

## LIFE SKILL

The college takes initiative to strengthen the life skill abilities of the students in order to help the students to deal with the challenges of everyday life.

### 1. YOGA PROGRAMMES



Yoga awareness class was conducted by N.S.S unit 194 of Markaz Arts and Science college on 04<sup>th</sup> February 2022 in the college. The awareness session was led by Mr. Mohammed Alghazi.



On 28.12.2022, Yoga class was conducted by Dr. Shameem by NSS unit as a part of special camp.



As a part of NSS special Camp conducted in the village, a yoga class was conducted on 25.12.2021



. NSS Unit Celebrated International Day of YOGA' on 21.06.2019. Dr. C.P. Mohamed Kutty, Principal Inaugurated the session and Mohammed Al Ghazi, Former NSS Volunteer led the YOGA workshop.

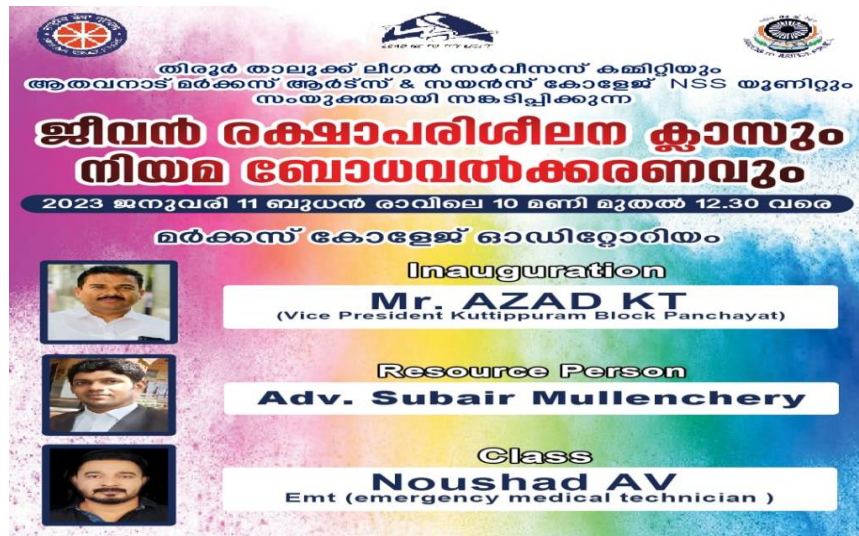


NSS unit conducted yoga demonstration on 21st June 2018, International Yoga day. The Resource Person was Mr. Sharafudheen Kolothol, Asst. Professor.

## 2. PHYSICAL FITNESS PROGRAMMES

### SELF DEFENCE

Demonstration on ‘Self Defence’ teaches the students how to defence themselves from an attacker and builds an understanding of when and where to use the skills they are learning.



A demonstration class on ‘Self Defence’ was conducted by NSS unit in association with Tirur Taluk Legal Service Society on 11<sup>th</sup> January 2023 in the seminar hall which was inaugurated by Mr. Azadali.K.T, Vice-President, Block Panchayath. Mr.Noushad. A.V, Emergency Medical Technician conducted the class for NSS volunteers



One day training on 'Women Safety- Self Defense For Womens' was conducted by District Police, Malappuram in association with WDC of the College. on 11<sup>th</sup> January 2022. The workshop was carried out by three Master Trainers from District Police, Malappuram. Smt. K.C. Sini Mol, V.J. Sonia Meble and P.Gheetha led the training session



One day workshop on 'Women Safety- Self Defense For Womens' by District Police, Malappuram in association with Women Empowerment Cell on 30<sup>th</sup> January 2021.

Inaugurated by Sri. Poulose Kuttampuzha, Sub Inspector, Assistant Nodal Officer SPC, and carried out by two Master Trainers from District Police, Malappuram, Smt. Valsala K (Team Leader,) and Smt. K.C. Sini Mol (Asst. Leader).



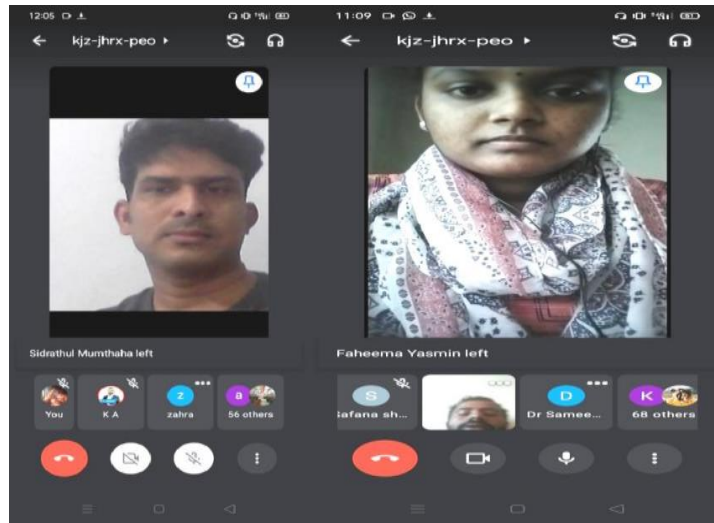
# MARKAZ ARTS AND SCIENCE COLLEGE

(Affiliated to the University of Calicut)

Markazu Tharbiyyathil Islamiyyah, Athavanadu, Near Valanchery

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The Department of psychology and IQAC conducted a webinar on the topic “Self-Awareness “on 29<sup>th</sup> December 2020 via Google meet. The session was handled by Ms.Dhanya N(Assistant Professor, Department of Psychology).

## 3. HEALTH & HYGIENE PROGRAMME

Ensuring good hygiene practices among students is important for their well-being and academic success. Life skills -based hygiene education gives teachers the opportunity to help students obtain life skills by addressing hygiene issues.

### 1) SEMINAR ON IMMUNITY VIA AYURVEDA



As a part of World AIDS Observance Day, PG Department of Biochemistry, in association with Internal Quality Assurance Cell, have conducted a seminar on “**IMMUNITY VIA AYURVEDA**” on 01<sup>st</sup> December 2022. Dr. KIRATHAMOORTHY, Retired Professor & HoD, Department of Samhitha & Sidhantha, VPSV Ayurveda College, Kottakkal lead the seminar



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2)



**NATIONAL SERVICE SCHEME UNIT 194**

**MARKAZ ARTS AND SCIENCE COLLEGE, ATHAVANAD**



*In association with*

**Kerala State AIDS Control Society(KSACS),  
Thiruvananthapuram**

*Presents*



***Seminar on AIDS Awareness***

Resource Person



**WORLD AIDS DAY**  
1 DECEMBER

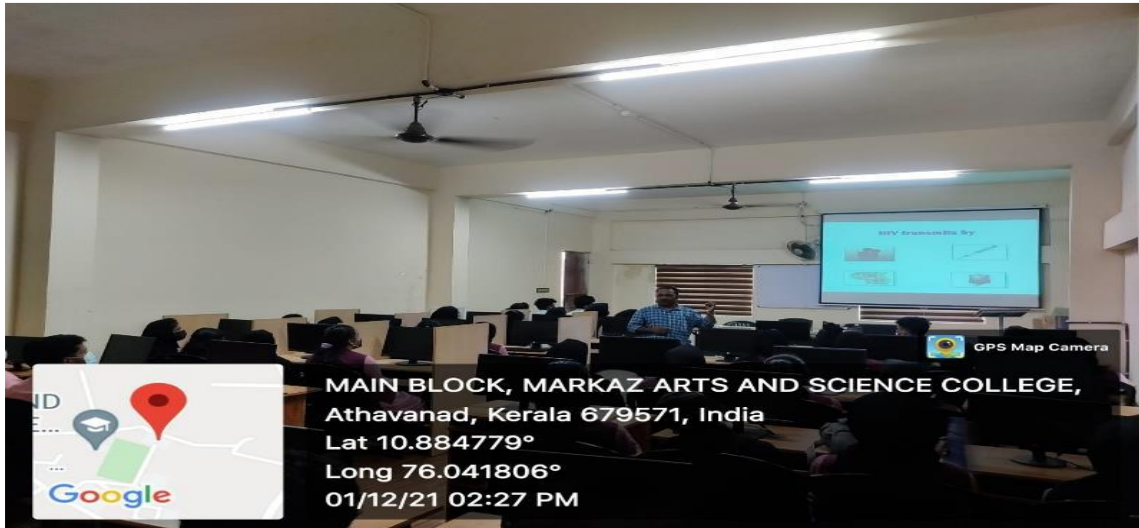
**01-December-2021**

**Time:- 2:00 pm -3:30 pm**

**Venue:- Computer Lab**

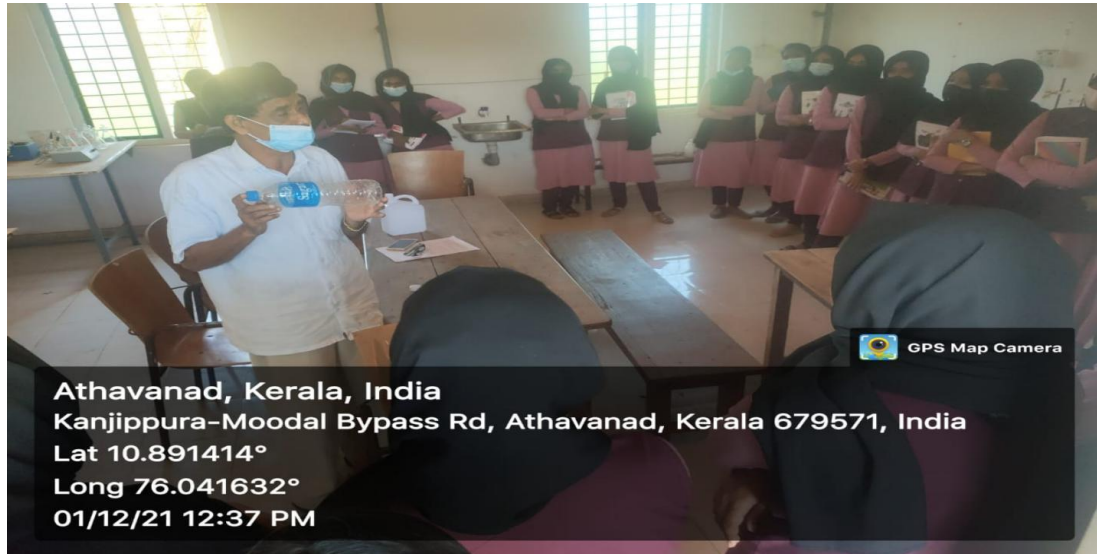
**Mr. SURESH KP**

(Counsellor ICTC,  
Govt.Taluk Hospital Tirurangadi)



A seminar conducted on AIDS Awareness in association with Kerala State AIDS Control Society, Thiruvananthapuram on 1<sup>st</sup> December 2021 at 2:00 pm. The resource person Mr. Suresh KP, delivered a speech on the topic.

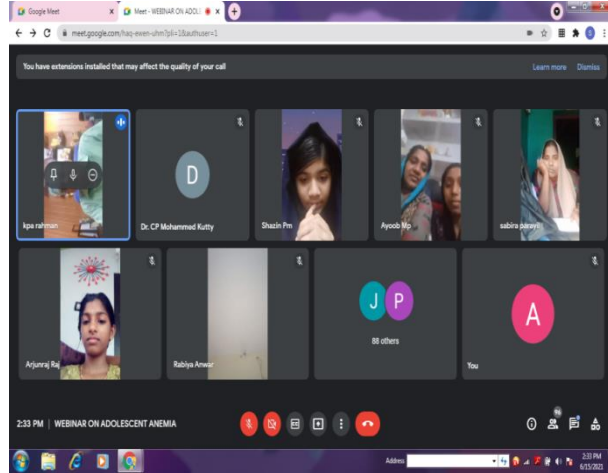
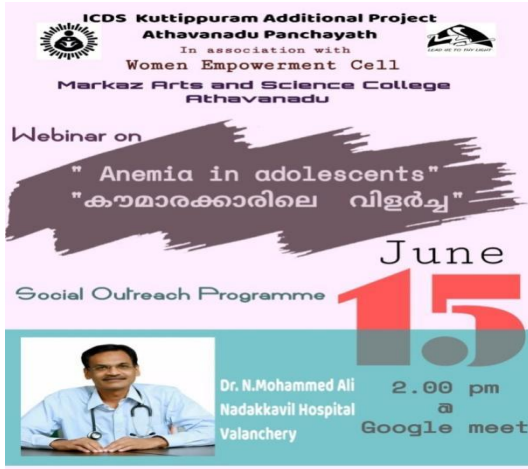
3)



The College has constituted SWACHATHA ACTION PLAN Committee on 22nd September 2021 FN and approved SWACHATHA ACTION PLAN POLICY in the campus ,under MGNCRE . A class on Water Conservation as a part of SWACHATHA Programme of MGNCRE were conducted.

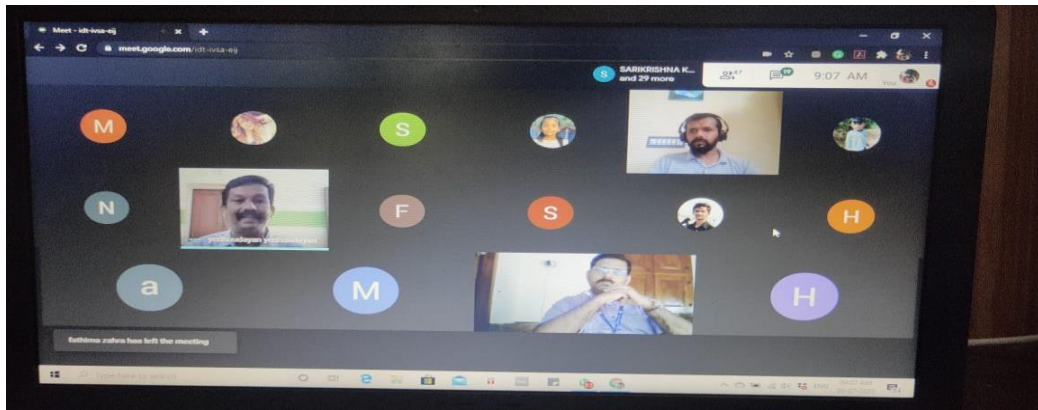


4)



WDC organized a webinar on “Anemia in Adolescents” on 15<sup>th</sup> June 2021 through Google meet. The resource person for the webinar was Dr. N. Muhammad Ali, Nadakkavil Hospital, Valanchery

5)



Dr. Sukesh Kumar G.S, Medical Officer, Govt. Ayurveda Dispensary, Maruthonkara, Calicut talked about *'The importance of enhancing immunity in the present living situation'* through online platform on 09 July 2020.

6) .



Mrs. Mini. K. A leading interaction session with students in the seminar on Personnel Hygiene on 28<sup>th</sup> February 2020 about swachh.

7)



Blood grouping camp in the village Biochemistry students organized blood grouping camp in the adopted village as a part of NSS Special camp 2019

8)



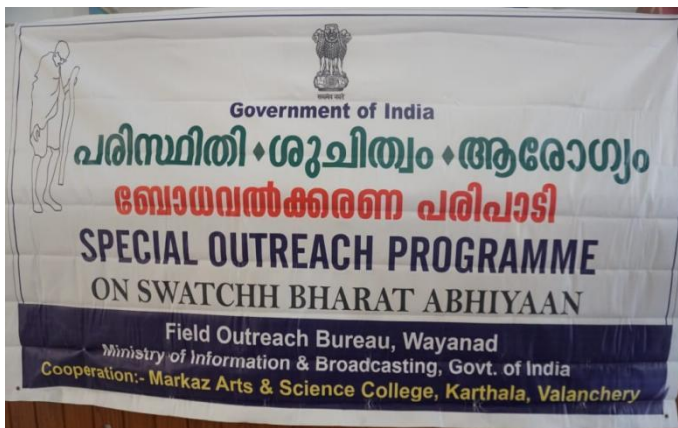
NSS volunteers in association with Red Ribbon Club donated their blood to Blood Bank of Taluk Hospital during 2018 academic year.

9)



In order to make the students aware about life style diseases, an awareness class was conducted on 29-07-2018 at college auditorium. .Dr.Jineesh, BHMS Valanchery lead the class

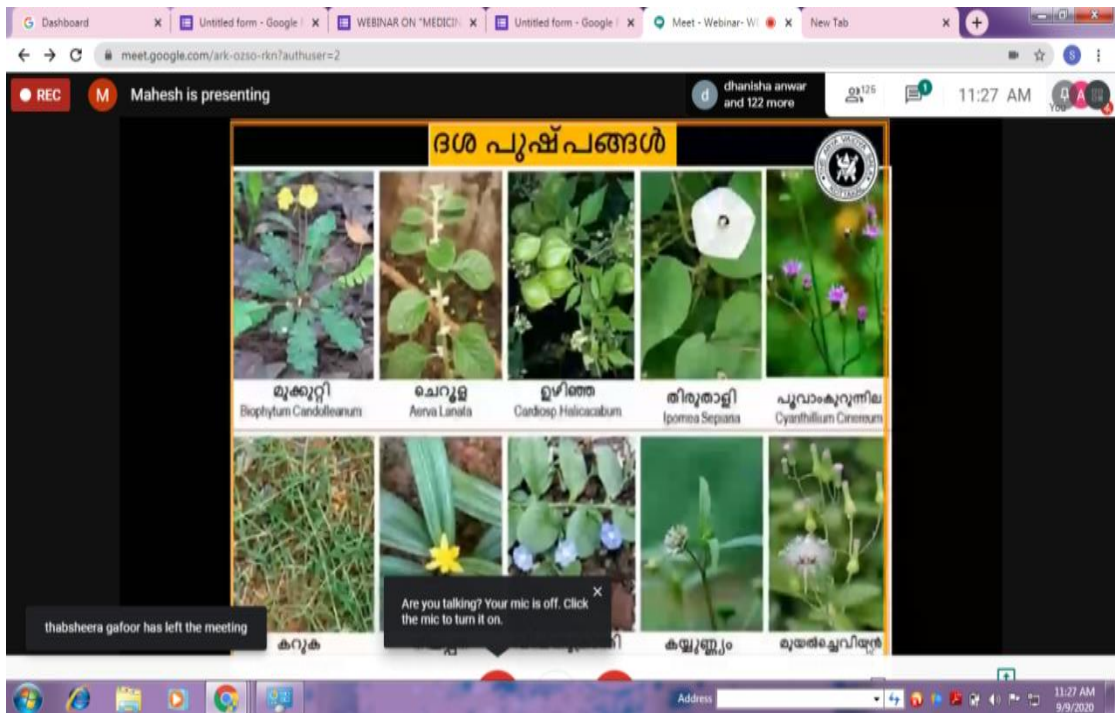
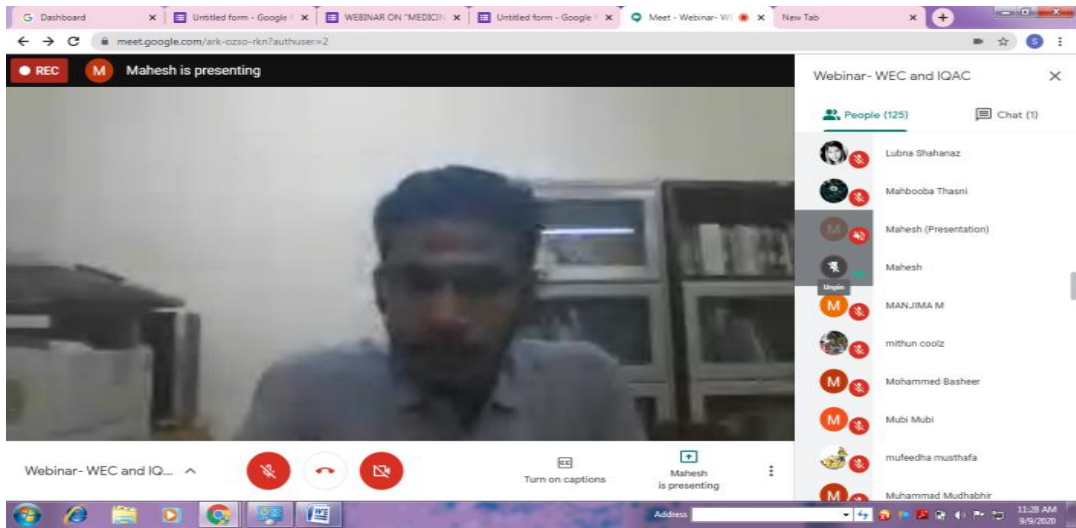
10)



'SWACHATHA' -Awareness seminar on Hygiene and Health was conducted by NSS Unit with Ministry of Information and Broadcasting, Govt. Of India. Dr. N. Mohammed Ali, MD, Nadakkavil Hospital took the awareness class.

## 10 SEMINARS ON MEDICINAL PLANTS

1)



A Webinar On “Medicinal Plants in Common Health Care” was conducted by Women Empowerment Cell on 9<sup>th</sup> September 2020 through Google Meet. The resource person was Mr. Maahesh Kumar M.K., Extension scientist, Extension Department, CMPR, Kottakkal.

2)



Class on importance of Medicinal Plants by Mr. Mahesh Kumar on 07th August 2019

3)



Mr. Mahesh, Extension Scientist, Centre for Medicinal Plants & Research, Kottakkal Arya Vaidyashala, talked on different herbal plants and their medicinal uses on 27<sup>th</sup> October 2018.

## 11 AWARENESS CLASS ON DRUG ABUSE

1)



Vimukthi Club and NSS jointly organized a webinar on the topic “Solution Anti-Drug” on 24-09-2021. The webinar was inaugurated by Mr. Rishiraj Singh, Retd. DGP, Kerla. The topic solution to anti-drug, for the webinar was presented by Mr. B. Harikumar, Coordinator, Nasha Mukth Bharat, Malappuram.

2)



**Inuaguration of Anti Drugs campaign by Mr. Jiji Paul, Excise Inspector conducted by Markaz NSS unit**

A class was conducted by NSS unit with the cooperation of Excise Department. Mr. Jiji Paul, Excise Inspector conducted the seminar.

3)



NSS Unit and Vimukthi Club jointly conducted the Anti-Drug Awareness class in collaboration with the Vimukthi Mission, Malappuram District. Mr. Harikumar, Vimukthi Mission Dist. Co-ordinator led the class



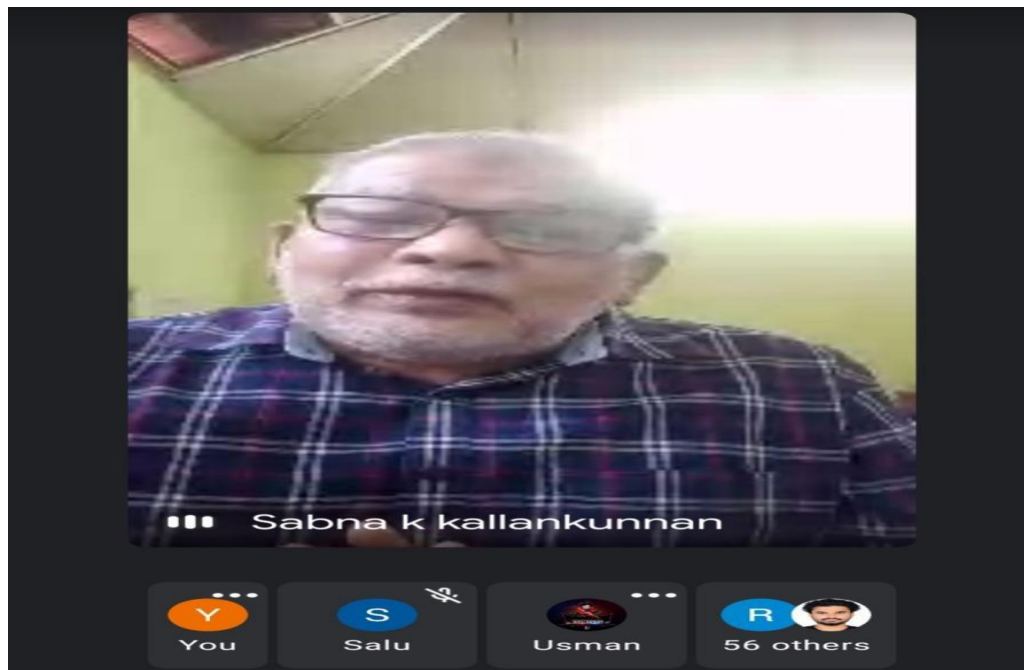
## 12 COVID SPECIAL PROGRAMMES

### 1) MASK PREPARATION AND HAND OVER



Handed over mask prepared by students to ward councillor, for distributing to locals

### 2) WEBINAR ON COVID AND HEALTH ISSUES



Department of Commerce and Management Studies in association with Internal Quality Assurance Cell conducted a webinar on “COVID AND HEALTH ISSUES” on 11<sup>th</sup> December 2020. Dr. CH ABDUAL RAHEEM GURUKKAL, Chief Physician Changampally Ayurveda Vaidyassla lead the webinar.



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## 13 FLOOD RELIEF



Cleaning the flood affected houses

## **14 SELF EMPLOYMENT PROGRAMMES**

### **a. LED BULB REPAIRING AND ASSEMBLING**

1)



ED Club of Markaz Arts and Science College and Nava Saksharatha Mahila Samajam jointly conducted a workshop on 'LED Assembling and Repairing' on 14.06.2022 at Vellilakkad Jana Vidhya Kendram. The programme was inaugurated by PADHMASREE Winner KV RABIYA. The training led by Mr. Sabir, EMC Resource Person

2)



Department of Physics conducted a LED Bulb training programme for teaching, non-teaching, students and Kudumsree Womens in association with Energy Environmental Conservation Club on 25-01-2022. The programmes lead by Mr. SABIR, (EMC Resource Person).

3)



ED Club of Markaz Arts and Science College conducted a workshop on 'LED Assembling and Repairing' on 16.02.2021. The training led by Mr. Sabir, EMC Resource Person

4)



Hands on training on LED bulb making were conducted on 04-10-2019. Mr.Sabir,Resource Person, Energy Management Centre and KSEB Engineer led the class

5)



One day training on LED assembling was organised on 07-01-2019 at ICDS centre of the adopted village for rural women and lady volunteers, Mr. Sabir.P (KSEB Engineer) led the class.

6)



Self-employment training on LED bulb making was conducted on 17-10-2018 at Markaz Arts and Science College. Athavanad, Mr. Sabir.P (KSEB Engineer) led the class.

## b. TRAINING ON - PAPER PEN AND PAPER BAG MAKING

1)



A training on “paper pen and paper bag making” conducted by Department of Biochemistry in association with Women Empowerment Cell on 13th December 2021. Trainer for the day was Mr. Riyas Kunnakkatt, Life Skill Trainer and Body Builder Kerala Champion.

## c. VOCATIONAL TRAINING CENTRE AND TRAINING ON STICING AND CURTAIN DESIGNING FOR LOCALS IN THE ADOPTED VILLAGE AND INTERESTED GIRL STUDENTS



A Vocational Training Centre was inaugurated by Smt. Vaseema Veleri, President, Block Panchayath, Kuttippuram, under Women Empowerment Cell, Markaz Arts And Science College, on 26<sup>th</sup> February 2021.



Training on umbrella making for students and rural women were conducted



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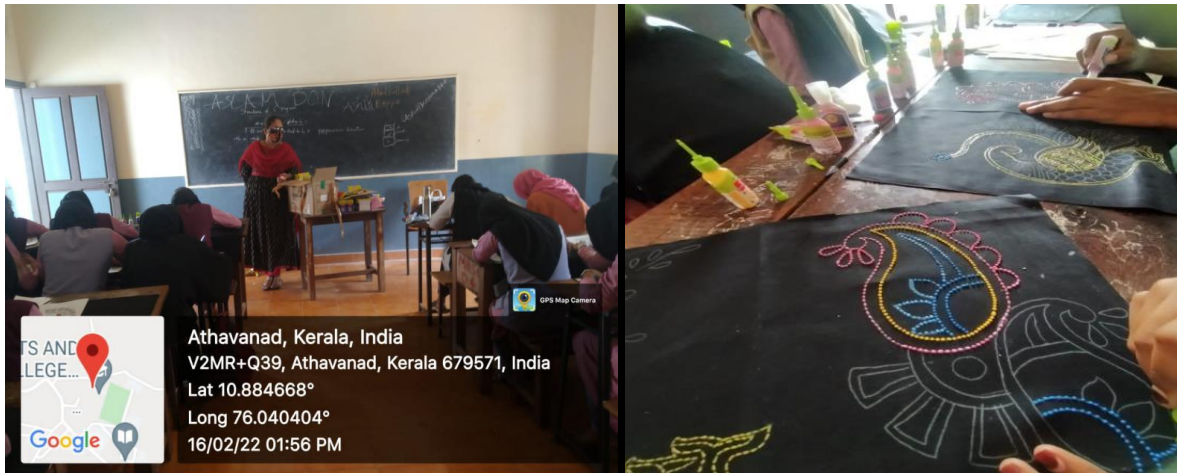
## 1) Liquid embroidery and Fabric painting workshop



Liquid embroidery and Fabric painting workshop conducted on 24.11.2021. Mrs.Rekha anil Kumar was the cheif guest and resource person of the programme.



2)



One day hands on embroidery were conducted on 16.02.22. On International Women's Day, the Cell felicitated Smt. K.V. Rabiya, Padmasree Winner 2022 at her residence.

## 9. ENTREPREURSHIP SKILL

1)



Department of Commerce and management conducted Workshop on 19<sup>th</sup> December 2022.

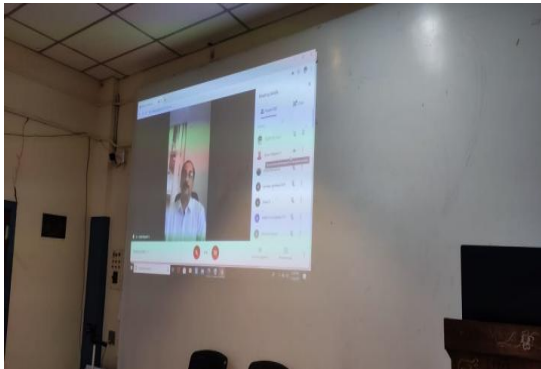
Ratna Mallika (Trainer of SEBI) acted as Resource person.

2)



ED Club organized workshop on “Entrepreneurship and Innovation as Career Opportunity” on 20th September, 2022. Total 42 students from host institution participated in the workshop by Mr. Mohamed Favas P.A, Industrial Extension Officer, Kuttipuram block,

3)



A interaction programme was conducted on 14/01/2021, Thursday. An 'interaction with an expert' lead by ABDUL MAJEED KT (General Manager..Retd, District Industrial Centre).

4)



On 06-10-2018, a motivation class for students was conducted by Sadihique Ali.P.T.

## a. SOCIAL ENTREPRENEURSHIP PROJECT FORMULATION

1)



An awareness programme was conducted on 09/02/2021, Tuesday. An awareness class on ‘social entrepreneurship project formulation’ was presented by Salman faris.C (HOD,commerce). 3 students were qualifying for the **National Social Entrepreneurship Development Competition** conducted by MAHATMA GANDHI national council for rural education and got 41<sup>st</sup> place.

2)



ED club conducted an extension programme on 28 February and March 1-2023 as a part of OPEN HOUSE programme organized by Markaz Arts and Science College.

## 1) CHALO INDIA-Integrating rural talent with rural development :



CHALO INDIA Project conducted by Young Innovators Programme (YIP) under Kerala Development and innovation Strategic Council – K-DISC on 15 DECEMBER 2021. Members of ED Club participated in CHALO INDIA. They registered their Business idea in this scheme. Ramshida pv, Shana KP, Sanooja TH, Safana sherin VP participated in the scheme.

## b. FOOD FEST

Food fests helps students to put theoretical knowledge into practice .Food fests were arranged by students an almost all years.

1)



As a part of NATIONAL ENTREPRENEURSHIP DAY, DEWALI CELEBRATION and WOMEN ENTREPRENEURSHIP DAY, 6 registered counter opened on 22,,23 October, 07, 08,17,18 November 2022

2)



ED Club conducted a food expo in the name 'eet festijn' on 9th December, 2021 on our campus premises. Programme inaugurated by Mrs. GIRIJA PILLAKKAD (ICDS Supervisor)



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## Certificate



This is to certify that **MARKAZ ARTS & SCIENCE COLLEGE, ATHAVANAD, MALAPPURAM, KERALA** is now a **Recognized Social Entrepreneurship, Swachhta & Rural Engagement Cell (SES REC) Institution**. The Institution has successfully framed the **SES REC Action Plan** and constituted **ten working groups for improving facilities in the Campus and the Community/Adopted Villages in the areas of Sanitation & Hygiene, Waste Management, Water Management, Energy Conservation and Greenery post COVID-19, along with the observation of three environment, entrepreneurship and community engagement related days to inculcate in faculty, students and community, the practices of Mentoring, Social Responsibility, Swachhta and Care for Environment and Resources.**

Date of Issue:  
06/10/2020

  
Dr. W G Prasanna Kumar  
Chairman

Mahatma Gandhi National Council of Rural Education  
Department of Higher Education, Ministry of Education  
Government of India


Certificate No: MoE/SES REC/KE/MPM/N54



## Certificate



This is to recognise **Markaz Arts and Science College Valancheri, Malappuram, Kerala** as a **Member of National Rural Entrepreneurship Mission**. The Institution has constituted **Rural Entrepreneurship Development Cell** in their campus. This Institution has formed a **Team consisting of Faculty Leaders for handling wings of 1.Training and Placement 2.Personality Development 3.Technology 4.Entrepreneurship and 5.Rural Engagement with the Mission of inculcating entrepreneurship among students.**

  
Dr. W G Prasanna Kumar  
Chairman MGNCRE

Mahatma Gandhi National Council of Rural Education  
Department of Higher Education, Ministry of Education  
Government of India

MaE/BEDC/Kerala/Malappuram/5

## 10. BEST AGRICULTURAL PRACTICES

By conducting soil collection and analysis, students can determine which crops are suitable for specific areas and can give recommendation to farmers on fertilization

### 1) CLASS ON SOIL COLLECTION AND ANALYSIS FOR STUDENTS AND FARMERS



Class on Soil collection and analysis by Dt Soil lab on 15.12.2022 by District Soil Testing Lab

### 2) ONE DAY WORKSHOP ON SOIL COLLECTION AND ANALYSIS



Workshop on soil collection and analysis on 10.12.2019, session handled by k.p. suresh

### 2) SOIL COLLECTION AND SURVEY (14 DEC 2019)





Municipal councilor Mrs. Maimoona inaugurated the soil collection by NSS Volunteers on 14 DEC 2019

### 3) SOIL ANALYSIS – AN OUTREACH PROGRAMME (15 DEC 2022)



Soil analysis camp by District Soil Testing Laboratory on 15 DEC 2022

#### 4) SOIL ANALYSIS CAMP. (20 FEB 2020)



Retired ADM C. Soidalavi inaugurated the Soil analysis camp by Mobile Soil Testing Lab on 20/02/2020

## 5) SEED KIT DISTRIBUTION:



Biodiversity club distributed 1000 packets of vegetable seeds to students and locals with the cooperation of Krishi Bhavan, Athavanad on 17-08 -2019. This gave great learning experiences to students.

## 6) KOITHULSAVAM IN PADDY FIELD



Students actively engaging in paddy fields will gain practical agricultural experiences. As a part of NSS seven day camp “AVALOSUM KANJI -2K19” was held from December 22 – 28, “koithulsavam” conducted in adopted village.

## 7) NJHARU NADEEL PROGRAM (OCT 16<sup>TH</sup> 2018)



An agricultural program named as Njharu Nadeel Utsavam was conducted by NSS Unit on October 16<sup>th</sup> 2018 to support agriculture

## 8.) MUSHROOM CULTIVATION



Department of Microbiology started a Certificate Course on Mushroom Cultivation during 2019-20

## 11. HELP DESK

Help desk programme gives real-world learning experiences to students. It develops skill such as problem solving and customer services.

### 1) AADHAAR CORRECTION IN ASSOCIATION WITH POSTAL DEPT.



From Aadhaar correction camp at campus-for renewal of Aadhaar card, corrections on  
13.01.2022

### 2) RATION CARD HELP DESK ON 07-/07-2018



**Ration Card help desk by NSS  
volunteers in Valanchery Municipality**

## 12. LED REPAIRING CENTRE:



Department of Physics started a LED repairing centre in the campus.

## 13. SKILL DEVELOPMENT PROGRAMME



On 03-10-2018, a workshop conducted to develop the craft. The workshop was lead by student of the 5<sup>th</sup> semester Students interested in craft making participated in the programme.

## 14. PRE-MARITAL COUNSELLING AND TRAINING



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Premarital Counseling class sponsored by Department of Minority Welfare 2022-23



Premarital Counseling class sponsored by Department of Minority Welfare 2021-22



Mr.Asraf Ambalathingal,Municipal Chairman inaugurates Premarital Counseling 2020-21



Premarital Counseling class sponsored by Department of Minority Welfare 2019-20



Premarital Counseling class sponsored by Department of Minority Welfare 2018-19



## 15. ASRAYA PROJECT



Department of Psychology initiated this programme for helping widow families. As a part of the programme, lunch packets brought by students and a fund collected by students.

## 16. GENDER AWARENESS PROGRAM

1)



Gender Awareness class- 'Orange the World Campaign -2023' on 16th December 2022



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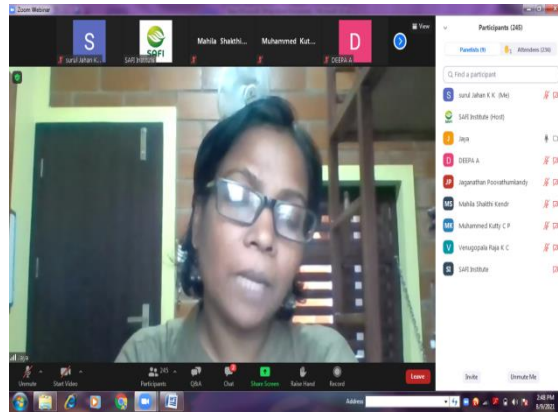
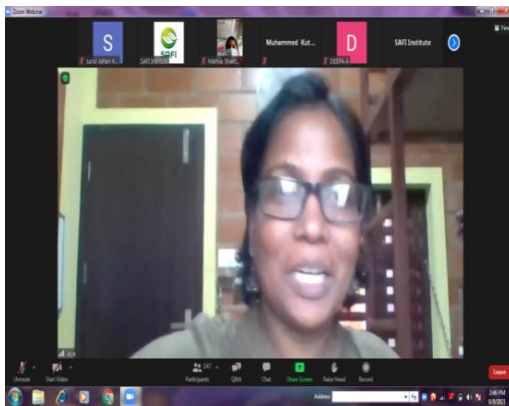
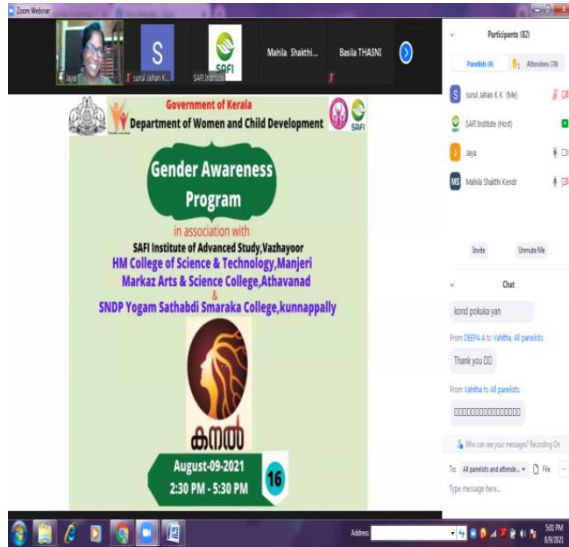
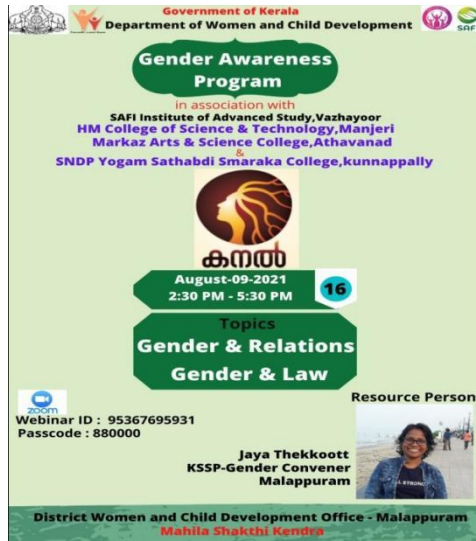
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Smt. Rabiya taking Gender Awareness Class on 16/12/2022

1)



Gender awareness program “Kanal” was conducted on 09/08/2021 and the resource person was Jaya Thekkott, KSSP-Gender Convener, Malappuram



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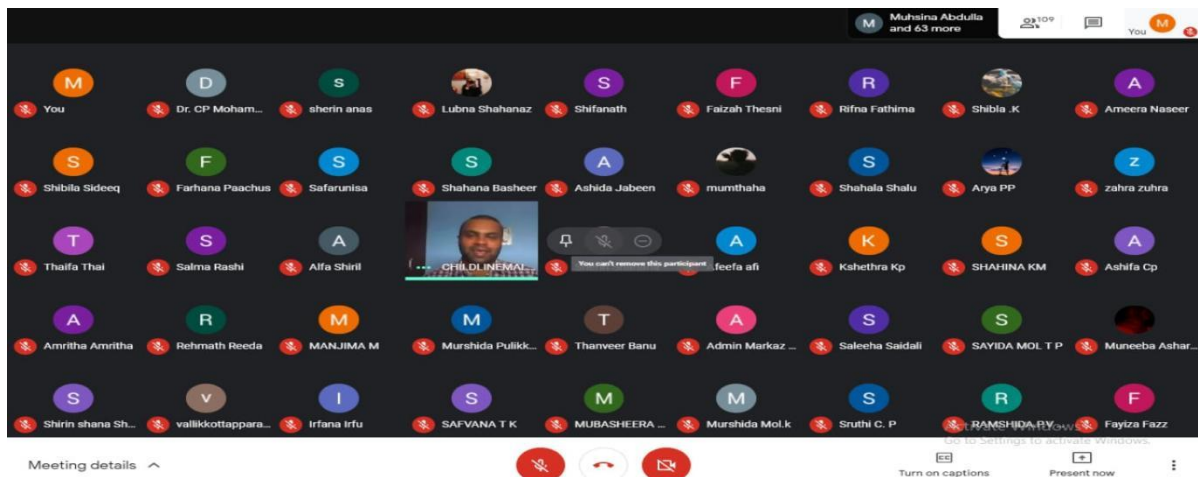
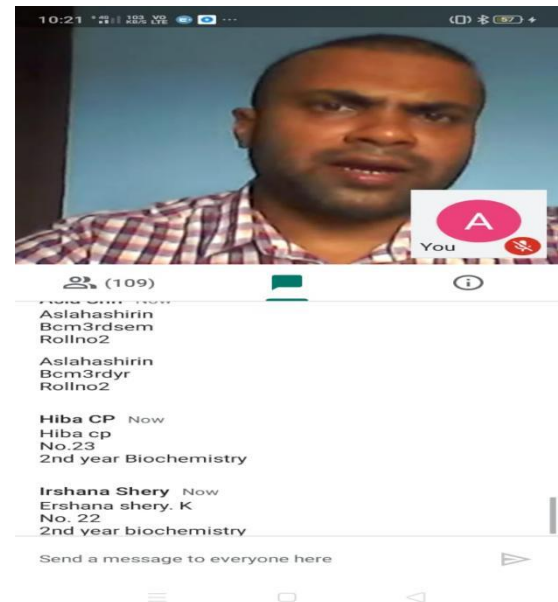
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## 2) AWARENESS CLASS ON 'LIFE IS BEAUTIFUL' ON INTERNATIONAL DAY OF THE GIRL CHILD

and he did a great talk on how to prevent common problems facing by girls especially children.



On International Day Of The Girl Child(11/10/2020), Women Empowerment Cell, Markaz Arts And Science College, Athavanadu, conducted an awareness class on Life is Beautiful for girl students in the college. Mr.C.P.Saleem, District Coordinator, Childline, Malappuram was our resource person.



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## 17. LEADERSHIP TRAINING PROGRAMME (24 JULY 2019)



Leadership training camp was conducted on 26<sup>th</sup> October 2021. Leadership training camp led by Mr. Gafoor Kottakulath, JCI Trainer.



On 22<sup>nd</sup> August NSS Unit conducted a class on Cybercrime. The Programme was inaugurated by Mr.C. Saithalavi, Retired ADM. Mr. Vaishak, Police Cyber Wing Officer, Malappuram District led the class.

## 18. LEGAL AWARENESS

1)



Legal awareness class 2022-23 year on 11/02/2023

2)



Adv.Sabeena of Tirur Court lead the legal awareness programme on 30/09/2022



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3)

## NATIONAL SERVICE SCHEME UNIT 194 MARKAZ ARTS AND SCIENCE COLLEGE ATHAVANAD



**WEBINAR**  
On  
**LEGAL AWARENESS**

**P T SHEEJISH**  
Advocate,  
High Court of Kerala

**06  
AUG  
2020**

**04.00 PM**  
@  
**Google Meet**

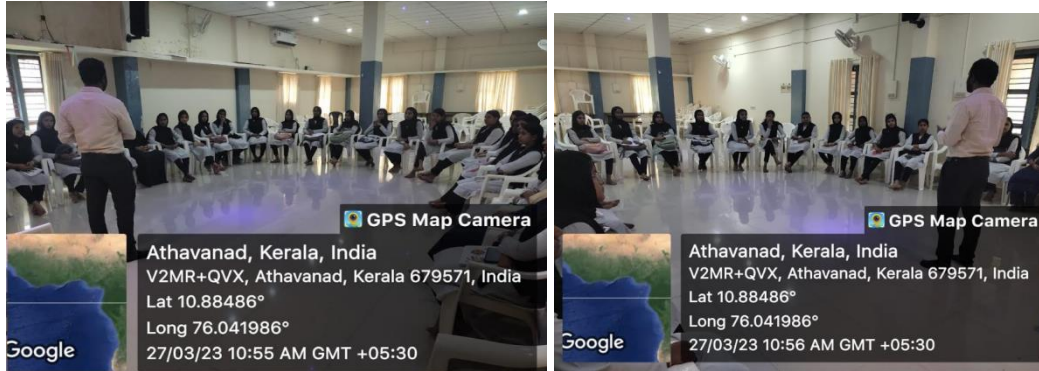
Mr. Sheejish PT, Advocate, High Court of Kerala, giving legal awareness class for the NSS volunteers through online platform on 06 August 2020.



**A Legal awareness class was conducted by Markaz NSS unit led by Adv. Safiya Pookattil (Member, Tirur legal committee)**

## 19. SKILL ENHANCEMENT PROGRAMME

1) .



PG Department of English conducted a Workshop on Self-Management on 27<sup>th</sup> March 2023. Mr. Abdul Latheef (Psychologist) acted as Resource person



Workshop on Entrepreneurship Skill, Attitude and Behavior Development Session Led by Mr. Subhash Ellath (Founder, ONE HUNDRED TECHNOLOGIES) As a part of curriculum a workshop on Entrepreneurship Skill, Attitude and Behavior Development was conducted to the B,Com, BBA Degree studentson 01-03-2023.





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## 2) LIFE SKILL PROGRAMME



. On November 17, 2022 department of microbiology organized Seminar on ‘Safe food for better tomorrow’. Dr YAMUNA KURIAN, food safety office, Tanur circle acted as keynote speaker



Department of commerce and management conducted a skill enhancement programme by Dr.U.Ahamed Basheer on 03/01/22

## 3) TRAINING ON LATEX RUBBER BASED PRODUCTS



Chemistry students attended three days training programme on Latex Rubber Based Products Manufacturing at Common Facility Service Centre, Payyanad, Manjeri from 03.11.2021 and from 28/01/2021 to 30/01/2021.



**MARKAZ**  
Arts And Science College -Athavanad

**SKILL Enhancement Programme**  
In Association with IQAG

08-03-21  
Venue: Microbiology Lab

Resource Person  
**JUMAILA KP**

HoD-Microbiology  
Markaz Arts and Science College  
Laboratory Skills and Safety Measures

DEPARTMENT OF MICROBIOLOGY



Mrs. JUMAILA K P, of Microbiology trained the first year Microbiology students about the LABORATORY SKILLS AND SAFETY MEASURES on 08/03/2021.



**MARKAZ ARTS AND SCIENCE COLLEGE**  
ATHAVANAD

**PG DEPARTMENT OF COMMERCE**

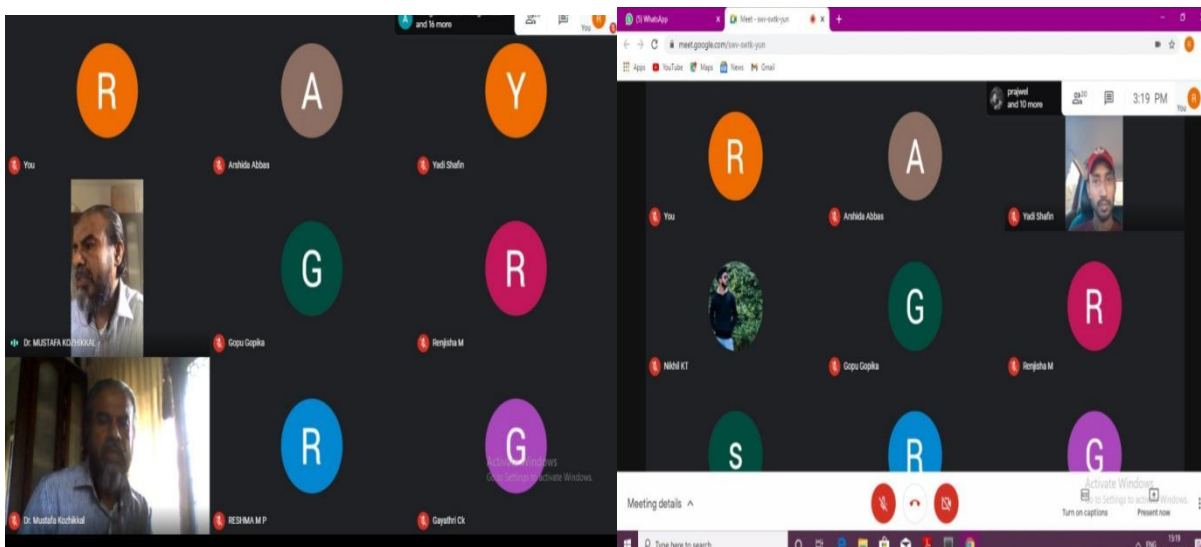
**Skill Enhancement Programme**

**WEBINAR ON**  
**ADVANCED CORPORATE ACCOUNTING**

PLATFORM

29 - 10 - 2020  
Time :- 10.30 Am - 12.30 PM

Dr. MUSTAFA. K  
Former HoD  
Research Department of Commerce  
and Management Studies  
PSMO College .Tirurangadi



Department of commerce and management conducted a skill enhancement programme by Dr. Musthafa. K on 29/10/2020 on the topic “ Advanced corporate accounting”



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Training given to Physics students on Ideation and Project Development on-the-job training at IRTC, Mundoor, Palakkad on 18-10-2019 to 19-10-2019



Name of the Camp: QLIMAX – The beginning: A psychic 2 day camp 12<sup>th</sup> & 13<sup>th</sup> October 2019 .



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Hands on training on Bio composites was conducted in the college in which Dr.Sujith,HoD of Chemistry,NIT,Calicut was the Resource Person.



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## 20. WOMEN EMPOWERMENT



On behalf of International Women's Day 2023, Women Development Cell of Markaz Arts and Science College, Athavanad conducted a Gender Awareness class on 7th March 2023 at MMC Hall. Smt. Sumayya C.P., Community Councillor, Valanchery kudumabasree, led the class



On International Women's Day, 08.03.2022, Women Development Cell, Markaz Arts and Science College, felicitated Smt. K.V. Rabiya, Patmasree Winner 2022 at her residence



International womens day was celebrated by women empowerment cell of Markaz Arts & Science College, Athavanad, in association with ICDS Project, Kuttipuram ( Additional) on March 8, 2021 at MMC Hall. The programme inaugurated by Smt. K.V. Rabiya, UN Award Winner for Social Work. Sessions handled by Smt. Shameema Abdul Azeez ,Consultant Psychologist, H.O.D, Dept.of Psychology, Grace Valley College of Arts and Science and Dr. C.P. Mohamed Kutty, Principal, Markaz Arts & Science College.



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