

# LIST OF ACTIVITIES (2023-2024)

## 1. WDC Orientation programme

WDC Orientation programme was conducted for the first year students at college seminar hall on August 5<sup>th</sup> 2023

### Resource person:

Hajara MV

(Community counsellor at district mission Malappuram, CIGI Trainer)

## 2. Pathway social life wellness programme

From November 25–27, 2023, the WDC of PMST Arts and Science College Kundoor, in association with the Coaching Center for Minority Youths, Vengara, a division of the Department of Minority Welfare, Government of Kerala, organized a three-day program on the pathway social life wellness program. The program was officially inaugurated by KPA Majeed MLA Thirurangadi.

The Premarital Awareness Class is a comprehensive program designed to prepare couples for the journey of marriage. The program Led by experienced counselors or facilitators, this class covers a range of topics essential for building a strong foundation for a successful marital relationship. Participants engage in discussions and activities aimed at enhancing communication skills, resolving conflicts constructively, understanding each other's needs and expectations, and setting realistic goals for their future together. Additionally, the class may address topics such as financial planning, intimacy, family dynamics, and decision-making in marriage. The Premarital Awareness Class provides couples with valuable insights, tools, and resources to navigate the complexities of married life with confidence .



## Resource person

25<sup>th</sup> November 2023

**Dr. Mansoor othayi** was in charge of the program's Forenoon session.

Topic: Marriage for wellness



The afternoon session was handled by Sameera.

Topic: effective communication skills for couple's and healthy online communication



26<sup>th</sup> November 2023

The program's Forenoon session was Handled by Munshida.k.

Topic: infant and adolescents, parenting, sex education and pregnancy



**The afternoon session was handled by Hajara MV**

Topic: effective management of in law relationship and conflict management



**27<sup>th</sup> November 2023**

**The forenoon session of the programme was handled by Fasal pullat**

Topic: family budgeting



**The afternoon session was handled by adv Anees**

Topic: legal and religious aspects of marriage



### **3. Menstrual health**

On November 29, 2023, a medical lecture regarding menstrual health was held. The program was officially Inaugurated by Prof. K. Ibraine (Principal of PMST College). The Menstrual Health Class provides essential education and support for individuals to better understand and manage their menstrual cycles. This class covers a range of topics, including menstrual hygiene practices, understanding the menstrual cycle, managing menstrual discomfort, and promoting reproductive health. Participants learn about the importance of proper hygiene during menstruation, debunk myths and



misconceptions, and gain practical tips for maintaining comfort and well-being throughout their menstrual cycles.

**Resource person:**

**Dr:annath cholakkal**

**BAMS,PGDGM,DBC**

**Health & Beauty specialist Ayur**

**health clinic kacherippadi**



#### **4.Stress management**

A discussion about stress reduction took place on November 29, 2023. Boys are the participants.. The Stress Management Class is designed to equip participants with effective strategies for coping with stress and promoting overall well-being. This class offers practical tools and techniques to help individuals recognize, manage, and reduce stress in their lives

**Resource person :**

**Dr.krishnakumar.M**

**HOD ,PG Department of psychology(PMST Arts and science college,kundoor)**



## 5. Health and hygiene in women

An interactive session with a doctor discussing health and hygiene in women on December 12<sup>th</sup> 2023 and the program was inaugurated by prof k.ibraine (pmst college principal)

The Health and Hygiene for Women session is dedicated to educating and empowering women on matters related to their well-being. This session covers various aspects of health and hygiene specific to women's needs. Topics may include menstrual health, reproductive hygiene, breast health, nutrition, and personal care practices. Participants learn about the importance of maintaining good hygiene habits to prevent infections and promote overall health. They also gain insights into understanding their bodies, recognizing signs of potential health issues, and seeking appropriate medical care when needed. The Health and Hygiene in Women session aims to foster a supportive environment where women can openly discuss their health concerns, access accurate information, and make informed choices for their well-being.

### Resource person

**Dr ramya binesh**

**Consultant, gynecology & gynec oncologist**

**Aster MIMS kottakkal**



## 6. A talk on stress management

On December 12<sup>th</sup>, 2023, a talk on stress management was organized specifically for boys. The session aimed to address the various aspects of stress and equip the attendees with effective strategies to manage it. Through discussions and interactive activities, participants gained valuable insights into recognizing and coping with stressors in their lives.

**Resource person :**

**Dr.krishnakumar.M**

**HOD ,PG Department of psychology(PMST arts and science college,kundoor)**



### **7. Adolescence psychology**

A talk on adolescence was conducted on 13<sup>th</sup> December 2023. classes were handled by lady's faculty of each department of PMST college



### **8. Meloso: dessert fest**

A dessert fest was conducted on 15<sup>th</sup> January 2024.the programme was conducted for to exhibit students desset making talents. The Dessert Fest Competition is a delectable event where participants showcase their skills by preparing and presenting mouthwatering desserts. This competition celebrates creativity, flavor, and presentation.

