



**MES ASMABI COLLEGE
P.VEMBALLUR**

REPORT

2019-20

Capacity development and skills enhancement activities are organised for improving students' capability

www.mesasmabicollege.edu.in

Confidence Booster program

Women Development Cell

in association with the Rexona - Hindustan Unilever Pvt. LTD

Title of the Program : Confidence booster program

Name of the Coordinator : Dhanya K

Organizing Department/Cell : Women Development Cell

Date of the Program : 06/03/2020

Number of Participants : 45

Resource Person : Miss. Anjuman Banu from Hindustan Unilever Pvt. LTD

The Women Development Cell (WDC) in association with Rexona – Hindustan Unilever Pvt. Ltd. organized a Confidence Booster Program on March 6, 2020. This program aimed at building the confidence of students and preparing them for interviews and other challenges. Miss. Anjuman Banu from Hindustan Unilever Pvt. Ltd. served as the resource person for the event.

Program Highlights:

Corporate Collaboration: The program was conducted in collaboration with Rexona – Hindustan Unilever Pvt. Ltd., emphasizing the synergy between academic institutions and corporate entities in fostering student development.

Focus on Confidence Building: The primary objective was to enhance the confidence of participants, preparing them for various professional challenges, including interviews.

Resource Person - Miss. Anjuman Banu: Miss. Anjuman Banu, a representative from Hindustan Unilever Pvt. Ltd., facilitated the program, bringing her expertise and insights into building confidence and excelling in professional settings.

Inauguration and Felicitation: Mrs. Dhanya, the Coordinator of WDC, welcomed the gathering, and the Vice-Principal, Dr. Asma VM, inaugurated the function. Sri Shahida felicitated the program, adding a touch of official acknowledgment.

Key Takeaways:

Confidence Enhancement: Participants gained valuable insights and practical tips to boost their confidence, a crucial aspect of personal and professional growth.

Industry Insights: Miss. Anjuman Banu shared industry-specific knowledge, preparing students for the expectations and challenges of the professional world.

Feedback and Future Initiatives: The program received positive feedback from the 45 participants, highlighting its relevance and impact. The Women Development Cell plans to continue organizing similar initiatives in collaboration with industry partners to provide holistic development opportunities for students.

Conclusion:

The Confidence Booster Program conducted by the Women Development Cell, in association with Rexona – Hindustan Unilever Pvt. Ltd., was a successful endeavor. It not only provided participants with practical skills but also strengthened the bridge between academia and the corporate world. The WDC remains committed to empowering and preparing students for success in their future endeavors

MES ASMABI COLLEGE,
P.VEMBALLUR

Women Development Cell

CONFIDENCE BOOSTER PROGRAM

DATE: MARCH 03, 2023
@ 10.30 AM

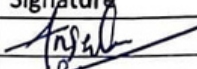
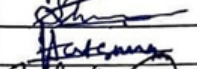

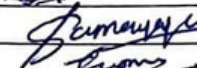
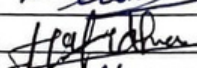
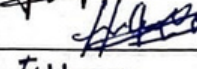
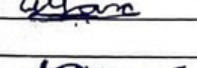

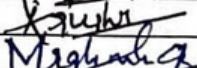
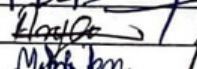
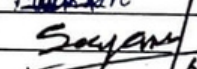
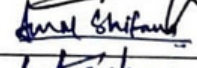
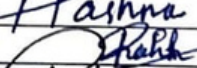

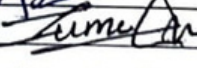
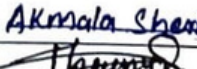
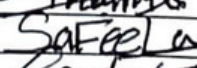

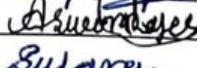

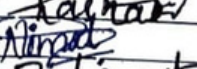
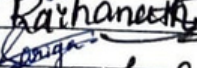





RESOURCE PERSON
Miss. Anjuman Banu
(Hindustan Unilever Pvt. LTD)

Brochure

Miss. Anjuman Ban U
addressing the gathering



List of Participants
Confidence Booster Program
 Women Development Cell
 06/03/2020

NO	NAME	CLASS	Signature
1	ANSILA P S	II Coop	
2	SHIFA A Y	II Coop	
3	HAFSANA P A	II BA Eco	
4	SAFARIYA P S	II BA Eco	
5	ASMI V H	II Eng	
6	SUMAYYA C A	II Eng	
7	SHAMNA T I	II Aqua	
8	HAFIDHA	II Aqua	
9	FATHIMA NOORA	III Bot	
10	LIYANA P P	III Bot	
11		III Psy	
12	ARJUN K P	III BA Eco	
13	BIFATHIMA T A	III BA Eco	
14	ARUSHI T P	III Aqua	
15	MIGHA	III Bot	
16	ARYA P A	III Eng	
17	Muhsina K M	I MA Eco	
18	SAYANA M V	I MA Eng	
19	AMAL SHIFANA K A	II BA Eco	
20	HASHNA P H	II BA Eco	
21	RAIHANA P S	II Bot	
22	RIFA	II Bot	
23	ASHIK CM	II Maths	
24	JUNAINA P V	II Maths	
25	AKMALA SHERIN	II Aqua	
26	THASNI K A	II Phy	
27	SAFEELA M S	II Coop	
28	SREEHARI M	II Coop	
29	ARYA P V	II Coop	
30	ASWIN RAJESH	II Coop	
31	SIYANA T N	II Coop	
32	FATHIMA	II Psy	
33	RASHA K M	II Psy	
34	NIMAL SHAJAN	III Aqua	
35	RAIHANATH	III Aqua	
36	SARIGA C S	III Coop	
37	RAMSHIDA A	III Coop	
38	NAIZAM K S	III Bot	

39	AFIYA P A	III Phy	<i>Afiya</i>
40	JISHNA P U	III Phy	<i>Jishna</i>
41	DANA T M	III Psy	<i>Dana</i>
42	HENNA	III BA Eco	<i>Henna</i>
43	HRIDYA K B	III BA Eco	<i>Hridya</i>
44	JISITHA K J	III BA Eco	<i>Jisitha</i>
45	AFRA ANWAR	I Eng	<i>Afra</i>



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

Women Development Cell

Nirbhaya Self-Defense Training Programme

Title of the Program : Nirbhaya Self-Defense Training Programme

Name of the Coordinator : Dhanya K

Organizing Department/Cell : Women Development Cell

Date of the Program : November 25, 2019

Number of Participants : 32

Resource Person : Mrs. Anna, Sub Inspector of Police: Mrs. Anna, a Sub Inspector of Police from Thrissur Vanita Police

The Women Development Cell (WDC) of MES Asmabi College, P. Vemballur, recognizing the imperative need for self-defense, organized two impactful self-defense programs. One of these initiatives was the Nirbhaya Self Defense Training Programme, conducted in collaboration with the Vanitha Police Cell of Thrissur.

Program Highlights:

Collaboration with Vanitha Police Cell: The Nirbhaya Self Defense Training Programme was successfully organized in collaboration with the esteemed Vanitha Police Cell of Thrissur. **Training by Police Department Trainers:** The program featured hands-on training sessions conducted by two proficient trainers from the Police Department. These trainers shared practical self-defense techniques and strategies designed to empower the participants.

Interactive Session: Following the training sessions, an interactive session provided a platform for students to voice their concerns and apprehensions. This session facilitated open dialogue on various issues faced by women in different contexts.

Key Takeaways:

Empowerment through Knowledge: The program aimed to empower women by equipping them with practical self-defense skills and knowledge. Participants gained insights into situational awareness and acquired effective techniques to ensure their personal safety.

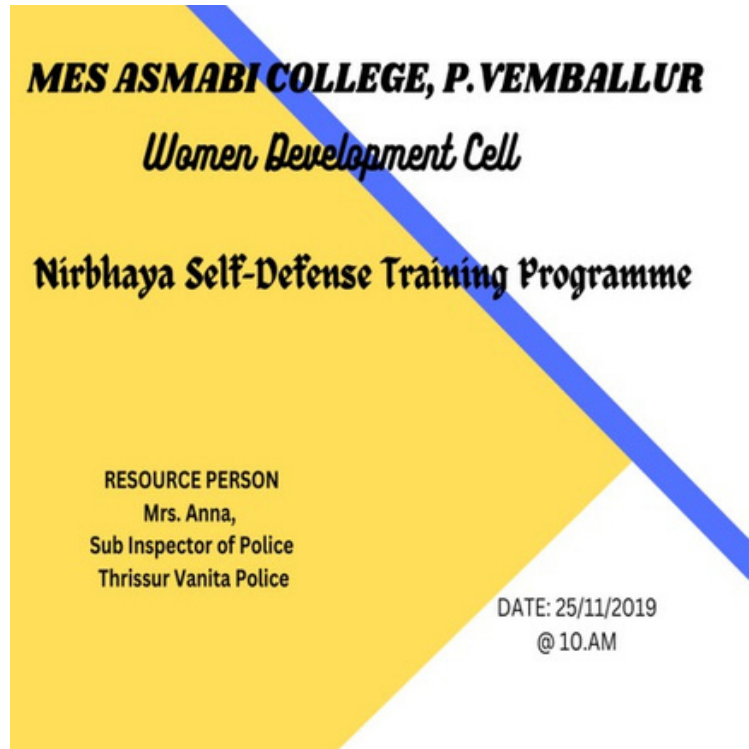
Safety Measures Awareness: Mrs. Anna's address and the trainers' sessions emphasized the significance of being vigilant about one's surroundings and adopting safety measures to prevent untoward incidents.

Community Dialogue: The interactive session served as a forum for students to express their concerns and share personal experiences. This open dialogue fostered a sense of community and support among the participants.

Feedback and Future Initiatives: The feedback from participants was overwhelmingly positive, highlighting the program's effectiveness in imparting valuable skills and knowledge. The Women Development Cell is committed to continuing such self-defense programs regularly to ensure the ongoing safety and well-being of the female members of the college community.

Conclusion:

The Nirbhaya Self Defense Training Programme conducted by the Women Development Cell at MES Asmabi College, P. Vemballur, in collaboration with the Vanitha Police Cell, was a commendable success. Beyond imparting self-defense skills, the program provided a platform for meaningful discussions on women's safety. The WDC remains dedicated to creating a secure and empowered environment for women within the college community.



Brouchre

Mrs. Anna, Sub Inspector of Police, giving training to the students

List of Participants
Nirbhaya Self-Defense Training Programme
 Women Development Cell
 25/11/2019

NUMBER	NAME	CLASS	Signature
1	NANDHANA M K	II DFP	<i>Nandhana</i>
2	NASMATH P G	II DFP	<i>Nasmath</i>
3	NAVINDAS P G	II DFP	<i>Navindas</i>
4	ATHULLYA T P	II DFP	<i>Athullya</i>
5	BASIL SHYJAN	II FPT	<i>Basil Shyjan</i>
6	BINDIYA K S	II FPT	<i>Bindiya</i>
7	BINU K M	II FPT	<i>Binu</i>
8	FARSANA EM	II FPT	<i>Farsana</i>
9	FARSANA S F	II FPT	<i>Farsana</i>
10	FASIHA T A	II ENG	<i>Fasiha</i>
11	FIDHA FASLIYA K S	II ENG	<i>Fidha</i>
12	HELEN P V	II ENG	<i>Helen</i>
13	SEETHALAKSHMI P S	II ENG	<i>Seetha</i>
14	SILPA BENNY	II ENG	<i>Silpa</i>
15	AHLA K I	II ENG	<i>Ahla</i>
16	ANNA GRACE	II ENG	<i>Anna</i>
17	ANSILA U N	II ENG	<i>Ansila</i>
18	ANUSREE M J	II ENG	<i>Anusree</i>
19	APSANA K B	II BOT	<i>Apsana</i>
20	RASHA C	II BOT	<i>Rasha</i>
21	RESHMA K SURESH	II BOT	<i>Reshma</i>
22	RESHMA P P	II BOT	<i>Reshma</i>
23	SANDRA P	II BOT	<i>Sandra</i>
24	SIYANA SHERIN M P	II BOT	<i>Siyana</i>
25	SIYANA SHERIN M P	II BOT	<i>Siyana</i>
26	ADHILA P K	II BOT	<i>Adhila</i>
27	ALANA FATHIMA	II FIN	<i>Alana</i>
28	ALEENA A S	II FIN	<i>Aleena</i>
29	ANJALI C S	II FIN	<i>Anjali</i>
30	ANUPAM RAJ K S	II FIN	<i>Anupam Raj</i>
31	APSIRA V S	II FIN	<i>Apsira</i>
32	ASNA P M	II FIN	<i>Asna</i>

Dr. Dhanya K.

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

Women Development Cell

Workshop on Self Protection Techniques in Karate

Title of the Program : Workshop on Self Protection Techniques in Karate Name of the

Coordinator : Dhanya K

Organizing Department/Cell : Women Development Cell

Date of the Program : 09/03/2020

Number of Participants : 30

Resource Person : Mr. Pradeep (an experienced Katatte Trainer)

The Women Development Cell (WDC) organized a Workshop on Self Protection Techniques in Karate on March 9, 2020. This workshop, conducted in collaboration with Agra College Union, aimed at providing participants with essential skills for self-defense. Mr. Pradeep, a seasoned Karate trainer (Katatte Trainer), served as the resource person for the event.

Program Highlights:

Collaboration with Agra College Union: The workshop was conducted in collaboration with Agra College Union, fostering a sense of community engagement and support. **Focus on Self-Defense:** The primary objective of the workshop was to emphasize self-defense techniques, providing participants with practical skills and knowledge to enhance their personal safety.

Key Takeaways:

Skill Development in Karate: Participants acquired practical skills in Karate under the guidance of Mr. Pradeep, enhancing their ability to defend themselves.

Empowerment Through Self-Defense: The workshop aimed to empower participants by instilling confidence and self-reliance through the practice of self-defense techniques.

Collaborative Efforts: The collaboration with Agra College Union highlighted the importance of collective efforts in promoting and ensuring the well-being of students.

Feedback and Future Initiatives: The feedback received from the 30 participants was positive, with many expressing appreciation for the practical and empowering nature of the workshop.

The Women Development Cell is committed to organizing similar initiatives in the future to continually address the safety and development of the college community.

Conclusion: The Workshop on Self Protection Techniques in Karate organized by the Women Development Cell in collaboration with Agra College Union was a successful endeavor. It not only provided participants with valuable self-defense skills but also fostered a sense of community engagement and empowerment. The WDC remains dedicated to creating a secure and proactive environment for women within the college community.

MES ASMABI COLLEGE, P.VEMBALLUR

Women Development Cell

Workshop on Self Protection Techniques in Karate



***DATE: 09/03/2020
@ 11.30.am***

***RESOURCE PERSON
Mr. Pradeep
(an experienced Karate Trainer)***

Brochure



Demonstration of Self Protection Techniques

List of Participants
Workshop on Self Protection Techniques in Karate
Women Development Cell
09/03/2020

No	Class	Name	Signature
1	III MASS	RISWANA K R	<i>Riswana</i>
2	III MASS	SHAHANA P N	<i>Shahana</i>
3	III MASS	SHASNA BANU K N	<i>Shasna</i>
4	III MASS	HUSNA ABDUL RASHEED	<i>Husna</i>
5	III FINANCE	JABEEN BARKATH	<i>Jabeen</i>
6	III FINANCE	JYOTHI JAYAN	<i>Jyothi</i>
7	III FINANCE	ANJU P R	<i>Anju</i>
8	III FINANCE	FIZA K H	<i>Fiza</i>
9	III FINANCE	LAMIYA V A	<i>Lamiya</i>
10	III FINANCE	ALMA SONA MARIYA V J	<i>Alma</i>
11	III FINANCE	ALSHA P T	<i>Alsha</i>
12	III FINANCE	ANEENA MANOJ	<i>Aneena</i>
13	III FINANCE	ANJAL PRAKASH M	<i>Anjal</i>
14	III FINANCE	HINZIN	<i>Hinzin</i>
15	III FINANCE	JAYALAKSHMI K R	<i>Jayalaxmi</i>
16	III COOP	KRISHNAPRIYA K A	<i>Krishnapriya</i>
17	III COOP	LAKSHMI P G	<i>Lakshmi</i>
18	III COOP	MARJANA NASARIN	<i>Marjana</i>
19	III COOP	MEHARUNEESA A M	<i>Meharuneesa</i>
20	III COOP	MINSIYA NOURIN K S	<i>Minsiya</i>
21	III COOP	MOHAMED NIYAZ N M	<i>Mohamed</i>
22	III COOP	MUFEEDA	<i>Mufeeda</i>
23	III COOP	NOUFIDA	<i>Noufida</i>
24	III COOP	NOUSHIDA K S	<i>Noushida</i>
25	III COOP	RESMIYA P M	<i>Resmiya</i>
26	BCA	SEBIN A B	<i>Sebin</i>
27	BCA	SILPA K S	<i>Silpa</i>
28	BCA	THASNIHA A M	<i>Thasniha</i>
29	III FPT	SILSHA P.S	<i>Silsha</i>
30	III FPT	SREEDAS K.H	<i>Sreedas</i>

Dhanya K.
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 Kodungallur, Thrissur-680671, Kerala-India

DEPARTMENT OF PSYCHOLOGY
'A Day for 40 Seconds of Action' -
A Flashmob for Suicide Prevention Day

Title of the Program : 'A Day for 40 Seconds of Action' – A Flashmob for Suicide Prevention Day
Name of the Coordinator : Lathif Penath
Organizing Department/Cell: Department of Psychology
Date of the Program : 10 October 2019
Number of Participants : 30
Venue : Sobha City Mall

Program Objectives:

The objective of the program, "A Day for 40 Seconds of Action," is to raise awareness and promote suicide prevention on World Mental Health Day. Through a flashmob organized by the Department of Psychology at MES Asmabi College, participants aim to engage the public at Sobha City Mall, emphasizing the importance of mental health and encouraging support for those in need.

Program Participants:

30 B.Sc. psychology students

Report of the Program:

The Department of Psychology at MES Asmabi College took a dynamic approach to observe Suicide Prevention Day by organizing a unique and impactful event titled "A Day for 40 Seconds of Action." Coordinated by the dedicated Lathif Penath, the flashmob aimed to raise awareness about suicide prevention through a creative and engaging format. The event took place at Sobha City Mall, providing a public platform to convey the important message of mental health and suicide prevention.

Program Highlights:

1. Flashmob Performance:

The flashmob, featuring 30 enthusiastic psychology students, took place in the heart of Sobha City Mall. The performance was strategically designed to attract attention and create a positive and supportive atmosphere.

2. Inclusive Participation:

The flashmob involved active participation from students who passionately embraced the cause of suicide prevention. Their commitment to the event contributed to its success and effectiveness.

3. Symbolic 40 Seconds of Action:

The duration of the flashmob performance, precisely 40 seconds, symbolized the 40 seconds it takes for someone to lose their life to suicide. This powerful symbolism aimed to evoke reflection and emphasize the urgency of taking action to prevent suicide.

4. Informative Signage and Resources:

Informational signage and resources related to suicide prevention were strategically placed around the flashmob area. This allowed for passersby to access valuable information and resources, promoting awareness and understanding.

5. Engaging the Public:

The flashmob wasn't limited to the participants; it actively engaged the public. Mall visitors were encouraged to join in the moment, fostering a sense of community involvement and shared responsibility in suicide prevention.

6. Post-Performance Discussion:

Following the flashmob, a brief discussion session was conducted by Lathif Penath. This session provided an opportunity for participants and onlookers to share thoughts, ask questions, and engage in a dialogue about mental health and suicide prevention.

Impact and Benefits:

1. Increased Awareness:

The flashmob successfully captured the attention of the public, leading to increased awareness about the importance of suicide prevention. Passersby were drawn to the event, creating a ripple effect of awareness within the community.

2. Destigmatization of Mental Health:

By openly addressing suicide prevention in a public space, the event contributed to destigmatizing conversations around mental health. It conveyed the message that discussing mental health is vital and should be normalized.

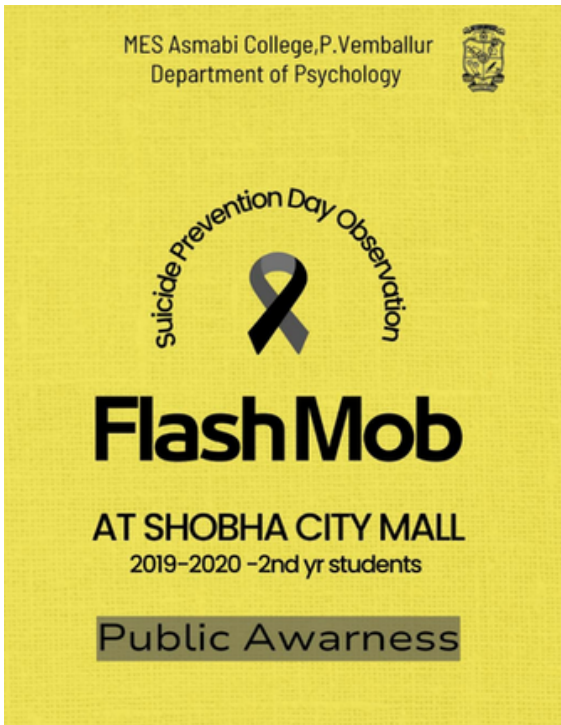
3. Community Engagement:

The event actively engaged the community, fostering a sense of collective responsibility towards suicide prevention. Mall visitors were not only spectators but active participants in spreading the message.

4. Educational Outreach:

The informational resources and post-performance discussion facilitated educational outreach, providing the public with valuable insights into the signs of suicide, available resources, and the importance of seeking help.

"A Day for 40 Seconds of Action" – A Flashmob for Suicide Prevention Day, organized by the Department of Psychology at MES Asmabi College, effectively blended creativity with a serious message. The flashmob served as a powerful tool to raise awareness, engage the public, and emphasize the importance of collective action in preventing suicide. The event's success underscores the significance of innovative approaches in promoting mental health awareness and suicide prevention within the community. The commitment of the Department of Psychology to such initiatives is commendable and paves the way for future impactful endeavors.



Brouchre



Photo of the Event

DEPARTMENT OF PSYCHOLOGY			
'A DAY FOR 40 SECONDS' - FLASHMOB :SUICIDE PREVENTION DAY OBSERVATION			
10 OCTOBER 2019			
STUDENTS PARTICIPATION LIST			
Sl No	Name	DEPARTMENT	SIGNATURE
1	AMINA THASNEEM V S	PSYCHOLOGY	
2	FARSANA SUMAYYA M F	PSYCHOLOGY	
3	FASMILA	PSYCHOLOGY	
4	HANEENA PARVIN A K	PSYCHOLOGY	
5	NOUFIRA M N	PSYCHOLOGY	
6	SALVA	PSYCHOLOGY	
7	SHABNA M A	PSYCHOLOGY	
8	SHIFA P S	PSYCHOLOGY	
9	SUMAYYA A S	PSYCHOLOGY	
10	YASMIN K S	PSYCHOLOGY	
11	MOHAMED BILAL	PSYCHOLOGY	
12	DEVICHANDANA M S	PSYCHOLOGY	
13	HASNA FATHIMA	PSYCHOLOGY	
14	HASNA JAHAN K A	PSYCHOLOGY	
15	JINSIYA T A	PSYCHOLOGY	
16	SANDRA SATHEESAN	PSYCHOLOGY	
17	ANJALI SUBRAMANIAN	PSYCHOLOGY	
18	ANJANA PRIYA M D	PSYCHOLOGY	
19	ASNA T S	PSYCHOLOGY	
20	MAFITHA M M	PSYCHOLOGY	
21	MOHSINA T M	PSYCHOLOGY	
22	NAFEESATHUL KALIMA M N	PSYCHOLOGY	
23	NAFEESATHUL MISRIYA	PSYCHOLOGY	
24	RAEESA P M	PSYCHOLOGY	
25	RINAAS K M	PSYCHOLOGY	
26	SAIRA AYSHA BASHIR	PSYCHOLOGY	
27	SANAM MALIK	PSYCHOLOGY	
28	SHAHANA BADHAR	PSYCHOLOGY	
29	SURYA P S	PSYCHOLOGY	
30	ABHINAND P S	PSYCHOLOGY	

LATHIF PENATH
Assistant Professor & HOD
Department of Psychology
MES Asmabi College, P. Vemballur
Kodungallur, Thrissur-680 671, Kerala-India

DEPARTMENT OF MALAYALAM

Vayanapakshacharanam - 'Akksharakuttu' Event

Title of the Program : Vayanapakshacharanam - 'Akksharakuttu' Event

Name of the Coordinator : Dr. Jaisy David

Organizing Department/Cell: Malayalam Department

Date of the Program : June 19, 2019 (19-06-2019)

Resource Persons: Shri. Santhosh Echicanam (Eminent Writer and Scriptwriter)

Programme Objectives:

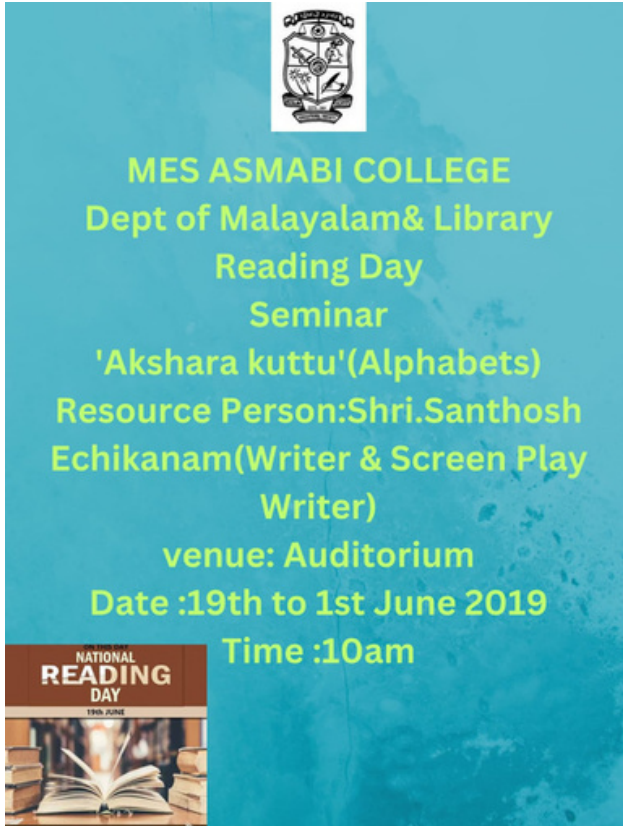
1. To promote and celebrate Malayalam literature and culture.
2. To engage participants in a literary and cultural event featuring 'Akksharakuttu' (literary play).
3. To provide a platform for renowned writer and scriptwriter Shri. Santhosh Echicanam to share insights and knowledge.

Programme Participants: 50

Report of the Programme:

The Vayanapakshacharanam event titled 'Akksharakuttu' was organized by the Malayalam Department on June 19, 2019. The event was inaugurated by the eminent writer and scriptwriter, Shri. Santhosh Echicanam, who also delivered the inaugural address. As part of the programme, a skit titled 'Biriyani' was presented

Brochure of the Program



MES ASMABI COLLEGE
Dept of Malayalam & Library
Reading Day
Seminar
'Akkshara kuttu'(Alphabets)
Resource Person: Shri. Santhosh
Echicanam (Writer & Screen Play
Writer)
venue: Auditorium
Date :19th to 1st June 2019
Time :10am

NATIONAL READING DAY
19th JUNE



Sri. Santhosh Echicanam
addressing the gathering

List of Participants

AKSHARA KOOTU -PARTICIPATION LIST

SLNO	NAME	SIGN
1	FATHIMA MN	
2	GREESHMA A S	
3	JINSIYA T A	
4	MALAVIKA A	
5	MANSOOR P M	
6	MOHAMED RAFAEEK	
7	MURADH N H	
8	NISANA SALIM	
9	NUBLA P R	
10	RESHMA K R	
11	SHAHINA C K	
12	SHANUFA NAZRIN P S	
13	THWAYYIBA FARSAANA K A	
14	ABHISHEK DILIP	
15	AFSAL P	
16	ANASWARA P S	
17	ANNA CELIN BEJOY	
18	ARUNIMA T V	
19	AVINKRISHNA M V	
20	FATHIMA	
21	HIMA A S	
22	MUHAMMED SABEEL	
23	NAVYA JAYAN	
24	NEETHU SASIKUMAR	
25	RAHUL A L	
26	RAHUL KRISHNA M A	
27	ROHIT KRISHNA V R	
28	SANDEEP KRISHNA V S	
29	SIKHA SIVADASAN	
30	SWATHY KRISHNA M A	
	ANSANA FATHIMA K N	
32	AMEESHA M M	
33	ANIANA SURESH P	
34	ANSHA FAISAL	
35	ARDRA PRADEEP	
36	ATHULYA O M	
37	BHAVYA K B	
38	BINSHIYA V	
39	DEVIKA MANOJ	
40	FARSEENA NASRIN T K	
41	FATHIMA SHAHANAS V A	
42	MANEESHA V A	
43	NOUFIYA E N	
44	RUSHDHA T	
45	RUSHTHA IAHAN K C	
46	SAFNA P	
47	SERSIT P	
48	SREELAKSHMI V D	
49	SWETHA K S	
50	AKHIL KRISHNA M R	

DEPARTMENT OF MALAYALAM
Language in 21st Century
"Erupathionnamnoottandile Bhasha"

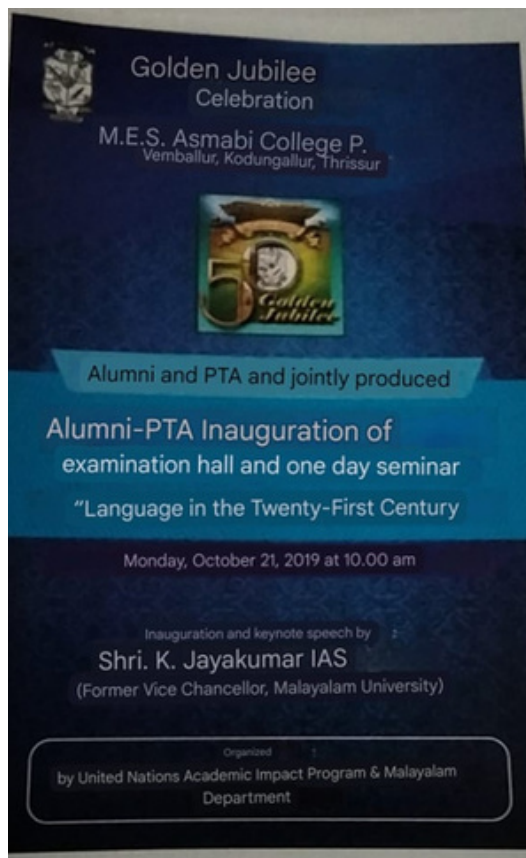
Title of the Program : Language in 21st Century "Erupathionnamnoottandile Bhasha"
Name of the Coordinator : Dr. Jaisy David
Organizing Department/Cell: Department of Malayalam
Date of the Program : October 21, 2019
Number of Participants : 50
Resource Person : Shri Jayakumar IAS (Former Vice-Chancellor of Malayalam University)

Program Objectives:

1. To celebrate the golden jubilee of the Department of Malayalam.
2. To explore the evolution and significance of language in the 20th century.
3. To facilitate a scholarly discussion on language's socio-cultural impact.

Report of the Program:

The Department of Malayalam marked its golden jubilee by hosting a one-day seminar, "Erupathionnamnoottandile Bhasha," at the college auditorium on October 21, 2019. Shri Jayakumar IAS, the former Vice-Chancellor of Malayalam University, was the esteemed guest who inaugurated the seminar and delivered an enlightening talk on "Bhashayudebhavivivarasankethikayugathil."



Brochure of the Program



Shri Jayakumar IAS inaugurating the seminar

List of Participants

21-NOOTANDILE BHASHA -PARTICIPATION LIST

SLNO	NAME	SIGN
1	AKHIL RAJ M J	Akhil
2	ADHARSH V B	Adharsh
3	ANJANA TV	Anjana
4	ARUN VS	Arun
5	ASBIYA P S	Asbiya
6	ASWIN SURESH	Aswin
7	FATHIMA FARHANA	Fathima
8	FATHIMA P S	Fathima
9	GANGA ANILKUMAR	Ganga
10	IRFANA P I	Irfana
11	JANUS C S	Janus
12	KEERTHY PRASAD	Keerthy
13	KHADEEJA NIHALA	Khadeeja
14	KRISHNAPRIYA P R	Krishna
15	MINNA SULTHANA M I	Minna
16	NIMYA M A	Nimya
17	RESHMA K G	Reshma
18	SOWNDARYA P S	Soundarya
19	SUMAYYA	Sumayya
20	SUMAYYA P S	Sumayya
21	SWETHA T K	Swetha
22	THASREENA PARVEEN	Thasreena
23	ABHINAND P S	Abhinand
24	ANJALI SUBRAMANIAN	Anjali
25	ANJANA PRIYA M D	Anjana
26	ASNA T S	Asna
27	MAFITHA M M	Mafitha
28	MOHSINA T M	Mohsina
29	NAFEESATHUL KALIMA M N	Nafeesathul
30	NAFEESATHUL MISRIYA	Nafeesathul
31	NIHAL C M	Nihal
32	RINAAS K M	Rinaas
33	SAIRA AYSHA BASHIR	Saira
34	SANAM MALIK	Sanam
35	SHAHANA BADHAR	Shahana
36	SURYA P S	Surya
37	RAEESA	Raeesa
38	ADILA P M	Adila
39	AKSHARA SAJEEV	Akshara
40	ANAKHA E P	Anakha
41	BEEGUM THASLEENA A K	Beezum
42	HIBA PARVEEN T P	Hiba
43	NAJAH PAMBINEZHUTH SAGEER	Najah
44	NIDHISH I S	Nidhish
45	SABIREENA SHANAVAS	Sabireena
46	SAJNA SAJITH T S	Sajna
47	SRUTHY K S	Sruthy
48	SUNOON SALEEM	Sunoon
49	ADITHYA N P	Adithya
50	ALEENA P U	Aleena

DEPARTMENT OF PSYCHOLOGY
Anti-Drug Day Celebration and Awareness Program

Title of the Program : Anti-Drug Day Celebration and Awareness Program
Organizing Department/Cell : Department of Psychology in collaboration with the
Excise Department of Kodungallur and NSS Unit of MES Asmabi College
Date of the Program : June 26, 2019
Number of Participants: All Students of the College
Resource Persons: 1. Mr. Jhaithran, Municipal Chairman (Inaugurator)
2. Head of the Excise Department (Speaker)
3. Mrs. Sangeetha (HOD of Psychology) (Vote of Thanks)

Program Objectives:

1. To raise awareness about the dangers of drug use.
2. To collaborate with local authorities and organizations in promoting a drug-free community.
3. To engage students in creative activities to convey the message against drug use.

Program Participants: ALL STUDENTS

Report of the Program:

The Department of Psychology, in conjunction with the Excise Department of Kodungallur and the NSS Unit of MES Asmabi College, organized an Anti-Drug campaigning program on June 26, 2019, in Kodungallur. The program, held in the afternoon, was inaugurated by Mr. Jhaithran, the Municipal Chairman. The Head of the Excise Department delivered a crucial message to the crowd about the adverse effects of drug use. The event concluded with a Vote of Thanks conveyed by Mrs. Sangeetha, the Head of the Department of Psychology.

A street play, performed by 2nd-year students of the department, effectively conveyed the message regarding the harmful consequences of drug usage. The performance received an enthusiastic and appreciative response from the audience.

MES ASMABI COLLEGE
Department of Psychology
In collaboration with the Excise Department of Kodungallur & NSS Unit of MES Asmabi College

Anti-Drug Day Celebration and Awareness Program



Resource Person

1. Mr. Jhaithran, Municipal Chairman (Inaugurator)
2. Head of the Excise Department (Speaker)

June 26, 2019

Brochure



Mr. Jhaithran, the Municipal Chairman
inaugurating the program

DEPARTMENT OF PSYCHOLOGY
INTIHAR YOK - Exhibition
World Mental Health Day Celebration

**Title of the Program : INTIHAR YOK – Exhibition :World Mental Health Day
Celebration**

Name of the Coordinator : Lathif Penath

Organizing Department/Cell: Department of PsychologyMES Asmabi College, P.

Vemballur Date of the Program : 11 October 2019

Number of Participants : All students of academic year 2019-2020

Program Objectives:

The primary objective of the "INTIHAR YOK - World Mental Health Day Celebration Exhibition" is to raise awareness, promote understanding, and foster an open dialogue surrounding mental health issues. This exhibition aims to break the stigma associated with mental health challenges and create a supportive environment for individuals to share their experiences and seek help.

Program Participants:

All students of academic year 2019-2020

Report of the Program:

The Department of Psychology at MES Asmabi College, P. Vemballur, took a proactive step in commemorating World Mental Health Day with the "INTIHAR YOK - World Mental Health Day Celebration Exhibition." The event, organized by the dynamic coordinator, Lathif Penath, aimed to address the crucial issue of mental health and its impact on individuals. The program unfolded on the open stage, providing a platform for education, awareness, and community engagement.

Key Components:

1. Welcome Speech: The program commenced with a warm welcome by the Head of the Psychology Department, Sangeetha. P.S. Her introductory address set the tone for the event, emphasizing the importance of open conversations about mental health.

2. Inauguration: Dr. Ajims P Mohammed, the esteemed Principal of MES Asmabi College, inaugurated the exhibition. His insightful remarks highlighted the college's commitment to promoting mental well-being among its students.

3. Felicitation: Dr. K.P. Sumedhan, the Self-Financing Director, delivered a felicitation, expressing the college's support for initiatives that address mental health challenges. His encouragement underscored the significance of such programs in fostering a healthy campus environment.

4.Exhibition Highlights:

Artistic Expressions: The exhibition showcased artwork, installations, and creative expressions that provided a powerful visual representation of the emotional journey associated with mental health.

Informational Booths: Various informational booths were set up to provide resources, brochures, and expert guidance on mental health issues, treatment options, and available support services.

5.Interactive Sessions:

Expert Talks: Renowned psychologists and mental health professionals conducted informative sessions, debunking myths and providing valuable insights into mental health.

Student Testimonials: Courageous students shared their personal experiences, fostering a sense of community and understanding among their peers.

6.Community Engagement:

Open Mic Sessions: The open stage saw performances and testimonials from students, promoting self-expression and solidarity. Networking Opportunities: Students had the chance to connect with mental health professionals, fostering a supportive community both within and outside the college.

Benefits to Students:

- 1.Increased Awareness: The exhibition significantly enhanced students' awareness of mental health issues, reducing stigma and misconceptions.
- 2.Community Building: The program provided a safe space for students to share experiences, fostering a sense of community and support.
- 3.Access to Resources: Students gained access to valuable resources, information, and professional guidance, promoting proactive mental health care.
- 4.Educational Insights: Expert talks and interactive sessions equipped students with a better understanding of mental health, encouraging informed discussions.
- 5.Artistic Expression: The creative elements of the exhibition allowed students to express emotions and experiences through art, contributing to therapeutic self-expression.

In conclusion, the "INTIHAR YOK - World Mental Health Day Celebration Exhibition" organized by the Department of Psychology at MES Asmabi College was instrumental in creating a positive impact on students. By fostering awareness, providing resources, and promoting community engagement, the program contributed to building a more supportive and understanding campus environment regarding mental health issues. The success of this event underscores the importance of continued efforts to prioritize mental well-being within educational institutions.

Mes Asmabi College,p.Vemballur
Department of Psychology



Intihar yok

World mental health celebration exhibition

11 | 10 | 19

10 AM - 03 PM

Psychology Department Exhibition for
all students

Principal:Dr Ajims p Mohammad

Self Financing Director :Dr k p Samedhan

HOD : Sangeetha p s

PARTICIPATION : 2019-2020 BATCH STUDENTS

Brochure of the Program

Inauguration of the Exhibition



DEPARTMENT OF PSYCHOLOGY
Mindfulness Training Programme

Title of the Program : Mindfulness Training Programme

Name of the Coordinator : Lathif Penath

Organizing Department/Cell: Department of PsychologyMES Asmabi College, P.

Vemballur Date of the Program : 8 October 2019

Number of Participants : 96

Resource person : Liya Ajayan - Clinical Psychologist , CIGI Kozhikode

Program Objectives:

The objective of the Mindfulness Training Programme was to introduce students to mindfulness concepts, impart practical skills for stress management, enhance concentration, and promote emotional regulation. The program aimed to cultivate self-awareness, encourage positive mental well-being, and provide resources for continued mindfulness practice, fostering a resilient and mindful campus community.

Program Participants:

96 psychology students

Report of the Program:

The Mindfulness Training Programme, organized by the Department of Psychology at MES Asmabi College, aimed to equip students with essential mindfulness skills for enhanced well-being and resilience. Coordinated by Lathif Penath, the program featured Liya Ajayan, a seasoned Clinical Psychologist from CIGI Kozhikode, as the resource person. The event took place on 8 January 2020 and saw the active participation of 96 students.

Program Highlights:

1. Mindfulness Workshop by Liya Ajayan:

Liya Ajayan led an insightful workshop, introducing students to the principles and practices of mindfulness. Her expertise in clinical psychology enriched the session, providing a solid foundation for participants.

2. Interactive Sessions:

The program included hands-on, interactive sessions where students were guided through mindfulness exercises and techniques. These sessions allowed participants to experience mindfulness firsthand.

3. Q&A Session:

Liya Ajayan facilitated a question-and-answer session, encouraging students to seek clarification and deepen their understanding of mindfulness practices. This interactive element promoted engagement and personalization of the training.

4. Resource Materials:

Participants received resource materials, including handouts and guided meditation scripts, to support their ongoing practice of mindfulness beyond the workshop.

5. Practical Application:

The program emphasized the practical application of mindfulness in daily life, addressing stress management, concentration enhancement, and emotional regulation.

6. Follow-up Resources:

Post-program, participants were provided with additional resources, such as online links and reading materials, to continue their mindfulness journey independently.

Benefits to Students:

1. Stress Reduction:

The mindfulness training equipped students with effective stress reduction techniques. Participants reported feeling more equipped to manage academic pressures and personal challenges through mindfulness practices.

2. Improved Concentration and Focus:

Mindfulness exercises focusing on attention and concentration positively impacted students' ability to concentrate during academic activities. Many reported enhanced focus in their studies and daily tasks.

3. Emotional Regulation:

Participants gained insights into recognizing and regulating their emotions through mindfulness. The training provided tools for navigating emotional challenges, contributing to improved emotional well-being.

4. Enhanced Self-Awareness:

Mindfulness practices promoted self-awareness among students, fostering a deeper understanding of their thoughts and emotions. This increased self-awareness was reported to positively influence decision-making and interpersonal relationships.

5. Positive Feedback and Engagement:

Post-program feedback indicated a high level of satisfaction among participants. Many expressed gratitude for the opportunity to learn and practice mindfulness, highlighting the relevance of such training in their lives.

6. Continued Practice:

A significant number of participants expressed an intention to continue practicing mindfulness beyond the workshop, citing its positive impact on their overall well-being.

The Mindfulness Training Programme, under the guidance of Liya Ajayan, emerged as a highly beneficial and well-received initiative by the Department of Psychology at MES Asmabi College. The program not only equipped students with valuable mindfulness skills but also fostered a culture of self-care, resilience, and positive mental well-being. The success of this program highlights the potential for continued efforts in promoting mindfulness and mental health awareness within educational institutions. The Department of Psychology remains committed to providing students with tools that contribute to their holistic development and well-being.

Mes Asmabi College, p.Vemballur
Department of Psychology



MINDFULNESS OF STUDENTS

2019-2020 Full Batch


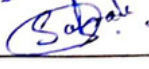
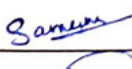
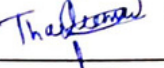
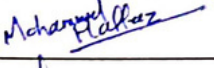
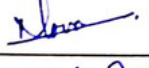
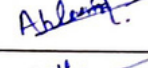
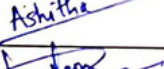
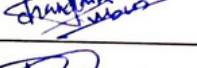

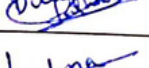
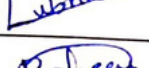
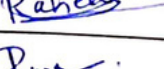
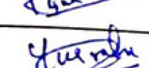

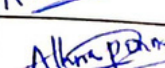
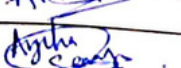


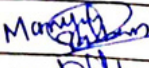


Liya ajayan


clinical psychologist
Ciai kozhikode

Brochure of the Program




SESSION


DEPARTMENT OF PSYCHOLOGY			
MINDFULNESS TRAINING PROGRAMME			
8 OCTOBER 2020			
STUDENTS PARTICIPATION LIST			
Sl No	Name	DEPARTMENT	SIGNATURE
1	RISANA PARVIN N	1 ST YEAR PSYCHOLOGY	
2	SAHLA V A	1 ST YEAR PSYCHOLOGY	
3	SAMEENA E Y	1 ST YEAR PSYCHOLOGY	
4	THASLEEMA NAZRIN K S	1 ST YEAR PSYCHOLOGY	
5	MOHAMMED HAFEEZ	1 ST YEAR PSYCHOLOGY	
6	NOOR MUHAMMED	1 ST YEAR PSYCHOLOGY	
7	AHLAAM K A	1 ST YEAR PSYCHOLOGY	
8	ASHITHA RASHEED	1 ST YEAR PSYCHOLOGY	
9	CHANDANA P VIBIN	1 ST YEAR PSYCHOLOGY	
10	DANA T M	1 ST YEAR PSYCHOLOGY	
11	DILSHA FATHIMA P H	1 ST YEAR PSYCHOLOGY	
12	LUBNA ABDUL NAZAR	1 ST YEAR PSYCHOLOGY	
13	RAHEENA K A	1 ST YEAR PSYCHOLOGY	
14	RISNA V B	1 ST YEAR PSYCHOLOGY	
15	YUSRAH V N	1 ST YEAR PSYCHOLOGY	
16	ABHIRAMI E S	1 ST YEAR PSYCHOLOGY	
17	ATHIRA PONNAPPAN	1 ST YEAR PSYCHOLOGY	
18	AYSHA SENIYA K H	1 ST YEAR PSYCHOLOGY	
19	FATHIMAJAHAN	1 ST YEAR PSYCHOLOGY	
20	FATHIMA NOURIN N A	1 ST YEAR PSYCHOLOGY	
21	MARIYAM SALBAN YOONUS	1 ST YEAR PSYCHOLOGY	
22	MISBANUL FARHATH C A	1 ST YEAR PSYCHOLOGY	


LATHIF PENATH
 Assistant Professor & HOD
 Department of Psychology
 MES Asmabi College, P. Vemballur
 Kodungallur, Thrissur-680 671, Kerala-India

23	SABILA SALAM P	1 ST YEAR PSYCHOLOGY	Sabila
24	SANA P A	1 ST YEAR PSYCHOLOGY	Sana
25	SHAHLA SHAJI SHAJI	1 ST YEAR PSYCHOLOGY	Shahla
26	SURAYA K M	1 ST YEAR PSYCHOLOGY	Suraya
27	THASLEEMA K H	1 ST YEAR PSYCHOLOGY	Thasleema
28	ZAHARA SHAREEF	1 ST YEAR PSYCHOLOGY	Zahara Shareef
29	GOKUL T VIBIN	1 ST YEAR PSYCHOLOGY	Gokul
30	JOSEPH STEVE	1 ST YEAR PSYCHOLOGY	Joseph
31	MUHAMMED RIZVEN M B	1 ST YEAR PSYCHOLOGY	Muhammed Rizven
32	THAMJIDHA V M	1 ST YEAR PSYCHOLOGY	Thamidha
33	AMINA THASNEEM V S	2 ND YEAR PSYCHOLOGY	Amina Thasneem
34	FARSANA SUMAYYA M F	2 ND YEAR PSYCHOLOGY	Farsana
35	FASMILA	2 ND YEAR PSYCHOLOGY	Fasmila
36	HANEENA PARVIN A K	2 ND YEAR PSYCHOLOGY	Haneena
37	NOUFIRA M N	2 ND YEAR PSYCHOLOGY	Noufira
38	SALVA	2 ND YEAR PSYCHOLOGY	Salva
39	SHABNA M A	2 ND YEAR PSYCHOLOGY	Shabna
40	SHIFA P S	2 ND YEAR PSYCHOLOGY	Shifa
41	SUMAYYA A S	2 ND YEAR PSYCHOLOGY	Sumayya
42	YASMIN K S	2 ND YEAR PSYCHOLOGY	Yasmin
43	MOHAMED BILAL	2 ND YEAR PSYCHOLOGY	Mohamed Bilal
44	DEVICHANDANA M S	2 ND YEAR PSYCHOLOGY	Devichandana
45	HASNA FATHIMA	2 ND YEAR PSYCHOLOGY	Hasna
46	HASNA JAHAN K A	2 ND YEAR PSYCHOLOGY	Hasna Jahan
47	JINSIYA T A	2 ND YEAR PSYCHOLOGY	Jinsiya
48	SANDRA SATHEESAN	2 ND YEAR PSYCHOLOGY	Sandra Satheesan
49	ANJALI SUBRAMANIAN	2 ND YEAR PSYCHOLOGY	Anjali
50	ANJANA PRIYA M D	2 ND YEAR PSYCHOLOGY	Anjana Priya
51	ASNA T S	2 ND YEAR PSYCHOLOGY	Asna
52	MAFITHA M M	2 ND YEAR PSYCHOLOGY	Mafitha
53	MOHSINA T M	2 ND YEAR PSYCHOLOGY	Mohsina
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55	NAFEESATHUL MISRIYA	2 ND YEAR PSYCHOLOGY	Nafeesathul Misriya
56	RAEESA P M	2 ND YEAR PSYCHOLOGY	Raeesa
57	RINAAS K M	2 ND YEAR PSYCHOLOGY	Rinaas
58	SAIRA AYSHA BASHIR	2 ND YEAR PSYCHOLOGY	Saira Aysha
59	SANAM MALIK	2 ND YEAR PSYCHOLOGY	Sanam Malik


LATHIF PENATH
 Assistant Professor & HOD
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 MES Asinabi College, P. Vemballur
 Kodungallur, Thrissur-680 671, Kerala-India

60	SHAHANA BADHAR	2 ND YEAR PSYCHOLOGY	Shahana Badhar
61	SURYA P S	2 ND YEAR PSYCHOLOGY	Surya P S
62	ABHINAND P S	2 ND YEAR PSYCHOLOGY	Abhinand P S
63	NIHAL C M	2 ND YEAR PSYCHOLOGY	Nihal C M
64	THAMJIDHA V M	2 ND YEAR PSYCHOLOGY	Thamjidha V M
65	SADIYA BEEGAM	2 ND YEAR PSYCHOLOGY	Sadiya Beegam
66	AMEER SUHAIL K S	3 RD YEAR PSYCHOLOGY	Amee Suhail K S
67	ANSIF ABDULLA N A	3 RD YEAR PSYCHOLOGY	Ansif Abdulla N A
68	FATHIMA THAMANNA	3 RD YEAR PSYCHOLOGY	Fathima Thamanna
69	MUFIDHA MANSOOR	3 RD YEAR PSYCHOLOGY	Mufidha Mansoor
70	NAUFAL M A	3 RD YEAR PSYCHOLOGY	Naufal M A
71	ASNA K A	3 RD YEAR PSYCHOLOGY	Asna K A
72	ATHIRA M	3 RD YEAR PSYCHOLOGY	Athira M
73	DEVIKA P S	3 RD YEAR PSYCHOLOGY	Devika P S
74	GOPIKA P M	3 RD YEAR PSYCHOLOGY	Goopika P M
75	HUSNA T M	3 RD YEAR PSYCHOLOGY	Husna T M
76	JAWHARATH P H	3 RD YEAR PSYCHOLOGY	Jawharath P H
77	NEHLA P K	3 RD YEAR PSYCHOLOGY	Nehla P K
78	NIMITHA PREMLAL	3 RD YEAR PSYCHOLOGY	Nimitha Premlal
79	SHUHAILA P	3 RD YEAR PSYCHOLOGY	Shuhaila P
80	SUMAYYA T S	3 RD YEAR PSYCHOLOGY	Sumayya T S
81	SWATHY C P	3 RD YEAR PSYCHOLOGY	Swathy C P
82	THAMEEMA P V	3 RD YEAR PSYCHOLOGY	Thameema P V
83	ABDUL BARI K A	3 RD YEAR PSYCHOLOGY	Abdul Bari K A
84	AFIYA K A	3 RD YEAR PSYCHOLOGY	Afiya K A
85	ASHIKA PARVEEN K H	3 RD YEAR PSYCHOLOGY	Ashika Parveen K H
86	ATHIRA T A	3 RD YEAR PSYCHOLOGY	Athira T A
87	FATHIMA A S	3 RD YEAR PSYCHOLOGY	Fathima A S
88	FATHIMA NAZRIN K A	3 RD YEAR PSYCHOLOGY	Fathima Nazrin K A
89	HANEENA V R	3 RD YEAR PSYCHOLOGY	Haneena V R
90	HASANATH FARSANA K R	3 RD YEAR PSYCHOLOGY	Hasanath Farsana K R
91	MUHASINA M H	3 RD YEAR PSYCHOLOGY	Muhasina M H
92	NAEEMA	3 RD YEAR PSYCHOLOGY	Naeema
93	NAEEMA M F	3 RD YEAR PSYCHOLOGY	Naeema M F
94	NIBIL N N	3 RD YEAR PSYCHOLOGY	Nibil N N
95	SHABANA K M	3 RD YEAR PSYCHOLOGY	Shabana K M
96	AMEER SUHAIL K S	3 RD YEAR PSYCHOLOGY	Amee Suhail K S


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