



**MES ASMABI COLLEGE
P.VEMBALLUR**

REPORT

2019-20

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

www.mesasmabicollege.edu.in

Confidence Booster program

Women Development Cell

in association with the Rexona - Hindustan Unilever Pvt. LTD

Title of the Program : Confidence booster program

Name of the Coordinator : Dhanya K

Organizing Department/Cell : Women Development Cell

Date of the Program : 06/03/2020

Number of Participants : 45

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

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

Program Highlights:

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

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

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

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

Key Takeaways:

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

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

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

Conclusion:

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

MES ASMABI COLLEGE,
P.VEMBALLUR

Women Development Cell

CONFIDENCE BOOSTER PROGRAM

DATE: MARCH 03, 2023
@ 10.30 AM

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

Brochure

Miss. Anjuman Ban U
addressing the gathering



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

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

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

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

Women Development Cell

Nirbhaya Self-Defense Training Programme

Title of the Program : Nirbhaya Self-Defense Training Programme

Name of the Coordinator : Dhanya K

Organizing Department/Cell : Women Development Cell

Date of the Program : November 25, 2019

Number of Participants : 32

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

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

Program Highlights:

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

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

Key Takeaways:

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

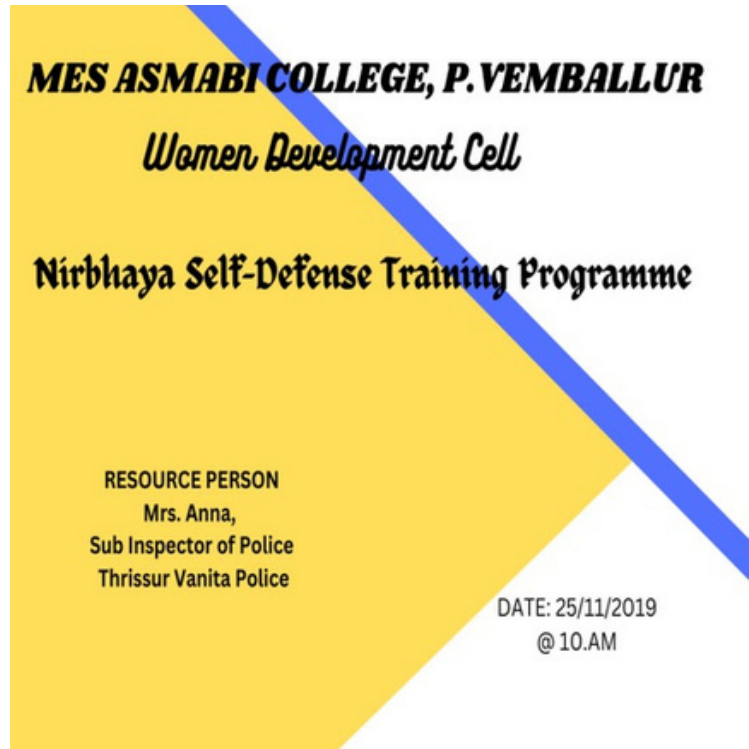
Safety Measures Awareness: Mrs. Anna's address and the trainers' sessions emphasized the significance of being vigilant about one's surroundings and adopting safety measures to prevent untoward incidents.

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

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

Conclusion:

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



Brouchre

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

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

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

Dr. Dhanya K.

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

Women Development Cell

Workshop on Self Protection Techniques in Karate

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

Coordinator : Dhanya K

Organizing Department/Cell : Women Development Cell

Date of the Program : 09/03/2020

Number of Participants : 30

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

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

Program Highlights:

Collaboration with Agra College Union: The workshop was conducted in collaboration with Agra College Union, fostering a sense of community engagement and support.

Focus on Self-Defense: The primary objective of the workshop was to emphasize self-defense techniques, providing participants with practical skills and knowledge to enhance their personal safety.

Key Takeaways:

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

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

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

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

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

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

MES ASMABI COLLEGE, P.VEMBALLUR

Women Development Cell

Workshop on Self Protection Techniques in Karate



**DATE: 09/03/2020
@ 11.30 AM**

RESOURCE PERSON
Mr. Pradeep
(an experienced Karate Trainer)

Brochure



Demonstration of Self Protection Techniques

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

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

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

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

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

Program Objectives:

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

Program Participants:

30 B.Sc. psychology students

Report of the Program:

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

Program Highlights:

1. Flashmob Performance:

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

2. Inclusive Participation:

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

3. Symbolic 40 Seconds of Action:

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

4. Informative Signage and Resources:

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

5. Engaging the Public:

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

6. Post-Performance Discussion:

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

Impact and Benefits:

1. Increased Awareness:

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

2. Destigmatization of Mental Health:

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

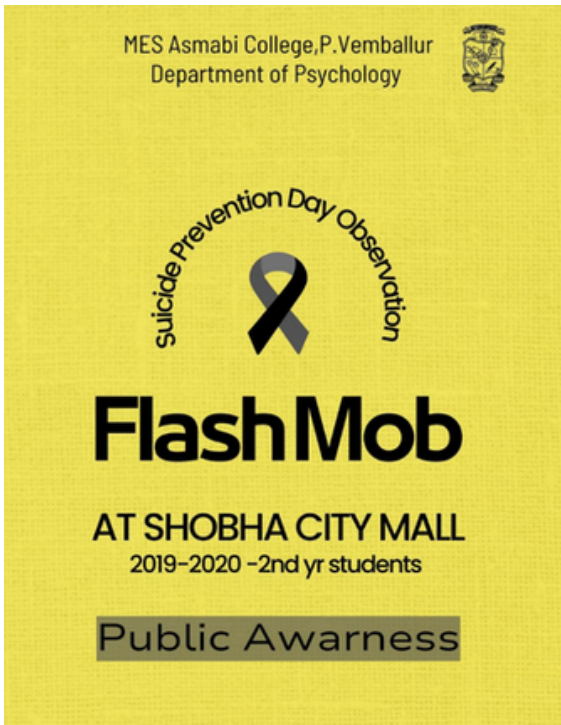
3. Community Engagement:

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

4. Educational Outreach:

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

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



Brouchre



Photo of the Event

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

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

DEPARTMENT OF MALAYALAM

Vayanapakshacharanam - 'Akksharakuttu' Event

Title of the Program : Vayanapakshacharanam - 'Akksharakuttu' Event

Name of the Coordinator : Dr. Jaisy David

Organizing Department/Cell: Malayalam Department

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

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

Programme Objectives:

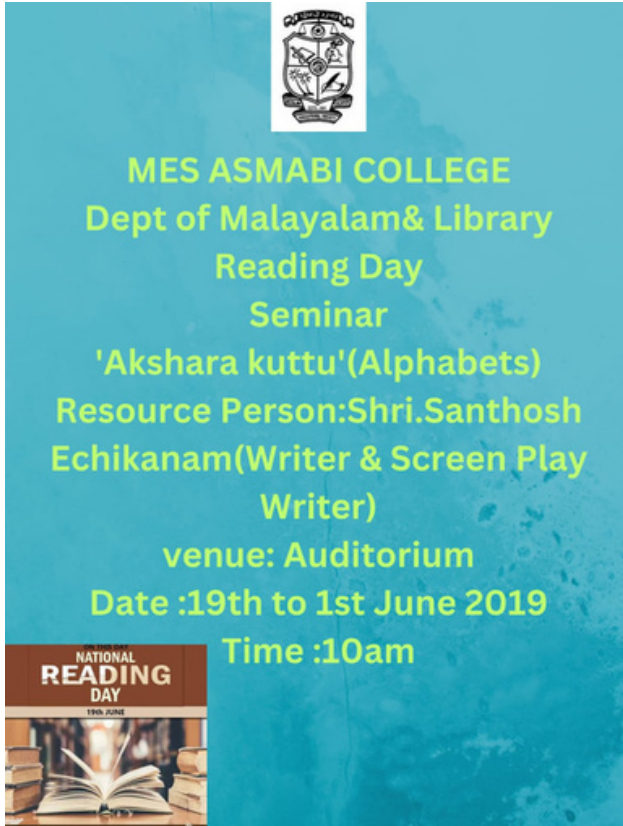
1. To promote and celebrate Malayalam literature and culture.
2. To engage participants in a literary and cultural event featuring 'Akksharakuttu' (literary play).
3. To provide a platform for renowned writer and scriptwriter Shri. Santhosh Echicanam to share insights and knowledge.

Programme Participants: 50

Report of the Programme:

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

Brochure of the Program



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

NATIONAL READING DAY
19th JUNE



Sri. Santhosh Echicanam
addressing the gathering

List of Participants

AKSHARA KOOTU -PARTICIPATION LIST

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

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

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

Program Objectives:

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

Report of the Program:

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



Brochure of the Program



Shri Jayakumar IAS inaugurating the seminar

List of Participants

21-NOOTANDILE BHASHA -PARTICIPATION LIST

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

DEPARTMENT OF PSYCHOLOGY
Anti-Drug Day Celebration and Awareness Program

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

Program Objectives:

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

Program Participants: ALL STUDENTS

Report of the Program:

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

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

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

Anti-Drug Day Celebration and Awareness Program



Resource Person

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

June 26, 2019

Brochure



Mr. Jhaithran, the Municipal Chairman
inaugurating the program

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

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

Name of the Coordinator : Lathif Penath

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

Vemballur Date of the Program : 11 October 2019

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

Program Objectives:

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

Program Participants:

All students of academic year 2019-2020

Report of the Program:

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

Key Components:

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

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

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

4.Exhibition Highlights:

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

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

5.Interactive Sessions:

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

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

6.Community Engagement:

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

Benefits to Students:

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

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

Mes Asmabi College,p.Vemballur
Department of Psychology



Intihar yok

World mental health celebration exhibition

11 | 10 | 19
10 AM - 03 PM

Psychology Department Exhibition for
all students

Principal:Dr Ajims p Mohammad

Self Financing Director :Dr k p Samedhan

HOD : Sangeetha p s

PARTICIPATION : 2019-2020 BATCH STUDENTS

Brochure of the Program

Inauguration of the Exhibition



DEPARTMENT OF PSYCHOLOGY
Mindfulness Training Programme

Title of the Program : Mindfulness Training Programme

Name of the Coordinator : Lathif Penath

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

Vemballur Date of the Program : 8 October 2019

Number of Participants : 96

Resource person : Liya Ajayan - Clinical Psychologist , CIGI Kozhikode

Program Objectives:

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

Program Participants:

96 psychology students

Report of the Program:

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

Program Highlights:

1. Mindfulness Workshop by Liya Ajayan:

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

2. Interactive Sessions:

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

3. Q&A Session:

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

4. Resource Materials:

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

5. Practical Application:

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

6. Follow-up Resources:

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

Benefits to Students:

1. Stress Reduction:

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

2. Improved Concentration and Focus:

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

3. Emotional Regulation:

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

4. Enhanced Self-Awareness:

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

5. Positive Feedback and Engagement:

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

6. Continued Practice:

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

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

Mes Asmabi College, p.Vemballur
Department of Psychology



MINDFULNESS OF STUDENTS

2019-2020 Full Batch

Liya ajayan

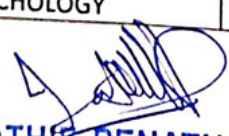
clinical psychologist
Ciai kozhikode

Brochure of the Program




SESSION

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


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 Kodungallur, Thrissur-680 671, Kerala-India

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|----|------------------------|---------------------------------|---------------------|
| 23 | SABILA SALAM P | 1 ST YEAR PSYCHOLOGY | Sabila |
| 24 | SANA P A | 1 ST YEAR PSYCHOLOGY | Sana |
| 25 | SHAHLA SHAJI SHAJI | 1 ST YEAR PSYCHOLOGY | Shahla |
| 26 | SURAYA K M | 1 ST YEAR PSYCHOLOGY | Suraya |
| 27 | THASLEEMA K H | 1 ST YEAR PSYCHOLOGY | Thasleema |
| 28 | ZAHARA SHAREEF | 1 ST YEAR PSYCHOLOGY | Zahara Shareef |
| 29 | GOKUL T VIBIN | 1 ST YEAR PSYCHOLOGY | Gokul |
| 30 | JOSEPH STEVE | 1 ST YEAR PSYCHOLOGY | Joseph |
| 31 | MUHAMMED RIZVEN M B | 1 ST YEAR PSYCHOLOGY | Muhammed Rizven |
| 32 | THAMJIDHA V M | 1 ST YEAR PSYCHOLOGY | Thamidha |
| 33 | AMINA THASNEEM V S | 2 ND YEAR PSYCHOLOGY | Amina Thasneem |
| 34 | FARSANA SUMAYYA M F | 2 ND YEAR PSYCHOLOGY | Farsana |
| 35 | FASMILA | 2 ND YEAR PSYCHOLOGY | Fasmila |
| 36 | HANEENA PARVIN A K | 2 ND YEAR PSYCHOLOGY | Haneena |
| 37 | NOUFIRA M N | 2 ND YEAR PSYCHOLOGY | Noufira |
| 38 | SALVA | 2 ND YEAR PSYCHOLOGY | Salva |
| 39 | SHABNA M A | 2 ND YEAR PSYCHOLOGY | Shabna |
| 40 | SHIFA P S | 2 ND YEAR PSYCHOLOGY | Shifa |
| 41 | SUMAYYA A S | 2 ND YEAR PSYCHOLOGY | Sumayya |
| 42 | YASMIN K S | 2 ND YEAR PSYCHOLOGY | Yasmin |
| 43 | MOHAMED BILAL | 2 ND YEAR PSYCHOLOGY | Mohamed Bilal |
| 44 | DEVICHANDANA M S | 2 ND YEAR PSYCHOLOGY | Devichandana |
| 45 | HASNA FATHIMA | 2 ND YEAR PSYCHOLOGY | Hasna |
| 46 | HASNA JAHAN K A | 2 ND YEAR PSYCHOLOGY | Hasna Jahan |
| 47 | JINSIYA T A | 2 ND YEAR PSYCHOLOGY | Jinsiya |
| 48 | SANDRA SATHEESAN | 2 ND YEAR PSYCHOLOGY | Sandra Satheesan |
| 49 | ANJALI SUBRAMANIAN | 2 ND YEAR PSYCHOLOGY | Anjali |
| 50 | ANJANA PRIYA M D | 2 ND YEAR PSYCHOLOGY | Anjana Priya |
| 51 | ASNA T S | 2 ND YEAR PSYCHOLOGY | Asna |
| 52 | MAFITHA M M | 2 ND YEAR PSYCHOLOGY | Mafitha |
| 53 | MOHSINA T M | 2 ND YEAR PSYCHOLOGY | Mohsina |
| 54 | NAFEESATHUL KALIMA M N | 2 ND YEAR PSYCHOLOGY | Nafeesathul Kalima |
| 55 | NAFEESATHUL MISRIYA | 2 ND YEAR PSYCHOLOGY | Nafeesathul Misriya |
| 56 | RAEESA P M | 2 ND YEAR PSYCHOLOGY | Raeesa |
| 57 | RINAAS K M | 2 ND YEAR PSYCHOLOGY | Rinaas |
| 58 | SAIRA AYSHA BASHIR | 2 ND YEAR PSYCHOLOGY | Saira Aysa |
| 59 | SANAM MALIK | 2 ND YEAR PSYCHOLOGY | Sanam |


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


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