



ANSAR WOMEN'S COLLEGE

KARIKAD P.O. THRISSUR DT KERALA-680519 (AFFILIATED TO THE UNIVERSITY OF CALICUT) ISO 9001-2015 CERTIFIED

BEST PRACTICE II

LIFE SKILL
EDUCATION



CHARACTER, SCHOLARSHIP, LEADERSHIP & CITIZENSHIP

Empowering our graduates to be a part of building a morally upright, welfare world

OBJECTIVE

The Institutional has a noble mission of grooming students in four dimensions, CHARACTER, SCHOLARSHIP, LEADERSHIP and CITIZENSHIP, and thereby empowering our graduates to be a part of building a morally upright, welfare world. The future generations need to be multi-literate, creative and innovative. Life skill education enable adolescents to tackle problems they encounter in their daily life with confidence. It aims to create active, informed and responsible citizens who can contribute to the political process. Apart from these basic skills acquired through academic learning, direct life experiences enrich students with values that make them greater human beings.





THE CONTEXT

The College has achieved many milestones pursuing philanthropic ideals of democratizing education. At a time when knowledge and health had been turned into mere merchandise, Ansar upholds its commitment making it accessible to all.

In the highly challenging and post-modern world, everything has become stressful for young minds, where they find the expectations of parents and society crushing down upon them. Academic Stress regarding anticipated academic challenges or failure can lead to mental distress. There is a need to nurture them to tackle such failures, relationships, sexuality, cut-throat competition, peer pressure etc. Moreover, in India's complex and diverse scenario, there is need to promote a social inclusive environment to acquire knowledge.

The College under the aegis of the Ansari Charitable Trust took up the mission to lend a helping hand to the students to overcome these challenges, equipping them with the essential skills for success in the 21st century.

A Centre for Life Skill Education was begun with this noble vision in mind and it follows a highly scholastic and standardized cumulative curriculum. A detailed syllabus is designed by expert faculty in a Spiral form that allows the teaching of the topics across various levels, but with variation in depth of coverage at various levels.

LIFE SKILL EDUCATION

RHYTHMS OF NATURE

ENVIRONMENT
5TH DAY

CHOOSE
TO
REUSE

NO
TO
PLASTIC

REDUCE
REUSE
RECYCLE

The institution celebrates World environment day on june 5th every year. The major focus of the Centre would be to ensure the all-round development of the students, extending from nurturing the environment through Rhythms of Nature Campaign to the Creative Carnival Initiative which foster and bring out their inner talents through workshops and talks. Interfaith Harmony Discussions and Open Forums are focussed by the Centre.



Dr .Mahmood Shihab addresses the student

As part this celebration, trees were planted on the campus and vegetable seeds were distributed to students on the theme of Healthy No-Toxic fruits through vegetables.

1. Plastic Disposal week was celebrated as part of the Annual events to mark **WORLD ENVIRONMENT DAY**
2. Plastic waste was removed from the campus.
3. Dr. Mahamood Shihab took an awareness class on the subject of **PLASTIC - EARTH ANTAGONIST**.

CREATIVE CARNIVAL

► FILM FESTIVAL

The week-long film festival was inaugurated by Mappila kala Sahithy award winner Bappu vavad. He reminded that Malayalam language is not only a symbol of communication but also a symbol of Malayalee culture. A movie made by students



Bappu Vavad addresses the teachers

“OOLAPURAKKENTHINE IRUMBU VATHIL” Was Screened on the first day. Principal Latha Ma’am presided, The event was well attended by eminent personalities.

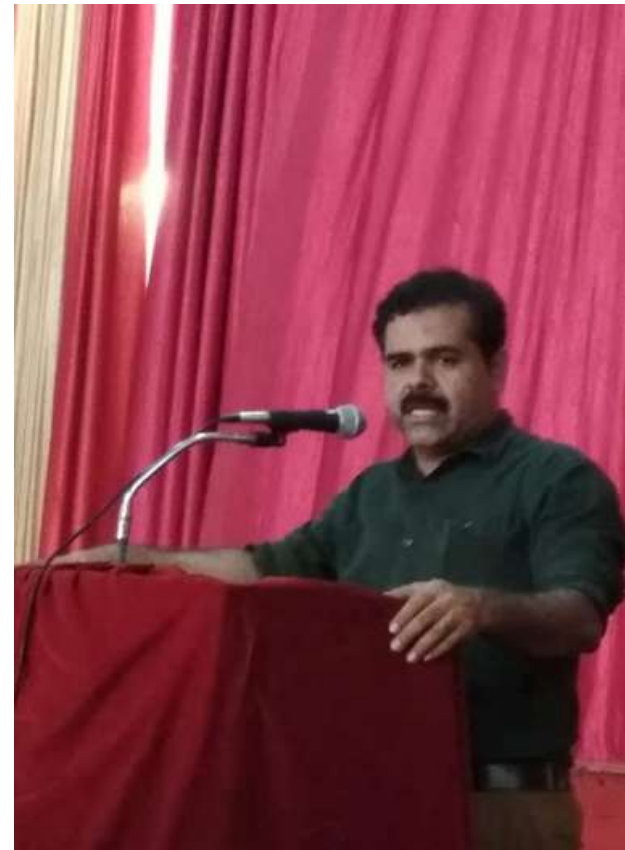


Secretary Jb.Shaju Muhammadunni gives memento to Bappu Vavad.
Vice Principal Ms.Latha, Ms.Zainab and Kareem Master are nearby.



▶ HOME THEATRE WORKSHOP

We conducted home theatre workshop on 16th September 2016 to equip students with technical know-how of a home theatre and to enhance their capabilities. Workshop addressed main area of screen play and social media usages. Considering the fact a properly designed and installed home theatre can boost home value, Mr. Salam kodiyaathur an artist -director of many short movies shared his wide experience in making short movies of dealing with different contemporary subjects. Student's participation in the workshop made the event a remarkable one.



► EXPO

Exhibition mainly meant to create awareness among students about social issues, natural calamities, refugee problem. and danger of alcohol and narcotics.* Exhibiting banners. placard, painting, artistic works. Our pavilion attracted general public with its variety in presentation as well as it's arrangement. Drama, skits, songs, group songs, miming, Puzzle game and other various items were a unique experience for audience.



Entrance gate of the exhibition stall.



Models inside the exhibition stall .



Department Faculties .

► DEVELOPMENT OF CREATIVITY WORKSHOP

About 30 students from various departments who excelled in poetry, short story and essay writing were selected and a three days workshop was conducted, led by Dr. Jameel Ahammed a prominent writer, poet and secretary of “THANIMA KALA SAHITHYA VEDI” to ensure that their talents do not stagnate.

The students then participated in an event organized by THANIMA KALA SAHITHYA VEDI called “KAVIYARANGU” which was held outside the campus .



Jameel Ahammed addresses the student .



In the Workshp of Tanima kala Sahithya Vedi

The students demonstrated their creative prowess in college magazine ,D- Zone competition and social Media, and organized a campaign a KALAVIRUNNU(art party) on campus with the participation of over 40 school children .



Mr. Rafeeq took the class students .



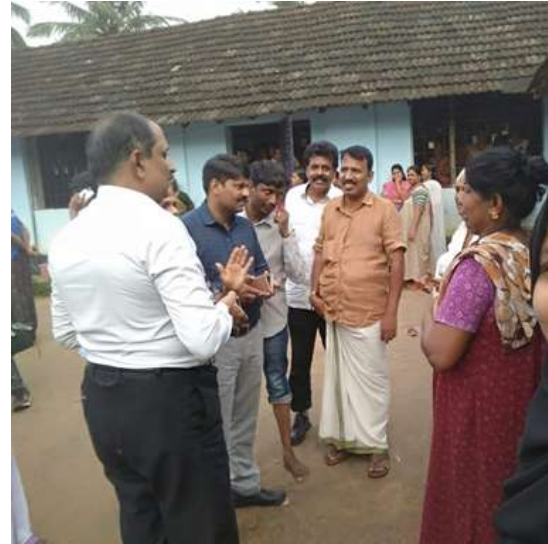
School students attending in KALAVIRUNNU .

EXTENSION ACTIVITIES

► FLOOD RELIEF

Collected money, household materials, cloths and food from students and their families and distributed among most needy people . These kind of relief services are useful to create empathy, humanitarian feeling among students.

Visited flood effected villages at Ponnani and participated in rehabilitation activities .



► ABHAYA KENDRA VISIT

20TH AUGUST 2015



Visited the Koppam shelter which rehabilitated hundreds of inmates who were isolated in their families and communities

shared their experiences and spent a whole day, distributing home cooked food among the inmates.

Proving self – sufficiency through organic farming makes the inmates feel mentally and physically healthy. Students commented that the visit gave them some insight into their lives, 40 students participated, Ms.Bulkees and Ms. Zainab led the team.



HUMAN RIGHTS A W A R E N E S S

► REFUGEE DAY

To built empathy and understanding for refugees plight and to recognize their right in rebuilding their issues, Jb. E M Muhammed Ameen took the classes to educate students on refugee issues related to international refugee day and to introduce international initiatives to rehabilitate refugees. An exhibition depicting the miserable lives of refugees with placards and collage collections were kept on display, the students also took the oath of allegiance to refugees around the world.



Muhammed Ameen address the audience



Students discuss the issue of Refugee

► HUMAN RIGHTS WEEK

Human rights week was observed with the theme of “Stand up for Equality”. The week long Human rights day campaign kicked off on Dec 4th with exciting events . The younger generation needs to be active in the fight against



District Panjayath Member P. Jayasankar spoke at the inauguration of Human Rights Week.

human rights abuses and campaigns like these should be at the helm of governments that provide justice, and protection. Addressing the students, Mr. Jayasankar inaugurated the camp. Ms. Zahira Ahammed Vice-principal Ansar English school recited the pledge of allegiance as part of the campaign. By expressing solidarity with the victims of human right abuses, the canvas signature collection was inaugurated by Jb. Shaju Mohammedunni, Administrative Officer.

K V Mohammed inaugurated the exhibition stall which held placard display, documentary presentation, clay models etc. News about human rights violations was read during campaign days after daily prayer.

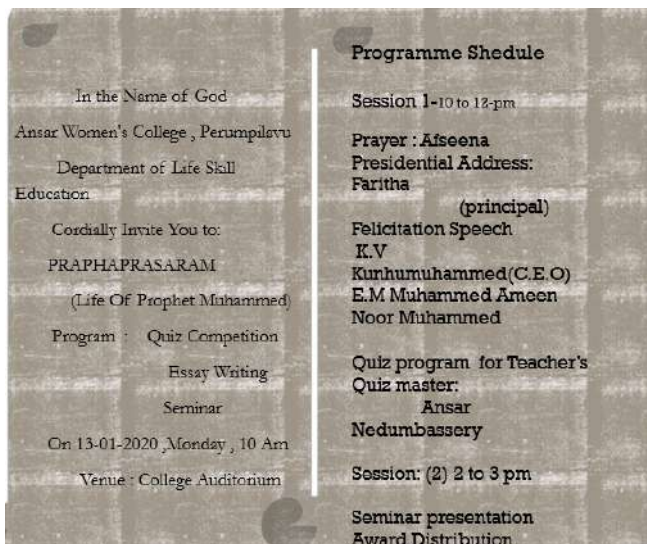


As part of the campaign, various competitions were organized for students and teachers . Women activist Farsana Mian led the closing ceremony. Prizes were also given to the winners of various competitions.

PRABAPRASARAM

FACULTY MOTIVATION SESSIONS

For acquaintance of great personalities around world, we conducted a quiz program, regarding their life histories. The Personalities: Mahathma Gandhi, Swami Vivekanandan, Nelson Mandela, Jesus Crist and Prophet Muhammed. Students and Teachers participation in the event was highlighted and prizes , certificate distributed.



Ansar Nedumbassery conduct the Quiz competition for Teachers



STHREE SHAKTHI

Sthree Shakthi are extension activities focusing on women in the neighbourhood, imparting tips for empowerment and growth.

▶ WOMEN'S DAY CELEBRATION

March 8th 2015

On the occasion of International Women's Day a group of students visited nearby houses of the college and discussed current issues among women. Abdul Ahad Thangal took the awareness class in the campus.



WOMEN'S DAY CAMPAIGN ▶

March 8th to 25th -2019

A month-long event organized inside and outside the campus on the occasion of International Women's Day. The youth should come forward to fight the violence against women and children. Awareness class was organized in the campus and S3 Psychology students performed tableau and Sangeethashilpam. At Trissur Town Hall an extension



programme was organized with the participation of about 200 women from different areas. Activist Rahmathunnissa and Kulsu Teacher spoke on the event, Table talk was organized with people from different walks of life on issues of women and children. In connection with the campaign Food kits were distributed to the poor living road side, volunteers painted a mural on a canvas and presented it to the authorities of the Thrissur Town Hall .



PRO-TEEN CAMPAIGN

Pro-teen '17 raises awareness among children against the growing fast food culture among students. Ms. Balkis, Ms. Zeenath and Ms.Zainab took the awareness class in the campus . Moreover, outside the campus an awareness class was conducted for teenage children and their mothers . Dr. Asharaf Poovil took classes on the need to teach children to eat healthy foods from home . About 75 people attended.



Dr. Asharaf poovill addresses the audience



ASIA RESIDENTIAL CAMP

3 Days Awareness Residential camp, students spent 3 days at camp. Co-living and co-existence created fraternity and friendship as well as Wisdom and knowledge. The Camp consisted of

- *Motivational classes
- *Character building
- *Duties towards parents
- *Skill development
- *Goal setting
- *Mind your Self
- *Leadership
- *Picnic
- *Health awareness

A 3-days residential camp was organized on topics related to moulding the youth in a way that is beneficial to the community and family. Scholars took classes in various subjects like health awareness, goal setting, mind yourself, physical training etc. Dr. Latheef, Muhammed Ameen, Subhan Babu ,Soumya, Dr.Saleel Hassan, Dr.Mahmood Shihab, Yoga Trainer Mr. Rasal, Faizal, Rasheed Parakkal, Salman, Sajeela handled the sessions



The camp was attended by 79 people, including students from other colleges, +2 past students and students from various departments in Ansar. M I .Abdul Azeez gave certificates to all the participants of the camp and concluded the camp after a picnic with various art activities. The camp members commented that it was a very pleasant experience and that other camps should still be organized.



Physical training



Yoga Class led by Mr. Rasal

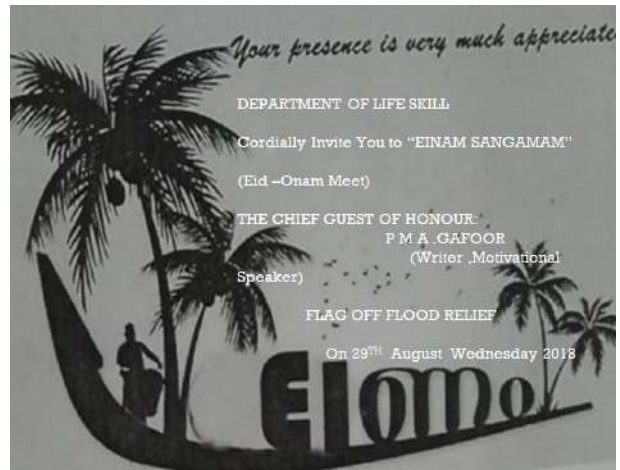


Picnic

EENAM

EID -ONAM SANGAMAM

Religious harmony was organized under the name of EENAM, meaning "melody". Motivational speaker and writer P M A GAFOOR delivered the keynote address. Zainab welcomed the class which started with prayers, Greeshma, who won first prize in short story, presented the prize and memento to PMA Gafoor. The teachers shared their memories of old days of Eid and Onam. As part of the celebration, festive dishes and Ona sadhya, were prepared. The event which was attended by prominent personalities, was very warm.



NANMAMARAM

A batch of students visited the Elder's home DHEENABANDHU at Akkikkavu , The students spent time with them and they spoke about their life experiences. Mrs.Zainab took motivational class for them .

**ELDERS
DAY**
OCT 1st -2017



**ELDERS
DAY**
OCT 1st -2019

Observed the World Elders Day Celebration by organizing a program called Nanmamaram to hug grandparents. Invited parents above 60 years and saluted them for completing the golden years of life listened to their life

experiences and stories. They were honoured. Speeches by Father Chiramel and other distinguished guests.






Father Chirammel addresses the audiens



Shaju muhammadunni presented the Memento to Father chirammel

Following COVID-19 pandemic, the college celebrated Elder's Day online. Mujeeb Rahman Sir, an eminent scholar and lecture, introduced the subject. In his speech


**ELDERS
DAY**
OCT 2nd -2020

 **നവംബർ 2020**

ANSAR WOMEN'S COLLEGE, PERUMPILAVU

**Life Skills Department
&
PG Department Of Physics**

in connection with
INTERNATIONAL ELDERS DAY

 **Chief Guest : Jb.P Mujeeburahman**
Chairman, Media One
Asst Ameer,
Jamathe Islami, Kerala

**on 2/10/2020
at 4:30pm**

"ചേർത്തുപിടിക്കാം ഈ തണൽ മരങ്ങളെ "

he said that protecting parents is the duty of every child and the Principal presided over the function. The department had a video presentation and the volunteers of the music club lent their melody to the day. The programme, which was attended by 700 people including teachers and students, was very heartwarming.

SAVE CHILDREN, SAVE FUTURE

C A M P A I G N

The “SAVE CHILDREN, SAVE FUTURE” campaign was inaugurated on 1 st November, 2017. The esteemed guest of honour, Justice Mohammed Vaseem, Additional Sessions Judge (POSCO) inaugurated the campaign and delivered the keynote address. Ms. Sheela Vijayakumar (District Panchayath President), Mr. P.O.George (Chairman of the Child Welfare Committee), Adv. Pious Mathew (Public Prosecutor), K.V.Mohammed, CEO, Ansari Charitable Trust, Ms. Sobhana (Panchayath President), Mr. K. Jayashankar (District Panchayat Member), Mr. Shaju Muhammedunni (Asst. Secretary, ACT), Mr. Noor Mohammed (IT head, Trust member) and Dr. Mehmood Shihab (Principal, Ansar Training College for Women) were some of the other dignitaries



As a part of the campaign, the College along with the Child Welfare Committee conducted awareness classes in various schools in the district.



The Project was well received everywhere and the positive feedbacks given by students in each school is proof enough of the relevance of the issue. The sessions were inaugurated by Mr. Mujeeb Rehman, Sub judge and of District Legal Services Authority, Thrissur.



As a part of the campaign, the institution organizes programmes in Children's Home every year. The inaugural session was organised by hosting an Iftar feast for the children there and Ms.Jaya, Thrissur district Collector was the chief guest of the event.



പ്രിയരേ,

കുറുപ്പുകുറോടുള്ള നീതിനിഷേധങ്ങൾ കൂടുതൽ ചർച്ച ചെയ്യപ്പെടുന്ന ഇക്കാലത്ത് അവരുടെ ആരോഗ്യപരമായ ബാല്യത്തെയും, അവകാശങ്ങളെയും ഓർമ്മപ്പെടുത്തുന്ന ശിശുദിനത്തിന് പ്രസക്തിയേറിയതാണ്. അവിടുടെ മുകളിലുള്ള നിഷ്കളങ്ക ബാല്യങ്ങളെ സംരക്ഷിക്കേണ്ടതും, അവരുടെ അവകാശങ്ങൾക്കു വേണ്ടി ശബ്ദിക്കേണ്ടതും ഓരോ പൗരന്റെയും കടമയാണ്. 2019 ലെ ശിശുദിനം 'പൈൽഡ് Rights Convention ന്റെ 30 ആം വാർഷികം കൂടിയാണ്. കുട്ടികളോടുള്ള കടമകളെ ഓർമ്മപ്പെടുത്താനും, സമൂഹത്തിലെ ദുർബലവിഭാഗമായ അവരെ നെഞ്ചോടു ചേർത്തുനിർത്തി ശാക്തീകരിക്കാനുമായി അൻസാർ വിമൻസ് കോളേജിൽ നിന്നും ശിശുദിനത്തിൽ സന്ദേശപ്രചാരണ വാഹനം പുറപ്പെടുന്നു. കോളേജ് ഗ്രൗണ്ടിൽ നിന്നാരംഭിക്കുന്ന പ്രചാരണജാഥയിൽ കലാസാംസ്കാരികരംഗത്തെ പ്രമുഖർ പങ്കെടുക്കുന്നു. കുന്നംകുളത്തെ തെരഞ്ഞെടുക്കപ്പെട്ട സ്കൂളുകളിൽ പ്രചാരണവാഹനം എത്തിച്ചേരും. വിമൻസ് കോളേജ് വിദ്യാർത്ഥിനികളുടെ സംഗീതശില്പവും ഉണ്ടായിരിക്കും. നമ്മുടെ കുഞ്ഞുങ്ങളുടെ നല്ലനാളേക്കായുള്ള ഈ ഉദ്യമത്തിൽ ഏവരുടെയും സഹകരണവും, മഹനീയസാന്നിധ്യവും സാദരം ക്ഷണിക്കുന്നു. എന്ന്,

പ്രിൻസിപ്പൽ
ശ്രീമതി. ഹരിദ്ര ഓജ.



Ansar Women's College
Perumpilavu



JOIN US,
IN THIS JOURNEY
FOR THE
PROTECTION OF
CHILDREN

നവംബർ 14

On November 14, 2019 a campaign based on the theme Child labour and child abuse was organized to different schools. A group of 35 students and teachers were a part of the caravan. The caravan was flagged off by our chief guest.

The caravan campaign visited the following schools:

- TMVHSS Perumpilavu
- Bethany HSS Kunnankulam
- GHSS Pazhanji
- Amal Higher Secondary School, Chemmanur
- ICA Higher Secondary School, Vadakkekka

An oath was taken by the students, a notice containing the message was circulated among them and the College students presented a musical theme dance and tableau. It was well received by the children of all the schools.



The college students had visited the Bhalabavan Thrissur and presented the musical theme dance and tableau to a vast audience there.



On the same visit, a faculty from our college, Ms. Ranikutty, Assistant Professor of PG Department of Commerce and Management had delivered a talk at Bhalabavan, Thrissur.

PRE- MARITAL COUNSELING

Oct 25th, 26th 2019 & Nov 6th 7th 2019

Premarital class is specialized type of class that helps youngsters prepare for marriage. By participating in such classes prior to their wedding, couples can begin to build healthy, strong relationships that helps provide a healthier



foundation for their future. We frequently conduct such classes and it proved its fruitful benefits to our students.

In collaboration with Kerala Minority Welfare Council, Center for Life Skill Education conducted pre-marital counseling classes in two batches. Lali James, Thrissur Co-operation Councilor inaugurated the classes to motivate the children. The Principal, Vice Principal and Trust members felicitated the gathering. Parents commented that group counseling involving parents with children was very helpful. Certificates were distributed to all participants.

