

Capability enhancement and development schemes employed by the Institution for students:

Soft Skill Development

1. National Youth Day - A session on "Motivational talk to the present youth"
2. Session on "How to improve concentration and focus"



MANGALA COLLEGE OF PARAMEDICAL SCIENCES

(Approved by Govt. of Karnataka, affiliated to Rajiv Gandhi University of Health Sciences, Karnataka)
(A Unit of Mangala Charitable Trust ©)

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Ref. No: MCPMS /F9/4 3 0 /2020

Date: 08/02/2020

Subject: Motivational talk to the present youth

Arts Club of Mangala College of Paramedical Sciences is organizing a session on account of Youth day celebration on 15 February 2020.

With reference to the above subject, the students and teaching faculty of Mangala College of Para Medical Sciences are expected to assemble at Ishavasyam (Auditorium) at 9:30 AM, on 15 February 2020 for the session on "Motivational talk to the present youth" by Ms. Shwetha Alisha D'Souza.


Coordinator
Arts Club


Principal
Mangala College of Para Medical Sciences
Vidyanagar, P.O. Pedamale
Neermarga, MANGALURU - 575029



ARTS CLUB YOUTH DAY CELEBRATION EVENT REPORT

Date:17/02/2020

Mangala Arts Club of Mangala College of Paramedical Sciences, Mangalore, organized a session on "Motivational talk to the present youth" by Ms. Shwetha Alisha D'Souza on February 15, 2020 on the occasion of National Youth Day,.

The speaker of the session, Ms. Shwetha Alisha D'Souza guided the youngsters to give importance to Time management, living values, positive thinking, stress free mind, to expand their knowledge and become calm in every situation, and to take self-decisions in everyday life. 170 students enrolled to B.Sc. program and 85 students from diploma course of Mangala College of Paramedical Sciences benefited from the event.

The purpose of this session was to introduce youth to know the important aspects of the Youth Day and create an awareness of challenges faced by the youth nowadays.



ARTS CLUB
YOUTH DAY CELEBRATION-2019
LIST OF PARTICIPANTS

S.NO	NAME OF THE STUDENT	REGISTARTION NUMBER	PROGRAM
1	Anagha Krishnanan K V	17E7296	Third year Bachelor of Science in Renal Dialysis Technology
2	Anushree Komath	17E7298	
3	K Aishwarya Surendran	17E7299	
4	Mishal Rahis	17E7301	
5	Raksha P N	17E7302	
6	Jyothi Kumary K	18E2271	
7	Sweethi S Shetty	18E2272	
8	Anju P A	18E3264	Second year Bachelor of Science in Renal Dialysis Technology
9	Jemcy George	18E3266	
10	Rakshitha B	18E3268	
11	Sneha D Raj	18E3269	
12	Sushmitha S	18E3270	
13	Lorena Reshma Dcosta	19E1549	First year Bachelor of Science in Renal Dialysis Technology
14	Anandu S Murali	19E1541	
15	Ashwini	19E1542	
16	Johnson E S	19E1543	
17	Manisha	19E1544	
18	Mohammed Mubhashir	19E1545	
19	Muhammed Thameem C H	19E1546	
20	Rachana	19E1547	
21	Sahal P U	19E1548	
22	Archana H B	17E7306	
23	Ashwini M	17E7307	
24	Jasif Abdul Jabbar	17E7308	

25	T V Megha Manoj	17E7310	
26	Sarami War	18E2536	
27	Rashmi R	18E2537	
28	Abdul Rashid V V	18E2526	Second year Bachelor of Science in Operation Theatre Technology
29	Ajmal A A	18E2528	
30	Deepa	18E2529	
31	Jayashree	18E2531	
32	Nidhi S	18E2532	
33	Sinchana A S	18E2535	
34	Grahitha	19E0298	
35	Aishwarya	19E0291	First year Bachelor of Science in Operation Theatre Technology
36	Aswathy M R	19E0292	
37	Bisida Khongwet	19E0293	
38	K Chaithra	19E0294	
39	Sandhya Kumari	19E0295	
40	Shreyanka P S Achar	19E0296	
41	Vishnu S Shibu	19E0297	
42	Faseel A	17E7602	Third year Bachelor of Science in Anaesthesia Technology
43	Sneha Sankar	17E7607	
44	Tessymol David	17E7610	
45	Punith	18E0441	
46	Abhishek K R	18E0431	Second year Bachelor of Science in Anaesthesia Technology
47	Mohan Prasad K S	18E0436	
48	Mohammad	18E0435	
49	Nasnathul Fidha P P	18E0437	
50	Sangeetha	18E0438	
51	Unnimaya K	18E0440	
52	Kavyashree M	19E0835	
53	Anusha P	19E0831	First year Bachelor of Science in

54	Princy Mathew	19E0832	Anaesthesia Technology
55	Rithul Dcautho	19E0833	
56	Sanidhya N Rai	19E0834	
57	Harishma Rajeev	17O0465	Third year Bachelor of Science in Optometry
58	Divya Rajan	17O0464	
59	Kavyashree A G	17O0466	
60	Mehafooza	17O0469	
61	Reshma K R	17O0471	
62	Sohan Diggavi	17O0473	
63	Theertha M	17O0474	
64	Asha	18O0470	
65	Shreyas P R	18O0477	
66	Abdul Mubeen M C	18O0451	
67	Afrina	18O0452	
68	Ashwitha	18O0453	
69	Awwa Manshiya	18O0454	
70	Ayishath Zulpha	18O0455	
71	Madhushree S V	18O0456	
72	Nandini Kishor	18O0457	
73	Pasmitha Ahbeen B C	18O0460	
74	Pranitha	18O0461	
75	Reetha Kumari H S	18O0462	
76	Shamsheena		
77	Shijila Robin	18O0466	
78	Sneha P M	18O0467	
79	Sushmitha	18O0468	
80	Vranda K	18O0469	
81	Aboobakkar Siddeeq G H	19O0257	
82	Glory Smith Morrison	19O0258	

83	Sharan Kumar G	19O0259		
84	Akrathi	19O0241	First year Bachelor of Science in Optometry	
85	Jerin Varghese	19O0242		
86	Knongdkhar Opalston Donbor	19O0243		
87	Krishna Prasad R	19O0244		
88	Lithin N R	19O0245		
89	Madhu Kumar M	19O0246		
90	Manoj A M	19O0247		
91	Niarka Shullai	19O0248		
92	Pratheeksha A	19O0249		
93	Shravya	19O0250		
94	Soundarya C	19O0251		
95	Spainlangki Nongtdu	19O0252		
96	Varsha Shaji K V	19O0253		
97	Vidhya D	19O0254		
98	Vinya Vijayan	19O0255		
99	Vinitha Mariya Rodrigeus	19O0256		
100	Ameen Aboobakkar	17L2528		Third year Bachelor of Science in Medical Lab Technology
101	Floyed Errol Crasta	17L2529		
102	Jocelin Harriate D Almeida	17L2531		
103	Kenith Sohan Montheiro	17L2532		
104	Rakshitha V	17L2538		
105	Ranjith D J	17L2539		
106	Reshma	17L2541		
107	Sushma K	17L2542		
108	Vinutha	17L2543		
109	Darshan Kumar K	18L1407		
110	Fathimath Zohara	18L1390	Second year Bachelor of Science in Medical Lab Technology	
111	Hemanth K	18L1392		

112	Mohammad Shahad T S	18L1396	
113	Musa Mansur	18L1398	
114	Shameem P	18L1399	
115	Shilpa R	18L1401	
116	Suchitra M S	18L1402	
117	Sushmitha	18L1404	
118	Akshatha B	19L0304	
119	Chandrakala M	19L0305	
120	Abdul Kader Shazin T U	19L0286	First year Bachelor of Science in Medical Lab Technology
121	Abdul Nazar	19L0287	
122	Akshay	19L0288	
123	Arpitha N A	19L0289	
124	Gayathri	19L0290	
125	Huda Fathima	19L0291	
126	Jhafar Sadhiq T A	19L0292	
127	Keerthi K	19L0293	
128	Kruthik S Y	19L0294	
129	Mahammed Adil	19L0295	
130	Poojashree	19L0296	
131	Preethal Anusha Dsouza	19L0297	
132	Rakshitha S	19L0298	
133	Ramyashree	19L0299	
134	Shreya	19L0300	
135	Swathi Tejashree	19L0301	
136	Vichetha	19L0302	
137	Vijeth S	19L0303	
138	Abhijith S	17E7237	Third year Bachelor of Science in Medical Imaging Technology
139	Akhil K	17E7239	
140	Akhilraj P	17E7240	

141	Amal K	17E7241		
142	Fraz Abdul Kalam Thekke Madathi	17E7244		
143	Fuhad K K	17E7245		
144	Shamil Rehaman Abdurahiman	17E7255		
145	Zeena Dsouza	18E1622		
146	Abdul Rishan S N	18E1601	Second year Bachelor of Science in Medical Imaging Technology	
147	Adwaith P V	18E1602		
148	Akhil M S	18E1604		
149	Akshay Sankar N	18E1605		
150	Deekshith A B	18E1608		
151	Dhanya C H	18E1609		
152	Faiza Anjum	18E1611		
153	Hrithik T P	18E1612		
154	Jeethesh	18E1614		
155	Sayoojya K K	18E1618		
156	Farzeena Jasmin P P	19E2755		
157	Ahmed Siraz Hazbar N Z	19E2741		First year Bachelor of Science in Medical Imaging Technology
158	Aleena Mafria Joseph	19E2742		
159	Bhavya	19E2743		
160	Fazil Shaheer Aboobacker	19E2744		
161	Ijtibah Ahmed	19E2745		
162	Muhammed Zameen	19E2746		
163	P S Ahamad Jawad	19E2747		
164	Ridapyntngen Wett	19E2748		
165	Rithesh C	19E2749		
166	Roobiya Sherin	19E2750		
167	Shahala K	19E2751		
168	Soumya P K	19E2752		
169	Suraij K P	19E2753		

170	Zaahir P S	19E2754	
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MANGALA COLLEGE OF ALLIED HEALTH SCIENCES

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Ref. No: MCAHS/IQAC/F11/601/2021

Date: 10/11/2021

Subject: Session on improving concentration and focus.

With reference to the above subject, Women Cell of Mangala College of Allied Health Sciences is organizing an interactive program "How to Improve Concentration and Focus" at Ishavasyam (auditorium), fifth floor, Mangala College of Allied Health Sciences on 17/11/2021. Sr. Sneha from Prajapita Brahma Kumaris will be the resource person for the program.

The students and staff of Mangala College of Allied Health Sciences are expected to participate in the event.

Coordinator
Women Cell

Principal

PRINCIPAL
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Date: 18 November 2021

Women Cell How to Improve Concentration and Focus

Date of the event: 17 November 2021.

Venue: Ishavasyam

No. of participants: 62

Women Cell of Mangala College of Allied Health Sciences organized a session on improving concentration and focus in the students and to integrate emotional stability and focus in youth called "How to improve concentration and focus" at Ishavasyam auditorium.

Sr. Sneha from Prajapita Brahma Kumaris spoke during the event and interacted with the students.

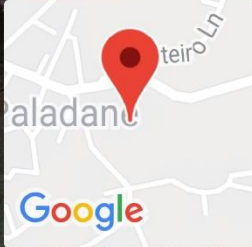
62 Allied health science students participated and learnt the importance of coordination between the body and mind which is essential to possess emotional stability.



Venue: Ishavasyam, Fifth Floor, Mangala College of Allied Health Science



GPS Map Camera



Mangalore, Karnataka, India
VVVW+4PV, Kulashekara, Mangalore, Karnataka 575029, India
Lat 12.892781°
Long 74.896827°
17/11/21 10:25 AM

Women Cell

A Session on ' How to improve concentration and focus' (17-11-2021)

Participants List

Program	Year	Sl. No	Name of the Candidate	Signature
B.Sc. MLT	I	1.	Chaithra	Chaithra
		2.	Chaitra Salian	Chai
		3.	Deeksha	Deeksha
		4.	Fathimath Ramseena	F. Ramseena
		5.	Heera	H Heera
		6.	Karthik K N	Karthik
		7.	Kesang Tsom	Kesang
		8.	Lekha P H	Lekha
		9.	Navya Kumari	Navya
		10.	Pallavi Chandrakant Naik	Pallavi
		11.	Shahana M	Shahana
		12.	Shyamjith K	Shyamjith
		13.	Sujan	Sujan
		14.	Sushma	Sushma
		15.	Swathi M	Swathi
		B.Sc. MIT	I	16.
17.	Abinsha S			Abinsha
18.	Aiswarya E K			Aiswarya
19.	Chandan S			Chandan
20.	Dhanush Uday Naik			Dhanush
21.	Hafsath A.M.			Hafsath
22.	Mohammed Askar			Mohammed
23.	Mohammed Jawad			M. Jawad
24.	Morvin Rebello			Morvin
25.	Muhammed Nashid Koladathil			Ab
26.	Nannu Ashfiya Anjum			Anjum
27.	Omkar Nagaraj Naik			Omkar
28.	Rakshith G. S			Rakshith
29.	Reshmi R			Reshmi
30.	Rithika V P			Rithika
31.	Sakshi Shetty			Sakshi
32.	Tenzin Gyatso	Tenzin		
33.	Tenzin Pedon Kee	Tenzin		
34.	Vruddhi B. H	AB		
B.Sc. Optometry	I	35.	Bhaveeksha	Bhaveeksha
		36.	Chaithanya K. M	Chaithanya
		37.	Chaithra K.M	Chaithra
		38.	Deitilang Khonglam	Deitilang
		39.	Divya Jyothi.	Divya
		40.	Dorjee Drema	Dorjee
		41.	Giriprasad C	AB
		42.	Havya C P	Havya


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		43.	Manohari	Ab
		44.	Nidhi N Stevens	Nidhi. N.
		45.	Pooja K Bangera	Pooja
		46.	Rithesh Kumar G	Rithesh
		47.	Sukshitha	Ab
		48.	Thaodem Sanatombi Devi	Ab
B.Sc. RDT	I	49.	Drishya Dineshan	Drishya
		50.	Muhammed Farhan	Farhan
		51.	Prathyusha	Prathyusha
		52.	Sandra K	Sandra
		53.	Sanjana G R	Sanjana
		54.	Sparsha A	Sparsha
		55.	Sredha M P	Sredha
		56.	Vaseela K	Ab
B.Sc. A&OTT	I	57.	Abhijith N.S.	Abhijith
		58.	Adithya G.K. Kottary	G.K.K.
		59.	Anand M.S.	Anand
		60.	Ashwitha K	Ab
		61.	Fahma Musthata	Fahma
		62.	Fasna K N	Fasna
		63.	Harinandana R Babu	Harine
		64.	Hemalatha	Hemalatha
		65.	Karthik	Karthik
		66.	Khadeejath Nabeela	Khadeejath
		67.	Mohammed Hasheem F	Mohammed
		68.	Muthura	Ab
		69.	Panchami B. Suvarna	Panchami
		70.	Rahul	Rahul
		71.	Raksha	Ab
		72.	Swathi M Amin	Swathi
		73.	Thrupthi Pandith	Ab


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