



ANSAR WOMEN'S COLLEGE

Affiliated to University of Calicut | Accredited with 'A' Grade by NAAC
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Aesthetic Club

Annual Report 2024-25

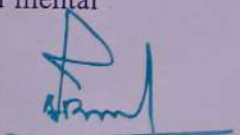
In the year 2024-25 the College Aesthetic Club, has organized a range of events and activities that have fostered creativity and encouraged participation of students across the campus.

Breathe & Believe, one day workshop on mind relaxation techniques



The Aesthetic Club of Ansar Women's College, Perumpilavu, organized a one-day workshop, *Breathe and Believe*, on January 3, 2025, to promote stress management and mental



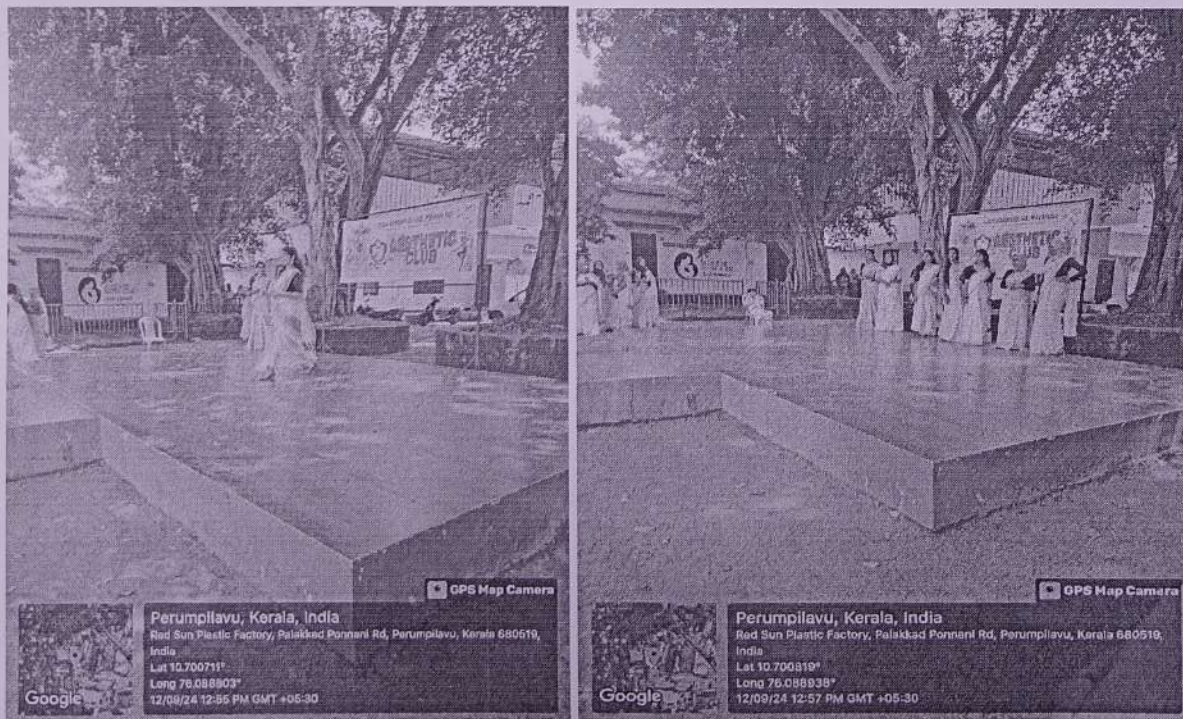

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well-being. The event, held in the college's conference hall, saw the participation of 58 students and faculty members.

Ms. Greeshma M. S., coordinator of the Aesthetic Club, welcomed the attendees and introduced the resource person, Ms. Kashmeela E. T., a Psychologist and Counselor. Ms. Kashmeela explained the impact of stress and demonstrated relaxation techniques such as deep breathing, mindfulness, progressive muscle relaxation, and visualization. Participants engaged in practical exercises, making the session interactive and immersive.

The workshop concluded with a vote of thanks by student coordinator Ms. Rithunandha, expressing gratitude to Ms. Kashmeela and all participants. The event successfully highlighted the importance of mental health and provided practical tools for relaxation, reinforcing the Aesthetic Club's commitment to holistic development.

Malayali Manka Competition in Accordance with Onam Celebration, 2024




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The Malayali Manka competition, organized by the Aesthetic Club of Ansar Women's College, Perumpilavu, on 12th September 2024, was a key highlight of the Onam celebrations. Held at Peace Square at 11:10 a.m., the event aimed to showcase traditional Malayali beauty, talent, and cultural knowledge.

The competition featured three rounds: a ramp walk, a talent showcase, and a cultural awareness segment. The ramp walk allowed contestants to exhibit their grace and confidence in traditional attire, followed by a talent round where participants performed in various artistic forms. The final round tested their knowledge of Malayali heritage through interactive questions.

Judges Greeshma Miss and Sajitha Miss from the Language Department evaluated the seven contestants, ultimately awarding first place to Sona from final year M.Com, second place to Afna Sherin from final year Psychology, and third place jointly to Varsha from final year Physics and Rithunandha from first year Psychology.

The event was a resounding success, fostering cultural pride and adding vibrancy to the Onam festivities. The efforts of the Aesthetic Club, faculty, and student volunteers ensured smooth execution, leaving participants and the audience with cherished memories.




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