



IDEAL COLLEGE FOR ADVANCED STUDIES

(Affiliated to University of Calicut)
KADAKASSERY, THAVANUR PO, MALAPPURAM DT, KERALA 679573
0494 2 686 675 | 2 687 475 | 2 688 455 | 2 688 575

www.idealcollegekadakassery.ac.in

icas@idealeducation.org

From,

Prof. Moideenkutty Parayil
HOD, PG Dept. of Commerce and Management Studies
Ideal College for Advanced Studies, Kadakassery

To,

The Principal
Ideal College for Advanced Studies, Kadakassery
Thavanur, Malappuram – 679573

Sub: Request for conducting HEALTH AND WELLNESS programme

Sir,

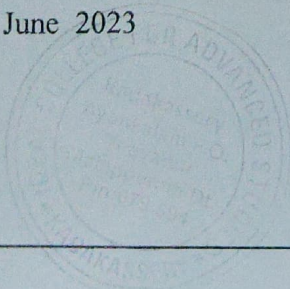
I hereby request you to conduct an awareness session on the importance of physical fitness and wellness – HEALTH AND WELLNESS for the ~~first~~^{final} year B.Com and BBA students at our college seminar hall on 26th June 2023 at 10.00 Mr. Muhammed Shafi. A (HOD, Department of Physical Education) will lead the session.

We assure you of its educational value and our commitment to ensuring minimal disruption to the college routine. Your approval would be greatly appreciated.

Thank you,

Hod. Dept of Commerce and Management Studies

Date : 05th June 2023



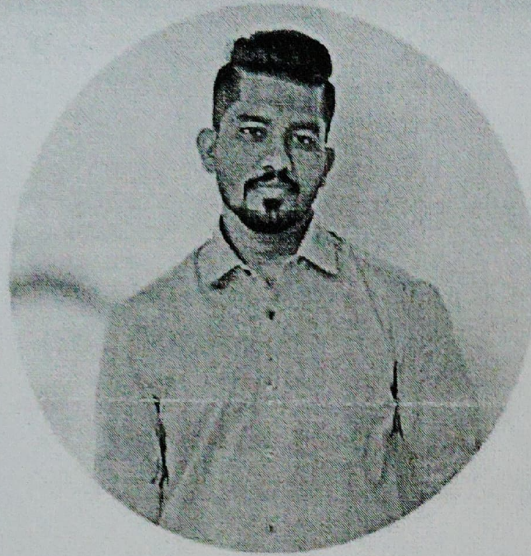
Prof. Moideenkutty T.K.
PRINCIPAL
IDEAL COLLEGE FOR ADVANCED STUDIES
KADAKASSERY, THAVANUR PO, MALAPPURAM DT, KERALA 679573



HEALTH & WELLNESS

Floor for additional skill hub

How to incorporate physical fitness and wellness into your daily routine



**JUNE
26**

Mr. MUHAMMED SHAFI . A
Asst. Professor ,Department of Physical
Education

📍 **SEMINAR HALL**



10.30 am



PG Department of Commerce and Management Studies
IDEAL COLLEGE FOR ADVANCED STUDIES
Affiliated to University of Calicut
Kadakassery, Ayankalam (po), Malappuram

Handwritten signature: *Prof. KOVALETTY*
Prof. KOVALETTY
IDEAL COLLEGE FOR ADVANCED STUDIES
KADAKASSERY, AYANKALAM (PO), MALAPPURAM



IDEAL COLLEGE FOR ADVANCED STUDIES

(Affiliated to University of Calicut)

Kadakassery, Malappuram District, Kerala, India-679573



HEALTH AND WELLNESS

Topic: How to incorporate physical fitness and wellness into your daily routine

Date: 26/06/2023@10:30 am

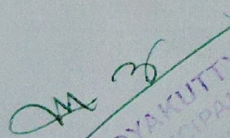
Venue: College Seminar Hall

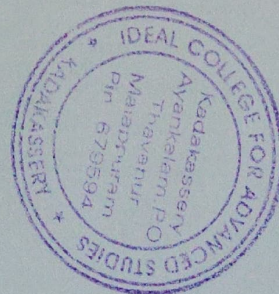
Prayer

Welcome Speech : **Ms. Bhavan. O.**
(Staff Coordinator)

Topic Presentation : **Mr. Muhammed Shafi. A.**
(HOD, Department of Physical Education)

Vote of Thanks : **Ms. Aleena Rajan**
(Student Co-ordinator, Final Year B com (CA))


Prof. KOYAKUTTY T. K.
PRINCIPAL
IDEAL COLLEGE FOR ADVANCED STUDIES
KADAKASSERY, MALAPPURAM DISTRICT, KERALA, INDIA-679573
Ph: 6795594

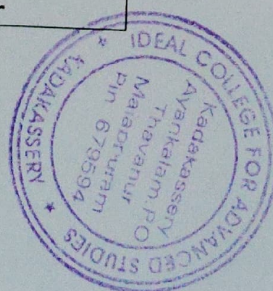


III BCom Computer Application

Health and Wellness

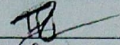

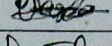
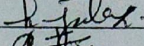






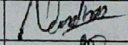
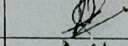


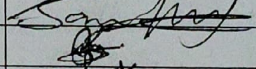


SL.No	Name of Student	Remarks
1	FAIROOSA SHERIN I	<i>Shir</i>
2	FATHIMA SHAHANI V A	<i>FVK</i>
3	FIDHA ASHRAF P	<i>Fidha</i>
4	SAHLA SALIM VP	<i>Saha</i>
5	FARSIN SHAH P K	<i>Farsin</i>
6	HASHIR K	<i>Hashir</i>
7	MOHAMED ANAS P P	<i>Anas</i>
8	MOHAMED NIHAL P M	<i>Nihal</i>
9	MOHAMED RIFAE K	<i>Rifae</i>
10	MUHAMMED ANSAR	<i>Ansar</i>
11	ADITHYA DAS P P	<i>Aditya</i>
12	ALEENA RAJAN	<i>Aleena</i>
13	ANSINA K V	<i>Ansina</i>
14	FATHIMA SHIFANA IBRAHIM	<i>Shifana</i>
15	FEMINA	<i>Femina</i>
16	NAYANA K	<i>Nayana</i>
17	RAFNA V V	<i>Rafna</i>
18	SAFEERA A	<i>Safeera</i>
19	SWETHA B	<i>Swetha</i>
20	THENSHIDHA NASRI V	<i>Thenshidha</i>
21	THRISHNA M K	<i>Thrishna</i>
22	VISMAYA C	<i>Vismaya</i>
23	WAFAP	<i>Wafap</i>
24	AKSHAY K	<i>Akshay</i>
25	ANSAF P	<i>Ansaf</i>
26	MUHAMMED SHAMIL K	<i>Shamil</i>
27	MUHASINA JASMIN A P	<i>Muhasina</i>
28	NADHIRA	<i>Nadhira</i>

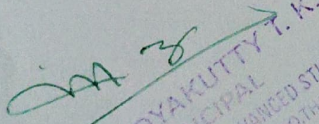
DM 38
Prof. KOVA RUTTY T. K.
 PRINCIPAL
 IDEAL COLLEGE FOR ADVANCED STUDIES
 Kadakassery
 Malappuram Dist. Kerala, PIN-679594

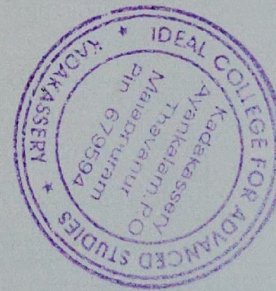


III BBA

Health and Wellness

SL.No	Name of Student	SIGNATURE
1	FARHANA JASMLA	
2	FATHIMA AFRA.P.P	
3	MOHAMMED YASEEN.V.K	
4	ANJALA FARHA.E.P	
5	ANSHINA ASHARAF	
6	ASNA.K.K	
7	NAEAMA.P.P	
8	SHAHANA	
9	SIVA PRIYA.P.V	
10	SOOFIYA.K.P	
11	AMALDEV.K	
12	HARI NANDHAN.M.C	
13	MOHAMMED ALFEZ.K.P	
14	MUSTHafa JUMAN.M	
15	POCKER RAMEES AQThER.E.P	
16	SALMAN AHAMED.M	
17	SREERAG.K.P	
18	YADHU KRISHNAN.P.V	


Prof. KOYAKUTTY T. K.
 PRINCIPAL
 IDEAL COLLEGE FOR ADVANCED STUDIES
 KADAKASSERY, MALAPPUZHAM P.O., OTHAVANUR,
 MALAPPUZHAM DISTRICT, KERALA, PIN: 679 594



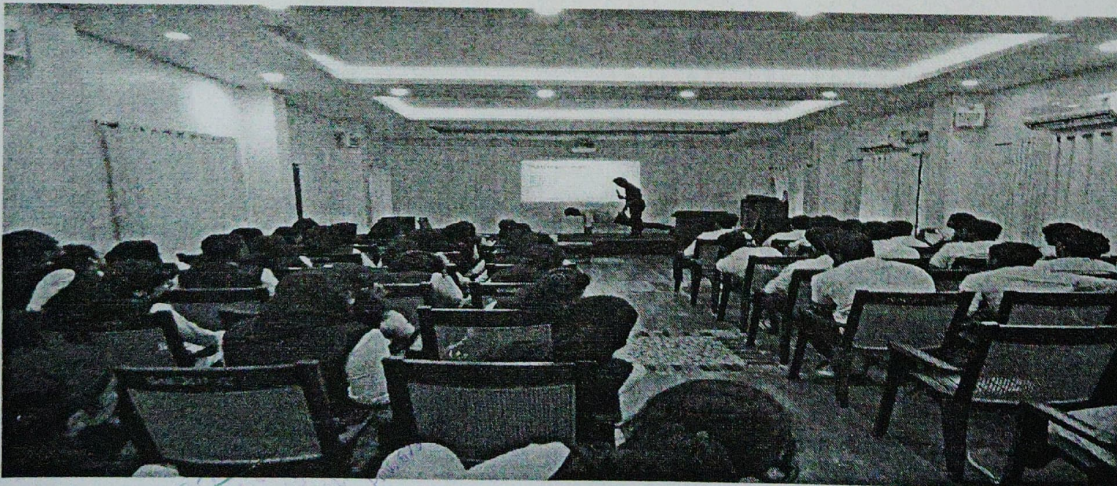
HEALTH AND WELLNESS

As part of the Add on program – ‘FLASH’ PG department of Commerce and Management Studies have conducted a program “HEALTH AND WELLNESS” for final year students B.Com and BBA students on 26-06-2023 at college seminar hall.

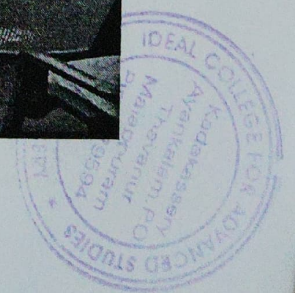
The program was conducted with an aim to impart the awareness about how to incorporate physical fitness and wellness in to daily routine.

The technical session was handled by Mr. Muhammed Shafi. A (HOD of Physical Education). 72 final year students attended the program. The session focused on the importance of balanced diet, importance of nutrition and exercise, need of maintaining healthy weight and healthy diet and how to incorporate physical fitness into daily routine etc. students were actively participated throughout the session.

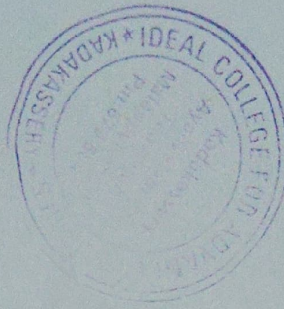
Ms. Bhavana O (Faculty of commerce) welcomed the gathering and Ms. Aleena Rajan (III B.Com CA- student) delivered vote of thanks.




Prof. P. R. ...
IDEAL COLLEGE FOR ADVANCED STUDIES
KADAKKASSERY, KUTTIAPPURAM, MALAPPURAM DISTRICT, KERALA, INDIA



Feedback of health and wellness							
Sl.no	1. Name of the student	2. Class and semester	1. Was the session met your expectations?	2. Are you satisfied with the topic?	3. The session was interesting.	4. Was the time adequate for the session?	5. Do you think you can apply the information you got from the session?
1	FAMEENA T A	B.COM CO	Agree	Yes	Agree	Yes	Yes
2	HASNA T A	B.COM CO	neutral+D4:H20A	Yes	Agree	Yes	Yes
3	LADEEDA AMEEN	B.COM CO	neutral	Yes	Neutral	Yes	Yes
4	SHARMILA FARHATH K M	B.COM CO	Agree	Yes	Agree	Yes	Yes
5	THESLEEMA SHERIN A	B.COM CO	Strongly agree	Yes	Neutral	Yes	Yes
6	FAROOQUE ABDULLA C P	B.COM CO	Agree	Yes	Strongly agree	Yes	Yes
7	HADIN SHAHADAD M	B.COM CO	Strongly agree	Yes	Agree	Yes	Yes
8	LAEL SANIN T V	B.COM CO	neutral	Yes	Neutral	Yes	Yes
9	MOHAMMED HISHAM K	B.COM CO	Agree	Yes	Neutral	Yes	Yes
10	MUHAMMED SINAN	B.COM CO	neutral	Yes	Neutral	Yes	Yes
11	ABHINA I R	B.COM CO	neutral	Yes	Neutral	Yes	Yes
12	AYSHA ALINA M	B.COM CO	Agree	Yes	Neutral	Feedback of	Yes
13	JUHAINA P	B.COM CO	Agree	Yes	Neutral	Yes	Yes
14	KAVYA k p	B.COM CO	neutral	Yes	Neutral	Yes	Yes
15	KEERTHI K	B.COM CO	neutral	Yes	Neutral	Yes	Yes
16	MUHSINA V	B.COM CO	Agree	Yes	Neutral	Feedback of	Yes
17	NANDHANA K	B.COM CO	Agree	Yes	Neutral	Yes	Yes
18	NASAREEN K	B.COM CO	neutral	Yes	Neutral	Yes	Yes
19	RIFA P	B.COM CO	neutral	Yes	Neutral	Yes	Yes
20	RINSY B P	B.COM CO	Agree	Yes	Neutral	Feedback of	Yes
21	SAHLA ANISA	B.COM CO	Agree	Yes	Neutral	Yes	Yes
22	SANJANA K	B.COM CO	neutral	Yes	Neutral	Yes	Yes

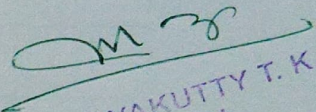


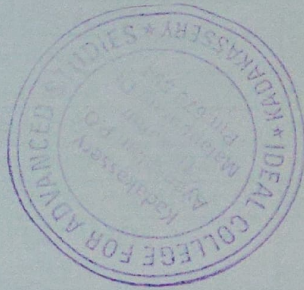


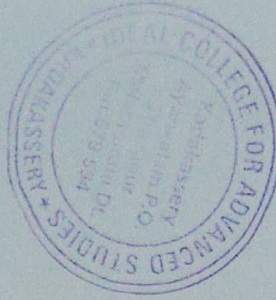
 PROF. K. M. K. J. K.

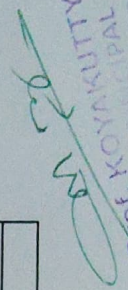
 IDEAL COLLEGE FOR WOMEN, KADAMASSERIL, PALAKKAD, KERALA.

23	SHAMNA T	B.COM CO	neutral	Yes	Neutral	Yes	Yes
24	SNEHA C	B.COM CO	Agree	Yes	Neutral	Feedback of	Yes
25	SNIGDA M G	B.COM CO	Agree	Yes	Neutral	Yes	Yes
26	SUMAYYA HANNA V	B.COM CO	neutral	Yes	Neutral	Yes	Yes
27	AMAL RAJ N P	B.COM CO	neutral	Yes	Neutral	Yes	Yes
28	ASHIF SHAHEER M	B.COM CO	Agree	Yes	Neutral	Feedback of	Yes
29	MOHAMMED SHAMEEL	B.COM CO	Agree	Yes	Neutral	Yes	Yes
30	NIKHIL K	B.COM CO	neutral	Yes	Neutral	Yes	Yes
31	NIRMALKUMAR K R	B.COM CO	neutral	Yes	Neutral	Yes	Yes
32	VYSHAK P	B.COM CO	Agree	Yes	Neutral	Feedback of	Yes
33	MOHACIRA	B.COM CO	Agree	Yes	Neutral	Yes	Yes


Prof. KOYAKUTTY T. K.
PRINCIPAL
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KADAKASSERY, ATANKALAM, P.O. THAVANUR
MALAPPURAM DT., KERALA, PIN: 679 594






 PROF. J. K. KULKARNI
 PRINCIPAL
 IDEAL COLLEGE FOR ADVANCED STUDIES
 KADAPPUR, KANNUR, KERALA - 690 001
 MADAPURAM P.O., KANNUR

feedback of health and wellness							
Sl no	1. Name of the student	2. Class and semester	1. Was the session met your expectations?	2. Are you satisfied with the topic?	3. The session was interesting.	4. Was the time adequate for the session?	5. Do you think you can apply the information you got from the session?
1	AYSHA JIBIN.C.M.O	BBA	Agree	Yes	Neutral	Yes	Yes
2	FARHANA JASMI.A	BBA	Agree	Yes	Strongly agree	Yes	Yes
3	FATHIMA AFRA.P.P	BBA	neutral	Yes	Agree	Yes	Yes
4	MOHAMMED YASEEN.V.K	BBA	Agree	Yes	Agree	Yes	Yes
5	ANJALA FARHA.E.P	BBA	neutral	Yes	Agree	Yes	Yes
6	ANSHINA ASHARAF	BBA	Agree	Yes	Strongly agree	Yes	Yes
7	ASNA.K.K	BBA	Strongly agree	Yes	Agree	Yes	Yes
8	ASNA.P.K	BBA	Strongly agree	Yes	Neutral	Yes	Yes
9	NAEAMA.P.P	BBA	neutral	Yes	Agree	Yes	Yes
10	SHAHANA	BBA	Agree	Yes	Neutral	Yes	Yes
11	SIVA PRIYA.P.V	BBA	neutral	Yes	Agree	Yes	Yes
12	SOOFIYA.K.P	BBA	Agree	Yes	Agree	Yes	Yes
13	AMALDEV.K	BBA	Strongly agree	Yes	Agree	Yes	Yes
14	HARI NANDHAN.M.C	BBA	Strongly agree	Yes	Agree	Yes	Yes
15	MOHAMMED ALFEZ.K.P	BBA	neutral	Yes	Neutral	Yes	Yes
16	MUSTHafa JUMAN.M	BBA	Agree	Yes	Neutral	Yes	Yes
17	POCKER RAMEES AQTHAR.E.P	BBA	neutral	Yes	Neutral	Yes	Yes
18	SALMAN AHAMED.M	BBA	Agree	Yes	Agree	Yes	Yes
19	SREERAG.K.P	BBA	Strongly agree	Yes	Neutral	Yes	Yes
20	YADHU KRISHNA.P.V	BBA	Agree	Yes	Strongly agree	Yes	Yes

Feedback of Health and wellness Date : 26/06/2023

Sl.no	1. Name of the student	2. Class and semester	1. Was the session met your expectations?	2. Are you satisfied with the topic?	3. The session was interesting.	4. Was the time adequate for the session?	5. Do you think you can apply the information you got from the session?
1	FAIROOSA SHERIN I	B.Com CA	Agree	Yes	Neutral	Yes	Yes
2	FATHIMA NEHLA M	B.Com CA	Strongly agree	Yes	Strongly agree	Yes	Yes
3	FATHIMA SHAHANI V A	B.Com CA	neutral	Yes	Agree	Yes	Yes
4	FIDHS ASHRAF P	B.Com CA	Agree	Yes	Neutral	Yes	Yes
5	SAHLA SALIM VP	B.Com CA	Strongly agree	Yes	Strongly agree	Yes	Yes
6	FARSIN SHAH P K	B.Com CA	neutral	Yes	Agree	Yes	Yes
7	HASHIR K	B.Com CA	Agree	Yes	Neutral	Yes	Yes
8	MOHAMED ANAS P P	B.Com CA	Agree	Yes	Neutral	Yes	Yes
9	MOHAMED NIHAL P M	B.Com CA	Agree	Yes	Strongly agree	Yes	Yes
10	MOHAMED RIFAE K	B.Com CA	Strongly agree	Yes	Agree	Yes	Yes
11	MUHAMMED ANSAR	B.Com CA	neutral	Yes	Agree	Yes	Yes
12	ADITHYA DAS P P	B.Com CA	Agree	Yes	Neutral	Yes	Yes
13	ALEENA RAJAN	B.Com CA	Agree	Yes	Strongly agree	Yes	Yes
14	ANSINA K V	B.Com CA	Strongly agree	Yes	Agree	Yes	Yes
15	FATHIMA SHIFANA IBRAHIM	B.Com CA	neutral	Yes	Neutral	Yes	Yes
16	FEMINA	B.Com CA	Agree	Yes	Strongly agree	Yes	Yes
17	NAYANA K	B.Com CA	Agree	Yes	Agree	Yes	Yes
18	RAFNA V V	B.Com CA	Strongly agree	Yes	Strongly agree	Yes	Yes
19	RAHANA T V	B.Com CA	neutral	Yes	Agree	Yes	Yes
20	SAFEERA A	B.Com CA	Strongly agree	Yes	Neutral	Yes	Yes
21	SWETHA B	B.Com CA	neutral	Yes	Agree	Yes	Yes
22	THENSHIDA NASRI V	B.Com CA	Agree	Yes	Neutral	Yes	Yes
23	THRISHNA M K	B.Com CA	neutral	Yes	Agree	Yes	Yes
24	VISMAYA C	B.Com CA	Agree	Yes	Agree	Yes	Yes
25	WAFAP	B.Com CA	Agree	Yes	Neutral	Yes	Yes
26	AKSHAY K	B.Com CA	Agree	Yes	Strongly agree	Yes	Yes



Prof. KORAICUTTY T.K.
 IDEAL COLLEGE FOR ADVANCED STUDIES
 ABRAHAH, KANNUR, PIN-691331



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www.idealcollegekadakassery.ac.in

icas@idealeducation.org

From

12/06/2023

Sudheesh.S

Head of the Department

Department of Computer Science

Ideal College for Advanced Studies, Kadakassery.

To

The Principal

Ideal College for Advanced Studies, Kadakassery

Subject: Request for Approval to Conducting Yoga Session for "Yoga Day".

Respected Sir,

On behalf of the Department of Computer Science, I am writing to request your approval for an upcoming event organized by the Department of Computer Science in celebration of "Yoga Day." We plan to hold a yoga session for our second and third-year BCA students on June 22, 2023, from 2:30 to 3:30 PM in the Seminar Hall.

The session will include warm-up exercises and various yoga postures aimed at promoting physical health and mental well-being among students. We believe that this initiative will not only enhance their concentration and focus but also encourage a healthier lifestyle.

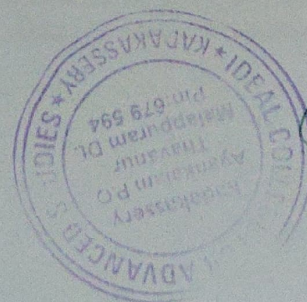
Thank you for considering our request. We are looking forward to your positive response.

Yours sincerely,

Sudheesh S.

Head of Department

Department of Computer Science



Prof. KOYAKUTTY T. K.I
PRINCIPAL
IDEAL COLLEGE FOR ADVANCED STUDIES
KADAKASSERY, AVANKALAM P.O THAVANUR
MALAPPURAM DT., KERALA. PIN: 67





IDEAL COLLEGE FOR ADVANCED STUDIES

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INTERNATIONAL YOGA DAY 22/06/2023



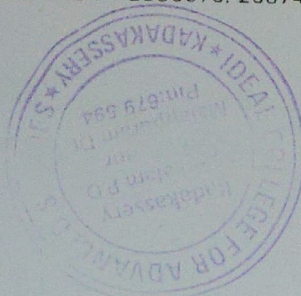
AT TALENT HUB
2.30 - 3.30



DEPARTMENT OF COMPUTER SCIENCE IDEAL COLLEGE FOR ADVANCED STUDIES

KADAKASSERY, THAVANUR PO, MALAPPURAM DT, KERALA 679573

Phone : 0494 - 2686675, 2687475, 2688575, 2688455



Prof. KOYAKUTTY T. K.
PRINCIPAL

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Program schedule

Prayer:

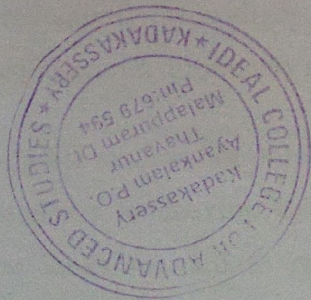
Welcome: Ms.Sudheesh.S [Head of the Department]

Resource Person: Mr. Swapna.O

Assistant Professor

Department of Computer Science,

Vote of thanks: , Ms.Haniya [2rd year BCA]



Handwritten signature of Prof. Koyakutty T. K.

Prof. KOYAKUTTY T. K.
PRINCIPAL
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MALAPPURAM DT., KERALA. PIN: 679 594





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icas@idealeducation.org

YOGA DAY

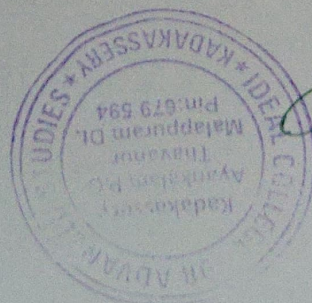
22/06/2023

On June 22, 2023, the Department of Computer Science organized a yoga session for second and third-year BCA students to celebrate "Yoga Day." Held in the College Seminar Hall from 2:30 to 3:30 PM, the event aimed not only to promote physical wellness but also to enhance students' focus and skills in their academic pursuits. This initiative reflected our commitment to fostering a balanced approach to education, where mental and physical well-being are prioritized.

The session began with warm-up exercises that helped students loosen their muscles and prepare for the yoga postures that followed. Led by an experienced instructor, participants learned various asanas designed to improve flexibility, concentration, and overall health. The focus on breathing techniques and mindfulness also encouraged students to cultivate a deeper awareness of their bodies, which can enhance their academic performance by reducing stress and anxiety.

Feedback from the students was overwhelmingly positive, with many noting the immediate benefits they felt in terms of relaxation and mental clarity. Several participants expressed their intent to incorporate yoga into their daily routines, recognizing its potential to improve their focus and productivity. This aligns with our goal of equipping students with skills that extend beyond the classroom, ultimately supporting their academic success.

In conclusion, the yoga session not only celebrated Yoga Day but also served as a valuable opportunity for students to develop essential skills for their studies. The Department of Computer Science looks forward to organizing more wellness initiatives in the future, reinforcing the importance of a healthy mind and body in achieving academic excellence.



M 26
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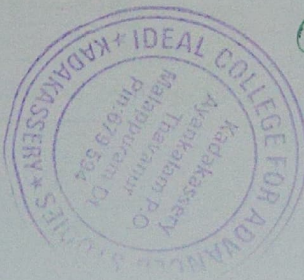
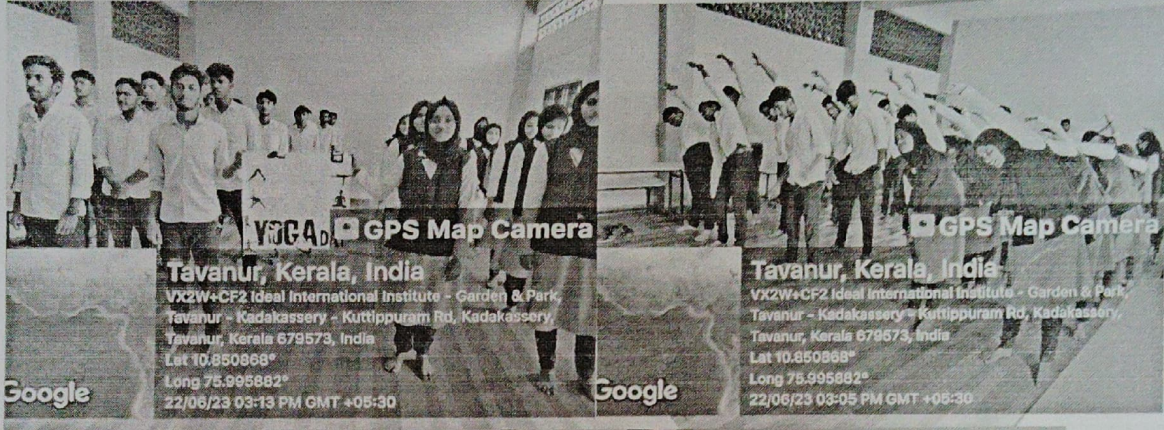
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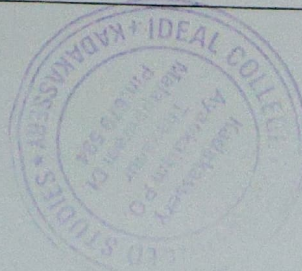
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FEEDBACK FORM FOR YOGA DAY

sLno	1. name the student	2. Email:	3. What is your Overall Experience	4. How you feel about Activities and Entertainment	5. your suggestion for improvement
1	IBRATHULLA K V	ibrathkv@gmail.com	Good	Good	It was a good session
2	Shehana Shemin	shehanashemin103@gmail.com	Good	Good	No suggestion
3	Anshidha	anshidhaharis@gmail.com	Good	Good	It was a good session
4	kamila thesni. T.k	kamilathesni765@gmail.com	Excellent	Excellent	It was a good session
5	Salih sabah	Salihsabahkoolath@gmail.com	Excellent	Excellent	Adipoli
6	Athifa kv	Kvathifa@gmail.com	Excellent	Good	Nothing
7	Ansha Gafoor	anshaaashy@gmail.com	Good	Good	It was a good session
8	Anakha. Kv	anaghakv72@gmail.com	Good	Good	Nothing
9	Abdul Basith K	basithsithu987@gmail.com	Good	Need Improvement	Conduct it in every month
10	Mohammed Mahroof	mohammedmahroof1626@gmail.com	Good	Excellent	Pwoli
11	Adarsh. K.M	akm231723@gmail.com	Good	Good	It was a good session
12	Amaldev v	amalamaldev1225@gmail.com	Excellent	Good	It was a good session
13	Faheema	fahifaheema3@gmail.com	Good	Good	It was a good session
14	Nifidha ip	ipnifidha04@gmail.com	Good	Good	It was a good session
15	Sidhra k	ssidratulumtihak@gmail.com	Excellent	Good	good
16	Sreejith	tsreejith444@gmail.com	Excellent	Good	Here the college lifestyle like school change that
17	Nibras Abdul Jaleel	nibrasjaleel07@gmail.com	Good	Good	good
18	Abhijith TM	abhijithtm861@gmail.com	Good	Excellent	good
19	Abishek	abhishek.k87007@gmail.com	Good	Good	good

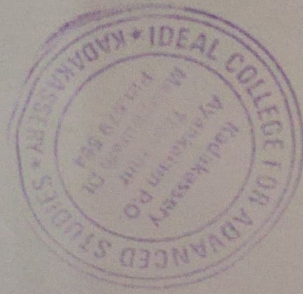


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Prof. KOYAKUTTY T. K.
PRINCIPAL
IDEAL COLLEGE FOR ADVANCED STUDIES
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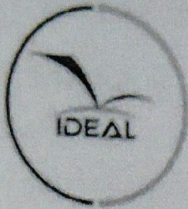


20	Adithyan Shaji	adithyan2004adhi@gmail.com	Good	Excellent	Need more time and daily classes
21	Fathima Mishan pk	fathimamishan@gmail.com	Good	Good	Establish yoga clubs for students to practice regularly
22	Haifa.VP	haifavp4@gmail.com	Good	Good	good
23	Haniya	haniyakk1234@gmail.com	Excellent	Excellent	Need more classes like that..



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From,

Mr. Abdul Fathah N

HOD, PG Dept. of social work

Ideal College for Advanced Studies, Kadakassery

To,

The Principal

Ideal College for Advanced Studies, Kadakassery

Thavanur, Malappuram – 679573

Sub: Request for conducting Workshop on Counselling Skills

Sir,

I hereby request you to conduct a WORKSHOP on Counselling Skills at our college seminar hall on 26th june 2024 at 10 AM. Mr. Abdul Fathah N (HOD,SW) will lead the session.

We assure you of its educational value and our commitment to ensuring minimal disruption to the college routine. Your approval would be greatly appreciated.

Thank you,

Hod. Dept Of Social Work

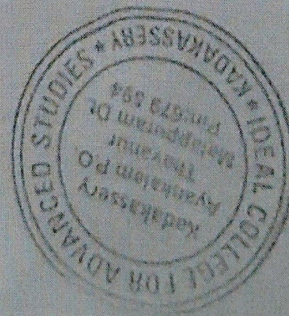
Date : 20th june 2024

CM 26

PROF. KOYAKUTTY T. K.
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Dept. of Social Work
IDEAL COLLEGE FOR ADVANCED STUDIES
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One Day Inter-Collegiate Workshop on Counselling Skills

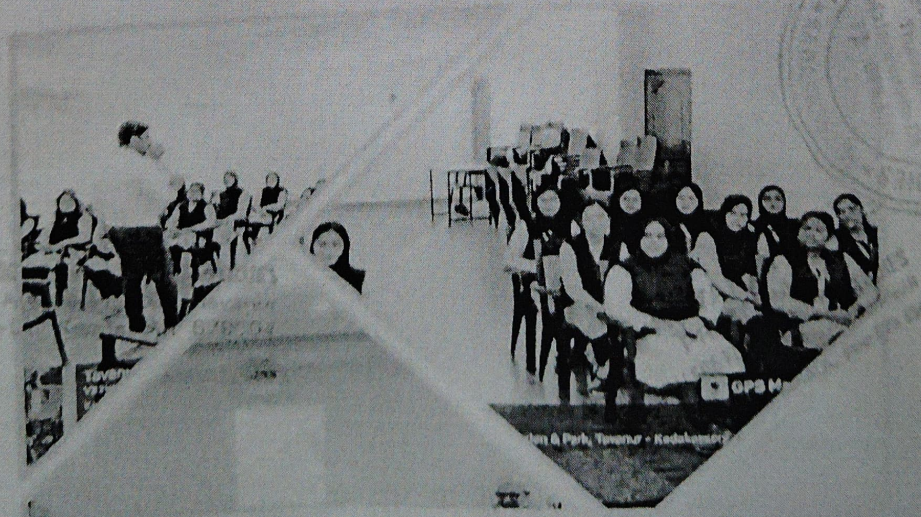
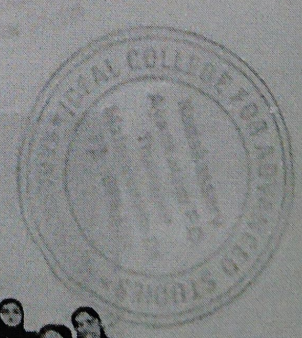
Postgraduate department of social work, Ideal College for Advanced Studies, Kadakassery organised one day inter-collegiate workshop on counselling skills on 26 June 2024 at seminar hall. The program was started with the welcome address by Mr. Jaseel PJ, Faculty, Social Work. Inaugural speech was delivered by Prof. Moideenkutty, College Vice principal. He highlighted the need and scope of counselling services with professionalism and expertise. A message was delivered by Mr. Abhilash Sankar, College Administrative Office. In his message, he underlined the importance of quality of counsellors. One day practice based workshop on counselling skills was led by Mr. Abdul Fathah N, Head, Department of Social Work. The formal session ended with the vote of thanks proposed by Ms. Sneha, Faculty Social Work. MSW students from St.Mary's College Puthanangadi were participated in the workshop. The program was concluded with distribution of participation certificate by Mr. Abhilash Sankar, College Administrative Officer.

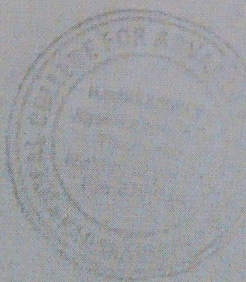
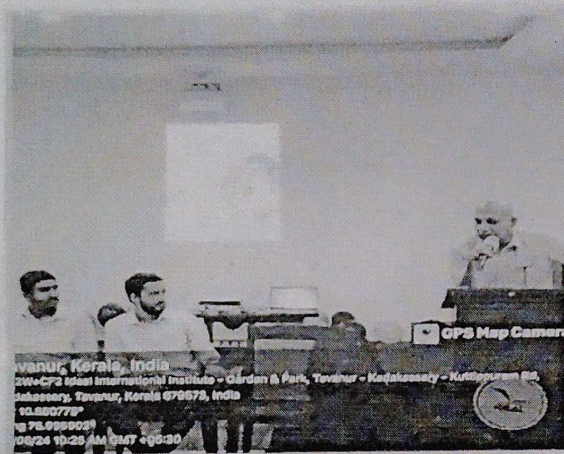
The program concluded with the distribution of participation certificates by Mr. Abhilash Sankar, College Administrative Officer.

The valedictory session included a welcome address by Mr. Elthaf, a department faculty member. Certificates were distributed by Mr. Abhilash Sankar, Administrative Officer, followed by participant feedback. The vote of thanks was delivered by Ms. Aafiya Mansoor, the student coordinator.

M 26

PROF. MOIDEENKUTTY T. K.
VICE PRINCIPAL
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KALAMANGALAM ROAD, PIN - 686 012





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DECLARATION OF ADOPTION
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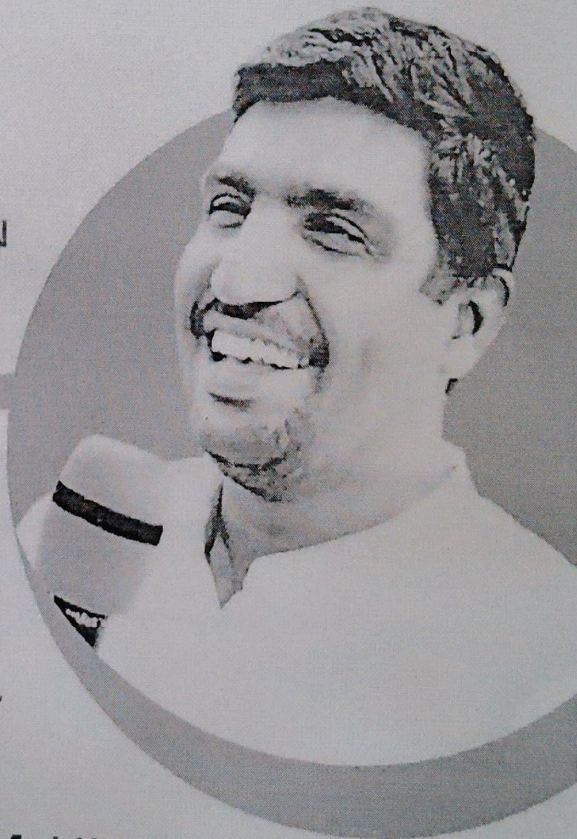
Office of Social Work
Kattakomandy, Tavanur, Kerala, India
Kattakomandy, Tavanur, Kerala, India

ONE DAY WORKSHOP ON
**COUNSELLING
SKILLS**

26 JUNE 2024,
VENUE - SEMINAR HALL
TIME 10.00 AM

Mr. Abdul Fathah N

(HOD, Department of
Social Work, ICAS)



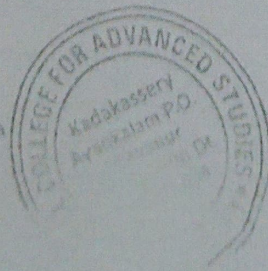
IN COLLABORATION WITH
DEPARTMENT OF SOCIAL
WORK, ST.MARYS COLLEGE,
PUTHANAGADI

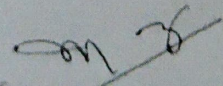


Department of Social Work
Ideal College for Advanced Studies, Kadakassery

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Ayankalam Po, Thavanur, Malappuram 679573

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IDEAL COLLEGE OF ADVANCED STUDIES, KADAKASSERY

DEPARTMENT OF SOCIAL WORK

ONE DAY WORKSHOP ON COUNSELLING SKILLS

DATE: 26-06-2024, WEDNESDAY

PROGRAM SCHEDULE

INAUGURAL SESSION

Prayer

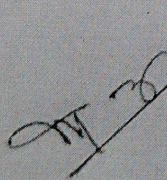
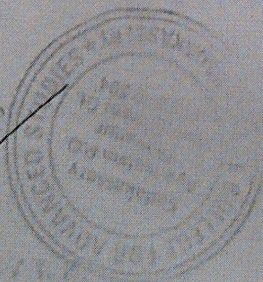
Welcome : Mr. Jaseel PJ, (Faculty Department of Social Work)

Inauguration : Prof. TK Koyakutty (Principal Ideal College of Advanced Studies)

Message : Mr. Abhilash Sankar (Administrative Officer)

Vote of thanks : Ms. Sneha, (Faculty Department of Social Work)

Session : Mr. Abdul Fathah N, (Head, Department of Social Work)

Prof. KOYAKUTTY T. K. T.
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MADHURAI, KERALA, PIN 676604

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IDEAL COLLEGE FOR ADVANCED STUDIES
KADAKASSERY, AYAZHOLAM, PO THEKKAN
MADHURAI, KERALA, PIN 676604

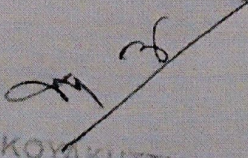
IDEAL COLLEGE OF ADVANCED STUDIES, KADAKASSERY
DEPARTMENT OF SOCIAL WORK
ONE DAY WORKSHOP ON COUNSELLING SKILLS

DATE: 26-06-2024, WEDNESDAY

VALEDICTORY SESSION

Welcome : Mr. Ilthaf, (Faculty Department of Social Work)
Certificate Distribution : Mr. Abhilash Sankar, Administrative Officer
Feedback : Participants
Vote of thanks : Ms. Aafiyah Mansoor, Program Coordinator




Prof. KOYAKUTTY T. J.
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IDEAL COLLEGE OF ADVANCED STUDIES, KADAKASSERY

DEPARTMENT OF SOCIAL WORK

ONE DAY WORKSHOP ON COUNSELLING SKILLS

DATE: 26-06-2024, WEDNESDAY

REGISTRATION FORM

SL. NO	NAME OF THE STUDENT	COLLEGE	SIGNATURE
1.	Hiba.T	St. Mary's college,	
2.	Shadiya Jabin	"	
3	Anju.G	"	
4	Suldhana Nasrin	"	
5	Ranjusha .V	"	
6	Aparna-P	"	
7	Neethu.P	"	
8	Aysha	ideal college	
9	Risfana Faeveen .N	"	
10	Salima Farsana .P	"	
11	shirin .K .S	"	
12	Sahla Nazar .K	"	
13	Mumthaz	"	
14	Nandana .K .R	"	
15	Sanika K.S	"	
16	Dhanalakshmi .O.M	"	
17	Hiba .N	"	
18	Samiya Nasri .V.V	"	
19	Shabanas .P.P	"	
20	Aafiya Munsoora	"	
21	Jemshi .M	"	
22	Begam Hudhurat .A.P	"	



PROF. KOYAKUTTY T. I
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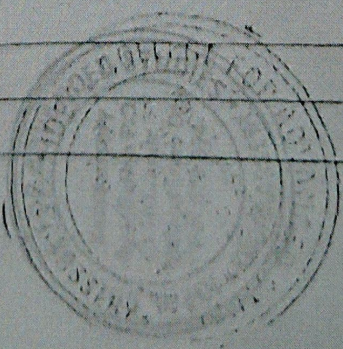
Dept. of Social Work, STUDIES
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Malappuram-Dt., Kerala. Pin: 679505

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 DEPARTMENT OF SOCIAL WORK
 ONE DAY WORKSHOP ON COUNSELLING SKILLS

DATE: 26-06-2024, WEDNESDAY

Attendance Sheet

SL.No	NAME OF THE STUDENT	SIGNATURE
1	Hiba . T	<i>[Signature]</i>
2	shadiya Jabin	<i>[Signature]</i>
3	Anju . G	<i>[Signature]</i>
4	Sulthana Nasrin	<i>[Signature]</i>
5	Ranjisha . V	<i>[Signature]</i>
6	Aparna . P	<i>[Signature]</i>
7	Neethu . P	<i>[Signature]</i>
8	Aysha	<i>[Signature]</i>
9	Risfana Faveen . N	<i>[Signature]</i>
10	Salima Farsana . P	<i>[Signature]</i>
11	shirin . K	<i>[Signature]</i>
12	Sabla Nazas . K	<i>[Signature]</i>
13	Mumthaz . S	<i>[Signature]</i>
14	Nandana . K . R	<i>[Signature]</i>
15	Sanika . K . S	<i>[Signature]</i>
16	Dhanalakshmi . OM	<i>[Signature]</i>
17	Hiba . N	<i>[Signature]</i>
18	Samiga Nasri . V . V	<i>[Signature]</i>
19	sharhanas . P . P	<i>[Signature]</i>
20	Aafiyah Mansoor . A	<i>[Signature]</i>
21	Jemshi . M	<i>[Signature]</i>
22	Beegam Hudhanath . A . P	<i>[Signature]</i>
23		
24		
25		



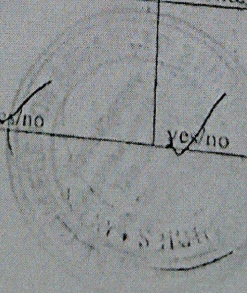
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 Malappuram Dt. Kerala. PIN: 674251

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 MALAPPURAM DT., KERALA. PIN: 674 51

ONE DAY WORK SHOP ON COUNSELLING SKILL

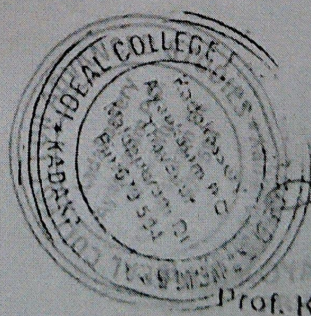
SL	NAME	Name of College	1. Are you satisfied with the content of the session?	2. Was the session audible?	3. Are you satisfied with the communication of the speaker?	4. Do you believe that this session helped you for your academic growth?	5. Were you happy with the time for discussion during sessions?
1)	ANJU .G	St Mary's College ,Puthanangadi	Yes/no	Yes/no	Yes/no	Yes/no	Yes/no
2)	SHADIYA JABIN	St Mary's College ,Puthanangadi	✓	✓	✓	✓	✓
3)	SULTHAN A NASRIN	St Mary's College ,Puthanangadi	✓	✓	✓	✓	✓
4)	RANJUSHA V	St Mary's College ,Puthanangadi	Yes /no	Yes/no	Yes/no	Yes/no	Yes/no
5)	APARNA P	St Mary's College ,Puthanangadi	Yes /no	Yes/no	yes/no	Yes/no	Yes/no
6)	HIBA T	St Mary's College ,Puthanangadi	✓	✓	✓	✓	✓
7)	NEETHU P	St Mary's College ,Puthanangadi	Yes/no	Yes/no	Yes/no	Yes/no	Yes/no
8)	AYSHA	Ideal College for Advanced Studies	✓	✓	✓	yes/no	Yes/no
9)	AAFIYSA MANSOOR A	Ideal College for Advanced Studies	✓	✓	✓	Yes/no	Yes/no
10)	RISFANA FARVEEN N	Ideal College for Advanced Studies	✓	✓	✓	Yes/no	Yes/no

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11	SALIMA FARSANA P	Ideal College for Advanced Studies	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no
12	SHIRIN K	Ideal College for Advanced Studies	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no
13	SAHALA NAZAR	Ideal College for Advanced Studies	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no
14	MUMTHAZ	Ideal College for Advanced Studies	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no
15	NANDANA KR	Ideal College for Advanced Studies	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no
16	SANIKA KS	Ideal College for Advanced Studies	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no
17	DHANALA KSHMI OM	Ideal College for Advanced Studies	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no
18	SAMIYA NASAR VV	Ideal College for Advanced Studies	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no
19	SHAHANA S PP	Ideal College for Advanced Studies	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no
20	JAMSHI MM	Ideal College for Advanced Studies	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no
21	BEEGAM HUTHANA TH	Ideal College for Advanced Studies	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no	✓ Yes/no
22	Hiba-N	"	Yes	Yes	Yes	Yes	Yes



[Handwritten signature]

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