



**MES ASMABI COLLEGE  
P.VEMBALLUR**

# **REPORT**

## **2021-22**

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

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

**DEPARTMENT OF FISH PROCESSING TECHNOLOGY**  
**Two Days Workshop of English Language Skills**

**Name of the Coordinator : Dr. Sayana K. A., Assistant Professor and Head, Fish Processing Technology, MES Asmabi College, P. Vemballur**

**Organizing Department/Cell :Department of Fish Processing Technology, MES Asmabi College, P. Vemballur**

**Date of the Program :12th and 13th January 2022**

**Number of Participants :60**

**Resource Person/s : Ms. Mona P. M., Assistant Professor and Head, Department of English, MES Asmabi College, P. Vemballur**

**Program Objectives:**

The workshop aimed to enhance the English language skills of first and second-year B.Voc. Fish Processing Technology students. The program focused on grammar, speaking skills, and writing various academic documents such as letters, communications, and essays, providing essential language skills for their academic and professional development.

**Program Participants:**

First and second-year BVOC Fish Processing Technology students from MES Asmabi College, P. Vemballur actively participated in the workshop.

**Report of the Program:**

The workshop commenced with a warm welcome from Dr. Sayana K. A., followed by a presidential address by Dr. A. Biju, the Principal of MES Asmabi College. Ms. Mona P. M., the resource person, conducted engaging sessions on different aspects of the English language. Students were particularly enthusiastic about the speaking skills session, actively participating and enhancing their verbal communication abilities.

**Program Outcomes:**

1. Improved Language Proficiency: Participants enhanced their grammar, speaking, and writing skills, enabling them to communicate effectively in English.
2. Confidence Building: The workshop boosted students' confidence in using English in various academic and professional contexts.
3. Enhanced Academic Performance: Participants gained valuable skills for writing academic documents, contributing to their overall academic performance.

**Feedback and Evaluation:**

Participants provided positive feedback, expressing gratitude for the interactive and informative sessions. They highlighted the practical relevance of the workshop, indicating that the skills acquired would be beneficial for their future endeavors. Feedback forms were collected and analyzed to gauge the effectiveness of the workshop.

**FISH PROCESSING  
TECHNOLOGY**

**TWO DAYS WORKSHOP ON  
ENGLISH LANGUAGE SKILLS**



**MS. MONA P. M**  
Assistant Professor,  
Department of English  
MES Asmabi College  
P. Vemballur

At Seminar Hall, on 10.00 am to 3.00 pm

**AN** | **12** | **2022**  
**13**

## Brochure



Ms. Mona P. M, handling the session

TWO DAYS WORKSHOP

ON

ENGLISH LANGUAGE SKILLS

12<sup>th</sup> and 13<sup>th</sup> Jan 2022.

Seminars hall.

Instructor : Ms. Mona CIM

Asst. Prof. and Head

Dept. of English

MES Asmabi College

P. O. Emballus.

12-01-2022.

81 14

SL No.	NAME	CLASS	SIGNATURE	
1.	Adithya L.V	2 <sup>nd</sup> Broc FPT	<del>Anj</del>	<del>Anj</del>
2	Adithya N	2 <sup>nd</sup> Broc FPT	<del>Adi</del>	<del>Adi</del>
3	Ahana S	"	<del>A</del>	<del>A</del>
4.	Anagha M.M	"	<del>Ana</del>	<del>Ana</del>
5	Aneena MA	"	<del>A</del>	<del>A</del>
6	Ardhra TA	"	<del>A</del>	<del>A</del>
7	Athulya T.P	"	<del>Athulya</del>	<del>Athulya</del>
8	Aysha VA	11 <sup>th</sup> Broc Fish	<del>Ay</del>	<del>Ay</del>
9	Bindiya K.S	1 <sup>st</sup> Broc Fish	<del>Bin</del>	<del>Bin</del>
10	farsana S.F	"	<del>Farsana</del>	<del>Farsana</del>
11	Fasiha T.A	"	<del>Fasiha</del>	<del>Fasiha</del>
12	Fidha Fasiya K.S	"	<del>Fidha</del>	<del>Fidha</del>
13	Helen PV	"	<del>Helen</del>	<del>Helen</del>
14	Fidha Josna R	2 <sup>nd</sup> Broc FPT	<del>Fidha</del>	<del>Fidha</del>
15	K.S Sumayya	"	<del>Sumayya</del>	<del>Sumayya</del>
16	Mehjabin Sherin	"	<del>Mehjabin</del>	<del>Mehjabin</del>
17	Silpa Benny.	"	<del>Silpa</del>	<del>Silpa</del>
18	Suhana M.N	"	<del>Suhana</del>	<del>Suhana</del>
19	Sandra K.S	2 <sup>nd</sup> Broc FPT	<del>Sandra</del>	<del>Sandra</del>
20	Seethalakshmi P.S	"	<del>Seethalakshmi</del>	<del>Seethalakshmi</del>
21	Srutthy K.P	"	<del>Srutthy</del>	<del>Srutthy</del>
22	Varsha P.B	"	<del>Varsha</del>	<del>Varsha</del>
23	Abdul Mudasir	"	<del>Abdul</del>	<del>Abdul</del>
24	Abhijith V.A	2 <sup>nd</sup> Broc FPT	<del>Abhijith</del>	<del>Abhijith</del>
25	Abhishet T.S	2 <sup>nd</sup> Broc FPT	<del>Abhishet</del>	<del>Abhishet</del>
26	Adhith P.K	"	<del>Adhith</del>	<del>Adhith</del>
27	Ajmal J	"	<del>Ajmal</del>	<del>Ajmal</del>
28	Akshay Babu P.K	11 <sup>th</sup> Broc FPT	<del>Akshay</del>	<del>Akshay</del>
29	Anwin Pramod	2 <sup>yr</sup> Broc FPT	<del>Anwin</del>	<del>Anwin</del>
30	Basil Shujan	"	<del>Basil</del>	<del>Basil</del>
31	Binu K.M	"	<del>Binu</del>	<del>Binu</del>
32	Imran Navas	"	<del>Imran</del>	<del>Imran</del>

			Day 1	Day 2
33	Marvel Darly	2yr. Broc FPT		
34	Mohammed Badusha	"		
35	Mohammed Yaseen	"		
36	Muhammed Bilal	"		
37	Rahul P R	2nd Fish Processing		
38	Rameez Ibrahim	"		
39	Rejin Roshan AP.	"		
40	Sreyas M.S	"		
41	Viswajith M.V	"		
42	Anjana A.K	1st Broc FPT		
43	Abdul Sajad	"		
44	Abhinav	1st Broc FPT		
45	Adil Muhammed	"		
46	Ahammed Fasil	"		
47	Aiswarya	1st Broc FPT		
48	Aleena	1yr. Broc FPT		
49	Almas	"		
50	Amith Raj	"		
51	Ashkar Ali	"		
52	Aswathy	"		
53	Athul	"		
54	Gopinandhana	1yr Broc FPT		
55	Hiba	1yr Broc FPT		
56	Hrithik Lal	"		
57	Jishnu	"		
58	Krishna Priya	"		
59	Nikitha	1st Broc FPT		
60	Mohammed Aslam	1st Broc FPT		

Dr. Sayana K. A.  
HoD, Assistant Professor  
Department of Vocational Studies (FPT)  
M.E.S. Asmabi College  
P.Vemballur-680671, Kodungallur.

**DEPARTMENT OF BOTANY**  
**Webinar on Medicinal Plants and Health care in the month of Karkkitakam**

**Title of the Program : Webinar on Medicinal Plants and Ayurvedic Remedies**

**Name of the Coordinator : Dr. Girija T P**

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

**Number of Participants : 75 participants**

**Resource Person/s : Dr. Jayanthi A, Principal Scientific Officer, Pharmacognosy,  
Pharmacopoeia Commission for Indian Medicine & Homoeopathy, Ministry of AYUSH,  
Govt. of India**

**Program Objectives:**

The objective of the program was to educate participants about the importance of medicinal plants, Ayurvedic remedies, and traditional healing practices. The webinar aimed to disseminate knowledge related to the therapeutic uses of plants and traditional treatments, particularly focusing on Karkkidaka Chikitsa (treatments in the month of Karkkidaka).

**Program Participants:**

The webinar was attended by teachers, research scholars, PG & UG students, and individuals interested in traditional medicine and herbal remedies.

**Report of the Programme:**

The webinar on Medicinal Plants and Ayurvedic Remedies was conducted as an informative session, featuring Dr. Jayanthi A, Principal Scientific Officer from the Pharmacognosy department of the Pharmacopoeia Commission for Indian Medicine & Homoeopathy, Ministry of AYUSH, Govt. of India. Dr. Jayanthi A delivered a comprehensive keynote address during the event. She covered various topics including the importance of medicinal plants, insights related to Karkkidaka Chikitsa, details about the ingredients of Dasamoola, and discussions on flowers related to Dsapushpa. Additionally, the session highlighted ten leafy vegetables significant in the month of Karkkidaka.

**Program Outcomes:**

The webinar successfully disseminated knowledge about the medicinal properties of plants and traditional Ayurvedic practices. Participants gained valuable insights into the therapeutic applications of natural resources, enhancing their understanding of traditional healing methods. The event promoted awareness about the rich heritage of herbal remedies in Ayurveda and encouraged participants to explore the benefits of natural medicine.

**Feedback and Evaluation:**

Participants provided positive feedback, expressing appreciation for the informative content and the expertise shared by Dr. Jayanthi A. Attendees found the session enlightening and valuable, with several participants indicating interest in further exploring the topics discussed. The provision of e-certificates added to the overall positive experience of the participants.

  
**RESEARCH & P G DEPARTMENT OF BOTANY**  
**MES ASMABI COLLEGE**  
**P. VEMBALLUR, THRISSUR**  
*Organizes*  
**National Webinar**  
**on**  
**Medicinal plants and health care**  
**in the month of Karkkitakam**

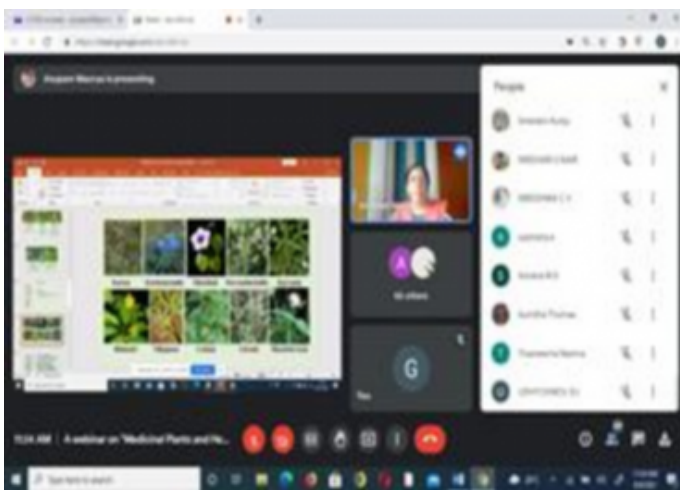
**Resource Person**  
**Dr. Jayanthi A**  
 Principal Scientific Officer  
 (Pharmacognosy)  
 Pharmacopoeia Commission for  
 Indian Medicine & Homeopathy  
 (PCIM&H),  
 Ministry of AYUSH, Govt. of India,  
 Ghaziabad-UP



**8th August 2021**      **10.30 AM - 11.30 AM**  
**Google Meet**  
[CLICK HERE TO REGISTER](#)

<b>Dr. Girija T P</b> Co ordinator 95265 70267	<b>Mrs. Shaheedha T M</b> HoD, Botany	<b>Dr. A. Biju</b> Principal
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**Brochure of the Program**



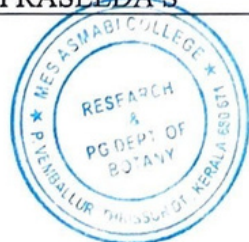
**Screenshot of the webinar on Medicinal Plants and Health care in the month of Karkkitakam**



## Webinar on Medicinal Plants and Health care in the month of Karkkitakam

### List of Participants

SL.No	Name	Class
1	ABUTHAHIR K N	I B.Sc Botany
2	ADITHYA RAJITH	I B.Sc Botany
3	ASHA JOHN	I B.Sc Botany
4	ASIFA K	I B.Sc Botany
5	FATHIMA MISRI	I B.Sc Botany
6	FATHIMA NASRIN K N	I B.Sc Botany
7	FITHA T M	I B.Sc Botany
8	GOKULKRISHNA P P	I B.Sc Botany
9	IRFANA PARVIN C A	I B.Sc Botany
10	NASWIF KP	I B.Sc Botany
11	NAZIHA SHALI	I B.Sc Botany
12	NIHALA C N	I B.Sc Botany
13	RAINA T S	I B.Sc Botany
14	RAISA BEEMA	I B.Sc Botany
15	RISVANA P S	I B.Sc Botany
16	ASHFAK AHMED	II B.Sc Botany
17	MUHAMMED SAIFUL ISLAM V	II B.Sc Botany
18	ANJANA R C	II B.Sc Botany
19	NAFIYA FARSANA	II B.Sc Botany
20	RASHIDA K A	II B.Sc Botany
21	SAHALA FARSANA V S	II B.Sc Botany
22	SHIFANA ASHARAF	II B.Sc Botany
23	SINAN SEMSUTHEEN	II B.Sc Botany
24	ZALEEHA MARIYAM K A	II B.Sc Botany
25	THASNEEMA	II B.Sc Botany
26	ADITHYA T S	II B.Sc Botany
27	ANUSREE KP	II B.Sc Botany
28	DEVAPRIYA V S	II B.Sc Botany
29	HANNA P	II B.Sc Botany
30	JUMANA JAMAL K	II B.Sc Botany
31	FATHIMA SABNAM C H	III B.Sc Botany
32	HASEENA K H	III B.Sc Botany
33	MEHJA N M	III B.Sc Botany
34	MOHAMMED ZIDAN V.P	III B.Sc Botany
35	AKHILDAS K M	III B.Sc Botany
36	ARCHA V A	III B.Sc Botany
37	BHAVYA MOHAN M	III B.Sc Botany
38	KAVYA SHRI I S	III B.Sc Botany
39	NAIZAM K S	III B.Sc Botany
40	NAVAMI P S	III B.Sc Botany
41	PRASEEDA S	III B.Sc Botany



Dr. GIRIJA. T. P.  
Assistant Professor & Research Guide  
Research & P.G Department of Botany  
MES Asmabi College, P.Vemballur  
Kodungallur, Thrissur-680671, Kerala-India

42	RAMSEENA K A	III B.Sc Botany
43	SAHALA THASNIM M S	III B.Sc Botany
44	SUBHISHA K	III B.Sc Botany
45	SUMAYYA K J	III B.Sc Botany
46	AFITHA TH	I M.Sc Botany
47	APARNA PUSHPAN	I M.Sc Botany
48	ARYA DEVADAS	I M.Sc Botany
49	ARYA SATHYAN	I M.Sc Botany
50	BAIJU KS	I M.Sc Botany
51	HADIYA EA	I M.Sc Botany
52	LEKHA KR	I M.Sc Botany
53	NIKITHA NS	I M.Sc Botany
54	PADMAJA VEENA V	I M.Sc Botany
55	RAIHANATH PB	I M.Sc Botany
56	ADHEENA A S	II M.Sc Botany
57	ADITHYA ANAND	II M.Sc Botany
58	AHLA SHANAVAS	II M.Sc Botany
59	AHSANA FATHIMA K N	II M.Sc Botany
60	AKHIL RAJ	II M.Sc Botany
61	ALISHA SUHAIL	II M.Sc Botany
62	ARDRA PRADEEP	II M.Sc Botany
63	GREESHMA K C	II M.Sc Botany
64	ISHRATH SABAH C	II M.Sc Botany
65	MUFEEDA THASNI.AC	II M.Sc Botany
66	SREEHARI S. NAIR	Research Scholar
67	SABIN PQ	Research Scholar
68	ATHIRA TR	Research Scholar
69	SUMITHA THOMAS	Research Scholar
70	BHAVYASREE PS	Research Scholar
71	POOJA SURESH	Research Scholar
72	GAUTHAMI V	Research Scholar
73	DEVIKRISHNA CS	Research Scholar
74	VINU THOMAS	Research Scholar
75	ARUN T. RAM	Research Scholar



Dr. GIRIJA. T. P.  
Assistant Professor & Research Guide  
Research & PG Department of Botany  
MES Asmabi College, P.Vemballur  
Kodungallur, Thrissur-680671, Kerala-India

## WOMEN DEVELOPMENT CELL

# Self Defense Programme

**Name of the Coordinator :Dr Dhanya K**

**Organizing Department/Cell :Women Development Cell, MES Asmabi College**

**Date of the Programme :17th December 2021**

**Number of Participants :30**

**Resource Person/s:**

**Mrs. Anna, Sub Inspector of Police, Thrissur Vanita Police (Trainer)**

**Two trainers from the Department of Police**

### **Program Objectives:**

The objective of the program was to empower girl students with self-defense skills, ensuring their safety and security. The training aimed to provide practical techniques and knowledge to protect themselves in specific situations, promoting confidence and awareness.

### **Program Participants:**

30 Girl students from MES Asmabi College participated in the self-defense training program.

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

On 17th December 2021, the Women Development Cell of MES Asmabi College organized a Self Defense Training Program for girl students. The program was inaugurated by Smt. Reena Muhammed, and the training session was conducted by Mrs. Anna, Sub Inspector of Police from Thrissur Vanita Police, along with two trainers from the Department of Police. During the training session, Mrs. Anna spoke to the students about the importance of self-protection in specific situations. Practical techniques and strategies were demonstrated, equipping the participants with essential self-defense skills. The interactive session that followed allowed students to voice their concerns and discuss various issues faced by women, fostering an environment of open dialogue and support.

### **Program Outcomes:**

The self-defense training program successfully empowered girl students with practical self-defense techniques and knowledge. Participants gained confidence and awareness, learning how to protect themselves in specific situations. The program facilitated important conversations about women's safety and security, encouraging a sense of empowerment and preparedness.

### **Feedback and Evaluation:**

Feedback from participants indicated a positive response to the training program. Attendees expressed gratitude for the opportunity to learn self-defense skills and the interactive nature of the session. The program received favorable evaluations, reflecting the effectiveness of the training in enhancing participants' confidence and personal safety awareness.

**MES ASMABI COLLEGE,  
P.VEMBALLUR**

**WOMEN DEVELOPMENT CELL**

*Self Defense Training Program*

RESOURCE PERSON

Mrs. Anna

Sub Inspector of Police, Thrissur Vanita  
Police

*17th December 2021*

*@ 11.30AM*


**Brochure**



**Mrs. Anna, Sub Inspector of Police,  
training the students**

**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	Riswana
2	III MASS	SHAHANA P N	Shahana
3	III MASS	SHASNA BANU K N	Shasna
4	III MASS	HUSNA ABDUL RASHEED	Husna
5	III FINANCE	JABEEN BARKATH	Jabeen
6	III FINANCE	JYOTHI JAYAN	Jyothi
7	III FINANCE	ANJU P R	Anju
8	III FINANCE	FIZA K H	Fiza
9	III FINANCE	LAMIYA V A	Lamiya
10	III FINANCE	ALMA SONA MARIYA V J	Alma
11	III FINANCE	ALSHA P T	Alsha
12	III FINANCE	ANEENA MANOJ	Aneena
13	III FINANCE	ANJAL PRAKASH M	Anjali
14	III FINANCE	HINZIN	Hinzin
15	III FINANCE	JAYALAKSHMI K R	Jayalaxmi
16	III COOP	KRISHNAPRIYA K A	Krishna
17	III COOP	LAKSHMI P G	Lakshmi
18	III COOP	MARJANA NASARIN	Marjana
19	III COOP	MEHARUNEESA A M	Meharuneesa
20	III COOP	MINSIYA NOURIN K S	Minsiya
21	III COOP	MOHAMED NIYAZ N M	Mohamed
22	III COOP	MUFEEDA	Mufeeda
23	III COOP	NOUFIDA	Noufida
24	III COOP	NOUSHIDA K S	Noushida
25	III COOP	RESMIYA P M	Resmiya
26	BCA	SEBIN A B	Sebin
27	BCA	SILPA K S	Silpa
28	BCA	THASNIHA A M	Thasniha
29	III FPT	SILSHA P.S	Silsha
30	III FPT	SREEDAS K.H	Sreedas

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

# MINORITY CELL , PRE MARITAL COUNSELLING CENTRE Pre- Marital Counseling 2021-2022 Batch 1

in Collaboration with CCMY Kodungallur, Department of Minority Welfare, Govt of Kerala

CCMY Kodungallur, Department of Minority Welfare, Govt of Kerala in Collaboration with Pre-marital Counselling Centre, MES Asmabi College organized Four day Pre-marital counseling for its students in the four consecutive days from 2nd December to 7th December. College Co-ordinator of Premarital Counselling, Dr. Sakkeena addressed the students reinforcing the importance of Pre-marital Counselling and asking the students to attend it with diligence and attention. The 1st batch of Pre- Marital Counseling began on 02/12/2021 in the college. the first session was led by Mr. Abdul Rahiman on the Topic "Need Functions and Importance of Marriage". Second session was taken by Adv. M.K.Haq with the topic "Husband wife relationship and the importance of Communication". The participants' feedback reinforced the spirit of the class. Second day i.e on 3rd December 2021, first session was led by Smt. Hajara with the topic "In-Law relationship" and next session was handled by Smt. Munshida .K On "Parenting". 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.

On 6/12/21, the day 's First session was led by Smt. Afeefa on the topic "Family Budget" which aroused their real interest in frugality and economical dealings. Next session was the centre of attraction as it dealt with Physiology and it was handled by Smt. Nishi Salam. Each of them handled their sessions for three hours.



Session on Pre-Marital Counseling (Batch 1)



On the Fourth day,i.e.on 7/12/21, the first batch was engaged by Adv.Ilah.CS on the topic “Legal Aspects” and the next session was led by Smt.Faseela on the topic “Group Counseling”. Thus four days’ premarital Counselling class came to a conclusion with the Valedictory Function.



## Pre- Marital Counseling-Batch 2

CCMY Kodungallur,Department of Minority Welfare, Govt of Kerala in Collaboration with Pre-marital Counselling Centre, MES Asmabi College organized Four day Pre-marital counseling for its students in the four consecutive days from 2nd December to 7th December. College Co-Ordinator of Premarital Counselling,Dr.Sakkeena addressed the students reinforcing the importance of Pre-marital Counselling and asking the students to attend it with diligence and attention. Thesecond batch of Pre- Marital Counseling began on 02/12/2021 in the college. the first session was led by Adv. M.K.Haq with the topic “Husband wife relationship and the importance of Communication “.The participants’ feedback reinforced the spirit of the class. and Second session was taken by Mr. Abdul Rahiman on the Topic “Need Functions and Importance of Marriage”



Second day i.e on 3rd December, first session was led by Smt.. Munshida .K On “Parenting” and next session was handled by.S mt.Hajara with the topic “In- Law relationship” The second session cleared the many doubts that they had about their relationships and convinced them about their need to avoid toxicity in relationships. The first session naturally imbibed in them the necessity of warmth of parenting and so aroused their real interest. On 6/12/21, the day ‘s First session was the centre of attraction as it dealt with Physiology and it was handled by Dr.Nishi Salam.Next was led by Dr. Afeefa on the topic”Family Budget” which aroused their real interest in frugality and economical dealings. Each of them handled their sessions for three hours.



On the Fourth day,i.e.on 7/12/21, the first batch was engaged by Smt.faseela on the topic”Group Counselling”. next session was led by Adv.Ilah.CS on the topic”Legal Aspects and the Thus four days’ premarital Counselling class came to a conclusion with the Valedictory Function





## Pre- Marital Counseling-Batch 3

CCMY Kodungallur, Department of Minority Welfare, Govt of Kerala in Collaboration with Pre-marital Counselling Centre, MES Asmabi College organized four days i.e. 8th, 9th, 14th, and 21st December 2021. College Co-Ordinator of Premarital Counselling, Dr. Sakkeena addressed the students reinforcing the importance of Pre-marital Counselling and asking the students to attend it with diligence and attention. The 3rd batch of Pre- Marital Counseling began on 08/12/2021 in the college. The first session was led by Adv. Abdul Haq on the Topic "Need Functions and Importance of Marriage". Second session was taken by Smt. Yardly with the topic "Husband wife relationship and the importance of Communication". The participants' feedback reinforced the spirit of the class. Second day i.e. on 10th December, first session was led by Smt. Jisha with the topic "Family Budget" and next session was handled by Smt. Nishi Salam. On Physiology". The first session which aroused their real interest in frugality and economical dealings. Next session was the centre of attraction as it dealt with their own body. The second session naturally imbibed in them the necessity of warmth of parenting and so aroused their real interest.



On the Third day, i.e. on 14/12/21, the first batch was engaged by Smt. Faseela. on the topic "In- Law relationship cleared the many doubts that they had about their relationships and convinced them about their need to avoid toxicity in relationships and the next session was led by Adv. Ilah on the topic". Legal Aspects

On 21/12/21, the day 's First session was led by Smt. Hajara. M V on the topic "Group Counselling". with and second session was handled by Smt.Munshida Kalangadan on" Parenting".Each of them handled their sessions for three hours. Thus four days' premarital Counselling class came to a conclusion with the Valedictory Function. The Co-ordinator, Dr. Sakkeena welcomed the audience. The function was presided over by Dr A .Biju ,Principal . The programme was inaugurated by M.S Mohanan, President. SN puram Grama Panchayath. The keynote address was given by Dr .MB Hamza ,Principal . The secretary and Correspondent, Sri Salim Arakkal addressed the students.Dr. Sanand C Sadanandakumar felicitated on the occasion. Smt.Jameelathu.Ka proposed vote of thanks.



## Pre- Marital Counseling-Batch 4

CCMY Kodungallur, Department of Minority Welfare, Govt of Kerala in Collaboration with Pre-marital Counselling Centre, MES Asmabi College organized four days i.e. 8th, 9th, 14th, and 21st December 2021. College Co-Ordinator of Premarital Counselling, Dr. Sakkeena addressed the students reinforcing the importance of Pre-marital Counselling and asking the students to attend it with diligence and attention. The 4th batch of Pre- Marital Counseling began on 08/12/2022 in the college. The first session was led by Smt. Yardly with the topic "Husband wife relationship and the importance of Communication". The second session was taken by Adv. Abdul Haq with the topic "Husband wife relationship and the importance of Communication". The participants' feedback reinforced the spirit of the class.



Second day i.e. on 10th December, first session was handled by Smt. Nishi Salam. On Physiology was the centre of attraction as it dealt with their own body. Next session was led by Smt. Jisha with the topic "Family Budget". The second session naturally imbibed in them the necessity of frugality and economical dealings.



On the Third day,i.e.on 14/12/22, the first batch was engaged by Adv.Ilah on the topic"" Legal Aspects and the next session was led by Smt.Faseela. on the topic" In-Law relationship cleared the many doubts that they had about Thu their relationships and convinced them about their need to avoid toxicity in relationships

On 21/12/22, the day 's First session was led by Smt.Munshida Kalangadan on" Parenting". with and second session was Smt. Hajara.MV on the topic "Group Counselling". Each of them handled their sessions for three hours.Four days' premarital Counselling class came to a conclusion with the Valedictory Function.



II<sup>nd</sup> Batch

## Pre marital Counselling Programme (2021-22)

Organised by the Dept. of Minority Welfare, Govt. of Kerala.

### CANDIDATES PARTICIPATION LIST

Sl.No	Name of the candidate	Caste	Sex	Signature	Signature
1	Tharanna K.S	Muslim	Female	<i>Tharanna</i>	<i>Tharanna</i>
2	Swalika K.A	Muslim	Female	<i>Swalika</i>	<i>Swalika</i>
3	Riswana P.R	Muslim	Female	<i>Riswana</i>	<i>Riswana</i>
4	Farsana T.M	Muslim	Female	<i>Farsana</i>	<i>Farsana</i>
5	Sherin Tqbal	Muslim	Female	<i>Sherin</i>	<i>Sherin</i>
6	Jaseela T-J	Muslim	Female	<i>Jaseela</i>	<i>Jaseela</i>
7	Afsiya K.A	Muslim	Female	<i>Afsiya</i>	<i>Afsiya</i>
8	K.N Amrutha	Muslim	Female	<i>Amrutha</i>	<i>Amrutha</i>
9	AFIYA AZIZ	Muslim	Female	<i>Afiya</i>	<i>Afiya</i>
10	Rizwana	Islam	Female	<i>Rizwana</i>	<i>Rizwana</i>
11	Ismath V.M	Islam	Female	<i>Ismath</i>	<i>Ismath</i>
12	Shahnaz Shams	Muslim	Female	<i>Shahnaz</i>	<i>Shahnaz</i>
13	Faiha Rukhshana V.M	Muslim	Female	<i>Faiha</i>	<i>Faiha</i>
14	Fathima Nasta CK	Muslim	Female	<i>Fathima</i>	<i>Fathima</i>
15	Nada Noureen	Muslim	Female	<i>Nada</i>	<i>Nada</i>
16	Amsha K.H	Muslim	Female	<i>Amsha</i>	<i>Amsha</i>
17	Shabana P.N	Muslim	Female	<i>Shabana</i>	<i>Shabana</i>
18	Jesna Shabaneem	Muslim	Female	<i>Jesna</i>	<i>Jesna</i>
19	Afiya AZIZ	Muslim	Female	<i>Afiya</i>	<i>Afiya</i>
20	Rishana Saleem	Muslim	Female	<i>Rishana</i>	<i>Rishana</i>
21	Adil K.N	Muslim	Male	<i>Adil</i>	<i>Adil</i>
22	HAFIDHA	Muslim	Female	<i>Hafidha</i>	<i>Hafidha</i>
23	Akmala	Muslim	Female	<i>Akmala</i>	<i>Akmala</i>
24	Sinatna M	Muslim	Female	<i>Sinatna</i>	<i>Sinatna</i>
25	Siyana Sherin MP	Muslim	Female	<i>Siyana</i>	<i>Siyana</i>

Date: 21/12/2021



Signature of the principal

PRINCIPAL  
M.E.S. ASMABI COLLEGE,  
P.O.P. VEMBALLUR

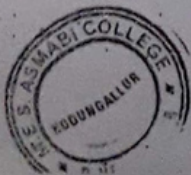
# Pre marital Counselling programme (2020-21)

Organised by the Dept. of Minority Welfare, Govt. of Kerala.

## CANDIDATES PARTICIPATION LIST

Sl.No	Name of the candidate	Caste	Sex	Signature	Signature
26	Jumana Jamal K	Muslim	Female		
27	Sana <del>Hasneem</del> Hasneem	Muslim	Female		
28	Hashmi. P.S	Muslim	Female		
29	Farsana Mohd Siddique V.H	Muslim	Female		
30	Selmath NP	Muslim	Female		
31	Jaseera Ommar	Muslim	Female		
32	Nafiya K.A	Muslim	Female		
33	Kibilath Divan	Muslim	Female		
34	Basik Iqbal V.I	Muslim	Female		
35	Muhsina bahees	Muslim	Female		
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Date:



Signature of the principal

PRINCIPAL  
M.E.S. ASMABI COLLEGE,  
P.O. VEMBALLUR.

# Pre marital Counselling Programme (2021-22)

Organised by the Dept. of Minority Welfare, Govt. of Kerala.

## CANDIDATES PARTICIPATION LIST

Sl.No	Name of the candidate	Caste	Sex	Signature	Signature
1	Rameesha Parvin. M.R.	Islam Musli	F		
2	Aneesha. A.N.	Islam Musli	F		
3	Hasreena. N.S	Islam Musli	F		
4	Sumayya. T.M.	Islam Musli	F		
5	Fathimathul Sahabi	Islam Musli	F		
6	Aafila. K.M.	Islam Musli	F		
7	Sajana. M.Y.	Islam Musli	F		
8	Asma.	Islam Musli	F		
9	Nidha Sheren. T.P.	Islam Mappur	F		
10	Thamsoya. A.	Islam Musli	F		
11	Asifa. K.	ISLAM MAPPUR	F		
12	Mubashira. A.	Islam Musli	F		
13	Shadbiya. K.Y.	ISLAM MUSLIM	F		
14	Muhsina. A.N.	ISLAM MUSLIM	F		
15	Shabana. C.M.	Islam Muslim	F		
16	Mubeena. P.M.	Islam Muslim	F		
17	Fasna. N.M.	ISLAM Muslim	F		
18	Nishana. T.N.	Islam Musli	F		
19	Fausiya. N.M.	Islam Musli	F		
20	Afla. P.Y.	ISLAM Musli	F		
21	Ihsana. Nafesa. P.E.	ISLAM Muslim	F		
22	Fathima. A.K.	Islam Musli	F		
23	Nehala. K.H.	Islam Musli	F		
24	Mumba. M.	Islam Musli	F		
25	Hannia. Hannath.	Islam Musli	F		

Date: 8/12/21



Signature of the principal

PRINCIPAL  
M.S. ASMABI COLLEGE,  
P.O.P. VEMBALLUR

# Pre marital Counselling programme (2020-21)

Organised by the Dept.of Minority Welfare, Govt.of kerala.

## CANDIDATES PARTICIPATION LIST

Sl.No	Name of the candidate	Caste	Sex	Signature	Signature
26	Mirsha Fathima B.M.	Islam Muh	F	<u>Mirsha</u>	<u>Mirsha</u>
27	Thangitha M.I	Islam Muh	F	<u>Thangitha</u>	<u>Thangitha</u>
28	Shahabam A.S.	Islam Muh	F	<u>Shahabam</u>	<u>Shahabam</u>
29	Nahsin Banu H.	Islam Muh	F	<u>Nahsinbanu</u>	<u>Nahsin</u>
30	Asna Parveen VA	OBC	Female	<u>Asna</u>	<u>Asna</u>
31	Nesrin R.A	Islam Muh	F	<u>Nesrin</u>	<u>Nesrin</u>
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# DEPARTMENT OF PSYCHOLOGY

## CAN SOCIAL MEDIA LEAD HUMAN MINDS TOWARDS DEATH ?

**Title of the Program :Door to Hope Webinar Series 1 - "Can Social Media Lead Human Minds Towards Death?"**

**Name of the Coordinator :Lathif Penath**

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

**Date of the Programme :10/9/2021**

**Number of Participants :60 students and 5 teachers**

**Resource Person :-Mr. Jawad T.P, Clinical Psychologist**

### **Introduction:**

The "Door to Hope" webinar series, organized by the Department of Psychology at MES Asmabi College, was conducted on September 10, 2021, in observance of Suicide Prevention Day. The topic for the session was "Does Social Media Lead to Death," and the resource person for the event was T P Jawad, a renowned Clinical Psychologist from HCF Kozhikode.

### **Participants:**

The webinar witnessed active participation from 60 students of the Department of Psychology. The engagement and involvement of the students reflected their commitment to understanding and addressing critical issues related to mental health and suicide prevention.

### **Platform:**

The webinar was conducted on the Google Meet platform, providing a virtual space for the participants to join from the comfort of their locations.

### **Key Components:**

#### **1.Presidential Address:**

Dr. A Biju, the Principal of MES Asmabi College, delivered the Presidential Address, highlighting the significance of observing Suicide Prevention Day and the role of education in fostering awareness and prevention.

#### **2.Felicitation:**

Dr. K P Sumedhan, the Director of Self Financing Departments, provided felicitation, emphasizing the importance of organizing events that contribute to the skill development and knowledge enhancement of students.

3.Resource Person -T P Jawad, a Clinical Psychologist from HCF Kozhikode, served as the resource person for the webinar. His insightful presentation delved into the impact of social media on mental health, particularly in the context of suicide prevention. The session explored the correlation between social media use and its potential effects on individuals' well-being.

#### 4.Skill Development Focus:

- 1.The webinar aimed at skill development among students, focusing on:
- 2.Understanding the nuances of mental health issues related to social media.
- 3.Developing effective communication and empathy skills when dealing with individuals struggling with mental health challenges.
- 4.Identifying potential warning signs and risk factors associated with suicide.
- 5.Nurturing a supportive and non-judgmental approach towards those in need.

**Conclusion:** The "Door to Hope" webinar series on Suicide Prevention Day proved to be an enriching experience for the participants, with a focus on skill development in various aspects of mental health awareness. The insights shared by T P Jawad equipped students with valuable knowledge to navigate the complexities of the relationship between social media and mental health. The engagement of students in discussions and the interactive nature of the webinar contributed to a positive learning experience.

As educational institutions continue to play a vital role in addressing mental health challenges, events like these contribute significantly to the holistic development of students and their ability to make meaningful contributions to the well-being of society.



**Brochure of the Program**



**Presentation by Mr.Jawad T.P leading the session**

# DEPARTMENT OF PSYCHOLOGY SESSION ON HOPE AND LIGHT

**Title : Report on "Door to Hope" Webinar Series: Session on Hope and Light**

**Date : September 12, 2021**

**Platform : Google Meet**

**Organizer: Department of Psychology, MES Asmabi College**

## **Introduction:**

The "Door to Hope" webinar series, organized by the Department of Psychology at MES Asmabi College, marked the observance of Suicide Prevention Day on September 12, 2021. The focus of this particular session was on "Hope and Light," and the resource person for the event was Suni M S, a distinguished Clinical Psychologist from MES Medical College, Perinthalmanna.

**Participants:** Active participation was seen from 65 students of the Department of Psychology. The students demonstrated a keen interest in understanding and promoting mental health and well-being, especially in the context of suicide prevention.

**Platform:** The webinar was conducted on the Google Meet platform, providing a virtual space for participants to engage in meaningful discussions and learning.

## **Key Components:**

### **1. Presidential Address:**

Dr. A Biju, the Principal of MES Asmabi College, delivered the Presidential Address, emphasizing the importance of Suicide Prevention Day and the crucial role that education and awareness play in preventing suicide.

### **2. Felicitation:**

Dr. K P Sumedhan, the Director of Self Financing Departments, provided felicitation, acknowledging the significance of events that contribute to the skill development and knowledge enrichment of students.

### **3. Resource Person - Suni M S:**

Suni M S, Clinical Psychologist from MES Medical College, Perinthalmanna, served as the resource person. His session centered around the theme of "Hope and Light," focusing on cultivating a positive mindset and resilience as crucial elements in suicide prevention.

### **4. Skill Development Focus:**

The webinar aimed at skill development in several areas, including: Building resilience and coping mechanisms in the face of adversity. Fostering a hopeful and optimistic outlook, both for oneself and others. Enhancing communication skills to provide support and empathy to individuals struggling with mental health challenges. Recognizing and addressing stigma associated with mental health issues.



Department of Psychology  
MES Asnabi College, P. Vembalur

SUICIDE PREVENTION DAY OBSERVATION 2021  
CREATING HOPE THROUGH ACTION

# DOOR TO HOPE WEBINAR SERIES

WEBINAR 03

പ്രതീക്ഷയും വെളിച്ചവും

12 SEP 2021

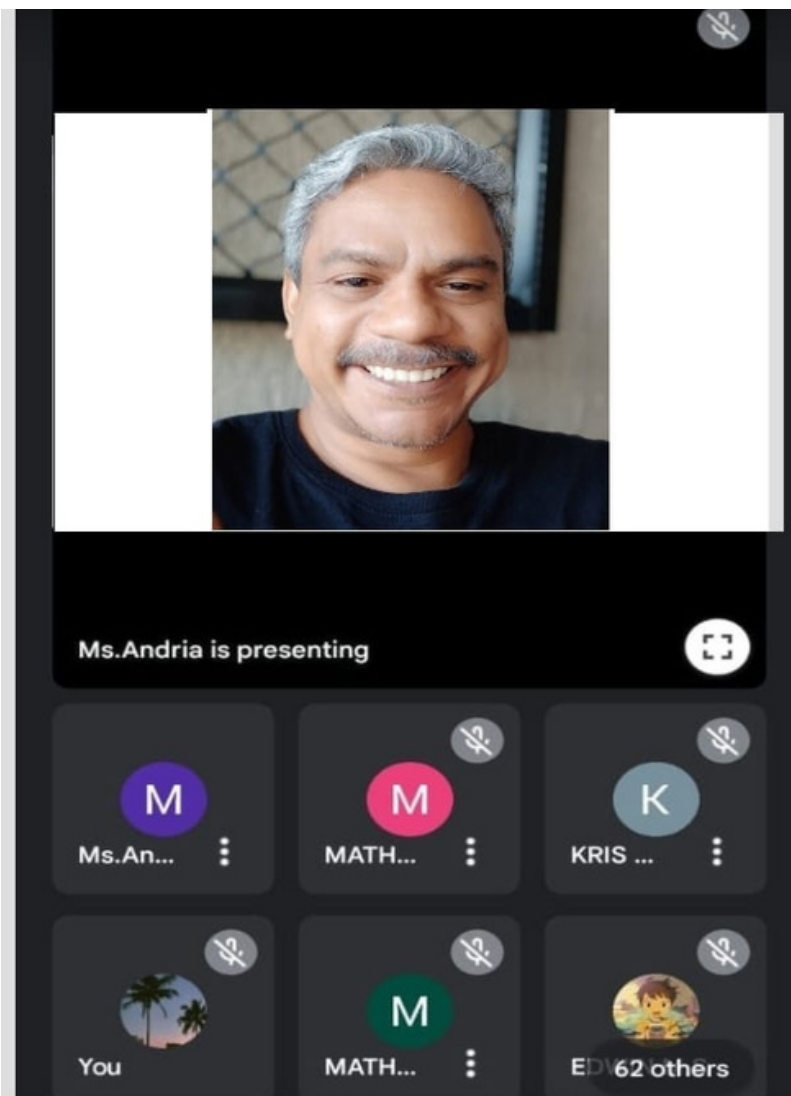
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**SUNI M S**

CLINICAL PSYCHOLOGIST  
MES MEDICAL COLLEGE.

Brochure of the Program



Screenshot of the Program

## List of Participants

DEPARTMENT OF PSYCHOLOGY		
WEBINAR 12 SEPTEMBER 2021		
DOOR TO HOPE : HOPE AND LIGHT		
STUDENTS PARTICIPATION LIST		
Sl No	Name	DEPARTMENT
1	RISANA PARVIN N	PSYCHOLOGY
2	SAHLA V A	PSYCHOLOGY
3	SAMEENA E Y	PSYCHOLOGY
4	THASLEEMA NAZRIN K S	PSYCHOLOGY
5	MOHAMMED HAFEEZ	PSYCHOLOGY
6	NOOR MUHAMMED	PSYCHOLOGY
7	AHLAAM K A	PSYCHOLOGY
8	ASHITHA RASHEED	PSYCHOLOGY
9	CHANDANA P VIBIN	PSYCHOLOGY
10	DANA T M	PSYCHOLOGY
11	DILSHA FATHIMA P H	PSYCHOLOGY
12	LUBNA ABDUL NAZAR	PSYCHOLOGY
13	RAHEENA K A	PSYCHOLOGY
14	RISNA V B	PSYCHOLOGY
15	YUSRAH V N	PSYCHOLOGY
16	ABHIRAMI E S	PSYCHOLOGY
17	ATHIRA PONNAPPAN	PSYCHOLOGY
18	AYSHA SENIYA K H	PSYCHOLOGY
19	FATHIMAJAHAN	PSYCHOLOGY
20	FATHIMA NOURIN N A	PSYCHOLOGY
21	MARIYAM SALBAN YOONUS	PSYCHOLOGY
22	MISBANUL FARHATH C A	PSYCHOLOGY
23	SABILA SALAM P	PSYCHOLOGY
24	SANA P A	PSYCHOLOGY
25	SHAHLA SHAJI SHAJI	PSYCHOLOGY
26	SURAYA K M	PSYCHOLOGY
27	THASLEEMA K H	PSYCHOLOGY
28	ZAHARA SHAREEF	PSYCHOLOGY
29	GOKUL T VIBIN	PSYCHOLOGY
30	JOSEPH STEVE	PSYCHOLOGY
31	MUHAMMED RIZVEN M B	PSYCHOLOGY
32	THAMJIDHA V M	PSYCHOLOGY
33	AMINA THASNEEM V S	PSYCHOLOGY
34	FARSANA SUMAYYA M F	PSYCHOLOGY
35	FASMILA	PSYCHOLOGY

36	HANEENA PARVIN A K	PSYCHOLOGY
37	NOUFIRA M N	PSYCHOLOGY
38	SALVA	PSYCHOLOGY
39	SHABNA M A	PSYCHOLOGY
40	SHIFA P S	PSYCHOLOGY
41	SUMAYYA A S	PSYCHOLOGY
42	YASMIN K S	PSYCHOLOGY
43	MOHAMED BILAL	PSYCHOLOGY
44	DEVICHANDANA M S	PSYCHOLOGY
45	HASNA FATHIMA	PSYCHOLOGY
46	HASNA JAHAN K A	PSYCHOLOGY
47	JINSIYA T A	PSYCHOLOGY
48	SANDRA SATHEESAN	PSYCHOLOGY
49	ANJALI SUBRAMANIAN	PSYCHOLOGY
50	ANJANA PRIYA M D	PSYCHOLOGY
51	ASNA T S	PSYCHOLOGY
52	MAFITHA M M	PSYCHOLOGY
53	MOHSINA T M	PSYCHOLOGY
54	NAFEESATHUL KALIMA M N	PSYCHOLOGY
55	NAFEESATHUL MISRIYA	PSYCHOLOGY
56	RAEESA P M	PSYCHOLOGY
57	RINAAS K M	PSYCHOLOGY
58	SAIRA AYSHA BASHIR	PSYCHOLOGY
59	SANAM MALIK	PSYCHOLOGY
60	SHAHANA BADHAR	PSYCHOLOGY
61	SURYA P S	PSYCHOLOGY
62	ABHINAND P S	PSYCHOLOGY
63	NIHAL C M	PSYCHOLOGY
64	THAMJIDHA V M	PSYCHOLOGY
65	SADIYA BEEGAM	PSYCHOLOGY



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

# DEPARTMENT OF ENGLISH

## MEET THE AUTHOR- READING DAY CELEBRATIONS

**Name of the Coordinator : Reena Muhammed**  
**Organizing Department/Cell : PG & Research Department of English**  
**Date of the Programme :21st June 2021**  
**Number of Participants : 80**  
**Resource Person/s: Ms : Shumaiza, Malayalam Writer (Chief Guest)**

### **Program Objectives:**

The objective of the program was to celebrate Reading Day and inspire students through a Meet the Author session. The event aimed to provide insights into the writing and publishing process, motivating students to pursue their literary aspirations.

### **Program Participants:**

Students and teachers from the PG & Research Department of English, along with other interested individuals, participated in the program.

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

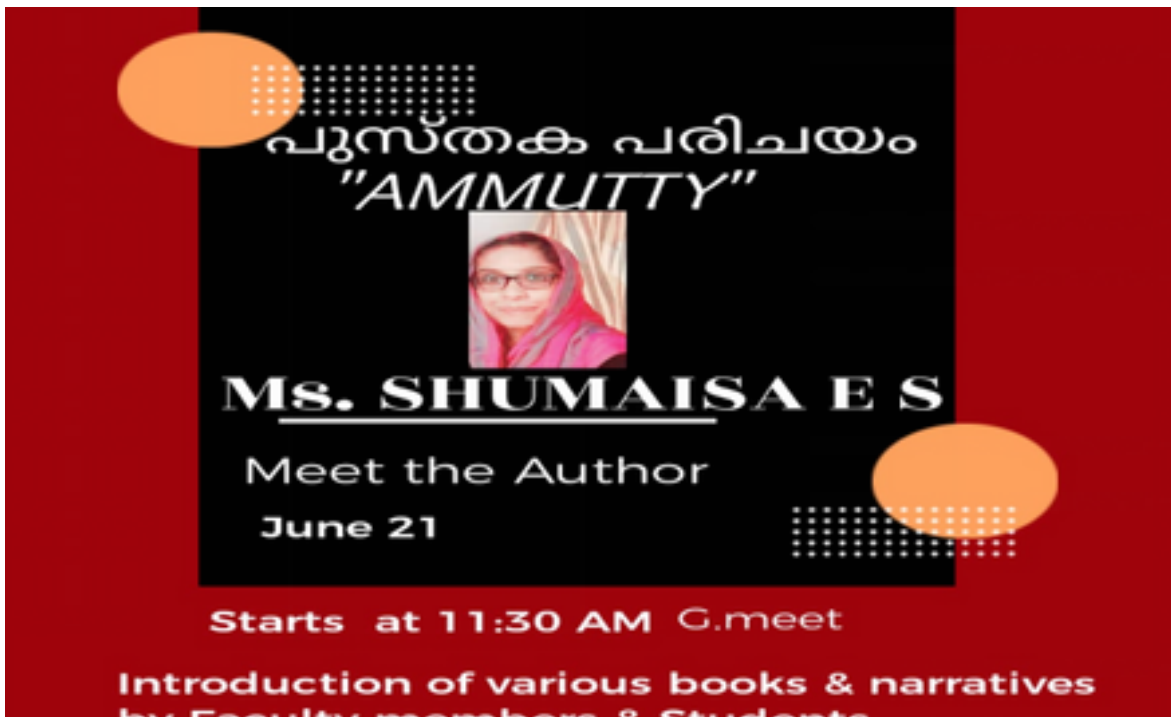
The PG & Research Department of English organized Reading Day Celebrations on 21st June 2021, featuring a Meet the Author Programme. The event was conducted online, with Ms. Shumaiza, a renowned Malayalam writer, serving as the chief guest. Dr. A. Biju, the Principal of the college, presided over the event. During the session, Ms. Shumaiza, a former student of the department, shared her journey of writing and publishing her debut novel, "Ammutty." She motivated the students by detailing her experiences and challenges, inspiring them to pursue their passion for writing. The interactive session provided valuable insights into the world of literature and encouraged aspiring writers to explore their creativity. The program concluded with a vote of thanks delivered by Assistant Professor of English, Smt. Sabitha M.M., expressing gratitude to the participants and the guest speaker for their active involvement.

### **Program Outcomes:**

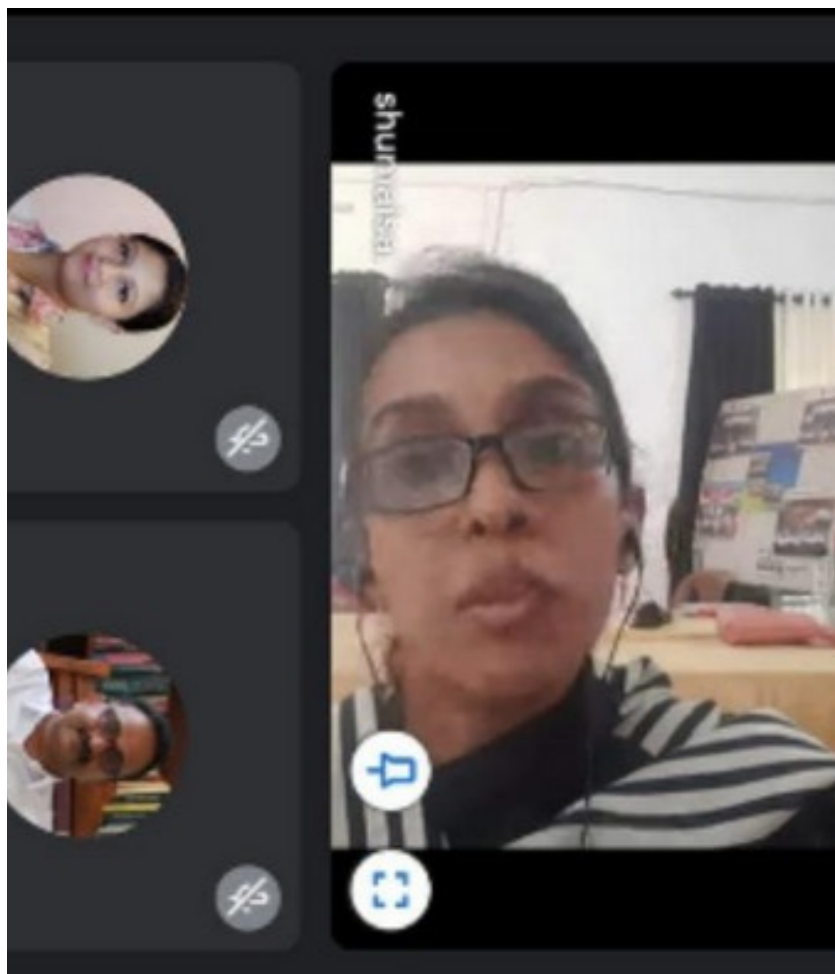
The Meet the Author session successfully achieved its goal of inspiring and motivating students to engage in creative writing. Participants gained valuable insights into the writing process and were encouraged to explore their literary talents. The event fostered a sense of enthusiasm for reading and writing among the students, promoting a love for literature.

### **Feedback and Evaluation:**

Feedback from participants highlighted the session's effectiveness in providing inspiration and guidance. Attendees appreciated the opportunity to interact with a published author and found Ms. Shumaiza's experiences relatable and encouraging. The event received positive evaluations, indicating its impact on motivating students to pursue their passion for writing.



Brochure of the Program



Ms.Shumaisa introducing her book



**DEPARTMENT OF ENGLISH**  
**MEET THE AUTHOR- READING DAY CELEBRATIONS**  
**(Participation List)**

SL. NO	NAME OF THE STUDENTS
1	ABHISHNA JAYAPRAKASH
2	AISWARYA C R
3	AISWARYA JOLY
4	AMJIDHA JASMIN
5	APARNA K G
6	ARYA ASOKAN
7	DRISHYA PRADEEP
8	FATHIMA JUMANA K N
9	FATHIMA THEBSHI K
10	HINA FATHIMA K
11	JINSY NAZRIN
12	JUHAINA K S
13	JUVAIRIYA CHAKKEERI
14	KAVYA V A
15	KEERTHANA ANISH
16	NISHWA P.K
17	SHANCY YESUDAS
18	SILPA C M
19	SUBHASHINI K R
20	ABNA P K
21	ANJANA.U
22	ANUPAMA K B
23	FASNA A
24	FATHIMATH SUHRA P V

25	INDHULAKSHMI T S
26	IRFANA P I
27	MINNA SULTHANA M I
28	MUFEEDA P T
29	NASEEHA M A
30	NASREEN T S
31	NISHANA.N.M.
32	RESHMA K G
33	SAFA FATHIMA
34	SAINABA E M
35	SAYANA M V
36	SHAHANAMOL A
37	SREELAKSHMI K S
38	SUMAYYA P S
39	MUHAMMED SHAHIM K S
40	SOORAJ M P
41	SUMAYYA SHAMSU
42	THAMANNA NASRIN
43	THASNA NASAR
44	THRISHNA A
45	VEENA P U
46	SUMAYYA SHAMSU
47	THAMANNA NASRIN
48	AFRA ANWAR
49	FARISA K F
50	FATHIMA SAFVANA E A
51	HAMIDHA SHIRIL K M
52	NAISHANA C N

53	RANNA SALOO P
54	SHEREENA SHEREEF
55	SIBA ABDULSALAM M A
56	MUHAMMED AJMAL K Y
57	AAVANY RAMESH
58	AFRIN V S
59	ARYALAKSHMI T S
60	ASHA V A
61	FATHIMATH RAMSHITHA R A
62	LAKSHMINANDANA C B
63	SANMARIYA FRANCIS
64	THAHASIN K M
65	AKASH MENON
66	ASLAH RAHMAN
67	GOKUL K S
68	SHIKHIL P S
69	ANUSREE K D
70	APARNA K A
71	ATHIRA K J
72	FASNA P M
73	FATHIMA P F
74	HAMNA BASHEER M B
75	HANEENA P H
76	HISANA THASNEEM V S
77	MAJNA P R
78	MUKHLISA K A
79	NAFILA V N
80	NIMSHITHA A R

*Reena*

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

**DEPARTMENT OF PSYCHOLOGY**  
**WORLD MENTAL HEALTH DAY OBSERVATION 2021,**  
**MENTAL HEALTH IN AN UNEQUAL WORLD**

**Name of the Coordinator :Minsila Latheef**  
**Organizing Department/Cell :Department of Psychology**  
**Date of the Programme :October 10, 2021**  
**Number of Participants : 80 participants**  
**Resource Person/s: Mr. Lathif Penath, HOD & Assistant Professor, Department of Psychology, College Student Counselor**

**Program Objectives:**

The objective of the program was to raise awareness about the impact of societal inequalities on mental health. The webinar aimed to educate participants about the various inequalities prevalent in society and their influence on mental well-being.

**Program Participants:**

Students and faculty members of the college attended the webinar.

**Report of the Programme:**

On October 10, 2021, in observance of World Mental Health Day, the Department of Psychology organized a webinar titled "Mental Health in an Unequal World." The session, led by Mr. Lathif Penath, HOD & Assistant Professor at the Department of Psychology and student counsellor of the college, commenced at 7 pm. Dr. A Biju served as the chairperson of the session, and Dr. K. P Sumedhan extended his felicitation.

The webinar aimed to enlighten participants about the various societal inequalities and their impact on mental health. Mr. Lathif Penath conducted a detailed session, discussing the prevailing inequalities and their influence on an individual's mental well-being. The session was interactive, with participants engaging in discussions and raising queries, which were addressed during the session.

**Program Outcomes:**

The webinar successfully achieved its goal of educating participants about the complex relationship between societal inequalities and mental health. Attendees gained insights into the challenges faced by individuals in unequal environments and learned about coping strategies. The session encouraged empathy and understanding, promoting a more compassionate approach towards mental health issues.

**Feedback and Evaluation:**

Feedback from participants indicated the webinar's effectiveness in providing valuable information about the topic. Attendees praised the depth of the discussion and appreciated the opportunity to engage with the speaker. The session received positive evaluations, with participants expressing gratitude for the informative and insightful content.



DEPARTMENT OF PSYCHOLOGY  
M.E.S ASMABI COLLEGE  
P. VEMBALLUR

WORLD MENTAL HEALTH DAY



**WORLD MENTAL HEALTH DAY**  
"MENTAL HEALTH IN AN UNEQUAL WORLD"



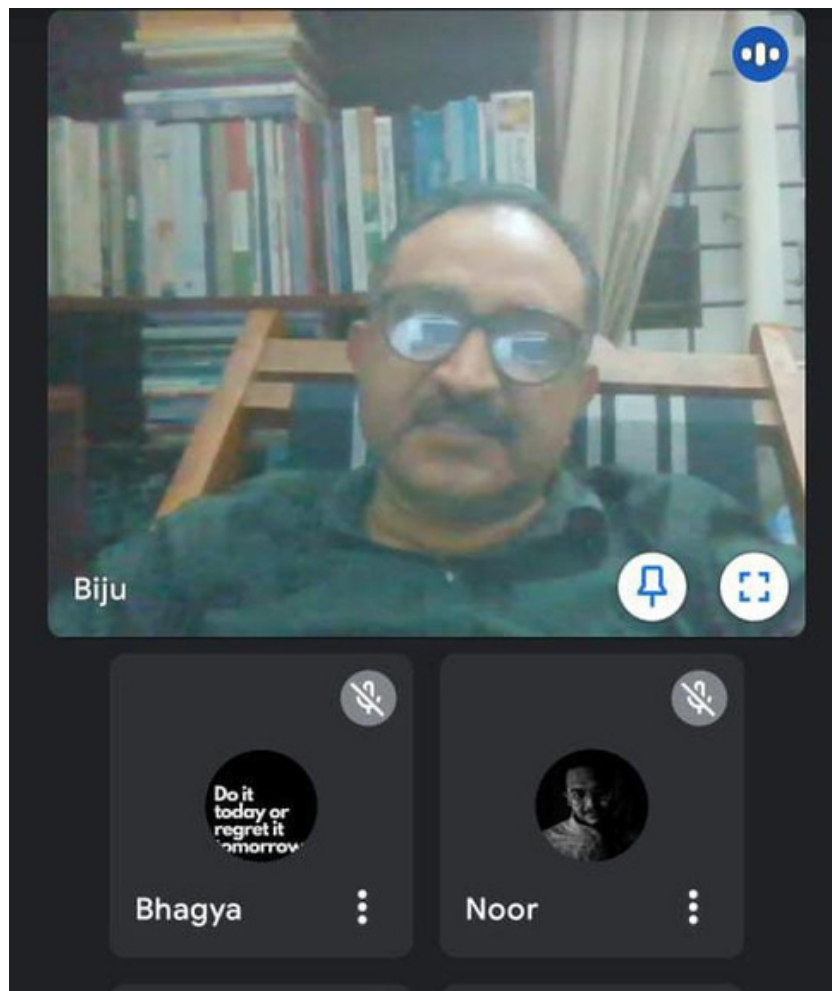
**MR. LATHIF PENATH,**  
HOD, DEPARTMENT OF PSYCHOLOGY,  
MES ASMABI COLLEGE, KODUNGALLUR  
CONSULTANT PSYCHOLOGIST & STUDENT  
COUNSELLOR, MES ASMABI COLLEGE

10 OCT 2021  
07 TO 09 PM

ON GOOGLE MEET

PARTICIPANTS:  
STUDENTS AND FACULTY MEMBERS,  
MES ASMABI COLLEGE, KODUNGALLUR

### Brochure



**Dr. Biju, Principal, chairing the Session**

**List of Participants**

Webinar on "Mental Health in an Unequal World"

SI No	Name	DEPARTMENT
1	RISANA PARVIN N	PSYCHOLOGY
2	SAHLA V A	PSYCHOLOGY
3	SAMEENA E Y	PSYCHOLOGY
4	THASLEEMA NAZRIN K S	PSYCHOLOGY
5	MOHAMMED HAFEEZ	PSYCHOLOGY
6	NOOR MUHAMMED	PSYCHOLOGY
7	AHLAAM K A	PSYCHOLOGY
8	ASHITHA RASHEED	PSYCHOLOGY
9	CHANDANA P VIBIN	PSYCHOLOGY
10	DANA T M	PSYCHOLOGY
11	DILSHA FATHIMA P H	PSYCHOLOGY
12	LUBNA ABDUL NAZAR	PSYCHOLOGY
13	RAHEENA K A	PSYCHOLOGY
14	RISNA V B	PSYCHOLOGY
15	YUSRAH V N	PSYCHOLOGY
16	ABHIRAMI E S	PSYCHOLOGY
17	ATHIRA PONNAPPAN	PSYCHOLOGY
18	AYSHA SENIYA K H	PSYCHOLOGY
19	FATHIMAJAHAN	PSYCHOLOGY
20	FATHIMA NOURIN N A	PSYCHOLOGY
21	MARIYAM SALBAN YOONUS	PSYCHOLOGY
22	MISBANUL FARHATH C A	PSYCHOLOGY
23	SABILA SALAM P	PSYCHOLOGY
24	SANA P A	PSYCHOLOGY
25	SHAHLA SHAJI SHAJI	PSYCHOLOGY
26	SURAYA K M	PSYCHOLOGY
27	THASLEEMA K H	PSYCHOLOGY
28	ZAHARA SHAREEF	PSYCHOLOGY
29	GOKUL T VIBIN	PSYCHOLOGY
30	JOSEPH STEVE	PSYCHOLOGY
31	MUHAMMED RIZVEN M B	PSYCHOLOGY
32	THAMJIDHA V M	PSYCHOLOGY
33	AMINA THASNEEM V S	PSYCHOLOGY
34	FARSANA SUMAYYA M F	PSYCHOLOGY
35	FASMILA	PSYCHOLOGY
36	HANEENA PARVIN A K	PSYCHOLOGY
37	NOUFIRA M N	PSYCHOLOGY
38	SALVA	PSYCHOLOGY
39	SHABNA M A	PSYCHOLOGY
40	SHIFA P S	PSYCHOLOGY

41	SUMAYYA A S	PSYCHOLOGY
42	YASMIN K S	PSYCHOLOGY
43	MOHAMED BILAL	PSYCHOLOGY
44	DEVICHANDANA M S	PSYCHOLOGY
45	HASNA FATHIMA	PSYCHOLOGY
46	HASNA JAHAN K A	PSYCHOLOGY
47	JINSIYA T A	PSYCHOLOGY
48	SANDRA SATHEESAN	PSYCHOLOGY
49	ANJALI SUBRAMANIAN	PSYCHOLOGY
50	ANJANA PRIYA M D	PSYCHOLOGY
51	ASNA T S	PSYCHOLOGY
52	MAFITHA M M	PSYCHOLOGY
53	MOHSINA T M	PSYCHOLOGY
54	NAFEESATHUL KALIMA M N	PSYCHOLOGY
55	NAFEESATHUL MISRIYA	PSYCHOLOGY
56	RAEESA P M	PSYCHOLOGY
57	RINAAS K M	PSYCHOLOGY
58	SAIRA AYSHA BASHIR	PSYCHOLOGY
59	SANAM MALIK	PSYCHOLOGY
60	SHAHANA BADHAR	PSYCHOLOGY
61	SURYA P S	PSYCHOLOGY
62	ABHINAND P S	PSYCHOLOGY
63	NIHAL C M	PSYCHOLOGY
64	THAMJIDHA V M	PSYCHOLOGY
65	SADIYA BEEGAM	PSYCHOLOGY
66	AMEER SUHAIL K S	PSYCHOLOGY
67	ANSIF ABDULLA N A	PSYCHOLOGY
68	FATHIMA THAMANNA	PSYCHOLOGY
69	MUFIDHA MANSOOR	PSYCHOLOGY
70	NAUFAL M A	PSYCHOLOGY
71	ASNA K A	PSYCHOLOGY
72	ATHIRA M	PSYCHOLOGY
73	DEVIKA P S	PSYCHOLOGY
74	GOPIKA P M	PSYCHOLOGY
75	HUSNA T M	PSYCHOLOGY
76	JAWHARATH P H	PSYCHOLOGY
77	NEHLA P K	PSYCHOLOGY
78	NIMITHA PREMLAL	PSYCHOLOGY
79	SHUHAILA P	PSYCHOLOGY
80	SUMAYYA T S	PSYCHOLOGY



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**LATHIF PENATH**  
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# DEPARTMENT OF PSYCHOLOGY

## SESSION ON SUICIDE NOTE

**Title : Report on "Door to Hope" Webinar Series: Session on Suicide Note**

**Date : September 11, 2021**

**Platform : Google Meet**

**Organizer: Department of Psychology, MES Asmabi College**

### **Introduction:**

The "Door to Hope" webinar series, organized by the Department of Psychology at MES Asmabi College, marked the observation of Suicide Prevention Day on September 11, 2021. The session delved into the sensitive and crucial topic of "Suicide Note," with Lathif Penath, Assistant Professor at MES Asmabi College, P. Vemballur, serving as the esteemed resource person.

### **Participants:**

A total of 65 students from the Department of Psychology actively participated in the webinar. Their engagement demonstrated a commitment to understanding and addressing the complex issues surrounding suicide prevention.

Platform: The virtual event was conducted on the Google Meet platform, offering a conducive environment for participants to engage in discussions and gain insights into the topic.

### **Key Components:**

#### **1. Presidential Address:**

Dr. A Biju, the Principal of MES Asmabi College, delivered the Presidential Address, emphasizing the gravity of Suicide Prevention Day and the role of educational institutions in creating awareness and providing support.

#### **2. Felicitation:**

Dr. K P Sumedhan, the Director of Self Financing Departments, provided felicitation, acknowledging the importance of such programs in enhancing the knowledge and skills of students.

#### **3. Resource Person - Lathif Penath:**

Lathif Penath, Assistant Professor at MES Asmabi College, P. Vemballur, served as the resource person. Her session focused on the delicate topic of "Suicide Note," exploring the emotional complexities involved and the role of psychology in understanding and preventing suicides.

#### **4. Skill Development Focus:**

The webinar aimed at skill development in various areas, including:

- Analyzing and interpreting the content and context of suicide notes.
- Developing empathetic and effective communication skills to support individuals in crisis. Understanding the psychological nuances of suicidal ideation and prevention.
- Building awareness and reducing stigma surrounding mental health issues.



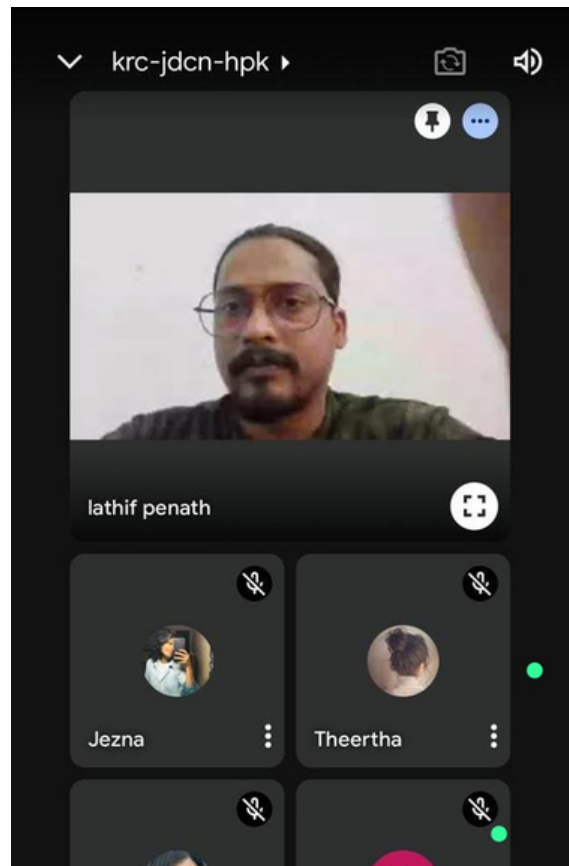
**Conclusion:**

The "Door to Hope" webinar on Suicide Prevention Day, centered around the theme of "Suicide Note," provided students with valuable insights and skills to approach this sensitive topic. Lathif Penath's expertise guided participants in understanding the emotional and psychological aspects associated with suicide, and the interactive nature of the session allowed for meaningful discussions.

As students continue their academic journey, the skills gained from this webinar will contribute to their ability to navigate sensitive conversations surrounding mental health, fostering a more compassionate and informed community. Such initiatives highlight the commitment of educational institutions like MES Asmabi College in addressing critical issues related to mental health and well-being.



**Brochure**




**Mr. Latheef, handling the Session**

### List of Participants

DEPARTMENT OF PSYCHOLOGY		
WEBINAR 11 SEPTEMBER 2021		
DOOR TO HOPE : SUICIDE NOTE		
STUDENTS PARTICIPATION LIST		
Sl No	Name	DEPARTMENT
1	RISANA PARVIN N	PSYCHOLOGY
2	SAHLA V A	PSYCHOLOGY
3	SAMEENA E Y	PSYCHOLOGY
4	THASLEEMA NAZRIN K S	PSYCHOLOGY
5	MOHAMMED HAFEEZ	PSYCHOLOGY
6	NOOR MUHAMMED	PSYCHOLOGY
7	AHLAAM K A	PSYCHOLOGY
8	ASHITHA RASHEED	PSYCHOLOGY
9	CHANDANA P VIBIN	PSYCHOLOGY
10	DANA T M	PSYCHOLOGY
11	DILSHA FATHIMA P H	PSYCHOLOGY
12	LUBNA ABDUL NAZAR	PSYCHOLOGY
13	RAHEENA K A	PSYCHOLOGY
14	RISNA V B	PSYCHOLOGY
15	YUSRAH V N	PSYCHOLOGY
16	ABHIRAMI E S	PSYCHOLOGY
17	ATHIRA PONNAPPAN	PSYCHOLOGY
18	AYSHA SENIYA K H	PSYCHOLOGY
19	FATHIMAJAHAN	PSYCHOLOGY
20	FATHIMA NOURIN N A	PSYCHOLOGY
21	MARIYAM SALBAN YOONUS	PSYCHOLOGY
22	MISBANUL FARHATH C A	PSYCHOLOGY
23	SABILA SALAM P	PSYCHOLOGY

24	SANA P A	PSYCHOLOGY
25	SHAHLA SHAJI SHAJI	PSYCHOLOGY
26	SURAYA K M	PSYCHOLOGY
27	THASLEEMA K H	PSYCHOLOGY
28	ZAHARA SHAREEF	PSYCHOLOGY
29	GOKUL T VIBIN	PSYCHOLOGY
30	JOSEPH STEVE	PSYCHOLOGY
31	MUHAMMED RIZVEN M B	PSYCHOLOGY
32	THAMJIDHA V M	PSYCHOLOGY
33	AMINA THASNEEM V S	PSYCHOLOGY
34	FARSANA SUMAYYA M F	PSYCHOLOGY
35	FASMILA	PSYCHOLOGY
36	HANEENA PARVIN A K	PSYCHOLOGY
37	NOUFIRA M N	PSYCHOLOGY
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64	THAMJIDHA V M	PSYCHOLOGY
65	SADIYA BEEGAM	PSYCHOLOGY

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

# DEPARTMENT OF TOURISM AND HOSPITALITY MANAGEMENT

## SOFT SKILLS TRAINING- PERSONAL DEVELOPMENT

Title of the Program	: Soft Skills Training- Personal Development
Name of the Coordinator	: Shafna A S
Organizing Department/Cell.	: Department of Tourism and Hospitality Management
Date of the Program	: 6/09 /2021
Number of Participants	42
Resource Person	: Robin C Koshy ,KTDC,Pathanamthitta

### **Program Objectives: :**

The objectives of a Soft Skills Training- Personal Development Program is to empower individuals to enhance their personal effectiveness, interpersonal relationships, and overall well-being.

### **Program Participants:**

Faculty members and students, , engaging with the topic of Soft Skills Training- Personal Development Program

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

The Soft Skills Training- Personal Development Program organized by MES Asmabi College, Department of Tourism and Hospitality Management was held on 06/09/2021 at 10.30 AM in the college auditorium. College Principal Dr. A Biju presided over the function where Mr.Robin C Koshy delivered the keynote address. Led the session the Mr. Robin C Koshy explained about the importance of Personal Development. Shafna A S , HOD of the Department Tourism and Hospitality Management, and Rasmin Mohd Ismail had spoken.

### **Program Outcomes:**

Participants gained valuable knowledge about the Personal Development. It helps the Participants to demonstrate a deeper understanding of their strengths, weaknesses, values, and motivations, leading to improved self-confidence and self-efficacy.

### **Feedback and Evaluation:**

The feedback from participants was positive, indicating a high level of engagement and appreciation for the practical demonstrations. Attendees praised the informative content

and found the session instrumental in enhancing their understanding of Soft Skills Training- Personal Development Program

Soft Skills Training

# PERSONAL DEVELOPMENT

Wednesday  
06 september 2021

Time  
10:30 am

Venue  
auditorium



Resource Person

Robin C Koshy  
KTDC,  
Pathanamthitta

Coordinator

Shafna A S

DEPARTMENT OF  
TOURISM AND HOSPITALITY MANAGEMENT

## BROCHURE



Leading Session

**Participants List**  
**Soft Skills Training -Personal Development**

Sl.No	Name	Class	Signature
1	ASHIKA A S	I sem	<i>Asika</i>
2	ASWATHY C K	I sem	<i>Aswathy</i>
3	ATHIRA K R	I sem	<i>Athira</i>
4	DILSHA A	I sem	<i>Dilsha</i>
5	LASIYA	I sem	<i>Lasiya</i>
6	NANDANA T P	I sem	<i>Nandana</i>
7	NASRIN C N	I sem	<i>Nasrin</i>
8	NIHALA M S	I sem	<i>Nihala</i>
9	NIMISHA A S	I sem	<i>Nimisha</i>
10	NISMA O S	I sem	<i>Nisma</i>
11	RINZIA RASHEED V R	I sem	<i>Rinzia</i>
12	SHADHIYA K N	I sem	<i>Shadhiya</i>
13	SHIFNA SHIYAS V S	I sem	<i>Shifna</i>
14	SWATHY P D	I sem	<i>Swathy</i>
15	ABDUL VAHAB P M	I sem	<i>Abdul</i>
16	ABHIJITH K R	I sem	<i>Abhijith</i>
17	ADHIL K S	I sem	<i>Adhil</i>
18	AFEEF MOHAMMED T M	I sem	<i>Afeef</i>
19	AJMAL FAIS M M	I sem	<i>Ajmal</i>
20	AKHIL A B	I sem	<i>Akhil</i>
21	AKHIL N B	I sem	<i>Akhil</i>
22	ALTHAF RAHMAN N A	I sem	<i>Althaf</i>
23	AMALKRISHNA P P	I sem	<i>Amal</i>
24	FADI SHANAVAS	I sem	<i>Fadi</i>
25	FAROOQUE UMER	I sem	<i>Farooque</i>
26	FAYIZ MUHAMMED M N	I sem	<i>Fayiz</i>
27	IJAS AHAMMED E S	I sem	<i>Ijas</i>
28	JITHU K V	I sem	<i>Jithu</i>
29	MOHAMED NISAMUDEEN P A	I sem	<i>Mohamed</i>
30	MOHAMED SALIH P S	I sem	<i>Mohamed</i>
31	MOHAMMAD HAFNAS K A	I sem	<i>Mohammad</i>
32	MOHAMMED FAEES K M	I sem	<i>Mohammed</i>
33	MOHAMMED SALIH V M	I sem	<i>Mohammed</i>
34	MUHAMMED AMEEN K	I sem	<i>Muhammed</i>
35	MUHAMMED IRFAN P H	I sem	<i>Muhammed</i>
36	MUHAMMED SHAN C	I sem	<i>Muhammed</i>
37	MUHAMMED YASEEN C A	I sem	<i>Muhammed</i>
38	RAMNATH C	I sem	<i>Ramnath</i>
39	SAFWAN A F	I sem	<i>Safwan</i>
40	SALMAN C S	I sem	<i>Salman</i>
41	SREYAS P S	I sem	<i>Sreyas</i>
42	ZAINUL ABIDH P N	I sem	<i>Zainul</i>