



## SAHYA ARTS AND SCIENCE COLLEGE

PALAMADAM, WANDOOR-679339



## 5.1.2 CAPACITY BUILDING AND SKILL ENHANCEMENT



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



W Satiya Arta Sclence College Satiya Arta Sclence O 679339 Palamatam, Karata P.O. 679339



## **SAHYA ARTS & SCIENCE COLLEGE**

Palamadam, Wandoor

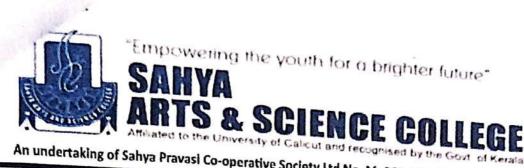
#### APPLICATION FOR PROGRAMME

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

: p.G. Department of Commercie and : 24/01/2023. : Women Health Aswarenes program : Sree Kavya, Dept. of psychology Department / Unit **Proposed Date** Name of the Programme Name of the Inaugurator / Guest Describe about the Programme programme- Women development SHill Sugrenus Drogram Rs. or Not required Expected Expenses (Self / Aid from concerned authority / Management) Funding • Programme committee recommendations lether. C. Signature of Programme Committee Convener Finance committee recommendations (If required) Neen ignature 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. Name and Signature of the Date: 11/10/202) Coordinator/Convener/HOD Approved/ Rejection Suhyn Arts & Science College Pulamadam, Karad.P.O- 6793 Date :

e Programme report should be filed in concerned department with relevan Advant Nb:- Each co Palamadas Official Use Name of the Programme Date : Org by : Whether entered in Programme Register Signature (Sankunny) Website updated: upcoming events & Report Signature (Makbool) Submitted Bills Signature (Nikhil Raj) **Report for IQAC received** 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

PG.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.



121 Science College Palamadam, Karad.P.O- 679339

Principal Sahya Arts & Science College Palamadam, Karad.P.C. 67933

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### IMAGES OF THE EVENT



Students attending the class on 24/01/2023

COORDINATOR



HOD

Sahya Al

Palamadam, F

PPINCIPAGal Sahya Arts & Selence College Palamadam, Karad.P.O. 479

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PALAMADAM I Karad P.O I Wandoor I Malappuram Dt. I Kerala I India - 679339 +91 9207 24 65 55 | 9526 24 65 55 sahyacollege@gmail.com | sahyacollege.ac.in



Empowering the youth for a brighter future"

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

#### **REQUEST LETTER**

**r scie** 

DATE : 11/10/2021

LEGE

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

Sahya Arts & Science Coller Danya Arts & Science Conce Palamadam, Karad.P.O. 6793

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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



Principal Salya Arts & Sciesce College Palamaiam, Karad. P.O. 67933

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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



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

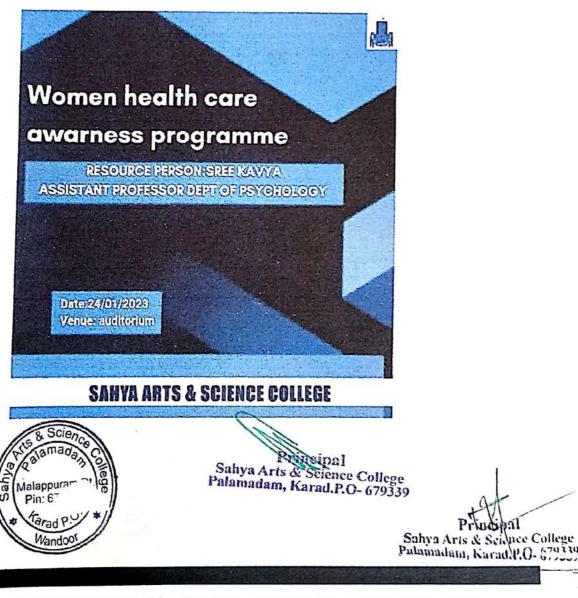
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Sahya Arts & Science Collego Palamadam, Karad.P.O- 679339





POSTER OF WOMAN HEALTH CARE AWARENESS PROGRAMME.



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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.



Principal Sahya Arts & Science College Palamadam, Karad.P.O- 6793.39 Palamadam, Karad.P.G- 679339

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### PARTICIPATION LIST

Students participated in the programme ""WOMEN HEALTH CARE AWARENESS PROGRAMME " on

SI No	Name	Dept	sign
1	NASIBA PK	msc psychology	Naella
2	VAISHNAVI P	msc psychology	1 hue horany
3	HIBA RAZAK K	msc psychology	tebe
4	FARHEENA SHERIN M	msc psychology	Fortherra
5	FATHIMATH HAIFA O	msc psychology	Hola
6	AMRUTHAM SHRUTHY S.	msc psychology	multon
7	ANJU JOHN	msc psychology	Amp
	HANNA KP	msc psychology	Hardenal
9	FATHIMA SANA .M. SHAFEEQUE	msc psychology	Same
10	RISHA CN	msc psychology	Rule
11	SAFA. CK	msc psychology	8 Ale

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

11:00

		1	Q
12	SHAHMA TC	msc psychology	, du
13	NAJIYA P	msc psychology	Dry
14	SUMAYYA T	msc psychology	At
15	SHAHANA SHERIN VP	msc psychology	B
16	FATHIMATH JABIN VT	msc psychology	não
17	NIDHILA .K	msc psychology	400
18	SHAMSEENA SHERIN K.P	msc psychology	AAA
19	THANSHIFA	msc psychology	White -
20	FIDHA SHERIN. K K	BA economics	bring _
21	shifana	BA economics	A
22	NAFEESATHUL MISRIYA P	BA economics	K
23	NIDHISHMA. T	BCOM cop	1 also
24	SHAMNA SHERI T	BCOM cop	100-
25	JITHISHNA M P	BCOM cop	630

Malappuram D Pin: 679 33\* Coordinator

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

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## **SAHYA ARTS & SCIENCE COLLEGE**

Palamadam, Wandoor

### APPLICATION FOR PROGRAMME

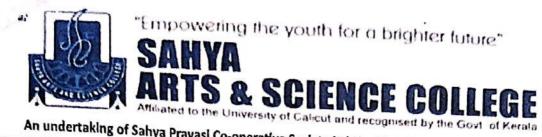
(This application should be submitted at least one week or If any other circumstances it not be less than three days of proposed date)

Department / Unit : P.G.	DEPARTMENT OF BYCHOLOGY
Proposed Date : 17/	10/2022
Name of the Programme	NACCOS MENTAL HEALTH
Name of the Inaugurator / Guest : Dr	SHAJI GEORGE, PRIMS HOSPITAL, WANDOW
Describe about the Programme	
A LIFE SHILL PROMRAM - TEE	NAGERS MENTAL HEALTH
Expected Expenses : Rs.	or Not required
Funding	or not required
Programme committee recommendations	If / Aid from concerned authority / Management)
	Signature of Programme Committee Convener
Finance committee recommendations (If required)	
	Signature of Mance Committee Convener
Kindly allow to conduct the above said Program to the IQAC Coordinator with relevant documents and	me at our college. I assure you to submit the report
settled in precedential stage.	a make sure to maintain all the college atmosphere
	Name and Signature of the
Date: 12/10/2022	Coordinator/Convener/HOD
	, , , , , , , , , , , , , , , , , , ,
Approved/ Rejected with reason	
Date : NIS & Scient	
Approved/ Rejected with reason	Principal Incerned department with relevant documents and
Approved/ Rejected with reason	Principal encerned department with relevant documenternal Saliya Arts & Science College Palanmadam, Karad.P.O- 679339
Namero the Program to :	Principal ad.P.O- 679339 Incerned department with relevant documentemal Saliya Arts & Science College
Nameo the Programme Register	Principal pal pal pal pal principal principal principal pal principal pal principal pal Sahya Arts & Science College Palannudam, Karad, P.O. 679335
Namero the Programme :	Date : Org by :

Forwarded to Management

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Signature (IQAC Coordinator)



### 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

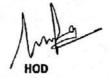
Resource person: Dr.SHAJI GEORGE (Consultant clinical Psychologist, NIMS HOSPITAL WANDOOR)

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



ence College Sahya Ar Palamadam, Karad.P.O- 679 39



PRINCIPA Prinelpal Sahya Arts & Science Colleg Palamadant, Karad.P.O- 6793



"powering the youth for a brighter future"

& SCIENCE COLLEGE

Coprised by the Crost of Kerala

Date: 14/10/2022



**REQUEST LETTER** 

VA

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 1<sup>st</sup> year Bsc Psychology class request due to please provide the permission to conduct the

HOD



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

so 9001 2016 Certified institution and Recognised by 2(f) as per UGC Act 1956.

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& SCIENCE COLLEGE

An under taking of Sahya Pravasi Co-operative Society Lid 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,

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.



Saliya Arts

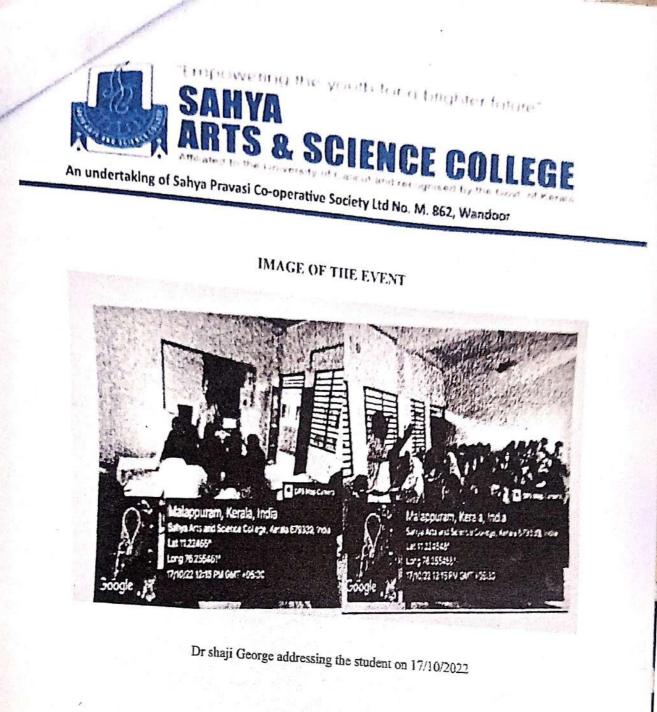


Principal Sahva Arts & Science College Palamadam, Karad.P.O- 679339

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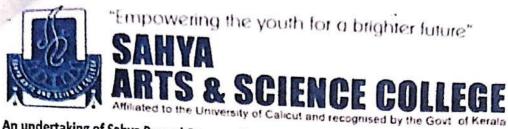




Principal Sahya Arts & Science College Palamadam, Karad.P.O- 679339

Princ Sahya Arts & Science College Palamedam, Karad. P.O. 579339





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

Copy to,

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- 2. Library
- 3. Office

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





DATE: 13/10/2022

#### NOTICE

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Sanya Arts S. Palamadam, Ka

All students can participate in the program.

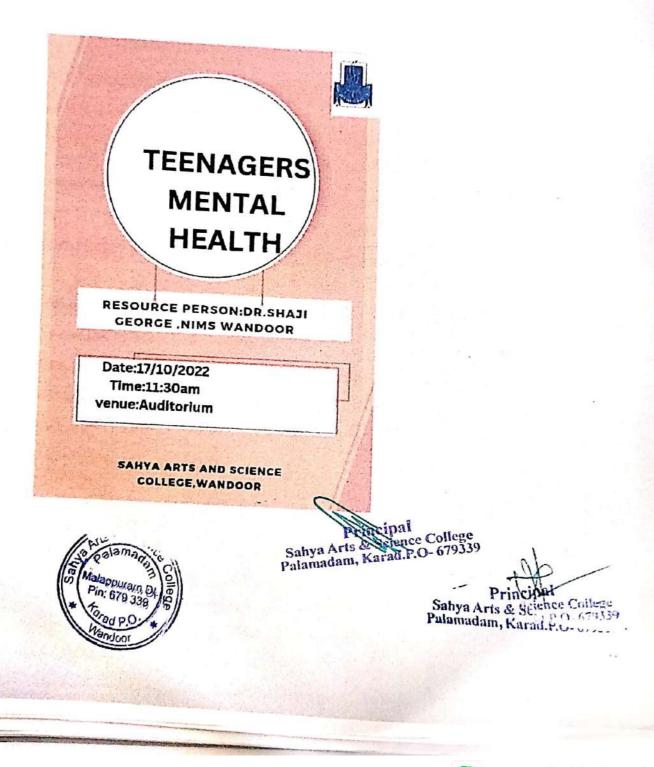


Principal Sahya Arts & Science College Palamadam, Karad.P.O- 679339





# POSTER OF TEENAGERS MENTAL HEALTH









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#### PROGRAM CHART

#### TEENEGER'S MENTAL HEALTH

Venue: Auditorium

Date: 17/10/2022

Time: 11:30-12:30 pm

Welcome Speech : Dr Soumya Thankam Varghese

Presedential Address : Dr Sudhakaran A

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

Interacting session

Feedback

Vote of Thanks

:Lisna CH

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

Prin Sahya Arts & Science College Palamadam, Karad.P.D= \$79339



IS & SCIENCE CULLEUL cut and recognised by the Govt An undertaking of Sahya Pravasi Co-operative Society Ltd No. M. 862, Wandoor

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Students participated in the programme ""TEENAGERS MENTAL HEALTH " on 17/10/2022. Department of Preschology (17/10/2022) Teenager's Mentral Health AtterPance : Mi Psychology A ( Ubridullah SG. Phychology -(Datousank, 32 Riguelo, 74) 3. November 50 Prochology 4. Fashcenn-shealin .M. Msc L 5. Hanna - Kp 6. shahma . T.C 2 Sala. C.1c 5 Midlila.K 9. Hiba Razak.K 50 10. Nasiba P.K 11. Anju John 12. Fattima Sana M Shefeeque 13 Vatshnavi . P 14 Haifa is. Abila 16 - Sumayya. T 17. Najilya P 18. Shahan Sherin. VP . 6 me v 19. Risha - CN Cuse



Empowering the youth for a brighter falare" **RTS & SCIENCE COLLEGE** An undertaking of Sahya Pravasi Co-operative Society Ltd No. M. 862, Wandoor i opening of the lists by Chipopaers - Irenagers I fortal Deatsti. Altertane - Sa Destudayi · N .... Auren P 23 Nicanjan & P Com. S.C. he 3 - inglining chi Anderin Rung --< 2 Sabara statio 11244-6-4 Searlin DL .... Muhammad lopmint 20 Suli Lisna. Ell . Shaw Thateile Raja A.vel 122 19. Sam mullew 2) Akshava n (Could) 21) Moudhala M 22) Tidha Rahman m and the X 23) Rife sheri - k 29) muhammed Mariel -y Black Q. N. Damer (25 N) Shirts Bakkees Hussain. C sit vell. h Jorthims Rabhane. M Scie Coording or 8 alamad HOD Princip Princolal Sahya Arts & Solare Colleg Sahya Arts & Science College Palamadam, Karad.P.O- 6793Palamadam, Karad.P.O- 679339 Malappuram D Pin: 679 334



## 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)

. N-S-S.

Department /	Unit
--------------	------

Proposed Date

Name of the Programme

Name of the Inaugurator / Guest

Describe about the Programme

a way of all- yoga for all 010 brating

Rs.

:

:

Expected Expenses

Funding

or Not required

(Self / Aid from concerned authority / Management)

: 21/06/2021 : Celebrusting a way of all-Yoga for all. : Sumi) pulikked.

Programme committee recommendations

Finance committee recommendations (If required)

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

Signature of Programme Committee Convener

Signature of Finance Committee Convener

Approved/ Rejected with reason ..... ncipal ience Colle .P.O-Sahya Arts AREINCIDE Date : Sahya Arts, Karan... Nb:- Each copy of the Programmereport should be filed in concerned in the ocuments Official Use Name of the Programme : Date g by : Whether entered in Programme Register genture (Sankunny Website updated: upcoming events & Report Signature (Makbool) Submitted Bills Signature (Nikhil Raj) Report for IQAC received Signature (IQAC Coordinator) Forwarded to Management

**R** SCIENCE GO Attiliated 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

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## POST EVENT REPORT

"CELEBRATING A WAY OF LIFE- YOGA FOR ALL"

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

DATE: 24/06/2021

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

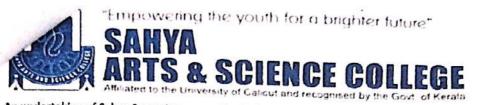


students attending the class on 21/06/2021

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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

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

COORDINATOR

HOD

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## **REQUEST LETTER**

From

DATE : 04/06/2021

CE COLL

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.

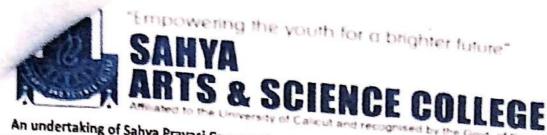
Thanking you,

Jinsha

Sahya Arts & Science College cipal Palamadam, Karad.P.O- 67933

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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, oanya aro e oerenee. Palamadani, Karadi P.O. Jinsha sipal nce College Palamadam, Karan 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





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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.

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





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HYA

## PROGRAMME CHART

WELCOME SPEECH

INAUGURATION

: RINSHA MOL.C , BCOM COOPERATION : PROF.THOMAS MATHEW, PRINCIPAL

**RESOURCE PERSON** 

SUNIL PULIKAL-YOGA TRAINER

VOTE OF THANKS

: ASEEM.PT-BCOM CA STUDENT

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

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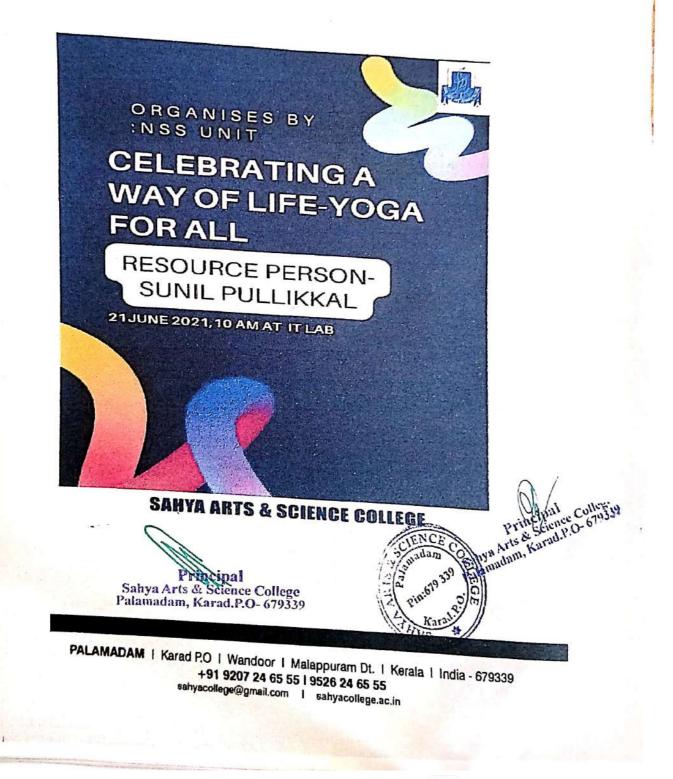


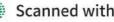
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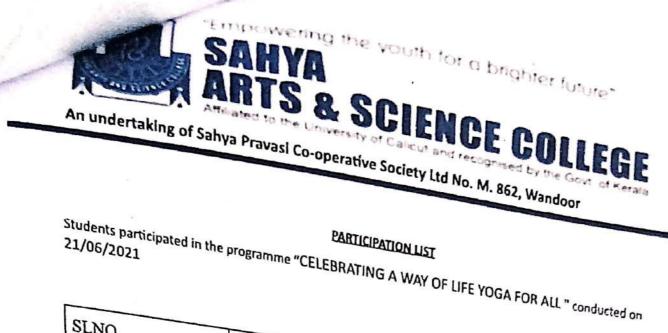




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1	NAME	DEP	
2	ANVARSHA MC	DEPARTMENT	SIGN
3	SIDHARTH	BCOM FINANCE	000
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5	ANAGHA.A	BA ENGLISH	24
6		BCOM COOPERATION	1 and
7	ANJANA.T	BSC CHEMISTRY	102
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## 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 & MANAGEMENT &
Proposed Date	: 26/01/2019
Name of the Programme	ODG-MARITAL EDUCATIONAL PROMICATION
Name of the Inaugurator / Guest	: Surest Kooderi (MOTIVATIONAL Speaker)
Describe about the Programme	:
PRE-MARITAL .	EDUCAINNAL PROMRAM
Expected Expenses	: Rs. or Not required
Funding	: (Self / Aid from concerned authority / Management)
Programme committee recommend	lations
	Signature of Programme Committee Convener
Finance committee recommendatio	ns (If required)
	: Geedha - P Postal Signature of Finance Committee Convener
Kindly allow to conduct the	above caid Programme at our college Lessure was to act with the

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.

mridha kumuran. NT Date: 26/01/2019 Name and Signature of the Coordinator/Convener/HOD Approved ram Date : port should be filed in concerned department with Selevant doc Nb:- Each copy ce College lama **Official Use** Name of the Programme : Date : Org by : Whether entered in Programme Register Signature (Sankunny) Website updated: upcoming events & Report Signature (Makbool) **Submitted Bills** Signature (Nikhil Raj) **Report for IQAC received** Signature (IQAC Coordinator) Forwarded to Management



#### 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 Sabya Arts & Science College Palamadam, Kurad.P.O. 679339

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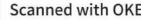




### **IMAGES OF THE EVENT**



Pre-marital counseling class on 26/01/2019 Sahya Arra & amadam, Nar PRINCIPAL NOD COORDINATOR PALAMADAM I Karad RO I Wandoor I Malappuram Dt. I N 679339 + 91 9207 24 65 55 1 9526 24 65 55 nise nephroeytex i mon humfienephronyte





## **REQUEST LETTER**

DATE : 04/01/2019

From

Geetha

Assistant Professor

Department of finance

Sahya Arts and Science College, Wandoor

To

IQAC

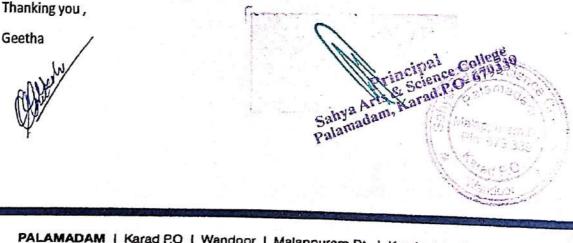
Sahya Arts and Science College, Wandoor

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.



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#### **REQUEST LETTER**

DATE : 04/01/2019

From

Geetha

Assistant Professor

Department of finance

Sahya Arts and Science College, Wandoor

10

The Principal

Saliya Arts and Science College, Wandoor

Through HOD

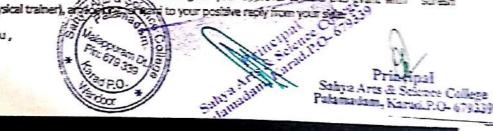
Respected Sir,

Sub: Requisition for conducting pre-marital education programme

A Life skill development class titled \* PRE-MARITAL EDUCATION PROGRAMME's scheduled to be held by the WDC on 26/01 2003 are asking for your approval to boking this guest with suresh kooderi (physical trainer), and approximating to your positive reply from your size (1)

Tranking you,

Geetha



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DATE: 05/01/2019

#### 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

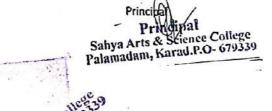
#### Name Of The Coordinator: Geetha.PP

DDUra

Contact No: 9658722536

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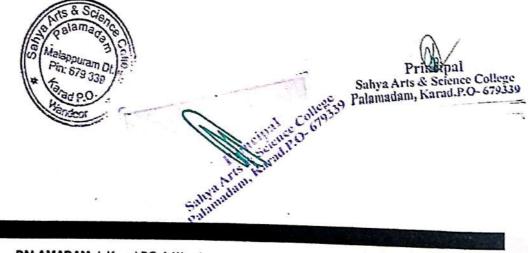


DATE: 06/01/2019

### 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.



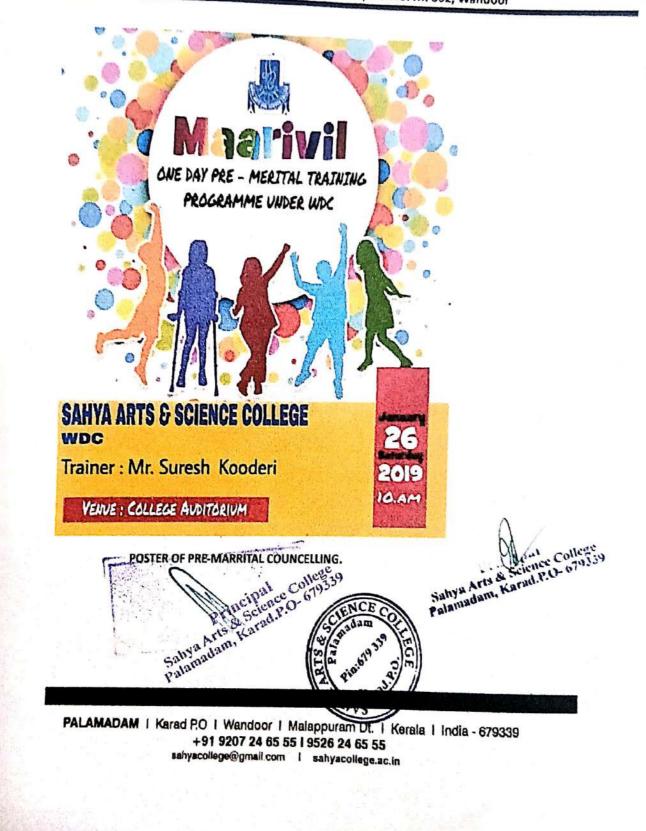
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### PARTICIPATION LIST

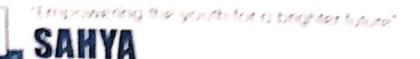
Students participated in the programme "PRE-MARITAL EDUCATION PROGRAMME " conducted on 26/01/2019.

SL.NO	NAME	DEPT	SIGN
1	AMNA PARVEEN	BA Economics	An
2	ANAGHA	BA Economics	Acete
3	ASWANI P	BA Economics	Asul
4	AKSHARA M	Bsc psychology	Helm
5	ARCHANA P	Bsc psychology	Archip
6	FABINA V	Bsc psychology	(abril
7	FATHIMA SUBHANA M	Bsc psychology	Bushame
	FIDHA RAHMAN M	Bsc psychology	Linday
9	GREESHMA K	Bsc psychology	and
10	HRISHIKA PALUNNAN	Bsc psychology	the part
11	IRFANA FARHATH M	Bsc psychology	Mane
12	JASEERA K	Bsc psychology	Daguer
13	KHADEEJA BINCY	Bsc psychology	Bires
14	LISNA C H	Bsc psychology	Leve
15	MASHBOOBA N M	Bsc psychology	Malbach
16	MRUDHULA M	Bsc psychology	mudbule
17	MUBASHIRA PM	Bsc psychology	Mulato
18	ABDUL NABHAN T P	Bcom cooperation	Halper
19	DILSHA SHERIN K	Bcom cooperation	Dilea
20	FARHAN N	Bcom cooperation	Cortos
21	HANNA SHERIN M	Bcom cooperation	uppha
22	JINISHA CP	Bcom cooperation	met
23	JOTHI KRISHNA K	Bcom cooperation	20th
24	MANJIMA C P	Bcom cooperation	Harry
25	NIHALA PULIVETTI	Bcom cooperation	Nithele
26	NIMMY K MATHEW	Bcom cooperation	Nigent

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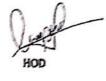
RTS & SCIENCE COLLEGE

An undertaking of Salivya Pravasi Co-operative Society LM No. M. 862, Wandoor

27	PANICHAMI K P	Boom cooperation 746
28	RIDHA SHERIN K P	Brom cooperation Top
29	RINSHIDA M	Buom unoperation 70
30	RISVAN RAHMAN	Brom cooperation 29

Saltra Arts & Stren Palamadam, Karad

ordinator







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# SANYA AKIS & 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 : Ph Department of Commerce : 21/06/2018 Proposed Date 21/06/2018 International yough clay celebration Name of the Programme Name of the Inaugurator / Guest Dept. I phasical Education) Describe about the Programme Sicill programme- International Juga de 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 Date: 0,8/06/2018 Name and Signature of the Coordinator/Convener/HOD Approved/ Rejected with Date : Malappuram Dt. 19 Nb:- Each copy of the worramme report should be filed in concerned department with relevant docume Seience College Official Use Vando Name of the Programme : Date : Whether entered in Programme Register Org by : Website updated: upcoming events & Report Signature (Sankunny) Submitted Bills Signature (Makbool) Report for IQAC received Signature (Nikhil Raj) Signature (IQAC Coordinator) Forwarded to Management





### 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

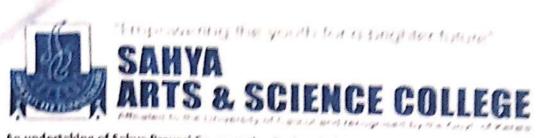
Resource person : Jishad vp-Assistant professor in physical education

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.



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### MAAGES OF THE EVENT



Students attending the class on 21/06/2018

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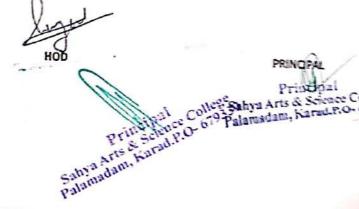




Yoga practice by the student on 21/06/2018

COORDINATOR





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### **REQUEST LETTER**

DATE : 08/05/2018

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 celebrative" 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, Wandbor I am looking forward to your positive reply from your side.

Thanking you ,	6	0	Priquipal Rescience College Maradin O- 679339 Priquipal
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ARTS & SCIENCE COLLEGE

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

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

TISH M

Name Of The Coordinator: Hasna pk

Contact No: 9654852310

Copy to,

- 1. All HODs
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- Office

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

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Sabya Arts Palamadam,





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.

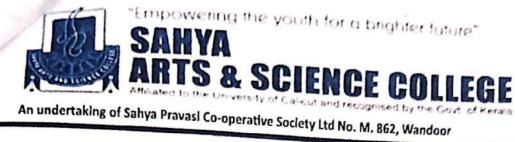
All students can participate in the program.



Principal Sahya Arts & Science College Palamudam, Kurwa, P.O. 679339

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### PROGRAMME CHART

WELCOME SPEECH COOPERATION

ABDUL VAJID MT-BCOM •

**INAUGURATION** : RAZAK.E-MANAGER

**RESOURCE PERSON** :JISHAD VP-

> ASSISTANT PROFESSOR DEPARTMENT OF PHYSICAL EDUCATION

**VOTE OF THANKS** 

: ABINAND.M-BCOM

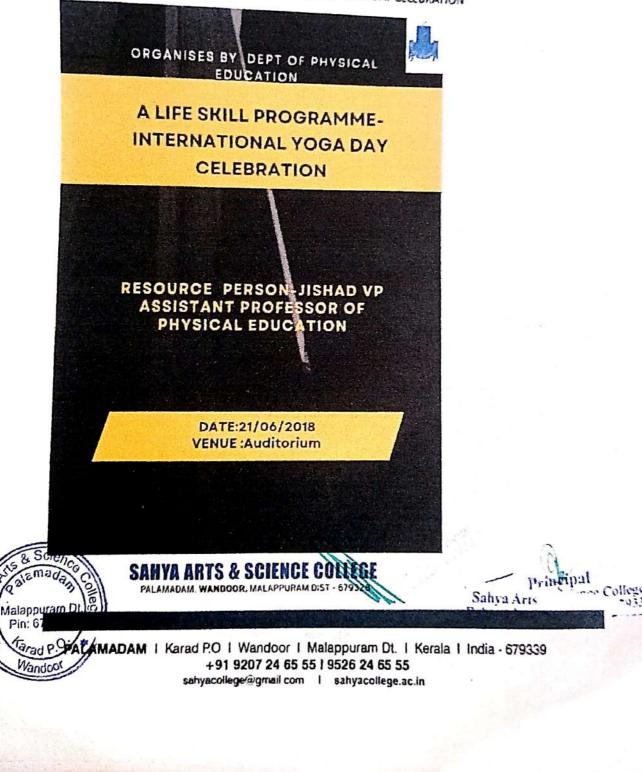


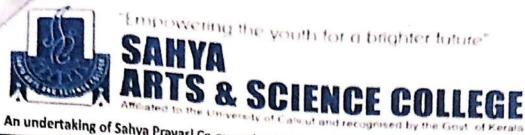
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# POSTER OF INTERNATIONAL YOGA DAY CELEBRATION





### PARTICIPATION LIST

Students participated in the programme "A life skill programme-international yoga day celebration"

SL.NO	NAME	DEPARTMENT	SIGN
1	ABDUL VAJID M T	B.com cop	Harmel
2	ABHILASH A	B.com cop	Abblick
3	ABHINAND M	B.com cop	Abhunand
4	ABHINAV P A	B.com cop	Althon
5	AFLAH JUBIN P K	B.com cop	Affals
6	AJAY P V	B.com cop	And
7	AJITH K	B.com cop	And
8	AJMAL SHA P	B.com cop	Alone
9	AKHIL NAZAR E	B.com cop	Abelle
10	AMAL KRISHNAN T	B.com cop	Ame
11	MOHAMMED ASIF C	B.com cop	Ait
12	MOHAMMED DANISH P	B.com cop	Fahuel
13	MOHAMMED SHAHUL E K	B.com cop	Shalue
14	MOHAMMED SHAHUL P	B.com cop	Shahul
15	MOHAMMED SHARAFALI P	B.com cop	S'baralalu-
16	MUHAMMAD DILDAR K	B.com cop	Triles

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

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18	MUHAMMED ALI	B.com cop	10
19	MUHAMMED ARSHAD T P	B.com cop	- Real
20	MUHAMMED FAVAS P	B.com cop	- Novina
21	MUHAMMED NAJEEB K	B.com cop	1 ( ALLES -
22	MUHAMMED ZAEEM P	B.com cop	E adeal
23	MUNAWAR ALI V	B.com cop	MAMPA
24	MURSHID K C	B.com cop	MINDE
25	NISHMAL K P	B.com cop	KC. Junie





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Sabya Arn Science College Palamadem, Karad.P.O- 679339

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Principal 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		of Economics.
Proposed Date	: 20/06/2018	>
Name of the Programme	: A guide	(Arst. professor,
Name of the Inaugurator / Guest	: Binsiya.m.	(Asit. Preferring
Describe about the Programme		Psycholezz, SASC)
Life Skill clevelop men	+ program	- to gwidence
Expected Expenses	Rs.	or Not required
Funding	: (Self / Aid from co	oncerned authority / Management)
Programme committee recommendations		$\sim$ $\Lambda_{\circ}$
P	rasunth.p.	nature of Programme Committee Convener
		mature of Programme committee convener
Finance committee recommendations (If requ	ired)	<b>\</b>
	Drasunth p	Signature of Finance Committee Convener
Kindly allow to conduct the above sai	d Programme at our co	llege. I assure you to submit the report
to the IQAC Coordinator with relevant docu	ments and make sure t	to maintain all the college atmosphere
settled in precedential stage.		Cal
1 - 10 / P		Name and Signature of the
Date: 07 06 /2018	cience C	Coordinator/Convener/HOD
Approved/ Rejected with reason		•
a Malap	679-3391/33	
Date : Sahva Arts Nb:- Each copy of the Programme report should be	rad P.	Principal
Nb:- Each copy of the Programme report should be	filed in concerned depar	Sanva Aris & Science College
	Official Use	Palantadam, Karad. A. 6793.39
Name of the Programme :	Date :	Org by :
Whether entered in Programme Register		Signature (Sankunny)
Website updated: upcoming events & Report		Signature (Makbool)
Submitted Bills		Signature (Nikhil Pai)

Report for IQAC received

Forwarded to Management

Signature (Nikhil Raj) Signature (IQAC Coordinator)



### 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 & SICENCE 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.



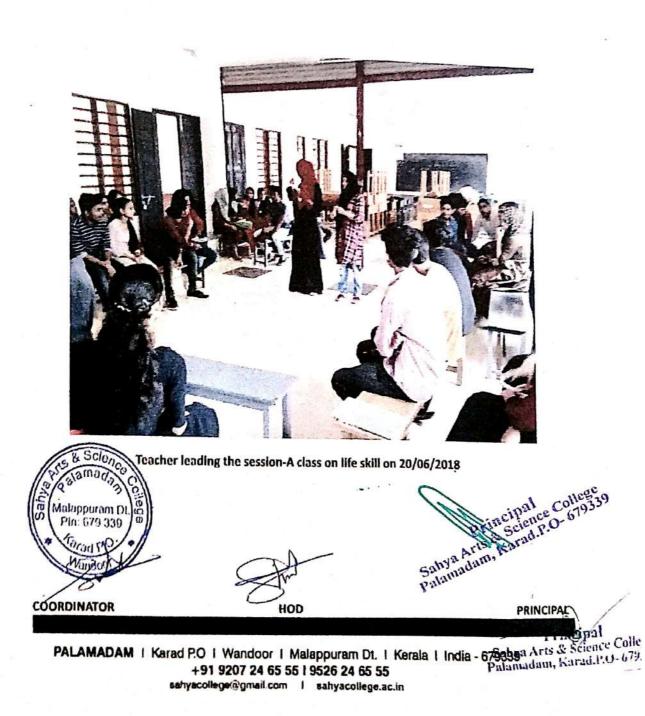


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### MAGES OF THE EVENT







**REQUEST LETTER** 

DATE : 07/06/2018

From

Prasanth PV

Assistant Professor

**Department of Economics** 

Sahya Arts and Science College, Wandoor

To

IQAC

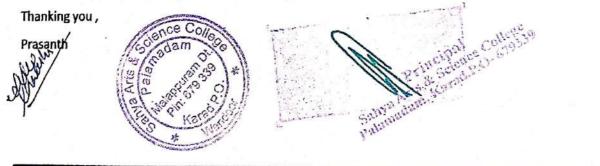
Sahya Arts and Science College, Wandoor

**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.



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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

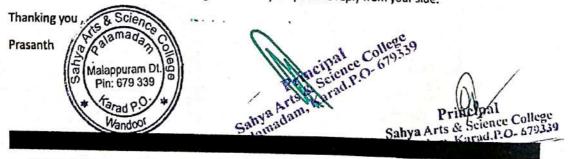
Sahya Arts and Science College, Wandoor

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.



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"Empowering the youth for a brighter future"



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

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

Copy to,

- 1. All HODs
- 2. Library
- 3. Office
- 4.



:311 Palamalam, Sahya Ar Principal Printenal Sahya Arts & Science College Palamadam, Karad.P.O- 679339

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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.



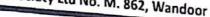
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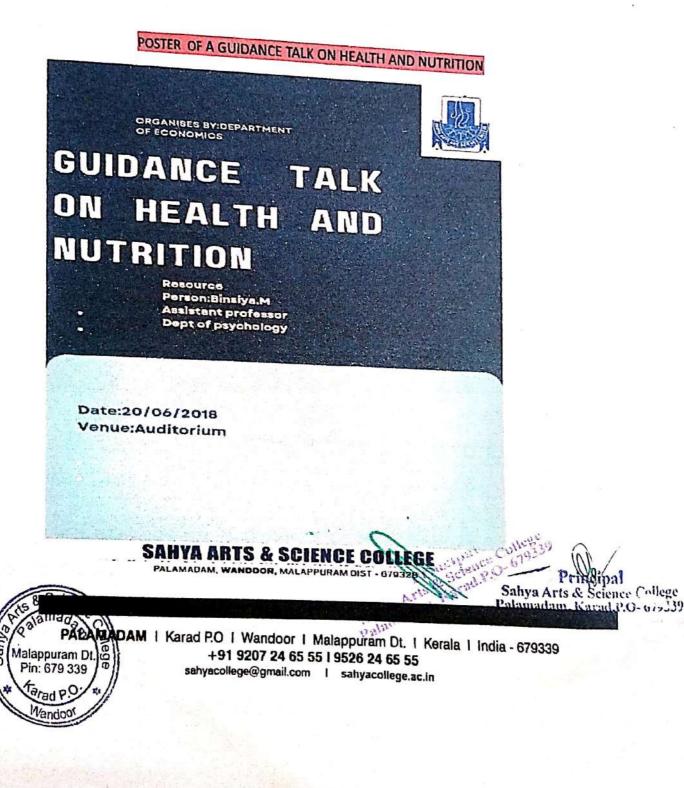
Principal Sahya Arts & Science College Palamadam, Karad.P.O= 679339

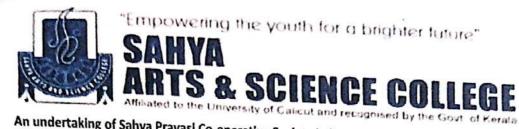
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### PARTICIPATION LIST

Students participated in the programme "A GUIDANCE TALK ON HEALTH AND NUTRITION " on

SLNO	NAME	DEPARTMENT	SIGN
1	ADIL JAHAN P K	BA ECONOMICS	Add
2	ADIL SAMEEL V P	BA ECONOMICS	Agene D
3	ANJUSREE B	BA ECONOMICS	Anguer
4	ANSAL UVAIS K P	BA ECONOMICS	Anal
5	FARSANA P S	BA ECONOMICS	Franking
6	FASEEHAMOL V	BA ECONOMICS	Foreahama
7	FOUSAN C	BA ECONOMICS	toweaw.
8	GANA KP	BA ECONOMICS	have
9	GREESHMA K P	BA ECONOMICS	mushine
10	HIBA SHERIN P	BA ECONOMICS	-Ula
11	ISMAIL V	BA ECONOMICS	1small.

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

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23	NANDHALAL A K	BA ECONOMICS	- Atur
24	NISHMA K	BA ECONOMICS	Nerdburger
25	RAHNA SHERIN K	BA ECONOMICS	Saland
26	RIMSHA T P	BA ECONOMICS	D:D
27	RINSHA SHERIN P	BA ECONOMICS	Dun
28	RISANA JASMIN N	BA ECONOMICS	tisand
29	SAFEER P	BA ECONOMICS	Schul
30	SHABINSHAD M	BA ECONOMICS	shabhaha

Coordinator Principal Sahya Arts & Science College Palamadam, Karad.P.O- 6793. Malappuram Dt dam Pin: 679 339 lami Prad p O

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