



KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE
INTERNAL QUALITY ASSURANCE CELL

LIFE SKILLS

2020-21

From,

The Programme Co-Ordinator
Department of Physical Education
Kottakkal Farook Arts and Science College

To,

The Principal
Kottakkal Farook Arts and Science College

Sir,

Subject: To conduct Motivation class for First year UG students

The Department of Physical Education and the Internal Quality Assurance Cell (IQAC) at Kottakkal Farook Arts and Science College are planning to organize a motivation class titled "Be confident – a motivational session" for first year UG students on November 8, 2021 at 11 AM at college auditorium. In this regards I request you to grant permission for them to conduct the same.

Thanking you

Yours Sincerely

Samsheer K

Assistant Professor in Physical Education



Prof. M. ABDUL AZEEZ
PRINCIPAL
KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
PARAPPUR(P.O) - 676 503

KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION

"BE CONFIDENT - MOTIVATIONAL SESSION"

"BE CONFIDENT - A MOTIVATIONAL SESSION"

FOR FIRST YEAR
UG STUDENTS

Under

DEPARTMENT OF PHYSICAL EDUCATION

KOTTAKKAL FAROOK
ARTS AND SCIENCE
COLLEGE

8 NOVEMBER 2021
11 AM

COLLEGE AUDITORIUM

INAUGURATION



PROF. M ABDUL AZEEZ
(PRINCIPAL)

SPEAKER



MR. MUHAMMED AMEEN
(PHD SCHOLAR IN
PHYSICAL EDUCATION)


Venue: College Auditorium, Kottakkal Farook Arts And Science College

Date: 08-11-2021, Monday

Time: 11:00 AM

Participants: All first year UG students




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PRINCIPAL
KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
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Objective:

The motivational session aimed to instill confidence among first-year undergraduate students through inspiring talks and practical tips.

Event Overview:

The "BE CONFIDENT - MOTIVATIONAL SESSION" was organized by the Department of Physical Education with the intent to empower and motivate the newly enrolled first-year UG students. The session was held in the esteemed presence of the Principal, Prof. Abdul Azeez and Resource Person - Mr. Muhammed Ameen, along with faculty members and enthusiastic students.

Event Flow:

1. Welcome Speech (Mr. Samsheer):

Mr. Samsheer, Assistant Professor in the Department of Physical Education, extended a warm welcome to all attendees, emphasizing the importance of self-confidence in personal and academic growth.

2. Inauguration (Principal Prof. Abdul Azeez):

Prof. Abdul Azeez, the Principal of the college, inaugurated the session with an inspiring address, highlighting the significance of confidence in shaping successful careers and lives.


3. Motivational Talk (Resource Person - Mr. Muhammed Ameen):

The highlight of the event was the motivational talk delivered by Mr. Muhammed Ameen, a PhD Scholar in Physical Education from Pondicherry University. Mr. Ameen shared his insights on building confidence, overcoming challenges, and staying focused on goals. His interactive session engaged the students and provided practical strategies for enhancing self-esteem.

4. Vote of Thanks (Mr. Mujeeb TP):

Mr. Mujeeb TP, Assistant Professor in the Department of Commerce and Management, expressed gratitude to all participants, the principal, the resource person, and the organizing committee for their contributions towards making




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the event a success. He reiterated the importance of confidence-building activities for the holistic development of students.

Conclusion:

The "BE CONFIDENT - MOTIVATIONAL SESSION" concluded on a high note, leaving the first-year UG students inspired and motivated to face challenges with confidence and determination. The event not only provided valuable guidance but also reinforced the college's commitment to nurturing well-rounded individuals.

This session served as a catalyst for empowering students and encouraging them to excel in their academic pursuits while fostering a confident mindset essential for personal and professional success.



"BE CONFIDENT - MOTIVATIONAL SESSION" organized by Department of Physical Education and lead by by the Resource Person - Mr. Muhammed Ameen on 08/11/2021 with the intent to empower and motivate the newly enrolled first-year UG students



Layla
Prof. M. ABDUL AZEEZ
PRINCIPAL
KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
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Webinar Report on 'Health and Hygiene During Pandemic'

Event Date: 12th November 2020

Time: 11:00 AM

Venue: Kottakkal Farook Arts and Science College (Online Platform)

Chief Guest:

- **Dr. Jaseena T**
 - BAMS, Dr. Alikkutty's Modern Hospital

Introduction:

Kottakkal Farook Arts and Science College organized a webinar to address 'Health and Hygiene During Pandemic,' focusing on best practices and preventive measures to maintain health and hygiene amidst the COVID-19 pandemic. The session was led by Dr. Jaseena T, a reputed BAMS practitioner from Dr. Alikkutty's Modern Hospital.

Overview of the Event:

The event began with a welcome address from the moderator, who introduced the chief guest, Dr. Jaseena T, and highlighted the relevance of the topic given the ongoing global health crisis. The aim was to equip participants with knowledge and practical tips to stay safe and healthy during the pandemic.

Keynote Session:

Dr. Jaseena T: Dr. Jaseena T delivered an informative and engaging presentation that covered various aspects of health and hygiene critical during the pandemic. Key points from her presentation included:

1. Understanding COVID-19:

- **Virus Transmission:** Explanation of how the virus spreads, emphasizing the importance of preventive measures.
- **Symptoms and Risks:** Overview of common symptoms and high-risk groups, underlining the importance of early detection and isolation.

2. Hygiene Practices:



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- **Hand Hygiene:** Demonstration of proper handwashing techniques and the use of hand sanitizers.
- **Respiratory Hygiene:** Guidance on wearing masks correctly, using tissues, and maintaining respiratory hygiene.
- **Surface Cleaning:** Importance of regular cleaning and disinfecting frequently touched surfaces to reduce the risk of infection.

3. Health Maintenance:

- **Balanced Diet:** Recommendations for a nutritious diet to boost the immune system, including essential vitamins and minerals.
- **Physical Activity:** Importance of regular exercise to maintain physical and mental health.
- **Mental Health:** Strategies to manage stress and anxiety during the pandemic, including mindfulness practices and seeking support when needed.

4. Preventive Measures:

- **Social Distancing:** Explanation of the importance of maintaining physical distance to prevent virus transmission.
- **Quarantine and Isolation:** Guidelines on when and how to quarantine or isolate, and the difference between the two.
- **Vaccination:** Discussion on the importance of getting vaccinated and staying updated with credible information about vaccines.

Interactive Session:

The webinar included an interactive Q&A session where participants asked Dr. Jaseena T various questions related to COVID-19, personal health, and hygiene practices. Dr. Jaseena provided detailed answers and practical advice, addressing concerns and clearing misconceptions about the virus and preventive measures.

Conclusion:

The event concluded with a vote of thanks to Dr. Jaseena T for her insightful presentation and to the participants for their active engagement. The moderator emphasized the importance of implementing the practices discussed to safeguard health during the pandemic.



Jaseena
Prof. M. ABDUL AZEEZ
 PRINCIPAL
 KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
 PARAPPURIP.O - 676 503

Summary:

The 'Health and Hygiene During Pandemic' webinar effectively addressed critical aspects of staying safe and healthy during the COVID-19 crisis. Dr. Jaseena T's expertise and practical guidance were highly valued, making the session informative and impactful for all participants.

This report encapsulates the key highlights and outcomes of the webinar, ensuring that the knowledge shared reaches a broader audience and continues to promote health and hygiene during the pandemic.



KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE

WEBINAR

On

HEALTH AND HYGIENE DURING PANDEMIC

Dr. Jaseena T, BAMS



Date :- 12th November 2021

Time :- 11.00am

WOMEN DEVELOPMENT CELL



M. Abdul Azeez
Prof. M. ABDUL AZEEZ
PRINCIPAL
KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
PARAPPUR(P.O) - 676 503

25/02/2021

Thursday

Mujeeb .TP (Assistant Professor Department commerce and Management)
ED club coordinator
Kottakkal Farook Arts and Science college

The Principal,
Prof. M Abdul Azeez
Kottakkal Farook Arts and Science college

Subject: Request for Conducting ED Club Inauguration and awareness programme on entrepreneurship

Respected sir,

I am writing to request permission to conduct the ED Club Inauguration and an awareness session on entrepreneurship at Kottakkal Farook Arts and Science College on 2nd March 2021, from 2:00 PM to 4:00 PM. The session will be handled by Usman kutty (entrepreneur), our resource person and an inaugural speech by Abdul Azeez, highlighting the importance of entrepreneurship for our students.

Your approval for this event would be greatly appreciated.

Yours sincerely,

Mujeeb TP
Department of Commerce and Management studies

Mujeeb TP
25/2/21



Azeez
Prof. M. ABDUL AZEEZ
PRINCIPAL
KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
PARAPPUR P.O. 676 503

KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE

ED CLUB

ED CLUB INAGURATION

**session:HOW TO BUILD AN
ENTREPRENEUR**



P USMAN KUTTY
Entrepreneur



INAGURATION
Prof.M Abdul Azeez

2 March 2021
Tuesday
Time 2:00PM to 4:00PM

Report on ED Club Inauguration and Awareness on Entrepreneurship

Event Details

- **Date:** 2nd March 2021
- **Time:** 2:00 PM to 4:00 PM
- **Venue:** Kottakkal Farook Arts and Science College

The Entrepreneurship Development (ED) Club of Kottakkal Farook Arts and Science College organized an inauguration ceremony followed by an awareness session on entrepreneurship. The event aimed to inspire and educate students about the fundamentals and significance of entrepreneurship.

The event commenced with a warm welcome address by Mujeeb TP, the ED Club Coordinator. Mujeeb TP highlighted the objectives of the ED Club and emphasized the importance of fostering an entrepreneurial mindset among students. He expressed his gratitude to the dignitaries, participants, and the resource person for their presence and support.

The principal of Kottakkal Farook Arts and Science College, Abdul Azeez, officially inaugurated the event. In his inaugural speech, Abdul Azeez emphasized the role of entrepreneurship in economic development and job creation. He encouraged students to take advantage of the resources and opportunities provided by the ED Club to develop their entrepreneurial skills. He also highlighted the college's commitment to supporting initiatives that promote innovation and entrepreneurship among students.

The highlight of the event was the detailed session on entrepreneurship delivered by the esteemed resource person, Usman Kutty. Usman Kutty is a renowned entrepreneur and an expert in the field of business development. During his session, he covered various aspects of entrepreneurship, including the definition and importance of entrepreneurship, the qualities of a successful entrepreneur, identifying business opportunities, developing a business plan, funding and financial management, marketing and sales strategies, and addressing challenges and solutions. Throughout his session, Usman Kutty engaged the participants with interactive discussions and real-world examples. He also addressed questions from the audience, providing valuable insights and practical advice on starting and running a successful business.

The event concluded with a vote of thanks delivered by Naseeba (2nd year BA political science). She expressed her heartfelt gratitude to Abdul Azeez for inaugurating the event and to Usman Kutty for sharing his knowledge and expertise. She also thanked the participants for their active involvement and enthusiasm. Aneena acknowledged the efforts of the ED Club members in




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PRINCIPAL
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organizing the event and encouraged students to actively participate in future activities of the club.

Conclusion

The inauguration and awareness session on entrepreneurship by the ED Club was a resounding success. The event not only provided valuable insights into the world of entrepreneurship but also inspired and motivated students to explore and pursue entrepreneurial opportunities. The ED Club remains committed to nurturing the entrepreneurial spirit among students and will continue to organize similar events to support their entrepreneurial journey.



(Usman kutty taking session on entrepreneurship)




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**KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE
ED CLUB
INAUGURATION AND SESSION ON HOW TO BUILD AN ENTREPRENEUR**

02-03-2021 TUESDAY

VENUE: SEMINAR HALL

Sl No	Name of the Student	Class And Semester	Signature
1	NIDHA KOLAKKADAN	3RD YEAR BA ENGLISH	
2	DANISH MOHAMMED THOOMBATH	3RD YEAR BSC PHYSICS	
3	FATHIMA JAFLA K	3RD YEAR BBA	
4	RANA ABDUSALAM	3RD YEAR BCOM CA	
5	FATHIMA RIFA	3RD YEAR BSC PHYSICS	
6	SUHAILA KUZHIKATTU CHOLA	3RD YEAR BSC MATHEMATICS	
7	SUMAYYA THESNEEM T	3RD YEAR BBA	
8	NASHEETH PKH	3RD YEAR BSC PHYSICS	
9	MAJIDHA SHERIN	3RD YEAR BSC PHYSICS	
10	SHAMIL ABDULLA KK	3RD YEAR BCOM FINANCE	
11	JUHAINA K	3RD YEAR BBA	
12	ASLAHA FEBY AP	3RD YEAR BA ENGLISH	
13	SUMAYYA PP	3RD YEAR BBA	
14	JISHNA SHEHI	3RD YEAR BBA	
15	SREELAKSHMI UNNIKRISHNAN	3RD YEAR BCOM CA	
16	FATHIMA FIDHA KT	3RD YEAR BBA	
17	AYSHA MINHA TK	2ND YEAR BBA	
18	FASEELA MUMTHAZ ,N	3RD YEAR BBA	
19	LASIMA JEBINU U	2ND YEAR BBA	
20	MOHAMMED FAHANAZ CV	3RD YEAR BCOM FINANCE	
21	MUHAMMED ESSAM MC	3RD YEAR BCOM FINANCE	
22	RIYAZ T	3RD YEAR BBA	
23	MUHAMMED SADIQUE PK	3RD YEAR BA ECONOMICS	
24	MOHAMMED SHAFEEQ K	3RD YEAR BCOM FINANCE	
25	RISHIL MOHAMED	2ND YEAR BCOM FINANCE	
26	BILSHA	3RD YEAR BSC PHYSICS	
27	NIHLA	3RD YEAR BCOM CA	
28	SAJNA T	3RD YEAR BBA	
29	NASEEBA P	2ND YEAR BA POLITICAL SCIENCE	
30	SINU JASNA K	3RD YEAR BA ENGLISH	
31	SALMANUL FARIS KP	3RD YEAR BSC MATHEMATICS	
32	ARIFA MUHIYUDHEEN	3RD YEAR BSC MATHEMATICS	
33	NASEEBA	2ND SEM BCOM FINANCE	
34	FATHIMA FARHAN K	2ND SEM BCOM FINANCE	



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35	FAHMIDA K	2ND SEM BCOM FINANCE	<i>Fahmida</i>
36	USNA P	2ND SEM BCOM FINANCE	<i>Usna</i>
37	THOMAS ROSHAN NS	2ND SEM BBA	<i>Thomas</i>
38	ARJUN A	2ND SEM BBA	<i>Arjun</i>
39	NIHAL K	2ND SEM BCOM FINANCE	<i>Nihal</i>
40	FIDA KT	2ND SEM BBA	<i>Fida</i>
41	RINSHA	2ND SEM BBA	<i>Rinsha</i>
42	NIDHA KP	2ND SEM BBA	<i>Nidha</i>
43	RUSNI K	2ND SEM BBA	<i>Rusni</i>
44	MOHMMED RAYEES	2ND SEM BBA	<i>Mohammed</i>
45	SHAMNA SHERI C	2ND SEM BBA	<i>Shamna</i>
46	ADWAITH K	2ND SEM BBA	<i>Adwaith</i>
47	MOHAMMED FAZIL	2ND SEM BBA	<i>Mohammed</i>
48	MUBASAHIRA P	2ND SEM BBA	<i>Mubasahira</i>
49	AFFEEFA C K M	2ND SEM BBA	<i>Affeefa</i>
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Green

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PRINCIPAL
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M. Azeez
Principal
14/06/22