



# REPORT ON PROGRAMMES ORGANIZED

By Women Cell, NAMC  
For the year 2024-25

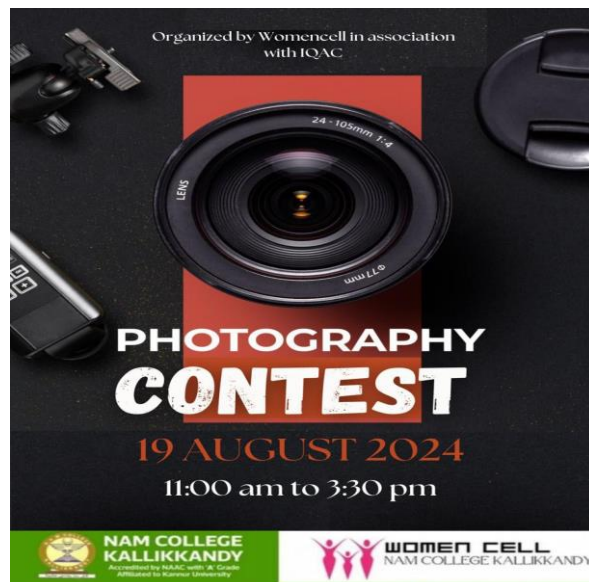
## ABSTRACT:

Women Cell aims at Empowering and orienting students to recognize their true potential and to help them attain their own stand in a competing world.

## GOAL:

Overall Development in all spheres of UG and PG students life.

## 1. PHOTOGRAPHY CONTEST:



In connection with the world Photography Day, an amazing way to shine light on talented photographers around the campus, a Photography Contest was conducted on 19<sup>th</sup> August, 2024 at Computer science lab on the theme 'The beauty of simple little things around us'. Welcome speech was delivered by Nafiya Bincy. The contest was inaugurated by Dr. Majeesh T, Principal NAM College. Felicitation was offered by Dr. Haseeb V V, IQAC Coordinator.



The Winners are:

# PHOTOGRAPHY CONTEST

## Winners

**1**  
*Amaan Muhammed*  
1st year BSC Maths

**2**  
*Abeer K. V*  
3rd year BSC Maths

**3**  
*Shaheem*  
3rd year CS

**3**  
*Aysha Zenha*  
2nd year BBA

### *Congratulations*

The award-winning photographs were:



1<sup>st</sup> Prize



2<sup>nd</sup> Prize

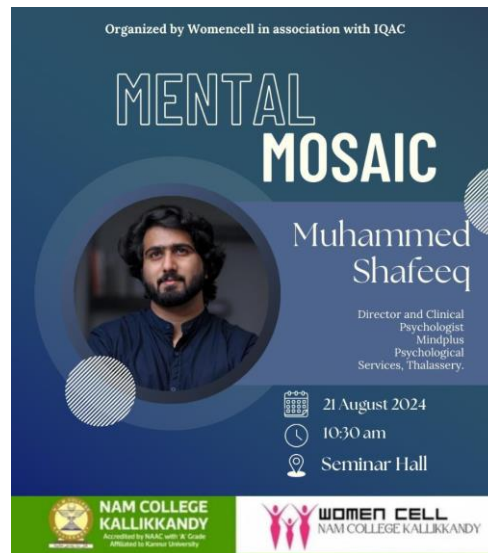


3<sup>rd</sup> Prize



3<sup>rd</sup> Prize

## 2. MENTAL MOSAIC:



In association with IQAC, the 'Mental Mosaic' programme, an initiative aimed at fostering mental health awareness was conducted on 21<sup>st</sup> August, 2023 at the seminar hall. The programme began with a warm welcome speech by Ms. Shasni N (coordinator of women cell) followed by the inaugural speech by Dr. Majeesh T, Principal, NAM College. The event was led by Muhammed Shafeeq, a distinguished director and clinical psychologist, Mindplus Psychological Services, Thalassery, who has a wealth of experience in the field of mental health.

Muhammed Shafeeq began the session by emphasizing the importance of mental health in our daily lives. He discussed how mental well-being is crucial for overall health and how it impacts our behavior, emotions, and thinking. A significant portion of the programme focused on explaining the various types of personalities. Shafeeq described how personality traits can influence an individual's responses to stress, relationships, and challenges. He detailed several personality types, including introverts, extroverts, and ambiverts, and discussed their respective strengths and challenges. The programme also highlighted the importance of mental health awareness. Shafeeq provided insights into recognizing the signs of mental health issues, such as anxiety, depression, and stress. He encouraged participants to be vigilant about their mental well-being and to seek professional help when necessary.

The 'Mental Mosaic' programme was an enlightening session that provided valuable insights into the complexities of mental health and personality. Muhammed Shafeeq's expertise and engaging delivery made the session both informative and impactful. The participants left with a deeper understanding of mental health and the tools to promote well-being in their own lives. The feedback from the participants was overwhelmingly positive, with many expressing a desire for more such programmes in the future.



