

REPORT
ON
ADDRESS YOUR MENTAL HEALTH

ORGANIZED BY
COLLEGE COUNSELING CENTRE
AND
ABSOLUTE MIND

E.M.E.A. COLLEGE OF ARTS AND SCIENCE

7 JUNE 2022

IN ASSOCIATION

With

IQAC



Absolute Mind
A complete care for the mind

EMEA COLLEGE AND ABSOLUTE MIND
ORGANISE
IN ASSOCIATION WITH **IQAC**



ADDRESS YOUR MENTAL HEALTH

Kavitha MA

(Clinical Psychologist)

2022 JUNE
TUESDAY

07



SEMINAR HALL

2.30 PM



In association with IQAC, EMEA College Counseling Centre and Absolute Mind organized an interactive session titled ADDRESS YOUR MENTAL HEALTH on June 7 2022. Ms Kavitha M A was the invited resource person. The session was held in Seminar Hall at 2.30 P.M. The programme was coordinated by Ms N. K. Zaheera Banu.

The welcome speech was delivered by Ms Fathima Anan. Ms Kavitha interacted and explained the importance of addressing one's mental health in the present scenario.

A brief outlook on various mental health problems faced by students was given. With the active participation of students, different modes for addressing mental health issues were discussed and the resource person encouraged students to open up during similar discussions.

The session was concluded with a vote of thanks from Ms Nadha Maryam. In overall, the talk was fruitful and gained positive feedback. Around 80 students were present.





Venue: Seminar Hall

Address Your Mental Health

Date 07/06/2022

2:30 PM

Sl	Name	Department	Signature
1.	Fathima Suhra.K	BSc Biochemistry	
2.	Fathima Nishin E.T	"	
3.	Hasna.P	"	
4.	Fathima Raniga.M.C	"	
5.	Nesva K.V	"	
6.	Jusaina. Areekan	"	
7.	Neha.P	"	
8.	Fathima Shahana	"	
9.)	Mohammed Sanabil K	BSc Biotechnology	
10.)	Safna shesin.v	BSc Biochemistry	
11.)	Hafeesa.K	"	
12.)	Rameena shirin	"	
13.)	Muflina Sarah.E	"	
14.)	Lubna.P	BSc Biotechnology	
15.)	Minha.P	" "	
16.)	Silvya.T	" "	
17.)	VishnuPriya	" "	
18.)	Misba.K.M	BSc Biochemistry	
19.)	Nadha Nasar	"	
20.)	Shabna Sheerin.	BSc Biotechnology	
21.)	Sayana P.T.K	BSc Biotechnology	
22.)	Jumana begam	BSc Biochemistry	
23.)	Fathima Nepwa.M.K	BSc Biotechnology	
24.)	Sibila Risni.K	"	
25.)	Rafiqo Shebin Aze	"	

26	Fatima Riola	BSc Biotechnology	Ad
27	Anshif N	BSc Biotechnology	Ad
28	Anas Jona Nazar	BSc Biotechnology	Ad
29	Nihal Mohamed Ali	BSc Biotechnology	Nihal
30	Safna K.P	BSc Biotechnology	Safna
31	Ruksana	BSc Biochemistry	Ruksana
32	Riya Jafar	BSc Biochemistry	Riya Jafar
33	Hashana Farheen.T	BSc Biochemistry	Farheen
34	Shainah	BSc Biochemistry	Shainah
35	Abdu Rahiman	BSc Biochemistry	Abdu
36	Sasna Sherin	BSc Biochemistry	Sasna
37	Diahna Jafar	BSc Biotechnology	Diahna
38	Naseet K.C	BSc Biochem	Naseet
39	Shihal Rosal-P	BSc Biochemistry	Shihal
40	Ajmal Sonni.A	BSc Biochemistry	Ajmal
41	Akshay.K	BSc Biochemistry	Akshay
42	Ahameed Roshan	BSc Biochemistry	Ahameed
43	Akhilesh	BSc Biochemistry	Akhilesh
44	ASMATUL NITASHA	BSc MICROBIOLOGY	Asmatul
45	Karunika Jafar.K.P	BSc-Biotechnology	Karunika
46	Ajma Asrarat	BSc-Biotechnology	Ajma
47	Lijuvana	BSc-Biotechnology	Lijuvana
48	Bisnu	BSc-Biotechnology	Bisnu
49	Anam	BSc-Biotechnology	Anam
50	Fathimathul Safa.V	BSc-Biotechnology	Fathimathul
51	Musthaneer	11	Musthaneer
52	Shammya	11	Shammya
53	Lubna Sherin	11	Lubna
54	Shihana Sherin	11	Shihana

Naswecha T9
Kenza

Aswathi.c

Shama Kadam Cp

Fathima Shemila P.P

Mishal Ahamed

Shanava

Huma Banu .KT

sahla sherin

Shamna

F. Hasna

Aysha Nafsa

Sanoobi-ck

Aswathi

Liyona

Muashida

Aksha

B.Sc Biotechnology

BSc Biotechnology

BSc Microbiology

BSc. Microbiology

B.Sc. Biotechnology

B.Sc Biotechnology

BSc Biotechnology

BSc Biotechnology

Bsc Biotechnology

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"

BSc Biochem

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~~Aswathi~~

~~Kenza~~

~~Aswathi~~

~~Shama Kadam Cp~~

~~Shamna~~

~~F. Hasna~~

~~Aysha Nafsa~~

~~Sanoobi-ck~~

~~Aswathi~~

~~Liyona~~

~~Muashida~~

~~Aksha~~

~~Aswathi~~

~~Kenza~~

~~Aswathi~~

~~Shama Kadam Cp~~

~~Shamna~~

~~F. Hasna~~

~~Aysha Nafsa~~

~~Sanoobi-ck~~

~~Aswathi~~

~~Liyona~~

~~Muashida~~

~~Aksha~~

REPORT
ON
HAPPINESS AND WELLNESS
CONQUERED

ORGANIZED BY
COLLEGE COUNSELING CENTRE
AND
ABSOLUTE MIND

E.M.E.A. COLLEGE OF ARTS AND SCIENCE

14 FEBRUARY 2023



COLLEGE COUNSELING CENTRE
EMEA COLLEGE OF ARTS AND SCIENCE, KONDOTTY
(Re-accredited with 'A' Grade by NAAC)
In association with **KELKKOO**



Happiness & Wellness Conquered

Resource Person:

Mr. Shabeerali

(Wellness Coach)



2023
February

14

@ **AUDIO VISUAL THEATRE**

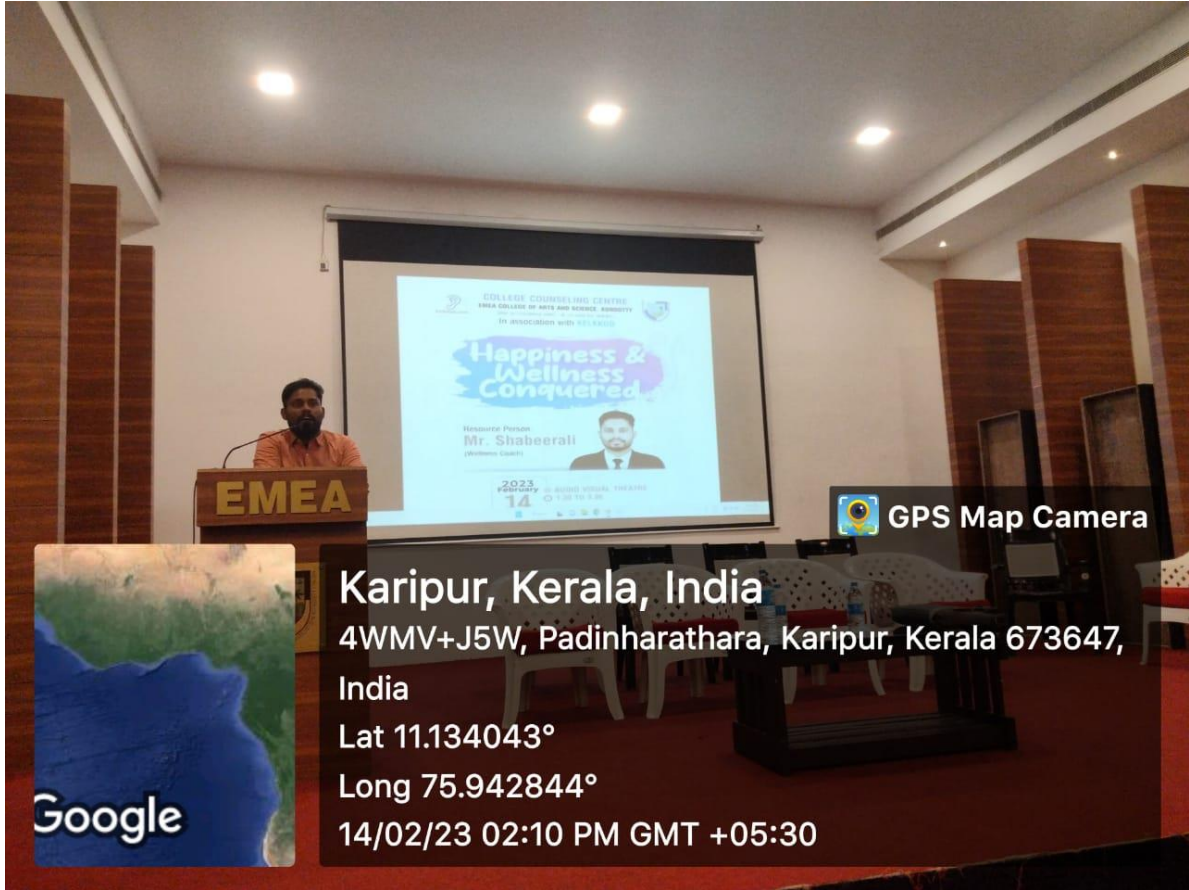
 **1.30 TO 3.30**

In association with Kelkkoo Counseling Centre , EMEA College Counseling organized an interactive session titled **HAPPINESS AND WELLNESS CONQUERD** on February 14 2023. Mr Shabeerali was the invited resource person. The session was held in Audio Visual Theatre at 1.30 P.M. The programme was coordinated by Ms N. K. Zaheera Banu.

The welcome speech was delivered by Ms N K Zaheera Banu. Mr Shabeerali interacted and explained the importance of love, compassion, mission, vision and acceptance in the present scenario.

A brief outlook on various mental emotions faced by humans was excellently explained with thought provoking stories. With the active participation of students, different modes for embracing happiness and wellness in one's life issues were discussed and the resource person encouraged students to open up during similar discussions.

The session was concluded with a vote of thanks from Mr Afsal. In overall, the talk was fruitful and gained positive feedback. Around 180 students were present.



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India
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Long 75.942844°
14/02/23 02:10 PM GMT +05:30



Karipur, Kerala, India
4WMV+J5W, Padinharathara, Karipur, Kerala 673647,
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Long 75.942844°
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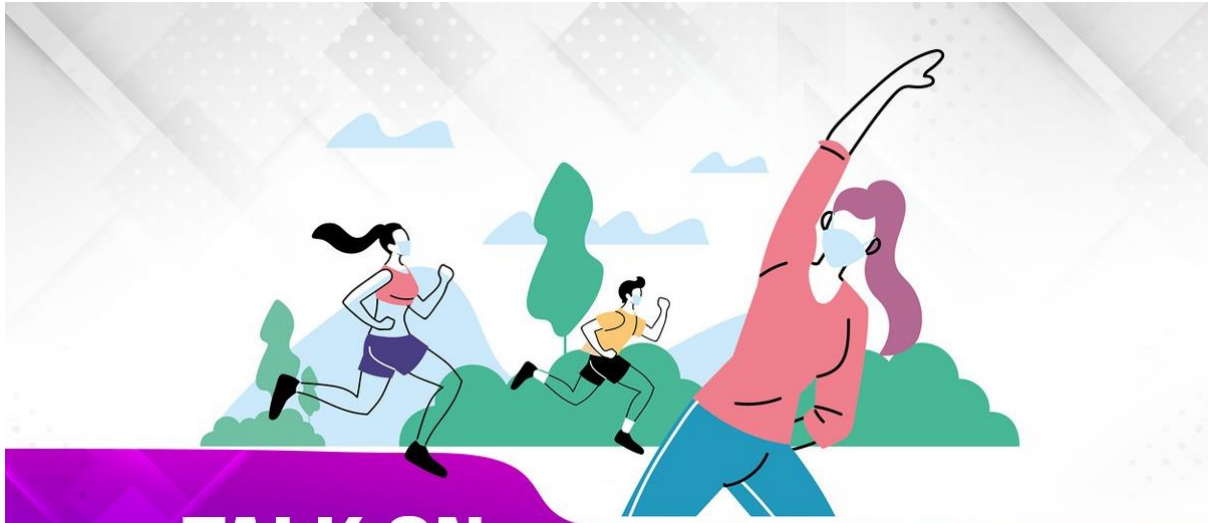
EMEA COLLEGE OF ARTS AND SCIENCE, KONDOTTI

Aided by Govt. of Kerala, Affiliated to University of Calicut
Reaccredited with A Grade by NAAC

TALK ON PHYSICAL FITNESS AND WELL BEING: REPORT

**Double Main department of Mathematics
and Physics**

Date: 08/02/2023



TALK ON PHYSICAL FITNESS & WELL BEING

FEB.
2023

8

2.30 PM
WED.



SEMINAR HALL

Shihabudheen P

HOD, Physical Education Department,
EMEA College



DOUBLE MAIN DEPARTMENT OF MATHEMATICS & PHYSICS
EMEA COLLEGE OF ARTS AND SCIENCE, KONDOTTY



Re-accredited with 'A' Grade by NAAC

Cordinator : Ansaba KK - 9567 034 195

TITLE: Talk on Physical Fitness and Well Being

The double Main Maths and Physics department, EMEA college conducted a talk on fitness and wellbeing was organized on 8th February 2023 for the students to understand the importance of fitness. Dr. shihabudheen sir, HOD, Physical education department was the resource person.

Physical activity and exercise is important for everyone. Children, adolescents, and adults of all ages need regular physical activity. Physical activity promotes good health, and you should stay active throughout all stages of your life regardless of your body type or BMI.

The main objective behind the Session is understanding the benefits of physical fitness and knowing how active you should be can help you maintain good health and improve your overall quality of life.

The session includes training on the various exercises and was interesting to all students assembled there. The session extended for one and half hours. Students actively participated in all exercises demonstrated by Dr Shihabudheen. The Session was ended with the vote of thanks by Ansaba.



Dr. Shihabudheen handling sessions.





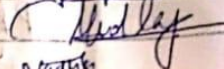
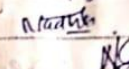
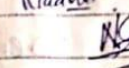
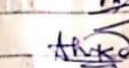
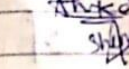
Demonstration of various Physical Activities

Invited Talk on

Physical fitness and Well being

Venue: Seminar Hall Time 2:30-3:30

S.N	Name of Student	Class	Sign
1	Ansaba .k.k	2 nd sem	
2	Fidha .k		
3	Ridha .kp		
4	Bushara .c		
5	Mace da .cp		
6	Najwa		
7	Bahiya		
8	Anandhi .c	4 th sem	
9	Fathima shahana .p	4 th sem	
10	Irfana sherin .k	4 th sem	
11	Minha	1 st sem	
12	Fathima Fida .BV	1 st sem	
13	Henna .kp	4 th sem	
14	Fathima Riya	4 th sem	
15	Mohammed Faseeh	"	
16	M: Ashif Mukri	"	
17	Zaibu Zaman	"	
18	Shabir Adhil	"	
19	Ramees	"	
20	Mubasira	"	
21	Shirana Sherin	"	
22	Aashad Poshan	1 st sem	
23	Eelva .MT	1 st sem	
24	MUHAMMED MUBASIRA	1 st sem	
25	Fathima NUSUBA .k	1 st sem	
26	Shamnu Jihan	1 st sem	

- 27 Hucla Safnas 
- 28 Rayan shahiv 
- 29 Mohammed Midlaji IST 
- 30 Nabha Inaiaim 
- 31 Arshad Roshan Ek 
- 32 Ahsan kc 
- 33 Sameera sheroi op 

Participants List

National Cadet Corps

EMEA COLLEGE OF ARTS AND SCIENCE,
KONDOTTI 29 (K) BATTALION



REPORT

YOGA DAY

21-06-2022

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SI NO	TITLE	PAGE NO
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BROCHURE OF PROGRAM



International day of
YOGA
— june 21 —



NATIONAL CADET CORPS (NCC)
EMEA College of Arts and Science
KONDOTTY, 29K BATTALION

BACKGROUND AND RELEVENCE

Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. it is an art and science of healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning 'to join' or 'to yoke' or 'to unite'.

The main aim of yoga is self realization to overcome all kinds of sufferings leading to 'the state of liberation or freedom

Yoga can be used as a practical tool in our daily life to improve our mental, emotional, physical and spiritual well being. Through yoga an Individual become more attuned to one's emotions and become calmer and more tolerant.

It is not surprising that today there is a greater awareness of the benefits of yoga and that this is on the increase. More and more people are seeking refuge in the practice of yoga as a way of finding balance, achieving and maintaining inner peace, calm and well being.

REPORT

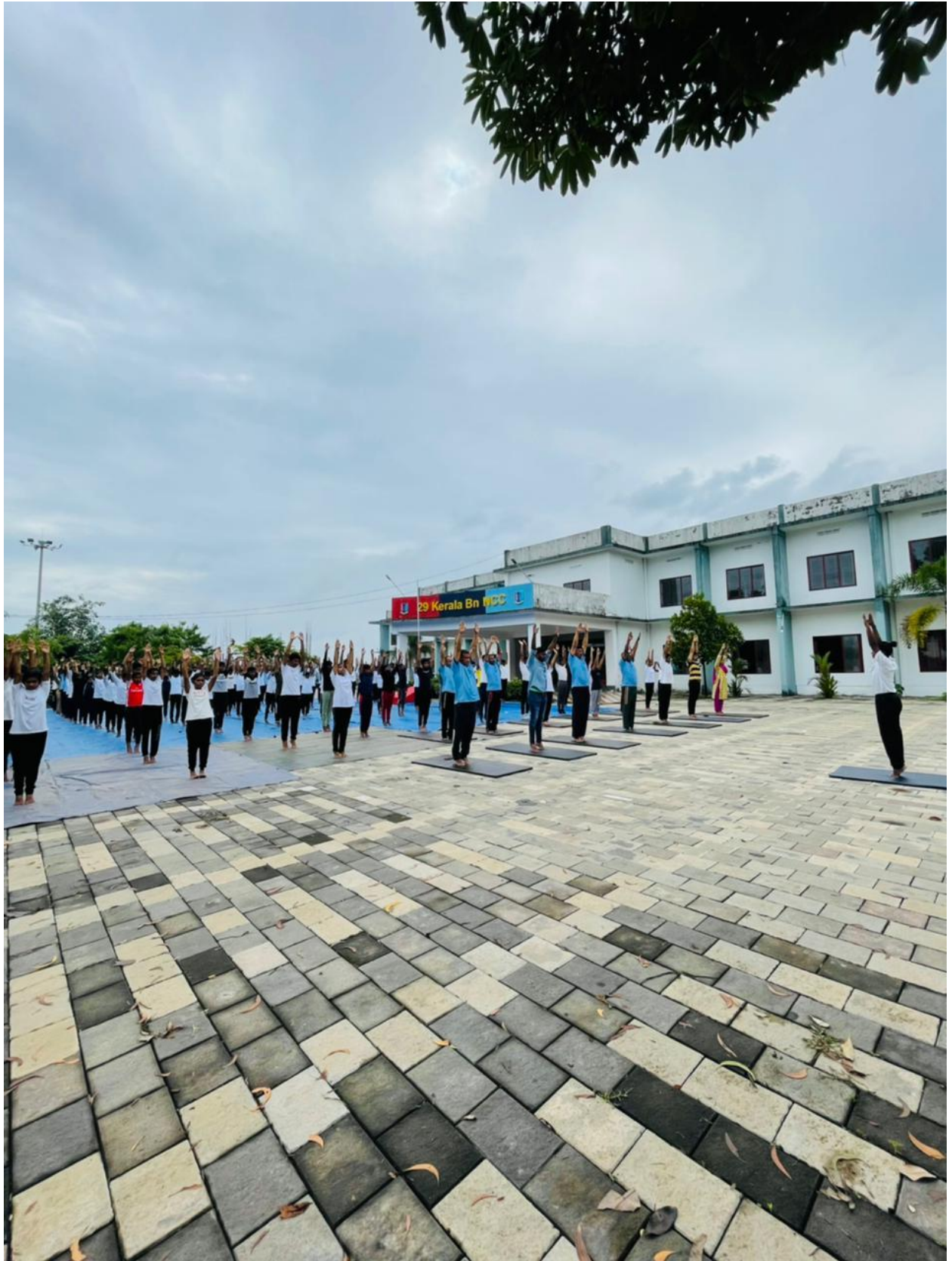
Today was international Yoga Day June (21). The idea of the international day of yoga was first proposed by Prime Minister Shri. Narendra Modi in 2014. The day is recognized by the United Nations. The theme for this year's international day of yoga is 'Yoga for Humanity '.

NCC of EMEA Arts and Science College Celebrated Yoga Day.As part of that the cadets went to 29 (k) Battalion. It was from 8:45 to 10 AM.The PI Staff and cadets had met in the vast area in front of the Battalion and practiced different asanas of yoga. Yoga Day is celebrated every year. But for the past two years, not everyone has been able to celebrate Yoga Day together, due to the covid pandemic. After yoga, the Cadets were provided with tea and snacks .Today was a very nice day.

Yoga gives peace and tranquility to the mind. Yoga is good for human health and will make us physically and mentally strong. That was an appreciable act done by the cadets.


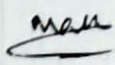



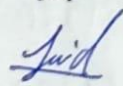





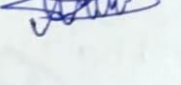
PHOTO GALLERY


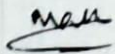
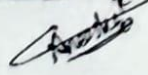





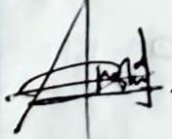









LIST OF PARTICIPANCE

CADET NUMBER	NAME	SIGNATURE
KL 20 SWA 181956	Divya . E	
KL 20 SWA 181950	Mahanas . K . K	
KL 20 SWA 181954	Aneesha . C	
KL 20 SWA 181953	Renna Rahmathi . c	
KL 20 SWA 181948	Noof Abdul Raheem	
KL 20 SWA 181951	Rasla . ck .	
KL 20 SWA 181952	Fidha . P	
KL 20 SWA 181955	Safamol . P . P	
KL 20 SWA 181949	Aswathy P	
KL 20 SWA 181943	Mohammed Anshil	
KL 20 SWA 181940	Ajith AP	
KL 20 SDA 181939	Muhammed Fahmin	

CADET NUMBER	NAME	SIGNATURE
KL 20 SWA 181956	Divya . E	
KL 20 SWA 181950	Mahanas . K . K	
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KL 20 SWA 181948	Noof Abdul Raheem	
KL 20 SWA 181951	Rasla . ck .	
KL 20 SWA 181952	Fidha . P	
KL 20 SWA 181955	Safamol . P . P	
KL 20 SWA 181949	Aswathy P	
KL 20 SWA 181943	Mohammed Anshil	
KL 20 SWA 181940	Ajith AP	
KL 20 SDA 181939	Muhammed Fahmin	

NATIONAL SERVICE SCHEME



INTERNATIONAL YOGA DAY



EMEA

College of Arts & Science

AIDED BY GOVT. OF KERALA

AFFILIATED TO THE UNIVERSITY OF CALICUT

ACCREDITED WITH B++ BY NAAC




NATIONAL SERVICE SCHEME
 EMEA COLLEGE OF ARTS & SCIENCE
 Unit No : 102 & 115
 @nss_emea_college



REPORT

On the occasion of International Yoga Day on June 21, EMEA NSS units organized Yoga training class. The programme started at 10 am in the seminar hall. NSS volunteer Ansaba welcomed the audience .

NSS programme convener Mr. Munawar Jasim presided over the function. In his keynote address, he highlighted the importance of yoga for the physical and mental well-being of every human being. He concluded by saying that Yoga Day is celebrated all over India on June 21 every year and that all students should practice yoga in their lives. Afterwards Honourable Principi

e Abdul Rasheed officially inaugurated the programme. He talked about the purpose of Yoga and the physical and mental changes that Yoga brings to human beings. He added that practicing Yoga in daily life can mold a healthy generation.

Then yoga instructor Ms. Maya Pramod handled the programme. The Yoga training class was conducted under the guidance of Ms. Maya Pramod. She said that Yoga is India's contribution to the world and is a very effective form of training that can be practiced by people of all ages in the community. Later, the volunteers trained yoga poses, such as the simple half moon and camel position etc. She ended the class by reminding us that

awakening and intuition are essential when doing Yoga and that Yoga can only be effective if the mind and body are in harmony.

Then NSS leader Anjana delivered the thanks. All NSS volunteers, including the NSS Secretary, Joint Secretary and Committee Leaders, ensured full hearty participation in the programme. The programme ended by 12:00 pm.

JUNE 21



International Yoga Day

NSS EMEA







ATTENDANCE

UNIT 105

BSC BIOTECHNOLOGY

- 1:Rinsad
- 2:Moht Haseeb.
- 3:Fathima Sahla. OP
- 4:Shima Shirin.
- 5:Selmiya Nechithadavan
- 6:Moht Danish. K
- 7:Sameera.N2
- 8:Shifana.
- 9:Keerthana.

B. Voc Logistics

- 1:Habeeb
- 2:Salman
- 3:Ruvais
- 4 :Hisan

Bsc Computer science

- 1:Junaid Abdulla Mk
- 2: Mohammed Areej backer T
- 3: Hasna.p
- 4: Kadeeja shibin
- 5: Muhammed irfan EV

BA ECONOMICS

- 1:Hiba sheril
- 2:Asna farvi
- 3:Hiba pp
- 4:Anaswara
- 5:Raslin
- 6:Thasleena parveen
- 7: Shaheen shan
- 8:jimshadul haque
- 9:murali
- 10:wasim jafar11.Shyju

DOUBLE MAIN

- 1:Muhammed ramees kp
- 2:Anandhu c
- 3:muhammed nihal p
- 4:zainu zaman
- 5:shabik p
- 6:ansaba
- 7:shifana sherin

BBA

- 1:Aboobacker siddeque
- 2:.vasih.kt
- 3:Fahma.

4:Aseel. pk
5:Muhasin

UNIT 102

Bcom cooperation

1)Shahna sherin. PP
2:hanan. Pv
3: muhammed jaseel
4:Muahmmed Nihal. Mk
5:abin.
6:anjan. C
7:anjitha. Cp
8:shaijal shifan
9:muhammed shefin

Bcom Computer Application

1:Hani kodakkadan
2:Asjid
3:Rithas Ahmed
4:Muhhammad Anshid
5:Muhhammad shamil
6:Anjusha
7:Hiba pk
8:Riyana

BA ENGLISH

- 1: Ananya T
- 2: Fathima Rinsha. V
- 3: Shahma sherin
- 4: Hasna C
- 5: Rafna sherin
- 6: Muhammad Finos B
- 7: Anisha Thasnim

BSC MICROBIOLOGY

- 1: Rumana Abdul Rauf
- 2: Hasna Halam
- 3: Fathima Nidha
- 4: Hanoona shaboom
- 5: Nahla Shirin
- 6: Fathima Shirin
- 7: Fathima Fidha
- 8: Naseera banu
- 9: Shifana sherin
- 10: Faheema
- 11: Shahla Ak

BA WAS

- 1: Rinsha

- 1: Rinsha
- 2:Fahiza
- 3:Naja
- 4: Ayisha
- 5: Vyshma
- 6:Shifana
- 7: Sajad
- 8: Shameel
- 9: Sabu
- 10:Ajsal
- 11:Shanib
- 12:suhaila



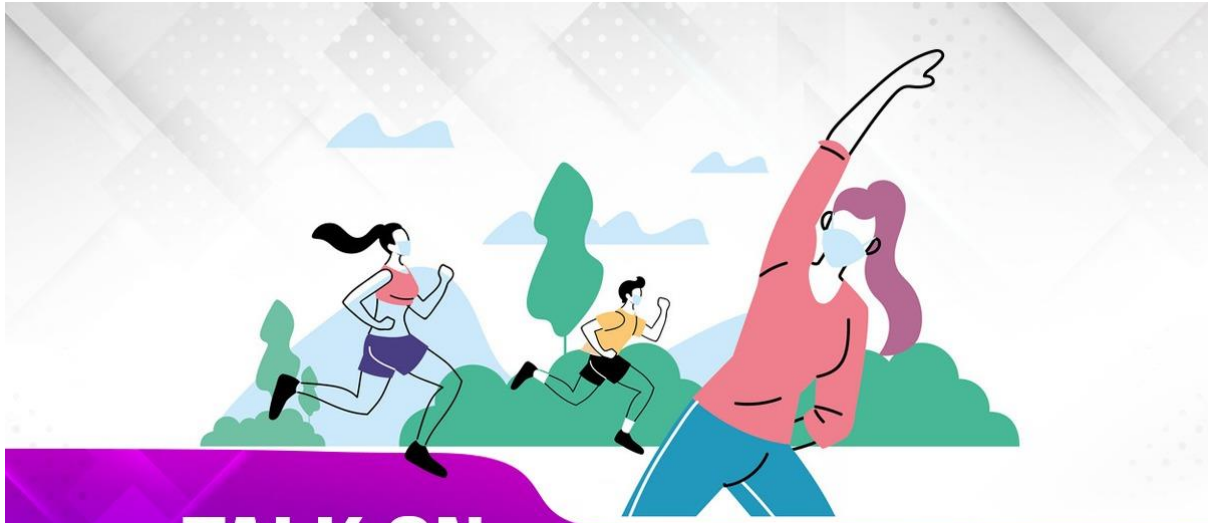
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TALK ON PHYSICAL FITNESS AND WELL BEING: REPORT

**Double Main department of Mathematics
and Physics**

Date: 08/02/2023



TALK ON PHYSICAL FITNESS & WELL BEING

FEB.
2023

8

2.30 PM
WED.



SEMINAR HALL

Shihabudheen P

HOD, Physical Education Department,
EMEA College



DOUBLE MAIN DEPARTMENT OF MATHEMATICS & PHYSICS
EMEA COLLEGE OF ARTS AND SCIENCE, KONDOTTY



Re-accredited with 'A' Grade by NAAC

Cordinator : Ansaba KK - 9567 034 195

TITLE: Talk on Physical Fitness and Well Being

The double Main Maths and Physics department, EMEA college conducted a talk on fitness and wellbeing was organized on 8th February 2023 for the students to understand the importance of fitness. Dr. shihabudheen sir, HOD, Physical education department was the resource person.

Physical activity and exercise is important for everyone. Children, adolescents, and adults of all ages need regular physical activity. Physical activity promotes good health, and you should stay active throughout all stages of your life regardless of your body type or BMI.

The main objective behind the Session is understanding the benefits of physical fitness and knowing how active you should be can help you maintain good health and improve your overall quality of life.

The session includes training on the various exercises and was interesting to all students assembled there. The session extended for one and half hours. Students actively participated in all exercises demonstrated by Dr Shihabudheen. The Session was ended with the vote of thanks by Ansaba.



Dr. Shihabudheen handling sessions.





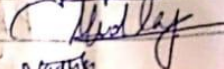
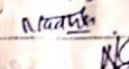
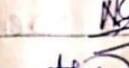
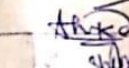

Demonstration of various Physical Activities

Invited Talk on

Physical fitness and Well being

Venue: Seminar Hall Time 2:30-3:30

S.N	Name of Student	Class	Sign
1	Ansaba .k.k	2 nd sem	
2	Fidha .k		
3	Ridha .kp		
4	Bushara .c		
5	Mace da .cp		
6	Najwa		
7	Bahiya		
8	Anandhi .c	4 th sem	
9	Fathima shahana .p	4 th sem	
10	Irfana sherin .k	4 th sem	
11	Minha	1 st sem	
12	Fathima Fida .BV	1 st sem	
13	Henna .kp	4 th sem	
14	Fathima Riya	4 th sem	
15	Mohammed Faseeh	"	
16	M: Ashif Mukri	"	
17	Zaibu Zaman	"	
18	Shabir Adhil	"	
19	Ramees	"	
20	Mubasira	"	
21	Shirana Sherin	"	
22	Aashad Poshan	1 st sem	
23	Eelva .MT	1 st sem	
24	MUHAMMED MUBASIRA	1 st sem	
25	Fathima NUSABA .k	1 st sem	
26	Shamnu Jihan	1 st sem	

- 27 Hucla Safnas 
- 28 Rayan shahiv 
- 29 Mohammed Midlaji IST 
- 30 Nabha Inaiaim 
- 31 Arshad Roshan Ek 
- 32 Ahsan kc 
- 33 Sameera sheroi op 

Participants List