



AL JAMIA
ARTS AND SCIENCE COLLEGE
PERINTHALMANNA
(Affiliated to the University of Calicut)

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Poopalam, Valambur P.O.
Malappuram Dist., Kerala - India, Pin. 679 325

Ref:

Date: 29/12/2021

Circular

Dear Students and Faculty,

We are pleased to announce that Al Jamia Arts and Science College will be conducting "TEENS MEET" ,a special motivation class for tenth standard (SSLC) students. This program aims to prepare students for their exams with confidence and resilience.

We encourage all SSLC students to participate actively and make the most of this opportunity. Let's work together to support our students during this crucial phase of their academic journey.

NSS Programme Officer

Principal

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31/12/2021

Report

TEENS MEET: Motivation Class for SSLC Students

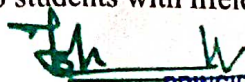
Al Jamia Arts and Science College organized a specialized motivation class for tenth standard (SSLC) students in 2021. The college has consistently prioritized supporting students and aiding those in need. Recognizing the stress and anxiety that often accompany SSLC exams, the college deemed it essential to organize this program to prepare students to face their exams confidently and boldly.

The motivation class was conducted against the backdrop of the COVID-19 pandemic, necessitating adaptations to ensure safety and accessibility. As a result, the program was organized in the neighborhood areas of the students, facilitated by the Psychology Department of the college in collaboration with NSS (National Service Scheme). This approach not only ensured compliance with health protocols but also brought the program closer to the students' communities, enhancing its relevance and impact.

The primary objective of the motivation class was to alleviate the anxiety commonly associated with SSLC exams and empower students with effective study strategies and psychological resilience. Sessions were carefully crafted to address various aspects of exam preparation, stress management, and self-confidence building. Expert psychologists and senior NSS volunteers led interactive sessions, providing practical tips and motivational insights tailored to the needs of SSLC students.

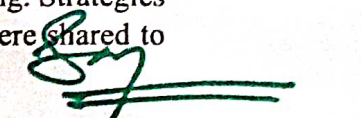
More than 30 students actively participated in the program and reported significant benefits. They engaged in discussions, activities, and exercises designed to boost their morale and mental preparedness for the upcoming exams. The collaborative efforts of faculty members, NSS volunteers, and community participation contributed to creating a supportive learning environment that fostered motivation and positivity among the students.

The program also emphasized the importance of holistic development by encouraging students to maintain a balance between academic pursuits and personal well-being. Strategies for time management, effective study habits, and stress reduction techniques were shared to equip students with lifelong skills beyond the immediate exam context.



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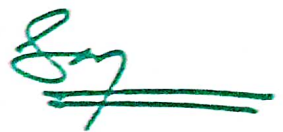



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Feedback from participants highlighted the program's effectiveness in instilling confidence and reducing exam-related stress. Students expressed gratitude for the opportunity to receive personalized guidance and motivational support during a critical phase of their academic journey.

In conclusion, the motivation class for SSLC students by Al Jamia Arts and Science College was a resounding success, exemplifying the institution's dedication to student welfare and academic excellence. As the college continues to prioritize holistic education and community engagement, initiatives like these will remain pivotal in shaping confident and well-prepared individuals for future challenges.

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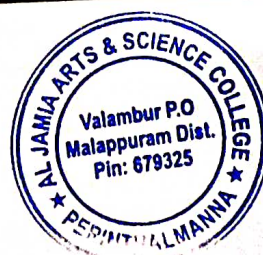
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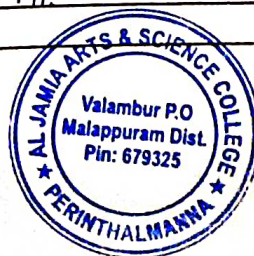
Date: 31/12/2021

PARTICIPANTS LIST

EVENT: "TEENS MEET" MOTIVATION FOR SSLC STUDENTS

NO:	NAME	SIGNATURE
1	FIYAD	
2	ADIL	
3	HAFIS	
4	SINAN	
5	ROSNA	
6	ASWIN	
7	KISHORE	
8	SHAMIL T	
9	SHUKUR	
10	SUHAIL	
11	ASHRAF	
12	ARJUN	
13	RAHESS	
14	INSAMAMUL HAQUE	
15	ARFAH	
16	SANIYA	
17	HIDA	
18	HIBA	
19	MANAL	
20	SONY	
21	MANJU	
22	SAFA	
23	NASLA	
24	FEBIN	
25	MAGGI	
26	NAJMA	
27	RABEEH	
28	THASLEEMA	
29	ADEEB	
30	AIBAK	
31	AYAZ	
32	AZIM	
33	ATHIF	
34	JANISH	

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