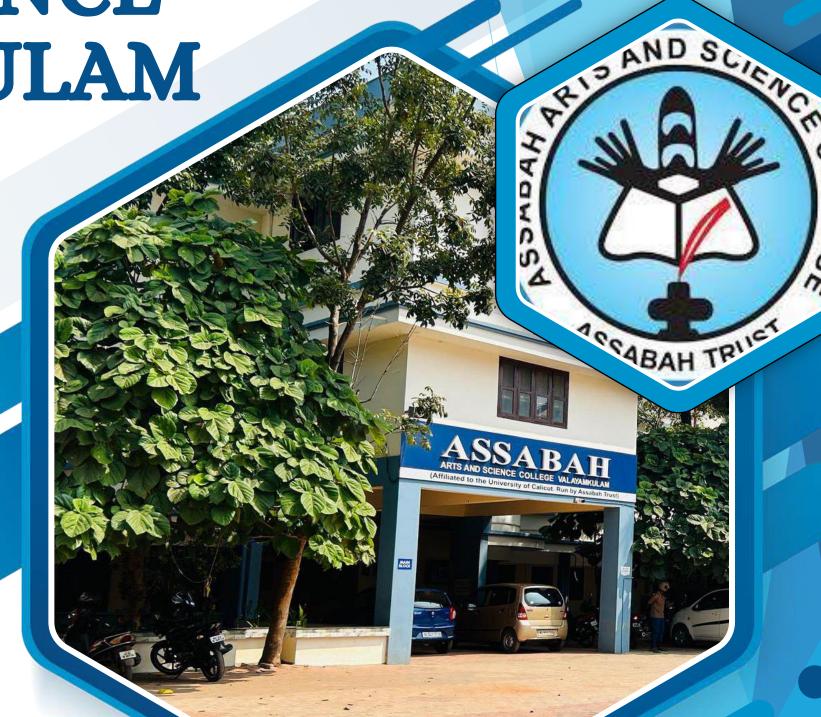
ASSABAH ARTS & SCIENCE COLLEGE, VALAYAMKULAM

# CLUBS & FORUMS



### ABOUT COLLEGE

As a trailblazer in democratizing education and making it accessible to everyone, Assabah Arts and Science College has consistently led the charge within our community. Established in 2005 and affiliated with the University of Calicut, our college is operated by the Assabah Association Trust.

Clubs form the cornerstone of our college's vibrant and inclusive student life. They provide a platform for students to explore their interests, hone their skills, and build lasting memories. With a wide array of clubs catering to academic, cultural, social, and recreational pursuits, there's something for everyone to engage in.



#### **CLUBS & COORDINATORS**



#### NATIONAL SERVICE SCHEME

#### ABDUL RAHMAN P

Asst. Professor,
Dept. of English
8907682292



## WOMEN DEVELOPMENT CELL

#### **SHAJITHA V**

Asst. Professor,
Dept. of English
9895958599



STUDENT INITIATIVE IN PALLIATIVE CARE

#### **ABDURAHMAN P**

Asst. Professor,
Dept. of English
8907682292

#### **CLUBS & COORDINATORS**



**ED CLUB** 

#### KIRAN K P

Asst. Professor,
Dept. of Commerce
8547397209



INSTITUTION INNOVATION COUNCIL

**SREEJA T** 

Asst. Professor,
Dept. of Commerce
9567270475



**NATURE CLUB** 

**ASHARUDEEN P** 

Asst. Professor,
Dept. of Geology

9567270475

#### **CLUBS & COORDINATORS**



SCIENCE CLUB

#### RANJURAJ K

Asst. Professor,
Dept. of Physics
9745846649



FILM CLUB

#### MOHAMMED SHAHEEM O H

Asst. Professor,
Dept. of English
9744738101



**NUTRITION CLUB** 

#### SHABNA KALIYATH

Asst. Professor,
Dept. of F.T
7736554482

## NATIONAL SERVICE SCHEME

**UNIT NO: 240** 



#### ABOUT ASSABAH NSS

NSS 240 was established during August 2008 in Assabah arts and science college with 50 volunteers under the guidelines of NSS cell University of Calicut to develop social service skills, among students. Our Second principal Prof: C Thareekuty (Retired MES Ponnani college, Department of Physics) initiated all his efforts to establish an NSS Unit in our college. Mr.Baiju.MK Department of Commerce was appointed as the first programme officer.

From 2008 onwards NSS 240 conducted various programmes like community and awareness programmes, health programmes etc.









#### NSS PROGRAMME OFFICER

#### **ABDUL RAHMAN.P**

The Assistant Professor in the Department of English was appointed as the NSS Programme Officer in August 2023.



- To enable the students to understand the community in which they work.
- To develop student's personality through community service.
- To develop competence required for group living and sharing responsibilities.
- To acquire leadership qualities and democratic attitude.
- To encourage national integration and develop the capacity to meet emergencies and national disasters.





## NSS MOTO





## "NOT ME, BUT YOU"



- The motto or watchword of the National Service Scheme is 'NOT ME BUT YOU'.
- The aim of NSS is to demonstrate this motto in day-to-day programmes.



#### **REGULAR ACTIVITIES**





- To Conduct Health Awareness and Personality Development Programmes.
- MyBharath Programme.
- Orientation Programmes.
- Environmental Awareness.

#### **SOCIAL ACTIVITIES**

- NSS Special Camps conducted every year. To improve the students personality and make them to participate in social activities.
- To create health awareness.
- Eradication of social evils.
- Community service and development.
- To develop leadership qualities.









## EXTENSION ACTIVITIES



## OUTREACH PROGRAMS













Blood Donors Kerala, Ponnani Taluk & NSS Unit, Assabah Arts and Science College In Association With Blood Centre, General Hospital Thrissur.



BLOOD
DONATION
CAMP

\*Donating Blood is an Act of Solidarity,

Tuesday 11 October 2022 Join the Effort and Save Lives'

Location: Assabah Arts and Science College, Valayamkulam.







## **Blood Donation Camp**

The NSS unit of Assabah Arts and Science College, in collaboration with BDK units Thrissur, organized a successful blood donation camp on December 9, 2019. The event witnessed enthusiastic participation from students and faculty, contributing to a noble cause of saving lives.







#### Flood Relief Activities

In August 2019, the state of Kerala faced devastating floods, impacting the lives of millions across the region. Among the hardest hit was the district of Wayanad, where entire communities were left in urgent need of both material and emotional support. In response to this crisis, Assabah Arts and Science College, Valayamkulam, stepped forward to aid those affected, recognizing the responsibility to support fellow citizens in times of need.









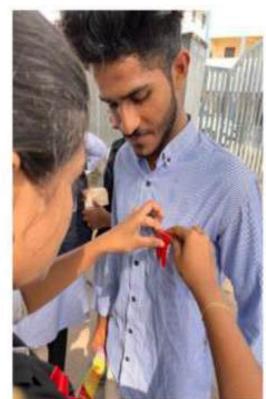
















### AIDS Day Awareness **Programme**

The event aimed to educate students and staff of HIV/AIDS importance the about prevention and treatment, as well as to raise awareness about the stigma associated with the disease.





# Nunanj theerna Madhuram Plastic Free Campaign

With the aim of making the campus plastic free, a new campaign called 'Nunanj theerna Madhuram ' has been launched on the model of 'Pen box challenge' to collect and deposit the mittai, sweets, ice cream and chips wrappers that are carelessly thrown around the campus.









# Free Ayurveda Medical Camp for Neighbourhood Community







അസ്സബാഹ് ആർട്സ് & സയൻസ് കോളേജ്

കൗൺസിലിംഗ് സെന്റർ ഉദ്ഘാടനവും സൗജന്വ മെഡിക്കൽ ക്വാമ്പും

Date: 2023 December 01 Time: 10:00 am

ഉദ്ഘാടനം ഷഹീർ കെ.വി (ആലംകോട് പഞ്ചായത്ത് പ്രസിഡന്റ്) ക്യാമ്പിൽ പരിശോധന നടത്തുന്നത് Dr. ഷഫല പി.വി BAMS യാർദേശ ജനത്ത് ഫിനിഷൻ & ജോഗ വെൽന്നെത് ഇൻസ്ട





Ayurvedic Medical Camp was organised at Assabah Arts and Science College under the leadership of NSS 240 Unit and Mental Health Club. People from the houses near the college were beneficiaries of the medical camp also free medicines distributed for patients.

#### Step-up Registration Campaign











STEP UP Campaign under the leadership of the State Government and the Kerala Economy Mission a Panchayat level training was organized at Valayamkulam Assabah College.







#### Public Pond Cleaning



Public pond cleaning activity was carried out by NSS 240 unit on November 25th 2023. The pond was found to be largely covered with plastic waste, rendering it unusable. The NSS volunteers actively participated in the cleaning process, removing tons of plastic waste from the pond to restore its natural beauty and usability.



#### Harita Sabha Organized by NSS 240 Unit











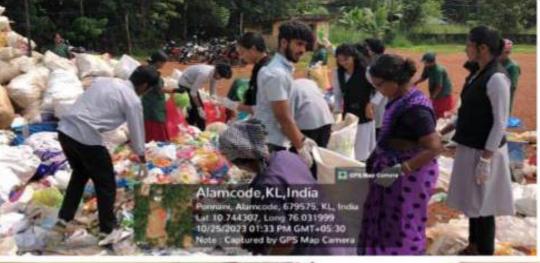
The workshop was organized for the selected students of twenty schools in Alamkode Panchayat as part of the second phase of the Kerala Government's Malinya Mukta Nava Keralam project.

Assabah College NSS volunteers Safa Parveen, Safana, Hiba, Anas, Abhay etc. led the program.













How Harita Karma Sena segregates non-organic waste collected from households. The students were explained in detail as, how it works. Apart from the awareness class, there was also a practical session on waste segregation.



#### Safety Awareness Programme for Public







NSS 240 volunteers participated in a workshop, safety awareness class conducted by Kerala fire and rescue services and Kerala civil defence force. The demo classes related to the topics like car accidents, fire accidents, emergency medical care etc were very useful. Mock drills were a new experience for the students.













# Cleaning Program at the House of Bedridden patient

NSS 240 volunteers organized a cleaning program at the house of Brother Noushad, who is bedridden, in Alamcode Panchayat, Ward 2. The objective of this program was to provide assistance and support to Noushad by cleaning and tidying his living space,

# Survey of Youth not in Formal Education or Regular Employment in Alamcode Grama Panchayth







NSS Unit conducted a "Survey of Youth not in Formal Education or Regular Employment" on 23-09-2023 to 30-09-2023 in the College adopted village, Alamcode Grama Panchayath . This survey was conducted under the Human Resource Ministry, Govt. of India.

# Fund Raising for Pratheeksha charitable Organise to assist the underprivileged sections of society











# Honouring of an outstanding farmer on Agriculture day





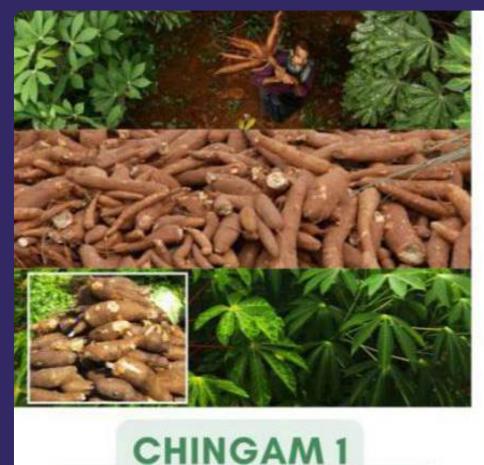


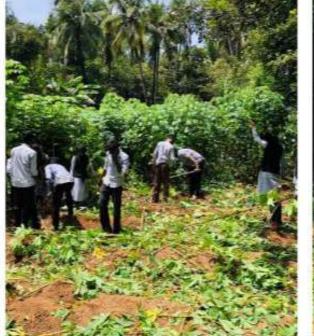
Honouring of an outstanding farmer on Agriculture day for his tireless efforts in advancing agriculture and promoting sustainable farming methods

#### Tapioca Harvesting and Planting



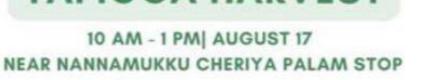


















NSS-240 Unit, Nannammuk Gram Panchayat and Krishi Bhavan Nannammuk jointly organized harvesting and planting of new Tapioca Plants in the plantation of famous farmer and Naranipuzha resident MS Kunjunniyettan known as MS.

#### Swachhta Pakhwada Cleaning Program









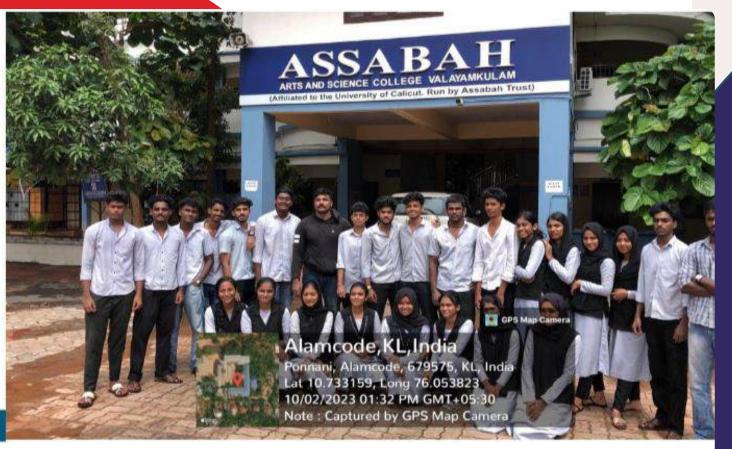
## **SWACHHATA PAKHWADA**

REPAIR, RESTORE AND RECYCLE

2023 September 25 to October 02



NATIONAL SERVICE SCHEME
ASSABAH ARTS AND SCIENCE COLLEGE, VALAYAMKULAM





On the occasion of Gandhi Jayanti, the NSS 240 volunteers organized a Swachhta Pakhwada Cleaning Program. The main objective of this program was to promote cleanliness and hygiene in our community, as a tribute to Mahatma Gandhi's vision of a clean and prosperous India.

## Free Eye Testing Camp





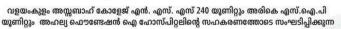












#### സൗജന്യ ഭനത്ര പരിഭശാധന ക്വാമ്പ്

2024 മെയ് 22 ബുധൻ 9am to 12.30 pm

വളയംകുളം അസ്സബാഹ് ആർട്സ് & സയൻസ് കോളേജ് ക്യാമ്പസ്









On 22nd May 2024, a successful Free Eye Testing Camp was organized at the Assabah Arts and Science College campus in Valayamkulam. This initiative, a collaborative effort between Ahalia Eye Hospital, NSS 240 Unit, and Arike SIP Unit, aimed to provide essential eye care services to the local community and raise awareness about eye health.



# Fundraising for 13 year old Boy Affected by Autism





The NSS 240 Unit of Assabah Arts and Science College Valayamkulam conducted a heartwarming fundraising campaign to support 13-year-old Libin from Edakalathoor, who battles autism.

# Paper File Distribution to nearby Government Offices











In compliance with the NSS initiative, the 240 Unit of Assabah Arts and Science College Valayamkulam carried out a paper file distribution drive to various entities. The distribution included police station, KSEB, and village office.

# Unique Disability ID (UDID) card Registration Initiative





The event aimed to provide persons with disabilities with a unique identification card that would enable them to access various government schemes and benefits more easily.











# Fund Collection on Palliative Care Day to support the palliative care services provided by Karunyam















## Sneharamam Project















അസ്സബാഹ് ആർട്സ് ഉ സയൻസ് കോളേജ് യൂണിറ്റ് : 24

A remarkable transformation of a garbage dump site into a serene park

# PACHATHURUTHU PROJECT LAUNCHED AT ASSABAH COLLEGE











The "Pachathuruthu" project, which aims to enhance green cover and promote environmental sustainability, underscores the collaborative efforts between local governance bodies, educational institutions, and community organizations in supporting Kerala's mission for a greener environment.

#### SWACHHTA HI SEVA CAMPAIGN













Assabah NSS unit organized a large-scale beach cleaning drive on October 2, 2024, at Ponnani Beach. The event aimed to raise environmental awareness and promote public cleanliness, aligning with the Swachh Bharat Mission's objectives set by the Government of India.





# AWARDS

&

# RECOGNITION







# APPRECIATION LETTER FROM GENERAL HOSPITAL, THRISSUR



#### **DEPT. OF TRANSFUSION MEDICINE** GENERAL HOSPITAL, THRISSUR

This is to certify that Assabah A. &. &	Science College
Valayambulam (NSS unit 240)	
has successfully organised a voluntary blood donat	ion camp with the professional
on . II 1.0. 120.22 at Seabah Arts & Science of During the camp 54. donors have donated blood. We	College Valayam pulas
1 th the second section	D - W - D.
and gratitude to the organisation.	DOD BANK VC
	BLOOD BANK BLOOD BANK MEDICAL OFFICER IC MEDICAL OFFICER IC GENERAL HOSPITAL THRISSUR - PIN 680001
BLOOD BANK MEDICAL OFFICER	THRISSUR - FILL

# APPRECIATION FTOM KARUNYAM PALLIATIVE CARE





# FALLIATIVE CARE CLINIC

(Run by Karunyam Palliative Care & Rehabilitation Society, Reg. No. 383/10)
CHANGARAMKULAM. P.O. NANNAMUKKU - 679575, Malappuram Dt. Kerala
Mobile: 9946729739, E-mail:karunyampalliativecare@gmail.com

Ref.

Date: .....

#### APPRECIATION LETTER

On behalf of the entire team at Karunyam Palliative Care Clinic Changaramkulam, I Wanted to extend our deepest Appreciation for the invaluable contributions made by Assabah Arts & Science college Valayamkulam in association with Karunyam Palliative Care Clinic. We are truly grateful for your partnership and look forward to continuing our collaboration in the future .



PERSIDENT

KARUNYAM PALLIATIVE CARE & REHABILITATION SOCIETY - Reg. No. 383/10

CHANGARAMKULAM

PO. NANNAMUKKU -679 575

# CERTIFICATE OF APPRECIATION FROM DISTRICT





## DISTRICT COLLECTORATE

CIVIL STATION, MALAPPURAM

# Certificate of Appreciation

This is to certify that Mr./Miss. Ameena Shevin.

From Assabah College Valayamkulam has actively participated and rendered Professional, efficient and dedicated services for conducting UDID disability determination camp at Perumbadap on as of all 2024

District administration place it on record the sincere efforts of this volunteer.

Place : Malappuram

Date: 02/07/2024

V.R Vinod IAS

District Collector, Malappuram







(ISO 9001:2015)

PO Nannammukku, PIN:679575, District :Malappuram, Phone :0494-2650452

email: mpmalamcodegp@gmail.com

To
The Principal
Assabah College
Changaramkulam, Kerala
India

Subject: Expression of Appreciation for Establishing "Sneharamam" Green Spot

Dear Principal,

On behalf of the Alamcode Grama Panchayath, I extend my heartfelt gratitude to Assabah College for the remarkable initiative of setting up the "Sneharamam" Green Spot in Changaramkulam. This thoughtful and impactful project has significantly contributed to enhancing the environmental and social well-being of our community.

The creation of "Sneharamam" serves as a testament to your institution's commitment to promoting environmental sustainability and fostering a sense of community among residents. This green space not only provides a serene and aesthetically pleasing environment but also offers a vital space for recreation, relaxation, and social interaction.

We deeply appreciate the collaboration and support extended by your college throughout this project. The positive impact of "Sneharamam" on the residents of Changaramkulam and the surrounding areas is already evident, and we are confident that it will continue to benefit the community for years to come.

Once again, thank you for your invaluable contribution and commitment to making a difference. We look forward to future collaborations and wish Assabah College continued success in all its endeavours.

With sincere appreciation,

Shaheer K V President Alamcode Panchayat



Shaheer. K.V
President
Alamcode Grama Panchaya
Alannammukku. P. O, Pin - 679
Tel : 04942 650452

# APPRECIATION FOR ENVIRONMENTAL PROMOTION ACTIVITIES



#### Alamcode Gramapanchayath

(ISO 9001:2015)

PO Nannammukku, PIN:679575, District : Malappuram, Phone :0494-2650452

email: mpmalamcodegp@gmail.com

To
The Principal
Assabah College
Changaramkulam, Kerala
India

Subject: Expression of Appreciation for Environmental Promotion Activities

Dear Principal,

On behalf of the Alamcode Grama Panchayath, I extend our heartfelt gratitude to Assabah College for your exemplary efforts in promoting environmental sustainability outside your campus. Your initiatives, including cleaning ponds and canals, as well as planting saplings along the highways, have significantly contributed to the ecological health and aesthetic beauty of our community.

These activities have not only helped in conserving our natural resources but have also inspired many residents to take active roles in environmental conservation. The dedication and hard work of your students and staff are truly commendable and set a positive example for the entire community.

The efforts of Assabah College in planning and executing these activities are truly impressive. Your commitment to environmental stewardship and community service is evident and deeply appreciated by all of us at Alamcode Grama Panchayath.

Once again, thank you for your outstanding contributions and dedication to environmental conservation. We look forward to continuing our partnership with Assabah College to create a healthier and more sustainable future for all.

With sincere appreciation,

Shaheer K V President Alamcode Panchayat



Shaheer. K.V
President
Alamcode Grama Panchayat





# ASSABAH TRUST

## FUTURE PLAN OF ACTION

- Training programme will be conducted for handling emergencies and natural disasters.
- To align activities with governments Mybharath Mission
- To conduct more activities for social uplifment of weaker section.
- Rural development projects
- Disaster relief and preparedness
- Partner with NGOs, local authorities, and educational institutions for broader impact.







# WOMEN DEVELOPMENT CELL







### VISION AND MISSION



**VISION** 

- Promoting gender equality
- Empowering Women
- Creating a safe environment
- Preventing sexual Harassment
- Supporting Women's personal and social development.



Promote gender equality, empower women, and create a supportive environment that fosters their personal and professional growth.

## **EXECUTIVE MEMBERS**











JISHA M K
Asst. Prof. of Commerce
WDC Joint Convenor



BAFEESHA A P
6th semester B.com Travel & Tourism
WDC Representative.



RIFA UMMER
6th semester B.B.A
WDC Representative.





#### **ACADEMIC YEAR**

#### NAME OF THE PROGRAMME

2019-2020	• INTERACTIVE SESSION WITH FACULTIES & STUDENTS.
	• SEMINAR ON "ADOLESCENCE,STRENGTH ,COURAGE & CONSIDERATION".
	• LADIES ROOM INAUGURATION
2020-2021	• WEBINAR ON "CYBERBULLYING & FRIENDSHIP FIRES".
	• WEBINAR ON "STRUGGLES & WORRIES AMONG THE STUDENTS IN THE COVID -19 PANDEMIC & SOLUTIONS".
	• ESSAY WRITING COMPETITION ON "ROLE OF WOMEN IN RE-BUILDING INDIA".



#### **ACADEMIC YEAR**

#### NAME OF THE PROGRAMME

• A WEBINAR ON "GENDER AWARENESS".

• A WEBINAR ON "POSH ACT,2013".

• A GENERAL AWARENESS PROGRAMME.

• ELOCUTION CONTEST ON "WOMEN EMPOWERMENT".

2022-23
• RENOVATED LADIES ROOM INAUGURATION

• MEHANDHI CONTEST





#### **ACADEMIC YEAR**

#### NAME OF THE PROGRAMME

2021-22	• SEMINAR ON "ADOLESCENCE-MENTAL HEALTH AND HYGIENE"
	• CAMPUS CAMPAIGN ON "DOWRY PROHITION DAY"
	<ul> <li>ESSAY WRITING CONTEST ON "SAY GOODBYE TO DOWRY AND CONQUER VICTORIOUS WOMENHOOD"</li> <li>COLLAGE CONTEST ON "WOMEN"</li> </ul>
2022-23	• SUICIDE PREVENTION PROGRAMME
	• GENERAL AWARENESS CLASS
	• GENDER TALK
	• SELF DEFENCE TRAINING
	• MEHANDHI CONTEST





#### **ACADEMIC YEAR**

#### NAME OF THE PROGRAMME

• SEMINAR ON "THE ROLE OF WDC & ICC".

2024-25

• HEALTH AWARENESS PROGRAMME ON "UTERUS CANCER"

• PAINTING COMPETITION ON "VIOLENCE AGAINST WOMEN".

#### SEMINAR ON "ADOLESCENCE--STRENGTH, COURAGE AND **CONSIDERATION**





Saminar on "Adalogoppes Strongth Courage and Consideration" by Mrs വുമൺ **ഡവലപ്മെന്ന് സെൽ** സെമിനാർ ഉദ്ഘാടനം: **റെപ്രാഫ: വി.കെ. അബൂബക്കർ** (പ്രിൻസിപ്പാൾ, അസ്സബാഹ് ആർട്സ് & സയൻസ് കോളേജ്) ഉപഹാര സമർപ്പണം: വി. മുഹമ്മദുണ്ണി ഹാജി (ജനറൽ സെക്രട്ടറി, അസ്സബാഹ് അസോസിയേഷൻ ട്രസ്റ്റ്) പ്രഭാഷണം: ശ്രീമതി റുബിന (സിവിൽ പോലിസ് ഓഫീസർ, ചങ്ങരംകുളം പോലിസ് സ്റ്റേഷൻ) വിഷയം : കൗമാരം കരുതലാണ്, കരുത്ത്







#### LADIES ROOM INAUGURATION

Ladies room inauguration by Prof. Aboobacker, Principal of Assabah on November, 4, 2019.







#### WEBINAR ON "CYBERBULLYING AND FRIENDSHIP FIRES"





A webinar on "Cyberbullying and Friendship fires" by Mrs Zarina Shanavas (Educationalist, Motival nal Speaker and Corporate trainer) on September ,12 , 2020.



# WEBINAR ON "STRUGGLES AND WORRIES AMONG THE STUDENTS IN COVID PANDEMIC AND SOLUTIONS"





A webinar on "Struggles and worries among the students in Covid -19 Pandemic and solutions" on February,13, 2021 in connection with National Womens' Day by Mubashira, Asst Professor of Psychology.



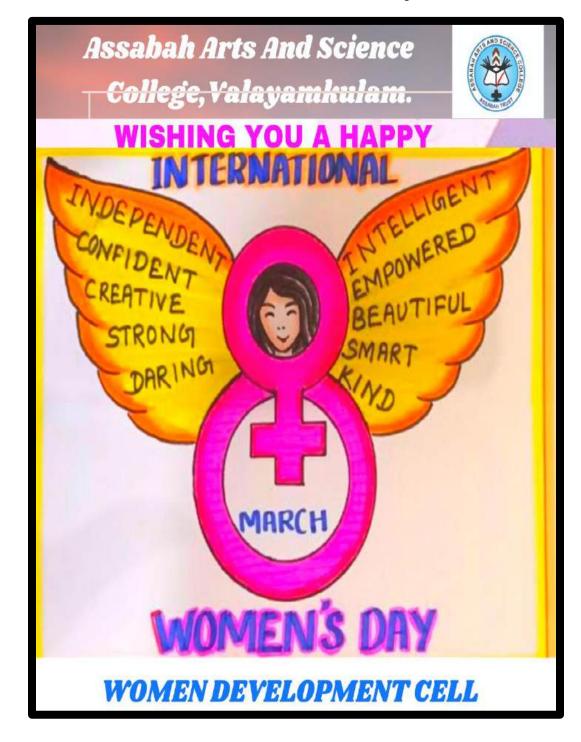


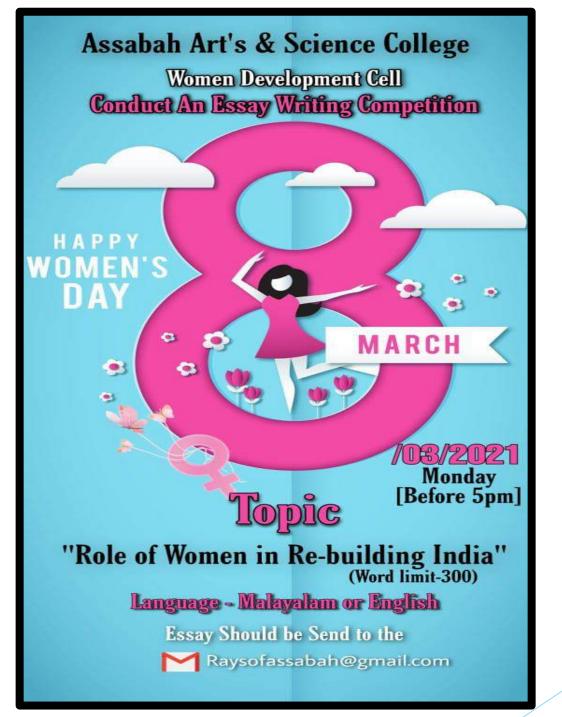
# ESSAY WRITING COMPETITION ON "THE ROLE OF WOMEN IN RE-BUILDING INDIA"





An Essay writing competition on "The role of women in re-building India" on March, 8, 2021 in connection with International Women's day.







# ESSAY WRITING COMPETITION ON "THE ROLE OF WOMEN IN RE-BUILDING INDIA"











first



Thasleema P.M. Bsc Geology.

Women development cell Assabah arts and science college

Essay writing competition
Third



Ekatha KS, First sem F.T.



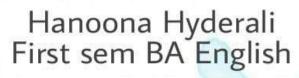
Archana M S, First sem MA English.

Women development cell Assabah arts and science college









Women development cell Assabah arts and science college

#### WEBINAR ON "GENGER AWARENESS" & "POSH ACT, 2013"



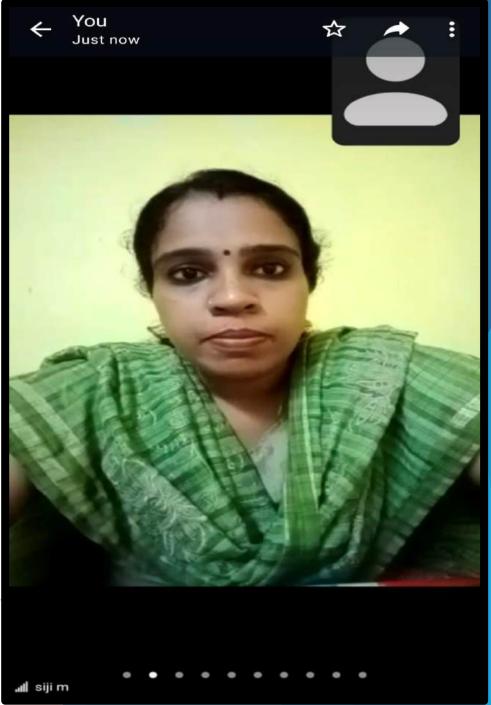


A webinar on "Gender Awareness" on July 15,2021 by Lijisha, Research Associate IRTC, Mundoor.



A Webinar on POSH ACT, 2013 on November, 18, 2021 by Siji. M, Psycho Socio Counsellor, GBHSS, Manjeri.





#### GENERAL AWARENESS PROGRAMME





"A General Awareness programme" on January 5, 2022 by Mrs Rubeena, Assistant Sub Inspector of Police (ASI).

Organized by WOMEN DEVELOPMENT CELL in association with IQAC



## A General Awareness Programme

Date: 05/01/2022 (Wednesday)

Time: 11 am

Inauguration

Prof. V K Aboobacker

Principal Assabah Arts and Science College

Co-ordinators

Shajitha V

Department of English

Jisha M K
Department of Commerce

Key note address

Mrs. Rubeena M

(Assistant Sub-inspector of Police)





at college auditorium



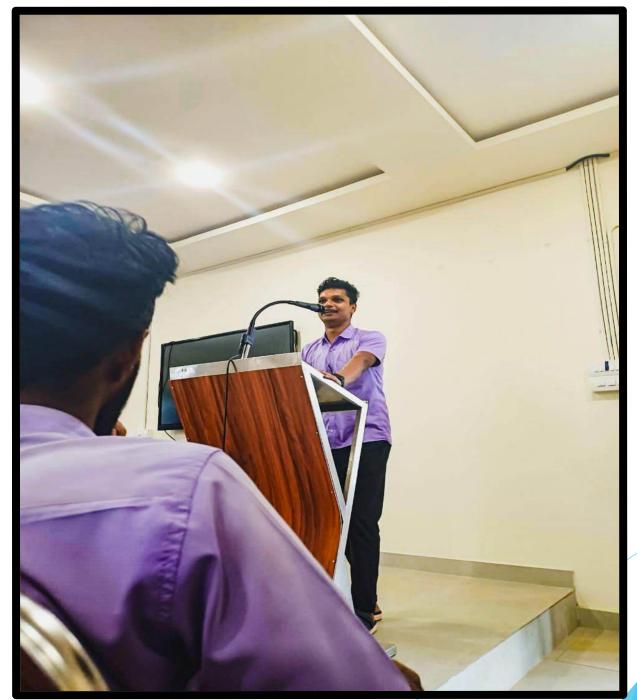
#### **ELOCUTION CONTEST ON "WOMEN EMPOWERMENT"**





An Elocution Contest on "Women Empowerment" in connection with National Women's day on February, 13,2022.





#### RENOVATED LADIES ROOM INAUGURATION





A renovated Ladies Room Inauguration by Assabah G S, Mohammedunni Haji on July, 5, 2022.



#### MEHANDHI COMPETITION

A" Mehandhi Competition" on July, 8, 2022 in connection with Bakrid.

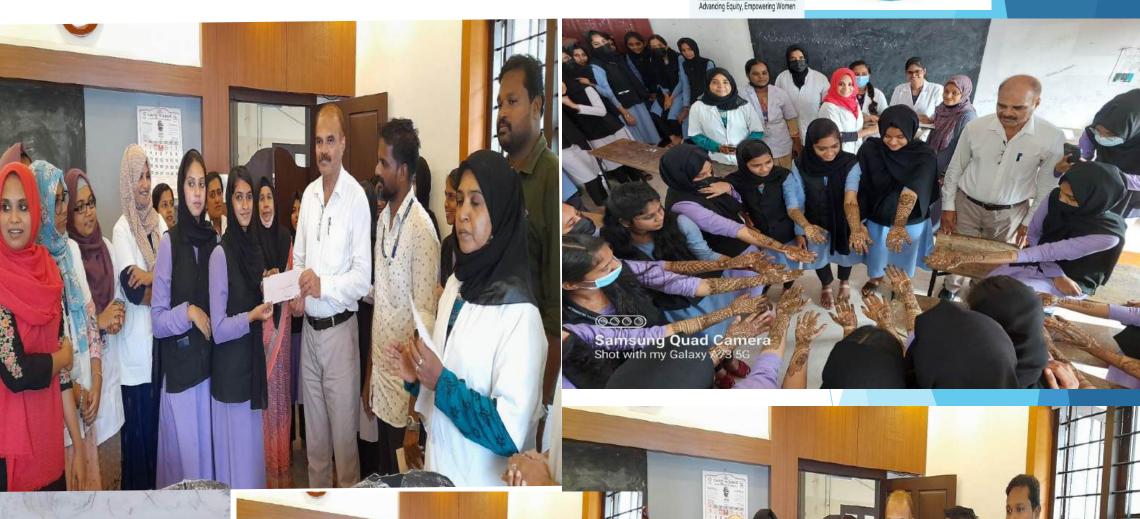








ASSABAH ARTS AND SCIENCE COLLEGE VALAYAMKULAM



#### SEMINAR ON "ADOLESCENCE-MENTAL HEALTH AND HYGIENE"





Seminar on "Adolescence--Mental Health and Hygiene" in connection with National Youth day on August, 12, 2022 by Sreeba Sreedharan (Psycho Therapist and, Counseller).



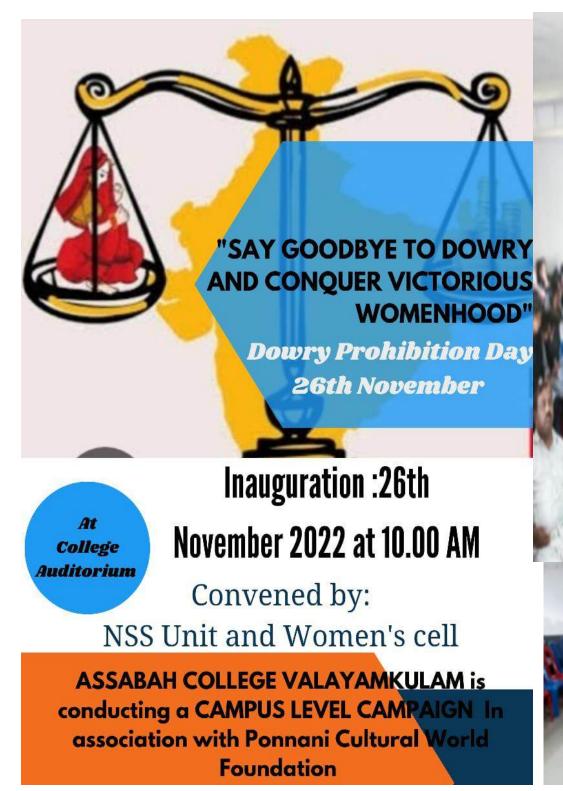


#### CAMPUS CAMPAIGN PROGRAMME ON "DOWRY PROHIBITION DAY"





A Campus Campaign Programme' by PWCF in connection with Anti Dowry Day on November, 26, 2022.





# ESSAY WRITING CONTEST ON "SAY GOODBYE TO DOWRY AND CONQUER VICTORIOUS WOMENHOOD"





Essay Writing Contest on "Say goodbye to dowry and conquer victorious womenhood "on November, 26, 2022.



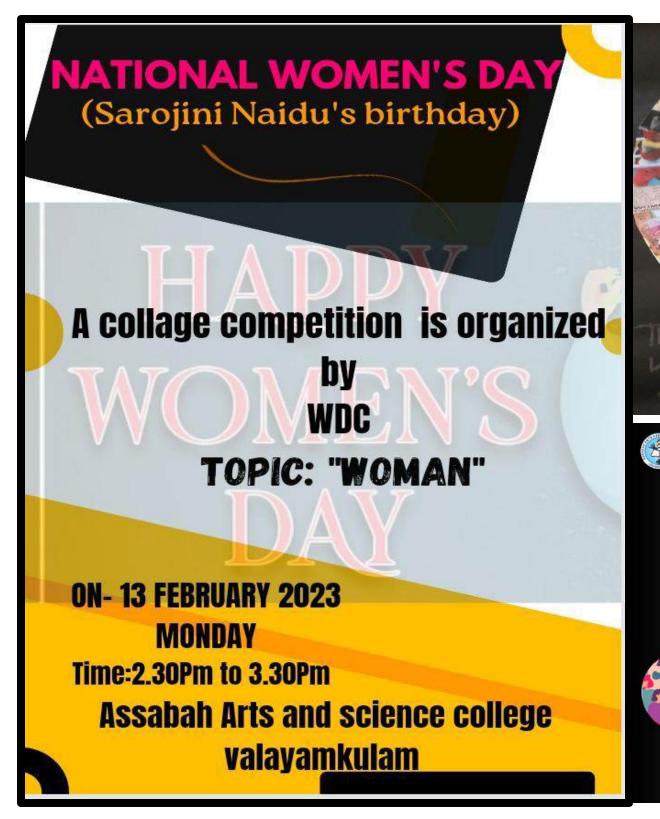
#### **COLLAGE CONTEST ON "WOMEN"**



A "Collage Contest" on February, 13, 2023 in connection with National Women's Day.

Celebrating the elegance of Womanhood

In association with IDAC





#### SUICIDE PREVENTION PROGRAMME





"Suicide Prevention Programme" on September, 21, 2023 in connection with Suicide Prevention Day.







#### PEER TRAINING PROGRAM

#### ON SUICIDE PREVENTION

In Connection with
World suicide Prevention Day
2023

Jointly Organized by
Women Development Cell
Department of Psychology
Mental Health Club
ASSABAH Arts and Science College,
Valayamkulam

21/09/2023 10.30 AM

College Conference Hall

Inauguration: Prof. Mohammed Koya M N
(Principal AASC)

Presentation by Suicide Prevention Squad: Fathimathul Hanan (S3 BSc Psychology) Nusaiba Nadhran (S3 BSc Psychology) Mohammed Farhan (S3 BSc Psychology)

Monitored By IQAC

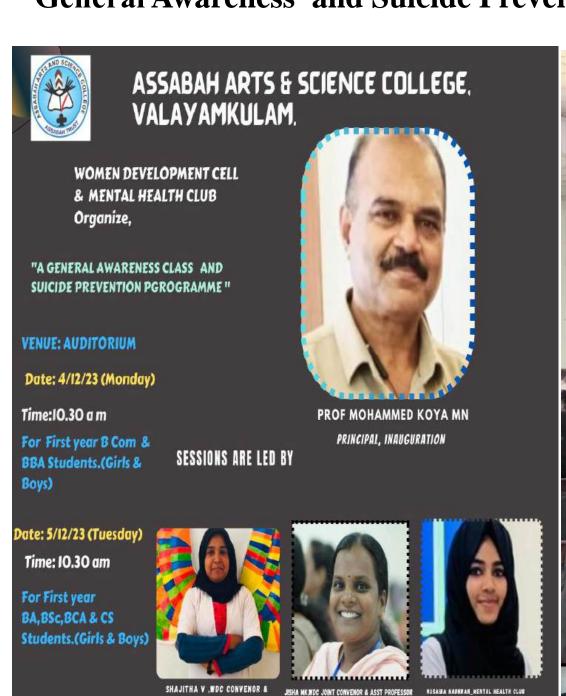


# GENERAL AWARENESS & SUICIDE PREVENTION CLASS





"General Awareness and Suicide Prevention class" on December, 4, 2023 and December, 5, 2023.



ASST PROFESSOR OF ENGLISH. OF COMMERCE AND MANAGEMENT STUDIES.

MONITORED BY IQAC



#### **GENDER TALK**





A "Gender Talk" on January,15,2024 by Amutha Krishnan, Transgender Social Justice Board Member, Social Activist, Poetess and Trauma Care taker.



DEPARTMENT OF PSYCHOLOGY & WOMEN DEVELOPMENT CELL

in collaboration with

DEPARTMENT OF PSYCHOLOGY, GOVT COLLEGE, MANKADA

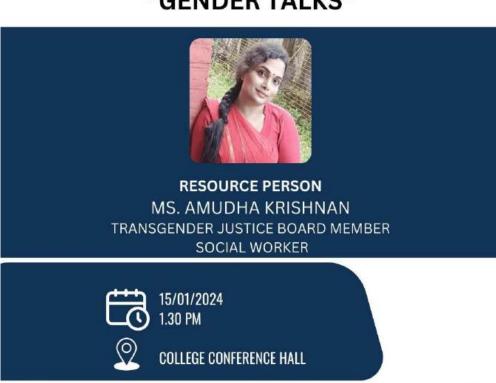
in association with



SOCIAL JUSTICE DEPARTMENT Care, Protection & Empowerment

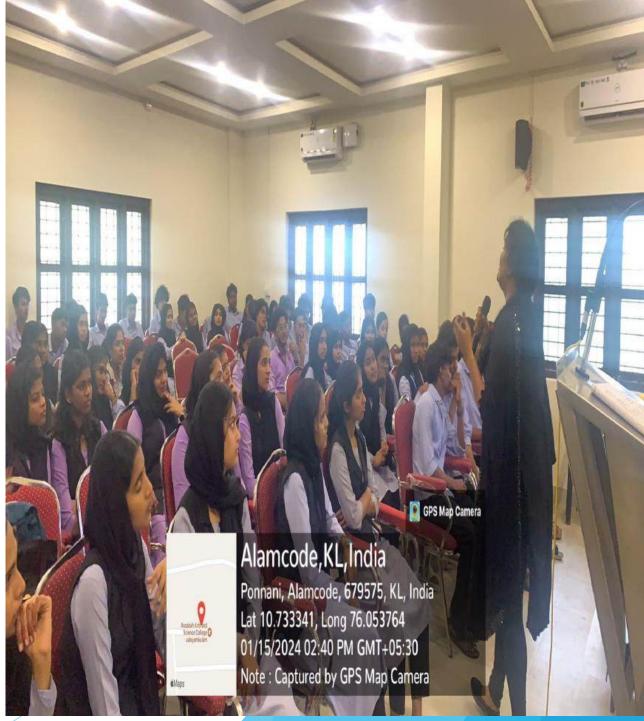
jointly organize

"GENDER TALKS"



MONITORED BY IQAC









#### SELF DEFENCE TRAINING

"Self Defence Training for girls" on March, 18, 2024 in connection with International Womens Day by Nasreen PV, Asst Professor of Chemistry and Kalarippayattu State Level Champion.

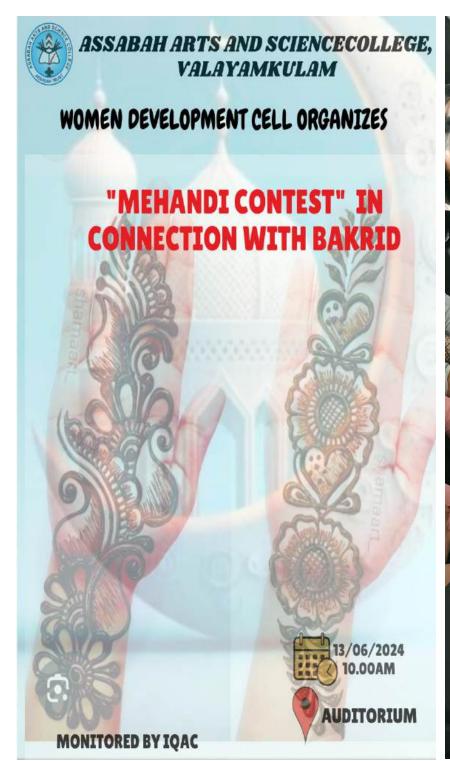


#### MEHANDHI CONTEST





'A Mehandhi Contest " on June, 13, 2024 in connection with Bakrid.



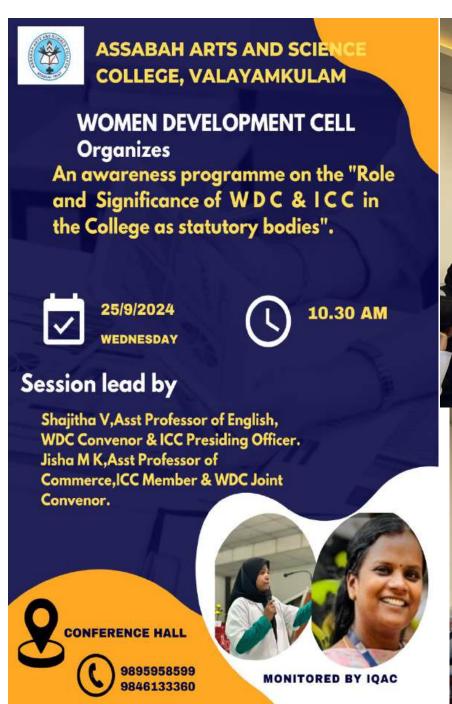


### AWARENESS PROGRAMME ON "ROLE AND SIGNIFICANCE OF WDC AND ICC"





General Awareness Programme on the "Role and Significance of WDC and ICC in the College as statutory bodies" on September, 25, 2024 by Shajitha V,Asst Professor of English and Jisha MK,Asst Prof of Commerce.





#### HEALTH AWARENESS CLASS ON "UTERUS CANCER"





"Health Awareness Programme" for both teaching and non-teaching staff on September 30, 2024, by Roney ,Thiruvalla.







#### PAINTING COMPETITION





Painting Competition on "Violence against Women" on October, 16, 2024 in connection with International Girl Child Day.



**WOMEN DEVELOPMENT CELL Organizes** 

**A Painting Competition in** connection with **International Girl Child day** 

Theme: Violence against Women



16/10/2024 1-30 pm (Wednesday)



LIBRARY HALL

**Monitored by IQAC** 











# STUDENT INITIATIVE IN PALLIATIVE CARE





#### **ABOUT THE CLUB**

The Palliative Club at Assabah Arts and Science College is a compassionate community dedicated to providing support and care for individuals facing serious illness, particularly those with life-limiting conditions. Comprising empathetic students and faculty members, the club endeavours to raise awareness about palliative care and advocate for the needs of patients and their families. Through educational seminars, volunteer opportunities, and fundraising events, members of the Palliative Club strive to alleviate suffering and improve the quality of life for those in need. Additionally, the club works closely with local healthcare providers and palliative care organizations to facilitate access to essential resources and services. By fostering empathy, compassion, and social responsibility, the Palliative Club at Assabah Arts and Science College plays a vital role in promoting dignity and comfort for individuals navigating the challenges of serious illness within the college community and beyond.



#### **EXCUTIVE MEMBERS**



Abdul Rahman P
Coordinator



**Muhammed Swalih**Joint-Coordinator





#### **SIP INAUGURATION**



2023 NOVEMBER 29 WEDNESDAY

MORNING AT 10: AM • CONFERENCE HALL

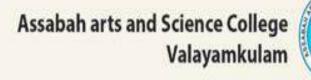
PRESENTED BY ASSABAH COLLEGE STUDENTS UNION 2023-24





### FUND COLLCTION IN ASSOCIATION WITH KARUNNYAM PALLIATIVE CARE









# പാലിയേറ്റിവ് കെയർ ദിനം

"ഞാനുമുണ്ട്... പരിചരണത്തിന് ഗൃഹസന്ദർശനവും ധനസമാഹരണവും"



#### Donate

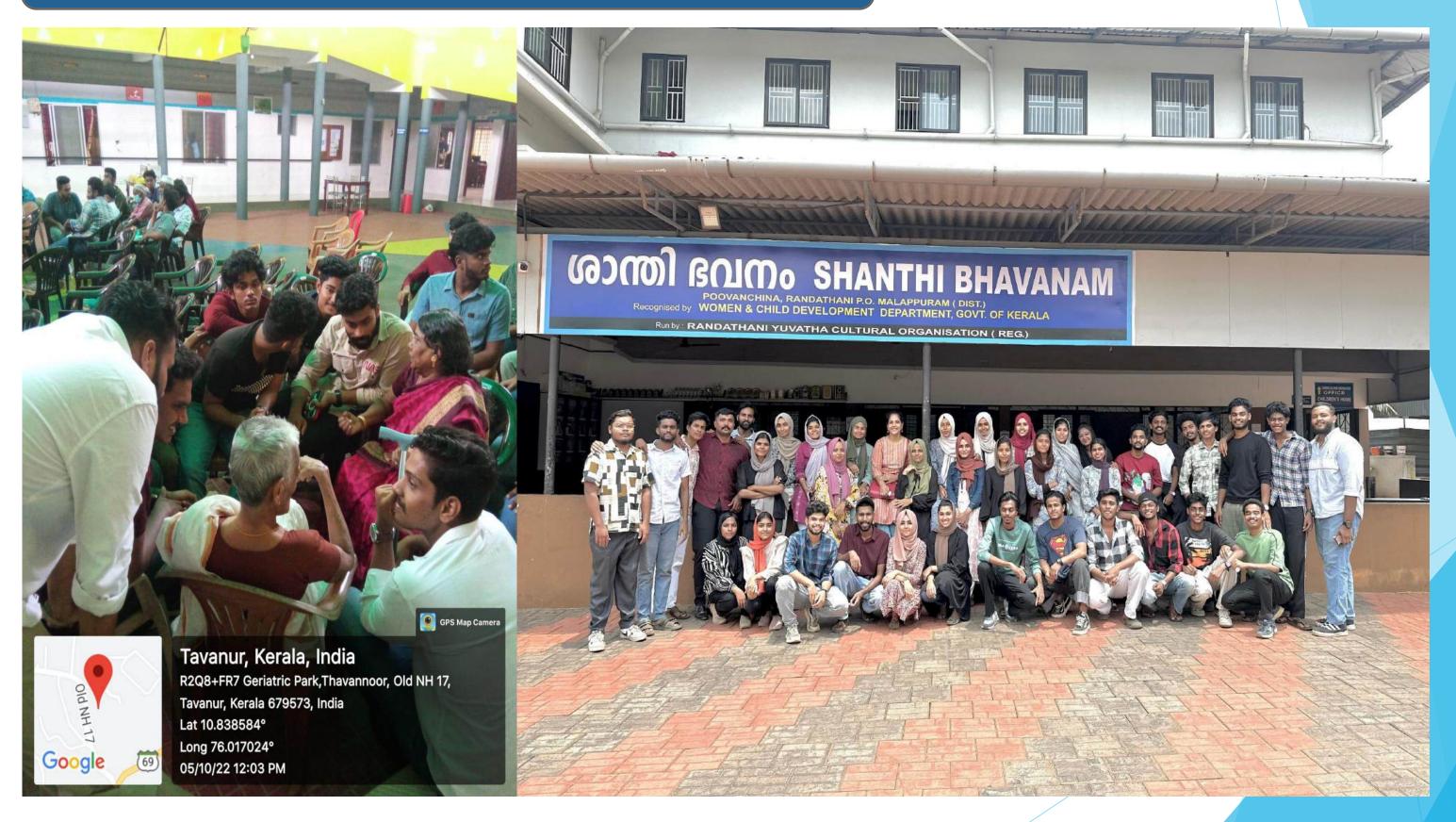
Fund Collection in Association with
Karunyam Palliative Care, Changaramkulam











# ED CLUB









#### ABOUT THE ED CLUB

The Entrepreneurship Development Club (ED Club) in Kerala is an initiative aimed at fostering a culture of innovation, leadership, and entrepreneurial spirit among students, Supported by the Kerala Startup Mission (KSUM) and District Industrial Centers.

E D club in Assabah Arts and Science College started in 2019 registered under DIC Malappuram. The clubs create a platform to student to develop their business skills, gain mentorship, and connect with like-minded peers. Through workshops, seminars, and networking events.

#### **EXECUTIVE MEMBERS**



#### **Co-ordinator**



Assistant Professor

P. G Department of commerce
& management studies

#### **Joint Co-ordinator**



Sreeja. P
Assistant Professor
P. G Department of commerce
& management studies

#### **Student Co-ordinator**



Basil Bin Farook

**Student Entrepreneur** 

5th sem B. Com Finance



#### **OBJECTIVES**

- To conduct workshops that provides members valuable opportunities to enhance their skills, develop problem-solving abilities, and gain practical, real-life experience.
- > To organize seminars and expert-lead discussions it ensures members stay informed about current market trends, industry insights, and the latest technological advancements
- To conduct experience-sharing programs that allows members to gain deeper insights into the industry, offering practical knowledge, inspiration, and the confidence needed to embark on entrepreneurial ventures.

#### **VISION**



➤ To inspire and empower Students to unlock their entrepreneurial potential, fostering a vibrant community that drives innovation, collaboration, and sustainable business growth.

#### **MISSION**

- > Providing training programs, seminars, and mentorship opportunities to develop essential entrepreneurial skills.
- > Create connections among students, mentors, investors, and successful entrepreneurs to share knowledge and opportunities.
- > Organize workshops and hands-on experience programs to provide practical knowledge and real-life insights into business activities

#### **SEMINAR**



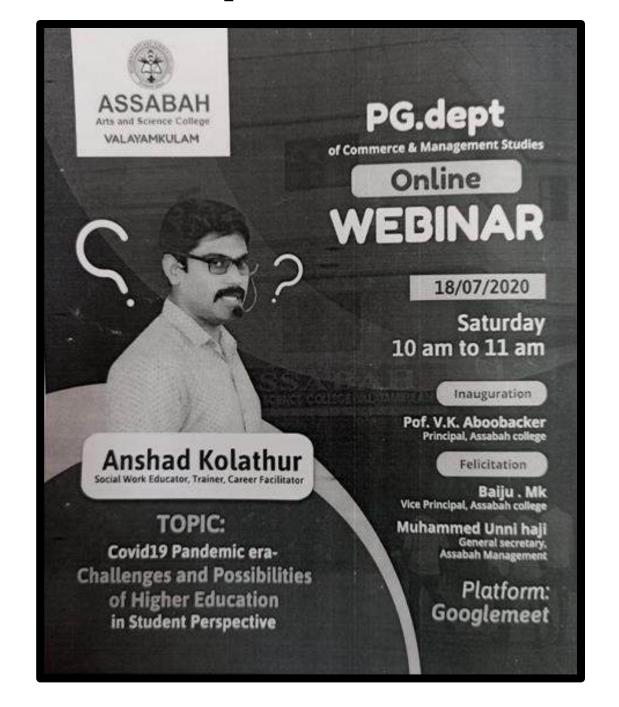
One day awareness programme onentrepreneurial development on 10th December 2019 at College auditorium



#### WEBINAR ON COVID 19 PANDEMIC ERA



Conducted a webinar on Covid 19 pandemic era- challenges and possibilities of higher education in students' perspective on 18th July 2020 through google meet, Anshad kolathoor(Social work educator, career facilitator, Trainer was the resource person



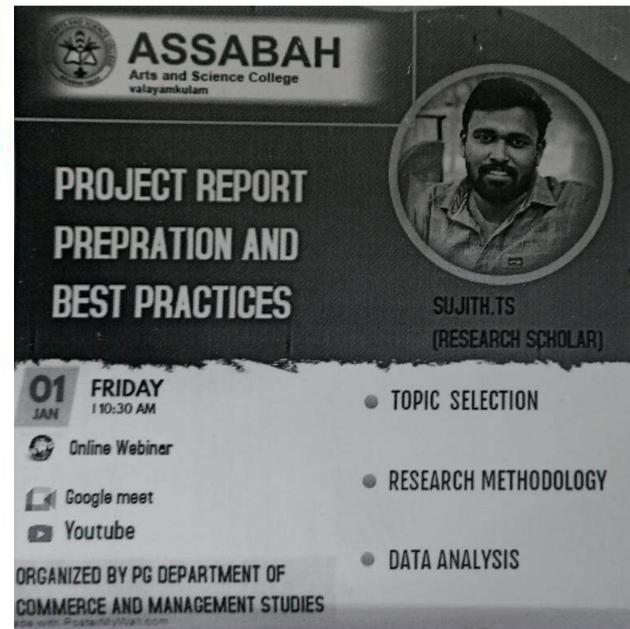
#### WEBINAR





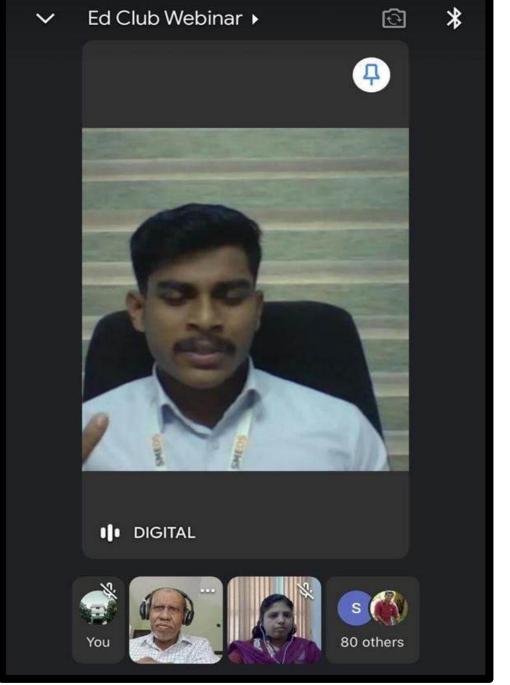
Conducted a webinar on Impact of covid-19 On young enterprenuership: Challenges and opportunities on 3rd Oct 2020 through google meet, V. Abdul Razak (Director of VKC Group, Chairman of confederation Indian footwear) was the resource person. Conducted a webinar on Project preparation and best pactces on 1st Jan 2021.





# A TALK ON DIGITAL MARKETING BEST PRACTICE AMIDST COVID 19









#### **INTERACT WITH THE** SUCCESSFUL ENTREPRENEUR

#### Interact With Successful Entrepreneur

By Entrepreneurship developement club P.G Department of Commerce & **Management Studies** 

In connection with world entrepreneurs' day observation

chief guest



21 August 2023



2.00PM



**Seminar Hall** 

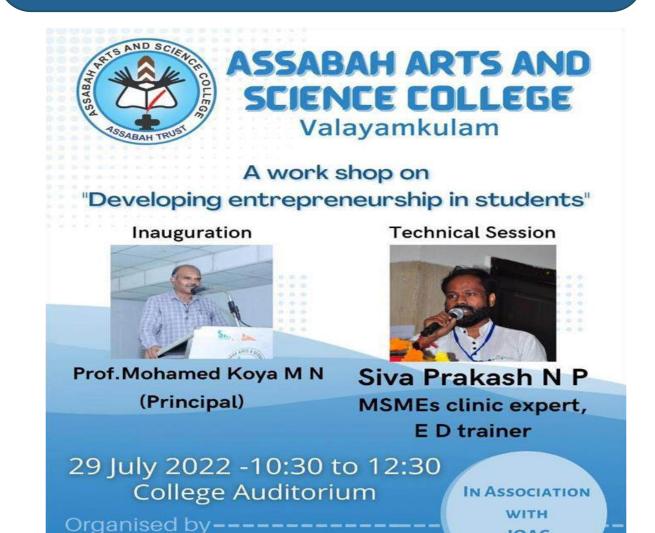
Assabah arts and science college Valayamkulam

In Association with IQAC



Sajith cholayil CEO kemtech aqua Kunnamkulam

#### **WORK SHOP ONDEVELOPING ENTREPRENEURSHIP AMONG STUDENTS**



EMPRESARIO - ED club & PG Department of

Commerce & Management Studies

Ð

empresario

IQAC







#### **FOOD FEST**

10th December 2019
College Auditorium. Lead by
HEIRA
(Young women Entrepreneur



## WORKSHOP ON LED BULB REPAIRING AND ASSEMBLING WORKSHOP



24th February 2020 College Auditorium Sabir. P (Director Elight industries









# ONLINE WORKSHOP ON FABRIC PAINTING





Online workshop on

#### Fabric painting



RESOURCE PERSON

MRS. REKHA ANILKUMAR

Fevicryl specialist teacher Pidilite Industries Ltd.

> E-certificate will be provided for more details contact: 9746040640







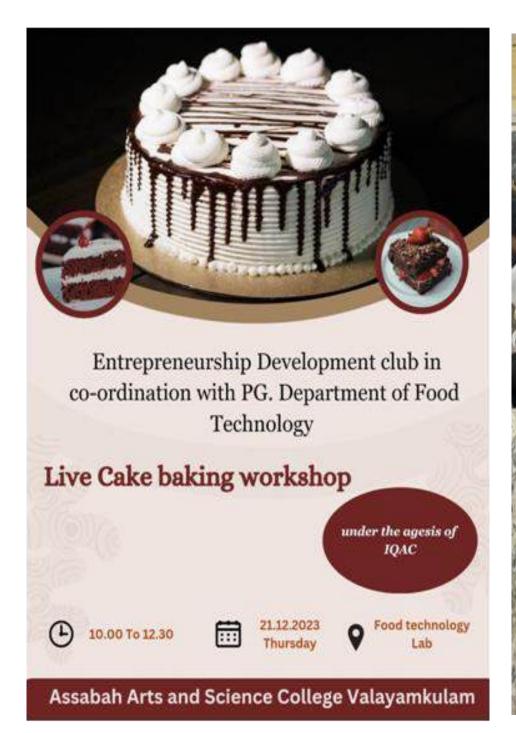








#### WORKSHOP ON CAKE BAKING









# WORKSHOP ON PAPER FILE AND SEED PEN MAKING



















# SEMINAR ON GST: CHALLENGES AND OPPORTUNITIES FOR BUSINESS





MR.FAISAL TE Intelligence Officer State GST Department Thrissur



Date -17/10/2024 (Thursday) Time -10 AM

Venue - College Conference Hall





#### SALAD MAKING CONTEST & EXPO









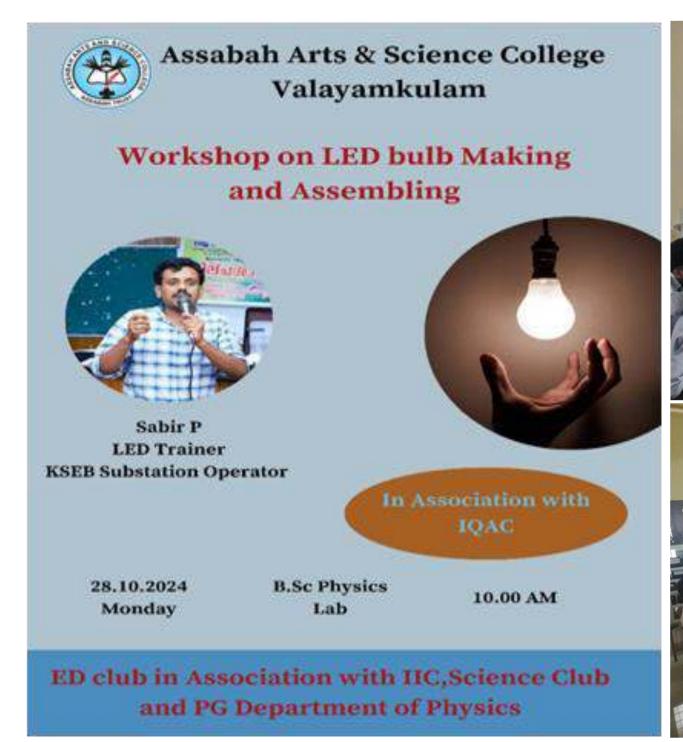






# WORK SHOP ON LED BULB MAKING AND ASSEMBLING















#### **OUR SUCCESSFUL ENTREPRENEURS**



**MUHAMMED RAISE** 

**ALUMNI** 

**CEO** 

RAISE MANAGEMENT SERVICES



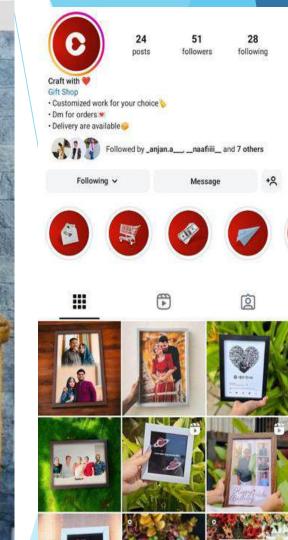
**SHEHIN & BASIL BIN FAROOK** 

**5TH SEM B.COM FINANCE** 

**DONOR CLUB** 

**EDAPPAL** 





#### **NISHIDHA**

**5TH SEM B.COM FINANCE** 

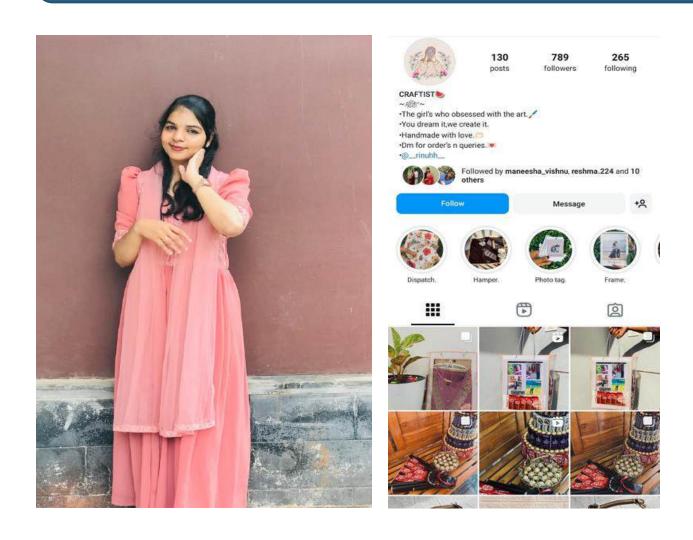
**Craft with love** 

**Customized Photo Frames** 





#### **OUR SUCCESSFUL ENTREPRENEURS**



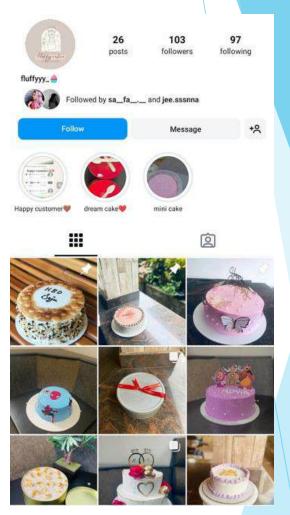
**RINSHA** 

**5TH SEM BBA** 

craftist

**Customized Hampers** 





**SAFA PARVEEN** 

**5TH SEM B.COM CO-OPERATION** 

fluffyyy

**Cake Baking** 





#### **OUR SUCCESSFUL ENTREPRENEURS**

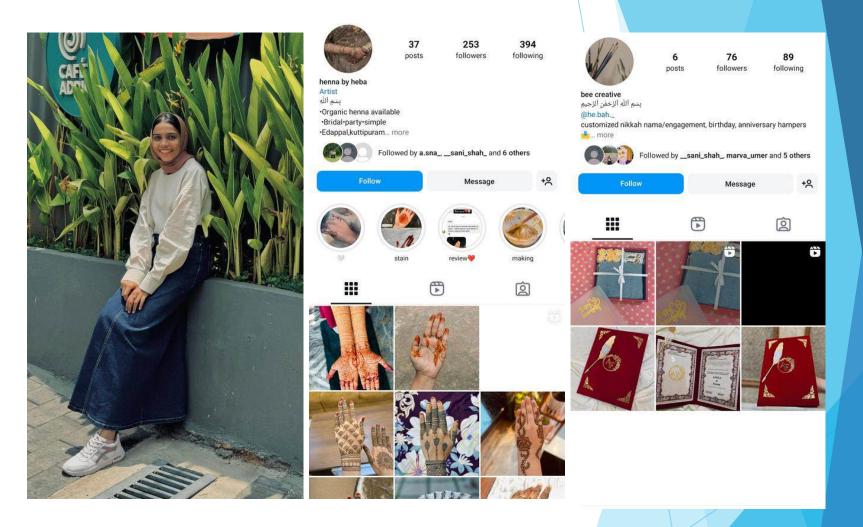


#### **SHAHANA**

5TH SEM B.Sc PSYCHOLOGY

artonistic

customized hampers & frames



#### **HIBA SHERIN V P**

5TH SEM Food Technology

Bee creative

henna by heba

# INSTITUTION INNOVATION COUNCIL







#### **ABOUT IIC**

- Encourages students to explore and implement innovative ideas.
- Conducts workshops, hackathons, idea competitions, and innovation challenges.
- Promotes teamwork across disciplines for diverse perspectives.
- Provides support for aspiring entrepreneurs.
- Empowers students as innovators and problem-solvers.
- Enhances the college environment, promoting excellence and innovation in education.



#### **OBJECTIVES**

To create an ecosystem that fosters innovation and entrepreneurship among students, equipping them with the skills and resources to develop impactful solutions, promote interdisciplinary collaboration, and contribute to societal growth.

#### **MEMBERS OF IIC**







Prof. M N Mohamed Koya President, IIC



Ms. Sreeja T Convenor, IIC



Mr. Shahid Ibrahim Vice President,IIC



**Dr. Harikrishnan IPR Coordinator** 



**Dr. Jayaraj K**Innovation Coordinator



Mr. Muhammed Swalih
ARIA Coordinator



Ms. Rasiya Thasni Social Media



Mr.Bassam K V Member

#### **EXTERNAL MEMBERS OF IIC**







Tharik Hassan P

Managing Director,

inDerior Hub & D KOZA



Niyas P V
Director, Rajadhani Minerals



Adv. Sidhikh Panthavoor

President, Changaramkulam Cooperative Bank

### STUDENT MEMBERS OF IIC

Name	Member
Niyas K	Student
Anandhu Krishnan M V	Student
Nusaiba Nadhran	Student
Fathima Sherin P S	Student
Mohammed Shibil M J	Student
Bincy Sharin Babu	Student
Sabir Sidheeq	Student
Nihal K K	Student
Muhammed ADHIL M S	Student
Shamna	Student
Mohammed Thabsheer	Student
Abhai Krishna S G	Student
Shaharban	Student
Adithya	Student
Misna	Student
Imthiyas	Student
Mubashir	Student
Rinu Thasni	Student
Liya Thasneem	Student





#### **ACTIVITIES CONDUCTED**



- 1. HOW TO BUILD A SUCCESSFUL STARTUP (SEMINAR)
- 2. SEMINAR ON INTELLECTUAL PROPERTY RIGHT
- 3. GST: CHALLENGES AND OPPORTUNITIES FOR BUSINESS (SEMINAR)
- 4. LED BULB MAKING AND ASSEMBLING WORKSHOP

#### HOW TO BUILD A SUCCSSFUL STARTUP





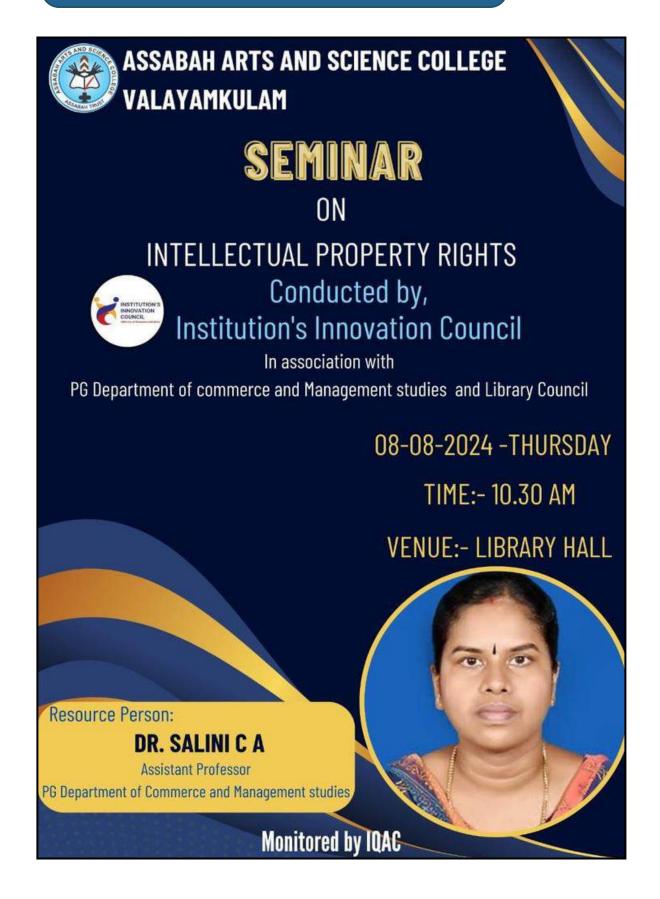






#### **SEMINAR ON IPR**









# GST: CHALLENGES AND OPPORTUNITIES FOR BUSINESS

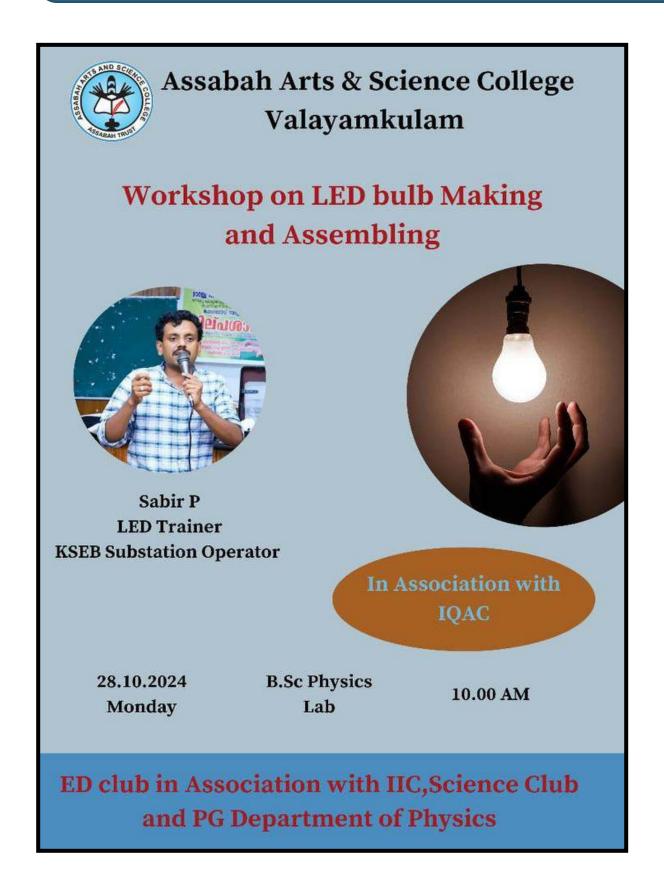








#### LED BULB MAKING AND ASSEMBLINGWORKSHOP









# NATURE (CLUB)



## VISION AND MISSION







The vision of nature club is to increase the awareness and understanding of nature among the students.

To create the awareness towards the conservation of nature, and sustainable living.



The mission of a Nature Club is to inspire students to develop a lifelong commitment to environmental sustainability and nature conservation, by combining education, hands-on activities, and advocacy.

## **EXECUTIVE MEMBERS**







ASHARUDHEEN.P
CLUB COORDINATOR
ASSISTANT PROFESSOR
DEPARTMENT OF GEOLOGY



SAJNA.K.V
JOINT COORDINATOR
ASSISTANT PROFESSOR
PG DEPARTMENT OF PHYSICS



ADHEELA.T
STUDENT COORDINATOR
3RD SEM BSc GEOLOGY

# PROGRAMMES





ACADEMIC YEAR	NAME OF THE PROGRAMME
2022-2023	LOGO RELEASE
	CLUB INAUGURATION
2023-2024	ENVIRONMENT DAY CELEBRATION
	SOIL DAY CELEBRATION
	NATURE CAMP

NATURE CLUB 04

# LOGO RELEASE





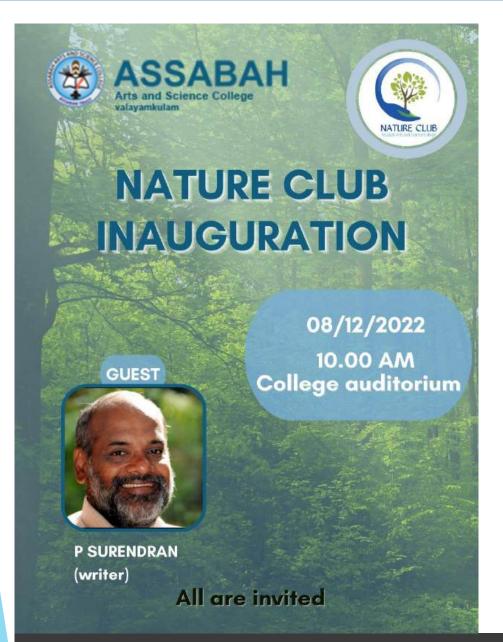




# INAUGURATION









Nature club officially Inaugurated on 8th December 2022 Thursday by writer P.Surendran.

## ENVIRONMENT DAY









Nature Club team of Assabah Arts and Science College in association with IQAC planted trees on World Environment Day (05-06-2023).

## WORLD SOIL DAY





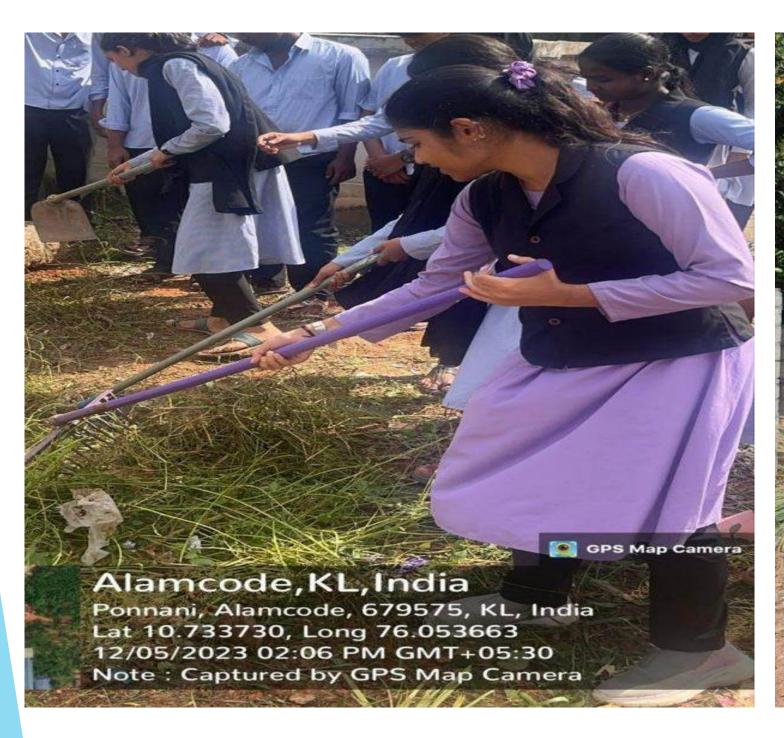


Nature Club team of Assabah Arts and Science College in association with IQAC cleaned the campus on World Soil Day (05-12-2023).

# WORLD SOIL DAY



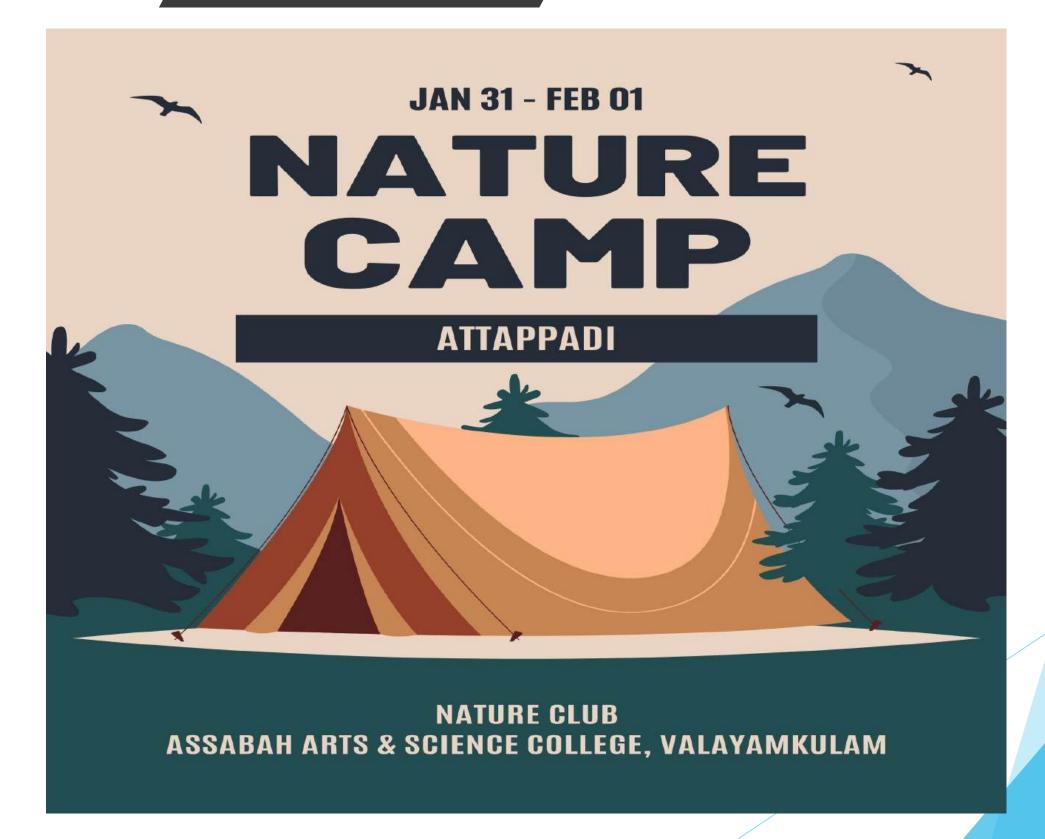




















Nature Club, Assabah Arts and Science College in association with IQAC conducted 2 days nature camp on 31-01-2024 to 01-02-2024 at Attappadi.







Mr James, retired Head master of APJ Abdulkalam International Residential Tribal School, interacted with students.







# SCIENCE CLUB





### ABOUT THE SCIENCE CLUB

The Science Club at Assabah Arts and Science College is an invigorating forum dedicated to igniting the flames of scientific inquiry and discovery. Committed to nurturing the scientific minds of tomorrow, our club offers a dynamic array of activities and initiatives designed to engage, inspire, and educate.



## **EXECUTIVE MEMBERS**

SL.NO.	POST	NAME OF THE COORDINATOR	DESIGNATION
1	CLUB COORDINATOR	RANJURAJ K.,	HEAD & ASSISTANT PROFESSOR, P.G.DEPARTMENT OF PHYSICS
2	JOINT- COORDINATOR	ASWATHY K. R.,	ASSISTANT PROFESSOR, DEPARTMENT OF MATHEMATICS
3	STUDENT COORDINATOR	LAKSHMIMAYA T. K.,	5 <sup>TH</sup> SEMESTER B.SC.PHYSICS





## **PROGRAMMES**

SL.NO.	DATE	PROGRAMME
1	28 <sup>th</sup> February 2023	Science Expo
2	15 <sup>th</sup> September 2023	Seminar Presentation
3	15 <sup>th</sup> September 2023	Poster Competition
4	11 <sup>th</sup> October 2023	Workshop
5	5 <sup>th</sup> January 2024	Invited Talk
6	27 <sup>th</sup> February 2024	Extension Programme
7	16 <sup>th</sup> September 2024	Webinar Presentation
8	24 <sup>th</sup> October 2024	Workshop
9	30 <sup>th</sup> October 2024	Seminar Presentation





## SCIENCE EXHIBITION

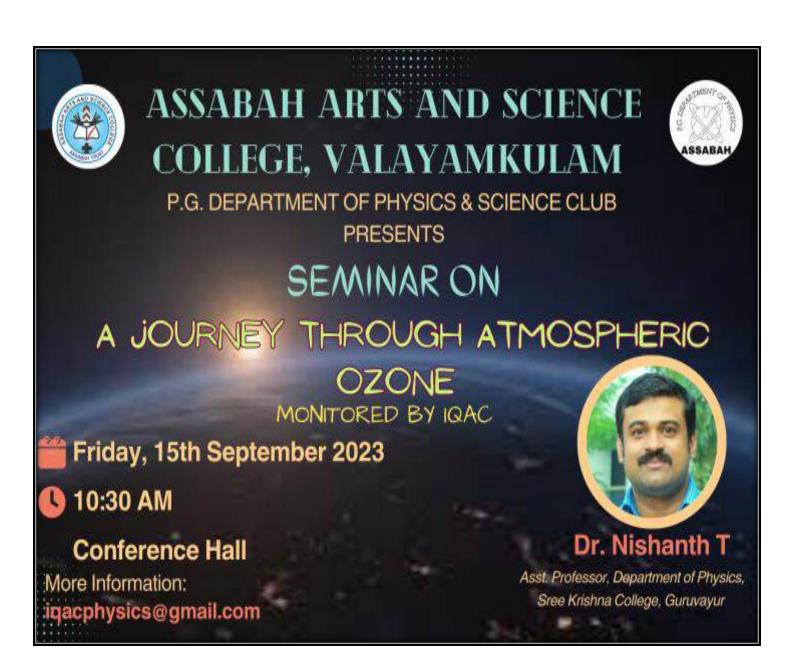








### **SEMINAR**

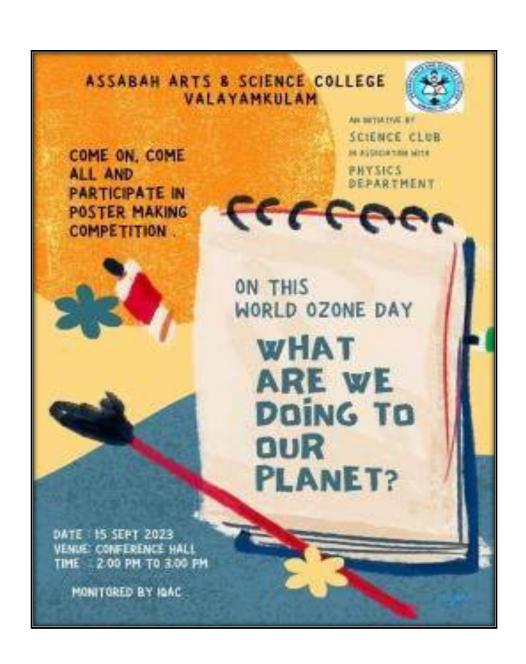








## POSTER MAKING COMPTITION



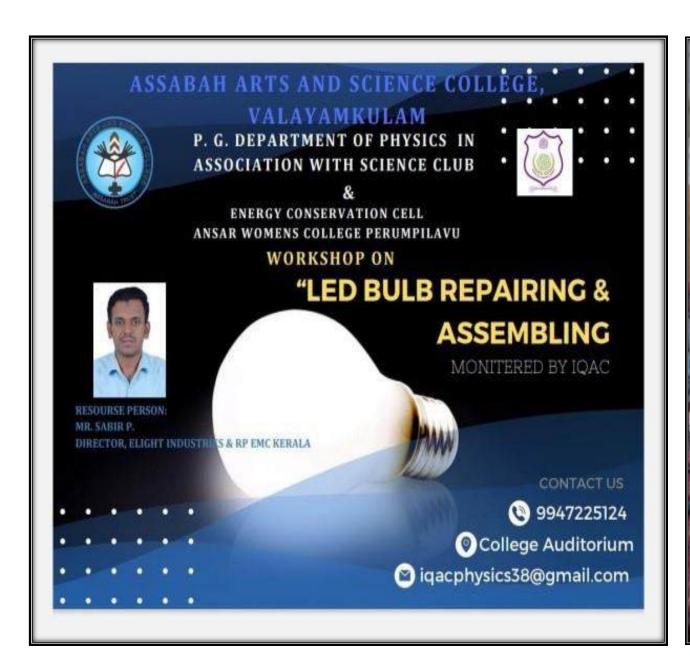








## WORKSHOP



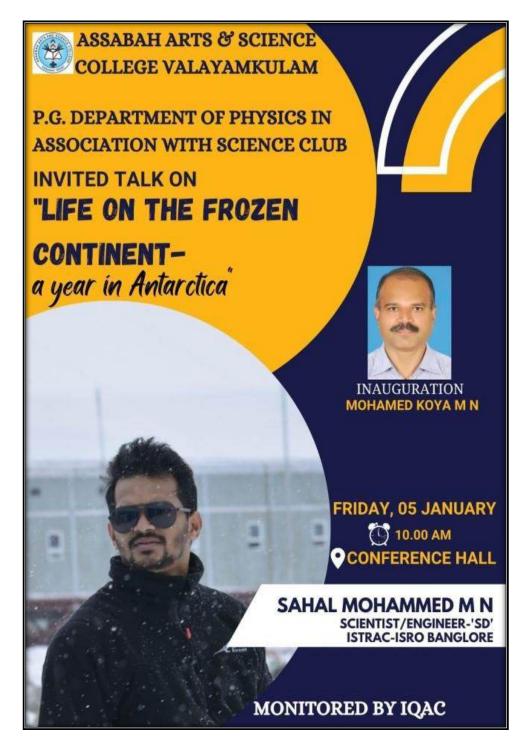




## INVITED TALK















## EXTENSION PROGRAMME



എ <mark>യു പി എസ് തെല്ലില്യൂരി</mark> ശുകപുരം പി.ഒ, എടപ്പാൾ Email : aupsnellisseri@gmail.com

#### February-28 National Science Day

ശാസ്ത്രാവബോധം പരീക്ഷണങ്ങളിലൂടെ...

Session: Cultivating scientific temper through experiments

27/02/2024 3.00 PM



SHABNA YOUSUF

(ASSISTANT PROFESSOR OF

CHEMISTRY ASSABAH ARTS AND

SCIENCE COLLEGE)



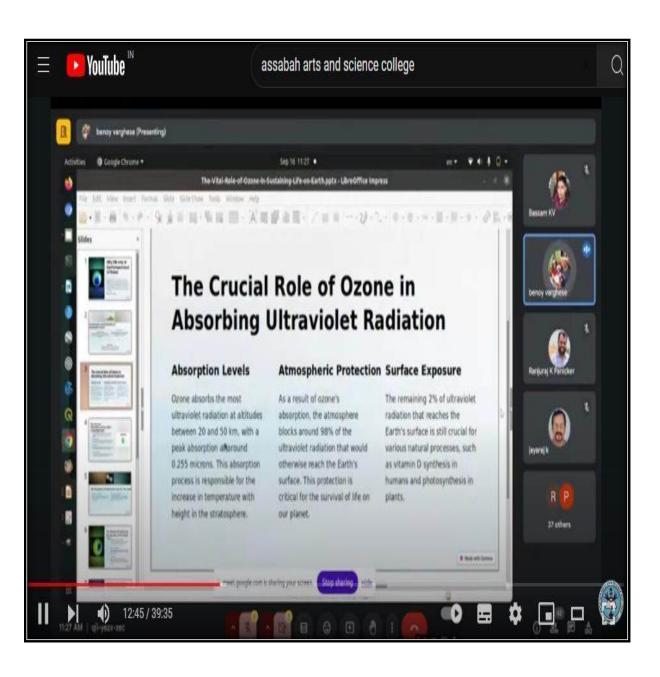
SAJNA KV
(ASSISTANT PROFESSOR OF PHYSICS ASSABAH ARTS AND SCIENCE COLLEGE)





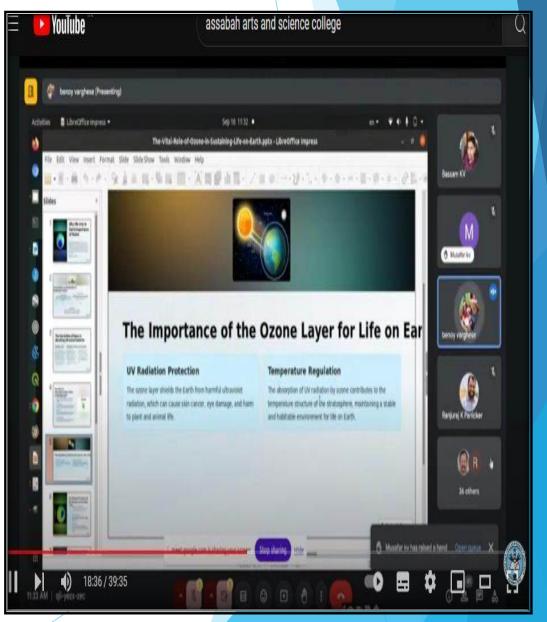








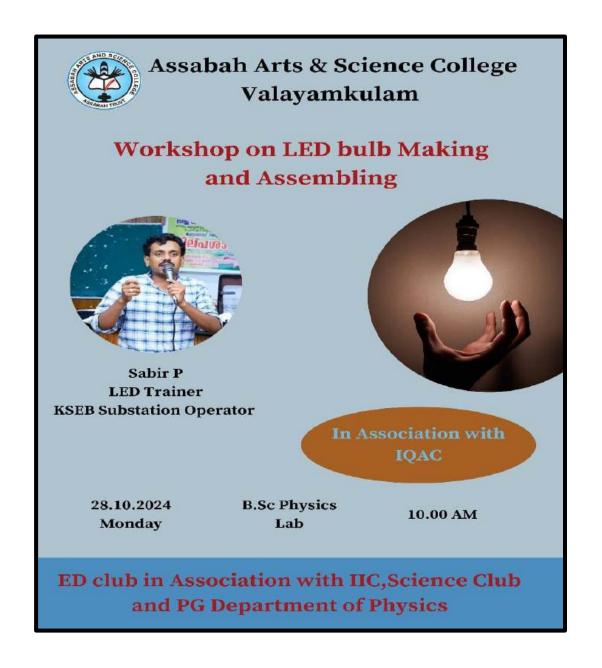










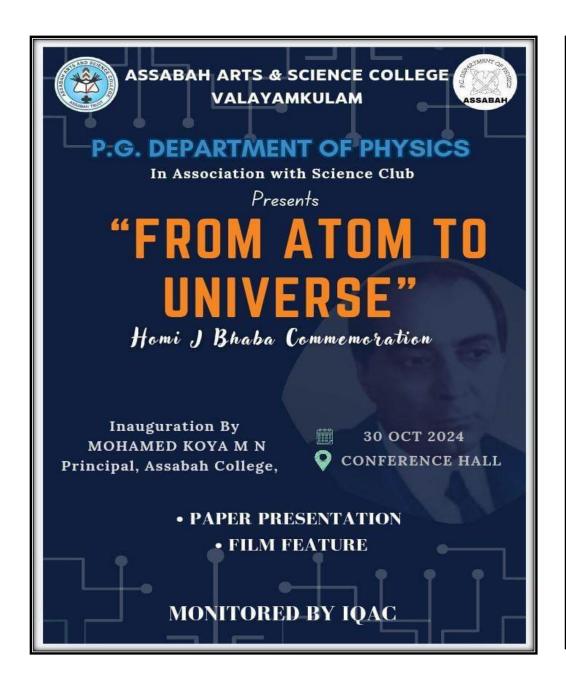








### **SEMINAR**







# FILM CLUB





#### ABOUT FILM CLUB

- The Film Club at Assabah Arts and Science College provides an exciting platform for students to explore the world of cinema.
- > The club organizes screenings of diverse genres, ranging from classic masterpieces to contemporary films.
- The Film Club at Assabah Arts and Science College inspires a deeper understanding and appreciation for the power of cinema among its members, enriching the college experience for all.

#### **OBJECTIVES**



- > The Film Club at Assabah Arts and Science College provides an exciting platform for students to explore the world of cinema.
- > The club organizes screenings of diverse genres, ranging from classic masterpieces to contemporary films.
- The Film Club at Assabah Arts and Science College inspires a deeper understanding and appreciation for the power of cinema among its members, enriching the college experience for all.

## EXECUTIVE MEMBERS





#### COORDINATOR



MUHAMMED SHAHEEM O H.
Assistant Professor
P.G. Department of English

#### **JOINT-COORDINATOR**



SHAHID IBRAHIM
Assistant Professor
P.G. Department of Physics

#### STUDENT REPRESENTATIVES

#### **President**



THESNA K P
(3rd Sem
B.Sc. Chemistry)

#### **Secretary**



ABHIJITH (3rd Semester BBA)

#### Vice-President



REHANA (1st Semester BBA)

## SHORT FILM -AUDITION





➤ The film club audition was held at the College Auditorium, 100 candidates participated in the audition.

> The audition provided a clear view of the students diverse acting skills.



# SHORT FILM -AUDITION









## SHORT FILM -SHOOTING

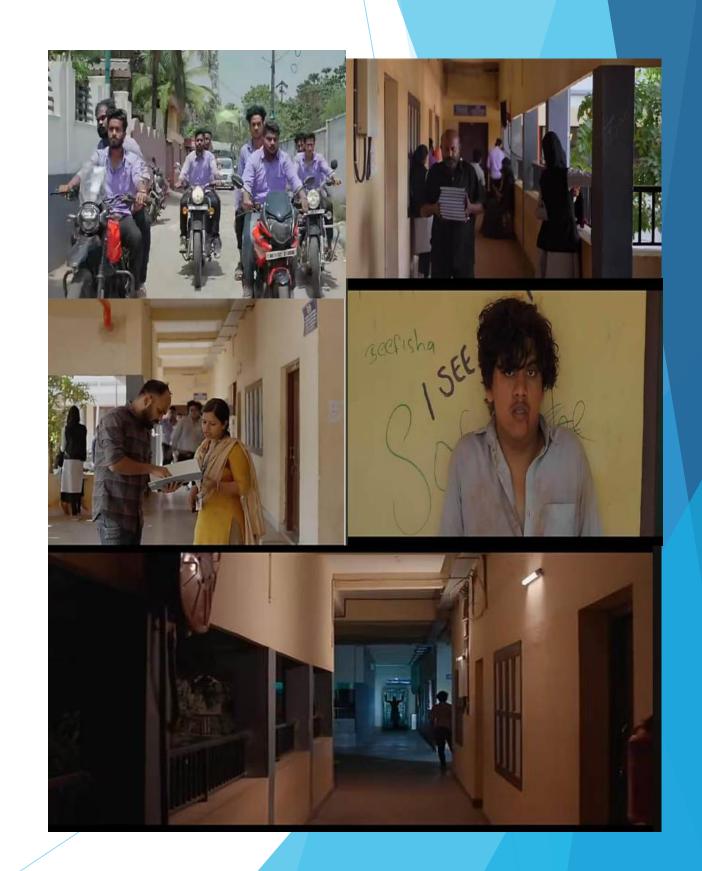




➤ The shooting was carried out 3 days involving the selected students from the audition.

> College premises were the main shooting locations

➤ More than 200 students from various departments of the college participated in the shooting



### SHORT FILM -DUBBING





> The dubbing session for the short film took place at Chethana studios, Thrissur

➤ Number of artists participated in the dubbing segment, which was led by Thankamani(State award

Winner for Best Dubbing Artist)

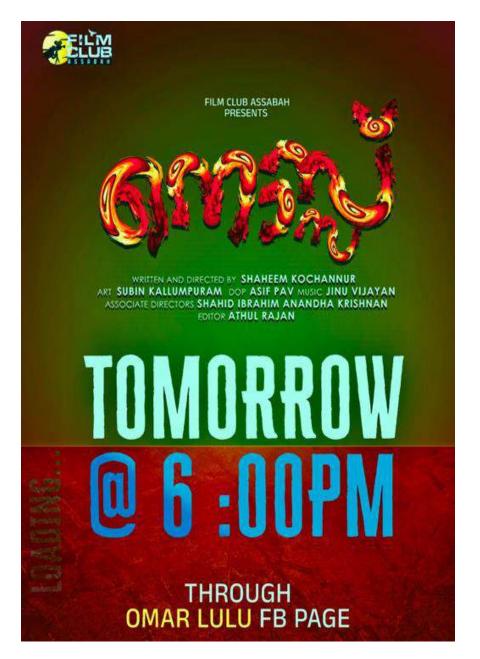


### SHORT FILM -'NOSSU' RELEASNG





The short film released through digital media platform by famous malayalam film director Omar Lulu







#### DOCUMENTARY-'ARANGIL ALAMKODE'



"Arangil Alamcode" is a captivating documentary featured by the Assabah Film Club in association with the Alamkode Gramapanchayath. The film offers a deep dive into the rich cultural heritage and vibrant traditions of Alamkode.







#### FILM FESTIVAL





A film festival titled Kahani was organized, showcasing Malayalam, English, Tamil, and Hindi films across two screens for students and faculty members. The event offered a diverse cinematic experience, fostering cultural exchange and engagement within the academic community.







Screen 1 - College Auditorium

Screen 2- Psychology Department Hall

ARABIC | TAMIL | MALAYALAM | ENGLISH

OVIES

FARHA | PARIYERUM PERUMAL | OTTAAL | THE GODFATHER

**BOOK TICKET NOW!** 



## MEDIA VISIT





➤ On September 19, 2023, members of the Assabah Film Club visited Amrita Studio in Kochi

The workshop provided invaluable insights into the intricacies of the film industry, enhancing the students' knowledge and appreciation of the craft.



# NUTRITION CLUB





#### VISION & MISSION





Quality nutrition and health services for all



To promote optimum health and nutrition among individuals by increasing the awareness of people on achieving good health throughout their lives



### **OBJECTIVES**



To educate and inspire the community about the importance of healthy eating habits and proper nutrition



To provide resources, support, and activities that promote a healthier lifestyle

# EXECUTIVE MEMBERS





Dr. Ajisha K.H
Club coordinator
Assistant Professor
Dept. Food Science and
Technology



Shabna Kaliyath

Joint coordinator

Assistant Professor

Dept. Food Science and Technology



Liya Thasneem
Student coordinator
3rd sem. Food Technology



# **PROGRAMMES**

# 2022-2023

- Club inauguration and logo release
- Seminar
- Food festival

# 2023-2024

Food festival

# 2024-2025

- Salad making competition
- Photography contest
- BMI monitoring



# **CLUB INAUGURATION**



Nutrition club logo released on 14<sup>th</sup> October 2022 by Principal Prof. M.N Muhammed Koya



Nutrition Club Name and Logo



#### **SEMINAR**



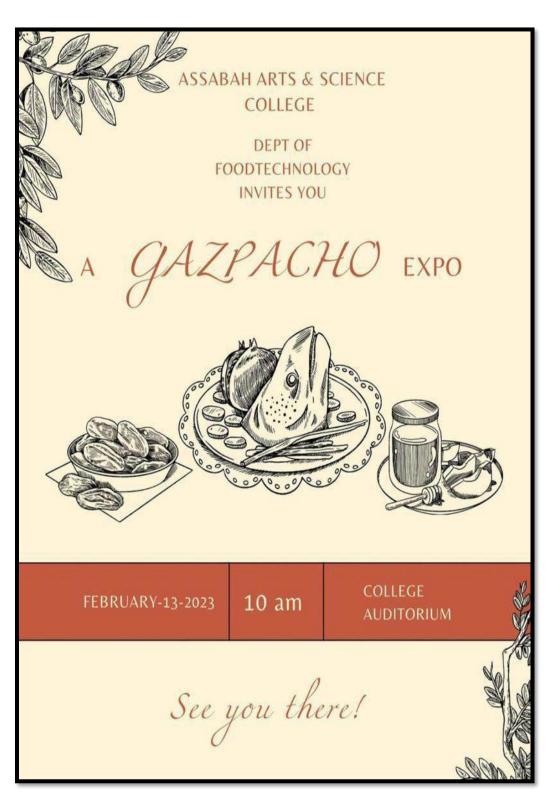


One day seminar on millets leaded by Vineetha K food safety officer Ponnani (16 October 2022)

# FOOD FESTIVAL



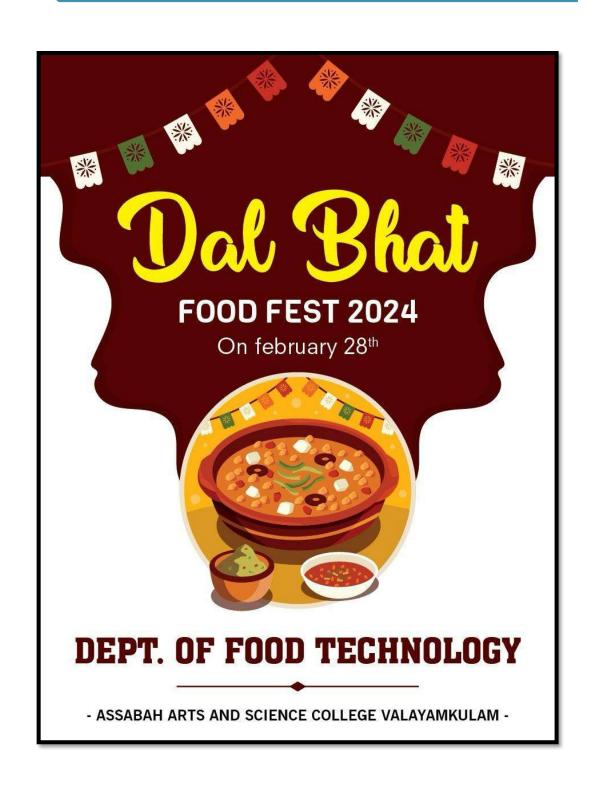








# FOOD FESTIVAL



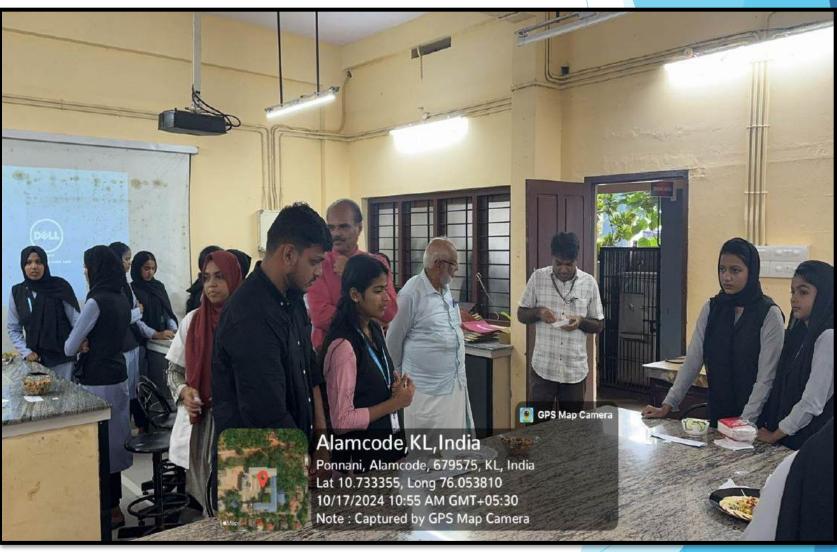






# FOOD DAY





Nutrition club, in association with ED club conducted salad making competition on 17-10-2024 at Food Technology lab



## PHOTOGRAPHY CONTEST

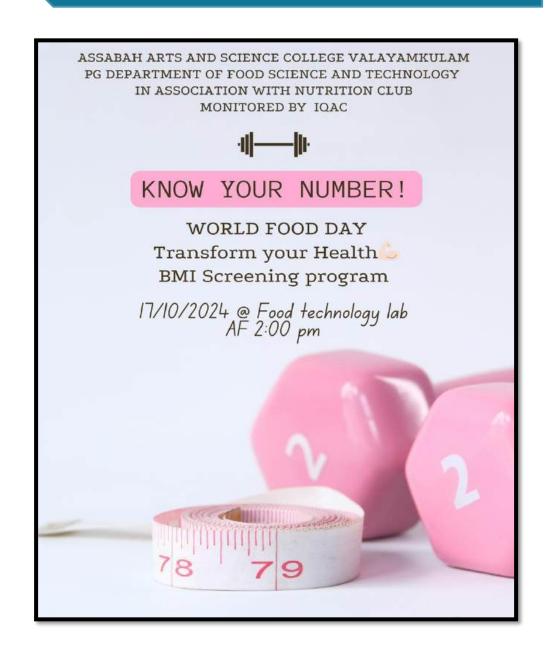








## **BMI Monitoring**







Nutrition club, in association with IQAC conducted BMI screening on 17-10-2024 at Food processing lab

The vibrant club culture in our college reflects the passion, dedication, and teamwork of our students. Each club has played a crucial role in shaping individuals, fostering skills, and creating a positive impact on campus and beyond. From social initiatives to leadership programs, these activities have enriched student life and encouraged holistic development.





