

Annual Report: Women Development Cell 2023-2024

Introduction:

The Women's Cell at MES Asmabi College is dedicated to empowering women and raising awareness on various issues affecting them. In the fiscal year 2023-2024, the Women's Cell organized several impactful programs, including the Menstrual Cup Awareness Program, "Orange the Word" campaign against violence, and "Mind Matters" focusing on mental health.

Program Highlights:

1. Menstrual Cup Awareness Program (14-8-2023):

- Organized jointly with Asterima Nutri Care and the Department of Mathematics, this program aimed to raise awareness about the benefits of using menstrual cups.
- Dr. Kasthori Lal delivered the keynote address, highlighting the advantages of menstrual cups over traditional sanitary pads.
- Asterima Nutri Care offered a four-day menstrual cup sale fair at a 60% discount to promote sustainable menstrual hygiene.
- The event was presided over by Dr. Reena Muhammad, Vice Principal, with speeches from Mr. Maduraj Mukundamenon, Ms. Nasreen A, and Student Coordinator Ghazalia.



2. "Orange the Word" Campaign (30-11-2023):

- Organized in collaboration with the Women & Child Development Department, Government of Kerala, this campaign aimed to combat violence against women and children.
- Adv. Sheeja KR, a legal counselor, discussed the legal aspects and remedies for victims of violence.
- Banumathi Mohan and Amritha Ashokan, family counselors, addressed the psychological and social impacts of violence, emphasizing the importance of support systems.
- The event witnessed active participation from 133 attendees, including students, faculty, and community members.

MES ASMABI COLLEGE
 Women's Development Cell
 in association with
 Women & Child development Department,
 Government of Kerala
 (KVTC SPC and FCC Kodungallur)

ORANGE THE WORLD CAMPAIGN
 TOPIC: No violence against women &
 children


 Amrita Ashokan
 Family counsellor


 Adv. Sheeja KR
 Legal Counsellor


 Banumathi Mohan
 Family counsellor

30.11.2023
 1:30pm
 College Auditorium

Dr.A Biju
 Principal

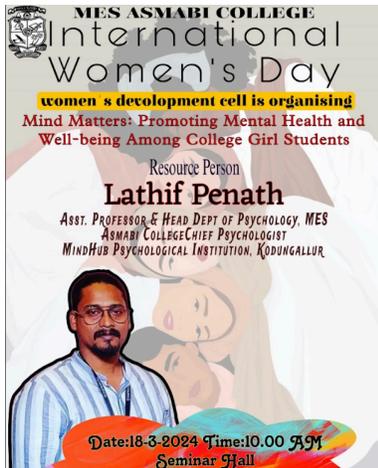
Dr.Reena mohamed PM
 Vice principal

Nasreen A
 WDC Coordinator



3. "Mind Matters" - Promoting Mental Health Among Girl Students (18-3-2024):

- Held as part of International Women's Day celebrations, this program focused on promoting mental health awareness among female students.
- Inaugurated by Vice Principal Reena Uhammed, the event featured Lathif Pernath, a Clinical Psychologist, who provided insights into managing mental health issues.
- The session emphasized the significance of addressing mental well-being in educational settings and saw participation from 86 students.



Achievements:

- Increased awareness about menstrual health and sustainable menstrual hygiene practices.
- Raised awareness about the prevalence of violence against women and children and the importance of legal and psychological support.
- Promoted mental health awareness and provided strategies for managing mental well-being among female students.

Challenges:

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- Limited resources for organizing comprehensive programs and reaching a wider audience.
- Cultural barriers and stigma associated with discussing menstrual health and mental well-being.

Future Plans:

- Expand outreach efforts to reach more women and address diverse needs.
- Strengthen collaborations with governmental and non-governmental organizations to amplify the impact of initiatives.
- Incorporate feedback from participants to tailor future programs more effectively.
- Conclusion:
- The Women's Cell at MES Asmabi College remains dedicated to its mission of empowering women and promoting gender equality. Through innovative programs and collaborative efforts, we aim to continue making a positive impact on the lives of women within our community.