

# PROVIDENCE WOMEN'S COLLEGE

Re-Accredited with grade A<sup>+</sup> by NAAC

## Department of Psychology

CERTIFICATE COURSE ON DATA ANALYSIS CONCEPT IN SOCIAL SCIENCES

### PROVIDENCE WOMEN'S COLLEGE



### DEPARTMENT OF PSYCHOLOGY

In collaboration with

**TRUST Centre for Mindful Living**

Certificate Course on

# *Self Development*

2023-24 (30 hours)

**Course Facilitator**



**Dr. Prajeesh Palanthara**

Psychologist


Msc Psy, Phd Psy, 15 Years Experience

***Starting Date: 05/08/2023***

## Report

The Department of Psychology, Providence Women's College has an MOU with Trust center for Mindful Living. As a part of this MOU we collaborate doing counseling and in addition to that the centre is offering a certificate courses on self development and mindfulness and wellbeing for first year and second year students.

DEPARTMENT OF PSYCHOLOGY  
PROVIDENCE WOMEN'S COLLEGE  
CALICUT-673009

  
Dr. RINJU GEORGE  
Assistant Professor & HOD  
Dept. of Psychology  
Providence Womens. College  
Calicut - 673009

## SELF DEVELOPMENT



## MINDFULNESS AND WELLBEING





# ATTENDANCE

## MINDFULNESS AND WELBEING

38		CERTIFICATE COURSE - 2023-2024										39																			
B PSYCHOLOGY		MINDFULNESS AND WELLBEING																													
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	ANFETTA JOSEPH																														
2	ANN NEVA JOSEPH																														
3	ARCHANA PC																														
4	CHARU KRISHNA P																														
5	EVLIN ROSE K																														
6	FATHIMA HUDA PT																														
7	FATZA ABU AZEEZ																														
8	GHAYATHI K																														
9	M.N SAEIYA																														
10	MAANASA S																														
11	NASHWA MUSTIAK																														
12	NUZLA FATHIN																														
13	SNEHA P																														
14	ANAKHA ANN MATHIEW																														
15	ANSHIDA KC																														
16	ANUSREE C																														
17	AYRA JAMEELA PM																														
18	FATHIMA BASHA TK																														
19	HIBA EC																														
20	JANET SEQUEIRA																														
21	JIGNA PK																														
22	NANDANA C																														
23	RIFANA K																														
24	ABHINA A																														
25	ABHINA CV																														
26	ADHEENA M																														
27	AMRUTHA KRISHNA KV																														
28	AMRUTHA SODHEER																														
29	ANAMIKA CK																														
30	ANESA PK																														
31	ANGEL MARIA VARGHEES																														
32	ANUSI TCM																														

38		MINDFULNESS AND WELLBEING										39																			
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33	ANISHA DIANA																														
34	CHANDANA P																														
35	DEVIKA TK																														
36	DEVI NIRANJANA																														
37	DIYA HIBEESA V																														
38	FATHIMA MINHA																														
39	HARINANDANA T																														
40	LAKSHMI R																														
41	NANDANA S BABU																														
42	NEETHU DAS P.P																														
43	SHAMSIVA C.H																														
44	VANDANA IC																														

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# SELF DEVELOPMENT

Psychology 2022-2024												SKILL DEVELOPMENT																							
Sl.No	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
1	Adithya C. Fluv																																		
2	Anna Antony																																		
3	Aparna Ravichandran																																		
4	Elizabeth Alena M.S																																		
5	Fathima Aliya K																																		
6	Fathima Yasmin A																																		
7	Fika Fathima E.P																																		
8	K.R. Gayathri																																		
9	Krishnakumar Anilkumar																																		
10	Madhul Diya Rajith																																		
11	Parvina Anil																																		
12	Parvina Janil M.V																																		
13	Zaina Adithya N																																		
14	Aparna A																																		
15	Diya R. Nair																																		
16	Jenitha S.K.																																		
17	Manjima S.M																																		
18	Narmi P.V																																		
19	Arushi Radhika M																																		
20	Agriya Rajesh P																																		
21	Shwini S. Nair																																		
22	Akhana Jee																																		
23	Alina Shaji P																																		
24	Amritha Maniya N.A																																		
25	Anne Fathima T																																		
26	Anagha S																																		
27	Anagha S. Nair																																		
28	Anjali Kirishna																																		
29	Anur Maniya Shibu																																		
30	Aparna Ravichandran																																		
31	Adithya T																																		
32	Azha Ajay K.K.																																		

Psychology 2023-24													CERTIFICATE COURSE ON SKILL DEVELOPMENT																			
Sl.No	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
33	Divyansha R.G																															
34	Fathima Fikha																															
35	Fathimathul Meha P.M																															
36	Flanora Shwini M.P																															
37	Isabelle Shanika K.M																															
38	Isurana K.P																															
39	Isurige K.M																															
40	Isurine Flanora K																															
41	Iyga Fikha K																															
42	Majida Fawzia N.K																															
43	Meha Nishara P.V																															
44	Miha Shwini N																															
45	Parvina N.K																															
46	Safa Nairin																															
47	Shabana Shwini M.C																															
48	Shikha K.K																															

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