



KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE
INTERNAL QUALITY ASSURANCE CELL

LIFE SKILLS

2022-23

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 International Yoga Day celebration

The Department of Physical Education and the Internal Quality Assurance Cell (IQAC) at Kottakkal Farook Arts and Science College are planning to organize World Yoga Day celebration on June 21, 2022 at 3 PM at Seminar hall. 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

Samsheer



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

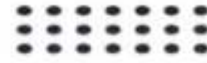
KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE

8th INTERNATIONAL YOGA DAY, 21 JUNE 2022

REPORT

June 21

INTERNATIONAL YOGA DAY CELEBRATION



Awareness Class on Yoga

Tuesday 21 June
2022 | 3.00 pm

College
Seminar Hall



MUJEEB TP
CERTIFIED YOGA TRAINER

KOTTAKKAL FAROOK
ARTS & SCIENCE COLLEGE



NATIONAL SERVICE SCHEME
KOTTAKKAL FAROOK
ARTS & SCIENCE COLLEGE



RED RIBBON CLUB
KOTTAKKAL FAROOK
ARTS & SCIENCE COLLEGE

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8th International Yoga Day was celebrated by the students and teachers of Kottakkal Farook Arts and Science College on 21st June 2022 in College Seminar Hall at 03:00 pm. Students especially NSS and Red ribbon club members as well as teaching and non-teaching staff members were participated in this event. Initially Principal Prof. M. Abdul Azeez delivered inaugural speech and welcomed all the participants and explained the importance of Yoga for healthy life. Mr. Samsheer, Assistant Professor in Physical Education clarified the objectives of the program and celebration of International Yoga Day.


Certified Yoga trainer and instructor Mr. Mujeeb TP welcomed and gave awareness class on Yoga. The program kicked off with warm up exercises, during which all members actively participated. He guided through various sitting and standing asanas, with simultaneous explanations of their significance. He emphasized the importance of incorporating yoga into daily life and maintaining harmony between the body and mind. The session lasted for over an hour, witnessing active participation and engagement from all attendees. The yoga




Prof. M. ABDUL AZEEZ
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instructor provided detailed explanations of each pose and offered guidance on precautions to taken. Undoubtedly, it proved to be a successful event.

The function ended with a vote of thanks by Mr. Suhail KP, NSS program officer. It successfully promoted the practice of yoga and its benefits, while also emphasizing its global significance. The event's success can be attributed to the meticulous planning, active participation, and the dedication of the organizing team. This celebration will inspire more individuals to embrace yoga in their lives.



Prof. M. ABDUL AZEEZ
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PARTICIPANTS LIST

1. SANDHRA . K.P *Sandhya*
2. SHINUL FASNA C *Fasna*
3. SUHANA SHERIN . P . T *Suhana*
4. FATHIMA HAMNA V T *Hama*
5. FATHIMA THANSIHA.O K *Fathima*
6. FIDA FEBIN K *Fida*
7. HIBA P P *Hiba*
8. JAZIM RABEEH *Jazim*
9. ARSHINA T K *Arshina*
10. ASHIQ ABDUL KABEER *Kabeer*
11. DIYA BINTH ABDUL
JALEEL.M.N *Diya*
12. FATHIMA FIDHA C M *Fidha*
13. MOHAMMAD ISHAM *Isham*
14. MOHAMMED SANIDH *Sanidh*
15. MUBASHIR.A *Mubashir*
31. RINSIYA T *Rinsiya*
32. RASHA *Rasha*
33. AYESHA FIDA *Ayesha*
16. MUHAMMED MUSTHAFA . P *Mustafa*
17. MUHAMMED RASHID . M *Rashid*
18. SAFA SHERI T K *Safa*
19. SHAFEENA. K.P *Shafeena*
20. SHAIKHA FATHIMA *Shai*
21. SHANA SHERIN K A *Shana*
22. FATHIMA . KK *Fathima*
23. FATHIMA RINSI. T *Rinsia*
24. MOHAMMED SHAHEEN L *Shaheer*
25. MUHAMMED SHAMEEL *Shameel*
26. MUNAWAR *Munawar*
27. SHAMILA T *Shamila*
28. SHYAM KRISHNA B S *Shyam*
29. MOHAMMED SAHAL *Sahal*
30. MUHAMMED MINHAJ K *Minhaj*



M. A. Azeez
Prof. M. ABDUL AZEEZ
PRINCIPAL
KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
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From,

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

To,

The Principal
Kottakkal Farook Arts and Science College

Sir,

Subject: To Conduct Seminar

The Department of commerce and the Internal Quality Assurance Cell (IQAC) at Kottakkal Farook Arts and Science College are planning to organize a Seminar titled Empowering women the art of self defence on march22, 2023. In this regards I request you to grant permission for them to conduct the same.

Thanking you

Yours Sincerely




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

Women Development Cell
in association with
Department of Physical Education

EMPOWERING WOMEN: The Art of Self Defense

22-03-2023 WEDNESDAY 5:30 pm

COLLEGE AUDITORIUM

Inauguration



Prof. M Abdul Azeez
(Principal)

Facilitator



Mr. Bapputty
(4th DAN Black Belt)



KOTTAKKAL FAROOK
ARTS & SCIENCE COLLEGE
KOTTAKKAL, KANNUR DISTRICT, KERALA



Azeez
Prof. M. ABDUL AZEEZ
PRINCIPAL
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KOTTAKKAL, KANNUR DISTRICT, KERALA
PIN: 676 503

REPORT

Introduction:

On 22nd March 2023, a Women Empowerment Program, "Art of Self-Defense," was held for female students of the college. The program aimed to teach self-defense techniques to girls, create awareness among them about their safety and rights, and instill confidence in them to face challenging situations. The program was organized by the Women Empowerment Cell in association with the Department of Physical Education.

Program Objectives:

The program had the following objectives:

- Teach self-defense techniques to the girls.
- Create awareness among girls about their safety and rights.
- Instill confidence in girls to face challenging situations.
- Showcase and give a demo on different self-defense techniques.

Inaugural Session:

The program started with a welcome speech by Prasanna KT, WDC Coordinator, and was inaugurated by the Principal, Prof. M. Abdul Azeez. The Principal highlighted the need for such workshops to sensitize female students to protect themselves in public places as well as at home. Mr. Bapputy, the head trainer, spoke about the different types of violence committed against women and stressed the importance of attending self-defense workshops to build confidence and defend oneself. Vice Principal Mohammed Labeeb. M gave felicitation to the program. The workshop concluded with a vote of thanks delivered by Shamseer. K, HOD of Physical Education.

Demonstration Session:

After the inaugural session and felicitation ceremony, a demonstration of self-defense techniques followed under the command of Mr. Bapputy. The trainer demonstrated five different defense techniques, and the students practiced them with the help of Mrs. Bapputty, Regeena Mam, and their student trainees. The students had a chance to interact with the team after the demo session.



Azeez
Prof. M. ABDUL AZEEZ
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Conclusion:

The Women Empowerment Program on self-defense techniques was a success, as the students learned about different types of violence that women may face in any place, received self-protection tips on how to defend by attacking a potential attacker, and saw a live demo of the self-defense techniques. The workshop concluded with an agreement to hold similar workshops in the future.

Learning Outcomes:

The learning outcomes from the Women Empowerment Program on self-defense techniques are:

- Students learned about the different kinds of violence that women may face.
- Students received self-protection tips on how to defend by attacking a potential attacker.
- Students had the chance to see the live demo of the self-defense techniques as demonstrated by the trainer and his companions.




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Aziz
P. J. M. ABDUL AZEEZ
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KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
WOMEN DEVELOPMENT CELL
EMPOWERING WOMEN: THE ART OF SELF DEFENSE
PARTICIPANTS LIST

Date:22/03/2023

SI No	Name	Class	Signature
1	MIRFA T	BA English	Mirfa
2	MUHSINA T	BA English	Muhsina
3	NAHIDHA. P	BA English	Nahidha
4	RINSHA P K	BA English	Rinsha
5	SANA KENS KURUNIYAN	BA English	Sana
6	SUMAYYA	BA English	Sumayya
7	SWALIHA	BA English	Swaliha
8	FATHIMA FARHANA. P.T	BA English	Fathima
9	MUHAMMED RAMEEZ. V	BA English	Muhammed
10	AFEEFA RISHNA EK	BA Economics	Afeefa
11	AYISHA HUDA PARAKKAL	BA Economics	Ayisha
12	FATHIMA NAHLA.K K	BA Economics	Nahla
13	FATHIMA NOORA.C.M	BA Economics	Noora
14	FATHIMA RIFA	BA Economics	Rifa
15	FATHIMA RISA. A.P	BA Economics	Risa
16	FATHIMA SHAHEEFA FARWEENA K	BA Economics	Shaheefa
17	FATHIMA SHAHLA . K . V	BA Economics	Shahla
18	FATHIMATH SAFEENA . A	BA Economics	Safeena
19	FATHIMATHU SHIFANA. V.M	BA Economics	Shifana
20	HANNA FATHIMA	BA Economics	Hanna
21	HIBA AREEKKAN	BA Economics	Areekan
22	HIBA. K.P	BA Economics	Hiba
23	JUHAINA SHARIN	BA Economics	Juhaina

24	MUNTHASIR	BA Economics	Munthasir.
25	NIDHA	BA Economics	Nidha.
26	RASHA	BA Economics	Rasha.
27	SAFA SAIDALAVI	BA Economics	Safa Saib.
28	ANSILA P	BA Political Science	Ansila
29	ARSHIDA. P.T	BA Political Science	Arshida
30	FAHMIDA JABIN	BA Political Science	Fahida
31	FATHIMA NEFLA U	BA Political Science	Nefla
32	FATHIMA SHIFANATH A	BA Political Science	Fathima
33	FATHIMA THANSIHA.O K	BA Political Science	Thansha
34	HASNA C	BA Political Science	Hasna.
35	JASMI TP	BA Political Science	Jamsi. TP
36	JAZIM RABEEH	BA Political Science	Jazim Rabeeh
37	MOHAMMED IRSHAD	BA Political Science	Mohammed
38	NAFEESATHUL MISRIYYA M	BA Political Science	Nafeesathul
39	FAHMIDA M	BSc Mathematics	Fahida
40	FARSANA THASNI	BSc Mathematics	Farsana
41	FATHIMA HUDA C	BSc Mathematics	Huda
42	FATHIMA HUSNA	BSc Mathematics	Hasna.
43	FATHIMA KK	BSc Mathematics	Fathima
44	FATHIMA RINSI. T	BSc Mathematics	Rinsy
45	SHAMEEMA THASNI. C.K	BSc Mathematics	Shameema
46	FIDA SHERIN . T	BSc Mathematics	Fida
47	FIDHA MOL.M.T	BSc Mathematics	Fidha
48	HIBA SHERIN P	BSc Mathematics	Hiba
49	LUBABA JASMI	BSc Mathematics	Lubaba
50	MOHAMMED SABEEH. K.V.P	BSc Mathematics	Sabeeh
51	MOHAMMED SHAHEEN L	BSc Mathematics	Shaheen
52	MUHAMMED SHAMEEL	BSc Mathematics	Shameel.
53	MUNAWAR	BSc Mathematics	Munawar

54	NAFLA.A	BSc Mathematics	<i>Nafla</i>
55	NOUFIRA P	BSc Mathematics	<i>Noufira</i>
56	NUJOOMA THASNI K	BSc Mathematics	<i>Nujooma</i>
57	RABEEA.K.P	BSc Mathematics	<i>Rabeea</i>
58	RUKHIYA BANU U	BSc Mathematics	<i>Rukhiya</i>
59	SAFNA.U	BSc Mathematics	<i>Safna</i>
60	SHAMILA T	BSc Mathematics	<i>Shamila</i>

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 Seminar

The Department of Physical education and the National service scheme at Kottakkal Farook Arts and Science College are planning to organize a Seminar title "Happiness and wellness conquered" on 01 February 2023, In this regards I request you to grant permission for them to conduct the same.

Thanking you

Yours Sincerely

Samsheer


Date: 1 February 2023, Wednesday

Time: 10 AM to 3:30 PM

Venue: Kottakkal Farook Arts and Science College

Organizer: Department of Physical Education

Presenter: M. Shebeer Ali, Wellness Coach



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



Seminar Report on “Happiness and Wellness Conquered”

The seminar titled “Happiness and Wellness Conquered” focused on the various aspects of achieving holistic well-being through companionship, love, friendship, and other emotional and psychological facets. Presentation by M. Shebeer Ali at Kottakkal Farook Arts and Science College seminal Hall.

M. Shebeer Ali, a renowned wellness coach, led an engaging and insightful session that delved into the essentials of living a fulfilled and happy life. He Topic are **Companionship, Love, and Friendship**: The role of meaningful relationships in promoting emotional wellness, Building and nurturing strong bonds with family, friends, and partners, The psychological benefits of companionship and love. It also Covered The importance of kindness and compassion towards oneself and others, Techniques to cultivate a merciful and forgiving attitude and The positive impact of mercifulness on mental health and interpersonal relationships.

Passion, Mission, and Vision of this program are Identifying and pursuing one’s passions as a pathway to happiness, The significance of having a clear mission and vision in life, Strategies to align personal goals with broader life purposes. It Coping mechanisms for dealing with sorrow and emotional pain, The healing process of acknowledging and expressing emotions and Practical advice on resilience and emotional recovery.

He also point out about the Daily habits and practices that contribute to a happy and fulfilling life, The role of mindfulness and gratitude in enhancing well-being, Balancing work, leisure, and personal growth for sustained happiness. Throughout the day, interactive workshops were conducted to provide hands-on experience with the concepts discussed. Participants engaged in activities designed to foster self-reflection, emotional expression, and positive interpersonal interactions.





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The seminar concluded with an open Q&A session, where attendees had the opportunity to discuss personal challenges and seek advice from M. Shebeer Ali. The interactive nature of this segment allowed for a deeper understanding and personalized guidance.

The seminar "Happiness and Wellness Conquered" was a comprehensive exploration of the emotional and psychological elements essential for a happy and well-rounded life. M. Shebeer Ali's expertise and interactive approach provided valuable insights and practical tools for participants to incorporate into their daily lives. The event was meticulously organized by the Department of Physical Education at Kottakkal Farook Arts and Science College, ensuring a highly engaging and enriching experience for all attendees.




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DAY 3




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DAY 2



Azlee
J. M. ABDUL AZEEZ
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DAY 1



Aziz
M. ABDUL AZEEL
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KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
HAPPINESS & WELLNESS CONQUERED
PARTICIPANTS LIST

Date: 1/2/2023

Sl No	Roll No	Name	Class	Signature
1	20MAT2	FATHIMATH THASMEERA	3rd BSc Mathematics	
2	20MAT3	HAFISA THESNI. K.P	3rd BSc Mathematics	
3	20MAT4	HUSNA SHERIN	3rd BSc Mathematics	
4	20MAT6	MUHSINA M	3rd BSc Mathematics	
5	20MAT7	RAMSIYA THASNI	3rd BSc Mathematics	
6	20MAT9	SHAHANA SHIRI. P. K.	3rd BSc Mathematics	
7	20MAT10	SHAHIDA NARGEES THIRUNILATH	3rd BSc Mathematics	
8	20MAT11	SHAHLA THASNI . C	3rd BSc Mathematics	
9	20MAT12	SHAHLA THASNI . K	3rd BSc Mathematics	
10	20MAT14	SHIFA. A	3rd BSc Mathematics	
11	20MAT15	MOHAMMED NESIL. T	3rd BSc Mathematics	
12	20MAT16	NABEEL	3rd BSc Mathematics	
13	20MAT18	FATHIMA NASLA. K	3rd BSc Mathematics	
14	20MAT21	NAUFA PARAMBIL	3rd BSc Mathematics	
15	20MAT23	RILSHANA BASHEER	3rd BSc Mathematics	
16	20MAT24	SAFA MARIYAM	3rd BSc Mathematics	
17	20MAT25	AFRA MISRIYA	3rd BSc Mathematics	
18	20MAT26	AMNA BINAS. M	3rd BSc Mathematics	
19	20MAT27	FATHIMA JASHIRA .P	3rd BSc Mathematics	
20	20MAT28	FATHIMA THASNI .KM	3rd BSc Mathematics	
21	20MAT29	JYOLSNA . K	3rd BSc Mathematics	





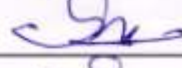
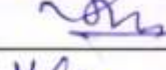
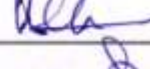
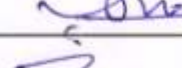

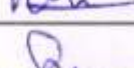
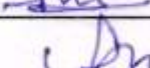
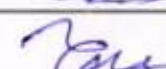

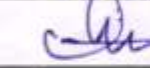
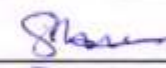
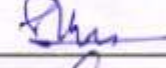
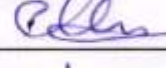
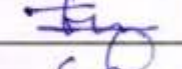
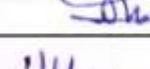
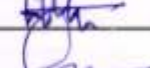






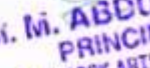
Prof. M. ABDUL AZEEZ
PRINCIPAL
 TAKKAL FAROOK ARTS & SCIENCE COY
 PARAPPUR.P.O. - 676 503

22	20MAT30	JYOTHSNA . E	3rd BSc Mathematics	<i>Jyotsna</i>
23	20MAT31	RAHEEDA . P.C	3rd BSc Mathematics	<i>Raheeda</i>
24	20MAT32	RANIYA SHERIN POTTANIKKAL	3rd BSc Mathematics	<i>Raniya</i>
25	20MAT34	SREEJISHA P	3rd BSc Mathematics	<i>Sreejisha</i>
26	20MAT35	AKSHAY .N	3rd BSc Mathematics	<i>Akshay</i>
27	20MAT36	ALTHAF AHAMED .K	3rd BSc Mathematics	<i>Althaf</i>
28	20MAT37	ASHAL MOHAMMED.M	3rd BSc Mathematics	<i>Ashal</i>
29	20MAT38	HARISH KRISHNAN . V . P	3rd BSc Mathematics	<i>Harish</i>
30	20MAT39	MUHAMAD SHAMIL . M.K	3rd BSc Mathematics	<i>Shamil</i>
31	20FIN1	FATHIMA AFSEELA . P.P	3rd B.Com Finance	<i>Fathima</i>
32	20FIN2	FATHIMA SANA .C	3rd B.Com Finance	<i>Sana</i>
33	20FIN3	FATHIMA THASNEEM	3rd B.Com Finance	<i>Thasneem</i>
34	20FIN4	FAYIZA SHERIN . T . P	3rd B.Com Finance	<i>Fayiza</i>
35	20FIN5	JASRA N	3rd B.Com Finance	<i>Jasra</i>
36	20FIN6	LADHEEDHA P	3rd B.Com Finance	<i>Ladheedha</i>
37	20FIN7	MAHBOOBA JASMIN T T	3rd B.Com Finance	<i>Mahbooba</i>
38	20FIN8	MUFEEDA SHERIN .K	3rd B.Com Finance	<i>Mufeeda</i>
39	20FIN9	MUHSINA . C.P	3rd B.Com Finance	<i>Muhsina</i>
40	20FIN10	RAJIYYA MAHJABIN . C	3rd B.Com Finance	<i>Rajiyya</i>
41	20FIN11	RIMSI K	3rd B.Com Finance	<i>Rimsi</i>
42	20FIN12	RISHANA . P	3rd B.Com Finance	<i>Rishana</i>
43	20FIN13	SAFREENA SHIRIN . K	3rd B.Com Finance	<i>Safreena</i>
44	20FIN14	SAHANA CH	3rd B.Com Finance	<i>Sahana</i>
45	20FIN17	SHIBLATH	3rd B.Com Finance	<i>Shiblath</i>
46	20FIN18	SHIEANA SHERIN.V.K	3rd B.Com Finance	<i>Shieana</i>



Prof. M. Abdul Azeez

Prof. M. ABDUL AZEEZ
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47	20FIN19	ABDUL SABITH THAHA P	3rd B.Com Finance	
48	20FIN20	HAMDAN KOZHIPARAMBATH	3rd B.Com Finance	
49	20FIN21	MOHAMED JASIR . K	3rd B.Com Finance	
50	20FIN22	MOHAMED RAEES K	3rd B.Com Finance	
51	20FIN23	MOHAMMED BILAL . T	3rd B.Com Finance	
52	20FIN24	MOHAMMED SHEFIN K	3rd B.Com Finance	
53	20FIN25	MOHEMMED SHABIR	3rd B.Com Finance	
54	20FIN26	MUHSIN. M	3rd B.Com Finance	
55	20FIN27	SUBAIR. M	3rd B.Com Finance	
56	20FIN28	AVANTHIKA .C	3rd B.Com Finance	
57	20FIN29	HANEENA	3rd B.Com Finance	
58	20FIN30	SAFEELA NASRIN . V	3rd B.Com Finance	
59	20FIN31	SHAIMA FABIN	3rd B.Com Finance	
60	20FIN32	SHANA SHERIN P	3rd B.Com Finance	
61	20FIN33	SHYMA SHIRIN . K	3rd B.Com Finance	
62		JAREERA. T	3rd B.Com Finance	
63	20FIN34	ANJALI KRISHNA .K	3rd B.Com Finance	
64	20FIN35	ASNAMOL K K	3rd B.Com Finance	
65	20FIN37	BASILA BEEGAM	3rd B.Com Finance	
66	20FIN38	EFA. M	3rd B.Com Finance	
67	20FIN39	FAHMIDA .P.K.	3rd B.Com Finance	
68	20FIN40	FAHMIDA PARVEEN.M	3rd B.Com Finance	
69	20FIN41	FATHIMA FARHAN K	3rd B.Com Finance	
70	20FIN42	FATHIMA NASLA . M	3rd B.Com Finance	
71	20FIN43	HALEEFA NUSRI . V	3rd B.Com Finance	



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72	20FIN44	HANNA.P	3rd B.Com Finance	
73	20FIN45	HUDA HAMEED	3rd B.Com Finance	
74	20FIN46	NASEEBA	3rd B.Com Finance	
75	20FIN47	NISHANA K	3rd B.Com Finance	
76	20FIN48	NOUSHIDA SERI. N.K	3rd B.Com Finance	
77	20FIN49	SNEHA. K.	3rd B.Com Finance	
78	20FIN50	SNEHAMOL .V	3rd B.Com Finance	
79	20FIN51	USNA .P	3rd B.Com Finance	
80	20FIN52	ABHIJITH.C P	3rd B.Com Finance	
81	20FIN53	ARUN. A.K	3rd B.Com Finance	
82	20FIN54	HADI MUHAMMED.P.K	3rd B.Com Finance	
83	20FIN55	HARIGOVIND.O.K	3rd B.Com Finance	
84	20FIN56	KAILAS NATH. V.P	3rd B.Com Finance	
85	20FIN57	MOHAMED NISHIN	3rd B.Com Finance	
86	20FIN58	MOHAMED SHAHEEN	3rd B.Com Finance	
87	20FIN59	MOHAMMED AMEEN.MK	3rd B.Com Finance	
88	20FIN60	MOHAMMED SAHIL. K	3rd B.Com Finance	
89	20FIN61	MUHAMMED AL AMEEN.A.P	3rd B.Com Finance	
90	20FIN62	MUHAMMED NIHAL	3rd B.Com Finance	
91	20FIN63	NIDHIN	3rd B.Com Finance	
92	20FIN64	NIHAL. K	3rd B.Com Finance	
93	20FIN65	RITHIK KRISHNAN	3rd B.Com Finance	
94	20FIN66	SARATH KUMAR. K	3rd B.Com Finance	
95	20BBA1	AFLA THASNL.C	3rd BBA	
96	20BBA2	AMAL PARVEEN.M	3rd BBA	




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Mujeeb TP
ED club Coordinator
Kottakkal Farook Arts and Science College
05/08/2022

Prof. M Abdul Azeez
Principal
Kottakkal Farook Arts and Science College

Subject: Request to Conduct One-Day Hand Embroidery Workshop "Monetise Your Passion"

Respected sir,

I am writing to request your permission to conduct a one-day hand embroidery workshop titled "Monetise Your Passion" on August 12, 2022 (Friday) from 10:00 AM at the college auditorium. The workshop will be led by Zeenath K, an accomplished embroidery artist and our esteemed alumni from the BBA batch of 2013-2016.

This workshop aims to provide students with valuable skills in hand embroidery, along with insights on how to turn their passion into a viable income source.

We kindly seek your approval to organize this event on the mentioned date and venue. Your support in facilitating this workshop would be greatly appreciated.

Mujeeb TP(Assistant professor,Commerce)

ED Club Coordinator
Kottakkal Farook Arts and Science College




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ENTREPRENEURSHIP DEVELOPMENT CLUB
**KOTTAKKAL FAROOK
ARTS & SCIENCE COLLEGE**

Women Entrepreneurs
Development Programme

Monetise Your Passion

ONE DAY HAND EMBROIDERY WORKSHOP

Lead By:

Zeenath K (@art_shed_)

(Embroidery Artist - Eranamkulam)
(KFASC Alumni, BBA 2013-2016 Batch)

2022 **12** Friday
August 10.00 am



College Auditorium



kottakkalfarookcollegeofficial

"Monetise Your Passion" An Embroidery Workshop

The "Monetise Your Passion" embroidery workshop was organized by the ED Club of the college to promote entrepreneurial skills among students, particularly in the field of handicrafts and embroidery. The one-day workshop aimed to teach students the art of embroidery and provide them with a platform to explore their creative talents while also learning how to turn their passion into a potential business opportunity.

The workshop was attended by 16 students who had a keen interest in art and crafts. The event was facilitated by Ms. Zeenath, a self-taught artist and an alumna of the college. Ms. Zeenath has successfully established her own embroidery business on social media platforms, making her an ideal mentor for the workshop.

The workshop covered various aspects of embroidery, including different techniques such as weaving, designing on caps, and other practical applications. The students had the opportunity to learn and practice these techniques under the guidance of Ms. Zeenath. The workshop not only focused on the artistic aspects of embroidery but also provided insights into the business side of the craft. Ms. Zeenath shared her experiences and strategies for marketing and selling embroidered products, giving the students a glimpse into the entrepreneurial world.





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The event was inaugurated by Shaheed Vadakkethil, Assistant District Industries Officer, Vengara, and presided over by the college Principal, Prof. Abdul Azeez. The ED Club Coordinator, Mujeeb TP, and Student Coordinator, Aysha Nafla, along with members Rinu Harsha, Safeela Banu, and Shabeeba, played pivotal roles in organizing and executing the activities.

The "Monetise Your Passion" embroidery workshop provided students with a unique opportunity to explore their creative talents while also learning valuable entrepreneurial skills. By witnessing Ms. Zeenath's success story, the students were inspired and motivated to consider turning their passions into viable business opportunities.

The workshop fostered an entrepreneurial mindset among the participants and encouraged them to embrace their creativity as a potential source of income. It also highlighted the college's commitment to promoting entrepreneurship and empowering students to pursue their dreams.




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Ms Zeenath training the students on embroidery works



Students with their finished works from the session



Azeez
Prof. M. ABDUL AZEEZ
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Principal Prof. Abdul Azeez distributing the certificate to the winner



Participants of Embroidery workshop



Prof. M. Abdul Azeez
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2022-23
Principal's Office
(16)
Zanabik

KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE
ENTREPRENEURSHIP CLUB
PROGRAMME PARTICIPANT LIST
2022-23

SL No.	NAME	CLASS	SIGNATURE
1.	Aysha Nafla CP	2nd Sem BBA	
2.	Shameema Thasni	2nd Sem B.Sc Mathematics	
3.	Mehar Sultana V	2nd Sem B.Com CA	
4.	Shahna Shirin VT	2nd Sem B.Com CA	
5.	Hafsath	2nd Sem B.Sc Botany	
6.	Shafeena KP	2nd Sem BBA	
7.	Muntasir PP	2nd Sem BA Economics	
8.	Anjali K	2nd Sem BA English	
9.	Fahida MP	2nd Sem BA Economics	
10.	Shaikha Fathima	2nd Sem BBA	
11.	Sefna Sherin	2nd Sem BBA	
12.	Hina Parveen	2nd Sem BBA	
13.	Fathima Fidha	2nd Sem BBA	
14.	Shafna Nazar VV	2nd Sem B.Sc Botany	
15.	Lubna Sarin M	2nd Sem BA Economics	
16.	Hridya Prasad	2nd Sem BA Political Science	



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