

DEPARTMENT OF BOTANY
Soft Skill Orientation Programme

Title of the Program : Soft Skill Orientation Programme for Final year BSc Botany Students
Name of the Coordinator: Dr. Jisha K C
Organizing Department : Department of Botany
Date of the Programme : 9th December 2022
Number of Participants : 37
Resource Person/s : Nazeema MK(Assistant Professor, Department of Botany, MES Asmabi College, P. Vemballur)

Program Objectives :

- To raise awareness about stress and its impact on academic performance and mental health.
- To provide practical strategies for stress management.
- To enhance communication skills, time management, and resilience.
- To foster a supportive and collaborative learning environment.

Program Participants:

Final Year UG students of Botany

Report of the Programme:

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

Program Outcomes:

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

Brochure of the event



MES ASMABI COLLEGE, P VEMBALLUR

SOFT SKILL ORIENTATION 2022

STRESS MANAGEMENT: COPING STRATEGIES FOR STUDENTS

Nazeema MK
Assistant Professor in Botany

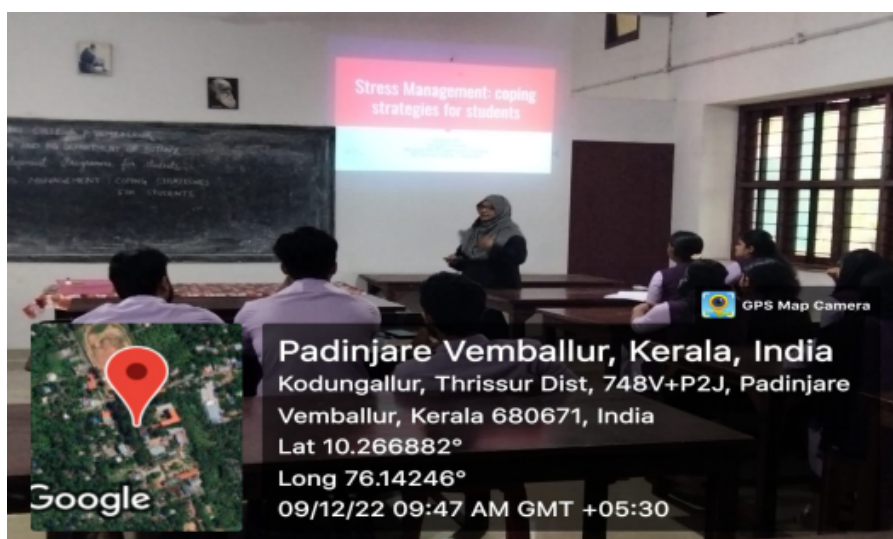
9-12-2022, FRIDAY 9.30-10.30 AM

FOR III YEAR BSC BOTANY STUDENT'S

Principal
Dr. A. Biju

HOD
Dr. Girija TP


Co-ordinator
Dr. Jisha KC



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

List of Participants

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


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 Research & PG Dept. of Botany
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