

MES ASMABI COLLEGE, P.VEMBALLUR

Women Development Report 2021-22

International Yoga Day Observation

Date: June 21, 2021

Event Overview: The Women Development Cell of MES Asmabi College organized a special program to observe International Yoga Day on June 21, 2021. The event aimed to promote holistic well-being among the students and faculty. Ms. Dhanya Haridasan, a seasoned yoga instructor, served as the resource person for the program.

The event began with an inaugural session, highlighting the significance of International Yoga Day and its alignment with the principles of physical and mental well-being. Dignitaries and faculty members stressed the importance of yoga in promoting a healthy lifestyle and managing stress. Ms. Dhanya Haridasan conducted an invigorating yoga session, introducing participants to various yoga postures, breathing exercises, and relaxation techniques. The session catered to participants of all fitness levels, ensuring inclusivity and encouraging active participation.

Following the yoga session, an interactive workshop allowed participants to engage with Ms. Dhanya Haridasan, asking questions about the benefits of yoga and how it can be incorporated into their daily lives. Practical tips for integrating short yoga routines into busy schedules were shared, emphasizing the adaptability of yoga for different lifestyles.

The program extended beyond physical aspects, delving into the mental and emotional benefits of yoga. Ms. Dhanya Haridasan discussed mindfulness and its role in managing stress and promoting overall mental well-being. Participants were encouraged to share their feedback on the yoga session and its impact on their physical and mental states.

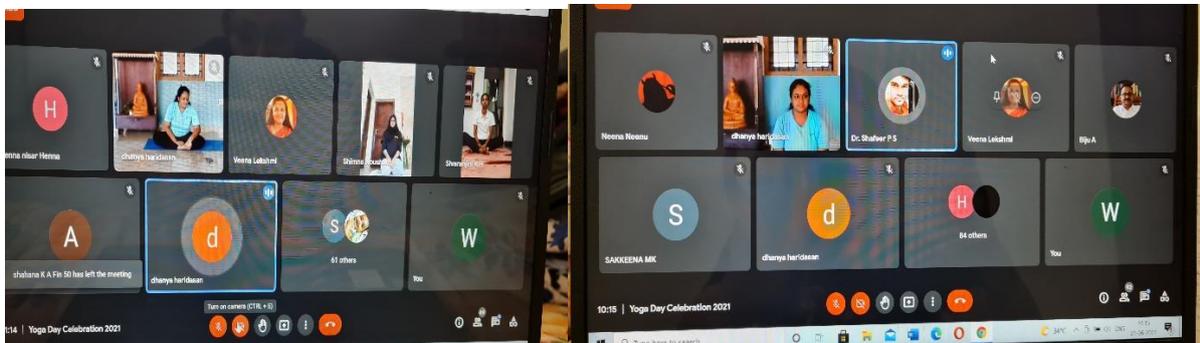
The event concluded with a reflection session where attendees expressed gratitude for the rejuvenating experience and shared their intention to continue practicing yoga.

Resource Person - Dhanya Haridasan: Ms. Dhanya Haridasan, a qualified and experienced yoga instructor, brought a wealth of knowledge and expertise to the program. Her guidance and engaging teaching

style contributed significantly to the success of the event, making it a memorable and enriching experience for all participants.

Conclusion: The International Yoga Day observation organized by the Women Development Cell of MES Asmabi College was a resounding success. The event not only provided valuable insights into the practice of yoga but also empowered participants with practical tools for enhancing their physical and mental well-being.

Future Initiatives: Building on the positive response to this program, the Women Development Cell plans to organize regular wellness sessions, including yoga, to support the holistic development of students and faculty members.



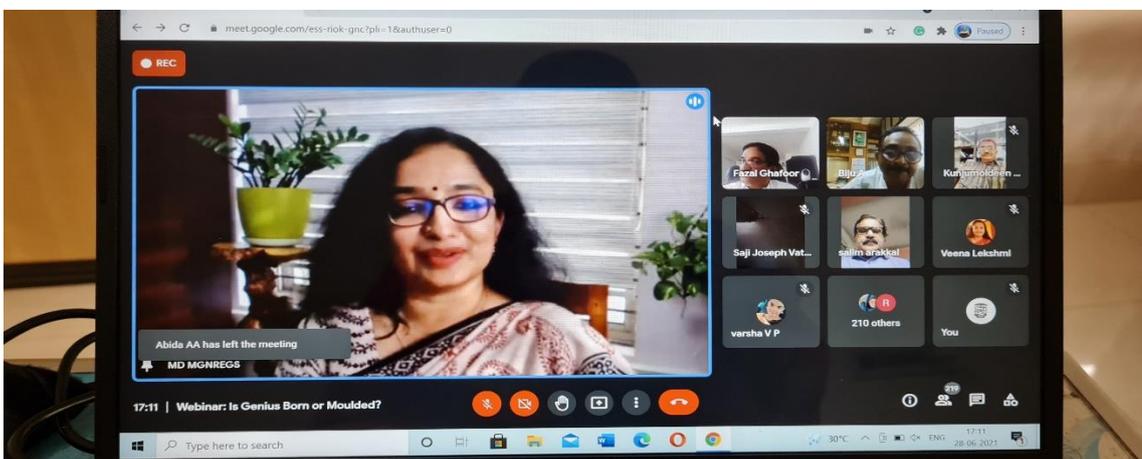
Women Development Cell Report: Motivational Speech on "Is Genius Born or Moulded?"

Date: June 28, 2021

The Women Development Cell of MES Asmabi College organized a motivational speech on the thought-provoking topic "Is Genius Born or moulded?" on June 28, 2021. The distinguished resource person for this enlightening session was Dr. Divys S Iyer, an esteemed Indian Administrative Service (IAS) officer. Dr. Fasal Gafoor, President MES Asmabi college presided over the function.

The event commenced with an inaugural session, setting the tone for the intellectual discourse ahead. The significance of exploring the origins of genius and its implications for personal development were emphasized. Faculty members and students gathered to partake in an insightful exploration of the topic .

Dr. Divys S Iyer delivered a captivating keynote address, drawing on her experiences and expertise as an IAS officer. She explored the question of whether genius is an inherent trait or a result of continuous effort and learning. The speech encouraged critical thinking and sparked meaningful conversations about the role of nature and nurture in shaping an individual's intellectual prowess. Following the keynote address, an interactive session allowed participants to engage with Dr. Divys S Iyer. Students and faculty members had the opportunity to pose questions and share their perspectives on the concept of genius. Dr. Iyer's responses and insights further enriched the discourse, fostering a dynamic and participatory atmosphere. The speech provided motivational insights into the power of resilience, continuous learning, and determination in the pursuit of excellence. Dr. Divys S Iyer shared anecdotes from her own journey, highlighting the importance of hard work and adaptability in overcoming challenges. Participants were encouraged to provide feedback on the motivational speech, sharing their reflections on the topic and the impact of Dr. Iyer's insights. The event concluded with a reflection session where attendees expressed gratitude for the thought-provoking discussion and newfound inspiration.



Self-Défense Training Program

Date: December 17, 2021

The Women Development Cell of MES Asmabi College organized a comprehensive self-defense training program on December 17, 2021. The esteemed resource person for this empowering session was Mrs. Anna, Sub-Inspector of Police. The event began with an inaugural session, underscoring the importance of self-defense education in empowering women and promoting personal safety. Dignitaries, faculty members, and students gathered to kickstart the program with a sense of enthusiasm and determination. Mrs. Anna, with her extensive experience as a Sub-Inspector of Police, led an interactive and practical self-defense workshop. The session covered essential techniques for personal safety, situational awareness, and effective ways to respond to potential threats. Participants were actively involved in hands-on exercises, allowing them to practice and internalize the self-defense strategies demonstrated.

In addition to physical self-defense techniques, Mrs. Anna conducted a session on legal aspects related to self-defense. Participants gained insights into their rights, legal boundaries, and the importance of reporting incidents to law enforcement. An engaging question-and-answer session allowed participants to seek clarification on self-defense techniques, legal aspects, and personal safety concerns. Mrs. Anna's responses provided practical advice and empowered participants with knowledge that extended beyond the workshop. Participants were encouraged to provide feedback on the self-defense training program. The session concluded with a reflection segment, during which attendees shared their experiences, newfound confidence, and appreciation for the valuable skills acquired.

Resource Person - Mrs. Anna, SI of Police: Mrs. Anna, as a Sub-Inspector of Police, brought a wealth of knowledge and practical expertise to the self-defense training program. Her guidance and commitment to empowering women were evident throughout the workshop, making it a valuable learning experience for all participants.

Conclusion: The self-defense training program organized by the Women Development Cell of MES Asmabi College was a resounding success. The event not only equipped participants with practical self-defense skills but also raised awareness about legal aspects related to personal safety.



Women's Day Observation - "Puthiya Kalam Puthiya Ezhuthu"

Date: March 8, 2022

Event Overview: The Women Development Cell of MES Asmabi College organized a special program to observe International Women's Day on March 8, 2022. The theme for this event was "Puthiya Kalam Puthiya Ezhuthu" (New Era, New Writing), focusing on the evolving landscape of women's contributions in literature and society. The esteemed resource person for this insightful session was Mr. T.D. Ramakrishnan. The event commenced with an inaugural session, celebrating the achievements of women and recognizing the evolving roles they play in literature and society. Dignitaries and faculty members emphasized the significance of embracing new perspectives and narratives in women's writing.

Mr. T.D. Ramakrishnan, an acclaimed literary figure, delivered a thought-provoking keynote address. He explored the theme of "Puthiya Kalam Puthiya Ezhuthu," discussing the changing dynamics of women's representation and narratives in literature. The speech delved into the importance of giving voice to diverse experiences and perspectives in contemporary literature.

A panel discussion followed the keynote address, featuring both faculty members and students. The discussion centered around the impact of changing times on women's writing, the challenges faced by women authors, and the evolving themes in their works.

The panelists shared insights into how literature serves as a powerful medium for expressing societal shifts and the varied experiences of women. The program included a literary showcase where selected works of women authors were presented and discussed. This segment aimed to highlight the richness and diversity of women's voices in contemporary literature. shared their thoughts on the theme and the impact of the discussions on their perspectives.

Resource Person - T.D. Ramakrishnan: Mr. T.D. Ramakrishnan, a distinguished literary figure, brought depth and insight to the event. His expertise and engaging presentation contributed significantly to the success of the Women's Day observation program.

The Women's Day observation program organized by the Women Development Cell of MES Asmabi College was a resonating success. The event not only celebrated the achievements of women but

also stimulated thoughtful discussions on the changing narratives in women's literature.

