



**MES ASMABI COLLEGE, P. VEMBALLUR**

# **CRITERION VII**

## **INSTITUTIONAL VALUES AND BEST PRACTICES**

### **7.2 – Best Practices**

**7.2.1 – Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.**



# **MES ASMABI COLLEGE, P. VEMBALLUR**

**Aided College Affiliated to University of Calicut**

**P. Vemballur PO, Kodungallur, Thrissur District, Kerala, 680671**

**7.2 –**

## **BEST PRACTICE 1**

### **EXPERIA - Experiential Learning through Community Intervention**

#### **1. MANONEETHAM**

Dept. of Psychology conducted CMHEP Programme named Manoneetham, at our College on October 14, 2022, to stimulate and facilitate the development of collaborative and beneficial programs to enhance school students' psychological wellbeing and Academic performance in SN puram panchayath. The general objective of this memorandum of Understanding (MoU) is to stimulate and facilitate the development of collaborative and beneficial programs to enhance school students,



CMHEP  
Community Mental Health Empowerment Program




# മനോനീതം

കമ്മ്യൂണിറ്റി മെന്റൽ ഹെൽത്ത് എമ്പവർമെന്റ് പ്രോഗ്രാം



**ഉത്ഘാടനം**  
ബി.വി. ഉ. ടി സെസബ് MLA  
കൈപ്പമംഗലം മണ്ഡലം



**അദ്ധ്യക്ഷൻ**  
ശ്രീ M S മോഹൻ  
പഞ്ചായത്ത് പ്രസിഡന്റ്  
ശ്രീനാരായണപുരം പഞ്ചായത്ത്

**പ്രിയപ്പെട്ടവരെ,**  
MES അസംമാണി കോളേജും ശ്രീനാരായണപുരം പഞ്ചായത്തുമായി സംയോജിച്ച് നടത്തുവാൻ പോകുന്ന **മനോനീതം CMHEP** പ്രോജക്ടിന്റെ ഔദ്യോഗിക ഉത്ഘാടനം വരുന്ന **ക്രോബർ 14 വെള്ളിയാഴ്ച, 11 am മണിക്ക്** എം. ഇ. എസ് ഫാതിമ റഹ്മാൻ UP സ്കൂളിൽ വെച്ച് ബി.വി. ഉ. ടി സെസബ് MLA ഉത്ഘാടനം ചെയ്യുന്നു. ശ്രീനാരായണപുരം പഞ്ചായത്തും MES അസംമാണി കോളേജിലെ മനശാസ്ത്ര വിഭാഗവും ചേർന്നാണ് പഞ്ചായത്തിലെ സ്കൂളുകളെ കേന്ദ്രീകരിച്ചുള്ള ഈ പ്രോജക്റ്റ് നടപ്പിലാക്കുന്നത്.

CMHEP (കമ്മ്യൂണിറ്റി മെന്റൽ ഹെൽത്ത് എമ്പവർമെന്റ് പ്രോഗ്രാം) എന്നത് MES അസംമാണി കോളേജ് മന:ശാസ്ത്ര വിഭാഗം ശ്രീനാരായണപുരം പഞ്ചായത്തുമായി ചേർന്നു പഞ്ചായത്തിൽ നടപ്പിലാക്കുന്ന ഒരു സാമൂഹിക മാനസികാരോഗ്യ പരിപാലന പദ്ധതിയാണ്. ഇതിന്റെ ഭാഗമായി വിദ്യാർത്ഥികളുടെ പഠന സംബന്ധമായ വിഷയങ്ങളെ ദുർബ്ബീകരിക്കുവാനും അവരുടെ മാനസികാരോഗ്യം മെച്ചപ്പെടുത്തുവാനുമാണ് ഈ പ്രോജക്ടിന്റെ ലക്ഷ്യം. എന്തായാലും ഈ മനനീയ ഉദ്യമത്തിന്റെ ഉത്ഘാടന വേദിയ്ക്കിടേക്ക് സസ്നേഹം കാണിക്കുന്നു.

<p><b>M S Mohanan</b> Sreenarayanapuram Panchayat President</p>	<p><b>Dr. A Biju</b> Principal MES Asmabi College</p>	<p><b>Latha M</b> Head Mistress MES FR UP School</p>	<p><b>Lathif Penath</b> CMHEP Project Co-Ordinator, MES Asmabi College.</p>
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psychological wellbeing and Academic performance



## 2. EMBRACE: THREE DAY VENUE RESIDENTIAL CAMP FOR SPECIALLY ABLED CHILDREN AND THEIR PARENTS

Department of English & Department of Psychology jointly organized “Embrace”, a 3 day residential camp for differently abled students and their parents, in collaboration with Kerala Autism Club from 27 to 29 January 2023. The student volunteers were under the professional supervision of Sri Lathif

Penath, Dr. Reena Mohammed and Ms. Minsila Hilal. and each student volunteer was assigned with a child in order to internalize how to approach them with an emotional perspective.



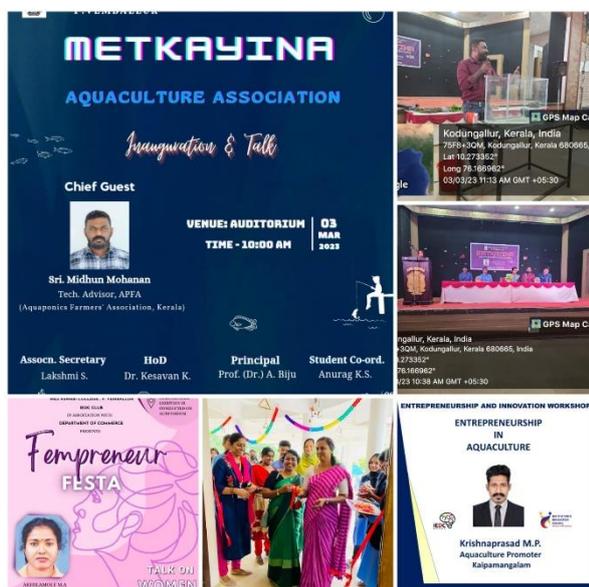
### 3. Workshop on Aquarium Making

The Department of Aquaculture conducted a work shop on Aquarium Making on Janury 10, 2022 in association with IEDC for selected students. These students give training for aquarium making to other students and people. Dr. Dhanya P R, Department of Aquaculture with these students conducted a workshop on aquarium making in GFVHSS Kaipamangalam.



#### 4. ENTREPRENEURSHIP IN AQUACULTURE - EMPRESARIO' ENTREPRENEURSHIP AND INNOVATION WORKSHOP

Held on 2022-11-17 organised by Department of Aqua culture. The session was organised as a part of quarterly activities allocated to IIC for the current academic year. Department of Aquaculture opted to organise it in association with IIC and IEDC as these two bodies are the inseparable committees who can guide and lead such programmes. Further the department has many alumni capable of serving as resource persons in this regard.



#### 5. WORKSHOP ON TELEVISION CAMERA

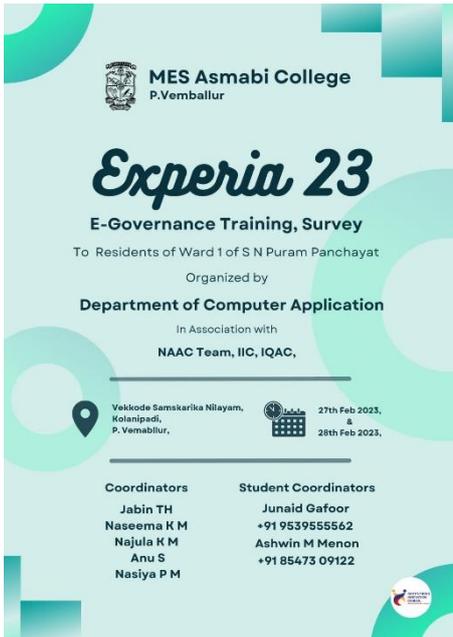
The Camera is the essential tool of filmmaker. A Workshop on Television Camera was conducted on 3rd & 4th september 2022. Mr.Shuhaib Mangolil, Visual Editor of VUUZLE TV Dubai was the resource person on first day through GMeet..Mr.Shahil, Alumni was the resource person on second day. It helps

students in gaining basic knowledge in "behind the scenes" of shooting movies, commercials, music & videos by getting to know the camera. There was a demonstration on camera



## 6. EXPERIA 23 E-Governance Training and Survey

The programme was organised with the aim to get experiential learning through community intervention to the students of the department by giving training for different online services related to different government sectors and interaction with the community. Was organised by the students of Department of Computer Application on 27<sup>th</sup> & 28<sup>th</sup> February 2023 which includes E-Governance Survey and Practice for online services of Panchayath.



## 7. Environment day Celebrations

**World Environment Day 2022:-**As part of the Environment Day Week celebrations, the Western Ghats Hornbill Foundation (WGHF) in collaboration with the Society for Ecological Restoration (SER) and Research Department of Botany, launched “Make A 8 Difference Week” on 07th June 2022, announcing a yearlong campaign, actions and workshops on ecorestoration. The programme announced the public campaign for action “Local Gene pool in Local Nurseries for Ecosystem Restoration and Climate Resilience” to spread the message of “Only One Earth”. The MNREGA members of SN Puram Panchayath, teaching, non-teaching staff and students of the college and other stakeholders were gathered.

A poster making competition for students in association with science forum on the topic costal ecosystem



## 8. KAAVETTAM

As part of green initiative activity, Dept.of Malayalam in association with political science organized a nature walk 'Kaavettam' to sacred groove named Sankulangara kaavu on 10-3- 2023. An awareness class was conducted by Dr. K H Amitha Bachan (Assistant Professor in Botany& Director of WGHF) at the sacred groove and he explained the importance of sacred grooves in the current scenario. Dr. Sanand Sadanand and Dr. Jaisy David delivered speech. Total of 45 students participated in the programme.

## 9. WORLD FISHERIES DAY

An exhibition has been conducted as part of World Fisheries Day - 2022 for making an understanding to people from other subject areas about Indian fisheries and its role in Indian economy. A stall has been provided in the exhibition hall for live production and sale of seafood products made by students of the department

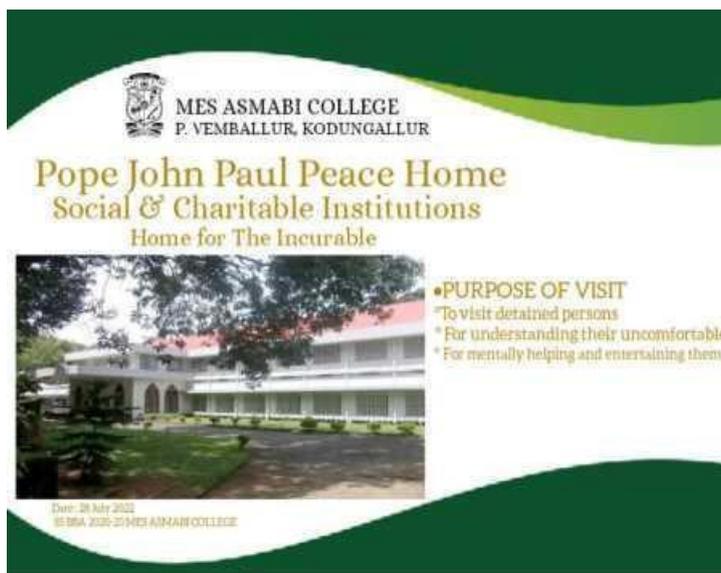
## 10. DESSERTARION DAY

Under the banner of the Dept of Fish Processing Technology and IEDC&IIC, a Live Cooking Competition was organized for students on 7th October 2022. To provide a platform for the students to foster their creativity and decision-making skills and also help them explore their hidden talents and discover new areas of interest. The event gave a platform to the students to demonstrate their culinary knowledge and skills related to developing and following a recipe, preparation of a dish, and displaying the dish before a judging panel where it will be evaluated on flavor, taste, and palatability



## 11. Field Visit to Pope John Paul Peace Home

Fourth semester students of BBA in MES Asmabi college made a field visit to Pope John Paul Peace home on 28<sup>th</sup> July 2022. The objective of this was to understand the conditions of detained inmates in the institution as well as to extend them with mental happiness through many entertaining programmes.



## 12. VISIT TO KARUNYA ASHRAMAM

The Department of Commerce and Management organized a visit for second year BBA Students to '**Karunya Ashramam**, Kallentukara on 26 November 2022. Two faculties and 32 students participated in the visit and students took initiative to distribute daily necessities and cash to this institution.



**13.** Department of Commerce and Management( self-financing) took initiative for the distribution of blankets by students to the poor people on the streets on 23 December2022 with the intention of inculcating the value of moral goodness in the present day scenario.



#### **14. VISIT TO PRATEEKSHA BHAVAN**

Students of I B.Com Cooperation made a visit to meet the children of Pratheeksha Bhavan at Irinjalakuda on 6.02.23. The special educators have enriched the students of Pratheeksha Bhavan with the skill and knowledge to make floor mat, bottles, printing handloom etc. It was an amazing experience to see them making all in a creative manner. After the interactive activities and performances, the students and children shared lunch together. This provided an opportunity for both groups to connect with each other and share their experiences. The college students gifted a

**mixer grinder** to the school, which would assist the special educators in their day-to-day activities.



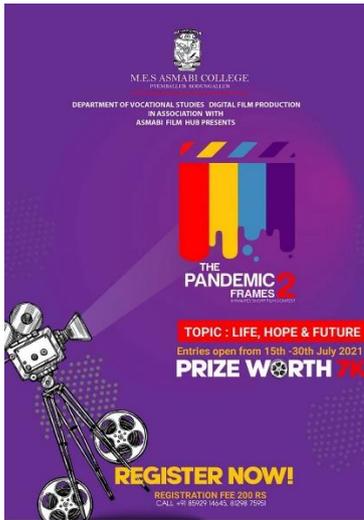
### 15. Payasam Challenge

The Department of Commerce and Management (self-financing)organised a **Payasam Challenge** on August 12 for contributing necessary accessories & equipments to ‘Buds Centre’, Mathilakam for Autistic children. With the fund raised through ‘Payasam Challenge’ along with the contribution from Alumni association and PTA, the department distributed necessary accessories, equipments and toys to Buds Centre.



### 16. THE PANDEMIC FRAMES

The Pandemic frames was held on 15 june 2021To 30<sup>th</sup> june Category : Competition Event Type : Recent.This Short Film fest aims at recognizing the creative efforts towards promotion and protection of human rights.Short films have an extraordinary capacity to expand our reality , deepen our moral sensibility and shape our self-understandings; sometimes moving us closer to cultures,problems and realities that are distant from those we know well. This short film was organised by the department of Digital film production. This contest was announced by Shri Ajoy Chandaran,Secretary ,Kerala Chalachitra Academy



## 17. CLEANING OF PRIMARY HEALTH CENTRE

As a part of shifting of old items used in the Primary Health Centre P Vembellar, 5 NSS VOLUNTEERS of MES ASMABI COLLEGE NSS UNITS 53&95 participated in the shifting activities(14/11/2021) from 10 am to 2 pm and completed the whole shifting activities by following covid protocols

