



# **Capacity Building and Skill Enhancement Supportings 2016-21**

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following  
 1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/computing skills

Sl No	Name of the capability enhancement program	implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
1	Bridge course - Accounting	2/11/2020	48	Department of Commerce Prajyoti Nietan college pudukad
2	Bridge course - Physiology	2/11/2020	44	Department of Physiology Prajyoti Nietan college pudukad
3	Bridge course - Mass Media	2/11/2020		Department of Journalism Prajyoti Nietan college pudukad
4	Bridge course - Malayalam	2/11/2020	67	Department of Malayalam Prajyoti Nietan college pudukad
5	Bridge course - Maths	2/11/2020	37	departments of Mathamatics and Computer Science Prajyoti Nietan college pudukad
6	Certificate course- Understading Human Body	13-03-2021	74	Departmentst of Physiology and Psychology Prajyoti Nietan college pudukad
7	Certificate Course-Good Governance	15-02-2021	69	Departments of English Political, Science Journalism Prajyoti Nietan college pudukad & department of Political Science Sree Krishna Colleg Guruvayur
8	Certificate course - Techonology Enabled Office tools	15/02/2021	100	Department of Computer Science Prajyoti Nietan college pudukad
9	Certificate Course-Productivity and Employability	22/02/2021	86	Department of CommercePrajyoti Nietan college pudukad
10	Certificate Course- Management and Maintanance of Domestic Energy Rsources	19/03/2021	31	Depatment of electronics Prajyoti Nietan college pudukad
11	Webinar on Celebrate, Empower and Support Women in Business Worldwide	19-11-2020	300	Department of Commerce and IQAC



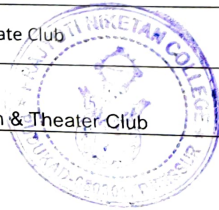
12	Webinar on 'Indian Cuisine'	19-09/2020	100	Department of English Prajyoti Niketan College Pudukad
13	Webinar "working together to prevent suicide".	10/9/2020	100	The Research and Post Graduate Department of Psychology, of PrajyotiNiketan College, Pudukad
14	Webinar titled 'Understanding the Mentee: The Innovative Mentor'	27-10-2020	100	The Research and Post Graduate Department of Psychology and IQAC
15	One day National webinar on Article 21 Indian Constitution the Unfinished Agenda.	26/11/2020	98	Prajyoti niketan college, NSS units 85 and 183 and Department of Political Science, prajyoti niketan college Pudukad
16	Webinar" Ending the Epidemic Resilience ad Impact".	1/12/2020	100	Prajyoti niketan college, NSS units 85 and 183 and Red Ribbon Club
18	orientation on the topic 'Manifesting the Psychological facts of Menstruation'.	8/3/2021	100	Women Cell and Post Graduate and Research Department of Psychology Prajyoti Niketan College Pudukad
19	National Webinar on 'Intellectual Property Rights'	19-01-2021	300	IQAC , Prajyoti Niketan College Pudukad
20	National Webinar on 'Formation of Kerala State' titled 'Thoughts on Renaissance and Kerala'	05-11.2020	90	Department of Malayalam and IQAC
21				Prajyoti Niketan College Pudukad



22	webinar titled 'Estrogen: An Overview'	9/3/2021	90	Research and Post Graduate Dept of Psychology Prajyoti Niketan College Pudukad
23	Conducted a webinar on competent to compete COVID 19	22-08-2020	100	NSS in association with Psychology Department Prajyoti Niketan College Pudukad,
24	Webinar series on- different psychological well being topics with objectives of empowering teens and youth in community.	24-08-2020	130	Department of psychology, Prajyothi Niketan College
25	Webinar on ' Imparting Soft Skills'.	1-01-2021	95	Dept of English and IQAC
26	Webinar on ' How to find technical Problems for projects'	7/29/2020	98	Department of Electronics Prajyoti Niketan College Pudukad
27	Orientation Programme	10/16/2020	100	Department of Psychology Prajyoti Niketan College Pudukad
28	Webinar on "Adventure & Mountaineering"	7/9/2020	58	T Quad and Department of Computer Science, Prajyoti Niketan College
29	Rgional Webinar on Compassionate Communication	6/8/2021	100	Department of English Prajyoti Niketan College
30	One Week Hands on training on " Machine Learning Using Python	5/7/2021	19	Deptment of computer Science Prajyoti Nimetan Colleg Pudukad



31	REGIONAL WEBINAR ON "ORGANIZATIONAL BEHAVIOR: AN OVERVIEW"	22/07/2021	70	Department of psychology, Prajyothi Niketan College
32	Self Defence Training Programme for Women	14/12/2021	65	Kerala Police department+E32 and Department of Physical Education Prjyotiniketan College Puduakad
33	Three Day workshop on " advanced microcontrollers"	13/12/2021	18	Don Bosco Colleg Mannuthy and Department of Electronics, prajypti Niketan College Puduakad
34	Webinar on Energy conservation	16/12/2021	89	Department of Electronics, Prajypti Niketan College Puduakad
35	Night Sky Watching	29/12/2021	71	Department of Physics, SH College Chalakudy, NSS unit 85 and 183 and Department of Electronics Prajyoti Niktan College Pudukad
36	NSS Seven Day Special Camp	26/12/2021	71	NSS unit 85 and 183 Prajyoti Niktan College Pudukad
37	Health Journalis: Mapping the Matrix of Health Reporting	15/08/2021	98	Tiabal Wlfare center, Wyanad and Department of Journalism ,Prajyoti Niketan college Pudukad
38	Quiz Club	12/8/2021	49	Quiz Club, prajyoti Niketan Colleg Pudukad
39	Debate Club	28/06/2021	38	Debate Club Prjyoti Niketan College Pudukad
40	Film & Theater Club	03/082021	45	Film & Theater Club Prjyoti Niketan colleg Pudukad



41	Speakers Forum	13/08/2021	30	forum Prajyoti Niketan Colleg Pudukad
42	Webinar on Constitutional /values: Youth and Socujial Service	24/09/2021	78	Department of Political Science, NSS Units 85 7 183 and IQAC Prajyoti Niketan Colleg Pudukad
2019-2020				
1	Yoga & Health Care	June 2019	98	Department of Physical Education, Prajyoti Niketan College Pudukad
2	Communication Skills in English	June 2019	70	Department of English, Prajyoti Niketan College Pudukad
3	Web Technology	June 2019	25	Department of Computer Science, Prajyoti Niketan College Pudukad
4	Counselling Psychology	June 2019	20	Department of Psychology, Prajyoti Niketan College Pudukad
2018-2019				
1	Yoga & Health Care	June 2018	71	Department of Physical Education, Prajyoti Niketan College Pudukad
2	Communication Skills in English	June 2018	71	Department of English, Prajyoti Niketan College Pudukad
3	Web Technology	June 2018	35	Department of Computer Science, Prajyoti Niketan College Pudukad
2017-2018				



1	Yoga & Health Care	June 2017	75	Department of Physical Education, Prajyoti Niketan College Pudukad
2	Communication Skills in English	June 2017	73	Department of English, Prajyoti Niketan College Pudukad
3	Web Technology	June 2017	22	Department of Computer Science, Prajyoti Niketan College Pudukad
4	Counselling Psychology	June 2017	22	Department of Psychology, Prajyoti
2016-2017				
1	Communication Skills in English	June 2016	66	Department of English, Prajyoti Niketan College Pudukad
2	Yoga & Health Care	June 2016	71	Department of Physical Education, Prajyoti Niketan College Pudukad
3	Web Technology	June 2016	20	Department of Computer Science, Prajyoti Niketan College Pudukad



## **Quiz Contest and Covid Awareness Programme**

### **Field Outreach Bureau, Ministry of Information and Broadcasting**

**Government of India – November 30, 2021**

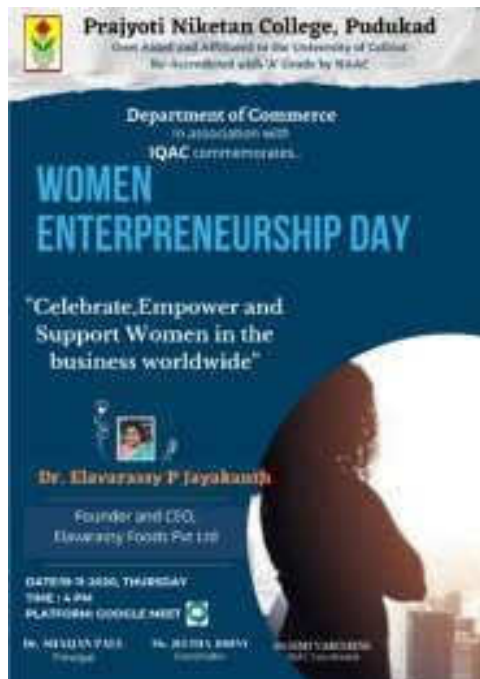
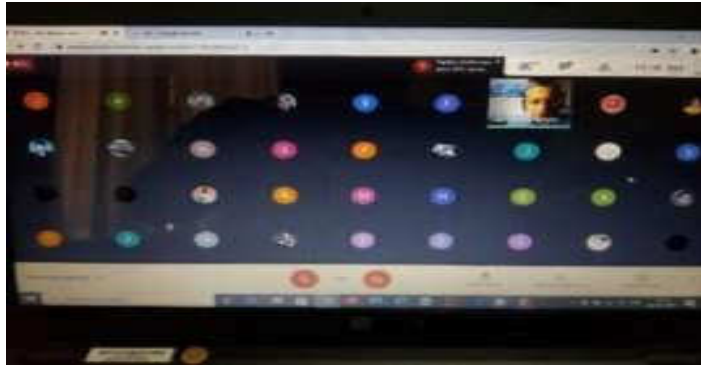
#### **A Quiz Club and IQAC Initiative**

The Field Outreach Bureau, Thrissur under Ministry of Information and Broadcasting, Govt of India under the auspices of Quiz Club and IQAC, Prajyoti Niketan College has organized a Quiz Contest and a Covid Awareness Seminar under the Swachhta Action Plan (SAP) on November 30, 2021. Mr George Mathew, Deputy Director, Field Outreach Bureau had conducted the Quiz Contest. The Contest was followed by a Covid Awareness Seminar. Mr Binchu C Jacob, Health Inspector, Kandanassery Family Health Centre, Thrissur inaugurated the Seminar and handled the Covid Awareness session. Principal Dr Binu P Chacko presided over the meeting. Mr George Mathew had given away the prizes to the winners. Katherin Solomon (I BSc Psychology), Mr Roshan Tony (II BCom) and Mr Renjith C (I BSc Computer Science) secured the first, second and third prizes respectively. Quiz Club and IQAC Co-ordinator Dr Simi Varghese welcomed the gathering and Ms Nandhana P Nair (I BA English) proposed the vote of thanks.



## Industry Interaction Program Series and Extension Lecture on GST-A Webinar on Celebrate, Empower and Support Women in Business Worldwide to commemorate Women Entrepreneurship Day on November 11, 2020

The Department of Commerce conducted a Webinar on Celebrate, Empower and Support Women in Business Worldwide to commemorate Women Entrepreneurship Day on November 11, 2020. The session was led by Ms. Elavarasi Jayakanth, a successful entrepreneur from Thrissur.



**Webinar on COVID 19 PANDEMIC CURRENT SITUATION: WHAT NEXT? on  
08/08/2020 at 3 pm**

Webinar on Covid COVID 19 PANDEMIC CURRENT SITUATION:

WHAT NEXT? on 08/08/2020 at 3 pm in Google meet platform and YouTube live streaming organised by Department of Computer Science & National Service Scheme, Prajyoti Niketan College,

Pudukad & Government of India, Ministry of Information & Braodcasting, Field Outreach Bureau,Ernakulam. 651 participants registered for the programme. Participants were teachers, students and public people. 441 attended the programme and received certificates.


Report of the programme

It is premature as of now to say categorically, whether a Covid affected person will get the same infection again,as Covid 19 relatedresearch is still at it's early stage.

This was stated by Dr U R Rahul, Senior Medical Officer in charge ofsetting up Covid 19 Firstline treatment Centres in THRISSUR.

He was addressing a Webinar on Covid 19 pandemic organised by Field Outreach Bureau, THRISSUR,in association with Prajyoti Niketan College today.

Replying queries from students,he said the pandemic won't spread through stagnant water.He said measures like hand washing personal hygiene and social distancing should become part of dailyroutine.He stressed the importance of face mask usage and avoiding crowded places.





**PRAJYOTI NIKETAN COLLEGE**  
 (Govt. Aided and Affiliated to the University Of Calicut)  
 Re-Accredited with 'A' Grade by NAAC  
 Pudukad, Thrissur, Kerala - 680305  
 DEPT. OF COMPUTER SCIENCE AND  
 NSS UNITS 85 & 183.

**ORGANIZING COMMITTEE:**  
 Dr. Shajee Paul, Principal  
 Dr. Sonia Sunny, HOD, Computer Science  
 Ms. Deepthi M Fisharady, Programme Coordinator  
 Dr. Soumya Starlet C T, NSS Programme Officer  
 Dr. Binaj Jose, NSS Programme Officer

AUGUST  
**08**  
 2020


**COVID-19 PANDEMIC  
 CURRENT SITUATION:  
 WHAT NEXT?**



शासनालय  
**FIELD OUTREACH BUREAU  
 GOVERNMENT OF INDIA  
 MINISTRY OF INFORMATION AND BROADCASTING  
 THRISSUR**

**COVID-19 PANDEMIC CURRENT SITUATION: WHAT NEXT?**

**PRESENTATION BY**





**DR. U R RAHUL**  
 SENIOR MEDICAL OFFICER IN CHARGE OF SETTING  
 UP FIRSTLINE COVID TREATMENT CENTRES IN  
 THRISSUR


**AUGUST  
 08  
 2020**

**AT  
 3:00 PM**

**Join the webinar**


<https://meet.google.com/soh-hqtd-ly>


<https://youtu.be/5c-LwvAy20U>


 For more information,  
 Contact : 9895705661  
 7293748473

Registration Form link

<https://forms.gle/itdvK8CFtHcLwKZm8>

## "Adventure & Mountaineering" - Webinar

T Quad and Department of Computer Science, Prajyoti Niketan College organized "Adventure & Mountaineering" Webinar. The session was handled by **PREETHAM MENON** on **07-09-2020** from **4 PM - 5 PM**. There were 58 participants from all the departments of the college.

**Poster:**



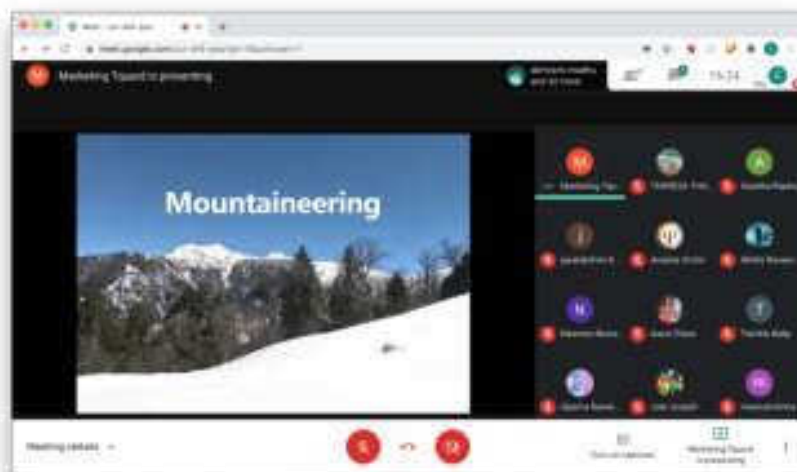
**Google Meet Link :** <https://meet.google.com/zur-afik-qnp>

**Gallery:**

**Recording:**

Adventure webinar 2020-09-07 at 5.03.55 PM.mp4 (Department google drive folder year20-21)

**Photos:**



# 1. One Week hands on training Programme on “Machine Learning Using Python

Programme is organized by department for UG & PG students of the department.

Programme is conducted from July 5, 2021 to July 11, 2021

## Brochure

**July 5 to July 11, 2021**

**ONE WEEK HANDS-ON TRAINING PROGRAMME**

**Machine Learning Using Python**

**Organized By Department of Computer Science**

**Pragati Niketan College Puttur**

**Resource Persons:**

- Jafar K T**  
Research Scholar  
Department of Computer Applications  
CUSAT
- Anju A T**  
Research Scholar  
Department of Computer Science  
Sulliamasalam Science College, Areekode

**Organizing Committee:**

- Dr. Binu P. Chacko**  
Principal
- Ma Cecilia Mathews**  
HoD
- Ma Deepthi M. Pullepeddy**  
Coordinator & Resource Person

**Topics Covered:**

- Day 1:**
  1. Introduction to Python
  2. Python Development Tools
  3. Language fundamentals
- Day 2:**
  1. Control Structures
  2. Containers
  3. Functions
  4. Classes
- Day 3:**
  1. Numpy
  2. Matplotlib
- Day 4:**
  1. Introduction to ML
- Day 5:**
  1. Feature Engineering
  2. Data Pre-processing
- Day 6:**
  1. Classification - With Pandas
- Day 7:**
  1. Clustering - With Hands on

**What we want is a machine that can learn from experience. Alan Turing**

**Highlights of workshop:**

- Hands-on training using Google Collab/ Jupyter notebook
- Study materials will be made available

**Click Here to register**

ML Workshop (2021-07-10 at 01:35 GMT-7)

# Classification Algorithm in Machine Learning -Support Vector machine

Prepared by  
Deepthi M Pisharody



computer science

Exit full screen (f)

0:07 / 45:40



ML Workshop (2021-07-09 at 22:06 GMT-7)

## what machine learning does?



Data: Several length- $d$  vectors



john

Exit full screen (f)

3:48 / 1:27:32



# What is Big Data

Big data is basically refers to huge volume of data, that can not be stored and processed using traditional approaches with in the given time frame.



Volume	Velocity	Variety	Veracity
<b>Data in Pile</b> Terabytes to petabytes in waiting ready to be processed	<b>Data in Motion</b> Streaming data, milliseconds to seconds for response	<b>Data in Many Forms</b> Structured, unstructured, semi-structured	<b>Data in Doubt</b> Increasingly hard to data provenance & accountability, analytics, delivery, migration, master algorithms



John

## Feature Reduction Iris Dataset

```
import matplotlib.pyplot as plt

from sklearn import datasets
from sklearn.decomposition import PCA
from sklearn.discriminant_analysis import LinearDiscriminantAnalysis as LDA

iris = datasets.load_iris()

X = iris.data
y = iris.target
target_names = iris.target_names

lda = LDA(n_components=2)
X_L2 = lda.fit(X).transform(X)
print(X_L2)
```



Cecilia Mathew

Certificate



**Prajyoti Niketan College, Pudukad**  
Govt Aided and Affiliated to the University of Calicut  
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## *Certificate Of Participation*

THIS IS TO CERTIFY THAT

has successfully participated in the one week hands-on training programme on **'Machine Learning Using Python'** conducted by Department of Computer Science, Prajyoti Niketan College, Pudukad from 05-07-2021 to 11-07-2021.

*[Signature]*

*[Signature]*

*[Signature]*

*Ms Deepthi M Pisharody*  
Course Co-ordinator

*Dr Binu P Chacko*  
Principal

*Ms Geena Mathews*  
2107

2.





**Organiser : IQAC and Department of English**  
**Event : Regional Webinar on Compassionate Communication : Staying Inspired during the Pandemic**

**Resource Person : Ms. Soumya Mohan C, HoD, Behavioural Science, Kerala Police Academy, Thrissur**

**Date : 6th August 2021**

**Platform : Google meet**

The Department of English in association with IQAC organised a regional webinar on “Compassionate Communication : Staying Inspired during the Pandemic” on 6th August 2021 via google meet. Ms. Soumya Mohan, HoD, Behavioural Science, Kerala Police Academy was the resource person.

The webinar was organised with the aim of helping the students develop better personal relationships through compassionate communication. The pandemic has adversely affected human lives through stressful and overwhelming challenges which cause strong emotions in adults and children. Ms. Soumya Mohan through her insightful and interactive session helped students understand how and why communication fails leading to conflict and estrangement between dear and near ones.

The webinar concluded with a Q&A session which shed light on the challenges faced by youngsters in their communication with peers.

REC


**COMPASSIONATE COMMUNICATION**

Soumya Mohan C  
HoD Behavioural Science  
Kerala Police Academy


soumya is presenting



soumya



Dr Tresa



You



Sonia 54 others

# **REPORT ON WEBINAR – Hope, Resilience and Mindfulness based self care practice during covid-19**

**International webinar by**

***Department of Psychology***

***Topic : Hope, Resilience and Mindfulness Based Self Care Practices During Covid-19***

***Programme coordinator : Dr Jaya A T***

***Online platform : Google meet & YouTube Live Streaming***

***Date : 12/7/2020***

***Time : 9 am to 11 am***

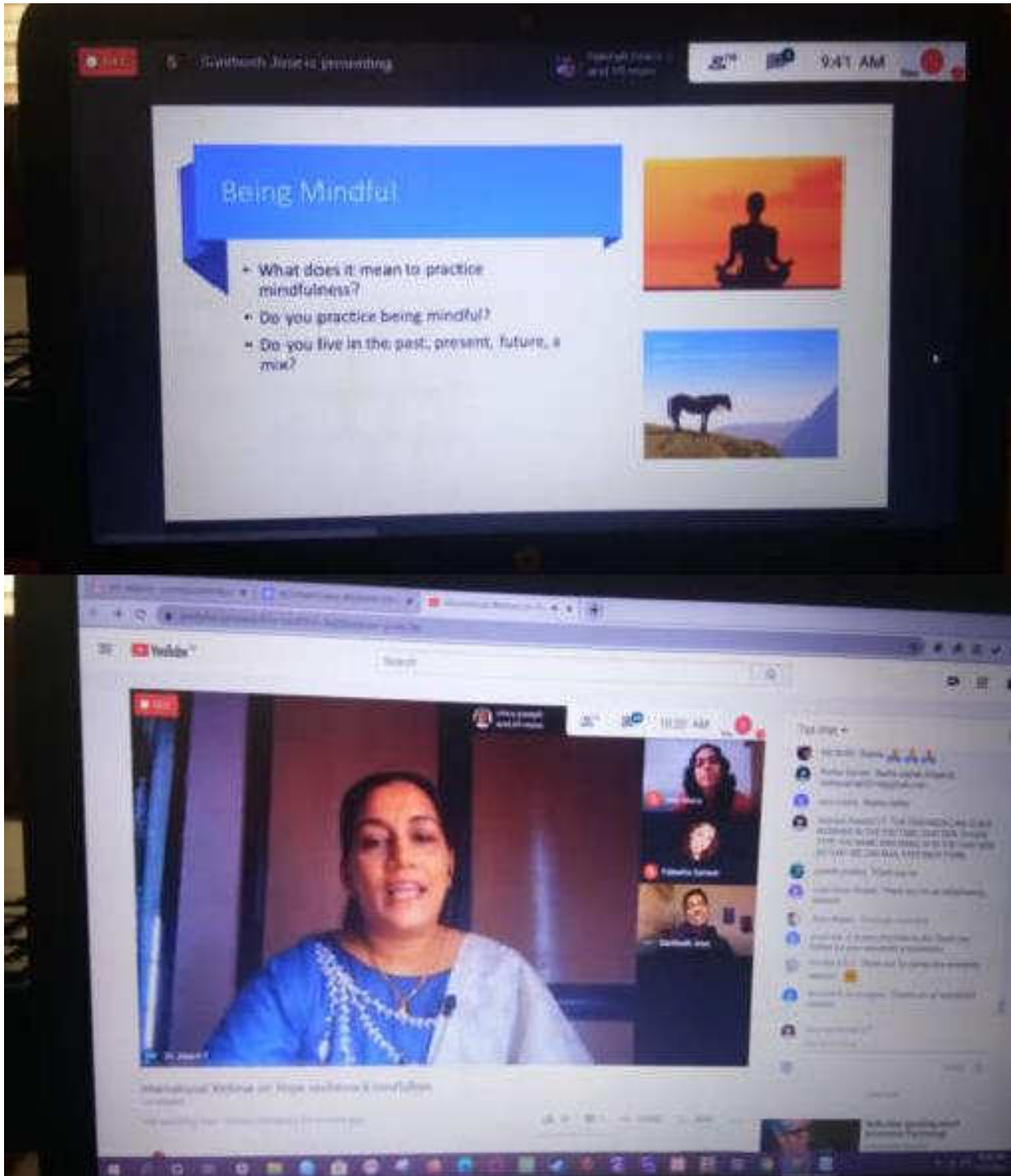
An international webinar on “**Hope, Resilience and Mindfulness Based Self Care Practices During Covid-19**” was conducted on July 12 2020. The webinar was organized by the research and post graduate department of psychology in association with IQAC of Prajyoti Niketan College.

The webinar began at 9 am with prayer. It was followed by welcome speech by Dr. Milu Maria Anto, Head of the department of research and post graduate department of psychology. She welcomed all the speakers as well as all the participants of the webinar. This was followed by felicitation by Dr Simi Varghese, IQAC (Internal Quality Assurance Cell) co-ordinator and Head of the department of journalism of Prajyoti Niketan College. Then an introduction to the resource person of the session, Rev. Fr. Santhosh Jose. Santhosh Jose capuchin is a capuchin priest. He is an alumnus of Prajyoti Niketan College in the department of clinical psychology of 2012-14 batch. He had completed his M.Phil in clinical psychology from central institute of psychiatry, Ranchi. He has been a research scholar in St. Mary’s University, San Antonio, Texas, USA from 2019 and he is also a consultant clinical psychologist there.

The main part of the webinar was presented by Rev. Fr. Santhosh Jose, who had explained in his humble words as to how important hope, resilience and mindfulness are in our daily lives. He said about reaching out and staying connected to others and how it might help us deal effectively to our stresses. He had also explained how we could become more mindful by bringing our awareness to the little things we do in our lives, like growing a plant or cooking a meal. Even if these seem quite little, the impact it could have on the person would be pretty large when we do them with awareness.

The presentation was followed by a question answer session during which the participants posted doubts and questions using the chat box, which were answered by the presenter.

The webinar successfully ended at 10.20 A.M. with the vote of thanks which was delivered by the Organizing secretary of the webinar, Dr. Jaya A. T. (research Guide and Assistant professor of psychology).





## Live chat

Top chat 186



Guidelines.

[LEARN MORE](#)



10:06 am **Akhila Parveen** It was good presentation, can you please share us the feedback form for us



10:06 am **Nimmi Mohan** very informative session



10:06 am **Neeraja Ramachandran** what is the possibility of mindfulness based practises for people already facing mental health disorders like depression



10:06 am **Aswini Vp** Thank you sir. Very nice session and it is more informative.



10:06 am **Girija Manikandan** It was very informative session for in this situation Thank u sir 🙏🙏🙏



Chat publicly as **Dr. Jaya.A T...**

## **Webinar on Competent to Compete Covid 19: Tips to keep you mentally healthy, 22 August 2020**

National Service Scheme in association with Post Graduate and Research department of psychology organized a webinar in Google meet platform on 22 August 2020, Saturday at 2:30 pm. Nearly 100 participants were attended the webinar. The meeting started punctually with the welcome speech by NSS Program Officer Dr Soumya Starlet C T. Dr Shaijan Paul, Principal of Prajyoti Niketan college delivered the presidential address. His presence throughout the programme was really a blessing. Later Dr. Milu Maria Anto, Head of the Department Psychology conveyed her felicitation for the meeting. The resource person for the day was Mrs. Bayana Beevi, CEO of *amfine.in* online Website and Psychology research scholar of Prajyoti Niketan college. The session began with NSS anthem by NSS volunteers as per the request of the speaker. The meeting was overloaded with the spirit and the energy that the main speaker reflected onto the online audience. The session was creatively managed with richness of information along with stories and songs, which improved the listener's focus towards the topic Competent to Compete Covid 19: Tips to keep you mentally healthy.



## PRAJYOTI NIKETAN COLLEGE PUDUKAD

(Govt.Aided and Affiliated to the University of Calicut)

Re Accredited with 'A' Grade by NAAC

[www.prajyotinetan.edu.in](http://www.prajyotinetan.edu.in)

NATIONAL SERVICE SCHEME UNITS NO 85 & 183

IN ASSOCIATION WITH

POST GRADUATE AND RESEARCH DEPARTMENT OF PSYCHOLOGY



ORGANISE A WEBINAR ON

# COMPETENT TO COMPETE COVID-19

TIPS TO KEEP YOU MENTALLY HEALTHY



E-CERTIFICATE WILL BE PROVIDED  
NO REGISTRATION FEES.

22.08.2020

2.30PM

Google Meet

### RESOURCE PERSON

**BAYANA BEEVI O.M.S**

M.Sc., M.Phil.

RESEARCH SCHOLAR  
& PSYCHOLOGIST CEO,

[www.amfine.in](http://www.amfine.in)

ONLINE COUNSELLING CENTER

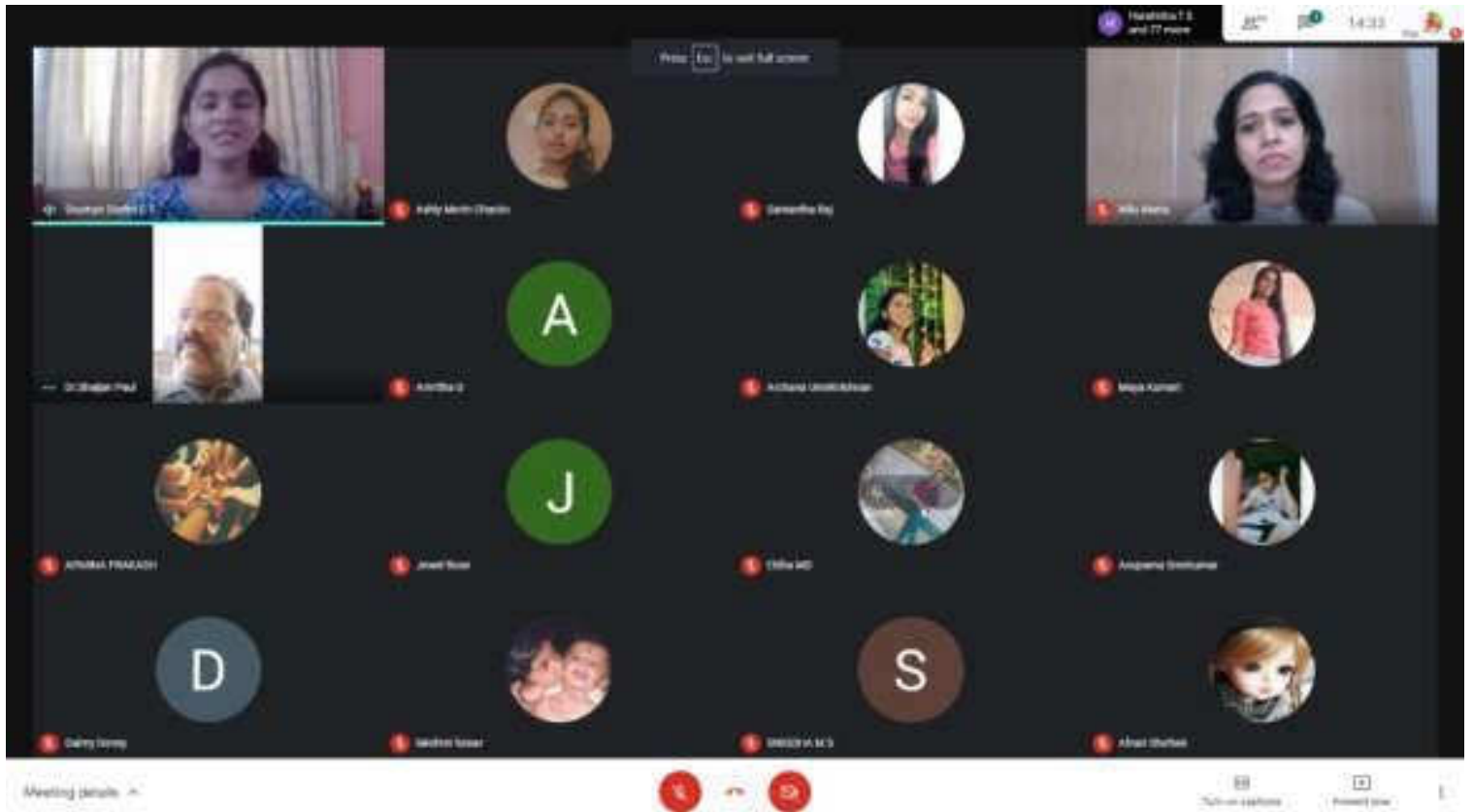


DR SHAIJAN PAUL  
(PRINCIPAL)

DR MILU MARIA ANTO  
(HOD. PSYCHOLOGY)

DR SOUMYA STARLET CT  
(NSS PO)

DR BINOJ JOSE  
(NSS PO)



## REPORT - International Youth Month

### “PRAYAAN 2020”

**From 23-28 August, 2020**

International Youth Day is observed on 12<sup>th</sup> August every year to raise awareness about the youth and draws attention to the issues faced by the youth all across the world. For the first time, it was declared by the United Nations General Assembly focus on three basic themes that is participation, development, and peace in the field of youth.

**International Youth Day 2020:** The day recognizes and celebrates the contributions of youth around the world in saying "Enough! I am Generation Equality".

The day focuses on the efforts of the youth in the development of the country. International Youth Day is celebrated to recognize the efforts of the world's youth in enhancing global society and to draw the attention regarding cultural and legal surrounding youngsters. Also, the day promotes ways to engage youngsters in making positive contributions to their communities.

#### **International Youth Day 2020: Theme**

The theme of International Youth Day 2020 is "Youth Engagement for Global Action".



## **Prayaan2020**

It is an initiative by Ph D Research Scholars, Department of psychology, Prajyothi Niketan College with objectives of empowering teens and youth in community.

Amid COVID-19 pandemic, the month is celebrated virtually and hosted in google platform, from 23<sup>rd</sup> August to 28<sup>th</sup>, 2020 with webinar series on different psychological well being topics and discussions with Support of Dr Shaijan paul, Principal, Prajyoti Niketan College Pudukad; guidance of Dr Milu Maria Anto, Head of the Department and Supervision of Dr Nice Mary Francis, in Charge of Research Scholars and coordinator of the Prayaan, 2020.

Conducted a meeting on Google platform on 19th August and distributed duties among Scholars, Julie Elizebath as organizer and Bayana Beevi as Co-organizer for programme. Other research scholars were Scheduled different topics for presenting each day based on Youth Mental Health. Proper communications were given to all departments of Prajyoti Niketan College.

On 23<sup>rd</sup> August, Inaugural ceremony was done in the presence of Principal, HODs, teaching Staff, Non teaching Staff, research Scholars and students of College.

<b>Date</b>	<b>topic</b>	<b>Resource Person</b>	<b>No of participants</b>	<b>Moderator</b>	<b>Active Participati on</b>
24 /10/2020	Busting Mental Health Myth	Fathima M A & Julie Elizebath	118	Vimy V Vijayan	Yes
25/10/2020	Make a Tune To Be happy	Vimy V Vijayan & Liby Leo Akkara	110	Vandana VS	Yes
26/10/2020	How to be mentally Strong	Ajitha V A & Vandana VS	95	Ajitha V A	yes
27/10/2020	Digital Romance	Bayana BOMS	128	Pulari C	Yes
28/10/2020	You are Unique	Jisha P K & Pulari C	130	Vandana V S	yes

The programme was a success and college students participate actively benefitted from this.



## PRAJYOTI NIKETAN COLLEGE

Govt. Aided and Affiliated to Calicut University  
PUDUKAD, THRISSUR – KERALA – 680301  
(NAAC Accredited at 'A' Level)

**Post Graduate & Research Department of Psychology**

*Celebrating International Youth Month*

# “PRAYAAN 2020”

**Igniting Young  
Buddies**

**24<sup>th</sup> – 28<sup>th</sup> August 2020**

Webinar Series for Teens in Personality Development to Empower



Dr. Miku Maria Anto  
HOD / Convener



Dr. Shaljan Paul  
Principal



Dr. Nice Mary Francis  
Organizing Secretary

Sessions will be led by Research Scholars of Prajyoti Niketan College



# PRAJYOTI NIKETAN COLLEGE

Govt. Aided and Affiliated to Calicut University  
PUDUKAD, THRISSUR – KERALA – 680301  
(NAAC Accredited at 'A' Level)

*Celebrating Youth Month*



## “PRAYAAN 2020”

**Igniting Young Buddies**

Organized by Post Graduate & Research Department of Psychology

DAY 1 – 24 – 08 – 2020

Topic:

“Busting Mental Health Myths”

← →  
RESOURCE PERSONS



**Fathima M. A**

Clinical Psychologist &  
Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan  
College, Pudukad



**Julie Elizabeth**

Clinical Psychologist &  
Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan  
College, Pudukad



Join

[meet.google.com/duq-teym-bjw](https://meet.google.com/duq-teym-bjw)

**24<sup>th</sup> – 28<sup>th</sup> August 2020**

*Webinar Series for Empowering Youth*



Hosted On **Google Meet**



Time: **4 PM—5 PM**



# PRAJYOTI NIKETAN COLLEGE

Govt. Aided and Affiliated to Calicut University  
PUDUKAD, THRISSUR – KERALA – 680301  
(NAAC Accredited at 'A' Level)

*Celebrating Youth Month*

## “PRAYAAN 2020”

**Igniting Young  
Minds**

Organized by Post Graduate & Research Department of Psychology

DAY 3 – 26 – 08 – 2020

Topic:

“How to be Mentally  
Strong”

← →  
RESOURCE PERSONS



**Ajitha V. A**

Consultant Psychologist  
& Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan  
College, Pudukad



**Vandana V. S**

Consultant Psychologist  
& Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan  
College, Pudukad

*e-certificate will issue*

Join

[meet.google.com/vyc-tgfi-okk](https://meet.google.com/vyc-tgfi-okk)

24<sup>th</sup> – 28<sup>th</sup> August 2020

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*Celebrating Youth Month*

## “PRAYAAN 2020”

**Igniting Young  
Minds**

Organized by Post Graduate & Research Department of Psychology

DAY 4 – 27 – 08 – 2020

Topic:  
“Digital Romance”

RESOURCE PERSON



**Bayana B. O. M. S**

Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan  
College, Pudukad

*e-certificate will issue*



**24<sup>th</sup> – 28<sup>th</sup> August 2020**

*Webinar Series for Empowering Youth*



Hosted On **Google Meet**



Time: **4 PM — 5 PM**



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(NAAC Accredited at 'A' Level)

*Celebrating Youth Month*

## “PRAYAAN 2020”

**Igniting Young  
Minds**

Organized by Post Graduate & Research Department of Psychology

DAY 5 – 28 – 08 – 2020

Topic:

**“You are Unique!”**

RESOURCE PERSONS



**Jisha P. K**

Consultant Psychologist  
& Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan College,  
Pudukad



**Pulari C**

Rehabilitation Psychologist  
& Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan College,  
Pudukad

*e-certificate will issue*



Join

[meet.google.com/zvp-xnno-wul](https://meet.google.com/zvp-xnno-wul)

**24<sup>th</sup> – 28<sup>th</sup> August 2020**

*Webinar Series for Empowering Youth*



Hosted On **Google Meet**



Time: **4 PM — 5 PM**

## **Suicide Prevention Day Observance by Research and Post Graduate Department of Psychology**

### **Prajyoti Niketan College Pudukad**

Pudukad: The Research and Post Graduate Department of Psychology, of PrajyotiNiketan College, Pudukad, observed World Suicide Prevention Day on 10<sup>th</sup> September 2020, as part of the efforts to create awareness on mental health among students. The online event, 'Working Together to Prevent Suicide', organised through Google Meet, amid Covid- 19 restrictions, was actively attended by both staff and students of the college. The chief guest, Director of the Institute of Mind and Brain, and a leading psychiatrist, Dr.Manoj Therayil Kumar, delivered the Suicide Prevention Day message to the students. Organising Secretary and Assistant Professor of the Department of Psychology, Dr.Soumya Starlet C T, gave the welcome address. The presidential address was delivered by the college principal, Dr.Shaijan Paul. HOD, Department of Psychology, Dr.Milu Maria Anto and Retd. Faculty and former HOD, Dr. Varghese Paul felicitated the programme. Lead by student coordinator, Vismaya Menon, students took a pledge to raise awareness and take effort in the reduction of suicide. Retd. faculty of the college and the well known and award- winning writer Dr.Sandhya E shared a recital of her suicide theme based poem and spoke to the students. A talk on this year's theme of World Suicide Prevention Day, 'Working Together to Prevent Suicide', put forward by the International Association for Suicide Prevention was given by Gifty Baiju. The programme anchored by Ashlin Roobi and Nasreen Nowshad, included video presentations, recitals speeches, and dance performances, by students, Christy Jomi, Hannah Grace Jaison, Aarathy S Kollara, and the students of 2<sup>nd</sup> Year MSc Psychology, sharing their thoughts on suicide prevention, followed by the release of a short film, written by PhD scholar, Bayana Beevi and acted in by Gifty James, Twinkle Baby and Devika P Kumar, on the importance of awareness on suicide prevention. A poster making competition was also conducted on the theme 'Working Together to Prevent Suicide'. The programme concluded with the Vote of Thanks by student coordinator, Archana N .Prior to the programme, all the teachers and students of the Department of Psychology had completed an online training on suicide prevention, organised by the Institute of Mind and Brain, and had obtained e- certificates.





# PRAJYOTI NIKETAN COLLEGE PUDUKAD

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[www.prajyotiniketan.edu.in](http://www.prajyotiniketan.edu.in)

RESEARCH AND POST GRADUATE DEPARTMENT OF  
PSYCHOLOGY

\* S U I C I D E P R E V E N T I O N D A Y \*

## WORKING TOGETHER TO PREVENT SUICIDE

SEPTEMBER 10

### Dr Manoj Therayil Kumar

PSYCHIATRIST ( MBBS, MD, MPHe, DNB,  
MRCPsych, MNAMS, DipCBT (Oxford),  
FRCPsych, DNB, DPM )  
Director, Institute for Mind & Brain, Kerala  
India [www.inmind.in](http://www.inmind.in)



**Dr. Shijan Paul** (Principal)

**Dr. Milu Maria Anto** (HOD, Psychology)

**Dr. Soumya Starirt C.T** (Organizing Secretary)

#### COMMITTEE MEMBERS

**Dr. Nice Mary Francis P**

**Dr. Sukanya B Menon**

**Dr. Jaya A.T**

**Dr. Lijo K.J**

**Mrs. Midhu K Johnson**

10/09/2020

@ 9:00am

Google Meet

[WWW.PRAJYOTINIKETAN.EDU.IN](http://WWW.PRAJYOTINIKETAN.EDU.IN)

**WEBINAR ON**  
**“NATIONAL MENTORING DAY”**  
**Organized By Research And PG Department Of Psychology**

**27 October, 2020**

Mentoring can be defined as a reciprocal and collaborative open relationship that occurs between a teacher and a student or senior and junior employee for the purpose of the mentee's growth, learning, and overall development. Mentors chosen must act as role models for their mentee and provide guidance to help them reach their goals. [Mentoring](#) can be formal or informal and conducted in an informal environment, so as to help mentees to set goals. But they are usually not measurable and the relationships are unstructured. For a formal mentoring relationship, there are actionable and measurable goals defined and set with determined requirements.

A good mentor can help and motivate the mentee become more effective at work, learn new skills, develop greater confidence, and make better decisions for their overall growth. Mentors can help mentee to strengthen their technical, academic, leadership, interpersonal skills and experience new insights and ideas. Mentoring Models include One-on-One Mentoring, Group Mentoring, Peer Mentoring and so on. In schools and colleges most commonly implemented mentoring are one to one, group and peer mentoring. Here only the mentor and mentee or one or several mentors work with a group of mentees are involved in this type of mentoring, and it is usually a more-experienced individual paired with a less-experienced or much younger mentee. When there are not enough time or resources to have one mentor for each participant same role is shared or similar experiences in the professional lives. These peers pair up to offer support for each other. This can be a group or a one-on-one mentoring relationship.

The aim of present National Mentoring day webinar session was to enlighten our knowledge with the role of mentor, mentee and importance of mentoring in tutoring and how it improves teacher student relationship. More over having a harmonious relationship between mentor and mentee will bring out changes in the academic, personal, social life. With this aim the Research and Post graduate Department of Psychology, Prajyoti Niketan College has organized one day Webinar on 27 October, 2020 on online google platform and Youtube live stream from 3.00pm to 4.00pm. The speaker on the day was Dr. Joju K T, former Associate Professorin Mathematics, Prajyoti Niketan College, Pudukad.

The webinar started with welcome speech by Sr.Julie Elizabeth (Research scholar). The session was presided by respected Dr.Shaijan Paul (Principal, Prajyoti Niketan College, Pudukad).Later an introduction on National Mentoring day was provided by Ms. V.A.Ajitha (Research Scholar) with a small power point presentation. Later the session was formally inaugurated by chief guest of the day Dr.Joju.K.T. The speaker presented his views on how a

mentor will influence mentee, out of his 27 years of teaching experience. He too shared the most influential mentors of his school and college days. What a mentee expects from a mentor was of great importance as it will bring out self confidence in each of the student. So all teachers as a mentor play an important role in each mentee or students life. Thus through session he could bring to focus what are the important qualities a mentor should possess.

Thus the webinar organized was very successful as the speaker was able to share his thoughts and enlighten the views of each teacher with his or her role as mentor. Sessions provided each and every individual to check back their life and think of their influential models of their life. The mentor must act as an advisor, counselor, or guide to a student, junior or trainee. The mentor is responsible for providing support to, and feedback on, the person in his or her charge. The mentors must be sensitive to the mentee's environment and situation and use understanding and personal experience to hear and understand the things that the mentee did not share. They must be perceptive in anticipating challenges and encourage communication. They should maintain confidentiality to increase trust. Thus the session ended with Vote of thanks by Ms. Fatma.M.A(Research Scholar). The webinar organizing secretary Dr.Soumya Starlet.C.T(Asst.Prof.) has carefuller planned the session which made the session a grand success.

Warm Greetings from  
 Prajyoti Niketan College, Pudukad,  
 As part of National Mentoring Day  
 Research and Post Graduate  
 Department of Psychology  
 Organising one day Webinar on

---


**"Understanding the Mentee:  
 The Innovative Mentor"**

Resource Person:  
**Dr. Joju. K. T**  
 Asso.Prof. in Mathematics (Rtd)  
 Prajyoti Niketan College, Pudukad

Tue 27 October 2020  
 3 pm to 4 pm IST - Kolkata

PLATFORM : Google meet

Click on the link to join on Google meet

<http://meet.google.com/bcm-vsoy-buw>  
 First 90 participants could join us  
 through  
 Other participants could join in you  
 tube.  
 Youtube link   
<https://youtu.be/FHxVDguluFA>

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Research & Post Graduate Department of Psychology  
 in association with IQAC

A Webinar on  
**"UNDERSTANDING THE MENTEE:  
 THE INNOVATIVE MENTOR"**

**PROGRAM SCHEDULE**

Joining Time: 2.45 pm      Venue: Google Meet & YouTube Live


Welcome Speech:	Sr. Julie Elizabeth (Research Scholar)
Presidential Address:	Dr. Shajjan Paul (Principal)
Introduce Mentor's Day:	Ajitha V. A (Research Scholar)
Introduce the Chief Guest:	Vandana V. S (Research Scholar)
Mentor's Day Talk:	<b>Dr Joju K. T</b> (Asst. Prof. in Mathematics (Rtd.), Prajyoti Niketan College, Pudukad)
Vote of Thanks:	Fathima M. A (Research Scholar)


4.00 pm: Feedback & e-Certificate  
 National Anthem

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Research & Post Graduate Department of Psychology  
 in association with IQAC

A Webinar on  
**"UNDERSTANDING THE MENTEE:  
 THE INNOVATIVE MENTOR"**






**DR JOJU K T**  
 Asso. Prof. in Mathematics (Rtd)  
 Prajyoti Niketan College  
 Pudukad

**NATIONAL MENTORING DAY**

**Details:**

Google Meet & YouTube Live

27 - 10 - 2020  
 3.00 pm - 4.00 pm



Organising Committee:

Dr. Shajjan Paul (Principal)	Dr. Sunil Vardhini (IQAC Co-ordinator)	Dr. Mitha Mary Anil (Asst. Professor)	Dr. Saimona Sherin M. T (Department Secretary)
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[www.prajyotiniketan.edu.in](http://www.prajyotiniketan.edu.in)      [fb.com/pnjcollege](https://www.facebook.com/pnjcollege)      [yt.com/channel/UC...](https://www.youtube.com/channel/UC...)





## AIDS DAY REPORT 2020 DECEMBER 1

Prajyoti Niketan College, NSS units 85 and 183 and Red Ribbon Club jointly observed World Aids Day on 1st December 2020, with various Programmes in online platform. The program began with the NSS song delivered by Malavika C. S of B.com department. Soniya Sunny from English department give a warm welcome to all. NSS program officers Dr. Soumya starlet CT and Dr. Binoj jose did the felicitations. Aids day Oath was proclaimed By Lakshmi Santhosh of Electronics department along with all. Aids day awareness session “ Ending the Epidemic Resilience and Impact” was delivered by the resource person, MS. Liby Leo Akkara, Research scholar in Psychology, Prajyoti Niketan College Pudukad. She explained the signs, symptoms causal factors, diagnosis and Preventive



methods related to Aids. The session was really informative and eye opener for the students. Students also had an interactive session with the resource person, which made the program more factual and enlightening. Every department organised programmes related to Aids day. Computer Science department came up with an informative video. Electronics department made a presentation video and they also organized a pencil drawing competition regarding the same. An awareness video was presented by psychology department. B.com department organised a quiz competition along with a presentation. At last, students of English department presented a skit based on the life of a student suffering from Aids. The programs kept the students engaged and amused. Finally, Vote of thanks was said by Akash C.M of Computer Science department. The whole programs were really insightful, entertaining and informative for the observance of the Aids day



# PRAJYOTI NIKETAN COLLEGE PUDUKKAD

(Govt. Aided and Affiliated to the University of Calicut)

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NATIONAL SERVICE SCHEME UNITS NO 83 & 183

IN ASSOCIATION WITH

POST GRADUATE AND RESEARCH DEPARTMENT OF PSYCHOLOGY



ENDING THE EPIDEMIC

# RESILIENCE & IMPACT



DEC-1<sup>st</sup>  
WORLD  
AIDS  
DAY



LIBY LEO AKHARA

RESEARCH SCHOLAR IN PSYCHOLOGY  
PRAJYOTI NIKETAN COLLEGE PUDUKKAD

DR BRAJAN PAUL (PRINCIPAL)

DR ABILU HASIL ANTO (HOD-PSYCHOLOGY)

DR SOUMYA STARLET CT (JRS-PSY)

DR BINOJ JOSEY (JRS-PSY)

01 DEC 2020  
04:30 PM

www.pnc.edu.in





## REPORT ON THE ORIENTATION PROGRAMME -'Reorienting Psychology'

23/01/2021

Conducted by: Dr. Varghese Paul K. , Associate Professor &HOD of Psychology, Sahridaya College ,Kodakara

Attended by :Students of 1st Msc Clinical Psychology & 1st Bsc Psychology, Prajyoti Niketan College , Pudukad

Organized by :Department of Psychology, Prajyoti Niketan College , Pudukad

The orientation programme organized by the Department of Psychology ,Prajyoti Niketan College for the students of 1st Msc.Clinical Psychology and 1st Bsc. Psychology was held on 23.01.2021 from 11.30a.m. to 12.30p.m. through the google platform on the topic 'REORIENTING PSYCHOLOGY'. The programme began with a prayer led by Kum. Elzmaria of 1st Bsc. Psychology. Dr. Milu Maria Anto ,HOD of Psychology at Prajyoti addressed the gathering. Kum. Megha Rajan of 1st Msc. Clinical Psychology introduced the guest of the day. The talk on 'Reorienting Psychology' was given by DR. Varghese Paul K. , Associate Professor and HOD of Psychology at Sahridaya College , Kodakara .He was also the former HOD of Psychology at Prajyoti Niketan. His words were truly informative and thought provoking. Psychology was felt more close to heart. He gave guidelines that could help the students for their path ahead and build a better outlook about their future. The words out of experience had a much more practical implication. He stressed on the need for a change and emphasized on the qualities a psychologist should possess. It was then followed by the Q&A session that became an open platform for the students to freely interact. The programme winded up by the vote of thanks proposed by Dr.Nice Mary Francis, Assistant Professor of Department of Psychology at Prajyoti.

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**Department of Psychology**  
**Orientation programme**

**Topic:-**  
**REORIENTING**  
**PSYCHOLOGY**

**RESOURCE PERSON:**  
**Dr. Varghese Paul K**  
Associate Professor and HOD, Psychology  
Sahridaya College, Kodakara

**MEETING PLATFORM: GOOGLE MEET**  
**23-01-2021, 11:30am-12:30pm**  
Meet link: <http://meet.google.com/uf-uaa-qwg>

**participants: 1st Bsc&MSc students**

**Principal**  
Dr. Shaljan Paul

**HOD Psychology**  
Dr. Milu Maria Anto

PRAJYOTI NIKETAN COLLEGE , PUDUKAD  
DEPARTMENT OF PSYCHOLOGY

23/01/2021

**'REORIENTING PSYCHOLOGY'**

- PRAYER : Kum. ELZMARIA , first Bsc.Psychology
- WELCOME : Dr. MILU MARIA ANTO ,HOD Psychology,  
Prajyoti Niketan College
- INTRODUCING THE GUEST  
-Dr.VARGHESE PAUL :Kum.MEGHA RAJAN, first Msc. Clinical  
Psychology
- ORIENTATION TALK :Resource Person-Dr.VARGHESE PAUL K.,  
Associate Professor & HOD of Psychology,  
Sahridaya College , Kodakara &  
Former HOD DPT of Psychology ,Prajyoti  
Niketan College,Pudukad
- Q&A SESSION :
- VOTE OF THANKS :Dr. NICE MARY FRANCIS P.,Assistant  
Professor, DPT of Psychology, Prajyoti  
Niketan College

MC : ANNA THERESE JAISON, first Bsc.Psychology

## **Women's Day**

In connection with International Women's Day, Department of Psychology, Prajyoti Niketan College conducted a National webinar on the topic "Estrogen: An Overview" on 9<sup>th</sup> March 2021. Retired Prof. Dr. K V Pauly was the Resource person. The program was conducted in google meet and the youtube live streaming (link: <https://youtu.be/HIWhkBPGYDw>) also provided to accommodate more participants. Students from whole departments of Prajyoti and from other colleges participated. After the session, students and other participants were engaged in the active discussion and clarification of doubts on the topic with the resource person.

Brochure, Program Schedule and Images of the online event attached below:

# PRAJYOTI NIKETAN COLLEGE, PUDUKAD

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POST GRADUATE AND RESEARCH DEPARTMENT OF PSYCHOLOGY

NATIONAL WEBINAR IN CONNECTION WITH

International Women's Day

TOPIC -

# ESTROGEN

AN OVERVIEW >>>>>

09 MAR  
02:30 TO  
03:30 PM

WOMEN

DR SHAIJAN PAUL (PRINCIPAL)  
DR MILU MARIA ANTO (CONVENOR)  
MIDHU K JOHNSON (ORGANIZING SECRETARY)

ORGANIZING COMMITTEE

DR NICE MARY FRANCIS P | DR SOUMY STARLET C T  
DR JAYA A T | DR SURANYA B MENON



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**DR K V PAULY**

VICE-PRINCIPAL, ST. TERESA'S ARTS &  
SCIENCE COLLEGE, KOTTAMURY &  
FORMER ASSO. PROF. OF PHYSIOLOGY  
PRAJYOTI NIKETAN COLLEGE



NATIONAL WEBINAR ON  
**ESTROGEN - AN OVERVIEW**

9<sup>th</sup> March 2021



**PROGRAM SCHEDULE**

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Venue: Google Meet

Time: 2.30 PM – 3.30 PM

**Prayer:** **Aparna** (U. G. student)

**Welcome:** **Dr Milu Maria Anto** (HOD,

Psychology) **Felicitation:** **Dr Simi Varghese** (IQAC, Co-

ordinator) **Introducing Speaker:** **Hanna** (U. G. Student)

**Key Session:** **Dr K V Pauly**

(Vice-Principal, St. Teresa's Arts & Science College, Kottamury  
& Former Professor, Dept. of Psychology, Prajyoti Niketan  
College)

**“ESTROGEN – AN OVERVIEW”**

**Vote of Thanks:** **Ms Midhu K Johnson** (Organizing Secretary)

Feedback form

## **ON THE ORIENTATION PROGRAMME**

**08/03/2021**

**Conducted by: Pulari Rohit ,Rehabilitation Psychologist & Research**

**Scholar, Department of Psychology , Prajyoti Niketan**

**College , Pudukad**

**Attended by :Students of Prajyoti Niketan College ,Pudukad**

**Organized by :Women cell in association with Post Graduate & Research**

**Department of Psychology**

**Topic : 'Manifesting the Psychological facts of Mensturation'.**

***"A woman is the full circle. Within her is the power to create, nurture and reform."***

In connection with the International Women's Day, the Women Cell in associate with Post Graduate and Research Department of Psychology conducted an orientation on the topic 'Manifesting the Psychological facts of Mensturation'. The programme was held on 08.03.2021 through the google platform from 2.30 p.m. to .3.00 p.m. The programme opened with a prayer led by Kum. Radhika T.H. of second Bsc.Psychology .Kum. Thara C.V. of first B.A. English addressed the gathering. Dr.Soumya Starlet CT , the women cell coordinator, Prajyoti Niketan Colleg ,Pudukad felicitated on the occasion. Kum.Hannah Grace of second Bsc.Psychology introduced the guest of the day. Thetalk on 'Manifesting the Psychological facts of Mensturation' was given by Pulari Rohit, Rehabilitation Psychologist & Research Scholar, Department ofPsychology, Prajyoti Niketan College, Pudukad. The session was reallyinformative. It evoked new insights in the minds of students. The facts related to mensturation was presented and it helped in understanding the biological phenomenon in a better way. It was then followed by the Q&A session that became an open platform for the students to freely interact. The programme was concluded by the vote of thanks proposed by Kum. Jaimol of first B.Com.



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*WOMEN CELL IN ASSOCIATION WITH POST GRADUATE  
AND RESEARCH DEPARTMENT OF PSYCHOLOGY*

## RESOURCE PERSON



**PULARI ROHIT**  
REHABILITATION PSYCHOLOGIST  
Research scholar

## MANIFESTING THE PSYCHOLOGICAL

## FACTS OF MENSTRUATION



MARCH 8  
2.30 pm

INTERNATIONAL

*Women's Day*

**DR. SHAIJAN PAUL**  
(Principal)

**DR. SOUMYA STARLET C T**  
(Organizing secretary and  
Women Cell Coordinator)

**DR. MILU MARIA ANTO**  
(HOD Psychology  
Department)

# EPORT

## REGIONAL WEBINAR ON

### “ORGANIZATIONAL BEHAVIOR:AN OVERVIEW”

On September 22<sup>nd</sup>, 2021, the Department of Psychology, Prajyoti Niketan College, Pudukad in association with Ansar College, Perumpilavu, Sahridaya College of Advanced Studies, Kodakara and S N College, Vadakara conducted a regional webinar on “Organizational Behavior: An Overview”, which focused on general and specific aspects of organizational setting and its functioning. Approximately 70 students from four different colleges attended the webinar.

The resource person was Mrs Linda U L, Consultant Psychologist. She began her career as Child Psychologist, and has made remarkable contribution, as TTC Psychology tutor and as an Assistant Professor at Presentation College, Paravur. The webinar began with a small prayer, which was followed by welcome speech by Head of Psychology Department and Organizing Secretary, Dr Milu Maria Anto, presidential address by Vice Principal, Dr Simi Varghese, session on “Organizational Behavior: An Overview”, by resource person, Mrs Linda U L and vote of thanks by, MSc Clinical Psychology student, Ms Sandra Solomon.

During the webinar, the participants had the opportunity to answer the questions hosted by the resource person and to raise their own doubts and questions. Topics included: Organization, Organizational Behavior, Individual Behavior – Personality, Perception, Learning & Reinforcement, Attitudes & Values, Work Motivation, and Job Stress, Interpersonal & Team Process – Groups, Conflicts & Negotiation, Leadership, Power & Politics, and Communication, Organizational Processes – Organizational Structure & Design, Decision Making & Problem Solving, and Organizational Culture, Organizational



Psychologist – Recruitment, Employee Training & Development, Employee Satisfaction & Work Life, Performance Management and Organizational Development & Management, Benefits. The session lasted for 2 hours and 30 minutes. The webinar was a very interactive and a successful one.

 **Prajyoti Niketan College, Pudukad**  
Govt. Aided and Affiliated to the University  
of Calicut

DEPARTMENT OF PSYCHOLOGY IN ASSOCIATION  
WITH  
• SAHRDAYA COLLEGE OF ADVANCED STUDIES,  
KODAKARA  
• S. N. COLLEGE, VADAKARA  
• ANSAR COLLEGE, PERUMPILAVU

CONDUCTS A REGIONAL WEBINAR ON :  
**ORGANISATIONAL BEHAVIOUR : AN OVERVIEW**



RESOURCE PERSON: LINDA U L,  
CONSULTANT PSYCHOLOGIST

DR BINU P CHACKO  
(PRINCIPAL)

DR HILU MARIA ANTO  
(HOD & ORGANIZING SECRETARY)

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Wednesday, September 22nd, 2021  
2:30 pm | Platform - Google meet  
<https://meet.google.com/wai-lqnv-euk>



**Prajyoti Niketan College**

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Pudukad, Thrissur, Kerala - 680301

**AN IQAC INITIATIVE**

**Certificate of Completion**

This is to certify that

had successfully completed the Bridge Course in Mathematics

**'Basics of Mathematics'**

conducted by the **Department of Computer Science** during the month of  
November 2020.

**DR SHAIJAN PAUL**  
PRINCIPAL

**DR SIMI VARGHESE**  
IQAC Coordinator



## **Prajyoti Niketan College**

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Pudukad, Thrissur, Kerala -680301

**AN IQAC INITIATIVE**

## **Certificate of Completion**

This is to certify that

had successfully completed the Bridge Course in Accounting

**'Basics of Accounting'**

conducted by the **Department of Commerce** during the month  
of November 2020.

**DR SHAIJAN PAUL**  
PRINCIPAL

**DR SIMI VARGHESE**  
IQAC Coordinator



**Prajyoti Niketan College**

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**AN IQAC INITIATIVE**  
**Certificate of Completion**  
This is to certify that

had successfully completed the Bridge Course in Mathematics  
**'Basics of Mathematics'**  
conducted by the **Department of Electronics** during the month  
of November 2020.

**DR SHAIJAN PAUL**  
PRINCIPAL

**DR SIMI VARGHESE**  
IQAC Coordinator



**Prajyoti Niketan College**

(Govt. Aided and Affiliated to the University of Calicut)  
Re-Accredited with 'A' Grade by NAAC  
Pudukad, Thrissur, Kerala -680301

**AN IQAC INITIATIVE**

**Certificate of Completion**

This is to certify that

had successfully completed the Bridge Course in Psychology  
'Introduction to Human Physiology'  
conducted by the Department of Psychology during the month  
of November 2020.

**DR SHAIJAN PAUL**  
PRINCIPAL

**DR SIMI VARGHESE**  
IQAC Coordinator



**Prajyoti Niketan College**

(Govt. Aided and Affiliated to the University of Calicut)  
Re-Accredited with 'A' Grade by NAAC  
Pudukad, Thrissur, Kerala -680301

**AN IQAC INITIATIVE**

**Certificate of Completion**

This is to certify that

had successfully completed the Bridge Course in Journalism

**'Understanding Mass Media'**

conducted by the **Department of English** during the month of  
November 2020.

**DR SHAIJAN PAUL**  
PRINCIPAL

**DR SIMI VARGHESE**  
IQAC Coordinator

# PRAJYOTI NIKETAN COLLEGE

PUDUKAD, THRISSUR – KERALA – 680301  
Govt. Aided and Affiliated to University of Calicut  
(Re Accredited with 'A' Grade by NAAC)



## CERTIFICATE OF PARTICIPATION

This is to certify that

Dr Simi Varghese, Associate Professor, Prajyoti Niketan College, Pudukad,  
has participated in the National Webinar on 'Intellectual Property Rights'  
organized by IQAC, Prajyoti Niketan College on 19<sup>th</sup> January, 2021.

Dr Jibish Mathew  
Organising Secretary

Dr Shaijan Paul  
Principal

Dr Simi Varghese  
IQAC Coordinator

# Film Club Inauguration

**Introduction**

**Helna Paul &  
Athulya Nikhil**  
(Student Coordinators)

**Prayer song**

**Welcome Speech**

**Dr Simi varghese**  
(Staff Coordinator)

**Presidential Address**

**Dr Shaijan Paul**  
(Principal)

**Video Presentation**

**Benedict , Noel  
& Deepak**

**Inauguration**

**Mr. Unniraj Cheruvathur**

Famous cine Actor

**Rhetoric**

**Sreelekshmy**

**Keynote Address**

**Mr. Unniraj Cheruvathu**

**Mime**

**Benedict**

**Interactive Session**

**Vote of thanks**

**Milan P R**  
(Student Coordinator)





**PRAJYOTI NIKETAN COLLEGE**  
(Govt. Aided & Affiliated to the University of Calicut)  
Pudukad, Thrissur, Kerala - 680301

## Certificate of Completion

This is to certify that  
**Elwin Sabu**

had successfully completed the Certificate Course in  
'Technology-enabled Office Tools' conducted by the Department  
of Computer Science during the academic year 2020-2021.

HOD

Principal

Course Coordinator

## Interdisciplinary Lecture Series Webinar

Constitutional Values: Youth and Social Service

Interdisciplinary Lecture Series of Prajyoti Niketan College in collaboration with the Department of Political Science, NSS and IQAC jointly organised a Webinar on Constitutional Values: Youth and Social Service on Friday, September 24th, 2021 to commemorate National Service Scheme Day. Dr Binoj Jose, Assistant Professor, Department of Political Science and NSS Programme Officer was the Resource Person. The lecture was focused on the Constitutional Values, Rights and Duties highlighted in the Constitution of India. He also spoke on the importance of social service in the life of youth. The webinar was organised on Google meet platform and there was an active participation of the teachers and 75 students.

**PRAJYOTI NIKETAN COLLEGE**  
Govt. Aided and Affiliated to the University of Calicut

Interdisciplinary Lecture Series in collaboration with Department of Political Science, NSS & IQAC organise

**WEBINAR**

Resource Person:  
**Dr. Binoj Jose**  
Asst Professor  
Department of Political Science

Webinar on :  
**CONSTITUTIONAL VALUES :  
YOUTH AND SOCIAL SERVICE**  
To commemorate  
National Service Scheme Day 2021  
**SEPTEMBER 24**  
TIME : 3 :00 – 4 :00 pm  
PLATFORM : Google Meet

Dr. Binu P Chacko  
Principal

Dr. Binoj Jose & Dr. Umadevi K S  
NSS Programme Officers

Ms Jeetha Johny C  
Programme Coordinator

Dr. Simi Varghese  
IQAC Coordinator

## **AIDS DAY REPORT 2020 DECEMBER 1**

Prajyoti Niketan College, NSS units 85 and 183 and Red Ribbon Club jointly observed World Aids Day on 1st December 2020, with various programmes in an online platform. The program began with the NSS song delivered by Malavika C. S of B.com department. Soniya Sunny from English department gave a warm welcome to all. NSS program officers Dr. Soumya Starlet CT and Dr. Binojose did the felicitations. Aids day Oath was proclaimed by Lakshmi Santhosh of Electronics department along with all. Aids day awareness session “Ending the Epidemic Resilience and Impact” was delivered by the resource person, MS. Liby Leo Akkara, Research scholar in Psychology, Prajyoti Niketan College Pudukad. She explained the signs, symptoms, causal factors, diagnosis and preventive methods related to Aids. The session was really informative and eye opener for the students. Students also had an interactive session with the resource person, which made the program more factual and enlightening.

Every department organized programmes related to Aids day. Computer Science department came up with an informative video. Electronics department made a presentation video and they also organized a pencil drawing competition regarding the same. An awareness video was presented by psychology department. B.com department organised a quiz competition along with a presentation. At last, students of English department presented a skit based on the life of a student suffering from Aids. The programs kept the students engaged and amused. Finally, Vote of thanks was said by Akash C.M of Computer Science department. The whole programs were really insightful, entertaining and informative for the observance of the Aids day.



# PRAJYOTI NIKETAN COLLEGE PUDUKAD

(Govt. Aided and Affiliated to the University of Calicut)

Re Accredited with 'A' Grade by NAAC

**NATIONAL SERVICE SCHEME UNITS NO 85 & 183**

IN ASSOCIATION WITH

**POST GRADUATE AND RESEARCH DEPARTMENT OF PSYCHOLOGY**



ENDING THE EPIDEMIC

# RESILIENCE & IMPACT



DEC-1<sup>st</sup>  
WORLD  
AIDS  
DAY

**LIBY LEO AKKARA**

RESEARCH SCHOLAR IN PSYCHOLOGY  
PRAJYOTI NIKETAN COLLEGE PUDUKAD



DR SHAIJAN PAUL (PRINCIPAL)  
DR MILU MARIA ANTO (HOD PSYCHOLOGY)  
DR SOUMYA STARLET CT (NSS PO)  
DR BINOJ JOSE (NSS PO)

**01 DEC 2020  
04:30 PM**

[www.prajyotiniketan.edu.in](http://www.prajyotiniketan.edu.in)

google meet

## Webinar on ‘COVID VACCINATION- AN AWARENESS PROGRAMME FOR YOUTH on April 29<sup>th</sup>

Covid-19 has impacted almost every sphere of life. Covid Vaccination is the new way of prevention in the present scenario. To create an awareness among the youth regarding the same, NSS units 85&183 of PrajyotiNiketan College in association with Ministry of Information and Broadcasting, Field Outreach Bureau organized a webinar on ‘Covid Vaccination-An Awareness Programme for Youth’. The programme was held on 29.04.2021 on the google platform with a youtube live streaming from 2.00 p.m. to 4.00 p.m. The programme opened with the NSS song by Kum.Aiswarya Sunil of first Bsc.Psychology. Dr.Binoj Jose, NSS Programme Officer at PrajyotiNiketan College, Pudukad delivered the welcome speech. The opening talk was given by Dr. NeethuSona ,IIS ,Joint Director, Regional Outreach Bureau , Kerala- Lakshadweep .

The later session was led by Dr.U R Rahul ,Regional Director, Kerala Social Security Mission. The talks really helped the students to understand the present scenario in a better way and to realize the need of vaccination. The ways to tackle the pandemic were also discussed . It was then followed by the Q&A session that became an open platform to raise one’s questions and thoughts. It was really helpful. A video related to covid safety was also presented. The programme concluded by the vote of thanks proposed by Dr. Soumya Starlet C T, NSS programme officer at PrajyotiNiketan College , Pudukad.



## Report of World Aids Day Commemoration



The Social Club, Department of Commerce and NSS Units 85 and 183 of Prajyoti Niketan College, Pudukad commemorated World Aids Day on December 1, 2021 at Pudukad town with an Awareness Programme and flash mob. The Sub Inspector of Police, Pudukad Police Station, Mr. Babu P T inaugurated the Awareness Programme and gave an awareness message against Aids to the students and community. The welcome Address was delivered by the NSS Programme Officer, Dr. Binoj Jose. Dr. Simi Varghese, Vice Principal expressed felicitation during the occasion. Vote of thanks was delivered by Mr. Tony Mathew. Teachers and Students of Commerce department, NSS Programme Officer Dr. Umadevi and NSS volunteers actively participated in the programme. The students of Commerce department made the programme more attractive, lively and colourful with their flash mob.

# Prajyoti Niketan College

Government Aided & Affiliated to  
the University of Calicut  
Pudukad



**DEC  
1**



## **Awareness Program**

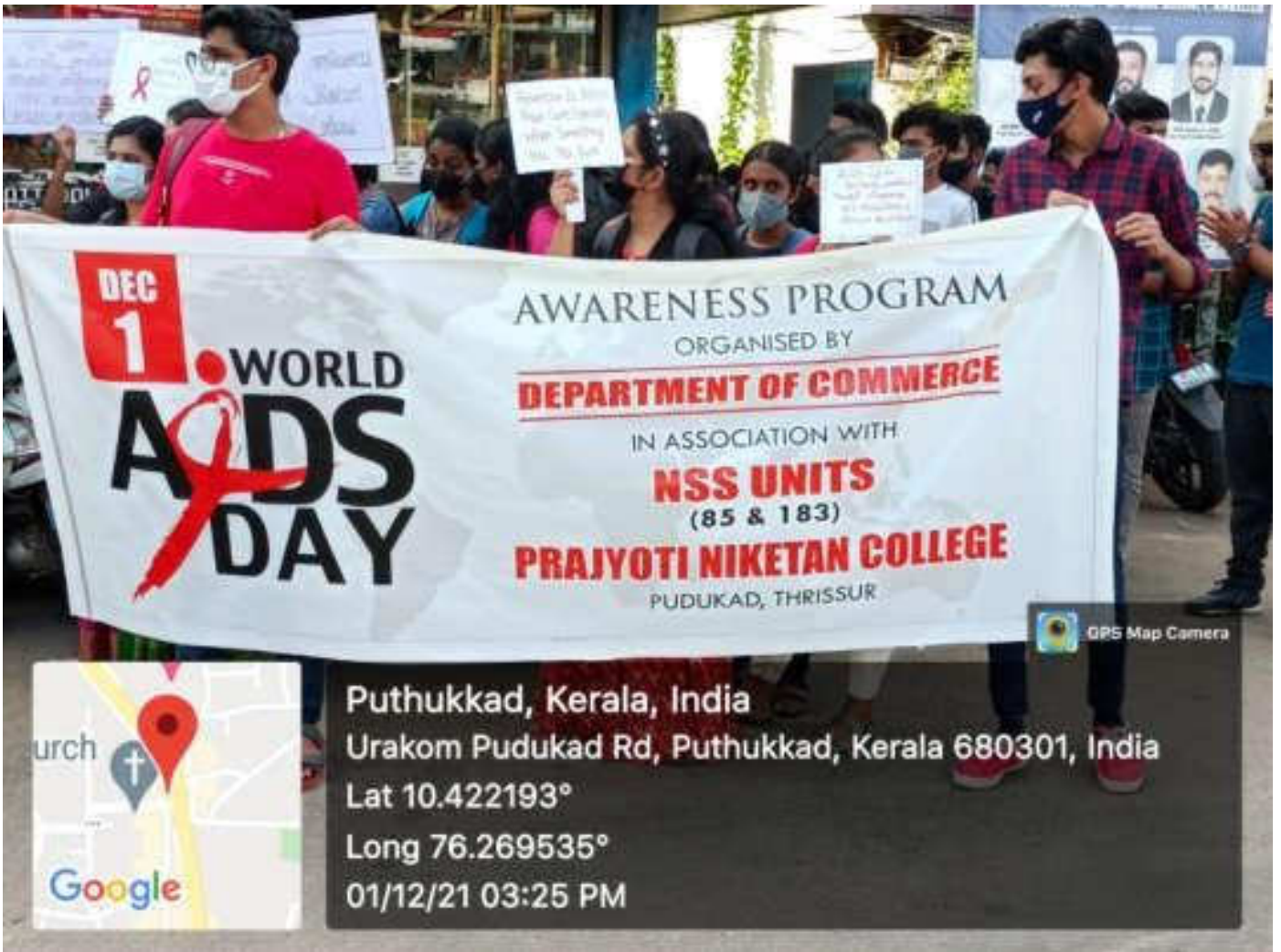
Organised  
By

**DEPARTMENT of COMMERCE**

In Association with

**NSS UNITS**  
( 85 & 183)

Principal	Department Coordinator	Program Coordinator	NSS Coordinators
Dr. Binu P Chako	Ms. Jeetha Johny	Mr. Jerry Johny	Dr. Uma Devi K S Dr. Binoj Jose



DEC  
**1**

WORLD  
**AIDS**  
DAY

AWARENESS PROGRAM

ORGANISED BY

**DEPARTMENT OF COMMERCE**

IN ASSOCIATION WITH

**NSS UNITS**  
(85 & 183)

**PRAJYOTI NIKETAN COLLEGE**

PUDUKAD, THRISSUR

GPS Map Camera



Puthukkad, Kerala, India

Urakom Pudukad Rd, Puthukkad, Kerala 680301, India

Lat 10.422193°

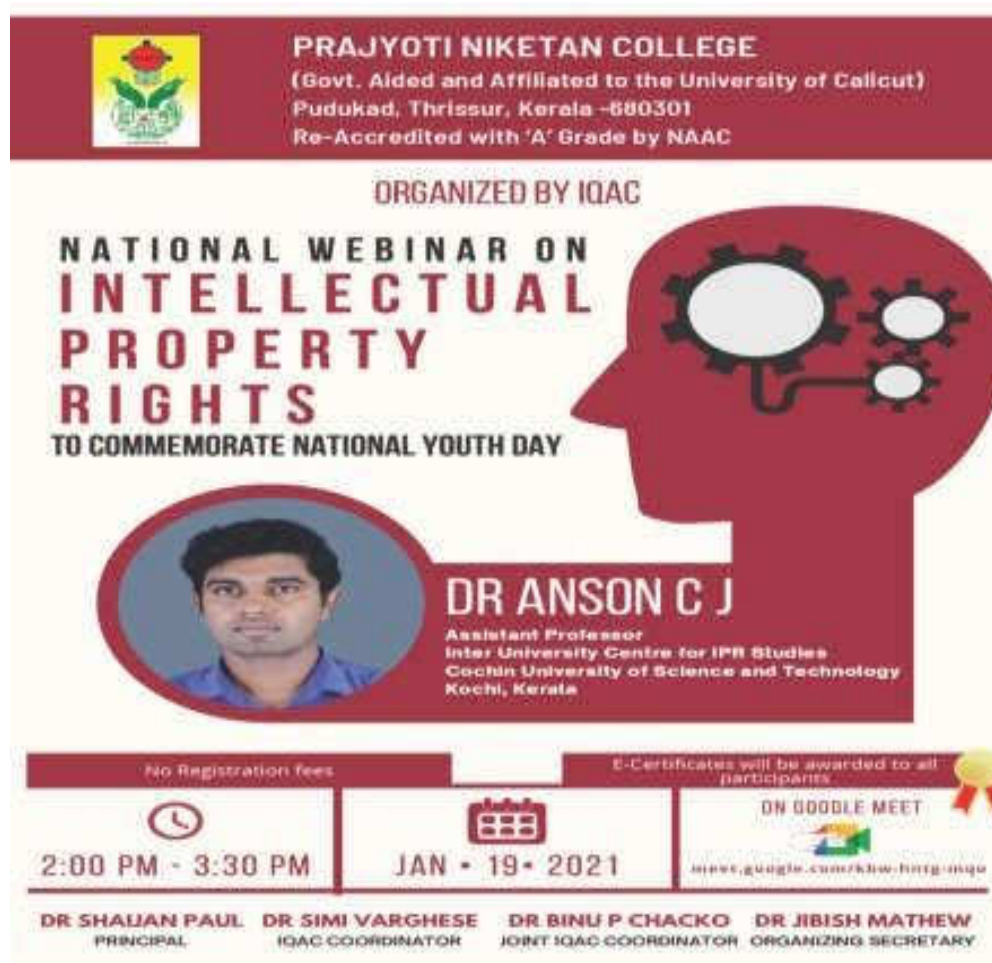
Long 76.269535°


01/12/21 03:25 PM



## National Webinar on Intellectual Property Rights


The IQAC of Prajyoti Niketan organized a One Day National Webinar on the topic, National Webinar on Intellectual Property Rights through Google Meet Platform on 19/1/2021. Dr. Anson C J, Assistant Professor, Inter University Centre for IPR Studies, Cochin University of Science & Technology, Kochi, Kerala was the Resource Person. The webinar commenced at 2.00 PM and went on till 3.30 PM. 110 participants attended the programme.




 **PRAJYOTI NIKETAN COLLEGE**  
(Govt. Aided and Affiliated to the University of Calicut)  
Pudukad, Thrissur, Kerala -680301  
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ORGANIZED BY IQAC


**NATIONAL WEBINAR ON  
INTELLECTUAL  
PROPERTY  
RIGHTS**  
TO COMMEMORATE NATIONAL YOUTH DAY





 **DR ANSON C J**  
Assistant Professor  
Inter University Centre for IPR Studies  
Cochin University of Science and Technology  
Kochi, Kerala

No Registration fees

E-Certificates will be awarded to all participants

 **2:00 PM - 3:30 PM**

 **JAN • 19 • 2021**

**ON GOOGLE MEET**  
  
[www.google.com/join-hqg-aiqu](https://www.google.com/join-hqg-aiqu)

**DR SHAJAN PAUL** **DR SIMI VARGHESE** **DR BINU P CHACKO** **DR JIBISH MATHEW**  
PRINCIPAL IQAC COORDINATOR JOINT IQAC COORDINATOR ORGANIZING SECRETARY



# PRAJYOTI NIKETAN COLLEGE

PUDUKAD, THRISSUR - KERALA - 680301  
Govt. Aided and Affiliated to University of Calicut  
(Re Accredited with 'A' Grade by NAAC)

## **CERTIFICATE OF PARTICIPATION**

This is to certify that

<<NAME>>

has participated in the National Webinar on 'Intellectual Property Rights'  
organized by IQAC, Prajyoti Niketan College on 19<sup>th</sup> January, 2021.

Dr. Jibish Mathew  
Organizing Secretary

Dr. Shajan Paul  
Principal

Dr. Sree Varghese  
IQAC Coordinator

## CONSTITUTION DAY NOVEMBER 26

Prajyoti Niketan College NSS units 85 & 183 in association with English department and IQAC celebrated constitutional day with various programmes. One day National webinar on Article 21 Indian Constitution the Unfinished Agenda by Dr. Tanwir Arshed, assistance professor Presidency University, Kolkatha West Bengal was conducted via google meet and you tube live streaming on 26<sup>th</sup> November. The programme started with the welcome address by Dr. Binoj Jose NSS P O and ended with the Vote of Thanks by Dr. Soumya Starlet C T NSS P O. NSS volunteers conducted essay writing competitions, poster making competitions quiz competitions, video presentations related to the theme. They also took oath for preamble to constitution.



The poster is for a webinar titled "One Day National Webinar" on "ARTICLE 21 AND THE INDIAN CONSTITUTION: THE UNFINISHED AGENDA". It is organized by the Department of English, NSS & IQAC at Prajyoti Niketan College, Pudukad, Kerala. The event is scheduled for November 26 at 2:30 PM via Google Meet. The speaker is Dr. Tanwir Arshed, Assistant Professor at Presidency University, Kolkata, West Bengal. The organizing committee includes Dr. Shaijan Paul (Principal), Dr. Mary Paul (HOD English), Dr. Binoj Jose (Organising Secretary), Dr. Soumya Starlet (NSS Program Officer), and Dr. Simi Varghese (IQAC Co-ordinator). The college is re-accredited by NAAC with an 'A' grade. Logos for the college and IQAC are visible in the top corners.

**PRAJYOTI NIKETAN COLLEGE,**  
PUDUKAD, KERALA  
RE-ACCREDITED BY NAAC WITH 'A' GRADE  
Website: [www.prajyotinetan.edu.in](http://www.prajyotinetan.edu.in)

Department of English, NSS & IQAC  
Celebrating Constitutional Day  
on November 26 | 2:30 PM  Google Meet

**One Day National Webinar**

**ARTICLE 21 AND THE INDIAN  
CONSTITUTION: THE UNFINISHED  
AGENDA**

**SPEAKER**



Dr Tanwir Arshed  
ASSISTANT PROFESSOR  
PRESIDENCY UNIVERSITY  
KOLKATA, WEST BENGAL

Dr Shaijan Paul  
Principal

Dr Mary Paul  
HOD English

Dr Binoj Jose  
Organising Secretary

Dr Soumya Starlet  
NSS Program Officer

Dr Simi Varghese  
IQAC Co-ordinator

### Constitution Day: Nov 26th, 2021

The NSS Units of the college observed Constitution Day on 26.11.2021 by reading the preamble of the Constitution at 11.00am. Dr.Simi Varghese, our Vice-Principal spoke about the important features of Constitution to the gathering. Head, Dept of English Dr. Mary Paul, Dr.Tresa Peter, and Mr. Alfin were also present there. We have also arranged a Constitution day lecture-2021 to all students of our college on Promise and Challenges: Seven Decades of Indian Constitution by Prof Anupama Roy(Jawaharlal Nehru University, New Delhi) at 7.00 PM through Zoom. The session was chaired by Dr. Zaad Mahmood (Presidency University, Kolkata). Dr Dimpi V divaaran welcomed the gathering, Principal Dr Binu P

chacko Felicitated and Dr Binoj Jose, Asst. Professor dept. of Political Science and NSS PO delivered vote of thanks. Dr Uma Devi, NSS PO Moderated the programme. This webinar was organized by the Institute of Parliamentary Affairs, Govt. of Kerala, NSS UNits, and the Department of Political Science Prajyoti Niketan College Puduakd in association with the Kerala Institute of Local Administration.

**INSTITUTE OF PARLIAMENTARY AFFAIRS**  
GOVERNMENT OF KERALA  
&  
NSS & Dept of Politics, Prajyoti Niketan College, Puthukkad

**CONSTITUTION DAY LECTURE -2021**  
Promise and Challenges:  
Seven Decades of Indian Constitution

By  
**Prof. Anupama Roy**  
Gandhian Vastha University, New Delhi  
**7 PM 26 November 2021**

Chair  
**Dr. Zaad Mahmood**  
( Presidency University, Kolkata)

In association with  
Kerala Institute of Local Administration

**ZOOM MEETING** Meeting ID: 821 7860 1707 Passcode: 178197

Puthukkad, Kerala, India  
C7CC+5V7, Puthukkad, Kerala 680301, India  
Lat 10.420994°  
Long 76.271656°  
26/11/21 11:06 AM



## ABOUT

*PRAJYOTI NIKETAN (Pra : Supreme, Jyoti : Light, Niketan : Centre = Centre of the Supreme Light) is a vision of Redeeming Love. God is Love. God is Redeemer. Thus God is Redeeming Love. Redeeming Love is the Supreme Light. Light for our life involved in daily struggles, and through them called to grow greater than our natural size to divine size (Mt.5.48) e.g. Mahatma Gandhi and Mother Theresa. They became divine in the process of becoming original responses to the call of Redeeming Love so that the hungry, sick, homeless and suffering (Mt.25.35ff.) and those who generously respond to their cry may have life in its fullness/ wholeness (Jn.10.10).*

Principal  
Dr Shaijan Paul  
9846193708

IQAC Coordinator  
Dr Binu P Chacko  
9497316534

IQAC Coordinator  
Dr Simi Varghese  
8589068331

## IQAC INITIATIVE

# CERTIFICATE COURSES

2020-2021

## Courses Offered :

### Dept. of Commerce

*Productivity and  
Employability Skills*

### Dept. of Computer Science

*Technology Enabled Office  
Tools*

### Dept. of Psychology

*Understanding Human Body  
System*

### Dept. of Electronics

*Management and  
Maintenance of Domestic  
Energy Resources*

### Dept. of English

*Good Governance*

# **REPORT ON WEBINAR – Hope, Resilience and Mindfulness based self care practice during covid-19**

**International webinar by**

***Department of Psychology***

***Topic : Hope, Resilience and Mindfulness Based Self Care Practices During Covid-19***

***Programme coordinator : Dr Jaya A T***

***Online platform : Google meet & YouTube Live Streaming***

***Date : 12/7/2020***

***Time : 9 am to 11 am***

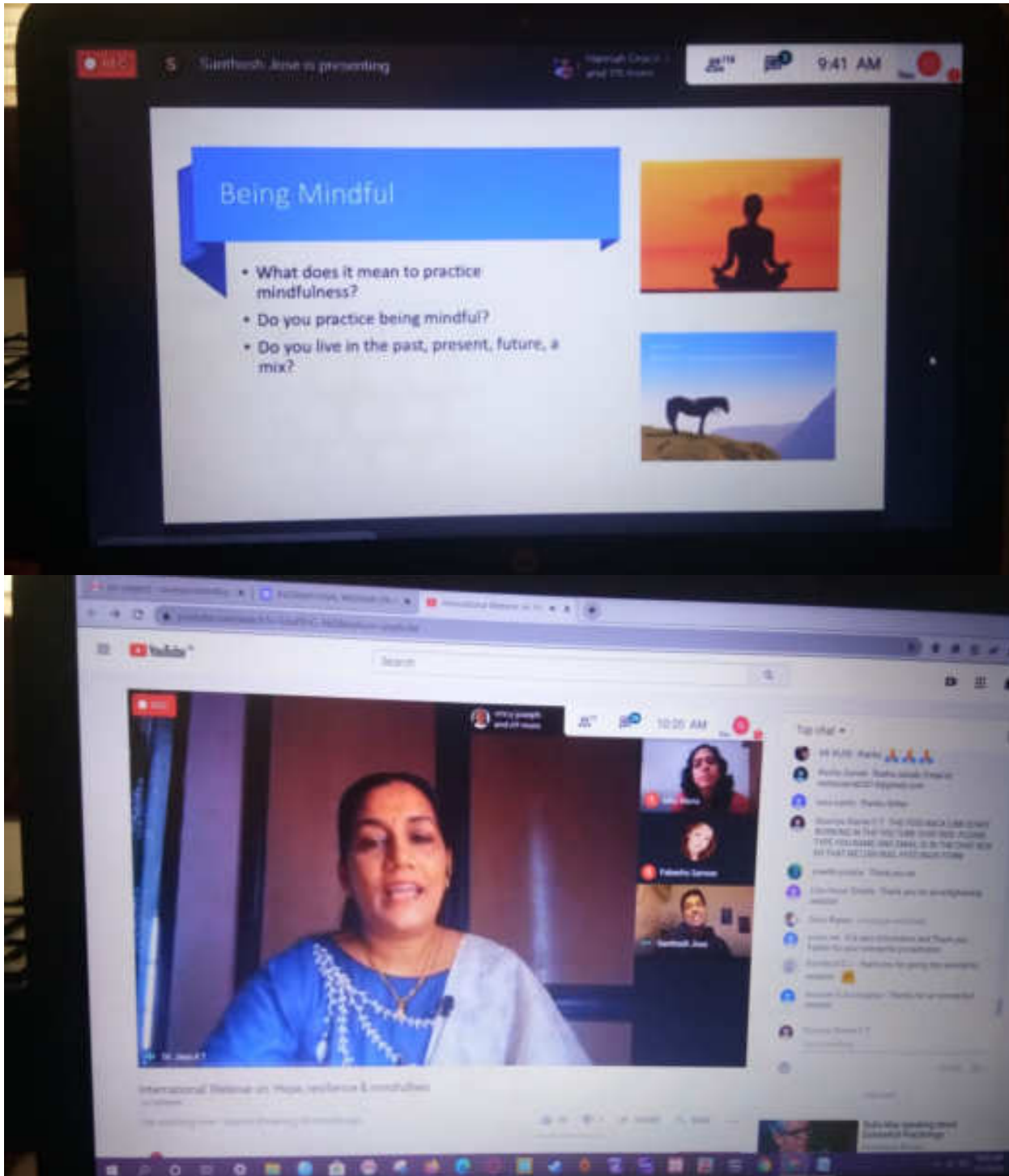
An international webinar on “**Hope, Resilience and Mindfulness Based Self Care Practices During Covid-19**” was conducted on July 12 2020. The webinar was organized by the research and post graduate department of psychology in association with IQAC of Prajyoti Niketan College.

The webinar began at 9 am with prayer. It was followed by welcome speech by Dr. Milu Maria Anto, Head of the department of research and post graduate department of psychology. She welcomed all the speakers as well as all the participants of the webinar. This was followed by felicitation by Dr Simi Varghese, IQAC (Internal Quality Assurance Cell) co-ordinator and Head of the department of journalism of Prajyoti Niketan College. Then an introduction to the resource person of the session, Rev. Fr. Santhosh Jose. Santhosh Jose capuchin is a capuchin priest. He is an alumnus of Prajyoti Niketan College in the department of clinical psychology of 2012-14 batch. He had completed his M.Phil in clinical psychology from central institute of psychiatry, Ranchi. He has been a research scholar in St. Mary’s University, San Antonio, Texas, USA from 2019 and he is also a consultant clinical psychologist there.

The main part of the webinar was presented by Rev. Fr. Santhosh Jose, who had explained in his humble words as to how important hope, resilience and mindfulness are in our daily lives. He said about reaching out and staying connected to others and how it might help us deal effectively to our stresses. He had also explained how we could become more mindful by bringing our awareness to the little things we do in our lives, like growing a plant or cooking a meal. Even if these seem quite little, the impact it could have on the person would be pretty large when we do them with awareness.

The presentation was followed by a question answer session during which the participants posted doubts and questions using the chat box, which were answered by the presenter.

The webinar successfully ended at 10.20 A.M. with the vote of thanks which was delivered by the Organizing secretary of the webinar, Dr. Jaya A. T. (research Guide and Assistant professor of psychology).





## Live chat

Top chat 186



Guidelines.

[LEARN MORE](#)

- 10:06 am **Akhila Parveen** It was good presentation,can you please share us the feedback form for us
- 10:06 am **Nimmi Mohan** very informative session
- 10:06 am **Neeraja Ramachandran** what is the possibility of mindfulness based practises for people already facing mental health disorders like depression
- 10:06 am **Aswini Vp** Thank you sir. Very nice session and it is more informative.
- 10:06 am **Girija Manikandan** It was very informative session for in this situation Thank u sir 🙌🙌🙌

Chat publicly as Dr. Jaya.A T...



## **Webinar on Competent to Compete Covid 19: Tips to keep you mentally healthy, 22 August 2020**

National Service Scheme in association with Post Graduate and Research department of psychology organized a webinar in Google meet platform on 22 August 2020, Saturday at 2:30 pm. Nearly 100 participants were attended the webinar. The meeting started punctually with the welcome speech by NSS Program Officer Dr Soumya Starlet C T. Dr Shaijan Paul, Principal of Prajyoti Niketan college delivered the presidential address. His presence throughout the programme was really a blessing. Later Dr. Milu Maria Anto, Head of the Department Psychology conveyed her felicitation for the meeting. The resource person for the day was Mrs. Bayana Beevi, CEO of *amfine.in* online Website and Psychology research scholar of Prajyoti Niketan college. The session began with NSS anthem by NSS volunteers as per the request of the speaker. The meeting was overloaded with the spirit and the energy that the main speaker reflected onto the online audience. The session was creatively managed with richness of information along with stories and songs, which improved the listener's focus towards the topic Competent to Compete Covid 19: Tips to keep you mentally healthy.



## PRAJYOTI NIKETAN COLLEGE PUDUKAD

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NATIONAL SERVICE SCHEME UNITS NO 85 & 183

IN ASSOCIATION WITH

POST GRADUATE AND RESEARCH DEPARTMENT OF PSYCHOLOGY



ORGANISE A WEBINAR ON

# COMPETENT TO COMPETE COVID-19

TIPS TO KEEP YOU MENTALLY HEALTHY



E-CERTIFICATE WILL BE PROVIDED  
NO REGISTRATION FEES

### RESOURCE PERSON

**BAYANA BEEVI O.M.S**

M.Sc, M.Phil

RESEARCH SCHOLAR  
& PSYCHOLOGIST CEO,

[www.amfine.in](http://www.amfine.in)

ONLINE COUNSELLING CENTER

📅 22.08.2020

🕒 2.30PM

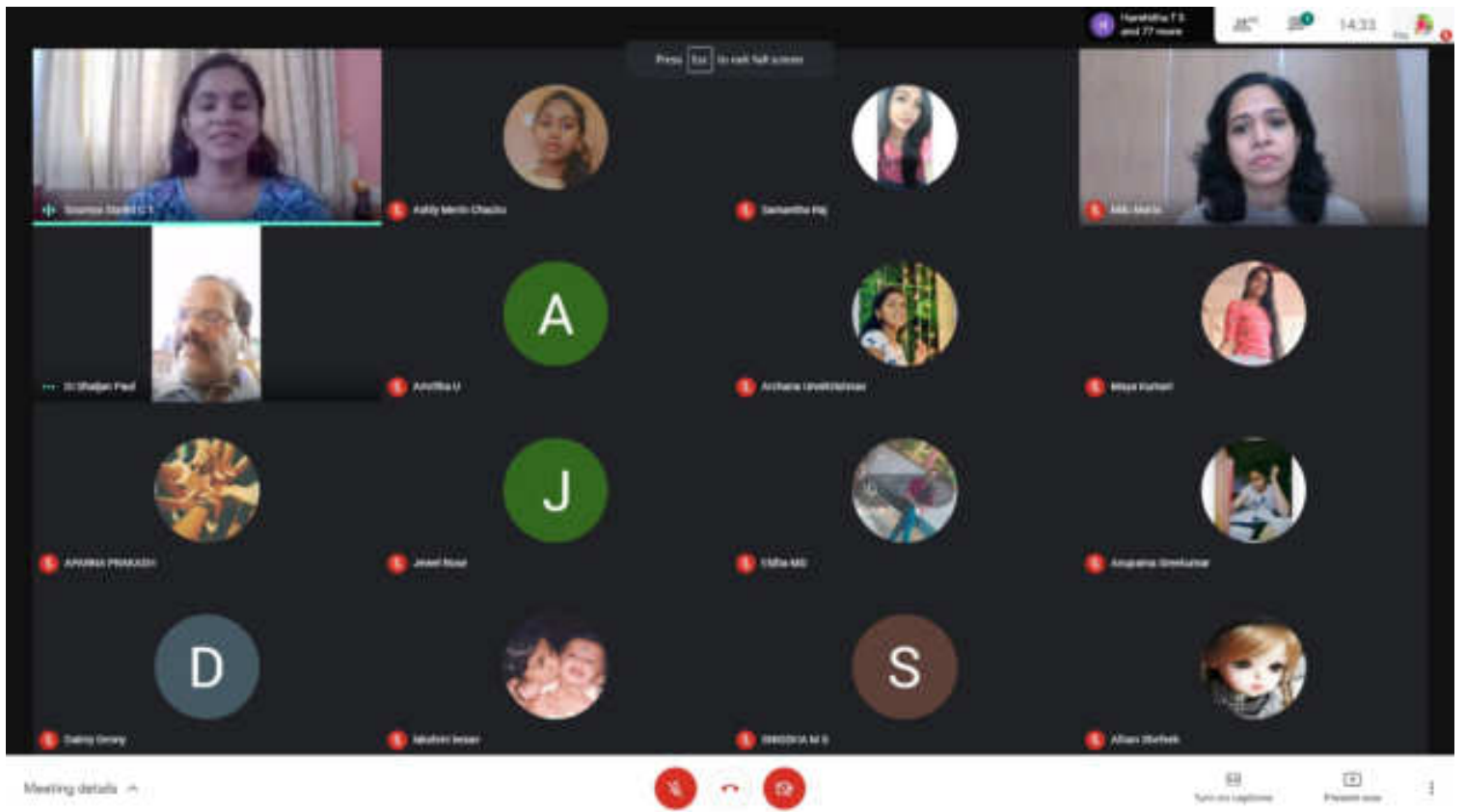
🗨️ Google Meet

DR SHAIJAN PAUL  
(PRINCIPAL)

DR MILU MARIA ANTO  
(HOD PSYCHOLOGY)

DR SOUMYA STARLET CT  
(NSS PO)

DR BINOJ JOSE  
(NSS PO)



# PRAJYOTI NIKETAN COLLEGE PUDUKAD

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NATIONAL SERVICE SCHEME UNITS NO 85 & 183

IN ASSOCIATION WITH

POST GRADUATE AND RESEARCH DEPARTMENT OF PSYCHOLOGY



## CERTIFICATE

This is to Certify that.....has successfully completed International Webinar on "**Competent to compete covid-19 tips to keep your mentaly healthy**" organized by **NATIONAL SERVICE SCHEME UNITS NO 85 & 183** in association with post graduate and research Department of Psychology,on 22 August 2020.

DR SHAIJAN PAUL  
(PRINCIPAL)

DR MILU MARIA ANTO  
(HOD PSYCHOLOGY)

DR SOUMYA STARLET CT  
(NSS PO)

DR BINOJ JOSE  
(NSS PO)

# **REPORT - International Youth Month**

## **“PRAYAAN 2020”**

**From 23-28 August, 2020**

International Youth Day is observed on 12<sup>th</sup> August every year to raise awareness about the youth and draws attention to the issues faced by the youth all across the world. For the first time, it was declared by the United Nations General Assembly focus on three basic themes that is participation, development, and peace in the field of youth.

**International Youth Day 2020:** The day recognizes and celebrates the contributions of youth around the world in saying "Enough! I am Generation Equality”.

The day focuses on the efforts of the youth in the development of the country. International Youth Day is celebrated to recognize the efforts of the world's youth in enhancing global society and to draw the attention regarding cultural and legal surrounding youngsters. Also, the day promotes ways to engage youngsters in making positive contributions to their communities.

### **International Youth Day 2020: Theme**

The theme of International Youth Day 2020 is "Youth Engagement for Global Action".

### **Prayaan2020**

It is an initiative by Ph D Research Scholars, Department of psychology, Prajyothi Niketan College with objectives of empowering teens and youth in community.

Amid COVID-19 pandemic, the month is celebrated virtually and hosted in google platform, from 23<sup>rd</sup> August to 28<sup>th</sup>, 2020 with webinar series on different psychological well being topics and discussions with Support of Dr Shaijan paul, Principal, Prajyoti Niketan College Pudukad; guidance of Dr Milu Maria Anto, Head of the Department and Supervision of Dr Nice Mary Francis, in Charge of Research Scholars and coordinator of the Prayaan, 2020.

Conducted a meeting on Google platform on 19th August and distributed duties among Scholars, Julie Elizebath as organizer and Bayana Beevi as Co-organizer for progrmme. Other research scholars were Scheduled diffent topics for presenting each day based on Youth Mental Health. Proper communications were given to all departments of Prajyoti Niketan College.

On 23<sup>rd</sup> August, Inaugural ceremony was done in the presence of Principal, HODs, teaching Staff, Non teaching Staff, research Scholars and students of College.

<b>Date</b>	<b>topic</b>	<b>Resource Person</b>	<b>No of participants</b>	<b>Moderator</b>	<b>Active Participati on</b>
24 /10/2020	Busting Mental Health Myth	Fathima M A & Julie Elizebath	118	Vimy V Vijayan	Yes
25/10/2020	Make a Tune To Be happy	Vimy V Vijayan & Liby Leo Akkara	110	Vandana VS	Yes
26/10/2020	How to be mentally Strong	Ajitha V A & Vandana VS	95	Ajitha V A	yes
27/10/2020	Digital Romance	Bayana BOMS	128	Pulari C	Yes
28/10/2020	You are Unique	Jisha P K & Pulari C	130	Vandana V S	yes

The programme was a success and college students participate actively benefitted from this.



## PRAJYOTI NIKETAN COLLEGE

Govt. Aided and Affiliated to Calicut University  
PUDUKAD, THRISSUR – KERALA – 680301  
(NAAC Accredited at 'A' Level)

**Post Graduate & Research Department of Psychology**

*Celebrating International Youth Month*

# “PRAYAAN 2020”

**Igniting Young  
Buddies**

**24<sup>th</sup> – 28<sup>th</sup> August 2020**

Webinar Series for Teens in Personality Development to Empower



Dr. Milu Maria Anto  
HOD / Convener

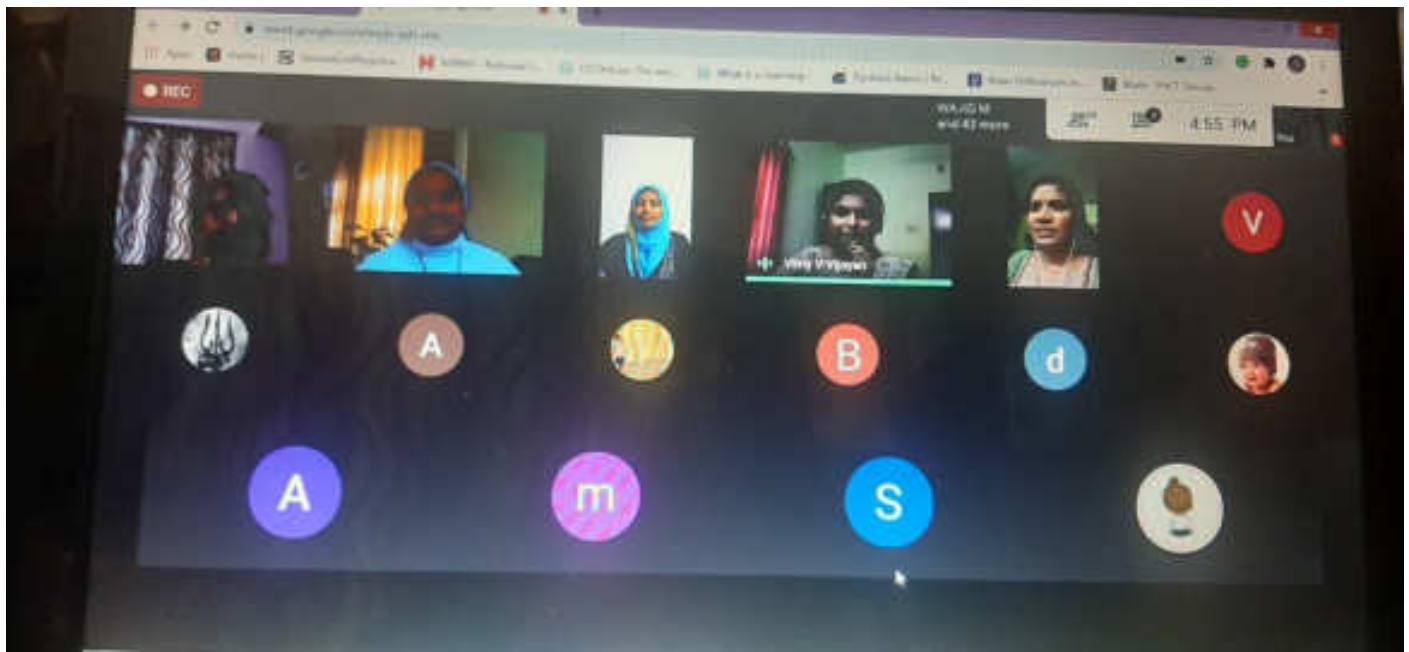


Dr. Shajjan Paul  
Principal



Dr. Nice Mary Francis  
Organizing Secretary

Sessions will be led by Research Scholars of Prajyoti Niketan College







# PRAJYOTI NIKETAN COLLEGE

Govt. Aided and Affiliated to Calicut University  
PUDUKAD, THRISSUR – KERALA – 680301  
(NAAC Accredited at 'A' Level)

*Celebrating Youth Month*



## “PRAYAAN 2020”

**Igniting Young Buddies**

Organized by Post Graduate & Research Department of Psychology

DAY 1 – 24 – 08 – 2020

Topic:

“Busting Mental Health Myths”

RESOURCE PERSONS



**Fathima M. A**

Clinical Psychologist &  
Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan  
College, Pudukad



**Julie Elizabeth**

Clinical Psychologist &  
Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan  
College, Pudukad



Join

[meet.google.com/duq-teym-bjw](https://meet.google.com/duq-teym-bjw)

**24<sup>th</sup> – 28<sup>th</sup> August 2020**

*Webinar Series for Empowering Youth*



Hosted On **Google Meet**



Time: **4 PM—5 PM**



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*Celebrating Youth Month*

## “PRAYAAN 2020”

**Igniting Young  
Minds**

Organized by Post Graduate & Research Department of Psychology

DAY 3 – 26 – 08 – 2020

Topic:

“How to be Mentally  
Strong”

← →  
RESOURCE PERSONS



**Ajitha V. A**

Consultant Psychologist  
& Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan  
College, Pudukad



**Vandana V. S**

Consultant Psychologist  
& Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan  
College, Pudukad



*e-certificate will issue*

Join

[meet.google.com/vyc-tgfi-okk](https://meet.google.com/vyc-tgfi-okk)

**24<sup>th</sup> – 28<sup>th</sup> August 2020**

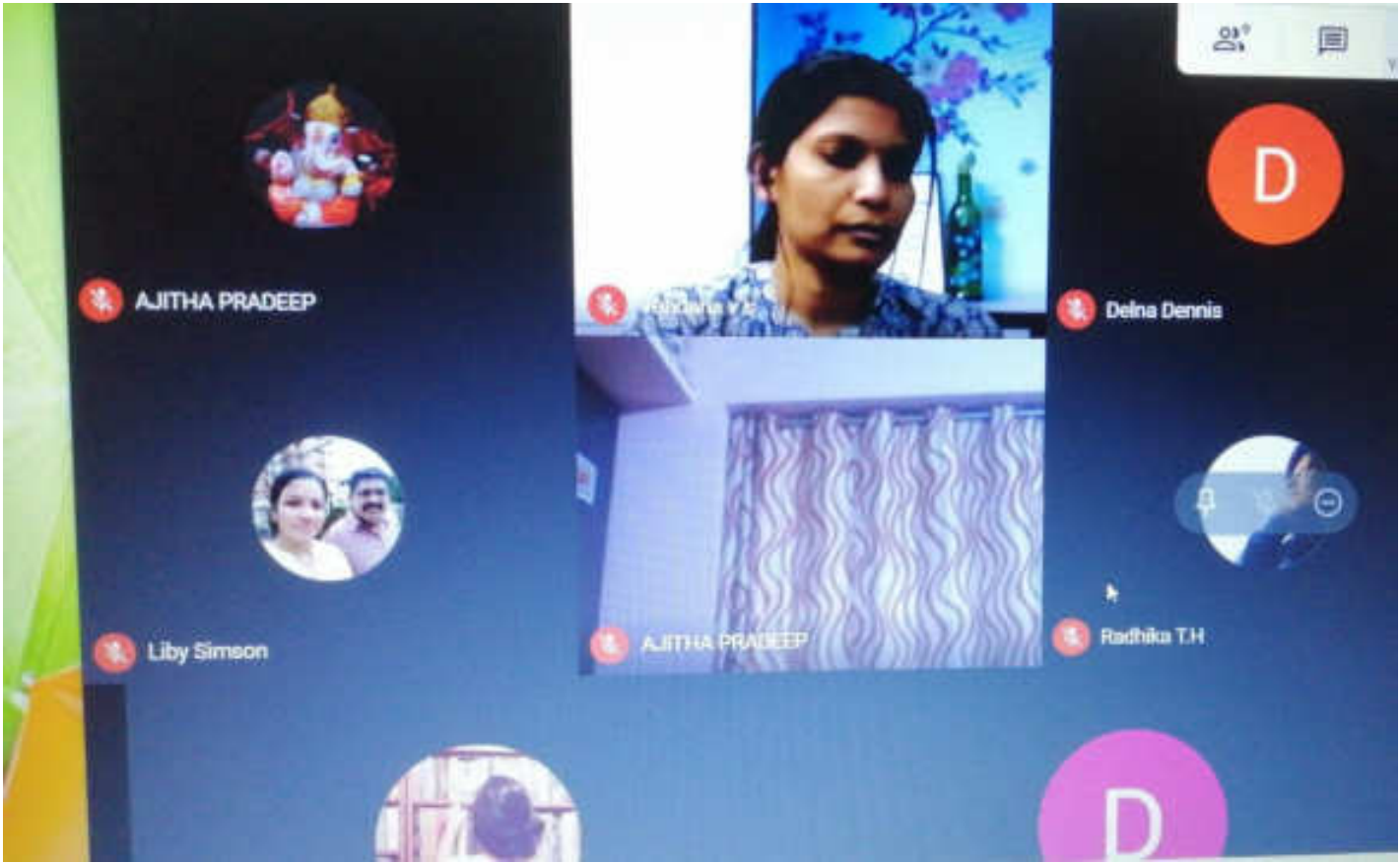
*Webinar Series for Empowering Youth*



Hosted On **Google Meet**



Time: **4 PM—5 PM**





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*Celebrating Youth Month*

## “PRAYAAN 2020”

**Igniting Young  
Minds**

Organized by Post Graduate & Research Department of Psychology

DAY 4 – 27 – 08 – 2020

**Topic:  
“Digital Romance”**

RESOURCE PERSON  
←



**Bayana B. O. M. S**

Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan  
College, Pudukad

*e-certificate will issue*



**24<sup>th</sup> – 28<sup>th</sup> August 2020**

*Webinar Series for Empowering Youth*



Hosted On **Google Meet**



Time: **4 PM — 5 PM**



# PRAJYOTI NIKETAN COLLEGE

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PUDUKAD, THRISSUR – KERALA – 680301  
(NAAC Accredited at 'A' Level)

*Celebrating Youth Month*

## “PRAYAAN 2020”

**Igniting Young  
Minds**

Organized by Post Graduate & Research Department of Psychology

DAY 5 – 28 – 08 – 2020

Topic:

**“You are Unique!”**

RESOURCE PERSONS



**Jisha P. K**

Consultant Psychologist  
& Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan College,  
Pudukad



**Pulari C**

Rehabilitation Psychologist  
& Research Scholar,  
Department of  
Psychology,  
Prajyoti Niketan College,  
Pudukad

*e-certificate will issue*



Join

[meet.google.com/zvp-xnno-wui](https://meet.google.com/zvp-xnno-wui)

**24<sup>th</sup> – 28<sup>th</sup> August 2020**

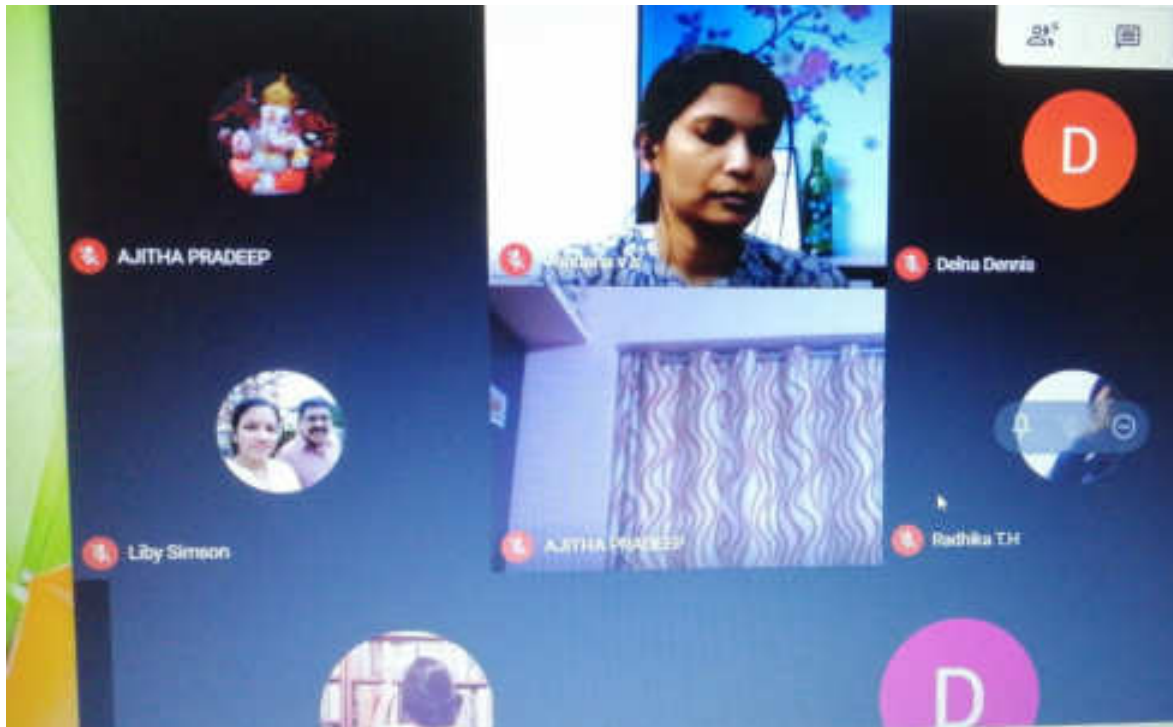
*Webinar Series for Empowering Youth*



Hosted On **Google Meet**



Time: **4 PM — 5 PM**



## **Suicide Prevention Day Observance by Research and Post Graduate Department of Psychology**

### **Prajyoti Niketan College Pudukad**

Pudukad: The Research and Post Graduate Department of Psychology, of PrajyotiNiketan College, Pudukad, observed World Suicide Prevention Day on 10<sup>th</sup> September 2020, as part of the efforts to create awareness on mental health among students. The online event, 'Working Together to Prevent Suicide', organised through Google Meet, amid Covid- 19 restrictions, was actively attended by both staff and students of the college. The chief guest, Director of the Institute of Mind and Brain, and a leading psychiatrist, Dr.Manoj Therayil Kumar, delivered the Suicide Prevention Day message to the students. Organising Secretary and Assistant Professor of the

Department of Psychology, Dr.Soumya Starlet C T, gave the welcome address. The presidential address was delivered by the college principal, Dr.Shajjan Paul. HOD, Department of Psychology, Dr.Milu Maria Anto and Retd. Faculty and former HOD, Dr. Varghese Paul felicitated the programme. Lead by student coordinator, Vismaya Menon, students took a pledge to raise awareness and take effort in the reduction of suicide. Retd. faculty of the college and the well known and award- winning writer Dr.Sandhya E shared a recital of her suicide theme based poem and spoke to the students. A talk on this year's theme of World Suicide Prevention Day, 'Working Together to Prevent Suicide', put forward by the International Association for Suicide Prevention was given by Gifty Baiju. The programme anchored by Ashlin Roobi and Nasreen Nowshad, included video presentations, recitals speeches, and dance performances, by students, Christy Jomi, Hannah Grace Jaison, Aarathy S Kollara, and the students of 2<sup>nd</sup> Year MSc Psychology, sharing their thoughts on suicide prevention, followed by the release of a short film, written by PhD scholar, Bayana Beevi and acted in by Gifty James, Twinkle Baby and Devika P Kumar, on the importance of awareness on suicide prevention. A poster making competition was also conducted on the theme 'Working Together to Prevent Suicide'. The programme concluded with the Vote of Thanks by student coordinator, Archana N .Prior to the programme, all the teachers and students of the Department of Psychology had completed an online training on suicide prevention, organised by the Institute of Mind and Brain, and had obtained e- certificates.



# PRAJYOTI NIKETAN COLLEGE PUDUKAD

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[www.prajyotiniketan.edu.in](http://www.prajyotiniketan.edu.in)

RESEARCH AND POST GRADUATE DEPARTMENT OF  
PSYCHOLOGY

\* S U I C I D E P R E V E N T I O N D A Y \*

## WORKING TOGETHER TO PREVENT SUICIDE

SEPTEMBER 10

### Dr Manoj Therayil Kumar

PSYCHIATRIST ( MBBS, MD, MPHe, DNB,  
MRCPsych, MNAMS, DipCBT (Oxford),  
FRCPsych, DNB, DPM )  
Director, Institute for Mind & Brain, Kerala  
India [www.inmind.in](http://www.inmind.in)



Dr.Shijan Paul (Principal)

Dr.Milu Maria Anto (HOD, Psychology)

Dr.Soumya Starlirt C.T (Organizing Secretary)

#### COMMITTEE MEMBERS

Dr.Nice Mary Francis P

Dr.Sukanya B Menon

Dr.Jaya A.T

Dr.Lijo K.J

Mrs.Midhu K Johnson

10/09/2020

@ 9:00am

Google Meet

[WWW.PRAJYOTINIKETAN.EDU.IN](http://WWW.PRAJYOTINIKETAN.EDU.IN)





# വിദ്യുട്

Short Film

ആത്മരത്യ പ്രതിരോധം - ബോധവൽക്കരണം

Release on 10 - 09 - 20

Dept. of Psychology, Prajyoti Niketan College

PRAJYOTI NIKETAN  
COLLEGE PUDUKAD



**POSTER**

**MAKING**

**COMPETITION**

**THEME**

**“WORKING  
TOGETHER  
TO PREVENT  
SUICIDE”**

**CONDUCTED BY**

**PSYCHOLOGY DEPARTMENT  
PRAJYOTI NIKETAN  
COLLEGE, PUDUKAD**

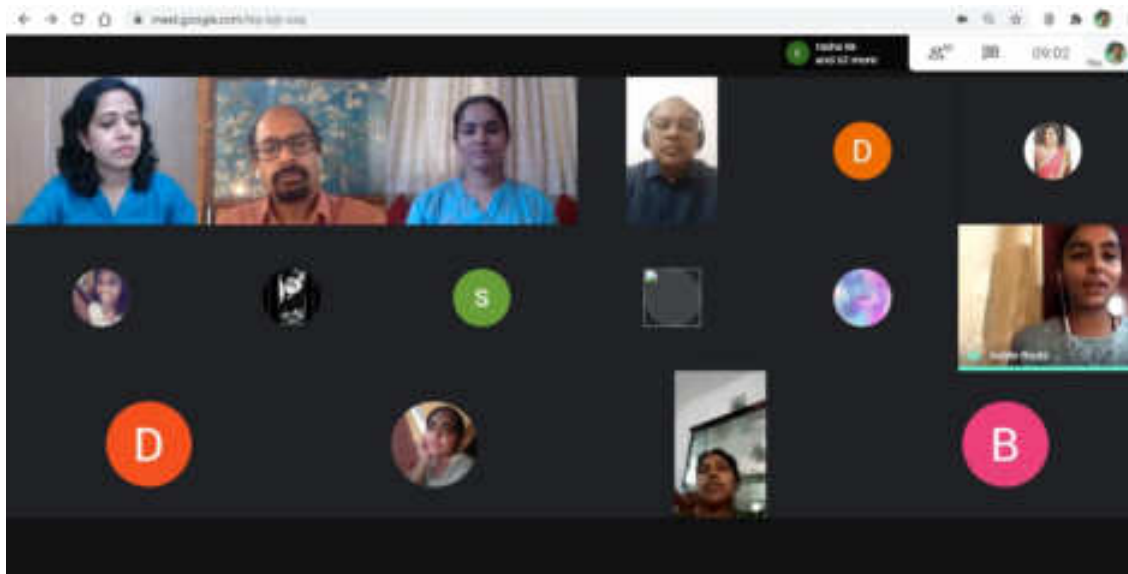
**LAST DATE OF ENTRY**

**SEP 9<sup>TH</sup>  
5:00 PM**

**SEND YOUR ENTRIES TO**

**[paulriyaa007@gmail.com](mailto:paulriyaa007@gmail.com)**





## **World Mental Health Day Observance; Prajyoti Niketan College, Pudukad**

Pudukad: The Research and Postgraduate Department of Psychology of Prajyoti Niketan College observed World Mental Health Day on 10<sup>th</sup> October, as part of the efforts to increase awareness about mental health among students. The programme organised in Google Meet and also simultaneously livestreamed on Youtube, began with the prayer by student representative, Christy Jomi of 3<sup>rd</sup> Year Psychology. Organising Secretary, Dr. Sukanya B Menon presented the welcome speech. College principal, Dr. Shaijan Paul, delivered the presidential address. The event was inaugurated by chief guest, Dr. Muhammed Abeer K C, former student and Senior Counsellor, IIT, Kharagpur. A token of gratitude was presented to him on behalf of the college. HOD, Department of Psychology, Dr. Milu Maria Anto felicitated the programme. After the official function, Dr. Muhammed Abeer spoke to the gathering on the topic 'Mental Health Care in College: Clinical Services and Crisis Intervention' and interacted with the students.

The next part of the event included various programmes organised by the students. The students of 2<sup>nd</sup> BSc Psychology presented a video on the day's theme. A talk on the theme was given by research scholar, Bayana

B.O.M.S. Hannah Grace Jaison and Aparna Shankar of 2<sup>nd</sup> year psychology, shared with the gathering, the story and poem they wrote. 3<sup>rd</sup> year psychology students of Amal College, Nilambur presented a short film portraying the importance of mental health. A video about mental health practices was presented by 3<sup>rd</sup> BSc psychology students of Prajyoti Niketan College. The programme officially came to an end with the Vote of Thanks by student coordinator, Stefeena Rose.

**PRAJYOTI NIKETAN COLLEGE, PUDUKAD**  
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**WORLD MENTAL HEALTH DAY**

DEPARTMENT OF PSYCHOLOGY ORGANISES  
WEBINAR/CONFERENCE

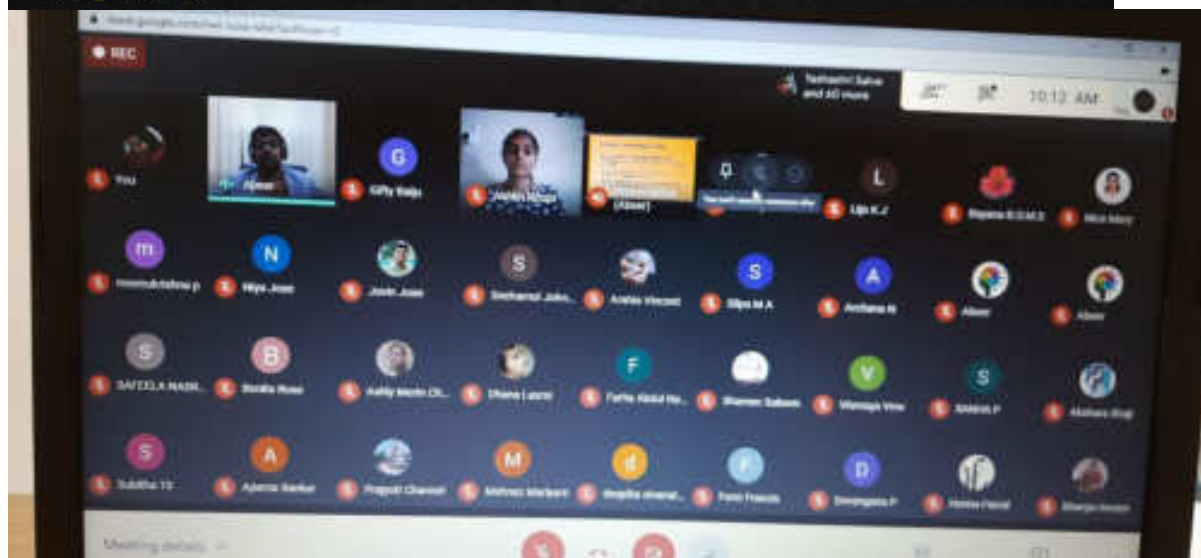
**MENTAL HEALTH CARE IN COLLEGE:**  
CLINICAL SERVICES AND CRISIS INTERVENTION

**OCT 10 SATURDAY**  
9:30 am - 11:30 am

**DR. SHRAIZAN PAUL** (Psychology)  
**DR. MILU MARIA ANTO** (Psychology)  
**DR. SUKANYA S. MERON** (Psychology)  
**STEFEEENA ROSE & AKSHARA K.P.** (Psychology)

**DR. MOHAMMED AMEER K.C.**  
M.Sc.PHO,  
Senior Director,  
Counselling Centre,  
Indian Institute of  
Technology, Kharagpur.

www.prajyotinetan.edu.in





**WEBINAR ON  
“NATIONAL MENTORING DAY”**

## **Organized By Research And PG Department Of Psychology**

**27 October, 2020**

Mentoring can be defined as a reciprocal and collaborative open relationship that occurs between a teacher and a student or senior and junior employee for the purpose of the mentee's growth, learning, and overall development. Mentors chosen must act as role models for their mentee and provide guidance to help them reach their goals. [Mentoring](#) can be formal or informal and conducted in an informal environment, so as to help mentees to set goals. But they are usually not measurable and the relationships are unstructured. For a formal mentoring relationship, there are actionable and measurable goals defined and set with determined requirements.

A good mentor can help and motivate the mentee become more effective at work, learn new skills, develop greater confidence, and make better decisions for their overall growth. Mentors can help mentee to strengthen their technical, academic, leadership, interpersonal skills and experience new insights and ideas. Mentoring Models include One-on-One Mentoring, Group Mentoring, Peer Mentoring and so on. In schools and colleges most commonly implemented mentoring are one to one, group and peer mentoring. Here only the mentor and mentee or one or several mentors work with a group of mentees are involved in this type of mentoring, and it is usually a more-experienced individual paired with a less-experienced or much younger mentee. When there are not enough time or resources to have one mentor for each participant same role is shared or similar experiences in the professional lives. These peers pair up to offer support for each other. This can be a group or a one-on-one mentoring relationship.

The aim of present National Mentoring day webinar session was to enlighten our knowledge with the role of mentor, mentee and importance of mentoring in tutoring and how it improves teacher student relationship. More over having a harmonious relationship between mentor and mentee will bring out changes in the academic, personal, social life. With this aim the Research and Post graduate Department of Psychology, Prajyoti Niketan College has organized one day Webinar on 27 October, 2020 on online google platform and Youtube live stream from 3.00pm to 4.00pm. The speaker on the day was Dr. Joju K T, former Associate Professorin Mathematics, Prajyoti Niketan College, Pudukad.

The webinar started with welcome speech by Sr.Julie Elizabeth (Research scholar). The session was presided by respected Dr.Shaijan Paul (Principal, Prajyoti Niketan College, Pudukad).Later an introduction on National Mentoring day was provided by Ms. V.A.Ajitha (Research Scholar) with a small power point presentation. Later the session was formally inaugurated by chief guest of the day Dr.Joju.K.T. The speaker presented his views on how a mentor will influence mentee, out of his 27 years of teaching experience. He too shared the most influential mentors of his school and college days. What a mentee expects from a mentor was of great importance as it will bring out self

confidence in each of the student. So all teachers as a mentor play an important role in each mentee or students life. Thus through session he could bring to focus what are the important qualities a mentor should possess.

Thus the webinar organized was very successful as the speaker was able to share his thoughts and enlighten the views of each teacher with his or her role as mentor. Sessions provided each and every individual to check back their life and think of their influential models of their life. The mentor must act as an advisor, counselor, or guide to a student, junior or trainee. The mentor is responsible for providing support to, and feedback on, the person in his or her charge. The mentors must be sensitive to the mentee's environment and situation and use understanding and personal experience to hear and understand the things that the mentee did not share. They must be perceptive in anticipating challenges and encourage communication. They should maintain confidentiality to increase trust. Thus the session ended with Vote of thanks by Ms. Fatma.M.A(Research Scholar). The webinar organizing secretary Dr.Soumya Starlet.C.T(Asst.Prof.) has carefuller planned the session which made the session a grand success.



Warm Greetings from  
 Prajyoti Niketan College, Pudukad.  
 As part of National Mentoring Day  
 Research and Post Graduate  
 Department of Psychology  
 Organising one day Webinar on

---

**"Understanding the Mentee:  
 The Innovative Mentor"**

Resource Person:  
**Dr. Joju. K. T**  
 Asso. Prof. in Mathematics (Rtd)  
 Prajyoti Niketan College, Pudukad

Tue 27 October 2020  
 3 pm to 4 pm IST - Kolkata  
 PLATFORM : Google meet

Click on the link to join on Google meet  
<http://meet.google.com/bcm-vsov-buw>  
 First 90 participants could join us  
 through  
 Other participants could join in you  
 tube.  
 Youtube link  
<https://youtu.be/FHxVDguluFA>

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 PUDUKAD, THIRUSSUR - KERALA - 680301  
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Research & Post Graduate Department of Psychology  
 in association with IQAC

A Webinar on  
**"UNDERSTANDING THE MENTEE:  
 THE INNOVATIVE MENTOR"**

**PROGRAM SCHEDULE**

Joining Time: 2.45 pm      Venue: Google Meet & Youtube Live

Welcome Speech:	Sr. Julie Elizabeth (Research Scholar)
Presidential Address:	Dr. Shajjan Paul (Principal)
Introduce Mentor's Day:	Ajitha V. A (Research Scholar)
Introduce the Chief Guest:	Vandana V. S (Research Scholar)
Mentor's Day Talk:	<b>Dr Joju K. T</b> (Asso. Prof. in Mathematics (Rtd.), Prajyoti Niketan College, Pudukad)
Vote of Thanks:	Fatima M. A (Research Scholar)

4.00 pm:      Feedback & e-Certificate  
 National Anthem

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Research & Post Graduate Department of Psychology  
 in association with IQAC

A Webinar on  
**"UNDERSTANDING THE MENTEE:  
 THE INNOVATIVE MENTOR"**





**DR JOJU K T**  
 Asso. Prof. in Mathematics (Rtd)  
 Prajyoti Niketan College  
 Pudukad



**Details:** Google Meet & YouTube Live

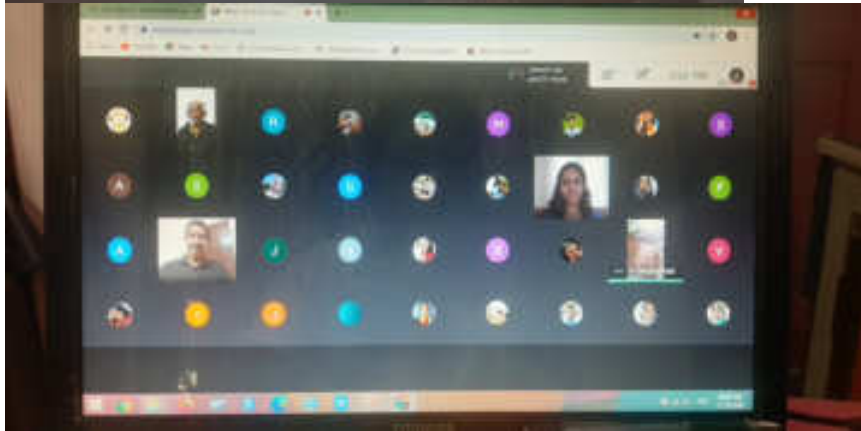
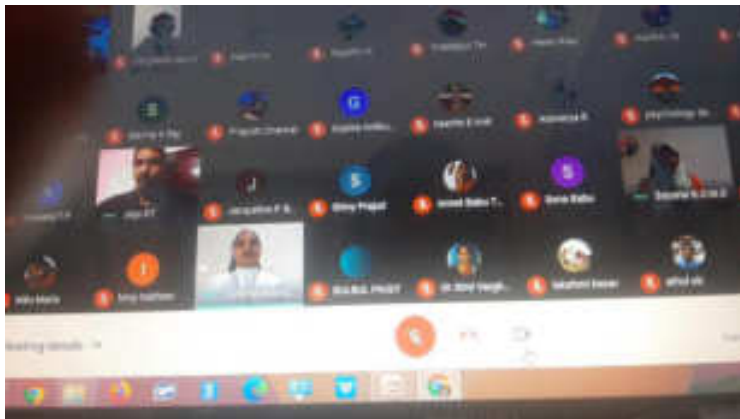
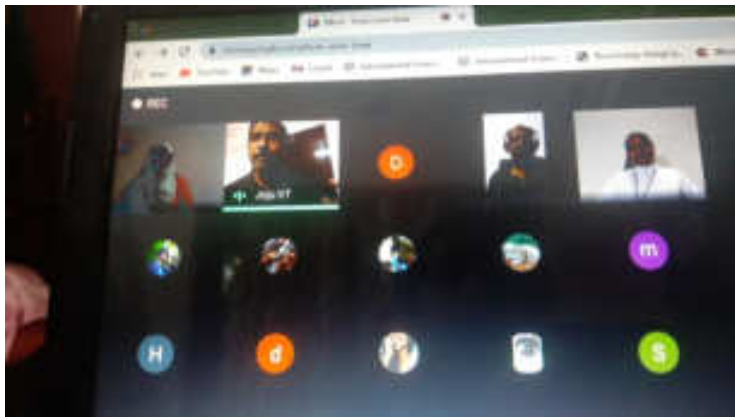
27 - 10 - 2020  
 3.00 pm - 4.00 pm

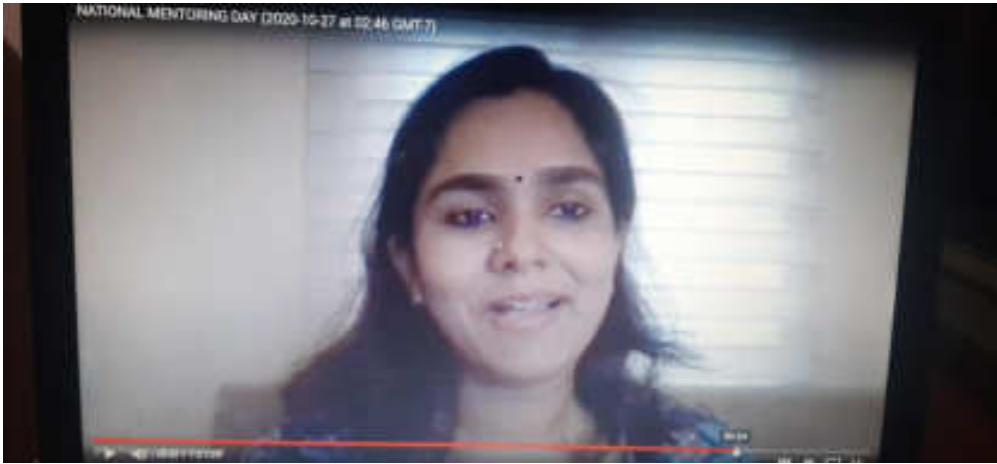



Organising Committee:

Dr. Shajjan Paul Principal	Dr. Julie Elizabeth IQAC In-charge	Dr. Miss. Minu Anu HOD Psychology	Dr. Sushma Suresh C. T HOD PG Psychology
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[www.prajyotiniketan.edu.in](http://www.prajyotiniketan.edu.in)      #ntm2020





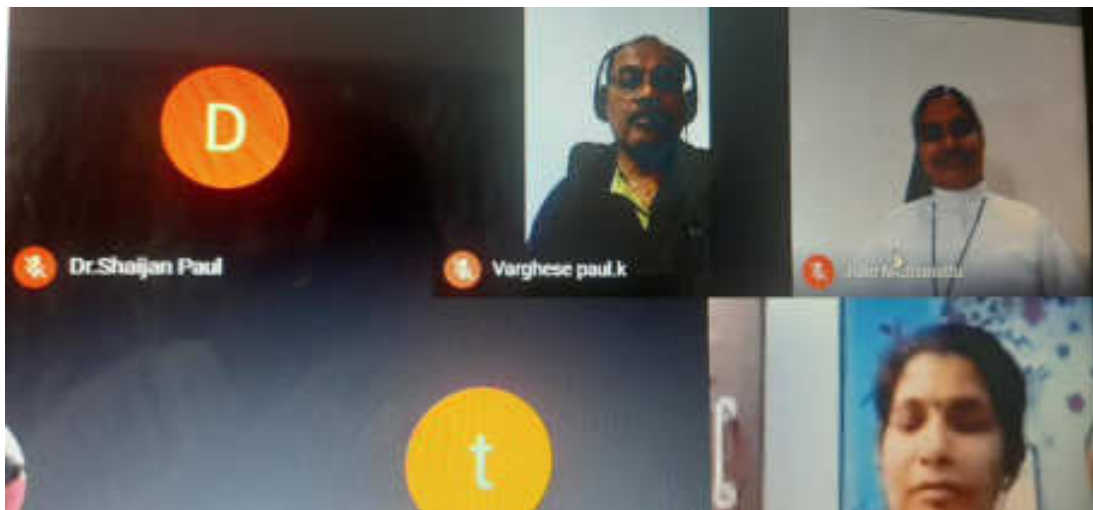
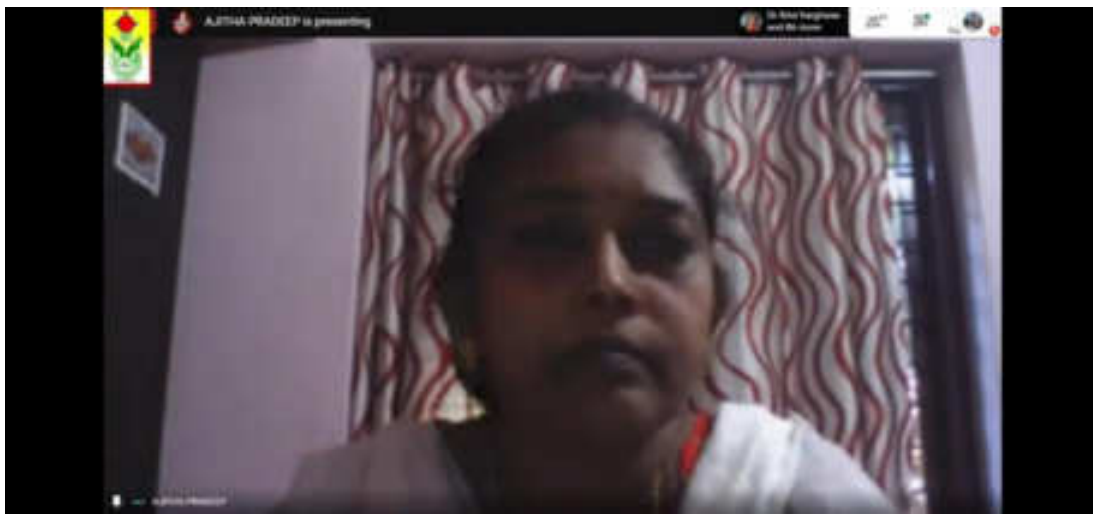
## HISTORY

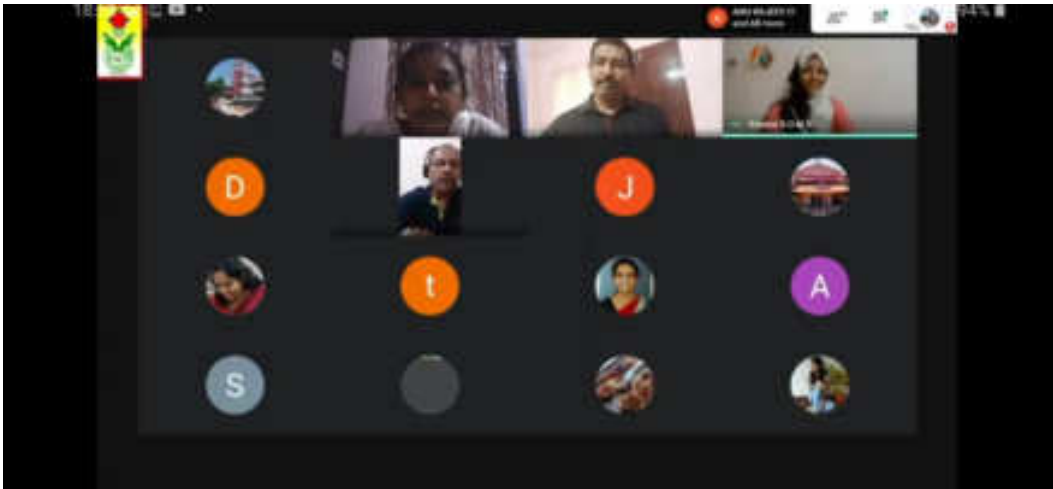
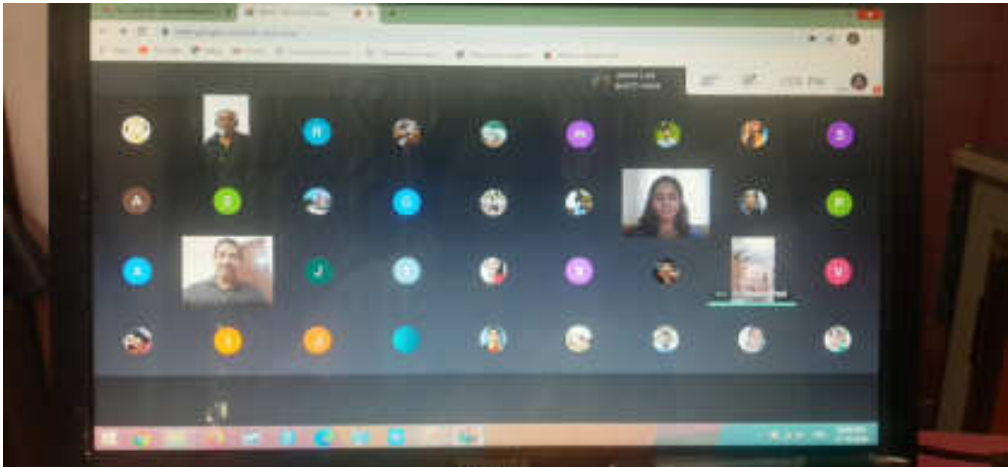
- Britton Chelsey Baker, an award-winning business mentor, started this day in 2014
- Aim- to help recognize and celebrate mentoring
- Key message- to raise awareness on mentoring its invaluable and rewarding contribution that it makes on our economy and our society.



NATIONAL MENTORING DAY (2020-10-27 at 02:46 GMT+7)





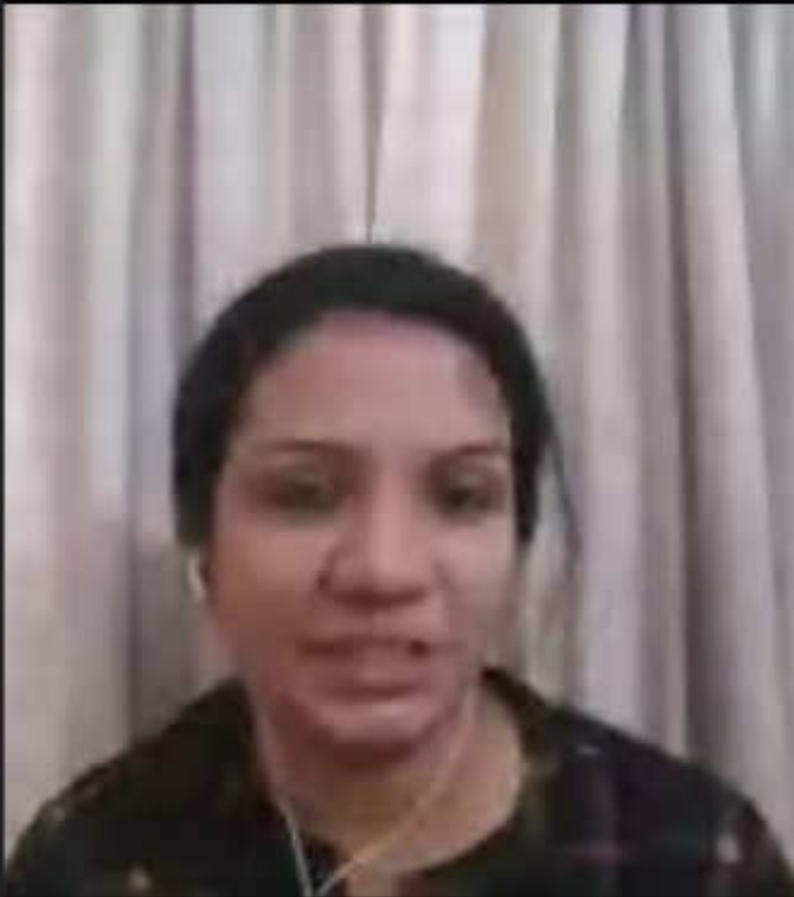


## AIDS DAY REPORT 2020 DECEMBER 1

Prajyoti Niketan College, NSS units 85 and 183 and Red Ribbon Club jointly observed World Aids Day on 1st December 2020, with various Programmes in online platform. The program began with the NSS song delivered by Malavika C. S of B.com department. Soniya Sunny from English department give a warm welcome to all. NSS program officers Dr. Soumya starlet CT and Dr. Binoj jose did the felicitations. Aids day Oath was proclaimed By Lakshmi Santhosh of Electronics department along with all. Aids day awareness session “ Ending the Epidemic Resilience and Impact” was delivered by the resource person, MS. Liby Leo Akkara, Research scholar in Psychology, Prajyoti Niketan College Pudukad. She explained the signs, symptoms causal factors, diagnosis and Preventive methods related to Aids. The session was really informative and eye opener for the students. Students also had an interactive session with the resource person, which made the program more factual and enlightening. Every department organised programmes related to Aids day. Computer Science department came up with an informative video. Electronics department made a presentation video and they also organized a pencil drawing competition regarding the same. An awareness video was presented by psychology department. B.com department organised a quiz competition along with a presentation. At last, students of English department presented a skit based on the life of a student suffering from Aids. The programs kept the students engaged and amused. Finally, Vote of thanks was said by Akash C.M of Computer Science department. The whole programs were really insightful, entertaining and informative for the observance of the Aids day



REC



|| Libby Simson



You



Dr. Sou...



Aiswarva



96 others





## **REPORT ON THE ORIENTATION PROGRAMME - 'Reorienting Psychology'**

23/01/2021

Conducted by: Dr. Varghese Paul K. , Associate Professor &HOD of Psychology, Sahridaya College ,Kodakara

Attended by :Students of 1st Msc Clinical Psychology & 1st Bsc Psychology, Prajyoti Niketan College , Pudukad

Organized by :Department of Psychology, Prajyoti Niketan College , Pudukad

The orientation programme organized by the Department of Psychology ,Prajyoti Niketan College for the students of 1st Msc.Clinical Psychology and 1st Bsc. Psychology was held on 23.01.2021 from 11.30a.m. to 12.30p.m. through the google platform on the topic 'REORIENTING PSYCHOLOGY'. The programme began with a prayer led by Kum. Elzmaria of 1st Bsc. Psychology. Dr. Milu Maria Anto ,HOD of Psychology at Prajyoti addressed the gathering. Kum. Megha Rajan of 1st Msc. Clinical Psychology introduced the guest of the day. The talk on 'Reorienting Psychology' was given by DR. Varghese Paul K. , Associate Professor and HOD of Psychology at Sahridaya College , Kodakara .He was also the former HOD of Psychology at Prajyoti Niketan. His words were truly informative and thought provoking. Psychology was felt more close to heart. He gave guidelines that could help the students for their path ahead and build a better outlook about their future. The words out of experience had a much more practical implication. He stressed on the need for a change and emphasized on the qualities a psychologist should possess. It was then followed by the Q&A session that became an open platform for the students to freely interact. The programme winded up by the vote of thanks proposed by Dr.Nice Mary Francis, Assistant Professor of Department of Psychology at Prajyoti.



## PRAJYOTI NIKETAN COLLEGE, PUDUKAD

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Department of Psychology

**Orientation programme**

**Topic:-  
REORIENTING  
PSYCHOLOGY**



**RESOURCE PERSON:**

**Dr. Varghese Paul K**

Associate Professor and HOD, Psychology  
Sahrdaya College, Kodakara

**MEETING PLATFORM: GOOGLE MEET**

**23-01-2021, 11:30am-12:30pm**

Meet link:<http://meet.google.com/bnf-zaai-gwq>

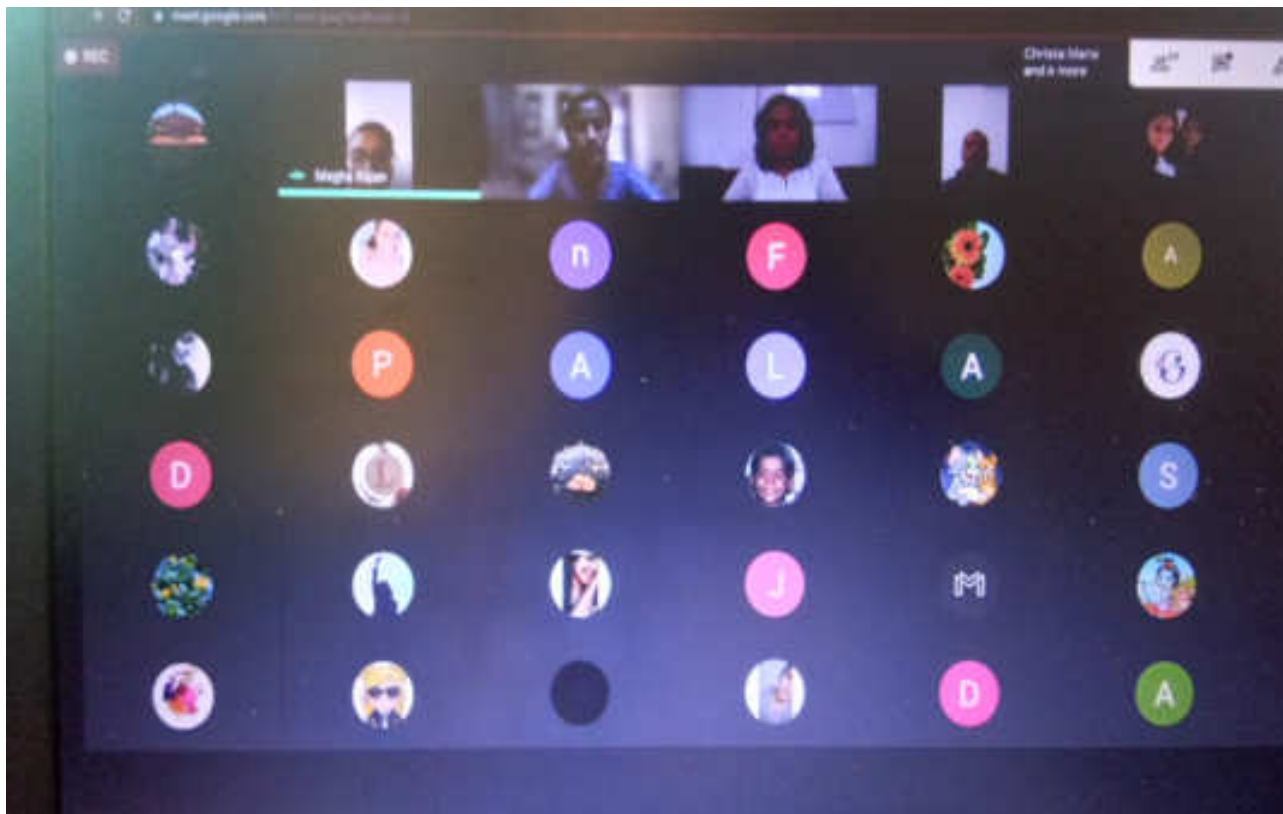
**participants: 1st Bsc&MSc students**

**Principal**

**Dr. Shaijan Paul**

**HOD Psychology**

**Dr. Milu Maria Anto**



**PRAJYOTI NIKETAN COLLEGE , PUDUKAD  
DEPARTMENT OF PSYCHOLOGY**

23/01/2021

**'REORIENTING PSYCHOLOGY'**

- PRAYER : Kum. ELZMARIA , first Bsc.Psychology
- WELCOME : Dr. MILU MARIA ANTO ,HOD Psychology,  
Prajyoti Niketan College
- INTRODUCING THE GUEST  
-Dr.VARGHESE PAUL :Kum.MEGHA RAJAN, first Msc. Clinical  
Psychology
- ORIENTATION TALK :Resource Person-Dr.VARGHESE PAUL K.,  
Associate Professor & HOD of Psychology,  
Sahridaya College , Kodakara &  
Former HOD DPT of Psychology ,Prajyoti  
Niketan College,Pudukad
- Q&A SESSION :
- VOTE OF THANKS :Dr. NICE MARY FRANCIS P.,Assistant  
Professor, DPT of Psychology, Prajyoti  
Niketan College

MC : ANNA THERESE JAISON, first Bsc.Psychology





### **Women's Day**

In connection with International Women's Day, Department of Psychology, Prajyoti Niketan College conducted a National webinar on the topic "Estrogen: An Overview" on 9<sup>th</sup> March 2021. Retired Prof. Dr. K V Pauly was the Resource person. The program was conducted in google meet and the youtube live streaming (link: <https://youtu.be/HIWkhBPGYDw>) also provided to accommodate more participants. Students from whole departments of Prajyoti and from other colleges participated. After the session, students and other participants were engaged in the active discussion and clarification of doubts on the topic with the resource person.

Brochure, Program Schedule and Images of the online event attached below:

# PRAJYOTI NIKETAN COLLEGE, PUDUKAD

(Govt. Aided and Affiliated to the University of Calicut)

Re Accredited with 'A' Grade by NAAC

POST GRADUATE AND RESEARCH DEPARTMENT OF PSYCHOLOGY

NATIONAL WEBINAR IN CONNECTION WITH

International Women's Day

TOPIC -

# ESTROGEN

AN OVERVIEW >>>>>

09 MAR  
02:30 TO  
03:30 PM

NON-

DR SHAIJAN PAUL (PRINCIPAL)  
DR MILU MARIA ANTO (CONVENOR)  
MIDHU K JOHNSON (ORGANIZING SECRETARY)

ORGANIZING COMMITTEE

DR NICE MARY FRANCIS P | DR SOUMY STARLET C T  
DR JAYA A T | DR SUKANYA B MENON

 google meet

[www.prajyotiniketan.edu.in](http://www.prajyotiniketan.edu.in)



**DR K V PAULY**

VICE-PRINCIPAL ST. TERESA'S ARTS &  
SCIENCE COLLEGE, KOTTAMURI &  
FORMER ASSO. PROF. OF PHYSIOLOGY  
PRAJYOTI NIKETAN COLLEGE





NATIONAL WEBINAR ON  
**ESTROGEN - AN OVERVIEW**

9<sup>th</sup> March 2021



**PROGRAM SCHEDULE**

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Venue: Google Meet

Time: 2.30 PM – 3.30 PM

**Prayer:** **Aparna** (U. G. student)

**Welcome:** **Dr Milu Maria Anto** (HOD,

Psychology) **Felicitation:** **Dr Simi Varghese** (IQAC, Co-

ordinator) **Introducing Speaker: Hanna** (U. G. Student)

**Key Session:** **Dr K V Pauly**

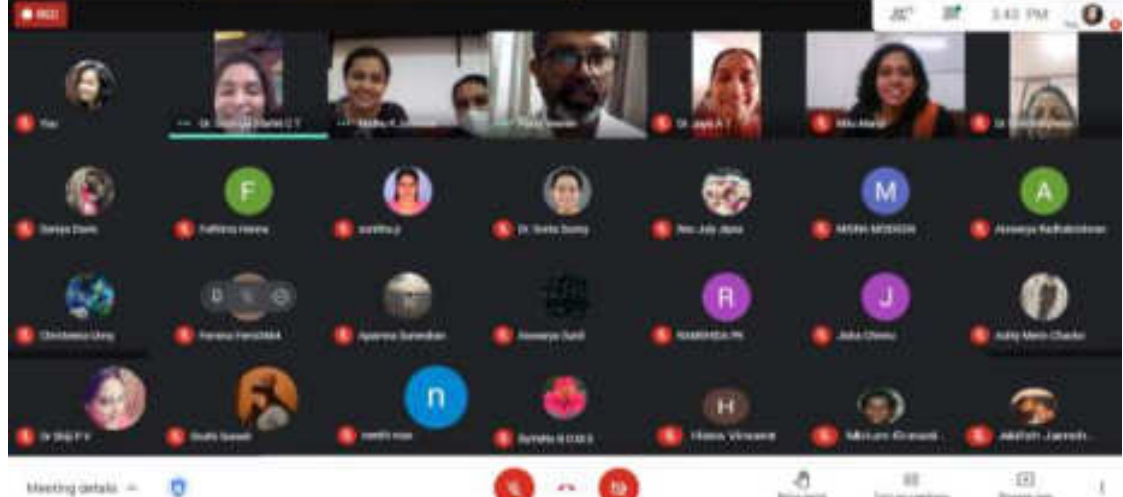
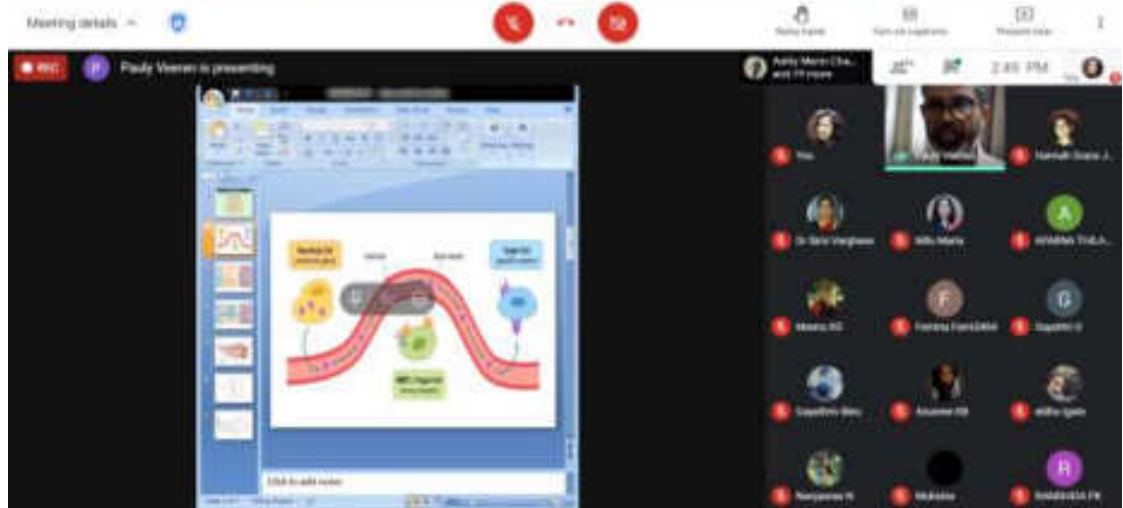
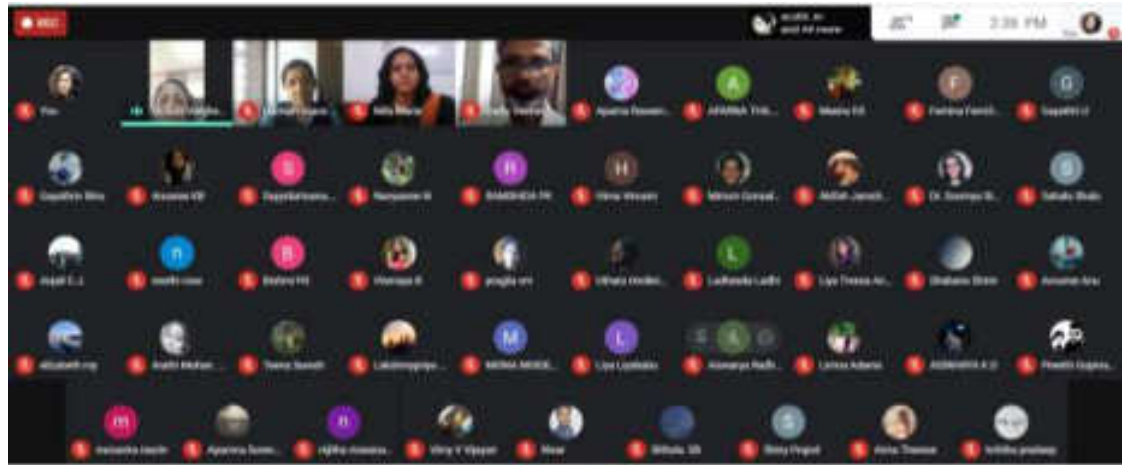
(Vice-Principal, St. Teresa's Arts & Science College, Kottamury  
& Former Professor, Dept. of Psychology, Prajyoti Niketan  
College)

**"ESTROGEN – AN OVERVIEW"**

**Vote of Thanks:** **Ms Midhu K Johnson** (Organizing Secretary)

Feedback form





\*\*\*\*\*

## **REPORT ON THE ORIENTATION PROGRAMME**

**08/03/2021**

**Conducted by: Pulari Rohit ,Rehabilitation Psychologist & Research**

**Scholar, Department of Psychology , Prajyoti Niketan**

**College , Pudukad**

**Attended by :Students of Prajyoti Niketan College ,Pudukad**

**Organized by :Women cell in association with Post Graduate & Research**

**Department of Psychology**

**Topic :’Manifesting the Psychological facts of Mensturation’.**

***“A woman is the full circle. Within her is the power to create, nurture and reform.”***

In connection with the International Women’s Day, the Women Cell in associate with Post Graduate and Research Department of Psychology conducted an orientation on the topic ‘Manifesting the Psychological facts of Mensturation’. The programme was held on 08.03.2021 through the google platform from 2.30 p.m. to .3.00 p.m. The programme opened with a prayer led by Kum. Radhika T.H. of second Bsc.Psychology .Kum. Thara C.V. of first B.A. English addressed the gathering. Dr.Soumya Starlet CT , the women cell coordinator, Prajyoti Niketan Colleg ,Pudukad felicitated on the occasion. Kum.Hannah Grace of second Bsc.Psychology introduced the guest of the day. Thetalk on ‘Manifesting the Psychological facts of Mensturation’ was given by Pulari Rohit, Rehabilitation Psychologist & Research Scholar, Department ofPsychology, Prajyoti Niketan College, Pudukad. The session was reallyinformative. It evoked new insights in the minds of students. The facts related to mensturation was presented and it helped in understanding the biological phenomenon in a better way. It was then followed by the Q&A session that became an open platform for the students to freely interact. The programme was concluded by the vote of thanks proposed by Kum. Jaimol of first B.Com.



# PRAJYOTI NIKETAN COLLEGE PUDUKAD

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*WOMEN CELL IN ASSOCIATION WITH POST GRADUATE  
AND RESEARCH DEPARTMENT OF PSYCHOLOGY*

## RESOURCE PERSON



**PULARI ROHIT**  
REHABILITATION PSYCHOLOGIST  
Research scholar

## MANIFESTING THE PSYCHOLOGICAL

## FACTS OF MENSTRUATION



MARCH 8  
2.30 pm

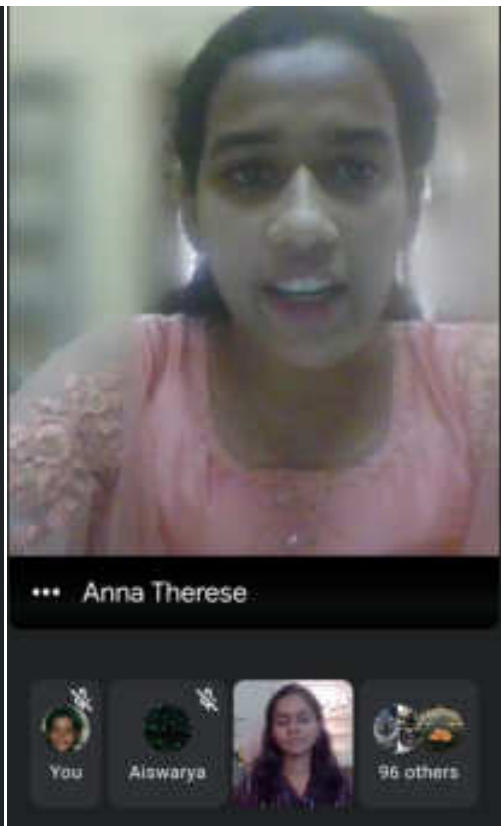
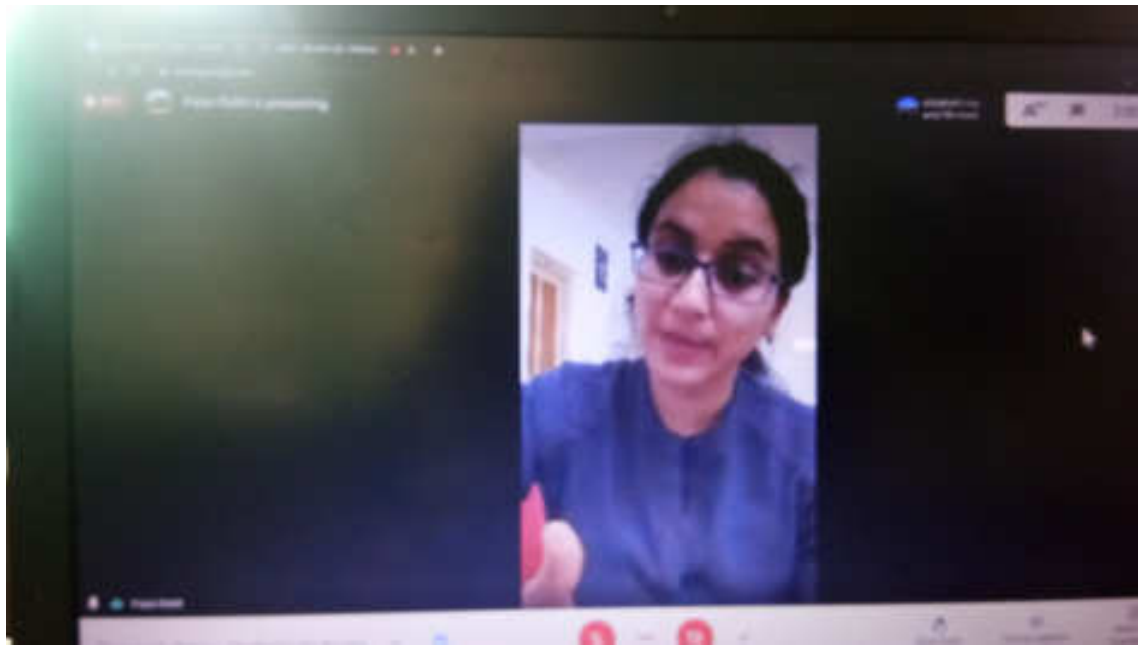
INTERNATIONAL

*Women's Day*

**DR. SHAIJAN PAUL**  
(Principal)

**DR. SOUMYA STARLET C T**  
(Organizing secretary and  
Women Cell Coordinator)

**DR. MILU MARIA ANTO**  
(HOD Psychology  
Department)



## Senior Citizens' Day Celebration

Prajyoti Niketan College , Pudukad , under the leadership of Department of Psychology , organized a virtual program titled " In The Play Ground of Memories" as a part of observance of Senior Citizens' Day , on 21st August 2020. At 3pm , principal Dr. Shaijan Paul inaugurated the program. Dr. Milu Maria Anto , the Head of the Department of Psychology talked on the significance of the day and the objective of the program . Ms. Radhika T.H. of IInd B.Sc. Psychology lead the prayer. This was followed by the welcome address by Ms.Midhu.K. Johnson.

Then the students introduced their grandparents to the other viewers . Dr. E.Sandhya gave the felicitation with the wish that the care and respect for grandparents may continue for a lifetime. Ms. Midhu.K.Johnson also reminded the gathering that as the grandparents held close their children in childhood , the children should also hold close the grandparents as they grow up and as the grandparents age. Vice principal Dr. Sonia Sunny , Dr. Nice Mary Francis , Dr. Jaya A.T. , Dr. Sukanya B.Menon , Dr. Soumya Starlet , Dr. Lijo K.J. also expressed their thoughts on the occasion.

Following this , the students performed various programs and their grandparents were also a part of it. The grandparents expressed their happiness on having been able to be a part of this program and they testified that it was a mesmerising experience for them . They also conveyed their gratitude to the college authorities for having initiated it. Above 60 families took part in the program . At the end , student coordinator Aleesha from 2nd year B.Sc. Psychology , expressed her thanks and appreciation to all the participants and viewers of the program .

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പ്രജ്യോതി നിക്കേതൻ കോളേജ്

മനഃശ്ലാസക്ത വിഭാഗം

മുതിർന്ന പൗരൻമാർക്കായി

ഒരുമുളന്ന ഒരൻവൈൻ സീനേഹവിരുന്ന്....

## ഓർമ്മകൾതൻ കളിമുറത്തത്...



21.08.2020



3.00PM



Google Meet

മുതിർന്ന

പുരൻമാരുടെ

ദിനം

ഈ വാക്മരതണലിൽ വിദ്യാർത്ഥികളോടൊപ്പം  
ഒരു സൗഹൃദം കൂടാൻ  
നിങ്ങളുവരേകൂടം തെങ്ങൾ കഴിഞ്ഞുനമു....

### ആശംസകളോടെ

ഡോ ഷൈജൽ പോൾ (പ്രിൻസിപ്പൽ)

ഡോ മിലു മതിയ ആന്റോ (HOD)

ഡോ നൈസ്മി പ്രാർത്ഥിനി

ഡോ സാമ്യ സ്മാർട്ടലൈറ്റ്

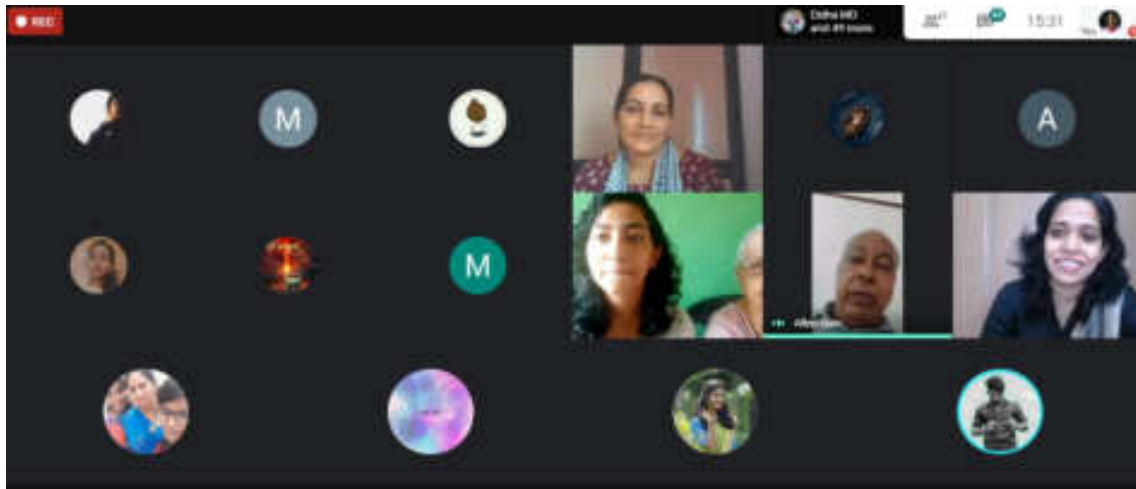
ഡോ സുകന്യ ബി.മേനോൻ

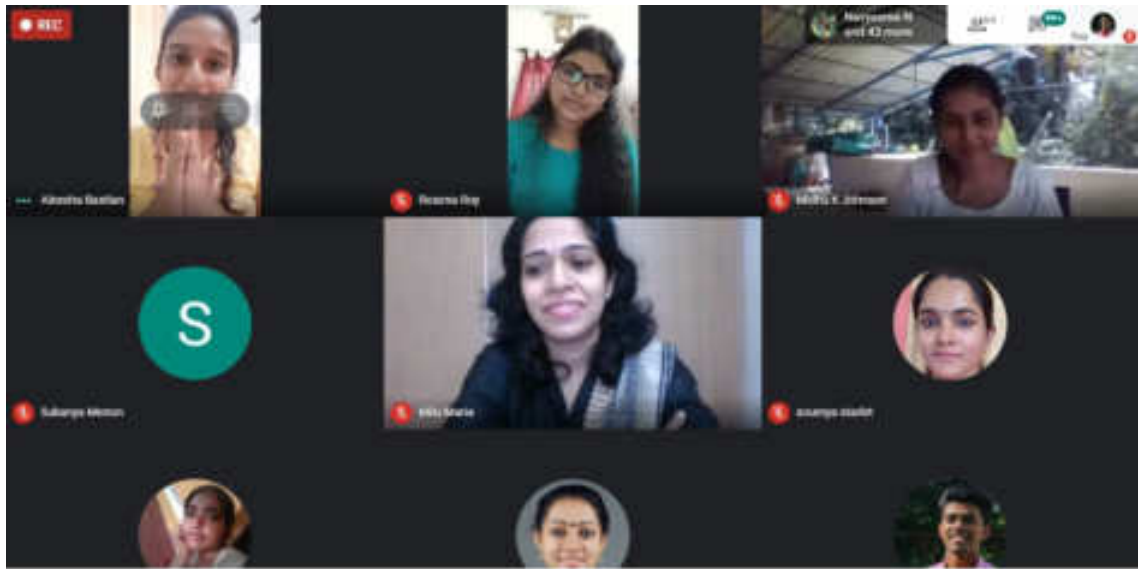
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ഡോ ലിജോ കെ.ജെ

മിയു കെ.ജോൺസൺ (കൺവീനർ)







## **Endowment Lecture – Dr. Varghese Paul and Dr. Moncy Edward**

**October 16, 2020,**

**Prajyoti Niketan College.**

On the 16<sup>th</sup> of October, 2020, Prajyoti Niketan College tuned in to the Endowment Lecture held in honour of Dr. Varghese Paul, and Dr. Moncy Edward. Spearheaded by the dedicated alumni of the Research and Post-Graduate Department of Psychology, and co-ordinated by Dr. Nice Mary Francis, this online event was held in order to commemorate the achievements of the guests of honour, and to express the college's gratitude towards them. The session was graced by the presence of Rev. Fr. Dr. Harshajan Pazhayattil, Founder/Director of Prajyoti Niketan College. The principal, Dr. Shaijan Paul, and the Head of the Psychology Department, Dr. Milu Maria Anto were also among the virtual audience.

Dr. Varghese and Dr. Moncy had been an invaluable part of Prajyoti for over two decades, being the wind behind the wings of the Psychology department, before their retirement in 2018, and 2020, respectively. The Endowment Lecture was a tribute to these dedicated educators, who managed to truly touch the hearts of their students.

In accordance with the stellar careers of the guests of honour, the Lecture was engaging and educational. Dr. M S Razeena Padmam, and Dr. K Pramodu were the keynote speakers for the event.

Dr. Razeena, Rtd. Professor and Director of the School of Behavioural Science, M.G University, spoke about Coping During the Covid-19 Pandemic, and the declining mental health of the public. Quarantine and isolation have been extremely detrimental to the mental state of children and adults alike. Isolation, and the loss of loved ones both tend to leave the people in states of deep depression. The insecurity that comes with losing jobs, death anxiety, and fears surrounding the pandemic all add to the mix. Children lose out on socialization and play, which is extremely important for healthy development during formative years. The grief experienced by those who lost loved ones to the illness, and the guilt that occasionally comes with it runs largely unchecked. Suicide rates, especially among adolescents and young adults rose exponentially, as hundreds of people found themselves unable to get help or medical intervention.

Due to social distancing rules, therapy has been more inaccessible than usual. Adapting counselling and therapy to the online medium, and spreading awareness about the importance of mental health are imperative, and Dr. Razeena made a compelling case. She used examples to expand on her ideas, and welcomed every question the participants had, making the session cordial and engaging.

Sex is a topic that is regarded as taboo in our society. Dr. K. Pramodu, who is a sexologist, clinical psychologist, and the founder of Dr. Pramodu Institute of Sexual and Mental Health, aims to shatter this stigma surrounding sex and sexual health. His lecture was on the topic of Sexual Disorders, and he spoke about the importance of

sexual education, and sexual health. Contrary to popular belief, sexual disorders are not simply a product of physical complications, but psychological difficulties, as well. If an individual is facing significant challenges in attaining arousal, or pleasure during sex, they may be experiencing sexual dysfunction. There are individual differences in how people experience pleasure, and in their sexual performance, and interests. The four categories of sexual disorders – desire disorders, arousal disorders, orgasm disorders, and pain disorders were explained in detail. Psychological hurdles, and discomfort can play just as an important role in sexual activity as physiological issues. Diagnostic criteria according to the DSM-5, as well as general medicine, were elaborated on, and the importance of administering both mainstream medical treatment and psychological counselling simultaneously was emphasized. The concepts of consent, as well as sexual etiquette was discussed.

Several multinational studies conducted in the late 2010s point to nearly 40% of the general population experiencing drawbacks in sexual performance and interests. And yet, it is a topic that is very rarely talked about, due to social stigma. Dr. Pramodu's session was not only an illuminating lecture, but also an open forum for all discussions pertaining to sex and sexual health.

The guests of honour, Dr. Varghese and Dr. Moncy, were paragons of excellence and dedication, cherished by their students, and accomplished in their own right. The Endowment Lecture was an event that was truly worthy of its guests, as it was a labour of love which took the time to enthrall and educate its audience. Despite the event being conducted online, the resource persons captured the attention of the attendees till the very end, and interactive sessions went smoothly.



# PRAJYOTI NIKETAN COLLEGE

PUDUKAD, THRISSUR-KERALA-680301

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*By Distinguished Alumni of*

**THE RESEARCH AND**

**POST GRADUATE DEPARTMENT OF PSYCHOLOGY**

## DR.VARGHESE PAUL & DR.MONSY EDWARD ENDOWMENT LECTURE-1



**Dr.Varghese Paul**  
Asso.Professor & Head  
1995-2018



**Dr.Moncy Edward**  
Asso.Professor & Head  
1995-2020



### RESOURCE PERSONS



**Dr.M S Razeena Padmam (Rtd)**  
Professor and Director  
School of Behavioural Science  
Mahtma Gandhi University  
Kottayam

**Dr.K Pramodu**  
Sexologist, Clinical Psychologist  
Dr.Pramodu Institute of  
Sexual and Mental Health  
Ernakulam

Founder Director&Manager  
Fr. Dr.Harshajan Pezhayattil

Principal  
Dr.Shaijan Paul

HOD  
Dr.Milu Maria Anto

Coordinator  
Dr.Nice Mary Francis

# **REPORT**

## **REGIONAL WEBINAR ON**

### **“ORGANIZATIONAL BEHAVIOR:AN OVERVIEW”**

On September 22<sup>nd</sup>, 2021, the Department of Psychology, Prajyoti Niketan College, Pudukad in association with Ansar College, Perumpilavu, Sahrdaya College of Advanced Studies, Kodakara and S N College, Vadakara conducted a regional webinar on “Organizational Behavior: An Overview”, which focused on general and specific aspects of organizational setting and its functioning. Approximately 70 students from four different colleges attended the webinar.

The resource person was Mrs Linda U L, Consultant Psychologist. She began her career as Child Psychologist, and has made remarkable contribution, as TTC Psychology tutor and as an Assistant Professor at Presentation College, Paravur. The webinar began with a small prayer, which was followed by welcome speech by Head of Psychology Department and Organizing Secretary, Dr Milu Maria Anto, presidential address by Vice Principal, Dr Simi Varghese, session on “Organizational Behavior: An Overview”, by resource person, Mrs Linda U L and vote of thanks by, MSc Clinical Psychology student, Ms Sandra Solomon.

During the webinar, the participants had the opportunity to answer the questions hosted by the resource person and to raise their own doubts and questions. Topics included: Organization, Organizational Behavior, Individual Behavior – Personality, Perception, Learning & Reinforcement, Attitudes & Values, Work Motivation, and Job Stress, Interpersonal & Team Process – Groups, Conflicts & Negotiation, Leadership, Power & Politics, and Communication, Organizational Processes – Organizational Structure & Design, Decision Making & Problem Solving, and Organizational Culture, Organizational

Psychologist – Recruitment, Employee Training & Development, Employee Satisfaction & Work Life, Performance Management and Organizational Development & Management, Benefits. The session lasted for 2 hours and 30 minutes. The webinar was a very interactive and a successful one.

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DEPARTMENT OF PSYCHOLOGY IN ASSOCIATION  
WITH  
• SAHRDAYA COLLEGE OF ADVANCED STUDIES,  
KODAKARA  
• S-N COLLEGE, VADAKARA  
• ANSAR COLLEGE, PERUMPILAVU

CONDUCTS A REGIONAL WEBINAR ON :  
**ORGANISATIONAL BEHAVIOUR : AN OVERVIEW**



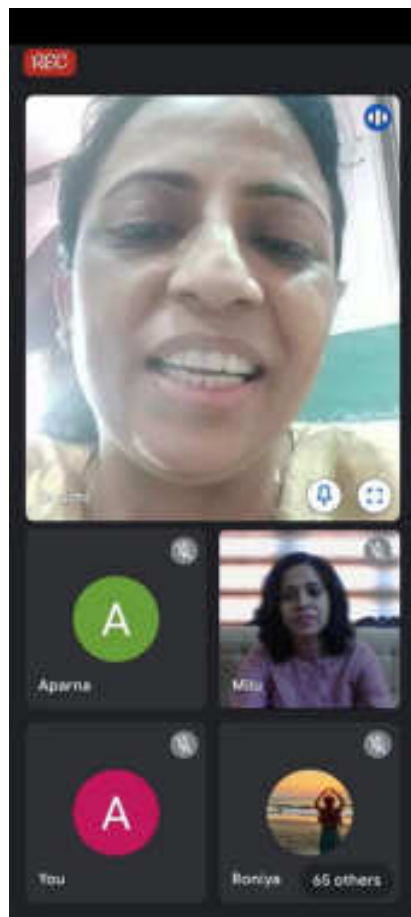
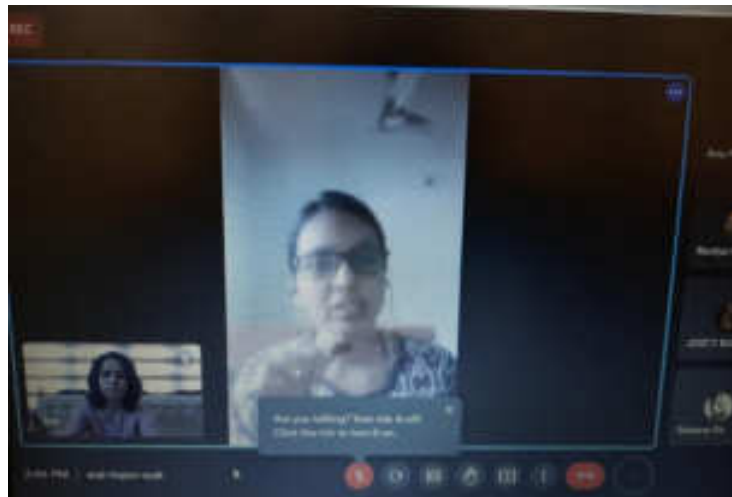
RESOURCE PERSON: LINDA U L,  
CONSULTANT PSYCHOLOGIST

DR. BINE P CHACKO  
(PRINCIPAL)

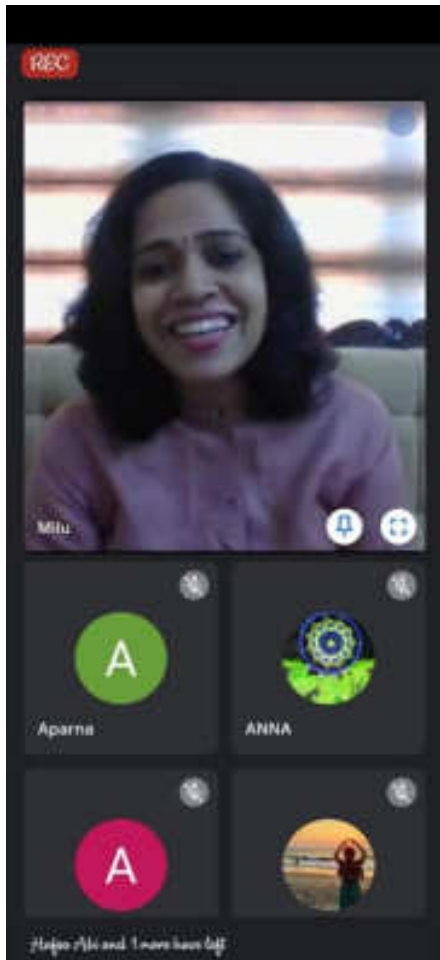
DR. MILU MARIA ANTO  
(HOD & ORGANIZING SECRETARY)

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Wednesday, September 22nd, 2021  
2:30 pm | Platform - Google meet  
<https://meet.google.com/wai-hqrv-euk>







**Organiser : IQAC and Department of English**  
**Event : Regional Webinar on Compassionate Communication : Staying Inspired during the Pandemic**  
**Resource Person : Ms. Soumya Mohan C, HoD, Behavioural Science, Kerala Police Academy, Thrissur**

**Date : 6th August 2021**  
**Platform : Google meet**

The Department of English in association with IQAC organised a regional webinar on “Compassionate Communication : Staying Inspired during the Pandemic” on 6th August 2021 via google meet. Ms. Soumya Mohan, HoD, Behavioural Science, Kerala Police Academy was the resource person.

The webinar was organised with the aim of helping the students develop better personal relationships through compassionate communication. The pandemic has adversely affected human lives through stressful and overwhelming challenges which cause strong emotions in adults and children. Ms. Soumya Mohan through her insightful and interactive session helped students understand how and why communication fails leading to conflict and estrangement between dear and near ones.

The webinar concluded with a Q&A session which shed light on the challenges faced by youngsters in their communication with peers. The programme was attended by 100 students.

16:21

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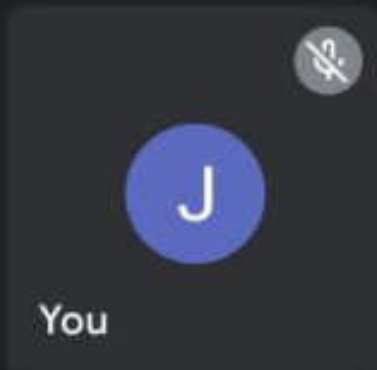
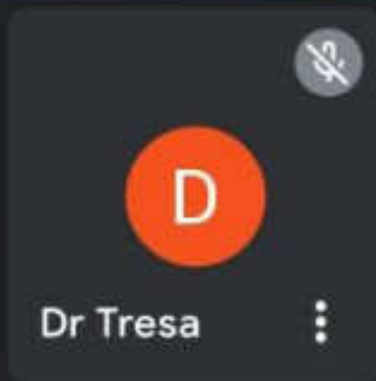
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REC

# COMPASSIONATE COMMUNICATION

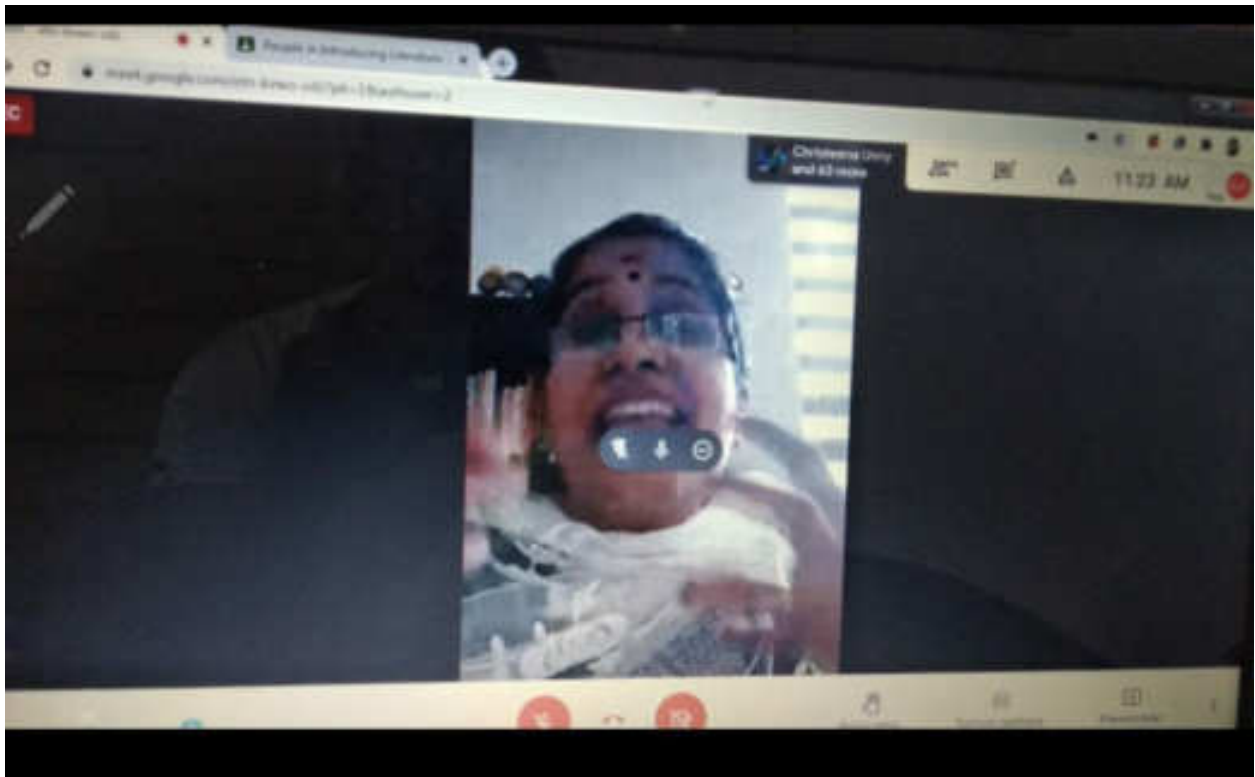
Soumya Mohan C  
HoD Behavioural Science  
Kerala Police Academy

soumya is presenting



## Webinar on Soft Skills

A webinar on Soft Skills was organised by the Department of English on 19th January 2021 via google meet. The programme was aimed at helping students improve their communication skills and interpersonal skills to face diverse challenges of the globalised world. Ms. Deepa Rajiv ,Communicative English and Soft Skills Trainer at Positive Attitude Thrissur was the resource person. Ms. Deepa stressed on the need to develop a collaborative spirit to become a successful employee. The webinar was attended by 80 students from different departments.





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Department of English and IQAC organize a

WEBINAR ON

# SOFT SKILLS



### RESOURCE PERSON

Ms Deepa Rajiv

COMMUNICATIVE ENGLISH AND  
SOFT SKILLS TRAINER  
POSITIVE ATTITUDE  
THRISSUR



MEETING PLATFORM : GOOGLE MEET  
19-01-2021, 10:45am - 12:15pm

Principal  
Dr Shaijan Paul

HOD English  
Dr Mary Paul

IQAC Co-ordinator  
Dr Simi Varghese

Organizing Secretary  
Ms Krishnapriya P R

## Webinar on Indian Cuisine

The cuisine of India is one of the world's most diverse cuisines, characterized by its sophisticated and subtle use of the many spices, vegetables etc. Department of English organised a webinar on Indian Cuisine titled to celebrate the diversity of Indian Cuisine. The webinar was conducted by the students of the department. Ms. Lakshmi Madan gave an introduction on the food culture of India. Ms.Jovia, Ms. Keerthi, Ms.Navya and Ms.Athulya introduced one dish each for the students and gave a detailed recipe of the same to them. The webinar held on September 19, 2020 was attended by 80 students of the department.



## Energy Conservation Webinar – Dec 17, 2021

The IQAC and the Dept of Electronics, Prajyoti Niketan College have jointly commemorated the Energy Conservation Day on Dec 17, 2021. The programme was conducted with the support of Energy Management Centre, Govt of Kerala. Dr T V Vimalkumar, Asst Professor and Research Guide, Dept of Physics, St Thomas College, Thrissur has delivered a talk on 'Energy Conservation and Sustainable Future' on Dec 17, 2021. Mr Vimalkumar is the District Co-ordinator of Energy Management Centre, Govt of Kerala, Thrissur. Principal Dr Binu P Chacko presided over the function. IQAC Co-ordinator Dr Simi Varghese and Head of the Dept of Electronics, Mr Joseph P P, spoke on the occasion. Dr T V Vimalkumar gave a brief description about the projects to be implemented by Govt of Kerala.



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**Seminar on Energy Conservation**

Organized by  
**IQAC & Energy Management Centre, Govt of Kerala**  
in association with **Department of Electronics**

**Topic : Energy Conservation for Sustainable Future**

**16.12.2021**  
**3.00 - 4.00 PM**

**@ Assissi Hall**

**Dr. T V Vimalkumar**  
Asst Professor & Research Guide  
Dept of Physics  
St. Thomas College, Thrissur  
District Co-ordinator, Energy Management  
Centre, Govt of Kerala

**Dr. Binu P Chacko**      **Dr. Simi Varghese**      **Mr. Joseph P. P**  
Principal                      (IQAC Co-ordinator)                      (HOD)

Thrissur, Kerala, India  
CPCC-DVX, Pudukkad, Thrissur, Kerala 680305, India  
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Long: 76.372116°  
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## Film Club Inauguration and Webinar

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**25**

WEBINAR ON  
**BORN INTO BRANDS**  
- Brandtalks by Favour Francis

Organised by Departments of English, Journalism & IQAC  
Prajyoti Niketan College, Pudukad

**FAVOUR FRANCIS**  
Renowned Media Trainer  
Creative Director  
Yara Worldwide

**OCTOBER 16, 2020, TIME : 3 pm**  
**PLATFORM : GOOGLE MEET**

Principal  
**Dr Shaijan Paul**

Organizing Secretary & IQAC Co-ordinator  
**Dr Simi Varghese**

HOD English  
**Dr Mary Paul**



Prajyoti Niketan College, Pudukad

NSS Units 85 & 183

7 day Special Camp Report: Dec 25<sup>th</sup> to Dec 31<sup>st</sup> 2021

**Prajyoti Niketan College, Pudukad**  
**NSS unit 85 and 183**

**Venue : st.Antony's H S,  
Kottat, Chalakudy**

**ഏഴുദിവസം**  
**Seven days special  
Annual camp**

**2021-22**  
Date - 25-31 Dec

**'യുവത്വം സത്രി സുരക്ഷയ്ക്കും  
തുല്യ നിതിക്കുമൊപ്പം'**





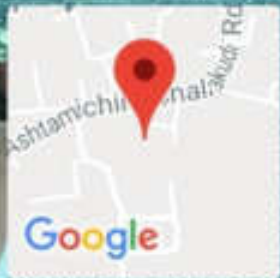


## Day 2 : 26.12.2021

The second day at the camp began with a Yoga session that helped the students feel relaxed and to calm their minds. The inauguration ceremony took place at 9.30 am. The ceremony began by the NSS song. Dr.Binoj Jose NSS PO welcomed the gathering. The camp was officially inaugurated by Sri.Saneesh Kumar Joseph, MLA Chalakudy. Dr.Binu P Chacko, Principal Prajyoti Niketan College, presided over the meeting. Sri.Anilkumar M M, Chairman, Health standing committee, chalakudy Municipality; Sri George Thomas, Ward Councillor, Sr.Moly N O, H M, St.Antony's HS, Kottat and Sri. Thomas Puthussery, PTA President, St.Antony's HS, Kottat felicitated on the occasion. Dr. Umadevi K S, NSS PO proposed the vote of thanks.After the inaugural ceremony, volunteers were engaged in the making of a vegetable garden as well as visit to the paddy fields to enlighten themselves with agricultural activities. Sri. Fredy Diclouse, Contract Project Engineer, New DMR Tire 3, Kerala Police Wireless system gave a talk on 'Welfare and protection Scheme of Children and Women in Kerala and cyber crime' at 2.00 pm. The talk was really informative and quite relevant. At 4.00 pm all were engaged in cleaning activities.The camp analysis at night was soon followed by the cultural programme.



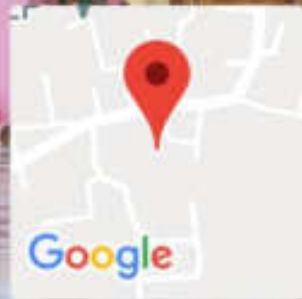
GPS Map Camera



Kottat, Kerala, India  
78Q5+4M5, Kottat, Kerala 680731, India  
Lat 10.288185°  
Long 76.309427°  
26/12/21 07:25 AM



GPS Map Camera



Kottat, Kerala, India  
78Q5+4M5, Kottat, Kerala 680731, India  
Lat 10.288296°  
Long 76.309321°  
26/12/21 10:50 AM



### **Day 3 : 27.12.2021**

As usual the day began by Yoga at 6.30 am. At 10.00 am Prof. Sreejith, Department of Political Science, Panambilly Govinda Menon Memorial College, Chalakudy gave a talk on the topic 'Youth and people planning'. It really helped the volunteers in getting better view about governance and how citizen centric planning can help to build a better society. After the class a session to introduce and familiarize each other was led by Dr Simi Varghese the Vice Principal, Prajyoti Niketan College Pudukad. Further, she shared her experience as NSS volunteer as well as NSS Programme Officer. In the afternoon, at 2 pm Mrs Maria Tresa, Psychologist, Panambilly Govinda Menon Memorial College, Chalakudy and Mrs. Diveena Rehabilitation Psychologist from Thanal, gave a talk on 'Equality for Women and Psychological issues. The class gave an understanding about the need to ensure equality for women and the ways to fight against the hurdles in the path to equality. At 4.00 pm the students practiced for various activities like flash mob, preparing pluck cards etc... for SPARSHAM 2021. The units in association with Kerala Excise Department organized the anti-drug campaign as part of 'SPARSHAM 2021' at 6.00 pm. The volunteers assembled at Kottat junction with posters and banners speaking volumes about the need to give up drugs. The programme that began with a flash mob drew the attention of locals. Chalakudy Excise Range Inspector, Mr. Aswin Kumar and his team led the pledge taking

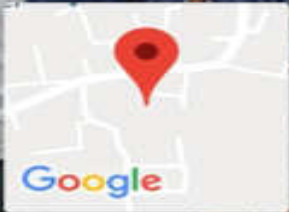
ceremony. Mr. George Thomas, Ward Counselor presided over the meeting. The volunteers assembled in a form that says 'NO DRUGS' by holding lighted candles. Volunteers made lifelong commitments to avoid drugs at any cost. The analysis session of the day was followed by the cultural programmes.











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**Long 76.309346°**  
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 **GPS Map Camera**



#### **Day 4: 28.12.2021**

The volunteers began the day with yoga session at 6.30 am. The day was really exciting as it was arranged at the forest. The activity titled 'Camping at the forest' started by 8.30 am. It was organized in association with the social forest department, Chalakudy. Sri. Mathew, Range Officer gave a wonderful session on forest and wildlife. He clarified various doubts in the minds of the volunteers pertaining to wildlife, forest Forest Act etc. Thereafter, the volunteer cleaned the area and each volunteer cleansed and prepared the foot of a minimum 3 plants each. After

this, all moved to the Residential School, Nayarangady, Chalakudy. The NSS Volunteers provided a short cultural fest to the students of the school which was really enjoyed and appreciated by the students and faculty of the School. The volunteers reached back after the camp around 8 pm. The camp were analyzed and the day ended with the cultural programme.









GPS Map Camera

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Unnamed Road, Kodassery, Kerala 680721, India  
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School



Avarangadi Groun

Google



### **Day 5 : 29.12.2021**

Yoga marked the beginning of the day. The free eye test campaign was organized in association with Little Flower Hospital and Research Center, Angamaly. The programme was inaugurated by Sri. Antony Thekkineth, Vicar, St. Antony's Church, Kottat. More than 100 people visited the camp and tested their eyes. Around 4 pm Dr. Fr. Harshajan Pazhayattil, the founder directed and Manager of Prajyoti Niketan College Pudukad and the Principal Dr. Binu P Chacko visited the camp. Dr. Fr. Harshjan urged the students to be socially responsible citizens. The '*night sky watching*' session at 5.30 pm by Dr. Nijo Varghese, Asst. Professor, Dept. of Physics, SH Collge, Chalakudy was really a novel experience. With the help of an advanced telescope, the Volunteers saw a few planets, many stars and constellations that were often unnoticed. Further, Dr. Nijo provided a detailed experience on cosmology. The cultural programmes took place after the camp analysis.



# സൗജന്യ നേത്ര പരിശോധന ക്യാമ്പ്



## NSS 85 & 183 യൂണിറ്റുകൾ



പ്രജ്യാതി നികേതൻ കോളജ്,  
പുതുക്കാട് &  
ലിറ്റിൽ ഫ്ളവർ ഹോസ്പിറ്റൽ &  
റിസർച്ച് സെന്റർ, അങ്കമാലി



29-12-31  
10AM to 01PM  
@ St. Antony's CHS, Kottatt

ഉദ്ഘാടനം : ഫാ. ആന്റണി തെക്കിനേത്ത്  
(വികാരി, സെന്റ് ആന്റണീസ് ചർച്ച്, കോട്ടാറ്റ്, ചാലക്കുടി)





### **Day 6 : 30.12.2021**

Yoga at 6.30 am helped the volunteers start the day afresh. In the Morning session, Dr.Arun Krishna, Asst. Professor Dept of Commerce, Christ College, Irinjalakuda and National Level NSS Trainer, gave a talk on 'NSS Social Commitment'. He spoke about leadership and the ways to become a good leader like being faster than the fastest, doing things out of love etc. From 2 to 6 pm the volunteers divided themselves into various groups and conducted a Women safety survey and also e-waste collection. The data obtained was analysed to draw an average picture of the women's status in society especially of those in wards 27 & 28. The volunteers also carried out E waste collection in the ward which was a major step towards ensuring a green environment. A debate on gender equality was held at 7.00 pm, which was followed by camp analysis of the day and cultural programme.



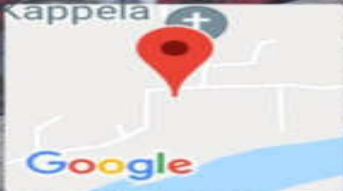
Kottat



Google

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Long 76.31625°  
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GPS Map Camera



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GPS Map Camera



Kottat, Kerala, India

West Chalakudy, Kottat, Kerala 680731, India

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Long 76.308932°

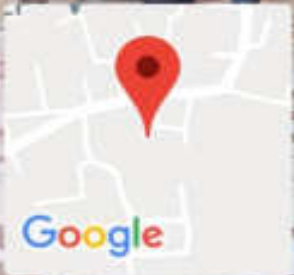
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### **Day 7 : 31.12.2021**

It was the last day of the 7 day special NSS camp. As usual camp began with Yoga at 6.30 am. After Yoga the volunteers engaged in cleaning the venue of the camp. At 10.00 am, there was the concluding ceremony. The ceremony began with the NSS song. Master Ahinav V Jayara, NSS Secretary welcomed the gathering. Mrs Nita Paul, Chairperson, Welfare Standing Committee, Chalakudy was the Chief Guest, Mr George Thomas, the Councilor of Ward 27 presided over the meeting. The NSS Secretary Abhinav V and Jaimol T P handed over the report of the Survey on Women Status in Wards 27 and 28 to Mr George Thomas, the Councillor in the presence of Mrs Nitha Paul, Chairperson, Welfare Standing Committee, Chalkudy. The Councillor assured that he will look into the study report and take necessary action. The camp analysis was done by Dr. Binoj Jose, NSS PO and Kum Jaymol T P NSS Secretary. The ceremony ended with a Vote of thanks proposed by Dr. Umadevi K S, NSS PO. The volunteers were given a platform to share their camp experiences. The camp really helped the volunteers understand themselves and others.





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31/12/21 09:27 AM

GPS Map Camera





Dr Binoj Jose & Dr Umadevi K S

NSS Programme Officers(Unit No 85 & 183)

**ADD ON PROGRAMS  
CURRICULUM**

**ANNEXURE -A**  
**ADMISSION CRITERIA**

The admission should be as per the existing rules of the University for Degree Courses

**CERTIFICATE COURSE IN YOGA THERAPY**

DURATION ONE YEAR

20 Credits /300 Hours

**PART -A THERORY**

**UNIT -I ORIENTATION TO PANTANJALI YOGASUTRA:**

Introduction to Yogasutra , meaning and definition of Yoga, Chitta Vrittis, Ashtanga Yoga --Yama , Niyama, Asana , Pranayama, Pratyahara, Dharana, Dhyana, Samadhi and streams of Yoga

**UNIT -II HUMAN ANATOMY AND PHYSIOLOGY:**

1. Organs and human systems
2. Functional anatomy and physiology of different systems

**UNIT -III ORIENTATION OF HATHAYOGAPRADIPIKA:**

Hatha yoga - Introduction, Hatha yoga and Raja yoga, Mithahara, Pathya and Apathaya. Hathayoga achievements, Pranayama- Nadishuddi, Yukta and Ayukta pranayama, Nadi shuddi, Satkriya- Nethi, Dhouti, Basti, Nauli, Trataka, Kapalabhati, , varieties of Kumbhaka - Methods of practice, classification of their benefits , Hathayoga siddhikalahanam Prakrasa and koshas

**UNIT-IV HEALTH, WELLNESS AND RELATED ASPECTS**

1. Physical fitness components
2. Types of physical fitness
3. Health related physical fitness
4. Warming up and limbering down
5. Posture - postural defects - physical deformities

**UNIT -V INTRODUCTION TO YOGA THERAPY**

Procedure, effects, indications and contra indications of various Asanas, Pranayamas and Kriyas

**PART -B PRACTICAL**

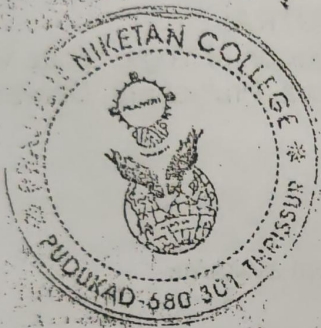
**UNIT -I YOGASANAS , KRIYAS AND PRANAYAMA**

Sithaleekarana Vyayama, Ardhatichakrasana, Padahasthasana, Aradhachakrasana, Trikonasana, Parivrihathrikonasana, Parsvakonasana, Swasthikasana, Gomukhasana, Veerasana, Kukkutasana, Uthanakurmasana, Dhanurasana, Matsyendrasana, Mayurasana, Savasana, Bhadrasana, Simhasana, sarvangasana,

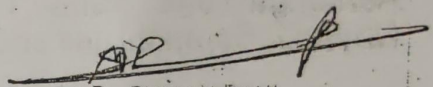


Sirshasana, Pavanamuktasana, Bhujangasana, Suptavajrasana, Matsyasana, Chakrasana, Halasana, Salabhasana, Suryanamaskar, Vajrasana, Pachimothasana, Ushtrasna, Bhujangasana, Makarasana, Kriyas, General cleaning techniques, Anunasika breathing Svana breathing, Mukha bhastrika, mukha dhouti, Sectional Breathing, Anuloma -viloma, Nadi sudhi, Ujjayi

UNIT -II INTRODUCTION TO PRACTIALS\_YOGA THERAPY  
Procedura, effects, indications and contra indications of various Asanas, Pranayamas and Kriyas



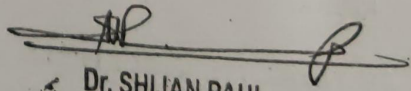
TRUE COPY

  
Dr. SHIJAN PAUL  
Principal

Prajyoti Niketan College, Pudukad  
Thrissur Dt. - 680 301, Kerala

TRUE COPY



  
Dr. SHIJAN PAUL  
Principal

Prajyoti Niketan College, Pudukad  
Thrissur Dt. - 680 301, Kerala

## C1 Internet and Web Design

### Unit I

Internet: History, Growth, Global Internet, Features, Internet infrastructure, Information services, Communication facilities, Packet switching, Network of networks, Types of Internet connections, ISP, Security issues, TCP/IP, Client/Server, Organisation of domains, Registering a domain name, Configuring broadband, ISDN, and dial-up connection in Windows XP, Enabling ICF, Connecting to LAN using VPN (Windows XP), Displaying IP address, Testing connection with ping and traceroute, Intranet, Connect LAN to intranet, ICS (Windows XP)

### Unit II

E-mail: Get e-mail, Addressing, Message headers, Downloading, Formatted, Web based e-mail, Mail away from home, E-mail programs, Configuring, Sending and Receiving files, Filtering, Spam, Viruses (Outlook and Yahoo! Mail), Chatting, Ways to use chat, IRC, mIRC, Commands, Starting and managing a channel, Interactive web chat, Web discussion boards, Instant messaging, Internet phone, Voice and Video conferencing (Yahoo Messenger and Windows Messenger), Hardware requirement

### Unit III

www.concept.language, Protocol, Special web sites and pages, Web browser (IE), Features, Customising, Searching, Browsing, Plug-ins and ActiveX controls, Address bar, Home page, Links bar, Favourites, Importing/Exporting favourites, History folder, Media bar, Accessibility features, Internet shortcuts, JAWS, MS Narrator, Security, Other browsers, Web security and privacy concepts, site blocking, Web design, Planning, Creating, Publishing, Graphics, File formats, Progressive display and transparency, Optimising images, Animation, Multimedia graphics

### Unit IV

Audio files, Types, Create, Adding video to web page, Browser scripting with JavaScript, Extending browsers with Java and ActiveX, Running server programs, CGI scripts, PHP scripts, Standardising web page formatting, ASP, ColdFusion, Unicode, Transformation formats, Characters and glyphs, Advantages/disadvantages, Web accessibility, Initiative, Alternative for images, Maximising readability, Accessibility tools, Database, Relational database, SQL, MySQL, DBI, ADO.NET, Web servers (IIS and Apache), HTTP request types, System architecture, Client/Server side scripting, Install, Configure, Apache modules, Requesting documents

### Unit V

Web hoisting, Secure servers, Uploading process, Uploading through web interface, Troubleshooting, Submit the site to search engines, Links to site, Communicate to visitors, Analyse web traffic, Commercial sites, Shopping cart systems, Accepting payments, Auction sites, Consignment sites, Transferring files using e-mail, web, web

folder, FTP, and P2P sharing utilities, Logging into web/FTP server, Quality, security and ownership issues

Text Book

1. Douglas E Comer, "The Internet Book", Pearson Education Asia
2. Margaret Levine Young, "The Complete Reference: Internet", Tata McGraw-Hill Edition
3. H M Deitel, P J Deitel, and A B Goldberg, "Internet & World Wide Web – How to Program", Pearson Education

Reference

Ivan Bayross, "Web Enabled Commercial Application Development Using ... HTML, DHTML, JavaScript, Perl CGI", BPB Publications

# Prajyoti Niketan College, Pudukad

Certificate Course: Communication Skills in English

Department of English

20 Credits/ 300 Hrs

## SYLLABUS

### Aim:

To train the learners acquire basic communication skills

### Objectives:

To develop listening skills

To develop speaking skills in a range of contexts

To give a brief introduction to the segments of sound

To identify grammatical components and to enable the learner to avoid ambiguity

To promote clarity in speech and to enrich vocabulary gradually

To develop skills of critical comprehension and thinking

### Course Outline:

#### Part A: Theory Classes

(12 Credits) (180 hrs)

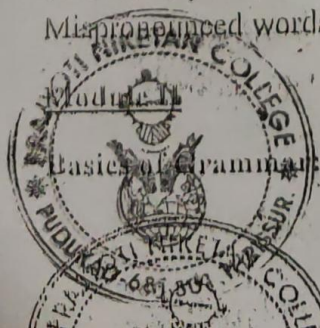
#### Module I

3 Credits (45 hrs)

#### Basics of Phonetics:

Speech Sounds- Pure vowels, Diphthongs, Consonants; Syllable, Word Stress, Sentence Stress; Accent/ Rhythm; Falling and Rising intonation, Pitch; Mother Tongue Influence; Pronunciation, Mispronounced words

3 Credits (45 hrs)



The Sentence; Parts of Speech; Tenses; Articles; Active/Passive Voice; Direct/Indirect Speech  
Use of Capital Letters; Punctuation; Common Grammatical Errors

3 Credits

Module III

Vocabulary:

Word Formation from root words; Learning words through situations; Words often confused

3 Credits

Module IV

Critical Thinking and Analytical Argument:

Introduction to Critical thinking; Language of Critical Thinking; Recognition of  
Appreciation of various points of view; Non-Verbal Language; Learning strategies and

3 Credits

PART B: Practical Classes

Module V

Listening Skills:

Listening to conversations (Language Lab); Listening to the news on R. T. V. and I. V.; Listening  
to speeches; Listening to announcements

Speaking Skills:

Introducing oneself; Greeting people; Making requests; Meeting friends at a shop; Meeting a  
doctor; At the theatre; At the railway station; At the bus stop; At the bank; Apologizing;  
Arranging a party; Conveying a message; Reporting an incident; Describing an event; Narrating  
an story.

4 Credits

Module VI

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Telephonic Skills:

Telephone conversations; Handling calls; Leaving messages and giving instructions

Group Discussions (Elementary level):

Topic based and Case based; Marketing Skills; Debates, Discussions

Role Play:

Use of small groups to simulate situations

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Dr. SHIJAN PAUL

Oxford Guide to Effective Writing and Speaking. John Seelye, New Delhi: OUP, 2007.

Critical Thinking Skills, Stella Cottrell, Palgrave, Macmillan, 2005. Pudukkad

Thrissur Dt. - 680 301, Kerala





20 credits /300 Hrs

**Course outline**

- 1) **Part A -Theory- Fundamentals of Psychology and Counseling (12 Credits)**
- 2) **Part B -Practical-Psychological Testing (8 Credits)**

**Syllabus**

**Part A -Fundamentals of Psychology and Counseling (12 Credits)**

**Section A - Fundamentals of Psychology**

60 Hrs

4 Credits

**Objectives**

- To familiarize students with the concepts of basic psychological processes.
- To give a brief introduction to the systems and theories of psychology.

**Module 1: Introduction**

Psychology-Definition, Brief History of Psychology- Structuralism, Behaviorism, Gestalt psychology, Psycho analysis, Cognitive approach.

**Module 2: Consciousness**

States of Mind, Nature of Consciousness, Altered states of consciousness

**Module 3: Perception & Learning**

Sensation and Perception, Perceptual Organization, Perceptual Constancies, Space Perception.

Learning –Theories of Learning-Strategies for effective Learning.

**Module 4: Memory & Forgetting**

Basic Concepts, measuring memory, Types of Memory, Mnemonics Forgetting, Reasons of forgetting, Theories of forgetting



## References

- 1) Carlson N.R(1987). Psychology, 2nd edn Allyn & Bacon Inc Boston
- 2) Baron, R. A. (2004). Psychology, 5th ed. New Delhi: Pearson Education.
- 3) Weiten, W.(2002). Psychology: themes and variation, 5th ed. New York: Brooks/Cole.

## Section B: Fundamentals of Psychological Assessment

60 Hrs

4 Credits

### Objectives

- To acquaint students with various assessment techniques
- To familiarize students with the concepts of basic psychological testing.

### Module 1: Methods of assessment

Observation, rating scales – checklists – interview schedules – other measures: anecdotal reports – Autobiography – group assessment techniques: Sociometry – Case study preparation and report writing.

### Module 2 Introduction to Psychological Tests

Concept and evolution – Principal characteristics of psychological tests – Purposes – Uses of Psychological tests Varieties of tests – Criteria of a Good Test – Reliability & Validity - Cautions for the use of Psychological tests.

### Module 3 Intelligence Testing

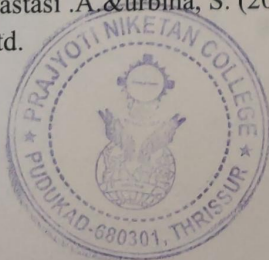
Theories of intelligence - classification of intelligence tests - Individual & Group tests – Performance tests – Culture fair intelligence tests – Caution in the use of intelligence test scores – Aptitude Testing – differential aptitude test battery – Special aptitude tests -

### Module 4: Personality

Theories of personality – Psychoanalysis, Adler's theory, Cattell's theory Roger's theory Testing – Techniques of testing Personality Situational Tests – Projective techniques Interest Testing – Interest inventories and preference records

## References

- 1). Gregory ,R.J.(2005). Psychological testing(4<sup>th</sup> ed.)New Delhi: Pearson education Pvt Ltd.
- 2) Anastasi .A.& Urbina, S. (2004). Psychological Testing(7<sup>th</sup> Ed.) New Delhi: Pearson education Pvt Ltd.



3) Woodworth, R.S. & Scholberg (1972). Experimental Psychology. Holt, Rinehart & Winston.

## Section C: Basics of Counseling Psychology

60 Hrs

4 Credits

### Objectives

- To familiarize students with the concepts of basic counseling psychology.
- To expose the student to the different factors of application of counseling

### Module 1: Mental Health:

Factors that contribute to mental health - Importance of mental health – Mental health Model: Prevention, Primary, Secondary and tertiary - Characteristics of mentally healthy person

### Module 2: Introduction to Counseling

Definition – Development and goals- preparation – Characteristics of Counselor- counseling process: Steps – different phases.

### Module 3: The Counseling Relationship

Good relationship, the interview – types, structuring the relationship, setting & room arrangement, general tips on the initial interview, counseling process, techniques for building & enhancing the working relationships

### Module 4: Approaches to Counseling:

Directive, Non-directive, Psychoanalytic, Humanistic, , Eclectic approach

### References

- 1). Rao, S.N. (1981). Counseling Psychology. New Delhi: Tata Mc Graw Hill Publisher.
- 2) Patterson, L. E. & Welfel, E. R. (2000). The Counseling Process (5<sup>th</sup> ed.) Belmont: Wodsworth /Thomson Learning
- 3) Gelso, C.J., & Fretz, B.R. (1995). Counseling Psychology. Bangalore: Prism Books Pvt



## Part B Psychological Testing

120 Hrs

(8 Credits)

### Objectives

- To familiarize students with psychological instruments.
- To develop the skills of psychological testing and scientific reporting.

1. Rosenberg's Self Esteem scale
2. Rotter's Locus of Control scale
3. Family Interaction Scale.
4. Achievement Values and Anxiety Inventory.
5. Dysfunctional Attitude Scale
6. Bell's Adjustment scale.
7. Emotional intelligence scale.
8. IAS rating scale.
9. Level of Aspiration.
10. Knowledge of Results.
11. Standard progressive matrices
12. Mathew test of mental ability.
13. Eysenk's personality Questionnaire.

Note: the students will have to complete the 10 paper pencil tests and record and submit for evaluation in the phase of the programme.



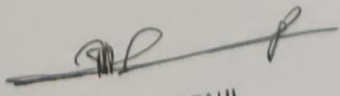
**ADD ON PROGRAMS**

**LIST OF STUDENTS  
AND  
ATTENDANCE SHEET**

Add On Web Technology 2019

Sl No	Name
1	MANASA A S
2	HENNA THOMAS
3	RIYA K S
4	RINI JOHNY
5	ATHIRA JOSE
6	B ARCHANA
7	SNIGDHA M S
8	ASWANA T P
9	ROSHY JOHN
10	JAINI C J
11	FIJO PETER
12	KELVIN SHAJU
13	NAVEEN KUMAR V N
14	SIDDHI NAIR
15	NIKHITHA P S
16	ANJALY M RAJAN
17	ALET TREEVAN
18	DHIVYA WILSON
19	ROSA DAVIS
20	SONA P B
21	NAVYA V A
22	JEFF VARGHESE
23	SHIVRAMDAS SAJEEV
24	ALFIN C T
25	RAMANUNNI T G



  
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Prajyoti Niketan College, Puduk  
Thrissur Dt. - 680 301, Kerala




**Add on Communication Skills in English (2019)**

Sl No	Name
1	ABHIJITH K B
2	ALWIN THOMAS
3	ANUGRAHA DAVIS
4	ATHIRA K NAIR
5	ATHULKRISHNA E B
6	DILJA DAS E R
7	HARSHITHA T S
8	JAYALAKSHMI K JAYAN
9	JOYAL C G
10	KALIDASAN N
11	NITHA CHANDRAN
12	ROHITH MOHAN
13	SHANIYA SHAJU
14	SURAG SUNIL
15	VYSHNENDHU T A
16	ANNA JACSON
17	ARDHRA C D
18	LUDHI STANLY CHIRAYATH
19	AMRITHA SANTHOSH
20	APARNA RAVEENDRAN PARIYANGHAT
21	APARNA SANKAR
22	ASHLY MERIN CHACKO
23	ASWATHY A R
24	BENITA ROSE
25	DEVANGANA P
26	ELDHA M D
27	ELIZABETH ROY
28	FEBIA M RUMES
29	HANNAH GRACE JAISON
30	HENNA
31	JOEL JOSEPH V J
32	LAKSHMI C S
33	NAVYASREE N
34	NIMISHA E T
35	RENUKA RAVEENDRAN
36	SNEHAMOL JOHNSON
37	TEENA SURESH
38	WAJID M
39	AMRITHA U
40	AMRUTHA M
41	ANAGHA ANILKUMAR
42	ANITTA P JOSE
43	ARUNDHATHI NADH O V
44	BHAVYA SUNIL
45	BINEESHA M B
46	DEENMARY DAVIS
47	FIDA FATHIMA
48	KEERTHI E ANIL



49	NAVYA PAUL
50	NEETHU MARIYA NOBLE
51	SANDRA DAVIS K
52	SNEHA BENSON
53	VISMAYA M G
54	AKSHAY K G
55	APARNA JOHNSON
56	ATHIRA K S
57	GAYATHRI K
58	JISTINA V J
59	KARTHIK V S
60	KRISHNAPRIYA M
61	MARIYA XAVIER
62	MARTEENA K A
63	MAYAKUMARI
64	MUKILA K C
65	NASRIN C S
66	NEEMA BASHEER
67	NICY K P
68	NIFIN LONAPPAN
69	SANJEEV K B
70	SHERIN SHAJY
71	SIDHARTH C A



  
Dr. SHIJAN PAUL  
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Thrissur Dt. - 680 301, Kerala



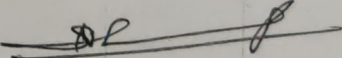
# LIST OF STUDENTS COMMUNICATION IN ENGLISH 2018-19

Sl No	Name
1	ANJALY JOSE
2	ANJANA M ADARSH
3	ANN MARIA WILSON
4	ARYA S S
5	ASHMITHA SANTHOSH
6	ASHWIN T M
7	CATHARENE DAISON
8	DORIYA M D
9	GLORIA M J
10	MARIYA XAVIER
11	MILAN P R
12	SANDRA C S
13	SMRITHY C S
14	SREELAKSHMI T R
15	AQUINAS MALIAKAL
16	ASWIN BABU K
17	BISNA BABU
18	SREEPRIYA P B
19	ANCY ANTO
20	MEENU KRISHNA P
21	SREEJICA M R
22	AASHISH HARIKRISHNAN
23	ABHIRAMI P R
24	AJAX ANTONY
25	ARDRA SATHEESH
26	ASWINI C C
27	HELNA PAUL
28	INDHULAKSHMI T S
29	JASMINE JOHNSON VALLOORAN
30	JERIN JOSE
31	JESLINE J ALAPPATT
32	JOVIA PAULSON
33	MANUAL MARTIN
34	MARYLIYA M J
35	MAYA NANDHANA M D
36	MEGHANA V A
37	NAVYA K
38	NIMMY MOL BYJU
39	PRAVEENA P
40	SANJANA MOHAN
41	SYAMA S
42	THUSHARA C P
43	AISWARYA PRIYA K B
44	ANAGHA M V
45	ANEESHA K S



46	ANEETTA RAPHAEL
47	ANJALI K J
48	ANJALY K U
49	ANN J NETTIKADAN
50	APARNA N S
51	ASHNA RADHAKRISHNAN
52	DEVIKA K R
53	DIVYA M J
54	HARITHA K S
55	HELEN PAUL
56	JENNET P JOJU
57	JOYAL PAUL
58	JYOTHIKA S MENON
59	KRISHNA G
60	KRISHNA K S
61	NISSY RAJ
62	PAUL SIMON
63	PRITESHIA A P
64	SAMANTHA K R
65	SANDRA MOHAN
66	SANDRA VINCENT
67	SIENNA K RAJ
68	SNIYA A V
69	SUDHINA N S
70	SUKRUTHA P M
71	VARNNA SUNNY




  
PRINCIPAL

# List of Students - Web Technology 2018-19

Sl No	Name
1	ABHIRAMI T M
2	AKHILA V RAVEENDARAN
3	ALBERT SHAJU
4	AMAL CHACKO
5	ANUMOL JOY
6	ATHIRA K A
7	JESVIN JEES
8	SUSANNA JOSEPH
9	THERESA THANKACHAN
10	ABHIRAMI RAMAN
11	AJILA
12	ALEENA MANUVEL
13	AMAL DEV K
14	SHAHNAS
15	SPATE DAVIS
16	ANCY JOHNSON
17	ATHULYA V P
18	JINI C J
19	ASHIN BABU
20	GOVIND SIVADAS
21	LISHA SHAJI
22	SILVIN TONY
23	ARUN ARAVIND
24	HRIDYA HARIDAS
25	KEERTHANA K T



  
PRINCIPAL

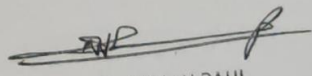
# Yoga & Health Care Students List 2018-19

Sl. No.	Name
1	Sujal V S
2	Aneena jaimon
3	Anna Maria Kurian
4	Namitha Vasudevan
5	Sreelakshmy M
6	Revathy P P
7	Nandha Mukesh
8	Sooraj M P
9	Krishnaprasad N A
10	Aparna K S
11	Angel Rose
12	Royichan Gigi
13	Bindhu Joy
14	Rosemary Sunny
15	Adhulvas P S
16	Abhishek T Babu
17	Lakshmi Priya
18	Akshara K P
19	Vismaya Menon M V
20	Archana N
21	Prince Devassy
22	Cenet Byju
23	Sreelekha V
24	Gracebel Varghese
25	Melinda Sunny
26	Arun Jose
27	Johnly Thomas Joy
28	Aneena Babu
29	Yadhukrishnan P
30	Krishnendu T R
31	Aswin C Ganesan
32	Christy Thomas
33	Aby K anto
34	Ardra Shaju
35	Vaishnavy K M
36	Sneha Simon
37	Aleena P S



Sl. No.	Name
38	Remya Krishna
39	Sreedevi C S
40	Dileesh Mathew
41	Mariya C Joy
42	Tinu Tony
43	Denilsen Davis
44	Nikhil
45	Ashik Madathil
46	Gifty James
47	Deepka M s
48	Christy Jomy
49	Aneena Victor
50	Arya Babu
51	Silpa M A
52	Bhagya Purushothaman
53	Jomil Jose
54	Ashlin Roobi
55	Gifty Baiju
56	Sophia Elizabeth Joseph
57	Twinkle Baby
58	Niya Jose
59	Archana K S
60	Nasreen Noushad
61	Aagnay Sunil
62	Abhishek P R
63	Ajmal Basheer
64	Mohammed Shehzad N A
65	Joel Roy
66	Akshay
67	Dhildev P U
68	Angelin Maria C V
69	Jerfin Jainik
70	Hridiklal K M
71	Jeslin Joy
72	Robin C B
73	Jini K P
74	Shintu Suresh
75	Vishnu M
76	Pranav K A
77	Christeena Anto
78	Nandhana K



  
 Dr. SHIJAN PAUL  
 Principal  
 Prajyoti Niketan College, Pudukad  
 Thrissur Dt. - 680 301, Kerala



**COMMUNICATION SKILLS IN ENGLISH**  
**ADD ON 2017-18**


Sl No	Name
1	AKHILDEV P B
2	ALEENA VINCENT
3	ANGEL SUNNY
4	ANTONY DAVIS
5	ARUN K
6	FEBIN JOSE
7	FREDERICK SOJAN
8	JOMOL K L
9	SEETHAL K S
10	SNEHA ANTO
11	SREEJITH V R
12	STANLEE GEORGE
13	SYAMPRASAD K K
14	VAISHNAV BALAN
15	VINAYAK K JAIN
16	ABHIJITH E P
17	ABHISHEK K V
18	ANN MARY M B
19	ARCHANA M T
20	ASHLY BIJU
21	ASWATHY M S
22	CHRISTIN PULLELY
23	EDMOND LAWRENCE
24	EDVEENA JOJU
25	EDWIN C M
26	JISMI E PAUL
27	JOYAL ROBERT
28	NIMA SHANTO
29	RESHMA V C
30	SANDRA DAVIS
31	SANISHMA K S
32	SANJAY NAIR
33	SILPA P S
34	SREELAKSHMI E S
35	STEFFEENA JOHNSON
36	ABHAYA M S
37	ABHIRAMI E





38	ARSHA N SIVAN
39	SNEHA P RAPHY
40	ANNA JOSHI
41	DEVIKA K
42	FARVIN FUSSEL
43	JINSHA V K
44	SOLJA P B
45	ANJANA JOHNSON
46	ANJANA M
47	ANN VINSON
48	ANSA ROSE
49	APARNA C S
50	ARCHANA P M
51	ASRITHA SUBRAN
52	ASWATHY K A
53	ASWATHY N R
54	DEVIKA K S
55	DHANYA K B
56	DIVYA K B
57	GLORIA DAVIS
58	JAIDEV C
59	JEENA K JOY
60	JISNA V J
61	JOSINA JOCENT M J
62	MEGHA C L
63	MERIN FRANCIS
64	NEEMA BINNY
65	NIMMY M S
66	PUNARTHA K J
67	RESMI E R
68	SANDRA SEBASTIAN
69	SHELBY K S
70	SHILPA C V
71	SHINAS P S
72	SONIYA BABU
73	STEFFY MARIA GEORGE



  
Principal





39	A N SREELAKSHMI
40	AUSTIN JAMES
41	DANIEL DAVID
42	DIVYA P K
43	HAIN MARY TOMY
44	JESHIN LEO K V
45	JOMOL JOY
46	NIRMAL P MADHU
47	SIMI SIMON
48	SNEHA JOSE
49	AISWARYA K S
50	AJITH C P
51	AKHIL P RAJAN
52	AKHSHAI BABU
53	ALEX DAVIS
54	ALWIN K JOHN
55	AMRUTHA DEGOL P
56	ANGEL MARIA
57	ARCHANA K NANDA
58	CHRISTHOSE M PUTHOOR
59	DARVIN VARGHESE
60	GALE KURIAN
61	LIVIYA GEORGE
62	LIYA SHABU
63	NELWIN JOSHY
64	NIDHEESH P N
65	NIJOSH JOSE
66	NOEL SHAJI
67	POOJA NANDAN
68	RAJASREE M R
69	ROHAN V
70	ROSWIN THOMAS
71	SACHIN E S
72	SREENATH MENON
73	SREERAG M R
74	JAICK PAUL MADASSERY
75	APARNA I V


Principal



**WEB TECHNOLOGY  
ADD ON 2017-18**

Sl No	Name
1	ALEENA ANTO
2	AMAL CHRISTY
3	ASWATHY T R
4	BLAIZY P V
5	DONA JAMES
6	JEENA JOHN K
7	JOMOL T J
8	JOMOL T J
9	KRISHNAPRIYA V M
10	LISHELL RAPHEAL
11	MANJU K B
12	NAYANTHARA K G
13	SWETHA RAJAN
14	SWETHA SAJI
15	AKSHAYA J
16	ARDHRA P R
17	ARJUN UNNIKRISSHANNAN
18	DIPINDAS T
19	JEFFIN TOM
20	EIBEL BABU
21	JOMIN KURIAKOSE
22	MIDHUN M EDWARD





Principal

**PRAJYOTI NIKETAN COLLEGE, PUDUKAD**  
**WEB TECHNOLOGY 2016-17**

(25) (75) (100)

SL NO	CLASS NO	COMPUTER SCIENCE	Internal	External	Total
1	5	ALWIN M I	24	44	68
2	6	AMEENA SHAFEER	22	32	54
3	8	ANAND P PRAKASH	22	21	43
4	16	EVANJALIN THOMAS	22	25	47
5	24	LAKSHMI K B	19	13	32
6	29	SANCHANA P SHAJU	20	19	39
7	34	SREEHARI M N	24	42	66
8	35	SUVARNA K M	22	24	46
9	36	SWATHY M S	22	37	59
10	85	CHRISTEENA DAISON	18	3	21
11	160	AMAL I P	18	5	23
12	161	AMALA JOSEPH	19	14	33
13	162	ANASWAR RAJ P K	18	A	-
14	173	CIVIN T D	18	8	26
15	181	JACKSON WILSON	18	3	21
16	194	NOYAL JOSE	18	9	27
17	198	ROSE MARY SUNIL	19	12	31
18	199	ROY SOLAN	20	17	37
19	200	SAIKRISHNA C S	18	6	24
20	202	SANDRA SASI	18	6	24



*[Handwritten signature]*

UNIVERSITY OF CALICUT  
(Pareeksha Bhavan)

NOMINAL ROLL  
Prajyoti Niketan College

Add on Course - YOGA AND HEALTH CARE  
(Certificate Course)  
2016-2017 Admission

Sl No.	Name	External	Internal	Signature
1	CHRISTO SEBASTIAN PAUL	36	15	
2	JITHIN JOHNY	40	15	
3	EBY ANTONY	45	17.	
4	ABEL TOMY	40	20	
5	MELVIN SANTHOSH	42	15	
6	HARIKRISHNAN ANILKUMAR	46	20	
7	GOKUL K	40	15	
8	ADARV MALIK P B	40	15	
9	CLINDAN	55	15	
10	JESTIN M. JACOB	ABSENT.		
11	AMAL KRISHNA K	44	16	
12	AJITHKUMAR K A	37	15	
13	RAHUL BAIJU	38	15	
14	MERIN TOMY	50	15	
15	JESMIL JOSE	35	15	
16	EDWIN DAVID	36	16.	
17	ANJANA JOSEPH	58	20	
18	AMALJITH P S	50	22	
19	NIVYA K.V.	52	15	

B  
JA  
A  
C  
A  
AA

CA-RC  
RE  
RC  
RC  
RC  
OBC  
G-Nair  
SC  
RC  
RC  
RC  
Nair-G  
OBC, Gza  
RC  
RC  
RC  
RC  
RC  
RC  
RC  
OBC  
Hindu-G

Dr. PAUL CHACKO

	20	FEBIN VARGHESE MALAYATTY	36	- 23	RC
	21	ALEX JOB	39	- 17	RC
	22	VINU BABU	ABSENT		RC
B	23	BENJAMIN M J	51	- 17	RC
A	24	FESIA K J	42	- 20	RC
	25	VYSHNAV T SHAMMY	54	- 15	OBC
	26	SHOBIN VARGHESE P	ABSENT		RC
	27	KEVIN S CHITILAPPILLY	36	16	RC
	28	ATHUL SAJU	39	15	RC
J	29	ABIN JOHN	50	16	RC
B	30	AKHILA R KRISHNA	<del>182</del>	72 - 18	W-Nair
	31	ANDRIYA VARGHESE	<del>187</del>	56 - 16	RC
	32	DELNA C. GLANSON	<del>130</del>	73 - 16	RC
AA	33	GOPIKA JAYARAJ	<del>131</del>	- 72 - 23	Nair
	34	GOPIKA RAMESH	<del>135</del>	- 71 - 16	Nair
A	35	LITTITIA R THOMAS	<del>134</del>	- 72 - 20	RC
	36	SAIKRISHNA P	<del>130</del>	- 71 - 16	H-Thyaga-OBC
AA	37	HANNATH P P	50	- 23	OBC. Nair
B	38	MALAVIKA RAGHU		- 52 - 17	SC
B	39	SREELAKSHMI MOHANDAS		- 56 - 17	SC
J	40	ANISHA ARAVINDAKSHAN	52	- 16	SC
J	41	ANU MOL TONY	52	- 16	RC
J	42	APARNA M.S	ABSENT		SC
	43	ARCHANA V M	44	- 17	SC

Dr. PAUL CHACKO

44	ARYA SHAJI M	68	16
45	BROLIN C. GLANSON	51	20
46	DEEPA SAJEEVAN	72	16
47	DEEPTHI P V	35	16
48	DEVIKA K.J	72	15
49	E M AISWARYA	70	16
50	GEO FRANCIS	45	19.
51	GOPIKA N P	67	<del>16</del> 16
52	JESTIN THOMAS	44	17
53	JOSNA JOY	67	16
54	KARTHIKA B	56	15
55	KARTHIKA SUBRAN	70	15
56	KAVYA K S	70	16
57	KAVYA RAJ K	69	15
58	MINNU SUBRAHMANIAN	51	15
59	MISHA ROSE	32	15
60	NANDANA K	54	15
61	ROBIN SHAJ	35	16
62	SALABHA A R	51	15
63	SHASMY K SHYLESH	71	16
64	SHERIN MARIYA	64	15
65	SISMA GEORGE	70	16
66	SIYA THOMAS	71	16.
67	SMETHA V R	35	18

ASADU -

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68	SREELAKSHMI N P	70	24
69	SREELAKSHMI K P	56	19
70	SREEMA K M	67	16
71	STEBIYA M V	37	15
72	ASHLIN JOY	52	16
73	SHRUTHI	54	19
74	SARATH K S	32	19
75	VAISHAK R MENON	<del>38</del> <del>129</del>	<del>129</del>
76	EDWIN TOM RAYMOND	56	19
77	REESHAL C J	41	21

78. Gayathri Haridas ~~128~~ - 41 + 18

79. Rashmi Reeson ~~120~~ - 37 + 17

80. Krishnaveni Raveendran 101 - 36 + 18

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Deputy Registrar - VI (Exams)  
For Controller of Examinations

Deputy Registrar - VI  
University of Calicut

*Handwritten signature*  
Dr: PAVG CHACKO

# PRAJYOTI NIKETAN COLLEGE, PUDUKAD

## Add On Course

### Communication Skills in English 2016-17

Sl No	Name	Exam (75)	Viva (25)	Total (100)
1	AKHILA ROBES	37	18	55
2	ALIN MARIYA FRANCIS	45	22	67
3	ALPHY BENNY	31	16	47
4	AMRUTHA DAVIS	53	22	75
5	ANNA MARIYA	32	22	54
6	ARATHY SIVAKUMAR	32	20	52
7	ASWATHY MS	29	18	47
8	BILVY PAUL	55	22	77
9	DINNAMOL JOY	24	20	44
10	GOPIKA UNNI	30	20	50
11	JOMON LONAPPAN	44	20	64
12	KARTHIKA K S	37	20	57
13	KRISHNENDU M B	52	22	74
14	MARIYA C S	45	18	63
15	NILA U J	46	20	66
16	SANDRA T S	44	18	62
17	SHON THOMAS	36	22	58
18	SILPA I K	46	22	68
19	VAISHNAV P G	45	20	65
20	AISWARYA RAJAN	37	20	57
21	AKSHAY KRISHNA E P	30	22	52
22	ALEENA JOSEPH	42	22	64
23	ANNA PAULSON	45	22	67
24	ARYA P A	36	20	56
25	ASHA C A	27	16	43
26	ATHIRA T	50	18	68
27	DEEPTHI JAYADEEP V	40	22	62
28	NAMITHA UNNI	35	18	53
29	SHUHAIBA MUSTHAF A	53	18	71
30	SNEHA BINNY	39	20	59
31	SOLIHA C S	60	22	82
32	SREELAKSHMI K R	47	22	69
33	ANJALY VARGHESE	46	22	68
34	AKSHAY K S	26	18	44
35	AKSHAY KUMAR K N	45	16	61
36	ANGEL ROSE JOHN	65	18	83
37	ANILA N S	40	18	58
38	ANJITHA K G	44	22	66
39	ARUNIMA C S	26	20	46
40	ATHIRA H	42	18	60





41	ATHUL VIPIN	30	20	50
42	AYSHA SHAMSUDEEN	40	22	62
43	GOPIKA SURESH	47	22	69
44	JEESMA BABY M	36	22	58
45	KRISHNA PRASAD M	46	22	68
46	MANU PAULSON K	28	20	48
47	NANCY JOHNSON	51	22	73
48	RONY JOHN	47	20	67
49	SARATH K S	27	22	49
50	SEYYA CHANDRA	49	22	71
51	SNEHA BENNY	41	20	61
52	SOBINA BABY	38	20	58
53	SREELAKSHMI N	34	22	56
54	VANDANA GOPI	38	20	58
55	VRINDA I R	29	18	47
56	AKSHAY A R	37	20	57
57	ALBIN M J	33	18	51
58	ASWATHY MOHAN	57	20	77
59	FRANCO ANTONY	18	18	36
60	LAKSHMY K	39	20	59
61	LIDIYA SAJI	X	X	X
62	POURNAMI K J	58	22	80
63	RAGI RAJAN	49	18	67
64	SANGEETHA K M	24	20	44
65	SELENA JOHN PAUL	X	X	X
66	SMRUTHI VASUDEVAN	40	20	60



# REGISTER OF ATTENDANCE

FOR WEB TECHNOLOGY 2016-2017

Sl. No.	Class No.	NAME	23/8/2016	25/8/2016	30/8/2016	6/9/2016	5/10/2016	7/10/2016	14/10/2016	19/10/2016	21/10/2016	25/10/2016	5/11/2016	15/11/2016	17/11/2016
1		ALWIN M T	P	X	P	P	P	P	P	P	P	P	X	P	P
2		AMEENA SHAFER	P	P	X	P	P	P	P	X	P	P	P	P	P
3		ANAND P PRAKASH	P	P	P	P	P	X	P	P	X	P	P	P	X
4		EVANTALIN THOMAS	X	P	X	P	P	P	X	P	P	P	P	P	P
5		LAKSHMI P B	X	P	P	P	P	P	P	P	P	X	P	P	P
6		SANJANA P SHAJU	P	X	P	P	P	P	P	X	P	P	P	P	P
7		SREEHARI M N	P	P	P	P	P	P	P	P	P	P	P	P	X
8		SUVARNA K M	P	P	P	P	P	X	P	P	P	P	P	P	P
9		SWATHY MS	P	P	P	P	X	P	P	P	P	P	P	P	P
10		CHRISTEENA DAISON	P	P	P	P	P	P	P	P	X	P	P	P	P
11		AMALA J P	P	P	P	X	X	P	P	X	P	P	P	P	P
12		AMALA JOSEPH	P	P	P	P	X	P	P	P	P	P	X	P	P
13		ANASWAR RAJ P K	X	P	P	X	P	P	X	P	X	P	P	P	P
14		QVIN T D	P	P	P	P	X	P	P	P	X	P	P	X	P
15		NOYAL JOSE	X	P	P	P	X	P	P	P	P	X	P	P	P
16		ROSEMARY SUNIL	P	P	P	P	X	P	P	P	P	P	X	P	P
17		ROY SOLAN	X	P	P	X	X	P	P	P	P	P	P	P	P
18		SAIKRISHNA C S	P	P	P	P	X	P	P	P	P	P	X	P	P
19		SANDRA SASI	X	P	P	P	X	P	P	P	P	P	X	P	P
20		JACKSON WILSON	P	P	X	X	X	P	P	P	X	P	X	P	P

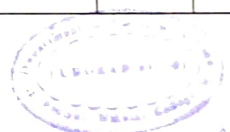
No.	Working days	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
14	24/11/2016	P	P	P	X	P	P	P	P	P	P	X	P	P	P	P	P	P	P
15	30/11/2016	P	X	P	P	P	X	P	X	P	P	P	P	P	P	X	P	P	P
16	7/12/2016	P	P	P	P	P	P	P	X	P	P	P	P	P	P	P	P	P	P
17	14/12/2016	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	21/12/2016	P	X	P	P	P	P	P	P	P	P	X	P	P	P	P	P	P	P
19	28/12/2016	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	4/1/2017	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	11/1/2017	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	18/1/2017	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	25/1/2017	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	1/2/2017	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	8/2/2017	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	15/2/2017	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	22/2/2017	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	1/3/2017	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	8/3/2017	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	15/3/2017	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	22/3/2017	P	X	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Number Present daily

Subject

Initials Anju

Name of the Teacher



Checked

Soma HOD

R-D

Co-ordinator







Report on language development seminar organised by department of Commerce.

20th November 2018

**"Break the Barriers"**

"Wisdom comes not from age but from education and learning"  
-Anton Chekhov

The department of Commerce of prajyoti Niketan college organised a language development seminar in Association with department of English on 20th November 2018. This seminar was lead by Ms. JEETHA JOHNY, faculty, department of english.

The programme was arranged at Assissi Hall from 2:30 to 3:30. 54 students and 3 other Faculty attended the seminar.

The dais was adorned by principal Dr. Shaijan paul, department co-ordinator Mr. Joju K.T and programme co-ordinator Mr. Tony.C.Mathew

The intention of the seminar is to develop language skills and also ameliorate business communication. The host graced the dais with the glory of knowledge. Decision was very insightful and informative for the pupils. Business communication which is for Commerce students are taken in an interactive manner. Q&A session held at the end of the same.

PRAJYOTI NIKETAN COLLEGE PUDUKKAD

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## Language Development Seminar Department of Commerce

# Break the Barrier

**Resource Person:**

**Mrs. Jeetha Johnny**  
Dept. of English

**20th November 2018**

**2.30pm-3.30pm**

**@Asissi Hall**

**For the students of  
Commerce Department**

Principal

Dr. Shaijan Paul

Dept. coordinator

Mr. Joju K T

Program Conveiner

Mr. Jerry Johnny



Adm No	Name
3615	ABY K ANTO
3552	AISWARYA PRIYA K B
3519	ALEENA P S
3650	ALFIN MATHEWS
3563	ANAGHA M V
3631	ANEENA BABU
3573	ANEESHA K S
3617	ANEETTA RAPHAEL
3548	ANJALI K J
3508	ANJALY K U



3524	ANN J NETTIKADAN
3525	APARNA N S
3564	ARDRA SHAJU
3527	ARDRA T S
3531	ARUN ARAVIND
3505	ARUN JOSE
3668	ASHIN BABU
3586	ASHNA RADHAKRISHNAN
3507	ASWIN C GANESAN
3526	CENET BYJU
3626	CHRISTY THOMAS

3593	DEVIKA K R
3536	DIVYA M J
3580	EVA MARIA JAISON
3555	GOVIND SIVADAS
3645	GRACEBEL VARGHESE
3511	HARITHA K S
3570	HELEN PAUL
3616	JENNET P JOJU
3602	JOHNLy THOMAS JOY
3721	JOYAL PAUL
3628	JYOTHIKA S MENON

3567	KRISHNA G
3543	KRISHNA K S
3599	KRISHNENDHU T R
3535	LAKSHMI RAJAN
3562	LISHA SHAJI
3651	MELINDA SUNNY
3610	NISSY RAJ
3644	PAUL SIMON
3638	PRINCE DEVASSY
3654	PRITESHIA A P
3541	REMYA KRISHNA K R

3550	SAMANTHA K R
3544	SANDRA MOHAN
3607	SANDRA VINCENT
3642	SIENNA K RAJ
3577	SILVIN TONY
3627	SNEHA BYJU
3554	SNEHA SAIMON
3621	SNIYA A V
3528	SREEDEVI C S
3509	SREELEKHA V
3533	SUDHINA N S

3647	SUKRUTHA P M
3520	VAISHNAVY K M
3585	VARNNA SUNNY
3517	YADHU KRISHNAN P

**REPORT ON MENTAL HEALTH FOR ALL ORGANIZED BY DEPARTMENT OF  
COMMERCE.**

15 th September 2016

Mental Health is critically important to everyone everywhere. Need for mental health is high. But, responses are insufficient and inadequate. In order to convey the state of mental health Department of Commerce of Prajyoti Niketan College conducted seminar on the topic "Mental Health For All".

The seminar was hosted by Dr. JAYA A.T Asst.professor, Department of Psychology. The programme was conducted at the final year B.com Class room.

The dais was spangled by the department coordinator Dr.JOJU K.T. Stress relieving and mental strength improving exercises were introduced by the host. Interrogative sessions were also included in the same. 50 students attended the seminar.

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# MENTAL HEALTH

IS JUST AS IMPORTANT AS

# PHYSICAL HEALTH

RESOURCE PERSON  
DR. JAYA A T

CORDINATOR  
DR. JOJU K T

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15 SEPTEMBER 2016  
TIME : 2:30 TO 3:30



Adm. No.	Name
3248	AKSHAY A.R
3096	ALBIN M J
3149	AMALA JOSEPH
3189	AMAL I P
3152	ANASWAR RAJ P K
3031	ANISHA ARAVINDAKSHAN
3140	ANU MOL TONY
3218	APARNA M.S
3148	ARATHI SIVADAS
3198	ARCHANA V M
3086	ARYA K B
3027	ARYA SHAJI M
3141	ASHLIN JOY
3080	ASWATHY MOHAN
3184	BROLIN C. GLANSON



3029	CIVIN T D
3087	DEEPA SAJEEVAN
3032	DEEPTHI P V
3245	DEVIKA K.J
3030	E M AISWARYA
3097	FRANCO ANTONY
3145	GEO FRANCIS
3081	GOPIKA N P
3142	JACKSON WILSON
3089	JESTIN THOMAS
3094	JOSNA JOY
3181	KARTHIKA B
3088	KARTHIKA SUBRAN
3033	KAVYA K S
3036	KAVYA RAJ K
3098	KEVIN BABU
3023	LAKSHMY K

3174	LIDIYA SAJI
3091	MINNU SUBRAHMANIAN
3146	MISHA ROSE THOMAS
3151	NANDANA K
3143	NOYAL JOSE

3024	POURNAMI K J
3038	RAGI RAJAN
3144	ROBIN SHAJ
3095	ROSE MARY SUNIL
3182	ROY SOLAN
3084	SAIKRISHNA C S
3082	SALABHA A. R
3085	SANDRA SASI
3183	SANGEETHA K M
3092	SANJITH SAJAYAN
3147	SELENA JOHN PAUL

3083	SHASMY K SHYLESH
3026	SHERIN MARIYA

**Report on excel skills organised by Department of Commerce.**

18th November 2016

"It's not that we use Technology we live in technology"

In this 21st century it is essential to acquire online business skills.

The department of commerce of prajyoti niketan college conducted a one-day workshop on Excel skills for business. This session was lead by Ms.DEEPTHI PISHARODY Asst.Professor Department of Computer science. The session was build for final year students.

The programme was arranged at the seminar hall from 11:30-12:30 pm. 42 students attended this seminar.

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# WORKSHOP ON EXCEL

Organised by Dept of Commerce

18 November 2016

Resource Person  
Ms Deepthi Pisharody



VENUE : Seminar Hall

Time : 11:30 to 12:30

Adm. No.	Name
3248	AKSHAY A.R
3096	ALBIN M J
3149	AMALA JOSEPH
3189	AMAL I P

3152	ANASWAR RAJ P K
3031	ANISHA ARAVINDAKSHAN
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3141	ASHLIN JOY
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3087	DEEPA SAJEEVAN
3032	DEEPTHI P V
3245	DEVIKA K.J
3030	E M AISWARYA
3097	FRANCO ANTONY

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3081	GOPIKA N P
3142	JACKSON WILSON
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3146	MISHA ROSE THOMAS
3151	NANDANA K
3143	NOYAL JOSE

3024	POURNAMI K J
3038	RAGI RAJAN
3144	ROBIN SHAJ
3095	ROSE MARY SUNIL
3182	ROY SOLAN

**REPORT ON PROLOGUE TO STOCK MARKET ORGANIZED BY DEPARTMENT OF COMMERCE.**

08th October 2017

The World is moving towards the online mode and all of us need to be tamed with modern market trends.

So, to improve and popularize the stock market, the Department of Commerce of Prajyoti Niketan College organized a seminar on the topic "Prologue to Stock Market". Class was organized for second year and third year students.

Seminar was put on by Ms.ASHOK KUMAR. Pros and cons of the stock market and introduction to future trends like crypto currency was explained by the guest.

The current scenario and requirements to get into the market was detailed by the host.

The seminar was arranged in the second year's classroom from 11:30-12:30 pm. 89 students attended the seminar.

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# PROLOGUE ON STOCK MARKET

Resource Person  
Mr. Ashok Kumar

Date : 08-10-2022  
Time : 11:30am-12:30pm

DR JOJU KT  
Coordinator



**A Session on  
BOMBAY STOCK EXCHANGE(BSE)**



Mr. Ashok Kumar

Class No	Name
146	AISWARYA K S
147	AJITH C P
148	AKHIL P RAJAN
149	AKHSHAI BABU
150	ALEX DAVIS
151	ALWIN K JOHN
152	AMRUTHA DEGOL P
153	ANAGHA NANDAKUMARAN

154	ANGEL MARIA
156	ANJANA M
157	ANN VINSON
158	ANSA ROSE
160	APARNA C S
161	ARCHANA K NANDA
161A	ARCHANA P. M
162	ASRITHA SUBRAN
163	ASWATHY K A
164	ASWATHY N R
165	CHRISTHOSE M PUTHOOR
166	DARVIN VARGHESE
167	DEVIKA K S
168	DHANYA K B
169	DIVYA K B
170	EIBEL BABU
171	GALE KURIAN
172	GLORIA DAVIS

173	JAICK PAUL MADASSERY
174	JAIDEV C
175	JEENA K JOY
176	JISNA V J
177	JOMIN KURIAKOSE
178	JOSINA JOCENT M J
179	LIVIYA GEORGE
180	LIYA SHABU
181	MEGHA C L
182	MERIN FRANCIS
183	MIDHUN M EDWARD
184	NEEMA BINNY
185	NELWIN JOSHY
186	NIDHEESH P N
187	NIJOSH JOSE
188	NIMMY M S
189	NOEL SHAJI
190	POOJA NANDAN

191	PUNARTHA K J
192	RAJASREE M R
193	RESMI E R
194	ROHAN V
195	ROSWIN THOMAS

**REPORT ON CARRIER GUIDANCE SEMINAR ORGANIZED BY DEPARTMENT OF COMMERCE.**

12th january 2018

If opportunity doesn't knock the door. The future depends on what you do to be. Ultimately career guidance helps students to make decisions about their career navigation for their future should be provided by a good institution. To inspire Prajyotiyans to pave the way for their future. Department of commerce of prajyoti nicketan college arranged a career guidance counselling under the guidance of Mr. Jithu Thomas Koshy (Manager, SIB) Explicit the necessity of proper selection of their career and helped the students to fulfill their aspirations by setting up realistic goals.

The programme was conducted at Auditorium from 11:30am to 12:30pm.

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# "CAREER GUIDANCE"

Resource Person :Mr Jithu Thomas

DATE: 12-01-2018  
TIME: 11:30 - 12:30

DR JOJU K T  
COORDINATOR



Class No	Name
----------	------

143	ABY K ANTO
144	AISWARYA PRIYA K B
145	ALEENA P S
146	ALFIN MATHEWS
147	ANAGHA M V
148	ANEENA BABU
149	ANEESHA K S
150	ANEETTA RAPHAEL
151	ANJALI K J
152	ANJALY K U
153	ANN J NETTIKADAN
154	APARNA N S

155	ARDRA SHAJU
156	ARDRA T S
157	ARUN ARAVIND
158	ARUN JOSE
159	ASHIN BABU
160	ASHNA RADHAKRISHNAN
161	ASWIN C GANESAN
162	CENET BYJU
163	CHRISTY THOMAS
164	DEVIKA K R
165	DIVYA M J



166	EVA MARIA JAISON
167	GOVIND SIVADAS
168	GRACEBEL VARGHESE
169	HARITHA K S
170	HELEN PAUL
171	JENNET P JOJU
172	JOHNLY THOMAS JOY
173	JOYAL PAUL
174	JYOTHIKA S MENON
175	KRISHNA G
176	KRISHNA K S

177	KRISHNENDHU T R
178	LAKSHMI RAJAN
179	LISHA SHAJI
180	MELINDA SUNNY
181	NISSY RAJ
182	PAUL SIMON
183	PRINCE DEVASSY
184	PRITESHIA A P
185	REMYA KRISHNA K R
186	SAMANTHA K R
187	SANDRA MOHAN

188	SANDRA VINCENT
189	SIENNA K RAJ
190	SILVIN TONY