



# HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC With 'A' Grade An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by C.S.I East Kerala Diocese  
Affiliated to Mahatma Gandhi University, Kottayam

## Criterion-5

### STUDENT SUPPORT AND PROGRESSION

5.1.3 - Capacity building and skills enhancement initiatives taken by the institution include the following: Soft Skills, Language and Communication Skills, Life Skills (Yoga, physical fitness, health and hygiene) ICT/Computing Skills

### III. LIFE SKILLS

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

## 1. International Yoga Day - 21/06/2023

On June 21, 2023, the NSS unit of Henry Baker College, Melukavu, in collaboration with the Physical Education Department, observed **International Yoga Day** with enthusiasm. The event, held in the College Seminar Hall, began with an inaugural ceremony led by Principal **Dr. G. S. Gireesh Kumar**, who highlighted the importance of yoga for physical and mental well-being.

Following the address, renowned yoga instructor **Krishnadas Chinappan** guided participants through a series of invigorating asanas. Under his expert instruction, attendees engaged in yoga poses designed to enhance flexibility, strength, and inner peace. The session was well-attended by students, faculty, and staff, all eager to embrace the ancient discipline of yoga.

The International Yoga Day celebrations at Henry Baker College, Melukavu, were a success, deepening the college community's appreciation for the holistic benefits of yoga.



# International Yoga Day NSS

Seminar Hall

21/6/2023

40

NO.	Name.	Department	Sign
1	Karthika Velpu	III <sup>rd</sup> B.A History	<del>Karthika</del>
2	Shilpa Shirvan	"	<del>Shilpa</del>
3	Seelija Monmatham	"	<del>Seelija</del>
4	Rinamol Varghese	"	<del>Rinamol</del>
5	Merin V.G	"	<del>Merin</del>
6	Shalamol Jose	"	<del>Shalamol</del>
7	Aswathy Sunil	"	<del>Aswathy</del>
8	Rithra N	"	<del>Rithra</del>
9	Jasmi Sam	"	<del>Jasmi</del>
10	Sona Soni	"	<del>Sona</del>
11	Bincy Binoy	"	<del>Bincy</del>
12	Arun Siby	"	<del>Arun</del>
13	Opikaishrao	"	<del>Opikaishrao</del>
14	Aml Sebastian	BA History III	<del>Aml</del>
15	Ajit Babbar	"	<del>Ajit</del>
16	Amalsha T.P	"	<del>Amalsha</del>
17	Salman Farooqi	"	<del>Salman</del>
18	Amees V.M	"	<del>Amees</del>
19	Abhitha Biju	"	<del>Abhitha</del>
20	Qiran Raja	"	<del>Qiran</del>
21	Jacob Moni	III <sup>rd</sup> B.Com Cooperat	<del>Jacob</del>
22	Albin James	"	<del>Albin</del>
23	Vivek P Biju	"	<del>Vivek</del>
24	Muhammed Ibtisbani	B.Coms C.A III	<del>Muhammed</del>
25	Muhammed Althaf	"	<del>Muhammed</del>
26	Liya Johnan	BA English	<del>Liya</del>
27	Anjalimol N.M	"	<del>Anjalimol</del>
28	Jissyamol James	"	<del>Jissyamol</del>
29	Febin Noushed	"	<del>Febin</del>
30	SHANIMA SHAJU	"	<del>SHANIMA</del>
31	Priya Mol Anby	"	<del>Priya</del>
32	Batusha Sidhik	"	<del>Batusha</del>

No.	Name	Department	Sign.
33	Albin Sojan	BA English	Alb
34	Abin Monu	BA English	Abin
35	Robin Ninan	M. Com	Robin
36	Amal Joseph	"	Amal
37	Aksha Mol K.B	BA English	Aksha
38	Shifna Noufal	B.A. History	Shifna
39	Shabina Shabul	B.A. History	Shabina
40	Nancy K. Michael	B.com Co-operation	Nancy
41	Daliya Rajeshwaran	B.A English	Daliya
42	Meenakshi V.M	"	Meenakshi
43	Fasna T.F	III B.A History	Fasna
44	Kesava Biji	"	Kesava
45	Linumoljustin	III B.A History	Linu
46	Asiya Yoosuf	III B.A English	Asiya
47	Anagha Sebastian	"	Anagha
48	Nancy Mol James	"	Nancy
49	Diya Benny	"	Diya
50	Ushas Unni	"	Ushas
51	Yugin Richard Edmond	"	Yugin
52	Nihal Saji	"	Nihal
53	Nikitha	"	Nikitha
54	Kaifika devi T.A	"	Kaifika
55	Aslam	"	Aslam
56	Fasna K. Nasar	III BA History	Fasna
57	Amin Ashraf	"	Amin
58	Manjima o-m	"	Manjima
59	Arya Surendran	"	Arya
60	Shrehan Barber	"	Shrehan
61	Rakesha P.v	"	Rakesha
62	Dileasa Kuttichan	"	Dileasa
63	Rahana Unni	"	Rahana
64	Dr. Sonmya Paul	Teachers	Sonmya
65	Manzani R	"	Manzani

PRINCIPAL  
HENRY BAKER COLLEGE  
MELUKAVU  
Teachers



## 2. MEGA BLOOD DONATION CAMP -05/01/2024

On January 5, 2024, the National Service Scheme unit of Henry Baker College, in association with the Lions Club Kuttand Overseas, organized a Mega Blood Donation Camp. The event aimed to address the community's healthcare needs by collecting blood donations from volunteers. The camp was held at the college's seminar hall and saw significant participation from students and staff.

The camp was inaugurated by Shri. Mani C. Kappan, MLA of the Pala Legislative Assembly. In his inaugural speech, he emphasized the importance of blood donation and praised the collaborative efforts of the NSS and Lions Club. He highlighted the life-saving potential of such initiatives and encouraged more people to participate in future blood donation drives.

Dr. G. S. Gireesh Kumar, the College Principal, delivered an inspiring presidential address, emphasizing the critical role of blood donation in saving lives. He highlighted the importance of organizing regular donation camps to maintain a consistent blood supply for medical emergencies. Dr. Gireesh Kumar also praised the NSS volunteers for their unwavering commitment to social causes and their readiness to donate blood, setting a commendable example for the community.

Shri. Siby Plathattom, Secretary of the Lions Club, spoke about the club's ongoing commitment to community service and the importance of partnering with educational institutions like Henry Baker College to reach a broader audience. Shri. Siby Plathattom expressed gratitude to the college administration and NSS volunteers for their enthusiastic participation and support.

During the camp, 30 units of blood were donated by NSS volunteers under strict medical supervision, ensuring the safety and comfort of all donors. The participants were provided with refreshments and received certificates of appreciation for their contributions.

The Mega Blood Donation Camp at Henry Baker College was a resounding success, thanks to the joint efforts of the NSS unit and the Lions Club Kuttand Overseas. The event not only facilitated the collection of 30 units of blood but also raised awareness about the critical need for blood donations. The active participation of students, staff, and community members exemplified the spirit of service and solidarity that defines the institution.

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**NATIONAL SERVICE SCHEME**  
 UNIT NO. 54  
 IN ASSOCIATION WITH  
**LIONS CLUB KUTTANAD OVERSEAS**  
 ORGANIZES

**MEGA BLOOD DONATION CAMP**

INAUGURATION

**Sri. MANI C. KAPPAN MLA**

**Dr. GIREESH KUMAR G. S**  
 PRINCIPAL  
 HENRY BAKER COLLEGE

**FRIDAY** 05 JANUARY 2024

**START AT** 10:00 AM

**VENUE** SEMINAR HALL

**NSS PROGRAMME OFFICERS**  
 Dr. Jibin Mathew | Ashly Mereena Mathew

Brochure



Inaugural session



Blood Donation

Inauguration

# MEGA BLOOD DONATION

CAMP

5-1-2024


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Sl. No	Name	Class	Signature
1.	Meerakshi VM	III BA English	
2.	Aksamol K.B	" "	
3.	Ajith TS	B.com cooperation	
4.	Anjali Saji	B.com computers	
5.	Nandhana C Rajesh	"	
6.	Jyothisha Sunil	"	
7.	Ann maria lal	"	
8.	Anusree Babu	"	
9.	Pithin v.v	"	
10.	Amal Sebastian	BA History III	
11.	Sarathin biju	BA history - II	
12.	Ajith Haridas	B.A History II	
13.	Serayag	B.A History II	
14.	Sidhu Moharan	B.com computers	
15.	Pessymolcharacko	II <sup>nd</sup> B.A History	
16.	Merlin Anna Thomas	"	
17.	Sabitha Thomas	"	
18.	Menon VT	III B.A History	
19.	Shilpa	"	
20.	Athina N	"	
21.	Sonay Sonay	"	
22.	Dilana Kuttichan	"	
23.	Rahana Umi	"	
24.	Linu moljustio	III B.A History	
25.	Fasna TF	III B.A History	
26.	Emel Theresa Joy	"	
27.	Suliyu Mommachen	"	
28.	Linamol Varghese	"	
29.	Asna prasadh	"	
30.	Aswathy Sunil	"	

31	Risana Arif	I B.com Self	<del>Arif</del>
32	Sahiya Sulikera	"	<del>Sahiya</del>
33	Alliya Monshad	"	<del>Alliya</del>
34	Sabun Shahul	"	Sabun
35	Nardhu Venugopal	II B.com Cooperation	Nardhu
36	Nikhil Vrood	"	Nikhil
37	Shebin Benny	"	Shebin
38	Mohammed Alhad	III B.com Computer	Mohammed
39	Sujithkumar K.S.	II B.com Co-operation	Sujith
40	Akash P.R	III B.com Computer	Akash
50	Aswathy V.S	"	Aswathy
51	Dr. Sonmya Paul	Teacher	Sonmya
52	Elizabeth Joseph	Faculty, Dept of English	Elizabeth
53	Dr. Umazai R	Teacher	Umazai
54	Astha Basheer	B.A History III	Astha
55	Shahina shahul.	III-BA History	Shahina
56	Fasna K. Nasar.	III BA History	Fasna
57	Shibna Nubal.	III BA History	Shibna
59	Manjima O-M	III BA History	Manjima
59	Arya Suresh	III BA History	Arya
60	Amin Asharaf	III BA History	Amin
61	Maneesha T.M	III BA History	Maneesha
62	RUKSANA P.V	III BA History	Ruksana
63	Shebina Basheer	III BA History	Shebina
64	Anika Antony	II B.com Co-operation	Anika
65	Praveena Shaji	"	Praveena
66	Deeraj	"	Deeraj
67	Courri	"	Courri
68	Shinay Mathew	"	Shinay
69	Archana K Biju	"	Archana
70	Sajeenamol K.S	"	Sajeenamol

no	Name	class	Signature
71	Dashana S.A	"	
72	Soorya Mohanan	"	
73	Hamid Salam	"	
74	Azeera Asraf	11 <sup>th</sup> M.Com	
75	Krishna Pali	"	
76	Maria Varghese	"	
77	Ashmita Isaac	"	
78	Dwika Ajimon	"	
79	Hiba Fathima M	"	
80	Shafena Bashari	Teacher	
81	Agnes Maria Yesudas	"	
82	Risana P.A	"	
83	Tishamol Kuriachen	"	
84	Anjana Ajith	11. B.Com Co-operation	
85	Chopika Vinod	"	
86	Krishnapriya Gopi	"	
87	Mitha Leelamma	11 B.A English	
88	Muhammed Ibtisham	B.Com secf CA	
89	Muhammed Ibtisham	"	
90	Sebin K Sajju	"	
91	Geetha Krishna	11 BA English	
92	Bismi M.S	"	
93	Aleetha Antu	"	
94	Shiyas Ibrahim	11 BA English	
95	Sacha Justin	"	
96	Annamariya Kurian	"	
97	Adhlye Michael	"	




  
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**MELUKAVU**

### 3. Rain Gauge Distribution

On 19 Jan 2024, Bhoomika, a local environmental organisation and Meenachil River Rain Monitoring Network (MRRM) collaborated with Bhoomithrasena Club of Henry Baker College to distribute rain gauges to 13 enthusiastic volunteers. This initiative aimed to empower students with the tools necessary for monitoring rainfall, fostering a deeper understanding of local weather patterns, and promoting environmental awareness. The programme commenced with an introductory session led by Bhoomithrasena club Coordinator Mr Justin Jose. He welcomed the gathering. The technical session by the representatives of Bhoomika provided an overview of the importance of rainfall monitoring in understanding the climate change, water resource management, and agricultural practices.

Following the introductory session, volunteers residing in 13 different wards of Melukavu Panchayat received a rain gauge kit, consisting of a calibrated cylinder, measuring jar, and instructions for installation and usage. Technician Sri. Vignesh demonstrated how to properly set up and maintain the rain gauge to ensure accurate measurements. They were also trained on recording and reporting rainfall measurements using a standardized format provided by Bhoomika. This training equipped them with the necessary skills to collect reliable data and contribute to ongoing research on local climate patterns.

A talk on “The Importance of River and Rain Monitoring” was also organised on the day. Sri.Eby Emmanuel, Environmentalist was the resource person. He enlightened the students on the significance of rainfall monitoring in addressing environmental challenges such as drought, flood management, and agricultural planning. The volunteers actively engaged in brainstorming sessions to explore potential applications of the data collected through the rain gauge network. The collaboration between Bhoomika and Bhoomithrasena Club, Henry Baker College, Melukavu exemplifies the importance of partnerships between academic institutions and environmental organisations in addressing pressing environmental issues. Moving forward, the college volunteers are poised to play a pivotal role in generating valuable data on rainfall patterns, thereby contributing to informed decision-making and resilience-building efforts in the face of climate change. Twenty six students participated in the programme.

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MELUKAVU, KOTTAYAM      Founded 1981  
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**BHOOMITRASENA CLUB**  
In association with  
**BHOOMIKA & MRIRM**

**DISTRIBUTION OF RAIN GAUGES**

**INVITED TALK:**  
**"THE IMPORTANCE OF RIVER AND RAIN MONITORING"**

RESOURCE PERSON: SRI. EBY EMMANUEL

Venue: Seminar Hall      Date: 19.01.2024  
Time: 3.00 p.mt.



## Distribution of Rain gauge kit



Talk on “The Importance of River and Rain Monitoring” by Sri.Eby Emmanuel


**BBOOMITHRA SENA CLUB**  
 Invited Talk on "The Importance of Rivers and Rain  
 Flowing."  
 19.01.2024 3:00 pm

Rain gauge Distribution

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Name	Class / Department	Sign
1. St. Beche Susan Mathew	Physics	<i>Susan</i>
2. Jessy Stanley		<i>Jessy</i>
3. Merlin Anna Thomas	II B.A History	<i>Merlin</i>
4. Jona Johnson	"	<i>Jona</i>
5. Alan sunny mathu	"	<i>Alan</i>
6. Nancy K. Michael	3rd B.com Co-operation	<i>Nancy</i>
7. Ashely Sebastian	II BA History	<i>Ashely</i>
8. Ann Maria Lal	III <sup>rd</sup> B.com Computer (SELF)	<i>Ann</i>
9. Anusree Babu.	"	<i>Anusree</i>
10. Syothasha Sunil	"	<i>Syothasha</i>
11. Elsa marcia V J	II <sup>nd</sup> B.com Cooperation	<i>Elsa</i>
12. Mariya Joseph	"	<i>Mariya</i>
13. Fathima Latheef	"	<i>Fathima</i>
14. safana Nizar	"	<i>Safana</i>
15. Ashlin A.R.	"	<i>Ashlin</i>
16. Aswathy V.S	B.Com Computer (Self)	<i>Aswathy</i>
17. Adharna M.S	I <sup>st</sup> B.com Cooperation	<i>Adharna</i>
18. Sandra Krishna	"	<i>Sandra</i>
19. Shehara Muhammad	"	<i>Shehara</i>
20. Riya Johnson	"	<i>Riya</i>
21. Albin James	"	<i>Albin</i>
22. ASHISH RAVIKUMAR	I B.com <sup>st</sup> Cooperation	<i>Ashish</i>
23. Yadhya sathish	I B.com model II Finance and Taxation	<i>Yadhya</i>
24. Jesbin David	I B.Com Cooperation	<i>Jesbin</i>
25. Aibel. T. Siju	"	<i>Aibel</i>
26. AUSA ANDREWS	English	<i>AUSA</i>



  
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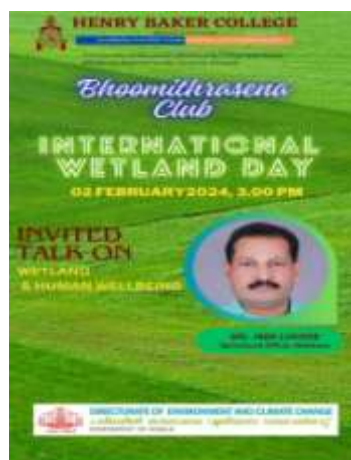
#### 4. Wetland Day Invited Talk on “Wetland and Human Wellbeing”

On 2nd Feb 2024, Bhoomitrasena Club had the privilege of hosting a special talk in commemoration of Wetland Day. The event featured a presentation by Mr. Jeas Lukose Agricultural Officer of Melukavu, providing valuable insights into the significance of wetlands, their conservation, and their role in sustainable agriculture and biodiversity. The Coordinator of Bhoomitrasena Club, Dr. Ansa Andrews welcomed the guest speaker and the audience. Principal Dr. Gireesh Kumar G.S. inaugurated the programme.

Mr. Jeas Lukose delivered an informative and engaging presentation on Wetlands and Human Wellbeing and its importance in the local ecosystem. The presentation covered various aspects, including the definition and classification of wetlands, their ecological functions, and the ecosystem services they provide. The speaker highlighted the rich biodiversity harboured by wetlands and emphasized their crucial role in supporting diverse plant and animal species. Furthermore, he shed light on the importance of wetlands in agriculture, particularly in terms of water management, soil fertility, and nutrient cycling. The audience gained insights into how wetlands contribute to sustainable farming practices and help mitigate the impacts of climate change on agricultural productivity.

The talk also addressed the challenges facing wetlands, including habitat loss, pollution, and unsustainable land use practices. The speaker underscored the urgent need for conservation efforts and emphasized the role of individuals and communities in protecting and restoring wetland ecosystems. Following the presentation, an interactive Q&A session allowed the students and faculty members to seek clarifications and engage in discussions with the Agricultural Officer. The session provided a platform for exchanging ideas and exploring potential collaborations in wetland conservation initiatives. A total of forty one participated in the programme.

Brochure





Inaugural Session

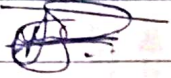

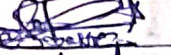

# " WETLAND AND HUMAN WELL BEING "


## BHOOMITRASENA CLUB

International Wetland Day : Juvated Palk

Date: 2/2/2024 Time: 2-p.m

1.	Alhulya	II <sup>nd</sup> B. com co-operation	Alhulya
2.	Archana k Bju	"	Archana
3.	Anjana Ajith	"	Anjana
4.	Shincy Mathew	"	Shincy
5.	Groual <del>Mathew</del>	"	Groual
6.	Soorya Mohanan	"	Soorya
7.	Ishana S.A	"	Ishana
8.	Sajeemol K.S	"	Sajeemol
9.	Vishnuprasad S.	"	Vishnu
10.	Akhil suresh	"	Akhil
11.	Deeraj Manu	"	Deeraj
12.	Nandhu venugopal.	"	Nandhu
13.	Ajith .T.S	"	Ajith
14.	Shebin Benny	"	Shebin
15.	Nikhil vinod	"	Nikhil
16.	Kripa jay	I BA History	Kripa
17.	Jesny k.S	"	Jesny
18.	Rakhi mol.S	"	Rakhi
19.	Suryamol Sudhakaram	"	Suryamol
20.	Nandhana.C.Rajesh	B.com self III <sup>rd</sup> Year	Nandhana
21.	Anurag Babu	"	Anurag
22.	Poothisha Sunil	"	Poothisha
23.	Annamasya Lal	"	Annamasya
24.	Anjali Saji	"	Anjali
25.	Sidhu Mohanaraj	"	Sidhu
26.	Dr. Umakant R	Teacher	Umakant
27.	Dr. Soumya Paul	Teacher	Soumya
28.	Risana P.A	Teacher	Risana
29.	Jincy Devasia	Teacher	Jincy
30.	Gopikrishnan. K.R	II B A History	Gopikrishnan
31.	Jithin V.V	III <sup>rd</sup> B.com self	Jithin
32.	Amal Krishna	"	Amal

33	Syam Mohanan	III <sup>rd</sup> B.Com self	
34	Anandu masali	"	Anandu
35	Thomas Mathew	"	
36	Sebin K Saju.	"	Sebin
37	Naveen Sunny	"	Naveen
38	Akash P.R	"	Akash
39	Ananthakrishnan M.D	"	Ananthakrishnan
40	Anil Sebastian	B.A. History III	
41	Ausa Andrews.	<del>B.A.</del> English Dept.	

  
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## 5. A Talk on "WOMEN AND HEALTH"

### Objectives

- The talk focused on raising awareness about common health issues faced by women, including reproductive health, mental health, and lifestyle diseases.
- To create an awareness among students that health and hygiene is very crucial for empowering women and for a successful life they should take control of their health and lead healthier lives.

Avnika in association with KSWDC arranged a talk on "Women And Health." on 9/2/2024. Dr. Deepa Rose K Sam, Assistant Professor in General Medicine at Government Medical College Idukki, was the resource person. The Principal , Dr. Gireesh Kumar G.S delivered the introductory remarks. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Dr. Deepa shared her expertise and knowledge on various health issues specific to women. The talk aimed to educate and raise awareness among the participants about various health issues that affect women. Dr. Deepa emphasized the importance of regular health check-ups, healthy lifestyle choices, and seeking medical help when needed. She focused on menstrual health and hygiene and the use of menstrual cup and its advantages. Participants had the opportunity to ask questions and clarify doubts regarding women's health issues. The session was valuable and informative for the participants. It highlighted the importance of prioritizing women's health and well-being. Sneha Justin, II B.A English proposed the vote of thanks.

### Outcome:

- The talk helped participants gain a better understanding of their health and well-being, empowering them to make informed and take decisions regarding their health.
- Participants learned about the preventive measures and early detection of health issues, which can significantly impact their quality of life.



Brochure



Talk by Dr. Deepa Rose K Sam, Assistant Professor in General Medicine at Government Medical College Idukki



# Talk on Women and Health

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9/2/2024 @ 3: PM

1	Krishnapriya Gopi	B.com Co-operation	Krishnapriya
2	Gouri	"	<del>Gouri</del>
3	Archana	"	<del>Archana</del>
4	Shincy	"	<del>Shincy</del>
5	Anjana Ajith	"	Anjana
6	AnnMariya Kurian	II B.A. English	AnnMariya
7	Sneha Justin	"	<del>Sneha</del>
8	Adhlya Michael	"	Adhlya
9	Gopika Vinod	II B.com Co-operation	<del>Gopika</del>
10	Sajeenamol K.S	"	<del>Sajeenamol</del>
11	Ishana S.A	"	<del>Ishana</del>
12	Soorya Mohanan	"	<del>Soorya</del>
13	Sulfiya Latheef	II B.A. History	<del>Sulfiya</del>
14	Albia Manuel	"	<del>Albia</del>
15	Anju T.O	"	<del>Anju</del>
16	Jolsna Johnson	"	<del>Jolsna</del>
17	Risana K.S	"	Risana 9/2/2024
18	Alby Sebastian	"	<del>Alby</del>
19	Josna Johnson	"	<del>Josna</del>
20	Karthika K. Rajan	"	Karthika
21	Shiyana Gasni	"	Shiyana
22	AnnMariya Jemu	"	AnnMariya
23	Amitha Mehmen	"	<del>Amitha</del>
24	Previdha	"	Previdha
25	Ashly Sebastian	"	<del>Ashly</del>
26	Aleeta Anta	II B.A English	<del>Aleeta</del>
27	Sneha & Pathresh	II B.com (Self)	<del>Sneha</del>
28	Grace Leuanya	"	<del>Grace</del>
29	Manupriya Manoj	I BVOC	Manupriya
30	Fasna K Nasar	II B.A History	Fasna
31	Fathima Yakoub	II B.A History	Fathima
32	Shifra Noutaf	III B.A History	Shifra

