



5.1 Student Support

5.1.3- Number of students provided training & guidance for competitive examinations & career counselling offered by the Institution during the year

Year	2022- 2023
Number of students	158

Name of the scheme :

- 1) Orientation session on Competitive Exam Guidance**
- 2) Beat the exam stress**



Dr. MANOJ KUMAR, K.P.
Principal
KMCT Dental College
Manassery, Mukkam



KMCT
DENTAL COLLEGE

BEAT THE EXAM STRESS – REPORT

DATE: 13/7/22

Participants : 93

TIME: 10:30 AM TO 1:00 PM

The program was inaugurated by Principal Dr. Manoj Kumar. Guest speaker Mrs. Asha Gopalakrishnan addressed the gathering and spoke on the importance of alleviating the challenges associated with academic stress for the 1st yr BDS students. The program focused on the stress management techniques on practical coping strategies, study skills tips to enhance academic preparation & various relaxation techniques to improve focus and mental well-being which helped empower the students with the tools and knowledge needed to effectively manage exam stress, ensuring a positive and successful academic experience.

Workshop on **BEAT the EXAM STRESS**

For 1st Year
BDS Regular Batch



Resource Person

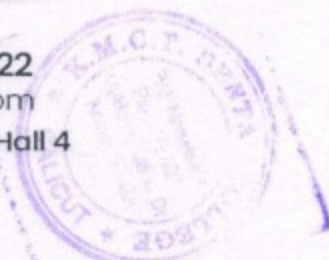
Ms. Asha Gopalakrishnan

Counselling Psychologist, Educator
Trainer, Happiness & Life Coach

13 | JULY | 2022

10.30 am – 1.00 pm

Venue: Lecture Hall 4



Dr. MANOJ KUMAR K.P.
Principal
KMCT Dental College
Mankassery, Mukkam



KMCT
DENTAL COLLEGE
Recognized Research Centre of KUHS

KMCT Medical College Campus
Mukkam, Kozhikode 673602



KMCT
DENTAL COLLEGE

KMCT DENTAL COLLEGE

WORK SHOP ON BEAT THE EXAM STRESS- FIRST YEAR STUDENTS ATTENDANCE

ROLL NO	NAME	SIGNATURE
1	ABHISHEK B S	
2	ADVAITHA R CHANDRAN	
3	AFRAH ASHRAF P	
4	AGNES MILNA RODRIGUES	
5	AKSHARA V NAIR	
6	AMEESHA RAJ K V	
7	AMNIKA V S	
8	AMRITA SURESH	
9	AMRITHA SATHEESH	
10	AMRUTHA P	
11	ANABEL BINOY	
12	ANANDU LAXMAN	
13	ANANYA A K	
14	ANANYA C U	
15	ANJALI ANIL	
16	ANJALI KRISHNA	
17	ANJALI SHAJI	
18	ANNA J	
19	ANU LAKSHMI S	
20	ANUSHA THAZHATHU VALAPPIL	
21	APARNA BIJU	
22	ARCHANA U V	
23	ARRON VARGHESE	
24	ASWATHY GANESH	

Dr. MANOJ KUMAR K.P
Principal
KMCT Dental College
Manassery, Mukkam



KMCT DENTAL COLLEGE

KMCT DENTAL COLLEGE WORK SHOP ON BEAT THE EXAM STRESS- FIRST YEAR STUDENTS ATTENDAN

ROLL NO	NAME	SIGNATURE
25	ATHEENA P NARAYAN	
26	ATHIRA K	
27	ATHUL KRISHNA M S	
28	AYANA BHAGAVATH A R	
29	AYISHA M	
30	AYISHA SAUSAN	
31	BHAVNA SURENDRAN	
32	BIVIN JOHN JACOB	
33	DEVANI M S DAS	
34	DILBAR IBRAHIM M	
35	DIYA FATHIMA K V	
36	FATHIMA BASHEER	
37	FATHIMA ZIYA M V	
38	FATHIMA RINSHA	
39	FATHIMATHUL HABSHIYA MK	
40	GANGA M S	
41	HANEEN PONGADEN	
42	HANNATH T	
43	HARIPRASAD K N	
44	HELNA J VADAKKAN	
45	HIBA BANUP	
46	HRITHIKA RACHEL REJI	
47	JERSHA BOSCO	





KMCT DENTAL COLLEGE

KMCT DENTAL COLLEGE

WORK SHOP ON BEAT THE EXAM STRESS- FIRST YEAR STUDENTS ATTENDANCE

ROLL NO	NAME	SIGNATURE
48	JOYAL JAMES	<i>Joyal</i>
49	K K FAHMIDHA	<i>K K Fahmidha</i>
50	K R ANANDHA KRISHNA	<i>K R Anandha</i>
51	KEERTHANA P	<i>Keerthana</i>
52	KHALEEL N	<i>Khaleel</i>
53	KOUSIKA M	<i>Kousika</i>
54	KRISHNAPRIYA K	<i>Krishna</i>
55	KRISHNENDU G	<i>Krishnendu</i>
56	LAKSHMIPRIYA N	<i>Lakshmi</i>
57	LAVANYA VALSALAN	<i>Lavanya</i>
58	M PRASSIDHA	<i>Prassidha</i>
59	MALAVIKA P SASI	<i>Malavika</i>
60	MUBASHIRA K	<i>Mubashira</i>
61	MUBNA SHERIN	<i>Mubna</i>
62	MUHAMMED HAFEEF	<i>Muhammed</i>
63	NADA NISREEN P V	<i>Nada Nisreen</i>
64	NAJIYA SHERIN	<i>Najiya</i>
65	NANDANA	<i>Nandana</i>
66	NANDANA SURESH KUMAR	<i>Nandana</i>
67	NANDHANA T KJ	<i>Nandhana</i>
68	NSHVA A	<i>Nshva</i>
69	NIKHIL N	<i>Nikhil</i>
70	P H FARZANA BATHWAL	<i>P H Farzana</i>
71	RAEESA FAZAL RAHIMAN	<i>Raeesa</i>



Dr. MANOJ KUMAR KP
Principal
KMCT Dental College
Manassery, Mukkam



KMCT
DENTAL COLLEGE

KMCT DENTAL COLLEGE
WORK SHOP ON BEAT THE EXAM STRESS- FIRST YEAR STUDENTS ATTENDANCE

ROLL NO	NAME	SIGNATURE
72	RENITHA K ROBERT	
73	REVATHY BAIJU	
74	RINSHINA K	
75	RITHIKA M V	
76	SAFA	
77	SAFA P	
78	SAFWAN SAFFIR	
79	SAMIYA MOIDU	
80	SANGEETHA V	
81	SARAYU C	
82	SETHU CHANDRAN	
83	SHEJIN P CHANDRAN	
84	SHILJA NM	
85	SOUPARNIKA V	
86	SREYA B DINES	
87	SUFNA SULAIMAN	
88	SURYA P T	
89	SWEETY SHAJI	
90	THEERTHA K	
91	VAISHNAVI VIJAYAN A	
92	VEDA BIJU M	
93	VIBIN K B	

Dr. SANJAY K. P.
Principal
KMCT Dental College
Manassery, Mulkam



ORIENTATION SESSION ON "COMPETITIVE EXAM GUIDANCE"

Date : 17.10.2022 Venue : Lecture hall 4, Dental College Time : 2.30 pm – 3.30 pm

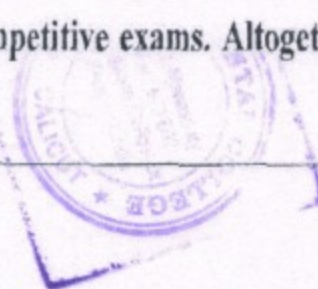
Faculty name: Dr.Hamesh Gangadharan, Dr.Afrosa

No. of Participants: 65

Summary:

KMCT Dental college placement cell has organized a competitive exam guidance orientation programme to the new interns batch on 17-10-2022 at 2.30 pm in lecture hall -4.

The orientation programme commenced with a warm welcome by Dr Thulasi Raj. The resource person Dr Hamesh Gangadharan began the session by stating various openings after BDS and introduce the inhouse entrance programme to them. Dr Afrosa addressed the students how to prepare and study for competitive exams. Altogether 41 interns participated in the session.

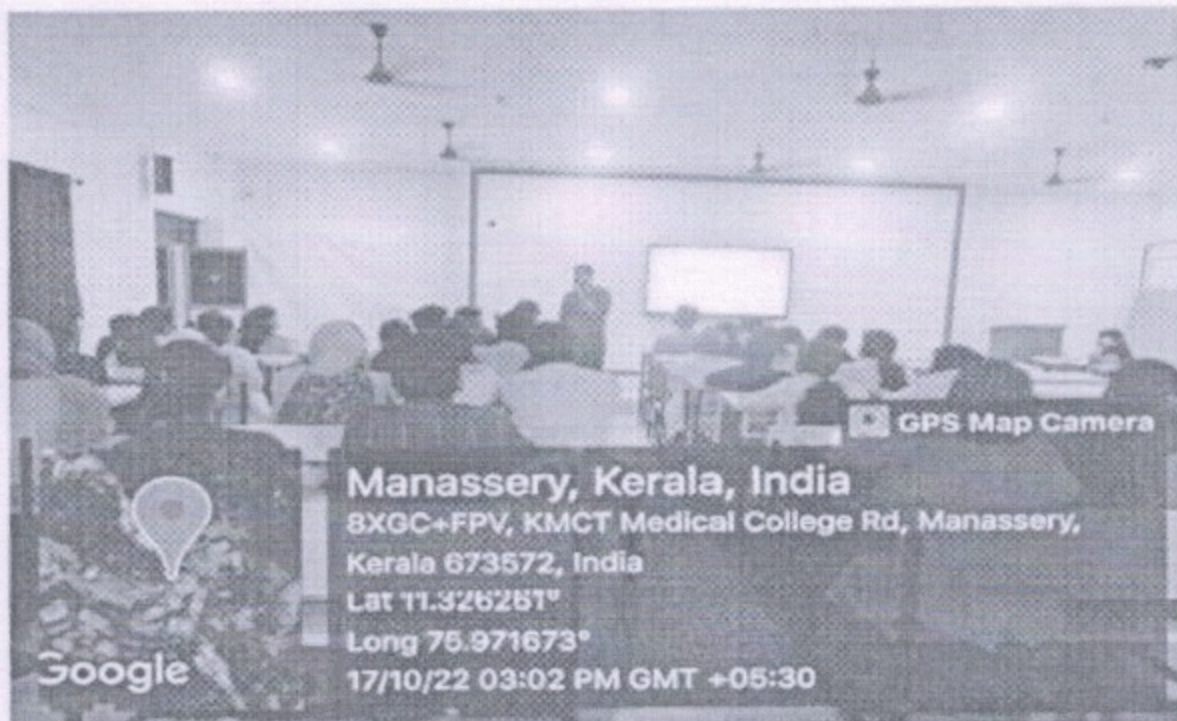


Handwritten signature

Dr. MANOJ KUMAR, P.
Principal
KMCT Dental College
Manassery, Mukkam



KMCT
DENTAL COLLEGE



Dr. MANOJ KUMAR K.P.
Principal
KMCT Dental College
Manassery, Mukkam

Recognised by UGC u/s 2(f), Accredited by NAAC with A+ Grade, Approved Research Centre of KUHS



Competitive Examination Guidance
Orientation Program

INTERNS LIST SEPTEMBER 2022 [17/10/22]

SL	NAME	SIGNATURE
1	ADARSH E	
2	ADARSH P	
3	AKHIL C	
4	ALFRID VARGHESE	
5	ANASWARA K	
6	ANETTA N A	
7	ANJALI PRAKASHAN	
8	ANUISHA BENNY	
9	ANUPAMA S	
10	ARUN V R	
11	ASWATHI KRISHNA P K	
12	ATHUL KUMAR A	
13	ATHUL B	
14	AYSHA FIDWA	
15	CHELSEA MARIA O J	
16	CHITHRATHIRA K	
17	DEEPTHI SANTHOSH T	
18	FATHIMA MIRFA P	



Dr. MANOJ KUMAR K.P
Principal
KMCT Dental College
Manassery, Mulkam



KMCT

DENTAL COLLEGE

19	FATHIMA NEHALA	
20	FATHIMA NIDHA FAHMI. K	
21	FATHIMA RUSHDA.KK	
22	FATHIMA S	
23	FATHIMATH ASHMIRA	
24	FATHIMATHUL SAFA M	
25	GEETHU BIJU	
26	GOPIKA NAIR	
27	HALKA RUKHIYA M	
28	HANISH.KK	
29	HARISHANKAR.P	
30	HELNA.M	
31	HINA SHARI	
32	INDUJA. K	
33	JASNNA. J	
34	JITHEESHA. P	
35	KARTHIKA	
36	KAVYA.KM	
37	LAKSHMI RAJ. E	



Dr. MANOJ KUMAR K.B
Principal
KMCT Dental College
Mukkam



KMCT

DENTAL COLLEGE

38	MEGHA. G	Megha.
39	MEHARBAN. P	Meharban.
40	MEKHA A	Mekha.
41	MISFABATHOOL	Misfabathool.
42	MUHAMMAD RAFI P C	Muhammad Rafi P C.
43	MUHAMMAD SHALOOF	Muhammad Shaloof.
44	NAFEESA HAMNA K	Nafeesa Hamna K.
45	NAYANA RAJ	Nayana Raj.
46	NEENU.K.P	Neenu.K.P.
47	PRIYA G NAIK	Priya G Naik.
48	RABABA. KT	Rababa. KT.
49	RAHUL A R	Rahul A R.
50	RAMEESHA.T.K	Rameesha.T.K.
51	RIFFA. K	Riffa. K.
52	RIZANA. K	Rizana. K.
53	SAGAR BHARATH	Sagar Bharath.
54	SAHEEDA NEZRIN V	Saheeda Nezrin V.
55	SANA ABDULLA.P	Sana Abdulla.P.
56	SANEA JIFRY	Sanea Jifry.



Dr. MANOJ KUMAR.K.P
Principal
KMCT Dental College
Mukkam

Recognised by UGC u/s 2(f), Accredited by NAAC with A+ Grade, Approved Research Centre of KUHS



KMCT
DENTAL COLLEGE

57	SARA JONES	
58	SHARIN SHANA T H	
59	SHILPA. S	
60	SINDHOORA. S	
61	SNEHA. P	
62	SREELEKSHMI S	
63	VAISAKH. T	
64	VRINDA. A S	
65	Wafa HARIS	



Dr. MANOJ KUMAR K.P
Principal
KMCT Dental College
Manassery, Mukkam