



Department Name : Extension Activity

Meeting date | time 6/12/2020 3:00 PM | Meeting location NS Hall-1

Meeting called by	Dr. Afeef T	Attendees
Type of meeting	Extension	Dr.Afeef Thravattath
Facilitator	Ms.Amna	Members of Panorama
Note taker	Ms. Arunthadi	B.Ed (2917-19) Representatives
Timekeeper	Ms. Aswathi	

Meeting Agenda

Date 12/06/2019 | Time allotted 1 | From 3.00pm To 3.30 pm | Presenter Dr.Afeef T

- To conduct a visit to understand the history and heritage of the Legendary city- Calicut on 23/06/2019



Report

Panorama- Knowing the City of Truth- Calicut

23th June 2019

Calicut Heritage Trail initiated to know the history and heritage of the legendary city of truth- Calicut conducted by FTC Panorama in association with Art and Heritage Foundation, Calicut on 32/06/2019. The programme lead by Captain Ramesh Babu, NIRDESH, Chaliyam . Dr. Afeef Tharavattath, coordinator of Panorama Natura lead the programme followed by Mr. Ashraf Ali and students of FTC.



Prepared by Media Cell, FTC



Department Name : Physical Education Department

Meeting date | time 6/10/2019 2:00 PM | Meeting location *Principal Chamber*

Meeting called by Mr. Faseel Ahamed

Type of meeting Physical Education

Facilitator Mr. Faseel Ahamed

Note taker Mr. Rishad

Timekeeper Mr. Faseel Ahamed

Attendees

Principal

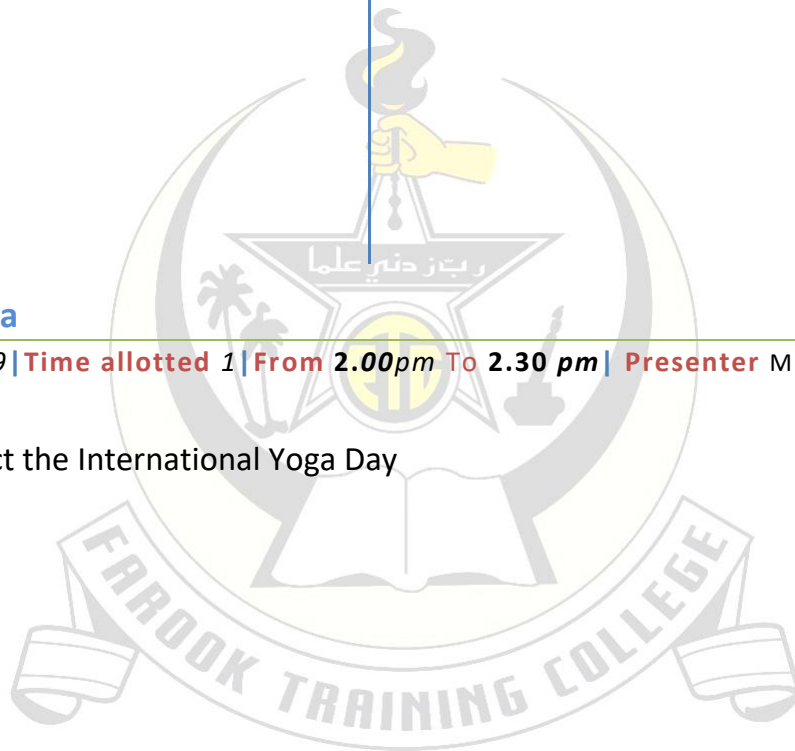
Mr. Faseel Ahamed

College Union Members

Meeting Agenda

Date 10/06/2019 | **Time allotted** 1 | **From** 2.00pm **To** 2.30 pm | **Presenter** Mr.Faseel Ahamed

- To conduct the International Yoga Day



Report

International Yoga Day

22nd June 2019

Farook Training College observed the International Yoga Day on 22nd June 2019. . Principal Dr. CA Jawahar said while inaugurating that yoga training should be a part of life to maintain mental and physical health. As part of the celebration, theoretical and practical training on various topics including lifestyle diseases, healthy habits, pranayama, yoga practices and exercises were held. Sports Head Mr. Faseel Ahamed delivered the awareness speech.

Bindu (Morarji Desai National Institute of Yoga) and Roshna K. (Kottakkal Aryan Medical Center) led the training sessions. Dr. Manoj Praveen G., Dr. TK Ummer Farooque, Dr. Rekha P. Spoke. Union Chairman welcomed and General Secretary Mohammed Ansar delivered the vote of thanks.

Former FTC College Union Chairman (2018-19) Mr. Kebab Beeran, a blind student showed his readiness to overcome his limitations by demonstrating Yoga to the Farook Higher Secondary School students on **15th October 2019**. During the time of their practice teaching, he came to college and practiced yoga regularly. He demonstrated that athletic training is possible for people with vision impairment.. Kebab Beeran, who has vowed to do his own yoga course as part of the course.

Gallery





അന്താരാഷ്ട്ര യോഗദിനം ആചരിച്ചു

പാഠ്യപുസ്തകം എഴുതി എഴുതി വിദ്യാർത്ഥികൾക്ക് മേൽ പരിശീലനത്തിൽ

ഇതേ അന്താരാഷ്ട്ര യോഗദിനം ആചരിച്ചു. അതിൽ പങ്കെടുത്തവർക്ക് മേൽ പരിശീലനം നൽകി. ഇതിൽ പങ്കെടുത്തവർക്ക് മേൽ പരിശീലനം നൽകി. ഇതിൽ പങ്കെടുത്തവർക്ക് മേൽ പരിശീലനം നൽകി.

പരിമിതികളെ തോൽപ്പിച്ച് കണ്യാബ്ബ് ബീരാൻ

രാമനാട്ടുകര ▶ ലോക വൈറ്റ് കെയർ ദിനത്തിൽ സ്കൂൾ വിദ്യാർത്ഥികൾക്ക് യോഗപരിശീലനമായി കാഴ്ച പരിമിതിയുള്ള കണ്യാബ്ബ് ബീരാൻ. ഫാറൂഖ് ട്രെയിനിംഗ് കോളേജിലെ ബി.എഡ്. വിദ്യാർത്ഥിയായ കണ്യാബ്ബ് ഫാറൂഖ് ഹൈസ്കൂളിലെ കുട്ടികൾക്കാണ് പരിശീലനം നൽകിയത്.

അധ്യാപനപരിശീലനസമയത്ത് എല്ലാ അധ്യാപകവിദ്യാർത്ഥികളും കായിക പരിശീലനമുറപ്പാക്കിയിരിക്കണം. കാഴ്ചയില്ലാത്ത പരിമിതിയല്ലെന്ന് ബോധ്യപ്പെടുത്താൻകൂടിയാണ് പരിശീലകനായതെന്ന് കണ്യാബ്ബ് പറഞ്ഞു. പ്രവർത്തനങ്ങൾക്ക് കോളേജ് കായികവിഭാഗം തലവൻ ഫസീൽ അഹമ്മദ് നേതൃത്വം നൽകി.



കണ്യാബ്ബ് ബീരാൻ സ്കൂൾ വിദ്യാർത്ഥികൾക്ക് യോഗ പരിശീലനം നൽകുന്നു

Prepared by Media Cell, FTC

Department Meeting

Department Name : Extention Activity



Minutes of Meeting

Meeting date | time 6/3/2019 3:00 PM | Meeting location *M.Ed Lecture Hall*

Meeting called by	Dr.Afeef Tharavattath	Attendees
Type of meeting	Extension	Dr. C.A JAwarhar
Facilitator	Dr. Umer Farooque T.K	Dr. Umer Farooque T.K
Note taker	Dr. Muhammed KV	Dr. Afeef Tharavattath
Timekeeper	Ms. Naseema	Representatives of B.Ed & MEd Students

Meeting Agenda

Date 3/06/2019 | **Time allotted** 1 | **From** 3.00pm **To** 3.30 pm | **Presenter** Dr. Afeef Tharavattath

- To distribute books to the needs students in and around FTC campus



Report

Padanopakarana Vidaranam

Distribution of Notebooks

18th June 2019

On behalf of Hridayapoorvam project, the students of Farook Training College supplied around 500 note books for six schools nearby the campus to support the needy students. Sri. Najib, Head Master of Farook Higher Secondary School, Farook College inaugurated the program.. Mr. Ahamed, library staff, FTC coordinated the program. Students representatives from all the optional classes and MEd students made the venture a grand success.



[Gallery](#)



Prepared by Media Cell, FTC



Department Meeting

Minutes of Meeting

Department Name : Extention Activity

Meeting date | time 6/2/2019 3:00 PM | Meeting location *Media Hall, FTC*

Meeting called by Mr.Faseel Ahammed

Type of meeting Extension

Facilitator Dr. Aseel Abdul Wahid

Note taker Dr. Umer Farooque TK

Timekeeper Dr. Afeef Tharavatath

Attendees

Dr. C.A JAwarhar

Mr. Faseel Ahammed

Dr.Aseel Abdul Wahid

Dr. Umer Farooque T.K

Dr. Afeef Tharavattath

Mr. Hamsath Ali, Principal, GLPS

College Union Representatives

MEd Students

Meeting Agenda

Date 02/06/2019 | **Time allotted** 1 | **From** 3.00pm **To** 3.30 pm | **Presenter** Mr. Faseel Ahammed

- To conduct Praveshanolsavamat GMLP School Karinkallai, a school adopted project of Farook Training College on 06/06/2019.



Report

Praveshanolsavam @ GLPS Karingallai

6th June 2019

Praveshanolsavam, was studded with novelty this year. This is for the first time that all students ranging from minus two to plus two are getting advent to school. However it was the students, members of Karinkalayi Govt. L P School and Mr. Hamsath Ali who made the praveshanolsavam a festive one. Mr Hamsath, a Payyoli native is retiring from his H M post this year. He gifted a self-built Tagore statue and a huge Gandhi portrait to his dearest students.

The time he spend during Praveshanolsavam with a few teachers and M Ed students of Farook Training College and the feast they had together filled their hearts with bliss. Some people yearn that their existence shouldn't be marked only in death certificates. They tend to mark their identity everywhere they are upto. The teachers and students of Farook Training College are one among them. Everyone together made this start a splendid one. School Adoption Coordinator, Mr Faseel Ahammed, Mr. Muhammed Sareef, Dr. Aseel Abdul Wahid and Dr. Afeef Tharavattath lead the event.



Gallery



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