



AL JAMIA ARTS & SCIENCE COLLEGE

POOPALAM, VALAMBUR (PO) PERINTHALMANNA 679325

(affiliated to university of calicut)

Ref :

09/10/2018

CIRCULAR

Dear Students ,

We are pleased to announce that the Student of Al Jamia Arts and Science College will be organizing a special awareness programme on 10/10/2018 in observance of World Mental Health Day. We invite all students and staff members to participate actively in this significant event. Your presence and engagement will contribute to making this initiative a success.

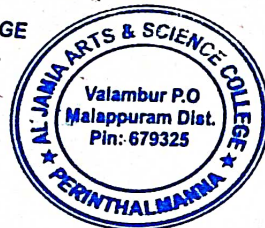
Event Details:

- Date: October 10
- Venue: Thaluk Courtyard

Programme Highlights:

- Keynote Address: Clinical Psychologist M.S. Sunil will deliver a talk on "Stress in the Workplace," addressing important aspects of mental health in professional environments.
- Streetplay: Our students will present a streetplay focused on raising awareness about mental health issues and promoting well-being.
- Inauguration: The event will be inaugurated by Perinthalmanna Tehsildar, Mr. M.A. Meharali. We are honored to have him grace this occasion.
- Presiding Officer: College Advisory Chairman, Mr. A. Farooq, will preside over the function, underscoring our commitment to mental health advocacy.

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REPORT

"STRESS IN THE WORKPLACE" -MENTAL HEALTH DAY AWARENESS AND STREET PLAY

In observance of World Mental Health Day 2018, students from the Department of Psychology at Al Jamia Arts and Science College, Poopalam, organized a comprehensive awareness program aimed at highlighting the importance of mental well-being, particularly in the context of workplace environments. The event, which took place at the Perinthalmanna Taluk Office courtyard, featured insightful discussions, impactful speeches, and a compelling street play.

The program was inaugurated by Tehsildar NM Meharly, who underscored the critical role of education institutions in promoting mental health awareness. In his inaugural address, Tehsildar Meharly commended the students for their initiative and emphasized the need for collective efforts in addressing mental health challenges within society.

Chairing the event, College Advisory Committee Chairman A. Farooq expressed his appreciation for the students' proactive stance in advocating for mental health issues. He highlighted the college's commitment to nurturing a supportive environment where mental well-being is prioritized alongside academic excellence.

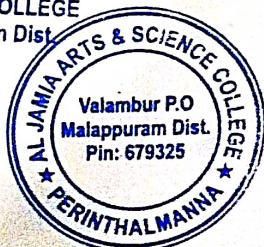
Clinical Psychologist MS Sunil delivered an enlightening discourse on 'Mental Health Conflict in the Workplace,' shedding light on the various stressors and challenges faced by individuals in professional settings. Sunil's presentation offered practical insights into managing stress and fostering a conducive work environment that promotes mental wellness.

Adding to the discussion, Municipal Education Standing Committee Chairman Mustafa Kizhissery and College Union Chairman Muhammad Sabeel shared their perspectives on the significance of mental health awareness among students and the broader community. Both speakers stressed the importance of open dialogue and support systems in tackling mental health issues effectively.

Principal AP Riyaz extended a warm welcome to all attendees, emphasizing the college's commitment to holistic education that encompasses mental, emotional, and academic growth. Head of the Department of Psychology Rasbin conveyed the vote of thanks, acknowledging the contributions of all participants and organizers in making the event a success.

A highlight of the day was a poignant street play performed by the students, which vividly portrayed the challenges and stigma associated with mental health in various societal contexts.

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Through powerful performances and thought-provoking narratives, the play aimed to raise awareness and encourage empathy towards those experiencing mental health difficulties.

The event concluded on a reflective note, with participants and attendees reaffirming their dedication to promoting mental health awareness and support initiatives. The collective efforts of students, faculty, and esteemed guests underscored the importance of community engagement in fostering a culture of mental well-being.

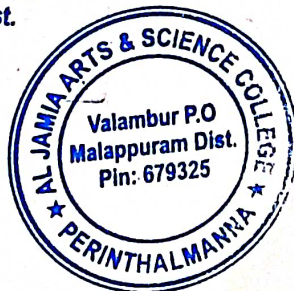
As the curtains closed on the World Mental Health Day celebrations at Al Jamia Arts and Science College, the resounding message of empathy, understanding, and proactive mental health advocacy resonated throughout the campus, promising continued efforts in promoting mental health education and support.

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പൂപ്പലം അയ്ലാമിനും ആർസ് ആൻഡ് സയൻസ് കോളേജ് മനോഹരമായ വിഭാഗം വിദ്യാർത്ഥികൾ ലോക മാനസികാരോഗ്യ ദിനവുമായി ബന്ധപ്പെട്ട് അവതരിപ്പിച്ച തെയ്യവൃന്ദനാടകം

മാനസികാരോഗ്യ ദിനം: തെയ്യവൃന്ദനാടകം നടത്തി

പെരിന്തൽമണ്ണ പൂപ്പലം അയ്ലാമിനും ആർസ് ആൻഡ് സയൻസ് കോളേജ് മനോഹരമായ വിഭാഗം വിദ്യാർത്ഥികൾ ലോക മാനസികാരോഗ്യ ദിനവുമായി ബന്ധപ്പെട്ട് നോഡൽ കമ്മിറ്റി അംഗങ്ങളും തെയ്യവൃന്ദനാടകവും സംഘടിപ്പിച്ചു. താലൂക്ക് തലസ്തലങ്ങളിൽ നടന്ന പരിപാടി തുടർച്ചയായി എൻ.എം.എം.എൽ. ഉൾപ്പെടെ പെർട്ടി, കോളേജ് അദ്ധ്യക്ഷൻമാർ, വിദ്യാർത്ഥികൾ, ഹോസ്റ്റൽ അധ്യാപകർ, സെനിയർ സെനിയർ വിദ്യാർത്ഥികൾ, സെനിയർ വിദ്യാർത്ഥികൾ തെയ്യവൃന്ദനാടകം അവതരിപ്പിച്ചു. മിസ്, മിസാസ്, സൂപ്പർ ഗ്രാമ്പിൻ, അധ്യാപകന്മാരായ ഹോസ്റ്റൽ, ടി.കെ. മിഡിൽ സ്കൂളിലെ അദ്ധ്യാപകർ.

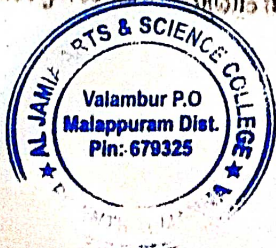
അപ്പൻ വെമ്പലിൽ ഉൾപ്പെടെ തെയ്യവൃന്ദനാടകം എം.എസ്. സൂപ്പർ ഗ്രാമ്പിൻ, മിസ്, മിസാസ്, സൂപ്പർ ഗ്രാമ്പിൻ, അധ്യാപകന്മാരായ ഹോസ്റ്റൽ, ടി.കെ. മിഡിൽ സ്കൂളിലെ അദ്ധ്യാപകർ.

പ്രിൻസിപ്പൽ എ.പി. റിസർവ് സമാഗതവും മനോഹരമായ വിഭാഗം വിദ്യാർത്ഥികൾ പങ്കെടുത്ത് നാടകം അവതരിപ്പിച്ചു.

തൂടർസ് വിദ്യാർത്ഥികൾ തെയ്യവൃന്ദനാടകം അവതരിപ്പിച്ചു. മിസ്, മിസാസ്, സൂപ്പർ ഗ്രാമ്പിൻ, അധ്യാപകന്മാരായ ഹോസ്റ്റൽ, ടി.കെ. മിഡിൽ സ്കൂളിലെ അദ്ധ്യാപകർ.

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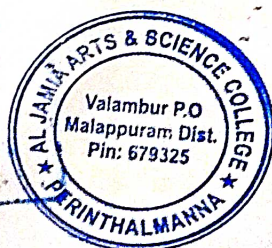
DATE: 10/10/2018

PARTICIPANTS LIST

EVENT: FOOD KIT DONATION

NO:	NAME	SIGNATURE
1	MOONIS MUHAMMED PP	
2	THAMANNA	
3	NAJILA KK	
4	NASIRA THASNEEM KA	
5	NISHA VT	
6	SAFWA. K	
7	SAMEENA P	
8	SHAMSIYA KALATHINGAL	
9	SHERIN SABU	
10	SUMAYYA PP	
11	BASINA CP	
12	FATHIMATH SHAHLA E	
13	FARAH IQBAL K	
14	FAHIMA JABIN	
15	FATHIMA NIHLA T	
16	NASHIDA SHERIN M	
17	JUMANA VAFIRA C	
18	FATHIMA UMMUL BUSHRA	
19	FATHIMATHUL ANSIYA KK	
20	ISMATH NAHAN MP	
21	MURSHIDHA SHANA C	
22	FASNA A	
23	ADHEELA P	
24	AISHA JINSHA. K	
25	HANNA. V L	
26	FATHIMA ADHIYA. M	
27	AYSHA MUSFIRA. U P	
28	AYISHA RASNIN. K	
29	FATHIMATH SHIBILA	
30	ATHIKA PT	

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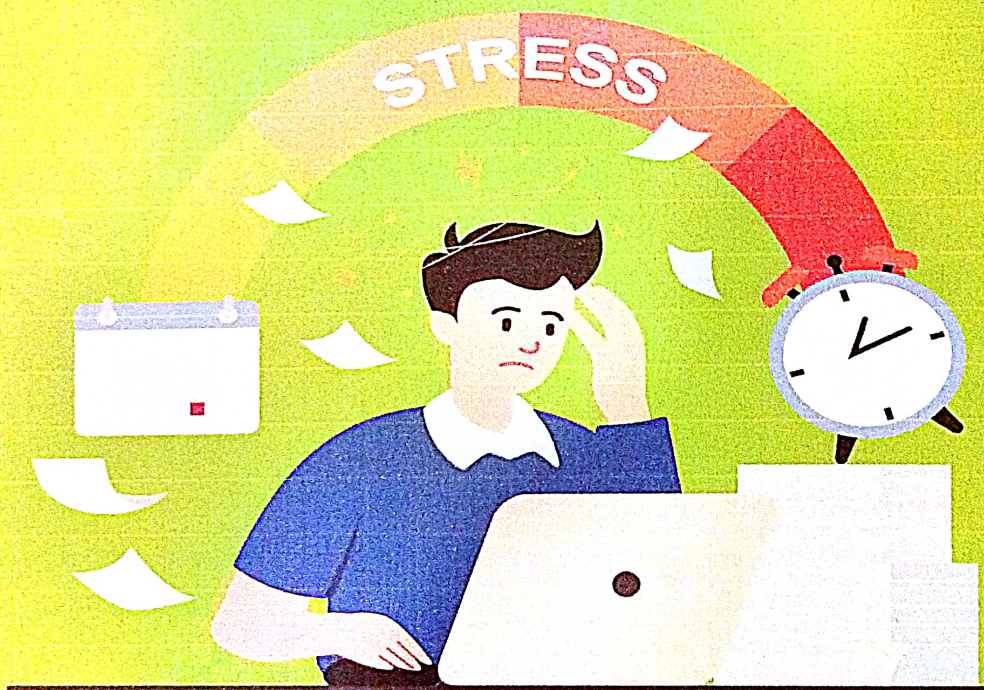
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Organised By
Psychology

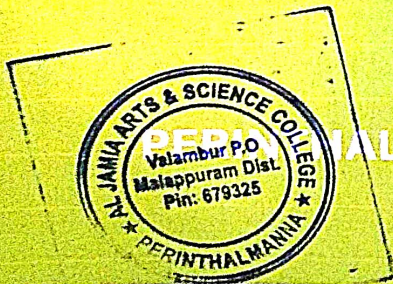
STRESS IN WORK PLACE - MENTAL HEALTH DAY AWARENESS PROGRAM



OCTOBER 10 2018

9.AM - 10.AM

PERINTHALMANNA THALUK OFFICE COURTYARD



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