



Capacity Building and Skill Enhancement Activities 2020-21

MES ASMABI COLLEGE

(Affiliated to University of Calicut)

P. Vemballur P.O., Kodungallur

Thrissur Dist., Kerala PIN-680671

0480 – 2850596, 2851171

Principal: 0480 – 2859032

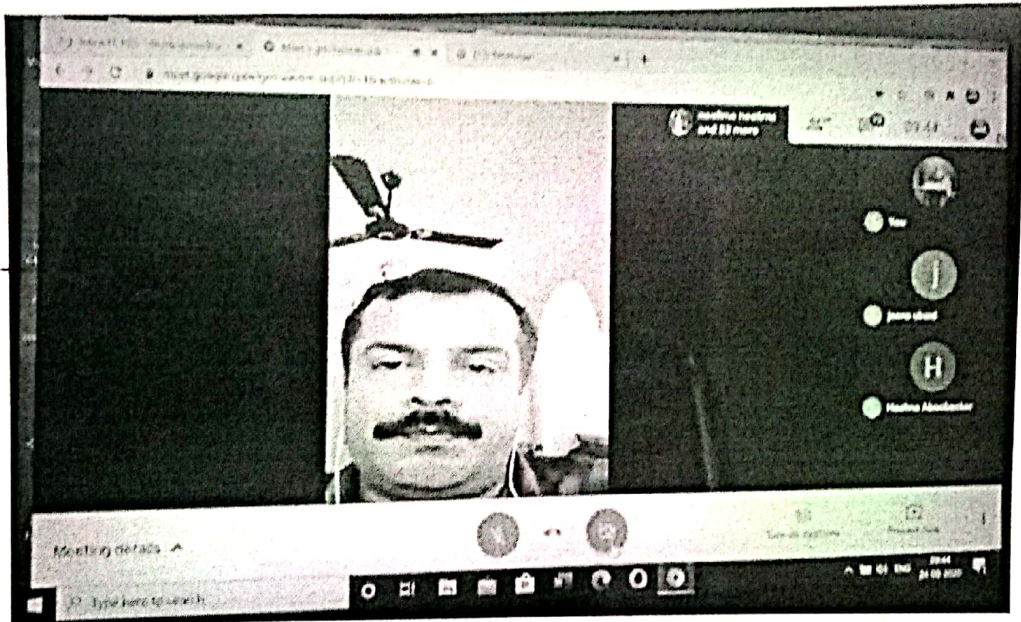
principal.mesasmabi@gmail.com

M E S Asmabi College, P Vemballur,

Department of Economics

Introduction to Software (SPSS and Ms Excel) in Research process (Online Mode)

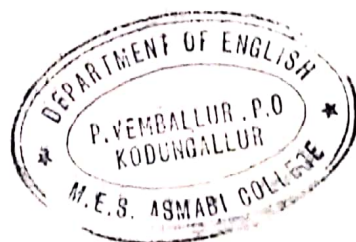
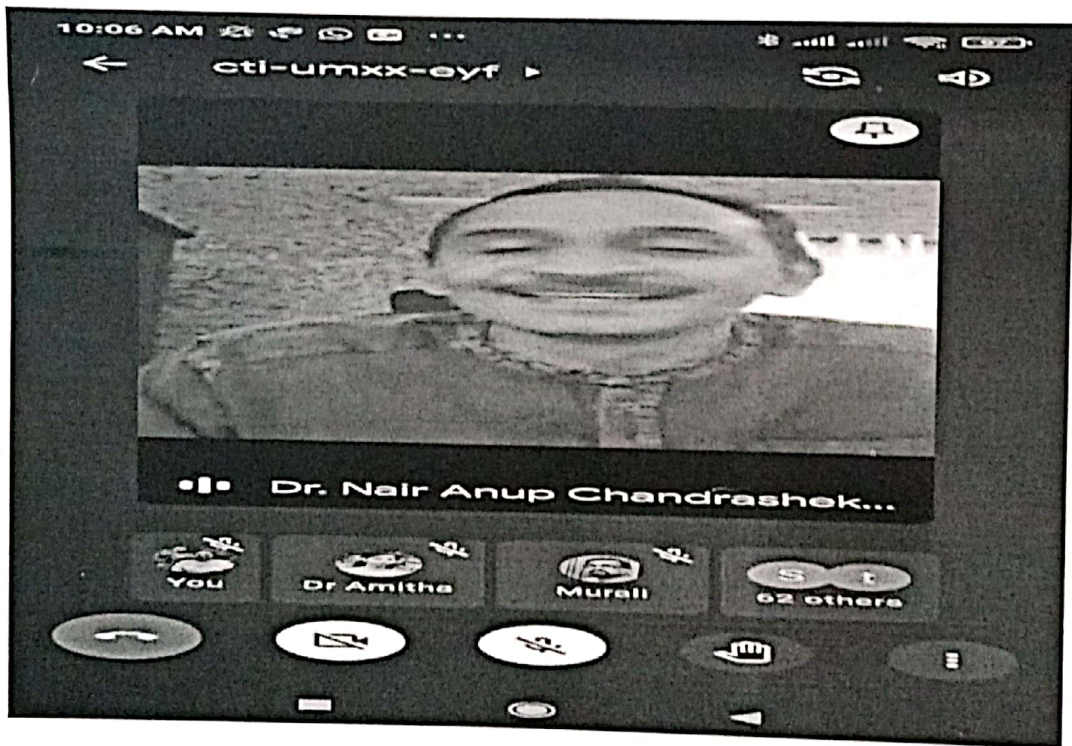
The PG dept of Economics organized a workshop on the topic "Introduction to Software in Research Process (SPSS and Ms Excel)" on 24th September 2020. The formal inauguration of the webinar have been done by Dr.A.Biju, principal MES Asmabi college. Smt.Dhanya.K, Asst.Professor Dept of Economics welcomed the gathering. Jeena.P.M HOD Dept of Economics presided over the function. Further to this, the class was handled by Dr. Shabeer.K.P, Dept of Economics, M.S Govt College, Kodencherry, Kozhikode. All the PG and Final year UG students were actively participated in the Webinar.




Dr. DHANYA. K.
Assistant Professor
P.G. Department of Economics
MES Asmabi College, P. Vemballur
Kodungallur, Thrissur-680671, Kerala-India

**M E S Asmabi College, P Vemballur,
Department of English**

Department of English organised orientation programme for the First Year UG & PG students on 15 December 2020. Dr. Nair Anup Chandran delivered a talk on “A crash course on negotiating silences and sounds.”



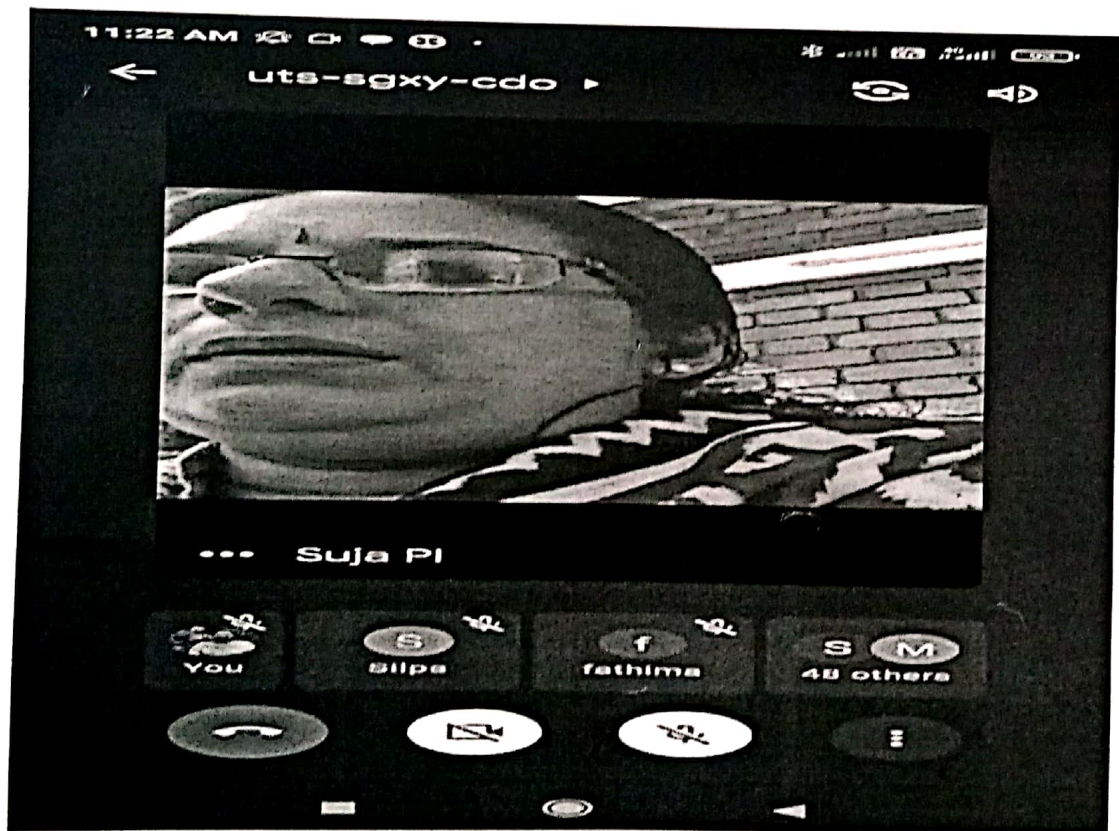
For HOR

Jameelath

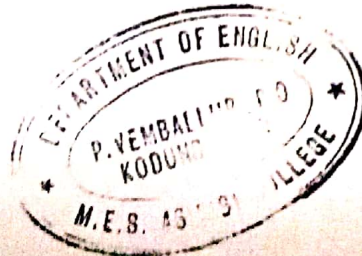
M E S Asmabi College, P Vemballur,

Department of English

Department of English organised orientation programme for the First Year UG & PG students on 16 December 2020. Dr. Suja Kurup delivered a talk on "21st Century Literary Skills."



For HOD



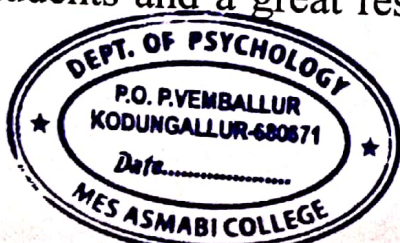
Samuel


M E S Asmabi College, P Vemballur,

DEPARTMENT OF PSYCHOLOGY

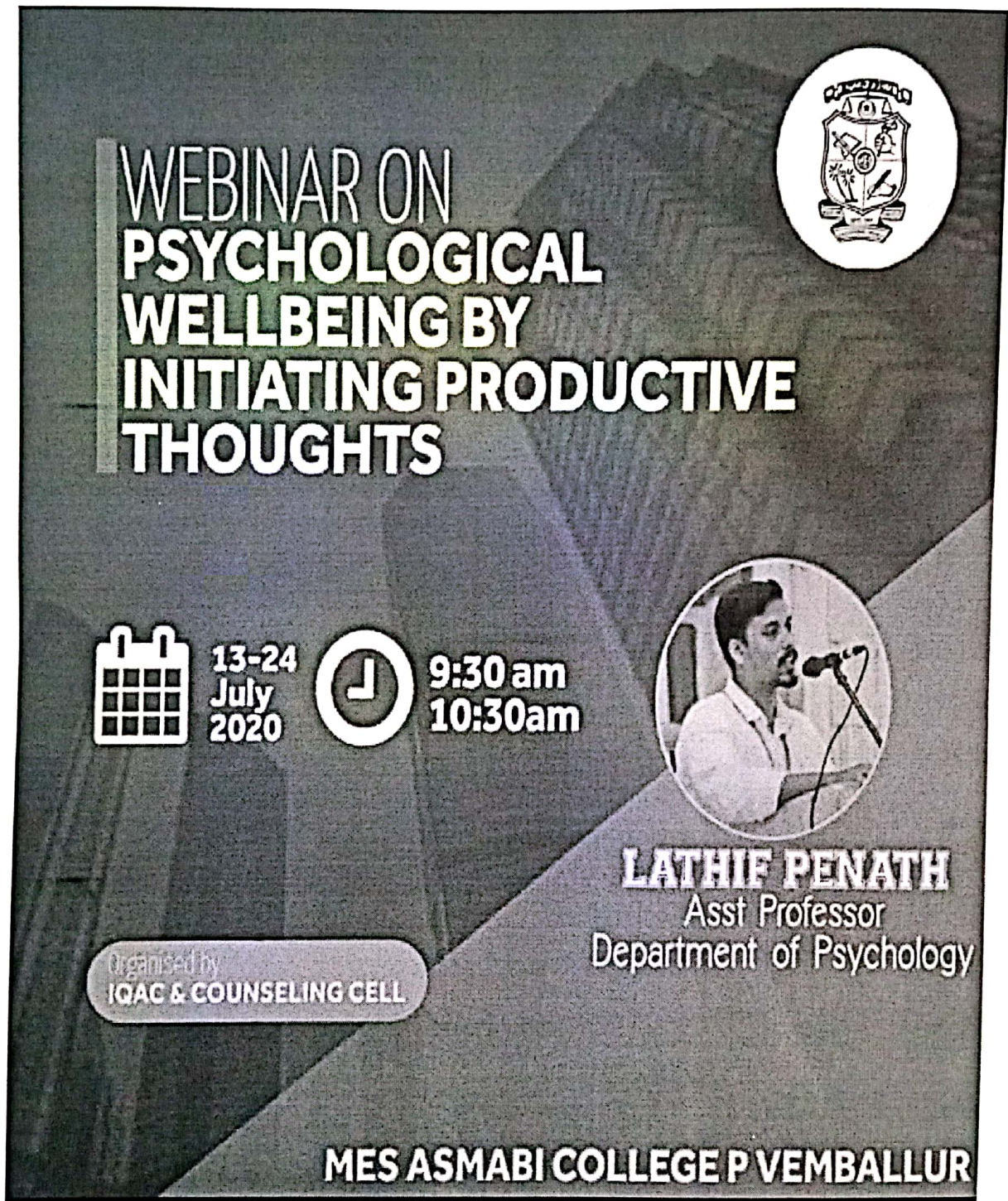
**WEBINAR ON PSYCHOLOGICAL WELL BEING BY
INITIATING PRODUCTIVE THOUGHTS**

The Student counselling cell of Department of Psychology and IQAC of MES Asmabi College had conducted a one week workshop on **Psychological wellbeing by initiating productive thoughts** by the student counsellor **Mr. Lathif Penath**, Asst. Professor, Department of Psychology, MES Asmabi College. The webinar was organised for the entire students of the college from **13th-24th of July 2020 at 9:30-10:30am**. The mode of online Platform used was **Google meet**. The students was divided according to their respective departments and was allotted with a specific date since there was a limit in the online platform. The program was **inaugurated by Dr. A.Biju** Principal, MES Asmabi College. This webinar was mainly organised to give awareness on how to adapt and handle the distresses and other problems that the students had faced due to the sudden shift to the online platform. The webinar has covered overall 10 hours as the awareness session. The programs had a great impact on the students and a great response was received. Around 70 cases







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and Follow up sessions was given by the Student Counsellor Mr. Lathif Penath to the students who required assistance.



**WEBINAR ON
PSYCHOLOGICAL
WELLBEING BY
INITIATING PRODUCTIVE
THOUGHTS**



 **13-24
July
2020**  **9:30 am
10:30am**




LATHIF PENATH
Asst Professor
Department of Psychology

Organised by
IQAC & COUNSELING CELL

MES ASMABI COLLEGE P VEMBALLUR





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**M E S Asmabi College, P Vemballur,
DEPARTMENT OF PSYCHOLOGY**

**WEBINAR ON ADVANCED REMOTE LEARNING IN & POST
PANDEMIC ERA**

The department of psychology, MES Asmabi College in association with the Internal Quality Assurance cell (IQAC) of MES Asmabi College had organized a webinar on 25-july-2020 from 9:00am-11:00am. The main topic for the day was '**Advanced remote learning in & post pandemic era**'. The resource persons were Mr. Muhammed Sabih (Clinical psychologist, DMHP, Malappuram) and Mr. Lathif Penath (Asst. professor, Dept. of Psychology, MES Asmabi College). The moderator of the day was Ms. Kavary B.J (Asst. professor, Dept. of Psychology, MES Asmabi College). The webinar began with a welcome speech by Ms. Sangeetha P.S (HOD, Dept. of Psychology, MES Asmabi College) followed by an inauguration by Dr. A. Biju (Principal, MES Asmabi College). The first session was on the topic '**Faculty wellbeing and psychosocial consideration in Covid era: Digital shifts and consequences**' by Mr. Muhammed Sabih. The second session was on the topic '**technologically advanced learning patterns and student habits in Covidian period: Impacts and insights**' by Mr. Lathif Penath. A query session was arranged after each of the sessions for the participants and they were explained in a very good way by the resource persons. A feedback session was done by Dr. K.P Sumedhan (Director of self-financing courses, MES Asmabi College) and Dr. Asma V.M (vice principal, MES Asmabi College). They conveyed about the overall understanding on positivity and insightful thoughts, the level of stress that the teachers had, the productive learning of students through online and about how much relevant this topic was in the present condition. A vote of thanks was delivered by Dr. Shafeer P.S (IQAC Coordinator, MES Asmabi College). A feedback form was circulated among all the participants also had a very effective and positive opinion. An E-Certificate was also provided to all the participants.




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M E S ASMABI COLLEGE
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Department of Psychology & IQAC
JOINTLY ORGANIZES

WEBINAR

ADVANCED REMOTE LEARNING IN & POST PANDEMIC ERA : INSIGHTS

25 JULY 2020

9:00 AM TO 11:00 AM



Google Meet

ONLINE PLATFORM

RESOURCE PERSON & TOPIC



Mr. Muhammed Sabih
Clinical Psychologist
DMHIP, Malappuram

Topic : Faculty Wellbeing &
Psychosocial Considerations in Covid
Era : Digital shifts and consequences



Mr. Lathif Penath
Asst. Professor
Dept of Psychology
MES Asmabi College

Topic : Technologically Advanced
Learning patterns & Student Habits in
Covidian Period : Impacts and Insights.

Focused Participants : College faculties

Free registration ,E- Certificate

FOR REGISTRATION: 9946238540, 90612 37079



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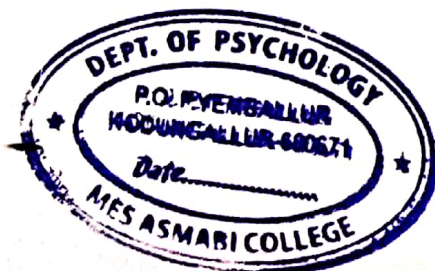
M E S Asmabi College, P Vemballur,

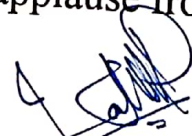
DEPARTMENT OF PSYCHOLOGY

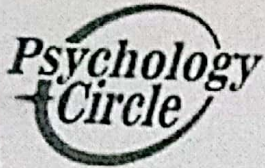
WEBINAR ON GATE KEEPERS TRAINING

The department of Psychology MES Asmabi College in association with psychology circle had conducted a webinar on **14 September 2020** from **11:00am-12:30pm**. The program was based on the suicide prevention day which is observed on September 10th of every year. The topic for the day was about '**Gate Keepers Training**' and it was mainly aimed at the students parents and the faculty of the college. The resource person was **Mr.Sonu S Dev**(Clinical psychologist, Human Care Foundation (HCF), Calicut). The mode of platform used was **Zoom meeting app**. The program began with a meeting session where a welcome speech was delivered by Ms. Sangeetha P.S (HOD, Dept. of Psychology, MES Asmabi College) followed by a presidential address delivered by DR. A Biju (Principal, MES Asmabi College). Ms. Deepa Mary Thomas (President, Psychology circle) gave the information about the program. The technical session was carried out by Mr. Sonu S Dev. The class mainly aimed at certain ways to prevent suicide and how to help and identify such people. A query session was arranged and there was a very good response and active participation from everyone. A feedback was done by Dr. K P Sumedhan (Director, Self-financing courses, MES Asmabi College) which had a very good positive response. A vote of thanks was delivered by Mr. Lathif Penath (Asst. Professor, Dept of Psychology, MES Asmabi College).

As a part of the **suicide prevention day** a **short movie** was created by the students of **3rd BSc Psychology** MES Asmabi College. The movie had received a very good response and applause from the audience.




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In Association With



DEPARTMENT OF PSYCHOLOGY
MES ASMABI COLLEGE
VEMBALLUR

COMMUNITY CIRCLE
SUICIDE PREVENTION
PROGRAM 2020

WEBINAR ON GATE KEEPER TRAINING

FOR PARENTS, STUDENTS AND TEACHERS



Resource Person

SONU S DEV
Clinical Psychologist
Human Care Foundation, Calicut.
General Secretary,
Psychology Circle.

14 SEPTEMBER 2020 - MONDAY

11.00am - 12.30pm



Reach us on | www.psychologycircle.in | mail.psychologycircle@gmail.com



[Signature]
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DEPARTMENT OF PSYCHOLOGY

NATIONAL WEBINAR ON MENTAL HEALTH FOR ALL- GREATER INVESTMENT, GREATER ACCESS

The department of Psychology and IQAC , MES Asmabi College had organised a program on the basis of the World Mental Health Day observed on 10 October of every year. The program contained a free national webinar that had longed for a month and an interschool poster making, story writing and poem writing competition. Students from various colleges had participated for the webinar. The topic for the program was **MENTAL HEALTH FOR ALL- GREATER INVESTMENT, GREATER ACCESS**. The webinar was conducted on 17th, 24th and 31st of October 2020 with different resource persons. The mode of online platform used was Google meet. On the first day (17th of October 2020) there was two webinar sessions that had followed the meeting session and the inauguration by Dr. A. Biju, Principal, MES Asmabi College. The first session was on the topic **Impact Of Pandemic on Mental Health- Indian Perspective** by Mr. Ishant Kumar (Clinical Psychologist, NIMHANS Banglore).The second session was by Ms. Nadia Moideen (Learning Disability specialist, Aster Medicity, Ernakulam) on the topic **Learning Disability**. The second day (24th of October 2020) the session was on the topic **Family Mental Health- Dynamics and Resilience** by Mr. T.P Jawad (Family Psychologist, Human Care Foundation (HCF),Calicut). On 31st of October 2020 the session was organised with resource person Ms. Fathima Kareem (Disability Management Officer, (Clinical Psychologist),CDMRP Dept. Of Psychology, University of Calicut) **Role of Community In Mental Health- An Overview**. Queries were cleared at the time when each technical sessions were concluded.The results for the intercollege Competitions were announced on the last day of the national webinar. Certificates were issued to all the Partipants. The program was a very great success and has received lot of positive feedbacks.




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MES ASMABI COLLEGE
DEPARTMENT OF PSYCHOLOGY & IQAC



World Mental
Health Month
Observation 2020

NATIONAL WEBINAR

Theme : Mental Health for all Greater
Investment - Greater Access

INTER
COLLEGE
COMPETITIONS

OCTOBER

17 24 31
2020

Platform
Google meet



Google Meet

Focused population : Psychology
Students and Professionals

Free registration



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Over the shoulder Webinar series report

Department of BVOC Digital film production organised an Film Insight Webinar sessions named **Over the shoulder** on 04/08/2020, these webinar sessions were organised in MES Asmabi college on the peak time of pandemic session but still the results were outstanding, around 75 – 100 students and film enthusiasts participated in this webinar series .On the day one Actress Fara Shibla who is a prominent figure in Malayalam industry blend of talent and determination, strengthened by a decade long career as a TV anchor. Her massive physical transformation for a role is a rare accomplishment in the film industry, which she achieved through her role in “Kakshi Amminipilla”.

Her session was one of the main attraction of whole webinar series .Story of her journey into limelight of the film industry is both inspiring and insightful. She shared her views on women safety and tips for upcoming talents.

Topic : Story of my journey in to the screens

Date: 04/08/2020



**Dept. of Vocational Studies
MES Asmabi College
P. Vemballur-680671**

Over the shoulder Webinar series report

Department of BVOC Digital film production organised an Film Insight Webinar sessions named **Over the shoulder** on 04/08/2020, these webinar sessions were organised in MES Asmabi college on the peak time of pandemic session but still the results were outstanding, around 75 – 100 students and film enthusiasts participated in this webinar series.

Day 2 sessions were carried over by Sarath R Nath who is a script writer in Malayalam film industry. His stint with theatre built him a strong background for his big debut in “Mosayile Kuthira Meenukal” as assistant director. His journey from dream to success made him venture further into the larger horizons of script writing through “Ente Ummaante Peru”.

This session helped students who are interested in direction and script writing, Sarath R Nath’s session was so informative and his presentation skills was appreciated by the audience.

Topic: Films: Dreams & reality

Date : 04/08/2020



Dept. of Vocational Studies
MES Asmabi College
P. Vemballur-680671

Over the shoulder Webinar series report

Department of BVOC Digital film production organised an Film Insight Webinar sessions named **Over the shoulder** on 05/08/2020, these webinar sessions were organised in MES Asmabi college on the peak time of pandemic session but still the results were outstanding, around 90 – 110 students and film enthusiasts participated in this webinar series. On the Day 3 Vishnu Thandaserry was the resource person , he made few controversial statements regarding the attitude of producers towards young talents in cinema.

Vishnu Thandaserry is a digital photographer based in the Mollywood Film Industry. He has shot the location stills of more than 11 movies in the last few years. Vishnu works as the lens man for Anil Radhakrishnan Menon and Ayal Njanalla's Lord Livingston 7000 Kandi. He debuted in the Mollywood as an independent photographer via a Fahadh Faasil movie 'Natholi Oru Cheriya Meenalla.

Students and enthusiast has raised few questions and he took Q& A session to the next level, This session was one of the longest session in Over the shoulder webinar series.

Topic: Going behind the camera: My journey

Date: 05/08/2020



Dept. of Vocational Studies
MES Asmabi College
P. Vemballur-680671

Over the shoulder Webinar series report

Department of BVOC Digital film production organised an Film Insight Webinar sessions named **Over the shoulder** on 05/08/2020, these webinar sessions were organised in MES Asmabi college on the peak time of pandemic session but still the results were outstanding, around 60 – 70 students and film enthusiasts participated in this webinar series.

On the Day 4 The session was carried over by Andrew Jacob Dcrus who is a Visual Effects Expert & Cinematographer. He is one of the most sought-after VFX technicians in Malayalam film industry, he has a plethora of blockbuster movies under his belt including Pathemaari, Kumbalangi Nights, Helen, Virus, Godha, Second Show, Aby, Koothara and Jacobinte Swargarajyam. His latest projects are Kurupp and Minnal Murali.

This session was so inspiring and informative for students, the common people couldn't find it interesting but the students who have animation and software background enjoyed the session. In our point of view this session was the best session throughout the webinar.

Topic: The magical world of VFX & it's future

Date: 05/08/2020



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MES Asmabi College
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PANDEMIC FRAMES SHORT FILM CONTEST REPORT

BVOC digital film production and MES Asmabi College, in association with Asmabi Film Hub organized Pandemic Frames, the short film festival on COVID-19 pandemic. This short film contest was one of the most successful event organized by MES Asmabi college , P vemballur. Around 100 registrations and around 50 film entries were marked in the history of short film competition.

Students and film buffs around the country participated in this short film fest through online. Films were streamed through YouTube and Instagram platforms. During the peak of Pandemic this short film contest helped students and participants to neutralize their stress at staying isolated.

The fest happened in Sep- Oct of 2020 and the prize distribution for first and second along with most popular award was given on the month of November, result was announced by famous Malayalam director Mr Omar lulu. Award giving ceremony was conducted as an offline event on the month of November.



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Department of Physics

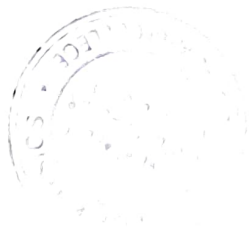
National Webinar on "X-ray and its Research Applications" on 4-8-2020

Report

As per the decision taken in the first department meeting on 01.06.2020, a national webinar was organized on 04.08.2020 at the initiation of Principal Dr A Biju with Dr. Sheeba N H, Associate Professor of the department as the coordinator. The webinar started at 10.30am on the day with the welcome address by the HoD, Dr Sheena P A. Principal Dr A Biju delivered the Presidential speech which was followed by the key note address of the chief guest Dr. Sarun P M who is presently working as Assistant Professor of Physics at IIT (ISM) Dhanbad. Dr. Sarun has been working in the field of X-rays for last 13 years and he made an affluent presentation on the topic "X-rays and its research applications" for the participants of the webinar. Starting with the discovery of X-rays, Dr Sarun went through the general properties and applications, to the extra-galactic sources of x-rays and then finally settled at the research applications. The talk prolonged for nearly two hours which WAS followed an effective interaction from the side of participants. Out of 200 registered, nearly 180 participants attended the webinar that included both students and teachers from various colleges within our state with few from outside India. The webinar came to an end with vote of thanks by the program coordinator Dr. Sheeba N H. E-certificates for the participants were distributed online immediately after the webinar. From the feedback of the participants, 90% commented that the webinar as very useful and informative for them. At this moment, we extend our heartfelt gratitude to all those who have been a part of this program and helped make it a fruitful one.

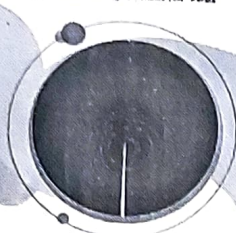


Dr. Sheena P A, MPhil, PhD
Associate Professor
Department of Physics
M E S Asmabi College
P. Vemballur, Kodungallur



4 AUGUST 2020
10:30 AM

Department of Physics
M.E.S. ASMABI COLLEGE
P. Vembalur, Kodungallur, Thalassur Dist.



NATIONAL WEBINAR
X-ray and Its
Research Applications

Dr. Sarun P.M.
Assistant Professor, Dept. of Physics,
IIT Dhanbad

Dr. Sheena N.H. (You) | Dr. A. Biju | Prof. P.M. Sarun

UG Department of Physics
M.E.S. ASMABI COLLEGE
Re-accredited by NAAC with B++ Grade
P. Vembalur P.O - 640671, Kodungallur, Thalassur Dist.
Email: principal.mesasmabi@gmail.com, Web: www.mesasmabi.com


National Webinar on "X-Ray and Its Research Applications"
4th August 2020

PROGRAM

- 10.30 am : Welcome Speech
Dr. Sheena P.A
(Head & Associate Professor, Department of Physics)
- 10.32 am : Presidential Address
Dr. A. Biju
(Principal, M.E.S. Asmabi College)
- 10.35 am : Inaugural & Keynote address
Dr. Sarun P.M.
(Assistant Professor, Department of Physics, IIT Dhanbad)
Topic: X-ray and Its Research Applications
- 11.20 am : Interaction of the participants with the Resource Person
- 11.30 am : Vote of thanks
Dr. Sheena N.H.
(Coordinator & Associate professor, Department of Physics)

X-Rays and its
Research
Applications

By
PROF. P. M. SARUN,
DEPARTMENT OF PHYSICS
INDIAN INSTITUTE OF TECHNOLOGY (INDIAN SCHOOL OF MINES),
DHANBAD, JHARKHAND - 826004, INDIA



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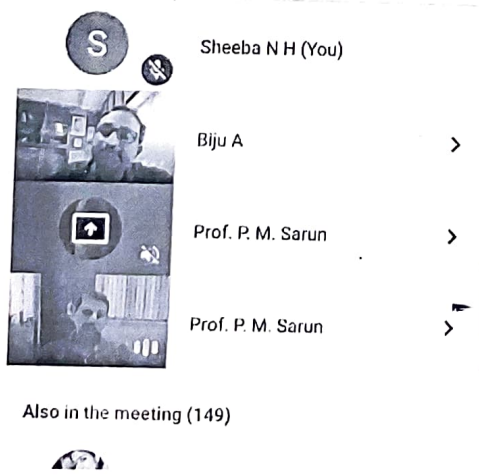
Sheeba N.H. (You)

Biju A

Prof. P. M. Sarun

Prof. P. M. Sarun

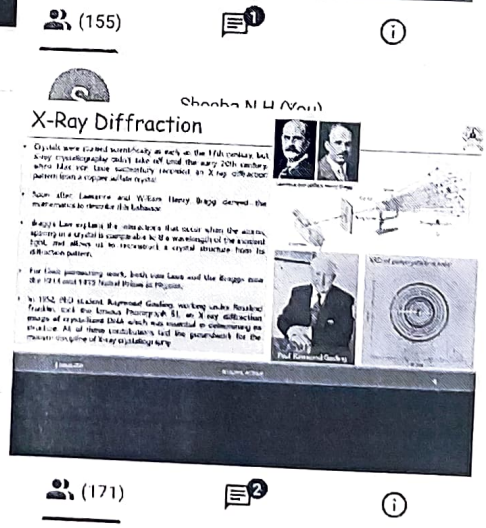
Also in the meeting (149)



Sheeba N.H. (You)

X-Ray Diffraction

- Crystals were found accidentally as early as the 17th century, but X-ray crystallography only took off until the early 20th century when most of the technology required to X-ray diffract matter from a crystal was built.
- Soon after Lawrence and Wilson they began beyond the microscope to measure the lattice.
- Bragg's Law explains the mechanism that occur when the waves, reflecting in a crystal is comparable to the constructive interference of waves.
- For their pioneering work, both won Nobel and the Braggs were in 1914 and 1915 Nobel Prize in Physics.
- In 1952, IIT Madras, Rajagopal Ganesan was the first Indian to work on X-ray diffraction. He was the first Indian to work on X-ray diffraction. He was the first Indian to work on X-ray diffraction. He was the first Indian to work on X-ray diffraction.



(171)

Sheeba N.H. (You)

Dr. Sheena P.A. M.Phil/PhD
Associate Professor
Department of Physics
M.E.S. Asmabi College
P. Vembalur, Kodungallur

