



GENERAL REQUEST FORMAT FOR PROGRAMS and EVENTS

Date: 18.03.22

From,

...COORDINATOR
...IQAC
...GEMS COLLEGE

To,

The Principal
GEMS Arts and Science College,
Ramapuram, Malappuram, 679321

Sl No	Name of Department	Name of the Program	Date	Time	
				From	To
1	IQAC	1st chairmans lecture series	21.03.22	5.30pm	6.30pm

Venue: Google meet (online)

Resource person (if any): Dr. Kamalish K. Gulia, BMT Wong, SCTIMST, TUM

Associating Clubs/Departments (if any):

Sanctioning Details:

Approved Not Approved

Dr. NAVEEN MOHAN
PRINCIPAL
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM (PO), RAMAPURAM
MALAPPURAM DT., KERALA-679 321

COORDINATOR Seal
INTERNAL QUALITY ASSURANCE CELL (IQAC)
GEMS ARTS AND SCIENCE COLLEGE
KADUNGAPURAM P.O., RAMAPURAM
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Note: 1. Brochure shall be displayed/circulated in the college notice board.
2. Program Report shall be submitted within 5 days.



INTERNAL QUALITY ASSURANCE CELL (IQAC) GEMS ARTS & SCIENCE COLLEGE

Affiliated to University of Calicut

Registration No : KL/2019/0242803 (NGO -DARPAN) NITI AAYOG, GOVERNMENT OF INDIA

Recognised by UGC under 2 (f) of UGC Act 1956.

An ISO 9001:2015 Certified Institution

Circular No: IQAC/GEN/21-22/011

Date: 18.03.2022

CIRCULAR

This is to inform you all that the Internal Quality Assurance Cell (IQAC) has decided to conduct the first Chairman's Lecture Series on 21.03.2022. The program will be online through Google meet at 3.45 pm.

Looking forward to your participation.

Program Details:

- **Resource Person** : **Dr. Kamalesh K Gulia**, Scientist F (Additional professor), IN-charge, Division of Sleep Research , BMT wing, Sree Chitra Tirunal Institute for Medical Sciences & Technology, Trivandrum.
- **Topic** : **'Sleep for Good Health and Happiness: Nature's Samurai'**


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CHAIRMAN'S LECTURE SERIES

IN ASSOCIATION WITH IQAC



INAUGURAL SPEAKER



Honourable chairman
SHRI. MANJALAMKUZHI ALI MLA



Dr. Kamalesh K Gulia
Scientist F (Additional Professor)
In-charge, Division of Sleep
Research, BMT Wing
Sree Chitra Tirunal Institute for
Medical Sciences & Technology



21ST MARCH, 2022

05.30PM

PLATFORM:GOOGLE MEET

GEMS ARTS & SCIENCE COLLEGE, RAMAPURAM, MALAPPURAM, KERALA
(AFFILIATED TO UNIVERSITY OF CALICUT)

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GEMS ARTS AND SCIENCE COLLEGE
(A Unit of Global Education and Management Studies Co-operative Ltd., No.M.782)
(Affiliated to University of Calicut)

SLEEP FOR GOOD HEALTH AND HAPPINESS NATURE'S SAMURAI

Date: 21.03. 2022

Time: 5.30 to 6.30 PM

Venue: Google Meet

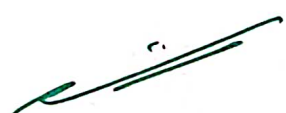
Program Schedule

Welcome Address: Dr. Naveen Mohan (Principal, GEMS Arts and Science College)

Resource Person: Dr. Kamalesh K Gulia, Scientist F, Division of Sleep Research, BMT Wing,
Sree Chitra Tirunal Institute of Science and Technology, Trivandrum, Kerala.

Vote of Thanks: Dr. Finose A (IQAC Coordinator)




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PROGRAM REPORT

SLEEP FOR GOOD HEALTH AND HAPPINESS: NATURE'S SAMURAI

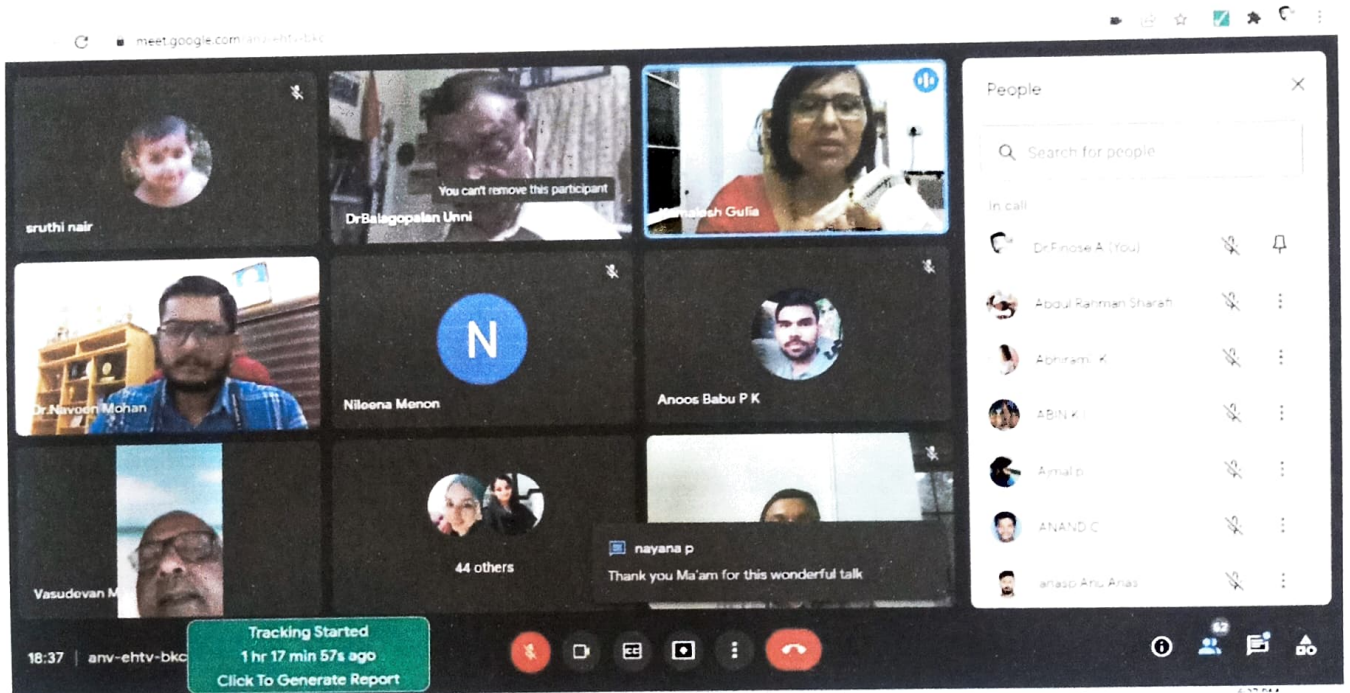
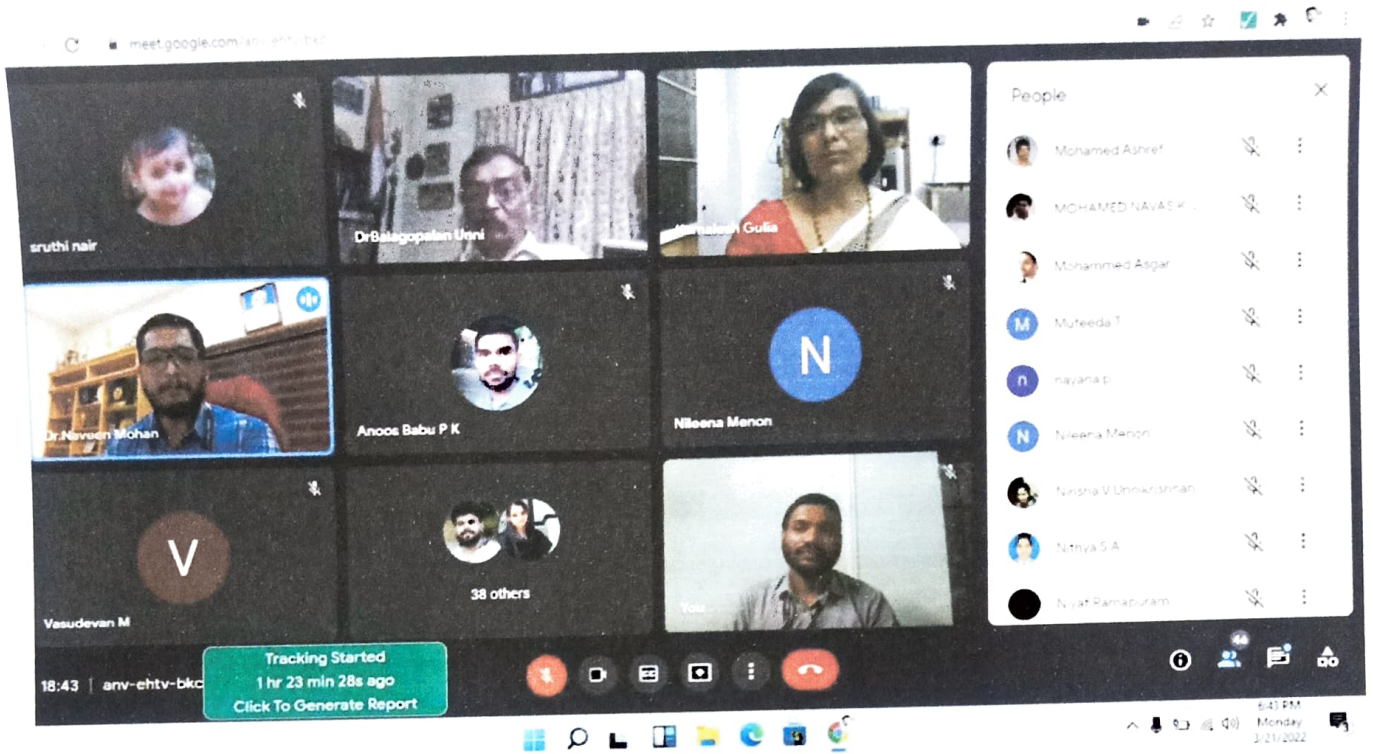
21.03.2022

IQAC of GEMS ARTS AND SCIENCE COLLEGE, RAMAPURAM organizes the first chairman lecture series on 21.03.2022 through Google Meet. The inaugural speaker of the Chairman's Lecture series was Dr. Kamallesh K Gulia, Scientist F, Division of Sleep Research, BMT Wing, Sree Chitra Tirunal Institute of Science and Technology, Trivandrum, Kerala. The program began with the inaugural speech by Mr. M Vasudevan. She emphasized the importance of a good night's sleep which shall enhance our cognitive abilities, allowing us to think clearly, concentrate effectively, and make sound decisions. It is during sleep that our brains consolidate information, solidify memories, and process emotions. Sleep deprivation, on the other hand, impairs our cognitive function, increases stress levels, and heightens the risk of mental health disorders such as anxiety and depression. Around 83 participants were there.




Dr. NAVEEN MOHAN
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Photographs



[Handwritten Signature]
Dr. NAVEEN MOHAN
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Google Meet Attendance Tracking Report

Meeting Name: anv-ehv-bkc

Date: 21-Mar-202



Download as pdf

Attendance Tracking Started At : 5:17:49 PM
Attendance Tracking Stopped At : 6:45:05 PM
Total Number of people Attended : 83
Total Meeting Duration : 1 hr 27 min 12s

Detailed Attendance Report

Apply filter

Number Of People Attended More Than 65% Of Meeting: 50

Number Of People Attended Less Than 65% Of Meeting: 3

S.No	Participant Name	Attended Duration	Attended Percentage
1	ABDUL RAHMAN SHARAFI	1 hr 17 min 44s	90%
2	ABHIRAMI. K	1 hr 11 min 35s	83%
3	ABIN K I	1 hr 6 min 6s	76%
4	ADITHYA PARAYIL	3 min 29s	4%
5	AISWARYA KURIAKOSE	14 min 50s	18%
6	AISWARYA SATHEESH	1 min 36s	2%
7	AJMAL P	1 hr 24 min 33s	97%
8	ALFIYA NAZRIN	3 min 39s	5%
9	ANAND C	1 hr 4 min 52s	75%
10	ANASP ANU ANAS	58 min 28s	68%
11	ANEESH KUMAR C KUMAR	44 min 41s	52%
12	ANOOS BABU P K	1 hr 23 min 16s	96%
13	ARUN K	1 hr 6 min 32s	77%
14	ARYA GIRISH	6 min 41s	8%
15	ARYA UNNIKRISHNAN	8 min 49s	11%
16	ASHFINA CHELAKKODEN	24 min 46s	29%

<https://meet.google.com/anv-ehv-bkc/report/attendance-report.html>

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DR. NALIN MOHAN
PRINCIPAL
GEMS ARTS & SCIENCE COLLEGE

17	ASHITHA JERARD	1 hr 16 min 0s	88%
18	BASHEER U	40 min 16s	47%
19	DR.FINOSE A	1 hr 24 min 16s	97%
20	DR.NAVEEN MOHAN	1 hr 26 min 57s	100%
21	DRBALAGOPALAN UNNI	1 hr 25 min 31s	99%
22	FASEELA	1 min 42s	2%
23	FASNA KK	0 min 56s	2%
24	FRIDAY SEMINAR	1 hr 27 min 12s	100%
25	HASHMINA BEEGAM	0 min 54s	2%
26	JAYASREE SAJITH	41 min 57s	49%
27	JEEVESH MULLOLY	1 hr 8 min 40s	79%
28	JISHNA SHAHUL	0 min 30s	1%
29	JUNAID V	1 hr 24 min 21s	97%
30	K HARI	1 hr 16 min 1s	88%
31	KAMALESH GULIA	1 hr 23 min 35s	96%
32	KHADER VSM	1 hr 8 min 2s	79%
33	KRISHNA PRIYA M T	16 min 3s	19%
34	M ALIK	53 min 5s	61%
35	MAJIDA M	3 min 41s	5%
36	MIDHUN K	23 min 36s	28%
37	MOHAMED ASHREF	1 hr 24 min 31s	97%
38	MOHAMED NAVAS K	57 min 32s	66%
39	MOHAMMED ASGAR	1 hr 7 min 48s	78%
40	MOHAMMED MEHAFIL	2 min 33s	3%
41	MOHD FAVAS	5 min 21s	7%
42	MUFEEDA T	1 hr 24 min 15s	97%

Juse

<https://meetings.google.com/.../attendancereport.html>

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S.NO	Participant Name	Time	Percentage
43	NANDU MR	1 hr 15 min 29s	87%
44	NASIYA.K.P NASI	16 min 19s	19%
45	NAYANA P	1 hr 21 min 3s	93%
46	NILEENA MENON	1 hr 8 min 11s	79%
47	NINSHA V UNNIKRISHNAN	1 hr 23 min 24s	96%
48	NISHI KRISHNA	0 min 51s	1%
49	NITHYA S A	1 hr 13 min 52s	85%
50	NIYAF RAMAPURAM	59 min 44s	69%
51	PRAJNA	34 min 57s	41%
52	RADHIKA SUDHI	1 hr 14 min 59s	86%
53	RAGHU DAMODARAN	1 hr 20 min 18s	93%
54	RAHMA HAMZA	1 hr 10 min 27s	81%
55	RAHOOF THOMMANCHERI	7 min 1s	9%
56	RAMEES MOHAMMED	1 hr 8 min 37s	79%
57	RANJU ARUN	1 hr 20 min 45s	93%
58	RESNA N K	1 hr 24 min 14s	97%
59	RIHAS TALKS N TRAVEL	1 hr 9 min 19s	80%
60	ROSHNIPK ACHUTHAN	1 hr 18 min 55s	91%
61	RUXSANA P M	46 min 22s	54%
62	SANA IHSANA	1 hr 11 min 8s	82%
63	SEETHAL P	1 hr 8 min 23s	79%
64	SHAHEEN VP	1 hr 14 min 51s	86%
65	SHAHEENA SAJID	38 min 20s	44%
66	SHAHNA P	6 min 40s	8%
67	SHAMEEMA M	1 hr 13 min 56s	85%
68	SHANA	51 min 5s	59%

<https://meel-attender.com/ker/web/app/attendancereport.html>

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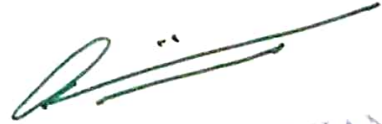


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69	SHIJILA MV	1 min 56s	3%
70	SHINSY P	1 hr 22 min 46s	95%
71	SIBINA AZEEZ	13 min 22s	16%
72	SIVAKUMAR K	1 hr 17 min 10s	89%
73	SOUMYA PS	1 hr 24 min 23s	97%
74	SREEJILA MIDHUN	35 min 37s	41%
75	SRUTHI NADH	1 hr 21 min 32s	94%
76	SRUTHI NAIR	1 hr 18 min 57s	91%
77	SUBEESH PALLIPPURAM C	9 min 6s	11%
78	SULABHA DAS	1 hr 9 min 49s	81%
79	SVN 4U	1 hr 16 min 10s	88%
80	SWATHI KG	1 hr 16 min 29s	88%
81	SWATHI SURENDRAN	19 min 18s	23%
82	VASUDEVAN M	1 hr 19 min 37s	92%
83	Wafa Wafa	1 hr 17 min 41s	90%


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