



Farook Training College

Research Centre in Education.
Farook College, Kozhikode, Kerala.

Cycle 3 NAAC Re-accreditation 2023.

SSR - Criterion III

3.3.3.1. Documentary evidence in support of the claim along with photographs with caption and date

Affidavit

I do here by certify that, all the pages in this document are duly authenticated by me, under my privilege as the Head of the Institution of Farook Training College Kozhikode, Kerala



[Signature]
Principal
Farook Training College
P.O. Farook College, Kozhikode

2022 – 2023

**World Environment Day
5. June 2022**

On World Environment Day, Natura, the Nature club of Farook Training College, joined forces with Bhoomithra Sena to organize a field trip to Kadalundi Bird Sanctuary on 05/06/2022. The collaborative event aimed to raise awareness about the environment. Dr. Afeef Tharavattath, the coordinator of Bhoomithra Sena, delivered a meaningful message during the occasion.



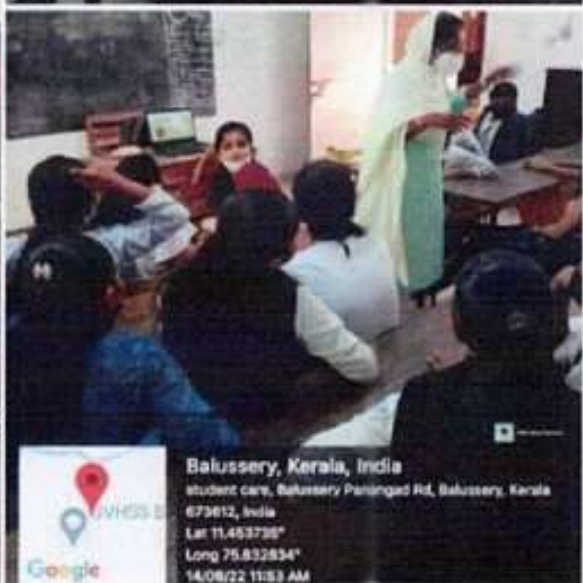
Blood Donation Awareness Class @ Ghss Balussery

June 14, 2022



ZM
Principal
Farook Training College
P.O. Farook College, (Calicut)

As a part of World Blood Donor Day, Farook Training College NSS Unit (Unit No-263) conducted Awareness classes on "Blood Donation" in different schools. The unit conducted Awareness classes for the students of GHSS Balussery on June 14th 2022. Classes were taken by volunteers Swathy and Shafna.



BLOOD DONATION AWARENESS CLASS @ GHSS

POOKOTTUMPADAM

June 14, 2022

EMJ
Principal
Farook Training College
P.O. Farook College, (Calicut)

As a part of World Blood Donor Day, Farook Training College NSS Unit (Unit No-263) conducted Awareness classes on "Blood Donation" in different schools. The unit conducted Awareness classes for the students of GHSS pookottumpadam on june 14th 2022. Classes were taken by volunteers Harsha and Srijila.



Dina Yoga - Calicut University Inter Nss Unit Yogasana Competition

June 21, 2022 to June 25, 2022



Zmy
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Farook Training College
P.O. Farook College, (Calicut)

As part of International Yoga Day, NSS unit (unit no 263) of Farook Training College had organized and conducted Calicut University inter NSS unit yogasana competition entitled as DINA YOGA. The competition was organized in such a way that boys and girls from all NSS units under Calicut University could participate in the competition. On International Yoga Day, as per the instructions of the Ministry of Youth & Sports Affairs, Fit India Movement, Ministry of AYUSH and NSS India, there has been an instruction to organize various competitions as part of promoting yoga practice in schools and colleges. Also, this competition was organized as part of the objective of promoting yoga practice among NSS volunteers and spreading it to colleges, other institutions and society. The competition was held from 21 June 2022 to 25 June 2022. Units of various colleges registered in the competition. Winners of the competition in men-women category were, first place was shared by Anilu Martin, Edel Trinishia D' cotha (Holy Cross IMT, Calicut. Unit no 248) and Muhammed Mikhdad T (Grace vally college of arts and science, Maravattom. Unit no. SF11). Second place was shared by Shifana Remi, Rumaila K (Grace vally college of arts and science, Maravattom. Unit no. SF 11) and Jyothi Anjana (Darunnujoom college of arts and science, Perambra. Unit no FS 23). Third place was shared by Arsha Surendran (MTM college of arts and commerce, velliyancode) and Bhagyasree Dev (AWH Special college, Kallai. Unit no. 09).



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FAROOK TRAINING COLLEGE

Research Center in Education, Farook College P.O, Kozhikkode, PIN 673632



NATIONAL SERVICE SCHEME

UNIT NO. 263

DINA YOGA

CALICUT UNIVERSITY INTER NSS UNIT
YOGASANA COMPETITION

WINNERS

1st



ANILU MARTIN

Holy Cross IMT calicut
Unit no -248



EDEL TRINISHIA D'COThA

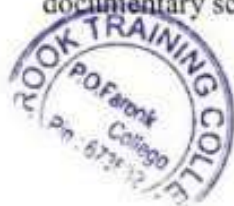
Holy Cross IMT calicut
Unit no -248

CONGRATULATIONS

World Environment Day Celebration

June 06 ,2022

As a part of World Environment Day, Farook Training College National Service Scheme (Unit number 263) conducted many programmes..Under the leadership of NSS volunteers , the campus was made plastic-free and memorial trees were planted in various areas of the campus. Fertilization was done for the trees currently in the campus . Along with this ,a documentary screening was also held for the students.



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First Aid Awareness Class @ Ggvhss Feroke

June 14, 2022

Farook Training College NSS Unit (Unit No-263) conducted Awareness classes on "First aid" in different schools. The unit conducted Awareness classes for the students of GGVHSS Feroke on June 14th 2022. Classes were taken by volunteers Shamna and Nidha.



Shamna
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Farook Training College
P.O. Farook College



Food Safety Awareness Classes @ Schools

June 07, 2022

As a part of World Food Safety Day observation , Awareness classes were organized under Farook Training College NSS Unit No. 263 on Better Food, Better Health for students of several institutions. Classes conducted were handled by NSS Volunteers Dilsha, Prajitha, Shafna, Raniya and Sajna. Classes conducted were for the students of Farook ALP School; Ganapath AUP School, Karinkallai; Azhinjilam AUP School and Karinkallai GLPS.



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Farook Training College
P.O. Farook College

INTERNATIONAL YOGA DAY CELEBRATION

June 21, 2022

Farook Training College Department of Physical Education and NSS Unit 263 organized various programs on International day of yoga on 21st of June. Principal Prof. (Dr.) T. Mohamed Saleem inaugurated the Celebration program at 11:30 am in the college auditorium. Physical education HOD and NSS Program Officer Mr Faseel Ahammed presided over the program. The celebrations were organized under the leadership of Farook Training College Physical Education Department and NSS Unit 263. Physical Education Assistant Professor spoke about the importance of Yoga Day. The Principal delivered the Yoga Day message. After that two resource persons, Ms. Bindhu.AK (Yoga Trainer, Sivananda International School of Yoga) and Ms. Roshna Pradeep (Morarji Desai National Institute of Yoga) spoke about different yoga history and yogasanas. As part of the program, Yogasana Championship called 'Dina Yoga' was organized for NSS units under University of Calicut and other students of all colleges of Calicut University. The Dina Yoga Competition was conducted with the aim of applying the importance of Yogasanas in daily life. A Yogasana challenge was conducted for the students of the college, students can participate by sending different photos of yogasanas in the challenge. The program was led by Health and Physical Education Student Coordinators Muhammad Uvais, M.Ed student Anoop.C, Anju. pk and Niya became the student coordinators of yogasana challenge. Muhammad Uvais welcomed and Anoop. C thanked the session. College faculties Dr. C. Anes Muhammad, Dr. TK Umer Farooque, Staff Secretary Rishad. K, Noufal. C spoke with greetings. Then yoga training was conducted as per yoga protocol as part of yoga day.




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Vanamahotsavam - District Level Inauguration
July 01, 2022

Social Forestry Knowledge Dissemination Section Kozhikode Division Vanamahotsavam 2022 was inaugurated at Farook Training College by Ramanattukara Municipal Vice Chairman Shri. Suresh.K. Farook Training College N.S.S unit and Bhoomitra Sena Nature club organized the function jointly. Knowledge dissemination in Kozhikode Assistant Conservator K. Sunil Kumar delivered the keynote address. Farook Training College Principal Professor.T. Muhammad Saleem presided over the function, Timber Sales Division Forest Officer Mr. Imthiaz, N.S.S Program Officer Fazeel Ahammed delivered felicitation. After the ceremony, Mathottam Section Forest Officer Suresh. T, N.S.S.volunteers inaugurated the planting of tree saplings in the




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college campus. Bhoomitra Sena Nature Coordinator Dr. Afeef Tharavattath welcomed the gathering and N.S.S.volunteer Aysha Nidha proposed vote of thanks.



Azadi Ka Amrith Maholsav - INAUGURATION

August 12, 2022

Central Government Information and Broadcasting Central Bureau of Communication and Farook Training College NSS unit (263) jointly organized the 'Azadi Ka Amrit Mahotsav' 75th Independence Anniversary celebrations at Farook Training College. Wayanad Information and Broadcasting Department Wayanad Field Officer Shri. Prajith Kumar was the chief guest. Field Officer Shri. Prajith Kumar inaugurated Azadi Ka Amrit Mahotsav by



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handing over National Flag to principal in-charge Dr. Vijayakumari. Teacher's :Nowfal,Staff Secretary Rishad. K. Afeef, Dr. Rekha. P. also addressed the audience . NSS Program Officer Fazeel Ahmed welcomed the gathering and Volunteer Secretary Muhammad Basil gave vote of thanks. All the student teacher's of Farooq Training College participated in the Anti-Alcoholic Pledge held under the auspices of Farooq Training College Anti-Alcoholic Club as a part of nationwide anti-alcoholism pledge taken under Nasha Mukth Bharat Abhiyaan. Then a puppet drama based on the history of the freedom struggle was performed by Sunil Pattimatum and his team of Thiruvananthapuram Vision of Life after the function. Farooq Training College NSS volunteers also presented an anti-war dance-drama-song called Hirozaki during the function. Under the leadership of performing arts teacher Subhash and first year B.Ed student Hina Ambat, about 60 students constructed the Freedom Wall. As part of the Independence Day celebrations, poetry writing, essay writing, speech competition, patriotic song competition and quiz competitions were held over three days.The winners were awarded certificates and books issued by the Department of Information and Broadcasting and Central Bureau of Communication.



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ആസാദി കാ അമൃത് മഹോത്സവ്: സ്വാതന്ത്ര്യദിനാഘോഷ പരിപാടികൾക്ക് തുടക്കം

ഫറോക്ക്

കേന്ദ്ര സർക്കാരിന്റെ ഇൻഫർമേഷൻ ആൻഡ് ബ്രോഡ്കാസ്റ്റിംഗ് സെൻട്രൽ ബ്യൂറോ ഓഫ് കമ്മ്യൂണിക്കേഷനും ഫാറൂഖ് ട്രെയിനിംഗ് കോളജ് എൻ.എസ്.എസ് യൂനിറ്റും സംയുക്തമായി 'ആസാദി കാ അമൃത് മഹോത്സവ്' എഴുപത്തിയഞ്ചാം സ്വാതന്ത്ര്യവാർഷികാഘോഷ പരിപാടികൾക്ക് ഫാറൂഖ് ട്രെയിനിംഗ് കോളജിൽ തുടക്കമായി. മിനിസ്റ്ററി ഓഫ് ഇൻഫർമേഷൻ ആൻഡ് ബ്രോഡ്കാസ്റ്റിംഗ് വയനാട് ഫീൽഡ് ഓഫീസർ പ്രജിത്ത കുമാർ ദേശീയ പതാക പ്രിൻസിപ്പൽ ഇൻ ചാർജ്ജ് ഡോ. വിജയകുമാരിയുടെ ഉദ്ഘാടനം നിർവഹിച്ചു. അധ്യാപകരായ നൗഫൽ, സ്റ്റാഫ് സെക്രട്ടറിയെ.

റിഷാദ്, ഡോ. അഹ്മദ്, ഡോ. പി. രേഖ സംസാരിച്ചു. എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർ ഫസീൽ അഹമ്മദ് സ്വാഗതവും വള്ളിയൂർ സെക്രട്ടറി മുഹമ്മദ് ബാസിൽ നന്ദിയും പറഞ്ഞു. തുടർന്ന് തിരുവനന്തപുരം വിഷൻ ഓഫ് ലൈഫിലെ സൂനിൽ പട്ടി മറ്റും സൗലവും സ്വാതന്ത്ര്യ സമര ചരിത്രം അടിസ്ഥാനമാക്കി അവതരിപ്പിച്ച പപ്പറ്റ് ഡ്രാമയും ഹിരോസാക്കി എന്ന പേരിലുള്ള യുദ്ധവിരുദ്ധ നൃത്ത-നാടക-ഗാനാവിഷ്കാരവും ചടങ്ങിനിടെ അവതരിപ്പിച്ചു. പെർഫോമിംഗ് ആർട്സ് അധ്യാപകനായ സുഭാഷിന്റെയും ഒന്നാം വർഷ ബി എഡ് വിദ്യാർത്ഥി ഹിന അമ്പാട്ടിന്റെയും നേതൃത്വത്തിൽ അറുപതോളം വിദ്യാർത്ഥികൾ ഫ്രീഡം വാൾ നിർമ്മിച്ചു.

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FREEDOM WALL
August 11, 2022

UMZ
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Farook Training College NSS unit participated in the construction of Freedom Wall as part of Independence Day celebration Azadi Ka Amrit Mahotsav. About sixty students participated in the programme under the leadership of Farook Training College art teacher

Subhash and second year B.Ed student Hina. 3 meters long and 30 meters wide, Freedom Wall was built in 20 hours

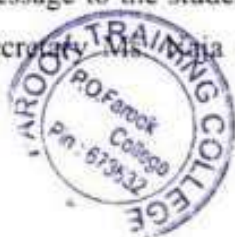


HIROSAKKI - HIROSHIMA NAGASAKKI DAY OBSRVATION @ G M

L P S THIRUTHIYAD

August 5, 2022

Under the leadership of NSS Unit 263, Farook Training College, various programs were organised on the occasion of Hiroshima-Nagasaki Day, with the objective of spreading anti-war message to the students of GMLP School, Vazhayoor, Tiruthiyad. The program was inaugurated by Ward Member Ms. Rashida Foulad while Mr. Abdul Karim, headmaster, GMLP School, gave the presidential address. Dr. Umer Farooque delivered the anti war message to the students while NSS program officer, Mr. Faseel Ahmed and NSS Volunteer Secretary, Ms. Najia Mehjabin felicitated. Volunteers hosted various activities like Sneha



Gatha Paduvin, an Anti-war song written by Abhi Sankar, 1st yr. student of Farook Training College, Dance based on the theme of revival of Japan and a Drama- Hirosaki. The program was coordinated by volunteer Ms. Irfana. The faculties of the school, Mr. Grijesh, welcomed the gathering and Ms. Sheena proposed Vote of Thanks. Mr. Mohammad Niyas, Volunteer Coordinator of Adopted Village, thanked the students.




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INDEPENDENCE DAY CELEBRATION @ G L P S KARINKALLAYI

August 15, 2022



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As part of the 75th Independence Day celebrations under the leadership of Farook Training College NSS Unit No.263, different celebrations were organized at Karinkallai GLPS, the college adopted school. Various competitions like Flag Making, Quiz Competition, etc were held for the school children. And the college students also presented various art performances like Patriotic Song prepared under the leadership of Abhi Shanker and Dance performance prepared under the leadership of NSS volunteer Anagha were also held on the occasion. School Headmistress Mrs. Kavita presided over the function and School Staff Secretary S. Manoj Kumar, teacher Sajitha, school PTA president, school protection committee officials, parents, Farooq Training College teachers Dr. Umer Farooq and Noufal C attended the function. Program Volunteer Coordinator Vipin, Volunteer Secretary, Muhammad Basil, Program Officer Faseel Ahmed and NSS volunteers led the program.



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PATRIOTIC SONG COMPETITION

August 12, 2022

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A patriotic song Competition has been conducted in Farook Training College by the NSS unit 263 as a part of Independence Day Celebration Azadi ka Amirth on .In the competition 6 teams have been participated and Team mathematics won the First prize.Team English and

team Physical science won the second and third places respectively. The competition has been coordinated by volunteers sanjay joseph and salva shirin.



QUIZ COMPETITION - QUIT INDIA MOVEMENT DAY

August 9, 2022

NSS Unit 263, Farook Training College organized an online quiz competition on August 9 Quit India Day as part of Azadi Ka Amrit Mahotsavat, the 75th Independence Day celebration. The contest was conducted through a Google Form link. The first position in the competition was shared by B.Ed first year students Ashita RC and Ayesha Nida while the second position was bagged by B.Ed first year student Biju. The third position was shared by



UM
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Anagha E and Arun Raj, first year B.Ed students. E-certificates were given to the winners. NSS Day Celebration Committee Volunteer Coordinators Jishna C, Salva Shirin and Vipin Das presided over the programme.



FAROOK TRAINING COLLEGE

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**NSS UNIT NO. 263
UNIVERSITY OF CALICUT**

ब्रह्मो विद्विष वेद्यु ब्रह्म
Winner

1st

Ashitha R C 1st B.Ed Mathematics			Ayisha Nidha 1st B.Ed NS
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2nd

	Biju N 1st B.Ed Malayalam
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3rd

Anagha P 1st B.Ed PS			Arun Raj 1st B.Ed SS
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ANTI DRUG CAMPAIGN - TRAINERS' TRAINING WORKSHOP
September 12, 2022




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The NSS unit (Unit No263) of Farook Training College had organized an awareness class as part of Anti Drug Campaign which is planned to implement during internship at various schools. College faculty Mr Fasalul Abid had presented the topic in the program, which was in collaboration with Anti Drug Club of College. NSS Program Officer Mr Faseel Ahammed and Faculty Mr Noufal C had spoke. NSS Voluteers had led the program.



COASTAL CLEAN UP September 17, 2022

As part of Swachh Sagar Surakshit Sagar project, NSS volunteers of Farook Training College participated in cleaning the coastal area. Around 30 volunteers took part in the event held at Hejira beach. Volunteers Secretary Mohammad Basil, Naja Mehjabin, Harsha and Sanjay led the programme.




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NSS UNIT NO. 263
UNIVERSITY OF CALICUT

SWACHH SAGAR SURAKSHITH SAGAR



HEALTH AND FITNESS AWARENESS PROGRAMME September 01, 2022

A health & Fitness awareness training programme was conducted by NSS Volunteers of Unit No 263, Farook Training College at Farook Institute of Teacher Education as part of their Pulse 22 Community Living Camp. The session was for cardiac, Aerobic and Wellness dances. NSS Volunteers Harsha P Jayaram, Ashita RC, Jishna C, Kanakamani D, Smriti K had led the training session for forty nine participants of D.El.Ed students. College teachers also participated in the session.



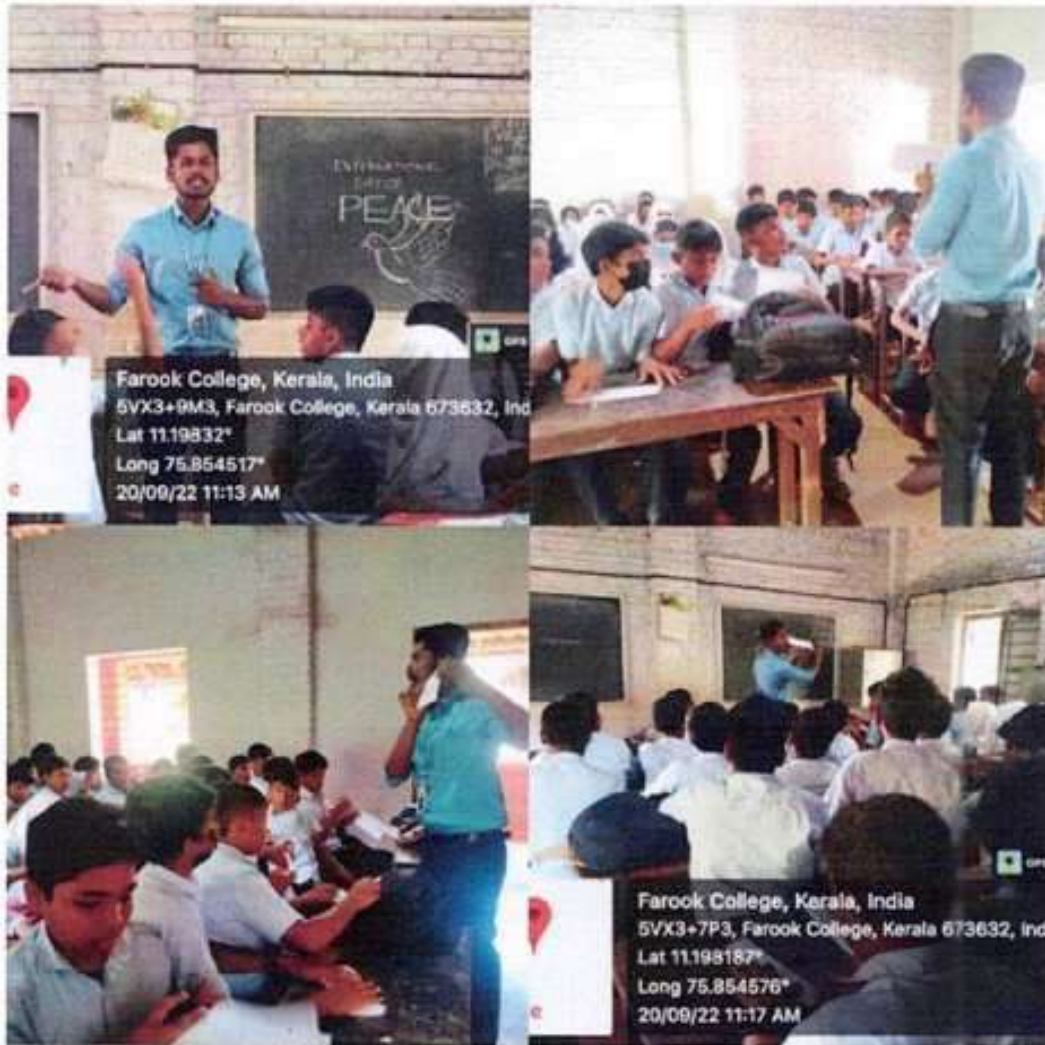

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INTERNATIONAL DAY OF PEACE- AWARENESS & PAPER CRANE
MAKING @ F H S S FEROKE
September 20, 2022

As part of September 21 International Day of Peace, this session was handled by Abhi shanker and Ashitha on the topic Sadako Peace Crane Making at FHSS Feroke under the auspices of NSS Unit No. 263.





**International Day Of Peace- Awareness & Paper Crane Making @ G G V
H S S Feroke
September 20, 2022**

As part of September 21 International Day of Peace, this session was handled by Vipin das on the topic Sadako Peace Crane Making at GGVHSS Feroke under the auspices of NSS Unit No. 263. NSS volunteers Arun Raj and Dilsha led the session successfully.



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International Sign Language Day- Awareness & Dumb charades @ G G V

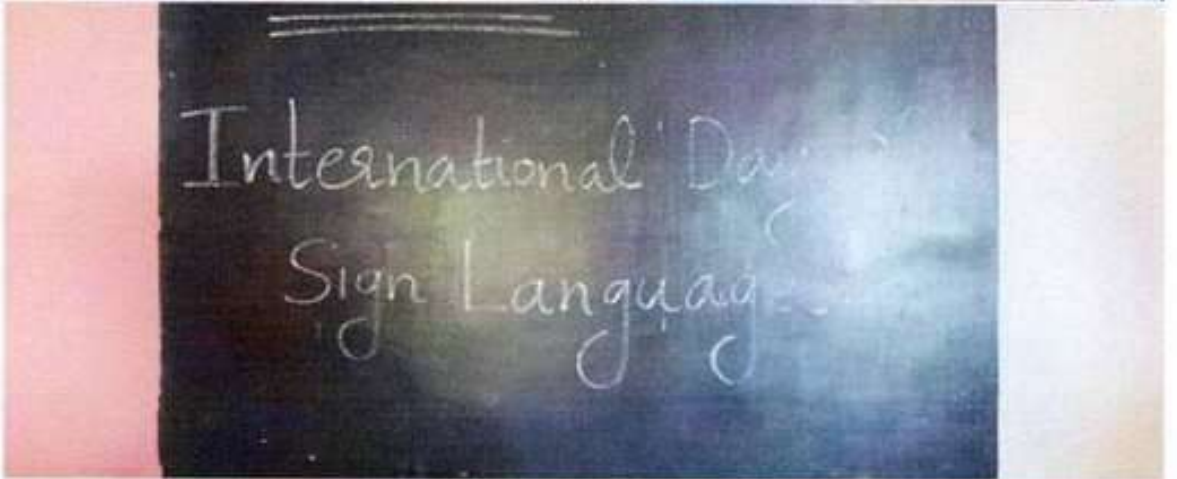
H S S Feroke

September 23, 2022

As part of September 23 International Sign Language Day, Farook Training College under the auspices of NSS Unit No. 263 organized an awareness class, from the topic daily message and dumbcharades game at GGVHSS Feroke School. This session was successfully handled by NSS volunteers Ameena misiri, Ayisha Nidha and Vipindas.



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NSS DAY- Awareness @ F H S S FEROKE

September 24, 2022



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P.O. Farook College

As part of September 24 NSS Day, Farook Training College under the auspices of NSS Unit No. 263 organized an awareness class, from the topic daily message at FHSS Feroke. This session was successfully handled by NSS volunteers Kanakamani, Shabana and Anagha.



SREE NARAYANAGURU SAMDHI DAY- Awareness & Quiz

@ F H S S Feroke
September 20, 2022

Sree Narayana Guru Samadhi Day, as a part of this day NSS volunteers organized a quiz competition on the theme Kerala Renaissance. NSS volunteers Kanakamani, Jishna, Ashitha and Shabana led the competition.



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**World Alzheimer's Day- Awareness @ H S S Kunnamangalam
September 20, 2022**

As part of September 21 World Alzheimer's Day, Farook Training College organized an Alzheimer's Awareness Class under the auspices of NSS Unit No. 263. NSS volunteer Sinobiya conducted the class at HSS kunnamangalam. NSS volunteers sona and mariha led the way successfully.




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**World Environmental Health Day- Awareness @ G V H S S Nadakkavu
September 26, 2022**

On September 26, as part of World Environmental Health Day, Farook Training College NSS unit 263 organized a Quiz competition and an Awareness class at GVHSS NADAKKAVU. Nss volunteers and B.Ed 2nd year student teachers of FTC led the programme.



U.M.J.
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Farook Training College
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**World Heart Day- Awareness Class @ G G V H S S Feroke
September 30, 2022**

As part of World Heart Day on September 29, Farook Training College under the auspices of NSS Unit No. 263 organized an awareness class on Heart and Heart Care at GGVHSS Feroke School. NSS volunteer Sanjay Joseph handled the session. NSS volunteers Arun Raj, Ayisha Nidha and Vipin Das led the way successfully.




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29 SEPTEMBER

World Heart Day

Farook Training College
NSS Unit No. 263



**World Rabies Day- Awareness Class @ F H S S Feroke
September 28, 2022**

As part of September 28 World rabies day, Farook Training College under the auspices of NSS unit No 263 conducted a Awareness Class on The Prevention and Remediation against Rabies ,NSS volunteers Anagha and Shabana led the class at FHSS FEROKE successfully.



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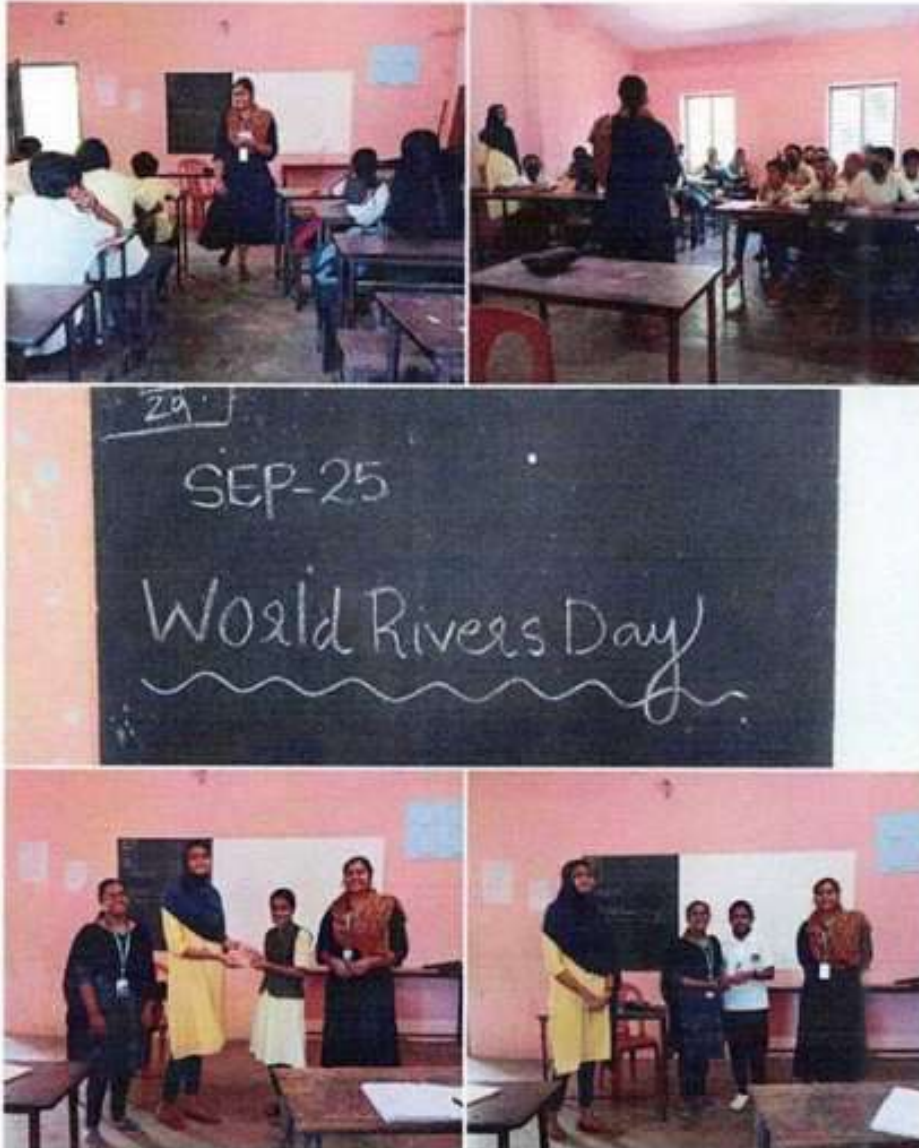


**World River Day- Awareness & Quiz @ G G V H S S Feroke
September 24, 2022**

As part of September 25th World Rivers Day ,farook training college organized a Day awareness and quiz competition under the auspices of NSS Unit No:263. NSS volunteers Vipin, Aiysha Nida, Abiya sara thomas and Naja led the program successfully at GGVHSS Feroke school.




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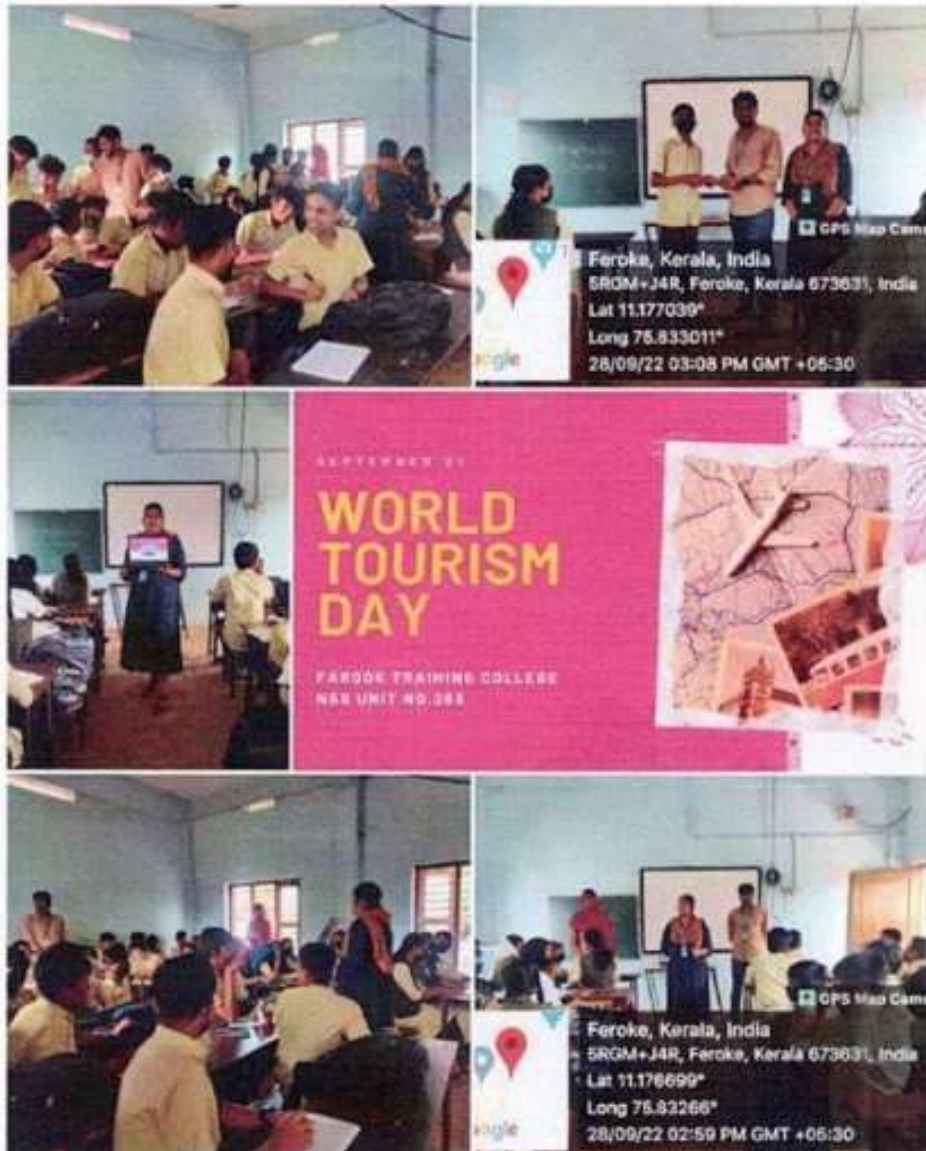


**World Tourism Day- Awareness & Quiz @ G G V H S S Feroke
September 28, 2022**

On the occasion of World Tourism Day (September 27) , Farook Training College under the auspices of NSS Unit 263 conducted a program on daily message and quiz competition. at GGVHSS feroke school .This session was handled by NSS volunteers Vipindas, Aiysha Nidha, Muhamed Niyas and Naja.




 Principal
 Farook Training College
 P.O. Feroke College, (Calicut)



Anti Addiction Flame October 24, 2022

On 24-10-2022, As part of the Lahari Mukthakeralam, the anti-drug campaign programs, Farook Training College NSS unit (Unit no-263) and anti-drug club organized an anti-drug flame. Motive of the program was to create an awareness about drug addiction and related issues in which Students, teachers and non-teachers lit candles and took pictures along with placards of anti-drug messages.




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ലഹരി വിരുദ്ധ ജ്യാല



SAMANWAYAM RALLY OCTOBER 29,2022

As part of 'Laharimukta keralam' Anti-Drug campaign Farook training college NSS Unit (Unit No:263) alongside the adopted village- Vazhayoor Gramapanjayath 1st and 2nd ward, Azhinjilam A.U.P School, Azhinjilam Arts club library, Model G.R.C Vazhayoor and Kudumba sri vigilant group conducted an Anti Drug-Rally on 29-10-2022,Saturday.The rally began from Azhinjilam Bypass Junction and ended at karad. Sixty five volunteers including volunteer secretary Mohammed Basil, Working Secretaries Abhilash, Nasmina, Field work co-ordinators Nishad, Participatory village co-ordinaters Mohammed Niyas, Nandana, Kallianath took part in rally.



M. Nasmina
Abhilash
 Farook Training College
 P.O. Farook College, (Calicut)

The gathering conducted at the school after the rally was inaugurated by Sub-Inspector Sri Suresh Kumar. Later on Malappuram Women Exise Officer Shrimati Silla provided the group a Drug awareness Class. The Vazhayoor Naatturava Group performed skit regarding problems created due to drug abuse. The school Headmistress Srimati Sajitha, Ward members Srimati Jauhara, Srimati Smitha, Azhijnilam Arts club Secretary Sri Venu, School PTA President Sri Kunjumon and Farook Training College NSS programme officer Sri. Faseel Ahammed were present for the programs conducted. Volunteers along with the school students participated in the rally.



FAROOK TRAINING COLLEGE
 Research Center in Education, Farook College P.O. Ramanattukara, PIN 673632
 Accredited by UGC & AICTE & Affiliated by TMMU, at the Center with Course 1999

NSS UNIT NO.263
 UNIVERSITY OF CALICUT

സമൂഹം മൂലം പലപ്പോഴും ഹൃദയം, മനോരമം എന്നിവ നഷ്ടപ്പെടുന്നു. അതിനാൽ ഏതെങ്കിലും മരുന്നുകളുടെ ഉപയോഗം തടയുകയും ചെയ്യേണ്ടതാണ്. അതിനാൽ ഏതെങ്കിലും മരുന്നുകളുടെ ഉപയോഗം തടയുകയും ചെയ്യേണ്ടതാണ്.

സമൂഹം
മരുന്നുകളുടെ ഉപയോഗം തടയുകയും ചെയ്യേണ്ടതാണ്.

SAY NO TO DRUGS

2022 ഓക്ടോബർ 29 വനിതാ ദിനം : 4 വനിതാ മത്സരങ്ങൾ

മുഖ്യമന്ത്രി : ശ്രീ സമീർ കര (സംസ്കൃത പരിഷ്കരണ വകുപ്പ്)
 മുഖ്യമന്ത്രി : ശ്രീമതി സിദ്ദിഖ് (സംസ്കൃത പരിഷ്കരണ വകുപ്പ്)
 (സംസ്കൃത പരിഷ്കരണ വകുപ്പ്)

നടപ്പുകൾ **നടപ്പുകൾ**

Anti - Drug Club FTC



Unity Day Pledge
 OCTOBER 31, 2022

U.M.
 Principal
 Farook Training College
 P.O. Farook College

Farook Training College NSS volunteers (unit no :263) participated in Ekta Pledge conducted as part of Ekta Day on Monday 31-10-2022. Abhilash K S, Working Secretary of NSS, welcomed the Ekta Day commemoration of Sardar Vallabhbhai Patel who shaped Rashtra Samabhavana. Adhila H M Ekta recited the Pledge and others repeated. NSS Volunteer Bincy then spoke commemorating Vallabhbhai Patel's contributions to the nation program officer Faseel Ahammed also attended the pledge. The function ended with the NSS song.



FAROOK TRAINING COLLEGE

Research Center in Education, Farook College (P.O.) Ramanattukara, Kozhikode, Kerala, India
 Registration No: 2012, A-10-11, Accredited by 'UPEU' on 21-04-2016, UPEU-1016



**NSS UNIT NO. 263
 UNIVERSITY OF CALICUT**

OCTOBER 31

NATIONAL UNITY DAY



"Take to the path of dharma – the path of truth and justice. Don't misuse your valour. Remain united. March forward in all humility, but fully awake to the situation you face, demanding your rights and firmness."



Umy
 Principal
 Farook Training College,
 P.O. Farook College, (Cal)

Azadi Ka Amrit Mahotsav Campaign Volunteering **NOVEMBER 27, 2022**

Farook Training College NSS (unit no:263) volunteers participated in the five-day Integrated Community and Outreach Program *Azadi Ka Amrit Mahotsav* Exposition-Awareness organized as part of Central Government's publicity campaign. Eleven volunteers participated. A drawing and quiz was organized on the theme 'Azadi Ka Amrit Mahotsav'. Patriotic song was also one of the competitions. All the volunteers participated in the inter-college quiz competition in which Fatimat Fathimath Anseeba Nasreen bagged the first position and Akhila Jasmin bagged the second position. Akhila Jasmin, a volunteer, participated in reporting events for DD News. Working Secretary Lijimol TG, Aditya Unni, Haritha, Amal Saeed, Aparna, Binsy, Nandana, Arya and Anupama participated in the program. All the volunteers who participated were felicitated with certificates of participation.



Blood Donation Camp **NOVEMBER 9, 2022**



Farook Training College NSS Unit and Friend in Need Blood Donors Forum jointly organized a blood donation camp on 09-11-2022 at Farook Training College in collaboration with Perinthalmanna Taluk Hospital. Volunteer Coordinator Arya K welcomed the function which started at 9.30 am. Farook Training College teacher and director of Friends in Need Dr. Afeef Tharavattathil delivered the introductory speech. Mr. Bibin inaugurated the function and gave a blood donation message. Farook Training College teacher who completed blood

donation more than fifty times. Dr. Afeef Tharavattath was honored at the function. First year B.Ed, M.Ed students, teachers and non-teaching staff participated in blood donation. NSS Working Volunteer Secretary Abhilash, Blood Donation Committee Volunteer Coordinator Ashil, B.Ed 1st year students Namitha, Akhila Jasmin, Shifna, Hanna, Babu, Shweta, Aparna, Gayatri, Jasna, Raha, Nishita, Rahila, Leah, Binsi, Anseeba etc participated in the event. Led by Farook Training College NSS Program Officer Mr. Faseel Ahammed congratulated the blood donation camp. Naureen, a first year B.Ed Malayalam student expressed her gratitude for the ceremony.



[Handwritten Signature]
Principal
 Farook Training College
 P.O. Farook College, (C)

രക്തദാനക്യാമ്പ് നടത്തി



ഫാറൂഖ് ട്രെയിനിങ് കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റ് കോളേജിൽ നടത്തിയ രക്തദാനക്യാമ്പ്

രാമനാട്ടുകര ▶ ഫാറൂഖ് ട്രെയിനിങ് കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റും ഫ്രണ്ട് ഇൻ നീഡ് ബ്ലഡ് ഡോണേഷൻ ഫോറവും ചേർന്ന് പെരിന്തൽമണ്ണ ഗവ. താലൂക്കാശുപത്രിയുടെ സഹകരണത്തോടെ രക്തദാന ക്യാമ്പ് നടത്തി. സാമൂഹികപ്രവർത്തകൻ ബിബിൻ ചടങ്ങ് ഉദ്ഘാടനം ചെയ്തു. പ്രോഗ്രാം ഓഫീസർ ഫസീൽ അഹമ്മദ് അധ്യക്ഷനായി. 50 തവണ രക്തദാനം പൂർത്തിയാക്കിയ ഫാറൂഖ് ട്രെയിനിങ് കോളേജ് അധ്യാപകനും ഫ്രണ്ട്

ഇൻ നീഡ് ഡയറക്ടറുമായ ഡോ.അഫീഫ് തറവട്ടത്തിനെ ചടങ്ങിൽ ആദരിച്ചു. വൊളന്റിയർ കോ-ഓർഡിനേറ്റർ കെ. ആര്യ, വർക്കിങ് വൊളന്റിയർ സെക്രട്ടറി അലിഖാജ്, രക്തദാന കമ്മിറ്റി കോ-ഓർഡിനേറ്റർ ആഷിൻ, ബി.എസ്. ഒന്നാംവർഷ വിദ്യാർഥികളായ നജിത, അഖില, ജാസ്മിൻ, ഷിഫ്ത, ഹന, ബാബു, ശ്വേത, അപർണ, ഗായത്രി, ജസ്ന, റാഹ, നിഷിത, റാഹില, ലിയ, ബിൻസി, അൻസിബ, നൗരിൽ എന്നിവർ സംസാരിച്ചു.



FM
Principal
Farook Training College
P.O. Farook College, (C)

**Chachajiyum Kuttyolum-
Children's Day Celebrations
NOVEMBER 14, 2022**

Farook Training College NSS volunteers (Unit no-263) organised children's day celebrations at the adopted school of Farook Training College, Karinkallai GLP School. The program started with the stories of Chachaji and songs. Then they were taught to make roses using colour paper. The program ended at 4 pm with the distribution of prizes to the children. Around sixteen students from college and NSS volunteers participated in the program led by volunteer coordinators Akhila Jasmine and Nasmina.



**CHILDREN'S DAY AT KANIVU SCHOOL
NOVEMBER 14, 2022**



Farook Training College celebrated Children's Day with the children of Kaniv Special School on 14-11-2022 under the leadership of N.S.S Unit.Principal of the school, Mary Teacher welcomed the programme. Children's Day rally, art programmes and competitions were conducted under the leadership of volunteers.Student coordinators Noureen, Jumana, Praveen, special school coordinators Reha and Riyana and working secretary Abhilash led the program in which around 30 M.Ed students and NSS volunteers participated.



DOWRY PROHIBITION PLEDGE
NOVEMBER 25,2022

Farook Training College N.S.S. Unit 263 took a pledge on Dowry prohibition.ICDS organized activities from November 25 to December 10 to end discrimination against women and children as part of 'ORANGE THE WORLD CAMPAIGN -end violence against women now'. As part of this campaign, all the students took the Dowry Prohibition pledge on November 25, 2022(Dowry prohibition day 26 november).




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HUMAN CHAIN NOVEMBER 2 , 2022

Farook Training College NSS volunteers (Unit No-263) participated in a human chain organized by Ramanattukara Municipal Corporation on November 1, Kerala Birth Day as part of Laharivimukta Kerala - Anti-drug programs organized by the Government of Kerala. Around 200 volunteers under the leadership of anti-drug club and NSS are part of the human network. The NSS volunteers formed a human chain from KotashaliKav to Karad Road, which is adjacent to the training college. Under the leadership of Ward Councilor Mrs. MK Geetha, the students took an anti-drug pledge. NSS units of Farook College, Farook HSS and Farook Institute of Teachers Education have also become part of the human network. Teachers Shri Naufal C and Shri Muhammad Sharif joined the human chain. NSS Program Officer Faseel Ahmed, Anti-Drug Club Coordinator Fazalul Abid and NSS Working Secretaries Abhilash and Nasmina led the way.



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Principal
Farook Training College
P.O. Farook Coll



സ്ത്രീ സംരക്ഷണ നിയമങ്ങൾ ബോധവൽകരണ ക്ലാസ്സ്
NOVEMBER 25, 2022

Farook Training College under the auspices of NSS Unit and Women Development Cell in collaboration with District Women and Child Development Department organized a training class on Women Protection Laws in conjunction with the International Day for the Elimination of Violence against Women. Kozhikode District Women and Child Development Officer Mr. Abdul Bari inaugurated the event. Mr. Abdul Bari took a class on Women Protection Laws in the function presided over by college principal Dr. T Muhammad Saleem. Then Sakhi One Stop Center Administrator Archana and Case Worker Shruti led the class on various topics. NSS Program Officer Faseel Ahammed, Research Students Manjusha, Nasmina and Kailasnath spoke.

Farook Training College released a handbook titled Provisions for Women Protection prepared by M.Ed student Murfia Begum as part of REACH project under IQAC. Women Development Cell Coordinator Irshana Shahnaz delivered the welcome speech and Abhilash Kainikara delivered vote of thanks. Volunteer coordinators Aparna, Babu and Liji Mol led the program.




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GOVERNMENT OF KERALA
DEPARTMENT OF WOMEN AND CHILD DEVELOPMENT

&

FAROOK TRAINING COLLEGE
NSS UNIT NO.263
WOMEN DEVELOPMENT CELL
സ്ത്രീ സംരക്ഷണ നിയമങ്ങൾ

NOVEMBER 25
International Day for the Elimination
of Violence against Women



MMI Hall
2 P.M



ശ്രീ.അബ്ദുൾ ബാരി

ജില്ലാ വനിതാ ശിശു വികസന ഓഫീസർ കോഴിക്കോട്

M Mathrubhumi മാതൃഭൂമി

സ്ത്രീസംരക്ഷണനിയമങ്ങൾ പരിശീലനക്ലാസ് നടത്തി

കോഴിക്കോട്: ഫാറൂക് ട്രെയിനിംഗ് കോളേജ് ഫുൾ ടുഡേ ഷാർപ്പ് കൂട്ടായ്മയ്ക്ക് ഭാഗമായി ഫാറൂക് ട്രെയിനിംഗ് കോളേജിൽ നടന്ന സ്ത്രീ സംരക്ഷണ നിയമങ്ങൾ പരിശീലന ക്ലാസ്സിൽ ജില്ലാ വനിതാ ശിശു വികസന ഓഫീസർ അബ്ദുൾ ബാരി മുഖ്യ അതിഥിയായി പങ്കെടുത്തു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ജി. മുഹമ്മദ് സയീദ്, അദ്ധ്യക്ഷത വഹിച്ചു. ചടങ്ങിൽ സെൽ ഓഫീസർ സെന്റിനൽ അക്ടിവിസ്റ്റുകൾക്കും ഫുൾ ടുഡേ ഷാർപ്പ് ഫിസിക്കൽ എഡ്യൂക്കേഷൻ കോർസിലും പങ്കെടുത്തവർ ഉണ്ടായിരുന്നു. ഫാറൂക് ട്രെയിനിംഗ് കോളേജ് അദ്ധ്യക്ഷ എ.എ.എസ്. രമ്യ, ഗവണ്മെന്റ് സ്കൂൾ സിബിഡി-2018യുടെ അദ്ധ്യക്ഷ എസ്. ഫാരുഖ്, ഡിറ്റാർച്ച് മിസ്റ്റർ അഹ്മദ്, അദ്ധ്യക്ഷയിൽ സ്ത്രീ സംരക്ഷണ നിയമങ്ങൾ പരിശീലനം എന്നിവയെക്കുറിച്ചും പങ്കെടുത്തവർക്ക് വിവരങ്ങൾ നൽകി. ഫുൾ ടുഡേ ഷാർപ്പ് കൂട്ടായ്മയ്ക്ക് ഭാഗമായി ഫാറൂക് ട്രെയിനിംഗ് കോളേജിൽ നടന്ന സ്ത്രീ സംരക്ഷണ നിയമങ്ങൾ പരിശീലന ക്ലാസ്സിൽ ജില്ലാ വനിതാ ശിശു വികസന ഓഫീസർ അബ്ദുൾ ബാരി മുഖ്യ അതിഥിയായി പങ്കെടുത്തു.



ഫാറൂക് ട്രെയിനിംഗ് കോളേജിൽ നടന്ന സ്ത്രീസംരക്ഷണനിയമങ്ങൾ പരിശീലന ക്ലാസ്സിൽ ജില്ലാ വനിതാ ശിശു വികസന ഓഫീസർ അബ്ദുൾ ബാരിയുടെ മുഖ്യ അതിഥിത്വം.

ഫാറൂക് ട്രെയിനിംഗ് കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ജി. മുഹമ്മദ് സയീദ്, ഗവണ്മെന്റ് സ്കൂൾ സിബിഡി-2018യുടെ അദ്ധ്യക്ഷ എസ്. ഫാരുഖ്, ഡിറ്റാർച്ച് മിസ്റ്റർ അഹ്മദ്, അദ്ധ്യക്ഷയിൽ സ്ത്രീ സംരക്ഷണ നിയമങ്ങൾ പരിശീലനം എന്നിവയെക്കുറിച്ചും പങ്കെടുത്തവർക്ക് വിവരങ്ങൾ നൽകി. ഫുൾ ടുഡേ ഷാർപ്പ് കൂട്ടായ്മയ്ക്ക് ഭാഗമായി ഫാറൂക് ട്രെയിനിംഗ് കോളേജിൽ നടന്ന സ്ത്രീ സംരക്ഷണ നിയമങ്ങൾ പരിശീലന ക്ലാസ്സിൽ ജില്ലാ വനിതാ ശിശു വികസന ഓഫീസർ അബ്ദുൾ ബാരിയുടെ മുഖ്യ അതിഥിത്വം.

30/11/2022 RAMANATHIKKAVU Pg 02

Flashmob And Mime With Messages To End Violence Against Women.
NOVEMBER 29, 2022



Principal
Farook Training College
P.O. Farook College, (Calicut)

Farook Training College NSS Unit 263 organized a flashmob and mime in front of Raja Gate on November 29 from 4:00 pm as part of the International Day for the Elimination of Violence Against Women on November 25. In the flashmob first performed at various events to spread the message of preventing violence against women. Drishya, Aswathy, Megha, Jassica, Asna, Sana, Gayathri, Mufsila, Gopika, Sudheerya, Jasna, Raha, Adithya, Famiha, Ahla, Riyana, Hadhiya, Haritha, Shamla, Sinsiya, Hridiya, Namitha, Akhila, Hanna, Shifna.K, Haritha, Swetha, Sadiq, Leah, Abhilash, Nishad, Babu also participated in the mime. Program Volunteer Coordinators Swetha, Shifna and Aleesha led the program.



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Human Rights Day - Distribution of Food Packets to Streets
10. December 2022

As part of Farook Training College's social service project Hrudaypurvath, under the auspices of Student Union, Kerala Railway Police in collaboration with Janamaithri Project distributed biriyani packs to the street children of Kozhikode city. Inaugurating the program, Kozhikode Railway Police Sub-Inspector Jamsheed P reminded students to become advocates of humanity. College Union Chairman Ashil welcomed the program and project coordinator Afif Tharavattam presided over the event. Arun Kumar vote of thanks. Amina Misri, Ayesha Nida, Vidya, Smriti, Tabsheera, Arya and Nafia led the distribution of food packs.



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Principal
Farook Training College
P.O. Farook College, K

CHILDREN'S HOME PAINTING DECEMBER 10, 2022

Under the leadership of Farook Training College NSS, the students of Kozhikode Government Children's Home painted pictures on the walls of the study hall and auditorium with the aim of creating a better learning environment for the students. Students of Farook Training College NSS painted pictures under the guidance of Gurukulam Babu who is the art teacher of Children's Home. About fifty five NSS volunteers and other students participated. As part of the program, the students visited various institutions of the Government Children's Home such as Government Children's Home for Boys and Girls, After Care Home, HMDC, Mahila Mandiram, Sakhi One Drop Centre, Punya Bhavanam. Superintendents, case workers, child protection officers of various institutions spoke about the activities of the institutions. Farook Training College Principal Dr. Mohamed Saleem visited and felicitated the students. Government Children's Home Boys Superintendent in Charge Shiju, Case Worker Abubakar, Observation Home Case Worker Siddique, HMDC Superintendent Jayadevan etc. led the various classes. Program Officer Faseel Ahammed, Working Secretaries Namita, Liji and others were spoke. Volunteer Secretary Mohammad Basil, Volunteer Coordinators Aparna AK, Aditya Unni and others led the program.



MS
Principal
Farook Training College
P.O. Farook College

ചിൽഡ്രൻസ് ഹോം ചുമരുകൾക്ക് വർണം പകർന്ന് എൻഎസ്എസ് വൊളന്റിയർമാർ

■ ചിൽഡ്രൻസ് ഹോം ചിത്രകല അധ്യാപകൻ ഗുരുകുലം ബാബുവിന്റെ നേതൃത്വത്തിൽ സംഘടിപ്പിച്ച രചന ക്യാമ്പെയ്ൻ

കൊല്ലം • പതിനഞ്ചാമത്ത് ഹോം ചിൽഡ്രൻസ് നിലവാരം ഉറപ്പാക്കാൻ ചിലപ്പോൾ എൻഎസ്എസ് വൊളന്റിയർമാർ ചിത്രകല അധ്യാപകൻ ഗുരുകുലം ബാബുവിന്റെ നേതൃത്വത്തിൽ സംഘടിപ്പിച്ച രചന ക്യാമ്പെയ്ൻ നടന്നു. ചിൽഡ്രൻസ് ഹോം ചിൽഡ്രൻസ് നിലവാരം ഉറപ്പാക്കാൻ ചിലപ്പോൾ എൻഎസ്എസ് വൊളന്റിയർമാർ ചിത്രകല അധ്യാപകൻ ഗുരുകുലം ബാബുവിന്റെ നേതൃത്വത്തിൽ സംഘടിപ്പിച്ച രചന ക്യാമ്പെയ്ൻ നടന്നു.



ചിത്രകല അധ്യാപകൻ ഗുരുകുലം ബാബുവിന്റെ നേതൃത്വത്തിൽ ചിൽഡ്രൻസ് ഹോം ചിൽഡ്രൻസ് നിലവാരം ഉറപ്പാക്കാൻ ചിലപ്പോൾ എൻഎസ്എസ് വൊളന്റിയർമാർ ചിത്രകല അധ്യാപകൻ ഗുരുകുലം ബാബുവിന്റെ നേതൃത്വത്തിൽ സംഘടിപ്പിച്ച രചന ക്യാമ്പെയ്ൻ നടന്നു.

കൊല്ലം • പതിനഞ്ചാമത്ത് ഹോം ചിൽഡ്രൻസ് നിലവാരം ഉറപ്പാക്കാൻ ചിലപ്പോൾ എൻഎസ്എസ് വൊളന്റിയർമാർ ചിത്രകല അധ്യാപകൻ ഗുരുകുലം ബാബുവിന്റെ നേതൃത്വത്തിൽ സംഘടിപ്പിച്ച രചന ക്യാമ്പെയ്ൻ നടന്നു.

ദിനശേഷിക്കാരായ പ്രതിഭകൾ മാതൃകയാക്കാവുന്ന പുസ്തകങ്ങൾ: മന്ത്രി റിയാസ്

കൊല്ലം • പതിനഞ്ചാമത്ത് ഹോം ചിൽഡ്രൻസ് നിലവാരം ഉറപ്പാക്കാൻ ചിലപ്പോൾ എൻഎസ്എസ് വൊളന്റിയർമാർ ചിത്രകല അധ്യാപകൻ ഗുരുകുലം ബാബുവിന്റെ നേതൃത്വത്തിൽ സംഘടിപ്പിച്ച രചന ക്യാമ്പെയ്ൻ നടന്നു.



മന്ത്രി റിയാസ്, ചിൽഡ്രൻസ് ഹോം ചിൽഡ്രൻസ് നിലവാരം ഉറപ്പാക്കാൻ ചിലപ്പോൾ എൻഎസ്എസ് വൊളന്റിയർമാർ ചിത്രകല അധ്യാപകൻ ഗുരുകുലം ബാബുവിന്റെ നേതൃത്വത്തിൽ സംഘടിപ്പിച്ച രചന ക്യാമ്പെയ്ൻ നടന്നു.

കൊല്ലം • പതിനഞ്ചാമത്ത് ഹോം ചിൽഡ്രൻസ് നിലവാരം ഉറപ്പാക്കാൻ ചിലപ്പോൾ എൻഎസ്എസ് വൊളന്റിയർമാർ ചിത്രകല അധ്യാപകൻ ഗുരുകുലം ബാബുവിന്റെ നേതൃത്വത്തിൽ സംഘടിപ്പിച്ച രചന ക്യാമ്പെയ്ൻ നടന്നു.

കൃഷി തീരം - സ്നേഹതീരം NOVEMBER 19, 2022

Farook Training College NSS Unit (Unit No : 263) started the Krishitheeram project at Paruthipara Snehatheeram house. Ground preparation was held at Snehatheeram Krishibhoomi on 19/11/22 (Saturday). The project was started through the programme. The project aims to provide non-toxic vegetables and promote the physical and mental development of the inmates.

Snehathira is made possible on the agricultural land of 60 cents. Ramanatukara Agriculture Officer Mr. Sayuj V was the chief guest at the function which was inaugurated by P. Mohamed Saleem. Snehatheeram Coordinator Siddique and Farook Training College NSS Program Officer Faseel Ahammed were present in the program on 15th. NSS Volunteers Volunteer Secretary Muhammad Basil, Project Volunteer Coordinators Bincy, Abhilash, Amal Saeed, Anupama Savio and Ahala Shanavas led the program.



P. O. Farook
Principal
Farook Training College
P.O. Farook Coll-



BUDS SCHOOL PROGRAM DECEMBER 12 , 2022

On 12/12/2022 Under the leadership of NSS unit of Farook training college the, the first year M.Ed students organized various programs at Ramanattukara Buds Special School. The program was organized with the intention of interacting closely with the students of Bud's Special School, Ramanatukara. And the program was cordinated by M.Ed NSS volunteers . Shaiju, Naureen and Shifana Moideenkutty. The children were taught the making of seed paper pen and their use and importance was made clear to them. M.Ed students Shaiju, Naureen and Shruti sang songs and presented various artistic programs in which the children could showcase their talents for the mental entertainment of the children. Then the M.Ed students distributed the sweets they had kept for the children and shared their happiness.



Principal
Principal
Farook Training College
P.O. Farook College, (Calicut)

OATH ON AIDS DAY **DECEMBER 1, 2022**

Farook Training college NSS Unit (Unit No:263) on december 1- 2022, as part of World AIDS Day took an oath to stay vigilant towards aids as a disease and be compassionate towards people that suffer the disease. World Aids day , designated on 1 December every year since 1988,[1] is an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease. The acquired immunodeficiency syndrome (AIDS) is a life-threatening condition caused by the human immunodeficiency virus (HIV).



International Day Of Disable Persons **DECEMBER 5, 2022**

Under the leadership of Farook Training College NSS Unit (Unit No. 263), in relation to International Day of Disabled Persons, a poster exhibition was held near Farook Training College Auditorium on December 5, 2022. About 500 pictures collected by social activist Mr. Yusuf Changaroth were displayed with the message of making the society differently abled friendly. Dr. Mohamed Saleem, principal of Farook Training College, inaugurated the programme. NSS Program Officer, Faseel Ahammed presided over the function and Abdul Qader AP, Principal, Farook Institute of Teacher Education, extended his greetings. Volunteer Coordinators Megha and Noureen, NSS Working Secretary Namita and volunteers Rishna and Babu led the way. Faculties, Dr. Afeef Tharavatath, Dr Umar Farooque T K, Fazalul Abid CM and Dr Aseel Abdul Wahid were also present on the occasion. About 300 students from the two institutes participated in the programme.




Principal
Farook Training College
P.O. Farook Coll



പാവങ്ങൾക്ക് 'കൂട്' ഭവന പദ്ധതി

എറണാകുളം

വീടില്ലാത്തവർക്കായി ഹോസ്റ്റൽ കെട്ടിനിർത്തി കൊല്ലത്തിന്റെ 'കൂട്' ഭവന നിർമ്മാണ പദ്ധതി ആലോചിച്ചു. കൊല്ലം എൻ.എസ്.എസ് സ്കൂളിന് നേതൃത്വം നൽകിയിട്ടുള്ള പദ്ധതിയിൽ ആദ്യ വീടിന്റെ അടിസ്ഥാനങ്ങൾ ഇന്ന് കൊല്ലം ജില്ലയിൽ സ്ഥിരീകരിച്ചു. വാഴത്തൂർ പഞ്ചായത്തിലെ രണ്ടാം വാർഡിലാണ് വീട് പണിതുടങ്ങുന്നത്. വാഴത്തൂർ പഞ്ചായത്ത് പ്രസിഡന്റ് എ.പി. വാസുദേവൻ അധ്യക്ഷനായി. പി.എ. സുരേഷ്, ജി.ജെ.എസ്. എസ്. മുഹമ്മദ് മുസ്തഫാ, സി.എ. ഉമ്മർക്കോര, സുബ്രഹ്മണ്യൻ, കെ.പി. അബ്ദുൽ അസീസ് എന്നിവർ സംസാരിച്ചു.



കൊല്ലം പ്രിൻസിപ്പൽ ഡോ. ടി.ജി.എസ്. സലീം ന്യൂനമുഖം എൻ.എസ്.എസ്. പ്രൊഗ്രാം ഓഫീസർ ഹസീൻ അഹമ്മദ് നന്ദിയാ പാർട്ടി.

കൂട് ഭവന നിർമ്മാണ പദ്ധതിയിൽ ആദ്യ വീടിന്റെ അടിസ്ഥാനങ്ങൾ സ്ഥിരീകരിക്കുന്നു.

ദേശാഭിമാനി Thu, 26 January 2023 <https://paper.deshabhimani.com/e/71514663>



NISHTA
FEBRUARY 24, 2023

Farook Training College NSS Unit in collaboration with Mind Body Fitness Club Farook College, conducted 3rd week of yoga training of Nishta, a sports and health yoga training programme for women in Wards 1 and 2 of Vazhayur Panchayat participatory village, on Thursday 24/02/2023 from 6 to 7.30 pm at AUP School, Azhinjilam. Mind Body Fitness Club



UJ
Principal
Farook Training College
P.O. Farook College, K



സുബ്രഹതം

വയോജന സംഗമം സംഘടിപ്പിച്ചു

ഫരോക്ക് • വായ്പയ്ക്ക് തുടക്കം
 അദ്ധ്യക്ഷൻ ഡോ. ഡാർഡ് അഷറഫിന്റെ സാന്നിദ്ധ്യത്തിൽ വയോജന സംഗമം സംഘടിപ്പിച്ചു. ഹാളിൽ ടെബിളിൽ കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ടി. മുഹമ്മദ് സലീം ഉദ്ബോധനം ചെയ്തു. വാർഡ് ഓഫീസിലൂടെ സമീപ അധികാരികളെ കണ്ടുമിട്ട് കൗൺസിലർ സിദ്ധർ സുരേഷ്, ഹാളിൽ ടെബിളിൽ കോളേജ് ഹെൽപ്പർ ഹസീൻ അഹമ്മദ്, ഐ. അഹമ്മദ് ഹാളിൽ ടെബിളിൽ കോളേജ് ഹെൽപ്പർ എസ്.എസ്.എസ് വജിദുൾ ഹാജരായിരുന്നു. വയോജനങ്ങളെയും വയോജനർക്കു വേണ്ടുന്ന വിവിധ ക്ലബ്ബിന്റേയും ക്ലബ്ബുകളെപ്പറ്റി കൂടുതൽ സംസാരിച്ചു.



വായ്പയ്ക്ക് തുടക്കമാക്കി ഡോ. ഡാർഡ് അഷറഫിന്റെ സാന്നിദ്ധ്യത്തിൽ വയോജന സംഗമം ഡോ. ടി. മുഹമ്മദ് സലീം ഉദ്ബോധനം ചെയ്യുന്നു.

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**VOTERS PLEDGE
 JANUARY 25, 2023**

Principal
Farook Training College
 P.O. Farook Coll.

India is to celebrate it's 13th National voters day on January 25. The first national voters day was celebrated in 2011. The national voters day 2023 celebration was chosen by the Indian

government as a way to inspire young people to get involved in politics. Farook training college, the teachers and students gathered in the auditorium same day at 11.30 am and took the pledge of the day(Students Initiative Day Celebration Awareness Project). This project aims to give awareness to students about important days.

DESTEK
FEBRUARY 23,2023

Farook Training college NSS Unit (Unit No 263) organized an art festival for the differently abled students of Umpichi Haji Higher Secondary School as part DESTEK on 23/02/2023.About 60 special students, parents and teachers participated in the first phase of the project. Children's art ,song and competition was held at college auditorium, which was implemented with the focus on skill development. The teachers and parents were also participated in the programs. Farook Training College Principal Dr. Muhammad Salim, Umpichi Haji Higher Secondary School Headmaster Mr. K. Abdul Jalil, Managing committee secretary P.B.I. Mohammad Ashraf, Administer K. K. Muhamamud, Special Educator Jayashree, IEDC Coordinator Tasleena, College Staff Secretary K. Rishad also spoke. District NSS Co-ordinator Faseel Ahammed, Abhilash , Muhammad Uvais and Muhamad Basil presided over the programs.



MS
Principal
Farook Training College
P.O. Farook Coll

മാധ്യമം

ദിനശേഷി വിദ്യാർത്ഥികൾക്ക് കലാവിരുന്നൊരുക്കി

ശേഷി വിദ്യാർത്ഥികൾക്ക് കലാവിരുന്നൊരുക്കി. എൻ.എൻ.എൻ. സ്കൂൾ വാർഡ് 1-ൽ പങ്കെടുത്തവരുടെ ഭാഗമായി ഉദ്യോഗസ്ഥർ സംഘടിപ്പിച്ച കലാവിരുന്നിൽ പങ്കെടുത്തവർക്ക് കലാവിരുന്നൊരുക്കി.

കലാവിരുന്നിൽ പങ്കെടുത്തവർക്ക് കലാവിരുന്നൊരുക്കി. എൻ.എൻ.എൻ. സ്കൂൾ വാർഡ് 1-ൽ പങ്കെടുത്തവരുടെ ഭാഗമായി ഉദ്യോഗസ്ഥർ സംഘടിപ്പിച്ച കലാവിരുന്നിൽ പങ്കെടുത്തവർക്ക് കലാവിരുന്നൊരുക്കി.

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കലാവിരുന്നിൽ പങ്കെടുത്തവർക്ക് കലാവിരുന്നൊരുക്കി. എൻ.എൻ.എൻ. സ്കൂൾ വാർഡ് 1-ൽ പങ്കെടുത്തവരുടെ ഭാഗമായി ഉദ്യോഗസ്ഥർ സംഘടിപ്പിച്ച കലാവിരുന്നിൽ പങ്കെടുത്തവർക്ക് കലാവിരുന്നൊരുക്കി.

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NISHTA FEBRUARY 24, 2023

Farook Training College NSS Unit in collaboration with Mind Body Fitness Club Farook College, conducted 3rd week of yoga training of Nishta, a sports and health yoga training programme for women in Wards 1 and 2 of Vazhayur Panchayat participatory village, on Thursday 24/02/2023 from 6 to 7.30 pm at AUP School, Azhinjilam. Mind Body Fitness Club Director Smt.Bindu PV provided training class. First year volunteers Bincy TK, Arya, Nishad VP and Abhilash KS led the way. Classes were held on Thursday, Friday and Saturday of this week. Around twenty women from Azhinjilam region participated in the class.



[Signature]
Principal
Farook Training College
P.O. Farook College, (Calicut)

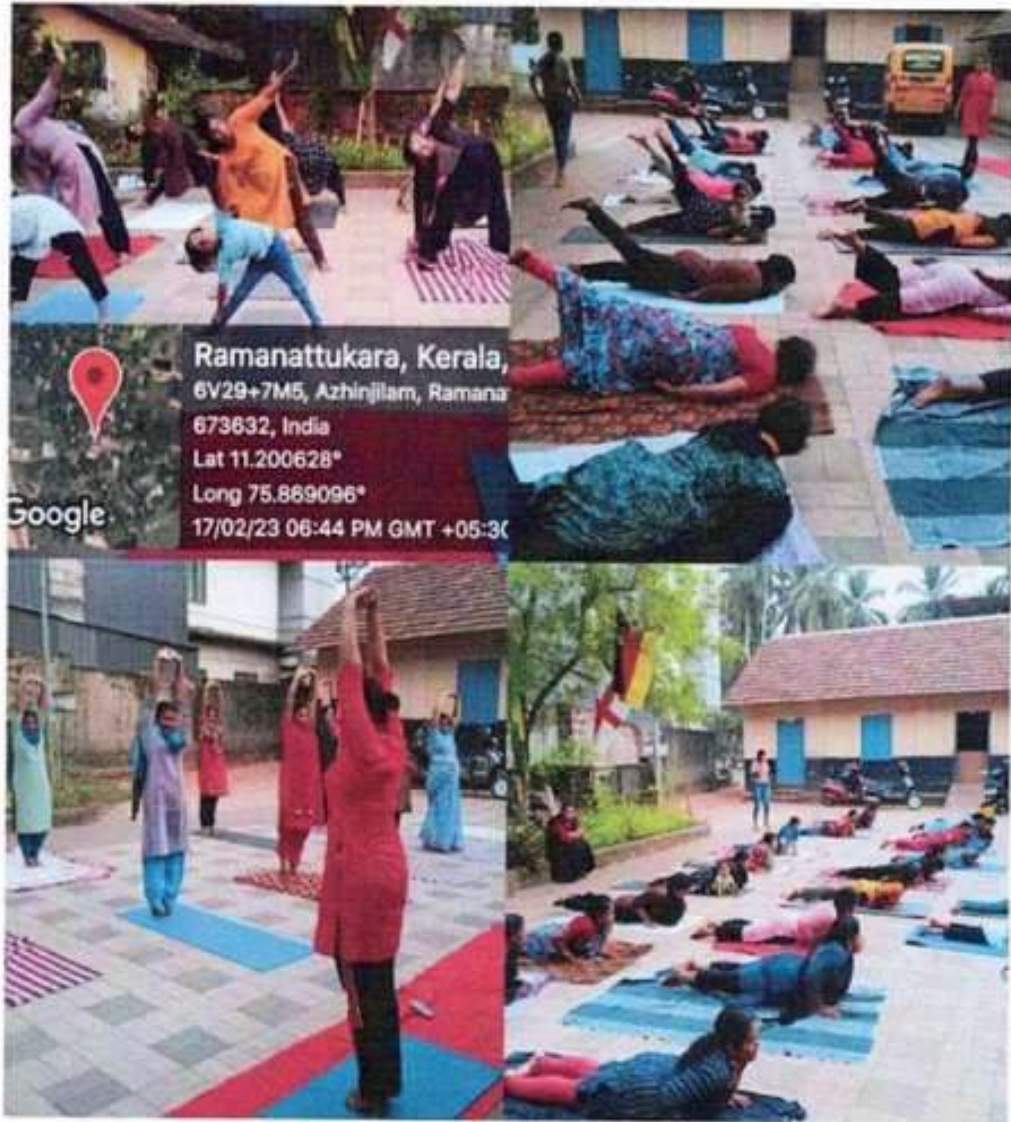


NISHTTA YOGA TRAINING CLASS
FEBRUARY 17 , 2022

Farook Training College NSS Unit (Unit No: 263) in collaboration with Mind Body Fitness Club located at Farook College premises organized a woman oriented health program and yoga training class for women of Ward One and Two of the partner village Vazhayur Panchayat (17/02/2023, Friday) at Azhinjilam AUP School. Mind Body Fitness director and yoga instructor Bindu P V led the classes in the program organized at Azhinjilam AUP School. Farook Training College Program Officer Faseel Ahammed, Volunteer Secretary K S Abhilash, Program Coordinator Nandana and volunteers Anupama Savio, K Arya and T K Binsi led the program aimed at improving the mental and physical health of women.



Principal
 Farook Training College
 P.O. Farook College



HARSHAM
MARCH 10, 2023

Under the leadership of Farook Training College NSS unit no 263 introduced a program named Harsham for birds on 10/03/2023. The main aim of the program is to prepare a wetland for birds. As part of this program, prepared a pond for birds. This program was inaugurated by Principal Dr. T. Muhammad Salim. Teachers Dr. Anees Muhammad, Dr. Aseel Abdul Wahid, Dr. Muneer and others conveyed their greetings. NSS Program Officer Fazeel Ahamed, Volunteer Secretary Abhilash, Lijimol and Volunteer Coordinator Nishad V.P led the program. Volunteer Shifnia gave welcome and Alisha gave vote of thanks to the program.




 Principal
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Koithum Methivum
January 21, 2023

On January 21, under the leadership of Farook Training College NSS Unit (Unit No. 263) the programme titled 'Koithum Methivum' was organized at Mallerithazham, Ramanattukara, Chinnetan's farm. Farook Training College Principal Dr.T. Muhammad Saleem inaugurated the function and spoke. Chinnetan shared his sixty-two years of agricultural experience with NSS Volunteers. Irshad Kallambara, Mathrubhumi Reporter and Farook Training College Advisory Board Member, spoke at the event, which was chaired by NSS Program Officer Faseel Ahammed. Led by Working Volunteer Secretaries Swetha and Abhilash and Volunteer Coordinators Rajitha and Naureen Sharaf.




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NISHTA
MARCH 2, 2023

Farook Training College NSS Unit in collaboration with Mind Body Fitness Club, Farook College, conducted fourth week Yoga training of Nishtha, a sports and health yoga training program for women in Ward 1 and 2 of Vazhayur Panchayat, participatory village, on Thursday 02/03/2023 from 6 to 7.30 PM at AUP School, Azhinjilam. Mind Body Fitness Club Director Smt.Bindu PV provided training class. First year volunteers Arya and Nandana led the way. Classes were held on Thursday, Friday and Saturday of this week. Around 30 women from Azhinjilam region participated in the class.



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NISHTA
MARCH 10, 2023

Farook Training College NSS Unit, Mind Body Fitness Club in collaboration with Farook College, Yoga training in the fifth week of Nishtha, a sports and health yoga training program for women in Wards 1 and 2 of Vazhayur Panchayat, on Friday 10/03/2023 from 6 to 7.30 pm at Azhinjilam AUP School. Mind Body Fitness Club Director Smt. Bindu PV provided training class. First year volunteers Arya and Nandana led the way. Classes are held this week on Thursday, Friday and Saturday. Around 30 women from Azhinjilam region participated in the class.



ZMF
Principal
Farook Training College
P.O. Farook Coll

4G 7:48

Voice LTE 88%



Anupama Savio
April 17, 11:00 AM



UM
Farook Training College
College, (Calicut)



WOMEN ' S DAY TALK
MARCH 8 , 2023

Farook Training College N. S. S Unit and Women Development Cell jointly organized lecture on National Women's Day (8/3/2023). Ms.zoya Naser(Wayanad District National Literacy Mission Coordinator) _ delivered the lecture about ' Emerging concerns- Gender issues'. Farook Training College Assistant Professor and Women Development Cell Coordinator Dr. Irshana Shahnaz Ulladan welcomed the programme and Farook Training College Principal Dr. T. Muhammad Salim also talked in the session. Dr K M Sharif and Staff Secretary Rishad Kolothum Thodi extended their greetings. Women Development Cell member Gayatri O gave vote of thanks for the function. Members Nasmina and Hridya led the way.



TM
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Farook Training College,
P.O. Farook College, (C

WORLD WOMEN'S DAY
MARCH 08, 2023

On World Women's Day, Farook Training College organized a movie screening and discussion under the leadership of NSS Unit and Women Development Cell. A documentary titled 'Period End of Sentence' related to women empowerment was screened. Farook College Film Club Coordinator and Screenwriter Dr. T. Mansurali inaugurated and spoke. NSS District Coordinator and Program Officer Fazeel Ahmed and Staff Secretary Rishad Kolothum Thodi extended their greetings. NSS volunteer Nayana Narda welcomed and thanked Babu for the function presided over by Principal Dr.T.Muhammad Saleem. In the discussion that followed, NSS Volunteer Anupama Savyo presented the topic.N.S. S volunteer secretary Abhilash Kainikara, Lijimol and Aparna.P led the way.

2021 - 2022



സിനിമാ പ്രദർശനവും ചർച്ചയും സംഘടിപ്പിച്ചു

രാമനാട്ടുകര» ഫാറൂഖ് കൈഫിന്റെ കോളേജ് എൻ.എൻ.എൻ. യൂണിറ്റും വിമൺ ഡെവലപ്മെന്റ് സെല്ലും ചേർന്ന് സിനിമാ പ്രദർശനവും ചർച്ചയും സംഘടിപ്പിച്ചു. ഫാറൂഖ് കോളേജ് ഫിലിം ക്ലബ്ബ് കോ-ഓർഡിനേറ്റർ, തിരക്കഥാകൃത്തുമാരായ ഡോ.ടി. മൺസൂഫി ഉദ്ഘാടനം ചെയ്തു.

പ്രിൻസിപ്പൽ ഡോ.ടി. മുഹമ്മദ് സലീം അദ്ധ്യക്ഷത വഹിച്ചു. എൻ.എൻ.എൻ. ഫിലിം കോ-ഓർഡിനേറ്റർ ഫസീൽ അഹമ്മദ്, സുഹാബ് സെക്രട്ടറി റിയാദ് കോഡാത്തു, തൊടി



ഫാറൂഖ് കൈഫിന്റെ കോളേജ് എൻ.എൻ.എൻ. യൂണിറ്റും വിമൺ ഡെവലപ്മെന്റ് സെല്ലും ചേർന്ന് സംഘടിപ്പിച്ച സിനിമാ പ്രദർശനവും ചർച്ചയും ഡോ.ടി. മൺസൂഫി ഉദ്ഘാടനം ചെയ്യുന്നു.

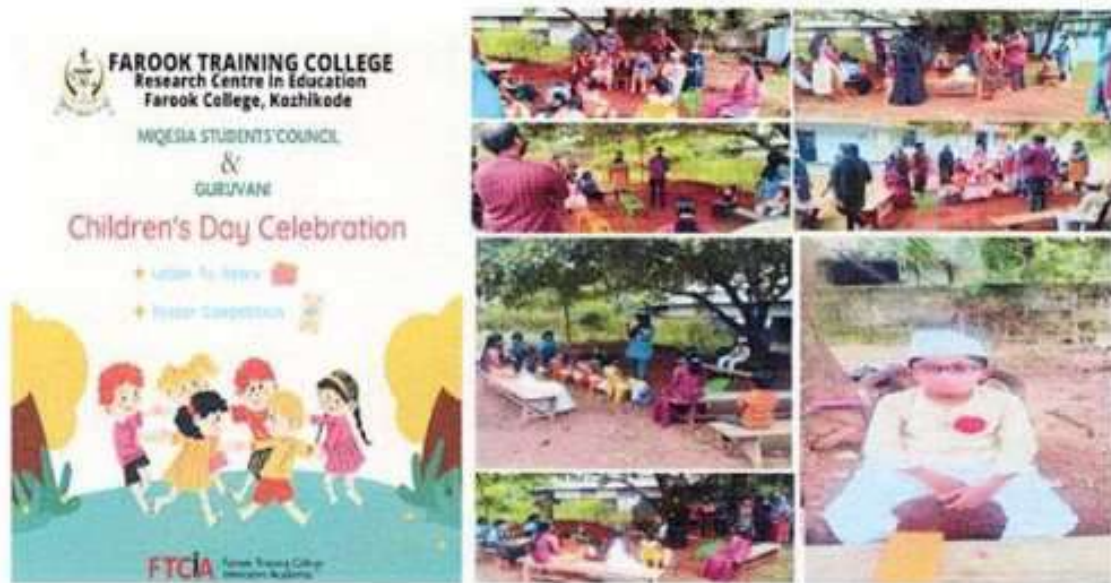
പൊതുറിയർമാനായ നയന നദീട, ടി.പി. ബാബു, അനുപമ സാമുവേല, സോയ നസീർ, ഡോ. ഇർഷാദ അഹ്സാനുൽ ഉള്ളാ ടൺ, മുഹമ്മദ് ഹെറിഫ്, ലിഖി രമോ, അ-ദിലായ് കൈനിക്കാ, ഫി.അഹ്സാന, ഐ. ഗായത്രി എന്നിവർ സംസാരിച്ചു.

Children's Day Celebration @GLPS Karinkallai 12- November 2021

Farook Training College M.Ed.and D.E.C.C. E students organized Children's Day celebrations at Karingallayi GLP School. As part of the celebrations, hats were made at the school and various children's art activities were held. FTC School Adoption Project Coordinator Mr Faseel Ahammed,M,Ed and D.E.C.C.E students Reshmi, Haritha, Aishwarya, Lavanya, Sonima, Fasna, Mustafa, Srilal Afifa, Fasna, Fida, Irfana, Ayesha Jumaila and Nasila led the program.



Faseel
Principal
Farook Training College
P.O. Farook College, (Calicut)



X'mas & New Year celebration @ GLPS Karinkall 22- December 2021

X'mas celebration at GLP School Karinkallayi, our adopted school was started with the official programmes. Basil (first year B.Ed) welcomed all the programme. The presidential address was delivered by Sajna (1- year B.Ed). Mrs. Kavitha, the Headmistress of the school inaugurated the programme and Mr. Manoj (Teaching faculty, GLPS Karinkallayi) and Sujithra, PTA president felicitated the function. Vote of thanks was extended by Sinobia (1- year B.Ed) Jasmine (2- year M.Ed) communicated the message regarding the X'mas.

All of the students were given a chance to participate in any items like song, story telling, dance etc. They made it an active session and crayon boxes were presented to all students as a gift. A coloring competition was also there and the students were really interested. X'mas cake cutting was done by Ms. Kavitha and it was distributed among students, teachers, parents and other aunties there. Their happiness was in explainable. Some games like musical chair was also conducted in an interesting way. All students actively participated in each activity. Gifts were presented to all participants by our teachers. The presence of our beloved teachers Dr. Niranjana KP, Mr. Noufal, Ms. Aswathy and Dr. Afeef Tade the event more colourful and the guidance of Mr. Faseel Ahammed, the teacher in charge of school adoption project was super. We together sang the X'mas carol and the programme ended with a delicious special lunch.



ZMJ
Principal
Farook Training College
P.O. Farook College, (Calicut)

2020 - 2021



National Education Policy 2020
22nd September 2020

The fourth lecture in web talk series organized by Farook Training College Liberte Student Union in collaboration with OCLP was delivered on Friday, 22nd September 2020 at 2.30 pm. via Google meet with live streaming through YouTube Channel. Prof. Dr K N Gireesh, a prominent thinker, writer, historian and retired Professor who is actively involved in the public sphere of Kerala through his eloquent discourse and writing in a distinctive style, spoke on the topic National Education Policy. In his beautiful discourse, K.N Ganesh was able to accurately present both sides by examining the possibilities of the ideas put forward by the new education policy and sharing the concerns and challenges and critically evaluating the impact that many of the proposals of the new education policy are going to have on the current educational situation.

College Principal Dr. T Mohammad Saleem gave an introductory speech at the function which was presided over by Staff Advisor Mr. Nowfal C, UUC Mr. Sadhiq welcomed and Ms. Shafeena proposed vote of thanks.



TMS
Principal
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National Education Policy :
Dr.KN .Ganesh



National Education Policy :
Dr.KN .Ganesh



National Education Policy :
Dr.KN .Ganesh



National Education Policy :
Dr.KN .Ganesh



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**Children's Day @ GLPS Karinkalli School
14th November 2020**

As part of Farook Training College School Adoption Project children's day was celebrated in WhatsApp group of parents and children, GLPS, Karinkallayi. The program began with concerns that the school could not be run directly because it was not open in the context of the Covid 19. Manoj Master welcomed the gathering which started on November 14 at 7 pm. Ward Councilor Prakashan M inaugurated the function which was presided over by Mrs. Suchitra. Dr. T. Muhammad Salim, Principal, Farooq Training College was the chief guest. Farooq Training College School Adoption Project Coordinator Fazil Ahmed, College faculty member Dr. Afif

2019 - 2020

Tharavattam, Staff Secretary K. Muhammad Sharif and Student Union Chairman Sreehari addressed the gathering. This was followed by an online quiz competition and various cultural program in which all the students actively participated. The program come to end at 9 p.m.



Principal
Farook Training College
P.O. Farook College, (Farook)

Gandhijayanthi: Message for Clean Awareness Shanti (Hygiene Awareness Peace Message)

2- October 2019

Farook Training College and Karinkkallai GLP School jointly conducted 'Hygiene Awareness Peace Awareness Walk' to mark the occasion of Gandhi Jayanti. The march, led by Farook Training College School Adoption Project, was

flagged off by Ramanattukara Municipal Ward Councilor M. Prakash and Farook Training College Principal Dr. CA Jawahar. The 'Shanthi Sandesha Yathra' which started from Karinkallai school ended at Farook Training College.

Students and teachers of Farook Training College along with the Teachers, Students and Parents of the school participated. FTC School Adoption Program coordinator Mr. Faseel Ahmed, Karinkallai GLP School Head Master Mr. N Anand Kumar, Staff Advisor Dr. K. Vijayakumari, School PTA President Ms. Suchitra, Dr Umar Farooque and Rishad.K led the event.



CA
Principal
Farook Training College
P.O. Farook College, (Calicut)



Media Cell, FTC



Children's Day

14 November 2019

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Principal
Farook Training Collh
P.O. Farook College. (C)

Children's day was celebrated at karinkallayi G.L.P school by organising different programmes under the leadership of FTC Liberte Students union and FTC

school adoption project. Dr CA Jawahar, FTC principal flagged off the children's day rally. School headmaster Mr. Anand Kumar, school adoption coordinator Mr. Faseel Ahammed and IQAC coordinator Dr. Muhammad Saleem participated in the function.



Christmas and New Year Celebration @ GLPS Karingallai

1. January 2020

As a part of celebrating Christmas and New Year, cake cutting and several art programmes were organized at karinkallayi UP School, which is a part of FTC school adoption programme. The programme was conducted under the leadership of the selected first year and second BEd students of Farook Training College. Manu KV, second year BEd student conveyed New year message to the students. After that, Mr.vipin, Ms. Sneha and Ms. sayooja from first year BEd entertained the students by singing and dancing with them. Farook Training College school adoption coordinator Mr. Faseel Ahammed, Student teachers including Mr. Ansar, Mr. Mridula, Ms. Sreelakshmi and Ms.Haritha were also participated in the programme. The first memory of new year became more sweet and special by cutting cake and distributing payasam for all those who involved in the programme.



ZM
Principal
Farook Training College
P.O. Farook College, (Calicut)



Children's Day

14th November 2019

Children's day was celebrated at karinkallayi G.L.P school by organising different programmes under the leadership of FTC Liberte Students union and FTC school adoption project. Dr CA Jawahar, FTC principal flagged off the children's day rally. School headmaster Mr. Anand Kumar, school adoption coordinator Mr. Faseel Ahammed and IQAC coordinator Dr. Muhammad Saleem participated in the function.



JM
Principal
Farook Training College
P.O. Farook Colle



Cleaning and Painting @ GLPS Karingallai

27th October 2019

As part of the Farook Training College School Adoption Project, Farook Training College second year B.Ed. students cleaned Karimkallayi GLP school premises and filled soil in the grow bags for organic farming. School Adoption Project Coordinator Mr. Faseel Ahammed, Dr. Umer Farooque TK, Dr. Aseel Abdul Wahid, Dr. Afeef Tharavattath, Mr. Rishad K, Mr. Noufal C and Dr Rekha P led the program. All the hundred students actively participated. The entire school premises was cleaned and The KG class rooms were painted. Food was distributed to all the students and teachers.



Umer
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 Farook Training College
 P.O. Farook College



Panorama- Knowing the City of Truth- Calicut

23- June 2019

Calicut Heritage Trial 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.



FTC
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P.O. Farook College, IC

2018 - 2019



**National Seminar in Collaboration with the Kerala State Higher Education Council on
Four Year Integrated BEd Program: Prospects and Challenges**

18-12-2018

In collaboration with the Kerala State Higher Education Council, Farook Training College organized a national seminar on the four-year integrated BEd program on December 18, 2018. The seminar aimed to discuss the prospects and challenges of the new program, which was introduced in India in 2018.



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 Internal Quality Assurance Cell (IQAC)
FAROOK TRAINING COLLEGE, KOZHIKODE
in Association with
The Kerala State Higher Education Council (KSHEC)
Organises



National Seminar on

**Four Year Integrated B.Ed. Programme:
Prospects and Challenges**

2018 DECEMBER
18
(TUESDAY)
@ 9.30 AM




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P.O. Farook College, (Calicut)

Director Smt.Bindu PV provided training class. First year volunteers Bincy TK, Arya, Nishad VP and Abhilash KS led the way. Classes were held on Thursday, Friday and Saturday of this week . Around twenty women from Azhinjilam region participated in the class.



SAAYAMPBABHA
January 15 , 2022

Sayamprabha Vyojana Sangam was organized under the leadership of Farook Training College NSS unit in Azhanjila, second ward of Vazhayur Gram Panchayat. Farook Training College Principal Dr.T.Mohamed Saleem inaugurated the senior meeting held at Azhanjilam AUP School. Ward member Sarita PM presided over the function, community councilor Smita, Farook Training College program officer Faseel Ahammed and Ahmed.K spoke with greetings. Then Farook Training College organized various art programs for the elderly and volunteers under the leadership of NSS volunteers. ADS Chair Person Sarita P, NSS Volunteer Program Coordinator Nandana G S, Working Secretary Shweta, Abhilash K S, Liji Mol T G, Aparna A K, Surya C, Anupama Savio, Nayana Narda led the way. A.D.S. Secretary Ramla T.K welcome and Shejit.M also thanked.



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 P.O. Farook College