



## ANNUAL REPORT OF WOMEN DEVELOPMENT CELL 2024-25

### Mehendi Fest

The Women Development Cell (WDC), in collaboration with the Internal Quality Assurance Cell (IQAC) of MTM College, organized a Mehendi competition on 13th June 2024 at 2:00 PM, marking the occasion of Eid Azha. The event was a celebration of the rich cultural heritage of Mehendi art and aimed to provide a platform for women to showcase their creativity and artistic talent.

The competition was coordinated by Ms. Maya C., WDC Coordinator, alongside members Ms. Sabitha C., Ms. Preeshma K.V., and Ms. Foushiba P.K.M., who ensured smooth management and organization of the event. The program saw enthusiastic participation from female students across all departments.



## International Yoga Day

The Women Development Cell and the NSS Unit of MTM College celebrated International Yoga Day with great enthusiasm and fervor. This collaborative effort aimed to promote the benefits of yoga among students and staff, emphasizing its importance for mental and physical well-being. The celebration featured a comprehensive yoga training session led by Muhammad Shibili, a nationally acclaimed yoga instructor. His expertise and engaging teaching style captivated the participants, making the session both informative and enjoyable. Shibili guided the students through various asanas (postures), pranayama (breathing exercises), and meditation techniques, emphasizing their benefits for stress relief, concentration, and physical health.



## Distribution of Oushadha Kanji

The Women Development Cell (WDC) of MTM College of Arts, Science, and Commerce, Veliyancode, organized a unique and culturally significant program on 13th August 2024. The initiative involved the distribution of Oushadha Kanji (medicinal rice gruel), a traditional health food prepared during the Karkidakam month in Kerala. The primary objective of this initiative was to raise awareness among students, faculty, and the local community about the importance of incorporating traditional health practices into modern lifestyles.



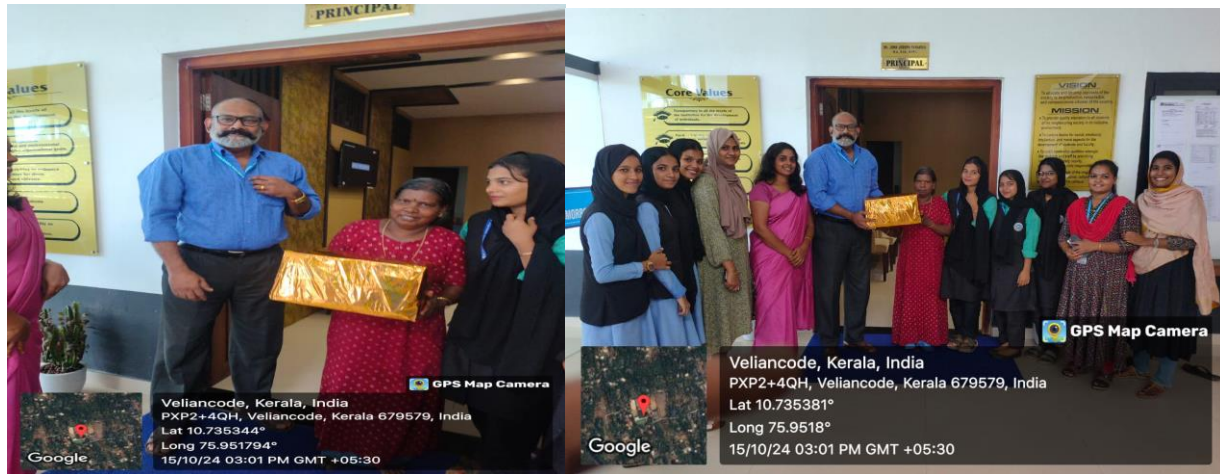
## Megathiruvathira

The Women Development Cell (WDC) of MTM College of Arts, Science, and Commerce, Veliyancode, marked the commencement of the Onam celebrations for 2024 with a grand Mega Thiruvathira on 12th September 2024. The event, held at the college's football turf, was a vibrant showcase of Kerala's cultural heritage and a celebration of unity, tradition, and joy.



## Rural Women's Day Celebration

The Women Development Cell (WDC) of MTM College is pleased to share the success of its special program organized in celebration of Rural Women's Day. This event was dedicated to recognizing and honoring the contributions of rural women who demonstrate resilience and strength in their communities. On this significant day, the WDC had the privilege of honoring Ms. Valliyammu, a widow and an inspiring rural woman from the neighborhood.



## Kerala Piravi Celebration

The Women Development Cell (WDC) of MTM College of Arts, Science, and Commerce, Veliyancode, celebrated Kerala Piravi on 1st November 2024 with a series of vibrant programs that reflected the rich cultural heritage of Kerala. The celebrations featured three main competitions:

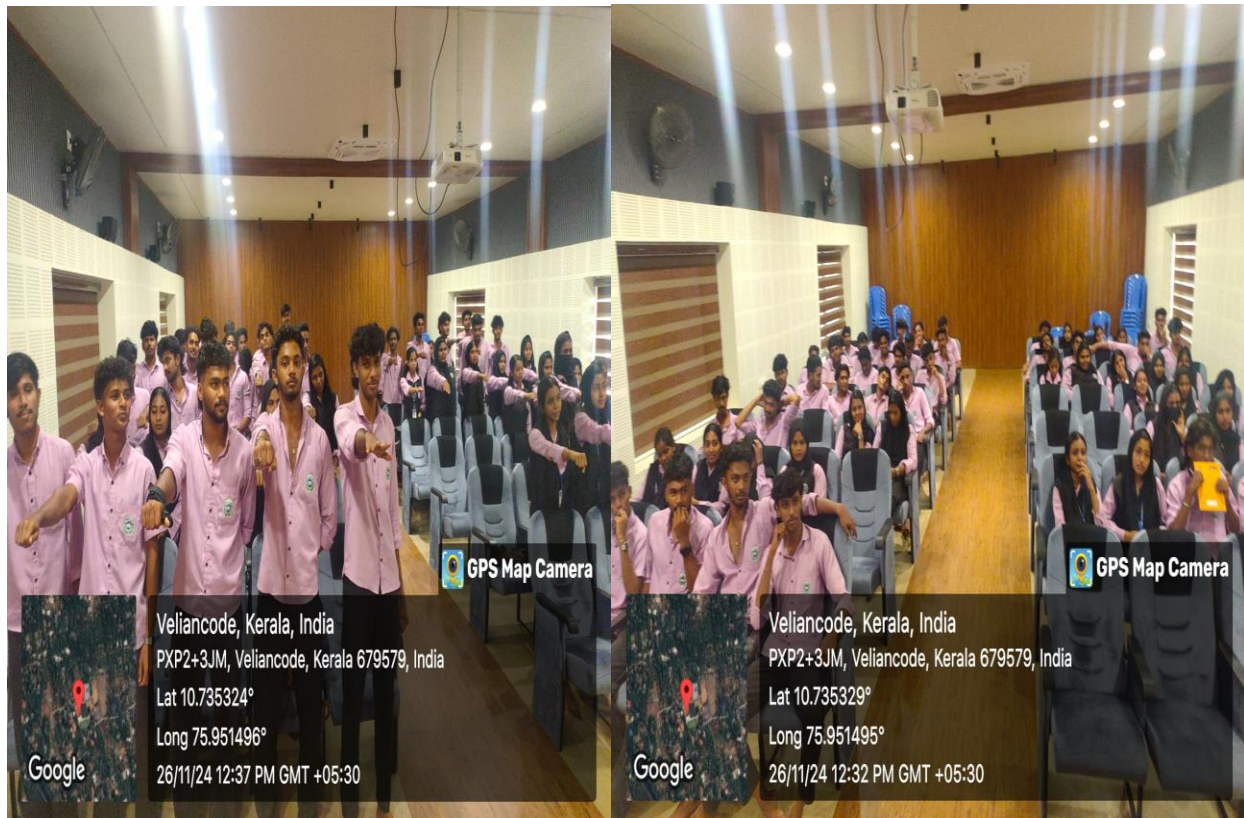
1. MA - Malayalam : This competition required participants to deliver a one-minute speech in flawless Malayalam.
2. Malayalee Manka: This competition highlighted the grace and cultural knowledge of female participants. Malavika, a Final Year English student, and Krishnakripa, a Final Year BCom student, shared the title.
3. Kerala Sreeman ; Male participants competed for the title, which required them to demonstrate their knowledge of Kerala's traditions, along with confidence and presentation skills. Mohammed Ramshad, a Second Year BCom student, was declared the winner for his outstanding performance.



## Anti-Dowry Day

The Women Development Cell (WDC) of MTM College, in association with the Debate Club and the Internal Quality Assurance Cell (IQAC), observed Anti-Dowry Day with a meaningful and engaging program on November 26, 2024. The event featured a debate competition on the thought-provoking topic “Economic Independence of Women is the Key to Ending Dowry”.

The event commenced with a warm welcome speech delivered by Ms. Maya C., the coordinator of the Women Development Cell. She eloquently highlighted the significance of the day and emphasized the need for collective efforts to eradicate the dowry system, which continues to plague society.



## Pathway Social Life Wellness Programme

The **Pathway Social Life Wellness Programme** took place from 20th to 22nd January 2025 at MTM College. Aimed at empowering participants to lead healthier, balanced lives, the three-day event offered valuable insights into maintaining well-being through relationships, communication, parenting, and family life. The collaboration between the Women Development Cell (WDC) and the Coaching Centre for Minority Youth (CCMY), Ponnani, made it an impactful and memorable event.



LIST OF RESOURCE PERSONS: -



**PATH WAY- SOCIAL LIFE WELLNESS PROGRAMME**

**M.T.M COLLEGE VELIYANCODE**

Date	Ses sion	Topic	Name of Resource Person	Mobile Number
20/01/2025	FN	Introduction-Marriage for wellness	Munshidha.K	9995671415
	AN	Effective communication skills for couples and healthy online communication	Hajara.M.V	9446712339
21/01/2025	FN	Effective management of in law relationship and conflict management	Sabira.v	7736532709
	AN	Infant and adolescents, parenting skills,sex education and pregnancy	Dr: Zeyana Salam	9947049633
22/01/2025	FN	Family Budgeting	Muhammed Faisai	7847222283
	AN	Legal and religious aspect of marriage	Adv.M.K.Huck	9447616452

**Pleasure Trip to Flora Fantasia Amusement Park**

The Women Development Cell (WDC) of MTM College organized a one-day pleasure trip to Flora Fantasia Amusement Park, Vengad. The trip aimed to provide students and faculty members with an opportunity to unwind, strengthen interpersonal relationships, and experience adventure-filled moments. A total of 38 students, accompanied by 10 faculty members, embarked on this exciting journey.

