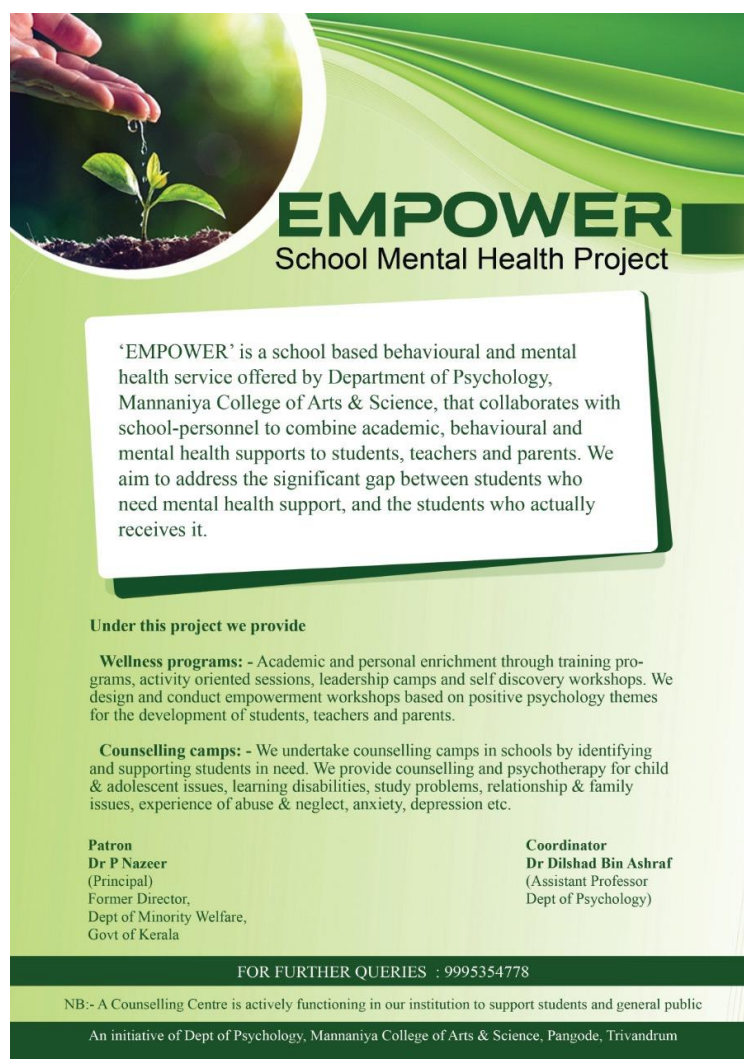


Best Practice 1

Empower – Mental Health Project of Mannaniya College

Empower is a mental health initiative by Mannaniya College aimed at schools and orphanages. The program embodies value-driven education and a philanthropic outlook, contributing to national development. Its primary objective is to instill a strong value system in modern life while extending support to the underprivileged—a profound humanitarian endeavor. Faculty and students from the college regularly visit institutions such as Banath Orphanage in Mukkunnam, Children’s Home in Kanjirappally, and nearby government LP and UP schools. These visits foster direct engagement with the core values the program seeks to promote, enriching both the participants and the beneficiaries.



The poster features a green background with a circular inset image of a hand watering a small green plant. The title 'EMPOWER School Mental Health Project' is prominently displayed in green and black text. Below the title, a white box contains a descriptive paragraph. Further down, there are sections for 'Under this project we provide', 'Wellness programs', and 'Counselling camps'. At the bottom, contact information for the Patron and Coordinator is provided, along with a phone number for further queries. A note at the very bottom mentions a counselling centre and the project's affiliation with Mannaniya College.

EMPOWER
School Mental Health Project

'EMPOWER' is a school based behavioural and mental health service offered by Department of Psychology, Mannaniya College of Arts & Science, that collaborates with school-personnel to combine academic, behavioural and mental health supports to students, teachers and parents. We aim to address the significant gap between students who need mental health support, and the students who actually receives it.

Under this project we provide

Wellness programs: - Academic and personal enrichment through training programs, activity oriented sessions, leadership camps and self discovery workshops. We design and conduct empowerment workshops based on positive psychology themes for the development of students, teachers and parents.

Counselling camps: - We undertake counselling camps in schools by identifying and supporting students in need. We provide counselling and psychotherapy for child & adolescent issues, learning disabilities, study problems, relationship & family issues, experience of abuse & neglect, anxiety, depression etc.

Patron
Dr P Nazeer
(Principal)
Former Director,
Dept of Minority Welfare,
Govt of Kerala

Coordinator
Dr Dilshad Bin Ashraf
(Assistant Professor
Dept of Psychology)

FOR FURTHER QUERIES : 9995354778

NB:- A Counselling Centre is actively functioning in our institution to support students and general public

An initiative of Dept of Psychology, Mannaniya College of Arts & Science, Pangode, Trivandrum

As part of the Empower Project, the Internal Quality Assurance Cell (IQAC), in collaboration with the Department of Psychology, organized a one-day program at Nalanda Teacher Training Institute and LP & UP School, Nanniyode, Thiruvananthapuram, on 8th February 2024. The event was facilitated by eight peer mentors who had completed the Peer

Mentoring Course offered by IQAC, along with the IQAC Coordinator. Dr. Dilshad Bin Ashraf conducted an engaging session for parents, while the peer mentors led activities in individual classrooms, focusing on personal growth and value-based tasks.







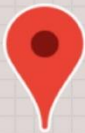


2.Orphanage support Programme 22/11/2023

A personal growth training programme and group mentoring session was organized by IQAC on 22nd November 2023 at Mukkunnam Girls Campus. Dr Dilshad bin ashraf, Asst professor, Dept of Psychology facilitated the programme



 GPS Map Camera



Google

Kummil, Kerala, India

RW3F+4RQ, Kilimanoor - Kadakkal Rd, Kummil,
Kerala 691536, India

Lat 8.802905°

Long 76.924595°

22/11/23 06:52 PM GMT +05:30



Group Mentoring Session



Best Practice -2

STEPS - 10 Day Personal Growth Training Programme – 2nd -17th August 2023

STEPS is an intensive 10-day personal growth training program meticulously designed for first-year students by the Internal Quality Assurance Cell (IQAC) of Mannaniya College of Arts & Science. The program serves as a transformative platform, combining 12 skill development sessions with a variety of dynamic leadership activities, all aimed at nurturing holistic growth among participants.

The initiative places a strong emphasis on equipping students with essential skills and values to thrive academically, professionally, and personally. Key focus areas include:

- **Communication Skills:** Enhancing clarity, confidence, and articulation in verbal and written communication.
- **Interpersonal Skills:** Building the foundations for meaningful connections, teamwork, and collaboration.
- **Career and Educational Orientation:** Guiding students to set clear academic goals and align their career aspirations with their passions and strengths.
- **Value Education:** Instilling a sense of ethics, social responsibility, and personal integrity.

Beyond these, the program integrates numerous hands-on leadership activities designed to cultivate critical thinking, decision-making, and resilience. Each session is a carefully curated blend of interactive workshops, group discussions, and experiential learning, ensuring an engaging and impactful experience for all participants.

Over the years, STEPS has emerged as a cornerstone of student development at Mannaniya College, inspiring many young minds to step into leadership roles and achieve remarkable success. The transformative outcomes of the program are evident in the enhanced confidence, broadened perspectives, and well-rounded personalities of its participants, making it a highly beneficial and cherished initiative among students.



STEPS

10 DAY PERSONAL GROWTH TRAINING PROGRAMME FOR FRESHERS

2ND - 17TH AUGUST 2023
VENUE : AMBEDKAR HALL

INTERNAL QUALITY ASSURANCE CELL (IQAC)



STEPS
10 DAY PERSONAL GROWTH PROGRAMME FOR FIRST YEARS

WEDNESDAY 02 AUGUST 2023
AT 10.00AM

INAUGURAL ADDRESS
PROF.(DR.) P.NAZEER
PRINCIPAL
(FORMER DIRECTOR, DEPT OF MINORITY WELFARE, GOVT OF KERALA)

INTERNAL QUALITY ASSURANCE CELL (IQAC)
MANNANIYA COLLEGE OF ARTS & SCIENCE
PANGODE, KALLARA, TRIVANDRUM - 695609



STEPS
10 DAY PERSONAL GROWTH PROGRAMME FOR FIRST YEARS

02 AUGUST 2023
11.30 AM - 01.00PM

SESSION 1
TOPIC : PATHWAY TO DEGREE COURSES

MR. HASHIM M
ASST.PROFESSOR & HOD, PG DEPT OF COMMERCE
SENATE MEMBER - KERALA UNIVERISTY

INTERNAL QUALITY ASSURANCE CELL (IQAC)
MANNANIYA COLLEGE OF ARTS & SCIENCE
PANGODE, KALLARA, TRIVANDRUM - 695609

STEPS

10 DAY PERSONAL GROWTH PROGRAMME FOR FIRST YEARS

03 AUGUST 2023
10.00 am - 01.00pm

SESSION -2 EFFECTIVE TEAM BUILDING

DR. DILSHAD BIN ASHRAF
Asst Professor, Dept of Psychology
(IQAC COordinator)



INTERNAL QUALITY ASSURANCE CELL (IQAC)
MANNANIYA COLLEGE OF ARTS & SCIENCE
PANGODE, KALLARA, TRIVANDRUM - 695609

STEPS

10 Day personal growth programme for first years



Session 3

MANNANIYA TO THE WORLD

Dr. SIYAD U
Asst Professor, Dept of Chemistry
(NAAC Coordinator)

04 August, 2023
10.00 AM - 12.30 PM



Internal Quality Assurance Cell (IQAC)
Mannaniya College of Arts & Science
Pangode, Kallara, Trivandrum - 695609

STEPS

10 DAY PERSONAL GROWTH TRAINING
PROGRAMME FOR FRESHERS

SESSION - 4

MEDIA LITERACY

07 AUGUST 2023
10.00 AM - 11.15 AM



LEKSHMI VIJAYAN
FACULTY OF MEDIA STUDIES



Internal Quality Assurance Cell (IQAC)

MANNANIYA COLLEGE OF ARTS & SCIENCE

Pangode, Kallara, Trivandrum - 695609



STEPS

10 DAY PERSONAL GROWTH TRAINING
PROGRAMME FOR FRESHERS

SESSION -5

INTRODUCTION TO VALUE BASED EDUCATION

7 August, 2022,
11.30AM - 01.00 PM



DR ALTHAF HUSSAIN
Faculty of Malayalam



INTERNAL QUALITY ASSURANCE CELL (IQAC)

MANNANIYA COLLEGE OF ARTS & SCIENCE

PANGODE, KALLARA, TRIVANDRUM - 695609

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STEPS

10 DAY PERSONAL GROWTH TRAINING PROGRAMME FOR FRESHERS

SESSION -6
GOAL SETTING : THE SECRET TO SUCCESS



JOHNS.K.LUKOSE
Consultant Psychologist
Director, Life skills BVET Centre, Chathannoor

08 AUGUST 2023
10.00 AM-11.45 AM

Internal Quality Assurance Cell (IQAC)
Mannaniya College of Arts & Science
Pangode,Kallara,Trivandrum - 695609

STEPS

10 DAY PERSONAL GROWTH TRAINING PROGRAMME FOR FRESHERS



SESSION -9
SPORTS & HEALTH
10 August ,2023
10 AM - 11.30 AM

Dr Baiju A
Associate Professor & Head
Dept of Physical Education




Internal Quality Assurance Cell (IQAC)
MANNANIYA COLLEGE OF ARTS & SCIENCE
Pangode,Kallara,Trivandrum - 695609


STEPS

10 DAY PERSONAL GROWTH TRAINING PROGRAMME FOR FRESHERS

SESSION - 8
THE SCIENCE OF LOVE
9 AUGUST 2023
10.00 AM - 01.00PM



Dr DILSHAD BIN ASHRAF
Assistant Professor
Dept of Psychology



INTERNAL QUALITY ASSURANCE CELL (IQAC)
MANNANIYA COLLEGE OF ARTS & SCIENCE
Pangode,Kallara,Trivandrum - 695609

STEPS

10 DAY PERSONAL GROWTH TRAINING PROGRAMME FOR FRESHERS



SESSION -7
LIFE SKILL DEVELOPMENT

An interactive session with the students of Life Skill BVET Centre, Chathannoor

08 AUGUST 2023
12.00 - 01.00 PM

SHIKHIIL,SOORYA & HARIPRASAD



Internal Quality Assurance Cell (IQAC)
MANNANIYA COLLEGE OF ARTS & SCIENCE
Pangode,Kallara,Trivandrum - 695609

STEPS

10 DAY PERSONAL GROWTH TRAINING PROGRAMME FOR FRESHERS

Session - 10

OPPORTUNITIES OF TRANSLATION IN GOVT AND PUBLIC SECTOR

11 AUGUST 2023
10.00 AM - 11.00 AM



DR. KAVITHA RAJ. N
Faculty of Hindi



Internal Quality Assurance Cell (IQAC)
MANNANIYA COLLEGE OF ARTS & SCIENCE
Pangode, Kallara, Trivandrum - 695609

STEPS

10 DAY PERSONAL GROWTH TRAINING PROGRAMME FOR FRESHERS

SESSION - 12

UNLOCK YOUR INNER POTENTIAL

14 AUGUST 2023
10.00 AM - 01.00 PM



DR. M.S NOUFAL
WRITER
(FORMER ASSOCIATE PROFESSOR & HEAD,
DEPT OF MALAYALAM)



Internal Quality Assurance Cell (IQAC)
MANNANIYA COLLEGE OF ARTS & SCIENCE
Pangode, Kallara, Trivandrum - 695609

IQAC (STUDENT WING) LEADERS 2023

SREEBALA.S
B.COM TTM



VENUS N.S.
B.COM

INTERNAL QUALITY ASSURANCE CELL (IQAC)

MANNANIYA COLLEGE OF ARTS & SCIENCE
PANGODE, KALLARA, TRIVANDRUM - 695609

STEPS

10 DAY PERSONAL GROWTH TRAINING PROGRAMME FOR FRESHERS

MEET THE LEADERS

11 AUGUST 2023, 11.00 AM - 12.30PM



1. Althaf kabeer



2. Hakim Ashir



3. Mohd Adhinan



4. Neha S Nair



5. Sabeel



6. Sooryanarayanan



7. Sreebala

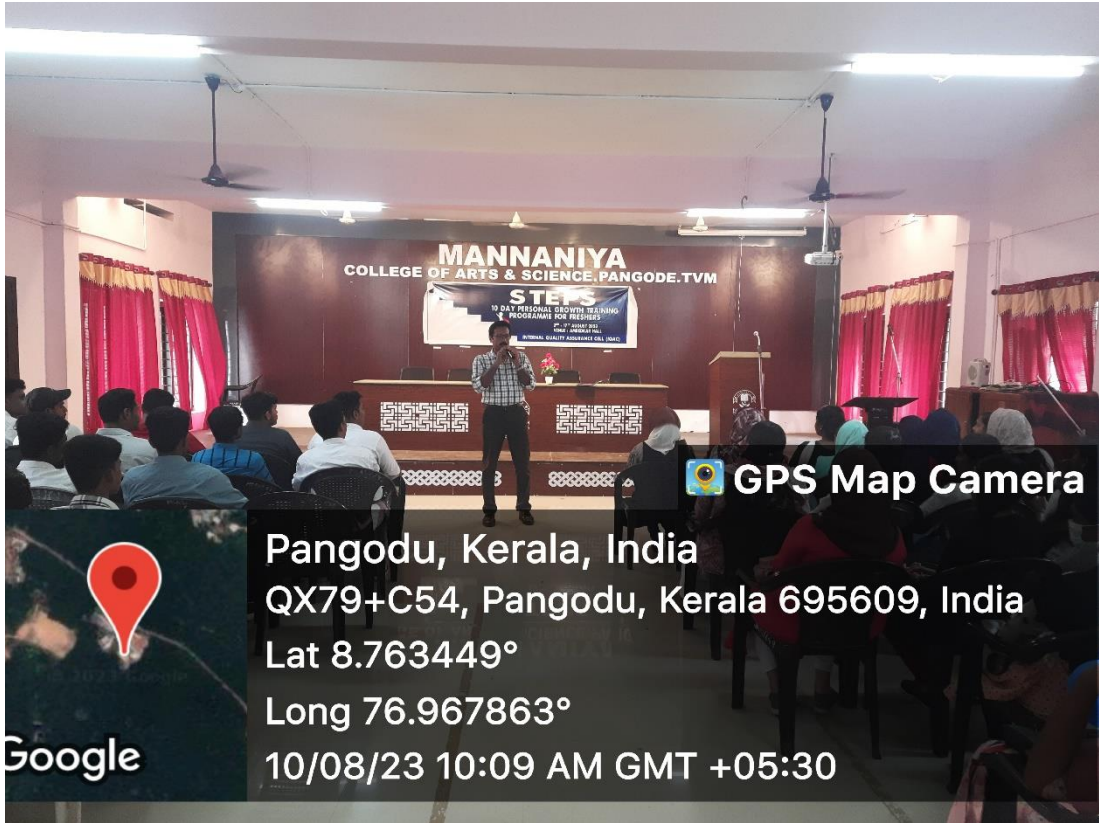


8. Venus



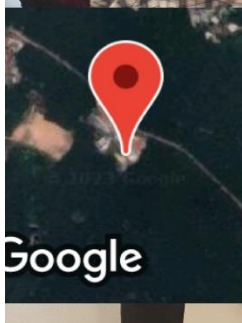
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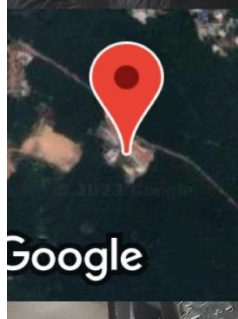
 GPS Map Camera



Pangodu, Kerala, India
QX79+C54, Pangodu, Kerala 695609, India
Lat 8.763487°
Long 76.967931°
10/08/23 10:09 AM GMT +05:30



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QX79+C54, Pangodu, Kerala 695609, India
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