



**MES ASMABI COLLEGE  
P.VEMBALLUR**

# REPORT

**2022-23**

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

[www.mesasmabicollege.edu.in](http://www.mesasmabicollege.edu.in)

**DEPARTMENT OF LOGISTIC MANAGEMENT**  
**Life Skills Training Program**

**Title of the Program : Life Skills Training Programme Name of the Coordinator : Dr. K P Sumendran**  
**( Director of self-financing courses)**  
**Organizing Department : Department of Logistic Management**  
**Date of the Programme : 1st August 2022**  
**Number of Participants : 112**  
**Resource Person/s : Mr. Rajesh Subramanian**

**Program Objectives:**

The program aimed to promote confidence and well-being in young people and to impart communication life skills that facilitate better interaction with the outside world and improved relationships with family and friends.

**Program Participants:** 112 Students and faculty members

**Report of the Programme:**

The Life Skills Training Programme was held at the seminar hall on 1st August 2022. The program aimed to enhance the confidence and well-being of young individuals by providing essential life skills, particularly communication skills, to help them connect effectively with the world and foster better relationships with family and friends.

Dr. Reena Mohammed, Vice-Principal of MES Asmabi College, inaugurated the function. The resource person for the program was Mr. Rajesh Subramanian, a life skills trainer, educational activist, and inspirational speaker. A total of 112 participants attended, including 109 students and 3 faculty members.

**Program Outcomes:**

The session helped to improve communication skills and to enhance confidence and well-being among students. It also helped them to understand the importance of maintaining better relationships with family and friends. The session empowered the young individuals with essential life skills.



**MES ASMABI COLLEGE , P.VEMBALLUR**  
**Department of Logistics Management**

Organising

# **LIFE SKILLS TRAINING PROGRAMME**



**VENUE : SEMINAR HALL**

**1 -AUGUST 2022 - MONDAY**  
**10.30AM**



**RAJESH SUBRAMANIAN**

(Life skills trainer, educational  
activist, inspirational speaker)

**SOURCE PERSON**



Life Skills

**A Biju**  
Principal

**Dr. K P Sumedhan**  
(Director of self financing  
courses)

**Broucher of the Program**



**Mr. Rajesh Subramanian leading the session**

LIFE SKILLS TRAINING PROGRAMME			
Sl No.	Name of Student	Class	Signature
1	ABHINAND RAVI	3rd B.Voc LMT	
2	AHAMMED FAYIZ A F	3rd B.Voc LMT	
3	AJMAL FIYAS	3rd B.Voc LMT	
4	ASHAJ K S	3rd B.Voc LMT	
5	ASWANI M S	3rd B.Voc LMT	
6	FARHA ABDULSALAM	3rd B.Voc LMT	
7	K B MUHAMMED RISWAN	3rd B.Voc LMT	
8	MALIK K A	3rd B.Voc LMT	
9	MOHAMMED ABDUL RAHMAN	3rd B.Voc LMT	
10	NASEEB N N	3rd B.Voc LMT	
11	SAFA K S	3rd B.Voc LMT	
12	SULFI ASHRAF	3rd B.Voc LMT	
13	ABHIJITH T U	3rd B.Voc LMT	
14	AFITHA P H	3rd B.Voc LMT	
15	AFSAL MON K M	3rd B.Voc LMT	
16	AMAL KRISHNA	3rd B.Voc LMT	
17	AMAL T K	3rd B.Voc LMT	
18	AMAN THALHATH P T	3rd B.Voc LMT	
19	ASLAM NAVAS P N	3rd B.Voc LMT	
20	AYSHA	3rd B.Voc LMT	
21	FAIHA FAISAL	3rd B.Voc LMT	
22	FAIZ MUHAMMED	3rd B.Voc LMT	
23	FAYAS K A	3rd B.Voc LMT	
24	HASNA C N	3rd B.Voc LMT	
25	JITHIN E C	3rd B.Voc LMT	
26	JUBEENA SAIDU	3rd B.Voc LMT	
27	MANNYA K D	3rd B.Voc LMT	
28	MOHAMED AFSAL	3rd B.Voc LMT	
29	MOHAMED SALIH C A	3rd B.Voc LMT	
30	MOHAMED SHEHIN M A	3rd B.Voc LMT	
31	MOHAMMED ADHIL C R	3rd B.Voc LMT	
32	MOHAMMED FARHAN E A	3rd B.Voc LMT	
33	MOHAMMED RAYYAN RASSAL	3rd B.Voc LMT	
34	MUHAMMAD SAFWAN K S	3rd B.Voc LMT	
35	MUHAMMED FARHAN A A	3rd B.Voc LMT	
36	NASEEHA RAFI	3rd B.Voc LMT	
37	NEENA T K	3rd B.Voc LMT	
38	NIRANJAN K V	3rd B.Voc LMT	
39	RAMSINA KN	3rd B.Voc LMT	
40	RISVANA K S	3rd B.Voc LMT	
41	RIYAS P S	3rd B.Voc LMT	
42	SAFNA SIDDIQ	3rd B.Voc LMT	
43	SAJITH P S	3rd B.Voc LMT	
44	SHAHANAS V S	3rd B.Voc LMT	
45	SHAMIL PERAPURATH	3rd B.Voc LMT	

46	SHEMINA P A	3rd B.Voc LMT	<i>Sheemin</i>
47	SHERIN MARIA MICHEL	3rd B.Voc LMT	<i>Sherin</i>
48	SONA K	3rd B.Voc LMT	<i>Sona</i>
49	VIJAY T B	3rd B.Voc LMT	<i>Vijay T B</i>
50	ANEESA A A	2nd B.Voc LMT	<i>Aneesa</i>
51	ARYA P R	2nd B.Voc LMT	<i>Arya</i>
52	AYANA C S	2nd B.Voc LMT	<i>Ayana</i>
53	HIBA R S	2nd B.Voc LMT	<i>Hiba</i>
54	NAHALA K M	2nd B.Voc LMT	<i>Nahala</i>
55	NISANA P S	2nd B.Voc LMT	<i>Nisana</i>
56	SAMEENA P S	2nd B.Voc LMT	<i>Sameena</i>
57	SHAKKIRA	2nd B.Voc LMT	<i>Shakkira</i>
58	AASHISH KRISHNA P S	2nd B.Voc LMT	<i>Aashish K</i>
59	ABHAY P A	2nd B.Voc LMT	<i>Abhay</i>
60	ADARSH K N	2nd B.Voc LMT	<i>Adarsh</i>
61	AHAD K S	2nd B.Voc LMT	<i>Ahad</i>
62	AHAMMED JASEER K T	2nd B.Voc LMT	<i>Ahmed</i>
63	ALDRIN BENNY	2nd B.Voc LMT	<i>Aldrin</i>
64	ALOKNIRANJAN M P	2nd B.Voc LMT	<i>Alok</i>
65	AMALJITH N S	2nd B.Voc LMT	<i>Amal</i>
66	AMAL JOY V	2nd B.Voc LMT	<i>Amal</i>
67	AMAL RASIK P S	2nd B.Voc LMT	<i>Amal</i>
68	ARSHAD ROSHAN P N	2nd B.Voc LMT	<i>Arshad</i>
69	ASWIN V S	2nd B.Voc LMT	<i>Aswin</i>
70	C S AMAL	2nd B.Voc LMT	<i>Amal</i>
71	ELJO EBY P	2nd B.Voc LMT	<i>Eljo</i>
72	KARTHIK K K	2nd B.Voc LMT	<i>Karthik</i>
73	MIDHUN K M	2nd B.Voc LMT	<i>Midhun</i>
74	MOHAMED FADIL A Y	2nd B.Voc LMT	<i>Fadil</i>
75	MOHAMMED NASAL P N	2nd B.Voc LMT	<i>Mohammed</i>
76	MOHAMMED ROSAMSHA T M	2nd B.Voc LMT	<i>M. Rosamsha</i>
77	MOHAMMED YASEEN KABEER	2nd B.Voc LMT	<i>Yaseen</i>
78	MUHAMMED ARIF	2nd B.Voc LMT	<i>Muhammed</i>
79	MUNEEB K N	2nd B.Voc LMT	<i>Muneeb</i>
80	NAVANEETH T P	2nd B.Voc LMT	<i>Navaneeth</i>
81	NAZIM AHAMMED	2nd B.Voc LMT	<i>Nazim</i>
82	NEERAJ T R	2nd B.Voc LMT	<i>Neeraj</i>
83	NIDHIL NASEER K N	2nd B.Voc LMT	<i>Nidhil</i>
84	NIHAL O M	2nd B.Voc LMT	<i>Nihal</i>
85	NIKHILESH T N	2nd B.Voc LMT	<i>Nikhil</i>
86	P H MOHAMED ASKER	2nd B.Voc LMT	<i>Asker</i>
87	SAMSON M D	2nd B.Voc LMT	<i>Samson</i>
88	SARUN P S	2nd B.Voc LMT	<i>Sarun</i>
89	SHABAN K M	2nd B.Voc LMT	<i>Shaban</i>
90	SHUHAIB P S	2nd B.Voc LMT	<i>Shuhaib</i>
91	THANVEER P M	2nd B.Voc LMT	<i>Thanveer</i>
92	UMAR MUKHTAR K S	2nd B.Voc LMT	<i>Umar Mukhtar</i>

93	VAISHNAV T H	2nd B.Voc LMT	Vaishnav
94	VIVEK KRISHNA SATHEESAN	2nd B.Voc LMT	Vivek Krishna
95	AYISHA SHERIN T S	1st B.Voc LMT	Ayisha Sherin
96	HANA SHEFEEQ	1st B.Voc LMT	Hana Shefeeq
97	MALAVIKA N T	1st B.Voc LMT	Malavika N T
98	ABDUL FAHAD A N	1st B.Voc LMT	Abdul Fahad
99	ANANDHU KRISHNA K U	1st B.Voc LMT	Anandhu Krishna
100	ANSIL P A	1st B.Voc LMT	Ansil P A
101	KRISHNARJUN I S	1st B.Voc LMT	Krishnarjun I S
102	MOHAMMED FAYAS K R	1st B.Voc LMT	Fayas K R
103	MOHAMMED SALIH K N	1st B.Voc LMT	Salih K N
104	MUHAMMAD SULTHAN T S	1st B.Voc LMT	Sulthan T S
105	MUHAMMED ANAS V.N	1st B.Voc LMT	Anas V.N
106	NAIF NAZEER	1st B.Voc LMT	Naif Nazeeer
107	S .ANAISJITH	1st B.Voc LMT	S. Anaisjith
108	SHAFAS P N	1st B.Voc LMT	Shafas P N
109	AISWARYA M SATHEESH	1st B.Voc LMT	Aiswarya M Satheesh
110	ALAKANANDA P MADHU	1st B.Voc LMT	Alakananda P Madhu
111	FAJNA C T	1st B.Voc LMT	Fajna C T
112	FATHIMA NINSHA. M	1st B.Voc LMT	Fathima Ninsha

Department of Logistics Management  
 M. S. S. Asmabi College  
 P. Vembalur-680671, Kodungallur.



## **DEPARTMENT OF BOTANY**

# **Skill Orientation Programme**

**Title of the Program : Skill Orientation Programme for First year Botany Students**

**Name of the Coordinator : Dr. Jisha K C**

**Organizing Department/Cell : Department of Botany**

**Date of the Programme : 9th January 2023**

**Number of Participants : 43**

**Resource Person/s : Lathif Penath (Assistant Professor, Department of Psychology, MES Asmabi College, P. Vemballur)**

### **Program Objectives:**

- To provide skill orientation to first-year UG and PG students of Botany.
- To discuss essential skills such as academic writing and language skills.
- To offer insights into effective time management for examinations.

### **Program Participants:**

First-year UG and PG students of Botany

### **Report of the Programme:**

A skill orientation program was organized for the first-year UG and PG students of Botany on 9th January 2023. The resource person for the program was Lathif Penath, Assistant Professor in the Department of Psychology at MES Asmabi College, P. Vemballur. The session included discussions on essential skills, such as academic writing and language skills, and a detailed presentation on effective time management for examinations. A total of 43 students actively participated in the program, engaging in discussions and learning from the resource person's insights.

### **Program Outcomes:**

- Enhanced academic writing and language skills.
- Improved time management skills for examination preparation.
- Increased awareness and understanding of essential skills among the participants.



**Brochure of the Event**



**Sri.Lathif Penath, Resourse person leading the session**



**List of Participants**

SI NO	NAME OF STUDENT	CLASS	SIGNATURE
1	AKSHAYA KK	I MSc Botany	
2	ANUSREE TK	I MSc Botany	
3	ASWINI S GUPTA	I MSc Botany	
4	ATHULYA OM	I MSc Botany	
5	AYISHA HENNA PP	I MSc Botany	
6	FATHIMATH RISHA AP	I MSc Botany	
7	HADHIYA AP	I MSc Botany	
8	HARITHA TM	I MSc Botany	
9	HIMA EP	I MSc Botany	
10	MALAVIKA M NAIR	I MSc Botany	
11	NANDHANA DAS K	I MSc Botany	
12	RINSHA SHERIN M	I MSc Botany	
13	SAYYDATH SHAMILA VT	I MSc Botany	
14	SHIBILA SHERIN	I MSc Botany	
15	SRUTHI K	I MSc Botany	
16	SUMAYYA KJ	I MSc Botany	
17	SWATHI RK	I MSc Botany	
18	AFRAH M	I BSc Botany	
19	AMEENA K B	I BSc Botany	
20	FATHIMA P B	I BSc Botany	
21	HADHIYA U A	I BSc Botany	
22	JUBNA K M	I BSc Botany	
23	ABHINAND K	I BSc Botany	
24	FATHIMA	I BSc Botany	
25	FATHIMA AFRIN P S	I BSc Botany	
26	HASNA P A	I BSc Botany	
27	NEZRIN MN	I BSc Botany	
28	SHIFA MOL T A	I BSc Botany	
29	SREE DAKSHINA DILEEP	I BSc Botany	
30	ABDUL NISAM V R	I BSc Botany	
31	ADITH E U	I BSc Botany	
32	AISWARYA T V	I BSc Botany	
33	AKHILDAS V M	I BSc Botany	
34	ASHITHA C A	I BSc Botany	
35	FATHIMA NASREEN	I BSc Botany	
36	GOKUL R	I BSc Botany	
37	HAFISA P H	I BSc Botany	
38	MISBAHUL HAQ K M	I BSc Botany	
39	MUBEENA P M	I BSc Botany	
40	RINOY R	I BSc Botany	
41	SANA NASRIN P M	I BSc Botany	
42	SHAHINA ABDUL RAHIM	I BSc Botany	
43	SITHARA PARVIN	I BSc Botany	

Dr. JISHA K. C., MPhil, PhD, NET  
 Assistant Professor  
 Research & PG Dept. of Botany  
 MES Asmabi College  
 P. Vembalur, Thrissur Dt.  
 Kerala - 680 671

# DEPARTMENT OF MALAYALAM

## WORLD MOTHER TONGUE DAY

**Title of the Program : World Mother Tongue Day Seminar - "Wakinte Kanal Vazhikal"**

**Name of the Coordinator : Dr. Jaisy David**

**Organizing Department/Cell: Department of Malayalam**

**Date of the Program : February 21, 2023**

**Number of Participants : 93**

**Resource Person/s : Renowned Malayalam Writer, Sri Francis Norona**

### **Program Objectives:**

The program aimed to celebrate World Mother Tongue Day and promote the importance of the Malayalam language and culture. It sought to provide a platform for renowned speakers to share their insights and knowledge on the subject.

### **Program Participants:**

The program was attended by 93 participants, including students, faculty members, and language enthusiasts.

### **Report of the Program:**

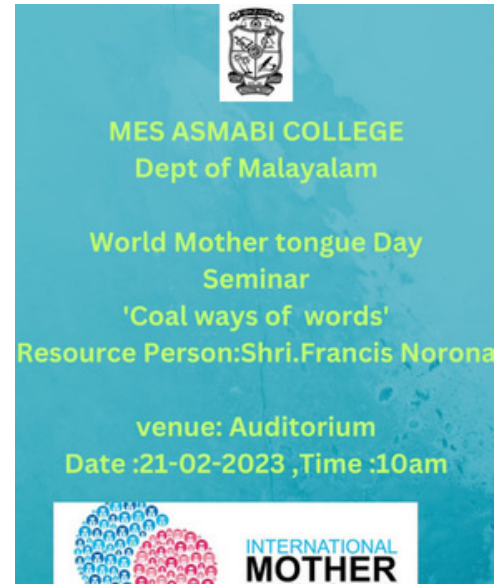
The World Mother Tongue Day Seminar, titled "Wakinte Kanal Vazhikal," was conducted on February 21, 2023, by the Department of Malayalam. The event began with the inaugural address and seminar talk by the distinguished Malayalam writer, Sri Francis Norona. Dr. Biju A, Principal of MES Asmabi College, presided over the seminar, and other esteemed speakers, including Dr. Jaisy David, Dr. K. P. Sumedhan, Dr. Sanand Sadanandhakumar, and Smt. Liji T, delivered talks on various aspects of the Malayalam language and culture.

### **Program Outcomes:**

1. Increased awareness about the significance of World Mother Tongue Day.
2. Promotion of the Malayalam language and culture.
3. Knowledge sharing and exchange of ideas among participants.
4. Enrichment of the participants' understanding of Malayalam literature and language.

### **Feedback and Evaluation:**

The program received positive feedback from the 250 participants, who found the seminar informative and inspiring. The speakers' valuable insights and the celebration of World Mother Tongue Day left a lasting impact on the attendees, fostering a deeper appreciation for the Malayalam language and culture. The event was deemed a success in achieving its objectives.



Brochure of the Program



Sri Francis Norona, renowned Malayalam Writer, addressing the gathering.

# Participant list

## WORLD MOTHER TONGUE DAY - PARTICIPATION LIST

SLNO	NAME	SIGN
1	ABDUL AFFAR VA	Affar
2	ANAGHA K D	Anagha
3	ANANDH K S	Anandh
4	ANJALY C R	Anjali
5	ARATHI A P	Arathi
6	ASMA ABDULLAKUTTY	Asma
7	AYANA K S	Asma Abdulla
8	AYISHA SHABANA P A	Ayisha
9	AYSHA RUBA P S	Aysha
10	BHADRA P S	Bhadra
11	FATHIMA RINSHA T A	Rinsha
12	FATHIMATH BISMI	Bismi
13	JUMANA ASHARAF	Jumana
14	MOHAMED ASLAM P J	Aslam
15	MOHAMMED FAIZ C S	FAIZ
16	N. IMA PARVEEN ABDUL VAHID	Ima
17	NESLA NAVAB	Nesla
18	NESMI M S	Nesmi
19	PUNNYA V R	Punya
20	RIFANA P S	Rifana
21	SAFEEDA	Safeeda
22	SAFHANA KS	Safhana
23	SHAMSEENA K S	Shamseena k s
24	SIYA SUDHI	Siya
25	SUFEERA ABDUSALAM	Sufeera
26	SWATHI K R	Swathi
27	THAHSEENA MOHAMMED ALI	Thahseena
28	THARIQATHUL ARAFA A T	Thariqathul
29	VISHNUPRIYA K V	Vishnu
30	AMANA C S	Amana
31	ANAS K A	Anas
32	ASNA SHERIN V V	Asna
33	ATHIRA A P	Athira
34	FATHIMA RUSHMINA V A	Fathima
35	JITHINBABU T B	Jithin T.B
36	JUMANA C S	Jumana
37	MAHROOF K M	Mahroof
38	MOHAMEDJASIM O S	Mohammed
39	SALIHA T J	Saliha
40	SOORAJ P S	Sooraj
41	SOORYA NARAYANAN M A	Soorya
42	ABDUL NISAM V R	Nisam
43	ADITH E U	Adith
44	AISWARYA T V	Aiswarya
45	AKHILDAS V M	Akhildas
46	ASHITHA C A	Ashitha C.A
47	FATHIMA NASREEN	Fathima
48	GOKUL R	Gokul

Dr. Lissy David  
 Assistant Professor  
 Dept. of Malayalam  
 M.E.S. Asmabi College  
 P.Vemballur, Kodungallur

49	ANJANA PRIYA M D	Anjana
50	ASNA T S	Asna
51	MAFITHA M M	Mafitha
52	MOHSINA T M	Mohsina
53	NAFEESATHUL KALIMA M N	Nafeesathul Kalima
54	NAFEESATHUL MISRIYA	Nafeesathul Misriya
55	NIHAL C M	Nihal
56	RINAAS K M	Rinaas
57	SAIRA AYSHA BASHIR	Saira
58	SANAM MALIK	Sanam
59	SHAHANA BADHAR	Shahana
60	SURYA P S	Surya
61	RAEESA	Raeesa
62	ADILA P M	Adila
63	AKSHARA SAJEEV	Akshara
64	ANAKHA E P	Anakha
65	BEEGUM THASLEENA A K	Beequm
66	HIBA PARVEEN T P	Hiba
67	NAJAH PAMBINEZHUTH SAGEER	Najah
68	NIDHISH I S	Nidhish
69	SABIREENA SHANAVAS	Sabireena
70	SAJNA SAJITH T S	Sajna
71	SRUTHY K S	Sruthy
72	SUNOON SALEEM	Sunoon
73	ADITHYA N P	Adithya
74	ALEENA P U	Aleena
75	ANU K R	Anu
76	ARDRA ANILKUMAR	Ardra
77	ASWATHY A S	Aswathy
78	MEHNAZ P A	Mehnaz
79	MISRIYA C A	Misriya
80	MUHSINA M R	Muhsina
81	NASEEBA V A	Naseeba
82	RIZANA K R	Rizana
83	SHINU K S	Shinu
84	SIBIN SHON M S	Sibin
85	SIDHARTH MENON	Sidharth
86	VAZIMA THASNI	Vazima
87	BHARATH SREEKUMAR	Bharath
88	ADHUL SURESH P S	Adhul
89	ANJU E A	Anju
90	ANN THERESA P J	Ann
91	ANUPAM KRISHNA T	Anupam
92	ASHITHA LAKSHMI N S	Ashitha
93	FATHIMA ABBAS V K	Fathima

Dr. JAISY DAVID  
Assistant Professor  
Dept. of Malayalam  
M.E.S. Azhaki College  
P. Vembalur, Kodungallur

**DEPARTMENT OF MATHEMATICS AND STATISTICS &  
WOMEN DEVELOPMENT CELL**

**Menstrual Cup Awareness Program**

**Title of the Program : Menstrual Cup awareness program Name of the Coordinator :  
Nasreen A, HOD, Department of Mathematics**

**Organizing Department/Cell: Department of Mathematics and Statistics, Women  
Development Cell**

**Date of the Program : 16/01 /2023**

**Number of Participants : 62**

**Resource Person : Dr Kathory Lal, Asterima Nutri Care**

**Program Objectives:**

The objective of the menstrual cup awareness program is to educate and inform individuals about the benefits and usage of menstrual cups, promoting sustainable and cost-effective menstrual hygiene solutions. Through outreach and education, the program aims to empower people with knowledge that can contribute to a positive impact on both personal well-being and environmental sustainability.

Program Participants:

Faculty members, students actively participated in the seminar

**Report of the Program:**

Menstrual cup awareness program jointly organized by MES Asmabi College Women's Cell, Department of Mathematics and Asterima Nutri Care was held on 14-8-2023 at 10 am in the college auditorium . College Vice Principal Dr Reena Muhammad presided over the function where Dr Kasthori Lal delivered the keynote address. The doctor explained about the benefits of using a menstrual cup and the health and natural problems caused by sanitary pads.

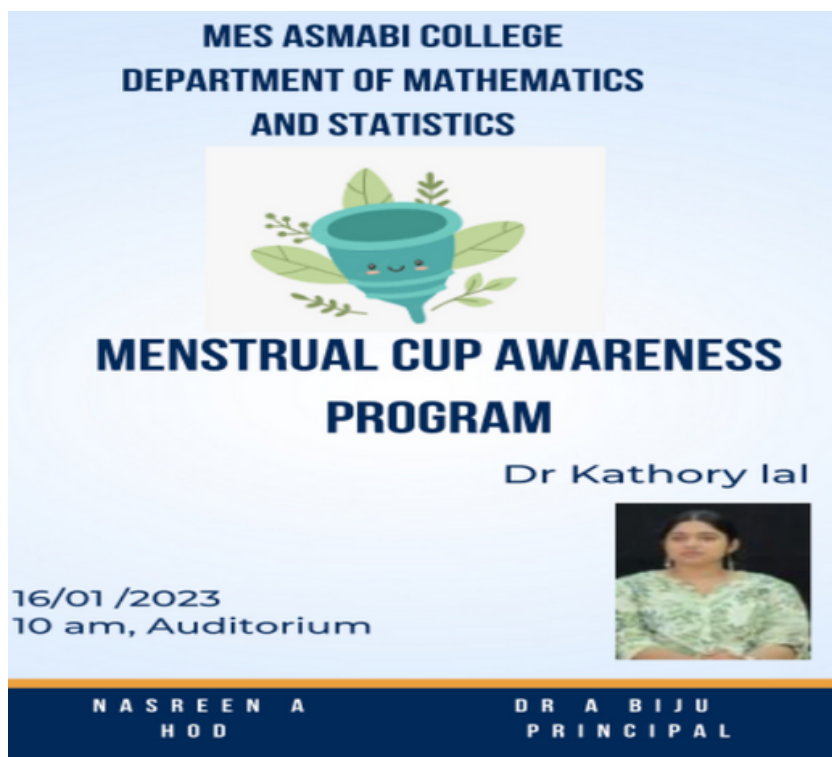
As part of the awareness programme, Asterima Nutri Care started a four-day menstrual cup sale fair at 60% discount. Mr. Maduraj Mukundamenon, Asterima Nutri Care Area Manager, Ms. Nasreen A, Women's Cell Coordinator and Head of Mathematics Department had spoken. Student Coordinator Ghazalia expressed vote of thanks.

**Program Outcomes:**

The Menstrual Cup Awareness Program yielded positive outcomes, including increased awareness and adoption of menstrual cups. Participants reported reduced expenses and demonstrated a heightened sense of environmental responsibility.

**Feedback and Evaluation:**

Participants expressed a significant increase in understanding the benefits of menstrual cups, leading to widespread adoption. Many reported reduced financial burden due to decreased expenses on menstrual products, highlighting the practical impact of the program



**Brochure of the Program**



**Inauguration of the Program**



**Dr Kathory Lal explaining the advantage of using menstrual cup**

Participants List  
Menstrual Cup awareness program

Sl No	Name	Class	Signature
1.	BASILA IQBAL V I	III B.Sc Mathematics	<i>Basila</i>
2.	JASEERA UMMAR	III B.Sc Mathematics	<i>Jaseera</i>
3.	MOHAMMED SHAMSIN V S	III B.Sc Mathematics	<i>Shamsin</i>
4.	MOHAMMEDNIHAL K	III B.Sc Mathematics	<i>Nihal</i>
5.	SELMATH NP	III B.Sc Mathematics	<i>Selmath</i>
6.	AYISHA SHAHINA T P	III B.Sc Mathematics	<i>Ayisha</i>
7.	FAIROOSE T N	III B.Sc Mathematics	<i>Fairoose</i>
8.	GOKUL KRISHNA K K	III B.Sc Mathematics	<i>Gokul</i>
9.	JAYALAKSHMI M G	III B.Sc Mathematics	<i>Jayalakshmi</i>
10.	JUBINA NJ	III B.Sc Mathematics	<i>Jubina</i>
11.	AHSHAY P S	III B.Sc Mathematics	<i>Ashay</i>
12.	ANAKHA K T	III B.Sc Mathematics	<i>Anakha</i>
13.	ASWANI C M	III B.Sc Mathematics	<i>Aswani</i>
14.	FARSANA T P	III B.Sc Mathematics	<i>Farsana</i>
15.	FATHIMATHUL MISRIYA	III B.Sc Mathematics	<i>Fathima</i>
16.	GOPIKA K R	III B.Sc Mathematics	<i>Goopika</i>
17.	GOUTHAM KRISHNA M U	II B.Sc Mathematics	<i>Goutham</i>
18.	JITHIN M S	II B.Sc Mathematics	<i>Jithin</i>
19.	JUNAINA P V	II B.Sc Mathematics	<i>Junaina</i>
20.	KRISHNA PRIYA A R	II B.Sc Mathematics	<i>Krishna</i>
21.	MUHAMMED RISHAL A	II B.Sc Mathematics	<i>Rishal</i>
22.	ROHITH E R	II B.Sc Mathematics	<i>Rohit</i>
23.	SHAHARBHAN P M	II B.Sc Mathematics	<i>Shahar</i>
24.	UNNIMAYA P S	II B.Sc Mathematics	<i>Unnimaya</i>
25.	FATHIMA K A	II B.Sc Mathematics	<i>Fathima</i>
26.	FATHIMA NUFAILA M	II B.Sc Mathematics	<i>Nufaila</i>
27.	MUHAMED NASIL P S	II B.Sc Mathematics	<i>Nasil</i>
28.	MUSHRIFA C	II B.Sc Mathematics	<i>Mushrif</i>
29.	NIHALA ABDUL MUTHALIB	II B.Sc Mathematics	<i>Nihala</i>
30.	SAL SABEEL	II B.Sc Mathematics	<i>Sabeel</i>
31.	SHAHEEN M	II B.Sc Mathematics	<i>Shaheen</i>
32.	DEVIKA M M	II B.Sc Mathematics	<i>Devika</i>
33.	MEHSANA P M	II B.Sc Mathematics	<i>Mehsana</i>

*Nasreen*  
**NASREEN A.**  
Assistant Professor (HOD)  
Department of Mathematics  
MES ASMABI COLLEGE  
P. Vemballur, Kodungallur



34.	NAZIM NAZEER	II B.Sc Mathematics	<i>Nazim</i>
35.	PRATHIK VASANT PISAL	II B.Sc Mathematics	<i>Pratik</i>
36.	ABHIRAMI N M	II B.Sc Mathematics	<i>Abhirami</i>
37.	AISWARYA LAKSHMI E S	II B.Sc Mathematics	<i>Aiswarya</i>
38.	AKSHAYA V S	II B.Sc Mathematics	<i>Akshaya</i>
39.	FARHANA R H	II B.Sc Mathematics	<i>Farhana</i>
40.	NANDITHA C B	II B.Sc Mathematics	<i>Nanditha</i>
41.	SHAHANAS R Y	II B.Sc Mathematics	<i>Shahanas</i>
42.	SIKHA T S	II B.Sc Mathematics	<i>Sikha</i>
43.	SUMAYYA K M	II B.Sc Mathematics	<i>Sumayya</i>
44.	ZAINABUL GAZALIYA M K	II B.Sc Mathematics	<i>Zainabul</i>
45.	ISMAYEEL FAYIS C	I B.Sc Mathematics	<i>Ismaeel</i>
46.	MOHAMED NAIMUDEEN	I B.Sc Mathematics	<i>Mohamed</i>
47.	MUHAMED SHAHID U B	I B.Sc Mathematics	<i>Muhammed</i>
48.	SINSIYA M M	I B.Sc Mathematics	<i>Sinsiya</i>
49.	ANTOS SUNNY	I B.Sc Mathematics	<i>Antos</i>
50.	ASWIN C V	I B.Sc Mathematics	<i>Aswin</i>
51.	DANISH RASAL K E	I B.Sc Mathematics	<i>Danish</i>
52.	HUSNA JAHAN O M	I B.Sc Mathematics	<i>Husna</i>
53.	KIRAN K P	I B.Sc Mathematics	<i>Kiran</i>
54.	KRISHNA PRIYA T V	I B.Sc Mathematics	<i>Krishna</i>
55.	MUFEEDA P M	I B.Sc Mathematics	<i>Mufeeda</i>
56.	SHAHEENA NASRIN	I B.Sc Mathematics	<i>Shaheena</i>
57.	ZAHRA K S	I B.Sc Mathematics	<i>Zahra</i>
58.	ABHINAV K A	I B.Sc Mathematics	<i>Abhinav</i>
59.	ALEN SHAJU	I B.Sc Mathematics	<i>Alen</i>
60.	AMITHA C M	I B.Sc Mathematics	<i>Amitha</i>
61.	ANAMIKA M V	I B.Sc Mathematics	<i>Anamika</i>
62.	ATHULYA SIVAKUMAR	I B.Sc Mathematics	<i>Athulya</i>

*Nasreen*  
**NASREEN A.**  
 Assistant Professor (HOD)  
 Department of Mathematics  
 MES ASMABI COLLEGE  
 Vemballur, Kodungallur

# PG & RESEARCH DEPARTMENT OF ENGLISH

## Versification Competition

**Organizing Department : PG & Research Department of English Name of the coordinator : Mona V M**  
**Date of the Program : 11- 08 - 2022**  
**Number of Participants : 17**

### **Program Objectives:**

The Versification Competition was organized to celebrate Azadi ka Amrit Mahotsav and engage students in creative expression. The participants were tasked with creating poetic compositions on the theme "Ente Janma Bhoomi/ My Motherland."

### **Program Participants:**

Seventeen students from the PG & Research Department of English participated in the Versification Competition.

### **Report of the Program:**

The Versification Competition, organized by the PG & Research Department of English, took place as part of the Azadi ka Amrit Mahotsav celebration. The event provided a platform for students to showcase their creative talents through poetry. The theme, "Ente Janma Bhoomi/ My Motherland," inspired participants to craft poetic compositions that expressed their sentiments towards their homeland.

The results of the competition were as follows:

First Prize: Swethika, II MA Economics

Second Prize: Sayyida Fathima, III BSc Physics

Third Prize: Arshana P.S., II MA Economics

The prizes were distributed during the Closing Ceremony of Azadi ka Amrit Mahotsav, which was organized by the college in the college auditorium on Friday, August 12, 2022.

### **Program Outcomes:**

The competition encouraged students to explore their creativity and express their feelings about their homeland through poetry and it helped to Recognize and reward the outstanding poetic talents of the participants. The program was a contribution to the celebration of Azadi ka

Amrit Mahotsav by fostering artistic expression.

### **Feedback and Evaluation:**

The Versification Competition received positive feedback from both participants and the audience. It was noted that the event successfully encouraged artistic expression and allowed students to share their deep sentiments about their motherland through the medium of poetry.



**Brochure of the Program**



**Students participating  
in versification  
competition.**

PG & Research Department of English

*Azadi ka Amrit Mahotsav*

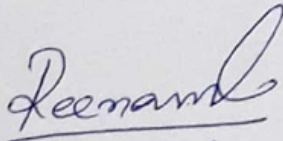
Versification Competition

List of Participants

(Malayalam & English)

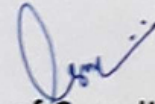
2022-23

Chess NO.	Name	Department	Language
456	Muhammed Akthar P A	BCom Finance, 3 <sup>rd</sup> yr	MAL
457	Munavar Fairouz	BCom Finance, 3 <sup>rd</sup> yr	MAL
458	Anwar	BCom CA, 3 <sup>rd</sup> yr	MAL
459	Fathima Farsana	BCom CA, 3 <sup>rd</sup> yr	MAL
460	Naeema	BCom CA, 3 <sup>rd</sup> yr	ENG
461	Sumayya K. M	BSc Maths, 2 <sup>nd</sup> yr	MAL
462	Fathima Nufaila M	BSc Maths, 2 <sup>nd</sup> yr	MAL
463	Zainabul Gazaliya M. K	Bsc Maths, 2 <sup>nd</sup> yr	MAL
464	Abida A	Economics, 3 <sup>rd</sup> BA	MAL
465	Arshana P S	Economics, 2 <sup>nd</sup> MA	MAL
466	Basima Beevi B T	Economics, 2 <sup>nd</sup> MA	MAL
467	Swethika	Economics, 2 <sup>nd</sup> MA	MAL
468	Sayyida Fathima	Bsc Physics, 3 <sup>rd</sup> Yr	ENG
469	Shihana Sherin	English ,2 <sup>nd</sup> yr	MAL
470	Shikhil	English ,2 <sup>nd</sup> yr	MAL
471	Fathimath Misriya	Maths, 3 <sup>rd</sup> yr	MAL
601	Farsana M R	Economics, 3 <sup>rd</sup> BA	MAL



Signature of HOD

Dr. Reena Mohamed PM  
Assistant Professor & HoD  
PG & Research Department of English  
MES Asmabi College  
P. Vemballur



Signature of Coordinator

MONA. V M  
Assistant Professor  
P.G. Department of English  
MES Asmabi College  
P. Vemballur, Kodungallur

# Minority Cell in Association With Minority welfare Department Govt. Of Kerala Pathway Social Wellness Programme 2022-2023 Batch No 1

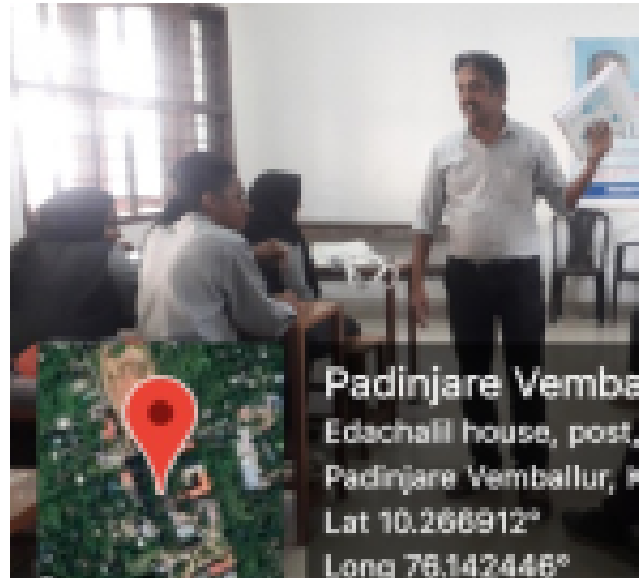
CCMY Kodungallur, Department of Minority Welfare, Govt of Kerala in Collaboration with Pre-marital Counselling Centre, MES Asmabi College organized Three day Pre- marital counseling for its students in the three consecutive days from 19th January to 21st January. College Co-ordinator of Premarital Counselling Dr.Sakkeena.MK addressed the students reinforcing the importance of Pre-marital Counselling and asking the students to attend it with diligence and attention. Principal Dr. A.Biju presided the Programme and Sri .Tison Master MLA (Kaipamangalam) Inaugurated the Programme.



The First batch of Pathway began on 19/01/2023 in the college. The First session was led by Mr. Rafi on the Topic “Introduction Marriage for wellness”. Second session was taken by Adv. Shameer with the topic “Effective Communication” .The participant’s feedback reinforced the spirit of the class.



Second day i.e on 20th January 2023, first session was led by Adv. Ilah with the topic “Legal and religious aspects of marriage” and next session was handled by Adv .Hakk On “Family Budgeting” which aroused their real interest in frugality and economical dealings. The first session cleared the many doubts that they had about their relationships and convinced them about their need to avoid toxicity in relationships. The second session naturally imbibed in them the necessity of warmth of parenting and so aroused their real interest.



Padinjare Vemba  
Edschall house, post,  
Padinjare Vemballur, K  
Lat 10.266912°  
Long 76.142446°

On 21/01/23, the day 's First session was led by Smt. Faseela on the topic “Parenting and Sex Education ” This session cleared the many doubts that they had about their relationships and convinced them about their need to avoid toxicity in relationships. And naturally imbibed in them the necessity of warmth of parenting and so aroused their real interest. Next session was handled by Soumya on the topic of “In law relationship and Conflict management”. Each of them handled their sessions for three hours.



Padinjare Vemballur, Ke  
748V+P2P, Padinjare Vemballu  
680671, India  
Lat 10.266852°  
Long 76.142552°  
21/01/23 02:11 PM GMT +05:30



DEPARTMENT OF MINORITY WELFARE  
GOVT. OF KERALA

# PATHWAY

## SOCIAL LIFE WELLNESS PROGRAMME

IN ASSOCIATION WITH  
MINORITY CELL AND IQAC MES ASMABI COLLEGE.  
P VEMBALLUR

DATE : 23,24,25 JANUARY 2023

MINORITY WELFARE DEPARTMENT, THRISSUR



DEPARTMENT OF MINORITY WELFARE, GOVERNMENT OF KERALA, THRISSUR DISTRICT

&

MINORITY CELL & IQAC MES ASMABI COLLEGE, P. VEMBALLUR

jointly conduct

# 'PATHWAY'

## SOCIAL LIFE WELLNESS PROGRAMME

**January 19,20,21,23,24,25**  
VENUE: SEMINAR HALL

**INAUGURATION :**



**E. T. TAISON MASTER**  
(MLA KAIPAMANGALAM)

**DR.A.BIJU**

Principal  
(MES ASMABI COLLEGE)

**DR.MB HAMZA**

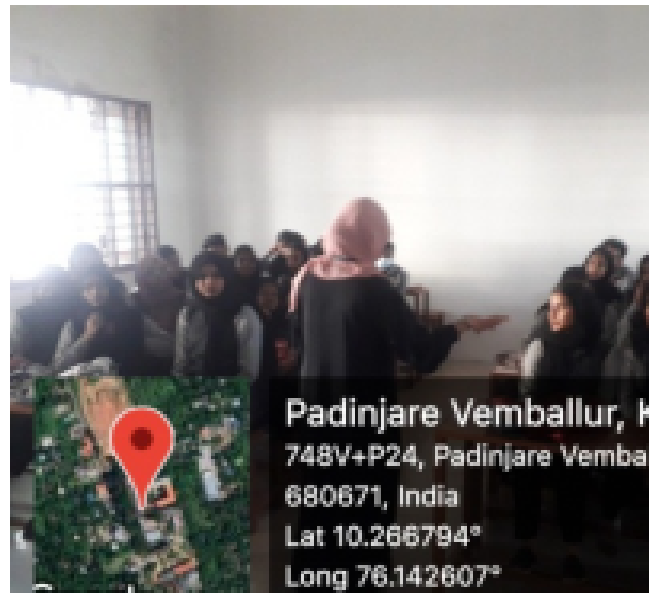
Principal  
(CCMY KODUNGALLUR)

## Minority Cell in Association With Minority welfare Department Govt. Of Kerala Pathway Social Wellness Programme 2022-2023 Batch No 2

The Second batch of Pathway Social Wellness Program me any began on 19/01/2023 in the college. The First session was led by Smt Faseela on the Topic “Introduction Marriage for wellness”. Second session was taken by Rafi with the topic “Effective Communication” .The participant’s feedback reinforced the spirit of the class.



Second day i.e on 20th January 2023, first session was led by Adv. Hakk with the topic “Legal and religious aspects of marriage” and next session was handled by Smt Soumya On “Family Budgeting” which aroused their real interest in frugality and economical dealings. The first session cleared the many doubts that they had about their relationships and convinced them about their need to avoid toxicity in relationships.





On 21/01/23, the day 's First session was led by Dr Zeyana Salam on the topic "Parenting and Sex Education " This session cleared the many doubts that they had about their relationships and convinced them about their need to avoid toxicity in relationships. And naturally imbibed in them the necessity of warmth of parenting and so aroused their real interest. Next session was handled by Firoz Ali on the topic of "In law relationship and Conflict management". Each of them handled their sessions for three hours.



## **Minority Cell in Association With Minority welfare Department Govt. Of Kerala Pathway Social Wellness Programme 2022-2023 Batch No 3**

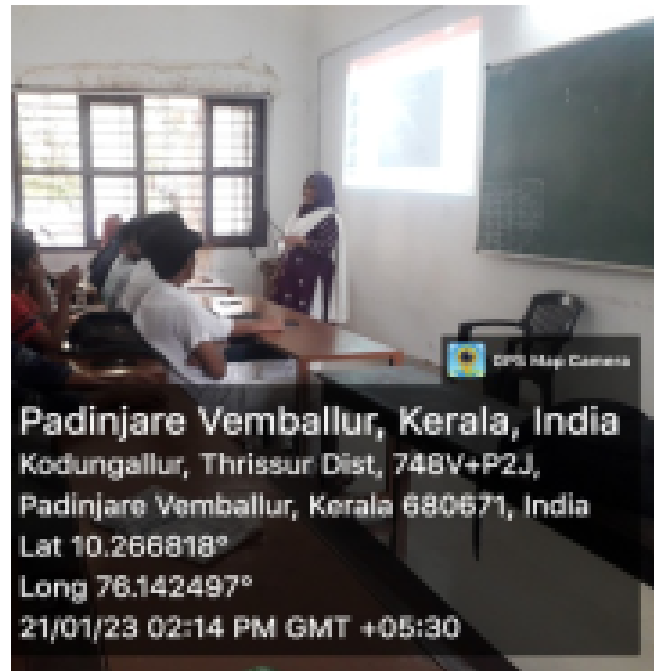
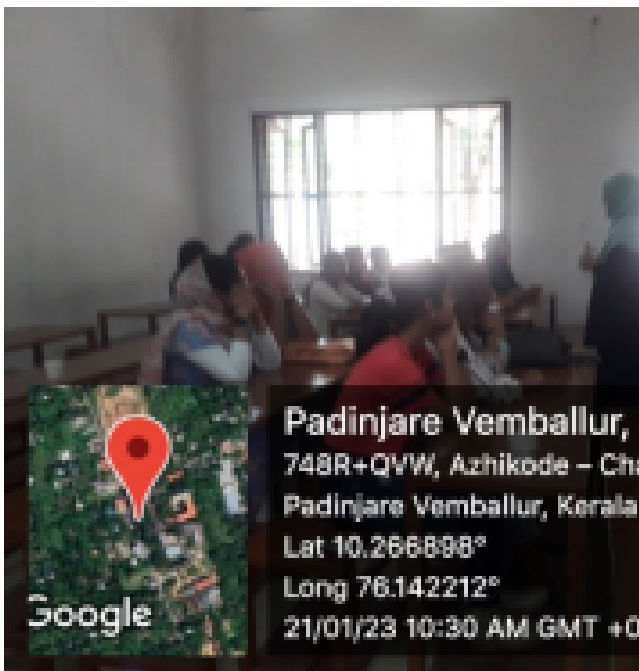
The third batch of Pathway Social Wellness Programme began on 19/01/2023 in the college. The First session was led by Adv Shameer on the Topic "Introduction Marriage for wellness". Second session was taken by Smt Faseela with the topic "Effective Communication" .The participant's feedback reinforced the spirit of the class.



Second day i.e on 20th January 2023, first session was led by Abdul Rahman with the topic “Family Budgeting” On which aroused their real interest in frugality and economical dealings. The next session was handled by Adv Ilah “Legal and religious aspects of marriage”. Each of them handled their sessions for three hours.

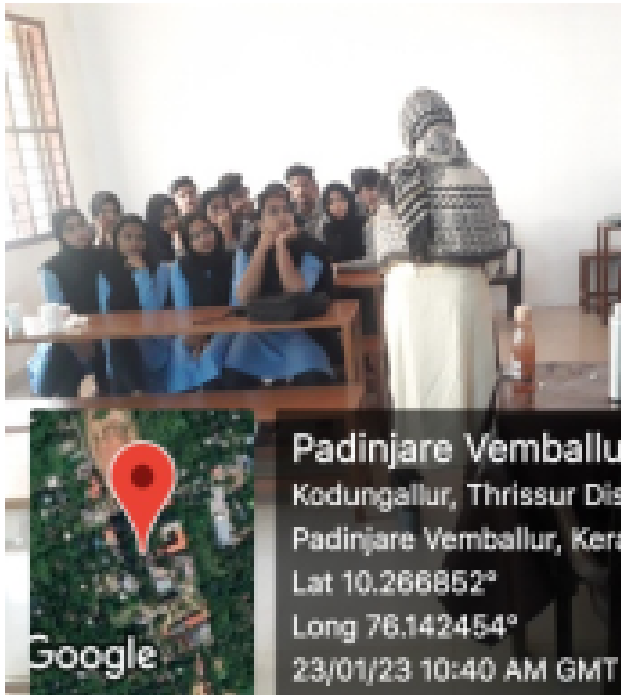


On 21/01/23, the day’s First session was led by Smt. Soumya on the topic “In law relationship and Conflict management”. Next session was handled by Dr Zeyana Salam on the topic of “Parenting and Sex Education ”. This session cleared the many doubts that they had about their relationships and convinced them about their need to avoid toxicity in relationships. And naturally imbibed in them the necessity of warmth of parenting and so aroused their real interest. Each of them handled their sessions for three hours.



## Minority Cell in Association With Minority welfare Department Govt. Of Kerala Pathway Social Wellness Programme 2022-2023 Batch No 4

The Fourth batch of Pathway Social Wellness Programme began on 23/01/2023 in the college. The First session was led by Smt Faseela on the Topic “Introduction Marriage for wellness”. Second session was taken by Sri. AbdulRahman with the topic “Effective Communication”. The participant’s feedback reinforced the spirit of the class.



Second day i.e. on 25th January 2023, first session was led by Adv. Hakk with the topic “Legal and religious aspects of marriage” and next session was handled by Sri. Jamaludheen on “Parenting and Sex Education”. This session cleared the many doubts that they had about their relationships and convinced them about their need to avoid toxicity in relationships. And naturally imbibed in them the necessity of warmth of parenting and so aroused their real interest.



On 30/01/23, the day's First session was led by Sri. Abdul Majeed on the topic of "Family Budgeting" which aroused their real interest in frugality and economical dealings. Next session was handled by Mohammed Rafi on the topic of "In law relationship and Conflict management". Each of them handled their sessions for three hours.



## **Minority Cell in Association With Minority welfare Department Govt. Of Kerala Pathway Social Wellness Programme 2022-2023 Batch No 5**

The Fifth batch of Pathway Social Wellness Programme began on 23/01/2023 in the college. The First session was led by AbdulRahman on the Topic of "Introduction Marriage for wellness". Second session was taken by Smt Faseela with the topic "Effective Communication". The participant's feedback reinforced the spirit of the class.



Second day i.e. on 25th January 2023, first session was led by Sri. Jamaludheen On the topic of “Parenting and Sex Education”. This session cleared the many doubts that they had about their relationships and convinced them about their need to avoid toxicity in relationships. And naturally imbibed in them the necessity of warmth of parenting and so aroused their real interest and next session was handled by Adv. Hakk with the topic of “Legal and religious aspects of marriage”.



On 30/01/23, the day's First session was led by Mohammed Rafi on the topic of “In law relationship and Conflict management”. Second Session was Sri. Firoz Ali on the topic of “Family Budgeting” which aroused their real interest in frugality and economical dealings. Each of them handled their sessions for three hours.



## LIST OF PARTICIPANTS

Govt. of Kerala, Directorate of Minority Welfare Department  
 'PATHWAY'  
 SOCIAL LIFE WELLNESS PROGRAMME  
 MES ASMABI COLLEGE P VEMBALLUR  
 2023 January 19,20,21  
 List of Participants: Batch 01

Sl No.	Name & Address	Date of Birth	Age	Caste	Mobile No.	Signature
1.	Ruksona Parween MOONNAKKA PARAMBIL(H) LOKAMALESWARAM KODUNGIALLUR	19-01-2002	21	ISLAM, MUSLIM	9995949 557	
2.	Rabeeda .PR. Punakkulath (H) kuttan bazaar D/o Rashid. P.O P Vemballur.	11-02-2004	18	Islam, Muslim.	9072061142	
3.	Ansiya Arayam parambil(H) Andathode .P.O D/O Ali.N	08-10-2003	19	Islam muslim	89078 24279	
4.	HUSNUL FASILA Kerantakath(H) Agalad .P.O D/o Hyder	12-06-2003	19	Islam Muslim	956794 9624	
5.	MINHA VALAPARAMBIL (H) P O THALIKULAM	18-11-2003	19	ISLAM MUSLIM	7736597364	
6.	Shida Theparambil (H) P/o Chalingad Kaipamangalam	20-11-2003	19	Islam Muslim	920729 8468	
7.	Naufra . P.k Puthiyayikkamambal P.O Chenthrappimmi East.	5-12-2003	19	Islam, Muslim	95625922 35.	

Govt. of Kerala, Directorate of Minority Welfare Department  
'PATHWAY'

SOCIAL LIFE WELLNESS PROGRAMME  
MES ASMABI COLLEGE P VEMBALLUR

2023 January 19,20,21  
List of Participants: Batch 01

SI No.	Name & Address	Date of Birth	Age	Caste	Mobile No.	Signature
8.	Fathima Nihala -ps Peedikaparambill (H) P. Vemballur D/O Siyad	09-08-2003	19	ISLAM, MUSLIM	9497280498	
9	Anshitha P.A Puchaskayilath (H) P.O chenthappinni east	16-12-2003	19	ISLAM, MUSLIM	8113957955	
10	Rameesha VAPPINKATTI (H) P.O Kaipamangalam Chalissad.	29-09-2004	18	ISLAM MUSLIM	7902961904	
11	Mohammed Adil Puthiyavathi (H) P.O Kaipamangalam Vazhiyambalam	4/3/2003	19	ISLAM muslim	7736698667	
12	Muhammed Asif Kunungal (H) P.O Kootikkuzhi Kaipamangalam	16/06/2004	18	ISLAM muslim	9645767640	
13	Mehroof.v.m Valiyakath (H) P.O. VALAPAD	29/03/2003	19	Islam Muslim	9901597602	
14	ARIANKALAYI LATIF NEASUDEEN MOHAMMED NEEM NAZIM Ariankaluyil (H) UC college PO East Veliyathurude Aluva	20/10/2003	14	Islam MUSLIM	4895071605	





19	Kanzul Alam k.H	19	8943227790	<del>Kanzul</del>	Kanzul	Kanzul	Kanzul	Kanzul	Kanzul
20	Kelley Thomas Baby	19	7902468238	<del>Kelley</del>	Kelley	Kelley	Kelley	Kelley	Kelley
21	Rinsha K P	18	9074812862	<del>Rinsha</del>	Rinsha	Rinsha	Rinsha	Rinsha	Rinsha
22	Isthisma Abdul Gafar	18	9633646277	<del>Isthisma</del>	Isthisma	Isthisma	Isthisma	Isthisma	Isthisma
23	Ayshabi P S	18	9746009514	<del>Ayshabi</del>	Ayshabi	Ayshabi	Ayshabi	Ayshabi	Ayshabi
24	Farsana C.1	18	8590669727	<del>Farsana</del>	Farsana	Farsana	Farsana	Farsana	Farsana
25	Adheeba K.S	18	7994129681	<del>Adheeba</del>	Adheeba	Adheeba	Adheeba	Adheeba	Adheeba
26	Sadhya	17	7902486247	<del>Sadhya</del>	Sadhya	Sadhya	Sadhya	Sadhya	Sadhya
27	Ahna E.A	18	7039229769	<del>Ahna</del>	Ahna	Ahna	Ahna	Ahna	Ahna
28	Shamsara <sup>KK</sup>	20	9746739401	<del>Shamsara</del>	Shamsara	Shamsara	Shamsara	Shamsara	Shamsara
29	Minnah Thahsin	19	7736506901	<del>Minnah</del>	Minnah	Minnah	Minnah	Minnah	Minnah
30	Mohammad Ali PM	18	752032395	<del>Mohammad</del>	Mohammad	Mohammad	Mohammad	Mohammad	Mohammad
31	Aysha Ruba P S	18	8943759611	<del>Aysha</del>	Aysha	Aysha	Aysha	Aysha	Aysha
32									
33									
34									
35									
36									

Reemam

22/02/23

PRINCIPAL  
 M.E.T. ASMADI COLLEGE,  
 P.O.P. VERBALLUR,  
 KODUNGALLUR - 690671

# DEPARTMENT OF PHYSICAL EDUCATION

## World Yoga Day Celebration and Yoga Training

**Name of the Coordinator : Bindhil**

**Organizing Department/Cell : Department of Physical Education and National Cadet**

**Corps Date of the Program : 21/06/2022**

**Number of Participants : 42**

### **Program Objectives:**

The objective of the program was to celebrate World Yoga Day by promoting the practice of yoga and its numerous benefits for physical and mental well-being. The event aimed to create awareness about the importance of incorporating yoga into daily life and encourage participants to adopt a healthy lifestyle through yoga.

### **Program Participants:**

Students, faculty, staff, and members of the local community actively participated in the mass demonstration of yoga postures organized by the Department of Physical Education and National Cadet Corps.

### **Report of the Program:**

The program began with a brief introduction by the coordinator, highlighting the significance of yoga in promoting holistic health. The participants were guided through a series of yoga postures and breathing exercises in a mass demonstration. Expert yoga instructors led the session, ensuring participants followed the correct techniques and postures. The atmosphere was serene, fostering a sense of relaxation and mindfulness among the participants.

### **Program Outcomes:**

1. Promotion of Physical Well-being: Participants experienced the physical benefits of yoga, including improved flexibility, strength, and balance.
2. Mental Peace and Relaxation: The practice of yoga postures and breathing exercises helped participants relax, reduce stress, and achieve mental peace.
3. Awareness and Education: Participants gained awareness of yoga as a holistic approach to health, encouraging them to integrate yoga into their daily routines.

### **Feedback and Evaluation:**

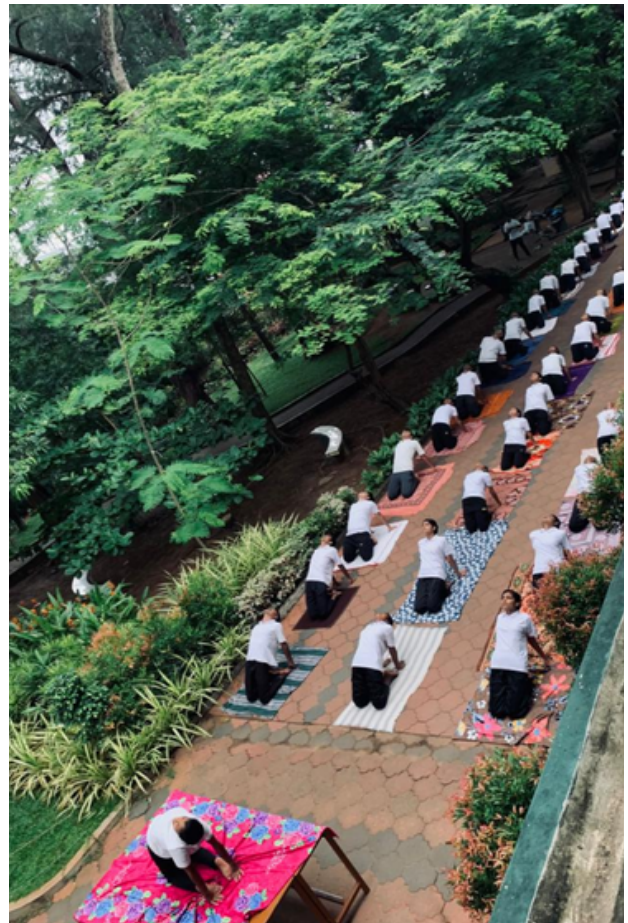
Participants provided positive feedback, expressing gratitude for the well-organized event and the expertise of the yoga instructors. They shared their experiences of improved well-being and relaxation, emphasizing the need for more such yoga sessions in the future. Feedback forms were collected and analyzed to assess the effectiveness of the program.



**Brochure of the Event**




**Demonstration of various yoga postures**



LIST OF STUDENTS- YOGA PRACTICE AND DEMONSTRATION ON 21.06.2022

SL NO	NAME	CLASS	SIGNATURE
1	AAKHILC AMEER	IIIBA	Ameer
2	ABDUL MUDASIR M.M.	III BVOC	<del>Abdul</del>
3	ABHISHEK T.S.	IIIBVOC	<del>Abhishek</del>
4	ABHIJITH I.R.	III ECONOMICS	Abhisithi
5	ADNAN KHADER K.M.	IIIBCOM	Adnans
6	AJIVEED BABU	IIIBCA	<del>Ajiveed</del>
7	ALI AKBAR M.S.	IIIBCOM	<del>Ali</del>
8	ASWIN M MENON	IIIBCA	Aswin
9	MARVEL DARLY	IIIBVOC	<del>Marvel</del>
10	MILAN JALAL	IIIBCOM	Milan
11	MOHAMMED FARHAN EA	IIIBVOC	<del>Mohammed</del>
12	MUHAMMED ADIL P.M.	IIIBCA	Adil
13	MUHAMMED FARHAN A.A	IIIBVOC	<del>Mohammed</del>
14	MUHAMMED ROSHAN K.M	IIIBCOM	<del>Mohammed</del>
15	RAMEEZ ALI E.R.	IIIBBA	Roshan
16	VAISHAG T.S.	IIIBCOM	<del>Vaishag</del>
17	VIJAY T.B.	IIIBVOC	<del>Vijay</del>
18	VISHNU C.V.	IIIBA	<del>Vishnu</del>
19	ANJANA M.N.	IIIBCOM	Anjanam
20	ANJANA R.C.	IIIBSC	Anjanam
21	ANJIMA K.J.	IIIBCOM	Anjima
22	APARNA M.P.	IIIBBA	<del>Aparna</del>
23	APSANA K.B.	IIIBA	Apsy
24	ARYALAKSHMI E.G.	IIIPSYCHO	<del>Arya</del>
25	MISERIYA K.K.	IIIBCOM	Misriya
26	PARVATHY P.	IIIBA	<del>Parvathy</del>
27	RESHMI C.R.	IIIBCOM	<del>Reshmi</del>
28	SANDRA S NAIR	IIIBSC	Sandras
29	SNEHA O.	III BVOC	Snehatharan
30	SOPNALI M.N.	IIIBA	Sopnali
31	ABHIRAMI K.M.	IIIBCOM	<del>Abhirami</del>
32	ADITHYA A.	IIIBA	Adithya
33	ANAGHA M.B.	IIIBA	Anagham
34	ANJALI N.D.	IIIBA	Anjali
35	ARCHANA C.S.	IIIBSC	Archana
36	ARDRA SUKUMAR T.S.	IIPSYCHO	Ardra
37	ARYALAKSHMI T.S.	IIIBA	<del>Arya</del>
38	ATHIRA K.J.	IIIBA	Athira
39	ATHIRA K.V.	IIIBSC	Athira
40	FATHIMA YUSRAA P.Y.	IIIBSC	Fathima
41	RUKSANA P.A.	IIPSYCHO	Ruksana
42	SANGEETHA MANORAJ	IIIBCOM	Sangeetha

  
 Date: 21.06.2022  
 Place: MCOA Jirar  
 2107110, 34  
 M.S. Asmobi College  
 P. Vembaloor, Thrissur

# **DEPARTMENT OF English & Psychology**

## **Embrace: Three-Day Residential Camp for Specially Abled Children and Their Parents**

**Title of the Program : Embrace: Three-Day Residential Camp for Specially Abled Children and Their Parents**

**Name of the Coordinator : Lathif Penath**

**Organizing Department : Department of Psychology, Department of English, and Staff Club, in association with Autism Club Kerala**

**Date of the Program : 27, 28, and 29 January 2023**

**Number of Participants : 82 students as volunteer**

**Resource Person/s : Ms. Minsila Hilal Specialist in Autism and Development**

### **Program Objectives:**

The main objective of the program was to provide a three-day residential camp for children with special needs and their parents, to offer specialized training and support for them, to engage student volunteers in caregiving roles and develop their empathetic perspective and to provide activities and entertainment for a better experience for the participants.

### **Program Participants:**

Specially abled children and their parents, student volunteers

### **Report of the Program:**

The "Embrace" three-day residential camp not only aimed to benefit specially abled children and their parents but also provided a unique opportunity for student volunteers to actively engage in caregiving roles. The impact on students extended beyond their academic pursuits, offering them valuable experiences and fostering personal and professional growth.

#### **1. Practical Application of Academic Knowledge:**

Student volunteers from the Department of English and the Department of Psychology had the chance to apply their academic knowledge in a real-world context. The specialized training sessions conducted by Ms. Minsila Hilal provided a bridge between theoretical understanding and practical application, enriching the students' learning experience.

## **2. Development of Empathy and Interpersonal Skills:**

Assigning each student volunteer to a child with special needs encouraged the development of empathy and enhanced interpersonal skills. The students had the opportunity to understand the unique challenges faced by the specially abled children and their parents, fostering a compassionate and empathetic perspective that goes beyond the classroom.

## **3. Professionalism in Caregiving Roles:**

Acting as partial caregivers, students learned to approach their roles with professionalism and sensitivity. The hands-on experience of providing support and assistance to the specially abled children not only improved their caregiving skills but also instilled a sense of responsibility and commitment to making a positive impact on the lives of others.

## **4. Collaboration and Teamwork:**

The interdisciplinary nature of the program, involving collaboration between the Department of English and the Department of Psychology, provided students with an opportunity to work in diverse teams. This experience in collaboration and teamwork is invaluable, preparing students for future professional environments where interdisciplinary cooperation is often essential.

## **5. Personal Growth and Confidence Building:**

Being actively involved in the "Embrace" camp empowered students to step out of their comfort zones and face new challenges. This experience contributed to personal growth, boosted self-confidence, and equipped students with a broader skill set that goes beyond academic knowledge.

## **6. Networking Opportunities:**

The program's collaboration with Autism Club Kerala and the involvement of various dignitaries provided students with networking opportunities. Interacting with professionals in the field of psychology and developmental disorders opened doors for potential mentorship, internships, and future career pathways.

## **7. Impact on Future Career Paths:**

For students pursuing careers in psychology, social work, or related fields, the hands-on experience gained during the "Embrace" camp is invaluable. It serves as a foundation for understanding the practical aspects of their chosen profession and reinforces their commitment to making a positive impact on society.

In summary, the "Embrace" three-day residential camp not only benefited specially abled children and their parents but also significantly contributed to the holistic development of student volunteers. The program's emphasis on empathy, professionalism, collaboration, personal growth, and networking opportunities has left a lasting impact on the students, shaping their perspectives and preparing them for meaningful and compassionate contributions in their future careers.



Brochure of the Program



Visiting beach as part of the program

MES ASMABI COLLEGE  
DEPARTMENT OF PSYCHOLOGY  
EMBRACE – PARTICIPATION LIST

SL.NO.	NAME	CLASS	SIGNATURE
1.	KIBILATH DIVAN	BSC PSYCHOLOGY THIRD YEAR	Kabilath
2.	NAJIYA K A	BSC PSYCHOLOGY THIRD YEAR	Najiya
3.	ADNAN HAMZA	BSC PSYCHOLOGY THIRD YEAR	Adnan-Hamza
4.	AVANI K DEVADAS	BSC PSYCHOLOGY THIRD YEAR	Avani K. Devadas
5.	FATHIMA U S	BSC PSYCHOLOGY THIRD YEAR	Fathimass
6.	FATHIMATH HASNA K N	BSC PSYCHOLOGY THIRD YEAR	Fathimath Hasna K N
7.	HANEENA RASMIN K U	BSC PSYCHOLOGY THIRD YEAR	Haneena Rasmin K U
8.	HARIPRIYA M T	BSC PSYCHOLOGY THIRD YEAR	Haripriya M T
9.	NASRIN K N	BSC PSYCHOLOGY THIRD YEAR	Nasrin K N
10.	NIJAYAS PRASAD	BSC PSYCHOLOGY THIRD YEAR	Nijayas Prasad
11.	RAHMA RAFEEQUE K K	BSC PSYCHOLOGY THIRD YEAR	Rahma Rafeeqe
12.	RASHA K M	BSC PSYCHOLOGY THIRD YEAR	Rasha K M
13.	RESHMA RAMESH NAIR	BSC PSYCHOLOGY THIRD YEAR	Reshma Ramesh Nair
14.	RUKSANA PARVEEN M B	BSC PSYCHOLOGY THIRD YEAR	Ruksana
15.	SETHULAKSHMI K S	BSC PSYCHOLOGY THIRD YEAR	Sethulakshmi
16.	SHELNA A S	BSC PSYCHOLOGY THIRD YEAR	Shelna
17.	SHIFNA SHEREEF	BSC PSYCHOLOGY THIRD YEAR	Shifna Sherref
18.	SITHALAKSHMY P G	BSC PSYCHOLOGY THIRD YEAR	Sithalakshmi
19.	SULTHANA JASMIN P S	BSC PSYCHOLOGY THIRD YEAR	Sulthana
20.	SWATHI P B	BSC PSYCHOLOGY THIRD YEAR	Swathi
21.	AARSHIDA ERATTU	BSC PSYCHOLOGY THIRD YEAR	Aarshida
22.	ABDUL SALAM	BSC PSYCHOLOGY THIRD YEAR	Abdul Salam
23.	AFLA K S	BSC PSYCHOLOGY THIRD YEAR	Afla K S
24.	ANASWARA C G	BSC PSYCHOLOGY THIRD YEAR	Anaswara
25.	ARYALAKSHMI E G	BSC PSYCHOLOGY THIRD YEAR	Aryalakshmi
26.	AYISHA A P	BSC PSYCHOLOGY THIRD YEAR	Ayisha A P
27.	BHAGYA B L	BSC PSYCHOLOGY THIRD YEAR	Bhagya
28.	FAIZIYA T	BSC PSYCHOLOGY THIRD YEAR	Faiziya
29.	FATHIMATH HIBA	BSC PSYCHOLOGY THIRD YEAR	Fathimath H.
30.	AAMINATH SAHLA	BSC PSYCHOLOGY FIRST YEAR	Aaminath
31.	AMEENA THAHIR	BSC PSYCHOLOGY FIRST YEAR	Ameena
32.	ASIYA NOURIN E A	BSC PSYCHOLOGY FIRST YEAR	Asiya
33.	AYSHA SALIMNOOR	BSC PSYCHOLOGY FIRST YEAR	Aysha
34.	K A AFEefa	BSC PSYCHOLOGY FIRST YEAR	Afeefa
35.	SUMAYYA T A	BSC PSYCHOLOGY FIRST YEAR	Sumaya
36.	V M MUHSINA	BSC PSYCHOLOGY FIRST YEAR	Muhsina
37.	AMRITHA M S	BSC PSYCHOLOGY FIRST YEAR	Amritha
38.	APSARA KUMAR	BSC PSYCHOLOGY FIRST YEAR	Apsara Kumar
39.	THOTTUNGAL MANOJ	BSC PSYCHOLOGY FIRST YEAR	Manoj
40.	MUSFIRA M J	BSC PSYCHOLOGY FIRST YEAR	Musfira
41.	RAGHAV LAL JOTHY	BSC PSYCHOLOGY FIRST YEAR	Raghar
42.	REYAH THASNI	BSC PSYCHOLOGY FIRST YEAR	Reyah
42.	SAFA SHAMSHUDDIN	BSC PSYCHOLOGY FIRST YEAR	Safa



43.	ABDUL AFFAR VA	BSC PSYCHOLOGY FIRST YEAR	Abdul Affar
44.	ANAGHA K D	BSC PSYCHOLOGY FIRST YEAR	Anagha
45.	ANANDH K S	BSC PSYCHOLOGY FIRST YEAR	Anandh
46.	ANJALY C R	BSC PSYCHOLOGY FIRST YEAR	Anjaly
47.	ARATHI A P	BSC PSYCHOLOGY FIRST YEAR	Arathi
48.	ASMA ABDULLAKUTTY	BSC PSYCHOLOGY FIRST YEAR	Asma Abdullakutty
49.	AYANA K S	BSC PSYCHOLOGY FIRST YEAR	Ayana
50.	AYISHA SHABANA P A	BSC PSYCHOLOGY FIRST YEAR	Ayisha Shabana
51.	AYSHA RUBA P S	BSC PSYCHOLOGY FIRST YEAR	Aysha Ruba
52.	BHADRA P S	BSC PSYCHOLOGY FIRST YEAR	Bhadra
53.	FATHIMA RINSHA T A	BSC PSYCHOLOGY FIRST YEAR	Fathima Rinsha
54.	FATHIMATH BISMI	BSC PSYCHOLOGY FIRST YEAR	Fathimath Bismi
55.	JUMANA ASHARAF	BSC PSYCHOLOGY FIRST YEAR	Jumana Asharaf
56.	MOHAMED ASLAM P J	BSC PSYCHOLOGY FIRST YEAR	Mohamed Aslam
57.	MOHAMMED FAIZ C S	BSC PSYCHOLOGY FIRST YEAR	Mohammed Faiz
58.	NAIMA PARVEEN ABDUL VAHID	BSC PSYCHOLOGY FIRST YEAR	Naima Parveen
59.	NESLA NAVAB	BSC PSYCHOLOGY FIRST YEAR	Nesla Navab
60.	NESMI MS	BSC PSYCHOLOGY FIRST YEAR	Nesmi
61.	PUNNYA V R	BSC PSYCHOLOGY FIRST YEAR	Punya
62.	RIFANA P S	BSC PSYCHOLOGY FIRST YEAR	Rifana
63.	SAFEEDA	BSC PSYCHOLOGY FIRST YEAR	Safeeda
64.	SAFHANA KS	BSC PSYCHOLOGY FIRST YEAR	Safhana
65.	SHAMSEENA K S	BSC PSYCHOLOGY FIRST YEAR	Shamseena
66.	SIYA SUDHI	BSC PSYCHOLOGY FIRST YEAR	Siya
67.	AAMINATH SAHLA	BSC PSYCHOLOGY FIRST YEAR	Aaminath Sahla
68.	AMEENA THAHIR	BSC PSYCHOLOGY FIRST YEAR	Ameena Thahir
69.	ASIYA NOURIN E A	BSC PSYCHOLOGY FIRST YEAR	Asiya Nourin
70.	AYSHA SALIMNOOR	BSC PSYCHOLOGY FIRST YEAR	Aysha Salimnoor
71.	K A AFEEDA	BSC PSYCHOLOGY FIRST YEAR	Ka Afeeda
72.	SUMAYYA T A	BSC PSYCHOLOGY FIRST YEAR	Sumayya
73.	V M MUHSINA	BSC PSYCHOLOGY FIRST YEAR	Vm Muhsina
74.	AMRITHA M S	BSC PSYCHOLOGY FIRST YEAR	Amritha
75.	APSARA KUMAR THOTTUNGAL MANOJ	BSC PSYCHOLOGY FIRST YEAR	Apsara Kumar
76.	MUSFIRA M J	BSC PSYCHOLOGY FIRST YEAR	Musfira
77.	RAGHAV LAL JOTHY	BSC PSYCHOLOGY FIRST YEAR	Raghav
78.	REYAH THASNI	BSC PSYCHOLOGY FIRST YEAR	Reyah
79.	FEMINA V A	BSC PSYCHOLOGY THIRD YEAR	Femina
80.	HAREESH MOHAN E R	BSC PSYCHOLOGY THIRD YEAR	Hareesh
81.	MINNA FARHANA V M	BSC PSYCHOLOGY THIRD YEAR	Minna
82.	MUHAMED SHAHAL T	BSC PSYCHOLOGY THIRD YEAR	Muhammed

Co-ordinator  
Lathif

Principal

HOD  
Lathif

**LATHIF PENATH**  
Assistant Professor & HOD  
Department of Psychology  
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Kodungallur, Thrissur-680 671, Kerala-India

# DEPARTMENT OF PSYCHOLOGY

## Workshop on Interpersonal skill enhancement

**Title of the Program : Workshop on Interpersonal skill enhancement**

**Name of the Coordinator : Ms. Farhana Nasar K**

**Organizing Department/Cell: Department of Psychology**

**Date of the Program :22-10-22**

**No of Participant : 46**

**Resource Person/s : Lathif Penath**

**Consultant Psychologist**

### **Objective of the Program:**

To promote the knowledge of psychology to enhance the health and welfare of the population. The association also works to raise awareness of psychology as a science.

### **Report of the Event**

The Psychology Association, under the guidance of Lathif Penath, Assistant Professor and Head of the Department of Psychology, hosted a transformative program on October 22, 2023, at the Seminar Hall of MES Asmabi College. With a commendable turnout of 79 participants, the initiative aimed to promote the knowledge of psychology for the betterment of public health and welfare, concurrently raising awareness of psychology as a science.

Throughout the program, participants delved into a diverse range of topics, gaining substantial knowledge that extends beyond theoretical boundaries. Lathif Penath's expertise enriched sessions covering mental health awareness, societal well-being, and the scientific foundations of psychology. The interactive nature of the sessions allowed students to actively engage in discussions, fostering a dynamic learning environment.

The outcome of the program was significant, with participants not only acquiring theoretical insights but also practical skills applicable in real-world contexts. The initiative successfully bridged the gap between academic knowledge and its application in enhancing health and societal welfare. Attendees left with a heightened awareness of psychology's role in community well-being, equipped to contribute positively to public health. The program's success lies in its ability to empower a substantial number of participants with the tools and knowledge to advocate for mental health, thereby fulfilling the association's mission of promoting psychology for the betterment of society.

Mes Asmabi College p vemballur  
Department of Psychology



workshop

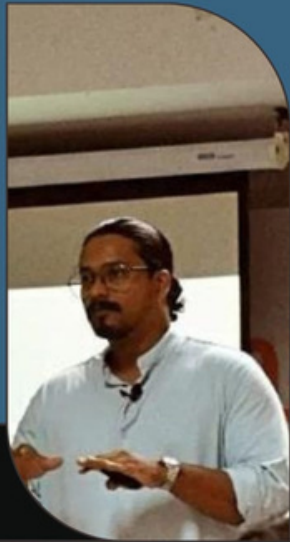
# Interpersonal skill enhancement



22-November-2022  
seminar hall

Resource person

Lathif Penath  
Consultant psychologist



Brochure of the Event



Session on  
interpersonal Skill  
Enhancement



MES ASMABI COLLEGE  
DEPARTMENT OF PSYCHOLOGY  
WORKSHOP ON INTERPERSONAL SKILL – PARTICIPATION LIST

Sl. No	Name	CLASS	SIGNATURE
1	AAMINATH SAHLA	BSC PSYCHOLOGY FIRST YEAR	
2	AMEENA THAHIR	BSC PSYCHOLOGY FIRST YEAR	
3	ASIYA NOURIN E A	BSC PSYCHOLOGY FIRST YEAR	
4	AYSHA SALIMNOOR	BSC PSYCHOLOGY FIRST YEAR	
5	K A AFEefa	BSC PSYCHOLOGY FIRST YEAR	
6	SUMAYYA T A	BSC PSYCHOLOGY FIRST YEAR	
7	V M MUHSINA	BSC PSYCHOLOGY FIRST YEAR	
8	AMRITHA M S	BSC PSYCHOLOGY FIRST YEAR	
9	APSARA KUMAR THOTTUNGAL MANOJ	BSC PSYCHOLOGY FIRST YEAR	
10	MUSFIRA M J	BSC PSYCHOLOGY FIRST YEAR	
11	RAGHAV LAL JOTHY	BSC PSYCHOLOGY FIRST YEAR	
12	REYAH THASNI	BSC PSYCHOLOGY FIRST YEAR	
13	SAFA SHAMSHUDDIN	BSC PSYCHOLOGY FIRST YEAR	
14	ABDUL AFFAR VA	BSC PSYCHOLOGY FIRST YEAR	
15	ANAGHA K D	BSC PSYCHOLOGY FIRST YEAR	
16	ANANDH K S	BSC PSYCHOLOGY FIRST YEAR	
17	ANJALY C R	BSC PSYCHOLOGY FIRST YEAR	
18	ARATHI A P	BSC PSYCHOLOGY FIRST YEAR	
19	ASMA ABDULLAKUTTY	BSC PSYCHOLOGY FIRST YEAR	
20	AYANA K S	BSC PSYCHOLOGY FIRST YEAR	
21	AYISHA SHABANA P A	BSC PSYCHOLOGY FIRST YEAR	
22	AYSHA RUBA P S	BSC PSYCHOLOGY FIRST YEAR	
23	BHADRA P S	BSC PSYCHOLOGY FIRST YEAR	
24	FATHIMA RINSHA T A	BSC PSYCHOLOGY FIRST YEAR	
25	FATHIMATH BISMI	BSC PSYCHOLOGY FIRST YEAR	
26	JUMANA ASHARAF	BSC PSYCHOLOGY FIRST YEAR	
27	MOHAMED ASLAM P J	BSC PSYCHOLOGY FIRST YEAR	
28	MOHAMMED FAIZ C S	BSC PSYCHOLOGY FIRST YEAR	
29	NAIMA PARVEEN ABDUL VAHID	BSC PSYCHOLOGY FIRST YEAR	
30	NESLA NAVAB	BSC PSYCHOLOGY FIRST YEAR	
31	NESMI MS	BSC PSYCHOLOGY FIRST YEAR	
32	PUNNYA V R	BSC PSYCHOLOGY FIRST YEAR	
33	RIFANA P S	BSC PSYCHOLOGY FIRST YEAR	
34	SAFEEDA	BSC PSYCHOLOGY FIRST YEAR	
35	SAFHANA KS	BSC PSYCHOLOGY FIRST YEAR	
36	SHAMSEENA K S	BSC PSYCHOLOGY FIRST YEAR	
37	SIYA SUDHI	BSC PSYCHOLOGY FIRST YEAR	

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**LATIF PENATH**  
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Kodungallur, Thrissur-680 671, Kerala-India

38	SUFEERA ABDULSALAM	BSC PSYCHOLOGY FIRST YEAR	<i>Sufeera</i>
39	SWATHI K R	BSC PSYCHOLOGY FIRST YEAR	<i>Swathi</i>
40	FATHIMA U S	BSC PSYCHOLOGY THIRD YEAR	<i>Fathima</i>
41	THAHSEENA MOHAMMED ALI	BSC PSYCHOLOGY FIRST YEAR	<i>Thahseena</i>
42	THARIQATHUL ARAFA A T	BSC PSYCHOLOGY FIRST YEAR	<i>Thariqathul</i>
43	NASRIN K N	BSC PSYCHOLOGY THIRD YEAR	<i>Nasrin</i>
44	NIJAYAS PRASAD	BSC PSYCHOLOGY THIRD YEAR	<i>Nijayas</i>
45	RAHMA RAFEEQUE K K	BSC PSYCHOLOGY THIRD YEAR	<i>Rahma</i>
46	VISHNUPRIYA K V	BSC PSYCHOLOGY FIRST YEAR	<i>Vishnupriya</i>

*Farhana*

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

*Lathif*

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

# DEPARTMENT OF PSYCHOLOGY

## A Workshop on Platform Skills

**Title of the Program : A Workshop on Platform Skills**

**Name of the Coordinator : Ms. Farhana Nasar K Organizing Department : Department of Psychology Date of the Program :18-01-2023**

**No of Participant : 30**

**Resource Person/s : Lathif Penath Consultant Psychologist**

### **Objective of the Program:**

The Platform Skills Workshop, led by esteemed Consultant Psychologist Lathif Penath, aimed to equip participants with essential skills for effective communication and presentation in various professional settings. The workshop was conducted on [insert date] and hosted a diverse group of 30 enthusiastic participants.

### **Workshop Objectives:**

#### 1.Enhancing Communication Skills:

The workshop focused on refining verbal and non-verbal communication skills, emphasizing clarity, coherence, and confidence in conveying ideas.

2.Mastering Presentation Techniques: Participants were guided through the art of creating engaging presentations, encompassing structure, visual aids, and effective delivery strategies.

#### 3.Building Confidence on Platforms:

Lathif Penath provided insights into overcoming stage fright, building self-assurance, and fostering a positive mindset when speaking in public.

#### 4.Handling Q&A Sessions:

The workshop delved into effective techniques for handling questions and engaging in meaningful interactions with the audience.

### **Highlights of Skills Attained:**

#### 1.Improved Verbal Fluency:

Participants exhibited a noticeable enhancement in their ability to articulate thoughts clearly and concisely.

#### 2.Dynamic Presentation Styles:

Lathif Penath's guidance empowered participants to adopt dynamic presentation styles, incorporating storytelling and audience interaction to captivate their audience.

#### 3.Enhanced Body Language:

The workshop emphasized the significance of non-verbal cues, leading to improved body language and enhanced overall communication.

#### 4.Confidence Boost:

Through targeted exercises and personalized coaching, participants reported a substantial boost in their confidence levels, allowing them to express ideas with conviction.

#### 5.Engaging Visual Presentations:

The workshop provided practical tips on creating visually appealing presentations, resulting in participants creating impactful and memorable slides.

#### 6.Effective Handling of Q&A Sessions:

Participants demonstrated an improved ability to handle spontaneous questions, showcasing poise and thoughtful responses during simulated Q&A sessions.

#### Conclusion:

The Platform Skills Workshop, under the expert guidance of Lathif Penath, proved to be a resounding success. Participants left with refined communication skills, increased confidence, and a toolkit for delivering impactful presentations. The workshop not only addressed the theoretical aspects but also provided practical, hands- on experiences that will undoubtedly benefit participants in their professional journeys.



Brochure of the Event



Sri.Lathif Penath, Consultant Psychologist leading the session

MES ASMABI COLLEGE  
DEPARTMENT OF PSYCHOLOGY  
PLATFORM SKILLS – PARTICIPATION LIST

SL.NO.	NAME	CLASS	SIGNATURE
1	AAMINATH SAHLA	BSC PSYCHOLOGY SECOND YEAR	
2	AMEENA THAHIR	BSC PSYCHOLOGY SECOND YEAR	
3	ASIYA NOURIN E A	BSC PSYCHOLOGY SECOND YEAR	
4	AYSHA SALIMNOOR	BSC PSYCHOLOGY SECOND YEAR	
5	KA AFEefa	BSC PSYCHOLOGY SECOND YEAR	
6	SUMAYYA TA	BSC PSYCHOLOGY SECOND YEAR	
7	VM MUHSINA	BSC PSYCHOLOGY SECOND YEAR	
8	AMRITHA MS	BSC PSYCHOLOGY SECOND YEAR	
9	APSARA KUMAR THOTTUNGAL MANOJ	BSC PSYCHOLOGY SECOND YEAR	
10	MUSFIRA MJ	BSC PSYCHOLOGY SECOND YEAR	
11	RAGHAV LAL JOTHY	BSC PSYCHOLOGY SECOND YEAR	
12	REYAH THASNI	BSC PSYCHOLOGY SECOND YEAR	
13	SAFA SHAMSHUDDIN	BSC PSYCHOLOGY SECOND YEAR	
14	ABDUL AFFAR VA	BSC PSYCHOLOGY SECOND YEAR	
15	ANAGHA KD	BSC PSYCHOLOGY SECOND YEAR	
16	ANANDH K S	BSC PSYCHOLOGY SECOND YEAR	
17	ANJALY CR	BSC PSYCHOLOGY SECOND YEAR	
18	ARATHI A P	BSC PSYCHOLOGY SECOND YEAR	
19	ASMA ABDULLAKUTTY	BSC PSYCHOLOGY SECOND YEAR	
20	AYANAK S	BSC PSYCHOLOGY SECOND YEAR	
21	AYISHA SHABANA PA	BSC PSYCHOLOGY SECOND YEAR	
22	AYSHA RUBA PS	BSC PSYCHOLOGY SECOND YEAR	
23	BHADRA PS	BSC PSYCHOLOGY SECOND YEAR	
24	FATHIMA RINSHA T A	BSC PSYCHOLOGY SECOND YEAR	
25	FATHIMATH BISMI	BSC PSYCHOLOGY SECOND YEAR	
26	JUMANA ASHARAF	BSC PSYCHOLOGY SECOND YEAR	
27	MOHAMED ASLAM PJ	BSC PSYCHOLOGY SECOND YEAR	
28	MOHAMMED FAIZ CS	BSC PSYCHOLOGY SECOND YEAR	
29	NAIMA PARVEEN ABDUL VAHID	BSC PSYCHOLOGY SECOND YEAR	
30	NESLA NAVAB	BSC PSYCHOLOGY SECOND YEAR	

co-ordinator

**FARHANA NASAR. K.**  
Assistant Professor  
Department of Psychology  
MES Asmabi College, P. Vemballur  
Kodungallur, Thrissur-680 671, Kerala-India

Principal

HOD

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



# **DEPARTMENT OF BOTANY**

## **SOFT SKILL ORIENTATION PROGRAMME**

**Title of the Program : Soft Skill Orientation Programme for Final year BSc  
Botany Students**

**Name of the Coordinator: Dr. Jisha K C**

**Organizing Department : Department of Botany**

**Date of the Programme : 9th December 2022**

**Number of Participants : 37**

**Resource Person/s : Nazeema MK  
(Assistant Professor, Department of  
Botany)**

### **Program Objectives :**

To raise awareness about stress and its impact on academic performance and mental health.

To provide practical strategies for stress management.

To enhance communication skills, time management, and resilience.

To foster a supportive and collaborative learning environment.

### **Program Participants:**

Final Year UG students of Botany

### **Report of the Programme:**

The Soft Skill Orientation Programme was initiated in response to the recognized need for holistic student development. Stress management, a critical soft skill, was chosen as the central theme to address the increasing levels of stress reported by students during their final year. Nazeema MK, Assistant Professor, Department of Botany provided an elaborate lecture on the topic 'Stress management: Coping Strategies for students' on 09-12-2022 at the botany lab, MES Asmabi College, P. Vemballur. The program aimed to equip students with essential soft skills, particularly stress management, to enhance their overall well-being and prepare them for the challenges they may face in both academic and professional environments.

### **Program Outcomes:**

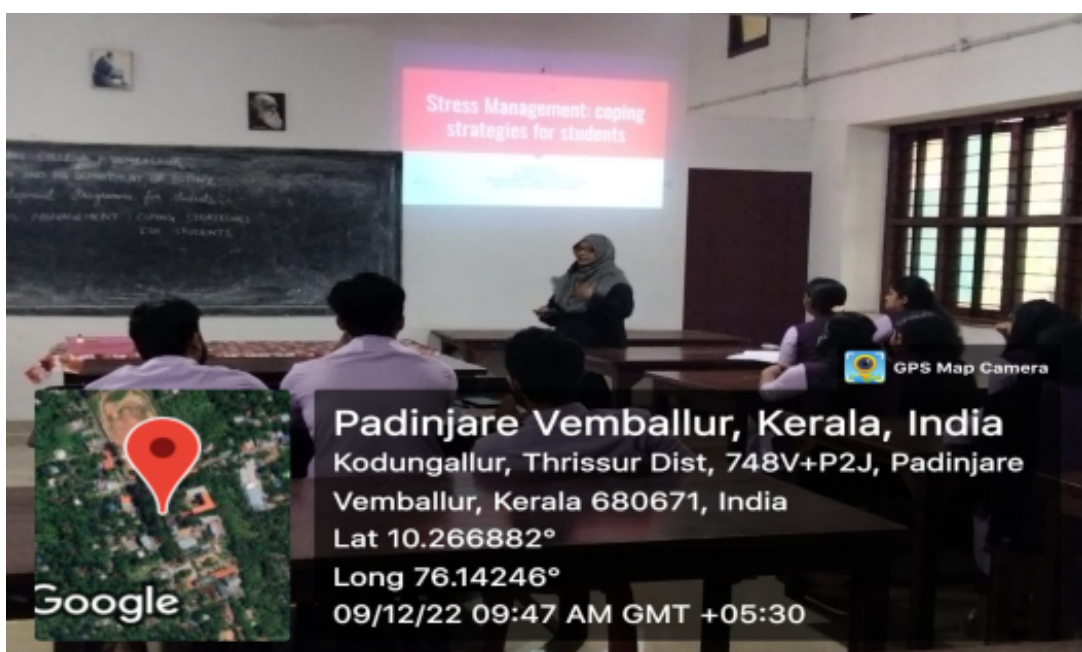
Enhanced academic writing and language skills.

Improved time management skills for examination preparation.

Increased awareness and understanding of essential skills among the participants.




**Brochure of the event**



**Ms. Naseema M K, giving lecture on the topic 'Stress management: Coping Strategies for students'**

List of Participants

SI NO	NAME OF STUDENT	CLASS	SIGNATURE
1	ASIFA K	III BSc Botany	
2	FATHIMA AK	III BSc Botany	
3	HISANA T I	III BSc Botany	
4	NAZIHA SHALI	III BSc Botany	
5	RAINA T S	III BSc Botany	
6	SAMEENA SHERIN N	III BSc Botany	
7	UMMU HANIYA K N	III BSc Botany	
8	ARCHANA C S	III BSc Botany	
9	ASHA JOHN	III BSc Botany	
10	ATHIRA K V	III BSc Botany	
11	FASNA K M	III BSc Botany	
12	FITHA T M	III BSc Botany	
13	IRFANA PARVIN C A	III BSc Botany	
14	KARTHIKA K B	III BSc Botany	
15	MUBEENA P N	III BSc Botany	
16	MUHSINA YOUSEF	III BSc Botany	
17	RAISA BEEMA	III BSc Botany	
18	SIFANATH K N	III BSc Botany	
19	SULTHANA P N	III BSc Botany	
20	THANSI FATHIMA K A	III BSc Botany	
21	ABUTHAHIR K N	III BSc Botany	
22	NASWIF KP	III BSc Botany	
23	ADITHYA RAJITH	III BSc Botany	
24	AISWARYA DAS K	III BSc Botany	
25	FAISA P S	III BSc Botany	
26	FASEELA V R	III BSc Botany	
27	FATHIMA MISRI	III BSc Botany	
28	FATHIMA NASRIN K N	III BSc Botany	
29	MUBASHIRA A	III BSc Botany	
30	NEHALA K H	III BSc Botany	
31	NEHA P S	III BSc Botany	
32	NIHALA C N	III BSc Botany	
33	RISVANA P S	III BSc Botany	
34	SUSHI A S	III BSc Botany	
35	THANOOJA A	III BSc Botany	
36	GOKULKRISHNA P P	III BSc Botany	
37	TONY K A	III BSc Botany	

  
 Dr. JISHA K. C., MPhil, PhD, NET  
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# DEPARTMENT OF MALAYALAM

## DOSTOEVSKY-KALAYUM KALAVUM

**Title of the Program : Reading Week Seminar - "Dostoevsky-Kalayum Kalavum" Name of the Coordinator : Dr Jaisy David.**

**Organizing Department/Cell: Department of Malayalam in collaboration with College Library**

**Date of the Program : June 21, 2022**

**Number of Participants : 245**

**Resource Person/s : Renowned Malayalam Writer, Shri Venu V Desam**

### **Program Objectives:**

The Reading Week Seminar aimed to promote the culture of reading and celebrate Vayanavaracharanam. It provided a platform for discussing the topic "Dostoevsky-Kalayum Kalavum" and recognizing the best readers of the college. The program also featured a book exhibition by DC Books.

### **Program Participants:**

The program had 245 participants, including students, faculty members, and literary enthusiasts.

### **Report of the Program:**

The Reading Week Seminar, titled "Dostoevsky-Kalayum Kalavum," was conducted on June 21, 2022, by the Department of Malayalam in collaboration with the College Library. Renowned Malayalam writer Shri Venu V Desam inaugurated the seminar and delivered an insightful talk. The event was presided over by Dr. Biju A., Principal of MES Asmabi College. Professor Beefathumma, the former Malayalam HOD, was also honored during the event. The seminar featured additional talks by Dr. Jaisy David, HOD of the Department of Malayalam, and Smt. Salilah PI, the college librarian. During the function, the best readers of the college were selected and presented with gifts. As part of Vayanadinacharam, a book exhibition was conducted by DC Books from June 20, 2022, to June 22, 2022.

### **Program Outcomes:**

It promoted a culture of reading and literature appreciation among participants, provided a platform for the discussion of literary topics, focusing on "Dostoevsky-Kalayum Kalavum." and recognized and encouraged the best readers within the college community. The program engaged participants in the book exhibition, fostering an environment of exploration and discovery.

**Feedback and Evaluation:**

The program received positive feedback from participants, who appreciated the opportunity to engage with renowned writers and explore literary discussions. The recognition of the best readers was a highlight of the event, and the book exhibition by DC Books was well-received, contributing to a broader literary experience for the attendees.

**BROCHURE OF THE PROGRAM**

എം.ഇ.എസ്. അസ്മാബി കോളേജ്  
പി. വെമ്പല്ലൂർ, കൊടുങ്ങല്ലൂർ

മലയാള വിഭാഗവും ലൈബ്രറിയിലും സംയുക്തമായി സംഘടിപ്പിക്കുന്ന  
**വാചനവാഴ്ചരണം**  
2022 ജൂൺ 21, രാവിലെ 10 മണിക്ക്  
വേദി : കോളേജ് ഓഡിറ്റോറിയം

സെമിനാർ : ദസ്തയേവ്സ്കി - കലയും കാലവും  
പ്രഭാഷകൻ : ശ്രീ. വേണു. വി.ദേശം  
(സാഹിത്യകാരൻ)

ജൂൺ 20 മുതൽ 22 വരെ  
ഡി.സി. പ്രിപ്പറേറ്റിംഗ് പബ്ലിസിറ്റി പ്രവർത്തനം

ഡോ. എ.ജി.ജെ. കുമാർ  
ഡോ. ജോയിന്റ് ബുദ്ധിമുട്ട്  
നാലിംഗ് പി.കെ. ബുദ്ധിമുട്ട്  
ലിജി. ടി. ടോ - കോളേജ്

M.E.S. Asmabi College  
P. Vemballur, Kodungallur

Organized jointly by the Malayalam section and the library  
**Reading Week**  
21 June 2022, 10 AM  
Venue : College Auditorium

Seminar : Dostoevsky - Art and Time  
Lecturer: Shri. want V. Desam  
(Literature)

June 20-22 in  
D.C. Preparing books  
**'Book Exhibition**



**Inauguration and Seminar Talk by Renowned Malayalam Writer, Shri Venu V Desam**