



**Al-Ameen COLLEGE**

Affiliated to Mahatma Gandhi University, Kottayam  
Re-Accredited by NAAC with A Grade(CGPA 3.15)

**LIFE SKILLS (Yoga, physical  
fitness, health and hygiene)**

## **REPORT OF WEBINAR TITLED “ADUKKALAYIL NINNU ARANGATHEKK” DATED 24.03.2021**

The Department of Business Administration has organized a unique webinar titled “Adukkalayil Ninnu Arangathekk” on 24.03.2021. The objective behind conducting the programme was to give a chance to the educated housewives, to come out of their shells and speak about their area of interest. As we all know, there are a lot of educated women in our society, who don't work after their marriage. So, we believe that, by providing them an opportunity to break the shell in which they reside and to a platform to rediscover their abilities.

Mrs. Rose Thomas, the resource person has completed her post graduation in Botany. She talked about a topic that she enjoys, “Environment and Students” with the students. Being a post graduate in Botany, she emphasized on various important aspects of the environment and the current stature of nature. Mrs. Rose Thomas thanked the coordinators of the programme for giving her a chance to speak in front of a public after a long time. At the end of the discussion, she asked the students to focus on their goal and do hard work to achieve them. It really was a great experience for the teachers as well as the students.

A total of 50 students and 4 teachers attended the session. Mrs. Deepthi Serene Jose was the coordinator of the programme. And the session was monitored by the student coordinators, Ms. Rayeesa of III BBA and Ms. Nabeesathul Misriya of I BBA.

  
**AL AMEEN COLLEGE, EDATHALA**  
*Re-Accredited with A Grade*

**DEPARTMENT OF BUSINESS  
ADMINISTRATION**

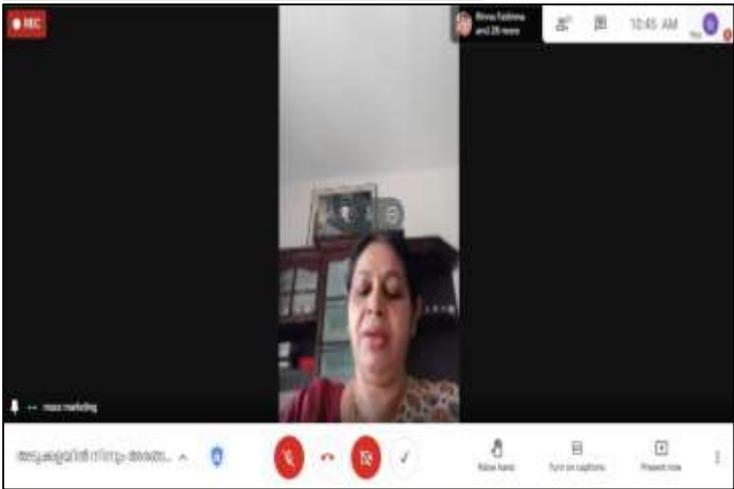
**അടുകളെയിൽ  
നിന്നും  
അരങ്ങേതകൾ**

*TALK SERIES OF HOME MAKERS*  
**Women Empowerment**  
**Series 1: Environment and Students**



**Mrs. Rose Thomas**  
M.Sc Botany

Platform: Google Meet    Date: 24.01.2021    Time: 10.30am - 11.30am





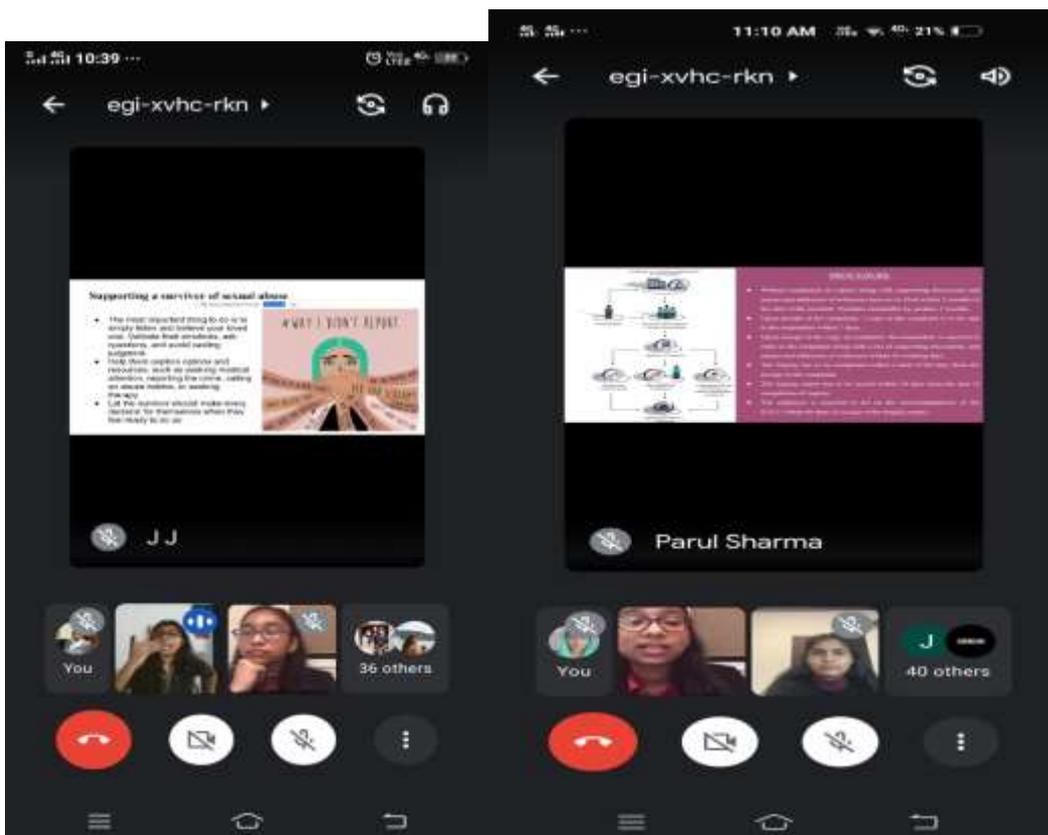
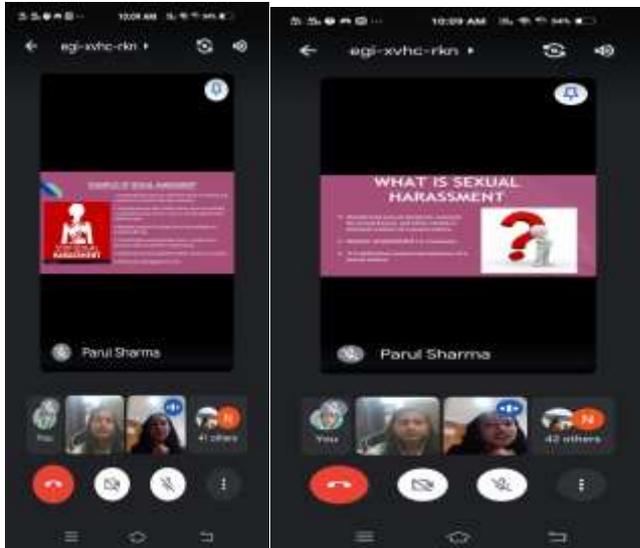
## **Awareness Class on Sexual Harassment**

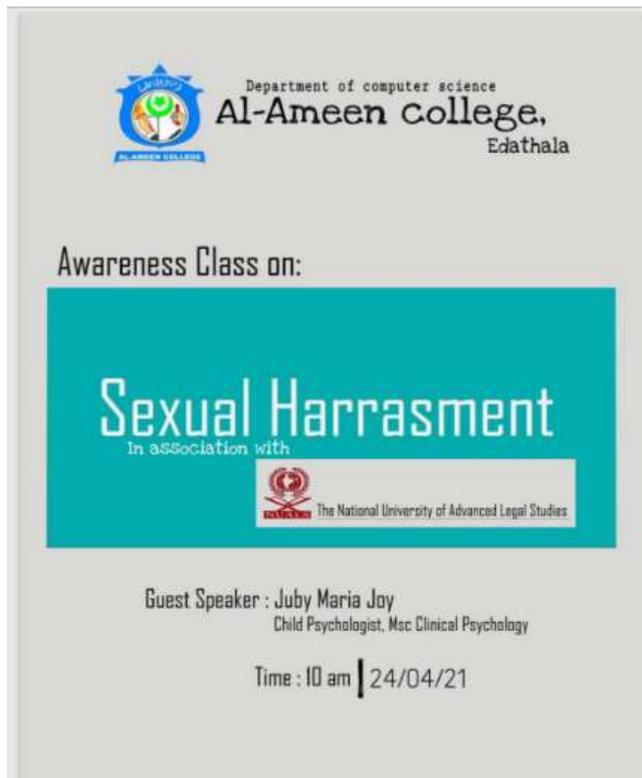
Sexual harassment is not new but with the #MeToo movement, people have recognized the sensitive topic and the impact sexual harassment can have on people. The first and foremost need for discussing it is to ensure that every college student feels safe. It also helps in safeguarding them against inappropriate behaviour and unwanted advances. This will also empower those who encounter sexual harassment to recognize and report these cases.

The department of Computer Science conducted an Awareness Class for the 1<sup>st</sup> year students of B.Sc Computer Science and BCA on Sexual Harassment in association with National University of Advanced Legal Studies, Kochi on 24<sup>th</sup> April 2021. The class conducted through Google Meet witnessed the participation of all students.

Ms. Pavithra introduced the topic and the presenters. Ms. Maryam began the session with the question as to what constitutes sexual harassment. This session was followed by Ms. Juby who touched upon various aspects like the act of blaming the victim and gaslighting. The next session was taken by Ms. Naina who led the class towards

various legal aspects as to where the complaint has to be filed, the composition of ICC, etc. The session ended with the vote of thanks by Sreelakshmi, first year B.Sc Computer Science student.





## **E-counselling- how to cope with a crisis?**

**Key note address – Mrs. Divya (Mental health counselor)**

**Date -24/5/21 @10.am**

Online counseling offers mental health services through the internet. It is a n effective method of online therapy. Department of Bcom CA organized the initial session of online counselling on 24<sup>th</sup> May 2021 through an online platform Google-meet. The meeting analysed the advantages of online therapy over traditional methods including easy accessibility, affordability, convenience and comfort etc. The meeting began with an introductory speech by Dr. Mary Kurian, Head of the Department. She explained the need of such therapies in a person's life. She also opined that counselling will help people to cope better with the struggles they face in day-to-day life especially in the current scenario of a pandemic.

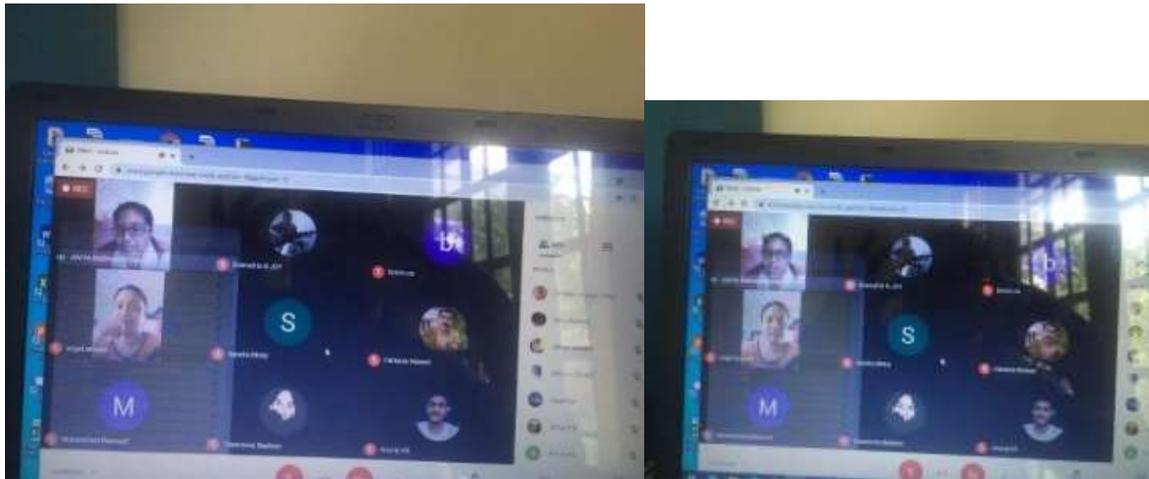
Mrs. Divya, the counselor, presented the ideas in a very professional manner and interacted with students by giving useful tips to reduce stress in life. The meeting ended with vote of thanks by Dr. Angel Anish (Officer in Charge of Counselling Cell).

#### Outcome of the webinar

The objective of the webinar was to guide the students to face the challenges of life especially during the pandemic. Mrs. Divya asked the students to stay positive in thoughts and actions and offered a lot of effective tips for leading a stress-free healthy life.

#### Self-care tips

1. Meditate daily
2. Exercise
3. Eat healthy
4. Learning
5. Pamper yourself
6. Creativity
7. Forgiveness
8. Nature
9. Journaling
10. Ask for help



**Covid-19 pandemic drained you out...?**

join with us for the session...

**How to cope with a crisis..?**

## **E-Counseling**

Organized by B.Com CA

Time: 10.00 AM

Date : 24 may 2021

Google meet Session By:  
**Mrs. Divya K R**  
Mental Health Counselor

 Download Google Meet  
<https://meet.google.com/>

 **Al-Ameen COLLEGE**  
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## Sensitised Become Empowering

### Report on Clean Hands- Saves Life's (A Covid19 Preventive Initiative)

Unnath Bharath Abiyan, Al Ameen College in association with Department of Biotechnology organised a one-day training programme - **clean hands- saves life's (A covid19 preventive initiative)** for kudumbasree units in ezhupunna panchayath, Alappuzha District on 15<sup>th</sup> October 2020. The inauguration of the training program was performed by the ICDS chairman. She shared her thoughts by delivering an insightful speech. In her speech she emphasized the importance of making sanitizers which stands as an important priority in the current pandemic situation.

The program was then felicitated by UBA, Al Ameen college coordinator Dr. Hakeem Al Feroose, Assistant professor. Around 23 representatives of selected kudumbasree units of the panchayath attended the training. Ms. Rahimol Ramesh, HOD, Assistant professor, department of Biotechnology, Al Ameen College delivered a detailed explanation of sanitizer manufacturing process and the precaution to be taken while processing it. Ms. Rahimol Ramesh along with Ms. Alphy Nisa Steaphen, Assistant professor department of Biotechnology, and Mr. Safeer Ummer technical assistant, Al Ameen College gave live demonstration on different types of sanitizers (ethanol and Isopropanol based). Under the guidance of these faculty members, a hands-on training program was organized for all the members present in the gathering. The 23 trainees were then divided into 4 units and they promised to start the manufacturing division from the same.

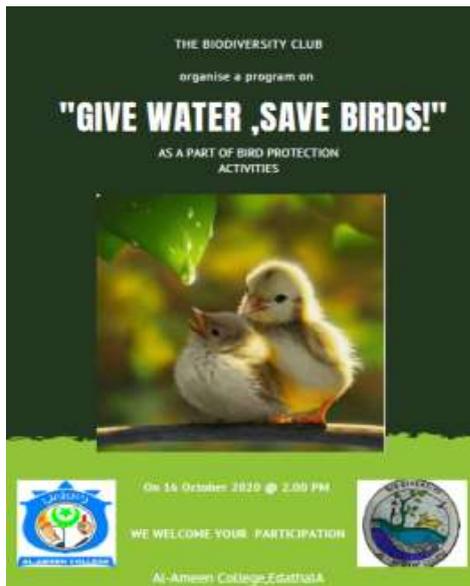




## GIVE WATER, SAVE BIRDS

The lack of drinkable water in summer is causing thousands of birds and other species to die every year. As part of our bird protection activities, the Biodiversity club decided to provide water for birds in some corners of campus. This was an initial trial set up done by the club due to extreme weather conditions in the summer and the lack of drinkable water for birds.

The program –“Give Water, save birds” was introduced in our college on 16<sup>th</sup> October



2020. The club members assembled in the state flower garden and kept the 1<sup>st</sup> pot with water in the state flower garden and decided to keep more pots on the campus in the coming days. The club members were divided into teams and assigned the duty to replace the shallow pot filled with water at **least twice daily**, i.e., in the morning when birds come out of their nests and in the evening when they are returning to their homes.

As the initial trial of the program was a success and as many birds started to come for drinking water, the 2<sup>nd</sup> pot for the same was kept in front of the college courtyard in November with the name tagged as Birdbath area. The program was coordinated by the faculty members of the biodiversity club including Ms Alphy Nisa Steaphen, Ms Jiss Therese and Dr. Shalini Ajith.

## WEBINAR REPORT

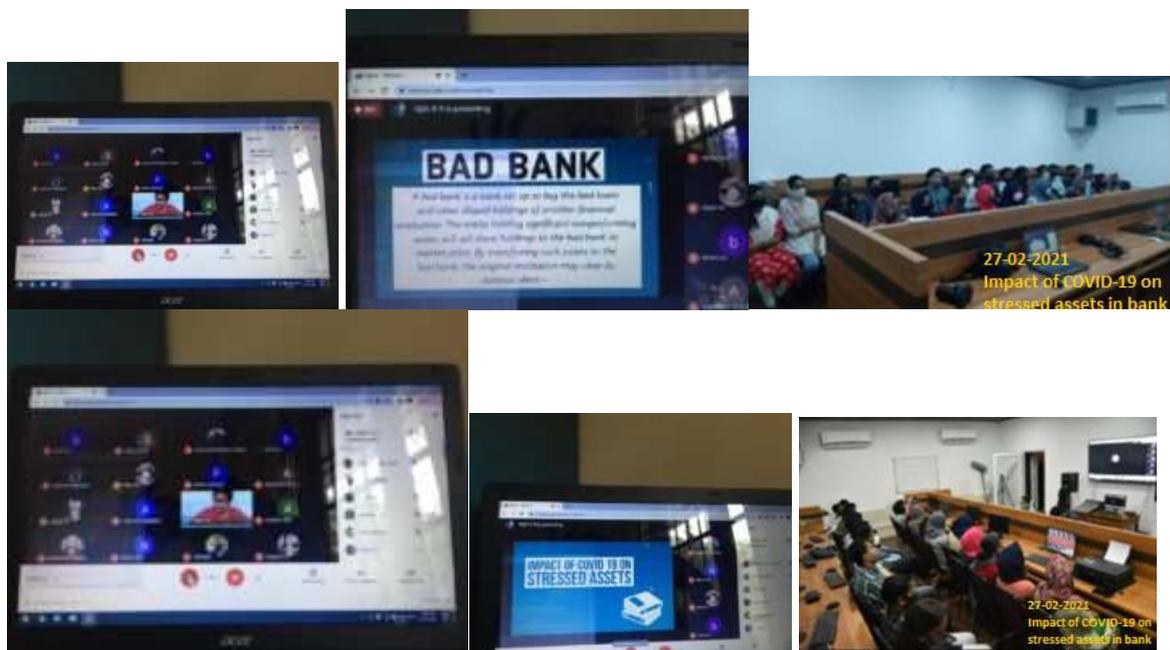
**Topic: Impact of Covid-19 on Stressed Assets in Banks**

**Date: 27<sup>th</sup> February, 2021**

**Presenter: Mr. Ajith K Ravindran, SBI, Regional Office, Kottayam.**

Department of B. Com Computer Application organized a State Level Webinar in association with St Mary's College, Manarcad on the topic 'Impact of Covid-19 on Stressed Assets in Banks'. Mr. Ajith K Ravindran, SBI, Regional Office, Kottayam delivered the keynote address. The lecture was designed for the students of Al-Ameen College as well as for the students and teachers of St. Mary's College, Manarcad, Kottayam. A total of 90 students participated in the webinar.

Mr. Ajith explained about the present situation of banks with NPAs and the reasons behind stressed assets as well as the different types of innovations various banks are looking into, like Bad Banks, to reduce the curse of NPAs. Dr. Mary P U (HOD) and Mr. Thomas Mathew (Faculty member, St Mary's College) spoke on the occasion.



AL AMEEN COLLEGE EDATHALA  
 B.COM COMPUTER APPLICATION  
 in association with  
 ST. MARY'S COLLEGE MANARCAD  
 organizes

**WEBINAR**

Topic:  
**Impact of Covid 19  
 on Stressed Assets  
 in Banks**

Resource Person:  
**Mr. AJITH K RAVINDRAN**  
 SIAUL BANK OF INDIA,  
 REGIONAL OFFICE,  
 KOTTAIWAR

**SATURDAY**  
 10.30AM - 11.30AM  
 FEB 27, 2021

Platform

H.O.D.  
**Dr. Mary P. U**

COORDINATOR  
**Asst. Prof. Midraj K. S**

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## Report on the Webinar–“Authority, Agency & the Pandemic”

- **Department of English.**

The Department of English, Al- Ameen College organized a one-day National Webinar titled “*Authority, Agency and the Pandemic*” on 25<sup>th</sup> July 2020. During these times when adaptability and resilience have become the buzzwords, the topic is truly relevant and influential.

Dr. Saji Mathew, Assistant Professor from the School of Letters, MGU was the resource person of the program. Having presented more than 20 papers in a multitude of conferences, the subject matter was well safe and organized with our speaker. The webinar hosted on ‘Google Meet’ started at 10:40 am with the welcome address by Mr. Viju P.V, faculty, Department of English. His words of warm welcome were indeed a hearty we salutation to all the participants.

Dr. Cini Kurian, Principal, Al-Ameen College, delivered the presidential address, conveying her heartfelt regards and prayers to the program’s success. Mrs. Aishwarya Pushkaran, faculty of the department was more than happy to introduce the speaker with zealous heart and words. She gave a quick flash into the career and achievements of Dr. Saji Mathew, which undoubtedly arouse a keen interest in the lecture that followed.

The remarkable lecture which flagged off at 11:00 am addressed the different nuances of agency and the plethora of interpretations in relation to different levels of authority amidst the pandemic. His talk was truly enlightening and brainstorming. He had a lot to share, which he delivered in the span of an hour, with systematic planning and excellent execution. The question-answer session that followed was moderated by Mrs. Varsha Bint Saif, faculty of the Department of English. She was efficient in bridging the gap between the speaker and the audience. The session effectively supplemented the program, making it more rewarding and treasurable.

The program came to a wrap, with the Vote of Thanks proposed by Dr. P.J Sajin, HOD, Department of English. Being the foundation stone of the event, little did he forget to extend his gratitude to each and every member involved on and off screen, in carrying up and placing the program on an entirely new level.

Al-Ameen College, Edathala  
**NATIONAL WEBINAR**  
ORGANISED BY  
THE DEPARTMENT OF ENGLISH  
**AUTHORITY, AGENCY AND  
THE PANDEMIC**

**25.07.2020**  
SATURDAY - 11.00am

For free registration click the link  
<https://forms.gle/YG7bFGzXLIiFYQC858>

**Dr. Saji Mathew**  
(Assistant Professor, School of Letters, M.G. University - Kottayam)

Dr. Cini Kurien (Principal)  
Dr. P. J. Sajin (Coordinator)  
Mr. Viju P V (Assistant Coordinator)  
Contact: +91 8547633778, +91 8921135475

11:25 AM

(224)

English Department (You)

Meenu Thankachan

famsna shiby

Others in the meeting (220)

## **National Webinar on COVID -19 Global Crisis**

COVID-19 pandemic is currently changing our understanding of the world around us. It has challenged many of our ideologies. Experts argue that this pandemic is an inevitable result of globalization and in turn, has seriously threatened the world's globalization order. At this juncture, Department of Economics and Post Graduate Department of Commerce jointly organised a one-day National Webinar on **COVID 19: A Global Crisis or a Crisis of Globalization** on 26th June 2020 on Google Meet. Mr. Benston John, Assistant Professor at St Stephen's College, Delhi was the chief guest to speak on the issue. Also, he is a PhD student at Delhi School of Economics, and has worked as a research associate at Indian School of Business, Hyderabad. Around 185 academicians and research scholars attended the webinar with deep interest.

The webinar started at 10.30 a.m. with Prof. Kala N, Department of Economics extending a very warm welcome to the participants. Dr. Cini Kurian, the principal of the college, inaugurated the webinar. The resource person opined that the impact of the COVID-19 pandemic on free trade is yet to be researched and understood. As per The World Trade Organization (WTO) estimate, the global trade could dip as much as 32%, indicating the kind of dislocation they expect in large economies. He also put forward his doubt regarding the chance of China to be emerged as the leader in post COVID globalised world. We contend that the pandemic's adverse effects on globalization are temporary, and that it would provoke more international cooperation among different nations in the long run. At the end of the presentation, there was a very interactive session in which the participants raised queries and questions related to the topic. The session came to a glorious end with Dr. Leena Varghese from the Department of Commerce proposing the vote of thanks. The webinar was indeed a rewarding experience to all the inquisitive members of the session.

## **Webinar on stress Management**

Department of BCom Computer Application conducted an interactive session on "Stress Management during the Pandemic" on 18<sup>th</sup> May, 2021 at 10.30 am. The guest

speaker of the event was Dr. Shalini Ajith, Assistant Professor, Al Ameen College. The webinar was conducted to address and spread awareness about mental health in this pandemic time and also to talk about how to deal with such issues of mental wellbeing. It started with the welcome note of Ms. Missiriya P R followed by inaugural address of Dr Mary Kurian, Head of the Department.

The pandemic is very stressful to students as well parents which created more fear and anxiety among them. So, it is very much essential to curtail the negative impact of covid -19 from the minds of children. The guest speaker introduced certain simple methods to reduce their stress and also talked about how to maintain positivity in mind as well among the people around. The speaker quoted “Music therapy and yoga not only to releases stress, but also to give strength to body and mind”.

Following are tips given by Dr. Shalini Ajith on how to release mental stress and to cope up with stress of everyday living—

- \*Spend time each day with your parents while they are doing household activities
- \* Set one or two hobbies in life
- \*Help others, physical or financially, as you can
- \*Get in touch with others
- \*Eat less, but balanced food
- \*Include 20 minutes of exercise in your daily routine

All the above tips given seemed very useful for the students to reduce stress they feel in this pandemic time. The participants of the webinar had a wonderful experience throughout the webinar. Beautiful songs of Ms. Anziya Mujeeb and Mrs. Sridevi Ginesh made the program more colourful.

AL AMEEN COLLEGE, EDATHALA  
BCOM COMPUTER APPLICATION  
PRESENTS

# WEBINAR ON STRESS MANAGEMENT DURING THE PANDEMIC

RESOURCE PERSON

**DR. SHALINI AJITH**

Assistant Professor  
Al ameen College, Edathala  
On 18<sup>th</sup> May, 2021  
Tuesday @ 10.30 A.M



**HOD: Dr. Mary P.U**

**COORDINATOR**

**Asst. Professor MIDLAJ K'S**

