



**MES ASMABI COLLEGE  
P.VEMBALLUR**

# REPORT

## 2020-21

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

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

**DEPARTMENT OF COMMERCE**  
**Orientation Programme for First-Year Students (2020-21) -**  
**( Skill Development and Communicative English)**

**Dates: 11th, 15th & 17th December 2020**

**Platform: Google Meet**

**Speakers: 1. Mr. Rajesh Subramanian, Accountant, Trainer, Educational Activist, and  
Inspirational Speaker**

**2. Abhishad Guruvayoor, Motivational trainer**

**3. Dr. Siju Thottappilly, Homeopathic Consultant & Motivational trainer**

**Attendance: Approximately 100 participants**

**Overview:**

Mr. Rajesh Subramanian conducted a session focused on building confidence in English speaking. The participants gained valuable insights into effective communication skills, which are crucial for their academic and professional journey.

The Research Department of Commerce at MES Asmabi College, P. Vemballur, successfully conducted an orientation programme for the first-year students of the academic year 2020-21.

The event aimed to provide valuable insights, motivation, and skill development opportunities for the incoming students. The programme featured sessions by distinguished resource persons covering various aspects of personal and professional development.

**Event Details:**

1. Motivational Moments - Abhishad Guruvayoor

Date and Time: 11th December 2020, Friday, 10:00 AM to 12:30 PM

Platform: Zoom

Speaker: Mr. Abhishad Guruvayoor, Motivational Trainer

Attendance: Approximately 200 participants

**Overview:** Mr. Abhishad Guruvayoor conducted an engaging session, providing motivational insights to the participants. The session aimed to inspire and instill a positive mindset among the first-year students.

2. Happiness Quotient - Dr. Siju Thottappilly

Date and Time: 15th December 2020, Tuesday, 8:30 AM to 11:00 AM

Platform: Google Meet

Speaker: Dr. Siju Thottappilly, Homeopathic Consultant, Motivational Trainer

Attendance: Approximately 180 participants

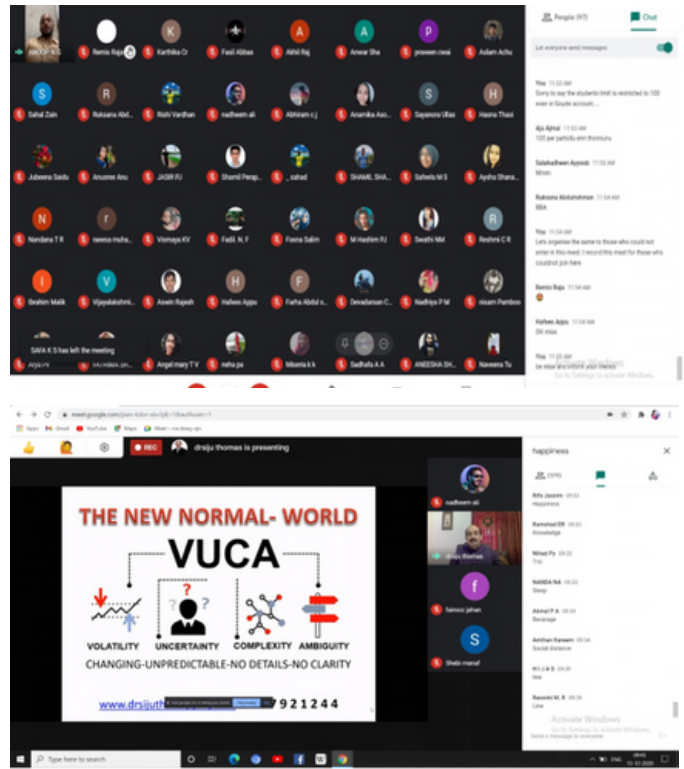
**Overview:**

Dr. Siju Thottappilly shared valuable perspectives on happiness and well-being.

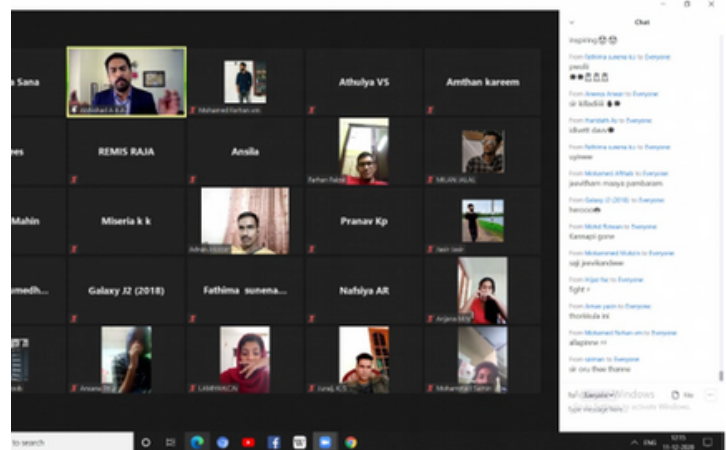
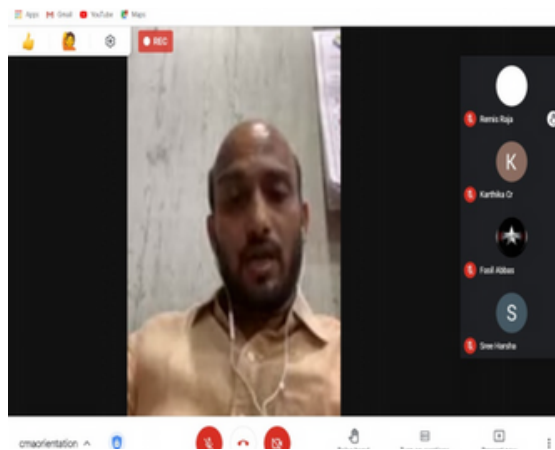
The session emphasized the importance of maintaining a positive outlook and its impact on personal and academic success.

**Conclusion:**

The orientation programme witnessed active participation from the first-year students, indicating a positive response to the sessions conducted by the resource persons. The diverse topics covered, including motivation, skill development, happiness quotient, and English speaking confidence, aimed to equip students with essential tools for a successful academic journey. The Research Department looks forward to more such initiatives to foster a dynamic and enriching learning environment at MES Asmabi College.



**Brochure of the program**



**A session on Communicative English by Mr. Rajesh Subramanian**



## **DEPARTMENT OF ENGLISH**

# **21st Century Literary Skills**

**Title of the Program : 21st Century Literary Skills**

**Name of the Coordinator : Mona VM**

**Organizing Department/Cell : Department of English**

**Date of the Program : December 17, 2020**

**Number of Participants :48**

**Resource Person/s : Dr. Suja Kurup Professor, Institute of English University of Kerala**

### **Program Objectives:**

The orientation program aimed to welcome and introduce first-year undergraduate and postgraduate students to their academic journey. Dr. Suja Kurup delivered a talk on "21st Century Literary Skills" to provide insights into contemporary literary skills.

### **Program Participants:**

The orientation program was attended by first-year undergraduate and postgraduate students.

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

The Department of English organized an orientation program for first-year undergraduate and postgraduate students on December 16, 2020, with the purpose of acquainting the new students with the department and their academic journey. Dr. Suja Kurup, a renowned speaker, delivered a talk titled "21st Century Literary Skills." The session was designed to offer students valuable insights into the skills and competencies relevant to literary studies in the 21st century, providing a glimpse into the evolving field of English studies.


### **Program Outcomes:**

The program helped to introduce the new students to the Department of English and the academic environment. It provided an orientation to the evolving landscape of literary studies in the 21st century and offered students valuable insights into contemporary literary skills and competencies.

### **Feedback and Evaluation:**

Feedback from the participants indicated that the orientation program was informative and beneficial in helping them get acquainted with the department and understand the relevance of 21st-century literary skills. Dr. Suja Kurup's talk was well-received, and the event was considered successful in achieving its objectives.

17 Dec 2020  
*Orientation Programme*  
*For I PG & I UG*



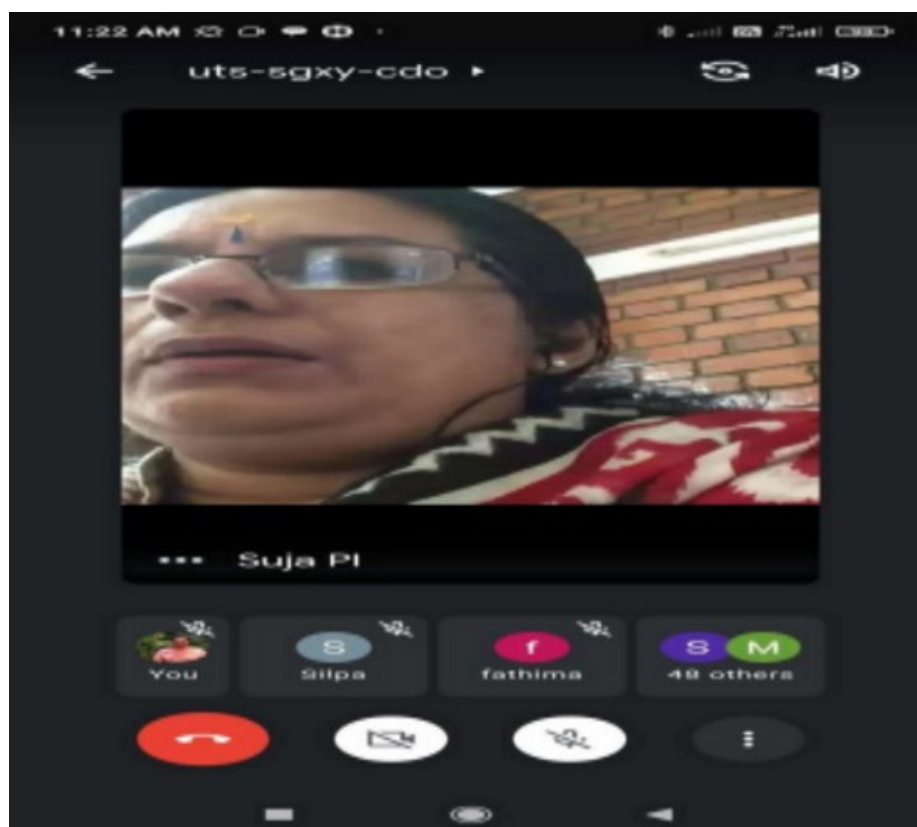
Dr. Suja Kurup  
Professor  
Institute of English  
University of Kerala

*"Literature as a 21st Century Skill"*

Department of English  
MES ASMABI COLLEGE  
KODUNGALLUR

START  
10.00 AM

Brochure of the Program



Dr. Suja Kurup delivering the talk

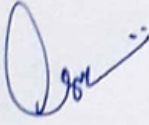
**DEPARTMENT OF ENGLISH**

**21<sup>st</sup> Century Literary Skills**

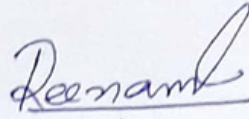
**(Participation List)**

Sl. No	NAME OF THE STUDENTS
1	ABNA P K
2	ANJANA.U
3	ANUPAMA K B
4	FASNA A
5	FATHIMATH SUHRA P V
6	INDHULAKSHMI T S
7	IRFANA P I
8	MINNA SULTHANA M I
9	MUFEEDA P T
10	NASEEHA M A
11	NASREEN T S
12	NISHANA.N.M.
13	RESHMA K G
14	SAFA FATHIMA
15	SAINABA E M
16	SAYANA M V
17	SHAHANAMOL A
18	SREELAKSHMI K S
19	SUMAYYA P S
20	MUHAMMED SHAHIM K S
21	SOORAJ M P
22	ARYALAKSHMI T S
23	ASHA V A
24	FATHIMATH RAMSHITHA R A
25	LAKSHMINANDANA C B
26	SANMARIYA FRANCIS
27	THAHASIN K M
28	AKASH MENON
29	ASLAH RAHMAN
30	GOKUL K S
31	SHIKHIL P S
32	ANUSREE K D
33	APARNA K A
34	ATHIRA K J
35	FASNA P M
36	FATHIMA P F
37	HAMNA BASHEER M B
38	HANEENA P H
39	HISANA THASNEEM V S
40	MAJNA P R
41	MUKHLISA K A

42	NAFILA V N
43	NIMSHITHA A R
44	RASMI M R
45	RISWANA K M
46	SAMEEHA M A
47	SAMEENA O S
48	SANAFRIN



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



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

**DEPARTMENT OF ENGLISH**  
**A crash course on negotiating silences and sounds**

**Title of the Program : Orientation Program for First Year UG & PG Students**

**Name of the Coordinator : Mona VM**

**Organizing Department/Cell: Department of English**

**Date of the Program : December 15, 2020**

**Number of Participants : 62**

**Resource Person/s : Dr. Nair Anup Chandran, Assistant Professor,  
Department of English, BM College Mavelikkara**

**Program Objectives:**

The orientation program aimed to provide a warm welcome and introduction to the academic journey for first-year undergraduate and postgraduate students. Dr. Nair Anup Chandran delivered a talk on the topic "A crash course on negotiating silences and sounds" to offer insights into the field of English studies.

**Program Participants:**

The orientation program was attended by first-year undergraduate and postgraduate students.

**Report of the Program:**

The Department of English organized an orientation program for first-year undergraduate and postgraduate students on December 15, 2020. The initiative was designed to acquaint the new students with the department and their academic journey.

Dr. Nair Anup Chandran, a distinguished speaker, delivered a talk titled "A crash course on negotiating silences and sounds." The session aimed to provide valuable insights into the world of English studies, offering students a glimpse into the subject matter and the journey ahead.

**Program Outcomes:**

The program introduced new students to the academic environment of the department and an orientation to the field of English studies, the challenges and opportunities it presents. It also offered students valuable insights into the world of literature and language.

**Feedback and Evaluation:**

Feedback from the participants indicated that the orientation program was informative and useful in helping them get acquainted with the department and the subject matter. Dr. Nair Anup Chandran's talk was well-received, and the event was considered successful in achieving its objectives.





Dr. Nair Anup Chandran delivering the talk



Brochure of the Program

## DEPARTMENT OF ENGLISH

### A crash course on negotiating silences and sounds

#### Participation List

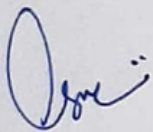
Sl.No	NAME OF THE STUDENT
1	AFRA ANWAR
2	FARISA K F
3	FATHIMA SAFVANA E A
4	HAMIDHA SHIRIL K M
5	NAISHANA C N
6	RANNA SALOO P
7	SHEREENA SHEREEF
8	SIBA ABDULSALAM M A
9	MUHAMMED AJMAL K Y
10	AAVANY RAMESH
11	AFRIN V S
12	ARYALAKSHMI T S
13	ASHA V A
14	FATHIMATH RAMSHITHA R A
15	LAKSHMINANDANA C B
16	SANMARIYA FRANCIS
17	THAHASIN K M
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21	SHIKHIL P S
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25	FASNA P M
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27	HAMNA BASHEER M B
28	HANEENA P H
29	HISANA THASNEEM V S
30	MAJNA P R
31	MUKHLISA K A
32	NAFILA V N
33	NIMSHITHA A R
34	RASMI M R
35	RISWANA K M
36	SAMEEHA M A
37	SAMEENA O S
38	SANAFRIN
39	SAYANA K S
40	SHIHANA SHERIN K

## DEPARTMENT OF ENGLISH

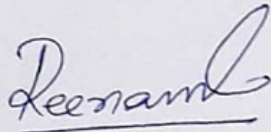
A crash course on negotiating silences and sounds

### Participation List

41	SUHANA AYSHA
42	THAMANNA K S
43	ABDUL BASITH S A
44	ADHEEB MUBARAK M
45	AMARNATH KISHORE V K
46	AMRITH KRISHNA M S
47	FAZIL M U
48	MRIDUL KRISHNA K S
49	MUHAMMED RIZVAN T L
50	ABNA P K
51	ANJANA.U
52	ANUPAMA K B
53	FASNA A
54	FATHIMATH SUHRA P V
55	INDHULAKSHMI T S
56	IRFANA P I
57	MINNA SULTHANA M I
58	MUFEEDA P T
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61	SURAJ M P
62	NISHANA.N.M.



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P. Vemballur, Kodungallur



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

## **DEPARTMENT OF PSYCHOLOGY**

# **Webinar on Gatekeepers Training**

**Title of the Program : Webinar on Gatekeepers Training**

**Name of the Coordinator : Ms. Deepa Mary Thomas, President, Psychology Circle**

**Organizing Department/Cell: Department of Psychology, MES Asmabi College, in association with Psychology Circle**

**Date of the Program : September 14, 2020**

**Number of Participants : 114**

**Resource Person/s : Mr. Sonu S Dev, Clinical Psychologist, Human Care Foundation (HCF), Calicut**

### **Program Objectives:**

The webinar aimed to provide Gatekeepers Training, focusing on suicide prevention, in observance of World Suicide Prevention Day (September 10). The program primarily targeted students, parents, and faculty of MES Asmabi College, equipping them with the skills to identify, assist, and prevent suicide.

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

The Department of Psychology at MES Asmabi College, in collaboration with Psychology

Circle, organized a webinar on September 14, 2020, from 11:00 am to 12:30 pm, in observance of World Suicide Prevention Day. The central theme of the program was "Gatekeepers Training," focusing on suicide prevention and intervention.

The program was led by the resource person, Mr. Sonu S Dev, a Clinical Psychologist associated with the Human Care Foundation (HCF) in Calicut. The platform chosen for the

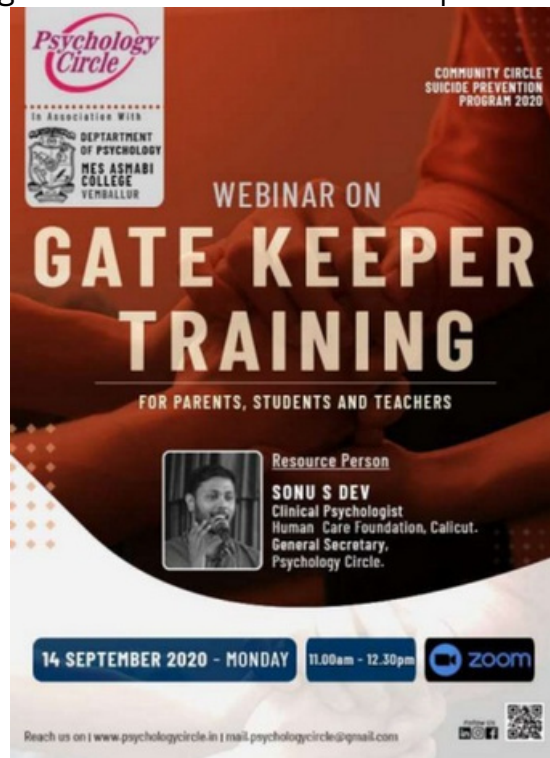
webinar was the Zoom Meeting app. The program commenced with a meeting session, including a welcome speech by Ms. Sangeetha P.S, the Head of the Department of Psychology. Dr. A. Biju, the Principal of MES Asmabi College, delivered the presidential address. Ms. Deepa Mary Thomas, President of Psychology Circle, provided an overview of the program. The technical session was conducted by Mr. Sonu S Dev and focused on ways to prevent suicide, how to identify individuals at risk, and how to offer assistance. A query session was arranged, and active participation and engagement were observed from all participants. Feedback was collected through Dr. K.P. Sumedhan, the Director of Self-Financing Courses at MES Asmabi College, and it indicated a very positive response to the program. A vote of thanks was delivered by Mr. Lathif Penath, Assistant Professor in the Department of Psychology. As part of the observance of World Suicide Prevention Day, a short movie was created by the students of the 3rd BSc Psychology program at MES Asmabi College. The movie received significant praise and applause from the audience.

### Program Outcomes:

The Program enhanced awareness and understanding of suicide prevention and intervention and equipped participants with the skills to identify individuals at risk and provide assistance. It also facilitated active engagement and interaction among participants.

### Feedback and Evaluation:

The program received positive feedback, with participants finding it informative and valuable in addressing the critical issue of suicide prevention.

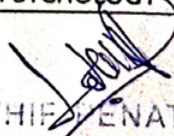


Brochure of the Program

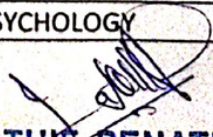


Session on Gate Keepers Training

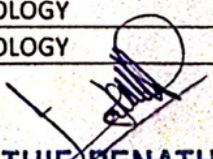
DEPARTMENT OF PSYCHOLOGY		
WEBINAR 14 SEPTEMBER 2020		
GATE KEEPER TRAINING		
STUDENTS PARTICIPATION LIST		
Sl No	Name	DEPARTMENT
1	AMINA THASNEEM V S	PSYCHOLOGY
2	FARSANA SUMAYYA M F	PSYCHOLOGY
3	FASMILA	PSYCHOLOGY
4	HANEENA PARVIN A K	PSYCHOLOGY
5	NOUFIRA M N	PSYCHOLOGY
6	SALVA	PSYCHOLOGY
7	SHABNA M A	PSYCHOLOGY
8	SHIFA P S	PSYCHOLOGY
9	SUMAYYA A S	PSYCHOLOGY
10	YASMIN K S	PSYCHOLOGY
11	MOHAMED BILAL	PSYCHOLOGY
12	DEVICHANDANA M S	PSYCHOLOGY
13	HASNA FATHIMA	PSYCHOLOGY
14	HASNA JAHAN K A	PSYCHOLOGY
15	JINSIYA T A	PSYCHOLOGY
16	SANDRA SATHEESAN	PSYCHOLOGY
17	ANJALI SUBRAMANIAN	PSYCHOLOGY
18	ANJANA PRIYA M D	PSYCHOLOGY
19	ASNA T S	PSYCHOLOGY

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

20	MAFITHA M M	PSYCHOLOGY
21	MOHSINA T M	PSYCHOLOGY
22	NAFEESATHUL KALIMA M N	PSYCHOLOGY
23	NAFEESATHUL MISRIYA	PSYCHOLOGY
24	RAEESA P M	PSYCHOLOGY
25	RINAAS K M	PSYCHOLOGY
26	SAIRA AYSHA BASHIR	PSYCHOLOGY
27	SANAM MALIK	PSYCHOLOGY
28	SHAHANA BADHAR	PSYCHOLOGY
29	SURYA P S	PSYCHOLOGY
30	ABHINAND P S	PSYCHOLOGY
31	NIHAL C M	PSYCHOLOGY
32	THAMJIDHA V M	PSYCHOLOGY
33	SADIYA BEEGAM	PSYCHOLOGY
35	RISANA PARVIN N	PSYCHOLOGY
36	SAHLA V A	PSYCHOLOGY
37	SAMEENA E Y	PSYCHOLOGY
38	THASLEEMA NAZRIN K S	PSYCHOLOGY
39	MOHAMMED HAFEEZ	PSYCHOLOGY
40	NOOR MUHAMMED	PSYCHOLOGY
41	AHLAAM K A	PSYCHOLOGY
42	ASHITHA RASHEED	PSYCHOLOGY
43	CHANDANA P VIBIN	PSYCHOLOGY
44	DANA T M	PSYCHOLOGY
45	DILSHA FATHIMA P H	PSYCHOLOGY
46	LUBNA ABDUL NAZAR	PSYCHOLOGY
47	RAHEENA K A	PSYCHOLOGY
48	RISNA V B	PSYCHOLOGY
49	YUSRAH V N	PSYCHOLOGY
50	ABHIRAMI E S	PSYCHOLOGY

  
**LATHIP PENATH**  
 Assistant Professor & HOD  
 Department of Psychology  
 MES Aswini College, P. Vembellur

51	ATHIRA PONNAPPAN	PSYCHOLOGY
52	AYSHA SENIYA K H	PSYCHOLOGY
53	FATHIMAJAHAN	PSYCHOLOGY
54	FATHIMA NOURIN N A	PSYCHOLOGY
55	MARIYAM SALBAN YOONUS	PSYCHOLOGY
56	MISBANUL FARHATH C A	PSYCHOLOGY
57	SABILA SALAM P	PSYCHOLOGY
58	SANA P A	PSYCHOLOGY
59	SHAHLA SHAJI SHAJI	PSYCHOLOGY
60	SURAYA K M	PSYCHOLOGY
61	THASLEEMA K H	PSYCHOLOGY
62	ZAHARA SHAREEF	PSYCHOLOGY
63	GOKUL T VIBIN	PSYCHOLOGY
64	JOSEPH STEVE	PSYCHOLOGY
65	MUHAMMED RIZVEN M B	PSYCHOLOGY
66	KIBILATH DIVAN	PSYCHOLOGY
67	NAJIYA K A	PSYCHOLOGY
68	AVANI K DEVADAS	PSYCHOLOGY
69	FATHIMATH HASNA K N	PSYCHOLOGY
70	FATHIMA U S	PSYCHOLOGY
71	HANEENA RASMIN K U	PSYCHOLOGY
72	HARIPRIYA M T	PSYCHOLOGY
73	NASRIN K N	PSYCHOLOGY
74	NIJAYAS PRASAD	PSYCHOLOGY
75	RAHMA RAFEEQUE K K	PSYCHOLOGY
76	RASHA K M	PSYCHOLOGY
77	RESHMA RAMESH NAIR	PSYCHOLOGY
78	RUKSANA PARVEEN M B	PSYCHOLOGY
79	SETHULAKSHMI K S	PSYCHOLOGY
80	SHELNA A S	PSYCHOLOGY
81	SHIFNA SHEREEF	PSYCHOLOGY
82	SITHALAKSHMY P G	PSYCHOLOGY
83	SULTHANA JASMIN P S	PSYCHOLOGY
84	SWATHI P B	PSYCHOLOGY
85	ADNAN HAMZA KIZHISSERI	PSYCHOLOGY
86	AARSHIDA ERATTU ARUN	PSYCHOLOGY
87	AFLA K S	PSYCHOLOGY
88	ANASWARA C G	PSYCHOLOGY
89	ARYALAKSHMI E G	PSYCHOLOGY
90	AYISHA A P	PSYCHOLOGY
91	BHAGYA B L	PSYCHOLOGY
92	FAIZIYA T	PSYCHOLOGY
93	FATHIMATH HIBA	PSYCHOLOGY

  
**LATHIE PENATH**  
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 Department of Psychology  
 MES Aqmabi College, P. Vemballur  
 Kollam, Thrissur-686 671, Kerala-India



94	FEMINA V A	PSYCHOLOGY
95	MINNA FARHANA V M	PSYCHOLOGY
96	N R ALFIYA	PSYCHOLOGY
97	RAFNA RAFI	PSYCHOLOGY
98	RAMEESA M A	PSYCHOLOGY
99	RAMEESA PARVIN K U	PSYCHOLOGY
100	RISWANA M A	PSYCHOLOGY
101	SANDHRA N S	PSYCHOLOGY
102	SHAHANAS P S	PSYCHOLOGY
103	SNEHA RAJEEVAN N K	PSYCHOLOGY
104	SONA RAJEEV T	PSYCHOLOGY
105	SREEJAL K R	PSYCHOLOGY
106	SREELAKSHMI G	PSYCHOLOGY
107	SREYA KRISHNA T G	PSYCHOLOGY
108	ABDUL SALAM	PSYCHOLOGY
109	HAREESH MOHAN E R	PSYCHOLOGY
110	MUHAMED SHAHAL T	PSYCHOLOGY
111	MUHAMMED SHARIK M A	PSYCHOLOGY
112	NIRMAL RANADIVE K	PSYCHOLOGY
113	PRANAV MOHAN	PSYCHOLOGY
114	VIJAY VINOD K	PSYCHOLOGY

Coordinator



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

**DEPARTMENT OF PSYCHOLOGY**  
**Webinar on Psychological Well-Being by Initiating Productive Thoughts**

**Title of the Program : Webinar on Psychological Well-Being by Initiating Productive Thoughts**

**Name of the Coordinator : Mr. Lathif Penath, Assistant Professor, Department of Psychology, MES Asmabi College**

**Organizing Department : Student Counselling Cell of the Department of Psychology and IQAC**

**Date of the Program : July 13-24, 2020. Number of Participants : 113**

**Resource Person/s : Mr. Lathif Penath, Department of Psychology,**

**Program Objectives:**

The webinar aimed to promote psychological well-being and guide students in cultivating productive thoughts. It was organized in response to the challenges faced by students during the transition to online learning, offering support and strategies to adapt and cope with distress

**Program Participants:**

The entire students of the college, divided into groups according to their respective departments, participated in the webinar.

**Report of the Program:**

The Student Counselling Cell of the Department of Psychology and IQAC of MES Asmabi College conducted a one-week workshop on psychological well-being through the cultivation of productive thoughts. Mr. Lathif Penath, an Assistant Professor in the Department of Psychology at MES Asmabi College, served as the student counsellor and conducted the workshop. The webinar took place from July 13 to 24, 2020, with daily sessions held from 9:30am to 10:30 am through the Google Meet platform. Due to platform limitations, students were divided into groups according to their respective departments and were allocated specific dates to participate. The program was inaugurated by Dr. A. Biju, Principal of MES Asmabi College. The primary objective of the webinar was to raise awareness and provide guidance on how to adapt and cope with the challenges and distress experienced by students during the sudden shift to online learning. The awareness sessions covered a total of 10 hours and had a significant impact on the students. The response was highly positive, with approximately 70 cases requiring follow-up sessions and assistance provided by Mr. Lathif Penath, the Student Counsellor.

**Program Outcomes:**

The session increased awareness and understanding of strategies for cultivating psychological well-being, equipped students with skills to handle the challenges and distress associated with the transition to online learning, and provided essential support to students through follow-up sessions and individual assistance.

**Feedback and Evaluation:**

The program received an overwhelmingly positive response from participants. Students found it beneficial in addressing the challenges they faced, and the follow-up sessions provided by Mr. Lathif Penath were particularly appreciated.



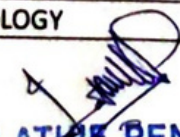
**Brochure of the Program**

**Session by Mr. Lathif Penath**



## LIST OF PARTICIPANTS

DEPARTMENT OF PSYCHOLOGY		
WEBINAR 13-24 JULY 2020		
PSYCHOLOGICAL WELLBEING BY INITIATING PRODUCTIVE THOUGHTS		
STUDENTS PARTICIPATION LIST		
Sl No	Name	DEPARTMENT
1	KIBILATH DIVAN	PSYCHOLOGY
2	NAJIYA K A	PSYCHOLOGY
3	AVANI K DEVADAS	PSYCHOLOGY
4	FATHIMATH HASNA K N	PSYCHOLOGY
5	FATHIMA U S	PSYCHOLOGY
6	HANEENA RASMIN K U	PSYCHOLOGY
7	HARIPRIYA M T	PSYCHOLOGY
8	NASRIN K N	PSYCHOLOGY
9	NIJAYAS PRASAD	PSYCHOLOGY
10	RAHMA RAFEEQUE K K	PSYCHOLOGY
11	RASHA K M	PSYCHOLOGY
12	RESHMA RAMESH NAIR	PSYCHOLOGY
13	RUKSANA PARVEEN M B	PSYCHOLOGY
14	SETHULAKSHMI K S	PSYCHOLOGY
15	SHELNA A S	PSYCHOLOGY
16	SHIFNA SHEREEF	PSYCHOLOGY
17	SITHALAKSHMY P G	PSYCHOLOGY
18	SULTHANA JASMIN P S	PSYCHOLOGY
19	SWATHI P B	PSYCHOLOGY
20	ADNAN HAMZA KIZHISSERI	PSYCHOLOGY
21	AARSHIDA ERATTU ARUN	PSYCHOLOGY
22	AFLA K S	PSYCHOLOGY
23	ANASWARA C G	PSYCHOLOGY
24	ARYALAKSHMI E G	PSYCHOLOGY
25	AYISHA A P	PSYCHOLOGY
26	BHAGYA B L	PSYCHOLOGY
27	FAIZIYA T	PSYCHOLOGY
28	FATHIMATH HIBA	PSYCHOLOGY
29	FEMINA V A	PSYCHOLOGY
30	MINNA FARHANA V M	PSYCHOLOGY
31	N R ALFIYA	PSYCHOLOGY
32	RAFNA RAFI	PSYCHOLOGY
33	RAMEESA M A	PSYCHOLOGY
34	RAMEESA PARVIN K U	PSYCHOLOGY
35	RISWANA M A	PSYCHOLOGY
36	SANDHRA N S	PSYCHOLOGY

  
**LATHIF PENATH**  
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MES Asmabi College, P. Ver  
Kodungallur, Thrissur-680 671, K.

37	SHAHANAS P S	PSYCHOLOGY
38	SNEHA RAJEEVAN N K	PSYCHOLOGY
39	SONA RAJEEV T	PSYCHOLOGY
40	SREEJAL K R	PSYCHOLOGY
41	SREELAKSHMI G	PSYCHOLOGY
42	SREYA KRISHNA T G	PSYCHOLOGY
43	ABDUL SALAM	PSYCHOLOGY
44	HAREESH MOHAN E R	PSYCHOLOGY
45	MUHAMED SHAHAL T	PSYCHOLOGY
46	MUHAMMED SHARIK M A	PSYCHOLOGY
47	NIRMAL RANADIVE K	PSYCHOLOGY
48	PRANAV MOHAN	PSYCHOLOGY
49	VIJAY VINOD K	PSYCHOLOGY
50	AMINA THASNEEM V S	PSYCHOLOGY
51	FARSANA SUMAYYA M F	PSYCHOLOGY
52	FASMILA	PSYCHOLOGY
53	HANEENA PARVIN A K	PSYCHOLOGY
54	NOUFIRA M N	PSYCHOLOGY
55	SALVA	PSYCHOLOGY
56	SHABNA M A	PSYCHOLOGY
57	SHIFA P S	PSYCHOLOGY
58	SUMAYYA A S	PSYCHOLOGY
59	YASMIN K S	PSYCHOLOGY
60	MOHAMED BILAL	PSYCHOLOGY
61	DEVICHANDANA M S	PSYCHOLOGY
62	HASNA FATHIMA	PSYCHOLOGY
63	HASNA JAHAN K A	PSYCHOLOGY
64	JINSIYA T A	PSYCHOLOGY
65	SANDRA SATHEESAN	PSYCHOLOGY
66	ANJALI SUBRAMANIAN	PSYCHOLOGY
67	ANJANA PRIYA M D	PSYCHOLOGY
68	ASNA T S	PSYCHOLOGY
69	MAFITHA M M	PSYCHOLOGY
70	MOHSINA T M	PSYCHOLOGY
71	NAFEESATHUL KALIMA M N	PSYCHOLOGY
72	NAFEESATHUL MISRIYA	PSYCHOLOGY
73	RAEESA P M	PSYCHOLOGY
74	RINAAS K M	PSYCHOLOGY
75	SAIRA AYSHA BASHIR	PSYCHOLOGY
76	SANAM MALIK	PSYCHOLOGY
77	SHAHANA BADHAR	PSYCHOLOGY
78	SURYA P S	PSYCHOLOGY
79	ABHINAND P S	PSYCHOLOGY


  
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80	NIHAL C M	PSYCHOLOGY
81	THAMJIDHA V M	PSYCHOLOGY
82	SADIYA BEEGAM	PSYCHOLOGY
83	RISANA PARVIN N	PSYCHOLOGY
84	SAHLA V A	PSYCHOLOGY
85	SAMEENA E Y	PSYCHOLOGY
86	THASLEEMA NAZRIN K S	PSYCHOLOGY
87	MOHAMMED HAFEEZ	PSYCHOLOGY
88	NOOR MUHAMMED	PSYCHOLOGY
89	AHLAAM K A	PSYCHOLOGY
90	ASHITHA RASHEED	PSYCHOLOGY
91	CHANDANA P VIBIN	PSYCHOLOGY
92	DANA T M	PSYCHOLOGY
93	DILSHA FATHIMA P H	PSYCHOLOGY
94	LUBNA ABDUL NAZAR	PSYCHOLOGY
95	RAHEENA K A	PSYCHOLOGY
96	RISNA V B	PSYCHOLOGY
97	YUSRAH V N	PSYCHOLOGY
98	ABHIRAMI E S	PSYCHOLOGY
99	ATHIRA PONNAPPAN	PSYCHOLOGY
100	AYSHA SENIYA K H	PSYCHOLOGY
101	FATHIMAJAHAN	PSYCHOLOGY
102	FATHIMA NOURIN N A	PSYCHOLOGY
103	MARIYAM SALBAN YOONUS	PSYCHOLOGY
104	MISBANUL FARHATH C A	PSYCHOLOGY
105	SABILA SALAM P	PSYCHOLOGY
106	SANA P A	PSYCHOLOGY
107	SHAHLA SHAJI SHAJI	PSYCHOLOGY
108	SURAYA K M	PSYCHOLOGY
109	THASLEEMA K H	PSYCHOLOGY
110	ZAHARA SHAREEF	PSYCHOLOGY
111	GOKUL T VIBIN	PSYCHOLOGY
112	JOSEPH STEVE	PSYCHOLOGY
113	MUHAMMED RIZVEN M B	PSYCHOLOGY

Coordinator

HoD

Principal

  
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 Kodungallur, Thrissur-680 671, Kerala-India

# **MINORITY CELL**

## **MOTIVATIONAL SESSION FOR STUDENTS: "MARK YOURSELF"**

**Name of the Program : Motivational Session for Students - "MARK YOURSELF"**

**Date of the Program : March 29, 2021**

**Organizing Cell/Department: Minority Cell**

**Resource Person : Nishad Pattayil, International Trainer**

**Program Coordinator : Sakkeena**

**Number of Participants : 95 ( Students of BA Economics and BA English)**

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

The primary objective of the motivational session was to inspire and empower students by providing them with practical insights, guidance, and motivational tools to enhance their personal and professional development. The session aimed to instill a sense of self-belief, determination, and a proactive mindset among the students.

### **Report of the Program**

The motivational session "MARK YOURSELF," organized by the Minority Cell, commenced at 9 AM in the college Auditorium. The resource person, Nishad Pattayil, an esteemed international trainer renowned for his expertise in motivational speaking, engaged the audience with a dynamic and inspiring presentation.

Mr. Pattayil's session was structured around various aspects of self-improvement, focusing on the importance of self-assessment, goal setting, and personal branding. He shared personal anecdotes and real-life examples to illustrate the significance of identifying one's strengths and weaknesses and utilizing them effectively to achieve success.

The interactive nature of the session encouraged active participation from the students, fostering an engaging and enriching learning environment. The resource person employed various motivational techniques, including group activities, discussions, and Q&A sessions, which kept the audience thoroughly engaged and motivated throughout the program.

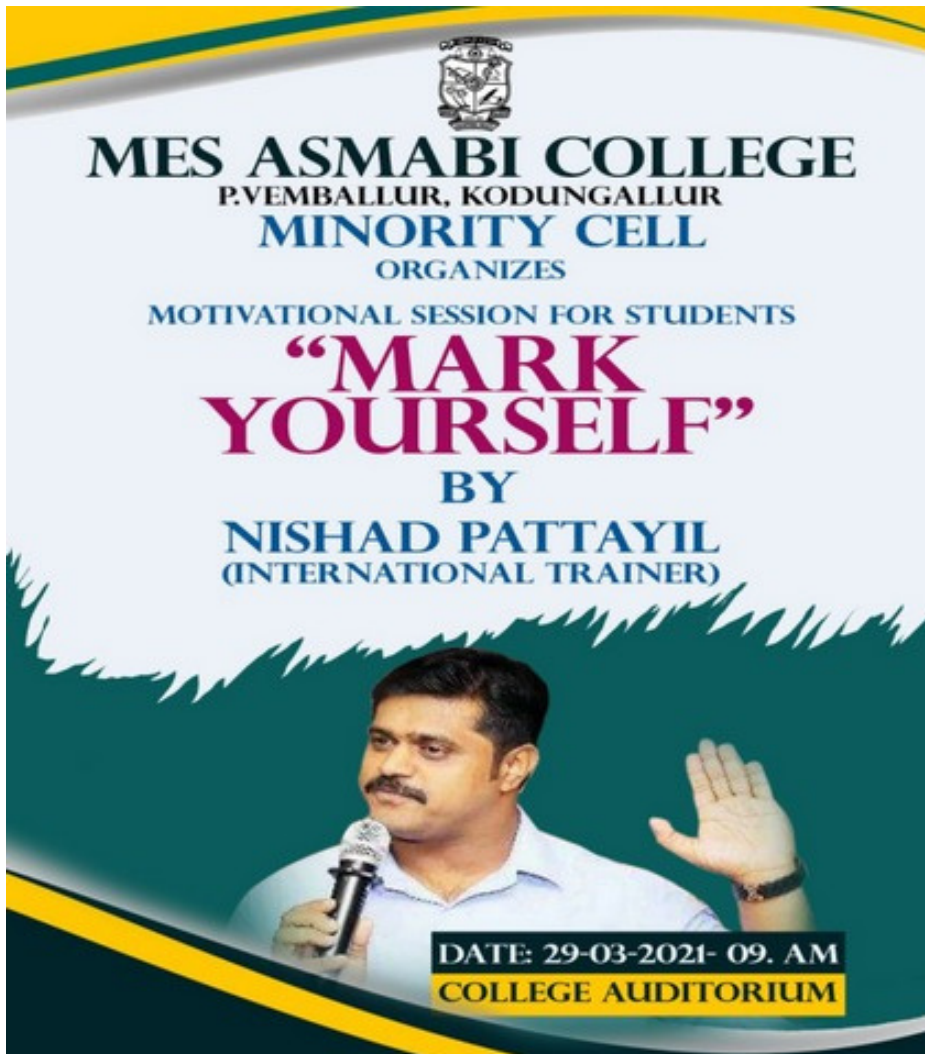
### **Outcome of the Program:**

The session proved to be highly impactful, leaving a lasting impression on the attendees. Participants expressed enthusiasm and a renewed sense of motivation towards self-improvement and personal development. The session succeeded in empowering students by equipping them with practical tools and strategies to enhance their skills, set meaningful goals, and create a strong personal brand.

The session not only inspired the participants but also provided them with actionable insights that could be implemented in their academic pursuits and future careers. The attendees left the session with a heightened sense of self-awareness and a clearer vision of their aspirations.

**Feedback:**

The feedback from the participants was overwhelmingly positive. Students appreciated the depth of knowledge shared by Mr. Nishad Pattayil and found his presentation style engaging and impactful. Many highlighted how the session motivated them to reassess their goals, work on their personal branding, and approach challenges with a more positive mindset. Several participants expressed their desire for more such sessions in the future, acknowledging the significant value addition these motivational programs bring to their overall personal and professional growth.



**Brochure**




**Motivational Session “Mark Yourself “ by Nishad Pattayil**




# LIST OF PARTICIPANTS

ASMABI COLLEGE  
MINORITY CELL  
REPORT ON MOTIVATIONAL SESSION FOR STUDENTS:  
"MARK YOURSELF"  
LIST OF PARTICIPANTS


SL.NO	NAME OF THE STUDENTS	CLASS	SIGNATURE
1.	ASNA	BA ECONOMICS	[Signature]
2.	ASNA PARVEEN V A	BA ECONOMICS	[Signature]
3.	ASNA T A	BA ECONOMICS	[Signature]
4.	MUHSINA A N	BA ECONOMICS	[Signature]
5.	SHAHINA K I	BA ECONOMICS	[Signature]
6.	SUMAYYA C A	BA ECONOMICS	[Signature]
7.	MOHAMMED YASEEN	BA ECONOMICS	[Signature]
8.	MURSHIDU LHAQ	BA ECONOMICS	[Signature]
9.	ALFI A M	BA ECONOMICS	[Signature]
10.	DEVIKA T H	BA ECONOMICS	[Signature]
11.	FATHIMATHUL SAHALA T S	BA ECONOMICS	[Signature]
12.	IFTHISAN T	BA ECONOMICS	[Signature]
13.	POOJA P K	BA ECONOMICS	[Signature]
14.	SAINABA THASNEEM M M	BA ECONOMICS	[Signature]
15.	SHADHIA K Y	BA ECONOMICS	[Signature]
16.	AJITH KANNAN	BA ECONOMICS	[Signature]
17.	MOHAMMED MUZAMMIL	BA ECONOMICS	[Signature]
18.	AAFILA K A	BA ECONOMICS	[Signature]
19.	AMRITHA P R	BA ECONOMICS	[Signature]
20.	ANAGHA M B	BA ECONOMICS	[Signature]
21.	ANJANA P S	BA ECONOMICS	[Signature]
22.	ARDRA T P	BA ECONOMICS	[Signature]
23.	FASNA C M	BA ECONOMICS	[Signature]
24.	FATHIMASWALHA K A	BA ECONOMICS	[Signature]
25.	FATHIMATHUL SAHALA E Z	BA ECONOMICS	[Signature]
26.	GOVWINANDHANA P S	BA ECONOMICS	[Signature]
27.	HASEENA M S	BA ECONOMICS	[Signature]
28.	MINHA M	BA ECONOMICS	[Signature]
29.	MIRSHA FATHIMA B M	BA ECONOMICS	[Signature]
30.	MUHSINA K A	BA ECONOMICS	[Signature]
31.	MURSINA V S	BA ECONOMICS	[Signature]
32.	NANDANA C	BA ECONOMICS	[Signature]
33.	NANDANA C K	BA ECONOMICS	[Signature]
34.	NANDANA N N	BA ECONOMICS	[Signature]
35.	NESRIN R A	BA ECONOMICS	[Signature]
36.	NISHITHA	BA ECONOMICS	[Signature]
37.	RISWANA P N	BA ECONOMICS	[Signature]
38.	SANDHIRA N S	BA ECONOMICS	[Signature]
39.	SHAHIDA C N	BA ECONOMICS	[Signature]




40.	SOSHNA E V	BA ECONOMICS	[Signature]
41.	SUMMAYYA T M	BA ECONOMICS	[Signature]
42.	THAMJITHA M I	BA ECONOMICS	[Signature]
43.	AKASH BABU C B	BA ECONOMICS	[Signature]
44.	HASSAN V N	BA ECONOMICS	[Signature]
45.	JAMSHEED E A	BA ECONOMICS	[Signature]
46.	RA ABHIJITH	BA ECONOMICS	[Signature]
47.	RENITH P R	BA ECONOMICS	[Signature]
48.	AFRA ANWAR	BA ENGLISH	[Signature]
49.	FARISA K T	BA ENGLISH	[Signature]
50.	FATHIMA SAFVANA E A	BA ENGLISH	[Signature]
51.	HAMIDHA SHIRIL K M	BA ENGLISH	[Signature]
52.	NAISHANA C N	BA ENGLISH	[Signature]
53.	RANNA SALOO P	BA ENGLISH	[Signature]
54.	SHERRENA SHEREEF	BA ENGLISH	[Signature]
55.	SIBA ABDULSALAM M A	BA ENGLISH	[Signature]
56.	MUHAMMED AJMAL K Y	BA ENGLISH	[Signature]
57.	AAVANY RAMESH	BA ENGLISH	[Signature]
58.	AFRIN V S	BA ENGLISH	[Signature]
59.	ARYALAKSHMI T S	BA ENGLISH	[Signature]
60.	ASHA V A	BA ENGLISH	[Signature]
61.	FATHIMATH RAMSHITHA R A	BA ENGLISH	[Signature]
62.	LAKSHMINANDANA C B	BA ENGLISH	[Signature]
63.	SANMARIYA FRANCIS	BA ENGLISH	[Signature]
64.	THAHASIN K M	BA ENGLISH	[Signature]
65.	AKASH MENON	BA ENGLISH	[Signature]
66.	ASLAH RAHMAN	BA ENGLISH	[Signature]
67.	GOKUL K S	BA ENGLISH	[Signature]
68.	SHIKHIL P S	BA ENGLISH	[Signature]
69.	ANUSREE K D	BA ENGLISH	[Signature]
70.	APARNA K A	BA ENGLISH	[Signature]
71.	ATHIRA K J	BA ENGLISH	[Signature]
72.	FASNA P M	BA ENGLISH	[Signature]
73.	FATHIMA P F	BA ENGLISH	[Signature]
74.	HAMNA BASHEER M B	BA ENGLISH	[Signature]
75.	HANEENA P H	BA ENGLISH	[Signature]
76.	HISANA THASNEEM V S	BA ENGLISH	[Signature]
77.	MAJNA P R	BA ENGLISH	[Signature]
78.	MUKHLISA K A	BA ENGLISH	[Signature]
79.	NAFILA V N	BA ENGLISH	[Signature]
80.	NIMSHITHA A R	BA ENGLISH	[Signature]
81.	RASMI M R	BA ENGLISH	[Signature]
82.	RISWANA K M	BA ENGLISH	[Signature]
83.	SAMEEHA M A	BA ENGLISH	[Signature]
84.	SAMEENA O S	BA ENGLISH	[Signature]
85.	SANAFRIN	BA ENGLISH	[Signature]
86.	SAYANA K S	BA ENGLISH	[Signature]
87.	SHIHANA SHERIN K	BA ENGLISH	[Signature]



88.	SUHANA AYSHA	BA ENGLISH	[Signature]
89.	THAMANNA K S	BA ENGLISH	[Signature]
90.	ABDUL BASITH S A	BA ENGLISH	[Signature]
91.	ADHEEB MUBARAK M	BA ENGLISH	[Signature]
92.	AMARNATH KISHORE V K	BA ENGLISH	[Signature]
93.	AMRITH KRISHNA M S	BA ENGLISH	[Signature]
94.	FAZIL M U	BA ENGLISH	[Signature]
95.	MRIDUL KRISHNA K S	BA ENGLISH	[Signature]



  
**Dr. JAISY DAVID**  
 Assistant Professor  
 Dept. of Malayalam  
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 P.Vembalur, Kottungallur

## **MINORITY CELL**

# **Pre-Marital Counseling Sessions**

**Title of the Program: Pre-Marital Counseling Sessions**

**Date of the Program: 2nd February 2021 to 4th February 2021**

**Program Coordinator: Smt. Sakkeena (Assistant Professor, MES Asmabi College)**

**Resource Persons:**

**1.Dr. Sulekha (Principal of CCMY Kodungallur)**

**2.Adv. Kunjumon**

**3.Smt. Sabira**

**4.Sri. Abdul Rahiman**

**5.Smt. Sareena**

**6.Adv. Hack**

**7.Smt. Munshida Kalangadan**

**8.Smt. Shifa Thangal**

**9.Smt. Hajara**

### **Report**

MES Asmabi College under the guidance of CCMY Kodungallur organized Pre-marital counselling for its students in the four consecutive days from 2nd February. The Third batch of Pre- Marital Counseling began on 02/02/2021 in the college. After the introduction and re- assurance on the purpose of premarital counseling by the Principal of CCMY, Dr.Sulekha, the first session was led by Smt. Sabira on the topic "Introduction to Marriage" Second session was taken by Adv. Kunjumon with the topic "Husband wife relationship ".The participants' feedback reinforced the spirit of the class.

Second day 's session was led by Smt.Sereena with the topic"Physiology and Pregnancy" and next session was handled by Sri. Abdul Rahiman on "Family Budget ".The first session cleared the many doubts that they had about their body and sexuality. The second session naturally imbibed in them the necessity of frugality and so aroused their real interest.

On 4/42/21, the day 's First session was led by Smt. Munshida Kalangadan on the topic "Parenting" and the next session was led by Adv. Hack with the topic "Legal Aspects of Marriage" .Each of them handled their sessions for three hours.

On the Fourth day , the first batch was on the topic"Group Counselling" by Smt.Hajara and the next session was led by Smt.Shifa Thangal on the topic"In-Law relation". Thus four days' premarital Counselling class came to a conclusion with the Valediction by Smt. Sakkeena , Assistant Professor , MES Asmabi College.

കേരള സർക്കാർ ന്യൂനപക്ഷക്ഷേമ വകുപ്പ്  
 (പ്രീ മാരിറ്റൽ കാൺസിലിംഗ് സെന്റർ)  
**ചതുർദിന സൗജന്യ**  
**വിവാഹപൂർവ്വ കാൺസിലിംഗ് കോഴ്സ്**

കൊടുങ്ങല്ലൂർ CCMY, പടിഞ്ഞാറെ വെമ്പല്ലൂർ  
 MES അസ്മാബി കോളേജുമായി  
 സഹകരിച്ച് സംഘടിപ്പിക്കുന്ന  
 ഓൺലൈൻ പ്രീ മാരിറ്റൽ ക്ലാസ്സ്

**ഉദ്ഘാടനം :**  
 ഡോ. എ.ബി. മെയ്തീൻകുട്ടി  
 (ഡയറക്ടർ, ന്യൂനപക്ഷക്ഷേമ വകുപ്പ്)

**2021 ജനുവരി 13 ബുധനാഴ്ച**  
**രാവിലെ 10.30ന്**

സംഘടനം : MES അസ്മാബി കോളേജ്, പടിഞ്ഞാറെ വെമ്പല്ലൂർ



Brochure of the Program



Session on Pre- Marital Counselling

# PARTICIPANT LIST

MINORITY CELL  
PRE-MARITAL COUNSELING SESSIONS  
LIST OF PARTICIPANTS

SL.NO	NAME OF THE STUDENTS	CLASS	SIGNATURE
1.	FATHIMATHU SEHLA PA	BCA	[Signature]
2.	FARZANA KJ	BCA	[Signature]
3.	FATHIMATH MUHSEENAVN	BCA	[Signature]
4.	AISWARYA TS AJIVEED BABU	BCA	[Signature]
5.	ANEESA ANWAR	BBA	[Signature]
6.	ARSHANA CA	BBA	[Signature]
7.	FABIYAKA	BBA	[Signature]
8.	INSHA PRASANANN K	BBA	[Signature]
9.	AMEES KASIM	BBA	[Signature]
10.	RIFAMOL M A	BBA	[Signature]
11.	AKHIL KS	BA MASS COMMUNICATION	[Signature]
12.	FATHIMATH ZUHARA KS	BA MASS COMMUNICATION	[Signature]
13.	NOURIN PS	BA MASS COMMUNICATION	[Signature]
14.	NEBJA NAJEEB	BA MASS COMMUNICATION	[Signature]
15.	SAFVANA PS	BA MASS COMMUNICATION	[Signature]
16.	ANJANA RAJESH	BA ENGLISH	[Signature]
17.	FARHANA NAZRIN PA	BA ENGLISH	[Signature]
18.	HANNA IBRAHIM	BA ENGLISH	[Signature]
19.	AMALIYA KB	BA ENGLISH	[Signature]
20.	NAJA T A	BA ENGLISH	[Signature]
21.	RAISA BASHEER	BA ENGLISH	[Signature]
22.	AFA P F	BA ENGLISH	[Signature]
23.	SHABANA KS	BA ENGLISH	[Signature]
24.	AMEENA NAZAR V	BA ECONOMICS	[Signature]
25.	ASNA ANSHAD	BA ECONOMICS	[Signature]
26.	AYISHA THASNIM VR	BA ECONOMICS	[Signature]
27.	FARSANAPM	BA ECONOMICS	[Signature]
28.	FATHIMAKA	BA ECONOMICS	[Signature]
29.	FATHIMA NOORIN K	BA ECONOMICS	[Signature]



30.	JUMNA FATHIMAPN	BA ECONOMICS	[Signature]
31.	AFSANAPA	BA ECONOMICS	[Signature]
32.	AYISHA AP	BSC PSYCHOLOGY	[Signature]
33.	HANEENA RASMIN KU	BSCPSYCHOLOGY	[Signature]
34.	MINNA FARHANA V M	BSC PSYCHOLOGY	[Signature]
35.	NAJIYA KA	BSC PSYCHOLOGY	[Signature]
36.	RAMEESA PARVIN KU	BSC PSYCHOLOGY	[Signature]
37.	RASHA KM	BSC PSYCHOLOGY	[Signature]
38.	MOHAMED MUFEEES P M	BSC PHYSICS	[Signature]
39.	HASNA MOINUDHEEN M	BSC PHYSICS	[Signature]
40.	FAHIDA PM	BSC PHYSICS	[Signature]
41.	NAJLA PA	BSC PHYSICS	[Signature]
42.	SAYYIDA FATHIMA	BSC PHYSICS	[Signature]
43.	FARSANA TP	BSC MATHEMATICS	[Signature]
44.	JUBINA NJ V	BSC MATHEMATICS	[Signature]
45.	MOHAMMED SHAMSIN V S	BSC MATHEMATICS	[Signature]
46.	ARSANAKS	BSC BOTANY	[Signature]
47.	HANNA P	BSC BOTANY	[Signature]



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**DEPARTMENT OF PSYCHOLOGY**  
**National Webinar on Mental Health for All**  
**Greater Investment, Greater Access**

**Name of the Coordinator : Lathif Penath**

**Organizing Department/Cell: Department of Psychology and IQAC, MES Asmabi**

**College Date of the Program : October 17, 24, and 31, 2020**

**Number of Participants : 122**

**Resource Persons:**

- 1. Mr. Ishant Kumar, Clinical Psychologist, NIMHANS, Bangalore**
- 2. Ms. Nadia Moideen, Learning Disability Specialist, Aster Medicity, Ernakulam**
- 3. Mr. T.P Jawad, Family Psychologist, Human Care Foundation (HCF), Calicut**
- 4. Ms. Fathima Kareem, Disability Management Officer (Clinical Psychologist), CDMRP, Dept. of Psychology, University of Calicut**

**Program Objectives:**

The program aimed to commemorate World Mental Health Day, which is observed on October 10 every year, by conducting a free national webinar that spanned a month. It also included interschool poster making, story writing, and poem writing competitions. The primary focus was on the theme "Mental Health for All - Greater Investment, Greater Access."

**Report of the Program:**

The Department of Psychology and IQAC at MES Asmabi College organized a program in observance of World Mental Health Day. The program consisted of a free national webinar that extended over a month and interschool competitions in poster making, story writing, and poem writing. Students from various colleges participated in the webinar, which had the central theme of "Mental Health for All - Greater Investment, Greater Access."

The webinar sessions were conducted on October 17, 24, and 31, 2020, with different resource persons. The Google Meet platform was used for online meetings.

On the first day, October 17, 2020, there were two webinar sessions following the meeting session and inauguration by Dr. A. Biju, the Principal of MES Asmabi College. The first session, titled "Impact of Pandemic on Mental Health - Indian Perspective," was conducted by Mr. Ishant Kumar, a Clinical Psychologist from NIMHANS, Bangalore. The second session, led by Ms. Nadia Moideen, a Learning Disability Specialist at Aster Medicity, Ernakulam, covered the topic of learning disabilities.

On the second day, October 24, 2020, the session focused on "Family Mental Health - Dynamics and Resilience" and was led by Mr. T.P Jawad, a Family Psychologist from the Human Care Foundation (HCF), Calicut.

The session on October 31, 2020, featured Ms. Fathima Kareem, a Disability Management Officer and Clinical Psychologist, from the CDMRP, Department of Psychology, University of Calicut. The topic was "Role of Community in Mental Health - An Overview."

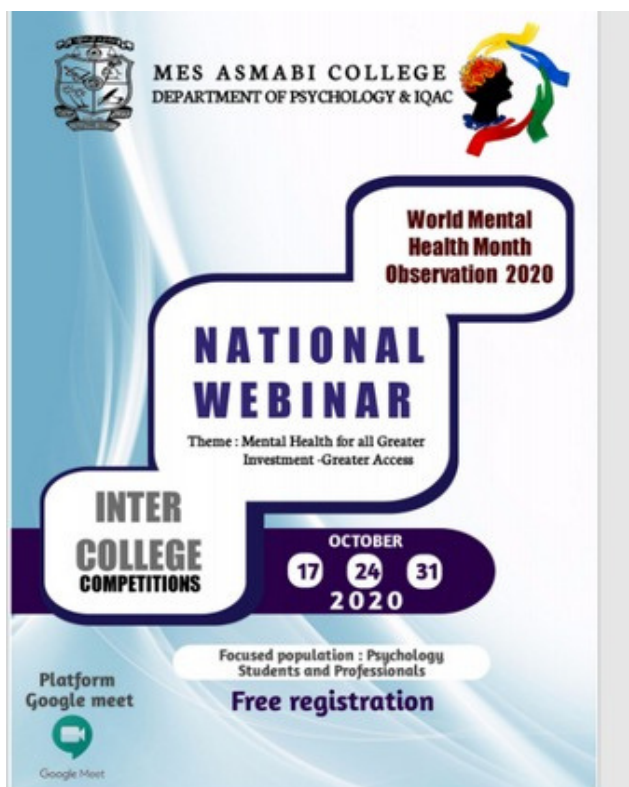
Queries were addressed at the end of each technical session. The results of the intercollege competitions were announced on the last day of the national webinar, and certificates were issued to all participants. The program was highly successful and received a wealth of positive feedback

**Program Outcomes:**

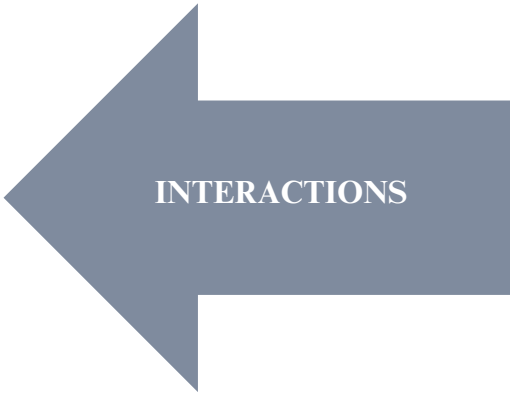
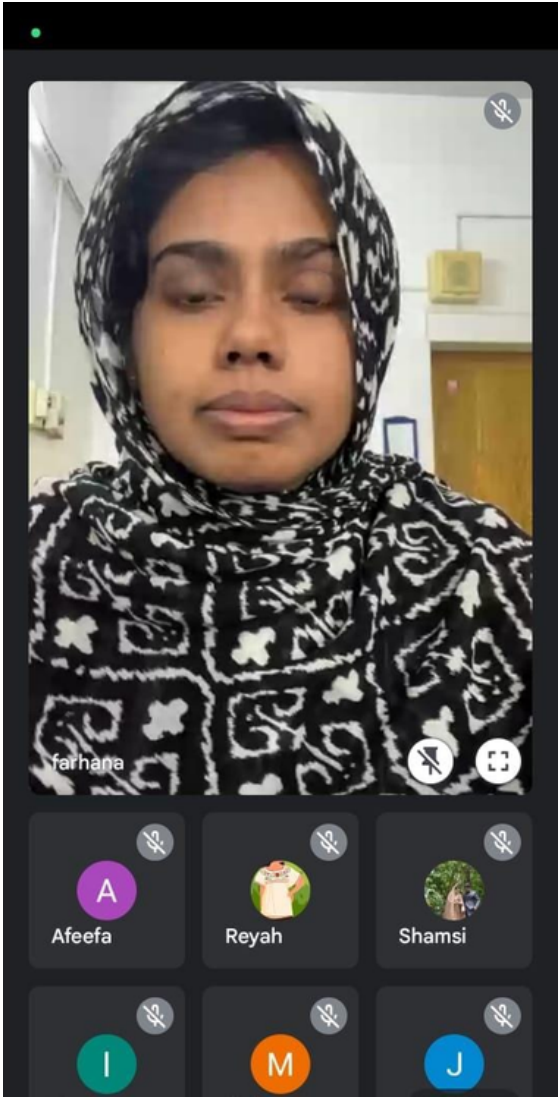
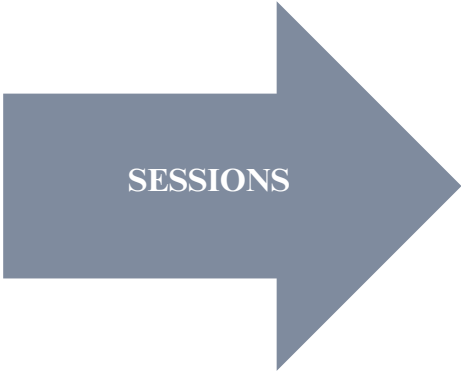
The program increased awareness and understanding of mental health issues and solutions and equipped participants with knowledge and insights into various aspects of mental health. It promoted mental health awareness and access to resources.

**Feedback and Evaluation:**

The program received overwhelmingly positive feedback from participants, who found it informative and valuable in addressing mental health issues.




Brochure of the Program



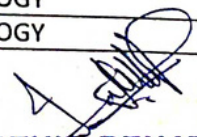
## LIST OF PARTICIPANT

DEPARTMENT OF PSYCHOLOGY		
WEBINAR 17SEPTEMBER 2020		
WEBINAR ON MENTAL HEALTH FOR ALL		
STUDENTS PARTICIPATION LIST		
Sl No	Name	DEPARTMENT
1	AMINA THASNEEM V S	PSYCHOLOGY
2	FARSANA SUMAYYA M F	PSYCHOLOGY
3	FASMILA	PSYCHOLOGY
4	HANEENA PARVIN A K	PSYCHOLOGY
5	NOUFIRA M N	PSYCHOLOGY
6	SALVA	PSYCHOLOGY
7	SHABNA M A	PSYCHOLOGY
8	SHIFA P S	PSYCHOLOGY
9	SUMAYYA A S	PSYCHOLOGY
10	YASMIN K S	PSYCHOLOGY
11	MOHAMED BILAL	PSYCHOLOGY
12	DEVICHANDANA M S	PSYCHOLOGY
13	HASNA FATHIMA	PSYCHOLOGY
14	HASNA JAHAN K A	PSYCHOLOGY
15	JINSIYA T A	PSYCHOLOGY
16	SANDRA SATHEESAN	PSYCHOLOGY
17	ANJALI SUBRAMANIAN	PSYCHOLOGY
18	ANJANA PRIYA M D	PSYCHOLOGY
19	ASNA T S	PSYCHOLOGY
20	MAFITHA M M	PSYCHOLOGY
21	MOHSINA T M	PSYCHOLOGY
22	NAFEESATHUL KALIMA M N	PSYCHOLOGY
23	NAFEESATHUL MISRIYA	PSYCHOLOGY
24	RAEESA P M	PSYCHOLOGY
25	RINAAS K M	PSYCHOLOGY
26	SAIRA AYSHA BASHIR	PSYCHOLOGY
27	SANAM MALIK	PSYCHOLOGY
28	SHAHANA BADHAR	PSYCHOLOGY
29	SURYA P S	PSYCHOLOGY
30	ABHINAND P S	PSYCHOLOGY
31	NIHAL C M	PSYCHOLOGY
32	THAMJIDHA V M	PSYCHOLOGY
33	SADIYA BEEGAM	PSYCHOLOGY
35	RISANA PARVIN N	PSYCHOLOGY
36	SAHILA V A	PSYCHOLOGY
37	SAMEENA E Y	PSYCHOLOGY
38	THASLEEMA NAZRIN K S	PSYCHOLOGY
39	MOHAMMED HAFEEZ	PSYCHOLOGY

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



40	NOOR MUHAMMED	PSYCHOLOGY
41	AHLAAM K A	PSYCHOLOGY
42	ASHITHA RASHEED	PSYCHOLOGY
43	CHANDANA P VIBIN	PSYCHOLOGY
44	DANA T M	PSYCHOLOGY
45	DILSHA FATHIMA P H	PSYCHOLOGY
46	LUBNA ABDUL NAZAR	PSYCHOLOGY
47	RAHEENA K A	PSYCHOLOGY
48	RISNA V B	PSYCHOLOGY
49	YUSRAH V N	PSYCHOLOGY
50	ABHIRAMI E S	PSYCHOLOGY
51	ATHIRA PONNAPPAN	PSYCHOLOGY
52	AYSHA SENIYA K H	PSYCHOLOGY
53	FATHIMAJAHAN	PSYCHOLOGY
54	FATHIMA NOURIN N A	PSYCHOLOGY
55	MARIYAM SALBAN YOONUS	PSYCHOLOGY
56	MISBANUL FARHATH C A	PSYCHOLOGY
57	SABILA SALAM P	PSYCHOLOGY
58	SANA P A	PSYCHOLOGY
59	SHAHLA SHAJI SHAJI	PSYCHOLOGY
60	SURAYA K M	PSYCHOLOGY
61	THASLEEMA K H	PSYCHOLOGY
62	ZAHARA SHAREEF	PSYCHOLOGY
63	GOKUL T VIBIN	PSYCHOLOGY
64	JOSEPH STEVE	PSYCHOLOGY
65	MUHAMMED RIZVEN M B	PSYCHOLOGY
66	KIBILATH DIVAN	PSYCHOLOGY
67	NAJIYA K A	PSYCHOLOGY
68	AVANI K DEVADAS	PSYCHOLOGY
69	FATHIMATH HASNA K N	PSYCHOLOGY
70	FATHIMA U S	PSYCHOLOGY
71	HANEENA RASMIN K U	PSYCHOLOGY
72	HARIPRIYA M T	PSYCHOLOGY
73	NASRIN K N	PSYCHOLOGY
74	NIJAYAS PRASAD	PSYCHOLOGY
75	RAHMA RAFEEQUE K K	PSYCHOLOGY
76	RASHA K M	PSYCHOLOGY
77	RESHMA RAMESH NAIR	PSYCHOLOGY
78	RUKSANA PARVEEN M B	PSYCHOLOGY
79	SETHULAKSHMI K S	PSYCHOLOGY
80	SHELNA A S	PSYCHOLOGY
81	SHIFNA SHEREEF	PSYCHOLOGY
82	SITHALAKSHMY P G	PSYCHOLOGY
83	SULTHANA JASMIN P S	PSYCHOLOGY
84	SWATHI P B	PSYCHOLOGY
85	ADNAN HAMZA KIZHISSERI	PSYCHOLOGY

  
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86	AARSHIDA ERATTU ARUN	PSYCHOLOGY
87	AFLA K S	PSYCHOLOGY
88	ANASWARA C G	PSYCHOLOGY
89	ARYALAKSHMI E G	PSYCHOLOGY
90	AYISHA A P	PSYCHOLOGY
91	BHAGYA B L	PSYCHOLOGY
92	FAIZIYA T	PSYCHOLOGY
93	FATHIMATH HIBA	PSYCHOLOGY
94	FEMINA V A	PSYCHOLOGY
95	MINNA FARHANA V M	PSYCHOLOGY
96	N R ALFIYA	PSYCHOLOGY
97	RAFNA RAFI	PSYCHOLOGY
98	RAMEESA M A	PSYCHOLOGY
99	RAMEESA PARVIN K U	PSYCHOLOGY
100	RISWANA M A	PSYCHOLOGY
101	SANDHRA N S	PSYCHOLOGY
102	SHAHANAS P S	PSYCHOLOGY
103	SNEHA RAJEEVAN N K	PSYCHOLOGY
104	SONA RAJEEV T	PSYCHOLOGY
105	SREEJAL K R	PSYCHOLOGY
106	SREELAKSHMI G	PSYCHOLOGY
107	SREYA KRISHNA T G	PSYCHOLOGY
108	ABDUL SALAM	PSYCHOLOGY
109	HAREESH MOHAN E R	PSYCHOLOGY
110	MUHAMED SHAHAL T	PSYCHOLOGY
111	MUHAMMED SHARIK M A	PSYCHOLOGY
112	NIRMAL RANADIVE K	PSYCHOLOGY
113	PRANAV MOHAN	PSYCHOLOGY
114	SAHLA V A	PSYCHOLOGY
115	SAMEENA E Y	PSYCHOLOGY
116	THASLEEMA NAZRIN K S	PSYCHOLOGY
117	MOHAMMED HAFEEZ	PSYCHOLOGY
118	NOOR MUHAMMED	PSYCHOLOGY
119	AHLAAM K A	PSYCHOLOGY
120	ASHITHA RASHEED	PSYCHOLOGY
121	CHANDANA P VIBIN	PSYCHOLOGY
122	DANA T M	PSYCHOLOGY



**LATHIF PENATH**  
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**DEPARTMENT OF COMMERCE**  
**Transactional Analysis (TA Psychology) for Post  
Graduate Students in Commerce**

**Date : 05/02/2021**

**Time : 10:30 am**

**Venue : Seminar Hall (Online Session)**

**No of Participants : 41**

**Introduction:**

The orientation programme on Transactional Analysis (TA Psychology) for Post Graduate Students in Commerce was organized jointly by the Research Department of Commerce and PG Department of Commerce and Management Studies at MES Asmabi College, P. Vemballur. The event took place on the 5th of February 2021, from 10:30 am onwards, and was conducted online due to the prevailing COVID-19 restrictions.

**Objective:** The primary objective of the programme was to introduce the postgraduate students in commerce to the principles and applications of Transactional Analysis (TA Psychology). The session aimed to provide insights into understanding human behavior and communication patterns, particularly in the context of professional and interpersonal relationships.

**Resource Person:** Ms Beena Dharman MS (Psy), a seasoned professional in the field of psychology, served as the resource person for the orientation programme. With a rich background as a Life Coach & Mentor, Psychotherapist, Counsellor, and Trainer, Ms Beena Dharman brought a wealth of practical knowledge and expertise to the session. She currently holds the position of Director at Life Guide Counselling & TA Study Centre in Trissur and is a member of prominent associations including ICTA Kochi, SAATA, and ITAA (USA).

**Session Overview:** Despite the limitations posed by the online format due to COVID-19 restrictions, Ms Beena Dharman delivered an engaging and insightful session. The content covered various aspects of Transactional Analysis, including its theoretical foundations, key concepts, and practical applications in real-life scenarios. The session was structured to be interactive, allowing participants to actively engage in discussions and ask questions. Ms Beena Dharman employed a variety of teaching methods, such as case studies, real-life examples, and interactive exercises, to make the content accessible and relevant to the postgraduate students in commerce.

**Online Participation:** The online session witnessed the active participation of approximately 41 postgraduate students in commerce. The virtual format, though necessitated by the ongoing pandemic, did not hinder the quality of interaction and learning. The students were able to connect with the resource person and fellow participants through the digital platform, contributing to a dynamic and enriching learning environment.

**Conclusion:** The orientation programme on Transactional Analysis (TA Psychology) for Post Graduate Students in Commerce was a resounding success. The collaboration between the Research Department of Commerce and PG Department of Commerce and Management Studies at MES Asmabi College provided students with valuable insights into the realm of TA Psychology. The choice of Ms Beena Dharman as the resource person proved to be instrumental in delivering a meaningful and engaging session. The event not only broadened the understanding of Transactional Analysis among the students but also fostered a sense of curiosity and interest in the field.



Organised by Research Dept. of Commerce and  
PG Dept. of Commerce and Management Studies

# ORIENTATION PROGRAMME

on  
**Transactional Analysis (TA Psychology)**  
for Post Graduates Students in Commerce



*Resource Person*  
**Ms. Beena Dharman MS (Psy)**  
Life Coach & Mentor,  
Psychotherapist, counsellor, Trainer  
Director - Life Guide Counselling &  
TA Study Centre, Trissur  
Member - ICTA Kochi, SAATA, ITAA (USA)

**Friday, 05/02/2021. 10:30 am**

**Venue: Seminar Hall**

Brochure of the Program



Ms Beena Dharman  
leading the session

# LIST OF PARTICIPANTS

Research Department of Commerce  
&  
PG Department of Commerce and Management Studies  
MES Asmabi College, P. Vemballur

Transactional Analysis (TA Psychology) for Post Graduate Students in  
Commerce

38.	REVATHY M S	II MCOM
39.	SAMEEHA E A	II MCOM
40.	SANAM MAJEED	II MCOM
41.	SAREENA V N	II MCOM

SL.NO	NAME OF THE STUDENT	CLASS
1.	ABHINENDHU P A	I MCOM
2.	ADITHYA K G	I MCOM
3.	AFFEEFA MIZAJ U.A	I MCOM
4.	AFNAN LATHEEF	I MCOM
5.	AMEERA T M	I MCOM
6.	ANUPAMA JOJI	I MCOM
7.	APARNA T.R	I MCOM
8.	DEVIKA K K	I MCOM
9.	FARIZA	I MCOM
10.	HARIPRIYA S	I MCOM
11.	HARITHA P S	I MCOM
12.	HASNA O S	I MCOM
13.	LIMNA LATHEEF	I MCOM
14.	NASMIYA V A	I MCOM
15.	RESHMA E R	I MCOM
16.	RESMI K D	I MCOM
17.	SALMA THASNEEM P A	I MCOM
18.	SANDHRA MOL P S	I MCOM
19.	SANDRA E S	I MCOM
20.	ADHILA SHERIN V S	II MCOM
21.	AMAL M A	II MCOM
22.	ANANYA A S	II MCOM
23.	ATHIRAMOL M M	II MCOM
24.	FARSANA P M	II MCOM
25.	JINIMOL P J	II MCOM
26.	JYOTHY K B	II MCOM
27.	MALAIKHA P B	II MCOM
28.	MALUTTY K B	II MCOM
29.	MANJIMA P T	II MCOM
30.	MINNUMOL P S	II MCOM
31.	NANDA G VALLABHAN	II MCOM
32.	NIKHITHA P S	II MCOM
33.	NIROSHA PA	II MCOM
34.	NISHIDA P S	II MCOM
35.	P A ALVIRA	II MCOM
36.	REEMA SALEEM	II MCOM
37.	RESHMA E R	II MCOM



*Ch*  
MITHRIP



## **DEPARTMENT OF TOURISM AND HOSPITALITY MANAGEMENT**

# **Language and Communication Skills- French**

Title of the Program	: Language and Communication Skills- French
Name of the Coordinator	: Shafna A S
Organizing Department/Cell	: Bvoc Tourism and Hospitality Management
Date of the Program	: 08/07/2020
Number of Participants.	49
Resource Person	: Elafath M A, Assistant Professor French, CMS
College Kalamassery	

### **Program Objectives:**

The objective of the Language and Communication Skills- French is to enable students to effectively communicate in French in various real-life situations, such as travel, business, or social interactions and to support students' academic endeavors by providing them with the linguistic skills necessary to succeed in French language exams, courses, and programs.

### **Program Participants:**

Faculty members and students, engaging with the topic of Language and Communication Skills- French.

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

The Language and Communication Skills- French Program organized by MES Asmabi College, Department of Tourism and Hospitality Management was held on 08/07/2020 at 10.30 AM in the college seminar hall. College Principal Dr. A Biju presided over the function where Elafath M A delivered the keynote address. Led the session the Mrs. Elafath explained about the importance of studying a new language like French. Mr. Pranav P Kumar, HOD of the Department Tourism and Hospitality Management, Shafna A S had spoken.

### **Program Outcomes:**

Participants gained valuable knowledge about the French language. It helps student for preparing various career paths that require proficiency in French, including international business, diplomacy, tourism, translation, teaching, and research.

### **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 The Language and Communication Skills- French Program.

  
DEPARTMENT OF  
TOURISM AND HOSPITALITY MANAGEMENT

**LANGUAGE AND COMMUNICATION SKILLS-  
FRENCH**

**WEDNESDAY**  
**July 08 2020**  
**10:30 AM**

Resource person : **Elafath M A**  
Assistant Professor  
CMS College  
Kalamassery

Principal  
Dr. A. Biju

Program Coordinator  
Shafna A S

**VENUE  
AUDITORIUM**



**BROCHURE**



**Leading Session**

**Participants List**  
**Language and Communication Skills in French**

Sl.No	Name	Class	Signature
1	ABDUL AHAD T M	IIIrd Sem	
2	AKHILA K R	IIIrd Sem	
3	AKSHAY KRISHNA A S	IIIrd Sem	
4	ANMOL N	IIIrd Sem	
5	ASHFAK V H	IIIrd Sem	
6	GURUDAS V R	IIIrd Sem	
7	HANNATH V S	IIIrd Sem	
8	HARIKRISHNAN P P	IIIrd Sem	
9	HASNA V B	IIIrd Sem	
10	MUHAMED SHAHEER T A	IIIrd Sem	
11	MURSHIDHA MOHAMMED	IIIrd Sem	
12	VISHAL P V	IIIrd Sem	
13	ABHIJITH V S	IIIrd Sem	
14	ADARSH S	IIIrd Sem	
15	ADHIL M K	IIIrd Sem	
16	ANSAL FAVAZ N R	IIIrd Sem	
17	APARNA VS	IIIrd Sem	
18	ARAF A NASREE	IIIrd Sem	
19	ARUNDAS K S	IIIrd Sem	
20	ASHHAD K S	IIIrd Sem	
21	ASLAM A B	IIIrd Sem	
22	DEVIKA C R	IIIrd Sem	
23	DEVIKA T D	IIIrd Sem	
24	FARSANA B H	IIIrd Sem	
25	FASILA P B	IIIrd Sem	
26	FATHIMA FARHA K Y	IIIrd Sem	
27	GANGA N S	IIIrd Sem	
28	HADIYA M M	IIIrd Sem	
29	HANNATH K H	IIIrd Sem	
30	KRIPA K V	IIIrd Sem	
31	MOHAMED SAHAD PM	IIIrd Sem	
32	MOHAMMED MOHSIN K M	IIIrd Sem	
33	MOHAMMED RAZIK PM	IIIrd Sem	
34	MUHAMMAD MIDHILAJ P N	IIIrd Sem	
35	NADIRSHA K K	IIIrd Sem	
36	NAJIYA NESRIN V S	IIIrd Sem	
37	NANDHANA E R	IIIrd Sem	
38	NISAM K L	IIIrd Sem	
39	PRATHEEKSHA P S	IIIrd Sem	
40	RAIHANATH P J	IIIrd Sem	
41	RITHUNANDA N B	IIIrd Sem	
42	SALEENA E N	IIIrd Sem	
43	SALIHA V S	IIIrd Sem	



44	SALMANUL FARIZI P S	IIIrd Sem	<u>Salman</u>
45	SANDRA M R	IIIrd Sem	<u>Sandra</u>
46	SHABEEB A A	IIIrd Sem	<u>Shabeeb</u>
47	SHAHIN K M	IIIrd Sem	<u>Shahi</u>
48	SHAMILA A N	IIIrd Sem	<u>Shamila</u>
49	SREECHITHRA K A	IIIrd Sem	<u>Sreechithra</u>