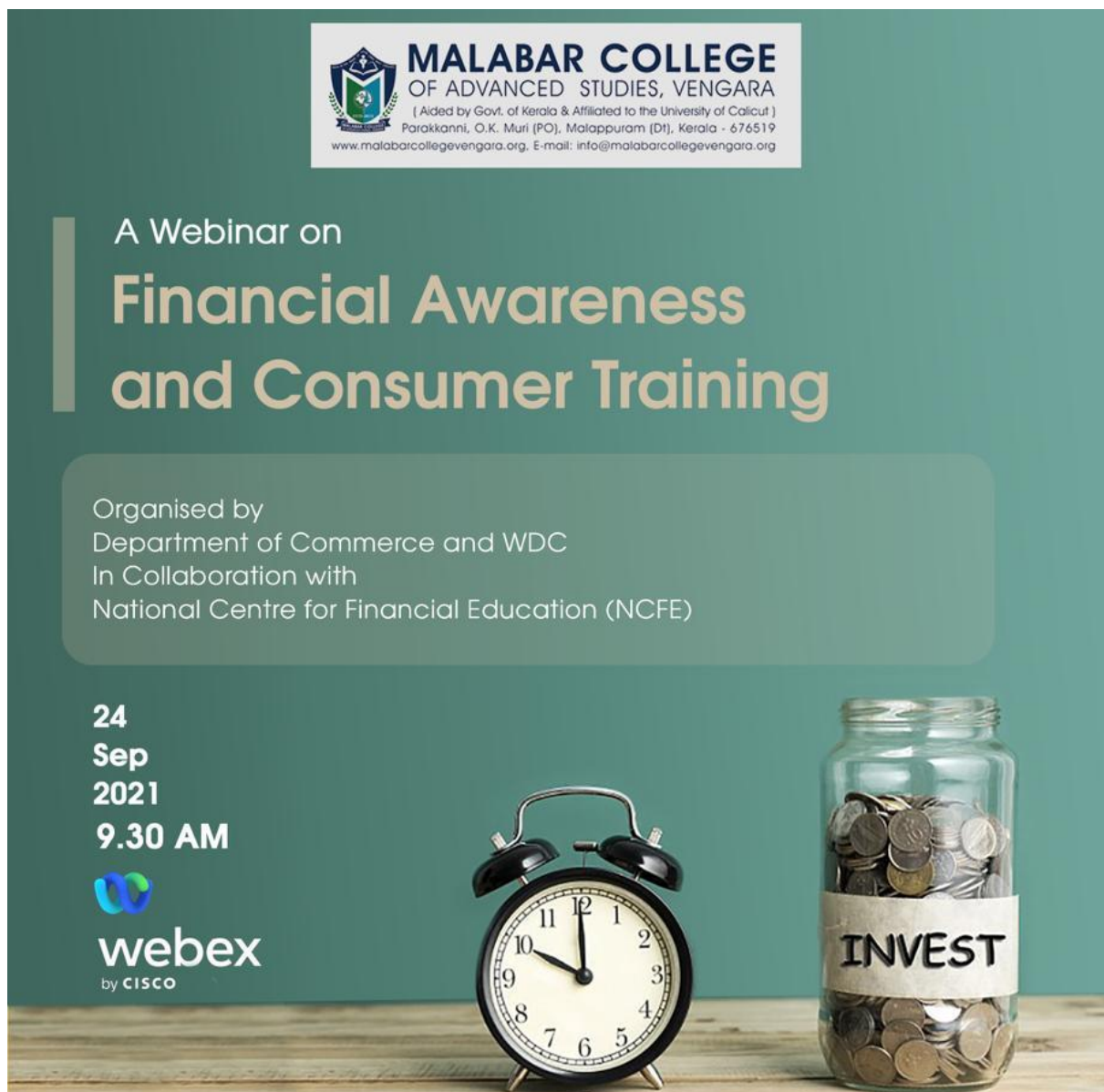




14. SEPTEMBER 24 A WEBINAR ON FINANCIAL AWARENESS AND CONSUMER TRAINING IN COLLABORATION WITH NATIONAL CENTRE FOR FINANCIAL EDUCATION

WDC in collaboration with NATIONAL CENTRE FOR FINANCIAL EDUCATION organized a WEBINAR ON FINANCIAL AWARENESS AND CONSUMER TRAINING on 24-09-2021 through webex platform. Total 106 students participated for this webinar. Mrs. Ratnamallika (SEBI and NCFE Resource Person) handled the session. The program was inaugurated by Dr. U. Saidalvi, College Principal.

The students were given an overall idea regarding the various investment and saving avenues. They were informed about the merits of saving a part of their income at a very early stage of their life.



The poster features a teal background with a white box at the top containing the Malabar College logo and name. Below this, the title 'A Webinar on Financial Awareness and Consumer Training' is written in large, bold, white and yellow text. A central white box lists the organizers: 'Organised by Department of Commerce and WDC In Collaboration with National Centre for Financial Education (NCFE)'. On the left, the date and time '24 Sep 2021 9.30 AM' are displayed above the Webex logo. On the right, there is an image of a black alarm clock and a glass jar filled with coins, with a white label that says 'INVEST'.

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www.malabarcollegevengara.org, E-mail: info@malabarcollegevengara.org

A Webinar on
**Financial Awareness
and Consumer Training**

Organised by
Department of Commerce and WDC
In Collaboration with
National Centre for Financial Education (NCFE)

24
Sep
2021
9.30 AM

webex
by CISCO

INVEST





Cisco Webex Meetings | Meeting Info | Hide Menu Bar ^

File Edit Share View Audio & Video Participant Meeting Help

Viewing ratnamallika, P's app...

How it occurs?

- Phishing emails, lottery and job scams
- Download malware onto computers or smartphones that steals information
- Connect to wireless networks that are insecure
- Take out money from an ATM that has been rigged with a skimming device
- Share passwords with untrustworthy people
- Information stolen from e-commerce and other sites you frequently visit, etc.

ratnamallika, P. (Cohost)

Unmute Start video Share

Participants Chat

Type here to search 29°C Partly sunny 10:14 24-09-2021

Cisco Webex Meetings | Meeting Info | Hide Menu Bar ^

File Edit Share View Audio & Video Participant Meeting Help

Viewing ratnamallika, P's app...

ABOUT US

NCFE is a Section 8 (Not for Profit) Company promoted by RBI, SEBI, IRDA, and PFRDA, under the aegis of the FSDC, to create financial awareness for all sections of the population as per the National Strategy for Financial Education.

Chat

from nawal to everyone: 9:51 AM
audible

from nawal to everyone: 9:52 AM
plz unmute me

from nawal to everyone: 9:52 AM
??

from nawal to everyone: 10:07 AM
not audible

from nawal to everyone: 10:07 AM
is it audible?

To: Everyone

Enter chat message here

Unmute Start video Share

Participants Chat

Type here to search 29°C Partly sunny 10:09 24-09-2021

15. SEPTEMBER 29 A WEBINAR ON GENDER BASED VIOLENCE PREVENTION AND RESPONSE

WDC in collaboration with KSWDC organized a webinar on Gender Based Violence Prevention and Response on 29-09-2021 through Google Meet. Mrs. Girija Pathekkara (Rtd. Higher Secondary Teacher, Poet and Social Worker) handled the session as Resource Person. Dr. U. Saidalvi, College Principal inaugurated the Webinar. Mrs. Nawal Mohammed Presided over the function. Mr. Sabu K Restham, Asst. Professor, Dept. of Commerce felicitated the session.

The main aim of the webinar was to give an awareness and knowledge to the students regarding the various Gender Violence prevailing in our society. Mrs. Girija pathekkara discussed about the various gender roles that is prevalent in the society and asked the students to break free from such bias. She motivated the students to dream bigger and told them to strongly believe that gender should not be a hindrance to their dreams.

A total of 133 students participated in the webinar and interacted well with the resource person.



The poster features a dark background with a large, faint image of a hand. In the center, there is a portrait of Mrs. Girija Pathekkara. The text is white and yellow. Logos for 181 MITRA and a purple circular logo are in the top right. A Google Meet logo is in the bottom right. A grey bar at the bottom contains the text: "Women Development Cell in association with Kerala State Women's Development Corporation".

**A WEBINAR ON
GENDER-BASED VIOLENCE PREVENTION AND RESPONSE**

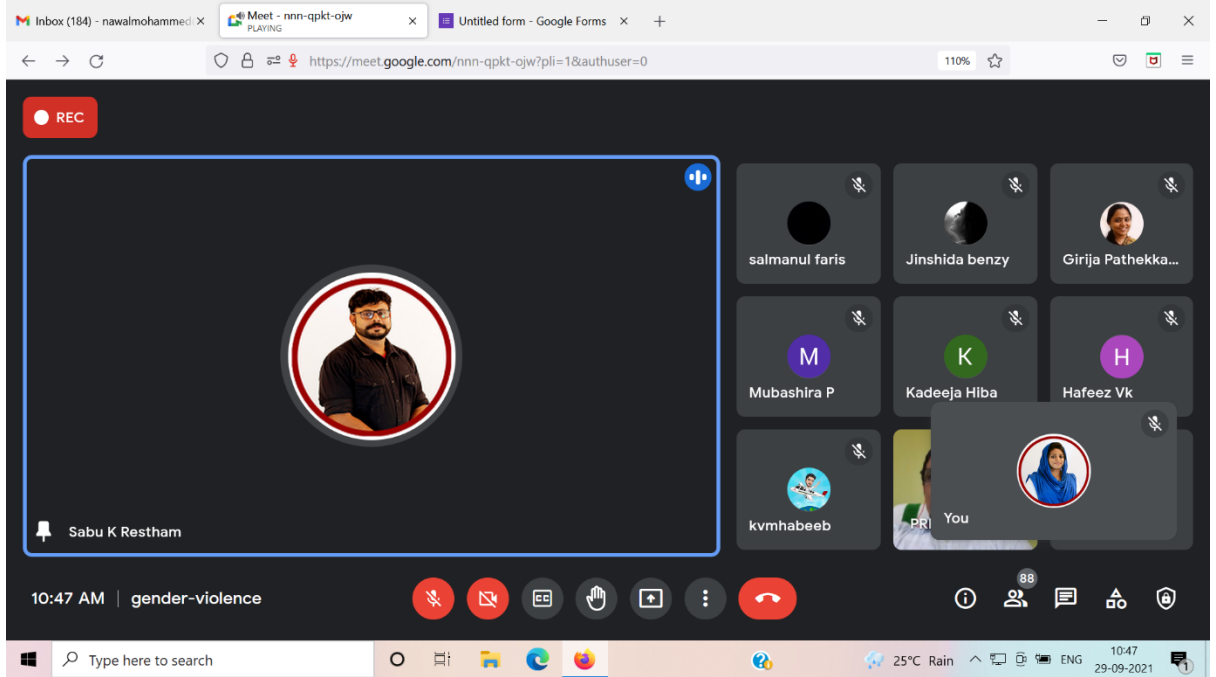
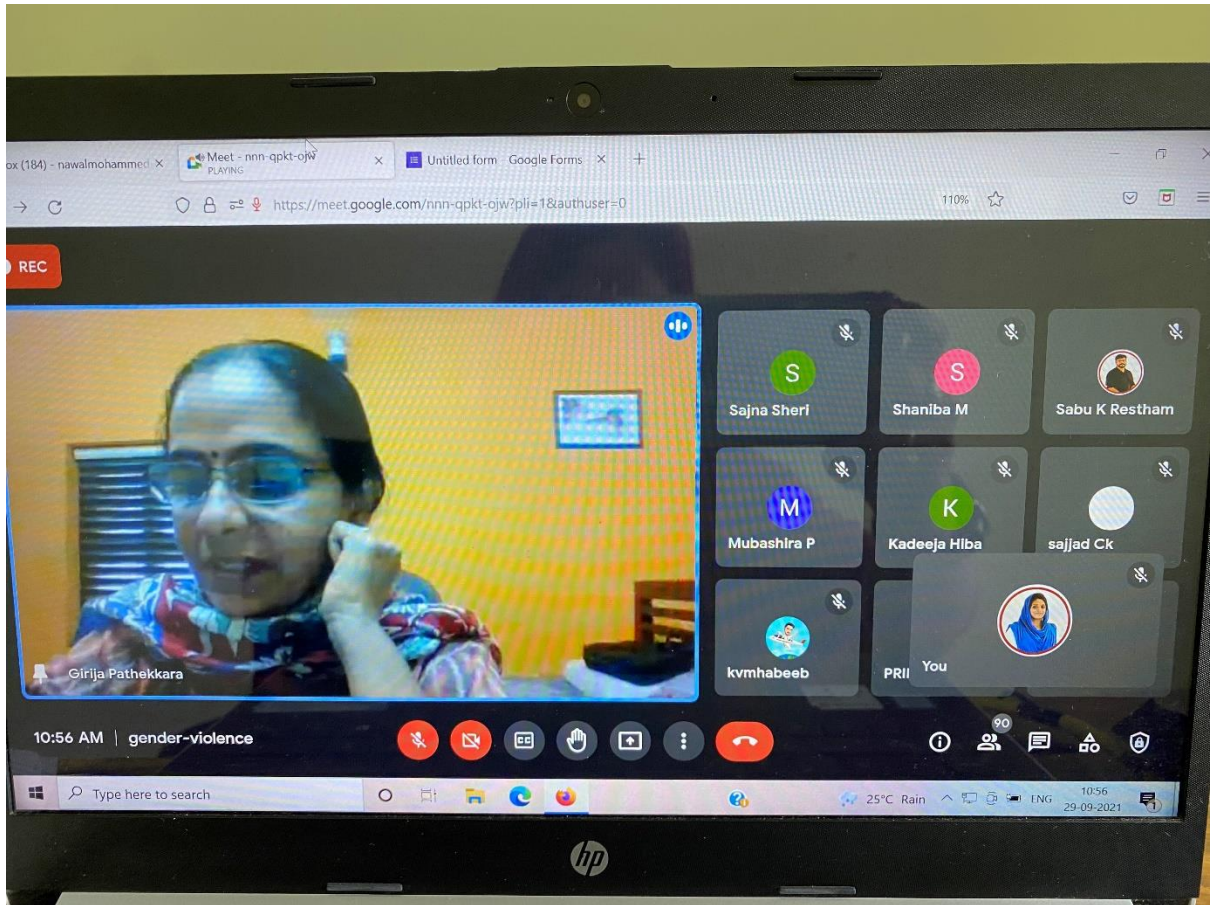
Mrs. Girija Pathekkara
Rtd. Higher Secondary Teacher,
Poet and Social Worker

On 29 Sep 2021 @ 10.30 AM

181 MITRA
KSWDC

Google Meet

Women Development Cell in association with Kerala State Women's Development Corporation



❖ **OCTOBER**

16. OCTOBER 4 A WEBINAR ON CHANGING ROLE AND STATUS OF WOMEN

A WEBINAR ON CHANGING ROLE AND STATUS OF WOMEN was conducted on 4-10-2021 through Google Meet by WDC in collaboration with KSWDC of MCAS Vengara. The Resource Person was Dr. Abida Farooqui, Asst. Professor of English, Govt. Arts and Science College, Kondotty. Dr. U. Saidalvi, College Principal inaugurated the Webinar. Mrs. Nawal Mohammed Presided over the function. Mr. Abdul Bari, asst. Professor, Dept. of English, delivered the felicitation. A total of 113 students attended the webinar and interacted with the resource person.

**A webinar on
Changing Role and Status of Women**

Dr. Abida Farooqui
Asst Professor of English
Govt Arts and Science College Kondotty

On 4 Oct 2021 @ 10.30 AM

Google Meet

Women Development Cell in association with Kerala State Women's Development Corporation



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Browser tabs: Untitled form - Google Forms, A WEBINAR ON CHANGING RO..., Meet - zzm-nadm-wkw PLAYING, Inbox (198) - nawalmohammed

Address bar: <https://meet.google.com/zzm-nadm-wkw?pli=1&authuser=3>

REC

10:39 AM | changingroleofwomen

Fahmida Fahmi has left the meeting
PRINCIPAL MALABAR COLLEGE

Participants: Ashiqa Thasni M, Dr.Abida Faroo..., Majidha Musliyar, Anshida Sherin, Jinsha CP, Najma MP, SAHLA BINSI, 87 others, You

Windows taskbar: Type here to search, 29°C Partly sunny, 10:39 04-10-2021

Browser tabs: Untitled form - Google Forms, A WEBINAR ON CHANGING RO..., Meet - zzm-nadm-wkw PLAYING, Inbox (198) - nawalmohammed

Address bar: <https://meet.google.com/zzm-nadm-wkw?pli=1&authuser=3>

REC Dr.Abida Farooqui is presenting

10:47 AM | changingroleofwomen

Dr.Abida Farooqui

Participants: Anshida Sherin, Ashiqa Thasni M, 21.Akhila Akhila, Abdul Bari C, Thashreef 123, 6. Raseena TP, 85 others, You

Windows taskbar: Type here to search, 29°C Partly sunny, 10:47 04-10-2021

Browser tabs: Untitled form - Google Forms, A WEBINAR ON CHANGING RO..., Meet - zzm-nadm-wkw PLAYING, Inbox (198) - nawalmohammed

Address bar: <https://meet.google.com/zzm-nadm-wkw?pli=1&authuser=3>

REC

10:43 AM | changingroleofwomen

sajjad Ck has left the meeting
Abdul Bari C

Participants: Ashiqa Thasni M, Dr.Abida Faroo..., Majidha Musliyar, Anshida Sherin, 6. Raseena TP, Najma MP, PRINCIPAL M..., 89 others, You

Windows taskbar: Type here to search, 29°C Partly sunny, 10:43 04-10-2021

17. OCTOBER 8 A WORKSHOP ON WOMENS SELF DEFENSE IN COLLABORATION WITH MALAPPURAM DISTRICT POLICE

WDC, Malabar College of Advanced Studies, vengara in collaboration with Malappuram District Police organized A One Day Workshop on Women's Self Defense on 08-10-2021 at College Auditorium.

Mr. Mohammed Haneefa (Circle Inspector, Vengara) inaugurated the workshop. Dr. U. Saidalvi, College Principal presided over the function. The Class was led by Mrs. Valsala, Mrs. Sinimol, Mrs. Geetha, Mrs. Sonia of Kerala Police.

The Students were given a hands on training on defending when they are attacked by strangers. One day exclusive and intensive training was imparted to the students to escape from a sudden attack like rape attempt, chain snatching etc. Various tricks, techniques and methods were practiced in the afternoon session to make them fit for defending enemies. They were also given helpline numbers to call in time of emergencies. Various instances of molesting women were showed to students by using proper examples and ways to escape from different types of attacks were also demonstrated.

The programme was highly appreciated by the students and they requested to offer follow-up sessions so as to reinforce the lessons learned.

Malabar College of Advanced Studies
In Collaboration with Malappuram District Police Organises

A Workshop on Women's Self Defence

Inauguration



Sri. Mohammed Haneefa
Circle Inspector, Vengara



Class led by Women Self Defence Team, Kerala Police



On 8 Oct 2021 @ 9.30 AM at College Auditorium

Women Development Cell in association with Kerala State Women's Development Corporation



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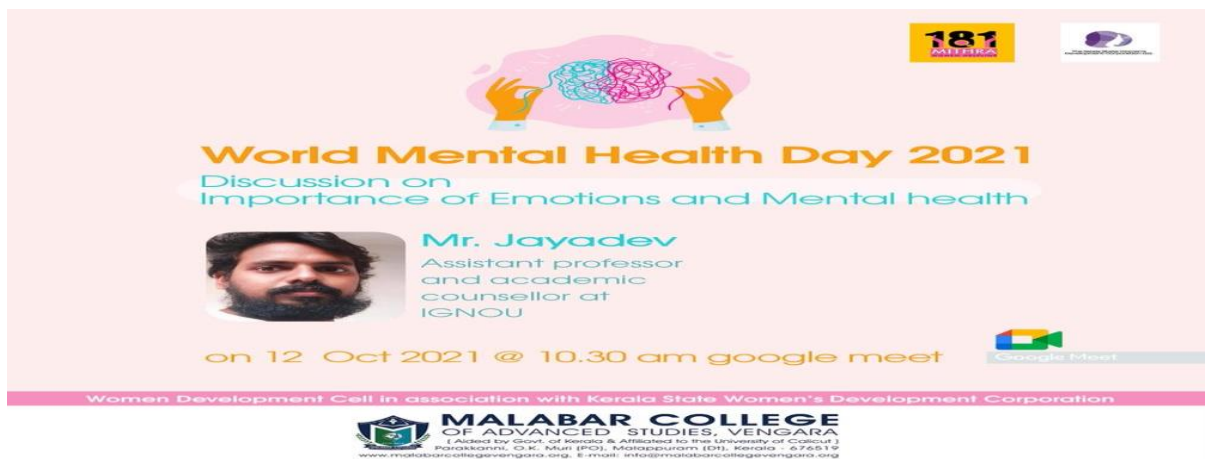




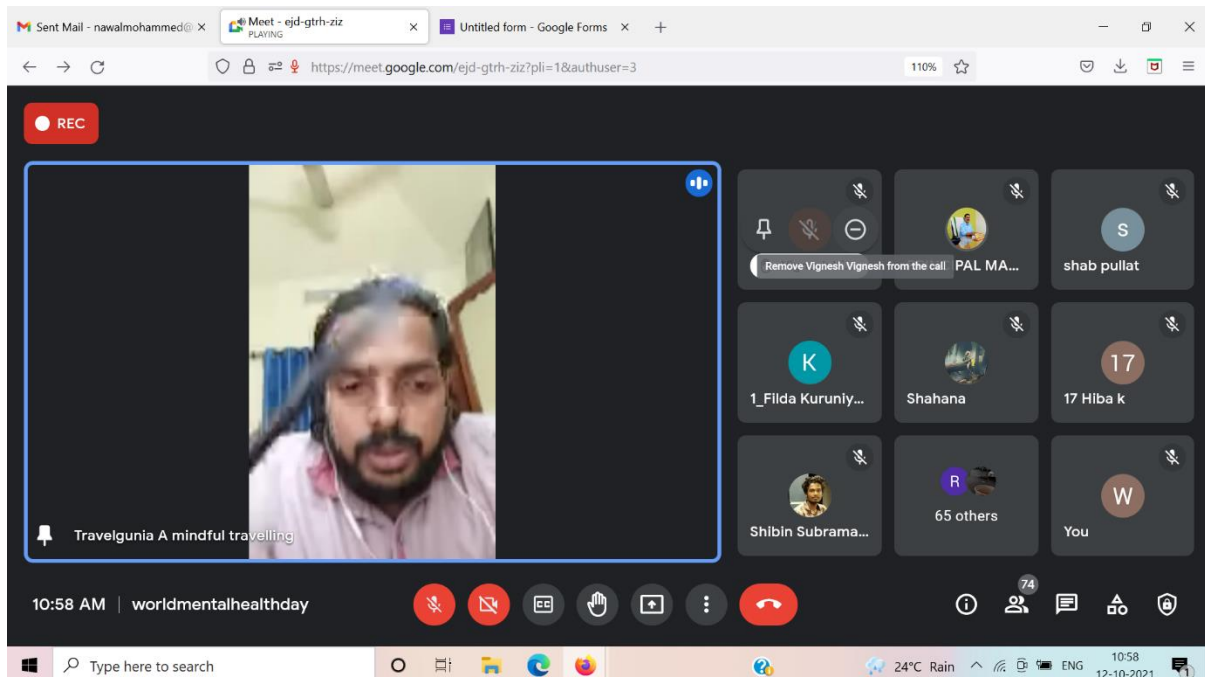
18. OCTOBER 12 WORLD MENTAL HEALTH DAY: A DISCUSSION ON IMPORTANCE OF EMOTIONS AND MENTAL HEALTH

WDC in collaboration with KSWDC conducted an online Discussion on Importance of Emotions and Mental Health on 12-10-2021 as part of World Mental Health Day. The session was handled by Mr. Jayadev, Asst. Professor and Academic Counsellor at IGNOU. 102 students participated in the webinar. He is also a trained counselor and has done many courses related to Psychology and Counseling.

The webinar focused on giving importance to mental health just as much as to physical health. Now a day's students are prone to stress due to variety of reasons. Academic pressure, over involvement in social media, over influence of friends etc create stress in the minds of the students. So, a session was arranged for their benefit to find ways to release stress in an effective way.



The banner features a central illustration of a brain with hands holding it, symbolizing mental health. Text includes: "World Mental Health Day 2021", "Discussion on Importance of Emotions and Mental health", "Mr. Jayadev Assistant professor and academic counsellor at IGNOU", "on 12 Oct 2021 @ 10.30 am google meet", and "Women Development Cell in association with Kerala State Women's Development Corporation". Logos for 181 Africa and IGNOU are present.



The screenshot shows a Google Meet interface. The main video window displays Mr. Jayadev. The bottom control bar shows the time as 10:58 AM and the topic as "worldmentalhealthday". The participant list on the right includes: PAL MA..., shab pullat, 1_Filda Kurunly..., Shahana, 17 Hiba k, Shubin Subrama..., 65 others, and You. The Windows taskbar at the bottom shows the date as 12-10-2021 and the time as 10:58.

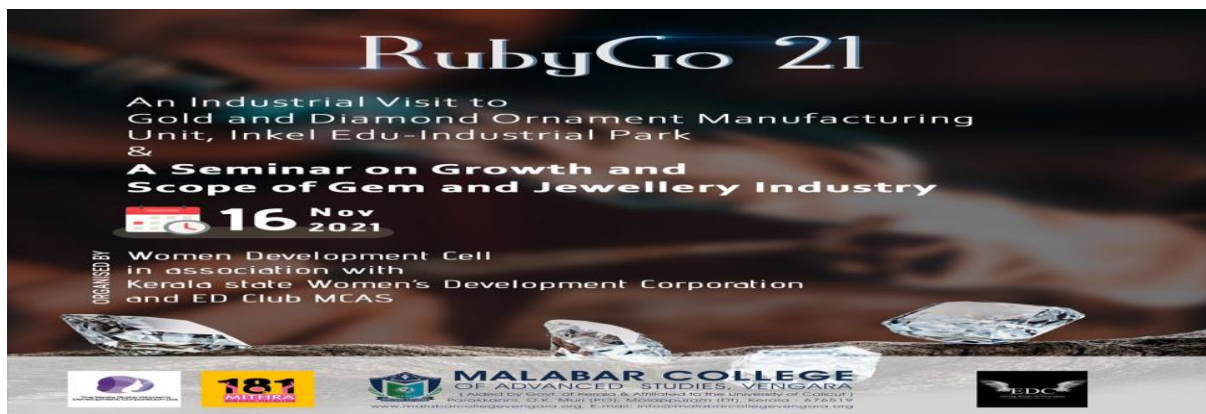
❖ NOVEMBER

19. NOVEMBER 16 AN INDUSTRIAL VISIT TO GOLD AND DIAMOND ORNAMENT MANUFACTURING UNIT, INKEL EDU-INDUSTRIAL PARK AND A SEMINAR ON GROWTH AND SCOPE OF GEM AND JEWELLERY INDUSTRY

WDC in collaboration with KSWDC organized An Industrial Visit to Gold and Diamond Ornament Manufacturing Unit, Inkel Edu-Industrial Park and A Seminar on Growth and Scope of Gem And Jewellery Industry on 16-11-2021. 45 students and two faculties visited the Inkel Edu Industrial Park.

First a Seminar was given to the students by the faculties and students of the institute of Gems and Jewellery. The students were given a class on the career opportunities in the field of Gem and Diamond Industry. Students were given a tour of the Institute Premises and various stages of designing a Jewellery was explained to them. Every student of our College designed a Jewellery each at the end of the session.

The students were then taken to Gold and Diamond Manufacturing Unit where they were able to witness the manufacturing process of Gem and ornaments.



JEWELLERY DESIGNING



20. NOVEMBER 22 INAUGURATION OF SKILL CARNIVAL

WDC in collaboration with KSWDC and ED Club has decided to start a series known as Skill Carnival. The aim of this series to train, teach and impart various types of skills to the students of the College in such a manner that they can convert these skills into entrepreneurship and earn income.

The first series was a Cake Baking Session which have already been done. The other skills to be trained include embroidery workshop, acrylic painting workshop, sewing classes, organic henna production, calligraphy sessions, mask stitching and designing and soft toy making workshops.

The Skill Carnival Series were Inaugurated on 22-11-2021 at College Auditorium by Mrs. Sameera Pulikkal, Member Vengara Division, Malappuram district Panchayath. She motivated the students to start up innovative enterprises and also discussed about various schemes and loans offered by DIC and other government agencies, schemes available for women entrepreneurs, the services offered by DIC like project assistance before and after setting up a business unit etc. The session was a state-of-the-art experience for the audience.

MALABAR COLLEGE
OF ADVANCED STUDIES, VENGARA

SKILL CARNIVAL

Chief Guest



Sameera Pulikkal
Member, Vengara
Division, Malappuram
District Panchayath

**Inauguration
of Skill Carnival**

22 Nov
2021

10 AM
@ college auditorium

Organised by Women Development Cell in association with
Kerala state Women's Development Corporation and ED Club



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SKILL CARNIVAL 2021



WDC&ED

21. NOVEMBER 22 KNOTS OF JOY: ONE DAY WORKSHOP ON HAND EMBROIDERY

Knots of Joy is another skill series under Skill Carnival. In this Workshop the students are taught about the different embroidery techniques like French knots, back stitch, straight stitch, cross stitch etc. different types of flowers and leaves were taught where they can apply it on loops, dresses or masks.

The resource person for the workshop was Ms. Rifa Thari, founder, Tharis Art Gram. It is a proud moment for us as she is also a student of our college studying Bsc. Psychology. She is an entrepreneur and is selling designed masks, loops and Gifts. She motivated her friends to come forward and utilize their skills to maximum and market on it. A total of 25 students participated in this workshop.

SKILL CARNIVAL

Knots of Joy!!

ONE DAY WORKSHOP ON HAND EMBROIDERY

Rifa Fathima Thari
founder, thariz_art_gram
and 2nd year Bsc Psychology Student

22 Nov 2021 @ College Auditorium

wdc_mcas
thariz_art_gram

Organised by
Women Development Cell
In association with
Kerala state Women's Development Corporation
and ED Club MCAS

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OF ADVANCED STUDIES, VENGARA
(Aided by Govt. of Kerala & Affiliated to the University of Calicut)
Parakkam, Ch. Muz. (PO), Malappuram (Dist), Kerala - 676319
www.malabarcollegevengara.org. E-mail: info@malabarcollegevengara.org





WDC

KNOTS OF JOY!!!



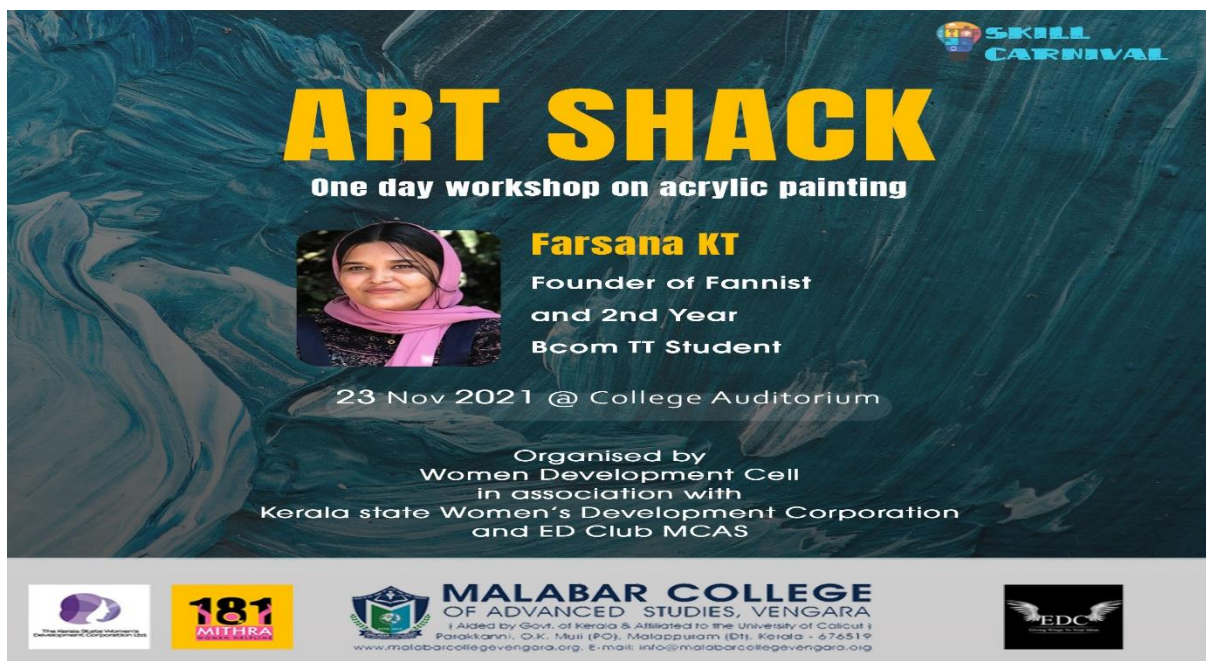
ED CLUB



22. NOVEMBER 23 ART SHACK: ONE DAY WORKSHOP ON ACRYLIC PAINTING

Art Shack is another series coming under Skill Carnival. It is a one-day workshop on Acrylic Painting. The resource person for this workshop is Ms. Farsana KT, Founder of Fannist. Fannist is an Instagram page having more than 5000 followers. Farsana started this with her passion towards art. She is an artist and is selling her works all over the world through her insta page. She is a true inspiration to many and a role model to all budding artist. She oomph with confidence and that confidence made this workshop an effective one. 22 students both girls and boys participated in this workshop.

The workshop focused on teaching basics of art, painting, mixing colors and using canvas. All the students drew a canvas each and it was later displayed in College notice board.



The poster features a dark blue background with abstract acrylic paint strokes. At the top right is the 'SKILL CARNIVAL' logo. The main title 'ART SHACK' is in large, bold, yellow letters, followed by the subtitle 'One day workshop on acrylic painting' in white. A portrait of Farsana KT is shown, with her name and title 'Farsana KT Founder of Fannist and 2nd Year Bcom TT Student' in yellow and white text. The date and location '23 Nov 2021 @ College Auditorium' are in white. The organizing body is listed as 'Organised by Women Development Cell in association with Kerala state Women's Development Corporation and ED Club MCAS'. At the bottom, logos for '181 MITHRA', 'MALABAR COLLEGE OF ADVANCED STUDIES, VENGARA', and 'EDC' are displayed.







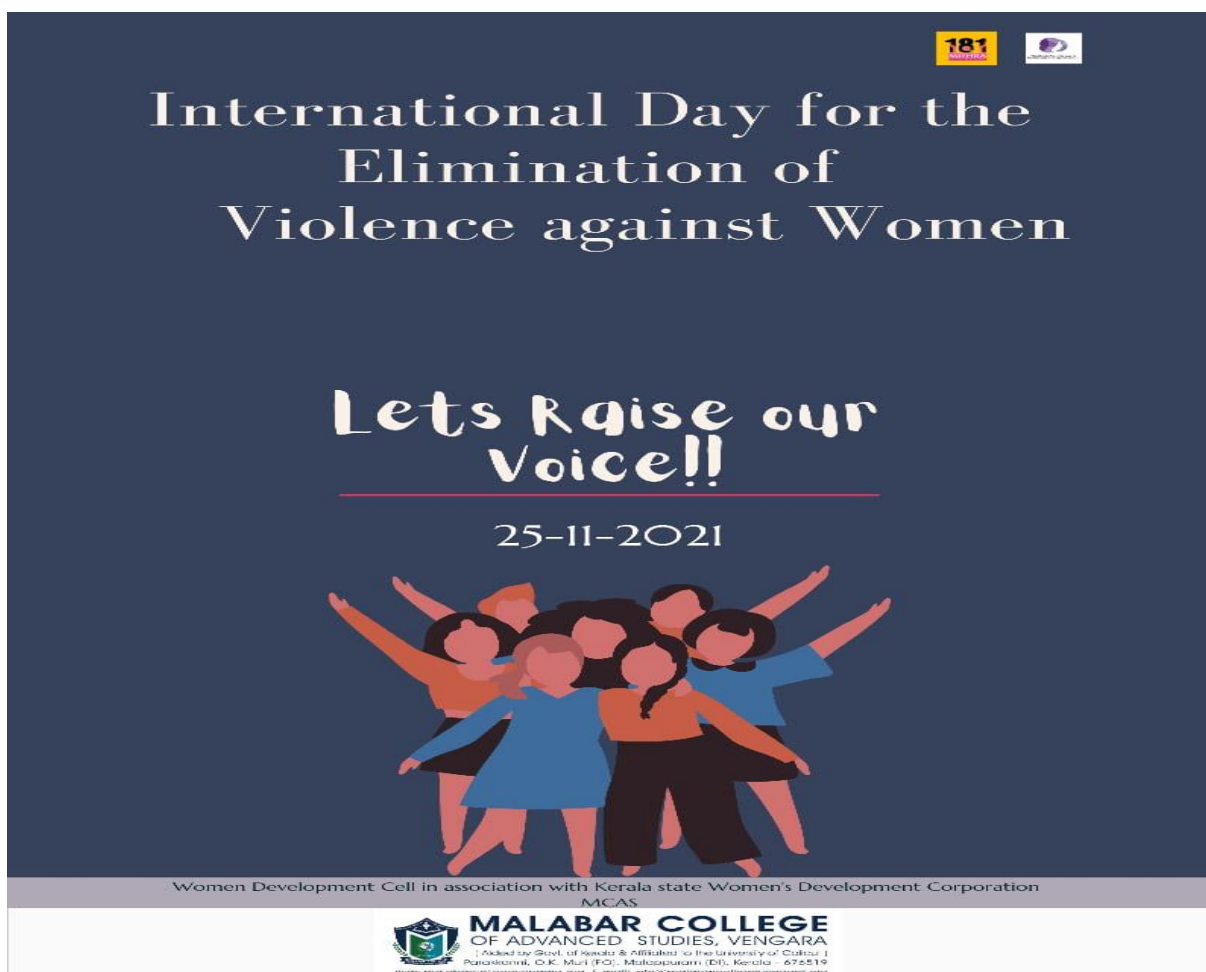
23. NOVEMBER 25 INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN: LETS RAISE OUR VOICE

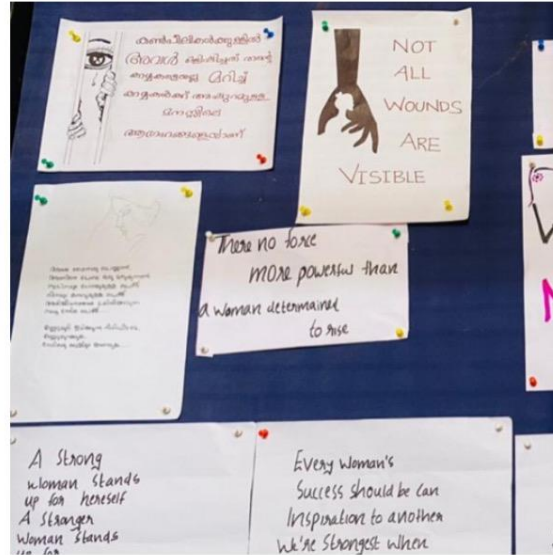
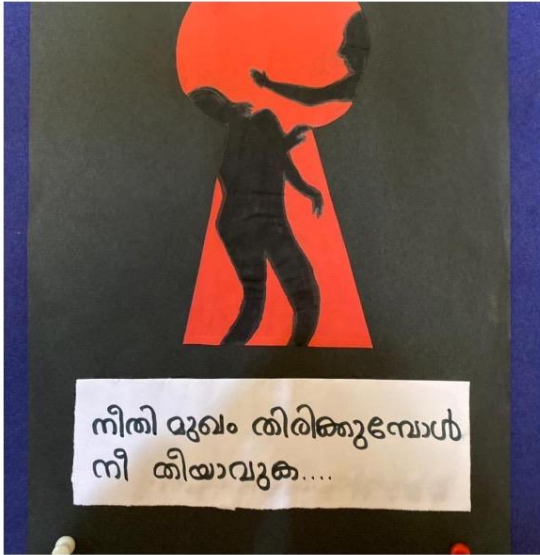
As part of International Day for The Elimination Of Violence Against Women on November 25, WDC in Collaboration with KSWDC organized a poster campaign in the College on the theme “Lets Raise our Voice”.

The campaign was inaugurated by Dr.U. Saidalvi, College Principal by putting a poster on the notice board. It was followed by a eye opening message by the Principal regarding the Violence against Women in our community. He gave a message to the students to raise their voices against any ill treatments towards Women or Child.

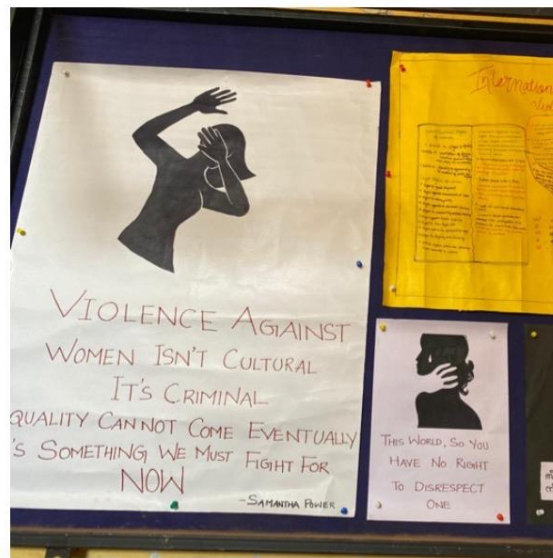
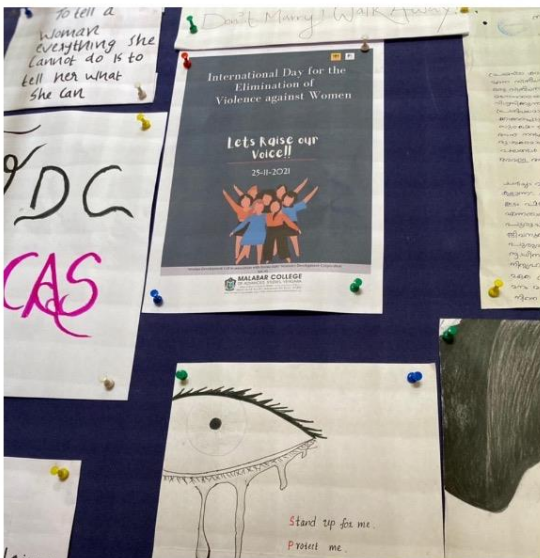
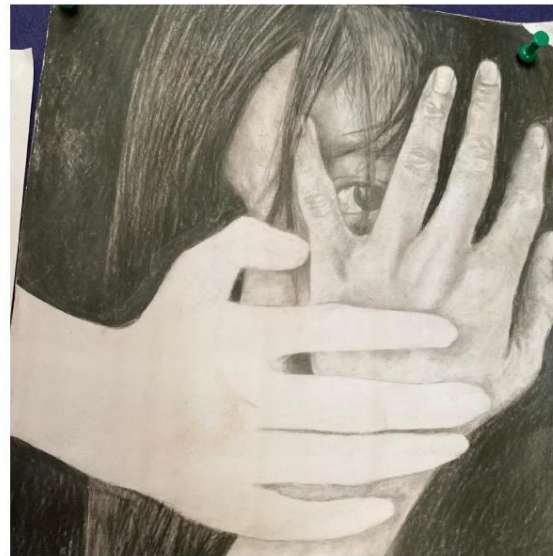
Ms. Malavika of second yesr BA Multimedia delivered the vote of thanks and along with a message to her fellow students to never remain silent to any sought of misbehaviour and violence around us.

Students prepared articles,posters, arts and short poems to create awareness among the students of the college.





LET'S RAISE OUR VOICE!! INTERNATIONAL DAY FOR ELIMINATION OF VIOLENCE





❖ DECEMBER

24. DECEMBER 1 WORLD AIDS DAY

As part of World Aids Day on December 1, WDC and NSS of MCAS Vengara organized a Red Ribbon Campaign and Awareness Program. The program was inaugurated by giving a red ribbon to College Principal Dr. u. Saidalvi. The NSS and WDC members distributed red ribbon to all students and faculties of the College. The Members gave an awareness class in all the department classes regarding Aids, the myths about Aids and inequality shown against Aids people.




01 DECEMBER

WORLD AIDS DAY

**Red Ribbon campaign
Awareness program**

December 01 Wednesday 10:00am @College

 **MALABAR COLLEGE**
OF ADVANCED STUDIES, VENGARA
(Aided by Govt. of Kerala & Affiliated to the University of Calicut)
National Service Scheme Unit No:235

 **NATIONAL SERVICE SCHEME**

 **The Kerala State Women's
Development Corporation Ltd.**



01 DECEMBER

WORLD AIDS DAY



NSS & WDC സംയുക്തമായി സംഘടിപ്പിച്ച Red Ribbon campaign and awareness program

കോളേജ് പ്രിൻസിപ്പൽ ഡോ. യു സൈതലവി സാനിന് റെഡ് റിബൺ എൻഫോഴ്സ്മെന്റ് പ്രോഗ്രാം ഓഫീസർ ഫൈസൽ ടി തൽകുന്തു.



MALABAR COLLEGE OF ADVANCED STUDIES, VENGARA
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National Service Scheme Unit No:235



25. DECEMBER 15 INTERNATIONAL HUMAN RIGHTS DAY: REBUILDING BETTER, FAIRER AND GREENER

As part of International Human Rights Day: Rebuilding Better, Fairer and Greener, WDC conducted two programs. One was an Oath Taking Ceremony and the other a poster and digital poster making competition on the topic “Moving Towards Equality”.

The entire college took the oath as proposed by the UN on this Day. The oath was read through common speaker and the entire students of the college repeated it.

A digital and manual poster making were also conducted as part of this international human rights day. Overall around 38 entries were received and the best ones were selected and awarded.



The poster features a light orange background. At the top left, the text reads "International HUMAN RIGHTS DAY-2021" in a mix of black and brown fonts, followed by "Rebuilding better, fairer and Greener" in brown. To the right is an illustration of a globe with three hands (pink, purple, yellow) reaching up. Below this, a dashed orange box contains the text: "Oath taking ceremony" and "Poster making competition on 'Moving towards Equality'", with "programs" written vertically on the left. Underneath, it says "Participation restricted to MCAS Students". A table lists "Language" as "Eng" and "Mal", and "Deadline" as "15 Dec 2021". At the bottom left, contact information is provided: "Send your Entries to 90617 10294 99610 69805 wdc@malabarcollegevengara.org" with a WhatsApp icon. On the right, three diverse cartoon characters hold a banner that says "INTERNATIONAL Human Rights Day". A blue footer bar contains the text: "Organised by Women Development Cell in association with Kerala state Women's Development Corporation". At the bottom, there are logos for Malabar College of Advanced Studies, Vengara, the Kerala State Women's Development Corporation, and the 181 MITRA logo.

International
HUMAN RIGHTS DAY-2021
Rebuilding better, fairer
and Greener

programs
Oath taking ceremony
Poster making competition on
"Moving towards Equality"

Participation restricted to
MCAS Students

Language	Eng	Deadline	15
	Mal		Dec
			2021

Send your Entries to
90617 10294
99610 69805
wdc@malabarcollegevengara.org

INTERNATIONAL
Human Rights Day

Organised by Women Development Cell in association with
Kerala state Women's Development Corporation

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 **181**
MITRA

WDC-MCAS

OATH TAKING CEREMONY AS PART OF INTERNATIONAL HUMAN RIGHTS DAY - 2021

International
HUMAN RIGHTS DAY-2021
Rebuilding better, fairer
and Greener



Programs
Oath taking ceremony
Poster making competition on
"Moving towards Equality"

Participation restricted to
MCAS Students

Language: Eng, Mal
Deadline: 15 Dec 2021

Send your Entries to
90617 10294
99510 61805
wdc@matabarcollegevengara.org



INTERNATIONAL
Human Rights Day





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International Human Rights Day-2021
Poster Making Competition on

Moving Towards Equality

Congratulations

winners



1st Year BCOM IT



RANIYA KC
1st year
BA Multimedia



Ummu salma
1st Year
Ba English



Risfana farvin
1st Year
Bsc Electronics

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International Human Rights Day-2021
Digital Poster Making Competition on

Moving Towards Equality

Congratulations

winners



Mohammed farhan
1st year
Ba Multimedia



Fathima riya. K
1st year
Bsc Psychology



Dilshad
1st Year
BBA

Organised by
Women Development Cell in association with Kerala state Women's Development Corporation

26. DECEMBER 20 A SESSION ON HOW TO USE MENSTRUAL CUP

A session on how to use menstrual cup was provided at the college seminar hall on 20-12-2021 by Mrs. Amna Faeza (Social worker and Counsellor). The class was arranged to make the students aware about the menstrual cup and also about the advantages of using a menstrual cup. The session aimed to impart knowledge regarding various gynecological problems faced by girls and to break out from the Embarrassment about discussing menstruation, fear of disease, and ignorance about services.

The resource person gave a basic idea about sex education and why the need for sex education. She communicated the problems of using sanitary pads for a longer period and how it may lead to cancer and other serious diseases.

80 students participated in this class and they interacted with the resource person regarding the various adolescent problems they are facing and how to solve them.



A SESSION ON HOW TO USE MENSTRUAL CUP

Ms. Amna Faeza
Social Worker and Counsellor

on
Monday
20 Dec 2021
10.30 am at Seminar Hall

Organised by
Women Development Cell in association
with Kerala state Women's Development Corporation

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WIDEMEN

27. DECEMBER 22 A SEMINAR ON LAWS FOR THE PROTECTION AND RIGHT OF WOMEN AND CHILDREN

A seminar on Laws for the Protection and Right of Women and Children were organized by the WDC in collaboration with KSWDC on 22-12-2021 at College Seminar Hall. Advocate Aysha PP was the resource person for the seminar. She gave an extensive lecture on laws to protect the rights of women and the services offered by KELSA. Her class was very informative and she stole the attention of audience by telling some stories and real-life experiences.

She gave all the important laws that needed to be known to every citizen regarding the protection of women and child.

**A Seminar on
Laws for the Protection
and Right of Women and Children**


Adv. Ayisha PP

**22
Dec 2021
10.30 am at
Seminar Hall**


Organised by
Women Development Cell in association
with Kerala state Women's Development Corporation

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**A Seminar on
Laws for the Protection
and Right of Women and Children**



Adv. Ayisha PP

❖ JANUARY

28. JANUARY 6 FITNESS FIX: A SEMINAR ON WELLNESS AND FITNESS

We organized a seminar on body wellness fitness and exercise session for our student in My Health Fitness Centre Vengara on 06-01-2022.

A total of 30 Students attended the class. First they were given an idea about wellness and eating right, sleeping well and exercising in correct manner. Students were trained to use various instruments to burn calories and body fat. They were taught many exercise tips to maintain the fitness level.

Majority of the students are visiting the gym for the first time and they were motivated to bring fitness and exercise into their daily lives.

The trainer was Mr. fazil Mathra and his wife Mrs. Azra Fazil, a well-known trainer who had many years of professional expertise.



Fitness Fix
A Seminar on Wellness and Fitness

Mr. Fazil Matra
Fitness trainer

Mrs. Azra Fazil
Fitness trainer

06
Jan
2022
2 PM

My Health Fitness Industry
Near Janatha Bazar, Vengara

Organised by
Women Development Cell in association with Kerala state Women's Development Corporation

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WDC MCAS



Fitness Fix
A Seminar on Wellness and Fitness

 
Mr. Fazil Motra Fitness Trainer | **Mrs. Asma Fazil** Fitness Trainer

 06 Jan 2022 2 PM |  My Health Fitness Industry Near Janatha Bazar, Yengara



Organized by
Women Development Cell in association with Kerala State Women's Development Corporation

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OF ADVANCED STUDIES, YENGERA
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Phone: 0494-2332222, 2332223, 2332224, 2332225, 2332226, 2332227, 2332228, 2332229, 2332230, 2332231, 2332232, 2332233, 2332234, 2332235, 2332236, 2332237, 2332238, 2332239, 2332240, 2332241, 2332242, 2332243, 2332244, 2332245, 2332246, 2332247, 2332248, 2332249, 2332250, 2332251, 2332252, 2332253, 2332254, 2332255, 2332256, 2332257, 2332258, 2332259, 2332260, 2332261, 2332262, 2332263, 2332264, 2332265, 2332266, 2332267, 2332268, 2332269, 2332270, 2332271, 2332272, 2332273, 2332274, 2332275, 2332276, 2332277, 2332278, 2332279, 2332280, 2332281, 2332282, 2332283, 2332284, 2332285, 2332286, 2332287, 2332288, 2332289, 2332290, 2332291, 2332292, 2332293, 2332294, 2332295, 2332296, 2332297, 2332298, 2332299, 2332300



WDC MCAS


29. JANUARY 13 A CONFIDENCE BUILDING WORKSHOP: WHAT IF I FALL? WHAT ABOUT IF YOU CAN FLY?

A Confidence Building Workshop was organized by the WDC on 13-01-2022 at college seminar hall on the theme “WHAT IF I FALL? WHAT ABOUT IF YOU CAN FLY?”. The resource person was Mrs. Hafsa Karadan (Director, GEMS Public School, Kooryad).

She discussed about the 10 magic words to inculcate in one’s life to emerge as a confident person.

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What if I fall ?
What about if you can Fly ?
A Confidence Building Workshop


Program on **13 Jan 2021**
at 10 Am in College Auditorium

Mrs.Hafsa Karadan
Director, GEMS PublicSchool, Kooryad

Organised by Women Development Cell in association with Kerala state Women's Development Corporation





MALABAR COLLEGE
OF ADVANCED STUDIES, VENBIDA
UNIVERSITY OF CALICUT, MALABAR DISTRICT, KERALA, INDIA
Phone No: 0496 221 2222, 2223, 2224, 2225, 2226, 2227
www.malabarcollege.ac.in, www.malabarcollege.edu.in

What if I fall ?
What about if you can Fly ?
A Confidence Building Workshop

 **13 Jan 2021**
at 10 Am in College Auditorium

Mrs. Hafsa Karadan
Director, GEMS Public School, Kariyad

Organised by Women Development Cell in association with Kerala State Women's Development Corporation



WDC



MCAS



30. JANUARY 14 VOICE OF THE PEOPLE: PUBLIC OPINION ON RAISING THE MARRIAGE AGE OF WOMEN TO 21

A Public Opinion was collected on the topic Raising the Marriage Age of Women to 21 by WDC and BA Multimedia Department of MCAS. On the basis of the opinion a video was made showing the response of different sections of society on the topic of raising the marriage age to 21. Opinion was collected from the Students, Teachers, Principal, Management Committee, Parents and Locals near the College.

There was favorable and unfavorable response to this topic. Some people strongly believe that raising the marriage age is against the human rights. While others are favoring the situation and is hoping it will have a good effect on women education and career.

A 15-minute video was made on the basis of these opinions and uploaded in the official YouTube channel of the college. Ms. Niha, WDC Coordinator, anchored the program. The Dept. of Multimedia edited the video and uploaded it.

PUBLIC OPINION
ON RAISING THE MARRIAGE AGE OF WOMEN TO 21
14th JAN 2022

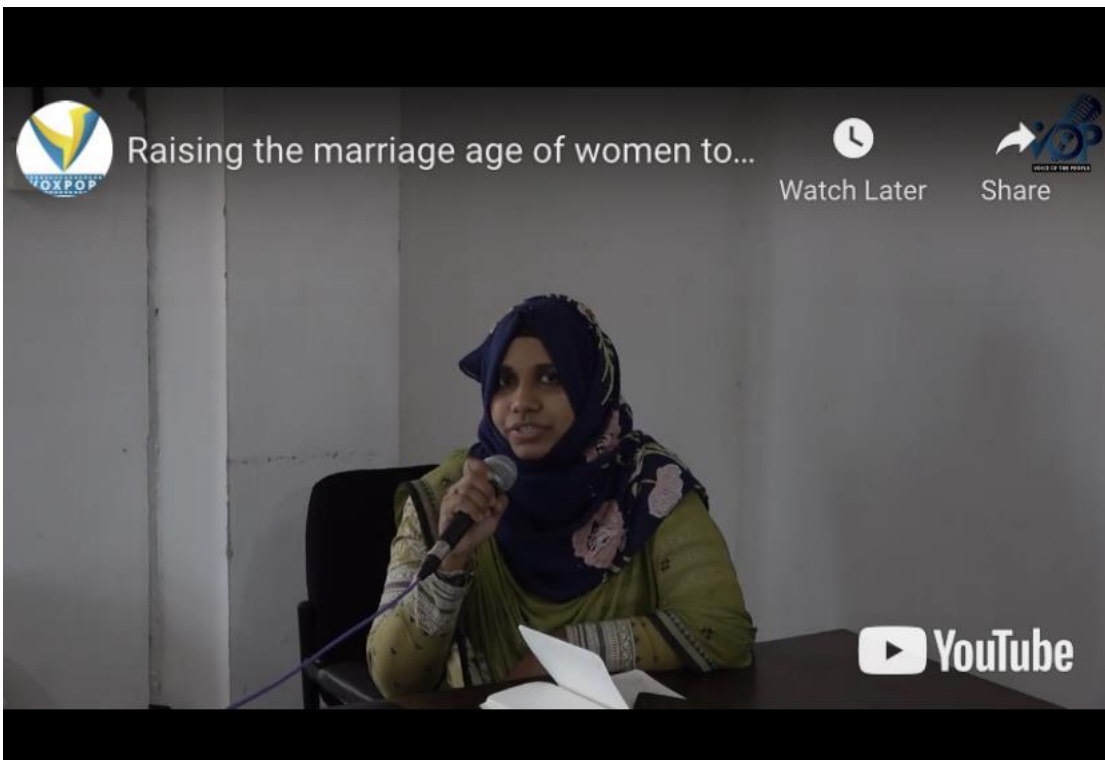
VOICE OF THE PEOPLE

Organised by
Women Development Cell and Department of Multimedia

In association with
Kerala state Women's Development Corporation

MALABAR COLLEGE
OF ADVANCED STUDIES, VENGARA
(Aided by Govt. of Kerala & Affiliated to the University of Calicut)

Logos: Public Opinion @ Malabar College, VOXPOP, 181 MITHRA, The Kerala State Women's Development Corporation Ltd.



31. JANUARY 26 NATIONAL GIRL CHILD DAY 2022: ART CONTEST-LET YOUR ARTS SPEAK

As part of National Girl Child Day WDC in Collaboration with KSWDC organized an Art contest on the theme “Isn't She Precious”. it was a competition for the students where they were asked to submit their art i.e.: Drawing, Sketch, Painting.

The objective of the program is to create awareness among the students regarding the right to live clause for girls in our society.

Total of 12 entries were received each showing so much of thoughts of how precious the girl child is. The best three entries were selected and declared as winners.

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National Girl Child Day 2022

Art Contest

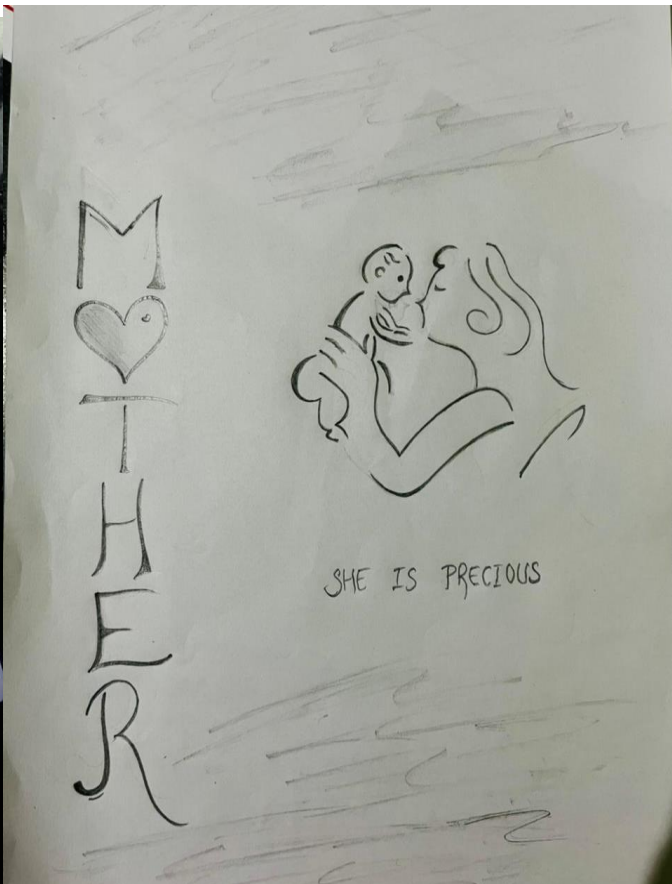
Let your Arts Speak!

Theme: Isn't She Precious!!!

Submit your Art (Drawing/Sketch/Painting) on or before 26 Jan 2022

send your entries to 6238 120 180

Organised by Women Development Cell in association with Kerala state Women's Development Corporation



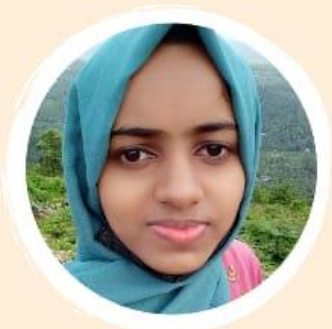


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National Girl Child Day 2022 Art Contest

Winners



2nd
Fathima Fidha
Bba
1st year



1st
Shahma Sayana
B com ca
1st year



3rd
Fathima Nidha
Bba
1st year

Congratulations

Organised by
Women Development Cell in association with Kerala state Women's Development Corporation

32. JANUARY 31 VIRYA: AN INTERACTIVE SESSION WITH PADMA SHRI KV RABIYA

35 Members of WDC got a golden opportunity to meet Padma Shri KV Rabiya at her residence on 31-01-2022. The students gifted her with a small token of love for achieving such a prestigious award and bringing glory to our Malappuram District. In spite of having adverse medical condition, she spent some time with our students talking about her life journey and the difficulties faced by her. She gave so much of inspiration and confidence to the students to move forward in life and grab your passion. She also gifted her autobiography to the students.



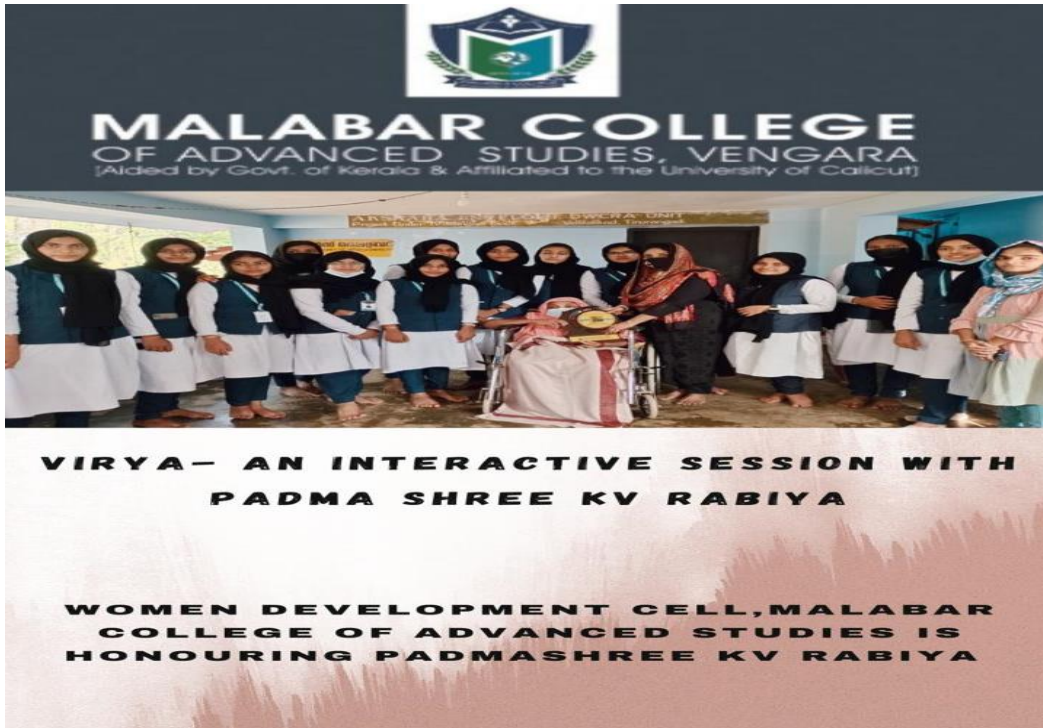
MALABAR COLLEGE
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VIRYA

**An Interactive
Session with
Padma Shri
KV Rabiya
on 31-01-2022**

organised by
Women Development Cell in
association with Kerala state
Women's Development
Corporation





Liked by nawalrisvi and 127 others

wdc_mcas "പ്രാർത്ഥനയിൽ അധിഷ്ഠിതമായ പ്രവർത്തനമാണ് ഞ്ഞു ജീവിത വിജയത്തിന് ആധാരം" വെള്ളിലക്കാട്ടേ വിതിഞ്ഞൊഴുകുന്ന പുഴയുടെ തീരത്തെ വീട്ടിലിരുന്ന് ഞങ്ങളോട് പറയുമ്പോൾ പ്രായാധിക്യത്തിന്റെ ക്ഷീണമെല്ലാം മറന്ന് ആ കണ്ണുകളെ വലയം ചെയ്ത വെള്ളി മിന്നൽ വെളിച്ചം.. വെള്ളിലക്കാട്ടെ റാബിയായ്ക്കു തിരുരങ്ങോടിയുടെ സ്വന്തം റാബിയ ടീച്ചർ ഇന്ത്യയുടെ പത്മശ്രീ കൂടെ സ്വപ്നങ്ങളുടെ ചിറകുകൾ വച്ചുയരാൻ ഞങ്ങൾക്ക് റാബിയായ്ക്കുടെ സ്നേഹ സമ്മാനം

❖ FEBRUARY

33. FEBRUARY 10 MASQUE: FACE MASK SEWING WORKSHOP AND INAUGURATION OF MASK PRODUCTION AND SELLING UNIT

Masque: Face Mask Sewing Workshop is another skill series under Skill Carnival. This workshop is designed in such a manner that the students are able to stitch a mask and do embroidery on it.

The resource person for the workshop was Ms. Rifa Thari, founder, Tharis Art Gram. It is a proud moment for us as she is also a student of our college studying Bsc. Psychology. She is an entrepreneur and is selling designed masks, loops and Gifts. 40 students attended the workshop and created 20 mask each.

Dr. U. Saidalvi, Principal, MCAS inaugurated the Mask Production and Selling Unit in the College on 10-02-2021. The students made around 80 Designer masks, packed it and ready to sell it. The first sale was given to girl students and faculties of the college. Mask was priced from the range of rs.80-120.

Next stage is to market these masks outside colleges and in nearby shops. Students purchased the material, stitched the mask and made beautiful embroidery on the mask making the mask a signature of WDC Members.



Masque
Face Mask Sewing Workshop

Rifa Fathima Thari
Founder of thariz_art_gram
and 2nd Year Bsc Psychology
Student

10 feb 2022 @ College Auditorium

Instagram: wdc_mcas, thariz_art_gram

Organised by
Women Development Cell in association with Kerala state Women's Development Corporation and ED Club MCAS

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EDC



WDC MCAS



Masque
Face Mask Sewing Workshop

 **Rifa Fathima Thari**
Founder of thariz_ari_gram
and 2nd Year Bsc Psychology
Student

10 feb 2022 @ College Auditorium

 wdc_mcas  thariz_ari_gram

Organised by
Women Development Cell in association with Kerala State Women's Development Corporation and ED Club MCAS



MASQUE - FACE MASK SEWING WORKSHOP



34. FEBRUARY 11 KOODE: COMMUNITY VISIT TO SHANTHI BHAVANAM, RANDATHANI

WDC members of MCAS Vengara visited the fondling and home care Shanthi Bhavanam Randathani on 11-02-2022. 25 students and 2 teachers visited the fondling home. WDC members collected rs.8000 from college campus and this money along with some food were handed over to the management of Shanthi Bhavanam.

The students spent some quality time with the inmates there consisting of children from age 2 months to 16 years. Both girls and boys were there. They are children who have passed through different trauma in their life.

Photos with the children were not allowed due to security issues. Students danced, played and sang for those children.





35. FEBRUARY 15 HER STORIES: THE DIFFERENCE SHE MAKES. NATIONAL LEVEL REEL MAKING COMPETITION

WDC in collaboration with KSWDC is conducting a National Level Reel Making Competition on the theme “Her Stories: The Difference She Makes”. The reel should be a video celebrating women’s achievement. It can be a video of amazing women who have inspired them in their own way.

A cash prize of Rs.1000 will be given to the best short video. The last date is extended to 28-02-2022. At present about 4 entries have been received.



MALABAR COLLEGE
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The Kerala State Women's Development Corporation Ltd

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MITHRA
MIDWINTER MEETINGS

Her Stories

#TheDifferenceSheMakes

National Level Reel Making Competition

- Create videos Celebrating Women's Achievement
- Create a video of amazing women who have inspired you in their own way
- The video will be uploaded in our instagram page @wdc_mcas
- Post with maximum likes will get the first prize of Rs.1000

Send Your Entries Before 15 Feb 22
Niha 6238 120 180
WDC Student Coordinator

For more info
Nawal Mohammed 9847246151
WDC Coordinator

Organised by Women Development Cell in association with Kerala state Women's Development Corporation

36. FEBRUARY 12 A WEBINAR ON MENSTRUAL HEALTH AND HYGIENE IN ASSOCIATION WITH GLOBAL HUNT FOUNDATION

WDC in association with Global Hunt Foundation organised a one-day webinar on Menstrual Health and Hygiene on February 12 through google meet. Mrs. Nithya Choudhary, CSR Executive, Unicharm India was the resource person for the webinar.

She discussed about menstrual hygiene and the diseases occurred due to unhygienic situation. It was very interactive session. The students openly cleared many myths related to menstruation and sex. A total of 60 students attended the webinar.

The poster is a vertical rectangular graphic with a light blue background and a dashed blue line on the right side. At the top right, there are three logos: Global Hunt Foundation, The Kerala State Women's Development Corporation Ltd., and 181 MITRA. The main text is in blue, stating 'Women Development Cell in Association with Global Hunt Foundation organises A Webinar on Menstrual Health and Hygiene'. Below this is a portrait of Mrs. Nithya Choudhary, with her name and title 'CSR Executive Unicharm India' underneath. At the bottom left, there is a calendar icon showing '12 Feb 2022 10AM' and the Google Meet logo. At the bottom center, it says 'Organised by Women Development Cell in association with Kerala state Women's Development Corporation'. At the bottom right, there is the Malabar College of Advanced Studies, Vengara logo and name, along with its address and contact information.

Women Development Cell in Association with
Global Hunt Foundation
organises

**A Webinar on
Menstrual Health
and Hygiene**



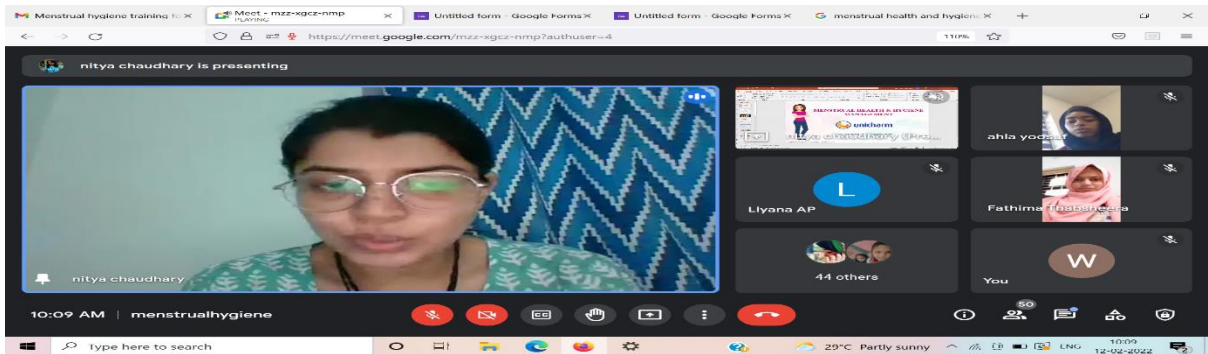
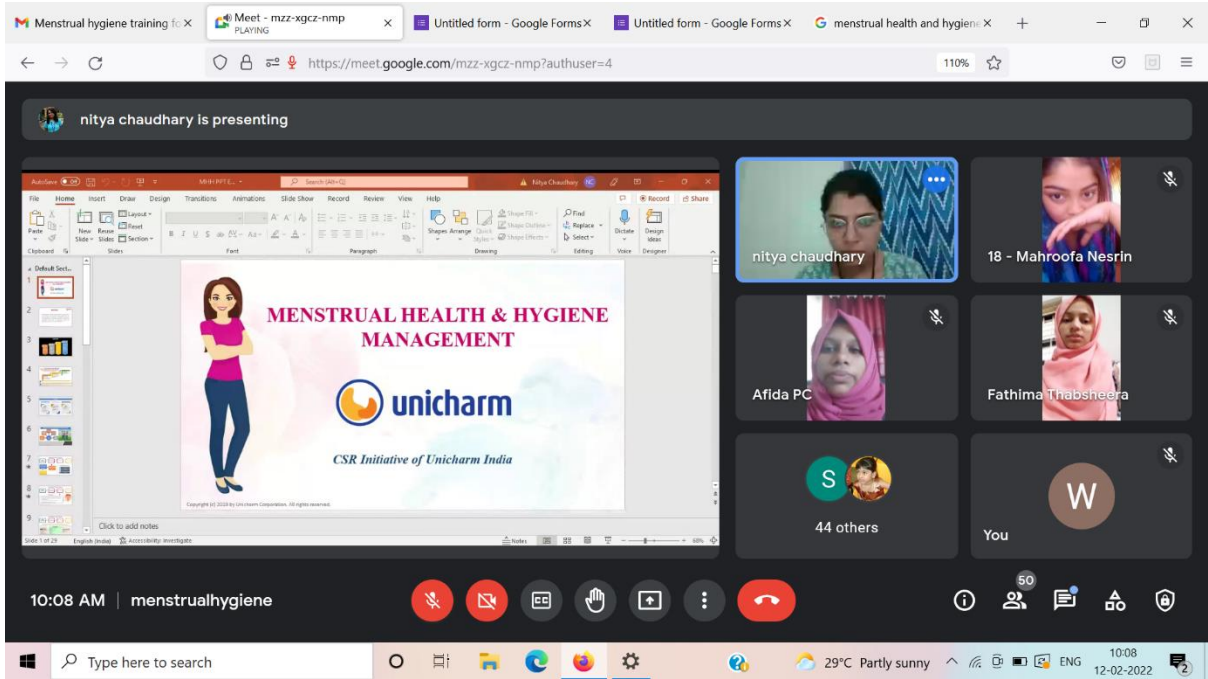
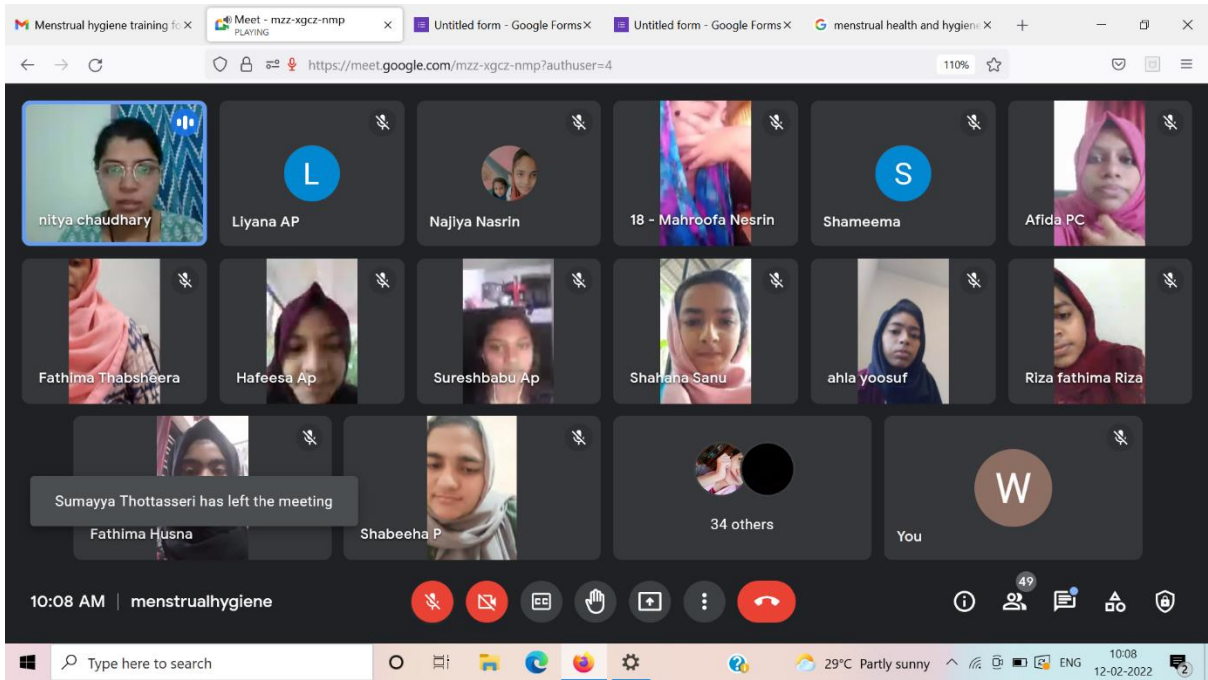
Mrs. Nithya Choudhary
CSR Executive Unicharm India

12
Feb
2022
10AM

Google Meet

Organised by
Women Development Cell in association with Kerala state Women's Development Corporation

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37. FEBRUARY 17 REIZEN THROUGH CAREER: A TALK ON TRAVEL AND TOURISM PATHWAY

WDC in collaboration with Dept. of Travel and tourism conducted a career guidance class on Travel and Tourism in the name “Reizen: A talk on Travel and Tourism” on 17-02-2022. The resource person was Mr. Mohammed Fayis PK (Business Consultant, Tourism and Aviation Training). The talk was inaugurated by DR. U. Saidalvi, College Principal.

The career opportunities in the field of travel and tourism sectors are growing day by day. The opportunities for women in this field is very much need to be highlighted. This talk is arranged with the aim of motivating and creating awareness among the students regarding the career opportunities in the field of travel and tourism sector.

Department of Commerce (Travel and Tourism)
Presents

REIZEN
through Career...

'A Talk on
Travel and Tourism
Pathway'

17th February 2022
09:30 am, Seminar Hall

In Collaboration with
Career & Placement Cell, Women Development Cell

Inauguration

Dr.U.Saidalvi
Principal, MCAS Vengara

Resource Person

Mr.Muhammad Fayis PK
Business Consultant,
Tourism & Aviation Training



Department of Commerce (Travel and Tourism)
Presents

REIZEN
through Career...

'A Talk on
Travel and Tourism
Pathway'

17th February 2022
09:30 am, Seminar Hall

Registration

Dr. U. Saidalvi
Professor, MCA, Dergam

Invited Speaker

Mr. Muhammad Fayis PK
Business Consultant,
Business & Aviation Training

In Collaboration with
Career & Placement Cell, Women Development Cell



 **MALABAR COLLEGE**
OF ADVANCED STUDIES, VENGARA
(Affiliated to Govt. of Kerala & Member of the University of Kerala)

38. FEBRUARY 19 A WEBINAR ON PCOS: SIGNS, REASONS AND MANAGEMENT

A Webinar was organised by WDC on 19-02-2022 on the topic PCOS: Signs, Reasons and Management through google meet. It was a inter college webinar. Many students and faculties from all part of the state participated in the webinar.

The resource person was Mrs. Nasreen Mundekat (Dietitian, Msc. Food and Nutrition and ACE Certified Fitness Instructor). She discussed about the difference between PCOS and PCOD. She clearly explained how to live a healthy life and if diagnosed with PCOS it can be managed by following a healthy Lifestyle.

The poster features a light blue background with abstract shapes. At the top left is the Malabar College logo and name. To the right are logos for the Women's Development Corporation and Mithra. The central text reads 'A WEBINAR ON PCOS : SIGNS, REASONS AND MANAGEMENT.' Below this is a photo of Mrs. Nasreen Mundekat, the date 'Program on 19 Feb 2022', the Google Meet logo, and the time 'Google Meet at 10.30 Am'. At the bottom, it states 'Organised by Women Development Cell in association with Kerala state Women's Development Corporation'.

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MITHRA
WOMEN'S DEVELOPMENT CORPORATION

**A WEBINAR ON
PCOS : SIGNS, REASONS AND MANAGEMENT.**

**Program on 19
Feb
2022**

Nasreen Mundekat
Dietitian
M. Sc Food and Nutrition and ACE
Certified Fitness Instructor

Google Meet at 10.30 Am

Organised by Women Development Cell in association with
Kerala state Women's Development Corporation

Meet - mqe-jgvz-cmy PLAYING

Inbox (4,144) - nawal.risvi@gm... x

Untitled form - Google Forms x

Untitled form - Google Forms x

https://meet.google.com/mqe-jgvz-cmy?pli=1&authuser=4

110%

10:53 AM | pcos

Type here to search

30°C Haze

ENG

10:53 19-02-2022

Meet - mqe-jgvz-cmy PLAYING

Inbox (4,144) - nawal.risvi@gm... x

Untitled form - Google Forms x

Google x

https://meet.google.com/mqe-jgvz-cmy?pli=1&authuser=4

110%

10:39 AM | pcos

Turn off camera (ctrl + e)

Type here to search

29°C Haze

ENG

10:39 19-02-2022

Meet - mqe-jgvz-cmy PLAYING

Inbox (4,144) - nawal.risvi@gm... x

Untitled form - Google Forms x

Untitled form - Google Forms x

https://meet.google.com/mqe-jgvz-cmy?pli=1&authuser=4

110%

10:45 AM | pcos

Niha nanz has left the meeting

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29°C Haze

ENG

10:45 19-02-2022

39. FEBRUARY 24 REVOLUTION 2K22: PEDDLE YOUR WAY AHEAD

Revolution 2k22 is a continuation of the program conducted by WDC in previous Years. Before the Pandemic, WDC in MCAS have started a driving class for girls students in the name Revolution. Around 45 girl students have taken their driving license under this program.

Now WDC in MCAS is introducing Cycles in the College Campus for Girls to ride. The girls are given training in bicycle riding and they can ride the bicycle around the campus at their free will. The main aim of this program is to build confidence among the students and also improving their strength, fitness and stamina.

The inauguration of Revolution 2k22 was done by Ms.Sahala Parappan, k2k Cyclist, Photographer and traveller. She is the girl who travelled solo on a bicycle from Malappuram to Kashmir. There is no other person fit to inaugurate this program.

She interacted with the students and shared her experience during her journey. She motivated the students to dream high and to travel more. She rode the bicycle along with the girl students in the campus.

Revolution 2k22

Peddle Your Way Ahead

...Chief Guest...



Sahla Parappan
K2K Cyclist and Traveller

 **24
Feb
2022
10.00 am**

Organised by
Women Development Cell in association with Kerala state Women's Development Corporation

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REVOLUTION 2K22

Peddle Your Way Ahead



40. FEBRUARY 24 THOOVALSPARSHAM: UNVEILING OF HANDWRITTEN MAGAZINE

Team WDC compiled a Handwritten Magazine which focused on women centric articles. Girls from different classes in our college, contributed short stories, poem and essays to make our magazine, a colourful one.

The official release of the magazine was done by Smt. Roofiya Chola (Ward Member, Kannamangalam Grama Panchayath). Her speech was highly captivating and she discussed many socially relevant issues. She also urged the students to cultivate the habit of reading and writing, which can help them to refine their thoughts and mould them as good individuals.

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MITHRA

Unveiling of
തുവൽ സ്പർഷം
Handwritten Magazine


Smt. Rofiya Chola
Ward Member, Kannamangalam
Grama Panchayat



24 Feb 2022 @ College Seminar Hall
10.30 am

organised by
Women Development Cell in association with Kerala state Women's Development Corporation

Unveiling of

തൂവൽ സ്പർശം

Handwritten Magazine



Organised by
Women Development Cell



ആപ്തംപ്രദം

WDC, MALABAR COLLEGE OF
ADVANCED STUDIES VENGARA