



"Empowering the youth for a brighter future"

SAHYA ARTS & SCIENCE COLLEGE

Affiliated to the University of Calicut and recognised by the Govt. of Kerala

An undertaking of Sahya Pravasi Co-operative Society Ltd No. M. 862, Wandoor



SAHYA ARTS AND SCIENCE COLLEGE

PALAMADAM, WANDOOD-679339



5.1.2 CAPACITY BUILDING AND SKILL ENHANCEMENT



Principal
Sahya Arts & Science Co-
op. Society Ltd, Palamadam, Karad P.O. - 679339

LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)

SL.NO	NAME OF THE CAPACITY DEVELOPMENT AND SKILLS ENHANCEMENT PROGRAM	DATE OF IMPLEMENTATION (DD-MM-YY)	NUMBER OF STUDENTS ENROLLED	NAME OF THE AGENCIES/EXPERTS INVOLVED WITH CONTACT DETAILS (IF ANY)
1.	A LIFE SKILL PROGRAMME-INTERNATIONAL YOGA DAY CELEBRATION	21/06/2018	25	Jishad VP , Assistant professor in Physical Education, SASC
2.	A GUIDANCE TALK ON HEALTH AND NUTRITION	20/06/2018	30	Binsiya.M ,Assistant professor, Department of Psychology,SASC
3.	PRE -MARITAL EDUCATION PROGRAM	26/01/2019	30	Suresh Kooderi (Physical trainer)
4.	CELEBRATING A WAY OF LIFE- YOGA FOR ALL	21/06/2021	20	Sunil Pullikkal-Yoga Trainer
5.	SECRET OF HAPPINESS AND MENTAL HEALTH	08/10/2021	53	Taniya Thomas , Assistant professor, Department of Psychology,SASC
6.	TEENAGERS MENTAL HEALTH	17/10/2022	27	Dr.Shaji George (Consultant clinical Psychologist,NIMS HOSPITAL Wandoor)
7.	WOMEN HEALTH CARE AWARENESS PROGRAMME	24 /01/2023	25	Sree Kavya , Assistant professor, Department of Psychology,SASC



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Palamadam, Karad.P.O.- 679339



SAHYA ARTS & SCIENCE COLLEGE

Palamadam, Wandoor

APPLICATION FOR PROGRAMME

(This application should be submitted at least one week or If any other circumstances it not be less than three days of proposed date)

Department / Unit : P.G. Department of Commerce and Management
 Proposed Date : 24/01/2023.
 Name of the Programme : Women Health Awareness Program
 Name of the Inaugurator / Guest : Sree Kavya, Dept. of Psychology
 Describe about the Programme : (SASC)

Life skill development programme - Women health Awareness program

Expected Expenses : Rs. or Not required
 Funding : (Self / Aid from concerned authority / Management)

Programme committee recommendations

[Signature]
 Signature of Programme Committee Convener

Finance committee recommendations (If required)

[Signature]
 Signature of Finance Committee Convener

Kindly allow to conduct the above said Programme at our college. I assure you to submit the report to the IQAC Coordinator with relevant documents and make sure to maintain all the college atmosphere settled in precedential stage.

Date: 11/10/2021

[Signature]
 Name and Signature of the Coordinator/Convener/HOD

Approved/ Rejected with reason

Date :

Nb:- Each copy of the Programme report should be filed in concerned department with relevant documents



Principal
 Sahya Arts & Science College
 Palamadam, Karad.P.O.- 679539

[Signature]
 Principal
 Sahya Arts & Science College
 Palamadam, Karad.P.O.- 679539

Official Use

Name of the Programme

Date :

Org by :

Whether entered in Programme Register
 Website updated: upcoming events & Report
 Submitted Bills
 Report for IQAC received

Signature (Sankunny)
 Signature (Makbool)
 Signature (Nikhil Raj)
 Signature (IQAC Coordinator)

Forwarded to Management



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POST EVENT REPORT

WOMEN HEALTH CARE AWARENESS PROGRAMME

DATE: 27/01/2023

Programme Name : WOMEN HEALTH CARE AWARENESS PROGRAMME

Number of Students : 25

Name of the Coordinator : NEETHU

Date of event : 24 /01/2023

Resource person :SREE KAVYA,ASSISTANT PROFESSOR DEPT OF PSYCHOLOGY-SAHYA ARTS & SCIENCE COLLEGE

P.G. Department of Commerce and management studies has organized an life skill development programme named " WOMEN HEALTH CARE AWARENESS PROGRAMME " by SREE KAVYA on 24/01/2023 at 10 am. The programme was coordinated by Neethu , Assistant Professor, Department of commerce and management studies. students participated in the programme. The program helped the students to learn the basis of health and hygiene questions pertaining to the menstrual cycle and other pain associated with it.



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IMAGES OF THE EVENT




Students attending the class on 24/01/2023


COORDINATOR


HOD


Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339


PRINCIPAL
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339



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REQUEST LETTER

DATE : 11/10/2021

From

Neethu

Assistant Professor

Department of CA

Sahya Arts and Science College, Wandoor

To

IQAC

Sahya Arts and Science College, Wandoor

Through HOD

Sir,

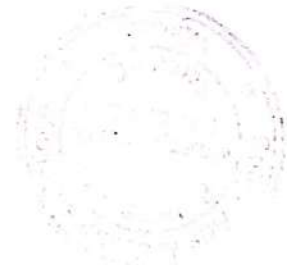
Sub: Requisition for conducting women health care awareness programme.

An Life skill development course titled " WOMEN HEALTH CARE AWARENESS PROGRAMME" is scheduled to be held by the department of CA on 24/01/2023. We are asking for your approval to hold this event with Sreekavya (P G Department of psychology), Sahya Arts and Science College, Wandoor. I am looking forward to your positive reply from your side.

Thanking you ,

Neethu

Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339



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REQUEST LETTER

DATE : 11/10/2021

From

Neethu

Assistant Professor

Department of CA

Sahya Arts and Science College, Wandoor

To

The Principal

Sahya Arts and Science College, Wandoor

Through HOD

Respected Sir,

Sub: Requisition for conducting women health care awareness programme.

An Life skill development course titled " WOMEN HEALTH CARE AWARENESS PROGRAMME" is scheduled to be held by the department of CA on 24/01/2023. We are asking for your approval to hold this event with Sreekavya (P G Department of psychology), Sahya Arts and Science College, Wandoor. I am looking forward to your positive reply from your side.

Thanking you ,

Neethu



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Palamadam, Karad P.O. - 679339

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DATE: 17/01/2023

CIRCULAR

We are glad to inform you that the Department of CA will host an LIFE skill development session for our students on 24/01/2023 titled "WOMEN HEALTH CARE AWARENESS PROGRAMME". To register, interested students must do so by 19/01/2023, at the latest, with the course coordinator.

All students can participate in the program.

CHIEF GUEST

NAME : Sreekavya

Assistant Professor (P.G Department of Psychology)

Sahya arts and Science College, Wandoor

Name Of The Coordinator: Neethu

Contact No: 8289856868

Copy to,

1. All HODs
2. Library
3. Office



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Principal
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POSTER OF WOMAN HEALTH CARE AWARENESS PROGRAMME.

**Women health care
awareness programme**

RESOURCE PERSON: SREE KAVYA
ASSISTANT PROFESSOR DEPT OF PSYCHOLOGY

Date: 24/01/2023
Venue: auditorium

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NOTICE

We are glad to inform you that the Department OF Cooperation will host an LIFE skill development session for our students on 24/01/2023 titled " WOMEN HEALTH CARE AWARENESS PROGRAMME ". To register, interested students must do so by 19/01/2023, at the latest, with the course coordinator. All students can participate in the program.



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PARTICIPATION LIST

Students participated in the programme "WOMEN HEALTH CARE AWARENESS PROGRAMME" on 24/01/2023.

Sl No	Name	Dept	sign
1	NASIBA PK	m sc psychology	
2	VAISHNAVI P	m sc psychology	
3	HIBA RAZAK K	m sc psychology	
4	FARHEENA SHERIN M	m sc psychology	
5	FATHIMATH HAIFA O	m sc psychology	
6	AMRUTHAM SHRUTHY S. S	m sc psychology	
7	ANJU JOHN	m sc psychology	
8	HANNA KP	m sc psychology	
9	FATHIMA SANA .M. SHAFEEQUE	m sc psychology	
10	RISHA CN	m sc psychology	
11	SAFA. CK	m sc psychology	

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12	SHAHMA TC	msc psychology	
13	NAJIYA P	msc psychology	
14	SUMAYYA T	msc psychology	
15	SHAHANA SHERIN VP	msc psychology	
16	FATHIMATH JABIN VT	msc psychology	
17	NIDHILA .K	msc psychology	
18	SHAMSEENA SHERIN K.P	msc psychology	
19	THANSHIFA	msc psychology	
20	FIDHA SHERIN. K K	BA economics	
21	shifana	BA economics	
22	NAFEESATHUL MISRIYA P	BA economics	
23	NIDHISHMA. T	BCOM cop	
24	SHAMNA SHERI T	BCOM cop	
25	JITHISHNA M P	BCOM cop	

Coordinator



HOD

Principal
Sahya Arts & Science College
Palamadam, Karad, P.O.

Principal
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Palamadam, Wandoor

APPLICATION FOR PROGRAMME

(This application should be submitted at least one week or if any other circumstances it not be less than three days of proposed date)

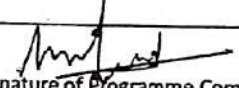
Department / Unit : P.G. DEPARTMENT OF PSYCHOLOGY
 Proposed Date : 17/10/2022
 Name of the Programme : TEENAGERS MENTAL HEALTH
 Name of the Inaugurator / Guest : DR. SHASHI GEORGE, MIMS HOSPITAL, WANDOUR

Describe about the Programme.

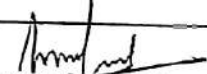
A LIFE SKILL PROGRAM - TEENAGERS MENTAL HEALTH

Expected Expenses : Rs. or Not required
 Funding : (Self / Aid from concerned authority / Management)

Programme committee recommendations


 Signature of Programme Committee Convener

Finance committee recommendations (if required)


 Signature of Finance Committee Convener

Kindly allow to conduct the above said Programme at our college. I assure you to submit the report to the IQAC Coordinator with relevant documents and make sure to maintain all the college atmosphere settled in precedential stage.

Date: 12/10/2022

Name and Signature of the Coordinator/Convener/HOD

Approved/ Rejected with reason

Date:

Nb:- Each copy of the Programme report should be filed in concerned department with relevant documents

Name of the Programme:

Official Use

Date:

Org by:

Whether entered in Programme Register
 Website updated: upcoming events & Report
 Submitted Bills
 Report for IQAC received

Signature (Sankunty)
 Signature (Makbool)
 Signature (Nikhil Raj)
 Signature (IQAC Coordinator)

Forwarded to Management



Principal
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POST EVENT REPORT

"TEENAGERS MENTAL HEALTH "

DATE: 19/10/2022

Programme Name: "TEENAGERS MENTAL HEALTH "

Number of Students: 27

Name of the Coordinator: Dr soumya thankam varghese

Date of event: 17/10/2022

Resource person: Dr.SHAJI GEORGE (Consultant clinical Psychologist,NIMS HOSPITAL WANDOOR)

Department of psychology-has organized a life skill development programme named " TEENAGERS MENTAL HEALTH " by Dr.SHAJI GEORGE on 17/10/2022 at 11.30 am. The programme was coordinated by soumya Thankam, Assistant Professor, Department of psychology.46 students participated in the programme. The program provided an insight message that we can become a real psychologist only if we have a mind to come to reality.

COORDINATOR

HOD

Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339

PRINCIPAL
Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 6793



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SANYA ARTS & SCIENCE COLLEGE

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REQUEST LETTER

Date: 14/10/2022

From

HOD

PG Department of Psychology

To,

Principal

Sahya arts and science college, Wandoor.

Subject: Request to get permission to conduct a mental health awareness programme.

Sir,

The PG department of psychology decided to conduct a mental health awareness programme, on "Teenger's Mental Health" for Msc 1st year and BSc 2nd year psychology student, on 17th October 2022 at 11. 30 AM to 12.30 PM. The programme conducted at 1st year Bsc Psychology class request due to please provide the permission to conduct the programme.

HOD

Principal
Sahya Arts & Science College
Palamadam, Karad P.O-679339



Principal

Principal
Sahya Arts & Science College
Palamadam, Karad.P.O-679339

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An undertaking of Sahya Pravasi Co-operative Society Ltd No. M. 862, Wandoor

Date: 14/10/2022

REQUEST LETTER

From
HOD
PG Department of Psychology

To,
IQAC
Sahya arts and science college, Wandoor.

Subject: Request to get permission to conduct a mental health awareness programme.


Sir,

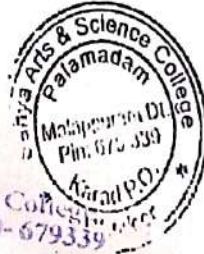
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HOD


Principal

Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339


Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339



Acc. No. 9001/2014 Certified Institution and Recognised by 2(f) as per UGC Act 1956

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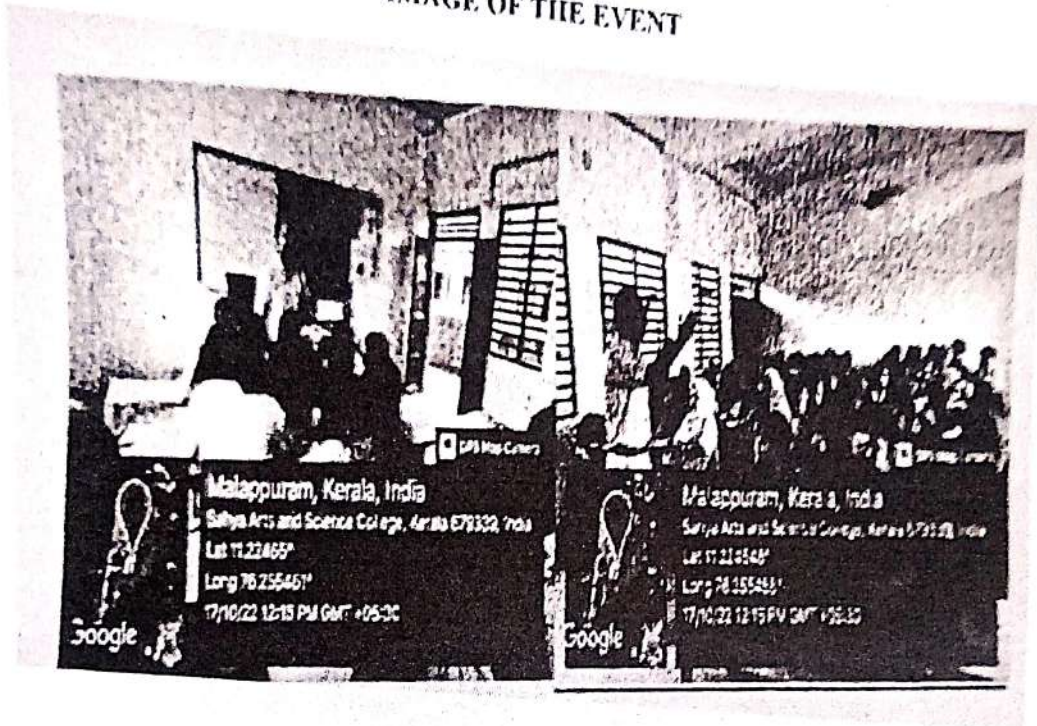
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IMAGE OF THE EVENT



Dr shaji George addressing the student on 17/10/2022



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Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339



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DATE: 13/10/2022

CIRCULAR

We are glad to inform you that the Department of CA will host a LIFE skill development session for our students on 17/10/2022 titled "TEENAGERS MENTAL HEALTH". To register, interested students must do so by 16/10/2022, at the latest, with the course coordinator.

All students can participate in the program.

CHIEF GUEST

NAME : Dr.Shaji George

NIMS HOSPITAL ,WANDOOR

Name Of The Coordinator: SOUMYA

Contact No: 9994412568

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Principal
Principal
Sahya Arts & Science College
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DATE: 13/10/2022

NOTICE

We are glad to inform you that the Department OF will host a LIFE skill development session for our students on 17/10/2022 titled "TEENAGERS MENTAL HEALTH ". To register, interested students must do so by 16/01/2022, at the latest, with the course coordinator.

All students can participate in the program.

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Principal
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POSTER OF TEENAGERS MENTAL HEALTH

**TEENAGERS
MENTAL
HEALTH**

RESOURCE PERSON: DR. SHAJI
GEORGE, NIMS WANDOOOR

Date: 17/10/2022
Time: 11:30am
venue: Auditorium

SAHYA ARTS AND SCIENCE
COLLEGE, WANDOOOR



Principal
Sahya Arts & Science College
Palamadam, Karad. P.O. - 679339

Principal
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PROGRAM CHART

TEENAGER'S MENTAL HEALTH

Venue: Auditorium

Date: 17/10/2022

Time: 11:30-12:30 pm

Welcome Speech : Dr Soumya Thankam Varghese

Presidential Address : Dr Sudhakaran A

Awareness Class : Dr Shajee George (Consultant Clinical Psychologist, NIMS Hospital)

Interacting session

Feedback

Vote of Thanks : Lisna CH



Principal
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Palamadam, Karad.P.O- 679339

Principal
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PARTICIPATION LIST

Students participated in the programme "TEENAGERS MENTAL HEALTH" on 17/10/2022.

Department of Psychology (17/10/2022)
Teenagers' Mental Health
Attendance: M. Psychology

1. Ubaidullah	Sc Psychology	
2. Aboon K.	Sc Psychology	
3. Noorazeth T	Sc Psychology	
4. Fatheema Sherin M.	Msc I	
5. Hanis KP	"	
6. Shahma TC	"	
7. Saha C.L	"	
8. Nidhila K	"	
9. Hiba Razak K	"	
10. Nasiba P.K	"	
11. Anju John	"	
12. Fatima Sara M Shofeeque	"	
13. Varshnavi P	"	
14. Haifa	"	
15. Abila	"	
16. Sumayya T	"	
17. Najiya P	"	
18. Shehena Sherin VP	"	
19. Rishat CN	"	

17/10



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Department of Psychology (Continued)
 - Candidates - Practical Exam
 Attendance - Psychology

Name	Sign
1. Suman K	[Signature]
2. Anand K P	[Signature]
3. Suman K	[Signature]
4. Anand K P	[Signature]
5. Suman K	[Signature]
6. Suman K	[Signature]
7. Muhammad Ismail	[Signature]
8. Liza C	[Signature]
9. Thilika Raja	[Signature]

19. Sam Mathew	[Signature]
20. Akshara M	[Signature]
21) Moushula M	[Signature]
22) Fikha Rahman M	[Signature]
23) Rita Shree K	[Signature]
24) Mohammed Naseem J	[Signature]
25) Jasmin K	[Signature]
26) Shifa Sakrees Husain C	[Signature]
27) Fatima Sabhana M	[Signature]

Coordinator
 Sahya Arts & Science College
 Palamadam
 Malappuram Dist.
 Pin: 679 339
 Karad P.O.
 Wandoor

HOD
 Principal
 Sahya Arts & Science College
 Palamadam, Karad P.O. - 679339
 Principal
 Sahya Arts & Science College
 Palamadam, Karad P.O. - 679339



SAHYA ARTS & SCIENCE COLLEGE

Palamadam, Wandoor

APPLICATION FOR PROGRAMME

(This application should be submitted at least one week or if any other circumstances it not be less than three days of proposed date)

Department / Unit : N-S-S.
 Proposed Date : 21/06/2021
 Name of the Programme : Celebrating a way of all-
 Name of the Inaugurator / Guest : Sumi published. yoga for all.
 Describe about the Programme :

Celebrating a way of all- yoga for all

Expected Expenses : Rs. or Not required
 Funding : (Self / Aid from concerned authority / Management)

Programme committee recommendations

Signature of Programme Committee Convener

Finance committee recommendations (If required)

Signature of Finance Committee Convener

Kindly allow to conduct the above said Programme at our college. I assure you to submit the report to the IQAC Coordinator with relevant documents and make sure to maintain all the college atmosphere settled in precedential stage.

Date: 04/06/2021

Name and Signature of the Coordinator/Convener/HOD

Approved/ Rejected with reason

Date :

Nb:- Each copy of the Programme report should be filed in concerned department with relevant documents

Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339

Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339



Official Use

Name of the Programme :

Date _____ Org by :

Whether entered in Programme Register
 Website updated: upcoming events & Report
 Submitted Bills
 Report for IQAC received

Signature (Sankunny)
 Signature (Makbool)
 Signature (Nikhil Raj)
 Signature (IQAC Coordinator)

Forwarded to Management



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An undertaking of Sahya Pravasi Co-operative Society Ltd No. M. 862, Wandoor

POST EVENT REPORT

"CELEBRATING A WAY OF LIFE- YOGA FOR ALL"

DATE: 24/06/2021

Programme Name : CELEBRATING A WAY OF LIFE- YOGA FOR ALL

Number of Students : 20

Name of the Coordinator : Jinsha

Date of event : 21/06/2021

Resource person : SUNIL PULLIKKAL-YOGA TRAINER

NSS UNIT has organized a life skill development programme named " CELEBRATING A WAY OF LIFE YOGA FOR ALL " by SUNIL PULIKKAL on 21/06/2021 at 10 am. The programme was coordinated by Jinsha ,(Assistant Professor, Department of Language). 20 students participated in the programme. The program helped the students to acquire yoga skill .

IMAGES OF THE EVENT



students attending the class on 21/06/2021

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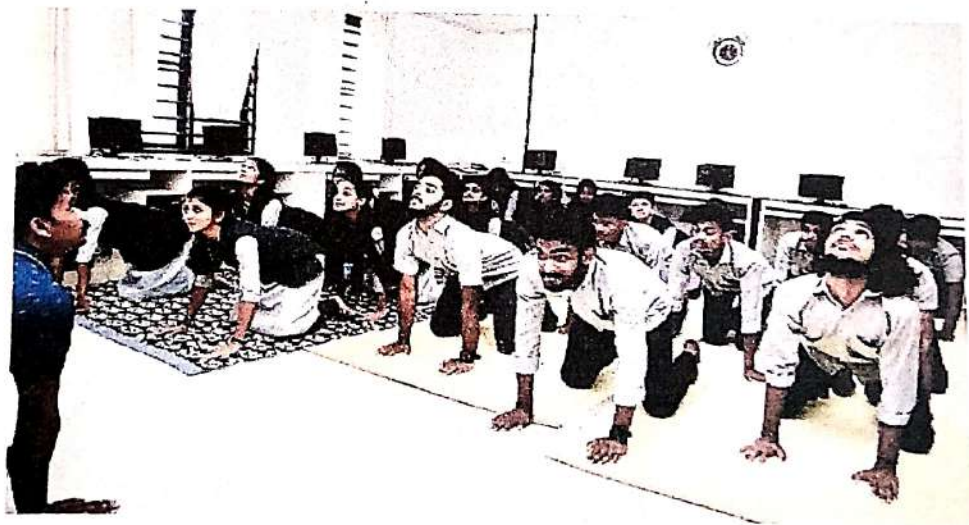
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Welcoming the guest to function by JINSHA miss on 21/06/2021



Yoga practice by the students on 21/06/2021

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Teacher leading the session

Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339


COORDINATOR


HOD




Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339

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REQUEST LETTER

From

DATE : 04/06/2021

Jinsha

Assistant Professor

Department of Language

Sahya Arts and Science College, Wandoor

To

IQAC

Sahya Arts and Science College, Wandoor

Through HOD

Sir,

Sub: Requisition for conducting a yoga class for students.

A Life skill development class titled " CELEBRATING A WAY OF LIFE YOGA FOR ALL" is scheduled to be held by the NSS unit on 21/06/2021. We are asking for your approval to hold this event with sunil pullikal (yoga trainer) . I am looking forward to your positive reply from your side.

Thanking you ,

Jinsha



Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339



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REQUEST LETTER

DATE : 04/06/2021

From

Jinsha

Assistant Professor

Department of Language

Sahya Arts and Science College, Wandoor

To

The Principal

Sahya Arts and Science College, Wandoor

Through HOD

Respected Sir,

Sub: Requisition for conducting a yoga class for students.

A Life skill development class titled "CELEBRATING A WAY OF LIFE YOGA FOR ALL" is scheduled to be held by the NSS unit on 21/06/2021. We are asking for your approval to hold this event with sunil pullikal (yoga trainer). I am looking forward to your positive reply from your side.

Thanking you ,

Jinsha

Principal
Sahya Arts & Science College
Palamadam, Karad, P.O.- 679339



Principal
Sahya Arts & Science College
Palamadam, Karad, P.O.- 679339

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DATE: 06/06/2021

CIRCULAR

We are glad to inform you that the NSS unit will host a LIFE skill development session for our students on 21/06/2021 titled " CELEBRATING A WAY OF LIFE YOGA FOR ALL ". To register, interested students must do so by 15/06/2021, at the latest with the course coordinator.

All students can participate in the program.

CHIEF GUEST

NAME : Sunil pulikkal

Yoga trainer

Name Of The Coordinator: Jinsha

Contact No: 9497247003

Copy to,

1. All HODs
2. Library
3. Office


Principal
Sahya Arts & Science College
Palamadam, Karad.P.O.-679339

Principal


Principal
Sahya Arts & Science College
Palamadam, Karad.P.O.-679339



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NOTICE

We are glad to inform you that the NSS unit will host a LIFE skill development session for our students on 21/06/2021 titled "CELEBRATING A WAY OF LIFE YOGA FOR ALL". To register, interested students must do so by 15/06/2021, at the earliest with the course coordinator.

All students can participate in the program.

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[Handwritten Signature]
Sahya Arts & Science College
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PROGRAMME CHART

WELCOME SPEECH	: RINSHA MOL.C ,BCOM COOPERATION
INAUGURATION	: PROF.THOMAS MATHEW,PRINCIPAL
RESOURCE PERSON	:SUNIL PULIKAL-YOGA TRAINER
VOTE OF THANKS	: ASEEM.PT-BCOM CA STUDENT


Principal
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Principal
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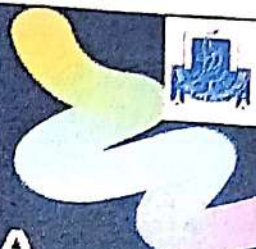

POSTER

ORGANISES BY
NSS UNIT

**CELEBRATING A
WAY OF LIFE-YOGA
FOR ALL**

**RESOURCE PERSON-
SUNIL PULLIKKAL**

21 JUNE 2021, 10 AM AT IT LAB

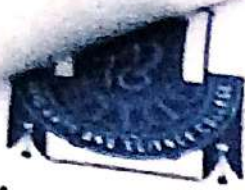
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Palamadam, Karad.P.O- 679339



Principal
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PARTICIPATION LIST

Students participated in the programme "CELEBRATING A WAY OF LIFE YOGA FOR ALL" conducted on
21/06/2021

SLNO	NAME	DEPARTMENT	SIGN
1	ANVARSHA MC	BCOM FINANCE	
2	SIDHARTH	BA ENGLISH	
3	NANDHANA.P	BA ECONOMICS	
4	RINSHAMOL.C	BA ENGLISH	
5	ANAGHA.A	BCOM COOPERATION	
6	ANJANA.T	BSC CHEMISTRY	
7	NOURIN ANAS	BSC PSYCHOLOGY	
8	DHANISH AHAMMED.P	BBA	
9	VIPINDAS .TK	BCOM CA	
10	ASEEM.PT	BCOM CA	
11	RIDA REHMA KK	BCOM COOPERATION	
12	PRAJULDAS.B	BCOM COOPERATION	
13	MOHAMMED BIN	BBA	
14	NISAMUDHEEN	BCOM CA	

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15	HASEEB.TT		
16	SAHLA.P	BSC CHEMISTRY	
17	MUHAMMED MUHSIN.N	BCOM COOPERATION	
18	AKHIL.P	BA ECONOMICS	
19	RAIHAN.P	BCOM FINANCE	
20	KAILAS.M	BCOM FINANCE	
		BCOM CA	

Coordinator

ROD

Principal
Sahya Arts & Science College
Palamadam, Karad, P.O.- 679339

Principal
Sahya Arts & Science College
Palamadam, Karad, P.O.- 679339



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SAHYA ARTS & SCIENCE COLLEGE

Palamadam, Wandoor

APPLICATION FOR PROGRAMME

(This application should be submitted at least one week or If any other circumstances it not be less than three days of proposed date)

Department / Unit : PG DEPARTMENT OF COMMERCE AND MANAGEMENT & WDC
 Proposed Date : 26/01/2019
 Name of the Programme : PRE-MARITAL EDUCATIONAL PROGRAMME
 Name of the Inaugurator / Guest : Suresh Kooderi (MOTIVATIONAL SPEAKER)
 Describe about the Programme :

PRE-MARITAL EDUCATIONAL PROGRAM

Expected Expenses : Rs. or Not required
 Funding : (Self / Aid from concerned authority / Management)

Programme committee recommendations

Greedha P P
 Signature of Programme Committee Convener

Finance committee recommendations (If required)

Greedha P P
 Signature of Finance Committee Convener

Kindly allow to conduct the above said Programme at our college. I assure you to submit the report to the IQAC Coordinator with relevant documents and make sure to maintain all the college atmosphere settled in precedential stage.

Date: 26/01/2019

Amritha Kumaran NT
 Name and Signature of the
 Coordinator/Convener/HOD

Approved/ Rejected with reason

Date :

Nb:- Each copy of the Programme report should be filed in concerned department with relevant documents
 Sahya Arts & Science College
 Palamadam, Karad, P.O- 679330



Official Use

Name of the Programme :

Date :

Org by :

Whether entered in Programme Register
 Website updated: upcoming events & Report
 Submitted Bills
 Report for IQAC received

Signature (Sankunny)
 Signature (Makbool)
 Signature (Nikhil Raj)
 Signature (IQAC Coordinator)

Forwarded to Management



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POST EVENT REPORT

"PRE-MARITAL EDUCATION PROGRAMME"

DATE: 30/01/2019

Programme Name : PRE-MARITAL EDUCATION PROGRAMME

Number of Students : 30

Name of the Coordinator : GEETHA

Date of event : 26/01/2019

Resource person : SURESH KOODERI(physical trainer)

WDC has organized an life skill development programme named " PRE-MARITAL EDUCATION PROGRAMME " by SURESH KOODERI on 26/01/2019 at 10 am. The programme was coordinated by GEETHA, Assistant Professor, Department of FINANCE. 30 students participated in the programme. The program helped the students to gain awareness on pre marital, hygiene etc .



Principal
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Principal
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IMAGES OF THE EVENT



Pre-marital counseling class on 26/01/2019

[Handwritten signature]
COORDINATOR

[Handwritten signature]
HOD

[Handwritten signature]
Principal
Sahya Arts & Science College
Palamadam, Karad, P.O. 678330

PRINCIPAL

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REQUEST LETTER

DATE : 04/01/2019

From

Geetha
Assistant Professor
Department of finance
Sahya Arts and Science College, Wandoor

To

IQAC
Sahya Arts and Science College, Wandoor
Through HOD

Sir,

Sub: Requisition for conducting pre-marital education programme

A Life skill development class titled " PRE-MARITAL EDUCATION PROGRAMME" is scheduled to be held by the WDC on 26/01/2019. We are asking for your approval to hold this event with suresh kooderi (physical trainer), am looking forward to your positive reply from your side.

Thanking you ,

Geetha





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An undertaking of Sahya Pravasi Co-operative Society Ltd No. M. 862, Wandoor

REQUEST LETTER

DATE : 04/01/2019

From

Geetha

Assistant Professor

Department of finance

Sahya Arts and Science College, Wandoor

To

The Principal

Sahya Arts and Science College, Wandoor

Through HOD

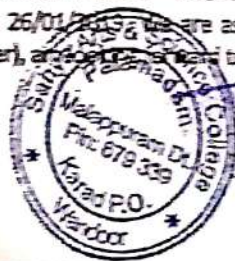
Respected Sir,

Sub: Requisition for conducting pre-marital education programme

A Life skill development class titled " PRE-MARITAL EDUCATION PROGRAMME" is scheduled to be held by the WDC on 26/01/2019. We are asking for your approval to hold this event with surash kooderi (physical trainer), and request you to your positive reply from your side.

Thanking you ,

Geetha



Principal
Sahya Arts & Science College
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Principal
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Palamadam, Karad P.O.- 679339

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DATE: 06/01/2019

CIRCULAR

We are glad to inform you that the WDC will host a LIFE skill development session for our students on 26/01/2019 titled " PRE-MARITAL EDUCATION PROGRAMME ". To register, interested students must do so by 15/01/2019, at the latest with the course coordinator.

All students can participate in the program.

CHIEF GUEST

NAME : Suresh kooderi

Name Of The Coordinator: Geetha.PP

Contact No: 9658722536

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2. Library
3. Office

Principal
Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339



Sahya Arts & Science College
Palamadam, Karad.P.O- 679339

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DATE: 06/01/2019

NOTICE

We are glad to inform you that the WDC unit will host an LIFE skill development session for our students on 26/01/2019 titled " PRE-MARITAL EDUCATION PROGRAMME ". To register, interested students must do so by 26/01/2019, at the latest with the course coordinator.

All students can participate in the program.



Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339

Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339

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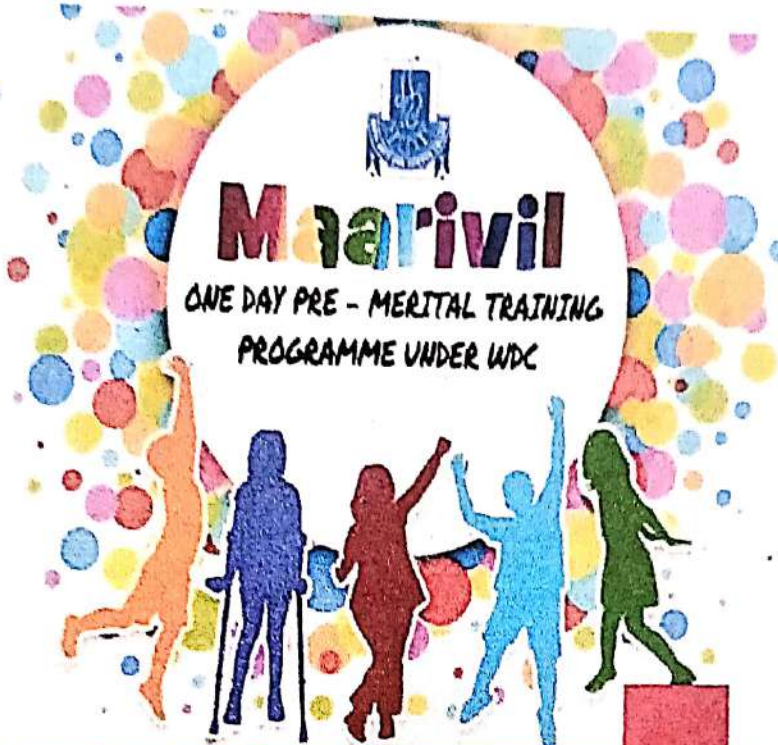


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SAHYA ARTS & SCIENCE COLLEGE
WDC

Trainer : Mr. Suresh Kooderi

VENUE : COLLEGE AUDITORIUM

January
26
Saturday
2019
10.AM

POSTER OF PRE-MARRITAL COUNCELLING.
Principal
Sahya Arts & Science College
Palamadam, Karad.P.O.- 679339



Sahya Arts & Science College
Palamadam, Karad.P.O.- 679339

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An undertaking of Sahya Pravasi Co-operative Society Ltd No. M. 862, Wandoor

PARTICIPATION LIST

Students participated in the programme "PRE-MARITAL EDUCATION PROGRAMME" conducted on 26/01/2019.

SL.NO	NAME	DEPT	SIGN
1	AMNA PARVEEN	BA Economics	
2	ANAGHA	BA Economics	
3	ASWANI P	BA Economics	
4	AKSHARA M	Bsc psychology	
5	ARCHANA P	Bsc psychology	
6	FABINA V	Bsc psychology	
7	FATHIMA SUBHANA M	Bsc psychology	
8	FIDHA RAHMAN M	Bsc psychology	
9	GREESHMA K	Bsc psychology	
10	HRISHIKA PALUNNAN	Bsc psychology	
11	IRFANA FARHATH M	Bsc psychology	
12	JASEERA K	Bsc psychology	
13	KHADEEJA BINCY	Bsc psychology	
14	LISNA C H	Bsc psychology	
15	MASHBOOBA N M	Bsc psychology	
16	MRUDHULA M	Bsc psychology	
17	MUBASHIRA PM	Bsc psychology	
18	ABDUL NABHAN T P	Bcom cooperation	
19	DILSHA SHERIN K	Bcom cooperation	
20	FARHAN N	Bcom cooperation	
21	HANNA SHERIN M	Bcom cooperation	
22	JINISHA CP	Bcom cooperation	
23	JOTHI KRISHNA K	Bcom cooperation	
24	MANJIMA C P	Bcom cooperation	
25	NIHALA PULIVETTI	Bcom cooperation	
26	NIMMY K MATHEW	Bcom cooperation	

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27	PANCHAMI K P	Beam cooperation	
28	RIDHA SHERIN K P	Beam cooperation	
29	RINKHIDA M	Beam cooperation	
30	RIDVAN RAHMAN	Beam cooperation	

Coordinator

HOD

Principal
Sahya Arts & Science College
Palamadam, Karad, P.O. - 679339

Principal
Sahya Arts & Science College
Palamadam, Karad, P.O. - 679339



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SAHYA ARTS & SCIENCE COLLEGE

Palamadam, Wandoor

APPLICATION FOR PROGRAMME

(This application should be submitted at least one week or If any other circumstances it not be less than three days of proposed date)

Department / Unit : PG Department of Commerce
 Proposed Date : 21/06/2018
 Name of the Programme : International yoga day celebration
 Name of the Inaugurator / Guest : Tishad. v.p. (Asst Professor
 Dept. of Physical Education)

Describe about the Programme : A life skill programme- International yoga day celebration.

Expected Expenses : Rs. _____ or Not required
 Funding : (Self / Aid from concerned authority / Management)

Programme committee recommendations

 Hasna-K-P
 Signature of Programme Committee Convener

Finance committee recommendations (If required)

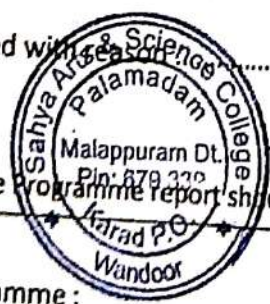
 Hasna-K-P
 Signature of Finance Committee Convener

Kindly allow to conduct the above said Programme at our college. I assure you to submit the report to the IQAC Coordinator with relevant documents and make sure to maintain all the college atmosphere settled in precedential stage.

Date: 08/06/2018

 Name and Signature of the
 Coordinator/Convener/HOD

Approved/ Rejected with _____
 Date : _____
 Nb:- Each copy of the Programme report should be filed in concerned department with relevant documents



Official Use

Date : _____ Org by : _____
 Signature (Sankunny)
 Signature (Makbool)
 Signature (Nikhil Raj)
 Signature (IQAC Coordinator)

Name of the Programme : _____
 Whether entered in Programme Register
 Website updated: upcoming events & Report
 Submitted Bills
 Report for IQAC received

Forwarded to Management



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POST EVENT REPORT

"A life skill programme-International yoga day celebration"

DATE: 22/06/2018

Programme Name : A life skill programme-International yoga day celebration

Number of Students : 25

Name of the Coordinator : Hasna kp

Date of event : 21/06/2018

Resource person : Jishad vp-Assistant professor in physical education

Post Graduated Department of commerce and management has organized a life skill development programme named " A life skill programme-international yoga day celebration" by JISHAD VP on 21/06/2018 at 10 am. The programme was coordinated by Hasna KP , Assistant Professor, Department of commerce and management studies. 25 students participated in the programme. The program helped the students to acquire yoga skill and improve students mental health.



Principal
Sahya Arts & Science College
Palamadam, Karad.P.O.- 679339

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Palamadam, Karad.P.O.- 679339

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An undertaking of Sahya Pravasi Co-operative Society Ltd No. 16, 262, Wandoor

IMAGES OF THE EVENT



Students attending the class on 21/06/2018

P. W. U.
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Yoga practice by the student on 21/06/2018


COORDINATOR


HOD


PRINCIPAL
Principal
Sahya Arts & Science College
Palamadam, Karad.P.O. 679339



Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339

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REQUEST LETTER

DATE : 02/06/2018

From

Hasna KP
Assistant Professor
Department of PGDCMS
Sahya Arts and Science College, Wandoor

To

The Principal
Sahya Arts and Science College, Wandoor
Through HOD

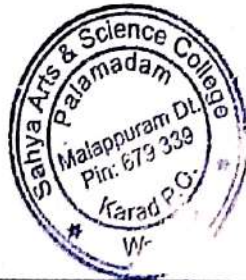
Respected Sir,

Sub: Requisition for conducting "A life skill programme-international yoga day celebration"

A Life skill development class titled "A life skill programme-international yoga day celebration" is scheduled to be held by the PGDCMS on 21/06/2018. We are asking for your approval to hold this event with JISHAD VP (Assistant professor in physical education,), Sahya Arts and Science College, Wandoor. I am looking forward to your positive reply from your side.

Thanking you ,

Hasna KP



Principal
Sahya Arts & Science College
Palamadam, Karad.P.O.- 679339

Principal
Sahya Arts & Science College
Palamadam, Karad.P.O.- 679339

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DATE: 09/06/2018

CIRCULAR

We are glad to inform you that the physical education department will host a LIFE skill development session for our students on 21/06/2018 titled "A life skill programme-international yoga day celebration". To register, interested students must do so by 15/06/2018, at the latest with the course coordinator.

All students can participate in the program.

CHIEF GUEST

NAME : Jishad vp

Assistant professor in physical education

Name Of The Coordinator: Hasna pk

Contact No: 9654852310

Copy to,

1. All HODs
2. Library
3. Office

Principal

Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339



Sahya Arts & Science College
Palamadam, Karad.P.O- 679339

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10/06/2018

NOTICE

We are glad to inform you that the PGDCMS will host a LIFE skill development session for our students on 21/06/2018 titled "A life skill programme-international yoga day celebration". To register, interested students must do so by 15/06/2018, at the latest with the course coordinator.

All students can participate in the program.



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PROGRAMME CHART

WELCOME SPEECH : ABDUL VAJID MT-BCOM
COOPERATION

INAUGURATION : RAZAK.E-MANAGER

RESOURCE PERSON : JISHAD VP-

ASSISTANT PROFESSOR
DEPARTMENT OF PHYSICAL
EDUCATION

VOTE OF THANKS : ABINAND.M-BCOM



Principal
Sahya Arts & Science College
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POSTER OF INTERNATIONAL YOGA DAY CELEBRATION

ORGANISES BY DEPT OF PHYSICAL EDUCATION



A LIFE SKILL PROGRAMME-
INTERNATIONAL YOGA DAY
CELEBRATION

RESOURCE PERSON-JISHAD VP
ASSISTANT PROFESSOR OF
PHYSICAL EDUCATION

DATE:21/06/2018
VENUE :Auditorium

SAHYA ARTS & SCIENCE COLLEGE

PALAMADAM, WANDOOR, MALAPPURAM DIST - 679328

Principal
Sahya Arts & Science College
Wandoor - 679339



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PARTICIPATION LIST

Students participated in the programme "A life skill programme-International yoga day celebration"
conducted on 21/06/2018.

SL.NO	NAME	DEPARTMENT	SIGN
1	ABDUL VAJID M T	B.com cop	
2	ABHILASH A	B.com cop	
3	ABHINAND M	B.com cop	
4	ABHINAV P A	B.com cop	
5	AFLAH JUBIN P K	B.com cop	
6	AJAY P V	B.com cop	
7	AJITH K	B.com cop	
8	AJMAL SHA P	B.com cop	
9	AKHIL NAZAR E	B.com cop	
10	AMAL KRISHNAN T	B.com cop	
11	MOHAMMED ASIF C	B.com cop	
12	MOHAMMED DANISH P	B.com cop	
13	MOHAMMED SHAHUL E K	B.com cop	
14	MOHAMMED SHAHUL P	B.com cop	
15	MOHAMMED SHARAFALI P	B.com cop	
16	MUHAMMAD DILDAR K	B.com cop	

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17	MUHAMMED AJMAL A P	B.com cop	
18	MUHAMMED ALI	B.com cop	
19	MUHAMMED ARSHAD T P	B.com cop	
20	MUHAMMED FAVAS P	B.com cop	
21	MUHAMMED NAJEEB K	B.com cop	
22	MUHAMMED ZAEEM P	B.com cop	
23	MUNAWAR ALI V	B.com cop	
24	MURSHID K C	B.com cop	
25	NISHMAL K P	B.com cop	

Coordinator

HOD

Principal
Sahya Arts & Science College
Palamadam, Karad.P.O.- 679339



Principal
Sahya Arts & Science College
Palamadam, Karad.P.O.- 679339

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SAHYA ARTS & SCIENCE COLLEGE

Palamadam, Wandoor

APPLICATION FOR PROGRAMME

(This application should be submitted at least one week or if any other circumstances it not be less than three days of proposed date)

Department / Unit : Department of Economics.
 Proposed Date : 20/06/2018
 Name of the Programme : A guidance talk on health and nutrition.
 Name of the Inaugurator / Guest : Binsiyam. (Asst. professor,
 Describe about the Programme : Dept. of Psychology, SASC)

Life skill development program - A guidance talk on health and nutrition

Expected Expenses : Rs. or Not required
 Funding : (Self / Aid from concerned authority / Management)

Programme committee recommendations
 Prasanth P.V. [Signature]
 Signature of Programme Committee Convener

Finance committee recommendations (if required)
 Prasanth P.V. [Signature]
 Signature of Finance Committee Convener

Kindly allow to conduct the above said Programme at our college. I assure you to submit the report to the IQAC Coordinator with relevant documents and make sure to maintain all the college atmosphere settled in precedential stage.

Date: 07/06/2018

[Signature]
 Name and Signature of the Coordinator/Convener/HOD

Approved/ Rejected with reason

Date :

Nb:- Each copy of the Programme report should be filed in concerned department with relevant documents



[Signature]
 Principal
 Sahya Arts & Science College
 Palamadam, Karad, P.O. 679339

Official Use

Name of the Programme : _____ Date : _____ Org by : _____

Whether entered in Programme Register
 Website updated: upcoming events & Report
 Submitted Bills
 Report for IQAC received

Signature (Sankunny)
 Signature (Makbool)
 Signature (Nikhil Raj)
 Signature (IQAC Coordinator)

Forwarded to Management



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POST EVENT REPORT

A GUIDANCE TALK ON HEALTH AND NUTRITION

DATE: 27/06/2018

Programme Name : A GUIDANCE TALK ON HEALTH AND NUTRITION

Number of Students : 30

Name of the Coordinator : Prasanth PV

Date of event : 20/06/2018

Resource person : Binsiya.M ASSISTANT PROFESSOR DEPT OF PSYCHOLOGY-SAHYA ARTS & SCIENCE COLLEGE

Department of Economics has organized a life skill development programme named "A guidance talk on health and nutrition" by on 20/06/2018 at 10 am. The programme was coordinated by prasanth PV, Assistant Professor, Department of Economics. students participated in the programme. The resource person discussed about the various current concerns of women's health due to careless lifestyle followed by women these days. Healthy lifestyle constitutes of healthy and fresh nutrition which women generally lack due to the habit of having stale food or leftovers. She emphasized on the menstrual cleanliness for a healthy body and mind. She explained how Yoga can help in improving the physical and mental health of a woman for a better life.



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IMAGES OF THE EVENT



Teacher leading the session-A class on life skill on 20/06/2018



COORDINATOR

HOD

Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339

PRINCIPAL

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REQUEST LETTER

DATE : 07/06/2018

From

Prasanth PV

Assistant Professor

Department of Economics

Sahya Arts and Science College, Wandoor

To

IQAC

Sahya Arts and Science College, Wandoor

Through HOD

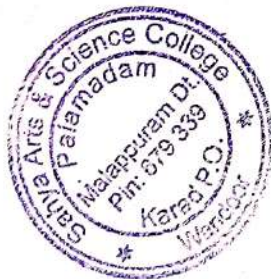
Sir,

Sub: Requisition for conducting a guidance talk on health and nutrition

An Life skill development course titled "A GUIDANCE TALK ON HEALTH AND NUTRITION" is scheduled to be held by the department of Economics on 20/06/2018. We are asking for your approval to hold this event with Binsiya.M (Assistant Professor, Department of psychology), Sahya Arts and Science College, Wandoor. I am looking forward to your positive reply from your side.

Thanking you ,

Prasanth



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REQUEST LETTER

DATE : 07/06/2018

From

Prasanth PV
Assistant Professor
Department of Economics
Sahya Arts and Science College, Wandoor

To

The Principal
Sahya Arts and Science College, Wandoor

Through HOD

Respected Sir,

Sub: Requisition for conducting a guidance talk on health and nutrition

An Life skill development course titled "A GUIDANCE TALK ON HEALTH AND NUTRITION" is scheduled to be held by the department of Economics on 20/06/2018. We are asking for your approval to hold this event with Binsiya.M (Assistant Professor, Department of psychology), Sahya Arts and Science College, Wandoor. I am looking forward to your positive reply from your side.

Thanking you,

Prasanth



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Sahya Arts & Science College
Palamadam, Karad.P.O.- 679339

Principal
Sahya Arts & Science College
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DATE: 09/06/2018

CIRCULAR

We are glad to inform you that the Department of Economics will host an LIFE skill development session for our students on 20/02/2018 titled " A GUIDANCE TALK ON HEALTH AND NUTRITION ". To register, interested students must do so by 09/06/2018, at the latest, with the course coordinator.

All students can participate in the program.

CHIEF GUEST

NAME : Binsiya.M

Assistant Professor (P.G Department of Psychology)

Sahya arts and Science College, Wandoor

Name Of The Coordinator: Prasanth

Contact No: 8289856868

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3. Office
- 4.



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Principal
Principal
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DATE: 09/06/2018

NOTICE

We are glad to inform you that the Department OF Economics will host a LIFE skill development session for our students on 20/06/2018 titled " A GUIDANCE TALK ON HEALTH AND NUTRITION". To register, interested students must do so by 17/06/2018, at the latest, with the course coordinator.

All students can participate in the program.



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POSTER OF A GUIDANCE TALK ON HEALTH AND NUTRITION

ORGANISES BY: DEPARTMENT OF ECONOMICS



GUIDANCE TALK ON HEALTH AND NUTRITION

Resource Person: Binsiya.M
Assistant professor
Dept of psychology

Date: 20/06/2018
Venue: Auditorium

SAHYA ARTS & SCIENCE COLLEGE

PALAMADAM, WANDDOR, MALAPPURAM DIST - 679339

Sahya Arts & Science College
Palamadam, Karad P.O - 679339

Principal
Sahya Arts & Science College
Palamadam, Karad P.O - 679339



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PARTICIPATION LIST

Students participated in the programme "A GUIDANCE TALK ON HEALTH AND NUTRITION " on 20/06/2018.

SLNO	NAME	DEPARTMENT	SIGN
1	ADIL JAHAN P K	BA ECONOMICS	
2	ADIL SAMEEL V P	BA ECONOMICS	
3	ANJUSREE B	BA ECONOMICS	
4	ANSAL UVAIS K P	BA ECONOMICS	
5	FARSANA P S	BA ECONOMICS	
6	FASEEHAMOL V	BA ECONOMICS	
7	FOUSAN C	BA ECONOMICS	
8	GANA KP	BA ECONOMICS	
9	GREESHMA K P	BA ECONOMICS	
10	HIBA SHERIN P	BA ECONOMICS	
11	ISMAIL V	BA ECONOMICS	

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12	JASMAL K	BA ECONOMICS	<i>Jasmal</i>
13	MAJITHA A	BA ECONOMICS	<i>Majitha</i>
14	MANU R	BA ECONOMICS	<i>Manu</i>
15	MOHAMMED MONIS TC	BA ECONOMICS	<i>Monis</i>
16	MUHAMMAD RISAL P H	BA ECONOMICS	<i>Risal</i>
17	MUHAMMED ARSHAD E K	BA ECONOMICS	<i>Arshad</i>
18	MUHAMMED RINSHAD P K	BA ECONOMICS	<i>Rinshad</i>
19	MUHAMMED SANOOF N	BA ECONOMICS	<i>Sanoof</i>
20	MUHAMMED SHIBIN K	BA ECONOMICS	<i>Shibin</i>
21	MUHAMMED SUHAIB P	BA ECONOMICS	<i>Suhaib</i>

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22	MUHAMMED YASEEN M P	BA ECONOMICS	
23	NANDHALAL A K	BA ECONOMICS	
24	NISHMA K	BA ECONOMICS	
25	RAHNA SHERIN K	BA ECONOMICS	
26	RIMSHA T P	BA ECONOMICS	
27	RINSHA SHERIN P	BA ECONOMICS	
28	RISANA JASMIN N	BA ECONOMICS	
29	SAFEER P	BA ECONOMICS	
30	SHABINSHAD M	BA ECONOMICS	

Coordinator

HOD

Principal

Principal
Sahya Arts & Science College
Palamadam, Karad.P.O- 679339



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